island scene

well-being, family, and fun for **HMSA** members | fall **2015** | **wellbeinghi.com**

FACES OF **WELL-BEING**

HMSA EMPLOYEES CHOOSE DIFFERENT PATHS TO FEEL THEIR BEST

CARROTS: GETTING TO THE ROOT OF GOOD HEALTH

PREVENTIVE CARE FOR AKAMAI ADVANTAGE MEMBERS

MULTI-TASKING MAYOR CALDWELL

At sunset near O‘ahu.

I could fly like a bird on the wings of the wind.

From *“The Days of My Youth,” Kuiokalani Lee*

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aloha members

You're the focus of our work every day at HMSA.

As a nonprofit health plan, we put our members first. An essential part of that is always trying to improve our members' experience with HMSA, whether you're enrolling for the first time, adding a family member to your plan, or have a question about your benefits.

We know there's always a way to improve your experience with HMSA. The feedback we get from members over the phone, by email, and in person is invaluable. True to our Māhie 2020 vision to rethink how we engage members, we've created a Consumer Experience team to specifically look at how we can serve you better.

The consumer team examines all of our interactions with members and makes recommendations to make it easier and more convenient for you to use HMSA programs and benefits.

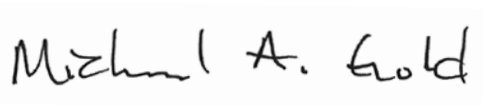
Another important tool is the Consumer Assessment of Healthcare Providers and Systems survey, known as CAHPS®. Every year, we mail the CAHPS survey to a random selection of members to ensure we hear from a diverse range of people. This survey asks about your experiences with HMSA and your health care providers to find out if information you received was easy to understand, if you were able to speak to someone in a timely manner, and if you got the service or answers you needed.

If you receive a CAHPS survey, we hope you'll take a few minutes to complete and return it. Your feedback is essential to improve our programs and services. We share survey data with providers to help make sure you get outstanding care. Each response is kept confidential to protect member privacy. We only report the overall results.

We take pride in offering the best service possible to all HMSA members and we know that this isn't a goal we can accomplish on our own. Thank you for sharing your opinions with us.

Serving you is our promise and our privilege.

Sincerely,



Michael A. Gold
President and Chief Executive Officer

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a fresh start

I'm at a crossroads in my life. My brothers and I have started the process of selling our family home now that our parents are gone. The house is about 60 years old, needs a lot of work, and is too big for us.

Have you heard that moving is one of the top three causes of stress? The other two top stressors are the death of a loved one and divorce. Being aware of this potential issue has helped. We can watch for warning signs in ourselves and each other and get help when needed.

Although it's very challenging, it's also an opportunity for a fresh start. And as part of my fresh start, I realize that it's time to get serious about my health.

To help with my weight and blood glucose levels, I've started a food journal and regular blood glucose testing (I have diabetes). Not a diet or counting calories yet, just being more aware and accountable for what I'm eating and how it affects my blood glucose. If I have a high reading one morning, I can look back and see what caused it.

I'll add a commitment to exercise soon. Increased activity also helped me get ready for a fun trip in September. By the time this issue is published in October, I'll be back from the trip with lots of happy memories. And I'll be looking for a new home.

Wish me luck! And good luck to each of you on your own well-being journey. If you'd like to share your story, please email me at Lisa_Baxa@hmsa.com.

Lisa

Lisa Maneki Baxa
Publisher and Editor

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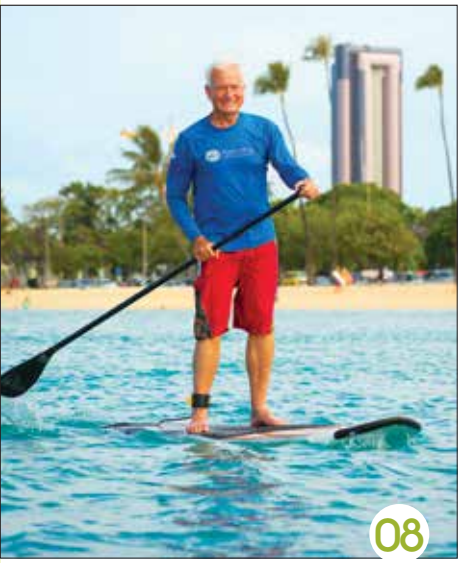
COVER: Read about the different ways HMSA employees are improving their well-being. Photos by Rae Huo. Page 14.



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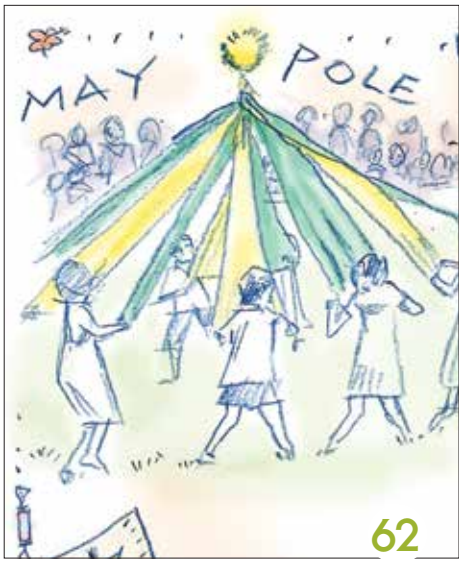

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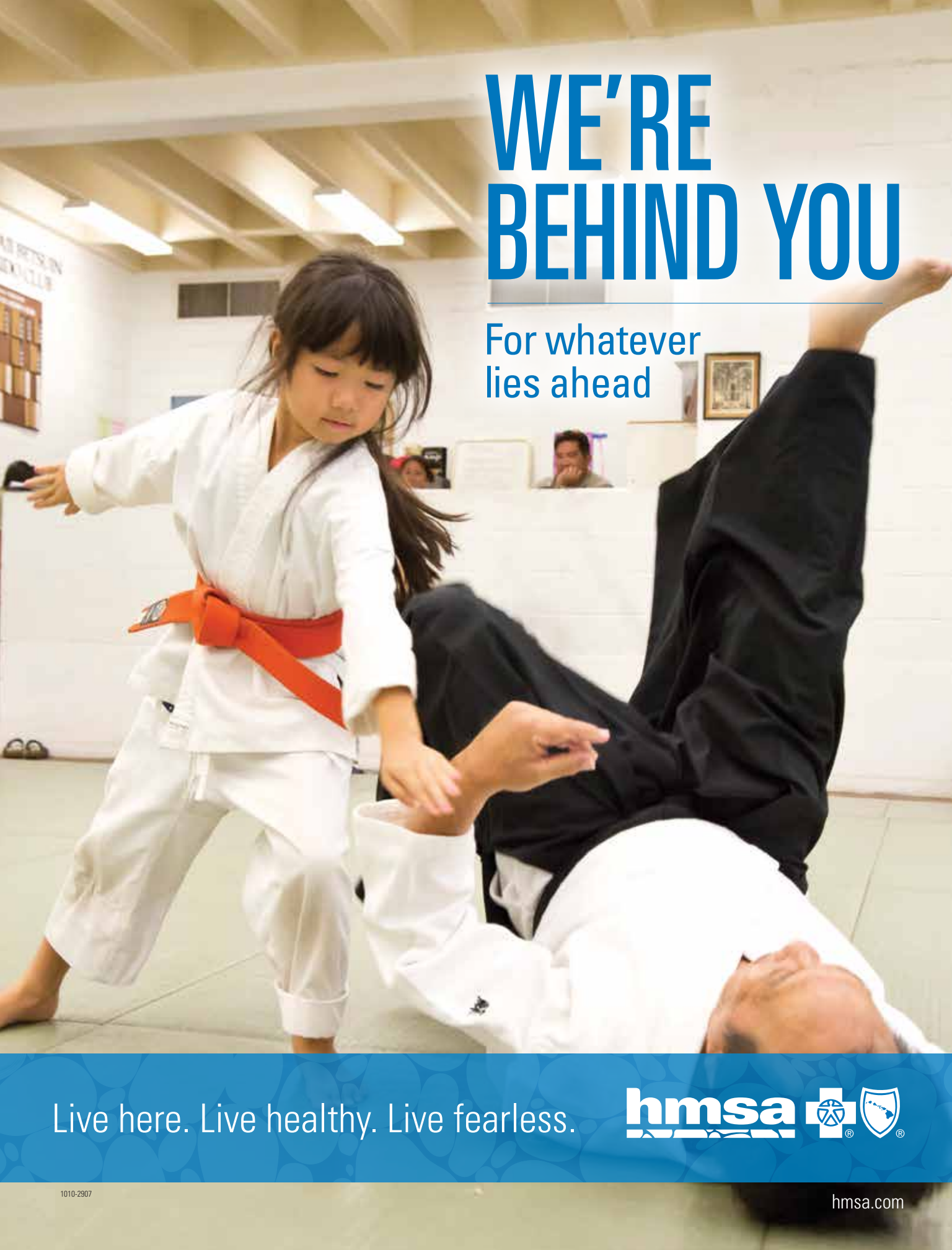
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Let's Talk About the End of Life Care

Dr. Angelo Volandes helps people talk about a difficult subject: how to manage life's last chapter.

Through his nonprofit Advanced Care Planning (ACP) Decisions, Dr. Angelo Volandes educates and empowers people to participate in their own health care.

"Talking about medical care at the end of life and having what some call 'The Conversation' can be difficult and uncomfortable," says Volandes. "But communication is critical. Otherwise, patients can be uninformed, disempowered, and fail to get medical care that's consistent with their values."

ACP Decisions creates videos that help people understand choices for care near the end of life. These videos have been adapted for use in Hawai'i with versions in Japanese, Ilocano, Vietnamese, and other languages, and with a local look and feel. People can watch the videos with their doctor and decide what kind of care is best for them.

One video explains three approaches to medical care in the event of a serious illness:

- **Life-prolonging care:** Everything possible is done to keep the patient alive, including procedures like CPR and feeding tubes.
- **Limited medical care:** This option is for people who don't want things like CPR or breathing machines, but do want other treatment like IV medications or treatment in the hospital.
- **Comfort care:** This is the option for people who only want treatment to control pain or relieve uncomfortable symptoms.

Thinking about what care you would want if you become very sick and making decisions while you're still healthy can help ensure you'll get the care you want. Talk to your doctor at your next visit to get started.

Chewing Your Food Can Help Your Health

Remember when your mom would tell you to "sit still and chew your food"? It turns out she wasn't just trying to teach you some table manners. Whether she knew it or not, she was helping your digestion.

Thoroughly chewing your food breaks it down into tiny particles that make it easier to digest. While you're chewing, saliva coats food in enzymes that start to break down fats and starches right in your mouth. Chewing also alerts the stomach and pancreas to get ready for digestion.

When you chew your food well, your digestive enzymes and stomach acid can get to it easily and process the nutrients you need. So, listen to your mother and "chew your food!"

Get an Air Makeover

According to the Environmental Protection Agency, the pollutants in indoor air may be two to five times higher than outdoor air.

To clean the air in your home:

- Get houseplants to filter out toxins in the air. To effectively clean indoor air, you need at least one plant per 100 square feet.
- Open your windows to circulate fresh air and reduce indoor air pollution.
- Change your air conditioning filters regularly.
- Avoid toxic cleaning products, air fresheners, candles, and anything else that may increase the air pollutants in your home.

Happy 115th Anniversary, Kuakini!

Kuakini Health System, established by the Japanese Benevolent Society, has been helping the people of Hawai‘i for more than a century.

After the Great Chinatown Fire of 1900, Kuakini was there to give aid to thousands of Japanese immigrants. When World War II was in full swing, the hospital broadened its mission to provide health care services to the entire community. By the 1950s, Kuakini expanded its training programs to include health care students from the University of Hawai‘i and health care practitioners from Japan. In the 1960s, Kuakini started a biomedical research program, which has now generated more than 600 scientific publications.

Today, Kuakini includes an acute medical and surgical teaching hospital, comprehensive programs and services for older adults, and a nationally and internationally renown research program.

Congratulations on 115 years of service to the community, Kuakini!

Learn more about Kuakini Health System and their anniversary celebration in the About Us section of kuakini.org.

By **Christa Hester**

multi-tasking mayor

Even as one of Hawai‘i’s busiest men, Kirk Caldwell makes time for fitness.

By **Danielle Douglass**

Mayor Kirk Caldwell faces a constant challenge of scheduling time for exercise. Despite the countless meetings, commitments, and emergencies that come with leading a major city, Caldwell acknowledges that staying fit is just as important as brushing his teeth. With his hectic and unpredictable schedule, he’s mastered the art of fitting in exercise where he can.

“I try to squeeze in a run if I have a break at work. Or if a meeting is canceled, I go out and jog from my office to Ala Moana Beach Park or Kaka‘ako,” says Caldwell, 63. “When I get back to work, I feel more energized and I can go for the rest of the day.”

Even when there’s no opening in his schedule, he’ll walk the stairs to his office on the third floor at Honolulu Hale to get in sprints of activity. When he has meetings at the State Capitol, he walks up the fire stairs. Yard work on the weekends gives him solitude and the opportunity to see the results of his hard work. He explains that exercise is as important to his well-being as food, air, and water.

Being outdoors is Caldwell’s favorite venue for physical activity. On a recent Saturday morning, Caldwell hit the water for some stand-up paddle boarding (SUP), which is his favorite activity. He got into it after a group of friends invited him along. Before long, he was hooked.

“I love SUP. It’s breathtaking to be out there on the Pacific Ocean looking back at Waikīkī and the Ko‘olaus, feeling the ocean breeze and soaking up some sun,” he says.

Caldwell believes that people in Hawai‘i find themselves outdoors more because of the beautiful weather, leading to a more active lifestyle. He definitely appreciates this sentiment because when he was attending college in Boston, running in the dead of winter meant sweatpants, a sweatshirt, and a sore throat. He’d think to himself, “this is crazy,” but it was exercise. Even in college, health came first and provided the focus and energy he needed to concentrate on his studies.

Being active has always been a priority for Caldwell. When he was 10 and growing up on the Big Island, he walked 50 miles with his parents and a group of Peace Corps graduates who were preparing to go to Asia. The walk was a national fitness challenge that President John F. Kennedy started in 1963 to encourage physical activity. It left a lasting impression on the young Caldwell. “I remember getting blisters, but it was the first time we did something together about health,” he says.

Caldwell’s parents instilled a love for fitness in him, which is a value that he and his wife, Donna Tanoue, passed down to their daughter. These days, Maya, 21, is attending college in Boston and stays fit doing yoga. She tells Dad that he wouldn’t be able to do some of the moves, but he thinks otherwise. As with other aspects of his life, he welcomes the challenge.

BRAD GODA

Who should get a flu shot?

Take a look in the mirror. The person you see is someone who should get an annual flu shot.

Now look around. The people you see will also be protected when you get vaccinated.

SPREADING the flu poses risks to your family, friends, and co-workers. The best way to prevent the flu is to get vaccinated each year, which will also help protect those around you.

