

HEALTH *matters*

Benefit information, health tips and resources for HPSM CareAdvantage members

V2-2024



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ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call 1-866-880-0606, TTY 1-800-735-2929 or dial 7-1-1, Monday through Sunday, 8:00 a.m. to 8:00 p.m. The call is free. You can get this document for free in other formats, such as large print, braille, or audio. Call the CareAdvantage Unit at 1-866-880-0606, TTY: 1-800-735-2929 or dial 7-1-1, Monday through Sunday, 8:00 a.m. to 8:00 p.m. The call is free.

mp HealthPlan
OF SAN MATEO
Health is for everyone
801 GATEWAY BOULEVARD SUITE 100
SOUTH SAN FRANCISCO CA 94080

PRSRRT STD
U.S. POSTAGE
PAID
HPSM

ALL ABOARD

CAREADVANTAGE

SPECIAL WELLNESS EVENT

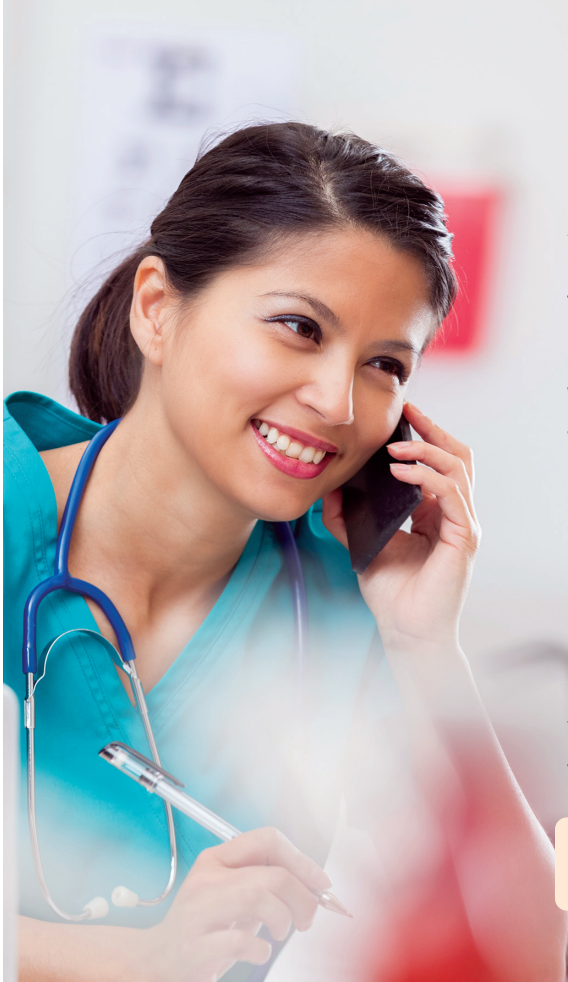
Saturday, October 19, from 10 am – 12 pm
at 255 S. Airport Boulevard, South San Francisco
Easy onsite parking and ride drop-off



To learn more and RSVP,
visit www.hpsm.org/all-aboard,
scan the QR code or
call 1-888-252-3153



- Learn about benefits & special programs
- Get your vaccine at no cost
- Enjoy giveaways, talk to the doctors & much more!



ACHIEVE HEALTH GOALS WITH HPSM CARE MANAGEMENT

Any HPSM member can join our Care Management program at no cost. It gets you, your healthcare providers and HPSM all working together to create a personalized care plan just for you. Family and authorized representatives can also refer members in their care to the program.

When you join, you are assigned an HPSM Care Manager who works with you and your healthcare providers to help:

- Solve problems that keep you from meeting your health goals.
- Manage your health issues and practice good self-care.
- Connect you with helpful resources and programs.
- Support you and your family when faced with complex medical conditions or critical events.

You and your healthcare providers can say yes or no to any suggestions your Care Manager makes.

To learn more, call **650-616-2060** Monday through Friday, 8:00 a.m. to 5:00 p.m. TTY: dial **1-800-735-2929** or **7-1-1**.

MOVE MORE THIS SUMMER!

