

# WHOLE you

SPRING 2026 | BULLETIN



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## A Message from James Stover



“  
Together,  
let’s make this season  
a fresh start toward  
**HEALTHY HABITS**  
that support  
*your well-being*  
all year long.

”

### Medicaid Plan President, Arizona Complete Health-Complete Care Plan

As we welcome the spring season, it’s a great time to focus on renewal—both for ourselves and our health. While the seasons change, our commitment to you remains constant. Preventive care is one of the most important steps you can take to stay healthy and address concerns early. At Arizona Complete Health-Complete Care Plan, we’re here to support you with benefits, programs, and resources designed to meet you where you are. Together, let’s make this season a fresh start toward healthy habits that support your well-being all year long.

Warm regards,

James Stover  
CEO & Plan President  
Arizona Complete Health-  
Complete Care Plan

Bless you!



## *Allergy season is back.*

Allergy season is back. And when you have allergies, spring can be a mixed bag. Mild weather...yay. Pollen and allergens that make you sneeze and your eyes water...not so much. Try these tips to get a little relief and make it through allergy season more comfortably!

- 1 Ask your doctor about a test.** Allergy testing has come a long way in the past decade. Find out what specific triggers your body responds to.
- 2 Stay in to win.** Allergens thrive in windy, dry weather. Use this as an excuse to stay inside more this season. Get cozy with a book or show!
- 3 What's the index?** Most TV stations broadcast allergy forecasts during weather segments. There are also websites and apps that can alert you to conditions in your area.
- 4 Breathe easier inside.** Crank up the AC instead of using window ventilation.
- 5 Filter out the bad.** Change air filters regularly for the best quality air flow. Keep your carpets and floors clean and dust free.
- 6 Cleanliness is power.** Take a bath or shower before going to bed to keep your sheets allergen-free.
- 7 Diet makes a difference.** Keep an eye on your food intake. Certain foods like sugars, wheat and dairy can make your allergies worse. Take note of symptoms like nausea, headache, dizziness or an itchy throat after eating. Drink plenty of water to flush and hydrate your system.

Source: <https://www.aaaai.org/>

# Eight Dimensions of Wellness: A Simple Guide

Wellness means more than just being healthy. It's about feeling good in every part of life. Experts say there are eight areas that make up wellness: emotional, spiritual, intellectual, physical, environmental, financial, occupational, and social. When these areas work together, we feel balanced and happy.

Each area is important. Emotional wellness helps us handle stress and feelings. Physical wellness is about eating well, moving our bodies, and getting enough rest. Intellectual wellness means learning new things and staying curious. Spiritual wellness gives us purpose and meaning. Environmental wellness is about living in a safe and healthy space. Financial wellness helps us manage money wisely.

Occupational wellness means enjoying our work, and social wellness is about having good relationships.

Wellness looks different for everyone. It depends on your life, culture, and what matters most to you. You don't have to be perfect. Just try to keep balance. When one area is off, it can affect the others. Start small. Take a walk, call a friend, learn something new, or think about what makes you happy. Wellness is a journey, and every step you take brings you closer to a healthier, more balanced life.

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Sources:

<sup>1</sup>[Substance Abuse and Mental Health Services Administration \(2023\). Promoting Wellness.](#)

<sup>2</sup>[Northwestern University \(2023\). Wellness at Northwestern: 8 Dimensions of Wellness.](#)



## 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.

### MEET YOUR COMMUNITY HEALTH WORKER:

## *Your Guide to Fair Health Care in Arizona*

### Who Are Community Health Workers?

Community Health Workers (CHWs) are trusted helpers from your own community. They are certified by the Arizona Department of Health Services and work closely with your clinic team to make sure you get the care you need. CHWs are part of Arizona's Whole Person Care Initiative, which focuses on treating the whole person—not just physical health, but also mental health and social needs.

