



### What's Inside:

- Behavioral Health Resources..... 1
- Well Child/Immunizations..... 2
- Get Regular Checkups for Your Child..... 2
- Checkups for Adults..... 2
- Population Health Management..... 4
- Breast-Feeding is Best!..... 5
- Eyes Open for Clear Vision ..... 5
- Is This an Emergency..... 6
- Do You Know About Tobacco Cessation ..... 7
- Childhood Lead Poisoning Prevention ..... 8
- Safe Sun Tips for Kids..... 9
- Advance Care Planning & Advance Directives... 9
- Affordable Connectivity Program..... 10
- Stick With MDwise for Coverage ..... 10
- Language Resources ..... 11

# steps to wellness

FALL 2023

## Behavioral Health Resources

Mental health means taking care of our overall well-being as it relates to our thoughts, feelings and behaviors. Mental health is about understanding and managing our emotional health in a positive way. Just like we take care of our bodies by healthy eating patterns and lifestyles, our minds and emotions also need to be taken care of just the same.

Having good mental health helps with challenges, good decision making and having healthy relationships with others. Sometimes extra support is needed and can be done by finding good resources. There are several kinds of behavioral health resources that offer help and support for mental health and substance use. Experiencing ups and downs are normal and it's okay to seek help when needed. Taking care of our mental health is a part of being happy and healthy.

MDwise allows members to self-refer to any behavioral health care provider in the MDwise network without a referral from your primary medical provider. Members may also self-refer to any psychiatrist that is enrolled in Indiana Medicaid. Here are a few examples of the different types of behavioral health supportive resources available.

Continued on page 3.

## NURSE on-call

MDwise would like to remind members that **24/7 access to a Registered Nurse is available to MDwise members** and can be accessed by calling our toll-free Customer Service at **1-800-356-1204**. Members can select option #1, then option #4. In addition to providing access to a Registered Nurse and triage, members can also access an audio library with over 100 topics.

## Well child/immunizations: The Benefits of Preventive Care

Your child's shots, also called vaccines, are very important for your child's health. Your doctor will recommend vaccines at many of your child's checkups to prevent your child from getting serious infections like measles and infections of the brain (meningitis) and the liver (hepatitis).

The Centers for Disease Control has provided a list of the important vaccines for your child. The chart tells you the best age to get the vaccine. To download a copy of the 2023 Recommended Immunizations for Children from Birth Through 6 Years Old, visit <https://www.cdc.gov/vaccines/parents/downloads/parent-ver-sch-0-6yrs.pdf>.



## Get Regular Checkups for Your Child

Most parents know that their children need checkups. Your child's doctor will make sure that your child is safe, healthy and growing well. The doctor will want to know about any diseases that run in the family. Your doctor will give you things you need to know to keep your child healthy. You will be asked many questions about your child, so be ready. The doctor will want to know about how well your child sleeps and eats for example. As your children get older, the doctor will also ask questions about how well your child does in school.

See your child's doctor within a few weeks after birth at least five times before the first birthday and at least every year after that. The doctor will want your child to have certain blood tests.

## Checkups for Adults

Did you know that adults need routine checkups too? Just like children, adults should have a checkup at least once a year with your primary doctor.

To stay healthy, you need to see your primary doctor so they can check for possible early signs of disease. Your primary doctor knows your health history and family history. This helps them know what diseases you are more likely to have. There are different cancer, diabetes and heart tests your doctor can do to make sure you stay healthy. Be sure to tell your doctor if you have seen any other doctor or specialist. Be sure to keep a list of all of your medicines and treatments.

This helps your doctor know how often you need to be seen by a health care provider.

Also make sure to ask if there are any shots you need. In addition to getting a flu shot every year, there are other shots you might need. These might include shots that protect against shingles, whooping cough, COVID and pneumonia. Your primary doctor will know what shots you should get based on your age and health history.

Call your primary doctor today to schedule a routine checkup.

Continued from page 1.

- **Counseling and Therapy** – individual, group or family counseling sessions.
- **Crisis intervention services** – immediate assistance and support during a mental health crisis.
- **Psychiatric evaluation and medication management** – education and ongoing management of mental health conditions.
- **Substance use treatment** – programs and services that assist in overcoming substance use.
- **Peer support programs** – initiatives that provide support and encouragement from individuals who have experienced similar behavioral health challenges.
- **Community-based services** – services delivered within local communities.
- **Education and awareness programs** – workshops, training sessions and educational resources.
- **Crisis stabilization units and residential treatment facilities** – short-term facilities that offer intensive treatment and support.

