



L.A. Care.

L.A. Cares About **Diabetes**[®]

An education and support program for people with diabetes



My diabetes Care Team



If you have questions or need help, call your diabetes care team. Keep their phone numbers close by in case of emergency.

Important Phone Numbers

Me: _____

My Doctor: _____

My diabetes Educator: _____

My Pharmacy: _____

My L.A. Care Member Services: _____

Health Education Department

1.855.856.6943 (TTY 711)

Monday - Friday, 9 a.m. - 4 p.m.

or email:

HealthEd_Info_Mailbox@lacare.org



L.A. Care Nurse Advice Line

1.800.249.3619 (TTY 711)

24 hours a day, 7 days a week





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Understanding **Diabetes**

Diabetes means there is too much sugar in the blood.

With diabetes your body has a hard time changing the food you eat into the energy you need. This causes too much sugar in the blood. If not managed, high blood sugar can slowly damage your heart, kidneys, eyes, and feet.

Although there is no cure for diabetes, you can manage it by:



Eating healthy



Staying active



Testing your blood sugar levels



Taking medication if needed



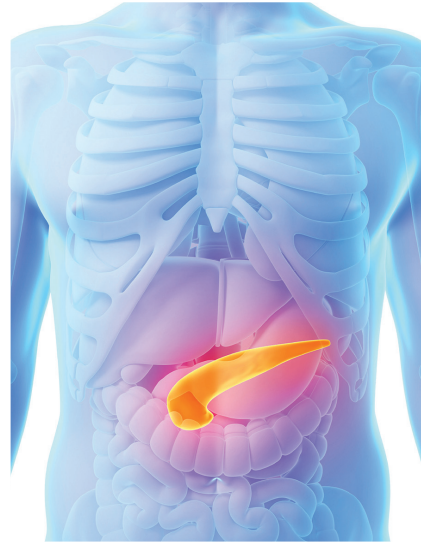
Seeing your doctor for needed exams

Types of diabetes

When you have diabetes, your body has problems making and using insulin. Insulin is a hormone made by the pancreas. It helps move sugar, also called glucose, from the blood into the cells of the body. The cells are then able to use the sugar for energy.

Type 1: When you have **Type 1** diabetes, your pancreas doesn't make insulin. You need to take insulin prescribed by a doctor several times each day.

Type 2: When you have **Type 2** diabetes, your pancreas doesn't make **enough** insulin or your insulin does not work well enough. Over time your body makes less and less insulin. Many people with Type 2 diabetes will need to take insulin prescribed by a doctor at some point.



Do you know what type of Diabetes you have?

Type 1 diabetes Type 2 diabetes

What questions do you have about your type of diabetes? _____

If you have diabetes, what and how much you eat has a big effect on your blood sugar.

Helpful Tips

- ❖ Eat 3 well balanced meals each day about 4 to 5 hours apart. Do not skip meals.
- ❖ Eat about the same amount of food from meal to meal and day to day.
- ❖ Pick whole grains most often. (All carbohydrates turn into sugar but some carbohydrates are better for you than others.)
- ❖ Eat more salads and vegetables.
- ❖ Be careful with the sweets and desserts. Regular soda and sports drinks have lots of carbohydrates in the form of sugar too.
- ❖ Olive or canola oil and avocado are good fat choices. Cut down on saturated and trans fats.
- ❖ Keep snacks close by to keep from getting too hungry and eating unhealthy foods.
- ❖ Use the plate method for diabetes to plan your meals.

Because sugar comes from the foods you eat, it is important to eat the right foods in the right amounts.

Diabetes Plate Method

The plate method for people living with diabetes is a way of planning each meal to make sure it's healthy and balanced.

Build a healthy plate for diabetes:

Think of your plate as having 4 equal sections.

1. Fill 2 sections (1/2) of your plate with vegetables.
2. Fill 1 section (1/4) of your plate with lean protein like fish, chicken or turkey.
3. Fill 1 section (1/4) of your plate with carb foods. Choose whole grains to fill this section.
4. Have one small serving of fresh fruit per meal. (Fruit juice is not a replacement for fruit.)
5. Have water or one cup of non-fat milk or unsweetened non-dairy milk like soy or almond milk with your meal rather than a sweetened or drink.



Know About **Carbohydrate Foods**

Carbohydrates (carbs) are foods that turn into sugar in your body. When you have diabetes it is important to know which foods have carbs. Sweets, starchy foods, fruits, and milk are carb foods. Fill 1/4 of your plate with a starchy food and have a fruit and milk to complete the carbs for your meal.



