



Ianuali 1 – Kekemapa 31, 2025

Hō'ike no ka Uhi 'Ana:

Kou Nā Pomaika'i Ola 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 iā 'oe i nā kiko'ī e pili ana i kou ola olakino Medicare a me ka papahana Hawaii Med-QUEST Division (Medicaid) a me ka uhi 'ana i nā lā'au mai Ianuali 1 – Kekemapa 31, 2025. **He palapala kānāwai ko'iko'i kēia. E mālama pono iā ia ma kahi palekana.**

No nā nīnau e pili ana i kēia palapala, e 'olu'olu e kelepona i Nā lawelawe Lālā ma 1-888-846-4262. ('O nā mea ho'ohana TTY e kelepona aku i 711). Nā hola: Mai 'Okakopa 1 a Malaki 31, aia nā 'elele i loa'a i nā Pō'akahi–Lāpule, 7:45 a.m. a 8 p.m. Mai 'Apelila 1 a Kepakemapa 30, aia nā 'elele i loa'a i nā Pō'akahi–Pō'alima, 7:45 a.m. a 8 p.m. 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 'ōlelo 'ia kēia hō'ike no ka uhi 'ana "mākou," "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).)

Hā'awi manuahi kēia palapala i ka 'ōlelo Pelekane, Kepanī, Vietnamese, Tagalog, Ilokano, Samoan, Hawaiian, Cambodian, Hmong, Kepanī, Lao, a me Thai. Pono mākou e hā'awi i ka 'ike i kahi 'ano e kūpono iā 'oe (i loko o ka leo, i loko o ka braille, i loko o ka pa'i nui, a i 'ole nā nā 'ano like 'ole, a pēlā aku). 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'oiā like ma Ianuali 1, 2026.

Hiki i ka formulary, ka pūnaewe le lā'au lapa'au, a i 'ole ka pūnaewe le mea ho'olako ke ho'ololi i kēlā me kēia manawa. E loa'a iā 'oe ka hō'ike inā pono. E ho'omaopopo mākou i nā mea kākau inoa i ho'ololi 'ia ma mua o 30 lā.

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

- Kou uku ho‘olālā a me ka ka‘ana like ‘ana i ke kumukū‘ai;
- Kou nā pomaikai lapa‘au a me nā lā‘au lapa‘au;
- Pehea e waiho ai i ka ho‘opi‘i inā ‘a‘ole ‘oe ‘olu‘olu me kahi lawelawe a i ‘ole lapa‘au;
- Pehea e ho‘opili ai iā mākou inā makemake ‘oe i ke kōkua hou aku; a,
- Nā pale ‘ē a‘e i koi ‘ia e ke kōnāwai Medicare.

‘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 Quality Assurance (NCQA) e hana i kahi Ho‘olālā Pono Kūikawā (SNP) a hiki i ka makahiki 2026.

Hō'ike no ka Uhi 'Ana 2025

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Ke ho'omaka 'ana i kou lālā

MĀHELE 1 Ho'olauna**Māhele 1.1 Kākau 'ia 'oe i ka Wellcare 'Ohana Dual Align (HMO-POS D-SNP), he Ho'olālā Medicare Advantage Ho'olālā Lawai'a Kūikawā (Ho'olālā Pono Kūikawā)**

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

- **'O 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 nā kānaka me ka ma'i renal pae hope (ke ho'ohehe'e i ka ma'ema'e).
- **'O Medicaid** he papahana aupuni Federal 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 papahana Hawaii Med-QUEST Division Program (Medicaid) a me kāu uhi lā'au lapa'au ma o kā mākou ho'olālā, Wellcare 'Ohana Dual Align (HMO-POS D-SNP). Pono mākou e uhi i nā lawelawe Māhele A a me Māhele B. Eia na'e, 'oko'a ka ka'ana like 'ana i ke kumukū'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) he ho'olālā kūikawā Medicare Advantage (he Ho'olālā Pono Kūikawā Medicare), 'o ia ho'i, ua ho'olālā 'ia kāna pomaikai no nā kānaka me nā pono mālama ola kūikawā. Ua ho'olālā 'ia kā mākou ho'olālā no nā kānaka i loa'a ka Medicare a loa'a nā kōkua mai ka papahana 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 a me B koina ka'ana like (Hiki ke unuhi, uku hui, a hō'olia like) 'a'ole hiki iā 'oe ke uku no kāu mau lawelawe mālama ola Medicare. Hiki i ka papahana Hawaii Med-QUEST Division Program (Medicaid) ke hā'awi pū i nā pomaikai 'ē a'e iā '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" mai Medicare e uku i nā koina o kāu mau lā'au lapa'au Medicare. E kōkua kā mākou ho'olālā e mālama i kēia mau pomaikai āpau no 'oe, i hiki iā 'oe ke loa'a i nā lawelawe mālama ola a me ke kōkua uku āu e kūpono ai.

'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 Ho'olālā Koi Kūikawā Medicare e Medicare. Ho'ohui pū ka ho'olālā me ka papahana Hawaii Med-QUEST Division Program (Medicaid) e ho'ohui i kāu nā pomaikai Hawaii Med-QUEST Division Program (Medicaid). Ua hau'oli mākou 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.

Mokuna 1 Ke ho'omaka 'ana i kāu lālā

‘O ka uhi ‘ana ma lalo o kēia Ho‘olālā e pono ai e like me ka Uhi Ola Kupono (QHC) a ho‘opi‘i i ka koi kuleana ka‘ana like o ka Ho‘olālā Ho‘oponopono a me ka Ho‘oponopono Ke kanaka (ACA). E kipa aku i ka pūnaewele Internal Revenue Service (IRS) ma:
www.irs.gov/Affordable-Care-Act/Individuals-and-Families no ka ‘ike hou aku.

Māhele 1.2 He aha ka palapala Hō'ike no ka uhi 'ana?

Hā'awi kēia *palapala Hō'ike no ka uhi 'ana* iā 'oe i ka 'ike pehea e loa'a ai kāu mālama lā'au Medicare a me Hawaii Med-QUEST Division Program (Medicaid) a me nā lā'au kuhikuhi. Ho‘oponopono kēia i kāu mau kuleana a me nā kuleana, ka mea i uhi 'ia, nā mea āu e uku ai ma ke 'ano he lālā o ka ho‘olālā, a pehea e waiho ai i ka ho‘opi‘i inā 'a'ole 'oe e 'olu'olu i kahi ho'oholo a mālama 'ana.

Ho'ohana 'ia *nā hua'ōlelo* uhi a *me nā lawelawe* i uhi 'ia no ka mālama lā'au lapa'au a me nā lawelawe a me nā lā'au kuhikuhi i loa'a iā 'oe ma ke 'ano he lālā o Wellcare 'Ohana Dual Align (HMO-POS D-SNP).

He mea nui ia 'oe e a'o i nā lula o ka ho‘olālā a me nā lawelawe i loa'a iā 'oe. Ho'okipa mākou iā 'oe e ho'opa'a i kekahi manawa e nānā i kēia *palapala Hō'ike no ka uhi 'ana*.

Inā pa'akikī 'oe, hopohopo, a i 'ole he nīnau kou, e 'olu'olu e launa pū me nā lawelawe lālā.

Māhele 1.3 'Ike kāmāwai e pili ana i ka Ho'ike Mana'o

‘O kēia *palapala Hō'ike no ka uhi 'ana* he hapa o kā mākou 'aelike me 'oe e pili ana i ka uhi 'ana i kāu mālama. ‘O nā āpana 'ē a'e o kēia 'aelike 'o kāu palapala ho'opa'a inoa, ka Papa inoa o nā Laau i uhiia (Palapala ho'opuka), a me nā ho'olaha a mākou e loa'a ai mai iā 'oe e pili ana i nā loli i kāu uhi 'ana a i 'ole nā kūlana e pili ana i kāu uhi 'ana. Ho'opau pinepine 'ia kēia mau ho'olaha i *nā ku'ina* a i 'ole *nā ho'ololi*.

Ke holo nei ka 'aelike no nā mahina i ho'opa'a inoa ai 'oe ma kā mākou ho'olālā ma waena o Ianuali 1, 2025 a me Dekemaba 31, 2025.

I kēlā me kēia makahiki kalena, 'ae 'o Medicare iā mākou e hana i nā loli i nā ho'olālā a mākou e hā'awi ai. Ke mana'o 'ia kēia e hiki iā mākou ke ho'ololi i nā lilo a me nā pōmaika'i o Wellcare 'Ohana Dual Align (HMO-POS D-SNP) ma hope o Dekemaba 31, 2025. Hiki iā mākou ke koho e ho'opau i ka hā'awi 'ana i ka ho'olālā ma kāu wahi lawelawe, a i 'ole e hā'awi ia ma kahi wahi lawelawe 'ē a'e, ma hope o Dekemaba 31, 2025.

Pono 'o Medicare (nā kikowaena no ka Medicare & Medicaid Nā lawelawe) e 'ae iā Wellcare 'Ohana Dual Align (HMO-POS D-SNP) i kēlā me kēia makahiki. Hiki iā 'oe ke ho'omau i kēlā me kēia makahiki e ki'i i 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 ka ho'olālā a ho'ohou 'ia e Medicare kāna 'ae 'ana i ka ho'olālā.

Mokuna 1 Ke ho'omaka 'ana i kāu lālā**MĀHELE 2 He aha nā mea e pono ai e lilo i lālā ho'olālā?****Māhele 2.1 Nā koi pono no kāu kūpono**

Pono 'oe no ke komo 'ana i kā mākou ho'olālā ke:

- Loa'a iā 'oe 'o Medicare Part A a me Medicare Part B
- -- *a* -- Noho 'oe i kā mākou wahi lawelawe ('O Māhele 2.3 ma lalo e wehewehe ana i kā mākou wahi lawelawe). 'A'ole 'ike 'ia nā kānaka i ho'opa'ahao 'ia e noho ana i ka wahi lawelawe 'oiai aia lākou ma lalo o ke kino ma laila.
- --*a* -- He kupa US 'oe a i 'ole aia 'oe ma ke 'ano kūpono ma 'Amelika Hui Pū 'Ia
- --*a* -- kūpono 'oe i nā koi pono kūikawā i wehewehe 'Ia ma lalo.

Nā koi pono kūikawā no kā mākou ho'olālā

Ho'olālā 'ia kā mākou ho'olālā e hālāwai me nā pono o nā kānaka e loa'a ana kekahi mau pomaikai Medicaid. ('O Medicaid kahi papahana Aupuni Federal a me ke aupuni setete e kōkua i nā lilo lapa'au no kekahi po'e me nā loa'a kālā a me nā kumuwaiwai palena 'ole.) No ke koho 'ana i kā mākou ho'olālā pono 'oe e 'ae 'ia no ka Medicare a me Full Medicaid pomaikai kōkua ka'ana like 'ana ma lalo o ka Hawaii Med-QUEST Division Program (Medicaid). Eia hou, pono 'oe e kākau inoa i ka ho'olālā Ho'ohui Papahana'Imi ma o 'Ohana Health Plan.

'O ka mea nui: Inā lilo kou pono akā hiki ke mana'o 'ia e loa'a hou 'oe i ka pono i loko o 6 mau mahina, a laila he kūpono 'oe no ke komo 'ana i kā mākou ho'olālā ('O Mokuna 4, Māhele 2.1 e ha'i iā 'oe e pili ana i ka uhi a me ka ka'ana like 'ana i loko o kahi manawa i mana'o 'ia ua ho'omau 'ia ka pono).

Māhele 2.2 He aha 'o Medicaid?

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

I ka ho'ohui 'ana, aia kekahi mau papahana i hā'awi 'ia ma o Medicaid e kōkua i nā kānaka me Medicare e uku i kā lākou mau kumukū'ai Medicare, e like me kā lākou uku Medicare. Kōkua kēia mau "Nā Papahana Ho'ōla 'ana o Medicare" i nā kānaka me nā loa'a kālā a me nā kumuwaiwai palena 'ole e mālama i ke kālā i kēlā me kēia makahiki:

- **Qualified Medicare Beneficiary Plus (QMB+):** Kōkua i ka uku 'ana i nā uku Medicare Part A a me Medicare Part B, a me nā koina ka'ana like (e like me deductible, coinsurance, a me nā copayments). Ho'okipa 'ia nā pono e loa'a i nā pomaikai Medicaid piha.

Mokuna 1 Ke ho'omaka 'ana i kāu lālā

- **Specified Low-Income Medicare Beneficiary Plus (SLMB+):** Kōkua i ka uku 'ana i nā uku Māhele B. Ho'okipa 'ia nā pono e loa'a i nā pomaikai Medicaid piha.
- **Full Benefit Dual Eligible (FBDE):** Kōkua i ka uku 'ana i nā uku Medicare Part A a me Medicare Part B a me nā koina ka'ana like (e like me deductible, coinsurance, a me nā copayments). Ho'okipa 'ia nā pono e loa'a i nā pomaikai Medicaid piha.

Māhele 2.3	'O ke kahua lawelawe no Wellcare 'Ohana Dual Align (HMO-POS D-SNP)
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'O Wellcare 'Ohana Dual Align (HMO-POS D-SNP) i loa'a wale i nā kānaka e noho ana i kā mākou wahi lawelawe. E noho lālā mau 'oe o kā mākou ho'olālā, pono 'oe e ho'omau i kou noho 'ana ma ka wahi lawelawe ho'olālā. 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 mana'o 'oe e ne'e aku i waho o ka wahi lawelawe, 'a'ole hiki iā 'oe ke noho lālā i kēia ho'olālā. E 'olu'olu e launa pū me nā lawelawe lālā e 'ike inā loa'a iā mākou kahi ho'olālā 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 a i 'ole e kākau inoa i kahi ho'olālā olakino a i 'ole lā'au e loa'a ana ma kāu wahi hou.

He mea nui nō ho'i e kelepona aku 'oe i ka Social Security inā e ne'e 'oe a ho'ololi i kāu wahi leka uila. Hiki iā 'oe ke loa'a nā helu kelepona a me ka 'ike ho'opili no ka Social Security ma Mokuna 2, Māhele 5.

Māhele 2.4	Kupa US a i 'ole noho pono ma
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'Amelika Hui Pū 'Ia Pono kahi lālā o ka ho'olālā ola Medicare he kupa US a i 'ole aia ma ke 'ano pono ma 'Amelika Hui Pū 'Ia. E hō'ike 'o Medicare (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 ma kēia kumu. Pono 'o Wellcare 'Ohana Dual Align (HMO-POS D-SNP) e ho'opau i kāu inoa inā 'a'ole 'oe e hālāwai me kēia koi.

MĀHELE 3	Nā mea ko'iko'i no nā lālā e loa'a iā 'oe
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Māhele 3.1	Kāleka lālā o kāu ho'olālā
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Iā 'oe he lālā o kā mākou ho'olālā, pono 'oe e ho'ohana i kāu kāleka lālā i kēlā me kēia manawa e loa'a iā 'oe nā lawelawe i uhi 'ia e kēia ho'olālā a no nā lā'au kuhikuhi e loa'a iā 'oe ma nā lā'au lapa'au pūnaewe. Eia kahi la'ana kāleka lālā e hō'ike iā 'oe i ka mea e nānā ai kou kāleka:

Mokuna 1 Ke ho'omaka 'ana i kāu lālā

[LOGO] Wellcare 'Ohana Dual Align (HMO D-SNP)		MEMBER ID: 123456789 PLAN #: H2491-004-000 ISSUER: [XXXXXX]	
SAMPLE A SAMPLE			
2024		PCP Name: ALLISON SMITH PCP Phone: [XXX-XXX-XXXX] PCP Office Visit: [SX] Third Party Liability: Y [IPA]: [IPA Name][IPA ID]	[IPA LOGO]
	Member portal		
Card Issued: [mm/dd/yyyy] Effective Date: [mm/dd/yyyy]		MedicareRx Prescription Drug Coverage	RXBIN: [XXXXXX] RXPCN: [XXXXXX] RXGRP: [XXXXXX]

	
Member Services and PCP Change	[X-XXX-XXX-XXXX] (TTY: 711)
Nurse Advice Line	[X-XXX-XXX-XXXX] (TTY: 711)
Vision: [Provider]	[X-XXX-XXX-XXXX] (TTY: 711)
Dental: [Provider]	[X-XXX-XXX-XXXX] (TTY: 711)
Provider Services	[X-XXX-XXX-XXXX] (TTY: 711)
Submit Medical Claims to [Ohana Health Plans Attn: Claims Department PO Box 31372 Tampa, FL 33631-3372] [LOGO]	
[[Payor ID: [14163]]	
FOR EMERGENCIES: Dial 911 or go to the nearest Emergency Room (ER) [member.wellcare.com]	

'A'ole ho'ohana i kāu kāleka 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 nīnau e hō'ike i ka wā e pono ai 'oe i nā lawelawe halemai, nā lawelawe hospice, a komo i nā noi'i lapa'au i 'ae 'ia e Medicare i kapa 'ia ho'i 'o nā ho'okolohua lapa'au.

Inā ua 'ino, nalowale, a i 'ole i 'aihue 'ia kāu kāleka lālā ho'olālā, e kelepona koke iā nā lawelawe lālā a e ho'ouna koke mākou iā 'oe i kahi kāleka hou.

Māhele 3.2	Papa kuhikuhi Mea Hoolako & Laau Lapaau
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Hō'ike ka *Papa kuhikuhi Mea Hoolako & Laau* i kā mākou mau mea ho'olako pūnaeweale o kēia manawa, nā mea lako lā'au lapa'au lō'ihi, a me nā lā'au lapa'au pūnaeweale. **'O nā mea ho'olako** pūnaeweale 'o ia nā kauka a me nā loea olakino 'ē a'e, nā hui lapa'au, nā mea lako lā'au lapa'au lō'ihi, 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 (PCPs) 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 pūnaeweale 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 ho'exception wale nō 'o ia nā pilikia, nā lawelawe i makemake 'ia wikiwiki i ka wā 'a'ole loa'a ka pūnaeweale ('o ia, i nā kūlana i hiki 'ole ke loa'a nā lawelawe i ka pūnaeweale), nā lawelawe dialysis ma waho o ka wahi, a me nā hihia i loa'a ai iā Wellcare 'Ohana Dual Align (HMO-POS D-SNP) nā 'ae e ho'ohana i nā mea ho'olako waho o ka pūnaeweale. 'O ka hapa nui o kāu mau lawelawe olakino a me nā pōmaika'i 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

Mokuna 1 Ke ho'omaka 'ana i kāu lālā

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 mea ho'olako waho o ka 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 www.2025wellcaredirectories.com.

Inā 'a'ole loa'a iā 'oe kāu kope o ka *Papa kuhikuhi Mea Hoolako & Laau Lapaau*, hiki iā 'oe ke noi i kahi kope (ma ke kamepiula a ma ke kope pa'i) mai nā lawelawe lālā. E ho'ouna 'ia nā noi no nā *Papa kuhikuhi Mea Hoolako & Laau Lapaau* pa'i pa'a iā 'oe i loko o 'ekolu lā 'oihana. 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, 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 ke hā'awi iā 'oe i ka 'ike hou loa e pili ana i nā loli i kā mākou mau mea ho'olako pūnaewe.

Hō'ike ka *Papa kuhikuhi Mea Hoolako & Laau Lapaau* www.2025wellcaredirectories.com i kā mākou mau lā'au lapa'au pūnaewe. **'O nā lā'au lapa'au pūnaewe** 'o nā lā'au lapa'au āpau i 'ae 'ia e ho'opiha i nā lā'au lapa'au i uhi 'ia no kā mākou mau lālā ho'olālā. Hiki iā 'oe ke ho'ohana i ka *Papa kuhikuhi Mea Hoolako & Laau Lapaau* e loa'a ai ka lā'au lapa'au pūnaewe āu e makemake ai e ho'ohana. E 'ike i Mokuna 5, Māhele 2.5 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 pūnaewe o ka ho'olālā.

Inā 'a'ole loa'a iā 'oe ka *Papa kuhikuhi Mea Hoolako & Laau Lapaau*, hiki iā 'oe ke ki'i i kahi kope mai nā lawelawe lālā. Hiki iā 'oe ke loa'a i kēia 'ike ma kā mākou pūnaewe ma www.2025wellcaredirectories.com.

Māhele 3.3 Papa inoa o nā Laau i uhiia (Palapala ho'opuka)

Loa'a i ka ho'olālā kahi *Papa inoa o nā Laau i uhiia (Palapala ho'opuka)*. Kāhea mākou iā ia ka "Laau Laau Papa inoa" no ka pōkole. Hō'ike ia i nā lā'au kuhikuhi Māhele D i uhi 'ia ma lalo o ka pōmaika'i Māhele D i ho'okomo 'ia i Wellcare 'Ohana Dual Align (HMO-POS D-SNP). Koho 'ia nā lā'au ma kēia papa inoa e ka ho'olālā me ke kōkua o kahi hui kauka a me nā lā'au lapa'au. Pono ka papa inoa e hālāwai me nā koi i ho'okumu 'ia e Medicare. Ua 'ae 'o Medicare i ka Papa inoa lā'au Wellcare 'Ohana Dual Align (HMO-POS D-SNP).

Hō'ike pū ka Papa inoa lā'au iā 'oe inā he mau lula e kaupalena i ka uhi no kāu mau lā'au.

E hā'awi mākou iā 'oe i kahi kope o ka Papa inoa lā'au. No ka loa'a 'ana o ka 'ike piha a me kēia manawa e pili ana i nā lā'au i uhi 'ia, hiki iā 'oe ke kipa i ka pūnaewe o ka ho'olālā (www.wellcare.com/ohana) a i 'ole e kelepona i Nā lawelawe Lālā.

MĀHELE 4 Nā kumukū'ai o kēlā me kēia mahina no Wellcare 'Ohana Dual Align (HMO-POS D-SNP)

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

- Uku Ho'olālā (Māhele 4.1)

Mokuna 1 Ke ho'omaka 'ana i kāu lālā

- Uku Medicare Part B o kēlā me kēia mahina (Māhele 4.2)
- Uku Ho'opa'i Kakau inoa Lohi Māhele D (Māhele 4.3)
- Loa'a Pili 'O kēlā me kēia mahina Ho'oponopono Ka nui (Māhele 4.4)

Māhele 4.1 Uku ho'olālā

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

Māhele 4.2 Uku Medicare Part B o kēlā me kēia mahina**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 mea i wehewehe 'ia ma Māhele 2 ma luna, i mea e kūpono ai no kā mākou ho'olālā, pono 'oe e mālama i kou pono no Hawaii Med-QUEST Division Program (Medicaid) a me loa'a i ka Medicare Part A 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) i kāu uku Māhele A (inā 'a'ole 'oe e pili pono i ia) a no kāu uku Māhele B.

Inā 'a'ole uku 'o Hawaii Med-QUEST Division Program (Medicaid) i kāu uku Medicare no 'oe, pono 'oe e ho'omau i ka uku 'ana i kāu uku Medicare uku uku e noho i lālā o ka ho'olālā. Aia kēia me kāu uku uku no ka Māhele B. Hiki ke ho'okomo i kahi uku uku no ka Māhele A e pili ana i nā lālā i kūpono 'ole uku uku -noa ka Māhele A.

Māhele 4.3 Māhele D Ho'opa'i Ho'opa'a inoa lohi

No ka mea he pālua kupono 'oe, 'a'ole pili ka LEP iā 'oe inā mālama 'oe i kou kūlana pālua kupono, akā inā lilo 'oe i kou kūlana pālua kupono, hiki paha iā 'oe ke loa'a ka LEP. 'O ka ho'opa'i ho'opa'a inoa lohi Māhele D he uku hou e pono ai ke uku 'ia no ka uhi Māhele D inā i kekahi manawa ma hope o kāu manawa kakau inoa mua, aia he manawa o 63 mau lā a 'oi aku paha ma ke kau 'ana 'a'ole 'oe i loa'a i ka Māhele D a i 'ole kekahi 'oko'a lā'au lapa'au kūlana kōkua. 'O ka uhi lā'au lapa'au kūlana 'o ia ka uhi e hālāwai me nā kūlana ha'aha'a o Medicare 'oia i mana'o 'ia e uku, ma ke 'ano ma'amaui, ma ka li'ili'i loa e like me ka uhi lā'au lapa'au ma'amaui 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 prescription 'ē a'e. Pono 'oe e uku i kēia ho'opa'i i ka lō'ihi o ka manawa āu e loa'a ai ka Māhele D uhi.

'A'ole 'oe e uku inā:

- Ua loa'a iā 'oe ka "Kōkua Keu" mai Medicare e uku i kāu lā'au lapa'au.
- Ua hele 'oe ma lalo o 63 mau lā i ka lālani me ka 'ole o ka uhi hō'ailona.
- 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, a i 'ole Veterans Health Administration (VA). 'O kāu mea inikua a i 'ole

Mokuna 1 Ke ho'omaka 'ana i kāu lālā

kāu luna hana kanaka e ha'i iā 'oe i kēlā me kēia makahiki inā he uhi hō'ailona kāu uhi lā'au. Hiki ke ho'ouna 'ia kēia 'ike iā 'oe ma ke kelepona a i 'ole i loko o kahi nūpepa mai ka 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.

- **Kōkua:** Pono e ha'i 'ia kēlā me kēia ho'olaha i loa'a iā 'oe kahi uhi lā'au lapa'au hō'ailona i mana'o 'ia e uku e like me ka papahana lā'au lapa'au ma'amaui a Medicare e uku ai.
- **Kōkua:** 'A'ole loa'a ka uhi lā'au lapa'au hō'ailona: nā kāleka ho'emi lā'au lapa'au, nā ke'ena manuahi, a me nā pūnaewehe ho'emi lā'au lapa'au.

Ho'oholo 'o Medicare i ka nui o ka ho'opa'i. Eia pehea ia e hana ai:

- 'O ka mua, helu i ka nui o nā mahina piha āu i ho'oka'ulua ai i ka inoa 'ana i kahi papahana 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 mahina 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 ka ho'opa'i he 1% no kēlā me kēia mahina āu i 'ole ai i loa'a kahi uhi hō'ailona. No ka la'ana, inā 'oe e hele 14 mahina me ka uhi 'ole, 'o ka ho'opa'i e 14%.
- A laila, ho'oholo 'o Medicare i ka nui o ka uku o ka mahina no nā papahana lā'au lapa'au Medicare ma ka 'āina mai ka makahiki i hala. No 2025, 'o kēia awelika uku uku kālā he \$36.78.
- No ka helu 'ana i kāu uku ho'opa'i mahina, e ho'ohole i ka pakeneka ho'opa'i a me ka uku o ka mahina a laila e ho'ohuli iā ia i kahi 10 keneka kokoke. Ma ka la'ana ma ane'i, he 14% ka manawa \$36.78, e like me \$5.15. He \$5.20 kēia. E ho'ohui 'ia kēia i ka uku o ka **mahina no kekahi me ka Māhele D ho'opa'i kakau inoa hope loa.**

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

- 'O ka mua, **hiki i ka ho'opa'i ke loli i kēlā me kēia makahiki no ka** mea hiki i ka uku o ka mahina ke loli i kēlā me kēia makahiki.
- 'O ka lua, **e uku mau 'oe i kahi ho'opa'i i kēlā me kēia mahina no ka lō'ihi o kāu** ho'opa'a inoa 'ana i kahi ho'olālā me nā pōmaika'i lā'au lapa'au Medicare Part D, 'oiai inā e ho'ololi 'oe i nā ho'olālā.
- 'O ka 'ekolu, inā 'oe ma lalo o 65 a loa'a iā 'oe nā pōmaika'i Medicare i kēia manawa, e ho'ihō'i hou ka ho'opa'i kakau inoa hope loa o ka Māhele D ke huli 'oe i ka makahiki 65. Ma hope o ka makahiki 65, e pili wale ana ka ho'opa'i kakau inoa hope loa o ka Māhele D ma nā mahina 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 'oe e 'ae 'ole i kāu ho'opa'i kakau inoa hope loa o ka Māhele D, hiki iā 'oe a i 'ole kāu mea 'elele ke noi i kahi loiloi. Ma'amaui, pono 'oe e noi i kēia loiloi i **loko o 60 mau** lā mai ka lā o ka leka mua āu e loa'a ai i 'ōlelo 'ia 'oe e uku i kahi ho'opa'i kakau inoa hope loa. Eia nō na'e, inā 'oe e uku ana i ka ho'opa'i ma mua o ka hui 'ana i kā mākou ho'olālā, 'a'ole hiki iā 'oe ke noi hou i kahi loiloi no kēlā ho'opa'i kakau inoa hope loa.

Mokuna 1 Ke ho'omaka 'ana i kāu lālā**Māhele 4.4 Loa'a Pili Kālā Ho'ihō'i Ho'oponopono Ka nui**

Hiki i kekahi mau lālā ke koi 'ia e uku i kahi ho'opi'i keu, i 'ike 'ia 'o ka Māhele D Loa'a Pili Kālā Ho'oponopono Ka nui, 'ike 'ia 'o IRMAA. Ho'opuka 'ia ka ho'opi'i keu e ka ho'ohana 'ana i kāu loa'a kālā ho'oponopono ma'amau e hō'ike 'ia ma kāu IRS 'ao'ao waiwai 'elua makahiki i hala. Inā ua 'oi kēia nui ma luna o kekahi nui, e uku 'oe i ka uku ma'amau a me ka IRMAA hou. No ka 'ike hou aku e pili ana i ka nui keu āu e pono ai e uku e pili ana i kāu loa'a kālā, e kipa i <https://www.medicare.gov/drug-coverage-part-d/costs-for-medicare-drug-coverage/monthly-premium-for-drug-plans>.

Inā pono 'oe e uku i kahi nui keu, 'a'ole kāu ho'olālā Medicare, e ho'ouna iā 'oe i kahi leka e ha'i ana iā 'oe i kēlā nui keu e ho'onohonoho 'ia e Social Security. E hāpai 'ia ka nui keu mai kāu Social Security, Railroad Retirement Board, a i 'ole Office of Personnel Management benefit check, 'a'ole ma ka hana e uku ai i kāu ho'olālā uku mahina, keu 'ole inā 'a'ole lawa kāu uku i kēlā me kēia mahina e uhi i ka nui keu. Inā 'a'ole lawa kāu maika'i e uhi i ka nui keu, e loa'a iā 'oe kahi bila mai Medicare. **Pono 'oe e uku i ka nui keu i ke aupuni. 'A'ole hiki ke uku 'ia me kāu uku ho'olālā mahina. Inā 'a'ole 'oe e uku i ka nui keu, e ho'opau 'ia 'oe mai ka ho'olālā a lilo ka uhi lā'au lapa'au.**

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

MĀHELE 5 'Ikepili hou e pili ana i kāu uku ho'olālā mahina**Māhele 5.1 Hiki iā mākou ke ho'ololi i kāu uku ho'olālā mahina i loko o ka makahiki?**

'A'ole. 'A'ole mākou e 'ae 'ia e ho'ololi i ka nui ā mākou e uku ai no ka ho'olālā uku mahina o ka ho'olālā i loko o ka makahiki. Inā ho'ololi ka uku ho'olālā mahina no ka makahiki a'e e ha'i mākou iā 'oe i Kepakemapa a ho'okō 'ia ka ho'ololi ma Ianuali 1.

Eia nō na'e, i kekahi mau hihia, hiki iā 'oe ke ho'omaha i ka uku 'ana i ka ho'opa'i kakau inoa hope loa, inā he pono. A i 'ole pono e ho'omaka e uku i kahi ho'opa'i kakau inoa hope loa. Hiki iā kēia ke hana inā loa'a iā 'oe ke kūpono no ka papahana "Kōkua Keu" a i 'ole inā e lilo 'oe i kāu kūpono no ka papahana "Kōkua Keu" i loko o ka makahiki:

- Inā loa'a iā 'oe i kēia manawa ka ho'opa'i kakau 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 a i 'ole nā uhi lā'au lapa'au hō'ailona 'ē a'e.

Hiki iā 'oe ke 'ike hou aku e pili ana i ka papahana "Kōkua Keu" ma Mokuna 2, Māhele 7.

Mokuna 1 Ke ho'omaka 'ana i kāu lālā**MĀHELE 6 Ke mālama nei i kāu mo'okāki lālā i kēia manawa**

Loa'a kāu mo'okāki lālā i nā 'ike mai kāu palapala inoa, me kāu helu wahi a me kāu helu kelepona. 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.

Pono nā kauka, nā haukapila, nā mea lapa'au, a me nā mea ho'olako 'ē a'e i loko o ka pūnaewehe ho'olālā e loa'a nā 'ike pololei e pili ana iā 'oe. **Ho'ohana kēia mau mea ho'olako pūnaewehe i kāu mo'okāki lālā e 'ike i nā lawelawe a me nā lā'au i uhi 'ia a me nā koina ka'ana like no 'oe.** No kēia kumu, he mea nui loa ia e kōkua iā mākou e mālama i kāu 'ike i kēia manawa.

E ha'i mai iā mākou e pili ana i kēia mau loli:

- Nā loli i kāu inoa, kāu helu wahi, a i 'ole kāu helu kelepona
- Nā loli i kekahi inikua ola kino 'ē a'e āu e loa'a ai (e like me kāu mea hana, kāu kāne a i 'ole ka mea hana kāne a kāne a i 'ole Papahana 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
- Inā loa'a iā 'oe ka mālama 'ana i kahi haukapila i waho o ka wahi a i 'ole i waho o ka pūnaewehe a i 'ole lumi pilikia
- Inā loli kāu mea kuleana (e like me kahi mea mālama)
- Inā 'oe e komo i kahi noi'i lapa'au (**Kōkua:** 'A'ole 'oe i koi 'ia e ha'i i kāu ho'olālā e pili ana i nā noi'i lapa'au āu e mana'o ai e komo ai, akā paipai mākou iā 'oe e hana pēlā.)

Inā loli kekahi o kēia 'ike, e 'olu'olu e ha'i iā mākou ma ka kelepona 'ana i Nā lawelawe Lālā.

He mea nui ho'i ke kelepona iā Social Security inā 'oe e ne'e a i 'ole e ho'ololi i kāu helu leka uila. Hiki iā 'oe ke loa'a nā helu kelepona a me ka 'ike ho'opili no ka Social Security ma Mokuna 2, Māhele 5.

MĀHELE 7 Pehea ka hana 'ana o nā inikua 'ē a'e me kā mākou ho'olālā**Inikua 'ē a'e**

Koi 'o Medicare iā mākou e hō'ili'ili i ka 'ike mai iā 'oe e pili ana i kekahi inikua lā'au lapa'au a i 'ole lā'au lapa'au 'ē a'e āu e loa'a ai. 'O ia no ka mea, pono mākou e ho'opili i kekahi uhi āu e loa'a ai me kāu 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 mākou iā 'oe i kahi leka e hō'ike ana i kekahi uhi lā'au lapa'au a i 'ole lā'au lapa'au ā mākou e 'ike ai. E 'olu'olu e heluhelu pono i kēia 'ike.

Mokuna 1 Ke ho'omaka 'ana i kāu lālā

Inā he pololei, 'a'ole pono 'oe e hana i kekahi mea. Inā he hewa ka 'ike, a i 'ole inā loa'a iā 'oe kekahi uhi 'ole i hō'ike 'ia, e 'olu'olu e kelepona i Nā lawelawe Lālā. Pono 'oe e hā'awi i kāu helu ID lālā ho'olālā i kāu mau inikua 'ē a'e (i ka manawa ua hō'ōia lākou i ko lākou 'ike) no laila e uku pololei 'ia kāu mau bila a i 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 ho'onohonoho 'ia e Medicare e ho'oholo inā kā mākou ho'olālā a i 'ole kāu inikua 'ē a'e e uku mua. 'O ka inikua e uku mua 'ia ua kapa 'ia 'o ka mea uku mua a uku 'ia i nā palena o kāna uhi. 'O ka mea e uku lua, i kapa 'ia 'o ka mea uku lua, e uku wale nō inā loa'a nā koina i uhi '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 rula i ka uhi ola pū'ulu hana a i 'ole hui:

- Inā loa'a iā 'oe kahi uhi retiree, e uku mua 'o Medicare.
- Inā ho'opili 'ia kāu uhi ola pū'ulu 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 ma'i pēpē renal pae hope (ESRD):
 - Inā 'oe ma lalo o 65 a me ka kīnā a e hana mau ana 'oe a i 'ole kou lālā o kou 'ohana, e uku mua kāu ho'olālā ola pū'ulu inā he 100 a 'oi aku ka nui o nā limahana a i 'ole ma ka li'ili'i loa kekahi mea hana i loko o kahi ho'olālā hana nui i 'oi aku ma mua o 100 nā limahana.
 - Inā 'oe ma luna o 65 a e hana mau ana 'oe a i 'ole kāu kāne a i 'ole kāne domeseteke, e uku mua kāu ho'olālā ola pū'ulu inā he 20 a 'oi aku ka nui o nā limahana a i 'ole ma ka li'ili'i loa kekahi mea hana i loko o kahi ho'olālā hana nui i 'oi aku ma mua o 20 nā limahana.
- Inā loa'a iā 'oe ka Medicare no ka ESRD, e uku mua kāu ho'olālā ola 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 pōmaika'i 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 papahana ola pū'ulu a i 'ole ka hana e uku ai.

MOKUNA 2:

*Nā helu kelepona ko'iko'i
a me nā kumuwaiwai*

Mokuna 2 Nā helu kelepona ko'iko'i a me nā kumuwaiwai

MĀHELE 1 Kā mākou ho'olālā e launa pū me nā 'ao'ao (pehea e launa ai me mākou, me pehea e hiki ai i Nā lawelawe Lālā)

Pehea e launa ai me Nā lawelawe Lālā o kā mākou ho'olālā

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

Nā Pono Hana	Nā lawelawe Lālā - Kelepona 'ike
KĀHEA	1-888-846-4262 'O nā kāhea i kēia helu manuahi. Ma waena o 'Okakopa 1 a me Malaki 31, aia nā 'elele ma 'ane'i i kēlā me kēia Pō'akahī-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'akahī-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. E 'olu'olu e waiho i kāu inoa a me ka helu kelepona, a e kāhea mākou iā 'oe i loko o ho'okahi lā hana. Loa'a pū kekahi i nā lawelawe unuhi 'ōlelo manuahi no nā mea 'ōlelo 'ole Pelekania.
TTY	711 'O nā kāhea i kēia helu manuahi. Ma waena o 'Okakopa 1 a me Malaki 31, aia nā 'elele ma 'ane'i i kēlā me kēia Pō'akahī-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'akahī-Pō'alima, 7:45 a.m. a 8 p.m.
KA KĀKAU	Wellcare By 'Ohana Health Plan PO Box 31370 Tampa, FL 33631-3370
WEBSITE	www.wellcare.com/ohana

Mokuna 2 Nā helu kelepona ko'iko'i a me nā kumuwaiwai**Pehea e launa ai me mākou inā 'oe e noi ana i ka ho'oholo ho'opili a i 'ole ka ho'opi'i e pili ana i kāu mālama ola kino**

'O ka ho'oholo ho'opili kahi ho'oholo ā mākou e hana ai e pili ana i kāu pomaikai a me ka uhi 'ana a i 'ole e pili ana i ka nui ā mākou e uku ai no kāu mau lawelawe lā'au lapa'au a i 'ole nā lā'au 'ao'ao Māhele D. 'O ka ho'opi'i he ala kūhelu e noi iā mākou e loilo i ka ho'oholo ho'opili a mākou i hana ai. No ka 'ike hou aku e pili ana i ka noi 'ana no nā ho'oholo ho'opili a i 'ole nā ho'opi'i e pili ana i kāu mālama ola kino a i 'ole nā lā'au 'ao'ao Māhele D, e 'ike iā Mokuna 9 (*He aha e hana inā loa 'a iā 'oe kahi pilikia a i 'ole ka ho'opi'i (ho'oholo ho'opili, ho'opi'i, ho'opi'i)*)).

Nā Pono Hana	Nā Ho'oholo Uhi no ka Mālama Lā'au Lapa'au – Kelepona 'ike
KĀHEA	1-888-846-4262 'O nā kāhea i kēia helu manuahi. Ma waena o 'Okakopa 1 a me Malaki 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 Malaki 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 KĀKAU	WellCare Ke'ena Ho'oholo Ho'opili - Lā'au Lapa'au PO Box 31370 Tampa, FL 33631-3370

Nā Pono Hana	Nā Ho'oholo Uhi no nā Lā'au 'ao'ao Māhele D – Kelepona 'ike
KĀHEA	1-888-846-4262 'O nā kāhea i kēia helu manuahi. Ma waena o 'Okakopa 1 a me Malaki 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 ko'iko'i a me nā kumuwaiwai

Nā Pono Hana	Nā Ho'oholo Uhi no nā Lā'au 'ao'ao Māhele D – Kelepona 'ike
TTY	711 'O nā kāhea i kēia helu manuahi. Ma waena o 'Okakopa 1 a me Malaki 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	1-866-388-1767
KA KĀKAU	WellCare Pharmacy - Coverage Determinations P.O. Box 31397 Tampa, FL 33631-3397
WEBSITE	www.wellcare.com/drug-coverage-determination-request

Nā Pono Hana	Nā Ho'āhewa no ka Mālama Lā'au Lapa'au – Kelepona 'ike
KĀHEA	1-888-846-4262 'O nā kāhea i kēia helu manuahi. Ma waena o 'Okakopa 1 a me Malaki 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 Malaki 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 KĀKAU	WellCare Appeals Department - Medical P.O. Box 31368 Tampa, FL 33631-3368

Mokuna 2 Nā helu kelepona ko'iko'i a me nā kumuwaiwai

Nā Pono Hana	Nā Ho'āhewa no ka Pū Drug Māhele D – Kelepona 'ike
KĀHEA	1-888-846-4262 'O nā kāhea i kēia helu manuahi. Ma waena o 'Okakopa 1 a me Malaki 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 Malaki 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 KĀKAU	Attn: Medicare Pharmacy Appeals P.O. Box 31383 Tampa, FL 33631-3383
WEBSITE	www.wellcare.com/ohana

Pehea e launa ai me mākou inā 'oe e hana ana i ka ho'opi'i e pili ana i kāu mālama ola kino

Hiki iā 'oe ke hana i kahi ho'opi'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'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. No ka 'ike hou aku e pili ana i ka hana 'ana i kahi ho'opi'i e pili ana i kāu mālama ola kino, e 'ike iā Mokuna 9 (*He aha e hana inā loa'a iā 'oe kahi pilikia a i 'ole ka ho'opi'i (ho'oholo ho'opili, ho'opi'i, ho'opi'i)*).

Nā Pono Hana	Nā Ho'opi'i no ka Mālama Lā'au Lapa'au – Kelepona 'ike
KĀHEA	1-888-846-4262 'O nā kāhea i kēia helu manuahi. Ma waena o 'Okakopa 1 a me Malaki 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 ko'iko'i a me nā kumuwaiwai

Nā Pono Hana	Nā Ho'opi'i no ka Mālama Lā'au Lapa'au – Kelepona 'ike
TTY	711 ‘O nā kāhea i kēia helu manuahi. Ma waena o ‘Okakopa 1 a me Malaki 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	1-866-388-1769
KA KĀKAU	WellCare Grievance Department P.O. Box 31384 Tampa, FL 33631-3384
WEBSITE MEDICARE	Hiki iā ‘oe ke ho‘ouna i kahi ho‘opi‘i e pili ana i ka Wellcare 'Ohana Dual Align (HMO-POS D-SNP) pololei iā Medicare. No ka waiho ‘ana i kahi ho‘opi‘i pūnaewe iā Medicare, e hele i www.medicare.gov/MedicareComplaintForm/home.aspx .

Nā Pono Hana	Nā Ho'opi'i no nā Lā'au 'ao'ao Māhele D – Kelepona 'ike
KĀHEA	1-888-846-4262 ‘O nā kāhea i kēia helu manuahi. Ma waena o ‘Okakopa 1 a me Malaki 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 Malaki 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	1-866-388-1769
KA KĀKAU	WellCare Grievance Department P.O. Box 31384 Tampa, FL 33631-3384

Mokuna 2 Nā helu kelepona ko'iko'i a me nā kumuwaiwai

Nā Pono Hana	Nā Ho'opi'i no nā Lā'au 'ao'ao Māhele D – Kelepona 'ike
WEBSITE MEDICARE	Hiki iā 'oe ke ho'ouna i kahi ho'opi'i e pili ana i ka Wellcare 'Ohana Dual Align (HMO-POS D-SNP) pololei iā Medicare. No ka waiho 'ana i kahi ho'opi'i pūnaewe iā Medicare, e hele i www.medicare.gov/MedicareComplaintForm/home.aspx .

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

Inā loa'a iā 'oe kahi bila a i 'ole uku no nā lawelawe (e like me ka bila mea ho'olako) āu e mana'o ai e pono mākou e uku, hiki paha iā 'oe ke noi iā mākou no ka uku hou 'ana a i 'ole e uku i ka bila mea ho'olako. E nana Mokuna 7 (*Ke noi nei iā mākou e uku i kā mākou Paukū o kahi pila i loa'a iā 'oe no nā lawelawe olakino uhi 'ia a lā'au paha*).

E 'olu'olu e 'ike: Inā 'oe e ho'ouna i kahi noi uku iā mākou a ho'ololi mākou i kekahi 'āpana o kāu noi, hiki iā 'oe ke ho'opi'i i kā mākou ho'oholo. E 'ike iā Mokuna 9 (*He aha e hana inā loa'a iā 'oe kahi pilikia a i 'ole ka ho'opi'i (ho'oholo ho'opili, ho'opi'i, ho'opi'i)*) no ka 'ike hou aku.

Nā Pono Hana	Nā Noi Uku – Kelepona 'ike
KA KĀKAU	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
WEBSITE	www.wellcare.com/ohana

MĀHELE 2**Medicare**

(pehea e loa'a ai ke kōkua a me ka 'ike pololei mai ka Papahana Medicare Aupuni)

'O Medicare ka papahana 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 Ma'i Renal End-Stage ('o ka pa'a hemahema hūnā e koi ana i ka dialysis a i 'ole kahi transplant hūnā).

Mokuna 2 Nā helu kelepona ko'iko'i a me nā kumuwaiwai

‘O ka ‘ao‘ao Aupuni i kuleana no Medicare ‘o ia ka Nā kikowaena no ka Medicare & Medicaid Nā lawelawe (i kapa ‘ia ma kekahi manawa ‘o CMS). Ho‘olālā kēia ‘ao‘ao me nā hui Advantage Medicare me mākou pū.

Nā Pono Hana	Medicare – Kelepona ‘ike
KĀHEA	1-800-MEDICARE, a i ‘ole 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 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.
WEBSITE	www.Medicare.gov ‘O kēia ka pūnaewe kūhelu o ke aupuni no Medicare. Hā‘awi ia iā ‘oe i ka ‘ike hou e pili ana iā Medicare a me nā pilikia o kēia manawa o Medicare. Loa‘a pū kekahi iā ia ka ‘ike e pili ana i nā haukapila, nā hale hānai, nā kauka, nā ke‘ena mālama ola kino home, a me nā kikowaena dialysis. Hā‘awi ia i nā palapala hiki iā ‘oe ke pa‘i pololei mai kāu kamepiula. Hiki iā ‘oe ke loa‘a pū nā kānaka ho‘opili Medicare ma kāu moku‘āina. Loa‘a pū kekahi i ka pūnaewe Medicare ka ‘ike kiko‘ī e pili ana i kāu kūpono Medicare a me nā koho ho‘opa‘a inoa me nā mea hana a‘e: • Mea Hana Pono Medicare: Hā‘awi i ka ‘ike kūlana kūpono Medicare. • ‘Ike Ho‘olālā Medicare: Hā‘awi i ka ‘ike pilikino e pili ana i nā ho‘olālā lā‘au lapa‘au Medicare i loa‘a, ho‘olālā ola Medicare, a me nā kulekele Medigap (Inikua Ho‘ohui Medicare) ma kou wahi. Hā‘awi kēia mau mea hana i kahi <i>kuhi</i> ‘O nā kumukū‘ai o waho o ka ‘eke ma nā ho‘olālā Medicare like ‘ole. Hiki pū iā ‘oe ke ho‘ohana i ka pūnaewe e ha‘i iā Medicare e pili ana i nā ho‘opi‘i āu e pili ana i kā mākou ho‘olālā: • Ho‘opi‘i aku i ka hui ‘inikua mālama olakino makule Medicare i nā ho‘ohalahala i loa‘a iā ‘oe: Hiki iā ‘oe ke waiho i kahi ho‘opi‘i e pili ana i kā mākou ho‘olālā pololei i Medicare. No ka ho‘ouna ‘ana i kahi ho‘opi‘i iā Medicare, e hele i www.medicare.gov/MedicareComplaintForm/home.aspx. 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.

Mokuna 2 Nā helu kelepona ko'iko'i a me nā kumuwaiwai

Nā Pono Hana	Medicare – Kelepona 'ike
	Inā 'a'ole iā 'oe kahi kamepiula, hiki i kāu waihona puke kūloko a i 'ole ke ke'ena kūpuna ke kōkua iā 'oe e kipa i kēia pūnaeweale me kāna kamepiula. A i 'ole, hiki iā 'oe ke kāhea iā Medicare a ha'i iā lākou i ka 'ike āu e 'imi nei. E 'imi lākou i ka 'ike ma ka pūnaeweale a nānā pū me 'oe. (Hiki iā 'oe ke kāhea iā Medicare ma 1-800-MEDICARE (1-800-633-4227), 24 hola i ka lā, 7 mau lā o ka pule. Pono nā mea ho'ohana TTY e kāhea ma 1-877-486-2048.)

MĀHELE 3 Papahana Kōkua Inikua Ola Moku'āina

(kōkua manuahi, 'ike, a me nā pane i kāu mau nīnau e pili ana iā Medicare)

'O ka Papahana Kōkua Inikua Ola Moku'āina (SHIP) he papahana aupuni me nā kūkākūkā i ho'oma'ama'a 'ia i kēlā me kēia moku'āina. Ma Hawaii, kapa 'ia 'o SHIP 'o Papahana Kōkua Inikua Ola Moku'āina Hawaii (SHIP).

'O ka Papahana Kōkua Inikua Ola Moku'āina Hawaii (SHIP) he papahana moku'āina kū'oko'a ('a'ole pili i kekahi hui inikua a i 'ole ho'olālā ola) e loa'a ana ke kālā mai ke aupuni Federal e hā'awi i ke kūkākūkā inikua ola kūloko manuahi i nā kānaka me Medicare.

Hiki i nā kūkākūkā o ka Papahana Kōkua Inikua Ola Moku'āina Hawaii (SHIP) ke 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 i 'ole mālama, a kōkua iā 'oe e ho'oponopono i nā pilikia me nā bila Medicare. Hiki i nā kūkākūkā o ka Papahana Kōkua Inikua Ola Moku'āina Hawaii (SHIP) ke kōkua iā 'oe me nā nīnau a i 'ole nā pilikia e pili ana iā Medicare a kōkua iā 'oe e ho'omaopopo i kāu mau koho ho'olālā Medicare a pane i nā nīnau e pili ana i ka ho'ololi 'ana i nā ho'olālā.

KE ALA E LOA'A AI I SHIP A ME NĀ KUMUWAIWAI 'Ē A'E:

- Kipa i <https://www.shiphelp.org> (Kaomi ma SHIP LOCATOR ma waena o ka 'ao'ao)
- E koho i kāu **MOKU'ĀINA** mai ka papa inoa. E lawe kēia iā 'oe i kahi 'ao'ao me nā helu kelepona a me nā kumuwaiwai i kāu moku'āina.

Nā Pono Hana	Papahana Kōkua Inikua Ola Moku'āina Hawaii (SHIP) – Kelepona 'ike
KĀHEA	1-888-875-9229
TTY	1-866-810-4379 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.

Mokuna 2 Nā helu kelepona ko'iko'i a me nā kumuwaiwai

Nā Pono Hana	Papahana Kōkua Inikua Ola Moku'āina Hawaii (SHIP) – Kelepona 'ike
KA KĀKAU	Hawaii SHIP, Executive Office on Aging, No. 1 Capitol District 250 South Hotel Street, Suite 406 Honolulu, Hawaii 96813-2831
WEBSITE	http://www.hawaiiiship.org/

MĀHELE 4 Hui Ho'omaika'i Kūlana

Loa'a kahi Hui Ho'omaika'i Kūlana i hā'awi 'ia no ka lawelawe 'ana i nā mea loa'a Medicare i kēlā me kēia moku'āina. No Hawaii, kapa 'ia ka Hui Ho'omaika'i Kūlana 'o Livanta - Hui Ho'omaika'i Kūlana o Hawaii.

'O Livanta - ka Hui Ho'omaika'i Kūlana o Hawaii he hui 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 no nā kānaka me Medicare. 'O Livanta - ka Hui Ho'omaika'i Kūlana o Hawaii he hui kū'oko'a. 'A'ole pili ia i kā mākou ho'olālā.

Pono 'oe e ho'opili iā Livanta - ka Hui Ho'omaika'i Kūlana 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.
- 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, a i 'ole nā lawelawe Keena Ho'oponopono Ho'oma'ama'a Ma waho (CORF).

Nā Pono Hana	Livanta - Hui Ho'omaika'i Kūlana o Hawaii – Kelepona 'ike
KĀHEA	1-877-588-1123 9 a.m. - 5 p.m. manawa kūloko, Pō'akahī - Pō'alima; 10 a.m. - 4 p.m. manawa kūloko, Pō'aono - Lāpule
TTY	711
KA KĀKAU	Livanta LLC/BFCC-QIO 10820 Guilford Road, Suite 202 Annapolis Junction, MD 20701-1105
WEBSITE	https://www.livantaqio.cms.gov/en

Mokuna 2 Nā helu kelepona ko'iko'i a me nā kumu waiwai**MĀHELE 5 Palekana Laulā**

Kuleana ka Palekana Laulā no ka ho'oholo 'ana i ka kūpono a me ka lawelawe 'ana i ka ho'opa'a inoa no Medicare. Loa'a ka kūpono no Medicare i nā kama'āina o 'Amelika Hui Pū 'Ia a me nā mea noho mau i kūpono ma lalo o ke kāmāwai i piha i ka 65 makahiki a 'oi aku paha, a i 'ole i loa'a kahi kīnā a i 'ole ka Ma'i Renal End-Stage a me ka hālāwai me kekahi mau kūlana. Inā loa'a iā 'oe nā koina palekana laulā, e ho'opa'a inoa 'ia 'oe i loko o Medicare. Inā 'a'ole 'oe e loa'a nā koina palekana laulā, pono 'oe e ho'opa'a inoa i Medicare. No ka noi 'ana no Medicare, hiki iā 'oe ke kāhea iā Palekana Laulā a kipa paha i kāu ke'ena Palekana Laulā kūloko.

Kuleana pū ka Palekana Laulā 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 Laulā 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 Laulā 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 Laulā.

Nā Pono Hana	Palekana Laulā – Kelepona 'ike
KĀHEA	1-800-772-1213 'O nā kāhea i kēia helu manuahi. Loa'a mai ka hola 8:00 a.m. a 7:00 p.m., Pō'akahi a Pō'alima. Hiki iā 'oe ke ho'ohana i nā lawelawe kelepona automated o Palekana Laulā 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 8:00 a.m. a 7:00 p.m., Pō'akahi a Pō'alima.
WEBSITE	www.ssa.gov

Māhele 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 papahana aupuni Federal 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 papahana i hā'awi 'ia ma o ka Papahana Hawaii Med-QUEST Division Program (Medicaid) e kōkua i nā kānaka me Medicare e uku i kā lākou mau koina Medicare,

Mokuna 2 Nā helu kelepona ko'iko'i a me nā kumuwaiwai

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:

- **Qualified Medicare Beneficiary Plus (QMB+):** Kōkua i ka uku 'ana i nā uku Medicare Part A a me Medicare Part B, a me nā koina ka'ana like (e like me deductible, coinsurance, a me nā copayments). Ho'okipa 'ia nā pono e loa'a i nā pomaikai Medicaid piha.
- **Specified Low-Income Medicare Beneficiary Plus (SLMB+):** Kōkua i ka uku 'ana i nā uku Māhele B. Ho'okipa 'ia nā pono e loa'a i nā pomaikai Medicaid piha.
- **Full Benefit Dual Eligible (FBDE):** Kōkua i ka uku 'ana i nā uku Medicare Part A a me Medicare Part B a me nā koina ka'ana like (e like me deductible, coinsurance, a me nā copayments). 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 pālūa i loko o ka 'elua Medicare a me ka Papahana 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 nīnau e pili ana i ka kōkua āu e loa'a ai mai Medicaid, e ho'opili i ka Papahana Hawaii Med-QUEST Division Program (Medicaid).

Nā Pono Hana	Papahana Hawaii Med-QUEST Division Program (Medicaid) – Kelepona 'ike
KĀHEA	1-800-316-8005 7:45 a.m. - 4:30 p.m. HT, Pō'akahi - Pō'alima
TTY	711 1-800-603-1201 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.
KA KĀKAU	Papahana Hawaii Med-QUEST Division Program (Medicaid) 1350 S. King Street, Suite 200 Honolulu, HI 96814
WEBSITE	https://medquest.hawaii.gov/en.html

Ka Mokuaina o Hawaii Kōkua ke Office of the Ombudsman 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 kahi ho'opi'i a i 'ole ho'opi'i me kā mākou ho'olālā.

Nā Pono Hana	Ke'ena Ombudsman o ka Moku'āina o Hawaii - Kelepona 'ike
KĀHEA	1-808-587-0770 Kauai: 808-274-3141 ext 7-0770 Molokai/Lanai: 1-800-468-4644 ext 7-0770 7:45 a.m. - 4:30 p.m. manawa kūloko, Pō'akahi - Pō'alima

Mokuna 2 Nā helu kelepona ko'iko'i a me nā kumuwaiwai

Nā Pono Hana	Ke'ena Ombudsman o ka Moku'āina o Hawaii - Kelepona 'ike
TTY	1-808-587-0774 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.
KA KĀKAU	Office of the Ombudsman 465 South King Street, 4th Floor Honolulu, Hawaii 96813
WEBSITE	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.

Nā Pono Hana	Papahana Ombudsman Mākau Lō‘ihi o Hawaii – Kelepona 'ike
KĀHEA	1-808-586-7268 7:45 a.m. - 4:30 p.m. manawa kūloko, Pō‘akahi - Pō‘alima
TTY	711
KA KĀKAU	Executive Office on Aging Hawaii State Department of Health 250 South Hotel Street , Suite 406 Honolulu, HI 96813
WEBSITE	https://www.hi-ltc-ombudsman.org/

MĀHELE 7 ‘Ike e pili ana i nā papahana e kōkua i nā kānaka e uku i kā lākou lā‘au lapa‘au

Hā‘awi ka pūnaewele Medicare.gov (<https://www.medicare.gov/basics/costs/help/drug-costs>) i ka ‘ike pehea e emi ai nā koina lā‘au lapa‘au. No nā kānaka me nā loa‘a kālā li‘ili‘i, aia nā papahana ‘ē a‘e e kōkua, i wehewehe ‘ia ma lalo nei.

Papahana “Kōkua keu” o Medicare

No ka mea ua kūpono ‘oe no ka Hawaii Med-QUEST Division Program (Medicaid), pono ‘oe a loa‘a "Kōkua keu (Extra Help)" ai Medicare e uku no kāu mau kumukū‘ai ho‘olālā 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 nīnau e pili ana i ka “Kōkua keu,” e kāhea i:

Mokuna 2 Nā helu kelepona ko'iko'i a me nā kumuwaiwai

- 1-800-MEDICARE (1-800-633-4227). Pono nā mea ho'ohana TTY e kāhea iā 1-877-486-2048, 24 mau hola i ka lā, 7 mau lā i ka pule;
- Ke'ena Palekana Lāulā ma 1-800-772-1213, ma waena o ka 8 a.m. a me ka 7 p.m., Pō'akahī a Pō'alima. Pono nā mea ho'ohana TTY e kāhea ma 1-800-325-0778; a i 'ole
- Kāu Ke'ena Medicaid Moku'āina (E 'ike iā Māhele 6 o kēia mokuna no ka 'ike kelepona).

Inā mana'o 'oe ua kūpono 'oe no "Extra Help" a mana'o 'i'o 'oe ke uku nei 'oe i ka nui o ka Paukū kū'ai kumukū'ai inā loa'a kāu palapala kuhikuhi i kahi hale kū'ai lā'au, ua ho'olālā kā mākou papa hana i kahi hana e 'ae iā 'oe e noi i ke kōkua i ka loa'a 'ana o nā hō'ike o kāu pae uku hui kūpono, a i 'ole, inā loa'a iā 'oe nā hō'ike, e hā'awi i kēia hō'ike iā 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 (Best Available Evidence):
 - 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 Iune o ka makahiki kalena ma mua
 - He kope o kahi palapala Moku'āina e hō'oia i ke Hawaii Med-QUEST Division Program (Medicaid) i kekahi mahina ma hope o Iune 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 Iune 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 kulanā Medicaid i kekahi mahina ma hope o Iune 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 Iune o ka makahiki kalena ma mua
 - He leka mai ka Social Security Administration (SSA) e hō'ike ana i ka loa'a 'ana o ka Supplemental Security Income (SSI) o ka mea
 - He noi i ho'ouna 'ia e Deemed Eligible e hō'oia ana he "...komo kūpono no ke kōkua keu..." (SSA publication HI 03094.605)

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

- 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 mahina ma hope o Iune o ka makahiki kalena ma mua;
- He kope o kahi palapala Moku'āina e hō'oia ana i ka uku 'ana o Medicaid no kāu pono i ka hale mālama no kahi mahina kalena piha ma hope o Iune o ka makahiki kalena ma mua; a i 'ole

Mokuna 2 Nā helu kelepona ko'iko'i a me nā kumuwaiwai

- He palapala pa'i pale mai nā 'ōnaehana Medicaid o ka Moku'āina e hō'ike ana i kōkua kōkua 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 Iune 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 (Extra Help)", e kelepona i Nā lawelawe Lālā a e kōkua kekahi 'elele iā 'oe.
- Ke loa'a iā mākou ka hō'ōia e hō'ike ana i kōkua 'oko'a uku like, e ho'oponopono mākou i kōkua mākou 'ōnaehana i hiki iā 'oe ke uku i ka uku like kūpono ke loa'a iā 'oe kōkua lā'au hou i ka lā'au lapa'au. Inā 'oe e 'oi aku i kōkua uku like, e uku mākou iā 'oe. E ho'ouna mākou i kahi kope iā 'oe i ka nui o kōkua 'oi a i 'ole e ho'oponopono mākou i nā uku like e hiki mai ana. Inā 'a'ole i hō'ili'ili ka lā'au lapa'au i kahi uku like mai iā 'oe a e lawe ana i kōkua uku like ma ke 'ano he 'ai'ē i aie 'ia e 'oe, hiki iā mākou ke hana i ka uku pololei i ka lā'au lapa'au. Inā uku ka moku'āina no kōkua pono, hiki iā mākou ke hana i ka uku pololei i ka moku'āina. E 'olu'olu e ho'opili iā Nā lawelawe Lālā inā loa'a iā 'oe nā nīnau.

He aha inā 'oe i "Kōkua keu (Extra Help)" uhi 'ia mai kahi AIDS Laau laau Kokua Papahana (ADAP)? He aha ka Papahana Kōkua Lā'au HIV/AIDS (ADAP)?

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

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

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

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

Kōkua: No ke kūpono 'ana no ka ADAP e holo ana i kōkua moku'āina, pono nā kānaka e hālāwai me kekahi mau kōkua, me ka hō'ōia 'ana o ka noho moku'āina a me ke kōkua HIV, loa'a kōkua ha'aha'a e like me ka wehewehe 'ia e ka Moku'āina, a me ka 'ole o ka inikua/ha'aha'a inikua. Inā ho'ololi 'oe i nā ho'olālā, e 'olu'olu e ho'olaha i kōkua limahana ho'opa'a inoa ADAP kūloko i hiki iā 'oe ke ho'omau i ka loa'a 'ana o ke kōkua. No ka 'ike e pili ana i nā kōkua kūpono, nā lā'au i uhi 'ia, a pehea e kōkua inoa ai i ka papahana, e 'olu'olu e kelepona iā Hawaii HIV Laau Kokua Papahana (HDAP).

Mokuna 2 Nā helu kelepona ko'iko'i a me nā kumuwaiwai**MĀHELE 8 Pehea e ho'opili ai i ka Papa Hoomaha Alahao**

‘O ka Papa Hoomaha Alahao he ke‘ena Aupuni Kū‘oko‘a i mālama i nā papahana pōmaika‘i piha no nā limahana ka‘aahi 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 a i ‘ole e ho‘ololi i kāu wahi leka. Inā loa‘a iā ‘oe nā nīnau e pili ana i kāu pomaika‘i mai ka Papa Hoomaha Alahao, e ho‘opili i ke ke‘ena.

Nā Pono Hana	Papa Hoomaha Alahao – Kelepona ‘ike
KĀHEA	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 9:00 a.m. a i ka 3:30 p.m., Pō‘akahī, Pō‘alua, Pō‘ahā, a me Pō‘alima, a mai ka hola 9:00 a.m. a i ka 12:00 p.m. ma ka Pō‘akolu. Inā kaomi ‘oe i “1,” hiki iā ‘oe ke komo i ka RRB HelpLine automated a me ka ‘ike i ho‘opa‘a ‘ia 24 hola i ka lā, me nā hopena pule a me nā lā ho‘omaha.
TTY	1-312-751-4701 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 kelepona i kēia helu ‘a‘ole manuahi.
WEBSITE	rrb.gov/

MĀHELE 9 Loa‘a iā ‘oe kahi inikua pū‘ulu a i ‘ole inikua ola mai kahi mea ho‘ohana?

