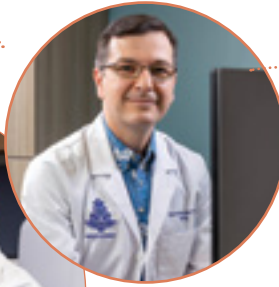


# HMSA's Online Care



Talk to a doctor 24/7, 365 days a year on your smartphone, tablet, or computer from anywhere in Hawaii with HMSA's Online Care®. Conversations are secure, confidential, and affordable.



Scan for quick access to HMSA's Online Care.

## See an Online Care provider when you need help with:

### Physical health

- Conditions such as bronchitis or ear and sinus infections.
- Common conditions such as a cold or the flu.
- Chronic conditions such as diabetes, hypertension, and allergies.
- And other illnesses and injuries.

### Mental health

- Emotional support.
- Stress and anxiety management.
- Depression, grief, PTSD, and trauma.

## Signing up is easy

Download the free mobile app or visit [hmsaonlinecare.com](http://hmsaonlinecare.com). Follow the instructions to register and be sure to enter your information exactly as it appears on your HMSA membership card. This is especially important when entering your name.



You must be in Hawaii to use Online Care. Depending on your health plan, you may be charged a copayment.

Amwell is an independent company providing hosting and software services for HMSA's Online Care platform on behalf of HMSA.



An Independent Licensee of the Blue Cross and Blue Shield Association