

In this newsletter:

New! Temporary housing

Virtual doctor visits

Asthma and rescue inhalers

Saving a life with Narcan

... and more.

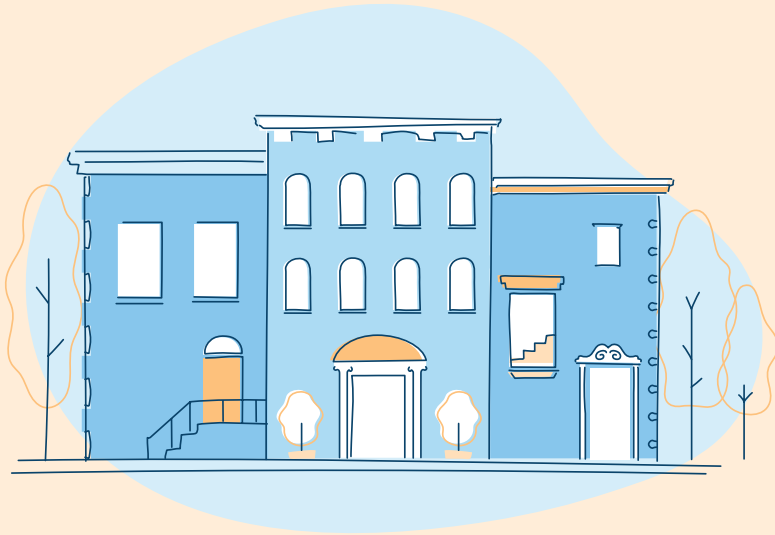


Here for You

A Newsletter for Highmark Health Options Members

Summer 2021





New! Hope Center provides temporary shelter.

If you or somebody you know needs shelter, call 1-833-FIND-BED to find temporary housing. One new option is the Hope Center, a former hotel in New Castle County. Note: You must be referred by calling the number above. Walk-ins can't be accommodated.

Residents are given a room, meals, clothing, and health care. They have access to on-site social services. And pets are welcome. Stays are not limited, but the goal is to move everyone to permanent housing over time.

The [New Castle County website](#) features stories about some of the residents. They describe the respect, dignity, and genuine care they have found at the Hope Center.

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Highmark Health Options Phone Numbers

Behavioral Health (M-F 8 a.m.-5 p.m.)	1-844-325-6251
Member Services (M-F 8 a.m.-8 p.m.)	
Care Management (M-F 8 a.m.-5 p.m.)	
Nurse Line (24/7)	
Pharmacy	
Operator for Deaf Members TTY Line	711 or 1-800-232-5460
Fraud and Abuse Hotline	1-844-325-6256

Non-Highmark Health Options Numbers

Behavioral Health Crisis Services

Northern Delaware (serving New Castle County and greater Smyrna in Northern Kent County)	1-800-652-2929
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Southern Delaware (serving Sussex County and Kent County south of greater Smyrna)	1-800-345-6785
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ModivCare Non-Emergency Transportation Services	1-866-412-3778
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Outside Resources

Delaware Tobacco Quitline (Stop Smoking)	1-866-409-1858
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Delaware Division of Social Services – Customer Relations	1-800-372-2022
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National Domestic Violence Hotline	1-800-799-7233
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Find us on [Facebook](#) and at [HighmarkHealthOptions.com](#)



See a doctor face to face.



You choose: In person or online.

Want to visit a local provider in person?

Check the directory to find a doctor, nurse, or therapist near you. To find the updated provider directory online, just enter your ZIP code: HHO.fyi/Directory

Prefer a virtual visit?

HHO on the Go gives you a telehealth option. From your smartphone, tablet, or computer, get care wherever you are, 24/7. Yes, evenings and weekends too! Sign up to get started: HHOontheGo.com

Smile! Dental care makes your mouth happy.

Highmark Health Options now covers dental services for adults.

Start using your dental benefit today. Take advantage of coverage that lets you correct dental problems now and prevent new ones in the future.

You have \$1,000 coverage each year for dental care. More coverage may be approved if you need emergency dental care. Copay is currently waived. And you don't need a referral to see a dentist.

