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Dear L.A. Care Member,

L.A. Care Health Plan (L.A. Care) is sharing this yearly packet of Medi-Cal benefit information and resources to help you stay healthy.

This information will give you an overview of Medi-Cal and benefits and services to help you access care. The services are available at no cost to you.

For more information about L.A. Care and Medi-Cal benefits and services, visit our website at lacare.org or call Member Services at 1-888-839-9909 (TTY 711) 24 hours a day, 7 days a week.

Sincerely,
L.A. Care Health Plan

Note: If you receive a Medi-Cal renewal packet from the Los Angeles County Department of Public Social Services (DPSS), it is important to fill it out and send it back to DPSS before it is due to keep your Medi-Cal coverage.
What is Medi-Cal?

Medi-Cal (California’s Medicaid program) is a public health insurance program that provides health care coverage for low-income individuals and families who meet defined eligibility requirements.

Medi-Cal offers no-cost and low-cost health coverage to eligible people living in California.

What is the L.A. Care Medi-Cal Plan?

L.A. Care Medi-Cal Plan is a free public program that provides health care coverage to adults, families, older adults and people with disabilities who meet the income requirements.

People in managed care must see doctors who work with their health plan and their medical group (if they have one).

What is Medi-Cal Managed Care?

Medi-Cal Managed Care is an organized system to help members get high-quality care and stay healthy.

Medi-Cal Managed Care health plans help members find doctors, pharmacies and health education programs.

Medi-Cal Managed Care health plans also offer care coordination, referrals to specialists, 24-hour nurse advice telephone services and customer service centers.

Who is Your Primary Care Provider (PCP)?

Your PCP is your main doctor and is the first person you go to when you have a health problem.

Your PCP makes sure you get the right care in the right place at the right time.

All new members should see their PCP for the first time within three months of joining L.A. Care for an initial health assessment (IHA).
What is a Prior Authorization?

Your PCP may want to refer you to a “specialist” or prescribe a drug not covered by Medi-Cal. A specialist is an expert in one part of the body or on one type of illness or service. Examples are cardiologists and surgeons. If you need specialized care or service, your PCP must ask for approval before you go. This request is known as a “prior authorization.”

What’s on Your L.A. Care Member ID Card?

1. The name of your health plan: L.A. Care
2. Your member ID number
3. Your Primary Care Provider (PCP) and his/her number
4. Your Medical Group (if you have one)
5. L.A. Care’s Member Services’ phone number and other important information and telephone numbers

If you receive a bill from your doctor, urgent care center, hospital or other service provided by L.A. Care:

- You must call L.A. Care’s Member Services right away at 1-888-839-9909 (TTY 711) 24 hours a day, 7 days a week, including holidays.
- Full scope Medi-Cal benefits and services are offered to members at no cost.
- You do not need to pay.
- You have the right to file a complaint or grievance report.

If you move or need to update your information, you should do one of the following*

- Call your county eligibility worker at the Department of Public Social Services (DPSS) at 1-866-613-3777 or 1-626-569-1399 | TTY 1-800-660-4026 Monday – Friday from 7:30 a.m. – 7:30 p.m., and Saturdays from 8:00 a.m. – 4:30 p.m. (excluding county holidays).
- Call L.A. Care Member Services at 1-888-839-9909 (TTY 711) 24 hours a day, 7 days a week, including holidays.
- Visit a Family Resource Center/Community Resource Center. To locate an FRC/CRC near you visit lacare.org/family-resource-centers or call 1-877-287-6290 (TTY 711) Monday – Friday from 9:00 a.m. to 5:00 p.m.

* If you have SSI-Linked Medi-Cal you have to update your information through Social Security. You can call them at 1-800-772-1213 TTY 1-800-325-0778 Monday–Friday from 8:00 a.m. – 7:00 p.m.
Family/Community Resource Centers

What are Family/Community Resource Centers?

- L.A. Care’s Family/Community Resource Centers offer many free services tailored to members and the community related to health and wellness
- Services offered include free health and wellness classes, customer care, free WiFi for telehealth services, linkage to assistance programs, Medi-Cal enrollment support and social services assistance
- You can schedule an appointment by visiting: lacare.org/family-resource-centers and using the online scheduling tool

Health Education Services

L.A. Care offers many health education programs and resources. Some of these resources include:

- Special programs for mothers and babies
- Cold and flu prevention
- Written materials in your desired language and format
- Community referrals
- Nurse advice line

All health education services are at no charge to you. To learn more call 1-855-856-6943 (TTY 711) Monday–Friday from 8:00 a.m.–5:00 p.m. or go to lacare.org/healthy-living/health-resources/health-education.

