

Ready. Set.



CAPTURE LIFE REWARDS

Earn plenty of Points.

A close-up, low-angle shot of a person's legs and feet on a bicycle, silhouetted against a bright, hazy sunset or sunrise background.

**GET
ACTIVE**

A variety of fresh vegetables including bell peppers, tomatoes, and avocados are arranged on a wooden cutting board.

**LIVE
HEALTHY**

A close-up of a person's hands holding a white smartphone, with a red beaded bracelet visible on the left wrist.

**ENJOY
REWARDS**

Say hello to Go365.

It's your personalized wellness and rewards program.

Getting healthier is easier – and lots more fun – with Go365™. When it comes to health and wellness, you have your own approach. One that works for you. Go365 makes it easier to get moving along your path with more ways to start, more Activities to unlock, and more ways to rack up rewards.



Unlock Activities.

Go365 is all about you. You'll receive Activities personalized to help you reach your health goals, no matter where you are on your journey to better health. Just unlock your Activities and earn Points for higher Status.



Stay inspired.

Getting healthier can be hard. Go365 makes it easier by connecting you to all the tools and resources you need to get there. Tracking your activity is a breeze – just connect your compatible apps or fitness devices and earn Points for all your healthy activities.



Earn rewards.

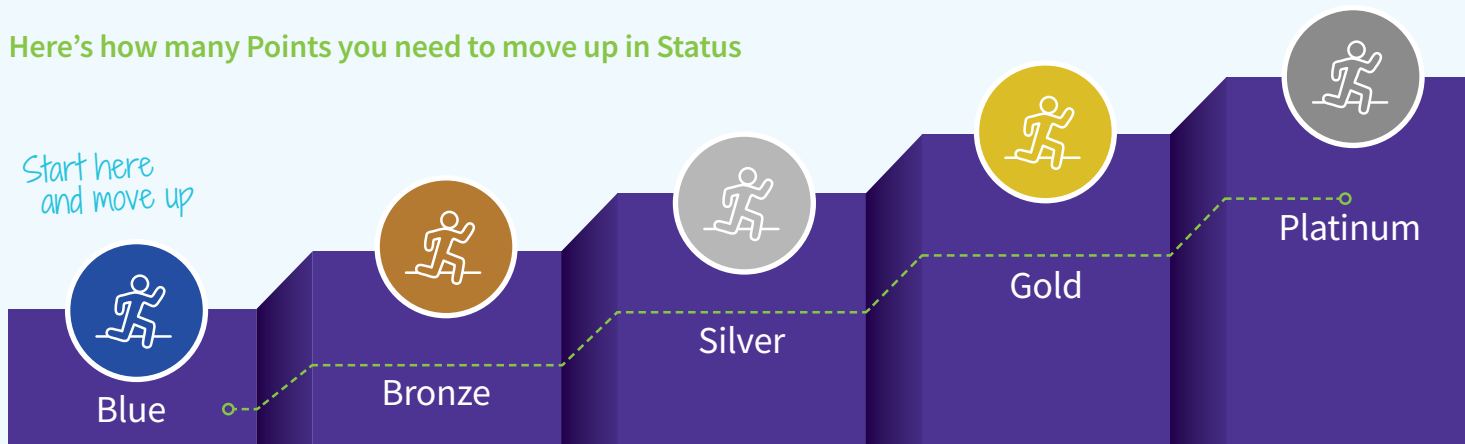
Making healthier choices is a lot more fun with Go365. The more you move up in Status, the more Bucks you can earn and spend on great items in the Go365 Mall. Plus, Bonus Bucks, surprise rewards, and monthly Jackpot drawings make getting healthy more fun!



More Points. Higher Status.

Earning Points pays off big with higher Status levels. Get your spouse and kids involved too and see how fast you can move up in Status.

Here's how many Points you need to move up in Status



3 ways to get to Bronze

1. Complete at least one Health Assessment section online or on the Go365 App
2. Get a Biometric Screening
3. Log a verified workout

5,000
One adult per policy

8,000
One adult per policy

10,000
One adult per policy

8,000
combined two adults
per policy

12,000
combined two adults
per policy

15,000
combined two adults
per policy

+3,000
for each member
18 years and older
per policy

+4,000
for each member
18 years and older
per policy

+5,000
for each member
18 years and older
per policy



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Adult children can only move a family to Bronze Status by completing a verified workout.



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Stay connected with Go365. Participate when, where, and how you want.

