

## Free Wellness Solutions for Healthy Living

It's time to take the next step toward wellness! Your well-being affects your life and work productivity, so we encourage our members to live healthy. At HMAA, we're more than just a health plan. **HMAA Wellness** offers a variety of solutions to promote healthy living.

### Physician Consultations through HiDoc®

HMAA members may consult with a doctor via computer, phone or app at any time through HiDoc®. With 24/7 access to a local and national network of physicians whether you are at home or traveling, HiDoc® is an ideal solution for non-emergent situations, prescriptions, and routine medical care. Schedule a consultation via [hmaa.com/telemedicine](http://hmaa.com/telemedicine), download the mobile app, or call (844) 423-6242 toll-free. With no out-of-pocket cost, HiDoc® makes seeing a doctor quick, easy, and virtually painless.

### Member Plus Discount Program

We have partnered with more than 40 merchants to provide special discounts on health and wellness services such as fitness memberships and training, food and beverages, spa services, and more. Please let us know if you are interested in joining our program as a merchant.

**HMAA Wellness** also provides valuable tools to employers. Certain requirements apply.

### Clinical Analysis Reports

Our confidential wellness utilization reports provide clinical analysis to help you make informed decisions about your worksite wellness programs while maximizing the return on your investment by identifying key risks and cost drivers.

### Worksite Wellness Planning

We assist with creating or enhancing your company's wellness program. This can include developing educational handouts, planning health fairs, coordinating lunch and learn sessions, and arranging vendor referrals.

### Maternity & Baby Care Incentive Program

Our innovative program is designed to help expectant moms and their babies stay healthy during and after pregnancy. We provide education, intervention and guidance, along with excellent incentives to encourage program completion.

### Flu Prevention Program

Free flu vaccinations are available to HMAA members during flu season. We partner with a variety of pharmacies and offer convenient onsite employer clinics. Requirements apply.

### Colorectal Cancer Screening

Free at-home fecal immunochemical test (FIT) kits are available to eligible members. Preventive screenings are the key to early detection. Requirements apply.

### Onsite Biometric Screenings

We conduct convenient complimentary screenings at your worksite and provide information to your employees about their blood pressure, blood glucose, cholesterol, and body composition. Participants are encouraged to discuss their results with their primary care physician.

### Medical Plans

Our benefit plans include coverage for physicals, well-baby and well-woman care, immunizations, diabetes education, and an Employee Assistance Program.