



# Living Healthy

A newsletter for the members of  
Central California Alliance for Health



June 2025 | VOLUME 31, ISSUE 2

## Behavioral health care is moving to the Alliance

As an Alliance member, you can get help for behavioral health and substance use disorders. Right now, a company called Carelon handles these services. Starting July 1, 2025, the Alliance will provide them. This means the Alliance will handle both your behavioral health care and your physical health care. This will make it easier for you to get the help you need. The goal is to give you complete and connected care for your overall health.

Members will be able to see therapists or psychiatrists without needing approval for most services. There's no limit on how many visits you can have. If you're already seeing a doctor, you can keep seeing them for up to 12 months, even if they aren't in the Alliance's network. The Alliance will work with your doctor or help you find another one who can meet your needs. You can schedule a therapy appointment directly or call Member Services at **800-700-3874** for help.

For more information about this update, you can visit  
[www.thealliance.health/behavioral-health-at-the-alliance](http://www.thealliance.health/behavioral-health-at-the-alliance).

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# Talking with your primary care provider

Practicing good communication with your primary care provider (PCP) is an important way to embrace your personal health care journey. Clear and honest communication between you and your PCP can help you both build a safe connection. Talking about your concerns can help you make informed choices about your health care.

We know that talking with your PCP is not always easy. At right are some examples of questions to talk about with your PCP if you have health concerns during your visit.

## 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.

The Alliance can also help with letting your doctor know what you need. Call Member Services at **800-700-3874** (TTY: Dial **711**), Monday through Friday, 8 a.m. to 5:30 p.m.



Question	Example
What am I feeling that I want the PCP 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?

## Feeling sick and have questions? Call the Nurse Advice Line

The Nurse Advice Line is a service available to all Alliance members. 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**, at no cost to you.

Call **844-971-8907** (TTY: Dial **711**) to talk to a nurse.

For more information about the Nurse Advice Line, visit **[www.thealliance.health/NAL](http://www.thealliance.health/NAL)**.

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

# Ask the **doctor**

## Why it's time to schedule back-to-school checkups

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



You may be thinking, "Summer has just started. Isn't it a little early to do a back-to-school checkup for my child?" It might seem like the school year is far away, but appointments fill up fast! **Now is the time to schedule a visit to your child's doctor to make sure the child gets the vaccines and sports physicals they may need.** Checkups are offered at no cost to Alliance members.

### Why are back-to-school checkups important?

Checkups with your child's doctor are a great time to ask questions, make sure your child's health is on track and keep up with the vaccines the child needs to stay healthy.

Your child should get a checkup every year. At a back-to-school checkup, your child can:

- Get a physical to play school sports. Sports physicals are often required for middle school and high school sports. Contact your child's school to check if the child needs a physical before starting sports.
- Get the vaccines they need for the school year.

### Which vaccines does my child need for school?

Your child is required to get certain vaccines to enter transitional kindergarten or kindergarten as well as seventh grade. Visit [www.thealliance.health/vaccinesforschool](http://www.thealliance.health/vaccinesforschool) to learn more. They might also need to get caught up on vaccines at other ages if they have missed any.

Talk to your child's doctor about which vaccines the child needs.

### Does the Alliance offer any rewards programs for checkups and vaccines?

Yes! Our *Healthy Start* program allows you to earn rewards for the things you are doing that can help keep your family healthy.



Members from birth to age 21 can get a healthy start on life and get rewarded! Get gift cards totaling up to \$250 by making sure your child is up to date with vaccines and checkups. To learn more, visit [www.thealliance.health/healthy-start](http://www.thealliance.health/healthy-start).





## You have prescription benefits!

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](http://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](http://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 whether a drug is covered.

### Drugs given in 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](http://www.thealliance.health/prescriptions)**. If you would like a mailed copy, call Member Services at **800-700-3874** (TTY: Dial **711**).

## Lead tests can protect children's health

Lead can harm your child's brain development and make it hard for them to learn and pay attention. It can slow their growth and cause other health problems. Young children can be exposed to lead through old paint, dust and water pipes.

Luckily, a lead test is quick and easy. A doctor will prick your child's finger to check lead levels. Your child should

get tested for lead at ages 12 and 24 months.

If the test finds lead, your doctor will help you lower your child's lead exposure and prevent more harm. Eating healthy foods

with iron, calcium and vitamin C can help slow lead absorption.

Ask your child's doctor for a lead screening and how to keep your child safe from lead.

