



Living Healthy

A newsletter for the members of
Central California Alliance for Health



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Adverse childhood experiences (ACEs) and toxic stress

Adverse childhood experiences (ACEs) are traumatic events that happen when someone is a child or teen. ACEs can happen to anyone, and most adults have experienced at least one.

Toxic stress is something that overwhelms you and can leave you feeling powerless and hopeless. This is different from everyday stress. Toxic stress can affect the way a child's body and mind grows. This can lead to health problems later in life, such as asthma, diabetes and heart disease. Toxic stress can also affect development, behavior, learning and mental health.

At your next doctor visit, the doctor may ask if you or your child has experienced any of the events or stressors listed below:

- Abuse (physical, emotional, sexual).
- Neglect (physical, emotional).
- Household instability (mental illness, incarcerated relative, substance abuse, divorce, sudden loss of a loved one).
- Violence, bullying.

It may be difficult to answer if you or your child has experienced ACEs or toxic stress. Answering "yes" is enough. Having open communication with your doctor is important. It helps your doctor to know if there are other services you and your child need to be healthy.

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Central California Alliance for Health
1600 Green Hills Road, Suite 101
Scotts Valley, CA 95066

Benefit spotlight

Did you know about our health education programs?



We care about your health! That's why our health education programs give members the tools they need to get healthy and stay healthy! There is no cost for Alliance members to participate.

We offer programs for managing chronic conditions, including:

Diabetes and Prediabetes Programs—for members managing diabetes or prediabetes.

Healthy Breathing for Life—for members managing asthma.

Healthier Living Program—for members living with chronic conditions like diabetes, high blood pressure or depression.

The program is offered in three different ways:

- Over the phone.
- Virtually with online meetings.
- In person.

Members who complete all six classes can receive a \$50 Target gift card.

The Alliance also offers programs to help you and your family stay healthy, including:

Wellness that Works (formerly Weight Watchers)—helps members 18 years and older with weight management.

Healthy Moms and Healthy Babies—for pregnant members and members

who recently had a baby. We have information on health for moms and babies, breastfeeding support, pediatric care and parenting. We can also give referrals to local resources.

- Members who see their doctor within the first 13 weeks of being pregnant are entered into a raffle for a chance to win a \$50 Target gift card.
- Members who see their doctor 1 to 12 weeks after having a baby will receive a \$25 Target gift card.

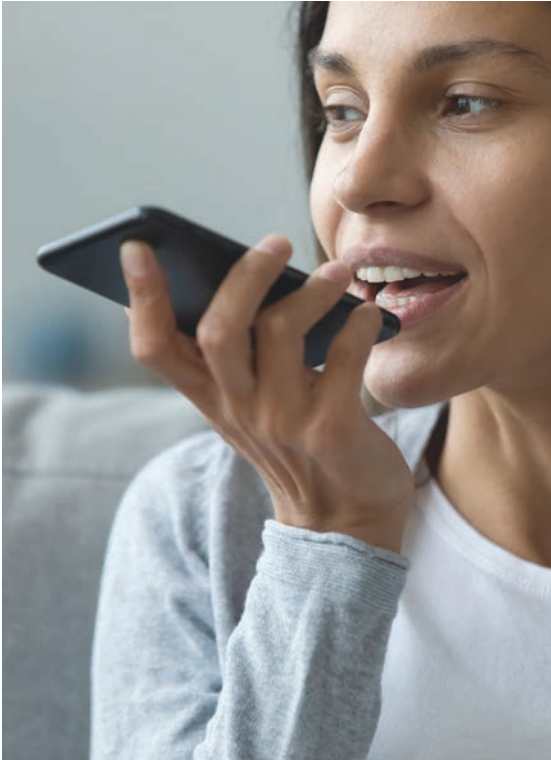
Healthy Weight for Life—for parents with children between the ages of 2 to 18. This program helps children reach a healthy weight and make healthier lifestyle changes. There are two different ways to attend:

- Virtually with online meetings.
- In person.

Members who complete all 10 classes can receive a \$100 Target gift card. Members can also be entered in a raffle to win a bike.

Tobacco Cessation Support—tools to help members quit smoking or using tobacco products.

If you would like to sign up for a program or have questions, call the Alliance Health Education Line at **800-700-3874, ext. 5580**. If you need language assistance, we have a special telephone line to get an interpreter who speaks your language. For the Hearing or Speech Assistance Line, call **800-735-2929** (TTY: Dial **711**).



