



Member Information Meetings

Tuesday, July 23, 2024,
12:00pm – 1:00pm (English)

Tuesday, August 6, 2024,
5:30pm - 6:30pm (English)

Thursday, August 22, 2024,
12:00pm - 1:00pm (English)

Thursday, August 29, 2024,
10:00am - 11:00am (Spanish)

Welcome!

We're excited to bring you a new edition of Whole You — a newsletter from Carolina Complete Health. Grab your sunglasses because we'll share some tips to protect your vision health.

Then we'll introduce you to healthy and affordable dinner options. We'll also touch on safety during the summer and as school resumes. Included is important updates about NC Medicaid. For more information, you can also visit [medicaid.ncdhhs.gov](https://www.ncdhhs.gov/medicaid) to see the latest updates.

If you no longer qualify for NC Medicaid, our Ambetter Marketplace plans, [ambetterofnorthcarolina.com](https://www.ambetterofnorthcarolina.com) may be an option.

And be sure to look at the events calendar on the left so you can keep up on all things happening in your area. We hope you enjoy this year's third newsletter and that it helps you take care of the whole you.



Discover your benefits! Register for a Member Information Meeting!

Get the most out of Carolina Complete Health by attending a Member Information Meeting! These live, online sessions are open to all members every month.

AT A MEMBER INFORMATION MEETING, YOU WILL LEARN ABOUT:

- Your health plan benefits and how to use them.
- Extra value-added services, including a Visa® rewards card when you complete healthy activities.
- Member resources, such as the website and member handbook.
- How to find providers and specialists to get the care you need.
- Enrolling in care management programs.
- Upcoming member events.
- Who to contact when you have questions or need help.

Register for a session today! For more information, please visit <http://www.carolinacompletehealth.com/orientation>.



Your quest to perfect vision.

What you need to know about cataracts.

A cataract is an eye condition that impacts the eye lens. It clouds the lens and blocks or changes the passage of light into the eye. The lens of the eye is located behind the pupil and the colored iris is transparent. The cataract stops light causing the vision to become blurry or dim. Individuals do not experience pain, or redness or tears. However, common indicators include:

- Older age
- Intense heat
- Long-term exposure to UV rays from the sun
- Diabetes
- Inflammation in the eye
- Eye injuries and diseases
- Smoking

Carolina Complete Health members aged 21 and older can receive additional vision benefits. This includes a \$125 retail allowance toward select prescription eyeglass frames and lenses. The benefit is available once every 2 years.

To learn more, visit
www.carolinacompletehealth.com or
contact Member Services at
1-833-552-3876 (TTY: 711).



A sight for not-so-sore eyes

It's time to keep your eyes peeled for vision health tips. Check out some of the ways you can protect your eyesight.

- 1. Get an eye exam.** Visit your local eye doctor, and test your eyesight. You may think your vision is better than it actually is. It's quick. It's painless. The earlier you catch an eye disease, the easier it is to treat.
- 2. Check your family's health history.** Talk with your family to see if there's a history of eye diseases or conditions. Diabetes and high blood pressure can also increase risks for eye diseases. Tell your doctor about any concerns.
- 3. Don't ignore diet and exercise.** Overall health plays a big role in vision health. People who are overweight and have unhealthy eating habits are at higher risk for vision problems. Eat dark leafy greens and fish to keep your eyes healthy.
- 4. Protection pays off.** Protecting your eyes from the sun with sunglasses is so important – even on cloudy days. Safety goggles protect your eyes during certain activities like sports or woodworking.
- 5. Let your eyeballs rest.** Your eyes get tired too, especially when you look at computer screens all day. Go on walks, look out the window or close your eyes when you need a break from computers.
- 6. Clean contacts.** If you wear contact lenses, make sure your hands are clean when you touch them. Also remember to take them out before you go to sleep.
- 7. Some habits are hard to kick.** Smoking isn't just bad for your lungs. It also increases your risk of diseases and can harm the optic nerve. This includes vaping.

Now keep these tips in mind to protect your vision long term!

Get out and play!



Make sure your kids are spending some more time outside. Getting them away from electronics can be hard. Fresh air can improve their mood, increase their physical activity, and stimulate their minds. Here are some tips on how to enjoy the outdoors with your children this season:

1. GO H2O.

An easy way to beat summertime boredom is fun in the water. Inflatable pools and sprinklers can go a long way and keep you cool in the sun. Don't forget sunscreen, watch your kids closely, and be sure to read the water safety article on the next page.

