

HealthPro News

A monthly publication for participating HMSA health care providers, facilities, and their staff.

November 2018

ADMINISTRATION & NEWS



Self Service Tool

HMSA recently launched a new online provider self-service tool (provider.hmsa.com/ProviderSelfService/SelfService/Verify) to ensure that our members have current information about you. The tool lets you update your information such as:

- Patient acceptance.
- Location additions or closures.
- Location information such as contact phone number, staff languages, mailing address, etc.
- Marketing specialty.
- Hospital affiliations.

Currently, only individual providers can access the tool; group practices will soon get access. We'll introduce more features in the tool in the coming months.



PCP Member Notification Form

Starting January 1, 2019, when a primary care provider (PCP) is removed from or leaves HMSA's network, HMSA members who are patients of that provider will be notified within 30 days after the provider receives or gives notice. This is according to HRS §431-26-104(l)(3).

To ensure that we properly notify members of such changes to their PCP's status, we're asking PCPs to complete the PCP Member List form. The form is available in the Provider Resource Center at hmsa.com/portal/provider/PCP_Member_List_Form.pdf.

PCPs must provide the line of business, date of birth, subscriber ID number, and dependent code of each impacted member. The last page of the form has easy-to-follow instructions for submission.

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Flu Shot Reminder

As a health care provider, you play an important role in whether or not your patients get vaccinated for the flu.

- Encourage them to get vaccinated annually to prevent the flu. Everyone six months of age and older should get a flu shot.
- Develop a reminder system to alert you to patients who need a vaccination.
- Talk to your patients about the flu and what flu vaccines are available for them this season.
- Remind them to keep a record of when they received the shot.

To support you in this effort, here are some quick tips and messages for your practice:

- Remind your patients by phone, text, mail, and/or email to get the flu shot.
- Use scheduled visits as an opportunity to vaccinate.
- Emphasize that the vaccine is needed every year.
- Tell your patients that when they get a flu shot, they're protecting their loved ones. It's especially important if your patient is around children and seniors.
- The flu season is also an opportunity to talk to your patients age 65 and older about the pneumococcal vaccine.

HMSA also promotes the importance of annual flu vaccination to our members through reminder mailers and other publications (i.e., *Island Scene* magazine). This may result in more members contacting you about the flu shot.



CAHPS Survey

In a few months, your patients who are HMSA members may receive a CAHPS® (Consumer Assessment of Healthcare Providers and Systems) survey from our certified survey vendor, SPH Analytics, asking for their feedback. CAHPS is a nationally recognized series of surveys that rates how patients perceive their health care services and experiences. Questions cover topics like access to care, the communication patients have with their providers, and how well care is coordinated between providers. The survey is conducted in February and March each year; members are randomly selected to receive a survey and participation is voluntary.

The survey gives us insight into the member experience and is a key component of quality initiatives such as the Medicare Star Ratings quality improvement program and the National Committee for Quality Assurance (NCQA) accreditation process. We use the survey results to work with our providers and health care partners to improve the patient experience, because a good patient experience can be tied to better health outcomes. If your patient asks you about the CAHPS survey, please encourage them to participate and fill it out.

CAHPS results for measures directly related to provider experience, such as getting needed care and coordination of care, are available in the Provider Resource Center at hmsa.com/portal/provider/zav_pel.aa.CAHPS.100.htm. More information on the CAHPS survey is available at cahps.ahrq.gov.

CONTRACT NOTIFICATION



New Medical Policies

The following policy goes into effect February 1, 2019:

- Micro-Invasive Glaucoma Surgery (Aqueous Stents).
 - o This new policy includes criteria based on FDA-approval language. The policy was developed to clarify when aqueous stents are covered when being placed during cataract surgery.



