



L.A. Care.

L.A. Cares About **COPD®**

An education and support program for people with COPD





Have questions? Need help?

Give us a call!

To speak with a health coach,
please contact:

Health Education Department

1.855.856.6943 (TTY 711)

Monday-Friday 9am - 4pm

or email:

HealthEd_Info_Mailbox@lacare.org



Nurse Advice Line

1.800.249.3619 (TTY 711)

24 hours a day, 7 days a week



Table of Contents

Important Phone Numbers	4
What is COPD?	5
What Does COPD Feel Like?	6
What Causes COPD?	6
Who Gets COPD?	7
How is COPD Diagnosed?	7
How is COPD Treated?	8
Quit Smoking	9
My Reason for Quitting	9
Set a Quit Date	9
My Quit Date	10
Avoid Tobacco Smoke and Other Air Pollutants	11
Live a Healthy Lifestyle	12
Diet and Exercise	12
Working with your Doctor	15
Sample Questions to Ask Your Doctor	16
Medication	17
Bronchodilators	17
Steroids	17
Avoid Lung Infections	17
Using Oxygen	17
Important Resources	18
My Health in Motion™	18
L.A. Care Nurse Advice Line	18
L.A. Care's Community Resource Centers	19
References	20

Important Phone Numbers



If you have questions or need help, call your COPD care team. Keep their phone numbers close by in case of emergency.

Important Phone Numbers

Doctor: _____

Health Plan: _____

Pharmacy: _____

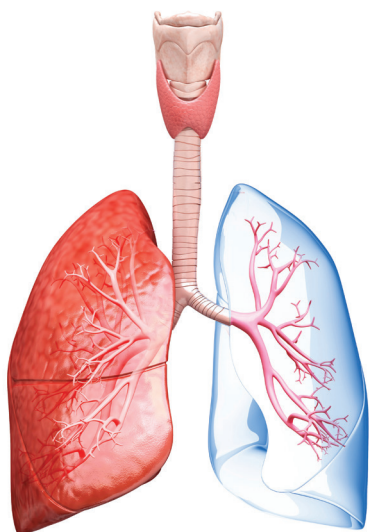
Home Health Agency/Oxygen: _____

Supplier: _____

Emergency Contact: _____

Other: _____

What is COPD?



COPD stands for Chronic Obstructive Pulmonary Disease. It is a group of diseases that affect the lungs and can make it hard to breathe. There is no cure for COPD but lifestyle changes and treatments can help you feel better, stay more active, and slow down the disease. The two main types of COPD are:

- 1** **Emphysema** affects the small air sacs. Over time the air sacs get stiff and will not let oxygen and carbon dioxide travel into and out of the blood.
- 2** **Chronic bronchitis** affects the large and small airways. The airways get swollen and full of mucus. Mucus can block the airways and make it hard to breathe.

You can have one or both types of COPD. It starts slowly and gets worse over time. Spotting COPD early is the best chance of treating the disease and slowing it down. Treatment focuses on easing the symptoms and keeping the disease from getting worse.

What Does COPD Feel Like?

Symptoms of COPD include:

- ⌘ Coughing or wheezing that doesn't go away
- ⌘ Shortness of breath
- ⌘ Too much mucus
- ⌘ Trouble taking a deep breath
- ⌘ Feeling weak or tired
- ⌘ Weight loss
- ⌘ Swelling in ankles, feet or legs



What Causes COPD?

Smoking is the leading cause of COPD in the United States. Other risk factors include:

- ⌘ Indoor air pollutants
- ⌘ Genetics (family history)
- ⌘ History of respiratory infections

Who Gets COPD?

COPD can affect anyone, but some people are at higher risk:

- ❖ Women
- ❖ People 65 years of age and older
- ❖ Native Americans/Indigenous or Alaska Natives and multiracial non-Hispanics
- ❖ Current or former smokers
- ❖ People with asthma

There are several reasons why women may be more affected than men. Women tend to be diagnosed later than men, when the disease is harder to treat. Women may also be more affected by tobacco and indoor pollution.

How is COPD Diagnosed?

A simple test, called spirometry, can be used to measure lung function. This test can detect COPD in anyone with breathing problems. Your doctor may also use a chest x-ray, blood tests or lung scans to help diagnose COPD.



