



# Living Healthy

A newsletter for the members of  
Central California Alliance for Health



June 2023 | VOLUME 29, ISSUE 2



## Get ahead on back-to-school checkups

With the school year over and summer just starting, it can be easy to feel that the next school year is far away. But have you ever been caught by surprise to learn that your child could not start school without getting certain vaccines? Have you ever tried to schedule appointments right before school started?

You can save yourself a lot of stress. Don't wait until the last minute. Start now and call your child's doctor to see if they are due for a checkup and vaccines.

The Alliance also offers member rewards for taking your child to the doctor and for child vaccinations. Visit our website to learn more: [www.thealliance.health/checkups](http://www.thealliance.health/checkups).

You can also get more information on which vaccines your child

needs for school on the California Department of Public Health website: [www.morehealth.org/cdph-vaccines](http://www.morehealth.org/cdph-vaccines).

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1600 Green Hills Road, Suite 101  
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## Benefit spotlight



## New Alliance benefit! Cognitive Health Assessment

Cognitive health means how well you think, learn and remember. Alliance members 65 years of age and older can now get a cognitive health assessment every year. A cognitive health assessment can be done at your doctor's office. During the assessment, the doctor will ask questions about signs or symptoms of memory loss or dementia.

Signs of dementia can include:

- Having trouble naming items or naming close family members.
- Repeating questions or stories.
- Misplacing items often.
- Getting confused or getting lost.

Dementia is not a normal part of aging. People with dementia have brain changes that get in the way of daily life. These can include problems with memory, thinking and reasoning. Alzheimer's disease is the most common type of dementia.

It is important to find early signs of dementia. This allows patients to get treatments and support services.

If you are 65 years of age or older, you can ask your doctor about this assessment. The doctor also might ask you about any signs or symptoms of memory loss during your regular checkups.

## Community CORNER

### Summer food resources

Feeding your family can be more expensive with the kids out of school. You may be able to get help with healthy food for your family from:

- Your local food bank.
- CalFresh.
- Your child's school district.

Local food banks can provide fresh food and help you enroll in CalFresh.

**Merced County  
Food Bank**  
209-726-3663

**Food Bank for  
Monterey County**  
831-758-1523

In Merced County, you can also visit:  
**Merced Lao Family  
Community, Inc.**  
209-384-7384

**Second Harvest Food  
Bank Santa Cruz  
County  
Community Food  
Hotline**  
831-662-0991

**Catholic Charities**  
209-383-2494

Monday through  
Friday, 8 a.m. to 4 p.m.

**The People's Pantry**  
209-769-3231

#### CalFresh

CalFresh can help with your household food budget. You can find information about how to apply to CalFresh at [www.cdss.ca.gov/food-nutrition/calfresh](http://www.cdss.ca.gov/food-nutrition/calfresh).

#### Summer lunches from school districts

Contact your local school district to learn more about what is available.

# Provider Directory and Member Handbook

The Provider Directory and Member Handbook have important information about your health plan.

- **Provider Directory:** lists all the primary care doctors in the Alliance network.
- **Member Handbook:** tells you about the coverage that the Alliance provides for you.

You can view the Provider Directory and the Member Handbook on our website at [www.thealliance.health/for-members](http://www.thealliance.health/for-members). Call Member Services if you want a copy mailed to you, need help finding a provider or have benefits questions.

To talk to our Member Services team, please call **800-700-3874**. For the Hearing or Speech Assistance Line, call **800-735-2929** (TTY: Dial **711**). We are here 8 a.m. to 5:30 p.m., Monday through Friday. The call is toll-free. If you speak a language other than English, language assistance services are available to you at no cost.

Important phone numbers to know:

- Alliance Member Services: **800-700-3874** (TTY: Dial **711**)
- 24/7 Alliance Nurse Advice Line: **844-971-8907**
- Alliance Language Assistance Services: **800-700-3874, ext. 5580**

- Mental health services: Carelon Behavioral Health, **855-765-9700**
- Vision Services Plan (for routine vision services): **800-877-7195**
- Medi-Cal Dental Program (for dental services): **800-322-6384**
- 24/7 Medi-Cal Rx (for pharmacy services): **800-977-2273** (TTY: Dial **711**)
- Alliance Care Management Line: **800-700-3874, ext. 5512**
- Alliance Health Education Line: **800-700-3874, ext. 5580**
- Alliance transportation services: **800-700-3874**

## New name, same mental health services

Beacon Health Options has changed its name to Carelon Behavioral Health. The services and phone number for your mental health services are the same.

Call Carelon Behavioral Health at **855-765-9700**. This toll-free number is available 24 hours a day, 7 days a week.

You can also get help by calling Alliance Member Services at **800-700-3874** (TTY: Dial **711**), Monday through Friday, 8 a.m. to 5:30 p.m.

