

Connection

Issue 3, 2022





Thank You for Choosing Braven HealthSM.



Luisa Charbonneau
CEO, Braven Health

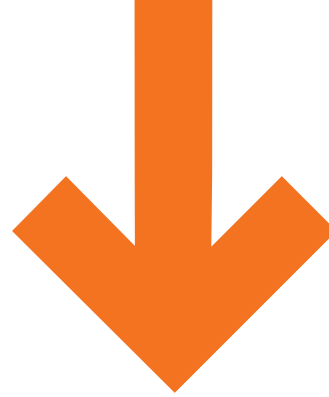
It's hard to believe, but the year is more than halfway over. Now is a great time to think about any preventive screenings or appointments that you've been putting off. Call your doctor today to schedule these important visits. And remember, you earn rewards for some preventive screenings through the *Healthy Journey* Program. See page 8 to find out how.

In this issue, you can learn more about your telehealth benefit, find out when an urgent care center is the right choice, and read about the importance of screening for colorectal, breast and prostate cancers. We've also included a Sudoku puzzle to help keep your brain sharp. If you have any questions about your benefits, please call Member Services at **1-833-272-8360 (TTY 711)**.

Wishing you good health,

Luisa Charbonneau

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Your Benefits at Your Fingertips



You can find everything you need to know about your Braven Health plan quickly and easily online. Register and sign in at BravenHealth.com to learn about your benefits and claims information, get quick answers to coverage questions, view your Explanation of Benefits (EOB) and more.

To get started:

1. Go to BravenHealth.com/register.
2. Enter and verify your personal information, including your member ID number, which is on your member ID card. Click **Continue**.
3. Follow the steps to verify your email address, and then click **Continue**.
4. Create a username and password, read the disclaimer and check the box.
5. Click **Create Account**.

Your member ID card

Your member ID card is your key to getting the care you need. When you sign in at BravenHealth.com, you can view, download, print and request a new member ID card. You can also call Member Services at **1-833-272-8360** (TTY **711**) if you need a new one.

See a Doctor Whenever, Wherever



Through our care online program, you can talk privately with a licensed, board-certified network health care professional via video or chat using a computer or mobile device. You can use it as often as you need, all for a \$0 copay.

Keep in mind

- You **do not need** an appointment for urgent medical telehealth visits.
- You **do need** to schedule an appointment for behavioral telehealth visits. Appointments are available seven days a week, from 7 a.m. to 11 p.m., Eastern Time (ET).
- An ePrescription will be provided, if you need one, so choose your pharmacy when you register.

Register now so you are ready when you need it. Here's how:

1. Visit patients.amwell.com, and click **Continue**.
2. Select **Braven Health** from the insurance dropdown menu, and click **Continue**.
3. Click the blue arrow next to **Amwell**.
4. Fill in your name and email address, and create a password to sign up.
5. Select your location, date of birth and gender.
6. Select **I have insurance**.
7. Confirm your insurance carrier (Braven Health) from the dropdown menu. Add your member ID number, which is on your member ID card, and the service key: **BRAVEN**.
8. You can now sign in and use telehealth services.

If you need help while registering, call **1-855-635-1393** (TTY **711**), or send an email to support@americanwell.com.



You can also use telehealth by signing in to your secure member account at BravenHealth.com. Look for the **Telemedicine** option under **Doctors & Care**. Click **Consult with a doctor**, and then follow the steps above to register starting with #4.

Find an In-Network Doctor Near You



Visit BravenHealth.com/find-doctor. You can filter your search results by the type of care you need, name of the health care professional, specialty and hospital affiliation. Type in your ZIP code to locate a doctor near you. You can also call Member Services at **1-833-272-8360** (TTY **711**).

You can choose from a large network of doctors, hospitals and other providers, including all Hackensack Meridian *Health* and RWJBarnabas Health doctors and facilities, plus many more throughout New Jersey.

To find an in-network doctor outside of New Jersey*

Visit Provider.BCBS.com. Choose your location, and enter the first three digits of your member ID number: **B7U**. Then click **Continue**.

You have access to a large network of specialists, if you need one.

You don't need a referral to see an in-network specialist. But always tell your Primary Care Physician (PCP) about any specialists you see and why you see them. If you don't have a PCP or need to change your current PCP, visit BravenHealth.com/find-doctor or call Member Services at **1-833-272-8360** (TTY **711**).