Whether you go online or are on the go, Go365 goes right along with you. Engage and track your wellness journey through a best-in-class digital experience that was designed just for you.

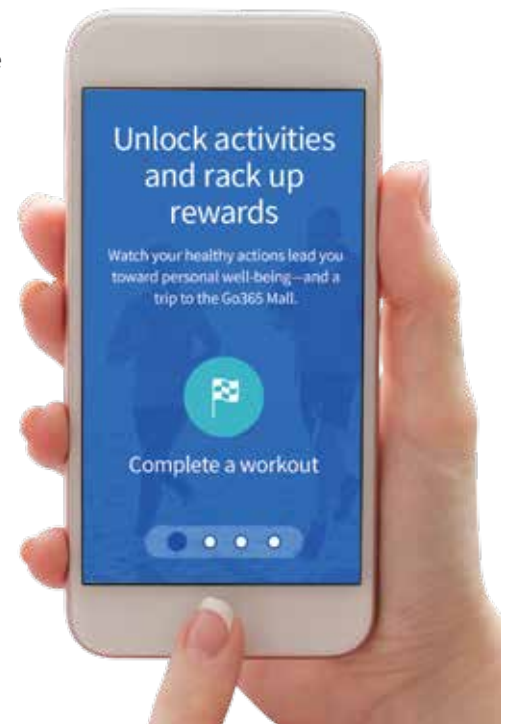
Go365 puts you in the driver's seat. There are lots of ways to get started and start earning Points. Sign-in online or with the App to unlock recommended Activities that are personalized just for you.

Then track your Points and watch your Bucks build up. Go365 connects to dozens of the most popular activity tracking apps, more than 70 fitness devices and over 40,000 participating fitness facilities, so you can earn rewards for healthy Activities you're already doing. Plus, the App makes it even easier to track your Activities – just snap and send a picture.

Get it done. Online or on the go.

- View personalized dashboard
- Take your Health Assessment
- Connect your compatible fitness devices or tracking apps
- Unlock Activities
- Track Points
- Submit a picture
- Contact a Health Coach
- Reach out to the Go365 Community
- Join a Challenge

*Make the connection
so you don't miss out
on rewards!*



Unlock Activities.

Watch your success lead to your wellbeing.

Go365 is for anyone, at any stage... no matter what shape you're in or how hard you work out. Go365 knows what it takes to motivate and reward you to make healthier choices for life.

Activities

These are simple things you can do every day to get healthier. Tracking your steps, getting a flu shot, going for a bike ride – these are easy ways to keep moving forward with Go365.

Recommended Activities

Once you complete your Health Assessment, you'll get personalized Activities based on your responses. Because Recommended Activities are created just for you, they can have a big impact on your overall health. Plus, you earn more Points for each one you complete.

Go365 Kids*

Kids can earn Points when they do "kid" things, like playing on a soccer or baseball team. When you do things that are good for their health, like keeping up with their immunizations and getting a dental check-up, your kids earn more Points.

Challenges

Earn Points by going head-to-head against your friends and co-workers and compete for the most steps taken or pounds lost.

Have some healthy fun.

Getting healthier is a lot more fun with Go365. Earn Bucks you can use in the Go365 Mall for e-giftcards from Amazon.com, Target, Lowes and Spafinder, the latest activity trackers from Garmin and Fitbit, and more. Plus, you could win a prize in our monthly Jackpot drawings or get a surprise reward.



The merchants represented are not sponsors of Go365 or otherwise affiliated with Go365. The logos and other identifying marks attached are trademarks of and owned by each represented company and/or its affiliates. Please visit each company's website for additional terms and conditions. *Go365 Kids is not available to all Go365 programs. Check with your Employer or Benefits Administrator to check your eligibility.



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Make it count with Go365.

Earn Points for your everyday activities – everyday!