To find a dentist: Call Member Services at 1-844-325-6251 or use this [online search tool](#). When using the search tool, look for a dentist who is accepting new patients. And you can choose where you'd like your dentist's office to be located, if you prefer a male or female dentist, and if you want a dentist who speaks a language other than English.



You can save a life with Narcan.

Be ready to help if there's an opioid overdose.

There are ways to help when someone has an opioid overdose. Opioids include pain medicine that is available legally by prescription. Heroin is also an opioid. Narcan is a nose spray that reverses the effects of opioid overdose. It's easy to use and can be sprayed directly into one nostril. When it's given in time, it can save a life.

All states have passed laws that let people get Narcan without a prescription from their doctor. Narcan is available at most pharmacies. [Learn more.](#)

Here's what to do in an opioid emergency.

Give someone Narcan right away if you see these signs:

- Unusual sleepiness in someone who will not wake up. Try to wake them by talking loudly or rubbing firmly on the middle of their chest.
- Slow or shallow breathing in someone you can't wake up, or someone who looks like they're not breathing.
- Pinpoint pupils in the eyes of someone you can't wake up. The pupil is the black circle in the center of the colored part of the eye. It gets very small, like a pinpoint, when someone has used opioids.

Call 911 to get emergency medical help right away after giving Narcan. You can do [rescue breathing](#) while waiting for help to arrive. Until then, watch the person closely. The person may need another dose of Narcan, which you can give in the nostril that was not used before.

Use the Narcan even if you're not sure why the person won't wake up. Good Samaritan laws protect people who administer Narcan and call for help.



Do you use opioids?

Be sure you have a supply of Narcan, which you can get without a prescription. Tell your friends and family where to find it. And [learn how to prevent an overdose](#).

If you have questions about opioid addiction or Narcan, call the 24-Hour Nurse Line at 1-844-325-6251 (TTY 711 or 1-800-232-5460).

Feeling anxious or depressed?

These suggestions can help.

It's been quite a year, hasn't it? If you've been feeling anxious or depressed, you're not alone. During the COVID-19 pandemic, people have reported having more anxiety and depression. In fact, about 30% of people said they were anxious or depressed. This is a lot more than the typical range of 3 to 4%.

If you're feeling anxious or depressed, talk to a professional. Start with your primary care provider or use [HHO on the Go](#) to book a virtual visit with a behavioral health specialist. Or call the 24-hour Nurse Line at 1-844-325-6251. And try to manage anxiety and depression using these tips.

Manage anxiety

A little anxiety can be a good thing. It can help you function well. But too little or too much anxiety can cause problems. If you have too little anxiety, you may be sleepy and unmotivated. If you have too much anxiety, you may worry a lot. And when you worry a lot, you can feel tense, tired, and sore.

What can you do about anxiety?

Be more mindful. Live in the present. Focus your attention on the present moment. Accept it without judgment.

Share some kindness. Do something nice for someone. Volunteer your time to help your community.

Practice gratitude. Think about what is good in your life. This can be happy memories, things you're grateful for today, and things you look forward to. Write them down in a gratitude journal.

Breathe deeply. Try to practice deep breathing for 15 to 20 minutes each day. Here's how: Take a normal breath. Then take a slow deep breath. Breathe in and out through your nose. Let your belly expand when you breathe in. Feel your belly rise when you breathe in and fall when you breathe out.

Get enough sleep. Help control your level of anxiety by getting enough sleep.

Exercise regularly. Aim for 30 minutes of moderate exercise five days a week.

Eat healthy. Reach for healthy foods instead of comforting junk food. Don't skip meals. Eating the wrong foods or avoiding food can make you even more anxious.



Manage depression



Depression is more than just feeling sad. It's a strong feeling that nothing matters, and it can interfere with your ability to function. For example, depression can make getting out of bed in the morning feel like climbing a mountain. And it can make you sleep too much or too little, or eat too much or too little. Here are some other symptoms of depression:

- Feeling depressed all day, every day, for days at a time.
- Losing serious amounts of weight without trying.
- Having little or no energy, even after a good night's sleep.
- Feeling worthless or guilty.
- Having trouble paying attention or making decisions.
- Thinking of death or ending your life.

