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Winter 2025 | New Member 2026

PrimeLines

A complimentary publication from PrimeWest Health

Member Services: 1-866-431-0801

Preventive Health Care: Everyone Needs It!

Do you think of wellness visits as just for kids? Do you only think about visiting your health care provider when you're sick? If you answered yes to either question, it's time to change your way of thinking! The best way to stay healthy is through preventive medicine and regular visits to your health care provider. These visits may include screening for various health concerns, getting answers to health-related questions, and getting the right vaccines to reduce the risk of severe disease.

Adults: Make time for your health

Between jobs, kids, cleaning, yardwork, and hobbies, it can be hard to find time for yourself. But don't let your health care take a back seat! Getting regular checkups helps your health care provider keep track of your health and look for problems before they get out of hand. Don't put off making an appointment because you don't feel sick. Annual visits provide a baseline of your health, which means your provider can spot changes sooner. Studies have shown that if problems are identified early, chances for both treatment and cure are better.

Kids: Get them off to a good start

The baby, child, and teenage years are important for getting off to a healthy start in life. Regular checkups may improve your child's health and reduce the chances of illness, disease, disability, and accidents. These checkups also offer an opportunity to talk about your child's development, behavior, and any concerns you have. Note: If you are age 18 or over and still going to a pediatrician for your primary care needs, PrimeWest Health can help you find a new provider who specializes in caring for adults.



It is important to be aware of health insurance scams. One type of scam involves being offered items of value, like cash or lottery tickets, to get you to go to a certain provider. PrimeWest Health members should **not** accept anything of value from a provider in return for services.

Another type of scam involves someone who calls pretending to be from your health plan. They ask for personal or health information, which they can then use to bill false medical claims. **Only share personal information, like your date of birth or Medical Assistance number, if you're certain you're talking to someone from PrimeWest Health or a trusted member of your care team.**

If you are offered items of value in exchange for services, get a call that feels suspicious, or are billed for items or services you did not get or ask for, call Member Services or the Compliance Hotline. We'll look into it for you! You can call the Compliance Hotline at **1-866-763-2952**. TTY users call **1-800-627-3529** or **711**. The call is free.

Recommended Vaccines for Children from Birth – 18 Years¹

VACCINE	AGE								
	Birth	2 months	4 months	6 months	12 – 24 months	4 – 6 years	7 – 10 years	11 – 12 years	12 – 18 years
Hepatitis B (Hep B) – protects against a virus that attacks the liver	✓	✓ 1 – 2 months after first shot		✓ 6 – 18 months after first shot		✓ If child did not get shots earlier			Check with your health care provider at each visit to be sure your child's vaccines are up to date
Diphtheria, tetanus, pertussis (whooping cough) (DTaP/Tdap)		✓ DTaP	✓ DTaP	✓ DTaP	✓ DTaP 15 – 18 months	✓ DTaP		✓ Tdap	
Polio (IPV)		✓	✓	✓ 6 – 18 months	✓				
Measles, mumps, rubella (MMR)					✓ 12 – 15 months	✓			
Haemophilus influenzae, type B (Hib)		✓	✓	✓ ²	✓ 12 – 15 months				
Pneumococcal (PCV13, PCV15, PCV20) – protects against bacteria that can cause meningitis		✓	✓	✓	✓ 12 – 15 months				
Hepatitis A (Hep A) – protects against a virus that attacks the liver					✓ 2 doses between ages 1 and 2, at least 6 months apart				
Rotavirus – protects against a virus that causes severe diarrhea in infants		✓	✓	✓ ²					
Varicella (chickenpox)					✓ 12 – 15 months	✓	✓ If child did not get shots earlier or have disease		
Meningococcal conjugate – protects against some bacteria that cause meningitis		✓ Children with certain diseases or risk factors should have vaccine between 8 weeks and 24 months; check with your health care provider						✓	✓ Booster at age 16
Human papillomavirus (HPV) – protects against genital warts and cervical, throat, penile, and anal cancers							✓ Can start vaccine at age 9	✓ Ideal age for vaccine series	✓ If child did not get series at age 11 – 12, get at age 13 – 18
Influenza (flu)				✓ Children ages 6 months – 8 years may need 2 shots				✓ Each flu season	
COVID-19 ³				✓					
RSV	✓ Recommended for some infants under 19 months; check with your health care provider								

¹This schedule may vary. It will depend on your health care provider and your child's medical needs.