Inā loa‘a iā ‘oe (a i ‘ole kāu kāne a hoa pili) nā pomaika‘i mai kāu (a i ‘ole kāu kāne a hoa pili) mea ho‘ohana a i ‘ole hui ho‘omaha ma ke ‘ano he lālā o kēia ho‘olālā, hiki iā ‘oe ke kāhea i ka mea ho‘okele pomaika‘i a i ‘ole Nā lawelawe Lālā inā loa‘a iā ‘oe 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 pomaika‘i ola pū‘ulu ho‘omaha, nā uku, a i ‘ole ka manawa ho‘opa‘a inoa. (Aia nā helu kelepona no Nā lawelawe Lālā i pa‘i ‘ia ma ka uhi hope o kēia palapala.) Hiki iā ‘oe ke kāhea pū i ka 1-800-MEDICARE (1-800-633-4227; TTY: 1-877-486-2048) me nā nīnau e pili ana i kāu uhi Medicare ma lalo o kēia ho‘olālā.

Inā loa‘a iā ‘oe kahi uhi lā‘au lapa‘au ‘ē a‘e ma o kāu (a i ‘ole kāu kāne a hoa pili) mea ho‘ohana a i ‘ole pū‘ulu ho‘omaha, e ‘olu‘olu e ho‘opili i **kēlā hui ho‘okele pomaika‘i**. Hiki i ka mea ho‘okele pomaika‘i ke kōkua iā ‘oe e ho‘oholo pehea e hana ai kāu uhi lā‘au lapa‘au i kēia manawa me kā mākou ho‘olālā.

MOKUNA 3:

*Ke ho'ohana nei i ka ho'olālā
no kāu mālama lā'au lapa'au a
me nā lawelawe i uhi 'ia 'ē a'e*

MĀHELE 1 Nā mea e 'ike ai e pili ana i ka loa'a 'ana o kāu mālama lā'au lapa'au 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 pili ana i ka ho'ohana 'ana i ka ho'olālā e ki'i i kāu mālama lā'au lapa'au a me nā lawelawe 'ē a'e i uhi 'ia. Hā'awi ia i nā wehewehe o nā hua'ōlelo a wehewehe i nā lula e pono ai 'oe e hahai e ki'i i nā lā'au lapa'au, nā lawelawe, nā lako, nā lā'au lapa'au, a me nā mālama lā'au lapa'au 'ē a'e i uhi 'ia e ka ho'olālā.

No nā kiko'i ma luna o ka mea mālama lā'au lapa'au a me nā lawelawe 'ē a'e i uhi 'ia e kā mākou ho'olālā, e ho'ohana i ka papa pomaikai ma ka mokuna a'e, Mokuna 4 (*Papa Pomaikai Lapa'au, ka mea i uhi 'ia*).

Māhele 1.1 He aha nā mea ho'olako pūnaewe e 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'opili pū ka hua'ōlelo mea ho'olako i nā haukapila a me nā ke'ena 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'olālā mākou i kēia mau mea ho'olako e hā'awi i nā lawelawe i uhi 'ia i nā lālā o kā mākou ho'olālā. 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 'iae** ho'okomo i nā lā'au lapa'au āpau, nā lawelawe mālama olakino, nā lako a me nā Laau i uhi 'ia e kā mākou ho'olālā. Ua helu nā lawelawe i uhi 'ia no ka mālama olakino i ka Papa pomaikai ma ka Mokuna 4. Ho'ohālikelike 'ia kāu mau lawelawe i uhi 'ia no nā lā'au lapa'au i Mokuna 5.

Māhele 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 nānā i ke Mokuna 4 Medical Benefits Chart (he aha nā mea i uhi 'ia) no nā lawelawe i uhi 'ia ma lalo o ka ho'olālā.

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

- **Ho'ohui 'ia ka mālama 'ana āu i loa'a i ka Papa Pomaikai o ka ho'olālā** (aia kēia papa i ke Mokuna 4 o kēia palapala).

Mokuna 3 Ke ho'ohana nei i ka ho'olālā no kāu mālama lā'au lapa'au a me nā lawelawe i uhi 'ia 'ē a'e

- **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 pūnaewe (PCP) e hā'awi ana a nānā aku i kou mālama.** Ma ke 'ano he lālā o kā mākou ho'olālā, pono 'oe e koho i mea mālama mua PCP i loko o ka pūnaewe (no ka 'ike hou a'e e pili ana i kēia, e nānā i ka Māhele 2.1 i kēia mokuna).
 - 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, e 'olu'olu e nānā i ka Papa Pomaikai i ke Mokuna 4, Māhele 2.1.
- **Pono 'oe e ki'i i kāu mālama mai kahi mea ho'olako pūnaewe (no ka 'ike hou a'e e pili ana i kēia, e nānā i ka Māhele 2 o kēia mokuna).** I ka nui o na hihia, mālama iā 'oe mai i waho o- mea ho'olako pūnaewe (kahi mea ho'olako 'a'ole 'āpana o kā mākou ho'olālā pūnaewe) 'a'ole e uhi 'ia, koe wale no ka mea i oleloia malalo nei. 'O ia ho'i e pono 'oe e uku piha i ka mea ho'olako no nā lawelawe i hā'awi 'ia. *Eia nā 'oko'a 'ekolu:*
 - E uhi ka ho'olālā i ka mālama pilikia a i 'ole nā lawelawe i makemake koke 'ia āu e ki'i mai kahi mea ho'olako i waho o ka pūnaewe. No ka 'ike hou a'e e pili ana i kēia, a e 'ike i ke 'ano o nā lawelawe pilikia a i 'ole nā lawelawe i makemake koke 'ia, e nānā i ka Māhele 3 o kēia mokuna.
 - Inā makemake 'oe i ka mālama olakino 'o Medicare a i 'ole Hawaii Med-QUEST Division Program (Medicaid) koi i kā mākou ho'olālā e uhi akā 'a'ole loea i kā mākou pūnaewe e hā'awi i kēia mālama, hiki iā 'oe ke loa'a kēia mālama mai i waho o- mea ho'olako pūnaewe (mua mana 'ae 'o ia koi 'ia) ma ke kumukū'ai like e ka'ana like iā 'oe ma'ama uku i-pūnaewe. E 'olu'olu e kelepona iā mākou e 'ike e pili ana i nā lula 'ae e pono paha 'oe e hahai ma mua o ka 'imi 'ana i ka mālama. Ma keia kulana, e uhi mākou i kēia mau lawelawe me he mea lā ua loa'a iā 'oe ka mālama mai kahi Mea ho'olako pūnaewe. No ka 'ike e pili ana i ka 'ae 'ia e 'ike i ke kauka ma waho o ka pūnaewe, e nana i ka Māhele 2.4 ma keia mokuna.
 - Ho'opili ka ho'olālā i nā lawelawe dialysis kidney i loa'a iā 'oe ma kahi ke'ena dialysis i hō'oia 'ia e Medicare inā 'oe ma waho o ka wahi lawelawe o ka ho'olālā a i 'ole ke loa'a 'ole a hiki 'ole paha kāu mea lawelawe no kēia lawelawe. 'O ke kumukū'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 ke kumukū'ai ma Original Medicare. Inā 'oe ma waho o ka 'āpana lawelawe o ka ho'olālā a wahi lawelawe loa'a iā 'oe ka dialysis mai kahi mea ho'olako ma waho o ka pūnaewe o ka ho'olālā, '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 pūnaewe. Eia nō na'e, inā 'a'ole loa'a kāu mea ho'olako pūnaewe ma'ama no ka dialysis no ka manawa pōkole a koho 'oe e ki'i i nā lawelawe i loko o ka wahi lawelawe mai kahi mea ho'olako ma waho o ka pūnaewe o ka ho'olālā, 'oi aku ka nui o ke ka'ana 'ana no ka dialysis.

Mokuna 3 Ke ho'ohana nei i ka ho'olālā no kāu mālama lā'au lapa'au a me nā lawelawe i uhi 'ia 'ē a'e

- **‘O ka pōmaika‘i Point-of-Service (POS) hiki iā ‘oe ke komo i kekahi mau lawelawe mai nā mea ho‘olako pūnaewe‘ole.** ‘A‘ole i uhi ‘ia nā lawelawe āpau i waho o ka pūnaewe‘ole ma lalo o kāu koho Point of Service (POS). No nā lawelawe i uhi ‘ia ma waho o ka pūnaewe‘ole, e nānā i ka Papa Pomaikai i ke Mokuna 4, Māhele 2.1 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 Māhele 2.4 o kēia mokuna.

‘A‘ole pono ‘oe e ki‘i i kahi kuhikuhi ke loa‘a iā ‘oe ka mālama mai nā mea ho‘olako pūnaewe‘ole waho no kēia mau lawelawe. Eia na‘e, ma mua o ka loa‘a ‘ana o nā lawelawe e makemake paha ‘oe e hō‘oia 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.

Māhele 2 Ho‘ohana i nā mea ho‘olako ma ka pūnaewe‘ole ho‘olālā e ki‘i i kāu mālama lapa‘au a me nā lawelawe ‘ē a‘e.

Māhele 2.1	Pono ‘oe e koho i mea mālama mua (PCP) e hā‘awi a nānā i kāu mālama.
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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‘amau, lapa‘au loko, a me nā geriatrics. Hiki nō ho‘i i ke kauka mālama nui (NP), he lālā i hō‘oia ‘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‘oia ‘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‘amau 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 mālama

Mokuna 3 Ke ho'ohana nei i ka ho'olālā no kāu mālama lā'au lapa'au a me nā lawelawe i uhi 'ia 'ē a'e

‘O ka "ho'okele 'ana" i kāu mau 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 mana 'ae (ka 'ae mua). Inā pono ka lawelawe āu e pono ai i ka mana 'ae mua, 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 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 Māhele 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 mana 'ae mua mai iā mākou no kekahi mau lawelawe 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 mana 'ae mua.

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 'oe e koho ai i kāu PCP?

No ke koho 'ana i kāu PCP, e hele i kā mākou pūnaeweale ma www.2025wellcaredirectories.com a koho i PCP mai kā mākou pūnaeweale 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 pūnaeweale.

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'oiā i ka loa'a 'ana o nā loa a i 'ole nā haukapila i ka pūnaeweale 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.

Ke ho'ololi nei 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 kāu PCP i kā mākou pūnaeweale 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 pūnaeweale. 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 pūnaeweale. '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. Pono 'oe e hā'awi i ka manawa kūpono no ka ho'ololi 'ana i ka koho 'ana o PCP e loa'a i ka mana. Inā noi 'oe e ho'ololi i kāu PCP ma mua a i 'ole ma ka lā 10 o ka mahina, e hana 'ia ka ho'ololi mai ka lā 1 o

Mokuna 3 Ke ho'ohana nei i ka ho'olālā no kāu mālama lā'au lapa'au a me nā lawelawe i uhi 'ia 'ē a'e

ka mahina āu i kāhea ai (tuai). Inā kāhea 'oe ma hope o ka lā 10 o ka mahina, e lilo kāu ho'ololi PCP i ka lā 1 o ka mahina e hiki mai ana. La'ana: Inā hana 'ia kāu noi PCP ma mua a i 'ole ma Ianuali 10, hiki ke ho'ololi 'ia mai Ianuali 1. Inā hana 'ia kāu noi ma Ianuali 11 a i 'ole ma hope, e lilo ka ho'ololi i hope o ka lā Pepeluali 1. I mea e uhi 'ia ai nā lawelawe i uhi 'ia ma lalo o kā mākou ho'olālā, pono 'oe e ho'omau i ka loa'a 'ana o nā lawelawe i uhi 'ia i hā'awi 'ia, kauoha 'ia a ho'onohonoho 'ia paha ma o kāu PCP o kēia manawa a hiki i ka hopena o ka ho'ololi. E hō'ia i ka nīnau 'ana iā Nā lawelawe Lālā e pili ana i kēia ke koho 'oe i kahi PCP hou. Ke kāhea 'oe, e hō'ia i ka ha'i 'ana iā Nā lawelawe Lālā inā 'oe e 'ike nei i nā loa a i 'ole e loa'a ana nā lawelawe i uhi 'ia 'ē a'e e pono ai ka 'ae 'ana o kāu PCP (e like me nā lawelawe olakino home a me nā lō'ihī lā'au lapa'au mea lako).

Māhele 2.2	He aha nā 'ano mālama olakino a me nā lawelawe 'ē a'e āu e hiki ke ki'i me ka 'ole o ke kuhikuhi 'ana mai kāu PCP?
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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 ho'okolohua pelvic ke loa'a iā 'oe mai kahi mea ho'olako pūnaewe
- Nā pana ma'i (a i 'ole nā lā'au lapa'au), 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.
- Nā lawelawe i uhi 'ia e ka ho'olālā i makemake koke 'ia, 'o ia nā lawelawe e koi ana i ka mālama lapa'au koke akā 'a'ole lākou i lilo i ulia pōpilikia, inā 'oe i waho o ka wahi lawelawe o ka ho'olālā no kekahi manawa, a i 'ole 'a'ole pono ke hā'awi 'ia kāu manawa, wahi, a me nā kūlana e ki'i i kēia lawelawe mai nā mea ho'olako pūnaewe i loa'a kā mākou 'ae. 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 nā nānā makahiki, 'oia i waho o ka wahi lawelawe o ka ho'olālā a i 'ole 'a'ole loa'a ka pūnaewe o ka ho'olālā no kekahi manawa.
- Nā lawelawe dialysis 'ōpio āu e ki'i ai i kahi kikowaena dialysis i hō'ia 'ia e ka Medicare ke loa'a 'oe i waho o ka wahi lawelawe o ka ho'olālā no kekahi manawa. Inā hiki, e 'olu'olu e kelepona i Nā lawelawe Lālā ma mua o kou ha'alele 'ana i ka wahi lawelawe i hiki iā mākou ke kōkua i ka ho'onohonoho 'ana iā 'oe e loa'a iā 'oe kahi dialysis mālama ma kou hele 'ana.

Māhele 2.3	Pehea e ki'i ai i ka mālama mai nā loa a me nā mea ho'olako pūnaewe 'ē a'e?
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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 loa. Eia kekahi mau la'ana:

Mokuna 3 Ke ho'ohana nei i ka ho'olālā no kāu mālama lā'au lapa'au a me nā lawelawe i uhi 'ia 'ē a'e

- 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 kākō'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 ke Mokuna 4, Māhele 2.1 no ka 'ike e pili ana i nā lawelawe e pono ai ka mua mana 'ae.

Pehea inā ha'alele kahi loea a i 'ole kekahi mea ho'olako pūnaewe e i kā mākou ho'olālā?

Hiki iā mākou ke ho'ololi i nā haukapila, 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 i 'ole loea i kāu ho'olālā, loa'a iā 'oe kekahi mau kuleana a me nā pale i hō'ulu'ulu 'ia ma lalo:

- 'Oiai hiki i kā mākou pūnaewe e o nā mea ho'olako ke ho'ololi 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 mākou iā 'oe ke ha'alele kāu mea ho'olako i kā mākou ho'olālā i hiki iā 'oe ke koho i kahi mea ho'olako hou.
 - Inā ha'alele kāu mea mālama mua a i 'ole mea mālama olakino behavioral i kā mākou ho'olālā, e ho'olaha mākou iā 'oe inā 'oe i 'ike i kēlā mea ho'olako i loko o nā makahiki 'ekolu i hala.
 - Inā ha'alele kekahi o kāu mau mea ho'olako 'ē a'e i kā mākou ho'olālā, e ho'olaha mākou iā 'oe inā ua hā'awi 'ia 'oe i ka mea ho'olako, e loa'a nei ka mālama mai ia mea, a i 'ole ua 'ike 'ia 'oe iā lākou i loko o nā mahina 'ekolu i hala.
- E kōkua mākou iā 'oe i ke koho 'ana i kahi mea ho'olako pūnaewe e hou i kūpono a hiki iā 'oe ke komo e ho'omau i ka mālama.
- Inā 'oe e loa'a nei ka mālama lapa'au a i 'ole nā ho'oma'ama'a me kāu mea ho'olako o kēia manawa, loa'a iā 'oe ke kuleana e noi, a e hana pū mākou me 'oe e hō'oi'a i ka ho'omau 'ana o ka mālama lapa'au pono a i 'ole nā ho'oma'ama'a āu e loa'a nei.
- E hā'awi mākou iā 'oe i ka 'ike e pili ana i nā manawa kakau inoa i loa'a iā 'oe a me nā koho āu e loa'a ai no ka ho'ololi 'ana i nā ho'olālā.
- E ho'onohonoho mākou i nā pomaikai i uhi 'ia e pono ai ka mālama ma waho o kā mākou pūnaewe e o nā mea ho'olako, akā ma ka pae koina-ka'ana like o ka pūnaewe e, ke loa'a 'ole a i 'ole i lawa ka mea ho'olako pūnaewe e a i 'ole ka pomaikai e hālāwai me kāu mau pono lapa'au. Pono kā mākou ho'olālā e hō'oi'a 'a'ole loa'a kahi mea ho'olako pūnaewe e, a pono ke mea ho'olako ma waho o ka 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 mea ho'olako ma waho o ka 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 pūnaewe e no nā lawelawe pilikia a i '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

Mokuna 3 Ke ho'ohana nei i ka ho'olālā no kāu mālama lā'au lapa'au a me nā lawelawe i uhi 'ia 'ē a'e

(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'oia 'ia e Medicare.

- Inā 'ike 'oe i ka ha'alele 'ana o kāu kauka a i 'ole loa i kāu ho'olālā, e 'olu'olu e ho'oka'a'ike iā mākou i hiki iā mākou 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 mākou i hā'awi iā 'oe i kahi mea ho'olako kūpono e pani i kāu mea ho'olako ma mua a i 'ole 'a'ole mālama pono 'ia kāu mālama, loa'a iā 'oe ke kuleana e waiho i kahi ho'opi'i e pili ana i ka maika'i o ka mālama i ka QIO, he ho'opi'i e pili ana i ka maika'i o ka mālama i ka ho'olālā, a i 'ole nā mea 'elua. E 'olu'olu e nānā i ke Mokuna 9.

Māhele 2.4	Pehea e ki'i ai i ka mālama mai nā mea ho'olako i waho o ka pūnaewe
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Loa'a iā 'oe ke kuleana e ki'i i nā lawelawe mai nā mea ho'olako i waho o ka pūnaewe no nā lawelawe pilikia a i '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'oia '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'oia 'a'ole loa'a kahi mea ho'olako pūnaewe, a pono ke mea ho'olako ma waho o ka 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 mea ho'olako ma waho o ka pūnaewe e hā'awi i ka lawelawe (nā lawelawe).

Ma o ka pōmaika'i Point-of-Service (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 pūnaewe, e nānā i ka Papa Pomaikai i ke Mokuna 4, Māhele 2.1 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 nā lawelawe e makemake paha 'oe e hō'oia 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 mea ho'olako ma waho o ka 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.

MĀHELE 3 Pehea e ki'i ai i nā lawelawe ke loa'a iā 'oe kahi pilikia a i 'ole ka makemake koke i ka mālama a i ka wā pōpilikia

Māhele 3.1 Ka loa'a 'ana o ka mālama inā loa'a iā 'oe kahi ulia pōpilikia lapa'au

He aha kahi ulia pōpilikia lapa'au a he aha kāu e hana inā loa'a iā 'oe kekahi?

'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, a i 'ole kahi kūlana lapa'au e wikiwiki loa ana ka ho'omaika'i 'ana.

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 a i 'ole kuhikuhi mua mai kāu PCP. 'A'ole pono 'oe e ho'ohana i kahi kauka pūnaewe. 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 United States a i '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 pūnaewe. 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'ia i ka ho'olaha 'ia 'ana o kā mākou ho'olālā 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'amau 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.

He aha ka mea i uhi 'ia inā loa'a iā 'oe kahi pilikia lā'au lapa'au?

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'e. 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 ka pilikia e ho'oholo i ka wā e pa'a ai kou kūlana a ho'opau ka pilikia lā'au lapa'au.

Ma hope o ka ho'opau 'ana o ka pilikia, loa'a iā 'oe ke kuleana e mālama hou 'ia no ka hō'ia 'ana e mau 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 pōmaika'i 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. Inā hā'awi 'ia kou mālama pilikia e nā mea ho'olako i waho o ka pūnaewe, e ho'ā'o mākou e

Mokuna 3 Ke ho'ohana nei i ka ho'olālā no kāu mālama lā'au lapa'au a me nā lawelawe i uhi 'ia 'ē a'e

ho'onohonoho i nā mea ho'olako pūnaewe e mālama iā 'oe i ka hiki 'ana o kou kūlana lā'au lapa'au a me nā kūlana.

He aha inā 'a'ole ia he pilikia lā'au lapa'au?

I kekahi manawa, hiki ke pa'akikī ke 'ike inā loa'a iā 'oe kahi pilikia lā'au lapa'au. No ka la'ana, hiki paha iā 'oe ke hele aku i ka mālama pilikia – ke no'ono'o nei e pilikia nui kou ola – a hiki i ka kauka ke 'ōlelo 'a'ole ia he pilikia lā'au lapa'au ma 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 mākou ho'olālā i kāu mālama.

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

- E hele 'oe i kahi mea ho'olako pūnaewe e loa'a ai ka mālama hou.
- — *a i 'ole* — 'O ka mālama hou āu e loa'a ai he mālama i makemake koke 'ia a hahai 'oe i nā lula no ka loa'a 'ana o kēia mālama wikiwiki (no ka 'ike hou aku e pili ana i kēia, e 'ike i ka Māhele 3.2 ma lalo).

Māhele 3.2 Ke loa'a ka mālama i ka manawa e pono koke ai nā lawelawe.

He aha nā lawelawe i makemake koke 'ia?

He lawelawe i uhi 'ia e ka ho'olālā e koi ana i ka nānā 'ana i ka lā'au lapa'au koke 'a'ole pilikia inā 'oe e noho ana ma waho o ka wahi lawelawe o ka ho'olālā, a i 'ole 'a'ole kūpono ka manawa, kahi, a me nā kūlana e loa'a ai kēia lawelawe mai nā mea ho'olako pūnaewe i hui pū 'ia me ka ho'olālā. 'O nā la'ana o nā lawelawe i makemake 'ia koke 'o ia nā ma'i lā'au lapa'au 'ike 'ole 'ia a me nā pō'ino, a i 'ole nā hana puhi 'ana o nā kūlana e kū nei. 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 nā nānā makahiki, 'oiāi 'oe i waho o ka wahi lawelawe o ka ho'olālā a i 'ole 'a'ole loa'a ka pūnaewe e ka ho'olālā no 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 & Papa kuhikuhi laau lapa'au* a i 'ole ma kā mākou pūnaewe ma www.2025wellcaredirectories.com. Inā loa'a nā lawelawe mālama wikiwiki ma ke ke'ena kauka, e uku 'oe i ka uku ho'opa'a ke'ena; akā na'e, inā loa'a nā lawelawe mālama wikiwiki ma kahi kikowaena mālama wikiwiki pūnaewe a i 'ole ke kikowaena hele wāwae, e uku 'oe i ka uku ho'opa'a kikowaena mālama wikiwiki, a hiki paha ke 'oko'a. E 'ike i ka Mokuna 4, *Papa Pomaikai Lapa'au (ka mea i uhi 'ia)* no ka uku ho'opa'a e pili ana i nā lawelawe i hā'awi 'ia ma ke ke'ena kauka a i 'ole ka kikowaena mālama wikiwiki pūnaewe a i 'ole ke kikowaena 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 Lainā A'oa'o Kahu, e 'ike i ka pāhana kōkua olakino a me ke olakino ma ka Mokuna 4 (*Papa Pomaikai Lapa'au (ka mea i uhi 'ia)*), a i 'ole e kelepona i nā lawelawe Lālā.

Mokuna 3 Ke ho'ohana nei i ka ho'olālā no kāu mālama lā'au lapa'au a me nā lawelawe i uhi 'ia 'ē a'ē

Ho'opili kā mākou ho'olālā i nā lawelawe pilikia 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 lawelawe e pono koke ai ma nā wahi a pau o ka honua. 'A'ole e uhi 'ia nā kumukū'ai e 'oi aku ma mua o kēia 'ano.
- 'A'ole i uhi 'ia ka halihali hou 'ana i 'Amelika Hui Pū 'Ia mai kekahi 'āina 'ē a me ka lā'au i kū'ai 'ia ma waho o 'Amelika Hui Pū 'Ia. Pēlā nō, 'a'ole ho'opau 'ia nā koina lumi pilikia inā hō'ea 'oe i ka mālama 'ana i loko o ka hale ma'i ho'omanawanui.
- 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.

Māhele 3.3	Ke loa'a 'ana o ka mālama 'ana i ka wā pō'ino
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Inā ho'olaha ka Kia'āina o kāu moku'āina, ka U.S. Kuhina no ka Olakino a me nā lawelawe pilikanaka, a i 'ole ka Pelekikena o 'Amelika Hui Pū 'Ia i kahi kūlana o ka pō'ino a i 'ole ka pilikia ma kāu wahi, hiki iā 'oe ke loa'a ke mālama mai kāu ho'olālā.

E 'olu'olu e kipa i ka pūnaeweale ma lalo nei: www.wellcare.com/ohana no ka 'ike e pili ana i ka loa'a 'ana o ka mālama pono i ka wā pō'ino.

Inā hiki 'ole iā 'oe ke ho'ohana i kahi mea ho'olako pūnaeweale i ka wā pō'ino, e 'ae kāu ho'olālā iā 'oe e loa'a ke mālama mai nā mea ho'olako i waho o ka pūnaeweale ma ke ka'ana like 'ana i nā kumukū'ai pūnaeweale. Inā hiki 'ole iā 'oe ke ho'ohana i kahi lā'au lapa'au pūnaeweale i ka wā pō'ino, hiki iā 'oe ke ho'opiha i kāu mau lā'au lapa'au ma kahi lā'au lapa'au i waho o ka pūnaeweale. E 'olu'olu e nānā i Mokuna 5, Māhele 2.5 no ka 'ike hou aku.

MĀHELE 4	He aha inā uku 'ia 'oe pololei no ke kumukū'ai piha o kāu mau lawelawe?
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Māhele 4.1	Hiki iā 'oe ke noi iā mākou e uku no nā lawelawe i uhi 'ia
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Inā ua uku 'oe no kāu mau lawelawe i uhi 'ia, a i 'ole inā ua loa'a iā 'oe kahi bila no nā lawelawe lapa'au i uhi 'ia, e hele i ka Mokuna 7 (*Ke noi nei iā mākou e uku i kā mākou Paukū o kahi pila i loa'a iā 'oe no nā lawelawe olakino uhi 'ia a lā'au paha*) no ka 'ike e pili ana i ka mea e hana ai.

Māhele 4.2	He aha kāu e hana ai inā 'a'ole i uhi 'ia nā lawelawe e kā mākou ho'olālā?
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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 o kēia palapala. Inā loa'a iā 'oe nā lawelawe 'a'ole i uhi 'ia e kā

Mokuna 3 Ke ho'ohana nei i ka ho'olālā no kāu mālama lā'au lapa'au a me nā lawelawe i uhi 'ia 'ē a'e

mākou ho'olālā a i 'ole nā lawelawe i loa'a ma waho o ka pūnaeweale a 'a'ole i 'ae 'ia, 'o '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 pōmaika'i, e uku piha 'oe no nā lawelawe āu e loa'a ai ma hope o kou ho'ohana 'ana i kāu pōmaika'i no kēlā 'ano lawelawe i uhi '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.

MĀHELE 5 Pehea ka uhi 'ana o kāu mau lawelawe lapa'au ke komo 'oe i kahi noi'i lapa'au?

Māhele 5.1 He aha kahi noi'i lapa'au?

'O kahi 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 'ae 'ia e Medicare i nā mea makemake e komo i ka noi'i.

Ke 'ae 'o Medicare i ka noi'i, a hō'ike 'oe i ka hoihoi, e kāhea kekahi mea e hana ana ma ka noi'i iā 'oe e wehewehe hou aku e pili ana i ka noi'i a e nānā inā kūpono 'oe i nā koi i ho'onohonoho 'ia e nā kānaka 'epekema e holo ana i ka noi'i. Hiki iā 'oe ke komo i ka noi'i inā kūpono 'oe i nā koi no ka noi'i a 'ike piha 'oe a 'ae 'oe i ka mea i komo inā komo 'oe i ka noi'i.

Inā komo 'oe i kahi noi'i i 'ae 'ia e Medicare, uku 'o Original Medicare i ka hapa nui o nā kumukū'ai no nā lawelawe i uhi 'ia āu e loa'a ai ma ke 'ano o ka noi'i. Inā ha'i 'oe iā mākou 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, no ka la'ana, inā ua uku 'oe i ka nui o nā koina ho'oka'awale o Original Medicare, e uku mākou i ka 'oko'a ma waena o ka mea āu i uku ai a me ka 'ae 'ana i ka koina o ka pūnaeweale. Eia na'e, pono 'oe e hā'awi i nā palapala e hō'ike iā mākou i ka nui āu i uku ai. Ke komo 'oe i kahi noi'i lapa'au, hiki iā 'oe ke noho ho'opa'a inoa i kā mākou ho'olālā a ho'omau i ka loa'a 'ana o kāu mālama 'ē a'e (ka mālama i pili 'ole i ka noi'i) ma kā mākou ho'olālā.

Inā makemake 'oe e komo i kekahi noi'i lapa'au i 'ae 'ia e Medicare, 'a'ole pono 'oe e ha'i iā mākou a i 'ole e ki'i i ka 'ae mai iā mākou a i 'ole kāu PCP. Nā mea ho'olako e hā'awi i kāu mālama ma ke 'ano he noi'i lapa'au a 'ole pono e lilo i wahi o kā mākou papahana lapa'au. E 'olu'olu e ho'omaopopo 'a'ole pili kēia i nā pōmaika'i ā mākou e kuleana ai e pili ana, e komo pū ana kahi ho'okolohua lapa'au a i 'ole ka inoa e hō'oia i ka pōmaika'i. Ho'opili kēia i kekahi mau pōmaika'i i ho'onohonoho 'ia i lalo o nā ho'oholo uhi 'ana ākea e koi ana i ka uhi 'ana

Mokuna 3 Ke ho'ohana nei i ka ho'olālā no kāu mālama lā'au lapa'au a me nā lawelawe i uhi 'ia 'ē a'e

me ka ho'omohala hō'ōia (NCDs-CED) a me nā noi'i ho'okolohua huahana (IDE) a hiki ke no'ono'o mua 'ia 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 e komo i kahi noi'i lapa'au, i uhi 'ia no nā mea ho'opa'a inoa Medicare Advantage e Original Medicare, paipai mākou iā 'oe e ho'olaha iā mākou i mua inā koho 'oe e komo i nā ho'okolohua lapa'au kūpono 'o 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 kumukū'ai a pau no kou komo 'ana i ka noi'i.

Māhele 5.2	Ke komo 'oe i kahi noi'i lapa'au, waiwai nā mea āna e uku ai?
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Ke komo 'oe i kahi noi'i lapa'au i 'ae 'ia e Medicare, uku 'o Original Medicare i nā mea ma'amau a me nā lawelawe āu e loa'a ai ma ke 'ano o ka noi'i, e komo pū ana:

- Keena lumi a me ka papa inoa no kahi noho ma'i e uku ai 'o Medicare inā 'a'ole 'oe i loko o kahi noi'i
- He 'opera a i 'ole kekahi hana lapa'au inā he māhele ia o ka noi'i lapa'au
- Mālama 'ana i nā hopena 'ao'ao a me nā pilikia o 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 lapa'au.

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

- 'O ka ma'amau, 'a'ole e uku 'o Medicare no ka mea hou a i 'ole ka lawelawe e ho'ā'o 'ia e ka noi'i inā 'a'ole 'o Medicare e uhi i ka mea a i 'ole ka lawelawe inā 'a'ole 'oe i loko o ka noi'i.
- Nā mea a i 'ole nā lawelawe i hā'awi 'ia no ka hō'ili'ili 'ana i nā 'ikepili wale nō, a 'a'ole i ho'ohana 'ia i kou mālama olakino pololei. No ka la'ana, 'a'ole e uku 'o Medicare no nā ki'i CT mahina i hana 'ia ma ke 'ano o ka noi'i inā e koi ana kou kūlana 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 kau inoa i ka ho'okolohua.

Makemake 'oe e 'ike hou aku?

Hiki iā 'oe ke loa'a hou aku ka 'ike e pili ana i ka hui 'ana i kahi noi'i lapa'au ma ka kipa 'ana i ka pūnaeweke Medicare e heluhelu a i 'ole ho'oiho i ka pa'i 'ana o ka *Medicare a me nā Noi'i Lapa'au*. (Loa'a ka pa'i ma: www.medicare.gov/Pubs/pdf/02226-Medicare-and-Clinical-Research-Studies.pdf.) Hiki iā 'oe ke kelepona i 1-800-MEDICARE (1-800-633-4227), 24 hola i ka lā, 7 lā i ka pule. Pono nā mea ho'ohana TTY e kelepona i 1-877-486-2048.

MĀHELE 6 Nā lula no ka loa'a 'ana o ka mālama 'ana ma kahi hale mālama olakino 'ole lā'au ho'omana

Māhele 6.1 He aha ka hale mālama olakino 'ole lā'au ho'omana?

'O kahi hale mālama olakino 'ole lā'au ho'omana he kikowaena ia e hā'awi i ka mālama 'ana no kahi kulanā 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'omana o kahi lālā i ka loa'a 'ana o ka mālama 'ana i kahi haukapila a i 'ole kahi hale hanai akamai, e hā'awi mākou i ka uhi 'ana no ka mālama 'ana ma kahi hale mālama olakino 'ole lā'au ho'omana. Hā'awi 'ia kēia pōmaika'i no nā lawelawe malama ma ka Māhele A wale nō (nā lawelawe mālama olakino 'ole lā'au).

Māhele 6.2 Ka loa'a 'ana o ka mālama mai kahi hale mālama olakino 'ole lā'au ho'omana

I mea e loa'a ai ka mālama mai kahi hale mālama olakino ho'omana 'ole lā'au, pono 'oe e kau inoa i kahi palena kânāwai e 'ōlelo ana he kū'ē '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 i ho'omaika'i 'ia** he mālama lā'au lapa'au a i 'ole ka mālama lā'au e ho'okele 'ia e ke kânāwai aupuni, moku'āina, a i 'ole kūloko, *he hō'ole 'ole a 'a'ole e koi 'ia*.
- 'O ka mālama lā'au lapa'au **i ho'omaika'i 'ia** he mālama lā'au a i 'ole ka mālama lā'au a loa'a 'oe *'a'ole* he ho'opiha 'ole a i *'ole he koi 'ia* ma ke kânāwai aupuni, moku'āina, a i 'ole kūloko.

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

- Pono ka kikowaena e hā'awi i ka mālama i hō'oia 'ia e Medicare.
- Ua kaupalena 'ia kā mākou ho'olālā uhi 'ana i nā lawelawe āu e loa'a ai i *nā 'ao 'ao* mālama 'ole ho'omana.
- Inā loa'a iā 'oe nā lawelawe mai kēia hui e hā'awi 'ia ana iā 'oe ma kekahi hale, e kau nei nā kulanā a'e:
 - Pono 'oe e loa'a kahi kulanā lapa'au e 'ae iā 'oe e loa'a nā lawelawe i uhi 'ia no ka mālama 'ana i ka haukapila a i 'ole ka mālama 'ana i kahi hale hanai akamai.
 - — *a* — pono 'oe e loa'a ka 'ae 'ana i mua mai kā mākou ho'olālā ma mua o kou ho'okomo 'ia 'ana i ka kikowaena a i 'ole 'a'ole e uhi 'ia kāu noho 'ana.

'A'ole e uhi 'ia kāu noho 'ana i kahi hale mālama olakino 'ole lā'au ho'omana e kā mākou ho'olālā inā 'loa'a ka 'ae (apono) 'ae 'ana i mua mai kā mākou ho'olālā a e pili i nā palena uhi

Mokuna 3 Ke ho'ohana nei i ka ho'olālā no kāu mālama lā'au lapa'au a me nā lawelawe i uhi 'ia 'ē a'e

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.

MĀHELE 7 Nā lula no ka loa'a 'ana o ka lako lapa'au lō'ihī

Māhele 7.1 E lilo ana paha iā 'oe ka lako lapa'au lō'ihī ma hope o ka hana 'ana i kekahi helu o nā uku ma lalo o kā mākou ho'olālā?

Hā'awi ka lako lapa'au lō'ihī (DME) i nā mea e like me nā lako oksigen a me nā lako, nā kī, nā lā'au hele wāwae, nā 'ōnaehana moena mana, nā kākini, nā lako ma'i diabetes, nā hāme'a e hana i ka 'ōlelo, nā paila ho'opihapiha IV, nā nebulizer, a me nā moena haukapila i kauoha 'ia e kekahi mea ho'olako e ho'ohana 'ia i loko o ka home. 'O ka lālā mau ke kumu nā mea 'ē a'e, e like me nā mea ho'opale. Ma kēia mokuna, kūkākūkā mākou i nā 'ano DME 'ē a'e āu e pono ai e ho'olimalima.

Ma Original Medicare, nā kānaka 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 mahina. Ma ke 'ano he lālā o kā mākou ho'olālā, na'e, 'a'ole ma'amau 'oe e loa'a ka hānai 'ana i nā mea i ho'olimalima 'ia i DME inā loa'a i nā uku no ka mea i ka wā o kou noho lālā 'ana ma kā mākou ho'olālā. Ma lalo o kekahi mau kūlana palena iki e ho'ololi mākou i ka mana o ka mea DME iā 'oe. Kāhea i nā Lawelawe Lālā e 'ike i nā koi āu e pono ai e hālāwai a me nā palapala āu e pono ai e hā'awi.

He aha ka hana i nā uku āu i hana ai no ka lako lapa'au lō'ihī inā huli 'oe i Original Medicare?

Inā 'a'ole 'oe i loa'a ka mana o ka mea DME i kou noho 'ana i kā mākou ho'olālā, 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 mea. 'A'ole helu 'ia nā uku i hana 'ia i ka wā o kou kau inoa 'ana ma kāu ho'olālā.

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 13 uku i kā mākou 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. Ua noho 'oe i kā mākou ho'olālā akā 'a'ole i loa'a ka mana i ka wā o kou noho 'ana i 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 mua a pau (ina i kā mākou ho'olālā a i 'ole i Original Medicare).

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

He aha nā pono oksigen āu e loa'a ai?

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 oksigen, a laila pono e ho'ihō'i 'ia nā lako oksigen.

He aha ka hana inā ha'alele 'oe i kāu ho'olālā 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 'elima mau makahiki. I ka wā o nā mahina mua 36 e ho'olimalima 'oe i nā lako. Ke koena o nā mahina 24 e hā'awi ka mea ho'olako i nā lako a me ka mālama 'ana (kuleana 'oe no ka uku kōkua no ka oksigen). Ma hope o 'elima 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 'elima makahiki, 'oiai inā noho 'oe me ka hui like, e koi ana iā 'oe e uku i nā uku kōkua no nā mahina mua 36. Inā hui 'oe a ha'alele paha i kā mākou ho'olālā, e ho'omaka hou ana ka pō'ai 'elima makahiki.

MOKUNA 4:

*Pāku‘i Pū‘ulu Ho‘oponopono
Mālama (nā mea e uhi ‘ia ai)*

MĀHELE 1 Ka ho'omaopopo 'ana i nā lawelawe i uhi 'ia

Hā'awi kēia mokuna i kahi Papa Pomaikai Lapa'au e helu ai i kāu mau lawelawe i uhi 'ia ma ke 'ano he lālā o kā mākou ho'olālā. Ma hope o kēia mokuna, hiki iā 'oe ke loa'a ka 'ike e pili ana i nā lawelawe lapa'au i uhi 'ole 'ia. Hō'ike pū ia i nā palena ma luna o kekahi mau lawelawe.

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

No ka mea loa'a iā 'oe ke kōkua mai ka Papahana Hawaii Med-QUEST Division Program (Medicaid), 'a'ole 'oe e uku i kekahi mea no kāu mau lawelawe i uhi 'ia i ka wā e hahai ai 'oe i nā lula o nā ho'olālā no ka loa'a 'ana o kāu mālama. (E 'ike 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.)

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

Nānā: No ka mea loa'a ka kōkua mai ka Medicaid i kā mākou mau lālā, 'o kekahi mau lālā wale nō e hiki i kēia palena i waho o ka 'eke. '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 a me Māhele B i uku 'ia.

No ka mea ho'opa'a inoa 'oe i kahi Ho'olālā Pōmaika'i Medicare, 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 a me Part B. Ua kapa 'ia kēia palena 'o ka nui i waho o ka 'eke (MOOP) no nā lawelawe lapa'au. No ka makahiki kalena 2025, 'o kēia nui he \$9,350.

Nā mea āu e uku ai no nā uku ho'opa'a, a me ka hō'oia like no nā lawelawe i uhi 'ia e helu 'ia ma kēia palena i waho o ka 'eke. 'O nā kālā āu e uku ai no kāu uku ho'olālā a no kāu Māhele lā'au Māhele D 'a'ole helu 'ia i Ki'eki'e i waho-o-'eke Ka nui. Eia kekahi, 'a'ole helu 'ia kekahi mau lawelawe āu e uku ai i kāu nui i waho o ka 'eke. 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 \$9,350, 'a'ole 'oe e pono e uku i kekahi kumukū'ai waho o ka 'eke no ke koena o ka makahiki no nā lawelawe i uhi 'ia ma Māhele A 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 Māhele B no 'oe e ka Papahana Hawaii Med-QUEST Division Program (Medicaid) a i 'ole kekahi 'ao'ao 'ekolu).

MĀHELE 2 E ho'ohana i ka Papa Pomaikai Lapa'au e 'ike i ka mea i uhi 'ia

Māhele 2.1 Nā pōmaika'i lapa'au āu ma ke 'ano he lālā o ka ho'olālā

Ho'ohui 'ia ka Papa Pomaikai Lapa'au ma nā 'ao'ao e pili ana i nā lawelawe ā mākou e uhi ai. Aia ka uhi lā'au lapa'au Māhele D i 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:

Mokuna 4 Pāku'i Pū'ulu Ho'oponopono Mālama (nā mea e uhi 'ia ai)

- Pono nā lawelawe i uhi 'ia e kāu Medicare a me ka Papahana Hawaii Med-QUEST Division Program (Medicaid) e hā'awi 'ia e like me nā alaka'i uhi i ho'okumu 'ia e Medicare a me ka Papahana 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 kūlana 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 li'ili'i o 90 lā, i ka wā e like ai me ka lō'ihī o ka noi'i o ka noi'i, 'a'ole koi 'ia ka ho'olālā hou MA i ka 'ae mua no kekahi ala mālama, 'oiai inā ho'okō 'ia ka ala mālama no kahi lawelawe i ho'omaka 'ia me kahi mea ho'olako waho o ka pūnaewe.
- Loa'a iā 'oe kahi mea mālama mua (a PCP) e ho'olako a mālama i kāu mālama.
- 'O kekahi o nā lawelawe i helu 'ia ma ka Papa Pomaikai Lapa'au ua uhi 'ia wale nō inā loa'a i kāu kauka a i 'ole kekahi mea ho'olako pūnaewe. 'ē a'e ka 'ae mua (i kapa 'ia ho'i he 'ae mua) mai iā mākou. '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 'ae mua no kahi ala mālama, pono ka 'ae 'ana e kūpono no ka lō'ihī o ka lō'ihī 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 Papahana 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'ōia like huina no ho'omanawanuia me nā lawelawe o ka haukapila ma waho a me nā kipa ke'ena kauka. Ho'opili pū ka Papahana Hawaii Med-QUEST Division Program (Medicaid) i nā lawelawe 'a'ole e uhi 'ia e Medicare e like me ka mālama lō'ihī, kekahi mau lā'au ma luna o ka heluhelu, a me nā lawelawe home a me ka nohona kūloko.
- E like me nā ho'olālā ola Medicare a pau, ua uhi mākou i nā mea a pau i uhi 'ia e Original Medicare. (Inā makemake 'oe e 'ike hou aku e pili ana i ka uhi 'ana a me nā kumukū'ai o Original Medicare, e nānā i kāu buke alaka'i *Medicare & You 2025*. Nānā iā ia ma ka pūnaewe ma www.medicare.gov a i 'ole e noi i kahi kope ma ka kelepona 'ana i 1-800-MEDICARE (1-800-633-4227), 24 hola i ka lā, 7 lā i ka pule. Pono nā mea ho'ohana TTY e kāhea ma 1-877-486-2048.)
- No nā lawelawe pale āpau i uhi 'ia me ka uku 'ole ma lalo o Original Medicare, ua uhi pū mākou i ka lawelawe me ka uku 'ole iā 'oe.
- Inā ho'ohui 'o Medicare i ka uhi no kekahi lawelawe hou i ka makahiki 2025, e uhi 'ia kēlā mau lawelawe e Medicare a i 'ole kā mākou ho'olālā.

Mokuna 4 Pāku'i Pū'ulu Ho'oponopono Mālama (nā mea e uhi 'ia ai)

- Ma lalo o kā mākou ho'olālā, e hā'awi mākou i ka uhi 'ana no kekahi mau pōmaika'i o ka Papahana 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 pōmaika'i 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 ma loko o kā mākou ho'olālā i loko o ka wā 6 mau mahina o ka loa'a 'ana o ka pono ho'omau 'ia, e ho'omau mākou i ka hā'awi 'ana i nā pōmaika'i lapa'au i uhi 'ia e ka ho'olālā Ho'olālā Pōmaika'i Medicare. Eia nō na'e, i kēia manawa, 'o ka ho'olālā Medicare Advantage no ka uhi 'ana i nā pono o ka Hawaii Med-QUEST Division Program (Medicaid) pomaikai 'ia ma lalo o kāu Medicaid State Plan.

'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.

'Ike Pōmaika'i Ko'iko'i no nā mea ho'opa'a inoa e kūpono ana no ka "Kōkua Keu (Extra Help)":

- Inā loa'a iā 'oe "Kōkua Keu" e uku i kāu polokalamu lā'au lapa'au Medicare, e like me nā uku, nā deductible, a me ka hō'oia like, e kūpono paha 'oe no nā pōmaika'i i ho'ohui 'ia i ho'olālā 'ia a i 'ole nā koina i ho'ēmi 'ia.
- No nā kiko'i hou aku, e 'olu'olu e hele i ka laina Value-Based Insurance Design (VBID) ma ka Papa Pomaikai ma lalo.
- Kūpono nā lālā no ka hō'emi 'ana i kā lākou koina ka'ana like no nā lā'au lapa'au Māhele D. E 'ike i ka Mokuna 6 no ka 'ike hou aku.

Ua 'ae 'ia 'o Medicare iā WellCare Health Insurance of Arizona, Inc. e hā'awi i kēia mau pōmaika'i ma ke 'ano he māhele o ka papahana Ho'olālā Inikua Waiwai (VBID). Hā'awi kēia papahana iā Medicare e ho'ā'o i nā ala hou e ho'omaika'i i nā ho'olālā Ho'olālā Pōmaika'i Medicare.



E 'ike 'oe i kēia 'āpala kokoke i nā lawelawe pale i ka papa pōmaika'i.

Papa Pomaikai Lapa'au

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
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). 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.	
 Ho'okō 'ana i ka aneane aortic 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 i kēia ho'okolohua inā he mau kumu o ka maka'u a loa'a iā 'oe kahi kuhikuhi no ia mai kou kauka, kōkua kauka, kahu hānai, a i 'ole luna kauka lapa'au.	'A 'ohe hō'oia like, copay, a i 'ole deductible 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: • 'o ka 12 mau pule a i 'ole ma mua; • kiko'ī 'ole, no ka mea, 'a'ole kumu 'ōnaehana i 'ike 'ia ('o ia ho'i, 'a'ole pili me ka metastatic, 'āhuehue, ma'i lele ma'i, etc.); • 'a'ole pili me ka 'oki kino; a • 'a'ole pili me ka hāpai. E uhi 'ia nā 'ewalu huaka'i hou a'e no kēlā po'e ma'i i hō'ike i ka holomua 'ana. 'A'ole 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.	\$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 Pāku'i Pū'ulu Ho'oponopono Mālama (nā mea e uhi 'ia ai)

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
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. 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 a i 'ole pākaukau doctoral i ka acupuncture a i 'ole lā'au 'ōpio no ke kula i hō'oia 'ia e ka Accreditation Commission on Acupuncture and Oriental Medicine (ACAOM); a, • he laikini piha, hana piha, a kūpa'a 'ole e hana i ka acupuncture ma kahi 'Āina, Territory, a i 'ole Commonwealth ('o ia ho'i 'o Puerto Rico) o 'Amelika Hui Pū 'Ia, a i '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	\$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 Pāku'i Pū'ulu Ho'oponopono Mālama (nā mea e uhi 'ia ai)

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
• Luna'elua me kahi mea ho'olako 'oko'a i loko o ka pūnaewe • Nā lawelawe pilikia a pilikia No ke kōkua 'ana i kahi mea ho'olako pūnaewe, hiki iā 'oe ke kelepona i Nā lawelawe Lālā.	
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 ambulance honua, i ka wahi kūpono kokoke loa e hiki ke hā'awi i ka mālama 'ana inā loa'a i kahi lālā ka mea ma'i lā'au i loa'a i kekahi 'ano 'ē a'e o ke ka'a e hiki ke ho'oweliweli i ke olakino o ka mea a i 'ole inā 'ae 'ia e ka ho'olālā. Inā 'a'ole no kahi hihia pilikia nā lawelawe ambulance i uhi 'ia, pono e palapala 'ia ka pilikia o ka lālā inā loa'a i ka lālā kekahi 'ano e hiki ke ho'oweliweli 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 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> '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.
Ho'okolohua kino ma'amau 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'ī o ke kino (e like me ke po'o, 'ā'ī a me nā lima) a me ka mo'okū'auhau lapa'au/'ohana kiko'ī, a me nā lawelawe i komo i loko o ka Ka huaka'i kino lapa'au makahiki.	\$0 copay no ka ho'okolohua kino ma'amau makahiki.*

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
 Ka huaka'i ola kino makahiki Inā loa'a iā 'oe ka Māhele B no ka 'oi aku o 12 mau mahina, hiki iā 'oe ke loa'a i kahi huaka'i ola kino makahiki e ho'omohala a i 'ole e hō'ano hou i kahi ho'olālā pilikino o ka pale 'ana 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 huaka'i ola kino makahiki mua ke hana i loko o ka 12 mau mahina o kāu <i>Ho'okipa i ka huaka'i pale Medicare</i>. 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 nā huaka'i ola kino makahiki ma hope o ka loa'a 'ana o ka Māhele B no 12 mahina.	'A'ole hō'olia like, copay, a i 'ole deductible no ka huaka'i ola kino makahiki.
 Ho'okō 'ana i ka pa'a iwi No nā kānaka kūpono ('ike ma'amaui, 'o ia ho'i nā kānaka ma kahi maka'u e nalowale i ka pa'a iwi a i ka maka'u o ka osteoporosis), e uhi 'ia kēia mau lawelawe i kēlā me kēia 24 mahina a i 'ole inā pono ma muli o ke kino: nā ka'ina hana e 'ike i ka pa'a iwi, 'ike i ka nalowale o ka iwi, a i 'ole e ho'onā i ka maika'i o ka iwi, me ka wehewehe 'ana o ka kauka i nā hopena.	'A'ole hō'olia like, copay, a i 'ole deductible no ka ana pa'a 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 • 'O ho'okahi mammogram ho'okolohua i kēlā me kēia 12 mahina no nā wāhine ma ka makahiki 40 a 'oi a'e • Nā ho'okolohua umauma lapa'au i kēlā me kēia 24 mahina	'A'ole hō'olia like, copay, a i 'ole deductible no nā mammograms ho'okolohua i uhi 'ia.
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.	\$0 kālā ma mua no nā lawelawe ho'omaika'i pu'u ma o Medicare.

Mokuna 4 Pāku'i Pū'ulu Ho'oponopono Mālama (nā mea e uhi 'ia ai)

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
Ho'olako pū ka ho'olālā i nā papahana ho'ōla pu'uwai ko'iko'i i ma'amau ke 'oi aku ka ikaika a 'oi aku ka ikaika ma mua o nā papahana ho'ōla pu'uwai.	\$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 mālama 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'oia ai i kou 'ai 'ana i ka mea'ai olakino.	'A'ohe hō'oia like, copay, a i 'ole deductible no ka lapa'au 'ano hana ho'ēmi i ka ma'i pu'uwai.
 Nā ho'okolohua 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 mahina).	'A'ohe hō'oia like, copay, a i 'ole deductible 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 a i 'ole ke hiki i ka hānau keiki a loa'a iā 'oe kahi pap ho'okolohua kūpono 'ole i loko o nā makahiki 3 i hala iho nei: ho'okahi pap ho'okolohua i kēlā me kēia 12 mahina	'A'ohe hō'oia like, copay, a i 'ole deductible no nā ho'okolohua pap a me nā ho'okolohua pelvic pale 'ana i uhi 'ia e Medicare.

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
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'ī, 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'ī. No ke kōkua 'ana i kahi mea ho'olako pūnaewe, hiki iā 'oe ke kelepona i Nā lawelawe Lālā. Note: '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 kipa chiropractor hou a'e ('a'ole i uhi 'ia e Medicare).* <i>Pono e loa'a mua ka 'ae.</i>

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
 Ka ho'okolohua ma'i 'a'ai o ke kōpū Ho'olako 'ia nā ho'okolohua a'e: • 'A'ohē palena iki a palena iki a uhi 'ia kēlā me kēia 120 mahina (10 mau makahiki) no nā mea ma'i 'a'ole ma kahi maka'u ki'eki'e, a i 'ole 48 mau mahina ma hope o kahi sigmoidoscopy 'ohe no nā mea ma'i 'a'ole ma kahi maka'u ki'eki'e o ka ma'i 'a'ai 'ākau, a ho'okahi manawa kēlā me kēia 24 mahina no nā mea maka'u ki'eki'e ma hope o ka ho'okolohua colonoscopy a i 'ole enema barium. • Ho'olālā sigmoidoscopy no nā mea ma'i 45 makahiki a 'oi a'e. Ho'okahi manawa i kēlā me kēia 120 mahina no nā mea ma'i 'a'ole ma kahi maka'u ki'eki'e ma hope o ka loa'a 'ana o kahi ho'okolohua colonoscopy. Ho'okahi manawa i kēlā me kēia 48 mahina no nā mea ma'i maka'u ki'eki'e mai ka sigmoidoscopy 'ohe hope loa a i 'ole enema barium. • Ho'okolohua koko fecal-occult no nā mea ma'i 45 makahiki a 'oi a'e. Ho'okahi manawa i kēlā me kēia 12 mahina. • 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. • Barium Enema ma ke 'ano he koho 'ē a'e i ka colonoscopy no nā mea ma'i ma kahi maka'u ki'eki'e a me 24 mau mahina mai ka ho'okolohua enema barium hope loa a i 'ole ka colonoscopy ho'okolohua hope loa. • Barium Enema ma ke 'ano he koho 'ē a'e i ka sigmoidoscopy 'ohe no ka mea ma'i 'a'ole ma kahi maka'u ki'eki'e a 45 makahiki a 'oi a'e. Ho'okahi manawa ma kahi o 48 mau mahina ma hope o ka ho'okolohua enema barium hope loa a i 'ole ka sigmoidoscopy 'ohe ho'okolohua hope loa. Pili nā ho'okolohua ma'i 'a'ai colorectal i kahi colonoscopy ho'okolohua ma hope o ka ho'okolohua ma'i 'a'ai colorectal 'ole-invasive i uhi 'ia e Medicare i ho'ihoi 'ia i kahi hopena maika'i.	'A'ohē hō'ōia like, copay, a i 'ole deductible no ka ho'okolohua ma'i 'a'ai colorectal i uhi 'ia e Medicare, koe wale no nā enema barium, no ka mea e pili ana ka hō'ōia like. 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. No ka colonoscopy diagnostic i uhi 'ia e Medicare, 'ike ho'i i ka "Ma'i ma'i waho 'O ka 'oki'oki 'ana" ma hope o kēia pakuhi no nā huina kumu kū'ai kūpono no nā kikowaena opuu ambulatory 'oki'oki a i 'ole i loko o kahi hale ma'i ma waho. \$0 copay no nā lawelawe Barium Enema i uhi 'ia e Medicare.

Mokuna 4 Pāku'i Pū'ulu Ho'oponopono Mālama (nā mea e uhi 'ia ai)

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
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'okolohua 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 kēlā lawelawe i mea ko'iko'i o ka mālama 'ana i ka hopena lapa'au mua o ka mea loea. 'O kekahi mau la'ana e komo pū me ka hana hou 'ana i ke ā, ma hope o ka haki 'ana a i 'ole ka pō'ino, ka huki 'ana i nā niho i hana 'ia i ka ho'omākaukau 'ana no ka lā'au lapa'au ma'i 'a'ai e pili ana i ke ā, a i 'ole nā ho'okolohua 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> Inā koho 'oe e 'ike i kahi niho pūnaewe, kou waho nā koina o ka 'eke ki'eki'e paha. 'A'ole 'aelike 'ia nā mea ho'olako niho ma waho o ka pūnaewe e 'ae i ka uku ho'olālā ma ke 'ano he uku piha. Inā lākou e uku iā 'oe ma mua o ka uku o ka Ho'olālā, aia iā 'oe ke kuleana no ka 'oko'a, 'oiai no nā lawelawe i loa'a \$0 copay. 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 pūnaewe a i waho o ka pūnaewe. 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 i kēlā me kēia lā i 1 makahiki ma muli o ke 'ano o ka lawelawe	\$0 copay no kēlā me kēia lawelawe niho i uhi 'ia e Medicare. <i>Pono e loa'a mua ka 'ae.</i> <u>Niho Ho'ohui (i.e., ma'amau)</u> Nā niho hō'oiā a me ka pale 'ana Pūnaewe \$0 copay no nā lawelawe niho diagnostic 'ē a'e no ke kipa 'ana.* <i>Pono e loa'a mua ka 'ae.</i> Ma waho o ka Pūnaewe 25% hō'oiā like no nā lawelawe niho diagnostic 'ē a'e i kēlā me kēia kipa.* <i>Pono e loa'a mua ka 'ae.</i>

Mokuna 4 Pāku'i Pū'ulu Ho'oponopono Mālama (nā mea e uhi 'ia ai)

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
○ 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 • Ka mālama niho piha (nā lawelawe i uhi 'ia e komo pū me kēia mau mea.) ○ Nā lawelawe ho'ihō'i - 1 i kēlā me kēia 12 a 84 mau mahina e pili ana i ke 'ano o ka lawelawe ○ Endodontics- 1 no kēlā me kēia niho	Pūnaewe \$0 copay no kekahi pale aku nā lawelawe niho i kēlā me kēia kipa 'ana.* <i>Pono e loa'a mua ka 'ae.</i> 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.* <i>Pono e loa'a mua ka 'ae.</i> Kahu niho piha Pūnaewe \$0 copay no kēlā me kēia lawelawe ho'ihō'i.* <i>Pono e loa'a mua ka 'ae.</i> Ma waho o ka Pūnaewe 25% hō'ōia like no kēlā me kēia lawelawe ho'ihō'i.* <i>Pono e loa'a mua ka 'ae.</i> Pūnaewe \$0 copay no kēlā me kēia lawelawe endodontic.* <i>Pono e loa'a mua ka 'ae.</i> Ma waho o ka Pūnaewe 25% hō'ōia like no kēlā me kēia lawelawe endodontic.* <i>Pono e loa'a mua ka 'ae.</i>

Mokuna 4 Pāku'i Pū'ulu Ho'oponopono Mālama (nā mea e uhi 'ia ai)

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
○ Periodontics - 1 i kēlā me kēia 6 a 36 mau mahina e pili ana i ke 'ano o ka lawelawe ○ Prosthodontics - hiki ke wehe - 1 i kēlā me kēia 6 mahina a 5 mau makahiki ma muli o ke 'ano o ka lawelawe ○ Prosthodontics - pa'a - 1 i kēlā me kēia 7 makahiki	Pūnaeweale \$0 copay no kēlā me kēia lawelawe periodontics.* <i>Pono e loa 'a mua ka 'ae.</i> Ma waho o ka Pūnaeweale 25% hō'ōia like no kēlā me kēia lawelawe periodontics.* <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 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>

Mokuna 4 Pāku'i Pū'ulu Ho'oponopono Mālama (nā mea e uhi 'ia ai)

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
○ 'O ka 'oki waha/Maxillofacial- 1 no ke ola	Pūnaeweale \$0 copay no kēlā me kēia lawelawe maxillofacial waha.* <i>Pono e loa'a mua ka 'ae.</i> Ma waho o ka Pūnaeweale 25% hō'ōia like no kēlā me kēia lawelawe maxillofacial waha.* <i>Pono e loa'a mua ka 'ae.</i>
○ Nā lawelawe ma'amau - palena 'ole i kēlā me kēia makahiki	Pūnaeweale \$0 copay no kēlā me kēia lawelawe laula.* <i>Pono e loa'a mua ka 'ae.</i> Ma waho o ka Pūnaeweale 25% hō'ōia like no kēlā me kēia lawelawe ma'amau.* <i>Pono e loa'a mua ka 'ae.</i>

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
Kūpono nā palena a me nā ho'opau. 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 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. '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. 'O ka 'ike hou aku o ka uhi niho, me kahi papa inoa piha o nā ka'ina hana i uhi 'ia, loa'a pū ma kā mākou pūnaewe. E kipa i www.wellcare.com/ohana, ho'onui i ka "Members" menu ma luna o ka 'ao'ao pūnaewe a koho i ka "Find my plan" ma lalo o "Medicare." Koho i ka ho'olālā Medicare, ho'okomo i kāu zip code, a kaomi i ka "search." E 'imi iā Wellcare 'Ohana Dual Align (HMO-POS D-SNP) ma ka papa inoa, a kaomi i ka "Go to my plan details." Nānā i ka māhele "Plan Specific Documents" e loa'a ai nā kiko'i Pōmaika'i Dental no kēia ho'olālā. Note: 'O ka uhi 'ana o nā lawelawe niho ma'amau he pōmaika'i ho'ohui 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. Hiki i nā lālā i kākau inoa 'ia ma ka Hawaii Med-QUEST Division Program (Medicaid) ke kuleana no ka ho'opa'a kula ki'eki'e o kēia mau 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 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).	
 Ka ho'okolohua ma'i hopohopo 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'ohē hō'oia like, copay, a i 'ole deductible no ka huaka'i ho'okolohua hopohopo makahiki.

Mokuna 4 Pāku'i Pū'ulu Ho'oponopono Mālama (nā mea e uhi 'ia ai)

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
 Ka ho'okolohua ma'i diabetes Ho'opili mākou i kēia ho'okolohua (me nā ho'okolohua glucose fasting) 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, a i '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. Hiki paha iā 'oe ke kūpono no 'elua mau ho'okolohua diabetes i kēlā me kēia 12 mahina ma hope o ka lā o kāu ho'okolohua diabetes hou loa.	'A'ohe hō'oia like, copay, a i 'ole deductible no nā ho'okolohua diabetes i uhi 'ia e Medicare.
 Ka ho'oma'ama'a kaohi pono'i diabetes, nā lawelawe a me nā lako diabetes No nā kānaka 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 e nānā i kou koko: mīkini nānā koko, nā 'a'ahu ho'okolohua koko, nā mea ho'ohehe'e lancet a me nā lancet, a me nā hopena nānā glucose no ka nānā 'ana i ka pololei o nā 'a'ahu ho'okolohua a me mīkini nānā. - No nā kānaka i loa'a ka ma'i diabetes me ka ma'i wāwae diabetic ko'iko'i: Ho'okahi pālūa i kēlā me kēia makahiki kalena o nā kāma'a ma'amaui hana 'ia no ka ma'i lapa'au (me nā pā i hā'awi 'ia me ia mau kāma'a) a me 'elua mau pā pāpā 'ē a'e, a i 'ole ho'okahi pā kāma'a hohonu a me 'ekolu pā o nā pāpā ('a'ole i komo nā pā hiki ke hemo 'ia ma'amaui i hā'awi 'ia me ia mau kāma'a). Ho'opili 'ia ka ho'oponopono.	\$0 copay no nā lako nānā diabetes i uhi 'ia e Medicare. <i>Pono e loa'a mua ka 'ae.</i> \$0 copay no nā kāma'a lapa'au i uhi 'ia e Medicare a i 'ole nā pā lapa'au no nā kānaka 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>

Mokuna 4 Pāku'i Pū'ulu Ho'oponopono Mālama (nā mea e uhi 'ia ai)

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
• Ho'opili 'ia ka ho'oma'ama'a kaohi pono'i diabetes ma lalo o kekahi mau kūlana. OneTouch[®] 'O nā huahana a Lifescan kā mākou mea ho'ā'o ma'i i makemake 'ia (nā māka'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. 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 'ae mua no kahi mīkini nānā glucose 'ē a'e a me nā 'a'ahu ho'okolohua.	\$0 copay no ka ho'oma'ama'a kaohi pono'i diabetes i uhi 'ia e Medicare.
Nā lako lapa'au lō'ihī (DME) a me nā lako pili (No ka wehewehe 'ana o nā lako lapa'au lō'ihī, e nānā i ka Mokuna 12 a me ka Mokuna 3, Māhele 7 o kēia palapala.) Nā mea i uhi 'ia, akā 'a'ole kaupalena 'ia i kēia mau mea: nā noho huila, nā ko'oko'o, nā 'ōnaehana moe mana, nā lako diabetes, nā moe haukapila i kauoha 'ia e kahi mea ho'olako no ka ho'ohana 'ana i ka home, nā 'enekini ho'ohehe'e IV, nā hāme'a hana 'ōlelo, nā lako oxygen, nā nebulizers, 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 hana, hiki iā 'oe ke nīnau iā lākou inā hiki iā lākou ke kauoha kūikawā ia mea no 'oe. Loa'a ka papa inoa o nā mea ho'olako hou loa ma kā mākou pūnaewe at www.2025wellcaredirectories.com.	<i>Pono e loa'a mua ka 'ae.</i> \$0 copay no nā lako lapa'au lō'ihī 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 'O kāu ka'ana like 'ana no ka ho'opi'i 'ana i nā lako o ka Medicare he \$0 copay, kēlā me kēia 36 mahina. 'A'ole e loli kāu ka'ana 'ana i nā koina ma hope o ka ho'okomo 'ana no 36 mahina. Inā ma mua o kou kau inoa 'ana i kā mākou ho'olālā ua hana 'oe i 36 mau mahina o ka uku ho'olimalima no ka uhi 'ana i nā lako oxygen, 'o kāu ka'ana like 'ana i kā mākou ho'olālā he \$0 copay.

