

Translation of Decision Assistance Booklet

ENGLISH	TRADITIONAL CHINESE
<p>QExA HAWAII</p> <p>QUEST Expanded Access for Healthy Long-Term Living</p>	<p>夏威夷 QExA 計畫</p> <p>QUEST 擴大接觸可過健康長壽的生活</p>
<p>Welcome to QUEST Expanded Access (QExA), a new Medicaid program for seniors, 65 and older, and people of all ages with disabilities. Starting on February 1, 2009, these clients will receive their Medicaid services through a QExA health plan.</p>	<p>歡迎加入 QUEST 擴大接觸 (QExA) ，這是一個為 65 歲及以上的長者，以及各年齡層的殘障人士所設計的新的 Medicaid (醫療補助) 計畫。從 2009 年 2 月 1 日開始，參與者將會開始經由他們的 QExA 醫療保健計畫取得 Medicaid (醫療補助) 服務。</p>
<p>If you are eligible for QExA, you need to choose a health plan that best meets your needs. If you don't choose a health plan SOON, the Department of Human Services (DHS) will choose one for you.</p>	<p>如果您符合QExA的參加資格，您就必需選擇最符合您需求的醫療保健計畫。如果您不儘快選擇一個醫療保健計畫，人民服務部將為您選擇。</p>
<p>START NOW!</p> <p>Open this booklet and take an important step toward healthy long-term living</p>	<p>現在就開始!</p> <p>打開這本手冊，踏上健康長壽生活的重要步驟。</p>
<p>Questions:</p>	<p>如有任何問題：</p>
<p>Call the toll-free Helpline at 1-866-928-</p>	<p>請撥打免費諮詢專線 1-866-928-1959</p>

1959 Open 8 a.m. to 5 p.m. Monday through Friday TTY line toll-free 1-866-928-1958	服務時間為星期一至星期五上午 8 點至 下午 5 點。 聾啞人士，請撥打免費 TTY 電話 1- 866-928-1958
📞 Visit us on the Internet at www.qexa.org	📞 我們的網址是 www.qexa.org
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This booklet is available in: <ul style="list-style-type: none"> • Braille • Audiotape 	這本手冊有以下不同版本： <ul style="list-style-type: none"> • 盲人點字 • 錄音帶

<ul style="list-style-type: none"> • Large print • Chinese • Ilocano • Korean • Tagalog 	<ul style="list-style-type: none"> • 大字印刷 • 中文 • 伊洛果語 • 韓文 • 塔加格語
<p>Call the toll-free Helpline at 1-866-928-1959 to get a copy sent to you.</p>	<p>撥打免費諮詢專線 1-866-928-1959 索取您需要的版本。</p>
<p>Step 1: Learn About Your Choices</p>	<p>步驟一：瞭解您可以選擇的計畫</p>
<p>It's easy to learn about QExA and your health plan choices. To find out more, you can:</p>	<p>欲得知更詳盡的 QExA 相關資訊和您可以選擇的醫療保健計畫非常簡單，您可以：</p>
<p>Call the toll-free Helpline at 1-866-928-1959 and speak with an Enrollment Counselor. We are here to answer your questions and help you choose your health plan.</p>	<p>撥打免費諮詢專線 1-866-928-1959，向登記顧問諮詢。我們可以回答您的問題並且幫助您選擇適合您的醫療保健計畫。</p>
<p>Attend a QExA meeting in your area. Enrollment Counselors will provide information on QExA and your health plan choices. You can get all your questions answered and choose your health plan, too. Call us toll-free at 1-866-928-1959 to find a meeting near you.</p>	<p>參加在您居住的地區舉辦的 QExA 會議。登記顧問會針對 QExA 和您的醫療保健選擇提供資訊。您的所有問題都可以得到解答，並且選擇出適合您的醫療保健計畫。請撥打免費諮詢專線 1-866-928-1959 取得最接近您居住地區的會議地點。</p>

