As the year comes to an end, we look back on the community events and volunteer opportunities that we were fortunate to be part of this year. We loved being able to give back to your communities. From the Garden Isle of Kauai to the Big Island of Hawaii, mahalo for stopping by to say hello to us! We are humbled to have met all of you. Follow us on our Social Media platforms at @AlohaCareHawaii on Instagram, Facebook and Twitter to see where we’ll be next. Happy Holidays and Hau‘oli Makahiki Hou!

AlohaCare Takes Care of You!

Thank you for being a member of AlohaCare. AlohaCare members enjoy great services at no cost.

- It’s easy to get care! All AlohaCare members have access to a care manager to help them get the care they need.
- AlohaCare members can see a specialist without a referral. Work with your PCP to get specialty care.
- We are in your neighborhood! AlohaCare has staff statewide that can come to you if you can’t come to us.

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Have you seen your PCP this year? If not, there's still time to receive your annual preventive screenings before the year is up. AlohaCare’s 2017 Member Wellness Program for all AlohaCare Advantage Plus members will be ending December 31, 2017.

At AlohaCare, keeping members healthy is one of our main priorities. The Wellness Program is designed to engage and educate members about screenings and services that are important to their health and well-being. Our focus is to empower members to be more involved with their healthcare. We provide tips on how to stay healthy and offer discussion topics to have with your doctor. We want to make sure that our members are receiving the best quality of care for their health needs!

Incentivized screenings and services include:

- Adult Body Mass Index (BMI) Assessment
- Adult Health Visit (medication review, pain assessment, and functional status assessment)
- Breast Cancer Screening
- Colorectal Cancer Screening

Don’t hesitate, vaccinate!

The Flu Season is quickly approaching and lasts through the end of winter. During the busy holiday season, the last thing you need is to get sick! The flu can severely affect the very young, elderly, and those with chronic medical conditions. Safeguard against this by getting a flu vaccine. Talk to your Primary Care Provider (PCP) about getting a flu vaccine or take advantage of flu shots offered at participating AlohaCare pharmacies.
Well-Child visits are very important for tracking your child’s health and development.

Visit your family doctor when your baby is 1mo, 2mo, 4mo, 6mo, 9mo, 12mo, 15mo, and 18mo, then every year when your child is 2-5 years old, and every other year from ages 6-20 years old.

If you can’t remember your last Well-Child visit, schedule an appointment as soon as possible. Some illnesses have no noticeable signs/symptoms. Keep your kids safe with Well-Child Visits before it’s too late!

Do you need help managing your medicine?

One of the most important things you can do to stay healthy is taking the right medications at the right time and the right way. This is especially important for those with chronic medical conditions such as diabetes, hypertension, and high cholesterol.

AlohaCare can help you refill your medications timely through our automatic refill program. You can always have a supply of your medicines on hand. Remember to take them as they were prescribed by your doctor. Be an advocate for your own good health!

Do you have asthma, diabetes, or coronary artery disease?

AlohaCare nurses are here to help you manage your condition and connect you with the right help if you need it. If you are interested, you can sign up for the Disease Management program for asthma, diabetes, or coronary artery disease by logging into the Member Portal at www.alohacare.org or calling to speak with a Disease Management nurse at 973-0712.

If you’d like to learn more about a condition and how it is prevented or treated, visit the links to nationally recognized sources on Clinical Practice Guidelines on www.alohacare.org.

Get Screened for Colon Cancer!

Colon cancer is the second leading cause of cancers affecting both men and women according to the Centers for Disease Control and Prevention (CDC). The CDC recommends that people 50 years and older get screened. There are different types of screening tests and some can even be done in your own home. Being screened can help to find colorectal cancers early. Talk to your doctor about getting screened.

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Change of Address?

Have you recently moved? If so, it is important to contact Med-QUEST Division and notify them of your updated contact information! This will make sure that you continue to receive important information in the mail.

Our Hilo office has moved! Please visit our new location at

234 Waianuenue Avenue, Suite 105
Hilo, Hawaii 96720
Living Aloha is written and produced locally by AlohaCare staff members. We care about what you think. If you have suggestions or comments on how we can better serve you, please call or write us. You can also give us feedback online by clicking “Contact Us” at www.AlohaCare.org.

Living Aloha is published bi-annually as a benefit for AlohaCare QUEST Integration and AlohaCare Advantage Plus (HMO SNP) members. Each issue is also available online at www.AlohaCare.org. Aloha Living is not intended to replace the advice of health care professionals. Please consult your physician for your personal needs and before making any changes in your lifestyle.

808-973-0712
Toll-free: 1-877-973-0712
TTY/TDD: 1-877-447-5990
Find additional information on our website:
www.AlohaCare.org

AlohaCare complies with applicable Federal civil rights laws and does not discriminate on the basis of:
• Race • Color • National Origin • Age • Disability • Sex

(English) Do you need help in another language? We will get you a free interpreter. Call 1-808-973-0712 to tell us which language you speak. (TTY: 1-877-447-5990).