* Braven Medicare Choice (PPO) and Braven Medicare Freedom (PPO) members only.



If you lose eligibility for a program or service that has been helpful to you, such as skilled nursing services with home health aide or skilled physical therapy, we will provide information or alternative resources as appropriate. Please call Care Management at **1-888-621-5894**, option **2**, and then option **1** (TTY **711**). We can help you identify resources to support your needs.

Braven Health has guidelines to ensure you get quality care. For more information, call Member Services to ask for a copy.

Save Money With the Drug Discount Program



The drug discount card below is available to help you reduce your out-of-pocket costs for medicine that is excluded from Medicare coverage, such as erectile dysfunction medicine and homeopathic and alternative medicines. Discounts are also available for other over-the-counter (OTC) items recommended by your doctor, such as vitamins, supplements, prescription cough medicine, eye drops and more. Items are only eligible for the discount program if you have a prescription.

The card is ready to use at more than 70,000 pharmacies. Cut it out to show to your pharmacist. Your pharmacist can process the card for your prescriptions and tell you if discounts are available for the product you want.

Things to remember:

- You need a valid prescription from your doctor for the pharmacy to process your card.
- Discounts are available for medicines not covered by Medicare or your Braven Health plan.
- This program is not a Part D benefit, so you are responsible for all out-of-pocket costs. It will not count toward your deductible.



Your OTC Benefit

The Drug Discount Program is separate from the OTC Benefit you get from your Braven Health plan. Here are the differences between them.

	Drug Discount Program	OTC Benefit
Do I need a prescription?	Yes, a prescription is required.	No, you do not need a prescription.
Do I have to get my medicine at the pharmacy counter?	Yes, show your drug discount card to your pharmacist.	No, you can purchase your OTC items in store or online.
Does this cost me anything out of pocket?	Yes, but at a discounted price.	No, but your benefit is limited to a certain amount per quarter.

For more information on the Drug Discount Program or your OTC Benefit, please call Member Services at **1-833-272-8360** (TTY 711).



Urgent Care: When is it the Right Choice?



Sometimes you need care right away, but your regular doctor isn't available, like on the weekend or when you're traveling. If your illness or injury is not life threatening, an urgent care center may be the right choice.

Urgent care centers can treat:

- Coughs, colds and sore throats
- Cuts that require stitches
- Ear infections
- Fever and flu-like symptoms
- Skin irritations and rashes
- Sprains, strains and fractures
- Urinary tract infections

Hackensack Meridian *Health* and RWJBarnabas Health have urgent care locations throughout New Jersey. Visit these sites to find a location near you:

- HackensackMeridianHealth.org/UrgentCare
- Rwjbh.org/UrgentCare

Or, visit BravenHealth.com/find-doctor and select **Lab, urgent care or other health care facility** under **What type of care are you looking for?**



Did you know?

If you were treated in the Emergency Room or urgent care, you should see your PCP within 30 days for a follow-up visit. Your PCP will make sure you are receiving proper care, help you understand tests that were performed or ordered, review new medicine or medicine changes, and coordinate any necessary follow-up care.

Colorectal Cancer Screening:

Are You Up to Date?



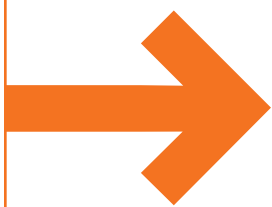
In the United States, colorectal cancer is the third most common cancer and the third leading cause of cancer-related death.

Sometimes abnormal growths, called polyps, form in the colon or rectum. These growths can cause colorectal cancer. Screening helps find colorectal cancer early, when treatment works best.

The recommended age to start colorectal cancer screening is now 45 years old. It used to be 50 years old. All adults 45 to 75 years old should be screened. If you are older than 75, talk to your doctor about your personal risk for colorectal cancer and if you need to be screened.

Screening	How Often
Stool sample (gFOBT, FIT, Stool DNA test)	Every 1-3 years
Visual exam, including colonoscopy, flexible sigmoidoscopy, CT colonography	Every 5-10 years

Talk to your doctor about which one is right for you. Colorectal cancer screenings are no cost to you when you see a doctor in the Braven Health network. No matter which test you choose, the most important thing is to get screened.