Free Interpreter Services

- You have the right to get an interpreter when you speak with your doctor
- L.A. Care offers free interpreter services, including American Sign Language
- You do not have to use a family member or friend as an interpreter, except in an emergency
- To ask for an interpreter, call L.A. Care Member Services 24 hours a day, 7 days a week, including holidays, at 1-888-839-9909 (TTY 711) at least 10 days before your visit

Please have the following information ready when you call:

- Your name
- Your L.A. Care member ID number
- Date and time of your appointment
- Doctor’s name
- Doctor’s address and phone number

If your appointment has changed or is cancelled, please call L.A. Care Member Services as soon as possible
Medi-Cal Renewal

Why do I have to renew my Medi-Cal?
Some Medi-Cal beneficiaries must renew their Medi-Cal benefits each year to keep their health care coverage. Keep your Medi-Cal benefits by renewing on time. Here is some important renewal information:

- Some members may be renewed automatically. If DPSS is able to automatically verify your income information, you will be sent an approval notice of action (NOA) letter.
  - A renewal packet will be mailed to members annually if DPSS is not able to verify your income information.
  - The forms in this packet must be filled out and returned to the DPSS by the due date listed in the packet.
- If you have questions about renewing your health care coverage, please call DPSS.
- Here are some important DPSS contact information to help you with your renewal:

1. BenefitsCal website: benefitscal.com
   BenefitsCal is a website for LA County residents to apply for and to view their benefits online for CalWORKs, CalFresh, and Medi-Cal applications.
2. Website: dpss.lacounty.gov
   Helpful resources including links to CSC and online applications.
3. DPSS Customer Service Center (CSC) telephone numbers

<table>
<thead>
<tr>
<th>Toll Free</th>
<th>866-613-3777</th>
</tr>
</thead>
<tbody>
<tr>
<td>Local numbers</td>
<td>626-569-1399</td>
</tr>
<tr>
<td></td>
<td>310-258-7400</td>
</tr>
<tr>
<td></td>
<td>818-701-8200</td>
</tr>
</tbody>
</table>

**Hours of Operation**
The CSC is available to assist you:
- Monday–Friday from 7:30 a.m. – 7:30 p.m.
- Saturdays from 8:00 a.m. – 4:30 p.m.
- Excluding holidays

How long do I have until I get disenrolled from Medi-Cal?
- Medi-Cal benefits will discontinue at the end of the renewal due month if the renewal packet is not returned.
- Members have up to 90 days from the effective date of discontinuance to provide the information needed to re-establish coverage.
- After 90 days, members will have to submit a new Medi-Cal application.

How do I update my information?
Correct personal information is important to get needed care and to renew your Medi-Cal coverage when it is due to prevent a gap in benefits.
- If your name has changed, you have moved to a different address, have a new telephone number, or need to report a correction to your personal information, please call the Los Angeles County Department of Public Social Services at 1-866-613-3777 Monday–Friday from 7:30 a.m. – 7:30 p.m. and Saturdays from 8:00 a.m. – 4:30 p.m. (excluding holidays) or visit dpss.lacounty.gov.

What happens after I return my form?
- DPSS will send you a letter to let you know if you still qualify for Medi-Cal coverage. If additional information is needed to renew your coverage, DPSS will send you a letter requesting the missing information.

If you have questions about Medi-Cal renewal:
- Contact your Medi-Cal case worker at your local DPSS office at 1-866-613-3777 or 1-626-569-1399 (TTY/TDD 1-800-660-4026) Monday–Friday from 7:30 a.m. – 7:30 p.m. and Saturdays from 8:00 a.m. – 4:30 p.m. (excluding holidays).
- More information including contact information is included in the letter you may receive.
L.A. Care Health Plan provides a comprehensive set of health benefits.*

More details about your benefits can be found in the Medi-Cal Member Handbook available online at lacare.org.

More Benefits. At No Cost To You.

