



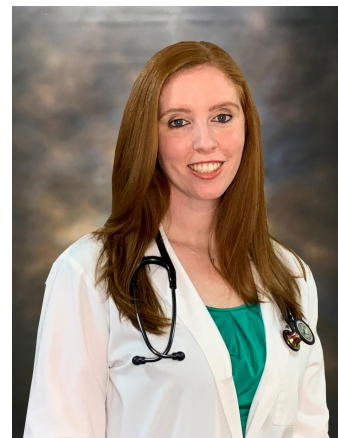
[Visit the TakeCare Website!](#)



During this holiday season, we are truly grateful for the services and care you provide to our members. The quality healthcare and attention you deliver keeps our community safe during this pandemic. **Thank you!** We appreciate your continued commitment and partnership. We wish you a joyous and safe holiday and New Year's.

TakeCare Network Providers: Newly Credentialed

TakeCare welcomes **Dr. Crystal Ann Ingram** who recently joined FHP Health Center's Urgent Care. Ingram is a graduate of Arizona College of Osteopathic Medicine and earned a Master's of Biomedical Science from Midwestern University and



is board certified in family practice.

TakeCare also welcomes **Dr. Moksha Ranasnighe**, Neurosurgery Specialist at the California Brain and Spine Surgery.

For a complete list of TakeCare's Network Providers visit our website at:
https://takecareasia.net/directories/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.

TeleHealth is available Monday through Friday, 8:00 a.m. to 5:00 p.m., by calling TakeCare's Medical Referral Services, (671) 300-5995, option 3 and choose "Ask a Nurse/Provider" from the call option.

The current pandemic has changed how our members interact with TakeCare's services and TakeCare is changing along with them. TakeCare's TeleHealth service is simple and convenient. Make a call. Get a medical consultation and assistance to plan next steps.

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
Our Island, Your Health Plan

TeleHealth Consultations

The recent COVID-19 pandemic amid the guidelines on social distancing, has highlighted the importance of telehealth in the healthcare industry. TakeCare offers coverage for Telehealth Services so that members

and their providers can conveniently manage their healthcare needs while minimizing risk and exposure.

- 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, and tablet or smartphone
- Specialty care still needs a primary care referral

Cardiology Consult Telehealth

TakeCare now offers cardiology telehealth consults for members through **Pacific Cardiovascular Associates (PCA) Medical Group**. Telehealth consult must have the member's primary care physician present during the call. Necessary documents may be needed prior to the call. Please coordinate referrals to schedule for cardiology telehealth consult with TakeCare's Medical Management office. For more information, contact TakeCare's Medical Management office at MedicalManagement@takecareasia.com.

Diabetes Management Program Expansion

TakeCare Wellness will be expanding the Diabetes Management Program in 2021! Through this evidence-based programs, patients develop the skills necessary to make better self-management decisions.

TakeCare's Wellness Program offers the following Diabetes Programs:

National Diabetes Expansion Program (NDPP) – TakeCare’s Diabetes Prevention Program (DPP) is fully recognized and complies with the Centers for Disease Control and Prevention (CDC) nationally recognized structured lifestyle change program—developed specifically to prevent type 2 diabetes.

Diabetes Management Class –This one crash course session is intended for members who are newly diagnosed with diabetes or members with diabetes who have not had a diabetic teaching in the past. It provides patients an overview of disease process and basic management strategies on how to achieve or maintain a healthy blood sugar range and prevent complications.

Diabetes Empowerment Education Program (DEEP™) -DEEP™ is developed and owned by the University of Illinois Chicago. TakeCare is a fully licensed DEEP™ training facility. This course is a Diabetes Self-Management Training program that provides an in-depth curriculum on diabetes management that has been shown to be successful in helping participants take control of their disease and reduce the risk of complications.

With these expanded programs, patients are paneled to case managers who will coordinate care with their Primary Care Providers. The coordination includes a quarterly extraction of HbA1c testing results to monitor patient progression and to review overall improvement of uncontrolled and controlled diabetes populations. ***To refer your patients, please [Click Here](#) and complete the form or call TakeCare’s Wellness Team at (671) 646-6956 ext. 7161/7621.***

Coverage for Glucose Monitoring Devices:

TakeCare patients can still receive a **FREE glucometer** by submitting their valid prescription to our Customer Service Team at customerservice@takecareasia.com. Due to Covid-19 restrictions, glucometers will be mailed via USPS.

(New for 2021) Eligible TakeCare members may receive benefit coverage for Continuous Glucose Monitoring (CGM) Devices. Patients must have a valid prescription, must be enrolled in any of TakeCare’s Diabetes Management Program, and meet certain diabetes risk criteria. Contact TakeCare Wellness at Wellness@takecareasia.com for more information.



TakeCare's PAP Campaign: Prevention & Awareness Program for Cervical Cancer

January is Cervical Cancer Awareness month.

TakeCare is once again promoting its Prevention & Awareness Program (PAP) for Cervical Cancer which starts on January 4 through March 31, 2021.

We ask for your support to remind women between the ages of 21-64 years to complete a Pap and HPV tests during the campaign period. Women who complete their Cervical Cancer screening at FHP Health Center will receive a free gift and will be entered into a raffle for a prize worth \$100 in value.

For more information contact the TakeCare Wellness team at wellness@takecareasia.com or call the **300-7161** or **300-7224**.

Public Health Advisory: DPHSS Phase 1A Vaccination from the JIC Release No. 503 Posted on: 12/21/2020

The Department of Public Health and Social Services (DPHSS) continues its Phase 1a vaccinations. The following healthcare personnel not affiliated with the Guam Memorial Hospital Authority (GMHA) or Guam Regional Medical City (GRMC) defined under the Phase 1a category are encouraged to participate in the temporary vaccination clinic:

PHASE	IDENTITY	CRITERIA
1a	<p>Healthcare personnel</p> <ul style="list-style-type: none">any person who provides health care services. This can include, but is not limited to, physicians, pharmacists, dentists, physician assistants, nurse practitioners, registered and other nurses, paramedics, emergency medical or laboratory technicians, and ambulance and emergency medical workers.	<p>Having direct or indirect exposure to COVID-19 or infectious materials</p>

If you are eligible to receive the vaccine under Phase 1a, you may proceed to the temporary vaccination clinic. Pre-registration is not required. A government-issued ID is required, and you may be asked to present your employment ID.

For the latest information on COVID-19, visit dphss.guam.gov or guamrecovery.com. For inquiries on COVID-19, contact 311 through a local number, or call the Joint Information Center at **(671) 478-0208/09/10**.

THE FOLLOWING PRIORITY GROUPS HAVE BEEN IDENTIFIED TO RECEIVE

THE COVID-19 VACCINE



PHASE ONE

In order of priority

Healthcare personnel and residents of long-term care facilities

Those having direct or indirect exposure to COVID-19 or infectious materials; Requiring long-term specialized inpatient care.

Essential service workers

Those who ensure operations of essential services and have difficulty maintaining social distancing while on duty.

People with comorbidities and elderly adults

Diagnosed with high-risk medical conditions, predisposed to severe illness, underserved communities, or are 65+ years of age.



PHASE TWO

In order of priority

Remainder of Phase 1

Unable to receive the vaccine due to limited supply or opting out to allow others to receive it first.

Critical populations

Essential workers; underserved populations; general population.



PHASE THREE

Remainder of Phase 2

Broaden vaccine opportunity to general public. According to CDC, rollout for this phase may occur during the summer, depending upon availability of vaccines nationwide.

For more information,
visit dphss.guam.gov or call 311



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>