### What Do They Do?

CHWs make health care easier to understand. They explain medical information in simple terms, help you find doctors and mental health services, and connect you to programs for food, housing, and other support. They also help you navigate Arizona Health Care Cost Containment System (AHCCCS) benefits and community resources, so you don't feel alone in the process.

### Why Are They Important?

CHWs understand your culture and speak your language. They help remove barriers like transportation, cost, and confusion about health care. By doing this, they make sure everyone has a fair chance at good health. Arizona recognizes the value of CHWs and has policies in place to support their role in improving health equity across the state.

### How to Connect

Getting help from a CHW is easy. Ask your clinic's nurse, doctor, or front desk staff. You can also call your AHCCCS health plan for more information. CHWs are here to guide you every step of the way—because health care should work for everyone.

[Arizona Health Care Cost Containment System \(AHCCCS\) Whole Person Care Initiative](#)

[National Academy for State Health Policy](#)

# Keep Yourself Healthy - Complete Your Preventive Visit Annually



Preventive care is not just a check-up it is your yearly health boost! Preventive care can help you stay healthy and catch problems early. A yearly preventive well care visit is a covered benefit you get as an Arizona Complete Health-Complete Care Plan member. There is no cost/copayment for this visit. Think of it as your chance to stay ahead of health issues, catch problems early, and keep feeling your best. Do not wait until you are sick, make this visit part of your routine and take charge of your health!

## Once a Year:

- Get your wellness exam. This is a physical exam where your doctor will:
  - Check your blood pressure.
  - Measure your height, weight and body mass index (BMI).
  - Perform a lifestyle screening, such as alcohol use, help quitting tobacco, skin cancer risk.
  - Screen for depression.
  - Check for recommended health screenings needed.
  - Review vaccines you may need.

This is a great time to discuss any concerns or questions you may have about your health!

## Kids and Teens Under 21

- Regular well-child visits help ensure your child's health, development, and well-being are on track. These visits are provided at no cost through Arizona Complete Health-Complete Care Plan as part of EPSDT (Early and Periodic Screening, Diagnostic, and Treatment) benefits. The exam includes all recommended preventive screenings outlined by the American Academy of Pediatrics (AAP) Periodicity Schedule—such as,
  - Vision and hearing screenings
  - Developmental assessments
  - Behavioral, social and emotional assessments
  - Substance use screenings
  - Depression assessments
  - Sexually Transmitted Infection (STI) and Human Immunodeficiency Virus (HIV) screenings
  - Oral health screenings

# Complete Your Preventive Visit Annually *(continued)*

## Adult Recommended Health Screenings:

- Screening tests help to check for cancer and chronic diseases early when they may be easier to treat.
  - The frequency of recommended screenings may vary based on age and individual risk factors.
  - Screening for high blood pressure, adults 18 and older.
  - Breast cancer screening, women ages 40 to 74.
  - Cervical cancer screening, women ages 21 to 65.
  - Colon cancer screening, adults ages 45 to 75.
  - Screening for diabetes, adults over age 45. Screening may be needed if you are younger, overweight, or other risk factors.

## People with Diabetes:

- Hemoglobin A1c (HbA1c) test. This blood test measures your body's average blood sugar. This is different from a glucose test.
- Eye exam to detect problems that may lead to blindness.
- Statin medication, if appropriate.

### You can make smart decisions about your health care.

Take advantage of your annual preventive visits, this is one of the best ways to protect your health and your family's well-being. Arizona Complete Health-Complete Care Plan is here to partner with you to achieve your healthcare goals. Let us help you schedule your preventive visit today and stay on track for a healthier future!

