Giving Back to our Community

Each year, AlohaCare supports local nonprofits who work towards strengthening Hawaii’s communities. The COVID-19 pandemic has been hard on everyone. This year we prioritized getting needed resources to those who have been impacted. We contributed $150,000 in monetary and in-kind donations to essential services and organizations that span each county. We focused on essentials such as food distribution, personal safety and protective equipment for frontline workers, while also encouraging technology that will provide access to healthcare and other needed resources.

In these unprecedented times, AlohaCare is honored to have contributed to organizations that serve our community.

Looking for a doctor? Want to find out if a service is covered? Need community resources to help you get by? Call us at 1-877-973-0712 (toll-free) TTY/TDD users call 1-877-447-5990. We are in this together – and will get through this, together.

FULL COVERAGE FOR COVID-19 TESTING AND CARE

We’ve got you covered. AlohaCare covers medically necessary COVID-19 testing. If you are diagnosed with COVID-19 we will also cover your care.

Don’t Forget To Protect Yourself!

Wash your hands often with soap and water for at least 20 seconds.

Avoid close contact—stay at least 6 feet apart from people outside of your home.

Always cover your mouth and nose with a cloth or face cover when around others.

CHECK OUT THE VAX TO SCHOOL PLANNING GUIDE:

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LOOK INSIDE:
Get Connected With Aloha United Way 2-1-1

Aloha United Way 2-1-1 is a free and confidential statewide helpline that can connect you with information and community resources. 2-1-1 can help you find:

- food
- shelter
- financial assistance
- child care
- parenting support
- elderly care
- disability services
- job training, and more!

To learn more, call 2-1-1 or 1-877-275-6569, or visit www.auw211.org.

VAX TO SCHOOL

Is your child about to start seventh grade? Beginning this fall, all seventh-grade students will need to provide documentation of having received the following vaccines before returning to school:

- Tdap (tetanus-diphtheria-pertussis)
- HPV (human papillomavirus)
- MCV (meningococcal conjugate)

Don’t wait, make a date to vaccinate! Call your child’s doctor today.

For more information on Vax to School, visit www.vaxtoschoolhawaii.com.

TIPS FOR TAKING CARE OF YOURSELF

Everyone reacts differently to stressful situations. How you respond to the COVID-19 pandemic depends on many factors. Here are some things you can do to support yourself:

Take breaks from watching, reading, or listening to news stories and social media. Hearing about the pandemic repeatedly can be upsetting.

Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.

Make time to unwind. Try to do some activities you enjoy.

Connect with others. Talk with people you trust about your concerns and how you are feeling.

Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

If you are beginning to feel overwhelmed or have questions about managing stress, call us. We will work with you to find the right provider to talk to.

Connect with your Care Manager!

Everyone needs an extra hand sometimes. If you need support for healthy living or help with a long- or short-term illness or injury, call us.

Call 808-973-0712, Press “1” and Neighbor Island members can call 1-877-973-0712, Press “1.” Contact your care manager when your phone number and/or your address changes.
Don’t forget to visit your doctor

AlohaCare encourages you to stay healthy by continuing to visit your doctor for routine services. Doctors have started doing telehealth. Telehealth are visits on smart phone devices, tablets, and over the phone. Having a telehealth visit with your doctor means you don’t have to leave your home. If you need care, call your doctor and ask if you should go into the office or if they offer telehealth.

Are you due for a preventive care visit? These visits are important to help safeguard you against health problems. It also helps identify potential health risks for early diagnosis and treatment. To help you and your family feel their best, call your doctor to schedule a visit for these free services:

**Prenatal and postpartum care:**
Keep you and your baby safe and healthy! See your doctor to get early and routine care during pregnancy and after delivery.

**Well Child visits for immunizations:**
Well Child visits allow parents to checkup on their child’s health to make sure they’re growing and developing normally. These visits also keep your child’s immunizations up to date and protect them from certain diseases.

**Diabetes care:**
Manage diabetes by reducing blood sugars (keep an HbA1c under 8.0) and by receiving an annual diabetic eye exam.

**Post-discharge visits after hospitalizations:**
Call your doctor after being discharged from the hospital. Schedule a follow-up visit to avoid being readmitted.

**MEDICARE CORNER**

**Remember to take your medicine**

Your doctor prescribes medications to help you feel better. It’s important to take your medicines as directed to prevent future health problems.

Here are some tips to help you remember to take your medicine regularly:

- **Use a pillbox.**
  A pillbox marked with the days of the week is a great way to track which medications you need to take daily. When using a pillbox remember to refill it at the same time each week.

- **Incorporate your medications into your daily routine.**
  Set a daily routine for taking your medication, like brushing your teeth or getting ready for bed. If taking your medication at mealtimes is part of your routine, check to see if it should be taken on a full or empty stomach first.

- **Use an alarm.**
  Set an alarm on your watch, smartphone phone, or use an actual alarm clock to remind you when its time to take your medicine.

**Get a 90-day supply for maintenance medications**

We’ve reduced the number of times you need to go to the pharmacy to refill maintenance medications. If you have a maintenance drug prescription with refills, you can request a 90-day supply from your pharmacy. Maintenance drugs are prescriptions commonly used to treat chronic or long-term conditions, like high blood pressure, heart disease, asthma and diabetes. These conditions usually require regular, daily use of medicines. If you take more than one maintenance drug, ask your pharmacist about Med-Sync. Med-Sync makes it easy to refill all your maintenance drugs at the same time.
FIGHT HEALTH CARE FRAUD

Health care fraud occurs when a provider bills for services not rendered or goods not provided. Or someone else uses an AlohaCare ID card to go to the doctor or get a prescription. Help fight health care fraud by reporting suspicious activities or concerns. There are 3-easy ways to report suspected fraud:

Anonymous 24/7 Reporting Hotline:
1-855-973-1852
E-mail: Fraud@alohacare.org
Mail: AlohaCare Attn: Compliance,
1357 Kapiolani Blvd. Ste. 1250,
Honolulu, HI 96814

Living Aloha is written and produced locally by AlohaCare staff members. We care about what you think. Please call or write us if you have suggestions or comments on how we can serve you better. You can give us feedback online by clicking “Contact Us” at www.AlohaCare.org.

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