



Living Healthy

A newsletter for the members of
Central California Alliance for Health



September 2024 | VOLUME 30, ISSUE 3

Protect yourself and your family this flu season

Flu season is September through May. The best way to protect yourself and your family is to get your flu vaccine early, before the flu starts to spread in your community.

The flu vaccine can help stop serious illness from the flu. People who are at higher risk of having serious flu complications are:

- Young children.
- People who are pregnant.
- People with certain chronic health conditions like asthma, diabetes, and heart or lung disease.
- People who are ages 65 and older.

Getting the flu vaccine is free and easy. Everyone ages 6 months and older can get it every year. Children can get the flu vaccine from their doctor. Adults have the option to get the flu vaccine at a pharmacy without a referral.



For more information, visit www.thealliance.health/flu.

Alliance members ages 7 to 24 months who get their two flu vaccine doses between September 2024 and May 2025 will

be entered into a monthly raffle for a chance to win a **\$100 Target gift card!**

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

Ask the doctor

What to know about vaccines for children

Dr. Omar Guzmán is the Chief Health Equity Officer at Central California Alliance for Health. He is a board-certified emergency medicine physician, born and raised in the Central Valley.

Are vaccines safe for my child?

Yes, they are safe. Millions of children safely receive vaccines each year. As an emergency room doctor, I see more serious illnesses in children who were not vaccinated than in children who had rare reactions to a vaccine. It saddens me when a sick baby comes into the emergency room in the middle of the night. It's even scarier when the child is not protected by vaccines. Vaccines protect kids from many diseases. Some of those diseases

can be especially dangerous for young kids.

What are the side effects of vaccines?

The usual side effects we see are minor, like low-grade fever, fussiness or soreness where the vaccine was given. These side effects usually last a few days and go away on their own.

Can vaccines overload my baby's immune system?

No. Babies are exposed to thousands of germs every day after they are born. The germs

have antigens that cause a baby's immune system to start protecting them. Vaccines also have antigens, but only a tiny amount. Babies are exposed to more antigens in their everyday environment, so vaccines could never overload a baby's immune system.

Why do vaccines start so early?

The youngest children have the highest risk for complications, hospitalizations or death from preventable diseases. Kids can develop strong immune systems from vaccines and be protected from serious illnesses. At work, when a sick kid comes in, I try to do what is best for them as a doctor. But at home, I'm Dad, and hearing my kids cry breaks my heart. My six kids at home have all been vaccinated, so I understand how hard it can be on parents to take their babies to get vaccines so early in life, but I also understand why it is so important.





What do you think of delaying some vaccines or following a nonstandard schedule?

It can feel like a lot of vaccines, but vaccines are scheduled this way for a reason.

The schedule of vaccines gives your baby the most protection when they are most at risk. Delaying vaccines leaves your baby unprotected.



The Alliance has created an Infant Wellness Map to help you remember your baby's appointments. You can view it at www.thealliance.health/infantwellnessmap. You can request a printed copy of the Infant Wellness Map by calling **800-700-3874, ext. 5580**.

We also have rewards for keeping up with your baby's checkups. Learn more at www.thealliance.health/healthrewards.



What to know about prescription drugs

If you are a Medi-Cal member, your prescription drugs that are filled at a pharmacy are covered by Medi-Cal Rx, 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.

If you are an IHSS member, pharmacy services are managed by MedImpact. You can view the list of covered drugs at www.thealliance.health/prescriptions. You can also request a mailed copy by calling Member Services at **800-700-3874** (TTY: Dial **711**). You can also call Member Services if you have questions about a medication.

Drugs given in a doctor's office or clinic

These are considered physician-administered drugs (PAD). You can view the list of covered drugs and any changes to the list at www.thealliance.health/prescriptions. If you would like a mailed copy, please contact Member Services at **800-700-3874** (TTY: Dial **711**).

Healthy Moms and Healthy Babies Program

Benefit spotlight



The Alliance's *Healthy Moms and Healthy Babies* (HMHB) Program helps pregnant women get early prenatal and postpartum care. HMHB also provides education to support you in having a healthy pregnancy.

Members enrolled in the HMHB Program are contacted by Alliance health educators. Health educators provide information on a variety of topics, including prenatal and postpartum health, breastfeeding, pediatric care and parenting.

Get health rewards!

The Alliance offers members health rewards for seeing the doctor for prenatal and postpartum care. Alliance members who see their doctor within the first 13 weeks of being pregnant are entered into a raffle for a chance to win a **\$50 Target gift card**. Members who see their doctor 1 to 12 weeks after having a baby will receive a **\$25 Target gift card**.

