



Summer Splashdown: **Water Safety**



Water play is one of the best parts of summer and kids really enjoy it. But, an adult should always be nearby and watching when children are swimming, even if they know how to swim. Adults should pay attention at all times. Do not talk on the phone, send texts or read while watching children swim. Children should never be left alone near a pool, a lake, or the ocean.

Keep kids safe with these safety tips:

- Always have a phone nearby in case of emergency.
- Keep infants, toddlers and young children within arm's reach in the water.
- Children should learn to swim. Check with your doctor about when younger children can begin taking swimming classes. Classes may be offered at recreation centers and pools.
- Teach children about pool safety rules such as no running near the pool and not pushing one another under water.
- Learn CPR in case an accident happens.
- Use life vests; not inflatable vests or water wings.
- Keep young children out of spas and hot tubs.
- Make sure kids drink plenty of water to prevent dehydration.
- Beware of small bodies of water, such as bathtubs, fountains, blow-up pools, or buckets. Children can drown in as little as two inches of water. Empty items that hold water when you are done using them.



Ask the Doc: Managing High Blood Pressure

Q: What is high blood pressure?

A: High blood pressure is also called hypertension. Blood pressure is the force of blood pushing against the walls of the arteries as the heart pumps blood. If this pressure stays high over time, it can damage the body and raise the risk of heart disease, stroke and other serious conditions.

Q: What are the causes of high blood pressure?

A: The causes of high blood pressure and risk factors can vary. Some you can control and some you cannot.

Risk factors you can control include:

- Being overweight
- Eating too much salt
- Drinking too much alcohol
- Not being physically active
- Smoking
- Too little potassium
- Diabetes
- Stress

Risk factors you cannot control include:

- **Age:** Blood pressure tends to rise as we age
- **Race/ethnicity:** High blood pressure is more common among African Americans
- **Gender:** More men than women have high blood pressure
- **Family history:** You are more likely to have high blood pressure if someone in your family does

Lifestyle changes can help lower and maintain a healthy blood pressure. Staying on a healthy diet, being physically active, keeping a healthy weight, and not smoking can help you stop or delay problems. Some people may need to take

medicine to control their blood pressure. If your doctor gives you medicine as part of a treatment plan, take it as directed. Work with your pharmacist and doctor to follow a plan that works for you.

If you have questions, want to know more about high blood pressure and heart health or want to know if you are eligible for the L.A. Cares About Your Heart® program, call 1-855-707-7852 (TTY/TDD 1-888-448-6894) Monday-Friday, 8 a.m. to 4 p.m., or email heartdm@lacare.org.



Some medicines for your heart, blood pressure, and “water pills” need a lab test done each year. Please talk to your doctor about whether you need lab tests.

Labs tests can:

- help your doctor know how well the medicine is working for you
- tell your doctor if you are having certain side effects



Looking for New L.A. Care Volunteers!

You can be a voice to help L.A. Care meet the needs of the neighborhoods we serve. We are seeking new people to help with our Regional Community Advisory Committees (RCACs).

RCAC members bring the voice of their communities to L.A. Care’s Board of Governors, which guides programs for over 1.6 million members. We invite people over 18 years of age of many backgrounds. L.A. Care encourages seniors and people with disabilities to be part of RCAC. Please call 1-888-522-2732 to find out more.

Have Fun in the Sun, But Protect Your Skin!

The skin is our body's largest protective organ and can be easily damaged by sunlight. Sunburn occurs when our skin is overexposed to sunlight. The sun's rays can harm the skin in less than 15 minutes. Sunburn can also occur on cloudy days because the sun's ultra violet (UV) rays are strong enough to pass through the clouds. Sunburn can lead to skin cancer, the most common form of cancer in America.



Take these simple steps to help protect your skin from the sun

Cover Up

Wear protective clothing, such as long-sleeved shirts and pants. Light-colored clothing is better at deflecting the sun's harmful UV rays. Protect your face with a wide-brimmed hat and wear sunglasses with UV protection. Try to stay in the shade, especially between 10 am and 4 pm when the sun's rays are strongest.

