



Active state, city, and county workers

We're here with you

April 2023



An Independent Licensee of the Blue Cross and Blue Shield Association



Aloha,

Your health and well-being are our top priority. With HMSA, you have access to:

- **Your choice of doctors and top-rated hospitals.** Our network includes more than 7,500 doctors, specialists, and other health care providers, along with access to quality care from Hawaii's top-rated hospitals and clinics. See page 2 to learn more about our growing network.
- **Convenient after-hours care.** Need care but don't need the emergency room? You can see a doctor online, at an urgent care clinic, or at a MinuteClinic® in selected Longs Drugs stores on Oahu. To learn more about after-hours care options, see page 5.
- **Benefits that travel with you.** Go to doctors and hospitals on the Mainland and around the world with Blue Cross Blue Shield Global® Core. Your HMSA plans gives you access to more than 1.7 million doctors and hospitals nationwide and 170 countries and territories worldwide. If you need to travel to another island for medical treatment, you may be eligible for financial assistance. Learn more on page 6.
- **Support for your best health and well-being.** Our programs and services can help you maintain or improve your health and achieve your well-being goals. We also help you save with discounts on health-related products and services such as online fitness classes, gym memberships, and more.

Also, EUTF and HSTA VB plans will include the artificial insemination benefit at the plan's standard coinsurance starting July 1.

This year's open enrollment is April 3-28, 2023. If you have questions, we're happy to help. Call or visit us at an HMSA Center or office. Our phone numbers, locations, and hours are listed on the back cover of this guide.

Thank you for choosing HMSA. We look forward to supporting you in your good health.

Sincerely,

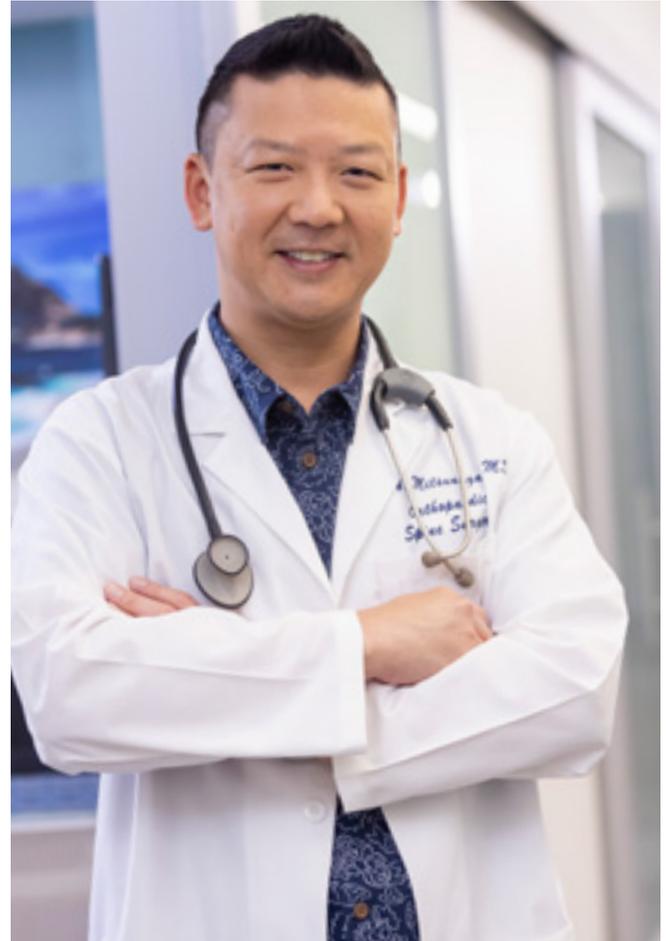
Mark M. Mugiishi, M.D., F.A.C.S.
President and Chief Executive Officer



Top-rated hospitals and clinics

With HMSA, you have access to top-rated hospitals. We're part of the Blue Cross and Blue Shield Association, which recognizes Hawaii hospitals for expertise in delivering high-quality, cost-effective specialty care.

Blue Distinction Centers are hospitals recognized for their expertise in delivering specialty care and Blue Distinction Centers+ are hospitals recognized for their expertise and efficiency in delivering specialty care.



- **Bariatric surgery**

Adventist Health Castle (adventisthealth.org)
The Queen's Medical Center (queens.org)

- **Knee and hip replacement**

Adventist Health Castle+
Straub Medical Center
Wilcox Medical Center+ (wilcoxhealth.org)

- **Maternity care**

Kapi'olani Medical Center for Women & Children+ (kapiolani.org)
Wilcox Medical Center+

- **Spine surgery**

Adventist Health Castle
Pali Momi Medical Center+ (palimomi.org)
The Queen's Medical Center+
Straub Medical Center

- **Substance use treatment and recovery**

The Queen's Medical Center

We're proud to work with these health care providers to offer you quality care:



It's easy to get the care you need

The choice is yours

With HMSA, you can choose your primary care provider, the doctor at the center of your health care team. You can see your PCP for general and preventive care needs, including health concerns and questions.

If you're happy with your PCP, you don't have to do anything differently. You can continue to see the doctor you know, trust, and rely on in times of need.

Want to choose or change your PCP? Use Find a Doctor on hmsa.com/eutf to search for a doctor by location, specialty, or languages spoken. Just remember to choose your plan before starting your search.

You can also use Find a Doctor to search for other health care providers in HMSA's network.