Physical activity is anything that gets your body moving. Regular physical activity has many benefits for both the body and mind. It can help you feel better, sleep better, keep a healthy weight and more.

There are so many exciting and fun physical activities you can try! **Pick activities that you can enjoy with family and friends or on your own.**



Walk or bike in the park.

San Mateo County has many beautiful parks where you can connect with nature with trails for all levels of experience.

Visit www.smcgov.org/parks to learn more.



Take a class or play a sport.

Check your City's Parks and Recreation Department website for a list of physical activity programs and swimming pools at reduced cost for city residents.



Dance to the music.




San Mateo County has many free concerts and outdoor music. You can go online to find events near you.

No matter what your age or fitness level is, you can find activities you enjoy. Start slow and work your way up to activities that need more effort. Make sure to talk to your primary care provider (PCP) about changes you may want to make to your exercise routines.

A YMCA membership is available to CareAdvantage members at no cost.

The Fitness Membership Program includes access to:



-  YMCA locations throughout San Mateo / Santa Clara Counties and San Francisco. Locations may include exercise equipment, basketball courts, indoor or outdoor fitness studios, and indoor or outdoor swimming pools.
-  More than 600 in-person and online group exercise classes led by certified instructors in yoga, Pilates, Zumba, cycling, aqua fitness and more.
-  In-person and online wellness coaching to help you meet your health goals.

| Visit www.hpsm.org/fitness to learn more about the Fitness Membership Program.

THE FLU VACCINE IS USUALLY AVAILABLE STARTING LATE SEPTEMBER



The flu vaccine lowers your chances of getting sick from the flu. If you don't get the flu, you can't spread it to your family. Everyone six months and older should get the flu vaccine.

Getting the vaccine is easy. You can either:

- Call your primary care provider (PCP) to schedule a visit.
- Ask your local pharmacy if they have the vaccine.

Visit www.hpsm.org/flu-vaccine to learn more about the flu vaccine and how to get it.

MAKE NEW FRIENDS AT IN-PERSON SOCIAL EVENTS

HPSM partners with Wider Circle to offer a special program for our older adult members. It helps people make new friends at fun in-person social events.

Get a ride to events

Members who have no means of transportation to meetings and back home can use HPSM's Ride Benefit at no cost and with no copay.



How Wider Circle works

- All meetings are run by skilled facilitators who have experience working with seniors.
- Members can learn about Wider Circle by going to a kick-off event.
- Those who choose to join attend four to six weekly 90-minute onboarding sessions with 11 other members. In addition to socializing, groups talk about health topics and engage in low-impact exercise (such as walking). They also go to restaurants, museums and other local attractions.
- After attending at least four onboarding sessions, members can join the chapter program. These have monthly events for much larger groups. That lets members make even more friends!

For more information about joining Wider Circle, call the CareAdvantage Unit at **1-866-880-0606**.

DON'T WAIT TO RENEW YOUR MEDI-CAL.

Complete and mail your renewal packet today.

Did you get a yellow envelope from the San Mateo County Human Services Agency (HSA)? If so, make sure you fill out the Medi-Cal renewal forms and mail them back right away. This will help you avoid losing your Medi-Cal coverage. Turn in what you have now — even if it is not complete. You can send the rest later.

If you have internet access, you can complete your Medi-Cal renewal online at www.benefitscal.com. If you do not have an account, please create one.

When HSA gets your packet, they will mail you a letter saying your Medi-Cal was renewed or asking for more information.

If you have any questions about your Medi-Cal renewal:

- Call San Mateo County Human Services Agency at **800-223-8383**.
- Visit the San Mateo County Human Services Agency in person at 500 County Center, Redwood City, CA 94403.

If you do lose your coverage and believe you are still eligible, ask San Mateo County HSA to review your case.



If you don't have your packet or can't find it, call HSA at 650-295-3622 (TTY: dial 7-1-1) Monday – Friday from 8:00 a.m. to 5:00 p.m.

