



We're here with you

For the good times. For the tough times. For lifetimes.

Open enrollment 2023



An Independent Licensee of the Blue Cross and Blue Shield Association

Care you can count on

The health and well-being of Hawaii's business community is a top priority for HMSA. We're working to make sure that you and your employees have access to care you need.

Choices

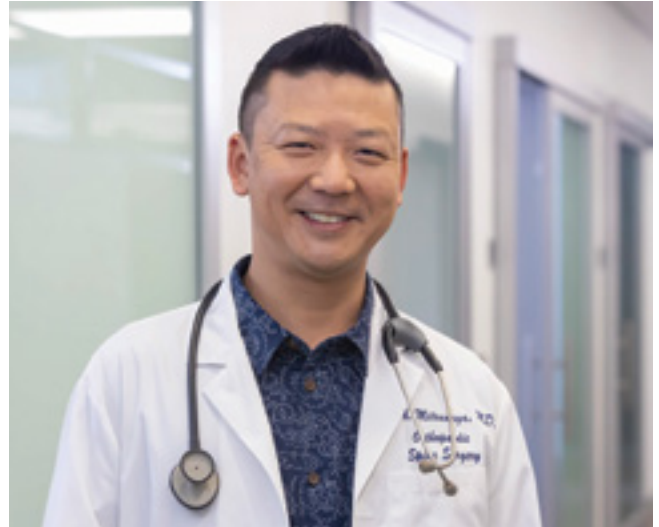
- Your employees have access to HMSA's large network of 7,500 doctors in Hawaii.
- If your employees need to travel, they have access to more than 1.7 million doctors and hospitals nationwide. They're also protected in 170 countries and territories.

Specialty care

- When your employees need specialty care, they can choose from Hawaii's top-ranked hospitals, including specialized medical centers for women's health and maternity care, cancer care, surgery, trauma, burn treatment, and more.

Convenient care options

- Annual primary care provider visits and preventive screenings play an important role in your employees overall health and well-being. Many preventive care services are available at no cost to HMSA members.



- With HMSA's Online Care[®], your employees can talk to a doctor online 24/7 from the comfort and privacy of their home or office. It's secure, convenient, and available at little or no cost to HMSA members.
- Your employees should refer to their plan benefits and check with their doctor about what telehealth options are available to them.
- They can also go to participating urgent care clinics and MinuteClinic[®] in selected Longs Drugs stores on Oahu.

Health and well-being

- HMSA offers a variety of well-being programs and virtual workshops from nutrition and physical activity to preventive care and mental health resources. These services provide your employees with tools to improve and maintain their health and well-being in the ways that suit them best.
- Your employees can save money with health and fitness discounts from HMSA365. They can also save from 10-50% on services and products through the ChooseHealthy[®] program.
- For more information, visit hmsa.com/well-being.



The ChooseHealthy program is provided by American Specialty Health Group, Inc. and ASH Technologies, Inc. (dba ASH Technologies of Delaware, Inc. in the state of Pennsylvania); all are subsidiaries of American Specialty Health Incorporated, a national provider of fitness, health education, musculoskeletal provider networks, and health management programs.

Amwell[®] is an independent company providing hosting and software services for HMSA's Online Care platform on behalf of HMSA.



Easy access to plan information

- Your employees can log in to My Account on hmsa.com to learn more about their plan benefits, see the services they've received, connect to Online Care, and request an HMSA membership card.
- Find information and resources related to the latest health news alerts and updates.

Additional benefits

You can buy additional riders and products to supplement your group plan benefits.

- HMSA offers additional plans for:
 - Dental services, including our Oral Health for Total HealthSM program for members with an eligible medical condition.

- Prescription drugs.
- Vision services with access to top eyewear companies, discounts, special offers, and a broad network of vision care providers through EyeMed Vision Care.
- There are also optional plans such as disease-specific care, life insurance, and accident insurance, which can protect your employees from the unexpected.
- Additional plan options help keep your employees healthy, such as the Active&Fit[®] program and complementary care packages that include therapeutic massage and acupuncture.

American Specialty Health is an independent company providing chiropractic, acupuncture, fitness programs, and/or massage therapy services on behalf of HMSA.

The Active&Fit program is provided by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated. All programs and services are not available in all areas. Active&Fit is a federally registered trademark of ASH and used with permission herein.

EyeMed Vision Care is an independent company making available routine vision benefits on behalf of HMSA.

Contact information and resources

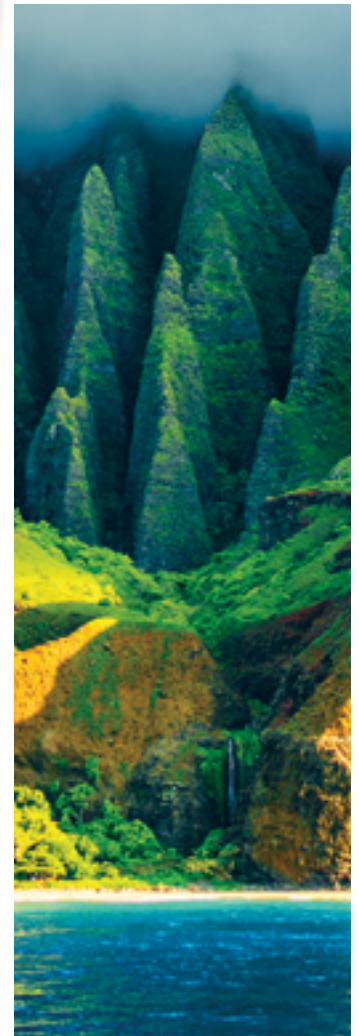
During open enrollment:

- Reach out to your account representative to learn how we can support you with virtual benefit presentations and other resources.
- Visit hmsa.com/employers for materials, such as the enclosed poster, that you can share with employees.



If you have questions, contact your account representative. You can also call **(808) 948-5555**, option 2 or **(800) 620-4672**, option 2.

As always, we're here to serve you. We're available to answer your questions, make sure you get the proper care, and help with whatever you may need. Call or email us or connect with us on social media. Go to hmsa.com/contact for phone numbers and a link to our Facebook page.



Together, we improve the lives of our members and the health of Hawaii. Caring for our families, friends, and neighbors is our privilege.

hmsa.com



@hmsahawaii

