


# HillHealth

FALL 2017 THE MAGAZINE OF HILL PHYSICIANS MEDICAL GROUP



STOP  
DIABETES  
BEFORE  
IT STOPS  
YOU

**HMO vs. PPO**

**make time  
for mammograms**

STRES-  
SED  
-OUT  
KIDS

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## About Hill Physicians

Hill Physicians is the largest independent medical group in Northern California, with a network of nearly 4,000 providers. In many areas, you can select a Hill Physicians provider when you have coverage through Aetna, Anthem Blue Cross, Blue Shield of California, Canopy Health, Chinese Community Health Plan, Cigna, Connected Care California, Health Net, Humana, Oscar, San Francisco Health Plan, SCAN, UnitedHealthcare West or Western Health Advantage.

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## in the Community

### Caring for Our Patients Through Partnerships

Hill Physicians has partnered with Snowline in Sacramento and Hospice by the Bay in San Francisco to provide home-based, team-driven palliative care.

Palliative care is specialized medical care for people with serious illness. It focuses on providing relief from the symptoms and stress of serious illness, often in conjunction with curative treatment. The goal is to improve quality of life for both the patient and the family. Often, patients receive this care through their long-standing and trusting relationship with their primary care doctor. Other times, patients access this type of care at home from a care team.

Both Snowline and Hospice by the Bay are mission-driven, community-based nonprofits offering patient-centered care in their respective communities since the 1970s. These partnerships allow Hill Physicians to offer more options to patients who might be struggling with serious illnesses or in the later stages of life.

### Expanding Urgent Care in San Francisco

Hill Physicians is constantly working to improve access to care for our patients. That's why we are excited to announce the addition of seven Dignity Health-GoHealth Urgent Care centers in San Francisco and one in the Peninsula to our network. Dignity Health-GoHealth Urgent Care offers convenient features, including estimated wait times and the option to checkin online.

We continue to add urgent care centers to our entire network. A comprehensive list of all in-network urgent care centers can be found at [HillPhysicians.com](http://HillPhysicians.com)



# URGENT or EMERGENCY

## 1. Call Your Doctor's Office — \$\$\$\$

Your primary care physician is your first point of contact unless there is an emergency, in which you should call 911. Even after business hours, most offices will have instructions for care, and may list or identify who to contact, such as a nurse advice line or doctor on call. Appointment scheduling and checkups are all done through your physician's office.

## 2. Go to an Urgent Care Center — \$\$\$\$

If your doctor's office is closed and you need immediate care, urgent care is the most cost effective and fastest way to get help. Here is a list of common symptoms that urgent care centers treat.

- Sprains, strains and minor broken bones
- Fever, colds, coughs, sore throats, sinus problems and earaches
- Skin allergies and rashes
- Pink eye
- Back pain and body aches
- Cuts and abrasions, including stitches
- Nausea, vomiting, diarrhea and minor abdominal pain
- Insect and animal bites
- Minor asthma attacks
- Common headaches

## 3. Go to the Emergency Room or Call 911 — \$\$\$\$

If you need immediate care and don't feel safe to wait, go to the emergency room or call 911. For non-emergencies, this option is the most expensive and will (often) take the most time to receive care.

