



**L.A. Care**  
HEALTH PLAN®

*For A Healthy Life*

SPRING 2021

**be**  
*well*

A Publication for L.A. Care Members

## Spring Has Sprung! May Is National Physical Fitness and Sports Month

Did you know that regular physical activity increases your chances of living a longer, healthier life? It can also help improve your mental health and reduce your risk for high blood pressure, heart disease and some types of cancer.

Physical activity is for everyone. No matter what shape you are in or your age, you can find activities that work for you. Here are some tips to help you improve your health:

- Reduce sedentary time and increase active time. For example, you can take a walk after dinner instead of being on the computer, social media or sitting and watching TV.
- Schedule specific times for physical activity. Make it part of your daily or weekly routine.
- Do an activity or sport that you enjoy. Some people might like running in their neighborhood in the mornings; others might prefer walking or doing an exercise class virtually in their home.
- Enlist your friends and/or family members to help you with motivation and support.
- Start slowly and work your way up to more challenging activities. For many people, walking is a good activity to start with. Consult with your doctor before starting any exercise program.



Together, we can improve our health during the month of May and throughout the year!

Sources: [cdc.gov](https://www.cdc.gov); [healthfinder.gov](https://www.healthfinder.gov)

L.A. Care and Blue Shield Community Resource Centers are offering free, on-demand virtual classes – fitness, healthy cooking and mental health support at [youtube.com/activehealthyinformed](https://www.youtube.com/activehealthyinformed).



**ELEVATING  
HEALTHCARE**  
IN LOS ANGELES COUNTY  
SINCE 1997



# Ask the Doc: What You Need to Know About Asthma and Allergies

## Q: What is asthma?

**A:** Asthma is a disease of the lungs that narrows airways and makes it hard to breathe. It causes coughing, wheezing and tightness in the chest. Things that cause your asthma symptoms to flare up are *triggers* and can make your symptoms worse. Not everyone has the same triggers.

## Q: What are allergies?

**A:** Allergies occur when the body reacts to something harmless around you like certain foods, trees, dust or the family pet. It causes sneezing and itchy eyes. Both asthma and allergies have triggers – things that cause your symptoms. Allergies can make asthma symptoms worse.

## Q: What are some common allergy and asthma triggers?

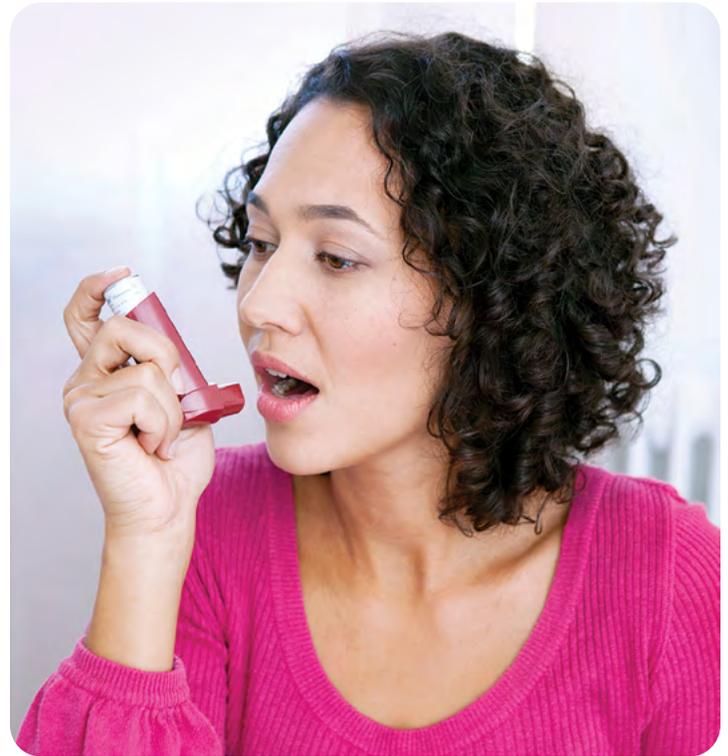
**A:** Some triggers that can cause symptoms to flare up are:

- Grass, trees, plants and weeds
- Dust and molds
- Some insects
- Household pets
- Smoke, colds or flu
- Changes in the weather
- Some foods
- Strong smells

## Q: How are allergies and asthma treated?

**A:** Talk with your doctor about allergy and asthma treatment. There are prescription and over-the-counter allergy medicines that may give you relief from your symptoms.

