



Lanuali 1 – Kekemapa 31, 2026

Hō'ike no ka uhi 'ana no 2026:

Kou Nā pomaikai Kino Medicare a me nā lawelawe a me ka Uhi 'ana i nā Lā'au La'au ma ke 'ano he lālā o Wellcare 'Ohana Dual Align (HMO-POS D-SNP)

Hā'awi kēia palapala i nā kiko'i e pili ana i kōu Medicare a me ka Hawaii Med-QUEST Division Program (Medicaid) olakino a me ka uhi lā'au mai Ianuali 1 – Kekemapa 31, 2026. **He palapala kānāwai ko'iko'i kēia. E mālama pono iā ia ma kahi palekana.**

Ho'omaopopo kēia palapala i kōu mau pomaikai a me nā kuleana. E ho'ohana i kēia palapala e ho'omaopopo e pili ana:

- Kou uku uku ho'olālā a me ka ka'ana like 'ana i ke kumukū'ai
- 'O kā mākou pomaikai lapa'au a me ka lā'au lapa'au
- Pehea e waiho ai i ka ho'opi'i inā 'a'ole 'oe 'olu'olu me kahi lawelawe ai 'ole lapa'au;
- Pehea e ho'oka'a'ike mai iā mākou
- Nā pale 'ē a'e i koi 'ia e ke kānāwai Medicare.

No nā pono e pili ana i kēia palapala, e 'olu'olu e kelepona i Nā lawelawe Lālā ma 1-888-846-4262. (Kahea nā mea ho'ohana TTY iā 711). Nā hola: Ma waena o 'Okakopa 1 a me Malaki 31, loa'a nā 'elele i ka Pō'akahi-Labati, 7:45 a.m. a 8 p.m. Ma waena o 'Apelila 1 a me Kepakemapa 30, loa'a nā 'elele i ka Pō'akahi-Palima, 7:45 a.m. a 8 p.m. He manuahi kēia kelepona.

Ke hā'awi 'ia nei kēia ho'olālā, Wellcare 'Ohana Dual Align (HMO-POS D-SNP), e Wellcare Health Insurance Of Arizona, Inc. (Wellcare By 'Ohana Health Plan) (Ke *Hō'ike no ka uhi 'ana* no ka uhi 'ana "mākou," "iā mākou," a i 'ole "ko mākou," 'o ia 'o Wellcare Health Insurance Of Arizona, Inc. (Wellcare By 'Ohana Health Plan) Ke 'ōlelo 'ia "ho'olālā" a i 'ole "ko mākou ho'olālā," 'o ia ka Wellcare 'Ohana Dual Align (HMO-POS D-SNP).)

Loa'a kēia palapala no ka manuahi ma ka 'ōlelo Hāmong, Tagalog, Laotian, Cambodia/Khmer, Hawai'i, Kepanī, Karen, Sāmoa, Thai, Tureke, Uzbek, Ilokano, a me Burmese. Pono e hana e hā'awi i ka 'ike ma ke 'ano kūpono iā 'oe (ma nā 'ōlelo 'ē a'e ma waho o ka 'ōlelo Pelekania, ma ka braille, ma ka leo, ma ka pa'i nui, 'a'ole nā 'ano 'ē a'e, 'ē a'e.). E 'olu'olu e kelepona i Nā lawelawe Lālā inā makemake 'oe i ka 'ike ho'olālā i kekahi 'ano 'ē a'e.

Hiki ke ho'ololi i nā pomaikai, uku, lawe 'ia, a me / a i 'ole nā uku hui/hō'ōia like ma Ianuali 1, 2027.

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Hiki i ka Palapala ho'opuka, ka puka lā'au lapa'au ai/'ole ka pūnaeweke ho'olako ke ho'ololi i kēlā me kēia manawa. E loa'a iā 'oe ka leka e pili ana i nā loli e pili ana iā 'oe ma kahi o 30 mau lā ma mua.

'Ohana Health Plan, he ho'olālā i hā'awi 'ia e WellCare Health Insurance of Arizona, Inc.

Ma muli o kahi loiloi Ho'ohālike o ka mālama, Ua 'ae 'ia 'o Wellcare 'Ohana Dual Align (HMO-POS D-SNP) e ke Kōmike Lahui no ka Hō'oia Maika'i (NCQA) e hana i kahi Kūikawā Pono Ho'olālā (SNP) a hiki i ka makahiki 2028.

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Ua uhi 'ia 'oe e Medicare a me ka ho'olālā Hawaii Med-QUEST Division Program (Medicaid):

- **Medicare** ka papahana inikua ola Aupuni no nā kānaka 65 makahiki a 'oi aku paha, kekahi po'e ma lalo o 65 me nā 'ino kūikawā, a me 'O ka ma'i ma'i renal pae hope (ke ho'ohehe'e i ka ma'ema'e).
- 'O **Medicaid** he ho'olālā aupuni federala a me moku'āina i hui pū 'ia e kōkua i nā koina ola kino no kekahi po'e me nā loa'a kālā a me nā kumu waiwai i kaupalena 'ia. Ho'okomo 'ia ka uhi Medicaid e pili ana i ke aupuni a me ke 'ano o Medicaid āu i loa'a ai. Loa'a kekahi po'e me Medicaid i ke kōkua e uku no kā lākou mau uku Medicare a me nā koina 'ē a'e. Loa'a kekahi po'e i ka uhi 'ana no nā lawelawe 'ē a'e a me nā lā'au 'a'ole i uhi 'ia e Medicare.

Ua koho 'oe e loa'a kāu mālama ola Medicare a me ka koho Hawaii Med-QUEST Division Program (Medicaid) a me kāu uhi lā'au lapa'au ma o kā kōkua ho'oikaika, Wellcare 'Ohana Dual Align (HMO-POS D-SNP). Ho'opili kā mākou ho'olālā i nā lawelawe 'o Māhele A me Māhele B. Eia na'e 'oko'a ka 'ana like me ka 'ana i ke 'ai a me ka loa'a 'ana o nā mea ho'olako ma kēia ho'olālā mai ka Original Medicare.

O Wellcare 'Ohana Dual Align (HMO-POS D-SNP) 'o ia ka ho'opau 'ana iā Ho'olālā Medicare Advantage (he Kūikawā Pono Ho'olālā Medicare), 'o ia ho'i, ua lanakila 'ia ka pomaikai no nā kānaka me nā pono mālama ola. Ua ho'okō 'ia kā Wellcare 'Ohana Dual Align (HMO-POS D-SNP) no ka loa'a 'ana o nā kānaka i loa'a i ka Medicare a loa'a mai ke kōkua mai iā Hawaii Med-QUEST Division Program (Medicaid).

No ka mea loa'a iā 'oe ke kōkua mai Hawaii Med-QUEST Division Program (Medicaid) me kou Medicare Part A me B koina ka'ana like (Hiki ke unuhi, uku hui, a hō'ōia like) 'a'ole hiki iā 'oe ke uku no kāu mau lawelawe mālama ola Medicare. Hiki i ka makana Hawaii Med-QUEST Division Program (Medicaid) ke hā'awi pū i nā pomaikai 'ē a'e inā 'oe ma o ka uhi 'ana i nā lawelawe mālama ola 'a'ole ma'amaui i uhi 'ia ma lalo o Medicare. E loa'a pū iā 'oe ka Kōkua keu (Extra Help) mai Medicare e uku i nā koina o kāu mau lā'au lapa'au Medicare. E ho'olālā mai ho'i e kōkua aku e mālama i kēia mau pomaikai maika'i no ka 'oe, i hiki iā 'oe ke loa'a i ka loa'a i nā lawelawe mālama ola a me ke kōkua 'ana aku i nā mea kūpono.

'O kā mākou ho'olālā ke holo 'ia e kahi hui pilikino. E like me nā ho'olālā Medicare Advantage a pau, ua 'ae 'ia kēia Kūikawā Pono Ho'olālā Medicare e Medicare. Ho'ohui pū 'o kā mākou ho'olālā me ka

Mokuna 1 Ke ho'omaka 'ana i kāu lālā

Papahana Hawaii Medicaid Hawaii Med-QUEST Division Program (Medicaid) i kāu nā pomaikai. Ua hau'oli i ka hā'awi 'ana i kāu Medicare a me ka Hawaii Med-QUEST Division Program (Medicaid) ka uhi mālama, me kāu uhi lā'au lapa'au.

Pauku 1.2 'Ike kānāwai e pili ana i ka Hō'ike no ka uhi 'ana

Kēia Hō'ike no ka uhi 'ana kahi 'āpana o kā mākou 'aelike me 'oe e pili ana i ka uhi 'ana o kā mākou ho'olālā i kāu mālama. 'O nā 'āpana 'ē a'e o kēia 'aelike e pili ana i kāu palapala kākau inoa, ka *Papa inoa o na Laau Laau i uhiia* (Palapala ho'opuka), a me nā leka ho'omaopopo āu e loa'a mai iā mākou e pili ana i nā loli i kāu uhi a i 'ole nā kūlana e pili ana i kāu uhi. Kapa 'ia kēia mau leka ho'olaha i kekahi manawa *poe hololio* a i 'ole *ho'ololi*.

Ke holo nei ka 'aelike no nā ho'olālā i ho'opa'a inoa ai 'oe e ho'okō i ka holo ma waena o Ianuali 1, 2026 a me Kekemapa 31, 2026.

'Ae 'o Medicare iā mākou e ho'ololi i kā mākou mau ho'olālā a mākou e hā'awi nei i kēlā me kēia makahiki alemanaka. 'O ka mana'o ho'i o kēia ua hiki iā 'oe ke kōkua ho'okahi aku i nā kumu kū'ai a me nā pomaikai e kōkua aku e hō'emi i ka ho'olālā 'inikua ma ka lā 31 o Kekemapa, 2026. Ua hiki pū i ke koho e ho'opau i ka hā'awi 'ia 'ana o kekahi o nā ho'olālā, 'o ia ka 'ole i ka 'ole e hā'awi aku i kekahi wahi lawelawe, ua hiki no ke hana 'ia ma hope o ka lā 31 Kekemapa, 2026.

Pono 'o Medicare (nā Nā kikowaena no ka Medicare & Medicaid Nā lawelawe) a me Hawaii Med-QUEST Division Program (Medicaid) e 'ae i kā mākou ho'olālā. Hiki iā 'oe ke ho'omau i kēlā me kēia makahiki no ka loa'a 'ana o ka uhi Medicare ma ke 'ano he lālā o kā mākou ho'olālā ke koho mākou e ho'omau i ka hā'awi 'ana i kā mākou ho'olālā a me Medicare a me Hawaii Med-QUEST Division Program (Medicaid) e hō'oiā hou i ka 'ae 'ia o kā mākou ho'olālā.

PAUKU 2 E ho'olālā i nā pono kūpono

Pauku 2.1 Nā koi pono no kāu kūpono

Hiki iā 'oe ke komo i loko o kā mākou ho'olālā inā 'oe e ho'okō i kēia mau kūlana:

- Loa'a iā 'oe 'o Medicare Part A me Medicare Part B.
- Noho 'oe ma kā mākou wahi lawelawe 'āina (i wehewehe 'ia ma ka Pauku 2.3). A'ole mana'o 'ia ka po'e i ho'opa'a 'ia e noho ana ma ka wahi lawelawe 'āina 'oiāi inā aia lākou i loko.
- He kamaaina 'oe o 'Amelika Hui Pū 'Ia a i 'ole ma ke kānāwai ma 'Amelika Hui Pū 'Ia.
- A kūpono 'oe i nā koi pono wehewehe i wehewehe 'ia ma lalo.

Nā koi pono kūikawā no kā mākou ho'olālā

Ho'olālā 'ia kā mākou e ho'opau e hālāwai me nā pono o nā kānaka e loa'a ana kekahi mau pomaikai Medicaid. ('O Medicaid kahi koho Aupuni federala a me ke aupuni tuku e kōkua i nā lilo lapa'au no

Mokuna 1 Ke ho'omaka 'ana i kāu lālā

kekahi po'e me nā loa'a kālā a me nā palena 'ole.) I mea e pono ai no kā mākou ho'olālā pono 'oe e kūpono no Medicare a me Piha Medicaid

Nā pomaikai ka'ana like kālā kokua ma lalo Hawaii Med-QUEST Division Program (Medicaid). Eia hou, pono 'oe e kākau inoa i ka QUEST ho'ohui ho'olālā 'Imi ma ka 'Ohana Health Plan.

'Ōlelo A'o: Inā nalowale 'oe i kou kuleana akā hiki ke mana'o 'ia e loa'a hou ka 'ae 'ia i loko o 6 mau ho'olālā, a laila hiki nō 'oe ke lilo i lālā. Hō'ike ka Mokuna 4, Pauku 2 iā 'oe e pili ana i ka uhi a me ka ho'oka'awale 'ana i ke kumukū'ai i ka wā i mana'o 'ia e ho'omau 'ia.

Pauku 2.2 Medicaid

'O Medicaid kahi koho Aupuni federala a me ke aupuni e kōkua i nā lilo lapa'au no kekahi po'e me nā loa'a kālā a me nā palena 'ole. Ho'oholo kēlā me kēia helu i nā mea e 'ia a me nā manawa e loa'a ai, 'o wai ka mea kūpono, he aha nā lawelawe i uhi 'ia, a me nā helu 'ai no nā lawelawe kālā. Hiki i nā helu ke ho'oholo i ke ala e holo ai kā lākou koho 'oiai ke hahai lākou i nā kuhikuhi aupuni.

Eia hou, hā'awi 'o Medicaid i nā ho'olālā e kōkua i ka po'e e uku i kā lākou koina Medicare, e like me kā lākou uku Medicare. Hiki i kēia mau Papahana Māpala Medicare ke kōkua i nā kōkua me nā loa'a kālā a me nā kumu waiwai i kaupalena 'ia ke mālama i ke kālā i kēlā me kēia makahiki:

- **Kupono Medicare Ka mea kokua Plus (QMB+):** Kōkua i ka uku 'ana i nā uku Medicare Part A me Part B, a me nā koina ka'ana like (e like me Hiki ke unuhi, hō'ōia like, a me nā uku hui). Ho'okipa 'ia nā pono e loa'a i nā pomaikai Medicaid piha.
- **Mea Pono Medicare i Kākau 'Ia me ka Loa'a Ha'aha'a 'O'i Aku (SLMB+):** Kōkua i ka uku 'ana i nā uku Māhele B. Ho'okipa 'ia nā pono e loa'a i nā pomaikai Medicaid piha.
- **Piha Pōmaika'i Pālūa Kupono (FBDE):** Medicaid hiki ke uku no kāu Medicare Part A me Part B uku (pela i Hiki ke unuhi, hō'ōia like, a uku hui). Ho'okipa 'ia nā pono e loa'a i nā pomaikai Medicaid piha.

Pauku 2.3 'O ke kahua wahi lawelawe no Wellcare 'Ohana Dual Align (HMO-POS D-SNP)

O Wellcare 'Ohana Dual Align (HMO-POS D-SNP) i loa'a wale i nā kōkua e noho ana i kā lākou ho'olālā 'ana i nā wahi lawelawe. E noho lālā mau 'oe o kā mākou ho'olālā i ka ho'omau, pono 'oe e ho'omau i kou noho 'ana ma ka wahi lawelawe ho'olālā no ka ho'opau 'ana. Wehewehe 'ia ka wahi lawelawe ma lalo.

'O kā mākou wahi lawelawe me kēia mau kalana ma Hawaii: Hawaii, Honolulu, Kauai, a me Maui.

Inā ho'olālā 'oe e ne'e i kahi moku'āina hou, pono 'oe e kelepona i ke ke'ena Medicaid o kou moku'āina a nīnau i ka hopena o kēia ne'e 'ana i kāu mau pomaikai Medicaid. Aia nā helu kelepona no Medicaid ma ka Mokuna 2, Pauku 6 o kēia palapala.

Mokuna 1 Ke ho'omaka 'ana i kāu lālā

Inā ne'e 'oe ma waho o kā mākou lawelawe wahi lawelawe ho'olālā, 'a'ole hiki iā 'oe ke noho lālā o kā mākou lawelawe ho'olālā. Kāhea i Nā lawelawe Lālā 1-888-846-4262 (kahea nā mea ho'ohana TTY iā 711) e 'ike inā he ho'olālā kā mākou ma kāu wahi hou. Ke ne'e 'oe, loa'a iā 'oe kahi Manawa Kau inoa Kūikawā e hiki ai iā 'oe ke ho'ololi i ka Original Medicare ai 'ole e kākau inoa i kahi ho'oikaika olakino ai 'ole lā'au e loa'a ho'olālā ma kāu wahi hou.

Inā ho'one'e 'oe a ho'ololi paha i kāu helu leka uila, pono nō ho'i e kelepona iā Palekana Kaiapili. Kāhea i Palekana Kaiapili ma 1-800-772-1213 (kahea nā mea ho'ohana TTY iā 1-800-325-0778) no ka 'ike hou aku.

Pauku 2.4 Kupa 'Amelika a i 'ole kū kānāwai

Pono 'oe he kama'āina 'Amelika a i 'ole ma ke kānāwai ma 'Amelika Hui Pū 'Ia e lilo i lālā o kahi ho'olālā olakino Medicare. E hō'ike 'o Medicare (nā hō'ike no Nā kikowaena no ka Medicare & Medicaid Nā lawelawe) iā Wellcare 'Ohana Dual Align (HMO-POS D-SNP) inā 'a'ole kūpono 'oe e noho lālā ho'olālā ma kēia kumu. Pono 'o Wellcare 'Ohana Dual Align (HMO-POS D-SNP) e ho'opau inoa i kāu inoa inā 'a'ole 'oe e hālāwai me kēia koi.

PAUKU 3 Nā mea nui o ka lālā

Pauku 3.1 Kāleka lālā o kāu ho'olālā

E ho'ohana i kāu kāleka lālā ke loa'a iā 'oe nā lawelawe i uhi 'ia e kā mākou ho'olālā a no nā lā'au lapa'au e loa'a iā 'oe ma nā lā'au lapa'au pūnaewe. Kāleka lālā la'ana:

Wellcare 'Ohana Dual Align (HMO-POS D-SNP)	
	MEMBER ID#: 1234567890123 PLAN#: H9916-001-000 ISSUER#: (80840) 9151014609
Member Name: Member Full Name	
Care Coordinator Phone: 1-888-846-4262 (TTY: 711)	
PCP: Physician Name	
PCP Phone: 1-XXX-XXX-XXXX	
PCP / Specialist Office Visit: \$0 Co-pays: \$0	
Third Party Liability: Y/N	
Medicare Rx: RXBIN: 610014 RXPCN: MEDDPRIME RXGRP: 2FFA	
Medicaid Rx: RXBIN: XXXXXX RXPCN: XXX RXGRP: XXXXX	
Effective Date / Prescription Drug Active Date: MM/DD/YYYY	
	
Member Services	1-888-846-4262 (TTY: 711)
Nurse Advice Line	1-800-581-9952 (TTY: 711)
Vision: Premier Eye Care	1-855-879-1448 (TTY: 711)
Dental: HDS	1-844-379-4325 (TTY: 711)
Provider Services / Pharmacy Prior Auth	1-888-505-1201 (TTY: 711)
Pharmacist Only	1-833-750-0408 (TTY: 711)
Send Claims To: Wellcare By 'Ohana Health Plan Attn: Claims Department P.O. Box 31372 Tampa, FL 33631-3372 Payor ID: 14163	
Part D Claims: Wellcare By 'Ohana Health Plan Attn: Medicare Part D Member Reimbursement Dept. P.O. Box 31577 Tampa, FL 33631-3577	
FOR EMERGENCIES: Dial 911 or go to the nearest Emergency Room	
Website: go.wellcare.com/OhanaHI	
Member Portal: go.wellcare.com/member	

A'OLE ho'ohana i kāu lawelawe Medicare 'ula'ula, ke 'oke'o, a me ka polū no nā lawelawe lapa'au i uhi 'ia ke lālā 'oe o kēia ho'olālā. Inā 'oe e ho'ohana i kāu kāleka Medicare ma mua o kāu kāleka lālā Wellcare 'Ohana Dual Align (HMO-POS D-SNP), pono paha 'oe e uku piha i nā lawelawe lapa'au iā 'oe iho. E mālama pono i kāu kāleka Medicare ma kahi palekana. Hiki iā 'oe ke komo e hō'ike i ka wā e pono ai 'oe i nā lawelawe halemai, nā lawelawe hale hospice, a komo i nā noi'i lapa'au i ka 'ae 'ia e Medicare i ke kapa 'ia ho'i 'o nā ho'ohana lapa'au.

Mokuna 1 Ke ho'omaka 'ana i kāu lālā

Inā pō'ino, nalowale, a 'aihue paha kā mākou kāleka lālā ho'olālā, e kelepona iā Nā lawelawe Lālā ma 1-888-846-4262 (TTY mea ho'ohana e kelepona iā 711) a e ho'ouna mākou iā 'oe i kāleka hou.

Pauku 3.2 Papa Kuhikuhi Mea Ho'olako a me nā Hale Lā'au Lapa'au

O ka *Papa Kuhikuhi Mea Ho'olako a me nā Hale Lā'au Lapa'au* go.wellcare.com/2026providerdirectories papa inoa i kā mākou mea ho'olako pūnaewe i kēia manawa, a me nā mea ho'olako lō'ihi lā'au lapa'au mea lako. **Mea ho'olako pūnaewe** pūnaewe 'o ia nā kauka a me nā loea olakino 'ē a'e, nā hui kino, nā lō'ihi lā'au lapa'au mea lako, nā halemai, a me nā ke'ena mālama olakino 'ē a'e i loa'a kahi 'aelike me mākou e 'ae i kā mākou uku a me nā koina ho'olālā e like me ka uku piha.

'O kahi Hui Lapa'au he hui kauka, me nā Mea Malama Mua (PCP) a me nā loea kūikawā, a me nā mea ho'olako olakino 'ē a'e, me nā halemai, e 'aelike me ka ho'olālā e hā'awi i nā lawelawe i nā mea i kākau inoa.

Pono 'oe e ho'ohana i nā mea ho'olako pūnaewe e ki'i i kāu mālama olakino a me nā lawelawe. Inā 'oe e hele i kahi 'ē a'e me ka 'ae kūpono 'ole, pono 'oe e uku piha. O nā mea 'oko'a wale nō i nā pilikia, nā lawelawe i makemake koke 'ia wikiwiki i ka wā 'a'ole loa'a ka mana ('o ia, i nā kūlana i hiki ke loa'a nā lawelawe i ka hoolako), nā lawelawe dialysis ma waho o nā wahi, a me nā hihia i loa'a iā Wellcare 'Ohana Dual Align (HMO-POS D-SNP) e 'ae i ka ho'ohana 'ana i waho o- mea ho'olako pūnaewe. 'O ka hapa nui o kāu mau lawelawe olakino a me nā pomaikai i uhi 'ia e Medicare a no ka mea loa'a iā 'oe ka Hawaii Med-QUEST Division Program (Medicaid), loa'a iā 'oe kekahi mau lawelawe hou mai kā mākou ho'olālā. Pono kēia mau lawelawe e pono olakino a, i kekahi mau hihia, pono 'oe i kahi kuhikuhi mai kāu mea mālama mua. Pono 'oe e ki'i i kēia mau lawelawe mai nā mea ho'olako i kā mākou ho'olālā. Inā 'a'ole hiki iā 'oe ke loa'a kahi mea ho'olako i kā mākou ho'olālā e hiki ke hā'awi i ka mālama āu e pono ai, e loa'a iā 'oe ka mālama āu e pono ai mai kahi mea ho'olako waho o kā mākou ho'olālā. I kēlā mau hihia, hiki i kāu mea mālama mua (PCP) ke kelepona i Nā lawelawe Lālā e noi i kahi 'ae iā 'oe e 'ike i kahi i waho o- mea ho'olako pūnaewe.

O ka papa inoa hou loa o nā mea ho'olako a me nā mea lako i loa'a ma kā mākou pūnaewe ma go.wellcare.com/2026providerdirectories.

Inā 'a'ohe *Papa Kuhikuhi Mea Ho'olako a me nā Hale Lā'au Lapa'au*, hiki iā 'oe ke noi i kope (ma ke kelepona a i 'ole ma ka pepa) mai Nā lawelawe Lālā i le 1-888-846-4262 (Nā mea ho'ohana TTY 711). E ho'ouna 'ia nā noi no *Papa Kuhikuhi Mea Ho'olako a me nā Hale Lā'au Lapa'au* pa'i pa'a iā 'oe i loko o nā 3 lā 'oihana.

O ka *Papa Kuhikuhi Mea Ho'olako a me nā Hale Lā'au Lapa'au* go.wellcare.com/2026providerdirectories i kā mākou mau lā'au lapa'au pūnaewe. **Nā lā'au lapa'au pūnaewe 'O** he mau lā'au lapa'au e 'ae nei e ho'opiha i nā palapala kuhikuhi i uhi 'ia no nā lālā o kā mākou ho'olālā. Hiki iā 'oe ke ho'ohana i ka *Papa Kuhikuhi Mea Ho'olako a me nā Hale Lā'au Lapa'au* e loa'a ai ka Lapa'au Pūnaewe āu e makemake ai e ho'ohana. E 'ike i Mokuna 5, Pauku 2.4 no ka 'ike 'ana i ka wā e hiki ai iā 'oe ke ho'ohana i nā lā'au lapa'au 'a'ole i ka komo o ka ho'olālā.

Mokuna 1 Ke ho'omaka 'ana i kāu lālā

O ka *Papa Kuhikuhi Mea Ho'olako a me nā Hale Lā'au Lapa'au* iā 'oe i kahi o nā hale kū'ai lā'au i loko o kā mākou pūnaeweale i Māhele kākī i makemake 'ia, 'oi aku paha ka ha'aha'a ma mua o ka Māhele kākī ma'amaui i hā'awi 'ia e nā hale kū'ai pūnaeweale 'ē a'e no kekahi mau lā'au.

Inā a'ohe *Papa Kuhikuhi Mea Ho'olako a me nā Hale Lā'au Lapa'au*, hiki iā 'oe ke noi i kope mai Nā lawelawe Lālā 1-888-846-4262 (Nā mea ho'ohana TTY 711). Hiki iā 'oe ke loa'a i kēia 'ike ma kā mākou pūnaeweale ma go.wellcare.com/2026providerdirectories.

Pauku 3.3 Laau laau Papa inoa (Palapala ho'opuka)

Loa'a i kā mākou ho'olālā he *Papa inoa o na Laau Laau i uhiia* (i kapa 'ia ho'i 'o ka Laau laau Papa inoa a i 'ole Palapala ho'opuka). Hō'ike ia i nā lā'au kuhikuhi Māhele D i uhi 'ia ma lalo o ke kōkua'i Māhele D i ho'okomo 'ia i Wellcare 'Ohana Dual Align (HMO-POS D-SNP). Ua koho 'ia nā lā'au lapa'au ma kēia papa inoa e kā mākou ho'olālā me ke kōkua o nā kauka a me nā lā'au lapa'au. Pono ka Laau laau Papa inoa i ko Medicare. E ho'okomo 'ia nā lā'au lapa'au me nā kumukū'ai i kūkākūkā 'ia ma lalo o ka Papahana Kūka'i Kū'ai 'Ala'au La'au Medicare ma kāu Laau laau Papa inoa ke 'ole i wehe 'ia a ho'ololi 'ia e like me ka wehewehe 'ana ma ka Mokuna 5, Pauku 6. Ua 'ae 'o Medicare i ka Laau laau Papa inoa Wellcare 'Ohana Dual Align (HMO-POS D-SNP).

Hō'ike pū ka Laau laau Papa inoa inā 'oe inā he mau lula e ho'opau i ka uhi no kāu mau lā'au.

E hā'awi iā 'oe i kahi kope ka Laau laau Papa inoa. No ka loa'a 'ana o ka 'ike piha loa e pili ana i nā lā'au i uhi 'ia, e kipa go.wellcare.com/druglist-6716 a i 'ole e kelepona i Nā lawelawe Lālā ma 1-888-846-4262 (kahea nā mea ho'ohana TTY iā 711).

PAUKU 4 Hō'ulu'ulu mana'o o nā kumukū'ai ko'iko'i no 2026

	'O kāu mau kumukū'ai ma 2026
Uku uku ho'olālā mahina* *Hiki ke ki'eki'e a'e kāu uku uku ma mua o kēia nui. E hele i ka Pauku 4.1 no nā kiko'i.	\$0
Ka nui o waho o ka 'eke 'O kēia ka uku <u>nui loa</u> āu e uku ai mai loko mai o ka 'eke no nā lawelawe i uhi 'ia ma ka Māhele A a me ka Māhele B. (E 'ike i Mokuna 4, i ka Pauku 1 no nā kiko'i.)	\$9,250 'A'ole 'oe e mālama i ka uku 'ana i Ki'eki'e i waho-o-'eke Ka nui i ka 'oi loa o ka huina nui pākeke no kou mau lawelawe Māhele A me Māhele B i uku 'ia.
Nā kipa ke'ena mālama mua	\$0 copay o ka hālāwai
Nā kipa ke'ena	\$0 copay o ka hālāwai

Mokuna 1 Ke ho'omaka 'ana i kāu lālā

	'O kāu mau kumukū'ai ma 2026
Noho ka halema'i ma'i	No nā komo i uhi 'ia e Medicare, no ka komo: \$0 copay no kēlā me kēia noho halemai. Nā Lā Waihona Ola \$0 copay i kēlā me kēia lā. 'O nā Lā Waihona Ola he mau lā hou a uku ka ho'olālā ke hele nā lālā i kahi halemai no ka nui o nā lā i uhi 'ia e ka ho'olālā. Loa'a i nā lālā he 60 lā waihona holo'oko'a i hiki ke ho'ohana 'ia i loko o kā lākou ola.
Māhele D Hiki ke unuhi 'ia ka uhi lā'au (E hele i ka Mokuna 6 no nā kiko'i.)	\$0
Māhele D uhi lā'au (E hele i ka Mokuna 6 no nā kiko'i.)	\$0 copay

Hiki i kāu mau kumukū'ai ke komo pū i kēia:

- Ho'olālā uku uku (Pauku 4.1)
- Uku Medicare Part B o kēlā me kēia ho'olālā (Pauku 4.2)
- Ka Ho'opa'i no ka Ho'opa'a Inoa Lohi o ka Māhele D (Pauku 4.3)
- Loa'a Pili 'O kēlā me kēia mahina Ho'oponopono Ka nui (Pauku 4.4)

Pauku 4.1 Uku uku

No ka mea, uku ka Papahana Kōkua keu i ka uku uku no kāu ma ke 'ano he, 'a'ole 'oe e uku i kahi uku uku ho'olālā mahina kū'oko'a no *kā mākou ho'olālā*.

Inā 'oe *ua hala* ke kōkua mai kekahi o kēia mau papahana, **'a'ole pili iā 'oe ka 'ike e pili ana i nā uku i kēia Hō'ike no ka uhi 'ana 'a'ole pili paha iā 'oe**. Ua ho'ouna mākou iā 'oe i kahi palapala 'oko'a, i kapa 'ia 'o *Hō'ike no ka uhi 'ana Rider No nā po'e e loa'a Kōkua keu Ke uku nei no nā lā'au lapa'au kumu* ('ike pū 'ia 'o ka *Hā'awi kālā ha'aha'a Rider* a i 'ole ka *LIS Rider*), e ha'i aku iā 'oe e pili ana i kāu lā'au lapa'au. Inā 'a'ohe ou mea ho'okomo, e kelepona i Nā lawelawe Lālā ma 1-888-846-4262 (kahea nā mea ho'ohana TTY i 711) a e noi i ka *LIS Rider*.

Mokuna 1 Ke ho'omaka 'ana i kāu lālā

Pauku 4.2 Uku Medicare Part B o kēlā me kēia ho'olālā

Pono kekahi mau lālā e uku i nā uku Medicare 'ē a'e

'O kekahi mau lālā i koi 'ia e uku i nā uku Medicare 'ē a'e. E like me ka wehewehe 'ia ma Pauku 2 ma luna i ka mea kūpono ai no kā mea ho'odicheleid pono 'oe e mālama i kou pono no Hawaii Med-QUEST Division Program (Medicaid) a Medicare Part A me Medicare Part B. No ka hapa nui o nā lālā Wellcare 'Ohana Dual Align (HMO-POS D-SNP) uku ka Hawaii Med-QUEST Division Program (Medicaid) 'a'ole 'oe uku uku Māhele A (e pili pono i ia a) no kāu uku uku Māhele B.

Inā 'a'ole uku 'o Hawaii Med-QUEST Division Program (Medicaid) i kāu uku uku Medicare no 'oe, pono 'oe e ho'omau i ka uku 'ana i kāu uku uku Medicare e noho i lālā o ka ho'olālā. Loa'a kēia i kāu uku uku no ka Māhele B. Hiki iā 'oe ke uku i ka uku uku no ka Māhele A inā 'a'ole 'oe i kūpono no ka 'āpana A me ka uku uku 'ole.

Pauku 4.3 Ka Ho'opa'i no ka Ho'opa'a Inoa Lohi o ka Māhele D

No ka mea he pālūa kupono 'oe, 'a'ole pili ka LEP inā 'oe inā mālama 'oe i kou kulanā pālūa kupono, akā inā 'o lilo 'oe i kou kulanā pālūa kupono, hiki paha iā 'oe ke loa'a ka LEP. O Ka Ho'opa'i no ka Ho'opa'a Inoa Lohi o ka Māhele D he uku hou ia e pono ke uku uku 'ia no ka uhi 'ana o ka Māhele D inā i kēlā me kēia manawa ma hope o ka pau 'ana o kou manawa kakau hoomaka, he 63 mau lā a 'oi a'e paha ma ka lālani i ka wā 'a'ole i loa'a iā 'oe ka Māhele D a i 'ole 'ē a'e ka uhi lā'au hō'ai'ē. 'O ka uhi lā'au lapa'au kulanā 'o ia ka uhi e hālāwai me nā kulanā ha'aha'a o Medicare 'oia i mana'o 'ia e uku, ma ke 'ano ma'amau, ma ka lī'ilī'i loa e like me ka uhi lā'au lapa'au ma'amau a Medicare. Ka huina o ka uku ho'opa'i no ka kakau inoa hope loa 'ana e pili ana i ka lō'ihi o ka manawa āu i hala me ka 'ole o ka Māhele D a i 'ole nā kumu lā'au lapa'au palapala kauoha 'ē a'e. Pono 'oe e uku i kēia ho'opa'i no ka lō'ihi o ka loa'a 'ana o ka Māhele D.

'O 'oe **mai hana** pono e uku i ka Māhele D ka ho'opa'i kākau inoa lohi inā:

- He aha inā loa'a iā 'oe kahi Kōkua keu mai Medicare e kōkua mai i ka uku 'ana i kāu helu 'ai lā'au lapa'au.
- Ua hele 'oe ma lalo o 63 mau lā i ka lālani me ka 'ole o ka uhi 'ai'ē.
- Ua loa'a iā 'oe ka uhi lā'au lapa'au ma kekahi kumu 'ē a'e e (like me kahi mea hana kahiko, hui, TRICARE, ai 'ole Ke Ke'ena Ho'okele Ola no nā koa kahiko (VA)). 'O mea 'ē a'e 'ole luna hana kanaka e ha'i iā 'oe i kēlā me kēia kāu makahiki inā he uhi hō'ailona kāu uhi 'ai'ē. Hiki iā 'oe ke loa'a kēia 'ike ma ka leka a i 'ole ka nūhou mai kēlā ho'olālā. E mālama i kēia 'ike no ka mea hiki iā 'oe ke makemake inā 'oe e hui i kahi ho'olālā lā'au lapa'au Medicare ma hope.
 - **Nānā:** Pono nā leka a i 'ole ka leka ho'omaopopo e hō'ike 'ia ua loa'a iā 'oe ka Uku Laau Laau Aaie i mana'o 'ia e uku e like me ka uku o ka ho'olālā lā'au ma'amau o Medicare.
 - **Nānā:** 'A'ole 'ae 'ia nā kāleka hō'emi lā'au lapa'au, nā hale lapa'au manuahi, a me nā pūnaewe Uku Laau Laau Aaie.

Ho'oholo 'o Medicare i ka nui o ka ho'opa'i kākau inoa hope o Māhele D. Penei ka hana ana:

- 'O ka mua, helu i ka nui o nā mahina piha āu i ho'oka'ulua ai i ka inoa 'ana i kahi ho'olālā lā'au lapa'au Medicare, ma hope o kāu eligibility e ho'opa'a inoa ai. A i 'ole helu i ka nui o nā ho'olālā

Mokuna 1 Ke ho'omaka 'ana i kāu lālā

piha āu i 'ole ai i loa'a kahi uhi lā'au lapa'au hō'ailona, inā he 63 lā a 'oi aku ka nui o ka haki i ka uhi. 'O 1% ka ho'opa'i no kēlā me kēia mahina āu i loa'a 'ole ai ka uhi 'ai'ē. No ka la'ana, inā 'oe e hele 14 ho'olālā me ka uhi 'ole, 'o ka ho'opa'i e 14%.

- A laila, ho'oholo 'o Medicare i ka nui o ka uku uku o ka ho'olālā mahina no nā ho'olālā lā'au lapa'au Medicare ma ka 'āina mai ka makahiki i hala (ke kumu uku uku waiwai o ka lahui). No 2026, 'o kēia awelika uku uku kālā he \$38.99.
- No ka helu 'ana i kāu ho'opa'i o kēlā me kēia mahina, e ho'onui i ka pākēneka o ka ho'opa'i me ka uku uku ho'opa'i waiwai kumu aupuni a puni i ka 10 keneta kokoke loa. Ma ka la'ana ma ane'i, he 14% ka manawa \$38.99, e like me \$5.46. He \$5.50 kēia. E ho'onui 'ia kēia nui i **ka uku uku ho'olālā o kēlā me kēia mahina no kekahi me ka Ka Ho'opa'i no Ka Ho'opa'i no ka Ho'opa'a Inoa Lohi o ka Māhele D.**

Aia nā mea nui 'ekolu e ha'i ai e pili ana i kēia Māhele D ho'opa'i kakau inoa hope loa:

- **Hiki ke ho'ololi 'ia ka ho'opa'i kēlā me kēia makahiki,** no ka mea hiki ke ho'ololi 'ia ka uku uku kālā o ka 'āina i kēlā me kēia makahiki.
- **E ho'omau 'oe e uku i ka ho'opa'i,** i kēlā me kēia mahina no ka lō'ihī o kou kākau inoa 'ana i kahi ho'olālā i loa'a nā pomaikai lā'au Medicare Part D, 'oiai inā ho'ololi 'oe i nā ho'olālā.
- Inā 'oe *ma lalo o 65* a kau inoa 'ia i Medicare, e ho'ihō'i hou 'ia Ka Ho'opa'i no ka Ho'opa'a Inoa Lohi o ka Māhele D i kou piha 'ana i ka makahiki 65. Ma hope o ka makahiki 65, e pili wale ana i ka ho'opa'i kakau inoa hope loa o ka Māhele D ma nā ho'olālā āu i 'ole ai i loa'a ka uhi ma hope o kāu manawa ho'opa'a inoa mua no ka makahiki i loko o Medicare.

Inā 'ae 'ole 'oe e pili ana i kāu Ka Ho'opa'i no ka Ho'opa'a Inoa Lohi o ka Māhele D, hiki iā 'oe a i 'ole kou 'elele ke noi i kahi loiloi. 'O ka ma'amaui, pono 'oe e noi i kēia loiloi i **loko o 60 mau lā** mai ka lā ma ka leka mua āu i loa'a ai e 'ōlelo ana he pono 'oe e uku i ka ho'opa'i lohi. Eia nō na'e, inā 'oe e uku ana i ka ho'opa'i ma mua o ka hui 'ana i kā hiki ke ho'olālā, 'a'ole hiki iā 'oe ke noi hou i kahi loiloi no kēlā 'ano ho'opa'i kakau inoa hope loa.

Pauku 4.4 Loa'a Pili 'O kēlā me kēia mahina Ho'oponopono Ka nui

Inā nele 'oe i ke kuleana no kēia ho'olālā ma muli o nā ho'ololi 'ana i loko ka loa'a kālā, koi 'ia paha kekahi mau lālā e uku i kahi uku hou no kā lākou ho'olālā Medicare, i kapa 'ia 'o ka Māhele D Loa'a Pili 'O kēlā me kēia mahina Ho'oponopono Ka nui (IRMAA). 'O ka mea keu ka mana'o'i'o waho ho'ohana kou ho'ololi 'ia ho'oponopono 'ia nui loa loa'a kālā e like me ka hō'ike 'ana ma kāu Ho'ihō'i 'auhau IRS mai 2 makahiki aku nei. Inā ua 'oi kēia nui ma luna o kekahi nui, e uku 'oe i ka uku uku ma'amaui a me ka IRMAA hou. No ka 'ike hou aku e pili ana i ke kālā keu āu e uku ai ma muli o kāu loa'a kālā, e kipa www.Medicare.gov/health-drug-plans/part-d/basics/costs.

Inā pono 'oe e uku i kahi nui keu IRMAA, 'a'ole kāu ho'olālā Medicare, e ho'ouna iā 'oe i kahi leka e ha'i ana iā 'oe i kēlā mau mea keu e ho'onohonoho 'ia e Palekana Kaiapili. E hāpai 'ia ka nui keu mai kāu Palekana Kaiapili, Papa Hoomaha Alahao, ai 'ole 'O ke ke'ena o ka ho'okele limahana e hō'ia i ka pomaikai, 'a'ole ma ka hana e uku ai i kāu ho'okō uku uku ho'olālā, keu 'oiai inā 'a'ole lawa kāu uku i kēlā me kēia ho'olālā e uhi i ka nui keu. Inā 'a'ole lawa kāu helu pono no ka uhi 'ana i ke kālā keu, e loa'a iā 'oe kahi bila mai Medicare. **Pono 'oe e uku i ka nui keu IRMAA i ke aupuni. 'A'ole hiki ke uku 'ia me kāu uku uku ho'olālā mahina. Inā 'a'ole 'oe e uku i ka IRMAA keu, e ho'opau 'ia 'oe mai kā mākou ho'olālā a nalowale ka uhi 'ana i ka lā'au lapa'au.**

Mokuna 1 Ke ho'omaka 'ana i kāu lālā

Inā 'oe e 'ae 'ole i ka uku 'ana i kahi nui keu IRMAA, hiki iā 'oe ke noi iā Palekana Kaiapili e loiloi i ka ho'oholo. No ka 'ike hou aku e pili ana i ka hana 'ana i kēia manawa, e kelepona iā Palekana Kaiapili ma 1-800-772-1213 (TTY 1-800-325-0778).

PAUKU 5 'Ikepili hou e pili ana i kāu uku uku ho'i ho'olālā

Pauku 5.1 'A'ole e loli kā mākou uku uku ho'olālā ho'olālā i ka makahiki

'A'ole 'ae 'ia e hā'awi 'ia e ho'ololi i ka nui a ho'olālā 'ia e uku uku ho'olālā ai no ka holo 'ana i ka holo 'ana o ka holo 'ana i kēlā me kēia makahiki. Inā ho'ololi ka uku uku ho'olālā no ka makahiki a'e, e ha'i mākou iā 'oe i Kepakemapa a e mana ka uku hou ma Ianuali 1.

Eia nō na'e, i kekahi mau hihia, hiki iā 'oe ke ho'ōki i ka uku 'ana i ka ho'opa'i kākau inoa hope, inā 'ai'ē, ai 'ole pono e ho'omaka e uku i ka ho'opa'i kākau inoa lohi. Hiki iā 'oe ke hana inā loa'a iā 'oe ke kūpono no ka koho Kōkua keu ai 'ole inā e lilo 'oe i kāu kūpono no ka koho Kōkua keu i loko o ka makahiki.

- Inā loa'a iā 'oe i kēia manawa ka ho'opa'i inoa hope loa o ka Māhele D a loa'a iā 'oe ka pono no ka Kōkua keu i loko o ka makahiki, e hiki iā 'oe ke ho'omaha i ka uku 'ana i kāu ho'opa'i.
- Inā e lilo 'oe i Kōkua Keu, hiki iā 'oe ke koi 'ia i ka ho'opa'i kakau inoa hope loa inā 'oe e hele 63 lā a 'oi aku i ka lālani me ka Māhele D ai 'ole nāuhi lā'au lapa'au hō'ailona 'ē a'e.

Hiki iā 'oe ke 'ike hou aku e pili ana i ka koho Kōkua keu ma Mokuna 2, Pauku 7.

PAUKU 6 Ke mālama nei i kāu ho'olālā mo'i honua i kēia manawa

Loa'a kāu mo'i palena i nā 'ike mai kāu helu inoa, me kāu helu a me kāu helu 'ia. Hō'ike ia i kāu uhi ho'olālā kiko'i me kāu Mea Mālama Mua Kauka / Kū'oko'a E ho'oma'ama'a Ahahui (IPA). He IPA kahi hui o nā kauka, me nā PCP a me nā loea, a me nā mea mālama ola kino 'ē a'e, me nā haukapila, e kūlike me ka ho'olālā e hā'awi i nā lawelawe i nā lālā.

Nā kauka, nā halemai, nā lā'au lapa'au, a me nā mea lawelawe 'ē a'e ma ka pūnaewele o kā mākou ho'olālā **i kāu mo'olelo lālā e 'ike ai i nā lawelawe a me nā lā'au lapa'au i uhi 'ia a me kāu mau koina-ka'ana like**. No kēia kumu, he mea nui loa ia e kōkua iā kōkua e mālama i kāu 'ike i kēia manawa.

Inā loa'a iā 'oe kekahi o kēia mau ho'ololi, e ha'i mai iā mākou:

- Ho'ololi i kou inoa, helu wahi, a i 'ole helu kelepona
- Nā loli i kekahi mau ola kino 'ē a'e āu e loa'a ai (e like me kāu mea hana, kāu kāne ai 'ole ka mea hana kāne a kāne ai 'ole ho'olālā Hawaii Med-QUEST Division Program (Medicaid))
- Inā loa'a iā 'oe kekahi mau kuleana, e like me nā kuleana mai kahi ulia ka'a
- Inā ua ho'okomo 'ia 'oe i kahi hale hānai

Mokuna 1 Ke ho'omaka 'ana i kāu lālā

- Inā loa'a iā 'oe ka mālama 'ana i kahi maika'i i waho o ka wahi 'ole i waho o ka pilikia ai 'ole lumi pilikia.
- Inā loli kāu mea kuleana (e like me kahi mea mālama)
- Oe e i kahi noi'i noi'i lapa'au (**Nānā:** 'A'ole 'oe i koi 'ia e ha'i i kāu ho'oikaika inā ho'olālā i nā noi'i noi'i lapa'au āu e mana'o ai e komo ai, akā paipai iā 'oe e hana like.)

Inā ho'ololi kekahi o kēia 'ike, e ho'omaopopo iā mākou ma ke kelepona 'ana i Nā lawelawe Lālā 1-888-846-4262 (Nā mea ho'ohana TTY 711).

He mea nui ho'i ke kelepona iā Palekana Kaiapili inā 'oe e ne'e ai 'ole e ho'ololi i kāu helu leka uila. Kāhea i Palekana Kaiapili ma 1-800-772-1213 (kahea nā mea ho'ohana TTY iā 1-800-325-0778) no ka 'ike hou aku.

PAUKU 7 Pehea nā hui 'inikua 'ē a'e e hana like ai ma ke koho hā'awi ho'olālā

Pono 'o Medicare iā mākou e hō'ili'ili i ka 'ike e pili ana i kekahi 'oihana lapa'au a i 'ole lā'au lapa'au i loa'a iā 'oe i hiki iā mākou ke ho'onohonoho i nā uhi 'ē a'e me kāu mau pomaikai ma lalo o kā mākou ho'olālā. Kapa 'ia kēia 'o ka **Ho'ohui Pōmaika'i**.

Kahi manawa i kēlā me kēia makahiki, e ho'ouna i ka manawa 'oe i kahi leka e hō'ike ana i kekahi uhi lā'au lapa'au ai 'ole lā'au lapa'au ā kōkua e 'ike ai. E heluhelu pono i kēia 'ike. Inā pololei, 'a'ole pono 'oe e hana i kekahi mea. Inā 'a'ole pololei ka 'ike, a i 'ole he uhi 'ē a'e kāu i helu 'ole 'ia, e kelepona iā Nā lawelawe Lālā 1-888-846-4262 (Nā mea ho'ohana TTY 711). Pono 'oe e hā'awi i ka helu ID lālā ho'olālā 'ia i kāu mau i kēia 'o 'oe (i ka manawa ua hō'oia lākou i ko lākou 'ike) no laila e uku pololei 'ia kāu mau inā loa'a ka manawa kūpono.

Ke loa'a iā 'oe kekahi inikua 'ē a'e (e like me ka uhi ola pū'ulu), aia nā rula i ka ho'onoho 'ia e Medicare e ho'oholo inā e holo ho'olālā ai 'ole kāu hana 'ē a'e e uku mua. 'O ka 'inikua e uku mua ('o ka "uku mua"), e uku i nā palena o kona uhi. 'O ka 'inikua e uku ana i ka lua ('o ka "uku lua"), uku wale nō inā he mau koina i waiho 'ole 'ia e ka uhi mua. Hiki i ka mea uku lua ke 'ole e uku i nā koina i uhi 'ole 'ia. Inā loa'a iā 'oe kekahi inikua 'ē a'e, e ha'i aku i kāu kauka, haukapila, a me ka lā'au lapa'au.

Pili kēia mau lula no ka 'oihana a i 'ole ka hui uniona ho'olālā olakino pili:

- Inā loa'a iā 'oe kahi uhi retiree, e uku mua 'o Medicare.
- Inā ho'opili 'ia kāu uhi ho'olālā olakino i kāu a i 'ole ka hana mau 'ana o kahi lālā o kou 'ohana, e koho ka mea e uku mua ai i kāu makahiki, ka helu o nā mea i hana 'ia e kāu mea hana, a inā loa'a iā 'oe ka Medicare e pili ana i ka makahiki, kīnā, a i 'ole 'O ka ma'i ma'i renal pae hope (ESRD):
 - Inā 'oe ma lalo o 65 a me ka lālā 'ae hana mau ana 'oe (ai 'ole kou o kou 'ohana), e uku mua kāu ho'olālā olakino pū'ulu inā he 100 a 'oi aku ka nui o nā limahana ai 'ole ma ka li'ili'i loa kekahi mea hana i loko o kahi ho'olālā ho'opau hana nui i ka 'oi aku ma mua o 100 nā limahana.

Mokuna 1 Ke ho'omaka 'ana i kāu lālā

- 'Oe ma luna o 65 ae hana mau ana 'oe (ai 'ole kāu kāne ai 'ole kāne domeseteke, 'o ia ho'i) kāu ho'okō ho'olālā olakino inā he 20 a 'oi aku ka nui o nā limahana 'ole ma ka li'ili'i loa'a kekahi mea hana i loko o kahi inā hana nui i ka ho'olālā 'oi aku ma mua o 20 mau limahana.
- Inā loa'a iā 'oe ka Medicare no ka ESRD, e uku mua kāu ho'olālā olakino pū'ulu no nā mahina 30 mua ma hope o kāu eligibility no ka Medicare.

Pili kēia mau 'ano uhi i nā lawelawe e pili ana i kēlā me kēia 'ano:

- Inikua i ka hewa 'ole (me ka inikua ka'a)
- Kuleana (me ka inikua ka'a)
- Nā pomaikai o ka umikūnū
- 'O nā hana

'A'ole uku mua 'o Medicaid a me TRICARE no nā lawelawe i uhi 'ia e Medicare. Ho'opau lākou i ka uku ma hope o Medicare a i 'ole nā ho'olālā ola pū'ulu a i 'ole ka hana e uku ai.

Mokuna 2 Nā helu kelepona a me nā kumuwaiwai**MOKUNA 2:****Nā helu kelepona a me nā kumuwaiwai****PAUKU 1 E koho ho'olālā ka 'alauna no nā koho 'inikua**

No ke kōkua 'ana me nā koi, nā uku, ai 'ole nā nīnau lālā, 'o ka 'olu'olu e kākau 'ia iā Wellcare 'Ohana Dual Align (HMO-POS D-SNP) Nā lawelawe Lālā. E hau'oli mākou e kōkua iā 'oe.

Nā lawelawe Lālā - Kelepona 'ike

Kahea	1-888-846-4262 'O nā kāhea i kēia helu manuahi. Ma waena o 'Okakopa 1 a me 31, aia nā 'elele ma 'ane'i i kēlā me kēia Pō'akahi–Lāpule, 7:45 a.m. a 8 p.m. Ma waena o 'Apelila 1 a me Kepakemapa 30, aia nā 'elele ma 'ane'i i kēlā me kēia Pō'akahi–Pō'alima, 7:45 a.m. a 8 p.m. E 'olu'olu e 'ike i nā hola ma hope, nā hopena pule a me nā lā ho'omaha aupuni mai 'Apelila 1 a Kepakemapa 30, e pane paha kā mākou 'ōnaehana kelepona automated i kāu kāhea. Inā ha'alele 'oe i kahi leka leo, e 'olu'olu e ho'okomo i kou inoa, a me ka helu kelepona a me kahi lālā o ka hui e ho'iho'i i kāu kelepona i loko o ho'okahi (1) lā 'oihana. Nā lawelawe Lālā 1-888-846-4262 (Kahea nā mea ho'ohana TTY iā 711) he lawelawe unuhi 'ōlelo manuahi no ka po'e 'ōlelo Pelekania 'ole.
TTY	711 'O nā kāhea i kēia helu manuahi. Ma waena o 'Okakopa 1 a me 31, aia nā 'elele ma 'ane'i i kēlā me kēia Pō'akahi–Lāpule, 7:45 a.m. a 8 p.m. Ma waena o 'Apelila 1 a me Kepakemapa 30, aia nā 'elele ma 'ane'i i kēlā me kēia Pō'akahi–Pō'alima, 7:45 a.m. a 8 p.m.
Ka Kakau	Wellcare By 'Ohana Health Plan PO Box 31370 Tampa, FL 33631-3370
Haawi puni honua	go.wellcare.com/OhanaHI

Mokuna 2 Nā helu kelepona a me nā kumuwaiwai

Pehea e launa ai me ka inā 'oe e noi ana i ka Ho'oholo 'ana no ka uhi kākī i ka 'ole ka ho'opi'i e pili ana i kāu mālama ola kino.

'O ka Ho'oholo 'ana no ka uhi kākī kahi ho'oholo 'ana e hana ai e pili ana i kāu pomaikai a me ka uhi 'ana a i 'ole e pili ana i ka nui o nā mea e kōkua ai i nā kāu mau lawelawe lā'au lapa'au ai 'ole nā lā'au 'ao'ao Māhele D. 'O ka ho'opi'i he ala kūhelu e noi iā 'oe e loiloi a ho'ololi i ka Ho'oholo 'ana no ka uhi kākī 'ana i ka hana ai. No ka 'ike hou aku e pili ana i ke noi 'ana i nā ho'oholo ho'opi'i a i 'ole ka ho'opi'i 'ana e pili ana i kāu mālama 'ana a i 'ole nā lā'au lapa'au Māhele D, e hele i ka Mokuna 9.

Nā Ho'oholo Uhi no ka Mālama Lā'au Lapa'au – Kelepona 'ike

Kahea	1-888-846-4262 'O nā kāhea i kēia helu manuahi. Ma waena o 'Okakopa 1 a me 31, aia nā 'elele ma 'ane'i i kēlā me kēia Pō'akahi–Lāpule, 7:45 a.m. a 8 p.m. Ma waena o 'Apelila 1 a me Kepakemapa 30, aia nā 'elele ma 'ane'i i kēlā me kēia Pō'akahi–Pō'alima, 7:45 a.m. a 8 p.m.
TTY	711 'O nā kāhea i kēia helu manuahi. Ma waena o 'Okakopa 1 a me 31, aia nā 'elele ma 'ane'i i kēlā me kēia Pō'akahi–Lāpule, 7:45 a.m. a 8 p.m. Ma waena o 'Apelila 1 a me Kepakemapa 30, aia nā 'elele ma 'ane'i i kēlā me kēia Pō'akahi–Pō'alima, 7:45 a.m. a 8 p.m.
Ka Kakau	Wellcare Coverage Determinations Department - Medical PO Box 31370 Tampa, FL 33631-3370

Nā Ho'oholo Uhi no nā Lā'au 'ao'ao Māhele D – Kelepona 'ike

Kahea	1-888-846-4262 'O nā kāhea i kēia helu manuahi. Ma waena o 'Okakopa 1 a me 31, aia nā 'elele ma 'ane'i i kēlā me kēia Pō'akahi–Lāpule, 7:45 a.m. a 8 p.m. Ma waena o 'Apelila 1 a me Kepakemapa 30, aia nā 'elele ma 'ane'i i kēlā me kēia Pō'akahi–Pō'alima, 7:45 a.m. a 8 p.m.
TTY	711 'O nā kāhea i kēia helu manuahi. Ma waena o 'Okakopa 1 a me 31, aia nā 'elele ma 'ane'i i kēlā me kēia Pō'akahi–Lāpule, 7:45 a.m. a 8 p.m. Ma waena o 'Apelila 1 a me Kepakemapa 30, aia nā 'elele ma 'ane'i i kēlā me kēia Pō'akahi–Pō'alima, 7:45 a.m. a 8 p.m.

Mokuna 2 Nā helu kelepona a me nā kumuwaiwai**Nā Ho'oholo Uhi no nā Lā'au 'ao'ao Māhele D – Kelepona 'ike**

Fax	1-866-388-1767
Ka Kakau	Wellcare Pharmacy - Coverage Determinations P.O. Box 31397 Tampa, FL 33631-3397
Haawi puni honua	go.wellcare.com/coveragedetermination

Nā Ho'āhewa no ka Mālama Lā'au Lapa'au – Kelepona 'ike

Kahea	1-888-846-4262 'O nā kāhea i kēia helu manuahi. Ma waena o 'Okakopa 1 a me 31, aia nā 'elele ma 'ane'i i kēlā me kēia Pō'akahi–Lāpule, 7:45 a.m. a 8 p.m. Ma waena o 'Apelila 1 a me Kepakemapa 30, aia nā 'elele ma 'ane'i i kēlā me kēia Pō'akahi–Pō'alima, 7:45 a.m. a 8 p.m.
TTY	711 'O nā kāhea i kēia helu manuahi. Ma waena o 'Okakopa 1 a me 31, aia nā 'elele ma 'ane'i i kēlā me kēia Pō'akahi–Lāpule, 7:45 a.m. a 8 p.m. Ma waena o 'Apelila 1 a me Kepakemapa 30, aia nā 'elele ma 'ane'i i kēlā me kēia Pō'akahi–Pō'alima, 7:45 a.m. a 8 p.m.
Fax	1-866-201-0657
Ka Kakau	Wellcare Appeals Department - Medical P.O. Box 31368 Tampa, FL 33631-3368

Nā Ho'āhewa no ka Māhele D Laau Laau – Kelepona 'ike

Kahea	1-888-846-4262 'O nā kāhea i kēia helu manuahi. Ma waena o 'Okakopa 1 a me 31, aia nā 'elele ma 'ane'i i kēlā me kēia Pō'akahi–Lāpule, 7:45 a.m. a 8 p.m. Ma waena o 'Apelila 1 a me Kepakemapa 30, aia nā 'elele ma 'ane'i i kēlā me kēia Pō'akahi–Pō'alima, 7:45 a.m. a 8 p.m.
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Mokuna 2 Nā helu kelepona a me nā kumuwaiwai**Nā Ho'āhewa no ka Māhele D Laau Laau – Kelepona 'ike**

TTY	711 'O nā kāhea i kēia helu manuahi. Ma waena o 'Okakopa 1 a me 31, aia nā 'elele ma 'ane'i i kēlā me kēia Pō'akahi–Lāpule, 7:45 a.m. a 8 p.m. Ma waena o 'Apelila 1 a me Kepakemapa 30, aia nā 'elele ma 'ane'i i kēlā me kēia Pō'akahi–Pō'alima, 7:45 a.m. a 8 p.m.
Fax	1-866-388-1766
Ka Kakau	Attn: Pharmacy Appeals P.O. Box 31383 Tampa, FL 33631-3383
Haawi puni honua	go.wellcare.com/OhanaHI

Pehea e ho'opī'i ai i kāu mālama olakino

Hiki iā 'oe ke hana i kahi ho'opī'i e pili ana iā mākou a i 'ole kekahi o kā mākou mau mea ho'olako pūnaeweale a i 'ole lā'au lapa'au, me ka ho'opī'i e pili ana i ka maika'i o kāu mālama. 'A'ole pili kēia 'ano ho'opī'i i ka uhi a i 'ole nā ho'opa'apa'a uku. No ka 'ike hou aku e pili ana i ka ho'opī'i 'ana i kāu mālama olakino, e hele i ka Mokuna 9.

Nā Ho'opī'i no ka Mālama Lā'au Lapa'au – Kelepona 'ike

Kahea	1-888-846-4262 'O nā kāhea i kēia helu manuahi. Ma waena o 'Okakopa 1 a me 31, aia nā 'elele ma 'ane'i i kēlā me kēia Pō'akahi–Lāpule, 7:45 a.m. a 8 p.m. Ma waena o 'Apelila 1 a me Kepakemapa 30, aia nā 'elele ma 'ane'i i kēlā me kēia Pō'akahi–Pō'alima, 7:45 a.m. a 8 p.m.
TTY	711 'O nā kāhea i kēia helu manuahi. Ma waena o 'Okakopa 1 a me 31, aia nā 'elele ma 'ane'i i kēlā me kēia Pō'akahi–Lāpule, 7:45 a.m. a 8 p.m. Ma waena o 'Apelila 1 a me Kepakemapa 30, aia nā 'elele ma 'ane'i i kēlā me kēia Pō'akahi–Pō'alima, 7:45 a.m. a 8 p.m.
Fax	1-877-297-3112
Ka Kakau	Wellcare Grievance Department P.O. Box 31395 Tampa, FL 33631-3395

Mokuna 2 Nā helu kelepona a me nā kumuwaiwai**Nā Ho'opi'i no ka Mālama Lā'au Lapa'au – Kelepona 'ike****Lapaau Medicare**

No ka ho'ouna pololei 'ana i kahi ho'opi'i e pili ana iā Wellcare 'Ohana Dual Align (HMO-POS D-SNP) i Medicare, e hele i www.Medicare.gov/my/medicare-complaint.

Nā Ho'opi'i no nā Lā'au 'ao'ao Māhele D – Kelepona 'ike**Kahea**

1-888-846-4262

'O nā kāhea i kēia helu manuahi.

Ma waena o 'Okakopa 1 a me 31, aia nā 'elele ma 'ane'i i kēlā me kēia Pō'akahi–Lāpule, 7:45 a.m. a 8 p.m. Ma waena o 'Apelila 1 a me Kepakemapa 30, aia nā 'elele ma 'ane'i i kēlā me kēia Pō'akahi–Pō'alima, 7:45 a.m. a 8 p.m.

TTY

'O nā kāhea i kēia helu manuahi.

Ma waena o 'Okakopa 1 a me 31, aia nā 'elele ma 'ane'i i kēlā me kēia Pō'akahi–Lāpule, 7:45 a.m. a 8 p.m. Ma waena o 'Apelila 1 a me Kepakemapa 30, aia nā 'elele ma 'ane'i i kēlā me kēia Pō'akahi–Pō'alima, 7:45 a.m. a 8 p.m.

Ka Kakau

P.O. Box 31384

Tampa, FL 33631-3384

Lapaau Medicare

No ka ho'ouna pololei 'ana i kahi ho'opi'i e pili ana iā Wellcare 'Ohana Dual Align (HMO-POS D-SNP) i Medicare, e hele i www.Medicare.gov/my/medicare-complaint.

Ma hea e ho'ouna ai i kahi noi e noi ana e uku i ka uku no ka mālama lā'au lapa'au ai 'ole kahi lā'au āu i loa'a ai.

Inā loa'a iā 'oe kahi bila ai 'ole uku no nā lawelawe (e like me ka mea ho'olako) āu e mana'o ai e pono e ho'olako, hiki paha iā 'oe ke noi i hā'awi 'ia no ka uku hou 'ana ai 'ole e uku i ka mea ho'olako. E hele i ka Mokuna 7 no ka 'ike hou aku.

Inā ho'ouna 'oe i kāu hana i kahi noi uku a hō'ole kōkua i kekahi 'āpana o kāu noi, hiki iā 'oe ke ho'opi'i i kā mākou ho'oholo. E hele i ka Mokuna 9 no ka 'ike hou aku.

Mokuna 2 Nā helu kelepona a me nā kumuwaiwai**Nā Noi Uku – Kelepona 'ike**

Ka Kakau	Nā Noi Uku Lā'au Lapa'au: Wellcare Medical Reimbursement Department PO Box 31370 Tampa, FL 33631-3370 Nā Noi Uku Māhele D: Wellcare Medicare Part D Claims Attn: Member Reimbursement Department P.O. Box 31577 Tampa, FL 33631-3577
Haawi puni honua	go.wellcare.com/OhanaHI

PAUKU 2 Loa'a i ke kōkua mai Medicare

'O Medicare ka ho'olālā inikua ola kino o ka Aupuni no nā po'e 65 makahiki a i 'ole 'oi aku ka nui, kekahi po'e ma lalo o 65 me nā kīnā, a me nā po'e me ka 'O ka ma'i ma'i renal pae hope ('o ka pa'a hemahema hūnā e koi ana i ka dialysis a i 'ole kahi transplant hūnā).

'O ka 'ao'ao Aupuni i kuleana no Medicare 'o ia ka Nā kikowaena no ka Medicare & Medicaid Nā lawelawe (CMS). Ho'o'oli kēia 'ao'ao me nā hui Medicare Advantage me nā ho'olālā.

Medicare – Kelepona 'ike

Kahea	1-800-MEDICARE (1-800-633-4227) 'O nā kāhea i kēia helu manuahi. 24 hola i ka lā, 7 mau lā o ka pule.
TTY	1-877-486-2048 Pono kēia helu i nā pono pilikia nā pilikia wale nō a no ka po'e pilikia no ka loa'a 'ana o ka lohe 'ole ka 'ōlelo 'ana. 'O nā kāhea i kēia helu manuahi.
Kūkākūkā Live	Hiki iā 'oe ke kama'ilio ola ma www.Medicare.gov/talk-to-someone .
Ka Kakau	Hiki iā 'oe ke kākau iā Medicare ma PO Box 1270, Lawrence, KS 66044

Mokuna 2 Nā helu kelepona a me nā kumuwaiwai**Medicare – Kelepona 'ike****Haawi puni honua**www.Medicare.gov

- E ki'i i ka 'ike e pili ana i ka ho'olālā olakino a me ka lā'au lapa'au Medicare ma kou wahi, me ke kumukū'ai a me nā lawelawe a lākou e hā'awi ai.
- E 'imi i nā kauka e pili ana i ka Medicare a i 'ole nā mea mālama olakino a me nā mea ho'olako.
- E 'ike i nā mea a Medicare e uhi ai, me nā lawelawe pale (e like me ka nānā 'ana, nā ki'i a i 'ole nā lā'au lapa'au, a me nā kipa "Ke ola kino" makahiki).
- E ki'i i ka 'ike a me nā palapala ho'opi'i Medicare.
- E ki'i i ka 'ike e pili ana i ka maika'i o ka mālama 'ana i hā'awi 'ia e nā ho'olālā, nā hale hānai, nā halemai, nā kauka, nā ke'ena olakino home, nā ke'ena dialysis, nā hale hospice, nā hale ho'omaha, a me nā haukapila mālama lō'ihī.
- E nānā i nā pūnaewe kōkua a me nā helu kelepona.

Hiki iā 'oe ke kipa www.Medicare.gov e ha'i iā Medicare e pili ana i nā ho'opi'i āu e pili ana i kā mākou ho'olālā.

No ka waiho 'ana i kahi ho'opi'i iā Medicare, hele i

www.Medicare.gov/my/medicare-complaint. Ho'ohana nui 'o Medicare i kāu mau ho'opi'i a ho'ohana i kēia 'ike e kōkua i ka ho'omaika'i 'ana i ka maika'i o ka papahana Medicare.

PAUKU 3 Papahana Kokua Inisiua Ola (SHIP)

He Papahana aupuni ka Papahana Kokua Inisiua Ola (SHIP) me nā kākā'ōlelo i a'o 'ia ma kēlā me kēia moku'āina e hā'awi i ke kōkua manuahi, 'ike, a me nā pane i kāu mau nīnau Medicare. Ma Hawaii, kapa 'ia 'o SHIP 'o Papahana Kokua Inisiua Ola Moku'āina Hawaii (SHIP).

'O ka Hawaii Papahana Kokua Inisiua Ola (SHIP) he Papahana moku'āina kū'oko'a ('a'ole pili me kekahi hui 'inikua a i 'ole ka ho'olālā olakino) e loa'a kālā mai ke aupuni Pekelala e hā'awi manuahi i ka 'ōlelo a'o 'inikua olakino kūloko i ka po'e me Medicare.

Hiki i nā hana o ka Papahana Kokua Inisiua Ola Hawaii (SHIP) e kōkua iā 'oe e ho'omaopopo i kāu mau kuleana Medicare, kōkua iā 'oe e hana i nā ho'opi'i e pili ana i kāu mālama ola a 'ole mālama, a kōkua iā 'oe e ho'oponopono i nā pilikia me nā bila Medicare. Hiki i nā kōkua o ka Papahana Kokua Inisiua Ola Hawaii (SHIP) e kōkua iā 'oe me nā loa'a ai 'ole nā pilikia e pili ana iā Medicare a kōkua iā 'oe e ho'omaopopo i kāu mau koho ho'ololi Medicare a pane i nā mea e pili ana i ka ho'ololi 'ana i nā mea e hiki ai.

Mokuna 2 Nā helu kelepona a me nā kumuwaiwai

Papahana Kokua Inisiua Ola Moku'āina Hawaii (SHIP) – Kelepona 'ike	
Kahea	1-888-875-9229
TTY	1-866-810-4379 Pono kēia helu i nā pono pilikia nā pilikia wale nō a no ka po'e pilikia no ka loa'a 'ana o ka lohe 'ole ka 'ōlelo 'ana.
Ka Kakau	Hawaii SHIP, Executive Office on Aging, No. 1 Capitol District 250 South Hotel Street, Suite 406 Honolulu, Hawaii 96813-2831
Haawi puni honua	http://www.hawaiiiship.org/

PAUKU 4 'Ano maika'i Ho'omaika'i Huihui (QIO)

'O kahi 'Ano maika'i Ho'omaika'i Huihui i koho 'ia (QIO) lawelawe i nā po'e me Medicare ma kēlā me kēia moku'āina. No Hawaii, kapa 'ia ka 'Ano maika'i Ho'omaika'i Huihui 'o Livanta - 'Ano maika'i Ho'omaika'i Huihui o Hawaii.

Livanta - Hawaii 'Ano maika'i Ho'omaika'i Huihui he pū'ulu kauka a me nā limahana mālama ola 'ē a'e i uku 'ia e Medicare e nānā a kōkua i ka ho'omaika'i 'ana i ka maika'i o ka mālama 'ana i nā po'e me Medicare. 'O Livanta - ka 'Ano maika'i Ho'omaika'i Huihui o Hawaii he hui kū'oko'a. A'ole pili ia i kā hā'awi 'ana i ka ho'olālā.

Pono 'oe e ho'opili iā Livanta - 'Ano maika'i Ho'omaika'i Huihui o Hawaii i kekahi o kēia mau hanana:

- Loa'a iā 'oe kahi ho'opi'i e pili ana i ka maika'i o ka mālama āu i loa'a ai. 'O nā la'ana o nā mana'o hopohopo maika'i e pili ana i ka loa'a 'ana o ka lā'au lapa'au kūpono 'ole, nā ho'ā'o a i 'ole nā ka'ina hana pono 'ole, a i 'ole ka 'ike kuhi hewa.
- Mana'o 'oe e ho'opau koke 'ia ka uhi no kāu noho haukapila.
- Mana'o 'oe e ho'opau koke 'ia ka uhi no kāu mālama olakino home, mālama hale hanai akamai, ai 'ole nā lawelawe Keena Ho'oponopono Ho'oma'ama'a Ma waho (CORF).

Livanta - 'Ano maika'i Ho'omaika'i Huihui o Hawaii – Kelepona 'ike	
Kahea	1-877-588-1123 9 a.m. - 5 p.m. manawa kūloko, Pō'akahi - Pō'alima; 10 a.m. - 4 p.m. manawa kūloko, Pō'aono - Lāpule

Mokuna 2 Nā helu kelepona a me nā kumuwaiwai

Livanta - 'Ano maika'i Ho'omaika'i Huihui o Hawaii – Kelepona 'ike	
TTY	711
Ka Kakau	Livanta LLC/BFCC-QIO PO Box 2687 Virginia Beach, VA 23450
Haawi puni honua	https://www.livantaqio.cms.gov/en

PAUKU 5 Palekana kaiapili

Ho'oholo ka Palekana Kaiapili i ka pono Medicare a mālama i ke kākau inoa Medicare. Kuleana pū ka Palekana Kaiapili no ka ho'oholo 'ana i ka po'e e pono ai e uku i kahi nui keu no kā lākou uhi lā'au lapa'au Māhele D no ka mea loa'a lākou i kahi loa'a kālā 'oi aku. Inā loa'a iā 'oe kahi leka mai ka Palekana Kaiapili e ha'i ana iā 'oe e pono ai 'oe e uku i ka nui keu a loa'a iā 'oe nā nīnau e pili ana i ka nui a i 'ole inā ua emi kāu loa'a kālā no kahi hanana ho'ololi ola, hiki iā 'oe ke kāhea iā Palekana Kaiapili e noi i kahi no'ono'o hou.

Inā 'oe e ne'e a ho'ololi paha i kāu helu leka uila, he mea nui ia e ho'omaopopo iā Palekana Kaiapili.

Palekana Kaiapili – Kelepona 'ike	
Kahea	1-800-772-1213 'O nā kāhea i kēia helu manuahi. Loa'a mai ka hola 8 a.m. a 7 p.m., Pō'akahi a Pō'alima. Hiki iā 'oe ke ho'ohana i nā lawelawe kelepona automated o Palekana Kaiapili e loa'a i ka 'ike i kākau 'ia a mālama i kekahi 'oihana 24 hola i ka lā.
TTY	1-800-325-0778 Pono kēia helu i nā pono kelepona kūikawā a no nā po'e wale nō i loa'a nā pilikia me ka lohe a i 'ole ka 'ōlelo 'ana. 'O nā kāhea i kēia helu manuahi. Loa'a mai ka hola 8 a.m. a 7 p.m., Pō'akahi a Pō'alima.
Haawi puni honua	www.SSA.gov

Mokuna 2 Nā helu kelepona a me nā kumu waiwai**PAUKU 6 Medicaid**

Ma ke'ano he lālā o kā mākou ho'olālā, ua kūpono 'oe no Medicare a me Hawaii Med-QUEST Division Program (Medicaid). 'O Medicaid he ho'olālā aupuni federala a me moku'āina i hui pū 'ia e kōkua i nā koina ola kino no kekahi po'e me nā loa'a kālā a me nā kumu waiwai i kaupalena 'ia.

Eia kekahi, aia nā ho'olālā i hā'awi 'ia ma o ka ho'olālā Hawaii Med-QUEST Division Program (Medicaid) e kōkua i nā kānaka me Medicare e uku i kā lākou mau koina Medicare, e like me kā lākou uku Medicare. Hiki i kēia mau Papahana Māpala Medicare ke kōkua i nā kānaka me nā loa'a kālā a me nā kumu waiwai i kaupalena 'ia ke mālama i ke kālā i kēlā me kēia makahiki:

- **Kupono Medicare Ka mea kokua Plus (QMB+):** Kōkua i ka uku 'ana i nā uku Medicare Part A me Part B, a me nā koina ka'ana like (e like me Hiki ke unuhi, hō'ōia like, a me nā uku hui). Ho'okipa 'ia nā pono e loa'a i nā pomaikai Medicaid piha.
- **Mea Pono Medicare i Kākau 'ia me ka Loa'a Ha'aha'a 'O'i Aku (SLMB+):** Kōkua i ka uku 'ana i nā uku Māhele B. Ho'okipa 'ia nā pono e loa'a i nā pomaikai Medicaid piha.
- **Piha Pōmaika'i Pālua Kupono (FBDE):** Medicaid hiki ke uku no kāu Medicare Part A me Part B uku (pela i Hiki ke unuhi, hō'ōia like, a uku hui). Ho'okipa 'ia nā pono e loa'a i nā pomaikai Medicaid piha.

No ke lilo 'ana i lālā o kēia ho'olālā, pono 'oe e ho'opa'a inoa pālua i loko o ka 'elua Medicare a me ka ho'olālā Hawaii Med-QUEST Division Program (Medicaid) a hālāwai me nā koi kūpono ho'olālā 'ē a'e i ka manawa o ka ho'opa'a inoa 'ana. Inā loa'a iā 'oe nā pilikia e pili ana i kāu kōkua āu e loa'a ai mai Medicaid, e ho'opili i ka Hawaii Med-QUEST Division Program (Medicaid).

Hawaii Med-QUEST Division Program (Medicaid) – Kelepona 'ike	
Kahea	1-800-316-8005 1-808-524-3370 7:45 a.m. - 4:30 p.m. HT, Pō'akahi - Pō'alima
TTY	711
Ka Kakau	Hawaii Med-QUEST Division Program (Medicaid) 1350 S. King Street, Suite 200 Honolulu, HI 96814
Haawi puni honua	https://medquest.hawaii.gov/en.html

Ke'ena Ombudsman o ka Moku'āina o Hawaii i ka po'e i kākau inoa ma Hawaii Med-QUEST Division Program (Medicaid) me ka lawelawe a i 'ole nā pilikia pili kālā. Hiki iā lākou ke kōkua iā 'oe e waiho i ka hoopii a i 'ole ho'opi'i me kā mākou ho'olālā.

Mokuna 2 Nā helu kelepona a me nā kumuwaiwai

Ke'ena Ombudsman o ka Moku'āina o Hawaii - Kelepona 'ike	
Kahea	1-808-587-0770 7:45 a.m. - 4:30 p.m. manawa kūloko, Pō'akahi - Pō'alima
TTY	1-808-587-0774 Pono kēia helu i nā pono pilikia nā pilikia wale nō a no ka po'e pilikia no ka loa'a 'ana o ka lohe 'ole ka 'ōlelo 'ana.
Ka Kakau	Office of the Ombudsman 465 South King Street, 4th Floor Honolulu, Hawaii 96813
Haawi puni honua	https://www.ombudsman.hawaii.gov/

‘O ka Papahana Ombudsman Mākau Lō‘ihi o Hawaii e kōkua i nā kānaka e loa‘a ka ‘ike e pili ana i nā hale hānai a e ho‘oponopono i nā pilikia ma waena o nā hale hānai a me nā mea noho a i ‘ole kā lākou ‘ohana.

Papahana Ombudsman Mākau Lō‘ihi o Hawaii – Kelepona ‘ike	
Kahea	1-808-586-7268 7:45 a.m. - 4:30 p.m. manawa kūloko, Pō'akahi - Pō'alima
TTY	711
Ka Kakau	Executive Office on Aging 250 South Hotel Street , Suite 406 Honolulu, HI 96813
Haawi puni honua	https://www.hi-ltc-ombudsman.org/

PAUKU 7 ‘Ike e pili ana i nā leka uila e kōkua mai i nā kānaka e uku i kā lākou lā‘au lapa‘au

Ma ka pūnaeweke Medicare (www.Medicare.gov/basics/costs/help/drug-costs) e pili ana i nā ala e ho‘oha‘aha‘a ai i kāu mau kumukū‘ai lā‘au. Hiki i nā ho‘olālā ma lalo ke kōkua i ka po‘e me ka loa‘a kālā.

Mokuna 2 Nā helu kelepona a me nā kumuwaiwai

Kōkua keu mai Medicare.

No ka mea ua kūpono 'oe no ka Hawaii Med-QUEST Division Program (Medicaid), pono 'oe a loa'a Kōkua keu ai Medicare e uku no kāu ho'olālā ho'opau lā'au. A'ole 'oe e pono e hana i kekahi mea hou a'e e loa'a ai kēia Kōkua keu.

Inā loa'a iā 'oe nā pilikia e pili ana i ka "Kōkua keu," e kāhea i:

- 1-800-MEDICARE (1-800-633-4227). Nā mea ho'ohana TTY e kelepona i 1-877-486-2048;
- Ke'ena Palekana Kaiapili ma 1-800-772-1213, ma waena o ka 8 a.m. a me ka 7 p.m., Pō'akahi a Pō'alima. Nā mea ho'ohana TTY e kelepona i 1-800-325-0778.
- Kou Ke'ena Medicaid Moku'āina ma 1-800-316-8005, kelepona nā mea ho'ohana TTY iā 711.

Inā mana'o 'oe e uku hewa ana 'oe no kāu kau 'ana ma kahi lā'au lapa'au, loa'a i kā mākou ho'olālā ke ka'ina hana e kōkua iā 'oe e loa'a nā hō'ike o kāu nui uku hui kūpono. Inā loa'a iā 'oe nā hō'ike o ka nui kūpono, hiki iā mākou ke kōkua iā 'oe e ka'ana like i kēia hō'ike me mākou.

- E kāhea i Nā lawelawe Lālā a ha'i i ka mea 'elele e mana'o 'oe e kūpono 'oe no ka Kōkua keu. Pono paha 'oe e hā'awi i kekahi o kēia mau 'ano palapala ('Ike Kūlana 'Oī Loa):
 - He kope o ka Hawaii Med-QUEST Division Program (Medicaid) o ka mea loa'a i loa'a nā inoa a me ka lā kūpono o ka mea loa'a i kekahi mahina ma hope o lune o ka makahiki kalena ma mua
 - He kope o kahi palapala Moku'āina e hō'ioia i ke Hawaii Med-QUEST Division Program (Medicaid) i kekahi mahina ma hope o lune o ka makahiki kalena ma mua
 - He palapala pa'i mai ka faila ho'opa'a inoa uila a ka Moku'āina e hō'ike ana i ke Hawaii Med-QUEST Division Program (Medicaid) i kekahi mahina ma hope o lune o ka makahiki kalena ma mua
 - He palapala pa'i pale mai nā Hawaii Med-QUEST Division Program (Medicaid) o ka Moku'āina e hō'ike ana i ke kūlana Medicaid i kekahi mahina ma hope o lune o ka makahiki kalena ma mua
 - Nā palapala 'ē a'e i hā'awi 'ia e ka Moku'āina e hō'ike ana i ke Hawaii Med-QUEST Division Program (Medicaid) i kekahi mahina ma hope o lune o ka makahiki kalena ma mua
 - He leka mai ka Hooononono Palekana Kaiapili (SSA) e hō'ike ana i ka loa'a 'ana o ka Pāku'i Palekana Loa'a (SSI) o ka mea
 - Kekahi palapala ho'opa'a inoa i waiho 'ia e hō'ike ana ua 'ia ke komo 'ana e hō'ioia ana ua loa'a i ka lālā a 'ōlelo 'ana "...ae wale nō ia i ke komo 'ana i nā palapala noi Kōkua keu..." (SSA ho'olaha HI 03094.605)

Inā ho'okumu 'ia 'oe a mana'o 'oe ua kūpono 'oe no ka ka'ana like 'ole, e kelepona i Nā lawelawe Lālā a ha'i i ka 'elele ua mana'o 'oe ua kūpono 'oe no ka Kōkua keu. Pono paha 'oe e hā'awi i kekahi o kēia mau 'ano palapala:

Mokuna 2 Nā helu kelepona a me nā kumuwaiwai

- He remittance mai ka hale mālama e hō'ike ana i ka uku 'ana o Medicaid no kāu pono no kahi mahina kalena piha i kekahi ho'olālā ma hope o lune o ka makahiki kalena ma mua;
- He kope o kahi palapala Moku'āina e hō'ioia ana i ka uku 'ana o Medicaid no kāu pono i ka hale mālama no kahi mahina kalena piha ma hope o lune o ka makahiki kalena ma mua; a i 'ole
- He palapala pa'i pale mai nā 'ōnaehana Medicaid o ka Moku'āina e hō'ike ana i kāu kūlana hale mālama ma muli o ka noho 'ana no ka uku 'ana o Medicaid i kahi mahina kalena piha i kekahi mahina ma hope o lune o ka makahiki kalena ma mua.
- Inā 'a'ole hiki iā 'oe ke hā'awi i nā palapala i hō'ike 'ia ma luna nei a mana'o'i'o 'oe hiki iā 'oe ke kūpono Kōkua keu, e kelepona i Nā lawelawe Lālā a e kōkua kekahi 'elele iā 'oe.
- Ke loa'a i ka hō'ioia hō'ike ana i kāu 'oko'a uku like, e ho'oponopono ho'i i ka hā'awi 'ana i kā 'ōnaehana i hiki iā 'oe ke uku hui e like me ka loa'a iā 'oe kāu lā'au hou i ka lā'au lapa'au. Inā 'oe e uku nui i kāu uku hui, e uku mākou iā 'oe ma ke kiko a i 'ole ka hō'ai'ē kālā uku hui e hiki mai ana. Inā 'a'ole 'ohi ka lā'au lapa'au i kāu uku hui a 'ai'ē 'oe iā lākou, hiki iā mākou ke uku pololei i ka lā'au lapa'au. Inā uku ka moku'āina no kāu pono, hiki iā mākou ke hana i ka uku pololei i ka moku'āina. Kāhea i Nā lawelawe Lālā ma 1-888-846-4262 (kahea nā mea ho'ohana TTY iā 711) no ka 'ike hou aku.

He aha inā 'oe i Kōkua keu uhi 'ia mai kahi AIDS Laau laau Kokua Papahana (ADAP)?

AIDS Laau laau Kokua Papahana (ADAP) e kōkua i nā kānaka i kūpono i ka e noho ana me HIV/AIDS a loa'a nā lā'au HIV e mālama ai i ke ola. 'O nā lā'au lapa'au 'o Medicare Part D aia nō nā Kūpono 'o ADAP Palapala ho'opuka no ke kōkua 'ana e koina-ka'ana like me ka 'ana i ke 'ai ma ka Hawaii HIV Laau Kokua Papahana (HDAP).

'O ka Papahana Kōkua Lā'au HIV o Hawaii (HDAP) ka ADAP o kou moku'āina.

'O ka Papahana Kōkua Lā'au HIV o Hawaii (HDAP) i kāu moku'āina i helu 'ia ma lalo nei.

Papahana Kōkua Lā'au HIV o Hawaii (HDAP) – Kelepona 'ike	
Kahea	1-808-733-9360 8 a.m. - 5 p.m. manawa kūloko, Pō'akahī - Pō'alima
TTY	711
Ka Kakau	Harm Reduction Services 3627 Kilauea Ave, Suite 306 Honolulu, HI 96816
Haawi puni honua	https://health.hawaii.gov/harmreduction/about-us/hiv-programs/hiv-medical-management-services/

Mokuna 2 Nā helu kelepona a me nā kumuwaiwai

Nānā: No ke kūpono 'ana i ka ADAP ma kou moku'āina, pono nā kānaka e ho'okō i kekahi mau pae ho'ohālike, e like me ka hō'ōia o ka noho moku'āina a me ke kulanā HIV, loa'a ha'aha'a (e like me ka wehewehe 'ana e ka moku'āina), a me ke kulanā 'a'ole uhi 'ia/uhi 'ole maika'i 'ia. Inā ho'ololi 'oe i nā ho'ololi, e 'olu'olu e ho'olaha i kāu limahana ho'opa'a inoa ADAP hopena i hiki iā 'oe ke ho'omau i ka loa'a 'ana o ke kōkua. No ka 'ike e pili ana i nā koina kūpono, nā lā'au i uhi 'ia, a pehea e kākau inoa ai i ka manawa Papahana, e 'olu'olu e kelepona iā Hawaii HIV Laau Kokua Papahana (HDAP).

PAUKU 8 Papa Hoomaha Alahao (RRB)

'O ka Papa Hoomaha Alahao he ke'ena Aupuni Kū'oko'a i ka mālama 'ana i nā koho piha no nā limahana o ka 'āina a me kā lākou 'ohana. Inā loa'a iā 'oe kāu Medicare ma o ka Papa Hoomaha Alahao, he mea nui e ha'i iā lākou inā 'oe e ne'e ai 'ole e ho'ololi i kāu wahi leka. Inā loa'a iā 'oe nā hewa e pili ana i kāu pomaikai mai ka Papa Hoomaha Alahao, e ho'opili i ke 'ena.

Papa Hoomaha Alahao (RRB) - 'Ikepili Ho'oka'a'ike

Kahea	1-877-772-5772 'O nā kāhea i kēia helu manuahi. Inā kaomi 'oe i "0," hiki iā 'oe ke kama'ilio me kahi 'elele RRB mai ka hola 9 a.m. ai ka 3:30 p.m., Pō'akahi, Pō'alua, Pō'ahā, a me Pō'alima, a mai ka hola 9 a.m. ai ka 12 p.m. ma ka Pō'akolu. Kaomi 'oe i "1," hiki iā 'oe ke komo i ka RRB HelpLine automated a me ka 'ike i ka ho'opa'a 'ia 24 hola i ka lā, me ka hopena pule a me nā lā ho'omaha.
TTY	1-312-751-4701 Pono kēia helu i nā pono pilikia nā pilikia wale nō a no ka po'e pilikia no ka loa'a 'ana o ka lohe 'ole ka 'ōlelo 'ana. 'O nā kelepona i kēia helu 'a'ole manuahi.
Haawi puni honua	https://RRB.gov

PAUKU 9 Inā loa'a iā 'oe ka 'inikua hui a i 'ole ka 'inikua olakino 'ē a'e mai ka mea hana

Inā loa'a iā 'oe (a i 'ole kāu hoa kāne a hoa pili home paha) nā pomaikai mai kāu mea hana (a i 'ole kāu hoa kāne a i 'ole ka hui o ka home) a i 'ole hui ho'omaha ma ke 'ano o kēia ho'olālā, e kelepona i ka luna ho'omalua o nā pomaikai hana/uniona a i 'ole Nā lawelawe Lālā ma 1-888-846-4262 (Nā mea ho'ohana TTY 711) me nā nīnau. Hiki iā 'oe ke nīnau e pili ana i kāu (a i 'ole kāu kāne a hoa pili) mea ho'ohana a i 'ole nā pomaikai ola pū'ulu ho'omaha, nā uku, a i 'ole ka manawa ho'opa'a inoa. (Aia nā helu kelepona

Mokuna 2 Nā helu kelepona a me nā kumuwaiwai

no Nā lawelawe Lālā i pa'i 'ia ma ka uhi hope o kēia palapala.) Hiki iā 'oe ke kelepona iā 1-800-MEDICARE (1-800-633-4227) me nā nīnau e pili ana i kāu 'oihana Medicare ma lalo o kēia ho'olālā. TTY mea ho'ohana kelepona iā 1-877-486-2048.

Inā loa'a iā 'oe kahi ho'opa'a lā'au 'ē a'e ma o kāu (a i 'ole kāu hoa kāne a i 'ole ka hoa hana home) a i 'ole hui ho'omaha, e kelepona iā **ka luna ho'omalu pomaikai o kēlā hui**. Hiki i ka mea ho'okele pomaikai ke kōkua iā 'oe'oholo pehea e hana ai i kāu uhi lā'au lapa'au i kēia manawa me kā mākou ho'olālā.

MOKUNA 3:

Ke ho'ohana nei i kā mākou ho'olālā no kāu mau lawelawe lapa'au a me nā lawelawe i uhi 'ia

PAUKU 1 Pehea e loa'a ai ka mālama olakino a me nā lawelawe 'ē a'e ma ke 'ano he lālā o kā mākou ho'olālā

Wehewehe kēia mokuna i nā mea e pono ai 'oe e 'ike e ho'olālā i ka ho'ohana 'ana i ka ho'okomo 'ana e ki'i i kāu mālama lā'au lapa'au a me nā lawelawe 'ē a'e i uhi 'ia. No nā kiko'i e pili ana i ka mālama olakino a me nā lawelawe 'ē a'e i uhi 'ia e kā mākou ho'olālā, e hele i ka Papa Pomaikai Lapa'au ma ka Mokuna 4.

Pauku 1.1 He aha nā mea ho'olako puka a me nā lawelawe i uhi 'ia?

- **O nā mea ho'olako** he mau kauka a me nā 'oihana mālama olakino 'ē a'e i loa'a i ke aupuni ke laikini e hā'awi i nā lawelawe olakino a mālama. Ho'okomo pū 'ia ka hua'ōlelo "nā mea ho'olako" i nā mea maika'i a me nā wahi lawelawe olakino 'ē a'e.
- **O nā mea ho'olako pūnaewe** 'o ia nā kauka a me nā 'oihana mālama olakino 'ē a'e, nā hui kino, nā haukapila, a me nā ke'ena olakino 'ē a'e i loa'a kahi 'aelike me mākou e 'ae i kā mākou uku ma ke 'ano he uku piha. Ua ho'ohau'oli 'ia i kēia mau mea ho'olako e hā'awi i nā lawelawe i uhi 'ia i nā lālā o kā mākou ho'olālā ho'okō. Ho'olilo pololei nā mea ho'olako ma kā mākou pūnaewe iā mākou no ka mālama a lākou e hā'awi ai iā 'oe. Ke 'ike 'oe i kahi mea ho'olako pūnaewe, 'a'ole 'oe e uku i kekahi mea no nā lawelawe i uhi 'ia.
- **Nā lawelawe i uhi 'ia** e ho'okomo i nā lā'au lapa'au āpau, nā lawelawe mālama ola kino, nā lako, nā lako, a me nā lā'au lapa'au i uhi 'ia e kā mākou ho'olālā. Ua helu 'ia kāu nā lawelawe i uhi 'ia no ka Papa Pomaikai Lapa'au 'ia ma ka Mokuna 4. Ho'ohālikelike 'ia kāu nā lawelawe i uhi 'ia no nā lā'au lapa'au i Mokuna 5.

Pauku 1.2 Nā lula kumu no ka loa'a 'ana o kāu mālama lā'au lapa'au a me nā lawelawe 'ē a'e i uhi 'ia e ka ho'olālā

Ma ke 'ano he ho'olālā olakino o ka Medicare a me ka Hawaii Med-QUEST Division Program (Medicaid), pono kā mākou ho'olālā e uhi i nā lawelawe āpau i uhi 'ia e ka Original Medicare a hiki nō ho'i ke hā'awi i nā lawelawe 'ē a'e i ho'ohui 'ia i nā lawelawe i uhi 'ia ma lalo o ka Original Medicare. E 'olu'olu e nānā i ka Mokuna 4 no nā lawelawe i uhi 'ia ma lalo o ka ho'olālā.

