

## 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 access to a local and national network of physicians available day or night 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've partnered with more than 40 merchants to provide special discounts to HMAA members on health and wellness services such as fitness memberships, food and beverages, spa services, and more. Let us know if your company is interested in joining our program as a merchant.

### Baby & Me

Our free and innovative maternity incentive program is designed to help expectant moms and their babies stay healthy during and after pregnancy. We provide education and guidance, along with excellent incentives!

### 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 vaccination clinics.

### Colorectal Cancer Screening

Free at-home test kits are available to eligible members. Preventive screenings are the key to early detection.

### Medical Plan Benefits

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

## HMAA Wellness also provides valuable tools to employers!

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

### 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.

Requirements apply. For further information, visit [hmaa.com/wellness](http://hmaa.com/wellness) or [facebook.com/HMAAwellness](https://facebook.com/HMAAwellness).