



Schedule Your Annual Doctor Visit

+ You could win a **\$300** Amazon e-gift card. ×

Your Well-Being Rewarded

Kickstart your journey to better health by making annual doctor visits a priority, even if you don't feel sick.

Your HMSA health plan includes an annual checkup at no cost when you see a primary care provider (PCP) in HMSA's network. During this visit, your PCP will evaluate your overall health and identify potential health conditions early.

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 \$300 Amazon e-gift card. Virtual and phone appointments don't qualify for entry.



Step 1: Schedule your exam

Visit your PCP for an in-person annual evaluation by Oct. 31, 2026, if you haven't already completed one within the last year. If you don't have a PCP, visit hmsa.com/eutf and click Find a Doctor to start your search. Or call us at (808) 948-6499.



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. Members who complete their exam between July 1, 2025, and Oct. 31, 2026, are eligible for entry.



Seeing Your PCP Annually Matters

Having a PCP means you have a health care partner who can help you track your progress toward your health and well-being goals. Your PCP can answer any questions you may have about medications, treatment plans, or other health issues.

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Questions?

For more information about the annual evaluation, see your plan's *Guide to Benefits* at hmsa.com/eutf. Or call (808) 948-6499 or 1(800) 776-4672 Monday through Friday, 8 a.m. to 5 p.m.

For official rules, visit hmsa.com/eutfwellbeingreward.

This drawing for a \$300 Amazon e-gift card is exclusive to EUTF actives, retirees, and their dependents over the age of 18 who are Hawaii residents. Prizes are subject to federal and state taxes. Please consult your tax advisers. Active employees of the state of Hawaii receiving prizes will have the value added into their payroll and W-2. Active members employed in the counties of Kauai, Maui, Hawaii, and the City and County of Honolulu will receive a Form 1099 from HMSA. Dependents will receive a Form 1099 from HMSA.

For HSTA VB Active plan members. Physical examinations (routine annual checkups) are covered for those who are 22 years and older. Routine and preventive care are covered from birth through age 21 under the Well-child Care plan benefit.



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