Mokuna 3 Ke ho'ohana nei i kā mākou ho'olālā no kāu mau lawelawe lapa'au a me nā lawelawe i uhi 'ia

‘O ka ma'amaui, e uhi kā mākou ho'olālā i kāu mālama olakino inā:

- **Aia ka mālama 'ana iā 'oe i loko o kā mākou ho'olālā 'O ka Papa Pomaikai Lapa'au** ma ka Mokuna 4.
- **Ho'olilo 'ia ka mālama āu i loa'a he mea pono lapa'au.** ‘O ka mālama pono lapa'au ‘o ia ka mālama 'ana, nā mea lako, nā lako lapa'au, a i 'ole nā lā'au i pono no ka pale 'ana, ka hō'ailona, a i 'ole ka ho'oma'ama'a 'ana i kou kino a loa'a i nā kūlana lapa'au i 'ae 'ia.
- **Loa'a iā 'oe kahi mea mālama mua i ka honua (PCP) e hā'awi ana i kahi nānā aku i kou mālama 'ana.** Ma ke 'ano he lālā o kā mākou ho'olālā, pono 'oe e koho i kahi PCP pūnaewe (e hele i ka Pauku 2.1 no ka 'ike hou aku).
 - E kūkākūkā i kāu ho'olālā lapa'au me kāu PCP ma mua e ho'okele i kāu mālama ma mua o kou ho'ohana 'ana i nā mea ho'olako 'ē a'e i loko o ka pūnaewe o ka ho'olālā, e like me nā kauka loea, nā haukapila, nā hale hanai akamai, a i 'ole nā lawelawe olakino home. Pono ka mua mana 'ae no kekahi mau lawelawe. No ka 'ike hou a'e e pili ana i kēia mau lawelawe, 'o ka 'olu'olu e nānā iā Papa Pomaikai Lapa'au i ke Mokuna 4, Pauku 2.
- **Pono 'oe e ki'i i kāu mālama mai kahi mea ho'olako pūnaewe (e hele i ka Pauku 2).** I ka nui o ka hihia, mālama iā 'oe mai i waho o- mea ho'olako pūnaewe (kahi mea ho'olako 'a'ole 'āpana o kā ho'olālā ho'ohinuhia) 'a'ole e uhi 'ia, koe wale no ka waho mea i ka 'ōlelo ma lalo nei. 'O ia ho'i e pono 'oe e uku piha i ka mea ho'olako no nā lawelawe i hā'awi 'ia. Eia 3 'oko'a:
 - E uhi ka ho'olālā 'ana i ka mālama pilikia a 'a'ole nā lawelawe i makemake koke 'ia e ki'i mai kahi i waho o- mea ho'olako pūnaewe o ka pilikia. No ka ike hou aku, a no ka ike ana i ke ano o ka ulia pilikia a i ole nā lawelawe i makemake koke 'ia, e hele i ka Pauku 3.
 - Inā makemake 'oe i ka mālama olakino e koi ana 'o Medicare a i 'ole Hawaii Med-QUEST Division Program (Medicaid) i kā mākou ho'olālā e uhi akā 'a'ole loea i kā mākou pūnaewe nāna e ho'olako i kēia mālama, hiki iā 'oe ke ki'i i kēia mālama mai i waho o- mea ho'olako pūnaewe ma ke ka'ana like 'ana āu e uku ai i ka mea lawelawe pūnaewe (pono 'ia ka mua mana 'ae). Ma kēia kūlana, e uhi 'ia i kēia mau lawelawe me he mea lā ua loa'a iā 'oe ka mālama mai kahi mea lawelawe. No ka 'ike e pili ana i ka 'ae 'ia e 'ike i ke kauka ma waho o ka honua, e 'ike i ka Pauku 2.4 ma kēia mokuna.
 - Ho'opili ka ho'olālā i nā lawelawe dialysis kidney i loa'a iā 'oe ma ke 'ena dialysis 'o ia e Medicare inā 'oe ma waho o ka wahi lawelawe o ka ho'olālā ai 'ole ke loa'a 'ole a hiki i kāu mea lawelawe no kēia lawelawe. 'O ke Medicare'ai ka'ana āu e uku ai i ka ho'olālā no ka mea, 'a'ole hiki ke 'oi aku ma mua o ka ho'oka'awale 'ana i ka helu 'ai ma Original Medicare. Inā 'oe ma waho o ka ho'olālā lawelawe o ka ho'okō 'ana i kahi wahi lawelawe loa'a 'oe ka dialysis mai mea ho'olako ma ka puka o ka ho'olālā kahi waho, 'a'ole hiki i kāu ka'ana like 'ana ke 'oi aku ma mua o ke ka'ana like āu e uku ai i loko o ka holo. Eia nō na'e, inā 'a'ole loa'a kāu mea ho'olako puka ma'amaui no ka dialysis no ka manawa koho 'oe e ki'i i nā lawelawe i loko o nā wahi lawelawe mai kahi mea ho'olako ma waho o ka puka o ka ho'olālā, 'oi aku ka nui o ke ka'ana no ka dialysis.
- **'O ka pōmaika'i Kikowaena lawelawe (POS) hiki iā 'oe ke komo i kekahi mau lawelawe mai ka pūnaewe 'ole nā mea ho'olako.** 'A'ole i uhi 'ia nā lawelawe āpau i waho o ka pūnaewe

Mokuna 3 Ke ho'ohana nei i kā mākou ho'olālā no kāu mau lawelawe lapa'au a me nā lawelawe i uhi 'ia

ma lalo o kāu koho Lae o lawelawe (POS). No nā lawelawe i uhi 'ia ma waho o ka puka, e nānā i ka Papa Pomaikai i ke Mokuna 4, Pauku 2 no ka 'ike hou a'e. E uku hou aku 'oe no ke komo 'ana i kēia mau lawelawe ke ho'ohana 'oe i kāu pōmaika'i POS. No ka 'ike hou aku e pili ana i kēia, e nānā i ka Pauku 2.4 o kēia mokuna.

A'ole pono 'oe e ki'i i kahi kuhikuhi ke loa'a iā 'oe ka mālama mai nā i waho o- mea ho'olako pūnaeweale no kēia mau lawelawe. Eia na'e, ma mua o ka loa'a 'ana o kēia mau mea nā lawelawe e makemake paha 'oe e hō'oiā ua uhi 'ia lākou e mākou. Inā mākou e ho'oholo ma hope 'a'ole i uhi 'ia nā lawelawe, hiki iā mākou ke hō'ole i ka uhi 'ana a iā 'oe ke kuleana no nā koina. Mua mana 'ae mua no kekahi mau lawelawe.

PAUKU 2 E ho'ohana i nā mea ho'olako i ka pūnaeweale o kā mākou ho'olālā no ka loa'a 'ana o ka mālama olakino a me nā lawelawe 'ē a'e

Pauku 2.1 Pono 'oe e koho i mea mālama mua (PCP) e hā'awi a nānā i kāu mālama.

He aha ka PCP a he aha nā hana a ka PCP no 'oe?

Ke lilo 'oe i lālā o kā mākou ho'olālā, pono 'oe e koho i mea ho'olako ho'olālā e lilo i kāu PCP. 'O kāu PCP kou hoa i ke olakino, e hā'awi ana a i 'ole e ho'okele i kāu mālama. 'O kāu PCP he limahana olakino e ho'okō i nā koi o ke aupuni a ua a'o 'ia e hā'awi iā 'oe i ka mālama olakino kumu. Ho'ohui kēia i nā kauka i loea i ka ho'oma'ama'a 'ohana, ho'oma'ama'a ma'amaui, lapa'au loko, a me nā geriatrics. Hiki nō ho'i i ke kauka mālama nui (NP), he lālā i hō'oiā 'ia e ke Aupuni me ka ho'oma'ama'a kūikawā, e hā'awi i ka mālama olakino kumu, a i 'ole kahi Kōkua Kauka (PA), i hō'oiā 'ia ma ke 'ano he PCP, e hā'awi i nā lawelawe i loko o kahi ho'onohonoho mālama mua, ke hana ma ke 'ano he PCP.

E loa'a iā 'oe ka nui o kāu mālama ma'amaui a kumu mai kāu PCP. E kōkua pū kāu PCP iā 'oe e ho'onohonoho a i 'ole ho'okele i ke koena o nā lawelawe i uhi 'ia āu e loa'a ai ma ke 'ano he lālā o kā mākou ho'olālā. Ho'ohui kēia i:

- X-kukuna,
- Nā ho'okolohua Hale Hana,
- Nā Kūlana Kino, Hana a me/a i 'ole 'Ōlelo 'O ka lā'au lapa'au,
- Mālama 'ia e nā kauka he loea,
- 'O ke komo 'ana i ka haukapila, a
- Mālama

'O ka "ho'okele 'ana" i kāu nā lawelawe i uhi 'ia 'o ia ka nānā a i 'ole ka kūkākūkā 'ana me nā mea ho'olako ho'olālā 'ē a'e e pili ana i kāu mālama a pehea e hele ai. No kekahi mau 'ano lawelawe a i 'ole mea lako, pono kāu PCP e ki'i mua i ka mua mana 'ae (ka 'ae mua). Inā pono ka lawelawe āu e pono ai i ka mana mua mana 'ae, e noi kāu PCP i ka 'ae mai kā mākou ho'olālā. No ka mea e hā'awi a ho'okele kāu PCP i kāu mālama lapa'au, pono 'oe e ho'ouna aku i nā palapala olakino āpau o kou wā ma mua i ke

Mokuna 3 Ke ho'ohana nei i kā mākou ho'olālā no kāu mau lawelawe lapa'au a me nā lawelawe i uhi 'ia

ke'ena o kāu PCP. 'O ka ma'amau, e 'ike mua 'oe i kāu PCP no ka nui o kāu mau pono olakino ma'amau. Paipai mākou e ho'okele kāu PCP i kāu mālama a pau. E nānā i ka Pauku 2.2 o kēia mokuna no ka 'ike hou aku.

I kekahi mau hihia, e pono i kāu PCP, a i 'ole kahi kauka loa a i 'ole kekahi mea ho'olako āu e 'ike ai, e loa'a i ka mua mana 'ae mai iā mākou no kekahi nā lawelawe i uhi 'ia a i 'ole mea kiko'i i uhi 'ia. E nānā i ke Mokuna 4 o kēia palapala no nā lawelawe a i 'ole nā mea e pono ai ka mua mana 'ae.

Inā pono 'oe e kama'ilio me kāu kauka ma hope o nā hola hana ma'amau, e kelepona i ke ke'ena o ke kauka a e alaka'i 'ia 'oe i kāu kauka, he mīkini pane me nā kuhikuhi ma kahi e ki'i ai i ka lawelawe, a i 'ole kekahi kauka e hā'awi ana i ka uhi 'ana. Inā loa'a iā 'oe he pilikia, e kelepona koke i ka 911.

Pehea e koho ai i kahi PCP

No ke koho 'ana i kāu PCP, e hele i kā mākou pūnaewehe ma go.wellcare.com/2026providerdirectories a koho i PCP mai kā mākou pūnaewehe ho'olālā. Hiki i ka Nā lawelawe Lālā ke kōkua pū iā 'oe e koho i PCP. Ke koho 'oe i kāu PCP, e kelepona iā Nā lawelawe Lālā me kāu koho. Pono e loa'a kāu PCP i loko o kā mākou pūnaewehe.

Inā loa'a iā 'oe kahi loa ho'olālā kiko'i a i 'ole kahi haukapila āu e makemake ai e ho'ohana, e nānā mua e hō'oi'a i ka loa'a 'ana o nā loa a i 'ole nā haukapila i ka pūnaewehe o ka PCP.

Inā 'a'ole 'oe e koho i PCP a i 'ole inā ua koho 'oe i PCP a 'a'ole i loa'a kēia ho'olālā, e koho mākou iā 'oe i PCP 'akomi.

Pehea e ho'ololi ai i kāu PCP

Hiki iā 'oe ke ho'ololi i kāu PCP no kekahi kumu, i kēlā me kēia manawa. Hiki nō ho'i ke ha'alele PCP i kā ho'olālā 'ia o nā mea ho'olako a pono 'oe e 'ike i kahi PCP hou. Ma lalo o kekahi mau kūlana, ua 'ae 'ia kā mākou mau mea ho'olako e ho'omau i ka mālama 'ana ma hope o ka ha'alele 'ana i kā mākou pūnaewehe. No nā kiko'i, e kelepona iā Nā lawelawe Lālā.

Inā makemake 'oe e ho'ololi i kāu PCP, e 'olu'olu e kelepona iā Nā lawelawe Lālā. Hiki i kēlā me kēia PCP ho'olālā ke hā'awi i nā kuhikuhi i kekahi mau loa ho'olālā a ho'ohana i kekahi mau haukapila i loko o kā lākou pūnaewehe. 'O ia ho'i, e ho'oholo kāu PCP ho'olālā i koho ai i nā loa a me nā haukapila āu e hiki ke ho'ohana. Inā loa'a nā loa kiko'i a i 'ole nā haukapila āu e makemake ai e ho'ohana, e 'ike inā ho'ohana kāu PCP ho'olālā i kēia mau loa a i 'ole nā haukapila.

Hiki iā Nā lawelawe Lālā ke kōkua iā 'oe i ke koho 'ana i kahi PCP hou. Inā noi 'oe i ka ho'ololi 'ana ma ka lā 10 o ka ho'olālā a i 'ole e ho'ohana hou 'ia ia ma ka lā 1 o kēlā ho'olālā. Inā 'oe e kelepona a noi paha ma hope o ka lā 10, hiki ke ho'ololi i ka lā 1 o ka ho'olālā a'e. La'ana: 'O kahi noi PCP i hana 'ia e lanuali 10 e mana ana ma lanuali 1. 'O kahi noi i hana 'ia ma ka lā 11 o lanuali a hiki i ka lā 1 Pepeluali. A hiki i ka ho'ololi 'ana, e ho'omau i ka ho'ohana 'ana i kāu PCP o kēia manawa no nā lawelawe i uhi 'ia. Ke kelepona 'ana i Nā lawelawe Lālā, e ha'i i nā loa a i 'ole nā lawelawe (e like me ke olakino home a i 'ole DME) i koi i ka 'ae 'ana o kāu PCP o kēia manawa.

Mokuna 3 Ke ho'ohana nei i kā mākou ho'olālā no kāu mau lawelawe lapa'au a me nā lawelawe i uhi 'ia**Pauku 2.2 Ka mālama lapa'au a me nā lawelawe 'ē a'e hiki iā 'oe ke loa'a me ka 'ole o ka PCP kuhikuhi**

Hiki iā 'oe ke ki'i i nā lawelawe i helu 'ia ma lalo me ka 'ole o ka loa'a 'ana o ka 'ae mua mai kāu PCP.

- 'O ka mālama olakino ma'amaui o nā wahine 'o ia ho'i nā hi'ohi'ona umauma, nā mammograms screening (x-rays of the breast), nā ho'ā'o Pap, a me nā mea pono pelvic ke loa'a iā 'oe mai kahi mea ho'olako piha.
- Nā pana ma'i, Nā lā'au lapa'au COVID-19, a me nā lā'au lapa'au pneumonia inā loa'a iā 'oe mai a Mea ho'olako pūnaewe.
- Nā lawelawe pilikia mai nā mea ho'olako pūnaewe a i 'ole nā mea ho'olako i waho o ka pūnaewe.
- 'O nā lawelawe i uhi 'ia i ka ho'olālā i makemake nui 'ia he mau lawelawe e koi koke ana i ka lā'au lapa'au (akā 'a'ole he pilikia) inā 'oe ma waho o ka wahi lawelawe o kā mākou ho'olālā, a i 'ole he kūpono 'ole ke hā'awi 'ia i kou manawa, wahi, a me nā kūlana e loa'a ai kēia lawelawe mai nā mea ho'olako pūnaewe. Nā la'ana o nā lawelawe i makemake koke 'ia 'o ia nā ma'i lapa'au i 'ike 'ole 'ia a me nā 'eha a i 'ole nā hō'ailona e 'ike 'ole 'ia o nā kūlana i kēia manawa. 'A'ole mana'o 'ia nā kipa ma'amaui o nā mea lapa'au e pono ai (e like me ka nānā 'ana i kēia me kēia makahiki) inā 'oe ma waho o ka wahi lawelawe o kā mākou ho'olālā a i 'ole ka loa'a 'ana o kā mākou pūnaewe ho'olālā.
- Nā lawelawe dialysis 'ōpio āu e ki'i ai i kahi hana dialysis i hō'ōia 'ia e ka Medicare ke loa'a 'oe i waho o ka wahi lawelawe o ka ho'olālā no kekahi manawa. Inā hiki, e kelepona iā Nā lawelawe Lālā ma 1-888-846-4262 (Nā mea ho'ohana TTY 711) ma mua o kou ha'alele 'ana i ka wahi lawelawe i hiki iā mākou ke kōkua i ka ho'onohonoho 'ana iā 'oe i ka mālama 'ana i ka dialysis oia i 'oe e hele ana.

Pauku 2.3 Pehea e ki'i ai i ka mālama mai nā loea a me nā mea ho'olako pūnaewe 'ē a'e?

He kauka kūikawā kahi kauka e hā'awi ana i nā lawelawe olakino no kahi ma'i kiko'i a i 'ole kahi māhele o ke kino. Nui nā 'ano loea. No ka la'ana:

- Ho'omalū 'ia nā mea ma'i kanesa e nā Oncologists
- Cardiologists mālama i nā mea ma'i me nā ma'i pu'uwai
- Orthopedists mālama i nā mea ma'i me kekahi mau ma'i iwi, hui, a i 'ole mākala

E kūkākūkā i kāu mau pono mālama olakino me kāu PCP e ki'i i kahi kuhikuhi e 'ike i kahi loea e kōkō'o i kāu mau pono mālama. 'A'ole pono kahi kuhikuhi e 'ike i kahi loea. Eia nō na'e, ma kekahi mau hihia, pono 'oe, kāu mākā'ika'i a i 'ole kāu PCP/mea ho'olako ke ki'i i ka mua mana 'ae mai ka ho'olālā. E 'olu'olu e nānā i ka Mokuna 4, Pauku 2 no ka 'ike e pili ana i nā lawelawe e pono ai ka mua o ka mua mana 'ae.

Mokuna 3 Ke ho'ohana nei i kā mākou ho'olālā no kāu mau lawelawe lapa'au a me nā lawelawe i uhi 'ia**Pehea inā ha'alele kahi loea ai 'ole kekahi mea ho'olako i kā mākou ho'olālā 'ia?**

Hiki iā 'oe ke ho'ololi i nā mea 'ē a'e, nā kauka, a me nā loea (nā mea ho'olako) i loko o kāu ho'olālā i loko o ka makahiki. Inā ha'alele kāu kauka a kauka paha i kā mākou ho'olālā, aia iā 'oe kēia mau kuleana a me nā palekana:

- 'Oiai hiki i kā mākou hiki ke komo i nā mea 'ē a'e i loko o ka makahiki, koi ka Medicare e hā'awi iā 'oe i ka komo mau 'ole i nā kauka a me nā loea i kūpono.
- E ho'olaha i ka 'oe ke ha'alele kāu mea ho'olako i kā ho'olālā i hiki iā 'oe ke koho i kahi mea ho'olako hou.
 - Inā ha'alele kāu mea mālama mua ai 'ole mea mālama behavioral i kā hā'awi 'ia i ka ho'olālā 'ana, e ho'olaha ho'okō iā 'oe inā 'oe i 'olako 'ia i kēlā me kēia makahiki 3 i hala.
 - Inā ha'alele kekahi o kāu mau mea ho'olako 'ē a'e i kā hā'awi ho'okō, e ho'olaha i ka manawa inā ua hā'awi 'ia 'oe i ka mea ho'olako, e loa'a nei ka mālama mai ia mea, ai 'ole ua 'ike 'ia 'oe iā lākou i loko o nā ho'olālā 3 i hala.
- E kōkua mākou iā 'oe e koho i kahi mea ho'olako kikowaena hou kūpono no ka mālama mau 'ana.
- Inā e mālama ana 'oe i ka lā'au lapa'au a i 'ole nā lā'au lapa'au me kāu mea ho'olako i kēia manawa, aia iā 'oe ke kuleana e noi e ho'omau i ka loa'a 'ana o ka lā'au lapa'au e pono ai. E hana pū mākou me 'oe i hiki iā 'oe ke ho'omau i ka mālama.
- E hā'awi mākou iā 'oe i ka 'ike e pili ana i nā manawa kau inoa i loa'a a me nā koho āu e loa'a ai no ka ho'ololi 'ana i nā ho'olālā.
- Ke loa'a 'ole a lawa 'ole paha ka mea ho'olako pūnaewe e a i 'ole ka pōmaika'i no ka ho'okō 'ana i kāu mau pono olakino, e ho'onohonoho mākou i kekahi pono i uhi 'ia i ka lā'au lapa'au ma waho o kā mākou pūnaewe ho'olako ma ke ka'ana like 'ana i nā kumukū'ai pūnaewe. Pono kā mākou ho'olālā e hō'ia 'a'ole loa'a kahi mea ho'olako pūnaewe, a pono ke i waho o- mea ho'olako pūnaewe e ho'oka'a'ike i ka ho'olālā e noi i kahi mana 'ae no 'oe e ki'i i nā lawelawe. Inā 'ae 'ia, e hā'awi 'ia kahi mana 'ae i ka i waho o- mea ho'olako pūnaewe e hā'awi i ka lawelawe (nā lawelawe). Loa'a iā 'oe ke kuleana e ki'i i nā lawelawe mai nā mea ho'olako i waho o ka puka 'ana no nā lawelawe pilikia a 'ole nā lawelawe i makemake koke 'ia. Eia hou, pono kā mākou ho'olālā e uhi i nā lawelawe dialysis no nā lālā me ka 'O ka ma'i ma'i renal pae hope (ESRD) i hele ma waho o ka wahi lawelawe o ka ho'olālā a 'a'ole hiki ke komo i nā mea ho'olako pūnaewe. Pono e loa'a nā lawelawe ESRD ma kahi ke'ena dialysis i hō'ia 'ia e Medicare.
- Inā 'ike i ka ha'alele 'ana o kāu kauka i kāu kauka ho'i, e 'olu'olu e ho'olālā i kōkua i hiki iā 'oe ke kōkua iā 'oe i ka loa'a 'ana o kahi mea ho'olako hou e ho'okele i kāu mālama.
- Inā mana'o 'oe 'a'ole hā'awi i kahi mea ho'olako kūpono e pani i kāu mea ho'olako ma mua ai 'ole 'a'ole mālama pono 'ia kāu mālama pono, loa'a iā 'oe ke kuleana e waiho i kahi ho'opi'i e pili ana i ka maika'i o ka mālama 'ana i ka QIO, he ho'opi'i e ho'olālā ana i ka maika'i ho'i o ka maika'i (E nānā i ka Mokuna 9).

Mokuna 3 Ke ho'ohana nei i kā mākou ho'olālā no kāu mau lawelawe lapa'au a me nā lawelawe i uhi 'ia**Pauku 2.4 Pehea e ki'i ai i ka mālama mai nā mea ho'olako i waho o ka pūnaewe**

Loa'a iā 'oe ke kuleana e ki'i i nā lawelawe mai nā mea ho'olako i waho o ka puka 'ana no nā lawelawe pilikia a 'ole nā lawelawe i makemake koke 'ia. Eia hou, pono kā mākou ho'olālā e uhi i nā lawelawe dialysis no nā lālā me ka 'O ka ma'i ma'i renal pae hope (ESRD) i hele ma waho o ka wahi lawelawe o ka ho'olālā a 'a'ole hiki ke komo i nā mea ho'olako pūnaewe. Pono e loa'a nā lawelawe ESRD ma kahi ke'ena dialysis i hō'ōia 'ia e Medicare.

Kekahi, Inā makemake 'oe i ka mālama olakino i uhi 'ia e Medicare a 'a'ole hiki i kahi mea ho'olako pūnaewe ke hā'awi i kēia mālama, hiki paha iā 'oe ke loa'a ka mālama mai i waho o- mea ho'olako pūnaewe. Pono kā mākou ho'olālā e hō'ōia 'a'ole loa'a kahi mea ho'olako pūnaewe, a pono ke i waho o- mea ho'olako pūnaewe e ho'oka'a'ike i ka ho'olālā e noi i kahi mana 'ae no 'oe e ki'i i nā lawelawe. Inā 'ae 'ia, e hā'awi 'ia kahi mana 'ae i ka i waho o- mea ho'olako pūnaewe e hā'awi i ka lawelawe (nā lawelawe).

Ma o ka pōmaika'i Kikowaena lawelawe (POS), hiki iā 'oe ke ho'ohana i nā mea ho'olako i waho no ka loa'a 'ana o kekahi mau lawelawe. No nā lawelawe i uhi 'ia ma waho o ka puka, e nānā i ka Papa Pomaikai i ke Mokuna 4, Pauku 2 no ka 'ike hou a'e. E uku hou aku 'oe no ke komo 'ana i kēia mau lawelawe ke ho'ohana 'oe i kāu pōmaika'i POS. 'O'i aku ke ki'eki'e o kāu mau koina ma waho o ka 'eke ke ho'ohana 'oe i nā mea ho'olako ma waho o ka pūnaewe ma o kāu pōmaika'i POS. A'ole pono 'oe e ki'i i kahi kuhikuhi ke hele 'oe i waho o ka pūnaewe no kēia mau lawelawe. Eia na'e, ma mua o ka loa'a 'ana o keia mau mea nā lawelawe e makemake paha 'oe e hō'ōia me mākou ua uhi 'ia lākou. Inā mākou e ho'oholo ma hope 'a'ole i uhi 'ia nā lawelawe, hiki iā mākou ke hō'ole i ka uhi 'ana a iā 'oe ke kuleana no nā koina. Mua mana 'ae mua no kekahi mau lawelawe.

Inā lawe mai kahi i waho o- mea ho'olako pūnaewe iā 'oe i kahi bila āu e mana'o ai e uku mākou, e 'olu'olu e ho'oka'a'ike i Nā lawelawe Lālā a i 'ole e ho'ouna mai i ka bila iā mākou no ka uku. E uku mākou i kāu mea ho'olako no kā mākou māhele o ka bila a hiki i kāu mea hā'awi ke ho'olilo iā 'oe no ka nui o kāu aie, inā he.

PAUKU 3 Pehea e loa'a ai nā lawelawe ma kahi pilikia, pō'ino, a i 'ole pono wikiwiki no ka mālama**Pauku 3.1 Ka loa'a 'ana o ka mālama inā loa'a i ka 'oe kahi ulia pōpilikia**

O kahi **ulia pōpilikia** lapa'au 'o ia ka wā e mana'o ai 'oe, a i 'ole kekahi kanaka ma'amau me ka 'ike ma'amau i ka olakino a me ka lapa'au, aia iā 'oe nā hō'ailona lapa'au e koi ana i ka mālama lapa'au koke e pale ai i kou nalowale 'ana i ke ola (a, inā he wahine hāpai 'oe, nalowale i kahi pēpē i hānau 'ole 'ia), nalowale i kahi lālā a i 'ole ka hana o kahi lālā, a i 'ole ka nalowale 'ana a i 'ole ka pō'ino nui i kahi hana kino. Hiki i nā hō'ailona lapa'au ke lilo i ma'i, 'eha, 'eha nui, ai 'ole kahi kino kino lapa'au e wikiwiki loa ana ka ho'omaika'i 'ana.

Mokuna 3 Ke ho'ohana nei i kā mākou ho'olālā no kāu mau lawelawe lapa'au a me nā lawelawe i uhi 'ia

Inā loa'a iā 'oe kahi ulia pōpilikia lapa'au:

- **E ki'i i ke kōkua i ka wikiwiki loa.** Kāhea iā 911 no ke kōkua a hele i ka lumi pilikia kokoke loa a i 'ole ka haukapila. Kāhea i kahi ambulanse inā pono 'oe ia. 'A'ole pono 'oe e ki'i i ka 'ae ai 'ole kuhikuhi mua mai kāu PCP. 'A'ole pono 'oe e ho'ohana i kahi kauka. Hiki iā 'oe ke ki'i i ka mālama lapa'au pilikia i uhi 'ia i kēlā me kēia manawa āu e makemake ai ma kahi o ka 'Amelika Hui Pū ai 'ole nā kūlana, a mai kekahi mea ho'olako me ka laikini kūpono o ke aupuni 'oiai 'a'ole lākou he 'āpana o kā mākou piha. Ho'okomo ka Wellcare 'Ohana Dual Align (HMO-POS D-SNP) i ka uhi 'ana i nā pilikia/ka makemake koke honua holo'oko'a.
- **Ke hiki mai, e hō'oia i ka ho'olālā 'ia 'ana o kā ho'opau i nā pilikia no kou pilikia.** Pono mākou e hahai i ka mālama pilikia āu i loa'a. Pono 'oe a i 'ole kekahi e kāhea iā mākou e ha'i i ka mālama pilikia āu i loa'a, ma'amaui i loko o 48 hola. Hiki iā 'oe ke kāhea i ka Lawelawe Lālā ma ka helu ma ka 'ao'ao hope o kāu kāleka lālā.

'O nā lawelawe i uhi 'ia i kahi ulia pōpilikia

Ho'opili kā mākou ho'olālā i nā lawelawe ka'a'ikepili i nā kūlana kahi hiki ke ho'okū 'ia kou ola inā e hele aku 'oe i ka lumi pilikia ma kekahi ala 'ē a'ē. Ho'opili pū mākou i nā lawelawe lā'au lapa'au i ka wā o ka pilikia.

'O nā kauka e mālama iā 'oe i ka wā o nā mālama pilikia e ho'oholo i ka wā e pa'a ai kou kūlana a ho'opau i nā ulia pōpilikia.

Ma hope o ka ho'opau 'ana o nā pilikia, loa'a iā 'oe ke kuleana e mālama hou 'ia no ka hō'oia 'ana e mau ana ka pa'a o kou kūlana. He mea nui e hahai i kāu mea mālama mua i loko o 5 a 7 lā ma hope o kou loa'a 'ana i ka mālama pilikia. E loa'a iā 'oe kahi kāhea mai kā mākou hui mālama e kōkua iā 'oe e loa'a nā hālāwai ho'oponopono pono a loa'a nā pomaikai hou aku no ka ho'ōla. E ho'omau nā kauka i ka mālama 'ana iā 'oe a hiki i ka wā e kāhea aku ai nā kauka iā mākou a hana i nā ho'olālā no ka mālama hou aku. E uhi 'ia kāu mālama hou 'ana e kā mākou ho'olālā. Hā'awi 'ia kou mālama pilikia e nā mea ho'olako i waho o ka puka, 'o ia ho'i e ho'opau e ho'onoho i nā mea ho'olako e mālama iā 'oe i ka hiki 'ana o kou kino kino lā'au lapa'au a me nā kūlana.

He aha inā 'a'ole ia he ulia pōpilikia?

I kekahi manawa, hiki ke pa'akikī ke 'ike inā loa'a iā 'oe kahi ulia pōpilikia. No ka la'ana, hiki paha i ka 'oe ke hele aku i ka mālama pilikia—no ka no'ono'o a me ka pilikia nui kou ola—a hiki i ke kauka ke 'ōlelo a'ole i ka pilikia lā'au lapa'au ma ka hope o nā mea a pau. Inā he mea 'ole i ho'opau ia he pilikia, inā ua mana'o 'oe me ka pono e pilikia nui kou ola, e uhi kā ho'opau i kāu mālama.

Eia na'e, ma hope o ka 'ōlelo 'ana o ke kauka 'a'ole ia he pilikia, e uhi wale i ka holomua i ka mālama hou inā loa'a iā 'oe ka mālama hou ma kekahi o kēia mau ala 2:

- E hele 'oe i kahi mea ho'olako pūnaewe e loa'a ai ka mālama hou.
- 'O ka mālama hou a'e i loa'a iā 'oe ua mana'o 'ia nā lawelawe i makemake koke 'ia a hahai 'oe i nā lula ma lalo no ka loa'a 'ana o kēia mālama wikiwiki.

Mokuna 3 Ke ho'ohana nei i kā mākou ho'olālā no kāu mau lawelawe lapa'au a me nā lawelawe i uhi 'ia**Pauku 3.2 Ke loa'a ka mālama 'ana i ka manawa a me ka pono koke i nā lawelawe.**

‘O kahi lawelawe e koi ana i ka lā'au lapa'au koke (akā ‘a’ole ia he ulia pōpilikia) he lawelawe i makemake nui ‘ia inā ‘oe ma waho o ka wahi lawelawe o kā mākou ho'olālā, a i ‘ole he kūpono ‘ole i kou manawa, wahi, a me nā kūlana e loa'a ai kēia lawelawe mai nā mea ho'olako pūnaewe. Nā la'ana o nā lawelawe i makemake koke ‘ia ‘o ia nā ma'i lapa'au i ‘ike ‘ole ‘ia a me nā ‘eha a i ‘ole nā hō'ailona e ‘ike ‘ole ‘ia o nā kūlana i kēia manawa. Eia nō na'e, ‘a’ole i mana'o 'ia he mea makemake koke ‘ia nā kipa ma'amaui i nā mea ho'olako lapa'au, e like me ka nānā 'ana i ka makahiki, 'oiai 'oe i waho o ka wahi lawelawe o ka ho'olālā ai 'ole 'a'ole ho'olālā ka loa'a o ka ho'onui 'ana i kekahi manawa.

E 'olu'olu e kelepona i ke ke'ena o kāu PCP 24 hola i ka lā inā makemake 'oe i ka mālama wikiwiki. Hiki paha iā 'oe ke kuhikuhi 'ia e loa'a ka mālama wikiwiki ma kahi kikowaena mālama wikiwiki pūnaewe. Hiki ke loa'a kahi papa inoa o nā kikowaena mālama wikiwiki ko'iko'i ma ka *Papa Kuhikuhi Mea Ho'olako a me nā Hale Lā'au Lapa'au* a i 'ole ma kā mākou pūnaewe ma go.wellcare.com/2026providerdirectories. Inā loa'a nā lawelawe hana wikiwiki ma ke 'ena kauka, e uku 'oe i ka uku hui ho'opa'a ke'ena; akā na'e, inā loa'a nā lawelawe wikiwiki ma kahi mālama wikiwiki ai 'ole ke hana hele wāwae, e uku 'oe i ka uku hui ho'opa'a hana wikiwiki, a hiki paha ke hana wikiwiki. E 'ike i ka Mokuna 4, Papa Pomaikai Lapa'au 'a'ole ka uku hui ho'opa'a e pili ana i nā lawelawe i hā'awi 'ia ma ke 'ena kauka a 'a'ole hiki ke hana mālama wikiwiki a 'ole ke hana hele wāwae.

Hiki iā 'oe ke kelepona i ka laina kūkākūkā kāko'o kauka i kēlā me kēia manawa. Ke kū nei kahi loea nāna e pane i kāu mau nīnau 24 hola i ka lā, 'ehiku lā i ka pule. No ka 'ike hou aku e pili ana i ka Laina A'oa'o Kahu, e 'ike i ka hana kōkua olakino a me Ke ola kino ma ka Mokuna 4 ai 'ole e kelepona i Nā lawelawe Lālā.

Ho'opili kā mākou ho'olālā i nā lawelawe mālama wikiwiki a me nā lawelawe e pono koke ai ma waho o 'Amelika Hui Pū 'ia i lalo o kēia mau kūlana. Eia nō na'e, 'a'ole pili ka Medicare i ka mālama pilikia ma waho o 'Amelika Hui Pū 'ia.

- Ua uhi 'ia 'oe i kahi a i 'ole \$50,000 ke huaka'i aku ma waho o 'Amelika Hui Pū 'ia i lalo o kou uhi 'ana i ka lawelawe pilikia a me nā mālama wikiwiki e pono koke ai ma nā wahi a pau o ka honua. 'O nā kumukū'ai i 'oi aku ma mua o kēia nui 'a'ole e uhi 'ia.
- Ka halihali ho'i i ka 'Amelika Hui Pū mai kekahi aina a me ka lapa'au'ia kuaiia ana waho o ka 'Amelika Hui Pū i 'a'ole uhi. Eia kekahi, 'o nā 'āpana kumukū'ai lumi pilikia 'a'ole ho'oku'u 'ia inā 'ae 'ia 'oe no ka malama ma'i ma'i ma'i.
- E 'olu'olu e kelepona iā mākou i loko o 48 hola, inā hiki, e hō'ike iā mākou i kou huaka'i lumi pilikia.

No ka 'ike hou aku, e 'ike "Mālama Pilikia" a me "Nā lawelawe e pono koke ai" ma ka Papa Pomaikai Lapa'au ma ka Mokuna 4 o kēia palapala a i 'ole e kelepona i Nā lawelawe Lālā.

Mokuna 3 Ke ho'ohana nei i kā mākou ho'olālā no kāu mau lawelawe lapa'au a me nā lawelawe i uhi 'ia**Pauku 3.3 Ke loa'a 'ana o ka mālama 'ana i ka wā pō'ino**

Ho'olaha ka Kia'āina o ka moku'āina, 'o ka U.S. Kuhina no ka Olakino a me nā lawelawe pilikanaka, 'o ia ho'i ka pōmaika'i o ka 'Amelika Hui Pū 'Ia i kahi kūlana o ka pō'ino a i 'ole pilikia i kāu wahi, hiki iā 'oe ke loa'a ka mālama 'ana mai kāu ho'olālā.

E kipa go.wellcare.com/OhanaHI no ka 'ike e pili ana i ka loa'a 'ana o ka mālama pono i ka wā pō'ino.

Inā hiki iā 'oe ke ho'ohana i kahi mea ho'olako ola i ka pō'ino, e 'ae kāu ho'olālā iā 'oe e loa'a i ka mālama 'ana mai nā mea ho'olako i waho o ka wana ma ke ka'ana like 'ana i nā 'ai wikiwiki. Inā hiki 'ole iā 'oe ke ho'ohana i kahi lā'au lapa'au puka i ka wā pō'ino, hiki iā 'oe ke ho'opiha i kāu mau lā'au lapa'au ma kahi i waho o- lā'au lapa'au pūnaewe. E nānā i ka Mokuna 5, Pauku 2.4.

PAUKU 4 He aha inā 'oe pololei no ke kālele 'ai piha o kāu nā lawelawe i uhi 'ia?

Inā 'oe i uku no kāu mau lawelawe i uhi 'ia, a inā loa'a iā 'oe kahi bila no nā lawelawe lapa'au i uhi 'ia, e hele i ka Mokuna 7 no ka 'ike e pili ana i ka mea e hana ai.

Pauku 4.1 Inā 'a'ole i uhi 'ia nā lawelawe e kā mākou ho'olālā.

Ho'opili kā mākou ho'olālā i nā lawelawe pono lapa'au a pau i helu 'ia ma ka Papa Pomaikai Lapa'au ma ka Mokuna 4. Inā loa'a iā 'oe nā lawelawe i uhi 'ole 'ia e kā mākou ho'olālā, a i 'ole e loa'a iā 'oe nā lawelawe ma waho o ka pūnaewe me ka 'ole o ka 'ae 'ia, iā 'oe ke kuleana no ka uku piha 'ana o nā lawelawe. Ma mua o ka uku 'ana no nā kumukū'ai lawelawe, pono 'oe e nānā inā uhi 'ia ka lawelawe e ka Papahana Hawaii Med-QUEST Division Program (Medicaid).

No nā lawelawe i uhi 'ia me kahi palena palena'i, 'o ka uku piha 'oe no nā lawelawe e loa'a ai ka mana'olana o kou ho'ohana 'ana i kāu kōkua 'ana no kēlā me kēia 'ano i lawelawe 'ia. 'A'ole helu 'ia ka nui āu e uku ai no nā kumukū'ai i ka wā i hiki ai i kahi palena pōmaika'i i ka nui i waho o ka 'eke. No ka la'ana, hiki paha iā 'oe ke uku i ka huina o nā kumukū'ai o ka mālama 'ana i ka hale hanai akamai ma hope o ka uku 'ana o kā mākou ho'olālā i ka palena pōmaika'i. Ke pau loa kāu pōmaika'i, 'a'ole helu 'ia nā uku hou āu e uku ai no ka lawelawe i kou palena makahiki i waho o ka 'eke.

PAUKU 5 He aha kahi noi'i noi'i lapa'au?**Pauku 5.1 He aha kahi noi'i noi'i lapa'au?**

'O kahi noi'i noi'i lapa'au (i kapa 'ia ho'i he ho'okolohua lapa'au) he ala ia e ho'ā'o ai nā kauka a me nā kānaka 'epekema i nā 'ano mālama lapa'au hou, e like me ka maika'i o ka hana 'ana o kahi lā'au ma'i hou. Ho'oholo 'ia kekahi mau noi'i lapa'au e Medicare. Hā'awi pinepine nā noi'i lapa'au i ka 'ae 'ia e Medicare i nā mea makemake e komo i ka noi'i. Ke komo 'oe i kahi noi'i noi'i lapa'au, hiki iā 'oe ke noho ho'opa'a inoa i kā ho'opau 'ia ho'i ka ho'olālā 'ana i ka loa'a 'ana o kāu mālama 'ē a'e (ka mālama 'ana i ka pili 'ole i ka noi'i) e kōkua ho'i i ka ho'olālā.

Mokuna 3 Ke ho'ohana nei i kā mākou ho'olālā no kāu mau lawelawe lapa'au a me nā lawelawe i uhi 'ia

Inā komo 'oe i kahi noi'i i ka 'ae 'ia e Medicare, uku 'o Original Medicare i ka hapa nui o nā helu 'ai no nā lawelawe i uhi 'ia āu e loa'a ai ma ke 'ano o ka noi'i. Inā ha'i 'oe i loa'a aia 'oe i kahi ho'okolohua lapa'au kūpono, 'o 'oe wale nō ke kuleana no ka 'ae 'ana i nā koina e pili ana i ka noi'i. Inā ua uku 'oe i kahi nui, 'a'ole ka la'ana, inā ua uku 'oe i ka nui o nā koina ho'oka'awale o Original Medicare, e uku 'ia i ka 'oko'a ma waena o ka mea āu i uku ai a me ka 'ae 'ana i ka koina o ka makana. Eia na'e, 'oe e hā'awi i nā palapala a me nā hō'ike i ka holomua 'ana i ka nui āu i uku ai.

Inā makemake 'oe e komo i kekahi noi'i noi'i lapa'au i 'ae 'ia e Medicare, 'a'ole pono 'oe e ha'i i kōkua ai 'ole e ki'i i ka 'ae mai kōkua ai 'ole kāu PCP. Nā mea ho'olako e hā'awi i kāu mālama ma ke 'ano he noi'i noi'i lapa'au 'a'ole pono e lilo i wahi o kā mākou ho'olālā lapa'au. ('A'ole pili kēia i nā pomaikai i uhi 'ia e koi ana i kahi ho'okolohua lapa'au a i 'ole kākau inoa no ka loilo'i 'ana i ka pomaikai, me kekahi mau pomaikai e koi ana i ka uhi 'ana me ka ho'omohala hō'ike (NCDs-CED) a me nā ha'awina ho'oku'u 'ana i nā mea noi'i (IDE). Hiki ke kau 'ia kēia mau pomaikai i ka mua mana 'ae a me nā lula ho'olālā 'ē a'e.)

'Oiai 'a'ole pono 'oe e ki'i i ka 'ae o kā mākou ho'olālā 'ana i ka ho'opuka e komo i kahi noi'i noi'i lapa'au, paipai 'ia iā 'oe e ho'omaopopo i ka hā'awi 'ana ma mua o ke koho 'oe e komo i nā mea ho'ohana lapa'au kūpono Medicare.

Inā komo 'oe i kahi noi'i 'a'ole i 'ae 'ia e Medicare, 'o 'oe ke kuleana no ka uku 'ana i nā helu 'ai a pau no kou komo 'ana i ka noi'i.

Pauku 5.2 'O wai e uku no nā lawelawe ma kahi noi'i noi'i lapa'au

Ke komo 'oe i kahi noi'i noi'i lapa'au i 'ae 'ia e Medicare, uku 'o Original Medicare i nā mea ma'amau a me nā lawelawe e loa'a ai ma ke 'ano o ka noi'i, e komo pū ana:

- 'O ka lumi me ka papa no kahi noho maika'i 'ole e uku ai 'o Medicare inā 'a'ole 'oe ma kahi ha'awina.
- 'O kahi hana a lā'au lapa'au 'ē a'e inā he 'āpana ia o ka noi'i.
- Ka mālama 'ana i nā hopena a me nā pilikia a me ka mālama hou.

Ma hope o ka uku 'ana o Medicare i kāna 'āpana o ke kumukū'ai no kēia mau lawelawe, e uku kā mākou ho'olālā i ke koena. E like me nā lawelawe i uhi 'ia a pau, 'a'ole 'oe e uku i kekahi mea no nā lawelawe i uhi 'ia āu e loa'a ai ma ka noi'i noi'i lapa'au.

Ke komo 'oe i kahi noi'i noi'i lapa'au, **'a'ole e uku 'o Medicare a 'a'ole ho'i kā mākou ho'olālā ho'okō no kekahi o nā mea a'e:**

- 'O ka ma'amau, 'a'ole e uku 'o Medicare no ka mea hou ai 'ole ka lawelawe 'ana e ho'ā'o 'ia e ka noi'i inā 'a'ole 'o Medicare e uhi i ka mea ai 'ole ka lawelawe inā 'a'ole 'oe i loko o ka noi'i.
- Nā mea ai 'ole nā lawelawe i hā'awi 'ia no ka hō'ili'i 'ana i nā mea maika'i wale nō, a 'o ka ho'ohana 'ana i kou mālama olakino pololei. No ka la'ana, 'a'ole e uku 'o Medicare no nā ki'i CT ho'olālā i hana 'ia ma ke 'ano o ka noi inā koi kou kino kino lapa'au i ho'okahi ki'i CT wale nō.
- Nā mea a me nā lawelawe i hā'awi mau 'ia e nā mea kāko'o noi'i me ka uku 'ole no nā mea a pau i ka inoa i ka lole.

Mokuna 3 Ke ho'ohana nei i kā mākou ho'olālā no kāu mau lawelawe lapa'au a me nā lawelawe i uhi 'ia**E ki'i i ka 'ike hou aku e pili ana i ke komo 'ana i kahi noi'i noi'i lapa'au**

E ki'i i ka 'ike hou aku e pili ana i ke komo 'ana i kahi noi'i noi'i lapa'au ma ka puke Medicare 'O nā ha'awina ho'ona'auao ma'i a me nā ma'i, loa'a ma www.Medicare.gov/sites/default/files/2019-09/02226-medicare-and-clinical-research-studies.pdf. Hiki iā 'oe ke kelepona pū i 1-800-MEDICARE (1-800-633-4227). TTY mea ho'ohana kelepona iā 1-877-486-2048.

PAUKU 6 Nā lula no ka loa'a 'ana o ka mālama 'ana ma kahi ho'omana lā'au 'ole hale mālama ola kino**Pauku 6.1 He aha ka ho'omana lā'au 'ole hale mālama ola kino**

'O kahi ho'omana lā'au 'ole hale mālama ola kino he kikowaena ia e hā'awi i ka mālama 'ana no kahi kūlana i mālama 'ia i ka ma'amau ma loko o kahi haukapila a i 'ole kahi hale hanai akamai. Inā 'oko'a nā mana'o ho'i o kahi lālā i ka loa'a 'ana o ka mālama 'ana i kahi maika'i ai 'ole kahi hale hanai akamai, e hā'awi akamai i ka uhi 'ana i ka mālama 'ana ma kahi ho'omana lā'au 'ole hale mālama ola kino. Hā'awi 'ia kēia pōmaika'i no nā lawelawe malama ma ka Māhele A wale nō (nā lawelawe mālama olakino 'ole lā'au).

Pauku 6.2 Nā lula no ka loa'a 'ana o ka mālama 'ana ma kahi ho'omana lā'au 'ole hale mālama ola kino

I mea e loa'a ai ka mālama mai kahi ho'omana lā'au 'ole hale mālama ola kino 'ole lā'au, pono 'oe e kau inoa i kahi palena kānāwai e 'ōlelo ana he kū'e 'oe i ka loa'a 'ana o ka mālama lā'au **'a'ole i ho'omaika'i 'ia**.

- 'O ka mālama lā'au lapa'au **'A'ole 'ae 'ia** he mālama lā'au lapa'au ai 'ole ka mālama lā'au e ho'okele 'ia e ke kānāwai aupuni, moku'āina, 'a'ole koho, he hō'ole 'ole a 'a'ole e koi 'ia.
- **Koe ia** 'O ka lā'au lapa'au ka mālama lapa'au a i 'ole ka lā'au lapa'au i loa'a iā 'oe 'a'ole i makemake 'ia ma lalo o ke kānāwai federala, moku'āina, a kūloko paha.

I mea e uhi 'ia e kā mākou ho'olālā, pono e hālāwai ka mālama āu e loa'a ai mai kahi ho'omana lā'au 'ole hale mālama ola kino i kēia mau kūlana:

- Pono ka kikowaena e hā'awi i ka mālama i hō'oi'a 'ia e Medicare.
- Ho'opili wale kā mākou ho'olālā *'a'ole ho'omana* mau 'ano o ka mālama.
- Inā loa'a iā 'oe nā lawelawe mai kēia hui e hā'awi ana iā 'oe ma kekahi hale, a me nā kūlana a'e:
 - Pono 'oe e loa'a kahi kino kino lapa'au e 'ae iā 'oe e loa'a nā lawelawe i uhi 'ia no ka malama ma'i ma'i ma'i 'ole ka mālama 'ana i Ke Ke'ena Hana Hana Māmā.
 - — a — pono 'oe e loa'a ka 'ae 'ana i mua noho mai kā mākou hana ho'olālā ma mua o kou ho'okomo 'ia 'ana i ka hana 'ole e uhi 'ia i kāu 'ana.

Mokuna 3 Ke ho'ohana nei i kā mākou ho'olālā no kāu mau lawelawe lapa'au a me nā lawelawe i uhi 'ia

‘A’ole e uhi ‘ia kāu noho ‘ana i kahi ho’omana lā’au ‘ole hale mālama ola kino e kā mākou ho’olālā inā ‘a’ole ‘oe e loa’a ka ‘ae ‘ana i mua mai kā mākou ho’olālā a e pili i nā palena uhi like me ka mālama ‘ana i ka haukapila ma kahi haukapila a i ‘ole ka mālama ‘ana i kahi hale hanai akamai āu i loa’a ai. E ‘olu’olu e kuhikuhi i ka Papa Pomaikai Lapa’au ma ka Mokuna 4 no nā lula uhi a me ka ‘ike hou aku e pili ana i ka koina ka’ana like a me nā palena no ka uhi ‘ana i ka mālama haukapila a me ka hale hanai akamai.

PAUKU 7 Nā lula no ka loa’a ‘ana o ka lō’ihi lā’au lapa’au mea lako**Pauku 7.1 E lilo ana paha iā ‘oe ka lō’ihi lā’au lapa’au mea lako o ka hana ‘ana i kekahi helu o nā uku ma lalo o kā mākou hā’awi ‘ana i ka ho’olālā**

Hā’awi ka lako lapa’au lō’ihi (DME) i nā mea e like me nā lako oxygen a me nā lako, nā kī, nā lā’au hele wāwae, nā ‘ōnaehana moe mana, nā kākini, nā lako ma’i diabetes, nā hāme’a e hana i ka ‘ōlelo, nā paila ho’opiha IV, nā nebulizer, a me nā mea pono e kauoha ‘ia e ho’ohana i ka home i loko o ka home. Loa’a i ka lālā kekahi mau mea DME, e like me ka nā mea ho’opololei. ‘O nā ‘ano DME ‘ē a’e āu e ho’olimalima ai.

Ma Original Medicare, nā kākana e ho’olimalima i kekahi ‘ano DME e lilo i mea nona ka lako ma hope o ka uku ‘ana i nā uku no ka mea no 13 ho’olālā. Ma ke ‘ano he lālā o mākou ho’olālā, aia kekahi mau ‘ano DME e loa’a iā ‘oe ma hope o ka uku ‘ana i nā uku hui no ka mea no kekahi helu o nā mahina. ‘A’ole helu kāu mau uku mua i kahi mea DME i ka wā i loa’a iā ‘oe ka Original Medicare i nā uku āu e hana ai ‘oiai he lālā o kā mākou ho’olālā. Inā loa’a iā ‘oe ke kuleana o kahi mea DME ‘oiai he lālā ‘oe o kā mākou ho’olālā, a pono nā mea hana i ka mālama ‘ana, ‘ae ‘ia ka mea hā’awi e pili i ke kumumana’o no ke kumukū’ai o ka ho’oponopono. Aia kekahi mau ‘ano DME ‘a’ole e loa’a iā ‘oe ka kuleana no ka nui o nā uku āu e hana ai no ia mea ‘oiai he lālā o kā mākou ho’olālā. Kāhea i Nā lawelawe Lālā no ka ‘ike e pili ana i ka ho’olimalima ‘ana a i ‘ole nā koi o DME a me nā palapala e pono ai ‘oe e hā’awi.

He aha ka hana i nā uku āu i hana ai no ka lō’ihi lā’au lapa’au mea lako inā huli ‘oe i Original Medicare?

Inā ‘a’ole ‘oe i loa’a ka mana o ka mea DME i kou manawa e ho’olālā ai, pono ‘oe e hana i 13 mau uku hou hemo ‘ole ma hope o kou ho’ololi ‘ana i Original Medicare i mea e loa’a ai ka mana o ka DME mea. ‘O nā uku āu i hana ai i kā ‘ole e ho’olālā ‘ia e helu ‘ia i mau uku ‘uuku 13.

La’ana 1: Ua hana ‘oe i 12 a i ‘ole nā uku hemo ‘ole no ka mea i Original Medicare a laila hui pū ‘oe me kā mākou ho’olālā. ‘A’ole helu ‘ia nā uku āu i hana ai ma Original Medicare. Pono ‘oe e hana i ka 13 uku i kā hā’awi ‘ia e ho’olālā ma mua o ka loa’a ‘ana o ka mana o ka mea.

La’ana 2: Ua hana ‘oe i 12 a i ‘ole nā uku hemo ‘ole no ka mea i Original Medicare a laila hui pū ‘oe me kā mākou ho’olālā. ‘A’ole i loa’a iā ‘oe ke kuleana o ia mea i loko o kā mākou ho’olālā. Laila ho’i ‘oe i Original Medicare. Pono ‘oe e hana i 13 mau uku hou hemo ‘ole e loa’a ai ka mana o ka mea i ka manawa e hui pū ‘oe me Original Medicare hou. ‘A’ole helu ‘ia nā uku āu i hana ai (inā i kā mākou ho’olālā a i ‘ole Original Medicare).

Mokuna 3 Ke ho'ohana nei i kā mākou ho'olālā no kāu mau lawelawe lapa'au a me nā lawelawe i uhi 'ia

Pauku 7.2 Nā lula no nā lako oksigen, nā lako, a me ka mālama 'ana

Inā kūpono 'oe no ka uhi 'ana i nā lako oksigen Medicare Wellcare 'Ohana Dual Align (HMO-POS D-SNP) e uhi:

- 'O ka ho'olimalima 'ana i nā lako oksigen
- Ka lawe 'ana i ka oksigen a me nā mea i loko o ka oksigen
- Nā paipu a me nā mea pili oksigen e lawe ana i ka oksigen a me nā mea i loko o ka oksigen
- Mālama a mālama i nā lako oksigen

Inā ha'alele 'oe iā Wellcare 'Ohana Dual Align (HMO-POS D-SNP) a 'a'ole pono 'oe i nā lako oxygen, a laila pono e ho'ihō'i 'ia nā lako oxygen.

He aha ka hana inā ho'olālā 'oe i kāu ho'okō a ho'i i Original Medicare?

Koi 'o Original Medicare i kahi mea ho'olako oksigen e hā'awi iā 'oe i nā lawelawe no ka 5 mau makahiki. I ka wā o nā mua 36 e ho'olimalima maika'i 'oe i nā lako. Ke koena o nā ho'olālā 24 e hā'awi ka mea ho'olako i nā lako a me ka mālama 'ana (kuleana 'oe no ka uku hui kōkua no ka oxygen). Ma hope o ka 5 mau makahiki hiki iā 'oe ke koho e noho me ka hui like a hele aku i kahi hui 'ē a'e. Ma kēia manawa, ho'omaka hou ka pō'ai 5 makahiki, 'oiai inā noho 'oe me ka hui like, e koi ana iā 'oe e uku i nā uku kōkua no ho'olālā mua 36. 'O ka hui 'oe a ha'alele paha i kā manawa inā 'oiai e ho'olālā, e ho'omaka hou ana ka pō'ai 5 makahiki.

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)**MOKUNA 4:****Ka Papa Pomaikai Lapa'au****(nā mea i uhi 'ia)****PAUKU 1 Ka hoomaopopo ana i nā lawelawe i uhi 'ia**

Ho'opa'a 'ia ka Papa Pomaikai Lapa'au i kāu mau nā lawelawe i uhi 'ia ma ke 'ano he lālā o kā mākou ho'olālā. Hā'awi pū kēia āpana i ka 'ike e pili ana i nā lawelawe lapa'au i uhi 'ole 'ia a wehewehe i nā palena o kekahi mau lawelawe.

Pauku 1.1 'A'ole 'oe e uku i kekahi mea no kāu mau nā lawelawe i uhi 'ia

No ka loa'a iā 'oe ke kōkua mai ka Hawaii Med-QUEST Division Program (Medicaid), 'a'ole 'oe e uku no kāu mau nā lawelawe i uhi 'ia inā 'oe e hahai i nā lula o kā mākou ho'olālā no ka mālama 'ana. (E hele i ka Mokuna 3 no ka 'ike hou aku e pili ana i nā lula o nā ho'olālā no ka loa'a 'ana o kāu mālama.)

Pauku 1.2 He aha ka mea e uku nui loa ai 'oe no nā lawelawe lapa'au i uhi 'ia ma Medicare Part A me Part B?

Nānā: No ka loa'a pū 'ana o kā mākou lālā i ke kōkua mai Medicaid, li'ili'i loa nā lālā i hiki i kēia waho o ka 'eke ki'eki'e. 'A'ole 'oe e mālama i ka uku 'ana i Ki'eki'e i waho-o-'eke Ka nui i ka 'oi loa o ka huina nui o nā pākeke no kou mau lawelawe Māhele A me Māhele B i uku 'ia.

No ka mea ho'opa'a inoa 'oe i kahi Ho'olālā Medicare Advantage, aia he palena i ka nui āu e uku ai i kēlā me kēia makahiki no nā lawelawe lapa'au i uhi 'ia ma lalo o Medicare Part A me Part B. Ua kapa kēia palena 'o ka nui i waho o ka 'eke (MOOP) no nā lawelawe lapa'au. **No ka makahiki kalena 2026, 'o kēia MOOP nui he \$9,250.**

'O nā helu āu e uku ai no nā uku hui and hō'oiā like no nā lawelawe i uhi 'ia e helu 'ia i kēia huina nui o ka nui o waho o ka 'eke. O nā kālā āu e uku ai no kāu uku ho'okō a no kāu Māhele D Laau Laau 'a'ole helu 'ia i Ki'eki'e i waho-o-'eke Ka nui. Eia kekahi, 'a'ole helu 'ia kekahi mau lawelawe e uku ai i kāu Ki'eki'e i waho-o-'eke Ka nui. Ua hō'ailona 'ia kēia mau lawelawe me kahi asterisk (*) ma ka Papa Pomaikai Lapa'au. Inā hiki iā 'oe ke hiki i ka nui i waho o ka 'eke o \$9,250 'a'ole 'oe e pono e uku i kekahi 'ai waho o ka 'eke no ke koena o ka makahiki no nā lawelawe i uhi 'ia ma Māhele A me Māhele B. Eia na'e, pono 'oe e ho'omau i ka uku 'ana i ka uku Medicare Part B (mālama 'ole inā uku 'ia kāu uku uku Māhele B no 'oe e ka Hawaii Med-QUEST Division Program (Medicaid) a i 'ole kekahi 'ao'ao 'ekolu).

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)**PAUKU 2 Hō'ike ka Papa Pomaikai Lapa'au i kāu mau pomaikai olakino a me nā koina**

O ka Papa Pomaikai Lapa'au ma nā 'ao'ao a'e e papa inoa i nā lawelawe i uhi 'ia e kā mākou ho'olālā (Māhele D Laau Laau ma ka Mokuna 5). Ua uhi 'ia nā lawelawe i helu 'ia ma ka Papa Pomaikai Lapa'au inā hālāwai nā koi uhi 'ana e pili ana:

- Pono e hā'awi 'ia kāu mau lawelawe i uhi 'ia e Medicare a me Hawaii Med-QUEST Division Program (Medicaid) e like me nā lawelawe i uhi 'ia Medicare a me Hawaii Med-QUEST Division Program (Medicaid).
- Pono nā lawelawe āu (me ka mālama lapa'au, nā lawelawe, nā lako, nā mea, a me nā lā'au lapa'au Māhele B) e *kūpono* lapa'au. 'O ka 'ano kūpono lapa'au 'o ia ho'i he pono nā lawelawe, nā lako, a i 'ole nā lā'au lapa'au no ka pale 'ana, ka ho'ā'o 'ana, a i 'ole ka mālama 'ana i kāu kino kino lapa'au a hālāwai me nā kūlana i 'ae 'ia o ka hana lapa'au.
- No nā mea ho'opa'a inoa hou, pono ka ho'olālā mālama hui pū MA e hā'awi i kahi manawa ho'oili lī'ili'i o 90 lā, i ka wā e like ai me ka lō'ihi o ka noi'i, 'a'ole koi 'ia ka ho'olālā hou MA i ka mua mana 'ae no kekahi ala mālama, 'oiai inā ho'okō 'ia ka ala mālama no kahi lawelawe i ho'omaka 'ia me kahi i waho o- mea ho'olako pūnaewe.
- Loa'a iā 'oe kahi mea mālama mua (he PCP) e ho'olako a mālama i kāu mālama.
- O kekahi o nā lawelawe i helu 'ia ma ka Papa Pomaikai Lapa'au ua 'ia wale *nō inā* loa'a i kāu kauka'i 'ole kekahi Mea ho'olako pūnaewe uhi 'ē a'e ka 'ae mua (i kapa 'ia ho'i he mua mana 'ae). 'O nā lawelawe i uhi 'ia e pono ka 'ae mua ua hō'ailona 'ia ma ka Papa Pomaikai Lapa'au i ka Italia.
- Inā hā'awi kāu ho'olālā mālama hui i ka 'ae 'ana i kahi noi mua mana 'ae no kahi ala mālama, pono ka 'ae 'ana e kūpono no ka lō'ihi o ka lō'ihi a me ka pono i mea e pale aku ai i nā ho'ololi 'ana i ka mālama 'ana e like me nā kūlana uhi pili, kāu mo'olelo lapa'au, a me ka 'ōlelo a'o o ka mea mālama.

Nā mea ko'iko'i 'ē a'e e 'ike e pili ana i kā mākou uhi 'ana:

- Ua uhi 'ia 'oe e Medicare a me ka Hawaii Med-QUEST Division Program (Medicaid). 'O Medicare ke uhi nei i ka mālama olakino a me nā lā'au lapa'au kuhikuhi. Mālama 'o Hawaii Med-QUEST Division Program (Medicaid) i kāu ka'ana like 'ana no nā lawelawe Medicare, me nā mea unuhi Medicare and uku hui a hō'oia like huina no ho'omanawanuia me nā lawelawe o ka haukapila ma waho a me nā kipa ke'ena kauka. Ho'opili ka Hawaii Med-QUEST Division Program (Medicaid) i nā lawelawe 'a'ole e uhi 'ia e Medicare e like me ka mālama lō'ihi, kekahi mau lā'au ma luna o ka-heluhelu, a me nā lawelawe home a me ka nohona ola.
- E like me nā ho'olālā ola Medicare a pau, ua uhi mākou i nā mea a pau i uhi 'ia e Original Medicare. (No ka 'ike hou aku e pili ana i ka uhi a me nā koina o Original Medicare, e hele i kāu *Medicare & 'oe* 2026 puke ha'awina.

E nānā iā ia ma ka pūnaewe ma www.Medicare.gov a i 'ole e noi i kope ma ke kelepona 'ana 1-800-MEDICARE (1-800-633-4227). TTY mea ho'ohana kelepona iā 1-877-486-2048.)

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

- No nā lawelawe pale hana i uhi 'ia me ka uku 'ole ma lalo o Original Medicare, ua uhi pū 'ia i ka lawelawe 'ana me ka uku 'ole inā 'oe.
- Ho'ohui 'o Medicare i ka uhi no ka lawelawe hou 'ana i ka makahiki 2026, e uhi 'ia kēlā me kēia makahiki lawelawe e Medicare ai 'ole kā lākou lawelawe inā ho'olālā.
- Ma lalo o kā mākou ho'olālā, e hā'awi mākou i ka uhi 'ana no kekahi mau pomaikai o ka Hawaii Med-QUEST Division Program (Medicaid) e like me ka mea i koi 'ia ma kā mākou 'aelike me kāu Ke'ena Ho'okele Medicaid Moku'āina. Ho'ohālike 'ia nā pomaikai i uhi 'ia ma lalo o ka ho'olālā ma ka Papa Pomaikai Lapa'au i ka Mokuna 4. Hō'ike pū ka Papa Pomaikai Lapa'au i kekahi mau palena pōmaika'i a i 'ole nā 'ae i pili. No ka Hawaii Med-QUEST Division Program (Medicaid) nā lawelawe i uhi 'ia, e 'olu'olu e nānā i ka ho'olālā Pomaikai hō'ulu'ulu mana'o o Nā pomaikaika papa inoa piha o nā pono i uhi 'ia e ka Hawaii Med-QUEST Division Program (Medicaid). Inā 'a'ole 'oe i loa'a kahi Hō'ulu'ulu mana'o o Nā pōmaika'i, e 'olu'olu e kelepona i Nā lawelawe Lālā a e noi iā lākou e ho'ouna iā 'oe i kahi kope. 'O kāu ka'ana like 'ana no ka Hawaii Med-QUEST Division Program (Medicaid) nā lawelawe i uhi 'ia, inā loa'a, ua ho'okumu 'ia ma kāu pae o ka Hawaii Med-QUEST Division Program (Medicaid).
- Inā 'oe i loko o kā mākou ho'olālā 6 mau mahina i mana'o 'ia he kūpono mau, e ho'omau mākou i ka hā'awi 'ana i nā pomaikai Medicare i uhi 'ia e ka Ho'olālā Medicare Advantage. Eia nō na'e, i loko o kēia manawa, 'a'ohē kuleana o ka Ho'olālā Medicare Advantage no ka uhi 'ana i nā pōmaika'i 'o Hawaii Med-QUEST Division Program (Medicaid) i ho'okomo 'ia ma lalo o kāu Ho'olālā Moku'āina Medicaid.

A'ole 'oe e uku i kekahi mea no nā lawelawe i helu 'ia ma ka Papa Pomaikai Lapa'au, inā hālāwai 'oe i nā koi uhi i wehewehe 'ia ma luna.

'Ikepili Pōmaika'i Ko'iko'i no ka po'e i kākau inoa me nā kūlana ma'amau

- Inā 'ike 'ia 'oe me kēia ma'i (mau) i hō'ike 'ia ma lalo nei a ho'okō i kekahi mau koina, hiki paha iā 'oe ke koho i nā pomaikai ho'ohui kūikawā no ka ma'i.
 - **Nā ma'i autoimmune (me ka Ma'i 'ā'i 'ino)**
 - **Ka ma'i**
 - **O nā ma'i Cardiovascular (me Ka ma'i ki'eki'e)**
 - **O ka ma'i ho'ohana 'ana i ka wai'ona a me nā ma'i ho'ohana lā'au 'ē a'e (SUD)**
 - **Ka pu'uwai ho'omau**
 - **'O nā ma'i māmā**
 - **'O nā kūlana olakino no'ono'o a me ke kīnā 'ole**
 - **O ka ma'i 'ōpū mama'i mau loa (e pili ana i nā pilikia 'ōpū-mama'i mau)**
 - **Ma'i iwi hū mau (CKD)**
 - **Nā kūlana me nā pilikia hana (e pili ana i 'O ka ma'i ma'i renal pae hope (ESRD), Ma'i 'Oni 'Āpana Hope, Osteoporosis (ma'i iwi), Osteoarthritis)**
 - **Nā kūlana e koi ana i nā lawelawe mālama mau e hiki ai i nā kānaka ke mālama a i 'ole e mālama i ka hana (e pili ana i ka Ma'i 'eha 'i'o 'i'o)**

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

- **Nā kūlana pili me ka ho'oweliweli no'ono'o (e pili ana i ka Down Syndrome)**
- **Dementia**
- **Ma'i kō mellitus**
- **Endometriosis**
- **HIV/AIDS**
- **Nā pilikia neurological**
- **Ma'i kaumaha 'oi aku, momona, a me ka pū'ulu metabolic (e pili ana i ka Hyperlipidemia/Dyslipidemia)**
- **Ma hope o ka ho'opuka i 'ili kino**
- **'O nā ma'i hematologic ko'iko'i**
- **Ka'i 'ana**
- Loa'a i kāu ho'olālā nā Pōmaika'i Ho'ohui Kūikawā no ka ma'i (SSBCI). Hā'awi 'ia kēia mau pomaikai ho'ohui i nā lālā ki'eki'e o ka ma'i i ho'okō pū i nā koina hou no ka pono.
- **Pono nā lālā e ho'okō a mālama i nā koina kūpono 'ekolu ma lalo nei no ke koho 'ana:**
 1. Pono ka lālā i ka **mālama hohonu**.
 2. Pono ka lālā ma **pilikia nui** no ka halemai i manao ole ia.
 3. Pono ka lālā e loa'a i ka hō'ailona ma'i i kau 'ia a holo no ka kūlana ma'i mau e kūpono ai. Pono ke kūlana ma'i **weliweli i ke ola a i 'ole ka palena nui i ke olakino holo'oko'a a i 'ole ka hana o ka lālā**.
- E ho'omaopopo aku 'o Wellcare iā 'oe inā kūpono 'oe, a e loa'a iā 'oe he leka me nā kuhikuhi e pili ana i ke 'ano e hiki ai ke komo i ka pōmaikai.
- Hiki i nā lālā hou ke kūpono no nā pomaikai SSBCI inā hō'oiā ka mea hā'awi lā'au i kāu e ho'okō ana i nā kūlana kūpono.
- Hiki ke pili i nā kope a i 'ole nā koina 'ē a'e i uhi 'ole 'ia e kāu ho'olālā.
- Pono ka hō'oiā 'ana ua ho'okō 'ia nā koina āpau ma mua o ka loa'a 'ana o kēia mau pomaikai.
- Ho'opau nā pomaikai āpau ma 12/31/2026 a koi 'ia nā lālā e hō'oiā hou i kēlā me kēia makahiki ho'olālā.
- No ka nā 'ike hou aku, e hele i ka lālani *Nā Pōmaika'i Ho'ohui Kūikawā no ka ma'i ma'i* ma ka Papa Pomaikai Lapa'au ma lalo nei.
- E kelepona mai iā mākou e 'ike pono i nā pomaikai āu e 'ae ai.



Hō'ike kēia 'āpala i nā lawelawe pale i loko o ka Papa Pomaikai Lapa'au.

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)**Papa Pomaikai Lapa'au**

Hana i uhi 'ia	he aha kāu e uku ai
No ka Hawaii Med-QUEST Division Program (Medicaid) nā lawelawe i uhi 'ia, e 'olu'olu e nānā i ka ho'olālā pomaikai Hō'ulu'ulu mana'o o Nā pōmaika'i ka papa inoa piha o nā pomaikai i uhi 'ia e ka Medicaid. Inā 'a'ole 'oe i loa'a kahi Hō'ulu'ulu mana'o o Nā pōmaika'i, e 'olu'olu e kelepona i Nā lawelawe Lālā a e noi iā lākou e ho'ouna iā 'oe i kahi kope. 'O kāu ka'ana like 'ana no nā lawelawe i uhi 'ia Medicaid, inā loa'a, e pili ana i kou pae o ke kūpono Medicaid. E 'olu'olu e kelepona aku i kāu 'āpana Medicaid kūloko e ho'oholo i kāu pae o ka ka'ana 'ana i nā koina.	
 Ka nānā 'ana no ka pehu 'ana o ke a'a nui o ka 'ōpū 'O kahi ultrasound ho'okolohua ho'okahi manawa no nā kānaka i loko o ka maka'u. Uhi wale ka ho'olālā inā he kauka'i ho'o'ai inā he kauka'i ho'ohua inā he loa'a iā 'oe kahi kuhikuhi no ia mai kou kauka, kōkua kauka, kahu hānai, ai 'ole luna lapa'au.	'A'ohe hō'ōia like, uku hui, a i 'ole Hiki ke unuhi no nā lālā kūpono no kēia ho'okolohua pale.
Acupuncture no ka 'eha lōpū lō'ihī Nā lawelawe i uhi 'ia: A hiki i 12 huaka'i i loko o 90 mau lā i uhi 'ia no nā mea pono 'o Medicare ma lalo o kēia mau kūlana: No ka pomaikai o kēia pōmaika'i, wehewehe 'ia ka 'eha lōpū lō'ihī ma ke 'ano he: • He 12 mau pule a 'oi paha ka lō'ihī; • 'ole, 'a'ohe mea, 'a'ohe kumu 'ōnaehana i 'ike 'ia ('o ia ho'i, 'a'ole pili me ka metastatic, 'āhuehue, mai lele ma'i, keu.); • 'a'ole pili me ka 'oki'oki; • 'a'ole pili me ka hāpai 'ana. E uhi 'ia nā 8 huaka'i hou a'e no kēlā po'e ma'i i ka hō'ike i ka holomua 'ana. 'A'ohe ma mua o 20 nā lā'au acupuncture e ho'opa'a 'ia i kēlā me kēia makahiki. Pono e ho'opau i ka mālama 'ana inā 'a'ole e ho'omaika'i ka mea ma'i a i 'ole e ho'i i hope. Nā koi Mea Ho'oikaika: Hiki i nā Kauka (e like me ka wehewehe 'ia ma 1861(r)(1) o ke Kumukānāwai Palekana Pono (ke Kumukānāwai)) ke ho'olako i ka acupuncture e like me nā koi kūloko pili.	\$0 copay no ka acupuncture i uhi 'ia e Medicare i loa'a i kahi ke'ena PCP. \$0 copay no ka acupuncture i uhi 'ia e Medicare i loa'a i kahi ke'ena Specialist. <i>Pono e loa'a mua ka 'ae.</i> \$0 copay no ka acupuncture i uhi 'ia e Medicare i loa'a i kahi ke'ena Chiropractor. <i>Pono e loa'a mua ka 'ae.</i>

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
Acupuncture no ka 'eha lōpū lō'ihī - ho'omau Hiki i nā kōkua kauka (PA), nā mea mālama nēluke (NP)/ nā luna kauka (CNS) (e like me ka 'ike 'ia ma 1861(aa)(5) o ke Kumukānāwai), a me nā limahana kōkua ke ho'olako i ka acupuncture inā pili lākou i nā koi kūloko a pau a loa'a iā lākou: • he pākaukau pā kula ai 'ole pākaukau doctoral i ka acupuncture ai 'ole lā'au 'ōpio no ke kula i hō'ōia 'ia e ka Ke Komisina Ho'omaika'i no ka Acupuncture a me ka Lapa'au Hikina (ACAOM); a, • he laikini i kēia manawa, piha, hana, a me ka palena 'ole e ho'oma'ama'a i ka lapa'au 'a'ai ma kahi Moku'āina, 'āina, a hui aupuni paha ('o ia ho'i, Puerto Rico) o 'Amelika Hui Pū 'Ia, ai 'ole District of Columbia. Pono nā limahana kōkua e hana i ka acupuncture ma lalo o ka nānā 'ana o kahi kauka kūpono, PA, a i 'ole NP/CNS e koi 'ia e kā mākou mau kānāwai ma 42 CFR §§ 410.26 a me 410.27. Acupuncture no nā kūlana 'ē a'e 'O kā mākou ho'olālā ho'i e uhi i nā lawelawe acupuncture ('a'ole i uhi 'ia e Medicare) a hiki i ka huaka'i he 24 i kēlā me kēia makahiki. I ka hapanui o nā hihia, pono 'oe e ho'ohana i kahi mea ho'olako i ku'ikahi 'ia e loa'a nā lawelawe i uhi 'ia. E 'olu'olu e kelepona aku i kā mākou ho'olālā inā he mau nīnau kāu e pili ana i ke 'ano o ka ho'ohana 'ana i kēia pōmaika'i. Nā lawelawe acupuncture i uhi 'ia me: • Ho'okolohua mea ma'i hou a i 'ole ho'okolohua mea ma'i i ho'okumu 'ia no ka nānā mua 'ana i kahi mea ma'i hou a i 'ole ho'onui hou • Nā ho'okolohua mea ma'i i ho'okumu 'ia (i loko o 3 mau makahiki mai ka ho'okolohua hou) • Nā kipa o ka ke'ena i ka ho'omau 'ana—hiki ke pili i nā lawelawe acupuncture a i 'ole ho'okolohua hou • Luna'elua me kahi mea ho'olako 'oko'a i loko o ka pūnaeweale • Nā lawelawe pilikia a pilikia No ke kōkua 'ana i kahi mea ho'olako pūnaeweale, hiki iā 'oe ke kelepona i Nā lawelawe Lālā.	\$0 copay no kēlā me kēia huaka'i acupuncture hou a'e ('a'ole i uhi 'ia e Medicare).* <i>Pono e loa'a mua ka 'ae.</i>

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
Nā lawelawe Ambulance O nā lawelawe ambulance i uhi 'ia, inā he pilikia a 'a'ohe pilikia, e komo pū me ka moku mokulele, moku mokulele, a me nā lawelawe ka'a lapa'au pilikia, i ka manawa kūpono e kokoke loa e hiki ke hā'awi i ka mālama 'ana inā loa'a i kahi lālā ka mea kino kino i loa'a i kekahi 'ano 'ē a'e o ke ka'a i ke 'ano o ka mea'ai ho'olālā. Inā 'a'ole no kahi pilikia nā lawelawe ambulance i uhi 'ia, pono e palapala 'ia ka pilikia o ka lālā inā loa'a i ka lālā inā pilikia i ke olakino o ka mea a 'o ka ka'a 'ana ma ke ka'a i koi 'ia e ka lā'au.	\$0 copay no kēlā me kēia huaka'i ho'okahi ala no nā lawelawe ambulance honua i uhi 'ia e Medicare. <i>Pono e loa'a mua ka 'ae no nā mokulele moku mokulele a me ka ka'a 'ole pilikia.</i> \$0 copay no kēlā me kēia huaka'i ho'okahi ala no Nā lawelawe mokulele lapa'au pilikia uhi 'ia e Medicare. <i>Pono e loa'a mua ka 'ae no nā mokulele moku mokulele a me ka ka'a 'ole pilikia.</i> 'A'ole i ho'oku'u 'ia ka ka'ana i nā koina inā ho'okomo 'ia 'oe i ka mālama 'ana i ka haukapila ma lalo.
Ka nānā kino ma'amau o kēlā me kēia makahiki Ho'olako 'ia ka ho'okolohua kino makahiki i nā 'ōnaehana pu'uwai, pu'uwai, 'ōpū, a me nā 'ōnaehana neurological, a me ka ho'okolohua pono'i o ke kino (e like me ke po'o, 'ā'i a me nā lima) a me ka mo'okū'auhau lapa'au/'ohana kiko'i, a me nā lawelawe i komo i loko o Ka huaka'i ola kino o kēlā me kēia Ke ola kino makahiki. Eia nā la'ana o nā lawelawe i hiki ke hana a kauoha 'ia i kāu ho'okolohua: • Lawe i nā ana ma'amau (ke ki'eki'e, ke kaumaha, ke koko) • E loiloi i nā kumu pilikia no nā ma'i hiki ke pale 'ia • E nānā i nā ho'ohuli a me nā hō'ailona ko'iko'i • O ka ho'ā'o 'ana o ke ke'ena ho'okolohua (nā mimi a me ke koko)	\$0 copay no ka ho'okolohua Ka nānā kino ma'amau o kēlā me kēia makahiki.*

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
 Ka huaka'i ola kino o kēlā me kēia makahiki Inā loa'a iā 'oe ka Māhele B no ka 'oi aku o 12 mau ho'olālā, hiki iā 'oe ke loa'a i kahi Ka huaka'i ola kino o kēlā me kēia makahiki e ho'omohala a i 'ole e hō'ano hou i kahi pilikino pho'iho'i hou ho'olālā e pili ana i kou olakino o kēia manawa a me nā kumu maka'u. E uhi kā mākou ho'olālā i ka huaka'i olakino makahiki Ke ola kino i kēlā me kēia makahiki alemanaka. Nānā: 'A'ole hiki i kāu Ka huaka'i ola kino o kēlā me kēia makahiki mua ke hana i loko o ka 12 mau mahina o kāu <i>Welina iā Medicare</i> mālama. Eia na'e, 'a'ole pono 'oe e loa'a i kahi huaka'i <i>Ho'okipa i ka Medicare</i> e uhi 'ia ai Ka huaka'i ola kino o kēlā me kēia makahiki ma hope o ka loa'a 'ana o ka Māhele B no 12 mahina.	'A'ohe hō'oia like, uku hui, a i 'ole Hiki ke unuhi no Ka huaka'i ola kino o kēlā me kēia makahiki kino makahiki.
 Ho'okō 'ana i ka pa'a iwi 'A'ole nā kānaka kūpono ('ike ma'amau, 'o ia nā kānaka ma kahi maka'u e nalowale i ka pa'a iwi 'a'ole ka maka'u o ka osteoporosis), e uhi 'ia kēia mau lawelawe i kēlā me kēia 24 ho'olālā ai 'ole inā pono e ho'i i ke kino: nā ka'ina hana e 'ike ai i ka nui o ka iwi, 'ike i ka nalowale o ka iwi, a i 'ole ka ho'oholo 'ana i ka maika'i o ka iwi, me ka wehewehe 'ana a ke kauka i nā hopena.	'A'ohe hō'oia like, uku hui, a i 'ole Hiki ke unuhi no ka Ana 'ana i ka nui o nā iwi i uhi 'ia e Medicare.
 Hō'ike ka ma'i 'ā'i (mammograms) Nā lawelawe i uhi 'ia: • 'O ho'okahi laina kumu mammogram ma waena o nā makahiki 35 a me 39 • Ho'okahi kānana mammogram i kēlā me kēia 12 ho'olālā no nā wahine he 40 a 'oi aku. • Nā ho'okolohua umauma lapa'au i kēlā me kēia 24 ho'olālā	'A'ohe hō'oia like, uku hui, a i 'ole Hiki ke unuhi no nā mammograms ho'okolohua i uhi 'ia.

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
Nā lawelawe ho'ōla ma'i pu'uwai Ho'olako 'ia nā papahana ho'ōla piha o Nā lawelawe ho'ōla pu'uwai e komo pū me ka ho'oma'ama'a kino, ho'ona'auao, a me ke a'o 'ana no nā lālā e ho'okō i nā kūlana me ke kauoha kauka. Ho'olako pū ka ho'olālā pu'u i nā helu ho'ouwai ko'iko'i i ka ma'amaui i ka ikaika a 'oi aku ka ikaika ma mua o nā manawa ho'ōla pu'uwai.	\$0 copay ma mua no Nā lawelawe ho'ōla pu'uwai ma o Medicare. \$0 copay no Nā lawelawe ho'ōla pu'uwai i uhi 'ia e Medicare.
 Ho'okumu i ka ho'ēmi 'ana i ka maka'u ma'i pu'uwai (lapa'au no ka ma'i pu'uwai) Ho'opili mākou i ho'okahi huaka'i i kēlā me kēia makahiki me kou kauka mālana mua e kōkua i ka ho'ēmi 'ana i kou maka'u no ka ma'i pu'uwai. I kēia huaka'i, hiki i kou kauka ke kūkākūkā i ka ho'ohana 'ana i ka aspirin (inā kūpono), nānā i kou kaomi koko, a hā'awi iā 'oe i nā 'ōlelo a'oa'o e hō'ōia ai i kou 'ai 'ana i ka mea'ai olakino.	'A'ohe hō'ōia like, uku hui, a i 'ole Hiki ke unuhi no ka lapa'au 'ano hana ho'ēmi i ka ma'i pu'uwai.
 Nā ho'o'ahu ma'i pu'uwai Nā ho'okolohua koko no ka 'ike 'ana i ka ma'i pu'uwai (a i 'ole nā 'ano ko'iko'i i pili me ka hiki ke ho'onui 'ia ka maka'u o ka ma'i pu'uwai) ho'okahi manawa i kēlā me kēia 5 makahiki (60 ho'olālā).	'A'ohe hō'ōia like, uku hui, a i 'ole Hiki ke unuhi no ka ho'okolohua ma'i pu'uwai i uhi 'ia i ho'okahi manawa i kēlā me kēia 5 makahiki.
 Hō'ike ka ma'i 'ā'i a me ka ma'i Nā lawelawe i uhi 'ia: - No nā wāhine a pau: Pap tests a me nā ho'okolohua pelvic i uhi 'ia ho'okahi manawa i kēlā me kēia 24 mahina - Inā he ki'eki'e kou maka'u o ka ma'i 'a'ai ai 'ole ke hiki i ka hānau keiki a loa'a iā 'oe kahi pap ho'opa'a pono 'ole i loko o nā makahiki 3 i hala iho nei: ho'okahi pap lole i kēlā me kēia 12 mahina	'A'ohe hō'ōia like, uku hui, a i 'ole Hiki ke unuhi no nā ho'okolohua pap a me nā ho'okolohua pelvic pale 'ana i uhi 'ia e Medicare.

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
Nā lawelawe Chiropractic Nā lawelawe i uhi 'ia: - Ka ho'opa'a lima 'ana i ke kua e ho'oponopono i ka subluxation Ho'olako pū kā mākou ho'olālā i nā kipa chiropractic hou ('a'ole i uhi 'ia e Medicare) a hiki i ka huaka'i he 12 i kēlā me kēia makahiki. 'O nā lawelawe chiropractic hou ('a'ole i uhi 'ia e Medicare) e kāko'o i ke kua, ka 'ā'i, a i 'ole nā iwi o nā lima a me nā wāwae i kaupalena 'ia e ka pono lapa'au. Nā lawelawe chiropractic i uhi 'ia: - He ho'okolohua ho'omaka (Ho'okolohua Mea Ma'i Hou a i 'ole Ho'okolohua Mea Ma'i i ho'okumu 'ia no ka nānā mua 'ana i kahi pilikia olakino hou a i 'ole ho'onui hou) - Nā ho'okolohua hou (Ho'okolohua mea ma'i i ho'okumu 'ia, inā pono e nānā i ka holomua a i 'ole ho'oponopono i ka mālama 'ana), Ho'opa'a 'ia ke kua, a i 'ole nā lawelawe 'ē a'e (hiki ke hā'awi 'ia kēia mau lawelawe ma ka huaka'i like me ka ho'okolohua) - Nā lawelawe X-ray a me ka papa hana i ho'olako 'ia a i 'ole kuhikuhi 'ia e kahi chiropractor i ku'ikahi 'ia. Nā lawelawe X-ray a me ka papa hana i hana 'ia ma waho o kahi huaka'i mea ma'i hou a i ho'okumu 'ia paha e ho'oka'awale i kahi copay kiko'i. No ke kōkua 'ana i kahi mea ho'olako pūnaewe, hiki iā 'oe ke kelepona i Nā lawelawe Lālā. Nānā: 'O ka uhi 'ana o nā lawelawe chiropractor ma'amau he pōmaika'i hou i hā'awi 'ia e ka ho'olālā. A'ole 'o Medicare a me Hawaii Med-QUEST Division Program (Medicaid) e uku i kāu māhele o ke kumukū'ai no kēia mau lawelawe.	\$0 copay no nā lawelawe chiropractic i uhi 'ia e Medicare. <i>Pono e loa'a mua ka 'ae.</i> \$0 copay no kēlā me kēia ho'onui ('A'ole i uhi 'ia e Medicare) chiropractor kipa.* <i>Pono e loa'a mua ka 'ae.</i>

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
Nā lawelawe mālama 'eha a me nā lawelawe lapa'au 'O nā lawelawe i uhi 'ia i kēlā me kēia ho'olālā no ka po'e e noho ana me ka 'eha mau loa ('eha mau a 'oi aku ka lō'ihi ma mua o 3 ho'olālā). Hiki i nā lawelawe ke komo i ka loiloi 'eha, ka mālama 'ana i ka lā'au, a me ka ho'onohonoho 'ana a me ka ho'olālā.	E 'oko'a ka ka'ana like 'ana o ke kumukū'ai no kēia lawelawe ma muli o nā lawelawe pilikino i hā'awi 'ia ma lalo o ke 'ano o ka mālama 'ana. E 'ike i ka "Nā lawelawe Kauka/ Ho'oma'ama'a, me ke kipa ke'ena o ke kauka" ma hope aku o kēia pakuhi no nā huina kumukū'ai kūpono no ka mālama mua a i 'ole nā kipa ke'ena loa i uhi 'ia e Medicare kahi i ho'olako 'ia ai kēia mau lawelawe.
 Ka ho'okolohua ma'i 'a'ai o ke kōpū Ho'olako 'ia nā ho'okolohua a'e: • A'ohe palena o ka colonoscopy a i 'ole ka palena o ka makahiki a ua uhi 'ia i ho'okahi manawa i kēlā me kēia 120 mahina (10 makahiki) no nā po'e ma'i 'a'ole i pilikia nui, a i 'ole 48 mau mahina ma hope o kahi sigmoidoscopy ma'alahi ma mua no nā po'e ma'i 'a'ole pilikia nui no ka ma'i ma'i colorectal, a ho'okahi manawa i kēlā me kēia 24 mahina no nā po'e ma'i ki'eki'e ma hope o kahi colonoscopy screening mua. • 'O ka colonography computed tomography no nā po'e ma'i 45 makahiki a 'oi a'e 'a'ole i loa'a i ka nui o ka ma'i kanesa colorectal a ua uhi 'ia i ka hala 'ana o 59 mau ho'olālā ma hope o ka ho'olālā i hana 'ia ai ka nānā 'ana i ka colonography computed tomography a i 'ole 47 mau ho'olālā i hala ma hope o ka ho'olālā i hana 'ia ai ka sigmoidoscopy flexible a i 'ole ka colonoscopy screening. No nā po'e ma'i i loa'a i ka ma'i 'a'ai kala, hiki ke uku 'ia no ka nānā 'ana i ka helu 'ana i ka colonography ma hope o ka li'ilii'i o 23 mau ho'olālā i hala ma hope o ka ho'olālā i hana 'ia ai ka kōnana hope loa. • Ho'olālā sigmoidoscopy no nā mea ma'i 45 makahiki a 'oi a'e. Ho'okahi manawa i kēlā me kēia 120 ho'olālā no nā mea ma'i 'a'ole ma kahi maka'u ki'eki'e ma hope o ka loa'a 'ana o kahi ho'ohana colonoscopy.	There is no hō'ōia like, uku hui, a i 'ole hiki ke unuhi 'ia no kahi hō'ike hō'ike 'ana i ka ma'i kanesa colorectal uhi 'ia e Medicare. Inā loa'a a wehe i kāu kauka i kahi polyp a i 'ole nā mea 'ē a'e i ka wā o ka colonoscopy a i 'ole sigmoidoscopy flexible, lilo ka hō'ike i a diagnostic hō'ike a kau 'ia he \$0 copay no nā lawelawe a kāu kauka.

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
 ‘O ka ho’opa’a ma’i ‘a’ai o ke kōpū - ho’omau Ho’o ho’okahi manawa i kēlā me kēia 48 mahina no nā mea ma’i i kūkulu ‘ia i ka pilikia ki’eki’e mai ka sigmoidoscopy ‘ololi hope loa a i ‘ole ka colonography kelepona ho’opa’a ki’i. • Ho’okolohua koko fecal-occult no nā mea ma’i 45 makahiki a ‘oi a’e. Ho’okahi manawa i kēlā me kēia 12 ho’olālā. • Multitarget stool DNA no nā mea ma’i 45 a 85 makahiki a ‘a’ole e ho’okō i nā kūlana maka’u ki’eki’e. Ho’okahi manawa i kēlā me kēia 3 makahiki. • Nā ho’okolohua Biomarker i ho’ohui ‘ia no nā mea ma’i 45 a 85 makahiki a ‘a’ole e ho’okō i nā kūlana maka’u ki’eki’e. Ho’okahi manawa i kēlā me kēia 3 makahiki. • Pili nā ho’opa’a ma’i ‘a’ai colorectal i kahi colonoscopy ho’opa’a ma hope o ka ho’opa’a ma’i ‘a’ai colorectal ‘ole-invasive i uhi ‘ia e Medicare i ho’iho’i ‘ia i kahi hopena maika’i. • Ho’okomo ‘ia nā ho’ā’o ho’ā’o ma’i ‘ili ‘i’o ‘ā’i i kahi sigmoidoscopy ‘ololi i ho’omākaukau ‘ia no ka ho’ā’o a i ‘ole ka colonoscopy ho’ā’o e komo ana i ka ho’opau ‘ana i ka ‘ili a i ‘ole nā mea ‘ē a’e, a i ‘ole nā hana ‘ē a’e i hā’awi ‘ia i pili, i ka hopena, a i ka ‘ike klinika like me ka ho’ā’o ho’ā’o.	
Nā lawelawe niho Ma ke ‘ano ma’amau, ‘a’ole i uhi ‘ia nā lawelawe niho pale (e like me ka ho’oma’ema’e, nā ho’opi niho ma’amau, a me nā x-ray niho) e ka Original Medicare. Eia na’e, uku ‘o Medicare i kēia manawa no nā lawelawe niho i kahi helu palena, ‘o ia ho’i ke lilo e lawelawe ana i mea e koi ai i ka mālama ‘ana i ka hopena lapa’au mua o ka mea kino kino. ‘O kekahi mau la’ana e komo pū me ka hana hou ‘ana i ke ā, ma hope o ka haki ‘ana ai ‘ole ka pō’ino, ka huki ‘ana i nā niho i hana ‘ia i ka ho’oholo ‘ana no ka lā’au lapa’au ma’i ‘a’ai e pili ana i ke ā, ai ‘ole nā ho’o niho ma mua o ka ho’ouka ‘ana i ka hemodialysis. Ho’olako pū mākou: <u>Nā lawelawe niho ho’ohui (i.e., ma’amau)</u> Aia kahi ha’awina pōmaika’i ho’olālā o \$3,000 i kēlā me kēia makahiki no nā lawelawe niho Kahu niho piha i loko o ka pūnaeweale a i waho o ka pūnaeweale.	\$0 copay no kēlā me kēia lawelawe niho i uhi ‘ia e Medicare. <i>Pono e loa’a mua ka ‘ae.</i>

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
Nā lawelawe niho - ho'omau Nou ke kuleana 'oi aku ma mua o ka ha'awina pōmaika'i.* • Ka mālama niho Diagnostic a me ka Pale 'ana (Nā lawelawe i uhi 'ia e komo pū me kēia mau mea.) ○ Nā lawelawe niho Diagnostic 'ē a'e - 1 kēlā me kēia lā i 1 makahiki ho'olālā ma hope o ke 'ano o ka lawelawe 'ana. ○ Nā lawelawe niho Preventive 'ē a'e - 1 i kēlā me kēia lā a hiki i 1 makahiki ma muli o ke 'ano o ka lawelawe • Mālama niho piha ('O nā lawelawe i uhi 'ia me kēia.) ○ Nā lawelawe ho'iho'i - 1 i kēlā me kēia 1 a 7 mau ho'olālā e pili ana i ke 'ano o ka lawelawe 'ana.	Pūnaewe \$0 copay no nā lawelawe niho diagnostic 'ē a'e no ke kipa 'ana.* Pono e loa'a mua ka 'ae. Ma waho o ka Pūnaewe 25% hō'ōia like no nā lawelawe niho diagnostic 'ē a'e i kēlā me kēia kipa.* Pono e loa'a mua ka 'ae. Pūnaewe \$0 copay no kekahi pale aku nā lawelawe niho i kēlā me kēia kipa 'ana.* Pono e loa'a mua ka 'ae. Ma waho o ka Pūnaewe 25% hō'ōia like no nā mea 'ē a'e pale aku nā lawelawe niho i kēlā me kēia kipa 'ana.* Pono e loa'a mua ka 'ae. Pūnaewe \$0 copay no kēlā me kēia lawelawe ho'iho'i.* Pono e loa'a mua ka 'ae.

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
Nā lawelawe niho - ho'omau ○ 'Enedodonika - ○ Pīriodontika - ○ 'O ka 'oki waha/Maxillofacial- 1 no ke ola	Ma waho o ka Pūnaeweale¹ 25% hō'ōia like no kēlā me kēia lawelawe ho'ihō'i.* <i>Pono e loa'a mua ka 'ae.</i> Pūnaeweale \$0 copay no kēlā me kēia lawelawe endodontic.* <i>Pono e loa'a mua ka 'ae.</i> Ma waho o ka Pūnaeweale¹ 25% hō'ōia like no kēlā me kēia lawelawe endodontic.* <i>Pono e loa'a mua ka 'ae.</i> Pūnaeweale \$0 copay no kēlā me kēia lawelawe periodontics.* <i>Pono e loa'a mua ka 'ae.</i> Ma waho o ka Pūnaeweale¹ 25% hō'ōia like no kēlā me kēia lawelawe periodontics.* <i>Pono e loa'a mua ka 'ae.</i> Pūnaeweale \$0 copay like no kēlā me kēia lawelawe waha maxillofacial. * <i>Pono e loa'a mua ka 'ae.</i> Ma waho o ka Pūnaeweale¹ 25% hō'ōia like no kēlā me kēia lawelawe maxillofacial waha.* <i>Pono e loa'a mua ka 'ae.</i>

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
Nā lawelawe niho - ho'omau ○ Prosthodontics, paa - ○ Prosthodontics - hiki ke wehe - 1 i kēlā me kēia 6 ho'olālā a mau 5 makahiki ma muli o ke 'ano o ka lawelawe 'ana. ○ Nā lawelawe ma'amau - palena 'ole i kēlā me kēia makahiki Ma mua o ka loa'a 'ana o nā lawelawe, e 'olu'olu nā lālā e kūkākūkā i kā lākou mau koho mālama 'ana me kahi mea ho'olako komo lawelawe niho ma'amau. Pono e ho'omaka a ho'opau 'ia ka mālama 'ana i ka wā i uhi 'ia e ka ho'olālā i loko o ka makahiki ho'olālā.	Pūnaeweale \$0 copay no kēlā me kēia lawelawe prosthodontic.* <i>Pono e loa'a mua ka 'ae.</i> Ma waho o ka Pūnaeweale 25% hō'ōia like no kēlā me kēia lawelawe prosthodontic.* <i>Pono e loa'a mua ka 'ae.</i> Pūnaeweale \$0 copay no kēlā me kēia lawelawe prosthodontic hiki ke wehe. * <i>Pono e loa'a mua ka 'ae.</i> Ma waho o ka Pūnaeweale 25% hō'ōia like no kēlā me kēia lawelawe prosthodontic hiki ke wehe.* <i>Pono e loa'a mua ka 'ae.</i> Pūnaeweale \$0 copay no kēlā me kēia Lawelawe kōkua ma'amau. * <i>Pono e loa'a mua ka 'ae.</i> Ma waho o ka Pūnaeweale 25% hō'ōia like no kēlā me kēia Lawelawe kōkua ma'amau.* <i>Pono e loa'a mua ka 'ae.</i> Inā koho 'oe e 'ike i kahi niho pūnaeweale, kou waho nā koina o ka 'eke ki'eki'e paha. 'Aole 'aelike 'ia nā mea ho'olako niho ma waho o ka pūnaeweale e 'ae i ka uku uku ma ke 'ano he ho'olālā uku piha.