What can you do about depression? Do some of the same things you would do to ease anxiety: Get enough sleep, exercise regularly, and eat healthy foods. In addition:

Do one thing to take care of yourself. Pick one thing to focus on at a time, like eating a meal or taking a shower. Do *something*, even if depression makes you feel like you can't do anything.

Let someone in. Tell a friend what's going on.

Be social. Try to be around people. It can be helpful to be around others, even if you want to be alone.



Follow these hot tips for a safe summer.

Have fun this summer while being safe.



- Try to stay out of the sun from 10 a.m. to 4 p.m., when the sun's rays are strongest.
- Wear a wide-brimmed hat to cover your face and neck.
- Wear sunglasses that block the sun's rays. To prevent eye damage, choose glasses that protect against two kinds of ultraviolet light (UVA and UVB).
- Put on sunscreen before going outside, even on cloudy days. Use at least SPF 15 every day to help prevent skin cancer.
- Be extra careful when working outside in very hot temperatures. Drink a lot of water. Take breaks in the shade.
- Always use a helmet when riding a bike. Cross streets at a crosswalk.
- Choose a bug spray with DEET. Using bug spray can help you avoid a bite from a tick, which can carry Lyme disease. And it may protect you from mosquitos that carry disease. Note: DEET is not recommended for babies.

Keep child safety in mind.

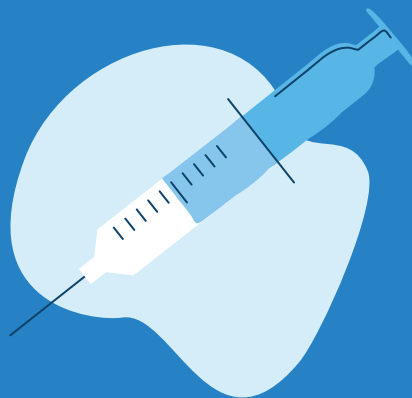


- Never leave a baby or child unattended in a parked car. In a hot car, a child can become sick or die in 10 minutes or less.
- Don't take your eyes off children when they're in the water. Drownings can occur in only a few inches of water. And they usually happen when a parent or caregiver is present but not paying close attention.



Have you been vaccinated yet?

If you haven't had your COVID-19 vaccination, find out where you can get it. Getting vaccinated is easier than ever. Everyone age 12 and older is eligible. And you don't even need an appointment at some locations. Just walk in! The COVID-19 vaccine is free. If you have questions about the vaccine, talk to your primary care physician. Or call Member Services at 1-844-325-6251.



Make lifestyle changes to be a healthier you.

Want to eat healthier and be more active? Do these goals show up in your list of New Year's resolutions *every year*? Then you know these habits can improve your life every day, especially if you're overweight. You can be at higher risk for some health issues if you're a few pounds over (or more). Healthy lifestyle changes can help. You can even begin with small changes, like trying a new food that is delicious and good for you. Check out the recipe below.

To make a bigger lifestyle change, join our free Healthy Weight Management Program. Learn about healthy eating, exercise, and ways to reduce stress. Managing stress is important. It can be hard to make healthy choices when you're worried about things and having trouble trying to cope.

To join this program, call Member Services at 1-844-325-6251 and ask for a Care Manager. The program is offered to eligible adults and children.



Edamame is a fancy name for a simple, tasty snack.



If you haven't heard of edamame, don't worry. It's the Japanese name for green soybeans, a high-protein, low-calorie snack. The word is pronounced **ed·a·ma·me**.

To eat edamame, put the pod in your mouth, then as you pull the pod out of your mouth, use your teeth to scrape out the beans. Discard the pod and grab another.

