



Living Healthy

A newsletter for the members of
Central California Alliance for Health



December 2023 | VOLUME 29, ISSUE 4

Your behavioral health matters!

Taking care of your behavioral health is an important part of your total health and wellness. Behavioral health includes mental health and concerns with substance use or challenging behaviors.

It is important to remember that the holidays can be a lonely or stressful time. If you are feeling sad, anxious or depressed or struggling with substance use, you are not alone! We can refer you to resources for help.

How to get behavioral health services

For mental health or behavioral help, call Carelon Behavioral Health at **855-765-9700**. This toll-free number is available 24 hours a day, 7 days a week.

For substance use services, contact your county's behavioral health department:

- Merced County, **888-334-0163**
- Monterey County, **888-258-6029**
- Santa Cruz County, **800-952-2335**

For more information and resources, visit **www.thealliance.health/mentalhealth**.

If you or a family member is struggling or in crisis, **call or text 988**. The 988 Suicide & Crisis Lifeline is available in English and Spanish.

If you are having a health emergency, call 911 or go to the nearest emergency room.

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

Alliance members win bikes for being healthier

The Alliance holds a bike raffle once a year for children and teens whose parents or guardians complete the *Healthy Weight for Life (HWL)* program workshops. The workshops teach parents or guardians how to help their children make lifestyle changes, eat healthy and be more active.



HWL bike winner #1—Yoltzin

Yoltzin's parents learned about nutrition, positive parenting and physical activity from the workshops. A change they made in their household was creating healthier meals and trying new recipes. Yoltzin said she is very happy she won the bike raffle and plans to ride her bike during their family walks.

HWL bike winner #2—Axel

The program helped Axel and his family make healthier changes to their lifestyle. For example, they have swapped out sweetened drinks for water and added more fruits and vegetables. They are now more aware of what is being consumed at home. The family plans on exploring areas outside their neighborhood where they can ride their bicycles together.

HWL bike winner #3—Karla

Karla's mother decided to join the workshops because Karla's doctor had concerns about the child's weight and high cholesterol levels. Karla's mother wanted to learn about nutrition and how she could help reduce her daughter's cholesterol. After completing the workshops, they now practice serving smaller portions, reducing fatty foods and having more fruits and vegetables available at home. Her mother shared that the motivation to continue with these healthy lifestyle changes has improved Karla's cholesterol levels. Karla's mother would like to encourage other parents to join these workshops. She recommends patience, practicing what they learn and staying consistent.



If you would like more information on the *Healthy Weight for Life* workshops, please call the Alliance Health Education Line at 800-700-3874, ext. 5580.

Wellness for all



Did you know the Alliance offers member workshops?

The Alliance cares about your health! That's why our health education programs give Alliance members the tools they need to get healthy and stay healthy. There is no cost for Alliance members to join. All member workshops are available in English or Spanish.

Living Better with Diabetes—for adult members living with diabetes. The workshops are offered in three different ways:

- Over the phone.
- Virtually (online meetings).
- In person.

Healthier Living Program—for adult members living with chronic conditions like asthma, cardiovascular disease, high blood pressure or depression. The

workshops are offered in three different ways:

- Over the phone.
- Virtually (online meetings).
- In person.



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

Weight Watchers Support Program—for adult members needing help with weight management. This program supports members who join the Weight Watchers (WW) program. Participation in weekly WW meetings is required. Weekly meetings are offered in two different ways:

- Virtually (online meetings).
- In person.

If you would like to sign up for a program or have questions, please 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 at no cost to you. For the Hearing or Speech Assistance Line, call **800-735-2929** (TTY: Dial **711**).

Ask the **doctor**

Why flu vaccines are important for everyone

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

With Dr. Dianna Diallo

Did you know that it's not too late to get your flu vaccine? Most years, flu activity peaks between December and February. To explain more about the flu and the flu vaccine, our doctor answers commonly asked questions.

Why do I need a flu vaccine?

The flu can be a life-threatening illness. Getting the flu vaccine is the best way to stay healthy and not spread the virus to others.

Why do I need a flu vaccine every year?

A person's protection from a flu vaccine is less effective over time, so

a vaccine every year is needed for full protection. Flu viruses are also always changing, so flu vaccines are updated each year. The flu vaccine you got last year may not be the right one to protect you for this flu season.

Who should get a flu vaccine?

Everyone 6 months and older can get the flu vaccine. Children who get the flu are at risk of health problems, especially if they are under the age of 2. A flu vaccine is the best way to protect your child from flu-related illness.

If you are pregnant, you have a higher risk of getting very sick from the flu than people who are not

pregnant. Getting the flu vaccine will help protect you and your baby.

Is a flu vaccine safe for my child?

The flu vaccine is safe for children. It does not cause the flu or any other infection. It is very rare for the flu vaccine to cause an allergic reaction. Check with your child's doctor if you have questions about your child getting the flu or any concerns about allergies.

Does the Alliance cover flu vaccines for me and my family?

