



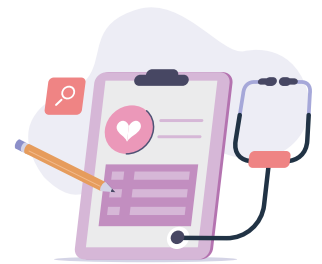
BETTER TOGETHER

Member Newsletter | Spring 2026



Did you know the member portal is a secure online website where you have 24-hour access to CalOptima Health from anywhere with an internet connection? See "New Members Start Here" on Page 11.

Plan Your Annual Wellness Visit



A visit to your primary care provider is the best way to detect changes in your health earlier. Use this checklist to ask your doctor if these tests and screenings should be ordered for you.

If You Have Diabetes, Ask Your Doctor About These Tests:	Completed? (Check Box)	When Do I Need This? (Date)
Hemoglobin A1c (HbA1c)	<input type="checkbox"/>	
Retinal eye (to detect diabetes-related issues)	<input type="checkbox"/>	
Urine (for protein)	<input type="checkbox"/>	
Foot (to detect diabetes-related issues)	<input type="checkbox"/>	
Screenings to Help Your Doctor Track Your Health:	Completed? (Check Box)	When Do I Need This? (Date)
Cervical cancer (Pap smear) for adults ages 21 to 65 with a cervix	<input type="checkbox"/>	
Breast cancer (mammogram) for adults ages 40 and up (Adults under 40: talk to your doctor.)	<input type="checkbox"/>	
Colon cancer for adults ages 45 to 75	<input type="checkbox"/>	
Lung cancer for adults ages 50 to 80 with a history of heavy smoking	<input type="checkbox"/>	
Cholesterol, fasting blood sugar	<input type="checkbox"/>	
Osteoporosis (DEXA)	<input type="checkbox"/>	
Hearing and vision	<input type="checkbox"/>	
Hepatitis C virus infection screening for adults born between 1945–1965	<input type="checkbox"/>	

Disclosure: The information in this newsletter is for educational purposes only and does not take the place of professional medical advice. If you have questions, please contact your doctor.

Well-Child Visits: When to Go and What to Expect



Childhood is a time of quick growth and change, especially in the first 2 years of life. Your child’s doctor will want to see them often. Regular well-child visits with the doctor are a great way to make sure your child is healthy and growing well.

Well-child visits are recommended at these ages:

The first week (3 to 5 days old)	12 months old
1 month old	15 months old
2 months old	18 months old
4 months old	24 months old
6 months old	30 months old
9 months old	Yearly from ages 3 to 21

It is important to stay on track and take your child to these visits, even if they are not sick. Well-child visits are different from seeing the doctor when your child is sick. If your child has missed a well-child visit, it is not too late to see the doctor. Read more to learn when to go and what to expect.

Well-Child Visit	Sick Visit
<p>A routine well-child visit finds or prevents health problems.</p> <p>At a well-child visit, the doctor will:</p> <ul style="list-style-type: none"> ♥ Complete a physical exam ♥ Complete a blood lead screening ♥ Check the child’s growth and learning ♥ Test hearing, vision and other functions at some visits ♥ Give recommended shots at some visits ♥ Talk about the family’s health history ♥ Discuss important health topics such as development, nutrition, sleep, safety and diseases that are going around 	<p>A sick visit is when there is a problem, or your child seems sick.</p> <p>At a sick visit, the doctor will review:</p> <ul style="list-style-type: none"> + Concerns + Minor and serious illness + Unexpected illnesses such as: <ul style="list-style-type: none"> • Cough • Stomachache • Rash • Vomiting + Any ongoing (chronic) diseases such as: <ul style="list-style-type: none"> • Asthma • Diabetes

If your child has not seen their doctor for a well-child visit, please call their doctor and schedule an appointment today.

Here Are CalOptima Health's 2026 Medi-Cal Member Health Rewards



CalOptima Health offers health rewards to eligible members who take an active role in their health.

Call your primary care provider (PCP) today to discuss which screenings are right for you. Recommendations may vary by age, and your PCP can help decide what's best for you.

