

Your Diabetes Care Team



Ku'ulei Na'ahi'elua,
APRN-RX, BC-ADM,
PMHNP-BC
Psychiatry and Diabetes
Specialist

- Degree in Social Work at the University of Washington
- Master of Science degree in Nursing from the University of Hawai'i
- Post-Master's Certificate as a Psychiatric-Mental Health Nurse Practitioner from Johns Hopkins University
- Master of Science in Clinical Service Operations at Harvard Medical School



Kailey Hifumi, PharmD
Clinical Pharmacist

- Born and raised in Mililani
- Earned her Doctor of Pharmacy, PharmD from Pacific University in Hillsboro, Oregon
- Previously was the clinical pharmacist at Synergy MedSolutions and worked at Pharmacare Hawaii



Gwynne Gonzales, PharmD
Pharmacist in Charge

- Earned her Bachelor of Science degree in Medical Sciences and Doctorate of Pharmacy from Washington State University
- Certified Tobacco Treatment Specialist
- Diabetes Prevention Program Lifestyle Coach



Skye Kaohu
Community Health Worker

- Born and raised in Wahiawā
- Graduate of Kamehameha Schools
- Studying nursing at Kapi'olani Community College
- Passionate about giving back to the community of Wahiawā



Pharmacy RxSafe® Automation

- Wahiawā Health's in-house pharmacy uses an RxSafe automated drug dispensing system called PakMyMeds™ that provides prescription accuracy and simplifies taking medications.

PakMyMeds organizes prescription medications into individual pouches labeled with the intended date and time to be taken.

- For patients with multiple prescriptions, the RxSafe medication dispensing improves patient safety and health outcomes.



A federally qualified health center, providing residents of Wahiawā, Waialua, Mililani, Schofield, Kunia and our neighbors a single point of access to comprehensive and quality health care.

📍 **Diabetes Specialty Center - Suite 214**

☎ **Diabetes Center Direct: (808) 622-1601**



Diabetes Specialty Center

- Diabetes screening, diagnosis, prevention
- Diabetes education and nutrition services
- Lowering A1c levels, blood pressure and cholesterol
- Weight and stress management
- Medication management through our in-house pharmacy

Call us at (808) 622-1601

*For after hours care, contact
Physician's Exchange: (808) 524-2575*



Our Mission

In the spirit of aloha & compassion, we provide access to affordable, quality health care & wellness services to promote a healthy community.

📍 302 California Ave. Suite 106
Wahiawā, HI 96786

Conveniently located
across the street from
Jack in the Box with
plenty of free parking

☎ (808) 622-1618
✉ info@wahiawahealth.org

🌐 wahiawahealth.org

*Serving Wahiawā, Waialua, Mililani,
Schofield & our neighbors*

October 2025



Wahiawā Health developed a culturally relevant diabetes specialty center based on a holistic approach. The center incorporates medication management, social determinants of health, and community health outreach to create a bridge between primary care providers, pharmacy services and community resources.



Diabetes Specialty Center

Diabetes Specialty Center Services

- Wahiawā Health's diabetes management team provides education to its diabetes patients to help improve their quality of life, self-manage their illness and reduce medical costs. Services include:
 - Diabetes screening, diagnosis, prevention and evaluation.
 - Improved health through recommended lifestyle changes, patient education, nutrition counseling and dietary management.
 - Lowering A1c levels, blood pressure & cholesterol.
 - Monitoring blood glucose levels.
 - Physical activity guidance.
 - Weight and stress management.
 - Monitoring of oral medications and, if required, insulin use.
 - Care for special populations including kūpuna.

Clinical Pharmacist Provides Patients with:

- A comprehensive medication management session via Telehealth and in-person visits.
- Free medication delivery to the patients' home.
- Screening for depression and/or stress and referral to our clinical psychologist or psychiatric nurse practitioner for mental health care.
- Glucometers and blood pressure cuffs provided by the American Heart Association to monitor hypertension.

Community Health Outreach

- Wahiawā Health's community health outreach team helps address challenging barriers in the community and enhances medical care access by:
 - Helping set up transportation to medical appointments.
 - Delivering medications.
 - Connecting patients to resources such as food, housing, hygiene supplies.

Behavioral Therapy

- Our team of behavioral therapists utilize several methods to help patients understand thoughts that negatively impact their behavior.
- Benefits of behavioral therapy can give people hope about their condition, improve self-esteem, help them relax and develop a more rational thought process.
- Patients can learn to become more self-reliant and responsible for change, building self-confidence and help increase participation in their diabetes treatment.

Insurance

We accept all forms of insurance, including AlohaCare, United Healthcare, HMSA, HMAA, Ohana Health Plan, UHA, Tricare Select, Medicare, Medicaid and other private insurance. If you do not have insurance, we can assist with enrollment and provide discounted services on a sliding fee scale.

Hours of Operation (see website for full list)

Diabetes Specialty Center

Mon–Fri: (7am – 6pm)

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Wahiawā, HI 96786

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