CELEBRATING DIVERSITY: AAPI HERITAGE MONTH AND LGBTQIA+ PRIDE MONTH

“Healthy is for everyone” means striving for equitable access to high quality health care services for every person in San Mateo County. That’s why we celebrate the diversity of the community we have proudly served since 1987.



Asian American & Pacific Islander

In May, we celebrated Asian American and Pacific Islander (AAPI) Heritage Month. On our website and social media platforms, we spotlighted AAPI health care trailblazers who have advanced the field of medicine over the decades. We also highlighted programs and resources we offer to help our AAPI members stay healthy.

In June, we celebrated LGBTQIA+ Pride Month. We used our website and social media platforms to promote local pride events and the San Mateo Pride Center as a valuable community resource. We also offered tips for how people can support their LGBTQIA+ family members, friends, neighbors and coworkers.



| Learn more at www.hpsm.org/celebrating-diversity.

STAY WITH CAREADVANTAGE AND STAY COVERED!

Staying with CareAdvantage ensures you keep everything you love about your healthcare. You keep seeing all your healthcare providers. Your dental care is covered too. And you keep getting the extra benefits, services and programs that help you stay healthy. With CareAdvantage, your Medicare and Medi-Cal benefits are combined in one health plan. That's healthcare made simple!

Keeping your CareAdvantage benefits is easy! You do not have to do anything to keep getting:



A Fitness Membership Program with the YMCA at no cost Membership includes access to YMCA locations in San Mateo, Santa Clara and San Francisco counties. Plus more than 600 in-person and online group exercise classes and in-person and online wellness coaching.



Up to \$360 every year for over-the-counter (OTC) medications and medical supplies Use a prepaid debit card to buy products at local stores like Walgreens and CVS. You can also order online, over the phone and by mail. Get dental and hygiene supplies, vitamins, supplements and so much more!



\$175 every year in vision coverage for glasses and contact lenses Every year, choose between a new pair of eyeglasses with frames or contact lenses. Plus get an annual eye exam, glaucoma screening and eye care services — all with no copay!

The CareAdvantage Unit is always ready to help you with whatever you need, from questions about benefits to finding a provider and more.

 Toll-free: **1-866-880-0606** Local: **650-616-2174** TTY: **1-800-735-2929** or dial **7-1-1**

 Monday – Sunday, 8:00 a.m. – 8:00 p.m.

 Email: CareAdvantageSupport@hpsm.org

Thank you for trusting CareAdvantage with your healthcare!

HPSM'S RIDE BENEFIT

No cost rides to approved healthcare visits for Medi-Cal and CareAdvantage members

HPSM's Ride Benefit can be used when no other form of transportation is available for approved healthcare visits. These visits include, medical, pharmacy, dental, behavioral health and substance use disorder visits covered by Medi-Cal. Rides to non-healthcare locations (schools, gyms, government offices, grocery stores) are not covered.

AVAILABLE RIDE SERVICES



Curb-to-curb service is for those who:

- Can wait at the curb for their ride.
- Can get in/out of the vehicle/building by themselves.
- Have a cell phone to get text messages from the driver.



Door-to-door service is for those who:

- Need the driver's help getting in/out of the vehicle/building.
- Can move unassisted once inside the building.
- Don't have a cell phone to get text messages from the driver.

HOW TO GET A RIDE



Call **AMERICAN LOGISTICS (AL)** two or more business days before your appointment.

- Medi-Cal: **1-844-856-4389**
- CareAdvantage: **1-877-356-1080**
- TTY: **7-1-1**

Be ready to tell AL:

- Your HPSM member ID number.
- The date and time of your appointment.
- Your pick-up and appointment location.
- Whether you want a return ride.
- If you need another person (family member or caretaker) to ride with you.



Be ready for your ride. You will be picked up at the location you give at least an hour and fifteen minutes before your appointment time. The driver will only wait for five minutes.



If you asked for a return ride home, call *right after your appointment*. A driver will pick you up within 45 minutes.



To cancel a ride you must call at least two hours before your pickup time to avoid a no-show on your record.

Business hours are Monday through Friday, 8:00 a.m. to 5:00 p.m.
For urgent appointments, call as soon as possible (even after hours).
Email transportationprogram@hpsm.org for more information.

