

# KEEPING HEALTHY

Everyone is encouraged to stay as healthy as possible by exercising, eating a well balanced and healthy diet, and getting enough sleep.

Staying healthy also means taking responsibility for your own health and the health of your children. If you have a medical condition, make sure you take the medicine the doctor prescribes.

Get medical attention before you are seriously ill. Take action as soon as you think something is wrong. Waiting until you are so sick that you end up in the emergency room is not taking care of your body.

Hawaii cares for its children and families who cannot afford health insurance. Free, or low-cost, health insurance through Hawaii QUEST is available to income eligible families.

## **HAWAII QUEST**

Hawaii QUEST, commonly known as QUEST, provides medical and mental health services for eligible Hawaii residents. Dental services are provided under the Medicaid Fee-For-Service Program. QUEST is administered by the Department of Human Services, Med-QUEST Division, and is financed through the State of Hawaii and the Federal Centers for Medicare and Medicaid Services.

If you are eligible for Hawaii QUEST, you can choose one medical plan and one dental plan to serve you and your family members. All family members must enroll in the same medical and dental plan.

Some medical plans have a limit on the number of members they can accept. If the plan you want is already full, you will have to choose a different plan. If you do not make a choice, you will be assigned to a medical and dental plan.

Six medical plans are participating: AlohaCare, HMSA, Kaiser Permanente, Kapiolani HealthHawaii, Queen's Hawaii, and StraubCare Quantum. All six plans participate on Oahu, with at least two plans on each Neighbor Island.

Three dental plans, AlohaCare, DentiCare, and HMSA, are available statewide.

For more information, see Appendix C or go to <http://hawaii.gov/dhs/health/medquest/>

## GOING TO THE DOCTOR AND DENTIST

Everyone in the family should have regular medical and dental check ups. (See Resources in Hawaii section for a list of clinics.) Most health insurance plans cover well-care and sick-care.

To make an appointment:

- Contact the insurance plan office for a list of doctors who will accept your insurance.
- Select a doctor from the list. If a doctor is not chosen, MedQuest will choose one for you.
- Before making an appointment for a regular check-up, make sure you have received the insurance card. Call the doctor listed on the insurance card.
- Be on time for all appointments. If a medical or dental appointment cannot be kept, call the doctor's office as soon as possible to schedule another appointment.

If you or your child is sick, call your doctor. Know his or her office and emergency numbers.



## COMMUNICABLE DISEASES

Communicable diseases can be prevented and treated.

Children should receive the necessary immunizations to protect them from preventable childhood diseases such as mumps, measles, and chicken pox. Families should visit their doctors, or if they have no health insurance, they can go to a free or low-cost health clinic.

Tuberculosis (TB) clearance is required for school enrollment and admission to shelters. A TB clearance may also be required for employment. All new immigrants should be tested.

There are other diseases that are easily detected and treated. Free screening is available for sexually transmitted diseases and Hansen's Disease.

See Resources in Hawaii section for a list of health clinics that provide services on immunizations, TB screening, sexually transmitted diseases, and Hansen's Disease.

