

WELL AWARE



EUTF Quarterly Health & Wellness Benefit Message

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DO YOU KNOW ABOUT THESE MEDICAL PLAN BENEFITS?

HMSA MEMBERS

Chronic conditions and mental health

If you're one of the 60% of adults in Hawaii who has a chronic condition, taking care of your mental health is essential. Our mental and physical health are connected. The 16% of Hawaii adults who suffer from mental health conditions have an elevated risk of developing a chronic disease. The opposite is also true — having a chronic condition can affect your mental health.

According to the Centers for Disease Control and Prevention, 27% of people with diabetes also have major depressive disorder. Some medications used to treat depression can cause weight gain, which exacerbates diabetes.

HMSA makes it easy for members to take care of their mental and physical health. See a doctor, therapist, or counselor online 24 hours a day, seven days a week, with [HMSA's Online Care®](#). Or get referrals to behavioral health providers, resources, and services through our partnership with [Beacon Health Options®](#). If you need help managing a chronic condition, [HMSA Health and Well-being Support](#) is here to provide you with personalized support and guidance.

To learn more about [resources](#) for HMSA members, visit hmsa.com/eutf.

Amwell® is an independent company providing hosting and software services for HMSA's Online Care platform on behalf of HMSA. Beacon Health Options® is an independent company providing utilization and quality management services for behavioral health

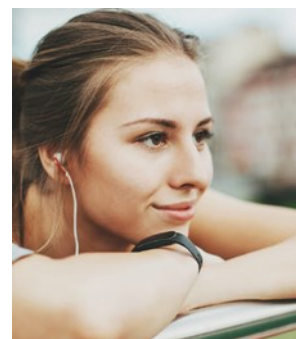
KAISER PERMANENTE MEMBERS

Care for the whole you

As more and more people are affected by mental health problems during the pandemic, maintaining your mental and behavioral health becomes even more important.

At Kaiser Permanente, mental health and wellness services aren't extras or add-ons. They're an important part of your total care experience. We offer a range of options for members with mental, emotional, and substance use issues — including psychiatry, individual therapy, family support, and more. As your partners in care, we can help you find what works for you.

We're here to connect you to the people and resources that can help you overcome challenges and live your best



life. And you don't need a referral to access mental health services — just call us to get started. To schedule an appointment, call us Monday through Friday, 8 a.m. to 5 p.m.: 808-432-7600 (Oahu) 1-888-945-7600 (Neighbor Islands).

For after-hours care, call the Crisis Line of Hawaii at 808-832-3100 (Oahu) or 1-800-753-6879 (Neighbor Islands).

Visit kp.org/mentalhealth and kp.org/selfcare to access a broad range of mental health resources available to you.

Coming to you live every month [register here](#) for upcoming wellness webinars!

For more benefit information visit [our website](#)

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