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SPECIAL FEATURE ON KIDNEY HEALTH: "ARE YOU THE 33%?"

This article is contributed and written by: John Paul Rosales, M.D.

The National Kidney Foundation (NKF) and the American Society of Nephrology (ASN) in cooperation with the US Department of Health and Human Services (HHS) relaunched a nationwide public awareness campaign in September 2020 focusing on the 33 percent of adults in the US at risk for developing kidney disease.

Diabetes, high blood pressure, obesity, and family history are all important risk factors. Specific racial and ethnic groups are also at greater risk. In 2017, ESRD incidence ratio was 3:1 for African Americans compared to Caucasians. Native Hawaiians and Pacific Islanders had an even worse incidence ratio of 8.4:1.

Over 850 million worldwide and over 37 million in the US are estimated to have chronic kidney disease (CKD). An overwhelming majority of them are unacquainted that they have the medical condition. CKD develops gradually, insidiously, silently. Its symptoms may be nonspecific, hidden, undetected until it is far advanced. Millions will not know they have CKD until their kidneys stop working. Few are aware of the tests and treatments crucial in keeping them off dialysis and transplant lists.

The prevalence of end-stage renal disease (ESRD) has been increasing in the US. Over 800,000 adults have ESRD and over 100,000 initiate dialysis annually. Despite the technological advances in the quality of dialytic therapies and the commitment of resources to the treatment of renal

failure, our patients continue to suffer through significant morbidity and mortality. One in 5 of our incident dialysis patients die within a year, and as many as half die within 5 years. Furthermore, in this era of global uncertainty in the middle of an unconstrained pandemic, kidney disease has been unmasked as a major risk factor for developing life-threatening complications from COVID-19. Adults with kidney failure have the highest rate of hospitalization for COVID-19 among all Medicare beneficiaries.

As a response to the growing burden of kidney disease, the NKF, ASN, and HHS jointly launched the “Are You the 33%” campaign. They understand the challenges of advocating for kidney care specially in the midst of a global crisis but the the wide-ranging consequences of deteriorating kidney health could no longer be ignored. Now is not the time to forget about CKD and other medical conditions. The pandemic should be a reminder to focus on our own health. Physicians and public health officials recognize that a successful strategy will have to reach the over 80 million Americans at risk, the 1 in 3, the 33%.

It will be a long journey towards improved outcomes. It will be an uphill battle. There will be policy debates, adjustments of tactics and modifications of plans. An effective program will hinge on early detection or a preventative approach. It will be impossible to have all the solutions. It will be impossible to end up with all the answers but is essential that we start with the question:

“Are you the 33%?”

The “Are You the 33%?” campaign urges every adult to learn more by taking a simple, one-minute online quiz at MinuteForYourKidneys.org.



Dr. Rosales is a US Board Certified physician in Internal Medicine and Nephrology. He worked at Tampa General Hospital and the Moffitt Cancer Center as part of the University of South Florida Nephrology and Hypertension group. He served as the Nephrology Fellowship Associate Program Director and the Medical Director of Davita USF prior to his relocation to Guam. He studied Doctor of Medicine, University of Santo Tomas Faculty of Medicine and Surgery, Manila, Philippines and graduated Magna Cum Laude in medical school. He ranked 7th nationally in the Philippine Physician Licensure Exam. He earned his Internal Medicine

Residency, at St. Agnes Hospital, Baltimore, Maryland and Nephrology Fellowship, at University of South Florida, Tampa, Florida. He was Resident of the Year, a Compassionate Care awardee two years in a row during fellowship then Faculty of the Year. He is a member of the American College of Physicians and the American Society of Nephrology.

FHP Health Center Welcomes John Paul Rosales, M.D.!

Newly Credentialed Providers

TakeCare welcomes newly credential providers and facilities. For a complete list of TakeCare's Network Providers visit our website at:

https://takecareasia.net/directories/provider_directory

Jul-20		
David Moore, MD	Neurology	Guam Sleep Center
Sangwook Kang, CRNA	Anesthesia	Guam Specialist Group
Rowena Dimla, SLP	Speech & Language Pathology	Health Services of the Pacific
Brian Ross, DDS	General Dentistry	New Wave Dental - Saipan
Landon Oka, DDS	General Dentistry	Dental Care Centers, Hawaii
Kwang Myung Lee, DMD	General Dentistry	Dental Care Centers, Hawaii
Brian Greening FNP,APRN	Family Medicine	Blue Ocean Medical Group
Tanya Lumban-Gaol, PA-C	Family Medicine	Guam Dermatology Institute
<i>John Paul Rosales, MD</i>	<i>Nephrology</i>	<i>FHP Health Center</i>
Jonne Mallari, PT	Physical Therapy	Health Services of the Pacific
Archalleus Pamintuan, PT	Physical Therapy	Health Services of the Pacific
Aug-20		
Rosalind Taitingfong, OT	Occupational Therapy	Health Services of the Pacific
<i>Crystal Ingram MD</i>	<i>Family Medicine</i>	<i>FHP Health Center</i>
Matthew Klocek, MD	Ophthalmology	Advance Eyecare dba Lombard Health
Karthikeyan Viswanathan, DO	Internal Medicine	Sagan Hinemlo Family Clinic - Saipan
Hyo Ji MD	Anesthesia	AC Micro
Sep-20		
Dore Shafransky, DO	Internal Medicine	MMC & Pacific Labs, LLC - Saipan
Sylvia Taggart, NP	Family Medicine & Emergency Medicine	Medical Associates of the Pacific - Saipan
Jihyun Kim, NP	Family Medicine	Kagman Community Health Center - Saipan Tinian Isla Community Health – Tinian
Ramona Domen, CRNA	Anesthesia	Guam Specialist Group
Oct-20		
Gina Gwak, RBT	Registered Behavior Technician	Hunterspeaks Organization
Lindsay Wilson, RBT	Registered Behavior Technician	Hunterspeaks Organization
Eave Fleury, RBT	Registered Behavior Technician	Hunterspeaks Organization
Crystally Guanga, RBT	Registered Behavior Technician	Hunterspeaks Organization

Provider Portal: TakeCare Eligibility Verification Access (TC-EVA 2.0)

On September 1st, TakeCare launched its upgraded eligibility verification portal. TakeCare's Eligibility Verification Access (TC-EVA 2.0) portal is an upgrade from the previous portal by adding accumulated out of pocket, deductibles and



TakeCare's Eligibility Verification Access (TC-EVA 2.0) Portal

We are pleased to announce the upcoming launch of **TakeCare's Eligibility Verification Access (TC-EVA 2.0)** portal on **September 1st 2020**. For more than 10 years, The TakeCare Eligibility Verification Access (TC-EVA) portal is an online tool has been giving providers assistance in verifying member benefits and eligibility.

TakeCare's Eligibility Verification Access (TC-EVA 2.0) portal is an upgrade from the previous portal by adding accumulated out of pocket, deductibles and plan max data and COB details and improving the site's security features to avoid unnecessary exposure of PHI (Protected Health Information). The site equip providers with a tool necessary to reduce patient wait time during eligibility and benefit verification.

Please assist us in identifying and updating your facility's Security Administrator information by clicking on the link or scan below to complete the form: (If you already have a Security Administrator from our original TakeCare Eligibility Verification Access (TC-EVA) portal, please complete the form so we can verify and update our records.) TakeCare's Eligibility Verification Access (TC-EVA 2.0) will go "live" on **Sept. 1st**, to which the current TC-EVA portal will be discontinued. <https://bit.ly/2G98ltc>

For questions or concerns, please contact TakeCare's Plan Contracting Team: tc.provider@takecareasia.com

plan max data and COB details and improving the site's security features to avoid unnecessary exposure of PHI (Protected Health Information). The site equips providers with a tool necessary to reduce patient wait time during eligibility and benefit verification.

To access the portal, your facility must identify a "Security Administrator". The Security Administrator can be your clinic manager or IT personnel. This function allows your security administrator to create the "End-User" accounts for your facility. The End-User can navigate

through the system to obtain necessary information of the TakeCare members plan coverage.

Visit <https://tcproviderportal.takecareasia.com/> to access.

The User's Guide and link to the site are also available at our website at <https://www.takecareasia.com>

For questions or concerns, please contact TakeCare's Plan Contracting Team: tc.provider@takecareasia.com

TeleMedicine Services

COVID-19 related concerns have impacted every industry, especially healthcare. A recent survey¹ reported that 68% of respondents postponed or cancelled an in-person healthcare visit due to COVID-19.



