ADMINISTRATION & NEWS

CMS Requirements for Modifier Use
For all HMSA Akamai Advantage plan-covered benefits, advanced determination is required before using the following modifiers: GA, GX, GY, GZ. This is a Centers for Medicare & Medicaid Services (CMS) requirement. For more information, visit hmsa.com/PORTAL/PROVIDER/zav_pel.aa.MOD.900.htm.

Encouraging Healthy Habits in Children
Pediatricians and family practitioners caring for children have critical roles in teaching parents and children the importance of maintaining a healthy weight, making smart nutritional choices, and staying physically active for optimum wellness. We also want to curb the obesity epidemic among children and teens.

This is the rationale behind a new pay-for-quality measure, Weight Assessment and Counseling for Nutrition and Physical Activity for Children and Adolescents. It affects all commercial and QUEST Integration members 3–17 years of age who have outpatient visits.

Primary care providers are asked to monitor their patients’ weight and to provide counseling for nutrition and for physical activity. Details about documentation in the medical record for these activities are provided in HMSA’s 2016 Pay-for-Quality Guide at hmsa.com/providers.

If all three are addressed in a well-child or office visit, submit the diagnosis codes below on the visit claim to receive credit. The services can also be delivered and reported on separate visits. Cozeva will display numerator credit only when all three have been completed.

<table>
<thead>
<tr>
<th>Service</th>
<th>Diagnosis Code on Claim</th>
</tr>
</thead>
<tbody>
<tr>
<td>BMI percentile</td>
<td>Z68.51 to Z68.54</td>
</tr>
<tr>
<td>Counseling for nutrition</td>
<td>Z71.3</td>
</tr>
<tr>
<td>Counseling for physical activity</td>
<td>Z71.89</td>
</tr>
</tbody>
</table>
To give PCPs time to adjust to the new measure, the first measurement period will be January 1 to March 31, 2016. See the table below for measurement periods for the 2016 program year.

<table>
<thead>
<tr>
<th>Scoring Period</th>
<th>Measurement Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>1Q 2016</td>
<td>January 1 to March 31, 2016</td>
</tr>
<tr>
<td>2Q 2016</td>
<td>January 1 to June 30, 2016</td>
</tr>
<tr>
<td>3Q 2016</td>
<td>January 1 to September 30, 2016</td>
</tr>
<tr>
<td>4Q 2016</td>
<td>January 1 to December 31, 2016</td>
</tr>
</tbody>
</table>

**State License Renewal Reminder For Providers and Facilities**

Please take a moment to check the expiration date on your state license. We encourage you to renew your license as soon as possible since it may take time to complete the process. There’s a time lag between renewing a license and the state posting the renewal on its licensing website, which we reference for current licensure.

To update our records, please submit a copy of your renewed license to HMSA’s Credentialing Unit before the state license expires. This can be done by one of the following methods:

- Fax: 948-8212 on Oahu.
- Email: ps-credunit@hmsa.com.
- Standard mail:
  
  HMSA  
  Attn: Credentialing Unit, HSD/QM 6th Floor  
  PO. Box 860  
  Honolulu, HI 96808-0860

If we can’t confirm that your personal or facility state license has been renewed, we must terminate your HMSA credentialing and participating provider status. This may result in HMSA being unable to pay you, your facility, or HMSA members for services effective the day immediately following the expiration date on the license.

If you have any questions, call the Credentialing Unit at 948-5925 on Oahu or 1 (800) 603-4672, ext. 5925, toll-free on the Neighbor Islands.

**Importance of Accurate Provider Network Data**

Based on expectations of the Centers for Medicare & Medicaid Services (CMS), it’s essential that you keep us informed of updates to your practice to keep provider network directories up-to-date. This will help us stay compliant with CMS standards and will also help you to better manage the referral process.

CMS has finalized its rules requiring Medicare Advantage plans, such as HMSA Akamai Advantage, to maintain accurate directories for the benefit of members. CMS expects health plans to update provider directories monthly and to quarterly confirm your availability and whether you’re accepting new patients.

