

# HealthPro News

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

July 2019

## ADMINISTRATION & NEWS



### 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. For now, providers should reach out to their group administrators to make any updates.

To update your information, your group administrator 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](https://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](https://hmsa.com/portal/provider/HMSA_Provider_Address_Change_Form.pdf).
- Closed a location: [hmsa.com/portal/provider/HMSA\\_Provider\\_Closed\\_Location\\_Form.pdf](https://hmsa.com/portal/provider/HMSA_Provider_Closed_Location_Form.pdf).
- Added a location: [hmsa.com/portal/provider/HMSA\\_Provider\\_Additional\\_Location\\_Form.pdf](https://hmsa.com/portal/provider/HMSA_Provider_Additional_Location_Form.pdf).

Instructions for submitting forms 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.

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## Risk Adjustment Chart Review

In June, HMSA began the 2019 Medicare Advantage Risk Adjustment chart review project. If you haven't already, you may be contacted by a representative from HMSA or Change Healthcare to request medical records for your Medicare Advantage members. The request includes services performed between January 1, 2018, and June 30, 2019.

These medical records are used to validate information sent to the Centers for Medicare & Medicaid Services (CMS) to ensure CMS has accurate, complete, and valid data regarding our Medicare Advantage population. This data is essential to sustain the Medicare Advantage program.

## CONTRACT NOTIFICATION



### Self-Service for Payment Determination Requests

To save your office time, we're aligning iExchange, a self-service tool, with the payment determination process. A payment determination is a provider request for HMSA to review a service that doesn't require precertification.

To protect patient confidentiality, you must have HHIN access to use iExchange.

Self-service for payment determinations will be rolled out in groups of providers starting October 1, 2019 based on volume. Group 1, durable medical equipment providers, must submit payment determination requests through iExchange starting on that date. Any faxes for payment determinations on or after that date will be returned to your office with a reminder to submit via iExchange.

Letters will be mailed in advance to impacted providers. If you don't receive a letter, this doesn't apply to you right now, so there's no need to call us. The date that surgeons, other specialists, and primary care providers will be required to use iExchange is still to be determined.

You can still use iExchange to submit requests for precertification and your office will benefit from reduced paper and faxes.

For more information, call Elaine Okamoto at 948-6696 on Oahu or email [PSInquiries@hmsa.com](mailto:PSInquiries@hmsa.com).



### New Medical Policy

The following policy goes into effect October 1, 2019:

- Amniotic Membrane and Amniotic Fluid.

Please refer to the current medical policies online for more information, including precertification requirements, at [hmsa.com/prc0006](http://hmsa.com/prc0006).



### Significant Changes for Medical Policies Requiring 90-day Notice

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

- Air Ambulance Services.
- Bariatric Surgery.
- Bio-Engineered Skin and Soft Tissue Substitutes.
- Blepharoplasty and Repair of Blepharoptosis.
- Corneal Collagen Cross-Linking.
- Hyperbaric Oxygen Therapy.
- Incontinence Supplies.

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



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### Notice for Specialty Drug Policy Changes

The following policies were updated and go into effect September 1, 2019:

- Hepatitis C (Direct Acting Antiviral Medications for Treatment of Hepatitis C) — HMO and PPO.  
–The sobriety and substance abuse restriction was removed.
- Hepatitis C (Direct Acting Antiviral Medications for Treatment of Hepatitis C) — QUEST Integration.  
–The sobriety and substance abuse restriction was removed.

The updated specialty drug policy is available at [hmsa.com/portal/provider/zav\\_pel.aa.DIR.505.htm](https://hmsa.com/portal/provider/zav_pel.aa.DIR.505.htm).



### Notice for Medical Specialty Drug Policy Changes

The following policies were updated and go into effect October 1, 2019:

- Flolan (epoprostenol)/Veletri (epoprostenol).
- Remodulin (treprostinil).

Updated medical specialty drug policies are posted online for your review. Please visit [info.caremark.com/hmsapolicies](https://info.caremark.com/hmsapolicies) for updates to policies that may affect your practice.



