



SUMMER 2022
be
well

A Publication for L.A. Care Members

Summer Travel: Don't Forget Your Medicine!

Travel creates excitement as we look forward to taking a trip to see family or visit a new place. It takes preparation before you head out on the road. Remember, if you take medications make sure you have enough to last throughout your trip.



Tips for Preparing Your Medication for Travel

- At least a week before traveling, check your prescriptions. If you need a refill, make a trip to the pharmacy if you have refills left. If not, contact your doctor for a new prescription.
- Make a list of your medications by name, strength and directions. Do not pack the list in your luggage – keep it with you.

- Even if you use a pillbox, keep your medications in the original container until you arrive at your destination. You can put them in your pillbox then.
- Keep your medications in your carry-on bags. If checked luggage is lost or delayed, you will still have what you need. Do not miss a dose just because you are in transit.
- If you are traveling outside the U.S., be sure your medicine is allowed in the place you are visiting.
- Always travel with your medical insurance card.
- If you run out of your medicine or lose it, call Medi-Cal Rx at **1.800.977.2273**, 24 hours a day, 7 days a week.

As of January 1, Medi-Cal Pharmacy Benefits are done through the fee-for-service delivery system Medi-Cal Rx. Please visit the DHCS Medi-Cal Rx website for more information or visit the L.A. Care Pharmacy Services link: <https://www.lacare.org/members/getting-care/pharmacy-services>.



Ask the Doc: Lower Your Diabetes Risk with the Diabetes Prevention Program



Q: What is prediabetes?

A: Prediabetes means your blood sugar is higher than normal, but not high enough *yet* to be diabetes. It is a sign that you are at high risk of getting diabetes. Our goal is to prevent diabetes, and the health issues it can lead to, before it starts.

Q: What is the Diabetes Prevention Program?

A: The **Diabetes Prevention Program (DPP)** is a free yearlong class to lower the risk of diabetes. In a fun and caring way, trained Lifestyle Coaches help you make changes in the foods you eat and how much you move your body. These changes work together to prevent diabetes.

Q: How do I qualify for the DPP?

A: To qualify for the DPP, adult L.A. Care members must:

- Be at least 18 years old **and**
- Be overweight based on your height and weight

- Not have diabetes
- Have a blood test in the prediabetes range or have had gestational diabetes (diabetes during pregnancy)

Ask your doctor if you meet these guidelines. If you already have diabetes, L.A. Care has other programs for you.

Q: What will I learn?

A: You will learn how to eat healthy (without giving up the foods you love) and how to move your body more each day. You will also learn how to better deal with stress and how to get back on track if you have a bad day.

Q: How do I sign up?

A: To learn more about the DPP, go to solera4me.com/lacare or call **1.866.690.6202** (TTY 711), Monday through Friday, 6 a.m. – 6 p.m.

Q: Can I join the DPP on my smart phone?

A: Yes, you can now join the DPP from the comfort of your phone. L.A. Care has partnered with Solera Health to offer this program using a digital app.

Q: Does L.A. Care offer any resources that will help me with the DPP?

A: You will have access to a health coach and after four weeks in the program, you can get a free Fitbit to help you track your exercise.



Easy Fruity Frozen Treats

What could be better during the hot summer months than a fruity frozen treat? Try these fun, easy recipes. No Popsicle molds or blender needed!

Frozen Chocolate Dipped Bananas

- Cut four ripe bananas in half, and slide a lollipop stick into the end of each one. Put bananas on a tray lined with parchment paper. Freeze for two hours.
- In a microwave safe bowl, add one cup of dark chocolate chips, microwave for 30 seconds and stir. Repeat the process until the chocolate is melted.
- Dip frozen bananas into the chocolate. Sprinkle with nuts or a crushed cereal topping of your choice.
- Enjoy! Freeze the rest for later.

