



HMSA Health and Well-being Support

Whether you have a chronic condition or serious illness, HMSA is here to help you get the care you need.

HMSA Health and Well-being Support gives you personalized and coordinated access to care. Our team of nurses, social workers, dietitians, health coaches, and diabetes educators will connect you with health professionals and community resources to meet your specific needs.

The HMSA Health and Well-being Support team is available by phone or in person to help you:

- Navigate the health care system.
- Coordinate your treatments, medications, and communications with your doctor and health care team.
- Learn about your specific health needs and conditions.
- Understand your health care options.

- Reach your well-being goals by providing encouragement and motivation.
- Make your appointments and help you keep them.
- Manage your prescription medications.
- Get peace of mind and comfort by providing physical, emotional, psychological, and spiritual support.
- Coordinate advance care planning.

Questions?

Call 1 (855) 329-5461

Monday-Friday, 8 a.m.-5 p.m.

Learn more at

hmsa.com/well-being/health-well-being-support/.



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