



## FEEL BETTER WITH HMSA'S BEHAVIORAL HEALTH PROGRAM

High stress and anxiety are common in today's fast-paced world. If you're ready to make a change for your emotional and overall health, HMSA's behavioral health program can give you tools that you can use to feel better.

### HOW THE PROGRAM WORKS

We've partnered with Beacon Health Options® to offer members and their dependents services such as:

- Referrals to behavioral health providers, resources, and services.
- Condition-specific education for members and support resources for their loved ones.
- Case management if needed.

To learn more about the program, call Beacon Health Options at 695-7700 on Oahu or 1 (855) 856-0578 toll-free on the Neighbor Islands.

For a full description of your benefits, go to [hmsa.com/eutf](https://hmsa.com/eutf) to download your *Guide to Benefits*.

If you're having an emergency and are in immediate danger of harming yourself or others, call 911 or go to the nearest hospital.

Beacon Health Options® is an independent company providing utilization and quality management services for behavioral health services on behalf of HMSA.

