












Diabetic Living

A Guide to Managing Your Diabetes

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Eating Healthy with Diabetes

Your diet plays a huge role in managing your diabetes. Using the healthy plate as a guide can help ensure your blood sugar stays on track. Follow the tips and the image below.



Half your plate should be made-up of non-starchy veggies, such as:

- Cucumbers
- Cabbage
- Carrots
- Peppers
- Broccoli



Another quarter should be grains and starchy foods, such as:

- Brown rice
- Black beans
- Corn
- Lentils
- Potatoes/yams
- Green peas



Try a small piece of fruit for dessert, such as:

- 1/2 a banana
- Small Apple
- Handful of grapes
- Cup of berries



A quarter of your plate should be heart-healthy proteins, such as:

- Eggs
- Fish
- Lean ground beef
- Chicken
- Turkey



Eating Healthy and Exercising with Diabetes

Healthy eating habits and being active are the keys to success!

Healthy eating helps control blood sugar and reduces your risk for long-term health problems. Different foods provide different health benefits. Limit foods heavy in fat, cholesterol, salt and sugar. Choose lean, low-fat or nonfat food when possible. Exercising is important. It helps keep weight off and improves your overall health.



BALANCING YOUR DIET

Eating a healthy diet helps you control your diabetes. Here are some easy ways to make sure you're eating healthy. Follow these steps to balance your diet:

- ✓ Eat more fruit and vegetables. Fresh, frozen and canned options are all acceptable. Choose many different kinds and colors. Stick to items with low salt and no added sugar
- ✓ Choose whole grains. Pick whole grains instead of refined grains and flours. For example, choose whole grain oatmeal over sugary cereal for breakfast
- ✓ Use beans and lentils for protein. Beans are an excellent source of protein. If you buy canned beans, buy low-salt beans and make sure to rinse them before using
- ✓ Choose lean meats and meat substitutes when you can.
- ✓ Choose low-fat dairy. Examples of low-fat dairy include skim milk and low-fat yogurt or low-fat cheese.
- ✓ Choose healthy fats. Healthy fats include avocados, olives, nuts, seeds and vegetable oils. Eat these in moderation.
- ✓ Cut back on high-calorie snack foods and desserts.
- ✓ Watch your portion sizes. Large portions of even the healthiest foods can cause weight gain.



CARBOHYDRATE COUNTING

Diabetics need to watch how many carbohydrates they eat to prevent a dangerous rise in blood sugar. Carbohydrates are found in many types of food, such as:

- Grains
- Fruits
- Beans
- Milk
- Starchy vegetables like potatoes
- Sweets

Counting carbohydrates is easy. Look at food labels to find grams of carbohydrates per serving. Serving sizes are important and should be measured carefully. All carbohydrates you eat should be counted, no matter what foods they are from. Talk to your Primary Care Provider (PCP) about the best way for you to count carbohydrates.



WHERE CAN I FIND MORE INFORMATION ABOUT DIABETES?