Ambulatory & General Benefits and Services

- Primary Care Doctor and Specialist Visits
- Outpatient Surgery
- Urgent Care and Retail Clinics
- Lab Services and X-Rays
- Flu Shots and Other Recommended Vaccines
- COVID-19 Testing and Vaccination
- Maternity and Newborn Care
- Delivery and Postpartum Care
- Nurse and Midwife Services
- Pediatric Services (Early and Periodic Screening, Diagnostic and Treatment)
- Podiatry
- Chiropractic
- Treatment Therapies
- Dialysis/Hemodialysis
- Nurse Advice Line
- Telehealth

Preventive & Wellness Benefits

- Health in Motion™ Program
- Disease Management Programs
- Smoking Cessation Services
- Family Planning Services

Behavioral Health Services

- Outpatient Mental Health Services
- Outpatient and Inpatient Specialty Mental Health Services
- Outpatient Substance Use Disorder Services/Alcohol Misuse Screening
  - Voluntary Inpatient Detoxification

* This is a summary only.
Hospital Services
- Inpatient Services
- Surgical Services
- Major Organ and Tissue Transplant
- Prescription Drugs
  (via Medi-Cal Rx: medi-calrx.dhcs.ca.gov)

Emergency Services
- Emergency Room Services
- Ambulance Services

Pharmacy Benefits

Rehabilitative & Habilitative Services
- Physical Therapy
- Occupational Therapy
- Audiology
- Speech Therapy
- Hearing Exams
- Durable Medical Equipment
- Acupuncture
- Home Health Services
- Orthotics/Prostheses
- Medical Supplies, Equipment and Appliances
- Skilled Nursing Facility (Up to 90 Days)

Other Services
- Vision/Optometry
- Transportation
- Non-Emergency Medical Transportation
  - Litter Van
  - Wheelchair Van
  - Ambulance
- Non-Medical Transportation
  - Private or public vehicle for people who do not have another way to get to their appointment
- Long Term Services and Supports
  - Skilled Nursing Facilities (91+ Days)
  - Home and Community Based Services
- Dental Care (via Medi-Cal Dental formally known as Denti-Cal: dental.dhcs.ca.gov)

* Benefits are subject to change. Please call L.A.Care Member Services at 1-888-839-9909 (TTY 711) 24 hours a day, 7 days a week, including holidays for more information or go to lacare.org. Your health care provider may need to get approval for some benefits and services.
We make your eye health our top priority. As a Vision Care member, you’ll receive access to care from great eye doctors, quality eyewear, and affordable eye care, so you can see clearly and live a healthy life.

Regular Eye Exams are Important

With VSP® you’ll get great care from a VSP network doctor, including a WellVision Exam® — an exam designed to find signs of vision and health conditions like diabetes and high blood pressure.

Using Your VSP Benefit is Easy

View your coverage. Review your personalized coverage details and find an in-network doctor by creating an account at vsp.com using your L.A. Care Health Plan ID number (located on your card).

See an in-network doctor. Log-in to your account on vsp.com to find a VSP Participating Provider for Medi-Cal near you or call VSP Member Services Department at 1-800-877-7195 (TTY 1-800-428-4833), Monday through Friday 5 a.m. to 6 p.m.

At your appointment, tell them you have VSP through L.A. Care Health Plan. Show your L.A. Care Health Plan card at your appointment.

That’s it! We’ll handle the rest—there are no claim forms to complete when you see a VSP Participating Provider.

Questions? Visit vsp.com or call VSP at 1-800-877-7195 (TTY 1-800-428-4833), Monday through Friday 5 a.m. to 6 p.m.
Know Your Care Options

