

HMSA

Health & Discount Program

These programs are available to HMSA members and their covered dependents. Programs are free unless otherwise noted.

Program	Enroll or Get More Info
<h3 data-bbox="110 583 370 625">Health Coaching</h3> <ul data-bbox="126 642 899 709" style="list-style-type: none">• Get a discount on gym memberships. Log on to HMSA to see the savings.• Access an exercise tracker and online classes with your membership.	<p data-bbox="1096 583 1490 638">Go to HMSA.com and select Well-being, then Active&Fit® Program.</p>
<h3 data-bbox="110 789 370 831">Health Coaching</h3> <p data-bbox="110 848 542 877">Get help managing chronic conditions like:</p> <ul data-bbox="126 890 984 957" style="list-style-type: none">• Asthma, obstructive pulmonary disease, heart failure, and coronary artery disease• Diabetes, stress, depression, substance abuse, and other health issues	<p data-bbox="1096 789 1448 844">Go to HMSA.com and select Well-being, then Health Coaching.</p> <p data-bbox="1096 856 1318 886">Or, call 855.329.5461.</p>
<h3 data-bbox="110 1037 565 1079">Health Education Workshops</h3> <p data-bbox="110 1096 1029 1155">Attend free workshops on fitness, nutrition, stress management, and other topics. You can find a schedule of workshops on the website.</p>	<p data-bbox="1096 1033 1500 1087">Visit HMSA.com and select Well-being, then Health Education Workshops.</p> <p data-bbox="1096 1100 1403 1129">To register, call 855.329.5461.</p>
<h3 data-bbox="110 1234 487 1276">Hawaii Tobacco Quitline</h3> <h4 data-bbox="110 1293 350 1323">Tobacco Cessation</h4> <p data-bbox="110 1339 1029 1428">Get help from Hawaii-based QuitCoaches who can help you create a customized quit plan, give you strategies and resources to deal with cravings and nicotine withdrawals, and you can even opt in to receive extra support through the Text2Quit program.</p> <p data-bbox="110 1440 1003 1499">The Hawaii State Department of Health's (DOH) Tobacco Quitline provides programs for members who want to quit smoking or using tobacco products on behalf of HMSA.</p>	<p data-bbox="1096 1230 1500 1285">Visit HMSA.com and select Well-being, then Quitting Tobacco & Cravings.</p> <p data-bbox="1096 1297 1442 1356">Or, go to hawaiiquitline.org or call 800.784.8669.</p>
<h3 data-bbox="110 1583 272 1625">HMSA365</h3> <h4 data-bbox="110 1642 337 1671">Discount Program</h4> <p data-bbox="110 1688 1045 1776">Get discounts on holistic medicine, vision, hearing, behavioral health, fitness (including gym memberships), and other health-related products and services. Just show your membership card for discounts at participating businesses. Check the website for current deals.</p>	<p data-bbox="1096 1579 1490 1633">Go to HMSA.com and select Well-being, then HMSA365 Discounts.</p>

need
help?

For more information,
contact HMSA at **800.776.4672**

Program

Enroll or Get More Info

Dr. Ornish's Program for Reversing Heart Disease®

If you have heart disease or are at risk for heart disease, you may be eligible for this program which reduces the risk of heart-related events and lessens dependence on medication. To participate, let your primary care provider know you are interested.

Go to [HMSA.com](https://www.hmsa.com) and select **Well-being**, then **Ornish Lifestyle Medicine™**.

HMSA Pregnancy Support Program

Better understand and manage your pregnancy with:

- Support from a maternity nurse as a complement to your OB/GYN's care
- Referrals to trustworthy resources and services
- Additional postpartum support
- A copy of Your Pregnancy and Childbirth: Month to Month

Go to [HMSA.com](https://www.hmsa.com) and select **Help Center**, then **Pregnancy Support**.
Or, call **855.329.5461**.

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