



Enjoy health



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Aetna Better Health® of New Jersey

Type 2 diabetes: Act now to lower your risk

We all live with risks to our health. We do what we can to lower them. For instance, we buckle our seat belts when we get in a car. We take our medicines as prescribed. We also get the vaccines that we need.

However, there is another serious health risk that many of us overlook: type 2 diabetes.

Type 2 diabetes can hurt our bodies from head to toe. If not well-controlled, type 2 diabetes can cause heart disease, stroke, eye and foot problems, and more.

Fortunately, there are ways to prevent or delay this most

common form of diabetes.

Who is at risk?

You may be at risk for type 2 diabetes if you:

- Are overweight or obese.
- Are 45 years old or over.
- Have a family history of diabetes.
- Are African American, Alaska Native, American Indian,

Asian American, Hispanic/Latino, Native Hawaiian or Pacific Islander.

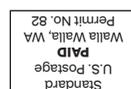
- Have high blood pressure.
- Have a low level of high-density lipoprotein (HDL) cholesterol (the “good” cholesterol) or a high level of triglycerides.

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Spot an important way to save your vision

 When you have diabetes, it puts you at higher risk for diseases that can harm your vision. The good news? There's plenty you can do to protect your eyes.

To reveal one key way to protect your sight, rearrange the tiles at the right to spell out a hidden message. The first one is filled in for you.

Hint: Your eyes need this every year.

Source: American Diabetes Association

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Answer: To save your sight, have a dilated eye exam.

Type 2 diabetes: Act now to lower your risk

Continued from front page

- Have had gestational diabetes (diabetes during pregnancy) or had a baby weighing 9 or more pounds.
- Are physically inactive.
- Have a history of heart disease or stroke.
- Have polycystic ovary syndrome (PCOS).
- Have *acanthosis nigricans* — dark, thick, velvety skin around your neck or armpits.

How can I help prevent it?

Type 2 diabetes doesn't have to be in your future. Healthy eating and exercise habits can significantly lower your risk.

Here are three things to try:



Shed a few pounds if you're overweight.

Losing just 5% to 7% of your starting weight can make a difference. For example, if you weigh 200 pounds, set a goal of losing 10 to 14 pounds.



Get moving. Aim for at least 30 minutes of physical activity five days a week. If you've been inactive, check with your health care provider about which activities are best for you. Start slowly and build up to your goal.



Eat healthy foods — but not too much. Lower your daily calorie intake by eating smaller portions. For example, fill half your plate with vegetables and fruits. Fill a quarter with

whole grains. Use just a quarter of it for a low-fat protein.

Choose low-fat foods that don't have a lot of sugar, salt or calories. Drink water instead of sweet beverages. Keep your tastebuds happy: Use spices and herbs rather than salty, fatty and sugary condiments to flavor your food.

You can do it!

If you are at risk of developing type 2 diabetes, you can take control, starting today. Talk with your provider about more ways to prevent this disease.

Source: National Institute of Diabetes and Digestive and Kidney Diseases

3 facts to know about stress

We've all experienced stress. Whether it's on the night before a big test or in traffic on the way to the airport, stress is a normal part of the human experience. Too much stress, though, can be a serious problem.

Here are three things you should know about stress, including how to cope when you're feeling overwhelmed.

1. **Stress sometimes serves a needed purpose.**

Stress isn't just some inconvenient feeling — it can help keep us alive and help us thrive.

Our stress response (aka our “fight or flight” response) kicks in when we face dangerous situations, such as a possible animal attack or car crash. When we experience stress, our nervous system releases hormones (such as adrenaline and cortisol) that help us physically step into action in an emergency.

Stress also allows us to meet challenges like answering tough questions at a job interview or tackling a needed task before a deadline.

2. **Chronic stress can harm our health.**

Both our physical and mental health can suffer if normal stressors become ongoing ones and if we're always feeling frazzled. Chronic stress can



 Still struggling? If you are experiencing frequent stress symptoms, consider talking to your primary care provider or a mental health therapist.

cause symptoms such as:

- Anxiety.
- Chest pain.
- Depression.
- Digestive problems.
- Frequent colds.
- Heart disease.
- Loss of interest in sex.
- Problems sleeping.
- Weight loss or gain.