Learn more about protecting your family from lead exposure at **[www.thealliance.health/cdc-lead-prevention](http://www.thealliance.health/cdc-lead-prevention)**.

# We are committed to your satisfaction!

We want you to be happy with your health care and our service. But sometimes, you might not be. When that is the case, we want to hear about it.

If you would like to talk to the Alliance about a problem, we are here to help.

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

- You are not happy with the care you received from your doctor or how you were treated in the office.
- You are not happy with your experience in a hospital or other facility.
- You received a bill for services covered by the Alliance.
- You are not able to get the care you need.
- You are not happy with the services you get from the Alliance.
- You feel a health care provider or the Alliance failed to give trans-inclusive health care.

There are other reasons you might file a complaint with us. These are listed in your Member Handbook, which you can find online at **[www.thealliance.health/memberhandbook](http://www.thealliance.health/memberhandbook)**.

If you are not happy with a decision we made, you can file an **appeal**. An appeal is a request for us to review and change a decision we made about your services.



## How to file a complaint or appeal

You can file a complaint or an appeal by calling Member Services at **800-700-3874**, Monday through Friday, 8 a.m. to 5:30 p.m. You can also file a complaint or appeal in writing or through our website at **[www.thealliance.health/file-a-grievance](http://www.thealliance.health/file-a-grievance)**.



## Next steps

Once you let us know about your complaint or appeal, we will look into your concern. We will do all we can to help you. The information you share also helps us improve as an organization and helps our health partners. If you are still unhappy after we try to resolve your case, we will tell you what steps you can take next.



## Community Corner

# Naloxone: A lifesaving tool for your first-aid kit

Overdoses can happen to anyone, anywhere—even at home. Naloxone can stop an opioid overdose if used right away. If someone you love overdoses, having naloxone in your first-aid kit or with you can save their life!

### Why have naloxone

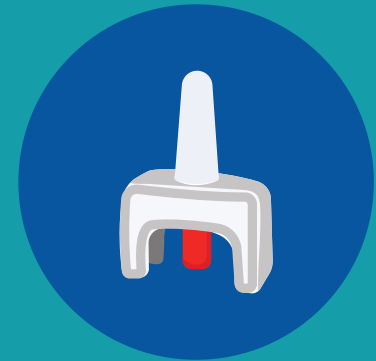
Opioids like OxyContin, Percocet or fentanyl can slow or even stop breathing. Naloxone works fast to help someone breathe again and gives you time to get emergency help.

- It's easy to use and safe for people of all ages.
- Just like having a fire extinguisher at home, having naloxone can save lives in an emergency.
- It won't cause harm when used on someone who isn't overdosing.

### How to help someone overdosing

1. Yell "Wake up!" and gently shake them.
2. Tilt their head back and spray naloxone into one nostril by pressing the plunger down.

# Upgrade your first aid kit.



Accidents happen!  
Just in case, get  
**naloxone!**

3. Call **911**.
4. If they don't respond in two to three minutes, give them another dose of naloxone.
5. Stay with them until help arrives.

### How to get naloxone

Alliance members can get naloxone at any Alliance office at no cost. Alliance offices are open Monday through Friday, 8 a.m. to 5 p.m.

- **Mariposa County:** 5362 Lemee Lane, Mariposa.
- **Merced County:** 530 W. 16th St., Suite B, Merced.

- **Monterey County:** 950 E. Blanco Road, Suite 101, Salinas.
- **San Benito County:** 1111 San Felipe Road, Suite 109, Hollister.
- **Santa Cruz County:** 1600 Green Hills Road, Suite 101, Scotts Valley.

You can also ask your pharmacist for naloxone. There is no prescription needed.

**REMEMBER:** When you get naloxone, show your loved ones where it is and how to use it!

## Get low-cost internet at home!



The Internet For All Now program offers discounts on internet plans. If you get Medi-Cal, CalFresh, SSI or other assistance programs, you may qualify for special discounts.

Visit **[www.internetforallnow.org](http://www.internetforallnow.org)** to learn more. Need help signing up? Call **833-938-3298**.



## Benefit spotlight

# Get Health Rewards

The Alliance's Health Rewards Program rewards you and your family for taking actions that support your health.

Here are the programs that members can participate in and the rewards you could earn.



### **Healthy Start**

#### **Birth to 15 months**

- Have six or more well-child visits on or before turning 15 months.
- **\$50** Target gift card.

#### **15 to 30 months**

- Have two well-child visits on or before turning 30 months.
- **\$25** Target gift card.

