SDCERA

SDCERA
Health Insurance Plans Enrollment form

Please complete all sections of this form. You may submit your form online by clicking on the Upload Forms button on the Medicare Plans, Non-Medicare Plans or Dental Plans pages of the SDCERA Retiree Health Insurance Program website. You may also mail or fax your forms to the SDCERA Health Plans Service Center.

SECTION 1: Member Information

First Name:	MI:	Last Name:
Permanent Residence Address:		
City:	State:	ZIP:
Daytime Telephone:	Email Address:	
Date of Birth:	S.S.#	Desired Effective Date of Coverage:

SECTION 2: Plan Selection(s)

Medical Plans			
Kaiser Permanente	☐ HMO Non-Medicare	☐ Senior Advantage	
UnitedHealthcare	☐ Signature Value HMO	☐ Group Medicare Advantage	☐ Senior Supplement
Health Net	☐ HMO Non-Medicare	☐ HMO Medicare	☐ Seniority Plus
Dental Plans			
CIGNA Dental	☐ DHMO		
Delta Dental	☐ Preferred PPO		

SECTION 3: Choose the coverage for yourself and eligible dependents

Persons to be enrolled ☐ Member ☐ Member and Spouse /Partner ☐ Member and Child ☐ Family

SECTION 4: Choose the coverage for yourself and eligible dependents

Please Note: If you or your dependents are Medicare-eligible, you must provide the SDCERA Health Plans Service Center with a copy of both sides of each of your signed Medicare cards showing Part A and B coverage. To enroll your eligible spouse or domestic partner, you must provide a copy of the marriage certificate or Certificate of Registration of Domestic Partnership from the California Secretary of State. To enroll eligible dependent children, you must provide a copy of the birth certificate or proof of adoption for each child. If you have additional enrollees, please list their information on a separate sheet and attach to your completed enrollment form.

Name	Relationship	Birth date	S.S.#	Medicare # (if applicable)

SECTION 5: Signature & Authorization

I elect the coverage as indicated above and certify that the information I have provided is true and accurate to the best of my knowledge. I also certify that I have read and understand the provisions of the medical plans, as detailed in the SDCERA *Health Insurance Plans* booklet and I agree to the terms and conditions stated therein. I agree to have my monthly retirement payment from SDCERA reduced by the required amount to pay my share (including covered dependent premiums) of the cost for the medical and/or dental plans(s) I have selected. I understand that I cannot change my coverage options until the next Open Enrollment period, but I can cancel my coverage at any time in writing or by calling the SDCERA Health Plans Service Center. Lastly, I also understand the SDCERA Board of Retirement reserves the right to modify or terminate the health insurance plans for my insurance coverage at any time.

SDCERA Health Plans Service Center
1.866.751.0256
PO Box 14464
Des Moines, IA 50306-3464
Fax: 515-365-1520

(Date) (Member Signature)

Employer Group
Medical Coordination of Benefits

Enrollment *Request Form*

Employer name:	
Coverage effective date:	Employer group number *(Medical)*:

Important – Please print all sections in black ink. For the application to be valid, you must submit all applicable pages.

1. Select coverage

1a: Check the desired plan as offered by your employer: (Write the plan number next to the product.)

☐ HMO:____________	☐ EPO:____________
☐ HMO: PremierCare ____________	☐ POS: Elect ____________
☐ HMO: ExcelCare ____________	☐ POS: Elect Open Access____________
☐ HMO: SmartCare____________	☐ POS: ExcelCare Elect Open Access ____________
☐ HMO: Salud ____________	☐ POS: Select ____________
☐ PPO:____________	☐ Flex Net:____________

Reason for application:

☐ Retiree ☐ Open Enrollment ☐ Loss of prior coverage date: _________

☐ COBRA effective date: _________ Qualifying event: _________ Qualifying event date: _________

☐ Add dependent Qualifying event: _________ Qualifying event date: _________

Reason for change:

☐ Plan change ☐ Change address/name ☐ Delete dependent(s) (List names in Section 3.)