Language Assistance Services

To help members communicate better with their doctors and with us, the Alliance provides both telephonic and face-to-face interpreting services. We also provide translation and alternative formats of written member information and health education materials—all at no cost to you.

Members can ask for:

- A trained American Sign Language (ASL) interpreter.
- A trained foreign language interpreter.

- Alliance-written information in braille, large print, audio CD or data CD format.
- Alliance-written information in a language they can understand.

If you need to reach the Alliance's Language Assistance Services or have questions, please call Member Services at **800-700-3874**. If you need language assistance, we have a special telephone line to get an interpreter who speaks your language. For the Hearing or Speech Assistance Line, call **800-735-2929** (TTY: Dial **711**).

Your voice matters!

The Alliance has a yearly member satisfaction survey called the Consumer Assessment of Healthcare Providers and Systems (CAHPS). This survey is a way for you to tell us what you think about the care and service you receive. Your responses help us improve the services and programs we offer you.

The CAHPS survey asks members how happy they are with their doctors, care and health plan. This survey goes out to members who are chosen at random. If you receive a survey in the mail or by phone, we urge you to complete and return it! Member satisfaction is a key aspect of continued improvement. Thank you for helping us continue to improve the quality of your health care!



Ask the **doctor**

Colorectal cancer screenings

Dr. Arakawa is a Medical Director at Central California Alliance for Health, serving the Modesto-Merced areas.

With Dr. Gordon Arakawa

In the United States, colorectal cancer is the third most common cancer found in men and women. Colorectal cancer happens when cells in the colon or rectum grow out of control. March is Colorectal Cancer Awareness Month, and it's a good time to get a screening. Here are a few things you need to know.

What is a colorectal cancer screening? Why is it important?

A colorectal cancer screening is when your doctor checks to see if you have any precancerous polyps (small clumps of cells) or signs of colorectal cancer. The screening is used to check for disease even if you don't have any symptoms. It is important to check for cancer

through regular screenings, because early treatment works best to help prevent serious health issues.

Am I at risk for colorectal cancer?

Colorectal cancer is most commonly found in adults ages 65 to 74. However, there has been an increase in colorectal cancer in adults 40 to 49 years old.

You might be more likely to develop colorectal cancer if:

- You have inflammatory bowel disease.
- Someone in your family has had colorectal cancer or polyps.

There are other parts of your lifestyle that can affect your risk level for colorectal cancer, including diet, exercise, and use of alcohol and tobacco products.

It is important to check for cancer through regular screenings, because early treatment works best to help prevent serious health issues.



When should I get screened for colorectal cancer? How often should I get screened?

If you are 45 to 75 years old, you should be screened once a year for colorectal cancer.

How do I set up a screening?

Talk to your doctor. They can help you understand which kind of screening will be best for you.

Does the Alliance cover colorectal cancer screening?

Yes. You can be screened for colorectal cancer at no cost to you.

What should I do if I have questions?

Contact your doctor's office if you have questions about colorectal cancer screening.

Community CORNER

How to get healthy food for your family

Do you know how to get fresh, healthy food for you and your family? Below are some resources to help individuals and families with food support.

Local food bank:

Anyone can access food at your local food bank.

Merced County

Merced County Food Bank
209-726-3663

Monterey County

Food Bank for Monterey County
831-758-1523

Santa Cruz County

Second Harvest Food Bank Santa Cruz County Community Food Hotline
831-662-0991
Monday through Friday, 8 a.m. to 4 p.m.

CalFresh program:

CalFresh is California's food stamps (SNAP) program. If you qualify for Medi-Cal coverage, you may also qualify for CalFresh benefits. You can apply for CalFresh benefits online at www.getcalfresh.org or by calling your county's CalFresh Office:

Merced County

209-385-3000

Santa Cruz County

888-421-8080

Monterey County

877-410-8823

Local farmers markets:

A fun activity your family can do is visit your local farmers market. You can look up local farmers markets that accept CalFresh online at www.ecologycenter.org/fmfinder.

Prescription drugs

If you are a Medi-Cal member, your prescriptions that are filled at a pharmacy are covered by Medi-Cal Rx, not the Alliance. You can view prescription drugs that are covered by Medi-Cal Rx at www.medi-calrx.dhcs.ca.gov, or you can request a printed copy by calling  **800-977-2273** (TTY: Dial **711**), 24 hours a day, 7 days a week.