\$50

REWARD
no form
needed

✓ Annual Wellness Visit



\$15-\$25

REWARD
submit
form online

✓ Colorectal Cancer
Screening —
Other Types

- \$15 Fecal Occult Blood Test (FOBT)
- \$15 Fecal Immunochemical Test (FIT)
- \$25 CT Colonography
- \$25 Flexible Sigmoidoscopy

Members are eligible for 1 of these colorectal cancer screening rewards each calendar year.

\$50

REWARD
submit
form online

✓ Colorectal Cancer
Screening —
Colonoscopy

\$25

REWARD
submit
form online

- ✓ Breast Cancer Screening
- ✓ Cervical Cancer Screening
- ✓ Diabetes A1c Test
- ✓ Diabetes Eye Exam
- ✓ Postpartum Checkup

Visit www.caloptima.org/e/rewards for health reward requirements and to complete your forms online. If you need help completing your form over the phone or want more information, call CalOptima Health Customer Service toll-free at **1-888-587-8088 (TTY 711)**, Monday-Friday, 8 a.m. to 5:30 p.m.

\$25

REWARD
no form
needed

- ✓ Blood Lead Test at
12 Months of Age
- ✓ Blood Lead Test at
24 Months of Age

As of 1/1/2026, you must meet all health reward eligibility requirements and have CalOptima Health Medi-Cal as primary insurance. Each health reward may be earned once per calendar year, while funds last. Rewards cannot be used to buy alcohol, tobacco, firearms, gift cards or lottery tickets. We will process your reward once we confirm your visit has been completed. Please allow up to 90 days. CalOptima Health is not responsible if the reward is lost or stolen. The program may change or end without notice.

Get a Blood Pressure Monitor at No Cost to You

As a CalOptima Health Medi-Cal member, you can get a blood pressure monitor at no cost. If you have high blood pressure, ask your doctor to order a monitor for you.

Blood pressure is the pressure of blood pushing against the walls of your arteries. Arteries carry blood from your heart to other parts of your body.

High blood pressure, also called hypertension, is blood pressure that is higher than the healthy range. Having high blood pressure puts you at risk for heart disease and stroke.

The normal blood pressure range is below 120/80.

To get a blood pressure monitor:

- 1 Ask the doctor's office to confirm with the pharmacy first that they can fill the prescription.
- 2 Ask the doctor if they can send the request directly to the pharmacy.
 - a. If you prefer home delivery, ask the doctor's office to see if the pharmacy makes deliveries.
 - b. If you want to pick up your blood pressure monitor at the pharmacy, take a copy of the doctor's order with you.



When should I check my blood pressure?

- Make sure to check your blood pressure at home as recommended by your doctor.
- Before your doctor's visit, check your blood pressure and share your results with your doctor.
- Compare your morning and evening blood pressure readings to see if there is a major difference that you should share with your doctor.

Learn more about ways to manage and prevent high blood pressure by talking to your doctor.




Testing Your Child for Lead: What You Need to Know



What is lead?



Lead is a metal that causes major health problems in young children. Lead can still be found in and around older homes. It can also be found in some traditional home remedies, foods and products. Parents or guardians of children under 6 years of age should remain aware.

Why test for lead?

-  There is no safe blood lead level for children.
-  Even low levels of lead can affect a child's brain, growth, learning and behavior, and can cause other health problems.
-  Most children with lead in their blood show no signs and may look and act healthy.



A blood test is the only way to know if your child has been exposed to lead.

Who should be tested?

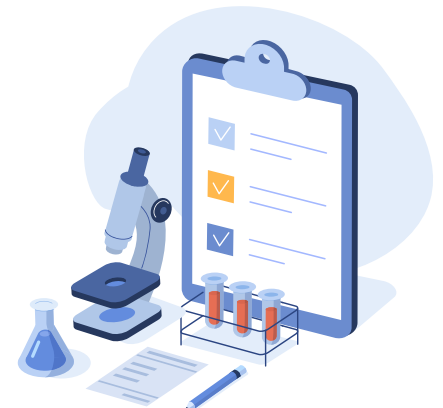
-  Children should first be tested for lead at age 12 months and again at age 24 months.
-  Get a catch-up test if your child has missed a blood lead test.