Yes! Alliance members can get a flu vaccine at no cost. Be sure to bring

Organ and tissue donation

You can help save lives by becoming an organ or tissue donor. If you are between 15 and 18 years old, you can become a donor with the written consent of your parent or guardian. You can change your mind about being an

organ donor at any time. If you want to learn more about organ or tissue donation, talk to your doctor. You can also visit the website of the U.S. Department of Health and Human Services at www.organdonor.gov.



your Alliance member ID card with you when you get your vaccine.

Where do I go to get my flu vaccine?

If you are an adult, you can get a flu vaccine at your local pharmacy, a flu vaccine clinic or your doctor's office.

Children and adolescents under age 19 need to get the flu vaccine at their doctor's office. If your child is between 6 months and 8 years old, they may need two doses of the flu vaccine.



Baby flu vaccine reward

Children ages 7 to 24 months old who get their two flu vaccine doses between September and May will be entered into a monthly raffle for a \$100 Target gift card. For more information about rewards, visit www.thealliance.health/healthrewards.

Community CORNER

Where to get healthy food

Looking for help getting healthy food for your family? Below are some local resources with contact information to learn more.

CalFresh

CalFresh can help with your household food budget. You can apply for CalFresh benefits online at www.getcalfresh.org or by calling your county's CalFresh office.

- Merced County:
209-385-3000
- Monterey County:
877-410-8823
- Santa Cruz County:
888-421-8080

Local farmers markets

You can look up local farmers markets that accept CalFresh at www.ecologycenter.org/fmfinder.

Local food banks

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

Merced County

- Merced County Food Bank:
209-726-3663
- Merced Lao Family Community, Inc.: **209-384-7384**
- Catholic Charities:
209-383-2494
- The People's Pantry:
209-769-3231

Monterey County

- Food Bank for Monterey County: **831-758-1523**
- Catholic Charities, Monterey Peninsula: **831-393-3110**
- Catholic Charities, Salinas Valley: **831-422-0602**

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.
- Catholic Charities, Santa Cruz: **831-431-6939**
- Catholic Charities, Watsonville: **831-722-2675**

Women, Infants and Children (WIC)

WIC provides supplemental foods, nutrition education and more. To apply, call your county WIC office.

- Merced County:
209-383-4859
- Monterey County:
831-796-2888 or text **888-413-2599**
- Santa Cruz County:
831-722-7121

211

You can get help finding food in your community by calling **211**.

Benefit spotlight



- You have questions about your health or your child's health.
- You are under 18 years old and want to talk in private about your health concerns.

The nurse can also help you:

- Make an appointment with your primary care provider.
- Make decisions on when and how to seek medical care for an urgent need.

Depending on your health needs, a nurse might also be able to provide at-home advice.

When you call: Have your Alliance member ID card with you to tell the nurse your ID number.

Call 844-971-8907 (TTY: Dial 711).

Nurse Advice Line reward



When you call the Alliance Nurse Advice Line about your health questions, you will be entered into a monthly raffle. You could win a \$50 Target gift card!

For more information about rewards, visit www.thealliance.health/healthrewards.

What is the Nurse Advice Line?

The Nurse Advice Line is a service available to all Alliance members at no cost to you. You can call if you have questions about your health or your child's health. A registered nurse will help you with what to do next.

The service is available **24 hours a day, 7 days a week**.

When do I call the Nurse Advice Line?

Call when:

- You or your child is sick, and you cannot reach or get an appointment with your doctor.
- You are not sure if you should go to the emergency room.

If you are having a medical emergency, call 911 or go to the nearest emergency room.

American Sign Language (ASL) interpretation services

Did you know the Alliance offers ASL services for Alliance members who are deaf or hard of hearing?

We work hard to make sure that all Alliance members can talk with

their primary care provider about their health care needs. We can help schedule an ASL interpreter to be at your medical visits.

To learn more about the Alliance ASL interpretation services, please call the Health Education Line at **800-700-3874, ext. 5580**. For the Hearing or Speech Assistance Line, call **800-735-2929** (TTY: Dial 711).



Are you at risk of losing your Medi-Cal coverage?

The public health emergency has ended, and local Medi-Cal offices are reviewing each member's eligibility once a year. This review also happens when a member reports changes to their household. Everyone has a different renewal date. You will get a letter in the mail that tells you when your renewal is due.

Medi-Cal renewals have already begun. Take action to keep your health coverage! Do any of these apply to you?

- You need to update your information so Medi-Cal can contact you.
- You got a renewal form and have questions on how to complete it.
- You got a renewal form and have not turned it in.
- You have questions about renewing your Medi-Cal.

If you answered yes to any of the above, visit the Department of Health Care Services website at www.dhcs.ca.gov/pages/keep-your-medi-cal.aspx.

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.



Understanding referrals and authorizations

We want to make sure you know how to get services that are covered by your health plan. Below are some important terms used in health care and what they mean.

