

HealthPro News

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

April 2019

ADMINISTRATION & NEWS



Digital Breast Tomosynthesis

Effective July 1, 2019, HMSA's mammogram policy will be updated to include digital breast tomosynthesis (DBT), also known as 3D mammography, as a covered benefit for digital breast mammograms.

Last year, our medical directors began reviewing the evidence behind DBT. Following this review and after talking with local doctors, we've decided to increase our coverage of mammography services to include DBT.

New techniques and technology advances have made DBT safer than before. The National Comprehensive Cancer Network (NCCN), American College of Radiology (ACR), and European Congress of Radiology (ECR) concluded that adding DBT to screening mammographies appears to improve cancer detection rates and decrease recall rates compared with 2D mammography alone.

The updated policy is available at hmsa.com/portal/provider/zav_pel.aa.DIG.501.htm. If you have questions about this policy change, call Customer Relations at 948-6372 on Oahu or 1 (800) 776-4672 toll-free on the Neighbor Islands.



Importance of Accurate Provider Network Data

Accurate information about your practice is critical to our members who rely on our directories. They need up-to-date information to make it easier to contact you. The Centers for Medicare & Medicaid Services (CMS) also requires us to have current information.

You can submit changes to your demographic data and location information online. We'll mail or email you a list of each individual and/or group practice. We'll include a web address or link that will take you to a portal where you can update your HMSA online directory (Find a Doctor) information. Currently, provider locations associated with medical groups can't be edited, but we're working to add online group updates by mid-year. For now, providers should reach out to their group administrators to make any updates.

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Until group functionality is available, group administrators will continue to receive notices by email or mail. Group administrators who need to update information can fill out the applicable form from the list below and submit it to us:

- Changing PCP status or status about accepting new patients: hmsa.com/portal/provider/HMSA_Change_in_Provider_Panel_Form.pdf.
- No longer practice at a location: hmsa.com/portal/provider/HMSA_Provider_Address_Change_Form.pdf.
- Closed a location: hmsa.com/portal/provider/HMSA_Provider_Closed_Location_Form.pdf.
- Added a location: hmsa.com/portal/provider/HMSA_Provider_Additional_Location_Form.pdf.

Instructions for submitting the form are on the last page of each form.

If you have any questions, call us at 948-6820 on Oahu or 1 (877) 304-4672 toll-free on the Neighbor Islands.

CONTRACT NOTIFICATION



Significant Changes for Medical Policies Requiring 90-day Notice

The following policies have undergone significant changes and go into effect July 1, 2019:

- Digital Breast Tomosynthesis.
- Hematopoietic Cell Transplantation for Autoimmune Diseases.

For details on the changes, please see the Provider Resource Center.



Essential Prescription Formulary Changes

The HMSA Pharmacy and Therapeutics Committee made the following formulary changes effective July 1, 2019. The Essential Prescription Formulary is available in the HMSA Provider Resource Center at hmsa.com/portal/provider/HMSA_Essential_Prescription_Formulary.pdf.

Generic Name	Brand Name	Drug Class	Current Tier	New Tier	Utilization Management Description/Notes
clobazam	Onfi	Anticonvulsant	3	NF	Alternative: clobazam
icosapent ethyl	Vascepa	Omega-3 fatty acid	3	2	
naloxone	Narcan	Opioid Antagonist	3	2, QL	Quantity Limit: 2 cartons (4 nasal sprays) per 180 days
pimecrolimus	Elidel	Calcineurin inhibitor	2	NF	Alternative: pimecrolimus
secobarbital	Seconal	Barbiturate	3	3, QL	Effective 4/1/19 Quantity Limit: 30 caps per 30 days