²Depending on which vaccine is used, this may not be needed. Talk with your health care provider.

³The American Academy of Pediatrics recommends COVID-19 vaccines for children ages 6 – 23 months and older children at high risk for disease.

Source: Centers for Disease Control and Prevention (CDC). "Recommended Child and Adolescent Immunization Schedule for Ages 18 Years or Younger, United States, 2025" (August 2025). www.cdc.gov/vaccines/hcp/imz-schedules/downloads/child/0-18yrs-child-combined-schedule.pdf.

Recommended Screenings for Children from 2 Weeks – 20 Years

SCREENING	AGE										
	2 weeks	2 months	4 months	6 months	9 months	12 months	15 months	18 months	24 months	30 months	3 – 20 ³ years
C&TC ¹	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓ Every year
Social-emotional/mental health				✓		✓		✓	✓	✓	✓ Every year
Blood lead test						✓			✓	✓ If not done earlier	
Hemoglobin/hematocrit test						✓					✓ One time for menstruating adolescents
Assessment/testing for sexually active teens											Begins at age 11
Dental checkup ²						✓		✓	✓	✓	✓ Every 6 months

¹C&TC = Child & Teen Checkup. This will include some or all of the following:

- A check of height, weight, blood pressure, vision, hearing, and developmental progress
- A general physical exam, any needed lab tests, and mental health screening
- A chance to talk with your health care provider about any health or developmental concerns you have
- Transportation, scheduling assistance, and interpretation services

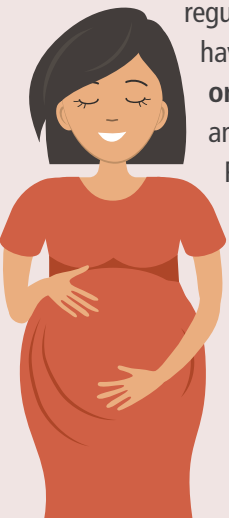
²The American Academy of Pediatric Dentists recommends the first dental exam should be within 6 months of when the first tooth comes in or no later than 12 months of age. Exams should be repeated every 6 months, or as directed by a dentist.

³PrimeWest Health encourages all members age 18 or over who are seeing a pediatrician to transition to a family practice provider. Call PrimeWest Health Member Services if you need help finding a provider.

Source: Minnesota Departments of Human Services (DHS) and Health. “Minnesota Child and Teen Checkups (C&TC) Schedule of Age-Related Screening Standards – Early and Periodic Screening, Diagnosis and Treatment (EPSDT)” (Sept. 2025). <https://edocs.dhs.state.mn.us/lfserver/Public/DHS-3379-ENG>.

Plan for a Healthy Pregnancy and Healthy Baby

Few things will affect a person’s life more than having a baby. And one of the most important things you can do to help ensure a healthy pregnancy is plan for it. If you’re thinking about becoming pregnant, do yourself and your baby a favor and visit your health care provider before you get pregnant to make sure you’re medically ready! The care and information you will get at an appointment can lower your risk and the baby’s risk of health problems during pregnancy and beyond. Once you are pregnant, follow your health care provider’s advice about regular checkups. Early and regular health care is the best way to have a healthy pregnancy and baby. **Take a prenatal education or childbirth education class—it’s on us!** Call Member Services and ask to speak to the Women & Children Care Coordinator about PrimeWest Health’s pregnancy and postpartum programs. Tell your county or MinnesotaCare worker you are pregnant. Your worker will update your eligibility to show you are pregnant. This means you won’t have to pay copays while you’re pregnant. Also, remember to call your county financial worker *after* your baby is born to enroll them in a health plan. Planning—it’s a good idea for both you and your baby!



Your Teeth Need Checkups, Too!