For more information on mental health support, visit [www.thealliance.health/mentalhealth](http://www.thealliance.health/mentalhealth).



# Ask the doctor

## Preventive care is key for men's health

Dr. Bishop is the Chief Medical Officer at Central California Alliance for Health, serving Merced, Monterey and Santa Cruz counties.



*With Dr. Dale Bishop*

June is National Men's Health Month. Men's Health Month focuses on why it is important for men to take care of their health. Only half of adult men have seen a doctor for preventive care in the past year. To make things worse, men are likely to delay or avoid getting medical help until a health problem becomes serious. Now is a great time for men to schedule a preventive care exam with their doctor.

### What is preventive care? Why is it important?

Preventive care is routine health care. This includes checkups and screenings. These services can help prevent illnesses, find health problems early and promote overall health.

Preventive care visits are a chance for you to get answers to your health questions. Even if you're feeling healthy, regular checkups are a good way to confirm your health or find a problem early.

### What are some preventive care services for men?

Common preventive care services for men are:

- **Physical exam.** A yearly exam can help detect any health problems, like high blood pressure, high cholesterol or diabetes.
- **Screenings.** Screenings can help find health conditions early, when they are more treatable. Common serious health conditions in men include prostate cancer, colon cancer and heart disease.


- **Vaccinations.** Vaccines protect against illnesses, such as the flu and pneumonia.
- **Sexual health.** Discuss any sexual health concerns with your doctor. Get tested for sexually transmitted infections as needed.

### Does the Alliance cover preventive care?

Yes. You can get preventive care services at no cost to you.

### How do I set up a preventive care visit?

Call your doctor to schedule an appointment. Your doctor's number is listed on your Alliance member ID card.

 **Alliance member benefit!** We have programs that help manage chronic health conditions, such as asthma, diabetes or high blood pressure. These are offered at no cost to members. Go to [www.thealliance.health/healthrewards](http://www.thealliance.health/healthrewards) to learn about the programs we offer. Or call the Health Education Line at **800-700-3874, ext. 5580**.

# More care and support for members

Enhanced Care Management (ECM) and Community Supports help people who have complex health issues or need help setting up their medical care.

You can get help with:

- Housing.
- Managing your medical needs.
- Getting food and help after leaving the hospital.

## Enhanced Care Management (ECM)

ECM services can help guide your medical care. These services can also help you find services related to your care. ECM is open to members who:

- Are experiencing homelessness.
- Have mental health or substance abuse challenges.
- Go to the hospital but could avoid going there.
- Qualify to live in long-term care facilities.
- Live in nursing facilities but want to get back into the community.
- Are pregnant or have given birth in the past 12 months.
- Some children and youth.

## Community Supports

Community Supports can help you with housing, getting food and support after leaving the hospital, and more.

Here are some updates to Community Supports:

- Environmental Accessibility and Adaptability (EAA) services are available. EAA helps members who need changes in their home to live on their own. Changes could include grab bars or making doors wider.
- The Medically Tailored Meals program is now offered to members with complex health needs or chronic diseases. Medically tailored meals are made for members based on their medical condition. These meals help people regain and maintain their health.

To learn more about getting these services, visit [www.thealliance.health/members/ecm-cs](http://www.thealliance.health/members/ecm-cs) or call **831-430-5512**.



# What parents need to know about lead exposure

Exposure to lead can harm a child's brain, especially those under age 6. This is because these young children are growing quickly and tend to put objects in their mouths. Pregnant people should also avoid being exposed to lead, since their baby can be affected too.

## Where might my child be exposed to lead?

Lead is found in older homes, at work and other places. It can be in plumbing fixtures, water, paint, soil, food containers, toys, home remedies and makeup.

## What does lead poisoning look like?

Children with lead poisoning often do not look sick. However, some have headaches, feel tired, misbehave or have trouble paying attention or learning.

## What can I do to protect my family from lead exposure?

- Ask your child's doctor to give you information on lead exposure.
- Have your child's blood tested at ages 1 and 2 years old. If your child is past this age, they should be tested by the time they are 6.
- Remove harmful items from your home. Keep your space clean and dust-free.

- Wash hands frequently and limit play in soil.
- Feed your child meals high in iron, calcium and vitamin C. Good nutrition can help slow lead absorption.



## 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](http://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](http://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.

# Wellness for all

## Get rewards for your family's health care

We have a new reward program for members ages 0–21! With *Healthy Start*, you can get gift cards totaling up to \$250 by making sure your child is up to date with vaccines and checkups.



