

PA Medicaid

Wholecare Connections

Summer 2022



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Need help with housing?

We can connect you to resources that can help.

The Wholecare Resource Center connects you to food, clothing, housing, utility bill assistance, education programs, and much more in seconds.

We even tell you which programs you may qualify for and how many benefits you could receive!



Get started today!

Visit.

highmarkwholecare.com/WRC
Enter your zip code.

Call.

You can also call us to get connected! Just dial **1-800-392-1147** (TTY 711).

Get connected.

- Find local programs, resources, and support
- See which programs you may qualify for
- Apply to programs
- Bookmark programs
- Get program alerts

Highmark Wholecare wants to hear from you!



Good feedback offers new insight, builds awareness, and identifies opportunities for improvement. We know your opinions and experiences are valuable. Sharing with us allows Highmark Wholecare to get a well-rounded viewpoint from the members we serve.

We've made it easy for you to provide your feedback. Just send your answers to the questions below to: MemberFeedback@HighmarkWholecare.com

There are no right or wrong answers. We're asking for your feedback on how best to serve you in the future.

Questions:

- 1. Interpreter Services:** Do you use interpreter services when you call Highmark Wholecare? Or do you need an interpreter when you see your doctor? If you do use an interpreter, we want to hear your story! Please tell us about your experiences using interpreter services.
- 2. Member Portal:** Did you know that Highmark Wholecare has a member portal? You can use it to find all kinds of useful information. If you do not have an account, you can register for one by visiting <https://highmarkwholecare.com/Medicaid/Member-Tools/Get-Started-With-Highmark-Wholecare>. If you do have an account, we want to know what you think! Tell us your favorite and least favorite things about the member portal. Which features do you find most useful?
- 3. Primary Care Provider (PCP):** Tell us about your relationship with your PCP. When was the last time you saw your PCP? Does your PCP take your opinions, culture, or personal beliefs into consideration while providing your care?
- 4. Health Plan Programs:** Would you like to help us come up with new programs? Do you have opinions on current ones to help us improve? If so, we would be happy to have you be a part of our committee! Please send us an email at MemberFeedback@HighmarkWholecare.com with your first and last name, phone number, and email address so a member of our team can reach out to you with more information.

Thank you in advance for your help. We greatly appreciate your feedback.

Your digital ID card is always at your fingertips.

There is no need to search for your member ID card again.

Your digital ID card is always available on your mobile device or computer, and it works the same as the physical one. Use it when you visit the doctor or pay for services or care. When you pull it up, you can be confident you're providing your current health plan details.

Don't like talking on the phone?

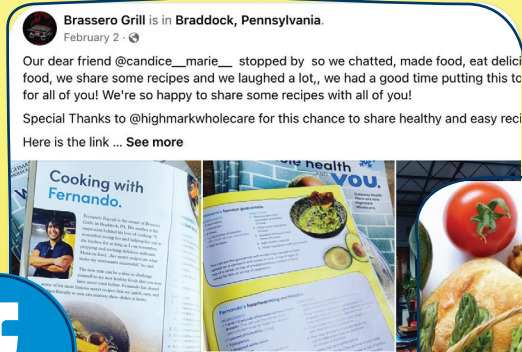
Use secure messaging and live chat in our free member portal and mobile application!



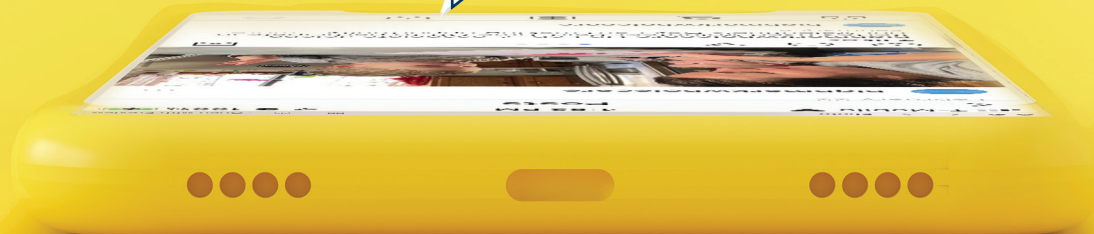
We like you... like us back!

