

## Nationwide Coverage for Members in Every State

When you're a Healthcare Management Administrators (HMA) member, you have the peace of mind knowing that wherever you are, you can access your health plan benefits.

### Coverage across the country

No matter where you are in the United States, you will be covered under your HMA Plan. If you are temporarily in or reside outside of the Pacific Northwest (Washington, Oregon, Idaho, and Utah), you have access to the network and savings discounts negotiated with healthcare providers in each state.

### How to access your national coverage:

1

Find in-network doctors and hospitals by logging in to the HMA member portal at [accesshma.com](https://accesshma.com)

2

Once in, select "Find a doctor or hospital."

3

Enter the city, state, or zip code where you would like to search.

### Helpful reminders:

- ✓ Show them your HMA member ID card when you arrive at the doctor's office or hospital.
- ✓ Your provider can find coverage and claim information on the back of your member ID card.

For any required pre-certification or pre-authorization, call HMA's Customer Care Team at

**1-800-869-7093**

available 5 am – 6 pm PT,  
Monday – Friday

**In an emergency, go directly to the nearest hospital.**