At PrimeWest Health, we want to help you keep a **healthy body and mouth**. There are 2 kinds of dental care. Preventive care is to keep you healthy. Restorative care is to fix something that is wrong. We cover both kinds of care. You can get covered dental services from any dentist (either in or out of the PrimeWest Health network) who is willing to accept PrimeWest Health payment as payment in full. Look in your **Member Handbook** to find out exactly what dental services are covered. Don’t forget: a healthy mouth is important and will help the rest of your body stay healthy, too. So go to the dentist regularly. It’s on us! If you need help finding a dentist, call Member Services.



Recommended Screenings for Adults over Age 18¹

SCREENING	AGE		
	18 – 39 years	40 – 49 years	50+ years
Physical exam – review overall health and Body Mass Index (BMI), perform a physical exam and tests if indicated, and discuss health-related topics	✓ Generally every 1 – 3 years		
Blood pressure – high blood pressure may not have symptoms, but can cause permanent damage to your organs	✓ Every year (performed by your health care provider)		
Dental (oral) exam	✓ Annual checkup and cleaning		
Eye exam – if you have vision problems, you should have your eyes checked every year	✓ Ages 20 – 40, every 5 – 10 years	✓ Ages 40 – 64, every 1 – 4 years	✓ Age 65 and over, every 1 – 2 years
Hearing screening	✓ Discuss with your health care provider		
Alcohol, tobacco, and unhealthy drug use	✓ At time of physical exam		
Depression and anxiety	✓ At time of physical exam		
Intimate partner violence	✓ Discuss with your health care provider		
Colorectal cancer screening ¹			✓ Ages 45 – 75
Latent tuberculosis ¹	✓ If at increased risk		
Lung cancer CT screening – for people with a 20-pack-year smoking history who currently smoke or who quit within the past 15 years			✓ Ages 50 – 80
Diabetes	✓ Pregnant people at 24 weeks of gestation or after	✓ Ages 35 – 70, depending on BMI	
Hepatitis C	✓ One-time screening, ages 18 – 79		
Sexually transmitted infections (STIs) ¹ – sexually active adults should be screened for syphilis, chlamydia, gonorrhea, HIV, and other STIs depending on risk	✓		
Bone health (women only) – bone mineral density test			✓ At age 65
Mammography ¹ (women only) – X-ray of the breast		✓ Every 2 years, women ages 40 – 74	
Reproductive health ¹ (women only) – Pap smear	✓ Every 3 – 5 years, ages 21 – 65		
Abdominal aortic aneurysm screening (men only)			✓ Men ages 65 – 75 who have ever smoked
Prostate cancer screening ¹ (men only)			✓ At ages 55 – 69 based on risk

¹Always check with **your** health care provider to find out when and how often **you** should have these screenings.

Sources: American Academy of Ophthalmology. “Tips and Prevention” (July 2025). www.aao.org/eye-health/tips-prevention-list.

Centers for Disease Control and Prevention (CDC). “Oral Health Tips for Adults” (May 2024). www.cdc.gov/oral-health/prevention/oral-health-tips-for-adults.html.

U.S. Preventive Services Task Force. “A and B Grade Recommendations” (2025).

www.uspreventiveservicestaskforce.org/uspstf/recommendation-topics/uspstf-and-b-recommendations.

Recommended Vaccines for Adults Ages 19 and over

VACCINE	AGE		
	19 – 49 years	50 – 64 years	65+ years
Influenza (flu)	✓ Recommended every year for all adults		
Pneumococcal (PCV15, PCV20, PPSV23)	✓ 1 – 2 doses if you have certain chronic medical conditions ¹	✓ 1 – 2 doses	
Tetanus, diphtheria (Td) Tetanus, diphtheria, pertussis (Tdap)	✓ 1 dose of Tdap, and then a Td or Tdap booster every 10 years; and with each pregnancy or for wound management		
Haemophilus influenzae, type B (Hib)	✓ You may need 1 or 3 doses ¹		
Hepatitis B (Hep B)	✓ 2 – 4 doses ¹		
Hepatitis A (Hep A)	✓ 2 – 3 doses ¹		
Human papillomavirus (HPV) – protects against genital warts and cervical, throat, penile, and anal cancers	✓ 3 doses of this vaccine are covered for people up to age 45 ¹		
Varicella (chickenpox)	✓ 2 doses ¹		
Measles, mumps, rubella (MMR)	✓ 1 – 2 doses ¹		
Meningococcal (MenACWY, MenB)	✓ 1 – 3 doses depending on your level of risk ¹		
Zoster recombinant (shingles)	2 doses if you have certain chronic medical conditions ¹	✓ If you are age 50 or over, you should have 2 doses of this vaccine	
COVID-19	✓ Recommended for all adults ¹		
RSV	✓ Recommended for adults ages 50 – 59 with increased risk, adults over age 60, and pregnant people at 32 – 36 weeks gestation during RSV season		

¹Talk with **your** health care provider about your level of risk for infection and your need for this vaccine.