American Diabetes Association

www.diabetes.org

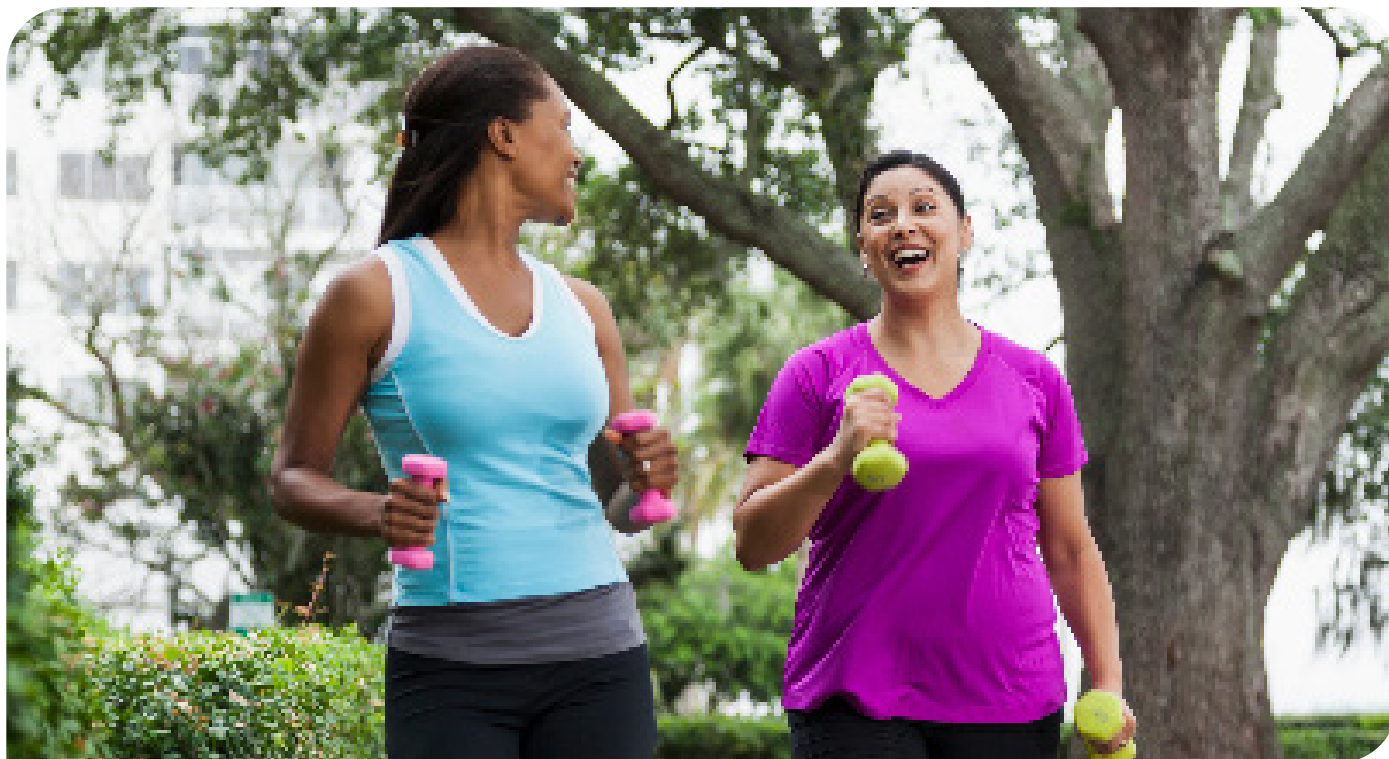
800-DIABETES (800-342-2383)

Centers for Disease Control and Prevention

www.cdc.gov



Increasing Physical Activity



From improving muscle tone, reducing stress, aiding in weight loss and lowering risk of diseases, the benefits of exercise are endless. Exercise can help lower blood sugar and improve your insulin sensitivity.

While we know the benefits of exercise, sometimes starting is the hardest part. Here are some ways you can start being more active. Remember to start with small workouts. As you begin to gain strength, you can add on and build your way up to 150 minutes of physical activity each week. Below are some examples:

- Walk up and down the stairs
- Park farther away from the entrance of a store
- Take a walk outside in your neighborhood or a park
- Move around during commercials of your favorite show
- Set a timer to remind yourself to get up and move if you sit a lot during the day

Be sure to track your progress so you know how you are doing. There are many different ways to track and record your physical activity.

Note: It is important to discuss changes in your activity level with your Primary Care Provider, as you may need a change in your diabetes medication or insulin dose to help prevent your blood sugar from going too low. **Source:** www.cdc.gov



Managing Stress



Have you found yourself being snippy toward the people that you care about, but are not sure why?

It could be related to stress, as it can affect many emotions like anger, impatience and sadness. Stress can also cause physical symptoms, such as head, back and/or neck aches, racing heartbeat, tight muscles, and an upset stomach.