Make a written **Asthma Action Plan with your doctor**. You will likely take medicines using an inhaler. **Controller medicines** are taken every day even when you feel well, to reduce airway inflammation and help prevent asthma symptoms. **Quick-relief medicines** (sometimes called rescue medicines) are taken as soon as you have any warning signs of an asthma attack.



To avoid allergy and asthma attacks, know what triggers your symptoms and avoid them when you can. See your doctor often to review your triggers, medicines and treatment plan.

# Message From L.A. Care's Chief Medical Officer

## COVID-19 Vaccine: The Best Way to Stop the Spread



*Richard Seidman, M.D.*

COVID-19 infection, hospitalization and death rates have reached alarming levels in Los Angeles County. Despite this, many started the New Year feeling hopeful after the U.S. Food and Drug Administration (FDA) issued authorization for the use of COVID-19 vaccines developed by Pfizer, Moderna, and Johnson & Johnson.

While many are eager to be vaccinated against COVID-19, some are still unsure about the vaccine's safety. The FDA granted authorization for the COVID-19 vaccines because they were shown to be safe and effective after large clinical trials with more than 70,000 participants.

By January 2021, almost nine million people in the United States were vaccinated against COVID-19, giving us a chance to see the impact of the vaccines on a large portion of the population. We are now seeing firsthand that the vaccines are safe.

Public health agencies and L.A. Care recommend that everyone who is eligible get the vaccine. It is the best way to protect yourself and your loved ones. The vaccine is available in phases, with priority given to high-risk health workers, first responders, those at increased risk of serious illness, and essential workers. It will soon become available for members who do not fall into these categories.

L.A. Care members will be able to receive the vaccine at a variety of pharmacies, community vaccination sites and participating doctor's offices and clinics. An appointment will be required. There is no cost to L.A. Care members to receive the vaccine.

Once vaccinated, it is important to continue taking the basic precautions of washing your hands, wearing a mask, and keeping your distance, to ensure we stop the spread of COVID-19.

For updates on the availability of the vaccine, please visit [lacare.org/vaccine](https://lacare.org/vaccine). If you need support or resources during this time, please visit [communitylink.lacare.org](https://communitylink.lacare.org).

# Coping With COVID Fatigue

Did the Safer-At-Home Order have you feeling sad, frustrated, stressed or depressed? You are likely not alone. After many months of staying at home, limiting our movement in the world and time spent with family and friends, it is perfectly normal to feel this way. There is even a phrase created to describe these feelings, COVID Fatigue. It is another way of saying tired and emotionally exhausted due to the pandemic.

Socially distancing restrictions can create feelings of isolation and anxiety. After all, we benefit emotionally, mentally and physically from social gatherings with others. Do not be hard on yourself. Talking to a family member, clergy or a **Beacon Health Options** mental health professional at **1.877.344.2858** (TTY **1.800.735.2929**) may help you to express your feelings.

While we wait for life to return to “normal,” here are a few tips and healthy ways to help you cope with the pandemic.

**Exercise:** Wear a mask and run, walk or jog outdoors at a nearby park or around your neighborhood. If you belong to a gym, see if they have virtual classes. The L.A. Care and Blue Shield Community Resource Centers are offering free, on-demand virtual classes – including fitness, healthy cooking and mental health support at [youtube.com/activehealthyinformed](https://www.youtube.com/activehealthyinformed).

**Connect With Others:** Social distancing from loved ones can be hard, but we live in the best possible time to do so safely. Technology can help us stay connected with FaceTime by visiting from home on our computer or laptops, smartphone or other devices. Find other ways to get together through online platforms like Zoom or social media. Happiness, purpose and belonging are just some of the benefits of having an active social connection.

