



East Hawaii IPA

QUARTERLY SUPER HUDDLE

March 14, 2017

TOPIC	Speaker	Time
East Hawaii IPA Updates <ul style="list-style-type: none">• New Members, Office Updates, CPC+• Hilo Health Coop-Medical Study of Cooperative Exercise Program	Susan Mochizuki, Administrator	15 min
Payment Transformation EHI Style	Kahea Wakinekona, NKFH Quality Improvement Manager	20 min
High Risk Medications in the Elderly Day in the Life of a Pharmacist	Megan Arbles, PharmD, Pharmacy Manager	20 min
Announcements	Susan Mochizuki, Administrator	5 min

DON'T FORGET

Visit the registration table to take a provider photo for your HMSA Sharecare profile (an engagement measure) and take provider + staff photos for the EHI website!



SUSAN'S EMAIL:
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JANE'S EMAIL:
jbontuyan@ehiipa.com

WEBSITE ADDRESS:
<http://www.ehiipa.com/>



WELCOME NEW MEMBERS

- Dr. Shallon Craddock – Pediatrician
- Elizabeth Preston, APRN – Family Medicine



TRANSITIONS TEAM

**Goals: Reduce ED & Hospital Utilization
Support effective care management by PCPs**

All patients touched – PCP offices to follow up

TEAM MEMBERS:

- **Jennifer Grune, RN, MBA, DNP – Team Coordinator**
- **Misae Wela, RN – Transitions Coordinator**
- **Natasha-Ann Kenui, HMSA- Transitions Team Navigator**



NEW EMPLOYEE

Welcome Jane Bontuyan – Administrative Assistant

NEW SPACE FOR IPA OFFICE

- More Space for Training Sessions
- Behavioral Health, Diabetic Education
- Care Managers

BOARD OF DIRECTORS NOMINATIONS

- Three Available Positions – 3-Year Term
 - Dr. Brenda Camacho
 - Dr. Buddy Festerling
 - Dr. Craig Shikuma
 - Dr. Sydney Tatsuno
- Election at Annual Meeting – April 26
 - Invitations sent & available on website blog

CPC+ HMSA PMSO Participants

Waiting for plan from HMSA

Non-CPC+ Providers with Medicare Patients

Transforming Clinical Practice Initiative (TCPI)

Payment Transformation Network (PTN)

National Rural Accountable Care Consortium

- **April 25 Workshop in Hilo**
- **Must be a TCPI PTN participant**
- **www.nationalruralaco.com**

eClinical Works

Final Agreement days away-

Will reach out.....

Q & A Sessions Planned



Fourth Medical Study of Cooperative Exercise (M4)

- Developing evidence-based data on the benefits of cooperative exercise.
- 36 SMART Exercise classes required 3x per week for 12 weeks.



It all starts with an Optimum Health Assessment

- 5-min. workout, includes a 400M walk/run and calisthenics.
- Use the InBody System to precisely measure 45 different health metrics.
- We provide a complete report of the results and recommend the best SMART Exercise classes.



What is Cooperative Exercise?

Small-group fitness classes in a supportive, non-competitive, environment.

- All levels workout together.
- Blends individual, partner, and team structure.

SMART Exercise

- Based on functional movements that increase:

Strength

Endurance

Mobility

AND, improves your ability to perform everyday tasks or sports skills.

Results (M1)

- 77% of participants completed the 16-week program.
- 8 years younger.
- 3x per week DOUBLED the results!

(M2): Results WILL Vary

- Improvement ranged from 15%-76%.
- 1) Baseline: if very fit, less improvement. If less fit, more improvement.
- 2) Personal Intensity: the more intensely you exercise, the greater the improvement.

Everyone works out together,
providing support,
encouragement and guidance.
It's a great workout with
great people.

COOPERATIVE EXERCISE



DISCOVER

Your True Body Age

#JUSTSHOWUP



Fourth Medical Study of Cooperative Exercise (M4)

Where: Hilo Health Cooperative
1717 Kamehameha Avenue, Hilo HI 96720

When: Orientation 10AM-12 noon, May 13, 2017

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

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

How: To register for M4: 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

M4 participants medically measurable benefits included body fat reduction, muscle tone improvement, improved joint mobility, and coordination, and improved LQ (Life Quality).

Pick up a prescription for your patients! Available at registration table!




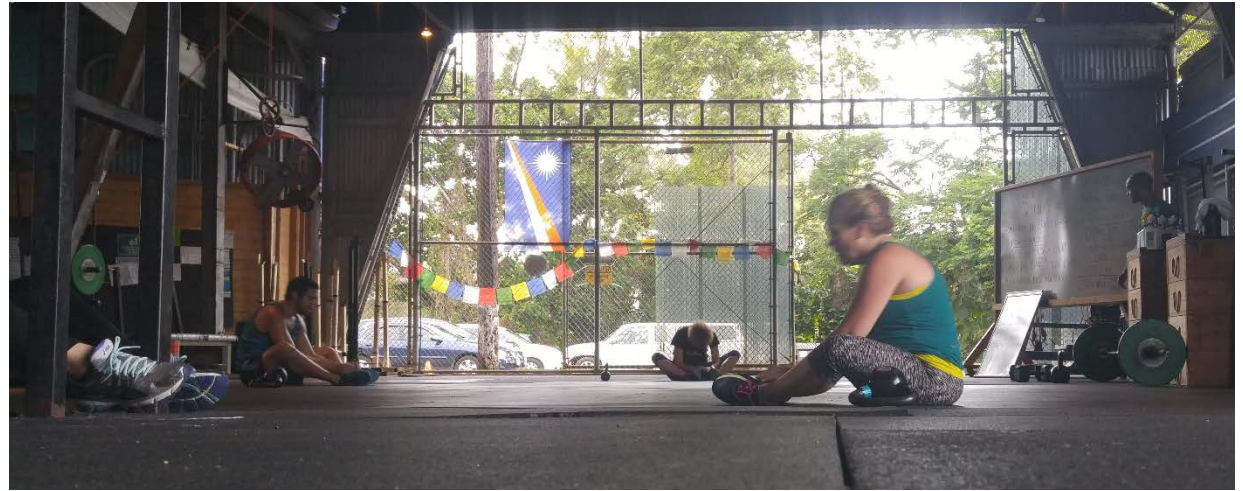
ORIENTATION: 10 AM – 12 PM
DATE: MAY 13, 2017
LOCATION: 1717 Kamehameha Ave., Hilo
REGISTER: Contact [Gail Frost](mailto:GailFrost@hilohealth.coop)
office@hilohealth.coop

Name _____

MEDICAL STUDY #4

- ❖ Developing evidence-based data on cooperative exercise classes to improve strength, endurance, mobility, biological age (help people get younger), and people's LQ (Life Quality)
- ❖ 36 SMART exercise classes required, 12 weeks (3x per week)





**REFER YOUR
PATIENTS!**

Payment Transformation EHI Style

Courtesy of Leolinda Parlin



1/1/17

Payment Transformation

Global Payment

P4Q Measures

Old

New

PO Measures

Engagement Measures

Total Cost of Care

**No, no...
This isn't gossip.
It's the truth.**



What Do We Know?