Specialty Drugs

Generic Name	Brand Name	Drug Class	Current Tier	New Tier	Utilization Management Description/Notes
amifampridine	Firdaspe	Potassium Channel Blocker	NF	5, PA	Prior Authorization
dacomitinib	Vizimpro	Antineoplastic Agent	Oral Chemo, PA		Prior Authorization
			NF	5, PA	Prior Authorization Fed 87 only
duvelisib	Copiktra	Antineoplastic Agent	Oral Chemo, PA		Prior Authorization
			NF	5, PA	Prior Authorization Fed 87 only
gilteritinib	Xospata	Antineoplastic Agent	Oral Chemo, PA		Prior Authorization
			NF	5, PA	Prior Authorization Fed 87 only
glasdegib	Daurismo	Antineoplastic Agent	Oral Chemo, PA		Prior Authorization
			NF	5, PA	Prior Authorization Fed 87 only
larotrectinib	Vitrakvi	Antineoplastic Agent	Oral Chemo, PA		Prior Authorization
			NF	5, PA	Prior Authorization Fed 87 only
lorlatinib	Lorbrena	Antineoplastic Agent	Oral Chemo, PA		Prior Authorization
			NF	5, PA	Prior Authorization Fed 87 only
talazoparib	Talzenna	Antineoplastic Agent	Oral Chemo, PA		Prior Authorization
			NF	5, PA	Prior Authorization Fed 87 only



Metallic Formulary Changes

The HMSA Pharmacy and Therapeutics Committee made the following formulary changes effective July 1, 2019. The Metallic Formulary is available in the HMSA Provider Resource Center at hmsa.com/portal/provider/HMSA_Metallic_Prescription_Formulary.pdf.

Generic Name	Brand Name	Drug Class	Current Tier	New Tier	Utilization Management Description/Notes
clobazam	Onfi	Anticonvulsant	3	NF	Alternative: clobazam
icosapent ethyl	Vascepa	Omega-3 fatty acid	3	2	
naloxone	Narcan	Opioid Antagonist	3	2, QL	Quantity Limit: 2 cartons (4 nasal sprays) per 180 days
pimecrolimus	Elidel	Calcineurin inhibitor	2	NF	Alternative: pimecrolimus
secobarbital	Seconal	Barbiturate	3	3, QL	Effective 4/1/19 Quantity Limit: 30 caps per 30 days

Specialty Drugs

Generic Name	Brand Name	Drug Class	Current Tier	New Tier	Utilization Management Description/Notes
amifampridine	Firdaspe	Potassium Channel Blocker	NF	5, PA	Prior Authorization
dacomitinib	Vizimpro	Antineoplastic Agent	Oral Chemo, PA	Oral Chemo, PA	Prior Authorization
duvelisib	Copiktra	Antineoplastic Agent	Oral Chemo, PA	Oral Chemo, PA	Prior Authorization
gilteritinib	Xospata	Antineoplastic Agent	Oral Chemo, PA	Oral Chemo, PA	Prior Authorization
glasdegib	Daurismo	Antineoplastic Agent	Oral Chemo, PA	Oral Chemo, PA	Prior Authorization
larotrectinib	Vitrakvi	Antineoplastic Agent	Oral Chemo, PA	Oral Chemo, PA	Prior Authorization
lorlatinib	Lorbrena	Antineoplastic Agent	Oral Chemo, PA	Oral Chemo, PA	Prior Authorization
talazoparib	Talzenna	Antineoplastic Agent	Oral Chemo, PA	Oral Chemo, PA	Prior Authorization



Optimal Formulary Changes

The HMSA Pharmacy and Therapeutics Committee made the following formulary changes effective July 1, 2019. The Optimal Formulary is available in the HMSA Provider Resource Center at hmsa.com/portal/provider/HMSA_Optimal_Prescription_Formulary.pdf.

Generic Name	Brand Name	Drug Class	Current Tier	New Tier	Utilization Management Description/Notes
clobazam	Onfi	Anticonvulsant	3	NF	Alternative: clobazam
icosapent ethyl	Vascepa	Omega-3 fatty acid	3	2	
naloxone	Narcan	Opioid Antagonist	3	2, QL	Quantity Limit: 2 cartons (4 nasal sprays) per 180 days
pimecrolimus	Elidel	Calcineurin inhibitor	2	NF	Alternative: pimecrolimus
secobarbital	Seconal	Barbiturate	3	3, QL	Effective 4/1/19 Quantity Limit: 30 caps per 30 days