#### **Birth to 2 years**

- Complete immunizations by their second birthday.
- **\$100** Target gift card.

#### **9 to 13 years**

- Get all needed vaccines by their 13th birthday and have one well-care visit within the last 12 months.
- **\$50** Target gift card.

#### **18 to 21 years old**

- Have one annual checkup with their doctor.
- **\$25** Target gift card.



### **Nurse Advice Line**

- Call the Alliance Nurse Advice Line if you have a health question.
- Members can call **844-971-8907** (TTY: Dial **711**) to talk to a nurse.
- Monthly raffle for a **\$50** Target gift card.



### **Healthier Living Program**

- Complete the six-week workshop.
- Up to a **\$50** Target gift card.



### **Live Better with Diabetes**

- Complete the six-week workshop.
- Up to a **\$50** Target gift card.



### **Healthy Weight for Life Program**

- Complete the 10-week workshop.
- Up to a **\$100** Target gift card.



### **Healthy Moms & Healthy Babies Program**

#### **Prenatal**

- See your doctor within the first 13 weeks of being pregnant or six weeks of joining the Alliance.
- Monthly raffle for a **\$50** Target gift card.

#### **Postpartum**

- See your doctor for a postpartum visit one to 12 weeks after having a baby.
- **\$25** Target gift card.

Members with other health insurance, besides Medi-Cal, are not eligible for these rewards.

Visit our website at [www.thealliance.health/health-rewards](http://www.thealliance.health/health-rewards) to learn more. Or call the Health Education Line at **800-700-3874, ext. 5580**.



## Wellness for all

# Vaccines protect you and your child!

Vaccines protect your child and the community around them from diseases. Vaccines are one of the best ways to keep you and your child healthy.

**1. Vaccines protect you and your child from serious diseases.** Vaccines prevent diseases that make children very sick. They protect against six types of cancers, measles, mumps, polio and more. Vaccines teach your child's immune system to fight these diseases.

- 2. Vaccines protect the whole community.** When your child gets vaccinated, they protect others, especially babies and elderly adults who can get diseases easily. The more people who get vaccinated, the less disease there is to spread. This is called *herd immunity*.
- 3. Vaccines are safe.** Vaccines are tested for years before they are used. Common side effects include a sore arm or slight fever and are temporary. Serious side effects are very rare.
- 4. Vaccines can prevent missed school and work.** Diseases can cause your child to miss school or day care and can lead to long hospital stays. Vaccines help keep children healthy so they can go to school and parents don't miss work.
- 5. Vaccines help stop diseases from spreading.** When we all use vaccines, we can get rid of serious diseases and protect future generations.

Vaccines protect your child from serious diseases, help keep your community healthy and are safe. If you don't know which vaccines your child needs, talk to your doctor—they can help!

The safest way to protect against measles is to get the MMR (measles, mumps and rubella) vaccine. To also protect against chickenpox, children may get the MMRV (measles, mumps, rubella and varicella) vaccine. Vaccines give stronger immunity than getting the diseases. Most people who get the MMR or MMRV will be protected for life.



### 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](http://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](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/civil-rights/filing-a-complaint/index.html](http://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](http://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](http://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 պիտան (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 գրառիչակով ու խոշորատառ տպագրված նյութեր: Չանգահարեք 1-800-700-3874 (TTY: 1-800-735-2929): Այդ ծառայություններն անվճար են:

### ភាសាខ្មែរ (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 ឬឯកសារសរសេរជាអក្សរពុម្ពធំ 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 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: ຖ້າທ່ານຕ້ອງການຄວາມຊ່ວຍເຫຼືອໃນພາສາຂອງທ່ານໃຫ້ໃຫ້ທາດປີ 1-800-700-3874 (TTY: 1-800-735-2929). ຍັງມີຄວາມຊ່ວຍເຫຼືອແລະການບໍລິການສໍາລັບຄົນພິການ ເຊັ່ນເອກະສານທີ່ເປັນອັກສອນນູນແລະມີໂຕເລັກໃຫຍ່ໃຫ້ໃຫ້ທາດປີ 1-800-700-3874 (TTY: 1-800-735-2929). ການບໍລິການເຫຼົ່ານີ້ບໍ່ຕ້ອງເສຍຄ່າໃຊ້ຈ່າຍໃດໆ.

**Mien Tagline (Mien)**

LONGC HNYOUV JANGX LONGX OC: Beiv taux meih qiemx 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.