Contact your doctor or local pharmacy to learn where you can get your flu shot, often at no cost.

hmsa

a few steps in the right direction

Learning to line dance challenges body and mind.

By **David Frickman**

The key to any good exercise program is to get up and move. The activity that gets you going is up to you: running, weight lifting, line dancing ….

Line dancing is exercise? It can be. Popularized in places where country music is played, line dancing can be found at many establishments throughout the islands.

"They get hooked after the first week," says Lisa Dzienkowski, who teaches line dancing at the Whiskey Dix Saloon in 'Aiea. "It's pretty cool that you can get all kinds of people together."

In line dancing, you learn a series of movements that are repeated throughout the song. The group is taught steps, kicks, and turns in 32- or 64-count patterns that they repeat in unison.

For a newcomer, it may all seem intimidating, but Dzienkowski, who also serves as a sergeant first class in the U.S. Army, says dancers get the hang of it in no time.

"There are some patterns that are pretty common among the line dances, but I teach everything count by count," she says. "People can come in here with no skill whatsoever and be line dancing within 30 minutes."

As an exercise, line dancing provides benefits to the body, mind, and soul.

Physical: As well as developing coordination, the lower-body and cardio benefits of line dancing are undeniable. "People tell me when they come back the next week that they found muscles that they had no idea they had," says Dzienkowski. "It's a pretty good all-around workout."

Mental: "It's a little bit of a mental workout, because you have to remember so much," she says. Because there are turns, you can't always follow the instructor or fellow dancers.

In general, dance has been found to be one of the best exercises for the mind, particularly for the elderly. A 2003 study published in the *New England Journal of Medicine* notes that dancing is the only form of physical activity that's associated with a lower risk of dementia.

Social: You don't need a partner to line dance, but learning as a group with your friends or new people you meet make dancing a lot more fun.

"As a social environment, line dancing is magical," says dance instructor Mark Kantor, who's been line dancing for more than 20 years.

"Beginners always find experienced dancers around to help them learn. I have a diverse group of students, from laborers and medical professionals to executives and members of our military. Music and dance are universal languages."

Getting started in line dancing is almost as easy as showing up.

"Find a venue that has a teacher who starts with easy dances," says Kantor. "And wear appropriate footwear. Slippers are not recommended because you can trip on them; tennis shoes are always good. Dress casual and be prepared to sweat."

And be prepared for fun and an experience you'll want again and again.

Practice Prevention

Stay healthy with preventive services at no cost from **HMSA Akamai Advantage**.

By **Craig De Silva**

When I go to health fairs, I love picking up all the free goodies. After all, who doesn't like freebies?

If you have HMSA Akamai Advantage®, you can get many health care freebies – services at no cost. And the best part of these added goodies: They're designed to keep you healthy.

If you have HMSA Akamai Advantage, you can get many health care freebies.

Take advantage of these services to make the most of your health plan. Make an appointment with your primary care provider soon. An hour or two out of your day is a small price to pay for a lifetime of better health. What are you waiting for? Make that call to your doctor. You'll be glad you did.

Here are just a few services you get with Akamai Advantage:

Annual wellness visit. If you're in good health, you probably don't see your doctor too often. But it's important to see your doctor at least once a year even if you feel fine. An annual wellness visit is your opportunity to identify health concerns early before they become a problem. Your doctor will assess your lifestyle, do basic screenings, and suggest ways you can improve your health.

Cancer screening. Ask your doctor if you should get screened for cancer and the type of test that's best for you. If you're 50 years old, you need to get screened for colorectal cancer. Screenings include a stool test, colonoscopy, or sigmoidoscopy. Depending on your risk and the type of test, you may need it annually, every five years, or every 10 years. Women age 40 and older need regular mammograms to screen for breast cancer.

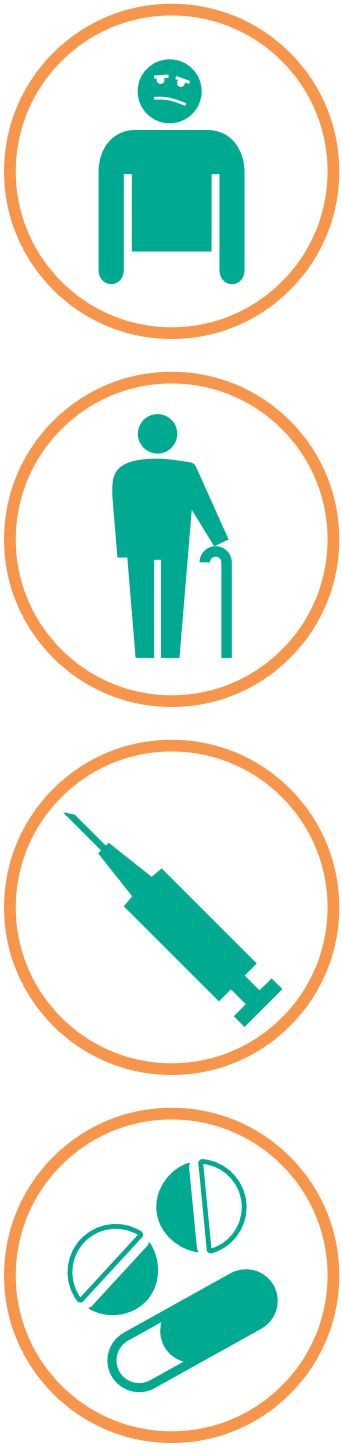
Heart smart. Many people don't realize they have heart disease until it's too late. They often don't feel any symptoms or recognize the warning signs. That's why it's important to check your cholesterol and blood pressure to see if you're at risk. It takes just a few minutes to get these tests. Your doctor can also suggest ways to keep your cholesterol and blood pressure in check with good nutrition and exercise.

Feeling down? About one in 10 people in the U.S. experience some sort of depression. It can be triggered by loneliness, the loss of a loved one, bodily changes, or a traumatic experience. Depression is nothing to be ashamed of and can be treated like any other health condition. If you're feeling blue or not your usual self, talk to your doctor for ways to treat your depression.

Stand tall. Osteoporosis is a disease that weakens bones. Most people don't know they have osteoporosis until they break a bone. Women over the age of 65 and men over the age of 70 should have a bone mineral density test every two years to screen for osteoporosis risk.

Not a shot in the dark. As you get older, your immune system weakens, which increases your chances of getting the flu. It's important to get the flu shot every year in October, when flu season usually starts. About 90 percent of people who die from the flu and 50 percent to 60 percent of people who are hospitalized because of the virus are age 65 or older. All Akamai Advantage plans pay the full cost of flu shots. Flu shots are available through your doctor's office and also offered at many pharmacies with no appointment.

Medication review. Do you take a lot of medications for different conditions, such as high blood pressure, cholesterol, and diabetes? If you take eight or more medications, you may get a call from Mirixa, the company that HMSA works with to help members manage their medications. A pharmacist will explain the purpose of your medications, determine if they work well together, and help you create a reminder system to make sure you take them correctly.



What are you waiting for? Make that call to your doctor. You'll be glad you did.

Learn more ways your Akamai Advantage plan provides preventive services at no cost.

- Go to hmsa.com/advantage
- Call us seven days a week, 8 a.m. - 8 p.m.:
  - Oahu: 948-6000
  - Neighbor Islands: 1 (800) 776-4672 (toll-free)
  - TTY: 711
- Visit us in person at an HMSA Center or office. Go to hmsa.com/contact for location information and hours of operation.

FACES of WELL-BEING

HMSA employees choose different paths to feel their best.

By **Danielle Douglass** Photos by **Rae Huo**

If you walk the halls at HMSA and listen carefully, you'll hear the word "well-being" often. What's even more noticeable is that you'll see employees actually walking the well-being talk.

Well-being isn't a new concept at HMSA. Our employee well-being program, Mālama Ola, was launched three years ago. Last year, we became the first Blue Zones Project® Demonstration Worksite in the state. This year, we're working toward Blue Zones Worksite™ certification.

There are over 1,600 HMSA employees statewide who have many well-being stories. These are just a few tales of how well-being has taken flight at work, home, and in the community.

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Well-being restart

Johnie Bernard had a big health scare on October 24, 2014. While at home during her lunch break, the Administrative Services quality assurance coordinator suffered a heart attack. That event changed her life and started her on a well-being journey.

She can pinpoint the moment she knew she had to change. In the hospital, Bernard saw two people who'd come to visit her at the end of the hallway, crying. She realized she didn't want them to remember her that way.

Bernard returned to work in January 2015, after completing rehabilitation therapy and learning to identify how much stress her heart could take. The rest and rehabilitation paid off and she now has more energy, recognizes her personal limits, and is more willing to accept help.

These days, she shares her well-being enthusiasm with others. She's a positive influence for healthier eating and loves to walk. She's lost 20 pounds, cut down on red meat, quit smoking, keeps her department stocked with healthy snacks, and posts nutritional information for others who may be interested.

Bernard, who's been at HMSA for 40 years, insists her well-being is here to stay. "I'm going to continue with it until I walk out the door, and I'll be here to make 45 years!"

Shredding the debt

Greg Hester, 49, used to have a considerable amount of debt. The vice president and chief technology officer realized he had to clean up his financial well-being in 2013 when he was faced with a huge tax bill for his business. This event brought him to "financial whoa," in which he and his wife, Hali'a, took a critical look at how they were living.

At one point, Hester's physical well-being was also suffering because of his finances. He had canceled the family gym membership and admits he turned to comfort foods and time-wasting activities.

Using the Dave Ramsey Financial Peace University program, which he teaches as a pastor of the New Hope Town congregation, he embarked on a journey to stronger financial well-being. One of Ramsey's books, *Total Money Makeover*, lays out seven baby steps to revamp your finances.

Hester says Ramsey advises people not to carry credit cards. "There are two reasons for this. One is that statistically, if you have a credit card, you're going to use it and aren't going to pay it off," he says. "The number-two reason is that if you start with a credit card, you might have a reasonably good interest rate, but if you miss one payment or you're late, it jumps." Hester has cut up 15 credit cards.

In just over a year and a half, Hester and his family managed to get rid of all their debt. They've simplified their lives by downsizing their home and selling other assets. They have emergency savings, a tax plan, and use the envelope system to manage finances. All this contributes to less anxiety and better well-being.

A social butterfly

Senior Testing Consultant **Nancy Wildes**, 53, loves the concept of moais at HMSA. Moais, or social groups with a shared interest, are a tradition in Okinawa.

"It's a break away from the work and all the to-dos," Wildes says of the moais she belongs to. "We're meeting with people who aren't part of our team or people we're not working directly with on projects, so the chat is more about other topics," she says.

She's in potluck, walking, and faith-based moais. In fact, many of the people in those moais also belong to other moais. Wildes acknowledges that doing activities with others increases accountability and makes it easier to take care of her well-being.

"The social aspects have helped my well-being and help me de-stress. Just getting away from my desk and not talking shop during lunch helps. You're away from it, you get a break, and then you come back refreshed."

It's not only her social well-being that has flourished from her involvement with moais. Wildes has lost weight, eats and feels better, and recently completed a half marathon with others from her moais.

A satisfied volunteer

Darren Cantrill, 45, volunteers so much it's like a part-time job. Cantrill probably spends an average of 20 hours per week volunteering. A conservative estimate would put his overall yearly total at 1,040 hours.

The computer operations manager especially enjoys working with young people and finds personal satisfaction knowing he's making a connection with youth and serving as a role model. "I was taught from an early age that we're put on this Earth for a very short time, so we might as well spend what time we do have helping others," says Cantrill. "I love working with kids because everything they learn and accomplish is so amazing to them. Their pride and smiles really makes it worth it."

Cantrill's volunteer experiences span the Boy Scouts, City & County of Honolulu's Department of Emergency Management (formerly Civil Defense), and involvement with HMSA's Rooftop Garden Committee. He's most involved with Boy Scouts, which he's been immersed in since 2009. Since then, he's influenced the lives of thousands of scouts, units, and volunteers. In 2014, he received the Cubmaster of the Year award.

His experiences have improved his well-being and brought him closer to his family. He's followed his 11-year-old son through Cub Scouts and Boy Scouts journeys. Cantrill acknowledges he couldn't do his volunteering, which is truly his passion, without the support of his wife, Jeni.

Aside from a genuine desire to help others and give young men the same experiences he had growing up, Cantrill explains why volunteering is so important to him. He says that if he were to die suddenly, he'd want to feel satisfied knowing he's leaving a legacy and led a good life being a positive influence and role model to others.

Rick Oliver has a good sense of humor and likes to make others laugh. In fact, he discovered those were two of his strengths at a workshop about finding your purpose. His other strengths are getting to the heart of the matter and having an awakening spirit.

Oliver, who considers himself an ordinary guy taking small steps for his well-being, says he uses his strengths daily. He doesn't need to "try;" he just "does" because it's a part of his makeup and it just happens.

The quality assurance analyst has lost 35 pounds, is working on kicking his smoking habit, walks twice a week, has begun working out at the company's fitness center, surrounds himself with people and uplifting music, and watches what he eats.

"Exercise is an amazing thing," he says. "I noticed something when I first started walking. I'd come home and I was energized and found myself doing household chores, which I'd usually wait to do until the weekend.

"Everyone knows what they need," says Oliver. "It's about taking that initial step and asking somebody for a little help." He explains that knowing someone is concerned about him makes all the difference in the world.

Ever changing, ever evolving

Something really great about well-being is that it's not a constant state. Your well-being changes as your life changes. That's really good news because we can all improve and feel better at any point in time. It also means we need to be mindful of our well-being when it's high and find opportunities to keep it that way.

How's your personal well-being journey? If you'd like to share your story with us, we'd love to hear it. Please email us at **feedback@islandscene.com**.

Check out more personal and inspiring stories of well-being at HMSA's new health and well-being blog (wellbeinghi.com).

well-being HAWAII

Check out HMSA's new blog and discover recipes, fitness tips, personal stories, and more!

HEALTH

FITNESS

FOOD

LIFESTYLE

wellbeinghi.com

Be informed. Be engaged. Be inspired.

Join the conversation about health and well-being in Hawaii.

@Wellbeing_HI /wellbeinghi

hmsa

1010-2914

i bought a plan on the Hawai‘i health connector. now what?

What you need to know.

By **Robyn Kuraoka**

Earlier this year, the state decided to assume the responsibilities of the Hawai‘i Health Connector, Hawai‘i’s online health insurance marketplace, beginning in 2016. This continues to cause confusion for thousands of HMSA members who bought health plans on the Hawai‘i Health Connector.

We want to help you understand what’s going on. Here are the five most important things you need to know:

1. **You’re covered this year.** You’ll have your HMSA plan through the end of 2015 with no changes to your benefits or premiums. To keep your plan through December 31, pay your monthly premium as usual.
2. **Subsidies are still in place.** If you’re getting financial help from the Hawai‘i Health Connector to pay for your premium, you’ll continue to receive the subsidy through the end of the year.
3. **You need to re-enroll in a health plan for 2016.** Anyone who bought a health plan on the Hawai‘i Health Connector must re-enroll. Open enrollment runs from November 1, 2015, to January 31, 2016. During this time, you can go to HealthCare.gov or come directly to us to buy an HMSA health plan. We can help you through the process to make sure you don’t end up with unexpected medical bills on January 1.
4. **Financial assistance will be available next year.** If you were getting a subsidy, you’ll need to visit HealthCare.gov to determine if you’re still eligible for a subsidy.
5. **Do you get your health insurance through your job?** Directly from HMSA? Are you an Akamai Advantage member? If you answered “yes” to any of those questions, the closing of the Hawai‘i Health Connector doesn’t affect you at all.

