

# Óm Kúmiin Túmúnúún Chinnap



Alain Takane  
MD  
Tokterin Chinnap

- Mi certify seni Board an epwe tokterin chinnap me tokterin famini
- E maaritá me Hilo
- E sóchungio seni ewe University of Hawai'i at Mānoa John A. Burns School of Medicine
- A angei néún Master's degree nón public health ren pekin semwenin mental health me supwa me drugs
- A áweesi an ewe University of Hawai'i fellowship training prokram fán iten túmúnúún chinnap ren pekin health
- E uputiw me maaritá Wahiaiwā me i emén chón sóchungio seni Leilehua High School
- A angei néún Bachelor of Arts degree nón Pekin Káéén Manamanen me Féérún Sáfei (Pharmaceutical Sciences) me néún Doctorate degree nón Pekin Sáfei (Pharmacy) seni ewe Daniel K. Inouye College of Pharmacy e nám University of Hawai'i Hilo
- A angei néún Certificate me ren ewe University of Massachusetts Chan Medical School an epwe emén chón ánisi chókkewe ra mochen wes seni vape, e-cigs, snuff iká supwa (Certified Tobacco Treatment Specialist)



Kayla Bajo, PharmD  
Chón Awora Sáfei seni Pharmacy

## Insurance

Ám mi etiwa meinisin sókkun insurance, pachonong AlohaCare, UnitedHealthcare, HMSA, HMAA, Ohana Health Plan, UHA, Tricare Select, Medicare, Medicaid me pwan ekkóch private insurance. Iká ese wor noum insurance, kich mi tongeni ánisuk ne enroll inaa mwó iká en mi tongeni méénatiw iká kese tongeni. Kich mi awora ánninnis mi discount anóngónóng wóón óm income iká mooni tonong.

### Ren ach sipwe verify óm income, kese mochen uweiató EU me nein ekkéee document iká ese wor noum insurance:

- Recent pay Stub
- Tax return
- Unemployment registration
- Proof of Department of Human Services benefits
- Proof of Temporary Assistance for Needy Families

### Pwan EÚ me nein ekkéee sókkun ID:

- Driver's license
- State ID
- Passport or green card

### Kunókun Suuk (ppii ewe website ren full list)

#### Án Ekkewe Chinnap Center

Sárinfáán-Érúanú: (7 am –5:30 pm)

Áewin me éunúngatin Ammón nón eú maram:(7 am – 5 pm)

\*Ammón e kan anóngónóng wóón iká mi wor chón angang\*



Eú health center (federally qualified), mi awora ngeni chón Wahiaiwā, Waialua, Mililani, Schofield, Kunia me ekkewe sóóp únúkkúúr eú chék neenien sáfei mi ochchuppa meinisin sókkun health care mi múrinné.

📍 **Án Ekkewe Chinnap Center – Suite 106B**

**Án Chón ewe Famini Pekin Health- Suite 106A**

**Án Fefin Pekin Health - Suite 106B**



## Án Ekkewe Chinnap Center

Án Ekkewe Chinnap Center – Suite 106B

Sárinfáán-Érúanú: (7am – 5:30pm)

Áewin me éunúngatin Ammón: (7am – 5pm)

\*Ammón e kan anóngónóng wóón iká mi wor chón angang \*

**Kékkéri kich wóón (808) 622-1618**

Ren neeni mi suuk mwirin kunókun angang,  
kékkéri Physician's Exchange: (808) 524-2575



### Met Ékúnéech

Fiti ach aloha me chúnú aramas, sia awora pekin túmwún mi múrinné pwan mé éch ren nónnómun me péchékkúnen inisich fán iten eú healthy community.



## Án Ekkewe Chinnap Center

Ewe Wahiawā Health chinnap center a nóm fán emmwenien Dr. Alain Takane, emén board-certified tokterin chinnap, pwan fán áninnisín eú kúmiín chón túmúnú chinnap.

### Kúmiín Chón Túmúnú Chinnap

Án ekkewe chinnap we kúmiín túmwún a mochen epwe wor anganfengen, me ekkewe patient, ar kewe famini me chón túmúnúúr repwe nipwákééch ne anapaanó sókkun áninnis epwe toriir, me tikeri ekkewe ra chinnaponó ikewe re kon osupwangen áninnis ie.