Please use current HMSA forms, available in the HMSA Provider Resource Center, to submit your updates. Provide all requested information, as missing information can cause a delay in processing your request. When possible, submit changes three to four weeks before the effective date. If you have any questions, call us at 952-7847 on Oahu.
CMS’ main concern is that members should be able to choose a participating provider who’s accepting Medicare beneficiaries and that our directories always have accurate and timely information. Health plans that fail to maintain complete, updated directories will be subject to monetary penalties and/or enrollment sanctions. Help us keep our members informed with current information about you and your practice. This can save your staff a lot of time and unnecessary phone calls.

**Special Notice on eviCore**

Starting this year, eviCore healthcare (formerly Landmark Healthcare) is no longer mailing paper copies of your Practitioner Performance Summary. Please access your PPS Dashboard on the eviCore portal, which provides the most timely claim data reporting and gives you the ability to drill down to your patients’ claims information.

As a reminder, access to your dashboards requires a PPS Security Code, which was mailed to you in your January 1, 2016, tier notification letter. If you have questions, call 1 (888) 638-7876 toll-free or visit lmhealthcare.com.

**MAC Changes**

The maximum allowable charges (MACs) for the following codes will increase effective February 1, 2016.

<table>
<thead>
<tr>
<th>Procedure</th>
<th>Description</th>
<th>New MAC</th>
</tr>
</thead>
<tbody>
<tr>
<td>90636</td>
<td>Hepatitis A and hepatitis B vaccine (HepA-HepB), adult dosage, for intramuscular use</td>
<td>$102.58</td>
</tr>
<tr>
<td>90644</td>
<td>Meningococcal conjugate vaccine, serogroups C &amp; Y and Haemophilus influenzae type b vaccine (Hib-MenCY), 4 dose schedule, when administered to children 20-18 months of age, for intramuscular use</td>
<td>26.42</td>
</tr>
<tr>
<td>90648</td>
<td>Haemophilus influenza type b vaccine (Hib), PRP-T conjugate, 4 dose schedule, for intramuscular use</td>
<td>31.00</td>
</tr>
<tr>
<td>90691</td>
<td>Typhoid vaccine, Vi capsular polysaccharide (ViCPs), for intramuscular use</td>
<td>95.42</td>
</tr>
<tr>
<td>90698</td>
<td>Diphtheria, tetanus toxoids, acellular pertussis vaccine, Haemophilus influenzae type b, and inactivated poliovirus vaccine, (DTaP-IPV/Hib), for intramuscular use</td>
<td>93.81</td>
</tr>
<tr>
<td>90700</td>
<td>Diphtheria, tetanus toxoids, and acellular pertussis vaccine (DTaP), when administered to individuals younger than 7 years, for intramuscular use</td>
<td>30.28</td>
</tr>
<tr>
<td>90713</td>
<td>Poliovirus vaccine, inactivated (IPV), for subcutaneous or intramuscular use</td>
<td>32.45</td>
</tr>
<tr>
<td>90715</td>
<td>Tetanus, diphtheria toxoids, and acellular pertussis vaccine (Tdap), when administered to individuals 7 years or older, for intramuscular use</td>
<td>46.49</td>
</tr>
<tr>
<td>90717</td>
<td>Yellow fever vaccine, live, for subcutaneous use</td>
<td>151.91</td>
</tr>
</tbody>
</table>

**Injection Rates**

Rates for the following new HCPCS became effective January 1, 2016.

<table>
<thead>
<tr>
<th>HCPCS</th>
<th>Description</th>
<th>PPO MAC</th>
<th>HMO MAC</th>
</tr>
</thead>
<tbody>
<tr>
<td>J0202</td>
<td>Injection, Alemtuzumab</td>
<td>$1,787.42</td>
<td>$1,787.42</td>
</tr>
<tr>
<td>J1447</td>
<td>Inj tbo filgrastim 1 microg</td>
<td>3.95</td>
<td>3.95</td>
</tr>
<tr>
<td>J1575</td>
<td>Hyqvia 100mg immunoglobulin</td>
<td>11.10</td>
<td>11.10</td>
</tr>
<tr>
<td>J3380</td>
<td>Injection, vedolizumab</td>
<td>17.46</td>
<td>17.46</td>
</tr>
<tr>
<td>J7287</td>
<td>Levonorgestrel iu 52mg 3 yr</td>
<td>625.00</td>
<td>625.00</td>
</tr>
</tbody>
</table>
## ADMINISTRATION & NEWS (CONTINUED)