Mokuna 4 Pāku'i Pū'ulu Ho'oponopono Mālama (nā mea e uhi 'ia ai)

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
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 kūlana lapa'au pilikia. 'O kahi pilikia lapa'au ke mana'o 'oe, a i '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 kōi ana i ka mālama lapa'au koke e pale i ka lilo 'ana o ke ola (a inā 'oe he wahine hāpai, lilo i ke keiki i loko o ka 'ōpū), ka lilo 'ana o kekahi lālā, a i 'ole ka lilo 'ana o ka hana o kekahi lālā. Hiki i nā hō'ailona lapa'au ke lilo i ma'i, 'eha, 'eha nui, a i 'ole kahi kūlana lapa'au e wikiwiki loa ana ka ho'omaika'i 'ana. 'O ka ka'ana 'ana i nā koina no nā lawelawe pilikia i ho'olako 'ia i waho o ka pūnaewehe he like me nā lawelawe i hā'awi 'ia ma ka pūnaewehe. Ho'opili 'ia nā lawelawe pilikia ma waho o 'Amelika Hui Pū 'Ia.	\$0 copay no nā huaka'i lumi pilikia i uhi 'ia e Medicare. Inā loa'a iā 'oe ka mālama pilikia ma kahi haukapila i waho o ka pūnaewehe a pono 'oe i ka mālama ma'i ma hope o ka pa'a 'ana o kāu kūlana pilikia, pono 'oe e ho'i i kahi haukapila pūnaewehe i hiki ke ho'omau i kāu mālama 'ana i uhi 'ia a i 'ole pono 'oe e loa'a i kāu mālama ma'i ma kahi haukapila i waho o ka pūnaewehe i 'ae 'ia e ka ho'olālā a 'o kāu kumukū'ai ka ka'ana koina āu e uku ai ma kahi haukapila pūnaewehe. \$110 copay no pilikia nā lawelawe kūikawā ma waho o United States.* 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 United States 'Ia.

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
 Nā papahana ho'ona'auao olakino a me ke ola kino Laina 'ōlelo a'oa'o Kauka Ho'ona'auao kelepona manuahi a me ke a'o 'ana mai nā kauka ho'oma'ama'a. Loa'a ka laina 'ōlelo a'oa'o 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 laina 'ōlelo a'o kahu ma ke kelepona 'ana i nā Nā lawelawe Lālā no ka ho'ololi 'ana i ka laina 'ōlelo a'oa'o kahu. 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: - Ho'olālā Lālā Fitness Center: Koho mai nā wahi ho'oikaika kino he nui e komo i ka pūnaewehe ho'oikaika kino. - Nā kime ho'oikaika kino home: Hiki iā 'oe ke koho mai nā 'ano like 'ole o ka Home Fitness Kits, me kahi tracker ho'oikaika kino hiki ke komo. Hiki iā 'oe ke loa'a i kahi pahu ho'okahi no kēlā me kēia makahiki pōmaika'i. - Papahana Ho'oikaika Kino Pūnaewehe: Koho mai nā tausani o nā wikiō ho'oikaika kino ma ke 'ano kikoho'e ma o ka waihona kikoho'e. 1:1 Ka papahana a'o maika'i - 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 laina 'ōlelo a'oa'o kauka.* \$0 copay no ka pōmaika'i ho'oikaika kino.*

Mokuna 4 Pāku'i Pū'ulu Ho'oponopono Mālama (nā mea e uhi 'ia ai)

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
Nā lawelawe ho'olohe. Nā loiloi 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 ma'i ma waho inā hā'awi 'ia e kahi kauka, audiologist, a i 'ole kekahi mea ho'olako kūpono 'ē a'e. Ho'olālā mākou i nā lawelawe ho'olohe hou a'e ('o ia ho'i, ma'amau): • 1 ho'okolohua 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 pōmaika'i i kahi palapala hō'oiā 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. Kākau: '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 kēlā me kēia ho'okolohua ho'olohe i uhi 'ia e Medicare. <i>Pono e loa'a mua ka 'ae.</i> Ho'oilo ma'amau ('o ia ho'i, ma'amau) ho'olohe: \$0 copay no 1 ho'okolohua 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>

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
 HIV nānā No nā kānaka e noi ana i kahi ho'okolohua HIV a i 'ole ke 'ano o ka pilikia nui o ka ma'i HIV, mākou e uhi: • Ho'okolohua ho'okahi i kēlā me kēia 12 mahina. No nā wahine hāpai, mākou e uhi: • A hiki i 'ekolu ho'okolohua i loko o ka hāpai 'ana.	'A 'ohe koina, uku copayment, a i 'ole deductible no nā lālā kūpono no ka uhi 'ana i ka HIV ho'okolohua pale i uhi 'ia e Medicare.
Mālama i ke ke'ena olakino home. Ma mua o ka loa'a 'ana o nā lawelawe mālama olakino home, pono e hō'oia kahi kauka i kāu pono no nā lawelawe mālama olakino home a 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 kaupalena 'ia i: • Nā lawelawe hānai akamai manawa pōkole a i 'ole manawa intermittent a me nā lawelawe kōkua olakino home (No ka uhi 'ia ma lalo o ka pōmaika'i mālama olakino home, pono e emi ma mua o 8 hola i kēlā me kēia lā a 35 hola i kēlā me kēia pule i nā lawelawe hānai akamai a me nā lawelawe kōkua olakino home hui pū). • Lapa'au kino, lapa'au hana, a me ka lapa'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 lawelawe mālama olakino home 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 a i 'ole nā mea olaola ma ka intravenous a i '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 kaupalena 'ia i: • Nā lawelawe 'oihana, me nā lawelawe hānai, i hā'awi 'ia e like me 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 lako lapa'au lō'ihī.	\$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 mea 'enehana, me nā lawelawe hānai, a'o a me ka ho'ona'auao, nā lawelawe nānā mamao a me nā lawelawe nānā.

Mokuna 4 Pāku'i Pū'ulu Ho'oponopono Mālama (nā mea e uhi 'ia ai)

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
- Nā lawelawe nānā mamao. - Nā lawelawe nānā no ka hā'awi 'ana i ka infusion home a me nā lā'au ho'ophe'e home i hā'awi 'ia e kahi mea ho'olako infusion home kūpono.	<i>Pono e loa'a mua ka 'ae.</i> Ua uhi 'ia nā mea lako ho'ophe'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'ophe'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. Ua uhi 'ia nā mea lako ho'ophe'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'ophe'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.

Mokuna 4 Pāku'i Pū'ulu Ho'oponopono Mālama (nā mea e uhi 'ia ai)

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
Mālama hospice Kūpono 'oe no ka pōmaika'i hospice ke hā'awi kāu kauka a me ka luna lapa'au hospice i ka wānana hopena e hō'oia ana ua loa'a iā 'oe ka ma'i a he 6 mahina a i 'ole ma lalo e ola inā holo pono kāu ma'i. Hiki iā 'oe ke loa'a ka mālama mai kekahi papahana hospice i hō'oia 'ia e Medicare. Pono kāu ho'olālā e kōkua iā 'oe e 'imi i nā papahana hospice i hō'oia 'ia e Medicare ma ka wahi lawelawe o ka ho'olālā, me nā mea i loa'a i ka hui MA, nāna e mālama a i 'ole loa'a ka hoihoi kālā. Hiki i kāu kauka hospice ke lilo i mea ho'olako pūnaeweale a i waho o ka pūnaeweale. 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. • Mālama wāwae pōkole. • Ho'omaha manawa pōkole. <u>No nā lawelawe hospice a me nā lawelawe i uhi 'ia e Medicare Part A a i 'ole B a e pili ana i kāu wānana hopena:</u> 'O Original Medicare (aia 'o kēia ho'olālā) e uku i kāu mea ho'olako hospice no kāu lawelawe hospice e pili ana i kāu wānana hopena. 'Oia i 'oe i loko o ka papahana 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 Original Medicare. <u>No nā lawelawe i uhi 'ia e Medicare Part A a i 'ole B a 'a'ole pili i kāu wānana hopena:</u> Inā pono 'oe i nā lawelawe 'a'ole pilikia 'ole, 'a'ole pono wikiwiki i uhi 'ia ma lalo o Medicare Part A a i 'ole B a 'a'ole pili i kāu wānana hopena, hiki i kāu uku no kēia mau lawelawe ke hilina'i inā 'oe e ho'ohana i kahi mea ho'olako i loko o kā mākou pūnaeweale a hahai i nā lula ho'olālā (e like me ke koi 'ia inā loa'a kahi koi e loa'a ka mua mana 'ae). • Inā loa'a iā 'oe nā lawelawe uhi 'ia mai kahi mea ho'olako pūnaeweale a hahai i nā lula ho'olālā no ka loa'a 'ana o ka lawelawe, uku wale 'oe i ka ho'olālā koina no nā lawelawe i loko o ka pūnaeweale. • Inā loa'a iā 'oe nā lawelawe i uhi 'ia mai kahi i waho o- mea ho'olako pūnaeweale, uku 'oe i ke ka'ana like 'ana ma lalo o Uku-no-lawelawe Medicare (Original Medicare)	Ke kau inoa 'oe i kahi papahana hospice i hō'oia 'ia e Medicare, 'o kāu lawelawe hospice a me nā lawelawe Māhele A a me 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 hospice. E nānā i ka māhele "Nā lawelawe Kauka/Mea Hana" o kēia palapala no ka 'ike like koina.

Mokuna 4 Pāku'i Pū'ulu Ho'oponopono Mālama (nā mea e uhi 'ia ai)

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
<u>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:</u> E ho'omau kā mākou ho'olālā i ka uhi 'ana i nā lawelawe i uhi 'ia e ka ho'olālā 'a'ole i uhi 'ia ma lalo o Part A a i 'ole B inā 'a'ole pili i kāu wānana hopena. Uku 'oe i kāu ho'olālā koina no kēia mau lawelawe. <u>No nā lā'au e uhi 'ia e ka pōmaika'i Māhele D o ka ho'olālā:</u> Inā 'a'ole pili kēia mau lā'au i kāu kūlana hospice hopena, uku 'oe i ka koina. Inā pili lākou i kāu kūlana hospice hopena, uku 'oe i ka koina Original Medicare. 'A'ole i uhi 'ia nā lā'au e nā hospice a me kā mākou ho'olālā i ka manawa like. No ka 'ike hou aku, e 'olu'olu e nānā i Mokuna 5, Māhele 9.4 (<i>He aha inā 'oe i loko o ka hospice i hō'oia 'ia e Medicare?</i>) Kākau: Inā pono 'oe i ka mālama 'ole hospice (mālama 'a'ole pili i kāu wānana hopena), pono 'oe e ho'oka'a'ike iā mākou e ho'onohonoho i nā lawelawe. 'O kā mākou ho'olālā e uhi i nā lawelawe kūkākūkā hospice (ho'okahi manawa wale nō) no kahi kanaka ma'i hopena 'ole i koho i ka pōmaika'i hospice.	
 Nā lā'au kūka'i Ho'opili nā lawelawe i uhi 'ia e Medicare Part B: • Nā lā'au ho'omaluhane • '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'ule 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 ka 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 ka pilikia a ho'okō lākou i nā lula uhi Medicare Part B. Ho'opili pū mākou i nā kāhiko pilikino 'ē a'e ma lalo o kā mākou pōmaika'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 mākuia i ka makahiki 19 a 'oi aku ka nui me ke kumukū'ai 'ole no nā lālā.	'A'ohe coinsurance, copayment, a i 'ole deductible no nā lā'au pale pneumonia, flu/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>

Mokuna 4 Pāku'i Pū'ulu Ho'oponopono Mālama (nā mea e uhi 'ia ai)

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
Mālama halemai 'āiwaiwa. Ho'opili i ka mālama i ka halemai 'āiwaiwa, ka ho'oponopono 'āiwaiwa, nā halemai mālama lō'ihī a me nā 'ano lawelawe halemai 'ē a'e. Ho'omaka ka mālama halemai 'āiwaiwa i ka lā āu e komo ai i ka halemai me ke kauoha kauka. 'O ka lā ma mua o ka ho'oku'u 'ia 'ana 'oe 'o ia kāu lā hope 'āiwaiwa. 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 kaupalena 'ia i: • Hapalua-lumi pilikino (a i 'ole kahi lumi pilikino inā pono 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'e • 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'ihō'i • Ho'oma'ama'a kino, ho'oma'ama'a hana, a me ka lapa'au 'ōlelo • Nā lawelawe ma'i ho'ohana i ka lā'au ma'i • Ma lalo o nā kūlana kiko'i, 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. Inā pono 'oe i kahi transplant, e ho'onohonoho mākou i kāu hihia e nānā 'ia e kahi kikowaena 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.	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. 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. 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 Pāku'i Pū'ulu Ho'oponopono Mālama (nā mea e uhi 'ia ai)

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
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 o ke koko holookoa a me nā 'ula'ula piha i ka pint mua o ke koko e pono ai. Ho'omaka nā 'āpana 'ē a'e a pau o ke koko me ka pint mua i ho'ohana 'ia. • Nā lawelawe kauka Kākau: No ka lilo i mea noho ma loko, pono kāu mea ho'olako e kākau i kahi kauoha e komo maoli iā 'oe ma ke 'ano he mea noho ma loko o ka halemai. '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 nīnau i nā limahana halemai. Hiki iā 'oe ke 'ike hou aku i kahi pepa 'oia'i'o 'o Medicare i kapa 'ia <i>Are You a Hospital Inpatient or Outpatient? Inā loa'a iā 'oe ka Medicare - E nīnau!</i> Loa'a kēia pepa 'oia'i'o ma ka Pūnaeweale ma https://es.medicare.gov/publications/11435-Medicare-Hospital-Benefits.pdf a i 'ole ma ke kāhea 'ana i ka 1-800-MEDICARE (1-800-633-4227). Nā mea ho'ohana TTY e kelepona i 1-877-486-2048. Hiki iā 'oe ke kāhea i kēia mau helu no ka manuahi, 24 hola i ka lā, 7 lā i ka pule.	
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.

Mokuna 4 Pāku'i Pū'ulu Ho'oponopono Mālama (nā mea e uhi 'ia ai)

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
	<i>Pono e loa'a mua ka 'ae.</i> 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 a i 'ole kahi SNF i ka wā o kahi noho i loko 'a'ole i uhi 'ia. Inā pau kāu mau pōmaika'i noho a i 'ole inā 'a'ole kūpono a pono paha ka noho 'ana i loko, 'a'ole mākou e uhi i kāu noho 'ana i loko. Eia na'e, i kekahi mau hihia, e uhi mākou i kekahi mau lawelawe āu i loa'a i ka wā 'oe i loko o ka halemai a i 'ole ka hale mālama akamai (SNF). Ho'opili nā lawelawe i uhi 'ia akā 'a'ole i kaupalena '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 • Nā splints, nā casts a me nā mea hana 'ē a'e i ho'ohana 'ia e hō'emi i nā ha'iha'i a me nā dislocations • Nā mea hana prosthetics a me orthotics (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, lapa'au 'ōlelo, a me ka lapa'au hana	E ho'omau 'ia nā lawelawe i helu 'ia ma nā koina e hō'ike 'ia i ka palapala pōmaika'i no ka lawelawe kiko'i

Mokuna 4 Pāku'i Pū'ulu Ho'oponopono Mālama (nā mea e uhi 'ia ai)

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
 Lapa'au pono lapa'au ‘O kēia pōmaika‘i no nā po‘e me ka ma‘i diabetes, kidney (kidney) (‘a‘ole na‘e ma ka dialysis), a ma hope paha o kahi transplant kidney inā kauoha ‘ia e kāu kauka. Ho‘opili mākou 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 kā mākou ho‘olālā, kekahi mea e ae Ho‘olālā Medicare Advantage, a i ‘ole Original Medicare), a he 2 hola i kēlā me kēia makahiki 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 Pale ‘ia ka Diabetes Medicare (MDPP) E uhi ‘ia nā lawelawe MDPP no nā mea pono Medicare i kūpono ma lalo o nā ho‘olālā ola Medicare āpau. ‘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 koina, uku copayment, a i ‘ole deductible no ka pōmaika‘i MDPP.

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
Nā lā'au prescription Medicare Part B Ho'opili 'ia kēia mau lā'au ma lalo o Māhele B o Original Medicare. Loa'a nā lālā o kā mākou ho'olālā i ka uhi 'ana no kēia mau lā'au ma o kā mākou ho'olālā. Nā lā'au i uhi 'ia: - Nā lā'au ma'amau 'a'ole i ho'omalū 'ia e ka mea ma'i a ua ho'olauna 'ia a i 'ole infusion 'ia i ka wā e loa'a ai iā 'oe nā lawelawe kauka, halemai, a i 'ole nā lawelawe kikowaena lapa'au ambulatory. - Ho'opili 'ia ka insulin ma o kahi mea lako lapa'au lō'ihī (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 lako lapa'au lō'ihī (e like me nā nebulizers) i 'ae 'ia e ka ho'olālā. 'O ka lā'au Alzheimer, Leqembi®, (inoa generic lecanemab), i hā'awi 'ia intravenously. Ma waho a'e o nā kumukū'ai lā'au lapa'au, hiki iā 'oe ke makemake i nā scan a me nā ho'okolohua hou ma mua a i 'ole i ka wā o ka mālama 'ana i hiki ke ho'onui i kāu mau kumukū'ai holo'oko'a. E kama'ilio me kāu kauka e pili ana i nā scan a me nā ho'okolohua āu e pono ai ma ke 'ano he 'āpana o kāu mālama 'ana. - 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 Transplant/Immunosuppressive: Ho'opili 'o Medicare i ka lā'au transplant lā'au inā ua uku 'o Medicare no kāu transplant organ. 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. E ho'omana'o, ka uhi lā'au lapa'au Medicare (Māhele D) e uhi i nā lā'au immunosuppressive inā 'a'ole e uhi iā lākou ka Māhele B. - Nā lā'au osteoporosis injectable, inā he homebound 'oe, loa'a i kahi wāwae ha'iha'i a hō'oia ka kauka i pili i ka osteoporosis post-menopausal, a 'a'ole hiki ke hā'awi iā 'oe iho i ka lā'au.	Pono kekahi mau lā'au e pili i ka lapa'au 'anu'u. Nā lā'au Insulin Medicare Part B \$0 copay no nā lā'au insulin Māhele B i uhi 'ia e Medicare. 'O ka ho'oka'awale 'ana i ke kumu kū'ai o ka insulin e kau 'ia ana i kahi pāpale copay o \$35 no ka ho'olako 'ana i ka insulin no ho'okahi mahina. <i>Pono e loa'a mua ka 'ae.</i> Nā lā'au Medicare Part B'ē a'e \$0 copay no nā lā'au lapa'au Māhele B 'ē a'e i uhi 'ia e Medicare. <i>Pono e loa'a mua ka 'ae.</i>

Mokuna 4 Pāku'i Pū'ulu Ho'oponopono Mālama (nā mea e uhi 'ia ai)

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
• Kekahi mau Antigens: Ho'opili 'o Medicare i nā antigens inā ho'omākaukau ka kauka iā lākou a hā'awi kekahi kanaka i a'o maika'i 'ia ('o 'oe paha, ka mea ma'i) iā lākou ma lalo o ka nānā pono 'ana. • 'O kekahi mau lā'au anti-cancer 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 injectable) o ka lā'au injectable. Ke loa'a nā lā'au lapa'au 'a'ai hou, hiki ke uhi 'ia e Māhele B. Inā 'a'ole e uhi 'ia e Māhele B, e uhi 'ia e 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 chemotherapy a i 'ole ho'ohana 'ia lākou ma ke 'ano he pani piha no ka lā'au kū'ē i ka nausea intravenous. • Kekahi mau lā'au lapa'au oral End-Stage Renal Disease (ESRD) inā loa'a ka lā'au like i ke 'ano injectable a uhi 'ia e ka pōmaika'i ESRD o Māhele B. • Nā lā'au lapa'au calcimimetic i lalo o ka 'ōnaehana uku ESRD, me ka lā'au intravenous Parsabiv®, a me ka lā'au oral Sensipar®. • Kekahi mau lā'au lapa'au no ka dialysis home, me ka heparin, ke antidote no ka heparin, inā pono lā'au lapa'au, a me nā anesthetics topical. • Erythropoiesis-stimulating agents: 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 pono 'oe i kēia lā'au lapa'au e mālama i ka anemia e pili ana i kekahi mau kūlana 'ē a'e (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).	Nā Lā'au Kemo/'O nā lā'au 'au'au ma lalo o Medicare Part B \$0 copay no nā lā'au lapa'au chemotherapy o Māhele B i uhi 'ia e Medicare. <i>Pono e loa'a mua ka 'ae.</i>

Mokuna 4 Pāku'i Pū'ulu Ho'oponopono Mālama (nā mea e uhi 'ia ai)

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
E lawe mai kēia loulou iā 'oe i kahi papa inoa o nā lā'au o Māhele B i hiki ke pili i ka lapa'au 'anu'u: www.wellcare.com/PartBStepTherapy25. Ho'opili pū mākou i kekahi mau lā'au pale ma lalo o kā mākou pōmaika'i lā'au 'inikua o Māhele B a me ka hapa nui o nā lā'au pale mākou ma lalo o kā mākou pōmaika'i lā'au o Māhele D. • Ho'opili 'ia ka Mokuna 5 i ka pōmaika'i lā'au o Māhele D, me nā lula āu e pono ai e hahai i nā kauoha 'ia nā lā'au. Ua wehewehe 'ia ka mea āu e uku ai no kāu lā'au lapa'au o Māhele D ma o kā mākou ho'olālā i ka Mokuna 6.	
 Kānana ka mālama 'ana i ka momona a me ka lapa'au e paipai i ka emi 'ana o ke kaumaha. Inā loa'a iā 'oe kahi hō'ailona kino (BMI) 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 ho'ohālikelike, uku hui, a i 'ole deductible no ka mālama 'ana i ka nānā 'ana i ka momona a me ka lapa'au.
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 ka uhi o nā lawelawe e mālama i ka OUD ma o kahi Papahana Lapa'au Opioid (OTP) e pili pū ana me nā lawelawe a'e: • Nā lā'au lapa'au opioids i 'ae 'ia e ka U.S. Food and Drug Administration (FDA) no ka lapa'au i kōkua 'ia e nā lā'au. • Ka ho'ouna 'ana a me ka ho'ohana 'ana i nā lā'au lapa'au (inā pili). • Ke kūkākūkā 'ana i ka ma'i ho'ohana opioid. • Nā kūkākūkā a me nā lapa'au pū'ulu. • Ka ho'okolohua toxicology. • Nā hana komo. • Nā loiloi 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>

Mokuna 4 Pāku'i Pū'ulu Ho'oponopono Mālama (nā mea e uhi 'ia ai)

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
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 kaupalena '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. • Nā splints, nā casts a me nā mea hana 'ē a'e i ho'ohana 'ia e hō'emi i nā ha'iha'i a me nā dislocations • Nā ho'okolohua lā'au lapa'au. • Koko - me ka mālama 'ana a me ka ho'okele 'ana. Ho'omaka ka uhi o ke koko holookoa a me nā 'ula'ula piha i ka pint mua o ke koko e pono ai. Ho'omaka nā 'āpana 'ē a'e a pau o ke koko me ka pint mua i ho'ohana 'ia. • Nā ho'okolohua diagnostic 'ē a'e – Nā lawelawe diagnostic non-radiological (e.g., ho'okolohua allergy a i 'ole EKG). • Nā ho'okolohua diagnostic 'ē a'e ma waho (me nā ho'okolohua pa'akikī e like me CT, MRI, MRA, SPECT) - Nā lawelawe diagnostic radiology, 'a'ole pili nā X-rays flat film.	\$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> \$0 copay no kēlā me kēia lawelawe lā'au lapa'au 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 hana ho'okolohua diagnostic i uhi 'ia e Medicare (e.g., ho'okolohua allergy a i 'ole EKG). <i>Pono e loa'a mua ka 'ae.</i> \$0 copay no nā lawelawe diagnostic radiology i uhi 'ia e Medicare. <i>Pono e loa'a mua ka 'ae.</i>

Mokuna 4 Pāku'i Pū'ulu Ho'oponopono Mālama (nā mea e uhi 'ia ai)

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
• Ho'okolohua colonoscopy diagnostic.	\$0 copay no kēlā me kēia colonoscopy diagnostic i uhi 'ia e Medicare. 'O ka colonoscopy diagnostic i uhi 'ia e Medicare he \$0 copay ma kahi haukapila ma waho, a \$0 copay ma kahi kikowaena 'o'ole'a. <i>Pono e loa'a mua ka 'ae.</i> A i 'ole he colonoscopy diagnostic Ua uhi 'ia ka Medicare, 'ike "Mai ma'i waho 'O ka 'oki'oki 'ana" ma hope o kēia pakuhi no nā huina kumu kū'ai kūpono no nā kipa 'ana i kikowaena opuu ambulatory 'oki'oki a i 'ole i loko o kahi hale ma'i ma waho. Inā loa'a iā 'oe nā lawelawe he nui mai ka laulā lawelawe like ma ka lā ho'okahi, e koi 'ia 'oe e uku wale i ka nui copay 'oi loa no kēlā laulā lawelawe. Eia na'e, inā he copay (kālā pa'a) no kekahi lawelawe a he coinsurance (proportion o ke kumukū'ai 'ae 'ia) no kekahi lawelawe 'ē a'e, hiki iā 'oe ke koi 'ia e uku i ka copay a me ka coinsurance.

Mokuna 4 Pāku'i Pū'ulu Ho'oponopono Mālama (nā mea e uhi 'ia ai)

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
Nā lawelawe nānā ma waho o ka haukapila. ‘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 nā lawelawe nānā i ka haukapila ma waho e uhi 'ia, pono lākou e ho'okō i nā kūlana Medicare a e no'ono'o 'ia he mea kūpono a pono. Ua uhi 'ia nā lawelawe nānā wale nō inā hā'awi 'ia lākou e ke kauoha a kahi kauka a i 'ole kekahi kanaka 'ē a'e i 'ae 'ia e ke kāmāwai licensure moku'āina a me nā luna kāmāwai o ka haukapila e ho'okipa i nā ma'i i ka haukapila a e kauoha i nā ho'okolohua ma waho. Nānā: Inā 'a'ole kākau 'ia e ka mea ho'olako kahi kauoha e ho'okipa iā 'oe ma ke 'ano he in-patient i ka haukapila, he ma'i ma waho 'oe a e uku 'oe i nā koina ka'ana like no nā lawelawe ma waho 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 iā 'oe inā he ma'i ma waho 'oe, pono 'oe e nīnau i nā limahana haukapila. Hiki iā 'oe ke 'ike hou aku i kahi pepa 'oia'i'o 'o Medicare i kapa 'ia <i>Are You a Hospital Inpatient or Outpatient? Inā loa'a iā 'oe ka Medicare – Nīnau!</i> Loa'a kēia pepa 'oia'i'o ma ka Pūnaeweale ma https://es.medicare.gov/publications/11435-Medicare-Hospital-Benefits.pdf a i 'ole ma ke kāhea 'ana i ka 1-800-MEDICARE (1-800-633-4227). Nā mea ho'ohana TTY e kelepona i 1-877-486-2048. Hiki iā 'oe ke kāhea i kēia mau helu no ka manuahi, 24 hola i ka lā, 7 lā i ka pule.	\$0 copay no kēlā me kēia kipa lawelawe nānā i uhi 'ia e Medicare.

Mokuna 4 Pāku'i Pū'ulu Ho'oponopono Mālama (nā mea e uhi 'ia ai)

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
Nā lawelawe haukapila ma waho Uhi mākou i nā lawelawe pono lapa'au āu e loa'a ai ma ka 'āpana ma waho o ka haukapila no ka ho'okolohua a i 'ole ka mālama 'ana i kekahi ma'i a i 'ole hō'eha. Ho'opili nā lawelawe i uhi 'ia, akā 'a'ole i kaupalena '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 hapa-hospitalization, inā hō'oiā 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. • Nā lā'au a me nā biologicals i hiki 'ole iā 'oe ke hā'awi iā 'oe iho. Nānā: Inā 'a'ole kākau 'ia e ka mea ho'olako kahi kauoha e ho'okipa iā 'oe ma ke 'ano he in-patient i ka haukapila, he ma'i ma waho 'oe a e uku 'oe i nā koina ka'ana like no nā lawelawe ma waho o ka haukapila. 'Oia i 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 iā 'oe inā he ma'i ma waho 'oe, pono 'oe e nīnau i nā limahana haukapila. Hiki iā 'oe ke 'ike hou aku i kahi pepa 'oia'i'o 'o Medicare i kapa 'ia <i>Are You a Hospital Inpatient or Outpatient? If You Have Medicare – Ask!</i> Loa'a kēia pepa 'ike ma ka Pūnaewehe ma https://www.medicare.gov/sites/default/files/2021-10/11435-Inpatient-or-Outpatient.pdf a i 'ole ma ka kelepona 'ana i 1-800-MEDICARE (1-800-633-4227). Nā mea ho'ohana TTY e kelepona i 1-877-486-2048. Hiki iā 'oe ke kāhea i kēia mau helu no ka manuahi, 24 hola i ka lā, 7 lā i ka pule.	E uku 'oe i nā koina ka'ana like kūpono i hō'ike 'ia ma kēia Papa Pōmaika'i Lapa'au no ka lawelawe kiko'ī. Inā loa'a iā 'oe nā lawelawe he nui mai ka laulā lawelawe like ma ka lā ho'okahi, e koi 'ia 'oe e uku wale i ka nui copay 'oi loa no kēlā laulā lawelawe. Eia na'e, inā he copay (kālā pa'a) no kekahi lawelawe a he coinsurance (proportion o ke kumukū'ai 'ae 'ia) no kekahi lawelawe 'ē a'e, hiki iā 'oe ke koi 'ia e uku i ka copay a me ka coinsurance.

Mokuna 4 Pāku'i Pū'ulu Ho'oponopono Mālama (nā mea e uhi 'ia ai)

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
Mālama olakino no ka no'ono'o ma waho. Nā lawelawe i uhi 'ia: Nā lawelawe no ka no'ono'o i hā'awi 'ia e kahi psychiatrist i hō'oia 'ia e ka moku'āina a kauka, loea no'ono'o lapa'au, loea pilikanaka lapa'au, loea lapa'au nui, mea kōkua kauka, mea kōkua kauka, a i 'ole kekahi loea lapa'au no'ono'o i 'ae 'ia e ka Medicare e like me ke kāmāwai moku'āina pili. - Nā lawelawe i hā'awi 'ia e kahi psychiatrist. - Nā lawelawe i hā'awi 'ia e nā loea lapa'au no'ono'o 'ē a'e.	\$0 copay no kēlā me kēia kipa lapa'au 'oko'a i uhi 'ia e Medicare me kahi psychiatrist. \$0 copay no kēlā me kēia kipa lapa'au pū'ulu i uhi 'ia e Medicare me kahi psychiatrist. <i>Pono e loa'a mua ka 'ae.</i> \$0 copay no kēlā me kēia kipa lapa'au 'oko'a i uhi 'ia e Medicare me nā loea lapa'au no'ono'o 'ē a'e. \$0 copay no kēlā me kēia kipa lapa'au pū'ulu i uhi 'ia e Medicare me nā loea lapa'au no'ono'o 'ē a'e. <i>Pono e loa'a mua ka 'ae.</i>
Nā lawelawe ho'oponopono ma waho. Uhi nā lawelawe i ho'opili 'ia: ho'oma'ama'a kino, lapa'au hana, a me ka lapa'au 'ōlelo. Hā'awi 'ia nā lawelawe ho'oponopono ma waho i nā wahi ho'oponopono ma 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.	\$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>

Mokuna 4 Pāku'i Pū'ulu Ho'oponopono Mālama (nā mea e uhi 'ia ai)

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
- 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 lapa'au 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 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'āina pili.	\$0 copay no kēlā me kēia kipa lapa'au 'oko'a 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>
'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 ke'ena 'oki'oki ambulatory Nānā: Inā 'oe e 'oki 'ia i kahi hale hana haukapila, pono 'oe e nīnau i kāu mea ho'olako inā 'oe e ho'okipa 'ia ma ke 'ano he ma'i i loko a i 'ole ma waho. Inā 'a'ole kākau ka mea ho'olako i kahi kauoha e ho'okipa iā 'oe ma ke 'ano he ma'i i loko o ka haukapila, he ma'i ma waho 'oe a e uku 'oe i nā koina ka'ana like no ka 'oki 'ana ma 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.	\$0 copay no kēlā me kēia māka'ika'i i uhi 'ia e Medicare i kahi hale ma'i waho, me ka colonoscopy diagnostic i uhi 'ia e Medicare. <i>Pono e loa'a mua ka 'ae.</i>

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
Nā lawelawe i hā'awi 'ia ma kahi kikowaena 'o'ole'a.	\$0 copay mahalo Ua uhi 'ia ka Medicare kipa i kahi kikowaena opuu ambulatory, me ka colonoscopy diagnostic Ua uhi 'ia ka Medicare. <i>Pono e loa'a mua ka 'ae.</i>
Halema'i hapa ho'okipa hapa a me nā lawelawe ma'i ma waho <i>'O ka hale ma'i hapa</i> kahi papahana i ho'onohonoho 'ia o ka mālama psychiatric ikaika i hā'awi 'ia ma ke 'ano he lawelawe ma'i ma'i ma waho a i 'ole kahi kikowaena olakino no'ono'o kaiāulu, 'oi aku ka ikaika ma mua o ka mālama i loa'a i kāu kauka, lā'au lapa'au, male laikini a me ka mea ho'oponopono 'ohana (LMFT), a i 'ole ke ke'ena o ka 'ōlelo a'oa'o 'oihana laikini a he mea 'ē a'e i ka hale ma'i ma'i. <i>'O ka lawelawe ma'i ma'i ma waho</i> kahi papahana i kūkulu 'ia o ka hana ka mālama ola kino (no'ono'o) i hā'awi 'ia i loko o kahi haukapila 'oihana ma'i ma'i ma waho, kahi kikowaena olakino no'ono'o kaiāulu, he Federally ke kikowaena olakino kūpono, a i 'ole ke ke'ena olakino kua'āina i 'oi aku ka ikaika ma mua o ka mālama i loa'a i kāu kauka, kauka, male laikini a me ka ho'oponopono 'ohana (LMFT), a i 'ole nā mea a'oa'o 'oihana laikini ke'ena akā 'oi aku ka ikaika ma mua o ka ho'okipa hapa.	\$0 copay no ka hapa-hospitalization i uhi 'ia e Medicare a i 'ole ka lawelawe ikaika ma waho i kēlā me kēia lā. <i>Pono e loa'a mua ka 'ae.</i>
Nā lawelawe Kauka/Kumu, me nā kipa ke'ena kauka. Nā lawelawe i uhi 'ia: - Nā lawelawe lapa'au pono a i 'ole nā lawelawe 'oki 'ana i hā'awi 'ia ma ke ke'ena kauka e kahi mea mālama mua. - Nā lawelawe lapa'au pono a i 'ole nā lawelawe 'oki i hā'awi 'ia ma kahi kikowaena 'o'ole'a i hō'oi'a 'ia, ke ke'ena ma waho o ka haukapila, a i 'ole kekahi wahi 'ē a'e.	\$0 copay no kēlā me kēia kipa ke'ena PCP i uhi 'ia e Medicare. E 'ike i "Nā 'oki ma waho" ma mua ma kēia papa inoa no nā koina ka'ana like kūpono no nā kipa kikowaena 'o'ole'a a i 'ole ma kahi ho'onohonoho ma waho o ka haukapila.

Mokuna 4 Pāku'i Pū'ulu Ho'oponopono Mālama (nā mea e uhi 'ia ai)

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
• Kūkākūkā, ho'okolokolo, a me ka mālama 'ana e kahi loea. • Nā loea lapa'au 'ē a'e. • 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'ī, me: Nā lawelawe i makemake 'ia koke, Nā lawelawe Ola Home, Nā Kauka Malama Mua, Lapa'au 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 Ho'oma'ama'a Kino a me ka Lapa'au 'ōlelo, Nā 'Āina a me nā Kū'ai Pālua no ka Ma'i Ho'ohana, a me ka ho'oma'ama'a kamepiula Diabetes. ○ 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. • Hā'awi kā mākou ho'olālā i ka loa'a 'ana o ka kipa kikowaena virtual i nā kauka i hō'ōia 'ia e ka papa no nā hola 24 i kēlā me kēia lā, 7 mau lā i ka pule ma o Teladoc e kōkua i ka ho'oponopono 'ana i nā nīnau/kaonohi ola kino ākea. 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. 'O kahi kipa virtual (i 'ike 'ia 'o kahi kūkākūkā telehealth) he kipa me kahi kauka ma o ke kelepona a i 'ole ka Pūnaewe e ho'ohana ana i kahi 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'ī.	\$0 copay no kēlā me kēia kipa loea 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> \$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 virtual i hana 'ia ma o Teladoc. E 'olu'olu e 'ike: Ho'opili wale 'ia ka \$0 copay ma luna, inā loa'a nā lawelawe mai Teladoc. Inā loa'a iā 'oe nā lawelawe pilikino a i 'ole nā lawelawe telemedicine mai kahi mea ho'olako pūnaewe a '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 (e.g., inā loa'a iā 'oe nā lawelawe telehealth mai kāu PCP, e uku 'oe i ka koina ka'ana like PCP). <i>Pono e loa'a mua ka 'ae.</i>

Mokuna 4 Pāku'i Pū'ulu Ho'oponopono Mālama (nā mea e uhi 'ia ai)

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
No nā 'ike hou aku, a i 'ole e ho'olālā i kahi hālāwai, kāhea: ○ Teladoc ma 1-800-835-2362 (TTY: 711) 24 hola i ka lā, 7 lā i ka pule. • 'O kekahi mau lawelawe telehealth e like me ke kūkākūkā, ka ho'okolokolo, a me ka mālama 'ana e kahi kauka a i 'ole loea, 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 ESRD 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, loiloi, 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, loiloi, 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 kipa pilikino i kēlā me kēia 12 mau mahina e ki'i ana i 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 nā Kikowaena Ola kino e pili ana i ka Aupuni. • Nā hō'oia 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'oia i kahi kipa ke'ena i hala i nā lā 7 i hala ○ 'A'ole alaka'i ka hō'oia i kahi kipa ke'ena i loko o 24 hola a i 'ole ka hālāwai koke loa.	E uku 'oe i nā koina ka'ana like e pili ana i ka mea ho'olako (e like me ka wehewehe 'ana ma lalo o "Nā lawelawe Kauka/Praticioner, Me nā kipa ke'ena Kauka" ma luna).

Mokuna 4 Pāku'i Pū'ulu Ho'oponopono Mālama (nā mea e uhi 'ia ai)

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
- 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 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. - Mālama niho 'ē a'e (ua kaupalena 'ia nā lawelawe i ka 'oki 'ana i ka auwae a i 'ole nā ku'una pili, ka ho'onohonoho 'ana i nā moku o ka auwae a i 'ole nā ilio maka, ka unuhi 'ana i nā niho e ho'omākaukau i ka auwae no nā lapa'au radiona o ka ma'i 'a'ai neoplastic, a i 'ole nā lawelawe e uhi 'ia inā hā'awi 'ia e kahi kauka).	E uku 'oe i nā koina ka'ana like e pili ana i ka mea ho'olako (e like me ka wehewehe 'ana ma lalo o "Nā lawelawe Kauka/Praticioner, Me nā kipa ke'ena Kauka" ma luna). E uku 'oe i nā koina ka'ana like e pili ana i ka mea ho'olako (e like me ka wehewehe 'ana ma lalo o "Nā lawelawe Kauka/Praticioner, Me nā kipa ke'ena Kauka" ma luna). E uku 'oe i nā koina ka'ana like e pili ana i ka mea ho'olako (e like me ka wehewehe 'ana ma lalo o "Nā lawelawe Kauka/Praticioner, Me nā kipa ke'ena Kauka" ma luna). \$0 copay no kēlā me kēia lawelawe niho i uhi 'ia e Medicare. <i>Pono e loa'a mua ka 'ae.</i>

Mokuna 4 Pāku'i Pū'ulu Ho'oponopono Mālama (nā mea e uhi 'ia ai)

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
	Ma waho a'e o nā koina ka'ana like ma luna, e loa'a kahi copay a i 'ole coinsurance no nā lawelawe pono lapa'au i uhi 'ia e Medicare no nā Lako lapa'au Lō'ihī a me nā lako, nā mea ho'opololei a me nā lako, nā ho'okolohua diagnostic ma waho a me nā lawelawe therapeutic, nā aniani maka a me nā ho'oka'awale ma hope o ka 'oki cataract, nā lā'au o Māhele D a me nā lā'au lapa'au o Medicare Part B, e like me ka wehewehe 'ana i loko o kēia Papa Pōmaika'i.
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'amaui no nā lālā me nā kūlana lapa'au kiko'ī 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>
 Nā ho'okolokolo nānā 'ana i ka ma'i prostate. No nā kāne he 50 makahiki a 'oi aku paha, ua uhi 'ia nā lawelawe e like me kēia i kēlā me kēia 12 mau mahina: • Ho'okolokolo rectal kiko'ī. • Ho'okolokolo Antigen (PSA) Prostate.	\$0 copay no ka ho'okolokolo rectal kiko'ī makahiki i uhi 'ia e Medicare. 'A'ohe uku ho'ohālikelike, uku hui, a i 'ole deductible no ka ho'okolokolo PSA makahiki.

Mokuna 4 Pāku'i Pū'ulu Ho'oponopono Mālama (nā mea e uhi 'ia ai)

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
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 kēia i nā ho'okolohua, ka ho'olālā 'ana, a i 'ole ka ho'oma'ama'a 'ana i ka ho'ohana 'ana i nā mea ho'opololei a me nā lako orthotic; a me: nā 'eke colostomy a me nā lako pili i ka mālama colostomy, nā pacemakers, nā braces, nā kāma'a prosthetic, nā lālā momona, a me nā prostheses 'ūhā (me kahi lolo wahine i loko o ka lolo 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. Ho'opili pū 'ia kekahi mau uhi ma hope o ka wehe 'ana i ka ma'i cataract a i 'ole ka 'oki 'ana i ka cataract - e 'ike i ka "Malama hihio" ma hope o kēia 'āpana no nā kiko'i hou aku.	\$0 copay no nā prosthetics a i 'ole orthotics 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'oma'ama'a pulmonary Ua uhi 'ia nā papahana piha o ka ho'oma'ama'a pulmonary no nā lālā i loa'a iā lākou ka ma'i obstructive pulmonary ma'i ma'amau a i 'ole ko'iko'i loa (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 i uhi 'ia e Medicare no nā lawelawe ho'oma'ama'a pulmonary.
 Nā nānā a me ke kūkākūkā 'ana e ho'ēmi i ka ho'ohana hewa 'ana i ka 'alika Uhi mākou i ho'okahi nānā no ka ho'ohana hewa 'ana i ka 'alika no nā mākuu me Medicare (me nā wāhine hāpai) e ho'ohana hewa ana i ka 'alika, akā 'a'ole lākou e hilina'i i ka 'alika. 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'onohono mālama mua.	'A'ohe coinsurance, copayment, a i 'ole deductible 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'ēmi i ka ho'ohana hewa 'ana i ka 'alika.

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
 Nānā 'ana no ka ma'i 'a'ai pu'uwai me ka ho'okolokolo tomography helu ha'aha'a (LDCT) No nā lālā kūpono, uhi 'ia kahi LDCT i kēlā me kēia 12 mahina. Nā lālā kūpono: nā kānaka i ka makahiki 50 – 77 makahiki 'a'ole i loa'a nā hō'ailona a i 'ole nā hō'ailona o ka ma'i 'a'ai pu'uwai, akā he mo'olelo lākou o ka paka 'ana i ka li'ili'i loa o 20 mau makahiki pākeke a e puhi paka nei a i 'ole ua ho'opau i ka puhi paka i loko o nā makahiki 15 i hala, e loa'a iā lākou kahi kauoha no LDCT i ka wā o ke kūkākūkā 'ana i ka ma'i 'a'ai pu'uwai a me ka ho'okō 'ana i ka ho'oholo me ka ka'ana like 'ana e hālāwai me nā kūlana Medicare no nā kipa like a e hā'awi 'ia e kahi kauka a i 'ole loa kūikawā 'a'ole he kauka. <i>No nā nānā ma'i 'a'ai pu'uwai LDCT ma hope o ka nānā LDCT mua:</i> pono ka lālā e loa'a kahi kauoha no ka nānā ma'i 'a'ai pu'uwai LDCT, hiki ke hā'awi 'ia i ka wā o kekahi kipa kūpono me kahi kauka a i 'ole loa kūikawā 'a'ole he kauka. Inā koho ka kauka a i 'ole loa kūikawā 'a'ole he kauka e hā'awi i kahi kūkākūkā a me ka ho'okō 'ana i ka ho'oholo me ka ka'ana like 'ana no nā nānā ma'i 'a'ai pu'uwai e hiki mai ana me LDCT, pono e hālāwai ka kipa me nā kūlana Medicare no nā kipa like.	'A'ohe hō'oia 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.
 Nānā no nā ma'i i ho'oili 'ia ma ka moekolohe (STIs) a me ke kūkākūkā e pale aku i nā STIs 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 kānaka 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 mākua moekolohe i ka pi'i 'ana o ka pilikia no nā STIs. E uhi wale mākou i kēia mau hālāwai kūkākūkā ma ke 'ano he lawelawe pale inā hā'awi 'ia lākou e kahi mea mālama mua a mālama 'ia ma kahi ho'onohonoho mālama mua, e like me ke ke'ena kauka.	'A'ohe coinsurance, copayment, a i 'ole deductible 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 Pāku'i Pū'ulu Ho'oponopono Mālama (nā mea e uhi 'ia ai)

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
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 ma'i 'awa'awa pae IV i ka wā i kuhikuhi 'ia e kā lākou kauka, uhi mākou a hiki i 'eono mau hālāwai ho'ona'auao ma'i 'awa'awa 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 mālama dialysis i loko o ka haukapila (inā ho'okipa 'ia 'oe ma ke 'ano he ma'i i loko o ka 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	\$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'ihī 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'ihī lā'au lapa'au mea lako dialysis i uhi 'ia e Medicare. <i>Pono e loa'a mua ka 'ae.</i>

Mokuna 4 Pāku'i Pū'ulu Ho'oponopono Mālama (nā mea e uhi 'ia ai)

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
• 'O kekahi mau nā lawelawe kāko'o home (e like me ka wā e pono ai, nā kipa mai nā limahana lō'ihī lā'au lapa'au dialysis i ho'oma'ama'a 'ia e nānā i kāu lō'ihī lā'au lapa'au dialysis home, e kōkua i nā wā pilikia, a nānā i kāu lō'ihī lā'au lapa'au mea lako dialysis a me ka lako wai) Ua uhi 'ia kekahi mau lā'au i uhi 'ia dialysis ma lalo o kāu pakanā lā'au lapa'au Medicare Part B. No ka 'ikepili e pili ana i ka uhi 'ia no nā lā'au pakanā Māhele B, e hele i ka 'āpana, Medicare Part B prescription drugs.	\$0 copay no nā lawelawe kāko'o home i uhi 'ia e Medicare.
Ke Ke'ena Hana Māmā (SNF) mālama (No ka wehewehe 'ana o Ke Ke'ena Hana Māmā mālama, e 'ike i ka Mokuna 12 o kēia palapala. Ho'oma'ama'a 'ia nā wahi mālama Ke Ke'ena Hana Māmā ma kekahi mau wā i kapa 'ia he SNFs.) A hiki i 100 lā no kēia Manawa Pōmaika'i o ka noho 'ana a me nā lawelawe mālama Ke Ke'ena Hana Māmā i loko o SNF a i 'ole kahi ho'onohonoho 'ē a'e i uhi 'ia ke hālāwai nā lawelawe me nā alaka'i a ka ho'olālā a me Medicare. 'A'ole pono kahi ho'omaha ma'i mua. Ho'okomo 'ia ka 100-lā no kēia Manawa Pōmaika'i i nā lā SNF i loa'a ma o ka ho'olālā, Original Medicare, a i 'ole kekahi Ho'olālā Pōmaika'i Medicare 'ē a'e i ka wā Manawa Pōmaika'i. Ho'opili nā lawelawe i uhi 'ia akā 'a'ole i kaupalena 'ia i: • Hapalua-lumi pilikino (a i 'ole kahi ke'ena pilikino inā pono i ka lapa'au) • Nā 'ai, me nā papa 'ai kūikawā • Nā lawelawe Ke Ke'ena Hana Māmā • Lapa'au kino, lapa'au hana, a me ka lapa'au 'ōlelo. • Nā lā'au i hā'awi 'ia iā 'oe ma ke 'ano he 'āpana o kāu papahana mālama (Ho'okomo kēia i nā mea i loko o ke kino, e like me nā mea e ho'ohui ai i ke koko.)	No nā ho'opa'a inoa i uhi 'ia e Medicare, no kēia Manawa Pōmaika'i: \$0 copay no kēia me kēia noho mālama Ke Ke'ena Hana Māmā i uhi 'ia e Medicare. 'O 'oe ke uku i nā lilo a pau no kēia me kēia lā ma hope o ka lā 100. <i>Pono e loa'a mua ka 'ae.</i>

Mokuna 4 Pāku'i Pū'ulu Ho'oponopono Mālama (nā mea e uhi 'ia ai)

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
• 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. Ho'omaka nā 'āpana 'ē a'e a pau o ke koko 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 • Nā lawelawe Kauka/Prakiti Ma ka ma'amau, e loa'a ana kāu mālama SNF mai nā ke'ena lawelawe pūnaewe. Eia nō na'e, ma lalo o kekahi mau kumu i helu 'ia ma lalo, hiki paha iā 'oe ke uku i ka ho'oka'awale 'ana i nā kumukū'ai no kahi 'oihana 'a'ole kahi Mea ho'olako pūnaewe, inā 'ae ka hale i nā kālā a 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 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 Papahana Hawaii Med-QUEST Division Program (Medicaid) – pōmaika'i i uhi 'ia: Hale hanai akamai kahu hānai hale hana pono e kahi ke'ena laikini ma mua o nā lā 100 mua i ka manawa kūpono'i Medicare Advantage Manawa Pōmaika'i.	Ho'omaka kahi Manawa Pōmaika'i i ka lā mua āu i hele ai i kahi hana Ke Ke'ena Hana Māmā. 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 hana Ke Ke'ena Hana Māmā 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. \$0 copay no ka mea Papahana Hawaii Med-QUEST Division Program (Medicaid)-nā lawelawe i uhi 'ia. <i>Pono e loa'a mua ka 'ae.</i>

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
 Ke puhi nei a me ka paka 'ana i ka ho'opau 'ana i ka paka ('ōlelo a'oa'o e hō'oki i ka puhi 'ana a i 'ole ka paka 'ana) <u>Inā 'oe e ho'ohana ana i ka paka, akā 'a'ole i loa'a nā hō'ailona a i 'ole nā sīma o ka ma'i e pili ana i ka paka:</u> Uhi mākou i nā ho'ā'o kōkua 'elua i loko o ka 12-mahina me ka uku 'ole iā 'oe. 'O kēlā me kēia ho'ā'o 'ōlelo a'oa'o e ho'okomo i nā hālāwai alo-alo a hiki i 'ehā. <u>Inā 'oe e ho'ohana ana i ka paka a ua hō'ike 'ia he ma'i e pili ana i ka paka a i 'ole e inu lā'au e hiki ke pili i ka paka:</u> Uhi mākou i nā lawelawe 'ōlelo a'oa'o ho'ōla paka. Uhi mākou i nā ho'ā'o kōkua 'elua i loko o ka 12-mahina; eia nō na'e, e uku 'oe i ka uku e pili ana. 'O kēlā me kēia ho'ā'o 'ōlelo a'oa'o e ho'okomo i nā hālāwai alo-alo a hiki i 'ehā.	'A'ohē hō'oia like, copayment, a i 'ole Deductible no nā pomaikai pale ahi a Medicare i uhi 'ia.
Paepae Kāko'o Kaiāulu Hā'awi kā ho'olālā i kahi kahua kāko'o kaiaulu pūnaewe e e kāko'o i kou olakino holo'oko'a. Hiki iā 'oe ke komo i ke 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. 'O ka anuu he mea ma'alahi iā 'oe ke hui pū a noho pū me ka mālama 'ana i kahi huaka'i olakino. Loa'a ia ma ka pūnaewe 24/7, no laila hiki iā 'oe ke ho'ohana i kēlā me kēia manawa āu e makemake ai. Aia ka Twill anuu: Nā Papahana Ola Pono: Loa'a iā Twill Therapeutics 'nā papahana alaka'i pono'ī 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.	\$0 copay no ke kahua kāko'o kaiaulu.*

Mokuna 4 Pāku'i Pū'ulu Ho'oponopono Mālama (nā mea e uhi 'ia ai)

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
• Kāko'o hoa a me nā loa: E hui pū me Twill Care ma kahi ākea kaiāulu e launa pū me nā hoa a me nā loa lapa'au. E ki'i i nā 'atikala i loiloi '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'opili kēia mau mea hana i nā kumuhana ko'iko'i e like me ka 'elemakule olakino, ka mālama 'ana i ka noho ka'awale, ka mālama 'ana, ke kaumaha, a me ka 'imi 'ana i ke kumu i ka wā '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 member.wellcare.com 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.	
Ho'oma'ama'a Ho'okumu 'ia ma lalo o ka nānā 'ana (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 • E lawe 'ia e nā limahana kōkua kūpono e pono ai ka pono i nā pō'ino, a ho'oma'ama'a 'ia i ka ho'oma'ama'a no PAD	\$0 copay no kēlā me kēia kipa ho'oma'ama'a i uhi 'ia e Medicare.

Mokuna 4 Pāku'i Pū'ulu Ho'oponopono Mālama (nā mea e uhi 'ia ai)

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
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 He ho'olālā i uhi 'ia e pono ai ka nānā lapa'au koke, 'a'ole he pilikia, he lawelawe i makemake koke inā 'oe ma waho o ka 'āpana lawelawe o ka ho'olālā, a i 'ole inā 'oe i loko o ka 'āpana lawelawe o ka ho'olālā, 'a'ole kūpono ia i kou manawa, wahi, a me nā kūlana e loa'a kēia lawelawe mai nā mea ho'olako pūnaewe i ho'oponopono 'ia e ka ho'olālā. Pono kāu ho'olālā e uhi i nā lawelawe i makemake koke 'ia a uku wale iā 'oe i nā uku kūwaho o ka pūnaewe. 'O nā la'ana o nā lawelawe i makemake 'ia koke 'o ia nā ma'i lā'au lapa'au 'ike 'ole 'ia a me nā pō'ino, a i 'ole nā hana puhi 'ana o nā kūlana e kū nei. 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 nā nānā makahiki, 'oiai 'oe i waho o ka wahi lawelawe o ka ho'olālā a i 'ole 'a'ole loa'a ka pūnaewe o ka ho'olālā no kekahi manawa. Uhi 'ia nā lawelawe i makemake koke 'ia ma waho o 'Amelika Hui Pū 'Ia.	\$0 copay no kēia me kēia kipa lawelawe i makemake koke 'ia e Medicare. \$110 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 kēia me kēia makahiki no ka pilikia a i 'ole nā lawelawe i makemake koke 'ia e pono ai ma waho o United States 'Ia.*

Mokuna 4 Pāku'i Pū'ulu Ho'oponopono Mālama (nā mea e uhi 'ia ai)

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
Ho'olālā Inikua Ma muli o ka Waiwai (VBID) Ho'ohālikelike No ka mea, komo kāu ho'olālā i ka Ho'olālā Waiwai ho'olālā Papahana, hiki iā 'oe ke ho'ohana i kāu Wellcare Spendables™ haawina no kekahi o na pomaikai i hoikeia malalo nei. Pono 'oe e ho'omau i ke kākau inoa 'ana i kēia ho'olālā, a ua kūpono 'o LIS, no ka loa'a 'ana o ka pōmaika'i VBID. Ho'ohui 'ia kēia ha'awina me kāu pōmaika'i ma luna o ka-heluhelu (OTC). E nana i ka Wellcare Spendables™ pōmaika'i ma kēia pakuhi no ka 'ike hou aku. • 'O ke kinoea uku-ma-pamua 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 e uku ma ke ke'ena kālā. Hiki ke ho'ohana wale 'ia kāu kāleka e ho'opiha i ke kinoea a hiki i ka nui allowance i loa'a. • Healthy Food Hiki iā 'oe ke ho'ohana i kāu kāleka no Healthy Food a me nā huahana ma nā hale kū'ai komo. Ho'omākaukau 'ia nā papa 'ai e loa'a no ke kauoha 'ana ma o ka 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 polokalamu e 'ike i nā mea i 'ae 'ia ma nā wahi kū'ai, e komo i kāu puka lālā a kuhikuhi paha i kāu papa inoa.	

Mokuna 4 Pāku'i Pū'ulu Ho'oponopono Mālama (nā mea e uhi 'ia ai)

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
• Ho'omaika'i Home a me nā mea palekana Hiki iā 'oe ke ho'ohana i kāu kāleka e kōkua i ke kumukū'ai o ka ho'omaika'i 'ana i ka home a me nā mea palekana. E komo i loko o kāu puka lālā e kū'ai i nā mea i 'ae 'ia. Ho'okomo 'ia nā mea i 'ae '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 'ōpala • 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 komo i kāu puka lālā e uku i nā mea ho'olako a i 'ole e uku pololei i nā mea ho'olako kahi e 'ae 'ia ai nā uku. • 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 komo i kāu puka lālā a uku pololei i nā mea ho'olako pono ma kahi e 'ae 'ia ai nā uku. 'A'ole hiki ke ho'ohana 'ia ke kāleka e ho'onohonoho i nā uku mau. Nā lilo i 'ae 'ia no kēia pōmaika'i e komo pū: ○ Nā lawelawe uila, kinoea, sanitary/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	

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
 Mālama 'ike Nā lawelawe i uhi 'ia: - Nā lawelawe 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 'ia e Original Medicare nā maka ho'okolokolo ma'amau (nā hō'emi maka) no nā aniani/lens pili. - No ka po'e i ki'eki'e ka pilikia o ka glaucoma, e uhi mākou i ho'okahi ho'okolokolo glaucoma i kēlā me kēia makahiki. 'O ka po'e i ki'eki'e ka pilikia o ka glaucoma, e komo pū me: nā kānaka me ka mō'aukala 'ohana o ka glaucoma, nā kānaka me ka ma'i diabetes, nā 'Apelika 'Amelika he 50 makahiki a 'oi paha, a me nā 'Amelika Hispanic he 65 makahiki 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 nā 'oki'oki kākā 'elua, 'a'ole hiki iā 'oe ke mālama i ka pōmaika'i ma hope o ka 'oki mua a kū'ai i 'elua pā'aniani ma hope o ka lua o ka 'oki'oki.) Ho'ohui 'ia, uhi kā mākou ho'olālā i nā lawelawe maka (i.e., ma'amau) kāko'o: 1 maka ho'okolokolo ma'amau i kēlā me kēia makahiki. Ho'okomo 'ia ka maka ho'okolokolo ma'amau 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 kahi ho'okolokolo glaucoma i uhi 'ia e Medicare. \$0 copay no ka maka ho'okolokolo retina i uhi 'ia e Medicare no nā lālā diabetic. <i>Pono e loa'a mua ka 'ae.</i> \$0 copay no nā aniani i uhi 'ia e Medicare. <i>Pono e loa'a mua ka 'ae.</i> Pāku'i ('o ia ho'i, ma'amau) hihi'o: \$0 copay no 1 maka ho'okolokolo ma'amau i kēlā me kēia makahiki.* <i>Pono e loa'a mua ka 'ae.</i>

Mokuna 4 Pāku'i Pū'ulu Ho'oponopono Mālama (nā mea e uhi 'ia ai)

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
- Nā pā'aniani prescription '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. Ho'okomo 'ia ka palena pōmaika'i ho'olālā nui o \$100 i kēlā me kēia makahiki i ke kumukū'ai kū'ai o nā kikokiko a me/ ai 'ole nā lens (me nā koho lens e like me nā tints a me nā coatings). 'O 'oe ke kuleana no nā kumukū'ai ma luna o ka pōmaika'i palena no nā pā'aniani (i.e., ma'amaui) kāko'o.* '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.	\$0 copay no nā pā'aniani.* <i>Pono e loa'a mua ka 'ae.</i>

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
 Welina iā Medicare mālama Uhi ka ho'olālā i ka ho'okahi manawa <i>Welina iā Medicare</i> mālama. Ho'okomo 'ia ka maka welina i kahi nānā 'ana i kāu olakino, a me ke a'o a me ka 'ōlelo a'oa'o e pili ana i nā lawelawe pale āu e pono ai (me kekahi mau ho'okolokolo a me nā puhi (a i 'ole nā pale 'ana)), a me nā kuhikuhi no nā mālama 'ē a'e inā pono. Kūpono: Uhi mākou i ka <i>Welina iā Medicare</i> mālama i loko wale nō o ka 12 mau mahina mua āu i loa'a ai Medicare Part B. Ke hana 'oe i kāu 'ōlelo kūkā, e ha'i aku i ke ke'ena kauka e 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> Lawelawe Pale.	'A 'ohe hō'oia like, uku hui, a i 'ole Hiki ke unuhi no ka <i>Welina iā Medicare</i> mālama. \$0 copay no kēlā me kēia EKG i uhi 'ia e Medicare ma hope o ka <i>Welina iā Medicare</i> Lawelawe Pale.
Wellcare Spendables™ E loa'a iā 'oe \$99 mahina ho'ouka mua 'ia ma kāu kāleka Wellcare Spendables™. '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. <u>Hiki ke ho'ohana 'ia kāu ha'awina kāleka i:</u> ma luna o ka-heluhelu mea helu (OTC): Hiki ke ho'ohana 'ia kāu kāleka ma nā wahi kū'ai i komo, ma o ka polokalamu kelepona, a i 'ole e komo 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 ka ma'amau ma luna o ka-heluhelu Loa - Nā huaora, Nā mea hō'eha 'eha, anu a me ka ma'i ma'i mau mea, diabetes mau mea - E ho'ohana i kāu mīkini kelepona barcode i loko o ka polokalamu e 'ike i nā mea i 'ae 'ia ma nā wahi kū'ai, e komo i kāu puka lālā a kuhikuhi paha i kāu papa inoa.	'A 'ohe hō'oia like, uku hui, a i 'ole hiki ke unuhi 'ia no ke kāleka Wellcare Spendables™. 'O ka li'ili'i o \$35 hiki ke pili i kekahi mau kauoha e kūpono ai no ka ho'ouna 'ole 'ana. 'A 'ohe palena iki koi no ke kū'ai 'ana i loko o ka hale kū'ai.

