



The Summary of Benefits and Coverage (SBC) document will help you choose a health [plan](#). The SBC shows you how you and the [plan](#) would share the cost for covered health care services. **NOTE:** Information about the cost of this [plan](#) (called the [premium](#)) will be provided separately.

This is only a summary. For more information about your coverage, or to get a copy of the complete terms of coverage, visit

<https://ambetterhealth.com/2025-brochures.html>, or call 1-833-543-3145 (TTY 711). For general definitions of common terms, such as [allowed amount](#), [balance billing](#), [coinsurance](#), [copayment](#), [deductible](#), [provider](#), or other underlined terms, see the Glossary. You can view the Glossary at <https://www.healthcare.gov/sbc-glossary> or call 1-833-543-3145 (TTY 711) to request a copy.

| Important Questions   | Answers  | Why This Matters:   |
|---|--|---|
| What is the overall <a href="#">deductible</a> ?                                | \$1,800 individual / \$3,600 family.   | Generally, you must pay all of the costs from <a href="#">providers</a> up to the <a href="#">deductible</a> amount before this <a href="#">plan</a> begins to pay. If you have other family members on the <a href="#">plan</a> , each family member must meet their own individual <a href="#">deductible</a> until the total amount of <a href="#">deductible</a> expenses paid by all family members meets the overall family <a href="#">deductible</a> .  |
| Are there services covered before you meet your <a href="#">deductible</a> ?    | Yes. <a href="#">Preventive care</a> services, primary care, <a href="#">specialist</a> , and <a href="#">urgent care</a> visits, and certain <a href="#">prescription drugs</a> are covered before you meet your <a href="#">deductible</a> (see additional information below). | This <a href="#">plan</a> covers some items and services even if you haven't yet met the <a href="#">deductible</a> amount. But a <a href="#">copayment</a> or <a href="#">coinsurance</a> may apply. For example, this <a href="#">plan</a> covers certain <a href="#">preventive services</a> without <a href="#">cost sharing</a> and before you meet your <a href="#">deductible</a> . See a list of covered <a href="#">preventive services</a> at <a href="https://www.healthcare.gov/coverage/preventive-care-benefits/">https://www.healthcare.gov/coverage/preventive-care-benefits/</a> . |
| Are there other <a href="#">deductibles</a> for specific services?              | Yes, \$1,000 individual / \$2,000 family for <a href="#">prescription drug coverage</a> . There are no other specific <a href="#">deductibles</a> .  | You must pay all of the costs for these services up to the specific <a href="#">deductible</a> amount before this <a href="#">plan</a> begins to pay for these services.  |
| What is the <a href="#">out-of-pocket limit</a> for this <a href="#">plan</a> ? | For <a href="#">network providers</a> : \$9,200 individual / \$18,400 family. Not applicable for <a href="#">out-of-network providers</a> .  | The <a href="#">out-of-pocket limit</a> is the most you could pay in a year for covered services. If you have other family members in this <a href="#">plan</a> , they have to meet their own <a href="#">out-of-pocket limits</a> until the overall family <a href="#">out-of-pocket limit</a> has been met.   |
| What is not included in the <a href="#">out-of-pocket limit</a> ?               | <a href="#">Premiums</a> , <a href="#">balance-billing</a> charges, penalties for failure to obtain <a href="#">preauthorization</a> for services, and health care this <a href="#">plan</a> doesn't cover.  | Even though you pay these expenses, they don't count toward the <a href="#">out-of-pocket limit</a> .   |
| Will you pay less if you use a <a href="#">network provider</a> ?               | Yes. See <a href="https://ambetterhealth.com/findad">https://ambetterhealth.com/findad</a>   | This <a href="#">plan</a> uses a <a href="#">provider network</a> . You will pay less if you use a <a href="#">provider</a> in the <a href="#">plan's network</a> . You will pay the most if you use an <a href="#">out-of-network provider</a> , and you might receive a bill from a <a href="#">provider</a> for the difference between the <a href="#">provider's</a> charge and what your <a href="#">plan</a> pays ( <a href="#">balance</a>   |

| Important Questions  | Answers   | Why This Matters:   |
|--|---|---|
|  | <a href="#">oc</a> or call 1-833-543-3145 (TTY 711) for a list of <a href="#">network providers</a> . | <a href="#">billing</a> ). Be aware, your <a href="#">network provider</a> might use an <a href="#">out-of-network provider</a> for some services (such as lab work). Check with your <a href="#">provider</a> before you get services. |
| Do you need a <a href="#">referral</a> to see a <a href="#">specialist</a> ? | No.   | You can see the <a href="#">specialist</a> you choose without a <a href="#">referral</a> .  |

 All [copayment](#) and [coinsurance](#) costs shown in this chart are after your [deductible](#) has been met, if a [deductible](#) applies.

| Common Medical Event   | Services You May Need                                  | What You Will Pay  |  | Limitations, Exceptions, & Other Important Information  |
|--|--|--|--|---|
|  |  | Network Provider<br>(You will pay the least)                                   | Out-of-Network Provider<br>(You will pay the most) |   |
| If you visit a health care <a href="#">provider's</a> office or clinic | Primary care visit to treat an injury or illness       | \$60 <a href="#">Copay</a> / visit; <a href="#">deductible</a> does not apply  | Not covered  | Unlimited Virtual 24/7 Care Visits received from Ambetter's designated telehealth <a href="#">provider</a> covered at No Charge, <a href="#">providers</a> covered in full, <a href="#">deductible</a> does not apply.  |
|  | <a href="#">Specialist</a> visit                       | \$120 <a href="#">Copay</a> / visit; <a href="#">deductible</a> does not apply | Not covered  | None  |
|  | <a href="#">Preventive care/screening/immunization</a> | No charge; <a href="#">deductible</a> does not apply                           | Not covered  | You may have to pay for services that aren't preventive. Ask your <a href="#">provider</a> if the services needed are preventive. Then check what your <a href="#">plan</a> will pay for.   |
| If you have a test   | <a href="#">Diagnostic test</a> (x-ray, blood work)    | 50% <a href="#">Coinsurance</a> for laboratory & professional services         | Not covered  | Prior authorization may be required. Covered No Limit. Other places of service may include: Hospital, Emergency Room, or Outpatient Facility.<br><br>Failure to obtain prior authorization for any service that requires prior authorization will result in a denial of benefits. |
|  |  | 50% <a href="#">Coinsurance</a> for x-ray & diagnostic imaging                 |  |   |
|  | Imaging (CT/PET scans, MRIs)                           | 50% <a href="#">Coinsurance</a>  | Not covered  | Prior authorization may be required. Covered No Limit.  |

