



In Good Health

Winter 2018



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No longer qualify for BadgerCare Plus?

CCHP offers individual and family plans on the Marketplace. Our plan is called Together with CCHP.

Together with CCHP gives members high-quality health care from many providers in southeast Wisconsin.

To enroll, visit togetherCCHP.org

CCHP in Your Community!

We are proud to offer a variety of events including healthy shopping classes and resource / education fairs to the communities we serve!

Come meet us at one of our upcoming events!

View our [Event Calendar](#)

Meet your newest advocate

Vivian Watson has been honored to serve individuals and families in the community for more than 20 years through advocacy and coordination of services. She has been employed with CCHP for more than 3 years.

Vivian is tasked with assisting members in navigating services offered through CCHP and connecting members with community resources.

Vivian works with team members in the coordination and staffing of various community events.



No longer qualify for Medicaid?

If you do not qualify for BadgerCare Plus, you can apply for a health insurance plan on the Marketplace. There are many plans for you to sign up for and Children's Community Health Plan (CCHP) has our own plan – Together with CCHP.

Together with CCHP offers its members access to high-quality health care from a broad network of providers for adults, adolescents and children in Kenosha, Milwaukee, Ozaukee, Racine, Washington and Waukesha counties.

We're right here when you need us, and we'll work with you to find the right plan that fits your needs and the needs of your covered family members. To enroll in one of our plans, look for us on healthcare.gov or visit our website - togetherCCHP.org.



Transitioning your child to an adult provider

When your child is young, it is important that they see a pediatrician or family physician for their health needs. A pediatrician or family physician is trained to understand the health needs of children.

As your child becomes a teenager, it becomes important that they start seeing a provider who specializes in adult care. These providers, known as primary care providers help:

- Teach you how to stay healthy
- Identify and take care of common medical problems
- Decide the best place for you to go when you are sick
- Make referrals to specialists when needed

When your child turns 18, they will no longer be able to see their pediatrician. They need to see an adult provider. If your child has chronic health issues, their pediatrician may be able to help refer you to an adult specialist.

Start the transition early to:

- Find a new doctor
- Give your child time to build a relationship with their new doctor
- Give your pediatrician time to share your child's medical history with their new doctor
- Prevent any lapse in medication coverage

Does your child currently see a family practitioner? Family practitioners see patients of all ages and your child can continue seeing them as they grow.

Need help finding a primary care provider in your area?

You can call Customer Service at 1-800-482-8010 or browse the online Provider Directory at childrenscommunityhealthplan.org/BCP-Providers to find the right provider for your child!

Dental wellness

Over the summer, CCHP hosted three “Well Baby Dental Days” in Milwaukee. In partnership with local dental clinics, over 45 children (under the age of 2) were given a dental checkup and fluoride treatment.

As part of the event’s offering, children who attend are now an established patient of the dentist who provided their cleaning.

Did you know you can take steps earlier on to prevent tooth decay for your children?

CCHP is a proud partner of Children’s Health Alliance of Wisconsin. The Alliance raises awareness, impacts public health and implements proven programs that benefit children’s health.

In 2017, the Alliance partnered with the Wisconsin Seal-a-Smile program that offers local school-based oral health programs to provide preventive dental care to children in more than 850 schools across Wisconsin.

The children receive preventive dental care right at school and there is no cost to children or their families.

Many local schools participate in this program. To learn if your child’s school participates in the program and to sign up your child:: <https://sealasmile.wisconsin.gov/Consent/Home/About>



Take time to treat your mind and body right using mindful awareness

What does that mean? Mindful awareness is about being open to and aware of what is happening in the moment. When you are mindful, you carefully observe your thoughts and feelings without judging them good or bad. It is hard to find time to calm your mind when life gets busy. Even taking just a few minutes, for yourself, can help. Simply put, mindfulness means living in the moment.