**Eat healthy, well-balanced meals:** Your body and brain function best when they receive healthy foods that contain a balance of vitamins and minerals. Be sure to eat plenty of fruits and vegetables, and lean proteins such as chicken and turkey. Stay hydrated by drinking lots of water and limiting sugary drinks, sweets and fatty, fried foods.



# Mental Health Access

L.A. Care provides mental health and substance use disorder services through your Primary Care Physician (PCP), Behavioral Health Specialists from Beacon Health Services, the Los Angeles County Department of Mental Health (DMH), and the Los Angeles County Department of Public Health (DPH).

Beacon Health Options provides services for mild and moderate mental illness. L.A. Care members may contact the Beacon Health Call Center at **1.877.344.2858**. A referral from your primary care provider is **not** needed. Members are connected to a mental health provider (non-physician) within 10 business days of request for services.

## Benefits may include:

- Individual and group mental health evaluation and treatment (psychotherapy)
- Psychological testing (referral required)
- Medication support services for monitoring drug therapy and psychiatric consultation, as needed
- Outpatient laboratory, drugs, supplies, and supplements

Treatment services for substance abuse and for severe mental illness are provided by the Los Angeles County system of care.

- Substance abuse is treated by DPH, which can be reached at **1.844.804.7500**.
- Serious mental illness is treated by DMH, which can be reached at **1.800.854.7771**.



See the Benefit Descriptions section of your L.A. Care Member Handbook to learn more about Mental Health Services.

## Three Ways to Avoid COVID-19 Vaccine Scams

While vaccination details are being worked out, here's what you can be sure of:

- You can't pay to put your name on a list to get the vaccine. **That's a scam.**
- You can't pay to get early access to the vaccine. **That's a scam.**
- No legitimate agency will call about the vaccine and ask for your Social Security, bank account, or credit card number. **That's a scam.**

Ignore any vaccine offers that say something different, or ask for personal or financial information.

Learn more at: [ftc.gov/coronavirus/scams](https://ftc.gov/coronavirus/scams) or [consumerresources.org/beware-coronavirus-scams](https://consumerresources.org/beware-coronavirus-scams).



# Health Care for Children and Adolescents

Children and adolescents need to see their doctor at least once a year, even if they are healthy, for a well-care visit or physical exam. It is a good time to talk to your child's doctor about any needed tests and shots (immunization) and important screenings, as shown on the table below.

For more information, call L.A. Care Member Services at **1.888.839.9909** (TTY/TDD 711) 24 hours a day, 7 days a week, including holidays or go to [lacare.org/members/getting-care/routine-exams](https://www.lacare.org/members/getting-care/routine-exams).

All services are at no cost to you.



Well-Care Visit: What is covered or checked	When to go to the doctor	
	Birth – 10 years	11-21 years
<ul style="list-style-type: none"> <li>• Physical exam, health history, including shot (immunization) history</li> <li>• Height, weight, blood pressure, Body Mass Index (BMI, a measure for healthy weight)</li> <li>• Healthy eating habits</li> <li>• Vision (eye) and hearing screenings</li> <li>• Health education</li> <li>• Occupational therapy</li> <li>• Physical therapy</li> <li>• Speech therapy</li> <li>• Screenings for mental health and substance abuse disorder</li> <li>• Blood lead testing for children 6 years old and under</li> </ul>	<p>Newborns 1-2 days after leaving the hospital at 1 month, then at 2, 4, 6, 9, 12, 15, 18, 24 and 30 months</p> <p>Be sure your child is up to date on their shots by their 2nd birthday!</p>	<p>Every year</p>



Wear a Mask.  
Stop the Spread.

# Health Services

L.A. Care Health Plan is committed to providing programs and services to help members live a healthier life. Visit our website at [lacare.org](http://lacare.org) to learn about wellness programs, activities and resources to manage your health.

## Diabetes Prevention Program Now Available on a Digital App

Great news! You can now join the L.A. Care Diabetes Prevention Program (DPP) from your phone. L.A. Care has partnered with Solera Health to offer this program using a digital app.

