



PERSONAL **CARE PLAN**

Dear

Your health is unique to you, and the things you do to maintain good health should be personalized. That's why Gateway HealthSM is sending you a Personalized Prevention Care Plan. The enclosed care plan was developed based on your answers to the Health Assessment Survey.

The steps outlined in your care plan will help screen for certain diseases, prevent illness and manage health conditions you may already have.

Your care plan has been shared with your primary care provider (PCP). We encourage you to make an appointment with your doctor to discuss your plan as well as steps to improve your health and well-being.

If you have any questions about your care plan or would like to make any changes, please call _____ and select the option for Medical Case Management or Behavioral Health Case Management. Case managers are available from 8:30 a.m. to 4:30 p.m., Monday through Friday. TTY users can call 711. Thank you for being a Gateway Health Medicare AssuredSM member and for allowing us to be part of your healthcare team.

Sincerely,
Gateway Health Medicare Assured Clinical Services



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What keeps people from changing?

The answer for most of us is that we don't know how to change. Your **Personalized Prevention Care Plan** will give you the strategies that can help you get started. This plan will show you what you are doing well and how ready you are to change behaviors to improve your health and well-being. Your report does not diagnose illness or substitute for your healthcare provider's advice. Your doctor or nurse can help you develop a health and wellness plan that is right for you.

Your Personalized Prevention Care Plan will be developed and shared with you and your healthcare providers. It can help with early identification of needs, and allow coordinated care to improve your overall health.



Your Personal Care Team

If you have any questions about your Health Assessment Survey or your Personalized Prevention Care Plan, you can contact your **Personal Care Team**. Gateway Health provides you with a Personal Care Team; some members of your care team include your doctor and case manager that will work with you and your health needs. Your Care Team is available to discuss any new or reoccurring issues that you may be having. Together, they develop care and services tailored to your individual specific needs.

All Medicare Assured members have access to their Care Team to help with any concerns as needed. Just call _____ and select the option for Medical Case Management. Case managers are available 8:30 a.m. to 4:30 p.m., Monday through Friday. TTY users can call 711.

Community Resource Connection

Our **Community Resource Connection** is a resourceful tool that is full of support and guidance through a list of public agencies. The categories that define this tool focus on all aspects of life including health and dental, food support, utility assistance, maternal care, housing assistance, mental health and more. For more information, visit www.gatewayhealthplan.com.



Community
Resource
Connection

NS_1485A (11/2017)



Women's Health

PREGNANCY

<<It is important for you to talk to your doctor about a healthy pregnancy diet so you can stay healthy. Remember to schedule your postpartum appointment with your doctor between 21-56 days after you deliver.>>

BREAST CANCER SCREENING

<<You have not had a breast cancer screening within the last year. A breast cancer screening is usually done by getting an x-ray of your breast called a mammogram. Getting a mammogram every two years, for most women ages 50-74, is important to check for the earliest signs of breast cancer. Breast cancer is easier to treat if you find it early. Contact Case Management at <<1-800-685-5209/TTY: 711 (PA)>> <<1-888-447-4505/TTY: 711 (OH)>> <<1-855-847-6430/TTY: 711 (NC)>> <<1-855-847-6380/TTY: 711 (KY)>> or your PCP to schedule an appointment today!>>

<<You have had a screening for breast cancer. Has your provider talked to you about your results? If no, please call your provider to schedule an appointment to discuss your results. If you need assistance with scheduling, please contact Case Management at <<1-800-685-5209/TTY: 711 (PA)>> <<1-888-447-4505/TTY: 711 (OH)>> <<1-855-847-6430/TTY: 711 (NC)>> <<1-855-847-6380/TTY: 711 (KY)>>.>>

CERVICAL CANCER SCREENING

<<You have not had a cervical cancer screening within the last year. Cervical cancer is a mostly preventable form of cancer that impacts women. Regular screening can detect pre-cancer cells early enough to treat. This is done through something called a Pap test, which allows a doctor to look at cells from the cervix to determine if there are signs of cancer. Most women 21-64 years old should get a Pap test every three years. Contact Case Management at <<1-800-685-5209/TTY: 711 (PA)>> <<1-888-447-4505/TTY: 711 (OH)>> <<1-855-847-6430/TTY: 711 (NC)>> <<1-855-847-6380/TTY: 711 (KY)>> or call your doctor to schedule an appointment today.>>