These foods have carbs:



STARCHES/GRAINS

- ⌘ Cereal
- ⌘ Oatmeal
- ⌘ Chips
- ⌘ Pasta
- ⌘ Crackers
- ⌘ Rice
- ⌘ Noodles
- ⌘ Tortillas
- ⌘ Bread



STARCHY VEGETABLES

- ⌘ Beans
- ⌘ Peas
- ⌘ Corn
- ⌘ Sweet potatoes
- ⌘ Potatoes
- ⌘ Yams



FRUITS

- ⌘ Apple
- ⌘ Banana
- ⌘ Cantaloupe
- ⌘ Strawberry
- ⌘ Watermelon



MILK AND MILK PRODUCTS

- ⌘ Almond milk
- ⌘ Milk
- ⌘ Soy milk
- ⌘ Yogurt



SWEETS

- ⌘ Candy
- ⌘ Cakes
- ⌘ Dried fruits
- ⌘ Honey
- ⌘ Juice
- ⌘ Sodas

Helpful Tips

Some drinks also have carbs. Have juices, fruit drinks, regular sodas, and sugar sweetened coffee or tea in moderation.

Alcohol can cause low blood sugar and should be limited. If you drink alcohol, ask your doctor or diabetes care team how to do so safely. It is recommended to keep alcoholic drinks to 1 drink a day. It is best to not to drink on an empty stomach.

Eat Enough of **Non-Carb Foods**

These foods have little or no carbs. They do not have a big effect on blood sugar. Fill 1/2 of your plate with vegetables and 1/4 with lean protein foods.



PROTEINS

- ❖ Chicken
- ❖ Egg whites
- ❖ Fish
- ❖ Lean meat
- ❖ Tempeh
- ❖ Tofu
- ❖ Turkey



MOST VEGETABLES

- ❖ Asparagus
- ❖ Broccoli
- ❖ Cauliflower
- ❖ Romaine lettuce
- ❖ Spinach
- ❖ Tomatoes
- ❖ Zucchini

Use healthy fats to prepare your meals. Boil, bake, or barbecue food instead of frying.



HEALTHY FATS

- ⌘ Avocado
- ⌘ Nuts
- ⌘ Canola oil
- ⌘ Olive oil
- ⌘ Flax seed oil
- ⌘ Peanut oil



NOT-SO-HEALTHY FATS

- ⌘ Butter
- ⌘ Some cheeses
- ⌘ Lard
- ⌘ Sour cream
- ⌘ Shortening

What foods would you choose to make a healthy plate?



Know the **Right Amount**

The good news is you don't have to cut out carb foods completely to manage diabetes. Eating a smaller portion size is what counts!

Too Much



Orange Juice
12-16oz



Whole
banana



Whole bagel



4 tortillas



1 cup
Rice



French
bread roll



Large
pizza slice



10 or more
crackers

Right Size



Orange
Juice 4oz



1/2 Banana



1/2 Bagel



2 Tortillas



1/3 cup
Rice



Whole grain
bread 1 slice



Small
pizza slice



6 Crackers

Check how much you know

Please check all the foods that turn into sugar (carbs).
Answers are upside down on the bottom of the page.

**Yes,
a Carbohydrate
Food**

**Not a
Carbohydrate
Food**



Fish



Cereal



Corn



Avocado



Potato



Lettuce



Nuts



Milk



Juice



Corn oil

Living Well: **Being Active**

Living an active life can:

- ⌘ Lower blood sugar levels
- ⌘ Lower blood pressure
- ⌘ Improve heart health
- ⌘ Help with weight loss
- ⌘ Increase energy and strength
- ⌘ Relieve stress

Here are some ways to add physical activity to your day.



Dancing



Mall Walking



Gardening

Helpful Tips

- ⌘ Talk with your doctor before you start an exercise program.
- ⌘ If you are not active now, start slow with about 10 minutes a day. Add a few minutes each day until you are active for about 30 minutes a day or 150 minutes a week.
- ⌘ If you're new to exercising, walk around the block to get started.
- ⌘ Do activities with a friend to make it more fun.
- ⌘ Track what you do as a way to keep you motivated (see page 31).
- ⌘ If you will be exercising more than usual:
 - ✓ Carry a fast sugar source with you. (See page 16 on how to treat low blood sugar.)
 - ✓ Check your blood sugar before and after exercise. If it's low, you may need a small snack.