Like and follow Highmark Wholecare on social media to discover more ways to achieve whole life health.

Say hello to
**Highmark
Wholecare**



Food insecurity is the measure of the availability of food and an individual's ability to access it.



Our Facebook, Instagram, and Twitter pages include:

- Information on benefits and programs to help you get the most out of your membership.
- Community events and activities for you and your loved ones.
- Health and wellness tips to help you feel your best.
- Free vaccination clinics and screenings.
- Resources for food, housing, and utility assistance.
- Healthy, delicious, and budget-friendly recipes.
- And much more!

Connect with us on Facebook (@**HighmarkWholecarePlans**), Instagram (@**highmarkwholecare**) and Twitter (@**ItsWholecare**) today.

If you would like to see additional content on our social media channels, we'd love to hear from you! Send us a message through any of our social media channels with your suggestions.



Back to School Well Visits Continued

For attendance in seventh grade:

- One dose of tetanus, diphtheria, a cellular pertussis (Tdap) on the first day of seventh grade
- One dose of meningococcal conjugate vaccine (MCV) on the first day of seventh grade

For attendance in 12th grade:

- One dose of MCV on the first day of 12th grade.
 - If one dose was given at 16 years of age or older, that shall count as the 12th grade dose.



For additional information please refer to:

<https://www.health.pa.gov/topics/programs/immunizations/Pages/School.aspx>



Need a new ID Card? Need to change your PCP? Need help with scheduling an appointment? Please call Highmark Wholecare at 1-800-392-1147 (TTY/TTD users, call 711)

Our Highmark Wholecare Connection Centers bring Wholecare to the community.



We know health care can be complicated. You shouldn't have to figure it out on your own. That's why we created our Highmark Wholecare Connection Centers.

What are the Highmark Wholecare Connection Centers?

At the Highmark Wholecare Connection Centers, you will have access to in-person guidance and programs that support whole life health. It could be one-on-one support about getting the most out of your benefits, or health and wellness programs that can help you reach your health goals. The Highmark Wholecare Connection Center team aims to help you not only focus on your physical health, but your mental and financial health too.



What services do the centers offer?

- Face-to-face, holistic care management and care coordination
- Member service support
- Wellness and nutrition education
- Various events and workshops
- Self-service member kiosks for basic internet searches, membership information, access to the Wholecare Resource Center and more
- Other programs are also offered, such as understanding your medication



Visit us at our two locations!

Pittsburgh Center - East Liberty
6033 Broad Street
Pittsburgh, PA 15206

Harrisburg Center - Midtown
1426 N. Third Street
Harrisburg, PA 17102



COVID-19 update:

We follow the latest Centers for Disease Control (CDC) COVID-19 guidelines. Face masks can be provided.

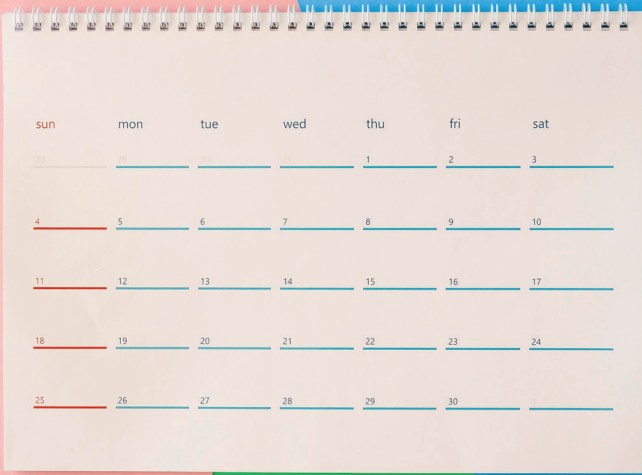


Want to learn more?