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
Nā lawelawe niho - ho'omau ‘O ke kumukū'ai o nā lawelawe niho 'a'ole i uhi 'ia e ka ho'olālā ka kuleana o ka lālā. No nā nīnau e pili ana i ke 'ano o ka loa'a 'ana o kahi mea ho'olako, waiho i kahi palapala ho'opi'i, a i 'ole no ka 'ike hou aku e kelepona i Nā lawelawe Lālā. Hiki iā 'oe ke loa'a nā 'ike hou a'e no ka uhi niho, me ka papa inoa kiko'i o nā ka'ina hana i uhi 'ia, ma kā mākou Nā Kiko'i o ka Pomaikai Niho ma: go.wellcare.com/dentalbenefits-hi Nānā: ‘O ka uhi 'ana o nā lawelawe niho ma'amaui 'o ia ke kauoha 'ana i ka ho'ohui 'ana i ka hā'awi 'ia e ka ho'olālā. A'ole 'o Medicare a me Hawaii Med-QUEST Division Program (Medicaid) e uku i kāu māhele o ke kumukū'ai no kēia mau lawelawe. Hiki i nā lālā i kākau inoa 'ia ma Hawaii Med-QUEST Division Program (Medicaid) ke 'ae 'ia no ka ho'opa'a 'ana i nā lawelawe niho hou e ka Moku'āina. Ma mua o ka loa'a 'ana o nā lawelawe niho e nīnau i ka mea ho'olako inā hiki iā lākou ke uku i Hawaii Med-QUEST Division Program (Medicaid) ma ke 'ano he uku lua. E hō'ike pono i ka mea hā'awi aku i kāu kāleka hō'ailona Hawaii Med-QUEST Division Program (Medicaid).	Inā lākou e uku iā 'oe ma mua o ka uku o ka Ho'olālā, aia iā 'oe ke kuleana no ka 'oko'a, 'oia i nā lawelawe i loa'a \$0 copay.
 Nānā kaumaha Ho'opili mākou i ho'okahi ho'okolohua no ka hopohopo i kēlā me kēia makahiki. Pono e hana 'ia ka ho'okolohua i kahi wahi mālama mua e hiki ke ho'olako i ka mālama ho'omau a i 'ole nā kuhikuhi.	‘A'ohe hō'oiā like, uku hui, a i 'ole Hiki ke unuhi no ka huaka'i ho'okolohua hopohopo makahiki.
 ‘O ka kāmāna diabetes Ho'opili i kēia ho'opa'a (me nā ho'opono ho'okē 'ai glucose) inā loa'a iā 'oe kekahi o nā kumu maka'u a'e: ki'eki'e ke koko (hypertension), mo'olelo o nā pae cholesterol a me nā triglycerides kūpono 'ole (dyslipidemia), momona, ai 'ole mo'olelo o ka ki'eki'e o ke koko (glucose). Hiki ke uhi 'ia nā ho'okolohua inā ho'okō 'oe i nā koi 'ē a'e, e like me ka momona a loa'a iā 'oe kahi mo'olelo 'ohana o ka ma'i diabetes.	‘A'ohe hō'oiā like, uku hui, ai 'ole Hiki ke unuhi no nā ho' uhi diabetes i uhi 'ia e Medicare.

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
 O ka kōnana diabetes - hoomau aku Hiki paha iā 'oe ke kūpono no ka 2 mau ho'okahi diabetes i kēlā me kēia 12 ho'olālā ma hope o ka lā o kāu ho'ohana diabetes hou loa.	
 'O ka ho'oma'ama'a ho'okele ma'i diabetes, nā lawelawe ma'i diabetes, a me nā lako. No nā kōnana a pau i loa'a ka ma'i diabetes (nā mea ho'ohana insulin a me nā mea ho'ohana 'ole insulin). Nā lawelawe i uhi 'ia: - Nā lako no ka nānā 'ana i ka glucose koko: ka nānā 'ana i ka glucose koko, nā 'āpana hō'ike koko, nā mea lancet a me nā lancets, a me nā mea ho'onā glucose-control no ka nānā 'ana i ka pololei o nā 'āpana ho'ā'o a me nā mea nānā. - No nā kōnana i loa'a ka ma'i diabetes me ka ma'i wāwae diabetic ko'iko'i: Ho'okahi pākahi pālūa i kēlā me kēia makahiki kalena o nā kāmā'a ma'amaui i hana 'ia no ka ma'i lapa'au (me nā pā i hā'awi 'ia me ia mau kāmā'a) ke 2 hemo 'ia (ma'amaui i hā'awi 'ia me ia mau 3 kāmā'a). Ho'opili 'ia ka ho'oponopono. - Ho'opili 'ia ka ho'oma'ama'a kaohi pono'i diabetes ma lalo o kekahi mau kūlana. O nā huahana Accu-Chek Guide™ a me True Metrix™ e Lifescan kā mākou mea ho'ā'o ma'i kō i makemake 'ia (nā māka'ika'i glucose a me nā 'āpana ho'ā'o). No ka loa'a 'ana o ka 'ike hou aku e pili ana i nā mea ma ka papa inoa lako ho'okolohua diabetes i makemake 'ia, e 'olu'olu e kelepona i Nā lawelawe Lālā.	\$0 copay no nā lako nānā diabetes i uhi 'ia e Medicare. <i>Pono e loa'a mua ka 'ae.</i> Eia nō na'e, hiki iā 'oe ke uku i ka 20% o ka nui no nā huahana a Hawaii Med-QUEST Division Program (Medicaid) 'a'ole uhi 'ia ka. \$0 copay no nā kāmā'a lapa'au i uhi 'ia e Medicare a i 'ole nā pā lapa'au no nā kōnana i loa'a ka ma'i diabetes me ka ma'i wāwae diabetic ko'iko'i. <i>Pono e loa'a mua ka 'ae.</i> Eia nō na'e, hiki iā 'oe ke uku i ka 20% o ka nui no nā huahana a Hawaii Med-QUEST Division Program (Medicaid) 'a'ole uhi 'ia ka \$0 copay no ka ho'oma'ama'a kaohi pono'i diabetes i uhi 'ia e Medicare. Eia nō na'e, hiki iā 'oe ke uku i ka 20% o ka nui no nā huahana a Hawaii Med-QUEST Division Program (Medicaid) 'a'ole uhi 'ia ka

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
 ‘O ka ho’oma’ama’a ho’okele ma’i diabetes, nā lawelawe ma’i diabetes, a me nā lako. - hoomau aku Inā ho’ohana ‘oe i nā lako ho’okolohua diabetes ‘a’ole i makemake ‘ia e ka ho’olālā, e kama’ilio me kou mea ho’olako e ki’i i kahi kauoha hou a i ‘ole e noi i ka mua mana ‘ae no kahi mīkini nānā glucose ‘ē a’e a me nā ‘āahu ho’okolohua.	
Nā lako lapa’au lō’ihi (DME) a me nā lako pili (No ka wehewehe ‘ana o ka lō’ihi lā’au lapa’au mea lako, e nānā i ka Mokuna 12 me Mokuna 3 o kēia puke.) Nā mea i ‘ōlelo ‘ia, akā ‘a’ohe mea hiki ke hana i kēia: nā noho huila, nā ko’oko’o, nā ‘ōnaehana moe mana, nā lako diabetes, nā moe pono i kauoha ‘ia e kahi mea ho’olako no ka ho’ohana ‘ana i ka home, nā ‘ano hana ho’ohehe’e IV, nā hana ‘ōlelo, nā lako oxygen, nā nebul meas a me nā mea hele wāwae. Ho’opili mākou i nā DME pono lapa’au a pau i uhi ‘ia e ka Original Medicare. Inā ‘a’ole loa’a i kā mākou mea ho’olako i kāu wahi kekahi māka a mea, hiki iā ‘oe ke ho’okō iā lākou inā hiki iā lākou ke kauoha ia mea no ‘oe. Loa’a ka papa inoa o nā mea ho’olako hou loa ma kā mākou pūnaewele ma go.wellcare.com/2026providerdirectories.	\$0 copay no nā lō’ihi lā’au lapa’au mea lako i uhi ‘ia e Medicare. <i>Pono e loa’a mua ka ‘ae.</i> \$0 copay no nā lako lapa’au i uhi ‘ia e Medicare. <i>Pono e loa’a mua ka ‘ae.</i> O kāu koina-ka’ana like no ka uhi pū ‘enekini hāhā Medicare ‘o ia \$0 copay i kēlā me kēia 36 mahina. A’ole loli kāu koina-ka’ana like ma hope o 36 mahina i ka ho’okumu ‘ana. Inā ‘oe i hana i 36 mahina o ka uku ho’olimalima no ka uhi ‘ana i nā lako oxygen ma mua o kou kau inoa ‘ana i kā mākou ho’olālā, ‘o kāu ka’ana like ‘ana i kā mākou ho’olālā he \$0 copay.
Mālama pilikia ‘O ka mālama pilikia ke pili i nā lawelawe: • Ho’olako ‘ia e kahi mea ho’olako i kūpono e ho’olako i nā lawelawe pilikia, a • Pono e nānā a i ‘ole ho’opa’a i kahi pilikia lā’au lapa’au kūlana.	\$0 copay no nā huaka’i lumi pilikia i uhi ‘ia e Medicare. Loa’a ‘oe i ka mālama pilikia ma kahi ‘ē a’e inā ‘a’ohe o ka hō’ino a pono ‘oe i ka mālama ma’i ma ka mana’olana o ka pa’a ‘ana o kāu kūlana mālama pilikia, pono ‘oe e ho’i i mea e i kahi mea maika’i e hiki ai ke ho’omau i kāu mālama ‘ana i uhi ‘ia ai ‘ole pono ‘oe e loa’a i kāu mālama ma’i ma kahi o kāu ‘ai ‘ana e loa’a ka ho’olālā i ka ‘ae ‘ia. uku ai ma kahi komo.

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
Ka mālama ulia pōpilikia - ho'omau O kahi ulia pōpilikia ke mana'o 'oe, ai 'ole kekahi mea ma'amau me ka 'ike ma'amau o ke olakino a me ka lā'au lapa'au, he mau hō'ailona lapa'au kāu e koi ana i ka mālama lapa'au koke e pale i ka lilo 'ana o ke ola (a inā 'oe he wahine hāpai, ke keiki i loko o ka lilo), 'o ia ka lilo 'ana o ka lilo. Hiki i nā hō'ailona lapa'au ke lilo i ma'i, 'eha, 'eha nui, ai 'ole kahi kino kino lapa'au e wikiwiki loa ana ka ho'omaika'i 'ana. 'O ka ka'ana i nā koina nā lawelawe pilikia i ka puka o waho no ka ho'olako 'ana e like me a'u i nā lawelawe i hā'awi 'ia ma ka puka 'ana. Ho'opili 'ia nā lawelawe pilikia ma waho o 'Amelika Hui Pū 'Ia.	\$115 copay no pilikia nā lawelawe ma waho o 'Amelika Hui Pū 'Ia.* Ho'opili 'oe i kēia helu 'ia inā ho'okomo 'ia 'oe i ka haukapila i loko o 24 mau hola no ka kūlana like. Uhi 'ia 'oe a hiki i \$50,000 i kēlā me kēia makahiki no ka ulia pōpilikia a i 'ole nā lawelawe i makemake koke 'ia nui 'ia ma waho o 'Amelika Hui Pū.
 Nā papahana ho'ona'auao olakino a me ke ola kino Laina 'ōlelo a'oa'o Kauka Kōkua kelepona manuahi mai nā kahu lapa'au i a'o 'ia a loa'a ka laikini. Loa'a ka Kāhea kūkākūkā me ka nēsu kauka i nā hola 24 i ka lā, 7 mau lā o ka pule no ke kōkua 'ana me nā nīnau e pili ana i ke olakino. Hiki iā 'oe ke hele i ka Kāhea kūkākūkā me ka nēsu ma ke kelepona 'ana i Nā lawelawe Lālā no ka ho'ololi 'ana i ka laina 'ōlelo a'oa'o kahu.	\$0 copay no ka Kāhea kūkākūkā me ka nēsu.*

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
 Nā kauoha ho'ona'auao olakino a me ke ola kino - ho'omau Pōmaika'i ho'oikaika kino Ho'olako kā mākou ho'olālā i kahi papahana ho'oikaika kino e hā'awi i ke komo 'ana i nā wahi ho'oikaika kino a puni ka 'āina. No ke kāko'o 'ana i ke 'ano ola olakino a hiki iā 'oe ke komo i kēia mau hi'ohi'ona me ka uku 'ole: - Lālā Hale Ha'aha'a Kino: E koho mai i kekahi o nā hale ha'aha'a kino i komo i ka pūnaeweale ha'aha'a kino. Ho'okomo ka lālā i ka komo 'ana i ka ma'amau nā lawelawe hale ha'aha'a kino a i 'ole hale ho'oma'ama'a kino, a me nā papa ha'aha'a hui i hā'awi 'ia. Hiki iā 'oe ke komo i ho'okahi a i 'ole 'oi aku nā hale ho'oma'ama'a i loko o ka pūnaeweale ha'aha'a kino. - Nā kime ho'oikaika kino home: Hiki iā 'oe ke koho mai nā 'ano like 'ole o ka Pahu ho'oikaika kino hale, me kahi tracker ho'oikaika kino hiki ke komo. Hiki iā 'oe ke loa'a i kahi pahu 1 no kēlā me kēia makahiki pōmaika'i - Papahana ho'oikaika kino uila: Koho mai nā tausani o nā wikiō ho'oikaika kino ma ke 'ano kikoho'e ma o ka waihona kikoho'e. 1:1 Papahana A'o Ola - Well-Being Club: E 'ike i nā kumuwaiwai i hana 'ia e like me kāu mau makemake a me nā pahuhopu, me nā 'atikala, wikiō, a me nā papa a me nā hanana ola. No ka 'ike hou aku e pili ana i ka Nā kōkua ho'oikaika kino, e 'olu'olu Kāhea i Nā lawelawe Lālā.	\$0 copay no ka pōmaika'i ho'oikaika kino.*
Nā lawelawe ho'olohe. Nā loiolo ho'olohe a me ke kaulike i hana 'ia e kāu mea ho'olako e 'ike inā pono 'oe i ka mālama lapa'au i uhi 'ia ma ke 'ano he mālama mā'i ma waho inā hā'awi 'ia e kahi kauka, audiologist, ai 'ole kekahi mea ho'olako kūpono 'ē a'e.	\$0 copay no kēlā me kēia ho'okolokolo ho'olohe i uhi 'ia e Medicare. <i>Pono e loa'a mua ka 'ae.</i>

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
Nā lawelawe ho'olohe - ho'omau Ho'olālā mākou i nā lawelawe ho'olohe hou a'e ('o ia ho'i, ma'amau): 1 ho'okolokolo ho'olohe ma'amau i kēlā me kēia makahiki. 1 ho'onohonoho kōkua ho'olohe a me ka loiloi i kēlā me kēia makahiki. 1 kōkua ho'olohe 'a'ole implantable i \$500 no kēlā me kēia pepeiao i kēlā me kēia makahiki. Palena 'ia i 2 kōkua ho'olohe 'a'ole implantable i kēlā me kēia makahiki. Loa'a ka'i i kahi palapala hōoia ma'amau 3 makahiki me ka poho, a me ka poino me ka lako 1 makahiki o na pila. ‘O kāu kuleana ke loa'a nā lilo kōkua ho'olohe i 'oi aku ka nui o ka pōmaika'i ki'eki'e ma luna. 'A'ole i uhi 'ia nā kōkua ho'olohe hou a'e. Pono e loa'a nā lawelawe ho'olohe ma'amau mai kahi mea ho'olako komo i lokoka pūnaeweale mea kū'ai aku i mea e loa'a ai ka pono lohe piha i uhi 'ia e ka ho'olālā. No ka 'ike hou aku e pili ana i kāu mea kū'ai lohe, 'Ike Ho'oka'a'ike a me nā pomaikai, e 'olu'olu Kāhea i Nā lawelawe Lālā. Nānā: 'O ka uhi 'ana o nā lawelawe ho'olohe ma'amau he pōmaika'i hou i hā'awi 'ia e ka ho'olālā. A'ole 'o Medicare a me Hawaii Med-QUEST Division Program (Medicaid) e uku i kāu māhele o ke kumukū'ai no kēia mau lawelawe.	\$0 copay no 1 ho'okolokolo ho'olohe ma'amau i kēlā me kēia makahiki.* <i>Pono e loa'a mua ka 'ae.</i> \$0 copay no 1 ho'onohonoho kōkua ho'olohe a me ka loiloi i kēlā me kēia makahiki.* <i>Pono e loa'a mua ka 'ae.</i> \$0 copay no 2 kōkua ho'olohe i kēlā me kēia makahiki.* <i>Pono e loa'a mua ka 'ae.</i>
 HIV nānā No nā kānaka e noi ana i kahi ho'opa'a HIV a i 'ole ke 'ano o nā pilikia nui o ka ma'i HIV, e kōkua ana: Ho'okahi i kēlā me kēia 12 ho'olālā.	'A'ohe hō'oia like, uku hui, a i 'ole Hiki ke unuhi no nā lālā kūpono no ka uhi 'ana i ka HIV ho'okolohua pale i uhi 'ia e Medicare.

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
 O ka kāmānana HIV - hoomau aku Inā hāpai 'oe, uhi mākou: A hiki i 3 ho'okahi i loko o ka hāpai 'ana.	
Mālama i ke ke'ena olakino home. Ma mua o ka loa'a 'ana o nā lawelawe mālama olakino home, pono e hō'ia i kahi kauka i kāu pono no nā lawelawe mālama olakino home a me nā kauoha i nā lawelawe mālama olakino home e hā'awi 'ia e kahi ke'ena mālama olakino home. Pono 'oe e noho i ka home, 'o ia ho'i he nui ka ho'oikaika 'ana e ha'alele i ka home. Ho'opili nā lawelawe i uhi 'ia, akā 'a'ole i hana 'ia i: 'O nā lawelawe kahu hānai hā'awi a me nā lawelawe kōkua ola home (e uhi 'ia ma lalo o ka hiki ke mālama ola home, 'o kāu mau kahu hānai a me nā lawelawe kōkua olakino home i hui pū 'ia e ho'i ma mua o 8 mau hola o ka lā a me 35 mau hola o ka pule) 'O ka lā'au lapa'au kino, lapaau hana a me lā'au 'ōlelo - Nā lawelawe lapa'au a me ka pilikanaka. - Nā mea lako lapa'au a me nā lako.	\$0 copay no kēlā me kēia O ka lawelawe Mālama olakino i ka hale e ka hui lawelawe i uhi 'ia e Medicare. <i>Pono e loa'a mua ka 'ae.</i>
Ho'oulu home infusion Ho'opili 'ia ka ho'ohehe'e infusion home i ka hā'awi 'ana i nā lā'au ai 'ole nā mea olaola ma ka intravenous ai 'ole subcutaneous i kahi kanaka ma ka home. Ho'opili 'ia nā mea e pono ai no ka hana infusion home i ka lā'au (e la'a, antivirals, immune globulin), nā mea lako (e la'a, he paila), a me nā lako (e la'a, nā tubing a me nā catheters). Ho'opili nā lawelawe i uhi 'ia, akā 'a'ole i hana 'ia i: - Nā lawelawe 'oihana, me nā lawelawe hānai, i hā'awi 'ia e like me a'u i ka ho'olālā mālama - A'o a a'o 'ana i nā mea ma'i 'a'ole i uhi 'ia ma lalo o ka pōmaika'i mea lō'ihī lā'au lapa'au mea lako	\$0 copay no nā lawelawe 'oihana mai kahi Mea Malama Mua (PCP), me nā lawelawe hānai, a'o a me ka ho'ona'auao, nā lawelawe nānā mamao a me nā lawelawe nānā. \$0 copay no nā lawelawe 'oihana mai kahi loea, me nā lawelawe kahu hānai, ho'oma'ama'a a ho'ona'auao, mamao

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
Ho'oulu home infusion - ho'omau - Nā lawelawe nānā mamao. - Nā lawelawe nānā no ka hā'awi 'ana i ka ho'oulu home infusion a me nā lā'au ho'ohehe'e home i hā'awi 'ia e kahi mea ho'oulu home infusion kūpono	ka nānā 'ana a me ka nānā 'ana lawelawe. <i>O ka mua mana 'ae paha koi 'ia.</i> Ua uhi 'ia nā mea lako ho'ohehe'e infusion home a me nā lako ma lalo o kāu pōmaika'i Mea Lako Lapa'au (DME). E 'olu'olu e nānā i ka māhele "Nā mea lako lapa'au (DME) a me nā lako pili" no ka 'ike like koina. Ua uhi 'ia nā lā'au ho'ohehe'e home ma lalo o kāu pōmaika'i Lā'au Lapa'au Medicare Part B. E 'olu'olu e nānā i ka māhele "Nā Lā'au Lapa'au Medicare Part B" no ka 'ike like koina.
Mālama hospice Kūpono 'oe no ka hiki 'ana i ka hale hospice ke hā'awi kāu kauka a me ka luna lapa'au hale hospice i ka hopena e hō'oiā i ka loa'a iā 'oe ka ma'i a he 6 ho'olālā ai 'ole ma lalo e ola inā holo pono kāu ma'i. Hiki iā 'oe ke loa'a ka mālama mai nā Hospice i hō'oiā 'ia e Medicare. Pono e ho'olālā e kōkua iā 'oe e 'imi i nā kāu kau Hospice i hō'oiā 'ia e Medicare ma ka wahi lawelawe o ka ho'olālā, me nā mea i loa'a i ka hui ma, nāna e mālama i ka loa'a kālā. Hiki i kāu kauka hale hospice ke lilo i waho o- mea ho'olako pūnaewe. Nā lawelawe i uhi 'ia: Nā lā'au lapa'au no ka mālama 'ana i nā hō'ailona a me ka ho'opau 'ana i ka 'eha.	Ke kau inoa 'oe i kahi papahana Hospice i hō'oiā 'ia e Medicare, 'o kāu lawelawe hale hospice a me nā lawelawe Māhele A me Māhele B e pili ana i kāu wānana hopena e uku 'ia e Original Medicare, 'a'ole kā mākou ho'olālā. Hiki ke noi 'ia ka uku lawelawe kauka no nā lawelawe kūkākūkā hale hospice. E nānā i ka māhele "Nā lawelawe Kauka/Mea Hana" o kēia palapala no ka 'ike like koina.

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)**Hana i uhi 'ia****he aha kāu e uku ai****Mālama hospice - ho'omau**

- Mālama wāwae pōkole.
- Ho'omaha manawa pōkole.

Ke ho'okomo 'ia 'oe i kahi hale hospice ua loa'a iā 'oe ke kuleana e noho ma kāu ho'olālā; inā 'oe i koho e noho ai i kāu ho'olālā, pono 'oe e ho'omau i ka uku 'ana i nā uku uku ho'olālā.

No nā lawelawe hale hospice a me nā lawelawe i uhi 'ia e Medicare Part A i 'ole B e pili ana i kāu wānana hope: E uku aku 'o Original Medicare (ma mua o kā mākou ho'olālā) i kāu mea lawelawe hale ma'i no kāu mau lawelawe hale hospice a me nā lawelawe 'o Māhele A me Māhele B e pili ana i kāu mana'olana. Oiai 'oe i papahana o ka koho hale hospice, e ho'ouka ana kāu mea ho'olako hospice iā Original Medicare no nā lawelawe e uku 'ia e Original Medicare. E ho'ouka 'ia 'oe i nā koina-ka'ana like Original Medicare.

No nā lawelawe i uhi 'ia e Medicare Part A a i 'ole B pili 'ole i kāu prognosis terminal: Inā makemake 'oe i nā lawelawe ulia pōpilikia, 'a'ole i nā lawelawe i makemake koke 'ia ma lalo o Medicare Part A a i 'ole B i pili 'ole i kāu mana'olana, pili kāu kumukū'ai no kēia mau lawelawe inā 'oe e ho'ohana i kahi mea ho'olako ma kā mākou ho'olālā a hahai i nā lula ho'olālā (e like me ke koi 'ana e loa'a ka mua mana 'ae).

- 'O ka loa'a iā 'oe nā lawelawe i uhi 'ia mai kahi mea ho'olako puka a hahai i nā lula ho'olālā no ka loa'a 'ana o ka lawelawe, uku wale 'oe i ka ho'olālā koina-ka'ana like no nā lawelawe i loko o ka puka.
- Inā loa'a iā 'oe nā lawelawe i uhi 'ia mai kahi i waho o- mea ho'olako pūnaewe, uku 'oe i ke ka'ana like 'ana ma lalo o Original Medicare

No nā lawelawe i uhi 'ia e kā mākou ho'olālā akā 'a'ole i uhi 'ia e Medicare Part A a i 'ole B: E ho'omau kā mākou ho'olālā i ka uhi 'ana i nā lawelawe i uhi 'ia 'ole 'ia ma lalo o ka Māhele A a i 'ole B inā pili lākou i kāu wānana hope. Uku 'oe i kāu ho'olālā koina-ka'ana like no kēia mau lawelawe.

No nā lā'au lapa'au i uhi 'ia e ka pomaikai Māhele D o kā mākou ho'olālā: Inā pili 'ole kēia mau lā'au lapa'au i kāu ma'i kahua hale hospice e uku 'oe i ke ka'ana like. Inā pili lākou i kāu kūlana hale hospice hopena, uku 'oe i koina-ka'ana like Original Medicare. 'A'ole i uhi 'ia nā lā'au e nā hale hospice a me kā mākou ho'olālā i ka manawa like. No ka 'ike hou aku, e nānā i ka Mokuna 5, pauku 9.4.

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
Mālama hospice - ho'omau Nānā: Inā pono 'oe i ka 'ole mālama hale hospice (mālama 'a'ole pili i kāu hopena), pono 'oe e ho'okō i kēlā manawa e ho'onohonoho i nā lawelawe. 'O kā mākou ho'olālā e uhi i nā lawelawe kūkākūkā hale hospice (ho'okahi manawa wale nō) no kahi kanaka ma'i hopena 'ole i koho i ka pōmaika'i hale hospice.	
 Nā lā'au kūka'i Ho'opili nā lawelawe i uhi 'ia e Medicare Part B: • Nā lā'au ho'omalū hanu • 'O nā pana flu/influenza (a i 'ole nā lā'au lapa'au), ho'okahi manawa i kēlā me kēia kau flu/influenza i ka hā'uile a me ka ho'oilo, me nā lā'au lapa'au hou/influenza (a i 'ole nā lā'au lapa'au) inā pono • Nā kāhiko Hepatitis B inā loa'a iā 'oe i nā pilikia ki'eki'e a waena paha o ka loa'a 'ana o ka ma'i Hepatitis B • Nā kāhiko COVID-19. • Nā kāhiko 'ē a'e inā loa'a iā 'oe nā pilikia a ho'okō lākou i nā lula uhi Medicare Part B Ho'opili pū'ia i nā kāhiko pilikino 'ē a'e ma lalo o kā kōkua kōkua'i lā'au lapa'au Māhele D. Uhi kā mākou ho'olālā i ka hapa nui o nā lā'au pale Māhele D no nā mākau i ka makahiki 19 a 'oi aku ka nui me ke kumukū'ai 'ole no nā lālā.	A'ohe hō'ōia like, uku hui, a i 'ole Hiki ke unuhi no nā lā'au ka pale pneumonia, ma'i/ influenza, Hepatitis B, a me COVID-19. No nā kāhiko i uhi 'ia e Medicare 'ē a'e (inā loa'a iā 'oe ka pilikia a ho'okō lākou i nā lula uhi Medicare Part B), e 'olu'olu e kuhikuhi i ka māhele Nā Lā'au Lapa'au Medicare Part B o kēia palapala no ka 'ike like koina. <i>Pono kekahi mau lā'au Māhele B e loa'a ka mua mana 'ae no ka uhi 'ia 'ana.</i>
Ka mālama ma'i. Ho'opili i ka mālama i ka halemai 'āiwaiwa, ka ho'oponopono 'āiwaiwa, nā halemai mālama lō'ihi a me nā 'ano lawelawe halemai 'ē a'e. Ho'omaka ka mālama ma'i ma'i ma'i i ka lā i ho'okomo mua 'ia 'oe i ka haukapila me ke kauoha a ke kauka.	No nā komo i uhi 'ia e Medicare, no ka komo: \$0 copay no kēlā me kēia noho halemai. Nā Lā Waihona Ola \$0 copay i kēlā me kēia lā.

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
Ka mālama ma'i - ho'omau ‘O ka lā ma mua o kou ho’oku’u ‘ia ‘ana, ‘o ia kou lā ma’i hope loa. Ho’opili ‘oe i nā lā 90 no nā noho halemai ‘āiwaiwa i uhi ‘ia e Medicare. Ho’opili nā lawelawe i uhi ‘ia akā ‘a’ole i hana ‘ia i: • Hapalua- lumi pilikino (a i ‘ole kahi ke’ena pilikino inā pono i ka lapa’au) • Nā mea ‘ai me nā pā diet ma’amau. • Nā lawelawe hānai ma’amau • Nā lilo o nā wahi mālama kūikawā (e like me nā wahi mālama ko’iko’i a i ‘ole nā wahi mālama coronary) • Nā lā’au a me nā lā’au • Nā loiloi hale hana • Nā X-ray a me nā lawelawe radiology ‘ē a’ē • Nā lako lapa’au pono • Ho’ohana ‘ana i nā mea hana, e like me nā wheelchair • Nā lilo lumi hana a me ka ho’iho’i • Ho’oma’ama’a kino, ho’oma’ama’a hana, a me ka lapa’au ‘ōlelo • Nā lawelawe ho’omāinoino lā’au ma’i • Ma lalo o nā kūlana kiko’ī, nā ‘ano transplant e uhi ‘ia: nā cornea, nā pu’uwai, nā pu’uwai-pancreas, nā pu’uwai, nā akepa’a, nā akepa’a-pūnāwai, nā pu’uwai akepa’a, nā pu’uwai, nā pu’uwai, nā iwi kuamo’o, nā pu’uwai a me nā iwi kuamo’o. O ka pono ‘oe i kahi transplant, ‘o ia ho’i e lanakila i kāu hihia e nānā ‘ia e kahi transplant i ‘ae ‘ia e Medicare e ho’oholo inā ‘oe he mea kūpono no ka transplant. Hiki i nā mea ho’olako transplant ke noho kokoke a i ‘ole ma waho o ka wahi lawelawe. Inā loa’a nā lawelawe transplant i kā mākou ‘upena ma waho o ke kaiaulu mālama ‘ana, hiki iā ‘oe ke koho e hele kokoke ke makemake nā mea ho’olako transplant kokoke i ka ‘ae ‘ana i ke kumu kū’ai Original Medicare. Inā hā’awi kā mākou ho’olālā i nā lawelawe transplant ma kahi ma waho o ke ‘ano mālama no nā transplant i loko o kāu kaiaulu a koho ‘oe e ki’i i nā transplant ma kēia wahi mamao, e ho’onohonoho a i ‘ole uku mākou no nā lilo kūpono a me nā lilo o ke kama’āina. • Koko - me ka mālama ‘ana a me ka ho’okele ‘ana. Ho’omaka ka uhi ‘ana o ke koko holookoa a me nā pa’a ‘ula’ula pū’ali koa ‘ia me ka pint koko mua āu e pono ai. Ho’omaka nā ‘āpana ‘ē a’ē a pau o ke koko me ka pint mua i ho’ohana ‘ia.	‘O nā Lā Waihona Ola he mau lā hou a uku ka ho’olālā ke hele nā lālā i kahi halemai no ka nui o nā lā i uhi ‘ia e ka ho’olālā. Loa’a i nā lālā he 60 lā waihona holo’oko’a i hiki ke ho’ohana ‘ia i loko o kā lākou ola. Inā loa’a iā ‘oe ka mālama ma’i ma kahi haukapila ma waho o ka pūnaeweale ma hope o ka pa’a ‘ana o kou kūlana pilikia, ‘O kāu kumukū’ai ke ka’ana like ‘ana āu e uku ai ma kahi haukapila pūnaeweale. <i>Pono e loa’a mua ka ‘ae.</i>

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
Ka mālama ma'i - ho'omau Nā lawelawe kauka Nānā: No ka lilo 'ana i ma'i ma'i, pono kāu mea hā'awi e kākau i kahi kauoha e hō'oiā ma ke 'ano he ma'i ma'i o ka haukapila. 'Oiai e noho 'oe i ka halemai i ka pō a pau, hiki paha ke mālama 'ia 'oe ma ke 'ano he mea noho ma waho. Inā 'a'ole maopopo 'oe inā he mea noho ma loko 'oe a he mea noho ma waho, pono 'oe e pono i nā limahana halemai. E ki'i i ka 'ike hou a'e ma ka pepa 'ike Medicare Nā Pomaikai Haukapila Medicare. Loa'a kēia pepa 'ike ma www.Medicare.gov/publications/11435-Medicare-Hospital-Benefits.pdf a i 'ole ma ke kelepona 'ana iā 1-800-MEDICARE (1-800-633-4227). TTY mea ho'ohana kelepona iā 1-877-486-2048.	
Nā lawelawe i loko o ka halemai lapa'au Ho'opili nā lawelawe i nā lawelawe mālama olakino mental i koi 'ia kahi noho halemai. Ho'opili 'oe i nā lā 90 i kēlā me kēia komo no nā noho i uhi 'ia e Medicare. He palena ola 190-lā no nā lawelawe mālama olakino mental i hā'awi 'ia ma kahi halemai lapa'au. 'A'ole pili ka palena 190-lā i nā lawelawe mālama olakino mental i hā'awi 'ia ma kahi 'āpana lapa'au o kahi halemai nui. Inā ho'ohana 'oe i kekahi hapa o ka pōmaika'i ola 190-lā Medicare ma mua o ke komo 'ana i kā mākou ho'olālā, a laila 'a'ole 'oe i loa'a ke koena o kāu mau lā ola.	No nā komo i uhi 'ia e Medicare, no ka komo: \$0 copay no kēlā me kēia noho mālama olakino mental. Nā Lā Waihona Ola \$0 copay i kēlā me kēia lā. 'O nā Lā Waihona Ola he mau lā hou a uku ka ho'olālā ke hele nā lālā i kahi halemai no ka nui o nā lā i uhi 'ia e ka ho'olālā. Loa'a i nā lālā he 60 lā waihona holo'oko'a i hiki ke ho'ohana 'ia i loko o kā lākou ola. <i>Pono e loa'a mua ka 'ae.</i>

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
Nā lawelawe i loko o ka halemai lapa'au - hoomau aku	Inā loa'a iā 'oe ka mālama ma'i ma kahi haukapila ma waho o ka pūnaeweale ma hope o ka pa'a 'ana o kou kūlana pilikia, 'O kāu kumukū'ai ke ka'ana like 'ana āu e uku ai ma kahi haukapila pūnaeweale.
Noho i loko: Nā lawelawe i uhi 'ia i loa'a i loko o kahi halemai ai 'ole kahi SNF i ka wā o kahi noho i loko 'a'ole i uhi 'ia. Pau kēia hiki ke noho ai i ole ina `ole pomaikai paha ka noho ana i loko, a'ole e uhi i kāu noho 'ana i loko. Eia na'e, i kekahi mau hihia, e uhi i kekahi mau lawelawe i loa'a i ka wā 'oe i loko o ka halemai ai 'ole ka hale hanai akamai (SNF). Ho'opili nā lawelawe i uhi 'ia, akā 'a'ole i hana 'ia i: • Nā lawelawe kauka • Nā ho'okolohua loiloi (e like me nā loiloi hale hana) • X-ray, radium, a me ka lapa'au isotope me nā mea hana a me nā lawelawe mea 'enehana • Nā 'a'ahu lapa'au • Ho'ohana 'ia nā splints, casts, a me nā mea hana 'ē a'e e hō'emi ai i nā ha'i a me nā dislocations. • Nā mea hana nā mea ho'opololei a me hō'oia like (ma waho a'e o ka lapa'au niho) i pani i nā 'āpana a i 'ole ka 'oihana o kahi mea lawelawe kino i loko o ka kino (me nā a'a pili), a i 'ole nā 'āpana a pau o ka hana o kahi mea hana i loko o ka lā'au lapa'au e hana 'ole nei i loko o ka lā'au lapa'au. organ, me ka pani a i 'ole nā ho'oponopono o nā mea hana like. • Nā pahu wāwae, lima, kua, a me ka 'ā'i; nā trusses, a me nā wāwae, nā lima, nā maka, a me nā maka ho'opunipuni me nā ho'oponopono, nā ho'oponopono, a me nā pani e koi 'ia e ka haki, ka 'a'ahu, ka nalowale, a i 'ole ka loli o ke kūlana kino o ka mea ma'i • Ho'oma'ama'a kino, lā'au 'ōlelo, a me ka lapaau hana	E ho'omau 'ia nā lawelawe i helu 'ia ma nā koina e hō'ike 'ia i ka Papa pomaikai no ka lawelawe kiko'i.

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
 Lapa'au pono lapa'au ‘O kēia pōmaika‘i no nā po‘e me ka ma‘i diabetes, haku‘ala (kidney) (‘a‘ole na‘e ma ka dialysis), a ma hope paha o kahi transplant kidney inā kauoha ‘ia e kāu kauka. Ho‘opili i nā hola 3 o nā lawelawe a‘oa‘o ho‘okahi-a-ho‘okahi i kāu makahiki mua e loa‘a ai iā ‘oe nā lawelawe lapa‘au mea‘ai olakino ma lalo o Medicare (‘o ia ka lanakila ho‘olālā hana, kekahi mea e ae ho‘olālā Medicare Advantage, ai ‘ole Original Medicare), a he 2 hola i kēlā me kēia ma hope o kēlā. Inā loli kou ‘ano, lapa‘au, a ‘ike hō‘oia paha, hiki iā ‘oe ke loa‘a i nā hola hou a‘e o ka mālama ‘ana me ke kauoha a ke kauka. Pono ke kauka e kuhikuhi i kēia mau lawelawe a ho‘ololi i kā lākou kauoha i kēlā me kēia makahiki inā pono kāu mālama ‘ana i ka makahiki alemanaka e hiki mai ana.	‘A‘ohe mea hō‘oia like, uku hui, a i ‘ole Hiki ke unuhi no nā lālā i kūpono no nā lawelawe olakino lapa‘au i uhi ‘ia e Medicare.
 Papahana e hō‘alo i ke ma‘i diabetes a Medicare (MDPP) Ua uhi ‘ia nā lawelawe MDPP no nā po‘e kūpono ma lalo o nā ho‘olālā olakino Medicare. ‘O MDPP kahi ho‘oponopono ho‘ololi pilikia olakino i ho‘onohonoho ‘ia e hā‘awi i nā a‘o hana i ke ‘ano lō‘ihi o ke ‘ano lō‘ihi, ka pi‘i ‘ana i ka hana kino, a me nā ho‘olālā ho‘oponopono pilikia no ka lanakila ‘ana i nā pilikia i ka mālama ‘ana i ka loa‘a ‘ana o ke kaumaha a me ke ola olakino.	‘A‘ohe hō‘oia like, uku hui, a i ‘ole Hiki ke unuhi no ka pōmaika‘i MDPP.
Nā lā‘au lapa‘au Medicare Part B Ho‘opili ‘ia kēia mau lā‘au ma lalo o Māhele B o Original Medicare. Loa‘a i nā lālā o kā mākou ho‘olālā ka uhi no kēia mau lā‘au ma o kā mākou ho‘olālā. Nā lā‘au i uhi ‘ia: • ‘O nā lā‘au lapa‘au ma‘amau a‘ole i lawelawe pono‘ī ‘ia e ka mea ma‘i a ho‘opa‘a ‘ia a ho‘okomo ‘ia i ka wā e loa‘a ai ‘oe i ke kauka, ka ma‘i, a i ‘ole Kikowaena Opuu Ambulatory ‘oki‘oki. • Ho‘opili ‘ia ka insulin ma o kahi mea lō‘ihi lā‘au lapa‘au mea lako (e like me kahi pauma insulin i pono) • Nā lā‘au ‘ē a‘e āu e lawe ai me ka ho‘ohana ‘ana i nā lō‘ihi lā‘au lapa‘au mea lako (e like me nā nebulizers) i ‘ae ‘ia e kā mākou ho‘olālā • ‘O ka lā‘au lapa‘au a Alzheimer, Leqembi® (generic name lecanemab), i lawelawe ‘ia me ka intravenously. Ma waho a‘e o nā kumukū‘ai lā‘au, pono paha ‘oe i nā mea hou aku	Pono kekahi mau lā‘au e pili i ka lapa‘au ‘anu‘u. Hiki i ka hale lapa‘au ke pono e ho‘ouna i nā noi uku i kā mākou ho‘olālā a me ke Hawaii Med-QUEST Division Program (Medicaid) no ‘oe e loa‘a ai nā lā‘au Māhele B me nā kaulike uku i hō‘ike ‘ia ma lalo. Nā lā‘au Insulin Medicare Part B \$0 copay no nā lā‘au insulin Māhele B i uhi ‘ia e Medicare. Ho‘opili ka kaulike uku insulin i ka li‘ili‘i o 25% a i ‘ole ka palena copay o \$35 no ka lako insulin o ho‘okahi mahina.

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
Nā lā'au lapa'au Medicare Part B - ho'omau nā 'imi a me nā ho'ā'o ma mua a/a i ka wā lapa'au e hiki ke ho'ohui i kāu mau koina holo'oko'a. E kama'ilio me kāu kauka e pili ana i nā scans a me nā ho'okolohua āu e pono ai ma ke 'ano o kāu lapa'au. • Nā 'ano clotting āu e hā'awi iā 'oe iho e ka ho'olauna 'ana inā loa'a iā 'oe ka hemophilia • Nā lā'au lapa'au ho'ololi/immunosuppressive: Ho'opili 'o Medicare i ka lā'au lapa'au ho'ololi inā uku 'o Medicare no kāu ho'ololi 'ana. Pono 'oe i ka Māhele A i ka manawa o ka transplant i uhi 'ia, a pono 'oe i ka Māhele B i ka manawa āu e loa'a ai nā lā'au immunosuppressive. Ho'opili 'ia nā lā'au lapa'au 'o Medicare Part D i nā lā'au immunosuppressive inā 'a'ole uhi 'ia e ka Māhele B • O nā lā'au osteoporosis ho'okomo, inā 'oe i ka home, loa'a ka ha'i iwi i hō'ōia 'ia e ke kauka pili i ka osteoporosis post-menopausal, a 'a'ole hiki iā 'oe ke lawelawe pono'i i ka lā'au • O kekahi mau antigens: Ho'opili ka Medicare i nā antigens inā ho'omākaukau ke kauka iā lākou a hā'awi ke kanaka i a'o maika'i 'ia ('o ia paha 'o 'oe ka mea ma'i) ma lalo o ka māka'ika'i kūpono • O kekahi mau lā'au kū'ē i ke kanesa waha: Ho'opili ka Medicare i kekahi mau lā'au lapa'au ma'i waha āu e lawe ai ma ka waha inā loa'a ka lā'au like ma ke 'ano injectable a i 'ole he prodrug ka lā'au lapa'au (he 'ano waha o ka lā'au lapa'au, i ka wa e komo ai, wawahi iho i loko o ka mea hana like i loa'a i loko o ka lā'au ho'okomo) o ka lā'au ho'okomo. Ke loa'a nā lā'au lapa'au 'a'ai hou, hiki ke uhi 'ia e Māhele B. Inā 'a'ole uhi ka Māhele B iā lākou, uhi 'ia ka Māhele D. • Nā lā'au lapa'au kū'ē i ka nausea waha: Ho'opili 'o Medicare i nā lā'au lapa'au kū'ē i ka nausea āu e ho'ohana ai ma ke 'ano he āpana o ka regimen chemotherapeutic kū'ē i ka ma'i 'a'ai inā e ho'ohana 'ia lākou ma mua, i, a i 'ole i loko o 48 mau hola o ka kemoterapi a i 'ole ho'ohana 'ia lākou ma ke 'ano he pani piha no ka lā'au kū'ē i ka nausea intravenous • O kekahi mau lā'au lapa'au oral 'O ka ma'i ma'i renal pae hope (ESRD) i uhi 'ia ma lalo o Medicare Part B	<i>Pono e loa'a mua ka 'ae.</i> Nā lā'au Medicare Part B'ē a'e \$0 copay no kekahi Nā lā'au lapa'au Part B i uhi 'ia e Medicare. <i>Pono e loa'a mua ka 'ae.</i> Medicare Part B Kemoterapi/Radiation O nā lā'au lapa'au \$0 copay no Medicare-i uhiia Māhele B nā lā'au lapa'au kemoterapi. <i>Pono e loa'a mua ka 'ae.</i>

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
Nā lā'au lapa'au Medicare Part B - ho'omau • 'O nā lā'au lapa'au Calcimimetic a me ka phosphate binder ma lalo o ka 'ōnaehana uku ESRD, me ka lā'au intravenous Parsabiv® a me ka lā'au waha Sensipar® • 'O kekahi mau lā'au lapa'au no ka dialysis home, me ka heparin, ka antidote no ka heparin i ka wā e pono ai ka lā'au lapa'au a me nā anesthetics topical. • Nā mea ho'oulu erythropoiesis: Ho'opili ka Medicare i ka erythropoietin ma ke inikia inā loa'a iā 'oe ka 'O ka ma'i ma'i renal pae hope (ESRD) a i 'ole makemake 'oe i kēia lā'au lapa'au e mālama i ka anemia pili i kekahi mau kūlana 'ē a'ē. (e like me Epogen®, Procrit®, Retacrit®, Epoetin Alfa, Aranesp®, Darbepoetin Alfa, Mircera®, a i 'ole Methoxy polyethylene glycol-epoetin beta) • Immunoglobulin intravenous no ka mālama 'ana i ka home o nā ma'i nāwaliwali pale kino mua. • Nutrition parenteral a me enteral (intravenous a me ka hānai paipu) Na kēia loulou e lawe iā 'oe i kahi papa inoa o nā lā'au lapa'au Māhele B e pili ana i ka Lapa'au 'anu'u: go.wellcare.com/HIStepTherapy. Ho'opili pū mākou i kekahi mau lā'au lapa'au ma lalo o ka Māhele B a me ka hapa nui o nā lā'au lapa'au makua ma lalo o kā mākou pōmaika'i lā'au Māhele D. Hō'ike ka Mokuna 5 i kā mākou pōmaika'i lā'au Māhele D, me nā lula e pono ai 'oe e hahai no ka uhi 'ana i nā 'ōlelo kuhikuhī. 'O ka mea āu e uku ai no nā lā'au lapa'au Māhele D ma o kā mākou ho'olālā ua wehewehe 'ia ma ka Mokuna 6.	
 'O ka nānā 'ana i ka momona a me ka lā'au lapa'au e ho'oikaika i ka pohō kaumaha Inā loa'a iā 'oe kahi hō'ailona kino o 30 a 'oi aku paha, uhi mākou i ke kūkākūkā hohonu e kōkua iā 'oe e emi i ke kaumaha. Ho'opili 'ia kēia kūkākūkā inā loa'a iā 'oe ia ma kahi mālama mua, kahi e hiki ai ke ho'onohonoho 'ia me kāu ho'olālā pale piha. E kama'ilio i kāu kauka mālama mua a mea mālama hana e 'ike hou aku.	'A'ohe uku hō'oia like, uku hui, a i 'ole Hiki ke unuhi no ka mālama 'ana i ka nānā 'ana i ka momona a me ka lapa'au.

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
Nā lawelawe papahana lapa'au opioid Hiki i nā lālā o kā mākou ho'olālā me ka ma'i ho'ohana opioid (OUD) ke loa'a ho'olālā lapa'au opioid ka uhi o nā lawelawe e Pilikia ho'ohana opioid mālama iā OUD ma o ka Papahana Lapa'au Opioid (OTP) e komo pū ana kēia mau lawelawe: • Nā lā'au lapa'au opioids i 'ae 'ia e ka U.S. Food and Drug Administration (FDA) no ka MAT lapa'au i kōkua 'ia e nā lā'au. • Ka ho'ouna 'ana a me MAT ka ho'ohana 'ana i nā lā'au lapa'au (inā pili) • 'Ōlelo a'o ho'ohana lā'au • Nā kūkākūkā a me nā lapa'au pū'ulu. • Ka ho'okolohua toxicology. • Nā hana komo. • Nā loilo manawa.	\$0 copay no kēlā me kēia lawelawe lapa'au opioid i uhi 'ia e Medicare. <i>Pono e loa'a mua ka 'ae.</i>
Nā hō'ike diagnostic ma waho a me nā lawelawe a me nā lako lapa'au Ho'opili nā lawelawe i uhi 'ia, akā 'a'ole i hana 'ia i: • X-rays. • Ho'oponopono radiation (radium a me ka isotope) me nā mea a me nā lako technician. • Nā lako lapa'au, e like me nā 'a'ahu. • Ho'ohana 'ia nā splints, casts, a me nā mea hana 'ē a'e e hō'emi ai i nā ha'i a me nā dislocations.	\$0 copay no nā X-rays i uhi 'ia e Medicare. <i>Pono e loa'a mua ka 'ae.</i> \$0 copay no nā lawelawe radiology therapeutic i uhi 'ia e Medicare. <i>Pono e loa'a mua ka 'ae.</i> \$0 copay no nā lako lapa'au i uhi 'ia e Medicare me nā cast a me nā splint. <i>Pono e loa'a mua ka 'ae.</i>

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
Nā hō'ike diagnostic ma waho a me nā lawelawe a me nā lako lapa'au - ho'omau - Nā ho'okolohua lā'au lapa'au. - Koko - me ka mālama 'ana a me ka ho'okele 'ana. Ka uhi o koko holookoa a pa'a 'ula'ula pū'ali koa ho'omaka wale me ka pint koko mua āu e pono ai. Ua uhi 'ia nā mea 'ē a'e a pau o ke koko e ho'omaka me ka pint mua i ho'ohana 'ia 'O nā ho'ā'o diagnostic non-laboratory e like me CT scans, MRIs, EKGs, a me PET scans ke kauoha kāu kauka a mea mālama ola 'ē a'e iā lākou e mālama i kahi pilikia olakino. - O nā ho'okolohua diagnostic outpatient 'ē a'e	\$0 copay no kēlā me kēia Nā lawelawe lab i uhi 'ia e Medicare. <i>Pono e loa'a mua ka 'ae.</i> \$0 copay no nā lawelawe koko i uhi 'ia e Medicare. \$0 copay no nā lawelawe diagnostic radiology i uhi 'ia e Medicare. <i>Pono e loa'a mua ka 'ae.</i> \$0 copay no nā ka'ina hana diagnostic i uhi 'ia e Medicare. <i>Pono e loa'a mua ka 'ae.</i>
Nā lawelawe nānā halema'i ma waho 'O nā lawelawe nānā he lawelawe ma waho o ka haukapila i hā'awi 'ia e 'ike inā pono 'oe e ho'okipa 'ia ma ke 'ano he in-patient a i 'ole hiki ke ho'oku'u 'ia. No ka uhi 'ia 'ana o nā lawelawe nānā hale ma'i ma waho, pono lākou e ho'okō i nā koina Medicare a mana'o 'ia he kūpono a pono. Ho'opili 'ia nā lawelawe nānā inā hā'awi 'ia e ke kauoha a ke kauka a i 'ole kekahi kanaka 'ē a'e i 'ae 'ia e ke kāmāwai laikini moku'āina a me nā kāmāwai o nā limahana o ka haukapila e ho'okomo i nā ma'i i ka haukapila a kauoha paha i nā ho'okolohua ma waho.	\$0 copay no kēlā me kēia Ke kipa 'oihana nānā i uhi 'ia e Medicare.

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
Nā lawelawe nānā halema'i ma waho - ho'omau Nānā: Inā 'a'ole i kākau ka mea hā'awi i ke kauoha e ho'okomo iā 'oe ma ke 'ano he ma'i i ka haukapila, he ma'i 'oe a uku i nā huina koina-ka'ana like no nā lawelawe o ka haukapila. 'Oiai e noho 'oe i ka halemai i ka pō a pau, hiki paha ke mālama 'ia 'oe ma ke 'ano he mea noho ma waho. Inā 'a'ole 'oe maopopo inā he ma'i 'oe, e nīnau i nā limahana o ka haukapila. E ki'i i ka 'ike hou a'e ma ka pepa 'ike Medicare <i>Nā Pomaikai Haukapila Medicare</i>. Loa'a kēia pepa 'ike ma www.Medicare.gov/publications/11435-Medicare-Hospital-Benefits.pdf a i 'ole ma ke kelepona 'ana iā 1-800-MEDICARE (1-800-633-4227). TTY mea ho'ohana kelepona iā 1-877-486-2048.	
Nā lawelawe haukapila ma waho Ho'opili mākou i nā lawelawe lapa'au pono e loa'a iā 'oe ma ke ke'ena ma'i ma waho o kahi haukapila no ka hō'ōia 'ana a i 'ole ka mālama 'ana i kahi ma'i a 'eha paha. Ho'opili nā lawelawe i uhi 'ia, akā 'a'ole i hana 'ia i: • Nā lawelawe i loko o kahi 'āpana pilikia a i 'ole ke'ena ma'i ma waho, e like me nā lawelawe nānā a i 'ole ka ho'opa'i 'ana ma waho. • Nā ho'okolohua a me nā ho'okolohua diagnostic i ho'opa'i 'ia e ka haukapila. • Mālama olakino no ka no'ono'o, me ka mālama 'ana i loko o kahi papahana Halema'i hapa, inā hō'ōia ka kauka he mea pono ka mālama 'ana i loko o ka haukapila inā 'ole. • Nā X-rays a me nā lawelawe radiology 'ē a'e i ho'opa'i 'ia e ka haukapila. • Nā lako lapa'au e like me nā splint a me nā cast. • 'A'ole hiki iā 'oe ke hā'awi iā 'oe iho i kekahi mau lā'au lapa'au a me nā mea olaola Nānā: Inā 'a'ole i kākau ka mea hā'awi i ke kauoha e ho'okomo iā 'oe ma ke 'ano he ma'i i ka haukapila, he ma'i 'oe a uku i nā huina koina-ka'ana like no nā lawelawe o ka haukapila. 'Oiai e noho 'oe i ka halemai i ka pō a pau, hiki paha ke mālama 'ia 'oe ma ke 'ano he mea noho ma waho. Inā 'a'ole 'oe maopopo inā he ma'i 'oe, e nīnau i nā limahana o ka haukapila.	E uku 'oe i nā koina ka'ana like kūpono i hō'ike 'ia ma kēia Papa Pomaikai Lapa'au no ka lawelawe kiko'i.

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
Ma'i ma waho nā lawelawe ho'oponopono 'O nā lawelawe i uhi 'ia e pili ana i ka ho'oma'ama'a kino, ka lapaau hana, a me ka lā'au lapa'au 'ōlelo. Hā'awi 'ia nā lawelawe ho'oponopono ma waho i nā wahi ho'oponopono ma ma'i ma waho nā lawelawe ho'oponopono waho 'oko'a, e like me nā ke'ena ma waho o ka haukapila, nā ke'ena loea ho'oponopono kū'oko'a, a me nā Keena Ho'oponopono Ho'oma'ama'a Ma waho (CORFs). - Nā lawelawe i hā'awi 'ia e kahi loea ho'oma'ama'a kino. - Nā lawelawe i hā'awi 'ia e kahi loea lapa'au hana. - Nā lawelawe i hā'awi 'ia e kahi loea lapa'au 'ōlelo.	\$0 copay no kēlā me kēia kipa ho'oma'ama'a kino i uhi 'ia e Medicare. <i>Pono e loa'a mua ka 'ae.</i> \$0 copay no kēlā me kēia kipa lapaau hana i uhi 'ia e Medicare. <i>Pono e loa'a mua ka 'ae.</i> \$0 copay no kēlā me kēia kipa lapa'au 'ōlelo i uhi 'ia e Medicare. <i>Pono e loa'a mua ka 'ae.</i>
Nā lawelawe pilikia ma waho no ka ma'i ho'ohana Nā lawelawe i uhi 'ia: Nā lawelawe Ma'i Ho'ohana e like me nā hālāwai kūkākūkā 'oko'a a me nā hui i hā'awi 'ia e kahi kauka, loea no'ono'o lapa'au, loea pilikanaka lapa'au, loea lapa'au nui, mea kōkua kauka, a i 'ole kekahi loea lapa'au no'ono'o i 'ae 'ia e ka Medicare a papahana, e like me ke kāmāwai moku'aina pili.	\$0 copay no kēlā me kēia Ke kipa lapa'au kanaka i uhi 'ia e Medicare. \$0 copay no kēlā me kēia kipa lapa'au pū'ulu i uhi 'ia e Medicare. <i>Pono e loa'a mua ka 'ae.</i>

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
‘O ke ka’i ma’i ma waho, me nā lawelawe i hā’awi ‘ia ma nā ke’ena ma’i waho a me nā Kikowaena Opuu Ambulatory Nānā: Inā e hō’oki ana ‘oe ma kahi ke’ena haukapila, pono ‘oe e nānā me kāu mea ho’olako e pili ana inā he ma’i ‘oe a ma waho paha. Inā ‘a’ole e kākau ka mea hā’awi i kahi kauoha e ho’okomo iā ‘oe ma ke ‘ano he ma’i i ka haukapila, he ma’i ‘oe a uku i nā kālā koina-ka’ana like ‘ana no ke ka’a ‘ana i waho. ‘Oiai e noho ‘oe i ka halemai i ka pō a pau, hiki paha ke mālama ‘ia ‘oe ma ke ‘ano he mea noho ma waho. - Nā lawelawe i hā’awi ‘ia ma kahi hale haukapila ma waho. - Nā lawelawe i hā’awi ‘ia Kikowaena Opuu Ambulatory ‘o’ole’a.	\$0 copay no kēlā me kēia Ke kipa i uhi ‘ia e Medicare i kahi hale ma’i ma hale haukapila ma’i. <i>Pono e loa’a mua ka ‘ae.</i> \$0 copay no kēlā me kēia Ke kipa ‘ana i uhi ‘ia e Medicare i kahi Kikowaena Opuu Ambulatory. <i>Pono e loa’a mua ka ‘ae.</i>
Halema'i hapa ho'okipa hapa a me nā lawelawe ma'i ma waho <i>Halema'i hapa</i> kahi papahana i ho'onohonoho 'ia o ka mālama psychiatric ikaika i hā’awi ‘ia ma ke ‘ano he Mea lapa’au male a ‘ohana laikini lawelawe ma’i a i ‘ole ke kikowaena olakino no’ono’o kaiāulu i ‘oi aku ka ikaika ma mua o ka mālama ‘ana i kāu kauka, ka mea lapa’au, Mea lapa’au male a ‘ohana laikini (LMFT), a i ‘ole ke ke’ena a’oa’o ‘oihana laikini a he mea ‘ē a’e i ka hale ma’i.	\$0 copay i kēlā me kēia lā no kēlā me kēia lawelawe Halema'i hapa i uhi ‘ia e Medicare. <i>Pono e loa’a mua ka ‘ae.</i>

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
Halema'i hapa ho'okipa hapa a me nā lawelawe ma'i ma waho - ho'omau <i>O ka lawelawe ma'i ma waho he papahana i ho'onohonoho 'ia o ka mālama ola kino 'ano hana (no'ono'o) i hā'awi 'ia i loko o kahi ke'ena ma'i ma waho o ka haukapila, Mea lapa'au male a 'ohana laikini kahi kikowaena no'ono'o kaiāulu, kahi Aupuni Kupono Ola kino Nā kikowaena, a i 'ole ke hale ke'ena olakino kua'āina i 'oi aku ka ikaika ma mua o ka mālama āu e loa'a ai i kāu kauka, lapa'au, lā'au lapa'au, Mea lapa'au male a 'ohana laikini (LMFT) a i 'ole ke ke'ena a'oa'o 'oihana laikini a he mea 'ē a'e i ka Halema'i hapa.</i>	\$0 copay i kēlā me kēia lā no kēlā me kēia lawelawe ma'i ma waho i uhi 'ia e Medicare. <i>Pono e loa'a mua ka 'ae.</i>
Nā lawelawe Kauka/Kumu, me nā kipa ke'ena kauka Nā lawelawe i uhi 'ia: - O nā lawelawe lapa'au kūpono a i 'ole nā lawelawe 'oki'oki e loa'a iā 'oe ma ke ke'ena o ke kauka, ke Kikowaena Opuu Ambulatory, ke ke'ena ma'i ma waho, a i 'ole kekahi wahi 'ē a'e - Kūkākūkā, ho'okolokolo, a me ka mālama 'ana e kahi loea. - Nā loea lapa'au 'ē a'e.	\$0 copay no kēlā me kēia Kipa ke ke'ena PCP i uhi 'ia e Medicare. E 'ike i "Nā 'oki ma waho" ma mua ma kēia papa inoa no nā Kikowaena Opuu Ambulatory no nā kipa kikowaena 'o'ole'a a i 'ole ma kahi ho'onohonoho ma waho o ka haukapila. \$0 copay no kēlā me kēia O ke kipa kūikawā i uhi 'ia e Medicare. <i>Pono e loa'a mua ka 'ae.</i> \$0 copay no kēlā me kēia kipa i nā loea lapa'au 'ē a'e. <i>Pono e loa'a mua ka 'ae.</i>

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
Nā lawelawe Kauka/Kumu, me nā kipa ke'ena kauka - ho'omau 'ia - Nā ho'okolohua ho'olohe kumu a me ke kaulike i hana 'ia e kāu PCP a loea paha, inā hā'awi kāu kauka i kahi kauoha e 'ike inā pono 'oe i ka mālama lapa'au. - Nā lawelawe telehealth kiko'i, komo: Nā lawelawe i makemake koke 'ia, Nā lawelawe olakino i ka hale, Nā Kauka Malama Mua, Lapaau hana, Loea, Nā 'Āina a me nā Kū'ai Pālua no ka Ola Kino, Nā lawelawe Podiatry, Nā Loa'a Kū'ai 'ē a'e, Nā 'Āina a me nā Kū'ai Pālua no ka Ola No'ono'o, Nā lawelawe lapa'au kino a me ka lapa'au 'ōlelo, Nā 'Āina a me nā Kū'ai Pālua no ka Ma'i Ho'ohana, a A'o pono'i no ka mālama 'ana i ke ma'i suka. - Loa'a iā 'oe ke koho e ki'i i kēia mau lawelawe ma o kahi kipa pilikino a i 'ole ma o ka telehealth. Inā koho 'oe e ki'i i kekahi o kēia mau lawelawe ma o ka telehealth, pono 'oe e ho'ohana i kahi mea ho'olako pūnaewe e hā'awi i ka lawelawe ma o ka telehealth. - O kahi māka'ika'i virtual ('ike 'ia 'o ka telehealth a i 'ole telemedicine) he kipa me ke kauka ma ke kelepona a i 'ole ka pūnaewe e ho'ohana ana i ke kelepona akamai, papa, a i 'ole kamepiula. Hiki ke koi 'ia kahi Pūnaewe a me kahi mea hana ki'i pa'i no nā 'ano kipa kiko'i. - Hā'awi kā mākou ho'olālā i nā hola 24 i kēlā me kēia lā, 7 mau lā i kēlā me kēia pule e kipa aku ai i nā kauka i hō'olia 'ia ma o nā Mea ho'olako pūnaewe kipa e kōkua i ka ho'oponopono 'ana i nā pilikia olakino/ nā nīnau. Loa'a nā lawelawe i uhi 'ia i ka olakino kū'oko'a, ke olakino no'ono'o, dermatology, a me nā mea hou aku. No ka 'ike hou aku, a i 'ole e 'imi i kahi Mea ho'olako pūnaewe kipa kauka e kelepona i Nā lawelawe Lālā.	\$0 copay no nā lawelawe ho'olohe i uhi 'ia e Medicare. <i>Pono e loa'a mua ka 'ae.</i> \$0 copay no nā lawelawe kipa makamae i hana 'ia ma o (nā) mea ho'olako kipa makamae o kāu ho'olālā. E 'olu'olu e 'ike: 'O ka \$0 copay ma luna, e pili ana wale nō inā loa'a nā lawelawe mai (nā) mea lawelawe kipa 'ōiwi o kāu ho'olālā. Inā loa'a iā 'oe nā lawelawe pilikino a i 'ole nā Mea ho'olako pūnaewe telemedicine mai kahi (nā) mea ho'olako 'a'ole ka mea ho'olako kipa virtual, e uku 'oe i nā koina ka'ana like i helu 'ia no kēlā mau mea ho'olako, e like me ka wehewehe 'ana i loko o kēia papa pōmaika'i (la'ana, inā loa'a iā 'oe nā lawelawe telehealth mai kāu PCP, e uku 'oe i ka koina ka'ana like PCP).

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
Nā lawelawe Kauka/Kumu, me nā kipa ke'ena kauka - ho'omau 'ia • 'O kekahi mau lawelawe telehealth e like me ke kūkākūkā, ka ho'okolokolo, a me ka mālama 'ana e kahi kauka a i 'ole loa, no nā ma'i ma ke kua'āina a i 'ole nā wahi 'ē a'e i 'ae 'ia e Medicare. • Nā lawelawe telehealth no nā kipa pilina 'O ka ma'i ma'i renal pae hope i kēlā me kēia mahina no nā lālā home dialysis i kahi kikowaena dialysis renal i ka haukapila a i 'ole i ka haukapila nui a i 'ole i ka hale o ka lālā • Nā lawelawe telehealth e ho'okolokolo, loilo, a i 'ole mālama i nā hō'ailona o kahi 'ōkuhi, 'oiai kou wahi. • Nā lawelawe telehealth no nā lālā me ka ma'i ho'ohana opioid a i 'ole ka ma'i no'ono'o hui pū, 'oiai lākou i ko lākou wahi. • Nā lawelawe telehealth no ka ho'okolokolo, loilo, a mālama 'ana i nā ma'i no'ono'o inā: ○ Loa'a iā 'oe kahi kipa pilikino i loko o 6 mau mahina ma mua o kāu kipa telehealth mua. ○ Loa'a iā 'oe kahi māka'ika'i pilikino i kēlā me kēia 12 mahina 'oiai e loa'a ana kēia mau lawelawe telehealth ○ Hiki ke hana 'ia nā 'oko'a i nā mea i luna no nā kūlana kiko'i. • Nā lawelawe telehealth no nā kipa no'ono'o e hā'awi 'ia e nā Keena Ola Kua'āina a me Aupuni Kupono Ola kino Nā kikowaena. • Nā hō'oiā virtual (no ka la'ana, ma ke kelepona a i 'ole ke kama'ilio wikiō) me kāu kauka no 5-10 mau minuke inā: ○ 'A'ole 'oe he ma'i hou ○ 'A'ole pili ka hō'oiā i kahi kipa ke'ena i hala i nā lā 7 i hala ○ 'A'ole alaka'i ka hō'ea 'ana i kahi kipa ke'ena i loko o 24 mau hola a i 'ole ka manawa kūpono loa	E uku 'oe i ke ka'ana like 'ana e pili ana i ka mea ho'olako (e like me ka mea i wehewehe 'ia ma lalo o "Laau Kauka/Laau, Ho'okomo 'ia nā kipa Ke'ena Kauka" ma luna).

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
Nā lawelawe Kauka/Kumu, me nā kipa ke'ena kauka - ho'omau 'ia - Loiloi o nā wikiō a i 'ole nā ki'i āu e ho'ouna ai i kāu kauka, a me ka wehewehe 'ana a me ka ukali 'ana o kāu kauka i loko o 24 hola inā: 'A'ole 'oe he ma'i hou 'A'ole pili ka loiloi i kahi kipa ke'ena i nā lā 7 i hala a me 'A'ole alaka'i ka loiloi i kahi kipa ke'ena i loko o 24 hola a i 'ole ka hālāwai koke loa. - Kūkākūkā a kāu kauka me nā kauka 'ē a'e ma ke kelepona, Pūnaeweale, a i 'ole ka mo'olelo olakino kamepiula. 'O ka mana'o lua e kahi mea ho'olako pūnaeweale 'ē a'e ma mua o ka 'oki.	E uku 'oe i ke ka'ana like 'ana e pili ana i ka mea ho'olako (e like me ka mea i wehewehe 'ia ma lalo o "Laaau Kauka/Laaau, Ho'okomo 'ia nā kipa Ke'ena Kauka" ma luna). E uku 'oe i ke ka'ana like 'ana e pili ana i ka mea ho'olako (e like me ka mea i wehewehe 'ia ma lalo o "Laaau Kauka/Laaau, Ho'okomo 'ia nā kipa Ke'ena Kauka" ma luna). E uku 'oe i ke ka'ana like 'ana e pili ana i ka mea ho'olako (e like me ka mea i wehewehe 'ia ma lalo o "Laaau Kauka/Laaau, Ho'okomo 'ia nā kipa Ke'ena Kauka" ma luna). Ma waho a'e o nā 'āpana kumukū'ai ma luna, e loa'a kahi copay a/a i 'ole hō'oiā like no Ua uhi 'ia 'o Nā lawelawe i uhi 'ia e Medicare no ka lō'ihi lā'au lapa'au mea lako, nā lako nā mea ho'opololei a me nā lako, nā ho'ā'o diagnostic outpatient a lawelawe lapaau, makaaniani a me nā pilina ma hope o ka cataract 'oki'oki, palapala kauoha lā'au lapa'au a me Medicare Part B lā'au kauoha, e like me ia i ho'ākāka 'ia ma kēia Papa Pomaikai.

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
Nā lawelawe Podiatry. Nā lawelawe i uhi 'ia: • Ho'okolokolo a me ka mālama lapa'au a i 'ole 'oki 'ana i nā hō'eha a me nā ma'i o nā wāwae (e like me ka hammer toe a i 'ole nā heel spurs) • Mālama wāwae ma'amau no nā lālā me nā kūlana lapa'au kiko'i e pili ana i nā wāwae ha'aha'a.	\$0 copay no nā lawelawe podiatry i uhi 'ia e Medicare. <i>Pono e loa'a mua ka 'ae.</i>
 Pre-exposure prophylaxis (PrEP) no ka pale 'ana i ka ma'i HIV Inā 'a'ohe ou ma'i HIV, akā ua ho'oholo kāu kauka a i 'ole kekahi kauka mālama ola kino e pī'i a'e ana ka pilikia o ka ma'i HIV, uhi mākou i ka lā'au lapa'au pre-exposure prophylaxis (PrEP) a me nā lawelawe pili. Inā kūpono 'oe, 'o nā lawelawe i uhi 'ia me: • 'O ka lā'au PrEP i 'ae 'ia e ka FDA. Inā loa'a iā 'oe kahi lā'au injectable, uhi pū mākou i ka uku no ka ho'okomo 'ana i ka lā'au. • A hiki i 8 mau manawa a'oa'o pilikino (me ka loilo pilikia HIV, hō'emi i ka pilikia HIV, a me ka mālama 'ana i nā lā'au lapa'au) i kēlā me kēia 12 mahina. • A hiki i 8 mau hō'ike HIV i kēlā me kēia 12 mahina. 'O ka nānā 'ana i ka ma'i hepatitis B ho'okahi manawa.	'A'ohe hō'oa like, uku hui, a i 'ole Hiki ke unuhi 'ia no ka pono PrEP.

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
 Nā ho'okolokolo nānā 'ana i ka ma'i prostate No nā kāne i piha i ka makahiki 50 a 'oi aku, 'o nā lawelawe i uhi 'ia e like me kēia i ho'okahi manawa i kēlā me kēia 12 mahina: • Ho'okolokolo rectal kiko'i. • Ho'okolokolo Antigen (PSA) Prostate	\$0 copay no ka ho'okolokolo rectal kiko'i makahiki i uhi 'ia e Medicare. 'A'ohe uku hō'ōia like, uku hui, a i 'ole Hiki ke unuhi no ka ho'okolokolo PSA makahiki.
Nā mea ho'opololei a me nā lako orthotic pili Nā mea ('a'ole dental) e pani ana i nā 'āpana kino a i 'ole nā hana. Ho'opili 'ia kēia mau mea akā 'a'ole i kaupalena 'ia i ka ho'ā'o 'ana, kūpono, a i 'ole ka ho'oma'ama'a 'ana i ka ho'ohana 'ana i nā mea nā mea ho'opololei a me nā lā'au lapa'au; a me nā 'eke colostomy a me nā lako e pili pono ana i ka mālama 'ana i ka colostomy, nā mea pacemakers, nā pale lima, nā kāma'a nā mea ho'opololei, nā lālā hana, a me nā mea ho'opololei umauma (me ka brassiere 'oki'oki ma hope o ka mastectomy). Ho'opili pū kēia i kekahi mau lako e pili ana i nā mea ho'opololei a me nā lako orthotic, a me ka ho'oponopono a i 'ole ka ho'ololi 'ana i nā mea ho'opololei a me nā lako orthotic. Loa'a pū kekahi i ka uhi 'ana ma hope o ka wehe 'ana i ka ma'i a i 'ole ka 'oki 'ana i ka ma'i – e hele i <i>Mālama 'Ike</i> ma hope o kēia papa no ka 'ike hou aku.	\$0 copay no nā nā mea ho'opololei a i 'ole nā lā'au lapa'au i uhi 'ia e Medicare. <i>Pono e loa'a mua ka 'ae.</i> \$0 copay no Medicare - uhi 'ia nā lako lapa'au e pili ana i nā mea ho'opololei nā mea hana. <i>Pono e loa'a mua ka 'ae.</i>
Nā lawelawe ho'ōla hanu Ua uhi 'ia nā papahana piha o ka ho'oma'ama'a pulmonary no nā lālā i loa'a iā lākou ka 'o ka 'o ka ma'i obstructive pulmonary ma'i (COPD) a me kahi kauoha no ka ho'oma'ama'a pulmonary mai ka kauka e mālama nei i ka ma'i hanu ma'amau.	\$0 copay no kēlā me kēia Kipa 'o Medicare i nā lawelawe ho'oponopono pulmonary uhi 'ia.

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
 'O ka nānā 'ana a me ke a'o 'ana e hō'emi i ka ho'ohana hewa 'ana i ka wai'ona Ho'opili mākou i ho'okahi kōnana ho'ohana hewa 'ana i ka wai'ona no nā pākeke (me nā wahine hāpai) i ho'ohana hewa i ka wai'ona akā 'a'ole hilina'i i ka wai'ona. Inā loa'a iā 'oe kahi hopena maika'i no ka ho'ohana hewa 'ana i ka 'alika, hiki iā 'oe ke loa'a a hiki i 4 mau kūkākūkā maka-maka pōkole i kēlā me kēia makahiki (inā loa'a iā 'oe ka na'auao a me ka maka'ala i ka wā o ke kūkākūkā) i hā'awi 'ia e kahi kauka mālama mua a i 'ole practitioner i loko o kahi ho'onohonoho mālama mua.	'A'ohe hō'oia like, uku hui, a i 'ole Hiki ke unuhi no ka nānā 'ana i ka ho'ohana hewa 'ana i ka 'alika i uhi 'ia e Medicare a me ke kūkākūkā 'ana e ho'emi i ka ho'ohana hewa 'ana i ka 'alika.
 Nānā 'ana no ka ma'i 'a'ai pu'uwai me Ki'i 'enekinia me ka ha'aha'a o ka lā'au kukuna (LDCT) No ka po'e kūpono, uhi 'ia kahi LDCT i kēlā me kēia 12 mahina. O nā lālā kūpono he po'e makahiki 50 – 77 'a'ohe hō'ailona a hō'ailona paha o ka ma'i 'a'ai, akā he mo'olelo o ka puhi paka 'ana ma kahi o 20 mau 'eke makahiki a 'o ka po'e i puhi i kēia manawa a i ha'alele paha i ka puhi paka i loko o nā makahiki he 15 i hala, ka po'e e loa'a ke kauoha no LDCT i ka wā o ka ma'i a'oa'o e ho'okō i kēlā mau 'ōlelo a'oa'o no ka nānā 'ana i ka pae ho'ohālike Medicare kauka a i 'ole he kauka lapa'au kūpono 'ole. <i>No ka nānā 'ana i ka ma'i 'a'ai māmā LDCT ma hope o ka nānā 'ana LDCT mua:</i> pono e loa'a i nā lālā ke kauoha no ka nānā 'ana i ka ma'i 'a'ai māmā o LDCT, hiki ke ho'olako 'ia i ka wā e kipa aku ai me ke kauka a i 'ole ke kauka lapa'au kūpono 'ole. Inā koho ke kauka a i 'ole kauka lapa'au kūpono 'ole e hā'awi i ka 'ōlelo a'o 'ana i ka ma'i 'a'ai a me ka māka'ika'i ho'oholo no nā hō'ike 'ana i ka ma'i 'ā'i ma hope me LDCT, pono ke kipa e ho'okō i nā koina Medicare no ia mau kipa.	'A'ohe hō'oia like, uku hui, a i 'ole hiki ke unuhi 'ia no ka 'ōlelo a'o 'ana i uhi 'ia e Medicare a me ke kipa ho'oholo like 'ana a i 'ole no ka LDCT.

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
 Ka nānā 'ana no ka ma'i Hepatitis C Ho'opili mākou i ho'okahi kōnana Hepatitis C inā kauoha kāu kauka mālama mua a i 'ole kekahi mea mālama ola olakino kūpono a ho'okō 'oe i kekahi o kēia mau kōlana: • Loa'a iā 'oe ka pilikia nui no ka mea ua ho'ohana 'oe a i 'ole ua ho'ohana i nā lā'au lapa'au 'ae 'ole. • Ua ho'okahe koko 'oe ma mua o ka makahiki 1992. • Ua hānau 'ia 'oe ma waena o 1945-1965. Inā hānau 'oe ma waena o 1945-1965 a 'a'ole i mana'o 'ia he pilikia nui, uku mākou no ka nānā 'ana i ho'okahi manawa. Inā pilikia nui 'oe (no ka la'ana, ua ho'omau 'oe i ka ho'ohana 'ana i nā lā'au i ho'opa'a 'ia mai ka ho'ā'o 'ana i ka Hepatitis C maika'i 'ole ma mua), uhi mākou i nā hō'ike makahiki.	'A'ohe mea hō'ōia like, uku hui, a i 'ole Hiki ke unuhi 'ia no ka hō'ike 'ana i uhi 'ia e Medicare no ka Virus Hepatitis C.
 Nānā no nā ma'i i ho'oili 'ia ma ka moekolohe (STI) a me ke kūkākūkā e pale aku i nā STI Uhi mākou i nā nānā ma'i i ho'oili 'ia ma ka moekolohe (STI) no ka chlamydia, gonorrhea, syphilis, a me ka Hepatitis B. Ua uhi 'ia kēia mau nānā no nā wāhine hāpai a no kekahi mau kōnaka i ka pi'i 'ana o ka pilikia no kahi STI i ka wā e kauoha 'ia ai nā ho'okolohua e kahi mea mālama mua. Uhi mākou i kēia mau ho'okolohua i ho'okahi manawa i kēlā me kēia 12 mahina a i 'ole i kekahi mau manawa i ka wā o ka hāpai 'ana. Uhi pū mākou i 'elua mau hālāwai kūkākūkā maka-maka ikaika ki'eki'e, 20 a 30 mau minuke i kēlā me kēia makahiki no nā mākuā moekolohe i ka pi'i 'ana o ka pilikia no nā STIs. Ho'opili wale mākou i kēia mau kau 'ōlelo a'oa'o ma ke 'ano he lawelawe pale inā hā'awi 'ia lākou e kahi mea mālama mua a mālama 'ia ma kahi kōlana mālama mua, e like me ke ke'ena o ke kauka.	'A'ohe hō'ōia like, uku hui, a i 'ole Hiki ke unuhi no ka nānā 'ana i nā STIs i uhi 'ia e Medicare a me ke kūkākūkā 'ana no nā STIs ma ke 'ano he pōmaika'i pale.

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
Nā lawelawe no ka mālama 'ana i ka ma'i 'awa'awa Nā lawelawe i uhi 'ia: - Nā lawelawe ho'ona'auao ma'i 'awa'awa e a'o i ka mālama 'ana i ka ma'i 'awa'awa a kōkua i nā lālā e hana i nā ho'oholo 'ike no kā lākou mālama. .No nā lālā me ka pae IV ma'i i ka wā i hā'awi 'ia e kā lākou kauka, uhi mākou i nā manawa 6 o nā lawelawe ho'ona'auao ma'i kīkī i kēlā me kēia ola. - Nā mālama dialysis ma waho (me nā mālama dialysis ke wā ma waho o ka wahi lawelawe, e like me ka wehewehe 'ana i ka Mokuna 3, a i 'ole i ka wā 'a'ole hiki ke loa'a a i 'ole hiki 'ole ke loa'a kāu mea ho'olako no kēia lawelawe) - Nā lā'au lapa'au ma'i dialysis (inā 'ae 'ia 'oe ma ke 'ano he ma'i i kahi haukapila no ka mālama kūikawā) - Ho'oma'ama'a dialysis ma ke 'ano he mālama iā 'oe iho (me ka ho'oma'ama'a 'ana iā 'oe a me kekahi e kōkua ana iā 'oe me kāu mālama dialysis home) - Nā lako dialysis home a me nā lako - O kekahi mau nā lawelawe kāko'o home (e like me ka wā e pono ai, nā kipa mai nā limahana lō'ihi lā'au lapa'au dialysis i ho'oma'ama'a 'ia e nānā i kāu lō'ihi lā'au lapa'au dialysis home, e kōkua i nā wā pilikia, a nānā i kāu lō'ihi lā'au lapa'au mea lako dialysis a me ka lako wai) Ua uhi 'ia kekahi mau lā'au lapa'au no ka dialysis ma lalo o Medicare Part B.	\$0 copay no nā lawelawe ho'ona'auao ma'i i uhi 'ia e Medicare. \$0 copay no nā mālama dialysis ma waho o ka ma'i 'awa'awa i uhi 'ia e Medicare. E 'ike i ka "Mālama Haukapila i loko" no nā koina ka'ana like kūpono no nā mālama dialysis i loko o ka haukapila. \$ 0 copay no i uhi 'ia e Medicare diabetes se lf-mana ho'oma'ama'a gement. \$0 copay no nā lō'ihi lā'au lapa'au mea lako dialysis home i uhi 'ia e Medicare. <i>Pono e loa'a mua ka 'ae.</i> \$0 copay no nā lō'ihi lā'au lapa'au mea lako dialysis i uhi 'ia e Medicare. <i>Pono e loa'a mua ka 'ae.</i> \$0 copay no nā lawelawe kāko'o home i uhi 'ia e Medicare.

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
Nā lawelawe no ka mālama 'ana i ka ma'i 'awa'awa - ho'omau No ka 'ike e pili ana i ka uhi 'ana no Nā lā'au lapa'au Māhele B, e hele i Nā lā'au lapa'au Medicare Part B ma keia papaaina.	
Ke kahu hānai hale hana (SNF) mālama (No ka wehewehe 'ana i ka mālama 'ana i nā ke'ena kahu hānai akamai, e hele i ka Mokuna 12. Ho'oma'ama'a 'ia nā wahi mālama hale hana akamai ma kekahi mau wā i kapa 'ia he SNFs.) Hiki i 100 mau lā no ka Manawa Pōmaika'i o ka ho'opa'a 'ana a me nā lawelawe mālama mākaukau ma SNF a i 'ole kahi ho'onohonoho 'ē a'e i nā lawelawe i uhi 'ia ke kū 'ia kēia mau lawelawe i nā kulekele uhi o ka Ho'olālā a me Medicare. 'A'ole koi 'ia ka noho ma mua o ka haukapila. 'O ka 100-lā no kēlā me kēia manawa pōmaika'i e loa'a ana nā lā SNF i loa'a ma o ka ho'olālā, Original Medicare a i 'ole kekahi hui Medicare Advantage i ka wā pōmaika'i. Ho'opili nā lawelawe i uhi 'ia akā 'a'ole i hana 'ia i: • Hapalua-lumi pilikino (a i 'ole kahi ke'ena pilikino inā pono i ka lapa'au) • Nā mea 'ai me nā pā diet ma'amau. • Nā lawelawe Ke Ke'ena Hana Māmā • 'O ka lā'au lapa'au kino, lapaau hana a me lā'au 'ōlelo • 'O nā lā'au lapa'au i hā'awi 'ia iā 'oe ma ke 'ano he 'āpana o kā mākou ho'olālā mālama ('o ia nā mea i loa'a maoli i loko o ke kino, e like me nā kumu ho'opa'a koko.) • Koko - me ka mālama 'ana a me ka ho'okele 'ana. Ho'omaka ka uhi 'ana o ke koko holookoa a me pa'a 'ula'ula pū'ali koa 'ia me ka pint koko mua āu e pono ai. Ua uhi 'ia nā mea 'ē a'e a pau o ke koko e ho'omaka me ka pint mua i ho'ohana 'ia. • Nā lako lapa'au a me nā lako hana lā'au lapa'au i loa'a mau 'ia e nā SNFs • Nā ho'ā'o lapa'au i loa'a mau 'ia e nā SNFs • Nā X-ray a me nā lawelawe radiology 'ē a'e i loa'a mau 'ia e nā SNFs • Ka ho'ohana 'ana i nā mea e like me nā huila i loa'a mau 'ia e nā SNFs	No nā ho'opa'a inoa i uhi 'ia e Medicare, no kēlā me kēia Manawa Pōmaika'i: \$0 copay no kēlā me kēia Noho i loko o ke ke'ena kahu hānai mākaukau i uhi 'ia e Medicare. 'O 'oe ke uku i nā lilo a pau no kēlā me kēia lā ma hope o ka lā 100. <i>Pono e loa'a mua ka 'ae.</i> Ho'omaka kahi Manawa Pōmaika'i i ka lā mua āu i hele ai i kahi hana hale hana akamai. Pau ka Manawa Pōmaika'i inā 'a'ole 'oe i loa'a kahi mālama hana Ke Ke'ena Hana Māmā i loko o ka SNF no 60 lā i ka lālani. Inā 'oe i komo i kahi hale hana akamai ma hope o ka pau 'ana o kahi Manawa Pōmaika'i, ho'omaka kahi Manawa Pōmaika'i hou. 'A'ohe palena i ka helu o nā manawa pōmaika'i.

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
Ke kahu hānai hale hana (SNF) mālama - ho'omau - Nā lawelawe Kauka/Prakiti 'O ka ma'amau, loa'a iā 'oe ka mālama SNF mai nā ke'ena pūnaewe. Ma lalo o kekahi mau kūlana i helu 'ia ma lalo nei, hiki paha iā 'oe ke uku i ke ka'ana like 'ana i nā kumukū'ai pūnaewe no kahi hale 'a'ole ia he mea ho'olako pūnaewe, inā e 'ae ka hale i nā kālā o kā mākou ho'olālā no ka uku. - He hale hānai a i 'ole kahi kaiāulu mālama ho'omau i noho ai 'oe ma mua o kou hele 'ana i ka haukapila (inā hā'awi ia i ka mālama 'ana i ka hana Ke Ke'ena Hana Hana Māmā) - He SNF kahi e noho ai kāu hoa a i 'ole hoa pili i ka wā e ha'alele ai 'oe i ka haukapila	
 Ho'opau ka puhi paka a me ka ka ho'opau 'ana i ka paka ('ōlelo a'o e ho'ōki i ka puhi paka a i 'ole ka ho'ohana 'ana i ka paka) Ua uhi 'ia ka 'ōlelo a'o 'ana no ka ho'opau 'ana i ka paka a me ka ho'ohana 'ana i ka paka no nā ma'i ma waho a me nā ma'i i ho'opa'a 'ia i kēia mau koina: - E ho'ohana i ka paka, me ka nānā 'ole i nā hō'ailona a i 'ole nā hō'ailona o ka ma'i pili i ka paka - He mākaukau a maka'ala i ka wā a'oa'o - Hā'awi ke kauka kūpono a i 'ole kekahi kauka i 'ike 'ia e Medicare Ho'opili mākou i 2 mau ho'ā'o ho'opau i kēlā me kēia makahiki (hiki i kēlā me kēia ho'ā'o ke komo i ka nui o 4 mau manawa waena a ko'iko'i paha, me ka pi'i 'ana o ka mea ma'i i 8 mau manawa i kēlā me kēia makahiki.)	'A'ohe hō'oia like, uku hui, a i 'ole Hiki ke unuhi no nā pomaikai pale ahi ka ho'opau 'ana i ka paka a Medicare i uhi 'ia.
Paena kāko'o kaiaulu Hā'awi kā ho'olālā i kahi kahua Kāko'o Pūnaewe e kōkua kāko'o i kou olakino holo'oko'a. Hā'awi ka paepae i ka hana kaiāulu, nā hana therapeutic, a me nā kumuwaiwai i kāko'o 'ia e ho'olālā e kōkua i ka mālama 'ana i ke kaumaha a me ka hopohopo. He mea ma'alahi ka paepae iā 'oe e komo a ho'omau i ke komo 'ana e kōkua iā 'oe i ka mālama 'ana i kāu mau pono olakino. Loa'a ia ma ka pūnaewe 24/7, no laila hiki iā 'oe ke ho'ohana i kēlā me kēia manawa āu e koho ai.	\$0 copay no ke kahua kāko'o kaiaulu.*

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
Paena kāko'o kaiaulu - ho'omau Aia ka Kāko'o Pūnaeweale kaiaulu: - Nā Papahana Ola Pono: Loa'a iā nā papahana alaka'i pono'i 4-wiki i ho'olālā 'ia e ho'omaika'i i ka maika'i kino a me ka no'ono'o, e ho'opili ana i nā 'ike mai nā po'e loea olakino e kāko'o pono i nā lālā. E hahai i nā polokalamu ma kāu wikiwiki a e nānā i kāu holomua e nānā i ka holomua o kou olakino. - Kāko'o Hoa a me ka loea: E hui pū me kahi kaiāulu pūnaeweale ma kahi ākea kahi e hiki ai iā 'oe ke launa pū me nā hoa a me nā loea olakino kūpono. E ki'i i nā 'atikala i loilo'i 'ia a loa'a i nā 'ōlelo paipai pilikino no nā lawelawe Wellcare hou e pili ana i kāu mau pilina a me nā pono i 'ike 'ia. - Nā Mea Hana Ola Kikoho'e pilikino: Ho'opili i nā hana pili, no'ono'o, a me nā pā'ani i ho'okumu 'ia i ka cognitive behavioral therapy, mindfulness, a me ka no'ono'o maika'i. Ho'opuka kēia mau mea hana i nā kumuhana e like me ka 'elemakule olakino, ka mālama 'ana i ka noho ka'awale, ka mālama 'ana, ke kaumaha, ka 'imi 'ana i ke kumu o ka 'elemakule, a me nā mea hou aku. Nā lālā hiki ke komo i ka paepae ma ke komo 'ana i loko o kā lākou puka lālā ma go.wellcare.com/member a i 'ole ma ke kelepona 'ana lala Nā lawelawe Lālā. Ma hope o kou kāinoa 'ana aku, e hiki ai ho'i iā 'oe ke ho'ohana pololei aku i ka 'ōnaehana kōkua i nā 'ano manawa like 'ole mai kekahi kamepiula mai, kekahi lako pa'alima, a i 'ole mai kekahi kelepona pa'alima akamai mai.	
Nā Pōmaika'i Ho'ohui Kūikawā no ka ma'i ma'i Inā kūpono 'oe i Nā Pōmaika'i Ho'ohui Kūikawā no ka ma'i ma'i no ka ma'i (SSBCI), hā'awi kā mākou ho'olālā i nā pomaikai hou a'e. Pono 'oe e ho'okō i kekahi mau koina, me ka loa'a 'ana o kahi hō'ailona i kākau 'ia a ikaika no ho'okahi a 'oi aku paha nā kūlana kūpono. Pono ke kūlana e ho'oweliweli i ke ola a i 'ole ka palena nui o kou olakino holo'oko'a a i 'ole kāu hana. Eia kekahi, pono 'oe i ka ho'okele mālama ko'iko'i a i ka pilikia nui no ka hale ho'okipa i ho'olālā 'ole 'ia. 'O nā kūlana ma'i kūpono e komo pū me:	A'ohe mea hō'oia like, uku hui, a i 'ole Hiki ke unuhi 'ia no Nā Pōmaika'i Ho'ohui Kūikawā no ka ma'i ma'i.

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)**Hana i uhi 'ia****he aha kāu e uku ai****Nā Pōmaika'i Ho'ohui Kūikawā no ka ma'i ma'i - ho'omau 'ia**

O nā ma'i autoimmune (me ka Rheumatoid arthritis); Ka ma'i ma'i; 'O nā ma'i cardiovascular (me ke hypertension); 'O ka ma'i ho'ohana 'ana i ka wai'ona a me nā ma'i ho'ohana lā'au 'ē a'ē (SUDs); Ka Pu'uwai Ho'opau; Nā ma'i ma'i māmā; 'O nā kūlana olakino no'ono'o a me ke kīnā 'ole; 'O ka ma'i ma'i ma'i ma'i (me nā ma'i ma'i gastrointestinal Chronic); 'O ka ma'i ma'i ma'i ma'i (CKD); Nā kūlana me nā pilikia hana (e like me ka 'O ka ma'i ma'i renal pae hope (ESRD), 'O ka ma'i ma'i ate pae hope, Osteoporosis (ka iwi iwi), Osteoarthritis); 'O nā kūlana e koi ai i nā lawelawe lapa'au ho'omau i hiki i nā kānaka ke mālama a ho'omau i ka hana (me ka Muscular Dystrophy); Nā kūlana e pili ana me ka hō'ino 'ana o ka na'au (me Down Syndrome); Dementia; 'O ka ma'i diabetes; HIV/AIDS; Endometriosis; Nā ma'i neurologic; Nā ma'i hematologic ko'iko'i; 'O ke kaumaha nui, ka momona, a me ka metabolic syndrome (me Hyperlipidemia/Dyslipidemia); Ka ho'ololi 'ana ma hope o ke kino; Ka'i 'ana

E nānā i ka Mokuna 4, Pauku 2 no ka 'ike hou aku e pili ana i nā koina kūpono. Ho'oholo 'ia ke kūpono no nā pomaikai ma lalo ma hope o kou kau inoa 'ana i kā mākou ho'olālā.

Inā kūpono, loa'a iā 'oe ke koho e ho'ohana i kāu ha'awina Wellcare Spendables® no nā pomaikai hou i helu 'ia ma lalo nei. Ke ho'oholo 'ia e loa'a kēia mau pomaikai i ho'onui 'ia i nā lā 'oihana 7-10. Lawe 'ia ka ha'awina i ka mahina a'ē inā ho'ohana 'ole 'ia a pau i ka hopena o ka makahiki ho'olālā. E nānā i ka pōmaika'i 'o Wellcare Spendables® ma kēia pakuhi no ka 'ike hou aku.

- **'O ke kinoea uku-ma-pump**

Hiki iā 'oe ke ho'ohana i kāu kāleka e uku pololei i ke kinoea ma ka pamu ma nā wahi e komo ai. A'ole hiki ke ho'ohana 'ia ke kāleka no ka uku pilikino ma ka waihona kālā. Hiki ke ho'ohana wale 'ia kāu kāleka e ho'opiha i ke kinoea a hiki i ka nui allowance i loa'a.