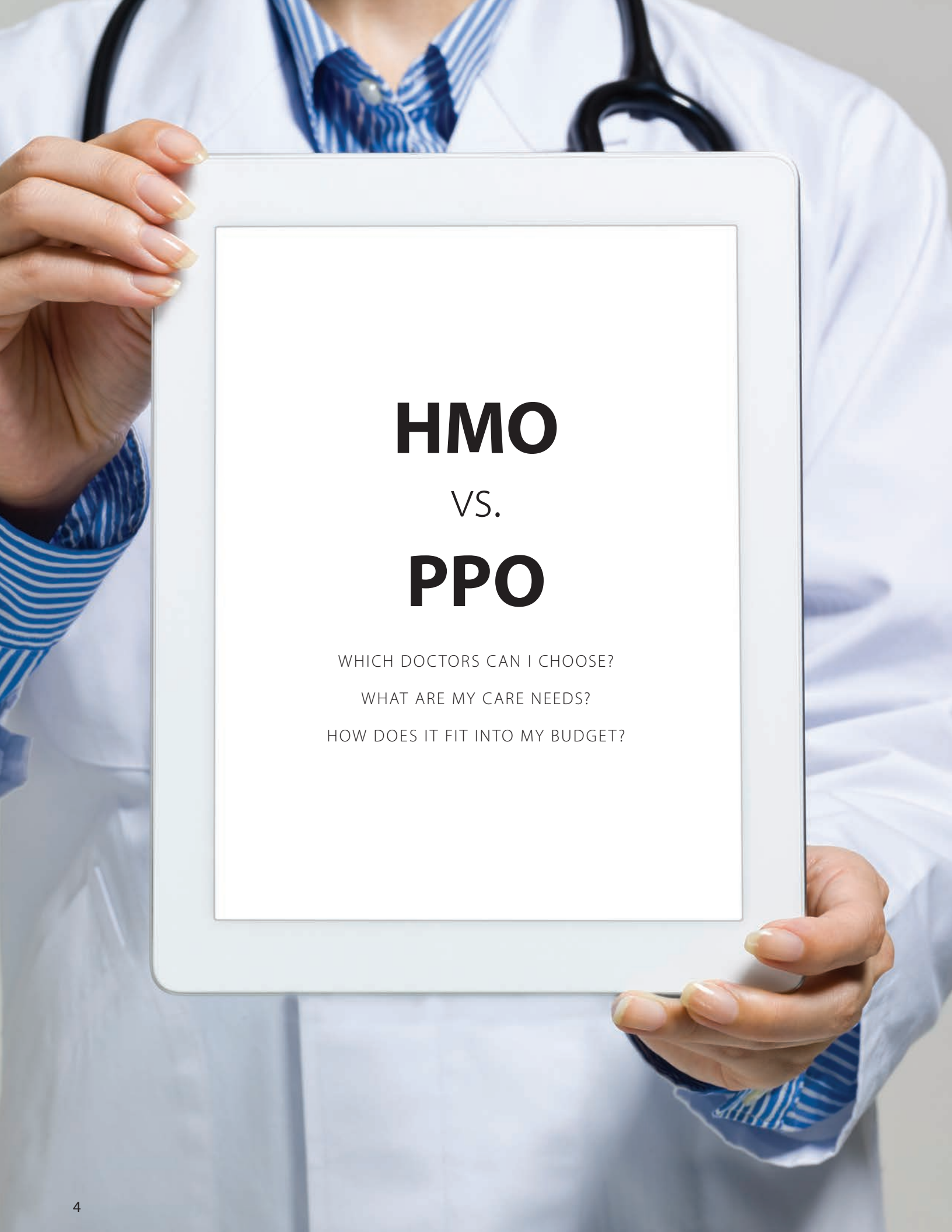
- Any life-threatening condition
- Severe bleeding
- Difficulty breathing
- Stroke, weakness or numbness on one side
- Poisoning
- Loss of consciousness
- Severe abdominal pain
- Chest pain or heart attacks
- Head injury or other major traumas
- Seizure

Understand your  
best options for  
care when you  
need medical  
attention now.

### Avoid urgent care this fall/winter and get your flu shot.

If your physician's office has any issues with supply, don't hesitate to find the nearest retail location for the vaccine. Hill Physicians will reimburse you for the cost. Call Customer Service for information.





# **HMO** VS. **PPO**

WHICH DOCTORS CAN I CHOOSE?

WHAT ARE MY CARE NEEDS?

HOW DOES IT FIT INTO MY BUDGET?