1. **Create time and space.** Choose a regular time each day for mindfulness. Pick a place that is quiet and distraction free.
2. **Set a timer.** Start small. Take it 5 minutes at a time. Over time, you'll be able to increase your time to 15-40 minutes. This is your "Mindful Time."
3. **Sit comfortably.** Find a spot that gives you a stable, solid, comfortable seat.
4. **Check your position.** If on a cushion or something soft, sit with your legs crossed. If your mindful place is on a chair or hard surface, straighten your legs out in front of you.
5. Keep your back straight but make sure you don't lock your spine.
6. Keep your arms in a relaxed position, resting on your legs with your palms facing up.
7. **Take deep breaths.** This helps settle your body down. When you breathe, you become more aware of how your body feels.
8. Bring your attention to the physical feeling of breathing. Focus on how the air moves through your nose, how your chest rises and falls.
9. As you inhale and exhale, focus on the breath.
10. **Repeat Step 5** for the duration of your set "Mindful Time."
11. **Your mind may wander.** That is okay! It is normal. Don't push your thoughts away. Work on noticing them without reacting; the reaction will just stress you out. Work on focusing on your breathing.
12. **Be kind to yourself.** It takes time to learn mindfulness. You will need to train your mind.
13. **When you're ready, gently lift your gaze** (if your eyes are closed, open them). Take a moment and notice any sounds in the environment. Notice how your body feels right now. Notice your thoughts and emotions.

In the Community

In every issue of In Good Health, we'd like to share how CCHP is making a difference in the communities that we serve.

Mobile Dental Clinic

CCHP is committed to providing families the support they need. This includes raising awareness about the important of dental care.

CCHP joined Ascension Columbia St. Mary's to make that possible by being a proud sponsor of the Ascension Seton Mobile Dental Clinic (ASMDC).

The ASMDC is a mobile dentist office that makes its way through Milwaukee neighborhoods offering dental education, support and resources to families living in Milwaukee.

The ASMDC provides children with limited access to dental care with the opportunity to get treatment for cavities, on the spot! They also provide care for dental emergencies.



In the Community (continued)

Betty Brinn Children's Museum

CCHP is always working towards building stronger relationships with our community partners. This year, we were able to partner with the Betty Brinn Children's Museum.

CCHP members were invited to attend a special member appreciation event – "A Night Out with CCHP" at the Children's Museum.

Over one hundred families attended and received a year's membership for their entire family. We will be hosting more member appreciation events so keep an eye out in your mailbox!



In the Community (continued)

Coffee with a Cop

Earlier this summer, CCHP joined the Milwaukee Police Department and McDonald's restaurants for the first "Coffee with a Cop" event.

Coffee with a Cop is a national law enforcement program that brings police officers and the community members they serve together—over coffee—to discuss community issues, learn more about each other and build relationships in an informal, neutral environment.

Coffee with a Cop sessions provide community residents the opportunity to sit down with officers and ask questions and share what's on their mind.

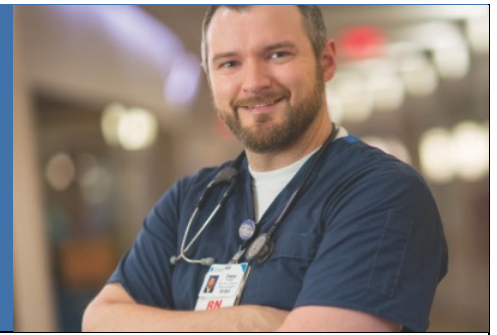
Along with our Community Outreach team, Elizabeth, our Dental Member Advocate, was on hand to share materials and discuss oral health.

There was a total of eight sessions held throughout the summer in various McDonald's throughout Milwaukee.



CCHP on Call

Your no-cost, 24/7 access to nurses



Not sure if you or your child needs to visit urgent care? Speak with a nurse from the comfort of your home!

CCHP on Call is CCHP's Nurseline system for answering your health care questions. We have nurses on duty 24 hours a day, seven days a week to help answer your questions – **at no cost to you!**

When should I use CCHP on Call?

- Before you go to the emergency room (if the emergency is life threatening call 911)
- For any general health questions or concerns:
 - Scrapes or cut
 - Skin irritation or rash
 - Colds and flu
 - Pink eye
 - Sore throat
 - Sinus or ear infections
 - Nausea and vomiting

Why should I use CCHP on Call?