<table>
<thead>
<tr>
<th>Types of Care</th>
<th>Types of Provider</th>
<th>Examples of Services</th>
<th>Estimated Wait Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nurse Advice Line</td>
<td>Licensed RN</td>
<td>• Self-care advice</td>
<td>No wait time</td>
</tr>
<tr>
<td></td>
<td>Talk to a nurse 24/7</td>
<td>• Answers to health questions</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Choosing where to get care</td>
<td></td>
</tr>
<tr>
<td>Primary Care</td>
<td>Primary Care Provider (PCP)</td>
<td>• Preventive care</td>
<td>10 business days or less</td>
</tr>
<tr>
<td></td>
<td>Call your PCP first when you need care</td>
<td>• Sudden or short-term health problems</td>
<td>Some same-day appointments</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Long-term conditions or diseases like diabetes</td>
<td></td>
</tr>
<tr>
<td>Urgent Care</td>
<td>Telehealth Services</td>
<td>• Cold/flu/fever</td>
<td>Minutes to hours</td>
</tr>
<tr>
<td></td>
<td>Talk with a doctor over the phone or online</td>
<td>• Rashes</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Infections (skin/eye/ear/UTI)</td>
<td>Minutes to hours</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Respiratory (wheezing/cough)</td>
<td>Schedule a visit and check approximate walk-in wait times online</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Stomach (pain/vomiting/diarrhea)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Minor injuries</td>
<td></td>
</tr>
<tr>
<td>Urgent Care Center</td>
<td>Retail Clinics</td>
<td>• Minutes to hours</td>
<td>Minutes to hours</td>
</tr>
<tr>
<td></td>
<td>Located in retail pharmacy and staffed by a nurse practitioner</td>
<td>Schedule a visit and check approximate walk-in wait times online</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Minutes to hours</td>
<td></td>
</tr>
<tr>
<td>Emergency Care</td>
<td>Emergency Room</td>
<td>• Chest pain</td>
<td>Wait depends on how sick/hurt you are</td>
</tr>
<tr>
<td></td>
<td>Care for life-threatening conditions. Do not use the ER for routine care or mild illness</td>
<td>• Sudden vision changes</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Weakness/trouble talking</td>
<td></td>
</tr>
</tbody>
</table>

For more information on cost and how to access these services visit: lacare.org/members/getting-care or call the number on the back of your Member ID Card.

If you need further assistance, contact L.A. Care Member Services at 1-888-839-9909 (TTY 711), 24 hours a day, 7 days a week, including holidays.

Medi-Cal, Cal MediConnect, PASC and L.A. Care Covered™ members may use telehealth services. Members who also have Medicare may not be able to use telehealth services. All telehealth services may not be covered by your health plan. Please refer to your plan handbook or call L.A. Care at the number on your ID card.
COVID-19
is a very contagious infection caused by the coronavirus

The virus is spread from person to person and can be prevented.
It’s time to get back to care. Your health care providers are working to keep you safe during health care visits.

<table>
<thead>
<tr>
<th>Health care providers are keeping their offices clean and safe in ways like:</th>
<th>Remember to always follow the 3 C’s:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Wearing masks at all times</td>
<td>• Avoid closed spaces</td>
</tr>
<tr>
<td>• Frequently cleaning exam rooms and waiting areas</td>
<td>• Avoid crowded places</td>
</tr>
<tr>
<td>• Socially distancing at least 6 feet</td>
<td>• Avoid close-contact settings, such as close conversations</td>
</tr>
<tr>
<td>• Limiting appointment times to keep healthy and sick patients separate</td>
<td></td>
</tr>
</tbody>
</table>

It is important to take care of your health:

<table>
<thead>
<tr>
<th>• Call your health care provider to find out about safety practices at their office, like changes to the check-in process and waiting room</th>
<th>• Ask your health care provider or pharmacy about home delivery for prescriptions. If you have a chronic condition, you can request a 90-day supply of medication</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Ask your health care provider if your visit can be done over the phone or through video</td>
<td>• Don’t skip visits</td>
</tr>
<tr>
<td></td>
<td>• Get your COVID-19 vaccine</td>
</tr>
</tbody>
</table>

If you think you may have COVID-19, call your health care provider’s office right away. Do not go to the provider’s office without calling first. You can also call L.A. Care’s Nurse Advice Line at 1-800-249-3619 (TTY 711). Do not delay getting emergency or urgent care for any health issues.

Wear a mask to protect your family, friends and community

COVID-19 vaccines save lives. L.A. Care and public health agencies recommend that everyone who is eligible get the COVID-19 vaccine.

The vaccines are safe and highly effective in preventing serious illness, hospitalization and death. The vaccines do not infect you with the COVID-19 virus. The vaccines do not make you sterile and they do not include a microchip. Side effects are generally mild and go away after a day or two, while the benefit of the vaccine remains. Getting vaccinated will help end the pandemic. For more information on COVID-19, visit: lacare.org/vaccine.

Free language assistance services are available. Call L.A. Care 1-888-839-9909 (TTY 711) 24 hours a day, 7 days a week, including holidays. The call is free.
How to Access
L.A. Care’s Medi-Cal Member Materials

*L.A. Care Health Plan* provides you information about your Medi-Cal benefits, covered drugs and the doctors that work with L.A. Care. It is easy to view or print the Medi-Cal Member Handbook, Provider Directory and Pharmacy Drug Formulary.

