

Start the year with a wellness checkup

Seeing your doctor regularly is essential to your health, even when you're not sick. The primary care provider (PCP) listed on your member ID card is the doctor or clinic that will provide you routine care. At your checkup, you and your PCP can tackle any changes that might affect your health. Since the average doctor's visit is 15 to 30 minutes, it is important to make the most of your visit. You may want to talk about:

- ✔ **Any vaccines you need.** Shots aren't just for kids. Adults need them too. They're safe—and they can help prevent serious illnesses, like the flu, pneumonia, and shingles.
- ✔ **Health screenings.** These tests can help spot diseases, like cancer, early—when they're easiest to treat.
- ✔ **Chronic health problems.** A checkup is a good time to review how you're managing your long-term health conditions such as diabetes or high blood pressure.
- ✔ **Your weight.** Your doctor can check your body mass index (BMI). BMI uses your weight and height to estimate how much body fat you have.



A high BMI could mean you're overweight. A low BMI could mean you're underweight. If you need to make a change, your doctor can give you tips on healthy foods and exercise habits.

✔ **Your medication.** Your doctor can review all your medicines to make sure they're safe to take together and working well for you. This includes any herbs, vitamins, and over-the-counter medicines you take.

✔ **Substance use.** Ask your doctor for help with smoking, alcohol, or drug problems.

✔ **Your mental health.** Let your doctor know if you're feeling stressed or depressed. Treatment can help.

Call your PCP today and schedule your yearly checkup. If you need to change your provider, Santa Clara Family Health Plan Customer Service can help.

Sources: American Academy of Family Physicians; Centers for Disease Control and Prevention; U.S. Food and Drug Administration

Call Us

Customer Service

8:30 a.m. to 5 p.m., Monday through Friday (except holidays)

1-800-260-2055

TTY: 711



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When to start key screenings

The U.S. Preventive Services Task Force recommends the following guidelines for most women and men. Talk with your doctor about what's right for you.



Age	Tests for WOMEN	Age	Tests for MEN
18	Blood pressure. Be screened yearly.	18	Blood pressure. Be screened yearly.
21	Cervical cancer. Have a Pap test every 3 years.	35	Diabetes. Start screening based on risk factors.
25	Chlamydia and gonorrhea. Be screened through age 24 if sexually active; continue screening annually if at increased risk for infection.	40	Blood pressure. Be screened yearly. Cholesterol. Start screening based on risk factors.
30	Cervical cancer. Have a Pap test every 3 years, a high-risk HPV test every 5 years, or a Pap test plus a high-risk HPV test every 5 years.*	45	Colorectal cancer. Talk with your doctor about screening options.
35	Diabetes. Start screening based on risk factors.	50	Lung cancer. Be screened yearly based on your history of smoking.
40	Blood pressure. Be screened yearly. Cholesterol. Start screening based on risk factors.	55	Prostate cancer. Ask your doctor about screening.
45	Colorectal cancer. Talk with your doctor about screening options.	65	Abdominal aortic aneurysm. Be screened once between ages 65 and 75 if you've ever smoked.
50	Breast cancer. Be screened every 2 years (or start earlier based on risk factors). Lung cancer. Be screened yearly based on your history of smoking.		
65	Osteoporosis. Start screening (or start earlier based on risk factors).		
	*Women older than 65 may safely stop testing if they meet certain criteria.		

 **NEED A NETWORK DOCTOR?** Use our Find-a-Doctor tool at www.scfhp.com or call Customer Service for help.

It's not too late for a flu shot

Yearly flu shots are a good idea for everyone in your family who is age 6 months or older. Here's why you should get your shot now if you haven't already:

- It takes about two weeks after getting the shot for your body to start protecting against the flu. The flu is active well into the spring, so the flu shots are still worth getting even in January or later.
- By getting a flu vaccine, you may also be protecting people around you who cannot get vaccinated.

Did you know that you don't have to wait to get your flu shot if you recently got a COVID-19 shot?

According to the Centers for Disease Control and Prevention, it is safe to get your flu shot and your COVID-19 vaccine at the same time.

Wearing a mask and practicing physical distancing can help protect you and others from respiratory viruses, like flu and the virus that causes COVID-19. However, the best way to lower your risk of flu illness is for everyone 6 months and older to get a flu vaccine each year.