Spicy garlic edamame

1 tablespoon sesame oil or light olive oil

1 12-ounce bag of edamame in the pods, frozen

Salt, to taste

Pepper, to taste

Garlic powder, to taste

Red pepper flakes, to taste

4 tablespoons soy sauce*

2 cloves garlic, minced

Sesame seeds (optional)

Put the oil in a pan over medium heat. Put the frozen edamame in the pan. Cover and cook for 5 minutes, until the edamame is defrosted and tender. Season the edamame with the salt, pepper, garlic powder, and red pepper flakes. Use the amount of seasoning that you like. Stir the edamame gently and cook another 5 minutes or until the edamame begins to brown. Add the soy sauce and stir gently. Add the garlic and stir gently. Cook until fragrant, about 30 seconds. Optional: Top with sesame seeds.

*Some types of soy sauce, or tamari, are labeled low sodium. This means they have less salt.



Know your **diabetes ABCDs.**



Manage your diabetes by remembering the ABCDs:

A is for A1c test: Follow your doctor's orders for how often you should have your A1c checked. This test tells your doctor your average blood sugar level. If your A1c is controlled, you can avoid diabetes complications.

B is for Blood pressure: Ask your doctor what your blood pressure should be. Your doctor will likely want your blood pressure to be under 140/90 to keep your heart healthy.

C is for Cholesterol: Know your cholesterol goal to keep your blood vessels healthy. Your doctor can help you maintain your goal.

D is for Diabetic eye exam: See your eye doctor each year to keep your eyes healthy.

Have a concern about your care? **Call.**



We want you to be happy with the health care you are receiving. If you have concerns about your care or services, you may have a Quality of Care concern. Examples include concerns about your safety or access to services. Call one of our Member Advocates at 1-855-430-9852 or Member Services at 1-844-325-6251 if you have a concern about your care.



Report caregivers for wrong actions.



Remember your rights when you or another Highmark Health Options member are in the care of a paid caregiver. Tell us right away if you think they have done something wrong, such as:

- Injured a member or caused emotional distress.
- Forced or tricked a member into sexual activity.
- Stolen a member's money or medicine.
- Used a member's credit card without permission.
- Denied a member's basic needs. This includes food, medicine, personal care items, and supervision.
- Caused a severe injury. This includes a broken bone, deep cut, or serious burn.
- Was unprofessional. This includes yelling at a member or refusing to do their job.

These wrong actions are called critical incidents. To report a critical incident, call Member Services at 1-844-325-6251.

Take your GED test—at no cost!



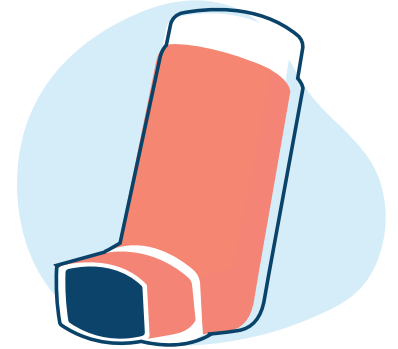
Would you like to finish your high school education? Earn more? Maybe go to college? Get closer to your goals. Let Highmark Health Options help you complete your GED at no cost to you. For details, call Member Services at 1-844-325-6251.



For people with asthma, it's albuterol to the rescue.

Chances are you know someone who has asthma. Or maybe you have asthma yourself. Either way, here's some important information about albuterol.

Albuterol is the generic name for a medicine that a person with asthma inhales from a device called an inhaler. An albuterol inhaler is often called a rescue inhaler because it's used when an asthma attack has already started or is about to start.



Some common signs of an asthma attack are wheezing, coughing, having a tight feeling in the chest or lungs, and having difficulty breathing or talking. Using an albuterol inhaler helps oxygen get into the lungs. Here is information about [how to use an inhaler](#).

Someone who has asthma must always carry an albuterol inhaler with them. Asthma is a serious condition that can be severe for some people. Asthma attacks can be very dangerous if they go on too long. They can reduce the level of oxygen that goes to the lungs, body, and brain. And this can cause permanent damage or even death.

These tips are for anyone who has asthma:

1. Get a prescription for albuterol from your doctor.
2. Fill the prescription right away. Check the expiration date and be sure to refill the prescription before it expires.
3. Keep the inhaler nearby. Always take it with you when you leave the house. It's especially important to have it when you exercise, play sports, and travel.
4. Understand how to properly use the medication. Practice using your inhaler.