<<You have had a screening for cervical cancer. Has your provider talked to you about your results? If no, please call your doctor to schedule an appointment to discuss your results. If you need assistance with scheduling, please contact Case Management at <<1-800-685-5209/TTY: 711 (PA)>> <<1-888-447-4505/TTY: 711 (OH)>> <<1-855-847-6430/TTY: 711 (NC)>> <<1-855-847-6380/TTY: 711 (KY)>>.>>



Health and Well-Being

OVERALL HEALTH

<<Congrats! You have indicated that you have excellent health. If you aren't feeling well it is important that you know the warning signs. It is important that you get the right care in the right place. If you ever have a question about your health, medicines, or treatment choices, and your doctor is not available, call the 24-Hour Nurse Line number on the back of your member ID card.>>

<<Congrats! You have indicated that you have very good health. If you aren't feeling well it is important that you know the warning signs. This will help you to get the care that you need right away. If you ever have a question about your health, medicines, or treatment choices, and your doctor is not available, call the 24-Hour Nurse Line number on the back of your member ID card.>>

<<Congrats! You have indicated that you have good health. If you aren't feeling well it is important that you know the warning signs. This will help you to get the care that you need right away. If you ever have a question about your health, medicines, or treatment choices, and your doctor is not available, call the 24-Hour Nurse Line number on the back of your member ID card.>>

<<You have indicated that you have fair health. Your case manager will reach out to you to speak about how Gateway Health can better serve you. If you ever have a question about your health, medicines, or treatment choices, and your doctor is not available, call the 24-Hour Nurse Line number on the back of your member ID card.>>

<<You have indicated that you have poor health. Your case manager will reach out to you to speak about how Gateway Health can better serve you. If you ever have a question about your health, medicines, or treatment choices, and your doctor is not available, call the 24-Hour Nurse Line number on the back of your member ID card.>>

CURRENT HEALTH CONDITIONS

<<You have indicated that you have asthma, a disease that affects your lungs. It causes repeated episodes of wheezing, breathlessness, chest tightness, and nighttime or early morning coughing. Please contact Case Management at <<1-800-685-5209/TTY: 711 (PA)>> <<1-888-447-4505/TTY: 711 (OH)>> <<1-855-847-6430/TTY: 711 (NC)>> <<1-855-847-6380/TTY: 711 (KY)>> if you would like more information about asthma and how Gateway Health can help you.>>

<<You have indicated that you have a behavioral health condition. Please contact Case Management at **<<1-800-685-5209/TTY: 711 (PA)>> <<1-888-447-4505/TTY: 711 (OH)>> <<1-855-847-6430/TTY: 711 (NC)>> <<1-855-847-6380/TTY: 711 (KY)>>** if you would like more information about your condition and how Gateway Health can help you.>>

<<You have indicated that you have a heart condition. Heart disease is the leading cause of death for both men and women. Please contact Case Management at **<<1-800-685-5209/TTY: 711 (PA)>> <<1-888-447-4505/TTY: 711 (OH)>> <<1-855-847-6430/TTY: 711 (NC)>> <<1-855-847-6380/TTY: 711 (KY)>>** if you would like more information about your cardiac health and how Gateway Health can help you.>>

<<You have indicated that you have COPD, which refers to a group of diseases that cause airflow blockage and breathing-related problems. It includes emphysema, chronic bronchitis, and in some cases asthma. Please contact Case Management at **<<1-800-685-5209/TTY: 711 (PA)>> <<1-888-447-4505/TTY: 711 (OH)>> <<1-855-847-6430/TTY: 711 (NC)>> <<1-855-847-6380/TTY: 711 (KY)>>** if you would like more information about your COPD and how Gateway Health can help you.>>