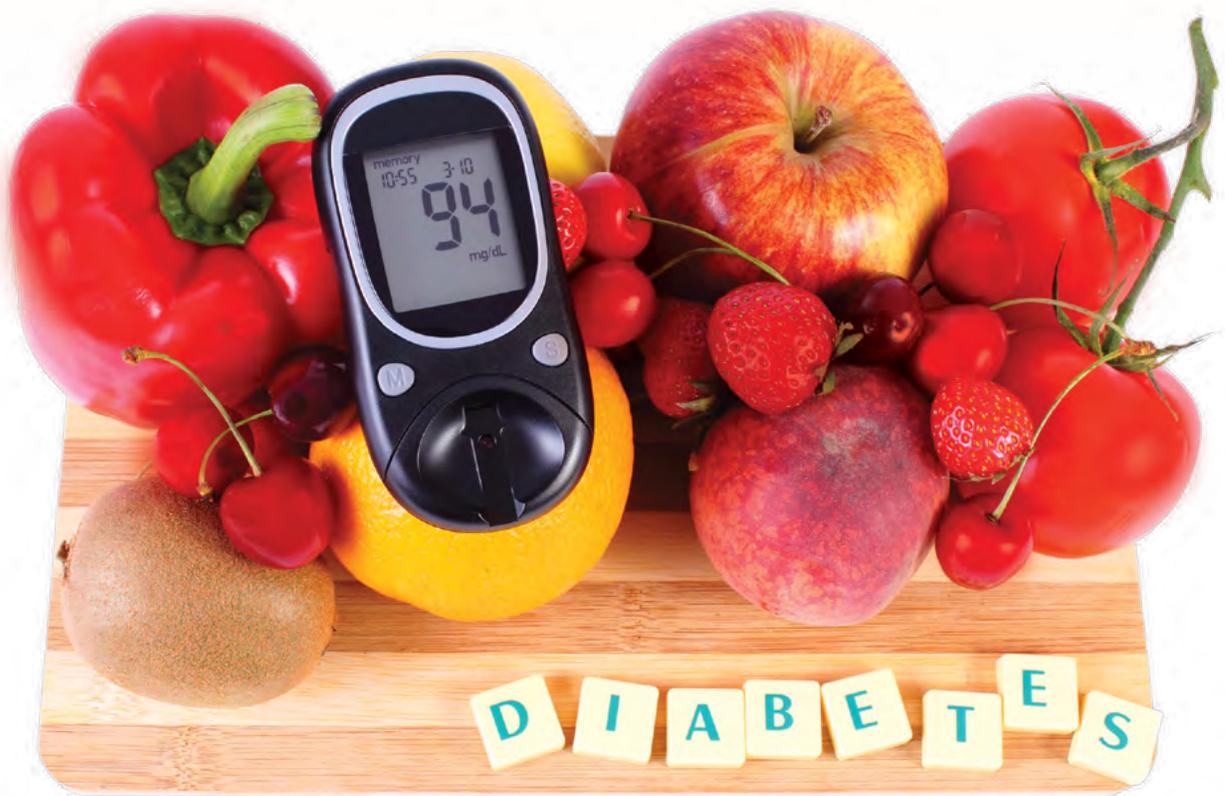
The partnership is a one-year program that will help you make small changes to your food choices and exercise level. It can have a great impact on your health and help prevent diabetes. You will have access to a health coach to help you.

After four weeks in the program, you can get a free Fitbit to help you track your exercise.

This is a free program to you. To qualify you 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)

To learn more, go to [solera4me.com/lacare](http://solera4me.com/lacare) or call **1.866.690.6202** (TTY 711), Monday through Friday from 6 a.m. – 6 p.m.





## Community Resource Center

# Food Pantry Events Continue

In 2020, our Community Resource Centers held several free food pantry events across Los Angeles County. Based on the large turnout, it was clear that the COVID-19 pandemic increased the community's need for food resources. While the COVID-19 vaccine has created hope for the end of the pandemic, far too many are still feeling the financial hardship it caused. That is why L.A. Care and Blue Shield Promise are bringing back drive-thru food distribution events in 2021. To learn when a free food pantry event is happening near you, visit [activehealthyinformed.org](https://www.activehealthyinformed.org) for details – and help us spread the word!