Stress can lead to chronic health conditions, such as Type 2 diabetes. When feeling sad or angry, most people resort to drinking, smoking, or making unhealthy eating choices. They also start slacking off on their fitness goals. Stress can also be the reason you forget things, postpone important tasks, and find yourself sleeping either too much or too little.

But how can you prevent stress? You could ask for help, make a to-do list, have a consistent sleep schedule, set small and doable goals, take care of your mind and body, and engage in fun activities.

If you find that you are experiencing stress, here are few techniques to reduce your level of stress:

- Count to 20 in your head
- Give yourself a pep talk
- Breathe deeply
- Stretch
- Imagine you are in a place that makes you happy
- Cut back on caffeine
- Talk with a friend or family member



NOT SURE WHERE TO START?

Try one or two of the examples listed in this section to see what works best for you.



Straight From the Pillbox



Not taking medication as directed (also called non-adherence) is a common and serious problem. This can cause real damage to the body. Non-adherence can lead to health problems including uncontrolled diabetes, kidney failure, heart disease, stroke and death.

There are many reasons that people may be non-adherent about taking medication. Some reasons that people may not take their medication as directed include:

- Forgetting
- Thinking the medication is not working
- Fearing side effects
- Cost



TALK WITH YOUR PROVIDER

Talk with your provider to work on a treatment plan if you are having trouble getting your medications or find that you forget to refill your prescriptions.



TAKING YOUR MEDICATION

Taking your medication as ordered by your provider will lead to an overall better quality of life and improved health outcomes.



Tips for Managing Diabetes

DID YOU KNOW that taking care of diabetes can lead to having more energy, wounds healing faster, feeling less tired and thirsty, and fewer trips to the bathroom? Managing diabetes can also be linked to a decrease in skin and/or bladder infections, risk for heart attack or stroke, eye problems, teeth and gum issues, kidney problems (which can cause your kidneys to stop working) and pain, tingling or numbness in your hands and feet.

HOW DO YOU MANAGE DIABETES?

It's important to work with your provider to determine the treatment plans that are right for you. You can also ask about diabetes classes to help understand this chronic disease and what you can do to help manage your condition.

WHEN MANAGING DIABETES, KNOW THE DIABETES ABCS



A1c

This is the average blood sugar level over the past three months. Having high blood sugar regularly can harm your heart, blood vessels, kidneys, feet and eyes.



Blood Pressure

This is the force of blood against the wall of the blood vessels. High blood pressure can make the heart work too hard, which can lead to heart attack, stroke and damage to your kidneys and eyes.



Cholesterol

There are two different types of cholesterol. LDL, also known as bad cholesterol, can cause buildup and clog blood vessels. HDL, also known as good cholesterol, helps remove the bad cholesterol from those blood vessels.

ASK YOUR PROVIDER about your current levels and what your target numbers should be. Write them down to keep a progress record.

KEEPING TRACK of your blood sugar and blood pressure on a daily basis are important steps to help manage diabetes. This is because routine monitoring can help you adjust your daily activities that will lead to more controlled outcomes. Get routine care to stay healthy. A provider should:

- At each visit, monitor your blood pressure, check your weight and feet and complete a review of your self-care plan.
- At least twice a year, check your A1c (it will be more often if the results are over 7) and clean your teeth.
- Once each year, check your cholesterol and feet, examine your eyes for retinopathy, check your urine for kidney problems and give you a flu shot.
- Provide pneumonia and hepatitis B shots (need once in your lifetime).



Blood Sugar Log

Keeping a log of your blood sugar levels is helpful in understanding how your blood sugar responds during different times of day. Your blood sugar will also vary based on the foods you eat and the activities you do.

Here is a sample log you can use to help keep track of your blood sugar. You can make copies of this document so you have extra sheets.

Whatever log you choose to use, remember to take it with you to your providers' appointments so they can offer you advice on how to best manage your diabetes.