Get after-hours care

An emergency room visit can be expensive and isn't necessary for minor illnesses and injuries. But where can you go if your doctor's office is closed and you need treatment? You can save money and get the care you need with these after-hours options.

- Connect with a doctor on your computer or mobile device from anywhere in Hawaii with HMSA's Online Care®. Online Care doctors are available 24 hours a day, seven days a week. This benefit is available at no cost for EUTF members. Download Online Care from the App Store or Google Play and register or visit hmsaonlinecare.com.

- See a doctor at the urgent care clinics in our network, which are listed on page 5. To search for urgent care providers, go to hmsa.com/urgentcare.
- See a doctor or nurse practitioner at MinuteClinic, the medical clinic in selected Longs Drugs stores on Oahu. To find a MinuteClinic, use Find a Doctor on hmsa.com/eutf.



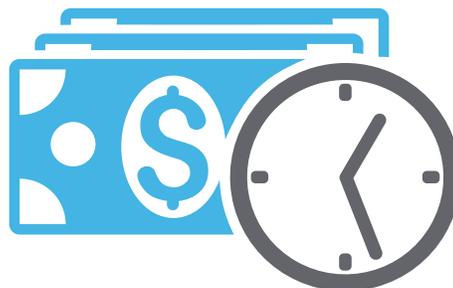
Amwell® is an independent company providing hosting and software services for HMSA's Online Care platform on behalf of HMSA.

A Guide to Your Care Options

Save time and money

by choosing the right care. Remember that emergency room visits are expensive and aren't necessary for illnesses or injuries that aren't life threatening.

Use this guide to help you get the right care when you need it.



Primary care provider

See your PCP for routine and common medical issues like fever, minor symptoms of the flu or a cold, chronic condition management, medication refills, or general care.



HMSA's Online Care®

Connect with doctors and specialists online from anywhere in Hawaii, 24 hours a day, seven days a week. There's no copayment for Online Care visits. Use Online Care when your PCP isn't available.



Urgent care providers

Go to an urgent care provider when you need care in person sooner than you can see your doctor.

For example, you need stitches or have a high fever or sprained ankle.



Emergency room

Go to the emergency room when you have life-threatening symptoms.

For example, you have difficulty breathing or chest pain.

More tips



- ✓ Use the directory on the next page to find an urgent care provider near you. Services vary at each location, so call ahead to make sure they can provide the services you need.
- ✓ Register for HMSA's Online Care now so it's easy to log in when you need it. Go to hmsaonlinecare.com to register and download the app on your smartphone.
- ✓ Follow up with your PCP after an urgent care or Online Care visit.

Participating Urgent Care Clinics

Hawaii Island

Aloha Kona Urgent Care

75-5995 Kuakini Hwy., Suite 213
Kailua-Kona Ph. (808) 365-2297
Monday–Friday: 8 a.m.–4 p.m.
Saturday: 1–9 p.m.
Closed Sundays

Hilo Urgent Care

670 Kekuanaoa St.
Hilo Ph. (808) 969-3051
Monday–Friday: 8:30 a.m.–6:30 p.m.
Saturday–Sunday: 8:30 a.m.–4:30 p.m.

Keaau Urgent Care

16-590 Old Volcano Rd.
Keaau Ph. (808) 966-7942
Monday–Friday: 8:30 a.m.–6:30 p.m.
Saturday–Sunday: 8:30 a.m.–4:30 p.m.

Waimea Urgent Care

65-1230 Mamalahoa Hwy.,
Suite A10
Kamuela Ph. (808) 885-0660
Monday–Friday: 8:30 a.m.–6:30 p.m.
Saturday–Sunday: 8:30 a.m.–4:30 p.m.

Kauai

Hale Lea Medicine and Urgent Care

2460 Oka St., Suite 101A
Kilauea Ph. (808) 828-2885
Monday–Friday: 8 a.m.–5 p.m.
Saturday: 9 a.m.–5 p.m.
Sunday: 9 a.m.–4 p.m.

Kauai Urgent Care

4484 Pahee St.
Lihue Ph. (808) 245-1532
Daily: 8 a.m.–7 p.m.

Makana North Shore Urgent Care

4488 Hanalei Plantation Rd.
Princeville Ph. (808) 320-7300
Monday–Friday: 7 a.m.–7 p.m.
Saturday–Sunday: 8 a.m.–4 p.m.

Urgent Care at Poipu

2829 Ala Kalani Kaumaka St.,
Suite B-201
Koloa Ph. (808) 742-0999
Monday–Friday: 8:30 a.m.–7 p.m.
Saturday–Sunday: 8 a.m.–4:30 p.m.

Maui

Doctors On Call

3350 Lower Honoapiilani Rd.,
Suite 211
Lahaina Ph. (808) 667-7676
Monday–Friday: 8 a.m.–6 p.m.
Saturday: 8 a.m.–4 p.m.
Closed Sundays

Doctors On Call

3750 Wailea Alanui Drive., Suite B34
Wailea Ph. (808) 875-7676
Monday–Saturday: 8 a.m.–6 p.m.
Saturday: 8 a.m.–4 p.m.
Closed Sundays

Kihei-Wailea Medical Center

221 Piikea Ave., Suite A
Kihei Ph. (808) 874-8100
Monday–Friday: 8 a.m.–8 p.m.
Saturday–Sunday: 8 a.m.–5 p.m.

Minit Medical Urgent Care Clinic

270 Dairy Rd., Suite 239
Kahului Ph. (808) 667-6161
Monday–Friday: 8 a.m.–7 p.m.
Saturday: 8 a.m.–6 p.m.
Sunday: 8 a.m.–4 p.m.

