

Better Choices, Better Health

KE OLA PONO

A six-week workshop for people living with any ongoing health problem or chronic disease

Six-Week Program

We invite you to participate in a six-week self-management workshop for people with any type of ongoing health problems. The workshops teach practical skills for living a healthy life with an ongoing health condition.

Fun & Interactive

Classes allow participants to build upon a common source of support through the sharing of their successes.

Self-Management Tools

The workshop introduces topics and tools to encourage you and assist in managing your health, staying active, and enjoying life.



Upcoming Classes

Chronic Disease Self-Management

Date: Thursday Feb. 9 - Mar. 16, 2017

Time: 9:30-11:30am

Location: HCOA/ADRC Building

1055 Kino'ole St.

Hilo, Hawaii

This program was funded in part by the County of Hawai'i and Title III of the Older American Act through the State of

For more information, contact:

Kahea Wakinekona, RN

Phone: 808-895-9068

Email: Kahealani@kidneyhi.org

Major Statewide Partners

- State of Hawai'i Executive Office on Aging
- Kaua'i County Agency on Elderly Affairs
- City & County of Honolulu Elderly Affairs Division
- Maui County Office on Aging
- Hawai'i County Office of Aging
- Alu Like, Inc.

HMSA PAYMENT TRANSFORMATION WORKFLOW – ADULT MEDICINE

Before visit

- PATIENT ATTRIBUTION CONFIRMATION
- USE COZEVA TO IDENTIFY CARE GAPS IN PRE-VISIT PLANNING PROCESS
- CONTACT PATIENT & REQUEST THAT THEY COMPLETE SHARECARE REAL AGE ASSESSMENT <https://www.sharecare.com/static/realage-test>

At check in, Intake

- COMPLETE PATIENT ATTRIBUTION PROCESS AS NEEDED
- CONFIRM CARE GAPS, PREP PATIENT TO COMPLETE
- COMPLETE PHQ4, CODE APPROPRIATELY
- MEASURE AND CODE SYSTOLIC & DIASTOLIC BP VALUES
- MEASURE AND CODE BMI
- CONFIRM STATUS OF TOBACCO USE

During Visit

- ADDRESS OR RE-EVALUATE ACP ANNUALLY, CODE APPROPRIATELY
- REVIEW OF CHRONIC CONDITIONS, CODE APPROPRIATELY
- ADDRESS ABNORMAL PHQ4
- TOBACCO CESSATION AND FOLLOW UP
- REFER PATIENTS TO ECOSYSTEM PROGRAMS

After Visit

- COMPLETE SUPPLEMENTAL DATA ENTRY IN COZEVA AS NEEDED
- COORDINATE REFERRALS TO ECOSYSTEM PROGRAMS, TOBACCO CESSATION, BEHAVIORAL HEALTH

For further details, refer to 2017 HMSA Payment Transformation Guide & Tool Kit

https://hmsa.com/portal/provider/zav_pel.aa.PAY.100.htm

PATIENT ATTRIBUTION

1. Confirm if patient is attributed to your panel in Cozeva
2. "Add" patient to your panel if not
3. Have patient sign HMSA member attestation form.
4. Fax signed form to HMSA
5. If patient has QUEST or HMO, have them call HMSA to change PCP
6. Scan copy of attribution form in to patient's chart

SYSTOLIC:

3074F - <130

3075F – 130-139

DIASTOLIC:

3078F - <80

3079F – 80-89

LINKS

BMI CODES:

https://hmsa.com/portal/provider/HMSA_Payment_Transformation_2016_Pilot_Measure_Value_Set_Body_Mass_Index_Assessment.pdf

ACP CODES:

[HTTPS://HMSA.COM/PORTAL/PROVIDER/HMSA_PAYMENT_TRANSFORMATION_2016_PILOT_MEASURE_VALUE_SET_ADVANCE_CARE_PLANNING.PDF](https://hmsa.com/portal/provider/HMSA_PAYMENT_TRANSFORMATION_2016_PILOT_MEASURE_VALUE_SET_ADVANCE_CARE_PLANNING.PDF)