## During open enrollment,

you will have the opportunity to evaluate your healthcare coverage and determine the right plan for you and your family for the coming year. The process of reviewing information from your Human Resources department or on CoveredCa.com can be daunting. But it doesn't have to be. With a basic understanding of the facts and some easy tips, you can feel more confident with your selection for the coming year.

First you will want to decide whether a health maintenance organization (HMO) or a preferred provider organization (PPO) is right for you.

### Know the Facts

Often, an HMO offers predictable out-of-pocket costs, but will require you to stay within the network. This includes primary care physicians (PCPs) and specialists, as well as lab and outpatient facilities and hospitals. Services delivered outside of the network are not covered unless you experience a medical emergency. Those who prefer HMOs find peace of mind that their PCP is there to coordinate their care.

A PPO can offer more freedom, but is typically more unpredictable when it comes to out-of-pocket costs. Those who prefer PPOs enjoy greater choice of doctors but tend to see them less often, due to higher out-of-pocket costs. Or they are willing to pay more to have access to a greater variety of providers.



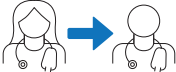

### What Is a Primary Care Physician?

A primary care physician (PCP) typically specializes in internal medicine, family medicine, general medicine or pediatrics (for patients under the age of 18). HMO plans require you to choose a PCP. This PCP belongs to a medical group that will determine the specialty care network. This doctor will oversee and coordinate your care with referrals to in-network specialists when you need it. You will need this referral prior to scheduling an appointment with specialists\*. For women, this does not include OB/GYNs. PPO plans allow you to seek care from a specialist without a referral, though your PCP can still help to coordinate this if you choose.

Whether you decide on an HMO or PPO plan, it makes sense to review the medical group doctors and facilities available to you with each plan.

### How to Choose a Primary Care Physician

At first glance, choosing a PCP means deciding which general specialty is right for you. What is most important to you in a doctor? Do you want a doctor who is close to your home, or is your work location more convenient? Do you want a doctor who can see your whole family? Or do you prefer a doctor who shares a common interest with you? It is important to understand what you value the most in a PCP to help narrow down your options. See page 10 to get to know some of Hill Physicians' doctors.

HMO Health Maintenance Organization	PPO Preferred Provider Organization
 <b>MORE PREDICTABLE COSTS</b>	 <b>LESS PREDICTABLE COSTS</b>
<b>REFERRALS REQUIRED*</b> 	<b>REFERRALS NOT REQUIRED</b> 

\*Not all specialists require a referral. Check your plan benefits for more details.

# STOP DIABETES BEFORE IT STOPS YOU

## Nurse Health Educator

Lea McManus recently started working with a new client, a woman in her 40s who had been diagnosed with pre-diabetes.

“She was absolutely shocked with the diagnosis,” said McManus, who works for Hill Physicians Medical Group. “Many people are hanging out in a pre-diabetic state for a decade and don’t know it.”

### What Is Pre-Diabetes?

Pre-diabetes means that you have a higher than normal risk of developing diabetes. One in three adults in the United States, or 86 million people, have pre-diabetes, according to the Centers for Disease Control and Prevention (CDC).<sup>1</sup> Nine out of 10 of those people do not know they have pre-diabetes.

The condition is diagnosed with a fasting blood glucose test via a blood draw. This test measures the glucose, or sugar, in the bloodstream. Patients cannot eat or drink anything for eight to 10 hours prior to the test.

What does your blood glucose result mean?

DIAGNOSIS	BLOOD GLUCOSE
Normal	<100
Pre-diabetic	100–125
Diabetic	>125

“We find a lot of people who are pre-diabetic by lab results and are surprised by the diagnosis,” said Pandora Lee, MD, an internal medicine physician with Hill Physicians Medical Group in Oakland. “They feel well. They deny eating sweets,” Lee added. “I tell them, ‘If you make healthy changes now, you can reduce the progression to full-blown diabetes.’”

Unlike diabetes, pre-diabetes is reversible, which is why it is so important to get recommended blood work .