For questions about the Highmark Wholecare Connection Center, please email us at:

**PittsburghConnectionCenter@
HighmarkWholecare.com** or
call us at **412-690-7400 (TTY 711)**.

**HarrisburgConnectionCenter@
HighmarkWholecare.com** or
call us at **717-510-7600 (TTY 711)**.



Save the Date for FREE Summer Events at the Highmark Wholecare Connection Center in Pittsburgh!

Join us at the Healthy Eating and Diabetes Education events to get the following:

- Access to free healthy frozen foods and fresh produce provided by the Greater Pittsburgh Community Food Bank
- Diabetes and healthy eating education from our licensed nutritionists
- Care management support
- Free games & prizes
- And more!

When:

10 a.m. - 2 p.m. on the following dates:

- 8/19/22 and 8/20/22 (two day event at the Harambee Festival)
- 9/20/22

Join us at the Smoking Cessation & Respiratory event!

- Smoking cessation coaching from experts
- Adagio Health
- Breathe PA
- Medication Counseling
- Nicotine replacement products

When:

11 a.m. - 1 p.m. on the following date:

- 7/12/22



Highmark Wholecare Connection Center

6033 Broad Street (Right near the Target in East Liberty)
Pittsburgh, PA 15206

PittsburghConnectionCenter@HighmarkWholecare.com

SUN SENSE:

Beat the Heat!

We all love having fun in the sun, but it is important to protect yourself from the rays and the heat.



Find shade.

Limit your direct exposure to the sun, especially between 10 a.m. and 4 p.m., when UV rays are strongest.



Cover up!

Wear a hat and clothing to cover and protect skin.



Use bug repellent.

Mosquitoes can carry a number of illnesses, including the Zika virus and West Nile virus.



Stay hydrated.

Drink lots of water throughout the day. Drink water at least every 20 minutes when it is hot outside.

Take breaks.

Be sure to stop and rest during physical activity so you don't get overheated.



Protect your eyes.

Wear sunglasses that block at least 99% of UV light.

Use sunscreen.

Be sure it says "broad-spectrum" with an SPF of at least 30. A water-resistant sunscreen will protect you in and out of the water. Re-apply sunscreen every two hours.



Remember, even on cloudy days, the sun can still be harmful.

Infuse your water.

It's especially important to stay hydrated in the summer.

At times, drinking water can get boring. Infusing your water is an easy way to increase your daily water intake and makes drinking water fun and exciting. Check out some ideas to infuse your water or have fun making your own creations. The possibilities are endless!

Tips for water infusing.

- Use cold or room temperature water. Hot water will take away nutrients and vitamins.
- Let the fruit-infused water sit at room temperature for one to two hours or refrigerated for about three to four hours before drinking it. Infusing for up to eight hours will make it pretty strong, if that's your preference.
- If you're adding citrus peel, like lemons and limes, those can get bitter after just five to six hours, so you'll want to consider what fruits you're using, as well.
- Frozen fruit works, too, but it won't be as flavorful and will break further down in the water than fresh fruit.
- If you prefer carbonated water, that works fine, too! Just drink it right away, so your drink can stay bubbly.
- Check out your farmers' market for some inspiration!

Source: Hill, M. (2021, May 1). 8 infused water recipes. Culinary Hill. <https://www.culinaryhill.com/8-infused-water-recipes/>

Yummy water infusion ideas:

Strawberry, basil, and lemon.

- Strawberries, stemmed and sliced; fresh or frozen
- Large fresh basil leaves, torn
- Lemon, thinly sliced

Blackberries, orange, and ginger.

- Blackberries
- Orange, thinly sliced
- One piece fresh ginger, peeled and thinly sliced

Blueberry, lemon, and rosemary.

- Blueberries
- Lemon, thinly sliced
- 4 sprigs fresh rosemary

Watermelon, kiwi, and lime.

- 1 cup watermelon, cubed
- 1 kiwi, diced or cut into circles
- 1 lime, sliced into circles

Mango, raspberry, and ginger.

- Mango, peeled and cubed
- Raspberries
- One piece fresh ginger peeled and thinly sliced

Honeydew, cucumber, and mint.