2. CHANGE OF SCENERY.

Going to a park is better than being glued to your screens. Parks are a great place for children to interact with each other and get some exercise.

3. SPIN YOUR WHEELS.

Biking is a great activity in the summer. Health benefits include cardio exercise, improved balance and building strength. Find some local bike trails, and explore with the whole family.

4. PATIO PICNIC.

We recommend spending about three hours a day outside, and an easy way to do that is to bring food. Have snacks or a full picnic on your patio.

5. BRING HOBBIES OUTSIDE.

Many toys and games can take place outside. Leave the electronics at home and enjoy nature. Give your kids the choice of what they can bring for bonus points.

6. RAIN OR SHINE.

Don't let the weather bring you down. Some rubber rain boots and old clothes are enough to keep outdoor play fun – even in the rain. Don't be afraid to splash around with your kids.

7. PLAY DATES.

Kids thrive around other kids. Set up a few play dates, and share the duties with other parents. They'll develop social skills and creativity.

Get outside and soak in that vitamin D!

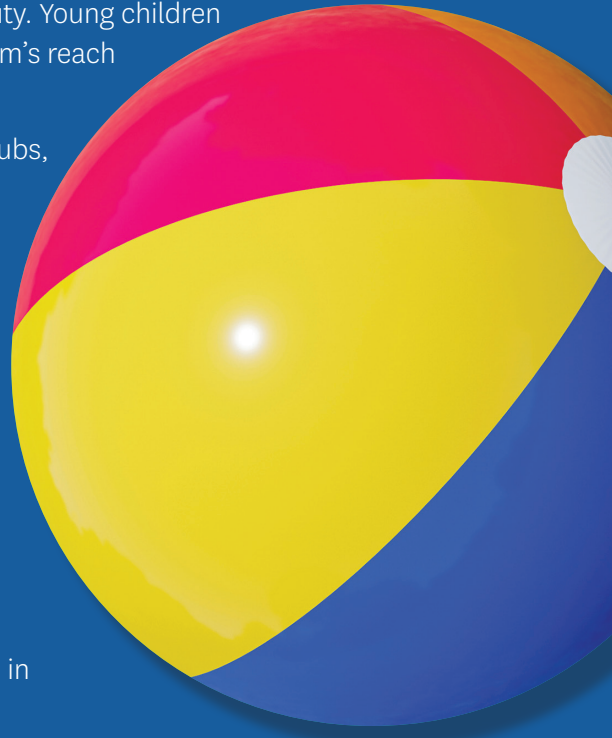
Splash safely.

When the weather gets warm, kids — and many adults — begin dreaming about a refreshing swim, slip ‘n’ slide or even a simple dash through a sprinkler. However, water can be as dangerous as it is fun. Drownings happen every day, and they’re not just in pools or lakes. They can happen in bathtubs and even buckets, and it only takes a moment.

Here are some tips to enjoy the fun and prevent the dangers.

- **PERMISSION GRANTED.** Teach children to always ask permission to go near water.
- **FENCED IN.** Make sure pools and hot tubs have fencing on all four sides. The fence should be at least four feet tall with swing gates that close and latch on their own.
- **NO DISTRACTIONS.** Stay with kids, even with a lifeguard on duty. Young children can drown in as little as one inch of water, so keep them within arm’s reach without any distractions, like phones.
- **EMPTY AFTER USE.** Water should be drained after use. Store tubs, buckets and containers upside down and out of children’s reach.
- **CLOSED LIDS.** Keep toilet lids and doors to bathrooms and laundry rooms closed when not in use.
- **LIFE JACKETS SAVE LIVES.** Children, inexperienced swimmers and anyone in a boat should wear U.S. Coast Guard-approved life jackets. Blow-up floaties, even though they float, are not enough.
- **BRING YOUR FRIENDS.** Never swim alone.
- **NO MESSING AROUND.** Pushing or dunking your friends can quickly become unsafe.
- **NO DIVING.** If you don’t know how deep the water is, don’t dive in headfirst.
- **FLOAT WHERE YOU CAN SWIM.** Keep checking to see if the water is too deep or if you are too far away from the shore or poolside.

A child or weak swimmer can drown in the time it takes to reply to a text or apply sunscreen. Stay safe out there and have fun!