	Breakfast		Lunch		Dinner		Bed Time	
Date	Before	After	Before	After	Before	After	Before	Comments



Your Diabetes Checklist



Follow your diabetes meal plan. Reach and stay at your goal weight.



Get regular exercise. Start with 30 minutes per day.



Check your A1c levels (blood sugar control over time) at least twice a year.



Complete an annual diabetic eye exam.



If you smoke, think about quitting. Ask your provider about taking steps toward quitting for good.



Take your diabetes medications as your provider prescribes.



Tracking Physical Activity

Tracking your physical activity will help you see your progress and find out if something is not working for you. Activities to track would be those of a moderate pace. A moderate pace can be determined by the talk test. It includes things that allow you to talk and do, but you could not sing and do. Track your activity with the tool below, a journal, or any fitness tracker app on your phone or computer.



Activity Tracker

Day of the Week	Activity	Time in Minutes	Challenges
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total			

Record what you did and for how long. Record any challenges you had completing the activity or, if you did not do anything on a certain day, record what got in the way.

If you start to notice a pattern in your challenges, brainstorm solutions. Choose one solution and apply it to see if it helps. Keep working through your solutions until you find something that works. Over time, work to increase your activity, working to reach a total of 150 minutes each week.

Source: www.cdc.gov



Be Your Own Health Hero

Set goals for yourself in managing your diabetes and create an action plan to achieve these goals.

Date:

I,, agree to improve my health.

1 CHOOSE ONE OF THE ACTIVITIES BELOW

- Be more physically active.
- Take my medications.
- Improve my food choices.
- Reduce my stress.
- Quit smoking.
- Check my blood sugar regularly.
- Complete an annual eye exam.
- Have my HbA1c level measured by my provider.
- Work on something that's bothering me

2 COMPLETE THESE FIELDS FOR THE CHOSEN ACTIVITY

What Activity:

How Much:

Completion Goal Date:

How Often:

3 HOW CONFIDENT ARE YOU ON COMPLETING YOUR ACTION PLAN?



Note: If you do not feel very confident in achieving the goal you've written above, speak to your diabetic care team to identify any issues you may have in achieving your goal. Adjusting these challenges can help make your goals a reality and improve the management of your diabetes.

Notice of Nondiscrimination

Carolina Complete Health complies with applicable federal civil rights laws and does not discriminate based on race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex, gender identity or expression, or sexual orientation. Carolina Complete Health does not exclude people or treat them differently because of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex, gender, gender identity or expression, or sexual orientation.

Carolina Complete Health provides free auxiliary aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified American Sign Language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

Carolina Complete Health provides free language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages

If you need these services, call **1-833-552-3876 (TTY 711)**.

If you believe that Carolina Complete Health has failed to provide these services or discriminated in another way based on race, color, national origin, age, disability or sex, you can file a grievance with:

Carolina Complete Health Grievance Coordinator

1701 North Graham Street, Suite 101

Charlotte, NC 28206

1-833-552-3876 (TTY: 711)

Fax: 1-833-318-7256

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights:

- Online: ocrportal.hhs.gov/ocr/portal/lobby.jsf
- By mail:
U.S. Department of Health and Human Services
200 Independence Avenue SW., Room 509F, HHH Building
Washington, DC 20201
- By phone: **1-800-368-1019 (TDD: 1-800-537-7697)**

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

The NC Medicaid Ombudsman can provide you with free, confidential support and education about the rights and responsibilities you have under NC Medicaid. Call **1-877-201-3750** or visit ncmedicaidombudsman.org.

You can request free auxiliary aids and services, including this material and other plan information in large print. Call 1-833-552-3876 (TTY 711).

If English is not your first language, we can help. Call 1-833-552-3876 (TTY 711). We can give you, free of charge, the information in this material in your language orally or in writing, access to interpreter services, and can help answer your questions in your language. For help choosing a primary care provider and enrolling in a health plan, call 1-833-870-5500 (TTY/TDD: 711 or RelayNC.com).