<p>Meet face-to-face with an Enrollment Counselor. To schedule an appointment, call us toll-free at 1-866-928-1959.</p>	<p>面對面和登記顧問諮詢。請撥打免費諮詢專線 1-866-928-1959 預約。</p>
<p>Step 2: Choose a Health Plan</p>	<p>步驟二：選擇一個醫療保健計畫</p>
<p>With QExA, you will receive your medical services through a health plan. This means you use the doctors, hospitals, pharmacies and care facilities that work with your health plan.</p>	<p>參與了 QExA 後，您會經由您的醫療保健計畫取得醫療服務。也就是到有參加您選擇的醫療保健計畫的醫生，醫院，藥局，和醫療保健機構看診。</p>
<p>You will choose a doctor, called a Primary Care Provider (PCP), who will make sure your healthcare needs are met. If you don't have a doctor, your health plan will help you find one.</p>	<p>您可以選擇一位家庭醫生(PCP)，照顧您的醫療保健需求。如果您目前還沒有家庭醫生，您的醫療保健計畫會指定一個家庭醫生給您。</p>
<p>Time is limited – you need to choose a health plan SOON!</p>	<p>時間有限—您必需儘快選擇一個醫療保健計畫！</p>
<p>Some questions to ask before you choose a health plan:</p>	<p>在選擇醫療保健計畫前，請先自問以下問題：</p>
<p>Do you have doctors you want to continue to see?</p>	<p>您有沒有想繼續看的醫生？</p>
<p>Do you have a hospital, care facility or pharmacy you want to use?</p>	<p>您有沒有想要使用的醫院，醫療保健機構或是藥局？</p>

Call us toll-free at 1-866-928-1959 to find out which health plans they work with.	請撥打免付費諮詢專線 1-866-928-1959 以瞭解他們是和哪個醫療保健計畫合作。
Look at your choices and find the health plan that:	找出一個醫療保健計畫，可以使您：
Lets you stay with the providers you use now	繼續留在現在的醫療保健提供者處看診。
Offers the services that best meet your needs.	提供給您最符合您需求的服務。
There are two QExA health plans: Evercare and `Ohana Health Plan. Both health plans are available on the Big Island, Kauai, Maui and Oahu (see chart below). Only `Ohana Health Plan is available on Lanai and Molokai.	有兩個 QExA 醫療保健計畫：Evercare 和 `Ohana 醫療保健計畫。在 Big Island, Kauai, Maui, 和 Oahu 共提供兩個醫療保健計畫 (見下表)。`Ohana 醫療保健計畫是 Lanai 和 Molokai 居民的唯一選擇。
Step 3: Sign Up with a Health Plan	步驟三：登記您所選擇的醫療保健計畫
There are three ways to sign up with the health plan you choose:	您有 3 種方法可以加入您所選擇的醫療保健計畫：
Call the toll-free Helpline at 1-866-928-1959 and speak with an Enrollment Counselor. We are ready for your call and want to help you choose the health plan that is right for you. TTY users call	撥打免付費諮詢專線 1-866-928-1959，向登記顧問諮詢。期待您的來電，並已準備好幫助您選擇一個適合您的醫療保健計畫。聾啞人士，請撥打免付費 TTY 電話 1-866-928-1958

toll-free 1-866-928-1958.	
<p>Send to us the QExA CHOICE Form provided with this booklet.</p> <p>Fill it out and mail it to us at: P.O. Box 135038, Honolulu, HI 96801.</p> <p>Or fax it toll-free to 1-866-535-7620.</p>	<p>寄送本手冊中所提供的 QExA 選擇表格回來給我們。</p> <p>填寫完之後郵寄至： P.O. Box 135038, Honolulu, HI 96801.</p> <p>或傳真至免付費專線 1-866-535-7620。</p>
<p>Meet with an Enrollment Counselor to help choose your health plan. Call us toll-free at 1-866-928-1959 to find out more.</p>	<p>面對面和登記顧問諮詢，幫助您選擇您的醫療保健計畫。欲知詳情，請撥打免費諮詢專線 1-866-928-1959。</p>
Evercare QExA	Evercare QExA
Evercare QExA offers expert service coordination	Evercare QExA 提供專家式協調服務
<p>Evercare has been helping members get care for a long time. With Evercare QExA as your managed care program, you will work with a local service coordinator to make a care plan to fit your specific needs. We will help you with the complex healthcare system. We will work with your doctors and family to help you meet your health goals.</p>	<p>Evercare長久以來都照顧它的會員。有了Evercare QExA成為您的管理式醫療計畫之後，您可以與一名當地的服務協調員一起找出最符合您個人需求的醫療保健計畫。我們會協助您共同面對複雜的醫療保健系統。我們會與您的醫生和家人共同協助您達成您的健康目標。</p>
With Evercare QExA, you are at the center of your healthcare	有了 Evercare QExA 之後，您就是您的醫療保健計畫的重心。