- It's more complicated than before
- There's no more PCMH or leveling up
- It requires a greater understanding
 - Plans
 - Communication strategies
 - Cozeva

What do you need to know?

Know Your Plans

- When to generate a co-pay or not
- Know who gets counted when

ACA Plans & FEP

The screenshot shows a web browser window with the URL hmsa.com/portal/PROVIDER/zav_pel.ph.COV.100.htm. The page title is "HMSA Provider Resource Center". The navigation menu includes: Home, News/Alerts, Provider E-Library, Medicare E-Library, Communication Archive, QUEST Integration, FAQ, Useful Websites, and Contact HMSA. A search bar is present with the text "Google™ Custom Search" and a "Search" button.

Coverage Codes for Affordable Care Act (ACA)

To help you determine health plan benefits for preventive health services for your patients, we have compiled a list of plan coverage codes that have implemented Affordable Care Act requirements. The requirements extend full coverage for well-child visits through age 21 and all U.S. Preventive Services Task Force grade A and B recommended screenings.

Some codes have been highlighted; although ACA requirements were incorporated into these plans, many ACA requirements do not apply to them due to the plans' eligibility requirements and codes that do not appear on the list, visit [HIN](#) to check for the availability of benefits and applicable coverage levels.

[List of Coverage Codes](#)

Skip to: [PPO](#) [HMO](#) [Inactive](#) [Footnotes](#)

PPO Plans

006#	333#	453	536	607	722	800#	942
019	334#	458	556	629	723	801#	947
087	359	475	562	632	724	802#	948
	392	491	574	635#	799	804	949
		492	575	638		805	950
		493#	577	639#		806	951
			579	646		807	952
			593	648		808#	953
				650*		809	954
				661#		810	955
				670#		811	956
				676*		812	957

https://hmsa.com/portal/PROVIDER/zav_pel.ph.COV.100.htm

m

What do you need to know?

Attribution



Process for all HMSA patients seen in your clinic:



Before visit

- Confirm if patient is attributed to your panel in Cozeva
- "Add" patient to your panel if not

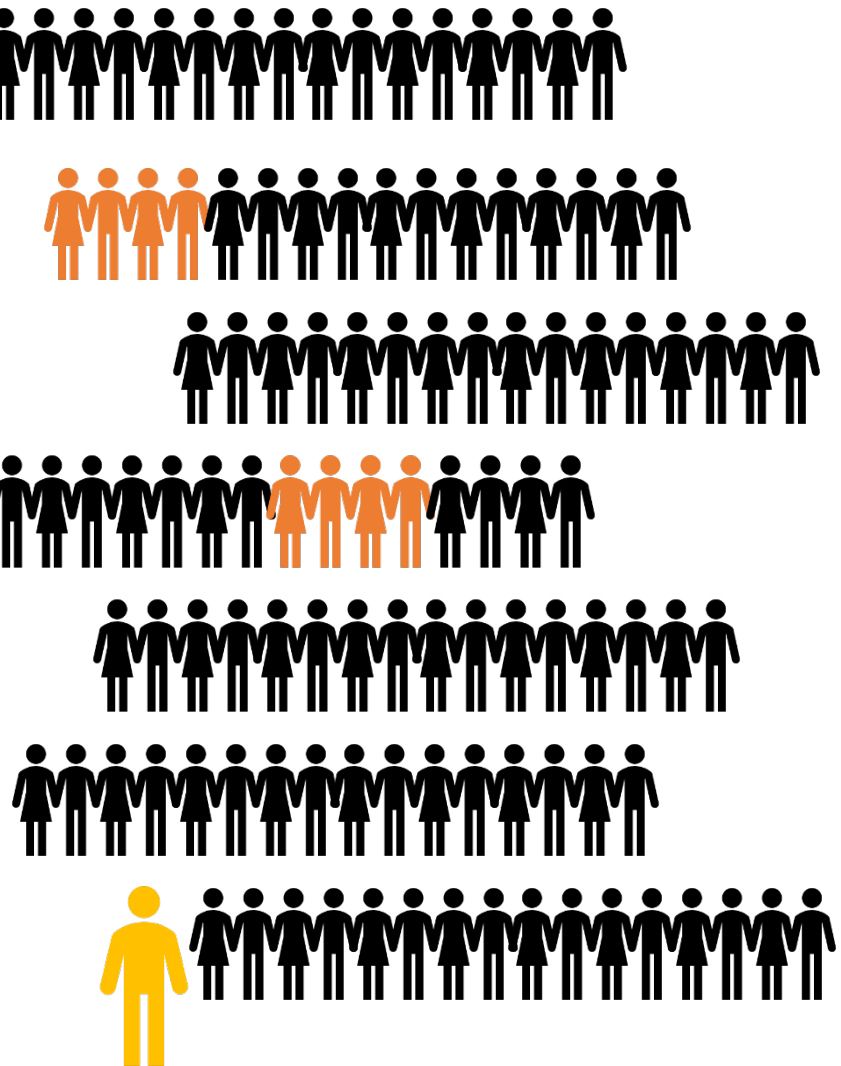
At check in

- Have patient sign HMSA member attestation form.
- Fax signed form to HMSA
- If patient has QUEST or HMO, have them call HMSA to change PCP

After visit

- Scan copy of attribution form in to patient's chart

What do you need to know?



Reconcile the Panel

- Assign the “other”
- Create a workflow to check it monthly

Gender	Status	Carriers	Product	Last Seen
				From
	All	HM	All	To
Other	HMSA	Medicaid	09/15/2016	
Other	HMSA	Commercial PPO	02/22/2016	
Declined	HMSA	Commercial PPO	10/04/2016	
Other	HMSA	Commercial PPO		
Other	HMSA	Medicaid	04/06/2016	

What do you need to know?

Code for Acuity

ACA Plans & FEP



- Paint the picture of your patient annually
- Put chronic condition and high acuity dx codes on a claim form


```
graph TD; A[1/1/17] --> B[Payment Transformation]; B --> C[P4Q Measures]; C --> D[Old];
```

1/1/17

Payment Transformation

P4Q Measures

Old

Same old, Same old

- Advance Care Planning
- Body Mass Index Assessment
- Breast Cancer Screening
- Cervical Cancer Screening
- Colorectal Screening
- Controlling High Blood Pressure
- Diabetes Care

A photograph of a person's hands holding a white sign with the text "Nothing new here sorry" written in a dark, typewriter-style font. The sign is held against a white background.