- **Mea'ai Ola**

Hiki iā 'oe ke ho'ohana i kāu kāleka no nā mea'ai Ola a me nā huahana ma nā hale kū'ai komo.

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
Nā Pōmaika'i Ho'ohui Kūikawā no ka ma'i ma'i - ho'omau 'ia Hiki ke loa'a nā koho ho'ouna no nā mea kū'ai kūpono. Loa'a nā mea'ai i ho'omākaukau 'ia a me nā pahu huahana no ke kauoha ma puka pūnaewe. 'A'ole hiki ke ho'ohana 'ia ke kāleka no ka kū'ai 'ana i ka paka a i 'ole ka 'awa. Ho'okomo 'ia nā mea i 'ae 'ia: ○ I'o a me ka moa ○ Nā hua a me nā mea kanu ○ Nā mea inu ho'ola'a E ho'ohana i kāu mīkini kelepona barcode i loko o ka mau mea e 'ike i nā mea i 'ae 'ia ma nā wahi kū'ai, e komo i loko kāu puka lālā a kuhikuhi paha i kāu papa inoa. • Kokua Home a me na mea palekana Hiki iā 'oe ke ho'ohana i kāu kāleka e kōkua i ke kumukū'ai o ke kōkua home a me nā mea palekana, me nā lawelawe ho'onohonoho no nā huahana kūpono. E komo i loko o kāu puka lālā a i 'ole e kelepona mai iā mākou e kū'ai i nā mea i 'ae 'ia a nānā i nā lawelawe kūpono. O nā mea a me nā lawelawe i 'āpono 'ia: ○ E hopu i nā kaola a i 'ole nā kī puka a me nā uhi papahale 'ole ○ Nā noho palekana a me ka lumipaku ho'ololi kokua ○ 'O ke ea uila a me nā huahana maika'i o ka ea ○ Nā lako ho'omalū pest a me nā pepeke a me nā lā'au lapa'au ma ka home • Kokua hoolimalima Hiki iā 'oe ke ho'ohana i kāu kāleka e kōkua i ke kumukū'ai o ka ho'olimalima no kou home. E 'e'e i kāu puka ho'olimalima/moraki e uku a uku pololei i kāu mea ho'olimalima i kahi e 'ae 'ia ai nā uku kāleka. Hiki ke ho'ohana 'ia kāu kāleka a hiki i ka nui o ka ha'awina i loa'a.	

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
Nā Pōmaika'i Ho'ohui Kūikawā no ka ma'i ma'i - ho'omau 'ia A'ole hiki ke ho'ohana 'ia ke kāleka no ka ho'onohonoho 'ana i nā uku ho'ihō'i 'akomi. • Kokua hoohana Hiki iā 'oe ke ho'ohana i kāu kāleka e kōkua i ke kumukū'ai o nā pono hana no kou home. E ho'opa'a inoa pololei i kāu puka mea lawelawe a uku me kāu kāleka. A'ole hiki ke ho'ohana 'ia ke kāleka no ka ho'onohonoho 'ana i nā uku ho'ihō'i 'akomi. Hiki ke ho'ohana 'ia kāu kāleka a hiki i ka nui o ka ha'awina i loa'a. Nā lilo i 'ae 'ia no kēia pōmaika'i e komo pū: ○ Nā lawelawe uila, kinolea, ho'oma'ema'e/pilikia, a me ka wai ○ 'O ka lawelawe kelepona pilina a me ka kelepona pa'alima ○ 'O ka lawelawe Pūnaewe ○ 'O ka lawelawe TV uwea ('a'ole i komo i nā lawelawe streaming) ○ Nā lilo 'aila ho'omohana hale, e like me ka 'aila ho'omohana home	
Lapa'au ho'oikaika kino me ka mālama (SET) Uhi 'ia ka SET no nā lālā he mau ma'i 'o Peripheral Artery Disease (PAD). A hiki i 36 mau hālāwai i loko o ka wā 12-wiki i uhi 'ia inā hālāwai ka papahana SET me nā koi. Pono ka papahana SET: • Pono ka lō'ihī o nā hālāwai i nā minuke 30-60, e komo pū me kahi papahana ho'oma'ama'a no PAD i nā ma'i me ke kuli 'ana • E hana 'ia ma kahi ke'ena hōkele outpatient a i 'ole kahi ke'ena kauka • Hā'awi 'ia e nā limahana kōkua kūpono e pono ai e hō'ōia i nā pomaikai ma mua o nā pō'ino a i a'o 'ia i ka ho'oikaika kino no PAD	\$0 copay no kēlā me kēia Kipa 'ia e Medicare i luna ke kipa ho'oikaika kino ho'oikaika kino.

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
Lapa'au ho'oiika kino me ka mālama (SET) - ho'omau E mālama 'ia ma lalo o ke a'o pololei 'ana o kahi kauka, luna kānāwai ho'omalū, a i 'ole luna kānāwai ho'omalū/ kahu kanaka noi'i i ho'oma'ama'a 'ia i nā hana kōkua ola kumu a holomua Hiki ke uhi 'ia ka SET ma mua o 36 mau hālāwai i loko o 12 mau pule no kekahi 36 mau hālāwai i loko o kahi manawa ho'onui inā i mana'o 'ia he mea lapa'au pono e kahi mea lawelawe olakino.	
Nā lawelawe i makemake koke 'ia O kahi nā lawelawe i uhi 'ia i ka ho'olālā e koi ana i ka lā'au lapa'au koke 'a'ole ia he ulia pilikia he nā lawelawe i makemake koke 'ia nui 'ia inā paha 'oe ma waho o ka wahi lawelawe o kā mākou ho'olālā, a i 'ole, inā 'oe i loko o ka wahi lawelawe o kā mākou ho'olālā, 'a'ole kūpono ke hā'awi 'ia i kou manawa, kahi, a me nā kūlana e loa'a ai kēia lawelawe mai nā Mea ho'olako pūnaewe. Pono kā mākou ho'olālā e uhi i nā lawelawe i makemake koke 'ia a ho'opa'a wale iā 'oe i ka ho'oka'awale 'ana i nā kumukū'ai pūnaewe. Nā la'ana o nā lawelawe i makemake koke 'ia 'o ia nā ma'i lapa'au i 'ike 'ole 'ia a me nā 'eha a i 'ole nā hō'ailona e 'ike 'ole 'ia o nā kūlana i kēia manawa. 'A'ole mana'o 'ia nā kipa ma'amau o nā mea lapa'au e pono ai (e like me ka nānā 'ana i kēlā me kēia makahiki) inā 'oe ma waho o ka wahi lawelawe o kā mākou ho'olālā a i 'ole ka loa'a 'ana o kā mākou pūnaewe ho'olālā. Uhi 'ia nā lawelawe i makemake koke 'ia ma waho o 'Amelika Hui Pū 'Ia.	\$0 copay no kēlā me kēia kipa lawelawe i makemake koke 'ia e Medicare. \$115 copay no nā lawelawe i makemake koke 'ia ma waho o 'Amelika Hui Pū 'Ia.* Ho'opili 'oe i kēia helu 'ia inā ho'okomo 'ia 'oe i ka haukapila i loko o 24 mau hola no ka kūlana like. \$50,000 i kēlā me kēia makahiki no ka pilikia a i 'ole nā lawelawe i makemake koke 'ia ai ma waho o 'Amelika Hui Pū 'Ia.

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
 Mālama 'ike Nā lawelawe i uhi 'ia: • Nā oihana kauka ma waho no ka nānā 'ana a me ka mālama 'ana i nā ma'i a me nā pō'ino o ka maka, me ka mālama 'ana no ka ho'oha'aha'a macular e pili ana i ka makahiki. 'A'ole uhi 'o Original Medicare i nā ho'okolohua maka ma'amaui (nā ho'ololi 'ana o ka maka) no nā maka aniani/pili. • No ka po'e i pilikia nui i ka glaucoma, uhi mākou i ho'okahi kōnana glaucoma i kēlā me kēia makahiki. 'O ka po'e i loa'a i ka glaucoma nui ka po'e me ka mo'olelo 'ohana o ka glaucoma, ka po'e me ka ma'i, 'Amelika he 50 a 'oi a'e a me Hepanika 'Amelika he 65 a 'oi paha. • No ka po'e me ka ma'i diabetes, uhi 'ia ka ho'okolokolo no ka retinopathy diabetic i ho'okahi manawa i kēlā me kēia makahiki. • Ho'okahi pā'aniani a i 'ole nā lens pili ma hope o kēlā me kēia 'oki kākā e komo pū ana me ka ho'okomo 'ana i kahi lens intraocular. Inā loa'a iā 'oe 2 mau hana cataract ka'awale, 'a'ole hiki iā 'oe ke mālama i ka pōmaika'i ma hope o ke 'oki mua 'ana a kū'ai aku i 2 mau makaaniani ma hope o ka lua o ka 'oki 'ana. Ho'ohui 'ia, uhi kā mākou ho'olālā i nā lawelawe maka (i.e., ma'amaui) kōko'o: • 1 maka ho'okolohua ma'amaui i kēlā me kēia makahiki. Ho'okomo 'ia ka maka ho'okolohua ma'amaui i kahi ho'okolokolo glaucoma no ka po'e i ka pilikia no ka glaucoma a me ka maka ho'okolokolo retina no nā ma'i diabetic.	\$0 copay no nā maka ho'okolokolo 'ē a'e e nānā a mālama i nā ma'i o ka maka. <i>Pono e loa'a mua ka 'ae.</i> \$0 copay no ka mea 'O ka loiloī glaucoma i uhi 'ia e Medicare. \$0 copay no ka maka ho'okolokolo retina i uhi 'ia e Medicare no nā lālā diabetic a i 'ole ka maka ho'okolohua diabetic. <i>Pono e loa'a mua ka 'ae.</i> \$0 copay no nā aniani i uhi 'ia e Medicare. \$0 copay no 1 maka ho'okolohua ma'amaui i kēlā me kēia makahiki.*

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
Mālama 'ike - ho'omau - Nā pā'aniani palapala kauoha 'ole palena i kēlā me kēia makahiki a hiki i ka pōmaika'i palena o \$100 i kēlā me kēia makahiki. Ho'okomo 'ia nā pā'aniani i uhi 'ia ma nā mea a'e: - Nā aniani (kikokiko a me nā lens) a i 'ole - Nā lens aniani wale nō a i 'ole - Nā kikokiko aniani wale nō a i 'ole - Nā lens pili ma kahi o nā aniani a i 'ole - Nā ho'omaika'i lako maka Nānā: Uhi 'ia ka uku ho'oponopono lens pili e ka ho'olālā. 'O ka nui o ka ho'opi'i pōmaika'i ho'olālā he \$100 i kēlā me kēia makahiki e pili ana i ke kumukū'ai kū'ai o nā ki'i a/a i 'ole nā lens (me nā koho lens e like me nā kala a me nā uhi). Na 'oe ke kuleana no nā koina ma luna o ka palena ki'eki'e o ka pōmaika'i no nā maka ('o ia ho'i, ma'amaui).* 'A'ole i ho'okomo 'ia nā aniani i uhi 'ia e Medicare i ka pōmaika'i palena kāko'o (i.e., ma'amaui). 'A'ole hiki i nā lālā ke ho'ohana i kā lākou pā'aniani kāko'o pōmaika'i e ho'onui i kā lākou uhi 'ana ma nā aniani i uhi 'ia e Medicare. Nānā: He pōmaika'i kāko'o ka uhi 'ana i nā lawelawe maka ma'amaui i hā'awi 'ia e ka ho'olālā. A'ole 'o Medicare a me Hawaii Med-QUEST Division Program (Medicaid) e uku i kāu māhele o ke kumukū'ai no kēia mau lawelawe. Pono ke ki'i 'ia nā lawelawe maka ma o ka pūnaeweale maka o ka ho'olālā. No nā nīnau e pili ana i ka loa'a 'ana o kahi mea ho'olako a i 'ole no ka 'ike hou aku e kelepona i Nā lawelawe Lālā.	<i>Pono e loa'a mua ka 'ae.</i> \$0 copay no nā pā'aniani.* <i>Pono e loa'a mua ka 'ae.</i>

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
 Welina iā Medicare mālama Ho'opili kā mākou ho'olālā i ka manawa ho'okahi <i>Welina iā Medicare</i> mālama. Aia ka māka'ika'i i kahi loiloi o kou olakino, a me ka ho'ona'auao a me ka 'ōlelo a'o e pili ana i nā lawelawe pale āu e pono ai (me kekahi mau hō'ike 'ana a me nā ki'i), a me nā kuhikuhi no kekahi mālama inā pono. Mea nui: Uhi mākou i ka <i>Welina iā Medicare</i> mālama wale nō i loko o nā mahina mua 12 loa'a iā 'oe 'o Medicare Part B. Ke hana 'oe i kāu koho, e 'ike i ke ke'ena o kāu kauka makemake 'oe e ho'onohonoho i kāu <i>Welina iā Medicare</i> mālama. EKG i uhi 'ia e Medicare ma hope o ka <i>Welina iā Medicare</i> Mālama Lawelawe.	A'ohe hō'ōia like, uku hui, a i 'ole Hiki ke unuhi no ka <i>Welina iā Medicare</i> mālama. \$0 copay no kēlā me kēia I uhi 'ia e Medicare EKG e hahai ana i ka <i>Welina mai e Oihana Ho'opa'a Medicare</i>.
Wellcare Spendables® E loa'a iā 'oe \$120 mahina i ho'ouka mua 'ia ma kāu kāleka Wellcare Spendables® e ho'olilo i nā mea OTC, Nā lawelawe Niho, 'Ike, a Lohe. 'O kāu ha'awina mahina 'ōwili 'ia i ka mahina a'e inā ho'ohana 'ole 'ia a pau i ka hopena o ka makahiki ho'olālā. Hiki ke ho'ohana 'ia kāu ha'awina kāleka i: Ma luna o ka-heluhelu mea helu (OTC): Hiki iā 'oe ke ho'ohana i kāu kāleka ma nā wahi kū'ai kū'ai, ma o ka polokalamu kelepona, a i 'ole ma ke komo 'ana i kāu puka lālā e kau i kahi kauoha no ka lawe 'ana i ka home. Uhi 'ia mau mea komo: - Ka inoa a me nā ma luna o ka-heluhelu ma'amau 'O nā huaora, nā mea hō'eha 'eha, nā mea anu a me nā mea allergy, nā mea ma'i diabetes - E ho'ohana i kāu scanner barcode in-app e 'imi ai i nā mea i 'ae 'ia ma nā wahi kū'ai, a i 'ole e komo i loko o kāu puka lālā a i 'ole e nānā i kāu catalog.	A'ohe hō'ōia like, uku hui, a i 'ole Hiki ke unuhi 'ia no ke kāleka Wellcare Spendables®. 'A'ohe palena iki koi no ke kū'ai 'ana i loko o ka hale kū'ai.

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)**Hana i uhi 'ia****he aha kāu e uku ai****Wellcare Spendables® - ho'omau**

Nānā: Ma lalo o kekahi mau kūlana, uhi 'ia nā mea hana diagnostic a me nā kōkua ho'opau puhi paka ma lalo o nā pomaikai olakino o ka ho'olālā. Pono 'oe (i ka wā hiki) e ho'ohana i nā pomaikai ho'olālā lapa'au o kā mākou pomaikai ma mua o e ho'olilo i kāu ha'awina OTC ma kēia mau mea.

Nā Niho, 'Ike, a Lohe

Hiki iā 'oe ke ho'ohana i kāu kāleka e kōkua i ka hō'emi 'ana i kāu mau lilo no ka lawelawe niho, 'ike, a me ka lohe. Hiki ke ho'ohana 'ia ke kāleka e uku pololei i kāu mea mālama niho, 'ike, a i 'ole ka lohe.

- Pono e ho'okomo i nā kū'ai a me nā hana a pau i loko o kahi ke'ena ho'olako a i 'ole kahi mea ho'olako.
- A'ole hiki ke ho'ohana 'ia ka 'ae no nā lawelawe ho'onaninani a nani paha, nitrous oxide, ho'oma'ama'a kino, niho ke'oke'o, a i 'ole bleaching.

Hiki ke ho'ohana 'ia kāu kāleka no kēia mau mea: Niho

A'ole kēia ha'awina i pani i kāu pomaikai niho ma'amau. Pono 'oe e ho'ohana i ka pomaikai o kā mākou ho'olālā ma mua o ka ho'ohana 'ana i kāu ha'awina Spendables.

- Nā Lawelawe Kahua Niho Diagnostic 'ē a'e
- Nā Lawelawe Kahua Niho Preventive 'ē a'e
- Nā Lawelawe Ho'iho'i hou
- Enedodonika
- Pīriodontika
- Prosthodontics, hiki ke wehe
- Prosthodontics, paa
- 'O ka 'oki Waha/Maxillofacial
- Nā Lawelawe Nui A'oa'o

Makana

A'ole kēia ha'awina kahi pani o kāu pomaikai 'ike ma'amau. Pono 'oe e ho'ohana i ka pomaikai o kā mākou ho'olālā ma mua o ka ho'ohana 'ana i kāu ha'awina Spendables.

- Nānā maka ho'okolohua
- Nā leka pili
- Makaaniani maka (nā leki a me nā ki'i)
- Nā maka aniani

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
Wellcare Spendables® - ho'omau • Na Papa Makaaniani • Ho'onui Lohe A'ole kēia ha'awina i pani i kāu pomaikai lohe ma'amau. Pono 'oe e ho'ohana i ka pomaikai o kā mākou ho'olālā ma mua o ka ho'ohana 'ana i kāu ha'awina Spendables. • Ho'okolokolo ho'olohe ma'amau • Ka ho'opili 'ana/ka loiloi no ke kōkua ho'olohe • O nā mea kōkua lohe (nā 'ano āpau) <u>'O nā pōmaika'i i 'ōlelo 'ia ma lalo nei he 'āpana o SSBCI. 'A'ole hiki i nā lālā a pau ke kūpono. Pono 'oe e ho'okō i nā koina kūpono no nā pomaikai ho'olālā e hiki mai ana.</u> <u>Inā kūpono 'oe, hiki ke ho'ohana 'ia kāu ha'awina kāleka mahina i:</u> • 'O ke kinoea uku-ma-pump • Mea'ai Ola • Kokua Home a me na mea palekana • Nā Lawelawe a me Nā Mea Ho'omalua Pest • Kokua hoolimalima • Kokua hoohana E nānā i ka pomaikai 'o Nā Pōmaika'i Ho'ohui Kūikawā no ka ma'i ma'i (SSBCI) ma kēia pakahi no ka 'ike hou aku no kēia mau pomaikai. <u>Pehea e ho'ohana ai i kāu kāleka:</u> 1. E ho'ā i kāu kāleka ma mua o kou ho'ohana 'ana. 2. E ho'okipa i ka lawe like me kekahi hale kū'ai, e komo i ka loulou portal i helu 'ia ma lalo, a i 'ole e ho'oiho i ka Wellcare Spendables® polokalamu kelepona. 3. E koho i kāu mau mea i 'āpono 'ia/lawelawe. 4. Ma ka hale kū'ai, e ho'omau i ka hō'ai'ē a ka mea kū'ai aku a uku me kāu kāleka Wellcare Spendables®. No nā kauoha pūnaewe a i 'ole kelepona pa'alima, e 'e'e e komo a ho'ohana i kāu pomaikai. 5. A'ole kāleka hō'ai'ē kāu kāleka akā paha ho'okomo 'ia ma ke 'ano he 'aie' e hookaa. Inā koi 'ia, e ho'okomo i ka PIN āu i hana ai i ka wā i ho'āla ai kāu kāleka.	

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Hana i uhi 'ia	he aha kāu e uku ai
Wellcare Spendables® - ho'omau Nā 'ike hou aku e pono ai 'oe e 'ike: • Ke ho'ohana 'oe i kāu ha'awina ho'olilo, iā 'oe ke kuleana no ke koena kumukū'ai o kāu mau kū'ai. • Hiki ke ho'iho'i 'ia nā mea i kū'ai 'ia ma ka hale kū'ai ma hope o ka ho'i 'ana o nā mea kū'ai aku a ho'ololi i nā kulekele. • Inā 'a'ole holo pono kāu kāleka a i 'ole he pilikia 'enehana, e 'olu'olu e kelepona mai iā mākou ma ka helu ma lalo. • 'A'ole kuleana 'o Wellcare no nā kāleka nalowale a 'aihue paha. • No kāu ho'ohana pilikino wale nō ka kāleka Wellcare Spendables®, 'a'ole hiki ke kū'ai 'ia a ho'ololi 'ia, a 'a'ohe waiwai kālā. • Hiki e koho 'ia nā lawelawe ho'olimalima a me nā pono no ka uku hou 'ana inā 'a'ole i loa'a ka uku. E ho'oka'a'ike mai iā mākou a i 'ole e ho'ouna i kahi noi uku ma o ka puka lālā no ka loilo. Pono e waiho 'ia nā uku i loko o 120 mau lā mai ka lā o ke kālepa 'ana a pono i loko o ka makahiki ho'olālā like. • Hiki ke ho'opili 'ia nā palena a me nā kapu, 'o nā mea i 'ae wale 'ia ke uhi 'ia. • 'A'ole kēia he pōmaika'i Hawaii Med-QUEST Division Program (Medicaid). No ka 'ike hou aku e pili ana i ka Wellcare Spendables® kāleka a i 'ole e noi i kahi papa inoa, e kelepona iā: 1-888-846-4262, kahea nā mea ho'ohana TTY i 711. Ma waena o 'Okakopa 1 a me 31, aia nā 'elele ma 'ane'i i kēlā me kēia Pō'akahi-Lāpule, 7:45 a.m. a 8 p.m. Ma waena o 'Apelila 1 a me Kepakemapa 30, aia nā 'elele ma 'ane'i i kēlā me kēia Pō'akahi-Pō'alima, 7:45 a.m. a 8 p.m. Hiki iā 'oe ke kipa ma ka pūnaeweale ma: go.wellcare.com/member.	

PAUKU 3 Nā lawelawe i uhi 'ia ma waho o ka ho'olālā

Ua uhi 'ia kēia mau lawelawe e ka Hawaii Med-QUEST Division Program (Medicaid) Uku no ka lawelawe:

- Ka Moku'āina o Hawaii Ka Ho'okāmau a me ka Ho'okē'ai 'Ākena a me nā 'Iwi Palupalu Papahana

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

- Nā lawelawe no nā po'e me ke Kino Kīnā o ka Na'auao a me ka Ho'omohala 'ana
- Nā lawelawe Niho
- Ho'opau mana'o 'ia o nā hāpai 'ana (ITOPs)

PAUKU 4 Nā lawelawe 'a'ole i uhi 'ia e kā mākou ho'olālā (ka ho'oka'awale 'ia)

Ho'ākāka kēia māhele i nā lawelawe i ho'opa'a 'ia.

Hō'ike ka pakuhi ma lalo nei i nā lawelawe a me nā mea i uhi 'ole 'ia e kā mākou ho'olālā ma lalo o nā kūlana a i uhi 'ia e kā mākou ho'olālā ma lalo o nā kūlana kiko'i wale nō.

Inā loa'a iā 'oe nā lawelawe i ho'opa'a 'ia ('a'ole i uhi 'ia), pono 'oe e uku iā lākou iā 'oe iho koe wale nō ma lalo o nā kūlana kiko'i i helu 'ia ma lalo. 'Oiai inā loa'a iā 'oe nā lawelawe i kāpae 'ia ma kahi ke'ena pilikia, 'a'ole i uhi 'ia nā lawelawe i ha'alele 'ia, a 'a'ole e uku kā mākou ho'olālā no lākou. 'O ka ho'okahi wale nō 'oko'a inā ho'opi'i 'ia ka lawelawe a ho'oholo 'ia: ma ka ho'opi'i 'ana e lilo i lawelawe lapa'au a mākou e pono ai ke uku a i 'ole e uhi 'ia no kou kūlana kiko'i. (No ka 'ike e pili ana i ka ho'opi'i 'ana i kahi ho'oholo a mākou i hana ai 'a'ole e uhi i kahi lawelawe lapa'au, e hele i ka Mokuna 9, Pauku 6.3.)

Nā lawelawe 'a'ole i uhi 'ia e Medicare	Ho'opuni 'ia wale nō ma lalo o nā kūlana kiko'i
Nā 'oki nani a i 'ole nā ka'ina hana	Uhi 'ia i nā hihia o kahi pō'ino a i 'ole no ka ho'omaika'i 'ana i ka hana o kahi lālā kino Uhi 'ia no nā 'anu'u a pau o ka hana hou 'ana no ka umauma ma hope o ka mastectomy, a me ka umauma 'ole e hana i kahi hi'ohi'ona like.
Mālama 'O ka mālama he mālama pilikino 'a'ole koi i ka nānā mau 'ana o nā limahana lapa'au i ho'oma'ama'a 'ia, e like me ka mālama 'ana e kōkua iā 'oe i nā hana o ka nohona o kēlā me kēia lā, e like me ka 'au'au 'ana a i 'ole ka lole.	'A'ole i uhi 'ia ma lalo o kekahi kūlana

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Nā lawelawe 'a'ole i uhi 'ia e Medicare	Ho'opuni 'ia wale nō ma lalo o nā kūlana kiko'i
Nā hana ho'okolohua lapa'au a me nā ka'ina hana, nā mea hana, a me nā lā'au lapa'au 'O nā ka'ina hana a me nā mea ho'okolohua 'o ia nā mea a me nā ka'ina hana i ho'oholo 'ia e Original Medicare 'a'ole e 'ae 'ia e ke kaiāulu olakino.	Hiki ke uhi 'ia e Original Medicare ma lalo o kahi noi'i noi'i lapa'au i 'ae 'ia e Medicare a i 'ole ma kā mākou ho'olālā (E hele i ka Mokuna 3, Pauku 5 no ka 'ike hou aku e pili ana i nā noi'i lapa'au)
Uku i kau 'ia no ka mālama 'ana e kou 'ohana pili a i 'ole nā lālā o kou 'ohana	'A'ole i uhi 'ia ma lalo o kekahi kūlana
'O ka mālama hānai manawa piha ma kou home	'A'ole i uhi 'ia ma lalo o kekahi kūlana
Nā papa 'ai i lawe 'ia i ka home	E 'ike i ka pōmaika'i 'Healthy Food' ma ka 'āpana SSBCI o ka Papa Pomaikai Lapa'au no ka 'ike hou aku
Loa'a i nā lawelawe homemaker nā kōkua ma'amau o ka home, me ka mālama hale māmā a i 'ole ka ho'omākaukau 'ana i ka mea'ai māmā.	'A'ole i uhi 'ia ma lalo o kekahi kūlana
Nā lawelawe Naturopath (ho'ohana i nā lā'au lapa'au kūlohelohe a 'ē a'e paha)	'A'ole i uhi 'ia ma lalo o kekahi kūlana
Nā kāma'a orthopedic a i 'ole nā mea kāko'o no nā wāwae	Nā kāma'a i ka wā o kahi brace wāwae a me ka ho'opili 'ia 'ana i ke kumukū'ai o ka brace. 'O nā kāma'a Orthopedic a i 'ole therapeutic no ka po'e me ka ma'i wāwae diabetic
Nā mea pilikino i loko o kou lumi ma kahi haukapila a i 'ole kahi hale hanai akamai, e like me ke kelepona a i 'ole ke kīwī	'A'ole i uhi 'ia ma lalo o kekahi kūlana
Lumi pilikino ma kahi haukapila	Ua uhi 'ia i ka wā e pono ai ka lā'au lapa'au
Ho'ihō'i hou i nā ka'ina hana sterilization a/a i 'ole nā lako ho'opa'apa'a 'ole	'A'ole i uhi 'ia ma lalo o kekahi kūlana

Mokuna 4 Papa Pono Lapa'au (nā mea i uhi 'ia)

Nā lawelawe 'a'ole i uhi 'ia e Medicare	Ho'opuni 'ia wale nō ma lalo o nā kūlana kiko'i
O ka mālama niho ma'amau, e like me: • Hoomaemae (Prophylaxis) • Togafitiga o le Fluoride • Nā lawelawe orthodontic • Nā lawelawe ho'okomo • 'O Maxillofacial nā mea ho'opololei	'A'ole i uhi 'ia ma lalo o kekahi kūlana E 'ike i ka pōmaika'i o nā lawelawe mālama Niho ma ka Papa Pomaikai Lapa'au no ka mālama niho ma'amau i uhi 'ia e kāu ho'olālā ma ke 'ano o kāu pū'olo pomaikai
Ka mālama wāwae ma'amau (podiatry)	Hā'awi 'ia kekahi mau palena e like me nā alaka'i Medicare (e la'a, inā he ma'i diabetes 'oe)
Nā lawelawe i mana'o 'ia 'a'ole kūpono a pono paha, e like me nā kūlana Original Medicare	'A'ole i uhi 'ia ma lalo o kekahi kūlana
Malama hihio: Radial keratotomy, LASIK 'oki'oki, a me nā mea kōkua 'ike ha'aha'a	'A'ole i uhi 'ia ma lalo o kekahi kūlana
Mana'o Maka'ala: Nānā maka ma'amau, maka aniani	E 'ike i ka pōmaika'i mālama 'ike ma ka Papa Pomaikai Lapa'au no nā lawelawe 'ike ma'amau i uhi 'ia e kāu ho'olālā ma ke 'ano o kāu pū'olo pomaikai.

Mokuna 5 Ke ho'ohana 'ana i ka uhi ho'olālā no nā lā'au lapa'au Māhele D**MOKUNA 5:****Ke ho'ohana 'ana i ka uhi ho'olālā no nā Māhele D Laau Laau****Pehea 'oe e loa'a ai ka 'ike e pili ana i kāu koina lā'au?**

Ma muli o kou kūpono no ka Hawaii Med-QUEST Division Program (Medicaid), hiki iā 'oe ke kūpono a ke loa'a nei iā 'oe ke Kōkua keu mai Medicare e uku no kāu mau kumukū'ai ho'olālā lā'au. No ka mea aia 'oe i loko o ka papahana Kōkua Keu, **kekahi mau 'ike ma kēia Hō'ike no ka uhi 'ana e pili ana i nā koina no nā Māhele D Laau Laau 'a'ole pili iā 'oe.** Ho'ouna mākou iā 'oe i kahi ho'okomo 'oko'a, i kapa 'ia 'o ka *Hō'ike no ka uhi 'ana Rider no ka po'e i loa'a ke Kōkua keu aku e uku ana i nā lā'au lapa'au* ('ike pū 'ia 'o ka *Li'a Ha'aha'a* a i 'ole ka *LIS Rider*), e ha'i ana iā 'oe e pili ana i kāu uhi lā'au. Inā 'a'ohe ou mea ho'okomo, e kelepona i Nā lawelawe Lālā ma 1-888-846-4262 (kahea nā mea ho'ohana TTY i 711) a e noi i ka *LIS Rider*. (Aia nā helu kelepona no Nā lawelawe Lālā i pa'i 'ia ma ka uhi hope o kēia palapala.)

PAUKU 1 Nā rula kumu no ka uhi Māhele D Laau Laau o kā mākou ho'olālā

E hele i ka Papa Pomaikai Lapa'au ma ka Mokuna 4 no nā pomaikai lā'au Medicare Part B a me nā pomaikai lā'au lapa'au hale hospice.

Ma waho a'e o nā lā'au i uhi 'ia e Medicare, ua uhi 'ia kekahi mau lā'au ma lalo o kāu Hawaii Med-QUEST Division Program (Medicaid) pomaikai.

No ka 'ike hou aku e pili ana i ka uhi lā'au Medicaid e 'olu'olu e kelepona i ka Hawaii Med-QUEST Division Program (Medicaid) e ho'oholo i ka uhi lā'au e loa'a iā 'oe. (Hiki iā 'oe ke loa'a nā helu kelepona a me ka 'ikepili pili no Hawaii Med-QUEST Division Program (Medicaid) ma ka Mokuna 2, Pauku 6.)

E uhi ana kā mākou ho'olālā i kāu mau lā'au i ka wā e hahai ai 'oe i kēia mau lula:

- Pono kāu mea hā'awi (ke kauka, niho, a i 'ole ka mea kuhikuhi 'ē a'e) e kākau iā 'oe i kahi 'ōlelo kuhikuhi i kūpono ma lalo o ke kōnāwai moku'āina pili.
- 'A'ole pono kāu mea kuhikuhi e loa'a ma nā papa Ho'oka'awale i kahi Preclusion o Medicare.
- Pono 'oe e ho'ohana i ka lā'au lapa'au pūnaewe no ka ho'opiha 'ana i kāu palapala lā'au (E hele i ka Pauku 2) *a i 'ole hiki iā 'oe ke ho'opiha i kāu lā'au lapa'au ma o ka lawelawe leka uila o kā mākou ho'olālā.*
- Pono kāu lā'au lapa'au ma ka Laau laau Papa inoa o kā mākou ho'olālā (E hele i ka Pauku 3).

Mokuna 5 Ke ho'ohana 'ana i ka uhi ho'olālā no nā lā'au lapa'au Māhele D

- Pono e ho'ohana kāu lā'au no kahi hō'ailona lapa'au 'ae 'ia. O ka "hō'ailona lapa'au 'ae 'ia" kahi ho'ohana i ka lā'au i 'ae 'ia e ka FDA a i kāko'o 'ia paha e kekahi mau kuhikuhi. (E hele i ka Paukū 3 no ka 'ike hou aku e pili ana i kahi hō'ailona lapa'au 'ae 'ia.)
- Pono paha kāu lā'au lapa'au i ka 'ae 'ia mai kā mākou ho'olālā ma muli o kekahi mau pae ho'ohālike ma mua o ko mākou 'ae 'ana e uhi iā ia. (E hele i ka Paukū 4 no ka 'ike hou aku)

PAUKU 2 E ho'opiha i kāu 'ōlelo kuhikuhi ma kahi Lapa'au Pūnaeweale a i 'ole ma o ka lawelawe leka uila o kā mākou ho'olālā

I ka hapanui o nā hihia, ua uhi 'ia kāu mau palapala kauoha *wale nō* ho'opiha 'ia mau mea ma nā lā'au lapa'au pūnaeweale o kā mākou ho'olālā. (E hele i ka Paukū 2.4 no ka 'ike e pili ana i ka wā e uhi ai mākou i nā 'ōlelo kuhikuhi i ho'opiha 'ia ma nā lā'au lapa'au ma waho o ka pūnaeweale.)

'O kahi lā'au lapa'au pūnaeweale he lā'au lapa'au i loa'a kahi 'aelike me kā mākou ho'olālā e hā'awi i kāu mau lā'au i uhi 'ia. 'O ka hua'ōlelo "nā lā'au i uhi 'ia" 'o ia ho'i nā lā'au lapa'au Māhele D āpau ma ka Laau laau Papa inoa o kā mākou ho'olālā.

Pauku 2.1 Nā lā'au lapa'au pūnaeweale

E 'imi i kahi lā'au lapa'au pūnaeweale ma kou wahi

No ka huli 'ana i kahi Lapa'au Pūnaeweale, e hele i kāu *Papa Kuhikuhi Mea Ho'olako a me nā Hale Lā'au Lapa'au*, e kipa i kā mākou pūnaeweale (go.wellcare.com/2026providerdirectories), a/a i 'ole e kelepona i Nā lawelawe Lālā ma 1-888-846-4262 (Nā mea ho'ohana TTY 711).

Hiki iā 'oe ke hele i kekahi o kā mākou lā'au lapa'au pūnaeweale. Hā'awi kekahi mau lā'au lapa'au pūnaeweale i ka hā'awi 'ana i Māhele kākī i makemake 'ia, 'oi aku ka ha'aha'a ma mua o ke ka'ana like 'ana ma kahi lā'au lapa'au e hā'awi ana i Māhele kākī ma'amaui. Na ka *Papa Kuhikuhi Mea Ho'olako a me nā Hale Lā'au Lapa'au* e ha'i iā 'oe i nā lā'au lapa'au pūnaeweale e Māhele kākī i makemake 'ia.

E kelepona mai iā mākou no ka 'ike hou a'e e pili ana i ke 'ano o ka 'oko'a o kāu mau kumukū'ai no nā lā'au lapa'au like 'ole.

Inā ha'alele kāu lā'au lapa'au i ka pūnaeweale

Inā ha'alele ka lā'au lapa'au āu e ho'ohana ai i ka pūnaeweale o kā mākou ho'olālā, pono 'oe e 'imi i kahi lā'au lapa'au hou ma ka pūnaeweale. Inā noho ka lā'au lapa'au āu e ho'ohana ai i kā mākou pūnaeweale akā 'a'ole hā'awi hou i Māhele kākī i makemake 'ia, makemake paha 'oe e ho'ololi i kahi pūnaeweale 'ē a'e a i 'ole ka lā'au lapa'au makemake, inā loa'a. No ka huli 'ana i kahi lā'au lapa'au 'ē a'e ma kou wahi, e ki'i i ke kōkua mai Nā lawelawe Lālā ma 1-888-846-4262 (Nā mea ho'ohana TTY 711) a i 'ole e ho'ohana i ka *Papa Kuhikuhi Mea Ho'olako a me nā Hale Lā'au Lapa'au*. Hiki iā 'oe ke loa'a i 'ike ma kā mākou pūnaeweale ma go.wellcare.com/2026providerdirectories.

Mokuna 5 Ke ho'ohana 'ana i ka uhi ho'olālā no nā lā'au lapa'au Māhele D

Nā lā'au lapa'au kūikawā

Pono e ho'opiha 'ia kekahi mau lā'au ma kahi lā'au lapa'au kūikawā. Ho'okomo 'ia nā lā'au lapa'au kūikawā:

- Nā lā'au lapa'au e hā'awi i nā lā'au no ka mālama 'ana i ka ho'oulu home infusion.
- Nā lā'au lapa'au e hā'awi i nā lā'au no nā po'e noho o kahi hale mālama lō'ihi (LTC). Ho'oma'amau 'ia ka loa'a 'ana o kahi lā'au lapa'au nona iho ma nā wahi mālama lō'ihi LTC (e like me ka hale hānai). Inā pilikia 'oe i ka lawe 'ana i kāu mau lā'au Māhele D i loko o kahi hale LTC, e kelepona i Nā lawelawe Lālā ma 1-888-846-4262 (TTY mea ho'ohana e kelepona iā 711).
- Nā lā'au lapa'au e lawelawe i ka Oihana Ola Inia / 'Ohana / Kaona Ola Inia Papahana ('a'ole loa'a ma Puerto Rico). Ma waho wale nō o nā kūlana pilikia, nā kākā 'Amelika Kūpuna a me nā kākā Alaska Native wale nō ke komo i kēia mau lā'au lapa'au i loko o kā mākou pūnaewe.
- 'O nā lā'au lapa'au e hā'awi ana i nā lā'au i kaupalena 'ia e ka FDA i kekahi mau wahi a i 'ole e koi ana i ka lawelawe kūikawā, ka ho'onohonoho 'ana o ka mea ho'olako, a i 'ole ka ho'ona'auao 'ana i kāna ho'ohana. No ka huli 'ana i kahi lā'au lapa'au kūikawā, e hele i kāu *Papa Kuhikuhi Mea Ho'olako a me nā Hale Lā'au Lapa'au* go.wellcare.com/2026providerdirectories a i 'ole e kelepona iā Nā lawelawe Lālā ma 1-888-846-4262 (Nā mea ho'ohana TTY 711).

Pauku 2.2 'O kā mākou ho'olālā ho'onohonoho leka uila

No kekahi mau 'ano lā'au lapa'au, hiki iā 'oe ke ho'ohana i ka lawelawe leka uila o kā mākou ho'olālā. 'O ka ma'amau, 'o nā lā'au lapa'au i hā'awi 'ia ma o ka leka uila he mau lā'au āu e lawe ai i kēlā me kēia manawa, no ka kino kino ma' i mau a lō'ihi paha. 'O nā lā'au lapa'au 'a'ole i loa'a ma o kā mākou ho'olālā ho'onohonoho leka uila ua hō'ailona 'ia 'o "NM" ma kā mākou Laau laau Papa inoa.

O ka lawelawe leka uila o kā mākou ho'olālā e hiki ai iā 'oe ke kauoha **ma kahi li'ili'i he 35-lā o ka lā'au lapa'au a 'a'ole 'oi aku ma mua o kahi lako 100-lā.**

No ka loa'a 'ana o nā palapala kauoha a me ka 'ike e pili ana i ka ho'opiha 'ana i kāu mau 'ōlelo kuhikuhi ma ka leka uila, e kelepona i kā mākou leka uila Express Scripts® Pharmacy ma 1-833-750-0201 (TTY: 711) 24 mau hola o ka lā, 7 lā. A i 'ole, e komo ma express-scripts.com/rx. Inā ho'ohana 'oe i kahi lā'au lapa'au ho'ouna leka 'a'ole ma ka pūnaewe ho'olālā, 'a'ole e uhi 'ia kāu lā'au kuhikuhi.

'O ka ma'amau, e hā'awi 'ia aku kahi kauoha lā'au leka uila iā 'oe ma mua o 14 mau lā. Eia na'e, i kekahi manawa hiki ke ho'oka'ulua 'ia kāu kauoha lā'au lapa'au ho'ouna leka. No nā lā'au lapa'au lō'ihi āu e pono koke ai, e noi i kāu kauka no 'elua mau 'ōlelo kuhikuhi: ho'okahi no kahi lako 30-lā e ho'opiha ai i kahi lā'au kū'ai komo, a ho'okahi no kahi lō'ihi (35 a 100-lā) lako e ho'opiha ma ka leka uila. Inā pilikia 'oe i ka ho'opiha 'ana i kāu lako 30 lā ma kahi lā'au kū'ai i komo i ka wā i ho'opane'e 'ia kāu kauoha leka uila, e 'olu'olu e kelepona i kāu lā'au kū'ai i kā mākou Kikowaena lawelawe mea hoolako ma 1-866-800-6111 (TTY 1-888-816-5252), 24 mau hola o ka lā, 7 lā o ke kōkua. Hiki i nā lālā ke kelepona iā Express Scripts® Pharmacy ma 1-833-750-0201 (TTY: 711), 24 hola o ka lā, 7 lā o ka pule. A i 'ole, e komo ma express-scripts.com/rx.

Mokuna 5 Ke ho'ohana 'ana i ka uhi ho'olālā no nā lā'au lapa'au Māhele D**Loa'a pololei i ka lā'au lapa'au mai ke ke'ena o kāu kauka.**

E ho'opiha 'oko'a a hā'awi ka lā'au lapa'au i nā 'ōlelo kuhikuhi hou e loa'a iā ia mai nā mea mālama olakino, me ka nānā 'ole 'ana me 'oe, inā paha:

- Ua ho'ohana 'oe i nā lawelawe leka uila me kēia ho'olālā i ka wā ma mua, a i 'ole
- Ua kākau inoa 'oe no ka lawe 'ana i nā lā'au kuhikuhi hou a pau i loa'a pololei mai nā mea mālama ola kino. Hiki iā 'oe ke noi no ka hā'awi 'ana aku i nā palapala kauoha hou i kēlā me kēia manawa ma ke kelepona 'ana i ka Express Scripts® Pharmacy ma 1-833-750-0201, (TTY: 711), 24 mau hola o ka lā, 7 lā o ka pule. A i 'ole, e komo ma [express-scripts.com/rx](https://www.express-scripts.com/rx).

Inā loa'a iā 'oe kahi lā'au lapa'au ma ka leka āu e makemake 'ole ai, a 'a'ole i ho'opili 'ia 'oe e 'ike inā makemake 'oe ma mua o ka ho'ouna 'ia 'ana, hiki paha iā 'oe ke uku.

Inā 'oe i ho'ohana i ka leka uila i ka wā ma mua a 'a'ole makemake 'oe e ho'opiha a ho'ouna i ka lā'au lapa'au i kēlā me kēia lā'au lapa'au hou, e kelepona mai iā mākou ma ke kelepona 'ana iā Express Scripts® Pharmacy ma 1-833-750-0201, (TTY: 711), 24 hola o ka lā, 7 lā o ka pule. A i 'ole, e komo ma [express-scripts.com/rx](https://www.express-scripts.com/rx).

Inā 'a'ole 'oe i ho'ohana i kā mākou hā'awi leka uila a/a i 'ole e ho'oholo e ho'opau i ka ho'opiha piha 'ana i nā lā'au lapa'au hou, e ho'opili ka hale kū'ai lā'au iā 'oe i kēlā me kēia manawa e loa'a iā ia kahi palapala kauoha hou mai kahi mea mālama ola e 'ike inā makemake 'oe e ho'opiha a ho'ouna koke 'ia ka lā'au lapa'au. He mea nui e pane i kēlā me kēia manawa e ho'opili 'ia ai 'oe e ka lā'au lapa'au, e hō'ike iā lākou inā e ho'ouna, ho'opane'e, a ho'opau paha i ka 'ōlelo kuhikuhi hou.

No ka ha'alele 'ana i ka lawe 'ana i nā lā'au lapa'au hou i loa'a pololei mai ke ke'ena o kāu mea mālama ola, e kelepona iā mākou ma ke kelepona 'ana iā Express Scripts® Pharmacy ma 1-833-750-0201, (TTY: 711), 24 hola o ka lā, 7 lā o ka pule. A i 'ole, e komo ma [express-scripts.com/rx](https://www.express-scripts.com/rx).

Ho'opiha hou i nā palapala kauoha leka uila. No nā ho'opihapiha hou i kāu mau lā'au, hiki iā 'oe ke kākau inoa no kahi papahana ho'opihapiha hou kū ho'okahi. Ma lalo o kēia polokalamu ho'omaka mākou e ho'oponopono i kāu ho'opiha hou a'e i ka wā e hō'ike ai kā mākou mau mo'olelo e kokoke ana 'oe i ka pau 'ana o kāu lā'au. E ho'oka'a'ike aku ka lā'au lapa'au iā 'oe ma mua o ka ho'ouna 'ana i kēlā me kēia ho'opiha hou e hō'ia i ka pono o nā lā'au lapa'au hou a'e, a hiki iā 'oe ke ho'opau i nā ho'opihapiha i ho'onohonoho 'ia inā lawa kāu lā'au lapa'au a i 'ole ua loli kāu lā'au.

Inā koho 'oe 'a'ole e ho'ohana i kā mākou ho'olālā ho'opiha hou akā makemake 'oe e ho'ouna i ka lā'au lapa'au leka uila iā 'oe i kāu lā'au lapa'au, e kelepona i kāu lā'au lapa'au 21 mau lā ma mua o ka pau 'ana o kāu lā'au lapa'au o kēia manawa. E hō'ia kēia e ho'ouna 'ia kāu kauoha iā 'oe i ka manawa kūpono.

No ka ha'alele 'ana i kā mākou ho'olālā e ho'omākaukau 'akomi ana i ka ho'opiha 'ana i ka leka uila, e kelepona mai iā mākou ma ke kelepona 'ana i kāu leka uila:

- **Express Scripts® Pharmacy: 1-833-750-0201 (hiki i nā mea ho'ohana TTY ke kāhea iā 711).**

Inā loa'a iā 'oe kahi ho'opiha hou ma ka leka āu e makemake 'ole ai, hiki paha iā 'oe ke uku.

Mokuna 5 Ke ho'ohana 'ana i ka uhi ho'olālā no nā lā'au lapa'au Māhele D**Pauku 2.3 Pehea e loa'a ai kahi lako lā'au no ka manawa lō'ihī**

Hā'awi kā mākou ho'olālā i nā ala 2 e loa'a ai kahi lako no ka wā lō'ihī (i kapa 'ia ho'i he lako ho'onui) o nā lā'au mālama ma ka Laau laau Papa inoa o kā mākou ho'olālā. ('O nā lā'au lapa'au mālama 'ia nā lā'au lapa'au āu e lawe ai i kēlā me kēia manawa, no kahi ma'i kino kino a lō'ihī paha.)

1. O kekahi mau lā'au lapa'au kū'ai li'ilī'i i loko o kā mākou pūnaewe e 'ae iā 'oe e loa'a kahi lako lō'ihī o nā lā'au mālama. Kāu *Papa Kuhikuhi Mea Ho'olako a me nā Hale Lā'au Lapa'au* go.wellcare.com/2026providerdirectories e ha'i iā 'oe i nā lā'au lapa'au o kā mākou pūnaewe hiki ke hā'awi iā 'oe i kahi lako o nā lā'au mālama. Hiki iā 'oe ke kelepona i Nā lawelawe Lālā ma 1-888-846-4262 (kahea nā mea ho'ohana TTY iā 711) no ka 'ike hou aku.
2. Hiki iā 'oe ke loa'a nā lā'au lapa'au ma o kā mākou ho'olālā kauoha leka uila. E hele i ka Pauku 2.2 no ka 'ike hou aku.

Pauku 2.4 Ke ho'ohana nei i kahi lā'au lapa'au 'a'ole i loko o ka pūnaewe o kā mākou ho'olālā

'O ka ma'amaui, uhi mākou i nā lā'au lapa'au i ho'opiha 'ia ma kahi i waho o- lā'au lapa'au pūnaewe *wale nō* inā 'a'ole hiki iā 'oe ke ho'ohana i kahi lā'au lapa'au pūnaewe. Loa'a iā mākou nā lā'au lapa'au pūnaewe ma waho o kā mākou wahi lawelawe kahi e hiki ai iā 'oe ke ho'opiha i nā palapala kauoha ma ke 'ano he lālā o kā mākou ho'olālā. **E nānā mua me Nā lawelawe Lālā ma 1-888-846-4262 (kahea nā mea ho'ohana TTY iā 711)** no ka 'ike inā aia kahi lā'au lapa'au pūnaewe ma kahi kokoke.

Ho'opili mākou i nā lā'au lapa'au i ho'opiha 'ia ma kahi i waho o- lā'au lapa'au pūnaewe ma kēia mau kūlana wale nō:

Ka'ahale: Loa'a i ka uhi ke hele a ha'alele paha 'oe i wahi lawelawe o ka ho'olālā.

- Inā lawe 'oe i kahi lā'au kuhikuhi ma ka ma'amaui a huaka'i 'oe, e hō'oiā e nānā i kāu lako lā'au ma mua o kou ha'alele 'ana. Inā hiki, e lawe pū i nā lā'au āu e pono ai. Hiki iā 'oe ke kauoha i kāu mau lā'au kuhikuhi ma mua o ka manawa ma o ka lā'au lapa'au ho'ouna leka.
- Inā huaka'i 'oe i loko o 'Amelika Hui Pū 'Ia a me nā 'āina a me nā mokupuni, a i loa'a ke ma'i, a i 'ole lilo a pau paha kāu mau lā'au kuhikuhi, e uhi mākou i nā lā'au i ho'opihapiha 'ia ma kahi i waho o- lā'au lapa'au pūnaewe. Ma kēia kūlana, pono 'oe e uku i ke kumukū'ai piha (ma mua o ka uku wale 'ana i kāu uku hui a i 'ole hō'oiā like) ke ho'opiha 'oe i kāu palapala kauoha. Hiki iā 'oe ke noi iā mākou e uku hou iā 'oe no kā mākou māhele o ke kumukū'ai ma o ka ho'ouna 'ana i kahi palapala noi uku hou. Inā hele 'oe i kahi i waho o- lā'au lapa'au pūnaewe, hiki ke kuleana 'oe e uku i ka 'oko'a ma waena o ka mea ā mākou e uku ai no kahi lā'au i ho'opihapiha 'ia ma kahi lā'au lapa'au i loko o ka pūnaewe a me ke kumukū'ai a ka i waho o- lā'au lapa'au pūnaewe i uku ai no kāu lā'au kuhikuhi. No ke a'o 'ana pehea e ho'ouna ai i kahi koi uku, e 'olu'olu e nānā i ka Mokuna 7, Pauku 2.
- Hiki iā 'oe ke kāhea pū i Nā lawelawe Lālā e 'ike inā aia kahi lā'au lapa'au i loko o ka pūnaewe ma ka wahi āu e huaka'i ai.

Mokuna 5 Ke ho'ohana 'ana i ka uhi ho'olālā no nā lā'au lapa'au Māhele D

- 'A'ole hiki iā mākou ke uku no nā lā'au i ho'opihapiha 'ia e nā lā'au lapa'au ma waho o 'Amelika Hui Pū 'Ia a me nā mokupuni, 'a'ole ho'i no kahi ulia pōpilikia.

Lapa'au ulia pōpilikia: He aha inā makemake au i ka lā'au lapa'au ma muli o kahi pilikia olakino a i 'ole no ka pono o ka mālama wikiwiki?

- E uhi mākou i nā lā'au i ho'opihapiha 'ia ma kahi i waho o- lā'au lapa'au pūnaewe inā pili nā lā'au kuhikuhi i ka mālama 'ana no ka ulia pōpilikia a i 'ole mālama wikiwiki. Ma kēia kūlana, pono 'oe e uku i ke kumukū'ai piha (ma mua o ka uku wale 'ana i kāu uku hui a i 'ole hō'ōia like) ke ho'opiha 'oe i kāu palapala kauoha. Hiki iā 'oe ke noi iā mākou e uku hou iā 'oe no kā mākou māhele o ke kumukū'ai ma o ka ho'ouna 'ana i kahi palapala noi uku hou. Inā hele 'oe i kahi i waho o- lā'au lapa'au pūnaewe, hiki ke kuleana 'oe e uku i ka 'oko'a ma waena o ka mea ā mākou e uku ai no kahi lā'au i ho'opihapiha 'ia ma kahi lā'au lapa'au i loko o ka pūnaewe a me ke kumukū'ai a ka i waho o- lā'au lapa'au pūnaewe i uku ai no kāu lā'au kuhikuhi. No ke a'o 'ana pehea e ho'ouna ai i kahi koi uku, e 'olu'olu e nānā i ka Mokuna 7, Pauku 2.

Nā Kūlana Hou: I kekahi manawa hiki iā 'oe ke uhi i kāu lā'au lapa'au inā hele 'oe i kahi i waho o- lā'au lapa'au pūnaewe.

- E uhi mākou i kāu lā'au kuhikuhi ma kahi i waho o- lā'au lapa'au pūnaewe inā pili kekahi o nā mea kēia:
 - Inā hiki 'ole iā 'oe ke loa'a kahi lā'au i uhi 'ia i ka manawa kūpono i loko o kā mākou wahi lawelawe no ka mea 'a'ohe lā'au lapa'au i loko o ka pūnaewe, i loko o kahi mamao kūpono, e hā'awi i ka lawelawe 24-hola.
 - Inā ho'ā'o 'oe e ho'opihapiha i kahi lā'au 'a'ole i ho'opihapiha 'ia ma'amau ma kahi lā'au lapa'au kū'ai li'ili'i a i 'ole ho'ouna leka i loa'a (me nā lā'au ki'eki'e a kūikawā ho'i).
 - Inā loa'a 'oe i ka lā'au lapa'au e pono ai akā 'a'ole i uhi 'ia e Medicare Part B a lawelawe 'ia ma ke ke'ena o kāu kauka.
 - Inā loa'a iā 'oe kahi lā'au lapa'au i uhi 'ia mai kahi lā'au lapa'au i ho'okumu 'ia i ke kula 'oiāi he mea mā'i i loko o kahi ke'ena hō'oki ma waho, a i 'ole kahi wahi mā'i 'ē a'e.
- No nā kūlana i ho'opa'a 'ia ma luna, hiki iā 'oe ke loa'a i ka lako lā'au he 30-lā. I mea hou a'e, hiki paha iā 'oe ke uku i ke kumukū'ai o ka lā'au ma ka i waho o- lā'au lapa'au pūnaewe a ho'ouna i nā palapala i mea e loa'a ai ke kālā hou 'ana mai kā mākou ho'olālā. E 'olu'olu e hō'ōia e ho'ohui i kahi wehewehe e pili ana i ke kūlana no ke aha 'oe i ho'ohana ai i kahi lā'au lapa'au i waho o kā mākou pūnaewe. E kōkua kēia i ka hana 'ana o kāu noi uku hou.

Inā pono 'oe e ho'ohana i kahi i waho o- lā'au lapa'au pūnaewe, 'o ka ma'amau e pono 'oe e uku i ke kumukū'ai piha i ka manawa āu e ho'opihapiha ai i kāu lā'au kuhikuhi. Hiki iā 'oe ke noi iā mākou e uku hou iā 'oe. (E hele i ka Mokuna 7, Pauku 2 no ka 'ike e pili ana i ke noi 'ana i kā mākou ho'olālā e uku hou iā 'oe.) Pono paha 'oe e uku i ka 'oko'a ma waena o ka mea āu e uku ai no ka lā'au lapa'au ma ka hale kū'ai ma i waho o- lā'au lapa'au pūnaewe a me ke kumukū'ai a mākou e uku ai ma kahi lā'au lapa'au pūnaewe.

Mokuna 5 Ke ho'ohana 'ana i ka uhi ho'olālā no nā lā'au lapa'au Māhele D**PAUKU 3 Pono kāu mau lā'au lapa'au ma ka Laau laau Papa inoa o kā mākou ho'olālā****Pauku 3.1 Hō'ike ka Laau laau Papa inoa i nā lā'au Māhele D i uhi 'ia**

Loa'a i kā mākou ho'olālā he *Papa inoa o nā lā'au i uhi 'ia* (Palapala ho'opuka). Ma kēia *Hō'ike no ka uhi 'ana*, **kapa mākou iā ia 'o ka Laau laau Papa inoa.**

Ua koho 'ia nā lā'au lapa'au ma kēia papa inoa e kā mākou ho'olālā me ke kōkua o nā kauka a me nā lā'au lapa'au. 'O ka papa inoa e ho'okō i nā koi o Medicare a ua 'ae 'ia e Medicare.

Hō'ike wale 'ia nā Laau laau Papa inoa i uhi 'ia ma lalo o Medicare Part D. Ma waho a'e o nā lā'au lapa'au i uhi 'ia e Medicare, uhi 'ia kekahi mau lā'au lapa'au ma lalo o kāu mau pomaikai Medicaid. No ka 'ike hou aku e pili ana i ka uhi lā'au Medicaid e 'olu'olu e kelepona i ka Hawaii Med-QUEST Division Program (Medicaid) e ho'oholo i ka uhi lā'au e loa'a iā 'oe. (Hiki iā 'oe ke loa'a nā helu kelepona a me ka 'ikepili pili no Hawaii Med-QUEST Division Program (Medicaid) ma ka Mokuna 2, Pauku 6.)

Ho'opili ma'amau mākou i kahi Laau laau Papa inoa ma ka papa inoa lā'au lapa'au o kā mākou ho'olālā inā 'oe e hahai i nā lula ho'opi'i 'ē a'e i wehewehe 'ia ma kēia mokuna a me ka ho'ohana 'ana i ka lā'au no kahi hō'ailona lapa'au 'ae 'ia. 'O kahi hō'ailona lapa'au 'ae 'ia 'o ia ka ho'ohana 'ana i ka lā'au i *a i 'ole*:

- Apono 'ia e ka FDA no ka hō'ailona a i 'ole ke kūlana i kuhikuhi 'ia ai, a i 'ole
- Kāko'o 'ia e kekahi mau kuhikuhi, e like me ka American Hospital Formulary Service Drug Information a me ka Micromedex DRUGDEX Ka'ike Pūnaehana.

Ho'okomo ka Laau laau Papa inoa i nā lā'au hō'ailona inoa, nā lā'au ma'amau, a me nā huahana meaola (hiki ke komo pū nā huahana like me ke kino).

'O ka lā'au hō'ailona inoa he lā'au lapa'au i kū'ai 'ia ma lalo o kahi inoa nona ka mea hana lā'au. 'O nā huahana meaola he lā'au ia i 'oi aku ka pa'akikī ma mua o nā lā'au ma'amau. Ma ka Laau laau Papa inoa, ke kāhea mākou i nā lā'au, hiki ke mana'o 'ia he lā'au a i 'ole he kuahana ho'okele kino.

'O ka lā'au ma'amau he lā'au kuhikuhi ia nona nā mea ho'oikaika like me ka lā'au hō'ailona inoa. He mau mea 'oko'a ko nā huahana olaola i kapa 'ia 'o huahana like me ke kino. Ma'amau, generics a hana like nā huahana like me ke kino me ka inoa a i 'ole kumu olaola Huahana 'epekema ola mua kū'ai ma'amau. Aia nā pani lā'au ma'amau i loa'a no nā lā'au hō'ailona inoa he nui a me nā koho huahana like me ke kino no kekahi mau huahana meaola kumu. 'O kekahi mau huahana like me ke kino he huahana like me ke kino hiki ke ho'ololi 'ia, a ma muli o ke kōnāwai o ka moku'āina, hiki ke pani 'ia ia no ke Huahana 'epekema ola mua ma ka lā'au lapa'au me ka 'ole e pono i kahi lā'au kuhikuhi hou, e like me ka hiki ke pani 'ia nā lā'au ma'amau no nā lā'au hō'ailona inoa.

E hele i ka Mokuna 12 no ka wehewehe 'ana i nā 'ano lā'au lapa'au i loa'a ma ka Laau laau Papa inoa.

Nā lā'au lapa'au 'a'ole ma ka Laau laau Papa inoa

'A'ole uhi kā mākou ho'olālā i nā lā'au lapa'au āpau.

Mokuna 5 Ke ho'ohana 'ana i ka uhi ho'olālā no nā lā'au lapa'au Māhele D

- I kekahi mau hihia, 'a'ole 'ae ke kōnāwai i kekahi ho'olālā Medicare e uhi i kekahi mau 'ano lā'au lapa'au. (No ka 'ike hou aku, e hele i ka Pauku 7.)
- Ma nā hihia 'ē a'e, ua ho'oholo mākou 'a'ole e ho'okomo i kekahi lā'au lapa'au ma ka Laau laau Papa inoa.
- I kekahi mau hihia, hiki iā 'oe ke ki'i i ka lā'au lapa'au 'a'ole ma kā mākou Laau laau Papa inoa. (No ka 'ike hou aku, e hele i ka Mokuna 9.)
- 'A'ole ma ka Papa Laau kauoha i uhi ia e Hawaii Med-QUEST Division Program (Medicaid) Laau laau Papa inoa. E 'olu'olu e kelepona i ka Hawaii Med-QUEST Division Program (Medicaid) e ho'oholo i ka mea uhi lā'au i loa'a iā 'oe. (Hiki iā 'oe ke loa'a nā helu kelepona a me ka 'ikepili pili no Hawaii Med-QUEST Division Program (Medicaid) ma ka Mokuna 2, Pauku 6.)

Pauku 3.2 Pehea e 'ike ai inā aia kekahi lā'au lapa'au kūikawā ma ka Laau laau Papa inoa

No ka 'ike inā aia kekahi lā'au lapa'au ma kā mākou Laau laau Papa inoa, loa'a iā 'oe kēia mau koho:

- E nānā i ka Laau laau Papa inoa hou loa a mākou i hā'awi 'ia ma ka uila.
- E kipa i ka pūnaeweale o kā mākou ho'olālā (go.wellcare.com/OhanaHI). 'O ka Laau laau Papa inoa ma ka pūnaeweale ka mea hou loa mau loa.
- Kāhea i Nā lawelawe Lālā ma 1-888-846-4262 (kahea nā mea ho'ohana TTY iā 711) no ka 'ike inā aia kekahi lā'au lapa'au ma ka Laau laau Papa inoa o kā mākou ho'olālā a i 'ole e noi i kope o ka papa inoa.
- E ho'ohana i kā mākou ho'olālā "Mea hana pōmaika'i manawa maoli" (go.wellcare.com/OhanaHI) e 'imi i nā lā'au lapa'au ma ka Laau laau Papa inoa no ka loa'a 'ana o kahi kuhi o kāu e uku ai a 'ike inā aia kekahi mau lā'au lapa'au 'ē a'e ma ka Laau laau Papa inoa e hiki ke mālama i ke 'ano like. Hiki iā 'oe ke kelepona iā Nā lawelawe Lālā ma 1-888-846-4262 (Kahea nā mea ho'ohana TTY iā 711).

PAUKU 4 Na laau lapaau me na kapu o ka uhi

Pauku 4.1 No ke aha i kapu ai kekahi mau laau

No kekahi mau lā'au lapa'au, nā kōnāwai kūikawā e kaupalena i ke 'ano a me ka wā e uhi ai kā mākou ho'olālā iā lākou. Ua ho'omohala kahi hui kauka a me nā kauka lā'au i kēia mau lula e paipai iā 'oe a me kāu mea ho'olako e ho'ohana i nā lā'au ma ke 'ano kūpono loa. E 'ike inā pili kekahi o kēia mau palena i kahi lā'au āu e lawe ai a makemake paha e lawe, e nānā i ka Laau laau Papa inoa.

Mokuna 5 Ke ho'ohana 'ana i ka uhi ho'olālā no nā lā'au lapa'au Māhele D

Inā ho'ohana maika'i ka lā'au lapa'au palekana a ha'aha'a i ka lā'au lapa'au e like me ke kumu kū'ai 'oi aku ka nui, ua ho'olālā 'ia nā lula o kā mākou ho'olālā e paipai iā 'oe a me kāu mea lawelawe e ho'ohana i kēlā koho ha'aha'a.

E ho'omana'o i kekahi manawa hiki ke 'ike 'ia kahi lā'au lapa'au ma mua o ho'okahi manawa i kā mākou Laau laau Papa inoa. 'O kēia no ka mea hiki ke 'oko'a nā lā'au like 'ole ma muli o ka ikaika, ka nui, a i 'ole ke 'ano o ka lā'au i kuhikuhi 'ia e kāu mea mālama ola, a hiki ke ho'opili 'ia nā palena 'oko'a a i 'ole ka'ana like 'ana i nā kumu kū'ai i nā 'ano like 'ole o ka lā'au (e la'a, 10 mg versus 100 mg; ho'okahi i kēlā me kēia lā me 2 i kēlā me kēia lā; papa me ka wai).

Pauku 4.2 'Ano kapu

Inā loa'a ka palena no kāu lā'au lapa'au, 'o ia ka mea ma'amaui e hana 'oe a i 'ole kāu mea lawelawe i nā hana hou a'e no mākou e uhi i ka lā'au. Kāhea i Nā lawelawe Lālā ma 1-888-846-4262 (kahea nā mea ho'ohana TTY iā 711) e a'o i ka mea hiki iā 'oe a i 'ole kāu mea lawelawe ke hana e loa'a ai ka uhi no ka lā'au. **Inā makemake 'oe e ha'alele mākou i ka palena no 'oe, pono 'oe e ho'ohana i ke ka'ina Ho'oholo 'ana no ka uhi kākī a noi iā mākou e hana i kahi 'oko'a.** Hiki iā mākou ke 'ae 'ole paha e kāpae i ka palena no 'oe. (E hele i ka Mokuna 9.)

Loa'a ka 'ae mua 'ana mai ka ho'olālā.

No kekahi mau lā'au lapa'au, pono 'oe a i 'ole kāu mea hā'awi e loa'a ka 'ae mai kā mākou ho'olālā e pili ana i nā koina kiko'i ma mua o ko mākou 'ae 'ana e uhi i ka lā'au no 'oe. 'Ōlelo **mua mana 'ae.** Ho'okomo mua 'ia kēia e hō'oi'a i ka palekana o ka lā'au lapa'au a kōkua i ka ho'okele kūpono 'ana i ka ho'ohana 'ana i kekahi mau lā'au. Inā 'a'ole 'oe e 'ae 'ia, 'a'ole hiki ke uhi 'ia kāu lā'au lapa'au e kā mākou ho'olālā. Hiki ke loa'a nā pae ho'olālā mua mana 'ae o kā mākou ho'olālā ma ke kelepona 'ana i Nā lawelawe Lālā ma 1-888-846-4262 (kahea nā mea ho'ohana TTY iā 711) a i 'ole ma kā mākou pūnaewe go.wellcare.com/pa-select.

Ho'ā'o mua i kahi lā'au 'ē a'e

Paipai kēia koi iā 'oe e ho'ā'o i nā lā'au lapa'au li'ili'i akā ma'amaui e like me nā lā'au maika'i ma mua o ka uhi 'ana o kā mākou ho'olālā i kekahi lā'au lapa'au. No ka la'ana, inā mālama ka Lapa'au A me ka lā'au B i ka kino kino like a 'oi aku ka li'ili'i o ka Lapa'au A, pono paha kā mākou ho'olālā e ho'ā'o mua iā 'oe. Inā 'a'ole pono ka lā'au A'a iā 'oe, a laila e uhi kā mākou ho'olālā i ka lā'au B. 'O kēia koi e ho'ā'o mua i kekahi lā'au lapa'au 'ē a'e ua kapa 'ia 'o **lapa'au 'anu'u.** Hiki ke loa'a nā pae ho'olālā o ka lapa'au 'anu'u o kā mākou ho'olālā ma ke kelepona 'ana i Nā lawelawe Lālā ma 1-888-846-4262 (kahea nā mea ho'ohana TTY iā 711) a i 'ole ma kā mākou pūnaewe go.wellcare.com/st-select.

Ka palena 'ana i ka nui o ka lā'au

No kekahi lā'au, ho'oponopono mākou i ka nui o ka lā'au hiki iā 'oe ke loa'a i kēlā me kēia manawa ke ho'opiha 'oe i kāu kauka'i lā'au. No ka la'ana, inā i mana'o mau 'ia he palekana ka lawe 'ana i ho'okahi pila wale nō i kēlā me kēia lā no kekahi lā'au lapa'au, hiki iā mākou ke kaupalena i ka uhi no kāu kau 'ana i ho'okahi pila i kēlā me kēia lā.

Mokuna 5 Ke ho'ohana 'ana i ka uhi ho'olālā no nā lā'au lapa'au Māhele D**PAUKU 5 He aha kāu e hana ai inā 'a'ole i uhi 'ia kekahi o kāu mau lā'au lapa'au e like me kou makemake**

Aia kekahi mau kūlana i lawe 'ole 'ia kahi lā'au lapa'au āu e lawe ai, a i 'ole 'oe a me kāu mea lawelawe i mana'o e lawe 'oe, 'a'ole ia ma kā mākou Laau laau Papa inoa a i 'ole nā kapu. No ka la'ana:

- Hiki 'ole ke uhi 'ia ka lā'au ma kekahi 'ano. A i 'ole hiki ke uhi 'ia kahi mana ma'amaui o ka lā'au akā 'a'ole i uhi 'ia ka mana inoa āu e makemake ai e lawe.
- Ua uhi 'ia ka lā'au lapa'au, akā aia nā kānāwai hou a i 'ole nā palena o ka uhi.

Inā 'a'ole kāu lā'au lapa'au ma ka Laau laau Papa inoa a i kapu 'ia paha, eia nā koho no ka mea hiki iā 'oe ke hana:

- Hiki paha iā 'oe ke loa'a kahi lako manawa o ka lā'au.
- Hiki iā 'oe ke ho'ololi i kekahi lā'au 'ē a'e.
- Hiki iā 'oe ke noi i **'oko'a** a noi i kā mākou ho'olālā e uhi i ka lā'au a i 'ole e wehe i nā kapu mai ka lā'au.

Hiki paha iā 'oe ke loa'a kahi lako manawa

Ma lalo o kekahi mau kūlana, pono kā mākou ho'olālā e hā'awi i kahi lako manawa no ka lā'au lapa'au āu e lawe nei. Ho'opakele kēia lako manawa iā 'oe e kama'ilio me kāu mea ho'olako e pili ana i ka ho'ololi 'ana.

No ka loa'a 'ana o kahi lako no ka lako manawa, ka lā'au āu e lawe ai **'a'ole pono e noho hou ma ka Laau laau Papa inoa o kā mākou ho'olālā A I 'OLE i kēia manawa ua kapu 'ia ma kekahi 'ano.**

- **Inā he lālā hou 'oe,** e uhi mākou i kahi lako manawa o kāu lā'au lapa'au i **nā lā 90** o kou komo 'ana i kā mākou ho'olālā.
- **Inā 'oe i ka ho'olālā i ka makahiki i hala,** e uhi mākou i kahi lako manawa o kāu lā'au i loko o **nā lā 90 mua** o ka makahiki kalena.
- O kēia lako manawa pōkole no kahi palena 'oi loa o ka lako o 30 lā ma kahi hale kū'ai, a i 'ole kahi lako 31-lā ma kahi hale kū'ai mālama lō'ihi. Inā kākau 'ia kāu kau 'ana no nā lā li'ilii'i, e 'ae mākou i nā ho'opihapiha e hā'awi i kahi lako o 30-lā ma kahi lā'au kū'ai, a i 'ole he lako 31-lā ma kahi lā'au lapa'au mālama lō'ihi. Pono e ho'opiha 'ia ka kauka'i lā'au ma kahi lā'au ma ka pūnaewe. (E ho'omana'o e hiki i kahi lā'au lapa'au mālama lō'ihi ke hā'awi i ka lā'au i nā mea li'ilii'i i ka manawa e pale ai i ka 'ōpala.)
- **No nā lālā i komo i loko o kā mākou ho'olālā no nā lā he 90 a ke noho nei i kahi hale mālama lō'ihi a makemake i kahi lako i kēia manawa:**

E uhi mākou i ho'okahi lako ulia pilikia no 31 lā o kekahi lā'au lapa'au, a i 'ole ka li'ilii'i inā kākau 'ia kāu palapala kauoha no nā lā li'ilii'i. Ho'opili 'ia kēia i ke komo mau 'ia lako manawa.

Mokuna 5 Ke ho'ohana 'ana i ka uhi ho'olālā no nā lā'au lapa'au Māhele D

- **No kēlā mau lālā e 'ike i kahi ho'ololi i ka pae mālama (e like me ka ne'e 'ana i kahi hale mālama lō'ihī ma'i) a makemake i kahi lako koke:**

E uhi mākou i ho'okahi lako 30-lā, a li'ilī'i inā ua kākau 'ia kāu kauka'i lā'au no nā lā li'ilī'i (i ke 'ano e 'ae mākou i nā ho'opiha he nui e hā'awi i ka nui a i ka lako 30-lā o ka lā'au).

No nā nīnau e pili ana i kahi lako manawa pōkole, e kelepona i Nā lawelawe Lālā ma 1-888-846-4262 (Nā mea ho'ohana TTY 711).

I ka manawa e ho'ohana ai 'oe i kahi lako manawa lō'ihī, pono 'oe e kama'ilio me kāu mea lawelawe e ho'oholo ai i ka mea e hana ai ke pau kāu lako manawa. Loa'a iā 'oe nā koho 2:

Koho 1. Hiki iā 'oe ke ho'ololi i kekahi lā'au 'ē a'e.

E kama'ilio me kāu mea ho'olako e pili ana i ka hana maika'i 'ana o kekahi lā'au lapa'au 'ē a'e i uhi 'ia e kā mākou ho'olālā no 'oe. Kāhea i Nā lawelawe Lālā ma 1-888-846-4262 (kahea nā mea ho'ohana TTY iā 711) e noi i ka Papa inoa o na Laau Laau i uhiia e kino kino i ka ma'i like. Hiki i kēia papa inoa ke kōkua i kāu mea ho'olako e 'ike i kahi lā'au i uhi 'ia e hana paha ma ke 'ano kūpono iā 'oe.

Koho 2. Hiki iā 'oe ke noi i kahi 'oko'a

Hiki iā 'oe a me kāu mea lawelawe ke noi i kā mākou ho'olālā e hana i kahi 'oko'a a uhi i ka lā'au i ke 'ano āu e makemake ai e uhi 'ia. Inā 'ōlelo kāu mea hā'awi iā 'oe he kumu lapa'au kāu e hō'oiā ai e noi mai iā mākou no kahi 'oko'a, hiki i kāu mea lawelawe ke kōkua iā 'oe e noi i kahi 'oko'a. No ka la'ana, hiki iā 'oe ke noi i kā mākou ho'olālā e uhi i kahi lā'au lapa'au 'oiāi 'a'ole ia ma ka Laau laau Papa inoa o kā mākou ho'olālā. A i 'ole hiki iā 'oe ke noi i kā mākou ho'olālā e hana i kahi 'oko'a a uhi i ka lā'au lapa'au me ka 'ole o ka palena.

Inā makemake 'oe a me kāu mea ho'olako e noi i kahi 'oko'a, e hele i ka Mokuna 9, Pauku 7.4 e a'o i ka mea e hana ai. Hō'ike ia i nā ka'ina hana a me nā lā palenai ho'onohonoho 'ia e Medicare e hō'oiā i ka lawelawe 'ana i kāu noi me ka wikiwiki a me ka pololei.

PAUKU 6 Hiki ke hoololi i ko makou Laau laau Papa inoa i ka makahiki

'O ka hapa nui o ka ho'ololi 'ana i ka uhi lā'au i ka ho'omaka o kēlā me kēia makahiki (Ianuari 1). Eia na'e, i loko o ka makahiki, hiki i kā mākou ho'olālā ke ho'ololi i ka Laau laau Papa inoa. Eia kekahi la'ana, hiki i kā mākou ho'olālā:

- **Ho'ohui a wehe paha i nā lā'au mai ka Laau laau Papa inoa.**
- **Ho'ohui a lawe paha i kahi palena ma ka uhi 'ana i kahi lā'au.**
- **E ho'ololi i ka lā'au hō'ailona inoa me ka mana ma'amau o ka lā'au.**
- Ho'ololi i kahi huahana pilikanaka kumu me kahi 'ano Huahana 'epekema ola like hiki ke ho'ololi 'ia 'ē a'e o ka kuahana ho'okele kino i loa'a ma ka papa inoa o nā lā'au.

Pono mākou e hahai i nā koi Medicare ma mua o ka ho'ololi 'ana i kā mākou ho'olālā Laau laau Papa inoa.

Mokuna 5 Ke ho'ohana 'ana i ka uhi ho'olālā no nā lā'au lapa'au Māhele D

'Ike e pili ana i nā loli i ka uhi 'ana i ka lā'au

Ke hana nā loli i ka Laau laau Papa inoa, kau mākou i nā 'ike ma kā mākou pūnaewe e pili ana i nā loli. Ho'oma'ema'e mākou i kā mākou Laau laau Papa inoa ma ka pūnaewe mau. I kekahi manawa e loa'a iā 'oe kahi leka pololei inā i ho'ololi 'ia ka lā'au lapa'au āu e lawe ai.

Nā ho'ololi i ka uhi lā'au e pili ana iā 'oe i kēia makahiki ho'olālā

- **Ho'ohui i nā lā'au lapa'au hou i ka Laau laau Papa inoa a wehe koke a ho'ololi paha i kahi lā'au like ma ka Laau laau Papa inoa.**
 - Hiki iā mākou ke wehe koke i kahi lā'au like mai ka Laau laau Papa inoa, ho'one'e i ka lā'au like i kahi papa koina-ka'ana like 'ole, ho'ohui i nā kapu hou, a i 'ole nā mea 'elua. 'O ka mana hou o ka lā'au lapa'au me nā kapu like a i 'ole ka li'ili'i.
 - E hana mākou i kēia mau ho'ololi koke inā mākou e ho'ohui i kahi mana ma'amau hou o kahi inoa a i 'ole e ho'ohui i kekahi mau mana huahana like me ke kino hou o kahi Huahana 'eppekema ola mua i loa'a ma ka Laau laau Papa inoa.
 - Hiki iā mākou ke hana koke i kēia mau ho'ololi a ha'i iā 'oe ma hope, 'oiai inā 'oe e lawe i ka lā'au a mākou e wehe ai a ho'ololi paha. Inā lawe 'oe i ka lā'au like i ka manawa a mākou e ho'ololi ai, e ha'i mākou iā 'oe e pili ana i kekahi ho'ololi kiko'i a mākou i hana ai.
- **Ho'ohui i nā lā'au lapa'au i ka Laau laau Papa inoa a wehe a ho'ololi paha i kahi lā'au like ma ka Laau laau Papa inoa**
 - I ka ho'ohui 'ana i kekahi mana 'ē a'e o ka lā'au lapa'au i ka Laau laau Papa inoa, hiki iā mākou ke wehe i kahi lā'au like mai ka Laau laau Papa inoa, ho'one'e iā ia i kahi koina-ka'ana like, ho'ohui i nā kapu hou, a i 'ole nā mea 'elua. 'O ka mana o ka lā'au lapa'au a mākou e ho'ohui ai me nā kapu like a li'ili'i paha.
 - E hana mākou i kēia mau ho'ololi inā mākou e ho'ohui i kahi mana ma'amau hou o kahi lā'au hō'ailona inoa i 'ole e ho'ohui i kekahi mau mana Huahana 'eppekema ola mua o kahi huahana olaola mua i loa'a ma ka Laau laau Papa inoa.
 - E ha'i mākou iā 'oe ma kahi o 30 mau lā ma mua o ka ho'ololi 'ana a i 'ole e ha'i iā 'oe e pili ana i ka ho'ololi 'ana a uhi i kahi 30 lā ho'opiha o ka mana o ka lā'au lapa'au āu e lawe nei.
- **Ke lawe 'ana i nā lā'au 'ino a me nā lā'au 'ē a'e ma ka Laau laau Papa inoa i lawe 'ia mai ka mākeke.**
 - I kekahi manawa hiki ke mana'o 'ia he 'ano 'ino kahi lā'au a lawe 'ia mai ka mākeke no kekahi kumu 'ē a'e. Inā hana kēia, hiki iā mākou ke lawe koke i ka lā'au mai ka Laau laau Papa inoa. Inā lawe 'oe i kēlā lā'au lapa'au, e ha'i mākou iā 'oe ma hope o ka ho'ololi 'ana.
- **Ke hana 'ana i nā loli 'ē a'e i nā lā'au ma ka Laau laau Papa inoa.**
 - Hiki iā mākou ke hana i nā loli 'ē a'e i ka makahiki ho'omaka i ka makahiki e pili ana i nā lā'au āu e lawe nei. 'O kahi la'ana, Ho'okumu mākou i nā 'ōlelo a'o a FDA a i 'ole nā alaka'i lapa'au hou i 'ike 'ia e Medicare.

Mokuna 5 Ke ho'ohana 'ana i ka uhi ho'olālā no nā lā'au lapa'au Māhele D

- E ha'i mākou iā 'oe ma kahi o 30 mau lā ma mua o kā mākou hana 'ana i kēia mau ho'ololi a ha'i paha iā 'oe e pili ana i ka ho'ololi 'ana a uhi i kahi ho'opiha 30 lā hou o ka lā'au āu e lawe ai.

Inā hana mākou i kekahi o kēia mau ho'ololi i kekahi o nā lā'au lapa'au āu e lawe ai, e kama'ilio me kāu mea kuhikuhi 'ōlelo e pili ana i nā koho i kūpono loa iā 'oe, me ka ho'ololi 'ana i kekahi lā'au lapa'au 'ē a'e e mālama ai i kou ma'i, a i 'ole e noi i kahi Ho'oholo 'ana no ka uhi kākī no ka ho'okō 'ana i nā palena hou o ka lā'au āu e lawe nei. Hiki iā 'oe a i 'ole kāu mea kuhikuhi ke noi iā mākou no kahi 'oko'a e ho'omau i ka uhi 'ana i ka lā'au a i 'ole ka mana o ka lā'au āu e lawe nei. No ka 'ike hou aku e pili ana i ke noi 'ana i kahi Ho'oholo 'ana no ka uhi kākī, me kahi 'oko'a, e hele i ka Mokuna 9.

Nā ho'ololi i ka Laau laau Papa inoa i pili 'ole iā 'oe i kēia makahiki ho'olālā

Hiki iā mākou ke ho'ololi i ka Laau laau Papa inoa 'a'ole i wehewehe 'ia ma luna. I kēia mau hihia, 'a'ole pili ka ho'ololi iā 'oe inā 'oe e lawe i ka lā'au i ka wā i ho'ololi 'ia ai; akā na'e, e pili ana kēia mau ho'ololi iā 'oe e ho'omaka ana i ka lā 1 o Ianuali o ka makahiki ho'olālā e hiki mai ana inā e noho 'oe ma ka ho'olālā ho'okahi.

Ma ke'ano laulā, nā loli e pili 'ole iā 'oe i ka makahiki ho'olālā o kēia manawa:

- Ho'okomo mākou i kahi palena hou ma luna o ka ho'ohana 'ana i kāu lā'au.
- Wehe mākou i kāu lā'au mai ka Laau laau Papa inoa.

Inā loa'a kekahi o kēia mau ho'ololi no kahi lā'au āu e lawe ai (koe wale no ka wehe 'ana i ka mākeke, kahi lā'au ma'amau e pani ana i kahi lā'au hō'ailona inoa, a i 'ole nā ho'ololi 'ē a'e i hō'ike 'ia ma nā pauku ma luna), 'a'ole e pili ka ho'ololi i kāu ho'ohana a i kāu mea e uku ai ma ke 'ano o kāu mahele o ke kumukū'ai a hiki i Ianuali 1 o ka makahiki e hiki mai ana.

'A'ole mākou e ha'i pololei iā 'oe e pili ana i kēia mau 'ano ho'ololi i ka makahiki ho'olālā o kēia manawa. Pono 'oe e nānā i ka Laau laau Papa inoa no ka makahiki ho'olālā e hiki mai ana (ke loa'a ka papa inoa i ka wā o ke kau inoa 'ana) e 'ike inā loa'a kekahi mau loli i nā lā'au āu e lawe ai e pili ana iā 'oe i ka makahiki ho'olālā e hiki mai ana.

PAUKU 7 Nā 'ano lā'au lapa'au 'a'ole mākou e uhi

Wehe 'ia kekahi 'ano o *ka lā'au lapa'au*. 'O ia ho'i, 'a'ole uku 'o Medicare i kēia mau lā'au lapa'au.

Inā ho'opi'i 'oe a 'ike 'ia 'a'ole e kāpae 'ia ka lā'au i noi 'ia ma lalo o ka Māhele D, e uku mākou a uhi paha. (No ka 'ike e pili ana i ka ho'opi'i 'ana i kahi ho'oholo, e hele i ka Mokuna 9.) Inā ho'okoe 'ia ka lā'au e kā mākou ho'olālā i ho'okoe 'ia e ka Hawaii Med-QUEST Division Program (Medicaid), pono 'oe e uku iā ia no 'oe iho.

Mokuna 5 Ke ho'ohana 'ana i ka uhi ho'olālā no nā lā'au lapa'au Māhele D

Eia 3 mau lula ma'amau e pili ana i nā lā'au lapa'au i uhi 'ole 'ia e nā ho'olālā lā'au Medicare ma lalo o ka Māhele D:

- A'ole hiki ke uhi 'ia ka lā'au lapa'au Māhele D o kā mākou ho'olālā i kahi lā'au i uhi 'ia ma lalo o Medicare Part A i 'ole Part B.
- A'ole hiki i kā mākou ho'olālā ke uhi i kahi lā'au i kū'ai 'ia ma waho o 'Amelika Hui Pū 'Ia a i 'ole kona mau panalā'au.
- A'ole hiki i kā mākou ho'olālā ke uhi *hō'ailona waho* ka ho'ohana 'ana i kahi lā'au inā 'a'ole kāko'o 'ia ka ho'ohana 'ana e kekahi mau kuhikuhi, e like me ka American Hospital Formulary Service Drug Information a me ka Micromedex DRUGDEX Pūnaehana 'Ike. *Waho o ka mea i hō'ike 'ia ma ka lepili lā'au i 'ae 'ia e ka FDA.*

Eia hou, ma ke kānāwai, 'a'ole i uhi 'ia e Medicare a i 'ole Medicaid nā 'ano lā'au lapa'au ma lalo nei. Eia na'e, Hiki ke uhi 'ia kekahi o kēia mau lā'au lapa'au iā 'oe ma lalo o kāu Hawaii Med-QUEST Division Program (Medicaid). E 'olu'olu e kelepona i ka Hawaii Med-QUEST Division Program (Medicaid) e ho'oholo i ka mea uhi lā'au i loa'a iā 'oe. (Hiki iā 'oe ke loa'a nā helu kelepona a me ka 'ikepili pili no Hawaii Med-QUEST Division Program (Medicaid) ma ka Mokuna 2, Pauku 6.)

- Nā lā'au 'ole palapala kauoha (i kapa 'ia he lā'au ma luna o ka-heluhelu)
- Nā lā'au i ho'ohana 'ia e paipai i ka hua
- Nā lā'au i ho'ohana 'ia no ka ho'ōla 'ana i ke kuni a i 'ole nā hō'oia anuanu
- Nā lā'au i ho'ohana 'ia no nā kumu ho'onani a i 'ole e paipai i ka ulu lauoho
- Nā lā'au palapala kauoha a me nā huahana mineral, koe wale nō nā lā'au prenatal a me nā ho'onohonoho fluoride
- Nā lā'au i ho'ohana 'ia no ka mālama 'ana i ka erectile dysfunction
- Nā lā'au i ho'ohana 'ia no ka mālama 'ana i ka anorexia, ka lilo 'ana i ke kaumaha, a i 'ole ka loa'a 'ana o ka kaumaha
- 'O nā lā'au lapa'au ma waho kahi e koi ai ka mea hana i nā ho'okolohua pili a i 'ole nā lawelawe nānā e kū'ai wale 'ia mai ka mea hana ma ke 'ano he kūlana kū'ai.

Inā loa'a iā 'oe ke Kōkua keu no ka uku 'ana i kāu mau 'ōlelo kuhikuhi, 'a'ole e uku 'o Kōkua keu no nā lā'au lapa'au 'a'ole i uhi 'ia. Inā loa'a iā 'oe ka uhi lā'au ma o Medicaid, hiki i kāu polokalamu Medicaid moku'āina ke uhi i kekahi mau lā'au lapa'au 'a'ole i uhi mau 'ia i kahi ho'olālā lā'au Medicare. E kelepona i kāu polokalamu Medicaid moku'āina e ho'oholo i ka uhi lā'au i loa'a iā 'oe. (E huli i nā helu kelepona a me ka 'ike pili no Medicaid ma ka Mokuna 2, Pauku 6.)

Mokuna 5 Ke ho'ohana 'ana i ka uhi ho'olālā no nā lā'au lapa'au Māhele D**PAUKU 8 Pehea e hoopiha ai i ka palapala kauoha**

No ka ho'opiha 'ana i kāu 'ōlelo kuhikuhi, e hā'awi i kā mākou 'ikepili lālā o ka ho'olālā (hiki ke loa'a ma kāu kāleka lālā) ma ka lā'au lapa'au pūnaeweale āu e koho ai. E ukali koke ke lā'au pūnaeweale i kā mākou ho'olālā no kāu lā'au.

Inā 'a'ole 'oe i ka 'ike lālā o kā mākou ho'olālā, hiki iā 'oe a i 'ole ka lā'au lapa'au ke kelepona i kā mākou ho'olālā no ka loa'a 'ana o ka 'ike, a i 'ole hiki iā 'oe ke noi i ka lā'au lapa'au e nānā i kā mākou 'ike kākau inoa ho'olālā.

Inā 'a'ole hiki i ke lā'au ke ki'i i ka 'ike e pono ai, **pono paha 'oe e uku i ke kumukū'ai piha o ka palapala kauoha i ka wā e ki'i ai 'oe iā ia.** Hiki iā 'oe ke **noi iā mākou e ho'iho'i iā 'oe.** E hele i ka Mokuna 7, Pauku 2 no ka 'ike e pili ana i ka nīnau 'ana i kā mākou ho'olālā no ka uku hou 'ana.

PAUKU 9 Māhele D Laau Laau ka uhi i nā kūlana kūikawā**Pauku 9.1 Ma ka halemai a i 'ole ke hale hanai akamai no kahi noho i uhi 'ia e kā mākou ho'olālā**

Inā ho'okomo 'ia 'oe i ka haukapila a i 'ole i kahi hale hanai akamai mākaukau no kahi noho i uhi 'ia e kā mākou ho'olālā, e uhi mākou i ke kumukū'ai o kāu mau lā'au lapa'au i kou wā e noho ai. Ke ha'alele 'oe i ka haukapila a i 'ole ke hale hanai akamai mākaukau, e uhi kā mākou ho'olālā i kāu mau lā'au lapa'au inā lō'ihi nā lā'au lapa'au e ho'okō i kā mākou mau lula no ka uhi 'ana i wehewehe 'ia ma kēia mokuna.

Pauku 9.2 Ma ke 'ano he kama'āina ma kahi hale mālama lō'ihi (LTC).

'O ka mea ma'amau, loa'a i kahi hale mālama lō'ihi (LTC) (e like me ka hale hānai) i kāna lā'au lapa'au pono'i a ho'ohana paha i kahi lā'au lapa'au e ho'olako i nā lā'au lapa'au no kona po'e kama'āina āpau. Inā he kama'āina 'oe ma kahi ke'ena LTC, hiki iā 'oe ke ki'i i kāu mau lā'au lapa'au ma o ka lā'au lapa'au o ke ke'ena a i 'ole ka mea e ho'ohana ai, 'oia he 'āpana ia o kā mākou pūnaeweale.

E nānā i kāu *Papa Kuhikuhi Mea Ho'olako a me nā Hale Lā'au Lapa'au* go.wellcare.com/2026providerdirectories e 'ike inā he 'āpana o kā mākou hale kū'ai LTC a i 'ole ka mea e ho'ohana ai. Inā 'a'ole, a inā makemake 'oe i ka 'ike hou a i 'ole ke kōkua, e kelepona iā Nā lawelawe Lālā ma 1-888-846-4262 (Nā mea ho'ohana TTY 711). Inā 'oe i loko o kahi hale LTC, pono mākou e hō'ōia e hiki iā 'oe ke loa'a mau i kāu mau pomaikai Māhele D ma o kā mākou pūnaeweale o nā lā'au lapa'au LTC.

Inā he kama'āina 'oe ma kahi hale LTC a makemake 'oe i kahi lā'au lapa'au 'a'ole ma kā mākou Laau laau Papa inoa a i 'ole i kaupalena 'ia ma kekahi 'ano, e hele i ka Pauku 5 no ka 'ike e pili ana i ka loa'a 'ana o kahi lako no ka manawa pōkole a pilikia paha.

Mokuna 5 Ke ho'ohana 'ana i ka uhi ho'olālā no nā lā'au lapa'au Māhele D**Pauku 9.3 Inā loa'a iā 'oe ka uhi lā'au mai ka mea hana a i 'ole ka ho'olālā hui ho'omaha**

Inā loa'a iā 'oe kahi ho'opa'a lā'au 'ē a'e ma o kōu (a i 'ole kōu hoa kāne a i 'ole ka hoa hana home) a i 'ole hui ho'omaha, e kelepona iā **ka luna ho'omalū pomaikai o kēlā hui**. Hiki iā lākou ke kōkua iā 'oe e ho'omaopopo i ka hana 'ana o kōu uhi lā'au i kēia manawa me kā mākou ho'olālā.

Ma ke 'ano laulā, inā loa'a iā 'oe ka uhi mai kahi hui po'e ho'opa'a hānai a i 'ole ka hui mea hana, e lilo ka uhi lā'au āu e *loa'a ai mai* o mākou i wahi lua i kou uhi hui. 'O ia ho'i, e uku mua kōu uhi hui.

'Ōlelo kūikawā e pili ana i ka uhi 'ai'ē:

I kēlā me kēia makahiki e ho'ouna aku kōu mea hana a hui ho'omaha paha iā 'oe i kahi leka e ha'i iā 'oe inā 'ae 'ia kōu uhi lā'au no ka makahiki alemanaka e hiki mai ana.

Inā 'ae 'ia ka uhi 'ana mai ka ho'olālā hui, 'o ia ho'i, loa'a i kā mākou ho'olālā ka uhi lā'au i mana'o 'ia e uku, ma ka awelika, ma ka lī'ili'i loa e like me ka uhi lā'au ma'amau o Medicare.

E mālama i nā leka ho'omaopopo e pili ana i ka uhi 'ai'ē no ka mea pono paha 'oe i kēia mau leka ma hope aku e hō'ike ai ua mālama 'oe i ka uhi 'ai'ē. Inā 'a'ole i loa'a iā 'oe kahi leka ho'olaha uhi 'ai'ē, e noi i kope mai kōu luna hana a i 'ole ka luna ho'omalū o ka ho'olālā pomaikai ho'omaha a i 'ole ka mea hana a i 'ole ka uniona.

Pauku 9.4 Inā 'oe i loko o ka Hospice i hō'ōia 'ia e Medicare

'A'ole uhi ka Hospice a me kā mākou ho'olālā i ka lā'au like i ka manawa like. Inā kau inoa 'oe i loko o ka hale hospice ma'i Medicare a koi aku i kekahi mau lā'au (e la'a, nā lā'au anti-nausea, laxatives, lā'au 'eha a i 'ole nā lā'au anti-anxiety) 'a'ole i uhi 'ia e kōu hale hospice no ka mea pili 'ole ia i kou ma'i a me nā kūlana pili, pono e loa'a i kā mākou ho'olālā ka ho'olaha 'ana mai ka mea kuhikuhi a i 'ole kōu mea lawelawe hale hospice ma'i 'a'ole pili ka lā'au ma mua o ka hiki ke uhi 'ia ka lā'au. No ka pale 'ana i ka lohi i ka loa'a 'ana o kēia mau lā'au i uhi 'ia e kā mākou ho'olālā, e noi i kōu mea hale hospice a i 'ole ka mea kuhikuhi 'ōlelo e ho'olaha ma mua o ka ho'opiha 'ana i kōu palapala.