Minit Medical Urgent Care Clinic

305 Keawe St., Suite 507
Lahaina Ph. (808) 667-6161
Monday–Saturday: 8 a.m.–6 p.m.
Sunday: 8 a.m.–4 p.m.

Minit Medical Urgent Care Clinic

1325 S. Kihei Rd., Suite 103
Kihei Ph. (808) 667-6161
Monday–Saturday: 8 a.m.–6 p.m.
Sunday: 8 a.m.–4 p.m.

The Maui Medical Group Inc.

2180 Main St.
Wailuku Ph. (808) 249-8080
Monday–Friday: 8 a.m.–7 p.m.
Saturday–Sunday: 8 a.m.–4 p.m.

The Maui Medical Group Inc.

130 Prison St.
Lahaina Ph. (808) 249-8080
Monday–Friday: 8 a.m.–7 p.m.
Saturday: 8 a.m.–noon
Closed Sundays

Oahu

Adventist Health Castle

Urgent Care Kailua
660 Kailua Rd.
Kailua Ph. (808) 263-2273
Daily: 8 a.m.–6 p.m.

Adventist Health Castle

Urgent Care Kapolei
890 Kamokila Blvd., Suite 106
Kapolei Ph. (808) 521-2273
Monday–Friday: 7 a.m.–6 p.m.
Saturday–Sunday: 8 a.m.–6 p.m.

Adventist Health Castle

Urgent Care Pearl City
1245 Kuala St., Suite 103
Pearl City Ph. (808) 456-2273
Monday–Friday: 7 a.m.–7 p.m.
Saturday–Sunday: 8:30 a.m.–6 p.m.

Adventist Health Castle

Urgent Care Waikiki
1860 Ala Moana Blvd., Suite 101
Honolulu Ph. (808) 921-2273
Monday–Friday: 8 a.m.–6 p.m.

All Access Ortho

1401 S. Beretania St., Suite 102
Honolulu Ph. (808) 356-5699
Monday–Friday: 8 a.m.–8 p.m.
Saturday–Sunday: 9 a.m.–5 p.m.

All Access Ortho

4850 Kapolei Pkwy., Bldg. F
Kapolei Ph. (808) 356-5699
Monday–Friday: 8 a.m.–8 p.m.
Saturday–Sunday: 9 a.m.–5 p.m.

All Access Ortho

95-1830 Meheula Pkwy., Suite C10-11
Mililani Ph. (808) 356-5699
Monday–Friday: 8 a.m.–8 p.m.
Saturday–Sunday: 9 a.m.–5 p.m.

Braun Urgent Care Kailua

130 Kailua Rd., Suite 111
Kailua Ph. (808) 261-4411
Monday–Friday: 8 a.m.–8 p.m.
Saturday–Sunday: 8 a.m.–5 p.m.

Doctors of Waikiki

120 Kaiulani Ave., Wing 10 & 11
Honolulu Ph. (808) 922-2112
Daily: 8 a.m.–midnight

Kalihi Kai Urgent Care

2070 N. King St., Suite A1
Honolulu Ph. (808) 841-2273
Monday–Friday: 8 a.m.–4 p.m.
Saturday–Sunday: 9 a.m.–1 p.m.

Kunia Urgent Care

94-673 Kupuohi St., Suite C201
Waipahu Ph. (808) 983-1671
Thursday–Tuesday: 8:30 a.m.–7 p.m.
Closed Wednesdays

NIU Health Ala Moana

1450 Ala Moana Blvd., Suite 2230 Hono-
lulu Ph. (808) 888-4800
Daily: 8 a.m.–8 p.m.

NIU Health Hawaii Kai

6600 Kalanianaʻole Hwy., Suite 114A
Honolulu Ph. (808) 888-4800
Daily: 8 a.m.–6 p.m.

Queen's Island Urgent Care

Ewa Kapolei
91-6390 Kapolei Pkwy.
Ewa Beach Ph. (808) 735-0007
Daily: 8 a.m.–8 p.m.

Queen's Island Urgent Care Kahala

1215 Hunakai St.
Honolulu Ph. (808) 735-0007
Daily: 8 a.m.–8 p.m.

Queen's Island Urgent Care Kakaako

400 Keawe St., Suite 100
Honolulu Ph. (808) 735-0007
Daily: 8 a.m.–8 p.m.

Queen's Island Urgent Care Kapahulu

449 Kapahulu Ave., Suite 104
Honolulu Ph. (808) 735-0007
Daily: 8 a.m.–8 p.m.

Queen's Island Urgent Care

Pearl Kai
98-199 Kamehameha Hwy., Bldg. F
Aiea Ph. (808) 735-0007
Daily: 8 a.m.–8 p.m.

Straub Kapolei Clinic & Urgent Care

91-5431 Kapolei Pkwy., Suite 1706
Kapolei Ph. (808) 426-9300
Daily: 10 a.m.–8 p.m.

Straub Doctors On Call

2255 Kalakaua Ave., Manor Wing
Shop No. 1
Honolulu Ph. (808) 971-6000
Daily: 10 a.m.–8 p.m.

Straub Kahala Clinic & Urgent Care

4210 Waialae Ave., Suite 501
Honolulu Ph. (808) 462-5300
Daily: 10 a.m.–8 p.m.

Straub Ward Village Clinic & Urgent Care

1001 Queen St., Suite 102
Honolulu Ph. (808) 462-5200
Daily: 10 a.m.–8 p.m.

Windward Urgent Care

46-001 Kamehameha Hwy., Suite 107
Kaneohe Ph. (808) 247-7596
Daily: 8 a.m.–7 p.m.