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
'Ōlelo A'o: Ma lalo o kekahi mau kūlana diagnostic lako a 'O nā kōkua ho'opau puhi uhi 'ia ma lalo o nā pono ho'olālā olakino o ka pomaikai. Pono 'oe (i ka wā hiki) e ho'ohana i nā pono ho'olālā lapa'au o kā mākou pomaikai ma mua o e ho'olilo i kāu ha'awina OTC no kēia mau mea. <u>No ka mea, komo kāu ho'olālā i ka Polokalamu Ho'olālā Waiwai Papahana, Hiki iā 'oe ke ho'ohana i kāu kāleka i kekahi o nā pomaikai ma lalo nei:</u> • 'O ke kinoea uku-ma-pamua • Nā Mea'ai • Ho'omaika'i Home a me Nā Mea Palekana • Kokua Hoolimalima • Kokua Hoohana Nānā i Ho'olālā Waiwai (VBID) Ho'ohālike i kēia pakuhi no ka 'ike hou aku no kēia 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 polokalamu kelepona. 3. E koho i kāu mau mea i 'āpono 'ia/lawelawe. 4. E hele i ka hale kū'ai a ka mea kū'ai aku e uku me kāu Wellcare Spendables™ kāleka. No ka pūnaeweale a i 'ole polokalamu kelepona nā kauoha, e ho'okomo i kāu helu kāleka i ka wā kū'ai. 5. 'A'ole kāleka hō'ai'ē kāu kāleka akā paha ho'okomo 'ia ma ke 'ano he 'aie' e hookaa. Inā koi 'ia, 'o kāu PIN ka helu 4 hope loa o kāu helu kāleka. Nānā: • Ma hope o kou ho'ohana 'ana i kāu 'āpana kālā, iā 'oe ke kuleana no ke koena o kāu mau kū'ai. • Hiki ke ho'iho'i 'ia nā mea i kū'ai 'ia ma ka hale kū'ai ho'i nā mea kū'ai aku a ho'ololi i nā kulekele. • Inā 'a'ole holo pono kāu kāleka a i 'ole inā he pilikia 'enehana, e 'olu'olu e kelepona mai iā mākou ma ka helu malalo.	

Nā lawelawe i uhi 'ia iā 'oe	He aha kāu e uku ai ke loa'a iā 'oe kēia mau lawelawe
• 'A'ole kuleana 'o Wellcare no nā kāleka nalowale a 'aihue paha. • Wellcare Spendables™ no kāu ho'ohana pilikino wale nō ke kāleka, 'a'ole hiki ke kū'ai 'ia a ho'oili 'ia, a 'a'ohe waiwai kālā. • Hiki ke ho'opili 'ia nā palena a me nā kapu, 'o nā mea i 'ae 'ia wale nō ke uhi 'ia. • 'A'ole kēia he Papahana Hawaii Med-QUEST Division Program (Medicaid) pomaikai. 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: 1-855-744-8550, TTY: 711. Nā hola: Ma waena o 'Okakopa 1 a me Malaki 31, loa'a nā 'elele i ka Pō'akahi–Sabati, 8 a.m. a i 8 p.m. Ma waena o 'Apelila 1 a me Sepatemaba 30, loa'a nā 'elele i ka Pō'akahi–Pā'alima, 8 a.m. a i 8 p.m. Hiki iā 'oe ke kipa ma ka pūnaeweale ma: member.wellcare.com	

MĀHELE 3 He aha nā lawelawe i uhi 'ia ma waho o ka ho'olālā?

Māhele 3.1 Nā lawelawe 'a'ole i uhi 'ia e ka ho'olālā

Aia nā lawelawe 'a'ole i uhi 'ia e Wellcare 'Ohana Dual Align (HMO-POS D-SNP) akā loa'a ma o ka Hawaii Med-QUEST Division Program (Medicaid). Inā loa'a iā 'oe nā nīnau e pili ana i ke kōkua āu e loa'a ai mai ka Hawaii Med-QUEST Division Program (Medicaid), e kelepona i ka Hawaii Med-QUEST Division Program (Medicaid) ma 1-800-316-8005, TTY nā mea ho'ohana e kelepona iā 711 7:45 a.m. - 4:30 p.m. HT, Pō'akahi - Pō'alima.

MĀHELE 4 He aha nā lawelawe 'a'ole i uhi 'ia e ka ho'olālā?

Māhele 4.1 Nā lawelawe 'a'ole i uhi 'ia e ka ho'olālā (nā ho'opau)

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

Wehewehe ka pākaukau ma lalo i kekahi mau lawelawe a me nā mea 'a'ole i uhi 'ia e ka ho'olālā ma lalo o kekahi mau kūlana a i 'ole i uhi 'ia e ka ho'olālā ma lalo o nā kūlana kiko'ī wale nō.

Mokuna 4 Pāku'i Pū'ulu Ho'oponopono Mālama (nā mea e uhi 'ia ai)

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 ho'opa'a 'ia ma kahi hale lapa'au pilikia, 'a'ole e uhi 'ia nā lawelawe i ho'opa'a '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 'ikepili e pili ana i ka ho'opi'i 'ana i kahi ho'oholo ā mākou i hana ai 'a'ole e uhi i kahi lawelawe lapa'au, e hele i ka Mokuna 9, Māhele 6.3 o kēia palapala.)

Nā lawelawe 'a'ole i uhi 'ia e Medicare	'A'ole i uhi 'ia ma lalo o kekahi kūlana	Ho'opuni 'ia wale nō ma lalo o nā kūlana kiko'i
Nā 'oki nani a i 'ole nā ka'ina hana		• Ua uhi 'ia i nā hihia o ka 'eha 'ino a i 'ole no ka ho'omaika'i 'ana i ka hana 'ana o kahi lālā kino i hana hewa 'ia. • Ua uhi 'ia no nā papa āpau o ka ho'iho'i 'ana i kahi ūhā ma hope o kahi mastectomy, a me ka ūhā 'a'ole i ho'opilikia 'ia e hana i kahi 'ike like.
'O ka mālama 'O ka mālama ka mālama pilikino 'a'ole pono ka nānā mau 'ana o nā limahana lapa'au a i 'ole nā limahana paramedical, e like me ka mālama 'ana e kōkua iā 'oe me nā hana o ka ola i kēlā me kēia lā, e like me ka 'au'au 'ana a i 'ole ke kapa 'ana.	'A'ole i uhi 'ia ma lalo o kekahi kūlana	
Mālama niho e like me: • Nā lawelawe orthodontic • Nā lawelawe ho'okomo • 'O nā mea ho'opololei maxillofacial	'A'ole i uhi 'ia ma lalo o kekahi kūlana	

Mokuna 4 Pāku'i Pū'ulu Ho'oponopono Mālama (nā mea e uhi 'ia ai)

Nā lawelawe 'a'ole i uhi 'ia e Medicare	'A'ole i uhi 'ia ma lalo o kekahi kūlana	Ho'opuni 'ia wale nō ma lalo o nā kūlana kiko'i
Nā ka'ina hana lapa'au a me ka 'oki kino noi'i, nā lako a me nā lā'au. 'O nā ka'ina hana a me nā mea noi'i 'o ia nā mea a me nā ka'ina hana i ho'oholo 'ia e Original Medicare 'a'ole i 'ae 'ia e ke kaiāulu lapa'au.		Hiki ke uhi 'ia e Original Medicare ma lalo o kahi noi'i lapa'au i 'ae 'ia e Medicare a i 'ole kā mākou ho'olālā. (E 'ike i ka Mokuna 3, Māhele 5 no ka 'ike hou aku e pili ana i nā noi'i lapa'au.)
Nā uku i ho'opi'i 'ia no ka mālama 'ana e nā hoahānau koko ke a i 'ole nā lālā o kou 'ohana.	'A'ole i uhi 'ia ma lalo o kekahi kūlana	
Mālama kauka piha i loko o 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 'o 'Healthy Food' ma ka 'āpana VBID o ka Papa Pomaikai Lapa'au no ka 'ike hou aku.
Nā lawelawe mālama hale e pili ana i ke kōkua ma'amau o ka hale, e like me ka ho'oma'ema'e hale māmā a i 'ole ka ho'omākaukau 'ai ma'alahi.	'A'ole i uhi 'ia ma lalo o kekahi kūlana	
Nā lawelawe Naturopath (ho'ohana i nā kūlohelohe a i 'ole nā ho'oponopono 'oko'a).	'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. Nā kāma'a orthopedic a i 'ole lapa'au no nā kānaka 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 ka kelepona a i 'ole ka kīwī.	'A'ole i uhi 'ia ma lalo o kekahi kūlana	

Mokuna 4 Pāku'i Pū'ulu Ho'oponopono Mālama (nā mea e uhi 'ia ai)

Nā lawelawe 'a'ole i uhi 'ia e Medicare	'A'ole i uhi 'ia ma lalo o kekahi kūlana	Ho'opuni 'ia wale nō ma lalo o nā kūlana kiko'i
Lumi pilikino ma kahi haukapila.		• Ho'opuni wale 'ia ke medically necessary.
'O Radial keratotomy, LASIK surgery, a me nā mea kōkua 'ike ha'aha'a 'ē a'e.	'A'ole i uhi 'ia ma lalo o kekahi kūlana	
Ho'iho'i hou i nā ka'ina hana sterilization a/a i 'ole 'a'ole-palapala kauoha ho'opa'a keiki lako.	'A'ole i uhi 'ia ma lalo o kekahi kūlana	
Mālama wāwae ma'amau		• Ua hā'awi 'ia kekahi ka uhi li'ili'i e like me nā kuhikuhi Medicare, (e.g., inā loa'a iā 'oe ka ma'i diabetes).
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	

MOKUNA 5:

*Ke ho'ohana 'ana i ka ho'olālā's uhi
no nā lā'au Māhele D*

Mokuna 5 Ke ho'ohana 'ana i ka ho'olālā's uhi no nā lā'au Māhele D**Pehea 'oe e loa'a ai ka 'ikepili e pili ana i kāu lilo lā'au?**

No ka mea ua kūpono 'oe no ka Hawaii Med-QUEST Division Program (Medicaid), pono 'oe a loa'a "Kōkua keu (Extra Help)" ai Medicare e uku no kāu mau kumukū'ai ho'olālā lā'au.

No ka mea aia 'oe ma ka papahana "Kōkua Keu," **'a'ole pili kekahi 'ike ma kēia Hō'ike no ka uhi 'ana e pili ana i nā lilo no nā lā'au Part D iā 'oe.** Ua ho'ouna mākou iā 'oe i kahi ho'opuka kū'oko'a, i kapa 'ia 'o ka *Hō'ike no ka uhi 'ana no nā po'e i loa'a ka Kōkua Keu* e uku no nā lā'au (i 'ike 'ia ma ke 'ano he Low-Income Subsidy Rider a i 'ole LIS Rider), e hō'ike ana iā 'oe e pili ana i kāu uhi lā'au. Inā 'a'ohe iā 'oe kēia ho'opuka, e 'olu'olu e kelepona i Nā lawelawe Lālā a noi i ka LIS Rider. (Aia nā helu kelepona no Nā lawelawe Lālā i pa'i 'ia ma ka uhi hope o kēia palapala.)

MĀHELE 1 Ho'olauna

Ho'ākāka kēia mokuna i nā lula no ka ho'ohana 'ana i kāu uhi no nā lā'au Māhele D. E 'olu'olu e nānā i ka Mokuna 4 no nā pōmaika'i lā'au Medicare Part B a me nā pōmaika'i lā'au hospice.

Ma waho a'e o nā lā'au i uhi 'ia e Medicare, ua uhi 'ia kekahi mau lā'au no 'oe ma lalo o kāu Hawaii Med-QUEST Division Program (Medicaid) pōmaika'i. 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 Medicaid ma ka Mokuna 2, Māhele 6.)

Māhele 1.1 Nā lula kumu no ka ho'olālā's uhi lā'au Māhele D

'O ka ho'olālā e uhi ma'amau i kāu lā'au ke hahai 'oe i kēia mau lula kumu:

- Pono 'oe i kahi mea ho'olako (he kauka, kauka niho, a i 'ole kekahi mea kuhikuhi) e kākau i kāu lā'au, a pono ia e kūpono ma lalo o ke kānāwai moku'āina kūpono.
- 'A'ole pono kāu mea kuhikuhi e loa'a ma nā papa Exclusion a Preclusion o Medicare.
- Pono 'oe e ho'ohana ma'amau i kahi lā'au lapa'au pūnaewe e ho'opiha i kāu lā'au. (E 'ike i Māhele 2 o kēia mokuna.) *A i 'ole hiki iā 'oe ke ho'opiha i kāu kau 'ana ma o ka lawelawe leka uila o ka ho'olālā.*
- Pono kāu lā'au e 'ike 'ia ma ka *Papa inoa o nā lā'au i uhi 'ia e ka ho'olālā (Formulary)* (ke kapa nei mākou ia he Papa inoa Laau laau). (E nana i ka māhele 3 ma keia mokuna.)
- Pono e ho'ohana kāu lā'au no kahi hō'ailona lapa'au i 'ae 'ia. 'O kahi "hō'ailona lapa'au i 'ae 'ia" ka ho'ohana 'ana o ka lā'au i 'ae 'ia e ka Food and Drug Administration a i 'ole i kāko'o 'ia e kekahi mau kumu kuhikuhi. (E 'ike i Māhele 3 o kēia mokuna no ka 'ike hou aku e pili ana i kahi hō'ailona lapa'au i 'ae 'ia.)

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

- Pono e loa'a iā mākou ka 'ae 'ana ma mua o ka uhi 'ana. (E 'ike i Māhele 4 o kēia mokuna no ka 'ike hou aku e pili ana i nā palena o kāu uhi.)

MĀHELE 2 Ho'opiha i kāu kuhikuhi ma kahi kauka Lapa'au Pūnaeweale i 'ole ma o ka lawelawe leka uila o ka ho'olālā

Māhele 2.1 Ho'ohana i kahi lā'au lapa'au pūnaeweale

Ma nā hihia he nui, ua uhi 'ia kāu mau lā'au *wale nō* inā e ho'opiha 'ia lākou ma nā hale lā'au lapa'au pūnaeweale o ka ho'olālā. (E 'ike i Māhele 2.5 no ka 'ikepili e pili ana i nā hihia e uhi ai mākou i nā lā'au i ho'opiha 'ia ma nā lā'au lapa'au i waho o ka pūnaeweale.)

'O kahi lā'au lapa'au pūnaeweale kahi lā'au lapa'au e loa'a ai ka 'aelike me ka 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 nā lā'au Māhele D a pau i 'ike 'ia ma ka Papa inoa Laau laau o ka ho'olālā.

Māhele 2.2 Nā lā'au lapa'au pūnaeweale

Pehea 'oe e loa'a ai kahi lā'au lapa'au ma kou wahi?

No ka loa'a 'ana o kahi lā'au lapa'au pūnaeweale, hiki iā 'oe ke nānā i kāu *Papa kuhikuhi Mea ho'olako a Lapa'au Pūnaeweale*, kipa i kā mākou pūnaeweale (www.2025wellcaredirectories.com), a i 'ole kelepona iā Nā lawelawe Lālā.

Hiki iā 'oe ke hele i kekahi o kā mākou lā'au lapa'au pūnaeweale.

He aha inā ha'alele ke lā'au lapa'au āu i ho'ohana ai i ka pūnaeweale?

Inā ha'alele ke lā'au lapa'au āu i ho'ohana ai i ka pūnaeweale o ka ho'olālā, pono 'oe e loa'a kahi lā'au lapa'au hou i loko o ka pūnaeweale. No ka loa'a 'ana o kahi lā'au lapa'au 'ē a'e ma kou wahi, hiki iā 'oe ke ki'i i ke kōkua mai Nā lawelawe Lālā a i 'ole e ho'ohana i ka *Papa kuhikuhi Mea ho'olako a Lapa'au Pūnaeweale*. Hiki iā 'oe ke loa'a kekahi 'ike ma kā mākou pūnaeweale ma www.2025wellcaredirectories.com.

He aha inā 'oe e pono i kahi 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 infusion therapy home.
- Nā lā'au lapa'au e hā'awi i nā lā'au no nā po'e noho o kahi hale mālama lō'ihī (LTC). Ho'oma'amau 'ia ka loa'a 'ana o kahi lā'au lapa'au nona iho ma nā wahi mālama lō'ihī (e like me ka hale mālama). Inā loa'a iā 'oe kekahi pilikia i ka loa'a 'ana o kāu mau pōmaika'i i Māhele D ma kahi hale mālama lō'ihī, e 'olu'olu e kelepona iā Nā Lawelawe Lālā.

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

- Nā lā'au lapa'au e lawelawe i ka Indian Health Service / Tribal / Urban Indian Health Program ('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.
- Nā lā'au lapa'au e hā'awi i nā lā'au i kāohi 'ia e ka FDA i kekahi mau wahi a i 'ole nā mea e koi ai i ka hana kūikawā, ke kākō'o 'ana o ka mea ho'olako, a i 'ole ke a'o 'ana i kā lākou ho'ohana. E 'imi i kahi lā'au lapa'au kūikawā, e nānā i kāu *Papa Kuhikuhi Mea Ho'oili a Lā'au lapa'au* www.2025wellcaredirectories.com a i 'ole e kelepona iā Nā Lawelawe Lālā.

Māhele 2.3	Ka ho'ohana 'ana i ka lawelawe ho'ouna leka o ka ho'olālā
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No kekahi 'ano lā'au, hiki iā 'oe ke ho'ohana i ka lawelawe ho'ouna leka o ka ho'olālā. I ka hapanui, 'o nā lā'au i hā'awi 'ia ma o ka ho'ouna leka 'ana he mau lā'au ia āu e lawe ai i ka ma'amau, no kahi ma'i lō'ihī a i 'ole ma'i chronic. 'O nā lā'au 'a'ole i loa'a ma o ka ho'ouna leka 'ana o ka ho'olālā ua hō'ailona 'ia 'o "NM" i kā mākou Papa Lā'au lapa'au.

Ho'okomo kā mākou ho'olālā i ka lawelawe ho'ouna leka, a **hiki iā 'oe ke kauoha i ka lako lā'au he 100-lā.**

E ki'i i nā palapala kauoha a me nā 'ike e pili ana i ka ho'opihapiha 'ana i kāu mau lā'au ma o ka leka, e kelepona iā nā Lawelawe Lālā Mail Order ma 1-833-750-0201 (TTY: 711) 24 hola i ka lā, 7 lā o ka pule. 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.

I ka hapanui, e lawe 'ia kāu kauoha lā'au lapa'au ho'ouna leka i loko o nā lā 14. 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 lō'ihī āu e pono ai koke, e noi aku i kou kauka no 'elua lā'au kuhikuhi: ho'okahi no ka lako 30-lā e ho'opihapiha ma kahi lā'au lapa'au kū'ai li'ili'i a me kekahi no kahi lako lō'ihī e ho'opihapiha ma o ka leka. Inā loa'a iā 'oe kekahi pilikia i ka loa'a 'ana o kāu lako 30-lā ma kahi lā'au lapa'au kū'ai li'ili'i e komo pū ana i ka ho'olālā i ka wā e ho'oka'ulua 'ia ai kāu kauoha lā'au lapa'au ho'ouna leka, e 'olu'olu e ho'ouna i kāu lā'au lapa'au e kāhea i kā mākou Ke'ena Lawelawe Mea Ho'olako ma 1-866-800-6111 (TTY 1-888-816-5252), 24 hola i ka lā, 7 lā o ka pule no ke kōkua. Hiki i nā lālā ke kelepona iā nā Lawelawe Lālā Mail Order ma 1-833-750-0201 (TTY: 711), 24 hola i ka lā, 7 lā o ka pule. A i 'ole, e komo ma express-scripts.com/rx.

'O nā lā'au kuhikuhi hou e loa'a pololei i ka lā'au lapa'au mai ke ke'ena kauka.

Ho'opiha a hā'awi ka lā'au lapa'au i nā lā'au kuhikuhi hou e loa'a mai nā mea mālama ola kino, me ka nānā 'ole mua aku iā 'oe, inā paha:

- Ua ho'ohana 'oe i nā lawelawe ho'ouna leka 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 i ka lawe 'ana i nā lā'au kuhikuhi hou a pau i nā manawa a pau ma ke kelepona 'ana i nā Lawelawe Lālā Mail Order ma 1-833-750-0201, (TTY: 711), 24 hola i 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 ho'olālā's uhi no nā lā'au Māhele D

Inā loa'a iā 'oe kahi lā'au kuhikuhi ma ka leka e loa'a ma ke 'ano kū ho'okahi, a 'a'ole 'oe i kapa 'ia e nānā inā makemake 'oe ia ma mua o ka ho'ouna 'ana, hiki iā 'oe ke loa'a i kahi uku hou.

Inā ua ho'ohana 'oe i ka ho'ouna leka i ka wā ma mua a 'a'ole makemake 'oe e ho'opihapiha a ho'ouna 'ia i kēlā me kēia lā'au kuhikuhi hou, e 'olu'olu e kelepona iā mākou ma ka nānā 'ana i nā Lawelawe Lālā Mail Order ma 1-833-750-0201, (TTY: 711), 24 hola i ka lā, 7 lā o ka pule. A i 'ole, e komo ma express-scripts.com/rx.

Inā 'a'ole 'oe i ho'ohana i kā mākou ho'ouna leka a i 'ole ho'oholo e ho'ōki i ka ho'opihapiha 'ana i nā lā'au kuhikuhi hou, e kelepona ka lā'au lapa'au iā 'oe i kēlā me kēia manawa e loa'a iā ia kahi lā'au kuhikuhi hou mai kahi mea mālama ola kino e 'ike inā makemake 'oe i ka lā'au i ho'opihapiha 'ia a ho'ouna koke 'ia. He mea nui ke pane 'ana iā 'oe i kēlā me kēia manawa e kapa 'ia mai 'oe e ka lā'au lapa'au, e hō'ike iā lākou inā e ho'ouna, ho'oka'ulua, a ho'olilo paha i ka lā'au kuhikuhi hou.

Nā ho'opihapiha lā'au lapa'au ma ka ho'ouna leka. 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 papahana e ho'omaka mākou i ka hana 'ana i kāu ho'opihapiha hou e hiki mai ana me ka ho'oponopono 'ana i ka wā e hō'ike ai kā mākou mo'olelo ua kokoke 'oe i ka pau 'ana o kāu lā'au. E ho'oka'a'ike ka lā'au lapa'au iā 'oe ma mua o ka ho'ouna 'ana i kēlā me kēia ho'opihapiha e hō'oia'i'o inā pono 'oe i nā lā'au hou, a hiki iā 'oe ke hō'ole i nā ho'opihapiha i ho'olālā 'ia inā loa'a iā 'oe lawa nā lā'au a i 'ole inā ua ho'ololi 'ia kāu lā'au.

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

E koho i waho o kā mākou papahana e ho'omākaukau 'akomi i nā ho'opihapiha lā'au ma o ka ho'ouna leka, e 'olu'olu e ho'oka'a'ike iā mākou ma ke kāhea 'ana i kāu lā'au lapa'au ho'ouna leka:

- **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 'ana ma o ke kelepona i 'ole 'oe e makemake ai, hiki paha iā 'oe ke kulanā no ka ho'ihō'i kālā.

Māhele 2.4	Pehea e loa'a ai iā 'oe kahi lako lō'ihī o nā lā'au?
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Hā'awi ka ho'olālā i 'elua ala e loa'a ai kahi lako lō'ihī (i kapa 'ia he lako ho'ōla lō'ihī) o nā lā'au mālama ma kā mākou Papa Lā'au lapa'au. ('O nā lā'au mālama he mau lā'au ia āu e lawe ai i ka ma'amau, no kahi ma'i lō'ihī a chronic paha.)

1. O kekahi mau lā'au lapa'au kū'ai li'ili'i i loko o kā mākou pūnaewele e 'ae iā 'oe e loa'a kahi lako lō'ihī o nā lā'au mālama. Hō'ike kā kāu *Papa Kuhikuhi Mea Ho'olako a Lā'au*

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

lapa'au www.2025wellcaredirectories.com iā 'oe i nā lā'au lapa'au i loko o kā mākou pūnaewe e hiki iā lākou ke hā'awi iā 'oe i kahi lako lō'ihī o nā lā'au mālama. Hiki iā 'oe ke kāhea pū i Nā Lawelawe Lālā no ka 'ike hou aku.

2. Hiki iā 'oe ke loa'a i nā lā'au mālama ma o kā mākou papahana ho'ouna leka. E 'olu'olu e nānā i Māhele 2.3 no ka 'ike hou aku.

Māhele 2.5 Ināhea hiki iā 'oe ke ho'ohana i kahi lā'au lapa'au i waho o ka pūnaewe e ho'olālā?

Hiki ke uhi 'ia kāu lā'au kuhikuhi ma kekahi mau kūlana.

'O ka ma'amaui, uhi mākou i nā lā'au i ho'opihapiha 'ia ma kahi lā'au *lapa'au* i waho o ka pūnaewe e wale nō ke hiki 'ole iā 'oe ke ho'ohana i kahi lā'au lapa'au i loko o ka pūnaewe. No ke kōkua iā 'oe, loa'a iā mākou nā lā'au lapa'au i loko o kā mākou wahi lawelawe i waho kahi hiki iā 'oe ke ho'opihapiha i kāu mau lā'au kuhikuhi ma ke 'ano he lālā o kā mākou ho'olālā. **E nānā mua me Nā Lawelawe Lālā** e 'ike inā aia kahi lā'au lapa'au i loko o ka pūnaewe kokoke. Hiki ke kōi 'ia 'oe e uku i ka 'oko'a ma waena o ka mea āu e uku ai no ka lā'au ma ka lā'au lapa'au i waho o ka pūnaewe a me ke kumukū'ai a mākou e uhi ai ma kahi lā'au lapa'au i loko o ka pūnaewe.

Eia nā kūlana e uhi ai mākou i nā lā'au i ho'opihapiha 'ia ma kahi lā'au lapa'au i waho o ka pūnaewe:

Huaka'i: Ka loa'a 'ana o ka uhi 'ana ke huaka'i 'oe a i 'ole ma waho o ka wahi lawelawe o ka ho'olālā.

- Inā lawe 'oe i kahi lā'au kuhikuhi ma ka ma'amaui a huaka'i 'oe, e hō'ōia 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 lā'au lapa'au i waho o ka pūnaewe. Ma kēia kūlana, e pono 'oe e uku i ke kumukū'ai piha (ma mua o ka uku wale 'ana i kāu uku hui a i 'ole kālā like) ke ho'opihapiha 'oe i kāu lā'au kuhikuhi. 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 lā'au lapa'au i waho o ka 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 lā'au lapa'au i waho o ka pūnaewe i uku ai no kāu lā'au kuhikuhi. No ke a'o 'ana pehea e ho'ouna ai i kahi noi uku hou, e 'olu'olu e 'ike i Ka Mokuna 7, Māhele 2, *Pehea e noi ai iā mākou e uku hou iā 'oe a i 'ole e uku i kahi bila āu i loa'a ai.*
- 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 ho'olālā's uhi no nā lā'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 lā'au lapa'au.

Ulia Lā'au Lapa'au: He aha inā pono wau i kahi lā'au kuhikuhi no ka ulia lā'au lapa'au a i 'ole no ka mālama pilikia?

- E uhi mākou i nā lā'au i ho'opihapiha 'ia ma kahi lā'au lapa'au i waho o ka pūnaewehe inā pili nā lā'au kuhikuhi i ka mālama 'ana no ka ulia lā'au lapa'au a i 'ole mālama pilikia. Ma kēia kūlana, e pono 'oe e uku i ke kumukū'ai piha (ma mua o ka uku wale 'ana i kāu uku hui a i 'ole kālā like) ke ho'opihapiha 'oe i kāu lā'au kuhikuhi. 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 lā'au lapa'au i waho o ka pūnaewehe, 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 pūnaewehe a me ke kumukū'ai a ka lā'au lapa'au i waho o ka pūnaewehe i uku ai no kāu lā'au kuhikuhi. No ke a'o 'ana pehea e ho'ouna ai i kahi noi uku hou, e 'olu'olu e 'ike i Ka Mokuna 7, Māhele 2, *Pehea e noi ai iā mākou e uku hou iā 'oe a i 'ole e uku i kahi bila āu i loa'a ai.*

Nā Kūlana Hou: Nā manawa 'ē a'e hiki iā 'oe ke uhi 'ia kāu lā'au kuhikuhi inā hele 'oe i kahi lā'au lapa'au i waho o ka pūnaewehe.

- E uhi mākou i kāu lā'au kuhikuhi ma kahi lā'au lapa'au i waho o ka pūnaewehe 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 pūnaewehe, 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 iā 'oe kahi lā'au kūikawā e pono ke kāko'o 'ia lā'au lapa'au akā 'a'ole i uhi 'ia e Medicare Part B a me kekahi mau lā'au i uhi 'ia e ho'oikaika 'ia ma ke ke'ena kauka.
- 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 lā'au lapa'au i waho o ka pūnaewehe 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'oia 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 pūnaewehe. E kōkua kēia i ka hana 'ana o kāu noi uku hou.

Pehea e noi ai i ka uku hou 'ana mai ka ho'olālā?

Inā pono 'oe e ho'ohana i kahi lā'au lapa'au i waho o ka pūnaewehe, '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. (Hō'ike Ka Mokuna 7, Māhele 2 pehea e noi ai i ka ho'olālā e uku hou iā 'oe.)

Mokuna 5 Ke ho'ohana 'ana i ka ho'olālā's uhi no nā lā'au Māhele D**MĀHELE 3 Pono nā lā'au āu e ho'ohana ai i ka Papa Lā'au lapa'au a ka ho'olālā****Māhele 3.1 Hō'ike ka Papa Lā'au lapa'au i nā lā'au Māhele D i uhi 'ia**

Loa'a i ka ho'olālā kahi *Papa inoa o nā Laau i uhiia (Kālā Ho'opa'a)*. Ma kēia *Palena Ho'opa'a*, helu mākou iā ia ma ke 'ano he **Papa inoa o nā Laau**.

Koho 'ia nā lā'au ma kēia papa inoa e ka ho'olālā me ke kōkua o kahi hui 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.

'O ka Papa Lā'au lapa'au e komo pū nā lā'au i uhi 'ia ma lalo o Medicare Part D. Ho'ohui 'ia i nā lā'au i uhi 'ia e Medicare, ua uhi 'ia kekahi mau lā'au kuhikuhi no 'oe ma lalo o kāu mau pono Hawaii Med-QUEST Division Program (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 Medicaid ma ka Mokuna 2, Māhele 6.)

E uhi mau mākou i kahi lā'au ma ka Papa Lā'au lapa'au a ka ho'olālā inā hāhai 'oe i nā lula uhi 'ē a'e i wehewehe 'ia i kēia mokuna a ho'ohana 'ia ka lā'au no kahi hō'ailona lapa'au i 'ae 'ia. 'O ka hō'ailona lapa'au i 'ae 'ia 'o ia ke ho'ohana 'ana i ka *lā'au i 'ae 'ia*:

- Ua 'ae 'ia e ka Food and Drug Administration no ke diagnostic a kūlana paha i kākau '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 Information System.

Ho'okomo ka Papa Lā'au lapa'au i nā lā'au hō'ailona inoa, nā lā'au ma'amau, a me nā huahana meaola (hiki ke komo pū nā biosimilar).

'O ka lā'au hō'ailona inoa he lā'au kuhikuhi ia i kū'ai 'ia ma lalo o kahi inoa pā'oihana 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 Papa Lā'au lapa'au, ke kāhea mākou i nā lā'au, hiki ke mana'o 'ia he lā'au a i 'ole he huahana meaola.

'O ka lā'au ma'amau he lā'au kuhikuhi ia nona nā mea ho'oikaika like me ka lā'au hō'ailona inoa. Loa'a i nā huahana meaola nā koho biosimilar i kapa 'ia he biosimilar. Ma'amau, generics a hana like nā biosimilars me ka inoa a i 'ole kumu olaola huahana a emi ke kumu 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 biosimilar no kekahi mau huahana meaola kumu. 'O kekahi mau biosimilar he biosimilar hiki ke ho'ololi 'ia, a ma muli o ke kōnāwai o ka moku'āina, hiki ke pani 'ia ia no ke kumu huahana meaola 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 nānā i ka Mokuna 10 no ka wehewehe 'ana i ke 'ano o nā lā'au lapa'au i loa'a ma ka papa Laau laau Papa inoa.

Mokuna 5 Ke ho'ohana 'ana i ka ho'olālā's uhi no nā lā'au Māhele D**He aha nā lā'au 'a'ole ma ka Papa Lā'au lapa'au?**

'A'ole uhi ka ho'olālā i nā lā'au kuhikuhi a pau.

- I kekahi mau hihia, 'a'ole 'ae ka kāmāwai i kekahi ho'olālā Medicare e uhi i kekahi mau 'ano lā'au. (No ka 'ike hou a'e e pili ana i kēia, e nānā i Māhele 7.1 i kēia mokuna.)
- I kekahi mau hihia, ua ho'oholo mākou 'a'ole e ho'okomo i kahi lā'au kiko'i ma ka Papa Lā'au lapa'au. I kekahi mau hihia, hiki iā 'oe ke loa'a kahi lā'au 'a'ole ma ka Papa Lā'au lapa'au. (No ka 'ike hou aku, e 'olu'olu e 'ike i ka Mokuna 9).
- 'A'ole i loko o ka "Papa Lā'au lapa'au" nā lā'au kuhikuhi i uhi 'ia e ka 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 Medicaid ma ka Mokuna 2, Māhele 6.)

Māhele 3.2	Pehea 'oe e 'ike ai inā aia kahi lā'au kiko'i ma ka Papa Lā'au lapa'au?
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'Ehā ala āu e 'ike ai:

1. E nānā i ka Papa Lā'au lapa'au hou loa a mākou i hā'awi 'ia ma ka uila.
2. E kipa i ka pūnaeweale o ka ho'olālā (www.wellcare.com/ohana). 'O ka Papa Lā'au lapa'au ma ka pūnaeweale ka mea hou loa mau loa.
3. Kāhea iā Nā Lawelawe Lālā e 'ike inā aia kahi lā'au kiko'i ma ka Papa Lā'au lapa'au a i 'ole e noi i kahi kope o ka papa inoa.
4. E ho'ohana i ka "Real-Time Benefit Tool" a ka ho'olālā (www.wellcare.com/ohana) a i 'ole ma ke kāhea 'ana iā Nā Lawelawe Lālā. Me kēia mea hana hiki iā 'oe ke 'imi i nā lā'au ma ka Papa Lā'au lapa'au e 'ike i kahi koho o ka mea āu e uku ai a inā aia nā lā'au koho ma ka Papa Lā'au lapa'au e hiki ke mālama i ke kūlana like.

MĀHELE 4 Aia nā palena ma ka uhi 'ana i kekahi mau lā'au

Māhele 4.1	No ke aha i loa'a ai nā palena ma kekahi mau lā'au?
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No kekahi mau lā'au kuhikuhi, loa'a nā lula kūikawā e kāohi i ka wā a me ka wā e uhi ai ka 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 Papa Lā'au lapa'au.

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

Inā loa'a kahi lā'au palekana, emi ka uku, e hana maika'i 'ē a'e e like me ke kumu lā'au ki'eki'e, ho'olālā 'ia nā lula o ka ho'olālā e paipai iā 'oe a me kāu mea ho'olako e ho'ohana i kēlā koho ma'amau.

E 'olu'olu e 'ike i kekahi manawa e 'ike 'ia kahi lā'au i 'oi aku ma mua o ho'okahi manawa ma kā mākou Papa Lā'au lapa'au. 'O ia ke kumu ke hiki i nā lā'au like ke 'oko'a ma muli o ka ikaika, ka nui, a i 'ole ke 'ano o ka lā'au i ho'opa'a 'ia e kāu mea mālama ola, a hiki ke pili nā palena 'oko'a a i 'ole ka mālama kālā i nā mana 'oko'a o ka lā'au (no ka la'ana, 10 mg a hiki i 100 mg; ho'okahi i kēlā me kēia lā a 'elua paha i kēlā me kēia lā; papa a wai paha).

Māhele 4.2 He aha nā 'ano palena?

Hā'awi nā māhele ma lalo nei i nā 'ike hou aku e pili ana i nā 'ano palena a mākou e ho'ohana ai no kekahi mau lā'au.

Inā loa'a kahi palena no kāu lā'au, 'o ia ke kumu e loa'a iā 'oe a i 'ole kāu mea ho'olako nā hana hou a'e i mea e uhi ai mākou i ka lā'au. Kāhea iā Nā Lawelawe Lālā e a'o inā he aha kāu mea e hana ai a i 'ole kāu mea ho'olako e hana ai e ki'i i ka uhi 'ana no ka lā'au. **Inā makemake 'oe iā mākou e kāpae i ka palena no 'oe, e pono 'oe e ho'ohana i ka hana ho'oholo uhi 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 'ike i Ka Mokuna 9)

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

No kekahi mau lā'au, pono 'oe a i 'ole kāu mea ho'olako e loa'a ka 'ae mai ka ho'olālā ma mua o ka 'ae 'ana mākou e uhi i ka lā'au no 'oe. 'Ōlelo **Ho'ohui**. 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 loa'a kēia 'ae, hiki i kāu lā'au ke 'ole i uhi 'ia e ka ho'olālā.

Ho'ā'o mua i kahi lā'au 'ē a'e

Ho'opili kēia koi iā 'oe e ho'ā'o i nā lā'au li'ili'i ke kumu kū'ai akā ma ke 'ano he la'a loa e like ka hana ma mua o ka ho'olālā e uhi i kahi lā'au 'ē a'e. No ka la'ana, inā nā lā'au A a me B e mālama i ka ma'i kino like a 'oi aku ka ha'aha'a o ke kumukū'ai o Lā'au A, hiki i ka ho'olālā ke koi iā 'oe e ho'ā'o mua iā Lā'au A. Inā 'a'ole kūpono ka Lā'au A iā 'oe, e uhi ana ka ho'olālā i Lā'au B. Ua kapa 'ia kēia koi e ho'ā'o i kahi lā'au 'ē a'e **ma mua 'o ke kahua ho'opa'ahao.**

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 mana'o 'ia he palekana ke lawe i ho'okahi lā'au i kēlā me kēia lā no kekahi lā'au, hiki iā mākou ke ho'oponopono i ka uhi 'ana i kāu kauka'i lā'au i 'ole e 'oi aku ma mua o ho'okahi lā'au i kēlā me kēia lā.

MĀHELE 5 He aha inā 'a'ole uhi 'ia kekahi o kāu lā'au i ke 'ano āu e makemake ai?

Māhele 5.1 Aia nā mea āu e hiki ke hana inā 'a'ole i uhi 'ia kāu lā'au i ke 'ano āu e makemake ai e uhi 'ia

Aia nā hanana kahi āu e lawe ai i kekahi lā'au, a i 'ole kekahi lā'au āu a me kāu mea ho'olako e mana'o ai e pono 'oe e lawe, 'a'ole i 'ike 'ia ma kā mākou palapala 'ohana lā'au a i 'ole aia ma kā mākou palapala me nā palena. No ka la'ana:

- Hiki 'ole ke uhi 'ia ka lā'au ma kekahi 'ano. A i 'ole paha he koina kumu kū'ai li'ili'i no ka lā'au ma'amaui akā 'a'ole uhi 'ia ke 'ano inoa lā'au āu e makemake ai e lawe.
- A i 'ole uhi 'ia ka lā'au, akā aia kekahi mau lula a palena i ka uhi 'ana no kēlā lā'au, e like me ka wehewehe 'ia ma Māhele 4.
- Aia nā mea āu e hiki ke hana inā 'a'ole i uhi 'ia kāu lā'au i ke 'ano āu e makemake ai e uhi 'ia. **Inā 'a'ole ma ka papa inoa o nā lā'au āu i kāu lā'au a i 'ole i palena 'ia kāu lā'au, e hele i Māhele 5.2 e a'o i nā mea āu e hiki ke hana.**

Māhele 5.2 He aha nā mea āu e hiki ke hana inā 'a'ole ma ka papa inoa o nā lā'au āu i kāu lā'au a i 'ole i palena 'ia ka lā'au ma kekahi 'ano?

Inā 'a'ole ma ka papa inoa o nā lā'au āu i kāu lā'au a i 'ole i palena 'ia ka lā'au, eia nā koho:

- 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 kahi **'oko'a** a noi i ka ho'olālā e uhi i ka lā'au a i 'ole e wehe i nā palena mai ka lā'au.

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

Ma lalo o kekahi mau hanana, pono ka ho'olālā e hā'awi i kahi lako manawa o ka lā'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.

I mea e kūpono ai no ka hā'awi 'ana i kahi makahiki ho'opa'a, **pono 'ole ke lā'au i kāu mau ho'ohana i kēia manawa ma ka Papa La'au o ka ho'olālā, A I 'ole e loa'a he mau palena.**

- **Inā he lālā hou 'oe**, e uhi mākou i kahi lako manawa o kāu lā'au i loko o nā lā **90 mua** o kāu lālā 'ana i ka 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.

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

- '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'ihī. Inā ua kākau 'ia kāu kauka'i lā'au no nā lā li'ili'i, e 'ae mākou i nā ho'opiha he nui e hā'awi i kahi lako a hiki i ka nui o ka lako 30-lā ma kahi lā'au kū'ai aku, a i 'ole kahi lako 31-lā ma kahi lā'au mālama lō'ihī. Pono e ho'opiha 'ia ka kauka'i lā'au ma kahi lā'au ma ka pūnaewe. (E 'olu'olu e ho'omaopopo i hiki i ka lā'au mālama lō'ihī ke hā'awi i ka lā'au i nā nui li'ili'i i kēlā me kēia manawa e pale i ka ho'ohewa.)
- **No nā lālā i loko o ka ho'olālā ma mua o 90 lā a noho ma loko o kahi hale mālama lō'ihī a e pono i kahi lako koke:**
E uhi mākou i ho'okahi lako 31-lā o kekahi lā'au, a li'ili'i inā ua kākau 'ia kāu kauka'i lā'au no nā lā li'ili'i. Ho'opili 'ia kēia i ke komo mau 'ia ma mua.
- **No kēlā mau lālā e 'ike i kahi ho'ololi i ka pae mālama (e like me ka ne'e 'ana i kahi kūlana lō'ihī a i 'ole hale ma'i) a makemake i kahi lako koke:**
E uhi mākou i ho'okahi lako 30-lā, a li'ili'i inā ua kākau 'ia kāu kauka'i lā'au no nā lā li'ili'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, kāhea i nā Lawelawe Lālā.

I ka manawa āu e ho'ohana ai i kahi lako manawa o ka lā'au, pono 'oe e kama'ilio me kāu mea ho'olako e ho'oholo i ka mea e hana ai ke pau kāu lako manawa. Loa'a iā 'oe nā koho 'elua:

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

Kama'ilio me kāu mea ho'olako e pili ana i ka lā'au 'ē a'e e uhi 'ia e ka ho'olālā e hiki ke hana ma ke 'ano kūpono iā 'oe. Hiki iā 'oe ke kāhea i nā Lawelawe Lālā e noi i kahi papa inoa o nā lā'au i uhi 'ia e mālama i ka ma'i kino 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.

2) Hiki iā 'oe ke noi i kahi 'oko'a.

Hiki iā 'oe a me kāu mea ho'olako ke noi i ka ho'olālā e hana i kahi 'oko'a a uhi i ka lā'au ma ke 'ano āu e makemake ai e uhi 'ia. Inā 'ōlelo kāu mea ho'olako iā 'oe i nā kumu lapa'au e pono ai ka noi 'ana iā mākou no kahi 'oko'a, hiki i kāu mea ho'olako ke kōkua iā 'oe e noi i kahi 'oko'a. No ka la'ana, hiki iā 'oe ke noi i ka ho'olālā e uhi i kahi lā'au 'oia i 'a'ole ia ma kā mākou papa inoa o nā lā'au. A i 'ole hiki iā 'oe ke noi i ka ho'olālā e hana i kahi 'oko'a a uhi i ka lā'au me ka 'ole o nā palena.

Inā he lālā i kēia manawa 'oe a e lawe ana i kahi lā'au e lawe 'ia mai ka papa inoa a i 'ole i palena 'ia i kekahi 'ano no ka makahiki e hiki mai ana, e ha'i mākou iā 'oe e pili ana i nā loli ma mua o ka makahiki hou. Hiki iā 'oe ke noi i kahi 'oko'a ma mua o ka makahiki e hiki mai ana a e hā'awi mākou iā 'oe i kahi pane i loko o nā hola 72 ma hope o ka loa'a 'ana o kāu noi (a i 'ole ka 'ōlelo kōko'o a kāu mea 'ē a'e). Inā 'ae mākou i kāu noi, e 'ae mākou i ka uhi 'ana ma mua o ka hiki 'ana i ka loli.

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

Inā 'oe a me kāu mea ho'olako makemake e noi i kahi 'oko'a, 'o Mokuna 9, Māhele 7.4 e ha'i iā 'oe i ka mea e hana ai. Ho'omaopopo ia i nā hana a me nā lā palena i ho'onohonoho 'ia e Medicare e hō'oiā i ka ho'okele kūpono a kūpono o kāu noi.

MĀHELE 6 He aha inā loli ka uhi 'ana no kekahi o kāu lā'au lapa'au?

Māhele 6.1 Hiki ke ho'ololi 'ia ka "Laa laau Papa inoa" i ka makahiki

'O ka hapa nui o nā loli i ka uhi 'ana i ka lā'au e hana i ka ho'omaka 'ana o kēia me kēia makahiki (Ianuali 1). Eia nō na'e, i loko o ka makahiki, ho'olālā i ka ho'olālā ke ho'ololi i ka "Laa laau Papa inoa." No ka la'ana, hiki i ka ho'olālā:

- **Ho'ohui a ho'ohemo paha i nā lā'au mai ka "Laa laau Papa inoa."**
- **Ho'ohui a lawe paha i kahi palena ma ka uhi 'ana i kahi lā'au.**
- **Ho'ololi i kahi lā'au inoa me kahi lā'au ma'amau.**
- Ho'ololi i kahi huahana pilikanaka kumu me kahi 'ano pilikanaka pāku'i 'ē a'e o ka huahana pilikanaka kumu i loa'a ma ka papa inoa o nā lā'au.

Pono mākou e hāhai i nā koi Medicare ma mua o ka ho'ololi 'ana i ka papa inoa lā'au o ka ho'olālā "Laa laau Papa inoa."

E nānā i ka Mokuna 12 no ka wehewehe 'ana i nā 'ano lā'au i kūkākūkā 'ia ma kēia mokuna.

Māhele 6.2 He aha ka mea e hana inā ho'ololi ka uhi 'ana i kahi lā'au āu e lawe nei?

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

Ke hana nā loli i ka papa inoa o nā lā'au, kau mākou i nā 'ike ma kā mākou pūnaewele e pili ana i nā loli. Ho'oma'ema'e mākou i kā mākou papa inoa o nā lā'au ma ka pūnaewele mau. Hō'ike kēia 'āpana i nā 'ano ho'ololi i hiki iā mākou ke hana i ka Laa laau Papa inoa a me i ka wā e loa'a ai iā 'oe ka leka pololei inā ua ho'ololi 'ia ka lā'au lapa'au āu e lawe nei.

Nā loli e hiki iā mākou ke hana i ka papa inoa o nā lā'au e pili ana iā 'oe i ka makahiki ho'olālā o kēia manawa

- **Ho'ohui i nā lā'au lapa'au hou i ka Laa laau Papa inoa a wehe koke a ho'ololi paha i kahi lā'au like ma ka Laa laau Papa inoa.**
 - I ka ho'ohui 'ana i kahi mana hou o ka lā'au lapa'au i ka Laa laau Papa inoa, hiki iā mākou ke wehe koke i kahi lā'au like mai ka Laa laau Papa inoa, e ho'one'e i ka lā'au like i kahi papa koina-Ka'ana like, ho'ohui i nā mea 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.

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

- E hana mākou i kēia mau ho'ololi koke wale nō inā mākou e ho'ohui i kahi mana ma'amau hou o kahi inoa a ho'ohui paha i kekahi nā mana like biosimilar hou o kahi huahana olaola mua i kau mua 'ia ma ka Laau laau Papa inoa.
- Hiki iā mākou ke hana koke i kēia mau loli a ha'i iā 'oe ma hope, 'oiai 'oe e lawe ana i ka lā'au ā mākou e lawe ai a ho'ololi ai. Inā 'oe e lawe ana i ka lā'au like i ka manawa ā mākou e hana ai i ka loli, e ha'i mākou iā 'oe e pili ana i kekahi loli kiko'i ā mākou i hana ai.
- **Ho'ohui i nā lā'au lapa'au i ka Papa Lapa'au a me ka wehe 'ana a i 'ole ka ho'ololi 'ana i ka lā'au like ma ka Laau laau Papa inoa me ka ho'olaha mua.**
 - 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 wale nō inā mākou e ho'ohui i kahi mana ma'amau hou o kahi hō'ailona inoa lā'au hō'ailona inoa a ho'ohui paha i kekahi mau mana like biosimilar hou o kahi huahana olaola mua i loa'a mua 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 loli 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 Papa inoa o nā lā'au 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 Papa inoa o nā lā'au. Ina e lawe ana oe i kela laau, e ha'i mākou iā 'oe ma hope o kā mākou hana 'ana i ka ho'ololi.
- **Ke hana 'ana i nā loli 'ē a'e i nā lā'au ma ka Papa inoa o nā lā'au.**
 - 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.
 - E ha'i mākou iā 'oe ma kahi o 30 mau lā ma mua o ka hana 'ana i kēia mau ho'ololi, a i 'ole e ha'i iā 'oe e pili ana i ka ho'ololi 'ana a uhi i kahi ho'opiha hou 30 lā o ka lā'au lapa'au āu e lawe nei.

Inā mākou e hana i kekahi o kēia mau loli i kekahi o nā lā'au āu e lawe nei, e kama'ilio me kāu mea kuhikuhi e pili ana i nā koho e hana maika'i loa iā 'oe, me ka ho'ololi 'ana i kahi lā'au 'ē a'e e mālama i kou kūlana, a i 'ole e noi i kahi ho'oholo ho'opili e ho'okō i nā palena hou ma 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 ho'opili, me kahi 'oko'a, e 'ike i ka Mokuna 9.

Mokuna 5 Ke ho'ohana 'ana i ka ho'olālā's uhi no nā lā'au Māhele D**Nā loli i ka Laau laau Papa inoa 'a'ole e pili iā 'oe i ka makahiki ho'olālā o kēia manawa**

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

Ma ke 'ano laulā, nā loli e hiki 'ole ke pili 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.
- Inā wehe mākou i kāu lā'au mai ka "Laau laau Papa inoa".

Inā kū kekahi o kēia mau loli no kahi lā'au āu e lawe nei (akā 'a'ole ma muli o ka ha'alele 'ana o kahi mākeke, Ma'amau Laau laau pani ana i a lā'au hō'ailona inoa, a i 'ole nā ho'ololi 'ē a'e i 'ike 'ia i nā part i luna), a laila 'a'ole e ho'opili ka ho'ololi i kāu ho'ohana a i 'ole. he aha kāu e uku ai i kāu Paukū 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 'ano loli i ka makahiki ho'olālā o kēia manawa. Pono 'oe e nānā i ka Laau laau Papa inoa no ka makahiki ho'olālā a'e (i ka wā e loa'a ai ka papa inoa i ka wā o ka Wehe Kakau inoa Kau) e 'ike inā loa'a kekahi mau loli i nā lā'au āu e lawe nei e pili iā 'oe i ka makahiki ho'olālā a'e.

MĀHELE 7 He aha nā lawelawe 'a'ole i uhi 'ia e ka ho'olālā?**Māhele 7.1 Nā 'ano lā'au 'a'ole mākou e uhi**

Hō'ike kēia āpana i nā 'ano lā'au 'ōlelo kuhikuhi i ho'okoe 'ia. 'O ia ho'i, 'a'ole uku 'o Medicare i kēia mau lā'au.

Inā 'oe e ho'opi'i a loa'a ka lā'au i noi 'ia 'a'ole i ho'okoe 'ia ma lalo o Māhele D, e uku mākou no ia a uhi iā ia. (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.

Eia nā rula laulā 'ekolu e pili ana i nā lā'au 'a'ole hiki i nā ho'olālā lā'au Medicare ke uhi ma lalo o Māhele D:

- 'A'ole hiki i ka uhi lā'au Māhele D o kā mākou ho'olālā ke uhi i kahi lā'au e uhi 'ia ma lalo o Medicare Part A 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 kāna mau 'āina.
- 'A'ole hiki i kā mākou ho'olālā ke uhi i ka ho'ohana 'ana i ka lā'au ke kāko'o 'ole 'ia e kekahi mau kuhikuhi, e like me ka American Hospital Formulary Service Drug Information a me ka Micromedex DRUGDEX Information System. 'O ka ho'ohana 'ana

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

i kahi lā'au 'ē a'e ma mua o nā mea i hō'ike 'ia ma ka hō'ailona o ka lā'au e 'ae 'ia e ka Food and Drug Administration.

Eia kekahi, ma ke kānāwai, 'a'ole uhi 'ia nā 'ano lā'au i helu 'ia ma lalo e Medicare. Eia na'e, Hiki ke uhi 'ia kekahi o kēia mau lā'au lapa'au iā 'oe ma lalo o kōu 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 Medicaid ma ka Mokuna 2, Māhele 6.)

- Nā lā'au 'ole prescription (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'ōia 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 prescription 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
- Nā lā'au ma waho o ka ho'okolokolo i koi 'ia e ka mea hana i nā hō'ike i pili a i 'ole nā lawelawe nānā e kū'ai 'ia wale nō mai ka mea hana ma ke 'ano he kūlana kū'ai.

Inā loa'a iā 'oe ka "Extra Help" e uku no kōu prescription, 'a'ole e uku ka papahana "Extra Help" no nā lā'au 'a'ole i uhi 'ia ma'amau. Eia nō na'e, inā loa'a iā 'oe ka uhi lā'au ma o Medicaid, hiki i kōu papahana Medicaid moku'āina ke uhi i kekahi mau lā'au 'ōlelo kuhikuhi 'a'ole i uhi ma'amau i kahi ho'olālā lā'au Medicare. E 'olu'olu e kelepona i kōu papahana Medicaid moku'āina e ho'oholo i ka mea uhi lā'au e loa'a iā 'oe. (Hiki iā 'oe ke loa'a nā helu kelepona a me ka 'ikepili pili no Medicaid ma ka Mokuna 2, Māhele 6.)

MĀHELE 8 Ho'opiha i kahi 'ōlelo kuhikuhi

Māhele 8.1 Hā'awi i kōu 'ike lālā

No ka ho'opiha 'ana i kōu prescription, hā'awi i kōu 'ike lālā ho'olālā, i loa'a ma kōu kāleka lālā, ma ka lā'au pūnaewele āu e koho ai. E ukali koke ke lā'au pūnaewele i ka ho'olālā no kōu lā'au.

Māhele 8.2 Pehea inā 'a'ohe ou 'ike lālā me 'oe?

Inā 'a'ohe ou 'ike lālā ho'olālā me 'oe i ka wā e ho'opiha ai 'oe i kōu prescription, hiki iā 'oe a i 'ole ke lā'au ke kelepona i ka ho'olālā e ki'i i ka 'ike e pono ai, a hiki iā 'oe ke noi i ke lā'au e nānā i kōu 'ike enrollment ho'olālā.

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

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 prescription i ka wā e ki'i ai 'oe iā ia.** (Hiki iā 'oe ke noi iā mākou e ho'ihō'i iā 'oe. E 'ike i ka Mokuna 7, Māhele 2 no ka 'ike e pili ana i ke noi 'ana i ka ho'olālā no ka uku ho'ihō'i.)

MĀHELE 9 Māhele D ka uhi lā'au i nā kūlana kūikawā

Māhele 9.1 Pehea inā aia 'oe i loko o kahi haukapila a i 'ole kahi hale hanai akamai no kahi noho i uhi 'ia e ka ho'olālā?

Inā loa'a iā 'oe i loko o kahi haukapila a i 'ole kahi hale hanai akamai no kahi noho i uhi 'ia e ka ho'olālā, e uhi mau mākou i ke kumukū'ai o kāu mau lā'au prescription i ka wā o kāu noho 'ana. Ke ha'alele 'oe i ka haukapila a i 'ole ka hale hanai akamai, e uhi ka ho'olālā i kāu mau lā'au prescription inā kū like nā lā'au me kā mākou mau rula no ka uhi 'ana i wehewehe 'ia i kēia Mokuna.

Māhele 9.2 Pehea inā 'oe he kama'āina ma kahi hale mālama lō'ihī (LTC)?

'O ka ma'amau, he hale mālama lō'ihī (LTC) (e like me ka hale hānai) he lā'au lapa'au kū'oko'a a ho'ohana paha i kahi lā'au e ho'olako i nā lā'au no kāna mau kama'āina a pau. Inā 'oe he kama'āina o kahi hale mālama lō'ihī, hiki iā 'oe ke loa'a i kāu lā'au 'ōlelo kuhikuhi ma o ka lā'au lapa'au o ka hale a i 'ole ka mea a ia e ho'ohana ai, inā he 'āpana ia o kā mākou pūnaewe.

E nānā i kāu *Papa kuhikuhi mea ho'olako & Papa kuhikuhi laau lapaau*

www.2025wellcaredirectories.com e 'ike inā he 'āpana o kā mākou hale kū'ai LTC a i 'ole ka mea e ho'ohana ai. Inā 'a'ole ia, a i 'ole inā makemake 'oe i ka 'ike hou aku a i 'ole ke kōkua, e 'olu'olu e kelepona i nā lawelawe lālā. Inā 'oe ma kahi hale mālama lō'ihī, pono mākou e hō'ōia i ka hiki iā 'oe ke loa'a mau i kāu mau pōmaika'i Māhele D ma o kā mākou pūnaewe o nā lā'au lapa'au LTC.

Pehea inā 'oe he kama'āina ma kahi hale mālama lō'ihī (LTC) a makemake i kahi lā'au 'a'ole ma kā mākou Laau laau Papa inoa a i loa'a kekahi 'ano palena?

E 'olu'olu e 'ike i ka Māhele 5.2 e pili ana i kahi lako manawa a i 'ole pilikia.

Māhele 9.3 Pehea inā loa'a iā 'oe kekahi uhi lā'au mai kahi mea hana a i 'ole papahana hui po'e ho'opa'a hānai?

Inā loa'a iā 'oe i kēia manawa kekahi uhi lā'au prescription ma o kāu (a i 'ole kāu kāne a i 'ole kāna hoa pū) mea hana a i 'ole papahana hui po'e ho'opa'a hānai, e 'olu'olu e kelepona i **luna ho'oponopono pomaikai o kēlā hui.** Hiki iā lākou ke kōkua iā 'oe e ho'oholo pehea e hana ai kāu uhi lā'au prescription o 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 kāu uhi hui.

Mokuna 5 Ke ho'ohana 'ana i ka ho'olālā's uhi no nā lā'au Māhele D**‘Ōlelo kūikawā e pili ana i ka uhi ‘ai‘ē:**

Pono e ho'ouna kēlā me kēia makahiki kāu mea hana a i 'ole papahana hui po'e ho'opa'a hānai i kahi ho'olaha e ha'i ana inā he uhi 'ai'ē kāu uhi lā'au prescription no ka makahiki kalena a'e.

Inā he uhi 'ai'ē ka uhi mai ka ho'olālā hui, 'o ia ho'i, ua mana'o 'ia e uku ka ho'olālā ma ka ma'amau, ma ka li'ili'i, e like me ka uhi lā'au prescription ma'amau a Medicare.

E mālama i kēia ho'olaha e pili ana i ka uhi 'ai'ē, no ka mea hiki paha iā 'oe ke makemake iā ia ma hope aku. Inā 'oe e ho'opa'a inoa i kahi ho'olālā Medicare e ho'okomo pū ana i ka uhi lā'au Māhele D, hiki iā 'oe ke makemake i kēia ho'olaha e hō'ike i ka mālama 'ana i ka uhi 'ai'ē. Inā 'a'ole 'oe i loa'a i ka ho'olaha uhi 'ai'ē, e noi i kahi kope mai ka luna ho'oponopono pomaikai o kāu mea hana a i 'ole papahana hui a i 'ole ka hui a i 'ole ka hui.

Māhele 9.4	Pehea inā 'oe i loko o ka hale hospice i hō'oiā 'ia e Medicare?
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'A'ole uhi 'ia ka lā'au like e hospice a me kā mākou ho'olālā i ka manawa like. Inā 'oe i kākau inoa 'ia ma Medicare hospice a makemake i kekahi lā'au (e la'a me, nā lā'au kū'ē nausea, nā laxatives, nā lā'au ho'ōla 'eha a i 'ole nā lā'au kū'ē hopohopo) 'a'ole i uhi 'ia e kāu hospice no ka mea 'a'ole pili ia i kou ma'i hope loa a me nā kūlana pili, pono kā mākou ho'olālā e loa'a ka ho'olaha mai ka mea kuhikuhi a i 'ole kāu mea ho'olako hospice e pili ana i ka lā'au 'a'ole pili ma mua o kā mākou ho'olālā hiki ke uhi i ka lā'au. No ka pale 'ana i ka ho'oikaika 'ana i ka loa'a 'ana o kēia mau lā'au e pono e uhi 'ia e kā mākou ho'olālā, e noi i kāu mea ho'olako hospice a i 'ole mea kuhikuhi e hā'awi i ka ho'olaha ma mua o ka ho'opiha 'ia 'ana o kāu prescription.

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

MĀHELE 10	Nā Papahana e pili ana i ka palekana lā'au a me ka ho'okele lā'au
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Māhele 10.1	Nā Papahana e kōkua i nā lālā e ho'ohana i nā lā'au me ka palekana
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Hana mākou i nā loiloi ho'ohana lā'au no kā mākou mau lālā e hō'oiā i ka loa'a 'ana o ka mālama palekana a kūpono.

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

- Nā hewa lā'au hiki ke hana 'ia

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

- Nā lā'au paha 'a'ole pono no ka mea ke lawe 'oe i kekahi lā'au like e mālama i ka ma'i 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 me nā mea i 'ono 'ole iā 'oe
- Nā hewa hiki i ka nui (nā dosage) o kahi lā'au āu e lawe nei
- Nā nui 'ole palekana o nā lā'au ho'ōla 'eha opioid

Inā 'ike mākou i kekahi pilikia hiki ke loa'a i kāu ho'ohana lā'au, e hana pū mākou me kāu mea ho'olako e ho'oponopono i ka pilikia.

Māhele 10.2	Papahana Ho'okele Lā'au (DMP) e kōkua i nā lālā e ho'ohana palekana i kā lākou mau lā'au opioid
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Loa'a iā mākou kahi papahana e hō'oia i ka ho'ohana palekana 'ana o nā lālā i nā lā'au prescription 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 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'oia 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 prescription 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 kūikawā
- 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 kūikawā
- Ho'opau mākou i ka nui o nā lā'au opioid a i 'ole benzodiazepine e uhi mākou iā 'oe

Inā ho'olālā mākou e ho'opau i kāu hiki ke loa'a i kēia mau lā'au a i 'ole ka nui āu e hiki ke loa'a, e ho'ouna mākou iā 'oe i kahi leka ma mua. 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 kōi '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. E loa'a iā 'oe kahi manawa kūpono e ha'i iā mākou i nā mea kuhikuhi a i 'ole nā lā'au āu e makemake ai e ho'ohana, a e pili ana i kekahi 'ike 'ē a'e āu e mana'o ai he mea nui iā mākou e 'ike ai. Ma hope o kāu manawa kūpono e pane mai ai, inā ho'oholo mākou e ho'opau i kāu uhi no kēia mau lā'au, e ho'ouna mākou iā 'oe i kahi leka 'ē a'e e hō'oia 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 'oe e ho'opi'i, e nānā mākou i kāu hihia a hā'awi iā 'oe i kahi ho'oholo hou. Inā ho'omau mākou e hō'ole i kekahi 'āpana o kāu noi e pili ana i nā palena e pili ana i kāu komo 'ana i nā lā'au, e ho'ouna mākou i kāu hihia i ka luna nānā kū'oko'a ma waho o kā mākou ho'olālā. E 'ike i ka Mokuna 9 no ka 'ike e pili ana i ke noi 'ana i ka ho'opi'i.

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

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

Māhele 10.3	Papahana Ho'okele Lā'au (MTM) e kōkua i nā lālā e ho'okele i kā lākou mau lā'au
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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 Papahana Ho'okele Lā'au (MTM). He makemake kēia papahana a manuahi. Ua ho'omohala 'ia kahi hui o nā lā'au lapa'au a me nā kauka i ka papahana no mākou e kōkua i ka hō'ōia 'ana e loa'a i kā mākou mau lālā nā pōmaika'i 'oi loa mai nā lā'au ā lākou e lawe ai.

Hiki i kekahi mau lālā i loa'a i kekahi mau ma'i lō'ihī a lawe i nā lā'au e 'oi aku ka nui o nā lilo lā'au prescription a i 'ole e komo i kahi DMP e kōkua i nā lālā e ho'ohana i kā lākou mau opioid me ka palekana, hiki iā lākou ke loa'a i nā lawelawe ma o kahi papahana 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 kōu mau lā'au āpau. I ka wā o ka loiloi, hiki iā 'oe ke kama'ilio e pili ana i kōu mau lā'au, kōu mau koina, a me nā pilikia a i 'ole nā nīnau āu e loa'a ai e pili ana i kōu lā'au prescription 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 kōu 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 kōu e lawe ai, a i ka manawa a me ke kumu e lawe ai 'oe iā lākou. Eia kekahi, e loa'a i nā lālā i ka papahana MTM ka 'ike e pili ana i ka ho'opau palekana 'ana i nā lā'au prescription i mālama 'ia nā mea.

He mana'o maika'i ke kama'ilio i kōu kauka e pili ana i kōu papa hana kūpono i ka hana a me ka papa lā'au. E lawe i ka hō'ulu'ulu pū me 'oe i kōu kipa a i kēlā me kēia manawa e kama'ilio ai 'oe me kōu mau kauka, nā lā'au lapa'au, a me nā mea ho'olako olakino 'ē a'e. E mālama pū i kōu papa lā'au i kēia manawa a me 'oe (no ka la'ana, me kōu ID) inā hele 'oe i ka haukapila a i 'ole lumi pilikia.