Nothing
new here
sorry

1/1/17

Payment Transformation

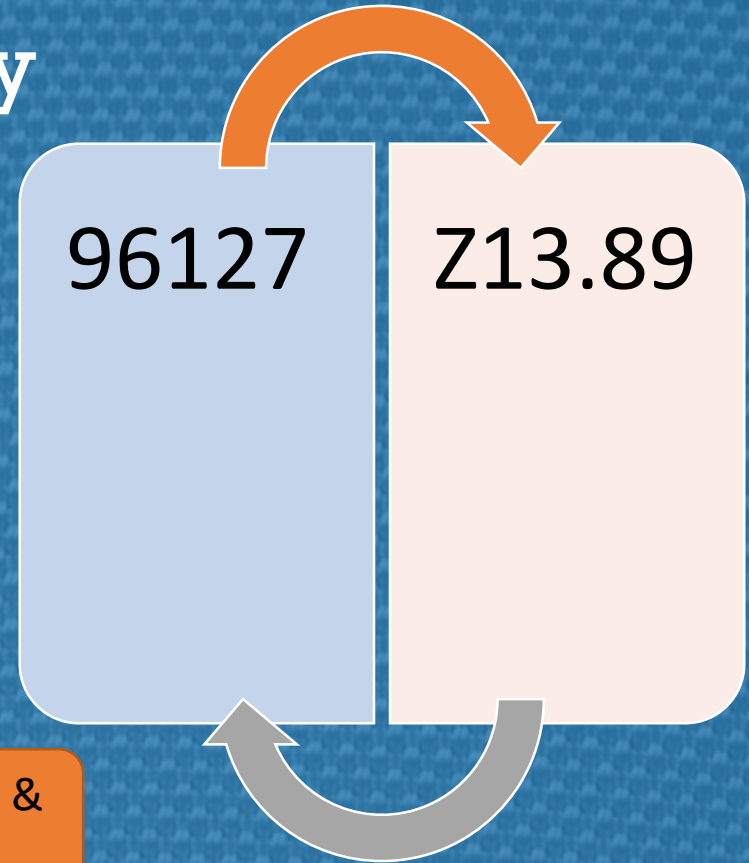
P4Q Measures

New

New

Screening for Symptoms of Clinical Depression and Anxiety

- Annual Screen
- ≥ 18 years of age Depression and **Anxiety** screening
 - PHQ-4
 - HMSA requirement



<18 Depression, >18 Depression & Anxiety



PHQ-4

PHQ-4				
Over the <u>last 2 weeks</u> , how often have you been bothered by the following problems? (Use "✓" to indicate your answer)	Not at all	Several days	More than half the days	Nearly every day
1. Feeling nervous, anxious or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Little interest or pleasure in doing things	0	1	2	3
4. Feeling down, depressed, or hopeless	0	1	2	3

(For office coding: Total Score T ___ = ___ + ___ + ___)

+ Screen Follow Up

Anxiety

- GAD 7
- Referral

Depression

- PHQ 9
- Referral

Things to Consider

+ PHQ-4 requires additional screen



Use PHQ-4
and
Rescreen +



Use Full
Screens



New

Tobacco Screening, Cessation & Counseling

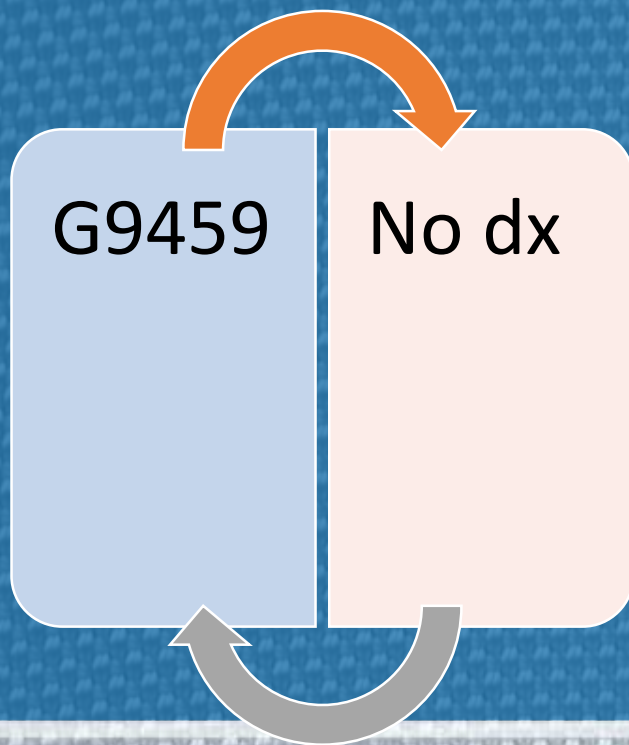
- Annual Event
- Complete Screen & Counseling
- Different Coding for Non-smoker/Smoker
 - Different Coding for Non-smoker by age
 - Different Coding for Non-ACA/ACA Plans



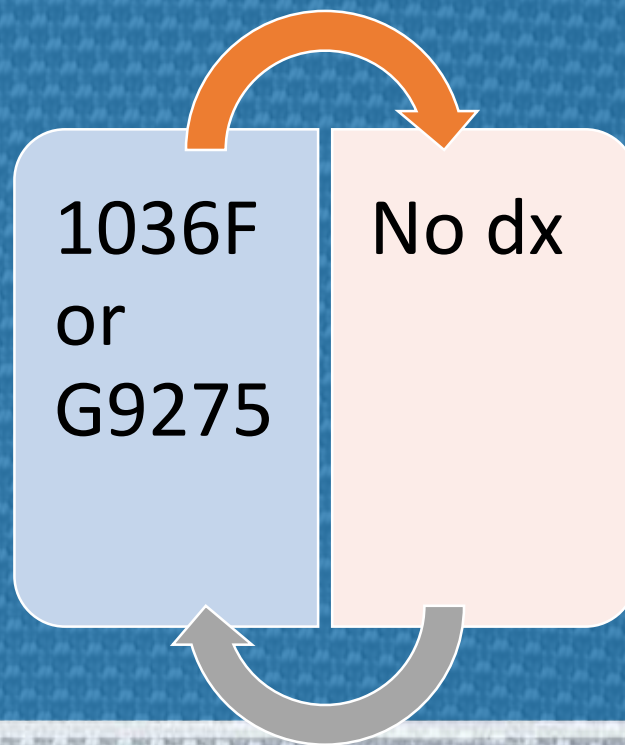
Tobacco Screening, Cessation & Counseling