Later this year, HMSA will send renewal notices to our individual plan members. These notices will include important information about 2016 premiums and if members need to take action.

As we’ve learned, this is a constantly changing situation. That’s why we’re doing all we can to keep you informed. If you have questions, we’re here for you. Call us at 983-7280 on O‘ahu or 1 (844) 230-0427 toll-free on the Neighbor Islands or the Mainland, Monday through Friday, 8 a.m. to 5 p.m.

Privacy Notice

This notice describes how your health data may be used and disclosed and how you can access your data. Please read it carefully.

We care about the privacy of your health data and protect your privacy in keeping with federal law. This notice describes our privacy rules, our legal duty, and your rights about your health data. This notice went into effect on September 22, 2013.

We must give you a copy of this notice and follow the terms of this notice. We have the right to change this notice at any time. If we make major changes to this notice, we'll post a revised notice on HMSA's website (hmsa.com). We'll give you a copy of the revised notice or details about the changes and tell you how to get the revised notice.

Your Protected Health Information, or PHI

Your PHI includes data about you, the health care services you get, and payment for your care. HMSA gets and produces PHI. For example, after you visit the doctor, a claim is sent to HMSA. The claim may have details about your health, symptoms, injury or illness, exam, treatment, and more. Your PHI may be used in several ways, such as to pay your claim or to plan your care.

Your Rights

The law gives you rights about your PHI. As an HMSA member, you have the right to:

- Ask for and get a copy of this notice at any time.
- See or ask for a copy of your PHI on paper or in electronic form. There may be a fee for these copies.
- Ask us to limit how we use and share your PHI. There may be reasons why we can't agree to your request. Even if we agree, we may still share your records during emergencies or when the law says we have to.
- Ask for and get a list of third parties that we share your PHI with for certain reasons.
- Ask that your PHI be sent to you by a different way other than by mail or be sent to a different address. This can be done if you feel your life is in danger.
- Ask to add to your PHI. In some cases, we may not be able to grant your request, such as if we did not create the PHI. If we deny your request, we'll tell you why in writing. If you don't agree, you may send us a letter that says you do not agree.
- If there is a misuse of your PHI, we'll let you know about it if we feel it's needed or if the law says we have to.

You may contact us as noted at the end of this notice about your rights.

Our Duties

The law clearly spells out the duties of health plans. HMSA must:

- Protect the privacy of your PHI.
- Give you a notice of our privacy practices.
- Follow the terms of this notice.
- Fulfill your request to send PHI in a different way or to a different address. This can be done if you feel you are in danger. Your request must be reasonable and state the other address or the other way you want us to contact you. Also, your request must let us pay claims, send you letters, and collect premiums for your health plan.*
- Use and share only the PHI we need to do our jobs.
- Make sure our business associates (BAs) agree to protect your PHI the same way we do.

We won't use or share your PHI except when the law says we have to or as described in this notice. Also, we won't ask you to give up your privacy rights to join an HMSA plan or to get care.

How PHI is Used and Shared

There are three key areas where we need to use and share your PHI: to treat you, to pay your claims, and for other health care operations. We may also contract with other parties or BAs to do the work for us, as long as they promise to protect your PHI as we do. Each area is described below.

To treat you: This includes services to provide or manage your health care. As your health plan, we may need to share PHI with your doctor or others so they can treat you.

To pay your claims: We need to pay claims from doctors, hospitals, and others for your care. We may also share PHI to collect premiums, to see if you can get care, to set your level of coverage, and to work with other health plans to decide on benefits.

For health care operations: We want you to get quality health care services. To do that, we may get copies of your medical records and your lab test results for quality review, to review provider qualifications, and to track wellness and manage disease. We may also use PHI to set premiums, resolve complaints and appeals, manage our business, and other operations.

* Collecting premiums does not apply to HMSA QUEST Integration members.

Other Ways We Use and Share PHI

At times, we'll need to use and share your PHI for your own good, to serve the public good, or when the law says we have to. In these cases, we'll use and share only the smallest amount of PHI needed. Examples are:

To discuss treatment options or other products or services: HMSA or its BAs may use your PHI to send you details on care options or other products or services as allowed by law. This may include data on our provider network and new products or services that only HMSA members can get. It may also include options on other care, health care providers, or settings of care that may work for you. You may contact us if you don't want to get certain letters. We'll get your authorization to send you details about a third-party's products or services if we get financial payment from the third party for doing so or in other cases when the law says we have to.

To others involved in your health care: Unless you object, we may share your PHI with your family members or a friend who's involved in your health care.

For raising funds: HMSA doesn't ask its members to raise funds for its own use.

For underwriting: We may use your PHI to create, renew, or replace your health plan or health benefits. We won't use or share this PHI for any other reasons except when the law says we can or the law says we have to. We won't use or share genetic data for underwriting uses. If the contract for a health plan or health benefits is placed with us, we'll use and share your PHI only as described in this notice or as allowed by law.

With your written authorization: Most uses and sharing of psychotherapy notes, some uses and sharing for marketing, and sharing that involves the sale of your PHI will need your authorization. You may also give us authorization in writing to use or share your PHI with someone you name. You may end your authorization in writing at any time. We'll honor your request unless the PHI has already been shared. We won't use or share your PHI for reasons that are not allowed by law or not described in this notice unless we get your written authorization.

During an emergency or disaster: During a medical emergency or disaster, we may share your PHI to make sure you can get the care you need or to process payment for your care. We may also need to share your PHI during a disaster to help your family find out how you're doing and where you are. If you're not present or are not able to agree to these uses of your PHI, we may need to decide if sharing the PHI is best for you.

To plan sponsors: We may share your PHI with your group health plan sponsor or its legal representative to help them manage your group health plan. Only the smallest amount of PHI needed will be shared.

For health information exchanges (HIEs): We may take part in one or more HIEs. This means that your PHI may be available electronically to treat you, to pay your claim, or for health care operations. Other doctors and health plans that take part in the HIE may have access to this data.

To report to authorities: As required by law, we may share your PHI if we suspect abuse, neglect, or domestic violence.

For research: We may use or share your PHI with researchers when they agree to protect it.

To comply with privacy laws: We may use or share your PHI as required by privacy laws.

For workers' compensation: We may share your PHI to comply with laws on workers' compensation or similar programs.

For public health: We may share your PHI with public health or legal staff who work to prevent or control disease, injury, or disability.

For health oversight: We may share your PHI to prevent fraud and abuse, and for audits, investigations, inspections, licenses, and other government activities to monitor health care.

For judicial and administrative matters: We may share your PHI in response to a court or administrative order, subpoena, or other law process, in some cases.

For law enforcement reasons: In a few cases, such as a court order, warrant, or grand jury subpoena, we may share your PHI with law enforcement officials.

For military or national security reasons: In some cases, we may share PHI of armed forces staff with military authorities. We may also share PHI with federal officials for national security reasons.

For More Information or to Report a Problem

For more details on HMSA's privacy practices, please contact us as noted below.

If you believe that your privacy rights have been breached, you may file a complaint with us at the address below. You may also send a written complaint to the U.S. Department of Health and Human Services. If you choose to file a complaint, we assure you that we won't retaliate in any way.

Thank you for taking the time to review this notice. As your health plan, we work hard to take care of your PHI. We know this is important to you and we take our duties very seriously.

Write to HMSA:

HMSA Privacy Office
P.O. Box 860
Honolulu, HI 96808-0860

Honolulu, Oahu

Group/Individual Plans	948-6111
Federal/State/County Plans	948-6499
HMO Plans	948-6372
Blue Cross Blue Shield Service Benefit Plan (FEP)	948-6281
HMSA QUEST Integration	948-6486
Akamai Advantage	948-6000
Text Telephone (TTY)	1 (877) 447-5990 toll-free

Hilo, Hawaii Island 935-5441

Kona, Hawaii Island 329-5291

Lihue, Kauai 245-3393

Kahului, Maui 871-6295

Write to the U.S. Department of Health and Human Services:

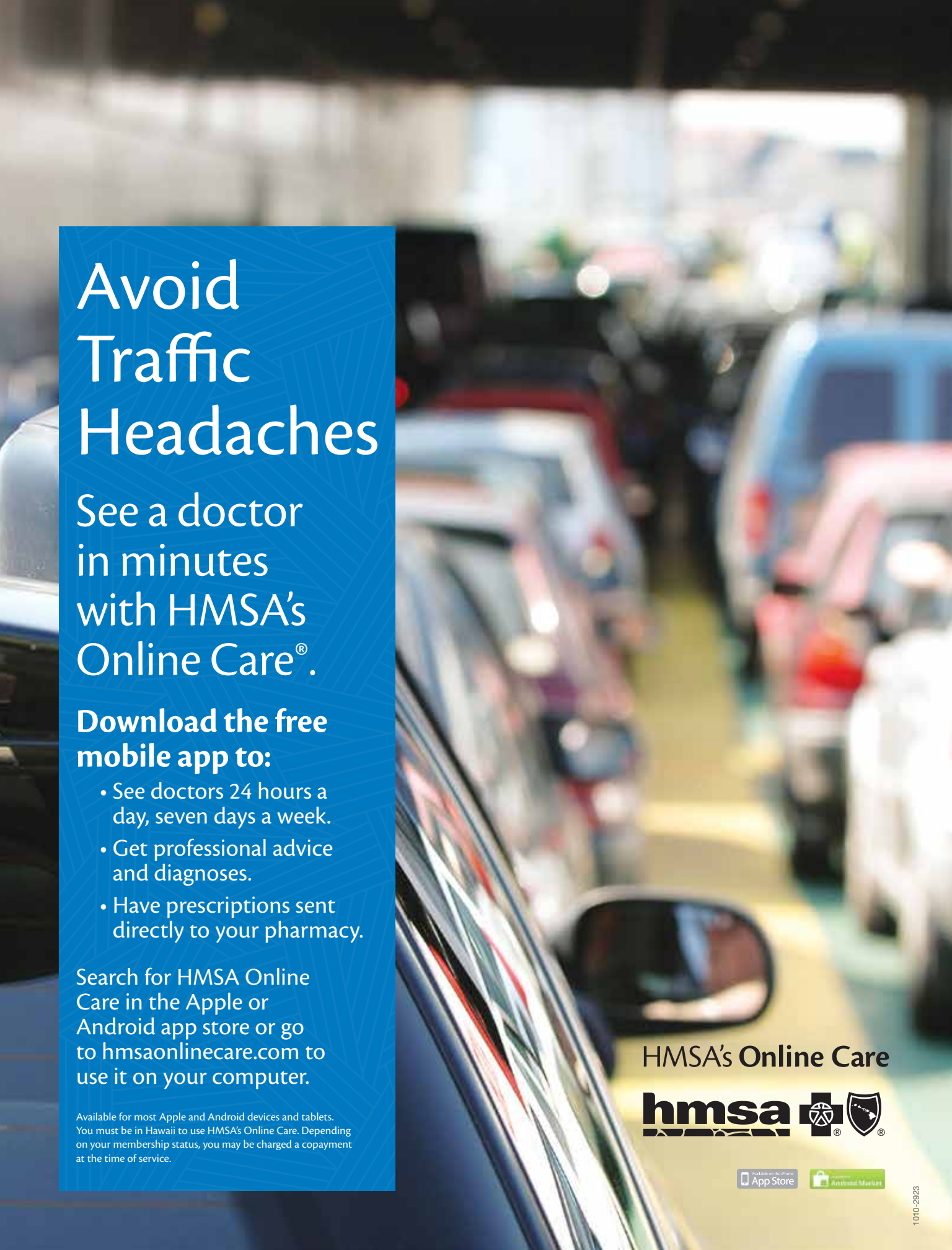
Office for Civil Rights, DHHS
90 7th St., Suite 4-100
San Francisco, CA 94103

Phone..... 1 (800) 368-1019 toll-free

TDD ..... 1 (800) 537-7697 toll-free

Fax ..... (415) 437-8329

hhs.gov/ocr/privacy/hipaa/complaints/index.html



Avoid Traffic Headaches

See a doctor in minutes with HMSA's Online Care®.

Download the free mobile app to:

- See doctors 24 hours a day, seven days a week.
- Get professional advice and diagnoses.
- Have prescriptions sent directly to your pharmacy.

Search for HMSA Online Care in the Apple or Android app store or go to hmsaonlinecare.com to use it on your computer.

Available for most Apple and Android devices and tablets. You must be in Hawaii to use HMSA's Online Care. Depending on your membership status, you may be charged a copayment at the time of service.

HMSA's **Online Care**

hmsa

App Store

1010-2923

1010-3374

With **HMSA QUEST Integration**, you and your family have:

- The freedom to choose your own doctors.
- Peace of mind knowing you're covered by a plan with more than 75 years of experience.

If somebody you know wants to switch to HMSA QUEST Integration, tell them to choose HMSA on their annual plan change form by October 16.

hmsa

948-6486 • 1 (800) 440-0640 toll-free • 1 (877) 447-5990 TTY users

Congratulations
to the 2015
HMSA Kaimana School Winners

The HMSA Kaimana Awards recognizes Hawaii high schools for excellence in academics, athletics, community service, healthy activities, and sportsmanship.

Big Island Interscholastic Federation
Large School: **Keaau High School**
Small School: **Parker School**

Interscholastic League of Honolulu
Large School: **Sacred Hearts Academy**
Small School: **Island Pacific Academy**

Kauai Interscholastic Federation
Waimea High School

Maui Interscholastic League
Large School: **Kamehameha Schools Maui**
Small School: **St. Anthony Junior-Senior High School**

Oahu Interscholastic Association
Large School: **Mililani High School**
Small School: **Aiea High School**

hmsa KAIMANA AWARDS & SCHOLARSHIP PROGRAM

HAWAII HIGH SCHOOL HHSAA ATHLETIC ASSOCIATION

hmsa

The Kaimana Awards & Scholarship Program is proudly sponsored by HMSA and the Hawaii High School Athletic Association.
For a complete list of scholarship and school winners, visit hmsa.com/kaimana.

1010-2905

HMSA's care access assistance program

Get financial help for interisland travel to see a specialist.

By **Brooke-Alyson Serikaku, Health Plan Specialist, HMSA Center @ Hilo**

Many residents on the Neighbor Islands are all too familiar with being referred to an HMSA participating specialist on another island. Sometimes a specialist isn't available on their home island or the member can't get an appointment soon enough. We strive to provide access to quality health care for all our members, which is why we created HMSA's Care Access Assistance Program (CAAP).

