

WHOLE you

FALL 2025 | BULLETIN



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A Message from James Stover

Medicaid Plan President, Arizona Complete Health-Complete Care Plan



I want to give a warm welcome to all our members—whether you’ve been with us for years or have recently joined the Arizona Complete Health-Complete Care Plan family.

We are proud to be here for you — providing care that is close to home. Whether you live in a rural town, an urban neighborhood, or you are part of a tribal nation, we remain committed to providing you with care that is here to help when you need us.

Inside this newsletter, you will find helpful information to support your health this season and beyond. From staying well during flu season to understanding your care options and available tools, we are here to help you take the next step toward your best self. Thank you for trusting us with your care. We are proud to be your partner in health.

Warm regards,

James Stover
Medicaid Plan President
Arizona Complete Health-
Complete Care Plan



Your Member Handbook is updated every October and is always available to you. You can request a copy by calling Member Services at 1-888-788-4408 (TTY/TDD: 711) or download it from our website.

Living with Diabetes

Fight the Flu



Living with Diabetes: Blood Sugar Goals

Maintaining good blood sugar control is important when you live with diabetes. Be sure to discuss your blood sugar goals at every visit. Keeping your blood sugar in a healthy range can help you live a long, happy, and healthy life. Here are some ways to help you reach your blood sugar goals:

- Check your blood sugar often.
- Keep a log of your blood sugar readings.
- Bring your blood sugar log with you when you see your doctor.
- Don't skip meals.
- Keep a food journal.
- Be active for at least 30 minutes a day.
- Take all medicine as prescribed.
- Call your doctor when you feel sick.

*Did you know that Arizona Complete Health-Complete Care Plan has programs for members living with diabetes? Call Member Services **1-888-788-4408 (TTY/TDD:711)** Monday-Friday, 8 a.m. – 5 p.m. to learn more about these programs.*

Source: <https://diabetes.org/living-with-diabetes/type-2>

Fight the Flu

The Flu is a respiratory illness caused by a virus called Influenza. The flu can be passed easily from one person to another and can be serious. People over the age of 65 and children under 5 are at a higher risk of complications from the flu. Those who have chronic medical conditions are also at a higher risk of complications of the flu.

Common symptoms of the flu include fever, chills, and cough. Some people have upset stomach, headaches and body aches. Complications of the flu can include worsening medical conditions and even death.

Flu season peaks in the cold months. The best way to protect yourself and loved ones from the flu is to get a flu shot. The flu shot is approved for people older than 6 months. When you get a flu shot, you are helping to keep your community safe.

Talk to your healthcare provider if you have questions or need more information. Wash your hands often and stay home if you are sick. You too can fight the flu!



****Source: Centers for Disease Control and Prevention**

Mobile Urgent Care

[Service Areas](#)
[Cost & Insurance](#)
[Services](#)
[About Us](#)
[For Partners](#)
888-908-0553

[Book Now](#)

Stay home. Feel better.

We're a different kind of healthcare. One that sends experienced medical professionals to your door when you need them, helping you stay out of the ER.

Get Prompt Same-Day Care

We'll ask a few questions, then let you know exactly what to expect.

Who needs care?

Myself

Mobile Urgent Care for Maricopa and Pima Counties: *DispatchHealth*

DispatchHealth can provide same day medical care in your home or community setting for non-life-threatening issues at no cost.

DispatchHealth is available from 8 a.m. to 10 p.m., 7 days a week, including holidays.

Outside of the DispatchHealth service areas, we also offer 24/7 access to **Teladoc** services. To connect with a healthcare provider within minutes, call **Teladoc** at 1-800-835-2362 (TTY/TDD: 711).

To request care, call:

- **Tucson (520) 479-2552**
- **Phoenix (602) 661-9366**
- DispatchHealth is available in specific zip codes in Pima and Maricopa Counties (zip code list can be found by clicking the link below).

For more information:
<https://www.azcompletehealth.com/members/medicaid/benefits-services/mobile-urgent-care.html>



Request care by phone, app, or web. You will be asked to provide a few details about the illness/injury.



DispatchHealth sends a care team to your home or community setting as long as it is safe, some exceptions may apply.



DispatchHealth can provide most of the care typically offered in the ER and urgent care centers, including lab tests, IV medications, etc.



DispatchHealth works closely with your Primary Care Physician (PCP) and Arizona Complete Health-Complete Care Plan to **coordinate care**.