| Common Medical Event  | Services You May Need                                     | What You Will Pay   |  | Limitations, Exceptions, & Other Important Information   |
|---|---|---|--|--|
|   |   | Network Provider<br>(You will pay the least)  | Out-of-Network Provider<br>(You will pay the most) |  |
| <b>If you need drugs to treat your illness or condition</b><br>More information about <a href="https://ambetterhealth.com/2025formulary">prescription drug coverage</a> is available at <a href="https://ambetterhealth.com/2025formulary">https://ambetterhealth.com/2025formulary</a> . | Generic drugs   | Tier 1a - Preferred Generic Retail: \$3 <a href="#">Copay</a> / prescription; <a href="#">deductible</a> does not apply<br><br>Tier 1b - Generic Retail: \$28 <a href="#">Copay</a> / prescription; <a href="#">deductible</a> does not apply | Not covered  | Prior authorization may be required. <a href="#">Prescription drugs</a> are provided up to 30 days retail and up to 90 days through mail order. Mail orders are subject to 2.5x retail <a href="#">cost-sharing</a> amount.  |
|   | Preferred brand drugs                                     | Tier 2 - Retail: \$75 <a href="#">Copay</a> / prescription; <a href="#">deductible</a> does not apply   | Not covered  | Prior authorization may be required. <a href="#">Prescription drugs</a> are provided up to 30 days retail and up to 90 days through mail order. Mail orders are subject to 2.5x retail <a href="#">cost-sharing</a> amount. \$1,000 individual / \$2,000 family Rx drug <a href="#">deductible</a> for preferred brand, non-preferred brand, and <a href="#">specialty drugs</a> . |
|   | Non-preferred brand drugs and Non-preferred generic drugs | Tier 3 - Retail: 45% <a href="#">Coinsurance</a> ; subject to Rx drug <a href="#">deductible</a>  | Not covered  | Prior authorization may be required. <a href="#">Prescription drugs</a> are provided up to 30 days retail and up to 30 days through mail order. \$1,000 individual / \$2,000 family Rx drug <a href="#">deductible</a> for preferred brand, non-preferred brand, and <a href="#">specialty drugs</a> .   |
|   | <a href="#">Specialty drugs</a>                           | Tier 4 - Retail: 50% <a href="#">Coinsurance</a> ; subject to Rx drug <a href="#">deductible</a>  | Not covered  | Prior authorization may be required. <a href="#">Prescription drugs</a> are provided up to 30 days retail and up to 30 days through mail order. \$1,000 individual / \$2,000 family Rx drug <a href="#">deductible</a> for preferred brand, non-preferred brand, and <a href="#">specialty drugs</a> .   |
| <b>If you have outpatient surgery</b>   | Facility fee (e.g., ambulatory surgery center)            | 50% <a href="#">Coinsurance</a>   | Not covered  | Prior authorization may be required. Covered No Limit.   |
|   | Physician/surgeon fees                                    | 50% <a href="#">Coinsurance</a>   | Not covered  | Prior authorization may be required. Covered No Limit.   |
| <b>If you need immediate medical attention</b>  | <a href="#">Emergency room care</a>                       | 50% <a href="#">Coinsurance</a>   | 50% <a href="#">Coinsurance</a>                    | None   |
|   | <a href="#">Emergency medical transportation</a>          | 50% <a href="#">Coinsurance</a>   | 50% <a href="#">Coinsurance</a>                    | Covered No Limit. Note: Prior authorization is not required for emergency transport, however, all non-emergent transport requires prior authorization. If you receive service from an out of <a href="#">network</a> ground/water ambulance <a href="#">provider</a> , you may be subject to <a href="#">balance billing</a> .   |

| Common Medical Event   | Services You May Need                     | What You Will Pay  |  | Limitations, Exceptions, & Other Important Information   |
|--|---|--|--|--|
|  |   | Network Provider<br>(You will pay the least)   | Out-of-Network Provider<br>(You will pay the most) |  |
|  | <a href="#">Urgent care</a>               | \$100 <a href="#">Copay</a> / visit;<br><a href="#">deductible</a> does not apply  | \$100 <a href="#">Copay</a> / visit                | None   |
| <b>If you have a hospital stay</b>   | Facility fee (e.g., hospital room)        | 50% <a href="#">Coinsurance</a>  | Not covered  | Prior authorization may be required. Covered No Limit.   |
|  | Physician/surgeon fees                    | 50% <a href="#">Coinsurance</a>  | Not covered  | Prior authorization may be required. Covered No Limit.   |
| <b>If you need mental health, behavioral health, or substance abuse services</b> | Outpatient services                       | Office Visit: \$60 <a href="#">Copay</a> / visit; <a href="#">deductible</a> does not apply;<br>Other Outpatient Services: 50% <a href="#">Coinsurance</a> | Not covered  | Prior authorization may be required. Covered No Limit. ( <a href="#">Primary Care Provider</a> (PCP) and other practitioner office visits do not require prior authorization.) Note: Services (excluding <a href="#">Emergency Room Care / Emergency Services</a> ) rendered by an <a href="#">out-of-network provider</a> are not covered under this <a href="#">plan</a> , with the exception of two (2) sessions per year for diagnosis/assessment by a licensed mental health <a href="#">provider</a> (covered at applicable INN cost share). |
|  | Inpatient services                        | 50% <a href="#">Coinsurance</a>  | Not covered  | Prior authorization may be required. Covered No Limit.   |
| <b>If you are pregnant</b>   | Office visits                             | \$60 <a href="#">Copay</a> / visit;<br><a href="#">deductible</a> does not apply   | Not covered  | Prior authorization not required for deliveries within the standard timeframe per federal regulation, but may be required for other services. <a href="#">Cost-sharing</a> does not apply for <a href="#">preventive services</a> , such as routine pre-natal and post-natal <a href="#">screenings</a> . Depending on the type of services, <a href="#">coinsurance</a> , <a href="#">deductible</a> or <a href="#">copayment</a> may apply. Maternity care may include tests and services described elsewhere in the SBC (i.e., ultrasound).     |
|  | Childbirth/delivery professional services | 50% <a href="#">Coinsurance</a>  | Not covered  | Prior authorization may be required. <a href="#">Cost-sharing</a> does not apply for <a href="#">preventive services</a> . Depending on the type of services, <a href="#">copayment</a> , <a href="#">coinsurance</a> or <a href="#">deductible</a> may apply. Maternity care may include tests and  |
|  | Childbirth/delivery facility services     | 50% <a href="#">Coinsurance</a>  | Not covered  |  |