3. **Stress can be managed.**

If you find that you need to take a breather when you feel flustered, you might want to try calming activities, such as:

- Taking some deep breaths.
- Going for a walk.
- Listening to relaxing music.
- Stroking a pet.

Other ways to help manage stress:

- Recognize what you can and can't control, and let go of the things that aren't in your control.
- Take a hard look at your schedule, and learn to say no to the activities and commitments that trigger your stress.
- Talk to trusted friends and family members about what's causing your stress.
- Focus on eating healthy foods. A nutritious diet can actually help you cope better with stress.

Source: HelpGuide



Mushroom barley soup

Makes 6 servings.

Ingredients

- 1 tablespoon canola oil, divided
- 1 medium onion, chopped
- 2 celery ribs, chopped
- ½ cup pearl barley, rinsed and drained
- 6 cups reduced-sodium vegetable broth, divided
- 5 cups (about ¾ pound) chopped mushrooms
- 2 teaspoons Worcestershire sauce
- 3 medium carrots, peeled and diced
- Salt and freshly ground black pepper
- Cayenne pepper, to taste

Directions

- In a large soup pot, heat ½ tablespoon of oil over medium heat. Add onion and celery, and sauté for 3 minutes.
- Add barley and stir, constantly, for 2 minutes.
- Add 4 cups of broth and bring mixture to boil. Reduce heat to low, cover and simmer for 40 minutes.
- Meanwhile, in a nonstick pan, heat remaining oil over medium-high heat. Add mushrooms and sauté for 6 minutes, stirring constantly, until mushrooms are tender.
- Add Worcestershire sauce, and stir for 1 minute.
- Remove mushrooms from heat. Stir in carrots and set aside.
- After barley has simmered for 40 minutes, add mushroom and carrot mixture and remaining 2 cups of broth.

- Bring to a boil, then reduce heat to low and simmer, covered, for 30 minutes, until vegetables and barley are very tender.
- Season to taste with salt, black pepper and cayenne.
- Serve immediately, or refrigerate for up to 4 days.

Mushrooms, barley and carrots make this soup full of fiber and high in vitamin B₆.

Nutrition information

Amount per serving: 140 calories, 2.5g total fat (0g saturated fat), 24g carbohydrates, 4g protein, 5g dietary fiber, 200mg sodium.

Source: American Institute for Cancer Research

4 things to know about stroke

Stroke is the fifth leading cause of death for Americans and the leading cause of serious long-term disability. Each year, about 800,000 people in the U.S. have a stroke.

These four facts will help you learn how to prevent strokes and deal with the emergency if it happens.

1. **Strokes affect everyone.** Anyone, even children, can have a stroke at any time. The risk goes up with age. Race also is a factor. The risk of having a first stroke is nearly twice as high for Black people as for white people. Black people also have the highest rate of death due to stroke.
2. **Most strokes can be prevented.** High blood pressure is the biggest treatable risk factor for stroke. That means that preventing it or controlling it, through lifestyle changes and medicine, is critical. Here are some ways you can help do that:

- Eat a healthy diet.
- Stay at a healthy weight.
- Avoid smoking and secondhand smoke.
- Prevent or manage other health conditions, such as high cholesterol, diabetes and obesity.
- Limit alcohol.

3. There are two types of strokes:

- Ischemic, where a blood clot blocks the blood supply to the brain.
- Hemorrhagic, where a blood vessel in the brain bursts.

Ischemic strokes are far more common, but both types of strokes kill brain cells.

4. **Stroke treatment and outcomes** depend on how quickly you get to the hospital and the type of stroke you have. The sooner you get treatment for a stroke, the better your chances to survive and avoid long-term disability.

Sources: American Heart Association; American Stroke Association; Centers for Disease Control and Prevention

Act F.A.S.T. Know the sudden signs of stroke



Face drooping.

Does one side of the face droop? Is it numb? Ask the person to smile. Is the smile uneven?



Arm weakness.

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?



Speech difficulty.

Is speech slurred or hard to understand? Can the person repeat back a simple sentence?



Time to call 911 —

even if the signs go away. Getting fast treatment may help limit damage to the brain.

OTHER STROKE SYMPTOMS

Sudden:

- Numbness or weakness, especially on one side of the body.
- Confusion.
- Difficulty seeing with one or both eyes.
- Trouble walking or dizziness.
- Severe headache.