You can earn a gift card from the *Healthy Journey* rewards program for completing a colorectal cancer screening. You can also get rewarded for other screenings and visits, including your annual wellness visit and diabetes management.

Watch your mail for more information!

Sources: The American Cancer Society. *Colorectal Cancer*. Retrieved May 26, 2022 from cancer.org/cancer/colon-rectal-cancer.html; Centers for Disease Control and Prevention. *What is Colorectal Cancer?* Retrieved May 26, 2022 from cdc.gov/cancer/colorectal/basic_info/what-is-colorectal-cancer.htm



The Facts About Prostate Cancer



Prostate cancer is the second leading cause of cancer death in American men. Risk factors for prostate cancer include:

- **Age:** Risk increases rapidly after age 50. About six in 10 cases of prostate cancer are found in men older than 65. The average age of men at diagnosis is 66.
- **Race:** Prostate cancer develops more often in African American men and Caribbean men of African ancestry.
- **Family history:** The risk is doubled if a person has a father or brother with prostate cancer.



About 1 in 8 men will be diagnosed with prostate cancer during their lifetime.

Screening can help find cancer at an early stage, when it is easier to treat. Prostate cancer screening includes two tests – a physical exam of the prostate, also called a digital rectal exam, and a blood test that checks for the level of prostate-specific antigen (PSA), a protein made by cells in the prostate gland. Talk to your doctor today to see if you need a prostate cancer screening. Prostate cancer screenings are **no cost to you** when you see a doctor in the Braven Health network. Early detection can save your life.

Source: The American Cancer Society. *Prostate Cancer*. Retrieved May 26, 2022 from cancer.org/cancer/prostate-cancer

Why Do My Ears Feel Clogged?



When your ears feel clogged, it can be uncomfortable and annoying — especially if it causes muffled hearing.

Getting relief depends on identifying what is causing that clogged sensation.

Virginia Gural-Toth, AuD, CCC-A, manager of Audiology, Tinnitus and Balance Programs at the Center for Audiology at Hackensack Meridian JFK Johnson Rehabilitation Institute, says that there are several common causes of clogged ears, including:

- **Impacted earwax:** OTC drops can help with excessive earwax, but if it doesn't get better in one to two days, you should see a doctor to have earwax safely removed. Never attempt to remove earwax using a Q-tip, because it could push it further in your ear canal.
- **Eustachian tube dysfunction:** This occurs when the tube that connects the middle ear to the back of throat doesn't open and close properly. Causes include sinus or ear infections, allergies, respiratory viruses (including COVID-19) and changes in air pressure, like when flying. This can cause a clogged-up feeling.
- **Hearing loss:** Hearing loss can be perceived as a clogged feeling. If your ears feel clogged without an obvious cause, ask your doctor to refer you for a hearing test.

Your Hearing Aid Benefits

If you have issues with clogged ears or other hearing issues, talk to your doctor today. Your Braven Health plan* includes benefits for:

Fittings and evaluations:

- A \$0 copay when you see an in-network doctor
- A higher cost share (varies by plan) when you see an out-of-network doctor

If you buy hearing aids or have them repaired, you will be reimbursed up to \$1,250 every year:

- \$750 for a hearing aid for one ear
- \$500 for a hearing aid for second ear

You should also know:

- Your hearing aid benefit allowance is the same whether you see an in-network or out-of-network doctor.
- You will be responsible for any charges beyond your plan benefit.
- The \$1,250 coverage limit and any amount paid out-of-pocket for hearing aids does not count toward your maximum out of pocket.

Visit BravenHealth.com/members/benefit-reimbursements to download a reimbursement form and learn more.

*Braven Medicare Plus (HMO) members must coordinate their hearing aid purchases, fittings and evaluations through HearUSA.

Breast Cancer: Things to Know



Breast cancer is the second most commonly diagnosed cancer in women in the United States, behind skin cancer. It will cause an estimated 43,250 deaths in the nation this year, according to the American Cancer Society.

The best screening tool for breast cancer is a mammogram, which uses low dose X-rays to create images of the breast. Mammograms can find breast cancer before there are any symptoms and before the cancer grows larger or spreads to other parts of the body. When breast cancer is detected early, it is more successfully treated.