CAAP pays for interisland travel so that you can see the doctor you need no matter what island you're on. Most HMSA members qualify for CAAP. (HMSA QUEST Integration and some HMO plans have other interisland transportation benefits.)

Here's how the program works

Your primary care provider (PCP) will decide if you need to see a specialist on another island. Your PCP will complete a Travel Assistance Request form and fax it to HMSA's Medical Management department before your appointment with the specialist. The request may also be submitted within five days after your appointment.

Medical Management will review the request and let you know if it meets CAAP's requirements. Program rules help contain costs and ensure that assistance is available for members. However, travel requests will be denied for:

- Referrals to a specialist who isn't an HMSA participating provider.
- Referrals for a service that isn't a benefit of your HMSA plan, such as cosmetic surgery.
- Visits to family practice, general practice, internal medicine, optometry, and podiatry providers. (Those providers aren't considered specialists for CAAP.)
- Visits to dental, routine vision, or rehabilitation (physical or occupational therapy) providers.

Also, CAAP doesn't pay for:

- First class or multiple seats.
- Companion airfare (for members age 18 or older).
- Frequent flier miles.
- Reservation change fees.
- Ground transportation.
- Hotel, parking, and meals.

EARL YOSHII

Brooke-Alyson Serikaku

If your request is approved, you can either make your own travel arrangements or ask HMSA to do it for you. If you make your own travel arrangements, HMSA will reimburse you for a predetermined, set rate. When HMSA makes the arrangements, we'll pay the airlines and you'll need to submit the physician certification to HMSA to confirm that you saw the specialist.

CAAP provides for up to 10 round trips per year. If you have a follow-up appointment with the same specialist, you'll need to tell us about it before the appointment or no later than five days after. Let us know by telephone, email, or in person at an HMSA Center or office.

We understand the hardship that traveling can cause. However, we want to ensure that all our members have access to the health care that they need even if it's on a different island. Whether on your home island or away, we've got your back.

Details about CAAP are available on our website, hmsa.com. You can also visit us at an HMSA Center or office, where we're always happy to help you.

investing in Hawai‘i’s future

HMSA Board member Elizabeth Hokada continues her father’s legacy of service.

By **Craig DeSilva**

Leaving home is in Elizabeth Hokada’s blood.

Her father, Garret Hokada, grew up on a sugar plantation on Kaua‘i and ran away from home to attend the University of Hawai‘i. Her grandmother left Japan for Hawai‘i at the age of 16.

But when Hokada told her parents she was going to the Mainland for college, they objected. “My mother said it was hard to see me leave because it was so far away,” she says. “When she left Japan, her mother didn’t know if she would ever see her again. She left by boat and the family didn’t have a telephone.”

Hokada had a lot of heated discussions with her parents, but “in the end, they supported me and I’m grateful that they did. My mother thought about her own mother’s journey to Hawai‘i at the age of 16. And maybe my dad thought about his own life and leaving home for college,” she says.

Hokada earned a BA and an MBA at Yale University and spent 20 years of her career at the University of Michigan managing its investments. She returned to Hawai‘i in 2005 to join Kamehameha Schools and today is managing director for its Financial Assets. Hokada values her years on the Mainland, but says it’s great to be back home in the place she loves most and where she can make a difference for Hawaiians.

Why did you want to join the HMSA Board of Directors? All the time I’ve lived in Hawai‘i, I’ve been an HMSA member. I remember it from my childhood and know how important HMSA is to this community. Because health care is a central concern for this country, this is my chance to contribute a little bit. And one of the things that HMSA is doing to deal with health care costs is talking about each person’s responsibility to take care of their health. That’s something I’m very interested in.

Your dad served on the University of Hawai‘i Foundation board. You’re on the UH Foundation board. How much influence did he have on you to serve in the community? He had a deep influence, although I didn’t think about it when I was younger. I guess it seeped in. My parents didn’t tell us what to do. They modeled the behavior they expected in their children.

How did your parents meet? Dad was a fireman at the Kaka‘ako station down the street from my office. He met my mother around the corner when she was working as a clerk. They moved to Chicago so my dad could attend Northwestern University.

It must have been a difficult transition for them since there probably weren’t many Asians in the Midwest at the time. My mother worked as a store clerk at Woolworth in Chicago. Someone told me it was a shock to see my mother there. Hard to imagine, but it was a shockingly high status position for an Asian in those days. Asians were mostly servants or plantation workers.

How did a local girl from Roosevelt High School end up at Yale? The Yale recruiter was a Farrington High School graduate who’d recruit at public schools, not just at Punahou or ‘Iolani. In those days, there were no campus tours or researching schools online. I went to Yale sight unseen. I had no idea what to expect. There were 12 students from Hawai‘i at Yale from a mix of public and private high schools.

What are some of your favorite family activities? My daughter is now a junior at Barnard College in New York and I miss her a lot. But when she’s home, we like spending time together as a family. She cooks with my husband. They’re great cooks. I eat, applaud, and do the dishes. We love traveling to Hawai‘i Island to snorkel and go to the farmers markets in Hilo and Waimea. Here, on Saturdays, we go to the farmers market at Ward Warehouse or in Waialua.

Do you have more free time now? My labrador and golden retriever keep me and my husband busy. It’s nice to have that furry presence. They’re very comforting. Walking them every day is my exercise. It’s a quiet, peaceful time. They provide a wonderful, loving presence.

BRAD GODA

take your pain off the table

Physiatry heals injuries and pain without addictive medications or surgery.

By **David Frickman**

People with persistent back or shoulder pain are seeking solutions. "Is pain medication the right option? Do I need surgery?"

There's another choice for people who hate the idea of using addictive medication for their pain or going under the knife to treat a health issue, and it's a specialty you might not be familiar with. It's called physiatry.

"A lot of folks haven't heard of us before," says Dwight Lin, M.D., a physiatrist and HMSA participating provider whose practice focuses on treating sports and back injuries. "Physiatrists are medical doctors who specialize in muscle, nerve, and joint injuries that affect how you move. We help rehabilitate people without surgery.

"For some doctors, the treatment may be the pain killer or the shot. But to a physiatrist, restoring function is the ultimate goal."

Take, for example, the patient who hurt his back playing golf three months ago and has tried other remedies before reaching the physiatrist's office. "Most back pain tends to get better in two to four weeks on its own," says Lin. "Unfortunately for this patient, the symptoms persisted. He tried taking over-the-counter medication. He went to his primary care doctor and maybe even tried massage therapy or saw a chiropractor.

"Maybe the patient tried some physical therapy and some stretching exercises and didn't any better, so his doctor sent him to us and said, 'Can you help us with the diagnosis?'"

Finding and treating the problem

"A thorough diagnosis, review of treatment options, and helping patients make informed choices are essential components of the physiatric approach. Combining this with an individualized exercise prescription is what separates physiatry from other medical specialties and physical therapy. The physical therapist (PT) will help the patient through the prescribed exercises, but it's the physiatrist who does a thorough medical examination and "writes the prescription" for the exercise program.

"Depending on the diagnosis, there's a frequency, an intensity, and a duration for each exercise prescription," says Lin. "To a physiatrist, exercise is truly medicine."

The physiatric evaluation starts with a consultation to learn what triggers the pain, what makes it worse, what makes it better, and what medications are being used to ease the pain. The physiatrist will also review the patient's medical history to discover any complicating issues such as diabetes or a family history of back trouble.

"Then we do a thorough physical examination to see if there are any signs of nerve involvement, what are the limitations on range of motion, or if there's an impact on the other related muscle groups nearby," Lin says. "Often, people who have a back injury may have a problem with some of the muscles nearby. Sometimes hip problems can be mistaken for a back problem."

Lin uses the combination of a history, physical examination, and sometimes diagnostic scans to help patients. "We really try to avoid unnecessary testing. But when pain is really limiting function

and we're looking for more aggressive treatment, we'll use tests like X-rays, ultrasound, CT, or MRI scans to sort out the diagnosis, wso we have a more precise and effective treatment plan."

Though medication is not always indicated, Lin says it's sometimes necessary to help the patient through the exercise program. "We'll typically use things like anti-inflammatories. They can have side effects, but we try not to use anything addictive. We want to use medications that are going to help our patients recover."

Talk to a physiatrist before surgery

For most people with low back pain (those without cancer or injuries that could lead to paralysis or permanent nerve damage, for example), research indicates that it's a good idea to see a physiatrist before seeing a surgeon. A 2012 Michigan study showed that physiatry consultations resulted in a 25 percent reduction in spine surgeries and a 70 percent improvement in patient satisfaction overall.

"We work alongside orthopedic surgeons and neurosurgeons to manage a lot of these muscle, joint, and other various injuries from sports or work," he says. "We often help triage the patient to figure out what's going on. We try the non-surgical options first and exhaust those before we have patients see our surgical colleagues. This includes physical therapy, prescription medications, and injections ranging from epidural steroids to platelet rich plasma and stem cells. If injections are indicated, we always use image guidance, such as ultrasound or X-rays, for safety, comfort, and precision. If it turns out that there's something like a fracture or condition that needs to be addressed surgically, we can get them seen quickly.

"We don't focus on the pain. We focus on helping people function. Physiatry is unique in that we take a non-surgical and non-narcotic approach to helping people rehabilitate from sports injuries and back pain."

Dr. Dwight Lin with a patient.

Our network is larger.

More physicians and other providers have joined our network. We welcome these additional choices for your care.

Reina Acacio
Elizabeth A. Amos
Srikala Ayyagari
Kelly A. Bear
Amber R. Bell
Arika L. Benjamin
Fabienne C. Bisaro
Andrew Black
Arthur H. Brownstein
James H. Caldwell
Michael F. Caliri
Disa Gay B. Camacaylan
Reuben Chong
Jonathan P. Corrigan
Scott M. Dale
Maria Elena Dionisio
Kamara M. Dodd
Jimmel E. Dumas
Ramona T. Estrada
Drew J. Farrior
Nicole Naulani Galindo
Brittany Galski
Leslie Garay
Cheryl Giese
Katherine M. Gravesen
Erin C. Gustin
Margaret L. Hall
Meredith Hannan
James H. Hattaway Jr.
Casey E. Herrforth
Paul E. Howard
Sarah C. Kasai
Joelle Y. Kikukawa
Kerry A. Little
Susan J. Littler
Takkin Lo
Pia Marie S. Lorenzo
Lisa G. Lyon
John A. Mascaro
Kelly M. Mcdaniel
Joyce T. Miranda
Akinaka Miura
Thomas H. Miyashiro
Harvey M. Nakamoto
Lucretia P. Newkirk
Rita Newman
Mishna Orion
Akishi Oshita
Ho Sung Pak
Andrea L. Parker
Alan Parsa
Pouria Parsa
Shannon M. Price
Paige L. Resor
Junriel G. Roa
Michael T. Schirf
Rosalie J. Schreiber
Tina Selmar-Etting
Indu Sharma
Julie L. Sims
Rachelle E. Sorci
Robin L. Spencer
Kathryn M. Stahl
Katherine Starr
Brian J. Thompson
Saki Toguchi
Elaine Tsukayama
Kari L. Van Camp
John R. Walker
Taylor A. Waters
Diane J. Watjen
Ashley K. Wilcox
Rhonda T. Williams
Lindsey R. Wynkoop
Sheri Yasuna
Michael Zhadkevich

For contact information and plans accepted, go to hmsa.com and click Find a Doctor. *These providers joined HMSA's network December 27, 2014 – March 30, 2015.*

hmsa

1010-2911

the DNA of genetic testing

What you need to know.

By **Leilani Young, HMSA**

Great strides have been made in medical technology to help us do everything from predicting the gender of our unborn children to figuring out the likelihood of developing serious diseases. It's not surprising that in this day and age, having these tools offer the kind of security that was once unattainable, and more patients and doctors are seeking new ways to unlock the mysteries of health.

Recently, there's been a rise in the popularity of genetic testing, which identifies changes in chromosomes, genes, or proteins. The results of a genetic test can confirm or rule out a suspected health condition or help determine a person's chances of developing or passing on a disorder. Some examples include tests for genes that may increase the risk of breast and ovarian cancers, cystic fibrosis, and Lynch syndrome, which is a hereditary colorectal cancer.

Because many of these tests are still in their infancy, some have yet to demonstrate their clinical effectiveness or be approved by the U.S. Food and Drug Administration (FDA). These tests should be ordered only if the results will help you and your doctor establish a treatment plan.

So how does this affect you?

If your doctor recommends genetic testing, here are some things you should know:

- Ask your doctor if the test is FDA-approved and if it meets HMSA's medical necessity criteria. If it doesn't meet our criteria, HMSA participating providers can't bill you or ask you to pay for the service.
- Ask your doctor if HMSA will pay for the test.
- Ask your doctor if precertification from HMSA is needed for your test.
- Ask if a local lab in HMSA's network will perform the test. Most labs that perform genetic testing are out of state and aren't in HMSA's network.

- If you're going to have a biopsy and tissue will be sent to a pathologist for genetic testing, make sure to ask your doctor if the pathologist is an HMSA participating provider.

If you see a nonparticipating provider, you'll have to pay the copayment plus the difference between the actual charge and the eligible charge and any deductibles. In many cases, this could be very expensive. Nonparticipating providers may charge substantially more than HMSA's eligible charge.

Before receiving services from a nonparticipating provider, ask the provider what the procedure code and charge will be. Call HMSA with the information and we'll determine what the eligible charge is. That way, you can calculate your out-of-pocket cost ahead of time.

We want you to be in control of your health care for your best well-being. If you have questions about genetic testing or any HMSA plan benefits, please call us and we'll be happy to help you. Visit an HMSA Center or office or call HMSA's Customer Relations team at 948-6079 on O'ahu or 1 (800) 776-4672 toll-free on the Neighbor Islands.

the best worst thing

What I learned when I had Guillain-Barrè syndrome.

By **Jodie Ching**

It started a few days after Thanksgiving in 2011. My arms and legs felt a little tingly. I took a late afternoon walk to try to shake off the feeling. I felt slightly better, but still felt a little off. The next morning, I woke up and felt weak all over, so I called my doctor.

At my appointment, he said I had a virus and just needed to ride it out. I had a sense that this wasn't an ordinary virus, but that evening I went to bed hoping my body would heal itself while at rest.

The next morning, I looked at my alarm clock and saw the time—twice. I had double vision! When I got out of bed, my legs felt like jelly. I talked to my doctor about my worsened condition and he said, "Go to the emergency room."

I took several tests, both at the emergency room and with two neurologists in the following days. I was eventually diagnosed with Guillain-Barrè syndrome, a rare disorder in which the body's immune system attacks the nerves.

The doctors told me that most people get better within a few months and it was uncommon to have permanent nerve damage. However, they were worried about my vision, which they warned might never get back to normal.

I was prescribed steroid medication, but didn't respond well to it. There were no other medications to help me. As the weeks went on, I developed severe neck and shoulder pain in addition to the double vision. At this point, I was wearing an eye patch and getting around in a wheelchair when we went out. Watching movies made me dizzy.