ONE IN THREE ADULTS HAVE PRE-DIABETES.  
FIND OUT WHAT TO DO  
AND HOW TO PREVENT DIABETES.



**"If you have any of the early symptoms, have yourself tested."**

### **Signs of Pre-Diabetes**

Common symptoms of pre-diabetes include increased thirst, frequent headaches, trouble concentrating, fatigue and frequent urination. Incidence tends to rise starting around age 40, but pre-diabetes and diabetes can be diagnosed in children.

"If you have any of the early symptoms, have yourself tested," said McManus.

### **Increased Risk of Pre-Diabetes**

Being overweight or obese and lack of exercise raise the risk of developing pre-diabetes. A traditional American diet of red meat, cheese and refined flours and sugars that is high in fat and sugar adds to the problem. Women who had gestational diabetes (pregnancy-induced diabetes) or anyone with family history of diabetes are at greater risk.

### **How to Reverse Pre-Diabetes**

Reversing pre-diabetes requires two simple but often difficult changes: eating healthy and increasing physical activity. Without those changes, 15 percent to 30 percent of adults with pre-diabetes will progress to diabetes within five years, according to the CDC.<sup>1</sup>

"This is hard for people to do because of demands from work, home and kids," said Lee. "Just as they make appointments to see clients or take their children to extracurricular activities, they need to make 'appointments' in their schedules for taking care of their health."

### **Get Physical**

Exercise can spur weight loss. Exercise also enhances the body's ability to produce and regulate insulin properly. Insulin is the hormone made by the pancreas that allows the body to use glucose (sugar) for energy. Insulin keeps blood sugar levels from getting out of balance.

"Although the occasional weekend exercise is better than nothing," said Lee, "regular moderate physical activity, including brisk walking for 30 minutes daily, is best for lowering the risk of developing diabetes." The American Diabetes

Association recommends three or more minutes of movement every 30 minutes to help regulate blood sugar levels.

Some pre-diabetics take prescription medication to slow disease progression. But medication alone won't be enough.

### **Change Your Diet**

A few key dietary changes can make an impact, including reducing carbohydrates and increasing fiber.



Carbohydrates take many forms. They can be found in dairy, fruit and fruit juice, grains, beans, starchy vegetables and processed sugary sweets. "Switching from white pasta, bread and rice to whole grain and brown varieties helps," McManus said.

Some people with pre-diabetes or diabetes think they need to eliminate all fruit. But not all fruit is created equally. Tart cherries, apricots, apples, pears and berries, for example, are low in sugar and high in fiber, and also reduce inflammation.

### **Is Diabetes Reversible?**

Diabetes is not reversible, which is why catching a pre-diabetic state before progression to diabetes is imperative.

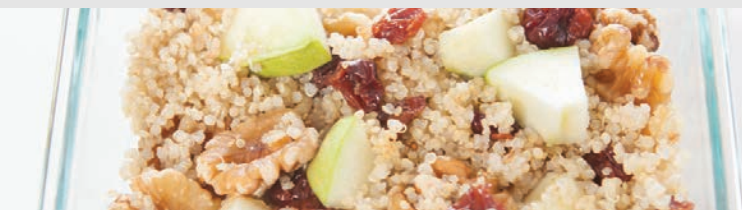
However, if you are newly diagnosed with diabetes, you should ask your doctor about a comprehensive diabetes self-management education program that includes instruction on nutrition and physical activity. Lee tells her patients, "If you want to change the direction you are heading, you must be willing to make life adjustments."

