



BETTER TOGETHER

Member Newsletter | Fall 2025



Reminder:

Visit your doctor within 3 months of joining CalOptima Health, then schedule your Annual Wellness Visit to stay healthy.

Protect Yourself and Your Family Against Measles. Get the Measles Vaccination!

What is measles?

Measles is a contagious viral disease. Measles can be very serious, especially in unvaccinated young children and pregnant people. Measles can cause pneumonia, encephalitis (brain swelling), hospitalization and sometimes death.

The measles-mumps-rubella (MMR) vaccine provides the best protection against disease and serious illness. Two doses provide 97% protection against measles. Most measles cases in the U.S. result from international travel. It's important that you and your family are up to date on all vaccines before traveling abroad.



“ *The measles-mumps-rubella (MMR) vaccine provides the best protection against disease and serious illness.* ”

How do I protect myself?

MMR vaccines are our best defense against the disease and its complications.

The Centers for Disease Control and Prevention recommends 2 doses of MMR vaccine for:

- Children: 1 dose at 12 months of age and another at 4–6 years.
- Older children, adolescents and adults without documented doses of MMR vaccine.

Talk to your health care provider or visit [MyTurn.ca.gov](https://www.myturn.ca.gov) to make a vaccine appointment. Unsure if you're vaccinated against measles? Check your [CA Digital Vaccine Record \(DVR\)](#) or ask your health care provider. If no records exist, get vaccinated.

What's recommended for international travel?

Before international travel:

- Babies 6–11 months of age should receive 1 dose of MMR vaccine.
- Ensure everyone 12 months and older is up to date with 2 doses of MMR vaccine. If they're not up to date, they should get 2 doses at least 28 days apart. 🌍

Source

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/measles.aspx>

How to Monitor Blood Pressure at Home

To measure your blood pressure at home, follow these steps:

1 Prepare

Don't eat, drink or exercise for 30 minutes before taking your blood pressure. Empty your bladder.

2 Position

Sit in a comfortable chair with your back supported and feet flat on the floor. Keep your legs uncrossed. Make sure your arm is flat on a table or flat surface.

3 Cuff

Place the cuff on your bare upper arm, directly above the bend of your elbow. The cuff should be snug but not too tight. You should be able to fit 2 fingertips between your arm and the cuff.

4 Rest

Sit quietly for at least 5 minutes before taking your measurement. Don't talk or use your phone.

5 Take readings

Take 2 readings, 1 minute apart. Write down your results and the date on a piece of paper or in your phone. Share your blood pressure results at your next doctor's visit.



6 Repeat

Take your blood pressure at the same time each day.

Blood pressure changes throughout the day, so a single reading isn't very accurate. If you're stressed or upset, your blood pressure is likely to be higher. Checking your blood pressure at home can help you work with your doctor to manage it.

As a CalOptima Health 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.

Talk to your doctor if you have any questions about your blood pressure. 🌈

Managing Diabetes and Blood Sugar

Managing diabetes or prediabetes starts with knowing what's in your food and how it affects your blood sugar. High blood sugar can cause serious health issues that damage your feet, eyes, heart and other organs. Follow these tips to eat well and stay healthy.

Read food labels

- Use food labels to make healthier choices.
- Watch serving sizes — this helps manage calories, fat, sodium, added sugar and carbohydrates (carbs).
- One portion of carbs equals 15 grams; for example, 1 slice of bread.
- Sugar is a simple carb that can cause blood sugar to go up very fast. Avoid foods with added sugar.

Stick to a meal schedule

- Try to eat at the same time each day.
- Try not to skip meals — this helps balance your blood sugar.

Use the diabetes plate method

- Fill ½ of your plate with non-starchy vegetables — green leafy vegetables or salad with little dressing.
- Fill ¼ of your plate with lean protein — fish, chicken or eggs.
- Fill ¼ of your plate with carbs like whole grains or starchy veggies.
- Drink more water. Avoid alcohol.

Get your A1C test twice a year

- This blood test shows your average blood sugar over the past 3 months.
- A1C levels tell you how well you are controlling your blood sugar.



“ High blood sugar can cause serious health issues that damage your feet, eyes, heart and other organs. ”

Take your medicines as prescribed

- Keep an up-to-date list of your medicines.
- Use a pill box to stay organized.
- Set an alarm so you don't forget a dose.

Small steps can make a big difference! Talk to your doctor to stay on track and take care of your health. 🌈

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.








CalOptima Health PACE: Senior Care to Keep You Active and Living at Home

Are you or someone you know age 55 or older who:

- Needs help with daily activities like bathing, dressing and making meals?
- Doesn't see their doctor regularly?
- Needs help managing their medicines?
- Has a limited support system?
- Needs social activities, recreation or mental stimulation?
- Needs transportation to and from doctor visits?