Apply Sunscreen

Use water-resistant, broad spectrum sunscreen with a Sun Protection Factor (SPF) of 30 or more. Cover your body with sunscreen and remember to put it on your face, neck, ears, the tops of your feet and the backs of your hands.

Expect to use an ounce of sunscreen, which is about two tablespoons. Apply it 30 minutes before going out into the sun, and put more on every two hours or after swimming or sweating. Use a lip balm with sunscreen to help protect your lips.

Check Your Skin

Check the moles on your body. If you have a mole that has changed size, is not round in shape, or is more than one shade of color, have your doctor take a look at it. Also see your doctor if you notice a mole that is larger than the size of a pencil eraser or that is bleeding, oozing, itching or painful. Take care of your skin and it will take care of you.



Follow us...for a Healthy Life!

L.A. Care's Family Resource Centers Welcome You

L.A. Care Family Resource Centers (FRCs) are your centers for health and wellness. There are now four FRCs located throughout Los Angeles County.

- Boyle Heights (The Wellness Center at the Old General Hospital)
- Inglewood (Corner of Century & Crenshaw)
- Lynwood (Plaza Mexico)
- Pacoima (San Fernando Rd. & Van Nuys Blvd.) **new center!**

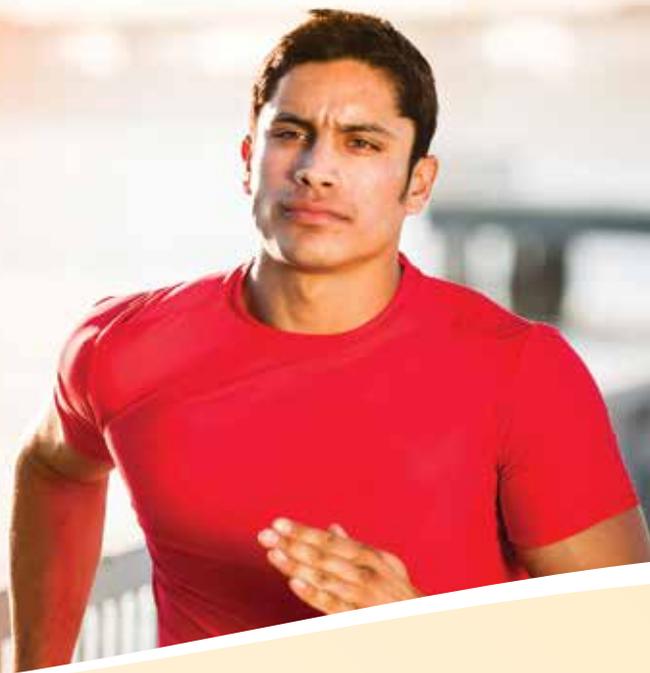
The FRCs offer free health classes, such as Zumba and healthy cooking. They can also help you get free and low-cost health care with L.A. Care Health Plan.

L.A. Care knows that a healthy city depends on its members taking action for their own health. This means it starts with YOU! Bring your family for free health classes. Take a dance class with your neighbors, or have your caregivers stop by with your children after school.

To learn more about the FRCs and view class dates and times, visit lacare.org or call 1-877-287-6290.

Men's Health Month: Take Your Body for a Tune-up

Guys, do you take better care of your car than your body? Even more than a car, your body needs regular maintenance because the people in your life care about you and depend on you. June is Men's Health Month, a good time to see your doctor for a health exam and screenings. Here are some of the tests you may need, depending on your age and health history.



HEALTH SCREENINGS FOR MEN

Type of Screening/Preventive Measure	Comments
Body Mass Index	This test can show the amount of body fat based on weight and height.
Cholesterol	High cholesterol is a major risk factor for heart disease.
Blood Pressure	High blood pressure increases the risk of heart disease as well as stroke.
Colorectal Cancer	Screening can help prevent colorectal cancer.
Abdominal Aortic Aneurysm	Men ages 65 to 75 who smoke now or used to smoke may need this test.
Diabetes	Men with blood pressure higher than 135/80 may need this test.
Prostate, Lung, Skin and Other Cancers	Ask your doctor if you should be tested.
Eye Exam	Get checked every two to three years, depending on your age and health.
Hearing Exam	Tell your doctor if you, or your family or friends, have noticed any hearing loss in you.
HIV and Sexually Transmitted Diseases	Ask your doctor if you should be tested.
Aspirin	Your doctor may suggest you take it daily to lower heart attack risk.
Flu Shot and Other Vaccines	Get a flu shot yearly. Ask your doctor about other vaccines you may need.