Soon it was December and the holidays took on a different meaning. That year, I was in no condition to shop for presents. Doing what I could to decorate the tree, bake cookies, and wrap a few gifts with family was precious to me and I felt a little guilty about taking such moments for granted in the past.

With no medication to turn to, I slowly learned to pay attention to what made me feel better and what made me feel worse. Knitting became my therapy and playing my *sanshin* (an Okinawan string instrument) and listening to music seemed to help, too. Warm showers kept the head, neck, and shoulder pain away. If my limbs felt mildly heavy, I knew it was time to rest.

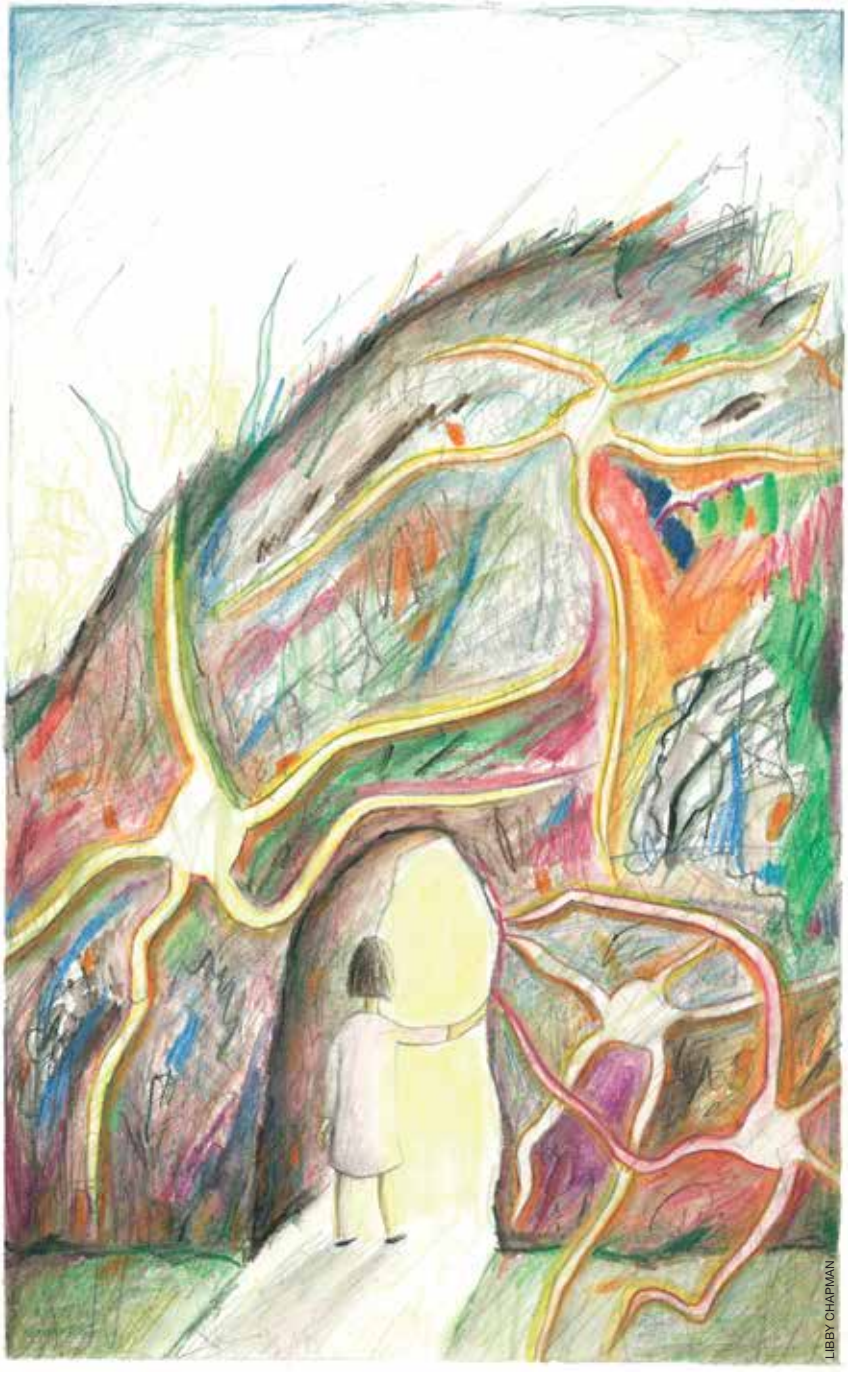
My family, including my husband, Alex, was also important in my recovery. This experience truly showed me the extent of Alex's kindness. He never showed fear, only love and support.

By January, I was able to return to my office job part-time. Meanwhile, I had been working with an ophthalmologist who specialized in double vision. He prescribed eyeglasses with prism lens to correct my vision. I was able to enjoy movies without getting dizzy. I was even able to drive!

My vision gradually improved and on March 2, 2012, about three months after I was diagnosed with Guillain-Barrè syndrome, my doctors said I was officially cured. Today, I'm healthier than I've ever been. I've learned that illness is a teacher. Pay attention to your body and it will tell you how to be healthy and happy. Happiness really is the key.

In my case, there were no medicines that could help me, only the support of my friends and family and my choice to make every day a good one. Be grateful for your experiences, even the negative ones, because those are the ones that make you grow.

Edited by Neal Iwamoto



Guillain-Barrè Syndrome

Guillain-Barrè (gee-YAH-buh-RAY) syndrome is a rare disorder in which your body's immune system attacks your nerves. It strikes 1 in 100,000 people.

Symptoms

- Weakness or tingling sensations in the extremities.
- In severe cases, sensations will spread quickly and paralyze the entire body.

Possible causes

- The cause is unknown. It's not contagious.
- It's sometimes preceded by a respiratory infection or the stomach flu.

Treatment

- Plasma exchange.
- Immunoglobulin therapy.
- Steroid therapy.
- Physical therapy.
- Exercise therapy.

Recovery

- Recovery may take as little as a few weeks or as long as a few years.

By **Neal Iwamoto**

For more personal stories on health and well-being, visit wellbeinghi.com.

We're Here to Help

Our friendly health plan specialists can help you choose the right medical and dental plans for your needs.

Visit us today.

For a list of HMSA Centers and offices, visit **hmsa.com/contact**.

Attention HMSA Members

Women's Health and Cancer Rights Act of 1998

Under the Women's Health and Cancer Rights Act of 1998, most health plans that provide medical and surgical benefits in connection with a mastectomy must also provide benefits for certain reconstructive surgery.

Coverage must provide for all stages of reconstruction of the breast on which the mastectomy was performed, surgery and reconstruction of the other breast to produce a symmetrical appearance, prostheses, and treatment of physical complications of mastectomy, including lymphedema.

This coverage is subject to a health plan's annual deductible and coinsurance provisions.

If you have any questions about whether your HMSA plan covers mastectomies or reconstructive surgery, please call HMSA's Customer Relations department at 948-6079 on Oahu or 1 (800) 776-4672 toll-free on the Neighbor Islands.

a family of physicians

Venu and VJ Reddy love what they do.

By **David Frickman**

More than 50 years ago, Venu and Vijaya (VJ) Reddy met and, a few months later, married. Today, the two HMSA participating pediatricians (Venu specializes in pediatric cardiology, VJ in general pediatrics and developmental disorders) have two sons (both physicians) and four grandchildren. Venu started his practice in 1970; VJ began hers in 1977. Neither seems eager to retire.

Island Scene recently sat down with the couple in VJ's office at The Queen's Medical Center.

***Island Scene:* How did you meet?**

Venu Reddy, M.D.: I came to the U.S. before she did. I finished my cardiology training and went back to India. I was giving some talks in a hospital and friends introduced us.

IS: What are some of the challenges and benefits of being in a doctor-doctor relationship?

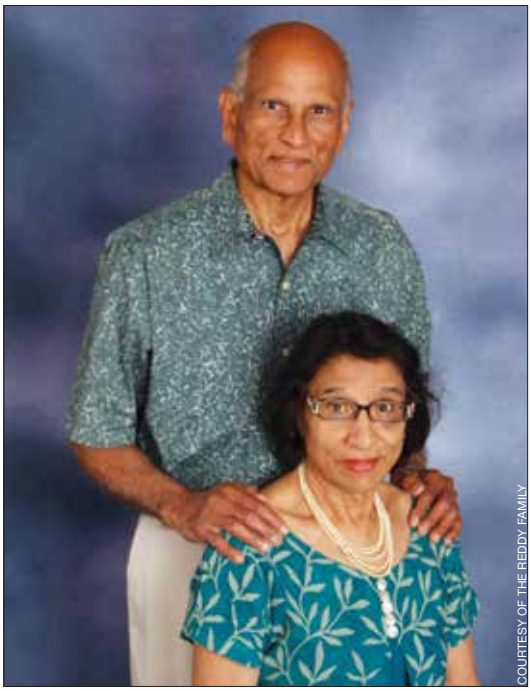
VJ Reddy, M.D.: I don't see any difficulty. I think it helps us understand each other better.

IS: Do you talk a lot about work at home?

Venu: Not much. Very rarely. If one of us has a complicated case where the other's expertise can help, we might discuss the medical issues informally. Otherwise, we normally don't. We need to be careful not to cross any confidentiality boundaries.

IS: What do you like to do when you're not working?

VJ: I love to cook and do some knitting and making lei and painting at times.



COURTESY OF THE REDDY FAMILY

Venu (top) and VJ Reddy.

Venu: Gardening and swimming, and we get to see the grandkids on the weekends and spend time with them.

IS: Do you have any plans after retirement or are you even planning to retire anytime soon?

VJ: We ask ourselves that question a lot, but I still feel capable and have energy. I've cut down my hours to mornings only and I love it.

Venu: I have two young partners and they share my work, so it's not as hard on me as it used to be. As long as I feel energetic, I don't want to just sit at home.

IS: It sounds like the practices are going well for the both of you.

VJ: I think so. We are blessed.

Venu: Patients like us. We like them.

VJ: This year, I'm seeing more kids of the kids from when I first started, so I feel like a part of their family.

Talk with Your Doc

Your relationship with your doctor is important to your health. Make sure you understand what your doctor tells you – being healthy means being informed.

To make the most of your appointments, take these with you:

- A list of your health concerns and questions.
- A list of all your medications.

You could also take a family member or friend with you to help.

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1010-2916

IS YOUR CHILD READY FOR FLU SEASON?

Use Cozeva to see if your child is due for any vaccines and to set up a doctor's appointment, if needed. Cozeva is a valuable tool to help keep your family safe and healthy. Learn more at cozeva.com.

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hmsa foundation

2014 annual report

Serving Hawai'i's community

President's message

Aloha,

We live in an amazing community. Look around and you'll see people who are selflessly giving their time, resources, minds, and hearts to help make Hawai'i a better place.

HMSA's goal is to advance the health and well-being of Hawai'i. While HMSA has the privilege of providing health plans to more than 700,000 members, our reach only goes so far. We've set a big goal and it can't be accomplished alone.

Through the HMSA Foundation, we have the ability to fund the leaders, innovators, and change-makers who are transforming our community into a better place to live, learn, and play. Read this annual report to learn more about the organizations we've been fortunate enough to support.

Together, we're building communities that are stronger, healthier, and happier.

Mahalo,

Michael A. Gold

Michael A. Gold
President

Our mission

Our Commitment

The HMSA Foundation supports programs in four areas that advance the health of people in Hawai‘i:

Access to Health Care

Improve access to high-quality, affordable health care through:

- Service planning and care coordination.
- Programs for the uninsured.
- Outreach initiatives.

General Social Welfare and Healthy Communities

Support local community programs and activities that promote overall social welfare and healthy communities through:

- Information and referral.
- Emergency assistance.
- Community development.

Health Care Delivery System

Maintain and improve the quality of health care services available to Hawai‘i residents through:

- Health care delivery models.
- Quality measurement and improvement.
- Provider delivery networks.
- Performance measurement.
- Financing and reimbursement.
- Data collection and analysis.
- Disease management.

Health Promotion and Disease Prevention

Promote healthy lifestyles and prevent injury and disease through:

- Disease-specific education.
- Substance abuse prevention.
- Clinical preventive services.
- Physical activity promotion.
- Improving the quality of prevention programs.
- Nutrition education.

The mission of the HMSA Foundation is to extend HMSA's commitment to providing access to cost-effective health care services; health promotion, education, and research; and the promotion of social welfare.

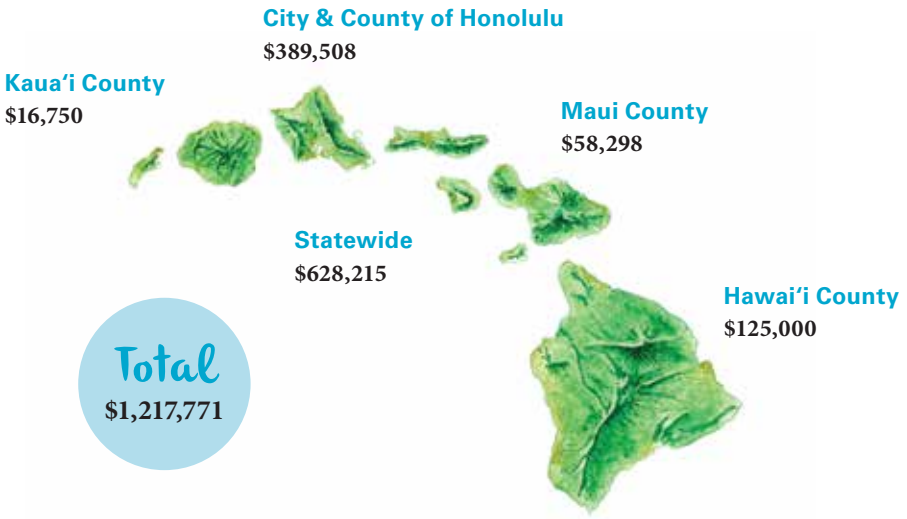
HMSA Foundation grants

2014 Summary

Grants by Program Area

Health Care Delivery System (31%)	$ 380,393
Access to Health Care (16%)	195,366
General Social Welfare (11%)	126,389
Health Promotion and Disease Prevention (42%)	515,623
	$1,217,771

Grants by Population Area



Where does the money come from?

Grants are funded with annual investment income earned on the Foundation's original endowment. Health plan premiums from HMSA members and employer groups are never used to fund Foundation grants.

Contributions to the HMSA Foundation, 1998-2014: $25,542,651

2014 Grant recipients

In 2014, the HMSA Foundation awarded $1.2 million to support 42 programs statewide. Here are brief descriptions of how a few of those programs and their agencies are using those funds.

Chaminade University of Honolulu, Department of Natural Sciences and Mathematics
$75,000

Chaminade University and the UH John A. Burns School of Medicine partnered to improve research infrastructure and productivity and to increase the number of students choosing biomedical degrees.

Kapi'olani Health Foundation
$47,850

The Pediatric Brain Injury Program will develop a more-coordinated and comprehensive plan to treat children and prevent the need to travel outside of Hawai'i for care.