| Common Medical Event  | Services You May Need                         | What You Will Pay   |  | Limitations, Exceptions, & Other Important Information  |
|---|---|---|--|---|
|   |   | Network Provider<br>(You will pay the least)  | Out-of-Network Provider<br>(You will pay the most) |   |
|   |   |   |  | services described elsewhere in the SBC (i.e., ultrasound).   |
| <b>If you need help recovering or have other special health needs</b> | <a href="#">Home health care</a>              | 50% <a href="#">Coinsurance</a>   | Not covered  | Prior authorization may be required. Limited to 100 visits per year.  |
|   | <a href="#">Rehabilitation services</a>       | Outpatient: \$60 <a href="#">Copay</a> / visit; <a href="#">deductible</a> does not apply<br>Inpatient: 50% <a href="#">Coinsurance</a> | Not covered  | Outpatient:<br>Prior authorization may be required. Limited to 20 visits per year per therapy (occupational and physical therapy); no limit applies for speech therapy or pulmonary therapy; limited to 36 visits per year for cardiac therapy. Note: Limits do not apply when provided for a mental health/substance use disorder diagnosis.<br>Inpatient:<br>Prior authorization may be required. Covered No Limit. |
|   | <a href="#">Habilitation services</a>         | Outpatient: \$60 <a href="#">Copay</a> / visit; <a href="#">deductible</a> does not apply<br>Inpatient: 50% <a href="#">Coinsurance</a> | Not covered  | Outpatient: Prior authorization may be required. Limited to 20 visits per year per therapy (occupational and physical therapy); no limit applies for speech therapy or pulmonary therapy; limited to 36 visits per year for cardiac therapy. (See the Schedule of Benefits for applicable cost share when provided for a non-medical diagnosis.)<br>Inpatient: Prior authorization may be required. Covered No Limit. |
|   | <a href="#">Skilled nursing care</a>          | 50% <a href="#">Coinsurance</a>   | Not covered  | Prior authorization may be required. Limited to 150 days per year.  |
|   | <a href="#">Durable medical equipment</a>     | 50% <a href="#">Coinsurance</a>   | Not covered  | Prior authorization may be required. Covered No Limit.  |
|   | <a href="#">Hospice services</a>              | 50% <a href="#">Coinsurance</a>   | Not covered  | Prior authorization may be required. Covered No Limit.  |
|   | <b>If your child needs dental or eye care</b> | Children's eye exam   | No charge  | Not covered   |
| Children's glasses  |   | No charge   | Not covered  | Limited to 1 item per year.   |

| Common Medical Event | Services You May Need      | What You Will Pay                            |  | Limitations, Exceptions, & Other Important Information |
|----------------------|----------------------------|--|--|--|
|                      |                            | Network Provider<br>(You will pay the least) | Out-of-Network Provider<br>(You will pay the most) |  |
|                      | Children's dental check-up | Not covered                                  | Not covered  | None   |

### Excluded Services & Other Covered Services:

| Services Your <a href="#">Plan</a> Generally Does NOT Cover (Check your policy or <a href="#">plan</a> document for more information and a list of any other <a href="#">excluded services</a> .)                |   |  |
|--|---|--|
| <ul style="list-style-type: none"> <li>• Abortion (Except in cases when the life of the member is endangered)</li> <li>• Bariatric surgery</li> <li>• Cosmetic surgery</li> <li>• Dental care (Adult)</li> </ul> | <ul style="list-style-type: none"> <li>• Dental care (Children)</li> <li>• Infertility Treatment</li> <li>• Long-term care</li> </ul> | <ul style="list-style-type: none"> <li>• Non-emergency care when traveling outside the U.S.</li> <li>• Routine eye care (Adult)</li> <li>• Weight loss programs</li> </ul> |

| Other Covered Services (Limitations may apply to these services. This isn't a complete list. Please see your <a href="#">plan</a> document.)  |  |   |
|---|--|---|
| <ul style="list-style-type: none"> <li>• Acupuncture (Limited to 12 visits per year)</li> <li>• Chiropractic care (Limited to 26 visits per year. Visits in excess of 26 require prior authorization.)</li> </ul> | <ul style="list-style-type: none"> <li>• Hearing aids (Limited to 1 per ear per year)</li> <li>• Private-duty nursing (Limited to 82 visits per year)</li> </ul> | <ul style="list-style-type: none"> <li>• Routine foot care</li> </ul> |

**Your Rights to Continue Coverage:** There are agencies that can help if you want to continue your coverage after it ends. The contact information for those agencies is: Ambetter Health at 1-833-543-3145 (TTY 711); Missouri Department of Insurance, PO Box 690, Jefferson City, MO 65102-0690, Phone No. 1-573-751-4126.; Department of Labor's Employee Benefits Security Administration at 1-866-444-EBSA (3272); Office of Personnel Management Multi State [Plan](#) Program at <https://www.opm.gov/healthcare-insurance/multi-state-plan-program/external-review/>. Other coverage options may be available to you too, including buying individual insurance coverage through the [Health Insurance Marketplace](#). For more information about the [Marketplace](#), visit [www.HealthCare.gov](http://www.HealthCare.gov) or call 1-800-318-2596.

**Your Grievance and Appeals Rights:** There are agencies that can help if you have a complaint against your [plan](#) for a denial of a [claim](#). This complaint is called a [grievance](#) or [appeal](#). For more information about your rights, look at the explanation of benefits you will receive for that medical [claim](#). Your [plan](#) documents also provide complete information on how to submit a [claim](#), [appeal](#), or a [grievance](#) for any reason to your [plan](#). For more information about your rights, this notice, or assistance, contact: Missouri Department of Insurance, PO Box 690, Jefferson City, MO 65102-0690, Phone No. 1-573-751-4126.

**Does this plan provide Minimum Essential Coverage? Yes.**

[Minimum Essential Coverage](#) generally includes [plans](#), [health insurance](#) available through the [Marketplace](#) or other individual market policies, Medicare, Medicaid, CHIP, TRICARE, and certain other coverage. If you are eligible for certain types of [Minimum Essential Coverage](#), you may not be eligible for the [premium tax credit](#).