Ayudas auxiliares y servicios de interpretación

Puede solicitar ayudas y servicios auxiliares gratuitos, incluido este material y otra información del plan en letra grande. Llame al 1-833-552-3876 (TTY 711).

Si el inglés no es su lengua nativa, podemos ayudarle. Llame al 1-833-552-3876 (TTY 711). Podemos ofrecerle, de forma gratuita, la información de este material en su idioma de forma oral o escrita, acceso a servicios de interpretación y podemos ayudarle a responder a sus preguntas en su idioma. Para obtener ayuda para elegir un proveedor de atención primaria e inscribirse en un plan de salud, llame al 1-833-870-5500 (TTY/TDD: 711 o RelayNC.com).

辅助工具和翻译服务

您可以申请免费的辅助工具和服务,包括本资料和其他计划信息的大字版。请致电 1-833-552-3876 (TTY 711)。

如果英语不是您的首选语言,我们能提供帮助。请致电 1-833-552-3876 (TTY 711)。我们可以通过口头或书面形式,用您使用的语言免费为您提供本资料中的信息,为您提供翻译服务,并且用您使用的语言帮助回答您的问题。需要帮助来选择一个初级保健提供者以及参加健康计划,请致电 1-833-870-5500 (TTY/TDD: 711 或 RelayNC.com)。

Dịch Vụ Phiên Dịch và Hỗ Trợ Bổ Sung

Quý vị có thể yêu cầu các dịch vụ và hỗ trợ bổ sung miễn phí, bao gồm tài liệu này và thông tin kế hoạch khác dưới dạng bản in chữ lớn. Gọi đến 1-833-552-3876 (TTY 711).

Nếu Tiếng Anh không phải là ngôn ngữ mẹ đẻ của quý vị, chúng tôi có thể giúp quý vị. Gọi đến 1-833-552-3876 (TTY 711). Chúng tôi có thể cung cấp miễn phí cho quý vị thông tin trong tài liệu này bằng ngôn ngữ của quý vị dưới dạng lời nói hoặc văn bản, quyền tiếp cận các dịch vụ phiên dịch, và có thể giúp trả lời các câu hỏi của quý vị bằng chính ngôn ngữ của quý vị. Để được trợ giúp chọn nhà cung cấp dịch vụ chăm sóc chính và ghi danh vào một chương trình sức khỏe, hãy gọi đến 1-833-870-5500 (TTY/TDD: 711 hoặc RelayNC.com).

보조 자료 및 통역사 서비스

귀하는 무료 보조 자료 및 서비스를 요청할 수 있으며, 여기에는 큰 활자체의 자료 및 기타 플랜 정보가 포함되어 있습니다. 1-833-552-3876(TTY 711)번으로 전화주시기 바랍니다.

영어가 모국어가 아닌 경우 저희가 도와드리겠습니다. 1-833-552-3876(TTY 711)번으로 전화주시기 바랍니다. 저희는 귀하께 구두로 또는 서면으로 귀하의 언어로 된 자료의 정보를, 그리고 통역 서비스의 사용을 무료 제공해 드리며 귀하의 언어로 질문에 대한 답변을 제공해 드리겠습니다. 일차 진료 제공자를 선택하고 건강 플랜에 가입하는 데에 도움이 필요하신 경우 1-833-870-5500번(TTY/TDD: 711 또는 RelayNC.com)으로 전화주시기 바랍니다.

Aides auxiliaires et services d'interprétation

Vous pouvez demander des aides et des services auxiliaires gratuits, y compris ce document et d'autres informations sur le plan en gros caractères. Composez le 1-833-552-3876 (TTY 711).