A doctor or pharmacist can teach you how to use your inhaler. Ask for refresher training if you get a new kind of albuterol. Some brand names are ProAir,[®] Proventil,[®] and Ventolin.[®]

If albuterol is not available or does not seem to be working, a person having an asthma attack should be taken to the emergency room or call an ambulance right away.



Wellness info is coming your way.

Health Awareness Series

Our new wellness program for 2021, the Health Awareness Series, has already kicked off. The first session covered the information about cancer that appears in this newsletter.

Future sessions will feature a range of health topics and will be available online. Highmark Health Options staff will present the health information. And we'll end with an open forum for Q&A with nurses and other health care providers. Our sessions always include specific online resources to help you make good health decisions.

Here are some upcoming topics. After sessions are held live, they are [posted on our website](#).

- **June 29: The Importance of Exercise, and Understanding Basic Health Information**
- **July 27: Pregnancy and Newborn Care**
- **August 31: All About Immunizations**

In addition to the Health Awareness Series, check out our [Lifestyle Management Programs](#).



Join the Member Advisory Council.

Sign up to join the Member Advisory Council (MAC) to learn what is happening with Highmark Health Options. Best of all, share your thoughts with us. Make suggestions. Ask questions. And get a \$10 gift card for every meeting you attend.

The council is a group of health plan managers and staff, health plan members, and member caregivers. We formed the council so members like you can tell us your ideas. By joining, you'll have a chance to talk about your concerns with a variety of people. And you can tell us how we're doing. Your feedback can enhance the services and quality of care given to all Highmark Health Options members.

The MAC meets on the last Friday of most months from noon to 1:30 p.m. Meetings are virtual, so you can join by clicking a link on your cell phone. We'll send the link in an invitation to all council members.

To join the MAC, call a Member Advocate at 1-855-430-9852.

Age 45 or older? Get screened for colorectal cancer.

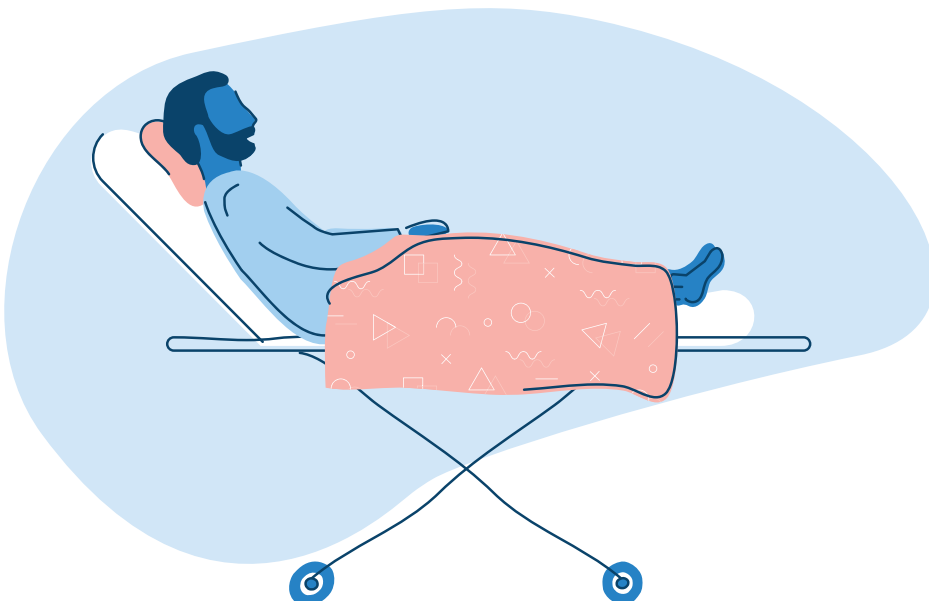
Find it.
Treat it.
Beat it.

Just thinking about cancer can be scary. And it's scary to know that almost 40 percent of people will have cancer some time in their life. The good news is that routine screenings can find cancer early. That's when it's easiest to treat—and beat.