Member Responsibilities

Importance of Health Equity



Member Responsibilities

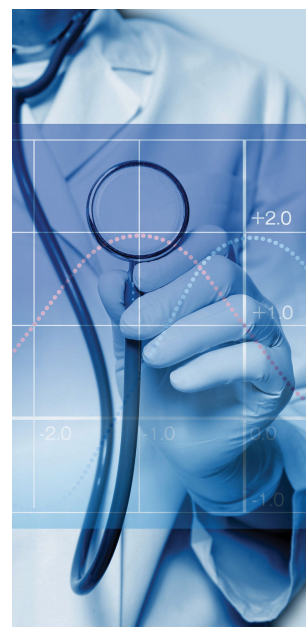
As an Arizona Complete Health-Complete Care Plan member, you have the responsibility to:

- Provide as much information as you can so your providers can care for you.
- Follow instructions from your providers.
- Know the name of your assigned PCP.
- Schedule appointments during office hours whenever possible instead of using urgent care facilities or emergency rooms.
- Arrive for appointments on time.
- Tell your provider if you need to cancel or reschedule an appointment.
- Bring vaccination records to every appointment for children ages 18 and younger.
- Share Information and:
 - If you do not understand your health condition or treatment plan, ask your provider to explain.
 - Give your doctors, providers, and care manager all the facts about your health problems, past illnesses, hospital stays, medications, shots, and other health concerns.
- Participate in recovery by:
 - Knowing the name of your providers and/or your care manager.
 - Participating in creating your service plan.
 - Following the instructions that you and your providers have agreed upon.

Importance of Health Equity

We want to make sure that everyone has access to culturally competent care regardless of who they are.

Arizona Complete Health-Complete Care Plan is dedicated to improving health equity in Arizona. We are meeting national standards by becoming accredited for Health Equity in 2023 by the National Committee for Quality Insurance (NCQA). NCQA Accreditation is a widely recognized, evidence-based program.



Tell Us Who You Are

Knowing who resides in the communities we serve is key to providing effective and equitable care. We encourage you to provide your race, ethnicity, sexual orientation, and gender identity should you feel safe to do so when you update your AHCCCS membership or during calls with Arizona Complete Health-Complete Care Plan.

Interpreter & Language Services

Arizona Complete Health-Complete Care Plan is committed to ensuring that you have meaningful access to services, programs, and activities including members who may be limited in their English language proficiency. Arizona Complete Health-Complete Care Plan offers telephone, face to face, and video face-to-face interpretation options. Information about interpreter assistance is available at 1-866-796-0542 (TTY:TDD 711), or visit link below.

<https://www.azcompletehealth.com/providers/resources/member-languages-interpreters.html>.

Movember Prostate Cancer



It's Movember — time to talk about prostate cancer.

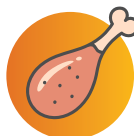
Prostate cancer is the most common cancer found in men in America. Each year, about 1 in 9 men will find out they have prostate cancer.

The risk of prostate cancer goes up as you get older, but it's not just a concern for older men. Black men are more likely to get prostate cancer. Men who have a brother or father with prostate cancer are also more likely to get the disease.

A PSA test is a way doctors can test for prostate cancer and find it early. If you're 50 years old or older, talk to your doctor about getting the test. If you are Black or have a close family member with prostate cancer, do it at age 45.

Good food choices might lower your risk for prostate cancer.

1. Choose low-fat meats.



Avoid fatty meats like beef, bacon and sausage. When you can, choose lower-fat meats like chicken or fish. You can also choose veggie burgers.

2. Eat more cancer-fighting veggies.



Load up on vegetables like broccoli, cabbage, kale, and turnips for vitamins C, E, and K that may help curb cancer. Tomatoes are also great—add them to salads, sandwiches, salsa, or pasta dishes to help lower your risk for prostate cancer.

3. Enjoy Omega-3s.



Foods high in omega-3 fatty acids can lower your risk of prostate cancer. These include salmon, tuna, mackerel, flaxseed, chia seeds and leafy dark green vegetables.

4. Have a cup of green tea.



The leaves that make green tea can also help reduce prostate cancer risk. A cup of green tea can also do other good things, like lower stress and blood pressure and protect against heart disease. When you drink tea, make sure to keep the sugar at a minimum.