<table>
<thead>
<tr>
<th>HCPCS</th>
<th>Description</th>
<th>PPO MAC</th>
<th>HMO MAC</th>
</tr>
</thead>
<tbody>
<tr>
<td>J7298</td>
<td>Levonorgestrel iu 52mg 5 yr</td>
<td>$810.51</td>
<td>$810.51</td>
</tr>
<tr>
<td>J7313</td>
<td>Fluocinol acet intravit imp</td>
<td>463.16</td>
<td>563.22</td>
</tr>
<tr>
<td>J9032</td>
<td>Injection, belinostat, 10mg</td>
<td>39.16</td>
<td>39.16</td>
</tr>
<tr>
<td>J9271</td>
<td>Inj pembrolizumab</td>
<td>55.07</td>
<td>55.07</td>
</tr>
<tr>
<td>J5299</td>
<td>Injection, nivolumab</td>
<td>30.57</td>
<td>30.57</td>
</tr>
<tr>
<td>J5308</td>
<td>Injection, ramucirumab</td>
<td>65.09</td>
<td>65.09</td>
</tr>
</tbody>
</table>

Rates for the following injections became effective February 1, 2016.

<table>
<thead>
<tr>
<th>HCPCS</th>
<th>Description</th>
<th>PPO MAC</th>
<th>HMO MAC</th>
</tr>
</thead>
<tbody>
<tr>
<td>J0878</td>
<td>Daptomycin injection</td>
<td>$0.82</td>
<td>$0.82</td>
</tr>
<tr>
<td>J0897</td>
<td>Denosumab injection</td>
<td>15.88</td>
<td>15.88</td>
</tr>
<tr>
<td>J1270</td>
<td>Injection, doxercalciferol</td>
<td>0.94</td>
<td>0.94</td>
</tr>
<tr>
<td>J1459</td>
<td>Inj IVIG privigen 500 mg</td>
<td>39.22</td>
<td>39.22</td>
</tr>
<tr>
<td>J1561</td>
<td>Gamunex-C/Gammaked</td>
<td>42.81</td>
<td>42.81</td>
</tr>
<tr>
<td>J2426</td>
<td>Paliperidone palmitate inj</td>
<td>8.91</td>
<td>8.91</td>
</tr>
<tr>
<td>J2469</td>
<td>Palonosetron hcl</td>
<td>22.01</td>
<td>22.01</td>
</tr>
<tr>
<td>J2501</td>
<td>Paricalcitol</td>
<td>0.97</td>
<td>0.97</td>
</tr>
<tr>
<td>J3262</td>
<td>Tocilizumab injection</td>
<td>4.10</td>
<td>4.10</td>
</tr>
<tr>
<td>J3489</td>
<td>Zoledronic Acid 1mg</td>
<td>28.22</td>
<td>28.22</td>
</tr>
<tr>
<td>J9025</td>
<td>Azacitidine injection</td>
<td>3.60</td>
<td>3.60</td>
</tr>
<tr>
<td>J9035</td>
<td>Bevacizumab injection</td>
<td>85.36</td>
<td>85.36</td>
</tr>
<tr>
<td>J9171</td>
<td>Docetaxel injection</td>
<td>3.13</td>
<td>3.13</td>
</tr>
<tr>
<td>J9190</td>
<td>Fluouracil injection</td>
<td>2.18</td>
<td>2.18</td>
</tr>
<tr>
<td>J9263</td>
<td>Oxaliplatin</td>
<td>0.47</td>
<td>0.47</td>
</tr>
<tr>
<td>J9264</td>
<td>Paclitaxel protein bound</td>
<td>12.09</td>
<td>12.09</td>
</tr>
<tr>
<td>J9267</td>
<td>Paclitaxel injection</td>
<td>0.18</td>
<td>0.18</td>
</tr>
<tr>
<td>J9306</td>
<td>Injection, Pertuzumab, 1 mg</td>
<td>12.62</td>
<td>12.62</td>
</tr>
<tr>
<td>J9310</td>
<td>Rituximab injection</td>
<td>926.66</td>
<td>926.66</td>
</tr>
<tr>
<td>J9355</td>
<td>Trastuzumab injection</td>
<td>107.86</td>
<td>107.86</td>
</tr>
<tr>
<td>Q9967</td>
<td>LOCM 300-399mg/ml iodine,1ml</td>
<td>0.13</td>
<td>0.15</td>
</tr>
</tbody>
</table>

