



# Living Healthy

A newsletter for the members of  
Central California Alliance for Health



September 2023 | VOLUME 29, ISSUE 3



## You don't have time for the flu!

Flu season is September through May. The best way to protect yourself and your family is to get your flu shot early, before the flu starts to spread in your community.

People who are at higher risk of having serious flu complications are:

- Young children.
- People who are pregnant.
- People with certain chronic health conditions, like asthma, diabetes, and heart or lung disease.
- People who are ages 65 and older.

Everyone ages 6 months and older can get a yearly flu shot. The flu shot is free and easy to get. Children must get their flu shot from their doctor. Adults have the option to get their flu shot at a pharmacy without a referral.

Alliance members ages 7 to 24 months who get their two flu shot doses between September 2023 and May 2024 will be entered into a monthly raffle for a chance to win a \$100 Target gift card!

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

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1600 Green Hills Road, Suite 101  
Scotts Valley, CA 95066

SEPTEMBER IS NATIONAL CHILDHOOD OBESITY AWARENESS MONTH

## Help your child have a healthy weight

According to the Centers for Disease Control and Prevention, 1 in 5 children in the United States is obese. Childhood obesity puts kids at risk for health problems like type 2 diabetes, high blood pressure and heart disease.

The good news is that childhood obesity can be prevented. In honor of National Childhood Obesity Awareness Month, the Alliance encourages your family to make healthy changes together.

- **Get active.** Walk around the neighborhood, go on a bike ride or play outside.
- **Limit screen time.** Keep extra screen time (such as playing video games or watching TV) to two hours a day or less.
- **Make healthy meals.** Buy and serve more vegetables, fruits and whole-grain foods.

Taking small steps as a family can help your child stay at a healthy weight.

The Alliance offers the *Healthy Weight for Life* program. This program is for children and teens ages 2 to 18 who want to reach a healthy weight. The *Healthy Weight for Life* program can help your child learn how to eat healthy and be more active. You can also learn tools to support your child with lifestyle changes.

Talk to your child's doctor about this program. The doctor can refer your child to the program if they think your child needs it. You can call the Alliance Health Education Line at **800-700-3874, ext. 5580** for more information.

When you attend a 10-week workshop, you can receive a Target gift card for up to \$100! You will also be entered into a raffle for the chance to win a bike.





# Wellness for all

## Talking with your doctor



### Other tips for your visit to the doctor:

- Bring a list of all the medications you are taking.
- If you have any medical needs, such as wheelchair access, or require language assistance or interpreting services, let the doctor’s office staff know so they can help you.
- Ask what the office policy is for missed appointments. The office can help to reschedule appointments or provide other options, such as phone appointments if it is hard to go to the doctor in person.

When it comes to health care, patients play a major role. Practicing good communication with your doctor (primary care provider, or PCP) is an important way to take part in your health care journey. Clear and honest communication between you and your doctor can help you build a safe connection. This means you can talk about your concerns and make informed choices about your health care. Below are some questions to think about before your visit with your doctor.

#### Questions to ask yourself    Examples

What am I seeing or feeling that I want my doctor to check?	My left ear aches each time I blow my nose.
When did it begin?	It started about a week ago when I first caught a cold.
What makes it better or worse?	It feels worse when I blow my nose and feels better in the morning after I shower.
What questions do I have, and what worries me?	When will I start to feel better? Does the medicine have side effects?



# Ask the doctor

## Keeping healthy during and after pregnancy

Dr. Diallo is a Medical Director for Central California Alliance for Health with over 15 years of pediatric experience.



*With Dr. Dianna Diallo*

Seeing your doctor during and after pregnancy is important to your health and your baby's health. Sometimes there are signs or symptoms that happen after having a baby that you need to share with your doctor. These are called urgent maternal warning signs. They can happen soon after giving birth or up to 12 months after giving birth.

### What are urgent maternal warning signs?

Get care right away if you are having:

- Headache that does not go away or gets worse.
- Fever of 100.4° F (38° C) or higher.
- Trouble breathing.

- Chest pain or fast heart rate.
- Extreme swelling of your hands or face.
- Vaginal bleeding during or after pregnancy.
- Severe belly pain that does not go away.
- Overwhelming tiredness.
- Dizziness or fainting.

This list does not cover every symptom. If you are feeling sick or have urgent questions outside of your doctor's office hours, call the Alliance Nurse Advice Line at **844-971-8907** (TTY: Dial **711**) to talk to a nurse. Tell them if you are pregnant or were pregnant within the last year.

### What can I do for my health and my baby's health?

Keep up with your doctor visits before, during and after pregnancy.

These visits can help make sure you and your baby are safe and getting the care you need.

Tell your doctor if anything does not feel right. You know your body!

### How can I get support during and after my pregnancy?

Our *Healthy Moms and Healthy Babies* program can help support you and your baby. You can also get rewards for keeping up with your doctor visits.

You can also get rewards for keeping your baby up to date with checkups and vaccinations! This is through our *Healthy Start* program.



For more information about pregnancy health, read our blog post: [www.thealliance.health/healthypregnancy](http://www.thealliance.health/healthypregnancy).



## Teens and depression

Depression affects a lot of teens and is more common than we realize. Many teens with depression do not get the help they need. Your child's doctor can screen for depression and work with you to get help.

Teens going through depression may:

- Feel tired.
- Get into trouble at school.
- Feel sad or negative, become easily upset, or have anxiety.
- Not be interested in things.
- Have physical symptoms like headaches or stomachaches.
- Have trouble concentrating, remembering or making decisions.

Depression can come from a family history of depression, stress, body image issues, abuse or neglect, adverse childhood experiences, relationship or family problems, or losing a loved one.