Source: <https://us.movember.com/mens-health/prostate-cancer>

Quit Smoking



Tips to Help You Quit Smoking

Tried to quit smoking but found it too difficult? You're not alone- and here's the good news: people are quitting every day, and you can too. Here are some simple steps to help get you started:

- 1. Prepare yourself** – Set a date to quit smoking and commit to it.
- 2. Get support** – Reach out to friends, family or your care team for encouragement and help.
- 3. Try new things** – Make a list of activities to replace smoking, like taking a walk or enjoying a healthy snack.
- 4. Consider medicine** – Talk to your doctor about medications that can help you successfully quit smoking.

You can call the Tobacco Free Arizona Line for help to stop smoking: 1-800-556-6222 (TTY/TDD:711). An experienced Quit Coach can help you develop a Quit Plan. They have special programs for teens, Tribal members, pregnant and postpartum members, and those living with behavioral health conditions. There is even a special program for people who use menthol tobacco. AHCCCS members can receive two weeks of Nicotine Replace Therapy (NRT) at no cost from the Tobacco Free Arizona Line. NRTs help people deal with the cravings that come with quitting tobacco.

Source: [ADHS - Tobacco Free Arizona - Home](#)

HIV and Pregnancy

HIV and Pregnancy: What You Need to Know

What is HIV?

HIV (Human Immunodeficiency Virus) is a virus that attacks the body's immune system. In a healthy person, the immune system protects the body from infections, cancers, and some diseases. HIV spreads through infected body fluids, like blood, and breast milk.

HIV is the virus that leads to AIDS (Acquired Immune Deficiency Syndrome). There is no cure for HIV, but it can be treated. Early testing is important because many people don't know they have it until they're already sick. With early and regular treatment, you can live just as long as someone without HIV.

How can you help protect your baby from HIV during pregnancy?

If you are pregnant or want to have a baby and you have HIV — or think you might — tell your doctor right away. Getting treatment early can help keep you healthy and protect your baby.

If you do have HIV, taking medicine before and during pregnancy can usually stop the virus from passing to your baby. You'll need to take HIV medicine while you are pregnant, during labor, and when your baby is born. Your baby will also need to take medicine for 4 to 6 weeks after birth.

If you have HIV that is not treated, here are the ways you can pass it to your baby:

- **Before birth through the placenta.** The placenta grows in your uterus (womb) and supplies the baby with food and oxygen through the umbilical cord.
- **During labor and birth through contact with mom's blood and vaginal fluids.** When you go into labor, your amniotic sac breaks, which increases your baby's risk of getting infected. Most babies who get HIV from their moms get infected around the time of birth.
- **After birth through breast milk.** If you have HIV, do not breastfeed your baby.

For you and your baby, Arizona Complete Health-Complete Care Plan pays for the test, counseling, and care for you and your baby if the test is positive. Your OB can order this test or find a place that gives private testing at [GetTested](#).



click link or
scan here!

For questions or more information about testing and/or available services, you can also call Member Services.



September is Suicide Prevention Month

How to Help Someone Thinking of Suicide

September is the time to raise awareness about how to help people who struggle with thoughts of suicide. Anyone can have thoughts about suicide, and anyone can help. Learning some simple steps and resources can guide a person to a safe place.

The American Foundation for Suicide Prevention (AFSP) says it's important to listen to their story and let them know you care. Ask them directly if they are thinking about suicide and encourage them to get help from a doctor or therapist.

Never leave a person alone who is thinking of suicide. Remove any weapons or anything they could use to harm themselves. Centers for Disease Control and Prevention (CDC) notes the importance of protective factors – individual, community and relationships that decrease the likelihood of a negative outcome. Examples of these include support from family and friends, connection to culture or religion and having reasons for living. Using these supports can assist a person as well.

Crisis numbers both nationally and locally have trained workers who talk with the person in crisis and can send out a mobile team if needed. The statewide Crisis Line for Arizona is 1-844-534-4673 or 1-844-534- HOPE. This number should be used for residents of Arizona. For assistance outside of Arizona, 988 is the number to use. These two numbers will direct the person to an immediate response. They offer phone counseling and guide the person to the best resources for their situation.