Taking the sting out of bug bites

As you enjoy the summer, remember, there are bugs out there. And while most bites are harmless, some bugs can spread bad things like Lyme disease. In 2022, almost 700 cases of tick- and mosquito-borne illnesses were reported in the state. Common arboviruses including West Nile virus, Eastern equine encephalitis, and La Crosse encephalitis are transmitted to both children and their pets by various types of mosquitos in North Carolina. Although these viruses usually cause mild or flu-like illness, they can be dangerous and even fatal.

The best thing to do is keep bites from happening in the first place. You can do this by using bug spray or cream with at least 20% DEET on skin and clothing — some bugs can bite through your clothes. You can also use 0.5% permethrin to treat clothing and gear like boots, pants, socks and tents. Don't use this right on your skin. Instead, put it on your clothing and let it dry for at least two hours. The package will give you complete instructions. When you're out at night or hiking through woods, cover your skin as much as you can with long-sleeved shirts, pants, socks and shoes rather than sandals. And if you have a young one in a stroller, put mosquito netting over the stroller.

IF YOU DO GET BITTEN, HERE'S WHAT TO DO:

- **If it hurts**, like a bee sting, take acetaminophen or ibuprofen. Follow the directions on the label.
- **If it itches**, put an ice pack on it, or use an anti-itch cream like hydrocortisone. You can also take an antihistamine tablet (get these from your local drugstore).
- **If it's swollen**, put an ice pack on it.
- **If you get a rash, fever or body aches**, this can be serious. You need to call your doctor, urgent care or dermatologist right away and let them know about your recent bug bite.

Don't let bugs get in the way of your outdoor plans. With the right preparations, bugs won't be a problem for you or your family.



Healthy Mom, Healthy Baby

Must-Haves for You and Your Baby

Carolina Complete Health wants to ensure that all mothers and their newborn babies are healthy. If this is your first child, or you already have children, extra support is helpful. Early prenatal and postnatal care is important. It gives your doctor a chance to assess your health before and after delivery. Your doctor will also assess the future health outcomes for your baby.

Schedule your maternal health visits today to protect the health of you and your baby. For more information, please visit <https://www.carolinacompletehealth.com/wellchild>.

Get the Support You need at a Community Baby Shower!

Join us for a special event that offers parents an opportunity to gain knowledge about their baby's health. Mothers will receive:

- Health education.
- Nutrition and food resources.
- Help with Value-Added Services such as a car seat or a breast pump.
- Onsite demonstrations of how to install a car seat.
- Ideas to help make your home safe for a new baby.

All members who attend a baby shower will receive a diaper bag with supplies. Participants can play games and win prizes such as a baby swing, pack and play, and more! Click here for more information about our Community Baby Showers. To sign up, visit <http://www.carolinacompletehealth.com/baby> or call 1-833-552-3876 (TTY: 711). Transportation is available.

Call a Nurse

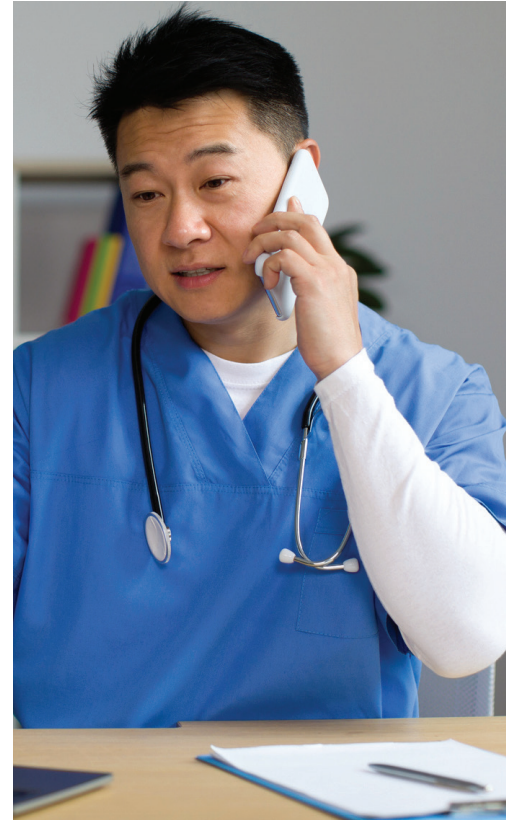
You can always count on a nurse

It's past 5 p.m. and something just feels off. The doctor's office is no longer taking patients, and you start to panic as your cough keeps getting worse. Wouldn't it be nice if you could talk to a nurse whenever, wherever and at no cost? You're in luck. Carolina Complete Health's 24/7 nurse advice line is a covered benefit. A nurse will listen to your symptoms and help you decide what to do next. Call when you need:

- Help caring for a sick child
- Help deciding if you need to see your primary care provider
- Help deciding if you need in-person care as soon as possible
- Answers to questions about your symptoms
- Help with mental health

The nurse advice line can help you find an urgent care center or specialist when needed. They can also connect you to programs that your health plan offers. This includes transportation to appointments and access to healthy foods and services. Save this number and remember -- you can always trust a nurse! They are happy to help.

**Your Carolina Complete Health nurse advice line:
1-833-552-3876 (TTY: 711)**



USE TELEHEALTH:

- When you can't see your primary care doctor.
- For nonemergency issues like the flu, a cough, a rash, a sinus infection or stress.
- When you can't take time off to see the doctor.
- If you don't have a ride.
- If you're not sure you need to be seen in person.

Telehealth is a covered benefit with no copay. Don't wait until you're sick. Be prepared. Learn more about Telehealth services available today. <http://www.carolinacompletehealth.com/mentalhealth>

Heal from anywhere.

Telehealth gives you access to medical care whenever and wherever you need it.

Have a cough? A rash? Stress or anxiety? Telehealth connects you with a doctor over the phone or through video, giving you easy access to care for nonemergency health issues. You can get medical advice, a diagnosis or a prescription. It's a doctor's visit with no travel and a shorter wait time, and you can use it anywhere at any time.

Healthy Dinners on a Budget

10 dinners for \$10

Here's a daily question that most of us dread: What's for dinner? It makes us think about cost, time and nutrition. This can all be tough to balance. Here are some family-friendly dinner options for four that cost just a few bucks per serving. There are even vegetarian and gluten-free options. Visit <https://tinyurl.com/b76u552f> for all recipes.

- 1. Lemon and Herb Roast Chicken and Vegetables.** [[Get the recipe here.](#)]
- 2. Antipasti Penne.** [[Get the recipe here.](#)]
- 3. Vegetarian Tortilla Casserole.** [[Get the recipe here.](#)]
- 4. Breaded Pork Chops With Apple-Cabbage Slaw.** [[Get the recipe here.](#)]
- 5. Bacon and Broccoli Rice Bowl.** [[Get the recipe here.](#)]
- 6. Beefy Stuffed Sweet Potato.** [[Get the recipe here.](#)]
- 7. Bean, Kale and Egg Stew.** [[Get the recipe here.](#)]
- 8. Chicken, Pepper and Corn Stir-Fry.** [[Get the recipe here.](#)]
- 9. Spicy Fish and Olive Spaghetti.** [[Get the recipe here.](#)]
- 10. Grains With Chicken and Lentils.** [[Get the recipe here.](#)]

You will love how much money you're saving with these simple dinners. Try some new ones every week, and it will make a huge difference in your wallet and palate.

The Land of Juicy Delights!

This delicious burger recipe is part of Weight Watchers Perfectly Simple series. Simply add a few highly flavored ingredients to lean ground beef and you can enjoy tasty burgers in minutes. Great toppings for these juicy patties include tomato and red onion slices, pickles and spicy mustard. 5 pts per serving.

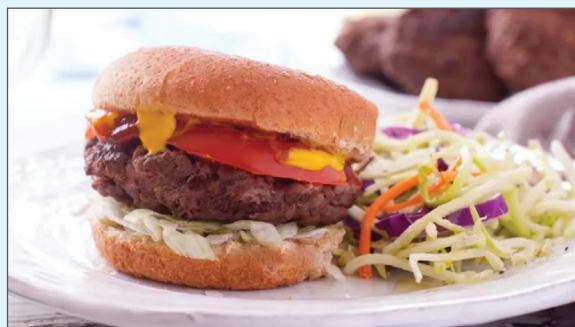
Total Time: 18 MIN | **Serves:** 4 | **Calories:** 161.1

Ingredients:

- Cooking spray
- 1 lb uncooked 93% lean ground beef (with 7% fat)
- 1 tablespoon Worcestershire sauce
- 2 teaspoons minced garlic
- 1/2 teaspoon table salt
- 1/4 teaspoon black pepper, freshly ground
- 4 reduced-calorie hamburger buns

Instructions:

1. Coat a large griddle, outdoor grill rack or stovetop grill pan with cooking spray and preheat to medium-high.
2. In a large bowl, combine beef, Worcestershire sauce, garlic, salt and pepper. Mix well and shape mixture into 4 patties, about 1-inch thick each.
3. Place burgers on hot griddle or grill. Cook 5 minutes per side for medium (or longer until desired doneness).
4. Serve burgers on buns with your favorite 0 POINTS value toppings.



