



Living Healthy

A newsletter for the members of
Central California Alliance for Health



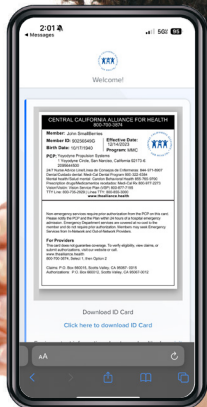
March 2025 | VOLUME 31, ISSUE 1

Get a digital copy of your member ID card!

Did you know that you can call Member Services to get a digital copy of your ID card sent to your cellphone? It can take up to 10 days to get a printed ID card in the mail, but you can get a digital copy right away. You can also get a digital copy of your child's ID card.

Note: If you opted out of text messages from the Alliance, you need to opt back in to get the digital ID card. To do this, text **START** to **59849**.

To get a digital copy of your ID card, call **800-700-3874** (TTY: Dial **711**), 8 a.m. to 5:30 p.m., Monday through Friday.



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

About your 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.



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 from 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.

The Member Handbook is a helpful guide. It has information about getting continuity of care, your rights, and how to get help with appointments. You can also learn how to file a grievance or appeal. If you need the handbook in another language, you can ask for that. The handbook is updated every year.

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: Caredon 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**.

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-cal.rx.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 also 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 whether a drug is covered.

Drugs given in a doctor's office or clinic

These are considered physician-administered drugs (PAD). 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 contact Member Services at **800-700-3874** (TTY: Dial **711**).

Ask the **doctor**

Are you up to date with checkups?

Dr. Dianna Myers is a Medical Director at Central California Alliance for Health. She practiced pediatrics in Monterey County for 12 years and has almost 20 years of experience in the medical field.



Why are checkups important?

Checkups are a key part of keeping you and your family healthy. At a checkup, your doctor will check your health, which can help find any problems early so you can get the right care before things get worse. For Alliance members, checkups are available at no cost!

What happens at a checkup?

The doctor will ask you about your health and your family's health.

You can also ask the doctor any questions you have. They will do some tests based on your age and provide any vaccines you may be due for. They will look at any medicines you take. If you need to see other doctors, they can help with that too.

How do I prepare for a checkup?

Before you go to the doctor, make a list of all the medicines you take. Tell the doctor if anyone in your family

has been sick or has a condition like diabetes or heart disease. If you have any questions for the doctor, write them down so you don't forget.

How often should I get a checkup?

It depends on how old you are. Babies need to see the doctor a lot in their first years. They go three to five days after they're born and then at 1, 2, 4, 6, 9, 12, 15, 18, 24 and 30 months old. It might seem like a lot, but our bodies change as we grow, so it's important. For grown-ups and kids over 3 years old, once a year is good.

What rewards do Alliance members get for checkups?

Alliance members can earn gift cards for going to checkups, managing health conditions and making healthy choices. You can learn more at www.thealliance.health/health-rewards.

Checkups and staying up to date with immunizations are a simple way to take charge of your health!



Doula services for new moms

Pregnant or just had a baby? Congratulations! As an Alliance member, you can get help from a doula!

What is a doula?

A doula is a person who helps you before, during and after you have your baby. Some doulas offer support during a miscarriage, stillbirth or abortion. Doulas work with your doctor to give you the best possible care.

What does a doula do?

- Answers your questions about pregnancy, helps you relax and helps you make a birth plan.
- Gives you ongoing support, shows you ways to breathe and move, and makes sure your wishes are heard.
- Helps you learn how to feed and care for your baby.

How to get started

Call Alliance Member Services at **800-700-3874** (TTY: Dial **711**), Monday through Friday, from 8 a.m. to 5:30 p.m. You can also find a doula in the Provider Directory online at www.thealliance.health/find-a-doula.



Chlamydia screenings keep teen girls healthy!

Taking care of your teen's health is one of the best things you can do for them! One important way to keep teen girls healthy is by getting them screened for chlamydia.

Why are screenings important?

- Chlamydia is a sexually transmitted infection (STI).
- People often don't know they have it because they don't feel sick.

- If not treated, it can cause big health problems later.
- Chlamydia might make it hard for women to get pregnant later in life.

What should teen girls do?

- Get tested once a year starting at age 16.
- Getting tested often helps catch chlamydia early.
- Finding it early keeps teens healthy!

Screening for chlamydia is easy!

- The doctor will ask for a urine test to check for chlamydia.
- There is no cost for this test.

Contact your doctor with questions about your teen's health and to schedule a chlamydia screening.

Dental health and pregnancy

Taking care of your dental health during pregnancy is very important for you and your baby! Studies show that if a mom-to-be doesn't take care of her teeth, it can cause the baby to be born too early or too small. Also, cavity-causing bacteria can be passed to the baby once they are born.

People who are pregnant are more likely to have gum disease and cavities than people who are not pregnant. That's why it's very important to get dental care if you're expecting a baby. Doctors and dentists say that x-rays, cleanings and dental treatments are safe and recommended during pregnancy!

