



Living Healthy

A newsletter for the members of
Central California Alliance for Health



December 2024 | VOLUME 30, ISSUE 4

Your behavioral health matters!

Life's ups and downs can sometimes feel out of control, and it is OK to ask for help. Taking care of your behavioral health is important for overall wellness. Behavioral health includes mental health, substance use and challenging behaviors.

The holidays can be a lonely or stressful time for some people. If you are feeling sad, anxious or depressed or are struggling with substance use, you are not alone! We can help.



How to get behavioral health services

- For mental health or behavioral health help, call Caredon 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:
 Mariposa County: **800-549-6741**
 Merced County: **888-334-0163**

- Monterey County: **888-258-6029**
 San Benito County: **888-636-4020**
 Santa Cruz County: **800-952-2335**

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.

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

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

Ask the **doctor**

What should I do if I can't see my doctor right away?

Dr. Dennis Hsieh is the Chief Medical Officer at Central California Alliance for Health.



Sometimes you get sick when your doctor's office is closed. Maybe you need help fast. If you can't see your doctor right away, you have other ways to get care.

Here are some ways to get care:

- Call your doctor's office advice line.
- Try telehealth (if your primary care doctor offers it).
- Call our Nurse Advice Line.
- Visit an urgent care clinic.

What is a doctor's advice line?

Some doctor's offices have a phone line you can call when you need medical help. This line lets you talk to a health care worker who can answer your questions, help with your symptoms and tell you what to do next.

What is telehealth?

Telehealth is when your doctor can see you on a video call. This is great for things that do not need a physical examination, such as flu symptoms and minor infections.

Ask your doctor if they have this service for you.

What is the Nurse Advice Line?

If you are not sure where to go or what to do, the 24/7 Nurse Advice Line can help you. A nurse can help you decide if you need to go to urgent care, go to the emergency room or wait to see your doctor. Call **844-971-8907** (TTY: Dial **711**) to talk to a nurse. You can also visit www.thealliance.health/nurse-advice-line to learn more.

What are urgent care clinics?

Urgent care is for things that are not life-threatening, like minor injuries, illnesses and infections. These clinics have long hours and offer services like x-rays and stitches. Visit www.thealliance.health/urgent-care to learn more.

What if I think it's serious?

If you think you are having an emergency or something that is life-threatening, call **911** or go to the emergency room right away.



Your health is important. These options can help you get care when you need it. If you have questions, call the Alliance Member Services Department at **800-700-3874**. We're here to help!

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 area includes Mariposa, Merced, Monterey, San Benito 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 (IHSS) 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 can file an appeal if you disagree with our decision.

Prescription drugs

If you are a Medi-Cal member, your prescription drugs that are filled at a pharmacy are covered by Medi-Cal Rx and not the Alliance. To find out if a drug is covered, call **800-977-2273** (TTY: Dial **711**) or go to www.medi-calrx.dhcs.ca.gov.

If you are an IHSS member, pharmacy services are managed by MedImpact. You can view the list of covered drugs at www.thealliance.health/prescriptions. You can request a mailed copy by calling Member Services at **800-700-3874** (TTY: Dial **711**). You can also call Member Services if you have questions about if a drug is covered.



Drugs given in a doctor's office or clinic

These are considered physician-administered drugs. You can view the list of covered drugs and any changes to the list at www.thealliance.health/prescriptions. If you would like a mailed copy, please call Member Services at **800-700-3874** (TTY: Dial **711**).



Wellness for all

It's not too late to protect yourself from the flu!

The winter season is here, which means that flu season is in full swing. From September to May, the flu is more likely to spread. This is why getting your flu vaccine each year is important to staying healthy through the winter months.

The flu is more than just a regular cold. It can be more dangerous for older

people, young kids, pregnant women and those with health conditions such as diabetes or asthma.

The Centers for Disease Control and Prevention recommends that everyone 6 months and older get the flu vaccine every year. Children 6 months to 8 years old need two flu doses if it's their first time. They

should get the second dose about a month after the first one.

Good news for parents!

Alliance members ages 7 to 24 months who get their two flu vaccine doses between September 2024 and May 2025 will be entered into a monthly raffle for a chance to win a **\$100 Target gift card!**

If you are pregnant, getting the flu vaccine is very important. It helps protect you and your baby before and after birth.

Wondering where to get your flu vaccine?

Try your doctor's office or your county public health office. You might be able to walk in, but it's best to make an appointment. If you are over 19, you can get a flu vaccine at your local pharmacy. Ask if you need to make an appointment.

Getting your flu vaccine isn't just good for you, it's good for everyone! It helps stop the flu from spreading and keeps you, your friends and your family safe and healthy.

Alternative formats

Alliance members, did you know you can get your written information in different formats? These formats can help you if you have trouble seeing or hearing. Examples of alternative formats are:

- **Braille**—small bumps or raised dots you can feel to read if you are blind or have low vision.
- **Audio or data CD**—a CD you can listen to on a computer or a CD player if reading is hard for you.

- **Large print**—bigger letters to help you if you have trouble reading small text.

Want to try it?

The Alliance member newsletter is available on our website in large print and audio format. If you would like other written information in an alternative format, call Alliance Member Services at **800-700-3874** (TTY: Dial **711**), 8 a.m. to 5:30 p.m., Monday through Friday.

Get Care Management services to help you!