See HHIN for a complete list of injections.

## CODING & CLAIMS

### Requirement for Paper Claims

You must include the rendering provider’s 10-digit HMSA provider number on all paper claims. The HMSA provider number should be indicated in Box 33b on the CMS-1500 claim form or Form Locator 57 on the UB-04 claim form.

Paper claims received without a valid 10-digit HMSA provider number will be rejected and a letter will be sent to the provider without the original claims.

If you’re a nonparticipating provider and don’t have an HMSA provider number, you may register for one by calling 948-6330 on Oahu or 1 (800) 780-4672 toll-free on the Neighbor Islands.
PHARMACY

**Specialty Drug Billing Process**

To allow for a more timely and consistent billing and reimbursement process, we’re asking non-specialty pharmacy providers (such as physicians or facilities) to bill specialty drugs using a specific HCPCS code, when available, and the number of HCPCS units. If there’s no specific HCPCS code for the drug, all providers must bill an unlisted HCPCS code (such as J3490) and the NDC code of the drug, and follow the billing instructions for reporting NDC units.

For CMS-1500 claim submissions, include the NDC in the shaded area above the procedure code in Box 24A and include the NDC units in Box 24G. For UB-04 claim submissions, include the NDC code in Form Locator 43 and include the NDC units in Form Locator 46. For electronic claim submissions, report the NDC units in Loops 2400, SV103, and 2410, CTP05-1 for Professional Claims, or Loops 2400, SV204, and 2410, CTP05-1 for Institutional Claims. HCPCS units should only be used when billing a specific HCPCS code.

Specialty pharmacies are asked to continue billing all specialty drugs for services rendered on or after October 1, 2015, using an unlisted HCPCS code (such as J3490) and the NDC code of the drug, even if there’s a specific HCPCS code available.

For additional information please refer to the Provider E-Library: Billing for Injectable Drugs (Non-Vaccines) (hmsa.com/portal/provider/zav_pel.aa.bil.350.htm).

PLANS

**Non-emergency Ground Transportation**

HMSA recently updated its QUEST Integration referral form to include a section for transportation. The standardized form makes it easier for you to ensure that you provide the necessary information we need to approve services and schedule transportation.

Use of the patient’s own vehicle, as well as courtesy transportation provided by relatives, friends, volunteer services, and the facility serving the member should be explored first. When no other options are available, HMSA’s QUEST Integration plan covers non-emergency ground transportation for members with medically necessary medical appointments. This may be a valuable benefit for members with no means of transportation and who reside in areas not served by public transportation or who cannot safely access public transportation.

Minors are allowed one attendant. An attendant for an adult is allowed only when determined medically necessary by the patient’s PCP, specialist, or service coordinator to help with ambulation. Transportation to receive services that aren’t QUEST Integration benefits or that aren’t medically necessary won’t be covered.

The QUEST Integration referral form can be found at hmsa.com/portal/provider/FM.HMSA_QUEST_Referral_Form.pdf.

PROGRAMS

**HMSA Total Health Solutions Program**

As a physician, you understand that there’s a strong relationship between a healthy mouth and overall good health. Oral health can influence the management of diabetes, coronary artery disease, oral cancer, and other conditions. That’s why HMSA supports a multifaceted approach for optimum oral care called Oral Health for Total Health.