Need a specialized medical vehicle? A prescription from a provider is needed to get a ride in an ambulance, wheelchair van or litter van for medical reasons. The HPSM Ride Benefit cannot be used.

Visit www.hpsm.org/ride for details about the ride benefit and how to use it.

DENTAL CARE ONLINE ANYTIME, ANYWHERE

With virtual dental care you can talk to a dentist or Oral Health Coach anytime from anywhere by live video call. This benefit is covered for Medi-Cal and CareAdvantage members at no cost through Dentistry.One.

Virtual dental care can help make oral health care easier. Those who are nervous about going to the dentist, have difficulty traveling or are homebound can see a dentist in the comfort of their home. A virtual dental expert will give you advice when you think you need urgent dental attention but are not sure.

- **Video calls with a Dentist** can help if you have tooth pain or any dental concern. A Dentistry. One dentist can prescribe medicine or refer you to an in-person dentist. When you need a second opinion, virtual dentistry is an easy way to get one.
- **Online Oral Health Coaching** can help with general oral health care. Oral Health Coaches answer questions, give oral care tips and help find a dentist near you.
- **Send photos and text** about your oral health concerns. A dentist will get back to you with advice about next steps.

Although dental emergencies are rare, there are a few life-threatening situations that require immediate supervision. Learn more at www.hpsm.org/dental-emergencies.

Getting virtual dental care is easy!

1. Set up your account online.
 - Visit <https://dentistry.one/health-plan-san-mateo/>
 - or scan the QR code.
2. Choose the option that's best for you:
 - Have a virtual visit with a dentist right away.
 - Schedule a virtual visit for later.
 - Send pictures, videos and/or text for a dentist to review.
3. Check your email for next steps from your dentist.



To get virtual dental care, you will need a smartphone, tablet or laptop. Your device must have a microphone, camera and internet. If you need interpreter services during a virtual dental session, let Dentistry.One know.



If you have questions about virtual dental care or your HPSM Dental benefits, call HPSM.

NONDISCRIMINATION NOTICE

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

HPSM 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 CareAdvantage Unit between Monday through Sunday, 8:00 a.m. to 8:00 p.m. by calling **1-866-880-0606**. If you cannot hear or speak well, please call TTY **1-800-735-2929** or **7-1-1**). Upon request, this document can be made available to you in braille, large print, electronic or audio format. To obtain a copy in one of these alternative formats, please call or write to:

Health Plan of San Mateo
Attn.: CareAdvantage Unit
801 Gateway Boulevard, Suite 100
South San Francisco, CA 94080
1-866-880-0606 or **650-616-2174**
TTY: **1-800-735-2929** or **7-1-1**

HOW TO FILE A GRIEVANCE

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

- By phone: Contact between Monday through Sunday, 8:00 a.m. to 8:00 p.m. by calling **1-866-880-0606**. Or, if you cannot hear or speak well, please call TTY **1-800-735-2929** or dial **7-1-1**.
- In writing: Fill out a complaint form or write a letter and send it to:

Health Plan of San Mateo
Attn.: Civil Rights Coordinator
801 Gateway Boulevard, Suite 100
South San Francisco, CA 94080

- In person: Visit your doctor's office or HPSM and say you want to file a grievance.
- Electronically: Visit HPSM's website at grievance.hpsm.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 **916-440-7370**. If you cannot speak or hear well, please call **7-1-1 (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

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 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: ATTENTION: If you need help in your language call **1-866-880-0606** (TTY: **1-800-735-2929**). Aids and services for people with disabilities, like documents in braille and large print, are also available. Call **1-866-880-0606** (TTY: **1-800-735-2929**). These services are free of charge.

الشعار بالعربية (Arabic): يُرجى الانتباه: إذا احتجت إلى المساعدة بلغتك، فاتصل بـ **1-866-880-0606** (TTY: **1-800-735-2929**). تتوفر أيضًا المساعدات والخدمات للأشخاص ذوي الإعاقة، مثل المستندات المكتوبة بطريقة برييل والخط الكبير. اتصل بـ **1-866-880-0606** (TTY: **1-800-735-2929**). هذه الخدمات مجانية.