Specialty Drugs

Generic Name	Brand Name	Drug Class	Current Tier	New Tier	Utilization Management Description/Notes
amifampridine	Firdaspe	Potassium Channel Blocker	NF	5, PA	Prior Authorization
dacomitinib	Vizimpro	Antineoplastic Agent	Oral Chemo, PA	Oral Chemo, PA	Prior Authorization
duvelisib	Copiktra	Antineoplastic Agent	Oral Chemo, PA	Oral Chemo, PA	Prior Authorization
gilteritinib	Xospata	Antineoplastic Agent	Oral Chemo, PA	Oral Chemo, PA	Prior Authorization
glasdegib	Daurismo	Antineoplastic Agent	Oral Chemo, PA	Oral Chemo, PA	Prior Authorization
larotrectinib	Vitrekvi	Antineoplastic Agent	Oral Chemo, PA	Oral Chemo, PA	Prior Authorization
lorlatinib	Lorbrena	Antineoplastic Agent	Oral Chemo, PA	Oral Chemo, PA	Prior Authorization
talazoparib	Talzenna	Antineoplastic Agent	Oral Chemo, PA	Oral Chemo, PA	Prior Authorization



Select Formulary Changes

The HMSA Pharmacy and Therapeutics Committee made the following formulary changes effective July 1, 2019. The Select Formulary is available in the HMSA Provider Resource Center at hmsa.com/portal/provider/DR_Formulary_HTML.htm.

Generic Name	Brand Name	Drug Class	Current Tier	New Tier	Utilization Management Description/Notes
exenatide ER	Bydureon Bcise	GLP-1 Agonist	3	3, MNPA	Medical Necessity Prior Authorization
icosapent ethyl	Vascepa	Omega-3 fatty acid	3	2	
naloxone	Narcan	Opioid Antagonist	3	2, QL	Quantity Limit: 2 cartons (4 nasal sprays) per 180 days
pimecrolimus	Elidel	Calcineurin inhibitor	2	3	Alternative: pimecrolimus
secobarbital	Seconal	Barbiturate	3	3, QL	Effective 4/1/19 Quantity Limit: 30 caps per 30 days

Specialty Drugs

Generic Name	Brand Name	Drug Class	Current Tier	New Tier	Utilization Management Description/Notes
amifampridine	Firdaspe	Potassium Channel Blocker	4	4, PA	Prior Authorization
dacomitinib	Vizimpro	Antineoplastic Agent	Oral Chemo, PA	Oral Chemo, PA	Prior Authorization
duvelisib	Copiktra	Antineoplastic Agent	Oral Chemo, PA	Oral Chemo, PA	Prior Authorization
gilteritinib	Xospata	Antineoplastic Agent	Oral Chemo, PA	Oral Chemo, PA	Prior Authorization
glasdegib	Daurismo	Antineoplastic Agent	Oral Chemo, PA	Oral Chemo, PA	Prior Authorization
larotrectinib	Vitrakvi	Antineoplastic Agent	Oral Chemo, PA	Oral Chemo, PA	Prior Authorization
levodopa	Inbrija	Anti-Parkinson's Agent	4	4, PA	Prior Authorization
lorlatinib	Lorbrena	Antineoplastic Agent	Oral Chemo, PA	Oral Chemo, PA	Prior Authorization
riluzole	Tiglutik	Glutamate Antagonist	4	4, PA	Prior Authorization
talazoparib	Talzenna	Antineoplastic Agent	Oral Chemo, PA	Oral Chemo, PA	Prior Authorization



QUEST Integration Formulary Changes

The HMSA Pharmacy and Therapeutics Committee made the following changes to the HMSA QUEST Integration formulary effective July 1, 2019. We encourage you to talk with your patients to determine if an alternative medication is appropriate. Patients who are currently taking a medication that will be removed from the formulary must switch to a formulary alternative that's a benefit of their plan.

If you believe your patient should continue taking a current medication, you can request a nonformulary exception. Please use the form at [hmsa.com/portal/provider/CVS_Formulary_Exception_\(BR\)_Prior_Auth_122812.pdf](https://hmsa.com/portal/provider/CVS_Formulary_Exception_(BR)_Prior_Auth_122812.pdf).

The HMSA QUEST Integration formulary is available in the HMSA Provider Resource Center at hmsa.com/portal/provider/HMSA_QUEST_Drug_Formulary_CVS.pdf.