If you are an IHSS member, pharmacy services are managed by MedImpact. You can view covered prescription drugs on the Alliance website at www.thealliance.health/prescriptions. You can also request a copy by calling Member Services at  **800-700-3874** (TTY: Dial **711**), Monday through Friday, 8 a.m. to 5:30 p.m. You may also call Member Services if you have questions about a medication.

GETTING AN APPOINTMENT:

How long should you have to wait?

As a member of the Alliance, it is your right to have timely access to network providers, but sometimes it is not possible for a doctor to see you right away. Some appointments might take longer to schedule than others.

We work with the doctors and clinics in our network to make sure you can get care when you need it.

Health plans in California have to meet certain standards for access to care. The regulations to put this law into

place are called the Timely Access to Non-emergency Health Care Services standards.

The chart below lists the standards for different types of appointments. The waiting times for an appointment may be longer if the provider feels that it will not harm your health. If they feel a longer wait time would not be harmful to your health, they must note it in your medical record.

Appointment type	You should be able to get an appointment within:
Urgent care appointments that do not require pre-approval (prior authorization)	48 hours
Urgent care appointments that do require pre-approval (prior authorization)	96 hours
Non-urgent (routine) primary care appointments	10 business days
Non-urgent (routine) specialist care appointments	15 business days
Non-urgent (routine) mental health provider (non-doctor) care appointments	10 business days
Non-urgent (routine) appointments for ancillary (supporting) services for the diagnosis or treatment of injury, illness or another health condition	15 business days

Other wait time standards	You should be able to get connected within:
Member services telephone wait times during normal business hours	10 minutes
Telephone wait times for Nurse Advice Line	30 minutes (connected to nurse)

 If you feel you are not getting care when you need it, call Member Services at **800-700-3874** (TTY: **800-735-2929** or **711**).

Wellness for all

Keep your health on track with preventive care visits!

Don't wait until you are sick to see the doctor! It's important to regularly see your doctor to check your health. This is called preventive care. Preventive care visits will keep you on track with your health and can help detect any health issues early.

Preventive care visits also give you the chance to get to know your doctor. Your doctor will help you manage your care and stay healthy! These visits also help your doctor get familiar with you, your health history and health needs.

Getting to know your doctor can help you feel more comfortable asking questions, voicing your concerns and making informed choices about your health care.

What happens at a preventive care visit?

Your doctor will give you services based on your current health status and needs. These may include:

- Health education and counseling.
- Tests and screenings.
- Treatments.
- Vaccines and prescriptions.

How often do I need a preventive care visit?

It's good to have a check-up with the doctor once a year. Your doctor will let you know if you need to come in more often.

How do I make a preventive care appointment?

Schedule an appointment by calling your primary care doctor, also called your PCP. Your PCP's name, address and phone number are listed on the front of your Alliance Member ID card.



If you have not chosen your PCP yet, you can learn what steps to take on our website at www.thealliance.health/findadoctor. Or you can call Member Services for help.

How can I get ready for a visit with my doctor?

The tips below will help you feel prepared and confident for your doctor visit:

- Think of any health care concerns or questions you want to ask your doctor.
- Bring a list of all the medications you are taking.
- If you do not have transportation to your appointment, the Alliance can help. Call Member Services at **800-700-3874** (TTY: Dial **800-735-2929** or **711**).

Update your Medi-Cal!

Have you moved? Did you have Medi-Cal coverage during the pandemic? If so, you will need to update the Medi-Cal office in your county with any changes to your information. Here is what you need to know:

Your county may check to see if you can renew your Medi-Cal coverage. Don't wait for your county to contact you. **If there have been any changes to your circumstances or contact information, your local office in Merced, Monterey or Santa Cruz County needs to know.** You can report changes to the county by phone, mail, online or in person.

Report any of the following changes:

- Changes to your income.
- Disability status.
- Phone number.
- Mailing address.
- If someone in your household becomes pregnant.
- If someone moves into your home.
- Anything else that may affect your Medi-Cal eligibility.