Here are some behavioral health resources available to you.

- **Local Community Mental Health Centers (CMHCs)** – provides comprehensive mental health and substance use services. You can search for a local CMHC in your area [FSSA: DMHA: Providers for Adults \(in.gov\)](#)
- **9-8-8 Crisis and Suicide lifeline** – offers direct connection to licensed and trained professionals when experiencing a crisis. Dial 988 to access.
- **Indiana 211 Helpline** – provides information and referrals to behavioral health services in your area. Dial 211 to access.
- **Be Well Indiana** – provides resources, assistance and support for Hoosiers in managing their mental health. Visit [www.in.gov/bewellindiana](http://www.in.gov/bewellindiana).
- **Indiana Addiction Hotline** – helps individuals struggling with substance use or addiction, available 24/7 at 800-662-HELP (4357).
- **Indiana Division of Mental Health and Addiction** – provides information about various programs and resources available in Indiana. Visit <https://www.in.gov/fssa/dmha/about-dmha/mental-health-and-addiction/>.
- **National Alliance on Mental Illness (NAMI) Indiana** – a statewide organization that provides education, support and advocacy for individuals and families affected by mental illness. Visit [nami.org](http://nami.org).



- **Mental Health America of Indiana (MHAI)** – offers education, advocacy and resources to improve mental health outcomes. Visit [mhai.net](http://mhai.net).
- **Indiana Suicide Prevention Network (ISPN)** – a statewide network that aims to prevent suicide through awareness, education and intervention. Visit [indianasuicidepreventionnetwork.org](http://indianasuicidepreventionnetwork.org).

For additional assistance please contact the MDwise Care Management Team for help - **Call: 1-800-356-1204 and request Case Management.**

Sources:

<https://www.samhsa.gov/>  
<https://www.nimh.nih.gov/>  
<https://www.mayoclinic.org/>  
<https://www.apa.org/>  
<https://www.cdc.gov/mentalhealth/>



## Questions?

Go to our website at [MDwise.org](http://MDwise.org).

*Si quiere que le mandemos esta información en español, favor de llamar a nuestro departamento de servicio al cliente de MDwise. También puede encontrar esta información en español en nuestra página web en [MDwise.org](http://MDwise.org). Gracias.*





## Population Health Management

MDwise wants to help you stay healthy. MDwise members may be eligible for Population Health Management services through the care management department. Population Health Management is a way we try to help you have better health and quality of life by talking with you, sending you materials, or sending you texts about ways to stay healthy. The MDwise care management program can help you manage your health conditions. MDwise care managers help you and your doctor plan for your care.

As your needs change, the level of care management will change. Care management will help you become more independent and able to manage your own health care needs. MDwise care managers can help you with mental health and physical conditions.

MDwise care managers can help you make goals for your health. They work with you, your doctors, family, and caregivers to do this. They want you to make the best choices for your health. Care managers can help you understand your health conditions and how to best manage them. Care management also assists you with:

- Understanding your condition.
- Understanding your medications.
- Getting supplies and equipment you need.
- Finding care from special doctors.
- Getting information about your condition.
- Scheduling appointments.

- Talking to doctors about your condition(s) and how you are doing.
- Getting help from other organizations.

You, your provider, family members, or caregivers can all request care management by completing an online referral form or by calling customer service. The online referral form is located at [MDwise.org/cmdm-referral](https://MDwise.org/cmdm-referral) and MDwise customer service can be reached at 1-800-356-1204. Once MDwise receives your request, a care manager will contact you and you can discuss your needs or the needs of the person requesting care management. If you agree, we may contact you by telephone, text messages, emails, mail or in-person (for certain services) to tell you how to use the services. You may also opt out by calling or writing to us.

## Second Opinions



It is important for you to feel that you made the right choices about your health. There might be times when you are not happy with your doctor's opinion or plan. You can ask for a second opinion. Visit another doctor in the MDwise network.

Questions about getting a second opinion? Call MDwise customer service at **1-800-356-1204** if you need help.

