



Core Plans

Getting the care you need

Why Choose Kaiser Permanente?

As a nonprofit, Kaiser Permanente has always put members first. And we're committed to providing you the coverage and personalized care you need to stay healthy and tackle any health issues that come your way.

Core plans give you the best we have to offer:

Integrated services. Having medical, vision, and pharmacy benefits from Kaiser Permanente makes managing your care easier.

Convenient care options. Beyond access to 10,000* providers in the Core network, you can call the Consulting Nurse helpline for advice 24/7, use CareClinics at Bartell Drugs at select Seattle-area locations, or get diagnosis and treatment for routine issues with a Kaiser Permanente online visit.

Dedication to prevention. You'll get reminders about screenings and lab tests you need to keep your health on track.

Excellence at an affordable price. Core HMO rated first in the state in health plan performance by the Washington Health Alliance 2016 Community Checkup Report.** It was also rated first in the nation in plan performance by The National Business Coalition on Health based on their 2016 eValue8 survey.***

For more information about our plans, please call Member Services at 1-888-901-4636. We look forward to assisting you along every step of your health journey.

Kaiser Permanente Physicians and Care Teams

Access to care from more than 1,000 Kaiser Permanente physicians,* including more than 350 primary care providers and nearly 600 specialists.



Award-winning doctors. With a Core plan, you can get your care from the highest-ranked medical group in Washington state—Washington Permanente Medical Group.** Our doctors take time to get to know you and your health care needs so they can provide advanced medicine on a personal level. And same day appointments are often available for immediate needs.

Integrated care. We coordinate your care so you don't have to. Doctors, nurses, pharmacists, care managers and therapists all work together to manage your health issues. Information is instantly updated electronically, so your health care team can provide services quickly and safely. Even our clinics are integrated. All have their own pharmacy and most have lab and X-ray for one-stop convenience.

Secure online services. Save time and take a more active role in your health with online features you get with Kaiser Permanente. You can email your care team, schedule appointments, check lab test results, view office visit summaries, and more. And, if you're away from home, our mobile app allows you to access care on the go.

Other In-Network Community Providers

Access to more than 9,000 additional providers around Washington state, including over 1,000 primary care providers and 49 hospitals.*

Wherever you live, whatever you need. We contract with a large network of community providers to ensure you get the care you need in locations where we don't have our own medical offices or for services or procedures that aren't offered at Kaiser Permanente facilities. Plus we team up with other hospitals in all of the communities we serve.

Doctor-approved. Our medical group sets high standards for all Core providers in clinical quality and patient satisfaction, so you can feel confident whoever you choose to see. We also work closely to support our network providers in their efforts to improve care and implement electronic medical records. These doctors contribute to the superior quality that has led to the Core plan's national recognition for health plan performance.***