### Need Help?

- Finding a doctor
- Scheduling an appointment
- Transportation

### Please contact us: Medicaid Member Services:

1-888-788-4408  
(TTY/TDD: 711)

### Nurse Triage Line:

1-866-534-5963  
(TTY/TDD: 711)

Sources:

1. <https://www.cdc.gov/chronic-disease/prevention/preventive-care.html>  
<https://www.cdc.gov/cancer/prevention/screening.html>
2. <https://www.cdc.gov/diabetes/diabetes-testing/prediabetes-a1c-test.html>



**Want to know more about Fraud, Waste, and Abuse and what to do if you think it is happening?**

Click here: <https://www.azcompletehealth.com/members/medicaid/helpful-links/reducing-fraud.html>

# What You Need to Know About HIV and Pregnancy

Human Immunodeficiency Virus (HIV) is a virus that harms your immune system. If it's not treated, it can cause serious health problems and even death. HIV can lead to AIDS, which stands for Acquired Immune Deficiency Syndrome. There is no cure for HIV, but medicine can help you stay healthy.

HIV spreads through body fluids like blood, semen, and breast milk. It usually spreads through unprotected sex or sharing needles.

You can pass HIV to your baby during pregnancy, birth, or breastfeeding. The good news is that treatment can help protect your baby. If you're pregnant or planning to get pregnant, get tested for HIV. If you have HIV or think you might, tell your doctor right away. Starting treatment early helps you stay healthy and keeps your baby safe.

Testing during pregnancy is very important. It helps find HIV early, prevents passing it to your baby, improves your health, and gives you support and safe delivery options.

The only way to know if you have HIV is to get tested. Ask your partner to get tested too.

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

For questions or more information about testing and services, call Member Services at **1-888-788-4408 (TTY/TDD: 711)**.

Source: <https://hivinfo.nih.gov/understanding-hiv/fact-sheets/preventing-perinatal-transmission-hiv-during-pregnancy-and-childbirth>



# Understanding Opioid Misuse & Safety



Opioids are medicines used to treat strong pain. They can help when using the right way, but they also come with some risks. Misusing opioids can cause dependence or overdose. Dependence is when the body needs something to feel like normal. Overdose is when there is too much opioid in the body and it causes breathing to slow or stop. Arizona Complete Health-Complete Care Plan wants members to learn how to use these medicines safely and to get help when needed.

Opioids like oxycodone and hydrocodone change how the brain feels pain. Not following your doctor's direction can lead to harm. Misuse includes taking more than prescribed or using someone else's pills. It also includes taking opioids for reasons that are not related to pain.

Some pharmacies accept medications and dispose of them properly. Check with your pharmacy to see if they can help with medicine disposal.

If you or someone in your family is having trouble with opioid use, Arizona Complete Health-Complete Care Plan can help. The program covers counseling and support. It also covers but is not limited to medicines that help with cravings. Members can call the health plan or the 988 Suicide and Crisis Lifeline, available 24/7 by calling or texting **988**.



## To stay safe:

**Take opioids only** as your doctor directs.

**Do not mix opioids** with alcohol or sleep medicines. This can raise the risk of overdose.

Keep your medicine **in a safe place**.