<sup>1</sup>[www.cdc.gov/diabetes/basics/prediabetes](http://www.cdc.gov/diabetes/basics/prediabetes)



# in the Kitchen

HEALTHY RECIPES FOR THE FALL



## Breakfast Quinoa with Cherries, Walnuts & Honey

### INGREDIENTS

1 1/3 cups quinoa	2 2/3 cups water
1/2 tsp ground cinnamon	1/2 cup walnut pieces
1/4 cup dried cherries	4 tsp unsalted butter (optional)
2 tbsp honey, plus more for serving	1/2 cup 1% milk, plus more for serving

1 Golden Delicious apple, peeled, cut into chunks

### Directions

Rinse quinoa in a fine mesh strainer. Place quinoa in a saucepan with the water. Bring to a boil, then reduce heat to simmer. Cover and cook for 5 minutes. Add apple chunks and cherries and continue to cook, covered, until the water is absorbed, about 10 minutes more.

Toast walnuts in a dry skillet over medium-high heat, stirring frequently, until fragrant, about 2 minutes. Allow to cool, then coarsely chop.

When the quinoa is cooked, stir in the cinnamon, honey and milk, cooking for 1 more minute to heat milk through.

Serve topped with walnuts and butter. Add honey and milk to taste.

4 Servings

### Nutrition Facts (Amount per Serving)

**Calories** 430

**Total Fat** 17g:

Saturated Fat 4g **Cholesterol** 10mg

**Sodium** 35mg **Carbohydrate** 61g

**Protein** 11g **Dietary Fiber** 5g

## Jamaican Jerk Chicken

### INGREDIENTS

2 lbs chicken pieces, skinned	1/2 tsp ground cinnamon
1/4 cup orange juice	2 tsp ground allspice
3 green onions, minced	1/2 tsp ground nutmeg
2 tsp ground thyme	salt to taste (or salt substitute)
1 fresh jalapeno pepper, seeded and minced or 1 tbsp minced pickled jalapeno	2 cloves garlic, minced
	2 tsp red wine vinegar

### Directions

Trim fat from chicken. Place chicken pieces in glass dish.

In a small bowl, combine allspice, thyme, nutmeg, cinnamon and salt to taste. Stir in green onions, garlic, jalapeno pepper, orange juice and vinegar. Pour over chicken, turning to coat well. Cover and marinate in refrigerator, turning occasionally, for at least four hours.

Remove chicken from marinade. Place on lightly greased barbecue grill or broiler pan. Barbecue at medium-high heat for about 20 minutes on each side or until no longer pink. Or bake in shallow pan at 325° for 45 minutes or until no longer pink.

6 Servings

### Nutrition Facts (Amount per Serving)

**Calories** 159

**Total Fat** 3g:

Saturated Fat 0g **Cholesterol** 92mg

**Sodium** 122mg **Carbohydrate** 2g

**Protein** 26g **Dietary Fiber** 0g



# MAKE HEALTHY CHOICES ON THE GO

So you've been diagnosed with high blood pressure, or hypertension, and now your doctor wants you to clean up your diet to limit the amount of sodium you eat. A challenging task for most people. According to the American Heart Association, the average American adult eats more than 3,400 milligrams of sodium daily, more than double the 1,500 milligram recommendation. The biggest culprits in the American diet are breads and rolls, cold cuts and cured meat, pizza, poultry, soup and sandwiches.

To manage sodium intake, home-cooked meals are the best option, since you can control the ingredients and the amount of added salt. But many people struggle to fit home cooking into their busy schedules. Learning to read and understand nutrition labels



can help you make healthier choices, whether you choose to cook at home, pick up convenience food at the grocery store or eat out at a restaurant.

Taking two or three minutes to consult the label or a menu can make a difference in your daily sodium intake.

## **Breakfast:**

Blueberry Scone from Starbucks  
Calories 420, Fat 17g, **Sodium 510mg**,  
Carbs 61g, Fiber 2g, Protein 5g

## **Low Sodium Alternative:**

Berry Trio Yogurt from Starbucks  
Calories 240, Fat 2.5g, **Sodium 125mg**,  
Carbs 39g, Fiber 3g, Protein 14g

## **Lunch:**

Ham & Swiss Sandwich from Panera Bread  
Calories 730, Fat 32g, **Sodium 2050mg**,  
Carbs 68g, Fiber 10g, Protein 33g