Inā loa'a iā 'oe ke koho 'ana i kōu koho hale hospice a i 'ole ua ho'oku'u 'ia 'oe mai hale hospice, pono kā mākou ho'olālā e uhi i kōu lā'au e like me ka wehewehe 'ia ma kēia palapala. No ka pale 'ana i kekahi lohi ma kahi lā'au inā pau kōu pōmaika'i hale hospice Medicare, e lawe i nā palapala i ka lā'au e hō'ōia i kou koho hou 'ana a i 'ole ka ho'oku'u 'ia 'ana.

PAUKU 10 Nā ho'olālā e pili ana i ka palekana a me ka mālama 'ana i nā lā'au lapa'au

Hana mākou i nā loiloi ho'ohana lā'au e kōkua i ka mālama pono 'ana i kā mākou mau lālā.

Hana mākou i kahi loiloi i kēlā me kēia manawa e ho'opiha ai 'oe i kahi palapala kauoha. Hana pū mākou i kahi loiloi i kā mākou mau mo'olelo i kēlā me kēia manawa. I kēia mau loiloi, 'imi mākou i nā pilikia e like me:

Mokuna 5 Ke ho'ohana 'ana i ka uhi ho'olālā no nā lā'au lapa'au Māhele D

- Nā hewa lā'au hiki ke hana 'ia
- 'A'ole pono nā lā'au lapa'au no ka mea ua lawe 'oe i kekahi lā'au like 'ole e mālama i ke 'ano like
- Nā lā'au paha 'a'ole palekana a kūpono paha ma muli o kou makahiki a i 'ole ka inoa
- Nā hui pū 'ana o nā lā'au hiki ke hō'eha iā 'oe inā lawe 'ia i ka manawa like
- Nā 'ōlelo kuhikuhi no nā lā'au lapa'au i loa'a nā mea'ai āu e ma'i ai
- Loa'a nā hewa i ka nui (ka'ina hana) o kahi lā'au āu e lawe ai
- Nā nui 'ole palekana o nā lā'au ho'ōla 'eha opioid

Inā 'ike mākou i kahi pilikia i kāu ho'ohana 'ana i nā lā'au lapa'au, e hana pū mākou me kāu mea lawelawe e ho'oponopono i ka pilikia.

Pauku 10.1 Papahana ho'okele lā'au (DMP) e kōkua i nā lālā e ho'ohana palekana i nā lā'au opioid

Loa'a iā mākou kahi papahana e hō'ōia i ka ho'ohana palekana 'ana o nā lālā i nā lā'au palapala kauoha opioid a me nā lā'au 'ē a'e i ho'ohana pinepine 'ia. Ho'omaika'i 'ia kēia papahana he Papahana ho'okele lā'au (DMP). Inā 'oe e ho'ohana i nā lā'au opioid āu e loa'a mai nā mea kuhikuhi he nui a i 'ole nā lapa'au, a i 'ole inā ua loa'a iā 'oe kahi opioid overdose i kēia manawa, hiki iā mākou ke kama'ilio me kāu mau mea kuhikuhi e hō'ōia i ka kūpono a pono ka ho'ohana 'ana o kāu lā'au opioid. Ke hana pū mākou me kāu mau mea kuhikuhi, inā ho'oholo mākou 'a'ole palekana kāu ho'ohana i nā lā'au palapala kauoha opioid a i 'ole benzodiazepine, hiki iā mākou ke kaupalena i ka hiki iā 'oe ke ki'i i kēlā mau lā'au. Inā ho'okomo mākou iā 'oe i kā mākou DMP, hiki ke kaupalena 'ia nā palena:

- Pono 'oe e ki'i i kāu mau 'ōlelo kuhikuhi a pau no nā lā'au opioid a i 'ole benzodiazepine mai kahi lā'au kūik(awā)
- Pono 'oe e ki'i i kāu mau 'ōlelo kuhikuhi a pau no nā lā'au opioid a i 'ole benzodiazepine mai kahi mea kuhikuhi kūika(wā)
- Ke kaupalena 'ana i ka nui o nā lā'au opioid a i 'ole benzodiazepine e uhi mākou iā 'oe

Inā mākou e ho'olālā e kaupalena i ke 'ano o ka loa'a 'ana o kēia mau lā'au lapa'au a i 'ole ka nui āu e loa'a ai, e ho'ouna mua mākou iā 'oe i kahi leka. E ha'i ka leka iā 'oe inā mākou e kaupalena i ka uhi 'ana i kēia mau lā'au lapa'au iā 'oe, a i 'ole e koi 'ia 'oe e ki'i i nā 'ōlelo kuhikuhi no kēia mau lā'au lapa'au wale nō mai kahi mea kuhikuhi kiko'i a lā'au lapa'au paha. Loa'a iā 'oe ka manawa e ha'i mai iā mākou i nā mea kuhikuhi a i 'ole nā lā'au lapa'au āu e makemake ai e ho'ohana, a e pili ana i nā 'ike 'ē a'e āu e mana'o ai he mea nui iā mākou ke 'ike. Ma hope o kou loa'a 'ana i ka manawa e pane ai, inā ho'oholo mākou e kaupalena i kāu uhi no kēia mau lā'au lapa'au, e ho'ouna mākou iā 'oe i kahi leka hou e hō'ōia ana i ka palena. Inā mana'o 'oe ua hana mākou i kahi hewa a i 'ole 'a'ole 'oe i 'ae i kā mākou ho'oholo a i 'ole me ka palena, iā 'oe a me kāu mau mea kuhikuhi ke kuleana e ho'opi'i. Inā ho'opi'i 'oe, e nānā mākou i kāu hihia a hā'awi iā 'oe i ho'oholo hou. Inā ho'omau mākou e hō'ole i kekahi 'āpana o kāu noi e pili

Mokuna 5 Ke ho'ohana 'ana i ka uhi ho'olālā no nā lā'au lapa'au Māhele D

ana i nā palena e pili ana i kou komo 'ana i nā lā'au lapa'au, e ho'ouna 'akomi mākou i kāu hihia i kahi loiloi kū'oko'a ma waho o kā mākou ho'olālā. E hele i ka Mokuna 9 no ka 'ike e pili ana i ke noi 'ana i ka ho'opii.

'A'ole 'oe e ho'okomo 'ia i loko o kā mākou DMP inā loa'a iā 'oe kekahi mau ma'i olakino, e like me ka 'eha pili i ka ma'i kanesa a i 'ole ka ma'i sickle cell, ke loa'a nei 'oe i ka hale hospice, palliative, a i 'ole ka mālama hope o ke ola, a i 'ole e noho ana i kahi hale mālama lō'ihī.

Pauku 10.2 Ho'okele lapa'au lā'au (MTM) e kōkua i nā lālā e mālama i nā lā'au

Loa'a iā mākou kahi papahana hiki ke kōkua i kā mākou mau lālā me nā pono olakino pa'akikī. Ua kapa 'ia kā mākou papahana he Ho'okele lapa'au lā'au (MTM). He makemake kēia papahana a manuahi. Ua ho'omohala kekahi hui o nā lā'au lapa'au a me nā kauka i ka ho'olālā no mākou e kōkua i ka loa'a 'ana o kā mākou mau lālā i ka pōmaika'i loa mai nā lā'au a lākou e lawe ai.

'O kekahi mau lālā i loa'a i kekahi mau ma'i mau a lawe i nā lā'au i 'oi aku ka nui o nā kumukū'ai lā'au lapa'au a i 'ole i loko o kahi DMP e kōkua iā lākou e ho'ohana i ka opioids me ka palekana, hiki ke loa'a nā lawelawe ma o kahi ho'olālā MTM. Inā loa'a iā 'oe i ka papahana, e hā'awi kahi lā'au lapa'au a i 'ole kekahi 'oihana olakino i kahi loiloi piha o kāu mau lā'au āpau. I ka wā o ka loiloi, hiki iā 'oe ke kama'ilio e pili ana i kāu mau lā'au, kāu mau koina, a me nā pilikia a i 'ole nā nīnau āu e loa'a ai e pili ana i kāu lā'au palapala kauoha a me nā lā'au ma luna o ka-heluhelu. E loa'a iā 'oe kahi hō'ulu'ulu i kākau 'ia i loa'a kahi papa inoa o nā hana e makemake 'ia e komo pū me nā 'anu'u āu e pono ai e hana e ki'i i nā hopena maika'i loa mai kāu mau lā'au. E loa'a pū iā 'oe kahi papa lā'au e komo pū ai nā lā'au āpau āu e lawe nei, pehea kāu e lawe ai, a i ka manawa a me ke kumu e lawe ai 'oe iā lākou. Eia hou, e loa'a i nā lālā o ka ho'olālā MTM ka 'ike e pili ana i ka mālama pono 'ana i nā lā'au lapa'au i mālama 'ia.

He mana'o maika'i ke kama'ilio i kāu kauka e pili ana i kāu papa hana kūpono i ka hana a me ka papa lā'au. E lawe i ka hō'ulu'ulu pū me 'oe i kāu kipa a i kēlā me kēia manawa e kama'ilio ai 'oe me kāu mau kauka, nā lā'au lapa'au, a me nā mea ho'olako olakino 'ē a'e. E mālama i kāu papa inoa lā'au i ka lā a me 'oe (e la'ana, me kāu ID) inā 'oe e hele i ka haukapila a i 'ole ke lumi pilikia.

Inā loa'a iā mākou kahi ho'olālā i kūpono i kāu mau pono, e ho'opa'a inoa 'akomi mākou iā 'oe i ka ho'olālā a ho'ouna i ka 'ike iā 'oe. Inā ho'oholo 'oe 'a'ole e komo, e ha'i mai iā mākou a e ha'alele mākou iā 'oe. No nā nīnau e pili ana i kēia polokalamu, e kelepona i Nā lawelawe Lālā ma 1-888-846-4262 (kahea nā mea ho'ohana TTY iā 711).

PAUKU 11 'O kāu Māhele D Wehewehe o na pomaikai e wehewehe ana i ka pae uku āu e komo ai

Mālama kā mākou ho'olālā i nā kumukū'ai o kāu lā'au lapa'au a me nā uku āu e hana ai ke loa'a 'oe i nā lā'au lapa'au ma ka lā'au lapa'au. Ma kēia ala, hiki iā mākou ke ha'i iā 'oe i ka wā e ne'e ai 'oe mai kahi pae uku lā'au a i kekahi. Mālama mākou i nā 'ano koina 2:

- **Nā kumukū'ai o waho:** 'o ia ka nui āu i uku ai. Ho'opili kēia i ka mea āu i uku ai ke loa'a iā 'oe kahi Māhele D Laau Laau i uhi 'ia, nā uku no kāu mau lā'au i hana 'ia e ka 'ohana a i 'ole nā

Mokuna 5 Ke ho'ohana 'ana i ka uhi ho'olālā no nā lā'au lapa'au Māhele D

hoaaloha, a me nā uku i hana 'ia no kāu mau lā'au e ke Kōkua keu mai Medicare, 'oihana a i 'ole nā ho'olālā olakino uniona, India Olakino Lawelawe, AIDS Laau laau Kokua Papahana, aloha, a me ka nui loa Polokalamu Kokua Lapa'au Moku'āina (SPAPs).

- **Ka huina o nā kumu kū'ai lā'au lapa'au:** 'o ia ka huina o nā uku a pau i hana 'ia no kāu mau lā'au lapa'au Māhele D i uhi 'ia. Ho'opili 'ia nā mea i uku 'ia e kā mākou ho'olālā, nā mea āu i uku ai, a me nā ho'olālā a i 'ole nā hui 'ē a'e i uku no kāu mau lā'au lapa'au Māhele D i uhi 'ia.

Inā ho'opiha 'oe i ho'okahi a 'oi aku paha nā 'ōlelo kuhikuhi ma o kā mākou ho'olālā i ka mahina i hala, e ho'ouna mākou iā 'oe i *Māhele D EOB*. Aia ka Māhele D *EOB* komo:

- **'Ike no kēlā mahina.** Hā'awi kēia hō'ike i nā kiko'i uku e pili ana i nā palapala kauoha āu i ho'opiha ai i ka mahina i hala. Hō'ike ia i ka nui o nā huina o na lilo laau, ka mea i uku 'ia e kā mākou ho'olālā, a me nā mea āu a me nā mea 'ē a'e i uku ai no 'oe.
- **Nā huina no ka makahiki mai Ianuali 1.** Hō'ike kēia i ka nui o nā huina o na lilo laau a me nā uku a pau no kāu mau lā'au mai ka ho'omaka 'ana o ka makahiki.
- **'Ikepili kumukū'ai lā'au.** Hō'ike kēia i ka huina o ke kumu kū'ai lā'au, a me ka 'ike e pili ana i nā loli o ke kumukū'ai mai ka ho'opiha mua 'ana no kēlā me kēia koi kauoha o ka nui like.
- **Nā 'ōlelo kuhikuhi lā'au kū'oko'a kumukū'ai ha'aha'a i loa'a.** Hō'ike kēia i ka 'ike e pili ana i nā lā'au lapa'au 'ē a'e i loa'a me ka hā'awi ha'aha'a no kēlā me kēia koi 'ōlelo kuhikuhi, inā pili

Māhele 11.1 Kōkua iā mākou e mālama i kā mākou 'ike e pili ana i kāu mau uku lā'au i kēia manawa

No ka mālama 'ana i ka mo'olelo o kāu mau lilo lā'au a me nā uku āu e hana ai no nā lā'au, ho'ohana mākou i nā mo'olelo a mākou e loa'a ai mai nā lā'au lapa'au. Eia pehea 'oe e kōkua ai iā mākou e mālama i kāu 'ike i pololei a i kēia manawa:

- **Hō'ike i kāu kāleka lālā i kēlā me kēia manawa āu e ho'opiha ai i kahi prescription.** Kōkua kēia i ka 'ike maopopo 'ana iā mākou e pili ana i nā 'ōlelo kuhikuhi āu e ho'opiha ai a me kāu e uku ai.
- **E hō'oiā iā mākou i ka 'ike e pono ai iā mākou.** Aia nā manawa e pono ai 'oe e uku i ke kumukū'ai holo'oko'a o kahi lā'au palapala kauoha. I kēia mau hihia, 'a'ole mākou e loa'a 'oko'a ka 'ike e pono ai mākou e mālama i kāu mau koina i waho o ka 'eke. No ka kōkua iā mākou e mālama i ka mo'olelo o kāu mau koina-waho-o-pū'ulu, e hā'awi mai iā mākou i nā kope o kāu mau ho'opa'a. **Nā la'ana o ka wā e hā'awi mai ai 'oe iā mākou i nā kope o kāu mau loa'a lā'au lapa'au:**
 - Ke kū'ai 'oe i lā'au i uhi 'ia ma ka hale kū'ai lapa'au pūnaewe ma ke kumu kū'ai kūikawā a i 'ole e ho'ohana i kahi kāleka ho'emi 'a'ole ia he 'āpana o ka pōmaika'i o kā mākou ho'olālā.
 - Ke uku 'oe i ka uku hui no nā lā'au i hā'awi 'ia ma lalo o kahi ho'olālā kōkua ma'i mea hana lā'au.

Mokuna 5 Ke ho'ohana 'ana i ka uhi ho'olālā no nā lā'au lapa'au Māhele D

- I kēlā me kēia manawa āu e kū'ai ai i nā lā'au lapa'au i uhi 'ia ma nā hale kū'ai ma waho o ka pūnaewehe a i 'ole e uku piha i ke kumukū'ai piha no kahi lā'au i uhi 'ia ma lalo o nā kūlana kūikawā.
- Inā uku 'ia 'oe no kahi lā'au i uhi 'ia, hiki iā 'oe ke noi i kā mākou ho'olālā e uku i kā mākou mahele o ke kumukū'ai. No nā kuhikuhi ma pehea e hana ai i kēia, e hele i ka Mokuna 7, Māhele 2.
- **E ho'ouna mai iā mākou i ka 'ike e pili ana i nā uku a nā po'e 'ē a'e e hana ai no 'oe.** 'O nā uku i hana 'ia e kekahi po'e a me nā hui 'ē a'e e helu pū 'ia i kāu mau kumukū'ai waho. E la'a me, nā uku i hana 'ia e ka AIDS Laau laau Kokua Papahana (ADAP), ka 'Oihana Ola o nā 'Ōiwi Hawai'i, a me ka hapa nui o nā hui kalepa e helu pū i kāu mau koina-waho-o-pū'ulu. E mālama i ka mo'olelo o kēia mau uku a e ho'ouna iā mākou i kēia mau mea no ka mea hiki iā mākou ke nānā i kāu mau koina.
- **E nānā i ka hō'ike kākau ā mākou e ho'ouna ai iā 'oe.** Ke loa'a iā 'oe ka *Māhele D EOB*, e nānā iā ia i mea e maopopo ai ua piha a pololei ka 'ike. Inā mana'o 'oe ua nalowale kekahi mea a i 'ole he nīnau paha, e kelepona iā Nā lawelawe Lālā ma 1-888-846-4262 (TTY users call 711). **Ma kahi o ka loa'a 'ana o kahi *Wehewehe o na pomaikai Māhele D (Māhele D EOB)* ma o ka leka i ho'ouna 'ia, loa'a iā 'oe ka koho e loa'a i kahi mana uila o kāu *Māhele D EOB*.** Hiki iā 'oe ke noi i kēia ma ke kipa 'ana i ka <https://www.express-scripts.com/>. Inā koho 'oe e komo i loko, e loa'a iā 'oe kahi leka uila ke mākaukau kāu *Māhele D eEOB* e nānā, pa'i a ho'oiho paha. Ua kapa 'ia nā *Māhele D EOBs* uila he *Māhele D EOBs*, 'ole pepa. O nā *Māhele D EOBs* 'ole pepa nā kope pololei (ki'i) o nā *Māhele D EOBs*, i pa'i 'ia. E mālama pono i kēia mau hō'ike.

Mokuna 6 He aha kāu e uku ai no nā lā'au lapa'au Māhele D

MOKUNA 6:

He aha kāu e uku ai no nā Māhele D Laau Laau

A'ole 'oe e uku no nā Māhele D Laau Laau i uhi 'ia e kā mākou ho'olālā.

Mokuna 7 E noi ana iā mākou e uku i ka bila no nā lawelawe i uhi 'ia lapa'au a i 'ole nā lā'au lapa'au**MOKUNA 7:****E noi ana iā mākou e uku i ka bila no nā lawelawe lapa'au i uhi 'ia a i 'ole nā lā'au lapa'au****PAUKU 1 Nā kūlana i hiki iā 'oe ke noi iā mākou e uku i kāu nā lawelawe i uhi 'ia a i 'ole lā'au i uhi 'ia**

Ho'opili pololei kā mākou mea ho'olako pūnaewe i kā mākou ho'olālā no kāu mau lawelawe i uhi 'ia a me nā lā'au lapa'au - 'a'ole pono 'oe e ki'i i kahi bila no nā lawelawe i uhi 'ia a i 'ole nā lā'au lapa'au. Inā loa'a iā 'oe kahi bila no ka mālama olakino a i 'ole nā lā'au lapa'au i loa'a iā 'oe, e ho'ouna i kēia bila iā mākou i hiki iā mākou ke uku. Ke ho'ouna mai 'oe iā mākou i ka bila, e nānā mākou i ka bila a ho'oholo inā e uhi 'ia nā lawelawe a me nā lā'au lapa'au. Inā ho'oholo mākou e uhi 'ia lākou, e uku pololei mākou i ka mea ho'olako.

Inā ua uku mua 'oe no kahi lawelawe Medicare a i 'ole kekahi mea i uhi 'ia e kā mākou ho'olālā, hiki iā 'oe ke noi i kā mākou ho'olālā e uku iā 'oe (ua kapa pinepine 'ia ka uku iā 'oe he **uku hou** 'oe). He pono kāu e uku 'ia e kā mākou ho'olālā i kēlā me kēia manawa āu e uku ai no nā lawelawe lā'au a i 'ole nā lā'au i uhi 'ia e kā mākou ho'olālā. Aia paha nā palena manawa āu e ho'okō ai e ho'iho'i 'ia. E hele i ka Pauku 2 o keia mokuna. Ke ho'ouna mai 'oe iā mākou i kahi pila āu i uku mua ai, e nānā mākou i ka bila a ho'oholo inā pono e uhi 'ia nā lawelawe a i 'ole nā lā'au lapa'au. Inā ho'oholo mākou e uhi 'ia lākou, e uku mākou iā 'oe no nā lawelawe a i 'ole nā lā'au lapa'au.

Aia kekahi mau manawa ke loa'a iā 'oe kahi bila mai kahi mea hā'awi aku no ke kumukū'ai piha o ka mālama olakino āu i loa'a ai a i 'ole ma mua o kāu ka'ana like 'ana. 'O ka mua, e ho'ā'o e ho'oholo i ka bila me ka mea ho'olako. Inā 'a'ole pono kēlā, e ho'ouna i ka bila iā mākou ma mua o ka uku 'ana. E nānā mākou i ka bila a ho'oholo inā pono e uhi 'ia nā lawelawe. Inā ho'oholo mākou e uhi 'ia lākou, e uku pololei mākou i ka mea ho'olako. Inā ho'oholo mākou 'a'ole e uku, e ha'i aku mākou i ka mea hā'awi. 'A'ole pono 'oe e uku ma mua o ke koina-ka'ana like 'ana o ka ho'olālā. Inā ua ho'ohui 'ia kēia mea ho'olako, loa'a iā 'oe ka pono e loa'a i ka mālama.

Nā hi'ohi'ona o nā kūlana e pono ai 'oe e noi i kā mākou ho'olālā e uku iā 'oe a i 'ole e uku i kahi bila i loa'a iā 'oe:

1. Ke loa'a iā 'oe kahi ulia pōpilikia a i 'ole e koi koke 'ia ka mālama olakino mai kahi mea lawelawe 'a'ole i loko o ka pūnaewe o kā mākou ho'olālā

- Hiki iā 'oe ke loa'a nā lawelawe pilikia a i 'ole nā lawelawe i makemake koke 'ia mai kekahi mea ho'olako, inā he 'āpana ka mea ho'olako i kā mākou pūnaewe. Ma kēia mau hihia, e noi i ka mea ho'olako e pili i kā mākou ho'olālā.

Mokuna 7 E noi ana iā mākou e uku i ka bila no nā lawelawe i uhi 'ia lapa'au a i 'ole nā lā'au lapa'au

- Inā 'oe e uku i ka huina holo'oko'a iā 'oe iho i ka manawa e loa'a ai ka mālama, e noi iā mākou e uku hou iā 'oe. E ho'ouna mai iā mākou i ka bila, me nā palapala o nā uku āu i hana ai.
- Loa'a paha iā 'oe kahi bila mai ka mea hā'awi aku e noi ana i ka uku āu e mana'o ai 'a'ole 'oe e 'ai'ē. E ho'ouna mai iā mākou i kēia bila, me nā palapala o nā uku āu i hana ai.
 - Inā he aie ka mea ho'olako, e uku pololei mākou i ka mea hā'awi.
 - Inā ua uku mua 'oe no ka lawelawe, e uku mākou iā 'oe.

2. Ke ho'ouna aku ka mea lawelawe pūnaeweale iā 'oe i kahi bila e mana'o 'oe 'a'ole pono 'oe e uku

Pono nā mea ho'olako pūnaeweale e pili pololei i kā mākou ho'olālā. Akā i kekahi manawa hana hewa lākou a noi iā 'oe e uku no kāu mau lawelawe.

- Ke loa'a iā 'oe kahi bila mai kahi mea ho'olako pūnaeweale, e ho'ouna mai i ka bila iā mākou. E ho'opili pololei mākou i ka mea ho'olako a ho'oholo i ka pilikia pili kālā.
- Inā ua uku mua 'oe i kahi bila i kahi mea ho'olako pūnaeweale, e ho'ouna mai iā mākou i ka bila me nā palapala o nā uku āu i hana ai. E noi iā mākou e uku iā 'oe no kāu nā lawelawe i uhi 'ia.

3. Inā ho'okomo hou 'oe i kā mākou ho'olālā

I kekahi manawa ua ho'opa'a inoa 'ia ke kākau inoa 'ana o kekahi kanaka i kā mākou ho'olālā. (Ke mana'o nei kēia ua hala ka lā mua o ko lākou kākau inoa 'ana. Hiki paha ke hana 'ia ka lā kākau inoa i ka makahiki i hala.)

Inā ua kākau inoa hou 'oe i loko o kā mākou ho'olālā a ua uku 'oe ma waho o ke kālā no kekahi o kāu mau nā lawelawe i uhi 'ia a i 'ole nā lā'au ma hope o kāu lā kākau inoa, hiki iā 'oe ke noi iā mākou e ho'iho'i iā 'oe i ke kālā. Pono 'oe e ho'ouna i nā pepa e like me nā loa'a a me nā bila no mākou e mālama i ka uku.

4. Ke ho'ohana 'oe i kahi i waho o- lā'au lapa'au pūnaeweale e ho'opiha i kahi 'ōlelo kuhikuhi

Inā 'oe e hele i kahi i waho o- lā'au lapa'au pūnaeweale, 'a'ole hiki i ka lā'au ke ho'ouna pololei i ka koi iā mākou. Ke hiki mai kēlā, pono 'oe e uku i ke kumukū'ai piha o kāu kau 'ana.

E mālama i kāu ho'opa'a a e ho'ouna mai i kahi kope iā mākou ke noi 'oe iā mākou e ho'iho'i iā 'oe i ke kālā. E ho'omana'o ua uhi mākou i nā lā'au i waho o ka pūnaeweale i nā kūlana palena wale nō. E hele i ka Mokuna 5, Pauku 2.4 e a'o hou e pili ana i kēia mau kūlana. 'A'ole paha mākou e uku iā 'oe i ka 'oko'a ma waena o ka mea āu i uku ai no ka i waho o- lā'au lapa'au pūnaeweale o ka 'upena pūnaeweale a me ka nui a mākou e uku ai ma kahi lā'au lapa'au i loko o ka pūnaeweale.

5. Ke uku 'oe i ke kumukū'ai holo'oko'a no ke kau 'ana no ka loa'a 'ole o kā mākou kāleka lālā ho'olālā me 'oe

Inā 'a'ohe kā mākou kāleka lālā me 'oe, hiki iā 'oe ke noi i ka lā'au lapa'au e kelepona i kā mākou ho'olālā a i 'ole e nānā i kā mākou 'ike kākau inoa. Inā 'a'ole hiki i ka lā'au lapa'au ke ki'i koke i ka 'ike e pono ai lākou, pono paha 'oe e uku i ke kumukū'ai piha o ka lā'au lapa'au iā 'oe iho.

Mokuna 7 E noi ana iā mākou e uku i ka bila no nā lawelawe i uhi 'ia lapa'au a i 'ole nā lā'au lapa'au

E mālama i kāu ho'opa'a a e ho'ouna mai i kahi kope iā mākou ke noi 'oe iā mākou e ho'iho'i iā 'oe i ke kālā. Pono mākou e ho'iho'i 'ole iā 'oe i ke kumukū'ai holo'oko'a āu i uku ai inā 'oi aku ke kumukū'ai kālā āu i uku ai ma mua o kā mākou kumukū'ai kūkākūkā no ka palapala kauoha.

6. Ke uku 'oe i ke kumukū'ai holo'oko'a no kahi palapala kauoha i nā kūlana 'ē a'e.

Hiki iā 'oe ke uku i ke kumukū'ai holo'oko'a o ke kau 'ana no ka mea 'ike 'oe 'a'ole i uhi 'ia ka lā'au no kekahi kumu.

- No ka la'ana, 'a'ole paha ka lā'au lapa'au ma ka Laau laau Papa inoa o kā mākou ho'olālā a i 'ole he koi a i 'ole ka palena āu i 'ike 'ole ai a mana'o 'ole paha e pili iā 'oe. Inā ho'oholo 'oe e ki'i koke i ka lā'au, pono paha 'oe e uku i ke kumukū'ai holo'oko'a no ia.
- E mālama i kāu ho'opa'a a e ho'ouna mai i kahi kope iā mākou ke noi 'oe iā mākou e ho'iho'i iā 'oe i ke kālā. I kekahi mau kūlana, pono mākou e loa'a i ka 'ike hou aku mai kāu kauka ho'iho'i ai iā 'oe i ke kālā no ka lā'au. Pono mākou e ho'iho'i 'ole iā 'oe i ke kumukū'ai holo'oko'a āu i uku ai inā 'oi aku ke kumukū'ai kālā āu i uku ai ma mua o kā mākou kumukū'ai kūkākūkā no ka palapala kauoha.

7. Inā 'oe i ho'opa'a inoa retroactively i kā mākou ho'olālā no ka mea, ua kūpono 'oe no ka Hawaii Med-QUEST Division Program (Medicaid).

'O Medicaid kahi papahana federala aupuni i hui pū 'ia e kōkua i nā lilo olakino no kekahi po'e me nā loa'a kālā palena a me nā kumuwaiwai. Ho'okomo 'ia kekahi po'e me Medicaid ma o kā mākou ho'olālā e loa'a i kā lākou uhi lā'au palapala kauoha. I kekahi manawa, ho'olālā 'ia ka kākau inoa o kekahi kanaka i loko o ka ho'olālā ma hope. (Ho'okomo 'ia 'o Retroactive i ke 'ano ua hala ka lā mua o ko lākou kākau inoa 'ana. Hiki paha ke hana 'ia ka lā kākau inoa i ka makahiki i hala.)

Inā ua kākau inoa hou 'oe i loko o kā mākou ho'olālā a ua uku 'oe ma waho o ke kālā no kekahi o kāu mau lā'au ma hope o kāu lā kākau inoa, hiki iā 'oe ke noi iā mākou e ho'iho'i iā 'oe i ke kālā no nā koina. Pono 'oe e ho'ouna mai i nā palapala e like me nā ho'opa'a a me nā bila iā mākou no ka mālama 'ana i ka ho'iho'i kālā.

- E ho'ouna mai i kahi kope o kāu mau ho'opa'a iā mākou ke noi 'oe iā mākou e ho'iho'i iā 'oe i ke kālā.
- Pono 'oe e noi no ka uku no kāu mau lilo-waho-o-pū'ulu ('a'ole no nā lilo i uku 'ia e kekahi inikua 'ē a'e).
 - Pono ka ho'olālā 'a'ole e uku no nā lā'au 'a'ole ma kā mākou Laau Papa inoa. 'O nā la'ana āpau ma luna nā 'ano ho'oholo uhi. 'O ia ho'i, inā mākou e hō'ole i kāu noi no ka uku, hiki iā 'oe ke ho'opi'i i kā mākou ho'oholo. Loa'a ka 'ike i ka Mokuna 9 o kēia palapala e pili ana i ka hana 'ana i ka ho'opi'i.

Ke ho'ouna mai 'oe iā mākou i kahi noi no ka uku, e nānā mākou i kāu noi a ho'oholo inā pono e uhi 'ia ka lawelawe a i 'ole ka lā'au lapa'au. Ua kapa 'ia kēia he **Ho'oholo 'ana no ka uhi kākā**. Inā ho'oholo mākou e uhi 'ia, e uku mākou no ka lawelawe a i 'ole ka lā'au lapa'au. Inā mākou e hō'ole i kāu noi no ka uku, hiki iā 'oe ke ho'opi'i i kā mākou ho'oholo. Aia ka Mokuna 9 i ka 'ike e pili ana i ka ho'opi'i 'ana.

Mokuna 7 E noi ana iā mākou e uku i ka bila no nā lawelawe i uhi 'ia lapa'au a i 'ole nā lā'au lapa'au**PAUKU 2 Pehea e noi ai iā mākou e ho'iho'i iā 'oe a i 'ole e uku i kahi bila i loa'a iā 'oe**

Hiki iā 'oe ke noi iā mākou e uku iā 'oe ma ka ho'ouna 'ana iā mākou i kahi noi ma ke kākau 'ana. Inā ho'ouna 'oe i kahi noi ma ke kākau 'ana, e ho'ouna i kāu bila a me nā palapala o nā uku āu i hana ai. He mana'o maika'i ke hana i kahi kope o kāu bila a me nā ho'opa'a no kāu mau mo'olelo. **Pono 'oe e ho'ouna i kāu koi iā mākou i loko o 365 mau lā (no nā koi lapa'au) a i loko o 'ekolu makahiki (no nā koi lā'au lapa'au)** o ka lā i loa'a ai ka lawelawe, mea, a i 'ole lā'au lapa'au.

No ka hō'ōia 'ana e hā'awi ana 'oe iā mākou i ka 'ike āpau e pono ai mākou e ho'oholo, hiki iā 'oe ke ho'opiha i kā mākou palapala koi e hana i kāu noi no ka uku.

- 'A'ole pono 'oe e ho'ohana i ka palapala, akā e kōkua ia iā mākou e ho'oponopono wikiwiki i ka 'ike. No nā Reimbursements Lālā, loa'a iā mākou nā palapala koi ma ka pūnaewe. 'Oiai mākou e paipai ikaika nei i kā mākou mau lālā e ho'ohana i ka palapala, e hō'ōia i ka ho'ouna 'ia 'ana o nā palapala a pau, 'a'ole pono. Hiki nō iā lākou ke ho'ouna i kahi kope o ka bila me ka 'ole o ka palapala. 'O kekahi 'ano, pono lākou e komo i ka 'ike o ka mea ho'olako, nā lā lawelawe, Ka 'ōlelo hana o kēia manawa (CPT) i ka wā e pili ana, nā kodulemi a i 'ole nā wehewehe, a me nā nui i ho'opa'a 'ia me nā mo'olelo olakino i loa'a iā lākou a inā pono, he wehewehe pōkole no ke kumu i pono ai lākou i ka mālama. Pono ka lālā e ho'ouna pū i nā palapala o ka uku i ka manawa like āna e ho'ouna ai i ke koi. 'O ka palapala uku kūpono he mau leka a i 'ole nā 'ōlelo ho'opa'a kāleka a i 'ole kope o ka hiki ke kāpae 'ia.
- E ki'i i kope o ka palapala mai kā mākou pūnaewe puni honua (go.wellcare.com/OhanaHI) a i 'ole e kelepona i Nā lawelawe Lālā ma 1-888-846-4262 (TTY mea ho'ohana e kelepona iā 711) a noi i ka palapala.

No nā lawelawe olakino, e ho'ouna mai i kāu noi no ka uku me nā bila a i 'ole nā ho'opa'a i uku 'ia iā mākou ma kēia helu:

Helu Noi Uku

Wellcare

Medical Reimbursement Department

PO Box 31370

Tampa, FL 33631-3370

No nā lā'au Māhele D, e ho'ouna mai i kāu noi no ka uku me nā bila a i 'ole nā ho'opa'a i uku 'ia iā mākou ma kēia helu:

Helu Noi Uku Māhele D

Wellcare Medicare Part D Claims

Attn: Member Reimbursement Department

P.O. Box 31577

Tampa, FL 33631-3577

Mokuna 7 E noi ana iā mākou e uku i ka bila no nā lawelawe i uhi 'ia lapa'au a i 'ole nā lā'au lapa'au**PAUKU 3 E no'ono'o mākou i kāu noi no ka uku a 'ae a 'a'ole**

Ke loa'a iā mākou kāu noi no ka uku, e hō'ike mākou iā 'oe inā makemake mākou i 'ike hou mai iā 'oe. A i 'ole, e no'ono'o mākou i kāu noi a ho'oholo i kahi Ho'oholo 'ana no ka uhi kāki.

- Inā ho'oholo mākou ua uhi 'ia ka mālama olakino a i 'ole ka lā'au lapa'au a hahai 'oe i nā lula āpau, e uku mākou no ka lawelawe a i 'ole ka lā'au lapa'au. Inā ua uku mua 'oe no ka lawelawe a i 'ole ka lā'au lapa'au, e leka mākou i kāu uku hou iā 'oe. Inā 'oe i uku i ke kumukū'ai piha o kahi lā'au lapa'au, 'a'ole paha 'oe e uku hou 'ia i ka huina piha āu i uku ai (no ka la'ana, inā loa'a iā 'oe kahi lā'au lapa'au ma kahi hale kū'ai i waho o- lā'au lapa'au pūnaeweale a i 'ole ke ki'eki'e o ke kumu kū'ai kālā āu i uku ai no ka lā'au lapa'au ma mua o kā mākou kumukū'ai kūkākūkā). Inā 'a'ole 'oe i uku no ka lawelawe a i 'ole ka lā'au lapa'au, e ho'ouna pololei mākou i ka uku i ka mea hā'awi.
- Inā ho'oholo mākou 'a'ole i uhi 'ia ka mālama olakino a i 'ole ka lā'au lapa'au, a i 'ole 'oe 'a'ole e hahai i na rula a pau, 'a'ole mākou e uku no ka mālama a me ka lā'au lapa'au. E ho'ouna mākou iā 'oe i kahi leka e wehewehe ana i ke kumu o ka ho'ouna 'ole 'ana i ka uku a me kou kuleana e ho'opi'i i kēlā ho'oholo.

Pauku 3.1 Inā ha'i mākou iā 'oe 'a'ole mākou e uku no ka mālama olakino a i 'ole ka lā'au lapa'au, hiki iā 'oe ke ho'opi'i

Inā mana'o 'oe ua hewa mākou i ka hō'ole 'ana i kāu noi no ka uku a i 'ole ka nui a mākou e uku nei, hiki iā 'oe ke ho'opi'i. Inā ho'opi'i 'oe, 'o ia ho'i ke noi nei 'oe iā mākou e ho'ololi i ka ho'oholo a mākou i hana ai i ka wā i hō'ole ai mākou i kāu noi no ka uku. He hana ho'okō ka ho'opi'i me nā ka'ina kiko'i a me nā lā palena ko'iko'i. No nā kiko'i e pili ana i ka hana 'ana i kēia ho'opi'i, e hele i ka Mokuna 9.

Mokuna 8 Kou mau pono a me na kuleana

MOKUNA 8:**Kou mau pono a me na kuleana****PAUKU 1 Pono kā mākou ho'olālā e ho'ohanohano i kou mau pono a me kou mau mo'omeheu**

Section 1.1 We must provide information in a way that works for you and consistent with your cultural sensitivities (in languages other than English, audio, braille, large print, or other alternate formats, etc.)

Our plan is required to ensure that all services, both clinical and non-clinical, are provided in a culturally competent manner and are accessible to all enrollees, including those with limited English proficiency, limited reading skills, hearing incapacity, or those with diverse cultural and ethnic backgrounds. Examples of how our plan can meet these accessibility requirements include but aren't limited to, provision of translator services, interpreter services, teletypewriters, or TTY (text telephone or teletypewriter phone) connection.

Our plan has free interpreter services available to answer questions from non-English speaking members. We can also give you materials in languages other than English including Chinese, Korean, Hmong, Tagalog, Laotian, Cambodian/Khmer, Vietnamese, Hawaiian, Japanese, Karen, Samoan, Thai, Turkish, Uzbek, Ilocano, Burmese and audio, in braille, in large print, or other alternate formats at no cost if you need it. We're required to give you information about our plan's benefits in a format that's accessible and appropriate for you. To get information from us in a way that works for you, call Member Services at 1-888-846-4262 (TTY users call 711).

Our plan is required to give female enrollees the option of direct access to a women's health specialist within the network for women's routine and preventive health care services.

If providers in our plan's network for a specialty aren't available, it's our plan's responsibility to locate specialty providers outside the network who will provide you with the necessary care. In this case, you'll only pay in-network cost sharing. If you find yourself in a situation where there are no specialists in our plan's network that cover a service you need, call our plan for information on where to go to get this service at in-network cost sharing.

If you have any trouble getting information from our plan in a format that's accessible and appropriate for you, seeing a women's health specialist or finding a network specialist, call to file a grievance with Member Services. You can also file a complaint with Medicare by calling 1-800-MEDICARE (1-800-633-4227) or directly with the Office for Civil Rights 1-800-368-1019 or TTY 1-800-537-7697.

第 1.1 節 我們必須以適合於您，而且符合您文化敏銳度的方式提供資訊 (用英語以外的其他語言、以語音、布萊葉盲文、大字印刷或其他替代格式等)

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我們的計劃必須確保所有臨床和非臨床服務均以文化適合的方式提供，並且所有投保人皆能取得，包括英語能力有限、閱讀能力有限、聽力不全，或具有不同文化和種族背景的人士。我們的計劃符合這些協助工具要求的範例包括但不限於：提供翻譯服務、口譯服務、電傳打字機或 TTY (文字電話或電傳打字機電話) 連線。

本項計劃有免費譯員服務，可回答不會講英文的會員提出的問題。如果您需要，我們也可以為用英語以外的其他語言，包括中文、韓文、苗文、塔加洛文、柬埔寨文/高棉文、越南文、夏威夷文、日文、薩摩亞文、泰文、伊洛果文、緬甸文、土耳其文、烏茲別克文及語音、布萊葉盲文、大字印刷或其他替代格式向您免費提供的材料。我們需要以可得取和適合您的格式向您提供有關計劃福利的資訊。若要以適合您的方式向我們取得資訊，請致電會員服務部 1-888-846-4262 (TTY 使用者請致電 711)。

我們的計劃均需讓女性投保人可以選擇直接與網絡內的女性專科醫生聯絡，以取得女性例行性和預防性健康照護服務。

如果我們計劃網絡內的專科醫生無法提供服務，我們的計劃有責任在網絡外尋找能提供您必要照護的專科醫生。在這種情況下，您只需支付網絡內分攤費用。如果您發現我們計劃的網絡中沒有您所需承保服務的專科醫生，請致電我們的計劃，瞭解如何透過網絡內分攤費用獲得此服務。

如果您無法從我們的計劃獲取可取得且適合您使用的格式之資訊，以接觸女性專科醫生或找到網絡內專科醫生，請致電會員服務部提出申訴。您也可以致電 1-800-MEDICARE (1-800-633-4227) 向 Medicare 提出投訴，或直接致電 Office for Civil Rights，電話是 1 800 368-1019 或 TTY 1-800-537-7697。

섹션 1.1 당사는 귀하에게 유용하고 귀하의 문화적 민감성에 맞는 방식으로 정보를 제공해야 합니다 (영어 외의 언어, 오디오, 점자, 대형 인쇄본 또는 기타 대체 형식 등).

귀하의 플랜은 모든 임상 및 비임상 서비스가 문화적으로 적합한 방식으로 제공되고, 영어 사용과 읽기 능력이 제한된 사람들, 청각 장애인 또는 다양한 문화 및 민족적 배경을 가진 모든 가입자들이 접근할 수 있도록 보장해야 합니다. 당사 플랜이 이러한 접근성 요구 사항을 충족할 수 있는 방법의 예로는 번역 및 통역 서비스 제공 전신타자기 또는 TTY(문자 전화 또는 전신타자기 전화) 연결을 포함하되 이에 국한되지 않습니다.

당사 플랜은 비영어 사용 가입자의 질문에 답변할 수 있는 무료 통역 서비스를 제공합니다. 중국어, 몽어, 타갈로그어, 라오스어, 캄보디아어/크메르어, 베트남어, 하와이어, 일본어, 사모아어, 태국어, 일로카노어, 페르시아어, 카렌어, 터키어, 우즈베크어 를 포함한 영어 이외의 언어 를 포함한 영어 이외의 언어]로 된 자료 및 오디오, 점자, 대형 인쇄본 또는 필요한 경우 다른 대체 형식으로 무료 제공해드릴 수도 있습니다. 저희는 귀하가 이용할 수 있는 적절한 형식으로 당사 플랜 혜택에 관한 정보를 제공해야 합니다. 귀하에게 적합한 방식으로 당사로부터 정보를 확인하려면 1-888-846-4262 (TTY 사용자: 711)번으로 가입자 서비스부에 전화해 주십시오.

당사 플랜은 여성 가입자에게 여성의 일상 및 예방 건강 관리 서비스에 대한 네트워크 소속 여성 건강 전문의에 직접 접근할 수 있는 옵션을 제공해야 합니다.

전문 분야에 대한 제공자를 당사 플랜의 네트워크에서 찾을 수 없는 경우 필요한 관리를 제공할 네트워크 외부의 전문 제공업체를 찾는 것은 당사 플랜의 책임입니다. 이 경우 네트워크 소속 비용 부담만 납부하게 됩니다. 당사 플랜 네트워크에 귀하가 필요로 하는 서비스를 제공하는 전문가가 없는 경우 당사 플랜에 전화하여 이 서비스를 받을 수 있는 위치에 대한 정보를 문의하십시오.

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접근이 가능하고 적절한 형식으로 당사 플랜에서 정보를 얻는 데 문제가 있거나 여성 건강 전문의를 만나거나 네트워크 소속 전문의를 찾는 데 어려움이 있는 경우 가입자 서비스부에 전화하여 고충을 접수해 주십시오. Medicare에 1-800-MEDICARE(1-800-633-4227)번으로 연락하거나 Office for Civil Rights 1-800-368-1019 또는 TTY 1-800-537-7697번으로 직접 연락하여 불만사항을 제기할 수도 있습니다.

Nqe 1.1 Peb yuav tsum muab cov ntaub ntawv hauv ib txoj hauv kev uas haum rau koj (hauv hom lus uas tsis yog Lus Askiv, ua ntawv Su, suab lus, luam ntawv loj, los sis lwm hom ntawv, thiab lwm yam.)

Peb txoj phiaj xwm yuav tsum xyuas kom paub tseeb tias tag nrho cov kev pab cuam, fab kev kho mob thiab tsis cuam tshuam txog fab kev kho mob tib si, tau muab hauv tus yam ntxwv uas haum raws li fab kab lij kev cai thiab nkag cuag tau rau tag nrho cov neeg tso npe nkag, suav nrog cov neeg uas paub Lus Askiv tsis tshua zoo, nyeem ntawv tau tsis tshua zoo, tsis muaj peev xwm hnov lus, los sis cov neeg uas muaj keeb kwm fab kab lis kev cai thiab haiv neeg ntau yam. Cov qauv piv txwv ntawm qhov seb peb txoj phiaj xwm puas tuaj yeem ua tau raws li cov cai kev nkag cuag no li cas ntawd yuav muaj tab sis tsis tas rau ntawm, kev muab cov kev pab cuam txhais ntawv, cov kev pab cuam txhais lus, lub tshuab ntaus ntawv, los sis kev sib txuas TTY (xov tooj xa ntawv los sis xov tooj ntaus ntawv).

Peb txoj phiaj xwm muaj cov kev pab cuam kws txhais lus pub dawb los teb cov lus nug los ntawm cov tswv cuab uas tsis hais Lus Askiv. Peb kuj tuaj yeem muab cov ntaub ntawv rau koj ua hom lus uas tsis yog Lus Askiv suav nrog Lus Suav, Lus Kaus Lim, Lus Hmoob, Lus Tagalog, Lus Nplog, Lus Kas Pus Cias/Khmer, Lus Nyab Laj, Lus Hawaii, Lus Nyij Pooj, Lus Samoan, Lus Thaib, Lus Phab Mab, Lus Karen, Lus Turkish, Lus Uzbek thiab ua suab lus, ntawv su, ntawv luam loj, los sis lwm cov hom ntawv yam tsis tau them nqi yog tias koj xav tau. Peb yuav tsum tau muab cov ntaub ntawv qhia paub rau koj hais txog peb txoj phiaj xwm cov txiaj ntsig kev pab uas yuav nkag siv tau thiab tsim nyog rau koj. Txhawm rau kom tau txais ntaub ntawv qhia paub los ntawm peb hauv ib txoj hauv kev uas siv tau rau koj, hu rau Cov Chaw Pab Cuam Rau Tswv Cuab ntawm 1-888-846-4262 (Cov neeg siv TTY hu rau 711).

Peb txoj phiaj xwm yuav tsum tau muab ib txoj kev xaiv txog kev nkag cuag ncaj qha rau cov poj niam tus kws kho mob paub tshwj xeeb txog kev noj qab haus huv nyob hauv pab pawg koom tes rau cov neeg tso npe uas yog poj niam nyob hauv pab pawg koom tes rau cov poj niam cov kev pab cuam saib xyuas kev noj qab haus huv li txhua zaum thiab rau fab kev tiv thaiv kab mob.

Yog tias koj cov kws muab kev pab cuam hauv peb txoj phiaj xwm pab pawg koom tes rau kev kho mob tshwj xeeb tsis muaj siv, nws yog peb txoj phiaj xwm lub luag hauj lwm yuav nrhiav cov kws muab kev pab cuam kho mob tshwj xeeb uas nyob sab nraud ntawm pab pawg koom tes uas yuav muab kev saib xyuas kho mob uas tsim nyog tau rau koj. Hauv qhov teeb meem no, koj tsuas yuav them kev sib faib tus nqi nyob hauv pab pawg koom tes xwb. Yog tias koj pom tias koj tus kheej nyob rau hauv qhov xwm txheej uas tsis muaj cov kws kho mob paub tshwj xeeb hauv peb txoj phiaj xwm pab pawg koom tes uas duav roos qhov kev pab cuam uas koj xav tau ntawd

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lawm, hu rau peb txoj phiaj xwm kom tau cov ntaub ntawv qhia paub txog qhov yuav mus nrhiav kom tau txais qhov kev pab cuam no ntawm kev sib faib tus nqi hauv pab pawg koom tes.

Yog tias koj muaj teeb meem dab tsi txog kev muab ntaub ntawv qhia paub los ntawm peb txoj phiaj xwm hauv ib hom ntawv uas nkag cuag tau thiab tsim nyog rau koj, mus ntsib tus kws kho mob paub tshwj xeeb txog kev noj qab haus huv ntawm poj niam los sis kev nrhiav tus kws kho mob paub tshwj xeeb hauv pab pawg koom tes, ces hu tuaj sau ntawv hais txog kev tsis txaus siab nrog Cov Chaw Pab Cuam Rau Tswv Cuab. Koj kuj tuaj yeem foob lus kev tsis txaus siab tau nrog Medicare los ntawm kev hu rau 1-800-MEDICARE (1-800-633-4227) los sis ncaj qha mus rau Office for Civil Rights 1-800-368-1019 los sis TTY 1-800-537-7697.

Seksyon 1.1 Dapat kaming magbigay ng impormasyon sa paraang madali para sa inyo at naaayon sa inyong mga sensitivity sa kultura (sa mga wika bukod sa Ingles, audio, braille, malaking print, o iba pang alternatibong format, atbp.)

Kailangang tiyakin ng aming plano na ang lahat ng serbisyo, klinikal man o hindi klinikal, ay maibibigay sa isang paraang may kultural na pag-iingat at accessible sa lahat ng enrollee, kabilang na ang mga may limitadong kaalaman sa Ingles, limitadong kaalaman sa pagbabasa, problema sa pandinig, o mga taong may iba't ibang kultural at etnikong pinagmulan. Kabilang sa mga halimbawa kung paano puwedeng tugunan ng aming plano ang mga kinakailangang ito sa accessibility ang, pero hindi limitado sa, pagbibigay ng mga serbisyo ng tagasalin, serbisyo ng interpreter, teletypewriter, o koneksyon sa TTY (text telephone o teletypewriter phone).

Ang aming plano ay may libreng serbisyo sa interpretasyon na handang sumagot sa mga tanong ng mga miyembrong hindi nagsasalita ng Ingles. Puwede ka rin naming bigyan ng mga materyales sa mga wika bukod sa Ingles kasama ang Tsino, Koreano, Hmong, Tagalog, Laotian, Cambodian/Khmer, Vietnamese, Hawaiian, Hapon, Samoan, Thai, Ilocano, Burmese, Karen, Turkish, Uzbek at audio, braille, malaking print, o iba pang alternatibong format nang libre kung kailangan mo ito. Inaatasan kaming bigyan kayo ng impormasyon tungkol sa mga benepisyo ng aming plano sa isang format na accessible at naaangkop para sa inyo. Para makakuha ng impormasyon mula sa amin sa paraang gumagana para sa inyo, tumawag sa numero ng Mga Serbisyo para sa Miyembro sa 1-888-846-4262 (Dapat tumawag ang mga user ng TTY sa 711).

Kailangan ng aming plano na bigyan ang mga babaeng enrollee ng opsyon para direktang mag-access ng espesyalista sa kalusugan ng kababaihan na nasa network para sa mga regular at pang-agap na serbisyo sa pangangalagang pangkalusugan ng mga kababaihan.

Kung walang available na tagapagbigay ng serbisyong nasa network ng aming plano para sa isang specialty, responsibilidad ng aming plano na maghanap ng mga specialty na tagapagbigay ng serbisyong nasa labas ng network na magbibigay sa inyo ng kinakailangang pangangalaga. Sa ganitong sitwasyon, ang bahagian sa gastos na nasa network lang ang babayaran ninyo. Kung nasa sitwasyon kayo kung saan walang espesyalista sa network ng aming plano na sumasaklaw sa serbisyong kailangan ninyo, tawagan ang aming plano para malaman kung saan pupunta para makuha ang serbisyong ito sa bahagian sa gastos na nasa network.

Mokuna 8 Kou mau pono a me na kuleana

Kung mayroon kayong anumang problema sa pagkuha ng impormasyon mula sa aming plano sa isang format na accessible at naaangkop sa inyo, pagpapatingin sa espesyalista sa kalusugan ng kababaihan, o paghahanap ng espesyalista sa network, tumawag para maghain ng karaingan sa Mga Serbisyo para sa Miyembro. Puwede rin kayong maghain ng reklamo sa Medicare sa pamamagitan ng pagtawag sa 1-800-MEDICARE (1-800-633-4227) o nang direkta sa Office for Civil Rights sa 1-800-368-1019 o TTY 1-800-537-7697.

ພາກທີ 1.1

ພວກເຮົາຕ້ອງໃຫ້ຂໍ້ມູນໃນວິທີການທີ່ເໝາະສົມສໍາລັບທ່ານແລະສອດຄ່ອງກັບຄວາມອ້ອມໂຫວທາງວັດທະນະທຳຂອງທ່ານ (ໃນພາສາອື່ນນອກຈາກພາສາອັງກິດ, ສຽງ, ຕົວອັກສອນ, ພິມໃຫຍ່, ຫຼືຮູບແບບສະຫຼັບອື່ນໆ, ແລະອື່ນໆ)

ຖືບັນເລື່ອງຈຳເປັນທີ່ແຜນປະກັນຂອງພວກເຮົາແມ່ນຕ້ອງຮັບປະກັນວ່າການບໍລິການທັງຫມົດ, ທັງທາງດ້ານຄລີນິກ ແລະບໍ່ແມ່ນທາງດ້ານຄລີນິກ, ໄດ້ໃຫ້ບໍລິການລັກສະນະທີ່ເໝາະສົມທາງວັດທະນະທຳ ແລະ ສາມາດເຂົ້າເຖິງທຸກຄົນ, ລວມທັງຜູ້ທີ່ມີຄວາມຮູ້ພາສາອັງກິດທີ່ຈຳກັດ, ທັກສະການອ່ານທີ່ຈຳກັດ, ຄວາມບໍ່ສາມາດໄດ້ຍິນ, ຫຼືຜູ້ທີ່ມີຜົນຖານວັດທະນະທຳແລະຊົນເຜົ່າທີ່ຫຼາກຫຼາຍ. ຕົວຢ່າງຂອງວິທີການທີ່ແຜນປະກັນຂອງພວກເຮົາສາມາດຕອບສະຫນອງຄວາມຕ້ອງການການເຂົ້າເຖິງເຫຼົ່ານີ້ໄດ້ ລວມມີແຕ່ບໍ່ຈຳກັດ, ການສະຫນອງການບໍລິການແປພາສາ, ບໍລິການກ່າວແປພາສາ, ເຄື່ອງພິມດິດໂທລະເລກ, ຫຼື TTY (ໂທລະສັບຂໍ້ຄວາມຫຼື ໂທລະສັບພິມດິດໂທລະເລກ).

ແຜນປະກັນຂອງພວກເຮົາມີບໍລິການລ່າມແປພາສາຟຣີສໍາລັບສະມາຊິກທີ່ບໍ່ສະເວົ້າພາສາອັງກິດ. ພວກເຮົາສາມາດສະໜອງຂໍ້ມູນຕ່າງໆເປັນ ເປັນພາສາອື່ນໆນອກຈາກພາສາອັງກິດ ລວມມີ ຈີນ, ເກົາຫຼີ, ມົ້ງ, ຕາກາລໍອດຟກ, ລາວ, ກຳປູເຈຍ/ຂະເມນ, ຫວຽດນາມ, ຮາວາຍ, ອິນຊີ, ຊາມິວ, ໄທ, ອິໂລກາໂນ, ມຽນມາ, ຄາເລັນ, ເຕີກກີ, ອູເບກສະຖານ ແລະ ສຽງ, ຕົວອັກສອນນູນ, ພິມໃຫຍ່, ຫຼືຮູບແບບສະຫຼັບອື່ນໆໂດຍບໍ່ມີຄ່າໃຊ້ຈ່າຍໃດໆຖ້າທ່ານຕ້ອງການ. ພວກເຮົາຈຳເປັນຕ້ອງໃຫ້ຂໍ້ມູນກ່ຽວກັບຜົນປະໂຫຍດຂອງແຜນປະກັນຂອງພວກເຮົາໃນຮູບແບບທີ່ສາມາດເຂົ້າເຖິງໄດ້ແລະເໝາະສົມສໍາລັບທ່ານ. ເພື່ອຮັບຂໍ້ມູນຈາກພວກເຮົາໃນຮູບແບບທີ່ສະດວກສໍາລັບທ່ານ, ໂທຫາຝ່າຍບໍລິການສະມາຊິກທີ່ 1-888-846-4262 (ຜູ້ໃຊ້ TTY ໂທ 711).

ແຜນປະກັນຂອງພວກເຮົາຈຳເປັນຕ້ອງໃຫ້ທາງເລືອກແກ່ຜູ້ລົງທະບຽນເພດຍິງ ໃນການເຂົ້າເຖິງຜູ້ຊ່ວຍດ້ານສຸຂະພາບສໍາລັບຜູ້ຍິງພາຍໃນເຄືອຂ່າຍໂດຍກົງເພື່ອສະໜອງການບໍລິການເບິ່ງແຍງປະຈຳວັນ ແລະ ການປ້ອງກັນ.

ຖ້າບໍ່ມີຜູ້ໃຫ້ບໍລິການຢູ່ໃນເຄືອຂ່າຍຂອງແຜນປະກັນຂອງພວກເຮົາສໍາລັບບໍລິການສະເພາະທາງ, ມັນເປັນຄວາມຮັບຜິດຊອບຂອງແຜນປະກັນຂອງພວກເຮົາທີ່ຈະຊອກຫາຜູ້ໃຫ້ບໍລິການພິເສດຢູ່ນອກເຄືອຂ່າຍທີ່ຈະສະຫນອງການບໍລິການທີ່ຈຳເປັນໃຫ້ທ່ານ. ໃນກໍລະນີດັ່ງກ່າວ, ທ່ານຈະໄດ້ຈ່າຍສະເພາະຄ່າແບ່ງບັນຄ່າໃຊ້ຈ່າຍໃນເຄືອຂ່າຍເທົ່ານັ້ນ.

ຖ້າທ່ານພົບວ່າຕົວທ່ານເອງຢູ່ໃນສະຖານະການທີ່ບໍ່ມີຜູ້ຊ່ວຍດ້ານໃນເຄືອຂ່າຍຂອງແຜນປະກັນຂອງພວກເຮົາທີ່ກວມເອົາການບໍລິການທີ່ທ່ານຕ້ອງການ, ໃຫ້ໂທຫາແຜນປະກັນຂອງພວກເຮົາເພື່ອຂໍຂໍ້ມູນກ່ຽວກັບບ່ອນທີ່ຈະໄປຮັບການບໍລິການນີ້ ໃນການແບ່ງບັນຄ່າໃຊ້ຈ່າຍໃນເຄືອຂ່າຍ.

ຖ້າຫາກວ່າທ່ານມີບັນຫາໃດໜຶ່ງໃນການຮັບຂໍ້ມູນຈາກແຜນປະກັນຂອງພວກເຮົາໃນຮູບແບບທີ່ສາມາດເຂົ້າເຖິງໄດ້ ແລະເໝາະສົມສໍາລັບທ່ານ, ເຂົ້າພົບຜູ້ຊ່ວຍດ້ານສຸຂະພາບແມ່ຍິງ ຫຼື ຄົ້ນຫາຜູ້ຊ່ວຍດ້ານໃນເຄືອຂ່າຍ, ໂທເພື່ອອື່ນຄຳຮ້ອງທຸກກັບຝ່າຍບໍລິການສະມາຊິກ. ນອກນັ້ນທ່ານຍັງສາມາດອື່ນຄຳຮ້ອງທຸກກັບ Medicare

Mokuna 8 Kou mau pono a me na kuleana

ໂດຍການໂທຫາ 1-800-MEDICARE (1-800-633-4227) ຫຼືໂດຍກົງກັບ Office for Civil Rights ທີ່ເບີ 1-800-368-1019 ຫຼື TTY 1-800-537-7697.

ផ្នែកទី 1.1 យើងត្រូវតែផ្តល់ព័ត៌មានតាមរបៀបដែលអ្នកអាចយល់បាន និងតាមលក្ខណៈសមស្របខាងវប្បធម៌របស់អ្នក (ជាភាសាផ្សេងក្រៅពីភាសាអង់គ្លេស ជាសំឡេង អក្សរស្នាបសម្រាប់ជនពិការភ្នែក ពុម្ពអក្សរធំ ឬទម្រង់ជំនួសផ្សេងទៀតជាដើម។)

គម្រោងរបស់យើងត្រូវបានទាមទារឱ្យធានាថា សេវាកម្មទាំងអស់ ទាំងផ្នែកគ្លីនិក និងមិនមែនផ្នែកគ្លីនិក ត្រូវបានផ្តល់ជូនក្នុងលក្ខណៈដែលមានសមត្ថភាពខាងផ្នែកវប្បធម៌ ហើយអាចផ្តល់លទ្ធភាពប្រើប្រាស់ដល់អ្នកចុះឈ្មោះទាំងអស់ រួមទាំងអ្នកដែលមានជំនាញភាសាអង់គ្លេសមានកម្រិត ជំនាញមានកម្រិត អសមត្ថភាពក្នុងការស្តាប់ ឬអ្នកដែលមានប្រវត្តិវប្បធម៌ និងជាតិសាសន៍ចម្រុះ។ ឧទាហរណ៍អំពីរបៀបដែលគម្រោងរបស់យើងអាចបំពេញតាមតម្រូវការនៃលទ្ធភាពចូលប្រើប្រាស់ទាំងនេះរួមមាន ជាអាទិ៍ដូចជា ការផ្តល់ជូនសេវាអ្នកបកប្រែឯកសារ សេវាអ្នកបកប្រែផ្ទាល់មាត់ អ្នកសរសេរនូវលេខ ឬការតភ្ជាប់ TTY (ទូរសព្ទជាអក្សរ ឬទូរសព្ទជាទូរលេខ)។

គម្រោងរបស់យើងមានសេវាអ្នកបកប្រែផ្ទាល់មាត់ដោយឥតគិតថ្លៃ ដែលអាចឆ្លើយនឹងសំណួរពីសមាជិកដែលមិននិយាយភាសាអង់គ្លេស។ យើងក៏អាចផ្តល់ឱ្យអ្នកនូវឯកសារជា ភាសាផ្សេងក្រៅពីភាសាអង់គ្លេសរួមមាន ចិន, កូរ៉េ, ម៉ុង, តាកាឡុក, ឡាវ, កម្ពុជា/ខ្មែរ, វៀតណាម, ហាវ៉ៃ, ជប៉ុន, សាម៉ូ, ថៃ, អាមេនី, កាប៊ីន, ឡាតី, អ៊ីសបេក និង អូឌីយ៉ូ អក្សរស្នាបសម្រាប់ជនពិការភ្នែក ជាពុម្ពអក្សរធំ ឬជាទ្រង់ទ្រាយជំនួសផ្សេងទៀតដោយមិនគិតថ្លៃប្រសិនបើអ្នកត្រូវការវា។ យើងត្រូវបានតម្រូវឱ្យផ្តល់ជូនអ្នកនូវព័ត៌មានអំពីអត្ថប្រយោជន៍នៃគម្រោងរបស់យើងក្នុងទម្រង់ដែលអាចចូលប្រើបាន និងសមស្របសម្រាប់អ្នក។ ដើម្បីទទួលបានព័ត៌មានពីយើងតាមរបៀបមួយដែលអ្នកអាចយល់បាន សូមទូរសព្ទទៅផ្នែកសេវាបម្រើសមាជិកតាមលេខ 1-888-846-4262 (អ្នកប្រើ TTY សូមទូរសព្ទទៅលេខ 711)។

គម្រោងរបស់យើងត្រូវបានតម្រូវឱ្យផ្តល់ឱ្យអ្នកចុះឈ្មោះជាស្ត្រីនូវជម្រើសនៃការចូលទៅជួបអ្នកឯកទេសសុខភាពស្ត្រីដោយផ្ទាល់នៅក្នុងបណ្តាញសម្រាប់សេវាសុខភាពជាប្រចាំ និងការថែទាំបង្ការជំងឺរបស់ស្ត្រី។

ប្រសិនបើអ្នកផ្តល់សេវាក្នុងបណ្តាញសម្រាប់ឯកទេសមួយមិនមានទេ វាជាទំនួលខុសត្រូវរបស់គម្រោងរបស់យើងក្នុងការស្វែងរកអ្នកផ្តល់សេវាឯកទេសនៅក្រៅបណ្តាញ ដែលនឹងផ្តល់ឱ្យអ្នកនូវការថែទាំចាំបាច់នោះ។ ក្នុងករណីនេះ អ្នកនឹងចំណាយតែលើការចែករំលែកថ្លៃចំណាយក្នុងបណ្តាញប៉ុណ្ណោះ។ ប្រសិនបើអ្នកស្ថិតនៅក្នុងស្ថានភាពដែលមិនមានអ្នកឯកទេសនៅក្នុងបណ្តាញគម្រោងរបស់យើង ដែលធានារ៉ាប់រងលើសេវាកម្មដែលអ្នកត្រូវការ សូមទូរសព្ទទៅគម្រោងរបស់យើងសម្រាប់ព័ត៌មានអំពីកន្លែងដែលត្រូវទៅទទួលបានសេវាកម្មនេះដោយមានការចែករំលែកថ្លៃចំណាយក្នុងបណ្តាញ។ ប្រសិនបើអ្នកមានបញ្ហាក្នុងការទទួលបានព័ត៌មានពីគម្រោងរបស់យើងក្នុងទម្រង់ដែលអាចចូលប្រើប្រាស់បាន និងសមស្របសម្រាប់អ្នក ក្នុងការជួបអ្នកឯកទេសខាងសុខភាពស្ត្រី ឬការស្វែងរកអ្នកឯកទេសក្នុងបណ្តាញ សូមទូរសព្ទទៅដាក់បណ្តឹងសាទុក្ខជាមួយផ្នែកសេវាបម្រើសមាជិក។ អ្នកក៏អាចដាក់ពាក្យបណ្តឹងតវ៉ាជាមួយ Medicare ដោយទូរសព្ទទៅលេខ 1-800-MEDICARE (1-800-633-4227) ឬដោយផ្ទាល់ជាមួយការិយាល័យ Office for Civil Rights 1-800-368-1019 ឬ TTY 1-800-537-7697។

Phần 1.1 Chúng tôi phải cung cấp thông tin cho quý vị bằng những hình thức mà quý vị sử dụng được và phù hợp với những khác biệt về văn hóa của quý vị (bằng những

Mokuna 8 Kou mau pono a me na kuleana**ngôn ngữ khác ngoài tiếng Anh, âm thanh, chữ nổi, bản in khổ chữ lớn hoặc những định dạng thay thế khác, v.v.)**

Chương trình của chúng tôi được yêu cầu đảm bảo tất cả các dịch vụ, cả lâm sàng và phi lâm sàng, được cung cấp một cách có hiểu biết về văn hóa và dễ tiếp cận đối với tất cả những người đăng ký, bao gồm cả những người có trình độ tiếng Anh hạn chế, kỹ năng đọc hạn chế, khiếm thính hoặc những người có nguồn gốc văn hóa và dân tộc đa dạng. Ví dụ về cách chương trình của chúng tôi có thể đáp ứng yêu cầu về khả năng dễ sử dụng này bao gồm, nhưng không giới hạn chỉ là cung cấp dịch vụ biên dịch, dịch vụ phiên dịch, máy đánh chữ điện báo hoặc kết nối TTY (điện thoại văn bản).

Chương trình của chúng tôi cung cấp dịch vụ thông dịch miễn phí để giải đáp thắc mắc của các thành viên không sử dụng tiếng Anh. Chúng tôi có thể cung cấp tài liệu bằng ngôn ngữ khác ngoài tiếng Anh, bao gồm tiếng Trung, tiếng Hàn, tiếng Hmong, tiếng Tagalog, tiếng Lào, tiếng Campuchia/Khmer, tiếng Việt, tiếng Hawaii, tiếng Nhật, tiếng Samoa, tiếng Thái, tiếng Ilocano, tiếng Miến Điện, tiếng Karen, tiếng Thổ Nhĩ Kỳ, tiếng Uzbek và âm thanh, chữ nổi, bản in khổ chữ lớn hoặc những định dạng thay thế khác miễn phí nếu quý vị cần. Chúng tôi phải cung cấp thông tin về các phúc lợi của chương trình theo định dạng dễ truy cập và thích hợp cho quý vị. Để lấy thông tin từ chúng tôi theo cách phù hợp với quý vị, hãy gọi Bộ Phận Dịch Vụ Thành Viên theo số 1-888-846-4262 (người dùng TTY gọi số 711).

Chương trình của chúng tôi phải cung cấp cho người ghi danh là phụ nữ tùy chọn tiếp cận trực tiếp bác sĩ chuyên khoa sức khỏe phụ nữ trong mạng lưới đối với dịch vụ chăm sóc sức khỏe phòng ngừa và định kỳ của phụ nữ.

Nếu không có bác sĩ chuyên khoa trong mạng lưới của chương trình, chương trình của chúng tôi phải có trách nhiệm tìm bác sĩ chuyên khoa ngoài mạng lưới để cung cấp dịch vụ chăm sóc cần thiết cho quý vị. Trong trường hợp này, quý vị sẽ chỉ thanh toán phần chia sẻ chi phí dịch vụ trong mạng lưới. Nếu quý vị cho rằng mình đang trong tình huống là không có bác sĩ chuyên khoa trong mạng lưới chương trình của chúng tôi bao trả cho dịch vụ mà quý vị cần, hãy gọi chương trình để biết thông tin về nơi nhận dịch vụ này mà quý vị chỉ thanh toán phần chia sẻ chi phí trong mạng lưới.

Nếu quý vị gặp khó khăn trong việc nhận thông tin từ chương trình của chúng tôi theo định dạng dễ sử dụng và phù hợp cho quý vị, thăm khám với bác sĩ chuyên khoa sức khỏe phụ nữ hoặc tìm bác sĩ chuyên khoa trong mạng lưới, vui lòng gọi để nộp đơn khiếu nại tới Bộ Phận Dịch Vụ Thành Viên. Quý vị cũng có thể nộp đơn khiếu nại với Medicare bằng cách gọi theo số 1-800-MEDICARE (1-800-633-4227) hoặc gọi trực tiếp đến Office for Civil Rights theo số 1-800-368-1019 hoặc TTY 1-800-537-7697.

Māhele 1.1 Pono mākou e hā'awi i ka 'ike ma ke 'ano e hana ai no 'oe a kūlike me kāu mau mana'o mo'omeheu (ma nā 'ōlelo 'ē a'e ma mua o ka Pelekania, ke kani, ka braille, ka pa'i nui, a i 'ole nā format 'ē a'e, a pēlā aku.)

O kā mākou ho'olālā e hō'oi'a'i'o 'ia nā lawelawe a pau, he lapa'au a 'a'ole lapa'au paha, e hā'awi 'ia ma ke 'ano he ho'omaika'i mo'omeheu a loa'a i nā mea kau inoa a pau, me nā mea e pili ana i ka 'ole o ka 'ike Pelekania, ka hiki 'ole i ka heluhelu 'ana, hiki 'ole i ka lohe, a i 'ole nā mea i loa'a nā mo'omeheu a me nā kumu ha'awina. O nā la'ana o ke 'ano e hiki ai i kā mākou ho'olālā ke

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ho'okō i kēia mau koi hiki ke komo akā 'a'ole i kaupalena 'ia, ka ho'olako 'ana i nā lawelawe unuhi, nā lawelawe unuhi 'ōlelo, teletypewriters, a i 'ole ka pilina TTY (kelepona a kelepona a i 'ole kelepona kākau kelepona).

Loa'a nā lawelawe unuhi manuahi kā mākou ho'olālā e pane i nā nīnau mai nā lālā 'a'ole 'ōlelo Pelekania. Hiki iā mākou ke hā'awi iā 'oe i nā mea i loko nā 'ōlelo 'ē a'e ma waho o ka 'ōlelo Pelekania komo Pākē, Kolea, Mona, Laokia, Cambodian/Khmer, Vietnamese, 'Ōlelo Hawai'i, Kepanī, Sāmoa, Kailani, 'Ilocano, Pulumī, Karen, Tureke, 'Uzbek a leo, braille, pa'i nui, a i 'ole nā 'ano 'ē a'e me ka uku 'ole inā pono 'oe. Pono mākou e hā'awi iā 'oe i ka 'ike e pili ana i nā pomaikai o mākou ho'olālā i kahi 'ano e kūpono a kūpono ho'i no 'oe. No ka loa'a 'ana o ka 'ike mai iā mākou ma ke 'ano kūpono iā 'oe, e kelepona iā Nā lawelawe Lālā ma 1-888-846-4262 (Kāhea nā mea ho'ohana TTY 711).

Pono ka ho'olālā e hā'awi i nā wāhine i kau inoa i ke koho pololei i ka mea 'ike ola wahine i loko o ka pūnaeweale no nā lawelawe mālama ola wahine ma'amau a me nā lawelawe mālama olakino pale.

Inā 'a'ole i loa'a nā mea ho'olako i ka pūnaeweale o kā mākou ho'olālā no kahi kūikawā, 'o kā mākou kuleana ke kuleana e 'imi i nā mea ho'olako kūikawā ma waho o ka pūnaeweale nāna e hā'awi iā 'oe i ka mālama pono. Ma kēia hihia, e uku wale 'oe i ka ka'ana like koina o ka pūnaeweale. Inā 'ike 'oe iā 'oe iho i kahi kūlana 'a'ohe mea loea i kā mākou pūnaeweale ho'olālā e uhi ana i kahi lawelawe āu e pono ai, e kelepona i kā mākou ho'olālā no ka 'ike ma kahi e hele ai e ki'i i kēia lawelawe ma ka ka'ana like 'ana i nā kumukū'ai pūnaeweale.

Inā pilikia 'oe i ka loa'a 'ana o ka 'ike mai kā mākou ho'olālā ma kahi 'ano i hiki ke loa'a a kūpono iā 'oe, ke 'ike 'ana i kahi loea olakino wahine a i 'ole ka 'imi 'ana i kahi loea pūnaeweale, kelepona e waiho i ka hoopii me ka Nā lawelawe Lālā. Hiki iā 'oe ke ho'opi'i pololei me Medicare ma ka kelepona 1-800-MEDICARE (1-800-633-4227) a i 'ole pololei me ka Office for Civil Rights 1-800-368-1019 i 'ole TTY 1-800-537-7697.

セクション 1.1 弊社は、お客様の文化的感受性（英語以外の言語、音声、点字、文字サイズの大きい印刷、その他の代替形式など）に一致する情報を提供する必要があります。

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弊社プランでは、英語を話さない方からの質問に回答するための無料の通訳サービスが用意されています。また、資料を英語以外の次の言語: 中国語, 韓国語, モン語, タガログ語, ラオ語, カンボジア語/クメール語, ベトナム語, ハワイ語, 日本語, サモア語, タイ語, イロカノ語, ビルマ語, カレン語, トルコ語, ウズベク語 の音声、点字、文字サイズの大きい印刷、その他の代替形式で必要に応じて無償で提供します。弊社は、お客様がアクセスできる、適切な形式でプランの利点に

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関する情報を提供する必要があります。お客様に適した方法で弊社から情報を入手するには、会員サービス（1-888-846-4262）にお電話ください（TTY をご利用の場合は 711）。

弊社のプランでは、女性の皆様に日常のおよび予防的な医療サービスを提供するために、ネットワーク内の女性医療専門家に直接連絡を取れる選択肢を提供する必要があります。

プランの専門分野ネットワークに属する医療従事者が利用できない場合、プランの責任において、必要なケアを提供する医療従事者をネットワーク外で見つける必要があります。この場合、皆様はネットワーク内の費用共同負担分のみを支払うことになります。必要なサービスに対応する専門家がプランのネットワークにいない場合は、このサービスをネットワーク内の費用共同負担で受けるための方法についてプランまでお問い合わせください。

弊社のプランから、アクセス可能かつ適切な形式で情報を入手できない場合や、女性医療専門家と面談できない場合、またはネットワークの専門家を見つけることができない場合は、会員サービスまでご意見をお寄せください。また、1-800-MEDICARE（1-800-633-4227）にお電話いただくか、あるいは Office for Civil Rights 1-800-368-1019 または TTY 1-800-537-7697 に直接お電話いただき、Medicare にご意見をお寄せいただくこともできます。

တၢ်နီၤဖး 1.1 ပကဘၣ်ဟ့ၣ်ထီၣ် တၢ်ဂ့ၢ်တၢ်ကျိၤ လၢကျိၤကျဲလၢ အကဲထီၣ်တၢ်မၤစၢၤလၢနဂီၢ်ဒီး အယူလိာ်ဖိးလိာ်သးဒီး နတၢ်ဆဲးတၢ်လၢ လၢကဘၣ်အိၣ်ဒီးတၢ်ပလီၤပဒိသး (လၢကျိၣ်တၢ်ကတိၤလၢ တမ့ၢ်ဘၣ် အဲကလံးကျိၣ်, ဒီးလၢတၢ်ဖိၣ်န့ၢ်တၢ်ကလုာ်, ပှၤမၢ်တထီၣ်တၢ်အလံာ်, လံာ်မၢ်ပျၢၣ်ဖးဒိၣ်, မ့တမ့ၢ် တၢ်အက့ၢ်အဂီၢ်အဂၤတဖၣ်, ဒီးဒံန့ၣ်အသိးတဖၣ်န့ၣ်လီၤ.)

တၢ်ကူစၢၤယါဘျါ ခံမံၤလိာ်, န့ၣ်ဘၣ်တၢ်ဟ့ၣ်ထီၣ်အီၤလၢ လုၢ်လံာ်လၢအလၢပုၤဒီးတၢ်ဆဲးတၢ်လၢအကီၢ်အစီအပူၤဒီး ပှၤဆဲးလီၤမံၤခဲလၢာ် ဒီးန့ၢ်အီၤကသ့, ပၣ်ဃုာ်ဒီး ပှၤတဖၣ်လၢ စံးကတိၤအဲကလံးကျိၣ်တသ့ဂ့ၤဂ့ၤ, ဖးလံာ်တသ့ဂ့ၤဂ့ၤ, တၢ်န့ၢ်ဟူတၢ်ဂီၢ်ဘါစၢ်, မ့တမ့ၢ် ပှၤတဖၣ်လၢအိၣ်ဒီး တၢ်ဆဲးတၢ်လၢလၢ အလီၤဆီလိာ်သးဒီး ကလုာ်ဒုၣ်တၢ်စီၤစီၤဂီၢ်ထံး တလီၤကံလိာ်သးတဖၣ်အဂီၢ်န့ၣ်လီၤ. ပတၢ်တီၢ်ကျဲၤအံၤ ထီၣ်ဘးဝဲဒၣ် တၢ်လိာ်ဘၣ်တဖၣ်လၢ တၢ်ဒီးန့ၢ်အီၤသ့ဒီးညီ ကသ့ဝဲဒၣ်လဲၣ် အတၢ်အဒိအတၢ်အပူၤ ပၣ်ဃုာ်ဒီး တၢ်ဟ့ၣ်ထီၣ် ပှၤကွဲးကျိၣ်ထံတၢ် အတၢ်တိစၢၤမၤစၢၤတဖၣ်, ပှၤတဲကျိၣ်ထံတၢ် အတၢ်တိစၢၤမၤစၢၤတဖၣ်, တၢ်ကွဲးဆှၢလံာ်လၢလီၤတဲစီၤစီၤခိၣ်, မ့တမ့ၢ် TTY (တၢ်ကွဲးဆှၢတၢ်ကစီၣ်လၢလီၤတဲစီၤ မ့တမ့ၢ် တၢ်ကွဲးဆှၢလံာ်လၢလီၤတဲစီၤစီၤခိၣ်) တၢ်ဘျးစဲတဖၣ် သန့က့ တမ့ၢ်ဒၣ်ထဲ

ပတၢ်တီၢ်ကျဲၤန့ၣ် အိၣ်ဒီးပှၤတဲကျိၣ်တၢ်ဒီးန့ၢ်အီၤသ့လၢဘျးလဲကလီၤ ဒ်သိးကစံးဆၢတၢ်သံကွၢ်တဖၣ်လၢ ပှၤကရူၢ်ဖိတဖၣ်လၢ စံးကတိၤအဲကလံးကျိၣ်တသ့တဖၣ်အဂီၢ်န့ၣ်လီၤ. ပဟ့ၣ်န့ၢ် လံာ်လိာ်တၢ်ကွဲးနီၣ်ကွဲးယါတဖၣ်သ့ ခိၣ်

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ကျိတ်တိကတိတဖန်လၢ တမ့ၢ်ဘၣ်အဲကလံးကျိတ် ပၣ်ဃုာ်ဒီး တရူးကျိတ် ခိၣ်ရံယါကျိတ် ထဲးကလီးကျိတ် လၢအိၣ်ကျိတ် ဘွဲကၣ်လံၣ်ကျိတ် ခၣ်ဘီဒိယါ/ခမၣ်ကျိတ် ဘၣ်ယဲးန့ၣ်ကျိတ် ဟၣ်ဝၣ်ယံၣ်ကျိတ် ယပၣ်ကျိတ် ဆမိအၣ်ကျိတ် ယိၣ်ကျိတ် အိၣ်လိၣ်ခါနီၣ်ကျိတ် ပယီၣ်ကျိတ် ကညီကျိတ် တူၣ်ရကံၣ်ကျိတ် အူစဘဲးကျိတ် ဒီးတၢ်ဖိၣ်န့ၣ်တၢ်ကလုာ်, ပုၤမၢ်တထံၣ်တၢ်အလံာ်, လံာ်မၢ်ဖျါၣ်ဖးဒိၣ်, မ့တမ့ၢ် တၢ်အကွၢ်အဂီၢ်အဂၤတဖန် လၢတလၢ်ဘၣ်န့ၣ်စ့ ဖဲနလိၣ်ဘၣ်အီၤအခါန့ၣ်လီၤ. ပဘၣ်တၢ်မၤလိာ်ပုၤလၢ ကဟ့ၣ်န့ၣ် တၢ်ဂ့ၢ်တၢ်ကျိၤဘၣ်ဃးဒီး ပတၢ်တိာ်ကျဲၤ အတၢ်န့ၢ်ဘျးတဖန်အဂ့ၢ် လၢတၢ်အကွၢ်အဂီၢ်တမံၤလၢ နဒီးန့ၢ်အီၤသ့ဒီးညီဒီး အကၢၤအဘၣ်လၢနဂီၢ်န့ၣ်လီၤ. လၢကဒီးန့ၢ် တၢ်ဂ့ၢ်တၢ်ကျိၤလၢပအိၣ် လၢကျိၤကျဲၤလၢ အကဲထီၣ်တၢ်မၤစၢၤလၢနဂီၢ်အဂီၢ်, ကိးဘၣ် တၢ်တိစၢၤမၤစၢၤ ဖဲ 1-888-846-4262(ပုၤစူးကါ TTY တဖန် ကိးဘၣ် 711)တက့ၢ်.

ပတၢ်တိာ်ကျဲၤန့ၣ် ဘၣ်တၢ်မၤလိာ်အီၤလၢ ပုၤဆဲးလီၤမံၤလၢအမ့ၢ်ဟံၣ်မုၢ်တဖန်လၢ တၢ်ဃုာ်တၢ်ဘၣ်ဃးဒီး တၢ်ဒီးန့ၢ်ဘၣ် ဟံၣ်မုၢ်ဟံၣ်မၤတဖန် အဆူၣ်ချု ပုၤသ့ဘၣ်စဲၣ်နီၤလၢ ဟ့ၣ်ဘျးစဲလၢ ဟံၣ်မုၢ်ဟံၣ်မၤတဖန် အညီန့ၢ်ဆူၣ်ချုတၢ်ကွၢ်ထွဲ တၢ်တိစၢၤမၤစၢၤဒီး တၢ်မၤကွၢ်ဆူၣ်ချုဒီးတၢ်ဆဲးကသံၣ်ဒိသဒါတၢ်ဆါအပူၤ လီၤလိၤအဂီၢ်န့ၣ်လီၤ.

ကသံၣ်သရၣ်တဖန်လၢ လၢတၢ်သ့တၢ်ဘၣ်စဲၣ်နီၤလီၤဆီတမံၤအဂီၢ်န့ၣ် တၢ်ဒီးန့ၢ်အီၤမ့ၢ်တသ့ဘၣ်အယိ, တၢ်အံၤမ့ၢ်ပတၢ်တိာ်ကျဲၤအမူအဒါလၢ ကဃုထံၣ်သ့ၣ်ညါ ကသံၣ်သရၣ်ကူစါလီၤဆီတၢ်လၢ ဟ့ၣ်ဘျးစဲအချု လၢကဟ့ၣ်လီၤန့ၣ် တၢ်ကွၢ်ထွဲလၢအလိၣ်အဂီၢ်န့ၣ်လီၤ. တၢ်မၤအသးဒ်သိးအံၤအပူၤ, နကဘၣ်ဟ့ၣ်ဒ်ထဲ ဟ့ၣ်ဘျးစဲပူၤ တၢ်ဟ့ၣ်သဃဲၤ ဘူးလဲန့ၣ်လီၤ. နမ့ၢ်ထံၣ်သ့ၣ်ညါလီၤက့ၤနသးလၢ နဘၣ်ကွၢ်ဆါၣ်မၢ်တၢ်အိၣ်သးတမံၤ ဖဲလၢပတၢ်တိာ်ကျဲၤအဟ့ၣ်ဘျးစဲအပူၤ ကသံၣ်သရၣ်ကူစါလီၤဆီတၢ်လၢ အကျါၤဘၢဟ့ၣ် တၢ်တိစၢၤမၤစၢၤတမံၤလၢနလိၣ်ဘၣ်အီၤတမံၤတအိၣ်ဝဲဘၣ်အခါ, ကိးဘၣ် ပတၢ်တိာ်ကျဲၤ လၢတၢ်ဂ့ၢ်တၢ်ကျိၤဘၣ်ဃးဒီး နကဘၣ်လဲၤဃုဒီးန့ၢ်တၢ်တိစၢၤမၤစၢၤအံၤဖဲလဲၣ်လၢ ဟ့ၣ်ဘျးစဲပူၤ တၢ်ဟ့ၣ်သဃဲၤဘူးလဲအဂီၢ်န့ၣ်လဲၣ်တက့ၢ်.

နမ့ၢ်အိၣ်ဒီး တၢ်ကီတၢ်ခဲတမံၤမံၤလၢ တၢ်ဂ့ၢ်တၢ်ကျိၤလၢပတၢ်တိာ်ကျဲၤအအိၣ် လၢတၢ်အကွၢ်အဂီၢ်တမံၤလၢ နဒီးန့ၢ်အီၤသ့ဒီးညီ ဒီး အကၢၤအဘၣ်လၢနဂီၢ်, လၢကထံၣ်လိာ်ဒုးန့ၣ်သးဒီး ဟံၣ်မုၢ်ဟံၣ်မၤအဆူၣ်ချု ပုၤသ့ဘၣ်စဲၣ်နီၤတဂၤ မ့တမ့ၢ် ဃုထံၣ်န့ၢ် ပုၤသ့ဘၣ်စဲၣ်နီၤလီၤဆီလၢ ဟ့ၣ်ဘျးစဲအပူၤတဂၤန့ၣ်, ကိးလီတဲစိလၢ ကဆုၤထီၣ် တၢ်ဆိးထီၣ်တၢ်သးတမံၤဆူ တၢ်တိစၢၤမၤစၢၤ ပုၤကရူၢ်ဖိ အတၢ်မၤန့ၣ်တက့ၢ်. နဆုၤထီၣ် တၢ်သးတမံၤအဂ့ၢ်ဆူ Medicare ခီဖျိ နကိး 1-800-MEDICARE (1-800-633-4227) မ့တမ့ၢ် ဆူ ဝဲၤဒါးလၢ ထံဖိကီၢ်ဖိခွဲးယာ်တဖန်အဂီၢ် (Office for Civil Rights) 1-800-368-1019 မ့တမ့ၢ် TTY 1-800-537-7697 သ့စ့ၢ်ကိးန့ၣ်လီၤ.

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Vaega 1.1 E tatau ona matou tu'uina atu fa'amatalaga i se auala e aoga mo oe ma ia ogatasi ma ou uiga fa'ale-aganu'u (i gagana e ese mai le Igilisi, fa'alogo, mata'itusi tetele, lomiga tetele, po'o isi faatulagaga fa'apitoa, ma isi.)

O la matou fuafuaga e mana'omia ina ia mautinoa o auaunaga uma, e le gata i falema'i ma e le o ni falema'i, o lo'o tu'uina atu i se tulaga fa'ale-aganu'u ma e mafai ona maua e tagata uma o lo'o lesitala, e aofia ai i latou e utiuti le tomai fa'aPeretania, fa'atapula'aina le faitau tusi, fa'alogo le fa'alogo, po'o i latou e eseese aganu'u ma aganu'u. O fa'ata'ita'iga o le auala e mafai ai e la matou fuafuaga ona ausia nei mana'oga avanoa e aofia ai ae le gata i, tu'uina atu o au'aunaga faaliliu, auaunaga fa'aliliu upu, teletypewriters, po'o le TTY (telefoni po'o le telefoni tusitusi telefoni) feso'ota'iga.

E maua i le matou fuafuaga tagata ma auaunaga mo le faaliliu upu maua fua e taliina atu fesili mai tagata e iai manaoga faapitoa ma tagata e le faaaogaina le Gagana Peretania. E mafai fo'i ona matou avatu ia te oe meafaitino i totonu gagana e ese mai le Igilisi e aofia ai Saina, Kolea, Hmong, Tagalog, Laos, Cambodia/Kemea, Vitenami, Havaii, Iapani, Samoa, Thai, Ilokano, Pemesi, Kalene, Tuki, Usipeka ma leo, braille, lolomi tetele, po'o isi fa'asologa e leai se totogi pe a e mana'omia. Matou te mana'omia e tu'uina atu ia te oe fa'amatalaga e uiga i fa'amanuiaga o la matou penefiti fuafuaga i se faatulagaga e mafai ona maua ma talafeagai mo oe. Ina ia maua faamatalaga mai ia i matou i se auala e aoga mo oe, valaau le Auaunaga a Sui Usufono i 1-888-846-4262 (TTY users call 711).

E mana'omia i la matou fuafuaga le tu'uina atu i tama'ita'i o lo'o lesitalaina le filifiliga o le tu'uina sa'o atu i se foma'i fa'apitoa i le soifua maloloina o tama'ita'i i totonu o le feso'ota'iga mo tama'ita'i masani ma puipuiga o le soifua maloloina.

Afai e le o avanoa tagata o lo'o tu'uina atu i totonu o la matou fuafuaga feso'ota'iga mo se tomai fa'apitoa, o le matafaioi a la matou fuafuaga le su'eina o tagata e tu'uina atu fa'apitoa i fafo atu o le feso'ota'iga latou te tu'uina atu ia te oe le tausiga talafeagai. I le tulaga lea, e na'o le fa'asoaina o tau ile feso'ota'iga. Afai e te maua oe i se tulaga e leai ni tagata tomai faapitoa i la matou fuafuaga o feso'ota'iga e aofia ai se au'aunaga e te mana'omia, vala'au la matou fuafuaga mo fa'amatalaga po'o fea e te alu i ai e maua ai lenei auaunaga ile fefa'asoa'i tau feso'ota'iga.

Afai e iai sau fa'afitauli i le mauaina o fa'amatalaga mai la matou fuafuaga i se faatulagaga e mafai ona maua ma talafeagai mo oe, va'ai se foma'i fa'apitoa mo le soifua maloloina o tama'ita'i po'o le su'eina o se foma'i fa'apitoa i feso'ota'iga, valaau e tuuina atu se faasea i le Auaunaga mo Sui Resitala. E mafai fo'i ona fai sau faasea ile Medicare ile vala'au ile 1-800-MEDICARE (1-800-633-4227) pe tuusa'o ile Office for Civil Rights 1-800-368-1019 po'o le TTY 1-800-537-7697.

Mokuna 8 Kou mau pono a me na kuleana**ส่วนที่ 1.1 เราต้องให้ข้อมูลในลักษณะที่เหมาะสมกับคุณและสอดคล้องกับความอ่อนไหวทางวัฒนธรรมของคุณ (เป็นภาษาอื่นที่ไม่ใช่ภาษาอังกฤษ เป็นเสียง เป็นอักษรเบรลล์ เป็นสิ่งพิมพ์ขนาดใหญ่ หรือเป็นรูปแบบอื่นๆ เป็นต้น)**

แผนของเรากำหนดให้บริการทั้งหมด ทั้งบริการทางคลินิกและที่ไม่ใช่ทางคลินิก ต้องให้บริการในลักษณะที่มีความรู้และความสามารถทางวัฒนธรรม และผู้ลงทะเบียนทั้งหมดสามารถเข้าถึงได้ รวมถึงผู้ที่มีความเชี่ยวชาญด้านภาษาอังกฤษที่จำกัด มีทักษะการอ่านที่จำกัด ขาดความสามารถในการได้ยิน หรือผู้ที่มิถุนหลังทางวัฒนธรรมและชาติพันธุ์ที่หลากหลาย

ตัวอย่างวิธีการที่แผนของเราสามารถตอบสนองความต้องการด้านการช่วยเหลือการเข้าถึงเหล่านี้จะรวมถึงแต่ไม่จำกัดเพียง การจัดหาบริการแปลภาษา บริการล่าม การพิมพ์ทางไกล หรือการเชื่อมต่อ TTY (โทรศัพท์แบบข้อความ หรือเครื่องโทรพิมพ์)

แผนของเรามีบริการล่ามฟรีเพื่อตอบคำถามจากสมาชิกที่ไม่ได้ใช้ภาษาอังกฤษ นอกจากนี้ เราสามารถมอบเนื้อหาให้แก่คุณเป็น

ภาษาอื่นนอกเหนือจากอังกฤษ ได้แก่ จีน เกาหลี ม้ง ตากาล็อก ลาว เขมร เวียดนาม ฮาวาย ญี่ปุ่น ซามัว ไทย อีโลกาโน พม่า กะเหรี่ยง ตุรกี อุซเบก และ เสียง อักษรเบรลล์ สิ่งพิมพ์ขนาดใหญ่ หรือรูปแบบอื่นๆ โดยไม่มีค่าใช้จ่าย หากคุณต้องการ

เราจำเป็นต้องให้ข้อมูลเกี่ยวกับสิทธิประโยชน์ของแผนของเราในรูปแบบที่คุณสามารถเข้าถึงได้และเหมาะสมกับคุณ หากต้องการข้อมูลจากเราในรูปแบบที่คุณใช้งานได้ โปรดโทรติดต่อฝ่ายบริการของสมาชิกที่ custserv1-888-846-4262 (ผู้ใช้ TTY ให้โทรไปที่ 711)

แผนของเรากำหนดให้ผู้ลงทะเบียนที่เป็นผู้หญิงสามารถเลือกที่จะเข้าถึงผู้เชี่ยวชาญด้านสุขภาพของผู้หญิงในเครือข่ายได้โดยตรงสำหรับบริการดูแลสุขภาพเป็นประจำและในเชิงป้องกันของผู้หญิง

หากผู้ให้บริการเฉพาะทางในเครือข่ายของแผนของเราไม่พร้อมให้บริการ จะถือเป็นความรับผิดชอบของแผนของเราในการค้นหาผู้ให้บริการเฉพาะทางนอกเครือข่ายผู้ที่จะให้การดูแลที่จำเป็นแก่คุณ

ในกรณีนี้คุณจะจ่ายเฉพาะการแบ่งค่าใช้จ่ายในเครือข่ายเท่านั้น หากคุณพบว่าไม่มีผู้เชี่ยวชาญในเครือข่ายของแผนของเราที่ให้บริการที่คุณต้องการ ให้โทรติดต่อแผนของเราเพื่อสอบถามข้อมูลว่าจะขอรับบริการนี้ได้จากที่ใดในรายการแบ่งค่าใช้จ่ายในเครือข่าย

หากคุณพบปัญหาในการรับข้อมูลจากแผนของเราในรูปแบบที่สามารถเข้าถึงได้และเหมาะสมกับคุณ การค้นหาผู้เชี่ยวชาญด้านสุขภาพของผู้หญิง หรือการค้นหาผู้เชี่ยวชาญในเครือข่าย โปรดโทรติดต่อเพื่อยื่นคำร้องทุกข์กับฝ่ายบริการของสมาชิก นอกจากนี้คุณยังสามารถยื่นคำร้องเรียนต่อ Medicare ได้ด้วยการโทรติดต่อหมายเลข 1 800 MEDICARE (1 800 633 4227) หรือสายตรง Office for Civil Rights 1 800 368 1019 หรือ TTY 1 800 537 7697

Bölüm 1.1 Bilgileri, sizin için uygun olan ve kültürel hassasiyetlerinizle tutarlı bir biçimde sunmaktayız (İngilizce dışındaki dillerde, sesli olarak, Braille alfabesiyle, büyük baskıyla veya diğer alternatif biçimlerde vb.)