EDUCATION

Activity	Points
Health Assessment <p>Take your full Go365 Health Assessment online or on the App and earn Points for completing it for the first time each program year.</p>	500
Health Assessment sections <p>Earn 50 Points for each section you complete online or on the App:</p> <p><u>OR</u> >> Get Active >> Eat Better >> Reduce Stress >> Be Well >> Stay Healthy >> Know Me</p> <p><i>Bonus Points when you complete all six sections</i></p>	50
<small>Adult children are not eligible to earn Points for Health Assessment completion.</small>	
First Step Health Assessment Bonus <p>Once-in-a-lifetime reward for your first-time Health Assessment completion.</p>	500
90 Day Health Assessment Bonus <p>Earn Bonus Points when you complete your Health Assessment within 90 days of your Go365 program effective date or program renewal date.</p>	250
Weekly log* <p>Log your activity in any of these areas: food, weight, Blood Pressure and Blood Glucose.</p>	10 weekly
Sleep Diary* <p>Sleep 7+ hours 5+ days per week (Mon-Sun) and log your progress.</p>	25 weekly
Daily Health Quiz* <p>Log in to the Health IQ app or website and complete a quiz on a variety of health topics. Connect your Go365 App to Health IQ to automatically earn your Points.</p>	2 daily
Health Coaching* <p>Get matched with a certified well-being coach who can give you expert guidance, support and attention in these areas: weight management, quitting tobacco, managing stress, healthy eating and more.</p>	
Enrolling (first time enrollees only)	200 once/lifetime
Three phone interactions or three online chats (individually or combined)	50 up to 600/per program year
Six email interactions or six progress note entries (individually or combined)	50 up to 600/per program year
Calculators <p>These online tools measure aspects of your health, like “Are you at risk for a heart attack?” They can help you take steps to lead a healthier life. There are many different Calculators, and adult members can earn Points for each Calculator you use.</p>	75 up to 300/ program year
CPR certification	125
First aid certification	125
<p>An adult member must send the completed CPR Form or First Aid Form, available online, to Go365 with the copy of certification within 90 days of completing the event. The form can be submitted while your certification is still valid, if you completed your certification before your Go365 effective date. Proof of CPR and first aid certification may also be submitted on the App.</p>	

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EDUCATION

Activity	Points
Update/confirm your contact information  Verify your information once a year and earn Points.	50
Monthly Go365.com visit or Go365 App sign in 	10 up to 120/ program year
First time Go365 App sign in 	50 once/lifetime
Accept online statements  Once per lifetime. Not available for all Go365 members.	50

Maximum of 500 Points for Health Assessment completion per program year. Health Assessment Points are awarded the same online and on the App.
*Activities will award Points under Personalized Activities on your Go365 Statement.



WEB & APP



WEB ONLY



APP ONLY



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FITNESS

Activity	Points
Daily Points	up to 50/day maximum
Earn Points for activities you do every day.	
Steps	1 per 1,000 steps
Heart Rate	15 for every 15 minutes above 60% of maximum heart rate
Calories	5 per 100 calories if burn rate exceeds 200 calories/hr.
Participating Fitness Facility	10 once/day
Earn Bonus Points:	
Exceed 50 weekly workout Points	50 only one bonus awarded per week
Exceed 100 weekly workout Points	100
Fitness Habit*	25 monthly maximum
Start a new fitness habit and submit photo proof to earn your Points. Fitness habits include: walking breaks, take the stairs, park further away, stretching, visit a park, walk your dog.	
First verified lifetime workout	500 once/lifetime
First verified workout each new program year	750 once/year
Sports league	350 up to 3,000/program year
You must be an active team member in a qualified, organized sports league, such as baseball or basketball. The minimum number of games or matches that must be played is eight. Members must complete a League Participation Form, available online and submit within 90 days of league completion to Go365 or claim Points on the App by sending a photo of the official schedule, award or certificate from your phone.	
Challenges*	up to 100/month maximum
Create a Challenge – community	50
Join a Challenge – community or sponsored	50
Join a team – sponsored	50
Sponsored Challenges are setup by employers. Community Challenges are setup by members.	
Athletic events	up to 1,400/program year
You must register for and complete a fitness event or race approved by a fitness, athletic, or sporting organization recognized by Go365. Members must complete the Athletic Event Form, available online, and submit it within 90 days of the event completion to Go365 or claim Points on the App by sending a picture of your race bib or results from your phone.	
Level 1 Example: 1.9 mi/3K – 5.1 mi/9K running, walking, or cross-country skiing	250
Level 2 Example: Sprint triathlon	350
Level 3 Example: Olympic, ITU, half or full triathlon	500

How Go365 Points are calculated: Each day, Go365 will look at Points earned across all workout types and award the highest value for that day. Points are awarded for one workout type per day. A week is defined as Sunday – Saturday. We are committed to helping you achieve your best health. Rewards for participating in Go365 are available to all members. If you think you might be unable to meet a standard for a Go365 reward, you might qualify for an opportunity to earn the same reward by different means. Sign in to your Go365.com account and visit the Communication center to send us a secure message and we will work with you (and, if you wish, with your healthcare practitioner) to develop another way to qualify for the reward.