One part of this program gives HMSA dental members additional dental benefits to control oral inflammation, an important risk factor for the successful management of chronic disease. The other new and exciting part of this program is that members with medical and dental care through HMSA can now be managed by both their participating dentist and physician on Cozeva.

Members who qualify for this program are given cleaning and periodontal maintenance appointments every three
months to help control oral inflammation for improved management of their overall health. All additional benefits are fully covered and count toward the member’s standard benefit package.

Beginning in March 2016, HMSA will be launching an enhancement to this program that will provide physicians and participating dentists the opportunity to use the Cozeva Care Registry to see both the medical and dental health information of their patients. The goal of this enhancement is to have the physician and the dentist work together with the same information to improve the quality of care they each give to their patients. Both will be able to see medical and dental care gaps that the patient may have and work together to keep the patient healthier.

To learn more about this program, please visit hmsa.com/oralhealth. As a physician, your role in providing optimal care to your patients is priceless. Educating your HMSA medical and dental members about this program and working with your dentist colleagues will help achieve this goal.

**POLICY NEWS**

**Provider Input Solicited for Annual Policy Review**

HMSA’s medical directors welcome comments and suggestions from participating providers about medical policies that are undergoing annual review.

We’re soliciting input for these policies:

- Anesthesia for Gastrointestinal Endoscopy Procedures.
- Bariatric Surgery.
- Bio-Engineered Skin and Soft Tissue Substitutes.
- Blepharoplasty and Repair of Blepharoptosis.
- Chiropractic Services.
- Computerized Corneal Topography.
- Continuous Glucose Monitoring System.
- Cosmetic and Reconstructive Surgery and Services.
- Extracorporeal Membrane Oxygenation (ECMO).
- Genetic Testing for Non-Cancerous Inheritable Diseases.
- Genetic Testing—Oncology.
- Gradient Compression Garments for the Extremities.
- Home Enteral Nutrition Therapy.
- Home INR Monitor.
- Home Phototherapy for Neonatal Jaundice.
- Home Total Parenteral Nutrition for Adults.
- Hyperbaric Oxygen Pressurization (HBO).
- In Vitro Fertilization.
- Insulin Pumps—External.
- Intravenous (IV) Anti-Infective Therapy.
- Knee Orthoses for Osteoarthritis.
- Kyphoplasty and Vertebroplasty.
• Male Erectile Dysfunction.
• Medical Foods for Inborn Errors of Metabolism.
• Observation Services.
• Occupational Therapy.
• Oxygen and Oxygen Equipment.
• Panniculectomy/Abdominoplasty.
• Percutaneous Mitral Valve Repair.
• Photochemotherapy.
• Physical Therapy.
• Pneumatic Compression Devices.
• Readmissions and Transfers.
• Reduction Mammaplasty for Breast-Related Symptoms.
• Repetitive Transcranial Magnetic Stimulation for Treatment Refractory Depression.
• Speech Therapy Services.
• Subcutaneous Implantable Cardioverter Defibrillator (ICD) System.
• Transcatheter Closure of Patent Foramen Ovale for Stroke Prevention.
• Transcutaneous Electrical Nerve Stimulation (TENS).
• Treatment of Varicose Veins.
• Uterine Artery Embolization to Treat Fibroids.

Go to hmsa.com/prc0005 to read these policies. When submitting comments, please include supportive citation source material to help medical directors evaluate your comment or proposed change.

We can’t guarantee that any specific proposed change will be included in the final policy. Our policies rely on evidence-based medicine, typically from peer-reviewed literature.

You may comment by email to medical_policy@hmsa.com or by fax to 944-5611 on Oahu. Comments are due by February 29, 2016.