Once your baby is born, the Alliance also offers health rewards for taking

your baby to the doctor for regular checkups. For more information about health rewards available for you and your baby, visit **www.thealliance.health/healthrewards** or call the Health Education Line at **800-700-3874, ext. 5580**. For the Hearing or Speech Assistance Line, call **800-735-2929** (TTY: Dial 711).

Community resources

The Alliance also provides pregnant and postpartum members with information about community resources, including the Women, Infants and Children Program (WIC). WIC is a nutrition education program that helps individuals who are pregnant or just had a baby and children up to age 5. For more information on the WIC program, visit **www.myfamily.wic.ca.gov** or call **800-852-5770**.

Our Your Health Matters (YHM) outreach team will be coming to community events in your area! Alliance staff can help you learn about Medi-Cal benefits, Alliance services and your local organizations in person. See our calendar of events at **www.thealliance.health/communityevents**.

Heart health and statins

Statins are a type of medicine that treats high cholesterol levels. Statins also reduce the risk of a heart attack and stroke. Some examples of statins include atorvastatin (Lipitor), rosuvastatin (Crestor) and simvastatin (Zocor).

Statins can help people who have:

- Been diagnosed with heart disease.
- Had a heart attack or stroke.
- A stent.
- Plaque in their body.

Statins are also recommended for people who may be at risk for other conditions. Examples include a family history of high cholesterol, heart disease or diabetes.

The most common side effects of taking statins are muscle pain and weakness. But statins are not always the reason behind muscle pains. If you are experiencing muscle pain and weakness, tell your doctor. Your doctor may have you stop taking the statin for a month to see if the pain goes away. Or your doctor may switch you to another statin or change your dose.

Ask your doctor first before making any changes to your medication. Do not stop taking your medicine unless your doctor tells you to stop. It is important to take your statin medicine as prescribed by your doctor.

Pay attention to any warnings that come with your medication. Certain medicines, and even grapefruit juice, can affect how well statins work. Always let your doctor know when you start a new medication.



The Alliance's American Sign Language (ASL) interpretation services

Did you know the Alliance offers American Sign Language (ASL) services for Alliance members who are deaf or hard of hearing?

We work hard to ensure that all Alliance members can communicate with their primary care provider (PCP) about their health care needs. We can help schedule an ASL interpreter to be present at your medical visits.

To learn more about the Alliance ASL interpretation services, please call the Health Education Line at **800-700-3874, ext. 5580**. For the Hearing or Speech Assistance Line, call **800-735-2929** (TTY: Dial **711**).

Living healthy with diabetes

Diabetes is a chronic health condition that affects how well your body turns food into energy. With diabetes, your body either does not make enough insulin or cannot use it as well as it should.

Diabetes is not something that goes away by itself. You can live a healthy life with diabetes. Here are some things you can do.

See your doctor regularly. You will need to have checkups with your doctor on a regular basis. Your doctor will review your progress and adjust your care if needed. Make sure to keep your appointments.

We have transportation services for you to use if you need help getting to your doctor visits. Call us at least five business days before your appointment at **800-700-3874, ext. 5577**, Monday through Friday from 8 a.m. to 5:30 p.m.

Follow the instructions your doctor gives you to manage diabetes. This includes taking medicine your doctor prescribes for your diabetes care.

Adopt a healthy lifestyle.

These habits can help you live a healthy lifestyle:

- Maintain a healthy weight.
- Eat healthy food.
- Be active.

Learn about how to manage your diabetes and get support. Our Care Management services can

help you make sure you understand your diagnosis and have everything you need to start managing it. Call **800-700-3874, ext. 5512**.

We offer the *Live Better with Diabetes* Program, where you will

learn about healthy eating, staying active, improving your quality of life and more! To join or learn more about our six-week workshop, call our Health Education Line at **800-700-3874, ext. 5580**.





Women: Get screened for breast cancer

A breast cancer screening is also called a mammogram. Doctors have studied how often a woman should get screened for breast cancer. These studies show that women between the ages of 40 and 74 should get a screening every two years.

If you are younger than 40 or older than 75, please talk with your doctor about what they would recommend.

Why screening is important

Getting a breast cancer screening is really important because breast cancer can show up very quickly. Breast cancer can be treated if found early. Getting a screening less than every two years could result in missing breast cancer if it shows up. This makes the cancer harder to treat.

If you have had a breast cancer screening in the last two years but feel a lump in your breast or have any other concerns, please talk to your doctor immediately. They will let you know if you should get screened again.

Talk to your doctor today about getting a breast cancer screening. If you are having trouble getting in to see your doctor or getting a screening, please call our Member Services department at **800-700-3874**. We can help you get scheduled for your breast cancer screening.

For more information on how breast cancer screening saves lives, visit www.thealliance.health/breast-cancer-screening-saves-lives.