Si votre langue maternelle n'est pas l'anglais, nous pouvons vous aider. Composez le 1-833-552-3876 (TTY 711). Nous pouvons vous fournir gratuitement les informations contenues dans ce document dans votre langue, oralement ou par écrit, vous donner accès aux services d'un interprète et répondre à vos questions dans votre langue. Pour obtenir de l'aide dans le choix d'un prestataire de soins primaires et dans l'inscription à un plan de santé, composez le 1-833-870-5500 (TTY/TDD: 711 ou RelayNC.com).

Cov Khoom Pab Cuam thiab Kev Pab Cuam Txhais Lus

Koj tuaj yeem thov tau cov khoom pab cuam thiab cov kev pab cuam, suav nrog rau tej ntaub ntawv no thiab lwm lub phiaj xwm tej ntaub ntawv kom muab luam ua tus ntawv loj. Hu rau 1-833-552-3876 (TTY 711).

Yog tias Lus Askiv tsis yog koj thawj hom lus hais, peb tuaj yeem pab tau. Hu rau 1-833-552-3876 (TTY 711). Peb tuaj yeem muab tau rau koj yam tsis sau nqi txog ntawm tej ntaub ntawv muab txhais ua koj hom lus hais ntawm ncauj los sis sau ua ntawv, mus siv tau cov kev pab cuam txhais lus, thiab tuaj yeem pab teb koj cov lus nug hais ua koj hom lus. Rau kev pab xaiv tus kws pab kho mob xub thawj thiab kev tso npe nyob rau hauv lub phiaj xwm kho mob, hu rau 1-833-870-5500 (TTY/TDD: 711 los sis RelayNC.com).

فرح أب عطخا لوح یرخأ تامولعمو دن تسمل اذه، كلذ یف امب ةیناجملا ةیفاضإل تادعاسملا او تامدخلا بلط كن كمی
قرلا ىلع لصتا. ةریبک

1-833-552-3876 (TTY 711).

مقرلا ىلع لصتا. ةدعاسملا اننكم یف، ىلوالا كتغل تسیل ةیزیلجنإل ةغلل تناك اذا
ایبانتك و ای هفش كتغلب دن تسمل اذه یف ةدراولا تامولعمل كل مدقن ن اننكمی. **1-833-552-3876 (TTY 711).**
یف ةدعاسملا كتغلب كتلئسأل تاباجإ ىلع لوصول یف كتدعاسم اننكمی و اناجم قمجرتلا تامدخ ىل لوصول او
و **1-833-870-5500 (TTY/TDD: 711)** مقرلا ىلع لصتا، ةیحصلا عطخا یف لیجستلاو یلوالا ةیاعرلا رفوم رایتخا
RelayNC.com).

Вспомогательные средства и языковая поддержка

Вы можете запросить бесплатные вспомогательные средства и услуги, включая этот справочный материал и другую информацию о плане, напечатанную крупным шрифтом. Позвоните по номеру 1-833-552-3876 (TTY 711).

Если английский не является Вашим родным языком, мы можем Вам помочь. Позвоните по номеру 1-833-552-3876 (TTY 711). Мы бесплатно предоставим Вам более подробную информацию этого справочного материала в устной или письменной форме, а также доступ к языковой поддержке и ответим на все вопросы на Вашем родном языке. Если Вам нужна помощь в выборе поставщика первичных медицинских услуг и регистрации в плане медицинского обслуживания, позвоните по номеру 1-833-870-5500 (TTY / TDD: 711 или посетите сайт RelayNC.com).

Mga Auxiliary Aid at Serbisyo ng Interpreter

Maaari kang humiling ng libreng mga auxiliary aid at serbisyo, kabilang ang materyal na ito at iba pang impormasyon ng plan sa malaking print. Tumawag sa 1-833-552-3876 (TTY 711).

