'Tis the Season to be Healthy with

HMSA's Online Care

Are the holidays wearing you down? HMSA's Online Care can help.

No crowded waiting rooms.
No busy traffic.
No appointment necessary.

Online Care connects you with a doctor or other HMSA providers online or by phone any time of the day or night.

- Discuss symptoms and treatments when you're not feeling well.
- Speak to a dietitian or personal trainer for advice on keeping excess weight off.
- Talk to a mental health specialist to combat holiday blues.

To use HMSA's Online Care, visit hmsa.com.

HMSA
Blue Cross Blue Shield of Hawai'i
An Independent Licensee of the Blue Cross and Blue Shield Association

(09) 4000-1856 11.11 FN