- Honeydew, cubed
- Cucumber, thinly sliced
- Fresh mint leaves, torn



Summer Recipes

Here are some sensational summer recipes from MyPlate Kitchen. They use seasonal fruits and vegetables, and are all healthy, low cost and delicious! For more recipes like these, visit myplate.gov/recipes

Somali Summer Salad

A delicious summer salad to serve when vegetables are at their peak. Great with any grilled poultry or meats. Makes 8 servings.

INGREDIENTS

- 3 tablespoons olive oil
- 1 tablespoon lemon juice
- 3 apples
- 2 green peppers
- 3 tomatoes
- 2 cucumbers
- Salt and pepper to taste

DIRECTIONS

1. In a large bowl, combine oil and lemon juice.
2. Dice all fruits and vegetables and then add to the bowl.
3. Add salt and pepper to taste.
4. Serve chilled.
5. Best served within 24 hours.



Summer Breeze Smoothies

A delicious smoothie makes the perfect summer snack or dessert. Makes three servings.

INGREDIENTS

- 1 cup plain non-fat yogurt
- 6 medium strawberries
- 1 cup crushed pineapple, canned in own juice
- 1 medium banana
- 1 teaspoon vanilla extract
- 4 ice cubes

DIRECTIONS

Place all ingredients in a blender and puree until smooth. Serve in frosted glasses.



Cantaloupe Cooler

Cool down in the heat with this easy-to-make fruit cooler.

INGREDIENTS

- 1 ripe cantaloupe
- 2 1/2 cups cold orange juice
- 2 tablespoons sugar
- Crushed ice

DIRECTIONS

1. Cut melon in half. Scoop out seeds, remove rind and discard. Cut melon into 1-inch cubes.
2. In blender or food processor, blend melon cubes with 1/2 cup orange juice until smooth.
3. Pour puree into pitcher and stir in remaining orange juice and the sugar. Stir until the sugar is dissolved.
4. Pour into glasses filled with crushed ice.



Get more at the farmers' market.



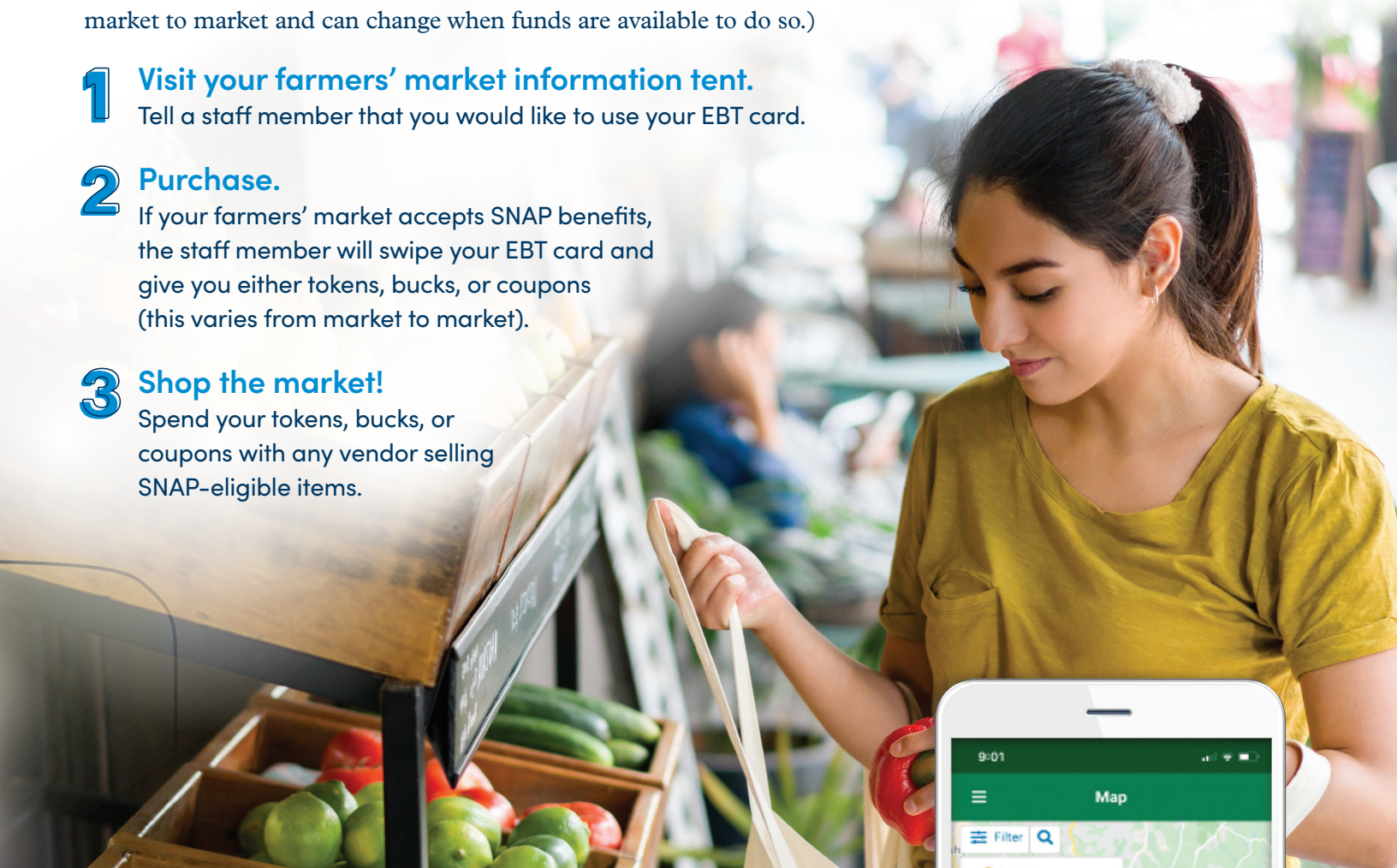
Use your SNAP benefits at participating farmers' markets.