Here is the office to contact for each county. Make sure your county has your current information:

Merced County Department of Human Services

Phone: **855-421-6770**

Monterey County Department of Social Services

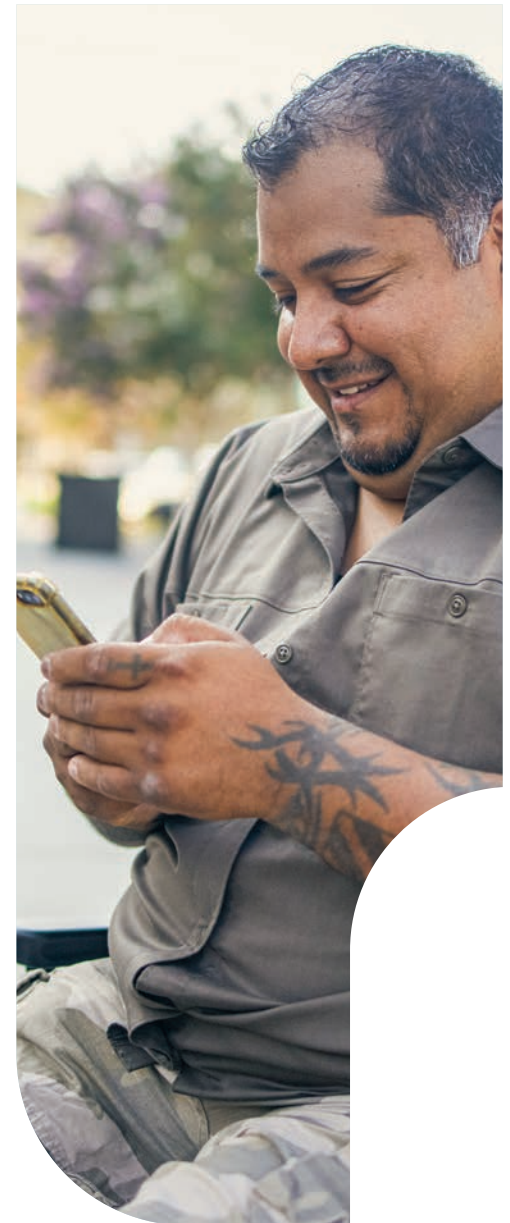
Phone: **877-410-8823**

Santa Cruz County Human Services Department

Phone: **888-421-8080**

You can also update your contact information online at **www.CoveredCA.com** or **www.BenefitsCal.com**.

For more information, visit **www.thealliance.health/updatedmedical**.



Follow us on Facebook! Find us at **www.facebook.com/TheAllianceForHealth**.

Stay up-to-date with:

- Tips and services for Medi-Cal members.
- Local community information.
- COVID-19 updates.



LIVING HEALTHY is published for the members and community partners of CENTRAL CALIFORNIA ALLIANCE FOR HEALTH, 1600 Green Hills Road, Suite 101, Scotts Valley, CA 95066, telephone 831-430-5500 or 800-700-3874, ext. 5505, website www.thealliance.health.

Information in LIVING HEALTHY comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

Models may be used in photos and illustrations.

Communications Project Specialist
Quality and Health Programs Supervisors

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and Mao Moua

www.thealliance.health

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Discrimination is against the law. Central California Alliance for Health (the Alliance) follows State and Federal civil rights laws. The Alliance does not unlawfully discriminate, exclude people, or treat them differently because of sex, race, color, religion, ancestry, national origin, ethnic group identification, age, mental disability, physical disability, medical condition, genetic information, marital status, gender, gender identity, or sexual orientation.

The Alliance provides:

- Free aids and services to people with disabilities to help them communicate better, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, contact the Alliance between 8 a.m. and 5:30 p.m., Monday through Friday, by calling **800-700-3874**. If you cannot hear or speak well, please call **800-735-2929** (TTY: Dial **711**). Upon request, this document can be made available to you in braille, large print, audiocassette, or electronic form. To obtain a copy in one of these alternative formats, please call or write to:

Central California Alliance for Health
1600 Green Hills Road, Suite 101
Scotts Valley, CA 95066
800-700-3874
800-735-2929 (TTY: Dial **711**)

HOW TO FILE A GRIEVANCE

If you believe that the Alliance has failed to provide these services or unlawfully discriminated in another way on the basis of sex, race, color, religion, ancestry, national origin, ethnic group identification, age, mental disability, physical disability, medical condition, genetic information, marital status, gender, gender identity, or sexual orientation, you can file a grievance with the Alliance's Civil Rights Coordinator, also known as the