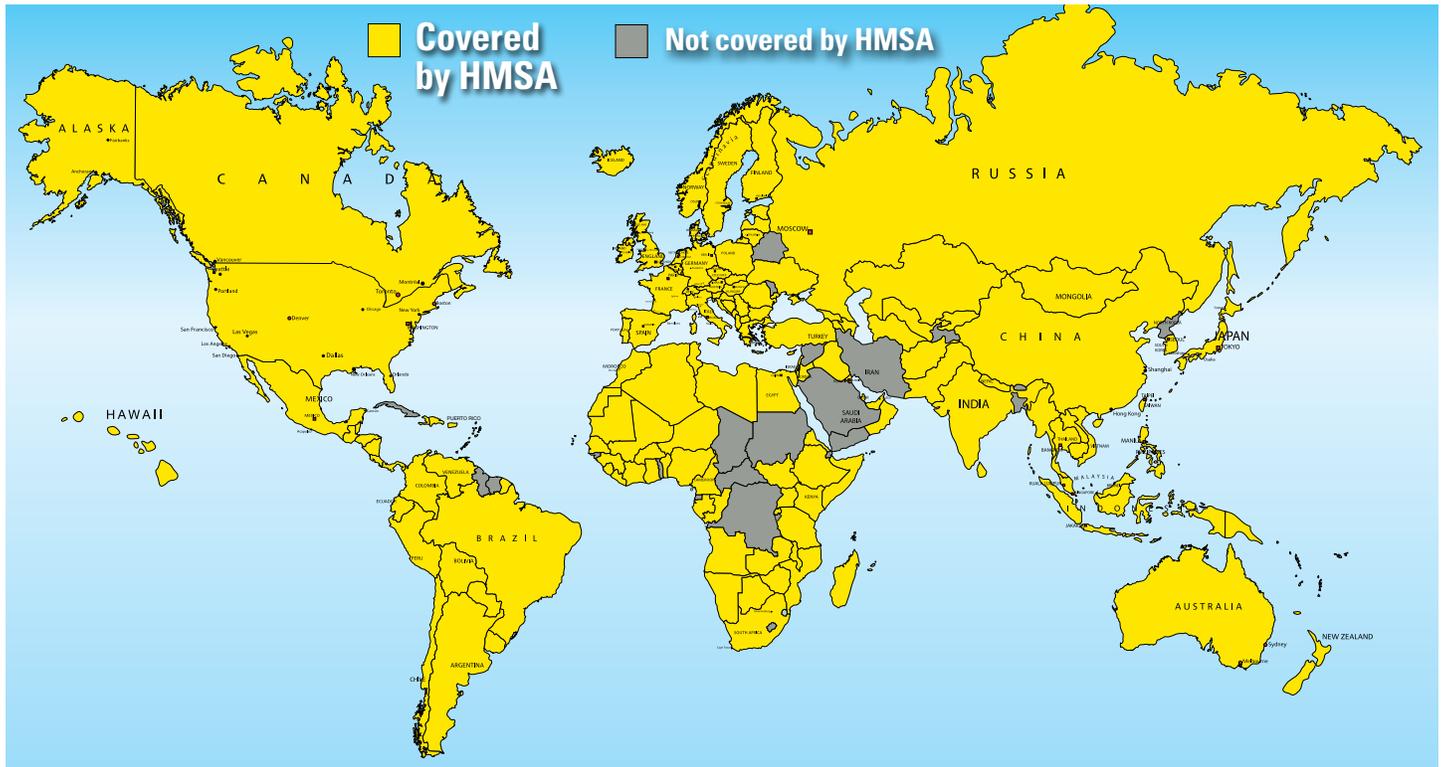
Hours and locations may change. Please call the clinic for the latest information.

For a current list of participating urgent care providers, visit hmsa.com/urgentcare.

These options aren't a substitute for emergency care. If you experience life-threatening conditions such as a stroke or difficulty breathing, call 911 or go to the emergency room immediately.

Most urgent care clinics are closed on Thanksgiving Day, Christmas Day, and New Year's Day. Services vary by location. Call the clinic to ask about specific services.

Get care around the world



With HMSA, you and your eligible dependents can get care on the Mainland and in many international locations.

How it works

HMSA is part of the Blue Cross and Blue Shield Association network, which includes access to more than 1.7 million doctors and hospitals nationwide and in 170 countries and territories worldwide.

Looking for a doctor or hospital on the Mainland? Go to bcbs.com.

Traveling internationally? Download the Blue Cross Blue Shield Global Core mobile app for Apple and Android devices. You can use the app to search for providers when you travel. To learn more, go to bcbsglobalcore.com.

Be prepared

- Before you go, make sure you have your current HMSA membership card with you. Your card will help providers file your claims.
- You can also call the phone number on the back of your card, 1 (800) 810-BLUE (2583), for the participating doctors and hospitals in the area you'll be visiting.



Care Access Assistance Program

If you need to travel to another island for medical treatment, you may be eligible for financial assistance if care isn't available from a participating provider on your home island or you can't get an appointment soon enough. Call us at 1 (844) 357-0726 for more information.

hmsa.com/eutf

You can use the EUTF portal to:

- Search for a doctor.
- Learn about well-being programs available to you and your family.
- View helpful videos specifically for EUTF and HSTA VB members.
- Request plan materials.

