ATTENTION PARENTS!

Is your child about to start seventh grade? The Hawaii Department of Education has a new requirement for incoming seventh grade students. Your child must complete a physical examination (also called a well-child visit) before they start school. Schedule a visit with your child’s primary care provider today, and follow these two steps:

**STEP 1:** Provide a copy of the Student Health Record (Form-14) to be completed during the visit.

**STEP 2:** Submit the completed form to your child’s school when he/she registers for seventh grade.

Your child gets one free well-child visit a year. For more information, contact your child’s school or primary care provider.

WOULD YOU LIKE FINANCIAL ASSISTANCE TO HELP YOU PAY FOR HIGHER EDUCATION?

Are you an AlohaCare member or an immediate family member of an AlohaCare member?

Are you looking to pursue a career in health services?

If you answered yes to the above questions, then apply to the AlohaCare scholarship today! You could receive up to $10,000 to help you pay for education expenses.

Go to www.AlohaCare.org/Communities/Scholarship.aspx for more information and to download the scholarship application. Applications are due to AlohaCare by May 31, 2017. Winners will be announced on June 5, 2017.

Contact AlohaCare if you have questions. Call us at 973-0712 or toll-free at 1-877-973-0712. TTY/TDD users call 1-877-447-5990.

LOOK INSIDE:

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MANAGE YOUR MEDICINE

Enroll today to get your prescriptions refilled automatically!

Are you tired of calling the pharmacy each month to refill your medication? Do you sometimes forget to refill your medicine? If yes, your pharmacy can enroll you in automatic refills!

• This is a free service that your pharmacy can do to have your drugs filled each month. No need for you to call!
• This will help you to stay healthy because you will always have a supply of medicine.

If you are interested in signing up, please let your pharmacy know. You may stop the automatic refills at any time by contacting AlohaCare or your pharmacy.

Do You Need Extra Services and Support?

Eligible AlohaCare members with Special Health Care Needs (SHCNs) or who receive Long-term Services and Support (LTSS) have Service Coordinators to help them with their health care needs.

Our staff is assigned to both children and adults who have chronic physical, developmental, behavioral, or emotional conditions. They will work with you and your family, as well as your doctors, to get the services you need.

AlohaCare is here to help. If you have questions, or if you know of anyone who could benefit from Service Coordination, contact our Member Services Department.

We’re Here for You!

AlohaCare values the diversity and needs of our members. We want to make sure you have access to resources in your language and offer assistance for any disabilities you may have. AlohaCare can help with:

• Language translation over the phone
• Written translation of materials
• Interpreters at the doctor's office
• Sign language assistance

Providing you with the best care possible is what we do. If you need help understanding your benefits or how to get care and services, please contact our Member Services Department.
Engage with AlohaCare at Community Events!

Catch AlohaCare in your community! We attend events statewide along with our community partners to be there for you. By being present in the communities we serve, we are able to speak to members and answer questions about our plan. We can also give out information about specific AlohaCare services and general benefits. Follow us on Social Media, we may be in a community near you!

2017 Kickoff to Wellness

AlohaCare is kicking off our AlohaCare Member Wellness Program for all AlohaCare Advantage Plus members. The Wellness Program is designed to engage and educate members on screenings and services important to their health and well-being.

We want to make sure that our members are receiving the best quality of care for their health needs!

AlohaCare Advantage Plus Members will be rewarded for each service completed by the end of the year. Program packets with details and information on how to participate will arrive in the mail soon!

MEDICARE CORNER

Medicare Corner
2017
Wellness

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CHOOSE A SUNSCREEN THAT:

- Has SPF (sun protection factor) of 30 or higher
- Provides broad-spectrum coverage, which means it protects you from UVA and UVB rays
- Is waterproof

FOLLOW THESE HELPFUL TIPS WHEN YOU’RE READY TO GO IN THE SUN:

- Apply sunscreen approximately 15 minutes before going outside. If you wait until you are in the sun to apply sunscreen, your skin is unprotected and can burn.
- Use at least 1 oz. of sunscreen.
- Cover all exposed areas of your body: neck, face, ears, tops of your feet and legs. If you have sensitive hair, either apply sunscreen to your scalp or wear a hat.
- Protect your lips with a lip balm with a minimum SPF of 15.
- Reapply sunscreen at least every two hours to remain protected. You should also reapply immediately after swimming or excessively sweating.
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. Living Aloha 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.