One of the most common cancers is colorectal cancer. This means cancer of the colon or rectum. This year, about 150,000 new cases will be diagnosed.

Several different tests can be used to screen for this type of cancer. One common test is a colonoscopy. A doctor uses a scope to look inside the colon for signs of disease when the patient is asleep. The colon is part of the large intestine.

The American Cancer Society recommends starting screenings at age 45. Talk to your doctor earlier if people in your family have had this kind of cancer or if you have a high risk for another reason. Or talk to your Case Manager or Care Coordinator about a cancer screening.



Take care of your health and put a reward in your pocket.



What's as good as getting a check in the mail? Getting a Visa Rewards Card from Highmark Health Options. You or your child may be able to earn rewards when you take part in certain healthy activities. Rewards are given for actions that can improve serious health care issues. The program does not provide a reward for all healthy activities.

Earlier this year, you should have received a packet about the Healthy Rewards program. To see if you qualify, call 1-844-678-1456. Or return the postcard that came in your packet.

Enjoy a tobacco-free life.



Delaware's free QuitLine program can help you quit smoking and using tobacco. Get the support you need by having phone calls and online chats with your Quit Coach. Support is also available online and via email and text.

Overcome the urge, manage withdrawal, and change your habits. Call the QuitLine at 1-866-409-1858 or visit quitnow.net/delaware.



Find local help at Delaware 2-1-1.

Go to Delaware 2-1-1 to find support from health and human service organizations in your community. Here's how:

- Visit the [website](#).
- Dial 211 or 1-800-560-3372.
- Text your ZIP code to 898-211.

You can get help if you need:

- Clothing
- Food
- Housing
- Shelter
- Transportation
- Utility assistance

In addition, you can use this resource if you're having trouble with your mental health or substance abuse. Legal help is also available.

Well visits are key to your child's good health.

Your child's well visits should occur regularly. Visits start when your child is a newborn. And they happen at 1 month, 2 months, 4 months, 6 months, 9 months, 12 months, 18 months, 24 months, 30 months, and every year until age 20.

Any child enrolled in Medicaid is automatically eligible for the Early and Periodic Screening, Diagnostic, and Treatment (EPSDT) Program. Let's break down this term so you can see what it means for your child on Medicaid:

E is for Early: Your child will have well visits with a primary care provider (PCP) as a newborn and then at specific ages. The well visit includes a physical exam. And the visit may include scheduled screenings and immunizations.



P is for Periodic: Your child's PCP will need to see your child regularly to see how they are growing and developing.

S is for Screening: Your child's PCP will do screening tests to look for possible problems. Some tests are as simple as answering questions. Other examples are vision and hearing tests.

D is for Diagnostic: If your child's PCP is concerned about a test result, your child may see a specialist. A specialist is a doctor who focuses on a particular kind of health issue.

T is for Treatment: Your child may need treatment if a health problem is found. In this case, your child's PCP will talk to you about what happens next.

The EPSDT team at Highmark Health Options is here to remind you when your child is scheduled for well visits or needs preventive care. You may hear from a member of our team if your child misses a visit or screening.

At any time, you can call Member Services at 1-844-325-6251 and ask for a member of the EPSDT team to help you with your child's care. We can help you make an appointment, find a specialist, arrange transportation, and connect with helpful community resources.



Find community support.

Highmark Health Options Community Support can help you find free or low-cost local services, including wellness programs, food, housing, legal aid, and more. Check out [helpful resources](#) near you.

Need help when you're sick?

Call the 24-Hour Nurse Line.

1-844-325-6251 (TTY 711 or 1-800-232-5460)

At any time, if you have a medical question and don't know what to do, a nurse is available to help you 24/7! Specially trained registered nurses can talk with you about your medical concerns.

The Nurse Line is especially helpful when you must make a decision about where to go when you need health care quickly. A nurse can tell you if you should call your primary care provider to make an appointment, go to an urgent care center, or go to the emergency room.

The information below can also help you decide.