<<You have indicated that you have diabetes. Please contact Case Management at **<<1-800-685-5209/TTY: 711 (PA)>> <<1-888-447-4505/TTY: 711 (OH)>> <<1-855-847-6430/TTY: 711 (NC)>> <<1-855-847-6380/TTY: 711 (KY)>>** if you would like more information about your condition and how Gateway Health can help you. There are some tests related to diabetes that are recommended for you to have on a regular basis. These tests make sure that your diabetes is well managed and can help catch other health problems before they become serious. If you haven't had these tests done recently or are unsure what tests to have, you should talk with your doctor to find out what is right for you.>>

<<You have indicated that you have high blood pressure, a common condition. It is important to check your blood pressure regularly. Please contact Case Management at **<<1-800-685-5209/TTY: 711 (PA)>> <<1-888-447-4505/TTY: 711 (OH)>> <<1-855-847-6430/TTY: 711 (NC)>> <<1-855-847-6380/TTY: 711 (KY)>>** if you would like more information about your high blood pressure and how Gateway Health can help you.>>

<<You have indicated that you are pregnant. It is important that you receive the care you and your baby need while you are pregnant. Be sure to attend all of your prenatal care appointments. Also, have any testing that your doctor orders. After you have your baby, be sure to make a postpartum appointment with your doctor to help make sure you are healing the way that you should. Please contact Case Management at **<<1-800-685-5209/TTY: 711 (PA)>> <<1-888-447-4505/TTY: 711 (OH)>> <<1-855-847-6430/TTY: 711 (NC)>> <<1-855-847-6380/TTY: 711 (KY)>>** if you would like more information about a healthy pregnancy and how Gateway Health can help you.>>

<<You have indicated that you have cancer, a term used for diseases in which abnormal cells divide without control and can invade other tissues. Please contact Case Management at **<<1-800-685-5209/TTY: 711 (PA)>> <<1-888-447-4505/TTY: 711 (OH)>> <<1-855-847-6430/TTY: 711 (NC)>> <<1-855-847-6380/TTY: 711 (KY)>>** if you would like more information about cancer and how Gateway Health can help you.>>

<<You have indicated that you have chronic pain. If you have not already talked with your doctor about treatment for chronic pain please take the opportunity to do so. Your doctor will be able to educate you about effective pain management opportunities. These could include therapies, the use of medications, and/or a referral to a specialist to help you better manage the pain. Please contact Case Management at **<<1-800-685-5209/TTY: 711 (PA)>> <<1-888-447-4505/TTY: 711 (OH)>> <<1-855-847-6430/TTY: 711 (NC)>> <<1-855-847-6380/TTY: 711 (KY)>>** if you would like more information about chronic pain and how Gateway Health can help you.>>

<<You have indicated that you have end-stage renal disease (ESRD). Please contact Case Management at **<<1-800-685-5209/TTY: 711 (PA)>> <<1-888-447-4505/TTY: 711 (OH)>> <<1-855-847-6430/TTY: 711 (NC)>> <<1-855-847-6380/TTY: 711 (KY)>>** if you would like more information about end-stage renal disease and how Gateway Health can help you.>>

<<You have indicated that you have a gastrointestinal issue. Please contact Case Management at **<<1-800-685-5209/TTY: 711 (PA)>> <<1-888-447-4505/TTY: 711 (OH)>> <<1-855-847-6430/TTY: 711 (NC)>> <<1-855-847-6380/TTY: 711 (KY)>>** if you would like more information about your condition and how Gateway Health can help you.>>

<<You have indicated that you have HIV/AIDS. HIV stands for human immunodeficiency virus. It weakens a person's immune system by destroying important cells that fight disease and infection. Please contact Case Management at <<**1-800-685-5209/TTY: 711 (PA)>>** <<**1-888-447-4505/TTY: 711 (OH)>>** <<**1-855-847-6430/TTY: 711 (NC)>>** <<**1-855-847-6380/TTY: 711 (KY)>>** if you would like more information about HIV/AIDS and how Gateway Health can help you.>>