## Essential Prescription Formulary Changes

The HMSA Pharmacy and Therapeutics Committee made the following formulary changes effective October 1, 2019. The Essential Prescription Formulary is available in the HMSA Provider Resource Center at [hmsa.com/portal/provider/HMSA\\_Essential\\_Prescription\\_Formulary.pdf](https://hmsa.com/portal/provider/HMSA_Essential_Prescription_Formulary.pdf).

Generic Name	Brand Name	Drug Class	Current Tier	New Tier	Utilization Management Description/Notes
amphetamine sulfate ODT	Evekeo ODT	ADHD	NF	NF, QL	<b>Quantity limit:</b> 5 mg and 10 mg: 3 tablets per day 15 mg and 20 mg: 2 tablets per day
colchicine oral solution	Gloperba	Antigout	NF	NF, QL	<b>Quantity limit:</b> 10 mL per day
fluticasone propionate/ salmeterol	Advair Diskus	LABA/ ICS	2	NF	<b>Alternative:</b> AB-rated generic available.
fluticasone propionate/ salmeterol	Advair Diskus AG	LABA/ ICS	1	NF	<b>Alternative:</b> AB-rated generic available.
fluticasone propionate/ salmeterol	Air Duo Resplick AG	LABA/ ICS	NF	1	
methylphenidate hydrochloride	Adhansia XR	ADHD	NF	NF, QL	<b>Quantity limit:</b> 25 mg extended-release capsule: 3 capsule per day 35 mg extended-release capsule: 2 capsule per day 45 mg, 55 mg, 70 mg, and 85 mg extended-release capsules: 1 capsule per day
netarsudil/latanoprost	Rocklatan	Antiglaucoma	NF	3	
oxiconazole		Topical anti-fungals	1	NF	<b>Alternatives:</b> terbinafine, itraconazole, and ciclopirox
sumatriptan nasal spray	Tosymra	Antimigraine	NF	NF, QL	<b>Quantity limit:</b> 12 units per 30 days (4 headache days per month)

### Specialty Drugs

Generic Name	Brand Name	Drug Class	Current Tier	New Tier	Utilization Management Description/Notes
ceritinib	Zykadia	Oral Chemo	Oral Chemo, PA	Oral Chemo, PA	<b>Prior Authorization</b>
			NF	5 PA	<b>Fed87 only Prior Authorization</b>
cladribine	Mavenclad	Antimetabolite	NF	5 PA	<b>Prior Authorization</b>
siponimod	Mayzent	Immune Modulator	NF	5 PA	<b>Prior Authorization</b>



## Metallic Formulary Changes

The HMSA Pharmacy and Therapeutics Committee made the following formulary changes effective October 1, 2019. The Metallic Formulary is available in the HMSA Provider Resource Center at [hmsa.com/portal/provider/HMSA\\_Metallic\\_Prescription\\_Formulary.pdf](https://hmsa.com/portal/provider/HMSA_Metallic_Prescription_Formulary.pdf).

Generic Name	Brand Name	Drug Class	Current Tier	New Tier	Utilization Management Description/Notes
amphetamine sulfate ODT	Evekeo ODT	ADHD	NF	NF, QL	<b>Quantity limit:</b> 5 mg and 10 mg: 3 tablets per day 15 mg and 20 mg: 2 tablets per day
colchicine oral solution	Gloperba	Antigout	NF	NF, QL	<b>Quantity limit:</b> 10 mL per day
fluticasone propionate/salmeterol	Advair Diskus	LABA/ ICS	2	NF	<b>Alternative:</b> AB-rated generic available.
fluticasone propionate/salmeterol	Advair Diskus AG	LABA/ ICS	1	NF	<b>Alternative:</b> AB-rated generic available.
fluticasone propionate/salmeterol	Air Duo Respclick AG	LABA/ ICS	NF	1	
methylphenidate hydrochloride	Adhansia XR	ADHD	NF	NF, QL	<b>Quantity limit:</b> 25 mg extended-release capsule: 3 capsule per day 35 mg extended-release capsule: 2 capsule per day 45 mg, 55 mg, 70 mg, and 85 mg extended-release capsules: 1 capsule per day
netarsudil/latanoprost	Rocklatan	Antiglaucoma	NF	3	
oxiconazole		Topical anti-fungals	1	NF	<b>Alternatives:</b> terbinafine, itraconazole, and ciclopirox
sumatriptan nasal spray	Tosymra	Antimigraine	NF	NF, QL	<b>Quantity limit:</b> 12 units per 30 days (4 headache days per month)