If you have not seen your doctor this year, please call your doctor to make an appointment.

Preventive Health Guidelines

L.A. Care selects preventive health guidelines (PHGs) that are suggested by organizations to help you take better care of your health. The PHG brochures have well-care guidelines, shot schedules, programs and ways to help you with your health. Once a year brochures with the PHGs will be sent to you. If you want to learn more or get an extra copy, please call Member Services at 1-888-839-9909 (TTY/TDD 711).

Healthier Choices at Fast Food Restaurants



Eating out at fast food restaurants is tempting when you are hungry or in a hurry. People who eat out often are more likely to be overweight or obese. It can be quick and easy to go through a drive-thru to buy cheap and tasty food. But the calories, high fat, sugar and salt in fast food can add up quickly, which can increase the risk for heart disease and diabetes.

Try to make eating fast food a rare treat rather than a habit. When you do eat out choose lower calories menu options and follow a few basic tips to help make healthier choices:

- Aim to keep your entire meal to 500 calories or less.
- Choose grilled or roasted meats instead of fried or breaded.
- Choose lean meats like chicken and turkey instead of beef.
- Avoid mayonnaise and oil-based sauces and dressings that are high in fat. Instead, use freshly squeezed lemon, rice vinegar or fat-free dressings on salads. Try mustard on sandwiches.
- Avoid sides that are fried, such as french fries and onion rings. Ketchup has a lot of calories from sugar. Choose a salad or fresh fruit instead.
- Avoid drinking soda or drinks with added sugar, it adds empty calories to your meal. Choose low or no-calorie drinks like water, unsweetened tea or fat-free milk.

Better Fast Food Choices for Your Health – Eat Well and Enjoy!

Eat or Drink This	Not This
 <p>Single patty charbroiled hamburger</p>	<p>Double bacon cheeseburger</p> 
 <p>Grilled chicken sandwich</p>	<p>Crispy chicken sandwich</p> 
 <p>Grilled chicken salad</p>	<p>Crispy chicken salad</p> 
 <p>Bean burrito with tomatoes, onions, cilantro</p>	<p>Cheese quesadilla</p> 
 <p>Side salad with apples and leafy lettuce</p>	<p>French fries</p> 
 <p>Low fat yogurt or fresh fruit</p>	<p>Milkshakes, cakes or pies</p> 
 <p>Water, unsweetened ice tea or fat-free milk</p>	<p>Soda or sweet drinks</p> 



Vaccines: A Simple Way to Keep Disease Away

Not so long ago parents lived in fear of the harm that common diseases could do to their children. Polio could cause paralysis. Measles could cause hearing loss. Several diseases could even cause death. Vaccines help to make these diseases rare in the U.S., but keeping disease away depends on continuing vaccinations.

California requires that all students have certain vaccines to attend school in grades K through 12. Parents can choose not to vaccinate their children. However, parents who do not get their children vaccinated must see their child's doctor, have an exemption form completed, and submit it to the school.

Your child's doctor can tell you when your child should have each vaccine. The vaccines required to attend school are:

- Diphtheria, Tetanus, and Pertussis (DTP or DTaP)
- Polio
- Hepatitis B
- Varicella (Chicken Pox)
- Measles, Mumps Rubella (MMR)

L.A. Care strongly recommends that your child also receives the following vaccines:

- Flu
- Meningococcal
- Rotavirus
- HPV
- HiB
- Hepatitis A
- Pneumococcal



It may seem like a lot, but the vaccines are given over a period of years. It takes a few seconds to get a vaccine, which can prevent weeks, months, or even years of illness. It is important to stay current with your child's vaccines. Make an appointment today to be sure they are up-to-date.

Go green and get *Be Well* electronically!

Would you like to get *Be Well* by e-mail or on your cell phone? Call us or send your e-mail or cell phone number to editor@lacare.org. Standard text message rates may apply. Be sure to like us on Facebook, Twitter and LinkedIn.