- The nurses can help you get the care that is right for you and your family
- They can advise you on the proper treatment to keep you and your family healthy
- They may ask you to describe the symptoms or problems you are having
- They will help you decide how to get the best treatment possible for you and your family

If this is medical emergency, please dial 9-1-1

Call for a consult: 1-877-257-5861



Baby's First Winter: A Survival Guide

Winter will be here before we know it and that brings colder weather. If you are a parent of a baby or infant, make sure they are prepared for the colder weather. Infants have very little body fat so it is hard for them to keep their body heat.

Here are some helpful tips for baby's first winter.

- **Dressing in layers.** A good rule of thumb is to dress your baby like you would dress yourself, with one more layer. Layers that are breathable like cotton are also good for when you transition from outdoors to indoors. You don't want your baby to overheat.
- **Remove your child's coat before putting them in a car seat.** When you place your child in their car seat, the harnesses should always be snug against them. A big winter coat will make you adjust the harnesses and your baby will have wiggle room. Try tucking in their coat or blanket around them.
- **Bundle up.** Whether it is a quick trip out to the car or a trip to the grocery store, keep your baby bundled in a winter jacket, a hat that covers their ears, mittens, and blanket, whether it be in a stroller or car seat. But be aware that your baby may get overheated. Check for signs of discomfort like fussiness or face / skin getting red and warm.
- **Get your family vaccinated.** Especially during winter, making sure you and your entire family gets their flu shot will help not only keep them healthy, but lessen the chance your baby gets sick. Infants can get their flu shots after the age of 6 months. Speak with your primary care provider or child's pediatrician to find out where you can get a flu shot.
- **Keep all hands clean.** Babies like putting their hands (and other things!) in their mouths. Wash their hands frequently by taking a washcloth with warm water and soap and scrub for 20 seconds. Adults can use hand sanitizers when on the go but don't use hand sanitizers on your baby; it can cause skin irritation.
- **Prevent dry skin.** Winter always brings dryness so try to:
 - Only bathe your baby every three days and limit their time to 10 minutes.
 - Apply lotion or petrolatum jelly, right after bath time. Be careful to not over apply!
 - Use a humidifier to add moisture back into the air and your baby's skin.

Word Search: Holiday Season Edition

Q	W	E	S	R	T	Y	U	I	O	P	C	L
A	N	N	N	A	C	P	U	F	D	D	A	L
W	F	F	O	A	O	O	I	S	J	F	N	A
D	F	Q	W	D	L	O	S	N	F	E	D	K
R	T	D	M	R	D	F	F	O	R	F	Y	R
G	Y	Z	A	T	C	D	B	W	F	E	C	V
B	L	A	N	K	E	T	S	F	F	L	A	C
H	H	D	O	Y	X	E	A	L	C	O	N	J
U	J	F	O	Y	W	W	B	A	I	C	E	A
I	K	F	F	E	F	A	S	K	E	U	B	N
J	C	O	C	O	A	L	Z	E	E	U	V	M
N	A	F	M	N	M	X	M	O	O	J	C	F
M	A	B	W	M	I	N	M	E	R	M	D	E
K	C	O	Q	O	L	E	F	R	O	S	T	E
O	N	O	W	P	Y	A	L	K	J	H	G	Q
S	M	N	B	V	C	W	R	E	A	T	H	F