Source: Centers for Disease Control and Prevention



CALL YOUR DOCTOR to get a flu shot, or call SCFHP Customer Service to find a participating pharmacy near you. For more information, visit bitly.com/getyourflushotnow.



You can make a difference

Join our SCFHP Consumer Advisory Committee!

Do you want to help make Santa Clara Family Health Plan (SCFHP) better for you, your fellow members, and your community? Join the Consumer Advisory Committee (CAC)!

Our CAC is made up of SCFHP members, advocates, providers, and parents or legal guardians of SCFHP members.

The CAC meets four times a year to help us improve services and benefits provided by SCFHP.

As a member of the CAC, you'll get to:

- ▶ Be the voice for members like you
- ▶ Work with us to help improve the health plan

CAC meetings are temporarily hosted virtually, and you can earn \$75 for becoming a regular attendee. Visit www.scfhp.com to see upcoming meeting agendas and materials.



ARE YOU INTERESTED in serving on the CAC? Call SCFHP Customer Service at **1-800-260-2055**.

Learn what the CRC can do for you!

Check out the SCFHP Blanca Alvarado Community Resource Center website

Our community's health and social needs are important. At the Santa Clara Family Health Plan (SCFHP) Blanca Alvarado Community Resource Center (CRC), we aim to deliver a diverse set of services, activities, and events to meet these needs. Visit our website to:

- Download the CRC Activity Calendar and see activities offered at the center
 - Learn more about our friendly, dedicated, and qualified staff
 - Get connected to programs and services such as member orientation, Customer Service, and case management for SCFHP members
 - And so much more!
- You can visit our website at crc.scfhp.com.



Meet our SCFHP Blanca Alvarado CRC community health workers

The SCFHP Blanca Alvarado CRC community health workers (CHWs) connect people with a range of

community programs and services. They can help you fill out health care applications, so you can enroll and

stay enrolled in your health plan, and they can help you and your family find resources that will keep you healthy.



NEED HELP? Meet our CHWs in person at the center or call us at **1-408-874-1750** today!

2022 changes to your Medi-Cal benefits and services

Since January 1, 2022, some of your Medi-Cal benefits and services have changed. Below are some changes to your coverage with Santa Clara Family Health Plan (SCFHP):

- The Health Homes Program has been replaced by **Enhanced**

Care Management (ECM). ECM is a benefit that provides extra care coordination services to members with highly complex needs. This new benefit can help you get the care you need to stay healthy and coordinate the care you get from different doctors and others involved in your

care. Ask your doctor if you are eligible for ECM.

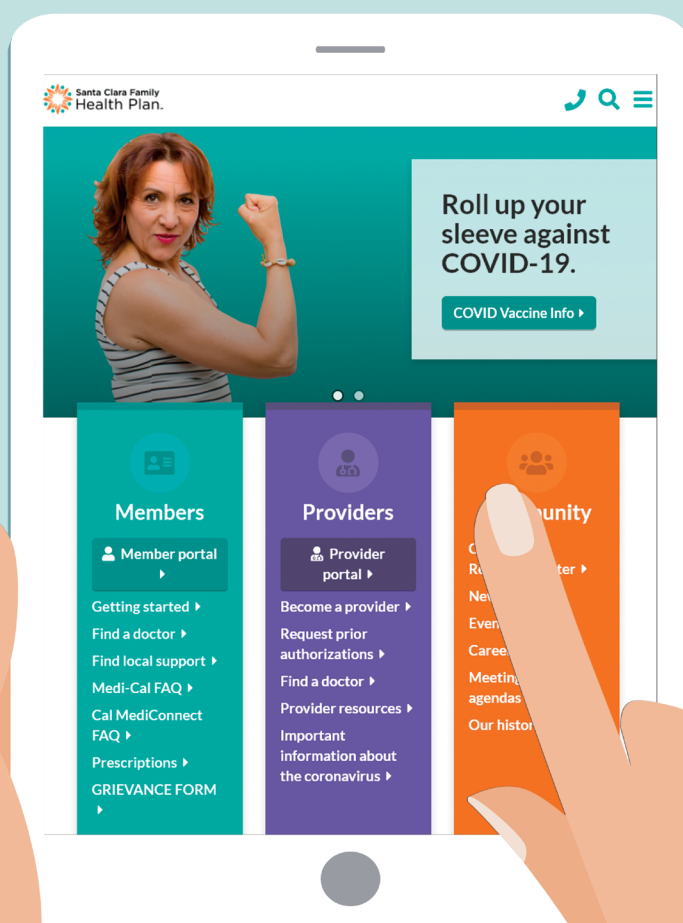
- SCFHP is now offering **Community Supports**.