Depression can look different for everyone. It is important for your teen to have a yearly screening with their doctor during checkups, even if you do not see signs of depression. Screening for depression takes just a few minutes. The doctor may ask your teen to fill out a questionnaire about symptoms of depression. They may also ask to speak to your teen alone.

If the screening shows that your child may be going through depression, the doctor may refer your child to a therapist or medical provider who works with teens. They may talk about different ways to treat depression, like talk therapy, medication, support programs, changes to diet, exercise, meditation or a combination of these. Not treating depression may lead to a higher risk of depression in adulthood. Getting treatment sooner may help your teen develop coping skills to use throughout their life.



**Struggling or in crisis?** Call or text **988** anytime to talk with a crisis counselor.

**Need mental health services?** Call Carelon Behavioral Health 24/7 at **855-765-9700**.

# What you need to know about other health coverage

If you have health insurance aside from Medi-Cal, that is called other health coverage (OHC). You may have OHC if:

- You have health insurance through your job, spouse or partner, or Covered California.
- You bought insurance on your own.
- You became eligible because of a new life event—getting married, for example.

If you have more than one health insurance plan, your other insurance is the primary insurance and Medi-Cal is secondary. Follow the rules for your primary insurance. If you don't follow the rules, your primary insurance may not pay for your care, and the Alliance will not pay for it either.

Your OHC may have ended if:

- Your health coverage switched from Covered California to Medi-Cal.
- Your job ended or you were laid off.
- You did not work enough hours to qualify for insurance through your job.
- You stopped paying your insurance premiums.
- You canceled your insurance for any reason.

Who to contact if your OHC information changed:

- Call your local Medi-Cal enrollment agency.

- Merced County: **855-421-6770**  
 Monterey County: **877-410-8823**  
 Santa Cruz County: **888-421-8080**
- If you have Medi-Cal because you are receiving SSI benefits, call your local Social Security Administration (SSA) office.  
 Merced SSA office: **888-632-7069**  
 Monterey SSA office: **877-696-9397**  
 Santa Cruz SSA office: **800-780-1106**
  - You can also update your information online at **[www.dhcs.ca.gov/services/Pages/TPLRD\\_OCU\\_cont.aspx](http://www.dhcs.ca.gov/services/Pages/TPLRD_OCU_cont.aspx)**.

Let us know about the updates to your information too. Call the Alliance's Member Services Department at **800-700-3874**, Monday through Friday, 8 a.m. to 5:30 p.m.



## 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.





## Let your voice be heard!

We have many ways for you to let us know how we are doing and how we can improve. One of them is through our Member Services Advisory Group (MSAG).

Through the MSAG, we can hear from our members and people who serve our members. We use this information to help us better understand what our members think, want and need. This group is made up of Alliance members and representatives of county and community agencies.

Meetings are held four times per year. Alliance members or parents of an Alliance member can get \$50 for going to each meeting.

If you would like to know more about how to join the MSAG, please email [MSAG@ccah-alliance.org](mailto:MSAG@ccah-alliance.org), call the Alliance at **800-700-3874** or visit us online at [www.thealliance.health/msag](http://www.thealliance.health/msag).

## Protecting your privacy

Details about your health care are personal. That is why we do all we can to protect your privacy.

There are times when we may share your information without asking for your permission. This is for:

- Treatment.
- Payment.
- Health care operations.

An example would be to tell a provider you are eligible as an Alliance member so that they can treat you. There are other times determined by law where we may share information without your permission.

If other people ask us for your information, you must say it is OK before we can give it to them. You must also say it is OK for us to share your personal health information with smartphone or desktop applications so that you can access your health information online. We often review the way we keep your information safe.

» To learn more, see the Notice of Privacy Practices at the back of your Member Handbook/Evidence of Coverage. You can also visit our website at [www.thealliance.health/notice-of-privacy-practices](http://www.thealliance.health/notice-of-privacy-practices).



# Living healthy with diabetes

Diabetes is a chronic health condition that affects how well your body turns food into energy. With diabetes, your body either does not make enough insulin or cannot use it as well as it should.

Diabetes is not something that goes away by itself. You can live a healthy life with diabetes. Here are some things you can do.

## See your doctor regularly

You will need to have checkups with your doctor on a regular basis. Your doctor will monitor your progress and adjust your care if needed. Make sure to keep your appointments.

We have transportation services for you to use if you need help getting to your doctor visits. Call us at **800-700-3874, ext. 5577** Monday through Friday, 8 a.m. to 5:30 p.m., at least 5 business days before your appointment.

## Follow the instructions your doctor gives you to manage diabetes

This includes taking medicine

your doctor prescribes for your diabetes care.

## Adopt a healthy lifestyle

These habits can help you live a healthy lifestyle:

- Maintain a healthy weight.
- Eat healthy food.
- Be active.

## Learn about how to manage your diabetes and get support

Our Case Management services can help you make sure you understand your diagnosis and have everything you need to start managing it. Call **800-700-3874, ext. 5512**.

We offer the *Healthier Living* program, where you will learn about healthy eating, staying active, building relationships and improving your quality of life. You can also get a Target gift card for up to \$50 when you attend the six-week workshop. To join or learn more, call our Health Education Line at **800-700-3874, ext. 5580**.



**The Alliance is texting members when it is time to renew your Medi-Cal!**  
You might get a text message from us.



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/hmn/tag/alternative-access](http://www.thealliance.health/hmn/tag/alternative-access).

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). ອັງກິດຄວາມຊ່ວຍເຫຼືອແລະການບໍລິການສໍາລັບຄົນເຜີຍການ 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.