## Specialty Drugs

Generic Name	Brand Name	Drug Class	Current Tier	New Tier	Utilization Management Description/Notes
ceritinib	Zykadia	Oral Chemo	Oral Chemo, PA	Oral Chemo, PA	<b>Prior Authorization</b>
cladribine	Mavenclad	Antimetabolite	NF	5 PA	<b>Prior Authorization</b>
siponimod	Mayzent	Immune Modulator	NF	5 PA	<b>Prior Authorization</b>



## Optimal Formulary Changes

The HMSA Pharmacy and Therapeutics Committee made the following formulary changes effective October 1, 2019. The Optimal Formulary is available in the HMSA Provider Resource Center at [hmsa.com/portal/provider/HMSA\\_Optimal\\_Prescription\\_Formulary.pdf](https://hmsa.com/portal/provider/HMSA_Optimal_Prescription_Formulary.pdf).

Generic Name	Brand Name	Drug Class	Current Tier	New Tier	Utilization Management Description/Notes
amphetamine sulfate ODT	Evekeo ODT	ADHD	NF	NF, QL	<b>Quantity limit:</b> 5 mg and 10 mg: 3 tablets per day 15 mg and 20 mg: 2 tablets per day
colchicine oral solution	Gloperba	Antigout	NF	NF QL	<b>Quantity limit:</b> 10 mL per day
fluticasone propionate/salmeterol	Advair Diskus	LABA/ ICS	2	NF	<b>Alternative:</b> AB-rated generic available
fluticasone propionate/salmeterol	Advair Diskus AG	LABA/ ICS	1	NF	<b>Alternative:</b> AB-rated generic available.
fluticasone propionate/salmeterol	Air Duo Resplick AG	LABA/ ICS	NF	1	
methylphenidate hydrochloride	Adhansia XR	ADHD	NF	NF, QL	<b>Quantity limit:</b> 25 mg extended-release capsule: 3 capsule per day 35 mg extended-release capsule: 2 capsule per day 45 mg, 55 mg, 70 mg, and 85 mg extended-release capsules: 1 capsule per day
netarsudil/latanoprost	Rocklatan	Antiglaucoma	NF	3	
oxiconazole		Topical antifungals	1	NF	<b>Alternatives:</b> terbinafine, itraconazole, and ciclopirox
Succimer	Chemet	Antidote	NF	2	<b>Effective:</b> July 1, 2019
sumatriptan nasal spray	Tosymra	Antimigraine	NF	NF, QL	<b>Quantity limit:</b> 12 units per 30 days (4 headache days per month)

## Specialty Drugs

Generic Name	Brand Name	Drug Class	Current Tier	New Tier	Utilization Management Description/Notes
ceritinib	Zykadia	Oral Chemo	Oral Chemo, PA	Oral Chemo, PA	<b>Prior Authorization</b>
cladribine	Mavenclad	Antimetabolite	NF	5 PA	<b>Prior Authorization</b>
siponimod	Mayzent	Immune Modulator	NF	5 PA	<b>Prior Authorization</b>



## Select Formulary Changes

The HMSA Pharmacy and Therapeutics Committee made the following formulary changes effective October 1, 2019. The Select Formulary is available in the HMSA Provider Resource Center at [hmsa.com/portal/provider/DR\\_Formulary\\_HTML.htm](https://hmsa.com/portal/provider/DR_Formulary_HTML.htm).