Medication/Strength	Drug class	Utilization Management Description	Change/Criteria
Arth Pain Cream 0.075%	Dermatology, Local Analgesics	QL	Formulary Addition 120 grams per 30 days
Capsaicin Cream 0.025%	Dermatology, Local Analgesics	QL	Formulary Addition 120 grams per 30 days
Capsaicin Cream 0.1%	Dermatology, Local Analgesics	QL	Formulary Addition 120 grams per 30 days
Capzasin Gel Relief 0.025-10%	Dermatology, Local Analgesics	QL	Formulary Addition 42.5 grams per 30 days
Capzasin Liq 0.15%	Dermatology, Local Analgesics	QL	Formulary Addition 30 grams per 30 days
Capzasin-P Cream 0.035%	Dermatology, Local Analgesics	QL	Formulary Addition 120 grams per 30 days
Castiva Lotion 0.035%	Dermatology, Local Analgesics	QL	Formulary Addition 120 grams per 30 days
Detrol Tab 1mg	Urinary Antispasmodics		Formulary Addition
Detrol Tab 2mg	Urinary Antispasmodics		Formulary Addition
Estropipate Tab 0.75 Mg	Estrogens, Oral		Non-Formulary Alternative: estradiol tab
Estropipate Tab 1.5 Mg	Estrogens, Oral		Non-Formulary Alternative: estradiol tab
Estropipate Tab 3 Mg	Estrogens, Oral		Non-Formulary Alternative: estradiol tab
Hydrocortisone Cream 2.5%	Dermatology, Corticosteroids, Low Potency	QL	Quantity Limit: 120 units per 25 days
Hydrocortisone Lotion 2.5%	Dermatology, Corticosteroids, Low Potency	QL	Quantity Limit: 120 units per 25 days
Hydrocortisone Oint 2.5%	Dermatology, Corticosteroids, Low Potency	QL	Quantity Limit: 120 units per 25 days
Kristalose Pak 10gm	Laxatives/Stool Softeners		Non-Formulary Alternative: lactulose oral solution
Kristalose Pak 20gm	Laxatives/Stool Softeners		Non-Formulary Alternative: lactulose oral solution
Lantus Cartridge 100 Unit/MI	Antidiabetics Insulin		Non-Formulary. Current utilizers will have a transition period through 9-30-19 to switch to a preferred product. Alternative: Basaglar

Medication/Strength	Drug class	Utilization Management Description	Change/Criteria
Lantus Inj 100 Unit/MI	Antidiabetics Insulin		Non-Formulary. Current utilizers will have a transition period through 9-30-19 to switch to a preferred product. Alternative: Basaglar
Lantus Inj Solostar 100 Unit/MI	Antidiabetics Insulin		Non-Formulary. Current utilizers will have a transition period through 9-30-19 to switch to a preferred product. Alternative: Basaglar
Levemir Cartridge 100 Unit/MI	Antidiabetics Insulin		Non-Formulary. Current utilizers will have a transition period through 9-30-19 to switch to a preferred product. Alternative: Basaglar
Levemir Inj 100 Unit/MI	Antidiabetics Insulin		Non-Formulary. Current utilizers will have a transition period through 9-30-19 to switch to a preferred product. Alternative: Basaglar
Levemir Inj Flextouch 100 Unit/MI	Antidiabetics Insulin		Non-Formulary. Current utilizers will have a transition period through 9-30-19 to switch to a preferred product. Alternative: Basaglar
Lidocaine Patch 4%	Dermatology, Local Analgesics	QL	Formulary Addition Quantity Limit: 30 patches per 30 days
Nix Crem Rin Liq 1%	Dermatology, Scabicides and Pediculicides		Formulary Addition
Polyethylene Glycol 3350 Oral Packet	Laxatives/Stool Softeners		Non-Formulary Alternative: OTC polyethylene glycol 3350 oral powder, packet
Polyethylene Glycol 3350 Oral Powder	Laxatives/Stool Softeners		Non-Formulary Alternative: OTC polyethylene glycol 3350 oral powder, packet
Rid Aerosol 0.5%	Dermatology, Scabicides and Pediculicides		Formulary Addition
Triamcinolone Acetonide Cream 0.025%	Dermatology, Corticosteroids, Medium Potency	QL	Quantity Limit: 120 units per 25 days
Triamcinolone Acetonide Cream 0.1%	Dermatology, Corticosteroids, Medium Potency	QL	Quantity Limit: 120 units per 25 days
Triamcinolone Acetonide Cream 0.5%	Dermatology, Corticosteroids, High Potency	QL	Quantity Limit: 120 units per 25 days
Triamcinolone Acetonide Lotion 0.025%	Dermatology, Corticosteroids, Medium Potency	QL	Quantity Limit: 120 units per 25 days
Triamcinolone Acetonide Lotion 0.1%	Dermatology, Corticosteroids, Medium Potency	QL	Quantity Limit: 120 units per 25 days
Triamcinolone Acetonide Oint 0.025%	Dermatology, Corticosteroids, Medium Potency	QL	Quantity Limit: 120 units per 25 days
Triamcinolone Acetonide Oint 0.1%	Dermatology, Corticosteroids, Medium Potency	QL	Quantity Limit: 120 units per 25 days