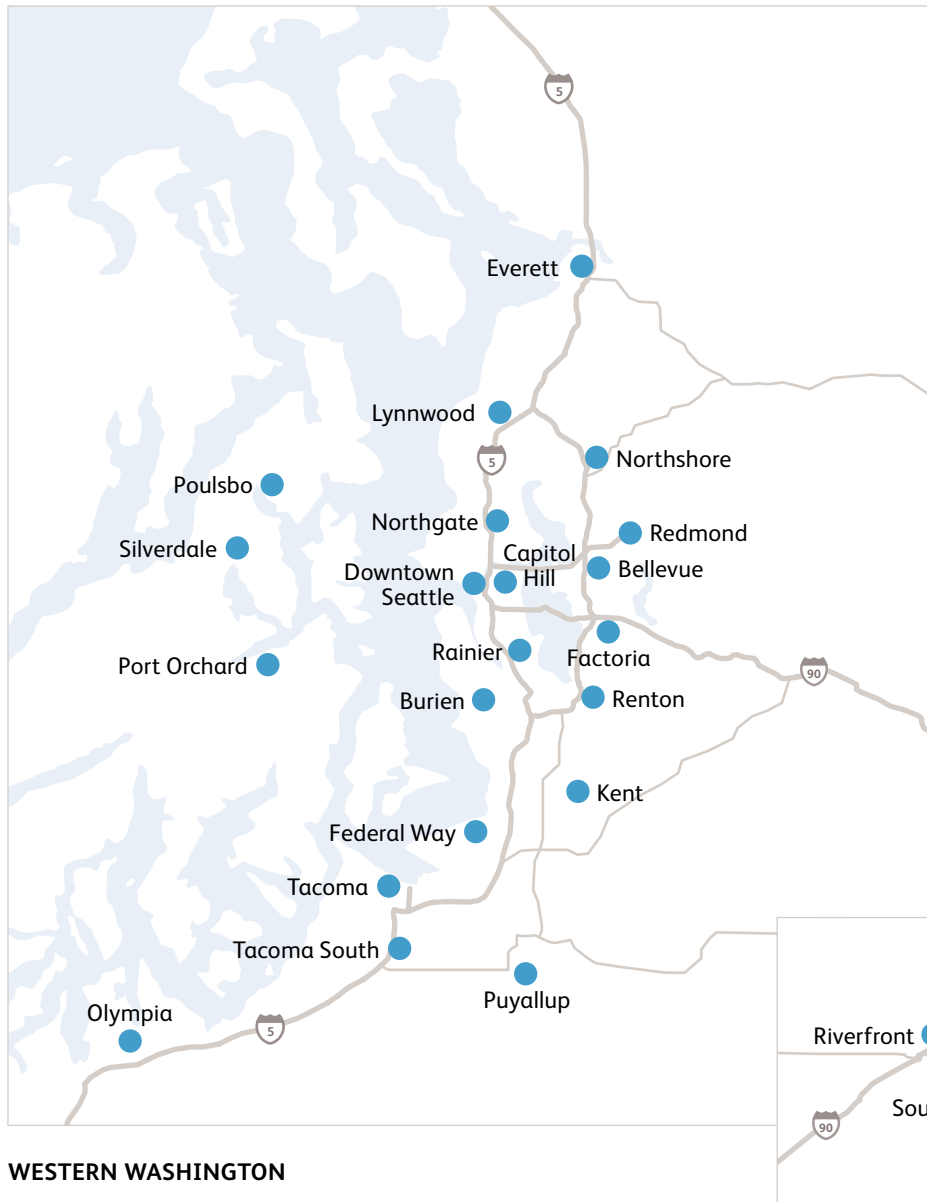
*OIC Provider Network Form A

** Formerly Group Health Cooperative; 2016 *Community Checkup*, Washington Health Alliance. Based on more than 50 clinical measures of quality.

***Kaiser Foundation Health Plan of Washington's commercial HMO (formerly Group Health Cooperative) rated the top health plan in the United States in the 2016 eValue8™ survey. Managed by the National Business Coalition on Health, eValue8™ is an evidence-based resource created by business coalitions and employers like Marriott and General Motors to measure and evaluate health plan cost, quality, and performance.

LOCATIONS

Here's a list of cities and towns where you can find Kaiser Permanente physicians and a list of locations where you can find other network providers throughout Washington and North Idaho. When you receive primary or specialty care at Kaiser Permanente medical offices, you get access to our full breadth of services, including email access to your doctor, online medical records, and much more.



● Kaiser Permanente Medical Offices

- Bellevue
- Bothell
- Burien
- Everett
- Federal Way
- Kent
- Lynnwood
- Olympia
- Port Orchard
- Poulsbo
- Puyallup
- Redmond
- Renton
- Seattle
- Silverdale
- Spokane
- Spokane Valley
- Tacoma

WESTERN WASHINGTON

SPOKANE AREA

Other network providers

All provider locations may not be listed below. For the most current list of providers, visit our website at kp.org/wa/provider-directory, click on “Doctors and Other Facilities,” and select “Core.” Or call Member Services.