Generic Name	Brand Name	Drug Class	Current Tier	New Tier	Utilization Management Description/Notes
amphetamine sulfate ODT	Evekeo ODT	ADHD	3	3 QL	<b>Quantity limit:</b> 5 mg and 10 mg: 3 tablets per day 15 mg and 20 mg: 2 tablets per day
colchicine oral solution	Gloperba	Antigout	3	3 QL	<b>Quantity limit:</b> 10 mL per day
fluticasone propionate/salmeterol	Advair Diskus	LABA/ ICS	2	3	<b>Alternative:</b> AB-rated generic available
methylphenidate hydrochloride	Adhansia XR	ADHD	3	3 QL	<b>Quantity limit:</b> 25 mg extended-release capsule: 3 capsule per day 35 mg extended-release capsule: 2 capsule per day 45 mg, 55 mg, 70 mg, and 85 mg extended-release capsules: 1 capsule per day
mometasone/formoterol	Dulera	LABA/ ICS	2 MNPA	3	<b>Alternative:</b> wixela inhub (tier 1).
oxiconazole		Topical antifungals	1	1 PA	<b>Prior Authorization</b>
sumatriptan nasal spray	Tosymra	Antimigraine	3	3 QL	<b>Quantity limit:</b> 12 units per 30 days (4 headache days per month)

## Specialty

Generic Name	Brand Name	Drug Class	Current Tier	New Tier	Utilization Management Description/Notes
ceritinib	Zykadia	Oral Chemo	Oral Chemo, PA	Oral Chemo, PA	<b>Prior Authorization</b>
cladribine	Mavenclad	Antimetabolite	4,PA	4,PA	<b>Prior Authorization</b>
siponimod	Mayzent	Immune Modulator	4,PA	4,PA	<b>Prior Authorization</b>
Solriamfetol	Sunosi	CNS Stimulant	4,PA	4,PA	<b>Prior Authorization</b>



## QUEST Integration Formulary Changes

The HMSA Pharmacy and Therapeutics Committee made the following changes to the HMSA QUEST Integration formulary effective October 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'll 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](https://hmsa.com/portal/provider/HMSA_QUEST_Drug_Formulary_CVS.pdf).

Medication	Strength	Drug class	Utilization Management	Change/Criteria
atropine sol	1%	Mydriatic		<b>Formulary Addition</b> July 1, 2019
Carafate Susp	1mg/10ml	Miscellaneous		<b>Non-Formulary</b> <b>Alternative:</b> sucralfate tab
Chemet cap	100mg	Antidote		<b>Formulary Addition</b>
Crinone Gel	4%, 8%	Progestin	PA	<b>Formulary Addition</b>
Emend Susp	125mg/5ml	Antiemetics		<b>Non-Formulary</b> <b>Alternative:</b> aprepitant caps
Epivir Hbv Sol	5mg/ml	Antivirals, Hepatitis Agents, Hepatitis B		<b>Non-Formulary</b> <b>Alternatives:</b> Baraclude solution, entecavir tab, lamivudine 100 mg tab, tenofovir disoproxil fumarate
Golytely Sol		Laxatives/Stool Softeners		<b>Non-Formulary</b> <b>Alternative:</b> peg 3350/electrolytes
Hexalen Cap	50mg	Alkylating Agents		<b>Non-Formulary</b> <b>Alternatives:</b> Consult Prescriber
Lotemax Gel	0.5%	Corticosteroid		<b>Formulary Addition</b> July 1, 2019
metipranolol ophth	SOLN 0.3%	Ophthalmic, Beta-blockers, Nonselective		<b>Non-Formulary</b> <b>Alternatives:</b> levobunolol ophth sol, timolol maleate ophth gel, timolol maleate ophth sol
morphine sulfate suppos	10mg	Opioid Analgesics		<b>Non-Formulary</b> <b>Alternative:</b> morphine sulfate oral solution
morphine sulfate suppos	20mg	Opioid Analgesics		<b>Non-Formulary</b> <b>Alternative:</b> morphine sulfate oral solution
morphine sulfate suppos	5mg	Opioid Analgesics		<b>Non-Formulary</b> <b>Alternative:</b> morphine sulfate oral solution
pentoxifylline ER tab	400mg	Blood Modifier Agent		<b>Formulary Addition</b>
Suprep Bowel Sol Prep Kit		Laxatives/ Stool Softeners		<b>Non-Formulary</b> <b>Alternative:</b> peg 3350/electrolytes
Triamex Oint	0.05%	Dermatology, Corticosteroids, Medium Potency		<b>Non-Formulary</b> <b>Alternative:</b> triamcinolone oint