The CalOptima Health Program of All-Inclusive Care for the Elderly (PACE) may be able to help. (See other requirements below.) PACE helps seniors live a more full, healthy and independent life.

PACE makes getting complete health care easier by offering everything in 1 program. Services include:

-  On-site medical clinic
-  Physical/occupational therapy
-  Healthy meals
-  Over-the-counter items and prescribed medicines
-  Medical equipment
-  Transportation
-  Home care
-  Activities
-  Hospital care and long-term care

Please call us toll-free at **1-844-999-PACE (7223)** (TTY **1-714-468-1063**) or visit www.caloptima.org/PACE. 

Other requirements include living in Orange County, being able to live safely in the community and meeting the nursing facility level of care requirements as determined by the State of California. Participants must receive all needed services, other than emergency care, from CalOptima Health PACE providers and will be personally responsible for any unauthorized or out-of-network services.

Lower Your Stress to Help Avoid Weight Gain



Everyone feels stressed during new or hard situations. But too much stress can lead to weight gain. It can cause you to:

- ✗ Eat more and crave sweet or salty snacks
- ✗ Move less
- ✗ Feel tired, sad or overwhelmed
- ✗ Have high levels of cortisol, a stress hormone that makes it harder to lose weight

Here's how to feel better and lower your stress:

- ✓ Take deep breaths, stretch or spend time outside
- ✓ Eat slowly and stop when you feel full
- ✓ Get moving — try for 20–30 minutes of physical activity most days
- ✓ Eat healthy food and cut back on alcohol
- ✓ Get 7–9 hours of sleep every night

Need help? Call CalOptima Health Customer Service 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. 🌍

Tips to Quit Smoking

Quitting smoking is one of the best choices you can make for your health. It lowers your risk of cancer, stroke, heart disease and other health problems. Even if you've tried before, it's never too late to quit! Here are steps to quitting:

Get ready

- Write down why you want to quit.
- Notice what makes you want to smoke.

Pick a quit date

- Choose a date that gives you time to prepare and plan.

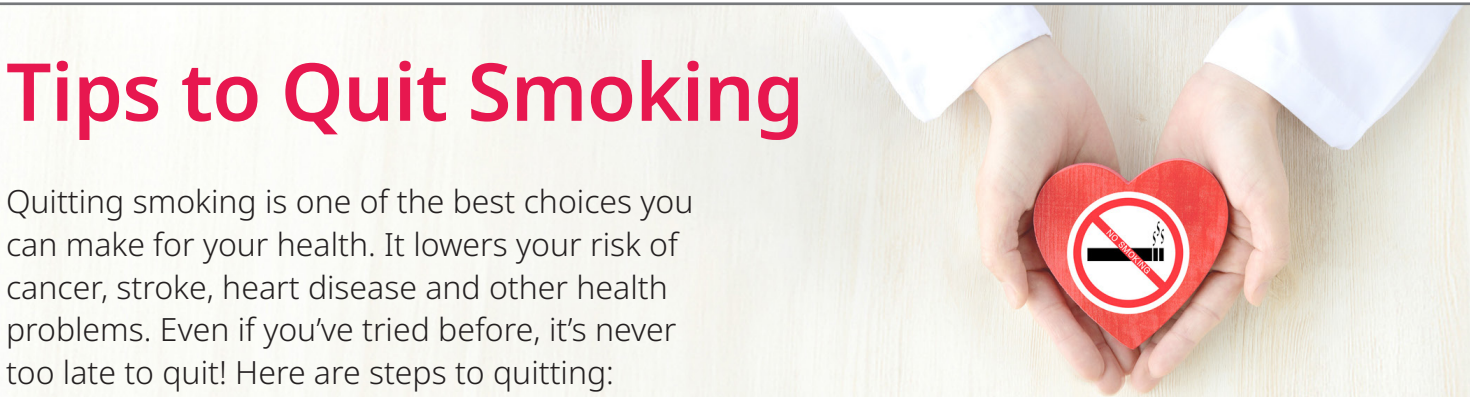
Manage cravings

- Withdrawal lasts 1–3 weeks for most people.
- Medicines and support can help.

Don't give up

- A relapse is not failure. Learn from it and try finding new ways of coping with tough situations.

Need help? Call CalOptima Health Customer Service 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. 🌍



Important Reminders for Members Prescribed Psychotropic Medicines



Psychotropic medicines can be prescribed to treat a wide range of mental health conditions, such as depression, anxiety, bipolar disorder, schizophrenia and attention-deficit/hyperactivity disorder (ADHD).