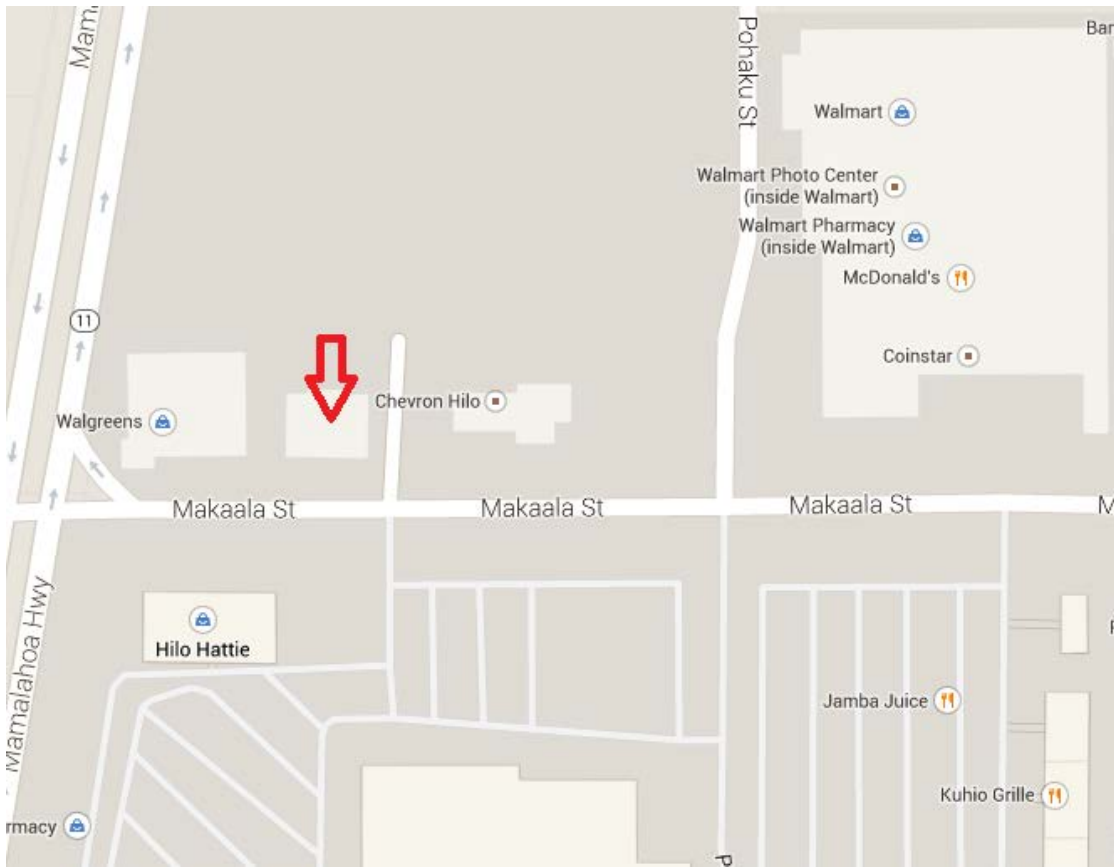
PHQ4 CODES:

https://hmsa.com/portal/provider/HMSA_Payment_Transformation_2016_Pilot_Measure_Value_Set_Screening_for_Depression_and_Anxiety.pdf

TOBACCO CESSATION CODES:

https://hmsa.com/portal/provider/HMSA_Payment_Transformation_2016_Pilot_Measure_Value_Set_Tobacco_Cessation_and_Counseling.pdf

Directions to HMSA Center @ Hilo



1. From Kanoelehua Ave. turn onto E. Maka'ala St. (next to Walgreens)
2. Turn left into the Walgreens parking lot before the Chevron gas station
3. The HMSA Neighborhood Center is located immediately to your left
4. You may park in front of the HMSA Neighborhood Center.