Immunization MACs

The following vaccine fee schedule was effective September 1, 2018:

Procedure	Description	HMSA PPO/HMO MAC	HMSA QUEST Integration MAC
90620	Meningococcal recombinant protein and outer membrane vesicle vaccine, serogroup B (MenB-4C), 2 dose schedule for intramuscular use	\$173.48	\$173.48
90621	Meningococcal recombinant lipoprotein vaccine, serogroup B (MenB-FHbp), 2 or 3 dose schedule for intramuscular use	144.18	144.18
90625	Cholera vaccine, live, adult dosage, 1 does schedule, for oral use	243.00	243.00
90630	Influenza virus vaccine, quadrivalent (IIV4), split virus, preservative free, for intradermal use	19.27	20.34
90632	Hepatitis A vaccine (HepA), adult dosage, for intramuscular use	72.12	56.69
90633	Hepatitis A vaccine (HepA), pediatric/adolescent dosage 2 dose schedule, for intramuscular use	34.46	34.46
90634	Hepatitis A vaccine (HepA), pediatric/adolescent dosage.3 dose schedule, for intramuscular use	31.49	31.49
90636	Hepatitis A and hepatitis B vaccine (HepA-HepB), adult dosage, for intramuscular use	105.68	105.68
90644	Meningococcal conjugate vaccine, serogroups C & Y and haemophilus influenzae type b vaccine (Hib-MenCY), 4 dose schedule, when administered to children 6 weeks-18months of age, for intramuscular use	26.42	26.42
90647	Haemophilus influenzae type b vaccine (Hib), PRP-OMP conjugate, 3 dose schedule, for intramuscular use	28.20	28.20
90648	Haemophilus influenzae type b vaccine (Hib), PRP-T conjugate, 4 dose schedule, for intramuscular use	31.00	31.00
90649	Human Papillomavirus vaccine, types 6, 11, 16, 18 quadrivalent (4vHPV), 3 dose schedule, for intramuscular use	173.21	173.21
90650	Human Papillomavirus vaccine, types 16, 18, bivalent (2vHPV), 3 dose schedule, for intramuscular use	138.92	138.92
90651	Human Papillomavirus vaccine types 6, 11, 16, 18, 31, 33, 45, 52, 58, nonavalent (9vHPV), 2 or 3 dose schedule, for intramuscular use	221.12	221.12
90653	Influenza vaccine, inactivated (IIV), subunit, adjuvanted, for intramuscular use	51.80	50.22
90654	Influenza virus vaccine, trivalent (IIV3), split virus, preservative-free, for intradermal use	17.92	17.92
90655	Influenza virus vaccine, trivalent (IIV3), split virus, preservative free, 0.25 mL dosage, for intramuscular use	16.34	16.34
90656	Influenza virus vaccine, trivalent (IIV3), split virus, preservative free, 0.5 mL dosage, for intramuscular use	18.23	19.25