Medication/Strength	Drug class	Utilization Management Description	Change/Criteria
Triamcinolone Acetonide Oint 0.5%	Dermatology, Corticosteroids, High Potency	QL	Quantity Limit: 120 units per 25 days
Xarelto Tab 2.5mg	Anticoagulants, Oral		Formulary Addition
Zostrix Nat Cream 0.033%	Dermatology, Local Analgesics	QL	Formulary Addition 120 grams per 30 days
Zytiga Tab 500mg	Hormonal Antineoplastic Agents, Antiandrogens		Non-Formulary Alternative: abiraterone 250mg

Specialty Drugs

Medication/Strength	Drug class	Utilization Management Description	Change/Criteria
Mulpleta Tab 3mg	Hematopoietic Growth Factors	PA, QL	Formulary Addition Quantity Limit: 7 per 14 days
Sensipar Tab 60mg	Hyperparathyroid Treatment, Calcium Analogs	PA, QL	Formulary Addition Quantity Limit: 60 per 30 days
Sensipar Tab 90mg	Hyperparathyroid Treatment, Calcium Analogs	PA, QL	Formulary Addition Quantity Limit: 120 per 30 days
Sensipar Tab 30mg	Hyperparathyroid Treatment, Calcium Analogs	PA	Formulary Addition
Xolair Inj 150mg/MI	Severe Asthma Agents	PA, QL	Formulary Addition Quantity Limit: 4 syringes per 28 days
Xolair Inj 75mg/0.5ml	Severe Asthma Agents	PA, QL	Formulary Addition Quantity Limit: 2 syringes per 28 days

PHARMACY



Formulary Changes

The latest formulary changes are listed in the Contract Notification section of this newsletter.

POLICY NEWS



Radiopharmaceutical Billing Reminder

HMSA's payment policy for radiopharmaceuticals has been updated to align with best practice treatment. We've clinically adopted Medicare's policy for our commercial line of business, so the maximum allowable billed units for radiopharmaceutical agents will follow Medicare's Medically Unlikely Edits (MUEs) Units of Service (UOS) and will be reviewed quarterly since they are subject to change. Learn more at cms.gov/Medicare/Coding/NationalCorrectCodInitEd/MUE.html.

The comprehensive list will now include the maximum units allowed per day, per provider, per member for each radiopharmaceutical agent. Please refer to the Radiopharmaceutical page in the Provider Resource Center for details: hmsa.com/portal/provider/zav_pel.aa.RAD.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 February 22, 2019:

- Hematopoietic Cell Transplantation for Acute Lymphoblastic Leukemia.
- Hematopoietic Cell Transplantation for Acute Myeloid Leukemia.
- Hematopoietic Cell Transplantation for Chronic Lymphocytic Leukemia and Small Lymphocytic Lymphoma.
- Hematopoietic Cell Transplantation for Chronic Myeloid Leukemia.
- Hematopoietic Cell Transplantation for CNS Embryonal Tumors and Ependymoma.
- Hematopoietic Cell Transplantation for Epithelial Ovarian Cancer.
- Hematopoietic Cell Transplantation for Miscellaneous Solid Tumors in Adults.
- Hematopoietic Cell Transplantation for Non-Hodgkin Lymphomas.
- Hematopoietic Cell Transplantation for Solid Tumors of Childhood.
- Hematopoietic Cell Transplantation for Waldenstrom Macroglobulinemia.
- Hematopoietic Cell Transplantation in the Treatment of Germ-Cell Tumors.
- Measurement of Lipoprotein-Associated Phospholipase A2 (Lp-PLA2) in the Assessment of Cardiovascular Risk.