☐ Other: ____________________________________

1b: Please provide your Medicare insurance information

Please take out your red, white and blue Medicare card to complete this section.

- Fill out this information as it appears on your Medicare card.

- OR -

- Attach a copy of your Medicare card or your letter from Social Security or the Railroad Retirement Board.

Name (as it appears on your Medicare card)

____

Medicare number

___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___

Is entitled to: Effective date

HOSPITAL (Part A) ____________________

MEDICAL (Part B) ____________________

You must have Medicare Part A and Part B to join a Medicare Advantage plan.

2. Retiree personal information

Last name:	First name:	MI:	Date of birth (MM/DD/YYYY):

Residence address:	City:	State:	ZIP:

Retiree name:

2. Retiree personal information (continued)

Mailing address *(if different from residence)*:	City:	State:	ZIP:

Home telephone #: ( )	Social Security #:	Email address:

☐ Male ☐ Female	Marital status: ☐ Single ☐ Married ☐ Domestic partner

Participating physician group/PPG #:	Primary care physician/PCP #:	☐ N/A. I'm enrolling in a PPO or Flex Net plan.

Physician name *(first, last)*:	Is this your current MD? ☐ Yes ☐ No

Other health coverage? If "Yes," please complete this section if you **currently** have or **previously** had coverage with any public or private health plan (including Medi-Cal or Individual coverage) immediately prior to becoming eligible for this plan. According to federal laws, if you had prior coverage, your employer or former carrier must provide you with a certificate that shows evidence of your coverage. We reserve the right to request a copy of this certificate.

Name of subscriber:	Prior coverage start date: __ __/__ __/__ __ __ __ (M M / D D / Y Y Y Y)

Name and address of other insurance carrier:

Prior coverage end date: __ __/__ __/__ __ __ __ (M M / D D / Y Y Y Y)	Reason for ending coverage:

Group #/Policy ID #:	Is this your primary coverage? ☐ Yes ☐ No	Does it cover medical? ☐ Yes ☐ No

Are you enrolling dependents? ☐ Yes ☐ No

If "Yes," complete and submit all pages of the form. If "No," and you are declining coverage for yourself or a dependent, please complete the Declination of Coverage section at the bottom of page 4.

3. Family information *(Please list all eligible family members to be enrolled. To add additional dependents, fill out the Health Net Dependent Information Form, and submit it along with this application.)*

Dependent 1

☐ Spouse ☐ Domestic partner	☐ Male ☐ Female	Last name:	First name:	MI:

Residence address (☐ *Check here if same as employee.*):	City:	State:	ZIP:

Date of birth (MM/DD/YYYY):	Social Security #/Matricula ID #:

Coverage type: ☐ Medical ☐ Medicare Part A ☐ Medicare Part B ☐ Medicare Part D	Medicare number:	Participating physician group/PPG #: Primary care physician/PCP #:

3. *Family information (continued)*

Dependent 1 (continued)

Physician name (*first, last*):	Is this your current MD? ☐ Yes ☐ No	Dental HMO Provider ID # *(Complete only if electing Health Net Dental.)*:

Does your dependent have other health care coverage? ☐ Yes ☐ No If "Yes," complete the following:
Name of insurance carrier: ______________________________ Prior coverage start date: ______________

Dependent 2

☐ Son ☐ Daughter	Last name:		First name:		MI:
Residence address (☐ *Check here if same as employee.*):		City:		State:	ZIP:
Date of birth (MM/DD/YYYY):	Totally disabled? ☐ Yes ☐ No	Social Security #/Matricula ID #:			
Coverage type: ☐ Medical ☐ Medicare Part A ☐ Medicare Part B ☐ Medicare Part D	Medicare number:	Participating physician group/PPG #: Primary care physician/PCP #:			