How is COPD Treated?

The goals of COPD treatment are to:

- ✱ Ease symptoms
- ✱ Slow disease progress
- ✱ Improve ability to stay active

Your doctor will work with you to find the right treatment. Treatment helps to decrease your symptoms and helps keep the disease from getting worse. Treatment options your doctor may tell you about include:

- ✱ Quitting smoking
- ✱ Avoiding tobacco smoke and other air pollutants
- ✱ Pulmonary rehabilitation (special programs for lung health)
- ✱ Taking medication
- ✱ Avoiding lung infections
- ✱ Using oxygen



Quit Smoking

Quitting smoking may be one of the hardest things you will ever do but it's one of the best things if you have COPD. The first step is to think about why you want to quit and make a plan to get started.



My Reasons For Quitting

Set a Quit Date

Choose a day that has meaning to you such as a birthday, anniversary or holiday. Plan for your quit day by:

- ❖ Throwing away all cigarettes
- ❖ Getting your teeth cleaned
- ❖ Cleaning your clothes, house and car
- ❖ Telling your friends and family you're quitting
- ❖ Calling Kick It California - a free quit smoking phone program; call **1.800.300.8086** or go to **<https://kickitca.org>**

Quit Smoking

My Quit Date: _____

On your quit day be ready to do something else when you want to smoke. Instead of smoking I will:



Take 10 deep breaths



Call a friend



Chew gum



Brush my teeth



Take a walk



Review my reasons for quitting

One reason quitting smoking is hard is that it becomes a habit. A habit is something you do without thinking about it like smoking when you have your morning coffee. List some changes you can make in your daily routine here:

I will drink tea instead of coffee in the morning_ (example)

Avoid Tobacco Smoke and Other Air Pollutants

Be aware of air quality. If the air outside is poor, spend more time inside. Wear a mask if needed. Other ways to keep indoor air clean include:

- Asking friends and family not to smoke in your home.
- Mopping and vacuuming often. Keeping your floors clean helps reduce dust, pet dander, and other allergens.
- Asking people to remove or wipe their shoes on a mat before entering your home. Shoes can carry all kinds of dirt and pollutants.
- Check your home for lead and radon.



Live a Healthy Lifestyle

Diet and Exercise



Healthy eating habits are important for people with COPD. While not a cure, a healthy diet can help keep you from getting infections which could make your COPD worse. General diet guidelines for people with COPD include:

- ❖ Eating plenty of dark/bright colored fresh fruits and vegetables
- ❖ Choosing healthy fats like avocados, nuts, seeds, olives and olive oil and lean proteins like fish and legumes`
- ❖ Limiting foods high in salt/sodium such as canned and overly processed foods
- ❖ Drinking plenty of fluids throughout the day



Live a Healthy Lifestyle

If you have trouble eating due to shortness of breath or fatigue, try:

- 1 Eating smaller, more frequent meals
- 2 Eating your main meal early in the day
- 3 Sitting comfortably in a high-backed chair to relieve pressure on your lungs
- 4 Choosing foods that are quick and easy to prepare

.....

People with chronic lung disease tend to avoid exercise. However, the right amount and type of exercise has lots of benefits. It can improve your heart and muscle strength, increase energy levels, and help you use oxygen more efficiently.

.....

Talk with your doctor about a food and exercise plan that's right for you.



Live a Healthy Lifestyle

Changing how you do things may help you feel better.

For example:



Avoid secondhand smoke and places with dusts or fumes you may breathe in.



Eating smaller meals or resting before eating.



Doing things more slowly.



Practicing controlled breathing exercises.



Wearing clothes and shoes that are easy to put on and take off.



Putting items you use often in one easy-to-reach place.



Asking family and friends for help with daily tasks if needed.

Know Who to Call



Keep phone numbers for your doctor, pharmacy, and someone who can take you for care close by. If your symptoms suddenly get worse call 911.

Working with Your Doctor

Your doctor will help you manage your disease. It's important to be open with your doctor and follow your treatment plan. You can do this by:



Taking all your medicines as your doctor prescribes.



Getting medication refills before you run out.



Asking your doctor for 90-day prescription(s).



Bringing a list of all your medicines when you see your doctor.