Community Supports are medically necessary services that help members stay out of the hospital and nursing facilities and live more independently. SCFHP Community Supports include resources for housing navigation; help with rental deposits; help with transitioning from a nursing facility back to the home, community, or assisted living; and connection to medically tailored meals or medically supportive foods.

- **Multipurpose Senior Services Program** is now covered by a waiver program. It is no longer covered by SCFHP.

- Your pharmacy benefit is now managed by **Medi-Cal Rx**.

- **Major organ transplants** are covered by SCFHP.



FOR A FULL LIST of your covered Medi-Cal benefits and services, download your SCFHP Medi-Cal Member Handbook at www.scfhp.com.

Give your heart some extra love

Is your heart getting all the care it needs? February, American Heart Month, is a great time to commit to giving your heart more love and attention. Here are five ways to care for your body's most important muscle—and keep it pumping strong.



1 Keep your blood pressure in a normal range (less than 120/80 mm Hg).

As blood travels through your body, it pushes against your blood vessel walls. Some pressure is normal and necessary. But too much can hurt your heart and blood vessels. It can lead to problems such as heart attacks and strokes. Maintaining a healthy weight and getting regular exercise can help lower high blood pressure.

2 Feed your heart healthy food.

- Eat more fruits, vegetables, and whole grains.
- Choose fish or skinless chicken more often than red meat.
- Switch to low-fat or nonfat milk.

3 Test your heart.

High blood cholesterol can increase your risk of heart disease, a heart attack, or a stroke. These heart conditions usually don't have symptoms, which is why all adults 40 and older need their cholesterol tested on a regular basis. Ask your doctor how often you should get yours checked.

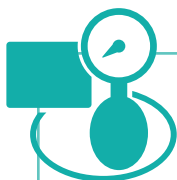
4 Stress your heart less.

When tension mounts, talk out problems with a trusted friend, family member, or counselor. Try to replace negative thoughts with positive ones—for example, replace “I’ve really messed up” with “Everybody makes mistakes” or “I can’t do this” with “I’ll give it my best shot.”

5 Tend to your heart with thanks.

Research shows that practicing gratitude is good medicine for your heart and health. It can lower blood pressure and boost your immune system, and it can help you engage in healthy behaviors. To feel more thankful, try keeping a gratitude journal. Look for your blessings—large and small—and write them down.

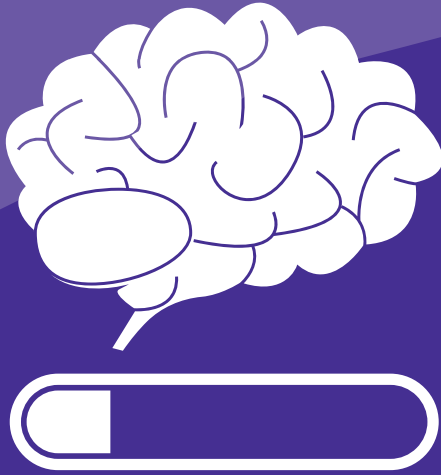
Sources: American Heart Association; National Institutes of Health; U.S. Department of Health and Human Services; U.S. Preventive Services Task Force



‘Controlling High Blood Pressure’ class

Do you have hypertension, also known as high blood pressure? Join us for an interactive class to learn more about what high blood pressure is, tips on managing high blood pressure, and how to use an at-home blood pressure monitor. There is no cost to join. Classes are offered monthly and led by a registered nurse or a certified health educator. We also welcome family members or those who care for someone with high blood pressure! To register, email healthed@scfhp.com.

Sleep your way to a smarter brain



Proper sleep is essential to your overall health. Did you know that it's especially important for your brain and mental health?


During sleep, your brain deals with information received during the day. Sleep problems may increase the risk of developing certain mental health conditions, such as depression and anxiety. The good news is that high-quality sleep can enhance learning, memory, and emotional well-being.

Take action to improve your sleep

Having good sleep habits, or sleep hygiene, can often lessen symptoms of mental illness caused by sleep deprivation.