It can be tricky to keep track of your health care when you are seeing different doctors or getting care from different places. If you need help with your medical care, prescriptions and behavioral health services, the Alliance can help. Here's how:

- **After the hospital.** Did you just come home from the hospital? We help with follow-up appointments and medicines.
- **Getting to appointments.** Need a ride to see the doctor? We can help set up free rides for you.



- **Special care management.** Need more help? We offer Complex Care Management services.

For more information and help in your own language, call our Care

Management team at **800-700-3874** (TTY: Dial **711**). You can also call Alliance Member Services at the same number, Monday through Friday, 8 a.m. to 5:30 p.m. For the Hearing or Speech Assistance Line, call **800-735-2929** (TTY: Dial **711**).

Community Corner

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.



Stay safe when mixing antipsychotics and opioids!

It's important to be careful when you take antipsychotics with opioids.

Here are some tips on how to use both safely:

- **Never stop your medicine without talking to your doctor first.** Stopping suddenly can cause withdrawal symptoms.
- **Call 911 right away if you:**
 1. Feel sick while also feeling grumpy.

2. Feel confused.
3. Feel like your heart is beating too fast.
4. Feel like your muscles are stiff or they twitch.
5. Are sweating, have a high fever, have seizures, feel cold or throw up.
6. Have trouble breathing, feel like you might pass out, feel dizzy or have a hard time staying awake.

- **Do not drive or use machines.** When you use opioids and antipsychotics together, it might affect how well you move, react or make decisions.
- **Ask your doctor about getting naloxone (Narcan).** You can also get it at any Alliance office. Narcan can save lives if someone has taken too many opioids.
- **Talk to your doctor** about using less opioid medicine or using opioids that aren't as strong.

Common antipsychotics

Antipsychotics help treat schizophrenia, bipolar disorder, depression and other mental health concerns. Examples include:

- Chlorpromazine (Thorazine).
- Clozapine (Clozaril).
- Olanzapine (Zyprexa).
- Quetiapine (Seroquel).
- Aripiprazole (Abilify).
- Haloperidol (Haldol).
- Lurasidone (Latuda).
- Risperidone (Risperdal).
- Ziprasidone (Geodon).

Common opioids

Opioids are strong pain medicines. If you take any of the above medicines with opioids, take extra steps to stay safe. Some examples of opioids are:

- Hydrocodone-APAP (Lortab, Lorcet).
- Hydromorphone (Dilaudid).
- Morphine (MS Contin, Kadian).
- Oxycodone (Oxycontin).
- Oxycodone-APAP (Percocet, Endocet).



Have questions? Talk to your doctor or pharmacist.



Benefit spotlight

Health resources and self-management tools

At the Alliance, we care about your health. That's why our health education programs give Alliance members the tools to be as healthy as possible.

The Alliance offers self-management tools to help you and your family learn about different health topics. These tools are available on the

Health and Wellness website for the following topics:

Healthy eating, healthy weight, physical activity

Self-management tools for children and teens

These tools include a personalized eating plan, BMI calculator for

children and teens, and a physical activity planner. They can be used anytime to help with maintaining a healthy weight, eating healthy and encouraging physical activity with your family.

Self-management tools for adults

These tools include a personalized eating plan, physical activity planner and healthy weight assessment. They can be used anytime to provide help with maintaining a healthy weight, eating healthy and fitting physical activity into your week.

Depression, managing stress, avoiding at-risk drinking

Self-management tools for adults

These tools include a depression self-test, resources for managing stress and a tool to check drinking habits. Use each tool to search for the topics that impact you. If you feel you need more help, talk to your doctor.

Quitting tobacco

Self-management tools for adults

These tools include a quit plan and self-help materials to provide help with quitting tobacco and/or smoking.



Visit the Alliance's Health and Wellness website to find the self-management tools at www.thealliance.health/health-and-wellness. For more information about self-management tools or health education programs, 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**).

Protecting your privacy

Your health information is private, and we want to keep it safe. Sometimes we might need to share it, and sometimes you can choose what you want to share.

When we might share information

We might share your health information to help with your treatments or payments without asking you first. For example, we might tell a doctor you are an Alliance member so they can treat you. There are other times when we might share information and not ask you. These are set by law.

When you decide to share information

If someone asks us for your health information, you need to say if it's OK before we give it to them. You also get to say if it's OK before we share your information with apps on your phone or computer.

We often check how we keep your health information safe. We want to provide you quality health care and protect your information.

Learn more

To learn more about how we keep your health information private, look at the Notice of Privacy Practices in your Member Handbook. It is also available on our website at www.thealliance.health/privacy-practices.



We are texting members!

The Alliance texts members to help them keep up to date on Alliance benefits and services. Alliance texts are from the short code **59849**. To learn more, visit our website at www.thealliance.health/member-texting.



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.

Editor
Quality and Health Programs Supervisor

Randi Motson
Ivonne Muñoz

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 thealliance.health/hmn/tag/alternative-access.

Este boletín también está disponible en formato de letra grande y audio en 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 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 գրատեխնոլոգիան 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 निःशुल्क 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 ເຊັ່ນເອກະສານທີ່ບັນທຶກສອນນູນແລະມິຕິພິມໃຫຍ່ໃຫ້ໃຫ້ທາດບີ 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 ТТУ: 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 ТТУ: 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.