<p>We want you to stay healthy and independent. Depending on your care plan, developed by your Service Coordinator, you may be eligible for services such as adult day care, personal help, assisted living, meals and supplies. We can even help with minor home changes so you can get around more easily.</p>	<p>我們希望您健康並且獨立。依據您的服務協調員為您找出的醫療保健計畫，您可以使用以下服務，例如：成年人日間照護，個人照護，生活協助，供餐和日用品供應。我們甚至能協助您做住屋的輕微變動，使您能夠更輕鬆地在家活動。</p>
<p>We coordinate with Medicare</p>	<p>我們為您的 Medicare (聯邦醫療保險) 做協調工作</p>
<p>If you have Medicare, we can help coordinate your Medicare and Medicaid benefits.</p>	<p>如果您有 Medicare (聯邦醫療保險)，我們可以幫助您協調 Medicare (聯邦醫療保險) 和 Medicaid (醫療補助) 的醫療保障。</p>
<p>Benefits to help you stay healthy:</p>	<p>幫助您保持健康的各種保障：</p>
<p>Referral to specialty care.</p>	<p>轉診至專科醫生。</p>
<p>Preventive healthcare.</p>	<p>預防性醫療服務。</p>
<p>Vaccines (such as flu or other illness).</p>	<p>注射疫苗(如流行感冒或其他疾病)。</p>
<p>Child immunization.</p>	<p>孩童疫苗施打。</p>
<p>Health education.</p>	<p>健康教育。</p>
<p>Programs on diabetes, weight control, heart problems and more.</p>	<p>糖尿病，體重控制，心臟疾病以及其他的項目等。</p>
<p>With Evercare QExA you also get:</p>	<p>有了 Evercare QExA 您也可以享有：</p>

<ul style="list-style-type: none"> ▶ A primary doctor you choose from Evercare’s many providers. ▶ Transportation to some medical appointments. ▶ Care at home, depending on your care plan. ▶ Drug coverage. ▶ Help with mental, drug, or alcohol issues. ▶ Interpreter services. ▶ 24-hour hotline to call a nurse with questions. 	<ul style="list-style-type: none"> ▶ 從Evercare的眾多醫療保健提供者中選擇一個家庭醫生。 ▶ 到某些醫療機構看診的交通工具。 ▶ 依您的醫療保健計畫而定的居家照護。 ▶ 藥物。 ▶ 精神，藥物和酗酒問題的協助。 ▶ 翻譯服務。 ▶ 24小時護士熱線電話問問題。
<p>What if I am already getting care from a doctor?</p>	<p>如果我已經在某個醫生處開始治療了呢？</p>
<p>Our goal is to give you a smooth transition to Evercare. We want you to keep getting good care from a provider you like. Call 1-888-980-8728 (toll-free) or for hearing impaired, 1-888-685-8480 to see if your provider is in our group of providers. Or for more information, visit our website at</p>	<p>我們的目標是使您能平順的移轉至Evercare。我們希望您能繼續從您想要的醫療保健提供者處得到良好的照顧。請撥打免付費電話 1-888-980-8728，或是聾啞人士，撥打 1-888-685-8480 查詢您的醫療提供者是不是我們的一群提供者之一。欲知詳情，請至我們的網站查詢</p>
<p>What does Evercare QExA cost?</p>	<p>Evercare QExA 的費用多少？</p>
<p>Evercare QExA is free! There is no cost to enroll in Evercare QExA. There are</p>	<p>Evercare QExA 是完全免費的！登記參加Evercare QExA不需任何費用。也沒</p>