Help your child have a healthy weight

September is National Childhood Obesity Awareness Month

One in five children in the United States is obese. Childhood obesity puts kids at risk for health problems like type 2 diabetes, high blood pressure and heart disease.

The good news is that childhood obesity can be prevented. In honor of National Childhood Obesity Awareness Month, the Alliance encourages your family to make healthy changes together.

Ways to be healthier

Taking small steps as a family can help your child stay at a healthy weight. Below are some ideas for your family to be healthier, together.

- **Get active.** Walk around the neighborhood, go on a bike ride or play outside.
- **Limit screen time.** Keep extra screen time (such as playing video games or watching TV) to two hours a day or less.
- **Make healthy meals.** Buy and serve more vegetables, fruits and whole-grain foods.

Rewards and programs

The Alliance offers the *Healthy Weight for Life* Program. This program is for children and teens ages 2 to 18 who want to reach a healthy weight. The *Healthy Weight for Life* Program can help your child learn how to eat healthy and be more active. You can also learn tools to support your child with lifestyle changes.



Talk to your child's doctor about this program. The doctor can refer your child to the program if they think your child needs it.

We also have support for adults who want to reach a healthy weight! Members 19 years of age and older can join our adult weight management program.

Questions? For information on our health programs, call the Alliance Health Education Line at **800-700-3874, ext. 5580** or visit www.thealliance.health/health-and-wellness.



The Alliance is texting members when it is time to renew their Medi-Cal!
You might get a text message from us.



At every life stage.
For any health condition.

Trusted, no cost Medi-Cal
health care from a local team
that understands you.

**The Alliance—your ally in
being your healthiest self.**

LIVING HEALTHY is published for the members and community partners of CENTRAL CALIFORNIA ALLIANCE FOR HEALTH, 1600 Green Hills Road, Suite 101, Scotts Valley, CA 95066, telephone 831-430-5500 or 800-700-3874, ext. 5505, website www.thealliance.health.

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

Models may be used in photos and illustrations.

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www.thealliance.health

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Discrimination is against the law. Central California Alliance for Health (the Alliance) follows State and Federal civil rights laws. The Alliance does not unlawfully discriminate, exclude people, or treat them differently because of sex, race, color, religion, ancestry, national origin, ethnic group identification, age, mental disability, physical disability, medical condition, genetic information, marital status, gender, gender identity, or sexual orientation.

The Alliance provides:

- Free aids and services to people with disabilities to help them communicate better, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, contact the Alliance between 8 a.m. and 5:30 p.m., Monday through Friday, by calling **800-700-3874**. If you cannot hear or speak well, please call **800-735-2929** (TTY: Dial **711**). Upon request, this document can be made available to you in braille, large print, audiocassette, or electronic form. To obtain a copy in one of these alternative formats, please call or write to:

Central California Alliance for Health
1600 Green Hills Road, Suite 101
Scotts Valley, CA 95066
800-700-3874
800-735-2929 (TTY: Dial **711**)

HOW TO FILE A GRIEVANCE

If you believe that the Alliance has failed to provide these services or unlawfully discriminated in another way on the basis of sex, race, color, religion, ancestry, national origin, ethnic group identification, age, mental disability, physical disability, medical condition, genetic information, marital status, gender, gender identity, or sexual orientation, you can file a grievance with the Alliance's Civil Rights Coordinator, also known as the

Senior Grievance Specialist. You can file a grievance by phone, in writing, in person, or electronically:

- **By phone:** Contact the Alliance's Senior Grievance Specialist between 8 a.m. and 5:30 p.m., Monday through Friday, by calling **800-700-3874**. Or, if you cannot hear or speak well, please call **800-735-2929** (TTY: Dial **711**).
- **In writing:** Fill out a complaint form or write a letter and send it to:
Central California Alliance for Health
Attn: Senior Grievance Specialist
1600 Green Hills Road, Suite 101
Scotts Valley, CA 95066
- **In person:** Visit your doctor's office or the Alliance and say you want to file a grievance.
- **Electronically:** Visit the Alliance's website at **www.thealliance.health**.

OFFICE OF CIVIL RIGHTS – CALIFORNIA DEPARTMENT OF HEALTH CARE SERVICES

You can also file a civil rights complaint with the California Department of Health Care Services, Office of Civil Rights by phone, in writing, or electronically:

- **By phone:** Call **916-440-7370**. If you cannot speak or hear well, please call **711 (Telecommunications Relay Service)**.
- **In writing:** Fill out a complaint form or send a letter to:
Deputy Director, Office of Civil Rights
Department of Health Care Services
Office of Civil Rights
P.O. Box 997413, MS 0009
Sacramento, CA 95899-7413

Complaint forms are available at **www.dhcs.ca.gov/Pages/Language_Access.aspx**.