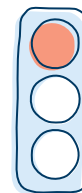
Primary Care Doctor Visit during regular office hours for:

- Checkups, ongoing care
- Flu shots, other vaccines
- Medicine refills or changes
- Referrals to a specialist
- Animal or insect bite
- Back pain
- Cold and flu-like symptoms
- Headaches, migraines
- Minor burns
- Nausea, vomiting, diarrhea
- Rash
- Sore throat
- Sprains, strains
- STD, urinary tract infection
- Tooth pain



Urgent Care Visit outside doctor's office hours for:

- Allergic reaction
- Broken bone with no broken skin
- Cuts needing stitches
- Most conditions listed under primary care



Emergency Room Visit 24/7 or call 911 immediately for:

- Broken bone out of place
- Chest pain
- Difficulty speaking
- Eye injury
- Head injury or unconscious
- Overdose or poisoning
- Shortness of breath
- Weakness on one side (face or limbs)



Find a program that's just right for you.

Highmark Health Options Lifestyle Management/Wellness Programs are offered at no cost to members with chronic illnesses like asthma, COPD, diabetes, and heart disease. And there are programs especially for people who want to lose weight and for expecting moms. We will work with you and your health care team to help you understand and manage your condition. No one understands your body better than you do, so our goal is to empower you to feel the best you can.

Healthy Weight Management Program

- Learn simple ways to take care of your health that will help you live longer.
- Understand how to control and manage your weight with better choices, such as diet and activity.
- Identify the tools you need to give you the best health and nutritional options.
- Learn how smart choices may prevent other health problems, such as high blood pressure or diabetes.
- Learn if you are able to participate in our Diabetes Prevention Program (18 and older), which includes our partnership with the [YMCA of Delaware](#).

Asthma Program

- Learn the difference between a long-term asthma controller medicine and a rescue inhaler.
- Identify asthma triggers.
- Understand how an Asthma Action Plan can help you make good choices.
- Understand the long-lasting effects of uncontrolled asthma.



Chronic Obstructive Pulmonary Disease (COPD) Program

- Learn why diet and exercise are important to help you breathe easier.
- Identify which inhalers to use and how to use them correctly.
- Understand the warning signs of a flare-up so it can be caught and controlled early.
- Understand how to use oxygen safely.

Maternity Program

- Learn how to be a healthy mom and have a healthy baby.
- Understand the importance of a healthy diet and prenatal vitamins.
- Learn what symptoms indicate that you should call your doctor immediately.
- Understand the importance of seeing your doctor after your baby is born.

Cardiac Program

- Learn how small changes in diet and activity can go a long way.
- Find out how to prevent a cardiac (heart) condition from getting worse.
- Understand the importance of your medications and how to take them.
- Understand how uncontrolled blood pressure may lead to heart disease.



Diabetes Program

- Learn how to prevent diabetic complications by keeping blood sugar under control.
- Identify and complete the necessary tests you need to be “in control.”
- Understand what is normal, what is not, and when to call the doctor.
- Understand how uncontrolled diabetes may lead to heart disease.

For more information about these programs, see the [Member Handbook](#).

Questions? Call Highmark Health Options Lifestyle Management at 1-844-325-6251 (TTY 711).

Visit our website at [HighmarkHealthOptions.com](https://www.HighmarkHealthOptions.com).

Get help to quit smoking by calling the Delaware Quitline at 1-866-409-1858 (18 and older).

Translation services are available at no cost to you.



Statement of Members' Rights and Responsibilities.

The organization's member rights and responsibilities statement specifies that members have:

1. A right to receive information about the organization, its services, its practitioners and providers and member rights and responsibilities.
2. A right to be treated with respect and recognition of their dignity and their right to privacy.
3. A right to participate with practitioners in making decisions about their health care.
4. A right to a candid discussion of appropriate or medically necessary treatment options for their conditions, regardless of cost or benefit coverage.
5. A right to voice complaints or appeals about the organization or the care it provides.
6. A right to make recommendations regarding the organization's member rights and responsibilities policy.
7. A responsibility to supply information (to the extent possible) that the organization and its practitioners and providers need in order to provide care.
8. A responsibility to follow plans and instructions for care that they have agreed to with their practitioners.
9. A responsibility to understand their health problems and participate in developing mutually agreed-upon treatment goals, to the degree possible.