How is the blood lead test done?

A small amount of blood is taken from the finger, heel or arm and is tested for lead.

-  A finger-prick or heel-prick collects a few drops of blood and has fast results.
-  Blood may also be taken from a vein to confirm the level of lead.

Don't delay. Talk with your child's doctor about getting a blood lead test.



Follow Up With Your Doctor After Emergency Room Visit or Hospital Stay



After you leave the emergency room or when you go home after a hospital stay, it may take a while for the hospital to send your medical records to your doctor. To make sure you get the best care, it's important to schedule a follow-up visit with your doctor within 7 days.

At a follow-up visit, your doctor will review any new medicines that may have been prescribed, and check the reasons why you needed emergency care or a hospital stay. A follow-up visit can prevent another hospital stay or other problems. Follow-up visits can be in person or by telehealth.

If you have any questions or need help with a follow-up visit with your doctor, call CalOptima Health Customer Service toll-free at **1-888-587-8088 (TTY 711)**.

Important Phone Numbers



After-Hours Advice

If you need after-hours medical advice, call your PCP's office or the Nurse Advice Line phone number on the back of your CalOptima Health ID card.

Medical Emergency

Dial **911** or go to the nearest emergency room for a true emergency.

CalOptima Health Customer Service

Monday–Friday, from 8 a.m. to 5:30 p.m.
Toll-free: **1-888-587-8088** | TTY: **711**

CalOptima Health Behavioral Health Line

For help with access to mental health services.
24 hours a day, 7 days a week.
Toll-free: **1-855-877-3885** | TTY: **711**

TeleMed2U

For Behavioral Health telehealth appointments.
Monday–Friday, from 7 a.m. to 5 p.m.
Toll-free: **1-844-585-9210** | **1-562-268-0955**

Health Education

For health and wellness services to help you stay healthy. Monday–Friday, from 8 a.m. to 5 p.m. Toll-free: **1-888-587-8088** | TTY: **711**

Nurse Advice Line

To find out if you need care at the doctor's office, urgent care or emergency room.
24 hours a day, 7 days a week.
Toll-free: **1-844-447-8441**
TTY: **1-844-514-3774**

Medi-Cal Dental Program

For help with dental benefits.
Toll-free: **1-800-322-6384**
TTY: **1-800-735-2922**

Transportation

You can get rides to Medi-Cal-covered services if you don't have access to transportation.
Monday–Friday, from 8 a.m. to 5:30 p.m.
Toll-free: **1-833-648-7528** | TTY: **711**

VSP (Vision Service Plan)

Toll-free: **1-800-438-4560**
TTY: **1-800-735-2922**



Important Screenings for Members Who Have a Schizophrenia or Bipolar Disorder Diagnosis

Cardiovascular disease and diabetes are among the top 10 leading causes of death in the United States. People diagnosed with schizophrenia or bipolar disorder who take certain psychotropic medicines have an increased risk of cardiovascular disease and diabetes. Members can be screened and monitored for these conditions at no cost. Members with these conditions should get regular health checkups with their doctor.

Talking with your doctor about your physical health needs and getting care can improve your well-being and increase your chances of living a healthier life. Call your doctor if you have questions about your medicines or to schedule a visit to ask about these important screenings.

If you have questions or need help contacting your doctor, call CalOptima Health Customer Service toll-free at **1-888-587-8088 (TTY 711)**.

Members May Qualify for Behavioral Health Incentive

Diabetes Screening for People With Schizophrenia or Bipolar Disorder Who Are Using Antipsychotic Medications

Getting screened for diabetes is important for your health. As a CalOptima Health Medi-Cal member, you can get a diabetes screening at no cost. During your doctor visit, you should be given a lab slip for a diabetes screening. If not, please ask for one. Eligible members ages 18–64 years can get a no-cost \$25 reward card by completing a diabetes screening between January 1, 2026, and December 31, 2026, CalOptima Health will take care of the rest. There is no form to send.

Members cannot already be diagnosed with diabetes. They must also have been prescribed at least 1 of the antipsychotic medications listed on the reward flyer.

If you have questions, call the Behavioral Health Line toll-free at **1-855-877-3885 (TTY 711)**. For more information about these member health rewards, visit www.caloptima.org/e/rewards.



