

See your doctor for a checkup and a chance to win \$1,500



When you prioritize your well-being, you're on the winning path to better health. Plan to visit the doctor every year, even if you don't feel sick. Seeing your doctor for preventive care is the best self-care strategy.

With HMSA your health plan includes an annual evaluation at no cost when you see a primary care provider (PCP) in HMSA's network. Your PCP checks your overall health and works with you to determine which screenings are recommended for you.

There's another way to win. **If you visit your PCP for an in-person annual evaluation and log in to My Account, you'll be entered in a drawing for a chance to win a \$1,500 Visa gift card. Virtual and phone appointments don't qualify for entry.**

STEP 1 Schedule your exam



Call your PCP to schedule your annual preventive health evaluation if you have not already completed one in the last year.

Having a PCP means you have a health care partner who can help you track your progress toward your health and well-being goals and answer any questions you may have about medications, treatment plans, or other health issues. If you don't have a PCP, finding one is a click away. Visit hmsa.com/eutf and click Find a Doctor to start your search. Or call us at (808) 948-6499.

EUTF or HSTA VB retirees who don't have Medicare can complete their physical exam with their PCP by Oct. 31, 2024, for a chance to win a \$1,500 Visa gift card. If you're an EUTF or HSTA VB retiree with Medicare, complete your Medicare wellness exam with your PCP by Oct. 31, 2024, for a chance to win a Visa gift card. Members who complete their exam between July 1, 2023, and Oct. 31, 2024, are eligible for entry.

STEP 2 Log in to My Account



Log in to My Account on hmsa.com/eutf by Oct. 31. To register for My Account, click My Account Login, use your personal email address, and enter your HMSA subscriber ID number. If you're already registered, log in and confirm that your email address is current.

Questions?

For more information about the annual evaluation, see your plan's *Guide to Benefits* at hmsa.com/eutf or call (808) 948-6404 or 1 (800) 459-3963, Monday through Friday, 8 a.m. to 5 p.m.

For official rules, visit hmsa.com/eutfwellbeingreward.

Prizes are subject to federal and state taxes. Please consult your tax advisers. Retirees and dependents will receive a Form 1099 from HMSA. This drawing for a \$1,500 Visa gift card is exclusive to EUTF actives, retirees, and their dependents over the age of 18.

For EUTF and HSTA VB retiree plan members, physical examinations are covered for those 7 years and older. Routine and preventive care is covered from birth through age 6 through the Well-child Care plan benefit.