Here are some tips for getting better sleep:

- Avoid caffeine, tobacco, and alcohol.
- Check with your doctor to make sure your medications aren't affecting your sleep.
- Start a sleep schedule and stick to it. Aim to go to sleep around the same time each night and wake up around the same time each morning, even on weekends.
- Follow a routine that helps you wind down and relax before bed. For example, read a book, listen to soothing music, or take a hot bath.
- Avoid eating heavy meals or drinking a lot before bedtime.

 **THE RELATIONSHIP** between sleep and mental health is complex. Talk with your doctor if you or a family member is not sleeping well. Get more sleep tips by visiting the American Heart Association at www.heart.org.

Sleep needs

General daily amounts recommended by experts



*Adults 65 and older need 7-8 hours. Source: National Sleep Foundation

Getting good prenatal care

Did you just find out that you're pregnant? Congratulations! Now it's time to go see your doctor for your prenatal care.

Prenatal checkups give you a chance to:

- Find out how to ease pregnancy discomforts like morning sickness or heartburn
- Ask questions about how to stay healthy and cope with stress
- Learn about your baby's due date and growth
- Get help kicking habits such as smoking or drinking

If you're 35 or older, prenatal care is especially important. You have a higher risk of some problems during pregnancy. Prenatal care can help you prevent or manage them.

Remember, the cost of prenatal care is covered by SCFHP. So go ahead and make an appointment with your doctor—for your baby and for you.

Sources: American College of Obstetricians and Gynecologists; March of Dimes; Office on Women's Health

NEW Virtual baby shower for expecting mothers

Medi-Cal members who are currently pregnant are invited to attend SCFHP's new virtual baby shower! Our baby showers are fun events to learn how you can keep yourself and your baby healthy. **Topics include an overview of SCFHP plan benefits, like prenatal classes, breast pumps, and transportation; newborn care and safety; community resources; and more!** Baby showers are held monthly. To register, email healthed@scfhp.com.



**WINNING
HEALTH**
Medi-Cal Plan

WINTER 2022

WINNING HEALTH is published as a community service for the friends and patrons of Santa Clara Family Health Plan.

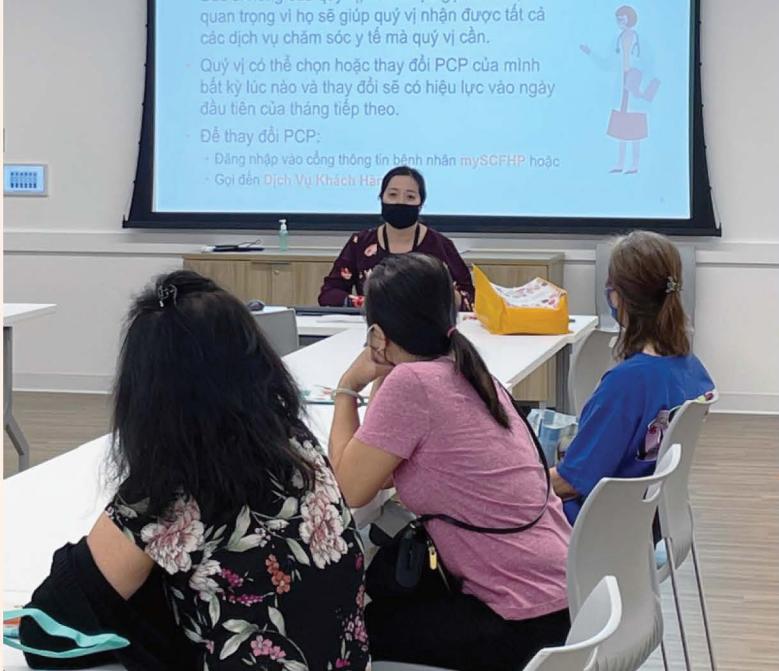
Information in WINNING HEALTH comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

Models may be used in photos and illustrations.