## **Low Sodium Alternative:**

Strawberry Poppyseed Salad  
with Chicken from Panera Bread  
Calories 680, Fat 23g, **Sodium 560mg**,  
Carbs 62g, Fiber 12g, Protein 50g

## **Dinner:**

Chicken Parmigiana from Olive Garden  
Calories 1060, Fat 52g, **Sodium 2980mg**,  
Carbs 86g, Fiber 7g, Protein 63g

## **Low Sodium Alternative:**

Herb-Grilled Salmon with Parmesan-  
Garlic Broccoli from Olive Garden  
Calories 460, Fat 28g, **Sodium 570mg**,  
Carbs 8g, Fiber 4g, Protein 43g

# physician Spotlight

MEET SOME OF HILL PHYSICIANS' OUTSTANDING DOCTORS



**Ken Maybury, MD**  
Internal Medicine  
San Francisco, CA

For Ken Maybury, MD, the choice to practice primary care was a no-brainer. The San Francisco-based general internist wanted to be a health coach to his patients. Just like a coach should do, "I make it clear to my patients that we're working as a team," he says. Maybury treats people from all walks of life, a job for which his upbringing prepared him. He grew up in France and Kenya, where he had classmates from all over the world. So he brings a global perspective to the clinic: "It allowed me a much broader view of humanity than I would have had if I'd stayed in Southern California, where I was born."



**Kevin Moynihan, MD**  
Family Medicine  
Fair Oaks, CA

A family medicine physician who takes care of patients in all stages of life, Kevin Moynihan, MD, is always prepared to see something new. "Even with illnesses you've seen before, the symptoms can be different. Or the symptoms can be the same, and the diagnosis is different," the Fair Oaks-based physician said. Moynihan looks at the whole picture of a patient's life and considers how they can increase healthy living and decrease stress. Moynihan takes his own advice, too. He enjoys getting out in nature by biking, hiking and water skiing as often as possible.



**Lorena Tan, MD**  
Family Medicine  
Livermore, CA

When family physician Lorena Tan, MD, was a child in Burma, she dreamed of being a doctor. "When I was a young girl, I always wanted to play doctor," she said. "I enjoyed making my friends be patients so I could examine them by listening to their hearts and lungs." Her dream came true, and she now enjoys caring for real patients in her Livermore office: "I love practicing medicine. It actually energizes me. Sometimes I come to the office tired, and before I know it, I am racing room to room seeing patients." In her current practice, Dr. Tan strives to incorporate evidence-based medicine, clinical guidelines and the Hippocratic Oath. "I believe good science and ethical treatment has to be behind all of my clinical decisions," she explains.



**Diego Ferro, MD**  
Internal Medicine  
Stockton, CA

Diego Ferro, MD, was an aspiring filmmaker until a high school anatomy class changed the plot of his life. "I just fell in love with the human body and its functions," said the Stockton, CA, general internist. Working with his patients on obesity management, Ferro is fighting some of the world's leading causes of sickness and death. While the challenge may seem insurmountable, the doctor emphasizes for patients the huge benefits that small changes can bring: "Minor reductions in sugar, starch and portion sizes; minimal increases in physical activity – it translates into benefits right away. It's an incredible thing."

# make time for mammograms



In the US, breast cancer is the second most common cancer in women next to skin cancer<sup>1</sup>.

Early detection is an important factor in successful treatment. Hill Physicians recommends that women start receiving mammograms around their 50th birthday and every two years after that. Some women choose to start receiving them at a younger age due to a personal or family history of breast cancer, or personal preference. Ultimately, the best guide to when you should start mammograms is your personal physician.

## Know the Facts:

**What is a mammogram?** A mammogram is an X-ray of the breast that can often detect tumors that are too small for you or your doctor to feel. Most mammograms are done digitally, so a record of images can be kept in an electronic file.