*Activities will award Points under Personalized Activities on your Go365 Statement.



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PREVENTION

Activity	Points	
Health screenings <p>Earn Points by getting screenings such as a Pap smear, mammogram, prostate exam or colorectal screening. Age restrictions apply. See Go365.com for details.</p>	400	up to 400/program year per screening
Dental exam <p>Visit your dentist and earn Points for preventive dental exams, up to two times per program year.</p>	200	up to 400/program year
Vision exam <p>Earn Points for a preventive vision exam, once per program year.</p>	200	
Flu shot <p>Get your annual flu shot and submit the Prevention Activity Form, available online, within 90 days to earn Points. Use the App to snap and submit a photo of the date and location where you received your flu shot.</p>	200	
Nicotine test <p>After receiving a cotinine (nicotine) test, submit a Nicotine Test Form, available online, within 90 days of completing the test with your healthcare provider.</p>	400	
Biometric Screening <p>Earn Points by getting your Biometric Screening at an approved healthcare provider or from your physician. The Biometric Screening measures your:</p> <ul style="list-style-type: none"> Body mass index (BMI) 800 Blood pressure 400 Blood glucose 400 Total cholesterol 400 		

Adult dependents are not eligible to earn Points for Biometric Screening Completion.

We are committed to helping you achieve your best health. Rewards for participating in Go365 are available to all members. If you think you might be unable to meet a standard for a Go365 reward, you might qualify for an opportunity to earn the same reward by different means. Sign in to your Go365.com account and visit the Communication center to send us a secure message and we will work with you (and, if you wish, with your healthcare practitioner) to develop another way to qualify for the reward.



Reach Silver Status Completing your Health Assessment and getting your Biometric Screening gives you a great start toward earning 5,000 Points toward Silver Status. Here's an example of how you can earn 5,000 Points:

Health Assessment	500
First Step Health Assessment	500
Biometric Screening	2,000
Basketball league	350
Blood donation (x3)	150
Flu shot	200
Daily step (10,000 per day for 30 days)	300
First verified workout of program year	750
Calculator (x4)	300
CPR certification	125

5,000
Points total
(individual plan)



WEB & APP



WEB ONLY



APP ONLY



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Earn Points for your everyday activities – everyday!

HEALTHY LIVING

Activity

Points

Blood donation

50 up to 300/program year

Donate blood up to six times a year. Earn Points when you submit a Blood Donation Form, available online, within 90 days of the donation date or use the App to send a photo of your donation card, signed document from agency or signed work release by phone.

Nicotine test healthy in-range results

400

After you receive a cotinine (nicotine) test, submit a Nicotine Test Form, available online, within 90 days of completing the test with your healthcare practitioner. You can earn Points if the results fall within a healthy range.

Biometric Screenings in-range results

Double your Points if these results are within a healthy range. Sign in to Go365.com to find healthy in-range results.

Body mass index (BMI) ≥ 18.5 and < 25 , or $BMI > 25$ and < 30 ,
with a waist circumference < 40 " for males and < 35 " for females

800

Blood pressure $< 130/85$ mm Hg

400

Blood glucose < 100 mg/dL or $A1c < 6.5\%$

400

Total cholesterol < 200 mg/dL or an $HDL \geq 40$ mg/dL for males and
 ≥ 50 /mg/dL for females

400

Adult dependents are not eligible to earn Points for Biometric Screening Completion or healthy range values.

We are committed to helping you achieve your best health. Rewards for participating in Go365 are available to all members. If you think you might be unable to meet a standard for a Go365 reward, you might qualify for an opportunity to earn the same reward by different means. Sign in to your Go365.com account and visit the Communication center to send us a secure message and we will work with you (and, if you wish, with your healthcare practitioner) to develop another way to qualify for the reward.

About Biometric Screening results

Go365 automatically awards in-range biometric screening results for two years (current and your next program year in the prevention and healthy living categories) for Blood Pressure, Blood Glucose and Total Cholesterol. Only your BMI needs to be rechecked every program year. Some employers may require a full biometric screening completed each year. Check with your employer or Benefits Administrator.



WEB & APP



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Earn Points for your everyday activities –everyday!



Go365 KIDS™

Activity

Points

Health Assessment

The Kids Health Assessment covers a child's physical activity, nutrition, lifestyle, and wellbeing. You get a better understanding of your children's current health and the areas that need improvement. No Points are awarded for Kids Health Assessment completion.