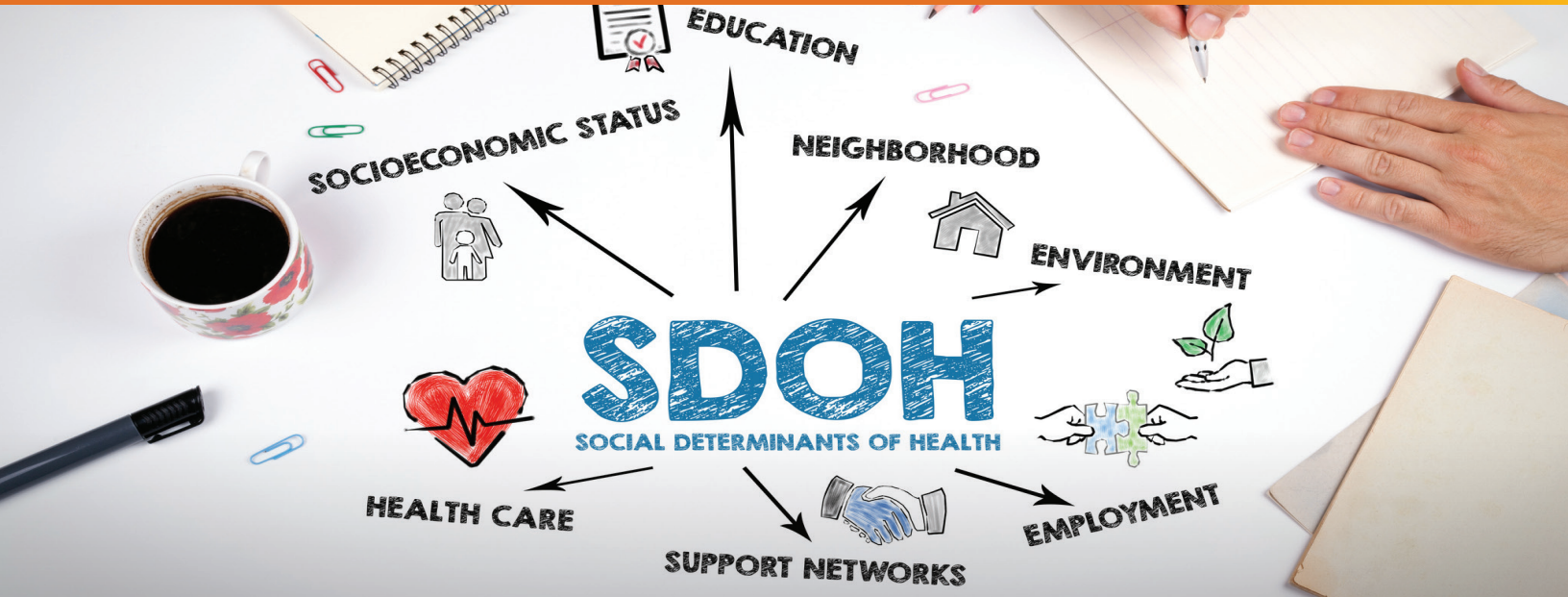
**Throw away extra pills** at take-back sites in your city.

Learning about opioid safety helps protect your health and your community.

## References

1. Arizona Health Care Cost Containment System (AHCCCS). Opioid Services and Resources. 2024.
2. Centers for Disease Control and Prevention. Prescription Opioids: What You Need to Know. CDC; 2024.
3. U.S. National Library of Medicine. Opioid Use Disorder. StatPearls Publishing; 2023.
4. Arizona Department of Health Services. Opioid Overdose Prevention & Take-Back Programs. 2024.
5. World Health Organization. Guidelines for the Psychosocially Assisted Pharmacological Treatment of Opioid Dependence. WHO; 2023.

# How Health Drivers, Social Determinants, and Social Needs Connect



Your health depends on more than just going to the doctor. Big factors, called drivers of health, shape how we live. These include things like income, education, housing, and access to care. They set the stage for our daily lives and can make a big difference in how healthy we are.

Inside these drivers are social determinants of health. These are the conditions in which people are born, grow, work, and age. Examples include safe housing, good schools, clean air, and fair job opportunities. When these conditions are strong, people are more likely to stay healthy. When they are weak, health problems can grow.

From these conditions come health-related social needs. These are the personal challenges someone faces right now, like not having enough food, missing rides to appointments, or struggling to pay rent. These needs directly affect health. For example, a person with diabetes may find it hard to manage their condition if they cannot afford healthy food.

Meeting social needs helps people not just survive but thrive. When we work together to meet these needs, we build healthier communities for everyone.

Resources:

1. [Arizona Complete Health](#)
2. [CMS](#)



## Where to Find Help:

- Call 211 for local resources.
- Ask your doctor or clinic about social service referrals.
- Use online tools like [findhelp.org](#) to search by ZIP code.
- Check out the Arizona Complete Health-Complete Care Plan Community Resource Guide.