Regular physical activity is important for managing diabetes.

What can you do to be more active?

Circle the activities you enjoy the most. It's best to do at least one activity from each column.

Aerobic



Swimming



Dancing/Zumba



Walking

Strengthening



Using Resistance Bands



Gardening



Free Weights

Stretching



Yoga



Simple stretching



Tai chi

How many times a week will you do those activities? _____

For how many minutes each time? _____



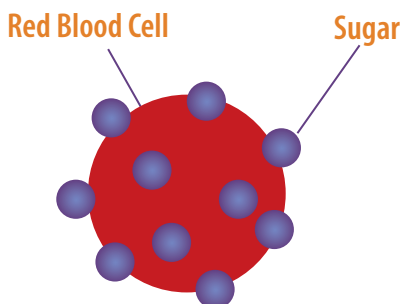
Losing weight can help manage diabetes. Losing just 10-15 pounds can make a difference in the amount of sugar that stays in your blood.

You can also take a free exercise class at one of our Family Resource Centers! We offer lots to choose from such as Zumba, yoga, and strength training. To find a Center near you, call **1.877.287.6290** (TTY 711).

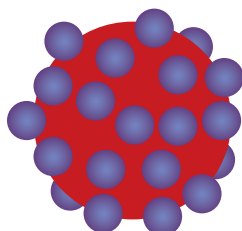
Living Well: Knowing My Blood Sugar Levels

When you have diabetes, your blood sugar (glucose) levels tend to be high. Over time, this can damage your body and lead to other problems. This is why it's important to know your blood sugar levels.

Normal Blood Sugar



High Blood Sugar



There are two types of tests to measure your blood sugar. You need both of these tests.









- ⚙️ The A1c test is a **lab test** that shows your **average blood sugar level** over the last 3 months. Know your A1c. It tells you and your doctor if your blood sugar has been close to normal or too high during the last 3 months.



- ⚙️ A **blood sugar (glucose) test** measures your blood sugar **at the time you test**. You can do this test yourself using a meter and test strips. **This test helps with daily choices to better manage diabetes.** Know your target blood sugar numbers for when you are fasting, before meals, after meals, and at bedtime.






You **can** prevent complications and live well with diabetes.

For many people with diabetes, the A1c goal is less than 7. Lowering A1c levels by any amount improves your chances of staying healthy.

	Risk for Complications 	A1c 	Blood Sugar 
 I feel GOOD	Low	Under 7	Under 150
 I DO NOT feel good	High	Between 7 - 9	Between 150 - 210
 I feel AWFUL	Very High	Over 9	Over 200

To lower blood sugar levels

Helpful Tips

-  Eat healthy
-  Take your medications as directed
-  Stay active
-  Manage stress and anxiety
-  See your doctor regularly

Ask your doctor about a good A1c goal for you.

Living Well: Handling Blood Sugar Highs and Lows

Low Blood Sugar (Hypoglycemia)

What causes low blood sugar?

- ❖ Missing a meal or eating later or less than normal
- ❖ Taking too much diabetes medicine
- ❖ Skipping your usual snack
- ❖ Doing more activity than usual
- ❖ Drinking alcohol

Signs of low blood sugar:

- ❖ Sweaty or clammy
- ❖ Irritable, confused
- ❖ Shaky, lightheaded, dizzy
- ❖ Hungry

Helpful Tips

If you feel your blood sugar is too low or your blood sugar is 70 or less, drink or eat an emergency snack with 15 grams of simple sugar such as:

- ❖ 4 ounces of juice or regular (non-diet) soda
- ❖ 1 tablespoon of sugar or jelly
- ❖ 3 to 4 glucose tablets
- ❖ 5 small pieces of hard candy such as "Life Savers"

Wait 15 minutes and check your blood sugar. If it is still under 100 have another serving of the foods listed above.

- ❖ Don't treat low blood sugar with chocolate. It does not raise blood sugar fast enough.
- ❖ If you are not able to check your blood sugar but think it is low, treat it with an emergency snack.
- ❖ Carry your blood glucose meter and an emergency snack with you at all times.
- ❖ Eat your next meal as soon as possible.

It is normal for your blood sugar to change throughout the day. It's important that your blood sugar doesn't go too high or too low.

