



Welcome to Astrana Care Partners of Hawaii!

We partner with your doctor and health plan to provide the care you need. Our network of doctors and health professionals are dedicated to helping you stay healthy and well.

Start your wellness journey with prevention! Schedule your **Annual Wellness Visit** with your doctor today! During the visit, your doctor will evaluate your health and recommend screenings. Your primary doctor is your first stop for medical care. They coordinate all your medical services, plus identify ways of reducing your risk of problems in the future. Prevention allows them to focus on *health* care, not just sick care.

In this packet, you will find key information to help you get started:

- [Annual Wellness Visit Flyer](#)—Complete this preventive service with your doctor every year!
- [Annual Health Guide](#)—Use this checklist to help you keep track of your screenings.

We strive to make access to healthcare easy. ACPHI partners with urgent care centers in many locations. If you have a non-life-threatening health issue, these centers can diagnose, treat, and provide follow-up care. They are a great alternative when your doctor's office is closed. Find the closest center and keep their information handy. In an emergency, dial 911 or go to the nearest hospital.

For help with Urgent Care Center locations, authorizations, billing and eligibility, call Member Services at (808) 646-7500 during our business hours.

We are here to support your healthcare journey! Take the first step and call your doctor to schedule your Annual Wellness Visit today!

Sincerely,
Astrana Care Partners of Hawaii

Say **YES** to Annual Wellness Visit

**Reduce Risk of Disease.
Prevent Complications.
Treat Disease Early.**

**Call Your Doctor Today
to schedule an
Annual Wellness Visit!**

Scan the QR code to watch a
quick video and learn more!



**Stay on the Path of Healthy Living
with Prevention!**

The Best Gift for You and Your Loved Ones.



Annual Health Guide

Use this checklist to help guide you on your health journey.

1 Call your doctor to schedule your Annual Wellness Visit!

It includes a detailed review of your current health status. Complete it every year!

Prepare for your visit by bringing:











- ☐ A list of your medications, including prescription, over-the-counter, and supplements
- ☐ Lab reports and paperwork. Include anything that happened since your last visit with your doctor.
- ☐ Records, including blood pressure or blood sugar logs

Talk to your doctor about:

- Any visits to urgent care, the hospital, or specialists
- Difficulties with bladder control
- Problems with sleep, changes in appetite, feelings of sadness or loneliness, or issues with memory
- Recent falls, balance issues or fear of falling
- New or recurring pain
- Lifestyle habits such as eating, exercise, drinking, smoking, or vaping

2 Schedule your recommended screenings, exams, and vaccinations

Please talk to your doctor about which screenings you may need. They will let you know when and how often to complete them.

General Screenings		Date
	Flu shot	
	Vaccination Review (shingles, pneumococcal, hepatitis B, COVID, and others you may need)	
	Breast Cancer Screening	
	Colorectal Cancer Screening	
	Bone Density Scan	
	Controlling High Blood Pressure	
For People with Diabetes		Date
	Retinal Eye Exam	
	Blood Test to check Hemoglobin A1c	
	Kidney Health Evaluation—Urine Protein Test & eGFR Blood Test	
	Blood Pressure Control	

