

Health and Well-Being Resources

Below is a sampling of benefits and resources to support your health and well-being. Click on the links to engage and learn more!



Healthy habits are compounding. *Even taking small steps helps.* Ensuring your health is in tip-top shape is important now and in the future.

HMSA Member Resources

HMSA's Online Care

<https://hmsa.com/well-being/online-care/>

With HMSA's Online Care®, you can meet with a doctor or behavioral health care provider in the comfort and privacy of your home. There's no cost to HMSA members. It's safe, confidential, and secure. Doctors are available 24/7, 365 days a year.

Be prepared before you need care. Use the link above to sign up for Online Care. If you have questions, call HMSA's Online Care customer support at 1 (866) 939-6013 toll-free and follow the voice prompts.

American Well® is an independent company providing hosting and software services for HMSA's Online Care platform on behalf of HMSA.

Health Coaching by Phone

<https://hmsa.com/well-being/health-coaching/>

You don't need to improve your well-being or manage your chronic disease conditions on your own. An HMSA health coach can help you with guidance and support for asthma, COPD, high blood pressure, obesity, heart conditions, diabetes, stress, depression, substance abuse, smoking, or other health conditions. This service is available at no cost to HMSA members.

To speak to a health coach, call 1 (855) 329-5461 toll-free Monday through Friday, 8 a.m. to 5 p.m.

HMSA's Behavioral Health Program

<https://hmsa.com/Media/Default/documents/eutf/hmsa-behavioral-health-program.pdf>

High stress and anxiety are common in today's fast-paced and unpredictable world. This program can support your readiness to make changes for your emotional and overall health. HMSA's behavioral health program, which is available at no cost to HMSA members, can give you tools that you can use to feel better. Call Beacon Health Options® at 695-7700 on Oahu or 1 (855) 856-0578 toll-free on the Neighbor Islands.

Beacon Health Options® is an independent company providing behavioral health utilization management and quality improvement services on behalf of HMSA.

HMSA Health and Well being Support

<https://eutf.hawaii.gov/wp-content/uploads/2018/06/HMSA-Health-and-Well-being-Support-s.pdf>

Our team of skilled nurses, case managers, and social workers will help you improve your health and well-being whether you have more than one serious health condition or you're facing a serious illness.

To learn more about this service, call 1 (855) 329-5461 toll-free Monday through Friday, 8 a.m. to 5 p.m.

Ornish Lifestyle Medicine™ program

<https://hmsa.com/well-being/ornish/>

The Ornish Lifestyle Medicine™ program is for people who are at risk for or who have heart disease. You may be eligible for this program if you've had a heart attack, heart surgery, or a heart replacement, and/or if you have a health condition like diabetes.

Eligible members pay \$20 per session while enrolled in the program. For more information, talk to your primary care provider or a staff member at an Ornish Lifestyle Medicine program site. You can also see your plan's *Guide to Benefits*. Click the link above for program delivery sites and contact information.

HMSA Diabetes Prevention Program

<https://hmsa.com/well-being/diabetes-prevention/>

Want to lose weight, feel better, and prevent or delay type 2 diabetes? This program can help you change your lifestyle to achieve all three. Use the link above to learn more about the program and how you can participate.

For more information, call HMSA at 948-6079 on Oahu or 1 (800) 776-4672 toll-free on the Neighbor Islands, Monday through Friday, 8 a.m. to 5 p.m. Or call the YMCA at 548-0951 or 541-5256 on Oahu.

Kaiser Permanente Member Resources

Earn Rewards for Completing Online Wellness Programs

kp.org/eutf Click on the tab "Reap the Rewards"

This program gives you and your covered spouse/domestic partner enrolled in EUTF a chance to each earn up to \$100 in cash rewards cards by June 30 each contract year for taking steps to improve your health. Get started by taking an online Total Health Assessment and receive \$25, plus an additional \$25 for each online healthy lifestyle program (up to 3 programs per contract year).

Fit Rewards Coronavirus/COVID-19 Program Enhancements

kp.org/fitrewards

We know how important fitness is to our members. During this unprecedented health crisis, we want to support you with an update to the Fit Rewards program. You can now take advantage of enhanced program benefits that allow you to receive credits for workouts completed at home.

Digital Tools for Emotional Wellness

kp.org/selfcareapps/hi

Everyone needs support for total health — mind, body, and spirit. Digital tools, such as the myStrength app, can help you navigate life's challenges, make small changes that improve sleep, mood, and more, or simply support an overall sense of well-being.

Wellness Coaching by Phone

kp.org/wellnesscoach

Make healthy behavior changes to help you lose weight, quit tobacco, reduce stress, get more active, or make healthier food choices. Take advantage of this no-cost resource for Kaiser Permanente members.

Call 808-432-2260 to partner with a local wellness coach.

Healthy Recipes

kp.org/foodforhealth

While you're doing your part to flatten the curve, get inspired to prepare delicious, healthy dishes. Browse recipes by category — like vegetarian dishes, soups, or desserts — or by what's in season.

Videos and Podcasts to Help Improve your Health

kp.org/video

kp.org/podcasts

Look, listen, and learn about your health and well-being. Watch videos or download health-related, guided meditation podcasts.

CDC Resources on Managing Mental Health for all

[Manage Anxiety & Stress](#)

Advance Care Planning for all

<https://kokuamau.org/>

Find useful Hawaii-focused information and resources on [hospice](#), [palliative care](#), [end-of-life care](#), [POLST](#) and [Advance Care Planning](#) on the Kokuia Mau website.