Medication	Strength	Drug class	Utilization Management	Change/Criteria
Vemlidy Tab	25mg	Antivirals, Hepatitis Agents, Hepatitis B		<b>Non-Formulary</b> <b>Alternatives:</b> Baraclude solution, entecavir tab, lamivudine 100 mg tab, tenofovir disoproxil fumarate
Vitamin E cap	400 unit	Vitamin		<b>Formulary Addition</b>

### Specialty

Medication	Strength	Drug class	Utilization Management	Change/Criteria
Lorbrena Tab	100mg	Kinase Inhibitors	PA, SP	<b>Formulary Addition</b> <b>Prior Authorization</b>
Lorbrena Tab	25mg	Kinase Inhibitors	PA, SP	<b>Formulary Addition</b> <b>Prior Authorization</b>
Vitrakvi Cap	100mg	Kinase Inhibitors	PA, SP	<b>Formulary Addition</b> <b>Prior Authorization</b>
Vitrakvi Cap	25mg	Kinase Inhibitors	PA, SP	<b>Formulary Addition</b> <b>Prior Authorization</b>
Vitrakvi Sol	20mg/ml	Kinase Inhibitors	PA, SP	<b>Formulary Addition</b> <b>Prior Authorization</b>

## CODING & CLAIMS



### Fundus Photography

Effective September 1, 2019, all commercial plans will see a decrease in the reimbursement of multiple CPT code 92250-Fundus Photography billed on the same day.

This change will align with Medicare's classification of the code as bilateral. The Relative Value Unit (RVU) amount for this procedure is based on the procedure being performed as a bilateral service.

Therefore, CPT code 92250 shouldn't be billed with site modifiers (RT, LT, 50) or with units greater than 1. The current fee is based on the Medicare fee with the intent to pay as bilateral and won't change.

## PHARMACY



### Formulary Changes

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

## POLICY NEWS



### Patient Driven Payment Model

In July 2018, the Centers for Medicare & Medicaid Services (CMS) finalized a new case-mix classification model, the Patient Driven Payment Model (PDPM). This model will be used under the Skilled Nursing Facility (SNF) Prospective Payment System for classifying SNF patients in a covered Part A stay. Learn more at [cms.gov/Medicare/Medicare-Fee-for-Service-Payment/SNFPPS/PDPM.html](https://cms.gov/Medicare/Medicare-Fee-for-Service-Payment/SNFPPS/PDPM.html).

Effective October 1, 2019, HMSA and CMS will implement PDPM for Medicare plans. No changes will be made to commercial and QUEST Integrations plans.



### Incontinence Supplies

As of January 2019, HMSA QUEST Integration covers gloves and wipes under its Incontinence Supplies policy when criteria are met:

- Up to 100 gloves (not pairs) per month. Gloves are covered only for use by family caregivers or community care foster family home caregivers of adults and older children. Gloves are not covered for other care providers, including home health, home care, or hospice agency providers; they must supply their own.
- Up to 200 wipes per month. When billing for wipes, use CPT A4335 with modifier U2 and indicate the number of individual wipes (not boxes or packs).

The updated policy is available at [hmsa.com/portal/provider/zav\\_pel.aa.INC.505.htm](https://hmsa.com/portal/provider/zav_pel.aa.INC.505.htm).



### Annual Review of Medical Policies

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

Effective May 24, 2019:

- Cognitive Rehabilitation Therapy.
- Computerized Corneal Topography.
- Medical Foods for Inborn Errors of Metabolism.
- Orthodontic Treatment of Orofacial Anomalies.
- Pulmonary Rehabilitation.
- Sensory Integration Therapy and Auditory Integration Therapy.



