



Protect. Detect. Report.

Oahu: (808) 586-7281

Toll Free: (800) 296-9422

smphawaii.org

SMP Hawaii News

Winter 2017

Aloha SMP team members and friends!

We invite you to read SMP Hawaii News Winter edition and please share with family, your network of friends, and community groups throughout the state. There are many links to important topics, resources, scam alerts, and statewide events.

In this edition, read about the many types of FREE Medicare preventive services to ask your doctor about. What services are right for you or your family members?

Also, the Senior Medicare Patrol (SMP Hawaii) is made up of dedicated volunteers statewide. These SMP team members are truly the backbone of our program. If you are interested in learning more about SMP and what type of volunteer opportunities we offer, please check us out at smphawaii.gov or call our SMP Volunteer Coordinator Kaipō Cullen at 586-7281 or toll free 1-800-296-9422 and join the SMP team!

Mahalo,

Laurie Paleka
SMP Hawaii Program Coordinator





SMP In The News

Protect Against Medical Identity Theft



Medical identity theft occurs when someone steals your personal information (like your name, Social Security number, or Medicare number) to get medical care, buy drugs, or submit fake billings to Medicare in your name. Learn how to protect yourself from medical identity theft by watching [this video](#).

Contact your local Senior Medicare Patrol at www.smpresource.org/Locator/Default.aspx for more information.

[Read more stories at www.smpresource.org/news](http://www.smpresource.org/news).

Security Tips of the Month:

- Do not click on any links or open any attachments from suspicious emails.
- If an email from a likely legitimate service requires action, confirm with the service to ensure that the request is real.
- If it's too good to be true, it probably isn't.

Upcoming Events

Hilo

University of Hawaii at Hilo Ho'olaule'a

This health event provides fun for the family as well as health information.

When: Sat, January 13th,
12:00pm - 5:00pm

Where: University of Hawaii at Hilo,
200 W. Kāwili St. (lower parking
lot), Hilo, HI 96720

2nd Annual Mt. View Elementary School 'Ohana Day

This annual health event provides fun for the family as well as health information.

When: Sat, March 3rd, 9:00am -
1:00pm

Where: Mt. View Elementary
School, 18-1235 Volcano Rd., Mt.
View, HI 96771

2nd Annual Ka'u Wellness Fair and Easter Egg Hunt

This annual health event provides fun for the family as well as health information.

When: Sat, March 31st, 9:00am -
12:00pm

Where: Pahala Public Library, 96-
3150 Pikake St., Hilo, HI 96720

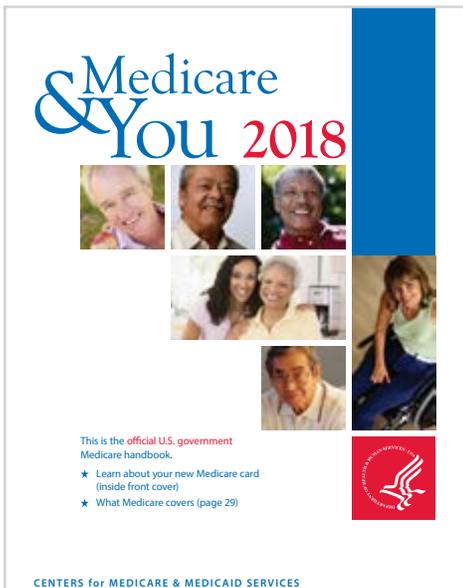


Need help with your Medicare questions?



For assistance with your Medicare questions, please call **Hawaii SHIP** at 1-888-875-9229 or complete a contact form at:

http://www.hawaiiship.org/site/420/contact_us.aspx



For additional Medicare information, please view or download the **2018 Medicare Handbook** at:

<https://www.medicare.gov/pubs/pdf/10050-Medicare-and-You.pdf>

Oahu

National Consumer Protection Week Fair

Celebrating National Consumer Protection Week during the month of March with a consumer fair in downtown Honolulu. This event is free and open to the public.

When: Wed, March 7th, 10:00am - 1:00pm

Where: King Kalakaua Building, 335 Merchant St., Honolulu, HI 96815

Maui

Heart Failure Community Event

Organized by Maui Memorial Medical Center.

When: Tue, February 27th, 4:00pm - 8:30pm

Where: Maui Memorial Medical Center, 221 Mahalani St, Wailuku, HI 96793

Unused Medication Dropoff

Turn in your unused or expired medication for a safe, anonymous disposal.

When: Fri, February 9th, 9:30am

Where: West Maui Senior Center, 788 Pauoa St, Lahaina, HI 96761

Unused Medication Dropoff

Turn in your unused or expired medication for a safe, anonymous disposal.

When: Fri, February 9th, 1:30pm

Where: Kaunoha Senior Center, 401 Alakapa Pl, Paia, HI 96779



Kauai RSVP



What is Kauai RSVP?

Volunteer opportunities for persons 55 and older to remain as active, contributing members of the community through volunteer involvement. The Kauai RSVP program started in 1973 under the sponsorship of the County of Kauai Agency on Elderly Affairs. Staff members include a Director and a Program Support Technician.

Who can become a Kauai RSVP Volunteer?

Anyone age 55+ years is eligible to become an RSVP volunteer. An enrollment form MUST be filled out prior to placement at a volunteer station.

Where can I do volunteer work?