Did you know that some farmers' markets accept SNAP/ EBT (food stamps)? Many even offer matching programs, which means you can get more for your money when shopping for fresh fruits and veggies! (Note: matching varies from market to market and can change when funds are available to do so.)

1 Visit your farmers' market information tent.
Tell a staff member that you would like to use your EBT card.

2 Purchase.
If your farmers' market accepts SNAP benefits, the staff member will swipe your EBT card and give you either tokens, bucks, or coupons (this varies from market to market).

3 Shop the market!
Spend your tokens, bucks, or coupons with any vendor selling SNAP-eligible items.

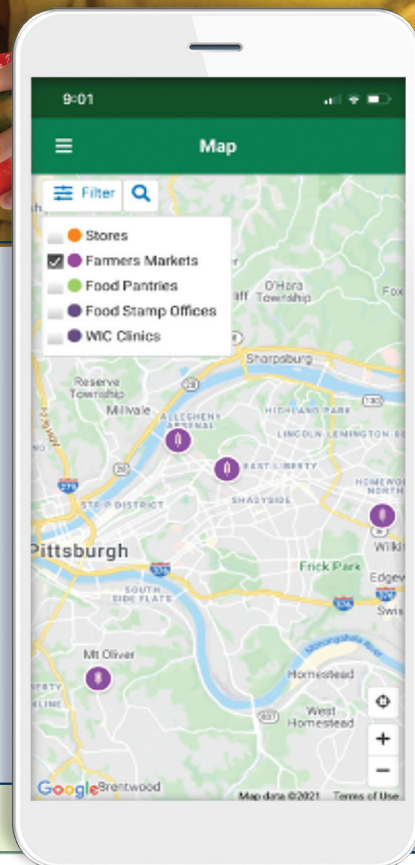


Want to find a farmers' market near you that accepts SNAP?



Download the Fresh EBT App today!

Once downloaded, create an account using your ACCESS EBT card number and click on "Maps." Then select "Farmers' Markets" to find farmers' markets around you that accept SNAP benefits.



Not enrolled in SNAP benefits?

Here's how you can apply.

Most low-income households are eligible for SNAP benefits. The COMPASS website has a “Do I Qualify?” tool or you can visit your local County Assistance Office to learn more.