Santa Clara Family Health Plan
PO Box 18880, San Jose, CA 95158
1-800-260-2055 • www.scfhp.com
TTY: 711

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Thank you for trusting us with your health

Your Santa Clara Family Health Plan (SCFHP) Medi-Cal materials are now available at www.scfhp.com:

Member Handbook *(also called the Combined Evidence of Coverage (EOC) and Disclosure Form)*

Tells you about your coverage and helps you understand the following:

- Benefits and services covered or not covered for SCFHP members
- Member costs like co-payments and other charges you may have to pay
- Restrictions for getting care out of network or service area
- How to get care and coverage when you are out of the service area
- How to get care and information on finding SCFHP providers, primary care services, specialty care, behavioral healthcare services, hospital services, after hours care, and emergency care (including when to directly access emergency care or use 911 services)
- How to ask for language assistance
- When and how to submit a claim for covered services
- How to submit a complaint and appeal a decision that affects your coverage, benefits, or your relationship with SCFHP

Medi-Cal Rx Contract Drug List

Includes a list of drugs that are covered under your Medi-Cal benefits.

Provider Directory

Lists the providers in our network available to you.

Member Orientation

Learn more about your plan and benefits:

Are you a new Santa Clara Family Health Plan (SCFHP) Medi-Cal member? Join us for an online or in-person orientation! Sessions are offered in English, Spanish, and Vietnamese.

Learn about:

- Your benefits and services and how to use them
- Your member materials
- Where/how you can get care
- Who you should contact if you have questions or need help

Register for a session today at www.scfhp.com/welcome.

Or call us toll free at:

Medi-Cal Customer Service:
1-800-250-2055 (TTY: 711)
Monday through Friday,
8:30 a.m. to 5 p.m.

Get the most out of your SCFHP benefits by following these 3 easy steps:

1. Go to www.scfhp.com/medi-cal/forms-documents to get your Member Handbook, Medi-Cal Rx Contract Drug List and Provider Directory.
2. Sign up for mySCFHP member portal at www.member.scfhp.com. All you need is your SCFHP member ID card to sign up.
3. Schedule a check-up with your doctor each year!

To get printed copies of your SCFHP Medi-Cal Member Materials, call SCFHP Customer Service at **1-800-260-2055 (TTY: 711)**. We're open Monday through Friday, 8:30 a.m. to 5 p.m. The call is toll free.

Get vaccinated, get rewarded

Not yet vaccinated against COVID-19? Listen up! Get vaccinated as soon as possible and receive a **\$50 gift card*** from Santa Clara Family Health Plan (SCFHP).

You're eligible to receive a free \$50 card if you:

- ✓ Are an SCFHP member when you get your shot
- ✓ Are 12 years and up
- ✓ And get your first dose of a COVID-19 vaccine from a California provider between September 1, 2021 – March 6, 2022

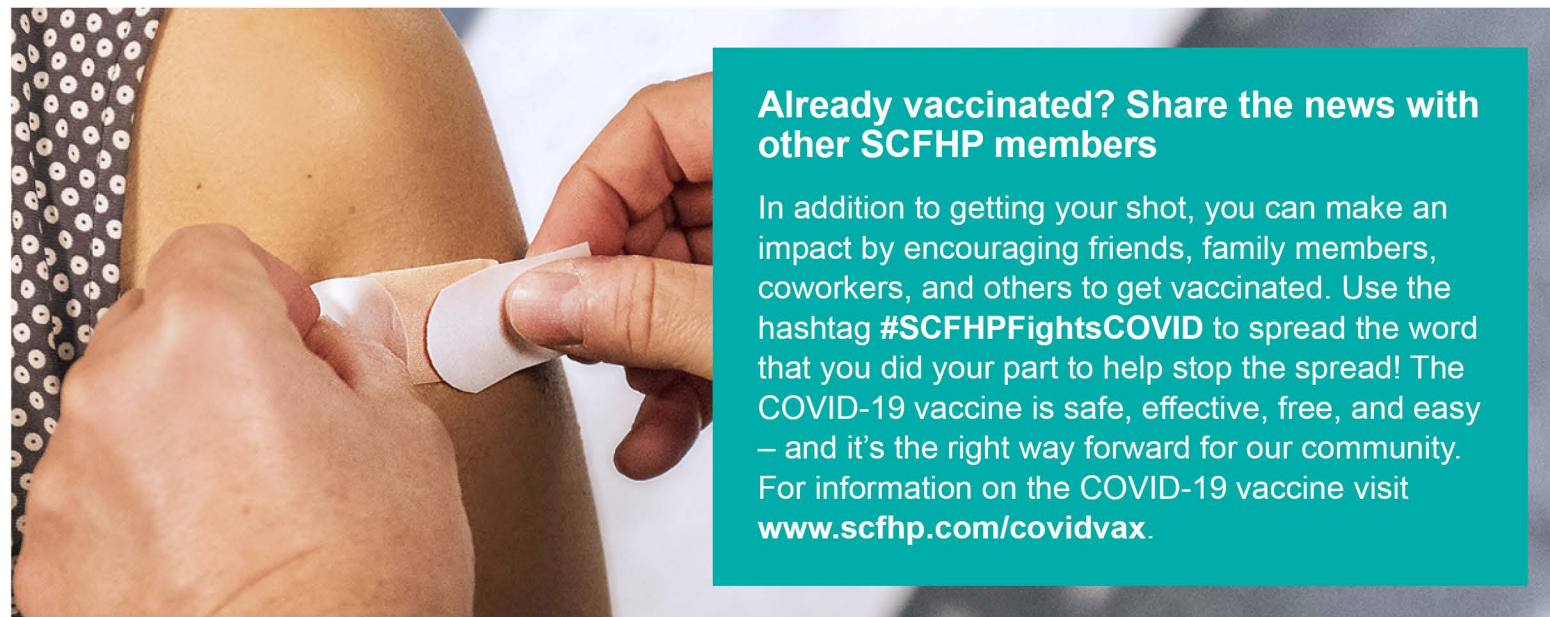
**Gift cards cannot be used to purchase alcohol, firearms, or tobacco. Eligibility rules are subject to change.*