Blankets
Candy cane
Cocoa
Cold

Cookies
Family
Frost
Ice

Snow
Snowflake
Snowman
Wreath

Try good-for-the-soul soups

Roasted Butternut Squash and Pumpkin Soup

Prep Time: 20 mins | Cook Time: 55 mins | Total Time: 1 hr and 15 mins

Ingredients

- 3 cups peeled and cubed butternut squash (about 1 small squash)
- 3 cups peeled and cubed sugar pumpkin (about 1/2 of a sugar pumpkin)
- Kosher salt and white pepper
- 2 teaspoons extra virgin olive oil
- 1/2 of a yellow onion, diced
- 2 small cloves of garlic, minced
- 3 1/2 cups low sodium vegetable or chicken broth
- 1/4 teaspoon nutmeg, freshly grated if possible
- 1/4-1/2 teaspoon ground coriander
- Kosher salt and white pepper to taste
- Spiced Pepitas
 - 1/4 cup raw pepitas
 - 1/8 teaspoon oil
 - 1/8 teaspoon chili powder
 - 1/8 teaspoon ground cumin
 - 1/4 teaspoon kosher salt

Instructions for main course

1. Preheat oven to 375 degrees and line a baking sheet with foil.
2. Cut the pumpkin and butternut squash into quarters and scoop out the seeds.
3. Brush or spray the flesh of the pumpkin and squash with olive oil and sprinkle with kosher salt and white pepper.
4. Place on the foil lined baking sheet and roast in the oven for approximately 45 minutes or until a knife can easily be inserted into the flesh.
5. Remove from the oven and cool slightly then peel off the skin and cut into cubes.
6. Add the 2 teaspoons of olive oil to a large pot and heat over medium high heat.
7. When the oil is hot, add in the diced onion and garlic and sauté for several minutes until the onion softens.
8. Add in the roasted butternut squash and pumpkin and stir to combine.
9. Add in the nutmeg, coriander, kosher salt and white pepper and stir together.
10. Pour in the broth and bring to a boil over medium heat.
11. Once the soup comes to a boil use an immersion stick blender or regular blender to purée the soup until it's smooth.
12. Taste and add more seasoning if needed.
13. Top the soup with some of the spiced pepitas.

Instructions for Spiced Pepitas

1. Heat a small non-stick skillet over medium heat.
2. In a small bowl toss, together the pepitas, oil and spices until coated.
3. Add the pepitas to the skillet and toast until they start to turn lightly brown and become fragrant.
4. Remove from the heat and cool.



Spice up your dinner with chili!

Slow Cooker Buffalo Chicken Chili

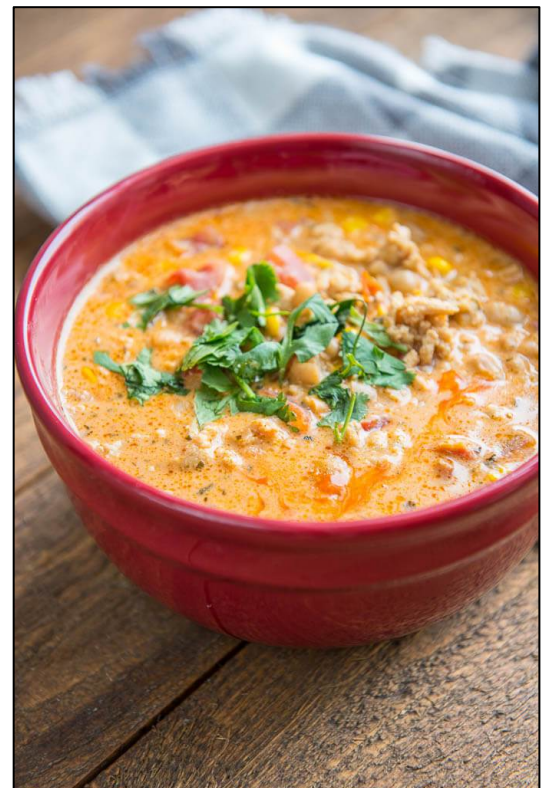
Prep Time: 20 mins | Cook Time: 4 hr | Total Time: 4 hr 20 mins

Ingredients

- 1 pound ground chicken
- 15 oz canned white navy beans drained and rinsed
- 14.5 oz can fire roasted tomatoes drained
- 2 cups chicken broth
- 1/4 - 1/2 cup buffalo wing sauce start with 1/4 cup and add more at end if needed
- 1 package ranch dressing mix
- 1 cup frozen corn kernels
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon celery salt
- 1/2 teaspoon dried cilantro
- 1/4 teaspoon salt
- 8 oz cream cheese
- Blue cheese crumbles optional