Source: Centers for Disease Control and Prevention (CDC). “Recommended Adult Immunization Schedule for Ages 19 Years or Older, United States, 2025” (August 2025). www.cdc.gov/vaccines/hcp/imz-schedules/downloads/adult/adult-combined-schedule.pdf.

PRIMEWEST HEALTH SECURE MEMBER SITE

What's in it for you?

Did you know that PrimeWest Health has a secure website just for members? The Secure Member Site is an area of our website where you can log in to view **your** benefits and member information. To access the Secure Member Site, go to www.primewest.org/secure-member-site. Once logged in, you can do the following:

- ▶ Ask for a new member ID card
- ▶ Update your member information
- ▶ Find a provider, pharmacy, or drug
- ▶ Complete an Initial Enrollee Screening, Needs & Resources Survey, or Wellness Survey
- ▶ Access online tools to keep you healthy
- ▶ Ask to have Focused Wellness or care management services
- ▶ Ask questions
- ▶ View eligibility and claims status



SPEAK UP!

Good and open communication with your health care provider is key

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Whenever you visit your health care provider—whether it's for your annual preventive exam or because you are sick—remember that the appointment is **your** time to talk to **your** health care provider!

- ✓ Express any concerns you have about your health. Ask questions. Write them down and bring them with you so you won't forget.
- ✓ Make sure you understand the “whats”—what your health problem is, what you should do about it, and what steps to take next.
- ✓ Also ask your provider the “whys.” Sometimes understanding *why* you should do something will help motivate you to do it.
- ✓ Listen to your provider's answers, but if you don't understand something, speak up and ask them to tell you more or to explain it using different words.

Not sure what you should talk to your provider about? Here are a few suggestions for subjects that may be important for you, but are often overlooked:

- Exercise
- Preventing falls
- Pain management
- Smoking cessation
- How to improve mental health
- Health care directives
- Sexually transmitted infections

- Bladder control
- Non-medical concerns that may affect your health such as access to food, safe housing, and personal safety
- Recommended screening tests

If you have questions after you leave your appointment, you may be able to contact your health care provider through an online portal such as MyChart. You can also call your health care provider's office and ask to speak to a nurse or leave a message for the provider you saw. They will call you back. Remember: good and open communication with your health care provider is key. Get your questions answered and take an active role in understanding your health. And, if you have questions, you can always call PrimeWest Health at **1-866-431-0801** and ask to speak to one of our care coordinators. TTY users call **1-800-627-3529** or **711**. The call is free.

It's simple: You need to understand what you can do to be the healthiest you can be. So, keep asking questions until you understand the answers.



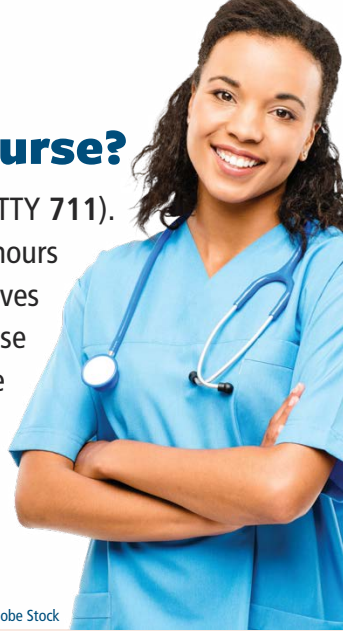
Source: Institute for Healthcare Improvement

Is Your **Clinic Closed?** Do You Need to **Talk to a Nurse?**

Call our 24-hour nurse line at **1-866-201-4601 (TTY 711)**.