<<You have indicated that you have liver disease. Please contact Case Management at <<**1-800-685-5209/TTY: 711 (PA)>>** <<**1-888-447-4505/TTY: 711 (OH)>>** <<**1-855-847-6430/TTY: 711 (NC)>>** <<**1-855-847-6380/TTY: 711 (KY)>>** if you would like more information about liver disease and how Gateway Health can help you.>>

<<You have indicated that you have a neurological disorder. Please contact Case Management at <<**1-800-685-5209/TTY: 711 (PA)>>** <<**1-888-447-4505/TTY: 711 (OH)>>** <<**1-855-847-6430/TTY: 711 (NC)>>** <<**1-855-847-6380/TTY: 711 (KY)>>** if you would like more information about your condition and how Gateway Health can help you.>>

<<You have indicated that you have a wound care issue. Please contact Case Management at <<**1-800-685-5209/TTY: 711 (PA)>>** <<**1-888-447-4505/TTY: 711 (OH)>>** <<**1-855-847-6430/TTY: 711 (NC)>>** <<**1-855-847-6380/TTY: 711 (KY)>>** if you would like more information about wound care and how Gateway Health can help you.>>

<<You have indicated that you have a speech impairment. Please contact Case Management at <<**1-800-685-5209/TTY: 711 (PA)>>** <<**1-888-447-4505/TTY: 711 (OH)>>** <<**1-855-847-6430/TTY: 711 (NC)>>** <<**1-855-847-6380/TTY: 711 (KY)>>** if you would like more information about speech impairments and how Gateway Health can help you.>>

<<You have indicated that you have a visual impairment. Please contact Case Management at <<**1-800-685-5209/TTY: 711 (PA)>>** <<**1-888-447-4505/TTY: 711 (OH)>>** <<**1-855-847-6430/TTY: 711 (NC)>>** <<**1-855-847-6380/TTY: 711 (KY)>>** if you would like more information about visual impairments and how Gateway Health can help you.>>

<<You have indicated that you have a learning disability. Please contact Case Management at <<**1-800-685-5209/TTY: 711 (PA)>>** <<**1-888-447-4505/TTY: 711 (OH)>>** <<**1-855-847-6430/TTY: 711 (NC)>>** <<**1-855-847-6380/TTY: 711 (KY)>>** if you would like more information about learning disabilities and how Gateway Health can help you.>>

<<You have indicated that you have a development delay. Please contact Case Management at <<**1-800-685-5209/TTY: 711 (PA)>>** <<**1-888-447-4505/TTY: 711 (OH)>>** <<**1-855-847-6430/TTY: 711 (NC)>>** <<**1-855-847-6380/TTY: 711 (KY)>>** if you would like more information about developmental delays and how Gateway Health can help you.>>

<<You have indicated that you have a cognitive impairment. Please contact Case Management at <<**1-800-685-5209/TTY: 711 (PA)>>** <<**1-888-447-4505/TTY: 711 (OH)>>** <<**1-855-847-6430/TTY: 711 (NC)>>** <<**1-855-847-6380/TTY: 711 (KY)>>** if you would like more information about cognitive impairments and how Gateway Health can help you.>>

ISSUES AFFECTING YOUR HEALTH AND WELL-BEING

<<You have indicated that there are no issues affecting your health or well-being. If something changes and you are having issues with your overall health, please call your provider to schedule an appointment to discuss your results. Please contact Case Management at <<**1-800-685-5209/TTY: 711 (PA)>>** <<**1-888-447-4505/TTY: 711 (OH)>>** <<**1-855-847-6430/TTY: 711 (NC)>>** <<**1-855-847-6380/TTY: 711 (KY)>>** if you need assistance with scheduling.>>

<<You have indicated that you have a concern about your housing. Please contact Case Management at <<**1-800-685-5209/TTY: 711 (PA)>>** <<**1-888-447-4505/TTY: 711 (OH)>>** <<**1-855-847-6430/TTY: 711 (NC)>>** <<**1-855-847-6380/TTY: 711 (KY)>>** if you would like more information about housing resources and how Gateway Health can help you.>>