Physician name (*first, last*):	Is this your current MD? ☐ Yes ☐ No	Dental HMO Provider ID # *(Complete only if electing Health Net Dental.)*:

Do you have other health care coverage? ☐ Yes ☐ No If "Yes," complete the following:
Name of insurance carrier: ______________________________ Prior coverage start date: ______________

4. *Acceptance of coverage* (*Signature required.*)

The use and disclosure of protected health information:
I acknowledge and understand that health care providers may disclose health information about me or my dependents to Health Net entities. Health Net entities use and may disclose this information for purposes of treatment, payment and health plan operations, including but not limited to, utilization management, quality improvement, and disease or case management programs. Health Net's Notice of Privacy Practices is included in the *Evidence of Coverage* or *Certificate of Insurance* for coverage underwritten by Health Net entities. I may also obtain a copy of this notice on the website at **www.healthnet.com** or through the Health Net Customer Contact Center.

Notice: For your protection, California law requires the following to appear on this form. Any person who knowingly presents a false or fraudulent claim for the payment of a loss is guilty of a crime and may be subject to fines and confinement in state prison.

California law prohibits an HIV test from being required or used by health insurance companies as a condition of obtaining health insurance coverage.

Acknowledgement and agreement: I understand and agree that by enrolling with or accepting services from the Health Net entities, I and any enrolled dependents are obligated to understand and abide by the terms, conditions and provisions of the plan contract or insurance policy. I have read and understand the terms of this application, and my signature below indicates that the information entered in this application is complete, true and correct to the best of my knowledge, and I accept these terms.

4. Acceptance of coverage (continued)

<u>BINDING ARBITRATION AGREEMENT:</u> I, the Applicant, understand and agree that any and all disputes between me (including any of my enrolled family members or heirs or personal representatives) and Health Net must be submitted to final and binding arbitration instead of a jury or court trial. This Agreement to arbitrate includes any disputes arising from or relating to the Evidence of Coverage or Certificate of Insurance or my Health Net membership or coverage, stated under any legal theory. This agreement to arbitrate any disputes applies even if other parties, such as health care providers or their agents or employees, are involved in the dispute. I understand that, by agreeing to submit all disputes to final and binding arbitration, all parties including Health Net are giving up their constitutional right to have their dispute decided in a court of law by a jury. I also understand that disputes that I may have with Health Net involving claims for medical malpractice (that is, whether any medical services rendered were unnecessary or unauthorized or were improperly, negligently or incompetently rendered) are also subject to final and binding arbitration. I understand that a more detailed arbitration provision is included in the Evidence of Coverage or Certificate of Insurance. Mandatory Arbitration may not apply to certain disputes if the Employer's plan is subject to ERISA, 29 U.S.C. §§ 1001-1461. My signature below indicates that I understand and agree with the terms of this Binding Arbitration Agreement and agree to submit any disputes to binding arbitration instead of a court of law.

Retiree signature: ______________________________

Print retiree name: ______________________________ **Date:** ______________

If you are the authorized representative, you must sign above and provide the following information:

Name: ______________________________ Relationship to enrollee: ______________

Address: ______________________________ Phone number: (____) ______ - ________

Complete this section only if any coverage is to be declined by you.

☐ Declining medical coverage	Reason: ☐ Other group coverage ☐ Individual coverage ☐ Other: ______________________________ ☐ Other group coverage by another group (i.e., spouse's employer)

The available coverages have been explained to me by my employer. I have been given the chance to apply for the available coverages. I have decided not to enroll myself and/or my dependent(s). **By declining coverage, I acknowlege that my dependents and I may have to wait to be enrolled until the next open enrollment period or qualifying event. Additionally, by signing below I certify that the reason I am declining coverage is accurate as indicated by the check marks above.**

Note: If you decline coverage for yourself or an eligible dependent because of coverage under other health insurance, you may be eligible for special enrollment rights if you or your dependent lose eligibility for that coverage. You must request special enrollment within 30 days of the loss of coverage or acquisition of a new dependent.