For Patients with
Chronic Pain & Respiratory Issues

East Hawaii Independent Physicians Association
is sponsoring
health and mindfulness classes with
HiQi4health

INNER NOURISHING QIGONG

(Nei Yang Gong Qigong)
Medical Qi Gong- 1st 6 Forms

Feb. 7- Mar. 3, 2017 (2x/week for 4 weeks)

Tues. & Fri. 3:30-4:30pm at Hilo Elks Lodge

Introductory Special: Fee \$65 for 8 classes

Contact by Feb. 1: Jana Ching (W) 961-6922; jana.hiqi@gmail.com

*** Limited to 15 participants. All participants must be committed to attending classes.

*** Visit www.hiqi4health.org for more information.



What is Inner Nourishing Qigong?

- Time-honored mindful practice from China that spans 450 yrs. (Ming/Ching Dynasty)
- Activates energy points in body that promotes qi and thereby health & well-being

Why should I practice Inner Nourishing Qigong?

- **Beneficial for all ages:** low impact exercise, tones muscles, stretches ligaments, regulates breathing, improves balance, reduces physical pain, decreases stress/depression
- Promotes mind/body/breath experience

Instructors: Jana Ching, Lic. Acupuncturist & Jorgeen Lee-Ching, Occ. Therapist.

Approved/Accredited by Beidaihe Medical Qigong Hospital. Combined 15+ years of experience at BMQH, China.



HMONO

Live Longer & Feel Better, Together

January 2017

Hau'oli Makahiki Hou!

A new look to match our new services!

HMONO (Hui Mālama Ola Nā 'Ōiwi) Striving for a better and healthier you!

'A'ohe pau ka 'ike i ka hālau ho'okahi.

*All knowledge is not taught at the same school
One can learn from many sources*

Let's start the New Year with something new. If you haven't heard yet, we have **New Exercise Classes Available for FREE!**

- ★ ZUMBA
 - 1st & 3rd Friday w/ Rhonda
 - Mondays & Wednesdays w/ JoYi
- ★ BASIC STRETCH & STRENGTHENING
 - Tuesdays & Thursdays
- ★ THERAPEUTIC BASIC FLOW
 - TBA Call Our Office for More Information.



Here at HMONO we are **GRATEFUL** for the support other members can **PROVIDE** and would like to invite you to join us in supporting the people in your community.

- ★ Cancer Support Groups ~ 2nd & 4th Tuesdays
- ★ Diabetes Support Groups ~ 2nd & 4th Thursdays

"Volunteers do not necessarily have the time; they just have the heart." -Elizabeth A.

Here at HMONO we are always looking for people to help Hawai'i Island Live Longer & Feel Better, Together. **Ways to volunteer...**

- Help our Support Groups
- Participate in Events and Activities
- Creating Keiki activities, and so much more....

January is Cervical Cancer Awareness Month.

The American Cancer Society has shared that the Cervical Cancer death rate has gone down by more than 50%. The main reason for this change is the increased use of Pap test.

Here are some ways to help prevent Cervical Cancer:

- HPV vaccine is recommended at the age of 11-12
- Women aged 21 to 29, should have a Pap test every 3 years.
- Beginning at age 30, the preferred way to screen is with a Pap test combined with an HPV test every 5 years.



If sexually active: Use condoms to reduce your risk of HPV

BE SURE TO TALK WITH YOUR DOCTOR.

Why Drink Water?