<<You have indicated that being able to afford your medication is affecting your health and well-being. Please contact Case Management at <<**1-800-685-5209/TTY: 711 (PA)>>** <<**1-888-447-4505/TTY: 711 (OH)>>** <<**1-855-847-6430/TTY: 711 (NC)>>** <<**1-855-847-6380/TTY: 711 (KY)>>** if you would like more information about resources to help pay for your medications and how Gateway Health can help you.>>

<<If you are having issues with your overall health, please call your provider to schedule an appointment to discuss your results. Please contact Case Management at <<**1-800-685-5209/TTY: 711 (PA)>>** <<**1-888-447-4505/TTY: 711 (OH)>>** <<**1-855-847-6430/TTY: 711 (NC)>>** <<**1-855-847-6380/TTY: 711 (KY)>>** if you need assistance with scheduling.>>

<<You have indicated that you have a childcare issue. Please contact Case Management at <<**1-800-685-5209/TTY: 711 (PA)>>** <<**1-888-447-4505/TTY: 711 (OH)>>** <<**1-855-847-6430/TTY: 711 (NC)>>** <<**1-855-847-6380/TTY: 711 (KY)>>** if you would like more information about childcare resources and how Gateway Health can help you.>>

<<You have indicated that you have a financial issue. Please contact Case Management at <<**1-800-685-5209/TTY: 711 (PA)>>** <<**1-888-447-4505/TTY: 711 (OH)>>** <<**1-855-847-6430/TTY: 711 (NC)>>** <<**1-855-847-6380/TTY: 711 (KY)>>** if you would like more information about how Gateway Health can help you.>>

<<You have indicated that you have health problems. Please contact Case Management at <<**1-800-685-5209/TTY: 711 (PA)>>** <<**1-888-447-4505/TTY: 711 (OH)>>** <<**1-855-847-6430/TTY: 711 (NC)>>** <<**1-855-847-6380/TTY: 711 (KY)>>** if you would like more information about how Gateway Health can help.>>

<<You have indicated that you have trouble scheduling appointment and/or problems with your doctor. Please contact Case Management at <<**1-800-685-5209/TTY: 711 (PA)>>** <<**1-888-447-4505/TTY: 711 (OH)>>** <<**1-855-847-6430/TTY: 711 (NC)>>** <<**1-855-847-6380/TTY: 711 (KY)>>** if you would like more information about scheduling a doctors appointment and/or and how Gateway Health can help you.>>

<<You have indicated that you have trouble with transportation. Please contact Case Management at <<**1-800-685-5209/TTY: 711 (PA)>>** <<**1-888-447-4505/TTY: 711 (OH)>>** <<**1-855-847-6430/TTY: 711 (NC)>>** <<**1-855-847-6380/TTY: 711 (KY)>>** if you would like more information about transportation assistance and how Gateway Health can help you.>>

ISSUES THAT IMPACT YOUR OVERALL HEALTH

<<You have indicated that you have a behavioral health issue. Please contact Behavioral Health at <<**1-800-685-5209/TTY: 711 (PA)>>** <<**1-888-447-4505/TTY: 711 (OH)>>** <<**1-855-847-6430/TTY: 711 (NC)>>** <<**1-855-847-6380/TTY: 711 (KY)>>** if you would like more information about behavioral health issues and how Gateway Health can help you.>>

<<You have indicated that you have an addiction issue. If you have a drug or alcohol concern, know that help is available. We encourage you to talk with any of your doctors about any concerns you might have. Please contact Behavioral Health at **<<1-800-685-5209/TTY: 711 (PA)>> <<1-888-447-4505/TTY: 711 (OH)>> <<1-855-847-6430/TTY: 711 (NC)>> <<1-855-847-6380/TTY: 711 (KY)>>** if you would like more information about addiction counseling and how Gateway Health can help you.>>

<<You have indicated that you have safety concerns. Please contact Case Management at **<<1-800-685-5209/TTY: 711 (PA)>> <<1-888-447-4505/TTY: 711 (OH)>> <<1-855-847-6430/TTY: 711 (NC)>> <<1-855-847-6380/TTY: 711 (KY)>>** if you would like more information about staying safe and how Gateway Health can help you.>>