## Breast-Feeding is Best!

If you are pregnant, start thinking now about breast-feeding your baby. Breast milk offers the most benefits for your baby. Breast milk contains all the vitamins and nutrients your baby needs in the first six months of life. It also provides your baby with protection from certain diseases. The American Academy of Pediatrics recommends giving your baby only breast milk for the first six months. But any amount of breast-feeding is good for your baby, even if it's for less than six months. Talk to your provider if you have questions.

If you decide to breast-feed, it is best not to smoke, drink alcohol or take any medications that without consulting your provider. Don't give your baby bottled or tap water before 6 months of age. Babies get enough to drink with breast milk or formula alone.

Source: [https://publications.aap.org/pediatrics/article/150/1/e2022057989/188348/Technical-Report-Breastfeeding-and-the-Use-of?\\_ga=2.250879430.1595165214.1685982843-140020970.1675802355](https://publications.aap.org/pediatrics/article/150/1/e2022057989/188348/Technical-Report-Breastfeeding-and-the-Use-of?_ga=2.250879430.1595165214.1685982843-140020970.1675802355)



## Eyes Open for Clear Vision

It is important to see an eye doctor just like going to the doctor or dentist. The CDC recommends that children and adults get regular eye exams. Regular eye exams help catch issues early to avoid eye disease.



Here are tips for healthy eyes and clear vision.

- Get routine eye exams.
- Know your family history.
- Eat Healthy.
- Quit Smoking.
- Limit screentime.
- Wear sunglasses.
- Blood sugar control if you are diabetic.

## Connect with us!

 [facebook.com/MDwise](https://facebook.com/MDwise)

 [twitter.com/MDwiseInc](https://twitter.com/MDwiseInc)

 [MDwise.org/google](https://MDwise.org/google)

 [Instagram.com/MDwiseInc](https://Instagram.com/MDwiseInc)



## Is This an Emergency?

Health emergencies can be scary and stressful. Knowing what to do in an emergency can help you through it. The following signs and symptoms are examples of common emergency problems.

**These are only a few examples:**

- Shortness of breath or trouble catching your breath.
- Chest pain or tightness lasting two minutes or more.
- Upper stomach pain or pressure lasting two minutes or more.
- Passing out, sudden lightheaded or feeling of weakness in an arm or leg.
- Sudden changes in your sight.
- Unable to focus, changes in alertness or unusual behavior.
- Bleeding that will not stop.
- Severe throwing up or diarrhea.

This list of examples is not meant to take the place of your doctor - your doctor knows your health history best. **Unless you are sure it is a health emergency, it is always best to call your doctor first.**

There are other times when it is best to schedule a visit with your MDwise doctor. **Here are some reasons to call your MDwise doctor first:**

- If your symptoms come on slowly.
- You think your child has an ear infection.
- You or your child has cold or flu symptoms: fever, stuffy or runny nose and/or coughing.
- Rash or bug bites.

If you are still unsure what to do you can call the free MDwise NURSEon-call line at **1-800-356-1204. Choose option #4 for NURSEon-call.** The nurse can tell you whether to go to the emergency room or wait to see your doctor.

NURSEon-call is available 24 hours a day. If you cannot reach your usual doctor and you think you or your family member will have a bad result if you do not get help right away, you may need to go to the emergency room.



## WEIGHTwise

### Healthy Weight, Nutrition and Physical Activity

Achieving and maintaining a healthy weight includes [healthy eating](#), [physical activity](#), [optimal sleep](#) and [stress reduction](#). Several [other factors](#) may also affect weight gain.

Healthy eating features a variety of healthy foods. Fad diets may promise fast results, but such diets limit your nutritional intake, can be unhealthy, and tend to be difficult to maintain in the long run.

[How much physical activity you need](#) depends partly on whether you are trying to maintain your weight or lose weight. [Walking](#) is often a good way to add more physical activity to your lifestyle.

Managing your weight contributes to good health now and as you age. In contrast, people who have obesity, compared to those with a healthy weight, are at increased risk for many [serious diseases and health conditions](#). See [examples of programs](#) that can help.

Helping people maintain a healthy weight is part of CDC's work to achieve [health equity](#).

MDwise offers WEIGHTwise, a tool for weight control. The tool includes a Body Mass Index Calculator (BMI), information on weight loss communities and links to helpful articles.

To access WEIGHTwise, visit <https://www.mdwise.org/mdwise/mdwise-weightwise>.