Procedure	Description	HMSA PPO/HMO MAC	HMSA QUEST Integration MAC
90657	Influenza virus vaccine, trivalent (IIV3), split virus, 0.25 mL dosage, for intramuscular use	9.31	9.31
90658	Influenza virus vaccine, trivalent (IIV3), split virus, 0.5 mL dosage, for intramuscular use	18.62	18.62
90660	Influenza virus vaccine, trivalent, live (LAIV3), for intranasal use	21.14	21.14
90661	Influenza virus vaccine, trivalent (ccIIV3), derived from cell cultures, subunit, preservative and antibiotic free, 0.5 mL dosage, for intramuscular use	20.53	20.53
90662	Influenza virus vaccine (IIV), split virus, preservative free, enhanced immunogenicity via increased antigen content, for intramuscular use	50.56	49.03
90670	Pneumococcal conjugate vaccine, 13 valent (PCV13), for intramuscular use	194.32	205.11
90672	Influenza virus vaccine, quadrivalent, live (LAIV4), for intranasal use	24.79	26.88
90674	Influenza virus vaccine, quadrivalent (ccIIV4), derived from cell cultures, subunit, preservative and antibiotic free, 0.5 mL dosage, for intramuscular use	22.78	24.05
90675	Rabies vaccine, for intramuscular use	366.53	288.96
90680	Rotavirus vaccine, pentavalent (RV5), 3 dose schedule, live, for oral use	89.39	89.39
90681	Rotavirus vaccine, human, attenuated (RV1), 2 dose schedule, live, for oral use	114.47	114.47
90682	Influenza virus vaccine, quadrivalent (RIV4), derived from recombinant DNA, hemagglutinin (HA) protein only, preservative and antibiotic free, for intramuscular use	50.56	46.31
90685	Influenza virus vaccine, quadrivalent (IIV4), split virus, preservative free, 0.25 mL dosage, for intramuscular use	20.66	21.20
90686	Influenza virus vaccine, quadrivalent (IIV4), split virus, preservative free, 0.5 mL dosage, for intramuscular use	19.27	19.03
90687	Influenza virus vaccine, quadrivalent (IIV4), split virus, 0.25 mL dosage, for intramuscular use	8.91	9.40
90688	Influenza virus vaccine, quadrivalent (IIV4), split virus, 0.5 mL dosage, for intramuscular use	17.82	17.84
90690	Typhoid vaccine, live, oral	58.39	58.39
90691	Typhoid vaccine, VI capsular polysaccharide (ViCPs), for intramuscular use	103.19	111.52
90696	Diphtheria, tetanus toxoids, acellular pertussis vaccine and poliovirus vaccine, inactivated (Dtap - IPV), when administered to children 4 years through 6 years of age, for intramuscular use	55.26	55.26
90698	Diphtheria, tetanus toxoids, acellular pertussis vaccine, Haemophilus influenzae type b, and inactivated poliovirus vaccine, (DTaP-IPV/Hib), for intramuscular use	99.32	99.32
90700	Diphtheria, tetanus toxoids, and acellular pertussis vaccine (DTaP), when administered to individuals younger than 7 year, for intramuscular use	32.00	32.00
90702	Diphtheria and tetanus toxoids adsorbed (DT) when administered to individuals younger than 7 years, for intramuscular use	11.29	11.29
90707	Measles, Mumps and Rubella (MMR), live, for subcutaneous use	76.19	76.19
90710	Measles, mumps, rubella, and varicella vaccine (MMRV), live, for subcutaneous use	218.15	218.15
90713	Poliovirus vaccine, inactivated (IPV), for subcutaneous or intramuscular use	34.39	34.39

Procedure	Description	HMSA PPO/HMO MAC	HMSA QUEST Integration MAC
90714	Tetanus and diphtheria toxoids adsorbed (Td), preservative free, when administered to individuals 7 years or older, for intramuscular use	22.57	23.72
90715	Tetanus, diphtheria toxoids and acellular pertussis vaccine (Tdap), when administered to individuals 7 years or older, for intramuscular use	47.38	30.95
90716	Varicella virus vaccine (VAR), live, for subcutaneous use	131.65	131.65
90717	Yellow Fever vaccine, live, for subcutaneous use	151.91	151.91
90723	Diphtheria, tetanus toxoids, acellular pertussis, hepatitis B, and inactivated poliovirus vaccine, inactivated (DTaP-HepB-IPV), for intramuscular use	75.71	75.71
90732	Pneumococcal polysaccharide vaccine, 23-valent (PPSV23), adult or immunosuppressed patient dosage, when administered to individuals 2 years or older, for subcutaneous or intramuscular use	102.07	107.75
90733	Meningococcal polysaccharide vaccine, serogroups A, C, Y, W-135, quadrivalent (MPSV4), for subcutaneous use	132.89	132.89
90734	Meningococcal conjugate vaccine, serogroups A, C, Y and W-135, quadrivalent (MCV4 or MENACWY), for intramuscular use.	125.47	125.47
90736	Zoster (shingles) vaccine (HZV), live, for subcutaneous injection	240.97	240.97
90738	Japanese Encephalitis virus vaccine, inactivated, for intramuscular use	268.43	268.43
90739	Hepatitis B vaccine (HepB), adult dosage (2-dose schedule), for intramuscular use	124.20	131.10
90740	Hepatitis B vaccine (HepB), dialysis or immunosuppressed patient dosage, 3 dose schedule, for intramuscular use	186.62	130.25
90743	Hepatitis B (HepB), vaccine, adolescent, 2 dose schedule, for intramuscular use	65.98	26.14
90744	Hepatitis B vaccine (HepB), pediatric/adolescent, 3 dose schedule, for intramuscular use	25.73	26.14
90746	Hepatitis B vaccine (HepB), adult dosage, 3 dose schedule, for intramuscular use	65.98	65.12
90747	Hepatitis B vaccine (HepB), dialysis or immunosuppressed patient dosage, 4 dose schedule, for intramuscular use	185.95	130.25
90748	Hepatitis B vaccine and Haemophilus influenzae type b vaccine (Hib-HepB), for intramuscular use	47.32	47.32
90750	Zoster (shingles) vaccine (HZV), recombinant, subunit, adjuvanted, for intramuscular use	151.20	151.20
90756	Influenza virus vaccine, quadrivalent (ccIIV4), derived from cell cultures, subunit, antibiotic free, 0.5 mL dosage, for intramuscular use	21.59	22.79