Book your appointment or find a drop-in location in Santa Clara County at www.sccfreevax.org

If you are eligible for a gift card, SCFHP will automatically send it to the mailing address we have on file for you. Please be patient. It may take SCFHP up to 10 weeks to get confirmation from the California Immunization Registry that you received your shot and send you a reward.

Be sure to check that we have the correct mailing address on file by calling Customer Service at **1-800-260-2055 (TTY: 711)** or by checking your address on the mySCFHP member portal at www.member.scfhp.com. SCFHP will not resend a card if it is sent to the wrong address, or is lost or stolen.



Already vaccinated? Share the news with other SCFHP members

In addition to getting your shot, you can make an impact by encouraging friends, family members, coworkers, and others to get vaccinated. Use the hashtag **#SCFHPFightsCOVID** to spread the word that you did your part to help stop the spread! The COVID-19 vaccine is safe, effective, free, and easy – and it's the right way forward for our community. For information on the COVID-19 vaccine visit www.scfhp.com/covidvax.

If you have any questions about your gift card or this program, please call SCFHP's Customer Service at **1-800-260-2055**, Monday through Friday, 8:30 a.m. to 5:00 p.m. TTY users should call **711**. The call is free.



Medi-Cal Rx is here!

As of January 1, 2022, Medi-Cal members get their covered prescriptions through Medi-Cal Rx instead of SCFHP. This does not change your Medi-Cal eligibility or benefits.

What you should do

- Take both your Medi-Cal Benefits Identification Card (BIC) and your SCFHP ID card when visiting your doctor and/or pharmacy. If you did not receive your BIC or it is lost or stolen, you may ask for a BIC from the Santa Clara County Social Services office. If your SCFHP ID card doesn't have the Medi-Cal Rx Call Center information on it, call SCFHP Customer Service at **1-800-260-2055 (TTY: 711)** for a replacement. The call is free.
- Talk to your doctor about your drug(s). If your drug(s) now require Prior Authorization (PA), or pre-approval, your doctor may ask for a PA from Medi-Cal Rx or may change your prescription to a Medi-Cal RX covered drug.

QUESTIONS?

If you have questions about your Medi-Cal Rx pharmacy benefits or would like to locate a pharmacy, call the Medi-Cal Rx Call Center Line at **1-800-977-2273** 24/7 or visit www.Medi-CalRx.dhcs.ca.gov.

Discrimination is against the law. Santa Clara Family Health Plan (SCFHP) follows Federal civil rights laws. SCFHP 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.

