



# HMSA's Online Care

**Therapy and counseling at your convenience.**

Taking care of your emotional well-being is easier than ever. With HMSA's Online Care<sup>®</sup>, you can meet with a behavioral health care provider in the comfort and privacy of your home or anywhere else in Hawaii.



An Independent Licensee of the Blue Cross and Blue Shield Association

Online Care behavioral health providers include psychiatrists, psychologists, licensed marriage and family therapists, mental health counselors, and social workers. They can help you with:

- Marriage and family counseling.
- Conflict resolution.
- Depression and anxiety.
- Stress management.
- Grief and loss.

## Sign up now

### From a mobile device:

1. Search for HMSA Online Care in the Apple or Android app store.
2. Download and open the free app.

### From a computer:

Go to [hmsaonlinecare.com](https://hmsaonlinecare.com)

### Next:

1. Click Sign Up.
2. Fill in the required fields and agree to the terms of use.
3. Continue to enter information as prompted. You'll need information from your HMSA membership card.

## Log in anytime

Now that you're registered, log in anytime and click HMSA's Online Care Behavioral Health Practice or another provider.

Some providers may be immediately available to talk with you while others require an appointment. Schedule an appointment through HMSA's Online Care.

**Need help?** Call 1 (866) 939-6013 toll-free.



AmericanWell® is an independent company providing hosting and software services for HMSA's Online Care platform on behalf of HMSA.