**How long does it take?** The whole procedure takes about 20 minutes; the actual compression only lasts a few seconds.

**When do I need to start?** Women should start receiving mammograms at age 50, unless guided to begin earlier by their physician or due to personal preference.

Remember, only two to four screening mammograms in 1,000 lead to a diagnosis of breast cancer.

<sup>1</sup>[www.cancer.org/cancer/breast-cancer/screening-tests-and-early-detection/mammograms/mammograms-what-to-know-before-you-go](http://www.cancer.org/cancer/breast-cancer/screening-tests-and-early-detection/mammograms/mammograms-what-to-know-before-you-go)

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Go to **HillPhysicians.com/HealthEnews** to sign up today.



# STRESS-

# SED

# -OUT

# KIDS

Between work, running your household, and transporting kids, you get stressed out sometimes. You're not the only one. Just like you, your children can feel overwhelmed, afraid or anxious. All that leads to stress. But you can help. When you know the causes and signs of stress in kids, you can do a lot to help yours find relief.

### **What Causes Stress in Children?**

When it comes to stress, school-age children are not so different from their parents. "The same sorts of things that cause stress in adults can cause stress in your children, too," said Rina Shah, MD, a pediatrician at Tri-Valley Pediatrics in San Ramon.

She offers a few examples:

- Schoolwork
- Bullying
- Not getting along with friends
- Moving, changing schools
- Family issues, such as divorce, a death, a birth
- Being separated from parents or caregivers
- Parental stress, from issues such as job loss or financial hardship
- Their changing bodies
- Worrying about the future
- Failing to meet expectations they set for themselves

"It's common for parents not to be aware of their children's stress," said Shah. Don't beat yourself up. Just learn the signs.



## How to Recognize Stress

You know your children well, but you might not always pick up on their stress. One in three children ages eight to 17 surveyed by the American Psychological Association reported having a stress headache in the previous month<sup>1</sup>. Nearly half had difficulty sleeping. But only 13 percent of parents knew about their children's headaches or sleep troubles<sup>2</sup>.

"It's common for parents not to be aware of their children's stress," said Shah. Don't beat yourself up. Just learn the signs.

School-age children who are under stress might:

- Become moody, irritable or inflexible
- Lose interest in the things they like
- Start doing poorly in school
- Have changes in their sleep patterns
- Wet the bed
- Feel or complain of fatigue
- Report stomachaches or headaches
- Say things like, "I'm bad," "I'm stupid" or "I'm not good enough"
- Lie, cheat or behave in out-of-the ordinary ways

## How Do You Talk to Children About Stress?

Acting out or slacking off might seem like cause for consequences, but Shah says to take a step back. If the behavior isn't typical, before you resort to punishment, have a conversation.

"When we slow down and talk to our children, they might be willing to share their burden," Shah said.

Let your child know that you just want to know what's happening. Shah suggests questions such as "How are you feeling? Why did you do that? What did you think you would gain/lose?"

With a little probing, you might learn what's bothering your child. Check back with your child often.

"Kids have a hard time communicating what's troubling them. Parents might not be able to solve every problem, but having the dialogue, giving children some tools to communicate, such as, 'I feel sad when you yell at me,' can go a long way," Shah said.

## How can you help children manage stress?

### Model Healthy Habits

Parents can model healthy stress management. "When you're stressed, are you screaming at the children?" Shah asks. "Or are you saying, 'Here's how I feel. Here's what I need to do to make myself feel better,' and explaining to the children that they are not the only ones who feel this way?"

### Suggest Activities

Help children find things that make them feel better. Journaling, drawing, yoga, sports – many activities that

relieve stress in adults can be beneficial for kids, too.

### Build Confidence

Did the stress come from failing to meet their own or someone else's expectations? Build confidence while at the same time teaching children that failure is inevitable.

"Congratulate them on their successes, big or small, while making it clear that always being the best is not possible and not the goal," Shah said. Illustrate this with stories of your own failures.

Build confidence by making them responsible for a chore or encouraging them in something they're good at.