To apply for or renew your SNAP benefits, go to compass.state.pa.us. If you need help completing the application form or have questions about benefits, trained County Assistance Office staff can help you in person.

Questions about your SNAP benefits?

Call the Department of Human Services Helpline, toll-free at 1-800-692-7462 (1-800-451-5886 TDD). Or, visit your County Assistance Office.



Domestic violence survivors are at risk for brain injuries. One study shows as many as **90% of survivors** have symptoms of brain injury.

Abusers cause these injuries in many ways. They include:

- Hitting their head off a hard object
- Shaking them
- Using a weapon on their head
- Choking them

Brain injury can be hard to detect. Not all survivors can seek care after abuse. Even when they do, these injuries are often missed. Health care providers do not always ask survivors about injuries to their heads. Survivors may not talk about these injuries unless asked. Even when screening is done, it can still be hard to diagnose this type of harm. Survivors can experience long-term symptoms due to head injury.

Domestic violence survivors do not have to deal with these injuries alone. It is never too late for anyone who thinks they have a brain injury to seek help. Some resources that might be able to help are:

- Domestic violence programs have information about local resources. This includes brain injury supports.
- The Brain Injury Resource Line provides information about these injuries. Their phone number is **1-800-444-6443**.
- The Concussion Concierge connects people with a brain injury to providers. Their website is <https://www.theuntoldfoundation.org/concussion-concierge>.



Find your local domestic violence program on the Pennsylvania Coalition Against Domestic Violence website. The services offered by these programs are free and confidential. <https://www.pcadv.org/find-help/find-your-local-domestic-violence-program/>



The National Domestic Violence Helpline:
1-800-799-SAFE (7233)
or to chat:
<https://www.thehotline.org/>

24-Hour Nurse Line

Help is just a phone call away.

Highmark Wholecare wants to make sure you have the answers when you need them. Our Nurse Line is available 24 hours a day, 7 days a week, 365 days a year. Get answers to your health questions by calling **1-855-805-9408 (TTY users, call 711)**.

This free service is available to all Highmark Wholecare members to ask basic health questions about:

- Current symptoms
- Medicine dosage or side effects
- Home treatments
- When to go to the doctor
- When to go to the urgent care center*

A registered nurse will take the time to understand what is happening and provide information just for you at no cost.

We also offer information through a health information library, in both audio and online in many languages. Our Nurse Line staff speaks English and Spanish. For more languages, please ask for a translator when you are connected. We have over 200 languages available!

**If you or a family member is having a life-threatening emergency, call 911 or go to the nearest emergency room.*



Reducing Summertime Emergency Room Visits



As summer starts and kids spend more time playing outside, they are more likely to get hurt or need medical care. Kids visit the emergency room from May until September more than any other time of the year. It's important that you know which injuries or symptoms need emergency medical care. Some common summer injuries and illnesses can be treated at home, a doctor's office or an urgent care center. Here is a list of some of the most common reasons for summertime emergency room visits, and how to know when emergency care is needed:

Injuries	When to Visit the ER	When to Treat at Home
Sports/ Play-Related Injuries	<ul style="list-style-type: none"> The injury shows extreme swelling. The child cannot move the body part that is hurt. They can't feel the body part that is hurt. The body part that is hurt looks misshapen. 	<ul style="list-style-type: none"> The child can move the body part that is hurt. Any bleeding has stopped. The pain can be managed by over-the-counter medicine.
Rash	<ul style="list-style-type: none"> The rash covers the entire body. The rash has small red or purple spots. The child has a fever. The rash doesn't turn white when pressed. The child has hives on their face. 	<ul style="list-style-type: none"> The rash only occurs in 1 or 2 places on the body.