Instructions

1. Brown ground chicken until fully cooked, place in crock pot (or brown ahead of time and store in fridge until ready to assemble)
2. Add remaining ingredients except for cream cheese and blue cheese and give it all a stir to combine
3. Add block of cream cheese on the top and cover
4. Cook on high for 4 hours or low for 8
5. Stir to incorporate cream cheese and add additional wing sauce as desired
6. Top individual bowls with blue cheese crumbles if desired



Member Rights and Responsibilities

As a member of Children's Community Health Plan, you have the right to:

- Ask for an interpreter and have one provided to you during any BadgerCare Plus covered service.
- Receive the information provided in your member handbook in another language or another format.
- Receive health care services as provided for by federal and state law. (All covered services must be available and accessible to you. When medically appropriate, services must be available 24 hours a day, seven days a week.)
- Receive information about treatment options including the right to request a second opinion regardless of the cost or benefit coverage.
- Participate with practitioners in making decisions about your health care regardless of the cost or benefit coverage.
- Be treated with dignity and respect — you have a right to privacy regarding your health. Be free from any form of restraint or seclusion used as a means of force, control, ease or reprisal.
- Receive information about Children's Community Health Plan, its services practitioners and providers and member rights and responsibilities.
- Voice complaints or appeals with Children's Community Health Plan or the care it provides. Make recommendations regarding Children's Community Health Plan's member rights and responsibilities policy.
- A candid discussion of appropriate or medically necessary treatment options for your condition, regardless of cost or benefit coverage.

As a member of Children's Community Health Plan, you have the responsibility to:

- Understand your health problems and participate in developing treatment goals.
- Tell your provider or Children's Community Health Plan what they need to know to treat you.
- Follow the treatment plan and instructions agreed upon by you and your provider.

Discrimination is against the law.

Children's Community Health Plan (CCHP) complies with all applicable civil rights laws and does not discriminate on the basis of race, color, national origin, sex, age, disability, or other legally protected status, in its administration of the plan, including enrollment and benefit determinations.

CCHP provides appropriate auxiliary aids and services, including qualified interpreters for individuals with disabilities and who have language services needs and information in alternate formats, free of charge and in a timely manner, when such aids and services are necessary to ensure an equal opportunity to participate to individuals with disabilities.

Any person who believes someone has been subjected to discrimination on the basis of race, color, national origin, sex, age or disability may file a grievance in person, by mail, fax or email. The grievance must be filed with 60 days of the person filing the grievance becomes aware of the alleged discriminatory action. It is against the law for CCHP to retaliate against anyone who files a grievance, or who participates in the investigation of a grievance. Members can request CCHP's grievance procedure by contacting the Section 1557 Coordinator:

Director, Corporate Compliance
Mail Station C760
P.O. Box 1997
Milwaukee, WI 53201-1997
Telephone: (414) 266-2215
TDD-TTY (for the hearing impaired): (414) 266-2465
Fax: (414) 266-6409
TTwinem@chw.org

Members must submit their complaints in writing with their name, address, the problem or action alleged to be discriminatory and the remedy or relief sought. Members can also file a complaint of discrimination electronically through the Office for Civil Rights Complaint Portal, which is available 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

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>

Language Services

If you or someone you're helping has questions about Children's Community Health Plan, you have the right to get help and information in your language at no cost. To talk to an interpreter, call 1-800-482-8010. If you are hearing impaired, call the Wisconsin Relay at 7-1-1.

SPANISH: Si usted, o alguien a quien usted está ayudando, tiene preguntas acerca de Children's Community Health Plan tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 1-800-482-8010. TTY: 7-1-1.

HMONG: Yog koj, los yog tej tus neeg uas koj pab ntawd, muaj lus nug txog Children's Community Health Plan, koj muaj cai kom lawv muab cov ntshiab lus qhia uas tau muab sau ua koj hom lus pub dawb rau koj. Yog koj xav nrog ib tug neeg txhais lus tham, hu rau 1-800-482-8010. TTY: 7-1-1.