Aberdeen	Edmonds	Mercer Island	Spokane Valley
Airway Heights	Ellensburg	Mill Creek	Stanwood
Anacortes	Elma	Milton	Sultan
Arlington	Enumclaw	Milton-Freewater	Sumner
Athol	Everett	Monroe	Sumas
Auburn	Everson	Moscow	Sunnyside
Bainbridge Island	Fairfield	Mount Vernon	Tacoma
Belfair	Federal Way	Mountlake Terrace	Tenino
Bellevue	Ferndale	Mukilteo	Toppenish
Bellingham	Fife	Naches	Troy
Benton City	Freeland	Napavine	Tukwila
Black Diamond	Friday Harbor	North Bend	Tumwater
Blaine	Garfield	Oak Harbor	Union Gap
Bonney Lake	Gig Harbor	Olympia	University Place
Bothell	Grandview	Palouse	Vashon
Bremerton	Granite Falls	Pasco	Waitsburg
Buckley	Greenbank	Point Roberts	Walla Walla
Burien	Hayden	Port Orchard	Wapato
Burlington	Hayden Lake	Post Falls	West Richland
Camano Island	Hoquiam	Poulsbo	Woodinville
Centralia	Issaquah	Prosser	Yakima
Chattaroy	Kenmore	Pullman	Yelm
Chehalis	Kennewick	Puyallup	Zillah
Cheney	Kent	Rathdrum	
Clarkston	Kingston	Redmond	
Cle Elum	Kirkland	Renton	
Clinton	La Conner	Richland	
Coeur d’Alene	Lacey	Rochester	
Colfax	Lake Forest Park	Saint John	
College Place	Lake Stevens	Sammamish	
Connell	Lakewood	SeaTac	
Coupeville	Langley	Seattle	
Covington	Lewiston	Sedro Woolley	
Darrington	Liberty Lake	Selah	
Dayton	Lopez Island	Shelton	
Deer Park	Lynden	Shoreline	
Des Moines	Lynnwood	Silverdale	
Duvall	Marysville	Snohomish	
Eastsound	McKenna	Spanaway	
Eatonville	Mead	Spirit Lake	
Edgewood	Medical Lake	Spokane	

Wherever you go, you’re never far from expert care

When you’re away from home, you get access to any of Kaiser Permanente’s facilities at your level of coverage, including routine care. This includes facilities in California, Colorado, District of Columbia, Hawaii, Georgia, Maryland, Virginia, Oregon, and Washington.

What about emergency care?

You’re covered for emergency and medically necessary urgent care anywhere in the world. If you’re admitted to a non-Kaiser Permanente Washington facility, you or a family member must call the Notification Line within 24 hours, or as soon as reasonably possible. If you need urgent care, call the Consulting Nurse helpline for assistance. We may be able to arrange for you to go to a facility where your cost shares will be lower. If your plan has a copayment, coinsurance, or deductible for emergency or urgent care, you’ll be billed accordingly.

What if I need to be reimbursed?

If you receive care at a non-affiliated hospital or medical center, you may be required to pay in full at the time of service. But don’t worry. When you get home, just mail us your completed claims form and medical receipts so we can reimburse you for any covered charges.

SPECIALTY CARE

You can self-refer to some specialists in our network, but your personal primary care physician can advise you and help guide your total health care program. That's why it's a good idea to select the doctor who's right for you right from the start. From arranging your lab tests, X-rays, and hospital care, to prescriptions, referring you to certain specialists, physical therapy, and more, your doctor is your partner in getting the care you need and improving your health.



Access to specialty care

Kaiser Permanente doctors and care teams

You can self-refer for specialty care from many Kaiser Permanente specialists in the Core network, regardless of who provides your primary care. Once you've found a specialist who you'd like to see, or one your primary care doctor has

recommended to you, just call the specialist's office and request an appointment. Or you can call Kaiser Permanente Member Services for assistance. But again, it's always a good idea to talk first with your personal physician as there are some exceptions.

Other network specialists

This network includes nearly 4,500 network specialty care providers* and services across the state. To see those who do not practice at Kaiser Permanente medical offices, your personal physician will need to request preauthorization from Kaiser Permanente before referring you. One exception: covered women's health care services do not require a referral.

Access to alternative care

Many of our members want to stay well their own way. That's why you can choose from a variety of treatment options, including alternative medicine. From naturopathy to chiropractic care, what really matters is making sure you have access to the full range of health care that you might want to use. See your Summary of Benefits and Coverage for details about your plan's coverage.

How can I access alternative care providers?

You can self-refer to a licensed chiropractor, acupuncturist, or naturopath in the Core network. And if you need to see a massage therapist, your personal physician can write a prescription and care plan for you.

How much of my alternative care is covered?

Some plans include a specific number of covered visits for naturopathy, acupuncture, and chiropractic care. Once you exhaust those visit limits, you may be eligible for more covered visits for naturopathy and acupuncture. Coverage for additional visits is dependent upon a provider review of your medical history and current health status. If more visits are deemed medically necessary, they will be covered at your plan's benefit level.

Are there coverage exceptions?

Yes. Chiropractic care, in most cases, cannot be extended past the covered visit limit. However, there are a few

exceptions to this rule for chiropractic care. Also, some plans may not offer any coverage for alternative care and, again, limitations to visits apply. Be sure to check your benefits booklet for details about your coverage.