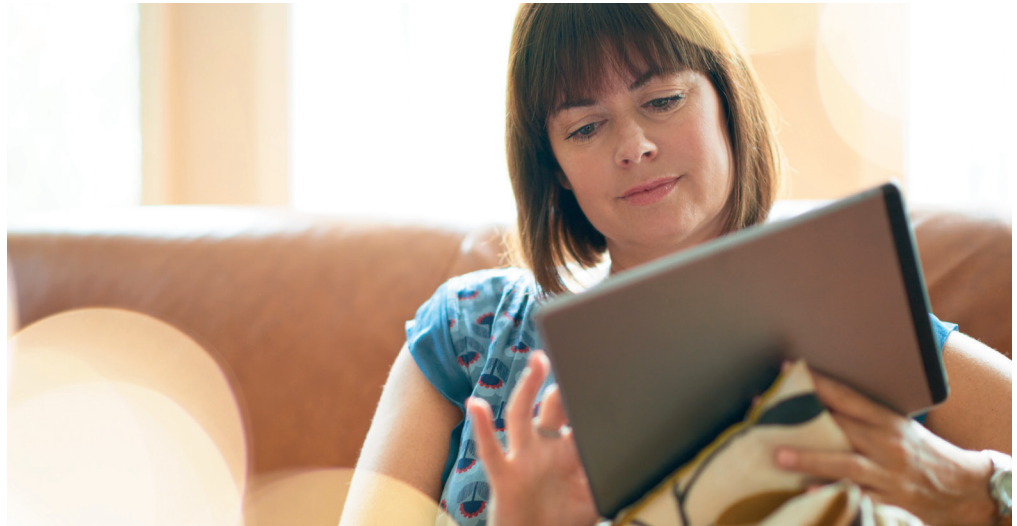
Referral

If you are assigned to an Alliance primary care provider (PCP), you must have a **referral** to see another doctor.

- If your PCP thinks you need to see another doctor, they will fill out a Referral Consultation Form.
- If we don't have a referral, we can't pay the bill or claim from the other doctor.
- There are some exceptions. See your Evidence of Coverage or Member Handbook for a complete list. The Member Handbook is found online at www.thealliance.health/memberhandbook.

Authorized referral

Our service areas are Merced, Monterey and Santa Cruz counties. If your PCP refers you to a doctor out of our service area, they will need to get approval from the Alliance



ahead of time. This is called an **authorized referral**.

- This means that we need to approve the referral before you can see the other doctor.
- If you are an Alliance In-Home Supportive Services member, you will need an authorized referral if your PCP refers you to a doctor who doesn't work with the Alliance—even if the doctor is in our service area.
- Alliance members who are enrolled in the California Children's Services Program will also need an authorized referral for specialty care.

Prior authorization

The Alliance must approve some services, procedures, medications and equipment before you get them. This is called **prior authorization**.

- The provider who is going to perform the service must send us a request to let us know what you need and the reason why.
- If the request is medically necessary and a covered benefit, we will approve it and you can get the service.
- If we deny a request, you will be able to file an appeal if you disagree with our decision.



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



At every life stage.
For any health condition.

Trusted, no cost Medi-Cal
health care from a local team
that understands you.

**The Alliance—your ally in
being your healthiest self.**

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.

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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/civil-rights/filing-a-complaint/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.

Este boletín también está disponible en formato de letra grande y audio en 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

يُرَجَى 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 بريل 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 կրթություն: Չանգահարեք 1-800-700-3874 (TTY: 1-800-735-2929): Այդ ծառայություններն անվճար են:

ភ្នំសម្បជាកាសខ្មែរ (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 ឬឯកសារសរសេរជាអក្សរព្រមព្រៀង ក៏អាចរកបានផងដែរ។ ទូរស័ព្ទមកលេខ 1-800-700-3874 (TTY: 1-800-735-2929)។ សេវាកម្មទាំងនេះមិនគិតថ្លៃឡើយ។

简体中文标语 (Simplified 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)。我们另外还提供针对残疾人士的帮助和服务，例如盲文和大字体阅读，提供您方便取用。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 1-800-700-3874 (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 निः 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: ຖ້າທ່ານຕ້ອງການຄວາມຊ່ວຍເຫຼືອໃນພາສາຂອງທ່ານໃຫ້ໃຫ້ທາດບີ 1-800-700-3874 (TTY: 1-800-735-2929). ຍັງມີຄວາມຊ່ວຍເຫຼືອແລະການບໍລິການສໍາລັບຄົນພິການ ເຊັ່ນເອກະສານທີ່ເປັນອັກສອນນູນແລະມິໂຕເຟັມໃຫຍ່ໃຫ້ໃຫ້ທາດບີ 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 hlou mbiutc aengx caux aamz mborqv benx domh sou se mbenc nzoih 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). ਅਧਾਰਜ ਲੋਕਾਂ ਲਈ ਸਹਾਇਤਾ ਅਤੇ ਸੇਵਾਵਾਂ, ਜਿਵੇਂ ਕਿ ਬੋਲ 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.