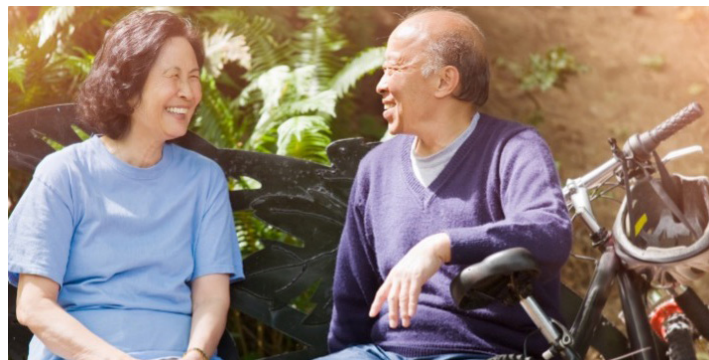
### Community Health Outreach

Wahiawā Health a weweiti ekkewe weires nón ach community me a emecheresi an epwe tour medical care ren an:

- Áninnis ne set up waa ngeni medical appointment
- Deliver safei
- Emmweni ekkewe patient ngeni ekkewe áninnis ren mwéngé, housing, me hygiene supplies
- Awora telehealth visit ren video conference

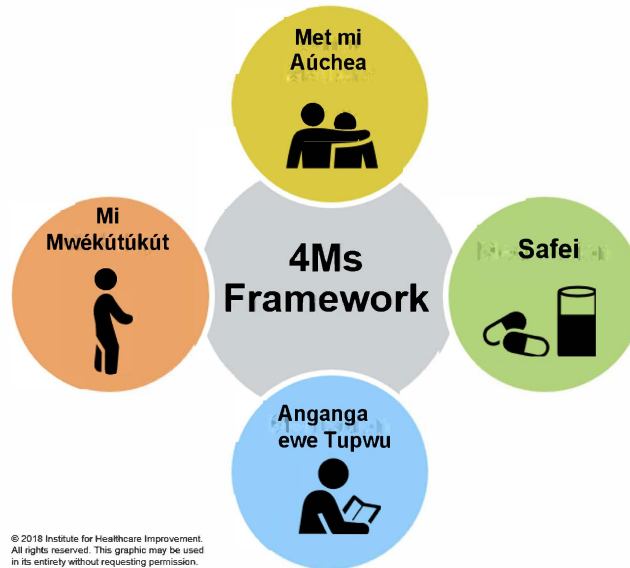
### Eppetí Semwenin Suke Prokram

Wahiawā Health a awora eú ier Eppetí Semwenin Suke Prokram an epwe anapaanó óm weweiti prediabetes me peseok óm kopwe siwini nónnómun manawom pwe kopwe eppetí iká áweiresi an epwe uruk Type 2 Semwenin Suke iká pwe ka fen prediabetes. Unusen ena eú ier, néúch keei certified lifestyle me wellness coach repwe ánisuk ren ar ossukunnók ussun óm kopwe lose weight me fókkun healthy.



### The 4Ms Framework

Iteiten emén patient epwe visit iwe epwe go thru eú comprehensive 4M assessment mi áúchea fán iten án ena patient care plan epwe fit ngeni met e need.



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Age-Friendly Health Systems

### Patient Visits

Atun án ekkewe chinnap visit ekkewe patient repwe go thru ekkeei sókkun assessment:

- 4M assessment iteiten visit: sáfei, anganga ewe tupwu, mi mwékútúkút, me met mi kon áúchea ngeni ewe patient
- Geriatric review of syndromes: mi kan turunó, fite paunnan, mi mwón anan, ese chúen mwéchéngeni kónik me kiten mwéngé, mi rong, mi kuna, ngiin, annut, metek, mwéch pinchéén, ifa ussun, met ewe chón túmún e need, pekin safety, mi fiti emwicheich me mi ánáeménúnó
- Test iká a ifa nónnómun ewe tupwu
- Chekin semwenin netipechou ren ekkewe ra chinnap, iká mi namot
- Polypharmacy – met epwe féri iká a chómmóng sáfei
- Deprescribing – kókkótun ekisaanó iká fen eúkaanó ekkewe safei ese chúen namot kopwe angei iká ekkewe ra fen efeiengaw ngonuk
- Finaatá kókkótun pekin sáfei me túmwún ren nesor me pénóón iei chék atun mi chúen chú awen ewe patient
- Chekin semwen me oppwos
- Kókkótun an epwene retire seni uwou tarakú, iká mi namot
- Áninnis ngeni famili me/iká ekkewe chón túmwún