What if I want care beyond what my plan covers?

All members can get access to alternative care through a non-covered program called Complementary ChoicesSM. You can learn more in "Extras to help you stay healthy" on page 8.

To see a list of our alternative care providers, visit kp.org/wa/provider-directory.

*Source: OIC Provider Network Form A

Kaiser Permanente Specialty Care

As a plan member, regardless of where you get your primary care, you have access to award-winning Kaiser Permanente specialists. Simply call Member Services at 1-888-901-4636 for a location nearest you and you will be connected to the appropriate appointment line.

Western Washington

Activity, Sports, and Exercise Medicine
Allergy and Asthma
Audiology
Bariatric Surgery
Cardiology
Dermatology
Gastroenterology
General Surgery
Hematology
Hospice
Midwifery Services
Nephrology
Neurology
Neurosurgery

Obstetrics/Gynecology
Occupational Medicine
Oncology
Ophthalmology
Optometry
Orthopedic Surgery
Orthopedics
Otolaryngology
Physical Therapy
Psychiatry
Psychology
Pulmonary/Sleep Medicine
Speech, Language
& Learning Services
Urology

Spokane Area

Activity, Sports, and
Exercise Medicine
Obstetrics/Gynecology
Occupational Medicine
Optometry
Physical Therapy
Psychiatry
Psychology

Individual specialists are
listed online at [kp.org/wa/
provider-directory](https://kp.org/wa/provider-directory).

Caring for you in area hospitals

Nearly all of our specialists found at our six specialty centers are affiliated with hospitals and can admit you when needed. Many practice in hospitals as well—from consulting on treatment to performing surgeries to working as hospitalists to coordinate your care during your hospital stay. From Seattle Children's in Seattle and Overlake Medical Center in Bellevue to Providence St. Peter's in Olympia and Sacred Heart Medical Center in Spokane—our doctors are valued members of the medical staff at nine major hospitals.

Ambulatory surgery

Kaiser Permanente specialists, assisted by surgical nurses and technologists, perform surgical procedures every month at our ambulatory surgery centers in Bellevue, Seattle, and Tacoma. Many surgeries that used to require a hospital stay can now be done on an outpatient basis. That means you'll go home the same day, often within a few hours.

Safety. Security. Personalized service. That's what you can expect when you use Kaiser Permanente's pharmacy system. From easy access to your medication records to a convenient online refill service, Kaiser Permanente's Pharmacy Services is an added advantage to members.



The basics

Where can I fill my prescription?

KAISER PERMANENTE MEDICAL OFFICES

When you receive care from Kaiser Permanente doctors, you can get prescriptions filled at any Kaiser Permanente pharmacy located throughout Western Washington and Spokane.

OTHER NETWORK PHARMACIES

If you don't have convenient access to a Kaiser Permanente medical facility and instead see one of our contracted network doctors, you can have your prescriptions filled at any network pharmacy in your community. Network pharmacies are listed at kp.org/wa/provider-directory under Pharmacies.

BY PHONE OR ONLINE

For refills that have been filled at least once at a Kaiser Permanente pharmacy (or that have been transferred into our pharmacy system), you can phone in your prescription, use the Kaiser Permanente Washington mobile app (kp.org/wa/mobile), or make a request online (kp.org/wa/pharmacy) for pick-up at a Kaiser Permanente pharmacy or for home delivery by mail.

Do you have a home-delivery service?

Yes. Kaiser Permanente's pharmacy system lets you order refills online or by phone, fax, or mail and have them delivered anywhere in the U.S. with no shipping charge for regular mail. On average, refills arrive within 3–5 days, but should be allowed up to 10 days.

How many days supply can I order?

Depending on the type of medication, a prescription will be filled for either a 90-day supply or a 30-day supply at one time at Kaiser Permanente pharmacies and at other network pharmacies. However, if the medication is not on the maintenance list, only a 30-day supply will be filled at a time.

Can I use the Kaiser Permanente mail-order service even if a non-Kaiser Permanente or non-network provider wrote my prescription?

Yes. Just have the doctor's office fax, phone, or mail your new prescription to the Kaiser Permanente Mail-Order Pharmacy. A pharmacist will call if the drug is not on your plan's formulary.

Who can use the refill ordering system?

All members—even those without pharmacy coverage—can use this convenient service. However, to use the refill service, your prescription must first be in the Kaiser Permanente pharmacy system.

Safety requirements

What is a maintenance list?

