

Computer Basics for Kūpuna

Issue 3 / Paukū 'ekolu

Technology Connects Seniors to Services



What's Inside:

- SPAM, Good for musubi... bad for emails
- Popular antivirus software to block spam
- Save on your electric bill with LIHEAP
- Save on your water bill with LIHWAP
- Save on your Medicare premiums, copays, prescription drugs, and insulin
- What Medicaid members need to know



In-Person Computer Classes
List of classes coming soon!



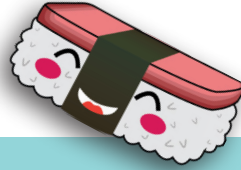
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OFFICE
ON AGING



Tech Talk

SPAM, Good for Musubi... BAD for Emails



Spam is "junk" emails or annoying ads from an unknown sender that may carry a virus that could damage your computer if you open the attachment or click a link.

You may not see these emails because your inbox/mailbox will filter and send them to a separate "Spam" folder. However, sometimes familiar emails that are safe are also sent to the Spam folder by mistake.

So, check your Spam folder once per month, save emails that you want to keep, and delete the rest.

Tips to Reduce Spam or Junk Emails?

- Limit online shopping to avoid unwanted ads
- Provide email address only on trusted sites; some companies will share your email with other sellers
- Click the "Unsubscribe" link at the bottom of the email
- Get anti-virus software to block unwanted spam



Need Help with Your Electric or Water Bill?



Print application: humanservices.hawaii.gov/bessd/

Mail or drop off to:

Honolulu Community Action Program

Maui Economic Opportunity

Hawaii County Economic Opportunity

Kauai Economic Opportunity

Low-Income Home Energy Assistance Program (LIHEAP)

pays a one-time electricity or gas bill for households in crisis

Low-Income Home Water Assistance Program (LIHWAP)

pays a one-time water or wastewater bill for households in crisis

Popular Antivirus Software

- Microsoft Defender (PC)
- AVG (PC & Mac)
- McAfee Total Protection (PC & Mac)
- Norton 360 (PC & Mac)
- Avast (PC & Mac)

Antivirus Software blocks and removes viruses from infecting your data and files

- ✓ Prevents spreading of a virus to other devices
- ✓ Blocks Spam and unwanted ads
- ✓ Defends against hackers
- ✓ Builds a firewall of internet protection
- ✓ Protects your passwords

Virus: a damaging program picked up from the internet that makes computers not work right, slow down, or not work at all (crash)

Software: programs created by trusted manufacturers for computers or laptops

Hawaii SHIP Can Help You To Apply



CONGRATULATIONS!

Based on your income,
you qualify!

Inflation Reduction Act of 2022

You pay \$35
per month for
covered insulins

Save on Prescription Drugs

EXTRA HELP Program:

- Must be enrolled in Medicare
- Apply at Social Security office



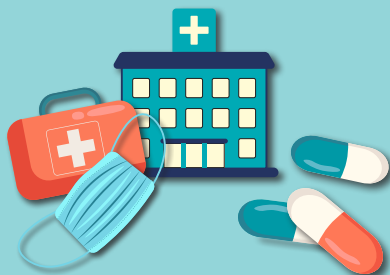
Limited Income Newly Eligible Transition (LINET) Program



allows you to refill medication while waiting for a new drug plan to start

- Must be enrolled in Medicare
- Ask a local pharmacist for details

MEDICAID Program



- Medical
- Prescription Drug
- Dental
- And much more

Med-QUEST

Hawaii's Medicaid Office

Quality care
Universal access
Efficient utilization
Stabilizing costs
Transforming the way
health care is provided
to QUEST members

MEDICARE Savings Program



- Pays Premium
- Pays Copays
- Pays Deductible

E Loa Ke Ola - May Life be Long

Hawaii State Department of Health
250 South Hotel St. Suite 406
Honolulu, HI 96813-2831

June 2023
Computer Basics
for Kūpuna

Our New Normal Brings New Opportunities



Will your Medicaid coverage end or continue?

Feb 1, 2023

Med-QUEST will mail you a notice of when your coverage ends and renewal process begins. Make sure they have your **correct mailing address**.

**Apr 1, 2023 to
Mar 31, 2024**

- Med-QUEST will begin to review all Medicaid cases.
- You'll receive a **pink envelope** telling you that 1) you have been renewed, or 2) you need to complete and return the **pink renewal form** enclosed.
- Respond quickly to avoid losing your Medicaid coverage.

Hawaii SHIP can help to: 1) renew your Medicaid, 2) find a medical/drug plan, or 3) apply for assistance programs.
DON'T DELAY! CALL TODAY!

15+ Million

could lose their
Medicaid or CHIP
coverage

SMP Hawaii: 1-800-296-9422

Hawaii SHIP: 1-888-875-9229



**Report
a Scam**

**SCAM
BUSTERS!**

**VOLUNTEER
TODAY!**

**MEDICARE
NAVIGATORS**

**Talk to a
Counselor**