no co-payments.	有其他使費。
How do I enroll in Evercare QExA? To enroll, call the QExA Enrollment Counselor.	我如何登記參與Evercare QExA呢？ 要登記，請打電話至QExA登記顧問。
Why should I choose Evercare QExA?	我為什麼要選擇 Evercare QExA 呢？
<ul style="list-style-type: none"> ▶ Local service coordination. ▶ Evercare’s long experience in service coordination. ▶ Local customer service. ▶ Bringing together your Medicare and Medicaid benefits. 	<ul style="list-style-type: none"> ▶ 有當地的協調服務 ▶ Evercare 有多年的協調服務經驗。 ▶ 有當地的客戶服務。 ▶ 協調您的 Medicare (聯邦醫療保險)和 Medicaid (醫療補助)的醫療保障。
ALL ABOUT ‘OHANA	‘OHANA 的相關資訊
Why Choose Us?	為何要選擇我們？
Our people, services and beliefs are all centered on caring for you and your <i>‘ohana</i> (your family <i>and</i> support group) in a way that best fits your needs. We do this by:	我們的人員，服務和信念就是一心一意以最符合您需求的方式照顧您和您的‘ohana(你的家人和支援團)。我們藉由以下方式達成此目標：
<ul style="list-style-type: none"> ▶ Understanding your healthcare needs. ▶ Building you a custom healthcare plan. ▶ Providing the services to help you reach your goals. ▶ Ensuring you have access to care 24 	<ul style="list-style-type: none"> ▶ 瞭解您的醫療保健需求。 ▶ 建立您專屬的醫療保健計畫。 ▶ 提供幫助您達到目標的服務。 ▶ 確保您能每週7天，每天24小時，都能透過我們24小時的健康顧問專線取得照護。

<p>hours a day, 7 days a week through our 24-hour Health Advisor line.</p> <p>▶ Giving you the choice of quality providers from the ‘Ohana provider network.</p>	<p>▶ 給予您來自 ‘Ohana醫療提供者網路的高品質醫療保健服務提供者。</p>
<p>If this sounds right for you and your <i>‘ohana</i>, then come join ‘Ohana!</p>	<p>如果這聽起來是您和您的家人所要的，就快來參與 ‘Ohana!</p>
<p>Come Join ‘Ohana... World-Class HealthCare Right Here at Home!</p>	<p>快來參與 ‘Ohana… 世界級醫療保健服務就在您身邊！</p>
<p>1-888-846-4262 (TTY/TDD : 1-877-247-6272)</p>	<p>1-888-846-4262 (TTY/TDD : 1-877-247-6272)</p>
<p>‘Ohana Health Plan, a plan offered by WellCare Health Insurance of Arizona, Inc.</p>	<p>‘Ohana 醫療保健計畫，是由阿里桑尼亞的 WellCare Health Insurance of Arizona, Inc. 所提供的計畫。</p>
<p>The ‘Ohana Service Coordinator</p>	<p>‘Ohana服務協調員</p>
<p>Your local, on-island ‘Ohana service coordinator is a trained healthcare professional and is your advocate within the plan, in the community and across the different healthcare services. Your coordinator will help explain the services that we offer and help you access care when needed.</p>	<p>在您島上的地道‘Ohana 服務協調員是一位受過訓練的醫療保健專業人士，同時也是您的醫療計畫，社區中和不同醫療保健服務的倡導者。您的協調員會解釋我們所提供的服務，並且幫助您取得您需要的照顧。</p>
<p>Treating the Whole Person</p>	<p>全人治療</p>
<p>We understand that you and your</p>	<p>我們理解您和您的家人可能有醫療以外</p>

<p>family may have more than medical needs. Our service coordinators are trained to create care plans that address the needs of the whole person.</p>	<p>的需要。我們的服務協調員受過專業訓練，可以為您設計符合全人需求的計畫。</p>
<p>Person and ‘Ohana-Centered Care</p>	<p>個人和家人為中心的照護</p>
<p>We understand that each member has different needs. Your goals and outcomes are the focus of the care planning and management process.</p>	<p>我們理解每名成員有不同的需要。您的目標和成果是保健計畫和管理過程的重要焦點。</p>
<p>Local People, Local Presence</p>	<p>當地人員，當地服務</p>
<p>When you call ‘Ohana Health Plan, you will talk to an ‘Ohana employee right here in Hawai‘i. When you attend an ‘Ohana event, you will meet with ‘Ohana associates who live and work in your neighborhood.</p>	<p>當您打電話至‘Ohana醫療保健計畫時，您將和位於夏威夷的‘Ohana員工交談。當您參加‘Ohana的活動時，您將與在您社區附近居住及工作的‘Ohana員工見面。</p>
<p>Health <i>Connections</i></p>	<p>Health <i>Connections</i> 健康連系</p>
<p>Staying healthy is important at every stage in life. Health <i>Connections</i> are specific programs that help you and your family take steps to maintain a healthy lifestyle. We have programs to help you connect with local community-based groups when you need additional support.</p>	<p>保持健康在生命的每個階段都很重要。[健康連系]是幫助您全家開始保持健康的生活型態的特別項目。當您需要額外的支援時，我們有幫助您與當地社區團體連系的項目。</p>