Maintenance medications include drugs that are taken regularly for a chronic condition, and do not raise significant concerns related to potential misuse, safety, or toxicity problems, and do not require frequent monitoring or dosing changes.

What is preauthorization?

For certain medications, specific medical criteria need to be met before that medication is covered to ensure the highest level of patient safety. The physician needs to communicate to Kaiser Permanente that the patient has met this criteria. Obtaining authorization before a medication is covered is called preauthorization.

What is a formulary?

A formulary is a list of preferred medications that are covered as a pharmacy benefit. For many medical conditions, there are multiple medications with similar effectiveness and safety. Our formulary is used as a guideline for our providers and does not dictate what your physician can or cannot prescribe. The degree of coverage depends on your drug benefit plan.

Who decides what drugs go on the formulary?

A committee of physicians and pharmacists meets quarterly and reviews new drugs as they become available on the market. They look at all known research and data related to the new drug and decide which ones will be on the formulary based on safety and effectiveness. Cost is taken into consideration when an equally effective and safe drug is already available.

Why does the formulary sometimes list a generic drug and not a brand-name drug?

Generic-equivalent medications contain the same active ingredient as the brand-name medication but are more affordable. The generic medications become available as the patent for the more expensive brand runs out. The formulary will list the generic equivalent instead of the more expensive brand-name medication. Note: If you opt for a brand-name drug, and it's not medically necessary, you will be required to pay the difference in cost between the generic and brand-name drug in addition to a higher cost share.

Why do doctors sometimes prescribe nonformulary drugs?

There are situations when the use of nonformulary drugs are warranted. Those situations can include patients who have developed intolerance to formulary medications or patients who have tried and not responded to formulary alternatives.

Why can some drugs be refilled and others always need a new prescription?

How often a prescription can be refilled is related to its potential misuse, safety, or potential toxicity. For example:

- Noncontrolled prescriptions can be filled and refilled for one year from the date they are written before a new prescription from a physician is needed.
- Schedule 3–5 controlled prescriptions can be filled for six months from the date they are written or after they have been refilled five times (filled a total of six times) before a new prescription from a physician is needed.
- Schedule 2 controlled prescriptions are not refillable and would require a new prescription from the physician.

About coverage

How do I determine if there are requirements regarding my drug's coverage?

Look up your medications in our formulary. You'll find out if you need prior authorization or whether your medication requires step therapy, in which case you would need to try a generic alternative. If you're on a drug that requires prior authorization and you obtained this with another company's plan, please understand that in switching to a new plan carrier—Kaiser Permanente—

you will still need to complete the preauthorization process with us.

If you have any medicines that fall into these categories, have your doctor initiate the coverage review process by contacting the Kaiser Permanente Pharmacy Drug Benefit Help Desk for Providers as soon as possible (1-800-729-1174). If approval isn't obtained, your drug may not be covered.

If my drug isn't on the formulary, what kind of coverage will I have?

Some plans provide limited coverage for nonformulary medications. Once you have a plan, contact your employer's benefit office or Kaiser Permanente Member Services for information regarding your specific plan benefits for prescriptions.

Would my nonformulary drug be covered under the generic or brand-name copayment?

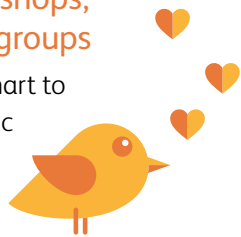
Neither. Some health plans provide limited coverage for nonformulary medications. These usually have a higher copayment than the copayment for a generic or brand-name drug. Once you have a plan, contact your employer's benefit office or Kaiser Permanente Member Services for information regarding your specific plan benefits for prescriptions.

For pharmacy benefits and coverage questions, call Member Services at 206-630-4636 or toll-free 1-888-901-4636. Or visit the Pharmacy Services page at kp.org/wa/pharmacy for more detailed information, including a list of pharmacies in the Core network.

Extras to help you stay healthy. Your health plan comes with a lot more than just coverage. These member perks provide additional ways for you to get care, take an active role in your health, and be the best you can possibly be.

Classes, workshops, and support groups

From cooking smart to living with chronic conditions such as diabetes, arthritis, and heart disease, these classes and other resources help you learn to live healthier. Support groups allow you to share with and learn from members going through similar health experiences. Visit kp.org/wa/member-info and select “Classes & Events.”