Annual Review of Medical Policies

The following policies have undergone review and have been updated in the Provider E-Library at hmsa.com/prc0006; printed copies are available on request:

• Allogeneic Hematopoietic Stem-Cell Transplantation for Genetic Diseases and Acquired Anemias. (Does not apply to QUEST Integration.)
• Colorectal Cancer Screening.
• Cytochrome p450 Genotyping.
• Hematopoietic Stem-Cell Transplantation for Autoimmune Diseases. (Does not apply to QUEST Integration.)
• Hematopoietic Stem-Cell Transplantation for Miscellaneous Solid Tumors in Adults. (Does not apply to QUEST Integration.)
POLICY NEWS (CONTINUED)

• High Frequency Chest Wall Oscillation Devices.
• Nerve Fiber Density Testing.
• Sensory Integration Therapy and Auditory Integration Therapy

90-Day Notice for Policy Changes

The following policies have been updated and go into effect May 1, 2016:

• Bone (Mineral) Density Studies.
• Colonoscopy.
• Genetic Testing—Oncology.
• Low-Molecular-Weight Heparin.
• Polysomnography and Sleep Studies.
• Radiology Guidelines for Advanced Imaging Studies.

Significant Changes in Policy

Effective April 1, 2016, the following policy will undergo significant changes:

• Chiropractic Services.

The policy states that chiropractic services are subject to precertification after the first eight visits per calendar year and describes a limit of four procedures and/or modalities per visit.

Archived Policies

Archived policies are inactive and aren’t updated. These policies will no longer be used when reviewing requests for coverage and these services will no longer require precertification. The following policy is housed in the archived policy section at hmsa.com/prc0031:

• Progesterone Therapy as a Technique to Reduce Preterm Birth in High-Risk Pregnancies.

New Policies

The following policy goes into effect May 1, 2016:

• Manipulation Treatments.

We encourage you to read the criteria before the effective date.

Please refer to the current medical policies online for more information, including precertification requirements, at hmsa.com/prc0006.

New Specialty Drug Policies

The following policy goes into effect May 1, 2016:

• GamaSTAN S/D (Immune Globulin [Human]).

We encourage you to read the criteria before the effective date.

Please refer to the specialty medical policies online for more information, including precertification requirements, at info.caremark.com/hmsapolicies.
POLICY NEWS (CONTINUED)

Precertification Requirements Removed

Starting May 1, 2016, the following will no longer require precertification:

- Low-Molecular-Weight Heparin.

Medical policies are in the Provider E-Library at hmsa.com/prc0004. For copies, call Provider Services at 948-6330 on Oahu or 1 (800) 790-4672 toll-free on the Neighbor Islands.

CALENDAR

Well-Being Workshops

The workshops listed below are available to HMSA members at no cost. These informative sessions can help your patients improve their health and well-being.

For more information, refer your patients to hmsa.com/wellness-programs/workshops or have them call 1 (855) 329-5461 toll-free to register.

Diabetes 101
Learn about recommended tests and procedures for diabetes and ways to improve your blood glucose levels.

- 2/12, 9:30–10:30 a.m.
  HMSA Center @ Hilo
- 2/13, 10–11 a.m.
  HMSA Center @ Pearl City
- 2/19, 10–11 a.m.
  HMSA Kauai Office
- 2/25, 4:30–5:30 p.m.
  HMSA Center @ Honolulu
- 2/27, 1:30–2:30 p.m.
  Kaimuki Plaza, Kaimana Room

Hypertension Explained
Find out more about the effects of high blood pressure on the body and how it can be controlled.

- 2/2, 10–11 a.m.
  HMSA Kailua-Kona Office
- 2/6, 9:30–10:30 a.m.
  Kaimuki Plaza, Kaimana Room
- 2/11, 9:30–10:30 a.m.
  HMSA Center @ Honolulu
- 2/18, 10–11 a.m.
  HMSA Center @ Hilo
- 2/20, 10–11 a.m.
  HMSA Center @ Pearl City
- 2/24, 10–11 a.m.
  HMSA Kauai Office

Laugh-Sing-Move
Explore ways to improve your health and well-being through laughter, song, and movement. Dress comfortably and bring your smile.

- 2/10, 12:30–1:30 p.m.
  Kalihi YMCA

Pass the Azodicarbonamide
Discover the essential differences between food that comes from the earth and food that’s processed.