# New Community Resource Center Opens in Wilmington

We are excited to share that a brand-new Community Resource Center will open its doors soon in Wilmington, located in the Harbor region of Los Angeles! It will be the sixth one as part of the collaboration between L.A. Care and Blue Shield Promise. Our goals are to address social needs and improve health outcomes for members and the entire community. Due to the ongoing pandemic, select services will be offered by appointment only. To learn more about the Community Resource Centers, including how to make an appointment, visit [activehealthyinformed.org](https://www.activehealthyinformed.org).



Remember you can enjoy free on-demand classes such as exercise, healthy cooking and more at [youtube.com/activehealthyinformed](https://www.youtube.com/activehealthyinformed).

# How Long Should I Wait for My Appointment?

Did you know L.A. Care has rules about how long you should wait to get a doctor appointment? Appointments must be offered within the timeframes listed below\*:

## Primary Care Doctors

- Routine appointment (non-urgent): 10 business days
- Urgent appointment (no authorization required): 48 hours

## Specialists

- Routine appointment (non-urgent): 15 business days
- Urgent appointment (requiring prior authorization): 96 hours

Did you know you can get health advice when your doctor's office is closed and on weekends or holidays?

- L.A. Care doctors must be available, or have someone available, to help you at all times.
- If you need to talk to your doctor when the office is closed, call your doctor's office phone number. Follow their instructions.
- A doctor or nurse should call you back within 30 minutes.

If you have trouble reaching your doctor, call L.A. Care's Nurse Advice Line at **1.800.249.3619 (TTY 711)** 24 hours per day, 7 days per week. A nurse will give you the health information you need. Remember, if you have a medical emergency and need help right away, dial **911** or go to your nearest emergency room.

\* The applicable waiting time for a particular appointment may be extended if the referring or treating health care provider has determined and noted in the patient record that a longer waiting time will not have a detrimental effect on the health of the member.



## 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](http://lacare.org/be-well) to receive it by email. Be sure to like us on Facebook, Twitter, Instagram, and LinkedIn.

# Pharmacy News

## Prescription Drugs Listed on the L.A. Care Website

To find out more about the L.A. Care list of covered drugs called the Formulary, and monthly updates, visit the L.A. Care website at [lacare.org](http://lacare.org). You will also find information about limits or quotas, generic and brand medications, restrictions, on medication coverage, the medication request process, drug preferences and procedures on how to use the Formulary.

Call **1.888.839.9909**  
for questions about your  
pharmacy benefits.



## 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.



# 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 and member portal at [lacare.org](http://lacare.org).



# 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 for free. To access the nurse chat function, go to [lacare.org](http://lacare.org) and click on "Member Sign In" to log on.



## 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)

### 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 Family Resource Centers

(Your Centers for Health and Wellness)  
**1.877.287.6290** (TTY 711)

**L.A. Care Covered™**  
**1.855.270.2327** (TTY 711)

### 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

### IN CASE OF EMERGENCY, CALL 911





IN THIS ISSUE:

- Ask the Doc: What You Need to Know About Asthma and Allergies | 2
- Mental Health Access | 5
- Health Care for Children and Adolescents | 6
- Pharmacy News | 10
- And More!

be well

SPRING 2021

A Publication for L.A. Care Members

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Health and wellness or prevention information