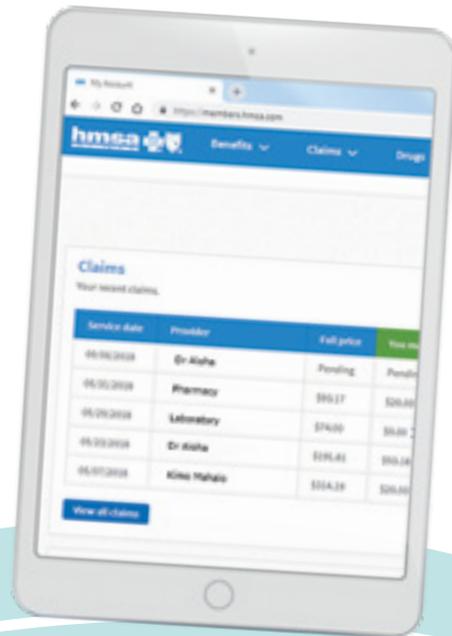


My Account

As an HMSA member, you can view all your health plan information and member benefits online on My Account at hmsa.com/eutf. On the homepage, click the blue Member Login button in the upper right corner.

Use My Account to:

- View your claims.
- Use an annual maximum out-of-pocket calculator to see the most you'll pay for benefits in a plan year.
- See where you are with reaching your deductible, if applicable.
- Download your plan's *Guide to Benefits* for details about your HMSA plan.
- Print or request another HMSA membership card.
- Find health and fitness discounts with HMSA365, the Active&FitDirect™ program, and the ChooseHealthy® program.



The Active&Fit Direct program is provided by American Specialty Health Fitness, Inc. and the ChooseHealthy program is provided by ChooseHealthy, Inc., both subsidiaries of American Specialty Health Incorporated, a national provider of fitness, health education, musculoskeletal provider networks and health management programs. Active&Fit Direct and ChooseHealthy are trademarks of ASH and used with permission herein.

EUTF health plan comparison

Use this chart to compare the plans and choose the one that fits your health and budget needs.

PLAN BENEFITS	EUTF	
	90/10 PPO PLAN	80/20 PPO PLAN
Annual Out-of-pocket Maximum (The most you pay out of pocket in a calendar year.)	\$2,000 per person \$4,000 per family	\$2,500 per person \$5,000 per family
Annual Deductible (The amount you pay out of pocket in a calendar year before your plan pays.)	In-network: None Out of network: \$100 per person \$300 per family	In-network: None Out of network: \$250 per person \$750 per family
In-network Services	YOU PAY	YOU PAY
Office Visits	10%	20%
Annual Preventive Health Evaluation	\$0	\$0
Physical Exams	N/A	N/A
Hospital Room and Board	10%	20%
Maternity Care	10%	20%
Surgical Procedures (outpatient surgery)	10%	20%
Diagnostic Tests	10%	20%
Outpatient Laboratory	10%	20%
Outpatient X-ray and Other Radiology	10%	20%
Emergency Room	10%	20%
Ambulance (ground)	10%	20%
Hearing aids One hearing aid per ear every 60 months	10%	20%
Chiropractic Services	\$15 copayment per visit for up to 20 medically necessary visits per calendar year when you see an ASH in-network provider	\$15 copayment per visit for up to 20 medically necessary visits per calendar year when you see an ASH in-network provider

* Annual deductible applies.

This is only a summary. For complete information, see your plan's *Guide to Benefits*, which can be found on hmsa.com/eutf. All benefits listed are for services from a participating provider.

75/25 PPO PLAN	HMO
\$5,000 per person \$10,000 per family	\$1,500 per person \$3,000 per family
\$300 per person \$900 per family	None
YOU PAY	YOU PAY
25%	\$15
\$0	\$0
N/A	N/A
25%*	\$0
25%*	\$0
25%*	\$0 (outpatient surgical center) \$15 (professional charges)
25%*	\$0
25%	\$0
25%*	\$15 per X-ray
25%*	\$100
25%*	20%
25%*	20%
\$15 copayment per visit for up to 20 medically necessary visits per calendar year when you see an ASH in-network provider	\$15 copayment per visit for up to 20 medically necessary visits per calendar year when you see an ASH in-network provider

HSTA VB	
90/10 PPO PLAN	80/20 PPO PLAN
\$2,000 per person \$4,000 per family	\$2,500 per person \$5,000 per family
In-network: None Out of network: \$100 per person \$300 per family	None
YOU PAY	YOU PAY
10%	20%
N/A	N/A
\$0	\$0
10%	20%
10%	20%
10%	20%
10%	20%
10%	20%
10%	20%
10%	20%
10%	20%
10%	20%
10%	20%
\$12 copayment per visit for up to 20 medically necessary visits per calendar year when you see an ASH in-network provider	\$12 copayment per visit for up to 20 medically necessary visits per calendar year when you see an ASH in-network provider

Please note that HSTA VB plans are closed plans. Active HSTA VB employees with these plans can switch to another HMSA EUTF plan, but can't switch back if they do.

Preventive care services

Preventive care is the best way to stay healthy. Many preventive care services are available at no cost to HMSA members. Check your health plan benefits to be sure.