"This grant will help us improve our care of pediatric brain injury patients and develop protocols that can be used statewide," says Martha Smith, chief executive officer of Kapi'olani Medical Center. "We'll also standardize training and education for our physicians, nurses, and other health care professionals who work with children with brain injuries."

Love The Journey, Inc.
$6,750

Relapse Prevention offers workshops and individualized case management services to people recovering from drug addiction on Kaua'i.

Nā Hoaloha/Maui Interfaith Volunteer Caregivers
$15,000

The Falls Prevention Program trains volunteers to conduct home safety assessments, teach kūpuna how to prevent falls, and provide additional preventive measures to help seniors live safely in their homes.

Rehabilitation Hospital of the Pacific
$30,000

Community Integration for the Disabled helps patients recover and successfully transition to home.

Preventive Care: The Best Protection Against Disease

Immunize for Your Children's Good Health

Immunizations are safe and effective.

Stay up-to-date with your well-baby and well-child visits and keep a chart of your child's immunizations.

Most HMSA plans help pay for all recommended immunizations for children up to age 5. Immunizations are free for HMSA QUEST Integration members under age 21.

Well-baby check: HMSA helps pay for well-baby and well-child visits that include routine care such as immunizations. Check your plan benefits.

Immunizations are important for children to receive by their **second birthday**, with boosters at **ages 3-5 and 11-12**.

hmsa

These screening tests can help detect diseases early, offering the best chance for treatment.

Blood pressure check at each office visit or at least every year at age 18 and older.

Cholesterol test every year for men age 35 and older and women age 45 and older, or younger if you and your doctor feel you're at risk.

Glucose test to screen for diabetes every year for people with blood pressure over 135/80.

Chlamydia screening every year up to age 24 for all sexually active women. Women older than 24 should ask their doctor if they need screening.

Cervical cancer screening. Pap smear every three years for women age 21 and older. If you're age 30 or older, talk to your doctor.

Breast cancer screening. Mammogram every one to two years for women age 50 and older. From ages 40 to 49, talk to your doctor.

Colorectal cancer screening. Fecal occult blood test or stool blood test every year, sigmoidoscopy every five years, or colonoscopy every 10 years beginning at age 50.

Depression screening. Talk to your doctor if you're feeling sad or out of sorts.

Osteoporosis screening. Women age 65 and older should be screened for osteoporosis. Risk for a fracture should be re-evaluated every two years.

These guidelines are recommended for people with normal health conditions. If you're at increased risk for a health condition, you may need some preventive services at a younger age or more often. Talk to your doctor about your needs.

1010-2909

Does someone you know **need health insurance?**

You may know someone who doesn't have a health plan through their employer or the government. Signing up for an HMSA plan will give them peace of mind that comes from the freedom to choose their own physicians, friendly customer service, and benefits even when they're away from home.

Help them make the smart choice, like you did. Tell them to go to hmsa.com/health-plans to learn more about our individual plans.

Individual plan open enrollment: November 1, 2015 – January 31, 2016

Learn more at hmsa.com/health-plans.

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keeping up with the Jonases

Three generations play, grow, and stay young together.

By **Neal Iwamoto**

Stephen and Kim Jonas have five children and five rambunctious grandsons. Yet it's not a question of how these grandparents keep up with the family. Rather, how does the family keep up with them?

You can easily catch Stephen and Kim scaling the cliffs off Makapu'u Lighthouse, two-step dancing late into the night, or getting in a round of foot golf with their daughter, sons, and nephews. (Yes, that's golf played with a soccer ball on a regulation golf course.)

And that's just the weekends. Weekdays are filled with Zumba, weight lifting, jogging, and country-western line dancing.

Granted, these grandparents are on the younger side of the spectrum — Stephen is 54 and Kim is 51. But you'd be hard-pressed to find a couple with as much energy. After all, how many people can run the Honolulu Marathon on just two hours of sleep?

Even when they go on vacation, you won't find them lounging by the pool all day. "When we go on vacation," says Stephen, "it's not to relax, it's to go out and explore."

To celebrate Kim's 50th birthday last year, the couple went on a two-week hiking odyssey to climb peaks in Idaho, Nevada, Oregon, Utah, and Washington. A cross-country trip to visit their eldest grandson three years ago included detours to the Appalachian Trail and whitewater rafting from Virginia to Tennessee.

Even something as simple as buying cowboy boots in Kansas started a new pursuit. "We had to find a use for them," says Kim. So now they go line dancing up to four times a week.

Stephen and Kim, both HMSA employees for more than two decades, were in constant motion even before they met. But once they connected, an active lifestyle became a family affair.

They met 18 years ago, fittingly enough while playing on one of the company's volleyball teams. A year later, they married and created their own Brady Bunch, bringing five kids to the fold.

Kim (left) and Stephen with three of their five grandsons.

With a house full of kids, life was non-stop baseball, basketball, volleyball, and soccer. It was even busier in the summer when Stephen's two sons—who live on the Mainland—would come back to Hawai'i. Stephen often coached or refereed in their soccer leagues.

"We were at the field almost every day," recalls Stephen. Now their oldest grandson on O'ahu is playing soccer. "We're starting all over again," Kim adds.

Saturdays are spent with their grandsons. That means not only soccer, but other activities like biking and swimming. They even take their grandsons hiking. As members of two hiking clubs, one of their most memorable hikes attracted more than 50 participants, young and old, and included an evening Easter egg hunt for the keiki.

For this family, getting their kids and grandkids involved in sports and outdoor activities is as much about building confidence and social bonds as it is about physical fitness. Kim recalls having to drag her kids kicking and screaming from Saturday cartoons. "They hated going," she says, "but once they got to intermediate and high school, they met other kids playing sports and understood why I encouraged it."

With today's constant technological distractions, engaging kids is as challenging as ever. Stephen and Kim share their advice for parents and grandparents: "Stay involved and start them playing early."

prevent Medicare fraud, waste, and

Senior Medicare Patrol can help.

By **Craig DeSilva**

Retired construction worker Jerry Oba saw a late-night TV commercial for free mail-order diabetic supplies. Although Oba doesn't have diabetes and didn't need the supplies, he called the company to get more information for a friend.

The company asked Oba for his birth date, Social Security number, and Medicare number. Thirty days later, Oba began receiving diabetic supplies in the mail. It continued for the next four months. "I didn't realize what was happening and got stuck in this situation," he says. "I didn't know how to stop it."

Although he didn't have to pay for the items, his medical statements showed that the company billed Medicare and his HMSA health plan. He knew it was wrong. "It's like the supplier was getting money that didn't belong to them," he says.

Then he saw an ad for Senior Medicare Patrol (SMP), a volunteer organization that teaches people about health care fraud. Oba contacted SMP for help.

Nothing's free

Unfortunately, Oba's situation is common; $80 billion is attributed to Medicare fraud, waste, and abuse every year, says Adele Ching, SMP Hawaii coordinator.

"Watch out when someone offers you something for free," warns Ching. "It may sound like you – the Medicare beneficiary or HMSA member – are getting it for free. But your health plan and Medicare are paying for it. And that money comes from your health insurance premiums. So you're ultimately paying for it."

Many products such as back braces and seat lifts are constantly being marketed to seniors at no cost to them. "Such things may be helpful, but ask yourself, 'Do I really need this?' she says. "And consider the cost to your health plan or public funds." When in doubt, talk to your doctor about whether the products are necessary.

Be proactive

In many cases, seniors end up paying out of pocket for products that their health plan doesn't pay for. "And many seniors don't object because of the implied threat from the supplier to pay," Ching says.

Ching also reminds seniors that they don't have to accept anything in the mail that they didn't order. You don't have to pay return postage if you don't open the package.

This story has a happy ending. After months of investigating the case, SMP was able to get the supplier to stop sending the unwanted packages and reimburse Medicare and HMSA. Oba now volunteers for SMP and teaches others how to prevent what happened to him.

"There are so many scams out there and seniors should stay informed," he says.

abuse

What You Need to Know

Common examples of fraud, waste, and abuse

- You're billed for health care products and services that you never received.
- Your HMSA membership number is stolen and used to get health care products and services.
- Someone calls and asks for your Medicare number or other personal health information.

Five ways to protect yourself from Medicare fraud, waste, and abuse

- Check your HMSA Report to Member to make sure you're not being billed for products or services you didn't receive.
- Keep your Medicare and HMSA membership cards in a safe place. Treat them like credit cards.
- Don't give out personal health information.
- Shred any medical bills and statements when you're through with them.
- Ask for the caller's name and company they represent. Call the company's main office to validate the caller.

Senior Medicare Patrol Can Help

If you think you're a victim of Medicare fraud, waste, or abuse, call SMP Hawaii.

- Oahu: **586-7281**
- Neighbor Islands: **1 (800) 296-9422** toll-free
- Website: **smphawaii.org**

If you suspect health care fraud or abuse, you can also report it to HMSA's Benefits Integrity department by phone or mail:

- Oahu: **948-5166**
- Neighbor Islands: **1 (888) 398-6445** toll-free

HMSA
Benefits Integrity, 10-BI
P.O. Box 860
Honolulu, HI 96808

Senior Medicare Patrol

- Established in 1997 by the U.S. Congress.
- 54 SMP offices nationwide.
- SMP Hawaii is sponsored by the state Executive Office on Aging.
- 80 Hawai'i volunteers. Call SMP Hawaii if you want to:
  - Provide education at health fairs.
  - Talk to community groups.
  - Help with clerical work.
  - Provide counseling to help correct billing errors and to report suspected fraud or abuse.

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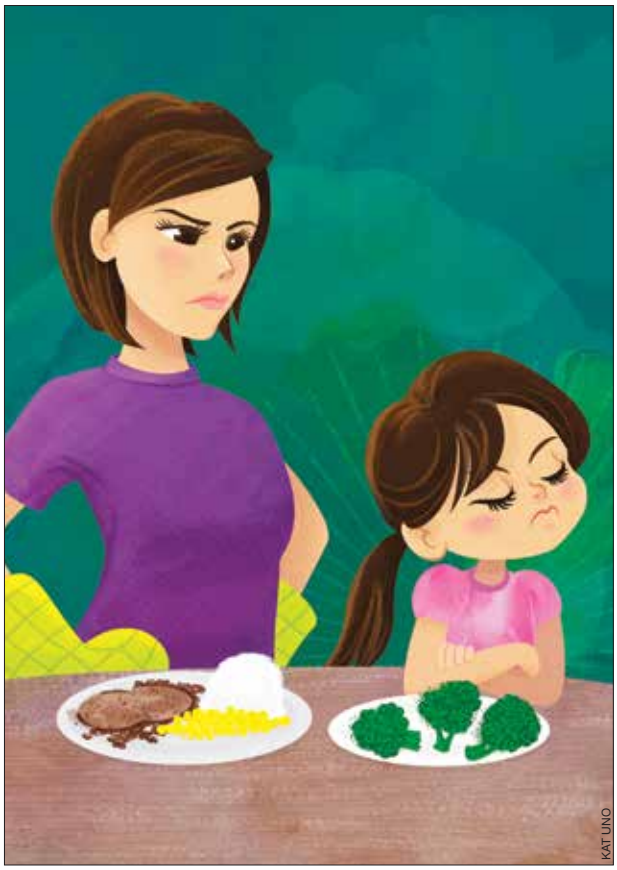
picky, picky, picky

Moms In Hawaii members share strategies for their selective eaters.

Compiled by Marlene Nakamoto



It's quite common – normal, even – for children to be picky eaters. Will your child ever eat more than just toast and bananas? These moms can help.

I encourage my children to be risk takers. This goes for food. I encourage my two children to try foods they've never had before. They need to try it before they decide how they feel about it. They know they can't say they don't like something without trying it.

I also incorporate a new food into something they like. For example, my daughter didn't like how kiwi looked; she said it was "hairy." I cut it up and served it with fruit she likes. | Linda Muramoto

Keep offering the foods they don't seem to like and eventually their tastes will come around. Introduce them to seasonings early, but take it easy on salt and sugar.

Serve new foods in small portions next to old favorites. Have your keiki help prepare the new foods. Talk with your spouse about how yummy this new food is and show that you enjoy it with "mmm" sounds as you eat. Our older kids must try three bites of a new food before they can have a snack. **| Michelle Okimoto**

I've learned that you can't bribe or force your kids to eat. I present healthy options and let them decide if they want to try it or not. If they don't want what I've made, they can have a healthy substitute. But they have to prepare it themselves and it must be ready at the same time my dinner is ready. Then they have to wash their own pots or pans and utensils.

This way, I don't end up cooking multiple meals and the kids learn to prepare their favorites and learn to appreciate the work that's involved in preparing a meal and cleaning up. | Cindy Spreg

I don't force my kids to eat foods. However, they have to try something at least a couple of times in different forms – raw, cooked, in a sauce or soup – before they decide how they feel about it. My children find that when they try something prepared in different ways, they end up liking it in some form. If they don't like it at all, I reintroduce it later. My older son has learned that what he didn't care for when he was younger, he ended up liking later.

If nutrients are the big issue, I put it in a smoothie (kale, spinach, cucumber, avocado, etc.) or mix it in a meal. I don't hide it from them. I tell them that I put the vegetable in there and they're usually surprised that they couldn't taste it. **| Nicole Okamura**

My line with a warm smile is, "You don't have to like it, you just have to eat it. Try it 15 times before you say you don't like it." It also helps to introduce the craziest vegetable dishes after their sports events and after they bathe when they are starving. I get no complaints then. | Heidi Taam

GETTING TO THE ROOT OF GOOD HEALTH

Carrots pack a bunch of benefits.

Ask veggie enthusiasts and un-enthusiasts alike which vegetables top their favorites list and one answer almost always pops up: carrots. It's hard to find a person who doesn't like the sweetness and satisfying crunch of this vibrant root vegetable.

By **Andrea Wright-Agustin**
Photography by **Lew Harrington**
Food styling by **Karen Jones**

For more great recipes, visit HMSA's new health and well-being blog at wellbeinghi.com.

Collectively, we've made a good choice – carrots are rich in beta-carotene, an antioxidant our bodies convert into vitamin A. Vitamin A contributes to healthy cell growth and restoration and helps boost the immune system, among other helpful properties. Carrots also contain vitamin K, fiber, and other beneficial vitamins and nutrients.

Evidence of wild carrots dates back hundreds of years B.C., when it was thought that their seeds were used for their medicinal and aromatic qualities. It's unlikely they were consumed at this time, however, as the roots were woody, tough, and bitter. Since then, carrots have mutated significantly in size, shape, color, and taste.

Modern domesticated carrots appear to have originated in 10th century Persia (now Iran), where they were mostly purple and yellow and still quite bitter. In the 1500s in the Netherlands, the sweet orange carrots we're most familiar with were first harvested.

Today, you can find red, white, orange, yellow, purple, and even black carrots grown throughout the world. The creation of baby-cut carrots in the 1980s made the vegetable even more popular. Made from large carrots, the convenience of peeled, cut, shaped, and washed baby-cut carrots caused demand to soar, doubling the average American's carrot consumption between the mid-1980s and mid-1990s, according to the U.S. Department of Agriculture.