High Blood Sugar (Hyperglycemia)

What causes high blood sugar?

- ⌘ Eating food high in carbs, which turns into sugar
- ⌘ Not taking your diabetes medicine
- ⌘ Not getting enough exercise
- ⌘ Being sick or in pain
- ⌘ Stress

Signs of high blood sugar:

- ⌘ Very hungry and thirsty
- ⌘ Headaches and fatigue
- ⌘ Dry mouth, dry itchy skin
- ⌘ Blurred vision
- ⌘ Frequent need to urinate (pee a lot)



If your blood sugar is over 180:

- ⌘ Drink extra water (2 extra 8 oz. glasses).
- ⌘ Exercise – go for a walk. Ask your doctor if it is okay to exercise when your blood sugar is high.
- ⌘ Eat fewer foods with carbs at your next meal.
- ⌘ Call your doctor if your blood sugar is over 250 after testing two or more times.

Talk with your doctor if your blood sugar is frequently too low or too high. Your diabetes medicine may need to be adjusted.

Managing Medicines

Taking medicine to control your blood sugar levels is normal. Most people with diabetes also need meds for other health problems, like high cholesterol or high blood pressure. It is very important to take your meds as directed by your doctor.

There are different types of diabetes medication. Each type works in its own way to control blood sugar.



There are 3 types of diabetes medications

- ⌘ Pills
- ⌘ Non-insulin injections (shots)
- ⌘ Insulin injections (shots)



Keep track of your medications





- ⌘ Take your medicines at the right times.
- ⌘ Fill a pill box with the medicines for the week.
- ⌘ Keep your medicines in the original bottles until you put them in the pill box.
- ⌘ Take your medicines at the same time every day.
- ⌘ Use a chart, calendar, or timer to help you remember.



Talk with your doctor about your medications

Use these tips to get ready for your next doctor visit:

- ⌘ Write down your questions.
- ⌘ Keep a list of your medicines.
- ⌘ Write down any side effects of each medicine.
- ⌘ Bring all your medicines to each visit.

When do I take this medicine?	Medicine Name	How much should I take?
 <p>Morning</p>		
 <p>Noon</p>		
 <p>Evening</p>		
 <p>Only when I need it</p>		

Helpful 
Tips

Bring your medicines with you to each visit. Your diabetes medicines may change over time.

Preventing Complications: Your Feet

Blood sugar above your target numbers can cause two problems with your feet over time:

1 Nerve damage

2 Decreased blood flow

Because of these problems, a sore, bruise or infection may take longer to heal and lead to other problems. If not treated, these problems can lead to amputation (loss of a limb). Smoking makes blood flow problems much worse.

3 Steps to take care of your feet

Step 1: Check

- ⌘ Look at your feet each day. Check for sores, blisters, redness, calluses, or other problems.
 - ✓ Do not pick or peel the skin on your feet.
 - ✓ If you cannot check your feet by lifting them up, use a mirror or ask someone else to check your feet.



- ⌘ Tell your doctor right away about **any** foot problems.
 - ✓ Have your doctor check your feet at each visit. Ask if you need to see a podiatrist (special foot doctor).

Foot problems is a common complication. Taking care of your feet each day helps find problems early, when something can be done about it.

Step 2: Clean

Wash your feet in warm water each day.
Do not use hot water or soak your feet.

Dry your feet well, even between your toes.

If your skin is dry, rub lotion on your feet after you wash and dry them.

Do not put lotion between your toes.

File corns and calluses gently with an emery board.

Cut your toenails straight across. Do not cut into the corners.



Step 3: Protect

Never walk barefoot. Always wear shoes or slippers, even when you are at home.

Always wear socks or panty hose.






Do not wear socks or stockings that are too tight below your knee.

Wear shoes that fit well. Shop for shoes at the end of the day when your feet are bigger. Break shoes in slowly.







Preventing Complications: Your Body and Diabetes

Use the table below to learn about common problems and what you can do.