The call is free. It is available 7 days a week, 24 hours a day, every day of the year. The nurse line gives you an opportunity to talk to a registered nurse when you have questions about your health. The nurses can help you decide if your condition is something you can take care of at home, if you need to make an appointment with your health care provider, or if you need to go to an emergency room.

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Medication Therapy Management

If you take prescription drugs, it is important to make sure you are taking them correctly and that they are all safe to take together. PrimeWest Health has a service that can help you with this! Medication Therapy Management (MTM) is a service that allows people taking prescription drugs to meet one-on-one with a pharmacist. PrimeWest Health offers this service at no cost to members who qualify. To learn more about MTM, call Member Services at **1-866-431-0801 (TTY 1-800-627-3529 or 711)**. The call is free. Our staff will help you decide if you qualify for the program and who in your area can provide this service.

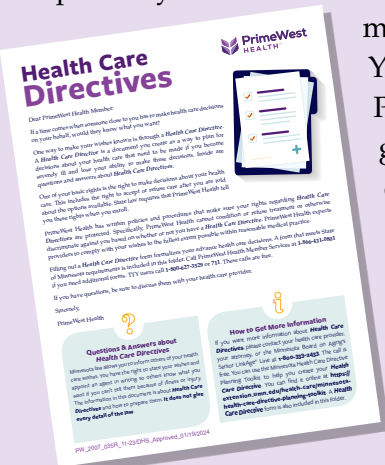


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Is Your **Health Care/Advance Directive** Up to Date?

A **Health Care/Advance Directive** is a written document that tells others about your health care wishes. It is important to have one if something happens to you and you can't make your own choices about health care. It will help those who care for you decide what to do. Having an up-to-date **Health Care/Advance Directive** in place can protect your wishes and make it easier for your family and friends to

make important decisions on your behalf. You got a **Health Care Directive** form in your PrimeWest Health new member packet. To get another copy, or for more information, call Member Services. If the State ever makes changes to the laws about health care directives, PrimeWest Health will tell members as soon as possible, but no later than 90 days after the effective date of the change.



Your PrimeWest Health Identification (ID) Card: Don't Leave Home Without It!

Many people carry important cards like their driver's license or Minnesota Health Care Programs ID card with them all the time. It is also a good idea to keep your current PrimeWest Health ID card with you at all times. It has your name and member number on it and you use it to get services at clinics, pharmacies, hospitals, specialists, and dentists. Since you never know when you might need health care, keeping your ID card with you ensures you'll have it when you need it.



Have You Gotten Your Flu Shot?

It's not too late! The CDC recommends everyone age 6 months and over get a flu vaccine every year. The flu vaccine is your best protection against the flu, and you can get it at the same time as a COVID-19 vaccine or booster! Different flu vaccines are available. Your provider can make sure you get the right one. Talk to your health care provider or pharmacist and get the protection you need!



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Reduce Reuse Recycle

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NOTE: The information in this magazine is not professional medical advice. It is not a substitute for diagnosis or treatment. Do not ignore your health care provider's advice or wait to ask for it because of something you read here. Links to other websites are provided as a resource only. PrimeWest Health does not endorse, recommend, or pay for products or services offered by such sites.

1-866-431-0801 (toll free); TTY 1-800-627-3529 or 711

ATTENTION: If you speak English, free language assistance services are available to you free of charge and without unnecessary delay. Additionally, appropriate auxiliary aids and services to provide information in accessible formats are available free of charge and in a timely manner. Please call the number above or speak to your provider. English

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تنبيه: إذا كنت تتحدث العربية، فستكون خدمات المساعدة اللغوية متاحة لك مجاناً وبدون تأخير غير ضروري. بالإضافة إلى ذلك، تتوفر المساعدات والخدمات المساعدة المناسبة لتوفير المعلومات بتنسيقات يسهل الوصول إليها مجاناً وفي الوقت المناسب. يرجى الاتصال بالرقم أعلاه أو التحدث إلى مقدم الخدمة الخاص بك. Arabic