Yogurt Dipped Frozen Grapes Skewers

- Stick 2-3 grapes on a tooth pick. Place grape skewers on a tray lined with parchment paper. Freeze for two hours.
- Dip in your favorite yogurt. Put the dipped grape skewers back into the freezer for 15 minutes to take shape.
- Remove from the freezer and enjoy!

Frozen treats can be stored in the freezer for up to one week.

To learn more about healthy eating, please visit the “Healthy Eating” page on the L.A. Care website, lacare.org and watch our “My Plate Success” video.



Medi-Cal Redetermination

Are you enrolled in Medi-Cal? Has your contact information changed in the past two years? Give your county office your updated contact information so you can stay enrolled in Medi-Cal. Go to benefitscal.com or call the Los Angeles County Department of Public Social Services at **1.866.613.3777** (TTY **1.800.660.4026**).

Are Vaccines Safe During Pregnancy?

Yes! Most vaccines are safe for women before, during, and after pregnancy. When a person is vaccinated, they make antibodies which are then ready to fight off disease if needed later. When a pregnant woman gets vaccinated the antibodies cross the placenta, which help, protect the baby from getting very sick early in life. Both mother and child are protected.



Which vaccines should I get if I am pregnant?

CDC recommends pregnant women get two vaccines **during** every pregnancy:

- **The flu vaccine** protects both mom and baby from getting very sick from flu for several months after birth. The flu vaccine is safe at any stage of pregnancy.
- **The Tdap vaccine** protects mom and baby from pertussis, also known as whooping cough. Babies who have whooping cough can get very sick. Pregnant women should get the Tdap vaccine at the start of the third trimester. This early protection is important because newborns cannot get their first shot until 2 months of age.



Pregnant women are also encouraged to get the COVID-19 vaccine and the booster. They are both safe during pregnancy.

Affordable Home Internet

As a Medi-Cal member, your household can get help paying for home high-speed internet service with a \$30 per month discount through the federally funded Affordable Connectivity Program. Households can also receive a one-time discount of up to \$100 to purchase a computer or tablet from participating providers if they pay more than \$10 and less than \$50, toward the purchase price.

Learn more by visiting [ACPBenefit.org](https://www.acpbenefit.org). The Federal Communications Commission (FCC) offers the program.



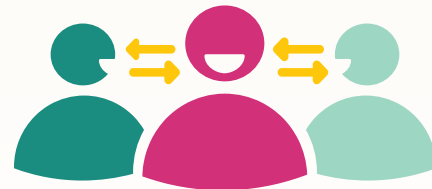


We Speak Your Language

L.A. Care has a Language Assistance Program to help you talk to your doctor or health care providers in your preferred language. This service is at no cost. Through the Language Assistance program, you can:

- Use an interpreter when you talk with your doctor or any health care provider. You don't need to use family or friends as interpreters
- Use an interpreter to talk with an L.A. Care representative
- Receive L.A. Care written materials in your language
- Have materials read to you in your language

To access interpreting services, call L.A. Care **Member Services** at **1.888.839.9909** (TTY 711), 24 hours, 7 days a week, including holidays. Call at least 10-15 days in advance, if you would like to request an in-person or sign language interpreter for your doctor's appointment at no cost.



Also, please remember to call us to let us know what language you prefer to speak and read, and your race and ethnicity. This information is protected and used only to improve the services we provide for you. Rest assured that L.A. Care is committed to protecting your private information. It will not be used to decide your health care benefits, coverage or the cost of coverage.

The greatest wealth is health.

— Virgil, Roman Poet



Your Child's Development

If you are concerned about your child's development, such as the way he or she plays, learns or speaks, you are not alone. Many parents and caregivers wonder if their child is growing and developing "on track." These are normal questions or concerns to have.

As a parent or caregiver, you know your child better than anyone else. If you have a feeling that something is not quite right, talk to your child's doctor and ask about a developmental screening. Don't wait to see if your child "outgrows" concerns, you may have.

Keep in mind that all well-child visits should include questions about your child's development and behavior. However, your doctor may also do more formal screenings of development at 9, 18, and 30 months – and autism-related screenings at 18 and 24 months.

