Free Wellness Solutions for Healthy Living

It's time to take the next step toward wellness! Your well-being affects your life and work productivity, so we encourage our members to live healthy. At HMAA, we're more than just a health plan. HMAA Wellness offers a variety of solutions to promote healthy living.

Physician Consultations through HiDoc®

Consult with a doctor via computer, phone or app through our telemedicine service, HiDoc®(hosted by MD Live by Evernorth). With 24/7 access to a local network of physicians and therapists whether you are at home or traveling, HiDoc® is an ideal solution for non-emergent situations, mental health concerns, prescriptions, and routine medical care.



Schedule a consultation via hmaa.com/telemedicine, download the MDLIVE mobile app, or call (888) 838-8075. With **no out-of-pocket cost**, HiDoc® makes seeing a doctor quick, easy, and virtually painless.

Baby & Me

Our free and innovative maternity incentive program is designed to help expectant moms and their babies stay healthy during and after pregnancy. We provide education and guidance, along with excellent incentives!

Flu Prevention Program

Free flu vaccinations are available to HMAA members during flu season. We partner with a variety of pharmacies and offer convenient vaccination clinics at employer worksites (requirements apply).



Colorectal Cancer Screening

Free at-home test kits are available to eligible members. Preventive screenings are the key to early detection.

Medical Plan Benefits

Our benefit plans include coverage for physicals, well-baby and well-woman care, immunizations, diabetes education, and an Employee Assistance Program.

Member Plus Discount Program

We've partnered with more than 40 merchants to provide special discounts to HMAA members on health and wellness services such as fitness memberships, food and beverages, spa services, and more. Let us know if your company is interested in joining our program as a merchant.

Requirements apply. For further information, visit hmaa.com/wellness.

Last updated February 21, 2025