On this form, "Gender" refers to the gender HMSA has on file for you at this time. Transgender and nonbinary members with questions can call the number on the back of their HMSA membership card for more information.



Updated July 1, 2022

Preventive visits for adults

Adults: Age 22 and older except as noted		
Preventive visit	Frequency	Gender
Annual Preventive Health Evaluation* May include: • Height, weight, blood pressure, and body mass index measurement • Screening for depression, unhealthy alcohol use (18 and older), unhealthy drug use (18 and older), tobacco use, and interpersonal and domestic violence	Once a year	M F
Well-woman exam	Once a year	F

Screening and counseling for adults		
Screening and counseling	Frequency	Gender
Abdominal aortic aneurysm screening	Ages 65 to 75 who have never smoked: One-time screening	M
Anxiety screening	Once a year	F
BRCA screening and genetic counseling	Any woman with increased risk from family history: Once per lifetime	F
Blood pressure screening	Age 18 and older: Once every 12 months	M F
Breast cancer screening	Age 40 and older: Once every 12 months. Ages 35 to 39: One baseline mammogram	F
Colorectal cancer screening • Stool-based tests • Sigmoidoscopy • Colonoscopy	Ages 45 to 75 at average risk for colorectal cancer	M F
Cervical cancer screening • Pap smear	Ages 21 to 65: Once a year	F
Counseling: Healthy diet, physical activity, obesity, fall prevention, skin cancer and safety, sexually transmitted infections, contraceptive methods, tobacco use, and intimate partner violence	Consult your doctor	M F
Cholesterol screening	Once every 12 months. For retirees: Men ages 35 to 65 and women ages 45 to 65: One every five years	M F
Diabetes screening	Ages 35 to 70: Once every 12 months	M F
Hepatitis B screening	Once a year	M F
Hepatitis C screening	Ages 18 to 79: Once a year	M F
Human papillomavirus screening	Age 30 and older: Once every three years	F
Lung cancer screening	Ages 50 to 80 with 20 pack-year** history. Once every 12 months for current smokers or former smokers who quit within past 15 years.	M F
Osteoporosis screening	65 and older, younger if at increased risk	F
Sexually transmitted infection screenings • Chlamydia • Gonorrhea • HIV • Syphilis	Once every 12 months	M F
Tuberculosis screening	Up to two tests a year. For retirees: One test a year	M F

* Annual Preventive Health Evaluation for active members. Annual Physical Exam for HSTA VB members.

** Pack-year is calculated by multiplying the number of cigarettes smoked per day by the number of years a person has smoked. For example, a 30 pack-year history is a pack a day for 30 years or two packs a day for 15 years.



Preventive care for pregnant people

Preventive care	Gender	
Anxiety screening		F
Bacteriuria screening		F
Chalymdia screening		F
Comprehensive lactation support and counseling from a physician or midwife during pregnancy and or postpartum. Includes breastfeeding equipment.		F
Counseling for alcohol and tobacco use and depression		F
Gestational diabetes screening		F
Gonorrhea screening		F
Hepatitis B screening and immunization		F
HIV screening		F
Rh (D) incompatibility screening		F
Smoking cessation counseling		F
Syphilis screening		F
Prenatal and postpartum depression screening		F



Preventive drugs and treatments for adults

Preventive drugs and treatment		Gender	
Aspirin	- Ages 50 to 59 to reduce the risk of stroke and heart attack - Pregnant people at risk for preeclampsia	M	F
Breast cancer preventive medications	People who are at increased risk for breast cancer without a cancer diagnosis		F
Folic acid supplementation	People planning or capable of pregnancy: Daily supplement containing 0.4 to 0.8 mg folic acid		F
Preexposure prophylaxis	Treatment using preexposure prophylaxis (with effective antiretroviral therapy to persons who are at high risk of getting HIV	M	F
Statin preventive medication	Ages 40 to 75 years with one or more cardiovascular disease risk factors and have a calculated 10-year risk of a cardiovascular event of 10% or greater	M	F
Tobacco cessation	Adults who use tobacco products	M	F



Immunizations for adults

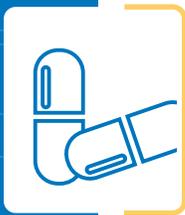
- Chicken pox
- Flu
- *Haemophilus influenzae* type B
- Hepatitis A
- Hepatitis B
- Human papillomavirus
- Measles, mumps, rubella
- Meningococcal meningitis
- Pneumonia
- Shingles
- Tetanus, diphtheria, pertussis (Tdap or Td)
- Travel immunizations



Preventive care for children

Birth to 21 Years

- Well-child visits
- Alcohol misuse screening
- Anxiety screening for adolescent girls
- Contraceptive methods and counseling for adolescent girls
- Depression screening
- Dyslipidemia screening
- Hearing loss screening
- Hepatitis B (HBV) screening
- Human immune-deficiency virus (HIV) screening
- Interpersonal and domestic violence screening for adolescent girls
- Newborn bilirubin screening
- Newborn blood screening
- Newborn screening for metabolic diseases and hemoglobinopathies
- Obesity screening
- Psychosocial and behavioral assessment
- Skin cancer screening
- Syphilis, chlamydia, and gonorrhea screening
- Tobacco use and tobacco-caused disease interventions and counseling
- Visual acuity screening



Preventive drugs and treatment for children

- Gonorrhea prophylactic medication
- HIV preexposure prophylactic medication
- Prevention of dental caries, oral fluoride



Immunizations for children

- Chicken pox
- Flu
- Haemophilus influenzae type B (Hib)
- Hepatitis A
- Hepatitis B
- Human papillomavirus (HPV)
- Measles, mumps, rubella (MMR)
- Meningococcal meningitis
- Pneumonia
- Polio
- Rotavirus
- Tetanus, diphtheria, pertussis (Tdap or Td)
- Travel immunizations

If you don't have a primary care provider:

- Visit [hmsa.com/eutf](https://www.hmsa.com/eutf) and click Find a Doctor.
- If you need help, call us at (808) 948-6499 or 1 (800) 776-4672, Monday through Friday, 7 a.m. to 7 p.m. or Saturday, 9 a.m. to 1 p.m.