Dental exam

Take your kids to the dentist and earn Points for preventive dental exams, up to two times per program year.

100 up to 200/program year

Vision exam

Earn Points for a preventive vision exam, once per program year.

100

Preventive care visit

A pediatrician can check on the health of your children and you can ask any questions you may have about their health.

200

Immunizations

At designated ages, your children will receive immunization shots to help protect them from various illnesses.

100

Fitness

Children (up to 18 years old) in a Go365 program can earn Points for two qualifying sports league activities and four athletic events, like baseball or swimming, per program year. Each sport season qualifies as a single sports league. Minimum number of games or matches is eight.

Sports league

100 up to 200/program year

Athletic events

50 up to 200/program year

Fitness category maximum

400 Points per child

1,000 maximum total Points may be earned per program year per child. Up to 500 maximum preventive Activity Points may be earned per program year per child. Preventive Activities include: dental exam, vision exam, preventive care visit and immunizations.

We are committed to helping you achieve your best health. Rewards for participating in Go365 are available to all members. If you think you might be unable to meet a standard for a Go365 reward, you might qualify for an opportunity to earn the same reward by different means. Sign in to your Go365.com account and visit the Communication center to send us a secure message and we will work with you (and, if you wish, with your healthcare practitioner) to develop another way to qualify for the reward. Go365 Kids is not available to all Go365 programs. Check with your Employer or Benefits Administrator to check your eligibility.

Athletic Events

If your children participate in events like running, walking, cycling or swimming, they can earn Points that contribute to your family's overall Point total and Status.



WEB & APP



WEB ONLY



APP ONLY



Go365.com

Go365 Activities Summary.

Complete Point detail for each Activity including annual maximums and limits on pages 5-10.



Education

Activity	Points	
Health Assessment full completion	500	per program year
OR Earn 50 Points for each section you complete. Bonus Points when you complete all six sections.		
First Step Health Assessment Bonus	500	once/lifetime
90 Day Health Assessment Bonus	250	for completion within the first 90 days of program year
Weekly Log	10	
Sleep Diary	25	
Daily Health Quiz	2	
Health Coaching		
Enrolling	200	once/lifetime
Three phone interactions or three online chats	50	up to 600/program year
Six email interactions or six progress note entries	50	up to 600/program year
Calculator(s)	75	up to 300/program year
CPR certification	125	
First aid certification	125	
Update/confirm your contact information	50	
Monthly Go365.com visit or Go365 App sign in	10	up to 120/program year
First time Go365 App sign in	50	
Accept online statements	50	


Fitness

Activity	Points	
Daily Points		up to 50/day maximum
Steps	1	per 1,000 steps
Heart Rate	15	for every 15 minutes above 60% of maximum heart rate
Calories	5	per 100 calories if burn rate exceeds 200 calories/hr.
Participating Fitness Facility	10	once/day
Fitness Habit	25	monthly
First verified lifetime workout	500	once/lifetime
First verified workout each new program year	750	once/program year
Sports league	350	
Challenges up to 100/month maximum		
Create a Challenge	50	
Join a Challenge	50	
Join a team	50	
Athletic events up to 1,400/program year		
Level 1	250	
Level 2	350	
Level 3	500	
Kids sports league	100	
Kids athletic events	50	

Prevention

Activity	Points	
Health screening*	400	per eligible screening
Dental exam	200	up to 400/program year
Vision exam	200	
Flu shot	200	
Nicotine test	400	
Kids preventive care visit	200	
Kids dental exam	100	up to 200/program year
Kids vision exam	100	
Kids immunizations	100	
Kids flu shot	100	
Biometric Screening completion:		
Body mass index (BMI)	800	
Blood pressure	400	
Blood glucose	400	
Total cholesterol	400	
* Subject to certain requirements and will appear on your Points statement if they are applicable to you.		

Healthy Living

Activity	Points	
Blood donation	400	up to 300/program year
Nicotine test healthy in-range results	400	
 <p>If your Biometric Screening is in healthy range, you double your Points.</p>		
2x Biometric Screening in-healthy range Points:		
Body mass index (BMI)	800	
Blood pressure	400	
Blood glucose	400	
Total cholesterol	400	
See page 9 for Biometric Screening healthy ranges.		