Source: American Stroke Association



What kinds of prenatal tests can you expect?

During your pregnancy, your provider will want to run a number of tests to make sure you and your baby are healthy and safe. It's one of the reasons prenatal check-ups are so important.

Not every woman will need every test. Here's a look at some you might see.

First trimester (weeks 1 through 12)

Test	What it's for
Early ultrasound	You might have this test to make sure you're pregnant. You can also find out how long you've been pregnant.
Complete blood count	This test can find out if you have anemia or a problem with blood clotting.
Blood type and Rh factor tests	The Rh factor is a protein that can be found on red blood cells. If you don't have this protein and your baby does, it can cause issues in later pregnancies.
Urinalysis and urine culture	These tests can find out if you have a urinary tract infection or signs of diabetes.
Rubella screening	Rubella is also called German measles. This test shows whether you've had the measles before or if you have been vaccinated against the disease. If not, you need to take extra care to avoid anyone who has the disease while you are pregnant. It can cause birth defects.
Hepatitis B and C screenings	Hepatitis is a virus that infects the liver. It can be passed on to your baby.
Sexually transmitted infection screenings	You will be tested for syphilis and chlamydia. You may be tested for gonorrhea and HIV too. If not treated, these can cause problems for you and your baby.

Second trimester (weeks 13 through 26)

Test	What it's for
Glucose screening	This test looks for signs of gestational diabetes. That's a type of diabetes some women get during pregnancy.
Ultrasound	This is done to check on your baby's growth. It also looks for birth defects.

Third trimester (weeks 27 through birth)

Test	What it's for
Group B streptococcus (GBS) test	GBS can be passed on to your baby during delivery. The risk is much lower when you get treatment.

Throughout pregnancy

Test	What it's for
Blood pressure checks	High blood pressure can lead to a condition called preeclampsia. It can cause problems during pregnancy.
Blood tests	You'll get blood tests to look for anemia and other conditions all throughout pregnancy.
Urine tests	You'll get urine tests to look for signs of infection or preeclampsia all throughout pregnancy.

Sources: American College of Obstetricians and Gynecologists; March of Dimes



Women: Take good care of your heart

It's your No. 1 health risk

Like many women, you might consider breast cancer your top health concern. You may not realize there's an even bigger risk to your health: heart disease.

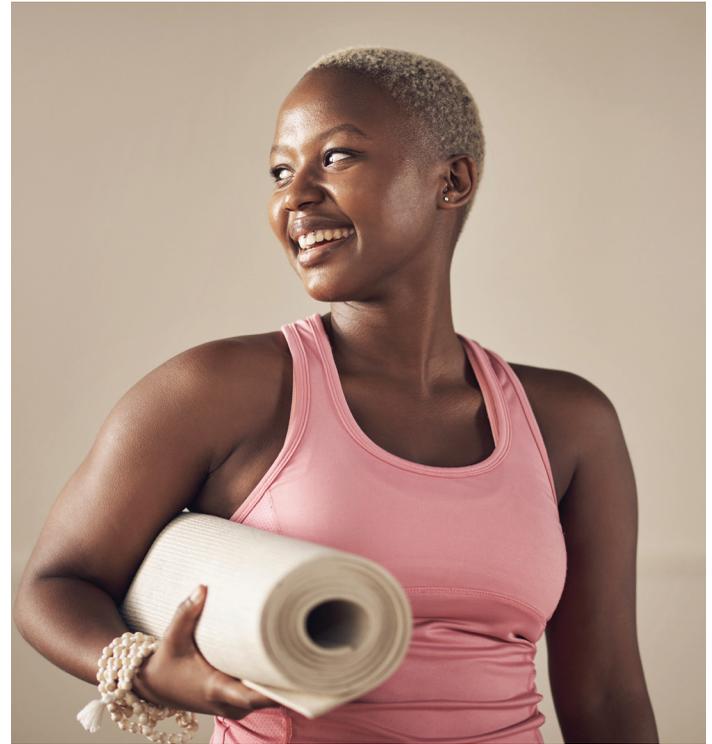
It's the leading killer of both men and women. Heart disease affects nearly 1 in 3 women during their lifetime, compared to 1 in 8 women who will get breast cancer.