### Empower

Did the stress come from a big change that makes the child feel a loss of control? Allow children to make age-appropriate decisions. Let them have a say in their extracurricular activities or the dinner menu.

"Empowering the child shows that you have confidence in them, which then builds their own confidence," Shah said.

### When Should You Get Help?

If you've tried many strategies and none seem to work, get outside help. Try your pediatrician, a teacher, therapist or school counselor. "You don't have to solve everything by yourself," said Shah.

<sup>1</sup> [www.apa.org/monitor/2010/01/stress-kids.aspx](http://www.apa.org/monitor/2010/01/stress-kids.aspx)

<sup>2</sup> [www.apa.org/news/press/releases/stress/2010/infographics-images.aspx](http://www.apa.org/news/press/releases/stress/2010/infographics-images.aspx)

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2409 Camino Ramon

San Ramon, CA 94583-0980

Telephone: 1-800-445-5747 or 925-820-8300

TTY to Voice: 1-800-735-2929 or Voice to TTY: 1-800-735-2922

Email: CRCoordinator@hpmg.com

You can file a grievance in person, by mail, or email. If you need help filing a grievance, our Civil Rights Coordinator is available to help you.

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### **U.S. Department of Health and Human Services**

200 Independence Avenue, SW

Room 509F, HHH Building

Washington, D.C. 20201

1-800-368-1019, 800-537-7697 (TDD)

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

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ՈՒՇԱԴՐՈՒԹՅՈՒՆ՝ Եթե խոսում եք հայերեն, ապա ձեզ անվճար կարող են տրամադրվել լեզվական աջակցության ծառայություններ: Ձանգահարեք 1-800-445-5747 (TTY (հեռատիպ) 1-800-735-2929):

پارسی (PERSIAN/FARSI):

توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. 1-800-445-5747 تماس بگیرید. (TTY: 1-800-735-2929)

РУССКИЙ (RUSSIAN):

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-445-5747, TTY (телетайп для плохо слышащих): 1-800-735-2929.

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。1-800-445-5747 (TTY: 1-800-735-2929) まで、お電話にてご連絡ください。

عَرَبِيّ (ARABIC):

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 800-445-5747-1 (رقم هاتف الصم والبكم: 800-735-2929-1).

ਪੰਜਾਬੀ ਦੇ (PUNJABI):

ਧਿਆਨ ਦਿਓ: ਜੇ ਤੁਸੀਂ ਪੰਜਾਬੀ ਬੋਲਦੇ ਹੋ, ਤਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਸਹਾਇਤਾ ਸੇਵਾਵਾਂ ਤੁਹਾਡੇ ਲਈ ਮੁਫਤ ਉਪਲਬਧ ਹਨ। 1-800-445-5747 (TTY: 1-800-735-2929) 'ਤੇ ਕਾਲ ਕਰੋ।

ភាសាខ្មែរ (MON-KHMER, CAMBODIAN):

ជូនដំណឹង: បើសិនជាអ្នកនិយាយភាសាខ្មែរ សេវាជំនួយផ្នែកភាសាភាគតិចត្រូវ គឺអាចរកបានសម្រាប់អ្នក។ សូមទូរស័ព្ទទៅលេខ 1-800-445-5747 (TTY: 1-800-735-2929)។

HMOOB (HMONG):

LUS CEEV: Yog tias koj hais lus Hmoob, muaj cov kev pab txog lus pab dawb rau koj. Hu rau 1-800-445-5747 (TTY: 1-800-735-2929).

मानक हिन्दी (HINDI):

कृपया ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। 1-800-445-5747 (TTY: 1-800-735-2929) पर कॉल करें।

ไทย (THAI):

โปรดทราบ: ถ้าคุณพูดภาษาไทย คุณสามารถใช้บริการช่วยเหลือทางภาษาได้ฟรี โทร 1-800-445-5747 (TTY: 1-800-735-2929)



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