**Does this plan meet Minimum Value Standards? Not Applicable.**

If your [plan](#) doesn't meet the [Minimum Value Standards](#), you may be eligible for a [premium tax credit](#) to help you pay for a [plan](#) through the [Marketplace](#).

**Language Access Services:**

Spanish (Español): Para obtener asistencia en Español, llame al 1-833-543-3145 (TTY 711).

Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-833-543-3145 (TTY 711).

Chinese (中文): 如果需要中文的帮助, 请拨打这个号码 1-833-543-3145 (TTY 711).

Navajo (Dine): Dinek'ehgo shika at'ohwol ninisingo, kwijigo holne' 1-833-543-3145 (TTY 711).

*To see examples of how this [plan](#) might cover costs for a sample medical situation, see the next section.*

About these Coverage Examples:



**This is not a cost estimator.** Treatments shown are just examples of how this [plan](#) might cover medical care. Your actual costs will be different depending on the actual care you receive, the prices your [providers](#) charge, and many other factors. Focus on the [cost-sharing](#) amounts ([deductibles](#), [copayments](#) and [coinsurance](#)) and [excluded services](#) under the [plan](#). Use this information to compare the portion of costs you might pay under different health [plans](#). Please note these coverage examples are based on self-only coverage.

**Peg is Having a Baby**  
(9 months of in-network pre-natal care and a hospital delivery)

- The [plan's](#) overall [deductible](#) \$1,800
- [Specialist copayment](#) \$120
- Hospital (facility) [coinsurance](#) 50%
- Other [coinsurance](#) 50%

This EXAMPLE event includes services like:

- [Specialist](#) office visits (*prenatal care*)
- Childbirth/Delivery Professional Services
- Childbirth/Delivery Facility Services
- [Diagnostic tests](#) (*ultrasounds and blood work*)
- [Specialist](#) visit (*anesthesia*)

|                           |                 |
|---------------------------|-----------------|
| <b>Total Example Cost</b> | <b>\$12,700</b> |
|---------------------------|-----------------|

In this example, Peg would pay:

| Cost Sharing                      |                |
|-----------------------------------|----------------|
| <a href="#">Deductibles*</a>      | \$1,800        |
| <a href="#">Copayments</a>        | \$70           |
| <a href="#">Coinsurance</a>       | \$4,100        |
| What isn't covered                |                |
| Limits or exclusions              | \$60           |
| <b>The total Peg would pay is</b> | <b>\$6,030</b> |

**Managing Joe's Type 2 Diabetes**  
(a year of routine in-network care of a well-controlled condition)

- The [plan's](#) overall [deductible](#) \$1,800
- [Specialist copayment](#) \$120
- Hospital (facility) [coinsurance](#) 50%
- Other [coinsurance](#) 50%

This EXAMPLE event includes services like:

- [Primary care physician](#) office visits (*including disease education*)
- [Diagnostic tests](#) (*blood work*)
- [Prescription drugs](#)
- [Durable medical equipment](#) (*glucose meter*)

|                           |                |
|---------------------------|----------------|
| <b>Total Example Cost</b> | <b>\$5,600</b> |
|---------------------------|----------------|

In this example, Joe would pay:

| Cost Sharing                      |                |
|-----------------------------------|----------------|
| <a href="#">Deductibles*</a>      | \$900          |
| <a href="#">Copayments</a>        | \$1,800        |
| <a href="#">Coinsurance</a>       | \$0            |
| What isn't covered                |                |
| Limits or exclusions              | \$20           |
| <b>The total Joe would pay is</b> | <b>\$2,720</b> |

**Mia's Simple Fracture**  
(in-network emergency room visit and follow up care)

- The [plan's](#) overall [deductible](#) \$1,800
- [Specialist copayment](#) \$120
- Hospital (facility) [coinsurance](#) 50%
- Other [coinsurance](#) 50%

This EXAMPLE event includes services like:

- [Emergency room care](#) (*including medical supplies*)
- [Diagnostic tests](#) (*x-ray*)
- [Durable medical equipment](#) (*crutches*)
- [Rehabilitation services](#) (*physical therapy*)

|                           |                |
|---------------------------|----------------|
| <b>Total Example Cost</b> | <b>\$2,800</b> |
|---------------------------|----------------|

In this example, Mia would pay:

| Cost Sharing                      |                |
|-----------------------------------|----------------|
| <a href="#">Deductibles*</a>      | \$1,800        |
| <a href="#">Copayments</a>        | \$600          |
| <a href="#">Coinsurance</a>       | \$100          |
| What isn't covered                |                |
| Limits or exclusions              | \$0            |
| <b>The total Mia would pay is</b> | <b>\$2,500</b> |

\*Note: This [plan](#) has other [deductibles](#) for specific services included in this coverage example. See "Are there other [deductibles](#) for specific services?" row