Ask for a Referral

If you or the doctor thinks there might be a delay, ask for a referral to a specialist who can do a more in-depth evaluation of your child. A specialist that your child might be referred to include:

- **Developmental pediatrician** – doctors who have special training in child development and children with special needs.
- **Child neurologist** – doctors who work on the brain, spine, and nerves.
- **Child psychologist or psychiatrist** – doctors who know about the human mind.

Get an Evaluation

If your child is under age 3, please call your local Early Start intervention program. Learn more and find the phone number on the California Department of Developmental Services website at dds.ca.gov/rc/lookup-rcs-by-county.

If your child is age 3 or older: Call any local public elementary school. Let them know you would like to have your child evaluated through the school system for preschool special education services.

Remember that acting early makes a real difference. For additional information and resources, visit [HelpMeGrowLA.org](https://www.HelpMeGrowLA.org).





Have You Seen Your Doctor Lately?



If you have put off having a well visit because of COVID-19, you are not alone. Summer is a great time to reconnect by seeing your doctor. Even when you are feeling well, it is a big part of staying healthy. Your doctor will make sure you are up to date on needed tests and vaccines. You may even be able to have your doctor visit by telehealth - over the phone or video.

If you are new to L.A. Care, the first doctor visit is called an Initial Health Assessment or IHA. During the IHA (and some well visits thereafter), you will be asked to fill out a form called the Staying Healthy Assessment (SHA). This form helps your doctor learn about your lifestyle, such as whether you eat enough fruits and vegetables. Making an appointment is easy!

If you have not seen your doctor in the past year, or are new to L.A. Care, please call the number on your ID card.

Brighter Days Ahead!

Summer is here, but sometimes it can feel like the sun is not shining as brightly on you. L.A. Care offers help for members who feel like they are living under gloomy skies. Did you know that L.A. Care has programs to connect you with a trained professional that you can talk to if you are feeling anxious or down? You can be checked and treated for stress, relationship issues, anxiety, anger and/or depression, among other behavioral health challenges.

If you call the L.A. Care behavioral health partner, **Beacon Health Options** at **1.877.344.2858** (TTY **1.800.735.2929**) between 8 a.m. - 5 p.m., Monday through Friday, staff will provide you with a referral to a therapist or psychiatrist to begin the process. Calling after hours? No problem. Beacon Health is available 24 hours, 7 days a week to take your information and staff will give you a follow-up call during office hours.



Call today to take the first step towards improved mental health.



Community Resource Center



In-Person Classes Are Back at Our Community Resource Centers!

L.A. Care Health Plan and Blue Shield of California Promise Health Plan Community Resource Centers' (CRC) doors are open again and we are here to serve you. Enjoy our in-person health and wellness classes that are fun, free and open to everyone. We are dedicated to the health and safety of our visitors.

Get access to a variety of health care and community resources such as health, nutrition and fitness classes. Please remember you can also participate in free on-demand classes such as exercise, healthy cooking and more at [youtube.com/activehealthyinformed](https://www.youtube.com/activehealthyinformed). Call **1.877.287.6290** (TTY 711) for more information or drop by so that our CRC staff can help you get the services you need!

Building Active, Healthy & Informed Communities

- Free Food Pantries
- Free WiFi for Telehealth Services
- Linkage to Assistance Programs
- Enrollment Support for Medi-Cal and Other Health Coverage Programs

Nurse Advice Line Can Help You

Do you have questions about your health? Need medical advice fast? The **Nurse Advice Line** is available 24 hours a day, 7 days a week. Registered nurses will answer your health questions and help you take care of your family. Get tips on avoiding the flu, treating the common cold and so much more.



Use the audio library to listen to recorded messages on many different health topics. Call the L.A. Care **Nurse Advice Line** at **1.800.249.3619** (TTY 711) or chat with a nurse online free. To access the nurse chat function, go to [lacare.org](https://www.lacare.org) and click on "Member Sign In" to log on.