Inā loa'a iā mākou kahi papahana kūpono no kōu mau pono, e ho'opa'a inoa mākou iā 'oe ma ka papahana a e ho'ouna iā 'oe i ka 'ike. Inā ho'oholo 'oe 'a'ole e komo, e 'olu'olu e hō'ike iā mākou a e ho'opau mākou iā 'oe. Inā loa'a iā 'oe nā nīnau e pili ana i kēia papahana, e 'olu'olu e kelepona i nā lawelawe lālā.

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

MĀHELE 11 Ho'ouna mākou iā 'oe i nā hō'ike e wehewehe ana i nā uku no kāu mau lā'au a me ka papa uku āu e komo ai

Māhele 11.1	Ho'ouna mākou iā 'oe i kahi hō'ulu'ulu kēlā me kēia mahina i kapa 'ia 'o ka <i>Wehewehe o nā Pōmaika'i Māhele D</i> (ka Māhele D EOB)
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Mālama kā mākou ho'olālā i ka mo'olelo o nā koina o kāu mau lā'au prescription a me nā uku āu i hana ai i ka wā āu e ho'opiha ai a i 'ole e ho'opiha hou ai i kāu mau prescription ma ka lā'au lapa'au. Ma kēia ala, hiki iā mākou ke ha'i iā 'oe ke ne'e 'oe mai kekahi papa uku lā'au a hiki i ka mea a'e. Ma ke 'ano laulā, 'elua 'ano koina ā mākou e mālama ai i ka mo'olelo:

- Mālama mākou i ka mo'olelo pehea kāu e uku ai. Ua kapa 'ia kēia 'o kāu **Koina-waho-o-Pū'ulu**. Ho'opili kēia i kāu mea i uku ai ke loa'a iā 'oe kahi lā'au lapa'au Māhele D i uhi 'ia, nā uku no kāu mau lā'au i hana 'ia e ka 'ohana a i 'ole nā hoaaloha, a me nā uku i hana 'ia no kāu mau lā'au ma o ka "Kōkua keu (Extra Help)" mai Medicare, nā ho'olālā olakino a i 'ole uniona. TRICARE, 'Oihana Ola India, Nā ho'olālā kōkua lā'au AIDS, nā hana aloha, a me ka hapa nui o nā Papahana Kokua Lapa'au Moku'āina (SPAPs).
- Mālama mākou i ka mo'olelo o kāu mau **Lilo Lā'au Laulā**. 'O kēia ka huina o nā uku a pau no kāu lā'au lapa'au Māhele D laau laau. Loa'a i nā mea i uku 'ia e ka ho'olālā, nā mea āu i uku ai, a he aha nā ho'olālā a hui 'ē a'e i uku no kāu mau lā'au lapa'au Māhele D laau laau.

Inā loa'a iā 'oe ho'okahi a 'oi a'e paha nā palapala kauoha i ho'opiha 'ia ma ka ho'olālā i ka mahina i hala aku nei e ho'ouna mākou iā 'oe i kahi *Māhele D* EOB. Ho'okomo 'ia ka Māhele D EOB:

- **'Ike no kēlā mahina.** Hā'awi kēia hō'ike i nā kiko'i uku e pili ana i nā 'ōlelo kuhikuhi āu i ho'opiha ai i ka mahina i hala. Hō'ike ia i nā lilo lā'au holo'oko'a, nā mea i uku 'ia e ka ho'olālā, a me nā mea āu a me nā po'e 'ē a'e i uku ai ma kāu 'ao'ao.
- **Nā huina no ka makahiki mai Ianuali 1.** Ua kapa 'ia kēia 'o ka 'ike makahiki a hiki i kēia lā. Hō'ike ia i nā lilo lā'au holo'oko'a a me nā uku holo'oko'a no kāu mau lā'au mai ka ho'omaka 'ana o ka makahiki.
- **'Ikepili kumukū'ai lā'au.** Hō'ike kēia 'ike i ke kumukū'ai lā'au holo'oko'a, a me ka 'ike e pili ana i nā pi'i kumukū'ai mai ka ho'opiha mua 'ana no kēlā me kēia koi prescription o ka nui like.
- **Nā 'ōlelo kuhikuhi lā'au kū'oko'a kumukū'ai ha'aha'a i loa'a.** E komo pū ana kēia me ka 'ike e pili ana i nā lā'au 'ē a'e i loa'a me ka ka'ana like ha'aha'a no kēlā me kēia koi prescription, inā kūpono.

Mokuna 5 Ke ho'ohana 'ana i ka ho'olālā's uhi no nā lā'au Māhele D**Māhele 11.2 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 kēia me kēia manawa āu e ho'opiha ai i kahi prescription.** Kōkua kēia iā mākou e hō'oiā i ka 'ike 'ana i nā 'ōlelo kuhikuhi āu e ho'opiha ai a me ka mea āu 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 prescription. I kēia mau hihia, 'a'ole mākou e loa'a ma'alaha i ka 'ike e pono ai e mālama i ka mo'olelo o kāu mau koina-waho-o-pū'ulu. 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. **Eia nā la'ana o ka manawa āu e hā'awi mai ai iā mākou i nā kope o kāu mau ho'opa'a lā'au:**
 - Ke kū'ai 'oe i kahi lā'au i uhi 'ia ma kahi lā'au pūnaeweale ma ke kumukū'ai kūikawā a i 'ole me ka ho'ohana 'ana i kahi kāleka ho'ēmi 'a'ole i komo i ka pōmaika'i o kā mākou ho'olālā.
 - Ke hana 'oe i kahi uku hui no nā lā'au i hā'awi 'ia ma lalo o kahi papahana kōkua mea hana lā'au lapa'au.
 - 'O kēia me kēia manawa āu e kū'ai ai i nā lā'au i uhi 'ia ma nā lā'au lapa'au i waho o ka pūnaeweale a i 'ole nā manawa 'ē a'e āu i uku ai i ke kumukū'ai holo'oko'a 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 'āpana 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 i hana 'ia e nā po'e 'ē a'e ma kāu 'ao'ao.** Nā uku i hana 'ia e kekahi mau kanaka a me nā hui 'ē a'e e helu pū i nā koina-waho-o-pū'ulu āu. 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 pono iā ia e hō'oiā i ka pololei a me ka piha o ka 'ike. Inā 'oe e mana'o he mea kōkua i kēia, a i 'ole inā loa'a iā 'oe nā nīnau, e 'olu'olu e kelepona iā mākou ma nā Lawelawe Lālā. Ma kahi o ka loa'a 'ana o kahi *Wehewehe o nā Pōmaika'i 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 EOB uila he Māhele D EOB 'ole pepa. 'O nā Māhele D EOB 'ole pepa nā kope pololei (ki'i) o nā Māhele D EOB i pa'i 'ia. E mālama pono i kēia mau hō'ike.

MOKUNA 6:

*Ka mea āu e uku ai no kāu
Nā lā'au prescription Māhele D*

Mokuna 6 Ka mea āu e uku ai no kāuNā lā'au prescription Māhele D

**Pehea 'oe e loa'a ai ka 'ikepili e pili ana i kāu lilo lā'au?**

No ka mea ua kūpono 'oe no ka Hawaii Med-QUEST Division Program (Medicaid), pono 'oe a loa'a "Kōkua keu (Extra Help)" ai Medicare e uku no kāu mau kumukū'ai ho'olālā lā'au. No ka mea aia 'oe ma ka papahana "Kōkua Keu," **'a'ole pili kekahi 'ike ma kēia Hō'ike no ka uhi 'ana e pili ana i nā lilo no nā lā'au Māhele D iā 'oe.** Ua ho'ouna aku mākou iā 'oe i kahi ho'okomo 'oko'a, i kapa 'ia 'o Hō'ike'ike o ka uhi *Hō'ike no ka uhi 'ana Lider no ka Po'e Loa'a "Kōkua keu (Extra Help)" Uku no na Laau Laau* (i kapa 'ia 'o Ha'aha'a - Ho'okele Kokua Loa'a a i 'ole LIS Rider), e ha'i ana iā 'oe e pili ana i kāu lā'au. kaupalena. Inā 'a'ohe ou ho'okomo kū'oko'a, e 'olu'olu e kelepona iā mākou ma nā Lawelawe Lālā, a noi i ka LIS Rider.

MOKUNA 7:

*Ke noi nei iā mākou e uku i kā mākou
Paukū o kahi pila i loa‘a iā ‘oe no nā
lawelawe olakino uhi ‘ia a lā‘au paha*

Mokuna 7 Ke noi nei iā mākou e uku i kā mākou Pauku o kahi pila i loa'a iā 'oe no nā lawelawe olakino uhi 'ia a lā'au paha

MĀHELE 1 Nā kūlana i hiki iā 'oe ke noi iā mākou e uku i kāu mau lawelawe a i 'ole lā'au i uhi 'ia

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

Inā 'oe i uku no kahi lawelawe a Medicare i uhi 'ia a i 'ole mea i uhi 'ia e ka ho'olālā, hiki iā 'oe ke noi i kā mākou ho'olālā e ho'ihō'i iā 'oe (ka ho'ihō'i 'ana iā 'oe i kapa pinepine 'ia 'o ka ho'ihō'i 'ana iā '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'ihō'i 'ia. E 'olu'olu e 'ike i ka Māhele 2 o kēia mokuna. Ke ho'ouna 'oe iā mākou i kahi bila āu i uku ai i kēia manawa, e nānā mākou i ka bila a ho'oholo inā e uhi 'ia nā lawelawe a i 'ole lā'au. Inā mākou e ho'oholo e uhi 'ia lākou, e ho'ihō'i mākou iā 'oe no nā lawelawe a i 'ole lā'au.

Hiki nō i kekahi manawa e loa'a iā 'oe kahi bila mai kahi mea ho'olako no ke kumukū'ai piha o ka mālama lā'au āu i loa'a ai a i 'ole paha no ka 'oi aku o kāu 'āpana o ka ka'ana like 'ana i kama'ilio 'ia ma kēia palapala. E ho'ā'o mua e ho'oponopono i ka bila me ka mea ho'olako. Inā 'a'ole hana ia, e ho'ouna i ka bila iā mākou ma kahi o ka uku 'ana. E nānā mākou i ka bila a ho'oholo inā e uhi 'ia nā lawelawe. Inā mākou e ho'oholo e uhi 'ia lākou, e uku mākou i ka mea ho'olako pololei. Inā ho'oholo mākou 'a'ole e uku ia, e ho'omaopopo mākou i ka mea ho'olako. 'A'ole 'oe e uku ma mua o ka koina-ka'ana like i 'ae 'ia e ka ho'olālā. Inā ua ho'ohui 'ia kēia mea ho'olako, loa'a iā 'oe ka pono e loa'a i ka mālama.

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

1. Ke loa'a iā 'oe ka mālama lā'au pilikia a i 'ole mālama i makemake koke 'ia mai kahi mea ho'olako 'a'ole i loko o kā mākou pūnaewe e ho'olālā.

Hiki iā 'oe ke loa'a i nā lawelawe pilikia a i 'ole i makemake koke 'ia mai kēlā me kēia mea ho'olako, inā paha he 'āpana o kā mākou pūnaewe e ka mea ho'olako a 'a'ole paha. I kēia mau hihia, e noi i ka mea ho'olako e ho'ouna i ka bila i ka ho'olālā.

- Inā 'oe e uku i ke kumukū'ai holo'oko'a i ka manawa āu e loa'a ai ka mālama, e noi iā mākou e ho'ihō'i iā 'oe i ke kālā. E ho'ouna mai iā mākou i ka bila, me nā palapala o nā uku āu i hana ai.
- Hiki iā 'oe ke loa'a i kahi bila mai ka mea ho'olako e noi ana i kahi uku āu e mana'o ai 'a'ole 'oe e uku. E ho'ouna mai iā mākou i kēia bila, me nā palapala o nā uku āu i hana ai i kēia manawa.

Mokuna 7 Ke noi nei iā mākou e uku i kā mākou Pauku o kahi pila i loa'a iā 'oe no nā lawelawe olakino uhi 'ia a lā'au paha

- Inā loa'a i ka mea ho'olako kekahi mea e uku 'ia, e uku pololei mākou i ka mea ho'olako.
- Inā ua uku mua 'oe no ka lawelawe, e ho'ihō'i mākou iā 'oe i ke kālā.

2. Ke ho'ouna mai kahi mea ho'olako pūnaeweale i ka bila āu e mana'o ai 'a'ole 'oe e uku.

Pono nā mea ho'olako pūnaeweale e ho'ouna pololei i ka bila i ka ho'olālā. Akā i kekahi manawa, hana lākou i nā hewa 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'oka'a'ike pololei mākou i ka mea ho'olako a ho'oponopono i ka pilikia bila.
- Inā ua uku mua 'oe i kahi bila i kahi mea ho'olako pūnaeweale, e ho'ouna mai i ka bila me nā palapala o nā uku āu i hana ai. Pono 'oe e noi iā mākou e ho'ihō'i iā 'oe i ke kālā no kāu mau lawelawe i uhi 'ia.

3. Inā loa'a iā 'oe ke kākau inoa hou i loko o kā mākou ho'olālā.

I kekahi manawa, ho'olālā 'ia ka kākau inoa o kekahi kanaka i loko o ka ho'olālā ma hope. (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 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'ihō'i iā 'oe i ke kālā. 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'ihō'i kālā.

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

Inā 'oe e hele i kahi lā'au lapa'au i waho o ka pūnaeweale, 'a'ole hiki i ka lā'au ke ho'ouna pololei i ka koi iā mākou. Ke hana kēlā, pono 'oe e uku i ke kumukū'ai holo'oko'a o kāu prescription.

E mālama i kāu ho'opa'a a e ho'ouna mai i kahi kope iā mākou ke noi 'oe iā mākou e ho'ihō'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 nānā i ka Mokuna 5, Māhele 2.5 no ke kūkākūkā 'ana i kēia mau kūlana. Pono mākou e ho'ihō'i 'ole iā 'oe i ka 'oko'a ma waena o kāu i uku ai no ka lā'au ma ka lā'au lapa'au i waho o ka pūnaeweale a me ka nui ā 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 kahi prescription no ka mea 'a'ohe ou kāleka lālā ho'olālā me 'oe.

Inā 'a'ohe ou kāleka lālā ho'olālā me 'oe, hiki iā 'oe ke noi i ka lā'au e kelepona i ka ho'olālā a i 'ole e nānā i kāu 'ike kākau inoa ho'olālā. Eia na'e, inā 'a'ole hiki i ka lā'au ke loa'a koke i ka 'ike kākau inoa e pono ai lākou, pono 'oe e uku i ke kumukū'ai holo'oko'a o ka prescription ma kāu iho. E mālama i kāu ho'opa'a a e ho'ouna mai i kahi kope iā mākou ke

Mokuna 7 Ke noi nei iā mākou e uku i kā mākou Pauku o kahi pila i loa'a iā 'oe no nā lawelawe olakino uhi 'ia a lā'au paha

noi 'oe iā mākou e ho'ihō'i iā 'oe i ke kālā. Pono mākou e ho'ihō'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 prescription.

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

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

- E la'a me, 'a'ole paha ma ka Laau laau Papa inoa o ka ho'olālā ka lā'au a hiki paha ke loa'a kahi koi a i 'ole palena 'a'ole 'oe i 'ike 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'ihō'i iā 'oe i ke kālā. I kekahi mau kūlana, pono mākou e loa'a i ka 'ike hou aku mai kāu kauka i mea e ho'ihō'i ai iā 'oe i ke kālā no ka lā'au. Pono mākou e ho'ihō'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 prescription.

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 Federal 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 prescription. 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'ihō'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'ihō'i kālā.

- E ho'ouna mai i kahi kope o kāu mau ho'opa'a iā mākou ke noi 'oe iā mākou e ho'ihō'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 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 (*He aha e hana inā loa'a iā 'oe kahi pilikia a i 'ole ho'opi'i (nā ho'oholo uhi, nā ho'opi'i, nā ho'opi'i)*) e pili ana i ka hana 'ana i ka ho'opi'i.

Ke ho'ouna mai 'oe i kahi noi no ka uku, e nānā mākou i kāu noi a ho'oholo inā e uhi 'ia ka lawelawe a i 'ole ka lā'au. Ua kapa 'ia **kēia he ho'oholo uhi**. Inā ho'oholo mākou e uhi 'ia, e

Mokuna 7 Ke noi nei iā mākou e uku i kā mākou Pauku o kahi pila i loa'a iā 'oe no nā lawelawe olakino uhi 'ia a lā'au paha

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. Loa'a ka 'ike i ka Mokuna 9 o kēia palapala e pili ana i ka hana 'ana i ka ho'opi'i.

MĀHELE 2 Pehea e noi ai iā mākou e ho'iho'i iā 'oe i ke kālā a i 'ole e uku i kahi bila āu i loa'a ai

Hiki iā 'oe ke noi iā mākou e ho'iho'i iā 'oe i ke kālā ma ka ho'ouna 'ana iā mākou i kahi noi kākau. Inā 'oe e ho'ouna i kahi noi kākau, e ho'ouna mai i kāu bila a me nā palapala o kēia me kēia 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 mai i kāu koi iā mākou i loko o 365 lā (no nā koi olakino) a i loko o 'ekolu mau makahiki (no nā koi lā'au)** mai ka lā āu i loa'a ai ka lawelawe, mea, a i 'ole lā'au.

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

- 'A'ole 'oe e pono e ho'ohana i ka palapala, akā e kōkua ia iā mākou e ho'oma'ama'a koke 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'ouia 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, Nā Kōdē Nā Papa 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 ho'oiho i kahi kope o ka palapala mai kā mākou pūnaewe puni honua (www.wellcare.com/ohana) a i 'ole e kelepona iā Member Services a e 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:

Mokuna 7 Ke noi nei iā mākou e uku i kā mākou Pauku o kahi pila i loa'a iā 'oe no nā lawelawe olakino uhi 'ia a lā'au paha

Helu Noi Uku Māhele D

Wellcare Medicare Part D Claims

Attn: Member Reimbursement Department

P.O. Box 31577

Tampa, FL 33631-3577

MĀHELE 3 E nānā mākou i kāu noi no ka uku a 'ōlelo i ka 'ae a i 'ole 'a'ole

Māhele 3.1 Nānā mākou e 'ike inā mākou pono e uhi i ka lawelawe a i 'ole ka lā'au

Ke loa'a ka noi no ka uku 'ana mai iā mākou, e ha'i aku mākou iā 'oe inā makemake mākou i kekahi 'ike hou aku mai iā 'oe. 'A'ole hiki ke 'ike i kāu noi a hana i ka ho'oholo ho'opili.

- Inā ho'oholo mākou ua uhi 'ia ka mālama olakino a i 'ole ka lā'au lapa'au Ua hahai 'oe i nā lula a pau, 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 ua uku 'oe i ke kumukū'ai piha o ka lā'au, hiki 'ole ke ho'ihō'i piha 'ia ka huina āu i uku ai (no ka la'ana, inā loa'a iā 'oe ka lā'au i kahi lā'au lapa'au i waho o ka pūnaeweale a inā 'oi aku ke kumukū'ai kālā āu i uku ai no ka lā'au ma mua o kā mākou kumu kū'ai i kūkā 'ia). Inā 'a'ole 'oe i uku no ka lawelawe a i 'ole ka lā'au, e ho'ouna pololei mākou i ka uku i ka mea ho'olako.
- 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 i kahi leka e wehewehe ana i nā kumu e waiho 'ole mākou i ka uku a me kāu mau kuleana e ho'opi'i i kēlā ho'oholo.

Māhele 3.2 Inā mākou e ha'i 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 hana hewa mākou i ka ho'ohuli 'ana i kāu noi no ka uku a i 'ole ke kumukū'ai āu e uku ai, hiki iā 'oe ke hana i ka ho'opi'i. Inā hana 'oe i ka ho'opi'i, '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 a mākou i ho'ohuli ai 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 ke 'ano o ka hana 'ana i kēia ho'opi'i, e hele i ka Mokuna 9 o kēia palapala.

MOKUNA 8:

Kou kuleana a me nā kuleana

Mokuna 8 Kou kuleana a me nā kuleana

MĀHELE 1 Pono kā mākou ho'olālā e mahalo i kāu mau kuleana a me nā mana'o mo'omeheu ma ke 'ano he lālā o ka ho'olālā

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, ma ke kani, ma ka braille, ma ka pa'i nui, a i 'ole nā format 'ē a'e, a pēlā aku.)

Pono ka 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. Nā la'ana o ka hiki ke ho'okō 'ia o ka ho'olālā i kēia mau koi hiki ke loa'a, akā 'a'ole palena 'ia i ka hā'awi 'ana i nā lawelawe unuhi, nā lawelawe unuhi, nā teletypewriters, a i 'ole ka TTY (kelepona kikokiko a i 'ole kelepona kikokiko).

Loa'a nā lawelawe unuhi manuahi kā mākou ho'olālā e pane i nā nīnau mai nā lālā 'a'ole 'ōlelo Pelekania. Loa'a iā mākou nā mea i nā 'ōlelo 'ē a'e ma mua o ka Pelekania i 'ōlelo 'ia ma kahi lawelawe o ka ho'olālā. Hiki iā mākou ke hā'awi iā 'oe i ka 'ike ma ke kani, ma ka braille, ma ka pa'i nui, a i 'ole nā format 'ē a'e ma ke kumukū'ai 'ole inā makemake 'oe iā ia. Pono mākou e hā'awi iā 'oe i ka 'ike e pili ana i nā pōmaika'i o ka 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 e hana ai no 'oe, e 'olu'olu e kelepona i ka Lawelawe Lālā.

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 pūnaewe no nā lawelawe mālama ola wahine ma'amau a me nā lawelawe mālama olakino pale.

Inā loa'a 'ole nā mea ho'olako ma ka pūnaewe o ka ho'olālā no kahi loa, na ka ho'olālā e 'imi i nā mea ho'olako loa ma waho o ka pūnaewe e hā'awi iā 'oe i ka mālama e pono ai. Ma kēia hihia, e uku wale 'oe i ka ka'ana like koina o ka pūnaewe. Inā 'ike 'oe iā 'oe iho i loko o kahi kūlana 'a'ole loa'a nā loa ma ka pūnaewe o ka ho'olālā e uhi i kahi lawelawe āu e pono ai, e kāhea i ka ho'olālā no ka 'ike i kahi e hele ai e loa'a kēia lawelawe ma ka ka'ana like koina o ka pūnaewe.

Inā loa'a iā 'oe kekahi pilikia i ka loa'a 'ana o ka 'ike mai kā mākou ho'olālā ma ke 'ano e kūpono a kūpono ho'i no 'oe, e 'olu'olu e kelepona e waiho i ka ho'opi'i me ka 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 a i 'ole TTY 1-800-537-7697.

第 1.1 節 我們必須以適合您且符合您文化敏感度的方式（英語以外的語言、語音版、盲文版、大字版或其他替代格式等）提供資訊。

您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。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。

Mokuna 8 Kou kuleana a me nā kuleana

本項計劃有免費口譯員服務，可回答不會講英文的會員提出的問題。我們還為計劃服務區域內英語不是母語者提供英語以外的其他語言的資料。如果需要，我們也可以免費為您提供語音版本、點字版、大字體印刷或替代格式的資訊。我們需要以可得取性和適合您的格式向您提供有關計劃給付的資訊。若要向我們取得適合您使用的資訊，請致電會員服務部。

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師聯絡，以取得女性例行性和預防性健康照護服務。

如果計劃網絡內的專科醫師無法提供服務，計劃有責任在網絡外尋找能提供您必要照護的專科醫師。在這種情況下，您只需支付網絡內分攤費用。如果您發現計劃的網絡中沒有您所需承保服務的專科醫師，請致電本計劃，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適合您便於使用的格式之資訊，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，或直接致電民權辦公室，電話是 1-800-368-1019，或 TTY 1-800-537-7697。

Mục 1.1 Chúng tôi phải cung cấp thông tin theo cách hiệu quả cho quý vị và phù hợp với các khía cạnh văn hóa nhạy cảm của quý vị (bằng các ngôn ngữ không phải Tiếng Anh, dưới dạng âm thanh, bằng chữ nổi braille, bằng bản in chữ lớn hoặc các định dạng thay thế khác v.v.)

Chương trình của quý vị 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 một chương trình có thể đáp ứng yêu cầu về khả năng việc dễ tiếp cận này bao gồm, nhưng không giới hạn ở việc cung cấp dịch vụ biên dịch, dịch vụ phiên dịch, máy đánh chữ 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 cũng có sẵn tài liệu bằng các ngôn ngữ khác ngoài tiếng Anh được sử dụng ở khu vực dịch vụ của chương trình. Chúng tôi cũng có thể cung cấp cho quý vị thông tin ở dạng âm thanh, chữ nổi braille, bản in khổ chữ lớn hoặc các định dạng khác thay thế miễn phí nếu quý vị cần. Chúng tôi phải cung cấp cho quý vị 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, vui lòng gọi Dịch Vụ Thành Viên.

Chương trình của chúng tôi phải cung cấp cho người ghi danh là phụ nữ tùy chọn tiếp cận trực tiếp chuyên gia 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 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 của chương trình bao trả cho dịch vụ mà quý vị cần, hãy gọi chương trình đó 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 rắc rối trong việc nhận thông tin từ chương trình của chúng tôi theo định dạng dễ truy cập và thích hợp cho quý vị, vui lòng gọi để gửi đơn khiếu nại tới 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 với Phòng Dân Quyền theo số 1-800-368-1019 hoặc TTY 1-800-537-7697.

Seksyon 1.1 Dapat magbigay kami ng impormasyon sa paraan na angkop sa iyo at alinsunod sa iyong mga cultural sensitivity (nasa mga wika maliban sa Ingles, nasa audio, nasa braille, nasa malaking print, o ibang alternatibong mga format, atbp.)

Kailangang tiyakin ng inyong 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 plano ang mga kinakailangang ito sa accessibility ang, pero hindi limitado sa, pagbibigay ng mga serbisyo ng tagasalin, mga serbisyo ng interpreter, mga 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. Mayroon din kaming mga materyal na magagamit sa mga wika bukod sa Ingles na sinasalita sa sineserbisyuhang lugar ng plano. Makakapagbigay rin kami sa inyo ng impormasyon sa audio, sa pamamagitan ng braille, sa malaking print, o sa iba pang alternatibong format na libre kung kailangan ninyo. Hinihingi sa amin na bigyan ka ng impormasyon tungkol sa mga benepisyo ng plano sa isang format na madaling gamitin at naaangkop para sa iyo. Para humingi ng impormasyon mula sa amin sa paraang epektibo para sa inyo, pakitawagan ang Mga Serbisyo sa Miyembro.

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 kababaihan.

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

Kung mayroon kayong anumang problema sa pagkuha ng impormasyon mula sa aming plano sa isang format na accessible at naaangkop sa inyo, mangyaring tumawag para maghain ng karaingan sa Mga Serbisyo sa Miyembro. Puwede rin kayong maghain ng reklamo sa Medicare sa pamamagitan ng

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pagtawag sa 1-800-MEDICARE (1-800-633-4227) o nang direkta sa Tanggapan para sa mga Karapatang Sibil (Office for Civil Rights) sa 1-800-368-1019 o TTY 1-800-537-7697.

Seksion 1.1 Kasapulan a mangipaaykami iti impormasion iti pamay-an a makatulong kenka ken maitunos kadagiti kultural a sensibilidadmo (kadagiti lengguahe malaksid iti Ingles, iti audio, iti braille, kadagiti dadakkel a letra, wenno dadduma pay a kasukat a pormat, kdpv.)

Kasapulan ti planom tapno masigurado nga amin a serbisio, ti klinikal ken saan a klinikal, ket maipaay iti wagas a maiyannatup ti kultura ken maakses dagiti amin a nagpalista, agraman dagiti nabeddengan ti panagsao da iti Ingles, nabeddengan ti kabaelan da iti panagbasa, disabilidad ti panagdengngeng, wenno dagitay addaan kadagiti agduduma a nagappuan a kultura ken etnisidad. Iraman dagiti pagwadan no kasano a masabat ti maysa a plano dagitoy a kasapulan iti aksesibilidad ti, ngem saan a nabeddengan ti panangipaay kadagiti serbisio ti panangiyulog ti sabali a pagsasao, serbisio ti panangitarus, dagiti teletypewriter, wenno koneksion iti (text a telepono wenno teletypewriter a telepono) TTY.

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. Addaankami met kadagiti materiales a sidadaan a mausar kadagiti pagsasao a saan nga Ingles a mausar iti lugar a serserbisioan ti plano. Mabalindaka met nga ipaayan iti impormasion iti uni, braille, iti dadakkel a letra, wenno kadagiti dadduma nga alternatibo a pormat a libre nu masapulmo daytoy. Kasapulanmi a mangipaay kenka iti impormasion a maipapan kadagiti benepisio ti plano iti pormat a maakses ken maitutop para kenka. Tapno makaala iti impormasion manipud kadakami iti wagas a nanam ay para kenka, maidawat a tawagan ti Dagiti Serbisio iti Miembro.

Maikasapulan iti planomi a mangiyawat kadagiti babbai a nagpalista ti pagpilian iti tarus nga akses ti 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 iti network ti plano para ti espesialidad ket saan a sidadaan, rebbengen ti plano nga agbirok kadagiti tagaipaay iti espesialidad iti ruar ti plano a mangipaay kenka ti kasapulan a panangtaripato. Iti daytoy a kasasaad, badayam laeng ti cost sharing iti uneg ti network. Nu adda ka ti kasasaad nga awan dagiti espesialista iti network ti plano a mangsakup ti serbisio a kasapulam, tawagan ti plano para iti impormasion nu sadinno ti papanam tapno magunod daytoy a serbisio ti cost sharing iti uneg ti network.

Nu adda pakarikutam iti panangala iti impormasion manipud iti planomi iti pormat a maakses ken maitutop para kenka, maidawat a tumawagka tapno makaidatagka iti reklamo iti Dagiti Serbisio iti Miembro (dagiti numero ti telepono ket nakayimrenta iti akin-likod ti kalub daytoy a bassit a libro). Mabalina met a mangidatagka iti reklamo iti Medicare babaen ti panagtawag iti 1-800-MEDICARE (1-800-633-4227), wenno direkta iti Opisina para kadagiti Karbengan a Sibil iti 1-800-368-1019 wenno TTY 1-800-537-7697.

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Vaega 1.1 E tatau ona matou tapenaina fa'amatalaga i se auala e talafeagai lelei ma oe ma ogatasi ma lou tulaga ma'ale'ale fa'aleaganuu (i gagana e ese mai le Igilisi, i leo, gagana patupatu, i lomiga tetele, poo isi suiga o fa'atulagana, ma isi.)

O lau fuafuaga e mana'omia e faamautinoa ai o auaunaga uma, o tausiga faafoma'i ma isi lava auaunaga, e ofoina atu i se auala maua e faaleaganuu ma e avanoa uma mo ē e lesitala, e aofia ai latou e vaivai le faa Igilisi, tau lē iloa faitau, lē lelei le faalogo, poo i latou e eseese o latou talaaga faaleaganuu. O faata'ita'iga pe faapefea ona ausia e se fuafuaga ia nei mana'oga e aofia ai ae lē gata ai le ofoina atu o auaunaga faaliliu upu, auaunaga faamatala upu, teletypewriters (laau lomitusi faapitoa mo ē e lē lelei le faalogo pe e faigatā ona tautatala) poo le fesoota'iga tau TTY (text telephone or teletypewriter phone) (masini faapitoa mo auaunaga faapitoa tau fe'au tusitusia ma faamatala upu e ala i telefoni ma telefoni feavea'i).

O le matou fuafuaga e iai tagata ma auaunaga faamatala upu e lē totogia, e tali atu i fesili a tagata auai e lē tautatala i le faa Igilisi. O loo iai foi lomiga o loo maua i isi gagana e ese mai ai le faa Igilisi o loo tautalaga i totonu o le vaega o le fuafuaga o auaunaga. E mafai ona matou tuuina atu faamatalaga i le pueina o leo ia mafai ona e faalogo iai, i gagana a le 'au tauaso (braille), lomiga i mata'itusi lapopo'a, poo isi ituaiga o lomiga e leai se totogi pe afai e te mana'omia. Ua tūpā i matou e avatu faamatalaga ia te oe e uiga i penefiti o le fuafuaga i se auala e faigofie ona e maua ma talafeagai ma oe. Ina ia maua faamatalaga mai ia matou e fetai ia oe, faamolemole vili i le Auaunaga a Tagata Auai.

O le matou fuafuaga e tūpā e tuu atu ai i tama'ita'i lesitala le filifiliga i avanoa tuusa'o i foma'i faapitoa o le soifua maloloina i totonu o faalapotopotoga (network) a tama'ita'i ma auaunaga o le puipuga ma le tausua o le soifua maloloina.

Afai o i latou e ofoina auaunaga faapitoa i se fuafuaga i totonu o le faalapotopotoga e lē avanoa, o le tiute a le fuafuaga le su'eina o se isi e saunia tausiga faapitoa i fafo atu e ofoina atu ia oe ia le tausiga talafeagai. I lea tulaga, o le a e totogiina ai na o le tau masani ona totogia tagata auai i totonu o le faalapotopotoga. IAfai e te iai i se tulaga e leai ni tagata faapitoa i le fuafuaga a le faalapotopotoga e kavaina se auaunaga o e mana'omia, vili le fuafuaga mo faamatalaga poo fea e maua ai lea auaunaga e alu i le tau masani ona totogia tagata auai a le faalapotopotoga.

Afai e iai se faafitauli i lou mauaina o faamatalaga mai le matou fuafuaga i se auala e faigofie ona e maua ma talafeagai ma oe, faamolemole vala'au ane ina ia tuuina atu se faaseā i le Auaunaga a Tagata Auai. E mafai foi ona tuuina atu se faaseā i le Medicare e ala i le vala'au le 1-800-MEDICARE (1-800-633-4227), pe tuusa'o i le Ofisa o Aia Tatau (Office of Civil Rights) i le 1-800-368-1019 poo le TTY 1-800-537-7697.

Mahele 1.1 He pono ke ka'a pono 'ana o ka 'ikepili a e kū ana i kou 'ike ho'omaopopo (i nā 'ōlelo ma kahi o Pelekānia, i ka waihona leo kani, i ka 'ōlelo braille, i ke kinona hua nui, i nā 'ano like 'ole, apwa.)

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Pono 'oe e hō'ia i kēlā mau lawelawe āpau, 'o ka lā'au lapa'au a me ka non clinical. Hā'awi 'ia lākou ma ke 'ano mo'omeheu. Loa'a ia mau mea i ka po'e i loko o ka papa inoa, me ka po'e me ka 'ike li'ili'i ma ka 'ōlelo Pelekānia, ka hiki ke heluhelu li'ili'i, a i 'ole ka lohe maika'i 'ole. Loa'a lākou i nā po'e me nā 'ano mo'omeheu like 'ole. 'O kēia nā la'ana o ka ho'okō 'ana o kahi ho'olālā i kēia mau koi āpau. Loa'a iā lākou nā lawelawe unuhi, nā lawelawe unuhi 'ōlelo, nā mea kākau kelepona, a i 'ole ka pilina TTY (kelepona kikokikona a i 'ole kelepona kākau kelepona) a 'oi aku.

Hā'awi mākou i nā lawelawe unuhi 'ōlelo manuahi e pane i nā nīnau mai nā lālā 'ōlelo Pelekānia 'ole. Loa'a iā mākou nā mea i loa'a ma nā 'ōlelo 'ē a'e ma waho o ka 'ōlelo Pelekānia i hā'awi 'ia ma ka papahana o ka lawelawe hana. Mākou iā mākou ke hā'awi iā 'oe i ka 'ike ma ka leo, ma ka braille, ma ka pa'i nui, a i 'ole nā palapala 'ē a'e no ka manuahi inā makemake 'oe. E hā'awi mākou iā 'oe i ka 'ike e pili ana i nā pōmaika'i o ka 'plan' ma kahi 'ano hiki ke loa'a a kūpono iā 'oe. No ka loa'a 'ana o ka 'ike mai e kōkua, e kōkua iā Nā lawelawe lawelawe (Member Services)..

'O kā mākou papahana e hā'awi i ke komo i nā wahine i helu 'ia i kahi loea olakino wahine mai kā mākou pūnaeweale no nā lawelawe mālama ola wahine.

Inā 'a'ole loa'a nā mea ho'olako kūikawā i kekahi manawa, 'o ka 'plan' 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. I kēia hihia, pono 'oe e uku wale no ke kumukū'ai o ke ka'ana pūnaeweale. Inā pilikia 'oe i ka loa'a 'ana o kahi loea ma ka pūnaeweale o ka papahana no ka lawelawe āu e pono ai, e ha'i mai iā mākou. Hiki iā 'Plan' ke hā'awi iā 'oe i ka 'ike ma kahi e loa'a ai kēia lawelawe kūikawā mai waho mai me ka ho'ohana 'ana i ke ka'ana like 'ana i nā kumukū'ai pūnaeweale.

nā pilikia 'oe i ka loa'a 'ana o ka 'ike mai kā mākou ho'olālā ma kahi 'ano āu e makemake ai, e 'olu'olu e kelepona a waiho i kahi ho'opi'i me kā mākou Member Services. Hiki paha iā 'oe ke waiho i kahi ho'opi'i me Medicare ma ke kelepona 'ana iā 1-800-MEDICARE (1-800-633-4227) a i 'ole me ke Keena no na Kuleana Kivila (Office for Civil Rights) 1-800-368-1019 a i 'ole TTY 1-800-537-7697.

Nqe 1.1 Peb yuav tsum muab cov ntaub ntawv mus rau txoj hau kev uas siv tau hauj lwm rau koj thiab haum rau koj cov kab lis kev cai (ua hom lus uas tsis yog Lus Askiv, kaw ua suab lus, ua ntawv xuas, luam ua tus ntawv loj, los sis lwm hom qauv ntaub ntawv kev xaiv, thiab lwm yam)

Koj daim phiaj xwm yuav tsum tau ua kom ntseeg tau tias txhua yam kev pab cuam, tag nrho hauv chaw kho mob thiab tsis yog hauv chaw kho mob tib si, yog muab kom haum raws li kab lis kev cai thiab tuaj yeem nkag mus tau rau txhua tus neeg sau npe nkag, suav nrog cov neeg tsis paub Lus Askiv zoo, nyeem tsis tau ntawv zoo, tsis hnov lus, los sis cov neeg uas muaj ntau yam kab lis kev cai thiab yog haiv neeg tsawg. Cov piv txwv txog txoj hauv kev uas daim phiaj xwm yuav tuaj yeem ua kom tau raws li cov cai hais txog kev nkag mus siv tau yog suav nrog, tab sis tsis txwv rau kev muab kev pab cuam tus kws txhais ntaub ntawv, kev pab cuam tus kws txhais lus, kws ntaus ntawv xov tooj cua, los sis kev txuas TTY (xov tooj xa ntawv los sis xov tooj ntaus ntawv xov tooj cua).

Peb daim phiaj xwm muaj kev pab cuam kws txhais lus pub dawb los teb cov lus nug tuaj ntawm cov tswv cuab uas hais tsis laib Lus Askiv tuaj. Peb kuj tseem puav leej muaj cov ntaub ntawv

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ua lwm yam lus uas tsis yog Lus Askiv uas siv hais nyob rau hauv daim phiaj xwm cheeb tsam muab kev pab cuam tib si thiab. Tsis tas li xwb, peb kuj tseem tuaj yeem muab cov ntaub ntawv ua suab kaw lus, ua ntawv xuas, luam ua tus ntawv loj, los sis lwm hom qauv ntaub ntawv kev xaiv yam tsis tau them nqi dab tsi li yog tias koj xav tau. Peb yuav tsum tau muab cov ntaub ntawv hais txog daim phiaj xwm cov txiaj ntsig ua hom qauv ntaub ntawv uas tuaj yeem nkag mus siv tau thiab tsim nyog rau koj. Txhawm rau kom tau txais cov ntaub ntawv los ntawm peb mus rau txoj hauv kev uas siv tau hauj lwm rau koj, ces thov hu rau Feem Pab Cuam Tswv Cuab.

Peb daim phiaj xwm yuav tsum tau muab txoj kev xaiv rau cov poj niam uas teev npe nkag txog kev nkag ncag qha mus rau tus kws kho mob tshwj xeeb rau cov poj niam uas nyob hauv pab pawg koom tes rau cov kev pab cuam saib xyuas mob nkeeg li ib txwm thiab ua kev tiv thaiv rau cov poj niam.

Yog tias tsis muaj cov kws kho mob tshwj xeeb nyob rau hauv daim phiaj xwm pab pawg koom tes, ces nws yog daim phiaj xwm txoj kev thaj tsob los nrhiav cov kws kho mob tshwj xeeb uas nyob rau pab pawg koom tes sab nrauv uas yuav muab kev saib xyuas mob nkeeg tsim nyog rau koj. Nyob rau qhov xwm txheej no, koj tsuas yuav tau them tus nqi sib faib them hauv pab pawg koom tes nkaus xwb. Yog tias koj pom tau tias koj tus kheej poob rau hauv qhov xwm txheej uas tsis muaj cov kws kho mob tshwj xeeb nyob rau hauv daim phiaj xwm pab pawg koom tes uas muab qhov kev pab cuam uas koj xav tau, ces hu rau daim phiaj xwm kom paub txog qhov chaw uas yuav mus txais cov kev pab cuam no nyob rau tus nqi sib faib them hauv pab pawg koom tes.

Yog tias koj muaj teeb meem txog kev thov cov ntaub ntawv los ntawm peb daim phiaj xwm ua hom qauv ntaub ntawv uas tuaj yeem nkag mus siv tau thiab tsim nyog rau koj, ces thov hu rau Feem Pab Cuam Tswv Cuab txhawm rau ua daim ntawv hais kev tsis zoo siab. Tsis tas li xwb, koj kuj tseem yuav tuaj yeem ua daim ntawv hais kev tsis txaus siab mus rau Medicare tau tib si thiab los ntawm kev hu rau 1-800-MEDICARE (1-800-633-4227) los sis hu ncag qha mus rau Office for Civil Rights ntawm 1-800-368-1019 los sis TTY 1-800-537-7697.

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당사 플랜은 비 영어권 가입자들의 질문에 답변하기 위해 무료 통역 서비스를 제공합니다. 또한 플랜 서비스 지역에서 통용되는 영어 이외의 언어로 작성된 자료도 제공합니다. 그리고 필요시 오디오, 점자, 큰 활자 인쇄 또는 기타 대체 형식으로 된 정보를 무료로 제공할 수도 있습니다. 저희는 귀하가 이용할 수 있는 적절한 형식으로 플랜 혜택에 관한 정보를 제공해야 합니다. 귀하에게 맞는 방법으로 정보를 얻으시려면 가입자 서비스부에 문의해 주십시오.

여성의 정기적 예방 의료 서비스를 위해 네트워크 소속 여성 의료 전문의에게 직접 접근할 수 있는 옵션을 여성 등록자에게 제공해야 합니다.

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

접근이 가능하고 적절한 형식으로 당사 플랜에서 정보를 얻는 데 문제가 있는 경우 가입자 서비스부에 전화하여 고충을 접수해 주십시오. Medicare에 1-800-MEDICARE(1-800-633-4227)번으로 연락하거나 민권 담당국 1-800-368-1019 또는 TTY 1-800-537-7697번으로 직접 연락하여 불만사항을 제기할 수도 있습니다.

ផ្នែក 1.1 យើងត្រូវតែផ្តល់ព័ត៌មានតាមរបៀបដែលអ្នកអាចប្រើបាន និងស្របតាមតម្រូវការប្រព័ន្ធរបស់អ្នក (ជាភាសាផ្សេងក្រៅពីភាសាអង់គ្លេស ជាសំឡេងអូឌីយ៉ូ ជាអក្សរស្នាប អក្សរធំ ឬទម្រង់ជំនួសផ្សេងទៀត ។ល។)

គម្រោងសុខភាពរបស់អ្នកត្រូវបានធានាថាសេវាកម្មទាំងអស់ ទាំងគ្លីនិក និងមិនមែនគ្លីនិកត្រូវបានផ្តល់ជូននៅក្នុងលក្ខណៈសមនឹងវប្បធម៌ និងមានភាពងាយស្រួលក្នុងការចូលដំណើរការបានសម្រាប់អ្នកចុះឈ្មោះទាំងអស់ រួមទាំងអ្នកចេះភាសាអង់គ្លេសតិចតួច មានជំនាញអានតិចតួច អសមត្ថភាពក្នុងការស្តាប់ ឬអ្នកដែលមានវប្បធម៌និងប្រវត្តិជនជាតិផ្សេងៗ។ ឧទាហរណ៍នៃរបៀបដែលគម្រោងសុខភាពអាចបំពេញតម្រូវការចូលប្រើបានទាំងនេះរួមមាន ប៉ុន្តែមិនត្រូវបានកំណត់តែចំពោះការផ្តល់សេវាអ្នកបកប្រែ សេវាបកប្រែផ្ទាល់មាត់ ឧបករណ៍ទូរអង្គុយលើខ្សែប្រាស្រ័យ ឬ TTY (ទូរសព្ទជាអក្សរ ឬទូរសព្ទទូរអង្គុយលើខ្សែប្រាស្រ័យ)។

គម្រោងរបស់យើងមានសេវាអ្នកបកប្រែតាមតម្រូវការដែលផ្តល់ជូនដើម្បីឆ្លើយសំណួរពីសមាជិកដែលកមិននិយាយភាសាអង់គ្លេស។ យើងក៏មានសម្ភារៈផងដែរ ជាភាសាផ្សេងក្រៅពីភាសាអង់គ្លេសដែលត្រូវបាននិយាយនៅក្នុងតំបន់ដែលគម្រោងផ្តល់សេវាកម្ម។ យើងក៏អាចផ្តល់ឱ្យអ្នកនូវព័ត៌មានជាសំឡេងអូឌីយ៉ូ ជាអក្សរស្នាប បោះពុម្ពធំ ឬទម្រង់ជំនួសផ្សេងទៀតដោយមិនគិតថ្លៃប្រសិនបើអ្នកត្រូវការវា។ យើងតម្រូវឱ្យផ្តល់ឱ្យអ្នកនូវព័ត៌មានអំពីអត្ថប្រយោជន៍របស់គម្រោងក្នុងទម្រង់មួយដែលលោកអ្នកអាចចូលប្រើបាននិងសមរម្យសម្រាប់អ្នក។ ដើម្បីទទួលបានព័ត៌មានពីយើងតាមរបៀបដែលសមស្រប នឹងតម្រូវការរបស់អ្នកសូមទូរសព្ទទៅផ្នែកសេវាសមាជិក។

គម្រោងយើងតម្រូវឱ្យផ្តល់ឱ្យអ្នកចុះឈ្មោះជាស្ត្រីនូវជម្រើសនៃការចូលទៅទទួលសេវាសុខភាពស្ត្រីដោយផ្ទាល់ពីអ្នកឯកទេសក្នុងបណ្តាញសម្រាប់សេវាថែទាំនិងសេវាបង្ការសុខភាពស្ត្រី។

ប្រសិនបើអ្នកផ្តល់សេវាផ្នែកឯកទេសនៅក្នុងបណ្តាញរបស់គម្រោងមិនមានទេ វាក៏ជាការទទួលខុសត្រូវរបស់គម្រោងដើម្បីរកអ្នកផ្តល់សេវាឯកទេសនៅខាងក្រៅបណ្តាញដែលនឹងផ្តល់ឱ្យអ្នកនូវការថែទាំបាច់។ ក្នុងករណីនេះ អ្នកនឹងបង់ប្រាក់ចែករំលែកការចំណាយលើសេវាក្នុងបណ្តាញ។ ប្រសិនបើអ្នកក្នុងស្ថានភាពដែលគ្មានអ្នកឯកទេសនៅក្នុងបណ្តាញរបស់គម្រោងដែលរ៉ាប់រងលើសេវាកម្មដែលអ្នកត្រូវការទេ សូមទូរសព្ទទៅគម្រោងដើម្បីទទួលព័ត៌មានអំពីកន្លែងដែលត្រូវទៅដើម្បីទទួលបានសេវានេះដោយការចែករំលែកការចំណាយសម្រាប់សេវាក្នុងបណ្តាញ។

ប្រសិនបើអ្នកមានបញ្ហាក្នុងការទទួលបានព័ត៌មានពីគម្រោងរបស់យើងក្នុងទម្រង់ដែលអាចចូលប្រើបាន និងសមរម្យសម្រាប់អ្នក សូមទូរសព្ទទៅសេវាកម្មសមាជិកដើម្បីដាក់ពាក្យបណ្តឹង។ អ្នកក៏អាចដាក់ពាក្យបណ្តឹងទៅ Medicare តាមរយៈការទូរសព្ទទៅលេខ 1-800-MEDICARE (1-800-633-4227) ឬ ទៅកាន់ Office for Civil Rights ផ្ទាល់តាមរយៈលេខ 1-800-368-1019 ឬ TTY 1-800-537-7697។

ข้อ 1.1 เราต้องให้ข้อมูลในลักษณะที่เหมาะสมกับคุณและสอดคล้องกับความละเอียดอ่อนทางวัฒนธรรมของคุณ (ในภาษาอื่นนอกเหนือจากภาษาอังกฤษ ในรูปแบบเสียง อักษรเบรลล์ ตัวพิมพ์ขนาดใหญ่ หรือในรูปแบบทางเลือกอื่นๆ เป็นต้น)

แผนของคุณจะต้องรับรองว่าได้มีการจัดหาบริการทั้งหมด ทั้งทางคลินิกและไม่ใช่วินิจฉัยทางคลินิก ในลักษณะที่เหมาะสมในแง่ของวัฒนธรรมและผู้ลงทะเบียนทุกคนสามารถเข้าถึงได้ รวมถึงผู้ที่มีความสามารถในการใช้ภาษาอังกฤษอย่างจำกัด มีทักษะการอ่านที่จำกัด มีความบกพร่องทางการได้ยิน หรือผู้ที่มีภูมิหลังทางวัฒนธรรมและทางชาติพันธุ์ที่หลากหลาย ตัวอย่างที่แสดงว่าแผนอาจตรงตามข้อกำหนดเกี่ยวกับการอำนวยความสะดวกในการเข้าถึงเหล่านี้รวมถึงแต่ไม่จำกัดเพียง การให้บริการแปล บริการล่าม เครื่องโทรศัพท์ หรือการเชื่อมต่อ TTY (การติดต่อสื่อสารด้วยข้อความผ่านสายโทรศัพท์หรือโทรศัพท์โดยใช้เครื่องโทรศัพท์)

แผนของเรามีบริการล่ามฟรีเพื่อตอบคำถามจากสมาชิกที่ไม่สามารถพูดภาษาอังกฤษได้ เรายังมีเอกสารเป็นภาษาอื่นๆ นอกเหนือจากภาษาอังกฤษ ซึ่งเป็นภาษาที่ใช้ในพื้นที่ให้บริการของแผนด้วย นอกจากนี้ เรายังสามารถให้ข้อมูลในรูปแบบเสียง อักษรเบรลล์ ตัวพิมพ์ขนาดใหญ่ หรือรูปแบบอื่นๆ ได้โดยไม่เสียค่าใช้จ่ายหากคุณต้องการ เราจำเป็นต้องให้ข้อมูลเกี่ยวกับสิทธิประโยชน์ของแผน ในรูปแบบที่สามารถเข้าถึงได้และเหมาะสมกับคุณ หากต้องการขอรับข้อมูลจากเราในลักษณะที่เหมาะสมกับคุณ โปรดโทรติดต่อฝ่ายบริการสมาชิก

แผนของเราจะต้องเสนอทางเลือกแก่ผู้ลงทะเบียนที่เป็นผู้หญิงในการเข้าถึงผู้เชี่ยวชาญด้านสุขภาพสตรี ภายในเครือข่ายโดยตรง เพื่อเข้ารับบริการดูแลสุขภาพตามรอบปกติและการดูแลเชิงป้องกันสำหรับผู้หญิง

หากไม่มีผู้ให้บริการเฉพาะทางในเครือข่ายของแผน ถือเป็นความรับผิดชอบของแผนในการค้นหาผู้ให้บริการเฉพาะทางนอกเครือข่ายที่จะให้การดูแลที่จำเป็นแก่คุณ ในกรณีนี้ คุณจะชำระเฉพาะส่วนร่วมจ่ายในเครือข่ายเท่านั้น หากคุณอยู่ในสถานการณ์ที่ไม่มีผู้เชี่ยวชาญในเครือข่ายของแผนที่ครอบคลุมบริการที่คุณต้องการ โปรดโทรติดต่อแผนเพื่อสอบถามข้อมูลว่าจะไปรับบริการนี้ได้จากที่ใด โดยมีส่วนร่วมจ่ายในเครือข่าย

หากคุณประสบปัญหาในการขอรับข้อมูลจากแผนของเราในรูปแบบที่สามารถเข้าถึงได้และเหมาะสมกับคุณ โปรดโทรติดต่อเพื่อร้องทุกข์กับฝ่ายบริการสมาชิก นอกจากนี้ คุณยังสามารถยื่นเรื่องร้องเรียนต่อ Medicare ได้โดยโทรไปที่หมายเลข 1-800-MEDICARE (1-800-633-4227) หรือติดต่อ Office for Civil Rights โดยตรงที่หมายเลข 1-800-368-1019 หรือ TTY 1-800-537-7697

**ຂໍ້ທີ 1.1 ພວກເຮົາຕ້ອງໃຫ້ຂໍ້ມູນໄປໃນວິທີທາງທີ່ເໝາະສຳລັບທ່ານ ແລະ ສອດຄ່ອງກັບຄວາມອ່ອນ
ໄຫວທາງດ້ານວັດທະນະທຳຂອງທ່ານ (ເປັນພາສາອື່ນນອກຈາກພາສາອັງກິດ, ເປັນສຽງບັນທຶກ, ຕົວອັກ
ສອນນຸນ, ພິມເປັນຕົວໃຫຍ່ ຫຼື ຮູບແບບທາງເລືອກອື່ນ ແລະ ອື່ນໆ)**

ແຜນປະກັນຂອງທ່ານຈຳເປັນຕ້ອງໄດ້ຮັບປະກັນໃຫ້ການບໍລິການທັງໝົດ, ທັງທາງດ້ານຄລີນິກ ແລະ
ບໍ່ແມ່ນທາງດ້ານຄລີນິກ ແມ່ນໄດ້ຮັບການສະໜອງໃຫ້ໃນລັກສະນະທີ່ເຂົ້າກັບວັດທະນະທຳ ແລະ
ສາມາດເຂົ້າເຖິງໄດ້ແກ່ບັນດາຜູ້ລົງທະບຽນໝົດທຸກຄົນ, ລວມທັງຜູ້ທີ່ສາມາດເວົ້າພາສາອັງກິດໄດ້ຈຳກັດ,
ມີທັກສະການອ່ານທີ່ຈຳກັດ, ມີຄວາມພິການດ້ານການໄດ້ຍິນ ຫຼື ຜູ້ທີ່ມີພື້ນຖານວັດທະນະທຳທີ່ຫຼາກຫຼາຍ ແລະ
ເປັນຄົນຊົນເຜົ່າ. ຕົວຢ່າງກ່ຽວກັບວິທີທີ່ແຜນປະກັນອາດຈະບັນລຸໄດ້ຕາມຂໍ້ກຳນົດການເຂົ້າເຖິງເຫຼົ່ານີ້ແມ່ນລວມທັງ,
ແຕ່ບໍ່ຈຳກັດພຽງແຕ່ ການໃຫ້ບໍລິການນັກແບເອກະສານ, ການບໍລິການລ່າມແປພາສາ, ນັກໂທລະພິມ ຫຼື
ການເຊື່ອມຕໍ່ TTY (ໂທລະສັບຮັບສົ່ງຂໍ້ຄວາມ ຫຼື ໂທລະສັບນັກໂທລະພິມ).

ແຜນປະກັນຂອງພວກເຮົາມີການບໍລິການລ່າມແປພາສາແບບບໍ່ເສຍຄ່າເພື່ອຕອບຄຳຖາມຕ່າງໆທີ່ມາຈາກບັນດາສະ
ມາຊິກທີ່ບໍ່ສາມາດເວົ້າພາສາອັງກິດໄດ້. ນອກຈາກນັ້ນ,
ພວກເຮົາກໍຍັງມີເອກະສານຕ່າງໆເປັນພາສາອື່ນນອກເໜືອໄປຈາກພາສາອັງກິດ
ທີ່ໄດ້ໃຊ້ເວົ້າຢູ່ໃນພື້ນທີ່ບໍລິການຂອງແຜນປະກັນອີກດ້ວຍ. ພວກເຮົາຍັງສາມາດໃຫ້ຂໍ້ມູນແກ່ທ່ານເປັນສຽງບັນທຶກ,
ເປັນຕົວອັກສອນນຸນ, ພິມເປັນຕົວໃຫຍ່ ຫຼື ຮູບແບບທາງເລືອກອື່ນໆ ໂດຍບໍ່ເສຍຄ່າໃຊ້ຈ່າຍໃດໆອີກດ້ວຍ
ຖ້າທ່ານຕ້ອງການ. ພວກເຮົາຈຳເປັນຕ້ອງໄດ້ໃຫ້ຂໍ້ມູນກ່ຽວກັບສິດທິປະໂຫຍດຂອງແຜນປະກັນໃຫ້ແກ່ທ່ານ
ໃນຮູບແບບທີ່ສາມາດເຂົ້າເຖິງໄດ້ ແລະ ເໝາະກັບທ່ານ.
ເພື່ອໃຫ້ໄດ້ຮັບຂໍ້ມູນຈາກພວກເຮົາໄປໃນທາງທີ່ເໝາະສຳລັບທ່ານ, ກະລຸນາໂທຫາ ໜ່ວຍບໍລິການສະມາຊິກ.

ແຜນປະກັນຂອງພວກເຮົາຈຳເປັນຕ້ອງໄດ້ໃຫ້ຕົວເລືອກແກ່ບັນດາຜູ້ລົງທະບຽນເພດຍິງ
ໃນການເຂົ້າເຖິງໂດຍກົງກັບຜູ້ຊ່ວຍຊານດ້ານສຸຂະພາບຂອງແມ່ຍິງຢູ່ໃນເຄືອຂ່າຍ
ສຳລັບການບໍລິການເບິ່ງແຍງດູແລສຸຂະພາບຕາມປົກກະຕິ ແລະ ເພື່ອເປັນການປ້ອງກັນຂອງແມ່ຍິງ.

ຖ້າບໍ່ມີຜູ້ໃຫ້ບໍລິການຢູ່ໃນເຄືອຂ່າຍຂອງແຜນປະກັນ ສຳລັບຄວາມຊ່ວຍຊານສະເພາະດ້ານ,
ແຜນປະກັນມີຄວາມຮັບຜິດຊອບທີ່ຈະຊອກຫາຜູ້ໃຫ້ບໍລິການສະເພາະດ້ານຢູ່ນອກເຄືອຂ່າຍ
ທີ່ຈະໃຫ້ການເບິ່ງແຍງດູແລທີ່ຈຳເປັນໃຫ້ແກ່ທ່ານ. ໃນກໍລະນີນີ້,
ທ່ານຈະຈ່າຍພຽງແຕ່ສ່ວນແບ່ງຄ່າໃຊ້ຈ່າຍໃນເຄືອຂ່າຍເທົ່ານັ້ນ.
ຖ້າທ່ານພົບວ່າຕົວທ່ານເອງຕົກຢູ່ໃນສະຖານະການທີ່ບໍ່ມີຜູ້ຊ່ວຍຊານສະເພາະດ້ານໃນເຄືອຂ່າຍຂອງແຜນປະກັນທີ່ໃຫ້
ການບໍລິການທີ່ທ່ານຕ້ອງການ, ໃຫ້ໂທຫາແຜນປະກັນເພື່ອຂໍຂໍ້ມູນກ່ຽວກັບບ່ອນທີ່ຈະໄປເຂົ້າຮັບການບໍລິການນີ້
ດ້ວຍສ່ວນແບ່ງຄ່າໃຊ້ຈ່າຍໃນເຄືອຂ່າຍ.

ຖ້າທ່ານມີບັນຫາໃດໆໃນການຂໍຂໍ້ມູນຈາກແຜນປະກັນຂອງພວກເຮົາໃນຮູບແບບທີ່ສາມາດເຂົ້າເຖິງໄດ້ ແລະ
ເໝາະກັບທ່ານ, ກະລຸນາໂທຫາໜ່ວຍບໍລິການສະມາຊິກ ເພື່ອຍື່ນຄຳຮ້ອງທຸກ. ນອກຈາກນັ້ນ,
ທ່ານກໍຍັງສາມາດຍື່ນຄຳຮ້ອງຮຽນຕໍ່ Medicare ໄດ້ອີກດ້ວຍ ໂດຍການໂທຫາເບີ 1-800-MEDICARE (1-800-
633-4227) ຫຼື ໂດຍກົງກັບ Office for Civil Rights ທີ່ເບີ 1-800-368-1019 ຫຼື TTY 1-800-537-7697.

Mokuna 8 Kou kuleana a me nā kuleana**Māhele 1.2 Pono mākou e hō'oiā'i'o ua loa'a iā 'oe ka loa'a 'ana o kāu mau lawelawe a me nā lā'au i uhi 'ia**

He kuleana kāu e koho i kahi mea mālama mua (PCP) i loko o ka pūnaeweale o ka ho'olālā e hā'awi a ho'onohonoho i kāu mau lawelawe i uhi 'ia. 'A'ole mākou e koi iā 'oe e ki'i i nā kuhikuhi e hele i nā mea ho'olako pūnaeweale.

Loa'a iā 'oe ke kuleana e ki'i i nā hālāwai a me nā lawelawe i uhi 'ia mai ka pūnaeweale o ka *ho'olālā o nā mea ho'olako i loko o kahi manawa kūpono*. Pūnaeweale i nā kuleana e loa'a i nā lawelawe i ka manawa kūpono mai nā loa'a 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 pūnaeweale me ka 'ole o nā lohi lō'ihī.

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

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

Hō'ike nā kānāwai Federal 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.
- 'A'ole hiki ke hā'awi mākou i kāu 'ike ola kino i kekahi mea 'a'ole e hā'awi ana i kāu mālama a i 'ole e uku ana i kāu mālama, *pono mākou e loa'a i kahi 'ae kākau mai iā 'oe a i 'ole kekahi āu i hā'awi aku i ka mana kūlohelohe e hana i nā ho'oholo no 'oe ma mua*.
- Aia kekahi mau hemahema 'a'ole e koi iā mākou e loa'a i kāu 'ae kākau ma mua. 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.
 - No ka mea he lālā 'oe o kā mākou ho'olālā ma o Medicare, pono mākou e hā'awi i kāu 'ike ola kino iā Medicare me ka 'ike e pili ana i kāu lā'au Māhele D. Inā ho'oku'u 'o Medicare i kāu 'ike no ka noi'i a i 'ole nā ho'ohana 'ē a'e, e hana 'ia kēia ma muli o nā kānāwai aupuni a me nā 'ōnaehana; ma'amaui, koi 'ia e pili ka 'ike i ka 'ike e ho'ohālike iā 'oe 'a'ole i ka'ana 'ia.

Mokuna 8 Kou kuleana a me nā kuleana**Hiki iā 'oe ke 'ike i ka 'ike i loko o kāu mau mo'olelo a 'ike pehea ia i ka'ana 'ia me nā po'e 'ē a'e**

Loa'a iā 'oe ke kuleana e nānā i kāu mau palapala lapa'au i mālama 'ia ma ka ho'olālā, a loa'a i kahi kope o kāu mau mo'olelo. Hā'awi 'ia iā mākou ke koi iā 'oe i kahi uku no ka hana 'ana i nā kope. 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 noi 'oe iā mākou e hana i kēia, e hana pū mākou me kāu mea mālama ola e ho'oholo inā pono e hana i nā ho'ololi.

Loa'a iā 'oe ke kuleana e 'ike pehea i ka'ana 'ia kāu 'ike ola kino me nā po'e 'ē a'e no kekahi mau kumu 'a'ole ma'amau.

Inā loa'a iā 'oe nā nīnau a i 'ole nā hopohopo e pili ana i ka pilikino o kāu 'ike ola kino, e 'olu'olu e kelepona i ka Lawelawe Lālā.

Māhele 1.4 Pono mākou e hā'awi iā 'oe i ka 'ike e pili ana i ka ho'olālā, kona pūnaewe e o nā mea ho'olako, a me 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 mau 'ano 'ike, e 'olu'olu e kelepona i ka Lawelawe Lālā:

- **'Ike e pili ana i kā mākou ho'olālā.** Pili kēia, no ka la'ana, ka 'ike e pili ana i ka kūlana kālā o ka 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.
- **'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 lā'au Māhele D.
 - **Nānā:** 'A'ole uku kā mākou ho'olālā i nā po'e ho'oma'ama'a, nā mea ho'olako, a i 'ole nā limahana e hana i nā loilo ho'ohana, me nā mea i hā'awi 'ia i nā hui i hā'awi 'ia. Ho'oholo ka Ho'oponopono Ho'ohana (UM) 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 kekahi mea a me nā mea hiki iā 'oe ke hana e pili ana.** Hā'awi ka Mokuna 9 i ka 'ike e noi ana i kahi wehewehe kākau no ke kumu i uhi 'ole 'ia ai kahi lawelawe lapa'au a i 'ole ka lā'au Māhele D a i 'ole inā ua kaupalena 'ia kāu uhi. Māhele 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.