Writing down your questions and bringing them with you when you see your doctor.



Asking your doctor to explain anything you do not understand.

Sample Questions to Ask Your Doctor

- ⌘ How serious is my COPD?
- ⌘ What other health conditions am I at risk for with COPD?
- ⌘ What symptoms or problems should I report to you?
- ⌘ How can I better manage my COPD?
- ⌘ Are there medicines I need to take?
- ⌘ What is the difference between quick-relief and long-term control medicines?
- ⌘ How can I tell how much medicine is left in my inhaler?
- ⌘ Can you show me how to use my inhaler?
- ⌘ What resources do you have to help me quit smoking?
- ⌘ Should I get the flu and pneumonia vaccines?
- ⌘ What physical activities can I do? (*Ex. Exercise, sex, housework, etc.*)



Pulmonary Rehabilitation

Pulmonary rehabilitation is a special program for people with lung problems. It teaches people about lung health and ways to manage their condition. You will learn ways of making breathing easier and exercises you can do to increase your fitness.

Medication

Your doctor may want you to take one or more medicines to make breathing easier. Some medicines relax airway muscles. Others reduce swelling. Be sure to take medicines as prescribed.

Bronchodilators

Bronchodilators work by opening your airways to help you breathe better. They are most often inhaled through the mouth using an inhaler but can also come as a liquid, pill, or shot. They can either be long or short acting. Short-acting bronchodilators are used when you are having trouble breathing and need help right away. Long-acting bronchodilators are most often used daily to prevent breathing problems.



Steroids

Steroids work quickly to decrease inflammation. They are taken for bad flare-ups. Oral steroids are most often prescribed for a short period of time due to long-term side effects. Inhaled steroids may be taken for longer time periods, often with a bronchodilator.



Avoid Lung Infections

Lung infections like flu and pneumonia can worsen your COPD. Your doctor will make sure you stay up to date with flu and pneumonia shots to prevent you from getting very sick. Your doctor may also prescribe antibiotics if needed.



Using Oxygen

Some people may need to use a portable oxygen tank if their blood oxygen levels are low. Talk with your doctor about whether you need oxygen and what type of equipment is right for you.



Important Resources



My Health in Motion™

Create an account on L.A. Care's health and wellness portal.
(go to lacare.org and click on "Member Sign-In")

With MyHIM you have access to:

- Health topic specific materials and videos
- Health Coaches via the chat function
- Self-paced workshops and a calendar of virtual group appointments



L.A. Care Nurse Advice Line

Call the L.A. Care Nurse Advice Line for general health questions to keep you and your family healthy. You can call 24 hours a day, 7 days a week. Call **1.800.249.3619 (TTY 711)**.

Visit one of **L.A. Care's Family Resource Centers** for questions about your L.A. Care membership and for free health and exercise classes.



Community Resource Center

RESOURCE CENTER LOCATIONS

Boyle Heights (9)

(New Location
Coming Soon)

East L.A. (10)

4801 Whittier Blvd.
Los Angeles, CA 90022
P: **1.213.438.5570**

El Monte (14)

3570 Santa Anita Ave.
El Monte, CA 91731
P: **1.213.428.1495**

Inglewood (5)

2864 W. Imperial Hwy.
Inglewood, CA 90303
P: **1.310.330.3130**

Long Beach (7)

(Coming Soon)

Lynwood (6)

3200 E. Imperial Hwy.
Lynwood, CA 90262
P: **1.310.661.3000**

Metro L.A. (1)

1233 S. Western Ave.
Los Angeles, CA 90006
P: **1.213.428.1457**

Norwalk (11)

11721 Rosecrans Ave.
Norwalk, CA 90650
P: **1.562.651.6060**

Pacoima (2)

10807 San Fernando Rd.
Pacoima, CA 91331
P: **1.213.438.5497**

Palmdale (3)

2072 E. Palmdale Blvd.
Palmdale, CA 93550
P: **1.213.438.5580**

Pomona (12)

696 W. Holt Ave.
Pomona, CA 91768
P: **1.909.620.1661**

South L.A. (13)