Source:

CDC: Centers for Disease Control and Prevention

# MDwise REWARDS

## Get Your FREE Gift Cards!

You don't have to sign up for MDwiseREWARDS to earn dollars. You are automatically enrolled. Earn dollars for a variety of activities, like going to your doctor appointments. Then shop for gift cards with your dollars. Go to [MDwise.org/MDwiseREWARDS](https://MDwise.org/MDwiseREWARDS) to learn more.



## Do You Know About Tobacco Cessation?

 **SMOKE-free**

Do you know what Tobacco Cessation means? It means stopping the use of tobacco products. Tobacco products include things like cigarettes, cigars, vaping, and chewing tobacco. When someone wants to quit using tobacco, they go through a process called cessation. Cessation involves making a plan and taking steps to stop using tobacco for good.



Did you know that over 700,000 Hoosiers want to quit tobacco? Quitting tobacco can be challenging because nicotine, a substance found in tobacco, is addictive. Nicotine can make it hard to stop using tobacco. Tobacco is harmful to our health. It can cause many diseases like lung cancer, heart problems, and breathing problems. That's why it is important to quit using tobacco if you're already using it or to avoid starting if you haven't started yet.

Did you know that tobacco cessation is very important for pregnant women because it can be harmful to both the mom and baby. When a woman smokes during pregnancy a miscarriage is more likely, or premature birth, infant death, and other birth defects. Also, women

who smoke may find it harder to get pregnant. The Quit Now Indiana and Baby & Me Smoke Free both provides valuable resources for women and pregnancy.

Did you know there are many ways to help quit tobacco use? One way is to talk to your primary care provider, they can offer advice and recommend treatments to help reduce the cravings or withdrawal symptoms. Some possible treatments they might recommend are nicotine replacement therapy, like patches or gum and even counseling which are all covered benefits under your MDwise benefits.

We know that quitting tobacco may be difficult, but with determination and support, it's possible to quit. Quitting tobacco use is a positive step towards a healthier life and future. It's never too late to quit, and there are resources available to support you along this journey to living a tobacco-free life. One FREE resource available is Quit Now Indiana (1-800-quit-now) they offer coaches and coaching sessions, medication and more.

### Sources:

[Ready to quit — Quit Now Indiana](#)

<http://www.smokefree.gov/>

<http://www.cdc.gov/tobacco>

[Home - The BABY & ME – Tobacco Free Program™ \(babyandmetobaccofree.org\)](#)

[Pregnancy and Smoking — Quit Now Indiana](#)

<http://www.cdc.gov/tobacco/campaign/tips/diseases/pregnancy.html>

## Member Advisory Committee

Join us for the next MDwise MAC (Member Advisory Committee) virtual meeting on:  
**December 7, 2023, 2:00 p.m.**

The Member Advisory Committee goal is to get feedback on the health plan to improve services, answer questions and share information about MDwise programs. **You will get a \$25 gift card** after the end of the meeting within 5 days.

**Join on your computer, tablet, or by phone:**

For more information, visit [www.mdwise.org/mdwise/events-mdwise](http://www.mdwise.org/mdwise/events-mdwise)

Visit [www.mdwise.org](http://www.mdwise.org) or call MDwise Customer Service at **1-800-356-1204** if you have any questions.



## Overview of Childhood Lead Poisoning Prevention

Lead is a naturally occurring metal that can cause negative health effects. People are exposed to lead by eating lead chips, ingesting contaminated food or water, and or by breathing in lead dust. Children younger than 6 years are more likely to be exposed to lead dust due to their hand to mouth behavior. Many children ingest lead dust by putting objects such as toys and dirt in their mouth. Because of their developing nervous system, children younger than 6 years old are particularly vulnerable to the effects of lead exposure since lead is easily absorbed in their nervous system.

No safe blood lead level (BLL) in children has been identified and even low levels of lead in blood can cause developmental delays, difficulty learning, behavioral issues and neurological damage. The [effects](#) of lead poisoning can be permanent and disabling.

There are steps that parents and healthcare providers can take to [protect children from lead exposure](#). All children are required to undergo lead testing regardless of exposure.

CDC uses a [blood lead reference value](#) (BLRV) of 3.5 micrograms per deciliter ( $\mu\text{g}/\text{dL}$ ) to identify children with BLLs higher than most children's levels. CDC estimates that approximately 500,000 children in the United States have BLLs at or above the BLRV. For BLLs higher than the BLRV, healthcare providers can use CDC's [Recommended Actions](#)

[Based on Blood Lead Level](#) to develop a plan of action for their patient.

