

# Your Geriatric Care Team



**Alain Takane**  
MD  
Togta ko Piin ni  
Pillibthir

- Bay e certificate rok ni nge mang togta ko piin ni pillibthir nge girdien a tabinaw
- Ke ilal u Hilo
- I graduate ko University of Hawaii u Manoa ni John A. Burns School of Medicine
- Bay e degree rok ni master's of public health nge behavioral health sciences
- Ke m'ay i fek e skul rok ko geriatric medicine u University of Hawaii



**Kayla Bajo**  
PharmD  
Clinical Pharmacist,  
Ani ma Pi' e Falay, ma  
Ayuweg e Piin ni  
Baadag nra Talgad ko  
Tamagow

- Nni gargeleg me ilal u Wahiaawa me graduate u Leilehua High School
- I un ko Daniel K. Inouye College of Pharmacy u University of Hawaii u Hilo me fek e Bachelor of Arts in Pharmaceutical Sciences nge Doctorate in Pharmacy
- I un ko University of Massachusetts Chan Medical School me fek e baby ni micheg ni rayog rok ni nge Ayuweg e Piin ni Baadag nra Talgad ko Tamagow

## Insurance

Gamad ma fek boor miti insurance, nib muun ngay e AlohaCare, UnitedHealthcare, HMSA, HMAA, Ohana Health Plan, UHA, Tricare Select, Medicare, Medicaid nge yugu boch. Faan manga dariy e insurance rom ma gamad ma ayuwegem ni ngam un ko insurance ma rayog ni nggu sobut' naged puluwon e tafalay ni be yan u rogon e tin nrayog rom'.

## Faanra dariy e insurance rom, amu fek iyib TAAREB e tin ni baaray ni ngan micheg urngin e salpiy ni puluwom:

- Babyoren puluwon e maruwel rom (pay stub)
- Babyoren e tax return
- Babyoren e unemployment
- Babyoren e mich ni ga ma fek e ayuw ko Human Services
- Babyoren e mich ni ga ma fek e ayuw ko Temporary Assistance for Needy Families

## Ku mu fek iyib TAAREB e babyor ni nge micheg ko gur mini':

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

## Ngal'an e Maruwel (ku mu guy e website)

Tagil' e Tafalay ko Piin ni Pillibthir

Mon-Thur: (7 am – 5:30 pm)

Bin som'on nge bin Dalip e Sabado ko pul:

(7 am – 5 pm)

\*Rayog ni nge thilthil ngal'an ko Sabado ni be yan u rogon e maruwel ko togta\*



Ke micheg e am ni tagil' e tafalay ney e ra pi' urngin mit e tafalay ni th'abi fel' ngak girdien Wahiaawa, Waialua, Mililani, Schofield, Kunia nge ku boch e girdi'.

- 📍 Tagil' eTafalay ko Piin ni Pillibthir – Suite 106B
- Tagil' e Tafalay ko Girdien e Tabinaw – Suite 106A
- Tagil' e Tafalay ko Piin ni Ppin – Suite 106B



# Tagil' e Tafalay ko Piin ni Pillibthir

**Tagil' e Tafalay ko Piin ni Pillibthir – Suite 106B**

**Mon-Thur: (7am – 5:30pm)**

**Bin som'on nge bin dalip e Sabado : (7am – 5pm)**

**\* Rayog ni nge thilthil ngal'an ko Sabado ni be yan u rogon e maruwel ko togta\***

**Mu callnagmad u (808) 622-1618**

*Faanra gathi ngalan' e maruwel, mu callnag e  
Physician's Exchange: (808) 524-2575*



## Kenggin e Maruwel Romad

Bochan e gamad ma t'ufeg e girdi' ma gamad ma runguyrad, gamad ma ayuweg girdien e binaw ni fan e nge yog e tafalay ni th'abi fel' mab sobut' puluwon maku gamad ma pi' e ayuw ya nge fel' rogon fithik' i downgin girdien e binaw.

*Gamad ma ayuweg e girdien Wahiaawa, Waialua,  
Mililani, Schofield & nge ku boch e girdi'.*

Jan.. 2024

Wahiawā Health e ri ba adag ni ngar ayuweged e piin ni yad be pillibthir iyan u tagil e tafalay ko piin ni pillibthir ma yad ma rin' e re n'ey ni yad be ayuwegrad ni nge fel' fithik' e dowrad ma nge fel' e par rorad.



## Tagil' e Tafalay ko Piin ni Pillibthir

Dr. Alain Takane e ir e ga' ko pi togta ni yad ma tafalaynag e piin ni pillibthir, kan micheg ni ir e togta ko pillibthir, ma bay yugu boch e togta ni yad ma ayuweg.

### Piin ni Yad ma Ayuweg e Pillibthir

Fapi togta ni yad ma ayuweg e piin ni pillibthir e yad ma maruwel u taabang rok e pillibthir nge chon e tabinaw rorad, ma yad ma n'giin ni nge mom e tafalay ngak e piin ni pillibthir.