Discrimination is against the law.

Highmark Health Options complies with applicable Federal civil rights laws and regulations and does not discriminate on the basis of race, color, national origin, age, disability, health status, sex, sexual orientation or gender identity. Highmark Health Options does not exclude people or treat them differently because of race, color, national origin, age, disability, health status, sex, sexual orientation or gender identity.

Highmark Health Options offers:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - 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:
 - Qualified interpreters
 - Information written in other languages

You can 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/smartscreen/main.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services

200 Independence Avenue, SW

Room 509F, HHH Building

Washington, D.C. 20201

1-800-368-1019, 800-537-7697 (TDD)

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



For help in your language.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call the number on the back of your ID card (TTY: 711).

ATENCIÓN: Si usted habla español, se encuentran disponibles servicios de asistencia con el idioma sin costo alguno para usted. Llame al número que figura al dorso de su tarjeta de identificación (TTY: 711).
注意: 如果您讲中文, 可以免费为您提供语言协助服务。拨打您的卡背面的号码(听障人士专用号码: (TTY: 711)。

Si w pale kreyòl ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele nimewo ki sou do kat idantifikasyon w lan (TTY: 711).

ध्यान आपशो: जो तमे गुजराती बोलता होव तो, तमारा माटे भाषा सहायता सेवाओ मइतमां उपलब्ध छे. तमारा आछडी कासनी पाछल आपेला नंबर पर शेन करो (TTY: 711).

ATTENTION : Si vous parlez français, des services d'assistance linguistique vous sont offerts gratuitement. Veuillez appeler le numéro qui se trouve au verso de votre carte d'identification (TTY : 711).

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 카드 뒷면의 번호로 전화하십시오(TTY: 711).

ATTENZIONE: Se parla italiano, per Lei sono disponibili servizi di assistenza linguistica gratuiti. Chiami il numero presente sul retro della Sua carta di identificazione (TTY: 711).

LƯU Ý: Nếu quý vị nói Tiếng Việt, luôn có các dịch vụ hỗ trợ ngôn ngữ được cung cấp miễn phí cho quý vị. Vui lòng gọi số điện thoại trên mặt sau của thẻ nhận dạng của quý vị (TTY: 711).

ACHTUNG: Wenn Sie Deutsch sprechen, steht Ihnen kostenlose Unterstützung in Ihrer Sprache zur Verfügung. Wählen Sie hierfür bitte die Nummer auf der Rückseite Ihrer Ausweiskarte (TTY: 711).

PAUNAWA: Kung nagsasalita ka ng Tagalog, may maaari kang kuning mga librenng serbisyo ng tulong sa wika. Tawagan ang numero sa likod ng iyong card (TTY: 711).

कृपया ध्यान दें: यदि आप हिन्दी बोलते हैं, तो भाषा सहायता सेवाएं आपके लिए निशुल्क उपलब्ध हैं। अपने पहचान कार्ड के पीछे दिए गए नंबर पर कॉल करें (TTY: 711)।

توجه دیں: اگر آپ اردو بولتے/بولتی ہیں تو، آپ کے لیے زبان کی اعانت کی خدمات مفت دستیاب ہیں۔ اپنے آئی ڈی کارڈ کے پیچھے درج نمبروں پر ہمیں کال کریں (ٹی ٹی وائی: 711)۔

تنبيه: إذا كنت تتحدث اللغة العربية، فإن خدمات المساعدة اللغوية متاحة لك بالمجان. اتصل على الرقم المدون على ظهر بطاقة هويتك (الهاتف النصي: 711).

గమనిక: మీరు తెలుగు మాట్లాడే వారైతే, భాషా సహాయక సేవలు, ఖర్చు లేకుండా, మీరు లభిస్తున్నాయి. మీ ఐడి కార్డుకు (TTY: 711) వెనుక వైపు ఉన్న నెంబర్ కి ఫోన్ చేయండి.