Looking for L.A. Care Members to Join the Community Advisory Committees

Do you want to learn how the health care system works? Would you like to share your thoughts on how L.A. Care can improve their services? L.A. Care is looking for people to join the **Community Advisory Committees (CACs)**. As a CAC member, you can help L.A. Care meet the needs of the neighborhoods we serve. Your voice can really make a difference in improving the health care for the over 2 million L.A. Care members in L.A. County!

For more information, please call the **Community Outreach & Engagement Department** at **1.888.522.2732 (TTY 711)**, Monday – Friday, 8 a.m. – 5 p.m.



Telehealth: Care When You Need It in the Comfort of Your Home



Telehealth is a L.A. Care benefit offering urgent care visits with a licensed doctor via phone or by video chat. You can get

virtual care for common illnesses, mental health services and consultations. Contact our telehealth partner, Teladoc® by calling **1.800.835.2362 (TTY 711)**, 24 hours a day, 7 days a week. Members do not need pre-approval.

Go Green and Get Be Well Electronically!

Would you like to get *Be Well* by email? Please sign up on our website at **lacare.org/be-well** to receive it by email. Be sure to like us on Facebook, Twitter, Instagram and LinkedIn.



Learn About Your Coverage



When you first join L.A. Care, and then every year after, you will get a package of important information about your health care coverage. Please read it and call us if you have any questions. You can visit the L.A. Care website at [lacare.org](https://www.lacare.org) for the information listed below and more:

Basic Information

- What benefits and services *are* covered
- What benefits and services *are not* covered
- How your health plan makes decisions about when new treatments will become benefits
- What care you can and cannot get when you are out of Los Angeles County or the L.A. Care network
- How to access care when you are out of Los Angeles County
- How to change or get care from your primary care physician (PCP)
- How to get information about doctors
- How to get a referral for special care or to go to the hospital
- What to do when you need care right away or when the office is closed
- What to do if you have an emergency
- How to get prescriptions filled, other pharmacy program information and updates
- Co-payments and other charges
- What to do if you get a bill
- How to keep you and your family healthy guide
- How your health plan evaluates new technology to decide if it should be a covered benefit
- Submitting a complaint

Special Programs

L.A. Care has the following special programs:

- **Quality Improvement Programs** improve equitable quality of care, safety, and services for our members.

These programs measure our progress so that we can meet our goals and provide equitable quality services and decide what we may need to change

- **Care Management Programs** for members who have challenging medical needs
- **Programs to better manage diseases**, like diabetes and asthma

How Decisions Are Made About Your Care

- How our doctors and staff make decisions about your care based only on need and benefits. We do not encourage doctors to provide less care than you need and doctors are not paid to deny care.
- How to reach us if you want to know more about how decisions are made about your care
- How to appeal a decision about your care, including external independent review

Member Issues

- Your rights and responsibilities as a health plan member
- How to voice your concerns if you are unhappy
- What to do if you are disenrolled from your plan
- How L.A. Care protects and uses your personal health information
- How to get help if you speak a different language

If you would like paper copies of your health care coverage, please call us at **1.888.839.9909** (TTY 711), 24 hours a day, 7 days a week and holidays.

L.A. Care Works for You

At L.A. Care, we inform, educate, and engage our members. We want to empower YOU to be well and happy with your health care. We reach more than 2 million members through mail, email, phone, websites, newsletters, and even through your doctor!

Let us help you with your health care when and how you need it. Call us at **1.888.839.9909** (TTY 711) 24 hours a day, 7 days a week and holidays. Also, visit our website at **lacare.org**.



Important Numbers

Do you have questions about your benefits? Please see the contact information below to get help and answers.