CHINESE: 如果您，或是您正在協助的對象，有關於[插入項目的名稱]的問題，您有權利免費以您的母語得到幫助和訊息。洽詢一位翻譯，請撥電話 [在此插入數字]1-800-482-8010. TTY: 7-1-1.

GERMAN: Falls Sie oder jemand, dem Sie helfen, Fragen zum Children's Community Health Plan haben, haben Sie das Recht, kostenlose Hilfe und Informationen in Ihrer Sprache zu erhalten. Um mit einem Dolmetscher zu sprechen, rufen Sie bitte die Nummer 1-800-482-8010 an. TTY: 7-1-1.

ARABIC: والمعلومات المساعدة على الحصول في الحق فليدك Children's Community Health Plan، لخص لةأسئ تساعده شخص لدى أو لديك كان إن وبه بلغتك الضرورية (ب اتصل مترجم مع للتحدث. تكلفة اية دون من بلغتك الضرورية 1-800-482-8010. TTY: 7-1-1.

FRENCH: Si vous, ou quelqu'un que vous êtes en train d'aider, a des questions à propos de Children's Community Health Plan vous avez le droit d'obtenir de l'aide et l'information dans votre langue à aucun coût. Pour parler à un interprète, appelez 1-800-482-8010. TTY: 7-1-1.

TAGALOG: Kung ikaw, o ang iyong tinutulongan, ay may mga katanungan tungkol sa Children's Community Health Plan, may karapatan ka na makakuha ng tulong at impormasyon sa iyong wika ng walang gastos. Upang makausap ang isang tagasalin, tumawag sa 1-800-482-8010. TTY: 7-1-1.

ALBAINIAN: Nëse ju, ose dikush që po ndihmoni, ka pyetje për Children's Community Health Plan, keni të drejtë të merrni ndihmë dhe informacion falas në gjuhën tuaj. Për të folur me një përkthyes, telefononi numrin 1-800-482-8010. TTY: 7-1-1.

HINDI: यदि आपके ,या आप द्वारा सहायता ककए जा रहे ककसी व्यक्तत के Children's Community Health Plan के बारे में प्रश्न हैं ,तो आपके पास अपनी भाषा में मुफ्त में सहायता और सूचना प्राप्त करने का अधिकार है। ककसी िभाषण से बात करने के लिए 1-800-482-8010.पर कॉि करें। TTY: 7-1-1.

POLISH: Jeśli Ty lub osoba, której pomagasz ,macie pytania odnośnie Children's Community Health Plan , masz prawo do uzyskania bezpłatnej informacji i pomocy we własnym języku .Aby porozmawiać z tłumaczem, zadzwoń pod numer 1-800-482-8010. TTY: 7-1-1.

VIETNAMESE: Nếu quý vị, hay người mà quý vị đang giúp đỡ, có câu hỏi về Children's Community Health Plan, quý vị sẽ có quyền được giúp và có thêm thông tin bằng ngôn ngữ của mình miễn phí. Để nói chuyện với một thông dịch viên, xin gọi 1-800-482-8010. TTY: 7-1-1.

PENNSYLVANIA DUTCH: Wann du hoscht en Froog, odder ebber, wu du helpscht, hot en Froog baut Children's Community Health Plan, hoscht du es Recht fer Hilf un Information in deinre eegne Schprooch griege, un die Hilf koschtet nix. Wann du mit me Interpreter schwetze witt, kannscht du 1-800-482-8010 uffrufe. TTY: 7-1-1.

LAOTIAN: ທ່ານ, ຫຼືຄົນທີ່ ທ່ານກຳລັງຊ່ວຍເຫຼືອ, ມີ ຄຳຖາມກ່ຽວກັບ Children's Community Health Plan., ທ່ານ ສິດທິ ຈະໄດ້ຮັບການຊ່ວຍເຫຼືອແລະຂໍ້ມູນຂ່າວສານທີ່ ເປັນພາສາຂອງທ່ານ ບໍ່ມີ ຄ່າໃຊ້ຈ່າຍ. ການໂທລະສັບກັບພາສາສາ, ໃຫ້ໂທຫາ 1-800-482-8010. TTY: 7-1-1.

