

# Your Geriatric Care Team



**Alain Takane MD**  
Geriatric Physician

- Board-certified geriatrician and family practitioner
- Grew up in Hilo
- Graduate of the University of Hawai'i at Mānoa John A. Burns School of Medicine
- Received her master's of public health in social and behavioral health sciences
- Completed the geriatric medicine fellowship training program at the University of Hawai'i



**Kayla Bajo PharmD**  
Clinical Pharmacist, Tobacco Treatment Specialist, Diabetes Self-Management and Wellness Educator

- Born and raised in Wahiawā and a Leilehua High School graduate
- Bachelor of Arts in Pharmaceutical Sciences and a Doctorate in Pharmacy from the Daniel K. Inouye College of Pharmacy at the University of Hawai'i at Hilo
- Certified Tobacco Treatment Specialist with the University of Massachusetts Chan Medical School  
Born and raised in Wahiawā



Wasahn wini oh sawas en roson mwahu sang tehte de sawas sang koperment laud de federal, sawas ong me kin kouson Wahiawā, Waialua, Mililani, Schofield, Kunia oh mehn nimpatakan wasah tehiou me koaros pahn ale soangen sawas en roson mwahu tohto me mwahu.

## Insurens

Se kin oh kak alehda songen pilan en insurens en roson mwahu me tohto, me iangahki AlohaCare, HMSA, United Healthcare, HMAA, Ohana Health Plan, UHA, Tricare Select, Medicare, Medicaid oh pil ekei insurens me piraiped de likin insurens me kileldi powehkan. Ma komw sohte naineki insurens, ah se kak sowesei komwi oh audehda omwi tungoal doaropwehn aplikaisin en alehda insurens oh pil kihwei sawas me pweitikitik de me sohte pahn nohn pweilaud.

Ma sohte noumw insurens, komw kalahngan oh wahdo EHU doaropwe me pahn wia men kadehde en wen sent me komw kin aliale, kolokol de wiahda sang ni doadoahk:

- Kapin tek me kapw de me ke ahpwete alehdi
- Doaropwehn Tax
- Doaropwehn Unemploimend
- Doaropwe men kadede me komw kin aliale sawas sang Department of Human Services
- Doaropwe men kadehde me komw kin aliale sawas sang Temporary Assistance for Needy Families

## Langahki EHU doaropwe de kilel en kadehde ihs komwi:

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

Awahn Doadoahk de Ritidahn Doadoahk (tehkada nait wepsaid ong awahkan koaros)

## Wasahn Sawas en roson mwahu ong me likeilapalahrkan

Niehd-Niepeng: (7 nimenseng – 5:30 mwurin souwas)

Keiou en oh Kesiluh en Rahn Kaunop en sounpwong: (7 nimenseng – 5 mwurin souwas)

\*Ong Rahn Kaunopakan awahn ritidahn wasahn doadoahk de ohpis pahn kakete wekila sang ni en wen tohtohn toahkte me doadoahk

**Wasahn Sowese Roson Mwahu En Me Likeilapalah Suite 106B**

**Wasahn tuweng toahkte me kin apwalih Peneinei Suite 106A**

**Sawas En Roson Mwahu Ong Lihakan-Suite 106B**



## Wasahn Sawas en roson mwahu ong me likeilapalahrkan

Wasahn Sawas en roson mwahu ong me likeilapalahrkan-Suite 106B

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**Eker kit ni nempahn telepwohn (808) 622-1618**

*Ong sawas en anahn likin awahn doadoahk, eker Physician's Exchange ni nempahn telepwohn: (808) 524-2575*



## Poahson En Aht Doadoahk

Sang ni aht peren en aloha oh men sowese me apwal se kihda sawas en roson mwahu me pwei mwahu, sahpis keiou mwahu ong roson mwahu oh sawaskan me pid roson mwahu pwe rn wia kamwahupen roson mwahu en wehi pokon.

*Sawas ong koaros me kin kouson Wahiawā, Waialua, Mililani, Schofield oh men nimpatakan.*

*Geriatrics Pohnpeian Dec. 2023*



## Wasahn Sowese Roson Mwahu En Me Likeilapalahr

Dr. Alain Takane, me kin kaunda wasahn sowese roson mwahu en me likeilapalahr en Wahiawā Health, ih emen toahkehn apwalih soumwau ong me likeilapalahr oh eh board-certified oh ienge pwihn en sawas pil kin sowese ih nan doadoahk wet.

### Pwihn en sawas en roson mwahu ong me likeilapalahr

Pwihn en sawas en roson mwahu ong me likeilapalahr kin ngoangki oh sawaspene pwe ren kak sowesehda me soumwahukan, arail penienie oh pil neirail sohn sawas pwe ren kak alehdi sawas mwahu oh pil pouseieng me mahkan sawas me re keiou anahnehkan.

Sawas en Pouse Roson Mwahu ong Weipokon Wahiawā Health me kin sawas oh pwukoahki pouse irehkan me pid apwal en alehdi sawas en roson mwahu oh duwen ahn koaros pahn kak alehdi sawas en roson mwahu ni ahr:

- Sawaski ong koaros me pid kamangai en peidaid lahng apoinmdendkan.
- Deliper de wisik winilahng me soumwahu.
- Pouse ong me soumwahu tehtehkan me pid mwenge, wasahn kouson, dipwisou de mehn kamwakelkan.
- Kihda sawas en telehealth apoinmdendkan nan pidio conperens

### Pikorkahm en Perehsang Soumwahu en Suke

Wahiawā Health kin kihda pirokrahm en kasukuhi en perehsang soumwahu en suke nan erien sounpar ehu oh pirokrahm wet wia men de iren kalohk oh kapese ong koaros me sansalehr me re miher nan soumwahu en suke apw saik laud oh met pil pid ong kaweid ong irailkan me miher nan irair en soumwahu wet pwe ren kak kawukala arail mour de wihwia pwe ren dehr alehdi de peresang irail type 2 en soumwahu en suke.



### Koasoandi en ire me pid 4Ms

En soumwahu apoinmdendkan en toahkte koaros pahn alehdi kosou me pid 4M ihmet me pahn kasalehda duwen sawas ong me soumwahuo pwe en kak pwungehng en me soumwahuo anahn en sawas en



### Me pid en soumwah ahr tuhweg ahr toahkte

Ansou me me soumwahu en likeilapalahr kin tuhweg toahkehn sawas en roson mwahu en me likeilapalahr iet kosou me re pahn alehdihkan:

- Kosou en 4M nan ansou en apoinmdendkan koaros: winikan, kosou en duwen madmadau, mwekid, oh irehkan me keiou kesempwal ong me kohwa soumwahuo
- Kosou me pid soumwahu en me likeilapalahrkan: pwupwidikan, poun en palinwar, ingen en mwenge, ke men pipih, rong wasa, kileng wasa, irekdi en ngih, meir, wasa medek, iheteng, sonsuwed, anahn en tohn sawas, perehsang me keper, patehng aramas de tohrohsang aramas.
- Kosou en Madmadau de manokonok
- Kosou en soumwahu en me mah me pid pwunod de phtou laud
- Kaweid en ale wini tohto
- Katikala wini de kawulala doaropwehn wini me solahr doadoahk de anahnepe
- Kaunopada koasoandi en imwin mour
- Kosou en soumwahu de roson mwahu oh dok en silasil
- Koasoandi en komaoldisang diraip sdosa, ma mie anahepe
- Sawas ong peneinei oh/de ong sohn sawas me kin kouson oh apwalih me soumwah