Employee signature: ______________________________ Date: ______________

(ONLY IF DECLINING COVERAGE: If signed in error, please cross out and initial.)

Medical Coordination of Benefits HMO health plans are offered by Health Net of California, Inc. Medical Coordination of Benefits health insurance plans are underwritten by Health Net Life Insurance Company.

In addition to the State of California nondiscrimination requirements (as described in benefit coverage documents), Health Net of California, Inc. and Health Net Life Insurance Company (Health Net) comply with applicable federal civil rights laws and do not discriminate, exclude people or treat them differently on the basis of race, color, national origin, ancestry, religion, marital status, gender, gender identity, sexual orientation, age, disability, or sex.

Health Net:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as qualified sign language interpreters and written information in other formats (large print, accessible electronic formats, other formats).
- Provides free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages.

If you need these services, contact Health Net's Customer Contact Center at:

Individual & Family Plan (IFP) Members On Exchange/Covered California
1-888-926-4988 (TTY: 711)

Individual & Family Plan (IFP) Members Off Exchange
1-800-839-2172 (TTY: 711)

Individual & Family Plan (IFP) Applicants
1-877-609-8711 (TTY: 711)

Group Plans through Health Net
1-800-522-0088 (TTY: 711)

If you believe that Health Net has failed to provide these services or discriminated in another way based on one of the characteristics listed above, you can file a grievance by calling Health Net's Customer Contact Center at the number above and telling them you need help filing a grievance. Health Net's Customer Contact Center is available to help you file a grievance. You can also file a grievance by mail, fax or email at:

Health Net of California, Inc./Health Net Life Insurance Company Appeals & Grievances
PO Box 10348
Van Nuys, CA 91410-0348
Fax: 1-877-831-6019
Email: Member.Discrimination.Complaints@healthnet.com (Members) or
Non-Member.Discrimination.Complaints@healthnet.com (Applicants)

For HMO, HSP, EOA, and POS plans offered through Health Net of California, Inc.: If your health problem is urgent, if you already filed a complaint with Health Net of California, Inc. and are not satisfied with the decision, or it has been more than 30 days since you filed a complaint with Health Net of California, Inc., you may submit an Independent Medical Review/Complaint Form with the Department of Managed Health Care (DMHC). You may submit a complaint form by calling the DMHC Help Desk at 1-888-466-2219 (TDD: 1-877-688-9891) or online at www.dmhc.ca.gov/FileaComplaint.

For PPO and EPO plans underwritten by Health Net Life Insurance Company: You may submit a complaint by calling the California Department of Insurance at 1-800-927-4357 or online at https://www.insurance.ca.gov/01-consumers/101-help/index.cfm.

If you believe you have been discriminated against because of race, color, national origin, age, disability, or sex, you can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights (OCR), electronically through the OCR Complaint Portal, 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 (TDD: 1-800-537-7697).

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

English

No Cost Language Services. You can get an interpreter. You can get documents read to you and some sent to you in your language. For help, call the Customer Contact Center at the number on your ID card or call Individual & Family Plan (IFP) Off Exchange: 1-800-839-2172 (TTY: 711). For California marketplace, call IFP On Exchange 1-888-926-4988 (TTY: 711) or Small Business 1-888-926-5133 (TTY: 711). For Group Plans through Health Net, call 1-800-522-0088 (TTY: 711).