MAC Changes

The following maximum allowable charges (MACs) will increase effective November 1, 2018:

Procedure	Modifier	Description	New MAC
S5125		Attendant care svcs; per 15 mins	\$7.50
S5125	TD	Attendant care svcs; per 15 mins	16.50
S5125	TE	Attendant care svcs; per 15 mins	12.75
S5130		Homemaker svc, NOS; per 15 mins	6.00
S5135		Companion care, adult (eg IADL/ADL); per 15 mins	6.00
S5135	UD	Companion care, adult (eg IADL/ADL); per 15 mins	4.50
S5150		Unskilled respite care, not hospice; per 15 mins	7.50
S5150	UD	Unskilled respite care, not hospice; per 15 mins	5.63
S9122		HHA/CNAz svc in home; per hour	30.00
S9122	UD	HHA/CNAz svc in home; per hour	22.50
S9123		Home nursing care by RN; per hour	66.00
S9123	UD	Home nursing care by RN; per hour	49.50
S9124		Home nursing care by LPN; per hour	51.00
S9124	UD	Home nursing care by LPN; per hour	38.25
T1005	TD	Respite care svcs; up to 15 mins	16.50
T1005	TE	Respite care svcs; up to 15 mins	12.75
T1005	UD	Respite care svcs; up to 15 mins	12.38
T1019	22	Personal care svcs; per 15 mins	24.00



New Medical Specialty Drug Policies

The following policies go into effect February 1, 2019:

- Empliciti.
- Imlygic.
- Onivyde.
- Yondelis.

We encourage you to read the criteria before the effective date.

Please refer to the current medical policies online for more information, including precertification requirements, at info.caremark.com/hmsapolicies.



Significant Changes for Medical Management Behavioral Health Policies

The following Beacon Health Options® policies have undergone significant changes and are effective February 1, 2019:

- Inpatient Mental Health.
- Intensive Outpatient Programs.
- Partial Hospital Program.

Beacon Health Options® is an independent company providing behavioral health utilization management and quality improvement services on behalf of HMSA.

CODING & CLAIMS



Dental Tax

Starting January 1, 2019, Blue Cross Blue Shield Federal Employee Program (FEP) members who receive dental services under their Standard Option or Basic Option benefit plans will be responsible for all taxes related to the care they receive.

PHARMACY



Control Formulary—Correction

In the July issue of *HealthPro News*, we misidentified the new tier for two medications. Here's the correct information, which was effective October 1, 2018. We apologize for the error.