Heart disease risk factors

Some things can make you more likely than other people to get heart disease, which sets the stage for heart attacks. Your risk rises if you:

- **Are 55 or older or postmenopausal.** One reason is the decline in the hormone estrogen (which offers women some heart protection) that occurs after menopause.
- **Have high blood pressure.** This hurts the heart's arteries. In addition, women are more prone to heart disease if they had high blood pressure during pregnancy.
- **Have high cholesterol.** Too much LDL cholesterol (the bad kind of cholesterol) in the blood can clog arteries in the heart, triggering a heart attack.
- **Have diabetes** — or if you have its precursor, prediabetes.
- **Have a family history of early heart disease.** If your father or brother had a heart attack before age 55 or your mother or sister had one before age 65, your risk rises too.
- **Are overweight or obese.** Extra weight is hard on the heart.
- **Make unhealthy lifestyle choices.** These include eating unhealthy foods, smoking or not exercising.

Sources: American College of Cardiology; American Heart Association; National Heart, Lung, and Blood Institute; U.S. Food and Drug Administration



4 ways to protect your heart

A good first step is to see your health care provider. Ask about your personal risk for heart disease and what you can do to lower it.

Meanwhile, you can:

1. **Carve out time for some exercise.** Walking is easy, and every step helps.
2. **Eat more heart-healthy foods.** Focus more on fruits, vegetables and whole grains. Choose foods low in salt and sodium, added sugars, and saturated or trans fats.
3. **Maintain a healthy weight.** Eating sensible food portions and exercising can help.
4. **If you smoke, try your best to quit.** Your heart will thank you!

Shovel snow the right way: Tips for safe snow removal



It's Winter, and you know what that means: snow. While it may be pretty to look at, snow can literally be a pain to shovel.

Every year, thousands of Americans are treated for injuries they get while shoveling snow.

Removing snow can be very hard on back, shoulder and arm muscles because it involves a lot of bending and heavy lifting. It can also be hard on the heart: Older adults face an increased risk for having heart problems while shoveling. Also, it's not unusual for people to slip or fall when shoveling snow.

Remove it safely

When it's time to tackle that snow-covered walkway or driveway, follow these suggestions for safe shoveling:

- Dress appropriately. Wear light, water-repellent clothing; a hat; gloves; and warm socks. Put on shoes or boots with good traction to avoid falling.
- Never use a shovel that is too heavy or too long.
- Clear snow early and often. It's easier to remove a light covering of snow from the ground than it is to clear packed, heavy snow.
- Take plenty of breaks and drink lots of water.
- If you feel any pain, stop shoveling right away. If you

have chest pain, seek medical attention immediately.

- Push snow instead of lifting it.
- Avoid throwing snow over your shoulder or to the side, because it can stress your back.

If you have any questions about your snow-shoveling fitness, you should talk to your

health care provider. This is even more important if you're older than 40, don't exercise regularly or have a history of heart problems.

Sources: American Academy of Orthopaedic Surgeons; National Institutes of Health; National Safety Council



Your provider: Caring for all of you

Primary care providers treat many illnesses, like the flu and sore throats. They also treat chronic conditions, like diabetes and high blood pressure. That's only part of what they do, though. Their goal is to treat you as a whole person, not just your disease.

That means your provider is also trained to help you with your behavioral health.

For instance, if you have diabetes, your provider will do far more than check your blood sugar and watch for problems. They can also help you cope with the emotional challenges of living with diabetes, like:

- Watching your diet.
- Making time to exercise.
- Managing medicine.

If you're a smoker with a lung disease like chronic obstructive pulmonary disease (COPD), your provider can help you work through the challenges of quitting.

These are just two ways providers can care for all of you.