English	Free language assistance services are available. You can request interpreting or translation services, information in your language or in another format, or auxiliary aids and services. Call L.A. Care at 1.888.839.9909 (TTY 711), 24 hours a day, 7 days a week, including holidays. The call is free.
Spanish	Los servicios de asistencia de idiomas están disponibles de forma gratuita. Puede solicitar servicios de traducción e interpretación, información en su idioma o en otro formato, o servicios o dispositivos auxiliares. Llame a L.A. Care al 1.888.839.9909 (TTY 711), las 24 horas del día, los 7 días de la semana, incluso los días festivos. La llamada es gratuita.
Arabic	خدمات المساعدة اللغوية متاحة مجاناً. يمكنك طلب خدمات الترجمة الفورية أو الترجمة التحريرية أو معلومات بلغتك أو بتسقيف آخر أو مساعدات وخدمات إضافية. اتصل بـ L.A. Care على الرقم 1.888.839.9909 (TTY 711) على مدار الساعة وطوال أيام الأسبوع، بما في ذلك أيام العطلات. المكالمات مجانية.
Armenian	Տրամադրելի են լեզվական օգնության անվճար ծառայություններ: Կարող եք խնդրել բանավոր թարգմանական կամ թարգմանական ծառայություններ, ձեր լեզվով կամ տարբեր ձևաչափով տեղեկություն, կամ օժանդակ օգնություններ և ծառայություններ: Զանգահարեք L.A. Care 1.888.839.9909 համարով (TTY 711), օրը 24 ժամ, շաբաթը 7 օր, ներառյալ տոնական օրերը: Այս հեռախոսազանգն անվճար է:
Chinese	提供免費語言協助服務。您可申請口譯或翻譯服務，您使用之語言版本或其他格式的資訊，或輔助援助和服務。請致電 L.A. Care 電話 1.888.839.9909 (TTY 711)，服務時間為每週 7 天，每天 24 小時（包含假日）。上述電話均為免費。
Farsi	خدمات رایگان امداد زبانی موجود می باشد. می توانید برای خدمات ترجمه شفاهی یا کتبی، اطلاعات به زبان خودتان یا فرمت دیگر، یا امدادها و خدمات اضافی درخواست کنید. با L.A. Care به شماره 1.888.839.9909 (TTY 711) در 24 ساعت شبانهروز و 7 روز هفته شامل روزهای تعطیل تماس بگیرید. این تماس رایگان است.
Hindi	मुफ्त भाषा सहायता सेवाएं उपलब्ध हैं। आप दुआिया या अनुवाद सेवाओं, आपकी भाषा या किसी अन्य प्रारूप में जानकारी, या सहायक उपकरणों और सेवाओं के लिए अनुरोध कर सकते हैं। आप L.A. Care को 1.888.839.9909 (TTY 711) नंबर पर फोन करें, दिन में 24 घंटे, सप्ताह में 7 दिन, छुट्टियों सहित। कॉल मुफ्त है।
Hmong	Muaj kev pab txhais lus pub dawb rau koj. Koj tuaj yeem thov kom muab cov ntaub ntawv txhais ua lus lossis txhais ua ntawv rau koj lossis muab txhais ua lwm yam lossis muab kxoom pab thiab lwm yam kev pab cuam. Hu rau L.A. Care ntawm tus xov tooj 1.888.839.9909 (TTY 711), tuaj yeem hu tau txhua txhua 24 teev hauv ib hnub, 7 hnub hauv ib yim thiab suab nrog cov hnub so tib si, tus xov tooj no hu dawb xwb.
Japanese	言語支援サービスを無料でご利用いただけます。通訳・翻訳サービス、日本語や他の形式での情報、補助具・サービスをリクエストすることができます。L.A. Careまでフリーダイヤル 1.888.839.9909 (TTY 711) にてご連絡ください。祝休日を含め毎日24時間、年中無休で受け付けています。