Body Part	Problem	How does it feel	What you can do
Feet 	Nerves to the feet and legs have been harmed	Tingling, numbness, burning sensation or pain	<input type="checkbox"/> Have your doctor check your feet <input type="checkbox"/> Always wear shoes and socks
Legs 	Poor blood flow	Leg cramps, foot ulcers and infections May lead to amputations	<input type="checkbox"/> Bring down your A1c, cholesterol, and blood pressure <input type="checkbox"/> Lose weight <input type="checkbox"/> If you smoke, quit <input type="checkbox"/> See your doctor
Kidneys 	Damaged blood vessels let protein out in the urine	You may not feel anything	<input type="checkbox"/> Keep your sugar and blood pressure well managed <input type="checkbox"/> If the problem is severe, dialysis (machine to clean the blood) may be needed <input type="checkbox"/> Talk with your doctor about a treatment plan
Liver 	Fat build up	You may not feel anything	<input type="checkbox"/> Lose weight <input type="checkbox"/> Talk with your doctor about treatment plan
Stomach 	Nerves that control digestion are harmed	Nausea, vomiting, slow digestion, diarrhea, and/or constipation	<input type="checkbox"/> Eat small meals <input type="checkbox"/> Eat more foods with fiber <input type="checkbox"/> Eat less high fat foods <input type="checkbox"/> Stand or walk after eating <input type="checkbox"/> Get a referral to a dietitian

Unmanaged diabetes can slowly affect your organs and cause complications.

Body Part	Problem	How does it feel	What can be done
Heart 	Blocked arteries	You may not feel anything	<input type="checkbox"/> Keep your sugar, blood pressure, and cholesterol well managed <input type="checkbox"/> Eat heart-healthy foods <input type="checkbox"/> Lose weight, if needed
Mouth 	Gum infection	Gums may be red, swollen, or bleed	<input type="checkbox"/> See your dentist regularly for cleaning
Eyes 	Blocked vessels in the back of the eye (retina)	You may not notice anything Or you may notice black spots	<input type="checkbox"/> Get your eyes checked every year
Brain 	Poor blood flow can cause stroke or part of the brain to fail	Weakness to one side of the body Problems speaking Loss of balance and severe headache	<input type="checkbox"/> Keep your sugar, blood pressure, and cholesterol well managed <input type="checkbox"/> Talk with your doctor about a prevention plan <input type="checkbox"/> Stop smoking

You may need other tests or screenings if you are at high risk. Talk with your doctor about a prevention plan.

Preventing Complications: **Sick Days**



Being sick can make your blood sugar level go up very high. The best way to prevent a minor illness from becoming a major problem is to have a Sick-Day Action Plan for sick days.

When you're sick, your body is under physical stress. To deal with this stress, your body releases hormones that help fight the illness. These hormones have side effects. They raise blood sugar levels and do not let insulin work well.

When you're sick it is harder to keep your blood sugar in your target range even if you are not eating.

Make a Sick-Day Action Plan

Work with your doctor or diabetes educator to prepare your Sick-Day Action Plan. The plan should include the following:



- When to call your doctor or diabetes team
- How often to test your blood sugar
- Which medications to take, how much to take, and when to take them
- What and how to eat
- A log to keep track of temperature, medication, foods, and blood sugar levels
- A list of phone numbers for your doctor, diabetes educator, and dietitian. Include how to reach your doctor at night, on weekends, and on holidays

Call your diabetes team if:



- ⚙ You've been sick or have had a fever for a couple of days and aren't getting better
- ⚙ You've been vomiting or having diarrhea for more than 6 hours
- ⚙ Your blood sugar levels are higher than 240
- ⚙ You have symptoms that might signal dehydration or other serious problem:
 - ✓ Chest pain
 - ✓ Fruity smelling breath
 - ✓ Trouble breathing
 - ✓ Dry, cracked lips or tongue
- ⚙ You aren't sure what to do to take care of yourself

Important **Diabetes Exams**

Test	How Often	Date Completed
A1c Test	Every 3 months if A1c is over 7; Every 6 months if A1c is under 7	
Blood pressure	At every office visit	
Cholesterol and blood fats	Each year	
Dilated eye exam	Each year	
Kidney function (urine and blood test)	Each year	
Foot exam	Once a year by doctor; Daily self exam at home	
Dental exam of your gums and teeth	Every 6 months	
Weight	Every office visit	
Flu shot	Each year	
Pneumococcal vaccination	Ask your doctor if you need it	
Blood Sugar Test	As told by your doctor or at least once a day and before exercise	



You may also want to talk with your doctor about:

- Abuse and violence
 - Advance directives
 - Aspirin
 - Asthma
 - Bladder control
 - Dental health
 - Depression
 - Diabetes
 - Drug and alcohol problems
 - Fall prevention
 - Family planning/ birth control
 - How to quit smoking
 - Your medication(s)
 - Mental health concerns (memory loss or changes)
 - Nutrition
 - Pain management
 - Parenting
 - Planning for long-term care
 - Prenatal health (for pregnant women)
 - Physical activity/ exercise
 - Safety
 - Sexually transmitted diseases and HIV
 - Weight concerns
 - Any other concerns
-






For questions or to speak with someone about diabetes, call **L.A. Cares About Diabetes®** at **1.877.796.5878 (TTY 711)**. You can also call the 24-hour **Nurse Advice Line** for free health care advice at **1.800.249.3619 (TTY 711)**, 7 days a week.