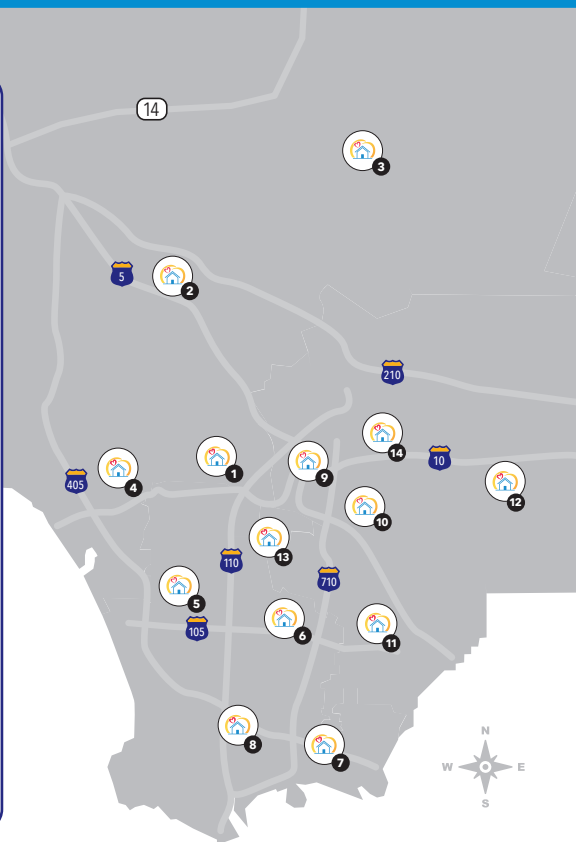
(Coming Soon)

West L.A. (4)

(Coming Soon)

Wilmington (8)

911 N. Avalon Blvd.
Wilmington, CA. 90744
P: **1.213.428.1490**



Blue Shield of California Promise Health Plan is an independent licensee of the Blue Shield Association.



For more information, visit **activehealthyinformed.org**
or call **1.877.287.6290 (TTY 711)** Monday through
Friday, 9 am to 5 pm.



SCAN TO FIND A
CENTER NEAR YOU

Reference

L.A. Care Covered™

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 **1.855.270.2327** (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 **1.855.270.2327** (TTY: **711**), las 24 horas del día, los 7 días de la semana, incluso los días festivos. La llamada es gratuita.

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 **1.855.270.2327** (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。

PASC-SEIU

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 **1.844.854.7272** (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 **1.844.854.7272** (TTY: **711**), las 24 horas del día, los 7 días de la semana, incluso los días festivos. La llamada es gratuita.

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 **1.844.854.7272** (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。

English

(Arabic) قیبر علاب راعشلا

Հայերեն պիտակ (Armenian)

បុរាណសម័យជាតិសាស្ត្រ (Cambodian)

简体中文标语 (Chinese)

22

فارسی (Farsi) ۛسرراف نابز مبل طم

اب، دینک تفایرد کمک دوخ نابز مبل دیواوخیم رگا: هجوت
یاهه سخن دن نام، تیلول عم یاراد دارفا صوصخم تامدخ و اهکمک. دیری گب سامت
اب. بسا دوجوم زین، گرزب فورح اب پاچ و لیرب طخ
ی.هافش

हिंदी टैगलाइन(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 लरि
सहायता और सेवाएं, जैसे ब्रेल और बड़े प्रटि में भी दस्तावेज़ उपलब्ध हैं।
1.888.839.9909 (TTY: 711) पर कॉल करें। ये सेवाएं नः शुल्क हैं।।

Nqe Lus Hmoob Cob (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 ntawv 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.

日本語表記 (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。

한국어 태그라인 (Korean)

유의사항: 귀하의 언어로 도움을 받고 싶으시면 **1.888.839.9909 (TTY: 711)**
번으로 문의하십시오. 점자나 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.

Reference

ແທກໄລພາສາລາວ (Laotian)

ປະກາດ: ຖ້າທ່ານຕ້ອງການຄວາມຊ່ວຍເຫຼືອໃນພາສາຂອງທ່ານໃຫ້ໂທຫາບໍ
1.888.839.9909 (TTY: 711). ຍັງມີຄວາມຊ່ວຍເຫຼືອແລະການບໍລິການສໍາລັບ
ຄົນພິການ ເຊັ່ນເອກະສານທີ່ບໍ່ມີອັກສອນນູແລະມິຕິພິມໃຫຍ່ ໃຫ້ໂທຫາບໍ
1.888.839.9909 (TTY: 711). ການບໍລິການເຫຼົ່ານີ້ຕ້ອງເສຍຄ່າໃຊ້ຈ່າຍໃດໆ.