Mokuna 8 Kou kuleana a me nā kuleana**Māhele 1.5 Pono mākou e kāko'o i kou kuleana e hana i nā ho'oholo e pili ana i kāu mālama****He kuleana kou e 'ike i kāu mau koho lapa'au a komo i nā ho'oholo e pili ana i kou mālama olakino**

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 nā mea ho'olako iā 'oe ke wehewehe i kou kulanā lapa'au a me kāu mau *koho lapa'au i kahi 'ano e hiki iā 'oe ke maopopo.*

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 i nā koho a pau.** Loa'a iā 'oe ke kuleana e ha'i 'ia iā 'oe e pili ana i nā koho lapa'au a pau i hō'ike 'ia no kāu kulanā, 'a'ole pili ke kumukū'ai a i 'ole inā lākou i 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.
- **'O ke kuleana e 'ōlelo "'A'ole."** Loa'a iā 'oe ke kuleana e hō'ole i kēlā me kēia lapa'au i hō'ike '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. Maopopo loa, inā hō'ole 'oe i ka lapa'au a i 'ole e ho'ōki i ka lā'au, e 'ae 'oe i ke kuleana piha no ka mea e hiki mai i kou kino ma muli.

Loa'a iā 'oe ke kuleana e hā'awi i nā kuhikuhi e pili ana i ka mea e hana 'ia inā 'a'ole hiki iā 'oe ke hana i nā ho'oholo lapa'au no 'oe 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. Loa'a iā 'oe ke kuleana e ha'i i ka mea āu e makemake ai e hana inā 'oe i kēia kulanā. 'O kēia ka mea, *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.
- **Hā'awi i kāu mau kauka i nā kuhikuhi kākau e pili** ana i ka mea āu e makemake ai e lawelawe 'ia inā 'oe i hiki 'ole ke hana i nā ho'oholo no 'oe iho.

Ua kapa 'ia nā palapala kānāwai e hiki iā 'oe ke ho'ohana i kāu mau kuhikuhi i mua i kēia mau kulanā he nā **kuhikuhi mua**. Aia nā 'ano 'oko'a o nā kuhikuhi mua a me nā inoa 'oko'a no lākou. Nā palapala i kapa 'ia 'o **makemake ola a me ka mana o ka loio no ka mālama ola kino** he mau la'ana ia o nā kuhikuhi mua.

Inā makemake 'oe e ho'ohana i kahi kuhikuhi mua e hā'awi i kāu mau kuhikuhi, eia ka mea e hana ai:

Mokuna 8 Kou kuleana a me nā kuleana

- **E ki'i i ka palapala.** Hiki iā 'oe ke ki'i i kahi palapala kuhikuhi mua mai kāu loio, mai kahi kanaka hana pā'oihana kaiāulu, a i 'ole mai kekahi mau hale kū'ai mea 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 kānaka e pili ana iā Medicare.
- **Ho'opiha a kau inoa iā ia.** 'A'ole hiki i kahi āu e ki'i ai i kēia palapala, e ho'omana'o he palapala kānāwai ia. Pono 'oe e no'ono'o e loa'a i kahi loio e kōkua iā 'oe e ho'omākaukau iā ia.
- **Hā'awi i nā kope i nā po'e kūpono.** Pono 'oe e hā'awi i kahi kope o ka palapala i kāu kauka a me ka mea āu e inoa ai ma ka palapala i hiki ke hana i nā ho'oholo no 'oe inā 'a'ole hiki iā 'oe. Makemake paha 'oe e hā'awi i nā kope i nā hoaaloha pili a i 'ole nā lālā o ka 'ohana. E mālama i kahi kope ma ka home.

Inā 'oe e 'ike i mua i ka manawa e komo 'oe i ka haukapila, a ua kau inoa 'oe i kahi palapala kuhikuhi mua, **e lawe i kahi kope me 'oe i ka haukapila.**

- E nīnau ka haukapila iā 'oe inā ua kau inoa 'oe i kahi palapala kuhikuhi mua a inā loa'a iā 'oe.
- Inā 'a'ole 'oe i kau inoa i kahi palapala kuhikuhi mua, loa'a i ka haukapila nā palapala a e nīnau iā 'oe inā makemake 'oe e kau inoa i kekahi.

E ho'omana'o, he koho ia no 'oe inā makemake 'oe e ho'opiha i kahi palapala kuhikuhi mua (me ka inoa 'ana inā 'oe ma ka haukapila). E like me ke kānāwai, 'a'ole hiki i kekahi ke hō'ole iā 'oe i ka mālama 'ana a i 'ole ho'oka'awale iā 'oe ma muli o inā ua kau inoa 'oe i kahi palapala kuhikuhi mua a 'a'ole.

He aha inā 'a'ole i hahai 'ia kāu mau kuhikuhi?

Inā ua kau inoa 'oe i kahi palapala kuhikuhi mua, a mana'o 'oe ua ho'oka'awale ka kauka a i 'ole ka haukapila i nā kuhikuhi i loko, hiki iā 'oe ke waiho i kahi ho'opi'i me ka Hawaii Executive Office on Aging.

Māhele 1.6	Loa'a iā 'oe ke kuleana e hana i nā ho'opi'i a e noi iā mākou e no'ono'o hou i nā ho'oholo a mākou i hana ai
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Inā loa'a iā 'oe kekahi pilikia, hopohopo, a ho'opi'i paha a pono 'oe e noi i ka uhi, a i 'ole e ho'opi'i, 'o ka Mokuna 9 o kēia palapala e ha'i i kāu mea e hiki ai ke hana. 'O nā mea a pau āu e hana ai -e noi i kahi ho'oholo ho'opi'i, ho'opi'i, a ho'opi'i paha- **koi 'ia mākou e hana pololei iā 'oe.**

Māhele 1.7	Loa'a iā 'oe ke kuleana e hana i nā 'ōlelo a'oa'o e pili ana i kā mākou kuleana a me nā kuleana.
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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 kāu e ho'omaika'i i kā mākou kuleana, e ka'ana i kāu mau mana'o me mākou ma ke kāhea 'ana i ka Lawelawe Lālā.

Mokuna 8 Kou kuleana a me nā kuleana**Māhele 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'ohē ho'oponopono uhi 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 pono e hō'oiā 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)).

Māhele 1.9 He aha kāu e hiki ai ke hana inā mana'o 'oe e ho'opilikia 'ia 'oe a i 'ole 'a'ole i mahalo 'ia kāu mau kuleana?**Inā pili i ka ho'oka'awale, e kāhea i ka Office for Civil Rights**

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.

He aha ka mea 'ē a'e?

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:

- Hiki iā 'oe ke kāhea i ka **Lawelawe Lālā**.
- Hiki iā 'oe ke kāhea i ka **SHIP**. No nā kiko'i, e hele i ka Mokuna 2, Māhele 3.
- A i 'ole, **hiki iā 'oe ke kāhea iā Medicare** ma 1-800-MEDICARE (1-800-633-4227), 24 hola i ka lā, 7 lā i ka pule (TTY 1-877-486-2048).

Māhele 1.10 Pehea e loa'a ai ka 'ike hou aku e pili ana i kāu mau kuleana

Aia kekahi mau wahi e hiki ai iā 'oe ke ki'i i ka 'ike hou aku e pili ana i kāu mau kuleana:

Mokuna 8 Kou kuleana a me nā kuleana

- Hiki iā 'oe ke kāhea i ka Lawelawe Lālā.
- Hiki iā 'oe ke kāhea i ka SHIP. No nā kiko'ī, e hele i ka Mokuna 2, Māhele 3.
- Hiki iā 'oe ke kāhea iā Medicare.
 - Hiki iā 'oe ke kipa i ka pūnaeweke Medicare e heluhelu a i 'ole e ho'oiho i ka pa'i 'ana o *Medicare Rights & Protections*. (Aia ka pa'i ma: www.medicare.gov/Pubs/pdf/11534-Medicare-Rights-and-Protections.pdf.)
 - A i 'ole, hiki iā 'oe ke kāhea iā 1-800-MEDICARE (1-800-633-4227), 24 hola i ka lā, 7 lā i ka pule (TTY 1-877-486-2048).

MĀHELE 2 Loa'a iā 'oe kekahi mau kuleana ma ke 'ano he lālā o ka ho'olālā

Aia ma lalo nei nā mea āu e pono ai e hana ma ke 'ano he lālā o ka ho'olālā. Inā loa'a iā 'oe kekahi mau nīnau, e 'olu'olu e kāhea i ka Lawelawe Lālā.

- **E launa me kāu mau lawelawe i uhi 'ia a me nā lula āu e hahai ai e ki'i i kēia mau lawelawe i uhi 'ia.** E ho'ohana i kēia Hō'ike no ka uhi 'ana e a'o ai i ka mea i uhi 'ia no 'oe a me nā lula āu e pono ai e hahai ai e ki'i i kāu mau lawelawe i uhi 'ia.
 - Mokuna 3 a me 4 e hā'awi i nā kiko'ī e pili ana i kāu mau lawelawe lapa'au.
 - Mokuna 5 a me 6 e hā'awi i nā kiko'ī e pili ana i kāu uhi lā'au lapa'au Māhele D.
- **Inā loa'a iā 'oe kekahi inikua ola 'ē a'e a i 'ole ka uhi lā'au lapa'au ma waho a'e o kā mākou ho'olālā, koi 'ia '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 pomaika'i.
- **E ha'i i kāu kauka a me nā mea ho'olako ola 'ē a'e ua kau inoa 'oe i kā mākou ho'olālā.** E hō'ike i kāu kāleka lālā ho'olālā a me kāu kāleka Hawaii Med-QUEST Division Program (Medicaid) i kēlā me kēia manawa āu e loa'a ai ka mālama lapa'au a i 'ole nā lā'au lapa'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. Hahai i nā ho'olālā lapa'au a me nā kuhikuhi āu a me kāu mau kauka i 'ae ai.
 - E hō'oia i 'ike kāu mau kauka i nā lā'au āpau āu e lawe nei, me nā lā'au ma luna o ka heluhelu, nā vaitamini, a me nā mea ho'ohui.
 - Inā loa'a iā 'oe kekahi mau nīnau, e hō'oia e nīnau a loa'a i kahi pane hiki iā 'oe ke maopopo. 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.

Mokuna 8 Kou kuleana a me nā kuleana

- **E lilo i mea mahalo.** Mana'olana mākou e mahalo nā lālā āpau i nā kuleana o nā mea 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 mau aie.** Ma ke 'ano he lālā ho'olālā, kuleana 'oe no kēia mau uku:
 - Inā koi 'ia 'oe e uku i ka huina hou no ka Māhele D ma muli o kou loa'a ki'eki'e (e like me ka mea i hō'ike 'ia ma kāu palapala 'auhau hope loa), pono 'oe e ho'omau i ka uku 'ana i ka huina hou pololei i ke aupuni e noho lālā 'oe o ka 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, he mea nui pū ia e ha'i i ka Palekana Pilikino (a i 'ole ka Papa Hoomaha Alahao).

MOKUNA 9:

*He aha kāu e hana inā
loa‘a iā ‘oe kahi pilikia a i ‘ole ho‘opi‘i
(ho‘oholo uhi, ho‘opi‘i, ho‘opi‘i)*

Mokuna 9 He aha kāu e hana inā loa'a iā 'oe kahi pilikia a i 'ole ho'opi'i (ho'oholo uhi, ho'opi'i, ho'opi'i)

MĀHELE 1 Ho'olauna

Māhele 1.1 He aha kāu e hana inā loa'a iā 'oe kahi pilikia a i 'ole hopohopo

Wehewehe kēia mokuna i nā ka'ina hana no ka ho'oponopono 'ana i nā pilikia a me nā hopohopo. Ke ka'ina hana āu e ho'ohana ai no ka ho'oponopono 'ana i kāu pilikia e pili 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 uhi 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.

Māhele 1.2 He aha e pili ana i nā hua'ōlelo kānāwai?

Aia nā hua'ōlelo kānāwai 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 ma'a ka hapa nui o kēia mau hua'ōlelo i ka hapa nui o nā kānaka a hiki ke pa'akikī e ho'omaopopo. No ka ho'oma'ama'a 'ana, ho'ohana kēia mokuna:

- Ho'ohana i nā hua'ōlelo ma'alaha i kahi o kekahi mau hua'ōlelo kānāwai. No ka la'ana, 'ōlelo pinepine kēia mokuna i ka ho'opi'i 'ana ma mua o ka waiho 'ana i ka ho'opi'i, ka ho'oholo uhi ma mua o ka ho'oholo ho'ohui hui a i 'ole ka ho'oholo uhi a i 'ole ka ho'oholo i loko o ka pilikia, a me ka hui loiloi kū'oko'a ma mua o ka Hui Ho'oponopono Kū'oko'a.
- Ho'ohana pū ia i nā hō'ailona hō'emi i ka hiki loa.

Eia na'e, hiki ke kōkua – a i kekahi manawa he mea nui – no 'oe e 'ike i nā hua'ōlelo kānāwai kūpono. 'Ike i nā hua'ōlelo kūpono e kōkua iā 'oe e launa maika'i me ka loa'a 'ana o ke kōkua a i 'ole ka 'ike kūpono no kāu kulanā. No ke kōkua iā 'oe e 'ike i nā hua'ōlelo e ho'ohana ai, ho'ohui mākou i nā hua'ōlelo kānāwai ke hā'awi mākou i nā kiko'ī no ka ho'oponopono 'ana i nā 'ano kulanā kiko'ī.

MĀHELE 2 Kahi e loa'a ai ka 'ike hou aku a me ke kōkua pilikino

Loa'a mau mākou e kōkua iā 'oe. 'Oiai inā loa'a iā 'oe kahi ho'opi'i e pili ana i kā mākou mālama 'ana iā 'oe, koi 'ia mākou e mahalo i kāu kuleana e ho'opi'i. No laila, pono 'oe e launa

Mokuna 9 He aha kāu e hana inā loa'a iā 'oe kahi pilikia a i 'ole ho'opi'i (ho'oholo uhi, ho'opi'i, ho'opi'i)

pū me ka lawelawe mea kū'ai mai no ke kōkua. Akā i kekahi mau kūlana, makemake paha 'oe i ke kōkua a i 'ole ke alaka'i 'ana mai kekahi mea i pili 'ole me mākou. Aia ma lalo nei nā hui 'elua e hiki ke kōkua iā 'oe.

Papahana Kokua Inikua 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 papahana me mākou a i 'ole me kekahi hui inikua a ho'olālā olakino. Hiki i nā luna kōkua o kēia papahana ke kōkua iā 'oe e ho'omaopopo i ke ka'ina hana āu e pono ai e ho'ohana no ka ho'oponopono 'ana i kahi pilikia āu e loa'a nei. Hiki pū lākou ke pane i kāu mau nīnau, hā'awi i ka 'ike hou aku, a hā'awi i ke alaka'i no ka mea āu e hana ai.

Manuahi nā lawelawe a nā luna kōkua SHIP. E loa'a iā 'oe nā helu kelepona a me nā pūnaeweleva ma ka Mokuna 2, Māhele 3 o kēia palapala.

Medicare

Hiki iā 'oe ke launa pū me Medicare e ki'i i ke kōkua. No ke launa pū 'ana me Medicare:

- Hiki iā 'oe ke kāhea iā 1-800-MEDICARE (1-800-633-4227), 24 hola i ka lā, 7 lā i ka pule. Pono nā mea ho'ohana TTY e kelepona i 1-877-486-2048.
- Hiki pū iā 'oe ke kipa i ka pūnaeweleva Medicare (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'akahī - Pō'alima.
- Hiki iā 'oe ke kipa i ka pūnaeweleva Hawaii Med-QUEST Division Program (Medicaid) <https://medquest.hawaii.gov/en.html>.

MĀHELE 3 Ka ho'omaopopo 'ana i nā ho'opi'i a me nā ho'opi'i a Medicare a me Hawaii Med-QUEST Division Program (Medicaid) i kā mākou ho'olālā

Loa'a iā 'oe 'o Medicare a loa'a ke kōkua mai Hawaii Med-QUEST Division Program (Medicaid). Ho'opili ka 'ike i kēia mokuna i nā pōmaika'i **āpau** a kāu Medicare a me Hawaii Med-QUEST Division Program (Medicaid). Ho'opili 'ia kēia i kekahi manawa 'o kahi ka'ina hana ho'ohui no ka mea ho'ohui, a i 'ole ho'ohui, i nā ka'ina hana Medicare a me Hawaii Med-QUEST Division Program (Medicaid).

Mokuna 9 He aha kāu e hana inā loa'a iā 'oe kahi pilikia a i 'ole ho'opi'i (ho'oholo uhi, ho'opi'i, ho'opi'i)

I kekahi manawa 'a'ole ho'ohui 'ia nā ka'ina hana Medicare a me Hawaii Med-QUEST Division Program (Medicaid). I kēlā mau kūlana, ho'ohana 'oe i kahi ka'ina Medicare no kahi pōmaika'i i uhi 'ia e Medicare a me kahi ka'ina Hawaii Med-QUEST Division Program (Medicaid) no kahi pōmaika'i i uhi 'ia e Hawaii Med-QUEST Division Program (Medicaid). Wehewehe 'ia kēia mau kūlana ma Māhele 6.4 o kēia mokuna, *Kākau ā-'anu'u: Pehea e hana ai kahi ho'opi'i Papa 2.*

NĀ PILIKIA E PILI ANA I KĀU POMA'IKAI

MĀHELE 4 Ho'oholo uhi a me nā ho'opi'i

Inā loa'a iā 'oe kahi pilikia a i 'ole hopohopo, pono 'oe e heluhelu i nā 'āpana o kēia mokuna e pili ana i kāu 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 Papahana Hawaii Med-QUEST Division Program (Medicaid).**

He pilikia paha kāu a i 'ole he hopohopo e pili ana i kāu pomaika'i a i 'ole ka uhi?

Pili kēia i nā pilikia e pili ana inā uhi 'ia ka mālama lapa'au (nā mea lapa'au, nā lawelawe a i 'ole nā lā'au lapa'au Māhele B) a i 'ole 'a'ole, ke 'ano o ka uhi 'ia 'ana, a me nā pilikia pili i ka uku no ka mālama lapa'au.

'Ae.

E ho'omau i ka 'āpana a'e o kēia mokuna, **Māhele 5, "He alaka'i i nā kumu o nā ho'oholo uhi a me nā ho'opi'i."**

'A'ole.

E lele i mua i ka **Māhele 11** ma ka hopena o kēia mokuna, **"Pehea e hana ai i kahi ho'opi'i e pili ana i ka maika'i o ka mālama, ka lō'ihī o ka kali 'ana, ka lawelawe mea kū'ai mai, a i 'ole nā hopohopo 'ē a'e."**

MĀHELE 5 He alaka'i i nā kumu o nā ho'oholo uhi a me nā ho'opi'i

Māhele 5.1 Ke noi 'ana i nā ho'oholo uhi a me ka hana 'ana i nā ho'opi'i: ke ki'i nui

Pili nā ho'oholo uhi a me nā ho'opi'i i nā pilikia e pili ana i kāu pomaika'i a me ka uhi no kāu mālama lapa'au (nā lawelawe, nā mea, a me nā lā'au lapa'au Māhele B, me ka uku 'ana). No ka mālama 'ana i nā mea ma'alahi, 'ike 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 uhi 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.

Mokuna 9 He aha kāu e hana inā loa'a iā 'oe kahi pilikia a i 'ole ho'opi'i (ho'oholo uhi, ho'opi'i, ho'opi'i)

Ke noi 'ana i nā ho'oholo uhi ma mua o ka loa'a 'ana o nā pomaika'i

‘O ka ho'oholo uhi he ho'oholo a mākou e hana ai e pili ana i kāu pomaika'i a me ka uhi a i 'ole e pili ana i ka nui a mākou e uku ai no kāu mālama lapa'au. No ka la'ana, inā kuhikuhi kāu kauka pūnaewehe ho'olālā iā 'oe i kahi loea lapa'au ma waho o ka pūnaewehe, mana'o 'ia kēia kuhikuhi he ho'oholo uhi kūpono ke hiki i kāu kauka pūnaewehe ke hō'ike i ka loa'a 'ana o kahi leka hō'ole ma'amau no kēia loea lapa'au, a i 'ole ke hō'ia ka *Hō'ike no ka uhi* 'ana 'a'ole uhi 'ia ka lawelawe kuhikuhi i nā kūlana a pau. Hiki iā 'oe a i 'ole kāu kauka ke launa pū me mākou a noi i kahi ho'oholo uhi inā 'a'ole maopopo i kāu kauka inā uhi mākou i kahi lawelawe lapa'au kiko'i a i 'ole hō'ole i ka hā'awi 'ana i ke mālama lapa'au āu e mana'o ai he pono iā 'oe. I nā hua'ōlelo 'ē a'e, inā makemake 'oe e 'ike inā uhi mākou i kahi mālama lapa'au ma mua o kou loa'a 'ana, hiki iā 'oe ke noi iā mākou e hana i kahi ho'oholo uhi no 'oe. I kekahi mau kūlana palena, e hō'ole 'ia kahi noi no ka ho'oholo uhi, '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 kōnāwai e hana pēlā a i 'ole inā noi 'oe e ho'ihō'i 'ia kāu noi. Inā hō'ole mākou i kahi noi no ka ho'oholo uhi, e ho'ouna mākou i kahi leka e wehewehe ana i ke kumu i hō'ole 'ia ai ka noi a pehea e noi ai i kahi loilo hou 'ana o ka hō'ole 'ana.

Ke hana mākou i kahi ho'oholo uhi no 'oe i kēlā me kēia manawa a mākou e ho'oholo ai i ka mea i uhi 'ia no 'oe a me ka nui a mākou e uku ai. I kekahi mau hihia, e ho'oholo mākou 'a'ole i uhi 'ia ka mālama lapa'au a i 'ole 'a'ole uhi hou 'ia e Medicare no 'oe. Inā 'a'ole 'oe e 'ae i kēia ho'oholo uhi, 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 uhi, inā ma mua o ka loa'a 'ana o ka pomaika'i 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 kūhelu e noi iā mākou e loilo i ka ho'ololi i ka ho'oholo ho'opili a mākou i hana ai. Ma lalo o kekahi mau kūlana, a mākou e kūkākūkā ai ma hope, hiki iā 'oe ke noi i **kahi ho'opi'i** wikiwiki a i 'ole wikiwiki no ka ho'oholo uhi. Ho'oponopono 'ia kāu ho'opi'i e nā mea loilo '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, loilo mākou i ka ho'oholo uhi a mākou i hana ai e nānā inā ua hahai pono mākou i nā lula. Ke ho'opau mākou i ka loilo, hā'awi mākou iā 'oe 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 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 kōnāwai e hana pēlā, a i 'ole inā noi 'oe e ho'ihō'i 'ia kāu noi. Inā hō'ole mākou i kahi noi no ka ho'opi'i Papa 1, e ho'ouna mākou i kahi leka e wehewehe ana i ke kumu i hō'ole 'ia ai ka noi a pehea e noi ai i kahi loilo hou 'ana o ka hō'ole 'ana.

Inā 'ōlelo mākou 'a'ole i kekahi 'āpana o kāu ho'opi'i Papa 1 no ka mālama lapa'au, e hele pololei kāu ho'opi'i i ka ho'opi'i Papa 2 i hana 'ia e kahi hui loilo kū'oko'a 'a'ole pili iā mākou.

Mokuna 9 He aha kāu e hana inā loa'a iā 'oe kahi pilikia a i 'ole ho'opi'i (ho'oholo uhi, ho'opi'i, ho'opi'i)

- 'A'ole pono 'oe e hana i kekahi mea e ho'omaka i kahi ho'opi'i Papa 2. Koi nā lula Medicare e ho'ouna pololei mākou i kāu ho'opi'i no ka mālama lapa'au i ka Papa 2 inā 'a'ole mākou e 'ae piha i kāu ho'opi'i Papa 1.
- E 'ike i ka **Māhele 6.4** o kēia mokuna no ka 'ike hou aku e pili ana i nā ho'opi'i Papa 2 no ka mālama lapa'au.
- No nā ho'opi'i lā'au Māhele D, inā 'ōlelo mākou 'a'ole i kekahi 'āpana o kāu ho'opi'i, pono 'oe e noi i kahi ho'opi'i Papa 2. Kūkākūkā 'ia nā ho'opi'i Māhele D hou aku ma ka Māhele 7 o kēia mokuna.

Inā 'a'ole 'oe e 'olu'olu me ka ho'oholo ma ka ho'opi'i Papa 2, hiki paha iā 'oe ke ho'omau ma o nā pae ho'opi'i hou a'e (Wehewehe ka Māhele 10 i kēia mokuna i nā ka'ina hana ho'opi'i Papa 3, 4, a me 5).

Māhele 5.2 Pehea e ki'i ai i ke kōkua ke noi 'oe i kahi ho'oholo uhi a i 'ole ke hana 'oe i kahi ho'opi'i
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Eia nā kumu inā ho'oholo 'oe e noi i kekahi 'ano ho'oholo uhi a i 'ole ho'opi'i i kahi ho'oholo:

- Hiki iā 'oe ke kāhea iā mākou ma **Nā lawelawe Lālā**.
- Hiki iā 'oe ke loa'a ke kōkua manuahi mai kāu Papahana Kokua Inikua Ola o ka Moku'āina.
- **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 me kahi ho'opi'i i hala i ka Papa 2, pono lākou e koho 'ia ma ke 'ano he 'elele no 'oe. E kelepona i ke Kālā'oihana Māka'ika'i a nīnau no ka palena *Ho'okō 'ana i ke Kūlana*. (Loa'a pū ka palapala ma ka pūnaeweale 'o Medicare ma www.cms.gov/Medicare/CMS-Forms/CMS-Forms/downloads/cms1696.pdf a ma kā mākou pūnaeweale ma www.wellcare.com/ohana.)
 - No ka mālama lapa'au, hiki i kāu kauka a i 'ole mea ho'olako ola 'ē a'e ke noi i kahi ho'oholo uhi a i 'ole kahi ho'opi'i Papa 1 ma kāu wahi. Inā hō'ole 'ia kāu ho'opi'i ma Papa 1, e ho'ouna pololei 'ia ia i ka Papa 2.
 - Inā noi kāu kauka a mea mālama ola 'ē a'e i kahi lawelawe a i 'ole e ho'omau 'ia nā mea āu e loa'a nei i kāu ho'opi'i 'ana, oe Mei **pono** e inoa i kāu kauka a i 'ole mea 'ōlelo 'ē a'e ma ke 'ano he 'elele no 'oe e hana ma kou inoa.
 - No nā lā'au lapa'au Māhele D, hiki i kāu kauka a i 'ole mea kuhikuhi 'ē a'e ke noi i kahi ho'oholo uhi a i 'ole kahi ho'opi'i Papa 1 ma kāu wahi. Inā hō'ole 'ia kāu ho'opi'i Papa 1 hiki i kāu kauka a i 'ole mea kuhikuhi ke noi i kahi ho'opi'i Papa 2.
- **Hiki iā 'oe ke noi i kekahi e hana ma kāu wahi.** Inā makemake 'oe, hiki iā 'oe ke koho i kekahi kanaka 'ē a'e e hana no 'oe ma ke 'ano he 'elele no 'oe e noi i kahi ho'oholo uhi a i 'ole hana i kahi ho'opi'i.
 - Inā makemake 'oe e lilo kekahi hoaaloha, pilikua, a i 'ole kanaka 'ē a'e ma ke 'ano he 'elele no 'oe, e kāhea iā *Nā lawelawe Lālā* a noi i ka palapala Ho'oka'awale

Mokuna 9 He aha kāu e hana inā loa'a iā 'oe kahi pilikia a i 'ole ho'opi'i (ho'oholo uhi, ho'opi'i, ho'opi'i)

'elele. (Loa'a pū ka palapala ma ka pūnaewe'ele 'o Medicare ma www.cms.gov/Medicare/CMS-Forms/CMS-Forms/downloads/cms1696.pdf a ma kā mākou pūnaewe'ele ma www.wellcare.com/ohana.) Hā'awi ka palapala i kēlā kanaka i ka 'ae e hana ma kāu wahi. Pono ia e kau inoa 'ia e 'oe a me ka kanaka āu e makemake ai e hana ma kāu wahi. Pono 'oe e hā'awi iā mākou i kahi kope o ka palapala i kau inoa 'ia.

- 'Oiai hiki iā mākou ke 'ae i kahi noi ho'opi'i me ka 'ole o ka palapala, 'a'ole hiki iā mākou ke ho'omaka a i 'ole ho'opau i kā mākou loiloi a hiki iā mākou ke loa'a ia. Inā 'a'ole i 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 hana kēia, e ho'ouna mākou iā 'oe i kahi leka kākau e wehewehe ana i kāu kuleana e noi i ka hui loiloi kū'oko'a e loiloi i kā mākou ho'oholo e hō'ole i kāu ho'opi'i.
- **Loa'a pū iā 'oe ke kuleana e ho'olimalima i kahi loio.** Hiki iā 'oe ke launa pū me kāu loio pono i ka 'ole ki'i i ka inoa o kahi loio mai kāu hui loio kūloko a i 'ole kekahi lawelawe kuhikuhi. 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 uhi a i 'ole ho'opi'i i kahi ho'oholo.

Māhele 5.3 'O ka māhele hea o kēia mokuna e hā'awi i nā kiko'i no kāu kūlana?

Aia 'ehā mau kūlana 'oko'a e pili ana i nā ho'oholo uhi a me nā ho'opi'i. No ka mea he 'oko'a nā lula a me nā lā palena o kēlā me kēia kūlana, hā'awi mākou i nā kiko'i no kēlā me kēia i loko o kahi māhele 'oko'a:

- **Māhele 6** o kēia mokuna, "Kou mālama lapa'au: Pehea e noi ai i kahi ho'oholo uhi a i 'ole hana i kahi ho'opi'i"
- **Māhele 7** o kēia mokuna, "Kou lā'au lapa'au Māhele D: Pehea e noi ai i kahi ho'oholo uhi a i 'ole hana i kahi ho'opi'i"
- **Māhele 8** o kēia mokuna, "Pehea e noi ai iā mākou e uhi i kahi noho lō'ihī i ka haukapila inā 'oe e mana'o ana e ho'oku'u koke ka kauka iā 'oe"
- **Māhele 9** o kēia mokuna, "Pehea e noi ai iā mākou e ho'omau i ka uhi 'ana i kekahi mau lawelawe lapa'au inā mana'o 'oe ua pau ka uhi 'ana ma mua o ka manawa kūpono" (*Pili wale nō i kēia mau lawelawe: mālama olakino home, mālama hale hanai akamai, a me nā lawelawe Keena Ho'oponopono Ho'oma'ama'a Ma waho (CORF)*)

Inā 'a'ole maopopo iā 'oe ka māhele āu e pono ai e ho'ohana, e kāhea iā Nā lawelawe Lālā. Hiki pū iā 'oe ke ki'i i ke kōkua a i 'ole ka 'ike mai nā hui aupuni e like me kāu SHIP.

Mokuna 9 He aha kāu e hana inā loa'a iā 'oe kahi pilikia a i 'ole ho'opi'i (ho'oholo uhi, ho'opi'i, ho'opi'i)

MĀHELE 6 Kou mālama lapa'au: Pehea e noi ai i kahi ho'oholo uhi a i 'ole hana i kahi ho'opi'i o kahi ho'oholo uhi

Māhele 6.1 Wehewehe kēia māhele i ka mea e hana ai inā loa'a iā 'oe nā pilikia e pili ana i ka loa'a 'ana o ka uhi no ka mālama lapa'au a i 'ole inā makemake 'oe iā mākou e uku hou iā 'oe no kāu mālama

Pili kēia māhele i kāu pomaika'i no ka mālama lapa'au. Wehewehe 'ia kēia mau pomaika'i ma ka Mokuna 4 o kēia palapala: *Papa Pomaikai Lapa'au (ka mea i uhi 'ia)*. I kekahi mau hihia, pili nā lula 'oko'a i kahi noi no ka lā'au lapa'au Māhele B. I kēlā mau hihia, e wehewehe mākou pehea nā lula no nā lā'au lapa'au Māhele B e 'oko'a ai mai nā mea a me nā lawelawe lapa'au.

Wehewehe kēia māhele i ka mea āu e hiki ai ke hana inā 'oe i kekahi o nā kūlana 'elima a'e:

1. 'A'ole 'oe e loa'a ana i kekahi mālama lapa'au āu e makemake ai, a mana'o 'oe e uhi kā mākou ho'olālā i kēia mālama. **E noi i kahi ho'oholo uhi. Māhele 6.2.**
2. 'A'ole 'ae kā mākou ho'olālā i ka mālama lapa'au a kāu kauka a i 'ole mea ho'olako ola 'ē a'e e makemake ai e hā'awi iā 'oe, a mana'o 'oe e uhi kā mākou ho'olālā i kēia mālama. **E noi i kahi ho'oholo uhi. Māhele 6.2.**
3. Ua loa'a iā 'oe ka mālama lapa'au āu e mana'o ai e uhi kā mākou ho'olālā, akā ua ha'i mākou 'a'ole mākou e uku no kēia mālama. **E hana i kahi ho'opi'i. Māhele 6.3.**
4. Ua loa'a a ua uku 'oe no ka mālama lapa'au āu e mana'o ai e uhi 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. Māhele 6.5.**
5. Ke ha'i 'ia nei iā 'oe e ho'opau 'ia ka uhi no kekahi mālama lapa'au āu e loa'a nei (i 'ae 'ia e mākou ma mua) a i 'ole e hō'emi 'ia, a mana'o 'oe e hō'ino ka hō'emi 'ana a i 'ole ka ho'opau 'ana i kēia mālama i kou olakino. **E hana i kahi ho'opi'i. Māhele 6.3.**

Nānā: Inā 'o ka uhi e ho'opau 'ia nei no ka mālama haukapila, mālama olakino home, mālama hale hanai akamai, a i 'ole nā lawelawe Keena Ho'oponopono Ho'oma'ama'a Ma waho (CORF), pono 'oe e heluhelu i nā Māhele 8 a me 9 o kēia mokuna. Pili nā lula kūikawā i kēia mau 'ano mālama.

Māhele 6.2 Ke ka'ina hana 'anu'u: Pehea e noi ai i kahi ho'oholo uhi

Nā Hua'olelo Kānao'a

Ke pili kahi ho'oholo uhi i kāu mālama lapa'au, kapa 'ia ia he **ho'oholo hui**.

'O kahi ho'oholo uhi wikiwiki he **ho'oholo wikiwiki**.

Mokuna 9 He aha kāu e hana inā loa'a iā 'oe kahi pilikia a i 'ole ho'opi'i (ho'oholo uhi, ho'opi'i, ho'opi'i)

Kāmua 1: E ho'oholo inā makemake 'oe i kahi ho'oholo uhi ma'amau a i 'ole kahi ho'oholo uhi wikiwiki.

'O kahi ho'oholo uhi ma'amau i hana 'ia ma waena o 14 mau lā kalena a i 'ole 72 hola nā lā'au Māhele B. 'O kahi ho'oholo uhi wikiwiki i hana 'ia ma waena o 72 hola, no nā lawelawe lapa'au, 24 hola no nā lā'au Māhele B. No ka loa'a 'ana o kahi ho'oholo uhi wikiwiki, pono 'oe e ho'okō i nā koi 'elua:

- Hiki iā 'oe ke noi *wale nō* no ka uhi no nā mea lapa'au a i 'ole nā lawelawe ('a'ole nā noi no ka uku no nā mea a i 'ole nā lawelawe i loa'a mua 'ia).
- Hiki iā 'oe ke loa'a i kahi ho'oholo uhi wikiwiki inā hiki ke hana ka ho'ohana 'ana i nā palena manawa ma'amau i ka pō'ino ko'iko'i i kou olakino *a i 'ole ka 'eha i kou hiki ke hana*.
- Inā ha'i kāu kauka iā mākou i ka makemake 'ia kou olakino i kahi ho'oholo uhi wikiwiki, e 'ae 'akomi mākou e hā'awi iā 'oe i kahi ho'oholo uhi wikiwiki.
- Inā noi 'oe i kahi ho'oholo uhi wikiwiki ma kou 'ano iho, me ka 'ole o ke kākō'o a kāu kauka, e ho'oholo mākou inā pono kāu olakino e hā'awi mākou iā 'oe i kahi ho'oholo uhi wikiwiki. Inā 'a'ole mākou e 'ae i kahi ho'oholo uhi wikiwiki, e ho'ouna mākou iā 'oe i kahi leka e:
 - Wehewehe 'ana e ho'ohana mākou i nā palena manawa ma'amau.
 - Wehewehe inā noi kāu kauka i ka ho'oholo uhi wikiwiki, e hā'awi 'akomi mākou iā 'oe i kahi ho'oholo uhi wikiwiki.
 - Wehewehe e 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 uhi ma'amau ma mua o ka ho'oholo uhi wikiwiki āu i noi ai.

'O ke 'anu'u 2: Noi i kā mākou ho'olālā e hana i kahi ho'oholo uhi 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.

'O ke 'anu'u 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'amau e ho'ohana mākou i nā palena manawa ma'amau.

'O kēia ke 'ano o ka hā'awi 'ana iā 'oe i kahi pane ma waena o 14 mau lā kalena ma hope o ka loa'a 'ana o kāu noi no kahi mea a i 'ole lawelawe lapa'au. Inā he noi kāu no kahi lā'au lapa'au Medicare Part B, e hā'awi mākou iā 'oe i kahi pane i loko o 72 hola 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

Mokuna 9 He aha kāu e hana inā loa'a iā 'oe kahi pilikia a i 'ole ho'opi'i (ho'oholo uhi, ho'opi'i, ho'opi'i)

noi kāu no kahi mea a i 'ole lawelawe lapa'au. Inā lawe mākou i nā lā hou aku, e ha'i kākau mākou iā 'oe. 'A'ole hiki iā mākou ke lawe i ka manawa hou a'e e hana i kahi ho'oholo inā he noi kāu no kahi lā'au lapa'au Medicare Part 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 hā'awi mākou iā 'oe i kahi pane i kāu ho'opi'i i ka manawa ā mākou e hana ai i ka ho'oholo. ('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 'ike i ka Māhele 11 o kēia mokuna 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 kahi ho'oholo uhi wikiwiki 'o ia ke hā'awi 'ana i kahi pane i loko o 72 hola inā he noi kāu no kahi mea a i 'ole lawelawe lapa'au. Inā he noi kāu no kahi lā'au lapa'au Medicare Part B, e pane mākou i loko o 24 hola.

- **Eia na'e**, inā noi 'oe i ka manawa hou, a i 'ole inā makemake mākou i ka 'ike hou a'e e hiki ke pōmaika'i iā 'oe, **hiki iā mākou ke lawe i nā lā kalena 14 hou a'e**. Inā lawe mākou i nā lā hou aku, e ha'i kākau mākou iā 'oe. 'A'ole hiki iā mākou ke lawe i ka manawa hou a'e e hana i kahi ho'oholo inā he noi kāu no kahi lā'au lapa'au Medicare Part 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 nānā i Ke Māhele 11 o kēia mokuna no ka 'ike e pili ana i nā ho'opi'i.) E kelepona mākou iā 'oe ke ho'oholo mākou.
- **Inā 'a'ole mākou e 'ae i kahi 'āpana a i 'ole nā mea āu i noi ai**, e ho'ouna mākou iā 'oe i kahi 'ōlelo kākau i wehewehe i ke kumu i 'ole mākou i 'ae ai.

'O ke 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 hana 'oe i ka ho'opi'i, 'o ia ho'i e hele 'oe i ka Papa 1 o ke ka'ina ho'opi'i.

Māhele 6.3	Ka'anuu ma ke Ka'anuu: Pehea e hana ai i kahi Ho'opi'i Papa 1
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Nā Hua'ōlelo Kānao'a

Ho'opi'i i ka ho'olālā e pili ana i kahi ho'oholo uhi mālama olakino i kapa 'ia he ho'oholo ho'olālā hou.

Hō'ike 'ia nō ho'i ke 'ano ho'opi'i wikiwiki he mea ho'omaika'i ha'alele..
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Mokuna 9 He aha kāu e hana inā loa'a iā 'oe kahi pilikia a i 'ole ho'opi'i (ho'oholo uhi, ho'opi'i, ho'opi'i)

Anu'u 1: E ho'oholo inā makemake 'oe i kahi ho'opi'i ma'amau a i 'ole he 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 'oe e ho'opi'i ana i kahi ho'oholo ā mākou i hana ai e pili ana i ka uhi no ka mālama 'ana āu i loa'a 'ole, e pono 'oe a i 'ole kāu kauka e ho'oholo inā makemake 'oe i kahi ho'opi'i wikiwiki. Inā ha'i mai kāu kauka iā mākou ua koi kou olakino i kahi ho'opi'i wikiwiki, e hā'awi mākou iā 'oe i kahi ho'opi'i wikiwiki.
- 'O nā koi no ka loa'a 'ana o kahi "ho'opi'i wikiwiki" e like me nā mea no ka loa'a 'ana o kahi "ho'oholo wikiwiki" ma ka Māhele 6.2 o kēia mokuna.

Anu'u 2: E noi i kā mākou ho'olālā no kahi ho'opi'i a i 'ole he ho'opi'i wikiwiki.

- Inā 'oe e noi nei i kahi ho'opi'i ma'amau, e hā'awi i kāu ho'opi'i ma'amau ma ke kākau. Hiki iā 'oe ke noi no ka ho'opi'i 'ana ma ke kelepona 'ana iā mākou he 'ike pili ka Mokuna 2.
- Inā 'oe e noi nei i kahi ho'opi'i wikiwiki, e hana i kāu ho'opi'i ma ke kākau a i 'ole kelepona mai 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 uhi. 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 ke ho'opili 'ia nā kumu maika'i me ka ma'i ko'iko'i i kāohi iā 'oe mai ka ho'opili 'ana mai iā mākou a i 'ole inā hā'awi mākou iā 'oe i ka 'ike hewa a piha 'ole e pili ana i ka palena manawa 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'opau i ka uhi 'ana i kahi lawelawe a i 'ole mea āu e loa'a nei, e ho'ouna mākou iā 'oe i kahi hō'ike 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 'oe e noi no ka Ho'opi'i Papa 1 i loko o 10 lā kalena mai ka lā i ka leka a i 'ole ka lā e mana'o 'ia e lilo ka hana, 'o wai paha ka mea hope loa.
- 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 Ho'opi'i Papa 1. E ho'omau 'oe i ka loa'a 'ana o nā lawelawe a i 'ole nā mea 'ē a'e ('a'ole nā mea i kāu ho'opi'i) me nā ho'ololi 'ole.

Mokuna 9 He aha kāu e hana inā loa'a iā 'oe kahi pilikia a i 'ole ho'opi'i (ho'oholo uhi, ho'opi'i, ho'opi'i)

Anu'u 3: Mālama mākou i kāu ho'opi'i a hā'awi mākou iā 'oe i kā mākou pane.

- Ke nānā 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 inā pono, e ho'opili paha iā 'oe a i 'ole kāu kauka.

Nā palena manawa no ka ho'opi'i wikiwiki

- No nā ho'opi'i wikiwiki, pono mākou e hā'awi iā 'oe i kā mākou pane **i loko o 72 hola ma hope o ka loa'a 'ana o kāu ho'opi'i**. E hā'awi mākou iā 'oe i kā mākou pane ma mua inā koi kou olakino iā mākou e hana pēlā.
 - 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 lawe mākou i nā lā hou aku, e ha'i kākau mākou iā 'oe. 'A'ole hiki iā mākou ke lawe i ka manawa hou inā 'o kāu noi no ka lā'au lapa'au Medicare Part B.
 - Inā 'a'ole mākou e hā'awi iā 'oe i kahi pane i loko o 72 hola (a i 'ole ma ka pau 'ana o ka manawa lohi inā lawe mākou i nā lā hou), pono mākou e ho'ouna 'akomi i kāu noi i ka Papa 2 o ke ka'ina ho'opi'i, kahi e nānā 'ia e ka hui ho'okele kū'oko'a. Hō'ike 'o Māhele 6.4 i ke ka'ina 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 'ae a hā'awi paha i ka uhi 'ana i 'ae mākou e hā'awi i loko o 72 hola ma hope o ka loa'a 'ana o kāu ho'opi'i.
- **Inā 'a'ole mākou e 'ae i kahi 'āpana a i 'ole nā mea āu i noi ai**, e ho'ouna mākou iā 'oe i kā mākou ho'oholo ma ke kākau a ho'ouna 'akomi i kāu ho'opi'i i ka hui ho'okele kū'oko'a no ka ho'opi'i Papa 2. E ha'i 'ia iā 'oe ma ke kākau ke loa'a iā lākou 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 kahi lā'au lapa'au Medicare Part B āu i loa'a 'ole, e hā'awi mākou 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 mākou iā 'oe i kā mākou ho'oholo ma mua inā koi kāu olakino iā mākou e hana pēlā.
 - 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 lawe mākou i nā lā hou aku, e ha'i kākau mākou iā 'oe. 'A'ole hiki iā mākou ke lawe i ka manawa hou a'e e hana i kahi ho'oholo inā he noi kāu no kahi lā'au lapa'au Medicare Part 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. Ke waiho 'oe i kahi ho'opi'i wikiwiki, e hā'awi mākou iā 'oe i kahi pane i kāu ho'opi'i i loko o 24 hola. (No ka 'ike hou e pili ana i ke ka'ina no ka hana 'ana i nā ho'opi'i, me nā ho'opi'i wikiwiki, e nānā i Ke **Māhele 11** o kēia mokuna.)

Mokuna 9 He aha kāu e hana inā loa'a iā 'oe kahi pilikia a i 'ole ho'opi'i (ho'oholo uhi, ho'opi'i, ho'opi'i)

- Inā 'a'ole mākou e hā'awi iā 'oe i kahi pane ma ka palena manawa (a ma ka pau 'ana paha o ka manawa hou), e ho'ouna mākou i kāu noi i kahi Ho'opi'i Papa 2 kahi e nānā ai kahi hui ho'okele kū'oko'a i ka ho'opi'i. Hō'ike 'o Māhele 6.4 i ke ka'ina 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 'ae a hā'awi paha i ka uhi 'ana i loko o 30 lā kalena, a i loko o 7 lā kalena inā 'o kāu noi no kahi lā'au lapa'au Medicare Part B, ma hope o ka loa'a 'ana o kāu ho'opi'i.**
- **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 'a'ole mākou e 'ae i kahi 'āpana a i 'ole nā mea āu i noi ai, e ho'ouna mākou iā 'oe i kahi leka.
 - 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.

Māhele 6.4	Ka'anu'u ma ke Ka'anu'u: Pehea e hana ai i kahi ho'opi'i Papa 2
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Kālā Kālā

'O ka inoa kūhelu no ka hui ho'okele kū'oko'a 'o ka Hui Ho'okele Kū'oko'a . Ho'oma'ama'a 'ia 'o ia i 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 iā mākou a 'a'ole ia he ke'ena 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 he pilikia kāu e pili ana i kahi lawelawe a i 'ole mea i **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 pau 'ana o ka ho'opi'i Papa 1.
- Inā he pilikia kāu e pili ana i kahi lawelawe a i 'ole mea i **uhi 'ia e Medicaid**, hiki iā 'oe ke waiho i kahi ho'opi'i Papa 2 'oe iho. E ha'i ka leka iā 'oe pehea e hana ai i kēia. Aia pū ka 'ike ma lalo nei.
- Inā he pilikia kāu e pili ana i kahi lawelawe a i 'ole mea hiki ke **uhi 'ia e Medicare a me Medicaid**, e loa'a iā 'oe kahi ho'opi'i Papa 2 me ka hui ho'okele kū'oko'a. Hiki iā 'oe ke noi pū i kahi Ho'olohe Kupono me ke aupuni.

Inā kūpono 'oe no ka ho'omau 'ana i nā pōmaika'i ke waiho 'oe i kāu ho'opi'i Papa 1, hiki ke ho'omau 'ia kāu pōmaika'i no ka lawelawe, mea, a i 'ole lā'au i ka ho'opi'i 'ana i ka Papa 2.

Mokuna 9 He aha kāu e hana inā loa'a iā 'oe kahi pilikia a i 'ole ho'opi'i (ho'oholo uhi, ho'opi'i, ho'opi'i)

E hele i ka 'ao'ao 150 no ka 'ike e pili ana i ka ho'omau 'ana i kāu mau pomaikai i ka wā o ka ho'opi'i 'ana i ka Papa 1.

- Inā he pilikia kāu e pili ana i kahi lawelawe i uhi 'ia e Medicare wale nō, 'a'ole e ho'omau kāu pomaikai no kēlā lawelawe i ka wā o ke ka'ina ho'opi'i Papa 2 me ka Hui Ho'oponopono Kū'oko'a.
- Inā he pilikia kāu e pili ana i kahi lawelawe i uhi 'ia e Medicaid, e ho'omau kāu pomaikai no kēlā lawelawe inā hā'awi 'oe i kahi ho'opi'i Papa 2 i loko o 10 lā kalena ma hope o ka loa'a 'ana o ka leka ho'oholo a ka ho'olālā.

Inā he pilikia kāu e pili ana i kahi lawelawe a i 'ole mea a Medicare e uhi pinepine ai:

Anu'u 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 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.
- E nānā pono nā loiloi ma ka Hui Ho'oponopono 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 Papa 1, e loa'a iā 'oe kekahi ho'opi'i wikiwiki ma Papa 2.

- No ka ho'opi'i wikiwiki, pono e hā'awi ka hui loiloi iā 'oe i ka pane no kāu ho'opi'i Papa 2 **i loko o 72 hola mai** ka manawa i loa'a iā lākou 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 Ho'oponopono Kū'oko'a ke lawe i ka manawa hou e ho'oholo inā 'o kāu noi no kahi lā'au lapa'au Medicare Part B.

Inā loa'a iā 'oe kahi ho'opi'i ma'amau ma Papa 1, e loa'a pū iā 'oe kahi ho'opi'i ma'amau ma Papa 2.

- No ka ho'opi'i ma'amau, inā 'o kāu noi no kahi mea a i 'ole lawelawe lapa'au, pono e hā'awi ka hui loiloi iā 'oe i ka pane no kāu ho'opi'i Papa 2 **i loko o 30 lā kalena mai** ka manawa i loa'a iā lākou kāu ho'opi'i.
- Inā 'o kāu noi no kahi lā'au lapa'au Medicare Part B, pono e hā'awi ka hui loiloi iā 'oe i ka pane no kāu ho'opi'i Papa 2 **i loko o 7 lā kalena mai** ka manawa i loa'a iā lākou kāu ho'opi'i.
- Eia nō na'e, 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 Ho'oponopono Kū'oko'a ke lawe i ka manawa hou e ho'oholo inā 'o kāu noi no kahi lā'au lapa'au Medicare Part B.

Mokuna 9 He aha kāu e hana inā loa'a iā 'oe kahi pilikia a i 'ole ho'opi'i (ho'oholo uhi, ho'opi'i, ho'opi'i)

Anu'u 2: Hā'awi ka Hui Ho'oponopono Kū'oko'a iā 'oe i kā lākou pane.

E ha'i aku ka Hui Ho'oponopono Kū'oko'a iā 'oe i kā lākou ho'oholo ma ke kākau a wehewehe i nā kumu.

- **Inā 'olelo ka Hui Ho'oponopono Kū'oko'a he 'ae i kahi 'āpana a i 'ole nā mea āu i noi ai no kahi mea a i 'ole lawelawe lapa'au,** pono mākou e 'ae i ka uhi 'ana o ka mālama lapa'au i **loko o 72 hola** a i 'ole hā'awi i ka lawelawe i **loko o 14 lā kalena** ma hope o ka loa'a 'ana o kā mākou ho'oholo no nā noi ma'amaui a i 'ole hā'awi i ka lawelawe i **loko o 72 hola** mai ka lā i loa'a iā mākou kā lākou **ho'oholo no nā noi wikiwiki.**
- **Inā 'olelo ka Hui Ho'oponopono Kū'oko'a he 'ae i kahi 'āpana a i 'ole nā mea āu i noi ai no kahi lā'au lapa'au Medicare Part B,** pono mākou e 'ae a i 'ole hā'awi i ka lā'au lapa'au i **loko o 72 hola** ma hope o ka loa'a 'ana o kā **lākou ho'oholo** no nā noi ma'amaui a i 'ole i **loko o 24 hola** mai ka lā i loa'a iā mākou kā **lākou ho'oholo no nā noi wikiwiki.**
- **Inā 'olelo kēia hui 'a'ole i kahi 'āpana a i 'ole nā mea āu i ho'opi'i ai,** 'o ia ho'i e 'ae lākou me kā mākou ho'olālā i kā kāu noi (a i 'ole kahi 'āpana o kāu noi) no ka uhi 'ana i ka mālama lapa'au 'a'ole pono e 'ae 'ia. (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 Ho'oponopono Kū'oko'a iā 'oe i kahi leka:
 - Wehewehe i kā lākou ho'oholo.
 - E ha'i iā 'oe i ke kuleana e ho'opi'i i ka Papa 3 inā ho'okō ka waiwai kālā o ka uhi mālama lapa'au i kahi palena iki. 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 ho'opi'i ai i ka 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 ho'opi'i, pono 'oe e ho'oholo inā makemake 'oe e hele i Papa 3 a hana i ka ho'opi'i 'ekolu. 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 kānāwai ho'omalua a i 'ole loio hooholo. 'O ka **Māhele 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:

Anu'u 1: Hiki iā 'oe ke noi i kahi Ho'olohe Kupono me ke aupuni.

- 'O ke ka'ina ho'opi'i Papa 2 no nā lawelawe i uhi 'ia e Medicaid kahi Ho'olohe Kupono me ke aupuni. Pono 'oe e noi i kahi Ho'olohe Kupono ma ke kākau a ma ke kelepona paha i **loko o 120 lā kalena** o ka lā a mākou i ho'ouna ai i ka leka ho'oholo ma kāu ho'opi'i 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.

Mokuna 9 He aha kāu e hana inā loa'a iā 'oe kahi pilikia a i 'ole ho'opi'i (ho'oholo uhi, ho'opi'i, ho'opi'i)

Anu'u 2: Hā'awi ke ke'ena Ho'olohe Kupono iā 'oe i kā lākou pane.

E ha'i aku ke ke'ena Ho'olohe Kupono iā 'oe i kā lākou ho'oholo ma ke kākau a wehewehe i nā kumu.

- **Inā 'ōlelo ke ke'ena Ho'olohe Kupono he 'ae i kahi 'āpana a i 'ole nā mea āu i noi ai no kahi mea a i 'ole lawelawe lapa'au,** pono mākou e 'ae a i 'ole hā'awi i ka lawelawe a i 'ole mea i loko o 72 hola ma hope o ka loa'a 'ana o ka ho'oholo mai ke ke'ena Ho'olohe Kupono.
- **Inā 'ōlelo ke ke'ena Ho'olohe Kupono 'a'ole i kahi 'āpana a i 'ole nā mea āu i ho'opi'i ai,** ua 'ae lākou me kā mākou ho'olālā i kā kāu noi (a i 'ole kahi 'āpana o kāu noi) no ka uhi 'ana i ka mālama lapa'au 'a'ole pono e 'ae 'ia. (Kapa 'ia kēia 'o ka kākō'o 'ana i ka ho'oholo a i 'ole ka ho'opi'i 'ana i kāu noi.)

Inā 'o ka ho'oholo he 'a'ole no nā mea a pau a i 'ole kahi 'āpana o ka mea a'u i noi ai, hiki ia'u ke hana i kahi 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 nānā i ka **Māhele 10** o kēia Mokuna no nā 'ike hou aku e pili ana i kāu mau kuleana ho'opi'i ma hope o ka Kilo 2.

Māhele 6.5	Pehea inā 'oe e noi mai iā mākou e uku hou iā 'oe no kahi bila āu i loa'a ai no ka mālama lapa'au?
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Inā ua uku mua 'oe no kahi lawelawe a i 'ole mea Medicaid i uhi 'ia e ka ho'olālā, hiki iā 'oe ke noi i kā mākou ho'olālā e uku hou iā 'oe (ke noi 'ana iā 'oe e uku hou 'ia i kapa pinepine 'ia 'o ka uku hou 'ana iā '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. Ke ho'ouna 'oe iā mākou i kahi bila āu i uku ai i kēia manawa, e nānā mākou i ka bila a ho'oholo inā e uhi 'ia nā lawelawe a i 'ole lā'au. Inā mākou e ho'oholo e uhi 'ia lākou, e ho'ihō'i mākou iā 'oe no nā lawelawe a i 'ole lā'au.

'O ka noi 'ana no ka uku hou 'ana he noi no ka ho'oholo uhi mai iā mākou.

Inā ho'ouna 'oe iā mākou i nā palapala e noi ana i ka uku hou 'ana, ke noi 'oe i ka ho'oholo uhi. No ka ho'oholo 'ana i kēia, e nānā mākou e 'ike inā uhi 'ia ka mālama lapa'au āu i uku ai. E nānā pū mākou inā ua hahai 'oe i nā lula āpau no ka ho'ohana 'ana i kāu uhi no ka mālama lapa'au.

Inā makemake 'oe iā mākou e uku hou iā 'oe no kahi lawelawe a i 'ole mea **Medicare** a i 'ole ke noi 'oe iā mākou e uku i kahi mea ho'olako ola kino no kahi lawelawe a i 'ole mea Medicaid āu i uku ai, e noi 'oe iā mākou e hana i kēia ho'oholo uhi. E nānā mākou e 'ike inā he lawelawe

Mokuna 9 He aha kāu e hana inā loa'a iā 'oe kahi pilikia a i 'ole ho'opi'i (ho'oholo uhi, ho'opi'i, ho'opi'i)

i uhi 'ia ka mālama lapa'au āu i uku ai. E nānā pū mākou inā ua hahai 'oe i nā lula āpau no ka ho'ohana 'ana i kāu uhi no ka mālama lapa'au.

- **Inā 'ōlelo mākou he 'ae i kāu noi:** Inā uhi 'ia ka mālama lapa'au a ua hahai 'oe i nā lula āpau, e ho'ouna mākou iā 'oe i ka uku no ke kumukū'ai ma'amau i loko o 30 lā kalena, akā 'a'ole ma mua o 60 lā kalena ma hope o ka loa'a 'ana o kāu noi.
- **Inā 'ōlelo mākou 'a'ole i kāu noi:** Inā 'a'ole i uhi 'ia ka mālama lapa'au, a i 'ole 'a'ole 'oe i hahai i nā lula āpau, 'a'ole mākou e ho'ouna aku i ka uku. Ma kahi o ia, e ho'ouna mākou iā 'oe i kahi leka e ha'i ana 'a'ole mākou e uku no ka mālama lapa'au a me nā kumu.

Inā 'aelike 'ole 'oe me kā mākou ho'oholo e hō'ole iā 'oe, **hiki iā 'oe ke ho'opi'i**. Inā hana 'oe i ka ho'opi'i, 'o ia ho'i ke noi 'oe iā mākou e ho'ololi i ka ho'oholo uhi ā mākou i hana ai i ka wā i hō'ole mākou i kāu noi no ka uku.

Te hana i kēia ho'opi'i, e hahai i ke ka'ina hana no nā ho'opi'i a mākou e wehewehe nei ma ka Paukū 6.3. No nā ho'opi'i e pili ana i ka uku hou 'ana, e 'olu'olu e ho'omana'o:

- 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 'oe e noi iā mākou e uku hou iā 'oe no ka mālama lapa'au āu i loa'a ai a ua uku ai, 'a'ole 'ae 'ia 'oe e noi i kahi ho'opi'i wikiwiki.
- 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 'o ka pane i kāu ho'opi'i he 'ae ma kekahi 'anu'u 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 i ka mea ho'olako ola kino i loko o 60 lā kalena.

ANU'U 7

Nā lā'au lapa'au Māhele D: Pehea e noi ai i kahi ho'oholo uhi a i 'ole hana i ka ho'opi'i

Māhele 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 i 'ae 'ia. (E nānā i Ke Mokuna 5 no ka 'ike hou aku e pili ana i kahi hō'ailona lapa'au i 'ae 'ia.) No nā kiko'i e pili ana i nā lā'au Māhele D, nā lula, nā palena, a me nā kumukū'ai e 'olu'olu e nānā i nā Ke Māhele 5. **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 lā'au Māhele D* i kēlā me kēia manawa. Ho'ohana pū mākou i ka hua'ōlelo *Papa Laau ma kahi o Papa inoa o nā La'au i uhi 'ia a i 'ole Palapala* ho'opuka.

Mokuna 9 He aha kāu e hana inā loa'a iā 'oe kahi pilikia a i 'ole ho'opi'i (ho'oholo uhi, ho'opi'i, ho'opi'i)

- Inā 'a'ole 'oe 'ike inā uhi 'ia kekahi lā'au a i 'ole inā ho'okō 'oe i nā lula, hiki iā 'oe ke noi iā mākou. Ho'okahi mau lā'au e koi ana iā 'oe e ki'i i ka 'ae mai iā mākou ma mua o ka uhi 'ana iā ia.
- Inā ha'i ka lā'au lapa'au iā 'oe 'a'ole hiki ke ho'opiha 'ia kāu kauka kauoha e like me ka mea i kākau 'ia, e hā'awi ka lā'au lapa'au iā 'oe i kahi leka kākau e wehewehe ana i ke 'ano e launa ai iā mākou e noi i kahi ho'oholo uhi.

Nā ho'oholo uhi Māhele D a me nā ho'opi'i

Kālā Kālā
'O kahi ho'oholo uhi mua e pili ana i kāu mau lā'au Māhele D i kapa 'ia he ho'oholo uhi .

'O kahi ho'oholo uhi he ho'oholo ā mākou e hana ai e pili ana i kāu pomaikai a me ka uhi 'ana a i 'ole e pili ana i ke kumukū'ai ā mākou e uku ai no kāu mau lā'au. Hō'ike kēia māhele i nā mea āu e hiki ai ke hana inā loa'a iā 'oe kekahi o nā kūlana a'e:

- Ke noi nei e uhi i kahi lā'au Māhele D i 'ole i ka *Papa inoa o nā La'au i uhi 'ia* o ka ho'olālā. **E noi i kahi 'oko'a. Māhele 7.2.**
- Ke noi nei e ho'oka'awale i kahi palena ma ka uhi 'ana o ka ho'olālā no kahi lā'au (e like me nā palena ma ka nui o ka lā'au āu e hiki ke loa'a, 'ae mua 'ana, a i 'ole ke koi e ho'ā'o i kekahi lā'au 'ē a'e ma mua). **E noi i kahi 'oko'a. Māhele 7.2.**
- Ke noi nei e ki'i i ka 'ae mua no kahi lā'au. **E noi i kahi ho'oholo uhi. Māhele 7.4.**
- E uku no kahi lā'au kauka āu i kū'ai mua ai. **E noi iā mākou e uku hou iā 'oe. Māhele 7.4.**

Inā 'aelike 'ole 'oe me kahi ho'oholo uhi ā mākou i hana ai, hiki iā 'oe ke ho'opi'i i kā mākou ho'oholo.

Hō'ike kēia māhele iā 'oe i ke 'ano e noi ai i nā ho'oholo uhi a me ke 'ano e noi ai i kahi ho'opi'i.

Māhele 7.2 He aha ke 'ano o ka 'oko'a?
Nā Hua'olelo Kānao'a Ke noi nei no ka uhi 'ana o kahi lā'au i pili 'ole i ka Laau laau Papa inoa i kekahi manawa e kāhea 'ia ana no palapala palapala 'oko'a. Ke noi nei no ka wehe 'ana i ka palena ma ka uhi 'ana i kahi lā'au i kapa 'ia kekahi manawa he palena papahana. Ke noi nei no ka uku 'ana i ka hui 'ole 'ana no kahi lā'au ho'opa'a 'ia 'a'ole punahele i kapa 'ia kekahi manawa he palena kūlana.

Inā 'a'ole uhi 'ia kekahi lā'au i ke 'ano āu e makemake ai e uhi 'ia, hiki iā 'oe ke noi iā mākou e hana i kahi **'oko'a**. 'O ka 'oko'a he 'ano ho'oholo uhi.

Mokuna 9 He aha kāu e hana inā loa'a iā 'oe kahi pilikia a i 'ole ho'opi'i (ho'oholo uhi, ho'opi'i, ho'opi'i)

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 'elua o nā 'oko'a āu a i 'ole kāu kauka a i 'ole kekahi mea kuhikuhi 'ē a'e e hiki ai ke noi iā mākou e hana:

- 1. Ke uhi nei i kahi lā'au Māhele D no 'oe i 'ole ma kā mākou Papa Laau.**
- 2. Ke ho'one'e nei i kahi palena no kahi lā'au i uhi 'ia.** Hō'ike 'o Ke Mokuna 5 i nā lula a i 'ole nā palena hou i pili i kekahi mau lā'au ma kā mākou "Papa Laau".

Māhele 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 kekahi mea kuhikuhi 'ē a'e e hā'awi mai iā mākou i kahi 'ōlelo e wehewehe ana i nā kumu lapa'au no ke noi 'ana 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.