We are committed to helping you achieve your best health. Rewards for participating in Go365 are available to all members. If you think you might be unable to meet a standard for a Go365 reward, you might qualify for an opportunity to earn the same reward by different means. Sign in to your Go365.com account and visit the Communication center to send us a secure message and we will work with you (and, if you wish, with your healthcare practitioner) to develop another way to qualify for the reward. Online statements not available for all Go365 members. Go365 Kids is not available to all Go365 programs. Check with your Employer or Benefits Administrator to check your eligibility. Adult children are not eligible to earn Points for Health Assessment, Biometric Screening completion or for having in healthy range results.

Plan your next Status move.

Sign in to Go365.com or download the Go365 App.



Then use this worksheet to map out the number of Points you need to move up to the next Go365 Status level. Include standard Activities, as well as Recommended Activities based on your Health Assessment responses.

(Check the next Status level based on your current Status)

Status goal: Bronze Silver Gold Platinum

Points required:

Sign in to Go365.com to verify your actual Points required or reference page 2 of this document for required Points for each Status level.

EXAMPLE:

Get a flu shot 200 PTS

Recommended Activities:

Once you complete your Health Assessment, you'll get personalized Activities based on your responses. Because Recommended Activities are created just for you, they can have a big impact on your overall health. Plus, you earn more Points for each one you complete.

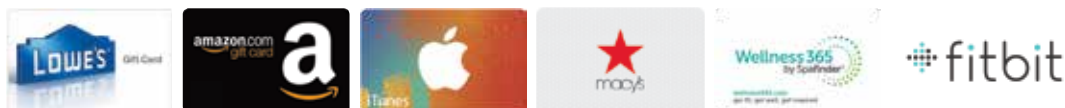
- _____ PTS
- _____ PTS
- _____ PTS
- _____ PTS

Activities:

These simple things you can do every day to get healthier. Tracking your steps, getting a flu shot, going for a bike ride – these are easy ways to keep moving forward with Go365.

- _____ PTS
- _____ PTS
- _____ PTS
- _____ PTS

Go shopping: the Go365 Mall has a wide selection of rewards to choose from:



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- Free auxiliary aids and services, such as qualified sign language interpreters, video remote interpretation, and written information in other formats to people with disabilities when such auxiliary aids and services are necessary to ensure an equal opportunity to participate.
- Free language services to people whose primary language is not English when those services are necessary to provide meaningful access, such as translated documents or oral interpretation.

If you need these services, call 1-877-320-1235 or send an email to accessibility@humana.com, or if you use a TTY, call 711.

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Discrimination Grievances
P.O. Box 14618
Lexington, KY 40512-4618

If you need help filing a grievance, Call 1-877-320-1235 or if you use a TTY, call 711.

You can also 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/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, 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>

Multi-Language Interpreter Services

English: ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call **1-877-320-1235 (TTY: 711)**.

Español (Spanish): ATENCIÓN: si usted habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-877-320-1235 (TTY: 711)**.

繁體中文 (Chinese): 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 **1-877-320-1235 (TTY: 711)**。

Tiếng Việt (Vietnamese): CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số **1-877-320-1235 (TTY: 711)**.

한국어 (Korean): 주의 : 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다 . **1-877-320-1235 (TTY: 711)**번으로 전화해 주십시오 .

Tagalog (Tagalog – Filipino): PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa **1-877-320-1235 (TTY: 711)**.

Русский (Russian): ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните **1-877-320-1235 (телетайп: 711)**.

Kreyòl Ayisyen (French Creole): ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele **1-877-320-1235 (TTY: 711)**.

Français (French): ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le **1-877-320-1235 (ATS : 711)**.

Polski (Polish): UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer **1-877-320-1235 (TTY: 711)**.

Português (Portuguese): ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para **1-877-320-1235 (TTY: 711)**.

Italiano (Italian): ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero **1-877-320-1235 (TTY: 711)**.

Deutsch (German): ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: **1-877-320-1235 (TTY: 711)**.

العربية (Arabic):

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم **1-877-320-1235 (رقم هاتف الصم والبكم: 711)**.

日本語 (Japanese): 注意事項：日本語を話される場合、無料の言語支援をご利用いただけます。**1-877-320-1235 (TTY: 711)** まで、お電話にてご連絡ください。

فارسی (Farsi):

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم **1-877-320-1235 (رقم هاتف الصم والبكم: 711)**.

Diné Bizaad (Navajo): Díí baa akó nínízin: Díí saad bee yáníłti'go Diné Bizaad, saad bee áká'ánída'áwo'déé', t'áá jik'eh, éí ná hóló, kojí' hódíílnih **1-877-320-1235 (TTY: 711)**