Mien Tagline (Mien)

LONGC HNYOUV JANGX LONGX OC: Beiv taux meih qiemx longc mienh
tengx faan benx meih nyei waac nor douc waac daaih lorx taux
1.888.839.9909 (TTY: 711). Liouh lorx jauv louc tengx aengx caux nzie gong
bun taux ninh mbuo wuaaic fangx mienh, beiv taux longc benx nzangc-pokc
bun hlou mbiute aengx caux aamz mborqv benx domh sou se mbenc nzoih bun
longc. Douc waac daaih lorx **1.888.839.9909 (TTY: 711)**. Naaiv deix nzie weih
gong-bou jauv-louc se benx wang-henh tengx mv zuqc cuotv nyaanh oc.

ਪੰਜਾਬੀ ਟੈਗਲਾਈਨ Panjabi

ਧਿਆਨ ਦਫਿ: ਜੇ ਤੁਹਾਨੂੰ ਆਪਣੀ ਭਾਸ਼ਾ ਵਿਚ ਮਦਦ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਾਲ ਕਰੋ
1.888.522.1298 (TTY 711). ਅਪਾਰਜ ਲੋਕਾਂ ਲਈ ਸਹਾਇਤਾ ਅਤੇ ਸੇਵਾਵਾਂ, ਜਵਿ ਕੀ ਬ੍ਰੇਲ
ਅਤੇ ਮੋਟੀ ਛਪਾਈ ਵਿਚ ਦਸਤਾਵੇਜ਼, ਵੀ ਉਪਲਬਧ ਹਨ। ਕਾਲ ਕਰੋ **1.888.522.1298**
(TTY 711). ਇਹ ਸੇਵਾਵਾਂ ਮੁਫਤ ਹਨ।

Русский слоган (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.

Mensaje en español (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.

Tagalog Tagline (**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 serbisyong ito.

แท็กไลน์ภาษาไทย (**Thai**)

โปรดทราบ: หากคุณต้องการความช่วยเหลือเป็นภาษาของคุณ กรุณาโทรศัพท์ไปที่หมายเลข **1.888.839.9909** (TTY: **711**) นอกจากนี้ ยังพร้อมให้ความช่วยเหลือและบริการต่าง ๆ สำหรับบุคคลที่มีความพิการ เช่น เอกสารต่าง ๆ ที่เป็นอักษรเบรลล์และเอกสารที่พิมพ์ด้วยตัวอักษรขนาดใหญ่ กรุณาโทรศัพท์ไปที่หมายเลข **1.888.839.9909** (TTY: **711**) ไม่มีค่าใช้จ่ายสำหรับบริการเหล่านี้

Примітка українською (**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.

Khẩu hiệu tiếng Việt (**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.

Reference

Cal MediConnect

English

ATTENTION: 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 **1.888.522.1298 (TTY 711)**, 24 hours a day, 7 days a week, including holidays. The call is free.

Spanish

ATENCIÓN: 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 **1.888.522.1298 (TTY 711)**, las 24 horas del día, los 7 días de la semana, incluso los días festivos. La llamada es gratuita.

Arabic

تيروفلا تمجرتلا تامدخ بلط كنكمي. اناجم عحاتم عيوجلل ددعاسملا تامدخ: عيان ع تامدخو تادعاسم وأ رخأ قيسنتب وأ كتغلب تامول عم وأ عيري رحتل تمجرتلا وأ رادم ىلع **1.888.522.1298 (TTY 711)** مقرلا ىلع L.A. Care ب لصتا. عيفاضا.
عني انجم قمل الكمل. تالطعل مايأ كلذ يف امب، عوبسأل مايأ لاوطو عاسلا