SCFHP 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 SCFHP between 8:30 a.m. and 5:00 p.m., Monday through Friday by calling **1-800-260-2055**. Or, if you cannot hear or speak well, please call **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:

**Santa Clara Family Health Plan
PO Box 18880
San Jose, CA 95158
1-800-260-2055 (TTY: 711)**

HOW TO FILE A GRIEVANCE

If you believe that Santa Clara Family Health Plan (SCFHP) 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 SCFHP. You can file a grievance by phone, in writing, in person, or electronically:

- By phone: Contact SCFHP between 8:30 a.m. to 5 p.m., Monday through Friday by calling **1-800-260-2055**. Or, if you cannot hear or speak well, please call **711**.
- In writing: Fill out a complaint form or write a letter and send it to:

**Attn: Grievance and Appeals Department
Santa Clara Family Health Plan
6201 San Ignacio Ave
San Jose, CA 95119**

- In person: Visit your doctor's office or SCFHP and say you want to file a grievance.
 - Electronically: Visit SCFHP's website at www.scfhp.com.
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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 **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/TDD **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>.

English Tagline – ATTENTION: If you need help in your language call 1-800-260-2055 (TTY: 711). Aids and services for people with disabilities, like documents in braille and large print, are also available. Call 1-800-260-2055 (TTY: 711). These services are free of charge.

Mensaje en español (Spanish) – ATENCIÓN: si necesita ayuda en su idioma, llame al 1-800-260-2055 (TTY: 711). También ofrecemos asistencia y servicios para personas con discapacidades, como documentos en braille y con letras grandes. Llame al 1-800-260-2055 (TTY: 711). Estos servicios son gratuitos.

Khẩu hiệu tiếng Việt (Vietnamese) – CHÚ Ý: Nếu quý vị cần trợ giúp bằng ngôn ngữ của mình, vui lòng gọi số 1-800-260-2055 (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 1-800-260-2055 (TTY: 711) . Các dịch vụ này đều miễn phí.

简体中文标语 (Chinese) – 请注意：如果您需要以您的母语提供帮助，请致电1-800-260-2055 (TTY: 711)。另外还提供针对残疾人士的帮助和服务，例如盲文和需要较大字体阅读，也是方便取用的。请致电1-800-260-2055 (TTY: 711)。这些服务都是免费的。

Tagalog Tagline (Tagalog) – ATENSIYON: Kung kailangan mo ng tulong sa iyong wika, tumawag sa 1-800-260-2055 (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 1-800-260-2055 (TTY: 711) . Libre ang mga serbisyo ng ito.

(Arabic) الشعار بالعربية

يُرجى الانتباه: إذا احتجت إلى المساعدة بلغتك، فاتصل بـ 1-800-260-2055 (TTY: 711). تتوفر أيضًا المساعدات والخدمات للأشخاص ذوي الإعاقة، مثل المستندات المكتوبة بطريقة بريل والخط الكبير. اتصل بـ 1-800-260-2055 (TTY: 711). هذه الخدمات مجانية.

Հայերեն պիտակ (Armenian) – ՈՒՇԱԴՐՈՒԹՅՈՒՆ: Եթե Ձեզ օգնություն է հարկավոր Ձեր լեզվով, զանգահարեք 1-800-260-2055 (TTY: 711) : Կան նաև օժանդակ միջոցներ ու ծառայություններ հաշմանդամություն ունեցող անձանց համար, օրինակ՝ Բրայլի գրատիպով ու խոշորատառ տպագրված կյութեր: Չանզահարեք 1-800-260-2055 (TTY: 711) : Այդ ծառայություններն անվճար են:

ស្នាមម្តាយជាភាសាខ្មែរ (Cambodian) – ចំណាំ: បើអ្នក ត្រូវ ការជំនួយ ជាភាសា របស់អ្នក សូម ទូរស័ព្ទទៅលេខ 1-800-260-2055 (TTY: 711)។ ជំនួយ និង សេវាកម្ម សម្រាប់ ជនពិការ ដូចជាឯកសារសរសេរជាអក្សរធំ សម្រាប់ជនពិការភ្នែក ឬឯកសារសរសេរជាអក្សរពុម្ពធំ ក៏អាចរកបានផងដែរ។ ទូរស័ព្ទមកលេខ 1-800-260-2055 (TTY: 711)។ សេវាកម្មទាំងនេះមិនគិតថ្លៃឡើយ។

(Farsi) فارسی زبان به مطلب

توجه: اگر می‌خواهید به زبان خود کمک دریافت کنید، با 1-800-260-2055 (TTY: 711) تماس بگیرید. کمک‌ها و خدمات مخصوص افراد دارای معلولیت، مانند نسخه‌های خط بریل و چاپ با حروف بزرگ، نیز موجود است. با 1-800-260-2055 (TTY: 711) تماس بگیرید. این خدمات رایگان ارائه می‌شوند.