Senior Grievance Specialist. You can file a grievance by phone, in writing, in person, or electronically:

- **By phone:** Contact the Alliance's Senior Grievance Specialist between 8 a.m. and 5:30 p.m., Monday through Friday, by calling **800-700-3874**. Or, if you cannot hear or speak well, please call **800-735-2929** (TTY: Dial **711**).
- **In writing:** Fill out a complaint form or write a letter and send it to:
Central California Alliance for Health
Attn: Senior Grievance Specialist
1600 Green Hills Road, Suite 101
Scotts Valley, CA 95066
- **In person:** Visit your doctor's office or the Alliance and say you want to file a grievance.
- **Electronically:** Visit the Alliance's website at **www.thealliance.health**.

OFFICE OF CIVIL RIGHTS – CALIFORNIA DEPARTMENT OF HEALTH CARE SERVICES

You can also file a civil rights complaint with the California Department of Health Care Services, Office of Civil Rights by phone, in writing, or electronically:

- **By phone:** Call **916-440-7370**. If you cannot speak or hear well, please call **711 (Telecommunications Relay Service)**.
- **In writing:** Fill out a complaint form or send a letter to:
Deputy Director, Office of Civil Rights
Department of Health Care Services
Office of Civil Rights
P.O. Box 997413, MS 0009
Sacramento, CA 95899-7413

Complaint forms are available at **www.dhcs.ca.gov/Pages/Language_Access.aspx**.

- **Electronically:** Send an email to **CivilRights@dhcs.ca.gov**.

 This newsletter is also available in large print and audio formats at **www.thealliance.health/otherformats**.

OFFICE OF CIVIL RIGHTS – U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

If you believe you have been discriminated against on the basis of race, color, national origin, age, disability, or sex, you can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights by phone, in writing, or electronically:

- By phone: Call **800-368-1019**. If you cannot speak or hear well, please call TTY/TDD **800-537-7697**.
- In writing: Fill out a complaint form or send a letter to:

**U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201**

Complaint forms are available at www.hhs.gov/ocr/office/file/index.html.

- Electronically: Visit the Office for Civil Rights Complaint Portal at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>.

English Tagline

ATTENTION: If you need help in your language call 1-800-700-3874 (TTY: 1-800-735-2929). Aids and services for people with disabilities, like documents in braille and large print, are also available. Call 1-800-700-3874 (TTY: 1-800-735-2929). These services are free of charge.

الشعار بالعربية (Arabic)

يُرجى الانتباه: إذا احتجت إلى المساعدة بلغتك، فاتصل بـ 1-800-700-3874 (TTY: 1-800-735-2929). تتوفر أيضًا المساعدات والخدمات للأشخاص ذوي الإعاقة، مثل المستندات المكتوبة بطريقة برايل والخط الكبير. اتصل بـ 1-800-700-3874 (TTY: 1-800-735-2929). هذه الخدمات مجانية.

Հայերեն պիտակ (Armenian)

ՈՒՇԱԴՐՈՒԹՅՈՒՆ: Եթե Ձեզ օգնություն է հարկավոր Ձեր լեզվով, զանգահարեք 1-800-700-3874 (TTY: 1-800-735-2929): Կան նաև օժանդակ միջոցներ ու ծառայություններ հաշմանդամություն ունեցող անձանց համար, օրինակ՝ Բրայլի գրատիպով ու խոշորատառ տպագրված նյութեր: Զանգահարեք 1-800-700-3874 (TTY: 1-800-735-2929): Այդ ծառայություններն անվճար են:

ប្រាសាទសំខ្មែរ (Cambodian)

ចំណាំ: បើអ្នក ត្រូវ ការជំនួយ ជាភាសា របស់អ្នក សូម ទូរស័ព្ទទៅលេខ 1-800-700-3874 (TTY: 1-800-735-2929)។ ជំនួយ និង សេវាកម្ម សម្រាប់ ជនពិការ ដូចជាឯកសារសរសេរជាអក្សរធំ សម្រាប់ជនពិការភ្នែក ឯកសារសរសេរជាអក្សរតូច ក៏អាចរកបានផងដែរ។ ទូរស័ព្ទមកលេខ 1-800-700-3874 (TTY: 1-800-735-2929)។ សេវាកម្មទាំងនេះមិនគិតថ្លៃឡើយ។