QExA Covered Services	QExA 所包括的服務
Medicaid services provided through your QExA health plan include:	經由 QExA 醫療保健計畫取得的 Medicaid (醫療補助) 服務包括 :
<ul style="list-style-type: none"> ▶ Hospital services (emergency, inpatient and outpatient) ▶ Visits to your regular doctor (also called your PCP), medical specialists and other providers ▶ Lab tests and X-rays ▶ Prescription drugs ▶ Durable medical equipment and medical supplies ▶ Home health services ▶ Hospice services ▶ Vision services ▶ Preventive care services ▶ Maternity and family planning services ▶ Rehabilitation services ▶ Transportation services ▶ Urgent care services ▶ Service Coordinator through health plan ▶ Personal Assistance Services – Level I 	<ul style="list-style-type: none"> ▶ 醫院服務 (急診 , 住院和門診服務) ▶ 到您的醫生 , 也就是家庭醫生 (PCP) , 專科醫生 , 及其它醫療服務提供者處看診。 ▶ 實驗室測試和照 X 光 ▶ 處方藥 ▶ 耐用的醫療設備和器材 ▶ 居家醫療服務 ▶ 善終院服務 ▶ 視力服務 ▶ 預防性醫療服務 ▶ 懷孕和家庭計畫服務 ▶ 復健服務 ▶ 運輸交通服務 ▶ 緊急醫療服務 ▶ 經由醫療保健計畫提供服務協調員 ▶ 第一級個人照護服務

<p>Long-Term Care Services, including:</p>	<p>長期醫療照護服務，包括：</p>
<ul style="list-style-type: none"> ▶ Home- and Community-Based Services, such as adult day care, assisted living and residential care ▶ Institutional Services, such as a nursing home 	<ul style="list-style-type: none"> ▶ 居家和社區安置服務, 例如成年人日間照護，生活協助，以及居家照護 ▶ 機構提供的照護服務，例如護理之家
<p>Behavioral Health Services, including:</p>	<p>行為醫療保健服務，包括：</p>
<ul style="list-style-type: none"> ▶ Acute care for psychiatric illnesses ▶ Crisis services – 24 hours a day, 7 days a week ▶ Substance abuse treatment ▶ Psychiatric or psychological evaluations 	<ul style="list-style-type: none"> ▶ 急性精神疾病的照護 ▶ 危機處理服務 – 一周 7 天，一天 24 小時 ▶ 藥物濫用治療 ▶ 精神或心理評估
<p>Medicaid services coordinated by QExA include:</p>	<p>經由 QExA 協調的 Medicaid (醫療補助) 服務，包括：</p>
<ul style="list-style-type: none"> ▶ Dental services ▶ School health services ▶ <i>Zero to Three</i> program from Department of Health (DOH) ▶ DOH case management for clients with developmental disabilities or mental retardation ▶ DOH mental health services 	<ul style="list-style-type: none"> ▶ 牙科服務 ▶ 學校醫療保健服務 ▶ 美國衛生部的 0 到 3 歲計畫。 ▶ 美國衛生部(DOH)為發展遲緩或智障的參與者所提供的病例管理 ▶ 美國衛生部(DOH) 精神醫療保健服務
<p>For more information about QExA</p>	<p>欲知 QExA 所包含的服務詳情，請撥打</p>