Non-smoker <20



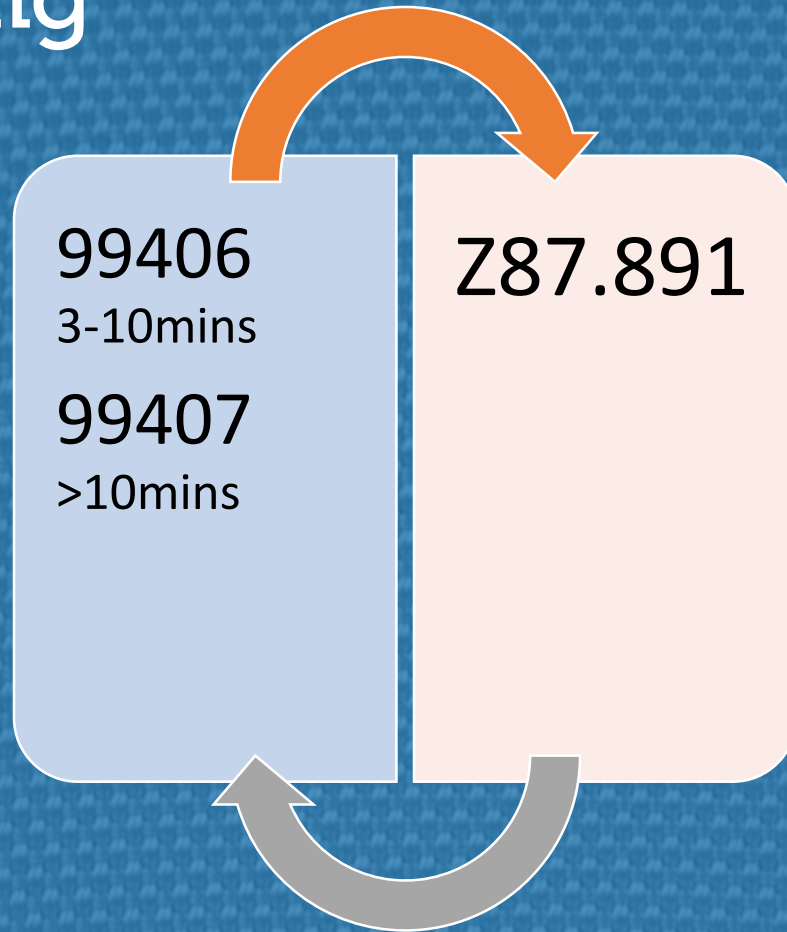
Non-Smoker ≥ 20



Tobacco Screening, Cessation & Counseling

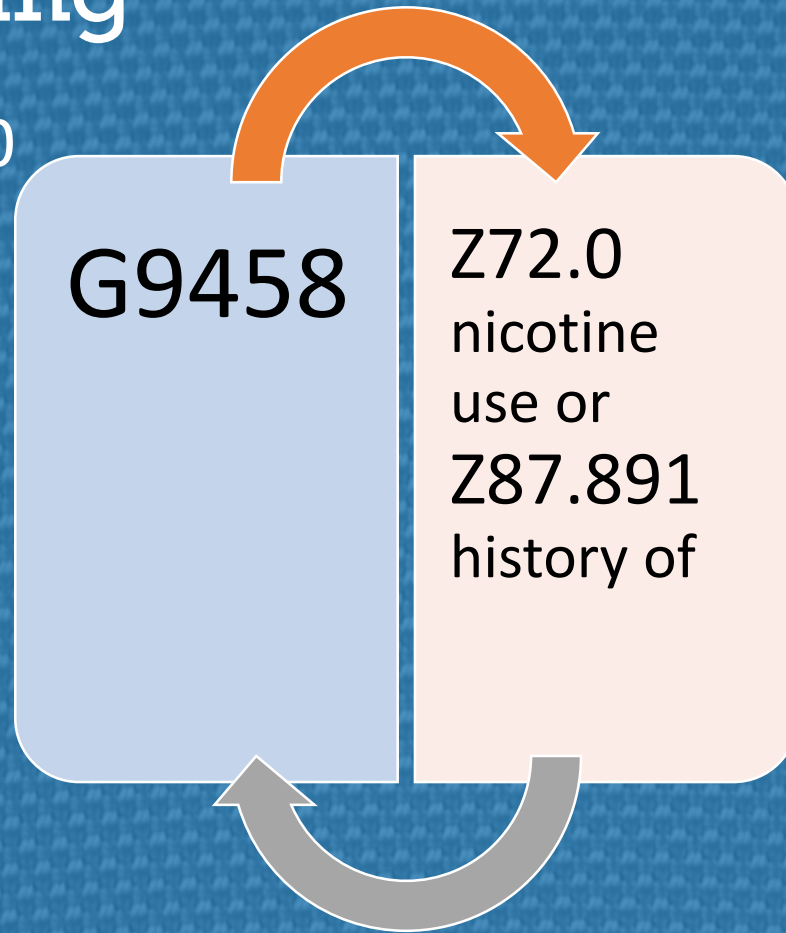


- Smoker ≥ 20



Tobacco Screening, Cessation & Counseling

- Smoker <20



Age



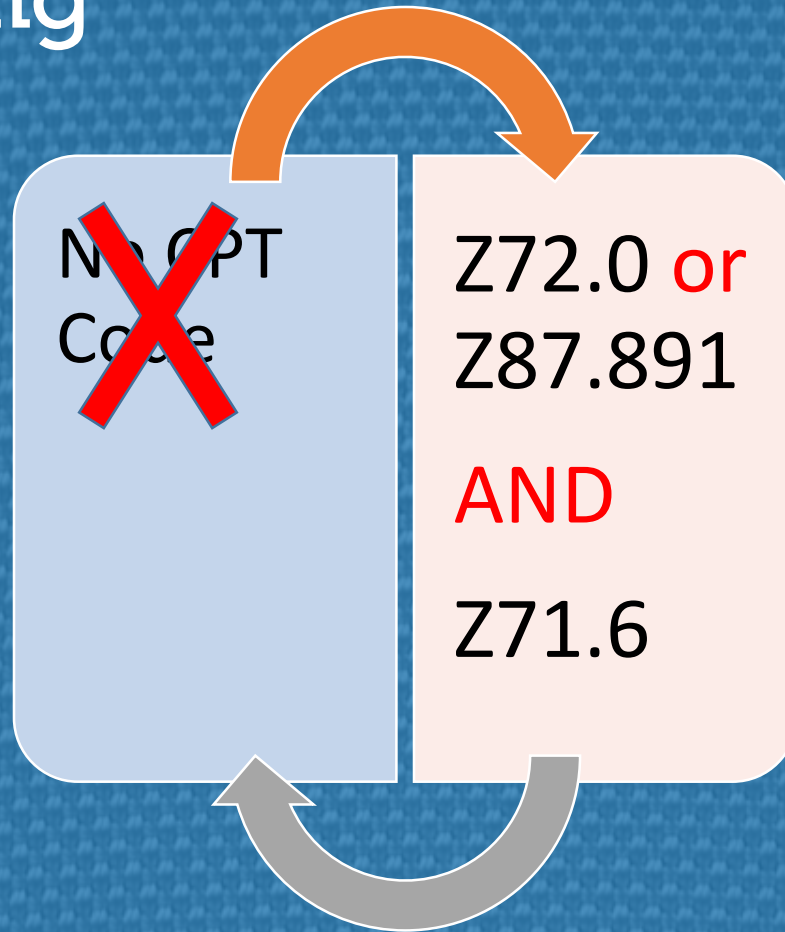
Not
ACA

Tobacco Screening, Cessation & Counseling



Not
ACA

- Smoker ≥ 20



~~No CPT
Code~~

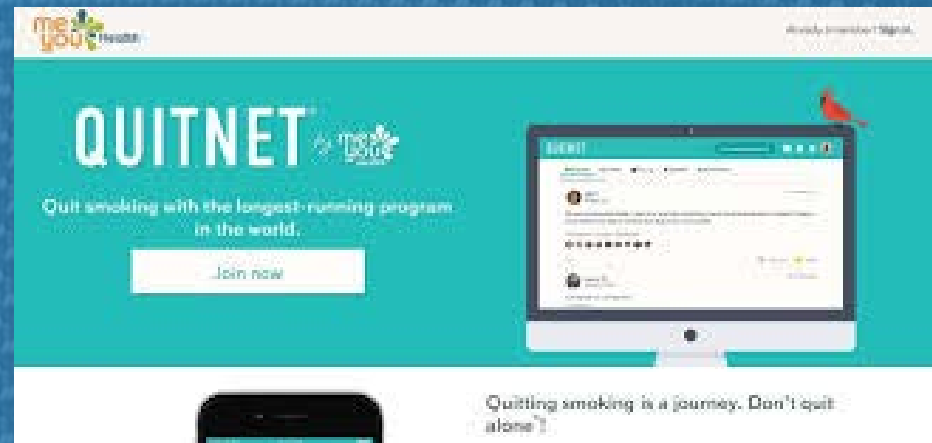
Z72.0 or
Z87.891

AND

Z71.6

Referral

- Hawaii QuitLine (800) 784-8669
- QuitNet® (855) 329-5461
