

Health Coaching

Would you like to be healthier and happier? Whether you are looking to manage a chronic health condition, lower your blood pressure, quit smoking, or lose weight, HMAA can help.

HMAA has partnered with Optum to provide a **free** NCQA-accredited Health Coaching program that features research-tested tools, non-judgmental support, and encouragement to help you reach your personal health and well-being goals.

Meet Your Health Coach

To get started, set up an appointment with a Health Coach or speak to an Optum organizational representative.

- Call toll-free: **(800) 478-1057**
- Enroll online: **www.hmaa.com/healthcoaching**

Each coaching session may last about 15 to 30 minutes and is completely confidential. You and your coach will complete a health assessment to create a program that is right for you.

Health coaches are trained to support you in making changes that are important for managing a chronic condition or improving your lifestyle for better health. They understand the real-life barriers we all face in making healthier choices.

Your coach can work with you on a wide range of topics, including but not limited to:

- Sleep
- Exercise
- Healthy Eating
- Stress Management
- Weight Management
- Diabetes Self-Management
- Managing Blood Pressure
- Managing Cholesterol
- Depression Prevention
- Smoking/Tobacco Cessation



Health coaching is available by phone or online Monday through Thursday 7 am – 10 pm CST, Friday 7 am – 7 pm CST, and Saturday 8 am – 4:30 pm CST. Closed on Sundays and all major holidays. This service is free for HMAA medical plan members.

Participation and personal health information are strictly confidential. For more information or if you need assistance, please contact HMAAwellness@hmaa.com or call (808) 791-7635.

For further information about our health and wellness benefits, visit hmaa.com/wellness or facebook.com/HMAAwellness.

HMAA ■ Phone 808-591-0088 ■ Fax 808-591-0463 ■ Toll-free 800-621-6998