KOREAN: 만약 귀하 또는 귀하가 돕고 있는 어떤 사람이 Children's Community Health Plan 에 관해서 질문이 있다면 귀하는 그러한 도움과 정보를 귀하의 언어로 비용 부담없이 얻을 수 있는 권리가 있습니다. 그렇게 통역사와 얘기하기 위해서는 1-800-482-8010 로 전화하십시오. TTY: 7-1-1.

RUSSIAN: Если у вас или лица, которому вы помогаете, имеются вопросы по поводу Children's Community Health Plan, то вы имеете право на бесплатное получение помощи и информации на вашем языке. Для разговора с переводчиком позвоните по телефону 1-800-482-8010. TTY: 7-1-1.

BURMESE: Children's Community Health Plan နှင့်ပတ်သက်၍ သင် သို့မဟုတ် သင်အကူအညီပေးနေသူတစ်ဦးတွင် မေးမြန်းစရာများ ရှိမည်ဆိုပါက၊ အကူအညီနှင့် သတင်းအချက်အလက်များကို အခမဲ့ သင်လေ့ရှိသည့် ရှိပါသည်။ စကားပြန်ဆိုသူ တစ်ဦးထံသို့စကားပြောဆိုရန်၊ 1-800-482-8010 တွင် ဖုန်းခေါ်ဆိုပါ။ TTY: 7-1-1.

SOMALI: Haddii adiga iyo qof aad caawinaysaa su'aalo qabaan ku saabsan Children's Community Health Plan, waxaad leedahay xaqa aad caawimo ku hesho iyo macluumaadka luqaddaada iyaddoon kharash kugu fadhiiyin. Lahadal turjubaan wac 1-800-482-8010. TTY: 7-1-1.

Auxiliary Aids and Services

Children's Community Health Plan (CCHP) provides free aids and services to people with disabilities to communicate effectively with us including qualified interpreters (including sign language) and written information in other languages and formats (large print, audio, accessible electronic formats, other formats). To request, call CCHP at 1-414-266-3490.

ATTENTION: If you speak English, language assistance services are available to you free of charge. Call 1-800-482-8010 (TTY: 7-1-1).

ATENCIÓN: Si habla español, los servicios de asistencia de idiomas están disponibles sin cargo, llame al 1-800-482-8010 (TTY: 7-1-1).

CEEB TOOM: Yog koj hais lus Hmoob, kev pab rau lwm yam lus muaj rau koj dawb xwb. 1-800-482-8010 (TTY: 7-1-1).

注意: 如果您说中文，您可获得免费的语言协助服务。请致电1-800-482-8010 (TTY 文字电话: 7-1-1)。

DIGTOONI: Haddii aad ku hadasho afka Soomaaliha, adeegyada caawimada luqadda waxaa lagu heli karaa iyagoo bilaash ah. Wac 1-800-482-8010 (TTY: 7-1-1).

ໝາຍເຫດ: ຖ້າທ່ານເວົ້າພາສາລາວ, ທ່ານສາມາດໃຊ້ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາໄດ້ໂດຍບໍ່ເສຍຄ່າ. ໂທ 1-800-482-8010 (TTY: 7-1-1).

ВНИМАНИЕ: Если Вы говорите по-русски, Вам будут бесплатно предоставлены услуги переводчика. Позвоните по номеру: 1-800-482-8010 (TTY: 7-1-1).

ကျေးဇူးပြု၍ နားဆင်ပါ - သင်သည် မြန်မာစကားပြောသူဖြစ်ပါက၊ သင့်အတွက် အခမဲ့ဖြင့် ဘာသာစကားကူညီရေး ဝန်ဆောင်မှုများ ရရှိနိုင်သည်။ 1-800-482-8010 (TTY: 7-1-1). တွင် ဖုန်းခေါ်ဆိုပါ။