Get Helpful Information From CalOptima Health's New HealthHub

HealthHub is our new online library of trusted health information to help you make informed health choices! Whether you're starting your wellness journey or looking for answers about a health diagnosis, HealthHub is here with:

- 📌 Easy-to-read content and videos on common health topics
- 📌 Health and wellness information reviewed by doctors and experts
- 📌 Tools to check your health risks or make a care plan
- 📌 Tips to stay healthy and feel your best



HealthHub has information on these topics and more:



Diabetes



Heart Health



Nutrition



Start exploring CalOptima Health's HealthHub now and take the first step toward better health.



Visit <https://healthhub.caloptima.org> or scan this code.

CalOptima Health Member Handbook

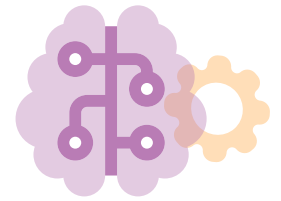
The most current Member Handbook is available on our website at www.caloptima.org/e/medi-cal-documents and upon request.

To get it mailed to you, please call Customer Service toll-free at **1-888-587-8088 (TTY 711)**.

Materials in Other Languages or Formats

Information and materials are available in large-size print and other formats and languages (English, Spanish, Vietnamese, Farsi, Korean, Chinese, Arabic and Russian). Please call Customer Service and tell us your preferred spoken and written language, and if you need information or materials in another format.

Your Mental Health Matters: Helpful Reminders for Your Well-Being



Get support if feeling down or not like yourself

If you're 12 or older and feeling sad, tired or just not yourself, talk to your doctor. A screening can help find signs of depression. Support is available if you need it. If you have a child younger than 12, please call the CalOptima Health Behavioral Health Line **1-855-877-3885 (TTY 711)** for resources and support. You're not alone.



Talk to your doctor about treatment

Before starting any behavioral health medicines, talk to your doctor about all your treatment options. If medicine is prescribed, take it as directed and continue following your treatment plan.



Get blood tests for children on mental health medicines

If you have a child who is taking 2 or more mental health medicines, blood tests are important. These tests help check things like blood sugar and cholesterol to keep your child healthy and safe.



Screen for diabetes if taking antipsychotic medicines

People with schizophrenia or bipolar disorder who take antipsychotics have a higher risk of diabetes. Ask your doctor about diabetes screenings — early testing can help you stay healthy.



Take your medicines regularly

Psychotropic and antipsychotic medicines take time to work. Taking them as prescribed — and not stopping suddenly — is important for your progress. Always talk to your doctor before making changes.



Learn about treating opioid use disorder (OUD)

Medicines for OUD can reduce cravings, ease withdrawal and support long-term recovery. Taking your medicines regularly lowers the risk of relapse and overdose. Your doctor can help if you have questions.

If you have questions or need help contacting your doctor, call the CalOptima Health Behavioral Health Line toll-free at **1-855-877-3885 (TTY 711)**, 24 hours a day, 7 days a week. We have staff who speak your language.

New Members Start Here

As a new CalOptima Health member, do these things first:

1 Sign up to access your CalOptima Health Medi-Cal member portal at <https://member.caloptima.org/#/user/login>

CalOptima Health's secure online member portal lets you:

- Update your personal information
- Request a new ID card
- Print a copy of your ID card
- Change your health network or primary care provider (PCP)
- Request interpreter services

2 Choose a PCP and health network

A PCP is a health care provider responsible for your routine medical care. A health network is a group of doctors and hospitals that provide your health care services. You must choose a PCP and health network within 30 days of enrolling in CalOptima Health or CalOptima Health will choose one for you. You may change your PCP and health network every 30 days. View the Provider Directory at www.caloptima.org/e/doctor. If you need a Provider Directory mailed to you, call CalOptima Health Customer Service.

How to choose a PCP and health network:

- Access your secure online member portal at <https://member.caloptima.org/#/user/login> or
- Call CalOptima Health Customer Service or
- Complete and return the CalOptima Health Network Selection Form sent in your new member packet.