Hem klinik hem de klinik dışı tüm hizmetlerin, kültürel açıdan yetkin bir şekilde sunulmasını ve İngilizce yeterliliği sınırlı olanlar, okuma becerileri sınırlı olanlar, işitme güçlüğü olanlar ya da kültürel ve etnik kökenleri farklı olanlar dahil olmak üzere, tüm kayıtlı kişiler intrin erişilebilir olmasının sağlanması amacıyla planımız gereklidir. Planımızın bu erişilebilirlik gerekliliklerini nasıl

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karşılayabileceğine ilişkin örnekler arasında, çevirmen hizmetleri, tercüman hizmetleri, teleksler veya TTY (yazı çıktıları cihaz veya teleks telefonu) yer almakla birlikte, örnekler bunlarla sınırlı değildir.

Planımızda, İngilizce konuşmayan üyelere gelen soruları yanıtlamak için ücretsiz tercüman hizmetleri vardır. İhtiyacınız varsa Çince, Korece, Hmong dili, Tagalogca, Laosça, Kamboçça/Kmerce, Vietnamca, Hawaii Dili, Japonca, Samoaca, Tayca, İlocano Dili, Birmanca, Karencce, Türkçe, Özbekçe dahil olmak üzere İngilizce dışındaki dillerde ve sesli, Braille alfabesinde, büyük baskılı veya diğer alternatif biçimlerde materyalleri de ücretsiz olarak sunabiliriz. Planımızda kapsanan haklar hakkında erişilebilir ve sizin için uygun olan bir biçimde size bilgi verme yükümlülüğümüz vardır. Sizin için uygun olan şekilde bilgi almak için 1-888-846-4262 (TTY kullanıcıları için 711) numarasını kullanarak Üye Hizmetlerini arayın.

Kadınların rutin ve önleyici sağlık hizmetleri için ağ içindeki bir kadın sağlık uzmanına doğrudan erişim seçeneğinin kadın kayıtlılara sunulması planımızda zorunludur.

Planımızın uzmanlık ağındaki sağlayıcılar kullanılamıyorsa gerekli bakımı sağlayacak olan, ağ dışında uzman sağlayıcılar bulmak planımızın sorumluluğundadır. Bu durumda, yalnızca ağ içi masraf paylaşımı için ödeme yaparsınız. Planımızın ağındaki, ihtiyacınız olan bir hizmeti kapsayan uzmanın bulunmadığı bir durumla karşılaşırsanız bu hizmeti ağ içi masraf paylaşımında nereden edinebileceğinizi öğrenmek amacıyla planımızı arayın.

Planımızdan, erişilebilir ve size uygun olan bir biçimde bilgi almakta, kadın sağlığı uzmanına görünmekte veya ağda bir uzman bulmakta sorun yaşıyorsanız bir şikayet bildiriminde bulunmak için lütfen Üye Hizmetlerini arayın. Ayrıca, 1-800-MEDICARE (1-800-633-4227) numaralı telefonu arayarak Medicare üzerinden veya doğrudan 1-800-368-1019 ya da TTY 1 800-537-7697 numaraları ile Office for Civil Rights üzerinden bir şikayette bulunabilirsiniz.

1.1-bo'lim. Biz sizga ma'lumotlarni qulay qilib va sizning madaniyatingizga (Ingliz tilidan boshqa tillarda, audioda, Brayl alifbosida, katta shriftda yoki alternativ formatlarda va h.k.) muvofiq holda yetkazib beramiz

Bizning rejamiz barcha xizmatlar – klinik va klinik bo'lmagan xizmatlar – madaniy jihatdan muvofiq ravishda va barcha ishtirokchilarga, shu jumladan, Ingliz tilisi cheklangan shaxslarga, o'qish qobiliyatida cheklov bo'lganlarga, eshita olmaydigan shaxslarga yoki boshqa madaniyat va irq vakillariga ochiq holatda taqdim etilishini kafolatlashni maqsad qiladi. Bu talablarga javob beruvchi usullar sifatida biz tarjimon xizmatlari bilan ta'minlanishni, yozma xabar operatorlarini, TTY (teleprinter) aloqasini misol qilishimiz mumkin.

Rejamiz ingliz tilida muloqot qilmaydigan a'zolar tomonidan beriladigan savollarga javob bera oladigan bepul tarjimonga ega. Shuningdek, biz sizga hech qanday to'lovsiz Inglizcha bo'lmagan ya'ni Xitoy, Koreyscha, Xmong, Tagalog, Laoscha, Kambodja tili/Xmer, Vyetnam tili, Hawayilik, Yaponcha, Samoan, Taycha, Ilokan, Birmancha, Karen, Turkcha, O'zbekcha materiallarni, audio, Brayl alifbosidagi, katta shriftidagi yoki boshqa muqobil shakldagi materiallarni taqdim etishimiz mumkin. Biz sizga rejamizning foydalari haqida siz uchun kerakli va qulay usulda ma'lumot

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berishimiz shart. Bizdan o'zingiz uchun qulay usulda ma'lumot olish uchun 1-888-846-4262 dagi A'zolarga Xizmat ko'rsatish markaziga qo'ng'iroq qiling (TTY 711 raqamiga qo'ng'iroq qiladilar).

Biz Ayollar turmushi va salomatlikni preventiv saqlash xizmatlari tarmog'ida ayol ishtirokchilarga ayollar salomatligi mutaxassisiga bevosita murojaat qilish imkonini bermoqchimiz.

Agar rejamiz tarmog'ida muayyan yo'nalishdagi tibbiy xizmatlar ta'minotchisi bo'lmasa, sizga g'amxo'rlik qiladigan muayyan tibbiy ta'minot mutaxassislarini tarmoq tashqarisida topib joylashtirish bizning majburiyatimizga kiradi. Bu vaziyatda siz faqatgina tarmoq ichidagi xarajatnigina to'lab berasiz. Agar sizga kerakli xizmatni taqdim eta oladigan mutaxassislar rejamiz tarmog'ida bo'lmasa, tarmoq ichidagi xarajat evaziga bu xizmatni ko'rsata oladigan manzil bo'yicha ma'lumot olish uchun bizning reja markazimizga qo'ng'iroq qiling.

Agar o'zingizga kerakli va qulay shaklda ma'lumot olishda biror muammoga uchrasangiz, ayollar salomatligi mutaxassisi bilan uchrashish yoki tarmoq mutaxassisini topish, shikoyat qoldirish uchun ishtirokchilarni qo'llab-quvvatlash markaziga qo'ng'iroq qiling. Shuningdek, siz Medicare'ga shikoyat qilish uchun 1-800-MEDICARE (1-800-633-4227) ga qo'ng'iroq qilishingiz yoki bevosita 1-800-368-1019 yoki TTY 1-800-537-7697 raqamlari orqali Fuqarolar huquqlari boshqarmasi (Office for Civil Rights)ga murojaat qilishingiz mumkin.

Seksion 1.1 Nasken nga ipaaymi ti impormasion iti wagas a maawatam ken maitunos iti kulturayo (kadagiti lengguahe a saan la nga Ingles, iti audio, iti braille, iti dadakkel nga imprenta wenno sabali pay a kasukat a pormat, ken dadduma pay)

Kasapulan ti planomi tapno masigurado nga amin a serbisio, ti klinikal ken saan a klinikal, ket maipaay iti wagas a maiyannatup iti kultura ken maakses dagiti amin a nagpalista, agraman dagiti nabeddengan ti panagsaoda iti Ingles, nabeddengan ti kabaelanda iti panagbasa, discapacidad ti panagdengngeg, wenno dagitay addaan kadagiti agduduma a nagappuan a kultura ken etnisidad. Iraman dagiti pagarigan no kasano a masabat ti maysa a planomi dagitoy a kasapulan iti aksesibilidad ti ngem saan a nabeddengan ti, panangipaay kadagiti serbisio iti panangiyulog ti sabali a pagsasao, serbisio ti panangitarus, dagiti teletypewriter, wenno koneksion iti TTY (text a telepono wenno teletypewriter a telepono).

Ti planomi ket addaan kadagiti tattao ken kadagiti libre a serbisio ti tagaipatarus a sidadaan a sumungbat kadagiti saludsod manipud kadagiti baldado ken miembro a saan nga Ingles ti pagsasaona. Mabalinmi pay nga ited kadakayo dagiti material iti pagsasao malaksid iti Ingles a pakairamanan ti Chinese, Korean, Hmong, Tagalog, Laotian, Cambodian/Khmer, Vietnamese, Hawaiian, Japanese, Samoan, Thai, Ilocano, Burmese, Karen, Turkish, Uzbek ken audio, braille, iti dadakkel nga imprenta, wenno dadduma pay a kasukat a pormat nga awan ti magastos no kasapulam dayta. Makalikagumkami a mangipaay kenka iti impormasion a maipapan kadagiti benepisio ti planomi iti pormat a maakses ken maitutop para kenka. Tapno makaala iti impormasion manipud kadakami iti wagas nga agtrabaho para kenka, tawagan ti Serbisio dagiti Miembro iti 1-888-846-4262 (TTY users ti tawagan 711).

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Maikalikagum iti planomi a mangted kadagiti babbai a nagpalista iti pagpilian iti direkta nga access iti espesialista iti salun-at dagiti babbai iti uneg ti network para kadagiti serbisio ti rutina ken manglapped a panangtaripato ti salun-at kadagiti babbai.

Nu dagiti tagaipaay ti network ti planomi para ti espesialidad ket saan a sidadaan, rebbengen ti planomi nga agbirok kadagiti tagaipaay ti espesialidad iti ruar ti planomi a mangipaay kenka ti kasapulan a panangtaripato. Iti daytoy a kasasaad, bayadam laeng ti cost sharing iti uneg ti network. Nu addaka ti kasasaad nga awan dagiti espesialista iti network ti planomi a mangsakup ti serbisio a kasapulam, tawagan ti planomi para iti impormasion nu sadinno ti papanam tapno magun-od daytoy a serbisio ti cost-sharing iti uneg ti network.

No marigrigatanka a mangala ti impormasion manipud ti planomi iti pormat a maakess ken naiparbeng para kenka, pannakipagkita kadagiti espesialista ti salun-at dagiti babbai wenno panagbirok ti espesialista ti network, maidawat a tumawag tapno mangidatag ti asug iti Serbisio dagiti Miembro. Mabalinka pay a mangidatag iti reklamo iti Medicare babaen ti panangtawag iti 1-800-MEDICARE (1-800-633-4227), wenno direkta iti Office for Civil Rights iti 1-800-368-1019 wenno TTY 1-800-537-7697.

အပိုင်း 1.1 သင့်အတွက် ကိုက်ညီအဆင်ပြေသော ယဉ်ကျေးမှုပိုင်းဆိုင်ရာ အကဲဆတ်မှုများကို အလေးဂရုပြုသည့် ပုံစံ (အင်္ဂလိပ်မဟုတ်သော ဘာသာစကားများ၊ အသံ၊ မျက်မမြင် လက်စမ်းစာ၊ ပုံနှိပ်စာလုံးအကျိုးနှင့် အခြားသော အစားထိုးပုံစံများ) အား အသုံးပြုလျက် အချက်အလက်များကို ကျွန်ုပ်တို့က ပေးအပ်ရမည်ဖြစ်ပါသည်။

ဆေးကုသမှုဆိုင်ရာနှင့် ပတ်သက်သည်ဖြစ်စေ မပတ်သက်သည်ဖြစ်စေ ဝန်ဆောင်မှုအားလုံးကို ယဉ်ကျေးမှုအရ အဆင့်အတန်းပြည့်မီသည့် နည်းလမ်းဖြင့် ပေးအပ်ခြင်းဖြစ်စေရန်နှင့် အင်္ဂလိပ်ဘာသာစကားကျွမ်းကျင်မှု နိမ့်ပါးသူများ၊ စာဖတ်စွမ်းရည် နိမ့်ပါးသူများ၊ အကဲဖြတ်ချိန်တွင်သူများနှင့် ကွဲပြားစွာလင်သော ယဉ်ကျေးမှုနှင့် လူမျိုးရေးနောက်ခံများကို ပိုင်ဆိုင်ထားသူများအပါအဝင် စာရင်းသွင်းသူအားလုံးအတွက် လွယ်လင့်တကူလက်လှမ်းမီနိုင်စေရန် ကျွန်ုပ်တို့၏အစီအစဉ်က စီမံပေးရပါမည်။ ထိုသို့သော လွယ်လင့်တကူလက်လှမ်းမီနိုင်ရေးဆိုင်ရာ လိုအပ်ချက်များကို ကျွန်ုပ်တို့ ဖြည့်ဆည်းပေးနိုင်မည့် နည်းလမ်းများမှာ ဘာသာပြန်ဝန်ဆောင်မှုများနှင့် စကားပြန်ဝန်ဆောင်မှုများ၊ ဖုန်းထဲမှပုံစံစကားကို စာသားဖြင့်ပြောင်းသော စက်များနှင့် TTY (စာသားဖြင့်ဆက်သွယ်သော တယ်လီဖုန်း သို့မဟုတ် TTY ဖုန်း) ဖြင့် ချိတ်ဆက်မှုများအား စီစဉ်ပေးခြင်း စသည်တို့ဖြစ်ပါသည်။

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အင်္ဂလိပ်မဟုတ်သော ဘာသာစကားကို ပြောဆိုသည့် မန်ဘာဝင်များ၏ မေးခွန်းများကို ဖြေဆိုပေးရန်အတွက်လည်း ကျွန်ုပ်တို့၏အစီအစဉ်တွင် အခမဲ့ စကားပြောဝန်ဆောင်မှုများ ရယူနိုင်ပါသည်။ စာရွက်စာတမ်းများကို

ဤသည်တို့အပါအဝင် အင်္ဂလိပ်မဟုတ်သော ဘာသာစကားများဖြင့် ပေးအပ်နိုင်ပါသည်။ တရုတ် ကိုရီးယား မှ တဂါးလော့ဂ်အို ကမ္ဘာတစ်လွှားသားခမာ ဟာဝိုင်ယီ ဂျပန် ဆာမိုအာ ထိုင်း အီလိုကာနို မြန်မာ ကရင် တူရကီ ဥဇဘက် နှင့် သင်လိုအပ်ပါက အသံ၊ မျက်မမြင် လက်စမ်းစာ၊ ပုံနှိပ်စာလုံးအကဲဖြင့် အခြားသော အစားထိုးပုံစံများဖြင့်လည်း အခမဲ့ပေးအပ်နိုင်ပါသည်။

ကျွန်ုပ်တို့၏အစီအစဉ်နှင့်ပတ်သက်သော အကျိုးခံစားခွင့်များကို သင့်အတွက် လွယ်လင့်တကူ လက်လှမ်းမီနိုင်ပြီးသင့်လျော်သည့် ပုံစံတစ်မျိုးဖြင့် ပေးအပ်ရန် လိုအပ်ပါသည်။ သင့်အတွက် ကိုက်ညီအဆင်ပြေသည့် နည်းလမ်းဖြင့် ကျွန်ုပ်တို့ထံမှ အချက်အလက်များရယူရန် အဖွဲ့ဝင် ဝန်ဆောင်မှုဌာန ဖုန်းနံပါတ်၊ 1-888-846-4262 (TTY အသုံးပြုသူများ ဆက်သွယ်ရန်နံပါတ် 711) သို့ ဆက်သွယ်ပါ။

ကျွန်ုပ်တို့အစီအစဉ်အနေဖြင့် အမျိုးသမီး စာရင်းသွင်းသူများကို အမျိုးသမီးကျန်းမာရေးဆိုင်ရာ ပုံမှန်နှင့် ကိုက်ညီကာကွယ်ရေး စောင့်ရှောက်ဝန်ဆောင်မှုများအတွက် ကွန်ရက်တွင်းရှိ အမျိုးသမီးကျန်းမာရေး ကျွမ်းကျင်သူများနှင့် တိုက်ရိုက်ဆက်သွယ်ခွင့် ပေးအပ်ရန်လိုအပ်ပါသည်။

အထူးပြုနယ်ပယ်တစ်ခုအတွက် ကျွန်ုပ်တို့အစီအစဉ်၏ ကွန်ရက်အတွင်း ဝန်ဆောင်မှုပေးသူမရှိပါက သင့်ကို လိုအပ်သော စောင့်ရှောက်ကုသမှု ပေးအပ်နိုင်မည့် ကွန်ရက်ပဋိပမှ အထူးပြုပြန်ဆောင်မှုပေးသူများကို ရှာဖွေပေးရန် ကျွန်ုပ်တို့အစီအစဉ်တွင် တာဝန်ရှိပါသည်။ ထိုအနေအထားတွင် ကွန်ရက်တွင်း စရိတ်မျှဝေကျခံမှုပမာဏကိုသာ သင် ပေးချရပါမည်။ ကျွန်ုပ်တို့အစီအစဉ်၏ ကွန်ရက်အတွင်း သင်လိုအပ်သော ဝန်ဆောင်မှုများကို ပေးအပ်နိုင်သည့် အထူးကုဆရာဝန် မရှိသောအခြေအနေကို ကြုံတွေ့ရပါက ကွန်ရက်တွင်း စရိတ်မျှဝေကျခံမှုပမာဏကိုသာ ပေးချလျက် ထိုဝန်ဆောင်မှုများကို မည်သည့်နေရာ၌ ရယူနိုင်ကြောင်း ကျွန်ုပ်တို့အစီအစဉ်သို့ ဆက်သွယ်မေးမြန်းပါ။

ကျွန်ုပ်တို့အစီအစဉ်ထံမှ သင့်အတွက် လွယ်လင့်တကူ လက်လှမ်းမီနိုင်ပြီးသင့်လျော်သည့် ပုံစံဖြင့် အချက်အလက်များ ရယူရာတွင်ဖြစ်စေ အမျိုးသမီးကျန်းမာရေး ကျွမ်းကျင်သူနှင့် ပြောရန် သို့မဟုတ် ကွန်ရက်တွင်းအထူးကုဆရာဝန် ရှာဖွေရန်ဖြစ်စေ အခက်အခဲတစ်စုံတစ်ရာကြုံတွေ့ရပါက အဖွဲ့ဝင် ဝန်ဆောင်မှုဌာနထံ မကျေနပ်ချက်ကို တိုင်တန်းရန်အတွက် ဖုန်းခေါ်ဆိုပါ။ 1-800-MEDICARE (1-800-633-4227) သို့ ဖုန်းခေါ်ဆိုခြင်းဖြင့် Medicare ထံ တိုင်ကြားချက်တင်သွင်းခြင်း သို့မဟုတ် Office for

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Civil Rights ဖုန်းနံပါတ် 1-800-368-1019 သို့မဟုတ် TTY 1-800-537-7697 သို့ တိုက်ရိုက်ခေါ်ဆို
တိုင်ကြားခြင်းကိုလည်း ပုဂ္ဂိုလ်နိုင်ပါသည်။

Pauku 1.2 Pono mākou e hō'ōia e loa'a iā 'oe ke komo i ka manawa kūpono i nā lawelawe i uhi 'ia a me nā lā'au lapa'au

Loa'a iā 'oe ke kuleana e koho i kahi mea mālama mua (PCP) i loko o kā mākou ho'olālā e ho'olako a ho'onohonoho i kāu nā lawelawe i uhi 'ia. 'A'ole mākou koi iā 'oe e ki'i i nā mea kuhikuhi e hele i nā mea ho'olako pūnaewe.

Loa'a iā 'oe ke kuleana e ki'i i nā koho a me nā lawelawe i uhi 'ia mai kā mākou ho'olālā o nā mea ho'olako i loko o kahi manawa kūpono. Pūnaewe i nā kuleana e loa'a i nā lawelawe i ka manawa kūpono mai nā loea i ka wā e pono ai 'oe i kēlā mālama. Loa'a iā 'oe ke kuleana e ki'i i kāu mau kauoha i ho'opiha 'ia a i 'ole i ho'opiha hou 'ia ma kekahi o kā mākou mau lā'au lapa'au i loko o ka pūnaewe me ka 'ole o nā lohi lō'ihī.

Inā mana'o 'oe 'a'ole 'oe e loa'a i kāu lā'au lapa'au a i 'ole nā lā'au Māhele D i loko o kahi manawa kūpono, 'ōlelo ka Mokuna 9 i kāu mea hiki ke hana.

Pauku 1.3 Pono mākou e mālama i ka pilikino o kāu 'ike ola kino

Hō'ike nā kānāwai federala a me ka moku'āina i ka pilikino o kāu mau palapala lapa'au a me ka 'ike ola kino. Ho'oponopono mākou i kāu 'ike ola kino e like me nā kānāwai.

- Pili kāu 'ike ola kino i ka 'ike pilikino āu i hā'awi mai ai iā mākou i ka manawa āu i kau inoa ai i kēia ho'olālā a me kāu mau palapala lapa'au a me ka 'ike olakino 'ē a'e.
- Loa'a iā 'oe nā kuleana pili i kāu 'ike a me ka mālama 'ana i kāu 'ike ola kino. Hā'awi mākou iā 'oe i kahi leka i kākau 'ia, i kapa 'ia 'o a Ho'olaha no ka hana pilikino, e kama'ilio e pili ana i kēia mau kuleana a wehewehe i ke 'ano o ka mālama 'ana i ka pilikino o kāu 'ike olakino.

Pehea e mālama ai mākou i ka pilikino o kāu 'ike ola kino?

- Ho'opili mākou i ka po'e 'ae 'ole e 'ike a ho'ololi paha i kāu mau mo'olelo.
- Koe wale no nā kūlana i hō'ike 'ia ma lalo nei, inā mana'o mākou e hā'awi i kāu 'ike olakino i ka mea nāna e hā'awi 'ole i kāu mālama a uku 'ole no kāu mālama, pono mākou e 'ae mai iā 'oe a i 'ole kekahi āu i hā'awi ai i ka mana kānāwai e ho'oholo mua iā 'oe.
- Aia kekahi mau 'oko'a 'a'ole koi iā mākou e ki'i mua i kāu 'ae kākau. Hā'awi 'ia kēia mau hemahema a i 'ole koi 'ia e ke kānāwai.
 - Pono mākou e ho'oku'u i ka 'ike ola kino i nā 'oihana aupuni e nānā nei i ka maika'i o ka mālama.

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- No ka mea he lālā 'oe o kā mākou ho'olālā ma o Medicare, pono mākou e hā'awi iā Medicare i kāu 'ike olakino me ka 'ike e pili ana i kāu mau lā'au lapa'au Māhele D. Inā ho'oku'u 'o Medicare i kāu 'ike no ka noi'i 'ana a i 'ole nā ho'ohana 'ē a'e, e hana 'ia kēia e like me nā kānāwai a me nā ho'oponopono federala; 'O ka mea ma'amau, pono kēia i ka 'ike e hō'ike kū'oko'a iā 'oe 'a'ole e ka'ana like.

Hiki iā 'oe ke 'ike i ka 'ike ma kāu mo'olelo a 'ike i ke 'ano o ka ka'ana like 'ana me nā po'e 'ē a'e

Loa'a iā 'oe ke kuleana e nānā i kāu mau mo'olelo olakino i mālama 'ia ma kā mākou ho'olālā, a e ki'i i kope o kāu mau mo'olelo. Ua 'ae 'ia mākou e uku iā 'oe no ka hana kope 'ana. Loa'a iā 'oe ke kuleana e noi iā mākou e ho'ohui a ho'oponopono paha i kāu mau mo'olelo lapa'au. Inā 'oe e noi iā mākou e hana i kēia, e hana pū mākou me kāu mea mālama ola e ho'oholo inā pono e ho'ololi 'ia nā loli.

Aia iā 'oe ke kuleana e 'ike pehea i hō'ike 'ia ai kāu 'ike olakino me nā po'e 'ē a'e no nā kumu ma'amau 'ole.

Inā he mau nīnau a hopohopo paha kāu e pili ana i ka pilikino o kāu 'ike olakino pilikino, e kelepona iā Nā lawelawe Lālā ma 1-888-846-4262 (Nā mea ho'ohana TTY 711).

Mahele 1.4 Pono mākou e hā'awi iā 'oe i ka 'ike e pili ana i kā mākou ho'olālā, kā mākou pūnaewe e o nā mea ho'olako, a me kāu mau nā lawelawe i uhi 'ia

Ma ke 'ano he lālā o kā mākou ho'olālā, loa'a iā 'oe ke kuleana e loa'a i kekahi mau 'ike mai iā mākou.

Inā makemake 'oe i kekahi o kēia 'ano 'ike, e kelepona iā Nā lawelawe Lālā ma 1-888-846-4262 (Nā mea ho'ohana TTY 711):

- **'Ike e pili ana i kā mākou ho'olālā.** Aia kēia, no ka la'ana, ka 'ike e pili ana i ke kūlana kālā o kā mākou ho'olālā.
- **'Ike e pili ana i kā mākou mau mea ho'olako a me nā lā'au lapa'au.** Loa'a iā 'oe ke kuleana e ki'i i ka 'ike e pili ana i nā loea o nā mea ho'olako a me nā lā'au lapa'au ma kā mākou pūnaewe e a pehea mākou e uku ai i nā mea ho'olako ma kā mākou pūnaewe e.
 - Hiki iā 'oe ke nīnau i Nā lawelawe Lālā no ka 'ike hou aku e pili ana i kā mākou mau mea ho'olako pūnaewe e, me kā lākou palapala hō'oiā, ke kula kauka i komo ai, ka ho'opau 'ana i ka noho, a me ka palapala hō'oiā papaha. Hiki i Nā lawelawe Lālā a me ka pūnaewe e ke hā'awi iā 'oe i ka 'ike hou loa e pili ana i nā loli i kā mākou mau mea ho'olako pūnaewe e. Hiki ke loa'a kēia 'ike ma kā mākou pūnaewe e ma go.wellcare.com/2026providerdirectories.
- **'Ike e pili ana i kāu uhi a me nā lula āu e hahai ai i ka ho'ohana 'ana i kāu uhi.** Hā'awi ka Mokuna 3 a me 4 i ka 'ike e pili ana i nā lawelawe lapa'au. Hā'awi ka Mokuna 5 a me 6 i ka 'ike e pili ana i ka uhi 'ana i ka lā'au 'o Māhele D.
 - **Nānā:** 'A'ole uku kā mākou ho'olālā i nā loea, nā mea ho'olako, a i 'ole nā limahana e hana ana i nā loiloi ho'ohana, me nā mea i hā'awi 'ia. Ho'oholo ka Ho'oponopono Ho'ohana (UM)

Mokuna 8 Kou mau pono a me na kuleana

i ka ho'oholo 'ana ma muli o ka kūpono o ka mālama a me ka lawelawe, a me ka loa'a 'ana o ka uhi. I ka manawa like, 'a'ole uku pono ka ho'olālā i nā kauka a i 'ole nā mea 'ē a'e no ka hā'awi 'ana i nā hō'ole uhi. 'A'ole paipai nā kālā waiwai no nā mea hana ho'oholo UM i nā ho'oholo e ho'ēmi ana i ka ho'ohana 'ole 'ana.

- **'Ike e pili ana i ke kumu i uhi 'ole 'ia ai kekahi mea a me kāu mea e hana ai no ia mea.** Hā'awi ka Mokuna 9 i ka 'ike e pili ana i ka noi 'ana i ka wehewehe 'ana i ke kumu i uhi 'ole 'ia ai kahi lawelawe lapa'au a i 'ole Māhele D Laau Laau a i 'ole ke kapu 'ia kāu uhi. Pauku 9 e hā'awi pū ana i ka 'ike e pili ana i ke noi 'ana iā mākou e ho'ololi i kahi ho'oholo, i kapa 'ia ho'i he ho'opi'i.

Pauku 1.5 He kuleana kou e 'ike e pili ana i kāu mau koho lapa'au a komo i nā ho'oholo e pili ana i kāu mālama

Loa'a iā 'oe ke kuleana e loa'a i ka 'ike piha mai kāu mau kauka a me nā mea ho'olako ola 'ē a'e. Pono kāu po'e lawelawe e wehewehe i kāu 'ano kino kino a me kāu koho koho i *kahi ala e hiki ai iā 'oe ke ho'omaopopo*.

Loa'a iā 'oe ke kuleana e komo piha i nā ho'oholo e pili ana i kāu mālama ola kino. No ka kōkua 'ana iā 'oe e hana i nā ho'oholo me kāu mau kauka e pili ana i ke 'ano o ka mālama kūpono loa no 'oe, pili nā kuleana o kēia mau mea:

- **E 'ike e pili ana i kāu mau koho a pau.** Loa'a iā 'oe ke kuleana e ha'i 'ia e pili ana i nā koho lapa'au āpau i 'ōlelo 'ia no kou kūlana, 'a'ole pili i ke kumukū'ai a i 'ole ke uhi 'ia e kā mākou ho'olālā. Pili pū kēia i ka ha'i 'ia iā 'oe e pili ana i nā papahana i hā'awi 'ia e kā mākou ho'olālā e kōkua i nā lālā e ho'okele i kā lākou lā'au a ho'ohana pono i nā lā'au.
- **E 'ike i nā pilikia.** Loa'a iā 'oe ke kuleana e ha'i 'ia iā 'oe e pili ana i nā pilikia i komo i kāu mālama. Pono 'oe e ha'i mua 'ia inā he 'āpana o ka noi'i ho'okolohua kekahi mālama lapa'au a i 'ole lapa'au i hō'ike 'ia. Loa'a mau iā 'oe ke koho e hō'ole i nā lapa'au ho'okolohua.
- **Ke kuleana e 'ōlelo "a'ole."** Aia iā 'oe ke kuleana e hō'ole i ka lā'au lapa'au i mana'o 'ia. Pili kēia i ke kuleana e ha'alele i kahi haukapila a i 'ole hale lapa'au 'ē a'e, 'oia i 'o kāu kauka e 'ōlelo iā 'oe e waiho. Loa'a pū iā 'oe ke kuleana e ho'ōki i kāu lā'au. Inā hō'ole 'oe i ka lā'au lapa'au a ho'ōki paha i ka lawe 'ana i ka lā'au, 'ae 'oe i ke kuleana piha no ka hopena o kou kino.

Aia iā 'oe ke kuleana e hā'awi i nā 'ōlelo a'o e pili ana i nā mea e hana 'ia inā 'a'ole hiki iā 'oe ke ho'oholo i ka lā'au lapa'au nou iho

I kekahi manawa, hiki i nā kānaka ke lilo i ka hiki ke hana i nā ho'oholo mālama ola no lākou iho ma muli o nā ulia pōpilikia a i 'ole nā ma'i ko'iko'i. Aia iā 'oe ke kuleana e ha'i i kāu mea e makemake ai inā 'oe i kēia kūlana. 'O ia ka *inā makemake* 'oe, hiki iā 'oe ke:

- Ho'opiha i kahi palapala **kākau e hā'awi i kekahi kanaka i ka mana kūlohelohe e hana** i nā ho'oholo lapa'au no 'oe inā 'oe i hiki 'ole ke hana i nā ho'oholo no 'oe iho.
- **E hā'awi i kāu mau kauka i nā 'ōkuhi i kākau 'ia** e pili ana i kahi āu e makemake ai iā lākou e lawelawe i kāu olakino inā 'a'ole hiki iā 'oe ke ho'oholo iā 'oe iho.

Mokuna 8 Kou mau pono a me na kuleana

Ua kapa 'ia nā palapala kânāwai e hiki iā 'oe ke ho'ohana i kâu mau kuhikuhi i mua i kēia mau kûlana he nā **nā kuhikuhi mua**. Nā palapala i **kapa** 'ia 'o **mana o ka loio no ka malama ola kino** he mau la'ana ia o nā kuhikuhi mua.

Pehea e ho'onohonoho ai i kahi kuhikuhi mua e hā'awi i nā kuhikuhi:

- **E ki'i i kahi palapala.** Hiki iā 'oe ke loa'a i kahi Palapala kuhikuhi mua mai kâu loio, mea hana kaiaulu, a i 'ole kekahi mau hale kû'ai lako ke'ena. I kekahi manawa hiki iā 'oe ke ki'i i nā palapala kuhikuhi mua mai nā hui e hā'awi i ka 'ike i nā kânaka e pili ana iā Medicare.
- **E ho'opiha i ka palapala a kau inoa.** Ma hea 'oe e loa'a ai kēia palapala, he palapala kânāwai ia. E no'ono'o e loa'a i kahi loio e kōkua iā 'oe e ho'omākaukau.
- **Hā'awi i nā kope o ka palapala i ka po'e kūpono.** E hā'awi i kope o ka pepa i kâu kauka a i ka mea āu i inoa ai ma ka pepa nāna e ho'oholo no 'oe inā 'a'ole hiki iā 'oe. Makemake paha 'oe e hā'awi kope i nā hoaaloha pili a i 'ole nā 'ohana. E mālama i kahi kope ma ka home.

Inā 'ike mua 'oe e hele ana 'oe i ka haukapila, a kau inoa 'oe i kahi kuhikuhi mua, **e lawe pū me 'oe i kahi kope i ka haukapila.**

- Nīnau ka haukapila inā 'oe i kau inoa i Palapala kuhikuhi mua a inā paha iā 'oe.
- Inā 'a'ole 'oe i kau inoa i kahi Palapala kuhikuhi mua, loa'a i ka haukapila nā palapala i loa'a a e nīnau mai inā makemake 'oe e kau inoa i kekahi.

'O ka ho'opiha 'ana i kahi kuhikuhi mua kâu koho (me ka makemake 'oe e pūlima i kekahi inā 'oe i loko o ka haukapila). Wahi a ke kânāwai, 'a'ole hiki i kekahi ke hō'ole iā 'oe i ka mālama 'ana a i 'ole ka ho'okae 'ana iā 'oe ma muli o kou kau inoa 'ana i kahi kuhikuhi mua.

Inā 'a'ole mālama 'ia kâu mau kuhikuhi

Inā kau inoa 'oe i kahi kuhikuhi mua a mana'o 'oe 'a'ole i hahai ke kauka a halemai paha i nā kuhikuhi i loko, hiki iā 'oe ke waiho i kahi ho'opi'i me ka Hawaii Keena Hooko ma ka elemakule.

Pauku 1.6 He kuleana kou e ho'opi'i a noi iā mākou e no'ono'o hou i nā ho'oholo a mākou i hana ai

Inā loa'a iā 'oe kekahi pilikia, hopohopo, a ho'opi'i paha a pono 'oe e noi no ka uhi 'ana, a i 'ole e ho'opi'i, hō'ike ka Mokuna 9 o kēia palapala i kâu mea e hiki ai ke hana. 'O nā mea a pau āu e hana ai—e noi i kahi Ho'oholo 'ana no ka uhi kākī, ho'opi'i, a ho'opi'i paha—**pono mākou e hana pololei iā 'oe.**

Pauku 1.7 Loa'a iā 'oe ke kuleana e hana i nā 'ōlelo a'oa'o e pili ana i kā mākou lālā kuleana a me nā kuleana.

Inā loa'a iā 'oe kekahi mau nīnau a i 'ole nā hopohopo e pili ana i nā kuleana a me nā kuleana a inā he mau 'ōlelo a'oa'o kâu e ho'omaika'i i kā mākou lālā kuleana, e ka'ana i kâu mau mana'o me mākou ma ke kāhea 'ana i ka Nā lawelawe Lālā.

Mokuna 8 Kou mau pono a me na kuleana

Pauku 1.8 Loiloi 'ana i nā 'enehana hou

Ho'ohui 'ia nā 'enehana hou i nā hana, nā lā'au, nā huahana lā'au, a i 'ole nā mea hana i ho'omohala 'ia no ka mālama 'ana i nā ma'i kūikawā a i 'ole nā kūlana, a i 'ole he mau noi hou o nā hana e kū nei, nā lā'au, nā huahana lā'au, a me nā mea hana. Ho'omau kā mākou ho'olālā i nā Ho'oholo Uhi 'ana o ka Leka aupuni a me ka Leka Kūloko o Medicare ke kūpono.

Inā 'a'oe ho'oholo ho'opili Medicare, loiloi kā mākou ho'olālā i nā 'enehana hou a i 'ole nā noi hou o nā 'enehana e kū nei no ka ho'okomo 'ana i nā ho'olālā pomaikai e hō'ia i ka loa'a 'ana o nā lālā i ka mālama palekana a me ka pono ma o ka hana 'ana i kahi loiloi ko'iko'i o nā palapala lapa'au i pa'i 'ia mai nā pa'i hou i nā loiloi 'āpana, nā ho'okolohua i ho'okele 'ia e nā pae, nā noi'i cohort, nā noi'i mana hihia, nā noi'i ho'okolohua me nā hopena helu i 'ike 'ia i hō'ike i ka palekana a me ka pono a me ka loiloi 'ana o nā alaka'i i ho'okumu 'ia i ho'omohala 'ia e nā hui aupuni a me nā mana i ho'omaika'i 'ia. Mana'o pū kā mākou ho'olālā i nā mana'o, nā 'ōlelo a'oa'o a me nā loiloi e ka ho'oma'ama'a 'ana i nā kauka, nā hui kauka i 'ike 'ia me ka lāhui e like me nā Kauka Lapa'au kūikawā, nā 'aha kūkā, a i 'ole nā hui 'imi noi'i 'enehana a 'enehana paha i 'ike 'ia e ka lāhui, nā hō'ike a me nā pa'i 'ana o nā ke'ena aupuni (e la'a me ka mea'ai a me ka lā'au, Food and Drug Administration (FDA), Nā kikowaena no ka mālama 'ana i nā ma'i (CDC), Nā Kula Nui o ke Aupuni (NIH)).

Pauku 1.9 Inā mana'o 'oe ua hana hewa 'ia 'oe, a i 'ole mālama 'ia kāu mau kuleana

Inā mana'o 'oe ua ho'opilikia 'ia 'oe a i 'ole 'a'ole i mahalo 'ia kāu mau kuleana ma muli o kou lāhui, kīnānā, ho'omana, 'ōnaehana, ola kino, lāhui, mana'o (nā mana'o'i'o), makahiki, 'ano pili moe, a i 'ole ke kumu lāhui, pono 'oe e kāhea i ka **Office for Civil Rights** o ka 'Oihana Ola a me nā lawelawe kanaka ma 1-800-368-1019 a (i 'ole TTY 1-800-537-7697), a i 'ole kāhea i kāu Office for Civil Rights kūloko. Loa'a iā 'oe ke kuleana e mālama 'ia me ka mahalo a me ka mahalo i kou hanohano.

Inā mana'o 'oe ua ho'opilikia 'ia 'oe a i 'ole 'a'ole i mahalo 'ia kāu mau kuleana, a 'a'ole pili i ka *ho'oka'awale*, hiki iā 'oe ke ki'i i ke kōkua me ka pilikia āu e loa'a nei:

- **Kāhea i Nā lawelawe Lālā o kā mākou ho'olālā ma 1-888-846-4262 (Kahea nā mea ho'ohana TTY iā 711)**
- **Kāhea aku i kou SHIP** ma 1-888-875-9229.
- **Kāhea iā Medicare** ma 1-800-MEDICARE (1-800-633-4227) (Kahea nā mea ho'ohana TTY 1-877-486-2048)

Pauku 1.10 Pehea e loa'a ai ka 'ike hou aku e pili ana i kāu mau kuleana

E ki'i i ka 'ike hou aku e pili ana i kāu mau kuleana mai kēia mau wahi:

- **Kāhea i Nā lawelawe Lālā ma 1-888-846-4262 (Kahea nā mea ho'ohana TTY iā 711)**
- **Kāhea aku i kou SHIP** ma 1-888-875-9229.

Mokuna 8 Kou mau pono a me na kuleana

- **E kelepona iā Medicare**

- E kipa iā www.Medicare.gov e heluhelu i ka puke *Nā Pono a me Nā Palekana Medicare* (loa'a ma: www.Medicare.gov/publications/11534-medicare-rights-and-protections.pdf)
- Kāhea iā 1-800-MEDICARE (1-800-633-4227) (Kahea nā mea ho'ohana TTY iā 1-877-486-2048)

PAUKU 2 'O kāu mau kuleana ma ke 'ano he lālā o kā mākou ho'olālā

'O nā mea e pono ai 'oe e hana ma ke 'ano he lālā o kā mākou ho'olālā i helu 'ia ma lalo nei. No nā nīnau, e kelepona iā Nā lawelawe Lālā ma 1-888-846-4262 (TTY mea ho'ohana e kelepona iā 711).

- **E launa me kāu nā lawelawe i uhi 'ia a me nā lula āu e hahai ai e ki'i i kēia nā lawelawe i uhi 'ia.** E ho'ohana i kēia *Hō'ike no ka uhi 'ana* e a'o i nā mea i uhi 'ia a me nā lula e pono ai 'oe e hahai no ka loa'a 'ana o nā lawelawe i uhi 'ia.
 - Hō'ike ka Mokuna 3 a me 4 i nā kiko'i e pili ana i nā lawelawe lapa'au.
 - Hō'ike ka Mokuna 5 a me 6 i nā kiko'i e pili ana i ka ho'opa'a lā'au Māhele D.
- **Inā loa'a iā 'oe kekahi uhi olakino 'ē a'e a i 'ole ka uhi lā'au i ho'ohui 'ia i kā mākou ho'olālā, pono 'oe e ha'i mai iā mākou.** 'O ka Mokuna 1 e ha'i iā 'oe e pili ana i ka ho'oponopono 'ana i kēia mau pomaikai.
- **E ha'i i kāu kauka a me nā lawelawe mālama ola 'ē a'e ua kākau inoa 'oe i kā mākou ho'olālā.** E hō'ike i kā mākou kāleka lālā ho'olālā a me kāu kāleka Hawaii Med-QUEST Division Program (Medicaid) i kēlā me kēia manawa e loa'a iā 'oe ka lā'au lapa'au a i 'ole nā lā'au Māhele D.
- **Kōkua i kāu mau kauka a me nā mea ho'olako ke kōkua iā 'oe ma ka hā'awi 'ana i ka 'ike, nīnau 'ana, a me ka hahai 'ana i kāu mālama.**
 - No ke kōkua i ka loa'a 'ana o ka mālama maika'i loa, e ha'i i kāu mau kauka a me nā mea ho'olako ola 'ē a'e e pili ana i kāu mau pilikia olakino. E hahai i nā ho'olālā lapa'au a me nā 'ōlelo a'oa'o āu a me kāu mau kauka i 'aelike ai.
 - E hō'ia i ka 'ike 'ana o kāu mau kauka i nā lā'au lapa'au a pau āu e lawe nei, me nā lā'au lapa'au ma luna o ka-heluhelu, nā huaora, a me nā mea ho'ohui.
 - Inā he mau nīnau kāu, e 'olu'olu e nīnau a loa'a kahi pane hiki iā 'oe ke ho'omaopopo. Loa'a iā 'oe ke kuleana e 'ike i kāu mau pilikia olakino a kōkua i ka ho'onohonoho 'ana i nā pahuhopu lapa'au āu a me kāu kauka i 'ae ai.
- **E lilo i mea mahalo.** Mana'o mākou e mahalo kā mākou mau lālā i nā kuleana o nā ma'i 'ē a'e. Mana'olana pū mākou e hana 'oe ma ke 'ano e kōkua i ka holo maika'i 'ana o ka ke'ena kauka, nā haukapila, a me nā ke'ena 'ē a'e.
- **E uku i kāu 'ai'ē.** Ma ke 'ano he lālā ho'olālā, iā 'oe ke kuleana no kēia mau uku:
 - Pono 'oe e ho'omau i ka uku 'ana i kāu uku uku Medicare e noho i lālā o kā mākou ho'olālā.
- Inā ne'e 'oe i **loko o kā mākou** wahi lawelawe ho'olālā, pono mākou e 'ike i kēia i **hiki iā mākou** ke mālama i kāu mo'olelo lālā i kēia manawa a 'ike i kahi e launa ai me 'oe.
- **Inā ne'e 'oe ma waho o kā mākou wahi lawelawe ho'olālā, 'a'ole hiki iā 'oe ke noho lālā o kā mākou ho'olālā.**
- **Inā ne'e 'oe, e ha'i iā Palekana Kaiapili (a i 'ole ka Papa Hoomaha Alahao).**

Mokuna 9 Inā he pilikia a ho'opi'i paha kāu (nā ho'oholo pili, ho'opi'i, ho'opi'i)**MOKUNA 9:****Inā he pilikia a ho'opi'i paha 'oe (nā Ho'oholo 'ana no ka uhi kākī, ho'opi'i, ho'opi'i)****PAUKU 1 He aha kāu e hana ai inā pilikia a hopohopo paha 'oe**

Wehewehe kēia mokuna i nā ka'ina hana no ka ho'oponopono 'ana i nā pilikia a me nā hopohopo. 'O ke ka'ina hana āu e ho'ohana ai e ho'oponopono i kāu pilikia e pili ana i ke 'ano o ka pilikia āu e loa'a nei:

- No kekahi mau pilikia, pono 'oe e ho'ohana i ke **ka'ina hana no ka Ho'oholo 'ana no ka uhi kākī a me nā ho'opi'i**.
- No nā pilikia 'ē a'e, pono 'oe e ho'ohana i ke **ka'ina hana no ka ho'opi'i 'ana**; kapa 'ia pū he ho'opi'i.

Loa'a i kēlā me kēia ka'ina hana kahi pū'ulu o nā lula, nā ka'ina hana, a me nā lā palena e pono ai mākou a 'o 'oe ho'i e hahai.

E kōkua ka **Māhele 3** iā 'oe e 'ike i ke ka'ina hana kūpono e ho'ohana ai a me ka mea āu e pono ai e hana.

Pauku 1.1 Nā 'ōlelo kāmāwai

Aia nā hua'ōlelo kāmāwai no kekahi o nā lula, nā ka'ina hana, a me nā 'ano o nā lā palena i wehewehe 'ia ma kēia mokuna. 'A'ole kama'āina ka nui o kēia mau hua'ōlelo i ka hapa nui o ka po'e. I mea e ma'alahi ai, ho'ohana kēia mokuna i nā hua'ōlelo i kama'āina ma kahi o kekahi mau hua'ōlelo kāmāwai.

Eia na'e, i kekahi manawa he mea nui e 'ike i nā 'ōlelo kāmāwai kūpono. No ke kōkua 'ana iā 'oe e 'ike i nā hua'ōlelo e ho'ohana ai no ka loa'a 'ana o ke kōkua kūpono a i 'ole ka 'ike, ho'okomo mākou i kēia mau 'ōlelo kāmāwai ke hā'awi mākou i nā kiko'i no ka lawelawe 'ana i nā kūlana kiko'i.

PAUKU 2 Kahi e loa'a ai ka ike hou aku a me ke kōkua pilikino

Loa'a mākou i nā manawa a pau e kōkua iā 'oe. 'Oiai inā he ho'opi'i kāu e pili ana i kā mākou mālama 'ana iā 'oe, pono mākou e mahalo i kou kuleana e ho'opi'i. Pono 'oe e kelepona i Nā lawelawe Lālā ma 1-888-846-4262 (mea ho'ohana TTY kelepona iā 711) no ke kōkua. I kekahi mau kūlana, makemake paha 'oe i ke kōkua a i 'ole ke alaka'i 'ana mai kekahi mea pili 'ole me mākou. 'Elua mau hui e hiki ke kōkua:

Mokuna 9 Inā he pilikia a ho'opi'i paha kāu (nā ho'oholo pili, ho'opi'i, ho'opi'i)

Papahana Kokua Inisiua Ola (SHIP)

Loa'a i kēlā me kēia moku'āina kahi papahana aupuni me nā luna kōkua i a'o 'ia. 'A'ole pili ka ho'olālā iā mākou a i 'ole kekahi hui 'inikua a i 'ole ho'olālā olakino. Hiki i nā kākā'ōlelo o kēia polokalamu ke kōkua iā 'oe e ho'omaopopo i ke ka'ina hana āu e ho'ohana ai e ho'oponopono i kahi pilikia āu e loa'a nei. Hiki iā lākou ke pane i nā nīnau, hā'awi iā 'oe i ka 'ike hou aku, a hā'awi i ke alaka'i i ka mea e hana ai.

Manuahi nā lawelawe a nā luna kōkua SHIP. Loa'a ka 'ike pili SHIP ma ka Mokuna 2, Pauku 3.

Medicare

Hiki iā 'oe ke kelepona iā Medicare no ke kōkua:

- E kelepona iā 1-800-MEDICARE (1-800-633-4227), 24 hola o ka lā, 7 lā o ka pule. TTY mea ho'ohana kelepona iā 1-877-486-2048.
- Kipa www.Medicare.gov.

Hiki iā 'oe ke ki'i i ke kōkua a me ka 'ike mai Hawaii Med-QUEST Division Program (Medicaid)

No ka 'ike hou aku a me ke kōkua i ka ho'oponopono 'ana i kahi pilikia, hiki iā 'oe ke launa pū me ka Hawaii Med-QUEST Division Program (Medicaid). Eia nā ala 'elua e ki'i pololei i ka 'ike mai Medicaid:

- Hiki iā 'oe ke kāhea iā Hawaii Med-QUEST Division Program (Medicaid) ma 1-800-316-8005. Pono nā mea ho'ohana TTY e kāhea iā 711, nā hola hana he 7:45 a.m. - 4:30 p.m. HT, Pō'akahi - Pō'alima.
- Hiki iā 'oe ke kipa i ka pūnaewehe Hawaii Med-QUEST Division Program (Medicaid) (<https://medquest.hawaii.gov/en.html>).

PAUKU 3 Ka ho'omaopopo 'ana i nā ho'opi'i a me ka ho'opi'i 'ana o Medicare a me ka Hawaii Med-QUEST Division Program (Medicaid).

Loa'a iā 'oe ka Medicare a loa'a ke kōkua mai ka Hawaii Med-QUEST Division Program (Medicaid). Pili ka 'ike ma kēia mokuna i **a pau** o kāu mau pomaikai Medicare a me Hawaii Med-QUEST Division Program (Medicaid). Kapa 'ia kēia he ka'ina hana i ho'ohui 'ia no ka mea, ho'ohui, a ho'ohui 'ia paha, nā ka'ina hana Medicare a me Hawaii Med-QUEST Division Program (Medicaid).

I kekahi manawa, 'a'ole i hui 'ia nā ka'ina hana Medicare a me Hawaii Med-QUEST Division Program (Medicaid). Ma ia mau kūlana, e ho'ohana i kahi ka'ina Medicare no ka pōmaika'i i uhi 'ia e Medicare a me kahi ka'ina hana Hawaii Med-QUEST Division Program (Medicaid) no kahi pōmaika'i i uhi 'ia e Hawaii Med-QUEST Division Program (Medicaid). Ua wehewehe 'ia kēia mau kūlana ma **Pauku 6.4**.

PAUKU 4 'O ke ka'ina hana e ho'ohana ai no kāu pilikia

Inā pilikia a hopohopo paha 'oe, e heluhelu i nā 'āpana o kēia mokuna e pili ana i kou kūlana. E kōkua ka 'ike ma lalo iā 'oe e 'imi i ka 'āpana kūpono o kēia mokuna no nā pilikia a i 'ole nā ho'opi'i e pili ana **nā pomaikai i uhi 'ia e Medicare a i 'ole Hawaii Med-QUEST Division Program (Medicaid)**.

Mokuna 9 Inā he pilikia a ho'opi'i paha kāu (nā ho'oholo pili, ho'opi'i, ho'opi'i)**He pilikia paha kāu a i 'ole he hopohopo e pili ana i kāu pomaikai a i 'ole ka uhi?**

Loa'a kēia i nā pilikia e pili ana i ka uhi 'ana a i 'ole nā lā'au lapa'au (nā mea lapa'au, nā lawelawe a/a i 'ole Māhele B), ke 'ano o ka uhi 'ia, a me nā pilikia pili i ka uku no ka mālama olakino.

'Ae.

E hele i **Pauku 5, He alaka'i no ka uhi 'ana i nā ho'oholo a me nā ho'opi'i.**

'A'ole.

E hele i **Pauku 11, Pehea e ho'opi'i ai e pili ana i ka maika'i o ka mālama, nā manawa kali, ka lawelawe mea kū'ai aku, a i 'ole nā pilikia 'ē a'e.**

Nā ho'oholo ho'opi'i a me nā ho'opi'i

PAUKU 5 He alakai no ka uhi ana i na olelo hooholo a me na hoopii

'O nā ho'oholo a me nā ho'opi'i e pili ana i nā pilikia e pili ana i kāu mau pomaikai a me ka uhi no kāu mālama olakino (nā lawelawe, nā mea, a me nā lā'au lapa'au Māhele B, me ka uku). No ka mālama 'ana i nā mea ma'alahi, 'ōlelo pinepine mākou i nā mea lapa'au, nā lawelawe, a me nā lā'au lapa'au Medicare Part B ma ke 'ano he **mālama lapa'au**. Ho'ohana 'oe i ke ka'ina hana Ho'oholo 'ana no ka uhi kākī a me nā ho'opi'i no nā pilikia e like me inā uhi 'ia kekahi mea a i 'ole 'a'ole a me ke 'ano e uhi 'ia ai kekahi mea.

E noi ana i nā ho'oholo pili ma mua o ka loa'a 'ana o nā lawelawe

Inā makemake 'oe e 'ike inā e uhi mākou i ka mālama olakino ma mua o ka loa'a 'ana iā 'oe, hiki iā 'oe ke noi iā mākou e Ho'oholo 'ana no ka uhi kākī no 'oe. 'O ka Ho'oholo 'ana no ka uhi kākī he ho'oholo mākou e pili ana i kāu mau pomaikai a me kāu uhi a i 'ole ka nui a mākou e uku ai no kāu mālama olakino. No ka la'ana, inā kuhikuhi kā mākou kauka pūnaeweke ho'olālā iā 'oe i kahi kauka lapa'au 'a'ole i loko o ka pūnaeweke, ua mana'o 'ia kēia Ho'oholo 'ana no ka uhi kākī ho'opi'i maika'i ke 'ole hiki iā 'oe a i kāu kauka pūnaeweke ke hō'ike ua loa'a iā 'oe kahi leka ho'olele ma'amaui no kēia kauka lapa'au, a i 'ole *Hō'ike no ka uhi 'ana* e ho'omaopopo 'a'ole i uhi 'ia ka lawelawe i hā'awi 'ia ma lalo o kekahi kūlana. Hiki iā 'oe a i 'ole kāu kauka ke ho'oka'a'ike mai iā mākou a noi i kahi Ho'oholo 'ana no ka uhi kākī inā 'a'ole maopopo kāu kauka inā e uhi mākou i kahi lawelawe lapa'au a hō'ole paha i ka hā'awi 'ana i ka mālama olakino āu e mana'o ai he pono.

I kekahi mau kūlana palena, e hō'ole 'ia kahi noi no ka Ho'oholo 'ana no ka uhi kākī, 'o ia ho'i 'a'ole mākou e loilo i ka noi. 'O nā la'ana o ka wā e hō'ole 'ia ai kahi noi inā he hapa 'ole ka noi, inā hana kekahi i ka noi ma kāu wahi akā 'a'ole 'ae 'ia ke kōnawai e hana pēlā a i 'ole inā noi 'oe e ho'iho'i 'ia kāu noi. Inā hō'ole mākou i kahi noi no ka Ho'oholo 'ana no ka uhi kākī, e ho'ouna mākou i kahi leka e wehewehe ana i ke kumu i ho'oku'u 'ia ai ke noi a pehea e noi ai no ka loilo 'ana i ka hā'alele 'ana.

Mokuna 9 Inā he pilikia a ho'opi'i paha kāu (nā ho'oholo pili, ho'opi'i, ho'opi'i)

Hana mākou i kahi Ho'oholo 'ana no ka uhi kāki ke ho'oholo mākou i ka mea i uhi 'ia iā 'oe a me ka nui o kā mākou uku. I kekahi mau hihia, hiki iā mākou ke ho'oholo 'a'ole i uhi 'ia ka mālama olakino a 'a'ole i uhi hou 'ia no 'oe. Inā 'a'ole 'oe e 'ae i kēia Ho'oholo 'ana no ka uhi kāki, hiki iā 'oe ke hana i ka ho'opi'i.

Ka hana 'ana i ka ho'opi'i

Inā hana mākou i kahi Ho'oholo 'ana no ka uhi kāki, inā ma mua o ka loa'a 'ana o ka pomaikai a ma hope paha o ka loa'a 'ana, a 'a'ole 'oe e 'olu'olu, hiki iā 'oe ke **ho'opi'i** i ka ho'oholo. 'O ka ho'opi'i he ala ma'amaui ia e noi ai iā mākou e nānā a ho'ololi i kahi Ho'oholo 'ana no ka uhi kāki a mākou i hana ai. Ma lalo o kekahi mau kūlana, hiki iā 'oe ke noi no ka ho'opi'i wikiwiki a **ho'opi'i wikiwiki** o kahi Ho'oholo 'ana no ka uhi kāki. Ho'oponopono 'ia kāu ho'opi'i e nā mea loiloi 'oko'a mai ka po'e i hana i ka ho'oholo kumu.

Ke ho'opi'i 'oe i kahi ho'oholo no ka manawa mua, kapa 'ia kēia he ho'opi'i Papa 1. Ma kēia ho'opi'i, nānā mākou i ka Ho'oholo 'ana no ka uhi kāki a mākou i hana ai e nānā inā mākou i hahai pono i nā lula. Ke ho'opau mākou i ka loiloi, hā'awi mākou i kā mākou ho'oholo.

I kekahi mau kūlana palena, e hō'ole 'ia kahi noi no ka ho'opi'i Papa 1, 'o ia ho'i 'a'ole mākou e loiloi i ka noi. 'O nā la'ana o ka wā e hō'ole 'ia ai kahi noi inā he hapa 'ole ka noi, inā hana kekahi i ka noi ma kāu wahi akā 'a'ole 'ae 'ia ke kōnāwai e hana pēlā, a i 'ole inā noi 'oe e ho'iho'i 'ia kāu noi. Inā hō'ole mākou i kahi noi no ka ho'opi'i ki'eki'e 1, e ho'ouna mākou i kahi leka e wehewehe ana i ke kumu i ho'oku'u 'ia ai ka noi a pehea e noi ai no ka loiloi 'ana i ka ha'alele 'ana.

Inā hō'ole mākou i nā mea a pau a i 'ole kekahi hapa o kāu ho'opi'i Papa 1 no ka mālama olakino, e hele 'oko'a kāu ho'opi'i i kahi ho'opi'i Papa 2 i alaka'i 'ia e kahi hui loiloi kō'oko'a i pili 'ole iā mākou.

- 'A'ole pono 'oe e hana i kekahi mea e ho'omaka ai i kahi ho'opi'i Papa 2. Pono nā lula Medicare e ho'ouna 'akomi mākou i kāu ho'opi'i no ka mālama olakino i ka Papa 2 inā 'a'ole mākou e 'ae piha i kāu ho'opi'i Papa 1.
- E hele i **Pauku 6.4** o kēia mokuna no ka 'ike hou aku e pili ana i nā ho'opi'i o ka Papa 2 no ka mālama kino.
- Kūkākūkā 'ia nā ho'opi'i 'o Māhele D ma ka Pauku 7 o kēia mokuna.

Inā 'a'ole 'olu'olu 'oe i ka ho'oholo 'ana ma ka ho'opi'i Papa 2, hiki iā 'oe ke ho'omau i nā pae ho'opi'i hou (e wehewehe kēia mokuna i nā ka'ina hana ho'opi'i Papa 3, 4, a me 5).

Pauku 5.1 E ki'i i ke kōkua no ka noi 'ana i kahi Ho'oholo 'ana no ka uhi kāki a i 'ole ka ho'opi'i 'ana

Eia nā kumu inā ho'oholo 'oe e noi i kekahi 'ano Ho'oholo 'ana no ka uhi kāki a i 'ole ho'opi'i i kahi ho'oholo:

- **Kāhea i Nā lawelawe Lālā ma** 1-888-846-4262 (Kahea nā mea ho'ohana TTY iā 711)
- **Hiki iā 'oe ke loa'a ke kōkua** manuahi mai kāu Papahana Kokua Inisiua Ola

Mokuna 9 Inā he pilikia a ho'opi'i paha kāu (nā ho'oholo pili, ho'opi'i, ho'opi'i)

- **Hiki i kāu kauka a i 'ole mea ho'olako ola 'ē a'e ke hana i kahi noi no 'oe.** Inā kōkua kāu kauka i ka ho'opi'i ma mua o ka Papa 2, pono lākou e koho 'ia i 'elele nou. Kāhea i Nā lawelawe Lālā ma 1-888-846-4262 (kahea nā mea ho'ohana TTY iā 711) a e noi i ka *Kohu Lunamaka'āinana* palapala. (Loa'a ka palapala ma www.CMS.gov/Medicare/CMS-Forms/CMS-Forms/downloads/cms1696.pdf a i 'ole ma kā mākou pūnaeweale ma go.wellcare.com/OhanaHI.)
 - No ka mālama ola kino, hiki i kāu kauka a i 'ole kekahi mea mālama ola ke noi i ka Ho'oholo 'ana no ka uhi kāki a i 'ole ka Hoopii Papa 1 no 'oe. Inā hō'ole 'ia kāu ho'opi'i 'ana ma ka Papa 1, e ho'ouna 'akomi 'ia ia i ka Papa 2.
 - Inā noi kāu kauka a mea mālama ola 'ē a'e e ho'omau 'ia kahi lawelawe a i 'ole kekahi mea āu e loa'a nei i ka wā o kāu ho'opi'i 'ana, pono 'oe **inoa** i kāu kauka a i 'ole mea kuhikuhi 'ē a'e ma ke 'ano he 'elele e hana ai no 'oe.
 - No nā Māhele D Laau Laau, hiki i kāu kauka a i 'ole ke mea kuhikuhi 'ōlelo 'ē a'e ke noi i ka Ho'oholo 'ana no ka uhi kāki a i 'ole ka Hoopii Papa 1 no 'oe. Inā hō'ole 'ia kāu ho'opi'i Hoopii Papa 1, hiki i kāu mea kuhikuhi a i 'ole kauka ke noi aku i kahi ho'opi'i Papa 2.
- **Hiki iā 'oe ke noi i kekahi e hana ma kāu wahi.** Hiki iā 'oe ke inoa i kekahi kanaka 'ē a'e e hana nou ma ke 'ano he 'elele e noi ai i kahi Ho'oholo 'ana no ka uhi kāki a i 'ole e ho'opi'i.

Inā makemake 'oe i hoaloha, 'ohana, a i 'ole kekahi kanaka 'ē a'e e lilo i 'elele nou, e kelepona iā Nā lawelawe Lālā ma 1-888-846-4262 (Nā mea ho'ohana TTY 711) a noi i ka palapala *Kohu Lunamaka'āinana*. (Loa'a ka palapala ma www.CMS.gov/Medicare/CMS-Forms/CMS-Forms/downloads/cms1696.pdf a i 'ole ma kā mākou pūnaeweale ma go.wellcare.com/OhanaHI.) Hā'awi kēia palapala i ka 'ae i kēlā kanaka e hana ma kou inoa. Pono e pūlima 'ia e 'oe a me ka mea āu e makemake ai e hana ma kou 'ao'ao. Pono 'oe e hā'awi iā mākou i kahi kope o ka palapala i kau inoa 'ia.

Hiki iā mākou ke 'ae i kahi noi ho'opi'i mai kahi 'elele me ka 'ole o ka palapala, akā 'a'ole hiki iā mākou ke ho'omaka a ho'opau i kā mākou loilo a loa'a iā mākou. Inā 'a'ole loa'a iā mākou ka palapala ma mua o ko mākou manawa palena no ka ho'oholo 'ana i kāu ho'opi'i, e ho'opau 'ia kāu noi ho'opi'i. Inā loa'a kēia, e ho'ouna mākou iā 'oe i kahi leka ho'omaopopo e wehewehe ana i kou kuleana e noi i ka hui loilo kū'oko'a e nānā i kā mākou ho'oholo e ho'opau i kāu ho'opi'i.

- **Loa'a pū iā 'oe ke kuleana e ho'olimalima i kahi loio.** Hiki iā 'oe ke ho'oka'a'ike i kāu loio pono'ī a i 'ole e ki'i i ka inoa o kahi loio mai kāu hui bar kūloko a i 'ole lawelawe kuhikuhi 'ē a'e. Aia pū kekahi mau hui e hā'awi iā 'oe i nā lawelawe kōnāwai manuahi inā kūpono 'oe. Eia na'e, **'a'ole koi 'ia 'oe e ho'olimalima i kahi loio** e noi i kekahi 'ano Ho'oholo 'ana no ka uhi kāki a i 'ole ho'opi'i i kahi ho'oholo.

Pauku 5.2 Nā lula a me nā lā palena no nā kūlana like 'ole

Aia he 4 mau kūlana like 'ole e pili ana i nā ho'oholo a me nā ho'opi'i. Loa'a i kēlā me kēia kūlana nā lula a me nā palena manawa, hā'awi mākou i nā kiko'ī no kēlā me kēia kūlana:

- **Pauku 6:** "Ka mālama lapa'au: Pehea e noi ai i Ho'oholo 'ana no ka uhi kāki 'ana a i 'ole e ho'opi'i"

Mokuna 9 Inā he pilikia a ho'opi'i paha kāu (nā ho'oholo pili, ho'opi'i, ho'opi'i)

- **Pauku 7:** “Māhele D lā'au lapa'au: Pehea e noi ai i Ho'oholo 'ana no ka uhi kāki a ho'opi'i paha”
- **Pauku 8:** “Pehea e noi ai iā mākou e uhi i kahi noho ma'i lō'ihi inā mana'o 'oe ua ho'oku'u koke 'ia 'oe”
- **Pauku 9:** “Pehea e noi ai iā mākou e ho'omau i ka uhi 'ana i kekahi mau lawelawe lapa'au inā mana'o 'oe e pau koke ana kāu uhi” (*Pili wale nō i kēia mau lawelawe*: mālama ola home, Ke Ke'ena Hana Hana Māmā, a me Keena Ho'oponopono Ho'oma'ama'a Ma waho (CORF) nā lawelawe)

Inā 'a'ole 'oe maopopo i ka 'ike e pili ana iā 'oe, e kelepona iā Nā lawelawe Lālā ma 1-888-846-4262 (Nā mea ho'ohana TTY 711). Hiki iā 'oe ke loa'a ke kōkua a i 'ole ka 'ike mai kāu SHIP.

PAUKU 6 Ka mālama lapa'au: Pehea e noi ai i Ho'oholo 'ana no ka uhi kāki 'ana a i 'ole e ho'opi'i

Pauku 6.1 He aha kāu e hana ai inā pilikia kou loa'a 'ana o ka mālama olakino a makemake paha mākou e uku hou iā 'oe no kāu mālama

Ua wehewehe 'ia kāu mau pomaikai no ka mālama lapa'au ma ka Mokuna 4 ma ka Papa Pomaikai Lapa'au. I kekahi mau hihia, pili nā lula like 'ole i kahi noi no ka lā'au Māhele B. I kēlā mau hihia, e wehewehe mākou pehea nā lula no

Oko'a nā lā'au Māhele B mai nā lula no nā mea lapa'au a me nā lawelawe.

Hō'ike kēia 'āpana i ka mea hiki iā 'oe ke hana inā aia 'oe i kekahi o nā kūlana 5:

1. 'A'ole 'oe e loa'a i kahi mālama lapa'au āu e makemake ai, a ke mana'o'i'o nei 'oe e uhi kā mākou ho'olālā i kēia mālama. **E noi i kahi Ho'oholo 'ana no ka uhi kāki. Pauku 6.2.**
2. 'A'ole 'ae kā mākou ho'olālā i ka mālama olakino a kāu kauka a mea mālama ola 'ē a'e e makemake ai e hā'awi iā 'oe, a ke mana'o'i'o nei 'oe e uhi kā mākou ho'olālā i kēia mālama. **E noi i kahi Ho'oholo 'ana no ka uhi kāki. Pauku 6.2.**
3. Loa'a iā 'oe ka mālama olakino āu e mana'o'i'o nei e uhi 'ia kā mākou ho'olālā, akā ua 'ōlelo mākou 'a'ole mākou e uku no kēia mālama. **E hana i kahi ho'opi'i. Pauku 6.3.**
4. Ua loa'a iā 'oe a uku no ka mālama olakino āu e mana'o'i'o nei e uhi 'ia kā mākou ho'olālā, a makemake 'oe e noi i kā mākou ho'olālā e uku hou iā 'oe no kēia mālama. **E ho'ouna iā mākou i ka bila. Pauku 6.5.**
5. Ua ha'i 'ia iā 'oe e ho'emi 'ia a ho'ōki 'ia paha ka uhi no kekahi mālama lapa'au āu e loa'a nei (a mākou i 'ae mua 'ia) a ke mana'o'i'o nei 'oe hiki ke hō'emi a ho'ōki paha i kēia mālama i kou olakino. **E hana i kahi ho'opi'i. Pauku 6.3.**

Nānā: Inā no ka mālama halemai, mālama ola kino, Ke Ke'ena Hana Hana Māmā, a i 'ole nā lawelawe Keena Ho'oponopono Ho'oma'ama'a Ma waho (CORF), e hele i nā Pauku 8 a me 9. Pili nā lula kūikawā i kēia mau 'ano mālama.

Mokuna 9 Inā he pilikia a ho'opi'i paha kāu (nā ho'oholo pili, ho'opi'i, ho'opi'i)**Pauku 6.2 Pehea e noi ai no kahi Ho'oholo 'ana no ka uhi kākī****Nā 'ōlelo kānāwai:**

Ua kapa 'ia kahi Ho'oholo 'ana no ka uhi kākī e pili ana i kāu mālama olakino he **ho'oholo hui**.

'O kahi **ho'oholo wikiwiki** ua kapa 'ia he **ho'oholo wikiwiki**.

Kāmua 1: E ho'oholo inā makemake 'oe i kahi Ho'oholo 'ana no ka uhi kākī ma'amaui a i 'ole kahi ho'oholo wikiwiki.

Ho'oholo pinepine 'ia ka Ho'oholo 'ana no ka uhi kākī ma'amaui i loko o 7 mau lā alemanaka ke kau 'ia ka mea lapa'au a i 'ole ka lawelawe i kā mākou mau lula mua mana 'ae, 14 mau lā alemanaka no nā mea lapa'au a me nā lawelawe 'ē a'e, a i 'ole 72 mau hola no nā lā'au lapa'au Māhele B. 'O kahi ho'oholo wikiwiki i hana 'ia ma waena o 72 hola, no nā lawelawe lapa'au, 24 hola no nā lā'au Māhele B.

- Hiki iā 'oe ke loa'a ka ho'oholo wikiwiki *wale nō* inā hiki i ka ho'ohana 'ana i nā lā palena ma'amaui *hiki ke hō'eha nui i kou olakino a hō'eha paha i kou hiki ke hana*.
- **Inā ha'i mai kāu kauka iā mākou e koi ana kou olakino i ka ho'oholo wikiwiki, e 'ae koke mākou e hā'awi iā 'oe i kahi ho'oholo wikiwiki.**
- **Inā 'oe e noi i ka ho'oholo wikiwiki iā 'oe iho, me ke kākō'o 'ole o kāu kauka, e ho'oholo mākou inā makemake kou olakino e hā'awi mākou iā 'oe i kahi ho'oholo wikiwiki.** Inā 'a'ole mākou e 'ae i kahi ho'oholo wikiwiki, e ho'ouna mākou iā 'oe i kahi leka e:
 - E wehewehe e ho'ohana mākou i nā lā palena ma'amaui.
 - E wehewehe inā noi kāu kauka i ka ho'oholo wikiwiki, e hā'awi 'akomi mākou iā 'oe i kahi ho'oholo wikiwiki.
 - Wehewehe hiki iā 'oe ke waiho i kahi ho'opi'i wikiwiki e pili ana i kā mākou ho'oholo e hā'awi iā 'oe i kahi Ho'oholo 'ana no ka uhi kākī ma'amaui ma kahi o ka ho'oholo wikiwiki āu i noi ai.

Kāmua 2: Noi i kā mākou ho'olālā e hana i kahi Ho'oholo 'ana no ka uhi kākī a i 'ole kahi ho'oholo uhi wikiwiki.

- E ho'omaka ma ka kāhea 'ana, kākau 'ana, a i 'ole fax i kā mākou ho'olālā e hana i kāu noi e 'ae a i 'ole hā'awi i ka uhi no ka mālama lapa'au āu e makemake ai. Hiki iā 'oe, kāu kauka, a i 'ole kāu 'elele ke hana i kēia. Loa'a nā 'ike ho'opili ma ka Mokuna 2.

Kāmua 3: Loiloi mākou i kāu noi no ka uhi mālama lapa'au a hā'awi iā 'oe i kā mākou pane.

No nā ho'oholo uhi ma'amaui e ho'ohana mākou i nā palena manawa ma'amaui.

O ia ho'i, e hā'awi mākou iā 'oe i pane i loko o 7 mau lā 'alemanaka ma hope o ka loa'a 'ana o kāu noi no kekahi mea lapa'au a lawelawe paha e pili ana i ko mākou mua mana 'ae. **Inā 'a'ole pili kāu**

Mokuna 9 Inā he pilikia a ho'opi'i paha kāu (nā ho'oholo pili, ho'opi'i, ho'opi'i)

mea lapa'au i noi 'ia a lawelawe paha i kā mākou mau lula mua mana 'ae, e hā'awi mākou i pane iā 'oe i loko o 14 mau lā kalena ma hope o ka loa'a 'ana o kāu noi. Inā he lā'au **Māhele B kāu noi**, hā'awi mākou i pane iā 'oe **i loko o nā hola 72** ma hope o ka loa'a 'ana o kāu noi.

- **Eia na'e**, inā noi 'oe i ka manawa hou, a i 'ole inā makemake mākou i ka 'ike hou aku e hiki ke pōmaika'i iā 'oe, hiki iā mākou ke lawe **i nā lā kalena 14 hou** a'e inā he noi kāu no kahi mea a i 'ole lawelawe lapa'au. Inā ho'onui mākou i nā lā, e ha'i mākou iā 'oe ma ke kākau 'ana. 'A'ole hiki iā mākou ke lawe i ka manawa hou e ho'oholo ai inā 'o kāu noi no ka lā'au lapa'au Māhele B.
- Inā mana'o 'oe 'a'ole pono *mākou* e ho'onui i nā lā, hiki iā 'oe ke waiho i kahi ho'opi'i wikiwiki. E hā'awi mākou iā 'oe i pane i kāu ho'opi'i ke ho'oholo mākou. ('O ke ka'ina hana no ka ho'opi'i 'ana he 'oko'a mai ke ka'ina hana no nā ho'oholo uhi a me nā ho'opi'i. (E hele i ka Pauku 11 no ka 'ike e pili ana i nā ho'opi'i.)

No nā ho'oholo uhi wikiwiki e ho'ohana mākou i kahi manawa wikiwiki.

'O ka ho'oholo wikiwiki 'ana e pane mākou i loko o 72 mau hola inā 'o kāu noi no kahi mea lapa'au a lawelawe paha. Inā 'o kāu noi no ka lā'au Māhele B, e pane mākou i loko o 24 mau hola.

- **Eia na'e**, inā noi 'oe i manawa hou aku, a inā makemake mākou i mea e pōmaika'i ai 'oe, **hiki iā mākou ke lawe i 14 mau lā kalena hou a'e**. Inā ho'onui mākou i nā lā, e ha'i mākou iā 'oe ma ke kākau 'ana. 'A'ole hiki iā mākou ke lawe i ka manawa hou e ho'oholo ai inā 'o kāu noi no ka lā'au lapa'au Māhele B.
- Inā mana'o 'oe 'a'ole mākou e lawe i nā lā hou aku, hiki iā 'oe ke waiho i kahi ho'opi'i wikiwiki. (E hele i ka Pauku 11 no ka 'ike e pili ana i nā ho'opi'i.) E kelepona koke mākou iā 'oe ke ho'oholo mākou.
- **Inā 'a'ole kā mākou pane no ka 'āpana a i 'ole nā mea a pau āu i noi ai**, e ho'ouna mākou iā 'oe i kahi 'ōlelo kākau e wehewehe ana i ke kumu o kā mākou 'ōlelo 'ole.

Kāmua 4: Inā 'a'ole mākou e 'ae i kāu noi no ka uhi 'ana no ka mālama olakino, hiki iā 'oe ke ho'opi'i.

- Inā 'a'ole mākou e 'ae, loa'a iā 'oe ke kuleana e noi iā mākou e no'ono'o hou i kēia ho'oholo ma ka hana 'ana i ka ho'opi'i. Kēia ho'i ke noi hou 'ana e ki'i i ka uhi mālama olakino āu e makemake ai. Inā ho'opi'i 'oe, 'o ia ka mea e hele ana 'oe i ka Papa 1 o ke ka'ina hana ho'opi'i.

Pauku 6.3 Pehea e hana ai i ka ho'opi'i ki'eki'e 1**Nā 'ōlelo kōnāwai:**

'O ka ho'opi'i 'ana i kā mākou ho'olālā e pili ana i kahi Ho'oholo 'ana no ka uhi kākā mālama olakino ua kapa 'ia he ho'olālā **ka noonoo hou ana**.

Ua kapa 'ia ka ho'opi'i wikiwiki he **ka noonoo hou ana**.

Mokuna 9 Inā he pilikia a ho'opi'i paha kāu (nā ho'oholo pili, ho'opi'i, ho'opi'i)**Kāmua 1: E ho'oholo inā makemake 'oe i kahi ho'opi'i ma'amau a i 'ole kahi ho'opi'i wikiwiki.**

Ho'opi'i ma'amau i ho'okō 'ia i loko o 30 lā kalena a i 'ole 7 lā kalena no nā lā'au Māhele B. Ho'opi'i wikiwiki i ho'okō 'ia i loko o 72 hola.

- Inā ho'opi'i 'oe i kahi ho'oholo a mākou i hana ai e pili ana i ka uhi no ka mālama, pono 'oe a/a i kāu kauka e ho'oholo inā makemake 'oe i kahi ho'opi'i wikiwiki. Inā ha'i mai kāu kauka iā mākou e koi ana kou olakino i ka ho'opi'i wikiwiki, e hā'awi mākou iā 'oe i kahi ho'opi'i wikiwiki.
- Ua like nā koi no ka loa'a 'ana o ka ho'opi'i wikiwiki me nā koi no ka loa'a 'ana o ka ho'oholo wikiwiki ma ka Pauku 6.2.

Kāmua 2: E noi i kā mākou ho'olālā no ka ho'opi'i a i 'ole ka ho'opi'i wikiwiki

- **Inā 'oe e noi ana i ka ho'opi'i ma'amau, e waiho i kāu palapala ho'opi'i ma'amau.** Hiki iā 'oe ke noi i ka ho'opi'i ma ke kelepona 'ana iā mākou. Loa'a nā 'ike ho'opili ma ka Mokuna 2.
- **Inā 'oe e noi ana i ka ho'opi'i wikiwiki, e kākau i kāu ho'opi'i a i 'ole e kelepona iā mākou.** Loa'a nā 'ike ho'opili ma ka Mokuna 2.
- **Pono 'oe e hana i kāu noi ho'opi'i i loko o 65 lā kalena mai ka lā ma ka leka i ho'ouna mākou e ha'i iā 'oe i kā mākou pane i ka Ho'oholo 'ana no ka uhi kāki.** Inā hō'ole 'oe i kēia palena manawa a he kumu kūpono kāu no ka hō'ole 'ana, e wehewehe i ke kumu o kou lohi i ka ho'opi'i 'ana. Hiki iā mākou ke hā'awi iā 'oe i ka manawa hou e hana i kāu ho'opi'i. Hiki i nā lā'ana o ke kumu maika'i ke komo i kahi ma'i ko'iko'i i kāohi iā 'oe mai ka ho'oka'a'ike 'ana mai iā mākou a i 'ole inā hā'awi mākou iā 'oe i ka 'ike pololei 'ole a i 'ole piha 'ole e pili ana i ka lā palena no ka noi 'ana i kahi ho'opi'i.
- **Hiki iā 'oe ke noi i kahi kope manuahi o ka 'ike e pili ana i kāu ho'oholo lapa'au. Hiki iā 'oe a me kāu kauka ke ho'ohui hou i ka 'ike e kāko'o i kāu ho'opi'i.**

Inā ha'i mākou iā 'oe e kū ai a e ho'ēmi i nā lawelawe a i 'ole nā mea āu e loa'a nei, hiki iā 'oe ke mālama i kēlā mau lawelawe a i 'ole nā mea i ka wā o kāu ho'opi'i.

- Inā ho'oholo mākou e ho'ololi a ho'ōki i ka uhi no kahi lawelawe a mea paha āu e loa'a nei, e ho'ouna mākou iā 'oe i kahi leka ho'omaopopo ma mua o ka hana 'ana i ka hana i mana'o 'ia.
- Inā 'aelike 'ole 'oe me ka hana, hiki iā 'oe ke ho'opi'i i kahi Ho'opi'i Papa 1. E ho'omau mākou i ka uhi 'ana i ka lawelawe a i 'ole ka mea inā noi 'oe i kahi ho'opi'i Papa 1 i loko o 10 mau lā kalena ma hope o ka lā ho'opa'a leka ma kā mākou leka a i 'ole ma ka lā i mana'o 'ia o ka hana, 'o ia ka mea ma hope.
- Inā 'oe e ho'okō i kēia palena manawa, hiki iā 'oe ke ho'omau i ka lawelawe a i 'ole ka mea me nā ho'ololi 'ole i ka wā e kali ai kāu Hoopii Papa 1. E ho'omau 'oe i ka loa'a 'ana o nā lawelawe a i 'ole nā mea āpau ('a'ole ia ke kumuhana o kāu ho'opi'i) me ka loli 'ole.

Mokuna 9 Inā he pilikia a ho'opi'i paha kāu (nā ho'oholo pili, ho'opi'i, ho'opi'i)**Kāmua 3: Mālama mākou i kāu ho'opi'i a hā'awi mākou iā 'oe i kā mākou pane.**

- Ke nānā nei mākou i kāu ho'opi'i, nānā pono mākou i nā 'ike āpau. Nānā mākou e 'ike inā mākou e hahai ana i nā lula āpau ke 'ōlelo mākou i ka 'ōlelo 'ole i kāu noi.
- E hō'ili'ili mākou i ka 'ike hou aku inā pono a hiki ke ho'opili iā 'oe a i kāu kauka.

Nā palena manawa no ka ho'opi'i wikiwiki

- No nā ho'opi'i wikiwiki, pono mākou e hā'awi i kā mākou pane i **loko o 72 mau hola ma hope o ka loa'a 'ana o kāu ho'opi'i**. E hā'awi koke mākou iā 'oe i kā mākou pane inā makemake kou olakino iā mākou.
 - Inā noi 'oe no ka manawa hou aku, a i 'ole makemake mākou i 'ike hou a'e e pono ai 'oe, **hiki iā mākou ke lawe i 14 mau lā kalena hou a'e** inā he mea lapa'au a lawelawe paha kāu noi. Inā ho'onui mākou i nā lā, e ha'i mākou iā 'oe ma ke kākau 'ana. 'A'ole hiki iā mākou ke lawe i ka manawa hou inā 'o kāu noi no kahi lā'au lapa'au Māhele B.
 - Inā 'a'ole mākou e hā'awi i ka pane iā 'oe i loko o 72 mau hola (a i 'ole ma ka hopena o ka manawa lō'ihī inā e lawe mākou i nā lā 'ē a'e), pono mākou e ho'ouna 'akomi i kāu noi i ka Papa 2 o ke ka'ina ho'opi'i, kahi e nānā 'ia ai e kahi hui loiloi kū'oko'a. Hō'ike 'o Pauku 6.4 i ke ka'ina ho'opi'i Papa 2.
- **Inā 'ae kā mākou pane i kekahi hapa a i 'ole nā mea a pau āu i noi ai**, pono mākou e 'ae a hā'awi i ka uhi a mākou i 'ae ai i loko o 72 mau hola ma hope o ka loa'a 'ana o kāu ho'opi'i.
- **Inā 'a'ole kā mākou pane no ka 'āpana a i 'ole nā mea a pau āu i noi ai**, e ho'ouna mākou i kā mākou ho'oholo ma ke kākau 'ana a ho'ouna 'akomi i kāu ho'opi'i i ka hui loiloi kū'oko'a no ka ho'opi'i ki'eki'e 2. E ha'i aku ka hui loiloi kū'oko'a iā 'oe ma ke kākau 'ana i ka wā e loa'a ai kāu ho'opi'i.

Nā palena manawa no ka ho'opi'i ma'amau

- No nā ho'opi'i ma'amau, pono mākou e hā'awi iā 'oe i kā mākou pane i **loko o 30 lā kalena** ma hope o ka loa'a 'ana o kāu ho'opi'i. Inā 'o kāu noi no ka lā'au lapa'au Māhele B 'a'ole i loa'a iā 'oe, e hā'awi mākou i kā mākou pane i **loko o 7 mau lā alemanaka** ma hope o ka loa'a 'ana o kāu ho'opi'i. E hā'awi koke aku mākou iā 'oe i kā mākou ho'oholo inā pono kāu kūlana olakino.
 - Eia na'e, inā noi 'oe i ka manawa hou, a i 'ole inā makemake mākou i ka 'ike hou aku e hiki ke pōmaika'i iā 'oe, hiki iā mākou ke lawe i **nā lā kalena 14 hou a'e** inā he noi kāu no kahi mea a i 'ole lawelawe lapa'au. Inā ho'onui mākou i nā lā, e ha'i mākou iā 'oe ma ke kākau 'ana. 'A'ole hiki iā mākou ke lawe i ka manawa hou e ho'oholo ai inā 'o kāu noi no ka lā'au lapa'au Māhele B.
 - Inā mana'o 'oe 'a'ole pono mākou e ho'onui i nā lā, hiki iā 'oe ke waiho i kahi ho'opi'i wikiwiki. Ke waiho 'oe i kahi ho'opi'i wikiwiki, e hā'awi mākou iā 'oe i pane i kāu ho'opi'i i loko o 24 mau hola. (No ka 'ike hou aku e pili ana i ke ka'ina hana no ka ho'opi'i 'ana, me ka ho'opi'i wikiwiki, e hele i **Pauku 11**.)

Mokuna 9 Inā he pilikia a ho'opi'i paha kāu (nā ho'oholo pili, ho'opi'i, ho'opi'i)

- Inā 'a'ole mākou e hā'awi i ka pane iā 'oe ma ka palena manawa (a i 'ole ma ka hopena o ka manawa lō'ihi), e ho'ouna mākou i kāu noi i kahi ho'opi'i Papa 2 kahi e nānā ai kahi hui loiloi kū'oko'a i ka ho'opi'i. Hō'ike 'o Pauku 6.4 i ke ka'ina ho'opi'i Papa 2.
- **Inā he 'ae kā mākou pane i kekahi hapa a i 'ole nā mea a pau āu i noi ai,** pono mākou e 'ae a hā'awi i ka uhi i loko o **30 mau lā 'alemanaka**, a i 'ole i loko o **7 mau lā 'alemanaka** Māhele B inā loa'a kāu noi lā'au no kahi.
- **Inā 'ōlelo kā mākou ho'olālā he 'a'ole i kahi 'āpana a i 'ole nā mea āu i ho'opi'i ai, loa'a iā 'oe nā kuleana ho'opi'i hou a'e.**
- Inā hō'ole mākou i ka 'āpana a i 'ole nā mea a pau āu i noi ai, e ho'ouna mākou i leka iā 'oe.
 - Inā he pilikia kāu e pili ana i ka uhi 'ana i kahi lawelawe a i 'ole mea Medicare, e ha'i ka leka iā 'oe ua ho'ouna mākou i kāu hihia i ka hui ho'okele kū'oko'a no ka ho'opi'i Papa 2.
 - Inā he pilikia kāu e pili ana i ka uhi 'ana i kahi lawelawe a i 'ole mea Medicaid, e ha'i ka leka iā 'oe pehea e waiho ai i kahi ho'opi'i Papa 2 'oe iho.

Pauku 6.4 Ke ka'ina hana ho'opi'i Papa 2**'Ōlelo kânāwai:**

'O ka inoa kūhelu no ka hui ho'okele kū'oko'a **Hui Ho'oponopono Kū'oko'a**. I kekahi manawa kapa 'ia 'o ia ka **IRE**.

'O ka **hui ho'okele kū'oko'a he hui kū'oko'a i ho'olimalima 'ia e Medicare**. 'A'ole pili ia me mākou a 'a'ole ia he 'oihana aupuni. Kōkua kēia hui i ka ho'oholo inā pololei kā mākou ho'oholo a i 'ole inā pono e ho'ololi. Nānā 'o Medicare i kāna hana.

- Inā pili kāu pilikia e pili ana i kahi lawelawe a i 'ole kekahi mea ma'amaui **uhi 'ia e Medicare**, e ho'ouna 'akomi mākou i kāu hihia i ka Papa 2 o ke ka'ina ho'opi'i i ka wā e pau ai ka ho'opi'i 'ana o ka Papa 1.
- Inā pili kāu pilikia i kahi lawelawe a i 'ole ka mea ma'amaui **uhi 'ia e Medicaid**, hiki iā 'oe ke waiho i kahi ho'opi'i Papa 2 iā 'oe iho. E ha'i ka leka iā 'oe pehea e hana ai i kēia. Aia pū ka 'ike ma lalo nei.
- Inā pili kāu pilikia i kahi lawelawe a mea paha **uhi 'ia e Medicare a me Medicaid**, e loa'a iā 'oe kahi ho'opi'i Papa 2 me ka hui loiloi kū'oko'a. Hiki iā 'oe ke noi pū i kahi Ho'olohe Kuponu me ke aupuni.

Inā kūpono 'oe no ka ho'omau 'ana i nā pomaikai ke waiho 'oe i kāu ho'opi'i Papa 1, hiki ke ho'omau 'ia kāu pomaikai no ka lawelawe, mea, a i 'ole lā'au i ka ho'opi'i 'ana i ka Papa 2. E hele i ka 'ao'ao 161 no ka 'ike e pili ana i ka ho'omau 'ana i kāu mau pomaikai i ka wā o ka Hoopii Papa 1.

Mokuna 9 Inā he pilikia a ho'opi'i paha kāu (nā ho'oholo pili, ho'opi'i, ho'opi'i)

- Inā pili kāu pilikia i kahi lawelawe i uhi mau 'ia e Medicare wale nō, 'a'ole e ho'omau 'ia kāu mau pomaikai no ia lawelawe ma ke ka'ina hana ho'opi'i Papa 2 me ka hui loiloi kū'oko'a.
- Inā pili kāu pilikia i kahi lawelawe i uhi mau 'ia e Medicaid, e ho'omau 'ia kāu mau pomaikai no ia lawelawe inā ho'ouna 'oe i kahi ho'opi'i Papa 2 i loko o 10 mau lā alemanaka ma hope o ka loa'a 'ana o ka leka ho'oholo o kā mākou ho'olālā.

Inā he pilikia kāu e pili ana i kahi lawelawe a i 'ole mea a Medicare e uhi pinepine ai:

Kāmua 1: E nānā ka Hui Ho'oponopono Kū'oko'a i kāu ho'opi'i.

- E ho'ouna mākou i ka 'ike e pili ana i kāu ho'opi'i 'ana i kēia hui. Kapa 'ia kēia 'ike 'o kāu **hihia faila. Aia iā 'oe ke kuleana e noi mai iā mākou i kope manuahi o kāu faila hihia.**
- Loa'a iā 'oe ke kuleana e hā'awi i ka Hui Ho'oponopono Kū'oko'a i ka 'ike hou e kāko'o i kāu ho'opi'i.
- E nānā pono nā mea nānā i ka hui loiloi kū'oko'a i nā 'ike āpau e pili ana i kāu ho'opi'i.

Inā loa'a iā 'oe kahi ho'opi'i wikiwiki ma ka Papa 1, e loa'a iā 'oe kahi ho'opi'i wikiwiki ma ka Papa 2.

- No ka ho'opi'i wikiwiki, pono e Kū'oko'a Nānā Huihui i pane i kāu ho'opi'i Papa 2 i **loko o nā hola 72** i ka wā i loa'a ai kāu ho'opi'i.
- Inā 'o kāu noi no kahi mea a i 'ole lawelawe lapa'au a makemake ka Hui Ho'oponopono Kū'oko'a e hō'ili'ili i ka 'ike hou e pono ai iā 'oe, **hiki iā lākou ke lawe i 14 lā kalena hou a'e.** 'A'ole hiki i ka hui loiloi kū'oko'a ke lawe i ka manawa hou e ho'oholo ai inā 'o kāu noi no ka lā'au Māhele B.

Inā loa'a iā 'oe kahi ho'opi'i ma'amau ma ka Papa 1, e loa'a iā 'oe kahi ho'opi'i ma'amau ma ka Papa 2.

- No ka ho'opi'i ma'amau, inā he Kū'oko'a Nānā Huihui a lawelawe paha kāu noi, pono e hā'awi ka hui loiloi kū'oko'a i pane i kāu ho'opi'i Papa 2 i **loko o 30 mau lā alemanaka** mai ka wā i loa'a ai kāu ho'opi'i. Inā he lā'au lapa'au Māhele B kāu noi, pono e Kū'oko'a Nānā Huihui i pane i kāu ho'opi'i Papa 2 i **loko o 7 mau lā alemanaka** mai ka wā i loa'a ai kāu ho'opi'i.
- Inā 'o kāu noi no kahi mea a i 'ole lawelawe lapa'au a makemake ka Hui Ho'oponopono Kū'oko'a e hō'ili'ili i ka 'ike hou e pono ai iā 'oe, **hiki iā lākou ke lawe i 14 lā kalena hou a'e.** 'A'ole hiki i ka hui loiloi kū'oko'a ke lawe i ka manawa hou e ho'oholo ai inā 'o kāu noi no ka lā'au Māhele B.

Kāmua 2: Hā'awi ka hui loiloi kū'oko'a i kāna pane.

Na ka hui loiloi kū'oko'a e ha'i iā 'oe i kāna ho'oholo ma ke kākau 'ana a wehewehe i nā kumu o ia mea.

- **Inā 'ae ka Kū'oko'a Nānā Huihui i ka 'āpana a i 'ole nā mea āpau o kahi noi no kahi mea lapa'au a lawelawe paha,** pono mākou e 'ae i ka uhi mālama kino i **loko o 72 hola** a hā'awi i ka lawelawe i loko o 14 mau lā alemanaka ma hope o ka loa'a 'ana o ka ho'oholo mai ka hui loiloi kū'oko'a no **nā noi ma'amau.** No **noi wikiwiki,** loa'a iā mākou **72 hola** mai ka lā i loa'a ai iā mākou ka ho'oholo mai ka Kū'oko'a Nānā Huihui.

