

# Get Your Health Plan Questions Answered

## Using Your HMA Benefits



### On the Phone

Call HMA's Customer Care Team  
Mon-Fri from 7am to 5pm (PST) at  
**1-800-869-7093**



### Online

Visit the HMA  
member portal at  
**[www.accesshma.com](http://www.accesshma.com)**

## What else can you do on the HMA member portal?



Search for  
doctors and  
hospitals in  
the HMA  
network.



Download  
or print a  
copy of  
your  
member  
ID card.



View  
benefits/  
coverage  
information



View claims  
details and  
account  
balances.



Download  
and submit  
member  
forms.



Connect to  
other HMA  
programs  
and  
services.



Access  
health and  
wellness  
discounts.

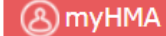


Ask HMA a  
question  
online via  
secure  
messaging.

## How do you register for the HMA member portal?

1. Go to [www.accesshma.com](http://www.accesshma.com)
2. Click on the myHMA Member Login button on the top of the page.

On desktop computers: 

On smartphones and tablets: 

3. If this is your first time on the member portal, you will need to register and create an account. Be sure to have your HMA member ID card available. You will need to enter your name, date of birth, and member ID number EXACTLY as they appear on your member ID card.

To comply with regulations that restrict access to a dependent's protected health information, members 13 years and older need to grant access to their accounts. This is done through this member portal. But first, the dependent will need to set up their own online account with their own unique email address. If you have any questions, please call our Customer Care team at 1-800-869-7093.