Our HMO plans make it easier for you to *get and stay healthy*

What's an HMO plan?

With this plan, your care is coordinated through your primary care physician. Your PCP will provide your preventive care, keep your medical history updated and help you choose a specialist if you need one.

When you need to see a specialist for an initial consultation, you don't need to get a referral from HAP.

Network coverage

For everyday health care services, you must see a doctor in HAP's HMO network. But, if you have an emergency or urgent care need, your services are covered 24/7 at any emergency or urgent care facility nationwide.

The Assist America global emergency services program supports you when you have a medical emergency away from home. Whenever you, your spouse or dependent children travel more than 100 miles away from home (for no longer than 90 days in a row), you can call upon Assist America to help handle any medical emergency.
Visit **assistamerica.com/hap** for more information.

Leading doctors and hospitals

HMO members are required to choose a PCP. Our HMO network includes thousands of doctors and leading hospitals.

To find doctors within your HMO plan, log in at **hap.org** and click "Find a Doctor" at the top of the page or visit **hap.org/hmodoctors**. You can also call the customer service number on the back of your ID card for assistance in making a PCP selection.

HAP and its subsidiaries do not discriminate on the basis of race, color, national origin, disability, age, sex, gender identity, sexual orientation or health status in the administration of the plan, including enrollment and benefit determinations.

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Coverage away from home for students

Have dependents away at school? Students with HMO coverage have access to covered services across the country. With prior approval, they have expanded coverage. To learn more, visit **hap.org/studentsaway**.

Prescription coverage

To make sure you receive the appropriate medications, HAP has a list of covered drugs, also called a formulary. These drugs are covered at different copay levels called tiers.

Learn more at **hap.org/prescription-drug**.

Keeping you healthy

Preventive care is an important part of staying healthy. HAP members are covered for a wide range of routine services including annual wellness checkups, breast cancer screenings, immunizations and more.

For a full list of preventive services, visit **hap.org/preventive-services**.

We're committed to your health

We want to help you achieve the best health possible. We offer many health and wellness programs:

- Care management programs
- iStrive® for Better Health digital wellness manager
- Behavioral health management
- Weight management programs
- Tobacco cessation program

Learn more at **hap.org/health**.

When you're a HAP member, you can access:

- Your online member account at **hap.org/login**
- Telehealth services at **hap.org/telehealth**
- Health Care Cost Estimator at **hap.org/hap-member/costestimator**
- HAP Member Discounts at **hap.org/member-discounts**
- A dedicated team to answer your questions by calling **(800) 422-4641 (TTY: 711)**

For more information, visit hap.org/through-employer/member-resources.