### Where Children Are Exposed

**Children can be exposed to lead where they live, learn, and play. Sources of lead exposure can include the following:**

- Chipping or peeling paint in homes or buildings built before 1978.
- Water from lead pipes.
- Soil near airports, highways or factories.
- Some imported candies and traditional medicines.
- Some old or imported toys and jewelry.
- Certain jobs and hobbies.

The higher the amount of lead in the body, the more severe the symptoms are. Severe cases can cause seizures, paralysis, and coma.

The goal of CDC's Childhood Lead Poisoning Prevention Program (CLPPP) is to [prevent childhood lead exposure](#) before any harm occurs. Through CLPPP, CDC supports [state and local public health departments](#) with funds for surveillance and prevention of lead exposure.

**Source:**

**CDC:** Centers for Disease Control and Prevention





## Safe Sun Tips for Kids!

Did you know that a few serious sunburns can increase your child's risk of skin cancer as an adult? Summer is near and as kids spend more time outside, it is important to protect them from the sun's powerful rays. Here are some sun care tips to keep in mind:

### 1. Stay in the Shade:

**Encourage kids to play in areas with trees or umbrellas for plenty of shade.** This helps protect from the sun's harmful rays. Take extra care to play in the shade from 10 a.m. and 4 p.m., when the sun is at its strongest point.

### 2. Use Sunscreen for All Skin Types:

**Regardless of skin color, it is important for all children to use sunscreen.** Before going outside, be sure to apply sunscreen labeled SPF 30 or higher. Re-apply every two hours, after swimming and/or after sweating heavily.

### 3. Wear Protective Clothing:

**Wear lightweight long-sleeved shirts, long pants and hats with wide brims.** Protective clothing can help cover the skin and protect it from the sun. Sunglasses also help to protect eyes from sun damage.

### 4. Sun Safety for Infants:

**Keep babies out of the sun between 10 a.m. and 4 p.m., when the sun is most powerful. Infants have sensitive skin that can burn faster than adult skin.** To protect an infant's skin from the sun, it is recommended to dress them in lightweight, long-sleeved clothing. Sunscreen is not recommended for infants younger than 6 months.

By following these tips for sun safety and heat awareness, parents and caregivers can provide safer summer fun!

#### Sources:

Play It Safe In the Sun: A Guide for Parents Brochure. Centers for Disease Control and Prevention. <https://www.cdc.gov/cancer/skin/pdf/cycparentsbrochure.pdf>.

**Summer Safety:** July is National UV Safety Month. Indiana Department of Health: Trauma Times, (July/ August 2022). [https://www.in.gov/health/trauma-system/files/Trauma-Times-July\\_August\\_FINAL.pdf](https://www.in.gov/health/trauma-system/files/Trauma-Times-July_August_FINAL.pdf)



## Advance Care Planning and Advance Directives

**Advanced care planning is an important part of planning for your health needs in the event you become unable to make your own medical decisions.** While you are planning, you may choose to complete an advance directive document that will guide your family and loved ones when you cannot express your wishes.

Advance directives are different types of documents you can complete to protect your rights for medical care. They can help your family and doctor understand your wishes about your health care.

#### You can:

- Decide right now what medical treatments you want or don't want.
- Give someone the power to act for you in a lot of situations, including your health care.
- Appoint someone to say yes or no to your medical treatments when you are no longer able.
- Inform your doctor, in advance, if you would or would not like to use life support systems, if- ever necessary.
- Inform your doctor if you would like to be an organ donor.

The types of advance directives recognized in Indiana

include talking directly to your doctor and family, organ and tissue donation, Health Care Representative, Living Will Declaration or Life-Prolonging Procedures Declaration, psychiatric advance directives, Do Not Resuscitate Declaration and Order (out of hospital) and Power of Attorney.

**Advance directives will not take away your right to make your own decisions.** Advance directives will work only when you are unable to speak for yourself. MDwise cannot refuse care for or discriminate against members based on whether they choose to have, or not to have, an advance directive. MDwise is required to follow State and Federal laws. Your MDwise doctor should document whether you have executed an advance directive in your medical record. If you have concerns about an MDwise organization or provider that is not meeting advance directive requirements, call MDwise.