Talking about suicide can be difficult, anything you can do to provide support and hope will be welcomed. Other resources that are useful:

- Veterans Crisis Hotline **988 and Press 1**
- The Trevor Project **1-866-488-7386**
(Youth who identify as LGBTQ)
- Crisis Text Line – Text HOME to **741741**
- American Association of Suicidology (AAS) www.suicidology.org
- American Foundation for Suicide Prevention (AFSP) <https://afsp.org/>

Important Information about Opioids



Where do you turn when over the counter drugs no longer help with your pain? If you have severe pain, your doctor may write a script for an opioid drug such as hydrocodone, oxycodone, or morphine. These drugs work for severe pain, but they should only be used for a short period of time. They can cause problems if used long term. One of the problems is opioid withdrawal, which can happen if you take opioids for a long time and then you stop taking them. You may experience side effects when your body gets used to the medicine and then the medicine is no longer available.

Common symptoms from opioid withdrawal are:

- Fatigue
- Nausea and Vomiting
- Fever
- Anxiety
- Insomnia
- Tremors

Another concern when you take opioids is opioid overdose. Opioid overdose can occur because the longer you take opioids, the more your body becomes used to it. The more your body is used to it, the more of the drug you need to relieve the pain. This is called opioid tolerance.

Tips to help you or a loved one avoid an opioid overdose:

- Take your medicine as prescribed by your doctor.
- Do not take more medicine or take it more often than instructed.
- Do not mix pain meds with alcohol, sleeping pills or illicit drugs.
- Never take anyone else's medicine or share your medicine with others.
- Store your medicine out of reach of children and pets.
- Dispose of your medicine safely.

Opioid overdose is serious and can be deadly. Call 911 right away, if a person shows any of the symptoms below:

- They look pale or feel clammy to the touch.
- Their body goes limp.
- Their fingernails or lips have a purple or blue color.
- They start vomiting or making gurgling noises.
- They cannot be awakened or are unable to speak.
- Their breath stops or heartbeat slows down or stops.

Naloxone is a medicine that can help save someone's life during an opioid overdose. It works by quickly blocking the effects of opioids in the body. If someone is having an overdose and is not waking up or breathing well, you can give them Naloxone to help them wake up and start breathing again. It doesn't replace medical care, so you should still call 911 right away. Use Naloxone while you wait for help to arrive. If you or a loved one have been diagnosed with Opioid Use Disorder, please talk to your doctor about treatments available.

References: [SAMHSA. "Opioid Overdose."](#)

Halloween Safety

7 tips for an un-scary Halloween

Ah, the treasured tradition of Halloween. When children run through the dark, door to door, taking candy from strangers. What could possibly go wrong? While we all love Halloween, but it does have its dangers. These safety tips will help keep the big night fun for all.

1. Makeup check. If makeup is part of the costume, test it early on the arm or wrist before putting it all over. This helps make sure it won't cause any skin reactions. When the night is over, remove it all with a gentle cleanser and soft cloth.

2. Dress rehearsal. Have your kids try on their costumes, makeup and footwear before the big night. They'll love getting to dress up more than once, and it will help you spot possible problems, like masks they can't see out of or things that could make them fall. Make sure they have flashlights or glow sticks and add reflective tape on their costumes so drivers can see them.

3. Stay together. Have yourself or another parent that you know go with your group of kids on their adventure. If older kids insist on going it alone, give them some boundaries on their route and a time to be home. Consider making sure they have a mobile phone in case of an emergency.

4. Stick to the plan. The kids will be excited. It will be hard for them not to run from house to house, cutting across streets to take the shortest way. Make sure they stay on well-lit pathways or streets and know simple traffic rules.

5. Eyes on the road. If you're the one driving, be careful and go extra slow. Keep distractions like your phone out of sight. Watch for excited trick-or-treaters who may run into the street.

6. Stay outside. That house that tries to get kids to come inside for candy? It's a no-go. Make sure kids know they should never go inside someone's house, no matter what kind of candy they say they are offering. If a house won't give treats unless kids go inside, tell your kids to leave and head to the next spot.

7. Check your treats. Kids are going to want to dig into their loot right away. So make this rule in advance: You'll need check it all first. Look for choking hazards and packages that look broken or torn open. Discard any homemade treats from strangers.