Armenian

ՈՒՇԱԴԴՐՈՒԹՅՈՒՆ. Տրամադրելի են լեզվական օգնության անվճար ծառայություններ: Կարող եք խնդրել բանավոր թարգմանչական կամ թարգմանչական ծառայություններ, Ձեր լեզվով կամ տարբեր ձևաչափով տեղեկություն, կամ օժանդակ օգնություններ և ծառայություններ: Զանգահարեք L.A. Care **1.888.522.1298** համարով (TTY 711), օրը 24 ժամ, շաբաթը 7 օր, ներառյալ տոնական օրերը: Այս հեռախոսազանգն անվճար է:

Chinese

注意：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 **1.888.522.1298 (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

همچرت تادمخ یارب دیناوت یم. دشاب یم دوجوم ینابز دادما ناگیار تادمخ: هجوت
تادمخ و ادادما ای، رگی دتمرف ای ناتدوخ نابز هب تاعالطا، یبتک ای هافش
رد (TTY 711) 1.888.522.1298 هرامش هب L.A. Care اب. دینک تساوخر دیافاضا
سامت نی. دیری گب سامت لیطعت یامزور لماش متفه زور 7 و زور نابش تعاس 24
تسا ناگیار.

Khmer

ចំណាំ: សេវាជំនួយខាងភាសា គឺមានដោយឥតគិតថ្លៃ។ អ្នកអាចស្នើសុំសេវាបកប្រែ
ផ្ទាល់មាត់ ឬការបកប្រែ ស្នើសុំព័ត៌មាន ជាភាសាខ្មែរ ឬជាទង់មួយទៀត ឬជំនួយ
ប្រជាមជ្ឈមណ្ឌល និងសេវា។ ទូរស័ព្ទទៅ L.A. Care តាមលេខ 1.888.522.1298 (TTY 711)
បាន 24 ម៉ោងមួយថ្ងៃ 7 ថ្ងៃ មួយអាទិត្យ រួមទាំងថ្ងៃបុណ្យផង។ ការហៅនេះគឺ
ឥតគិតថ្លៃឡើយ។

Korean

안내: 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, 1.888.522.1298 (TTY 711) 번으로
문의하십시오. 이 전화는 무료로 이용하실 수 있습니다.

Russian

ВНИМАНИЕ! 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
1.888.522.1298 (TTY 711) 24 часа в сутки, 7 дней в неделю, включая
праздничные дни. Этот звонок является бесплатным

Tagalog

PAUNAWA: Available ang mga libreng serbisyo ng tulong sa wika. Maaari kang
humiling ng mga serbisyo ng pag-interpret o pagsasaling-wika, impormasyon na
nasa iyong wika o nasa ibang format, o mga karagdagang tulong at serbisyo.
Tawagan ang L.A. Care sa 1.888.522.1298 (TTY 711), 24 na oras sa isang araw,
7 araw sa isang linggo, kabilang ang mga holiday. Libre ang tawag.

Reference

Vietnamese

CHÚ Ý: 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 **1.888.522.1298 (TTY 711)**, 24 giờ một ngày, 7 ngày một tuần, kể cả ngày lễ. Cuộc gọi này miễn phí.

Hindi

ध्यान दें: मुफ्त भाषा सहायता सेवाएं उपलब्ध हैं। आप दुभाषिया 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 **1.888.522.1298 (TTY 711)** नंबर पर फोन करें, दनि में 24 घंटे, सप्ताह में 7 दनि, छुट्टियों सहित। कॉल मुफ्त है।

Hmong

LUS TSHAJ TAWM: 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 khoom pab thiab lwm yam kev pab cuam. Hu rau L.A. Care ntawm tus xov tooj **1.888.522.1298 (TTY 711)**, tuaj yeem hu tau txhua txhua 24 teev hauv ib hnub, 7 hnub hauv ib vij thiab suab nrog cov hnub so tib si, tus xov tooj no hu dawb xwb.

Japanese

注意: 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 **1.888.522.1298(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。

Lao

ໂປດຊາບ: ພາສາອັງກິດ ມີບົດການຊ່ວຍເຫຼືອດ້ານພາສາໂດຍບໍ່ເສຍຄ່າ. ທ່ານສາມາດຂໍບົດການນາຍພາສາ ຫຼື ປະພາສາໄດ້, ສໍາລັບຂໍ້ມູນໃນພາສາຂອງທ່ານ ຫຼື ໃນຮູບແບບອື່ນ, ຫຼື ຄວາມຊ່ວຍເຫຼືອ ແລະ ບົດການເສມີ. ໃຫ້ໂທຫາ L.A. Care ໂດຍທີ **1.888.522.1298 (TTY 711)**, 24 ຊົ່ວໂມງຕໍ່ມື້, 7 ມື້ຕໍ່ອາທິດ, ວ່າມເຖົ້າວັນພັກຕ່າງໆ. ການໂທແມ່ນບໍ່ເສຍຄ່າ.