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|                   |   |
|-------------------|---|
| <b>English</b>    | <p>If you, or someone you're helping, have questions about any of the Ambetter Health offerings, and are not proficient in English, you have the right to get help and information in your language at no cost and in a timely manner. If you, or someone you're helping, have an auditory and/or visual condition that impedes communication, you have the right to receive auxiliary aids and services at no cost and in a timely manner. To receive translation or auxiliary services, please contact Member Services for your specific Health Plan by electronic mail or by phone by referencing the Health Plan Contact Information page below.</p>  |
| <b>Spanish</b>    | <p>Si usted o alguien a quien ayuda tiene preguntas sobre cualquiera de las ofertas de Ambetter Health y no domina el inglés, tiene derecho a recibir ayuda e información en su idioma sin costo y de manera oportuna. Si usted o alguien a quien ayuda tiene una condición auditiva o visual que impide la comunicación, tiene derecho a recibir ayudas y servicios auxiliares sin costo y de manera oportuna. Para recibir servicios de traducción o auxiliares, comuníquese con Servicios para Miembros de su plan de salud específico por correo electrónico o por teléfono. Consulte la página de información de contacto del plan de salud que figura más adelante.</p>   |
| <b>Chinese</b>    | <p>若您或您協助的某人對 Ambetter Health 提供的任何產品有疑問，且不熟悉英文，您有權免費以您的語言及時取得協助和資訊。若您或您協助的某人難以用聽覺和/或視覺溝通，您有權免費及時取得輔助工具和服務。若要取得翻譯或輔助服務，請參考以下的健康計畫聯絡資訊頁面，以電子郵件或電話聯絡特定健康計畫的保戶服務部。</p>   |
| <b>Vietnamese</b> | <p>Nếu quý vị hoặc người đang được quý vị giúp đỡ có thắc mắc về bất kỳ gói phúc lợi nào của Ambetter Health và không thông thạo Anh ngữ, quý vị có quyền nhận trợ giúp và thông tin bằng ngôn ngữ của mình một cách kịp thời và hoàn toàn miễn phí. Nếu quý vị hoặc người đang được quý vị giúp đỡ có vấn đề về thính lực và/hoặc thị lực khiến việc giao tiếp khó khăn, quý vị có quyền nhận dịch vụ và thiết bị phụ trợ một cách kịp thời và hoàn toàn miễn phí. Để nhận dịch vụ dịch thuật hoặc dịch vụ phụ trợ, vui lòng liên hệ với bộ phận Dịch Vụ Hội Viên của Chương Trình Bảo Hiểm Y Tế cụ thể của quý vị qua thư điện tử hoặc qua điện thoại bằng cách tham chiếu trang Thông Tin Liên Hệ của Chương Trình Bảo Hiểm Y Tế dưới đây.</p>                   |
| <b>German</b>     | <p>Wenn Sie oder eine Person, der Sie helfen, Fragen zu den Ambetter Health-Angeboten haben, jedoch kein flüssiges Englisch sprechen, sind Sie berechtigt, kostenfrei und zeitnah Hilfe und Informationen in Ihrer Sprache zu erhalten. Wenn Sie oder eine Person, der Sie helfen, an einer Hör- und/oder Sehbehinderung leiden, die die Kommunikation beeinträchtigt, sind Sie berechtigt, kostenfrei und zeitnah Hilfsmittel und Hilfsdienste zu erhalten. Um Übersetzungen oder Hilfsdienste zu erhalten, wenden Sie sich an unsere Services für Mitglieder, um Ihren individuellen Gesundheitsplan telefonisch oder per E-Mail anzufordern. Die entsprechenden Kontaktdaten finden Sie auf der folgenden Webseite mit den Kontaktdaten zum Gesundheitsplan.</p> |
| <b>Korean</b>     | <p>귀하 또는 귀하에게 도움을 받는 사람이 Ambetter Health 서비스에 대해 질문이 있고 영어에 능숙하지 않은 경우, 귀하는 무료로 적시에 귀하가 사용하는 언어로 도움과 정보를 받을 권리가 있습니다. 귀하 또는 귀하에게 도움을 받는 사람의 청각 및/또는 시각 장애로 인해 의사소통이 원활하지 않은 경우, 귀하는 무료로 적시에 보조 지원 및 서비스를 받을 권리가 있습니다. 번역 또는 보조 서비스를 받으려면 아래의 건강 플랜 연락처 정보 페이지를 참조하여 전자 메일 또는 전화로 특정 건강 플랜의 가입자 서비스부에 문의해 주십시오.</p>  |

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**Arabic** إذا كان لديك أو لدى شخص تساعدك أسئلة حول أي من عروض Ambetter Health ولست متقنًا للغة الإنجليزية، فلديك الحق في الحصول على المساعدة والمعلومات بلغتك دون تكلفة عليك وفي الوقت المناسب. إذا كنت أنت أو شخص تساعدك تعاني من حالة سمعية و/أو بصرية تحول دون التواصل، فلديك الحق في الحصول على معينات سمع وخدمات مساعدة دون تكلفة عليك وفي الوقت المناسب. للحصول على خدمات الترجمة أو الخدمات المساعدة، يرجى التواصل مع خدمات الأعضاء الخاصة بخططك الصحية عن طريق البريد الإلكتروني أو عبر الهاتف من خلال الرجوع إلى صفحة معلومات الاتصال بالخطوة الصحية أدناه.

**Serbo-Croatian** Ako vi ili neko kome pomažete imate pitanja o bilo kojoj od ponuda od Ambetter Health, a ne govorite dobro engleski, imate pravo da besplatno i pravovremeno dobijete pomoć i informacije na svom jeziku. Ako vi ili neko kome pomažete imate problema sa sluhom i/ili vidom što ometa komunikaciju, imate pravo da besplatno i pravovremeno dobijete dodatna pomagala i usluge. Da biste dobili prevod ili dodatne usluge, kontaktirajte Službu za članove za vaš određeni zdravstveni plan putem elektronske pošte ili telefonom pozivajući se na stranicu sa kontakt informacijama zdravstvenog plana u nastavku.

**French** Si vous, ou une personne que vous aidez, avez des questions sur l'une des offres d'Ambetter Health et que vous ne maîtrisez pas l'anglais, vous avez le droit d'obtenir de l'aide et des informations dans votre langue, gratuitement et dans les meilleurs délais. Si vous, ou une personne que vous aidez, souffrez d'un trouble auditif et/ou visuel qui entrave la communication, vous avez le droit de bénéficier d'aides et de services auxiliaires gratuitement et dans les meilleurs délais. Pour bénéficier de services de traduction ou de services auxiliaires, veuillez contacter le service adhérents de votre régime d'assurance maladie par courrier électronique ou par téléphone en vous référant à la page des coordonnées du régime d'assurance maladie ci-dessous.

**Pennsylvania Dutch** Wann du, odder epper der du helpscht, hen Frooge iwwer die Ambetter Health Offerings, un sin net gut in Englisch, du hoscht die Recht um Hilfe un Information zu griege in die Schprooch mitaus Koscht un in en zeitliche Manner. Wann du, odder epper der du helpscht, hen en Auditory un/odder Sehlich Condition die sctoppt Communication, du hoscht die Recht um Auxiliary Aids un Services zu griege mitaus Koscht un in en zeitliche Manner. Um Iwwersetzung odder Auxiliary Services zu griege, sei so gut un contacte Member Services fer dei abbaddiche Health Plan bei Electronic Mail odder bei Phone bei noochgucke die Health Plan Contact Information Blatt donunner.