**For more information on advanced care planning and advanced directives please visit the websites below.**

[https://www.in.gov/health/cshcr/indiana-health-care-quality-resource-center/advance-directives-resource-center/#Indiana\\_Code\\_16\\_36](https://www.in.gov/health/cshcr/indiana-health-care-quality-resource-center/advance-directives-resource-center/#Indiana_Code_16_36)

<https://www.nia.nih.gov/health/advance-care-planning-advance-directives-health-care>

## Affordable Connectivity Program

The Affordable Connectivity Program (ACP) helps connect eligible households to afford the internet service they need for work, school, healthcare and more.

### The Affordable Connectivity Program provides:

- Up to \$30/month discount for broadband service.
- Up to \$75/month discount for households on qualifying Tribal lands.
- A one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider.
- The Affordable Connectivity Program is limited to one monthly service discount and one device discount per household.



### Who is Eligible?

A household is eligible for the Affordable Connectivity Program if the household income is at or below 200% of the Federal Poverty Guidelines, or if a member of the household meets at least one of the criteria below:

- Received a Federal Pell Grant during the current award year.
- Meets the eligibility criteria for a participating provider's existing low-income internet program
- Participates in one of these assistance programs:
  - SNAP
  - Medicaid
  - Federal Public Housing Assistance
  - Supplemental Security Income (SSI)
  - WIC
  - Veterans Pension or Survivor Benefits
  - Or Lifeline

- Participates in one of these assistance programs and lives on Qualifying Tribal lands:
  - Bureau of Indiana Affairs General Assistance
  - Tribal TANF
  - Food Distribution Program on Indian Reservations
  - Tribal Head Start (income based)

### Two-Steps to Enroll

Go to <https://nv.fcc.gov/lifeline/> to apply or print out a mail-in application.

Contact your preferred participating provider to select a plan and have the discount applied to your bill.

Some providers may have an alternative application that they will ask you to complete.

Eligible households must both apply for the program and contact a participating provider to select a service plan.

**Call 877-384-2575.**

Or find more information about the Affordable Connectivity Program at [www.affordableconnectivity.gov](http://www.affordableconnectivity.gov).

Affordable connectivity Program providers <https://www.fcc.gov/affordable-connectivity-program-providers#Indiana>.

Contact your preferred provider directly to learn more about their plans for participating in the Affordable Connectivity Program and the services they may offer as part of the program.

### Stick with MDwise for coverage that goes above & beyond

Your Medicaid coverage through MDwise is expiring soon. Indiana's Family and Social Services Administration (FSSA) is asking all Medicaid members to review their demographic information to keep their coverage. Renewing your insurance plan only takes a few minutes.

#### To keep your health coverage active, you need to:

1. Update your demographic and income information in the FSSA portal.
2. Upload any requested documents.

Visit the FSSA portal today so you can keep accessing high-quality healthcare and benefits through MDwise! Need assistance? **Call 833-414-1997.**