L.A. CARE HEALTH PLAN

L.A. Care Medi-Cal Plan

1.888.839.9909 (TTY 711)

24 hours a day, 7 days a week and holidays

L.A. Care PASC-SEIU Health Plan

1.844.854.7272 (TTY 711)

24 hours a day, 7 days a week and holidays

L.A. Care Cal MediConnect

1.888.522.1298 (TTY 711)

24 hours a day, 7 days a week and holidays

L.A. Care Community Resource Centers

(Your Centers for Health and Wellness)

1.877.287.6290 (TTY 711)

L.A. Care Covered™

1.855.270.2327 (TTY 711)

Monday – Friday, 9 a.m. – 5 p.m.

L.A. Care Compliance Helpline

(to report fraud or abuse)

1.800.400.4889 (TTY 711)

24 hours a day, 7 days a week and holidays

L.A. Care Language/Interpreter Services

1.888.839.9909 (TTY 711)

24 hours a day, 7 days a week and holidays

L.A. Care's Nurse Advice Line

(for non-emergency medical advice)

1.800.249.3619 (TTY 711)

24 hours a day, 7 days a week and holidays

OTHERS

Transportation Services

(No Cost Medi-Ride to the Doctor)

1.888.839.9909 (TTY 711)

24 hours a day, 7 days a week

Beacon Health Options

(Behavioral Health Care)

1.877.344.2858 (TTY **1.800.735.2929**)

beaconhs.com

24 hours a day, 7 days a week

TelaDoc®

1.800.835.2362 (TTY 711)

(Talk to a doctor for urgent care needs)

24 hours a day, 7 days a week

IN CASE OF EMERGENCY, CALL 911



L.A. Care
HEALTH PLAN®

SALES & MARKETING DEPARTMENT

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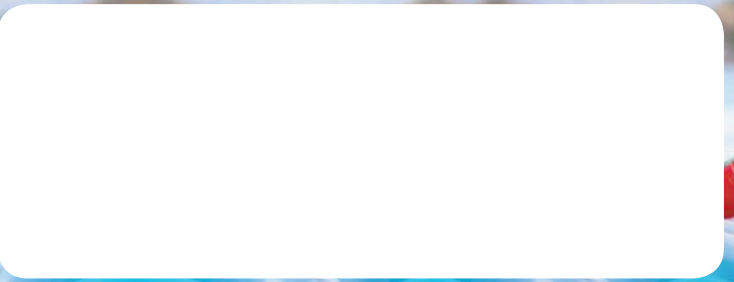
SUMMER 2022

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A Publication for L.A. Care Members

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Health and wellness or prevention information