Dental health tips during pregnancy

- Schedule a checkup with a dentist early in your pregnancy! You have dental coverage for exams, cleanings, fillings and more through Medi-Cal.*
- Complete recommended dental treatment while pregnant. It's safe and important for you and the baby!
- Brush twice a day with a fluoride toothpaste and floss daily.
- Eat a balanced, healthy diet. Your health care provider can help you choose foods that can keep you and your baby healthy.
- If you throw up from morning sickness, rinse your mouth with water or a fluoride mouthwash. Don't brush right away—wait 30 minutes.
- Bring your baby to the dentist when they turn 1 year old or when they get their first tooth!

*If you have Medi-Cal because you are pregnant, you can get dental care for up to a year after your baby is born. If you still qualify for Medi-Cal for other reasons, you can also get dental care whether you are pregnant or not.



Benefit spotlight

Alliance members have dental benefits!

Your Medi-Cal plan offers dental benefits for both children and adults. The services are covered by the Medi-Cal Dental Program and not by the Alliance. You will need to show your Medi-Cal Benefits Identification Card (BIC) to your dental provider to receive dental services.

For more information, or to find a dentist near you, you can:

- Call the Medi-Cal Dental Program at **800-322-6384** (TTY: **800-735-2922**).
- Visit the Medi-Cal Dental website at **www.dental.dhcs.ca.gov**.

Timely access to care

As an Alliance member, it is your right to have timely access to network providers, but sometimes a provider can't see you right away. Some appointments might take longer to schedule than others.

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

Health plans in California must follow rules to make sure you can get care when you need it. These rules are called the "Timely Access to Non-Emergency Health Care Services" standards.

This chart shows the different waiting times for different types of appointments. If the provider thinks that waiting longer will not harm your health, the wait time might be longer, and they must note it in your medical record.

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

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



If you feel you are not getting care when you need it, call Member Services at **800-700-3874** (TTY: **800-735-2929**; **800-855-3000** for Spanish or **711**).

Wellness for all







The Alliance offers health education programs

At the Alliance, we care 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 participate. Programs are offered in-person, online or over the phone.

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**).

 The Alliance also has a Health Rewards Program that rewards you and your family for taking actions that support your health! Check out our rewards at www.thealliance.health/healthrewards.



| Program | Who is it for? |
|---|---|
|  <i>Live Better with Diabetes Program</i> | Adult members who have diabetes or prediabetes. |
|  <i>Healthier Living Program</i> | Adult members who have chronic conditions like asthma, heart disease, high blood pressure, obesity or depression. |
|  <i>Adult Weight Management Program</i> | Adult members who are overweight or have obesity. |
|  <i>Healthy Weight for Life</i> | Parents of members ages 2 to 18 who want to help their child reach a healthy weight. |
|  <i>Healthy Moms and Healthy Babies</i> | Members who are pregnant or who had a baby in the last 12 months. |
|  <i>Tobacco Cessation Support</i> | Members who want to stop smoking and/or using tobacco products. |

Alliance language assistance services

If you have trouble talking to your doctor, we can help! You do not have to use family or friends to interpret for you at doctor visits. The Alliance offers interpreting services in person and by phone.

For help with getting an interpreter or written information in your language, please call the Alliance

Health Education Line at **800-700-3874, ext. 5580**. We have a special telephone line to get an interpreter who speaks your language, available at no cost to you. For the Hearing or Speech Assistance Line, call **800-735-2929** (TTY: Dial **711**).



What to know about colorectal cancer screenings

What is a colorectal screening? Why is it important?

At a colorectal screening, your doctor checks to see if you have any precancerous polyps (small clumps of cells) or signs of colorectal cancer. The screening checks for disease even if you don't have symptoms. It is important to check for cancer through regular screenings. Early treatment works best to help prevent serious health issues!

Screening tests are as simple as a stool test. The test is usually done every one to two years in people 45 to 75 years old as part of an annual exam. Some people need a colonoscopy. This is when the doctor sees the inside of the intestine using a flexible tube. It is important for a doctor to decide the best screening test for you.

Am I at risk for colorectal cancer?

Colorectal cancer is more commonly found in adults ages 65 to 74.

However, there has been an increase in colorectal cancer in adults 40 to 49 years old.

You might be more likely to develop colorectal cancer if:

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

Your lifestyle can also affect your risk level for colorectal cancer. This can include diet, exercise and the use of alcohol and tobacco products.

When should I get screened for colorectal cancer?

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

Does the Alliance cover colorectal screening?

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

How do I set up a screening?

Talk to your doctor. Let them know if you have questions.



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 بريـل 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。

مطلب به زبان فارسی (Farsi)

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 ເຊັ່ນເອກະສານທີ່ເປັນອັກສອນນູນແລະມິໂຕເພີມໃຫຍ່ໃຫ້ໃຫ້ທາດບີ 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). ਅਧਾਰਜ਼ 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.