Keiki Well-Child Visits

EPSDT is an Early and Periodic Screening, Diagnosis and Treatment program. EPSDT exams (also known as Well-Child Visits) are free for children under age 21. These well-child visits keep your child healthy by preventing disease or other conditions from worsening. If the Well-Child Visit finds unexpected developmental delays, your child will be referred to services that can help his/her healthy growth.

Parents sometimes forget to schedule appointments for older kids because they need fewer shots and less often. EPSDT Well-Child visits should be done every two years after age six.

If you can’t remember the last time your child had a doctor appointment, make sure you schedule an appointment as soon as possible. This is the perfect time to get your child updated.

EPSDT Well-Child visits should happen at these ages:

- Before 1 month of age
- At 2, 4, 6, 9, 12, 15, and 18 months old
- At 2, 3, 4, and 5 years old
- Every 2 years from ages 6-20 years old

Family Planning Services

AlohaCare offers counseling to help you plan when you are ready to have a child. If you have any questions about:

- Birth control options
- How to have a healthy pregnancy

Pick Up Your Prescriptions today! Pg.2
Reaching out to Hawaii’s Communities Pg.2
Do you have a compliance issue? Pg.2
AlohaCare Cares Pg.3
Keep Your Smile Bright! Pg.3
Change of Address? Pg.3
Medicare Corner Pg.3
Fight the Bite! Pg.3
Pick Up Your Medicine Today!

Picking up and taking your medicine regularly from your pharmacy will not only keep you healthy, but also help show your doctor and pharmacy that you are on the right track. This gives you an opportunity to speak with your pharmacists to find out if your medication is working correctly and not causing any problems. Your pharmacists want to make sure that the medication you take is working right. If your medication is not working like it is supposed to, then your pharmacist can recommend a different one to you and your doctor. If you don’t feel right or if you have questions, please let your pharmacist know. They are there to help.

Do you have a compliance issue?

Tell AlohaCare if you know of any fraud or abuse. This could include:

- Someone uses medicine, supplies or equipment that your doctor ordered for you
- Someone uses your member ID card to get medical services or medicine
- A doctor orders services that are not medically necessary
- A doctor bills for visits or tests that were not performed
- A doctor bills for medicine, supplies or equipment that were ordered for you but that you did not get

You can call the Compliance Hotline to report concerns or suspected violations of laws or AlohaCare’s policies. You can also report potential or actual fraud, waste or abuse. Our Compliance Hotline is available 24 hours a day, 7 days a week: 855-973-1852. The hotline is completely confidential.

Reaching out to Hawaii’s Communities

AlohaCare’s Community Relations Department is committed to giving back to the communities of Hawaii through programs, events, partnerships and sponsorships. AlohaCare has been host to signature events including 808 Junior Chef Showdown, Wahiawa Community Fun Fair and A Taste of Ka‘iulani.

808 Junior Chef Showdown promotes healthy eating through a cooking competition judged by a panel of special guests each year.

Wahiawa Community Fun Fair is an event that provides healthy tips and resources for a healthier lifestyle.

A Taste of Ka‘iulani celebrates different cultures, health and wellness.
**KEEP YOUR SMILE BRIGHT!**

Did you know you may qualify for dental coverage?

**QUEST Integration members** should call HDS for further dental questions at 808-792-1070 or toll-free 888-792-1070. To check eligibility status, call 808-524-3370.

**Medicare members** please call Liberty Dental at 888-704-9837.

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**AlohaCare Cares**

AlohaCare wants to make sure you and your family are taken care of. Recently our staff connected with a family that was homeless and staying at a park bathroom to stay out of the rain. Our staff was able to meet with the family and help them find temporary housing so they could stay safe and dry. We can help you connect with social service agencies or housing projects if you need help. Call us today!

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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.

<table>
<thead>
<tr>
<th>Med-QUEST Offices</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oahu</td>
<td>587-3521</td>
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<tr>
<td>Kapolei</td>
<td>587-3540</td>
</tr>
<tr>
<td>Hawaii Island</td>
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<td>Hilo (East Hawaii)</td>
<td>933-0339</td>
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<td>Kona (West Hawaii)</td>
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<td>553-1758</td>
</tr>
<tr>
<td>Lanai</td>
<td>565-7102</td>
</tr>
</tbody>
</table>

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**MEDICARE CORNER**

AlohaCare is proud to provide AlohaCare Advantage Plus (HMO SNP) members an over-the-counter (OTC) card. AlohaCare Advantage Plus members should already have received an OTC card in the mail. If you did not, please contact us.

*Use your card to buy items such as:*

- Bandages
- Sunscreen
- First Aid kits
- Cough and cold medicine
- Diabetes care products
- Vitamins and minerals
- Toothbrushes and toothpaste
- And much more!

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**FIGHT THE BITE!**

You can do your part to help eliminate mosquitoes and avoid mosquito bites. This will help prevent the spread of viruses like dengue, Zika and chikungunya. Together we can keep Hawaii safe and healthy! For more information go to [http://health.hawaii.gov/docd/dengue-outbreak-2015/](http://health.hawaii.gov/docd/dengue-outbreak-2015/).