covered services, call us toll-free at 1-866-928-1959.	免付費諮詢專線 1-866-928-1959。
Q & A	問與答
What is QExA?	什麼是 QExA ?
<p>QExA is a new Medicaid program for seniors, 65 and older, and people of all ages with disabilities who currently receive treatment through a Fee-For-Service system. With QExA, these clients will benefit, for the first time, from comprehensive and coordinated care. They will be assisted by a team of healthcare professionals, including Service Coordinators.</p>	<p>QExA 是一個為 65 歲以上的長者，以及各年齡層的殘障人士所設計的新的 Medicaid (醫療補助) 項目，他們目前是經由續次付款的醫療系統得到醫療服務。有了 QExA 之後，這些人士首次享受完整並協調的醫療保健服務。一群專業的醫療保健人員，其中還包括服務協調員會共同幫助 QexA 的參與者。</p>
Starting February 1, 2009, clients will receive medical treatment through the QExA health plan of their choice.	從 2009 年 2 月 1 日開始，參與者將開始經由 QExA 醫療保健計畫取得醫療服務。
Clients will choose a doctor, called a Primary Care Provider (PCP), who works with their health plan. They will see this doctor for regular checkups or when they are sick. When clients need a specialist or other medical services, the PCP arranges care.	參與者將選擇一位家庭醫生(PCP)，照顧他們的醫療保健需求。當他們生病或者需要健康檢查時，可以至家庭醫生(PCP) 處看診。當他們需要一位專科醫師或是其他的醫療服務時，他們的 PCP 可以協助安排。
All QExA members will have a Service	每個 QExA 的成員經由他們的醫療保健

<p>Coordinator through their health plan. Service Coordinators make sure the health needs of clients are met.</p>	<p>計畫將能得到一個服務協調員。服務協調員能確保參與者的醫療保健需求得到滿足。</p>
<p>For a list of QExA covered services, see pages 10-11.</p>	<p>欲得知QExA 所包含的所有服務清單，請參閱第10-11頁。</p>
<p>Is everyone in QExA?</p>	<p>每個人都可參與 QExA 嗎？</p>
<p>QExA is designed for seniors, 65 and older, and people of all ages with disabilities who receive Medicaid.</p>	<p>QExA 是為目前已參與 Medicaid (醫療補助) 項目的 65 歲及以上的長者，以及各年齡層的殘障人士所設計的。</p>
<p>Participants in the State of Hawaii Organ and Tissue Transplant (SHOTT) program and Maui PACE are not eligible for QExA.</p>	<p>威夷州器官和組織移植計畫(SHOTT)以及 Maui PACE 的參與者都不符合參與 QExA 的資格。</p>
<p>For more information about QExA eligibility, call us toll-free at 1-866-928-1959.</p>	<p>欲知 QExA 的參加資格，請撥打免費諮詢專線 1-866-928-1959。</p>
<p>What doctors can I see?</p>	<p>我能看哪些醫生呢？</p>
<p>You need to choose a Primary Care Provider who participates in your QExA health plan. That physician will coordinate your care and make sure you have access to medical specialists and other services. It is easy to find out which doctors participate in the QExA health plans. You can:</p>	<p>您需要選擇一個參與您的 QExA 醫療保健計畫的家庭醫生 (PCP)。這位醫生將為您協調醫療保健服務，並確保您可以取得專科醫療服務和其他服務。查詢哪些醫生參與了 QExA 醫療保健計畫非常容易。您可以：</p>