3 Learn about your Medi-Cal benefits

Your handbook has information about CalOptima Health's programs and services. View the Member Handbook at www.caloptima.org/e/medi-cal-documents. If you would like a handbook mailed to you, call CalOptima Health Customer Service.

4 Visit your PCP within 3 months of joining CalOptima Health

This visit helps your PCP understand your needs. They can also refer you to services that support your health before problems start. You may be able to start with your first PCP visit over telehealth. Ask if your PCP offers virtual visits. Make sure to see your PCP every year.

5 Learn about the Member Health Rewards Program

CalOptima Health offers member health rewards to eligible members for taking an active role in their well-being! Learn more at www.caloptima.org/e/rewards.

If you need help, call CalOptima Health Customer Service toll-free at **1-888-587-8088 (TTY 711)**, Monday–Friday, from 8 a.m. to 5:30 p.m. We have staff who speak your language.



NONDISCRIMINATION NOTICE

Discrimination is against the law. CalOptima Health follows State and Federal civil rights laws. CalOptima Health 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.

CalOptima Health provides:

- Free aids and services in a timely manner 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 in a timely manner to people whose primary language is not English, such as:
 - ✓ Qualified interpreters
 - ✓ Information written in other languages

If you need these services, contact CalOptima Health between 8 a.m. and 5:30 p.m., Monday through Friday, by calling **1-714-246-8500** or toll-free at **1-888-587-8088**. If you cannot hear or speak well, please call TTY at **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:

CalOptima Health
505 City Parkway West
Orange, CA 92868
1-714-246-8500 (TTY 711)

HOW TO FILE A GRIEVANCE

If you believe that CalOptima Health 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 CalOptima Health. You can file a grievance by phone, in writing, in person, or electronically:

- **By phone:** Contact CalOptima Health between 8 a.m. and 5:30 p.m., Monday through Friday, by calling toll-free at **1-714-246-8500** or **1-888-587-8088**. Or, if you cannot hear or speak well, please call TTY at **711**.

- **In writing**: Fill out a complaint form or write a letter and send it to:
CalOptima Health Grievance and Appeals
505 City Parkway West
Orange, CA 92868
 - **In person**: Visit your doctor's office or CalOptima Health and say you want to file a grievance.
 - **Electronically**: Visit CalOptima Health's website at www.caloptima.org.
-

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 **1-916-440-7370**. 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 http://www.dhcs.ca.gov/Pages/Language_Access.aspx.

- **Electronically**: Send an email to CivilRights@dhcs.ca.gov.
-

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 **1-800-368-1019**. If you cannot speak or hear well, please call TTY **1-800-537-7697**.
- **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 <http://www.hhs.gov/ocr/office/file/index.html>.

- **Electronically**: Visit the Office for Civil Rights Complaint Portal at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>.

Notice of Availability of Language Assistance Services and Auxiliary Aids and Services

English

ATTENTION: If you need help in your language call **1-888-587-8088 (TTY 711)**. Aids and services for people with disabilities, like documents in braille and large print, are also available. Call **1-888-587-8088 (TTY 711)**. These services are free of charge.

العربية (Arabic)

يُرجى الانتباه: إذا احتجت إلى المساعدة بلغتك، فاتصل بـ **1-888-587-8088 (TTY 711)**. تتوفر أيضًا المساعدات والخدمات للأشخاص ذوي الإعاقة، مثل المستندات المكتوبة بطريقة بريلا والخط الكبير اتصل بـ **1-888-587-8088 (TTY 711)**. هذه الخدمات مجانية.

Հայերեն (Armenian)

ՈՒՇԱԴՐՈՒԹՅՈՒՆ: Եթե Ձեզ օգնություն է հարկավոր Ձեր լեզվով, զանգահարեք **1-888-587-8088 (TTY 711)**: Կան նաև օժանդակ միջոցներ ու ծառայություններ հաշմանդամություն ունեցող անձանց համար, օրինակ՝ Բրայլի գրատիպով ու խոշորատառ տպագրված նյութեր: Չանգահարեք **1-888-587-8088 (TTY 711)**: Այդ ծառայություններն անվճար են:

ខ្មែរ (Cambodian)