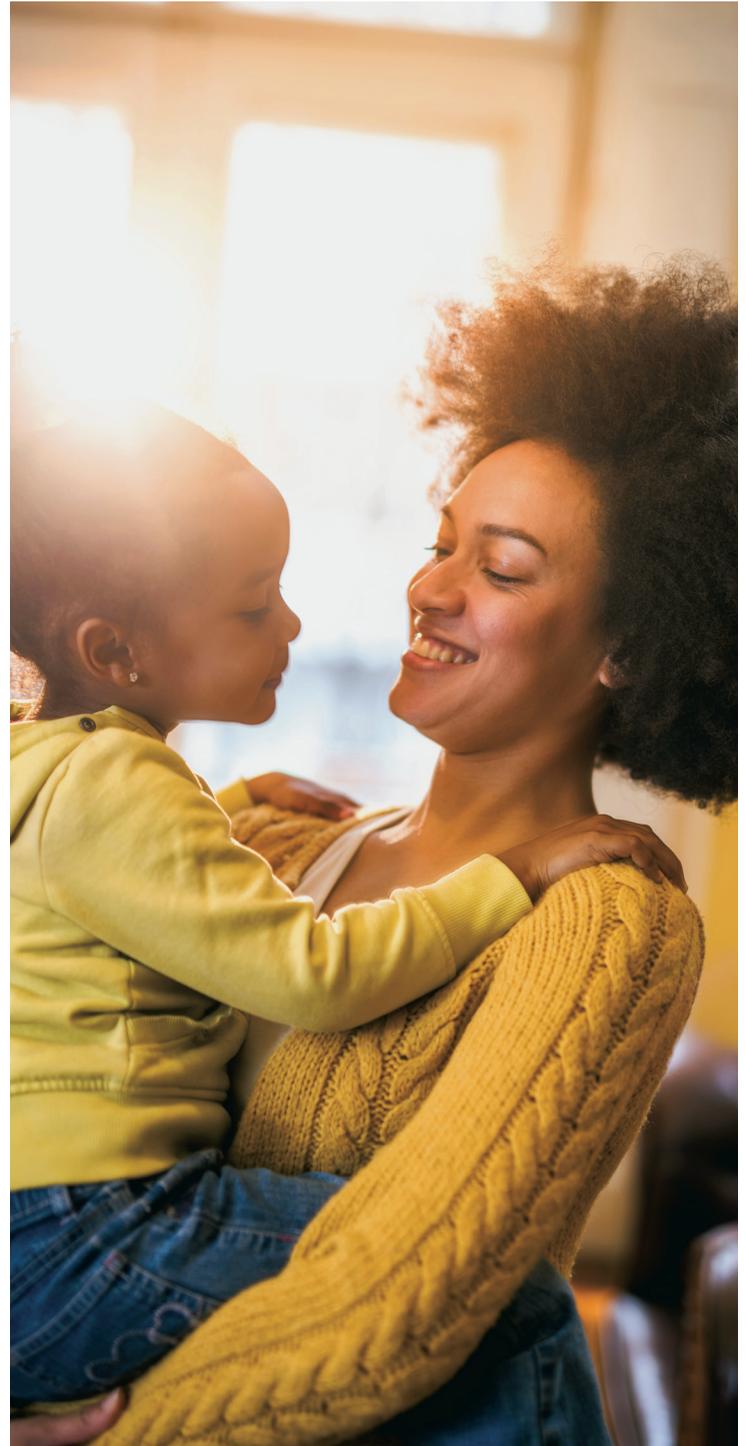
Whatever problems you might face, your provider can either help you directly or refer you to another professional or program.

Reach out

Your emotions can affect your health and how you take care of yourself, so your provider can also support you with things like:

- The loss of a loved one.
- Changes in your health or the health of a loved one.
- Relationship changes.
- A sensitive personal issue.

Sources: American Academy of Family Physicians; National Institutes of Health



 Your provider can help you if they know what's happening in your life. While it may be hard to be open about your feelings or sensitive issues, your provider is ready to support you.

Is it an emergency?

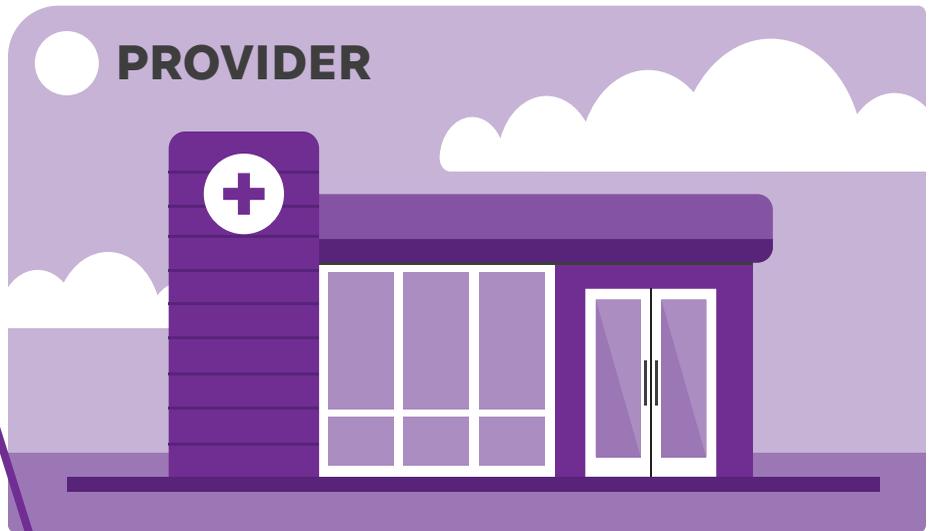
Imagine someone in your home is sick or hurt. They need care — but should you take them to your provider or to the emergency room (ER)?

