

# HMSA's Online Care



Talk to a doctor 24/7, 365 days a year\* on your smartphone, tablet, or computer from anywhere in Hawaii. Conversations are secure, confidential, and affordable.

See a provider on HMSA's Online Care® when you need help with:

#### Physical and mental 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.
- Emotional support and therapy.
- Stress and anxiety management.
- And more.

#### Signing up is easy

Download the free mobile app or visit [hmsaonlinecare.com](http://hmsaonlinecare.com). Follow the prompts to register and be sure to:

- Enter your information exactly as it appears on your HMSA membership card.
- Enter your personal email address and create a password.

[Click here for quick access to Online Care.](#)



\*Behavioral health providers on Online Care are based on availability.

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

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