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TakeCare now offers coverage for Telemedicine Services so that members and their providers can conveniently manage their healthcare needs while minimizing risk and exposure. Providers are able to do more frequent follow up with their patients compared to traditional in-person visits. Patients are able to access medical expertise quickly, efficiently and without travel whenever they feel something is wrong; reducing false urgent care visits and sometimes save a life before things go bad.

Ask your provider if Telemedicine can be an option for you.

TakeCare's Telemedicine Benefit:

- Primary care or specialty office visit coverage, including behavioral health professionals
- Same copay amount as a regular in-person office visit
- Covers visits via phone, audio and video services using a computer, tablet or smartphone
- Specialty care still needs a primary care referral
- Provider directory identifies those in-network providers that are Telemedicine enabled

TakeCare
Our Island, Your Health Plan

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If your practice facility offers telemedicine services, please contact tc.provider@takecareasia.com so we can update your profile on our Provider Directory.



TeleHealth

Monday through Friday
8:00 a.m. to 5:00 p.m.
Medical Referral Services
(671) 300-5995, option 3

TakeCare
TeleHealth Service

TakeCare's new TeleHealth service provides health plan members a convenient, contactless medical consultation. All eligible TakeCare members can use the TeleHealth service to obtain a medical consultation about their health and non-emergency services.

TakeCare's qualified TeleHealth care staff will triage and determine if the patient needs urgent medical care which will be routed immediately to the FHP Health Center Urgent Care, or, if non-urgent, the patient will be able to schedule an appointment with an FHP provider.

TeleHealth is not available for emergency services. Members in need of emergency services should call 911 or go to Guam Memorial Hospital.

TakeCare
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TakeCare TeleHealth Services

***TakeCare Now Offers
TeleHealth Services
Monday through Friday
8:00 a.m. to 5:00 p.m. CHST
Call our Medical Referral
Services at (671) 300-5995,
option 3 and choose "Ask a***

Nurse/Provider" from the call option.

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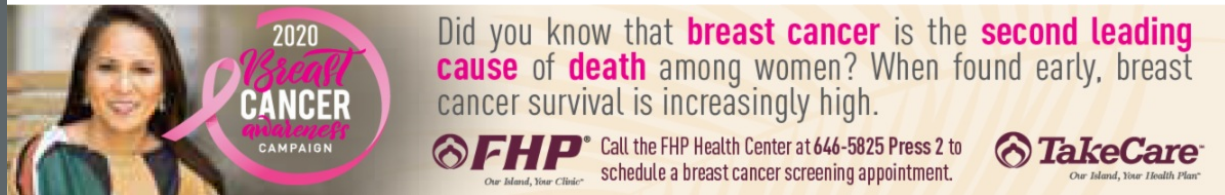
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EnvisionRx becomes Elixir

TakeCare partners with pharmacy benefit manager (PBM) who works with drug manufacturers and pharmacies to help ensure that prescription medications are priced as affordably as possible and available when needed.

On September 1, TakeCare's PBM, EnvisionRx, changed its name to Elixir (elixirsolutions.com). You will continue to enjoy the same great pharmacy services you've come to expect from EnvisionRx. The Elixir Member Portal gives your patients a convenient, 24/7 access to their pharmacy benefits. Patients can go to envisionrx.com (elixirsolutions.com) and click "Register" on the top right-hand corner of the screen or contact Elixir's 100% U.S. – based customer service team 24 hours a day, seven days a week for questions about prescription medications.

Call 1-800-361-4542 (TTY 711) for information about copays, covered medications, pharmacies in your network, and much more.



TakeCare Wellness: Breast Cancer Awareness Campaign

Did you know that breast cancer is the second leading cause of death among women? When found early, breast cancer survival is increasingly high. In celebration of Breast Cancer awareness month, TakeCare and FHP Health Center are proud to be a title sponsor of the "Let's Pink Together!" campaign. As part of its efforts to raise awareness for breast cancer, TakeCare is running their annual 1 in 8, Breast Cancer Screening, Awareness and Prevention Campaign which runs September 1st through December 31st, 2020.

Call the FHP Health Center at 646-5825 Press 2 to schedule a breast cancer screening appointment.

TakeCare's mission is to help improve members' health and well-being by offering comprehensive wellness programs and essential tools to achieve individual health goals to support abilities for self-care. TakeCare Wellness Program is the only AAAHC accredited health education and wellness program in Guam.

For more information on TakeCare's Wellness Programs, visit:
<https://www.takecareasia.com/wellness-program/getting-started>