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



This newsletter is also available in large print and audio formats at **www.thealliance.health/otherformats**.

OFFICE OF CIVIL RIGHTS – U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

If you believe you have been discriminated against on the basis of race, color, national origin, age, disability, or sex, you can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights by phone, in writing, or electronically:

- By phone: Call **800-368-1019**. If you cannot speak or hear well, please call TTY/TDD **800-537-7697**.
- In writing: Fill out a complaint form or send a letter to:

**U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201**

Complaint forms are available at www.hhs.gov/civil-rights/filing-a-complaint/index.html.

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

Daim ntawv tshaj xo no los kuj muaj ua ntawv luam loj thiab kaw ua suab nyob ntawm thealliance.health/hmn/tag/alternative-access.

Este boletín también está disponible en formato de letra grande y audio en thealliance.health/es/tag/alternative-access.

English Tagline

ATTENTION: If you need help in your language call 1-800-700-3874 (TTY: 1-800-735-2929). Aids and services for people with disabilities, like documents in braille and large print, are also available. Call 1-800-700-3874 (TTY: 1-800-735-2929). These services are free of charge.

(Arabic) الشعار بالعربية

يُرجى الانتباه: إذا احتجت إلى المساعدة بلغتك، فاتصل بـ 1-800-700-3874 (TTY: 1-800-735-2929). تتوفر أيضًا المساعدات والخدمات للأشخاص ذوي الإعاقة، مثل المستندات المكتوبة بطريقة بريـل والخط الكبير. اتصل بـ 1-800-700-3874 (TTY: 1-800-735-2929). هذه الخدمات مجانية.

Հայերեն 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 կրթեր: Չանգահարեք 1-800-700-3874 (TTY: 1-800-735-2929): Այդ ծառայություններն անվճար են:

ស្នាមស្នាមជាភាសាខ្មែរ (Cambodian)

ចំណាំ: បើអ្នក ត្រូវ ការជំនួយ ជាភាសា របស់អ្នក សូម ទូរស័ព្ទទៅលេខ 1-800-700-3874 (TTY: 1-800-735-2929)។ ជំនួយ និង សេវាកម្ម សម្រាប់ ជនពិការ ដូចជាឯកសារសរសេរជាអក្សរធំ សម្រាប់ជនពិការភ្នែក ឬឯកសារសរសេរជាអក្សរព្រមព្រៀង ក៏អាចរកបានផងដែរ។ ទូរស័ព្ទមកលេខ 1-800-700-3874 (TTY: 1-800-735-2929)។ សេវាកម្មទាំងនេះមិនគិតថ្លៃឡើយ។

简体中文标语 (Simplified Chinese)

请注意：如果您需要以您的母语提供帮助，请致电 1-800-700-3874 (TTY: 1-800-735-2929)。我们另外还提供针对残疾人士的帮助和服务，例如盲文和大字体阅读，提供您方便取用。请致电 1-800-700-3874 (TTY: 1-800-735-2929)。这些服务都是免费的。

مطلب به زبان فارسی (Farsi)

توجه: اگر می‌خواهید به زبان خود کمک دریافت کنید، با 1-800-700-3874 (TTY: 1-800-735-2929) تماس بگیرید. کمک‌ها و خدمات مخصوص افراد دارای معلولیت، مانند نسخه‌های خط بریل و چاپ با حروف بزرگ، نیز موجود است. با 1-800-700-3874 (TTY: 1-800-735-2929) تماس بگیرید. این خدمات رایگان ارائه می‌شوند.

हिंदी टैगलाइन (Hindi)

ध्यान दें: अगर आपको अपनी भाषा में सहायता की आवश्यकता है तो 1-800-700-3874 (TTY: 1-800-735-2929) पर कॉल करें। अशक्तता वाले लोगों के लिए सहायता और सेवाएं, जैसे ब्रेल और बड़े प्रिंट में भी दस्तावेज़ उपलब्ध हैं। 1-800-700-3874 (TTY: 1-800-735-2929) पर कॉल करें। ये सेवाएं 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: ຖ້າທ່ານຕ້ອງການຄວາມຊ່ວຍເຫຼືອໃນພາສາຂອງທ່ານໃຫ້ໂທຫາເບີ 1-800-700-3874 (TTY: 1-800-735-2929). ຍັງມີຄວາມຊ່ວຍເຫຼືອແລະການບໍລິການສໍາລັບຄົນພິການເຊັ່ນເອກະສານທີ່ເປັນອັກສອນນູນແລະມີໂຕເພີ່ມໃຫຍ່ໃຫ້ໂທຫາເບີ 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.