- All Medicaid plans are required to have their own program

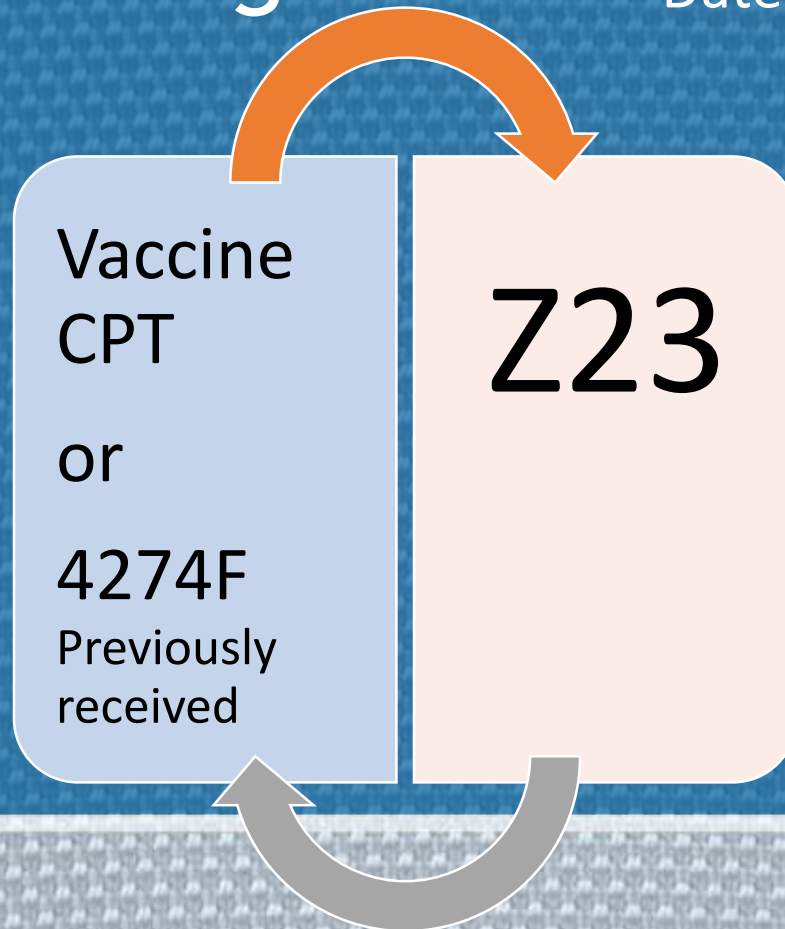


New

Influenza Vaccine ≥ 18 years of age

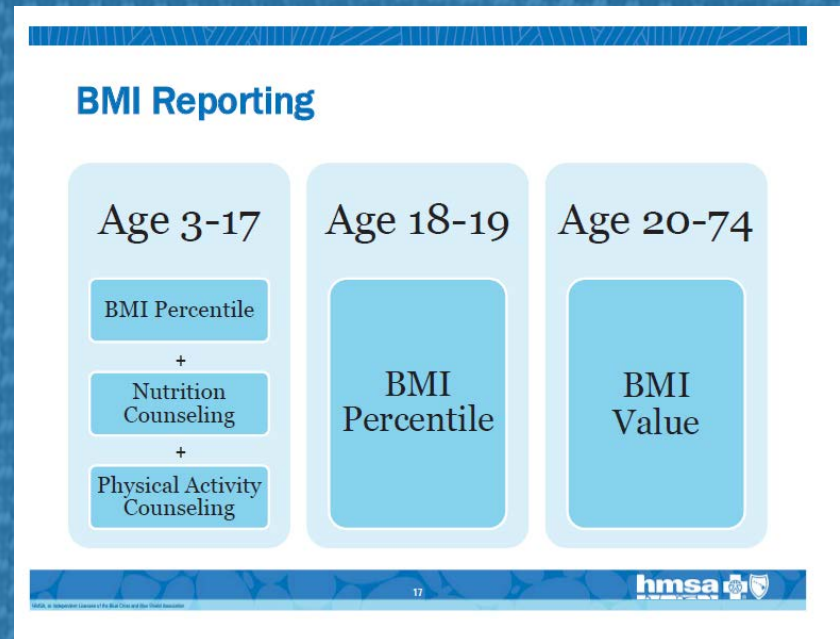
Document

- Date administered or
- Date received



Weight Assessment, Physical Activity and Nutritional Counseling

- Z68.51
- Z68.52
- Z68.53
- Z68.54
- Z71.3 - nutrition
- Z71.89 – physical activity



1/1/17

Payment Transformation

Engagement Measures



Engagement #1: Cozeva Monthly

Get online monthly!