- 2/11, 6–7 p.m.
  Kapiolani Women’s Center at Artesian Plaza
- 2/24, 11:30 a.m.–12:30 p.m.
  Nuuanu YMCA
Community Activities

**Adult Fitness at Queen’s**: Learn Jazzercise, tai chi, kickboxing, yoga, and more. Times and instructors vary. The Queen’s Medical Center, Women’s Health Center Classroom. Six classes for $66. Call 691-7117 for details and to register.

**Health & Education at Queen’s**: The Queen’s Medical Center, Women’s Health Center Classroom.

- **Genetics Class**: Learn about prenatal genetic screening and tests to check the health of your baby. Call 691-7633 for times and information. Free.
- **Lamaze Class**: Sundays, 1–4 p.m. Get birthing techniques from a Lamaze-certified instructor in this birth-partner-focused class. $150 per couple for five sessions. Instructor: Nicia Platt.
- **Lymphedema/Breast Cancer Clinic**: First and third Thursdays, 1:30–2:30 p.m. Learn exercises to prevent lymphedema (swelling of the arms). Free.
- **Mammogram and Cervical Cancer Screening**: Every other Friday, 8 a.m.–noon. Free for women ages 50–64, uninsured or underinsured, or low income. Call 691-7726 for times and eligibility.

**Castle Wellness Center Events**: Castle Wellness Center Auditorium.

- **Brain Booster**: February 2, 9, 16, 23; 1–3 p.m. Give your brain a dose of exercise, brain-power nutrition, art/creative activities, and mindful practice in this lifestyle-based series for people who are trying to prevent cognitive decline/memory loss as well as for people with mild cognitive impairment. $75 per person for the series. Registration and prepayment are required. If you’re not sure this class is right for you, contact the Wellness Center for more information at 263-5050.
- **Eat Well for Life**: February 25, 6–7:15 p.m. Global cuisine … with a vegan touch. Take your taste buds on a vegan tour of Italy. This is a demonstration class, which includes samples and written recipes. $10 per person; preregistration and prepayment are required. Call 263-5400 or visit castlemed.org.
- **Preventing Diabetes**: February 10, 2–4 p.m. A prediabetes class designed for anyone who has been diagnosed by a health professional with prediabetes, impaired fasting glucose, impaired glucose tolerance, or metabolic syndrome. Participants will learn strategies for healthy eating and increasing physical activity. $7 per person. Preregistration is required.
- **The Painful Shoulder: What are my Treatment Options?**: February 11, 6–7:30 p.m. Dr. Tiare Salassa will discuss surgical and nonsurgical treatment options for shoulder arthritis and how these options can help patients maintain a higher quality of life with less pain.

**COPD Support Group**: February 9, 10 a.m.–noon. Find support and information on medication, breathing techniques, exercise, and more. Pali Momi Women’s Center at Pearridge. To register, call Valerie Chang at 699-9839, email valeriehawaiicopd.org, or visit hawaiicopd.org.

**Farmers Market at HMSA**: Every Friday, 11 a.m.–2 p.m. Enjoy fresh, island-grown produce and ready-to-eat local food. HMSA Center @ Honolulu. For more information on vendors, call HMSA at 948-6521.

**Hawaii Prostate Cancer Support Group**: This free support group provides men and their families with information, materials, and support to help them make informed decisions about prostate cancer treatment. For more information, visit hawaiiprostatecancer.org.

- February 10, 7–9 p.m., Kuakini Medical Center.
- February 11, noon–2 p.m., Church of the Holy Cross, Hilo.
- February 16, 7–9 p.m., Pali Momi Medical Center.
**Kardiac Kids Support Group:** February 12. This support group provides education, encouragement, and support to families with children who have congenital heart defects. For more information, contact Jullie Passos at 227-4558.

**Walk with a Doc on Hawaii Island:** Every Sunday, 8 a.m. Walk includes a brief warm-up/stretch and an informative talk from a community doctor or medical student. Meets rain or shine. Liliuokalani Gardens, Hilo. For more information, see wwadbigisland.org.