သတိပြုပါ- သင်သည် မြန်မာဘာသာ ဘာသာစကားဖြင့် ပြောဆိုပါက၊ အခမဲ့ ဘာသာပြန်ဆိုပေးသော ဝန်ဆောင်မှုများကို မလိုလားအပ်သည့် နှောင့်နှေးကြန့်ကြာမှုတို့မရှိဘဲ အခမဲ့ ရရှိနိုင်ပါသည်။ ထို့အပြင်၊ အသုံးပြုခွင့်ရရှိထားသောပုံစံများတွင် သတင်းအချက်အလက်များ ပေးဆောင်နိုင်ရန်အတွက် သင့်လျော်သော အရန်အကူအညီများနှင့် ဝန်ဆောင်မှုများကို အချိန်နှင့်တစ်ပြေးညီ အခမဲ့ရရှိနိုင်ပါသည်။ အထက်တွင် ဖော်ပြထားသောနံပါတ်ကို ဖုန်းခေါ်ဆိုပါ သို့မဟုတ် သင်၏ဝန်ဆောင်မှုပေးသူထံ စကားပြောဆိုပါ။ Burmese

注意：如果您講繁體中文，我們將免費為您提供語言協助服務，且不會造成不必要的延誤。此外，還免費及時提供適當的輔助工具和服務，以無障礙格式提供資訊。請撥打上述電話號碼或與您的提供者聯絡。Chinese

ATTENTION : Si vous parlez Français, des services d'assistance linguistique gratuits sont à votre disposition gratuitement et sans délai inutile. En outre, des aides et services auxiliaires appropriés permettant de fournir des informations dans des formats accessibles sont disponibles gratuitement et en temps opportun. Veuillez appeler le numéro ci-dessus ou parler à votre prestataire. French

CEEB TOOM: Yog tias koj hais lus Hmoob, muaj cov kev pab cuam lus pab dawb rau koj xwb thiab tsis muaj qhov qeeb li. Dhau no lawm, tseem muaj ntaub ntawv qhia txog cov cuab yeej pab hnov lus thiab cov kev pab cuam ua hom qauv ntawv uas mus siv tau dawb yam tsis sau nqi thiab raws sij hawm. Thov hu rau tus xov tooj saum toj no los sis tham nrog koj tus kws kho mob. Hmong

တိန်နီ- ဖဲနမ့်ကတိၤကညီကျိၣ်န့ၣ်,သဘျုကျိၣ်တၢ်ဟ့ၣ်မၤစၢၤအတၢ်ဖံးတၢ်မၤတဖၣ်ကအိၣ်ဝဲဒၣ်လၢနဂီၢ်လၢတလိၣ်ဟ့ၣ်အပူၤဒီးတထုးတၢ်ဆၢကတိၢ်ယံၣ်ယံၣ်ဘၣ်န့ၣ်လီၤ. အမံၤညါ, တၢ်န့ၣ်ဟ့ၣ်အပီးအလီၤလၢအဖိးမံဒီးတၢ်မၤစၢၤအတၢ်ဖံးတၢ်မၤတဖၣ်လၢကဟ့ၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤလၢက့ၢ်ဂီၢ်လၢတၢ်မၤန့ၢ်သ့အီၤညီန့ၣ်ကအိၣ်ဝဲဒၣ်လၢအပူၤတအိၣ်ဒီးတၢ်ကဟ့ၣ်အီၤအဆၢကတိၢ်ဘၣ်ဘၣ်န့ၣ်လီၤ. ဝံသးစူၤကိးဘၣ်လိတဲစိနီၢ်ဂီၢ်လၢထးမ့တမ့ၢ်ကတိၤတၢ်ဒီးန့ၣ်ဟ့ၣ်တၢ်မၤစၢၤတၢ်တက့ၢ်. Karen

1-866-431-0801 (toll free); TTY 1-800-627-3529 or 711

ចូរកត់ចំណាំ៖ ប្រសិនបើអ្នកនិយាយភាសាខ្មែរ សេវាជំនួយភាសាគតិកត្តាផ្លូវអាចរកបានសម្រាប់អ្នកដោយមិនគិតថ្លៃនិងដោយគ្មានការពន្យារពេលមិនចាំបាច់។ ព្រឹត្តិការណ៍នេះ ផ្តល់នូវសេវាកម្មជំនួយសមស្របដើម្បីផ្តល់ព័ត៌មានក្នុងរូបវន្តដែលអាចចូលប្រើបាន អាចរកបានដោយមិនគិតថ្លៃ និងទាន់ពេលវេលា។ សូមទូរសព្ទទៅលេខខាងលើ ឬនិយាយទៅកាន់អ្នកផ្តល់សេវារបស់អ្នក។ Khmer