简体中文标语 (Chinese)

请注意：如果您需要以您的母语提供帮助，请致电 1-800-700-3874 (TTY: 1-800-735-2929)。另外还提供针对残疾人士的帮助和服务，例如文盲和需要较大字体阅读，也是方便取用的。请致电 1-800-700-3874 (TTY: 1-800-735-2929)。这些服务都是免费的。

(Farsi) مطلب به زبان فارسی

توجه: اگر می‌خواهید به زبان خود کمک دریافت کنید، با 1-800-700-3874 (TTY: 1-800-735-2929) تماس بگیرید. کمک‌ها و خدمات مخصوص افراد دارای معلولیت، مانند نسخه‌های خط بریل و چاپ با حروف بزرگ، نیز موجود است. با 1-800-735-3874 (TTY: 1-800-735-2929) تماس بگیرید. این خدمات رایگان ارائه می‌شوند.

हिंदी टैगलाइन (Hindi)

ध्यान दें: अगर आपको अपनी भाषा में सहायता की आवश्यकता है तो 1-800-700-3874 (TTY: 1-800-735-2929) पर कॉल करें। अशक्तता वाले लोगों के लिए सहायता और सेवाएं, जैसे ब्रेल और बड़े प्रिंट में भी दस्तावेज़ उपलब्ध हैं। 1-800-700-3874 (TTY: 1-800-735-2929) पर कॉल करें। ये सेवाएं नि: शुल्क हैं।

Nqe Lus Hmoob Cob (Hmong)

CEEB TOOM: Yog koj xav tau kev pab txhais koj hom lus hu rau 1-800-700-3874 (TTY: 1-800-735-2929). Muaj cov kev pab txhawb thiab kev pab cuam rau cov neeg xiam oob qhab, xws li puav leej muaj ua cov ntawv su thiab luam tawm ua tus ntawv loj. Hu rau 1-800-700-3874 (TTY: 1-800-735-2929). Cov kev pab cuam no yog pab dawb xwb.

日本語表記 (Japanese)

注意日本語での対応が必要な場合は 1-800-700-3874 (TTY: 1-800-735-2929)へお電話ください。点字の資料や文字の拡大表示など、障がいをお持ちの方のためのサービスも用意しています。1-800-700-3874 (TTY: 1-800-735-2929)へお電話ください。これらのサービスは無料で提供しています。

한국어 태그라인 (Korean)

유의사항: 귀하의 언어로 도움을 받고 싶으시면 1-800-700-3874 (TTY: 1-800-735-2929) 번으로 문의하십시오. 점자나 큰 활자로 된 문서와 같이 장애가 있는 분들을 위한 도움과 서비스도 이용 가능합니다. 1-800-700-3874 (TTY: 1-800-735-2929) 번으로 문의하십시오. 이러한 서비스는 무료로 제공됩니다.

ແທກໄລພາສາລາວ (Laotian)

ປະກາດ: ຖ້າທ່ານຕ້ອງການຄວາມຊ່ວຍເຫຼືອໃນພາສາຂອງທ່ານໃຫ້ໂທຫາເບີ 1-800-700-3874 (TTY: 1-800-735-2929). ອັງກິດຄວາມຊ່ວຍເຫຼືອແລະການບໍລິການສໍາລັບຄົນເຜີ້ການ ເຊັ່ນເອກະສານທີ່ເປັນອັກສອນນູນແລະມິຕິເລີມໃຫຍ່ ໃຫ້ໂທຫາເບີ 1-800-700-3874 (TTY: 1-800-735-2929). ການບໍລິການເຫຼົ່ານີ້ບໍ່ຕ້ອງເສຍຄ່າໃຊ້ຈ່າຍໃດໆ.

Mien Tagline (Mien)

LONGC HNYOUV JANGX LONGX OC: Beiv taux meih qiex longc mienh tengx faan benx meih nyei waac nor douc waac daaih lorx taux 1-800-700-3874 (TTY: 1-800-735-2929). Liouh lorx jauv-louc tengx aengx caux nzie gong bun taux ninh mbuo wuaaic fangx mienh, beiv taux longc benx nzangc-pokc bun hluo mbiutc aengx caux aamz mborqv benx domh sou se mbenc nzaih bun longc. Douc waac daaih lorx 1-800-700-3874 (TTY: 1-800-735-2929). Naaiv deix nzie weih gong-bou jauv-louc se benx wang-henh tengx mv zuqc cuotv nyaanh oc.

