

HMSA is here with you



Open enrollment 2023

# Care you can count on

As a health organization, the health and well-being of Hawaii's business community is a top priority for HMSA. As we continue to support you through these changing times, we're working to make sure that you and your employees have the information and access to care that you need.



## Choice

- 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

- With HMSA's Online Care<sup>®</sup>, 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 or check with their doctor about what telehealth options are available to them.
- They can also go to participating urgent care clinics and MinuteClinic<sup>®</sup> 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 are designed to provide your employees with tools to improve and maintain their health and well-being in the ways that suit them best.
- Working out is better at a lower price. With HMSA, your employees can save money with health and fitness discounts from HMSA365.
- They can also save from 10 to 50% on services and products from popular health and fitness brands through the ChooseHealthy<sup>®</sup> program.
- For more information, visit [hmsa.com/well-being](https://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 (ASH), a national provider of fitness, health education, musculoskeletal provider networks, and health management programs.

Amwell<sup>®</sup> 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](https://www.hmsa.com) to learn more about their plan benefits, see the services they've received, connect to HMSA's Online Care, and request an HMSA membership card.
- They can visit [hmsa.com](https://www.hmsa.com) for information related to COVID-19.

### Additional benefits

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

- HMSA offers additional plans for dental services, prescription drugs, and vision services.
- There are also optional plans such as disease-specific care, life insurance, and accident insurance that help 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 (ASH) 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 (ASH). All programs and services are not available in all areas. Active&Fit is a federally registered trademark of ASH and used with permission herein.

# Contact information and resources

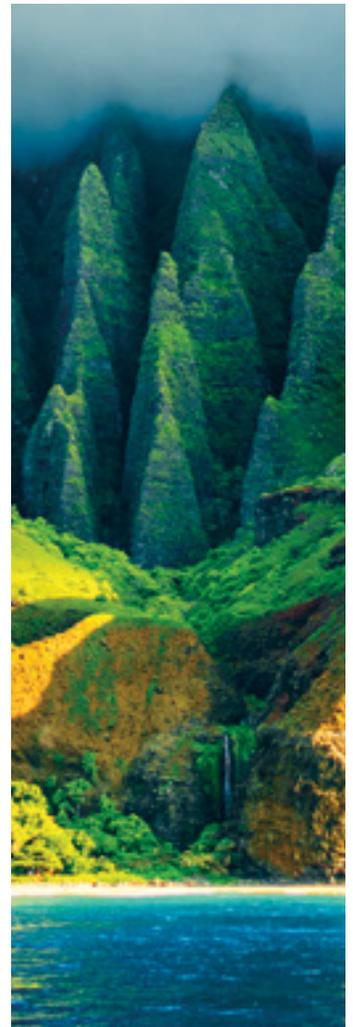
During open enrollment, you can use the following resources:

- Reach out to your account team to learn how we can support you during open enrollment through virtual benefit presentations and other resources for your employees.
- Visit [hmsa.com/employers](https://hmsa.com/employers) for open enrollment materials, such as the enclosed poster, that you can share with employees.



If you have questions, contact your HMSA representative. You can also call **(808) 948-5555**, option 2 or **1 (800) 620-4672**.

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](https://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](https://hmsa.com)