ចំណាំ: បើអ្នក ត្រូវ ការជំនួយ ជាភាសា របស់អ្នក សូម ទូរស័ព្ទទៅលេខ **1-888-587-8088 (TTY 711)** ។ ជំនួយ នឹង សេវាកម្មសម្រាប់ ជនពិការ ដូចជាឯកសារសរសេរជាអក្សរធំ សម្រាប់ជនពិការភ្នែក ឬឯកសារសរសេរជាអក្សរពុម្ពធំ ក៏អាចរកបានផងដែរ។ ទូរស័ព្ទមកលេខ **1-888-587-8088 (TTY 711)** ។ សេវាកម្មទាំងនេះមិនគិតថ្លៃឡើយ។

简体中文 (Simplified Chinese)

请注意:如果您需要以您的母语提供帮助,请致电 **1-888-587-8088 (TTY 711)**。我们还另外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 **1-888-587-8088 (TTY 711)**。这些服务都是免费的。

繁體中文 (Traditional Chinese)

注意:如果您需要以您的語言獲得幫助,請致電 **1-888-587-8088 (TTY 711)**。為殘障人士也提供幫助和服務,例如盲文和大字體的文件。致電 **1-888-587-8088 (TTY 711)**。這些服務是免費的。

فارسی (Farsi)

توجه: اگر می خواهید به زبان خود کمک دریافت کنید، با **1-888-587-8088 (TTY 711)** تماس بگیرید. کمکها و خدمات مخصوص افراد دارای معلولیت، مانند نسخه های خط بریل و چاپ با حروف بزرگ، نیز موجود است. با **1-888-587-8088 (TTY 711)** تماس بگیرید. این خدمات رایگان ارائه می شوند.

ગુજરાતી (Gujarati)

ધ્યાન આપો: જો તમને તમારી ભાષામાં મદદની જરૂર હોય તો આ નંબર પર કોલ કરો: **1-888-587-8088 (TTY 711)**. વિકલાંગ લોકો માટે સહાય અને સેવાઓ, જેમ કે બ્રેઇલ અને મોટી પ્રિન્ટમાં પણ દસ્તાવેજો ઉપલબ્ધ છે. કોલ કરો: **1-888-587-8088 (TTY 711)**. આ સેવા વિનામૂલ્યે ઉપલબ્ધ છે.

हिंदी (Hindi)

ध्यान दें: अगर आपको अपनी भाषा में सहायता की आवश्यकता है तो **1-888-587-8088 (TTY 711)** पर कॉल करें। अशक्तता वाले लोगों के लिए सहायता और सेवाएं, जैसे ब्रेल और बड़े प्रिंट में भी दस्तावेज़ उपलब्ध हैं। **1-888-587-8088 (TTY 711)** पर कॉल करें। ये सेवाएं नि: शुल्क हैं।

Hmoob (Hmong)

CEEBOOM: Yog koj xav tau kev pab txhais koj hom lus hu rau **1-888-587-8088 (TTY 711)**. 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 **1-888-587-8088 (TTY 711)**. Cov kev pab cuam no yog pab dawb xwb.

日本語 (Japanese)

注意日本語での対応が必要な場合は **1-888-587-8088 (TTY 711)** 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。 **1-888-587-8088 (TTY 711)** 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 (Korean)

유의사항: 귀하의 언어로 도움을 받고 싶으시면 **1-888-587-8088 (TTY 711)** 번으로 문의하십시오. 점자나 큰 활자로 된 문서와 같이 장애가 있는 분들을 위한 도움과 서비스도 이용 가능합니다. **1-888-587-8088 (TTY 711)** 번으로 문의하십시오. 이러한 서비스는 무료로 제공됩니다.

ພາສາລາວ (Laotian)

ປະກາດ: ຖ້າທ່ານຕ້ອງການຄວາມຊ່ວຍເຫຼືອໃນພາສາຂອງທ່ານໃຫ້ໂທຫາເບີ **1-888-587-8088 (TTY 711)**. ຍັງມີຄວາມຊ່ວຍເຫຼືອແລະການບໍລິການສໍາລັບຄົນພິການ ເຊັ່ນເອກະສານທີ່ເປັນອັກສອນນູນແລະມິດພິມໃຫຍ່ ໃຫ້ໂທຫາເບີ **1-888-587-8088 (TTY 711)**. ການບໍລິການເຫຼົ່ານີ້ບໍ່ຕ້ອງເສຍຄ່າໃຊ້ຈ່າຍໃດໆ.