<<You have indicated that you have neglect concerns. Please contact Case Management at **<<1-800-685-5209/TTY: 711 (PA)>> <<1-888-447-4505/TTY: 711 (OH)>> <<1-855-847-6430/TTY: 711 (NC)>> <<1-855-847-6380/TTY: 711 (KY)>>** if you would like more information about how Gateway Health can help you.>>

<<If you are having issues with your overall health, please call your doctor to schedule an appointment to discuss your results. If you need assistance with scheduling, please contact Case Management at **<<1-800-685-5209/TTY: 711 (PA)>> <<1-888-447-4505/TTY: 711 (OH)>> <<1-855-847-6430/TTY: 711 (NC)>> <<1-855-847-6380/TTY: 711 (KY)>>**.>>

CULTURAL/SPIRITUAL BELIEFS THAT CONFLICT WITH MEDICAL RECOMMENDATIONS

<<If something arises in the future, please remember to speak with your doctor about any conflict between your beliefs and the recommended treatment. Please call your doctor to schedule an appointment to discuss your treatment. If you need assistance with scheduling, please contact Case Management at **<<1-800-685-5209/TTY: 711 (PA)>> <<1-888-447-4505/TTY: 711 (OH)>> <<1-855-847-6430/TTY: 711 (NC)>> <<1-855-847-6380/TTY: 711 (KY)>>**.>>

<<It is important to talk to your provider about any conflict between your beliefs and the recommended treatment. Please call your doctor to schedule an appointment to discuss your treatment. If you need assistance with scheduling, please contact Case Management at **<<1-800-685-5209/TTY: 711 (PA)>> <<1-888-447-4505/TTY: 711 (OH)>> <<1-855-847-6430/TTY: 711 (NC)>> <<1-855-847-6380/TTY: 711 (KY)>>**.>>

Gateway HealthSM complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Gateway HealthSM does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Gateway HealthSM:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - o Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
 - o Qualified interpreters
 - o Information written in other languages

If you need these services, contact Member Services at PA: 1-800-685-5209, OH: 1-888-447-4505, NC: 1-855-847-6430, KY: 1-855-847-6380, 8 AM to 8 PM, 7 days a week from October 1 through February 14. From February 15 through September 30, 8 AM - 8 PM, Monday through Friday. TTY users should call 711.

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

Gateway HealthSM Appeals and Grievances

PO Box 22278
Pittsburgh, PA 15222

Phone: 1-844-207-0336
Fax: 1-412-255-4503

You can file a grievance by mail, or by fax. If you need help filing a grievance, Gateway HealthSM Appeals and Grievances is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue SW., Room 509F, HHH Building, Washington, DC 20201, 1-800-368-1019, 800-537-7697 (TDD).

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

ENGLISH

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call PA: 1-800-685-5209, OH: 1-888-447-4505, NC: 1-855-847-6430, KY: 1-855-847-6380 (TTY: 711).

SPANISH

ATENCIÓN: Si usted habla español, tenemos servicios de asistencia lingüística disponibles para usted sin costo alguno. Llame al PA: 1-800-685-5209, OH: 1-888-447-4505, NC: 1-855-847-6430, KY: 1-855-847-6380 (TTY: 711).

CHINESE

小贴士：如果您说普通话，欢迎使用免费语言协助服务。请拨PA: 1-800-685-5209, OH: 1-888-447-4505, NC: 1-855-847-6430, KY: 1-855-847-6380 (TTY: 711)。

VIETNAMESE

CHÚ Ý: Nếu quý vị nói tiếng Việt, thì có sẵn các dịch vụ trợ giúp ngôn ngữ miễn phí dành cho quý vị. Hãy gọi số PA: 1-800-685-5209, OH: 1-888-447-4505, NC: 1-855-847-6430, KY: 1-855-847-6380 (TTY: 711).