Engagement: #2 Annual Patient Survey

- In the past 12 months, did this Provider or someone else from their office contact you about your health and well-being? (Check all that apply)

Had an in-person visit

Called me

Emailed me

Provider interacted with me via HMSA's Online Care


Texted me

Sent me a letter, postcard, or brochure/pamphlet

No Contact

Touches

Check on well-being of all patients???

- Patient Portal
- Cozeva
- Post Cards \$0.34 
- www.call-em-all.com
 - 6¢ – 9.5¢ /call
 - Voice
 - Text



- www.call-em-all.com/wellconnect
- <http://www.meetingburner.com/b/callemall/watch?c=TRKCIH&h=f>

Engagement #3: Ecosystem Referral



Engagement with Ecosystem (Coordinated Care)

By signing below, I certify that I have referred HMSA members to programs in the ecosystem to support their health and well-being, including but not limited to the following:

Check all that apply:

- HMSA Care Model
- Diabetes Education Programs- e.g. InControl Diabetes Center, Diabetes 101, Queens' Diabetes Education
- HMSA and Healthways health education workshops - e.g., Diabetes 101, Hypertension Explained, Family Fitness, Stress Bucket
- HMSA and Healthways health coaching - e.g., chronic disease management, depression, substance abuse, smoking
- Dr. Dean Ornish Program for Reversing Heart Disease™
- Healthways Financial Well-Being™ Powered by Dave Ramsey
- Healthways SilverSneakers™ Fitness
- QuitNet™ - tobacco cessation program
- Aloha Kidney - kidney disease education program
- QCIPN Care Coordination
- Hospice- e.g. Islands Hospice, Hospice Hawaii
- Other (e.g. community-based programs or other resources to assist patients in reaching their health and well-being goals)

I also certify that I referred number of HMSA members to the above-mentioned programs.

I hereby affirm that the above information is complete, accurate and true to the best of my information, knowledge and belief. By signing this attestation electronically, it means I acknowledge and agree that the above statements are correct and so indicate by typing my name below as my electronic signature, executed and adopted by me with the intent to sign this attestation. In other words, typing my name as an electronic signature indicates I acknowledge and agree to the above statements just as a handwritten signature would on a traditional paper form.

Date:

01/19/2017

Note : Attestation for this measure will be accepted after October 1,2017.

Tracking?

Engagement #4 Sharecare RealAge

- Sharecare's RealAge Assessment annually ≥ 18 years of age
- <https://www.sharecare.com/satic/realage-test>
- <https://auth.doctoroz.com/realage>



Engagement #5 EPSDT DHS 8015

- BMI, BMI%
- Developmental Screening 9M, 18 M, 24M-36M
- CSHCN Screener ©
- Depression / Anxiety Screening
- Tobacco Screening

Hawaii Early And Periodic, Screening, Diagnosis, and Treatment (EPSDT) Exam
Please COMPLETELY fill in this form by supplying the requested information and filling in the appropriate O

PATIENT INFORMATION																																									
Screen Date (MMDDYY)	Indicate the EPSDT periodic screening age being reported																																								
<table border="1"> <tr> <td>14</td><td>20</td><td>2</td><td>4</td><td>6</td><td>9</td><td>12</td><td>15</td><td>18</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>9</td><td>12</td><td>14</td><td>16</td><td>18</td><td>20</td> </tr> <tr> <td>Y</td><td>d</td><td>m</td><td>m</td><td>m</td><td>m</td><td>m</td><td>m</td><td>m</td><td>Y</td><td>Y</td><td>Y</td><td>Y</td><td>Y</td><td>Y</td><td>Y</td><td>Y</td><td>Y</td><td>Y</td><td>Y</td> </tr> </table>	14	20	2	4	6	9	12	15	18	2	3	4	5	6	9	12	14	16	18	20	Y	d	m	m	m	m	m	m	m	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Sex M F
14	20	2	4	6	9	12	15	18	2	3	4	5	6	9	12	14	16	18	20																						
Y	d	m	m	m	m	m	m	m	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y																						
Name (Last, First, Middle Initial)	Medicaid/QUEST ID Birthdate (MMDDYY)																																								
MEASUREMENTS For infants, head circumference and weight for length should be assessed and documented in the Medical record.																																									
Blood Pressure	Height (in)																																								
Weight (Lbs)	BMI #																																								
BMI %	BMI Reference - For Information Only																																								
IMMUNIZATIONS GIVEN TODAY AND STATUS																																									
HepB	PCV																																								
MMR	Tdap																																								
Immunization(s) Not Given																																									
DTaP	Rotav																																								
Vaccinia	MCV4/MPSV4																																								
Immunizations up to date																																									
IPV	Influenza																																								
HepA	HPV																																								
Catch Up Scheduled																																									
Hib	Other (List)																																								
Refused (List)																																									
Comments: Contraindicated (List)																																									
SCREENING DONE TODAY																																									
Vision Screening: Snellen, Allen, Tumbling Et. LEA Symbols 9y, 6y, 9y, 10y, 12y, 14y, 16y, 18y	Normal Abnormal																																								
Hearing Screening: Audiometry (20-25 db screen) 4y, 5y, 6y, 8y, 10y	Done																																								
Developmental Screening (See back) 9m, 18m, 24m-36m (3 screenings required by 36 months)	PEDS: ≥ 2 predictive concerns - Abnormal ASQ: ≥ 1 domain falling below normal cut-offs - Abnormal Other (List)																																								
Autism Screening (See back) 18m, 24m Fail - Abnormal	CHAT M-CHAT Other (List)																																								
Blood Lead Level 9-12m, 2y (Please required by 2 years)	Y N																																								
Hgb/Hct 9m - 12m, Female 12y - 14y																																									
Comments for screenings not done:																																									
As part of surveillance per the AAP/Bright Futures recommended periodicity (see back), the following should be done and documented in the medical record: TB risk assessments, lead risk assessment, psychosocial/behavioral assessments, and for adolescents: alcohol/drug use assessment, and as appropriate - dyslipidemia, STI, and cervical dysplasia screening.																																									
REFERRALS MADE TODAY By leaving this section blank, I am confirming that there are no referral needs.																																									
Already referred or receiving state or specialty services.	H-KISS																																								
PHN	CAMHD																																								
WIC																																									
Patient/parent refused.	PT/OT/Speech/Audiology																																								
DOE	DDD																																								
Child Welfare	Dentistry																																								
Behavioral Health/Substance Abuse (List name & specialty)	Nutrition/Exercise (List name & specialty)																																								
Medical/Surgical/Developmental (List name & specialty)	Other(s) (List name & specialty)																																								
CARE COORDINATION ASSISTANCE NEEDED Please call patient's Health Plan for Care Coordination assistance if needed.																																									
No Care Coordination Needed	Managing medical condition and/or medications																																								
Obtaining foreign/sign language translation	Obtaining dental care (If yes, call CCMC)																																								
Scheduling/Keeping appointments	Other																																								
Arranging transportation	Coordinating multiple appointments																																								
Family needs assistance in following the POC	Obtaining specialty services																																								
If assistance is needed, please provide parent's caregiver's telephone no. The health plan will call to facilitate coordination.																																									
List additional information or other assistance needed:																																									
Phone Numbers																																									
Aloha Care 808-975-1600 (Dahlg) 1-808-245-9900 (Toll Free)	Kaiser QUEST 808-432-5700 (Dahlg) 1-808-651-2207 (Toll Free)																																								
HMSA QUEST 808-948-6488 (Dahlg) 1-800-440-0940 (Toll Free)	CCMC Dental Resource 808-486-9000 (Dahlg) 1-800-486-9000 (Toll Free)																																								
Ohana Health Plan 1-800-946-4262	Evercare 1-888-960-0729																																								
PROVIDER STATEMENT: A complete EPSDT exam also includes a history (initial or interval), a physical exam, age appropriate surveillance and anticipatory guidance. By signing below, I confirm that these were performed and documented in the patient's medical record.																																									
Provider Name (Print)	Signature																																								
NPI #																																									
For additional forms, contact ACS at 808-952-5570 (Dahlg) or 800-235-4378 (Toll Free).																																									