**Search**

lacare.org | 24 hours a day, 7 days a week

To view and print the Medi-Cal Member Materials, you can visit L.A. Care’s website and click on Member Materials (Medi-Cal).

**During normal business hours**

Visit the L.A. Care Welcome Center or one of L.A. Care’s Community Resource Centers to get a print copy of our Medi-Cal Member Materials, to have a customer service representative answer your questions, or to receive a new member orientation on how to access your new Medi-Cal benefits.

**Call**

1-888-839-9909 (*TTY 711*)

24 hours a day, 7 days a week, including holidays

A L.A. Care Member Services staff can help you with any questions you have about how to access the Member Handbook, Provider Directory and the Pharmacy Drug Formulary.

To get this information in another language or in an alternative format, like large print, audio, or Braille, please call L.A. Care Member Services at 1-888-839-9909 (*TTY 711*) 24 hours a day, 7 days a week, including holidays.

**Reminder:** if you receive a Medi-Cal renewal packet from the Los Angeles County Department of Public Social Services (DPSS), it is important to fill it out and send it back to DPSS before it is due to keep your Medi-Cal coverage.
Nondiscrimination Notice

Discrimination is against the law. L.A. Care Health Plan follows State and Federal civil rights laws. L.A. Care Health Plan does not unlawfully discriminate, exclude people, or treat them differently because of sex, race, color, religion, ancestry, national origin, ethnic group identification, age, mental disability, physical disability, medical condition, genetic information, marital status, gender, gender identity, or sexual orientation.

L.A. Care Health Plan provides:

- Free aids and services to people with disabilities to help them communicate better, such as:
  - Qualified sign language interpreters
  - Written information in other formats (large print, audio, accessible electronic formats, other formats)

- Free language services to people whose primary language is not English, such as:
  - Qualified interpreters
  - Information written in other languages

If you need these services, contact L.A. Care Health Plan 24 hours a day, 7 days a week, including holidays, by calling 1-888-839-9909. If you cannot hear or speak well, please call TTY 711. Upon request, this document can be made available to you in braille, large print, audio cassette, or electronic form. To obtain a copy in one of these alternative formats, please call or write to:

L.A. Care Health Plan
Member Services Department
1055 West 7th Street, 10th Floor
Los Angeles, CA 90017
HOW TO FILE A CIVIL RIGHTS GRIEVANCE

If you believe that L.A. Care Health Plan has failed to provide these services or unlawfully discriminated in another way on the basis of sex, race, color, religion, ancestry, national origin, ethnic group identification, age, mental disability, physical disability, medical condition, genetic information, marital status, gender, gender identity, or sexual orientation, you can file a grievance with L.A. Care Health Plan Chief Compliance Officer.

You can file a civil rights grievance by phone, in writing, in person, or electronically:

- **By phone:** Contact L.A. Care Health Plan Chief Compliance Officer, 24 hours a day, 7 days a week, including holidays, by calling 1-888-839-9909. Or, if you cannot hear or speak well, please call TTY 711.

- **In writing:** Fill out a complaint form or write a letter and send it to:
  
  L.A. Care Health Plan
  Chief Compliance Officer
  1055 West 7th Street, 10th Floor
  Los Angeles, CA 90017

  Email: civilrightscoordinator@lacare.org

- **In person:** Visit your doctor’s office or L.A. Care Health Plan and say you want to file a civil rights grievance.

- **Electronically:** Visit L.A. Care Health Plan website at www.lacare.org/members/member-support/file-grievance/grievance-form or send an email to civilrightscoordinator@lacare.org.
OFFICE OF CIVIL RIGHTS – CALIFORNIA DEPARTMENT OF HEALTH CARE SERVICES

You can also file a civil rights complaint with the California Department of Health Care Services, Office for Civil Rights by phone, in writing, or electronically:

- **By phone**: Call 916-440-7370. If you cannot speak or hear well, please call 711 (Telecommunications Relay Service).

- **In writing**: Fill out a complaint form or send a letter to:

  Deputy Director, Office of Civil Rights
  Department of Health Care Services
  Office of Civil Rights
  P.O. Box 997413, MS 0009
  Sacramento, CA 95899-7413

  Complaint forms are available at http://www.dhcs.ca.gov/Pages/Language_Access.aspx.