Arabic

خدمات لغوية مجانية. يمكننا أن نوفر لك مترجم فوري. ويمكننا أن نقرأ لك الوثائق بلغتك. للحصول على المساعدة اللازمة، يرجى التواصل مع مركز خدمة العملاء عبر الرقم المبين على بطاقتك أو الاتصال بالرقم الفرعي لخطة الأفراد والعائلة: 1-800-839-2172 (TTY: 711). للتواصل في كاليفورنيا، يرجى الاتصال بالرقم الفرعي لخطة الأفراد والعائلة عبر الرقم: 1-888-926-4988 (TTY: 711) أو المشروعات الصغيرة 1-888-926-5133 (TTY: 711). لخطط المجموعة عبر Health Net، يرجى الاتصال بالرقم 1-800-522-0088 (TTY: 711).

Armenian

Անվճար լեզվական ծառայություններ: Դուք կարող եք բանավոր թարգմանիչ ստանալ: Փաստաթղթերը կարող են կարդալ ձեր լեզվով: Օգնության համար զանգահարեք Հաճախորդների սպասարկման կենտրոն ձեր ID քարտի վրա նշված հեռախոսահամարով կամ զանգահարեք Individual & Family Plan (IFP) Off Exchange՝ 1-800-839-2172 հեռախոսահամարով (TTY՝ 711): Կալիֆորնիայի համար զանգահարեք IFP On Exchange՝ 1-888-926-4988 հեռախոսահամարով (TTY՝ 711) կամ Փոքր բիզնեսի համար՝ 1-888-926-5133 հեռախոսահամարով (TTY՝ 711): Health Net-ի Խմբային ծրագրերի համար զանգահարեք 1-800-522-0088 հեռախոսահամարով (TTY՝ 711):

Chinese

免費語言服務。您可使用口譯員服務。您可請人將文件唸給您聽並請我們將某些文件翻譯成您的語言寄給您。如需協助，請撥打您會員卡上的電話號碼與客戶聯絡中心聯絡或者撥打健康保險交易市場外的 Individual & Family Plan (IFP) 專線：1-800-839-2172（聽障專線：711）。如為加州保險交易市場，請撥打健康保險交易市場的 IFP 專線 1-888-926-4988（聽障專線：711），小型企業則請撥打 1-888-926-5133（聽障專線：711）。如為透過 Health Net 取得的團保計畫，請撥打 1-800-522-0088（聽障專線：711）。

Hindi

बिना शुल्क भाषा सेवाएं। आप एक दुभाषिया प्राप्त कर सकते हैं। आप दस्तावेजों को अपनी भाषा में पढ़वा सकते हैं। मदद के लिए, अपने आईडी कार्ड में दिए गए नंबर पर ग्राहक सेवा केंद्र को कॉल करें या व्यक्तिगत और फैमिली प्लान (आईएफपी) ऑफ एक्सचेंज: 1-800-839-2172 (TTY: 711) पर कॉल करें। कैलिफोर्निया बाजारों के लिए, आईएफपी ऑन एक्सचेंज 1-888-926-4988 (TTY: 711) या स्मॉल बिजनेस 1-888-926-5133 (TTY: 711) पर कॉल करें। हेल्थ नेट के माध्यम से ग्रुप प्लान के लिए 1-800-522-0088 (TTY: 711) पर कॉल करें।

Hmong

Tsis Muaj Tus Nqi Pab Txhais Lus. Koj tuaj yeem tau txais ib tus kws pab txhais lus. Koj tuaj yeem muaj ib tus neeg nyeem cov ntaub ntawv rau koj ua koj hom lus hais. Txhawm rau pab, hu xovtooj rau Neeg Qhua Lub Chaw Tiv Toj ntawm tus npawb nyob ntawm koj daim npav ID lossis hu rau Tus Neeg thiab Tsev Neeg Qhov Kev Npaj (IFP) Ntawm Kev Sib Hloov Pauv: 1-800-839-2172 (TTY: 711). Rau California qhov chaw kiab khw, hu rau IFP Ntawm Qhov Sib Hloov Pauv 1-888-926-4988 (TTY: 711) lossis Lag Luam Me 1-888-926-5133 (TTY: 711). Rau Cov Pab Pawg Chaw Npaj Kho Mob hla Health Net, hu rau 1-800-522-0088 (TTY: 711).