DHS 8015 (01/10)

1/1/17

Payment Transformation

PO Measures

Performance

Engagement

PO Performance

- ≥ 65 Rate of discharge/per 1,000 chronic ambulatory care sensitive conditions
- ED visits/per 1,000
- 3-17yo %age for special health care needs
- Member %age controlled BP
- PCP% who report their PO helped them use the “ecosystem”
- PCP% who report their PO helped them understand PT



PO Engagement

- Monthly PCP lists with open panels
- Monthly & Quarterly access reports
- Access across all lines of business
- 24/7 PCP coverage
- Quarterly meeting attendance
- Data collection on SDH



***E omo
ai***

Things to Consider

- Communication is the key
- Panel reconciliation is the ongoing priority
- Patients need to be able to “remember” you completed outreach up to a year later
- Most of the measures represent good medicine
- Things always have and always will continue to change
- Communication is the key

https://hmsa.com/portal/provider/zav_pay_aa.PAY.100.htm

HMSA Payment Transformation

P R O G R A M G U I D E



- [https://hhin.hmsa.com/HHIN/1180-6864_Payment_trans_program_guide_\(HF1\)_Jan_2017_120916.pdf](https://hhin.hmsa.com/HHIN/1180-6864_Payment_trans_program_guide_(HF1)_Jan_2017_120916.pdf)

High Risk Medication Management

Megan Arbles, Pharm D
KTA Puainako Pharmacy
Pharmacy Manager



You're Someone Special Every Day at KTA!

50 EAST PUAINAKO STREET, HILO, HAWAII 96720 | (808) 959-4575 | WWW.KTASUPERSTORES.COM | [f FACEBOOK.COM/ KTASUPERSTORESHAWAII](https://www.facebook.com/KTASUPERSTORESHAWAII) | [t @KTASUPERSTORES](https://twitter.com/KTASUPERSTORES) | [i @KTASUPERSTORES](https://www.instagram.com/KTASUPERSTORES)

Objectives

- HRM and Beers' list
- A day in the life of a pharmacist
 - Typical physician calls
 - Insurance problems



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| (808) 959-4575

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[@KTASUPERSTORES](https://WWW.INSTAGRAM.COM/KTASUPERSTORES)

Pharmacy 5-star Ratings

- Adherence
 - Diabetes
 - Hypertension
 - Cholesterol
- Safety
 - Elderly on HRM
 - Diabetics on Statin
- CMR (Comprehensive Medication Review)



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Beers Criteria for Potentially Inappropriate Medication Use in Older Adults

- List of potentially inappropriate meds for older adults (excludes hospice and palliative care)
- Panel of over 13 experts reviewed over 6,700 clinical trials and research studies
- 2015 American Geriatrics Society (AGS) released second update and expanded Beers Criteria



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[@KTASUPERSTORES](https://WWW.INSTAGRAM.COM/KTASUPERSTORES)



Examples of HRM in Community Pharmacy Setting & Alternatives

Medication Class/Examples	Possible Alternatives
Tricyclic Antidepressants <ul style="list-style-type: none">• amitriptyline• imipramine	SSRIs <ul style="list-style-type: none">• citalopram• Sertraline• bupropion

American Geriatrics Society 2015 Beers Criteria Update Expert Panel. American Geriatrics Society 2015 updated Beers criteria for potentially inappropriate medication use in older adults. *J Am Geriatr Soc* 2015 Oct 8. doi: 10.1111/jgs.13702



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Examples of HRM in Community Pharmacy Setting & Alternatives

Medication Class/Examples	Possible Alternatives
First Generation Antihistamines <ul style="list-style-type: none">• Diphenhydramine• Hydroxyzine• Meclizine• Promethazine	Second Generation Antihistamines <ul style="list-style-type: none">• Cetirizine• Fexofenadine• loratadine

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Examples of HRM in Community Pharmacy Setting & Alternatives

Medication Class/Examples	Possible Alternatives
Sleep Aids <ul style="list-style-type: none">• zolpidem• eszopiclone	non-medication sleep hygiene techniques

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Examples of HRM in Community Pharmacy Setting & Alternatives

Medication Class/Examples	Possible Alternatives
Benzodiazepines <ul style="list-style-type: none">• alprazolam• lorazepam• diazepam	For anxiety: <ul style="list-style-type: none">• buspirone• SSRIs

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Pharmacy-Physician HRM Management

- Fax or call to physician office when HRM is prescribed
- Pharmacist suggested alternatives to HRM



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Questions?



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A Day in the Life of a Pharmacist