Your Vision:

<https://preventblindness.org/cataract-awareness-month-2020/>

<https://www.nei.nih.gov/learn-about-eye-health/healthy-vision/keep-your-eyes-healthy>

Splash safely.

<https://www.cdc.gov/healthyschools/bam/safety/water-safety.htm>

<https://www.safekids.org/watersafety>

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety.html>

<https://aquaticpros.org/recognizing-water-safety-month/>

<https://www.coastalcarolinaymca.org/six-tips-to-keep-in-mind-for-national-water-safety-month/>

Taking the sting out of bug bites:

<https://www.aad.org/public/everyday-care/injured-skin/bites/prevent-treat-bug-bites>

<https://www.ncdhhs.gov/news/press-releases/2023/03/30/ncdhhs-urges-north-carolinians-fight-bite-insect-repellant-and-other-prevention>

<https://epi.dph.ncdhhs.gov/cd/diseases/arbo.html>

Healthy Mom, Healthy Baby:

Importance of Prenatal and Postnatal care - Smile Foundation, Pregnancy Care: Overview, Prenatal & Postnatal Care, Prenatal and Postnatal Care Tips for Mothers | Norwich University Online,

Raising the Importance of Postnatal Care, Postnatal Care, Postpartum Depression - Symptoms and Causes - Mayo Clinic, Maternal Mortality Rates in the United States, 2020, Depression Among Women | CDC

Healthy Dinners on a Budget

<https://www.foodnetwork.com/healthy/photos/10-healthy-dinners-for-about-10>

<https://www.food.com/recipe/weight-watchers-juicy-hamburgers-307853>

Notice of Nondiscrimination

Carolina Complete Health complies with applicable federal civil rights laws and does not discriminate based on race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex, gender identity or expression, or sexual orientation. Carolina Complete Health does not exclude people or treat them differently because of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex, gender, gender identity or expression, or sexual orientation.

Carolina Complete Health provides free auxiliary aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified American Sign Language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

Carolina Complete Health provides 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, call **1-833-552-3876 (TTY 711)**.

If you believe that Carolina Complete Health has failed to provide these services or discriminated in another way based on race, color, national origin, age, disability or sex, you can file a grievance with:

Carolina Complete Health Grievance Coordinator

1701 North Graham Street, Suite 101
Charlotte, NC 28206
1-833-552-3876 (TTY: 711)
Fax: 1-833-318-7256

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights:

- Online: ocrportal.hhs.gov/ocr/portal/lobby.jsf
- By mail:
U.S. Department of Health and Human Services
200 Independence Avenue SW., Room 509F, HHH Building
Washington, DC 20201
- By phone: **1-800-368-1019 (TDD: 1-800-537-7697)**

Complaint forms are available at hhs.gov/ocr/office/file/index.html.

Aviso de no discriminación

Carolina Complete Health cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad, credo, afiliación religiosa, ascendencia, sexo, identidad o expresión de género u orientación sexual. Carolina Complete Health no excluye a las personas ni las trata de forma diferente por motivos de raza, color, origen nacional, edad, discapacidad, credo, afiliación religiosa, ascendencia, sexo, género, identidad o expresión de género u orientación sexual.

Carolina Complete Health proporciona ayuda y servicios auxiliares gratuitos a las personas con discapacidades para que se comuniquen eficazmente con nosotros, por ejemplo:

- Intérpretes calificados de lenguaje de señas americano
- Información escrita en otros formatos (letra grande, audio, formatos electrónicos accesibles, otros formatos)

Carolina Complete Health ofrece servicios lingüísticos gratuitos a las personas para las cual el idioma principal no es el inglés, por ejemplo:

- Intérpretes calificados
- Información escrita en otros idiomas

Si necesita estos servicios, llame al **1-833-552-3876 (TTY 711)**.