Contact Info and Crisis Hotlines

ARIZONA COMPLETE HEALTH-COMplete CARE PLAN MEMBER SERVICES:

1-888-788-4408 or TTY/TDD: 711

We are open Monday-Friday 8am to 5pm

STATEWIDE CRISIS LINE:

1-844-534-HOPE or 1-844-534-4673

TEXT: Text "HOPE" to 4HOPE (44673)

CHAT: <https://crisis.solari-inc.org/start-a-chat/> and "Start a Chat Now"

NATIONAL SUICIDE & CRISIS LINE: 988

NATIONAL CRISIS LINE (CALL OR TEXT): 988

CHAT: <http://988lifeline.org/talk-to-someone-now>

OTHER CRISIS PHONE NUMBERS:

Tohono O'odham Nation: 1-844-423-8759

Northern Tribal Line: 1-833-990-6400

Gila River and Ak-Chin Indian Communities: 1-800-259-3449

Salt River Pima Maricopa Indian Community: 1-480-850-9230

Tribal Warm Line: 1-855-728-8630

Veterans Crisis Line: 988 (press 1)

Be Connected: 1-866-4AZ-VETS (429-8387)

PROVIDERS:

Cochise, La Paz, Pima, Santa Cruz, Southern Mohave (Lake Havasu City), Yuma – Community Health Associates (CHA)

Apache, Cochise, Graham, Greenlee, Navajo, North of Grand Canyon, Pima, San Carlos Reservation – Community Bridges, Inc. (CBI)

Coconino, Hopi Tribe, Northern Mohave (Bullhead City, Kingman) – Terros

Yavapai - Spectrum

Discrimination is Against the Law

Arizona Complete Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex (including pregnancy, sexual orientation, and gender identity). Arizona Complete Health does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex (including pregnancy, sexual orientation, and gender identity).

Arizona Complete Health:

- Provides aids and services, at no cost, to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides language services, at no cost, to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages.

If you need these services, contact Member Services at:

Arizona Complete Health: **1-866-918-4450** (TTY/TDD: **711**)

If you believe that Arizona Complete Health failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex (including pregnancy, sexual orientation, and gender identity), you can file a grievance with:

1557 Coordinator
PO Box 31384, Tampa, FL 33631
Phone: **1-855-577-8234** (TTY/TDD: **711**)
Fax: **1-866-388-1769**
Email: **SM_Section1557Coord@centene.com**

You can file a grievance in person, by mail, fax, or email. Your grievance must be in writing and must be submitted within 180 days of the date that the person filing the grievance becomes aware of what is believed to be discrimination.

If you need help filing a grievance, our 1557 Coordinator is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail at U.S. Department of Health and Human Services; 200 Independence Avenue, SW; Room 509F, HHH Building; Washington, D.C. 20201; or by phone: **1-800-368-1019**, **1-800-537-7697** (TTY).

Complaint forms are available at <https://www.hhs.gov/ocr/complaints/index.html>

This notice is available at the Arizona Complete Health website: **Accessibility, Privacy & Safety - azcompletehealth.com/accessibility-privacy-safety.html**

La Discriminación es un Delito

Arizona Complete Health cumple con las leyes Federales de derechos civiles aplicables y no discrimina por motivos de raza, color de piel, nacionalidad de origen, edad, discapacidad o sexo (incluido el embarazo, la orientación sexual y la identidad de género). Arizona Complete Health no excluye a las personas ni las trata de manera diferente por su raza, color de piel, nacionalidad de origen, edad, discapacidad o sexo (incluido el embarazo, la orientación sexual y la identidad de género).

Arizona Complete Health:

- Brinda asistencia y servicios, sin costo alguno, a las personas con discapacidades para comunicarse de manera eficaz con nosotros, como los siguientes:
 - Intérpretes de lengua de señas calificados
 - Información escrita en otros formatos (letra grande, audio, formatos electrónicos accesibles u otros formatos)
- Brinda servicios de idiomas sin costo para las personas cuyo idioma principal no es el inglés, como los siguientes:
 - Intérpretes calificados
 - Información escrita en otros idiomas.

Si necesita estos servicios, llame a Servicios para Miembros al:

Arizona Complete Health: **1-866-918-4450** (TTY/TDD: **711**)

Si considera que Arizona Complete Health no le proporcionó estos servicios o lo discriminó de otra manera por motivos de raza, color de piel, nacionalidad de origen, edad, discapacidad o sexo (incluido el embarazo, la orientación sexual y la identidad de género), puede presentar una queja ante la siguiente entidad:

1557 Coordinator

PO Box 31384, Tampa, FL 33631

Teléfono: **1-855-577-8234** (TTY/TDD: **711**)

Fax: **1-866-388-1769**

Correo electrónico: **SM_Section1557Coord@centene.com**

Puede presentar una queja en persona, o por correo, fax o correo electrónico. La queja debe presentarse por escrito en un plazo de 180 días a partir de la fecha en que la persona que presenta la queja advierta lo que considera discriminación.

