

How to Use Your Health Plan Benefits When You Travel

Using Your HMA Benefits

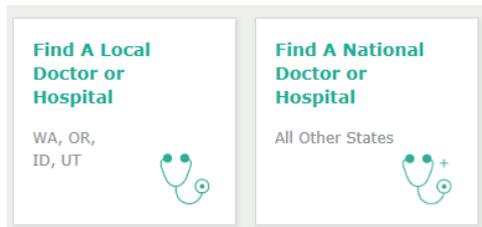
When you're a Healthcare Management Administrators (HMA) member, you can have the peace of mind knowing that wherever you are, you'll be able to access your health plan benefits.

Across the Country

In Washington, Oregon, Idaho, and Utah, you have access to the HMA Preferred Network. This is the largest healthcare provider network in the Pacific Northwest and includes 95% of doctors and hospitals. In all other States, you have network access to nearly 900,000 healthcare providers and 4,200 hospitals through our partnership with PHCS (MultiPlan).

How to find an in-network doctor or hospitals:

1. Go to www.accesshma.com
 2. Click the myHMA Member Login button on the top of the page.
On desktop computers:  On mobile devices: 
 3. After logging in, click the tile that matches the location where you are seeking care:
4. Be sure to call HMA's Customer Care Team at **1-800-869-7093** for any required precertification or preauthorization.
 5. When you arrive at the participating doctor's office or hospital, show them your HMA member ID card



In case of an emergency:

If you are traveling in the United States and need to receive emergency services from an out-of-network hospital, you will be covered at the preferred network benefit level as shown in your Schedule of Benefits. If the hospital asks you to pay upfront (instead of billing HMA), you can submit a claim to HMA in order to get reimbursed. Claim forms, and instructions for submitting them, are available at www.accesshma.com



Around the World

If you are traveling outside the country and need to receive emergency room treatment for an accidental injury or medical emergency, your HMA health plan has you covered. All eligible services provided in an emergency room (physician/provider services and facility fees) will be reimbursed at the preferred network benefit level as shown in your Schedule of Benefits.

When you get back from your travels, you will need to submit a claim to HMA in order to get reimbursed. Please make sure your doctor/hospital bill is in English. If this is not possible, you are responsible for the translation. Claim forms, and instructions for submitting them, are available at www.accesshma.com

In an emergency, go directly to the nearest hospital.

If you have more questions, contact HMA's Customer Care Team:
www.accesshma.com | 1-800-869-7093