This reference list isn't a substitute for your doctor's advice. Your doctor may recommend more or less screenings based on your individual needs. If you have questions about prior authorizations or your health plan benefits, please call the number on the back of your HMSA membership card.

Quick reference guide for preventive care



Blood pressure check

A blood pressure check is recommended for everyone. A blood pressure plan is recommended for people whose most recent blood pressure test was high.

Body mass index

BMI is a number calculated from your weight and height. It's an indicator of body fat and is used to screen for excess weight that may lead to health problems.

Breast cancer screening

A mammogram is recommended for women ages 50 to 74. The test looks for abnormal cells in breast tissue that could lead to cancer.

Cervical cancer screening

These tests are recommended for women ages 21 to 65. There are two tests. A Pap smear looks for abnormal changes in cells in the cervix that could lead to cancer. An HPV test looks for a virus that causes cervical cancer.

Colorectal cancer screening

A colorectal cancer screening is recommended for people ages 50 to 75. This screening looks for abnormal cells and polyps in the colon and rectum that could lead to cancer. Since there are different tests, your doctor can recommend which test is right for you.

Diabetes checkup: Blood sugar test

A blood sugar test is recommended for people with diabetes. High blood sugar can lead to heart attack, stroke, nerve damage, poor circulation, sexual dysfunction, kidney failure, and blindness.

Diabetes checkup: Eye exam

A dilated retinal eye exam (which is different from a regular eye exam) is recommended for people with diabetes. This exam looks for damage to the eye caused by high blood sugar and high blood pressure.

Diabetes checkup: Kidney function test

A kidney function test is recommended for people with diabetes ages 18 to 75. This test looks at your kidneys' ability to filter blood.

Be well, be strong

With HMSA, there are many ways to take care of your health and well-being. Here are some of the benefits and programs available to you at little or no cost. Go to hmsa.com/eutf to learn more.

This is an overview of HMSA's well-being programs and services. Check your *Guide to Benefits* to confirm your plan's specific benefits.



Lifestyle Resources

American Specialty Health Group Inc. provides access to 20 medically necessary chiropractic visits per calendar year when you go to an ASH Group network chiropractic provider. Visit ashlink.com/ash/hmsa or call ASH Group Customer Service at 1 (888) 981-2746 to find a participating ASH Group chiropractor. See your *Guide to Benefits* to learn more.

Blue Zones Project® is a communitywide well-being improvement initiative that helps make healthy choices easier.

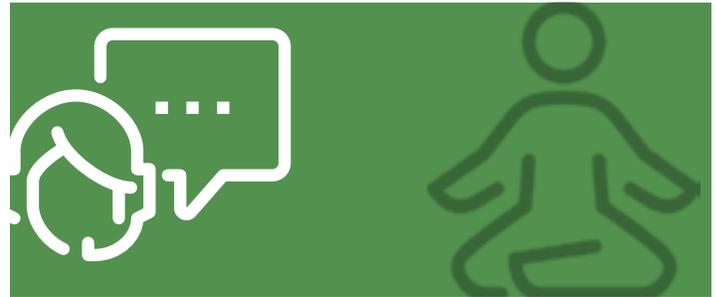
Health and fitness discounts

- **Active&Fit Direct** offers discounted fitness center memberships and more.
- **ChooseHealthy** gives members discounts on health and fitness products such as apparel, home exercise and gym equipment, smart-watches, and more.
- **HMSA365** is a member savings program for fitness, healthy living, and well-being products and services.

Go to hmsa.com/eutf and click Member Resources to learn more.

Island Scene is a health and well-being magazine for members. Read it at home or online at islandscene.com.

American Specialty Health Group Inc. is an independent company providing chiropractic, acupuncture, and/or massage therapy services on behalf of HMSA.



Health Resources

Blue Cross Blue Shield Global Core gives members access to care on the Mainland and in many places around the world.

Caregiver resources are offered to members who are caring for a loved one.

MinuteClinic is a medical clinic in selected Longs Drugs stores on Oahu.

Find a Doctor on hmsa.com/eutf helps members find a doctor or other health care provider.

Hawai'i Tobacco Quitline provides support for members who want to quit tobacco for good. Talk to your PCP and call 1 (800) QUIT-NOW (784-8669) to get started.

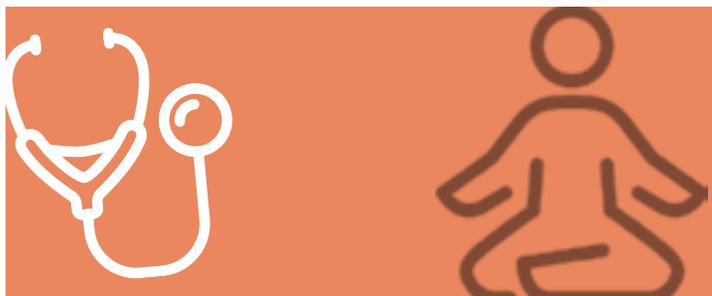
Health coaching is available to help members reach their health goals. Call 1 (855) 329-5461 to connect with an HMSA health coach.