Communication preferences

Do you prefer to get information sent to your inbox rather than your mailbox? Kaiser Permanente members can choose to receive some information electronically, including plan information, news about events and services, health tips, and clinic updates. It's as simple as signing up on the Kaiser Permanente member website at kp.org/wa, and clicking the “Communication Preferences” link.

Complementary ChoicesSM

In addition to traditional medicine, we offer Complementary Choices. Receive a 20 percent discount

on acupuncture, naturopathy, chiropractic care, massage, yoga, tai chi, Pilates, and personal trainers from a variety of network providers and other practitioners that participate in this program. Visit kp.org/wa and search “Complementary Choices” to learn more.

Consulting Nurse Service

Whether you have an illness, injury, or just want advice on symptoms, the Consulting Nurse Service is just a phone call away, 24/7. Nurses can also view your online medical record when you receive care at a Kaiser Permanente medical office. Call toll-free 1-800-297-6877.



Eye Care Services

Take advantage of discounts throughout the year on everything from designer frames and sunglasses to contact lenses at 14 Eye Care locations, most within Kaiser Permanente medical offices. Special discounts for federal employees, military, and retirees. Visit kp.org/wa/eyecare.

Fitness center discounts

This special resource gives you access to numerous affordable options to get fit and have fun. You'll get discounts on more than 10,000 fitness facilities nationwide, plus exercise videos and equipment for the perfect home workout. Weight management programs are also available at valuable savings. Visit globalfit.com/kpwa.



Healthwise[®] Knowledgebase

This online database might be the next best thing to having a doctor in the house. It's a convenient, professional, reliable source for making better health care decisions. From what ails you to what confuses you, you're sure to find advice and resources based on the latest scientific research and reviewed by medical experts. Visit kp.org/wa/kbase.

Health Profile assessment

Your Health Profile is an online health questionnaire about your lifestyle habits and any health conditions. Once completed, a personalized, color-coded report tells you how you're doing, and offers recommendations for positive changes. Learn more at kp.org/wa.

Mobile app

Kaiser Permanente Washington's mobile app gives you easy access to health care information, no matter where you are. The app is available for the iPhone® and Android™ smartphones, and includes many features available on our the Kaiser Permanente member website.



Kaiser Permanente member website (kp.org/wa/member)

Choose a doctor, complete your Health Profile, order prescription refills, access articles and information on health topics, and check your health coverage and benefit usage—all online. When

you receive care at Kaiser Permanente medical offices, you can also email your health care team, view your lab results and online medical record, access the medical records of your children (aged 12 and younger), schedule appointments, and view your after-visit summaries.



Tobacco cessation support

If you're a tobacco user, the Quit For Life® Program is designed to help you stop at no additional cost. Proven individual phone-based or online programs give you the tools and assistance to quit for good. More than 50,000 members have participated in the past nine years and 37 percent have quit using tobacco.** To register, call toll-free 1-800-462-5327 or visit quitnow.net/kpwa.

Walk & Talk program

Join other Kaiser Permanente members for the free Walk & Talk program organized by the Activity, Sports, and Exercise Medicine department and available at six locations. Get a health tip, followed by a walk with a member of the Kaiser Permanente medical staff. Visit kp.org/wa/walkandtalk for times and locations.

Do you have more questions about our plans—or just need help signing up? Call Member Services at 1-888-901-4636 and we'll be happy to help you.

**Alere Wellbeing, *Group Health* (now Kaiser Permanente) *Dashboard Report*, Oct. 5, 2015.

Kaiser Permanente Nondiscrimination Notice and Language Access Services



KAISER PERMANENTE NONDISCRIMINATION NOTICE

Kaiser Foundation Health Plan of Washington and Kaiser Foundation Health Plan of Washington Options, Inc. ("Kaiser Permanente") comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex. Kaiser Permanente does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Kaiser Permanente:

Provides free aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

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, contact the Kaiser Permanente Civil Rights Coordinator.

If you believe that Kaiser Permanente has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with:

Kaiser Permanente Civil Rights Coordinator, Kaiser Foundation Health Plan of Washington Headquarters, 320 Westlake Ave. N., Suite 100, GHQ-E2N, Seattle, WA 98109, 206-448-5819, 206-877-0645 (Fax), kpwa.complianceoffice@kp.org. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the Kaiser Permanente Civil Rights Coordinator is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue SW., Room 509F, HHH Building, Washington, DC 20201, 1-800-368-1019, 800-537-7697 (TDD).