Ma'amau, loa'a iā kā mākou Papa Laau ma mua o ho'okahi lā'au no ka mālama 'ana i kahi ma'i kiko'i. Ho'okahi mau mea hiki ke koho 'ia i kapa 'ia nā **lā'au koho** 'ē a'e. Inā he lā'au koho 'ē a'e e like me ka pono e like me ka lā'au āu e noi ai a 'a'ole e hana i nā hopena 'ē a'e a i 'ole nā pilikia olakino 'ē a'e, **a'ole** ma'amau mākou e 'ae i kāu noi no ka 'oko'a.

Hiki iā mākou ke 'ae a i 'ole i kāu noi

- Inā 'ae mākou i kāu noi no ka 'oko'a, ma'amau ka 'ae 'ana he kūpono a hiki i ka pau 'ana o ka 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.

Māhele 7.4 Ka'anuu ma ke Ka'anuu: Pehea e noi ai i kahi ho'oholo uhi, me kahi 'oko'a

Kālā Kālā

'O kahi ho'oholo uhi wikiwiki i kapa 'ia **he ho'oholo uhi ho'omaika'i.**

Kāmua 1: E ho'oholo inā makemake 'oe i kahi ho'oholo uhi ma'amau a i 'ole kahi ho'oholo uhi 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.

Mokuna 9 He aha kāu e hana inā loa'a iā 'oe kahi pilikia a i 'ole ho'opi'i (ho'oholo uhi, ho'opi'i, ho'opi'i)

Inā koi kou olakino, e noi iā mākou e hā'awi iā 'oe i kahi ho'oholo uhi wikiwiki. I mea e loa'a ai kahi ho'oholo uhi wikiwiki, pono 'oe e ho'okō i nā koi 'elua:

- Pono 'oe e noi no kahi *lā'au āu i loa'a 'ole*. ('A'ole hiki iā 'oe ke noi i kahi ho'oholo uhi wikiwiki e uku hou 'ia no kahi lā'au āu i kū'ai mua ai.)
- Hiki ke ho'okō i nā palena ma'amau *ke hana i ka 'eha ko'iko'i i kou olakino a i 'ole ka 'eha i kou hiki ke hana*.
- **Inā ha'i kāu kauka a i 'ole kekahi mea kuhikuhi 'ē a'e iā mākou i koi kou olakino i kahi ho'oholo uhi wikiwiki, e hā'awi 'akomi mākou iā 'oe i kahi ho'oholo uhi wikiwiki.**
- **Inā noi 'oe i kahi ho'oholo uhi wikiwiki iā 'oe iho, me ka kāko'o 'ole mai kāu kauka a i 'ole mea kuhikuhi, e ho'oholo mākou inā koi kou olakino i ka hā'awi 'ana iā 'oe i kahi ho'oholo uhi wikiwiki.** Inā 'a'ole mākou e 'ae i kahi ho'oholo uhi wikiwiki, e ho'ouna mākou iā 'oe i kahi leka e:
 - Wehewehe 'ana e ho'ohana mākou i nā palena manawa ma'amau.
 - Wehewehe inā noi kāu kauka a i 'ole mea kuhikuhi 'ē a'e i ka ho'oholo uhi wikiwiki, e hā'awi 'akomi mākou iā 'oe i kahi ho'oholo uhi wikiwiki.
 - Ha'i iā 'oe i ke 'ano e waiho ai i kahi ho'opi'i wikiwiki e pili ana i kā mākou ho'oholo e hā'awi iā 'oe i kahi ho'oholo uhi ma'amau ma kahi o ka ho'oholo uhi wikiwiki āu i noi ai. E hā'awi mākou iā 'oe i kā mākou pane i kāu ho'opi'i i loko o 24 hola mai ka loa'a 'ana.

Anu'u 2: E noi i kahi ho'oholo uhi ma'amau 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 ke komo pū i ke ka'ina ho'oholo uhi ma o kā mākou pūnaewe. Pono mākou e 'ae i kekahi noi palapala, me kahi noi i waiho 'ia ma ka *CMS Ke Ana Ho'oholo Ho'opili Noipalapala*, i loa'a ma kā mākou pūnaewe www.wellcare.com/drug-coverage-determination-request. Loa'a nā 'ike ho'opili ma ka Mokuna 2. No ka kōkua iā mākou i ka hana 'ana i kāu noi, e hō'ia e ho'okomo i kāu inoa, 'ike pili, a me ka 'ike e hō'ike ana i ke kumu o ka ho'opi'i 'ana i ka ho'opi'i i hō'ole 'ia.

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 'o Ke Māhele 5 o kēia mokuna i ke 'ano e hiki ai iā 'oe ke hā'awi i ka 'ae kākau i kekahi mea 'ē a'e e hana ma ke 'ano he mea koho.

- **Inā ke noi nei 'oe i kahi 'oko'a, e hā'awi i ka 'ōlelo kāko'o,** 'o ia nā 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.

Mokuna 9 He aha kāu e hana inā loa'a iā 'oe kahi pilikia a i 'ole ho'opi'i (ho'oholo uhi, ho'opi'i, ho'opi'i)

Anu'u 3: Ho'omaka mākou i kāu noi a hā'awi iā 'oe i kā mākou pane.

Nā palena manawa no ka ho'oholo uhi wikiwiki

- Pono mākou e hā'awi ma'amaui 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 iā 'oe i kā mākou pane i loko o 24 hola ma hope o ka loa'a 'ana o ka 'ōlelo kāko'o a kāu kauka. E hā'awi mākou iā 'oe i kā mākou pane ma mua inā koi kou olakino iā mākou e hana pēlā.
 - Inā 'a'ole mākou e ho'okō i kēia palena manawa, koi 'ia mākou e ho'ouna i kāu noi i ka Papa 2 o ke ka'ina ho'opi'i, kahi e nānā 'ia ai e kahi Hui Ho'oponopono 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 palena manawa no kahi ho'oholo uhi ma'amaui e pili ana i kahi lā'au āu i loa'a 'ole

- Pono mākou e hā'awi iā 'oe i kā mākou pane i **loko o 72 hola** ma hope o ka loa'a 'ana o kāu noi.
 - No nā 'oko'a, e hā'awi mākou iā 'oe i kā mākou pane i loko o 72 hola ma hope o ka loa'a 'ana o ka 'ōlelo kāko'o a kāu kauka. E hā'awi mākou iā 'oe i kā mākou pane ma mua inā koi kou olakino iā mākou e hana pēlā.
 - Inā 'a'ole mākou e ho'okō i kēia palena manawa, koi 'ia mākou e ho'ouna i kāu noi i ka Papa 2 o ke ka'ina ho'opi'i, kahi e nānā 'ia ai e kahi Hui Ho'oponopono 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 72 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 palena manawa no kahi ho'oholo uhi ma'amaui e pili ana i ka uku 'ana no kahi lā'au āu i kū'ai mua ai

- Pono mākou e hā'awi iā 'oe i kā mākou pane i **loko o 14 lā kalena mai** hope o ka loa'a 'ana o kāu noi.

Mokuna 9 He aha kāu e hana inā loa'a iā 'oe kahi pilikia a i 'ole ho'opi'i (ho'oholo uhi, ho'opi'i, ho'opi'i)

- Inā 'a'ole mākou e ho'okō i kēia palena manawa, koi 'ia mākou e ho'ouna i kāu noi i ka Papa 2 o ke ka'ina ho'opi'i, kahi e nānā 'ia ai e kahi Hui Ho'oponopono Kū'oko'a
- Inā loa'a kā mākou pane he 'ae i kahi 'āpana a i 'ole nā mea āu i noi ai, koi 'ia mākou e uku iā 'oe i loko o 14 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.

Anu'u 4: Inā 'ōlelo mākou 'a'ole i kāu noi uhi, 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. 'O kēia ke 'ano o ka noi hou 'ana e loa'a i ka uhi lā'au āu e makemake ai. Inā hana 'oe i ka ho'opi'i, 'o ia ho'i e hele 'oe i ka Papa 1 o ke ka'ina ho'opi'i.

Māhele 7.5	Ka'anuu ma ke Ka'anuu: Pehea e hana ai i kahi ho'opi'i Papa 1
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Nā Hua'ōlelo Kānao'a

'O ka ho'opi'i 'ana i ka ho'olālā e pili ana i kahi ho'oholo uhi lā'au Māhele D i kapa 'ia he ho'oholo hou 'ana i ka ho'olālā. Ho'opi'i wikiwiki i kapa 'ia kekahi he ho'oholo hou wikiwiki.
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Anu'u 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 i kahi ho'oholo ā mākou i hana ai e pili ana i kahi lā'au āu i loa'a 'ole, pono 'oe a me kāu kauka a i 'ole kekahi mea kuhikuhi 'ē a'e e ho'oholo inā makemake 'oe i kahi ho'opi'i wikiwiki.
- 'O nā koi no ka loa'a 'ana o kahi ho'opi'i wikiwiki he like me nā koi no ka loa'a 'ana o ka ho'oholo wikiwiki i Ke Māhele 7.4 o kēia mokuna.

Anu'u 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 hā'awi i kahi noi kākau, a i 'ole 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 iā mākou ma 1-888-846-4262 (TTY: 711). Loa'a nā 'ike ho'opili ma ka Mokuna 2.

Mokuna 9 He aha kāu e hana inā loa'a iā 'oe kahi pilikia a i 'ole ho'opi'i (ho'oholo uhi, ho'opi'i, ho'opi'i)

- **Pono mākou e 'ae i kēlā me kēia noi kākau,** me kahi noi i waiho 'ia ma ka Palapala Noi Ho'oholo Hou CMS Model, aia ma kā mākou pūnaewe www.wellcare.com/drug-coverage-determination-appeal. E hō'ole e ho'okomo i kāu inoa, 'ike pili, a me ka 'ike e pili ana i kāu kuleana e kōkua iā mākou i ka hana 'ana i kāu noi.
- **Hiki iā 'oe ke hā'awi i kāu ho'opi'i ma o kā mākou pūnaewe ma** www.wellcare.com/ohana.
- **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 uhi. 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 ke ho'opili 'ia nā kumu maika'i me ka ma'i ko'iko'i i kāohi iā 'oe mai ka ho'opili 'ana mai iā mākou a i 'ole inā hā'awi mākou iā 'oe i ka 'ike hewa a piha 'ole e pili ana i ka palena manawa 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 kākō'o i kāu ho'opi'i.

Anu'u 3: Mālama mākou i kāu ho'opi'i a hā'awi mākou 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.

Nā palena manawa no ka ho'opi'i wikiwiki

- No nā ho'opi'i wikiwiki, pono mākou e hā'awi iā 'oe i kā mākou pane **i loko o 72 hola ma hope o ka loa'a 'ana o kāu ho'opi'i.** E hā'awi mākou iā 'oe i kā mākou pane ma mua inā koi kou olakino iā mākou e hana pēlā.
 - Inā 'a'ole mākou e hā'awi iā 'oe i kahi pane i loko o 72 hola, koi 'ia mākou e ho'ouna i kāu noi i ka Papa 2 o ke ka'ina ho'opi'i, kahi e nānā 'ia ai e kahi Hui Ho'oponopono Kū'oko'a. Hō'ike 'o **Māhele 7.6** i ke ka'ina 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 ā mākou i 'ae ai e hā'awi i loko o 72 hola ma hope o ka loa'a 'ana o kāu ho'opi'i.
- **Inā loa'a kā mākou pane he '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 a pehea 'oe e hiki ai ke ho'opi'i i kā mākou ho'oholo.

Nā palena manawa no kahi ho'opi'i ma'amau no kahi lā'au āu i loa'a 'ole

- 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 mākou iā 'oe i kā mākou ho'oholo i mua inā 'a'ole 'oe i loa'a i ka lā'au a koi kou olakino iā mākou e hana pēlā.

Mokuna 9 He aha kāu e hana inā loa'a iā 'oe kahi pilikia a i 'ole ho'opi'i (ho'oholo uhi, ho'opi'i, ho'opi'i)

- Inā 'a'ole mākou e hā'awi i kahi ho'oholo i loko o 7 lā kalena, koi 'ia mākou e ho'ouna i kāu noi i ka Papa 2 o ke ka'ina ho'opi'i, kahi e nānā 'ia ai e kahi Hui Ho'oponopono Kū'oko'a. Hō'ike 'o **Māhele 7.6** i ke ka'ina 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 loa'a kā mākou pane he '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 a pehea 'oe e hiki ai ke ho'opi'i i kā mākou ho'oholo.**

Nā palena manawa no kahi ho'opi'i ma'amau e pili ana i ka uku 'ana no kahi lā'au āu i kū'ai mua ai

- Pono mākou e hā'awi iā 'oe i kā mākou pane **i loko o 14 lā kalena ma hope o ka loa'a 'ana o kāu noi.**
 - Inā 'a'ole mākou e ho'okō i kēia palena manawa, koi 'ia mākou e ho'ouna i kāu noi i ka Papa 2 o ke ka'ina ho'opi'i, kahi e nānā 'ia ai e kahi Hui Ho'oponopono Kū'oko'a.
- **Inā loa'a kā mākou pane he 'ae i kahi 'āpana a i 'ole nā mea āu i noi ai, koi 'ia mākou e uku iā 'oe i loko o 30 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.**

Anu'u 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.

Māhele 7.6	Ka'anuu ma ke Ka'anuu: Pehea e hana ai i kahi ho'opi'i Papa 2
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Kālā Kālā

'O ka inoa kūhelu no ka hui ho'okele kū'oko'a 'o ka Hui Ho'okele Kū'oko'a . Ho'oma'ama'a 'ia 'o ia i ka IRE .

'O kahui ho'okele kū'oko'a he hui kū'oko'a i ho'olimalima 'ia e Medicare. 'A'ole pili ia iā mākou a 'a'ole ia he ke'ena 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.

Mokuna 9 He aha kāu e hana inā loa'a iā 'oe kahi pilikia a i 'ole ho'opi'i (ho'oholo uhi, ho'opi'i, ho'opi'i)

Anu'u 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 'ōlelo mākou 'a'ole i kāu ho'opi'i Papa 1, e komo pū **nā kuhikuhi ma ka leka kākau ā mākou e ho'ouna ai iā 'oe i ke 'ano o ka hana 'ana i kahi ho'opi'i Papa 2** me ka Hui Ho'oponopono Kū'oko'a. E ha'i kēia mau kuhikuhi i ka mea hiki ke hana i kēia ho'opi'i Papa 2, nā palena manawa āu e pono ai ke hahai, a pehea e launa pū ai me ka hui nānā. Inā, eia na'e, 'a'ole mākou i ho'opau i kā mākou nānā i loko o ka manawa kūpono, a i 'ole hana i kahi ho'oholo maika'i 'ole e pili ana i ke kūlana pilikia ma lalo o kā mākou papahana ho'okele lā'au, e ho'ouna mākou iā 'oe i ka IRE.
- E ho'ouna mākou i ka 'ike e pili ana i kāu ho'opi'i 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 kākō'o i kāu ho'opi'i.

Anu'u 2: Nānā ka Hui Ho'oponopono Kū'oko'a i kāu ho'opi'i.

E nānā pono nā loiloi ma ka Hui Ho'oponopono 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 e hā'awi iā 'oe i kahi ho'opi'i wikiwiki, pono ka hui e hā'awi iā 'oe i kahi 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.

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 nei e uku hou iā 'oe no kahi lā'au āu i kū'ai mua ai, pono ka hui nānā e hā'awi iā 'oe i kahi pane i kāu ho'opi'i Papa 2 i **loko o 14 lā kalena** ma hope o ka loa'a 'ana o kāu noi.

Anu'u 3: Hā'awi ka Hui Ho'oponopono Kū'oko'a iā 'oe i kā lākou pane.

No nā ho'opi'i wikiwiki:

- Inā 'ōlelo ka Hui Ho'oponopono Kū'oko'a he 'ae i kahi 'āpana a i 'ole nā mea āu i noi ai, pono mākou e hā'awi i ka uhi lā'au i 'ae 'ia e ka hui nānā i loko o 24 hola ma hope o ka loa'a 'ana o ka ho'oholo mai ka hui nānā.
- *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.

Mokuna 9 He aha kāu e hana inā loa'a iā 'oe kahi pilikia a i 'ole ho'opi'i (ho'oholo uhi, ho'opi'i, ho'opi'i)

- 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.

He aha inā 'ōlelo ka hui nānā 'a'ole i kāu ho'opi'i?

Inā 'ōlelo kēia hui 'a'ole i kahi 'āpana a i 'ole kāu ho'opi'i, 'o ia ho'i ua 'aelike lākou me kā mākou ho'oholo 'a'ole e 'ae i kāu noi (a i 'ole kekahi 'āpana o kāu noi). (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 Ho'oponopono Kū'oko'a iā 'oe i kahi leka:

- Wehewehe i kā lākou ho'oholo.
- Hoolaha ana i kou kuleana e hiki ke ho'opi'i i ka Papa 3 inā ho'okō ka waiwai kālā o ka uhi lā'au āu e noi nei i kahi palena iki i kau 'ia. Inā 'emi ka waiwai kālā o ka uhi lā'au āu e noi nei, 'a'ole hiki iā 'oe ke hana i kahi ho'opi'i hou a 'o ka ho'oholo ma ka Papa 2 ka mea hope loa.
- E ha'i ana iā 'oe i ka waiwai kālā e koi 'ia e ka ho'opa'i e ho'omau i ke ka'ina ho'opi'i.

Anu'u 4: Inā ho'okō kāu hihia i nā koi, koho 'oe inā makemake 'oe e ho'omau i kāu ho'opi'i.

- Aia 'ekolu mau pae hou aku i ke ka'ina ho'opi'i ma hope o ka Papa 2 (no ka huina o 'elima 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.
- Hana 'ia ka ho'opi'i Papa 3 e ka Luna kānāwai ho'omalua a i 'ole loio hooholo. Hō'ike 'o Māhele 10 o kēia mokuna hou aku e pili ana i ke ka'ina no ka Papa 3, 4, a me 5 o nā ho'opi'i.

MĀHELE 8 Pehea e noi ai iā mākou e uhi i kahi noho lō'ihī ma ka haukapila inā mana'o 'oe ua ho'oku'u 'ia 'oe i ka wā e hiki mai ana

Ke ho'okomo 'ia 'oe i loko o kahi haukapila, he kuleana kou e loa'a nā lawelawe haukapila āpau i uhi 'ia e pono e 'ike a mālama i kou ma'i a i 'ole kou hō'eha.

I kāu noho 'ana i ka haukapila i uhi 'ia, e hana pū kāu kauka a me nā limahana o ka haukapila me 'oe e ho'omākaukau i 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 ka ha'alele 'ana.

- 'O ka lā āu e ha'alele ai i ka haukapila i kapa 'ia 'o kāu 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.

Mokuna 9 He aha kāu e hana inā loa'a iā 'oe kahi pilikia a i 'ole ho'opi'i (ho'oholo uhi, ho'opi'i, ho'opi'i)

- Inā mana'o 'oe ua noi 'ia 'oe e ha'alele i ka haukapila i ka wā e hiki mai ana, hiki iā 'oe ke noi i kahi noho lō'ihī ma ka haukapila a e no'ono'o 'ia kāu noi.

Māhele 8.1 I kāu noho 'ana i ka haukapila, e loa'a iā 'oe kahi leka kākau mai Medicare e ha'i ana e pili ana i kāu kuleana

I loko o 'elua lā kalena o ke komo 'ana i ka haukapila, e hā'awi 'ia iā 'oe kahi leka kākau i kapa 'ia 'o *An Important Message from Medicare about Your Rights*. Loa'a i kēlā me kēia mea me Medicare kahi kope o kēia leka.

Inā 'a'ole 'oe e loa'a i ka leka mai kekahi i loko o ka haukapila (no ka la'ana, he kanaka hihia a i 'ole kauka), e noi i kekahi limahana haukapila no ia. Inā pono 'oe i ke kōkua, e kelepona i Nā lawelawe Lālā a i 'ole 1-800-MEDICARE (1-800-633-4227), 24 mau hola i kēlā me kēia lā, 7 mau lā o ka pule (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 nā lawelawe i uhi 'ia e Medicare i kou noho 'ana a ma hope o kāu noho 'ana i ka haukapila, e like me ka 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 i kahi nānā koke** i ka ho'oholo e ho'oku'u iā 'oe inā mana'o 'oe ua ho'oku'u 'ia 'oe mai ka haukapila i ka wā e hiki mai ana. 'O kēia kahi ala kūlana, kānāwai e noi ai i ka ho'onui i kāu lā ho'oku'u i hiki iā mākou ke uhi i kāu mālama haukapila no ka manawa lō'ihī.

2. E noi 'ia 'oe e kau inoa i ka leka kākau e hō'ike i kāu loa'a 'ana a me kou 'ike 'ana i kāu kuleana.

- E noi 'ia 'oe a i 'ole kekahi e hana ma kou wahi e kau inoa i ka leka.
- 'O ka inoa 'ana i ka leka e hō'ike wale nō i kou loa'a 'ana i ka 'ike e pili ana i kāu kuleana. 'A'ole hā'awi ka leka i kāu lā ho'oku'u. 'A'ole 'o ia ka inoa 'ana i ka leka e 'ae i kāu lā ho'oku'u.

3. E mālama i kāu kope o ka leka ma kahi kokoke i hiki iā 'oe ke loa'a ka 'ike e pili ana i ka hana 'ana i kahi ho'opi'i (a i 'ole e hō'ike i kahi hopohopo e pili ana i ka maika'i o ka mālama 'ana) inā pono.

- Inā kau inoa 'oe i ka leka ma mua o 'elua lā kalena ma mua o kāu lā ho'oku'u, e loa'a iā 'oe kahi kope hou ma mua o kou ho'onohonoho 'ia e ho'oku'u 'ia.
- No ka nānā 'ana i kahi kope o kēia leka i mua, hiki iā 'oe ke kelepona iā Nā lawelawe Lālā a i 'ole 1-800 MEDICARE (1-800-633-4227), 24 mau hola i kēlā me kēia lā, 7 mau lā o ka pule. Pono nā mea ho'ohana TTY e kelepona i 1-877-486-2048. Hiki iā 'oe ke 'ike i ka ho'olaha ma ka pūnaewele ma www.cms.gov/Medicare/Medicare-General-Information/BNI/HospitalDischargeappealNotices.

Mokuna 9 He aha kāu e hana inā loa'a iā 'oe kahi pilikia a i 'ole ho'opi'i (ho'oholo uhi, ho'opi'i, ho'opi'i)

Māhele 8.2 Ka Papa e Ka Papa: Pehea e hana ai i ka Hoopii Papa 1 e ho'ololi i kāu lā ho'oku'u haukapila

Inā makemake 'oe e noi e uhi 'ia kāu nā lawelawe o ke kauka haukapila e mākou no ka manawa lō'ihī, pono 'oe e ho'ohana i ka ka'ina 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.**
- **E ho'okō i nā palena manawa.**
- **E noi i ke kōkua inā 'oe e pono ai.** Inā loa'a iā 'oe nā nīnau a i 'ole e pono i ke kōkua i kekahi manawa, e kelepona i ka Nā lawelawe Lālā. A i 'ole e kelepona i kāu Papahana Kokua Inisiua Ola o ke Aupuni, kahi hui aupuni e hā'awi ana i ke kōkua pilikino.

I ka wā o ka Hoopii Papa 1, nānā ka Nā lawelawe Ho'omaika'i 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 **Nā lawelawe Ho'omaika'i 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 pili kēia mau loea i kā mākou ho'olālā.

Anu'u 1: Ho'opili i ka Nā lawelawe Ho'omaika'i 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.

Pehea 'oe e ho'opili ai i kēia hui?

- Hō'ike ke kelepona i loa'a iā 'oe (*He Mālama Nui mai ka Medicare E pili ana i kāu Pono*) pehea 'oe e hiki ai ke ki'i i kēia hui. A i 'ole e 'imi i ka inoa, ka helu wahi, a me ka helu kelepona o ka Nā lawelawe Ho'omaika'i e like me ka luna kānāwai ho'omalū no kāu moku'āina ma Ka Mokuna 2.

Hana koke:

- No ka hana 'ana i kāu ho'opi'i, pono 'oe e ho'opili i ka Nā lawelawe Ho'omaika'i e like me ka luna kānāwai ho'omalū *ma mua o* kou ha'alele 'ana i ka haukapila a **'a'ole ma mua o ke aumoe o ka lā o kou ha'alele 'ana.**
 - **Inā ho'okō 'oe i kēia palena manawa,** hiki iā 'oe ke noho ma ka haukapila ma *hope* o kāu lā ho'oku'u **'ana me ka uku 'ole 'ana** i ka wā e kali ana 'oe i ka ho'oholo mai ka Nā lawelawe Ho'omaika'i e like me ka luna kānāwai ho'omalū.
 - **Inā 'a'ole 'oe ho'okō i kēia palena manawa, a ua ho'oholo 'oe e noho ma ka haukapila ma hope o kāu lā ho'oku'u i ho'olālā 'ia,** hiki iā 'oe ke uku i nā koina *āpau no ka mālama haukapila* āu i loa'a ai ma hope o kāu lā ho'oku'u i ho'olālā 'ia.

Mokuna 9 He aha kāu e hana inā loa'a iā 'oe kahi pilikia a i 'ole ho'opi'i (ho'oholo uhi, ho'opi'i, ho'opi'i)

Ke noi 'oe i ka nānā koke 'ana i kāu ho'oku'u haukapila, e ho'opili aku ka Nā lawelawe Ho'omaika'i e like me ka luna kānāwai ho'omalū iā mākou. A hiki i ke awakea o ka lā ma hope o ko mākou ho'opili 'ana, e hā'awi mākou iā 'oe i kahi **Hō'ike Ho'oku'u Piha**. 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 ki'i i kahi hāpana o ka **Hō'ike Ho'oku'u Piha** ma ka kelepona i ka Nā lawelawe Lālā a i 'ole 1-800-MEDICARE (1-800-633-4227), 24 mau hola i ka lā, 7 mau lā o ka pule. (Pono nā mea ho'ohana TTY e kelepona i 1-877-486-2048.) A i 'ole hiki iā 'oe ke 'ike i kahi leka ho'omaopopo ma ka pūnaewele ma www.cms.gov/Medicare/Medicare-General-Information/BNI/HospitalDischargeappealNotices.

Anu'u 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 Nā lawelawe Ho'omaika'i 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 i kākau 'ia, akā hiki iā 'oe ke hana pēlā inā makemake 'oe.
- E nānā pū nā mea nānā i kāu 'ike lapa'au, e kama'ilio me kāu kauka, a e nānā i ka 'ike a ka haukapila a mākou i hā'awi aku ai iā lākou.
- A hiki i ke awakea o ka lā ma hope o ka 'ōlelo 'ana mai o nā mea nānā iā mākou e pili ana i kāu ho'opi'i, e loa'a iā 'oe kahi leka kākau 'ia mai iā mākou e hā'awi 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.

Anu'u 3: I loko o ho'okahi lā piha ma hope o ka loa'a 'ana o ka 'ike āpau, e hā'awi ka Nā lawelawe Ho'omaika'i 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 nānā 'ae, **pono mākou e ho'omau i ka hā'awi 'ana i kāu nā lawelawe i uhi 'ia o ke kauka haukapila i loko o ka wā e pono ai nā lawelawe lapa'au.**
- Pono 'oe e ho'omau i ka uku 'ana i kāu māhele o nā koina (e like me nā deductible a i 'ole nā copayments, 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 nānā 'a'ole, ke 'ōlelo nei lākou ua kūpono loa kou lā ho'oku'u i ho'olālā 'ia i ka lapa'au. Inā hana kēia, **e pau kā mākou uhi 'ana no kāu nā lawelawe o ke kauka haukapila i ke awakea o ka lā ma hope o ka hā'awi 'ana o ka Nā lawelawe Ho'omaika'i e like me ka luna kānāwai ho'omalū i kona pane i kāu ho'opi'i.**

Mokuna 9 He aha kāu e hana inā loa'a iā 'oe kahi pilikia a i 'ole ho'opi'i (ho'oholo uhi, ho'opi'i, ho'opi'i)

- Inā 'ōlelo ka hui nānā 'a'ole i kāu ho'opi'i a ho'oholo 'oe e noho i ka haukapila, a laila **hiki iā 'oe ke uku i nā koina piha o ka mālama** haukapila āu i loa'a ai ma hope o ke awakea o ka lā ma hope o ka hā'awi 'ana o ka Nā lawelawe Ho'omaika'i e like me ka luna kānāwai ho'omalū i kona pane i kāu ho'opi'i.

Anu'u 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 ua 'ōlelo ka Nā lawelawe Ho'omaika'i e like me ka luna kānāwai ho'omalū 'a'ole i kāu ho'opi'i a noho 'oe ma ka haukapila ma hope o kāu lā ho'oku'u i ho'olālā 'ia, a laila hiki iā 'oe ke hana i kahi ho'opi'i 'ē a'e. 'O ke hana 'ana i kahi ho'opi'i 'ē a'e ke hele nei 'oe i ka **Hoopii Papa 2** o ka ka'ina ho'opi'i.

Māhele 8.3	Ka Papa e Ka Papa: Pehea e hana ai i ka Hoopii Papa 2 e ho'ololi i kāu lā ho'oku'u haukapila
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I ka wā o ka Hoopii Papa 2, noi 'oe i ka Nā lawelawe Ho'omaika'i e like me ka luna kānāwai ho'omalū e nānā hou i kā lākou ho'oholo ma kāu ho'opi'i mua. Inā hō'ole ka Nā lawelawe Ho'omaika'i e like me ka luna kānāwai ho'omalū i kāu Hoopii 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.

Anu'u 1: Ho'opili hou i ka Nā lawelawe Ho'omaika'i e like 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 Hui Ho'omaika'i Kou i kāu Ho'opi'i Papa 1. Hiki iā 'oe ke noi i kēia nānā inā wale nō 'oe e noho ma ka haukapila ma hope o ka lā i pau ai kāu uhi no ka mālama 'ana.

Anu'u 2: Hana hou ka Nā lawelawe Ho'omaika'i e like me ka luna kānāwai ho'omalū i kahi nānā hou 'ana i kou kūlana.

- E nānā hou nā mea nānā ma ka Nā lawelawe Ho'omaika'i e like me ka luna kānāwai ho'omalū i ka 'ike āpau e pili ana i kāu ho'opi'i.

Anu'u 3: I loko o 14 mau lā kalena o ka loa'a 'ana o kāu noi no ka Hoopii Papa 2, e ho'oholo nā mea nānā i kāu ho'opi'i a ha'i aku iā 'oe i kā lākou ho'oholo.

Inā 'ōlelo ka hui nānā 'ae:

- **Pono mākou e uku** hou iā 'oe no kā mākou māhele o nā koina o ka mālama haukapila āu i loa'a ai mai ke awakea ma hope o ka lā i hō'ole 'ia ai kāu ho'opi'i mua e ka Nā lawelawe Ho'omaika'i e like me ka luna kānāwai ho'omalū. **Pono mākou e ho'omau i ka hā'awi 'ana i ka uhi 'ana no kāu mālama kauka haukapila 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.

Mokuna 9 He aha kāu e hana inā loa'a iā 'oe kahi pilikia a i 'ole ho'opi'i (ho'oholo uhi, ho'opi'i, ho'opi'i)

Inā 'ōlelo ka hui nānā 'a'ole:

- 'O ia ke 'ano ua 'ae lākou me ka ho'oholo a lākou i hana ai ma kāu Hoopii Papa 1.
- E ha'i ka leka āu e loa'a ai i ka kākau i nā mea āu e hiki ai ke hana inā makemake 'oe e ho'omau i ke ka'ina nānā hou.

Anu'u 4: Inā he 'a'ole ka pane, pono 'oe e ho'oholo inā makemake 'oe e lawe i kāu ho'opi'i i mua ma ka hele 'ana i ka Papa 3.

- Aia 'ekolu mau pae hou aku i ke ka'ina ho'opi'i ma hope o ka Papa 2 (no ka huina o 'elima pae ho'opi'i). Inā makemake 'oe e hele i ka Hoopii Papa 3, aia nā kiko'i ma ke kākau leka āu e loa'a ai ma hope o ka ho'oholo 'ana i kāu Hoopii Papa 2.
- Hana 'ia ka ho'opi'i Papa 3 e ka Luna kānāwai ho'omalua a i 'ole loio hooholo. **Māhele 10** o kēia mokuna e kama'ilio hou aku e pili ana i nā Papa 3, 4, a me 5.

MĀHELE 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

Māhele 9.1 'O kēia māhele e pili wale ana i nā lawelawe 'ekolu: Mālama olakino home, mālama hale hānai akamai, a me nā lawelawe Kikowaena Ho'oponopono Ho'oma'ama'a Ma waho (CORF)

Ke loa'a iā 'oe nā lawelawe olakino **home i uhi 'ia, mālama hale hānai akamai, a i 'ole mālama ho'oponopono (Kikowaena 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 ke ho'oku'u i kekahi o nā 'ano mālama 'ekolu no 'oe, ua koi 'ia mākou e ha'i iā 'oe ma mua. Ke pau kāu uhi no kēlā mālama, **e pau kā mākou uku 'ana no kāu mālama.**

Inā 'oe e mana'o nei ua pau ka uhi 'ana i kāu mālama i ka manawa kūpono 'ole, 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.

Māhele 9.2 E ha'i mākou iā 'oe ma mua ke pau kāu uhi

Kālā Kālā

Hoolaha o Medicare 'A'ole i uhi 'ia. Ha'i ia iā 'oe pehea 'oe e hiki ai ke noi i kahi **ho'opi'i wikiwiki**. 'O ka noi 'ana i kahi ho'opi'i wikiwiki he ala kūhelu, kānāwai e noi i kahi loli i kā mākou ho'oholo uhi 'ana e pili ana i ka manawa e pau ai kāu mālama.

Mokuna 9 He aha kāu e hana inā loa'a iā 'oe kahi pilikia a i 'ole ho'opi'i (ho'oholo uhi, ho'opi'i, ho'opi'i)

1. **Loa'a iā 'oe kahi leka i kākau** 'ia ma mua o 'elua lā kalena ma mua o ka ho'olālā 'ana o kā mākou ho'olālā e ho'opau i ka uhi 'ana i kāu mālama. Ha'i ka leka iā 'oe:
 - 'O ka lā e ho'opau ai mākou i ka uhi 'ana i ka mālama no '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 ka manawa lō'ihī.
2. **E noi 'ia 'oe, a i 'ole kekahi mea e hana ana ma kāu wahi, e kau inoa i ka leka i kākau 'ia e hō'ike ua loa'a iā 'oe ia.** Hō'ike ke kau inoa 'ana ua loa'a wale nō iā 'oe ka 'ike e pili ana i ka wā e ho'opau ai kāu uhi. **'A'ole pili ke kau inoa 'ana i ke 'ae 'ana me ka ho'oholo** a ka ho'olālā e ho'opau i ka mālama.

Māhele 9.3 Ka Papa e Ka Papa: Pehea e hana ai i ka Hoopii Papa 1 e uhi ai kā mākou ho'olālā i kāu mālama no ka manawa lō'ihī

Inā makemake 'oe e noi iā mākou e uhi i kāu mālama no ka manawa lō'ihī, pono 'oe e ho'ohana i ke ka'ina 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.**
- **E ho'okō i nā palena manawa.**
- **E noi i ke kōkua inā 'oe e pono ai.** Inā loa'a iā 'oe nā nīnau a i 'ole e pono i ke kōkua i kekahi manawa, e kelepona i ka Nā lawelawe Lālā. A i 'ole e kelepona i kāu Papahana Kōkua Inisiua Ola o ke Aupuni, kahi hui aupuni e hā'awi ana i ke kōkua pilikino.

I ka wā o ka Hoopii Papa 1, nānā ka Nā lawelawe Ho'omaika'i e like me ka luna kōnāwai ho'omalū i kāu ho'opi'i. Ho'oholo ia inā kūpono ka lā pau no kāu mālama i ka lapa'au.

'O ka **Nā lawelawe Ho'omaika'i e like** me ka luna kōnāwai ho'omalū kahi hui kauka a me nā loa 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 kōkua 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 pili kēia mau loa i kā mākou ho'olālā.

Anu'u 1: Hana i kāu Hoopii Papa 1: ho'opili i ka Nā lawelawe Ho'omaika'i e like me ka luna kōnāwai ho'omalū a noi i kahi ho'opi'i wikiwiki. Pono 'oe e hana koke.

Pehea 'oe e ho'opili ai i kēia hui?

- Hō'ike ke kelepona i loa'a iā 'oe (*Hoolaha o Medicare 'A'ole i uhi 'ia*) pehea 'oe e hiki ai ke ki'i i kēia hui. A i 'ole e 'imi i ka inoa, ka helu wahi, a me ka helu kelepona o ka Nā lawelawe Ho'omaika'i e like me ka luna kōnāwai ho'omalū no kāu moku'āina ma Ka Mokuna 2.

Mokuna 9 He aha kāu e hana inā loa'a iā 'oe kahi pilikia a i 'ole ho'opi'i (ho'oholo uhi, ho'opi'i, ho'opi'i)

Hana koke:

- Pono 'oe e ho'opili i ka Nā lawelawe Ho'omaika'i e like me ka luna **kānāwai ho'omalū e ho'omaka i kāu ho'opi'i** 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 'oe e hala i ka palena manawa no ka ho'opili 'ana i ka Nā lawelawe Ho'omaika'i e like me ka luna kānāwai ho'omalū, hiki iā 'oe ke loa'a nā kuleana ho'opi'i. Ho'opili i ka Nā lawelawe Ho'omaika'i e like me ka luna kānāwai ho'omalū.

Anu'u 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.

Kālā Kālā
Wehewehe kiko'i o ka 'A'ole i uhi 'ia. Leka e hā'awi ana i nā kiko'i no 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 Nā lawelawe Ho'omaika'i 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 i kākau 'ia, akā hiki iā 'oe ke hana pēlā inā makemake 'oe.
- E nānā pū ka hui nānā i kāu 'ike lapa'au, e kama'ilio me kāu kauka, a e nānā i ka 'ike a kā mākou ho'olālā i hā'awi aku ai iā lākou.
- A hiki i ka hopena o ka lā i ha'i mai ai nā mea nānā iā mākou e **pili ana i kāu ho'opi'i, e loa'a iā 'oe ka Wehewehe kiko'i o ka 'A'ole i uhi 'ia mai iā mākou e wehewehe kiko'i ana** i kā mākou mau kumu no ka ho'opau 'ana i kā mākou uhi 'ana i kāu mau lawelawe.

Anu'u 3: I loko o ho'okahi lā piha ma hope o ka loa'a 'ana o nā 'ike āpau ā lākou e pono ai, e ha'i mai nā mea nānā iā 'oe i kā lākou ho'oholo.

He aha ka hana inā 'ōlelo nā mea nānā 'ae?

- Inā 'ōlelo nā mea nānā 'ae i kāu ho'opi'i, a laila **pono mākou e ho'omau i ka hā'awi 'ana i kāu mau lawelawe i uhi 'ia i ka wā e pono ai i ka lapa'au.**
- Pono 'oe e ho'omau i ka uku 'ana i kāu māhele o nā koina (e like me nā deductible a i 'ole nā copayments, inā pili kēia). Hiki ke loa'a nā palena ma kāu mau lawelawe i uhi 'ia.

He aha ka hana inā 'ōlelo nā mea nānā 'a'ole?

- Inā 'ōlelo nā mea nānā 'a'ole, a laila **e pau kāu uhi 'ana i ka lā ā mākou i ha'i ai iā 'oe.**

Mokuna 9 He aha kāu e hana inā loa'a iā 'oe kahi pilikia a i 'ole ho'opi'i (ho'oholo uhi, ho'opi'i, ho'opi'i)

- Inā ho'oholo 'oe e ho'omau i ka loa'a 'ana o nā lawelawe olakino home, a i 'ole mālama hale hānai akamai, a i 'ole nā lawelawe Kikowaena Ho'oponopono Ho'oma'ama'a Ma waho (CORF) ma **hope** o kēia lā i pau ai kāu uhi, a **laila e pono 'oe e uku i ka lilo piha o kēia mālama iā 'oe iho.**

Anu'u 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 nā mea nānā 'a'ole i kāu Hoopii Papa 1 - a koho 'oe e ho'omau i ka loa'a 'ana o ka mālama ma hope o ka pau 'ana o kāu uhi 'ana no ka mālama 'ana, a laila hiki iā 'oe ke hana i kahi Hoopii Papa 2.

Māhele 9.4	Ka Papa e Ka Papa: Pehea e hana ai i ka Hoopii Papa 2 e uhi ai kā mākou ho'olālā i kāu mālama no ka manawa lō'ihī
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I ka wā o ka Hoopii Papa 2, noi 'oe i ka Nā lawelawe Ho'omaika'i e like me ka luna kānāwai ho'omalū e nānā hou i ka ho'oholo ma kāu ho'opi'i mua. Inā hō'ole ka Nā lawelawe Ho'omaika'i e like me ka luna kānāwai ho'omalū i kāu Hoopii Papa 2, hiki iā 'oe ke uku i ka lilo piha no kāu mālama olakino home, a i 'ole mālama hale hānai akamai, a i 'ole nā lawelawe Kikowaena 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.

Anu'u 1: Ho'opili hou i ka Nā lawelawe Ho'omaika'i e like 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 Nā lawelawe Ho'omaika'i e like me ka luna kānāwai ho'omalū 'a'ole i kāu Ho'opi'i Papa 1. Hiki iā 'oe ke noi i kēia nānā inā ho'oikaika 'ole 'oe i ka mālama 'ana ma hope o ka lā i pau ai kāu uhi no ka mālama 'ana.

Anu'u 2: Hana hou ka Nā lawelawe Ho'omaika'i e like me ka luna kānāwai ho'omalū i kahi nānā hou 'ana i kou kūlana.

- E nānā hou nā mea nānā ma ka Nā lawelawe Ho'omaika'i e like me ka luna kānāwai ho'omalū i ka 'ike āpau e pili ana i kāu ho'opi'i.

Anu'u 3: Ma loko o 14 lā o ka loa'a 'ana o kāu noi ho'opi'i, e ho'oholo nā mea nānā i kāu ho'opi'i a e ha'i aku iā 'oe i kā lākou ho'oholo.

He aha ka mea e hana 'ia ai inā 'ae ka hui nānā?

- **Pono mākou e ho'ihō'i aku iā 'oe no kā mākou 'āpana o nā koina o ka mālama āu i loa'a mai ka lā a mākou i ha'i ai e pau ana kāu uhi 'ana. Pono mākou e ho'omau i ka hā'awi 'ana i ka uhi 'ana no ka mālama 'ana no 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 'ana.

Mokuna 9 He aha kāu e hana inā loa'a iā 'oe kahi pilikia a i 'ole ho'opi'i (ho'oholo uhi, ho'opi'i, ho'opi'i)

He aha ka mea e hana 'ia inā 'ōlelo 'ae 'ole ka Hui Ho'oponopono?

- 'O ia ke 'ano ua 'ae lākou me ka ho'oholo a mākou i hana ai ma kāu Hoopii Papa 1.
- E ha'i ka leka āu e loa'a ai i ka kākau i nā mea āu e hiki ai ke hana inā makemake 'oe e ho'omau i ke ka'ina nānā hou. E hā'awi ia iā 'oe i nā kiko'i e pili ana i ka hele 'ana i ka pae a'e o ka ho'opi'i, i mālama 'ia e ka luna kānāwai ho'omalua a i 'ole ka loio ho'okolokolo.

Anu'u 4: Inā he 'a'ole ka pane, pono 'oe e ho'oholo inā makemake 'oe e ho'opi'i hou.

- Aia he 'ekolu pae ho'opi'i hou ma hope o ka Hoopii Papa 2, no ka huina o 'elima 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.
- Hana 'ia ka ho'opi'i Papa 3 e ka Luna kānāwai ho'omalua a i 'ole loio ho'oholo. Māhele 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.

MĀHELE 10 Lawe i kāu ho'opi'i i ka Hoopii Papa 3 a 'oi a'e

Māhele 10.1 Nā Pae Hoopii 3, 4, a me 5 no nā Noi Lawelawe Lapa'au

Pono kēia māhele no 'oe inā ua hana 'oe i kahi Hoopii Papa 1 a me kahi Hoopii Papa 2, a ua hō'ole 'ia nā ho'opi'i 'elua.

Inā hālāwai ka waiwai kālā o ka mea a i 'ole ka lawelawe lapa'au āu i ho'opi'i ai i kekahi mau pae palena iki, hiki paha iā 'oe ke hele i nā pae ho'opi'i hou a'e. Inā ha'aha'a ka waiwai kālā ma mua o ka pae palena iki, 'a'ole hiki iā 'oe ke ho'opi'i hou aku. E wehewehe ka pane kākau āu e loa'a ai ma kāu Hoopii Papa 2 pehea e hana ai i kahi Hoopii Papa 3.

No ka hapanui o nā kūlana e pili ana i nā ho'opi'i, hana nā pae ho'opi'i 'ekolu hope i ka like 'ana. Eia ka mea nāna e mālama i ka nānā 'ana i kāu ho'opi'i ma kēlā me kēia o kēia mau pae.

Hoopii Papa 3 E nānā kahi luna kānāwai ho'omalua a i 'ole ka loio ho'okolokolo nāna e hana no ke Aupuni Kū'oko'a i kāu ho'opi'i a hā'awi iā 'oe i kahi 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 Hoopii Papa 2, loa'a iā mākou ke kuleana e ho'opi'i i kahi ho'oholo Hoopii Papa 3 e maika'i ana iā 'oe. Inā ho'oholo mākou e ho'opi'i, e hele ia i kahi Hoopii 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 He aha kāu e hana inā loa'a iā 'oe kahi pilikia a i 'ole ho'opi'i (ho'oholo uhi, 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 kahi kope o ka noi ho'opi'i Hoopii Papa 4 me nā palapala pili. 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 luna kānāwai ho'omalū a i 'ole ka loio ho'okolokolo 'a'ole i kāu ho'opi'i, hiki ke pau ka ka'ina ho'opi'i a i 'ole 'a'ole paha.**
 - 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 nānā hou. E ha'i ka leka āu e loa'a ai iā 'oe i nā mea e hana ai no ka Hoopii Papa 4.

Hoopii Papa 4

E nānā ka Papa Ho'opi'i Medicare (Papa) i kāu ho'opi'i a hā'awi iā 'oe i kahi pane. 'O ka Papa kekahi māhele o ke Aupuni Kū'oko'a.

- **Inā 'o ka pane he 'ae, a i 'ole inā hō'ole ka Papa i kā mākou noi e nānā i kahi ho'oholo ho'opi'i Hoopii Papa 3 maika'i, hiki ke pau ka ka'ina ho'opi'i a i 'ole '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 Hoopii 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 ha'i mākou iā 'oe ma ka kākau.
- **Inā 'o ka pane he 'a'ole a i 'ole inā hō'ole ka Papa i ka noi e nānā hou i ka ho'opi'i, hiki ke pau ka ka'ina ho'opi'i a i 'ole 'a'ole paha.**
 - 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 nānā hou. Inā 'ōlelo ka Papa 'a'ole i kāu ho'opi'i, e ha'i ka leka āu e loa'a ai iā 'oe inā hiki ke 'ae nā lula iā 'oe e hele i kahi Hoopii Papa 5 a pehea e ho'omau ai me ka Hoopii Papa 5.

Hoopii Papa 5

E nānā kahi luna kānāwai ma ka 'Aha Ho'okolokolo Apana Kū'oko'a 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.

Mokuna 9 He aha kāu e hana inā loa'a iā 'oe kahi pilikia a i 'ole ho'opi'i (ho'oholo uhi, ho'opi'i, ho'opi'i)

Māhele 10.2 Nā ho'opi'i hou aku no 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 Papahana Hawaii Med-QUEST Division (Medicaid). E ha'i ka leka āu e loa'a ai mai ke Ke'ena Hō'ike Kanihe i nā mea e hana ai inā makemake 'oe e ho'omau i ke ka'ina ho'opi'i.

Māhele 10.3 Nā Pae Hoopii 3, 4, a me 5 no nā Noi Laau Māhele D

Pono kēia māhele no 'oe inā ua hana 'oe i kahi Hoopii Papa 1 a me kahi Hoopii Papa 2, a ua hō'ole 'ia nā ho'opi'i 'elua.

Inā hālāwai ka waiwai o ka lā'au āu i ho'opi'i ai me kekahi pae kālā, hiki paha iā 'oe ke hele i nā pae ho'opi'i hou a'e. Inā emi ka waiwai kālā, 'a'ole hiki iā 'oe ke ho'opi'i hou a'e. E wehewehe ka pane kākau āu e loa'a ai ma kāu Hoopii Papa 2 i ka mea e ho'opili ai a me nā mea e hana ai e noi i kahi Hoopii Papa 3.

No ka hapanui o nā kūlana e pili ana i nā ho'opi'i, hana nā pae ho'opi'i 'ekolu hope i ka like 'ana. Eia ka mea nāna e mālama i ka nānā 'ana i kāu ho'opi'i ma kēlā me kēia o kēia mau pae.

Hoopii Papa 3 E nānā kahi luna kānāwai ho'omalua a i 'ole ka loio ho'okolokolo nāna e hana no ke Aupuni Kū'oko'a i kāu ho'opi'i a hā'awi iā 'oe i kahi pane.

- **Inā 'o ka pane he 'ae, pau ka ka'ina ho'opi'i.** Pono mākou e 'ae a i 'ole hā'awi i ka uhi lā'au i 'ae 'ia e ka luna kānāwai ho'omalua a i 'ole ka loio ho'okolokolo i loko o 72 mau hola (24 mau hola no nā ho'opi'i wikiwiki) a i 'ole e uku i ka uku 'a'ole ma mua o 30 mau lā kalena ma hope o ka loa'a 'ana o ka ho'oholo.
- **Inā 'o ka pane he 'a'ole, hiki ke pau ka ka'ina ho'opi'i a i 'ole 'a'ole paha.**
 - 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 nānā hou. E ha'i ka leka āu e loa'a ai iā 'oe i nā mea e hana ai no ka Hoopii Papa 4.

Hoopii Papa 4 E nānā ka Papa Ho'opi'i Medicare (Papa) i kāu ho'opi'i a hā'awi iā 'oe i kahi pane. 'O ka Papa kekahi māhele o ke Aupuni Kū'oko'a.

- **Inā 'o ka pane he 'ae, pau ka ka'ina ho'opi'i.** Pono mākou e 'ae a i 'ole hā'awi i ka uhi lā'au i 'ae 'ia e ka Papa i loko o 72 mau hola (24 mau hola no nā ho'opi'i wikiwiki) a i 'ole e uku i ka uku 'a'ole ma mua o 30 mau lā kalena ma hope o ka loa'a 'ana o ka ho'oholo.

Mokuna 9 He aha kāu e hana inā loa'a iā 'oe kahi pilikia a i 'ole ho'opi'i (ho'oholo uhi, ho'opi'i, ho'opi'i)

- Inā 'o ka pane he 'a'ole, hiki ke pau ka ka'ina ho'opi'i a i 'ole 'a'ole paha.
 - 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 nānā hou. Inā 'ōlelo ka Papa 'a'ole i kāu ho'opi'i a i 'ole hō'ole i kāu noi e nānā hou i ka ho'opi'i, e ha'i ka leka iā 'oe inā 'ae nā lula iā 'oe e hele i kahi Hoopii Papa 5. E ha'i pū ia iā 'oe i ka mea e ho'opili ai a me nā mea e hana ai a'e inā koho 'oe e ho'omau i kāu ho'opi'i.

Hoopii Papa 5

E nānā kahi luna kāmāwai ma ka 'Aha Ho'okolokolo Apana Kū'oko'a i kāu ho'opi'i.

- E nānā kahi luna kāmāwai 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.

MĀHELE 11 Pehea e hana ai i ka ho'opi'i e pili ana i ka maika'i o ka mālama, nā manawa kali, nā lawelawe mea kū'ai mai, a i 'ole nā mea 'ē a'e e hopohopo ai

Māhele 11.1 He aha nā 'ano pilikia i ho'oponopono 'ia e ka hana ho'opi'i?

Ho'ohana 'ia ke ka'ina *ho'opi'i* no nā 'ano pilikia kiko'i wale nō. Pili kēia i nā pilikia e pili ana i ka maika'i o ka mālama, nā manawa kali, a me nā lawelawe mea kū'ai mai. 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	• Ua mana'o 'ole 'oe i ka maika'i o ka mālama āu i loa'a ai (me ka mālama 'ana 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 koi 'ia 'oe e ha'alele i ka ho'olālā?

Mokuna 9 He aha kāu e hana inā loa'a iā 'oe kahi pilikia a i 'ole ho'opi'i (ho'oholo uhi, ho'opi'i, ho'opi'i)

Ho'opi'i	La'ana
Nā manawa kali	- Ua pilikia 'oe i ka loa'a 'ana o kahi hālāwai, a i 'ole ua kali lō'ihī e loa'a ai? - Ua kali lō'ihī '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 ka ho'olālā? - Nā la'ana e like me ka kali lō'ihī 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?
'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 (Pili nā 'ano ho'opi'i āpau i ka manawa kūpono o kā mākou hana e pili ana i nā ho'oholo uhi a me nā ho'opi'i)	Inā ua noi 'oe i kahi ho'oholo uhi a i 'ole ua hana 'oe i kahi ho'opi'i a mana'o 'oe 'a'ole mākou e pane wikiwiki, hiki iā 'oe ke hana i kahi ho'opi'i e pili ana i kā mākou lohi. Eia nā la'ana: - Ua noi 'oe iā mākou no kahi ho'oholo uhi wikiwiki a i 'ole kahi ho'opi'i wikiwiki, a ua 'ōlelo mākou 'a'ole; hiki iā 'oe ke hana i kahi ho'opi'i. - Mana'o 'oe 'a'ole mākou e ho'okō i nā palena manawa no nā ho'oholo uhi a i 'ole nā ho'opi'i; hiki iā 'oe ke hana i kahi ho'opi'i. - Mana'o 'oe 'a'ole mākou e ho'okō i nā palena manawa no ka uhi 'ana a i 'ole ka uku hou 'ana iā 'oe no nā mea lapa'au kiko'ī a i 'ole nā lawelawe a i 'ole nā lā'au i 'ae 'ia; hiki iā 'oe ke hana i kahi 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.

Mokuna 9 He aha kāu e hana inā loa'a iā 'oe kahi pilikia a i 'ole ho'opi'i (ho'oholo uhi, ho'opi'i, ho'opi'i)

Māhele 11.2 Pehea e hana ai i ka ho'opi'i

Nā Hua'ōlelo Kānao'a

- Ho'opi'i 'ia ka Ho'opi'i i ka **hoopii**.
- '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**.

Māhele 11.3 Ka papa alaka'i: Hana 'ana i kahi ho'opi'i

Anu'u 1: Ho'oka'a'ike koke iā mākou – ma ka kelepona a i 'ole ma ke kākau.

- 'O ka kelepona 'ana i nā Lawelawe Lālā ka mua o ke ka'ina hana. Inā he mea 'ē a'e kāu e pono ai e hana, e ha'i mai nā Lawelawe Lālā iā 'oe.
- Inā 'a'ole 'oe makemake e kelepona (a i 'ole ua kelepona 'oe a 'a'ole 'olu'olu), hiki iā 'oe ke kākau i kāu ho'opi'i a ho'ouna iā mākou. Inā kākau 'oe i kāu ho'opi'i, e pane mākou i kāu ho'opi'i ma ke kākau.
- 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 lā'au lapa'au Māhele D 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 lā'au lapa'au* 'o Māhele D 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 Ho'opi'i Wikiwiki. 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:

Mokuna 9 He aha kāu e hana inā loa'a iā 'oe kahi pilikia a i 'ole ho'opi'i (ho'oholo uhi, ho'opi'i, ho'opi'i)

- Ho'ole mākou i kāu noi no ka nānā wikiwiki i kahi noi no ka mālama lapa'au a i 'ole nā laau Māhele D.
- Ho'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 lā'au lapa'au Māhele D* 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.

Anu'u 2: Nānā mākou i kāu ho'opi'i a hā'awi iā 'oe i kā mākou pane.

- **Inā hiki, e pane mākou iā 'oe koke.** 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 a'e, e ha'i mākou iā 'oe ma ke kākau.
- **Inā 'oe e hana i ka ho'opi'i no ka mea ua hō'ole mākou i kāu noi no ka ho'oholo uhi wikiwiki a i 'ole ka ho'opi'i wikiwiki, e hā'awi mākou iā 'oe i ka ho'opi'i wikiwiki ma ka 'ōlelo.** 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.**

Māhele 11.4 Hiki iā 'oe ke hana i nā ho'opi'i e pili ana i ka maika'i o ka mālama i ka Hui Ho'omaika'i Kū'oko'a

Inā pili kāu ho'opi'i i ka **maika'i o ka mālama**, loa'a iā 'oe nā koho hou 'elua:

- **Hiki iā 'oe ke hana i kāu ho'opi'i pololei i ka Hui Ho'omaika'i Kū'oko'a.** 'O ka Hui Ho'omaika'i Kū'oko'a kahi hui o nā kauka e ho'oma'ama'a nei a me nā loea olakino 'ē

Mokuna 9 He aha kāu e hana inā loa'a iā 'oe kahi pilikia a i 'ole ho'opi'i (ho'oholo uhi, ho'opi'i, ho'opi'i)

a'e i uku 'ia e ke Aupuni Kū'oko'a e nānā a ho'omaika'i i ka mālama 'ana i hā'awi 'ia i nā mea ma'i Medicare. Loa'a nā 'ike ho'opili ma ka Mokuna 2.

A i 'ole

- **Hiki iā 'oe ke hana i kāu ho'opi'i i ka Hui Ho'omaika'i Kū'oko'a a iā mākou pū ma ka manawa like.**

Māhele 11.5	Hiki iā 'oe ke ha'i iā Medicare a Papahana Hawaii Med-QUEST Division Program (Medicaid) e pili ana i kāu ho'opi'i
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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, Māhele 6.

MOKUNA 10:

Ho'opau i kāu lālā i loko o ka ho'olālā

MĀHELE 1 Ho'olauna i ka ho'opau 'ana i kāu lālā i kā mākou 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'ī) a i 'ole ka **makemake** 'ole ('a'ole kāu koho pono'ī):

- Hiki iā 'oe ke ha'alele i kā mākou ho'olālā no ka mea ua *ho'oholo* 'oe e makemake 'oe e ha'alele. Hā'awi nā Māhele 2 a me 3 i ka 'ike e pili ana i ka ho'opau pono'ī 'ana i kāu lālā.
- Loa'a pū kekahi mau kūlana kaupalena kahi 'a'ole 'oe e koho e ha'alele, akā koi 'ia mākou e ho'opau i kāu lālā. E ha'i ka Māhele 5 iā 'oe e pili ana i nā kūlana e pono ai mākou e ho'opau i kāu lālā.

Inā 'oe e ha'alele i kā mākou ho'olālā, pono kā mākou ho'olālā e ho'omau i ka hā'awi 'ana i kāu mālama lapa'au a me nā lā'au kauka a e ho'omau 'oe e uku i kāu koina ka'ana like a hiki i ka pau 'ana o kāu lālā.

MĀHELE 2 Ināhea 'oe e ho'opau ai i kāu lālā ma kā mākou ho'olālā?

Māhele 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'ī wale nō o ka makahiki. No ka mea he Hawaii Med-QUEST Division Program (Medicaid), hiki iā 'oe ke ho'opau i kou lālā i kā mākou ho'olālā i kēlā me kēia mahina o ka makahiki. Loa'a pū iā 'oe nā koho e kākau inoa i loko o kekahi ho'olālā Medicare 'ē a'e i kēlā me kēia mahina me ka:
 - Original Medicare me *kahi* ho'olālā lā'au kauka Medicare kū'oko'a
 - Original Medicare *me ka 'ole* kahi ho'olālā lā'au lapa'au Medicare 'oko'a (Inā koho 'oe i kēia koho, Hiki iā Medicare ke kākau inoa iā 'oe i kahi ho'olālā lā'au, ke 'ole 'oe i ha'alele i ke kākau 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 Hawaii Med-QUEST Division Program (Medicaid) pomaikai a me nā lawelawe i ho'okahi ho'olālā.

Nānā: Inā ho'opau 'oe i ka uhi lā'au kauka Medicare a hele me ka 'ole o ka uhi lā'au kauka pili 'ole no kahi manawa mau o 63 mau lā a 'oi a'e, pono paha 'oe e uku i kahi ho'opa'i kākau inoa lohi Māhele D inā ho'ohui 'oe i kahi ho'olālā lā'au kauka Medicare ma hope.

Mokuna 10 Ke ho'opau 'ana i kāu lālā i ka ho'olālā

Ho'oka'a'ike i kāu Ke'ena Medicaid o ka Moku'āina e a'o e pili ana i kāu mau koho ho'olālā Medicaid (hiki ke loa'a nā helu kelepona ma ka Mokuna 2, Māhele 6 o kēia palapala).

- Loa'a nā koho ho'olālā ola Medicare 'ē a'e i ka wā o ka **Kau Kakau Makahiki**. Hā'awi ka Māhele 2.2 iā 'oe i ka 'ike hou e pili ana i ka Kau Kakau Makahiki.
- **Ināhea e ho'opau ai kāu lālā?** E ho'opau kāu lālā ma'amau ma ka lā mua o ka mahina ma hope o ka loa'a 'ana o kā mākou noi e ho'ololi i kāu ho'olālā. E ho'omaka pū kāu kākau inoa 'ana i loko o kāu ho'olālā hou i kēia lā.

Māhele 2.2	Hiki iā 'oe ke ho'opau i kāu lālā i ka wā o ka Kau Kakau Makahiki
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Hiki iā 'oe ke ho'opau i kāu lālā i ka wā o ka **Kau Kakau Makahiki** (i 'ike 'ia pū me ka Kau Wehe Kakau inoa 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 **Kau Kakau Makahiki** 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:
 - Kekahi ho'olālā ola Medicare 'ē a'e, me a me ka 'ole o ka uhi lā'au kauka.
 - Original Medicare me *kahi* ho'olālā lā'au kauka Medicare kū'oko'a

A I OLE

- Original Medicare me ka 'ole o kahi ho'olālā lā'au kauka Medicare kū'oko'a.
- **E ho'opau kāu lālā i loko o kā mākou ho'olālā i ka wā e ho'omaka ai ka uhi 'ana o kāu ho'olālā hou ma Ianuali 1.**

Inā loa'a iā 'oe ka "Kōkua Keu" mai Medicare e uku i kāu lā'au kauka: Inā ho'ololi 'oe i Original Medicare a 'a'ole kākau inoa i loko o kahi ho'olālā lā'au kauka Medicare kū'oko'a, hiki iā Medicare ke kākau inoa iā 'oe i loko o kahi ho'olālā lā'au, koe wale nō inā ua koho 'oe i waho o ka kākau inoa ma'amau.

Nānā: Inā ho'opau 'oe i ka uhi lā'au kauka Medicare a hele me ka 'ole o ka uhi lā'au kauka pili 'ole no 63 mau lā a 'oi a'e ma ke kahua ho'okahi, pono paha 'oe e uku i kahi ho'opa'i kākau inoa lohi Māhele D inā ho'ohui 'oe i kahi ho'olālā lā'au kauka Medicare ma hope.

Māhele 2.3	Hiki iā 'oe ke ho'opau i kāu lālā i ka wā o ka Kau Wehe Kakau inoa Medicare Advantage
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Loa'a iā 'oe ka manawa e *ho'ololi* ho'okahi i kāu uhi olakino i ka wā o ka **Kau Wehe Kakau inoa Medicare Advantage**.

Mokuna 10 Ke ho'opau 'ana i kāu lālā i ka ho'olālā

- **'O ka Kau Wehe Kakau inoa Medicare Advantage** o ka makahiki mai Ianuali 1 a hiki i Malaki 31 a no nā mea hou o ka Medicare i kākau inoa 'ia i loko o kahi ho'olālā MA, mai ka mahina o ka pono i Māhele A a me Māhele B a hiki i ka lā hope o ka mahina 3 o ka pono.
- **I ka wā o ka Kau Wehe Kakau inoa Medicare Advantage** o ka makahiki hiki iā 'oe ke:
 - Ho'ololi i kekahi ho'olālā Medicare Advantage 'ē a'e me a me ka 'ole o ka uhi lā'au kauka.
 - Ho'opau i kā mākou ho'olālā a loa'a 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 Medicare kū'oko'a i kēlā manawa.
- **E ho'opau kāu lālā ma ka lā** mua o ka mahina ma hope o kāu kākau inoa 'ana i loko o kahi ho'olālā Medicare Advantage 'ē a'e a i 'ole e loa'a kā mākou noi e ho'ololi i Original Medicare. Inā koho pū 'oe e kākau inoa i loko o kahi ho'olālā lā'au kauka Medicare, e ho'omaka kāu lālā i loko o ka ho'olālā lā'au kauka ma ka lā mua o ka mahina ma hope o ka loa'a 'ana o ka ho'olālā lā'au kauka i kāu noi kākau inoa.

Māhele 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
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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 **Kau Wehe Kakau inoa Kūikawā**.