주의: 한국어를 사용하시는 경우, 불필요한 지연 없이 무료로 언어 지원 서비스를 받으실 수 있습니다. 또한, 접근 가능한 형식으로 정보를 제공해 주는 적절한 보조 도구와 서비스를 무료로 적시에 이용하실 수 있습니다. 위의 번호로 전화하시거나 담당 의료 제공자에게 문의해 주십시오. Korean

ຂໍຂວັນ ເອົາໃຈໃສ່: ຖ້າ ທ່ານ ເວົ້າ ລາວ, ການບໍລິການການ ຊ່ວຍເຫຼືອ ດ້ານພາສາ ແມ່ນມີໃຫ້ ທ່ານ ໂດຍບໍ່ເສຍຄ່າ ແລະ ໂດຍບໍ່ມີການ ຊັກຊ້າທີ່ບໍ່ຈຳ ເປັນ. ນອກຈາກນັ້ນ, ການ ຊ່ວຍ ເຫຼືອ ແລະ ການບໍລິການຜົນທີ່ເໝາະສົມໃນການສະໜອງຂໍ້ມູນ ໃນຮູບແບບທີ່ສາມາດເຂົ້າ ເຖິງໄດ້ແມ່ນມີໃຫ້ໂດຍບໍ່ເສຍຄ່າ ແລະ ທັນເວລາ. ກະລຸນາໂທຫາເບີໂທຂ້າງເທິງ ຫຼື ຜົ້ນກັບຜູ້ໃຫ້ບໍລິການຂອງທ່ານ. Lao

HUBADHAA: Afaan Oromoo dubbattu yoo ta'e, tajaajilootni deeggarsa afaanii barfannaa hin barbaachisne malee bilisaan isiniif kennamu. Dabalataanis, odeeffannoo bifa argamuun danda'uun dhiyeessuf tajaajilliwwaniifi deeggarsiwwan dabalataa bilisaafi yeroosaa eeggate jira. Maaloo lakkkoofsa armaan olii irratti bilbilaa yookiin ogeessa fayyaa keessan haasofsiisaa. Oromo

ВНИМАНИЕ: Если вы говорите по-русски, вам доступны бесплатные услуги языковой помощи, которые оказываются безвозмездно и своевременно. Кроме того, бесплатно и своевременно предоставляются соответствующие вспомогательные средства и услуги по предоставлению информации в доступных форматах. Позвоните по указанному выше номеру или обратитесь к своему поставщику услуг. Russian

FIIRO GAAR AH: Haddii aad ku hadasho Soomaali, adeegyada kaalmada luqadda bilaashka ah ayaa laguugu heli karaa adiga lacag la'aan oo aan lahayn daahid aan lama huraan ahayn. Intaa waxaa dheer, caawimooyinka iyo adeegyada ku habboon si loogu bixiyo macluumaadka qaabab la heli karo ayaa lagu heli karaa lacag la'aan iyo waqti ku habboon. Fadlan wac lambarka kore ama la hadal adeeg bixiyahaaga. Somali

ATENCIÓN: Si habla español, los servicios gratuitos de asistencia en otros idiomas están disponibles para usted de forma gratuita y sin demoras innecesarias. Además, se dispone de ayuda y servicios auxiliares apropiados para proporcionar información en formatos accesibles de forma gratuita y oportuna. Llame al número mencionado anteriormente o hable con su proveedor. Spanish

LU'U Ý: Nếu quý vị nói Tiếng Việt, dịch vụ hỗ trợ ngôn ngữ miễn phí có sẵn cho quý vị, hoàn toàn miễn phí và không bị chậm trễ không cần thiết. Ngoài ra, các thiết bị và dịch vụ hỗ trợ phù hợp để cung cấp thông tin ở các định dạng dễ tiếp cận cũng được cung cấp miễn phí và kịp thời. Vui lòng gọi số ở trên hoặc nói chuyện với nhà cung cấp của quý vị. Vietnamese