Japanese

無料の言語サービスを提供しております。通訳者もご利用いただけます。日本語で文書をお読みすることも可能です。ヘルプが必要な場合は、IDカードに記載されている番号で顧客連絡センターまでお問い合わせいただくか、Individual & Family Plan (IFP) (個人・家族向けプラン) Off Exchange: 1-800-839-2172 (TTY: 711) までお電話ください。カリフォルニア州のマーケットプレイスについては、IFP On Exchange 1-888-926-4988 (TTY: 711) または Small Business 1-888-926-5133 (TTY: 711) までお電話ください。Health Netによるグループプランについては、1-800-522-0088 (TTY: 711) までお電話ください。

Khmer

សេវាភាសាដោយឥតគិតថ្លៃ។ លោកអ្នកអាចទទួលបានអ្នកបកប្រែផ្ទាល់មាត់។ លោកអ្នកអាចស្តាប់គេអានឯកសារឱ្យលោកអ្នកជាភាសារបស់លោកអ្នក។ សម្រាប់ជំនួយ សូមហៅទូរស័ព្ទទៅកាន់មជ្ឈមណ្ឌលទំនាក់ទំនងអតិថិជនតាមលេខដែលមាននៅលើប័ណ្ណសម្គាល់ខ្លួនរបស់លោកអ្នក ឬហៅទូរស័ព្ទទៅកាន់កម្មវិធី Off Exchange របស់គម្រោងជាលក្ខណៈបុគ្គល និងក្រុមគ្រួសារ (IFP) តាមរយៈលេខ៖ 1-800-839-2172 (TTY: 711)។ សម្រាប់ទីផ្សាររដ្ឋ California សូមហៅទូរស័ព្ទទៅកាន់កម្មវិធី On Exchange របស់គម្រោង IFP តាមរយៈលេខ 1-888-926-4988 (TTY: 711) ឬក្រុមហ៊ុនអាជីវកម្មខ្នាតតូចតាមរយៈលេខ 1-888-926-5133 (TTY: 711)។ សម្រាប់គម្រោងជាក្រុមតាមរយៈ Health Net សូមហៅទូរស័ព្ទទៅកាន់លេខ 1-800-522-0088 (TTY: 711)។

Korean

무료 언어 서비스입니다. 통역 서비스를 받으실 수 있습니다. 문서 낭독 서비스를 받으실 수 있으며 일부 서비스는 귀하가 구사하는 언어로 제공됩니다. 도움이 필요하시면 ID 카드에 수록된 번호로 고객서비스 센터에 연락하시거나 개인 및 가족 플랜(IFP)의 경우 Off Exchange: 1-800-839-2172(TTY: 711)번으로 전화해 주십시오. 캘리포니아 주 마켓플레이스의 경우 IFP On Exchange 1-888-926-4988(TTY: 711), 소규모 비즈니스의 경우 1-888-926-5133(TTY: 711)번으로 전화해 주십시오. Health Net을 통한 그룹 플랜의 경우 1-800-522-0088(TTY: 711)번으로 전화해 주십시오.

Navajo

Doo bą́ą́h ílínígóó saad bee háká ada’iiyeed. Ata’ halne’ígíí da ła’ ná hádídóot’įįł. Naaltsoos da t’áá shí shizaad k’ehjí shichį’ yídooltah nínízingo t’áá ná ákódoolnííł. Ákót’éego shíká a’doowoł nínízingo Customer Contact Center hoolyéhíjį’ hodíílnih ninaaltsoos nanitingo bee néého’dolzinígíí hodoonihjį’ bikáá’ éí doodago kojį’ hólne’ Individual & Family Plan (IFP) Off Exchange: 1-800-839-2172 (TTY: 711). California marketplace báhígíí kojį’ hólne’ IFP On Exchange 1-888- 926-4988 (TTY: 711) éí doodago Small Business báhígíí kojį’ hólne’ 1-888-926-5133 (TTY: 711). Group Plans through Health Net báhígíí éí kojį’ hólne’ 1-800-522-0088 (TTY: 711).