Hiki paha iā 'oe ke kūpono e ho'opau i kāu lālā i ka wā o kahi Kau Wehe Kakau inoa Kūikawā inā pili kekahi o kēia mau kūlana iā 'oe. He mau hi'ohi'ona kēia, no ka papa piha hiki iā 'oe ke ho'opili i ka ho'olālā, kelepona iā Medicare, a i 'ole e kipa i ka pūnaeweke Medicare (www.medicare.gov):

- Ma'amau, i ka wā ua ne'e 'oe.
- Inā loa'a iā 'oe 'o Hawaii Med-QUEST Division Program (Medicaid)
- Inā loa'a iā 'oe ka "Kōkua Keu" me ka uku 'ana no kāu lā'au kauka Medicare.
- Inā ho'opau mākou i kā mākou 'aelike me 'oe.
- Inā loa'a iā 'oe ka mālama i kahi 'oihana, e like me kahi hale mālama lō'ihi (LTC) ma'i.
- **Nānā:** Inā 'oe i loko o kahi papahana ho'omalua lā'au kauka, 'a'ole hiki iā 'oe ke ho'ololi i nā ho'olālā. Ha'i ka Mokuna 5, Māhele 10 iā 'oe hou a'e e pili ana i nā papahana ho'omalua lā'au kauka.
- **Nānā:** Hā'awi ka Māhele 2.1 iā 'oe i ka 'ike hou e pili ana i ka manawa kau inoa kūikawā no nā kōkua me Medicaid.

'O nā manawa kau inoa e 'oko'a i ka ho'okumu 'ana i kāu kūlana.

No ka 'ike inā kūpono 'oe no kahi **Kau Wehe Kakau inoa Kūikawā**, e 'olu'olu e kelepona iā Medicare ma 1-800-MEDICARE (1-800-633-4227), 24 mau hola i ka lā, 7 mau lā i ka pule. Nā mea ho'ohana TTY e kelepona i 1-877-486-2048. Inā kūpono 'oe e ho'opau i kāu lālā ma muli o

Mokuna 10 Ke ho'opau 'ana i kāu lālā i ka ho'olālā

kahi kūlana kūikawā, hiki iā 'oe ke koho e ho'ololi i kāu uhi olakino Medicare a me ka uhi lā'au kauka. Hiki iā 'oe ke koho:

- Kekahi ho'olālā olakino Medicare 'ē a'e me a me ka 'ole o ka uhi lā'au kauka,
- Original Medicare me *kahi* ho'olālā lā'au kauka Medicare kū'oko'a,
- – *a i 'ole* – Original Medicare me ka 'ole o kahi ho'olālā lā'au kauka Medicare kū'oko'a.

Nānā: Inā ho'opau 'oe i ka uhi lā'au kauka Medicare a hele me ka 'ole o ka uhi lā'au kauka pili 'ole no 63 mau lā a 'oi a'e ma ke kahua ho'okahi, pono paha 'oe e uku i kahi ho'opa'i kākau inoa lohi Māhele D inā ho'ohui 'oe i kahi ho'olālā lā'au kauka Medicare ma hope.

Inā loa'a iā 'oe ka "Kōkua Keu" mai Medicare e uku i kāu lā'au kauka: Inā ho'ololi 'oe i Original Medicare a 'a'ole kākau inoa i loko o kahi ho'olālā lā'au kauka Medicare kū'oko'a, hiki iā Medicare ke kākau inoa iā 'oe i loko o kahi ho'olālā lā'au, koe wale nō inā ua koho 'oe i waho o ka kākau inoa ma'amau.

E ho'opau ma'amau kāu lālā ma ka lā mua o ka mahina ma hope o ka loa'a 'ana o kāu noi e ho'ololi i kāu ho'olālā.

Nānā: Paukū 2.1 a me ka Māhele 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 (Extra Help)".

Māhele 2.5 Ma hea kahi e loa'a ai iā 'oe ka 'ike hou a'e e pili ana i ka wā e hiki ai iā 'oe ke ho'opau i kāu lālā?

Inā loa'a iā 'oe kekahi mau nīnau e pili ana i ka ho'opau 'ana i kāu lālā hiki iā 'oe ke:

- **Kelepona i nā Lawelawe Lālā.**
- E huli i ka 'ike ma ka mo'olelo *Medicare & 'oe 2025*.
- Ho'oka'a'ike iā **Medicare** ma 1-800-MEDICARE (1-800-633-4227), 24 mau hola i ka lā, 7 mau lā i ka pule. (TTY 1-877-486-2048).

MĀHELE 3 Pehea e ho'opau ai i kāu lālā ma kā mākou ho'olālā?

'O ka papa'aina ma lalo nei e wehewehe pehea e ho'opau ai 'oe i kāu lālā i kā mākou ho'olālā.

Mokuna 10 Ke ho'opau 'ana i kāu lālā i ka ho'olālā

Inā makemake 'oe e ho'ololi mai kā mākou ho'olālā i:	Eia kāu e hana ai:
• Kekahi ho'olālā olakino Medicare 'ē a'e	• Kākau inoa i ka ho'olālā olakino Medicare hou. E ho'omaka kāu uhi hou ma ka lā mua o ka mahina e hiki mai ana. • E ho'opa'a inoa 'ia 'oe mai Wellcare 'Ohana Dual Align (HMO-POS D-SNP) i ka wā e ho'omaka ai ka uhi 'ana o kāu ho'olālā hou.
• Original Medicare me <i>kahi</i> ho'olālā lā'au kauka Medicare kū'oko'a	• Kākau inoa i ka ho'olālā lā'au kauka Medicare hou. E ho'omaka kāu uhi hou ma ka lā mua o ka mahina e hiki mai ana. • E ho'opa'a inoa 'ia 'oe mai Wellcare 'Ohana Dual Align (HMO-POS D-SNP) i ka wā e ho'omaka ai ka uhi 'ana o kāu ho'olālā hou.
• Original Medicare me ka 'ole o <i>kahi</i> ho'olālā lā'au kauka Medicare kū'oko'a ○ Inā ho'ololi 'oe i Original Medicare a 'a'ole kākau inoa i loko o kahi ho'olālā lā'au kauka Medicare kū'oko'a, hiki iā Medicare ke kākau inoa iā 'oe i loko o kahi ho'olālā lā'au, koe wale nō inā ua koho 'oe i waho o ka kākau inoa ma'amau. ○ Inā ho'opau 'oe i ka uhi lā'au kauka Medicare a hele 63 mau lā a 'oi a'e i ka laina ma ka 'ole o ka uhi lā'au kauka pili 'ole, pono paha 'oe e uku i kahi ho'opa'i kākau inoa lohi inā ho'ohui 'oe i kahi ho'olālā lā'au kauka Medicare ma hope.	• Ho'ouna iā mākou i kahi noi kākau inoa e ho'opau. Ho'oka'a'ike i nā Lawelawe Lālā inā loa'a iā 'oe ka 'ike hou a'e pehea e hana ai i kēia. • Hiki pū iā 'oe ke ho'oka'a'ike iā Medicare, ma 1-800-MEDICARE (1-800-633-4227), 24 mau hola i ka lā, 7 mau lā i ka pule, a noi e ho'opa'a inoa 'ia. Pono nā mea ho'ohana TTY e kelepona i 1-877-486-2048. • E ho'opa'a inoa 'ia 'oe mai Wellcare 'Ohana Dual Align (HMO-POS D-SNP) i ka wā e ho'omaka ai kāu uhi ma Original Medicare.

Nānā: Inā ho'opau 'oe i ka uhi lā'au kauka Medicare a hele me ka 'ole o ka uhi lā'au kauka pili 'ole no 63 mau lā a 'oi a'e ma ke kahua ho'okahi, pono paha 'oe e uku i kahi ho'opa'i kākau inoa lohi Māhele D inā ho'ohui 'oe i kahi ho'olālā lā'au kauka Medicare ma hope.

No nā nīnau e pili ana i kāu mau pōmaika'i Hawaii Med-QUEST Division Program (Medicaid), e ho'oka'a'ike iā Hawaii Med-QUEST Division Program (Medicaid), 1-800-316-8005, TTY 711, 7:45 a.m. - 4:30 p.m. HT, Pō'akahi - Pō'alima. Nīnau pehea e ho'opili ai ka hui 'ana i kekahi ho'olālā 'ē a'e a i 'ole ho'ihoi 'ana i Original Medicare i ka loa'a 'ana o kāu uhi Hawaii Med-QUEST Division Program (Medicaid).

MĀHELE 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 kou komo 'ana i loko Wellcare 'Ohana Dual Align (HMO-POS D-SNP) pau, a ho'omaka kāu ho'opili Medicare a me 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.

- Ho'omau i ka ho'ohana 'ana i kā mākou mau mea ho'olako pūnaewe e loa'a ai ka mālama lapa'au.
- 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 kāu mau lā'au.
- Inā e ho'omoana 'ia 'oe ma ka lā e pau ai kāu lālā, e uhi kā mākou ho'olālā i kou noho 'ana ma ka haukapila a hiki i kou ho'oku'u 'ia 'ana (inā ho'oku'u 'ia 'oe ma hope o ka ho'omaka 'ana o kāu uhi olakino hou).

MĀHELE 5 Pono mākou e ho'opau i kāu lālā i loko o ka ho'olālā i kekahi mau kūlana

Māhele 5.1 Ināhea mākou e ho'opau ai i kāu lālā i loko o ka ho'olālā?

Pono mākou e ho'opau i kāu lālā i loko o ka ho'olālā inā kū kekahi o kēia mau mea:

- Inā 'a'ole ou 'o Medicare Part A a me Part B.
- Inā 'a'ole 'oe i kūpono hou no Hawaii Med-QUEST Division Program (Medicaid). E like me ka olelo ma ka Mokuna 1, Māhele 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 koi kūpono kūikawā o kā mākou ho'olālā, e ho'opau 'ia kāu lālā i loko o kēia ho'olālā ma hope o 6 mau mahina. E loa'a iā 'oe kahi hō'ike mai iā mākou e ha'i ana iā 'oe i ka pau 'ana o kāu lālā a me kāu mau koho. Inā loa'a iā 'oe kekahi mau nīnau e pili ana i kāu kūpono, e 'olu'olu e ho'oka'a'ike iā nā Lawelawe Lālā.
 - 'O ka wā i helu 'ia o ka ho'omaika'i mau 'ana i ke kūpono he 6 mau mahina. 'O ka wā i helu 'ia o ka ho'omaika'i mau 'ana i ke kūpono e ho'omaka ma ka lā mua o ka mahina e hiki mai ana ma hope o ka mahina āu e nalowale ai i ka kūlana pono kūikawā.
- Inā ne'e 'oe i waho o kā mākou wahi lawelawe.
- Inā 'oe e ha'alele i kā mākou wahi lawelawe no nā mahina 'eono.

Mokuna 10 Ke ho'opau 'ana i kāu lālā i ka ho'olālā

- Inā ne'e 'oe a lawe i kahi huaka'i lō'ihī, e kelepona iā nā Lawelawe Lālā e 'ike inā aia kahi āu e ne'e ai a huaka'i nei i loko o kahi o kā mākou ho'olālā.
- Inā lilo 'oe i pio (hele i ka hale pa'ahao).
- Inā 'a'ole 'oe he kama'āina o ka Moku'āina Hui Pū 'Ia a i 'ole he kama'āina kū pono i loko o ka Moku'āina Hui Pū 'Ia.
- Inā 'oe e 'ōlelo wahahe'e a i 'ole e mālama i ka 'ike e pili ana i nā 'inikua 'ē a'e āu i loa'a ai i ka uhi lā'au kauka
- Inā 'oe e hā'awi na'aupō iā mākou i ka 'ike hewa ke kākau inoa 'oe i loko o kā mākou ho'olālā a 'o kēlā 'ike e ho'opili i kāu kūpono no kā mākou ho'olālā. (A'ole hiki iā mākou ke koi iā 'oe e ha'alele i kā mākou ho'olālā no kēia kumu koe wale nō inā loa'a iā mākou ka 'ae 'ana mai iā Medicare mua.)
- Inā 'oe e noho mau i kahi 'ano disruptive a pa'akikī iā mākou e hā'awi i ka mālama lapa'au iā 'oe a me nā lālā 'ē a'e o kā mākou ho'olālā. (A'ole hiki iā mākou ke koi iā 'oe e ha'alele i kā mākou ho'olālā no kēia kumu koe wale nō inā loa'a iā mākou ka 'ae 'ana mai iā Medicare mua.)
- 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 koi iā 'oe e ha'alele i kā mākou ho'olālā no kēia kumu koe wale nō inā loa'a iā mākou ka 'ae 'ana mai iā Medicare mua.)
 - Inā ho'opau mākou i kāu lālā no kēia kumu, hiki iā Medicare ke nānā i kāu hihia e ka Luna 'Imi.
- Inā koi 'ia 'oe e uku i ka huina Māhele D hou ma muli o kāu loa'a kālā a 'a'ole 'oe e uku, e ho'opau a inoa 'ole 'o Medicare iā 'oe mai kā mākou ho'olālā.

Ma hea kahi e loa'a ai iā 'oe ka 'ike hou a'e?

Inā loa'a iā 'oe kekahi mau nīnau a makemake paha e loa'a ka 'ike hou a'e e pili ana i ka wā hiki iā mākou ke ho'opau i kāu lālā, e kelepona iā nā Lawelawe Lālā.

Māhele 5.2 'A'ole hiki iā mākou ke nīnau iā 'oe e ha'alele i kā mākou ho'olālā no kekahi kumu pili olakino

'A'ole 'ae 'ia 'o Wellcare 'Ohana Dual Align (HMO-POS D-SNP) e nīnau iā 'oe e ha'alele i kā mākou ho'olālā no kekahi kumu pili olakino.

He aha kāu e hana ai inā kū kēia?

Inā mana'o 'oe ua nīnau 'ia 'oe e ha'alele i kā mākou ho'olālā no kekahi kumu pili olakino, e kelepona iā Medicare ma 1-800-MEDICARE (1-800-633-4227) 24 mau hola i ka lā, 7 mau lā i ka pule (TTY: 1-877-486-2048).

Mokuna 10 Ke ho'opau 'ana i kāu lālā i ka ho'olālā**Māhele 5.3 Loa'a iā 'oe ke kuleana e hana i ka ho'opi'i inā ho'opau mākou i kāu 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 ho'opi'i 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:

Nā ho'omaopopo kānāwai

MĀHELE 1 Ho'omaopopo no ke kânāwai alaka'i

‘O ke kânāwai nui e pili ana i kēia *palapala Hō'ike no ka uhi* ‘ana ‘o ia ka Title XVIII o ka Social Security Act a me nā lula i hana ‘ia ma lalo o ka Social Security Act e nā Centers for Medicare & Medicaid Services, a i ‘ole CMS. Eia hou, hiki i nā kânāwai ‘ē a‘e aupuni ke ho‘opili ‘ia, a ma nā kūlana kiko‘ī, nā kânāwai o ke kūlana āu e noho ai. Hiki i kēia ke ho‘opili i kāu kuleana a me nā kuleana ‘oiai ‘a‘ole i ho‘okomo ‘ia a i ‘ole wehewehe ‘ia kēia mau kânāwai i loko o kēia palapala.

MĀHELE 2 Ho'omaopopo no ke kânāwai kū'ē i ka ho'oka'awale

Ho‘okō kā mākou ho‘olālā olakino i nā Kânāwai Kū'ē i nā Kuleana Kivila o ke Aupuni. **‘A‘ole mākou e ho‘oka'awale** ma muli o ke kala, lāhui, wahi hānau, kala, ho‘omana, sex, ‘anakala, makahiki, ‘ike ma‘i, ma‘i kino a me ka no‘ono‘o, kūlana olakino, ‘ike no ka mo‘olelo kino, ‘ike mo‘okū‘auhau, hō'ike ‘ike hō'oia'i'o, a i ‘ole ka wahi noho i loko o ka wahi lawelawe. Pono nā hui āpau e ho‘olako i nā ho‘olālā Medicare Advantage, e like me kā mākou ho‘olālā, e mālama i nā kânāwai aupuni kū'ē i ka ho‘oka'awale, e pili ana i ka Title VI o ka Civil Rights Act of 1964, ke Rehabilitation Act of 1973, ka Age Discrimination Act of 1975, ka Americans with Disabilities Act, Section 1557 o ka Affordable Care Act, a me nā kânāwai ‘ē a‘e a pau e pili ana i nā hui e loa‘a kālā aupuni, a me nā kânāwai a me nā lula ‘ē a‘e a pau e pili ana no kekahi kumu ‘ē a‘e.

Inā makemake ‘oe i ka ‘ike hou a‘e a i ‘ole loa‘a iā ‘oe nā pilikia e pili ana i ka ho‘oka'awale a i ‘ole ka ho‘omaopopo ‘ana, e ‘olu‘olu e kelepona i ke Ke‘ena Ola a me nā Lawelawe Kū'ē i nā **Office for Civil Rights** ma 1-800-368-1019 (TTY 1-800-537-7697) a i ‘ole kou Ke‘ena Kuleana Kivila Kūloko. Hiki iā ‘oe ke nānā i ka ‘ike mai ke Ke‘ena Ola a me nā Lawelawe Kū'ē i nā Office for Civil Rights ma <http://www.hhs.gov/ocr/index.html>.

Inā loa‘a iā ‘oe he kīnā a pono ‘oe i ke kōkua no ke komo ‘ana i ka mālama ‘ana, e kelepona mai iā mākou ma nā Lawelawe Lālā. 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.

MĀHELE 3 Ho'omaopopo no nā kuleana ho'opakele 'elua o Medicare

Loa‘a iā mākou ke kuleana a me ka kuleana e hō'ili'ili no nā lawelawe i uhi ‘ia e Medicare i hiki ‘ole iā Medicare ke lilo i 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 ‘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 kânāwai o ka Moku‘āina.

MĀHELE 4 Ho'opakele 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 kāmāwai 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'ule 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;
- Kekahi ho'oponopono a ho'oholo i loa'a mai kekahi ke'ena a hana kāmāwai 'ē a'e; a
- 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 kāmāwai 'ole.

Mokuna 11 Nā hō'ike kânāwai

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'ihō'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.

Ma ka 'ae 'ana i nā pomaikai ma lalo o kēia ho'olālā, ho'olilo pū '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 kulanā, a 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 kulanā 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 kulanā 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 kulanā.
- '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 kulanā 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 kulanā 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

Mokuna 11 Nā hō'ike kânāwai

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.

MĀHELE 5 Ka lālani lālā

'O ka lālani lālā i hā'awi 'ia e kā mākou ho'olālā ma lalo o kēia *Hō'ike no ka uhi 'ana* he mea hō'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 noka uhi 'ana*. No ka pono o nā lawelawe a i 'ole nā pomaikai ma lalo o kēia *Hō'ike noka 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 noka uhi 'ana*. 'O kēlā me kēia kanaka e loa'a ana i nā lawelawe i 'a'ole i kūpono ma lalo o kēia *Hō'ike no ka uhi 'ana* e kuleana e uku no kēlā mau lawelawe. Pono kahi 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 (TTY: 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 ho'oka'awale '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.

MĀHELE 6 Nā luna kū'oko'a

'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 'ūlō, 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.

MĀHELE 7 Ho'okaumaha ho'olālā mālama olakino

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

Mokuna 11 Nā hō'ike kânāwai

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 hewa ho'ohilahila ho'olālā mālama olakino.

Inā he mea nāna 'oe e hopohopo nei e pili ana i kekahi o nā ho'opi'i i hō'ike 'ia ma kahi bila a i 'ole ma ka palapala Wehewehe o nā Pomaikai, a i 'ole inā 'ike 'oe i kekahi hana hewa a i 'ole mana'o paha, e kelepona i kā mākou laina kelepona ho'opunipuni manuahi 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.

MĀHELE 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 lapa'au, ka kūlana o ke kūlana pilikia a i 'ole nā hanana like 'ole i loko o ka *mana o kā mākou ho'olālā*, 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:

Nā wehewehe o nā hua'ōlelo ko'iko'i

Mokuna 12 Nā wehewehe 'ana o nā hua'ōlelo ko'iko'i

Ka nui i 'ae 'ia - 'O ka huina nui e pili ana i ka uku no nā lawelawe mālama ola kino. Hiki ke kapa 'ia kēia "kumu kālā," "'oko'a uku" a i 'ole "uku i kūkākūkā 'ia." Inā 'oi aku ka uku o kāu mea lawelawe ma mua o ka nui i 'ae 'ia, pono paha 'oe e uku i ka 'oko'a. (E nana i ka Bila Kaulike.) 'A'ole hiki i nā mea ho'olako pūnaewe ke uku aku ma mua o ka nui i 'ae 'ia no kahi lawelawe.

Kikowaena Opuu Ambulatory – 'O kahi kikowaena opuu ambulatory he hui i hana kūikawā no ka hā'awi 'ana i nā lawelawe opuu i nā mea ma'i 'a'ole pono e komo i ka haukapila a 'a'ole e 'oi aku ka wā e noho ai ma ka kikowaena ma mua o 24 mau hola.

Ho'opi'i – He mea āu e hana ai inā 'a'ole 'oe 'ae 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 kuhikuhi a i 'ole ka uku 'ana no nā lawelawe a i 'ole nā lā'au āu i loa'a ai. Hiki iā 'oe ke ho'opi'i inā 'a'ole 'oe 'ae i kā mākou ho'oholo e hō'oki i nā lawelawe āu e loa'a nei.

Manawa Pōmaika'i – 'O ke 'ano e ana ai kā mākou ho'olālā a me ka Original Medicare i kāu ho'ohana 'ana i nā lawelawe hale mālama akamai (SNF). Ho'omaka kahi manawa pōmaika'i i ka lā e hele ai 'oe i kahi hale mālama akamai. Ho'opau ka manawa pōmaika'i ke 'ole 'oe i loa'a i kekahi mālama akamai ma loko o kahi SNF no 60 mau lā i ka lālani. Inā 'oe i komo i kahi hana Ke Ke'ena Hana Māmā 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.

'O ka Huahana Bio – He lā'au kuhikuhi i hana 'ia mai nā kumu maoli a ola e like me nā pūpū holoholona, nā pūpū mea kanu, nā pilikia, a i 'ole ka mea ho'ohua. 'O'i aku ka pa'akikī o nā huahana bio ma mua o nā lā'au 'ē a'e a 'a'ole hiki ke kope piha 'ia, no laila ua kapa 'ia nā 'ano like he biosimilars. (E nānā pū i "**Huahana Bio kumu**" a me "**Biosimilar**").

Biosimilar – He huahana bio e pili kokoke loa, akā 'a'ole like loa, i ka huahana bio kumu. 'O nā biosimilars he palekana a kūpono e like me ka huahana bio kumu. Hiki ke ho'ololi 'ia kekahi mau biosimilars no ka Intehuahana ko'iko'i mua ma ka hale kū'ai me ka 'ole o ka 'ōlelo kuhikuhi hou (E nānā "**Kūlike Biosimilar**").

Lā'au Ho'āilona Inoa – He lā'au kuhikuhi i hana 'ia a kū'ai 'ia e ka hui lā'au lapa'au i noi'i 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 papa i ka Pōmaika'i Laau Māhele D e ho'omaka ai inā 'oe (a i 'ole nā mea kūpono 'ē a'e ma kāu inoa) ua ho'olilo i \$2,000 no nā lā'au Māhele D i uhi 'ia 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) – Ka luna aupuni e mālama ana iā Medicare.

Hō'oia like – He nui ke hiki iā 'oe ke koi 'ia e uku, i hō'ike 'ia ma ke 'ano he pa'akikī (e la'a me 20%) ma ke 'ano he māhele o ke kumukū'ai no nā lawelawe a i 'ole nā lā'au kuhikuhi.

Ho'opi'i – 'O ka inoa kūpono no ka ho'opi'i 'ana 'o ia ka waiho 'ana i kahi ho'opi'i. Ho'ohana 'ia ke ka'ina ho'opi'i no kekahi mau 'ano pilikia *wale nō*. Pili kēia i nā pilikia e pili ana i ka

Mokuna 12 Nā wehewehe 'ana o nā hua'ōlelo ko'iko'i

maika'i o ka mālama 'ana, nā manawa kali, a me nā lawelawe mea kū'ai āu i loa'a. Ho'ohui pū ia me nā ho'opi'i inā 'a'ole mālama kāu ho'olālā i nā manawa i ka ka'ina ho'opi'i.

Keena Ho'oponopono Ho'oma'ama'a Ma waho (CORF) – He ke'ena e hā'awi nui ana i nā lawelawe ho'oponopono ma hope o ka ma'i a i 'ole ka 'eha, e pili ana i ka ho'oma'ama'a kino, nā lawelawe pilikanaka a i 'ole ka no'ono'o, ka ho'oma'ama'a hanu, ka lapa'au 'oihana a me nā lawelawe 'ōlelo- 'ōlelo, a me nā lawelawe loiloi kaiapuni home.

Uku hui (a i 'ole copay) – He nui ke hiki iā 'oe ke koi 'ia e uku ma ke 'ano he māhele o ke kumukū'ai no kahi lawelawe olakino a i 'ole lako, e like me ke kipa 'ana i ke kauka, ke kipa 'ana i waho o ka haukapila, a i 'ole kahi lā'au kuhikuhi. 'O ka uku hui he nui i ho'onohonoho 'ia (e la'a me \$10), ma mua o ke pa'akikī.

Koina-ka'ana like – Kākau koina-ka'ana like i nā nui āu e pono ai e uku ke loa'a nā lawelawe a i 'ole nā lā'au. Ho'ohui pū ka uku-ka'ana like i kēlā me kēia hui pū 'ana o nā 'ano uku 'ekolu a'e: (1) kekahi nui deductible e hiki ke kau i kahi ho'olālā ma mua o ka uhi 'ana i nā lawelawe a i 'ole nā lā'au; (2) kekahi nui uku hui pa'a e koi ai kahi ho'olālā ke loa'a kahi lawelawe kiko'i a i 'ole lā'au; a (3) kekahi nui hō'oiā like, he pa'akikī o ke kumukū'ai holo'oko'a i uku 'ia no kahi lawelawe a i 'ole lā'au e koi ai kahi ho'olālā ke loa'a kahi lawelawe a i 'ole lā'au kiko'i.

Ho'oholo ho'opili – 'O ka ho'oholo e pili ana i ka uhi 'ia 'ana o kahi lā'au i kuhikuhi 'ia iā 'oe e ka ho'olālā a me ka nui, inā loa'a, āu e koi 'ia e uku no ka lā'au kuhikuhi. Ma ke 'ano ma'amau, inā lawe 'oe i kāu lā'au i kahi lā'au lapa'au a ha'i ka lā'au lapa'au iā 'oe 'a'ole ka lā'au i uhi 'ia ma lalo o kāu ho'olālā, 'a'ole ia he ho'oholo uhi. Pono 'oe e kelepona a kākau paha i kāu ho'olālā e noi i kahi ho'oholo kūhelu e pili ana i ka uhi 'ana. Ho'oholo ho'opili 'ia i kapa 'ia he ho'oholo uhi ma kēia palapala.

Nā Laau i uhi 'ia – 'O ka hua'ōlelo a mākou e ho'ohana ai e pili ana i nā lā'au āpau i uhi 'ia e kā mākou ho'olālā.

Nā lawelawe i uhi 'ia – 'O ka hua'ōlelo a mākou e ho'ohana ai e pili ana i nā lawelawe mālama olakino a me nā lako a pau i uhi 'ia e kā mākou ho'olālā.

Uku Laau Aaie – 'O ka uhi 'ana i ka lā'au kuhikuhi (e la'a me, mai kahi mea hana a i 'ole hui union) i mana'o 'ia e uku, ma ka laulā, a i 'ole i ka nui like me ka uhi lā'au kuhikuhi ma'amau a Medicare. 'O nā kānaka i loa'a kēia 'ano uhi ke loa'a iā lākou ka pono no Medicare hiki iā lākou ke mālama ma'amau 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 – 'O ka mālama pono'i i hā'awi 'ia ma kahi hale mālama lō'ihī, hospice, a i 'ole ke'ena hale 'ē a'e ke 'ole 'oe e pono i ka mālama lapa'au akamai a i 'ole ka mālama kahu hānai akamai. Ho'ohui 'ia ka mālama, i hā'awi 'ia e nā kānaka 'a'ole i loa'a nā mākau 'oihana a i 'ole ka ho'oma'ama'a 'ana, me ke kōkua 'ana i nā hana o ke ola o kēlā me kēia lā e like me ka 'au'au 'ana, komo lole, 'ai, komo a i 'ole ha'alele i kahi moe a i 'ole noho, ne'e a puni, a ho'ohana i ka lumi hū'ā. Hiki ke ho'okomo pū 'ia ka mālama ola kino i nā 'ano mālama ola kino a ka hapa nui o nā kānaka 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 Nā wehewehe 'ana o nā hua'ōlelo ko'iko'i

I kēlā me kēia lā koina-ka'ana like – Hiki i kēlā me kēia lā ke noi 'ia kahi koina-ka'ana like ke kuhikuhi kāu kauka i ka nui o kekahi mau lā'au ma mua o ka mea piha no ka mahina a ua koi 'ia 'oe e uku i ka uku hui. 'O ke kumukū'ai ho'oka'awale i kēlā me kēia lā 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 lako mahina ho'okahi o kahi lā'au, a he 30 mau lā i loko o kahi lako mahina i kāu ho'olālā, a laila 'o kāu "ke kumukū'ai ho'oka'awale i kēlā me kēia lā" he \$1 i kēlā me kēia lā.

Deductible – 'O ka nui āu e pono ai e uku no ka mālama olakino a i 'ole nā lā'au kuhikuhi ma mua o ka uku 'ana o kā mākou ho'olālā.

Ho'opau inoa a i 'ole ka wehe inoa 'ana – Ke ka'ina hana e ho'opau i kāu lālā i kā mākou ho'olālā.

Uku ho'ouna – He uku i koi 'ia kēlā me kēia manawa e ho'ouna 'ia ai kahi lā'au i uhi 'ia e uku no ke kumukū'ai o ka ho'opihapiha 'ana i kahi lā'au, e like me ka manawa a ke kahuna lā'au lapa'au e ho'omākaukau a ho'opihapiha i ka lā'au.

Nā Papahana Kūikawā Pono Pālua (D-SNP) – He 'ano ho'olālā e kākau inoa i nā kanaka i kūpono i nā 'elua Medicare (Māhele XVIII o ka Social Security Act) a me ke kōkua lapa'au mai kahi ho'olālā moku'āina ma lalo o Medicaid (Māhele XIX). Ho'opili nā Moku'āina i kekahi mau koina Medicare, ma muli o ka moku'āina a me ka pono o kēlā me kēia kanaka.

Nā kōkua Kūpono Pālua – He kanaka i kūpono i ka uhi Medicare a me Medicaid.

Nā Mea Lako Lapa'au lō'ihī (DME) – Nā lako lapa'au 'ē a'e i kauoha 'ia e kāu kauka no nā kumu lapa'au. Ho'ohālike i nā māka'ika'i, nā kīwī 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.

Pilikia – 'O ka pilikia lapa'au ke mana'o 'oe, a i 'ole kekahi mea ma'amau me ka 'ike ma'amau i ka ola kino a me ka lā'au lapa'au, i loa'a iā 'oe nā 'ōuli lapa'au e koi ai i ka mālama lapa'au koke e pale i ka nalowale 'ana o ke ola (a inā he wahine hāpai 'oe, nalowale i kahi pēpē 'a'ole i hānau 'ia), nalowale o kekahi lālā, a i 'ole nalowale o ka hana o kekahi lālā, a i 'ole ka nalowale o kekahi hana kino a i 'ole ka hemahema ko'iko'i i kahi hana kino. Hiki i nā hō'ailona lapa'au ke lilo i ma'i, 'eha, 'eha nui, a i 'ole kahi kulanā lapa'au e wikiwiki loa ana ka ho'omaika'i 'ana.

Mālama Pilikia – Nā lawelawe i uhi 'ia 'o ia: (1) i ho'olako 'ia e kahi mea ho'olako kūpono e hā'awi i nā lawelawe pilikia; a (2) e pono ai e mālama, loiloi, a i 'ole pa'a i kahi kulanā lapa'au pilikia.

Hō'ike no ka uhi 'ana (EOC) a me ka 'ike hō'ike – 'O kēia palapala, me kāu palapala inoa a me nā mea hou 'ē a'e, nā mea ho'ohui, a i 'ole nā uhi koho 'ē a'e i koho 'ia, e wehewehe ana i kāu uhi 'ana, ka mea a mākou e hana ai, kāu mau pono, a me kāu mau pono. e hana ma ke 'ano he lālā o kā mākou ho'olālā.

'O ka 'oko'a – He 'ano ho'oholo uhi e, inā 'ae 'ia, e 'ae iā 'oe e ki'i i kahi lā'au 'a'ole i kā mākou papahana (he 'oko'a palapala papahana), a i 'ole e ki'i i kahi lā'au 'a'ole i makemake 'ia ma kahi koina-ka'ana like ha'aha'a (he 'oko'a ha'aha'a). Hiki iā 'oe ke noi i kahi 'oko'a inā koi

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kā mākou ho'olālā iā 'oe e ho'ā'o i kekahi lā'au 'ē a'e ma mua o ka loa'a 'ana o ka lā'au āu e noi nei, inā koi kā mākou ho'olālā i kahi mana mua no kahi lā'au a makemake 'oe iā mākou e hō'ole i ke koi ma'i, a i 'ole inā kā mākou ho'olālā. koi i ka nui a i 'ole ka nui o ka lā'au āu e noi nei (he 'oko'a palapala).

"Kōkua keu" – He papahana Medicare e kōkua i nā kānaka me ka li'ili'i o ka loa'a kālā a me nā kumu waiwai e uku i nā koina papahana lā'au Medicare, e like me nā uku, deductible, a me ka hō'ōia like.

Lā'au Ma'amau – He lā'au i 'ae 'ia e ka Food and Drug Administration (FDA) he mea ho'okahi kōnawai me ka lā'au 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 e hā'awi i nā lawelawe 'a'ole pono nā mākau o kahi kahu hānai laikini a i 'ole kahu lapa'au, e like me ke kōkua 'ana me ka mālama pilikino (e la'a me ka 'au'au, ka ho'ohana 'ana i ka lua, komo lole, a i 'ole ka hana 'ana i nā ho'oma'ama'a i kuhikuhi 'ia).

Hospice – He pōmaika'i e hā'awi i ka mālama kūikawā no kahi lālā i hō'ōia'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 mākou, kāu ho'olālā, e hā'awi iā 'oe i kahi papa inoa o nā hale mālama ma kāu 'āpana 'āina. Inā koho 'oe i ka hospice a ho'omau i ka uku 'ana i nā uku, 'o 'oe nō he lālā o kā mākou ho'olālā. Hiki iā 'oe ke ki'i i nā lawelawe pono lapa'au āpau a me nā pōmaika'i ho'omaika'i a mākou e hā'awi nei.

Noho ma ka haukapila – He noho haukapila ke komo koke 'ia 'oe i loko o ka haukapila no nā lawelawe lapa'au akamai. '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.

Loa'a Pili 'O kēlā me kēia mahina Ho'oponopono Ka nui (IRMAA) – Inā 'oi aku kāu loa'a kālā i ho'oponopono 'ia e like me kā IRS tax return i hō'ike 'ia mai 2 makahiki aku nei ma luna o kahi nui kiko'i, e uku 'oe i ke kumukū'ai uku ma'amau a me kahi Loa'a Pili 'O kēlā me kēia mahina Ho'oponopono Ka nui, i 'ike 'ia ho'i ma ke 'ano he IRMAA. IRMAA he uku hou ia i ho'ohui 'ia i kāu 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 ki'eki'e.

Kū'oko'a E ho'oma'ama'a Ahahui (IPA) – He ahahui o nā kauka, me nā PCP a me nā loea, a me nā mea ho'olako mālama ola 'ē a'e, me nā haukapila, i 'aelike me ka ho'olālā e hā'awi i nā lawelawe i nā lālā. E nānā i ka Mokuna 1, Māhele 6.

Ka Papa Ho'olaha Ho'omaka – 'O kēia ka papa ma mua o kāu mau koina waho-o-ka-pūnaeweale no ka makahiki i hiki i ka nui waho-o-ka-pūnaeweale.

Manawa Kakau Hoomaka – Ke kūpono mua 'oe no Medicare, ka wā hiki iā 'oe ke kākau inoa no Medicare Part A a me Māhele B. Inā kūpono 'oe no Medicare ke pi'i 'oe i 65, 'o kāu Wā Kakau inoa mua ka 7-mahina i ho'omaka 3 mau mahina ma mua o ka mahina e pi'i ai 'oe i 65, me ka mahina e pi'i ai 'oe i 65, a pau 3 mau mahina ma hope o ka mahina e pi'i ai 'oe i 65.

Kūikawā D-SNP – He D-SNP e uhi ana iā Medicare a me ka hapa nui a i 'ole nā lawelawe Medicaid ma lalo o kahi ho'olālā ola kino ho'okahi no kekahi mau hui o nā kānaka kūpono no nā

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'elua Medicare a me Medicaid. 'Ike 'ia kēia po'e ma ke 'ano he po'e kūpono piha i nā pōmaika'i pālūa.

Ho'oikaika Ho'opi'i – He 'ano ho'opi'i āu e hana ai e pili ana iā mākou a i 'ole nā lapa'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'oholo Hui Kūikawā – Ua hana ka ho'olālā Medicare Advantage i kahi ho'oholo hui ke hana ia i kahi ho'oholo e pili ana i ka uhi 'ia 'ana o nā mea a i 'ole nā lawelawe a i 'ole ka nui āu e pono ai e uku no nā mea a i 'ole nā lawelawe i uhi 'ia. 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 uhi.

Interchangeable Biosimilar – He biosimilar e hiki ke ho'ohana 'ia ma ke 'ano he ho'ololi no kahi huahana biosimilar kumu ma ka lā'au lapa'au me ka 'ole o ka pono o kahi lā'au kuhikuhi hou no ka mea hālāwai ia me nā koi hou e pili ana i ka hiki ke ho'ololi 'ia. Ho'ololi ma'amaui ma ka lā'au lapa'au i pili i ke kōkua moku'āina.

Papa inoa o nā Laau i uhiia (Formulary a Papa Laau) – He papa inoa o nā lā'au i uhi 'ia e ka ho'olālā.

Low Income Subsidy (LIS) – E nānā iā "Kōkua keu."

Papahana Ho'ēmi Mea Hana – He papahana ma lalo o ka uku 'ana o nā mea hana lā'au i kahi hapa o ke kumukū'ai piha o ka ho'olālā no nā lā'au hō'ailona inoa Māhele D i uhi 'ia a me nā biologics. Ho'okumu 'ia nā ho'ēmi ma nā 'aelike ma waena o ke Aupuni Kū'oko'a a me nā mea hana lā'au.

Ki'eki'e i waho-o-'eke Ka nui – 'O ka hapa nui āu e uku ai i waho o ka 'eke i loko o ka makahiki alemanaka no nā lawelawe i uhi 'ia i loko o ka 'upena 'o Māhele A a me Māhele B. 'A'ole helu 'ia nā nui āu e uku ai no kāu Medicare Part A a me Part B uku, a me nā lā'au i uku 'ia i loko o ka nui waho-o-'eke nui. (**Maopopo:** No ka mea loa'a iā kā mākou mau lālā ke kōkua mai Medicaid, 'ike 'ole ka hapa nui o kā mākou mau lālā i kēia nui waho-o-'eke.

Medicaid (a i 'ole Kōkua Lapa'au) – He papahana laulā o ka Federal a me ka moku'āina e kōkua ai i nā koina lapa'au no kekahi po'e me nā lōina ha'aha'a a me nā kumu waiwai kaupalena. 'O nā papahana Medicaid State e like me nā moku'āina, akā 'oi aku ka nui o nā koina mālama olakino i uhi 'ia i nā kūpono 'oe no nā 'elua Medicare a me Medicaid.

Hui Ola – He hui o nā kauka, me nā PCP a me nā loea, a me nā mea ho'olako mālama ola 'ē a'e, me nā haukapila, i 'aelike me ka ho'olālā e hā'awi i nā lawelawe i nā lālā. E nānā i ka Mokuna 1, Māhele 3.2.

Hō'ailona Lapa'au 'ae 'ia – He ho'ohana lā'au i 'ae 'ia e ka Food and Drug Administration a i 'ole i kōko'o 'ia e kekahi mau kuhikuhi, e like me ka American Hospital Formulary Service Drug Information a me ka Micromedex DRUGDEX Information system.

Nā lawelawe i 'ae 'ia lapa'au – Nā lawelawe, nā lako, a i 'ole nā lā'au e pono ai no ka pale 'ana, nānā, a i 'ole ka mālama 'ana i kāu ma'i kino a hālāwai me nā kūlana ma'amaui o ka ho'oma'ama'a lapa'au.

Mokuna 12 Nā wehewehe 'ana o nā hua'ōlelo ko'iko'i

Medicare – 'O ka papahana inikua olakino Federal no nā kānaka 65 makahiki a 'oi paha ka nui o ka makahiki, kekahi po'e ma lalo o 65 me nā kīnā kiko'i, a me nā po'e me ka ma'i renal pae hope ('o ia ho'i ka po'e me ka ma'i mau ma'i kī'aha wai i makemake i ka dialysis a i 'ole ka transplant kī'aha wai).

Medicare Advantage Wehe Kakau inoa Kau – 'O ka manawa mai Ianuali 1 a hiki i Malaki 31 ke hiki i nā lālā o kahi ho'olālā Medicare Advantage ke ho'opau i kā lākou ho'opa'a inoa 'ana a ho'ololi i kahi ho'olālā Medicare Advantage 'ē a'e, a i 'ole e loa'a i 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 Medicare kū'oko'a i kēlā manawa. 'O ka Wā Kakau inoa Waho 'o Medicare Advantage i loa'a i kahi manawa 3-mahina ma hope o ka loa'a 'ana o kahi kanaka i ka pono mua no Medicare.

Ho'olālā Pōmaika'i Medicare (MA) – I kekahi manawa i kapa 'ia 'o Medicare Part C. He ho'olālā i hā'awi 'ia e kahi hui pilikino i 'aelike me Medicare e hā'awi iā 'oe me nā pono a pau o Medicare Part A a me Part B. Hiki i kahi ho'olālā Pōmaika'i Medicare 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 ka hapanui o nā hihia, hā'awi pū nā ho'olālā Medicare Advantage HMO i PPO Medicare Māhele D (uhi lā'au). Ma nā hihia nui, hā'awi pū 'ia nā Plan Medicare Advantage i ke coverage lā'au ma'i ma lalo o Medicare Part D. Nā lawelawe i uhi 'ia e **Medicare – Nā lawelawe i uhi 'ia e Medicare Māhele A a me B.**

Pono nā ho'olālā ola olakino Medicare a pau e uhi i nā lawelawe a pau i uhi 'ia e Medicare Part A a me B. 'A'ole pili ka hua'ōlelo Medicare-Covered Services i nā pōmaika'i hou, e like me ka 'ike, niho, a i 'ole lohe, hiki ke hā'awi 'ia e kahi ho'olālā Pōmaika'i Medicare.

Ho'olālā Ola Medicare – 'O ka ho'olālā ola olakino Medicare i hā'awi 'ia e kahi hui pilikino i 'aelike me Medicare e hā'awi i nā pono Māhele A a me Māhele B i nā kānaka me Medicare i kākau inoa i loko o ka ho'olālā. Ho'opili kēia hua'ōlelo i nā ho'olālā Pōmaika'i Medicare 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).

Ka Uhi Lā'au Kuhikuhi Medicare (Medicare Part D) – Inikua e kōkua i ka uku 'ana i nā lā'au lapa'au waho, nā lā'au lapa'au, nā biologics, a me kekahi mau lako 'a'ole i uhi 'ia e Medicare Part A a i 'ole Part B.

Palapala 'Inikua Ho'ohui Medicare (Medigap) – Inikua ho'ohui Medicare i kū'ai 'ia e nā hui inikua pilikino e ho'opiha i nā "gap" i loko o Original Medicare. Ho'okumu wale nā kauoha Medigap me Original Medicare. ('A'ole he inikua Medigap kahi ho'olālā Pōmaika'i Medicare.)

Lālā (Lālā o kā mākou Papahana, a i 'ole Lālā Papahana) – He kanaka me Medicare e kūpono ai e ki'i i nā lawelawe i uhi 'ia, i kākau inoa i loko o kā mākou ho'olālā a ua hō'oi'a 'ia kāna kākau inoa e ka Centers for Medicare & Medicaid Services (CMS).

Nā lawelawe lālā – He 'Oihana i loko o kā mākou ho'olālā i kuleana no ka pane 'ana i kāu mau nīnau e pili ana i kāu lālā, nā pōmaika'i, nā ho'opi'i, a me nā ho'opi'i.

Lapa'au Pūnaewele – He lā'au lapa'au i 'aelike me kā mākou ho'olālā kahi e hiki ai i nā lālā o kā mākou ho'olālā ke ki'i i kā lākou mau pōmaika'i lā'au lapa'au. Ma ka hapanui o nā hihia,

Mokuna 12 Nā wehewehe 'ana o nā hua'ōlelo ko'iko'i

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 Aupuni Moku'āina e ho'olako i nā lawelawe mālama ola. **Loa'a i nā mea ho'olako** pūnaewe 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. Ho'okahi 'ia nā mea ho'olako pūnaewe i kapa 'ia "nā mea ho'olako ho'olālā."

Original Biological Product – He huahana biologic i 'ae 'ia e ka Food and Drug Administration (FDA) a hana i ke 'ano ho'ohālike no nā mea hana e hana ana i kahi mana biosimilar. Ho'okipa 'ia ho'i 'o ia he huahana kuhikuhi.

Original Medicare (Medicare Traditional a i 'ole Medicare Uku No ka lawelawe) – Hā'awi 'ia 'o Medicare Original e ke aupuni, 'a'ole he ho'olālā ola 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 Kākāwila. 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 deductible. Ho'oponopono 'o Medicare i kāna 'āpana o ka huina uku i 'ae 'ia e Medicare, a uku 'oe i kāu 'āpana. 'Elua māhele o ka Original Medicare: Māhele A (Inikua Haukapila) a me Māhele B (Inikua Lapa'au) a loa'a ia ma nā wahi a pau o ka 'Amelika Hui Pū 'Ia.

I waho-o-Kālā'au Pūnaewe – He lā'au lapa'au i waho o ka pūnaewe i loa'a 'ole he 'aelike me kā mākou ho'olālā e ho'oponopono a hā'awi paha 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 āu e ki'i ai mai nā lā'au lapa'au ma waho o ka pūnaewe e kā mākou ho'olālā ke ho'ohana 'ia ka laulā o nā kūlana kiko'i.

I waho-o-'Oihana Pūnaewe a i 'ole Kikowaena Pūnaewe – He mea ho'olako a i 'ole kikowaena i waho o ka pūnaewe i loa'a 'ole he 'aelike me kā mākou ho'olālā e ho'oponopono a hā'awi paha i nā lawelawe i uhi 'ia i nā lālā o kā mākou ho'olālā. 'O nā mea ho'olako i waho o ka pūnaewe nā mea ho'olako 'a'ole i ho'olimalima 'ia, 'ae 'ia, a ho'olako 'ia paha e kā mākou ho'olālā.

Nā Koina 'I'o-waho-o-'Eke – E nānā i ka wehewehe no ka koina-ka'ana like ma luna a'e. '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.

Pālena Koina-i waho-o-'Eke – 'O ka huina nui āu e uku ai i waho-o-'eke no nā lā'au Māhele D.

Māhele C – e nānā i ka Medicare Advantage (MA) Ho'olālā.

Māhele D – 'O ka Papahana Pōmaika'i La'au Laau Māhele D a Medicare.

Māhele D Nā La'au Laau – Nā lā'au e hiki ke uhi 'ia ma lalo o Māhele D. Hiki iā mākou ke hā'awi i nā lā'au Māhele D āpau a i 'ole 'a'ole paha. 'O kekahi mau kōnāwai ha'awina drugs he

Mokuna 12 Nā wehewehe 'ana o nā hua'ōlelo ko'iko'i

mau kānāwai 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.

Māhele D Ho'opa'i Ho'opa'a inoa lohi – He huina i ho'ohui 'ia i kāu uku mahina no ka uhi 'ana i nā lā'au Medicare inā 'oe e hele 'ole me ka uhi i 'oi aku ma mua o 63 lā ma hope o kou kūpono 'ana e komo i kahi ho'olālā Māhele D. Inā ua nalo iā 'oe ka "Kōkua Keu", hiki iā 'oe ke kū i ka ho'opa'i ho'opa'a inoa lohi inā 'oe e hele me ka uhi i 'oi aku ma mua o 63 lā i kekahi lā'au Māhele D a i 'ole uhi laau ae.

'Ike Hana – 'O ka HMO me kahi koho Point-of-Service (POS) he pōmaika'i hou i uhi 'ia i kekahi mau lawelawe lapa'au e pono ai e loa'a iā 'oe mai nā mea ho'olako i waho-o-'ekemu pūnaewe e 'ae ana iā 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 mea ho'olako i waho-o-'ekemu 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, Māhele 1.1)

Uku 'ao'ao – 'O ka uku periodical i Medicare, kahi 'oihana inikua, a i 'ole ho'olālā mālama ola no ka uhi 'ana i nā lā'au kuhikuhi a i 'ole ola kino.

Kauka Malama Mua (PCP) – 'O ke kauka a i 'ole mea ho'olako āu e 'ike ai ma mua no ka hapanui o nā pilikia ola kino. Ma nā ho'olālā ola kino Medicare he nui, pono 'oe e 'ike i kāu kauka mālama mua ma mua o kou 'ike 'ana i kekahi mea ho'olako mālama ola kino 'ē a'e.

Mana 'ae mua – Ka 'ae 'ana ma mua e ki'i i nā lawelawe a i 'ole kekahi lā'au kiko'i. 'O nā lawelawe i uhi 'ia e pono ai ka mana 'ae mua 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 me nā lā'au lapa'au – Nā mea lapa'au me ka ho'opuka 'ole 'ia, akā 'a'ole i kaupalena 'ia i nā ku'eku'e lima, kua, a me nā apo 'ā'i; nā lālā artificial; nā maka artificial; a me nā mea i pono e pani i kahi 'āpana kino 'ē a'e a i 'ole hana, me nā lako ostomy a me ka lā'au ho'oulu olakino enteral a me parenteral.

Ho'omaika'i Kūlana Hui (QIO) – He hui kauka ho'omau a me nā loea mālama ola kino 'ē a'e i uku 'ia e ke Aupuni e nānā a ho'omaika'i i ka mālama ola i hā'awi 'ia i nā mea ma'i Medicare.

Palena Ka nui – He mea hana ho'okele i ho'olālā 'ia e kaupalena i ka ho'ohana 'ana i nā lā'au i koho 'ia no ka pono, 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 prescription a i 'ole no kahi manawa i ho'onohonoho 'ia.

"Mea Paahana Pono Manawa maoli" – He puka a i 'ole ka polokalamu kamepiula kahi e hiki ai i nā mea ho'opa'a inoa ke nānā i ka piha, pololei, ka manawa kūpono, kūpono i ka ma'i, Palapala ho'opuka ka mea kākau inoa 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.

Mokuna 12 Nā wehewehe 'ana o nā hua'ōlelo ko'iko'i

Nā Lawelawe Ho'oponopono – Ho'opili kēia mau lawelawe i ka ho'oma'ama'a kino, ka lapa'au 'ōlelo a me ka 'ōlelo, a me ka lapa'au hana.

Wahi Lawelawe – He wahi i hiki iā 'oe ke noho ai e komo i kahi ho'olālā ola kino kiko'i. 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 e ho'opau iā 'oe e ka ho'olālā inā e ne'e mau 'oe mai waho o ka wahi lawelawe o ka ho'olālā.

Ke Ke'ena Hana Māmā (SNF) Mālama – 'O ka mālama māmā a me nā lawelawe ho'oponopono i hā'awi 'ia ma ke 'ano ho'omau, i kēlā me kēia lā, i loko o kahi ke'ena hana māmā. '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 Pōmaika'i Medicare e hā'awi ana i ka mālama ola kiko'i i nā hui kiko'i o nā kānaka, e like me nā mea i loa'a nā Medicare a me Medicaid, ka po'e e noho ana i kahi hale hānai, a i 'ole ka po'e i loa'a i nā kūlana ma'i ho'omau kiko'i.

Lapa'au 'Anu'u – He mea hana ho'ohana e koi iā 'oe e ho'ā'o mua i kekahi lā'au 'ē a'e e mālama i kāu ma'i olakino ma mua o ka uhi 'ana i ka lā'au i kuhikuhi mua 'ia e kāu kauka.

Uku Palekana (SSI) – He pōmaika'i mahina i uku 'ia e ka Palekana Lehulehu i nā kānaka me nā loa'a palena a me nā kumu e like me ka hemahema, makapō, a i 'ole 'oi aku ke kālā ma mua o 65 makahiki. 'A'ole like nā pōmaika'i SSI me nā pōmaika'i Palekana Lehulehu.

Nā Lawelawe i makemake koke 'ia – He lawelawe i uhi 'ia e ka ho'olālā e koi ai i ka mālama ola koke 'a'ole ia he pilikia, he lawelawe i makemake koke 'ia inā 'oe e noho koke ana ma waho o ka wahi lawelawe o ka ho'olālā, a i 'ole 'a'ole kūpono i kou manawa, wahi, a me nā kūlana e loa'a ai kēia lawelawe mai nā mea ho'olako pūnaewe e kūkākūkā ai me ka ho'olālā. 'O nā la'ana o nā lawelawe i makemake 'ia koke 'o ia nā ma'i lā'au lapa'au 'ike 'ole 'ia a me nā pō'ino, a i 'ole nā hana puhi 'ana o nā kūlana e kū nei. 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 nā nānā makahiki, 'oi ai 'oe i waho o ka wahi lawelawe o ka ho'olālā a i 'ole 'a'ole loa'a ka pūnaewe o ka ho'olālā no kekahi manawa.

Wellcare Spendables™ kāleka – He kāleka debit, ho'ouka mua 'ia e ka papahana i hiki ke ho'olālā 'ia e kōkua i ka uku 'ana i nā mea e like me ka mea i wehewehe 'ia ma ka Papa Lapa'au Papa Pomaikai.

Multi-Language Insert
Multi-language Interpreter Services

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Korean: 당사의 건강 또는 의약품 플랜과 관련해서 물어볼 수 있는 모든 질문에 답변하기 위한 무료 통역 서비스가 있습니다. 통역사가 필요한 경우, **1-888-846-4262(TTY: 711)**번으로 당사에 연락해 주십시오. 한국어를 구사하는 통역사가 도움을 드릴 수 있습니다. 통역 서비스는 무료로 제공됩니다.

Russian: Если у вас возникли какие-либо вопросы о нашем плане медицинского страхования или плане с покрытием лекарственных препаратов, вам доступны бесплатные услуги переводчика. Если вам нужен переводчик, просто позвоните нам по номеру **1-888-846-4262 (TTY: 711)**. Вам окажет помощь сотрудник, говорящий на русском языке. Данная услуга бесплатна.

Arabic: نوّقر خدمات ترجمة فورية مجانية للإجابة على أي أسئلة قد تكون لديك حول خطة الصحة أو الدواء الخاصة بنا. للحصول على مترجم فوري، ما عليك سوى الاتصال بنا على الرقم **1-888-846-4262 (TTY: 711)**. يمكن أن يساعدك شخص يتحدث العربية. وتتوفر هذه الخدمة بشكل مجاني.

Hindi: हमारे स्वास्थ्य या ड्रग प्लान के बारे में आपके किसी भी प्रश्न का उत्तर देने के लिए, हम मुफ्त में दुभाषिया सेवाएं देते हैं। दुभाषिया सेवा पाने के लिए, बस हमें **1-888-846-4262 (TTY: 711)** पर कॉल करें। हिंदी बोलने वाला/वाली कोई सहायक आपकी मदद कर सकता/सकती है। यह एक निःशुल्क सेवा है।

Italian: Sono disponibili servizi di interpretariato gratuiti per rispondere a qualsiasi domanda possa avere in merito al nostro piano farmacologico o sanitario. Per usufruire di un interprete, è sufficiente contattare il **1-888-846-4262 (TTY: 711)**. Qualcuno la assisterà in lingua italiana. È un servizio gratuito.

Portuguese: Temos serviços de intérprete gratuitos para responder a quaisquer dúvidas que possa ter sobre o nosso plano de saúde ou medicação. Para obter um intérprete, contacte nos através do número **1-888-846-4262 (TTY: 711)**. Um falante de português poderá ajudá-lo. Este serviço é gratuito.

French Creole: Nou gen sèvis entèprèt gratis pou reponn nenpòt kesyon ou ka genyen sou plan sante oswa plan medikaman nou an. Pou jwenn yon entèprèt, annik rele nou nan **1-888-846-4262 (TTY: 711)**. Yon moun ki pale Kreyol Ayisyen ka ede w. Se yon sèvis ki gratis.

Polish: Oferujemy bezpłatną usługę tłumaczenia ustnego, która pomoże Państwu uzyskać odpowiedzi na ewentualne pytania dotyczące naszego planu leczenia lub planu refundacji leków. Aby skorzystać z usługi tłumaczenia ustnego, wystarczy zadzwonić pod numer **1-888-846-4262 (TTY: 711)**. Zapewni to Państwu pomoc osoby mówiącej po polsku. Usługa ta jest bezpłatna.

Japanese: 弊社の健康や薬剤計画についてご質問がある場合は、無料の通訳サービスをご利用いただけます。通訳を利用するには、**1-888-846-4262 (TTY : 711)** にお電話ください。日本語の通訳担当者が対応します。これは無料のサービスです。

Chuukese: Mi kawor chon affou ese kame ika mei wor om kapas eis fan iten am kewe kokkotun tumwunun inis ika pekin safei. Ika ka mochen emon chon affou, kokori ei nampa **1-888-846-4262 (TTY: 711)**. Emon mi sine fosun chuuk a tongeni alisuk. Ei angang ese kame.

Hawaiian: Loa‘a iā mākou nā lawelawe unuhi ‘ōlelo manuahi e pane i nā nīnau āu e pili ana i kā mākou papahana olakino a lā‘au paha. No ka loa‘a ‘ana o ka unuhi ‘ōlelo e kelepona iā mākou ma **1-888-846-4262 (TTY: 711)**. Hiki i kekahi kanaka ‘ōlelo Hawai‘i ke kōkua iā ‘oe. He lawelawe manuahi kēia.

Ilocano: Adda iti libre a serbisyo ti panagpatarus mi tapno masungbatan ti anyaman a saludsod mo maipanggep iti plano ti salun-at wenno agas mi. Tapno makaala ti maysa nga agipatpatarus pakiawagan dakami laeng iti **1-888-846-4262 (TTY: 711)**. Mabalín nga makatulong kenka ti maysa nga agsasao iti Ilocano. Daytoy ket libre a serbisio.

Marshallese: Ewōr ad jerbal in ukok ñān uak jabdewōt kajitok emaroñ in wōr am kin būlaan in ejmour ak uno ko rekajur. Ñan am kabbok riukok kall tok ilo **1-888-846-4262 (TTY: 711)**. Juon armej eo ej Kajin Majol emaroñ jibañ eok. Ejelok onean jerbal in.

Samoan: E iai matou auaunaga faamatala upu e tali atu i soo se fesili e te ono fesili ai e uiga ia matou fuafuaga tau soifua maloloina poo fualaau. Ina ia maua se tagata faamatala upu na'o le vili mai a matou i le **1-888-846-4262 (TTY: 711)**. E mafai ona fesoasoani atu ia te oe se tasi e tautala i le gagana Samoan. E leai se totogi o lenei auaunaga.

Tongan: 'Oku 'i ai 'emau sēvesi fakatonulea ta'etotongi ke tali ha fa'ahinga fehu'i pē te mou ma'u fekau'aki mo 'emau palani mo'ui lelei pe fo'i'akaú. Ke ma'u ha fakatonulea, tā mai pē ki he **1-888-846-4262 (TTY: 711)**. 'E lava ke tokoni atu ha tokotaha lea Fakatonga. Ko ha sēvesi ta'etotongi 'eni.

Visayan: Duna mi'y libreng serbisyo sa interpreter aron motubag sa bisan unsa nimong mga pangutana bahin sa among health o drug plan. Aron mokuha og interpreter tawagi lang mi sa **1-888-846-4262 (TTY: 711)**. Ang usa ka tawo nga nagsulti og Bisaya makatabang nimo. Libre kini nga serbisyo.

Lao: ພວກເຮົາມີບໍລິການຄົ້ນພາສາຟຣີ ເພື່ອຕອບຄໍາຖາມທີ່ທ່ານອາດຈະມີກ່ຽວກັບແຜນສຸຂະພາບ ຫຼື ຢາຂອງພວກເຮົາ. ເພື່ອຂໍຄົ້ນແປພາສາ ພຽງແຕ່ໂທຫາພວກເຮົາໄດ້ທີ່ເບີ **1-888-846-4262 (TTY: 711)**. ມີຄົນທີ່ເວົ້າພາສາລາວສາມາດຊ່ວຍທ່ານໄດ້. ນີ້ແມ່ນບໍລິການຟຣີ.

Cambodian: យើងមានសេវាកម្មប្រែប្រួលមាត់ដោយឥតគិតថ្លៃសម្រាប់ឆ្លើយរាល់សំណួរដែលអ្នកមានអំពីគម្រោងឱសថ ឬគម្រោងសុខភាពរបស់យើង។ ដើម្បីទទួលបានអ្នកបកប្រែប្រែមាត់ គ្រាន់តែទូរសព្ទមកយើងខ្ញុំតាមរយៈលេខ **1-888-846-4262 (TTY: 711)**។ មនុស្សម្នាក់ដែលនិយាយភាសាខ្មែរបានអាចជួយអ្នកបាន។ នេះជាសេវាកម្មឥតគិតថ្លៃ។

Hmong: Peb muaj cov kev pab cuam kws txhais lus pab dawb los teb cov nqe lus nug twg uas koj yuav muaj hais txog peb lub phiaj xwm duav roos kev noj qab haus huv thiab tshuaj. Yog xav tau ib tug kws txhais lus ces tsuas hu rau peb tau ntawm **1-888-846-4262 (TTY: 711)**. Ib tug neeg twg uas hais tau lus Hmoob yuav pab tau koj. Qhov no yog kev pab cuam pab dawb xwb.

Thai: เรามีบริการล่ามแปลภาษาให้ฟรีเพื่อตอบคำถามใดๆ ที่คุณอาจมีเกี่ยวกับแผนด้านสุขภาพหรือยาของเรา หากต้องการล่ามแปลภาษา โปรดติดต่อเราที่หมายเลข **1-888-846-4262 (TTY: 711)** คนที่พูดภาษาไทยได้สามารถช่วยคุณได้ บริการนี้ไม่มีค่าใช้จ่าย

Wellcare 'Ohana Dual Align (HMO-POS D-SNP) Nā lawelawe lālā

Nā Pono Hana	Nā lawelawe Lālā - Kelepona 'ike
KĀHEA	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-Lāpule, 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-Pō‘alima, 7:45 a.m. a 8 p.m. E ‘olu‘olu e ho‘omaopopo i nā hola ma hope, nā hopena pule a me nā lā ho‘omaha federal mai ‘Apelila 1 a i Kepakemapa 30, hiki i kā mākou kelepona ke pane i kāu kelepona. E ‘olu‘olu e waiho i kāu inoa a me ka helu kelepona, a e kāhea mākou iā ‘oe i loko o ho‘okahi lā hana. Loa‘a pū kekahi i nā lawelawe unuhi ‘ōlelo manuahi no nā mea ‘ōlelo ‘ole Pelekania.
TTY	711 ‘O nā kāhea i kēia helu manuahi. Ma waena o ‘Okakopa 1 a me Malaki 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 KĀKAU	Wellcare By 'Ohana Health Plan PO Box 31370 Tampa, FL 33631-3370
WEBSITE	www.wellcare.com/ohana

Papahana Kokua Inisiua Ola Moku‘āina ‘o Hawaii (SHIP)

‘O ka Papahana Kokua Inisiua Ola Moku‘āina ‘o Hawaii (SHIP) he papahana aupuni e loa‘a i ke kālā mai ke Aupuni e hā‘awi i ke a‘o mālama ola inikua kūloko manuahi i nā kānaka me Medicare.

Nā Pono Hana	‘Ike Kelepona
KĀHEA	1-888-875-9229
TTY	1-866-810-4379 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.
KA KĀKAU	Hawaii SHIP, Ke‘ena Ho‘okele Kūpuna, No. 1 Capitol District 250 South Hotel Street, Suite 406 Honolulu, Hawaii 96813-2831
WEBSITE	http://www.hawaiiiship.org/

PRA Hō‘ike ‘Ike Wāwahi E like me ka Paperwork Reduction Act o 1995, ‘a‘ohe kanaka e koi ‘ia e pane i kahi hō‘ili‘ili ‘ike inā ‘a‘ole i hō‘ike ‘ia kahi helu mana OMB kūpono. ‘O ka helu mana OMB kūpono no kēia hō‘ili‘ili ‘ike ‘o 0938-1051. Inā he mau mana‘o a i ‘ole nā paipai e ho‘omaika‘i i kēia palapala, e kākau iā: CMS, 7500 Security Boulevard, Attn: PRA Reports Clearance Officer, Mail Stop C4-26-05, Baltimore, Maryland 21244-1850.