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

LANGUAGE ACCESS SERVICES

English: ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-888-901-4636 (TTY: 1-800-833-6388 or 711).

Español (Spanish): ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-901-4636 (TTY: 1-800-833-6388 / 711).

中文 (Chinese): 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 1-888-901-4636 (TTY: 1-800-833-6388 / 711)。

Tiếng Việt (Vietnamese): CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-888-901-4636 (TTY: 1-800-833-6388 / 711).

한국어(Korean): 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-888-901-4636 (TTY: 1-800-833-6388 / 711) 번으로 전화해 주십시오.

Русский (Russian): ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-888-901-4636 (телетайп: 1-800-833-6388 / 711).

Filipino (Tagalog): PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-888-901-4636 (TTY: 1-800-833-6388 / 711).

Українська (Ukrainian): УВАГА! Якщо ви розмовляєте українською мовою, ви можете звернутися до безкоштовної служби мовної підтримки. Телефонуйте за номером 1-888-901-4636 (телетайп: 1-800-833-6388 / 711).

ភាសាខ្មែរ (Khmer): របស់ត្រូវ បើសិនអ្នកនិយាយខ្មែរ, សេដ្ឋីន្ទយៃផក យេមិនគិតល គឺចនសំបំបំអអក។ ចូរទូរស័ព្ទ 1-888-901-4636 (TTY: 1-800-833-6388 / 711)។

日本語 (Japanese): 注意事項：日本語を話される場合、無料の言語支援をご利用いただけます。1-888-901-4636 (TTY: 1-800-833-6388 / 711) まで、お電話にてご連絡ください。

አማርኛ (Amharic): ማስታወሻ: የሚናገሩት ቋንቋ አማርኛ ከሆነ የትርጉም እርዳታ ድርጅቶች፣ በነጻ ሊያግዝዎት ተዘጋጅተዋል። ወደ ሚከተለው ቁጥር ይደውሉ 1-888-901-4636 (መስማት ለተሳናቸው: 1-800-833-6388 / 711)።

Oromiffa (Oromo): XIYYEEFFANNAA: Afaan dubbattu Oroomiffa, tajaajila gargaarsa afaanii, kanfaltiidhaan ala, ni argama. Bilbilaa 1-888-901-4636 (TTY: 1-800-833-6388 / 711).

العربية (Arabic): لديكم حق الحصول على مساعدة ومعلومات في ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-888-901-4636 (رقم هاتف الصم والبكم: 1-800-833-6388 / 711).

ਪੰਜਾਬੀ (Punjabi): ਧਿਆਨ ਦਿਓ: ਜੇ ਤੁਸੀਂ ਪੰਜਾਬੀ ਬੋਲਦੇ ਹੋ, ਤਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਸਹਾਇਤਾ ਸੇਵਾ ਤੁਹਾਡੇ ਲਈ ਮੁਫਤ ਉਪਲਬਧ ਹੈ। 1-888-901-4636 (TTY: 1-800-833-6388 / 711) 'ਤੇ ਕਾਲ ਕਰੋ।

Deutsch (German): ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-888-901-4636 (TTY: 1-800-833-6388 / 711).

ພາສາລາວ (Lao): ໂປດຊາບ: ຖ້າວ່າ ທ່ານເວົ້າພາສາລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສັຽຄ່າ, ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ໂທ 1-888-901-4636 (TTY: 1-800-833-6388 / 711).

Srpsko-hrvatski (Serbo-Croatian): OBAVJEŠTENJE: Ako govorite srpsko-hrvatski, usluge jezičke pomoći dostupne su vam besplatno. Nazovite 1-888-901-4636 (TTY- Telefon za osobe sa oštećenim govorom ili sluhom: 1-800-833-6388 / 711).

Français (French): ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-888-901-4636 (ATS: 1-800-833-6388 / 711).

Română (Romanian): ATENȚIE: Dacă vorbiți limba română, vă stau la dispoziție servicii de asistență lingvistică, gratuit. Sunați la 1-888-901-4636 (TTY: 1-800-833-6388 / 711).

Adamawa (Fulfulde): MAANDO: To a waawi [Adamawa], e woodi ballooji-ma to ekkitaaki wolde caahu. Noddu 1-888-901-4636 (TTY: 1-800-833-6388 / 711).

فارسی (Farsi): توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با تماس 1-888-901-4636 (TTY: 1-800-833-6388 / 711) 1-888-901-4636 بگیرید.

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