It's not always easy to know. Here's a good hint: If it's severe or could be life-threatening, call **911**

or go to the ER. If it's not, your regular provider or urgent care may be a better choice.

Think you've got it? Here's a game to test your knowledge. See if you can match the symptom to the right kind of care.

- Bleeding that won't stop**
- Earache**
- Low fever**
- Chest pain**
- Sore throat**
- Trouble breathing**
- Twisted ankle**
- Passing out**
- Severe stomach pain**
- Skin rash**
- Sinus infection**
- Sudden trouble speaking**



Answers:

Provider: Earache. Low fever. Sore throat. Twisted ankle. Skin rash. Sinus infection. *ER:* Bleeding that won't stop. Chest pain. Trouble breathing. Passing out. Severe stomach pain. Sudden trouble speaking.

 If you're not sure, remember that you can call your provider or **911** before going to the ER.

Sources: American Academy of Pediatrics; American Academy of Urgent Care Medicine



Healthy teeth for a healthy life

A healthy mouth helps keep your whole body well. By taking simple preventive steps, you can avoid serious health issues.

Common problems include:

Cavities. Never ignore a cavity — if it isn't treated, it will result in pain and/or infection.

Gum disease. This is when gums and bone around the teeth become inflamed. If not treated, gum disease can

cause infections and bone loss that loosens teeth. It may also raise the risk of heart disease and stroke.

Tooth loss. Untreated tooth decay and gum disease can result in needing to have teeth extracted.

Dry mouth. People who don't have enough saliva may be at higher risk for tooth decay and infection. If you have

frequent dry mouth, consult your physician or dentist.

Tips for a healthy mouth

To help prevent problems:

- Brush your teeth twice a day with fluoride toothpaste.
- Floss once a day.
- Buy a new toothbrush with soft bristles every three to four months.
- Eat a balanced diet.
- Don't use tobacco.

Sources: American Dental Association; Centers for Disease Control and Prevention; U.S. Department of Health and Human Services



Make sure to have regular dental visits. Most adults and children should see a dentist every six months.

When to start key screenings

The U.S. Preventive Services Task Force recommends the following guidelines for most women and men. Talk with your doctor about what's right for you.

Age	Tests for women
	Chlamydia and gonorrhea. Be screened through age 24 if sexually active.
18	Blood pressure. Be screened every 3 to 5 years. Those at increased risk for high blood pressure should be screened yearly.
21	Cervical cancer. Have a Pap test every 3 years.
25	Chlamydia and gonorrhea. Continue screening if at increased risk for infection.
30	Cervical cancer. Have a Pap test every 3 years, a high-risk HPV test every 5 years, or a Pap test plus a high-risk HPV test every 5 years.*
35	Diabetes. Start screening based on risk factors.
40	Blood pressure. Be screened yearly. Cholesterol. Start screening based on risk factors.
45	Colorectal cancer. Talk with your doctor about screening options.
50	Breast cancer. Be screened every 2 years (or start earlier based on risk factors). Lung cancer. Be screened yearly based on your history of smoking.
65	Osteoporosis. Start screening (or start earlier based on risk factors).
	<i>*Women older than 65 may safely stop testing if they meet certain criteria.</i>

Age	Tests for men
18	Blood pressure. Be screened every 3 to 5 years. Those at increased risk for high blood pressure should be screened yearly.
35	Diabetes. Start screening based on risk factors.
40	Blood pressure. Be screened yearly. Cholesterol. Start screening based on risk factors.
45	Colorectal cancer. Talk with your doctor about screening options.
50	Lung cancer. Be screened yearly based on your history of smoking.
55	Prostate cancer. Ask your doctor about screening.
65	Abdominal aortic aneurysm. Be screened once between ages 65 and 75 if you've ever smoked.