# Complete Care Under One Roof: Physical and Mental Health Together



Your body and mind work as a team, so why should your care be separate? Taking care of both is important for your overall health. Instead of going to one location for a physical health appointment and another for behavioral health, Arizona Complete Health-Complete Care Plan makes it easier. Through Integrated Behavioral Health Homes, you can get both physical and mental health services in one place.

**Integrated care means better communication between your providers and less hassle for you. Here are some benefits:**

- Physical and behavioral health providers work closely together
- One set of records, so you do not have to sign multiple forms
- Ideal for members with complex behavioral health needs
- And the best part? No referral is needed to start services!

**Ready to get started?**

- Call Member Services at **1-888-788-4408 (TTY/TDD: 711)**
- Find a provider near you at Arizona Complete Health-Complete Care Plan's website

Your mental health and physical health are both key parts of your well-being. Take care of every part of you, all under one roof!



# Family Support Services: Helping You and Your Loved Ones Thrive

Family support is a behavioral health service to all Arizona Complete Health-Complete Care Plan enrolled members. Family support is an important service that makes it possible for your family member to participate in your treatment planning. A family member may be blood-related, or they may be a “family member of choice.” A family member of choice is a close friend, co-worker, or other type of person that a member counts as their family member and the person is not physically related to the member. Your provider can tell you more about family support and add it to your service plan.

Credentialed Family Support Partners are certified to provide family support services. Credentialed Family Support Partners have experience helping a family member with a substance-use issue and/or an emotional or behavioral health need. They also complete a formal training program. Credentialed Family Support Partners help family members with one-on-one support, understanding their loved one’s mental health and/or substance use issues, and help navigate the public health system. Arizona Complete Health-Complete Care Plan contracts with agencies that focus on family support and have Credentialed Family Support Partner staff. You can click on the links below to get more information on family support services.

- **Caring Connections for Special Needs**  
(<https://www.ccsneeds.com>)
- **Family Involvement Center (FIC)**  
(<https://www.familyinvolvementcenter.org/>)
- **Mentally Ill Kids In Distress (MIKID)**  
(<https://www.mikid.org/>)
- **Encircle Families**  
(<https://encirclefamilies.org/>)

*Have questions or want more information on Family Support?* Please contact: Brenda Replogle, Arizona Complete Health-Complete Care Plan Peer and Family Support Advisor, [Breplogle@azcompletehealth.com](mailto:Breplogle@azcompletehealth.com): (520) 279-8664

# 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: 1-800-273-8255 (press 1)

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

### **PROVIDERS BY COUNTY:**

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

# Stress-Busting Program (SBP)



## *Stress-Busting Program (SBP) for Family Caregivers of Persons with Chronic Illness*

Do you provide care for a loved one living with a chronic illness?

- Arizona Complete Health-Complete Care Plan offers a wellness program to support caregivers!
- Through SBP, participants learn:
  - The impact of stress on their health and how it relates to caregiving
  - How to deal with stress by using relaxation techniques, and problem-solving skills
  - How to take care of themselves while providing better care for their loved one

**Training is available at no cost!**

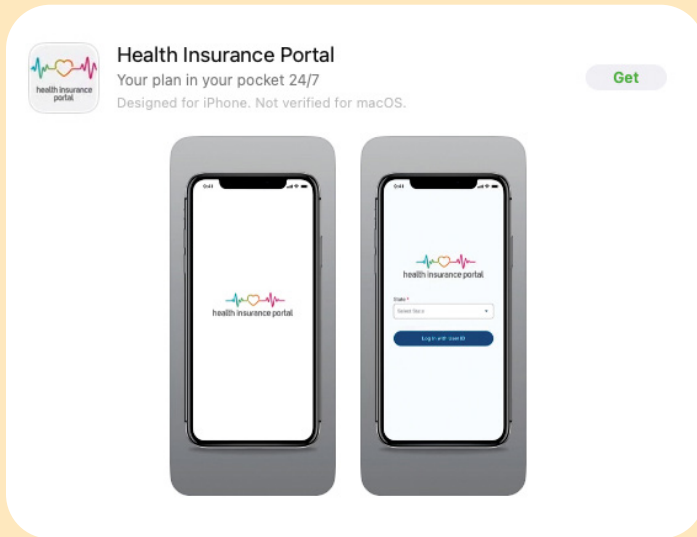
- **WHO:** Family or natural caregivers of an adult living with a chronic illness
- **WHAT:** A program that teaches stress management, relaxation, and coping strategies
  - 90-minute sessions/week for 9 weeks
  - Program is conducted in small, closed groups
  - Program is available in English only
- **WHERE:** All training sessions will be held virtually online
- **WHEN:** See the registration link for start dates and meeting days/times