Carrots are a staple of meals in many Eastern and Western countries, namely Asian cuisine. In fact, about half of the world's carrots are grown in China. They're used worldwide because of their long shelf life, cheap price, availability, and versatility. Carrots can be eaten raw or cooked in both sweet and savory dishes.

When buying carrots, choose bunches that are smooth and firm. The deeper the color, the more beneficial antioxidants they contain. If the green tops are still attached, remove them before storing, as they draw out moisture and vitamins. But don't toss them – carrot tops are edible and can be prepared just like any other leafy green vegetable. For the best results, store carrots in a sealed plastic bag in the fridge; they should last about one month. Don't store them near apples, pears, or peaches as these fruits emit a gas as they ripen that may turn carrots bitter and make them spoil faster. is

CARROT CAKE PANCAKES WITH CREAM CHEESE SYRUP

Moist, mildly sweet, and packed with carrots.

1 cup whole-wheat flour
2 Tbsp. brown sugar
1½ tsp. baking powder
1 tsp. cinnamon
¼ tsp. salt (optional)
Pinch nutmeg
1 cup plus 2 Tbsp. nonfat milk, divided
1 egg
1 Tbsp. canola oil
1½ tsp. vanilla, divided
1½ cups peeled and grated carrots
¼ cup chopped walnuts
Cooking spray
¼ cup reduced-fat cream cheese, softened
2 Tbsp. maple syrup

In a medium bowl, whisk together dry ingredients (flour through nutmeg). In a separate bowl, whisk together 1 cup milk, egg, oil, and 1 teaspoon vanilla. Pour wet ingredients into dry and stir just until combined. Stir in carrots and walnuts.

Heat a nonstick skillet over medium-high heat. Spray with cooking spray. Drop about 1/3 cup batter per pancake into skillet. Cook until bubbles form and start to pop, about 3 minutes. Flip using a thin spatula and cook until lightly browned on the underside, about 2 additional minutes. Repeat process with remaining batter.

To make cream cheese syrup, mix cream cheese, maple syrup, and remaining milk and vanilla in a small bowl until smooth. Top pancakes with syrup mixture. Makes 4 servings.

TIP

TO KEEP PANCAKES WARM AS THEY'RE COOKED, STORE ON A BAKING SHEET IN A 200-DEGREE OVEN.

Per serving (without salt): Calories 340, protein 11 g, carbohydrates 47 g, total fat 13 g, saturated fat 3 g, cholesterol 60 mg, sodium 310 mg, fiber 7 g, total sugar 20 g

HONEY-ROASTED ROOT VEGETABLES

Roasting brings out the natural sweetness of the vegetables.

- 4 medium carrots, various colors, cut into bite-sized chunks
- 2 medium parsnips, cut into bite-sized chunks
- 2 medium beets, cut into bite-sized chunks
- 1 medium Maui onion, sliced
- 4 garlic cloves, minced
- 2 Tbsp. olive oil
- Salt (optional) and pepper to taste
- ¼ cup honey
- 2 Tbsp. balsamic vinegar

Preheat oven to 400 degrees. Toss vegetables in a large bowl with garlic, oil, salt, and pepper. Spread in a single layer on a baking sheet and bake 20 minutes, flipping once halfway through cooking. Remove from oven and drizzle with honey and vinegar. Return to oven and cook an additional 5 minutes or until vegetables are lightly browned and begin to caramelize. Makes 6 servings.

Per serving (without salt): Calories 160, protein 2 g, carbohydrates 29 g, total fat 5 g, saturated fat 1 g, sodium 60 mg, fiber 3 g, total sugar 20 g

CURRIED CARROT SOUP

This comforting soup is a fun way to eat your veggies.

- 2 Tbsp. olive oil
- 2 garlic cloves, minced
- 1 medium onion, chopped
- 2 lbs. carrots, coarsely chopped
- 1 Tbsp. curry powder
- 7 cups reduced-sodium chicken or vegetable broth
- Salt (optional) and pepper to taste
- ¼ cup nonfat sour cream
- ½ lime

Heat oil in a large pot over medium-high heat. Add garlic and onion and sauté 2 minutes. Add carrots and curry powder and cook an additional 3 minutes. Add broth, salt, and pepper and bring to a gentle boil. Reduce heat to medium-low, cover, and simmer until carrots are soft, about 15 minutes. Transfer soup to a blender (or use an immersion blender) and puree until smooth. Transfer to bowls and top each with a dollop of sour cream and squeeze of lime juice. Makes 6 servings.

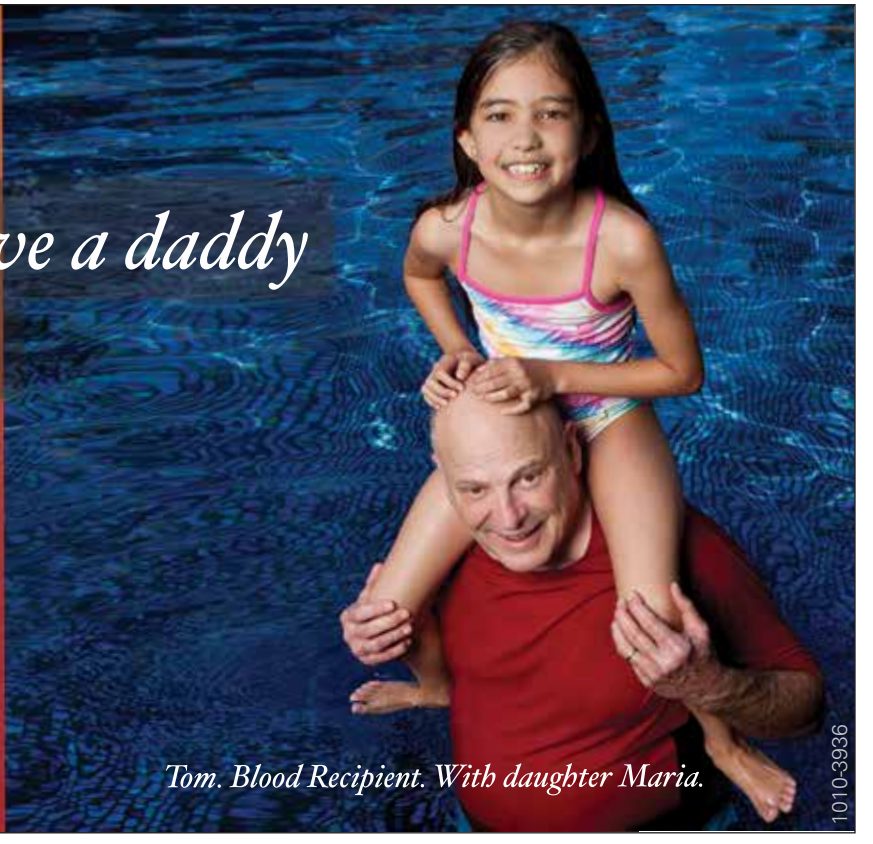
Per serving (without salt): Calories 150, protein 6 g, carbohydrates 22 g, total fat 5 g, saturated fat 1 g, cholesterol 1 mg, sodium 770 mg, fiber 5 g, total sugar 10 g

DO CARROTS REALLY HELP YOU SEE BETTER?

Probably not. The theory is actually a ruse popularized by the British Air Force during World War II, who spread propaganda attributing eating an abundance of carrots to improved nighttime vision. They claimed that carrots aided their precision in shooting down enemy planes. Historians believe this may have been a tactic to throw off German advancements.

While it's true that the beta-carotene in carrots is beneficial to overall eye health, it's unlikely that carrots will improve your vision unless you have a severe vitamin A deficiency. This deficiency is a serious public health concern in some developing countries, but is extremely rare in the U.S.

I wouldn't have a daddy without you."



Tom. Blood Recipient. With daughter Maria.

1010-3936

Save lives. Donate Blood.
848-4770 or BBH.org

Blood Bank of Hawaii

A Public Service Announcement

LUNG FORCE WALK™

Saturday
November 14

Honolulu

Magic Island/
Ala Moana Beach Park

Free registration and more information at
WWW.LUNGFORCE.ORG/WALK
or call 808-687-5375.

AMERICAN LUNG ASSOCIATION® IN HAWAII

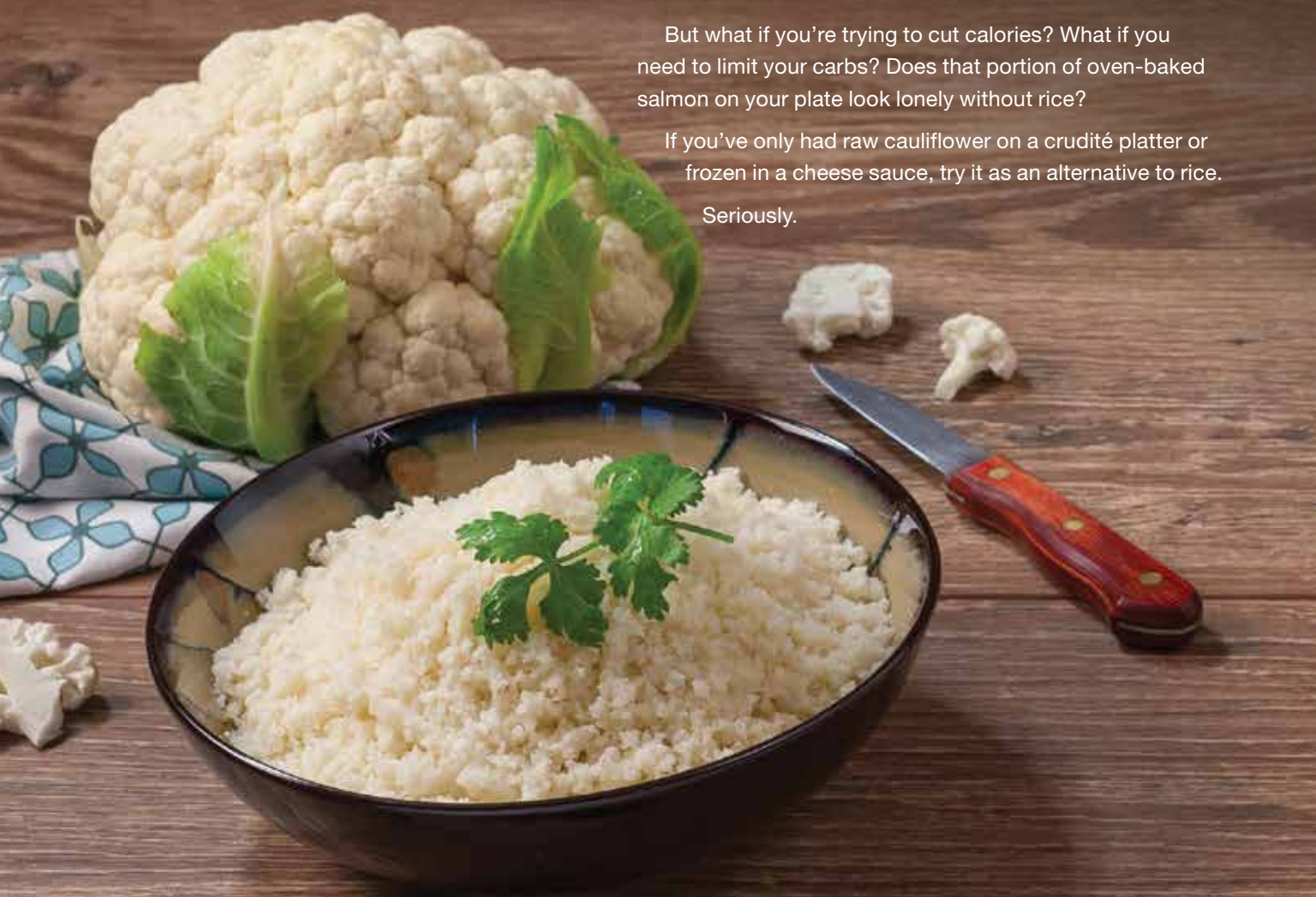
We are a force to be reckoned with. We walk together for our breath – for our lives. LUNG FORCE will unite our community to stand together *against* lung cancer and *for* lung health.

Looking for a substitute for rice?

Try “cauli-rice.”

Call of the

By **Marlene Nakamoto**



Here in Hawai‘i, rice is a food group. We must have rice with our chicken curry, tofu stir-fry, beef stew, and chili. At breakfast, lunch, and dinner, we want rice.

But what if you’re trying to cut calories? What if you need to limit your carbs? Does that portion of oven-baked salmon on your plate look lonely without rice?

If you’ve only had raw cauliflower on a crudité platter or frozen in a cheese sauce, try it as an alternative to rice.

Seriously.

Photography by **LEW HARRINGTON** / Food Styling by **KAREN JONES**

Cauliflower

Curry Cauli-rice

Sauté chopped onion and red bell pepper with minced garlic and curry powder in a little oil. Toss with basic cauli-rice. Add dried cranberries, black beans, and chopped green onion.

Edamame Cauli-rice

Ochazuke wakame furikake, nametake mushrooms, and edamame. (Look for the first two ingredients in supermarkets' Oriental food section.)

Ginger Chicken Cauli-rice

Cold ginger-chicken sauce (green onion, grated ginger, salt, oil) and diced cooked chicken.

Fried Cauli-rice

Make your favorite fried rice using basic cauli-rice instead of white or brown rice.

Basic Cauliflower "Rice"

Remove leaves and stem from cauliflower. Separate into florets and rinse. Working in batches, pulse in food processor until chopped into rice-sized pieces. Transfer to a microwave-safe dish. Cover and cook on high 5 minutes. Stir, then cook an additional 3 minutes.

Serve basic cauli-rice with your favorite entrees. Or try these variations – use the ingredient lists as guides to suit your taste.

Check out a video on how to rice cauliflower at wellbeinghi.com.

Poke Bowl

Mix basic cauli-rice with bottled sushi seasoning. Top with your favorite poke.

EVENTS FOR OCTOBER THROUGH DECEMBER

WELL-BEING WORKSHOPS

All workshops listed are open to HMSA members at no cost. Visit hmsa.com for the current workshop schedule or call 1 (855) 329-5461 toll-free to register. Please register at least three days before the workshop date.

Diabetes 101
Learn about recommended tests and procedures for diabetes and ways to improve your blood glucose levels.

- 11/4, 11:30 a.m.–12:30 p.m.
  Nu‘uanu YMCA
- 12/4, 10–11 a.m.
  Kaua‘i Healthways Office, Līhu‘e

Goodbye Diet! Hello Health! 2!
Learn how to eat healthy without reading Nutrition Facts labels.

- 11/20, 10–11 a.m.
  HMSA Kailua-Kona Office

Laugh – Sing – Move
Snack less with song and movement techniques. Dress comfortably.

- 10/10, 9:30–10:30 a.m.
  Kaimuki Plaza, Kaimana Room
- 10/17, 9:30–10:30 a.m.
  HMSA Center @ Honolulu

Music & Health Christmas Special
Join us in a celebration of the season with music, laughter, and singing — all things that are good for us.

