



HEALTHCARE
MANAGEMENT
ADMINISTRATORS



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Better Health

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**Healthcare Management Administrators Selects Nationwide
Better Health as Its Health Management Provider**

*Comprehensive and integrated suite of disease management and wellness
services made available for employer client base*

Bellevue, WA., — Healthcare Management Administrators (HMA) has selected Nationwide Better Health as its exclusive total health management provider, enhancing its portfolio of full spectrum group benefits management services.

With this new partnership, HMA is now able to offer lifestyle health coaching as well as more robust disease management, health risk assessment, employee health web portal, 24/7 nurse-advice hotline and maternity management programs through Nationwide Better Health to its network of broker partners and the large base of self-funded client organizations they service throughout the Northwest.

“In our effort to provide the best quality, best value benefit administration services, it’s our pleasure to partner with Nationwide Better Health to offer health management solutions for our clients and their employees,” said David Snodgrass, president and chief executive officer, HMA. “Most importantly, this new relationship gives our clients access to cost-competitive programs that deliver on our core values of customer-centric service.”

HMA works to provide its clients with services that are in-line with best practice in the industry and deliver on the latest evidence-based programs. Nationwide Better Health compliments these efforts with its health and wellness programs, which provide cutting-edge preventive care and health management solutions that meet individuals where they are at on the health care continuum to affect behavior change and produce results.

“After succeeding in a very competitive bid process, Nationwide Better Health is excited to work with HMA to provide solutions for its broker partners and extensive client network looking to build a culture of health at the workplace,” said Holly Snyder, president, Nationwide Better Health. “Being a part of the larger HMA portfolio gives Nationwide Better Health an opportunity to engage, educate and transform how employees and family members on HMA plans think about managing and improving their health and well-being.”

To learn more about HMA's portfolio of traditional products and enhanced consumer services for the self-funded market, please visit www.accesshma.com or call 1.800.869.7093 x5267.

About Healthcare Management Administrators (HMA)

HMA is a third-party administrator that offers a full spectrum of group benefits management services to organizations that self-fund their employee benefits programs. The company is dedicated to helping self-funded employers provide the best health benefit plans, unparalleled access to doctors and hospitals, and proven cost savings through market leading preferred provider networks. HMA, a subsidiary of Regence BlueShield, currently serves over 130,000 health plan members and is headquartered in Bellevue, Washington.

About Nationwide Better Health

Nationwide Better HealthSM, a subsidiary of Nationwide[®], is a leading provider of health and productivity management solutions, aimed at improving the health and productivity of America's workforce. Nationwide Better Health is the first company to truly integrate the best collection of health and productivity services available today, including health and wellness, and disease, disability, absence, medical and maternity management. The company's offerings work together and independently to address both sides of the cost equation: increased efficiency of health and productivity programs and better employee health and well-being to reduce health care-related costs. For more information, call 866.404.6924 or visit: www.nwbetterhealth.com.

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