The risk for breast cancer

Michele Blackwood, MD, FACS, Chief, Section of Breast Surgery at Rutgers Cancer Institute of New Jersey, and Medical Director, Northern Regional Director of Breast Services at RWJBarnabas Health says to know your risks.

- **The risk of developing breast cancer increases as you get older.** You may also be at high risk if you have a mother or sister who developed breast or ovarian cancer or if you have multiple family members who developed breast, ovarian or prostate cancer.
- **Women over 70 are still at risk of breast cancer.** Women 45 to 54 years old should get a mammogram once a year. But women with an increased risk should begin screening for breast cancer at age 40. After that, it is recommended every other year until age 74.
- **All women should pay attention to breast cancer warning signs.** Early breast cancer usually does not cause pain. As the cancer grows, symptoms may include a lump or thickening in or near the breast or underarm area, change in the size or shape of the breast, tenderness, nipple discharge or the nipple pulled back into the breast, or a change in the way the skin of the breast, areola, or nipple looks or feels.

Early detection can save your life. Talk to your doctor about your risk for breast cancer.

To learn more about breast cancer, visit rwjbh.org/beatcancer.

Mammograms are no cost to you when you see a provider in the Braven Health network.

Source: The American Cancer Society. *Breast Cancer*. Retrieved May 26, 2022 from cancer.org/cancer/breast-cancer.html

Braven Health Supportive CareSM Program



If you were recently discharged from the hospital or are living with a serious illness, you may benefit from the Braven Health Supportive

Care Program. The extra support services offered through this program are free of charge for eligible Braven Health members. Braven Health works with CareCentrix, Inc. (CareCentrix) to help you find the support you need.

After your hospital stay

It can be hard to stay on track with your recovery after a hospital stay. That's why we work with CareCentrix to help answer any of your questions as you heal at home.

A nurse coach will call you to help with your care plan, symptoms to watch for follow-up care and available community resources.

Living with a serious illness

The Braven Health Supportive Care Program offers care, support and resources to help improve the quality of life for you and your family while living with a serious illness.

Through in-home or video visits and phone calls, a team of nurses and social workers will work closely with you, your family and your doctors to:

- Provide support to help manage the symptoms related to your illness or treatment
- Help you understand medical information and recommended treatment options
- Provide coping tools for feelings and changes related to your health
- Help complete advance directives
- Educate you about the ways you can optimize your health insurance benefits
- Support caregivers, family members and loved ones
- Refer to resources and community services

Questions?

For more information about this program, please call **1-833-592-1077 (TTY 711)**, Monday through Sunday, 8 a.m. to 8 p.m., ET, excluding holidays.



Don't forget!

If you're admitted to the hospital, make an appointment to see your PCP within seven days of being discharged. This will ensure you are getting the proper care and reduce your risk of hospital readmission.

You can also expect a phone call from one of our nurses after discharge to help you understand the care you received. If you don't want to wait, you can call the Care Management team at **1-888-621-5894 (TTY 711)**, option **2**, then option **1**. We are here to help you, weekdays, from 8 a.m. to 5 p.m., ET.

Taking Your Medicine the Right Way



Following your doctor's orders for taking your medicine is important. This means getting your prescriptions filled, understanding the directions and taking your medicine on time.

Use these tips to help you take your medicine correctly and safely:

- **Talk to your doctor.** If your medicine has side effects that bother you, your doctor may be able to change your medicine or dosage.
- **Understand the instructions.** Ask your doctor or pharmacist to explain the timing and dosage of your medicine. You should also ask how long you should be taking it.
- **Set daily routines.** Take your medicine at the same time as other daily tasks, like eating a meal or brushing your teeth.
- **Use a pill container.** Choose a container that has compartments labeled with the days of the week and time of day.
- **Use a schedule.** Create a list of your medicines, how often you take them and any special directions. Keep the list nearby so you can refer to it if you have questions.

If you take medicine for schizophrenia

Schizophrenia is a chronic and disabling psychiatric disorder that requires ongoing treatment and monitoring. Symptoms include seeing, feeling, hearing or smelling things that aren't there, difficulty remembering things and confused thoughts. If you or your loved one has been diagnosed with schizophrenia or schizoaffective disorder, take your medicine exactly as prescribed. This is extremely important.

It is also important to follow up with aftercare providers, especially if you or your loved one has been hospitalized for symptoms relating to schizophrenia.