**Burmese** သင် သို့မဟုတ် သင်ကူညီပေးနေသည့်တစ်စုံတစ်ဦးတွင် Ambetter Health က စီစဉ်ပေးလျက်ရှိသည့်အရာတစ်ခုခုအကြောင်း မေးမြန်းလိုသည်များရှိပြီး အင်္ဂလိပ်ဘာသာစကားကို မကျွမ်းကျင်ပါက သင်သည် အကူအညီနှင့် အချက်အလက်များကို အခကြေးငွေမကုန်ကျဘဲ သင့်ဘာသာစကားဖြင့် အချိန်မီ ရယူပိုင်ခွင့်ရှိပါသည်။ သင် သို့မဟုတ် သင်ကူညီနေသူတစ်စုံတစ်ဦးတွင် ပြောဆိုဆက်သွယ်မှုကို အဟန့်အတားဖြစ်စေသည့် အကြားအာရုံ နှင့်/သို့မဟုတ် အမြင်အာရုံဆိုင်ရာ အခြေအနေရှိပါက သင်သည် အကူကိရိယာများနှင့် ဝန်ဆောင်မှုများကို အခကြေးငွေမကုန်ကျဘဲ အချိန်မီ ရယူပိုင်ခွင့်ရှိပါသည်။ ဘာသာပြန် သို့မဟုတ် အကူဝန်ဆောင်မှုများကို ရယူရန်၊ အောက်ရှိ ကျန်းမာရေးအစီအစဉ်၏ ဆက်သွယ်ရန်အချက်အလက် စာမျက်နှာကို ကိုးကားခြင်းဖြင့် သင်၏ သီးခြား ကျန်းမာရေးအစီအစဉ်အတွက် အဖွဲ့ဝင်ဝန်ဆောင်မှုများသို့ အီလက်ထရောနစ်မေးလ်ဖြင့်ဖြစ်စေ၊ ဖုန်းဖြင့်ဖြစ်စေ ဆက်သွယ်ပါ။

**Gujarati** જો તમે અથવા તમે જેને મદદ કરી રહ્યા છો તે વ્યક્તિને કોઈપણ Ambetter Health ઓફરિંગ વિશે પ્રશ્નો હોય અને અંગ્રેજીમાં નિપુણતા ન હોય, તો તમને તમારી ભાષામાં વિના મૂલ્યે અને સમયસર મદદ અને માહિતી મેળવવાનો અધિકાર છે. જો તમે અથવા તમે જેને મદદ કરી રહ્યા છો તે વ્યક્તિ, શ્રાવ્ય અને/અથવા દૃશ્ય સ્થિતિ ધરાવતા હોય જે સંદેશાવ્યવહારને અવરોધે છે, તો તમને સહાયક સહાય અને સેવાઓ વિના મૂલ્યે અને સમયસર પ્રાપ્ત કરવાનો અધિકાર છે. અનુવાદ અથવા સહાયક સેવાઓ પ્રાપ્ત કરવા માટે, કૃપા કરીને તમારા વિશિષ્ટ આરોગ્ય પ્લાન માટેની સભ્ય સેવાઓનો ઇલેક્ટ્રોનિક મેઇલ દ્વારા અથવા નીચે આપેલા આરોગ્ય પ્લાન સંપર્ક માહિતી પૃષ્ઠનો સંદર્ભ લઈને ફોન દ્વારા સંપર્ક કરો.

**Russian** Если у вас или человека, которому вы помогаете, есть вопросы о каком-либо предложении Ambetter Health и вы не владеете английским языком, у вас есть право получить бесплатную и своевременную помощь и информацию на вашем языке. Если у вас или человека, которому вы помогаете, есть нарушения слуха и/или зрения, мешающие коммуникации, вы имеете право на бесплатное и своевременное получение вспомогательных средств и услуг. Чтобы получить услуги перевода или вспомогательные услуги, обратитесь в отдел обслуживания участников конкретного плана медицинского страхования по электронной почте или по телефону, воспользовавшись информацией на странице с контактными данными плана медицинского страхования ниже.

**Choctaw** Pokolh chi hattak, micha pisa hattak yakni, imahlbokma li kash chi shpisa akocha chi illi Ambetter Health ofings, hokmi micha pisa ayyokma yvt micha biskakcha hattak, li chi hattak chi tok upali, micha tukmvt li chahta ahofa chash hattak, micha isht ikbi chokma mvmchi hokma micha yvt ayyokma chokma li kash chi hóchifo, micha akocha mvmchi chokma chi micha yakni toklo chahta ahofa, micha kash chi yvt. Chishno kiyokmat kanah kiya ish apíla ká, ishit haklo hicha/cho ishit pisa ayína ká, isht ataklama átokósh annopa ik akostiníchoh okmá ná isht apíla yómiká ish ishi áhina kat chim áyalhpísah, ná ahíka iksho ikmat chikkósi atahlá hīlah. Maashatinaa anumpuliha hattak pisa ayyokvsat, micha tukmvt hattak ili hattak chokma falusaat ahofa, hokmi biskakcha hattak micha tukmvt hattak ili tukmvt ahofa, falusaat okchifo pisa, toklo paali tukmvt ahofa yakni.

**Tagalog** Kung ikaw o ang isang tao na tinutulungan mo, ay may mga tanong tungkol sa alinman sa mga ino-offer ng Ambetter Health, at hindi mahusay sa Ingles, may karapatan kang makakuha ng libre at nasa oras na tulong at impormasyon nang nasa iyong wika. Kung ikaw o ang isang tao na tinutulungan mo, ay may kondisyon sa pandinig at/o paningin na nakakahadlang sa komunikasyon, may karapatan kang tumanggap ng libre at nasa oras na mga karagdagang tulong at serbisyo. Para makatanggap ng mga serbisyo para sa pagsasalin-wika o karagdagang serbisyo, mangyaring makipag-ugnayan sa Mga Serbisyo sa Miyembro para sa iyong partikular na Planong Pangkalusugan sa pamamagitan ng elektronikong mail o telepono sa pamamagitan ng pagsangguni sa page ng Impormasyon sa Pakikipag-ugnayan ng Planong Pangkalusugan na nasa ibaba.

**Amharic** እርስዎ፣ ወይም እርስዎ እየረዱት ያለ ሰው፣ ስለ ማንኛውም የAmbetter Health አቅርቦቶች ጥያቄዎች ካላችሁ፣ እና በእንግሊዘኛ ማውራት የሚያስችሎቻችሁ ከሆኑ፣ በቋንቋዎ ያለ ምንም ወጪ እና በጊዜው እርዳታ እና መረጃ የማግኘት መብት አላችሁ። እርስዎ፣ ወይም እርስዎ እየረዱት ያለ ሰው፣ ለመግባባት እንቅፋት የሚፈጥር የመስማት እና/ወይም የእይታ ችግር ካላችሁ፣ አጋዥ እርዳታዎችን እና አገልግሎቶችን ያለ ምንም ወጪ እና በጊዜው የማግኘት መብት አላችሁ። የትርጉም ወይም አጋዥ አገልግሎቶችን ለማግኘት፣ እባክዎን ለተለየ የጤና አቅድ ያለገለግሉትን አገልግሎቶችን በኤሌክትሮኒካዊ መልእክት ወይም በስልክ ከዚህ በታች ያለውን የጤና አቅድ የእውቂያ መረጃን በመጥቀስ ያነጋግሩ።

