

## What is “well-being”?

Well-being is the state of being healthy, comfortable and happy.

Well-being is good physical health, having positive emotions, managing negative emotions, enjoying mobility and social interaction, freedom from pain, and living your healthiest possible life, no matter what your age or situation.

HMSA believes that well-being can be an actively pursued and attainable goal. We are committed to helping our members achieve their own sense of well-being through a wide range of programs and resources.

For more information visit [hmsa.com/well-being](https://hmsa.com/well-being) or call us at (808) 948-6079.

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# HMSA Well-Being

## Overview of programs and services



Life is a journey. And HMSA is here for our members through every step of their lives.

Supporting our members means more than providing quality benefits when they're ill or injured. It's helping to keep them healthy, avoid illness and injury, and live well through every stage of their lives.

That's why HMSA offers many well-being programs and plan benefits for members, from nutrition and physical activity to preventive care and managing chronic illness. These services are flexible and varied. They're designed to provide members with tools to improve and maintain their well-being in the ways that suit them best.



From healthy eating and physical activity, to managing a chronic condition or recovery from injury, HMSA Well-Being programs support members to help them achieve their healthiest possible lives, no matter their age or situation.

## Lifestyle Resources

**Complementary Care** benefits for massage therapy, acupuncture, and chiropractic care.

**HMSA365** member savings program for fitness, healthy living, and well-being products and services.

**Active&Fit Direct™** program with access to discounted gym memberships and fitness classes nationwide.

**Silver&Fit®** program with no-cost fitness center memberships for seniors.

**HMSA Blue Cross® Blue Shield® travel coverage** when away from home.

**Island Scene** health and well-being magazine and blog.

**Blue Zones Project®** community programs to promote well-being statewide.



## Health Resources

**HMSA Online Care** to see a health care provider 24/7 using a computer, tablet, or smartphone.

**Urgent Care** benefits to see a health care professional without an appointment.

**CVS MinuteClinic®** benefits offer care for everyday health needs.

**Hawai'i Tobacco Quitline** provides support to quit tobacco for good.

**HMSA Health Coaching** by phone to help you and your family reach your health and well-being goals.

**HMSA My Account** to manage your family's health needs and records.

**Caregiver Resources** offers information to help caregivers manage their many responsibilities.



## Preventive Care

**Find a Doctor** on hmsa.com to help members find a health care provider.

**Diabetes Prevention Program** for a healthier lifestyle through CDC-recognized workshops and resources.

**Annual Preventive Health Evaluation** when seeing a primary care provider in the HMSA network.

**Personal Screening Checklist** with recommended screenings and tests.

**Worksite Well-Being Programs** supporting the health and well-being of employees.

**Health Education Workshops** are fun, interactive ways to teach members about their well-being:

- Disease awareness
- General health and fitness
- Injury prevention
- Nutrition
- Stress management
- Weight awareness



## Medical Conditions

**HMSA Health and Well-Being Support** and assistance for members with chronic health conditions.

**Ornish Lifestyle Medicine™** nine-week program to help reverse heart disease.

**HMSA Behavioral Health Program** for emotional, mental, and substance abuse support.

**HMSA Pregnancy Support Program** for personalized prenatal care support for a healthy pregnancy.

**Diabetes Education** and resources for members living with diabetes.

**Advance Care Planning** when you need to make sensitive health care decisions.

**Care Access Assistance Program** to access specialty care not available on the Neighbor Islands.

**HMSA Supportive Care** helps members manage symptoms and stresses of serious illness.



This is an overview of HMSA Well-Being programs. Be sure to check your *Guide to Benefits* to confirm your plan's specific benefits.