Volunteer stations must be either public or private non-profit organizations. Volunteer stations include State Building and Civic Center information desks, Wilcox Adult Day Care and Long Term Care, Senior Centers, senior nutrition sites, Mahelona Hospital, Kauai Public Libraries, Na Lima Kokua, public schools, and Senior Medicare Patrol. New stations are added as volunteers' interest grow.

How do I enroll as a Kauai RSVP Volunteer?

Call the Kauai RSVP office to meet with a Kauai RSVP staff person. They will assist you in filling out an enrollment form. Kauai RSVP Pi'ikoi Building, Ste. 330 4444 Rice Street Lihue, HI 96766 Ph. 241-4479.

Kona

SMP Community Outreach

Provides Medicare counseling and fraud prevention information. .

When: Every other Thursday (1/11, 1/25, 2/8, 2/22, 3/8, 3/22), 8:30am - 1:00pm

Where: West Hawaii Civic Center, 74-5044 Ane Keohokalole Hwy, Kailua-Kona, HI 96740

Kauai

Unused Medication Dropoff

Turn in your unused or expired medication for a safe, anonymous disposal.

When: Thurs, January 11th, 10:00am

Where: Kapaa Neighborhood Center, 4491 Kou St, Kapaa, HI 96746

Unused Medication Dropoff

Turn in your unused or expired medication for a safe, anonymous disposal.

When: Thurs, January 11th, 1:30pm

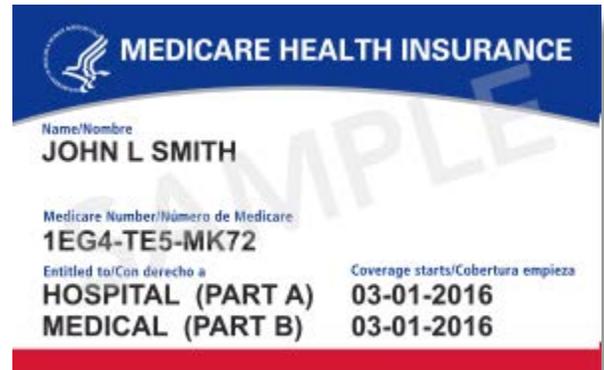
Where: ADRC Hawaii, 4444 Rice St, Lihue, HI 96766



Fight Fraud: Guard Your Medicare Card

If you have Medicare, you can protect your identity and help prevent health care fraud by guarding your Medicare card like you would a credit card.

Identity theft from stolen Medicare Numbers is becoming more common. Medicare's here to help by removing Social Security Numbers from Medicare cards and replacing them with a new, unique number for each person with Medicare. Medicare will mail new Medicare cards with the new numbers between April 2018 and April 2019.



Here are some important steps you can take to protect yourself from the identity theft that can lead to health care fraud:

- Don't share your Medicare Number with anyone who contacts you by telephone, email or in person, unless you've given them permission in advance. Medicare will NEVER contact you (unless you ask us to) for your Medicare Number or other personal information.
- Don't ever let anyone borrow or pay to use your Medicare Number.
- Review your Medicare Summary Notice to be sure you and Medicare are only being charged for actual items and services received.

If you're looking to enroll in a Medicare plan:

- Remember there are no "early bird discounts" or "limited time offers."
- Don't let anyone rush you to enroll by claiming you need to "act now for the best deal."
- Be skeptical of free gifts, free medical services, discount packages or any offer that sounds "too good to be true."

If someone calls you and asks for your Medicare Number or other personal information, hang up and call 1-800-MEDICARE (1-800-633-4227). To learn more about protecting yourself from identity theft and health care fraud, visit www.Medicare.gov/fraud or contact your local Senior Medicare Patrol (www.smpresource.org).

This message is brought to you by the U.S. Department of Health and Human Services

PROTECT

DETECT

REPORT

Types of Medicare Part B Preventive Services

Most preventive services will be at no cost to you if get them from a qualified health care provider who accepts Medicare assignment.

- ❖ Abdominal aortic aneurysm screening
- ❖ Advance care planning / Bone mass measurement
- ❖ Alcohol misuse screening and counseling
- ❖ Breast cancer screening / Cervical and vaginal cancer screening
- ❖ Cardiovascular disease (behavioral therapy) and screenings
- ❖ Depression screening / Diabetes screening
- ❖ Flu shots / Pneumococcal shot
- ❖ Hepatitis B shots / Hepatitis C screening test / HIV screening
- ❖ Lung cancer screening / Colorectal cancer screening
- ❖ Prostate cancer screening
- ❖ Medical nutrition therapy services
- ❖ Obesity screening and counseling
- ❖ Sexually transmitted infection(STI) screening and counseling
- ❖ Smoking and tobacco-use cessation counseling
- ❖ “Welcome to Medicare” preventive visit / Yearly wellness visit

HERE'S WHAT YOU SHOULD DO:

- Ask your doctor or other health care provider which preventive services are right for you.
- Keep a record of the preventive services you receive.
- Know when a preventive service will be at a no cost to you or when you may have to pay a deductible or co-payment. Call 1-800-MEDICARE to find out.
- Check your Medicare claims to make sure your preventive services were billed correctly. Register on www.MyMedicare.gov for access to your Medicare account any time, any day.
- Contact Senior Medicare Patrol toll free at 1-800-296-9422 or, email smphawaii.org if you believe there is a mistake in your Medicare claim.



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