- **Electronically**: Send an email to CivilRights@dhcs.ca.gov.

OFFICE OF CIVIL RIGHTS – U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

If you believe you have been discriminated against on the basis of race, color, national origin, age, disability or sex, you can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights by phone, in writing, or electronically:

- **By phone**: Call 1-800-368-1019. If you cannot speak or hear well, please call TTY/TDD 1-800-537-7697.

- **In writing**: Fill out a complaint form or send a letter to:

  U.S. Department of Health and Human Services
  200 Independence Avenue, SW
  Room 509F, HHH Building
  Washington, D.C. 20201


- **Electronically**: Visit the Office for Civil Rights Complaint Portal at https://ocrportal.hhs.gov/ocr/portal/lobby.jsf.
Language Assistance

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

Arabic

Armenian
ՈՒՇԱԴՐՈՒԹՅՈՒՆ: Եթե Ձեզ օգնություն է հարկավոր Ձեր լեզվով, զանգահարեք 1-888-839-9909 (TTY 711)։ Կան նաև օժանդակ միջոցներ ու ծառայություններ հաշմանդամություն ունեցող անձանց համար, օրինակ՝ Բրայլի գրատիպով և խոշորատառ տպագրված նյութեր։ Զանգահարեք 1-888-839-9909 (TTY 711)։ Այդ ծառայություններն անվճար են։

Cambodian
តំណំងារ បើអ្នកត្រូវការជំនួយដោយផ្អែមសៀវភៅ ឬពានរៀងរបស់អ៊ីថ្មី ត្រូវបានរៀបចំនៅ 1-888-839-9909 (TTY 711)។ ជំនួយនិងសំណង់ភ្លាមៗ និងជំនួយអត្ថប្រយោជន៍មួយ ដែលមានធាតុប្រការពឹងម៉ាស៊ីន ប្រការពឹងពណ៌នាមិនបាន 1-888-839-9909 (TTY 711)។ ជំនួយជិតជាមិនជាមិនសេដ្ឋកិច្ច។

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 بریل و چاپ برای آفرینش، 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 बरेल और बड़े पृष्ठ में भी दस्तावेज उपलब्ध हैं। 1-888-839-9909 (TTY 711) पर कॉल करें। ये सेवाएं निष्ठुल हैं।

Hmong

Japanese
注意日本語での対応が必要な場合は 1-877-287-6290 (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。
1-877-287-6290 (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

Laotian

Mien
Language Assistance

Panjabi

ਧਿਆਨ ਦਿਓ: ਜੇ ਤੁਹਾਨੂੰ ਆਪਣੀ ਭਾਸ਼ਾ ਵਿੱਚ ਮਦਦ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਾਲ ਕਰੋ 1-888-839-9909 (TTY 711). ਅਥਾਂਤਰ ਸੇਵਾ ਲਈ ਮਾਤਾ ਪਰਿਠਤਾ ਅਹਿਂ ਮੇਲਾ, ਤਿਰੀ ਵੇਂ ਘੱਟਿਆਂ ਅਹਵੇਂ ਮੇਲਾ ਜਾਂ ਇਸ ਕਵਰੇਜ ਨੂੰ ਵਧ ਵਲੇ 1-888-839-9909 (TTY 711). ਦੀ ਛੱਖਲਗਪ ਵਖ਼ ਵਲੇ 1-888-839-9909 (TTY 711).

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 mataling print. Tumawag sa 1-888-839-9909 (TTY 711). Libre ang mga serbisyon ito.

Thai

โปรดทราบ: หากคุณต้องการความช่วยเหลือเป็นภาษาของคุณ กรุณาโทรศัพท์ไปที่หมายเลข 1-888-839-9909 (TTY 711). นอกจากนี้ยังพร้อมให้ความช่วยเหลือและบริการต่าง ๆ สำหรับบุคคลที่มีความสามารถ เช่น เอกสารต่าง ๆ ที่เป็นอักษรเบรลล์และเอกสารที่พิมพ์ด้วยอักษรขนาดใหญ่ กรุณาโทรศัพท์ไปที่หมายเลข 1-888-839-9909 (TTY 711) ไม่มีค่าใช้จ่ายสำหรับบริการเหล่านี้.

Ukrainian


Vietnamese

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Medi-Cal

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