Generic Name	Brand Name	Drug Class	Current Tier	New Tier	Utilization Management Description/Notes
fluticasone propionate nasal exhaler susp 93 mcg/act	Xhance Mis 93Mcg	Respiratory	NF	3	
levonorgestrel-ethinyl estradiol-fe tab 0.1 mg-20 mcg (21)	Balcoltra Tab 0.1-20	Endocrine and Metabolic	NF	3	

PLANS



Diabetic Test Strips

Medicare Part B covers glucose testing supplies for people with diabetes whether they use insulin or not. The amount of covered supplies varies depending on whether the individual uses insulin. Patients who are not insulin-dependent usually get up to 100 test strips every three months if basic coverage criteria are met. Patients who are insulin-dependent usually get up to 300 test strips every three months if basic coverage criteria are met. There are also coverage criteria for patients who require higher utilization. Additional information for all diabetic test strips and supplies can be found at Noridian Healthcare Solutions (med.noridianmedicare.com) under Local Coverage Determination (LCD) L33822.

Starting January 1, 2019, all HMSA Medicare Advantage plans will apply the LCD coverage indications whether the patient obtains their diabetic supplies at the pharmacy or orders them from a certified medical supplier. Additionally, as allowed by the Centers for Medicare & Medicaid Services (CMS), diabetic test strips will be limited to preferred brands and manufacturers. See the list of covered preferred brands and manufacturers at hmsa.com/advantage.

Prior authorization will be required for high utilization as defined in L33822. Providers should use Noridian Coverage Guidance found at med.noridianmedicare.com/documents/2230703/7218263/Glucose+Monitors.

Please review the options with your patients as well as the blood glucose monitor options that are compatible with the preferred brands and manufacturers to determine what's best for their needs. Please visit the HMSA Provider Resource Center for details.

PROGRAMS



Diabetes Prevention Program

HMSA is adding the Diabetes Prevention Program (DPP) to help our members maintain their health and well-being. Modeled after the Medicare DPP, the program is a structured intervention with the goal of preventing members with prediabetes from progressing to type 2 diabetes.

Overall, DPP is a two-year program that includes a minimum of 16 intensive core sessions in the first six months to provide practical training in long-term dietary change, increased physical activity, and behavior change strategies for weight control. After completing the core sessions, less intensive monthly follow-up meetings will help participants maintain healthy behaviors. The goal of the first year is for members to achieve at least a 5-percent weight loss. Year two is for members who reach that goal in the first year.

Eligibility requirements, program description, and payment codes will be similar to Medicare Diabetes Prevention Program. Members can participate in DPP only once.

As of July 1, 2018, EUTF active members are eligible. Other employer groups will be eligible upon renewal in 2019.

For information on DPP, go to the HMSA Provider Resource Center at hmsa.com/portal/provider/zav_pel.aa.DPP600.htm.

POLICY NEWS



Electronic Visit Verification

Plans are underway for the Electronic Visit Verification (EVV) system implementation for certain home and community-based services (HCBS). We encourage HCBS providers to review the information before the launch.

Please visit medquest.hawaii.gov/en/plans-providers/provider-memo.html for details.



B-12 Injection Payment Policy

Starting February 1, 2019, HMSA's payment policy for B-12 coverage will be updated. The list of payable medical conditions covered has changed and we've added a list of corresponding diagnosis codes to help you in the claims process.

More information can be found in the Provider Resource Center at hmsa.com/portal/provider/zav_pel.ph.VIT.500.htm.



Annual Review of Medical Policies

The following policies have been reviewed and updated in the Provider E-Library at hmsa.com/prc0006; printed copies are available on request.