Healthy Teeth, Great Smile!

Do not let cavities and tooth decay get in the way of your child's smile.

Here are some tips on how to keep your child's teeth healthy:

- Start early – clean your baby's teeth and gums with a clean cloth once or twice a day.
- Do not put your baby to bed with a bottle at night or at nap time.
- Do not let your child walk around with a bottle or drink for long periods of time.
- If your baby uses a pacifier, do not dip it in anything sweet like sugar or honey.
- Teach your child to drink from a cup at age one.
- Take your child to a dentist regularly beginning at age one.
- Check with your doctor about fluoride use and varnish. Fluoride can help prevent tooth decay. For children up to 6 years of age, fluoride varnish is a covered benefit at **no cost** to you.

Start today and keep your child's teeth healthy. Why wait? L.A. Care wants to help your child keep a healthy smile. To learn more about dental services for your child or to find a dentist near you, call L.A. Care Member Services at 1-888-839-9909 (TTY/TDD 711). We are here to help 24 hours a day, 7 days a week.



Patient-Centered Medical Home (PCMH) Recognition Status in the Physician Directory

L.A. Care would like to give you more choices when picking a doctor. Doctors that are recognized by the National Committee for Quality Assurance (NCQA) for transforming their care into a Patient Centered Medical Home (PCMH) now have a seal in the printed directory listing of doctors for Medi-Cal, Cal MediConnect, and L.A. Care Covered. The seal is a way of helping you pick the type of doctor you need for your care. To earn the seal, the doctor and his/her team have to be able to coordinate your care with hospitals, specialists, and community services. This means it should be easier for you to get the care you need when you need it.

L.A. Care Works for You

L.A. Care aims to inform, educate, engage and empower YOU! We want you to be well and happy with your health care. We engage more than 1.6 million members in many ways, such as mail, e-mail, phone, websites, newsletters, and even through your doctor!

**New TTY/TDD
Member Services
number:
1-888-839-9909
(TTY/TDD 711)**

Let us help you with your health care when you need it and how you need it. Call us at 1-888-839-9909 (TTY/TDD 711) 24 hours a day, 7 days a week and holidays. Also, visit our website and member portal at lacare.org.



Coordinating Your Health Care Needs Can Be Confusing

L.A. Care is here to help!

For members who have both Medicare and Medi-Cal, L.A. Care's Cal MediConnect Plan (Medicare-Medicaid) combines your benefits into an all-in-one plan. Our plan covers many services, including doctor visits and hospital care, vision and dental care, and rides to doctors' visits. For members that could use a little extra help to live on their own and to stay healthy, L.A. Care also helps coordinate services for everyday tasks and needs.

Coordinated health and support services in ONE plan – At No Extra Cost!

The L.A. Care Cal MediConnect Plan makes it easy to get services that are important to you and your well-being. Your Care Team is there when you need them and is ready to answer your questions. L.A. Care helps you manage your services and care through our network of doctors, many hospitals and other care centers in your area.

L.A. Care Cal MediConnect Plan offers:

- ✓ In-Home Supportive Services
- ✓ Multipurpose Senior Services
- ✓ Community Based Adult Services
- ✓ Long Term Care
- ✓ Care Plan Options

We know choosing the right health plan is important for you, your family, and your caregivers. Remember, L.A. Care is your partner in health care and your well-being is important to us. Call **1-855-522-8243** (TTY/TDD **1-888-212-4460**) today to learn more about the L.A. Care Cal MediConnect Plan.

How Much Do You Know About Making Healthy Fast Food Choices?