- Aftercare providers may include outpatient, intensive outpatient, partial hospitalization or non-acute inpatient settings.
- During follow-up visits, your provider will evaluate how well your medicine is working and, with your input, determine if there are any side effects.
- Your provider will work with you to find a medicine plan that works best. It is common to change the medicine plan to get it just right, including switching medicine(s), adjusting dosage or timing, and offering suggestions to reduce or eliminate side effects.
- Do not stop taking your prescribed medicine without talking to your provider. If you or your loved one experiences serious side effects, contact your provider or get emergency care right away.

You don't have to face a mental health disorder alone. Your Braven Health plan includes benefits for behavioral health. If you need help finding a behavioral health practitioner, call **1-833-272-8360** (TTY 711) or visit [BravenHealth.com/find-doctor](https://www.BravenHealth.com/find-doctor).



10 Signs to See a Doctor for Bladder Issues



Bladder problems can disrupt our day-to-day life, and as we get older, they're more likely to occur.

"As we age, our bladder changes," says Charles P. Fernicola, MD, a urologist at Hackensack Meridian Health. "Elastic bladder tissue becomes less stretchy, so it can't hold as much urine as before. The bladder wall and pelvic floor muscles can also weaken, which makes it hard to fully empty the bladder and causes urine to leak."

10 signs you should see a doctor for bladder issues:

1. Bladder leakage
2. Frequent need to urinate more than eight times during the day and more than two times at night
3. Sudden and urgent need to urinate
4. Pain or burning before, during or after urinating
5. Cloudy urine
6. Bloody urine
7. Frequently passing just small amounts of urine
8. Strong-smelling urine
9. Pain during sexual intercourse
10. Pain or pressure in the lower abdomen

If you're experiencing any of these or other bladder issues, help is available.

"If you're being bothered by urinary issues, talk with your doctor or make an appointment with a urologist or urogynecologist," says Kevin Gioia, MD, a urogynecologist at Hackensack Meridian Health. "Whether it's a bladder infection, kidney infection or another issue, they can pinpoint the problem and help you find relief."

To learn more, visit [HMHforU.org/BladderIssues](https://www.hmhforu.org/BladderIssues).



Secrets of Aging Well



Certain habits and healthy practices make it possible to remain vital and vibrant as you age.

“The most important habit of healthy aging is positive thinking,” says Suganthini Umakanthan, MD, a geriatric medicine specialist at Newark Beth Israel Medical Center. “I focus on how important it is for seniors to think positively, breathe deeply and focus on one day at a time. My patients are often surprised at the difference their attitude makes in their lives.”

What can you do?

See a doctor who is trained in geriatric issues, Dr. Umakanthan says. Because older adults often have more than one health issue, regular screenings are important, including those for cancer, heart disease, obesity, arthritis, diabetes, Alzheimer’s disease and respiratory illnesses.

Mental health is equally important. Symptoms of dementia often appear at the same time as symptoms of depression, so screening for both can happen at the same time. Cognitive decline can also be caused by malnutrition, deficiency in vitamins, dehydration or untreated urinary infections.

Seeing multiple doctors or using different pharmacies can be a problem, according to Sara Ali, MD, a geriatrician at Robert Wood Johnson University Hospital Hamilton. “This occurs when patients are prescribed many medicines by different doctors. Not only can this cause a drug interaction, which can lead to side effects like falls and confusion, but people can become frustrated and sometimes want to stop taking their medicines.”

Make a list of every prescription and OTC medicine that you take so you can tell your doctor exactly what you’re taking at your next visit.

To learn more, visit rwjbh.org/geriatrics.

Headaches Explained by a Neurologist



There are many different types of headaches, and they have different causes, characteristics and treatment options. Brian Gerhardstein, MD, PhD, a neurologist at Hackensack Meridian *Health*, explains the three most common types of primary headaches.

1. Migraine

Moderate to severe throbbing pain often located on one side of the head. The headache may last for hours, a few days or longer. Migraines are commonly associated with nausea, vomiting, and sensitivity to light and/or sound.

The underlying cause of migraines is still unknown, but migraine triggers may include stress, dehydration or hunger, bright lights, loud noise, or changes to your sleep.