Archived Policies

Archived policies are inactive and aren't updated. These policies will no longer be used when reviewing requests for coverage and these services won't require precertification. The following policies are housed in the archived policy section at hmsa.com/prc0031.

- Artificial Intervertebral Disc: Cervical Spine.
- Autologous Chondrocyte Implantation for Focal Articular Cartilage Lesions (ACI).

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

Brain Fitness

A healthy brain relies on good physical health. Tune up your brain in this entertaining and interactive workshop.

- 4/19, 10–11 a.m.
HMSA Center @ Hilo

KAUAI

Exercise: The Magic Bullet

Many of us would like to enhance our level of fitness, but can't find the time for exercise or don't know where to begin. Join us to discover the benefits—and fun—of exercise.

- 4/17, 5–6 p.m.
Kuhio Medical Center

MAUI

Exercise: The Magic Bullet

Many of us would like to enhance our level of fitness, but can't find the time for exercise or don't know where to begin. Join us to discover the benefits—and fun—of exercise.

- 4/9, 10–11 a.m.
HMSA Center @ Kahului

OAHU

Brain Fitness

A healthy brain relies on good physical health. Tune up your brain in this entertaining and interactive workshop.

- 4/20, 10–11 a.m.
HMSA Center @ Pearl City

Exercise: The Magic Bullet

Many of us would like to enhance our level of fitness, but can't find the time for exercise or don't know where to begin. Join us to discover the benefits—and fun—of exercise.

- 4/13, 10–11 a.m.
HMSA Center @ Honolulu
- 4/27, 10–11 a.m.
HMSA Center @ Pearl City

Goodbye Diet! Hello Health!

Reach your weight-loss goals with good nutrition, regular exercise, and other healthy behaviors.

- 4/18, 12:15–1:15 p.m.
Mililani YMCA



Community Activities

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.

Art and Nature Tour at Kahaluu Gallery and Gardens: April 6–7 and 13–14, 10 a.m.–4 p.m. Kahaluu Gallery and Gardens, Kaneohe. Immerse yourself in nature and beauty at Kahaluu Gallery and Gardens. Explore the grounds and “bathe” in the forest that surrounds you. Get lost in a beautiful art piece. Learn more about how art and nature improves your well-being. Free.

Big Island Ostomy Group: April 20, 11:30 a.m.–12:30 p.m. Hilo Medical Center Cafeteria. A support group for ostomates, pre-ostomy patients, caregivers, medical professionals, and the public. Free. Sandy Wright, 339-7640.

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.

Head & Neck Cancer Screening: April 10, 9–11 a.m. Queen's Medical Center-West Oahu, Ewa Beach. A screening to detect early signs and symptoms of oral, head, and neck cancer. Registration opens at 8:30 a.m. Open to the general public. 691-8984.

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.

Kidney Interactive Workshop and Information: April 4, 11, 18, and 25, 1–3 p.m. Ala Moana Business Plaza, Honolulu. These workshops by the National Kidney Foundation of Hawaii are designed to improve the self-management skills of those with stages 1-3 chronic kidney disease (CKD), including those with diabetes and hypertension. The goal of the workshops is to help people make basic lifestyle changes to prevent the progression of CKD. Attendees are encouraged to attend all workshops. Free. To RSVP, email dawn@kidneyhi.org or call 589-5905.

Oncology on Canvas: April 20, 9 a.m.–3 p.m. The Queen's Medical Center, Queen Emma Tower, Honolulu. A paint day for cancer survivors and their caregivers: What gives your cancer journey meaning? Call 691-8984 to register.

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.

Walk with a Doc Oahu: Every Saturday, 8 a.m. Patsy T. Mink Central Oahu Regional Park, Waipahu. Join the group for a health tip by a physician and warmup. Then, walk at your own pace for 45 minutes and cool down. Water and light refreshments are provided. Strollers and dogs on their leash are welcome. New participants are asked to arrive by 7:45 a.m. Free. 677-9988 or walkwithadoc.org.

Walk with a Doc Oahu's Anniversary Celebration & Health Fair: April 6, 8 a.m.–noon. Patsy T. Mink Central Oahu Regional Park, Waipahu. Join Walk with a Doc Oahu for a third anniversary celebration and health fair. Free. 677-9988 or walkwithadoc.org.

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. craig@hilointernalmedicine.com or wwadbisland.org.