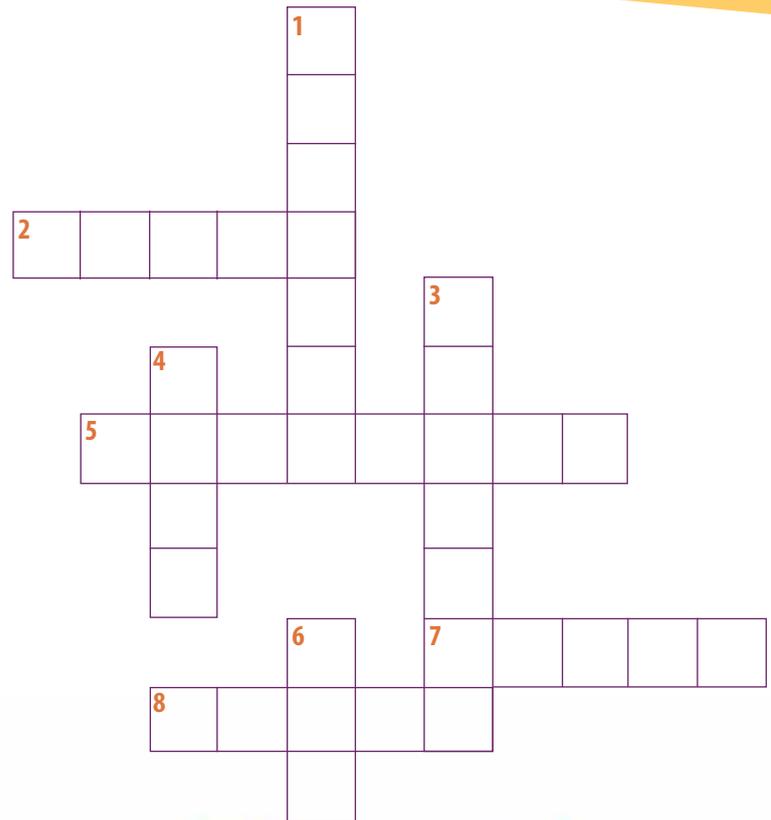
Use the clues to complete the crossword below.

Across

2. The best drink to have is _____.
5. Keep your fast food meal to fewer than 500 _____.
7. A 7.5 ounce cup of soda adds 90 _____ calories to your meal.
8. Because french fries and onion rings are _____, they are full of calories.

Down

1. A bean _____ has fewer calories than a cheese quesadilla.
3. Skip fried or breaded meats and choose ones that are roasted or _____.
4. Fast food is generally high in calories, fat and _____.
6. Dressings made with mayonnaise or _____ can add a lot of calories to your salad.



ANSWER KEY:
Across | 2. water; 5. calories; 7. empty; 8. fried
Down | 1. burrito; 3. grilled; 4. salt; 6. oil



Things To Remember

1. Always keep your member ID card with you. Show your ID card when you:
 - Go to a doctor's office
 - Go to the hospital
 - Need emergency services
 - Pick up a prescription

Don't give your member ID card to anyone else to use. If you lose or damage your ID card, call L.A. Care.

2. You have the right to receive service and information in a language or format you understand. If you need a FREE interpreter for a doctor's visit, or member information in your language or other format (like Braille, large print or audio), call L.A. Care.
3. You can talk to a nurse for free, any time day or night, 7 days a week. Check your ID card for the phone number. The Nurse Advice Lines also provide pre-recorded information on many health topics. There is a list of these topics at the end of the *Member Handbook* we mailed to you.
4. Visit our website at lacare.org. You can:
 - Find a doctor
 - Learn about your benefits
 - Look into our health education programs and Family Resource Center classes
 - Find out about your rights and responsibilities
 - File a complaint, called a "grievance"
5. The L.A. Care Connect member portal includes exciting features to engage L.A. Care members in their health care. The new portal will allow members to:
 - View and print your ID card
 - Request a change of PCP
 - View and print a list of your prescriptions
 - Participate in wellness programs
 - Chat with a nurse in real time
 - View claims (as applicable by line of business)
 - Use an L.A. Care Connect app to access mobile-friendly features through Apple and Android devices in English and Spanish

Do you have questions, need a member ID card, or interpreter? Call our Member Services at **1-888-839-9909** (TTY/TDD 711) 24 hours a day, 7 days a week (open holidays).

Interpreting Services for Your Next Medical Appointment

Did you know that L.A. Care offers no-cost interpreting services including American Sign Language for your medical appointments? L.A. Care is here to help you get the care you need and make sure you understand your health and your doctor. If you need an interpreter for your next medical appointment, please call Member Services at **1-888-839-9909** (TTY/TDD 711) at least ten days before the appointment. We can assist you in your preferred language over the phone to arrange an interpreter.