Si necesita ayuda para presentar una queja, nuestro Coordinador 1557 está disponible para ayudarlo.

También puede presentar un reclamo de derechos civiles ante la Office for Civil Rights del U.S. Department of Health and Human Services de manera electrónica a través del Portal de Reclamos de la Office for Civil Rights, disponible en **<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>**, o por correo postal a U.S. Department of Health and Human Services; 200 Independence Avenue, SW; Room 509F, HHH Building; Washington, D.C. 20201; o por teléfono: **1-800-368-1019**, **1-800-537-7697** (TTY).

Los formularios de reclamo están disponibles en **<https://www.hhs.gov/ocr/complaints/index.html>**

Este aviso se encuentra disponible en el sitio web de Arizona Complete Health: **Accesibilidad, Privacidad y Seguridad - azcompletehealth.com/accessibility-privacy-safety.html**

Language assistance services, auxiliary aids and services, larger font, oral translation, and other alternative formats are available to you at no cost. To obtain this, please call **1-866-918-4450 (TTY/TDD 711)**.

Spanish	Servicios de asistencia lingüística, servicios y asistencia auxiliares, letra más grande, traducción oral y otros formatos alternativos están disponibles sin costo alguno. Para obtenerlos, llame al 1-866-918-4450 (TTY/TDD 711) .
Navajo	T'aa jik'ehgo saad bee aka ana'alwo'igii, t'aa ajilii bee aka ana'alwo'igii, nitsahakees bee nidaalnishigii, saad bitsaa' dah naasha, doo t'aa ajilii bina'anish adiilji' bee holo holne'go niha nit holo doo binahji' baa holo. Dii bee nil holoo dooleel, t'aa shoodi béeso bich'í' ya'at'éehigii 1-866-918-4450 (TTY/TDD 711) .
Chinese (Mandarin)	您可以免费使用语言协助服务、辅助设施与服务、较大的字型、口译服务，以及其他替代格式。如需获取，请致电 1-866-918-4450 (TTY/TDD 711) 。
Chinese (Cantonese)	您可以免費使用語言協助服務、輔助設施與服務、較大的字型、口譯服務，以及其他替代格式。若要取得這些服務，請致電 1-866-918-4450 (TTY/TDD 711) 。
Vietnamese	Dịch vụ hỗ trợ ngôn ngữ, dịch vụ hỗ trợ và trợ giúp phụ trợ, phông chữ lớn hơn, phiên dịch và các định dạng thay thế khác được cung cấp miễn phí cho quý vị. Để nhận dịch vụ này, vui lòng gọi số 1-866-918-4450 (TTY/TDD 711) .
Arabic	تتوفر لك خدمات مساعدة لغوية ومساعدات وخدمات إضافية وخط أكبر وترجمة شفوية وغيرها من التيسيفات البديلة مجاناً. للحصول على ذلك، يُرجى الاتصال على الرقم 1-866-918-4450 (TTY/TDD 711) .
Tagalog	Ang mga serbisyo ng tulong sa wika, mga pansuportang tulong at serbisyo, malalaking font, pasalitang pagsasalin, at iba pang alternatibong format ay available para sa inyo nang wala kayong gagastusin. Para makuha ito, tumawag sa 1-866-918-4450 (TTY/TDD 711) .
Korean	언어 보조 서비스, 보조 지원과 서비스, 큰 글씨, 구두 번역 및 기타 대체 형식은 무료로 제공됩니다. 자세한 정보를 확인하려면 1-866-918-4450(TTY/TDD 711) 번으로 전화해 주십시오.
French	Des services d'assistance linguistique, des aides et des services auxiliaires, une police plus grande, une traduction orale et d'autres formats sont disponibles gratuitement. Pour cela, veuillez appeler le 1-866-918-4450 (TTY/TDD 711) .
German	Ihnen stehen kostenlose Sprachassistentendienste, Hilfsmittel und -dienste, größere Schrift, mündliche Übersetzungshilfen und andere alternative Formate zur Verfügung. Um dies zu erhalten, rufen Sie unter 1-866-918-4450 (TTY/TDD 711) an.
Russian	Вы можете бесплатно получить услуги языковой поддержки, вспомогательные средства и услуги, включая услуги устного перевода, а также материалы крупным шрифтом и в других альтернативных форматах. Для получения данных услуг позвоните по номеру 1-866-918-4450 (TTY/TDD 711) .