Persian (Farsi)

خدمات زبان بدون هزینه. می توانید یک مترجم شفاهی بگیرید. می توانید درخواست کنید اسناد به زبان شما برایتان خوانده شوند. برای دریافت کمک، با مرکز تماس مشتریان به شماره روی کارت شناسایی یا طرح فردی و خانوادگی (IFP) Off Exchange به شماره: 1-800-839-2172 (TTY:711) تماس بگیرید. برای بازار کالیفرنیا، با IFP On Exchange شماره 1-888-926-4988 (TTY:711) یا کسب و کار کوچک 1-888-926-5133 (TTY:711) تماس بگیرید. برای طرح های گروهی از طریق Health Net، با 1-800-522-0088 (TTY:711) تماس بگیرید.

Panjabi (Punjabi)

ਬਿਨਾਂ ਕਿਸੇ ਲਾਗਤ ਵਾਲੀਆਂ ਭਾਸ਼ਾ ਸੇਵਾਵਾਂ। ਤੁਸੀਂ ਇੱਕ ਦੁਭਾਸ਼ੀਏ ਦੀ ਸੇਵਾ ਹਾਸਲ ਕਰ ਸਕਦੇ ਹੋ। ਤੁਹਾਨੂੰ ਦਸਤਾਵੇਜ਼ ਤੁਹਾਡੀ ਭਾਸ਼ਾ ਵਿੱਚ ਪੜ੍ਹ ਕੇ ਸੁਣਾਏ ਜਾ ਸਕਦੇ ਹਨ। ਮਦਦ ਲਈ, ਆਪਣੇ ਆਈਡੀ ਕਾਰਡ ਤੇ ਦਿੱਤੇ ਨੰਬਰ ਤੇ ਗਾਹਕ ਸੰਪਰਕ ਕੇਂਦਰ ਨੂੰ ਕਾਲ ਕਰੋ ਜਾਂ ਵਿਅਕਤੀਗਤ ਅਤੇ ਪਰਿਵਾਰਕ ਯੋਜਨਾ (IFP) ਔਫ਼ ਐਕਸਚੇਂਜ ‘ਤੇ ਕਾਲ ਕਰੋ: 1-800-839-2172 (TTY: 711)। ਕੈਲੀਫੋਰਨੀਆ ਮਾਰਕਿਟਪਲੇਸ ਲਈ, IFP ਔਨ ਐਕਸਚੇਂਜ ਨੂੰ 1-888-926-4988 (TTY: 711) ਜਾਂ ਸਮੌਲ ਬਿਜ਼ਨੇਸ ਨੂੰ 1-888-926-5133 (TTY: 711) ‘ਤੇ ਕਾਲ ਕਰੋ। ਹੈਲਥ ਨੈੱਟ ਰਾਹੀਂ ਸਾਮੂਹਿਕ ਪਲੈਨਾਂ ਲਈ, 1-800-522-0088 (TTY: 711) ‘ਤੇ ਕਾਲ ਕਰੋ।

Russian

Бесплатная помощь переводчиков. Вы можете получить помощь переводчика. Вам могут прочитать документы на Вашем родном языке. Если Вам нужна помощь, звоните по телефону Центра помощи клиентам, указанному на вашей карте участника плана. Вы также можете позвонить в отдел помощи участникам не представленных на федеральном рынке планов для частных лиц и семей (IFP) Off Exchange 1-800-839-2172 (TTY: 711). Участники планов от California marketplace: звоните в отдел помощи участникам представленных на федеральном рынке планов IFP (On Exchange) по телефону 1-888-926-4988 (TTY: 711) или в отдел планов для малого бизнеса (Small Business) по телефону 1-888-926-5133 (TTY: 711). Участники коллективных планов, предоставляемых через Health Net: звоните по телефону 1-800-522-0088 (TTY: 711).