հայերեն (Armenian): Ուշադրութեամբ: Եթե Ձեզ օգնություն է հարկավոր Ձեր լեզվով, գանգահարեք **1-866-880-0606** (TTY: **1-800-735-2929**): Կան նաև օժանդակ միջոցներ ու ծառայություններ հաշմանդամություն ունեցող անձանց համար, օրինակ՝ Բրայլի գրատիպով ու խոշորատառ տպագրված կյութեր: Չանգահարեք **1-866-880-0606** (TTY: **1-800-735-2929**): Այդ ծառայություններն անվճար են:

ប្រាសាទខ្មែរ (Cambodian): ចំណាំ: បើអ្នក ត្រូវ ការជំនួយ ជាភាសា របស់អ្នក សូម ទូរស័ព្ទទៅលេខ 1-866-880-0606 (TTY:1-800-735-2929)។ ជំនួយ និង សេវាកម្ម សម្រាប់ ជនពិការ ដូចជាឯកសារសរសេរជាអក្សរធំ សម្រាប់ជនពិការភ្នែក ឬឯកសារសរសេរជាអក្សរពុម្ពធំ ក៏អាចរកបានផងដែរ។ ទូរស័ព្ទមកលេខ 1-866-880-0606 (TTY: 1-800-735-2929)។ សេវាកម្មទាំងនេះមិនគិតថ្លៃឡើយ។

中國人 (Chinese): 请注意：如果您需要以您的母语提供帮助，请致电 **1-866-880-0606** (TTY: **1-800-735-2929**)。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 **1-866-880-0606** (TTY: **1-800-735-2929**)。这些服务都是免费的。

(Farsi) مطلب به زبان فارسی **1-866-880-0606** (TTY: **1-800-735-2929**) توجه: اگر می‌خواهید به زبان خود کمک دریافت کنید، با **1-866-880-0606** (TTY: **1-800-735-2929**) تماس بگیرید. کمک‌ها و خدمات مخصوص افراد دارای معلولیت، مانند نسخه‌های خط بریل و چاپ با حروف بزرگ، **1-866-880-0606** (TTY: **1-800-735-2929**) نیز موجود است. این خدمات رایگان ارائه می‌شوند.

हिंदी (Hindi): ध्यान दें: अगर आपको अपनी भाषा में सहायता की आवश्यकता है तो **1-866-880-0606** (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। **1-866-880-0606** (TTY: **1-800-735-2929**) पर कॉल करें। ये सेवाएं नि: शुल्क हैं।

Hmoob (Hmong): CEEB TOOM: Yog koj xav tau kev pab txhais koj hom lus hu rau **1-866-880-0606** (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 **1-866-880-0606** (TTY: **1-800-735-2929**). Cov kev pab cuam no yog pab dawb xwb.

日本 (Japanese): 注意日本語での対応が必要な場合は **1-866-880-0606** (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。 **1-866-880-0606** (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。

한국인 (Korean)
유의사항: 귀하의 언어로 도움을 받고 싶으시면 **1-866-880-0606** (TTY: **1-800-735-2929**) 번으로 문의하십시오. 점자나 큰 활자로 된 문서와 같이 장애가 있는 분들을 위한 도움과 서비스도 이용 가능합니다. **1-866-880-0606** (TTY: **1-800-735-2929**) 번으로 문의하십시오. 이러한 서비스는 무료로 제공됩니다.

ພາສາລາວ (Lao): ປະກາດ: ຖ້າທ່ານຕ້ອງການຄວາມຊ່ວຍເຫຼືອໃນພາສາຂອງທ່ານໃຫ້ໂທຫາເບີ **1-866-880-0606** (TTY: **1-800-735-2929**). ຍັງມີຄວາມຊ່ວຍເຫຼືອແລະການບໍລິການສໍາລັບຄົນພິການ ເຊັ່ນເອກະສານທີ່ເປັນອັກສອນນູນແລະມີໂຕເລິມໃຫຍ່ ໃຫ້ໂທຫາເບີ **1-866-880-0606** (TTY: **1-800-735-2929**). 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 **1-866-880-0606** (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 **1-866-880-0606** (TTY: **1-800-735-2929**). Naaiv deix nzie weih gong-bou jauv-louc se benx wang-henh tengx mv zuqc cuotv nyaanh oc.