My Action Plan

Now that you know more about managing diabetes, think of what you want to do to better take care of yourself.

What can I improve?

	What am I doing to feel like this?	What can I do to feel better?
 I feel GOOD		
 I DO NOT feel good		
 I feel AWFUL		

How sure are you that you will reach your goal?

Please circle the number below. A 7 or higher means you are more likely to do it!.

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

1=not sure at all

10= completely sure



My Action Plan:		Activity	How long	When	How many days							
					S	M	T	W	Th	F	S	
Example	I will...	Walk	30 minutes	After dinner		✓		✓		✓		
Goal 1	I will...											
	I will...											
Goal 2	I will...											
	I will...											
Goal 3	I will...											
	I will...											
Goal 4	I will...											
	I will...											

Helpful Tips

Did you know, as an L.A. Care member, you can get help with self-managing your diabetes in person by video conference or over the phone? Call our **Health Education** department at **1.855.856.6943 (TTY 711)**.

Important Resources



Your Doctor

Your doctor is always there for you. Make and keep your doctor appointments. Keep your doctor's phone number handy.

My doctor's name is: _____

Phone Number: _____

Health Education Department

L.A. Care's *Health In Motion*™ offers free health workshops near you. Come make friends and learn about Diabetes and other health topics in a fun way! Call **1.855.856.6943** (TTY 711).

L.A. Care Diabetes Educator

An L.A. Care Registered Dietitian or Certified Diabetes Care and Education Specialist can help you learn the skills needed for diabetes self-management. The diabetes educator can be reached by calling **1.855.856.6943** (TTY 711).

L.A. Care Nurse Advice Line

Call the L.A. Care Nurse Advice Line for general health questions to keep you and your family healthy. You can call 24 hours a day, 7 days a week. Call **1.800.249.3619** (TTY 711).

Online Education

You can also use *My Health In Motion*™, a free online platform for more information on diabetes. You will find a personal health report, wellness workshops, healthy recipes and much more! To log-in, go to lacare.org, click on "Member Sign-In" then click on the "My Health In Motion"™ tab to start your profile.



blue
california
Promise Health Plan

Community Resource Center

RESOURCE CENTER LOCATIONS

NORTH REGION ■

- 1 Metro L.A.
- 2 Pacoima
- 3 Palmdale
- 4 The Westside

SOUTH REGION ■

- 5 Inglewood
- 6 Lynwood
- 7 Long Beach
- 8 Wilmington

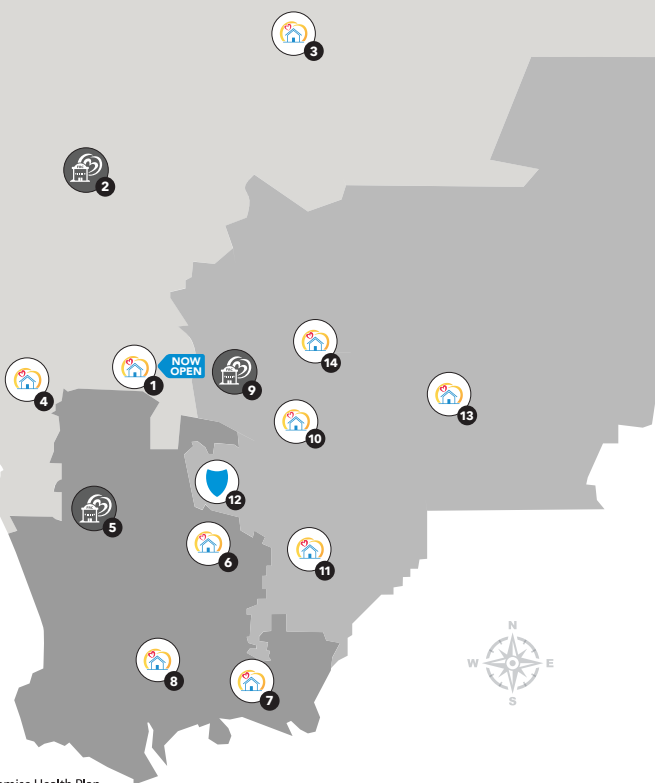
EAST REGION ■

- 9 Boyle Heights
- 10 East L.A.
- 11 Gateway Cities
- 12 Huntington Park
- 13 Pomona
- 14 El Monte