Mien

COR FIM JANGX LONGX OC: Ninh mbuo duqv mbenc nzoih gong-bou liouh benx wang-henh tengx faan waac bun muangx. Meih se haih tov heuc ninh mbuo lorx faan waac mienh daaih faan waac bun muangx a' fai faan benx sou-nzangc bun doqc, lorx mange waac-fienx gorngv benx meih nyei fingz waac a' fai benx da' nyeic diuc hoc dauh a' fai jaa-dorngx nzie bun aengx caux gong-bou jauv-louc. Douc waac lorx L.A. Care ayiem naaiv **1.888.522.1298 (TTY 711)**, yietc hnoi koi benx 24 norm ziangh hoc, yietc norm liv baaiz bouc dauh koi longc 7 hnoi, lemh jienv hnoi-gec yaac koi oc. Naaiv norm douc waac gorn se benx wang-henh longc.

Panjabi

ਧਿਆਨ ਦਿਓ: ਮੁਫਤ ਭਾਸ਼ਾ ਸਹਾਇਤਾ ਸੇਵਾਵਾਂ ਉਪਲਬਧ ਹਨ। ਤੁਸੀਂ ਦੁਭਾਸ਼ੀਆਂ ਜਾਂ ਅਨੁਵਾਦ ਸੇਵਾਵਾਂ, ਆਪਣੀ ਭਾਸ਼ਾ ਵਿੱਚ ਜਾਣਕਾਰੀ ਜਾਂ ਕਮਿ ਹੋਰ ਫੋਰਮੈਟ ਵਿੱਚ, ਜਾਂ ਸਹਾਇਕ ਉਪਕਰਣਾਂ ਅਤੇ ਸੇਵਾਵਾਂ ਲਈ ਬੇਨਤੀ ਕਰ ਸਕਦੇ ਹੋ। L.A. Care ਨੂੰ **1.888.522.1298 (TTY 711)** ਨੰਬਰ ਉੱਤੇ ਕਾਲ ਕਰੋ, ਇੱਕ ਦਿਨ ਵਿੱਚ 24 ਘੰਟੇ, ਹਫ਼ਤੇ ਵਿੱਚ 7 ਦਿਨ, ਛੁੱਟੀਆਂ ਸਮੇਤ। ਕਾਲ ਮੁਫਤ ਹੈ।

Thai

โปรดทราบ: มีบริการช่วยเหลือภาษาฟรี คุณสามารถขอรับบริการการแปลหรือล่าม ข้อมูลในภาษาของคุณหรือในรูปแบบอื่น หรือความช่วยเหลือและบริการเสริมต่าง ๆ ได้ โทร L.A. Care ที่ **1.888.522.1298 (TTY 711)** ตลอด 24 ชั่วโมง 7 วันต่อสัปดาห์รวมทั้งวันหยุด โทรฟรี

Ukrainian

ЗВЕРНІТЬ УВАГУ! Доступна послуга безкоштовної мовної підтримки. Ви можете звернутися за послугами усного чи письмового перекладу, отримати інформацією вашою мовою чи в іншому форматі або допоміжні засоби та послуги. Зверніться до L.A. Care за номером **1.888.522.1298 (TTY 711)**, цілодобово, без вихідних і святкових днів. Дзвінок є безкоштовним.

L.A. Care Cal MediConnect Plan (Medicare-Medicaid Plan) is a health plan that contracts with both Medicare and Medi-Cal to provide benefits of both programs to enrollees.

Notes:

[illegible]

lacare.org



lacare.org

Health Education Resource Line

1.855.856.6943 (TTY 711)

Monday-Friday 9am - 4pm

or email **HealthEd_Info_Mailbox@lacare.org**

H8258_15163_2022_COPDBklt_C_Accepted