 Need a network doctor? Search for a provider online at [AetnaBetterHealth.com/NewJersey/find-provider](https://www.aetna.com/better-health/new-jersey/find-provider) or call 1-855-232-3596 (TTY: 711).

Cervical cancer: Is it time to start screening?

Did you know you could help protect yourself from cervical cancer just by getting tested? There are two tests:

The Pap test looks for cell changes that might become cancer if not treated.

The HPV test looks for the virus that causes these cell changes. It's called human papillomavirus.

When should you be tested?

Women should have their first Pap test at age 21. You'll need to be tested every three to five years after that. Exactly how often depends on your age and which test — or tests — you decide to have.

Ask your provider what schedule is right for you.



What about the HPV vaccine?

Teen girls won't need cervical cancer tests until they're older — but there is something parents can do to protect preteens. Make sure they get the HPV vaccine before their 13th birthday. It can help protect them from the virus.

HPV is very common. Most people who have sex get infected with some type of

HPV during their lifetime. Getting the vaccine early in life can protect you from cervical cancer in the future.

It's best to get these shots when you're 11 or 12 years old. (Boys need them too.) If you missed them, though, you may still be able to get them later. Ask your provider.

Sources: Centers for Disease Control and Prevention; U.S. Preventive Services Task Force

Contact us



Member Services

1-855-232-3596

24 hours a day, 7 days a week

TTY: 711

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NJ-17-08-13

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ENGLISH: ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call the number on the back of your ID card or **1-800-385-4104** (TTY: **711**).

SPANISH: ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número que aparece en el reverso de su tarjeta de identificación o al **1-800-385-4104** (TTY: **711**).

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PORTUGUESE: ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para o número que se encontra na parte de trás do seu cartão de identificação ou **1-800-385-4104** (TTY: **711**).

GUJARATI: ધ્યાન આપો: જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહાયતા સેવાઓ તમારા માટે ઉપલબ્ધ છે. તમારા આઈડી કાર્ડની પાછળ આપેલા નંબર પર અથવા **1-800-385-4104** પર કૉલ કરો (TTY: **711**).

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ITALIAN: ATTENZIONE: Nel caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuita. Chiamare il numero sul retro della tessera oppure il numero **1-800-385-4104** (utenti TTY: **711**).

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TAGALOG: PAUNAWA: Kung nagsasalita ka ng wikang Tagalog, mayroon kang magagamit na mga libreng serbisyo para sa tulong sa wika. Tumawag sa numero na nasa likod ng iyong ID card o sa **1-800-385-4104** (TTY: **711**).

RUSSIAN: ВНИМАНИЕ: если вы говорите на русском языке, вам могут предоставить бесплатные услуги перевода. Позвоните по номеру, указанному на обратной стороне вашей идентификационной карточки, или по номеру **1-800-385-4104** (TTY: **711**).

FRENCH CREOLE: ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd nan lang ou pale a ki disponib gratis pou ou. Rele nan nimewo ki sou do kat Idantifikasyon (ID) w la oswa rele nan **1-800-385-4104** (TTY: **711**).

HINDI: ध्यान दें: यदि आप हिंदी भाषा बोलते हैं तो आपके लिए भाषा सहायता सेवाएं नि:शुल्क उपलब्ध हैं। अपने आईडी कार्ड के पृष्ठ भाग में दिए गए नम्बर अथवा **1-800-385-4104** (TTY: **711**) पर कॉल करें।

VIETNAMESE: CHÚ Ý: nếu bạn nói tiếng việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Hãy gọi số có ở mặt sau thẻ id của bạn hoặc **1-800-385-4104** (TTY: **711**).

FRENCH: ATTENTION: si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le numéro indiqué au verso de votre carte d'identité ou le **1-800-385-4104** (ATS: **711**).

URDU: توجہ دیں: اگر آپ اردو زبان بولتے ہیں، تو زبان سے متعلق مدد کی خدمات آپ کے لئے مفت دستیاب ہیں۔ اپنے شناختی کارڈ کے پیچھے موجود نمبر پر یا **1-800-385-4104** (TTY: **711**) پر رابطہ کریں۔