



ChooseHealthy®

Save more. Live better.

Your HMSA health plan gives you access to ChooseHealthy® to help you save money on specialty health products and services.

- Get discounts from a network of more than 114,000 participating specialty practitioners, including chiropractors, massage therapists, and acupuncturists.
- Easily search the online library of more than 1,000 health-oriented courses, classes, articles, videos, and tip sheets at no cost.
- “Ask an Expert” for answers to general health questions at no cost.
- Save money on top name-brand items to support your fitness journey.

How to log in to HMSA's ChooseHealthy program for the first time.

- Step 1: Log in to HMSA My Account on hmsa.com.
- Step 2: Click on the Well-Being tab and select The ChooseHealthy program.
- Step 3: Click on the Register button and follow the prompts to create an account with ChooseHealthy. Complete the registration to unlock discount codes to redeem online.



Get started today.

Visit hmsa.com/well-being/member-discounts/.
Or scan the QR code to log in and register.



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