Mokuna 9 Inā he pilikia a ho'opi'i paha kāu (nā ho'oholo pili, ho'opi'i, ho'opi'i)

- **Inā 'ae ka Kū'oko'a Nānā Huihui i ka 'āpana a i 'ole ke noi āpau no kahi lā'au Māhele B,** pono mākou e 'ae a hā'awi i ka lā'au Māhele B i loko o **72 mau hola** ma hope o ka loa'a 'ana o ka ho'oholo mai ka hui loiloī kū'oko'a no **nā noi ma'amau**. No **noi wikiwiki** loa'a iā mākou **24 hola** mai ka lā i loa'a ai iā mākou ka ho'oholo mai ka Kū'oko'a Nānā Huihui
- **Inā 'ōlelo ka Kū'oko'a Nānā Huihui 'a'ole i kekahi hapa a i 'ole o kāu ho'opi'i a pau,** 'o ia ka mea e 'ae lākou me kā mākou ho'olālā 'a'ole pono e 'ae 'ia kāu noi (a i 'ole kekahi hapa o kāu noi) no ka uhi no ka mālama olakino. (Kapa 'ia kēia 'o **ka kākō'o 'ana i ka ho'oholo** a i 'ole **ka ho'opi'i 'ana i kāu noi**.) I kēia hihia, e ho'ouna ka hui loiloī kū'oko'a iā 'oe i kahi leka e:
 - Wehewehe i ka olelo hooholo.
 - E hō'ike iā 'oe e pili ana i kou kuleana i kahi ho'opi'i Papa 3 inā loa'a ka waiwai kālā o ka uhi mālama olakino i kahi ha'aha'a. E ha'i iā 'oe i ke kumu kū'ai kālā e pono ai 'oe e ho'omau i ke ka'ina ho'opi'i.
 - E ha'i iā 'oe pehea e waiho ai i kahi ho'opi'i Papa 3.
- Inā hō'ole 'ia kāu ho'opi'i Papa 2 a ho'okō 'oe i nā koi e ho'omau i ke ka'ina hana ho'opi'i, pono 'oe e ho'oholo inā makemake 'oe e hele i ka Papa 3 a hana i ke kolu o ka ho'opi'i. Aia nā kiko'i pehea e hana ai i kēia i loko o ka leka a 'oe e loa'a ai ma hope o kāu ho'opi'i Papa 2.
 - Hana 'ia ka ho'opi'i Papa 3 e ka Luna kânāwai ho'omalua a i 'ole loio hooholo. 'O ka **Pauku 10** ma kēia Mokuna e wehewehe i ke ka'ina hana no nā ho'opi'i Kilo 3, 4, a me 5.

Inā he pilikia kāu e pili ana i kahi lawelawe a i 'ole mea a Medicaid e uhi pinepine ai:**Kāmua 1: E noi i kahi hālāwai ho'olohe mana'o me ka moku'āina.**

- 'O ka pae 2 o ke ka'ina hana ho'opi'i no nā lawelawe i uhi mau 'ia e Medicaid he Ho'olohe Pono me ka moku'āina. Pono 'oe e noi i kahi hālāwai ho'olohe mana'o ma ke kākau 'ana a i 'ole ma ke kelepona i **loko o 120 mau lā alemanaka mai ka lā** i ho'ouna aku ai mākou i ka leka ho'oholo ma kāu Hoopii Papa 1. E ha'i ka leka a 'oe e loa'a mai iā mākou iā 'oe i kahi e waiho ai i kāu noi ho'olohe.

Kāmua 2: Hā'awi ke ke'ena ho'olohe pono iā 'oe i kāna pane.

Na ke ke'ena ho'olohe pono e ha'i iā 'oe i kāna ho'oholo ma ke kākau 'ana a wehewehe i nā kumu.

- **Inā 'ae ke ke'ena Ho'olohe Mana'o i ka 'āpana a i 'ole ke noi āpau no kahi mea lapa'au a lawelawe paha,** pono mākou e 'ae a hā'awi i ka lawelawe a i 'ole ka mea i loko o 72 mau hola ma hope o ka loa'a 'ana o ka ho'oholo mai ke ke'ena 'o Ho'olohe Pono.
- **Inā 'ōlelo 'ole ke ke'ena Ho'olohe Pono i kekahi hapa a i 'ole o kāu ho'opi'i āpau,** 'ae lākou i kā mākou ho'olālā 'a'ole pono e 'ae 'ia kāu noi (a i 'ole kekahi hapa o kāu noi) no ka uhi no ka mālama olakino. (Kapa 'ia kēia 'o **ka kākō'o 'ana i ka ho'oholo** a i 'ole **ka ho'opi'i 'ana i kāu noi**.)

Mokuna 9 Inā he pilikia a ho'opi'i paha kāu (nā ho'oholo pili, ho'opi'i, ho'opi'i)

Inā 'a'ole no ka mea a pau a i 'ole kekahi hapa o ka mea āu i noi ai, hiki iā 'oe ke ho'opi'i hou.

Inā 'o ka ho'oholo a ka Hui Ho'oponopono Kū'oko'a a i 'ole ke ke'ena Ho'olohe Kupono he 'a'ole no nā mea a pau a i 'ole kahi āpana o ka mea āu i noi ai, loa'a iā 'oe **nā kuleana ho'opi'i hou a'e**.

E wehewehe ka leka a 'oe e loa'a mai ke ke'ena Ho'olohe Kupono i kēia koho ho'opi'i hou a'e. E hele i **Pauku 10** no ka 'ike hou aku i kāu kuleana ho'opi'i ma hope o ka Papa 2.

Pauku 6.5 Inā 'oe e noi mai iā mākou e uku iā 'oe no kahi bila i loa'a iā 'oe no ka mālama olakino

Inā ua uku mua 'oe no kahi lawelawe Medicaid a i 'ole kekahi mea i uhi 'ia e kā mākou ho'olālā, e noi i kā mākou ho'olālā e uku iā 'oe (e uku hou iā 'oe). 'O kou kuleana ke uku 'ia e kā mākou ho'olālā i nā manawa a pau āu i uku ai no nā lawelawe lapa'au a i 'ole nā lā'au lapa'au i uhi 'ia e kā mākou ho'olālā. Ke ho'ouna mai 'oe iā mākou i kahi pila āu i uku mua ai, e nānā mākou i ka bila a ho'oholo inā pono e uhi 'ia nā lawelawe a i 'ole nā lā'au lapa'au. Inā ho'oholo mākou e uhi 'ia lākou, e uku mākou iā 'oe no nā lawelawe a i 'ole nā lā'au lapa'au.

'O ka noi 'ana no ka uku hou 'ana he noi no ka Ho'oholo 'ana no ka uhi kākī mai iā mākou.

Inā 'oe e ho'ouna mai iā mākou i ka pepa e noi ana e uku hou 'ia, ke noi nei 'oe i kahi Ho'oholo 'ana no ka uhi kākī. No ka hana 'ana i kēia ho'oholo, e nānā mākou e 'ike inā ua uhi 'ia ka mālama lapa'au āu i uku ai. E nānā pū mākou e 'ike inā ua hahai 'oe i nā lula no ka ho'ohana 'ana i kāu uhi no ka mālama olakino.

Inā makemake 'oe e ho'iho'i mākou iā 'oe no kahi lawelawe **Medicare** a i 'ole 'oe e noi ana iā mākou e uku i kahi mea mālama ola no kahi lawelawe Medicaid a i 'ole mea āu i uku ai, e noi iā mākou e Ho'oholo 'ana no ka uhi kākī. E nānā mākou e 'ike inā he lawelawe uhi 'ia ka mālama lapa'au āu i uku ai. E nānā pū mākou e 'ike inā ua hahai 'oe i nā lula āpau no ka ho'ohana 'ana i kāu uhi no ka mālama olakino.

- **Inā 'ae mākou i kāu noi:** Inā uhi 'ia ka mālama lapa'au a hahai 'oe i nā lula, e ho'ouna mākou iā 'oe i ka uku no ke kumukū'ai ma'amau i loko o 30 mau lā alemanaka, akā 'a'ole ma mua o 60 mau lā alemanaka ma hope o ka loa'a 'ana o kāu noi.
- **Inā hō'ole mākou i kāu noi:** Inā i ka mālama olakino, a i 'a'ole uhi 'ia 'a'ole hahai i nā lula āpau, 'a'ole mākou e ho'ouna i ka uku. Akā, e ho'ouna mākou iā 'oe i kahi leka e 'ōlelo ana 'a'ole mākou e uku no ka mālama olakino a me nā kumu.

Inā 'a'ole 'oe e 'ae i kā mākou ho'oholo e hō'ole iā 'oe, **hiki iā 'oe ke ho'opi'i**. Inā ho'opi'i 'oe, 'o ia ho'i ke noi nei 'oe iā mākou e ho'ololi i ka Ho'oholo 'ana no ka uhi kākī a mākou i hana ai i ka wā i hō'ole ai mākou i kāu noi no ka uku.

No ka hana 'ana i kēia ho'opi'i, e hahai i ke ka'ina hana no nā ho'opi'i ma ka Pauku 6.3. No nā ho'opi'i e pili ana i ka uku hou 'ana, e nānā:

- Pono mākou e hā'awi i kā mākou pane i loko o 30 mau lā alemanaka ma hope o ka loa'a 'ana o kāu ho'opi'i.

Mokuna 9 Inā he pilikia a ho'opi'i paha kāu (nā ho'oholo pili, ho'opi'i, ho'opi'i)

- Inā ho'oholo ka Hui Ho'oponopono Kū'oko'a e uku mākou, pono mākou e ho'ouna iā 'oe a i 'ole ka mea ho'olako i ka uku i loko o 30 lā kalena. Inā he 'ae ka pane i kāu ho'opi'i ma kēlā me kēia pae o ke ka'ina ho'opi'i ma hope o ka Papa 2, pono mākou e ho'ouna i ka uku āu i noi ai iā 'oe a i 'ole ka mea mālama ola i loko o 60 mau lā alemanaka.

PAUKU 7 Māhele D lā'au lapa'au: Pehea e noi ai i Ho'oholo 'ana no ka uhi kākī a ho'opi'i paha.**Pauku 7.1 Hō'ike kēia māhele iā 'oe i nā mea e hana ai inā loa'a iā 'oe nā pilikia e ki'i i kahi lā'au Māhele D a i 'ole inā makemake 'oe iā mākou e uku hou iā 'oe no kahi lā'au Māhele D**

Pili kāu pomaikai i ka uhi 'ana no nā lā'au kauka he nui. I mea e uhi 'ia ai, pono e ho'ohana 'ia ka lā'au no kahi hō'ailona lapa'au 'ae 'ia. (E hele i ka Mokuna 5 no ka 'ike hou aku e pili ana i kahi hō'ailona lapa'au 'ae 'ia.) No nā kiko'i e pili ana i nā lā'au lapa'au Māhele D, nā lula, nā kapu, a me nā koina e hele i ka Mokuna 5 a me 6. **Pili kēia māhele i kāu mau lā'au Māhele D wale nō.** I mea e ma'alahi ai nā mea, ma ka 'ao'ao 'ē a'e o kēia māhele, 'ōlelo ma'amau mākou i ka *lā'au* ma kahi o *ka ho'opili hou 'ana i ka lā'au kauka i uhi 'ia a i 'ole ka Māhele D* Laau Laau i kēlā me kēia manawa. Ho'ohana pū mākou i ka hua'ōlelo Laau laau Papa inoa ma kahi o *Papa inoa o na Laau Laau i uhiia* a i 'ole Palapala ho'opuka.

- Inā 'a'ole 'oe 'ike inā ua uhi 'ia kahi lā'au lapa'au a i 'ole 'oe e ho'okō i nā lula, hiki iā 'oe ke nīnau mai iā mākou. Pono kekahi mau lā'au e loa'a iā 'oe ka 'ae mai iā mākou ma mua o kā mākou uhi 'ana.
- Inā ha'i aku kāu lā'au lapa'au 'a'ole hiki ke ho'opiha 'ia kāu lā'au lapa'au e like me ka mea i kākau 'ia, e hā'awi ka lā'au lapa'au iā 'oe i kahi leka i kākau 'ia e wehewehe ana pehea e ho'opili ai iā mākou e noi ai i kahi Ho'oholo 'ana no ka uhi kākī.

Nā ho'oholo uhi Māhele D a me nā ho'opi'i**'Ōlelo kōnāwai:**

Ua kapa 'ia kahi Ho'oholo 'ana no ka uhi kākī mua e pili ana i kāu mau lā'au Māhele D he **ho'oholo ho'opili**.

'O ka Ho'oholo 'ana no ka uhi kākī he ho'oholo mākou e pili ana i kāu mau pomaikai a me kāu uhi a i 'ole ka nui a mākou e uku ai no kāu mau lā'au lapa'au. Hō'ike kēia 'āpana i kāu mea e hana ai inā 'oe i kekahi o kēia mau kūlana:

- Ke noi nei e uhi i kahi lā'au Māhele D 'a'ole ma ka Laau laau Papa inoa o kā mākou ho'olālā. **E noi i kahi 'oko'a. Pauku 7.2.**

Mokuna 9 Inā he pilikia a ho'opi'i paha kāu (nā ho'oholo pili, ho'opi'i, ho'opi'i)

- Ke noi 'ana e ho'oku'u i ka palena o ka uhi 'ana o kā mākou ho'olālā no kahi lā'au lapa'au (e like me nā palena o ka nui o ka lā'au hiki iā 'oe ke loa'a, nā koina mua mana 'ae, a i 'ole ke koi e ho'ā'o mua i kekahi lā'au lapa'au). **E noi i kahi 'oko'a. Pauku 7.2.**
- Ke noi nei e ki'i i ka 'ae mua no kahi lā'au. **E noi i kahi Ho'oholo 'ana no ka uhi kāki. Pauku 7.4.**
- E uku no kahi lā'au kauka āu i kū'ai mua ai. **E noi iā mākou e uku hou iā 'oe. Pauku 7.4.**

Inā 'ae 'ole 'oe i kahi Ho'oholo 'ana no ka uhi kāki a mākou i hana ai, hiki iā 'oe ke ho'opi'i i kā mākou ho'oholo.

Hō'ike kēia 'āpana iā 'oe pehea e noi ai i nā ho'oholo ho'opi'i a pehea e noi ai i kahi ho'opi'i.

Paukū 7.2 Noi 'ana i kahi 'oko'a**Nā 'ōlelo kānāwai:**

'O ke noi 'ana no ka uhi 'ana i kahi lā'au 'a'ole ma ka Laau laau Papa inoa he **palapala palapala 'oko'a**.

'O ke noi 'ana no ka wehe 'ana i ka palena o ka uhi 'ana no kahi lā'au lapa'au he **palapala palapala 'oko'a**.

'O ka noi 'ana e uku i ke kumu kū'ai ha'aha'a no kahi lā'au i uhi 'ole 'ia he **'oko'a Papa Kumukū'ai**.

Inā 'a'ole uhi 'ia ka lā'au lapa'au ma ke 'ano āu e makemake ai e uhi 'ia, hiki iā 'oe ke noi iā mākou e hana i **'oko'a**. 'O ka 'oko'a he 'ano Ho'oholo 'ana no ka uhi kāki.

I mea e no'ono'o ai mākou i kāu noi 'oko'a, e pono kāu kauka a i 'ole kekahi mea kuhikuhi 'ē a'e e wehewehe i nā kumu lapa'au ke kumu āu e pono ai e 'ae 'ia ka 'oko'a. Eia nā la'ana 2 o nā 'oko'a e hiki iā 'oe a i kāu kauka a i 'ole ke mea kuhikuhi 'ē a'e ke noi mai iā mākou e hana:

1. **Ka uhi 'ana i kahi lā'au Māhele D 'a'ole ma kā mākou Laau laau Papa inoa.** 'A'ole hiki iā 'oe ke noi no kahi 'oko'a i ka nui koina-ka'ana like a mākou e koi ai iā 'oe e uku no ka lā'au lapa'au.
2. **Ke ho'one'e nei i kahi palena no kahi lā'au i uhi 'ia.** Hō'ike ka Mokuna 5 i nā lula hou a i 'ole nā kapu e pili ana i kekahi mau lā'au lapa'au ma kā mākou Laau laau Papa inoa. Inā 'ae mākou e hana i kahi 'oko'a a ho'oku'u i kahi palena no 'oe, hiki iā 'oe ke noi i kahi 'oko'a i ke kālā uku hui a i 'ole hō'ia like nui a mākou e koi ai iā 'oe e uku no ka lā'au.

Pauku 7.3 Nā mea nui e 'ike ai e pili ana i ke noi 'ana no nā 'oko'a**Pono e ha'i mai kāu kauka iā mākou i nā kumu lapa'au**

Pono kāu kauka a i 'ole mea kuhikuhi 'ē a'e e hā'awi mai iā mākou i kahi 'ōlelo e wehewehe ana i nā kumu olakino āu e noi nei i kahi 'oko'a. No kahi ho'oholo wikiwiki, e ho'okomo i kēia 'ike lapa'au mai kāu kauka a i 'ole kekahi mea kuhikuhi 'ē a'e ke noi 'oe no ka 'oko'a.

Mokuna 9 Inā he pilikia a ho'opi'i paha kāu (nā ho'oholo pili, ho'opi'i, ho'opi'i)

Ho'okomo pinepine 'ia kā mākou Laau laau Papa inoa ma mua o ho'okahi lā'au no ka mālama 'ana i kekahi ma'i. Ho'okahi mau mea hiki ke koho 'ia i kapa 'ia nā **lā'au koho** 'ē a'e. Inā 'oi aku ka maika'i o ka lā'au lapa'au 'ē a'e e like me ka lā'au āu e noi nei a 'a'ole e ho'onui i nā hopena 'ao'ao a i 'ole nā pilikia olakino 'ē a'e, 'a'ole mākou e 'ae i kāu noi no kahi 'oko'a.

Hiki iā mākou ke 'ae a i 'ole i kāu noi

- Inā 'ae mākou i kāu noi no kahi 'oko'a, 'ae 'ia kā mākou 'ae a hiki i ka hopena o kā mākou makahiki ho'olālā. He 'oia'i'o kēia inā ho'omau kāu kauka e kauka aku i ka lā'au no 'oe a ho'omau ia lā'au i ka palekana a me ka pono no ka mālama 'ana i kou kūlana.
- Inā 'ōlelo mākou 'a'ole i kāu noi, hiki iā 'oe ke noi i kahi nānā hou ma ka hana 'ana i kahi ho'opi'i.

Pauku 7.4 Pehea e noi ai i kahi Ho'oholo 'ana no ka uhi kāki, me kahi 'oko'a

'Ōlelo kōnāwai:

'O kahi ho'oholo wikiwiki i kapa 'ia **he ho'oholo ho'opili ho'omaika'i**.

Kāmua 1: E ho'oholo inā makemake 'oe i kahi Ho'oholo 'ana no ka uhi kāki ma'amau a i 'ole kahi ho'oholo wikiwiki.

Ho'okō 'ia nā ho'oholo uhi ma'amau i loko o **72 hola** ma hope o ka loa'a 'ana o ka 'ōlelo a kāu kauka. Hana 'ia **nā ho'oholo uhi wikiwiki ma nā lā 24** ma hope o ka loa'a 'ana o kā mākou leka 'ōlelo a kāu kauka.

Inā koi kou olakino, e noi iā mākou e hā'awi iā 'oe i kahi ho'oholo wikiwiki. No ka loa'a 'ana o kahi ho'oholo wikiwiki, pono 'oe e ho'okō i nā koi 2:

- Pono 'oe e noi ana i kahi lā'au *'a'ole 'oe i loa' hou*. ('A'ole hiki iā 'oe ke noi no ka ho'oholo wikiwiki e uku 'ia no kahi lā'au lapa'au āu i kū'ai ai.)
- O ka ho'ohana 'ana i nā lā palena ma'amau e hiki ai *hō'eha i kou olakino a hō'eha paha i kou hiki ke hana*.
- **Inā ha'i mai kāu kauka a mea kuhikuhi 'ē a'e iā mākou e koi ana kou olakino i ka ho'oholo wikiwiki, e hā'awi 'akomi mākou iā 'oe i kahi ho'oholo wikiwiki.**
- **Inā noi 'oe i ho'oholo wikiwiki iā 'oe iho, me ke kākō'o 'ole o kāu mea kuhikuhi a i 'ole ke kākō'o 'ana o kāu kauka, e ho'oholo mākou inā makemake kou olakino e hā'awi mākou iā 'oe i kahi ho'oholo wikiwiki.** Inā 'a'ole mākou e 'ae i kahi ho'oholo wikiwiki, e ho'ouna mākou iā 'oe i kahi leka e:
 - E wehewehe e ho'ohana mākou i nā lā palena ma'amau.
 - E wehewehe inā noi kāu kauka a mea kuhikuhi 'ē a'e i ka ho'oholo wikiwiki, e hā'awi 'akomi mākou iā 'oe i kahi ho'oholo wikiwiki.

Mokuna 9 Inā he pilikia a ho'opi'i paha kāu (nā ho'oholo pili, ho'opi'i, ho'opi'i)

- Hō'ike iā 'oe pehea e hiki ai iā 'oe ke waiho i kahi ho'opi'i wikiwiki e pili ana i kā mākou ho'oholo e hā'awi iā 'oe i kahi Ho'oholo 'ana no ka uhi kāki ma'amau ma kahi o ka ho'oholo wikiwiki āu i noi ai. E pane mākou i kāu ho'opi'i i loko o 24 mau hola ma hope o ka loa'a 'ana.

Kāmua 2: E noi i kahi Ho'oholo 'ana no ka uhi kāki ma'amau a i 'ole kahi ho'oholo wikiwiki.

E ho'omaka ma ke kelepona 'ana, ke kākau 'ana, a i 'ole ka leka uila i kā mākou ho'olālā e noi iā mākou e 'ae a hā'awi i ka uhi no ka mālama olakino āu e makemake ai. Hiki iā 'oe ke komo pū i ke ka'ina Ho'oholo 'ana no ka uhi kāki ma o kā mākou pūnaewele. Pono mākou e 'ae i kekahi noi i kākau 'ia, me kahi noi i waiho 'ia ma ka *Noi ho'oholo ho'oholo ho'opili CMS* pepa, i loa'a ma kā mākou pūnaewele go.wellcare.com/coveredetermination. Loa'a nā 'ike ho'opili ma ka Mokuna 2. No ke kōkua 'ana iā mākou e ho'oponopono i kāu noi, e ho'okomo i kou inoa, ka 'ike pili, a me ka 'ike e hō'ike ana i ka mea i hō'ole 'ia ke koi 'ia nei.

Hiki iā 'oe, kāu kauka, (a i 'ole kekahi mea kuhikuhi 'ē a'e) a i 'ole kāu mea i koho ai e hana i kēia. Hiki iā 'oe ke loa'a kahi loio e hana no kou 'ao'ao. Hō'ike ka pauku 4 o kēia mokuna pehea e hiki ai iā 'oe ke hā'awi i ka 'ae palapala i kekahi e hana ma ke 'ano he 'elele nou.

- **Inā e noi ana 'oe i kahi 'oko'a, e hā'awi i ka 'ōlelo kāko'o,** o ia ke kumu lapa'au no ka 'oko'a. Hiki i kāu kauka a i 'ole mea kuhikuhi 'ē a'e ke fax a i 'ole ho'ouna i ka 'ōlelo iā mākou. A i 'ole hiki i kāu kauka a i 'ole mea kuhikuhi ke ha'i iā mākou ma ke kelepona a hahai i ka fax 'ana a i 'ole ka ho'ouna 'ana i kahi 'ōlelo kākau inā pono.

Kāmua 3: Ho'omaka mākou i kāu noi a hā'awi iā 'oe i kā mākou pane.

Nā palena manawa no ka ho'oholo wikiwiki

- Pono mākou e hā'awi ma'amau iā 'oe i kā mākou pane i loko o 24 hola ma hope o ka loa'a 'ana o kāu noi.
 - No nā 'oko'a, e hā'awi mākou i kā mākou pane i loko o 24 mau hola ma hope o ka loa'a 'ana o ka 'ōlelo kāko'o a kāu kauka. E hā'awi koke mākou iā 'oe i kā mākou pane inā makemake kou olakino iā mākou.
 - Inā 'a'ole mākou e ho'okō i kēia lā palena, pono mākou e ho'ouna i kāu noi ma ka Papa 2 o ke ka'ina hana ho'opi'i, kahi e nānā 'ia ai e kahi hui loiloi kū'oko'a.
- **Inā loa'a kā mākou pane he 'ae i kahi 'āpana a i 'ole nā mea āu i noi ai,** pono mākou e hā'awi i ka uhi ā mākou i 'ae ai e hā'awi i loko o 24 hola ma hope o ka loa'a 'ana o kāu noi a i 'ole ka 'ōlelo kāko'o a kāu kauka i kāko'o i kāu noi.
- **Inā 'ōlelo mākou 'a'ole i kahi 'āpana a i 'ole nā mea āu i noi ai,** e ho'ouna mākou iā 'oe i kahi 'ōlelo kākau e wehewehe ana i ke kumu ā mākou i 'ōlelo ai 'a'ole. E ha'i pū mākou iā 'oe pehea e hiki ai iā 'oe ke ho'opi'i.

Nā lā palena no ka Ho'oholo 'ana no ka uhi kāki ma'amau e pili ana i kahi lā'au i loa'a 'ole iā 'oe

- Pono mākou e hā'awi i kā mākou pane i loko o 72 hola ma hope o ka loa'a 'ana o kāu noi.

Mokuna 9 Inā he pilikia a ho'opii paha kāu (nā ho'oholo pili, ho'opii, ho'opii)

- No nā 'oko'a, hā'awi mākou i kā mākou pane i loko o 72 mau hola ma hope o ka loa'a 'ana o ka 'ōlelo kākō'o a kāu kauka. E hā'awi koke mākou iā 'oe i kā mākou pane inā makemake kou olakino iā mākou.
- Inā 'a'ole mākou e ho'okō i kēia lā palena, pono mākou e ho'ouna i kāu noi i ka Papa 2 o ke ka'ina hana ho'opii, kahi e nānā 'ia ai e kahi hui loiloi kū'oko'a.
- **Inā 'ae kā mākou pane i kekahi hapa a i 'ole nā mea a pau āu i noi ai,** pono mākou **hā'awi i ka uhi** ua 'ae mākou iā **i loko o 72 hola** ma hope o ka loa'a 'ana o kāu noi a i 'ole ka 'ōlelo a ke kauka e kākō'o ana i kāu noi.
- **Inā 'ōlelo mākou 'a'ole i kahi 'āpana a i 'ole nā mea āu i noi ai,** e ho'ouna mākou iā 'oe i kahi 'ōlelo kākau e wehewehe ana i ke kumu ā mākou i 'ōlelo ai 'a'ole. E ha'i pū mākou iā 'oe pehea e hiki ai iā 'oe ke ho'opii.

Nā palena manawa no kahi Ho'oholo 'ana no ka uhi kākī ma'amaui e pili ana i ka uku 'ana no kahi lā'au āu i kū'ai mua ai

- Pono mākou e hā'awi i kā mākou pane **i loko o 14 mau lā alemanaka** ma hope o ka loa'a 'ana o kāu noi.

Inā 'a'ole mākou e ho'okō i kēia lā palena, pono mākou e ho'ouna i kāu noi i ka Papa 2 o ke ka'ina hana ho'opii, kahi e nānā 'ia ai e kahi hui loiloi kū'oko'a.

- **Inā 'ae kā mākou pane i kekahi hapa a i 'ole nā mea a pau āu i noi ai,** pono mākou e uku iā 'oe i loko o 14 mau lā kalena ma hope o ka loa'a 'ana o kāu noi.
- **Inā 'ōlelo mākou 'a'ole i kahi 'āpana a i 'ole nā mea āu i noi ai,** e ho'ouna mākou iā 'oe i kahi 'ōlelo kākau e wehewehe ana i ke kumu ā mākou i 'ōlelo ai 'a'ole. E ha'i pū mākou iā 'oe pehea e hiki ai iā 'oe ke ho'opii.

Kāmua 4: Inā 'ōlelo mākou 'a'ole i kāu noi uhi, hiki iā 'oe ke ho'opii.

- Inā 'a'ole mākou e 'ae, loa'a iā 'oe ke kuleana e noi iā mākou e no'ono'o hou i kēia ho'oholo ma ka hana 'ana i ka ho'opii. 'O kēia ke 'ano o ka noi hou 'ana e loa'a i ka uhi lā'au āu e makemake ai. Inā ho'opii 'oe, 'o ia ka mea e hele ana 'oe i ka Papa 1 o ke ka'ina hana ho'opii.

Pauku 7.5 Pehea e hana ai i ka ho'opii pae 1**Nā 'ōlelo kōnāwai:**

O ka ho'opii 'ana i ka ho'olālā e pili ana i kahi Ho'oholo 'ana no ka uhi kākī Māhele D Laau Laau i kapa 'ia he **ho'oholo hou 'ana i ka ho'olālā**.

Ho'opii wikiwiki i kapa 'ia kekahi he **ho'oholo hou wikiwiki**.

Mokuna 9 Inā he pilikia a ho'opi'i paha kāu (nā ho'oholo pili, ho'opi'i, ho'opi'i)**Kāmua 1: E ho'oholo inā makemake 'oe i kahi ho'opi'i ma'amau a i 'ole kahi ho'opi'i wikiwiki.**

Ho'okō ma'amau 'ia kahi ho'opi'i ma'amau i loko o 7 lā kalena. Ho'opi'i wikiwiki i ho'okō 'ia i loko o 72 hola. Inā koi kou olakino, e noi i kahi ho'opi'i wikiwiki.

- Inā 'oe e ho'opi'i nei i kahi ho'oholo a mākou i hana ai e pili ana i kahi lā'au i loa'a 'ole iā 'oe, pono 'oe a me kāu mea kuhikuhi a i 'ole kauka 'ē a'e e ho'oholo inā makemake 'oe i kahi ho'opi'i wikiwiki.
- Ua like nā koi no ka loa'a 'ana o ka ho'opi'i wikiwiki me nā koi no ka loa'a 'ana o ka ho'oholo wikiwiki ma ka Pauku 7.4.

Kāmua 2: Pono 'oe, kāu mea koho, kauka a i 'ole kekahi mea kuhikuhi 'ē a'e e launa pū me mākou a hana i kāu ho'opi'i Papa 1. Inā koi kou olakino i kahi pane wikiwiki, pono 'oe e noi i kahi ho'opi'i wikiwiki.

- **No nā ho'opi'i ma'amau, e ho'ouna mai i palapala noi** a i 'ole e kelepona iā mākou. Loa'a nā 'ike ho'opili ma ka Mokuna 2.
- **No nā ho'opi'i wikiwiki, e ho'ouna i kāu ho'opi'i ma ke kākau 'ana a i 'ole e kelepona mai iā mākou ma 1-888-846-4262 (TTY: 711).** Loa'a nā 'ike ho'opili ma ka Mokuna 2.
- **Pono mākou e 'ae i kekahi noi palapala,** me ke noi i waihoia ma ka Pepa Noi ho'oholo hou CMSModel, i loa'a ma kā mākou pūnaewe go.wellcare.com/redetermination. E ho'okomo i kou inoa, ka 'ike pili, a me ka 'ike e pili ana i kāu koi e kōkua iā mākou e ho'oponopono i kāu noi.
- **Hiki iā 'oe ke ho'ouna i kāu ho'opi'i ma ka uila ma o kā mākou pūnaewe ma** go.wellcare.com/OhanaHI.
- **Pono 'oe e hana i kāu noi ho'opi'i i loko o 65 lā kalena mai ka lā ma ka leka i ho'ouna mākou e** ha'i iā 'oe i kā mākou pane i ka Ho'oholo 'ana no ka uhi kāki. Inā hō'ole 'oe i kēia palena manawa a he kumu kūpono kāu no ka hō'ole 'ana, e wehewehe i ke kumu o kou lohi i ka ho'opi'i 'ana. Hiki iā mākou ke hā'awi iā 'oe i ka manawa hou e hana i kāu ho'opi'i. Hiki i nā la'ana o ke kumu maika'i ke komo i kahi ma'i ko'iko'i i kāohi iā 'oe mai ka ho'oka'a'ike 'ana mai iā mākou a i 'ole inā hā'awi mākou iā 'oe i ka 'ike pololei 'ole a i 'ole piha 'ole e pili ana i ka lā palena no ka noi 'ana i kahi ho'opi'i.
- **Hiki iā 'oe ke noi no kahi kope o ka 'ike i kāu ho'opi'i a ho'ohui hou aku i ka 'ike.** Hiki iā 'oe a me kāu kauka ke ho'ohui hou i ka 'ike e kōkua i kāu ho'opi'i.

Kāmua 3: No'ono'o mākou i kāu ho'opi'i a hā'awi iā 'oe i kā mākou pane.

- Ke nānā mākou i kāu ho'opi'i, e nānā hou mākou i nā 'ike āpau e pili ana i kāu noi uhi. Nānā mākou e 'ike inā mākou e hahai ana i nā lula āpau ke 'ōlelo mākou i ka 'ōlelo 'ole i kāu noi.
- Hiki iā mākou ke launa pū me 'oe a i 'ole kāu kauka a i 'ole kekahi mea kuhikuhi 'ē a'e e ki'i hou aku i ka 'ike.

Mokuna 9 Inā he pilikia a ho'opi'i paha kāu (nā ho'oholo pili, ho'opi'i, ho'opi'i)***Nā palena manawa no ka ho'opi'i wikiwiki***

- No nā ho'opi'i wikiwiki, pono mākou e hā'awi i kā mākou pane **i loko o 72 mau hola ma hope o ka loa'a 'ana o kāu ho'opi'i**. E hā'awi koke mākou iā 'oe i kā mākou pane inā makemake kou olakino iā mākou.
 - Inā 'a'ole mākou e hā'awi i pane iā 'oe i loko o 72 mau hola, pono mākou e ho'ouna i kāu noi i ka Papa 2 o ke ka'ina hana ho'opi'i, kahi e nānā 'ia ai e kahi hui loiloi kū'oko'a. **Pauku 7.6** wehewehe i ke ka'ina hana ho'opi'i Papa 2.
- **Inā 'ae kā mākou pane i kekahi hapa a i 'ole nā mea a pau āu i noi ai**, pono mākou e hā'awi i ka uhi a mākou i 'ae ai i loko o 72 mau hola ma hope o ka loa'a 'ana o kāu ho'opi'i.
- **Inā 'a'ole kā mākou pane no ka 'āpana a i 'ole nā mea a pau āu i noi ai**, e ho'ouna mākou iā 'oe i kahi 'ōlelo kākau e wehewehe ana i ke kumu o kā mākou 'ōlelo 'ole a pehea 'oe e ho'opi'i ai i kā mākou ho'oholo.

Nā lā palena no ka ho'opi'i ma'amau no kahi lā'au i loa'a 'ole iā 'oe

- No nā ho'opi'i ma'amau, pono mākou e hā'awi iā 'oe i kā mākou pane **i loko o 7 lā kalena** ma hope o ka loa'a 'ana o kāu ho'opi'i. E hā'awi koke aku mākou iā 'oe i kā mākou ho'oholo inā 'a'ole 'oe i loa'a i ka lā'au i kēia manawa a koi mai kou kūlana olakino iā mākou e hana pēlā.
 - Inā 'a'ole mākou e ho'oholo iā 'oe i loko o 7 mau lā alemanaka, pono mākou e ho'ouna i kāu noi ma ka Papa 2 o ke ka'ina ho'opi'i, kahi e nānā 'ia ai e kahi hui loiloi kū'oko'a. **Pauku 7.6** wehewehe i ke ka'ina hana ho'opi'i Papa 2.
- **Inā loa'a kā mākou pane he 'ae i kahi 'āpana a i 'ole nā mea āu i noi ai, pono mākou e hā'awi i ka uhi e like me kou olakino**, akā 'a'ole ma mua o **7 lā kalena** ma hope o ka loa'a 'ana o kāu ho'opi'i.
- **Inā 'a'ole kā mākou pane no ka 'āpana a i 'ole nā mea a pau āu i noi ai**, e ho'ouna mākou iā 'oe i kahi 'ōlelo kākau e wehewehe ana i ke kumu o kā mākou 'ōlelo 'ole a pehea 'oe e ho'opi'i ai i kā mākou ho'oholo.

Nā lā palena no ka ho'opi'i ma'amau e pili ana i ka uku no ka lā'au lapa'au āu i kū'ai mua ai

- Pono mākou e hā'awi i kā mākou pane **i loko o 14 mau lā alemanaka** ma hope o ka loa'a 'ana o kāu noi.
 - Inā 'a'ole mākou e ho'okō i kēia lā palena, pono mākou e ho'ouna i kāu noi ma ka Papa 2 o ke ka'ina hana ho'opi'i, kahi e nānā 'ia ai e kahi hui loiloi kū'oko'a.
- **Inā 'ae kā mākou pane i kekahi hapa a i 'ole nā mea a pau āu i noi ai**, pono mākou e uku iā 'oe i loko o 30 mau lā kalena ma hope o ka loa'a 'ana o kāu noi.
- **Inā 'ōlelo mākou 'a'ole i kahi 'āpana a i 'ole nā mea āu i noi ai**, e ho'ouna mākou iā 'oe i kahi 'ōlelo kākau e wehewehe ana i ke kumu ā mākou i 'ōlelo ai 'a'ole. E ha'i pū mākou iā 'oe pehea e hiki ai iā 'oe ke ho'opi'i.

Mokuna 9 Inā he pilikia a ho'opi'i paha kāu (nā ho'oholo pili, ho'opi'i, ho'opi'i)**Kāmua 4: Inā 'ōlelo mākou 'a'ole i kāu ho'opi'i, ho'oholo 'oe inā makemake 'oe e ho'omau i ke ka'ina ho'opi'i a hana hou i kahi ho'opi'i 'ē a'e.**

- Inā ho'oholo 'oe e hana i kahi ho'opi'i 'ē a'e, 'o ia ho'i e hele ana kāu ho'opi'i i ka Papa 2 o ke ka'ina ho'opi'i.

Pauku 7.6 Pehea e hana ai i ka ho'opi'i Papa 2**'Ōlelo kânāwai:**

'O ka inoa kūhelu no ka hui ho'okele kū'oko'a **Hui Ho'oponopono Kū'oko'a**. I kekahi manawa kapa 'ia 'o ia ka **IRE**.

'O ka **hui ho'okele kū'oko'a he hui kū'oko'a i ho'olimalima 'ia e Medicare**. 'A'ole pili ia me mākou a 'a'ole ia he 'oihana aupuni. Kōkua kēia hui i ka ho'oholo inā pololei kā mākou ho'oholo a i 'ole inā pono e ho'ololi. Nānā 'o Medicare i kāna hana.

Kāmua 1: Pono 'oe (a i 'ole kāu mea koho a i 'ole kāu kauka a i 'ole kekahi mea kuhikuhi 'ē a'e) e launa pū me ka Hui Ho'oponopono Kū'oko'a a noi i kahi nānā hou i kāu hihia.

- Inā hō'ole mākou i kāu Hoopii Papa 1, 'o ka leka ho'olaha a mākou e ho'ouna aku ai iā 'oe e ho'okomo i **nā 'ōlelo a'oa'o pehea e hana ai i kahi ho'opi'i Papa 2** me ka Kū'oko'a Nānā Huihui. E hō'ike ana kēia mau 'ōlelo i ka mea hiki ke ho'opi'i i kēia Papa 2, he aha nā lā palena āu e hahai ai, a pehea e hiki ai i ka hui loiloi kū'oko'a.
- **Pono 'oe e hana i kāu noi ho'opi'i i loko o 65 mau lā alemanaka** mai ka lā ma ka leka ho'omaopopo.
- Inā 'a'ole mākou i ho'opau i kā mākou loiloi i loko o ka manawa kūpono a i 'ole e hana i kahi ho'oholo maika'i 'ole e pili ana i kahi **i ka pilikia ho'oholo** ma lalo o kā mākou Papahana ho'okele lā'au, e ho'ouna koke mākou i kāu noi i ka IRE.
- E ho'ouna mākou i ka 'ike e pili ana i kāu ho'opi'i 'ana i kēia hui. Kapa 'ia kēia 'ike 'o kāu **hihia faila. Loa'a iā 'oe ke kuleana e noi iā mākou no kahi kope o kāu hihia faila.**
- Loa'a iā 'oe ke kuleana e hā'awi i ka Hui Ho'oponopono Kū'oko'a i ka 'ike hou e kāko'o i kāu ho'opi'i.

Kāmua 2: Nānā ka Hui Ho'oponopono Kū'oko'a i kāu ho'opi'i.

E nānā pono nā mea nānā i ka hui loiloi kū'oko'a i nā 'ike āpau e pili ana i kāu ho'opi'i.

Nā palena manawa no ka ho'opi'i wikiwiki

- Inā koi kou olakino, e noi i ka Hui Ho'oponopono Kū'oko'a no kahi ho'opi'i wikiwiki.
- Inā 'ae ka hui loiloi kū'oko'a e ho'opi'i wikiwiki iā 'oe, pono e hā'awi ka hui loiloi kū'oko'a i pane i kāu ho'opi'i Papa 2 **i loko o 72 hola** ma hope o ka loa'a 'ana o kāu noi ho'opi'i.

Mokuna 9 Inā he pilikia a ho'opi'i paha kāu (nā ho'oholo pili, ho'opi'i, ho'opi'i)***Nā palena manawa no ka ho'opi'i ma'amau***

- No nā ho'opi'i ma'amau, pono ka hui nānā e hā'awi iā 'oe i kahi pane i kāu ho'opi'i Papa 2 **i loko o 7 lā kalena ma** hope o ka loa'a 'ana o kāu ho'opi'i inā no kahi lā'au āu i loa'a 'ole. Inā 'oe e noi mai iā mākou e uku iā 'oe no kahi lā'au āu i kū'ai ai, pono e hā'awi ka hui loiloi kū'oko'a i pane i kāu ho'opi'i Papa 2 **i loko o 14 mau lā alemanaka** ma hope o ka loa'a 'ana o kāu noi.

Kāmua 3: Hā'awi ka hui loiloi kū'oko'a iā 'oe i kāna pane.***No nā ho'opi'i wikiwiki:***

- Inā 'ae ka hui loiloi kū'oko'a i ka 'āpana a i 'ole nā mea āpau āu i noi ai**, pono mākou e hā'awi i ka uhi lā'au i 'ae 'ia e ka hui loiloi kū'oko'a **i loko o 24 hola** ma hope o ka loa'a 'ana o ka ho'oholo mai ka hui loiloi kū'oko'a.

No nā ho'opi'i ma'amau:

- Inā 'ōlelo ka Hui Ho'oponopono Kū'oko'a he 'ae i kahi 'āpana a i 'ole kāu noi e pili ana i ka uhi, pono mākou** e hā'awi i ka uhi lā'au i 'ae 'ia e ka hui nānā i loko o 72 hola ma hope o ka loa'a 'ana o ka ho'oholo mai ka hui nānā.
- Inā 'ōlelo ka Hui Ho'oponopono Kū'oko'a he 'ae i kahi 'āpana a i 'ole kāu noi e uku hou iā 'oe no kahi lā'au āu i kū'ai mua ai, koi 'ia mākou e** ho'ouna i ka uku iā 'oe i loko o 30 lā kalena ma hope o ka loa'a 'ana o ka ho'oholo mai ka hui nānā.

Pehea inā 'ōlelo ka hui loiloi kū'oko'a 'a'ole i kāu ho'opi'i?

Inā 'ōlelo ka hui kū'oko'a 'a'ole i ka 'āpana a i 'ole o kāu ho'opi'i āpau, 'o ia ka mea e 'ae lākou i kā mākou ho'oholo 'a'ole e 'ae i kāu noi (a i 'ole kekahi hapa o kāu noi). (Kapa 'ia kēia 'o **ka kāko'o 'ana i ka ho'oholo** a i 'ole **ka ho'opi'i 'ana i kāu noi**.) I kēia hihia, e ho'ouna ka hui loiloi kū'oko'a iā 'oe i kahi leka e:

- Wehewehe i ka olelo hooholo.
- E hō'ike iā 'oe e pili ana i kou kuleana i kahi ho'opi'i Papa 3 inā loa'a ka waiwai kālā o ka uhi lā'au āu e noi nei no kahi ha'aha'a. Inā ha'aha'a loa ke kumukū'ai kālā o ka uhi lā'au āu e noi nei, 'a'ole hiki iā 'oe ke ho'opi'i hou a'e ka ho'oholo ma ka Papa 2.
- Hō'ike iā 'oe i ka waiwai kālā e ho'opa'apa'a 'ia e ho'omau i ke ka'ina hana ho'opi'i.

Kāmua 4: Inā ho'okō kāu hihia i nā koi, koho 'oe inā makemake 'oe e ho'omau i kāu ho'opi'i.

- Aia he 3 mau pae hou i ke ka'ina ho'opi'i ma hope o ka Papa 2 (no ka huina o 5 mau pae ho'opi'i).
- Inā makemake 'oe e ho'omau i kahi ho'opi'i Papa 3, aia nā kiko'i ma ka leka kākau āu e loa'a ai ma hope o ka ho'oholo ho'opi'i Papa 2.

Mokuna 9 Inā he pilikia a ho'opi'i paha kāu (nā ho'oholo pili, ho'opi'i, ho'opi'i)

- Hana 'ia ka ho'opi'i Papa 3 e ka Luna kānāwai ho'omalua a i 'ole loio hooholo. **Māhele 10** e kama'ilio hou aku e pili ana i ke ka'ina hana no nā ho'opi'i Papa 3, 4, a me 5.

PAUKU 8 Pehea e noi ai iā mākou e uhi i kahi noho ma'i lō'ihī inā mana'o 'oe ua ho'oku'u koke 'ia 'oe

Ke ho'okomo 'ia 'oe i kahi haukapila, loa'a iā 'oe ke kuleana e loa'a nā lawelawe o ka haukapila i uhi 'ia e pono ai e 'ike a mālama i kou ma'i a 'eha paha.

I kou noho 'ana i ka haukapila, e hana pū kāu kauka a me nā limahana o ka haukapila me 'oe e ho'omākaukau no ka lā āu e ha'alele ai i ka haukapila. E kōkua lākou i ka ho'onohonoho 'ana i ka mālama āu e pono ai ma hope o kou ha'alele 'ana.

- 'O ka lā āu e ha'alele ai i ka haukapila i kapa 'ia 'o kou **lā ho'oku'u**.
- Ke ho'oholo 'ia kāu lā ho'oku'u, e ha'i 'ia kāu kauka a i 'ole nā limahana haukapila iā 'oe.
- Inā mana'o 'oe ua noi 'ia 'oe e ha'alele koke i ka haukapila, hiki iā 'oe ke noi no ka noho lō'ihī o ka haukapila a no'ono'o 'ia kāu noi.

Pauku 8.1 I kou noho 'ana i ka haukapila, e loa'a iā 'oe kahi leka ho'omaopopo mai Medicare e ha'i ana iā 'oe e pili ana i kāu mau pono.

I loko o 2 mau lā alemanaka ma hope o kou komo 'ana i ka haukapila, e hā'awi 'ia 'oe i kahi leka i kākau 'ia i kapa 'ia *He Memo Nui mai Medicare e pili ana i kāu Kuleana*. Loa'a i kēlā me kēia mea me Medicare kahi kope o kēia leka. Inā 'a'ole 'oe e loa'a ka leka ho'omaopopo mai kekahi ma ka haukapila (e la'ana, he mea hana hihia a kahu hānai paha), e noi i kekahi limahana o ka haukapila no ia. Inā makemake 'oe i ke kōkua, e kelepona iā Nā lawelawe Lālā ma 1-888-846-4262 (Nā mea ho'ohana TTY 711) or 1-800-MEDICARE (1-800-633-4227) (Nā mea ho'ohana TTY 1-877-486-2048).

1. E heluhelu pono i kēia leka a nīnau inā 'a'ole 'oe e 'ike. E ha'i ia iā 'oe:

- Kou kuleana e loa'a Ua ka Medicare nā lawelawe i uhi 'ia i ka wā a ma hope o kou noho 'ana i ka haukapila, e like me ke kauoha a kāu kauka. Komo kēia i ke kuleana e 'ike i kēia mau lawelawe, 'o wai e uku no lākou, a ma hea 'oe e loa'a ai.
- Kou kuleana e komo i kekahi ho'oholo e pili ana i kāu noho 'ana i ka haukapila.
- Ma hea e hō'ike ai i nā hopohopo āu e pili ana i ka maika'i o kāu mālama haukapila.
- Kou kuleana e **noi no ka loilo koke** o ka ho'oholo e ho'oku'u iā 'oe inā mana'o 'oe ua ho'oku'u koke 'ia 'oe mai ka haukapila. He ala kū kānāwai kēia e noi ai e ho'opane'e i kou lā ho'oku'u 'ia i uhi mākou i kāu mālama haukapila no ka manawa lō'ihī.

Mokuna 9 Inā he pilikia a ho'opi'i paha kāu (nā ho'oholo pili, ho'opi'i, ho'opi'i)**2. E noi 'ia 'oe e pūlima i ka leka ho'olaha e hō'ike ai ua loa'a iā 'oe a ho'omaopopo i kāu mau pono.**

- E noi 'ia 'oe a i 'ole kekahi e hana ma kou wahi e kau inoa i ka leka.
- O ke kau inoa 'ana i ka leka e hō'ike ana *wale nō* ua loa'a iā 'oe ka 'ike e pili ana i kāu mau pono. 'A'ole hō'ike ka leka ho'omaopopo i kou lā ho'oku'u. Ke kakau inoa ana i ka hoolaha **'a'ole mana'o** ke 'ae nei 'oe i kahi lā ho'oku'u.

3. E mālama i kāu kope o ka leka ho'omaopopo i loa'a iā 'oe ka 'ike e pili ana i ka ho'opi'i 'ana (a i 'ole ka hō'ike 'ana i kahi hopohopo e pili ana i ka maika'i o ka mālama) inā pono 'oe.

- Inā 'oe e kau inoa i ka leka ho'olaha ma mua o 2 mau lā alemanaka ma mua o kou lā ho'oku'u 'ia, e loa'a iā 'oe kahi kope hou ma mua o kou ho'omaka 'ana e ho'oku'u 'ia.
- No ka nānā 'ana i kahi kope o kēia leka ho'olaha ma mua, e kelepona iā Nā lawelawe Lālā ma 1-888-846-4262 (Nā mea ho'ohana TTY 711) a i 'ole 1-800 MEDICARE (1-800-633-4227). TTY mea ho'ohana kelepona iā 1-877-486-2048. Hiki iā 'oe ke loa'a ka leka ho'olaha ma ka pūnaeweke ma www.CMS.gov/medicare/forms-notice/beneficiary-notice-initiative/ffs-ma-im.

Pauku 8.2 Pehea e hana ai i ka ho'opi'i ki'eki'e 1 e ho'ololi i kou lā ho'opau i ka haukapila

No ke noi 'ana iā mākou e uhi i nā lawelawe o ka haukapila no ka manawa lō'ihī, e ho'ohana i ke ka'ina hana ho'opi'i e hana i kēia noi. Ma mua o kou ho'omaka 'ana, e ho'omaopopo i nā mea āu e pono ai ke hana a me nā palena manawa.

- **E hahai i ke ka'ina hana**
- **Hā'awi i nā lā palena**
- **E noi i ke kōkua inā 'oe e pono ai.** Inā he mau nīnau kāu a makemake paha i ke kōkua, e kelepona iā Nā lawelawe Lālā ma 1-888-846-4262 (Nā mea ho'ohana TTY 711). A i 'ole e kelepona i kāu Papahana Kokua Inisiua Ola (SHIP), no ke kōkua pilikino. Loa'a ka 'ike pili SHIP ma ka Mokuna 2, Pauku 3. Loa'a ka 'ike pili SHIP ma ka Mokuna 2, Pauku 3.

I ka wā o ka Hoopii Papa 1, nānā ka 'Ano maika'i Ho'omaika'i Huihui e like me ka luna kānāwai ho'omalū i kāu ho'opi'i. Nānā ia e 'ike inā he kūpono kāu lā ho'oku'u i ho'olālā 'ia i ka lapa'au no 'oe. O ka **'Ano maika'i Ho'omaika'i Huihui** e like me ka luna kānāwai ho'omalū kahi hui kauka a me nā loea mālama ola 'ē a'e i uku 'ia e ke aupuni kū'oko'a e nānā a kōkua i ka ho'omaika'i 'ana i ka maika'i o ka mālama 'ana no nā kānaka me Medicare. Ho'opili kēia i ka nānā 'ana i nā lā ho'oku'u haukapila no nā kānaka me Medicare. 'A'ole kēia po'e loea i kā mākou ho'olālā.

Ka Papa 1: Ho'opili i ka 'Ano maika'i Ho'omaika'i Huihui e like me ka luna kānāwai ho'omalū no kāu moku'āina a noi no ka nānā koke 'ana i kāu ho'oku'u haukapila. Pono 'oe e hana koke.

Mokuna 9 Inā he pilikia a ho'opī'i paha kāu (nā ho'oholo pili, ho'opī'i, ho'opī'i)

Pehea 'oe e ho'opili ai i kēia hui?

- 'O ka leka ho'omaopopo i loa'a iā 'oe (*He leka ko'iko'i mai Medicare e pili ana i kāu kuleana*) e ha'i iā 'oe pehea e hiki ai i kēia hui. A i 'ole e 'imi i ka inoa, ka helu wahi, a me ka helu kelepona o ka 'Ano maika'i Ho'omaika'i Huihui e like me ka luna kānāwai ho'omalū no kāu moku'āina ma Ka Mokuna 2.

Hana koke:

- No ka ho'opī'i 'ana, pono 'oe e kelepona i ka 'Ano maika'i Ho'omaika'i Huihui *ma mua* o kou ha'alele 'ana i ka haukapila a **'a'ole ma mua o ke aumoe i ka lā o kou ho'oku'u 'ana.**
 - **Inā hiki iā 'oe ke ho'okō i kēia lā palena,** hiki iā 'oe ke noho i ka haukapila *ma hope* o kou lā ho'oku'u *me ka uku 'ole 'ia* oia i 'oe e kali ana e loa'a ka ho'oholo mai ka 'Ano maika'i Ho'omaika'i Huihui.
 - **Inā 'a'ole 'oe e ho'okō i kēia lā palena, e kelepona mai iā mākou.** Inā ho'oholo 'oe e noho i ka haukapila ma hope o kāu lā ho'oku'u 'ia, *pono paha 'oe e uku i nā koina a pau* no ka mālama haukapila āu e loa'a ai ma hope o kāu lā i ho'oku'u 'ia.

Ke noi 'oe no ka loilo koke 'ana i kāu ho'oku'u 'ana i ka haukapila e ho'opili mai ka 'Ano maika'i Ho'omaika'i Huihui iā mākou. Ma ke awakea o ka lā ma hope o ka ho'opili 'ana iā mākou, e hā'awi mākou iā 'oe i **Hō'ike Kū'ai Kū'e no ka ho'oku'u 'ana.** Hā'awi kēia leka i kāu lā ho'oku'u i ho'olālā 'ia a wehewehe kiko'i i nā kumu a kāu kauka, ka haukapila, a me mākou i mana'o ai he kūpono ia (ka pono lapa'au) no 'oe e ho'oku'u 'ia i kēlā lā.

Hiki iā 'oe ke loa'a kahi la'ana o ka **Ho'olaha kiko'i o ka ho'oku'u 'ana** ma ke kelepona 'ana i Nā lawelawe Lālā ma 1-888-846-4262 (kahea nā mea ho'ohana TTY iā 711) or 1-800-MEDICARE (1-800-633-4227). (Kahea nā mea ho'ohana TTY iā 1-877-486-2048.) A i 'ole hiki iā 'oe ke loa'a

he la'ana ho'olaha ma ka pūnaewehe ma www.CMS.gov/medicare/forms-notices/beneficiary-notices-initiative/ffs-ma-im.

Ka Papa 2: Ho'oponopono ka Nā lawelawe Ho'omaika'i e like me ka luna kānāwai ho'omalū i kahi nānā kū'oko'a o kāu hihia.

- E nīnau nā loea olakino ma ka 'Ano maika'i Ho'omaika'i Huihui e like me ka luna kānāwai ho'omalū (nā mea nānā) iā 'oe (a i 'ole kāu 'elele) no ke kumu āu i mana'o ai e ho'omau 'ia ka uhi 'ana no nā lawelawe. 'A'ole pono 'oe e ho'omākaukau i kekahi mea ma ke kākau 'ana, akā hiki iā 'oe inā makemake 'oe.
- E nānā pū ka po'e loilo i kāu 'ike olakino, kama'ilio me kāu kauka, a nānā i ka 'ike a mākou a me ka haukapila i hā'awi aku iā lākou.
- Ma ke awakea o ka lā ma hope o ka ha'i 'ana mai o ka po'e loilo iā mākou i kāu ho'opī'i, e loa'a iā 'oe kahi leka ho'omaopopo mai iā mākou e hō'ike ana i kāu lā ho'oku'u i ho'olālā 'ia. Wehewehe pū kēia leka i nā kumu kiko'i i mana'o ai kāu kauka, ka haukapila, a me mākou he kūpono ia (ka pono lapa'au) no 'oe e ho'oku'u 'ia i kēlā lā.

Mokuna 9 Inā he pilikia a ho'opi'i paha kāu (nā ho'oholo pili, ho'opi'i, ho'opi'i)

Ka Papa 3: I loko o ho'okahi lā piha ma hope o ka loa'a 'ana o ka 'ike āpau, e hā'awi ka 'Ano maika'i Ho'omaika'i Huihui e like me ka luna kānāwai ho'omalū i kona pane i kāu ho'opi'i.

He aha ka hopena inā he 'ae?

- Inā 'ōlelo ka hui loiloi kū'oko'a he 'ae, **pono mākou e ho'olako i kāu mau lawelawe mālama ma'i i uhi 'ia no ka wā e pono ai kēia mau lawelawe.**
- Pono 'oe e ho'omau i ka uku 'ana i kāu 'āpana o nā koina (e like me ka unuhi 'ana a i 'ole uku hui, inā pili kēia). Eia hou, hiki ke loa'a nā palena ma kāu nā lawelawe i uhi 'ia o ka haukapila.

He aha ka hopena inā 'a'ole?

- Inā 'ōlelo ka hui loiloi kū'oko'a 'a'ole, ke 'ōlelo nei lākou ua kūpono kāu lā ho'oku'u i ho'olālā 'ia. Inā hiki mai kēia, **e pau ana kā mākou uhi no kāu mau lawelawe haukapila ma'i** i ke awakea o ka la **mahope** Hā'awi ka 'Ano maika'i Ho'omaika'i Huihui i kāna pane i kāu ho'opi'i.
- Inā hō'ole ka Kū'oko'a Nānā Huihui i kāu ho'opi'i a ho'oholo 'oe e noho i ka haukapila, **pono 'oe e uku i ke kumukū'ai piha** o ka mālama haukapila āu e loa'a ai ma hope o ke awakea o ka lā ma hope o ka hā'awi 'ana o ka 'Ano maika'i Ho'omaika'i Huihui i kāna pane i kāu ho'opi'i.

Ka Papa 4: Inā 'o ka pane i kāu Hoopii Papa 1 he 'a'ole, ho'oholo 'oe inā makemake 'oe e hana i kahi ho'opi'i 'ē a'e.

- Inā 'ōlelo ka 'Ano maika'i Ho'omaika'i Huihui 'a'ole i kāu ho'opi'i, a noho 'oe i ka haukapila ma hope o kāu lā ho'oku'u i ho'olālā 'ia, hiki iā 'oe ke ho'opi'i hou. O ka ho'opi'i hou 'ana, e hele ana 'oe i **Papa 2** o ke ka'ina ho'opi'i.

Pauku 8.3 Ka Papa e Ka Papa: Pehea e hana ai i ka ho'opi'i Papa 2 e ho'ololi i kāu lā ho'opau i ka haukapila

I ka wā o ka ho'opi'i Papa 2, noi 'oe i ka 'Ano maika'i Ho'omaika'i Huihui e nānā hou i kona ho'oholo i kāu ho'opi'i mua. Inā hō'ole ka 'Ano maika'i Ho'omaika'i Huihui e like me ka luna kānāwai ho'omalū i kāu ho'opi'i Papa 2, hiki iā 'oe ke uku i ka lilo piha no kou noho 'ana ma hope o kāu lā ho'oku'u i ho'olālā 'ia.

Ka Papa 1: Ho'opili hou i ka 'Ano maika'i Ho'omaika'i Huihui me ka luna kānāwai ho'omalū a noi no kahi nānā hou.

- Pono 'oe e noi i kēia nānā **i loko o 60 mau lā kalena** ma hope o ka lā i 'ōlelo ai ka 'Ano maika'i Ho'omaika'i Huihui i kāu Hoopii Papa 1. Hiki iā 'oe ke noi no kēia loiloi inā noho 'oe i ka haukapila ma hope o ka lā i pau ai kāu uhi no ka mālama.

Ka Papa 2: Hana hou ka 'Ano maika'i Ho'omaika'i Huihui e like me ka luna kānāwai ho'omalū i kahi nānā hou 'ana i kou kūlana.

- E nānā hou nā mea nānā ma ka 'Ano maika'i Ho'omaika'i Huihui e like me ka luna kānāwai ho'omalū i ka 'ike āpau e pili ana i kāu ho'opi'i.

Mokuna 9 Inā he pilikia a ho'opi'i paha kāu (nā ho'oholo pili, ho'opi'i, ho'opi'i)

Ka Papa 3: I loko o 14 mau lā kalena ma hope o ka loa'a 'ana o kāu noi no ka ho'opi'i ki'eki'e 2, e ho'oholo ka po'e loiloi i kāu ho'opi'i a ha'i iā 'oe i kāna ho'oholo.

Inā 'ōlelo ka hui loiloi kū'oko'a 'ae:

- **Pono mākou e uku hou iā 'oe** no kā mākou mahele o nā koina o ka mālama haukapila āu i loa'a mai ke awakea o ka lā ma hope o ka lā i ho'ole 'ia ai kāu ho'opi'i mua e ka 'Ano maika'i Ho'omaika'i Huihui. **Pono mākou e ho'omau i ka hā'awi 'ana i ka uhi 'ana no kāu mālama ma'i ma'i ma'i i loko o ka wā e pono ai i ka lapa'au.**
- Pono 'oe e ho'omau i ka uku 'ana i kāu māhele o nā koina a hiki ke pili nā palena uhi.

Inā 'ōlelo ka hui loiloi kū'oko'a 'a'ole:

- 'O ia ke 'ano ua 'ae lākou me ka ho'oholo a lākou i hana ai ma kāu Hoopii Papa 1.
- 'O ka leka ho'omaopopo iā 'oe e ha'i iā 'oe ma ke kākau 'ana i kāu mea e hana ai inā makemake 'oe e ho'omau i ke ka'ina loiloi.

Ka Papa 4: Inā 'a'ole ka pane, pono 'oe e ho'oholo inā makemake 'oe e ho'opi'i hou aku ka hele 'ana i ka Papa 3.

- Aia he 3 mau pae hou i ke ka'ina ho'opi'i ma hope o ka Papa 2 (no ka huina o 5 mau pae ho'opi'i). Inā makemake 'oe e hele i ka ho'opi'i Papa 3, aia nā kiko'i ma ke kākau leka āu e loa'a ai ma hope o ka ho'oholo 'ana i kāu ho'opi'i Papa 2.
- Hana 'ia ka ho'opi'i Papa 3 e ka Luna kānāwai ho'omalua a i 'ole loio hooholo.
Pauku 10 kama'ilio hou aku e pili ana i ka Papa 3, 4, a me 5 o ke ka'ina hana ho'opi'i.

PAUKU 9 Pehea e noi ai iā mākou e ho'omau i ka uhi 'ana i kekahi mau lawelawe lapa'au inā 'oe e mana'o nei ua pau koke ka uhi 'ana

Ke loa'a iā 'oe Nā lawelawe olakino i ka **Nā lawelawe olakino i ka hale, mālama hale hānai akamai, a i 'ole mālama ho'oponopono (Keena Ho'oponopono Ho'oma'ama'a Ma waho)**, loa'a iā 'oe ka pono e ho'omau i ka loa'a 'ana o kāu mau lawelawe no kēlā 'ano mālama i ka wā e pono ai ka mālama 'ana no ka nānā a me ka lapa'au 'ana i kāu ma'i a i 'ole 'eha.

Ke ho'oholo mākou ua hiki i ka manawa e ho'ōki i ka uhi 'ana i kekahi o nā 'ano mālama 3 no 'oe, pono mākou e ha'i mua iā 'oe. Ke pau kāu uhi no ia mālama, *e hooki mākou i ka uku 'ana no kāu mālama.*

Inā mana'o 'oe e ho'opau koke ana mākou i kāu mālama, **hiki iā 'oe ke ho'opi'i i kā mākou ho'oholo.** Hō'ike kēia māhele iā 'oe pehea e noi ai no ka ho'opi'i.

Mokuna 9 Inā he pilikia a ho'opi'i paha kāu (nā ho'oholo pili, ho'opi'i, ho'opi'i)**Pauku 9.1 E ha'i mua mākou iā 'oe i ka wā e pau ai kāu uhi.****'Ōlelo kānāwai:**

Hoolaha o Medicare 'A'ole i uhi 'ia. Hō'ike ia iā 'oe pehea e hiki ai iā 'oe ke noi i **ho'opi'i wikiwiki**. 'O ka noi 'ana i ka ho'opi'i wikiwiki he ala kū kānāwai e noi ai i ho'ololi i kā mākou Ho'oholo 'ana no ka uhi kāki e pili ana i ka wā e ho'ōki ai i kāu mālama.

- 1. Loa'a iā 'oe kahi leka ma ke kākau 'ana** ma kahi o 2 mau lā alemanaka ma mua o ka pau 'ana o kā mākou ho'olālā i ka uhi 'ana i kāu mālama. Ha'i ka leka iā 'oe:
 - 'O ka lā e ho'ōki ai mākou i ka mālama 'ana iā 'oe.
 - Pehea e noi ai i kahi ho'opi'i wikiwiki e noi iā mākou e ho'omau i ka uhi 'ana i kāu mālama no kahi manawa lō'ihi.
- 2. E noi 'ia 'oe, a i 'ole kekahi mea e hana nei ma kou 'ao'ao, e pūlima i ka leka ho'omaopopo e hō'ike ai ua loa'a iā 'oe.** O ke kau inoa 'ana i ka leka e hō'ike *ana* wale nō i loa'a iā 'oe ka 'ike e pili ana i ka wā e pau ai kāu uhi. **A'ole 'oe e 'ae me ka ho'oholo o kā mākou** ho'olālā e ho'ōki i ka mālama.

Pauku 9.2 Pehea e hana ai i kahi ho'opi'i Papa 1 e uhi i kā mākou ho'olālā i kāu mālama no ka manawa lō'ihi

Inā makemake 'oe e noi iā mākou e uhi i kāu mālama no kahi manawa lō'ihi, pono 'oe e ho'ohana i ke ka'ina hana ho'opi'i e hana i kēia noi. Ma mua o kou ho'omaka 'ana, e ho'omaopopo i nā mea āu e pono ai ke hana a me nā palena manawa.

- E hahai i ke ka'ina hana**
- Hā'awi i nā lā palena**
- E noi i ke kōkua inā 'oe e pono ai.** Inā he mau nīnau kāu a makemake paha i ke kōkua, e kelepona iā Nā lawelawe Lālā ma 1-888-846-4262 (Nā mea ho'ohana TTY 711). A i 'ole e kelepona i kāu Papahana Kokua Inisiua Ola (SHIP) no ke kōkua pilikino: Hawaii Papahana Kokua Inisiua Ola (SHIP) ma 1-888-875-9229 (TTY mea ho'ohana kelepona iā 1-866-810-4379) 8 a.m. - 5 p.m. manawa kūloko, Pō'akahi - Pō'alima. Loa'a ka 'ike pili SHIP ma ka Mokuna 2, Pauku 3.

I ka wā o ka Hoopii Papa 1, nānā ka 'Ano maika'i Ho'omaika'i Huihui e like me ka luna kānāwai ho'omalua i kāu ho'opi'i. Ho'oholo ia inā kūpono ka lā pau no kāu mālama i ka lapa'au. O ka **'Ano maika'i Ho'omaika'i Huihui** me ka luna kānāwai ho'omalua kahi hui kauka a me nā loea mālama ola 'ē a'e i uku 'ia e ke aupuni kū'oko'a e nānā a kōkua i ka ho'omaika'i 'ana i ka maika'i o ka mālama 'ana no nā kānaka me Medicare. Ho'opili kēia i ka nānā 'ana i nā ho'oholo ho'olālā e pili ana i ka manawa e ho'opau ai i ka uhi 'ana i kekahi 'ano lawelawe lapa'au. 'A'ole kēia po'e loea i kā mākou ho'olālā.

Mokuna 9 Inā he pilikia a ho'opii paha kāu (nā ho'oholo pili, ho'opii, ho'opii)

Ka Papa 1: E hana i kāu Hoopii Papa 1: e kelepona i ka 'Ano maika'i Ho'omaika'i Huihui a noi i kahi ho'opii wikiwiki. Pono 'oe e hana koke.

Pehea 'oe e ho'opili ai i kēia hui?

- 'O ka leka ho'omaopopo i loa'a iā 'oe (*Hoolaha o Medicare 'A'ole i uhi 'ia*) e ha'i iā 'oe pehea e hiki ai i kēia hui. A i 'ole e 'imi i ka inoa, ka helu wahi, a me ka helu kelepona o ka 'Ano maika'i Ho'omaika'i Huihui e like me ka luna kānāwai ho'omalū no kāu moku'āina ma Ka Mokuna 2.

Hana koke:

- Pono 'oe e ho'opili i ka 'Ano maika'i Ho'omaika'i Huihui me ka luna **kānāwai ho'omalū e ho'omaka i kāu ho'opii** a hiki i ke awakea o ka lā ma mua o ka lā pili ma ka Hoolaha o Medicare 'A'ole i uhi 'ia.
- Inā hala 'oe i ka lā palena, a makemake 'oe e waiho i kahi ho'opii, loa'a iā 'oe nā kuleana ho'opii. E ho'oka'a'ike aku i kāu 'Ano maika'i Ho'omaika'i Huihui.

Ka Papa 2: Ho'oponopono ka Nā lawelawe Ho'omaika'i e like me ka luna kānāwai ho'omalū i kahi nānā kū'oko'a o kāu hihia.

'Ōlelo kānāwai:

Wehewehe kiko'i o ka 'A'ole i uhi 'ia. Ho'olaha e hā'awi i nā kiko'i i nā kumu no ka ho'opau 'ana i ka uhi.

He aha ka hana i kēia nānā 'ana?

- E nīnau nā loea olakino ma ka 'Ano maika'i Ho'omaika'i Huihui e like me ka luna kānāwai ho'omalū (nā mea nānā) iā 'oe, a i 'ole kāu 'elele, no ke kumu āu i mana'o ai e ho'omau 'ia ka uhi 'ana no nā lawelawe. 'A'ole pono 'oe e ho'omākaukau i kekahi mea ma ke kākau 'ana, akā hiki iā 'oe inā makemake 'oe.
- E nānā pū ka hui loiloi kū'oko'a i kāu 'ike olakino, kama'ilio me kāu kauka, a nānā i ka 'ike i hā'awi 'ia e kā mākou ho'olālā.
- Ma ka hopena o ka lā i ha'i mai ka po'e loiloi iā mākou i kāu ho'opii 'ana, e loa'a iā 'oe ka *wehewehe kiko'i o ka uhi 'ole* mai iā mākou e wehewehe kiko'i i kā mākou kumu no ka ho'opau 'ana i kā mākou uhi no kāu mau lawelawe.

Ka Papa 3: I loko o ho'okahi lā piha ma hope o ka loa'a 'ana o ka 'ike a pau e pono ai lākou; e ha'i aku nā loiloi iā 'oe i kāna ho'oholo.

He aha ka hana inā 'ōlelo nā mea nānā 'ae?

- Inā 'ae ka po'e loiloi i kāu ho'opii 'ana, a laila **pono mākou e ho'omau i ka hā'awi 'ana i kāu lawelawe i uhi 'ia no ka lō'ihī e pono ai ke olakino.**

Mokuna 9 Inā he pilikia a ho'opi'i paha kāu (nā ho'oholo pili, ho'opi'i, ho'opi'i)

- Pono 'oe e ho'omau i ka uku 'ana i kāu āpana o nā koina (e like me ka unuhi 'ana a i 'ole uku hui, inā pili kēia). Hiki ke loa'a nā palena ma kāu nā lawelawe i uhi 'ia.

He aha ka hana inā 'ōlelo nā mea nānā 'a'ole?

- Inā 'ōlelo ka po'e loiloi 'a'ole, a laila **e pau ana kāu uhi i ka lā a mākou i ha'i aku ai iā 'oe**
- Inā ho'oholo 'oe e ho'omau i ka mālama ola kino home, a i Ke Ke'ena Hana Hana Māmā, a i 'ole nā lawelawe Keena Ho'oponopono Ho'oma'ama'a Ma waho (CORF) **ma hope o** kēia lā i ka pau 'ana o kāu uhi, **pono 'oe e uku i ke kumukū'ai piha** o kēia mālama iā 'oe iho.

Ka Papa 4: Inā 'o ka pane i kāu Hoopii Papa 1 he 'a'ole, ho'oholo 'oe inā makemake 'oe e hana i kahi ho'opi'i 'ē a'e.

- Inā hō'ole ka po'e loiloi i kāu ho'opi'i Papa 1 - a koho 'oe e ho'omau i ka mālama 'ana ma hope o ka pau 'ana o kāu uhi no ka mālama 'ana, a laila hiki iā 'oe ke ho'opi'i i ka Papa 2.

Pauku 9.3 Pehea e hana ai i ka ho'opi'i Papa 2 e uhi i kā mākou ho'olālā i kāu mālama no ka manawa lō'ihī

I ka wā o ka ho'opi'i Papa 2, noi 'oe i ka 'Ano maika'i Ho'omaika'i Huihui e nānā hou i ka ho'oholo i kāu ho'opi'i mua. Inā hō'ole ka 'Ano maika'i Ho'omaika'i Huihui me ka luna kānāwai ho'omalū i kāu ho'opi'i Papa 2, hiki iā 'oe ke uku i ka lilo piha no kāu mālama olakino home, a i 'ole Ke Ke'ena Hana Hana Māmā, a i 'ole nā lawelawe Keena Ho'oponopono Ho'oma'ama'a Ma waho (CORF) ma *hope* o ka lā ā mākou i ha'i ai e pau kāu uhi 'ana.

Ka Papa 1: Ho'opili hou i ka 'Ano maika'i Ho'omaika'i Huihui me ka luna kānāwai ho'omalū a noi no kahi nānā hou.

- Pono 'oe e noi i kēia loiloi **i loko o 60 mau lā kalena** ma hope o ka lā i 'ōlelo ai ka 'Ano maika'i Ho'omaika'i Huihui *'a'ole* i kāu Hoopii Papa 1. Hiki iā 'oe ke noi no kēia loiloi inā ho'omau 'oe i ka mālama 'ana ma hope o ka lā i pau ai kāu uhi no ka mālama.

Ka Papa 2: Hana hou ka 'Ano maika'i Ho'omaika'i Huihui e like me ka luna kānāwai ho'omalū i kahi nānā hou 'ana i kou kūlana.

- E nānā pono nā mea nānā ma ka 'Ano maika'i Ho'omaika'i Huihui i nā 'ike āpau e pili ana i kāu ho'opi'i.

Ka Papa 3: I loko o 14 mau lā kalena ma hope o ka loa'a 'ana o kāu noi ho'opi'i, e ho'oholo ka po'e loiloi i kāu ho'opi'i a ha'i iā 'oe i kāna ho'oholo.

He aha ka hopena inā 'ae ka hui loiloi kū'oko'a?

- Pono mākou e uku hou iā 'oe** no kā mākou mahele o nā koina mālama āu i loa'a mai ka lā a mākou i 'ōlelo ai e pau ana kāu uhi. **Pono mākou e ho'omau i ka hā'awi 'ana i ka uhi** no ka mālama 'ana i ka wā e pono ai ke olakino.
- Pono 'oe e ho'omau i ka uku 'ana i kāu māhele o nā koina a hiki ke pili nā palena uhi 'ana.

Mokuna 9 Inā he pilikia a ho'opi'i paha kāu (nā ho'oholo pili, ho'opi'i, ho'opi'i)

He aha ka hopena inā 'ōlelo ka hui loiloi kū'oko'a 'a'ole?

- 'O ia ho'i, ua 'ae lākou i ka ho'oholo 'ana i kāu Hoopii Papa 1.
- 'O ka leka ho'omaopopo iā 'oe e ha'i iā 'oe ma ke kākau 'ana i kāu mea e hana ai inā makemake 'oe e ho'omau i ke ka'ina loiloi. Hā'awi ia iā 'oe i nā kiko'i e pili ana i ke ala e hele ai i ka pae a'e o ka ho'opi'i 'ana, i mālama 'ia e ka Lunakanawai Kānāwai Administrative a i 'ole ka loio .

Ka Papa 4: Inā 'a'ole ka pane, pono 'oe e ho'oholo inā makemake 'oe e lawe hou i kāu ho'opi'i.

- Aia he 3 mau pae ho'opi'i hou ma hope o ka Papa 2, no ka huina o 5 mau pae ho'opi'i. Inā makemake 'oe e hele i ka ho'opi'i Papa 3, aia nā kiko'i ma ke kākau leka āu e loa'a ai ma hope o ka ho'oholo 'ana i kāu ho'opi'i Papa 2.
- Hana 'ia ka ho'opi'i Papa 3 e ka Luna kānāwai ho'omalua a i 'ole loio ho'oholo. Pauku 10 o kēia mokuna e ha'i hou aku e pili ana i ke ka'ina no ka Hoopii Papa 3, 4, a me 5.

PAUKU 10 Ka lawe 'ana i kāu ho'opi'i i nā Papa 3, 4 a me 5

Pauku 10.1 Nā Pae Hoopii 3, 4, a me 5 no nā Noi Lawelawe Lapa'au

Ua kūpono paha kēia 'āpana iā 'oe inā ua hana 'oe i kahi ho'opi'i Papa 1 a me kahi ho'opi'i Papa 2, a ua hō'ole 'ia kāu mau ho'opi'i 'elua.

Inā kū ka waiwai kālā o ka mea a i 'ole ka lawelawe lapa'au āu i ho'opi'i ai i kekahi mau pae ha'aha'a, hiki paha iā 'oe ke hele i nā pae ho'opi'i hou a'e. Inā emi ka waiwai kālā ma mua o ka pae ha'aha'a, 'a'ole hiki iā 'oe ke ho'opi'i hou aku. 'O ka pane kākau i loa'a iā 'oe i kāu ho'opi'i Papa 2 e wehewehe pehea e hana ai i kahi ho'opi'i Papa 3.

No ka nui o nā kūlana e pili ana i nā ho'opi'i, hana nā pae hope 3 o ka ho'opi'i ma ke 'ano like me nā pae mua 2. Eia ka mea nāna e mālama i ka loiloi o kāu ho'opi'i ma kēlā me kēia pae.

Papa 3 ho'opi'i

Na ka luna kānāwai ho'omalua a i 'ole kekahi loio i hana no ke aupuni federala e nānā i kāu ho'opi'i a hā'awi iā 'oe i pane.

- **Inā 'ōlelo ka luna kānāwai ho'omalua a i 'ole ka loio ho'okolokolo 'ae i kāu ho'opi'i, hiki ke pau ka ka'ina ho'opi'i a i 'ole 'a'ole paha.** 'A'ole like me ka ho'oholo 'ana ma ka ho'opi'i ki'eki'e 2, loa'a iā mākou ke kuleana e ho'opi'i i kahi ho'oholo Papa 3 i kūpono iā 'oe. Inā ho'oholo mākou e ho'opi'i, e hele ia i kahi ho'opi'i Papa 4.
 - Inā ho'oholo mākou 'a'ole e ho'opi'i, pono mākou e 'ae a hā'awi iā 'oe i ka mālama lapa'au i loko o 60 mau lā kalena ma hope o ka loa'a 'ana o ka ho'oholo a ka luna kānāwai ho'omalua a i 'ole ka loio ho'okolokolo.

Mokuna 9 Inā he pilikia a ho'opi'i paha kāu (nā ho'oholo pili, ho'opi'i, ho'opi'i)

- Inā ho'oholo mākou e ho'opi'i i ka ho'oholo, e ho'ouna mākou iā 'oe i kope o ka noi ho'opi'i Papa 4 me nā palapala e pili pū ana. Hiki iā mākou ke kali no ka ho'oholo ho'opi'i Hoopii Papa 4 ma mua o ka 'ae a i 'ole ka hā'awi 'ana i ka mālama lapa'au e kūkākūkā 'ia.
- **Inā 'ōlelo ka Lunakanawai Kānāwai Ho'oponopono a i 'ole ka loio i kāu ho'opi'i, ke ka'ina hana ho'opi'i 'a'ole a i 'ole 'a'ole paha e pau.**
 - Inā ho'oholo 'oe e 'ae i ka ho'oholo e ho'ohuli i kāu ho'opi'i, ua pau ke ka'ina hana ho'opi'i.
 - Inā 'a'ole 'oe makemake e 'ae i ka ho'oholo, hiki iā 'oe ke ho'omau i ka pae a'e o ke ka'ina loiloi. E ha'i ka leka āu e loa'a ai iā 'oe i nā mea e hana ai no ka ho'opi'i Papa 4.

Papa 4 ho'opi'i

Na ka **Aha Ho'opi'i Medicare** (Aha) e nānā i kāu ho'opi'i a hā'awi iā 'oe i pane. 'O ka 'aha kūkā kekahi 'āpana o ke aupuni federala.

- **Inā he 'ae ka pane, a inā hō'ole ka 'aha kūkā i kā mākou noi e nānā i kahi ho'oholo ho'opi'i pae 3 maika'i, ua pau ke ka'ina hana ho'opi'i a 'a'ole paha.** 'A'ole like me ka ho'oholo ma ka Hoopii Papa 2, loa'a iā mākou ke kuleana e ho'opi'i i kahi ho'oholo Hoopii Papa 4 e maika'i ana iā 'oe. E ho'oholo mākou inā e ho'opi'i i kēia ho'oholo i ka Papa 5.
 - Inā ho'oholo mākou 'a'ole e ho'opi'i i ka ho'oholo, pono mākou e 'ae a hā'awi iā 'oe i ka mālama lapa'au i loko o 60 mau lā kalena ma hope o ka loa'a 'ana o ka ho'oholo a ka Papa.
 - Inā ho'oholo mākou e ho'opi'i i ka ho'oholo, e hō'ike mākou iā 'oe ma ke kākau 'ana.
- **Inā 'a'ole ka pane a inā hō'ole ka 'aha kūkā i ka noi loiloi, ke ka'ina hana ho'opi'i 'a'ole a i 'ole 'a'ole paha e pau.**
 - Inā ho'oholo 'oe e 'ae i kēia ho'oholo e hō'ole i kāu ho'opi'i, pau ka ka'ina ho'opi'i.
 - Inā 'a'ole 'oe makemake e 'ae i ka ho'oholo, hiki iā 'oe ke ho'omau i ka pae a'e o ke ka'ina loiloi. Inā 'ae ka 'aha kūkā i kāu ho'opi'i, e ha'i ka leka āu e loa'a ai inā 'ae nā lula iā 'oe e hele i kahi ho'opi'i Papa 5 a pehea e ho'omau ai i kahi ho'opi'i Papa 5.

Papa 5 ho'opi'i

Ka luna kānāwai ma **'Aha Apana Pikelala** i kāu ho'opi'i.

- E nānā kahi luna kānāwai i ka 'ike āpau a ho'oholo inā 'ae a i 'ole 'a'ole i kāu noi. He pane hope loa kēia. 'A'ohe pae ho'opi'i hou a'e ma hope o ka 'Aha Ho'okolokolo Apana Kū'oko'a.

Pauku 10.2 Ho'opi'i hou 'ia 'o Hawaii Med-QUEST Division Program (Medicaid)

Loa'a iā 'oe kekahi mau kuleana ho'opi'i 'ē a'e inā pili kāu ho'opi'i i nā lawelawe a i 'ole nā mea i uhi 'ia e ka Hawaii Med-QUEST Division Program (Medicaid). 'O ka leka i loa'a iā 'oe mai ke ke'ena 'o Ho'olohe Pono e ha'i iā 'oe i ka mea e hana ai inā makemake 'oe e ho'omau i ke ka'ina hana ho'opi'i.

Mokuna 9 Inā he pilikia a ho'opi'i paha kāu (nā ho'oholo pili, ho'opi'i, ho'opi'i)

Pauku 10.3 Nā Pae Hoopii 3, 4, a me 5 no nā Noi Laau Māhele D

Ua kūpono paha kēia 'āpana iā 'oe inā ua hana 'oe i kahi ho'opi'i Papa 1 a me kahi ho'opi'i Papa 2, a ua hō'ole 'ia kāu mau ho'opi'i 'elua.

Inā kū ka waiwai o ka lā'au āu i ho'opi'i ai i kekahi huina kālā, hiki paha iā 'oe ke hele i nā pae ho'opi'i hou a'e. Inā emi ke kālā, 'a'ole hiki iā 'oe ke ho'opi'i hou aku. 'O ka pane kākau i loa'a iā 'oe i kāu ho'opi'i Papa 2 e wehewehe i ka mea e ho'opili ai a me ka mea e hana ai e noi ai i kahi ho'opi'i Papa 3.

No ka nui o nā kūlana e pili ana i nā ho'opi'i, hana nā pae hope 3 o ka ho'opi'i ma ke 'ano like me nā pae mua 2. Eia ka mea nāna e mālama i ka loiloi o kāu ho'opi'i ma kēlā me kēia pae.

Papa 3 ho'opi'i

Na ka luna kânāwai ho'omalua a i 'ole kekahi loio i hana no ke aupuni federala e nānā i kāu ho'opi'i a hā'awi iā 'oe i pane.

- **Inā 'ae ka pane, ua pau ke ka'ina hana ho'opi'i.** Pono mākou 'ae a hā'awi i ka uhi lā'au i 'ae 'ia e ka luna kânāwai ho'omalua a i 'ole ka loio **i loko o 72 mau hola (24 hola no nā ho'opi'i wikiwiki) a i 'ole e uku ma mua o 30 mau lā kalena** ma hope o ka loa'a 'ana o ka ho'oholo.
- **Inā 'ōlelo ka Lunakanawai Kânāwai Ho'oponopono a i 'ole ka loio i kāu ho'opi'i, ke ka'ina hana ho'opi'i 'a'ole a i 'ole 'a'ole paha e pau.**
 - Inā ho'oholo 'oe e 'ae i kēia ho'oholo e hō'ole i kāu ho'opi'i, pau ka ka'ina ho'opi'i.
 - Inā 'a'ole 'oe makemake e 'ae i ka ho'oholo, hiki iā 'oe ke ho'omau i ka pae a'e o ke ka'ina loiloi. E ha'i ka leka āu e loa'a ai iā 'oe i nā mea e hana ai no ka ho'opi'i Papa 4.

Papa 4 ho'opi'i

Na ka Aha Ho'opi'i Medicare (Aha) e nānā i kāu ho'opi'i a hā'awi iā 'oe i pane. 'O ka 'aha kūkā kekahi 'āpana o ke aupuni federala.

- **Inā 'ae ka pane, ua pau ke ka'ina hana ho'opi'i.** Pono mākou e 'ae a hā'awi i ka uhi lā'au i 'ae 'ia e ka 'aha **i loko o 72 mau hola (24 hola no nā ho'opi'i wikiwiki) a i 'ole e uku ma mua o 30 mau lā kalena** ma hope o ka loa'a 'ana o ka ho'oholo.
- **Inā 'a'ole ka pane a inā hō'ole ka 'aha kūkā i ka noi loiloi, ke ka'ina hana ho'opi'i 'a'ole a i 'ole 'a'ole paha e pau.**
 - Inā ho'oholo 'oe e 'ae i ka ho'oholo e ho'ohuli i kāu ho'opi'i, ua pau ke ka'ina hana ho'opi'i.
 - Inā 'a'ole 'oe makemake e 'ae i ka ho'oholo, hiki iā 'oe ke ho'omau i ka pae a'e o ke ka'ina loiloi. Inā 'ae ka 'aha kūkā i kāu ho'opi'i, e ha'i ka leka āu e loa'a ai inā 'ae nā lula iā 'oe e hele i kahi ho'opi'i Papa 5 a pehea e ho'omau ai i kahi ho'opi'i Papa 5.

Papa 5 ho'opi'i

Ka luna kânāwai ma **'Aha Apana Pekelala** i kāu ho'opi'i.

Mokuna 9 Inā he pilikia a ho'opi'i paha kāu (nā ho'oholo pili, ho'opi'i, ho'opi'i)

- E nānā kahi luna kānāwai i ka 'ike āpau a ho'oholo inā 'ae a i 'ole 'a'ole i kāu noi. He pane hope loa kēia. 'A'ohe pae ho'opi'i hou a'e ma hope o ka 'Aha Ho'okolokolo Apana Kū'oko'a.

Ke ho'opi'i nei**PAUKU 11 Pehea e ho'opi'i ai e pili ana i ka maika'i o ka mālama, nā manawa kali, ka lawelawe mea kū'ai aku, a i 'ole nā pilikia 'ē a'e****Pauku 11.1 He aha nā 'ano pilikia i mālama 'ia e ke ka'ina hana ho'opi'i**

Ho'ohana 'ia ke ka'ina *ho'opi'i* no nā 'ano pilikia kiko'i wale nō. Aia kēia i nā pilikia e pili ana i ka maika'i o ka mālama, nā manawa kali, a me ka lawelawe mea kū'ai aku. Eia nā la'ana o nā 'ano pilikia i ho'oponopono 'ia e ke ka'ina ho'opi'i.

Ho'opi'i	La'ana
Ka maika'i o kāu mālama lapa'au	'A'ole hau'oli 'oe i ka maika'i o ka mālama i loa'a iā 'oe (me ka mālama ma ka haukapila)?
Kāko'o i kāu kuleana pilikino	Ua mālama 'ole kekahi i kāu kuleana pilikino a i 'ole ka'ana like i ka 'ike hūnā?
Ho'omaika'i 'ole, nā lawelawe mea kū'ai mai maika'i 'ole, a i 'ole nā 'ano hana 'ē a'e 'ino	- Ua hana hewa kekahi iā 'oe? - Ua mana'o 'ole 'oe i kā mākou Nā lawelawe Lālā? - Mana'o 'oe e paipai 'ia ana 'oe e ha'alele i kā mākou ho'olālā?
Nā manawa kali	- Ua pilikia 'oe i ka loa'a 'ana o kahi hālāwai, a i 'ole ua kali lō'ihi e loa'a ai? - Ua kali lō'ihi 'oe e nā kauka, nā kālāi lā'au, a i 'ole nā loea olakino 'ē a'e? A i 'ole e kā mākou Nā lawelawe Lālā a i 'ole nā limahana 'ē a'e ma kā mākou ho'olālā? - Nā la'ana e like me ka kali lō'ihi ma ka kelepona, i loko o ka lumi kali a i 'ole lumi ho'okolohua, a i 'ole ke loa'a 'ana o kahi 'īpuka la'au.
Ke 'ōlinolino	Ua mana'o 'ole 'oe i ka 'ōlinolino a i 'ole ke kūlana o kahi ke'ena, haukapila, a i 'ole ke'ena kauka?

Mokuna 9 Inā he pilikia a ho'opi'i paha kāu (nā ho'oholo pili, ho'opi'i, ho'opi'i)

Ho'opi'i	La'ana
'Ike āu e loa'a ana mai iā mākou	- Ua hemahema mākou i ka hā'awi 'ana iā 'oe i kahi ho'olaha i koi 'ia? - Pa'akikī anei ka 'ike kākau a mākou?
Nā manawa kūpono (O kēia mau 'ano ho'opi'i e pili ana i ka <i>manawa kūpono</i> o kā mākou hana e pili ana i nā Ho'oholo 'ana no ka uhi kākā a me nā ho'opi'i)	Inā 'oe i noi i kahi Ho'oholo 'ana no ka uhi kākā a i 'ole ho'opi'i, a mana'o 'oe 'a'ole mākou e pane wikiwiki, hiki iā 'oe ke ho'opi'i no ko mākou lohi. Eia nā la'ana: - Ua noi mai 'oe iā mākou i <i>ho'oholo wikiwiki</i> a i 'ole <i>ho'opi'i wikiwiki</i>, a 'olelo mākou 'a'ole; hiki iā 'oe ke ho'opi'i. - Mana'o 'oe 'a'ole mākou e ho'okō nei i nā manawa palena no nā ho'oholo ho'opi'i a i 'ole nā ho'opi'i; hiki iā 'oe ke ho'opi'i. - Mana'o 'oe 'a'ole mākou e hālāwai ana i nā palena manawa no ka uhi 'ana a i 'ole ka uku hou 'ana iā 'oe no kekahi mau mea lapa'au a i 'ole lawelawe a i 'ole nā lā'au lapa'au i 'ae 'ia; hiki iā 'oe ke ho'opi'i. - Mana'o 'oe ua hemahema mākou i ka ho'okō 'ana i nā palena manawa i koi 'ia no ka ho'ouna 'ana i kāu hihia i ka Hui Ho'oponopono Kū'oko'a; hiki iā 'oe ke hana i kahi ho'opi'i.

Pauku 11.2 Pehea e hana ai i ka ho'opi'i**Nā 'olelo kōnāwai:**

Ho'opi'i 'ia ka ho'opi'i i ka **ho'opi'i**.

'O ka hana 'ana i kahi ho'opi'i i kapa 'ia **ho'i 'o ka waiho 'ana i ka hoopii**.

Ho'ohana 'ana i ke ka'ina hana no nā ho'opi'i i kapa 'ia ho'i 'o ka ho'ohana 'ana i ke ka'ina hana no ka waiho 'ana i ka hoopii.

Ho'opi'i **wikiwiki** i kapa 'ia ho'i 'o ka **ho'opi'i wikiwiki**.

Ka Papa 1: Ho'oka'a'ike koke iā mākou – ma ka kelepona a i 'ole ma ke kākau.

- Kāhea 'ana i Nā lawelawe Lālā ma** 1-888-846-4262 (Kahea nā mea ho'ohana TTY iā 711) **ka hana mua**. Inā he mea 'ē a'e āu e hana ai, e hō'ike 'o Nā lawelawe Lālā iā 'oe.

Mokuna 9 Inā he pilikia a ho'opi'i paha kāu (nā ho'oholo pili, ho'opi'i, ho'opi'i)

- **Inā 'a'ole 'oe makemake e kelepona (a i 'ole ua kelepona 'oe a 'a'ole 'olu'olu), hiki iā 'oe ke waiho i kāu ho'opi'i ma ke kākau 'ana a ho'ouna mai iā mākou.** Inā kākau 'oe i kāu ho'opi'i, e pane mākou i kāu ho'opi'i ma ke kākau 'ana.
- **Inā 'a'ole hiki iā mākou ke ho'oponopono i kāu ho'opi'i ma ke kelepona, loa'a iā mākou kahi ka'ina hana e nānā i kāu ho'opi'i. Ho'opi'i 'ia kēia e mākou 'o ke Ke'ena Hoopii.** No ka hana 'ana i kahi ho'opi'i, a i 'ole inā he mau nīnau kāu e pili ana i kēia ka'ina hana, e 'olu'olu e kelepona i Nā lawelawe Lālā. A i 'ole e leka uila iā mākou i kahi noi i kākau 'ia i ka helu wahi i helu 'ia ma lalo *Nā ho'opi'i e pili ana i ka mālama lapa'au* a i 'ole *'O nā ho'opi'i e pili ana i nā Māhele D Laau Laau* ma ka Mokuna 2 o keia palapala.
 - Inā 'oe e noi i kahi pane kākau, inā 'oe e waiho i kahi ho'opi'i kākau 'ia (hoopii), a i 'ole inā pili kāu ho'opi'i i ka maika'i o ka mālama, e pane mākou iā 'oe ma ke kākau.
 - Pono 'oe e waiho i kāu ho'opi'i i loko o 60 mau lā kalena ma hope o ka hanana. Hiki iā 'oe ke waiho i kāu ho'opi'i, ma ke 'ano kūlana, ma ke kakau ana ma ka helu malalo *Nā ho'opi'i e pili ana i ka mālama lapa'au* a i 'ole *Nā ho'opi'i e pili ana i nā Māhele D Laau Laau* ma ka Mokuna 2 o keia palapala.
 - Pono mākou e ho'omaopopo iā 'oe i kā mākou ho'oholo e pili ana i kāu ho'opi'i e like me ka pono o kāu hihia e pili ana i kāu kūlana olakino, akā 'a'ole ma mua o 30 mau lā kalena ma hope o ka loa'a 'ana o kāu ho'opi'i. Hiki iā mākou ke ho'onui i ka manawa o ka manawa e hiki ai i 14 mau lā kalena inā 'oe e noi no ka ho'onui 'ana, a i 'ole inā mākou e ho'oponopono i kahi pono no ka 'ike hou a'e a 'o ka lohi ma kāu mea pono loa.
 - I kekahi mau hihia, loa'a iā 'oe ke kuleana e noi i kahi nānā wikiwiki i kāu ho'opi'i. Ho'opi'i 'ia kēia 'o ka Hana wikiwiki no ka ho'opi'i. Loa'a iā 'oe ke kuleana e noi i kahi nānā wikiwiki i kāu ho'opi'i inā 'a'ole 'oe 'olu'olu i kā mākou ho'oholo i nā kūlana a'e:
 - Hō'ole mākou i kāu noi no ka loiloi wikiwiki 'ana i kahi noi no ka mālama olakino a i 'ole nā lā'au Māhele D.
 - Hō'ole mākou i kāu noi no ka nānā wikiwiki i kahi ho'opi'i i hō'ole 'ia nā lawelawe a i 'ole nā laau Māhele D.
 - Ho'oholo mākou e pono ke manawa hou a'e e nānā i kāu noi no ka mālama lapa'au.
 - Ho'oholo mākou e pono ke manawa hou a'e e nānā i kāu ho'opi'i no ka mālama lapa'au i hō'ole 'ia.
 - Hiki iā 'oe ke ho'ouna i kēia 'ano ho'opi'i ma ke kelepona ma ka kelepona 'ana i Nā lawelawe Lālā. Hiki iā 'oe ke waiho i ka ho'opi'i iā mākou ma ke kākau 'ana ma ka helu wahi i helu 'ia ma lalo *Nā ho'opi'i e pili ana i ka mālama lapa'au* or *'O nā ho'opi'i e pili ana i nā Māhele D Laau Laau* ma ka Mokuna 2 o keia palapala. Ke loa'a iā mākou ka ho'opi'i wikiwiki, e nānā kekahi Kauka Lapa'au i ka hihia e 'ike i nā kumu i hō'ole 'ia ai kāu noi no ka nānā wikiwiki a i 'ole inā kūpono ka ho'onui 'ia 'ana o ka hihia. E ho'omaopopo mākou iā 'oe i ka ho'oholo o ka hihia wikiwiki ma ka waha a ma ke kākau i loko o 24 mau hola o ka loa'a 'ana o kāu ho'opi'i.

