



## Benefits for UFCW/HMA Members

### Advantages to signing up under the UFCW PPO Plan

Whether you are an existing member, or looking to switch your current insurance, the UFCW PPO Plan provides an alternative, cost effective medical insurance option. HMA welcomes all UFCW employees to learn more about how this plan can help you and your ohana stay healthy, save money and enjoy life's greatest treasures.

Here are a few of the advantages the UFCW PPO Plan offers.

- ▶ No Annual and Lifetime Limitations
- ▶ No Referral to See a Specialist
- ▶ Freedom of Choice:
  - Benefits for Participating Providers
  - Benefits for Non-Participating Providers



## Looking for a Doctor?

Our "Find a Provider" online directory feature can help you identify Physicians, Health Care Practitioners, Hospitals, and Facilities that participate with the HMA Network. The online directory allows you to search by Provider name, specialty, and region then provides details on the Physician or facilities address, telephone number and more.

Visit [www.hma-hi.com/Find-Providers](http://www.hma-hi.com/Find-Providers) for a directory of participating Doctors, Specialist, Practitioners, Hospitals and Facilities nearest you.

## Did You Know?

A yearly flu vaccine is the first and most important step in protecting against this serious disease. Getting the flu vaccine before the start of seasonal flu activity each year is always a good idea. Encourage your loved ones to get vaccinated as soon as it becomes available.

## Useful Online Tools



### Forms and Documents

Are you looking for specific documents regarding your UFCW PPO Medical Plan? We provide UFCW Members direct online access to your plan documents at [www.hma-hi.com/UFCW](http://www.hma-hi.com/UFCW).



### Frequently Asked Questions

Do you have a dependent attending college in the mainland? What if you need to see a doctor while on vacation outside Hawaii? See answers to frequently asked questions like this at [www.hma-hi.com/UFCW](http://www.hma-hi.com/UFCW).



### Urgent Care Centers

For a directory of participating Urgent Care Centers throughout the State of Hawaii, please download a directory from our website at [www.hma-hi.com/Urgent-Care](http://www.hma-hi.com/Urgent-Care).



### The Akamai Way Hotline Provides Access to...

- ▶ Fast, Friendly, and Educational Customer Service
- ▶ Frequently Asked Questions (FAQ's)
- ▶ Health Plan Coverage Information
- ▶ Request New or Additional ID Cards
- ▶ Claims and Billing Questions



**(808) 951-4694**  
Toll Free (866) 331-5913



*Protecting Your Health Plan*

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