L.A. Care is proud to present the "**Know Your Rights: What You Need to Know about Interpreting Services**" DVD. It guides you through the important

things you should know about interpreting services. The DVD is available in the following languages: American Sign Language, Mandarin, Cantonese, Khmer, Korean, Tagalog, Thai and Vietnamese. Please go to the links below to watch the videos.

ASL & English

lacare.org/interpretation-translation

國語 & 粵語

lacare.org/chinese

ខ្មែរ

lacare.org/khmer

한국어

lacare.org/korean

Tagalog

lacare.org/tagalog

Tiếng Việt

lacare.org/vietnamese

ภาษาไทย

<http://youtu.be/kL2W3JucGT0>



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 L.A. Care's website at 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

Special Programs

L.A. Care has the following Special Programs:

- **Quality Improvement Programs** to tell us how we can improve quality of care, safety and services for our members. These Programs tell us how to measure our progress so that we can meet our goals and provide quality services and decide what we may need to change

- **Case Management Programs** for members who have difficult medical problems
- **Programs to better manage diseases**, like diabetes and/or 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

Member Issues

- Your rights and responsibilities as a health plan member
- How to complain when 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, please call Member Services at 1-888-839-9909, open 24 hours a day, 7 days a week and holidays.



Important Phone Numbers

Do you have questions about your health plan or your benefits?
Call your health plan directly or call L.A. Care Health Plan.

L.A. CARE:

**L.A. Care Health Plan &
L.A. Care Healthy Kids (0-5)**
1-888-839-9909 (TTY/TDD **711**)
24 hours a day, 7 days a week and holidays

L.A. Care Cal MediConnect Plan
1-888-522-1298 (TTY/TDD **1-888-212-4460**)
24 hours a day, 7 days a week and holidays

L.A. Care Family Resource Centers
(Your Centers for Health and Wellness)
1-877-287-6290

L.A. Care Covered
1-855-222-4239

L.A. Care Compliance Helpline
(to report fraud or abuse)
1-800-400-4889
24 hours a day, 7 days a week and holidays

L.A. Care Language/Interpreter Services
1-888-839-9909 (TTY/TDD **1-866-522-2731**)
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/TDD **711**)
24 hours a day, 7 days a week and holidays

MEDI-CAL PLAN PARTNERS:

Anthem Blue Cross
1-888-285-7801

Care1st Health Plan
1-800-605-2556

Kaiser Permanente
1-800-464-4000

Plan Partners' Nurse Advice Lines
(for non-emergency medical advice)

Anthem Blue Cross: 1-800-224-0336
(TTY/TDD **1-800-368-4424**)

Care1st: 1-800-609-4166
(TTY/TDD **1-800-735-2929**)

Kaiser: 1-888-576-6225

OTHERS:

LogistiCare
[No-Cost Medi-Ride to the Doctor]
1-866-529-2141 (Spanish **1-866-529-2142**)
24 hours a day, 7 days a week

Beacon Health Strategies [Mental Health Care]
1-877-344-2858 (TTY/TDD **1-800-735-2929**)
beaconhs.com
24 hours a day, 7 days a week

IN CASE OF EMERGENCY, CALL: 911

Quick Tips: When to Call Member Services



L.A. Care's Member Services at 1-888-839-9909 is open 24 hours a day, 7 days a week, including holidays. The number is also on the back of your member ID card. Call us; we are here to help.

- **Ask Us Questions:** Wonder about your benefits, claims, how to see a doctor or get medicine, or anything else? Call our Member Services.
- **Keep Us Informed:** Moving and need a new doctor? Let us know right away by calling our Member Services.
- **Report Actions That Don't Seem Right to You:** Did you get a bill or statement for services you did not have? Did a doctor or staff member ask you to pay for a service you feel is a covered benefit? Did you get assigned to a

doctor or group that wasn't what you chose? If so, call our Member Services or use our Compliance HelpLine. To use the HelpLine, call 1-800-400-4889. You can also report online at lacare.ethicspoint.com.