English	ATTENTION: If you need help in your language call 1.888.839.9909 (TTY: 711). Aids and services for people with disabilities, like documents in braille and large print, are also available. Call 1.888.839.9909 (TTY: 711). These services are free of charge.
Spanish	ATENCIÓN: si necesita ayuda en su idioma, llame al 1.888.839.9909 (TTY: 711). También ofrecemos asistencia y servicios para personas con discapacidades, como documentos en braille y con letras grandes. Llame al 1.888.839.9909 (TTY: 711). Estos servicios son gratuitos.
Arabic	تتوفر أيضا المساعدات والخدمات للأشخاص ذوي الإعاقة، مثل المستندات المكتوبة بطريقة برايل والخط الكبير. اتصل بـ 1.888.839.9909 (TTY: 711). هذه الخدمات مجانية.
Armenian	Ուժեղ օգնություն է հարկավոր Ձեր լեզվով, գաղափարեք 1.888.839.9909 (TTY: 711): Կան նաև օգնական սրբոցներ ու ծառայություններ հարկավորություն ունեցող անհանգիստ, օրինակ՝ Բրայլի գրատիպով ու խոշորատառ տպագրված նյութեր: Ձանգահարեք 1.888.839.9909 (TTY: 711): Այդ ծառայություններն անվճար են:
Cambodian	ចំណាំ: បើអ្នក ត្រូវ ការជំនួយ ជាភាសា របស់អ្នក សូម ទូរស័ព្ទទៅលេខ 1.888.839.9909 (TTY: 711)។ ជំនួយ និង សេវាកម្ម សម្រាប់ ជនមានការ មិនសូវ ធនធាន ក្នុង ការស្រាវជ្រាវ ជាមួយ អ្នកជំនាញ ក៏អាច ក៏បានផងដែរ។ ទូរស័ព្ទទៅលេខ 1.888.839.9909 (TTY: 711)។ សេវាកម្មទាំងនេះ មិនគិតថ្លៃឡើយ។
Chinese	请注意：如果您需要以您的母语提供帮助，请致电 1.888.839.9909 (TTY: 711)。另外还提供针对残疾人士的帮助和服务，例如文盲和需要较大字体阅读，也是方便取用的。请致电 1.888.839.9909 (TTY: 711)。这些服务都是免费的。
Farsi	توجه: اگر می‌خواهید به زبان خود کمک دریافت کنید، با 1.888.839.9909 (TTY: 711) تماس بگیرید. کمکها و خدمات مخصوص افراد دارای معلولیت، مانند نسخه‌های خط بزرگ و چاپ با حروف بزرگ، نیز موجود است. با 1.888.839.9909 (TTY: 711) تماس بگیرید. این خدمات رایگان ارائه می‌شوند.
Hindi	ध्यान दें: अगर आपको अपनी भाषा में सहायता की आवश्यकता है तो 1.888.839.9909 (TTY: 711) पर कॉल करें। अशक्तता वाले लोगों के लिए सहायता और सेवाएं, जैसे ब्रेल और बड़े फॉन्ट में भी दस्तावेज़ उपलब्ध हैं। 1.888.839.9909 (TTY: 711) पर कॉल करें। ये सेवाएं नि: शुल्क हैं।
Hmong	CEEB TOOM: Yog koj xav tau kev pab txhais koj hom lus hu rau 1.888.839.9909 (TTY: 711). Muaj cov kev pab txhawb thiab kev pab cuam rau cov neeg xiam oob qhab, xws li puav leej muaj ua cov ntauw su thiab luam tawm ua tus ntawv loj. Hu rau 1.888.839.9909 (TTY: 711). Cov kev pab cuam no yog pab dawb xwb.
Japanese	注意日本語での対応が必要な場合は 1.888.839.9909 (TTY: 711) へお電話ください。点字の資料や文字の拡大表示など、障がいをお持ちの方のためのサービスも用意しています。 1.888.839.9909 (TTY: 711) へお電話ください。これらのサービスは無料で提供しています。
Korean	유의사항: 귀하의 언어로 도움을 받고 싶으시면 1.888.839.9909 (TTY: 711) 번으로 문의하십시오. 접자나 큰 활자로 된 문서와 같이 장애가 있는 분들을 위한 도움과 서비스도 이용 가능합니다. 1.888.839.9909 (TTY: 711) 번으로 문의하십시오. 이러한 서비스는 무료로 제공됩니다.
Laotian	ປະກາດ: ຖ້າທ່ານຕ້ອງການຄວາມຊ່ວຍເຫຼືອໃນພາສາຂອງທ່ານໃຫ້ໄດ້ທາງ 1.888.839.9909 (TTY: 711). ຍັງມີຄືນຊ່ວຍເຫຼືອຂອງການບວກການສາວໂບນໂພກັນ ເຊັ່ນ ຕອບສະໜອງເປັນອັກສອນນຸ່ມແລະມິໂຕ້ໄທຍ ໃຫ້ໄດ້ທາງ 1.888.839.9909 (TTY: 711). ການບວກການຕັ້ງແອອັກໄຊຈຳໜ່ວຍ.