HMSA's Online Care connects members to doctors and specialists from a computer, tablet, or smartphone from anywhere in Hawaii.

My Account is an online portal that members can use to view their claims, details about their health plan, and more.

Urgent care clinics are usually open after hours and on the weekends. They're recommended for treating minor illnesses and injuries that aren't an emergency but can't wait until the next day.

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Medical Resources

AccordantCare™ is a CVS Caremark® program that offers personalized care for members with rare and complex conditions. The AccordantCare Rare Conditions program provides support for patients who have a rare and/or complex condition.

Advance care planning is a process that documents your health care wishes so that your doctors and family know how you want to be cared for if you can't make decisions for yourself.

Diabetes education provides information and resources for members living with diabetes.

Health and well-being support provides outreach and coaching for members with chronic health conditions.

HMSA Behavioral Health Program provides referrals to providers who can help members with their emotional health.

HMSA's Care Access Assistance Program provides financial assistance for eligible members who need to travel for specialty care that isn't available or isn't available soon enough on their home island.

HMSA Pregnancy and Postpartum Support Program provides eligible members with personalized prenatal care support for a healthy pregnancy and six months after delivery.

HMSA Supportive Care helps members manage the symptoms and stresses of serious illnesses.

Ornish Lifestyle Medicine™ is a nine-week program that helps eligible members reverse the effects of heart disease and reduce risk factors for health conditions like hypertension, prediabetes, diabetes, and early-stage prostate cancer.

Preventive Care

Annual visits with a PCP

- **An annual preventive health evaluation** is an annual health assessment for EUTF Active plan members.
- **A physical exam** is the annual health assessment for HSTA VB Active plan members.
- See the **personal screening checklist** on page 12 for recommended screenings and tests for adults ages 21 to 65.

Diabetes Prevention Program helps eligible members who are at risk for prediabetes prevent the onset of type 2 diabetes through lifestyle and diet changes, exercise, and group support.

Online health education workshops are fun, interactive ways for members to learn about health and well-being topics.

Worksite well-being programs encourage people to engage in healthy habits at work.

GET STARTED

Interested in health management programs or advance care planning? Talk to your PCP. For health and well-being discounts, go to hmsa.com/eutf and log in to your account.

Questions? Call us at (808) 948-6499 or 1 (800) 776-4672 or visit us at an HMSA Center or office.

To learn more, visit hmsa.com/well-being.

NOTES

Serving you

hmsa.com/eutf

Meet with knowledgeable, experienced health plan advisers. We'll answer questions about your health plan, give you general health and well-being information, and more. Hours of operation may change. Please go to hmsa.com/contact before your visit.

HMSA Center in Honolulu

818 Keeaumoku St.
Monday–Friday, 8 a.m.–5 p.m. | Saturday, 9 a.m.–2 p.m.

HMSA Center in Pearl City

Pearl City Gateway | 1132 Kuala St., Suite 400
Monday–Friday, 9 a.m.–6 p.m. | Saturday, 9 a.m.–2 p.m.

HMSA Center in Hilo

Waiakea Center | 303A E. Makaala St.
Monday–Friday, 9 a.m.–6 p.m. | Saturday, 9 a.m.–2 p.m.

HMSA Center in Kahului

Puunene Shopping Center | 70 Hookele St.
Monday–Friday, 9 a.m.–6 p.m. | Saturday, 9 a.m.–2 p.m.

HMSA Office - Lihue, Kauai

4366 Kukui Grove St., Suite 103
Monday–Friday, 8 a.m.–4 p.m.



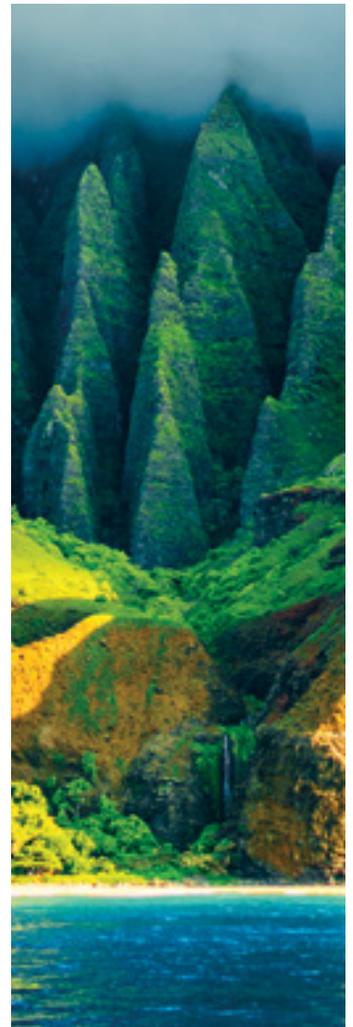
Scan the QR code for more information about HMSA EUTF Actives health plans.

Contact HMSA. We're here with you.

Call (808) 948-6499 or 1 (800) 776-4672.

hmsa.com

 [@hmsahawaii](https://www.instagram.com/hmsahawaii)



Together, we improve the lives of our members and the health of Hawaii.
Caring for our families, friends, and neighbors is our privilege.