# Language Resources



Language	Language Resource
English	If you, or someone you're helping, has questions about MDwise, you have the right to get help and information in your language at no cost. To talk to an interpreter, call 1-800-356-1204.
Spanish Español	Si usted, o alguien a quien usted está ayudando, tiene preguntas acerca de MDwise, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 1-800-356-1204.
Chinese 中文	如果您，或是您正在協助的對象，有關於[插入項目的名稱 MDwise 方面的問題，您有權利免費以您的母語得到幫助和訊息。洽詢一位翻譯員，請撥電話 [在此插入數字 1-800-356-1204。
German Deutsche	Falls Sie oder jemand, dem Sie helfen, Fragen zum MDwise haben, haben Sie das Recht, kostenlose Hilfe und Informationen in Ihrer Sprache zu erhalten. Um mit einem Dolmetscher zu sprechen, rufen Sie bitte die Nummer 1-800-356-1204 an.
Pennsylvanian Dutch Pennsilfaanisch Deitsch	Wann du hoscht en Froog, odder ebber, wu du helpscht, hot en Froog baut MDwise, hoscht du es Recht fer Hilf un Information in deinre eegne Schprooch griege, un die Hilf koschtet nix. Wann du mit me Interpreter schwetze witt, kannscht du 1-800-356-1204 uffrufe.
Burmese ဗမာစာ	သင်သို့မဟုတ်သင်ကူညီနေသူတစ်ဦးဦးက MDwise နှင့်ပတ်သက်၍ မေးခွန်းရှိလာပါက ကုန်ကျစရိတ် မပေးရန်မလိုဘဲ မိမိဘာသာစကားဖြင့် အကူအညီရယူနိုင်သည်။ စကားပြန်နှင့်ပြောလိုပါက 1-800-356-1204သို့ ခေါ်ဆိုပါ။
Arabic آرابت	اكت غلب فيروررضال تامول عمل او قدع اسمل اى لى ع لوص حل اى ف قى حل ا كى دى ل ف MDwise صوص خب قلى س ا مدع اس ت صوص ش ى دل و ا كى دى ل ن ا ك ن ا 1-800-356-1204 ب لصتا م ج ر ت م عم ث د ح ت ل ل . ف ق ل ك ت ق ت ا ن و د ن م
Korean 한국어	만약 귀하 또는 귀하가 돕고 있는 어떤 사람이 MDwise 에 관해서 질문이 있다면 귀하는 그러한 도움과 정보를 귀하의 언어로 비용 부담없이 얻을 수 있는 권리가 있습니다. 그렇게 통역사와 얘기하기 위해서는 1-800-356-1204 로 전화하십시오.
Vietnamese Tiếng Việt	Nếu quý vị, hay người mà quý vị đang giúp đỡ, có câu hỏi về MDwise, quý vị sẽ có quyền được giúp và có thêm thông tin bằng ngôn ngữ của mình miễn phí. Để nói chuyện với một thông dịch viên, xin gọi 1-800-356-1204.
French Français	Si vous, ou quelqu'un que vous êtes en train d'aider, a des questions à propos de MDwise, vous avez le droit d'obtenir de l'aide et l'information dans votre langue à aucun coût. Pour parler à un interprète, appelez 1-800-356-1204.
Japanese 日本語	ご本人様、またはお客様の身の回りの方でも、MDwise についてご質問がございましたら、ご希望の言語でサポートを受けたり、情報を入手したりすることができます。料金はかかりません。通訳とお話される場合、1-800-356-1204までお電話ください。
Dutch Nederlands	Als u, of iemand die u helpt, vragen heeft over MDwise, heeft u het recht om hulp en informatie te krijgen in uw taal zonder kosten. Om te praten met een tolk, bel 1-800-356-1204.
Tagalog Tagalog	Kung ikaw, o ang iyong tinutulongan, ay may mga katanungan tungkol sa MDwise, may karapatan ka na makakuha ng tulong at impormasyon sa iyong wika ng walang gastos. Upang makausap ang isang tagasalin, tumawag sa 1-800-356-1204.
Russian Русский	Если у вас или лица, которому вы помогаете, имеются вопросы по поводу MDwise, то вы имеете право на бесплатное получение помощи и информации на вашем языке. Для разговора с переводчиком позвоните по телефону 1-800-356-1204.
Punjabi ਪੰਜਾਬੀ ਦੇ	ਜੇ ਤੁਹਾਨੂੰ, ਜਾਂ ਤੁਸੀਂ ਜਸਿ ਦੀ ਮਦਦ ਕਰ ਰਹੇ ਹੋ, MDwise ਕੋਈ ਸਵਾਲ ਹੈ ਤਾਂ, ਤੁਹਾਨੂੰ ਬਨਿ ਕਸਿ ਕੀਮਤ 'ਤੇ ਆਪਣੀ ਭਾਸ਼ਾ ਵਿਚ ਮਦਦ ਅਤੇ ਜਾਣਕਾਰੀ ਪ੍ਰਾਪਤ ਕਰਨ ਦਾ ਅਧਿਕਾਰ ਹੈ . ਦੁਭਾਸ਼ੀਏ ਨਾਲ ਗੱਲ ਕਰਨ ਲਈ, 1-800-356-1204 ਤੇ ਕਾਲ ਕਰੋ.
Hindi हिंदी	यदिआपके, या आप द्वारा सहायता कएि जा रहे किसी व्यक्ति के MDwise के बारे में प्रश्न हैं, तो आपके पास अपनी भाषा में मुफ्त में सहायता और सूचना प्राप्त करने का अधिकार है। किसी दुभाषिण से बात करने के लिए, 1-800-356-1204 पर कॉल करें।

RR2022\_APO0289 (11/2022)