KOREAN

알림: 한국어를 하시는 경우 무료 통역 서비스가 준비되어 있습니다. PA: 1-800-685-5209, OH: 1-888-447-4505, NC: 1-855-847-6430, KY: 1-855-847-6380 (TTY: 711)로 연락주시기 바랍니다.

TAGALOG

Pansinin: Kung nagsasalita ka ng Tagalog, mga serbisyo ng tulong sa wika, nang walang bayad, ay magagamit sa iyo. Tawagan ang PA: 1-800-685-5209, OH: 1-888-447-4505, NC: 1-855-847-6430, KY: 1-855-847-6380 (TTY: 711).

RUSSIAN

ВНИМАНИЕ: Если вы говорите на русском языке, вам будут бесплатно предоставлены услуги переводчика. Звоните по телефону: PA: 1-800-685-5209, OH: 1-888-447-4505, NC: 1-855-847-6430, KY: 1-855-847-6380 (телетайп: 711).

ARABIC

ملاحظة: إذا كنت تتحدث العربية، تتوفر خدمات المساعدة اللغوية مجانًا من أجلك. اتصل بالرقم PA: 1-800-685-5209, OH: 1-888-447-4505, NC: 1-855-847-6430, KY: 1-855-847-6380 (الهاتف النصي: 711).

FRENCH CREOLE

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele PA: 1-800-685-5209, OH: 1-888-447-4505, NC: 1-855-847-6430, KY: 1-855-847-6380 (TTY: 711).

FRENCH

ATTENTION : Si vous parlez français, des services gratuits d'interprétation sont à votre disposition. Veuillez appeler le PA: 1-800-685-5209, OH: 1-888-447-4505, NC: 1-855-847-6430, KY: 1-855-847-6380 (TTY: 711).

POLISH

UWAGA: Dla osób mówiących po polsku dostępna jest bezpłatna pomoc językowa. Zadzwoń pod numer PA: 1-800-685-5209, OH: 1-888-447-4505, NC: 1-855-847-6430, KY: 1-855-847-6380 (TTY: 711).

PORTUGUESE

ATENÇÃO: Se fala português, estão disponíveis serviços gratuitos de assistência linguística na sua língua. Telefone para PA: 1-800-685-5209, OH: 1-888-447-4505, NC: 1-855-847-6430, KY: 1-855-847-6380 (TTY: 711).

ITALIAN

ATTENZIONE: Se lei parla italiano, sono disponibili servizi gratuiti di assistenza linguistica nella sua lingua. Chiami PA: 1-800-685-5209, OH: 1-888-447-4505, NC: 1-855-847-6430, KY: 1-855-847-6380 (TTY: 711).

JAPANESE

お知らせ: 日本語での対応を望まれる方には、無料で通訳サービスをご利用になれます。電話番号PA: 1-800-685-5209, OH: 1-888-447-4505, NC: 1-855-847-6430, KY: 1-855-847-6380 (TTY: 711)までお問い合わせ下さい。

GERMAN

BITTE BEACHTEN: Wenn Sie Deutsch sprechen, stehen Ihnen unsere Dolmetscher unter der Nummer PA: 1-800-685-5209, OH: 1-888-447-4505, NC: 1-855-847-6430, KY: 1-855-847-6380 (TTY: 711) kostenlos zur Verfügung.

FARSI

توجه: چنانچه به زبان فارسی صحبت می کنید، خدمات کمک زبانی، به صورت رایگان، در اختیار شما قرار خواهد گرفت.
با شماره PA: 1-800-685-5209, OH: 1-888-447-4505, NC: 1-855-847-6430, KY: 1-855-847-6380 تماس بگیرید.

SERBO-CROATIAN

OBAVJEŠTENJE: Ako govorite srpsko-hrvatski, usluge jezičke pomoći dostupne su vam besplatno. Nazovite PA: 1-800-685-5209, OH: 1-888-447-4505, NC: 1-855-847-6430, KY: 1-855-847-6380 (TTY- Telefon za osobe sa oštećenim govorom ili sluhom: 711).