Kung hindi English ang iyong unang wika, makakatulong kami. Tumawag sa 1-833-552-3876 (TTY 711). Maaari ka naming bigyan, nang libre, ng impormasyon sa materyal na ito sa iyong wika nang pasalita o nang pasulat, access sa mga serbisyo ng interpreter, at matutulungang sagutin ang mga tanong sa iyong wika. Para sa tulong sa pagpili ng pangunahing provider ng pangangalaga at pag-enroll sa isang plan na pangkalusugan, tumawag sa 1-833-870-5500 (TTY/TDD: 711 o RelayNC.com).

सहायक सहाय अने दुभाषयिा सेवाओ

तमे मोटी प्रिन्टमा आ सामग्री अने अन्य प्लाननी माडति सडति मडत सहायक सहाय अने सेवाओनी वनिती करी शकी छी. **1-833-552-3876 (TTY 711)**. पर कॉल करी

जो अंग्रेजी तमारी प्रथम भाषा न होय, तो अमे मद्द करी शकीअे छीअे. **1-833-552-3876 (TTY 711)**. पर कॉल करी तमारी भाषामां मौअडि रीते अथवा लेअतिमां तमने आ सामग्रीनी माडति अमे वनि मूल्ये आपी शकीअे छीअे, दुभाषयिा सेवाओनी सुलभता आपी शकीअे छीअे अने तमारी भाषामां तमारा प्रश्नोना जवाब आपवामां अमे सहायता करी शकीअे छीअे. प्राथमडि संभाण प्रदाता पसंए करवामां अने आरोग्य योजनामां नोधणी करवामां मद्द माटे, **1-833-870-5500 (TTY/TDD: 711 अथवा RelayNC.com)**. पर कॉल करी.

សម្ភារៈជំនួយ និងសវនាអ្នកបកប្រែ

អ្នកអាចសួរពីសម្ភារៈនិងសវនាជំនួយដោយឥតគិតថ្លៃក្នុងរដ្ឋដ្ឋបាលដែលមានអំពីសម្ភារៈនេះ និងព័ត៌មានអំពីផែនការ ផ្តល់ឱ្យត្រឹមត្រូវជាអក្ខរកម្ម។ ហៅទូរស័ព្ទទទួលខេ **1-833-552-3876 (TTY 711)** ។

ប្រសិនបើសាអង់គ្លេសសម្រាប់សេមិសនៃជាភាសាទីមួយរបស់អ្នក យើងអាចជួយអ្នកបាន។ ហៅទូរស័ព្ទទទួលខេ **1-833-552-3876 (TTY 711)** ។ យើងអាចផ្តល់ជូនអ្នកដោយឥតគិតថ្លៃនូវព័ត៌មាននៅក្នុងឯកសារនេះជាភាសាបស់អ្នក ដោយផ្តល់មតិជាលាយលក្ខណ៍អក្ខរកម្ម ទទួលបានសវនាអ្នកបកប្រែ និងអាចជួយឆ្លុយប្រើសំណួររបស់អ្នកជាភាសា របស់អ្នក ។ សម្រាប់ជំនួយក្នុងការជួសជុលអ្នកផ្តល់សវនាទៅបឋម និងក្នុងការចុះឈ្មោះក្នុងគម្រោងសុខភាព សូមទូរស័ព្ទទទួលខេ**1-833-870-5500 (TTY/TDD: 711 ឬ RelayNC.com)** ។

Hilfsmittel und Dolmetscherdienste

Sie können kostenlose Hilfsmittel und Services anfordern, darunter diese Unterlagen und andere Versicherungsinformationen in Großdruck. Rufen Sie uns an unter **1-833-552-3876 (TTY 711)**.

Sollte Englisch nicht Ihre Muttersprache sein, können wir Ihnen behilflich sein. Rufen Sie uns an unter **1-833-552-3876 (TTY 711)**. Wir können Ihnen die in diesen Unterlagen enthaltenen Informationen kostenlos mündlich oder schriftlich in Ihrer Sprache zur Verfügung stellen, Ihnen einen Dolmetscherdienst vermitteln und Ihre Fragen in Ihrer Sprache beantworten. Unterstützung bei der Auswahl eines medizinischen Erstversorgers und bei der Anmeldung zu einer Krankenversicherung erhalten Sie unter **1-833-870-5500 (TTY/TDD: 711 oder RelayNC.com)**.