Si cree que Carolina Complete Health no le ha prestado estos servicios o lo ha discriminado de alguna otra manera por motivos de raza, color, nacionalidad, edad, discapacidad o sexo, puede presentar una queja ante:

Carolina Complete Health Grievance Coordinator

1701 North Graham Street, Suite 101
Charlotte, NC 28206
1-833-552-3876 (TTY: 711)
Fax: 1-833-318-7256

También puede presentar una queja de derechos civiles ante la Oficina de Derechos Civiles del Departamento de Salud y Servicios Humanos de los Estados Unidos:

- En línea: ocrportal.hhs.gov/ocr/portal/lobby.jsf
- Por correo:
U.S. Department of Health and Human Services
200 Independence Avenue SW., Room 509F, HHH Building
Washington, DC 20201
- Por teléfono: **1-800-368-1019 (TDD: 1-800-537-7697)**

Los formularios de quejas están disponibles en: hhs.gov/ocr/office/file/index.html.

You can request free auxiliary aids and services, including this material and other plan information in large print. Call 1-833-552-3876 (TTY 711).

If English is not your first language, we can help. Call 1-833-552-3876 (TTY 711). We can give you, free of charge, the information in this material in your language orally or in writing, access to interpreter services, and can help answer your questions in your language. For help choosing a primary care provider and enrolling in a health plan, call 1-833-870-5500 (TTY/TDD: 711 or RelayNC.com).

Ayudas auxiliares y servicios de interpretación

Puede solicitar ayudas y servicios auxiliares gratuitos, incluido este material y otra información del plan en letra grande. Llame al 1-833-552-3876 (TTY 711).

Si el inglés no es su lengua nativa, podemos ayudarle. Llame al 1-833-552-3876 (TTY 711). Podemos ofrecerle, de forma gratuita, la información de este material en su idioma de forma oral o escrita, acceso a servicios de interpretación y podemos ayudarle a responder a sus preguntas en su idioma. Para obtener ayuda para elegir un proveedor de atención primaria e inscribirse en un plan de salud, llame al 1-833-870-5500 (TTY/TDD: 711 o RelayNC.com).

☒助工具和翻☒服☒

您可以申☒免☒的☒助工具和服☒, 包括本☒料和其他☒划信息的大字版。☒致☒ 1-833-552-3876 (TTY 711)。

如果英☒不是您的首☒☒言, 我☒能提供帮助。☒致☒ 1-833-552-3876 (TTY 711)。我☒可以通☒口☒或☒面形式, 用您使用的☒言免☒☒您提供本☒料中的信息, ☒您提供翻☒服☒, 并且用您使用的☒言帮助回答您的☒☒。需要帮助来☒☒一个初☒保健提供者以及参加健康☒划, ☒致☒ 1-833-870-5500 (TTY/TDD: 711 或 RelayNC.com)。

Dịch Vụ Phiên Dịch và Hỗ Trợ Bổ Sung

Quý vị có thể yêu cầu các dịch vụ và hỗ trợ bổ sung miễn phí, bao gồm tài liệu này và thông tin kế hoạch khác dưới dạng bản in chữ lớn. Gọi đến 1-833-552-3876 (TTY 711).

Nếu Tiếng Anh không phải là ngôn ngữ mẹ đẻ của quý vị, chúng tôi có thể giúp quý vị. Gọi đến 1-833-552-3876 (TTY 711). Chúng tôi có thể cung cấp miễn phí cho quý vị thông tin trong tài liệu này bằng ngôn ngữ của quý vị dưới dạng lời nói hoặc văn bản, quyền tiếp cận các dịch vụ phiên dịch, và có thể giúp trả lời các câu hỏi của quý vị bằng chính ngôn ngữ của quý vị. Để được trợ giúp chọn nhà cung cấp dịch vụ chăm sóc chính và ghi danh vào một chương trình sức khỏe, hãy gọi đến 1-833-870-5500 (TTY/TDD: 711 hoặc RelayNC.com).

보조 자료 및 통역사 서비스

귀하는 무료 보조 자료 및 서비스를 요청할 수 있으며, 여기에는 큰 활자체의 자료 및 기타 플랜 정보가 포함되어 있습니다. 1-833-552-3876 (TTY 711) 번으로 전화주시기 바랍니다.