ਪੰਜਾਬੀ ਟੈਗਲਾਈਨ (Punjabi)

ਧਿਆਨ ਦਿਓ: ਜੇ ਤੁਹਾਨੂੰ ਆਪਣੀ ਭਾਸ਼ਾ ਵਿੱਚ ਮਦਦ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਾਲ ਕਰੋ 1-800-700-3874 (TTY: 1-800-735-2929). ਅਪਾਰਜ ਲੋਕਾਂ ਲਈ ਸਹਾਇਤਾ ਅਤੇ ਸੇਵਾਵਾਂ, ਜਿਵੇਂ ਕਿ ਬ੍ਰੇਲ ਅਤੇ ਮੋਟੀ ਛਪਾਈ ਵਿੱਚ ਦਸਤਾਵੇਜ਼, ਵੀ ਉਪਲਬਧ ਹਨ। ਕਾਲ ਕਰੋ 1-800-700-3874 (TTY: 1-800-735-2929). ਇਹ ਸੇਵਾਵਾਂ ਮੁਫਤ ਹਨ।

Русский слоган (Russian)

ВНИМАНИЕ! Если вам нужна помощь на вашем родном языке, звоните по номеру 1-800-700-3874 (линия TTY: 1-800-735-2929). Также предоставляются средства и услуги для людей с ограниченными возможностями, например документы крупным шрифтом или шрифтом Брайля. Звоните по номеру 1-800-700-3874 (линия TTY: 1-800-735-2929). Такие услуги предоставляются бесплатно.

Mensaje en español (Spanish)

ATENCIÓN: si necesita ayuda en su idioma, llame al 1-800-700-3874 (TTY: 1-800-855-3000). También ofrecemos asistencia y servicios para personas con discapacidades, como documentos en braille y con letras grandes. Llame al 1-800-700-3874 (TTY: 1-800-855-3000). Estos servicios son gratuitos.

Tagalog Tagline (Tagalog)

ATENSIYON: Kung kailangan mo ng tulong sa iyong wika, tumawag sa 1-800-700-3874 (TTY: 1-800-735-2929). Mayroon ding mga tulong at serbisyo para sa mga taong may kapansanan, tulad ng mga dokumento sa braille at malaking print. Tumawag sa 1-800-700-3874 (TTY: 1-800-735-2929). Libre ang mga serbisyong ito.

แท็กไลน์ภาษาไทย (Thai)

โปรดทราบ: หากคุณต้องการความช่วยเหลือเป็นภาษาของคุณ กรุณาโทรศัพท์ไปที่หมายเลข 1-800-700-3874 (TTY: 1-800-735-2929) นอกจากนี้ ยังพร้อมให้ความช่วยเหลือและบริการต่าง ๆ สำหรับบุคคลที่มีความพิการ เช่น เอกสารต่าง ๆ ที่เป็นอักษรเบรลล์และเอกสารที่พิมพ์ด้วยตัวอักษรขนาดใหญ่ กรุณาโทรศัพท์ไปที่หมายเลข 1-800-700-3874 (TTY: 1-800-735-2929) ไม่มีค่าใช้จ่ายสำหรับบริการเหล่านี้

Примітка українською (Ukrainian)

УВАГА! Якщо вам потрібна допомога вашою рідною мовою, телефонуйте на номер 1-800-700-3874 (TTY: 1-800-735-2929). Люди з обмеженими можливостями також можуть скористатися допоміжними засобами та послугами, наприклад, отримати документи, надруковані шрифтом Брайля та великим шрифтом. Телефонуйте на номер 1-800-700-3874 (TTY: 1-800-735-2929). Ці послуги безкоштовні.

Khẩu hiệu tiếng Việt (Vietnamese)

CHÚ Ý: Nếu quý vị cần trợ giúp bằng ngôn ngữ của mình, vui lòng gọi số 1-800-700-3874 (TTY: 1-800-735-2929). Chúng tôi cũng hỗ trợ và cung cấp các dịch vụ dành cho người khuyết tật, như tài liệu bằng chữ nổi Braille và chữ khổ lớn (chữ hoa). Vui lòng gọi số 1-800-700-3874 (TTY: 1-800-735-2929). Các dịch vụ này đều miễn phí.