- For more information about the program or to register, scan the QR code to the right or visit:

◦ <https://attendee.gototraining.com/563jn/catalog/282223075053858560>



# Stay Connected with the Health Insurance Portal Mobile App



Arizona Complete Health-Complete Care Plan members can now manage their health anytime, anywhere with the **Health Insurance Portal** mobile app. This convenient and secure tool makes it easier than ever to access your health information and benefits on the go.

## With the app, you can:

- **Search for care:** Find doctors, urgent care centers, or change your primary care provider.
- **View your benefits:** See details about the services and coverage available to you.
- **Access your member ID card:** Open, share, or save your digital ID card to your mobile wallet.
- **Take a health quiz:** Share your health needs so we can better support your care.
- **Notify us if you're pregnant:** Get connected to programs and resources for a healthy pregnancy.

Download the **Health Insurance Portal mobile app** today and take control of your health, right from your phone.

## How to Get Started

1. **Download the App:** Search for “Health Insurance Portal” in the App Store or Google Play.
2. **Select Arizona:** From the “state” drop down menu, select “Arizona.”
3. **Log In:** Use your member portal login or create an account to get started.

QR Code: Goole Play



QR code: App Store



## 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](https://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](https://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)**.

<b>Spanish</b>	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 <b>1-866-918-4450 (TTY/TDD 711)</b> .
<b>Navajo</b>	T'aa jiiik'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 adiiljz' bee holo holne'go niha nit holo doo binahji' baa holo. Dii bee nil holoo dooleel, t'aa shoodi béeso bich'j' ya'at'éehigii <b>1-866-918-4450 (TTY/TDD 711)</b> .
<b>Chinese (Mandarin)</b>	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 <b>1-866-918-4450 (TTY/TDD 711)</b> 。
<b>Chinese (Cantonese)</b>	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 <b>1-866-918-4450 (TTY/TDD 711)</b> 。
<b>Vietnamese</b>	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 <b>1-866-918-4450 (TTY/TDD 711)</b> .
<b>Arabic</b>	تتوفر لك خدمات مساعدة لغوية ومساعدات وخدمات إضافية وخط أكبر وترجمة شفوية وغيرها من التنسيقات البديلة مجاناً. للحصول على ذلك، يُرجى الاتصال على الرقم <b>1-866-918-4450 (711 TTY/TDD)</b> .
<b>Tagalog</b>	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 <b>1-866-918-4450 (TTY/TDD 711)</b> .
<b>Korean</b>	언어 보조 서비스, 보조 지원과 서비스, 큰 글씨, 구두 번역 및 기타 대체 형식은 무료로 제공됩니다. 자세한 정보를 확인하려면 <b>1-866-918-4450(TTY/TDD 711)</b> 번으로 전화해 주십시오.
<b>French</b>	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 <b>1-866-918-4450 (TTY/TDD 711)</b> .
<b>German</b>	Ihnen stehen kostenlose Sprachassistentendienste, Hilfsmittel und -dienste, größere Schrift, mündliche Übersetzungshilfen und andere alternative Formate zur Verfügung. Um dies zu erhalten, rufen Sie unter <b>1-866-918-4450 (TTY/TDD 711)</b> an.
<b>Russian</b>	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 <b>1-866-918-4450 (TTY/TDD 711)</b> .