- 12/1, 10–11 a.m.
  HMSA Center @ Pearl City
- 12/3, 9:30–10:30 a.m.
  HMSA Center @ Honolulu
- 12/5, 1:30–2:30 p.m.
  Kaimuki Plaza, Kaimana Room

Season’s Eatings
Discover ways to resist the temptations of the holidays.

- 11/18, 12:30–1:30 p.m.
  Kalihi YMCA
- 12/5, 9:30–10:30 a.m.
  Kaimuki Plaza, Kaimana Room
- 12/8, 9:30–10:30 a.m.
  HMSA Center @ Honolulu
- 12/10, 10–11 a.m.
  HMSA Center @ Pearl City
- 12/12, 10–11 a.m.
  HMSA Center @ Hilo

Senior Fitness
Maintain and improve your strength and mobility during your golden years.

- 11/7, 9:30–10:30 a.m.
  Kaimuki Plaza, Kaimana Room
- 11/14, 10–11 a.m.
  HMSA Center @ Hilo
- 11/16, 9:30–10:30 a.m.
  HMSA Center @ Honolulu
- 11/21, 10–11 a.m.
  HMSA Center @ Pearl City

Sweet Dreams: The Benefits of Sleep
Learn how much sleep you need and how to get more (and better) sleep.

- 10/24, 9:30–10:30 a.m.
  Kaimuki Plaza, Kaimana Room
- 10/27, 10–11 a.m.
  HMSA Center @ Pearl City
- 10/29, 9:30–10:30 a.m.
  HMSA Center @ Honolulu
- 10/30, 5:30–6:30 p.m.
  HMSA Maui Office

COMMUNITY ACTIVITIES

Activities are free to the public unless otherwise noted and are subject to change. Please call the numbers listed for more information.

HAWAI‘I ISLAND

Every Sunday
Walk with a Doc on Hawai‘i Island
Walk includes a brief warm-up/stretch and an informative talk from a community doctor or medical student. Wear comfortable shoes. Meets rain or shine. 8 a.m., Lili‘uokalani Gardens, Hilo. For more information, see wwadbigisland.org.

MAUI

10/14, 11/11, & 12/9
Diabetes Support Group
Open to people with diabetes and their friends and family. 6:30–7:30 p.m., Maui Memorial Medical Center, Marion Hanlon Conference Room, Wailuku. Free valet parking. Call 442-5773 for information.

O‘AHU

10/1
Nutrition and Diabetes
Discuss management and prevention with Andrea Mayer, RD. 1–2:30 p.m., 900 Fort Street Mall, Suite 940, Honolulu. To RSVP, call the American Diabetes Association Hawaii at 947-5979 or email ADAHawaii@diabetes.org.

110/6, 11/3, & 12/1
REHAB Stroke Club
Join other stroke survivors for education and socialization. 10–11:30 a.m., Rehabilitation Hospital of the Pacific, Harry & Jeanette Weinberg Courtyard (1st Floor), Honolulu. For more information, call Rochelle Brace at 566-3791 or email RBrace@rehabhospital.org.

10/9, 11/13, & 12/11
COPD Support Group
Find support and information on lung health, living with chronic obstructive pulmonary disease (COPD), and more. 10 a.m.–noon, Kaiser Permanente, Room 2E, Honolulu. Parking is $3 for three hours. To register, contact Valerie Chang at 699-9839 or at Valerie@hawaiicopd.org. Or visit hawaiicopd.org.

10/9, 11/13, & 12/11
Kardiac Kids Parent Support Group
Education and support for families with kids who have congenital heart disease. 6:30–9 p.m., Kapi‘olani Medical Center for Women & Children, 2nd Floor, Conference Room B, Honolulu. For information, call Jullie Passos at 227-4558 or email jullie4heart@gmail.com.

10/13, 11/10, & 12/8
COPD Support Group

Find support and information on lung health, living with chronic obstructive pulmonary disease (COPD), and more. 10 a.m.–noon, Pali Momi Women's Center at Pearlridge, ground floor conference room, ʻAiea. Free parking. To register, contact Valerie Chang at 699-9839 or at Valerie@hawaiicopd.org. Or visit hawaiicopd.org.

10/22
Eat Well for Life: Perfect Pairings

Get ideas for making and matching soups and sandwiches, including vegan options. 6–7:15 p.m., Castle Wellness & Lifestyle Medicine Center Auditorium, Kailua. $10 per person. Register and pay by 10/19 at 263-5400.

10/24
Making Strides Against Breast Cancer of Hawaii

Raise awareness and funds in the fight against breast cancer at the American Cancer Society's premier event. The leisurely 5K walk starts at Richardson Field. 6 a.m. (registration), 7 a.m. (walk), 57 Arizona Memorial Drive, Slip 101, Honolulu. Register online and form a team at makingstrideswalk.org/hawaii.

10/28
Look Good, Feel Better

People with cancer can improve their self-esteem and manage their treatments with greater confidence. 1–3 p.m., Castle Wellness & Lifestyle Medicine Center Auditorium, Kailua. To register, call 1 (800) 227-2345 toll-free.

11/5
Diabetes Self-Care Recommendations

Discuss self-care with Char Pidot-Buchner, RD, CDE. 1–2:30 p.m., 900 Fort Street Mall, Suite 940, Honolulu. To RSVP, call the American Diabetes Association Hawaii at 947-5979 or email ADAHawaii@diabetes.org.

11/5
Hawaiʻi Sjögren's and Lupus Lecture Series

Join guest speaker Dr. Greg Schmidt (ophthalmology) for an informative presentation; parents, kids, and siblings welcome. 5:30–7 p.m., Queen's Conference Center, The Queen's Medical Center, Honolulu. See alwaysbehealthyandhappy.org to RSVP or for more information.

11/14
LUNG FORCE Walk - Honolulu

Walk to support the American Lung Association. Enjoy music, keiki activities, vendors, and more. 8 a.m. (check-in), 9 a.m. (walk), Magic Island, Honolulu. For more info, call Kim Nguyen at 687-5375 or go to lungforce.org/walk.

11/19
Eat Well for Life: Wellness Family Favorites

Enjoy our favorite family recipes and traditions for the holiday season. 6–7:15 p.m., Castle Wellness & Lifestyle Medicine Center Auditorium, Kailua. $10 per person. Register and pay by 10/19 at 263-5400.

12/10
American Diabetes Association Potluck

Join us for group activities and planning for 2016. 1–2:30 p.m., 900 Fort Street Mall, Suite 940, Honolulu. To RSVP, call the American Diabetes Association Hawaii at 947-5979 or email ADAHawaii@diabetes.org.

Every Friday
Farmers Market at HMSA

Enjoy fresh, island-grown produce and ready-to-eat local food. 11 a.m.–2 p.m., HMSA Center @ Honolulu. For information on vendors, call HMSA at 948-6521.

Adult Fitness at Queen's

Learn Jazzercise, tai chi, kickboxing, 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.

Health & Education at Queen's

The Queen's Medical Center, Women's Health Center Classroom.

- **Genetics Class:** Learn about prenatal genetic screening and tests to check the health of your baby. Call 691-7633 for times and information.
- **Lymphedema/Breast Cancer Clinic:** Learn exercises to prevent lymphedema (swelling of the arms). First and third Thursdays, 1:30–2:30 p.m. Call 691-7117 to sign up.
- **Mammogram and Cervical Cancer Screening:** Every other Friday, 8 a.m.–noon. Free for women ages 50–64, uninsured or underinsured, or low income. Call 691-7726 for times and eligibility.

Kids and Teens Lupus Group

Meet your peers and learn more about lupus at this fun, interactive meeting. Date, location, and time to be determined. For information, visit alwaysbehealthyandhappy.org.

To submit information for future calendar listings, please email Lynn_Shizumura@hmsa.com. Include event name, date, location, cost, and a brief description. Only free or low-cost health and family events will be considered.

long ago fall

GROWING UP IN HAKALAU

It was great growing up in Hakalau, a small sugar plantation town where everybody knew everybody and you never locked the house door when you went out.

Holidays were community events centered around the school children. For Halloween, we paraded in our costumes from the post office to Hakalau School. It seemed like my mother always dressed me as a hobo or a witch. The PTA sponsored a costume contest, games, and goodie bags with candies, a tangerine, and walnuts (the big ones that you had to crack with a hammer). After the program, we went trick-or-treating. The best trick-or-treat bags were the 50-pound rice bags made of cloth in those days. Gee, kinda hoito (greedy), but guarantee no broke!

For Christmas, there was an evening program followed by games and goodie bags. Every class performed …"Rudolph the Red-Nosed Reindeer"… "Suzy Snowflake"… "Jingle Bells"… even a nativity skit.

The last big event in the school year was May Day. We had a big program, sometimes on a Saturday. There was a May Day court, performances by all the classes, and the 6th graders always did the maypole dance (a lost art, I suppose). After the program, the PTA hosted a field day with games and races. It finished with a tug-of-war. I was so lucky to be a country kid, growing up country style.

Joyce Unoki
Hilo, Hawai'i Island

IT'S NOT ABOUT WINNING

Midway through my 4th grade year in 1953, my father moved our family from Vineyard Street to Mikilua Valley. I transferred from Kauluwela Elementary School to Nānāikapono Elementary and Intermediate School.

On my first day at Nānāikapono, I watched the other boys play a strange game called "football" from the classroom porch. The boys would line up in a crouching stance facing each other with some of the others farther back from the line and facing the line.

At a certain count, an oblong ball would be snapped to a player, kids would bump and push each other, and guys would be running all over the place. Sometimes the ball got shuffled to a ball carrier and at other times the ball would be tossed to a player running downfield. If the ball carrier and/or receiver got tackled, everything started over. If the ball got carried or caught beyond a landmark, a touchdown was made. Tackle football at Nānāikapono was played in school clothing with grass stains, torn buttons, and sweat as rewards for valor.

I was the smallest kid in class and was asked to join in one day. I went home that afternoon with grass stains on my pants, buttons missing from my shirt, and strawberries on my elbows. I learned a little about football. But most of all, I learned that it was not just about winning.

Leonard S.H. Chun
Redmond, Washington

In our summer 2015 issue, we published a story from Ira Tagawa. Unfortunately, we left out the paragraph about chicken hekka! Here's Mr. Tagawa's story in its entirety, with sincerest apologies.

CHICKEN HEKKA

Kepaniwai Park is near the entrance to Maui's famous ʻĪao Needle. I was around 8 years old attending summer fun when the park was dedicated in the early 1950s. It was a beautiful park with nicely landscaped gardens surrounded by picturesque green mountains and lush tropical forests. There were several pavilions that were popular spots for family picnics.

My friends and I loved the park's swimming pool with its crystal-clear water fed by underground springs. We would often bike up to the park from our Wailuku homes to swim in the icy cold water. After our swim, we would hunt for sweet guavas. We would also go down to the ʻĪao River alongside the park to spear ʻoʻopu, but we were too slow for the akamai ʻoʻopu. There were many kukui trees and we often polished the nuts to make pendants and neckerchief slides, which we wore with our Boy Scouts uniforms.

On weekends, our families would hike in the kukui forests above the park to hunt for pepeiao and shiitake mushrooms. Somehow, my Uncle Akio always knew where to look and managed to find the most.

Quite often we would have picnics with relatives and friends at one of the pavilions, where our moms would cook chicken hekka dinners. The hekka and takuan were so ʻono! What made the hekka even tastier was … what else? The pepeiao and mushrooms, of course! I still love to drive up to ʻĪao Valley and cherish the good old hadashi (barefoot) days at Kepaniwai Park.

Ira I. Tagawa
ʻAiea, Oʻahu

KEEP THOSE STORIES COMING

Island Scene welcomes your stories about growing up or living in Hawaiʻi. Tell us about events, people, places, songs, traditions, or anything else that brings back memories of Hawaiʻi's past.

Stories should be no longer than 250 words. All stories must include the writer's legal name, address, and phone number for verification. Double-spaced, typewritten stories are preferred.

Please send your stories to Marlene Nakamoto at:

Island Scene
I Remember When
P.O. Box 3850
Honolulu, HI 96812-3850

Email:
marlene_nakamoto@hmsa.com
Fax: 948-6860 on Oʻahu

Island Scene may not be able to publish all stories and reserves the right to edit any story. *Island Scene* won't be responsible for returning stories.

nothing's going to slow me down

Having a not-so-perfect knee pushes me harder.

By **Danielle Douglass**

I have severe patellar subluxation in my left knee and a mild one in my right. In layman's terms, that means I could qualify for the circus. I'm not kidding; it's quite the sight – they slide completely out of the socket and then right back into place. My left one sometimes buckles all the way out, which is extremely painful.

My condition is hereditary and for as long as I can remember, I've lived with limitations. My left knee first buckled when I was 7 years old, walking alongside the park with my best friend. She patted me on the back and wham! Out it went and down I went.

Imagine a rubber band stretching to its limit and then snapping back onto your wrist. It's kind of like that. The pain lasts about 10 minutes. I sit wherever I've fallen and rub it, clench my teeth, and wait for the pain to pass. Then I get up and hobble somewhere comfortable to sit. Eventually, I carefully walk on it, strap on a brace, and get back to my day.

As a kid, I didn't run or play sports. I did gymnastics and karate for a few years until my knee slipped during both. I also swam and would later learn that water sports are one of the few activities that I can do without pain.

Over the years, my knee has caused some socially awkward moments, including falling down on the first day of middle school, slipping in the middle of the mall, and being caught mid-way to the ground while dancing with my now-husband on our first date.

My orthopedic doctor explained it like this: Most people have a bowl to hold their kneecap in place. I have a plate, which causes it to slip to the side. He also told me it was one of the most severe cases he'd ever seen. At age 30, I found out that I have arthritis in my left knee from years of bone-on-bone grinding.

ALEJANDRA CALVO

Surfing at Playa Grande, Costa Rica.

I've been to countless doctors, gone through rounds of physical therapy, and undergone numerous X-rays and MRIs. I have a whole closet of knee braces. I've also used just about every type of pain cream and arthritis medication. I've been advised that surgery may help, but there's no guarantee.

I've come to accept my bunk knee, but it's frustrating as an active person. What helps me is remembering all the amazing things I've done despite having a physical limitation. I've hiked the Nā Pali Coast, snowboarded, wake boarded, explored temples in Thailand and monkey forests in Indonesia, surfed in Costa Rica, and walked through Sydney for six hours straight. These days, I still hike, surf, weight train, and ride my bike.

I believe that being active and having a healthy diet is what's kept my knee from getting progressively worse. Considering the adventures my knees have seen, it's amazing they haven't gotten worse. I learned a lot through physical therapy that I now apply in the gym.

I pledged long ago that there's no way I'm going to live my life on the sidelines because of a physical barrier. I still have mountains to climb and oceans to cross. And when I'm hiking Machu Picchu someday or standing in the middle of the International Date Line, it will be that much more special.

Despite being physically limited, I'm still having a blast. is

Hawaiian monk seal.

I played in the sun with a joy deep within.

From *"The Days of My Youth," Kuiokalani Lee*

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