

HMSA's Online Care lets you:



See doctors 24/7 from your mobile device or computer.



Have affordable doctor visits. No appointment needed.



Have secure, confidential conversations.

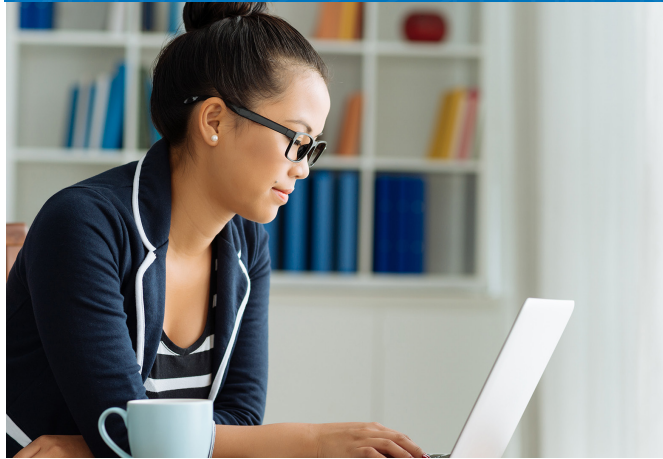


Share health information from Apple's Health app with the doctor.



Have prescriptions sent directly to your pharmacy.

Need help? Call us at 1 (866) 939-6013 toll-free or go to hmsaonlinecare.com



Online therapy and counseling

Convenient sessions from the comfort and privacy of your home.

Therapy can provide the tools and support you need to achieve lasting emotional well-being. With HMSA's Online Care, you can:

- Chat securely with a Hawaii-licensed therapist, psychologist, or specialist from your computer or mobile device.
- Get affordable care at little or no cost.
- Save time with quick access to care.

Schedule an online appointment*:

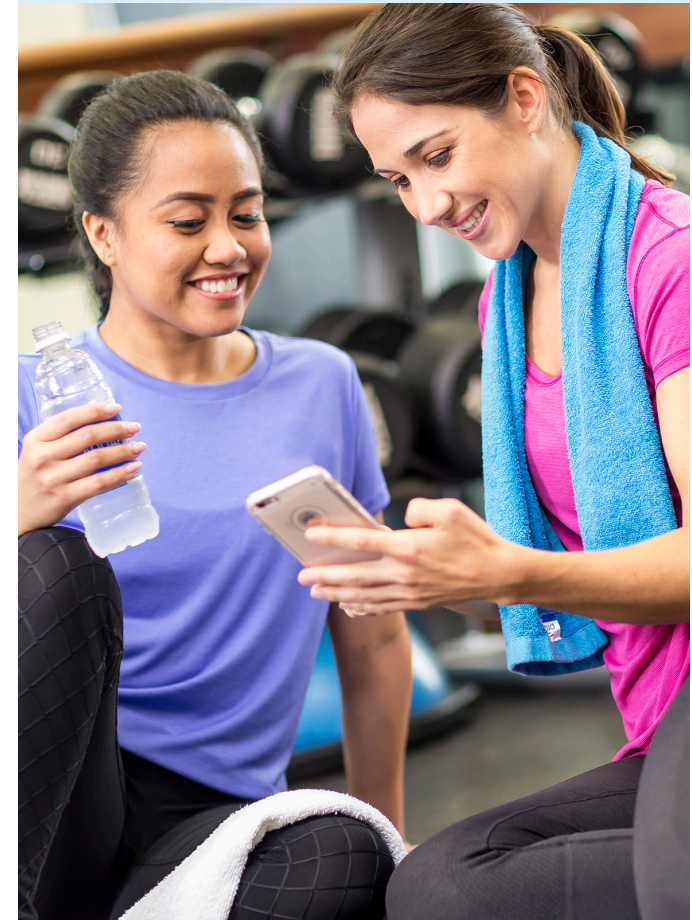
- Visit hmsaonlinecare.com to sign up or log in.
- Choose a service.
- Follow the directions to schedule an appointment.

*Therapy visits require an appointment.



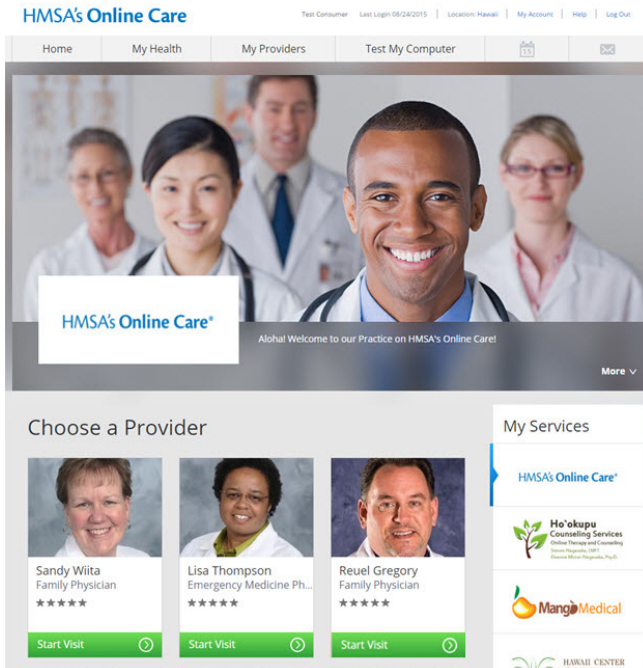
HMSA's Online Care

Get healthy, stay healthy.
Anytime, anywhere.



An Independent Licensee of the Blue Cross and Blue Shield Association

When you're busy, making an appointment or going to the doctor can be difficult. But what if you could see a doctor anytime, anywhere?



With HMSA's Online Care®, you can see a doctor or other health care provider from the comfort and privacy of your home, office, or anywhere you can go online. Get real-time answers to your health questions and concerns. And if you have children who are under age 18, you can add them to your account when you enroll, making Online Care easy for the whole family.

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

Sign up for HMSA's Online Care

From a mobile device:

1. Search for HMSA Online Care in the Apple or Android app store.
2. Download and open the app. It's free!
3. Click Sign Up and enter your information as it appears on your HMSA membership card.
4. Enter your email address and create a password.
5. Select your health plan, enter your subscriber ID number, and click Continue.



From a computer:

1. Go to hmsaonlinecare.com.
2. Enter your information as it appears on your HMSA membership card and click Sign Up.

Log on to HMSA's Online Care with the email and password you used when you signed up.

See a doctor without an appointment

Online Care gives you quick answers to your health questions or concerns. Whether you have a sudden ailment or a chronic condition, you can have online, real-time video visits with a doctor or specialist to discuss your symptoms and treatment options.

Online Care doctors can help with:

- Sudden or acute conditions like bronchitis or ear and sinus infections.
- Chronic conditions like allergies, diabetes, or high blood pressure.
- Common conditions like headaches, colds, or the flu.
- Managing multiple medications, side effects, or drug interactions.
- Getting you on track with your health and well-being goals.

Online Care complements in-person visits

Sometimes there's no substitute for seeing a doctor in person. However, for those times when you need to see a doctor, but can't because of transportation or schedule challenges, HMSA's Online Care is there for you. Conversations are confidential and treated with the same protections as your medical records.

Online Care doctors and specialists include:

- Internists.
- Family physicians.
- Emergency medicine physicians.
- Psychologists.
- Marriage and family therapists.