 **FRC Existing Locations***

 **IRC Existing Location****

 **CRC Future Locations*****



*L.A. Care Health Plan
Family Resource Centers

**Blue Shield of California Promise Health Plan
Informational Resource Center

***L.A. Care Health Plan and Blue Shield of California Promise Health Plan
Community Resource Centers

Blue Shield of California Promise Health Plan is an independent licensee of the Blue Shield Association.



More centers are opening, to find out more information visit activehealthyinformed.org

References

Medi-Cal

English

Free language assistance services are available. You can request interpreting or translation services, information in your language or in another format, or auxiliary aids and services. Call L.A. Care at **1.888.839.9909** (TTY **711**), 24 hours a day, 7 days a week, including holidays. The call is free.

Spanish

Los servicios de asistencia de idiomas están disponibles de forma gratuita. Puede solicitar servicios de traducción e interpretación, información en su idioma o en otro formato, o servicios o dispositivos auxiliares. Llame a L.A. Care al **1.888.839.9909** (TTY **711**), las 24 horas del día, los 7 días de la semana, incluso los días festivos. La llamada es gratuita.

Chinese

提供免費語言協助服務。您可申請口譯或翻譯服務，您使用之語言版本或其他格式的資訊，或輔助援助和服務。請致電 L.A. Care 電話 **1.888.839.9909** (TTY **711**)，服務時間為每週 7 天，每天 24 小時（包含假日）。上述電話均為免費。

L.A. Care complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Cal MediConnect

English

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call **1.888.522.1298** (TTY: **711**), 24 hours a day, 7 days a week, including holidays. The call is free.

Spanish

ATENCIÓN: Si usted habla español, los servicios de asistencia con el idioma estarán disponibles para usted sin costo. Llame al **1.888.522.1298** (TTY: **711**), las 24 horas del día, los 7 días de la semana, incluso los días festivos. La llamada es gratuita.

Chinese

請注意：如果您說中文，您可免費獲得語言協助服務。請致電 **1.888.522.1298** (TTY: **711**)，服務時間為每週 7 天，每天 24 小時（包含假日）。這是免費電話。

L.A. Care Cal MediConnect Plan (Medicare-Medicaid Plan) is a health plan that contracts with both Medicare and Medi-Cal to provide benefits of both programs to enrollees.

References

PASC-SEIU

English

Free language assistance services are available. You can request interpreting or translation services, information in your language or in another format, or auxiliary aids and services. Call L.A. Care at **1.844.854.7272 (TTY 711)**, 24 hours a day, 7 days a week, including holidays. The call is free.

Spanish

Los servicios de asistencia de idiomas están disponibles de forma gratuita. Puede solicitar servicios de traducción e interpretación, información en su idioma o en otro formato, o servicios o dispositivos auxiliares. Llame a L.A. Care al **1.844.854.7272 (TTY 711)**, las 24 horas del día, los 7 días de la semana, incluso los días festivos. La llamada es gratuita.

Chinese

提供免費語言協助服務。您可申請口譯或翻譯服務，您使用之語言版本或其他格式的資訊，或輔助援助和服務。請致電 L.A. Care 電話 **1.844.854.7272 (TTY 711)**，服務時間為每週 7 天，每天 24 小時（包含假日）。上述電話均為免費。

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English

Free language assistance services are available. You can request interpreting or translation services, information in your language or in another format, or auxiliary aids and services. Call L.A. Care at **1.855.270.2327 (TTY 711)**, 24 hours a day, 7 days a week, including holidays. The call is free.

Spanish

Los servicios de asistencia de idiomas están disponibles de forma gratuita. Puede solicitar servicios de traducción e interpretación, información en su idioma o en otro formato, o servicios o dispositivos auxiliares. Llame a L.A. Care al **1.855.270.2327 (TTY 711)**, las 24 horas del día, los 7 días de la semana, incluso los días festivos. La llamada es gratuita.

Chinese

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