Spanish

Servicios de idiomas sin costo. Puede solicitar un intérprete, obtener el servicio de lectura de documentos y recibir algunos en su idioma. Para obtener ayuda, comuníquese con el Centro de Comunicación con el Cliente al número que figura en su tarjeta de identificación o llame al plan individual y familiar que no pertenece al Mercado de Seguros de Salud al 1-800-839-2172 (TTY: 711). Para planes del mercado de seguros de salud de California, llame al plan individual y familiar que pertenece al Mercado de Seguros de Salud al 1-888-926-4988 (TTY: 711); para los planes de pequeñas empresas, llame al 1-888-926-5133 (TTY: 711). Para planes grupales a través de Health Net, llame al 1-800-522-0088 (TTY: 711).

Tagalog

Walang Bayad na Mga Serbisyo sa Wika. Makakakuha kayo ng interpreter. Makakakuha kayo ng mga dokumento na babasahin sa inyo sa inyong wika. Para sa tulong, tumawag sa Customer Contact Center sa numerong nasa ID card ninyo o tumawag sa Off Exchange ng Planong Pang-indibidwal at Pampamilya (Individual & Family Plan, IFP): 1-800-839-2172 (TTY: 711). Para sa California marketplace, tumawag sa IFP On Exchange 1-888-926-4988 (TTY: 711) o Maliliit na Negosyo 1-888-926-5133 (TTY: 711).
Para sa mga Planong Pang-grupo sa pamamagitan ng Health Net, tumawag sa 1-800-522-0088 (TTY: 711).

Thai

ไม่มีค่าบริการด้านภาษา คุณสามารถใช้ล่ามได้ คุณสามารถให้อ่านเอกสารให้ฟังเป็นภาษาของคุณได้ หากต้องการความช่วยเหลือ โทรหาศูนย์ลูกค้าสัมพันธ์ได้ที่หมายเลขบนบัตรประจำตัวของคุณ หรือโทรหาฝ่ายแผนบุคคลและครอบครัวของเอกชน (Individual & Family Plan (IFP) Off Exchange) ที่ 1-800-839-2172 (โหมด TTY: 711) สำหรับเขตแคลิฟอร์เนีย โทรหาฝ่ายแผนบุคคลและครอบครัวของรัฐ (IFP On Exchange) ได้ที่ 1-888-926-4988 (โหมด TTY: 711) หรือ ฝ่ายธุรกิจขนาดเล็ก (Small Business) ที่ 1-888-926-5133 (โหมด TTY: 711) สำหรับแผนแบบกลุ่มผ่านทาง Health Net โทร 1-800-522-0088 (โหมด TTY: 711)

Vietnamese

Các Dịch Vụ Ngôn Ngữ Miễn Phí. Quý vị có thể có một phiên dịch viên. Quý vị có thể yêu cầu được đọc cho nghe tài liệu bằng ngôn ngữ của quý vị. Để được giúp đỡ, vui lòng gọi Trung Tâm Liên Lạc Khách Hàng theo số điện thoại ghi trên thẻ ID của quý vị hoặc gọi Chương Trình Bảo Hiểm Cá Nhân & Gia Đình (IFP) Phi Tập Trung: 1-800-839-2172 (TTY: 711). Đối với thị trường California, vui lòng gọi IFP Tập Trung 1-888-926-4988 (TTY: 711) hoặc Doanh Nghiệp Nhỏ 1-888-926-5133 (TTY: 711). Đối với các Chương Trình Bảo Hiểm Nhóm qua Health Net, vui lòng gọi 1-800-522-0088 (TTY: 711).

CA Commercial On and Off-Exchange Member Notice of Language Assistance