Options for treating migraines include lying down in a quiet, dark room or putting an ice pack or cold compress on the head. There are also prescription and OTC migraine medicines that can stop the headaches when they occur, as well as medicines that may prevent migraines, such as anti-seizure medicine, antidepressants, blood pressure medicine, Botox, peptide inhibitors or electrical stimulation.

2. Tension headaches

A dull pain, tightness or pressure in the head and/or neck caused by muscle tension. Triggers include stress, not getting enough sleep, anxiety, depression, fatigue and teeth/jaw clenching.

OTC pain medicine can usually treat a tension headache, but see a doctor if it doesn't improve with OTC medicine or self care.

3. Cluster headaches

Pain behind or around the eye on one side of the head. These headaches often happen for a few weeks or months, typically at night. They may go away for a while, but they can spontaneously start back up again. Besides pain in or around the eye on one side of the head, symptoms can also include restlessness, tearing up, swelling, droopiness and redness around eyes.

This type of headache isn't associated with triggers such as food or stress, like some of the other headache types. If you experience cluster headaches, talk to your doctor.

"It's important to find a doctor who can help diagnose [the types of] headaches and work with you to find an effective treatment," says Dr. Gerhardstein.

To learn more, visit [HMHforU.org/Headaches](https://www.HMHforU.org/Headaches).

Brain Teaser



Keep your brain sharp with this Sudoku puzzle. Each row, column and 3x3 box must contain the numbers 1-9, without repeating.

	7			2			4	6
	6					8	9	
2			8			7	1	5
	8	4		9	7			
7	1						5	9
			1	3		4	8	
6	9	7			2			8
	5	8					6	
4	3			8			7	

Answer Key

4	3	2	5	8	6	9	7	1
1	5	8	3	7	9	2	6	4
6	9	7	4	1	2	5	3	8
9	2	6	1	3	5	4	8	7
7	1	3	2	4	8	6	5	9
5	8	4	6	9	7	1	2	3
2	4	9	8	6	3	7	1	5
3	6	1	7	5	4	8	9	2
8	7	5	9	2	1	3	4	6

Notice of Nondiscrimination

Braven Health complies with applicable Federal civil rights laws and does not discriminate against nor does it exclude people or treat them differently on the basis of race, color, gender, national origin, age, disability, pregnancy, gender identity, sex, sexual orientation or health status in the administration of the plan, including enrollment and benefit determinations. Braven Health provides free aids and services to people with disabilities (e.g. qualified language interpreters and information in other formats) and to those whose primary language is not English (e.g. information in other languages) to communicate effectively with us.

Contacting Member Services

Call Member Services at **1-833-272-8360 (TTY 711)** or the phone number on the back of your member ID card, if you need the free aids and services noted above and for **all other Member Services issues**.

Filing a Section 1557 Grievance

If you believe that Braven Health has failed to provide the free communication aids and services or discriminated against you for one of the reasons described above, you can file a discrimination complaint also known as a Section 1557 Grievance. Braven Health's Civil Rights Coordinator can be reached by calling the Member Services number on the back of your member ID card or by writing to:

Braven Health

Civil Rights Coordinator

Three Penn Plaza East, PP-12L

Newark, NJ 07105-2200

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights Complaint Portal, online at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail at **U.S. Department of Health and Human Services, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, D.C. 20201** or by phone at **1-800-368-1019** or **1-800-537-7697 (TDD)**. OCR Complaint forms are available at www.hhs.gov/ocr/office/file/index.html.

Language assistance

Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-833-272-8360 (TTY 711)**.

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 **1-833-272-8360 (TTY 711)**。

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다.

1-833-272-8360 (TTY 711) 번으로 전화해 주십시오.

ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para **1-833-272-8360 (TTY 711)**.

સુચના: જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન

કરો **1-833-272-8360 (TTY 711)**.

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer

1-833-272-8360 (TTY 711).

ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero **1-833-272-8360 (TTY 711)**.

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم **1-833-272-8360 (رقم هاتف الصم والبكم 711)**.

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa **1-833-272-8360 (TTY 711)**.

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните **1-833-272-8360 (телетайп 711)**.

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele **1-833-272-8360 (TTY 711)**.

ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मु त में भाषा सहायता सेवाएं उपलब्ध हैं। **1-833-272-8360 (TTY 711)** पर कॉल करें।

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