Mien

LONGC HNYOUV JANGX LONGX OC: Beiv taux meih qiex longc mienh tengx faan benx meih nyei waac nor douc waac daaih lorx taux **1-888-587-8088** (TTY **711**). Liouh lorx jauv-louc tengx aengx caux nzie gong bun taux ninh mbuo wuaaic fangx mienh, beiv taux longc benx nzangc-pokc bun hluo mbiutc aengx caux aamz mborqv benx domh sou se mbenc nzoih bun longc. Douc waac daaih lorx **1-888-587-8088** (TTY **711**). Naaiv deix nzie weih gong-bou jauv-louc se benx wang-henh tengx mv zuqc cuotv nyaanh oc.

Português (Portuguese)

ATENÇÃO: Se você precisar de ajuda no seu idioma, ligue para **1-888-587-8088** (TTY **711**). Serviços e auxílio para pessoas com incapacidades, como documentos em braile ou impressos com letras grandes, também estão disponíveis. Ligue para **1-888-587-8088** (TTY **711**). Esses serviços são gratuitos.

ਪੰਜਾਬੀ (Punjabi)

ਧਿਆਨ ਦਿਓ: ਜੇ ਤੁਹਾਨੂੰ ਆਪਣੀ ਭਾਸ਼ਾ ਵਿੱਚ ਮਦਦ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਾਲ ਕਰੋ **1-888-587-8088** (TTY **711**). ਅਧਾਰਜ ਲੋਕਾਂ ਲਈ ਸਹਾਇਤਾ ਅਤੇ ਸੇਵਾਵਾਂ, ਜਿਵੇਂ ਕਿ ਬ੍ਰੇਲ ਅਤੇ ਮੋਟੀ ਛਪਾਈ ਵਿੱਚ ਦਸਤਾਵੇਜ਼, ਵੀ ਉਪਲਬਧ ਹਨ। ਕਾਲ ਕਰੋ **1-888-587-8088** (TTY **711**) ਇਹ ਸੇਵਾਵਾਂ ਮੁਫਤ ਹਨ।

Română (Romanian)

ATENȚIE: În cazul în care aveți nevoie de ajutor în limba dvs., sunați la **1-888-587-8088** (TTY **711**). Sunt disponibile, de asemenea, ajutoare și servicii pentru persoanele cu dizabilități, precum documente în limbaj Braille și cu caractere mărite. Sunați la **1-888-587-8088** (TTY **711**). Aceste servicii sunt gratuite.

Русский (Russian)

ВНИМАНИЕ! Если вам нужна помощь на вашем родном языке, звоните по номеру **1-888-587-8088** (линия TTY **711**). Также предоставляются средства и услуги для людей с ограниченными возможностями, например документы крупным шрифтом или шрифтом Брайля. Звоните по номеру **1-888-587-8088** (линия TTY **711**). Такие услуги предоставляются бесплатно.

Español (Spanish)

ATENCIÓN: si necesita ayuda en su idioma, llame al **1-888-587-8088** (TTY **711**). También ofrecemos asistencia y servicios para personas con discapacidades, como documentos en braille y con letras grandes. Llame al **1-888-587-8088** (TTY **711**). Estos servicios son gratuitos.

Tagalog (Filipino)

ATENSIYON: Kung kailangan mo ng tulong sa iyong wika, tumawag sa **1-888-587-8088** (TTY **711**). Mayroon ding mga tulong at serbisyo para sa mga taong may kapansanan, tulad ng mga dokumento sa braille at malaking print. Tumawag sa **1-888-587-8088** (TTY **711**). Libre ang mga serbisyong ito.