영어가 모국어가 아닌 경우 저희가 도와드리겠습니다. 1-833-552-3876 (TTY 711) 번으로 전화주시기 바랍니다. 저희는 귀하께 구두로 또는 서면으로 귀하의 언어로 된 자료의 정보를, 그리고 통역 서비스의 사용을 무료 제공해 드리며 귀하의 언어로 질문에 대한 답변을 제공해 드리겠습니다. 일차 진료 제공자를 선택하고 건강 플랜에 가입하는데 도움이 필요하신 경우 1-833-870-5500 번 (TTY/TDD: 711 또는 RelayNC.com) 으로 전화주시기 바랍니다.

Aides auxiliaires et services d'interprétation

Vous pouvez demander des aides et des services auxiliaires gratuits, y compris ce document et d'autres informations sur le plan en gros caractères. Composez le 1-833-552-3876 (TTY 711).

Si votre langue maternelle n'est pas l'anglais, nous pouvons vous aider. Composez le 1-833-552-3876 (TTY 711). Nous pouvons vous fournir gratuitement les informations contenues dans ce document dans votre langue, oralement ou par écrit, vous donner accès aux services d'un interprète et répondre à vos questions dans votre langue. Pour obtenir de l'aide dans le choix d'un prestataire de soins primaires et dans l'inscription à un plan de santé, composez le 1-833-870-5500 (TTY/TDD: 711 ou RelayNC.com).

Cov Khoom Pab Cuam thiab Kev Pab Cuam Txhais Lus

Koj tuaj yeem thov tau cov khoom pab cuam thiab cov kev pab cuam, suav nrog rau tej ntaub ntawv no thiab lwm lub phiaj xwm tej ntaub ntawv kom muab luam ua tus ntawv loj. Hu rau 1-833-552-3876 (TTY 711).

Yog tias Lus Askiv tsis yog koj thawj hom lus hais, peb tuaj yeem pab tau. Hu rau 1-833-552-3876 (TTY 711). Peb tuaj yeem muab tau rau koj yam tsis sau nqi txog ntawm tej ntaub ntawv muab txhais ua koj hom lus hais ntawm ncauj los sis sau ua ntawv, mus siv tau cov kev pab cuam txhais lus, thiab tuaj yeem pab teb koj cov lus nug hais ua koj hom lus. Rau kev pab xaiv tus kws pab kho mob xub thawj thiab kev tso npe nyob rau hauv lub phiaj xwm kho mob, hu rau 1-833-870-5500 (TTY/TDD: 711 los sis RelayNC.com).

فرح أب عطخا لوح یرخأ تامولعمو دن تسمل اذه، كلذ یف امب ةیناجملا ةیفاضإل تادعاسمل او تامدخا بلط كن كمی
قرلا یلع لصتا. ةریبک

1-833-552-3876 (TTY 711).

مقرلا یلع لصتا. ةدعاسملا اننكم یف، یلوالا كتغل تسیل ةیزیلجنإل ةغلل تناك اذا
ایبانتك و ای هفش كتغلب دن تسمل اذه یف ةدراولا تامولعمل كل مدقن ن اننكمی. **1-833-552-3876 (TTY 711).**
یف ةدعاسملا كتغلب كتلیسأل تاباجإ یلع لوصول یف كتدعاسم اننكمی و اناجم ةم جرتلا تامدخ یل لوصول او
و **1-833-870-5500 (TTY/TDD: 711)** مقرلا یلع لصتا، ةیحصلا عطخا یف لیجستل او یلوالا ةیاعرل رفوم رایتخ
RelayNC.com).

Вспомогательные средства и языковая поддержка

Вы можете запросить бесплатные вспомогательные средства и услуги, включая этот справочный материал и другую информацию о плане, напечатанную крупным шрифтом. Позвоните по номеру 1-833-552-3876 (TTY 711).

Если английский не является Вашим родным языком, мы можем Вам помочь. Позвоните по номеру 1-833-552-3876 (TTY 711). Мы бесплатно предоставим Вам более подробную информацию этого справочного материала в устной или письменной форме, а также доступ к языковой поддержке и ответим на все вопросы на Вашем родном языке. Если Вам нужна помощь в выборе поставщика первичных медицинских услуг и регистрации в плане медицинского обслуживания, позвоните по номеру 1-833-870-5500 (TTY / TDD: 711 или посетите сайт RelayNC.com).

Mga Auxiliary Aid at Serbisyo ng Interpreter

Maaari kang humiling ng libreng mga auxiliary aid at serbisyo, kabilang ang materyal na ito at iba pang impormasyon ng plan sa malaking print. Tumawag sa 1-833-552-3876 (TTY 711).