Khmer	សេវាជំនួយខាងភាសា គឺមានជាយុត្តិធម៌។ អ្នកអាចស្នើសុំសេវាបំភ្លេចភាសា ឬការបកប្រែ ឬស្នើសុំព័ត៌មាន ជាភាសាខ្មែរ ឬជាទម្រង់មួយទៀត ឬជំនួយប្រាំមួយទៀត ទំនងស្រាប់។ សូមទូរស័ព្ទ L.A. Care តាមលេខ 1.888.839.9909 (TTY 711) បាន 24 ម៉ោងមួយថ្ងៃ 7 ថ្ងៃ មួយអាទិត្យ រួមទាំងថ្ងៃបុណ្យផង។ ការបកប្រែ: គឺឥតគិតថ្លៃឡើយ។
Korean	무료 언어 지원 서비스를 이용하실 수 있습니다. 귀하는 통역 또는 번역 서비스, 귀하가 사용하는 언어 또는 기타 다른 형식으로 된 정보 또는 보조 지원 및 서비스 등을 요청하실 수 있습니다. 공휴일을 포함해 주 7일, 하루 24시간 동안 L.A. Care 1.888.839.9909 (TTY 711)번으로 문의하십시오. 이 전화는 무료로 이용하실 수 있습니다.
Lao	ພາສາອັງກິດ, ມີບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາໂດຍບໍ່ເສຍຄ່າ. ທ່ານສາມາດຂໍບໍລິການພາສາຫຼື ແປພາສາໄດ້, ສຳລັບຂໍ້ມູນໃນພາສາຂອງທ່ານ ຫຼື ໃນຮູບແບບອື່ນ, ຫຼື ເຄື່ອງມືຊ່ວຍເຫຼືອ ຕະລື ບໍລິການເວັບ. ໃຫ້ໂທຫາ L.A. Care ໄດ້ທີ່ 1.888.839.9909 (TTY 711), 24 ຊົ່ວໂມງຕໍ່ມື້, 7 ມື້ຕໍ່ອາທິດ, ວວມເຖິງວັນພັກຕ່າງໆ. ການໂທແມ່ນບໍ່ເສຍຄ່າ.
Punjabi	ਪੰਜਾਬੀ: ਮੁਫਤ ਭਾਸ਼ਾ ਸਹਾਇਤਾ ਸੇਵਾਵਾਂ ਉਪਲਬਧ ਹਨ। ਤੁਸੀਂ ਆਪਣੀ ਭਾਸ਼ਾ ਜਾਂ ਕਿਸੇ ਹੋਰ ਢੰਗ ਵਿੱਚ ਜਾਣਕਾਰੀ, ਸਹਾਇਕ ਉਪਕਰਨਾਂ ਅਤੇ ਸੇਵਾਵਾਂ ਲਈ ਬੇਨਤੀ ਕਰ ਸਕਦੇ ਹੋ। L.A. Care ਨੂੰ 1.888.839.9909 (TTY 711) ਨੰਬਰ ਉੱਤੇ ਕਾਲ ਕਰੋ, ਇੱਕ ਦਿਨ ਵਿੱਚ 24 ਘੰਟੇ, ਹਫ਼ਤੇ ਵਿੱਚ 7 ਦਿਨ, ਛੁੱਟੀਆਂ ਸਮੇਤ। ਕਾਲ ਮੁਫਤ ਹੈ।
Russian	Мы предоставляем бесплатные услуги перевода. У Вас есть возможность подать запрос о предоставлении устных и письменных услуг перевода, информации на Вашем языке или в другом формате, а также вспомогательных средств и услуг. Звоните в L.A. Care по телефону 1.888.839.9909 (TTY 711) 24 часа в сутки, 7 дней в неделю, включая праздничные дни. Этот звонок является бесплатным.
Tagalog	Available ang mga libreng serbisyo ng tulong sa wika. Maaari kang humiling ng mga serbisyo ng pag-interpret o pagsasalang-wika, impormasyon na nasa iyong wika o nasa ibang format, o mga karagdagang tulong at serbisyo. Tawagan ang L.A. Care sa 1.888.839.9909 (TTY 711), 24 na oras sa isang araw, 7 araw sa isang linggo, kabilang ang mga holiday. Libre ang tawag.
Thai	มีบริการช่วยเหลือภาษาฟรี คุณสามารถขอรับบริการการแปลหรือล่าม ขอมูลในภาษาของคุณหรือในรูปแบบอื่น หรือความช่วยเหลือและบริการเสริมต่าง ๆ ได้ โทร L.A. Care ที่ 1.888.839.9909 (TTY 711) ตลอด 24 ชั่วโมง 7 วันต่อสัปดาห์รวมทั้งวันหยุด โทรฟรี
Vietnamese	Có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho quý vị. Quý vị có thể yêu cầu dịch vụ biên dịch hoặc phiên dịch, thông tin bằng ngôn ngữ của quý vị hoặc bằng các định dạng khác, hay các dịch vụ và thiết bị hỗ trợ ngôn ngữ. Xin vui lòng gọi L.A. Care tại 1.888.839.9909 (TTY 711), 24 giờ một ngày, 7 ngày một tuần, kể cả ngày lễ. Cuộc gọi này 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, 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 Member Services at 1.888.839.9909 (TTY 711), 24 hours a day, 7 days a week including holidays.

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