Mien	LONGC HNYOUV JANGX LONGX OC: Beiv taux meih qiemi longc mienh tengx faan benx meih nyei waac nor douc waac daaih lorx taux 1.888.839.9909 (TTY: 711). Liouh lorx jauvlouc tengx aengx caux nzie gong bun taux ninh mbuo wuaaic fangx mienh, beiv taux longc benx nzangc-pokc bun hluo mbuic aengx caux aamz borqor benx domh sou se mbenc nzoih bun longc. Douc waac daaih lorx 1.888.839.9909 (TTY: 711). Naav deix nzie weih gong-bou jauv-louc se benx wang-henx tengx mv zuqc cuotv nyaan oc.
Punjabi	ਧਿਆਨ ਦਿਓ: ਜੇ ਤੁਹਾਨੂੰ ਆਪਣੀ ਭਾਸ਼ਾ ਵਿਚ ਮਦਦ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਾਲ ਕਰੋ 1.888.839.9909 (TTY: 711)। ਅਮਰਨ ਲੋਕਾਂ ਲਈ ਸਹਾਇਤਾ ਅਤੇ ਸੇਵਾਵਾਂ, ਜਿਵੇਂ ਕਿ ਬ੍ਰੇਲ ਅਤੇ ਮੋਟੀ ਛਪਾਈ ਵਿਚ ਦਸਤਾਵੇਜ਼, ਵੀ ਉਪਲਬਧ ਹਨ। ਕਾਲ ਕਰੋ 1.888.839.9909 (TTY: 711)। ਇਹ ਸੇਵਾਵਾਂ ਮੁਫਤ ਹਨ।
Russian	ВНИМАНИЕ! Если вам нужна помощь на вашем родном языке, звоните по номеру 1.888.839.9909 (TTY: 711). Также предоставляются средства и услуги для людей с ограниченными возможностями, например документы крупным шрифтом или шрифтом Брайля. Звоните по номеру 1.888.839.9909 (TTY: 711). Такие услуги предоставляются бесплатно.
Tagalog	ATENSIYON: Kung kailangan mo ng tulong sa iyong wika, tumawag sa 1.888.839.9909 (TTY: 711). Mayroon ding mga tulong at serbisyo para sa mga taong may kapansanan, tulad ng mga dokumento sa braille at malaking print. Tumawag sa 1.888.839.9909 (TTY: 711). Libre ang mga serbisyo ng ito.
Thai	โปรดทราบ: หากคุณต้องการความช่วยเหลือเป็นภาษาของคุณ กรุณาโทรศัพท์ไปที่หมายเลข 1.888.839.9909 (TTY: 711) นอกจากนี้ ยังพร้อมให้ความช่วยเหลือและบริการต่าง ๆ สำหรับบุคคลที่มีความพิการ เช่น เอกสารต่าง ๆ ที่พิมพ์อักษรเบรลล์และเอกสารที่พิมพ์ด้วยตัวอักษรขนาดใหญ่ กรุณาโทรศัพท์ไปที่หมายเลข 1.888.839.9909 (TTY: 711) ไม่มีค่าใช้จ่ายสำหรับบริการเหล่านี้
Ukrainian	УВАГА! Якщо вам потрібна допомога вашою рідною мовою, телефонуйте на номер 1.888.839.9909 (TTY: 711). Люди з обмеженими можливостями також можуть скористатися допоміжними засобами та послугами, наприклад, отримати документи, надруковані шрифтом Брайля та великим шрифтом. Телефонуйте на номер 1.888.839.9909 (TTY: 711). Ці послуги безкоштовні.
Vietnamese	CHÚ Ý: Nếu quý vị cần trợ giúp bằng ngôn ngữ của mình, vui lòng gọi số 1.888.839.9909 (TTY: 711). Chúng tôi cũng hỗ trợ và cung cấp các dịch vụ dành cho người khuyết tật, như tài liệu bằng chữ nổi Braille và chữ khổ lớn (chữ hoa). Vui lòng gọi số 1.888.839.9909 (TTY: 711). Các dịch vụ này đều miễn phí.

The benefit information provided is a brief summary, not a complete description of benefits. Limitations, co-payments, and restrictions may apply. Benefits may change on January 1 of each year. To learn more, please call the L.A. Care **Member Services at 1.888.839.9909** (TTY 711), 24 hours a day, days a week, and holidays.

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