### Significant Changes for Medical Policies

The following policies have undergone significant changes and are effective July 1, 2019.

- In Vitro Fertilization.
- Preventive Health Guidelines (PPO and HMO only).
- Preventive Health Guidelines — Newborns and Children (PPO and HMO only).
- Preventive Health Guidelines — Prenatal Care (PPO and HMO only).
- Preventive Health Services — Women (PPO and HMO only).

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



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### Codes that Don't Meet Payment Determination Criteria

The following code will be added to the list of codes that don't meet payment determination criteria:  
17360 (Chemical exfoliation for acne (e.g., acne paste, acid)).

For a complete list of codes that don't meet payment determination criteria, see [hmsa.com/prc0047](https://hmsa.com/prc0047).



Medical policies are in the Provider E-Library at [hmsa.com/prc0004](https://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](http://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

##### Digestive Health – Your Ally in Well-Being

Learn strategies to help keep your stomach pain-free.

- 7/13, 10–11 a.m.  
HMSA Center @ Hilo

#### KAUAI

##### Stress Bucket

Learn practical ways to lower your stress and help prevent high blood pressure, anxiety, and other health problems.

- 7/24, 5–6 p.m.  
Kuhio Medical Center

#### MAUI

##### Goodbye Diet! Hello Health!

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

- 7/27, 10–11 a.m.  
HMSA Center @ Kahului

##### Stress Bucket

Learn practical ways to lower your stress and help prevent high blood pressure, anxiety, and other health problems.

- 8/3, 10–11 a.m.  
HMSA Center @ Kahului

#### OAHU

##### Digestive Health – Your Ally in Well-Being

Learn strategies to help keep your stomach pain-free.

- 7/12, 10–11 a.m.  
HMSA Center @ Honolulu
- 8/3, 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 (or both). Join us to discover the benefits—and fun—of exercise.

- 7/18, 12:15–1:15 p.m.  
Mililani YMCA

##### Stress Bucket

Learn practical ways to lower your stress and help prevent high blood pressure, anxiety, and other health problems.

- 7/9, 10–11 a.m.  
HMSA Center @ Honolulu
- 7/30, 10–11 a.m.  
HMSA Center @ Pearl City



## Community Activities

### HAWAII ISLAND

**Big Island Ostomy Group:** July 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.

**Relay for Life:** July 20, 4 p.m.–midnight. Francis Wong Stadium, Hilo. Join friends and family to celebrate those who have battled cancer, remember loved ones lost, and fight back against the disease. Get involved by joining or creating a team, helping fundraise in your community, or donating to relay participants. Free.

**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 wwadbigisland.org.

### MAUI

**Relay for Life:** July 20, 4 p.m.–midnight. War Memorial Overflow Field, Wailuku. Join friends and family to celebrate those who have battled cancer, remember loved ones lost, and fight back against the disease. Get involved by joining or creating a team, helping fundraise in your community, or donating to relay participants. Free.

### OAHU

**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.

**COPD Support Group:** July 9, 10 a.m.–noon. Pali Momi Outpatient Center, Aiea. Information for patients, caregivers, and the public about chronic obstructive pulmonary disease (COPD), emphysema, chronic bronchitis and chronic asthma led by lung health educators. Light refreshments are provided. Free. Valerie Chang, 699-9839.

**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.

**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.

**Relay for Life:** July 20, 4 p.m.–midnight. Ala Moana Beach Park, Honolulu. Join friends and family to celebrate those who have battled cancer, remember loved ones lost, and fight back against the disease. Get involved by joining or creating a team, helping fundraise in your community, or donating to relay participants. Free.

**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 Future Doc:** July 28, 9–10 a.m. Kakaako Park. Hosted by medical students at the John A. Burns School of Medicine. Open to all ages and fitness. There's a new health tip at every walk, stretching, walking, cool down, fresh fruits, and great fellowship. Free. 677-9988 or walkwithadoc.org.