

HMSA



An Independent Licensee of the Blue Cross and Blue Shield Association

November 2011

Dear Member:

At HMSA, we are doing all we can to support the relationship between you and your doctor because it's the best way to ensure the highest quality health care and the best health for our members.

To help our members achieve better, more cost-effective care, we are transforming our HealthPass program into our new **Well-Being Connection**. Well-Being Connection helps you and your doctor manage your care with many capabilities, such as stop-smoking, prenatal, and disease management services.

As we transition to Well-Being Connection, HMSA's HealthPass services will end on Dec. 31, 2011. If you haven't had your annual HealthPass visit for 2011, there's still time to schedule one. Call 432-9220 on Oahu or 1 (800) 525-6548 toll-free on the Neighbor Islands to make a reservation before the end of the year. Worksite wellness programs will continue.

A significant component of Well-Being Connection is HMSA's health and wellness Web portal, **Well-Being Connect™**. Well-Being Connect is an easy, interactive website that uses successful, proven methods to help you focus on improving all aspects of your health – mental, emotional, and physical. Research shows that stress can cause or worsen a wide array of illnesses and conditions. By incorporating as much information about your life as possible, Well-Being Connect creates a plan tailored just for you, to help you address issues that you may not have associated with your physical health.

The Well-Being Connect Web portal will be available in early 2012 through your My Account on hmsa.com. We hope you will work with your doctor to take advantage of the many tools Well-Being Connect offers to improve your health and stay on top of any conditions you may have.

Thanks for your continued membership with HMSA and your commitment to helping us achieve our mission: to keep you as healthy as possible.

Sincerely,

A handwritten signature in black ink, appearing to read 'MS', with a long, sweeping horizontal flourish extending to the right.

Michael Stollar

Vice President

Health Systems Development