- **Help Us Fight Fraud and Abuse in Government Programs:** Everyone is hurt by fraud and abuse. Millions of dollars are paid to those not entitled to receive services or cash. That money could be spent to provide more care to people in need. Do you know someone getting care that they are not entitled to receive? Do you suspect a doctor or lab of billing too much or billing for services not provided? If so, please call Member Services or use our HelpLine at 1-800-400-4889. You can make a difference!

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SUMMER 2015

be well

A Publication for L.A. Care Members



L.A. Care
HEALTH PLAN®

PSRT STD
U.S. POSTAGE
PAID
ANAHEIM, CA
PERMIT NO. 288

Health and wellness and prevention information



English To request free interpreting services, information in your language or in another format, call L.A. Care at 1-888-839-9909 or TTY/TDD 711.

Arabic لطلب خدمات ترجمة فورية مجانية، ومعلومات بلغتك أو بتنسيق آخر، اتصل بـ L.A. Care على الرقم 1-888-839-9909 أو رقم الصم TTY/TDD 711.

Armenian Անվճար բանավոր թարգմանչական ծառայություններ ինչպես նաև ձեր լեզվով կամ այլ ֆորմատով տեղեկություններ խնդրելու համար, գանգահարեք L.A. Care 1-888-839-9909 կամ TTY/TDD 711 հեռախոսահամարներով:

Chinese 如果您需要免費口譯服務，或需要您使用之語言版本或其他格式的資訊，請致電 L.A. Care，電話號碼是 1-888-839-9909 或 TTY/TDD 專線 711。

arsi L.A. Care به درخواست خدمات رایگان مترجم شفاهی، دریافت اطلاعات به زبان خودتان یا سایر فرمت ها، با 1-888-839-9909 تلفن به شماره تلفن TTY/TDD 711 تماس بگیرید.

Hebrew לקבלת שירותי תרגום חינם או מידע בשפה אחרת או בפורמט אחר, אנא התקשר/י ל-L.A. Care במספר 1-888-839-9909 או TTY/TDD 711.

Japanese 無料通訳サービス、日本語又はその他の形式で情報をご希望の際は、L.A. Careにお電話、フリーダイヤル1-888-839-9909もしくはTTY/TDD 711までご連絡ください。

Khmer ដើម្បីស្នើសុំសេវាការបកប្រែជាយកតិចត្រួច ឬសំរាប់ព័ត៌មានជាភាសាខ្មែរ ឬជាទម្រង់មួយទៀត សូមទូរស័ព្ទទៅ L.A. Care តាមលេខ 1-888-839-9909 ឬ TTY/TDD 711។

Korean 무료 통역 서비스, 다른 언어 또는 다른 형식으로 된 자료가 필요하신 경우, L.A. Care 1-888-839-9909번 또는 TTY/TDD 711번으로 문의하십시오.

Russian Чтобы сделать запрос о предоставлении бесплатных услуг переводчика, информации на Вашем языке или в другом формате, позвоните в L.A. Care по номеру телефона 1-888-839-9909 или по номеру линии TTY/TDD 711.

Spanish Para solicitar servicios de interpretación gratuitos o información en su idioma o en otro formato, llame a L.A. Care al 1-888-839-9909 o al 711 para TTY/TDD.

Tagalog Upang humiling ng mga libreng serbisyo sa pagsasalang-wika, impormasyon sa iyong wika o sa isa pang format, tumawag sa L.A. Care sa 1-888-839-9909 o TTY/TDD 711.

Vietnamese Để yêu cầu dịch vụ thông dịch miễn phí, thông tin bằng ngôn ngữ của quý vị hoặc bằng một hình thức khác, vui lòng gọi L.A. Care tại số 1-888-839-9909, hoặc nếu dùng TTY/TDD, xin gọi số 711.

The benefit information provided is a brief summary, not a complete description of benefits. Limitations, copayments, and restrictions may apply. Benefits may change on January 1 of each year. To learn more, please call L.A. Care Member Services Department at **1-888-839-9909 (TTY/TDD 711)**, 24 hours a day, 7 days a week, and holidays.

Be Well is a member news publication by L.A. Care for members of L.A. Care's Health Plan.

If you would like the information contained in this newsletter in another language or another format, please call our Member Services Department at **1-888-839-9909 (TTY/TDD 711)**, 24 hours a day, 7 days a week including holidays.



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