Injuries	When to Visit the ER	When to Treat at Home
Headache	<p>The headache does not improve with over-the-counter medicine.</p> <p>The child cannot do normal activities (eating, playing, etc).</p> <p>The child is confused, has blurred vision, or trouble walking.</p> <p>The child has a stiff neck, fever, vomiting, or rash.</p>	<p>The headache improves with over-the-counter medicine.</p> <p>The headache only lasts for a few hours.</p>
Sun Exposure	<p>The child has severe sunburn that covers a large part of their body with blisters.</p> <p>The child is dehydrated, has a high fever, headache, severe pain, confusion, nausea, or chills.</p> <p>There are signs of infection (pus, swelling, and red streaks).</p>	<p>The sunburn responds to at-home care, such as Aloe Vera, cool showers/baths, cold compresses, or hydrocortisone cream.</p>
Insect/Animal Bites	<p>Animal bites, especially to the face, with torn skin that is actively bleeding.</p> <p>Bee stings that cause problems with breathing or swallowing. Also, fainting or dizziness, hives, or flushed/pale skin.</p> <p>Insect bites that lead to severe pain, redness or warmth at the bite location. Also severe cramping, drainage from the bite, vomiting, and flushed/pale skin.</p>	<p>A bee sting with no bad reactions with subsiding pain.</p>

This information is not intended to be medical advice or replace the advice of your doctor. Call your doctor if you have a medical concern and are not sure if professional medical care is needed. If you feel that it is a medical emergency, call 911 or go to your nearest emergency room.

Sources:

- <https://familydoctor.org/child-need-emergency-services/>
- <https://memorialhermann.org/services/specialties/childrens/patients-visitors/kids-health-safety-guide/emergency-medicine/when-to-go-to-emergency-room>
- <https://rockymountainhospitalforchildren.com/health-education/when-to-take-your-child-to-the-er-for-bites.dot>
- <https://www.mayoclinic.org/diseases-conditions/sunburn/expert-answers/sunburn-treatment/faq-20057815>

Free Cell Phone Service



Talk, text and data every month!

Highmark Wholecare is proud to be working with SafeLink Wireless to offer PA Medicaid members this special Lifeline program at no cost!

Once enrolled, receive:

- A free smartphone or the option to use your own smartphone*
- 350 talk minutes per month
- Unlimited text messaging
- 4.5 GB of data per month**
- UNLIMITED free calls to Highmark Wholecare at 1-800-392-1147

With a SafeLink phone, there are no bills, so there are no surprises. You can always call 911 or Highmark Wholecare for free, even if you run out of minutes.

Apply today at
www.SafeLink.com



For more information on how to apply for this program, call Highmark Wholecare Member Services at 1-800-392-1147 or apply online.

SafeLink
WIRELESS®



Check out important notices online!

Highmark Wholecare cares about the health and well-being of our members. We have guidelines in place to make sure you receive the quality care and service you deserve. Our guidelines cover topics like:

- Medical necessity
- Doctor appointments
- Second opinions
- Protecting your privacy

Go to [HighmarkWholecare.com/Medicaid/member-newsletters](https://highmarkwholecare.com/Medicaid/member-newsletters) to view these and other important topics. You can also ask for a printed copy of the Important Member Notices by calling 1-800-392-1147 (TTY users, call 711).

Members Rights and Responsibilities 2022

There are things you have a right to and things you must do as a member of Highmark Wholecare. Those things are your Member Rights and Responsibilities. Your rights and responsibilities can be found in Section 2 of your Highmark Wholecare Member Handbook. The Member Handbook can be found on the Highmark Wholecare website at: <http://highmarkwholecare.com/Medicaid/member-tools/member-handbook>.

For a paper copy, please call Member Services Monday through Friday from 8 a.m. to 8 p.m. at 1-800-392-1147. TTY Users dial (711) or call 1-800-654-5984.

View or order your copy of the 2022 Member Handbook.

The Member Handbook explains how your plan works and outlines your benefits and cost sharing. It also explains your rights and responsibilities as a member, as well as other important topics. Visit HighmarkWholecare.com/Medicaid/member-tools/member-handbook to view or download a copy of the 2022 Member Handbook. You can also request a printed copy of the handbook by calling Member Services at **1-800-392-1147**. **Hearing-impaired TTY users call 711.**



What to Do if You Suspect Fraud



If you suspect health care fraud, waste or abuse, call us at **412-255-4340** or **1-800-685-5235** (TTY Users can call **711** or **1-800-654-5984**) so we may look into your concerns. You have the option to remain anonymous at all times. You do not have to give your name. Highmark Wholecare has a team of people who look into all calls or mail regarding possible fraud, waste or abuse of health care services.



