

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.



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 more.

Mental health

- Emotional support.
- Stress and anxiety management.
- Couples or family counseling.

Signing up is easy

Download the free mobile app or visit 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.



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 HMSAs Online Care platform on behalf of HMSA.



An Independent Licensee of the Blue Cross and Blue Shield Association

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