Português (Portuguese): ATENÇÃO: se precisar de ajuda em seu idioma, ligue para **1-866-880-0606** (TTY: **1-800-735-2929**). Auxílios e serviços para pessoas com deficiência, como documentos em braille e letras grandes, também estão disponíveis. Ligue para **1-866-880-0606** (TTY: **1-800-735-2929**). Tais serviços são gratuitos.

ਪੰਜਾਬੀ (Punjabi): ਧਿਆਨ ਦਿਓ: ਜੇ ਤੁਹਾਨੂੰ ਆਪਣੀ ਭਾਸ਼ਾ ਵਿੱਚ ਮਦਦ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਾਲ ਕਰੋ **1-866-880-0606** (TTY: **1-800-735-2929**), ਅਪਾਰਜ ਲੋਕਾਂ ਲਈ ਸਹਾਇਤਾ ਅਤੇ ਸੇਵਾਵਾਂ, ਜਿਵੇਂ ਕਿ ਬ੍ਰੇਲ ਅਤੇ ਮੋਟੀ ਛਪਾਈ ਵਿੱਚ ਦਸਤਾਵੇਜ਼, ਦੀ ਉਪਲਬਧ ਹਨ। ਕਾਲ ਕਰੋ **1-866-880-0606** (TTY: **1-800-735-2929**)। ਇਹ ਸੇਵਾਵਾਂ ਮੁਫਤ ਹਨ।

Русский (Russian): ВНИМАНИЕ! Если вам нужна помощь на вашем родном языке, звоните по номеру **1-866-880-0606** (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 **1-866-880-0606** (линия **1-800-735-2929**). Такие услуги предоставляются бесплатно.

Español (Spanish)

ATENCIÓN: si necesita ayuda en su idioma, llame al **1-866-880-0606** (TTY: **1-800-735-2929**). También ofrecemos asistencia y servicios para personas con discapacidades, como documentos en braille y con letras grandes. Llame al **1-866-880-0606** (TTY: **1-800-735-2929**). Estos servicios son gratuitos.

Tagalog: ATENSIYON: Kung kailangan mo ng tulong sa iyong wika, tumawag sa **1-866-880-0606** (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 **1-866-880-0606** (TTY: **1-800-735-2929**). Libre ang mga serbisyonang ito.

แบบไทย (Thai): โปรดทราบ: หากคุณต้องการความช่วยเหลือเป็นภาษาของคุณ กรุณาโทรศัพท์ไปที่หมายเลข **1-866-880-0606** (TTY: **1-800-735-2929**) นอกจากนี้ ยังพร้อมให้ความช่วยเหลือและบริการต่าง ๆ สำหรับบุคคลที่มีความพิการ เช่น เอกสารต่าง ๆ ที่เป็นอักษรเบรลล์และเอกสารที่พิมพ์ด้วยตัวอักษรขนาดใหญ่ กรุณาโทรศัพท์ไปที่หมายเลข **1-866-880-0606** (TTY: **1-800-735-2929**) ไม่มีค่าใช้จ่ายสำหรับบริการเหล่านี้

українською (Ukrainian): УВАГА! Якщо вам потрібна допомога вашою рідною мовою, телефонуйте на номер **1-866-880-0606** (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 **1-866-880-0606** (TTY: **1-800-735-2929**). Ці послуги безкоштовні.

Tiếng Việt (Vietnamese): CHÚ Ý: Nếu quý vị cần trợ giúp bằng ngôn ngữ của mình, vui lòng gọi số **1-866-880-0606** (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 **1-866-880-0606** (TTY: **1-800-735-2929**). Các dịch vụ này đều miễn phí.