### Ayuw ko Girdien e Binaw

Pi togta ko Wahiawa Health e ma yan nga lan binaw ni ngar pithiged e pi magawon ni ma taleg e girdi' ni nge yog e tafalay ngorad ma nge mom rogon ni nge yog e tafalay ko girdi'. Yima pi' e tin baaray e ayuw:

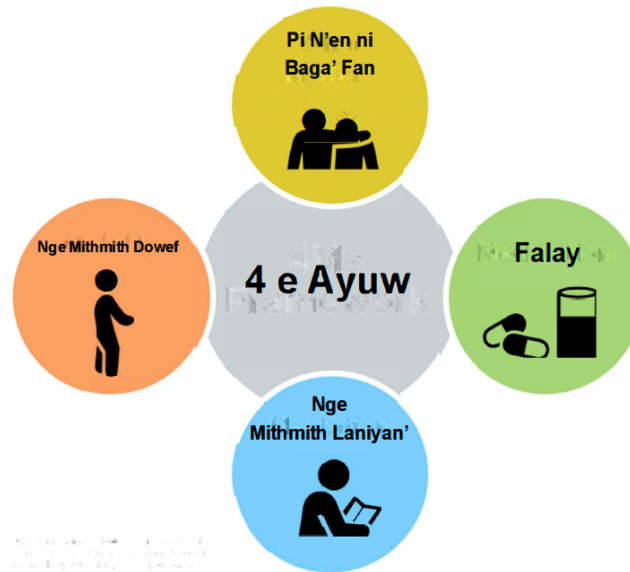
- Yad ma yarmiy rogon e karro nge fek e girdi' ko tafalay
- Yad ma fek e falay iyib nga tafan e girdi'
- Yad ma ayuweg e piin nib m'ar ngar naged e ayuw ko am ni fan ko ggan, naun, nge pi n'en nra ayuweradg ni nge biech e par rorad
- Yad ma pi' ayuw u lan e computer u video conference

### Ayuw ni nge Dabi Diabetes Be'

Wahiawa Health e ma pi' e ayuw ni reb e duw n'umngin nap'an ni nge dabi diabetes be' ma yima yog e Diabetes Prevention Program ngay. Re ayuw ney e ma skulnag e girdi' ni ngar naged ko mang e prediabetes ara piin ni be n'en ni nge yib e diabetes ngorad. Yad ma ayuweg e girdi' ni ngar thilyeged rogon e par rorad ya nge dabi yib e type 2 diabetes ngak e piin ni piilal ni yad be n'en ni nge diabetes. U lan e re duw nem pi togta e ra ayuweg e piin nib m'ar ni achig boch tomalngin dowrad ma nge fel' fithik' i dowrad.

### 4 e Ayuw

Yira yaliy urngin e piin nib m'ar ma bay 4 e Ayuw ma aram kenggin e ayuw ni ra puluw ngak be' nge be'.



Wahiawa Health e ma pi' e ayuw ni reb e duw n'umngin nap'an ni nge dabi diabetes be' ma yima yog e Diabetes Prevention Program ngay. Re ayuw ney e ma skulnag e girdi' ni ngar naged ko mang e prediabetes ara piin ni be n'en ni nge yib e diabetes ngorad. Yad ma ayuweg e girdi' ni ngar thilyeged rogon e par rorad ya nge dabi yib e type 2 diabetes ngak e piin ni piilal ni yad be n'en ni nge diabetes. U lan e re duw nem pi togta e ra ayuweg e piin nib m'ar ni achig boch tomalngin dowrad ma nge fel' fithik' i dowrad.

Age-Friendly Health Systems



### Nap'an nra Yib e Piin nib M'ar

Nap'an nra yib e piin ni pillibthir ko tafalay, yira yaliy e pi n'en ney:

- Yira yaliy 4 ban'en u nap'an nra yib e piin nib m'ar: rogon e falay ni yad be fek, rogon ni be mithmith lanin'rad, rogon ni be mithmith downgirad, nge pi n'en ni baga' fan u wan' e piin nib m'ar
- Yira yaliy e pi n'ey: yad ma paraw fa, tomalngin dowrad, abich, rogon e fi' nge dun, rogon teliy, rogon lan mit, nguwel, mol, amith, rogon e lem, nge yog be' ni nge ayuwegrad fa, safety, yad ma yan nga fithik' e girdi' fa yad ma par rorad
- Yira yaliy ko manang fan e pi n'en ni be buch
- Ngan skengnag ni ke magafan' fa
- Faanra boor mit e falay e be fek yira ayuweg ni nge yarmiy rogon
- Yira taleg e pi falay ni dariy angin
- Ngan ayuweg ni nge tay talpen ko ayuw ni nge yog ngak
- Skeng nge chusa
- Ngan guy ko thingari tal i kol yap e karro
- Ayuw ni fan ko chon e tabinaw nge piin ni yad ma ayuweg

(808) 622-1618

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