Highmark Wholecare complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex gender, gender identity or expression, or sexual orientation.

Highmark Wholecare does not exclude people or treat them differently because of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex gender, gender identity or expression, or sexual orientation.

Highmark Wholecare 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)

Highmark Wholecare 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 Highmark Wholecare at 1-800-392-1147

If you believe that Highmark Wholecare has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex gender, gender identity or expression, or sexual orientation, you can file a complaint with:

Member Appeals,
P.O. Box 22278
Pittsburgh, PA 15222
1-800-392-1147, [TTY/PA Relay 711],
Fax# (844)325-3435

The Bureau of Equal Opportunity,
Room 223, Health and Welfare Building,
P.O. Box 2675,
Harrisburg, PA 17105-2675,
Phone: (717) 787-1127, TTY/PA Relay 711,
Fax: (717) 772-4366, or
Email: RA-PWBEOAO@pa.gov

You can file a complaint in person or by mail, fax, or email. If you need help filing a complaint, Highmark Wholecare and the Bureau of Equal Opportunity are 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>

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-800-392-1147 (TTY 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-392-1147 (TTY/PA RELAY 711).

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-392-1147 (телетайп/PA RELAY 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 1-800-392-1147 (TTY/PA RELAY 711)。

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-392-1147 (TTY/PA RELAY 711).

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم (رقم هاتف الصم والبكم 711). 1-800-392-1147.

ध्यान दिनुहोस्: तपाईंले नेपाली बोल्नुहुन्छ भने तपाईंको निम्ति भाषा सहायता सेवाहरू निःशुल्क रूपमा उपलब्ध छ । फोन गर्नुहोस् 1-800-392-1147 (टिडिवाइ/PA RELAY 711) ।

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-800-392-1147 (TTY/PA RELAY 711) 번으로 전화해 주십시오.

ប្រយ័ត្ន: បើសិនជាអ្នកនិយាយភាសាខ្មែរ, សេវាជំនួយផ្នែកភាសាដោយមិនគិតលុយ ក៏អាចមានសំរាប់អ្នក។ ចូរ ទូរស័ព្ទ 1-800-392-1147 (TTY/PA RELAY 711) ។

ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposes gratuitement. Appelez le 1-800-392-1147 (ATS/PA RELAY 711).

သတိပြုရန် - အကယ်၍ သင်သည် မြန်မာစကား ကို ပြောပါက၊ ဘာသာစကား အကူအညီ၊ အခမဲ့၊ သင့်အတွက် စီစဉ်ဆောင်ရွက်ပေးပါမည်။ ဖုန်းနံပါတ် 1-800-392-1147 (TTY/PA RELAY 711) သို့ ခေါ်ဆိုပါ။

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-392-1147 (TTY/PA RELAY 711).

ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1-800-392-1147 (TTY/PA RELAY 711).

লক্ষ্য করুন: যদি আপনি বাংলা, কথা বলতে পারেন, তাহলে নিঃখরচায় ভাষা সহায়তা পরিষেবা উপলব্ধ আছে। ফোন করুন 1-800-392-1147 (TTY/PA RELAY 711)।

KUJDES: Nëse flitni shqip, për ju ka në dispozicion shërbime të asistencës gjuhësore, pa pagesë. Telefononi në 1-800-392-1147 (TTY/PA RELAY 711).

सुचना: જો તમે ગુજરાતી બોલતા હો, તો નિઃશુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો 1-800-392-1147 (TTY/PA RELAY 711).

Health benefits or health benefit administration may be provided by or through Highmark Wholecare, coverage by Gateway Health Plan, an independent licensee of the Blue Cross Blue Shield Association ("Highmark Wholecare").