- It's important to take your psychotropic medicines as prescribed. Results take time and commitment.
- Stopping your medicine before talking to your doctor may worsen or cause other unwanted symptoms.

If you are taking certain psychotropic medicines, you have an increased risk of heart disease and diabetes. Both are among the top 10 leading causes of death in the United States.

- As a CalOptima Health member you can be screened and monitored for these conditions at **no cost**.
- You can call your doctor if you have questions about your medicines or to schedule a visit to ask about these important screenings.

Talking with your doctor about your physical and behavioral health needs and getting care can improve your well-being and increase your chances of living a healthier life.

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. 🌍



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.



Don't Miss Out on Your Rewards!

Here are CalOptima Health's 2025 Member Health Rewards. CalOptima Health offers health rewards to eligible members for taking an active role in their health.

Call your primary care provider (PCP) today to discuss which screenings are right for you.



\$50 Reward

No form needed

✓ Annual Wellness Visit



\$50 Reward

 *Submit a form*

✓ Colorectal Cancer Screening



\$25 Reward

No form needed

- ✓ Blood Lead Test at 12 Months of Age
- ✓ Blood Lead Test at 24 Months of Age
- ✓ Diabetes Screening for People With Schizophrenia or Bipolar Disorder Who are Using Antipsychotic Medications



\$25 Reward

 *Submit a form*

- ✓ Breast Cancer Screening
- ✓ Cervical Cancer Screening
- ✓ Diabetes A1C Test
- ✓ Diabetes Eye Exam
- ✓ Follow-Up Care for Children Prescribed ADHD Medicine
- ✓ Postpartum Checkup

Your reward is processed once your provider submits the claim or information.

For health reward requirements and health reward forms, visit www.caloptima.org/e/medi-cal-rewards, or 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.

You must meet all health reward eligibility requirements to qualify for the reward. It takes at least 8 weeks after we get the completed form or information from your provider to process your reward. Rewards cannot be used to purchase alcohol, tobacco, firearms, gift cards or lottery tickets. Rewards have no cash value, and CalOptima Health is not responsible if they are lost or stolen. You may only be approved 1 time per calendar year for this health reward. Rewards are available while funds last. This program may change or end at any time without notice.



Members May Qualify for Behavioral Health Incentives



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 \$25 reward by completing a diabetes screening between January 1, 2025, and December 31, 2025. 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.



Follow-Up Care for Children Prescribed Attention-Deficit/Hyperactivity Disorder (ADHD) Medicine

CalOptima Health has a member health reward for eligible members ages 6–12 years with a diagnosis of ADHD. Eligible members can get a \$25 reward by completing 3 follow-up visits within 5 months of being prescribed ADHD medicine. Fill out the form for this reward on our website at www.caloptima.org/e/medi-cal-rewards and send it to CalOptima Health before January 31, 2026, to get your \$25 reward. 🌈

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/medi-cal-rewards.

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 (HN) or primary care provider (PCP)
- Request interpreter services



2. Choose a PCP and HN

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

How to choose a PCP and HN:

- 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. Schedule your first visit

Visit your PCP within 3 months of joining CalOptima Health, then schedule your Annual Wellness Visit to stay healthy.

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. 🌍

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**

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: **1-800-877-7195**
TTY: **1-800-428-4833**

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.
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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.
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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 بريـل 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 ឬឯកសារសរសេរជាអក្សរព្រមព្រ័ង 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 می‌خواهید به زبان خود کمک دریافت کنید، با **1-888-587-8088 (TTY 711)** تماس بگیرید. کمک‌ها و خدمات مخصوص افراد دارای معلولیت، مانند نسخه‌های خط بریل و چاپ با حروف بزرگ، نیز موجود است. با **1-888-587-8088 (TTY 711)** تماس بگیرید. این خدمات رایگان ارائه می‌شوند.

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)

CEEB TOOM: 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 ເຊັ່ນເອກະສານທີ່ເປັນອັກສອນນູນແລະມີໂຕພິມໃຫຍ່ ໃຫ້ໂທຫາເບີ **1-888-587-8088 (TTY 711)**. ການບໍລິການເຫຼົ່ານີ້ບໍ່ຕ້ອງເສຍຄ່າໃຊ້ຈ່າຍໃດໆ.

Mien

LONGC HNYOUV JANGX LONGX OC: Beiv taux meih qiemx longc mienh tengx faan benx meih nyei waac nor douc waac daaih lorx taux **1-888-587-8088** (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**). ਅਪਾਰਜ 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.



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