ภาษาไทย (Thai)

โปรดทราบ: หากคุณต้องการความช่วยเหลือเป็นภาษาของคุณ กรุณาโทรศัพท์ไปที่หมายเลข **1-888-587-8088** (TTY **711**) นอกจากนี้ ยังพร้อมให้ความช่วยเหลือและบริการต่าง ๆ สำหรับบุคคลที่มีความพิการ เช่น เอกสารต่าง ๆ ที่เป็นอักษรเบรลล์และเอกสารที่พิมพ์ด้วยตัวอักษรขนาดใหญ่ กรุณาโทรศัพท์ไปที่หมายเลข **1-888-587-8088** (TTY **711**) ไม่มีค่าใช้จ่ายสำหรับบริการเหล่านี้

Türkçe Etiket (Turkish)

DIKKAT: Kendi dilinizde yardıma ihtiyacınız varsa **1-888-587-8088** (TTY **711**) numaralı telefonu arayın. Braille alfabesi ve büyük harflerle yazılmış belgeler gibi engellilere yönelik yardım ve hizmetler de mevcuttur. Call: **1-888-587-8088** (TTY **711**). Bu hizmetler ücretsizdir.

Українська (Ukrainian)

УВАГА! Якщо вам потрібна допомога вашою рідною мовою, телефонуйте на номер **1-888-587-8088** (TTY **711**). Люди з обмеженими можливостями також можуть скористатися допоміжними засобами та послугами, наприклад, отримати документи, надруковані шрифтом Брайля та великим шрифтом. Телефонуйте на номер **1-888-587-8088** (TTY **711**). Ці послуги безкоштовні.

اردو ٹیگ لائن (Urdu)

توجہ: اگر آپ کو اپنی زبان میں مدد کی ضرورت ہے تو کال کریں **1-888-587-8088** (TTY **711**)۔ معذور افراد کے لئے امداد اور خدمات، جیسے بریل اور بڑے پرنٹ میں دستاویزات، بھی دستیاب ہیں۔ کال **1-888-587-8088** (TTY **711**)۔ یہ خدمات مفت ہیں۔

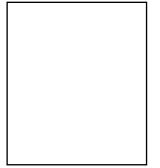
Tiếng Việt (Vietnamese)

CHÚ Ý: Nếu quý vị cần trợ giúp bằng ngôn ngữ của mình, vui lòng gọi số **1-888-587-8088** (TTY **711**). 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 **1-888-587-8088** (TTY **711**). Các dịch vụ này đều miễn phí.



CalOptima Health, A Public Agency
P.O. Box 11063
Orange, CA 92856-8163

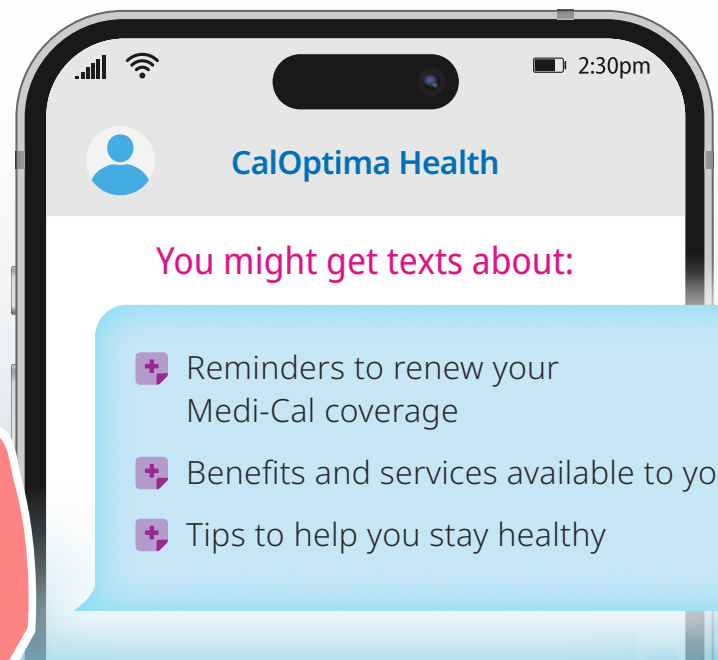
www.caloptima.org



Stay Connected With CalOptima Health: Look for Our Text Message Number

CalOptima Health sends text messages from a special number: **225678 (CALOPT)**. This makes it easy to know that our messages are real and important.

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