PENNSYLVANIA DUTCH

Wann du Deitsch schwetzscht, kannscht du mitaus Koschte ebber gricke, ass dihr helft mit die englisch Schprooch. Ruf selli Nummer uff: Call PA: 1-800-685-5209, OH: 1-888-447-4505, NC: 1-855-847-6430, KY: 1-855-847-6380 (TTY: 711).

NEPALI

ध्यान दिनुहोस्: तपाईंले नेपाली बोल्नुहुन्छ भने तपाईंको निम्ति भाषा सहायता सेवाहरू निःशुल्क रूपमा उपलब्ध छ । फोन गर्नुहोस्
PA: 1-800-685-5209, OH: 1-888-447-4505, NC: 1-855-847-6430, KY: 1-855-847-6380 (टिक्वाइ: 711) ।

OROMO

XIYYEEFFANNAA: Afaan dubbattu Oroomiffa, tajaajila gargaarsa afaanii, kanfaltiidhaan ala, ni argama. Bilbilaa PA: 1-800-685-5209, OH: 1-888-447-4505, NC: 1-855-847-6430, KY: 1-855-847-6380 (TTY: 711).

BANTU

ICITONDERWA: Nimba uvuga Ikirundi, uzohabwa serivisi zo gufasha mu ndimi, ku buntu. Woterefona PA: 1-800-685-5209, OH: 1-888-447-4505, NC: 1-855-847-6430, KY: 1-855-847-6380 (TTY: 711).

CAMBODIAN

ប្រយ័ត្ន: បើសិនជាអ្នកនិយាយភាសាខ្មែរ, សេវាជំនួយផ្នែកភាសាដោយមិនគិតថ្លៃ គឺអាចមានសំរាប់អ្នក។
ចូរ ទូរស័ព្ទ PA: 1-800-685-5209, OH: 1-888-447-4505, NC: 1-855-847-6430, KY: 1-855-847-6380 (TTY: 711) ។

HMONG

LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau PA: 1-800-685-5209, OH: 1-888-447-4505, NC: 1-855-847-6430, KY: 1-855-847-6380 (TTY: 711).

HINDI

ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। PA: 1-800-685-5209, OH: 1-888-447-4505, NC: 1-855-847-6430, KY: 1-855-847-6380 (TTY: 711) पर कॉल करें।

LAO

ໂປດຊາບ: ຖ້າວ່າທ່ານເວົ້າພາສາລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສຍຄ່າ, ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ໂທ PA: 1-800-685-5209, OH: 1-888-447-4505, NC: 1-855-847-6430, KY: 1-855-847-6380 (TTY: 711).

GUJARATI

સુચના: જો તમે ગુજરાતી બોલતા હો, તો નિઃશુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો PA: 1-800-685-5209, OH: 1-888-447-4505, NC: 1-855-847-6430, KY: 1-855-847-6380 (TTY: 711).

DUTCH

AANDACHT: Als u nederlands spreekt, kunt u gratis gebruikmaken van de taalkundige diensten. Bel PA: 1-800-685-5209, OH: 1-888-447-4505, NC: 1-855-847-6430, KY: 1-855-847-6380 (TTY: 711).

UKRAINIAN

УВАГА! Якщо ви розмовляєте українською мовою, ви можете звернутися до безкоштовної служби мовної підтримки. Телефонуйте за номером PA: 1-800-685-5209, OH: 1-888-447-4505, NC: 1-855-847-6430, KY: 1-855-847-6380 (телетайп: 711).

ROMANIAN

ATENȚIE: Dacă vorbiți limba română, vă stau la dispoziție servicii de asistență lingvistică, gratuit. Sunați la PA: 1-800-685-5209, OH: 1-888-447-4505, NC: 1-855-847-6430, KY: 1-855-847-6380 (TTY: 711).

Gateway HealthSM offers HMO plans with a Medicare contract. Some Gateway Health plans have a contract with Medicaid in the states where they are offered. Enrollment in these plans depends on contract renewal.

NOTES



Four Gateway Center
444 Liberty Avenue, Suite 2100
Pittsburgh, PA 15222-1222