Kung hindi English ang iyong unang wika, makakatulong kami. Tumawag sa 1-833-552-3876 (TTY 711). Maaari ka naming bigyan, nang libre, ng impormasyon sa materyal na ito sa iyong wika nang pasalita o nang pasulat, access sa mga serbisyo ng interpreter, at matutulungang sagutin ang mga tanong sa iyong wika. Para sa tulong sa pagpili ng pangunahing provider ng pangangalaga at pag-enroll sa isang plan na pangkalusugan, tumawag sa 1-833-870-5500 (TTY/TDD: 711 o RelayNC.com).

સહાયક સહાય અને દુભાષણ સેવાઓ

તમે મોટી પ્રિન્ટમાં અસમર્પિત અને અન્ય પ્લાનની માહિતી સહિત સહાયક સહાય અને સેવાઓની વિનિતી કરી શકો છો 1-833-552-3876 (TTY 711). પર કોલ કરો

જો અંગ્રેજી તમારી પ્રથમ ભાષા નહોતો તો અમે દક્ષીણ શ્રીએઈએ 1-833-552-3876 (TTY 711) પર કોલ કરો તમારી ભાષામાં મૌખિક રીતે અથવા લેખિતમાં અસમર્પિત માહિતી અથવા નિમજૂરમાં શ્રીએઈએ દુભાષણ સેવાઓની સુલભતામાં શ્રીએઈએ અને તમારી ભાષામાં તમારા પ્રશ્નોના જવાબમાં અસમર્પિત કરી શકીએ છીએ. આ પ્રકારના સહાયક સહાય અને સેવાઓ જનમનો ધારી ક્લિનિકમાં મદદ માટે 1-833-870-5500 (TTY/TDD: 711 અથવા RelayNC.com). પર કોલ કરો.

1-833-552-3876 (TTY 711)

552-3876 (TTY 711)

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1-833-870-5500 (TTY/TDD: 711 RelayNC.com)

Hilfsmittel und Dolmetscherdienste

Sie können kostenlose Hilfsmittel und Services anfordern, darunter diese Unterlagen und andere Versicherungsinformationen in Großdruck. Rufen Sie uns an unter **1-833-552-3876 (TTY 711)**.

Sollte Englisch nicht Ihre Muttersprache sein, können wir Ihnen behilflich sein. Rufen Sie uns an unter **1-833-552-3876 (TTY 711)**. Wir können Ihnen die in diesen Unterlagen enthaltenen Informationen kostenlos mündlich oder schriftlich in Ihrer Sprache zur Verfügung stellen, Ihnen einen Dolmetscherdienst vermitteln und Ihre Fragen in Ihrer Sprache beantworten. Unterstützung bei der Auswahl eines medizinischen Erstversorgers und bei der Anmeldung zu einer Krankenversicherung erhalten Sie unter **1-833-870-5500 (TTY/TDD: 711 oder RelayNC.com)**.

अतरिक्त सहायता और दुभाषिया सेवाएं

आप इस सामग्री और अन्य योजना की जानकारी बड़े प्रिंट में दिए जाने सहित मुफ्त अतरिक्त सहायता और सेवाओं का अनुरोध कर सकते हैं। 1-833-552-3876 (TTY 711) पर कॉल करें।

अगर अंग्रेजी आपकी पहली भाषा नहीं है, तो हम मदद कर सकते हैं। 1-833-552-3876 (TTY 711) पर कॉल करें। हम आपको मुफ्त में इस सामग्री की जानकारी आपकी भाषा में जबानी या लिखित रूप में दे सकते हैं, दुभाषिया सेवाओं तक पहुंच दे सकते हैं और आपकी भाषा में आपके सवाल के जवाब देने में मदद कर सकते हैं। प्राथमिक देखभाल प्रदाता चुनने और स्वास्थ्य योजना में नामांकन करने में मदद के लिए, 1-833-870-5500 (TTY/TDD: 711 या RelayNC.com) पर कॉल करें।

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1-833-552-3876(TTY711).

1-833-870-5500 (TTY/TDD:

711 RelayNC.com).

補助具・通訳サービス

この資料やその他の計画情報を大きな文字で表示するなど、無料の補助支援やサービスを要請することができます。1-833-552-3876 (TTY 711)に電話してください。

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