

I Speak Hmong

Please find an interpreter who can speak my language so I can best use your services.

Under Title VI of the Civil Rights Act of 1964, agencies that receive any federal funds are required to provide language assistance to those that need it, at no cost. **For health care services, I can get help with interpretation through my health plan. To learn more or set up an interpreter, please call customer service at 1-800-777-4376.**



When Getting Health Care Services:

- If you do not speak English, you have the right to receive language help **for free.**
- Even if you speak some English, you can still ask for an interpreter.
- Asking for an interpreter will help you get the best care.
- Cut out (or take a picture of) the cards above.
- Show the card to the person you are working with to help them understand your needs.
- If you need an interpreter for a health care appointment, we can help.
 - Call customer service to set up an interpreter two weeks before your appointment.
 - **1-800-777-4376**
 - **TTY: 1-800-947-3529**

Kuv hais lus Hmoob

Thov nrhiav ib tus neeg txhais lus uas hais tau kuv hom lus kom kuv thiaj siv tau koj cov kev pabcuam zoo tshaj plaws.

Raws li Tshooj Cai VI ntawm Txoj Cai Lij Choj Txog Kev Cai Lij Choj Xyoo 1964, cov koom haum uas tau txais nyiaj los ntawm tsoomfwv yuav tsum muab kev pab txhais lus rau cov neeg uas xav tau, yam tsis tau them nqi. **Rau cov kev pab kho mob kuv tuaj yeem tau txais kev pab txhais lus los ntawm kuv txoj kev npaj kho mob. Yog xav paub ntxiv lossis teem ib tus neeg txhais lus, thov hu rau cov neeg ua haujlwm pabcuam cov neeg siv khoom ntawm 1-800-777-4376.**



Thaum Tau Txais Kev Pab Kho Mob:

- Yog koj tsis hais lus Askiv, koj muaj cai tau txais kev pab txhais lus **pub dawb.**
- Txawm tias koj hais tau lus Askiv me ntsis los xij, koj tseem tuaj yeem thov kom muaj tus neeg txhais lus.
- Kev thov tus neeg txhais lus yuav pab koj tau txais kev kho mob zoo tshaj plaws.
- Txiav (lossis thaj duab) cov ntawv saum toj no.
- Qhia daim npav rau tus neeg uas koj ua haujlwm nrog kom pab lawv nkag siab txog koj cov kev xav tau.
- Yog koj xav tau tus neeg txhais lus rau kev teem caij kho mob, peb tuaj yeem pab tau
 - Hu rau cov neeg ua haujlwm pabcuam kom teem ib tus neeg txhais lus ob lub lis piam ua ntej koj lub sijhawm teem tseg
 - **1-800-777-4376**
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