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| Hindi         | <p>यदि आपको, या आप जिनकी मदद कर रहे हैं, उनको Ambetter Health के किसी भी ऑफर के बारे में कोई सवाल पूछना है, और आप या वे अंग्रेजी को पूरी तरह से समझ नहीं पाते हैं, तो आपको बिना किसी शुल्क के और सही समय पर अपनी भाषा में मदद और जानकारी प्राप्त करने का अधिकार है। यदि आपको, या आप जिनकी मदद कर रहे हैं, उनको सुनने और/या देखने में कोई ऐसी समस्या है, जिससे संचार में बाधा पड़ती है, तो आपको बिना किसी शुल्क के और सही समय पर संबंधित सहायक से मदद और सेवाएँ प्राप्त करने का अधिकार है। अनुवाद या संबंधित सहायक से सेवाएँ प्राप्त करने के लिए, कृपया नीचे दिए गए स्वास्थ्य योजना संपर्क सूचना पेज की sssरेफरेंस देते हुए, इलेक्ट्रॉनिक मेल या फोन द्वारा अपनी विशेष स्वास्थ्य योजना के लिए सदस्य सेवाओं से संपर्क करें।</p> |
| Cushite       | <p>Yoo isin yookiin namni isin gargaaraa jirtan, waa'ee dhiyeessii Ambetter Health gaaffii qabaattan, akkasumas dandeettii afaan Ingiliffaa hin qabdan ta'e, gargaarsaa fi odeeffannoo afaan keessaniin baasii tokko malee argachuuf mirga qabdu. Yoo isin yookiin namni isin gargaaraa jirtan, rakkoo dhageettii fi/yookiin agartuu waliin dubbiif hin mijanne qabaattan, gargaarsaa fi tajaajilawwan gargaaraa baasii tokko malee argachuuf mirga qabdu. Tajaajila hiikkaa afaanii yookiin gargaaraa argachuuf, maaloo Tajaajiloota Miseensaa (Member Services) Karoora Fayyaa addaa keessaniif poostaa elektiroonikii yookiin bilbilaan fuula Odeeffannoo Quunnamtii Karoora Fayyaa armaan gadii qunnamaa.</p>             |
| French Creole | <p>Si oumenm, oswa yon moun w ap ede, gen kesyon sou youn nan òf Ambetter Health yo epi ou pa pale anglè, ou gen dwa pou jwenn èd ak enfòmasyon nan lang ou gratis epi alè. Si oumenm oswa yon moun w ap ede, gen pwoblèm pou tande ak/oswa vizyon ki anpeche kominikasyon, ou gen dwa pou resevwa èd ak sèvis oksilyè gratis epi alè. Pou resevwa sèvis tradiksyon oswa oksilyè, tanpri kontakte Sèvis Manm plan sante w la pa imèl oswa pa telefòn pandan w ap sèvi avèk paj enfòmasyon kontak plan sante ki anba a.</p>  |
| Japanese      | <p>あなたやあなたがサポートしている誰かが、Ambetter Health が提供するサービスについて質問することを希望していて、英語が堪能でない場合、ご自分の言語で無料かつタイムリーにサポートや情報を得る権利があります。あなたやあなたがサポートしている誰かが、コミュニケーションに支障がある聴覚障害や視覚障害をお持ちの場合、無料かつタイムリーに補助的な支援手段及びサービスを受ける権利があります。翻訳または補助的なサービスを受けるには、以下のヘルスプラン連絡先情報ページを参照して、メールまたは電話で特定のヘルスプランのメンバーサービスにお問い合わせください。</p>  |
| Italian       | <p>Se lei, o qualcuno che sta aiutando, ha domande su una qualsiasi delle offerte di Ambetter Health, e non parla fluentemente inglese, ha il diritto di ottenere assistenza e informazioni nella sua lingua gratuitamente e in tempi rapidi. Se lei, o qualcuno che sta aiutando, ha una condizione uditiva e/o visiva che impedisce la comunicazione, ha il diritto di ricevere sostegni e servizi ausiliari gratuitamente e in tempi rapidi. Per ricevere i servizi di traduzione o ausiliari, contatti i Servizi per i membri del suo Piano sanitario specifico tramite posta elettronica o telefono, facendo riferimento alla pagina delle Informazioni di contatto del piano sanitario indicata di seguito.</p>         |

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**Punjabi** ਜੇ ਤੁਹਾਡੇ, ਜਾਂ ਤੁਹਾਡੀ ਸਹਾਇਤਾ ਕਰ ਰਹੇ ਕਿਸੇ ਵੀ ਵਿਅਕਤੀ ਦੇ Ambetter Health ਦੀਆਂ ਪੇਸ਼ਕਸ਼ਾਂ ਬਾਰੇ ਕੋਈ ਸਵਾਲ ਹਨ, ਅਤੇ ਤੁਸੀਂ ਅੰਗਰੇਜ਼ੀ ਵਿੱਚ ਨਿਪੁੰਨ ਨਹੀਂ ਹੋ, ਤਾਂ ਤੁਹਾਨੂੰ ਤੁਹਾਡੀ ਭਾਸ਼ਾ ਵਿੱਚ ਬਿਨਾਂ ਕਿਸੇ ਲਾਗਤ ਦੇ ਅਤੇ ਸਮੇਂ ਸਿਰ ਸਹਾਇਤਾ ਅਤੇ ਜਾਣਕਾਰੀ ਪ੍ਰਾਪਤ ਕਰਨ ਦਾ ਅਧਿਕਾਰ ਹੈ। ਜੇ ਤੁਹਾਨੂੰ, ਜਾਂ ਤੁਹਾਡੀ ਸਹਾਇਤਾ ਕਰ ਰਹੇ ਕਿਸੇ ਵੀ ਵਿਅਕਤੀ ਨੂੰ ਸੁਣਨ ਅਤੇ/ਜਾਂ ਨਜ਼ਰ ਸੰਬੰਧੀ ਕੋਈ ਸਮੱਸਿਆ ਹੈ ਜਿਸ ਕਾਰਨ ਸੰਚਾਰ ਵਿੱਚ ਰੁਕਾਵਟ ਪੈਂਦੀ ਹੋਵੇ, ਤਾਂ ਤੁਹਾਨੂੰ ਬਿਨਾਂ ਕਿਸੇ ਲਾਗਤ ਅਤੇ ਸਮੇਂ ਸਿਰ ਸਹਾਇਕ ਉਪਕਰਨ ਅਤੇ ਸੇਵਾਵਾਂ ਪ੍ਰਾਪਤ ਕਰਨ ਦਾ ਅਧਿਕਾਰ ਹੈ। ਅਨੁਵਾਦ ਜਾਂ ਸਹਾਇਕ ਉਪਕਰਨ ਸੰਬੰਧੀ ਸੇਵਾਵਾਂ ਪ੍ਰਾਪਤ ਕਰਨ ਲਈ, ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਸਿਹਤ ਪਲਾਨ ਦੇ ਸੰਪਰਕ ਜਾਣਕਾਰੀ ਵਾਲੇ ਪੰਨੇ 'ਤੇ ਜਾ ਕੇ ਇਲੈਕਟ੍ਰਾਨਿਕ ਮੇਲ ਰਾਹੀਂ ਜਾਂ ਫੋਨ ਰਾਹੀਂ ਤੁਹਾਡੇ ਵਿਸ਼ੇਸ਼ ਸਿਹਤ ਪਲਾਨ ਲਈ ਮੈਂਬਰ ਸੇਵਾਵਾਂ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