Who is the reward for?	What is the reward?	What do I have to do to get the reward?
 <p>Ages under 15 months</p>	<b>\$50 gift card</b>	Your child must have 6 checkups with their doctor.
 <p>Ages 15–30 months</p>	<b>\$25 gift card</b>	Your child must have 2 checkups with their doctor.
 <p>Ages 18–21 years</p>	<b>\$25 gift card</b>	Members must have 1 checkup with their doctor between April 1 and December 31, 2023.
 <p>2-year-olds</p>	<b>\$100 gift card</b>	Your child must have gotten all needed vaccines from their doctor.
 <p>13-year-olds</p>	<b>\$50 gift card</b>	Members must complete 1 checkup with their doctor within 12 months and have gotten all needed vaccines from their doctor.

We also have a Health Rewards Program that rewards members of all ages! For information, visit [www.thealliance.health/healthrewards](http://www.thealliance.health/healthrewards).

Questions? Call the Alliance Health Education Line: **800-700-3874, ext. 5580**.

## Update your Medi-Cal!

If your county needs information to renew your Medi-Cal, they will send you paperwork to fill out and return. Be sure to give them all the information they ask for by the due date. You will keep your Medi-Cal until your renewal is complete.

You can report any changes to your information in person, by phone or by mail. Or you can go online at [www.mybenefitscalwin.org](http://www.mybenefitscalwin.org) or [www.coveredca.com](http://www.coveredca.com) or [www.benefitscal.com](http://www.benefitscal.com).

### Here is the office to contact for each county:

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**

For more information, visit [www.thealliance.health/updatedmedi-cal](http://www.thealliance.health/updatedmedi-cal).

# Committed to your satisfaction

We want you to be happy with your health care and our service. If you ever are not happy, we want to hear about it.

You may file a **complaint** (also called a **grievance**) if:

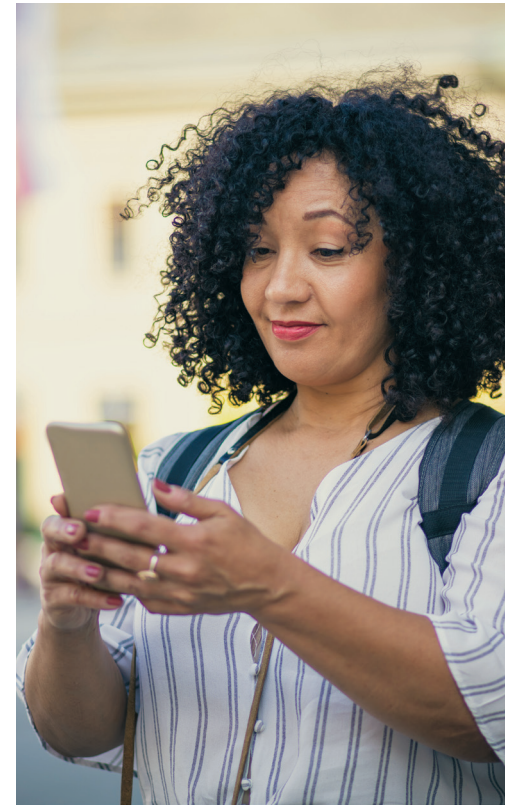
- You are not happy with the care your doctor is providing or how you were treated in the office.
- You are not happy with your experience in a hospital or other facility.
- You are getting a bill for services covered by the Alliance.
- You are not able to get the care you need.
- You are not happy with the services you get from the Alliance.

There are other reasons you might file a complaint. These are listed in your Member Handbook.

You may file an appeal if you are not happy with a decision we have made to change or deny services.

### How to file a complaint or appeal

You can file a complaint or an appeal by calling Member Services at **800-700-3874**. You can also file



a complaint or appeal in writing or through our website at [www.thealliance.health/file-a-grievance](http://www.thealliance.health/file-a-grievance).

### Next steps

Once you let us know about your complaint or appeal, we will look into it. We will do all we can to help you.



## The Alliance is texting members about renewing their Medi-Cal!

Medi-Cal renewals are coming soon. You might get a text from us about renewing your Medi-Cal.



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](http://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.

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[www.thealliance.health](http://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](http://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>.

Daim ntawv tshaj xo no los kuj muaj ua ntawv luam loj thiab kaw ua suab nyob ntawm [www.thealliance.health/otherformats](http://www.thealliance.health/otherformats).

Este boletín también está disponible en formato de letra grande y audio en [www.thealliance.health/es/tag/alternative-access](http://www.thealliance.health/es/tag/alternative-access).

**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.

**(Arabic) الشعار بالعربية**

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)**

ՈՒՇԱՂՈՒԹՅՈՒՆ: 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:

**ប្រាសាទសម្រាប់ភាសាខ្មែរ (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 ឯកសារសរសេរជាអក្សរពុម្ពធំ 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). ຍັງມີຄວາມຊ່ວຍເຫຼືອແລະການບໍລິການສໍາລັບຄົນເຜີຍການເຊັ່ນເອກະສານທີ່ເປັນອັກສອນນູນແລະມິຕິພິມໃຫຍ່ 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.