Mokuna 9 Inā he pilikia a ho'opi'i paha kāu (nā ho'oholo pili, ho'opi'i, ho'opi'i)

- **Inā 'oe e kelepona a kākau paha, pono 'oe e kelepona i Nā lawelawe Lālā ma 1-888-846-4262 (Kahea nā mea ho'ohana TTY iā 711) koke.** Hiki iā 'oe ke hana i ka ho'opi'i i kēlā me kēia manawa ma hope o ka loa'a 'ana o ka pilikia āu e makemake ai e ho'opi'i.

Ka Papa 2: Nānā mākou i kāu ho'opi'i a hā'awi iā 'oe i kā mākou pane.

- **Inā hiki, e pane koke mākou iā 'oe.** Inā 'oe e kelepona mai iā mākou me kahi ho'opi'i, hiki iā mākou ke hā'awi iā 'oe i kahi pane ma ka kelepona like.
- **Ho'oponopono 'ia ka hapanui o nā ho'opi'i i loko o 30 mau lā kalena.** Inā makemake mākou i ka 'ike hou a'e a he mea pono ke lohi ma kāu pono a i 'ole inā 'oe e noi no ka manawa hou, hiki iā mākou ke lawe i 14 mau lā kalena hou a'e (44 mau lā kalena holo'oko'a) e pane i kāu ho'opi'i. Inā ho'oholo mākou e lawe i nā lā hou, e ha'i mākou iā 'oe ma ke kākau 'ana.
- **Inā ka ho'opi'i 'ana 'oe no ka mea ua hō'ole mākou i kāu noi no ka ho'oholo wikiwiki a i 'ole ka ho'opi'i wikiwiki, e hā'awi 'akomi mākou iā 'oe i ka ho'opi'i wikiwiki.** Inā loa'a iā 'oe ka ho'opi'i wikiwiki, 'o ia ho'i e **hā'awi mākou iā 'oe i kahi pane i loko o 24 mau hola.**
- **Inā 'a'ole mākou e 'ae i kekahi** a i 'ole nā mea āpau o kāu ho'opi'i a i 'ole 'a'ole mākou e lawe i ke kuleana no ka pilikia āu e ho'opi'i nei, e komo mākou i kā mākou mau kumu i kā mākou pane iā 'oe.

Pauku 11.3 Hiki iā 'oe ke ho'opi'i e pili ana i ka maika'i o ka mālama 'ana i ka 'Ano maika'i Ho'omaika'i Huihui

Aia kāu ho'opi'i e pili ana i *ka maika'i o ka mālama*, loa'a iā 'oe 2 mau koho 'ē a'e:

- **Hiki iā 'oe ke hana i kāu ho'opi'i pololei i ka 'Ano maika'i Ho'omaika'i Huihui.** 'O ka 'Ano maika'i Ho'omaika'i Huihui kahi hui o nā kauka ho'oma'ama'a a me nā loea mālama olakino 'ē a'e i uku 'ia e ke aupuni federala e nānā a ho'omaika'i i ka mālama i hā'awi 'ia i nā ma'i Medicare. Loa'a nā 'ike ho'opili ma ka Mokuna 2.

A i 'ole

- **Hiki iā 'oe ke ho'opi'i i ka 'Ano maika'i Ho'omaika'i Huihui a me mākou i ka manawa like.**

Māhele 11.4 Hiki iā 'oe ke ha'i iā Medicare a me Hawaii Med-QUEST Division Program (Medicaid) e pili ana i kāu ho'opi'i

Hiki iā 'oe ke waiho pololei i ka ho'opi'i e pili ana i kā mākou ho'olālā iā Medicare. No ka ho'ouna 'ana i kahi ho'opi'i iā Medicare, e hele i www.medicare.gov/MedicareComplaintForm/home.aspx. Hiki iā 'oe ke kelepona pū i 1-800-MEDICARE (1-800-633-4227). Hiki i nā mea ho'ohana TTY/TDD ke kelepona i 1-877-486-2048.

No nā ho'opi'i e pili ana i nā lawelawe i uhi 'ia e ka Hawaii Med-QUEST Division Program (Medicaid), e 'olu'olu e kelepona i kāu ke'ena Medicaid o ka Moku'āina. Hiki ke loa'a ka 'ike pilina ma ka Mokuna 2, Pauku 6.

Mokuna 10 Ho'opau i ka lālā i kā mākou ho'olālā**MOKUNA 10:****Ho'opau i ka lālā o kā mākou ho'olālā****PAUKU 1 E hoopau ana i kou komo ana iloko o ko makou ho'olālā**

Hiki ke lilo ka ho'opau 'ana i kāu lālā i Wellcare 'Ohana Dual Align (HMO-POS D-SNP) i ka **makemake** 'ana (kāu koho pono'i) a i **'ole ka makemake** 'ole ('a'ole kāu koho pono'i):

- E ha'alele paha 'oe i kā mākou ho'olālā no ka mea ua ho'oholo 'oe *makemake* e ha'alele. Hā'awi ka pauku 2 a me 3 i ka 'ike e pili ana i ka ho'opau 'ana i kou lālā me ka makemake.
- Aia kekahi mau kūlana palena 'ole kahi e koi 'ia ai mākou e ho'opau i kāu lālā. E ha'i ka Pauku 5 iā 'oe e pili ana i nā kūlana e pono ai mākou e ho'opau i kāu lālā.

Inā ha'alele 'oe i kā mākou ho'olālā, pono e ho'omau kā mākou ho'olālā i ka hā'awi 'ana i kāu mālama olakino a me nā lā'au lapa'au, a e ho'omau 'oe e uku i kāu mahele koina a hiki i ka pau 'ana o kou lālā.

PAUKU 2 I ka manawa hea e hiki ai ia oe ke hoopau i kou komo ana ma ko makou ho'olālā?**Pauku 2.1 Hiki iā 'oe ke ho'opau i kāu lālā no ka mea loa'a iā 'oe 'o Medicare a me Medicaid**

'O ka hapanui o nā po'e me Medicare hiki ke ho'opau i kā lākou lālā i loko o nā manawa kiko'i wale nō o ka makahiki. Ma muli o kāu Medicaid, hiki iā 'oe ke ho'opau i kou lālā i kā mākou ho'olālā ma ke koho 'ana i kekahi o kēia mau koho Medicare i kēlā me kēia mahina o ka makahiki:

- Original Medicare me kahi ho'olālā lā'au kauka Medicare kū'oko'a,
- Original Medicare me ka 'ole o ka ho'olālā lā'au lapa'au Medicare 'oko'a (Inā koho 'oe i kēia koho a loa'a iā 'oe ke Kōkua Keu, hiki iā Medicare ke ho'opa'a inoa iā 'oe i kahi ho'olālā lā'au lapa'au, ke 'ole 'oe i ha'alele i ka ho'opa'a inoa 'akomi.), a i 'ole
- Inā kūpono, he D-SNP i ho'ohui 'ia e hā'awi ana i kāu Medicare a me ka hapa nui a i 'ole o kāu mau pomaikai Medicaid a me nā lawelawe i ho'okahi ho'olālā.

Nānā: Inā ha'alele 'oe mai ka ho'opau inoa 'ana i ka lā'au Medicare, 'a'ole e loa'a hou aku ke Kōkua Keu, a hele 'ole me ka uhi 'ana i ka lā'au hō'ai'e no ka manawa mau o 63 lā a 'oi a'e paha, pono paha 'oe e uku i ka ho'opa'i kākau inoa lō'ihi o ka Māhele D inā e komo 'oe i ka ho'olālā lā'au Medicare ma hope.

Mokuna 10 Ho'opau i ka lālā i kā mākou ho'olālā

- Kāhea i kāu Ke'ena Medicaid Moku'āina ma 1-800-316-8005, kelepona nā mea ho'ohana TTY i 711 e a'o e pili ana i kāu Nā koho ho'olālā Medicaid.
- Loa'a nā koho ho'olālā Ola Medicare 'ē a'e i ka wā o ka **Wehe Kakau inoa Kau**. Pauku 2.2 iā 'oe e pili ana i ka manawa Wehe Kakau inoa Kau.
- **E pau ana kou lālā i ka lā mua o ka mahina ma hope o ka loa'a 'ana o kāu noi e ho'ololi i kāu mau ho'olālā.** E ho'omaka pū kāu kākau inoa 'ana i loko o kāu ho'olālā hou i kēia lā.

Pauku 2.2 Hiki iā 'oe ke ho'opau i kou lālā i ka Wehe Kakau inoa Kau

Hiki iā 'oe ke ho'opau i kou lālā i ka wā **Wehe Kakau inoa Kau** i kēlā me kēia makahiki. I kēia manawa, e nānā i kāu uhi olakino a me nā lā'au kauka a ho'oholo e pili ana i ka uhi 'ana no ka makahiki e hiki mai ana.

- O ka **Wehe Kakau inoa Kau** mai **'Okakopa 15 a hiki i Kēkēmapa 7.**
- **Koho e mālama i kāu uhi o kēia manawa a i 'ole e hana i nā loli i kāu uhi no ka makahiki e hiki mai ana.** Inā ho'oholo 'oe e ho'ololi i kahi ho'olālā hou, hiki iā 'oe ke koho i kekahi o kēia mau 'ano ho'olālā:
 - 'O kekahi ho'olālā olakino Medicare, me ka uhi lā'au a 'ole.
 - Original Medicare me *kahi* ho'olālā lā'au kauka Medicare kū'oko'a
 - Original Medicare me *ka 'ole o kahi* ho'olālā lā'au kauka Medicare kū'oko'a.
 - Inā kūpono, he D-SNP i ho'ohui 'ia e hā'awi ana i kāu Medicare a me ka hapa nui a i 'ole o kāu mau pomaikai Medicaid a me nā lawelawe i ho'okahi ho'olālā.

Loa'a iā 'oe ke Kōkua keu mai Medicare e uku i kāu mau lā'au lapa'au: Inā ho'ololi 'oe i Original Medicare a 'a'ole 'oe e kākau inoa i kahi ho'olālā lā'au lapa'au Medicare 'oko'a, hiki iā Medicare ke ho'opa'a inoa iā 'oe i kahi ho'olālā lā'au, ke 'ole 'oe i ha'alele i ke kākau inoa 'akomi.

Nānā: Inā ha'alele 'oe mai ka ho'opau inoa 'ana i ka lā'au Medicare, 'a'ole e loa'a hou i ke Kōkua keu, a hele 'ole ka uhi 'ana i ka lā'au 'ai'ē no 63 lā a 'oi a'e paha ma ka lālani, pono paha 'oe e uku i ka ho'opa'i kākau inoa lō'ihi o ka Māhele D inā e komo 'oe i ka ho'olālā lā'au Medicare ma hope.

- **E pau kou lālā i kā mākou papahana** ke ho'omaka ka uhi o kāu ho'olālā hou ma Ianuali 1.

Pauku 2.3 Hiki iā 'oe ke ho'opau i kāu lālā i Ka Manawa Wehe Kākau Inoa no ke Medicare Advantage

Hiki iā 'oe ke ho'ololi *ho'okahi* i kāu uhi mālama ola i ka manawa **Ka Manawa Wehe Kākau Inoa no ke Medicare Advantage** i kēlā me kēia makahiki.

Mokuna 10 Ho'opau i ka lālā i kā mākou ho'olālā

- **O Ka Manawa Wehe Kākau Inoa no ke Medicare Advantage** mai Ianuali 1 a Malaki 31 a no nā po'e kōkua Medicare hou i kākau inoa 'ia i kahi ho'olālā MA, mai ka mahina o ke kuleana i ka Māhele A me ka Māhele B a hiki i ka lā hope o ka malama 3 o ke kuleana.
- **I loko o Ka Manawa Wehe Kākau Inoa no ke Medicare Advantage** iā 'oe ke:
 - E ho'ololi i kekahi Ho'olālā Medicare Advantage me ka uhi lā'au a 'ole.
 - E ha'alele i kā mākou ho'olālā a loa'a ka uhi ma o Original Medicare. Inā ho'ololi 'oe i Original Medicare i kēia manawa, hiki iā 'oe ke hui pū i kahi ho'olālā lā'au Medicare 'oko'a i ka manawa like.
- **E pau ana kou lālā** i ka lā mua o ka mahina ma hope o kou kau inoa 'ana i kahi ho'olālā Medicare Advantage 'ē a'e, a i 'ole e loa'a iā mākou kāu noi e ho'ololi iā Original Medicare. Inā koho 'oe e kākau inoa i kahi ho'olālā lā'au Medicare, e ho'omaka kou lālā i ka ho'olālā lā'au i ka lā mua o ka mahina ma hope o ka loa'a 'ana o kāu noi kākau inoa.

Pauku 2.4 I kekahi mau kūlana, hiki iā 'oe ke ho'opau i kāu lālā i ka wā o kahi Kau Wehe Kakau inoa Kūikawā

I kekahi mau kūlana, hiki paha iā 'oe ke kūpono e ho'opau i kāu lālā i nā manawa 'ē a'e o ka makahiki. Ua 'ike 'ia kēia 'o kahi **Manawa Kau inoa Kūikawā**.

Hiki paha iā 'oe ke ho'opau i kou lālā i ka wā Manawa Kau inoa Kūikawā inā pili kekahi o kēia mau kūlana iā 'oe. He mau la'ana wale nō kēia. No ka papa inoa piha, hiki iā 'oe ke kelepona i kā mākou ho'olālā, e kelepona iā Medicare, a i 'ole e kipa www.Medicare.gov.

- 'O ka ma'amau, ke ne'e 'oe
- Inā loa'a iā 'oe 'o Hawaii Med-QUEST Division Program (Medicaid)
- Inā hiki iā 'oe ke Kōkua keu aku e uku ana i kāu uhi lā'au Medicare
- Inā hō'ole mākou i kā mākou 'aelike me 'oe
- Inā mālama 'oe i loko o kahi ke'ena, e like me ka hale hānai a i 'ole ka haukapila mālama lō'ihi (LTC).
- **Nānā:** Inā 'oe i loko o kahi Papahana ho'okele lā'au, hiki iā 'oe ke 'ae wale no kekahi mau Manawa Kau inoa Kūikawā. Ha'i ka Mokuna 5, Pauku 10 iā 'oe hou a'e e pili ana i nā papahana ho'omalua lā'au kauka.
- **Nānā:** Pauku 2.1 iā 'oe i ka 'ike hou e pili ana i ka Manawa Kau inoa Kūikawā no nā kānaka me Medicaid.

He 'oko'a nā manawa kau inoa ma muli o kou kūlana.

No ka 'ike 'ana inā 'ae 'oe no kahi Manawa Kau inoa Kūikawā, e 'olu'olu e kelepona iā Medicare ma 1-800-MEDICARE (1-800-633-4227). TTY mea ho'ohana kelepona iā 1-877-486-2048. Inā 'ae 'oe e ho'opau

Mokuna 10 Ho'opau i ka lālā i kā mākou ho'olālā

i kou lālā no kahi kulanā kūikawā, hiki iā 'oe ke koho e ho'ololi i kāu uhi olakino Medicare a me ka uhi lā'au. Hiki iā 'oe ke koho:

- 'O kekahi ho'olālā olakino Medicare me ka uhi lā'au a 'ole,
- Original Medicare *me kahi* ho'olālā lā'au lapa'au Medicare ka'awale,
- Original Medicare *me ka 'ole o kahi* ho'olālā lā'au kauka Medicare kū'oko'a.
- Inā kūpono, he D-SNP i ho'ohui 'ia e hā'awi ana i kāu Medicare a me ka hapa nui a i 'ole o kāu mau pomaikai Medicaid a me nā lawelawe i ho'okahi ho'olālā.

Nānā: Inā ha'alele 'oe mai ka ho'opau inoa 'ana i ka lā'au Medicare, 'a'ole e loa'a hou aku ke Kōkua keu, a hele 'ole i ka uhi lā'au hō'ai'ē no 63 lā a 'oi a'e paha i ka lālani, pono paha 'oe e uku i ka ho'opa'i ho'opa'i kākau inoa hope o ka Māhele D inā e komo 'oe i kahi ho'olālā lā'au Medicare ma hope.

Inā loa'a iā 'oe ke Kōkua keu mai Medicare e uku i kāu mau lā'au ho'opa'a lā'au lapa'au: Inā ho'ololi 'oe i Original Medicare a 'a'ole 'oe e kākau inoa i kahi ho'olālā lā'au Medicare 'oko'a, hiki iā Medicare ke ho'opa'a inoa iā 'oe i kahi ho'olālā lā'au, ke 'ole 'oe e ha'alele i ke kākau inoa 'akomi.

E pau ana kou lālā i ka lā mua o ka mahina ma hope o kāu noi e ho'ololi i kā mākou ho'olālā.

Nānā: Pauku 2.1 a me 2.2 e ha'i hou aku iā 'oe e pili ana i ka Manawa Kau inoa Kūikawā no ka po'e me Medicaid a me ke Kōkua keu.

Pauku 2.5 E ki'i i ka 'ike hou a'e e pili ana i ka wā hiki iā 'oe ke ho'opau i kou lālā

Inā loa'a iā 'oe kekahi mau nīnau e pili ana i ka ho'opau 'ana i kāu lālā hiki iā 'oe ke:

- **Kāhea i Nā lawelawe Lālā ma 1-888-846-4262 (Kahea nā mea ho'ohana TTY iā 711)**
- E huli i ka 'ike ma ka mo'olelo **Medicare & 'oe 2026**.
- Kāhea iā **Medicare** ma 1-800-MEDICARE (1-800-633-4227) (Kahea nā mea ho'ohana TTY 1-877-486-2048)

PAUKU 3 Pehea e hoopau ai i kou komo ana iloko o ko makou ho'olālā

Hō'ike ka papa ma lalo nei pehea e ho'opau ai i kou lālā i kā mākou ho'olālā.

E ho'ololi mai kā mākou ho'olālā i:	Eia ka mea e hana ai:
Kekahi ho'olālā olakino Medicare 'ē a'e	• Kākau inoa i ka ho'olālā olakino Medicare hou. • E kāpae 'ia 'oe mai Wellcare 'Ohana Dual Align (HMO-POS D-SNP) ke ho'omaka ka uhi o kāu ho'olālā hou.

Mokuna 10 Ho'opau i ka lālā i kā mākou ho'olālā

E ho'ololi mai kā mākou ho'olālā i:	Eia ka mea e hana ai:
Original Medicare me kahi ho'olālā lā'au kauka Medicare kū'oko'a	• E kākau inoa i ka ho'olālā lā'au Medicare hou. • E kāpae 'ia 'oe mai Wellcare 'Ohana Dual Align (HMO-POS D-SNP) ke ho'omaka ka uhi o kāu ho'olālā hou.
Original Medicare me ka 'ole o kahi ho'olālā lā'au kauka Medicare kū'oko'a	• E ho'ouna mai iā mākou i palapala noi e ho'opau inoa a i 'ole e kipa i kā mākou pūnaeweale no ka ho'opau inoa 'ana ma ka pūnaeweale. Kāhea i Nā lawelawe Lālā ma 1-888-846-4262 (kahea nā mea ho'ohana TTY iā 711) inā makemake 'oe i ka 'ike hou aku no ka hana 'ana i kēia. • Hiki iā 'oe ke kelepona iā Medicare at 1-800-MEDICARE (1-800-633-4227) a noi aku e kāpae 'ia. TTY mea ho'ohana kelepona iā 1-877-486-2048. • E kāpae 'ia 'oe mai Wellcare 'Ohana Dual Align (HMO-POS D-SNP) ke ho'omaka kāu uhi 'ana ma Original Medicare.

Nānā: Inā ha'alele 'oe mai ka ho'opau inoa 'ana i ka lā'au Medicare, 'a'ole e loa'a hou aku ke Kōkua keu, a hele 'ole i ka uhi lā'au hō'ai'e no 63 lā a 'oi a'e paha i ka lālani, pono paha 'oe e uku i ka ho'opa'i ho'opa'i kākau inoa hope o ka Māhele D inā e komo 'oe i kahi ho'olālā lā'au Medicare ma hope.

No nā nīnau e pili ana i kāu mau pomaikai Hawaii Med-QUEST Division Program (Medicaid), e kelepona iā 1-800-316-8005, TTY 711, 7:45 a.m. - 4:30 p.m. HT, Poakahi - Poalima. Nīnau pehea e ho'opili ai ka hui 'ana i kekahi ho'olālā 'ē a'e a i 'ole ho'iho'i 'ana i Original Medicare i ka loa'a 'ana o kāu uhi Hawaii Med-QUEST Division Program (Medicaid).

PAUKU 4 A hiki i ka pau 'ana o kāu lālā, pono 'oe e ho'omau i ka loa'a 'ana o kāu mau mea lapa'au, nā lawelawe a me nā lā'au kauka ma o kā mākou ho'olālā

A hiki i ka pau 'ana o kou lālā, a ho'omaka kāu uhi Medicare a me Hawaii Med-QUEST Division Program (Medicaid) hou, pono 'oe e ho'omau i ka loa'a 'ana o kāu mau mea lapa'au, nā lawelawe a me nā lā'au lapa'au ma o kā mākou ho'olālā.

Mokuna 10 Ho'opau i ka lālā i kā mākou ho'olālā

- **E ho'omau i ka ho'ohana 'ana i kā mākou mea lawelawe pūnaewe no ka loa'a 'ana o ka mālama olakino.**
- **Ho'omau i ka ho'ohana 'ana i kā mākou mau hale kū'ai lā'au lapa'au pūnaewe a i 'ole ka 'oka leka uila e ho'opiha 'ia kōu mau lā'au.**
- **Inā mālama 'oe i ka hale ma'i i ka lā i pau ai kou lālā, e uhi 'ia kou noho halema'i e kā mākou ho'olālā a hiki i kou ho'oku'u 'ia 'ana** (ʻoia i inā ua ho'oku'u 'ia 'oe ma hope o ka ho'omaka 'ana o kōu uhi olakino hou).

PAUKU 5 Pono 'o Wellcare 'Ohana Dual Align (HMO-POS D-SNP) e ho'opau i kā mākou papa ho'olālā ma kekahi mau kūlana

Pono 'o Wellcare 'Ohana Dual Align (HMO-POS D-SNP) e ho'opau i kou lālā i kā mākou ho'olālā inā loa'a kekahi o kēia mau mea:

- Inā 'a'ohe āu Medicare Part A me Part B
- Inā 'a'ole 'oe e 'ae hou no ka Hawaii Med-QUEST Division Program (Medicaid). E like me ka olelo ma ka Mokuna 1, Pauku 2.1, 'O kā mākou ho'olālā no nā po'e i kūpono i nā mea 'elua Medicare a me Hawaii Med-QUEST Division Program (Medicaid). Inā 'a'ole 'oe e hālāwai hou me nā kōi kūpono kūikawā o kā mākou ho'olālā, e ho'opau 'ia kōu lālā i loko o kēia ho'olālā ma hope o 6 mau mahina. Eia nō na'e, i loko o kēia manawa, 'a'ohe kuleana o ka ho'olālā Medicare Advantage no ka uhi 'ana i nā pōmaika'i 'o Hawaii Med-QUEST Division Program (Medicaid) i ho'okomo 'ia ma lalo o kōu Ho'olālā Moku'āina Medicaid. E loa'a iā 'oe kahi hō'ike mai iā mākou e ha'i ana iā 'oe i ka pau 'ana o kōu lālā a me kōu mau koho. Inā loa'a iā 'oe kekahi mau nīnau e pili ana i kōu kūpono, e 'olu'olu e ho'oka'a'ike iā Nā lawelawe Lālā.
 - 'O ka wā i helu 'ia o ka ho'olālā mau 'ana i ke kūpono he 6 mau mahina. 'O ka manawa i mana'o 'ia e ho'omau 'ia e ho'omaka i ka mua o ka mahina ma hope o ka mahina i nalowale ai 'oe i ke kūlana pono kūikawā
- Inā hele 'oe i waho o kā mākou wahi lawelawe
- Inā 'oe e ha'alele i kā mākou wahi lawelawe no nā mahina 'oi aku ma mua o 6.
 - Inā ne'e 'oe a hele paha i kahi huaka'i lō'ihi, e kelepona iā Nā lawelawe Lālā ma 1-888-846-4262 (Nā mea ho'ohana TTY 711) no ka 'ike inā 'o kahi āu e ne'e ai a e hele nei paha aia ma ka wahi o kā mākou ho'olālā.
- Inā lilo 'oe i pio (hele i ka hale pa'ahao)
- Inā 'a'ole 'oe he kama'āina 'Amelika Hui Pū 'Ia a i 'ole ma ke kōnāwai ma 'Amelika Hui Pū 'Ia
- Inā ho'opunipuni 'oe a 'a'ole 'oe i 'ike e pili ana i kahi 'inikua 'ē a'e, aia iā 'oe ka mea nāna e hā'awi i ka uhi lā'au
- Inā hā'awi 'olu'olu 'oe iā mākou i ka 'ike hewa ke kau inoa 'oe i kā mākou ho'olālā, a pili kēlā 'ike i kou kūpono no kā mākou ho'olālā. ('A'ole hiki iā mākou ke ho'oku'u iā 'oe i kā mākou ho'olālā no kēia kumu ke 'ole mākou e 'ae mua mai Medicare.)

Mokuna 10 Ho'opau i ka lālā i kā mākou ho'olālā

- Inā ho'omau 'oe i ka hana 'ino a pa'akikī iā mākou ke hā'awi i ka mālama olakino iā 'oe a me nā lālā 'ē a'e o kā mākou ho'olālā. ('A'ole hiki iā mākou ke ho'oku'u iā 'oe i kā mākou ho'olālā no kēia kumu ke 'ole mākou e 'ae mua mai Medicare.)
- Inā 'ae 'oe i kekahi e ho'ohana i kāu kāleka lālā e loa'a ai ka mālama lapa'au. ('A'ole hiki iā mākou ke ho'oku'u iā 'oe i kā mākou ho'olālā no kēia kumu ke 'ole mākou e 'ae mua mai Medicare.)
 - Inā ho'opau mākou i kāu lālā no kēia kumu, hiki iā Medicare ke nānā i kāu hihia e ka Luna 'Imi.

Inā he mau nīnau kāu a makemake paha i ka 'ike hou aku i ka wā e hiki ai iā mākou ke ho'opau i kou lālā, e kelepona iā Nā lawelawe Lālā ma 1-888-846-4262 (Nā mea ho'ohana TTY 711).

Pauku 5.1 Mākou hiki ole noi iā 'oe e ha'alele i kā mākou ho'olālā no kekahi kumu pili i ke olakino

A'ole 'ae 'ia 'o Wellcare 'Ohana Dual Align (HMO-POS D-SNP) e noi iā 'oe e ha'alele i kā mākou ho'olālā no kekahi kumu pili i ke olakino.

He aha kāu e hana ai inā kū kēia?

Inā mana'o 'oe ua noi 'ia 'oe e ha'alele i kā mākou ho'olālā no ke kumu pili i ke olakino, e kelepona iā Medicare ma 1-800-MEDICARE (1-800-633-4227). TTY mea ho'ohana kelepona iā 1-877-486-2048.

Pauku 5.2 He kuleana kou e ho'opi'i inā ho'opau mākou i kou lālā i kā mākou ho'olālā

Inā ho'opau mākou i kāu lālā i kā mākou ho'olālā, pono mākou e ha'i iā 'oe i kā mākou mau kumu i ke kākau no ka ho'opau 'ana i kāu lālā. Pono mākou e wehewehe pū pehea e hiki ai iā 'oe ke waiho i ka hoopii a i 'ole e hana i ka ho'opi'i e pili ana i kā mākou ho'oholo e ho'opau i kāu lālā.

Mokuna 11 Hoolaha kanawai

MOKUNA 11:

Nā hō'ike kāmāwai

PAUKU 1 Hoolaha e pili ana i ke kanawai hooponopono

‘O ke kāmāwai nui e pili ana i kēia *Hō'ike no ka uhi 'ana* palapala ‘o ia ka Po‘o inoa XVIII o ka Kāmāwai mālama ola a me nā ho‘oponopono i hana ‘ia ma lalo o ke Nā kikowaena no ka Medicare & Medicaid Nā lawelawe (CMS). Eia kekahi, pili paha nā kāmāwai federala ‘ē a‘e, a ma lalo o kekahi mau kūlana, nā kāmāwai o ka moku‘āina āu e noho ai. Hiki ke pili kēia i kāu mau kuleana a me nā kuleana inā ‘a‘ole i ho‘okomo ‘ia a wehewehe ‘ia nā kāmāwai ma kēia palapala.

PAUKU 2 Hoolaha e pili ana i ka hookae ole

Ho‘okō kā mākou ho‘olālā olakino i nā Kāmāwai Kū‘ē i nā Kuleana Kivila o ke Aupuni. **‘A‘ole mākou e ho‘okae** ma muli o ka lāhui, ka lāhui, ka lāhui, ka waiho‘olu‘u, ka ho‘omana, ke kāne, ka makahiki, ke kīnā o ka no‘ono‘o a i ‘ole ke kino, ke kūlana olakino, ka ‘ike koi, ka mō‘aukala olakino, ka ‘ike genetic, nā hō'ike o ka insurability, a i ‘ole ka ‘āina i loko o ka wahi lawelawe. Pono nā hui a pau e ho‘olako i nā ho‘olālā Medicare Advantage, e like me kā mākou ho‘olālā, e ho‘olohe i nā kāmāwai federala e kū‘ē i ka ho‘okae ‘ana, me ka Po‘o inoa VI o ka Kanawai Kuleana Kivila o 1964, ka ‘O ke kāmāwai ho‘oponopono hou o 1973, ke kāmāwai ho‘okae makahiki o 1975, ke kāmāwai o nā ‘Amelika me ke kino kīnā, ‘āpana 1557 o ka Ke kāmāwai no ka mālama olakino hiki ke kū‘ai, nā kāmāwai ‘ē a‘e a pau e pili ana i ke kāmāwai Ke kāmāwai no ka mālama olakino hiki ke kū‘ai. pili i kekahi kumu ‘ē a‘e.

Inā makemake ‘oe i ‘ike hou a‘e a i ‘ole he hopohopo e pili ana i ka ho‘okae a i ‘ole ka hana kūpono ‘ole, kelepona i ke Ke‘ena ‘Oihana Ola a me nā lawelawe **Office for Civil Rights** ma 1-800-368-1019 (TTY 1-800-537-7697) a i ‘ole kāu Office for Civil Rights. Hiki iā ‘oe ke nānā i ka ‘ike mai ke Ke‘ena ‘Oihana Ola a me nā lawelawe kanaka no Office for Civil Rights ma www.HHS.gov/ocr/index.html.

Inā he kīnā kou a makemake ‘oe i ke kōkua no ka loa‘a ‘ana o ka mālama, e kelepona iā Nā lawelawe Lālā ma 1-888-846-4262 (TTY mea ho‘ohanakahea 711). Inā loa‘a iā ‘oe kekahi ho‘opi‘i, e like me ka pilikia me ke komo ‘ana i ka noho huila, hiki i Nā lawelawe Lālā ke kōkua.

PAUKU 3 Hoolaha e pili ana i ke kuleana o ka uku hoolimalima o ka Medicare Uku lua

Loa‘a iā mākou ke kuleana a me ke kuleana e hō‘ili‘ili no nā lawelawe Medicare i uhi ‘ia no ka mea ‘a‘ole ‘o Medicare ka mea uku mua. Wahi a nā lula CMS ma 42 CFR nā pauku 422.108 a me 423.462, e ho‘ohana kā mākou ho‘olālā, ma ke ‘ano he hui Medicare Advantage, i nā kuleana ho‘iho‘i like ‘ole i ho‘ohana

Mokuna 11 Hoolaha kanawai

'ia e ke Kuhina ma lalo o nā lula CMS i nā 'āpana B a hiki i ka D o ka 'āpana 411 o 42 CFR a 'o nā lula i ho'okumu 'ia i kēia mokuna e ho'ololi i nā kānāwai o ka moku'āina.

PAUKU 4 Ho'iho'i hou i nā pomaikai i uku 'ia e kā mākou ho'olālā ma lalo o kāu ho'olālā Wellcare 'Ohana Dual Align (HMO-POS D-SNP)

Inā 'eha 'oe

Inā ua 'eha 'oe, ua ma'i a i 'ole ua loa'a i kekahi kūlana ma o nā hana a kekahi kanaka, hui, a i 'ole 'oe iho (he "mea kuleana"), e hā'awi kā mākou ho'olālā i nā pomaikai no nā lawelawe i uhi 'ia āu i loa'a. Eia na'e, inā loa'a iā 'oe ke kālā a i 'ole he kuleana e loa'a ke kālā ma muli o kou 'eha, ma'i a i 'ole kūlana, ma o ka ho'oponopono, ho'oholo, a i 'ole kekahi uku 'ē a'e e pili ana i kāu 'eha, ma'i a i 'ole kūlana, ke kuleana a me nā mea lapa'au mālama e pa'a i ke kuleana e ho'iho'i i ka waiwai o nā lawelawe i hā'awi 'ia iā 'oe ma o kēia ho'olālā e like me ke kānāwai pili o ka Moku'āina.

E like me ka ho'ohana 'ia i loko o kēia 'ōlelo, 'o ka hua'ōlelo "mea kuleana" 'o ia kekahi kanaka a hui paha ke kuleana a hiki ke kuleana no kou 'eha, ma'i a i 'ole kūlana. Ho'ohui 'ia ka hua'ōlelo mea kuleana i ka hui inikua a i 'ole 'ē a'e o ka mea kuleana.

'O kekahi mau la'ana pehea e hiki ai iā 'oe ke 'eha, ma'i a i 'ole kūlana ma o nā hana a ka mea kuleana, akā 'a'ole i kaupalena 'ia:

- Aia 'oe i loko o ka pō'ino ka'a;
- Ho'opahe'e 'oe a hā'uile i loko o ka hale kū'ai; a
- Ho'opilikia 'oe i kekahi kemikala weliweli ma ka hana.

Ke kuleana ho'iho'i a kā mākou ho'olālā e pili ana i kekahi a me nā mea āpau āu i loa'a mai ka mea kuleana, me ka 'ole o ka ho'oponopono, akā 'a'ole i kaupalena 'ia:

- Nā uku i hana 'ia e kekahi 'ao'ao 'ekolu a i 'ole kekahi hui inikua ma ka 'ao'ao o ke 'ao'ao 'ekolu;
- 'A'ole i inikua a inikua kā'elemanaka;
- Uku palekana kino, 'a'ohe hewa a i 'ole kekahi uku mua 'ē a'e;
- Nā Hana a i 'ole Ho'oholo ho'oikaika 'ana i ka hana;
- Nā uku olakino ma lalo o kekahi ho'olālā ka'a, 'oihana a i 'ole inikua homeowners a i 'ole pale umbrella;
- 'O kekahi ho'oholo a i 'ole ho'oholo i loa'a mai ka ho'opi'i a i 'ole nā hana kānāwai 'ē a'e; a i 'ole
- Kekahi uku 'ē a'e mai kekahi kumu 'ē a'e i loa'a 'ia ma ke 'ano he uku no nā hana a ka mea kuleana a i 'ole nā kānalua 'ole.

Ma ka 'ae 'ana i nā pomaikai ma lalo o kēia ho'olālā, 'ae 'oe i kā mākou ho'olālā he kuleana mua o ka subrogation a me ka ho'iho'i 'ana e pili ana i ka wā e uku ai kēia ho'olālā i nā pomaikai no nā lawelawe i uhi 'ia āu i loa'a ma muli o nā hana a ka mea kuleana, a loa'a iā 'oe a i 'ole kāu 'elele kekahi uku mai ka mea kuleana.

Mokuna 11 Hoolaha kanawai

Ma ka 'ae 'ana i nā pomaikai ma lalo o kēia ho'olālā, ho'olilo pū (i) 'oe i kā mākou ho'olālā i kāu kuleana e hō'ili'ili i nā lilo lapa'au mai kekahi pale i loa'a a hiki i ke kumukū'ai piha o nā lawelawe i uhi 'ia i ho'olako 'ia e ka ho'olālā i ka pili 'ana i kou 'eha, ma'i a i 'ole kūlana, a (ii) ke 'ae nei 'oe e kuhikuhi kiko'i i ka mea kuleana e uku pololei i ka ho'olālā ma kou inoa.

Ma ka 'ae 'ana i nā pomaikai ma lalo o kēia ho'olālā, hā'awi pū 'oe i kā mākou ho'olālā i kahi lien mua o ka uku, ho'oponopono a ho'oholo, a i 'ole kumu uku 'ē a'e a me nā ho'ihō'i no ke kumukū'ai piha o nā pomaikai no nā lawelawe i uhi 'ia i uku 'ia ma lalo o ka ho'olālā e pili ana i kou 'eha, ma'i a i 'ole kūlana ma muli o nā hana a ka mea kuleana. Pili kēia kuleana mua 'oiai 'a'ole i ho'omaopopo 'ia nā kumukū'ai lapa'au a 'oiai 'a'ole 'oe i ho'opakele 'ia a i uku piha 'ia no kou pohō. Hiki i kā mākou ho'olālā ke ho'ihō'i i ke kumukū'ai piha o nā pomaikai i ho'olako 'ia e kēia ho'olālā me ka 'ole o kekahi koi hewa i kāu 'ao'ao, 'oiai ma ka negligence like a i 'ole 'ē a'e. 'A'ohe uku loio e ho'one'e 'ia mai ka ho'ihō'i 'ana o kā mākou ho'olālā, a 'a'ole koi 'ia kā mākou ho'olālā e uku a hā'awi paha i ka uku no nā kumukū'ai a i 'ole nā uku loio no ka loio i ho'olimalima 'ia e ho'oikaika i ka noi a i 'ole ka ho'okolokolo 'ana i kekahi mea kuleana.

Nā 'anu'u āu e pono ai ke hana

Inā 'eha 'oe, lilo i ma'i, a ho'omōhala i kahi kūlana ma muli o ka 'ao'ao kuleana, pono 'oe e laulima me kā mākou ho'olālā a me / a i 'ole nā hana a ka mea lawelawe hana e ho'ōla i kāna mau lilo, e like me:

- 'O ka ha'i 'ana iā kā mākou ho'olālā a i 'ole ka mea lapa'au mālama, e pili ana, ka inoa a me ka wahi noho o ka mea kuleana a i 'ole kona loio, inā 'oe e 'ike iā ia; ka inoa a me ka wahi noho o kāu loio, inā 'oe e ho'ohana i kahi loio, ka inoa a me ka wahi noho o kekahi hui inikua e pili ana; a me kahi wehewehe pehea i hana ai ka 'eha, ma'i a i 'ole kūlana.
- 'O ka ho'opau 'ana i kekahi palapala e koi pono ai kā mākou ho'olālā a i 'ole ka mea lapa'au mālama, e kōkua i ka ho'okō 'ana i ka lien a i 'ole kuleana ho'ihō'i.
- 'O ka pane koke 'ana i nā nīnau mai kā mākou ho'olālā a i 'ole ka mea lapa'au mālama e pili ana i ka kūlana o ka hihia a i 'ole ka noi a me nā kūkākūkā ho'oponopono.
- 'O ka ho'omaopopo koke 'ana iā kā mākou ho'olālā i kou a i 'ole kāu loio e loa'a ai kekahi kālā mai ka mea kuleana(s) a i 'ole kekahi kumu 'ē a'e.
- 'O ka uku 'ana i ka lien olakino a i 'ole ka nui ho'ihō'i ho'olālā mai kekahi ho'ihō'i, ho'oponopono a ho'oholo, a i 'ole kumu uku 'ē a'e, me ka uku piha 'ana i ka ho'ihō'i no nā pomaikai i uku 'ia ma lalo o ka ho'olālā e pili ana i kou 'eha, ma'i a i 'ole kūlana ma muli o ka mea kuleana 'oiai 'a'ole i ho'omaopopo 'ia 'oiai he ho'ihō'i no nā kumukū'ai lapa'au a 'oiai 'a'ole 'oe i ho'opakele 'ia a i 'ole ho'okomo piha 'ia no kou pohō;
- 'A'ole e hana i kekahi mea e ho'ohaumia i nā kuleana o kā mākou ho'olālā e like me ka mea i ho'ākāka 'ia ma luna. Pili kēia, akā 'a'ole i kaupalena 'ia, i ka ho'okū'ē 'ana i kekahi mau ho'ā'o e ho'ēmi a wehe paha mai ka ho'oponopono a i 'ole ka ho'ihō'i 'ana i ke kumukū'ai piha o nā pomaikai i uku 'ia e ka ho'olālā a i 'ole nā ho'ā'o e hō'ole i kā mākou ho'olālā i kona kuleana mua o ka ho'ihō'i a i 'ole lien.
- Ho'opa'a i kekahi kālā āu a i 'ole kāu loio e loa'a ai mai ka mea kuleana(s), a i 'ole mai kekahi kumu 'ē a'e, i ka hilina'i, a ho'ihō'i iā kā mākou ho'olālā a i 'ole ka mea lapa'au mālama, e pili ana, no ke kumukū'ai o ka ho'ihō'i i kā mākou ho'olālā ke uku koke 'oe a ma mua o ka uku 'ana i kekahi mea lien 'ē a'e a i 'ole nā 'ao'ao 'ekolu e koi ana i ka kuleana e ho'ihō'i.
- Pono 'oe e kōkua iā mākou i ka ho'oikaika 'ana i kēia mau ho'ihō'i a i 'ole nā.

Mokuna 11 Hoolaha kanawai**PAUKU 5 Kaleka lala**

‘O kahi kāleka lālā i ho‘opuka ‘ia e kā mākou ho‘olālā ma lalo o kēia *Hō'ike no ka uhi 'ana* no ka ‘ike wale nō. ‘O ka loa‘a ‘ana o kahi lālani lālā ‘a‘ole e hā‘awi i kekahi kuleana i nā lawelawe a i ‘ole nā pomaikai ‘ē a‘e ma lalo o kēia *Hō'ike no ka uhi 'ana*. No ka pono o nā lawelawe a i ‘ole nā pomaikai ma lalo o kēia *Hō'ike no ka uhi 'ana*, pono ke kanaka pa‘a i ka lālani e kūpono no ka uhi ‘ana a i ka inoa ‘ia ma ke ‘ano he lālā ma lalo o kēia *Hō'ike no ka uhi 'ana*. ‘O kēlā me kēia kanaka e loa‘a ana nā lawelawe i loa‘a ‘ole iā ia ma lalo o kēia *Hō'ike no ka uhi 'ana* e kuleana no ka uku no ia mau lawelawe. Pono kekahi lālā e hō‘ike i ke kāleka lālā o ka ho‘olālā, ‘a‘ole kahi kāleka Medicare, i ka manawa o ka lawelawe. E ‘olu‘olu e kelepona i Nā lawelawe Lālā ma 1-888-846-4262 (Kahea nā mea ho‘ohana TTY iā 711) inā makemake ‘oe e pani i kāu kāleka lālā.

Ho‘omaopopo: ‘O kēlā me kēia lālā e ‘ae ana i ka hana hewa a me ka ho‘ohana ‘ino i ka lālani lālā e hiki ke ho‘oka‘awale ‘ia no ka kumu. Pono kā mākou ho‘olālā e hō‘ike i ka hemo ana ‘ana i hana ‘ia mai ka hana hewa a i ‘ole ka ho‘ohana ‘ino i ka lālani lālā i ke Ke‘ena o ka Luna Nānā Nui, a hiki i ka ho‘opi‘i ‘ana hewa.

PAUKU 6 Ka poe aelike kuokoa

‘O ka pilina ma waena o kā mākou ho‘olālā a me kēlā me kēia mea ho‘olako komo he pilina kū‘oko‘a. ‘A‘ole nā mea ho‘olako komo he mau limahana a i ‘ole nā luna o kā mākou ho‘olālā, a ‘a‘ole ho‘i kā mākou ho‘olālā, ‘a‘ole ho‘i kekahi limahana o kā mākou ho‘olālā, he limahana a luna paha o kekahi mea ho‘olako komo. ‘A‘ohe hihia e kuleana kā mākou ho‘olālā no ka ‘ulō, hana hewa, a i ‘ole ka hewa o kekahi mea ho‘olako komo a i ‘ole mea ho‘olako mālama olakino ‘ē a‘e. Nā kauka komo, ‘a‘ole kā mākou ho‘olālā, e mālama i ka pilina kauka-pilikino me ka lālā. ‘A‘ole kā mākou ho‘olālā he mea ho‘olako mālama olakino.

PAUKU 7 Ho‘okipa olakino ho‘olālā ho‘opunipuni

Ua wehewehe ‘ia ka ho‘opunipuni ho‘olālā mālama ola e like me ka ho‘opunipuni a hō‘ike hewa ‘ole paha i ka ho‘olālā e kahi mea hā‘awi, lālā, luna hana, a i ‘ole kekahi mea e hana ana ma kā lākou inoa. He hewa nui ia e hiki ke ho‘opi‘i ‘ia. ‘O kekahi kanaka e hana kū‘oko‘a a me ka ‘ike e komo i kekahi hana i mana‘o ‘ia e ho‘opunipuni i ka ho‘olālā mālama olakino ma o ka ho‘ouna ‘ana i kahi ho‘opi‘i nona kekahi ‘ōlelo ho‘ohilahila a i ‘ole ‘ōlelo ho‘ohilahila paha e hiki ke lawe ‘ia he ho‘okipa olakino ho‘olālā ho‘opunipuni.

Inā hopohopo ‘oe e pili ana i kekahi o nā ho‘opi‘i i ‘ike ‘ia ma ka bila a i ‘ole ka palapala Wehewehe o na pomaikai, a inā ‘ike ‘oe a mana‘o paha ‘oe i kekahi hana kū‘oko‘a, e kelepona i kā mākou ho‘olālā ho‘opunipuni manuahi ‘ole ma 1-866-685-8664 (TTY: 711). Hana ka Laina Kelepona Ho‘opunipuni i nā hola he 24 i ka lā, ehiku mau lā i ka pule. ‘O nā kelepona a pau he mea huna loa.

Mokuna 11 Hoolaha kanawai

PAUKU 8 Nā kūlana ma waho o ka mana o ka ho'olālā

I ka 'āpana kahi i hiki 'ole ai ke pale 'ia e ka pō'ino kūlohelohe, ke kaua, ka haunaele, ka hana kū'ē i ka lehulehu, ka ma'i ahulau, ka luku piha a i 'ole ka hapa o nā ke'ena, ka pahū atomi a i 'ole ke kāpae 'ana o ka ikehu nukelea, ka pō'ino o nā limahana nui o ka hui kino, ka kūlana o ke kūlana pilikia a i 'ole nā hanana like 'ole i loko o ka *Hō'ike no ka uhi 'ana*, e hō'emi 'ia ke kuleana o kā mākou ho'olālā e hā'awi i kēlā mau lawelawe a i 'ole nā pomaikai i ka koi 'ana e hana ka ho'olālā me ka ho'oikaika maika'i e hā'awi a ho'onohonoho paha no ka hā'awi 'ana i kēlā mau lawelawe a i 'ole nā pomaikai i loko o ka hiki 'ana o kāna mau ke'ena a i 'ole nā limahana.

Mokuna 12 Wehewehe**MOKUNA 12:****Wehewehe**

Kikowaena Opuu Ambulatory – He Kikowaena Opuu Ambulatory kahi hui e hana wale no ka ho'olako 'ana i nā lawelawe 'oki lā'au ma'i i nā mea ma'i e koi 'ole i ka haukapila a 'o ka mea i mana'o 'ia e noho ma waenakonu 'a'ole pono 'oi aku i 24 mau hola.

Ho'opi'i - 'O ka ho'opi'i he mea āu e hana ai inā 'ae 'ole 'oe i kā mākou ho'oholo e hō'ole i kahi noi no ka uhi 'ana i nā lawelawe mālama olakino a i 'ole nā lā'au lapa'au a i 'ole ka uku no nā lawelawe a i 'ole nā lā'au lapa'au i loa'a iā 'oe. Hiki paha iā 'oe ke ho'opi'i inā 'ae 'ole 'oe i kā mākou ho'oholo e kāpae i nā lawelawe āu e loa'a nei.

Manawa Pōmaika'i – 'O ke ala e ana kā mākou ho'olālā a me Original Medicare i kāu ho'ohana 'ana i nā lawelawe hale hanai akamai (SNF). Ho'omaka kahi manawa pōmaika'i i ka lā e hele ai 'oe i kahi hale hanai akamai. Pau ka Manawa Pōmaika'i inā 'a'ole 'oe i loa'a kahi mālama hana Ke Ke'ena Hana Māmā i loko o ka SNF no 60 lā i ka lālani. Inā 'oe i komo i kahi hale hanai akamai ma hope o ka pau 'ana o kahi Manawa Pōmaika'i, ho'omaka kahi Manawa Pōmaika'i hou. A'ohe palena i ka helu o nā manawa pōmaika'i.

Huaola Ola – He lā'au lapa'au i hana 'ia mai nā kumu kūlohelohe a me nā kumu ola e like me nā mea ola holoholona, nā mea kanu, nā hua bacteria, a i 'ole ka hū. 'O aku ka pa'akikī o nā huahana olaola ma mua o nā lā'au lapa'au 'ē a'e a 'a'ole hiki ke kope pololei 'ia, no laila ua kapa 'ia nā 'ano like 'ole huahana like me ke kino. (e hele i **"Huahana 'epekema ola mua"** a me **"Huahana like me ke kino"**).

Huahana like me ke kino – He kuahana ho'okele kino i like loa, akā, 'a'ole like, me ka huahana olaola kumu. 'O nā huahana like me ke kino he palekana a kūpono e like me ka Huahana 'epekema ola mua. Hiki ke ho'ololi 'ia kekahi mau huahana like me ke kino no ka Huahana 'epekema ola mua ma ka lā'au lapa'au me ka 'ole o ka palapala kauoha hou (E hele i **"Huahana 'epekema ola like hiki ke ho'ololi 'ia"**).

Lā'au hō'ailona inoa – He lā'au kuhikuhi i hana 'ia a kū'ai 'ia e ka hui lā'au i noi'i mua a ho'omohala i ka lā'au. Loa'a nā lā'au hō'ailona inoa i ka 'ōnaehana mea a ho'ohālikelike me ka 'ano ma'amaui o ka lā'au. Eia na'e, hana 'ia a kū'ai 'ia nā lā'au ma'amaui e nā mea hana lā'au 'ē a'e a 'a'ole ma'amaui i loa'a a hiki i ka pau 'ana o ka patent ma ka lā'au hō'ailona inoa.

Ka Papa Ho'opi'i Pō'ino – 'O ka pae ma ka Māhele D Pono Laau Laau e ho'omaka ana i ka wā i ho'olilo ai 'oe (a i 'ole nā 'ao'ao kūpono 'ē a'e no 'oe) i \$2,100 no nā lā'au i uhi 'ia ma ka Māhele D i ka makahiki i uhi 'ia. I kēia kūlana uku, 'a'ole 'oe e uku i kekahi mea no kāu mau lā'au Māhele D i uhi 'ia.

Nā kikowaena no ka Medicare & Medicaid Nā lawelawe (CMS) – 'O ke ke'ena federala e lawelawe ana i ka Medicare.

Mokuna 12 Wehewehe

Hō'ōia like – He huina paha e koi 'ia ai 'oe e uku, i hō'ike 'ia ma ke 'ano he pākēneka (e like me 20%) ma ke 'ano he mahele o kāu kumukū'ai no nā lawelawe a i 'ole nā lā'au lapa'au.

Ho'opii – 'O ka inoa kūpono no ka ho'opii 'ana 'o ia **ka waiho 'ana i kahi ho'opii**. Ho'ohana 'ia ke ka'ina hana ho'opii wale nō no kekahi mau 'ano pilikia. Ho'opili kēia i nā pilikia e pili ana i ka maika'i o ka mālama, nā manawa kali, a me ka lawelawe mea kū'ai aku i loa'a iā 'oe. Ho'opili pū 'ia nā ho'opii inā 'a'ole hahai kā mākou ho'olālā i nā manawa o ke ka'ina ho'opii.

Keena Ho'oponopono Ho'oma'ama'a Ma waho (CORF) - He ke'ena e hā'awi nui i nā lawelawe ho'oponopono ma hope o ka ma'i a i 'ole ka hō'eha, me ka ho'oma'ama'a kino, nā lawelawe pilikanaka a i 'ole nā lawelawe no'ono'o, ka ho'ōla hanu, ka lapaau hana a me nā lawelawe loilo 'ōlelo-ōlelo, a me nā lawelawe loilo kaiapuni home.

Ka uku kope (a i 'ole ka copay) – He nui paha kāu e koi 'ia e uku ma ke 'ano he mahele o ke kumukū'ai no kahi lawelawe lapa'au a lako paha, e like me ke kipa 'ana o ke kauka, kipa ma'i ma waho o ka haukapila, a i 'ole he lā'au kuhikuhi. 'O ka uku hui he nui i ho'onohonoho 'ia (e la'a me \$10), ma mua o ke pa'akikī.

Ka'ana Kū'ai – 'O ke ka'ana like 'ana i ke kumu kū'ai e pili ana i nā huina e uku 'ia e kekahi lālā ke loa'a nā lawelawe a i 'ole nā lā'au lapa'au. Loa'a ka ka'ana like 'ana i nā hui o kēia mau 'ano uku 3: (1) kekahi huina Hiki ke unuhi ke kau 'ia ma mua o ka uhi 'ia 'ana o nā lawelawe a i 'ole nā lā'au lapa'au; (2) kekahi huina uku hui pa'a i koi 'ia e kahi ho'olālā ke loa'a kahi kiko'i; a i 'ole (3) kekahi huina hō'ōia like, he pākēneka o ka huina kālā i uku 'ia no kahi ho'olālā e koi ai ke loa'a kahi kiko'i.

Ka Ho'oholo Uku – He ho'oholo e pili ana i ka uhi 'ia 'ana o ka lā'au lapa'au i kuhikuhi 'ia iā 'oe e kā mākou ho'olālā a me ka nui, inā loa'a, pono 'oe e uku no ke kau 'ana. Ma ke'ano laulā, inā lawe 'oe i kāu lā'au lapa'au i kahi lā'au lapa'au a ha'i ka lā'au lapa'au iā 'oe 'a'ole i uhi 'ia ka lā'au lapa'au ma lalo o kā mākou ho'olālā, 'a'ole ia he ho'oholo ho'opili. Pono 'oe e kelepona a kākau paha i kā mākou ho'olālā no ka noi 'ana i kahi ho'oholo kūpono e pili ana i ka uhi. Kapa 'ia nā ho'oholo ho'opa'a uhi **nā ho'oholo ho'opii** ma kēia palapala.

Laau U'i - 'O ka hua'ōlelo a mākou e ho'ohana ai no nā lā'au lapa'au a pau i uhi 'ia e kā mākou ho'olālā.

Nā lawelawe i uhi 'ia – 'O ka hua'ōlelo a mākou e ho'ohana ai 'o ia ke 'ano o nā lawelawe mālama olakino a me nā lako i uhi 'ia e kā mākou ho'olālā.

Uku Laau Laau Laau Aaie – Uku lā'au lapa'au (no ka la'ana, mai ka mea hana a i 'ole uniona) i mana'o 'ia e uku 'ia, ma ka awelika, e like me ka nui o ka uhi lā'au lapa'au ma'amaui o Medicare. 'O nā kākana i loa'a kēia 'ano uhi ke loa'a iā lākou ka pono no Medicare hiki iā lākou ke mālama ma'amaui i kēlā uhi me ka 'ole o ka uku 'ana i ka uku inā ho'oholo lākou e kākau inoa i ka uhi lā'au Medicare ma hope.

Mālama mālama – 'O ka Mālama mālama he mālama pilikino ia i hā'awi 'ia i loko o kahi hale hānai, hale hospice, a i 'ole kahi ke'ena 'ē a'e inā 'a'ole pono 'oe i ka mālama olakino a i 'ole ka mālama kahu. 'O ka mālama, hā'awi 'ia e ka po'e i loa'a 'ole ka mākaukau 'oihana a i 'ole ka ho'oma'ama'a 'ana, loa'a ke kōkua me nā hana o ka nohona o kēlā me kēia lā e like me ka 'au'au 'ana, ka 'a'ahu 'ana, ka 'ai 'ana, ke komo 'ana i waho a i waho o kahi moena a noho paha, ka ne'e 'ana a me ka ho'ohana 'ana i ka hale 'au'au. Hiki ke ho'okomo pū 'ia ka mālama ola kino i nā 'ano mālama ola kino a ka hapa nui o nā kākana e hana iā lākou iho, e like me ka ho'ohana 'ana i nā kulu maka. 'A'ole uku ka Medicare no ka mālama.

Mokuna 12 Wehewehe

I kēlā me kēia lā koina- ka'ana like – Hiki ke I kēlā me kēia lā koina- ka'ana like me kēia lā ke kuhikuhi 'ia kāu kauka i ka hā'awi 'ana i nā lā'au lapa'au ma lalo o ho'okahi mahina piha no 'oe a pono 'oe e uku i kahi uku hui. 'O ke kumukū'ai I kēlā me kēia lā koina- ka'ana like ka uku hui i ho'oka'awale 'ia e ka helu o nā lā i loko o ka lako mahina. Eia kekahi la'ana: Inā he \$30 kāu uku hui no ka ho'olako 'ana i ka lā'au lapa'au no ho'okahi mahina, a he 30 mau lā ka ho'olako 'ana o ho'okahi mahina i kā mākou ho'olālā, a laila, 'o kāu uku koina-ka'ana like i kēlā me kēia lā he \$1 i kēlā me kēia lā.

Hiki ke unuhi – 'O ka nui āu e uku ai no ka mālama ola kino a i 'ole nā palapala kauoha ma mua o ka uku 'ana o kā mākou ho'olālā.

Ho'opau a i 'ole **Ho'opau inoa** – Ke ka'ina hana o ka ho'opau 'ana i kou lālā i kā mākou ho'olālā.

Uku Hoolaha – He uku i uku 'ia i kēlā me kēia manawa i hā'awi 'ia kahi lā'au i uhi 'ia e uku no ke kumukū'ai o ka ho'opiha 'ana i ka lā'au lapa'au, e like me ka manawa o ke kauka lā'au e ho'omākaukau a ho'opa'a 'ia i ka lā'au lapa'au.

Nā ho'olālā kūikawā no ka po'e kūpono pāpālūa (D-SNP) – Ho'opa'a inoa nā DSNP i ka po'e i kuleana i ka Medicare (Title XVIII o ka Palekana Kaiapili Act) a me ke kokua lapaau mai kahi ho'olālā moku'āina ma lalo o Medicaid (Title XIX). Ho'opili nā Moku'āina i kekahi a i 'ole nā koina Medicare a pau, e pili ana i ka moku'āina a me ka pono o ke kanaka.

Kānaka kūpono pāpālūa – He kanaka i kūpono no ka ho'opi'i Medicare a me Medicaid.

Lō'ihī lā'au lapa'au mea lako (DME) – 'O kekahi mau lā'au lapa'au i kauoha 'ia e kāu kauka no nā kumu olakino. Ho'ohālike i nā mākā'ika'i, nā kiwī huila, nā ko'i, nā 'ōnaehana moena uila, nā lako ma'i diabetes, nā paila IV infusion, nā hāme'a haku 'ōlelo, nā lako oxygen, nā nebulizers, a i 'ole nā moena haukapila i kauoha 'ia e kahi mea ho'olako no ka ho'ohana 'ana ma ka home.

Ka pilikia – 'O ka ulia pōpilikia ke mana'o'i'o 'oe he mau hō'ailona olakino kou e pono ai ke mālama koke i ke ola (a inā he wahine hāpai 'oe, nalowale kahi keiki hānau 'ole), nalowale kekahi lālā, a i 'ole nalo 'ana o ka lālā, a i 'ole ka nalo 'ana i kahi hana kino. Hiki i nā hō'ailona lapa'au ke lilo i ma'i, 'eha, 'eha nui, ai 'ole kahi kino kino lapa'au e wikiwiki loa ana ka ho'omaika'i 'ana.

Ka mālama 'ana i ka pilikia – Nā lawelawe i uhi 'ia: 1) hā'awi 'ia e kahi mea ho'olako kūpono e ho'olako i nā lawelawe pilikia; a me 2) pono e mālama, loilo, a ho'opa'a paha i kahi ma'i pilikia lā'au lapa'au kūlana.

Hō'ike no ka uhi 'ana (EOC) and hō'ike 'ike – 'O kēia palapala, me kāu palapala ho'opa'a inoa a me nā mea ho'opili 'ē a'e, nā mea ho'okele, a i 'ole nā mea ho'opili koho 'ē a'e i koho 'ia, e wehewehe ana i kāu uhi, nā mea e pono ai mākou e hana, kou kuleana, a me kāu mea e hana ai ma ke 'ano he lālā o kā mākou ho'olālā.

Ho 'oko'a – He 'ano Ho'oholo 'ana no ka uhi kāki inā 'ae 'ia, hiki iā 'oe ke ki'i i ka lā'au lapa'au 'a'ole ma kā mākou Palapala ho'opuka (a palapala palapala 'oko'a), a i 'ole e ki'i i kahi lā'au i makemake 'ole 'ia ma kahi pae koina-ka'ana like ha'aha'a (he 'oko'a Papa Kumukū'ai). Hiki paha iā 'oe ke noi i kahi 'oko'a inā koi kā mākou ho'olālā iā 'oe e ho'ā'o i kahi lā'au 'ē a'e ma mua o ka loa'a 'ana o ka lā'au āu e noi nei, inā makemake kā mākou ho'olālā i kahi mua mana 'ae no kahi lā'au a makemake 'oe iā mākou e ha'alele i ka palena o nā pae ho'ohālike, a i 'ole ka palena o kā mākou ho'olālā i ka nui a i 'ole ke 'ano o ka lā'au āu e noi nei (kahi palapala palapala 'oko'a).

Mokuna 12 Wehewehe

Kōkua keu – He polokalamu Medicare e kōkua i ka po'e me ka loa'a 'ole a me nā kumu waiwai e uku i nā kumukū'ai o ka ho'olālā lā'au lapa'au Medicare, e like me nā uku, nā mea unuhi, a me ka hō'oiā like.

Ma'amau Laau laau – He laau kuhikuhi i aponoia e ka FDA e like me ka mea like me ka lā'au hō'ailona inoa. Ma'amau, hana like ka lā'au ma'amau me ka lā'au hō'ailona inoa a 'oi aku ka li'ili'i o ke kumukū'ai.

Kōkua olakino home – He kanaka ho'olako i nā lawelawe i pono 'ole i nā mākau o kahi kahu hānai laikini a lā'au lapa'au paha, e like me ke kōkua me ka mālama pilikino (e la'a, ka 'au'au 'ana, ka ho'ohana 'ana i ka halepaku, ka lole, a i 'ole ka hana 'ana i nā hana i kuhikuhi 'ia).

Hale hospice – He pōmaika'i e hā'awi i ka mālama kūikawā no kahi lālā i hō'oiā'i'o 'ia ma ke 'ano lapa'au he ma'i terminal, 'o ia ho'i he ola ma mua o 6 mau mahina a 'oi aku paha. Pono kā mākou ho'olālā e hā'awi iā 'oe i kahi papa inoa o nā hale ma'i ma kou wahi 'āina. Inā koho 'oe i ka hale hospice a ho'omau i ka uku, 'o 'oe nō kekahi lālā o kā mākou ho'olālā. Hiki iā 'oe ke loa'a nā lawelawe lapa'au e pono ai a me nā pomaikai ho'ohui a mākou e hā'awi nei.

Nā ho'olālā kūikawā no ka po'e kūpono pāpālua - He noho ma'i ka wā i ho'okomo 'ia ai 'oe i ka haukapila no nā lawelawe lapa'au akamai. 'Oia'i e noho 'oe i ka halemai i ka pō a pau, hiki paha ke mālama 'ia 'oe ma ke 'ano he mea noho ma waho.

Loa'a Pili 'O kēlā me kēia mahina Ho'oponopono Ka nui (IRMAA) – Inā 'oi aku ka nui o kāu loa'a kālā i ho'ololi 'ia e like me ka hō'ike 'ana ma kāu ho'iho'i 'auhau IRS mai 2 mau makahiki i hala aku nei, e uku 'oe i ka huina uku uku ma'amau a me kahi Loa'a Pili 'O kēlā me kēia mahina Ho'oponopono Ka nui, 'ike 'ia 'o IRMAA. IRMAA he uku hou ia i ho'ohui 'ia i kāu uku uku. 'A'ole emi iho i ka 5% o nā kānaka me Medicare i ho'opilikia 'ia, no laila 'a'ole e uku ka hapa nui o nā kānaka i kahi uku uku ki'eki'e.

Kū'oko'a E ho'oma'ama'a Ahahui (IPA) – He hui o nā kauka, me nā PCP a me nā loea, a me nā lawelawe mālama ola 'ē a'e, me nā halemai, i 'aelike 'ia me ka ho'olālā e hā'awi i nā lawelawe i nā lālā. E nānā i ka Mokuna 1, Pauku 6.

Ka Papa Ho'olaha Ho'omaka – 'O kēia ka pae ma mua o ka hiki 'ana o kāu mau kumukū'ai no ka makahiki i ka nui o ka paepae puka waho.

Manawa Kakau Hoomaka – Ke koho mua 'oe no Medicare, 'o ka manawa e hiki ai iā 'oe ke kākau inoa no Medicare Part A me Part B. Inā 'ae 'oe no Medicare i kou piha 'ana i 65 makahiki, 'o kou Manawa Kakau Hoomaka 'o ia ka manawa 7 mahina e ho'omaka ana i 3 mau mahina ma mua o ka piha 'ana o ka mahina ma hope o ka piha 'ana o 65 mau mahina, 'o ia ho'i ka 3 mahina ma hope o ka piha 'ana o 65 mau mahina 65.

Hō'ohui D-SNP – He D-SNP e uhi ana i ka Medicare a me ka hapa nui a i 'ole nā lawelawe Medicaid ma lalo o ho'okahi ho'olālā olakino no kekahi mau pū'ulu kanaka i kūpono no ka Medicare a me Medicaid. 'Ike 'ia kēia po'e ma ke 'ano he po'e kūpono piha i nā pōmaika'i pālua.

Ho'opi'i Ho'ohui – He 'ano ho'opi'i āu e hana ai e pili ana iā mākou a i 'ole nā lā'au lapa'au, me kahi ho'opi'i e pili ana i ka maika'i o kāu mālama. 'A'ole pili kēia 'ano ho'opi'i i nā ho'opa'i uhi a i 'ole uku.

Ho'ohui 'ia ho'oholo hui – Ua ho'oholo hui ka ho'olālā Medicare Advantage i ka hui i ka wā e ho'oholo ai e pili ana i ka uhi 'ia 'ana o nā mea a i 'ole nā lawelawe a i 'ole ka nui āu e uku ai no nā mea i uhi 'ia a lawelawe paha. Ua kapa 'ia nā ho'oholo hui ma kēia puke i nā ho'oholo uhi. Wehewehe 'o Mokuna 9 pehea e noi ai iā mākou no kahi Ho'oholo 'ana no ka uhi kākī.

Mokuna 12 Wehewehe

Huahana 'epekema ola like hiki ke ho'ololi 'ia - He huahana like me ke kino i hiki ke ho'ohana 'ia ma ke 'ano he pani no ka huahana huahana like me ke kino kumu ma ka lā'au lapa'au me ka 'ole e koi 'ia i kahi palapala kauoha hou no ka mea e ho'okō ana i nā koi hou e pili ana i ka hiki ke ho'ololi 'akomi. Ho'ololi ma'amau ma ka lā'au lapa'au i pili i ke kōkua moku'āina.

Papa inoa o na Laau Laau i uhiia (Palapala ho'opuka a i 'ole ka Laau laau Papa inoa) – He papa inoa o nā lā'au lapa'au i uhi 'ia e kō mākou ho'olālā.

Hā'awi kālā ha'aha'a (LIS) – E hele i ke Kōkua keu.

Papahana ho'ēmi kumukū'ai a ka mea hana – He Papahana kahi e uku ai nā mea hana lā'au i kekahi hapa o kō mākou ho'olālā no nā lā'au lapa'au inoa Māhele D i uhi 'ia. Ho'okumu 'ia nā kumukū'ai ma nā 'aelike ma waena o ke aupuni pekelala a me nā mea hana lā'au.

Kumukū'ai kūpono ki'eki'e loa - 'O ke kumukū'ai i kōkua kōkua 'ia e Medicare no kahi lā'au i koho 'ia.

Ki'eki'e i waho-o-'eke Ka nui – 'O ka nui āu e uku ai waho o ka 'eke i loko o ka makahiki alemanaka no nā lawelawe i uhi 'ia ma ka Māhele A me ka Māhele B. A'ole helu 'ia nā huina āu e uku ai no kō mākou Medicare Part A a me Part B uku uku a me nā lā'au lapa'au i kuhikuhi 'ia i Ki'eki'e i waho-o-'eke Ka nui. (E ho'omaopopo: No ka loa'a pū 'ana o kō mākou lālā i ke kōkua mai Medicaid, li'ili'i loa nā lālā i hiki i kēia waho o ka 'eke ki'eki'e.)

Medicaid (a i 'ole Medical Assistance) – He ho'olālā hui federala a moku'āina e kōkua ana i nā koina lapa'au no kekahi po'e me ka loa'a ha'aha'a a me nā kumu waiwai li'ili'i. 'O nā papahana Medicaid State e like me nā moku'āina, akā 'oi aku ka nui o nā koina mālama olakino i uhi 'ia inā kūpono 'oe no nā 'elua Medicare a me Medicaid.

Hui kino – 'O kahi hui o nā kauka, me nā PCP a me nā loea, a me nā lawelawe mālama olakino 'ē a'e, me nā halemai, i 'aelike me ka ho'olālā e hā'awi i nā lawelawe i nā po'e i kākau inoa. E nānā i ka Mokuna 1, Pauku 3.2.

Hō'ike i 'ae 'ia i ka lā'au lapa'au – He ho'ohana lā'au i 'ae 'ia e ka FDA a i kōkua 'ia paha e kekahi mau kuhikuhi, e like me ka American Hospital Formulary Service Drug Information a me ka Micromedex DRUGDEX Ka'ike Pūnaehana.

Pono Lapa'au – Nā lawelawe, nā lako, a i 'ole nā lā'au lapa'au e pono ai no ka pale 'ana, hō'oi'a, a i 'ole ka mālama 'ana i kou kino kino a ho'okō i nā kōkua o ka hana lapa'au i 'ae 'ia.

Medicare – 'O ka polokalamu 'inikua olakino federala no ka po'e 65 makahiki a 'oi aku paha, kekahi po'e ma lalo o 65 makahiki me kekahi mau kino kīnā, a me ka po'e me ka 'O ka ma'i ma'i renal pae hope ('o ka mea ma'amau ka po'e me ka ma'i kīkī mau e pono ai ka ma'i dialysis a i 'ole ka ho'ololi 'ana i ke kīkī).

Ka Manawa Wehe Kākau Inoa no ke Medicare Advantage – 'O ka manawa mai Ianuali 1 a hiki i Malaki 31 i hiki ai i nā lālā o kahi ho'olālā Medicare Advantage ke ho'opau i kona kākau inoa 'ana a ho'ololi i kahi ho'olālā Medicare Advantage 'ē a'e a i 'ole e loa'a ka uhi ma o Original Medicare. Inā koho 'oe e ho'ololi i Original Medicare i kēia manawa, hiki iā 'oe ke kākau inoa pū i kahi ho'olālā lā'au kauka

Mokuna 12 Wehewehe

Medicare kū'oko'a i kēlā manawa. O ka Loa'a Ka Manawa Wehe Kākau Inoa no ke Medicare Advantage no kahi manawa 3 mahina ma hope o ke koho mua 'ana o ke kanaka no Medicare.

Ho'olālā Medicare Advantage (MA) – I kekahi manawa i kapa 'ia 'o Medicare Part C. He ho'olālā i hā'awi 'ia e kahi hui pilikino e 'aelike ana me Medicare e hā'awi iā 'oe i kāu mau pomaikai Medicare Part A me Part B. Hiki i kahi Ho'olālā Medicare Advantage ke i) he HMO, ii) he PPO, iii) he ho'olālā uku No ka lawelawe pilikino (PFFS), a iv) he ho'olālā Waihona Lapa'au Medicare (MSA). Ma waho a'e o ke koho 'ana mai kēia mau 'ano ho'olālā, hiki i kahi ho'olālā Medicare Advantage HMO a i 'ole PPO ke lilo i Kūikawā Pono Ho'olālā (SNP). Ma nā hihia nui, hā'awi pū 'ia nā ho'olālā Medicare Advantage i ke coverage lā'au ma'i ma lalo o Medicare Part D. Kapa 'ia kēia mau ho'olālā **Ho'olālā Medicare Advantage Nā papahana me ka uhi 'ana i ka lā'au lapa'au.**

Nā lawelawe i uhi 'ia e Medicare – Nā lawelawe i uhi 'ia e Medicare Part A me Part B. Pono nā ho'olālā olakino Medicare āpau e uhi i nā lawelawe āpau i uhi 'ia e Medicare Part A me B. 'A'ole i loa'a i ka hua'ōlelo Nā lawelawe i uhi 'ia e Medicare nā pomaikai 'ē a'e, e like me ka 'ike, nā niho, a i 'ole ka lohe 'ana, e hiki ke hā'awi i kahi ho'olālā Medicare Advantage.

Ho'olālā Ola Medicare – Hā'awi 'ia kahi Ho'olālā Ola Medicare e kahi hui pilikino e 'aelike ana me Medicare e hā'awi i nā pomaikai 'o Māhele A me Māhele B i nā po'e me Medicare e kākau inoa ana i kā mākou ho'olālā. Ho'opili kēia hua'ōlelo i nā Ho'olālā Medicare Advantage a pau, nā ho'olālā Kū'ai, nā ho'olālā Pono Kūikawā, nā Papahana Hō'ike/Ho'okolohua, a me nā Papahana o ka Mālama Piha no nā Kahiko (PACE).

Ho'opii lā'au lapa'au Medicare (Medicare Part D) – Inikua no ke kokua ana i ka uku ana i na laau lapaau o ka ma'i mawaho, na kano, na mea ola kino, a me kekahi mau lako i uhi ole ia e Medicare Part A i ole Part B.

Ho'okele lapa'au lā'au (MTM) Papahana - He Papahana Medicare Part D no nā pono olakino pa'akikī i hā'awi 'ia i nā po'e e kū nei i kekahi mau koi a i 'ole i kahi Papahana ho'okele lā'au. Ho'okomo pinepine nā lawelawe MTM i kahi kūkākūkā me kahi lā'au lapa'au a mea mālama ola kino paha e nānā i nā lā'au lapa'au.

Kulekele Medigap (Inikua Ho'ohui Medicare) – 'O ka Inikua Ho'ohui Medicare i kū'ai 'ia e nā hui 'inikua pilikino e ho'opihia i nā āpau ma Original Medicare. Ho'okumu wale nā kauoha Medigap me Original Medicare. ('A'ole he inikua Medigap kahi Ho'olālā Medicare Advantage.)

Lālā (lālā o makau ho'olālā, a i 'ole ho'olālā lālā) – He kanaka me Medicare i hiki ke loa'a nā lawelawe i uhi 'ia, a ua kākau inoa i kā mākou ho'olālā a ua hō'ōia 'ia kona kākau inoa 'ana e nā Nā kikowaena no ka Medicare & Medicaid Nā lawelawe (CMS).

Nā lawelawe Lālā – He ke'ena i loko o kā mākou ho'olālā ke kuleana no ka pane 'ana i kāu mau nīnau e pili ana i kou lālā, nā pomaikai, nā 'ōhumu, a me nā ho'opii.

Lapa'au Pūnaewe – He lā'au lapa'au e 'aelike ana me kā mākou ho'olālā kahi e loa'a ai i nā lālā o kā mākou ho'olālā nā pomaikai lā'au lapa'au. Ma ka hapanui o nā hihia, uhi 'ia kāu mau lā'au kuhikuhi inā ho'okomo 'ia lākou ma kekahi o kā mākou lā'au lapa'au pūnaewe.

Mea ho'olako pūnaewe – 'O ka mea ho'olako ka hua'ōlelo nui no nā kauka, nā loea mālama ola 'ē a'e, nā haukapila, a me nā ke'ena mālama ola 'ē a'e i laikini 'ia a i 'ole hō'ōia 'ia e Medicare a me ke

Mokuna 12 Wehewehe

Aupuni Moku'āina e ho'olako i nā lawelawe mālama ola. **Loa'a i nā mea ho'olako** pūnaeweke kahi 'aelike me kā mākou ho'olālā e 'ae i kā mākou uku e like me ka uku piha, a i kekahi manawa e ho'okele pū a ho'olako i nā lawelawe i uhi 'ia i nā lālā o kā mākou ho'olālā. Kapa 'ia nā mea ho'olako pūnaeweke **nā mea ho'olako ho'olālā**.

Wehe Kakau inoa Kau – 'O ka manawa o 'Okakopa 15 a hiki i Kekemapa 7 o kēlā me kēia makahiki kahi e hiki ai i nā lālā ke ho'ololi i ko lākou olakino a i 'ole nā ho'olālā lā'au lapa'au a ho'ololi paha i Original Medicare.

Huahana 'epekema ola mua - He kuahana ho'okele kino i 'ae 'ia e ka FDA a lilo i mea ho'ohālikelike no nā mea hana e hana ana i kahi mana huahana like me ke kino. Ho'okipa 'ia ho'i 'o ia he huahana kuhikuhi.

Original Medicare ('O Medicare Ku'una a i 'ole Uku-no-lawelawe Medicare) – Hā'awi 'ia ka Original Medicare e ke aupuni, 'a'ole kahi ho'olālā olakino pilikino e like me nā ho'olālā Medicare Advantage a me nā ho'olālā lā'au lapa'au. Ma lalo o ka Original Medicare, ua uhi 'ia nā lawelawe Medicare ma o ka uku 'ana i nā kauka, nā haukapila, a me nā mea ho'olako mālama ola kino 'ē a'e i nā huina uku i ho'okumu 'ia e ka Aha Ho'okolokolo o Kāhāwila. Hiki iā 'oe ke 'ike i kekahi kauka, haukapila, a i 'ole kekahi mea ho'olako mālama ola kino 'ē a'e e 'ae ana i ka Medicare. Pono 'oe e uku i ka Hiki ke unuhi. Ho'oponopono 'o Medicare i kāna 'āpana o ka huina uku i 'ae 'ia e Medicare, a uku 'oe i kāu 'āpana. He 2 'āpana 'o Original Medicare: 'O ka Māhele A (Inikua Halemai) a me ka Māhele B (Inikua Lapa'au) a loa'a iā ia ma nā wahi a pau o 'Amelika Hui Pū 'Ia.

Lapa'au ma waho o ka Lapa'au Pūnaeweke – He lā'au lapa'au 'a'ohe 'aelike me kā mākou ho'olālā e ho'onohonoho a hā'awi i nā lā'au i uhi 'ia i nā lālā o kā mākou ho'olālā. 'A'ole uhi 'ia ka hapa nui o nā lā'au lapa'au i loa'a iā 'oe mai nā lā'au lapa'au ma waho o ka pūnaeweke e kā mākou ho'olālā inā 'a'ole pili kekahi mau kūlana.

Mea i waho o- mea ho'olako pūnaeweke a i 'ole nā mea hana ma waho o ka Pūnaeweke – He mea ho'olako a hale hana 'ole i 'aelike me kā mākou ho'olālā e ho'onohonoho a hā'awi i nā lawelawe i uhi 'ia i nā lālā o kā mākou ho'olālā. Ma waho o ka 'upenanā mea ho'olako hana he mau mea ho'olako 'a'ole ho'ohana 'ia, 'ona, a ho'ohana 'ole 'ia e kā mākou ho'olālā.

Nā kumukū'ai waho – E hele i ka wehewehe no ka'ana like ma luna. 'O ka koi koina-ka'ana like o ka lālā e uku no kahi 'āpana o nā lawelawe a i 'ole nā lā'au i loa'a i kapa 'ia kekahi koina i waho-o-'eke.

Palena kāki mai ka 'eke pono'i – 'O ka nui loa āu e uku ai mai loko mai o ka 'eke no nā lā'au lapa'au Māhele D.

Māhele C – E hele i ka ho'olālā Medicare Advantage (MA).

Māhele D – 'O ka Papahana Ho'opono Lapa'au Kauka Lapa'au Medicare.

Māhele D Laau Laau – Nā lā'au lapa'au i hiki ke uhi 'ia ma lalo o ka Māhele D. Hiki iā mākou ke hā'awi i nā Māhele D Laau Laau āpau. 'O kekahi mau kōnāwai ha'awina drugs he mau kōnāwai e kāohi 'ia mai i ka Māhele D e ke Kōmike. Pono e uhi 'ia nā māhele kiko'i o nā lā'au Māhele D e kēlā me kēia ho'olālā.

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Ka Ho'opa'i no ka Ho'opa'a Inoa Lohi o ka Māhele D – He huina i ho'ohui 'ia i kāu uku uku o kēlā me kēia mahina no ka uhi 'ana i ka lā'au Medicare inā 'a'ole 'oe i uhi 'ai'ē (ka uhi i mana'o 'ia e uku, ma ka awelika, ma ka li'ili'i loa e like me ka uhi lā'au Medicare ma'amau) no ka manawa mau o 63 mau lā a 'oi aku paha ma hope o kou komo 'ana i kahi ho'olālā Māhele D. Inā e lilo 'oe i Kōkua Keu, hiki iā 'oe ke koi 'ia i ka ho'opa'i kakau inoa hope loa inā 'oe e hele 63 lā a 'oi aku i ka lālani me ka Māhele D a i 'ole nā uhi lā'au lapa'au hō'ailona 'ē a'e.

Kikowaena lawelawe – 'O ka HMO me kahi koho Kikowaena lawelawe (POS) he pōmaika'i hou ia e uhi ana i kekahi mau lawelawe lapa'au e pono ai ke loa'a iā 'oe mai nā mea lawelawe ma waho o ka pūnaewe e 'ae ana i ka Medicare.

Ke ho'ohana 'oe i kāu pōmaika'i POS (i waho-o-'ekemu pūnaewe) 'o 'oe ke kuleana nui no ka uku 'ana o ka mālama ola. Kūkākūkā mau me kāu Kauka Malama Mua (PCP) ma mua o ke ki'i 'ana i ka mālama ola mai kahi i waho o- mea ho'olako pūnaewe. E ho'omaopopo kāu PCP iā mākou ma ka noi 'ana i ka 'ae mai ka ho'olālā (mua mana 'ae). (E nānā i ka Mokuna 1, Pauku 1.1)

Ka'ana like 'ana i nā kumu kū'ai i makemake 'ia – 'O ke ka'ana like 'ana i ke kumu kū'ai i makemake 'ia, 'o ia ho'i ka hā'awi 'ana i nā kumu kū'ai ha'aha'a no kekahi mau lā'au lapa'au Māhele D i uhi 'ia ma kekahi mau lā'au lapa'au pūnaewe.

Uku uku – 'O ka uku manawa i Medicare, kahi hui 'inikua, a i 'ole kahi ho'olālā mālama ola no ke olakino a i 'ole ka ho'opa'a 'ana i ka lā'au lapa'au.

Nā lawelawe pale - Ka mālama ola kino no ka pale 'ana i ka ma'i a i 'ole ka 'ike 'ana i ka ma'i i ka wā mua, ke 'oi aku ka maika'i o ka mālama 'ana (no ka la'ana, 'o nā lawelawe pale e pili ana i nā ho'okolohua Pap, nā ki'i flu, a me nā mammograms screening).

Mea Ho'olako Hana Pono (PCP) – 'O ke kauka a mea lawelawe 'ē a'e paha āu e 'ike mua ai no ka nui o nā pilikia olakino. Ma nā ho'olālā ola kino Medicare he nui, pono 'oe e 'ike i kāu mea mālama mua ma mua o kou 'ike 'ana i kekahi mea ho'olako mālama ola kino 'ē a'e.

Mua mana 'ae – 'Ae 'ia ma mua e ki'i i nā lawelawe a i 'ole kekahi mau lā'au lapa'au e pili ana i nā koina kiko'i. 'O nā lawelawe i uhi 'ia e pono ai ka mua mana 'ae i hō'ailona 'ia ma ka Papa Pomaikai Lapa'au i loko o Mokuna 4. Lā'au i uhi 'ia e pono ai ka 'ae mua mana 'ae hō'ailona 'ia i loko o ka Palapala ho'opuka a ua kau 'ia kā mākou mau koi ma kā mākou pūnaewe.

'O nā mea ho'opale a Nā lā'au lapa'au -Nā mea lapa'au e pili ana, akā i kaupalena 'ia i ka lima, kua, a me nā pale 'ā'i; nā lālā hana; nā maka hana; a me nā mea pono e ho'ololi i kahi 'āpana kino o loko a i 'ole hana, me nā lako ostomy a me nā mea'ai enteral a makua.

'Ano maika'i Ho'omaika'i Huihui (QIO) - He hui o nā kauka lapa'au a me nā loea mālama ola 'ē a'e i uku 'ia e ke aupuni pekela e nānā a ho'omaika'i i ka mālama 'ana i nā ma'i Medicare.

Nā palena nui – He mea hana ho'okele i ho'olālā 'ia e kaupalena i ka ho'ohana 'ana i ka lā'au no ka maika'i, palekana, a i 'ole nā kumu ho'ohana. Hiki i nā palena ke pili i ka nui o ka lā'au ā mākou e uhi ai ma kēlā me kēia palapala kauoha a i 'ole no kahi manawa i ho'onohonoho 'ia.

“Mea hana pōmaika'i manawa maoli” – He puka a i 'ole ka polokalamu kamepiula kahi e hiki ai i nā mea kākau inoa ke nānā i ka piha, pololei, kūpono i ka manawa, kūpono i ka ma'i kino, ka palapala

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ho'opuka helu kiko'i a me ka 'ike pono. Ho'opili kēia i nā huina koina-ka'ana like, nā lā'au ho'opuka palapala 'ē a'e e hiki ke ho'ohana 'ia no ka ma'i olakino like me kekahi lā'au i hā'awi 'ia, a me nā palena uhi (Mana 'ae Mua, Lapa'au 'anu'u, Palena Ka nui) e pili ana i nā lā'au 'ē a'e.

Ho'ouna 'ana – He kauoha i kākau 'ia mai kāu kauka mālama mua iā 'oe e kipa aku i ke kauka lapa'au a loa'a paha kekahi mau lawelawe lapa'au. Me ka 'ole o ka kuhikuhi 'ana, 'a'ole paha e uku kā mākou ho'olālā no nā lawelawe mai kahi loa.

Nā lawelawe ho'oponopono – 'O kēia mau lawelawe e pili ana i ka mālama ola kino, ka ho'oma'ama'a kino (ma waho), ka 'olelo a me ka 'olelo, a me ka lapaau hana.

Laaui Koho – He laui lapaau i uhiia ma lalo o ka Māhele D no ka mea, ua kukakuka 'o Medicare i ke Kumukuai Pono Kiekie.

Wahi Hana – He wahi 'āina kahi e pono ai 'oe e noho no ke komo 'ana i kahi ho'olālā olakino. No nā ho'olālā e kaupalena ana i nā kauka a me nā haukapila āu e ho'ohana ai, 'o ia nō ho'i ka wahi āu e hiki ai ke ki'i i nā lawelawe ma'amaui ('a'ole 'o ka pilikia). Pono kā mākou ho'olālā e ho'opau inoa iā 'oe inā 'oe e ne'e mau i waho o kā mākou ho'olālā wahi lawelawe.

He hale hanai akamai (SNF) Keena - Hā'awi 'ia nā lawelawe ho'oponopono kahu hānai akamai a me ka hou 'ana i kēlā me kēia lā, i loko o kahi ke'ena hānai mākaukau. 'O nā la'ana o ka mālama 'ana me ka ho'oma'ama'a kino a i 'ole nā ku'i intravenous hiki wale ke hā'awi 'ia e kahi kauka i hō'ailona 'ia a i 'ole kauka.

Kūikawā Pono Ho'olālā - He 'ano kūikawā o ka ho'olālā Medicare Advantage e hā'awi ana i ka mālama ola kino no nā hui kūikawā, e like me ka po'e i loa'a iā Medicare a me Medicaid, e noho ana i kahi hale hānai, a i 'ole kekahi mau ma'i mau loa.

Māhele kākī ma'amaui – 'O ke Māhele kākī ma'amaui he ka'ana like 'ana i nā kumu kū'ai ma mua o ke Māhele kākī i makemake 'ia ma kahi lā'au lapa'au pūnaewe.

Lapa'au 'anu'u – He mea ho'ohana e pono ai 'oe e ho'ā'o mua i kekahi lā'au lapa'au e kino kino ai i kou ma'i ma mua o ka uhi 'ana i ka lā'au lapa'au a kāu kauka i kauoha mua ai.

Pāku'i Palekana Loa'a (SSI) – He pōmaika'i i kēlā me kēia mahina e uku 'ia e Palekana Kaiapili i nā po'e me ka loa'a 'ole a me nā waiwai i nele, makapō, a i 'ole 65 makahiki a keu. 'A'ole like nā pomaikai SSI me nā pomaikai Palekana Kaiapili.

Nā lawelawe i makemake koke 'ia – He lawelawe i uhi 'ia i ka ho'olālā e koi ana i ka lā'au lapa'au koke 'a'ole ia he ulia pōpilikia he lawelawe i makemake nui 'ia inā aia 'oe ma waho o ka wahi lawelawe o kā mākou ho'olālā, a i 'ole he kūpono 'ole ke hā'awi 'ia i kou manawa, wahi, a me kēia kūlana mai ka mea ho'olako. Nā la'ana o nā lawelawe i makemake koke 'ia 'o ia nā ma'i lapa'au i 'ike 'ole 'ia a me nā 'eha a i 'ole nā hō'ailona e 'ike 'ole 'ia o nā kūlana i kēia manawa. 'A'ole mana'o 'ia nā kipa ma'amaui o nā mea lapa'au e pono ai (e like me ka nānā 'ana i kēlā me kēia makahiki) inā 'oe ma waho o ka wahi lawelawe o kā mākou ho'olālā a i 'ole ka loa'a 'ana o kā mākou pūnaewe ho'olālā.

Kāleka Wellcare Spendables® - He kāleka hō'ai'ē, i ho'ouka mua 'ia e ka ho'olālā i hiki ke ho'ohana 'ia no ke kōkua 'ana i ka uku 'ana i nā mea e like me ia i wehewehe 'ia ma ka Papa Pomaikai Lapa'au.

Ua waiho 'ia kēia 'ao'ao me ka mana'o 'ole.

Ua waiho 'ia kēia 'ao'ao me ka mana'o 'ole.

Ua waiho 'ia kēia 'ao'ao me ka mana'o 'ole.

Wellcare 'Ohana Dual Align (HMO-POS D-SNP) Nā lawelawe Lālā

Nā Pono Hana	Nā lawelawe Lālā - Kelepona 'ike
Kahea	1-888-846-4262 ‘O nā kāhea i kēia helu manuahi. Ma waena o ‘Okakopa 1 a me Malaki 31, loa‘a nā ‘elele i ka Pō‘akahi–Labati, 7:45 a.m. a 8 p.m. Ma waena o ‘Apelila 1 a me Kepakemapa 30, loa‘a nā ‘elele i ka Pō‘akahi–Palima, 7:45 a.m. a 8 p.m. E ‘olu‘olu e nānā i nā hola ma hope, nā hopena pule a me nā lā ho‘omaha federala mai ‘Apelila 1 a i Kepakemapa 30, hiki i kā mākou kelepona ke pane i kāu kelepona. Inā ha‘alele ‘oe i kahi leka leo, e ‘olu‘olu e ho‘okomo i kou inoa, a me ka helu kelepona a me kahi lālā o ka hui e ho‘iho‘i i kāu kelepona i loko o ho‘okahi (1) lā ‘oihana. Nā lawelawe Lālā 1-888-846-4262 (Kahea nā mea ho‘ohana TTY iā 711) loa‘a nā lawelawe unuhi ‘ōlelo manuahi no ka po‘e ‘ōlelo Pelekania ‘ole.
TTY	711 ‘O nā kāhea i kēia helu manuahi. Ma waena o ‘Okakopa 1 a me 31, aia nā ‘elele ma ‘ane‘i i kēlā me kēia Pō‘akahi–Lāpule, 7:45 a.m. a 8 p.m. Ma waena o ‘Apelila 1 a me Kepakemapa 30, aia nā ‘elele ma ‘ane‘i i kēlā me kēia Pō‘akahi–Pō‘alima, 7:45 a.m. a 8 p.m.
Ka Kakau	Wellcare By ‘Ohana Health Plan PO Box 31370 Tampa, FL 33631-3370
Haawi puni honua	go.wellcare.com/OhanaHI

Papahana Kokua Inisiua Ola Moku‘āina ‘o Hawaii (SHIP)

He ho‘olālā moku‘āina ‘o Hawaii Papahana Kokua Inisiua Ola (SHIP) e loa‘a kālā mai ke aupuni pekelala e hā‘awi manuahi ‘ole i ka ‘inikua olakino kūloko i ka po‘e me Medicare.

Nā Pono Hana	‘Ike Kelepona
Kahea	1-888-875-9229
TTY	1-866-810-4379 Pono kēia helu i nā lako kelepona kūikawā a no ka po‘e pilikia wale nō ka lohe a me ka ‘ōlelo.
Ka Kakau	Hawaii SHIP, Executive Office on Aging, No. 1 Capitol District 250 South Hotel Street, Suite 406 Honolulu, Hawaii 96813-2831
Haawi puni honua	http://www.hawaiiiship.org/

‘Ōlelo Ho‘olaha PRA Wahi a ke Kānāwai Ho‘emi Pepa o 1995, ‘a‘ohe kanaka e koi ‘ia e pane i kahi hō‘ili‘ili ‘ike ke ‘ole ia e hō‘ike i kahi helu mana OMB kūpono. Ka helu mana OMB kūpono no kēia ‘ohi ‘ike ‘o 0938- 1051. Inā he mana‘o a mana‘o paha kāu no ka ho‘omaika‘i ‘ana i kēia palapala, e kākau iā: CMS, 7500 Security Boulevard, Attn: PRA Reports Clearance Officer, Mail Stop C4-26-05, Baltimore, Maryland 21244-1850.