अतरिक्त सहायता और दुभाषिया सेवाएं

आप इस सामग्री और अन्य योजना की जानकारी बड़े प्रिंट में दिए जाने सहित मुफ्त अतरिक्त सहायता और सेवाओं का अनुरोध कर सकते हैं। 1-833-552-3876 (TTY 711) पर कॉल करें।

अगर अंग्रेजी आपकी पहली भाषा नहीं है, तो हम मदद कर सकते हैं। 1-833-552-3876 (TTY 711) पर कॉल करें। हम आपको मुफ्त में इस सामग्री की जानकारी आपकी भाषा में जबानी या लिखित रूप में दे सकते हैं, दुभाषिया सेवाओं तक पहुंच दे सकते हैं और आपकी भाषा में आपके सवालों के जवाब देने में मदद कर सकते हैं। प्राथमिक देखभाल प्रदाता चुनने और स्वास्थ्य योजना में नामांकन करने में मदद के लिए, 1-833-870-5500 (TTY/TDD: 711 या RelayNC.com) पर कॉल करें।

ການຊ່ວຍເຫຼືອເສີມ ແລະ ການບໍລິການນາຍແປພາສາ

ທ່ານສາມາດຂໍການຊ່ວຍເຫຼືອເສີມ ແລະ ການບໍລິການຕ່າງໆໄດ້ແບບຟຣີ, ລວມທັງເອກະສານນີ້ ແລະ ຂໍ້ມູນອື່ນໆຂອງແຜນ ເປັນຕົວພິມໃຫຍ່. ໂທຫາເບີ 1-833-552-3876 (TTY 711).

ຖ້າພາສາແມ່ຂອງທ່ານ ບໍ່ແມ່ນພາສາອັງກິດ, ພວກເຮົາສາມາດຊ່ວຍໄດ້. ໂທຫາເບີ 1-833-552-3876 (TTY 711). ພວກເຮົາສາມາດໃຫ້ຂໍ້ມູນໃນເອກະສານນີ້ ເປັນພາສາຂອງທ່ານທາງປາກເປົ້າ ຫຼື ເປັນລາຍລັກອັກສອນ, ການເຂົ້າເຖິງການບໍລິການນາຍແປພາສາ ໃຫ້ແກ່ທ່ານໂດຍບໍ່ເສຍຄ່າຫຍັງ ແລະ ສາມາດຊ່ວຍຕອບຄໍາຖາມຂອງທ່ານເປັນພາສາຂອງທ່ານ. ສໍາລັບຄວາມຊ່ວຍເຫຼືອໃນການເລືອກແພດປະຈໍາ ແລະ ການລົງທະບຽນໃນແຜນປະກັນສຸຂະພາບ, ກະລຸນາໂທຫາເບີ 1-833-870-5500 (TTY/TDD: 711 ຫຼື RelayNC.com).



補助具・通訳サービス

この資料やその他の計画情報を大きな文字で表示するなど、無料の補助支援やサービスを要請することができます。1-833-552-3876 (TTY 711)に電話してください。

英語が母国語でない方はご相談ください。1-833-552-3876 (TTY 711)に電話してください。この資料に記載されている情報を、お客様の言語で口頭または書面にて無料でお伝えするとともに、通訳サービスへのアクセスを提供し、お客様のご質問にもお客様の言語でお答えします。かかりつけ医の選択や健康保険プランへの登録については、1-833-870-5500 (TTY/TDD: 711 またはRelayNC.com) にお問い合わせください。



QUESTIONS?

-  Call 1-833-552-3876 (TTY 711)
-  or visit [carolinacompletehealth.com](https://www.carolinacompletehealth.com)