Effective August 24, 2018:

- Catheter Ablation as Treatment for Atrial Fibrillation.
- Charged-Particle (Proton or Helium Ion) Radiotherapy for Neoplastic Conditions.
- Complementary and Alternative Medicine (CAM).
- Compression Garments (Gradient) for the Extremities.
- Continuous Glucose Monitoring System.
- Durable Medical Equipment, Prosthetics and Orthotics.
- Insulin Pumps—External.
- Naturopathic Services.
- Post-acute and Residential Treatment Facility Stays.
- Post-acute Residential Treatment Facility and Community Care Foster Family Home Care.
- Pulse Oximeter for Children.
- Readmissions and Transfers.
- Speech Therapy Services/ Rehabilitation.
- Spinal Cord Stimulation.
- Subcutaneous Implantable Cardioverter Defibrillator (ICD) System.
- Tilt Table Testing.

Effective September 28, 2018:

- Bio-Engineered Skin and Soft Tissue Substitutes.
- Breast Pumps.
- Corneal Collagen Cross Linking.
- Durable Medical Equipment, Prosthetics and Orthotics—Small Group & Individual Plans, Fed 87 and QUEST Integration.
- Genetic Testing for Mental Health Conditions.
- Heart Transplant.
- Heart/Lung Transplant.
- Incontinence Supplies.
- Intravenous (IV) Hydration Therapy for Adults.
- Isolated Small Bowel Transplant.
- Liver Transplant.
- Low-Molecular-Weight Heparin.
- Lung and Lobar Lung Transplant.
- Occupational Therapy.
- Off-Label Drug Use (Private Business).
- Physical Therapy.

- Prophylactic Mastectomy.
- Treatment of Varicose Veins.



Precertification Requirements

This procedure now requires precertification:

- Micro-Invasive Glaucoma Surgery (Aqueous Stents).



Annual Review of Medical Management Behavioral Health Policies

The following Beacon Health Options policies have undergone review and were effective September 28, 2018:

- Electroconvulsive Therapy.
- Outpatient Therapy including Medication Management.
- Psychological and Neuropsychological Testing.
- Residential Treatment (This is not a benefit for Medicare).

Medical policies are in the Provider E-Library at hmsa.com/prc0004. To request copies or to ask questions, call Provider Services at 948-6330 on Oahu or 1 (800) 790-4672 toll-free on the Neighbor Islands.

More policy changes are listed in the Contract Notification section of this newsletter.

CALENDAR



Health Education Workshops

The following workshops are available to HMSA members at no cost. These informative sessions can help your patients improve their health and well-being. Non-HMSA members may attend if space is available.

For more information, refer your patients to hmsa.com/well-being/workshops or have them call 1 (855) 329-5461, option 1, toll-free to register at least three days before the workshop.

HAWAII ISLAND

Germ Busters

This fun and informative session provides an overview of two common respiratory illnesses. Join us as we explore symptoms, treatment, and prevention of colds and the flu. Activities also include team competitions on virus fact and fiction.

- 11/1, 10–11 a.m.
HMSA Center @ Hilo

Season's Eatings

The holidays are full of temptations: buffets, parties, and desserts. In this workshop, we'll share ways to maintain your weight while enjoying the holiday season.

- 11/28, 10–11 a.m.
HMSA Kailua-Kona Office

Take a Look at Stress

The link between stress, sleep deprivation, and chronic illness has been known for decades. Fortunately, there's a relatively easy and effective "relaxation response," as described by cardiologist Herbert Benson M.D.. This workshop will help you unwind after a stressful day and get a good night's sleep.

- 11/8, 10–11 a.m.
HMSA Center @ Hilo

KAUAI

Germ Busters

This fun and informative session provides an overview of two common respiratory illnesses. Join us as we explore symptoms, treatment, and prevention of colds and the flu. Activities also include team competitions on virus fact and fiction.

- 11/7, 5–6 p.m.
Kuhio Medical Center

OAHU

Germ Busters

This fun and informative session provides an overview of two common respiratory illnesses. Join us as we explore symptoms, treatment, and prevention of colds and the flu. Activities also include team competitions on virus fact and fiction.