1. Help to lose weight
2. Healthy Skin
3. Fights Infections
4. Healthy Heart
5. Improves Productivity



January 2017

“A JOURNEY OF A THOUSAND MILES MUST
BEGIN WITH A SINGLE STEP.” -Lao Tzu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--------------------------------|---|---|
| 2 HOLIDAY OFFICES CLOSED | 3 | 4 5:30 PM ZUMBA W/ JoYi | 5 | 6 5:00 PM ZUMBA W/ RHONDA |
| 9 5:30 PM ZUMBA W/ JoYi | 10 10 AM BASIC STRETCH & STRENGTHENING EXERCISE CLASS 5:30 PM Cancer Support Group | 11 5:30 PM ZUMBA W/ JoYi | 12 10 AM BASIC STRETCH & STRENGTHENING EXERCISE CLASS 1 PM Diabetes Support Group | 13  |
| 16 HOLIDAY OFFICES CLOSED | 17 10 AM BASIC STRETCH & STRENGTHENING EXERCISE CLASS | 18 5:30 PM ZUMBA W/ JoYi | 19 10 AM BASIC STRETCH & STRENGTHENING EXERCISE CLASS | 20 10:00 AM ZUMBA W/ RHONDA |
| 23 <i>*10:30 AM Expanded Food and Nutrition Education Program</i> 5:30 PM ZUMBA W/ JoYi | 24 10 AM BASIC STRETCH & STRENGTHENING EXERCISE CLASS 5:30 PM Cancer Support Group | 25 5:30 PM ZUMBA W/ JoYi | 26 10 AM BASIC STRETCH & STRENGTHENING EXERCISE CLASS 5:30 PM Diabetes Support Group | 27 |
| 30 <i>*10:30 AM Expanded Food and Nutrition Education Program</i> 5:30 PM ZUMBA W/ JoYi | 31 10 AM BASIC STRETCH & STRENGTHENING EXERCISE CLASS | 1 5:30 PM ZUMBA W/ JoY | 2 10 AM BASIC STRETCH & STRENGTHENING EXERCISE CLASS | 3 5:00 PM ZUMBA W/ RHONDA |

*Waimea Classes (Call our office for more information)



Let us help you with your health care needs— Call 969-9220

~ Island-wide Services Available.



Third Medical Study of Cooperative Exercise (M3)

Where: **Hilo Health Cooperative**

1717 Kamehameha Avenue, Hilo HI 96720

When: Orientation 10AM-12 noon, January 14, 2017

What: 36 SMART exercise classes required, 12 weeks(3/week)

Why: Developing evidence based data on cooperative exercise classes to improve strength, endurance, and mobility, improve biological age (help people get younger), and improve people's LQ (Life Quality).

How: To register for M3 email office@hilohealth.coop

Proven Results

77% of M1 study participants completed all 36 exercise classes

On average, M1 study participants got 8 years younger

M2 participants medically measurable benefits included body fat reduction, muscle tone improvement, improved joint mobility, and coordination, and improved LQ (Life Quality).

Who may participate

- Age: the majority of the participants fall between the ages of 40-65 years old, although we have had participants as young as 17 and as old as 79.
- Fitness Level: we welcome all people, but prefer people who are able to walk 400 meters in under 4 minutes. We have Beginner, Intermediate and Advanced level classes available. We also have high intensity classes (CORE) and low intensity classes (MQ-Medical QiGong).
- Commitment: we are looking for people who are committed to help themselves improve their health by showing up for all 36 class sessions.
- Health Co-op Member: If you are a current member, you can sign up for the M3 as part of your regular membership.

Study Cost



Optimum Health Assessment before/after the study: \$50 payable at first assessment

The assessment measures 45 different medical metrics, and determines the right cooperative exercise program for you. 30 minutes. Come prepared for a 400 meter walk/run on beautiful Banyan Drive.



Cooperative Exercise Classes: \$95 per month. Payable monthly.

You may choose to participate in any of the high intensity or low intensity classes. Over 30 classes offered per week, 7 days per week. 6AM-6:30PM



Optional Program WholeLifeChallenge.com \$25 one time fee (8 week program within the 12 week M3 program)

An online optional program, which we play as a team. WLC offers three different levels of nutrition programs, weekly lifestyle activities in a fun, online game format with lots of support from your team mates and many resources to help you learn more about how to improve your health.



Extra Medical Metrics Assessments: \$25 one time fee for before/after measurements during assessment. Payable at first assessment.

Cholesterol analysis, Blood pressure, Oxygenated blood analysis (SpO2).

About the Hilo Health Cooperative: the first not for profit consumer cooperative fitness center in the U.S.. This innovative model in preventive healthcare, is being developed with the support of the East Hawaii Independent Physicians Association.

Contact US:
Hilo Health Cooperative
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office@hilohealth.coop
[facebook.com/HiloHealth](https://www.facebook.com/HiloHealth)
www.hilohealth.coop