**Portuguese** Se tiver dúvidas sobre as ofertas da Ambetter Health (ou se alguém que está a ajudar as tiver) e não for proficiente em inglês, tem o direito de obter ajuda e informações no respetivo idioma sem custos e de modo oportuno. Se tiver problemas auditivos e/ou visuais que impeçam a comunicação (ou se alguém que está a ajudar os tiver), tem o direito de receber apoio e serviços auxiliares sem custos e de modo oportuno. Para receber serviços de tradução ou de apoio auxiliar, contacte os Serviços para Membros do seu Plano de Saúde específico por e-mail ou por telefone. Consulte os Dados de Contacto do Plano de Saúde na página abaixo.

**Persian** اگر شما یا کسی که به او کمک می کنید، سوالی درباره هر یک از خدمات Ambetter Health دارید و به انگلیسی تسلط کافی ندارید، این حق را دارید که به صورت رایگان و به موقع، کمک و اطلاعات را به زبان خودتان دریافت کنید. اگر شما یا کسی که به او کمک می کنید، مشکل شنوایی و/یا بینایی دارید که مانع ارتباط می شود، این حق را دارید که به صورت رایگان و به موقع، خدمات و کمک های جانی مربوطه را دریافت کنید. برای دریافت ترجمه یا خدمات جانی، لطفاً بر اساس اطلاعات درج شده در صفحه «اطلاعات تماس طرح سلامت» در زیر، از طریق ایمیل یا تلفن با بخش اعضای طرح سلامت خود تماس بگیرید.

**Ukrainian** Якщо у вас або в людини, якій ви допомагаєте, є запитання про якусь із пропозицій Ambetter Health і ви не володієте англійською мовою, ви маєте право отримати безкоштовну і своєчасну допомогу й інформацію вашою мовою. Якщо у вас або в людини, якій ви допомагаєте, є порушення слуху і/або зору, що перешкоджають спілкуванню, ви маєте право на безкоштовне та своєчасне отримання допоміжних засобів і послуг. Щоб отримати переклад або допоміжні послуги, зв'яжіться з відділом обслуговування учасників конкретного плану медичного страхування електронною поштою або телефоном. Контактну інформацію наведено на відповідній сторінці плану медичного страхування нижче.

**Dutch** Als u, of iemand die u helpt, vragen heeft over een van de Ambetter Health-aanbiedingen maar geen Engels spreekt, heeft u het recht om op tijd en gratis informatie te krijgen in uw eigen taal. Als u, of iemand die u helpt, problemen heeft met horen of zien waardoor er problemen zijn met communiceren, heeft u het recht om gratis en op tijd extra hulp en diensten te ontvangen. Als u een vertaling of extra diensten nodig heeft, kunt u per e-mail of per telefoon contact opnemen met de Klantenservice van uw specifieke ziektekostenverzekering via de onderstaande pagina met contactgegevens van die ziektekostenverzekering.

**Romanian**

Dacă dvs. sau o persoană pe care o ajutați aveți întrebări cu privire la oricare dintre ofertele Ambetter Health și nu sunteți cunoscător al limbii engleze, puteți obține ajutor și informații în limba dvs., în timp util și fără niciun cost. Dacă dumneavoastră sau o persoană pe care o ajutați suferiți de o afecțiune auditivă și/sau vizuală care vă împiedică să comunicați, aveți dreptul de a primi asistență și alte servicii auxiliare în timp util și fără niciun cost. Pentru a beneficia de servicii de traducere sau de alte servicii de auxiliare, vă rugăm să contactați Serviciile pentru membri, pentru planul dumneavoastră specific de sănătate, prin e-mail sau telefonic, accesând pagina de informații de contact a planului de sănătate de mai jos.

**Mon-Khmer,  
Cambodian**

ប្រសិនបើអ្នក ឬនរណាម្នាក់ដែលអ្នកកំពុងជួយ មានសំណួរអំពីការផ្តល់ជូនរបស់ Ambetter Health ណាមួយ និងមិនមានជំនាញភាសាអង់គ្លេស អ្នកមានសិទ្ធិទទួលបានជំនួយ និងព័ត៌មានជាភាសារបស់អ្នកដោយឥតគិតថ្លៃ និងទាន់ពេលវេលា។ ប្រសិនបើអ្នក ឬនរណាម្នាក់ដែលអ្នកកំពុងជួយ ឬមានបញ្ហាក្រចេះ និង/ឬភ្នែក ដែលបង្កជាឧបសគ្គដល់ការប្រាស្រ័យទាក់ទង អ្នកមានសិទ្ធិទទួលបានជំនួយ និងសេវាកម្មជំនួយដោយឥតគិតថ្លៃ និងទាន់ពេលវេលា។ ដើម្បីទទួលបានការបកប្រែ ឬសេវាកម្មជំនួយ សូមទាក់ទងផ្នែកសេវាបម្រើសមាជិកសម្រាប់គម្រោងសុខភាពជាក់លាក់របស់អ្នកតាមរយៈសំបុត្រ ឬតាមទូរសព្ទដោយយោងតាមទំព័រព័ត៌មានទំនាក់ទំនងគម្រោងសុខភាពខាងក្រោម។

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