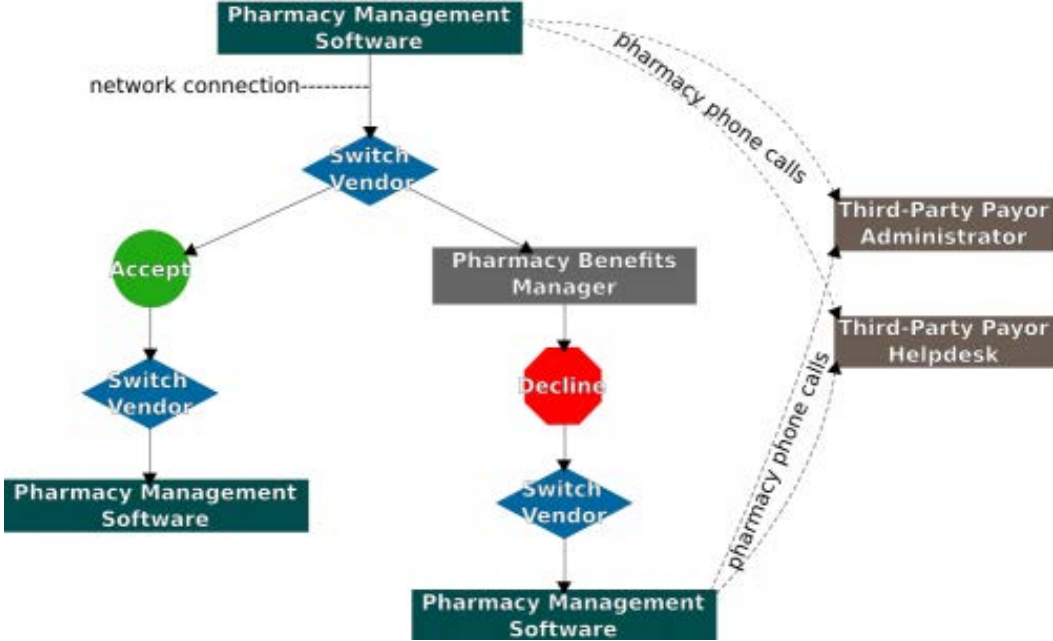
Discussion of common insurance issues and consequential calls to physician offices



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Pharmacy Claims Adjudication Process



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Physician Calls

- Prior authorization
- Non-formulary drugs
- Dose/formulation changes (i.e. IR→ER, change in strength, etc)
- Mis-matched drug and quantity prescribed (i.e. Ventolin #9gm)
- Topical preparations requiring area of administration
- Invalid quantity (i.e. topical cream written for #1)
- DME prescriptions



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Physician Calls: Tips From A Pharmacist

- **Dose/formulation changes (i.e. IR→ER, change in strength, etc)**
 - *Utilize “Notes” section of e-prescribing system to notate dose changes, etc.*
 - *Indicate changes on the face of the prescription*
 - *Indicate if medication is replacing another medication*



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Physician Calls: Tips From A Pharmacist

- **Mis-matched drug and quantity prescribed (i.e. Ventolin #9gm)**
 - *Utilize generic names vs trade names (i.e. Albuterol HFA vs Ventolin HFA)*



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Physician Calls: Tips From A Pharmacist

- **Topical preparations requiring area of administration**
 - *Indicate area in which patient is applying topical medication for multiple package sizes.*
 - *Insurance requires area of administration to be documented on face of prescription if dispensing a package size larger than the biggest package size available*



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Physician Calls: Tips From A Pharmacist

- **Invalid quantity (i.e. topical cream written for #1)**
 - *Indicate in “Notes” section how many grams (15gm, 30gm, 45gm, etc.)*
 - *Indicate days supply*



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Physician Calls: Tips From A Pharmacist

• DME Prescriptions

- *Include diagnosis code for any DME prescriptions on the face of the prescription*
- *Test strip and lancet prescriptions billed to Medicare B cannot be phoned in (electronic, fax, hardcopy acceptable)*
- *Test strip and lancet prescriptions billed to Medicare B must be written for the EXACT quantity dispensed*
- *Test strip and lancet prescriptions for “excessive quantities” are valid for 6 months from date written*
 - *Excessive quantity*
 - *Non-Insulin Dependent: Testing > QD*
 - *Insulin Dependent: Testing > TID*



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KONA

Aloha Kidney

2017 class series offered: May, Sept

With	Ramona Wong MD Nephrologist	What	6 weekly classes, 2 ½ hours each
Where	HMSA Kona Office Crossroads Prof Cntr 75-1029 Henry St. #301	When	1 – 3:30 pm Thursday afternoons
Who	Anyone interested in, at risk for, or with CKD, GFR less than 60 or extra protein in urine	Bring	Pen, a family or friend who loves you (one who buys/cooks the food)
		Cost	No cost

What we talk about

- 5/18/17 - You and your kidneys: What kidneys do, what happens when they fail
- 5/25/17 - Aloha kidney: How to slow loss of kidney function, protect what's left
- 6/1/17 - Kidney, heart, brain connection: Why at risk and what to do about it
- 6/8/17 - Options if kidneys fail: Dialysis, transplant, natural life options
- 6/15/17 - Food, labs, meds . . . help?! Understand what matters with CKD
- TBA - Choices: Others share their journey with dialysis, transplant, natural life

Come and see if these classes can help you and your family.

Call to register: **(808) 585-8404**

HILO

Aloha Kidney

2017 class series offered: May, Sept

With	Ramona Wong MD Nephrologist	What	6 weekly classes, 2 ½ hours each
Where	HMSA Center @ Hilo 303A East Maka'ala St. Hilo HI 96720	When	1 – 3:30 pm Thursday afternoons
Who	Anyone interested in, at risk for, or with CKD, GFR less than 60, or excess protein in urine	Bring	Pen, a family or friend who loves you (one who buys/cooks the food)
		Cost	No cost

What we talk about

- 5/18/17 - You and your kidneys: What kidneys do, what happens when they fail
- 5/25/17 - Aloha kidney: How to slow loss of kidney function, protect what's left
- 6/1/17 - Kidney, heart, brain connection: Why at risk and what to do about it
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Come see if these classes can help you and your family.

Call to register: **(808) 585-8404**

Hui Malama



FREE Island Wide Workshops

2017

HAWAIIAN TRADITIONAL LA'AU LAPA'AU WORKSHOP
Presented by Po'okela Ikaika Dombrigues

“Ola Pono Ola Loa”

HO'OPONOPONO LA'AU LAPA'AU
LOMILOMI HA HA LA'AU KAHEA

Hilo — Aunty Sally's Luau Hale
Saturday, March 11, 2017 — 9am - 3pm

Waimea — Waimea Community Center
Saturday, April 08, 2017 — 9am - 3pm

Kona — Hale Halawai
Saturday, May 06, 2017 — 9am - 3pm

Ka'ū — Na'alehu Community Center
Saturday, June 03, 2017 — 10am - 3pm

Puna — Kea'au Senior Community Center
Saturday, June 17, 2017 — 9am - 3pm

Light refreshments provided. PLEASE bring your own lunch

SPONSORED BY: Hui Mālama Ola Nā 'Ōiwi
the Hawai'i Island Health Care System

For More information call Sweetie at (808) 969-9220

**QIGONG
Classes:
March 21 –
April 14**

**2x/week for
4 weeks**

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

March 21-April 14, 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 March 14: 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.



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Healthcare Symposium

AUGUST 18-20, 2017

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NEXT SUPER HUDDLE DATES:

- Tuesday, September 19
- Tuesday, December 12

Visit our calendar of events at www.ehiipa.com

Download RSVP forms for:

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- Pediatrician Meetings
- CPC+ Workshops
- Annual Membership Meeting
- Symposium
- Special Events
- Other Meetings