<ul style="list-style-type: none"> ▶ Ask your doctor and other providers which health plans they work with. ▶ Call the toll-free Helpline at 1-866-928-1959 and ask an Enrollment Counselor. 	<ul style="list-style-type: none"> ▶ 詢問您的醫生和其他醫療提供者他們所合作的醫療保健計畫名稱。 ▶ 撥打免費諮詢專線 1-866-928-1959 詢問登記顧問。
<p>How do I find out which health plan my doctor is in?</p>	<p>要如何查詢我的醫生與哪個醫療保健計畫合作？</p>
<ul style="list-style-type: none"> ▶ You can call us. The toll-free number is 1-866-928-1959. ▶ You can use a computer. Both health plans have a website. It has a list of doctor for each QExA health plan. 	<ul style="list-style-type: none"> ▶ 您可以打電話給我們。免費諮詢專線是 1-866-928-1959。 ▶ 也可以使用電腦上網。兩個醫療保健計畫都有網站。各個QexA醫療保健計畫都有各自的醫生清單。
<p>One website is</p>	<p>一個計畫的網址是</p>
<p>The other website is</p>	<p>另一個計畫的網址是</p>
<p>What are my health plan choices?</p>	<p>我可以選擇的醫療保健計畫有哪些？</p>
<p>There are two health plans that provide Medicaid services through QExA: Evercare and `Ohana Health Plan. For more information on each plan, see pages 6-9. For a list of covered services, see pages 10-11.</p>	<p>共有兩個經由QExA提供Medicaid（醫療補助）服務的醫療保健計畫：Evercare 和 `Ohana 醫療保健計畫。欲瞭解更多有關各個計畫的資訊，請參閱第6-9 頁。欲瞭解包含的服務清單，請參閱第10-11 頁。</p>
<p>If you live on Lanai or Molokai, you will receive QExA services through `Ohana Health Plan. See pages 8-9 for more</p>	<p>`Ohana 醫療保健計畫是Lanai和Molokai 居民的唯一選擇。欲瞭解更多有關 `Ohana醫療保健計畫的資訊，請參</p>

<p>information on `Ohana Health Plan. Call the toll-free Helpline at 1-866-928-1959 to find out more about the doctors and facilities available to QExA clients on Lanai and Molokai.</p>	<p>閱第8-9 頁。請撥打免費諮詢專線 1-866-928-1959以得知更多有關Lanai和Molokai居民在QExA計畫中可取得的醫生和醫療機構。</p>
<p>What happens if I don't choose a health plan?</p>	<p>如果我不選擇任何一個醫療保健計畫，會發生什麼事？</p>
<p>If you do not choose a health plan between October 1 and December 1, 2008, DHS will choose one for you.</p>	<p>如果您未在 2008 年 10 月 1 日至 2008 年 12 月 1 日間選擇一個醫療保健計畫，人民服務部將為您選擇一個醫療保健計畫。</p>
<p>Don't wait; call the toll-free Helpline at 1-866-928-1959 to find out more about your choices. An Enrollment Counselor is ready to answer your questions and help find the health plan that is right for you.</p>	<p>現在就撥打免費諮詢專線 1-866-928-1959 瞭解詳情。登記顧問會回答您的問題，並且幫助您選擇適合您的醫療保健計畫。</p>
<p>Can I change health plans?</p>	<p>我能改變醫療保健計畫嗎？</p>
<p>Yes, you have 90 days to change health plan, for any reason. After this 90-day grace period ends, you can only change health plans:</p>	<p>是的，您有90天的期間可以改變醫療保健計畫，不管原因為何。在90天的寬限期結束之後，只有在以下的狀況下您才能更改醫療保健計畫：</p>
<ul style="list-style-type: none"> ▶ If you have good cause (DHS makes the decision). ▶ Once a year during QExA's annual 	<ul style="list-style-type: none"> ▶ 如果人民服務部認為您要更改的理由很合理。 ▶ 在 QExA 每年公開的登記期間更改

open enrollment period (we'll send you information before it starts).	(我們會在該期間開始前寄送資訊給您)。
What Happens Next?	接下來呢？
After you choose your health plan, we will send you a letter with the:	在您選擇了醫療保健計畫後，我們會寄一封包含以下資訊的信給您：
<ul style="list-style-type: none"> ▶ Name of your health plan. ▶ Health plan's Member Services phone number. ▶ Date your membership in the health plan starts. 	<ul style="list-style-type: none"> ▶ 您選擇的醫療保健計畫的名稱。 ▶ 您的醫療保健計畫的會員服務專線。 ▶ 您的醫療保健計畫的會員生效日期。
Your health plan will send you a:	您的醫療保健計畫會寄送給您：
<ul style="list-style-type: none"> ▶ Member Handbook that has important information on how to access care and more. ▶ Membership Card. 	<ul style="list-style-type: none"> ▶ 會員手冊，其中有如何取得照護的更多相關重要資訊。 ▶ 會員卡。
Remember ... If you have any questions, help is just a phone call away.	切記... 只要一通電話，您的任何問題就能得到解答。