- 11/17, 10–11 a.m.
HMSA Center @ Pearl City

Meditation

Modeled on the work of Harvard cardiologist Herbert Benson, M.D., this quiet and restorative class helps you find a way to relax that suits your abilities and demeanor. Explore five techniques of meditation through visualization, affirmation, mindfulness, sound, and fragrance.

- 11/3, 10–11 a.m.
HMSA Center @ Honolulu
- 11/10, 10–11 a.m.
HMSA Center @ Pearl City

Season's Eatings

The holidays are full of temptations: buffets, parties, and desserts. In this workshop, we'll share ways to maintain your weight while enjoying the holiday season.

- 11/29, 10–11 a.m.
HMSA Center @ Pearl City

Stress Bucket

Each of us has a limited amount of stress we can "hold" before overflow occurs. Knowing how to "drain" this stress is crucial in preventing high blood pressure, anxiety, and other health afflictions. Join us and realize practical and often enjoyable ways to lower the volume of stress in your "bucket."

- 11/20, 1:30–2:30 p.m.
YMCA Mililani



Community Activities

ADA's Adult Diabetes Support Group: November 8, 1–2:30 p.m., Mountain-Pacific Quality Health, Honolulu. Want to learn more about diabetes and support others with the same condition? Adults with diabetes can join American Diabetes Association's Oahu support group. Free. To learn more, call 947-5979 or email adahawaii@diabetes.org.

Adult Fitness at Queen's: Learn body shaping, tai chi, kickboxing, chair yoga, and more. Times and instructors vary. The Queen's Medical Center, Women's Health Center Classroom. Six classes for \$66. Call 691-7117 for details and to register.

Akamai Living Fair Kona: November 2, 9:30 a.m.–12:30 p.m. Hale Halawai, Kailua-Kona. HMSA is proud to bring you the Akamai Living Fair. Enjoy a day of food, fun, and family. Take care of your health and well-being with flu and pneumonia shots, community resources, health screenings, cooking demonstrations, door prizes, and more. Free. 961-8710.

Farmers Market at HMSA: Every Friday, 11 a.m.–2 p.m. HMSA Center @ Honolulu. Fresh island-grown produce and ready-to-eat local food. For information on vendors, call HMSA at 948-6521.

Health & Education at Queen's: The Queen's Medical Center, Women's Health Center Classroom.

- Lymphedema/Breast Cancer Clinic: Learn exercises to prevent lymphedema (swelling of the arms). Free. 691-7633.
- Mammogram and Cervical Cancer Screening: Every other Friday, 8 a.m.–noon. Free for women ages 50–64, uninsured or underinsured, or low income. 691-7726.

Making Strides Hawaii by American Cancer Society: November 17, 6–10 a.m. Keehi Lagoon Beach Park, Honolulu. The American Cancer Society Hawaii Pacific's breast cancer awareness event includes opportunities for communities to come together to honor and remember those who've been impacted by breast cancer. There will be health and wellness education opportunities, exercise demonstrations, screenings, resources, and more. Free. HonoluluHIStrides@cancer.org.

Parkinson's Bike Exercise Group: Every Sunday, 9–10 a.m. Lagoon Drive Parking Lot, Honolulu. The Parkinson's Bike Exercise Group is led by Richard A. Weinstein, diagnosed with PD in 2015. It's open to anyone living with PD who would like to build strength and confidence through a weekly bike ride. Family members and caregivers are welcome.

Skin Cancer Screening: November 14, 11 a.m.–1 p.m. Hale Pulama Mau Building, Honolulu. Participants will be screened on a first come, first served basis and will be referred to their physician if further follow-up is necessary. Dermatologists will conduct screenings of exposed areas only. Free. 547-9252.

Walk with a Doc on Hawaii Island: Every Sunday, 8 a.m. Liliuokalani Gardens, Hilo. Walk includes a brief warm-up/stretch and an informative talk from a community physician or medical student. Meets rain or shine. www.adbigisland.org.