हिंदी टैगलाइन (Hindi) – ध्यान दें: अगर आपको अपनी भाषा में सहायता की आवश्यकता है तो 1-800-260-2055 (TTY: 711) पर कॉल करें। अशक्तता वाले लोगों के लिए सहायता और सेवाएं, जैसे ब्रेल और बड़े प्रिंट में भी दस्तावेज़ उपलब्ध हैं। 1-800-260-2055 (TTY: 711) पर कॉल करें। ये सेवाएं नि: शुल्क हैं।

Nqe Lus Hmoob Cob (Hmong) – CEEB TOOM: Yog koj xav tau kev pab txhais koj hom lus hu rau 1-800-260-2055 (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 1-800-260-2055 (TTY: 711). 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 1-800-260-2055 (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。1-800-260-2055 (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 태그라인 (Korean) – 유의사항: 귀하의 언어로 도움을 받고 싶으시면 1-800-260-2055 (TTY: 711) 번으로 문의하십시오. 점자나 큰 활자로 된 문서와 같이 장애가 있는 분들을 위한 도움과 서비스도 이용 가능합니다. 1-800-260-2055 (TTY: 711) 번으로 문의하십시오. 이러한 서비스는 무료로 제공됩니다.

ແຫກໄລພາສາລາວ (Laotian) – ປະກາດ: ຖ້າທ່ານຕ້ອງການຄວາມຊ່ວຍເຫຼືອໃນພາສາຂອງທ່ານໃຫ້ໂທຫາເບີ 1-800-260-2055 (TTY: 711) . ຍັງມີຄວາມຊ່ວຍເຫຼືອແລະການບໍລິການສໍາລັບຄົນພິການ ເຊັ່ນເອກະສານທີ່ເປັນອັກສອນນູນແລະມິໂຕເພີມໃຫຍ່ ໃຫ້ໂທຫາເບີ 1-800-260-2055 (TTY: 711). 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 1-800-260-2055 (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 hluc mbiutc aengx caux aamz mborqv benx domh sou se mbenc nzoih bun longc. Douc waac daaih lorx 1-800-260-2055 (TTY: 711). 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 1-800-2602055 (TTY: 711). ਆਪਣੇ ਲੋਕਾਂ ਲਈ ਸਹਾਇਤਾ ਅਤੇ ਸੇਵਾਵਾਂ, ਜਿਵੇਂ ਕਿ ਬ੍ਰੇਲ ਅਤੇ ਮੋਟੀ ਛਪਾਈ ਵਿੱਚ ਦਸਤਾਵੇਜ਼, ਵੀ ਉਪਲਬਧ ਹਨ। ਕਾਲ ਕਰੋ 1-800-260-2055 (TTY: 711). ਇਹ ਸੇਵਾਵਾਂ ਮੁਫਤ ਹਨ।

Русский слоган (Russian) – ВНИМАНИЕ! Если вам нужна помощь на вашем родном языке, звоните по номеру 1-800-260-2055 (линия TTY: 711). Также предоставляются средства и услуги для людей с ограниченными возможностями, например документы крупным шрифтом или шрифтом Брайля. Звоните по номеру 1-800-260-2055 (линия TTY:711). Такие услуги предоставляются бесплатно.

แท็กไลน์ภาษาไทย (Thai) – โปรดทราบ: หากคุณต้องการความช่วยเหลือเป็นภาษาของคุณ กรุณาโทรศัพท์ไปที่หมายเลข 1-800-260-2055 (TTY: 711) นอกจากนี้ ยังพร้อมให้ความช่วยเหลือและบริการต่าง ๆ สำหรับบุคคลที่มีความพิการ เช่น เอกสารต่าง ๆ ที่เป็นอักษรเบรลล์และเอกสารที่พิมพ์ด้วยตัวอักษรขนาดใหญ่ กรุณาโทรศัพท์ไปที่หมายเลข 1-800-260-2055 (TTY: 711) ไม่มีค่าใช้จ่ายสำหรับบริการเหล่านี้

Примітка українською (Ukrainian) – УВАГА! Якщо вам потрібна допомога вашою рідною мовою, телефонуйте на номер 1-800-260-2055 (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 1-800-260-2055 (TTY: 711) . Ці послуги безкоштовні.