



An Independent Licensee of the Blue Cross Blue Shield Association

Health
Choice

2025

Over-the-Counter Item Catalog



Table of Contents

Reminder	4
Retailers	5
How to access your benefits	7
Frequently asked questions	14
Product categories	19
Cold & allergy	20
Foot care	22
Digestive health	24
Eye & ear care	26
Household products	28
Medical supplies	30
Feminine care	32
Oral care	34
Personal hygiene	36
Vitamins & dietary supplements	38
The Helper Bees healthy food network	40
Disclaimer	44

The Helper Bees is a separate, independent company contracted with BCBSAZ Health Choice Pathway (HMO D-SNP) to provide over-the-counter, mail-order benefits and services. Blue Cross®, Blue Shield®, and the Cross and Shield Symbols are registered service marks of the Blue Cross Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans. All other trademarks referenced are the property of their respective companies.

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PLEASE KEEP THIS VALUABLE BOOKLET NEARBY.

You'll need it to look up the OTC items you want to order. It also contains instructions on how to order online, by phone, or use your OTC benefits in store.

For a full list of products, visit the website www.bcbs-az.thehelperbeesportal.com.

Please consult your physician prior to placing an order for items.

TO REQUEST A REPLACEMENT OTC CATALOG, PLEASE CALL

BCBSAZ Health Choice Pathway (HMO D-SNP)
Member Services at **1-800-656-8991 TTY:711**
8 AM to 8 PM, seven days a week.

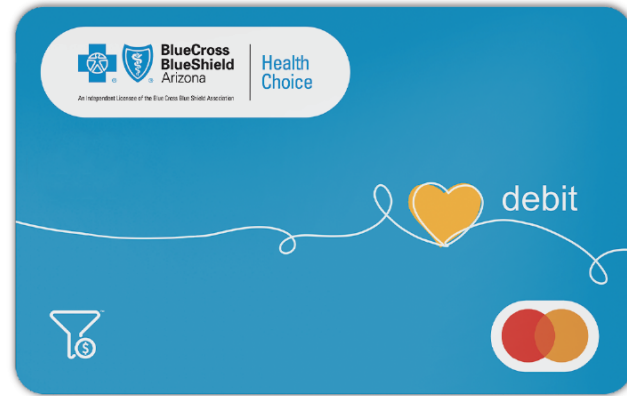
Retailers



Please note: You will receive your flex card separately in the mail.

Convenience at your fingertips

BCBSAZ Health Choice Pathway (HMO D-SNP) members get a Mastercard® flex card to access Over-the-Counter (OTC) and Healthy Food and Produce, Healthy Rewards incentives, and more. This card can also be loaded with additional benefits at a later date.



You get \$125 a month to purchase eligible OTC and Food products. To view eligible products please go online www.bcbs-az.thehelperbeesportal.com.

Over-the-Counter (OTC) & Healthy Food and Produce Card (Supplemental)

The monthly allowance can be utilized to purchase OTC items and healthy food and produce at participating retailers and online.

Covered items include:

Healthy foods such as fruits, vegetables, meat, seafood, dairy products, water, and more. Brand-name and generic OTC products such as vitamins, pain relievers, toothpaste, cough drops, and more.

Healthy Rewards

Get rewarded for completing important preventive care activities.

Earn \$25 annually for completing the following preventive care activities: annual wellness exams, colon cancer screenings, diabetic eye exam, and your health appraisal.

Earn \$50 for completing the following preventive care activities: breast cancer screenings (1 per year), osteoporosis management (up to 2 per year).

HOW TO ACCESS YOUR BENEFITS

Scan here to visit the website and start shopping



Scan here

To place an order, view the card balance, search for eligible products, and find participating store locations, contact The Helper Bees



www.bcbs-az.thehelperbeesportal.com

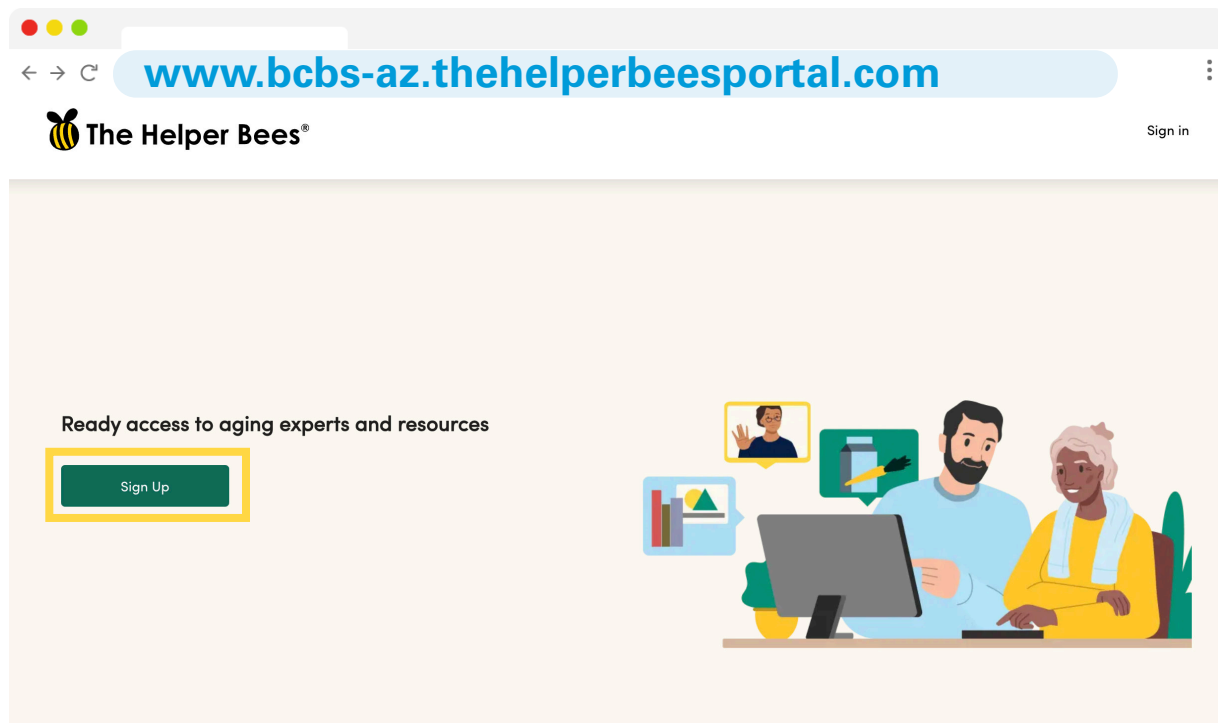


1-888-454-1423 TTY: 711
8 AM to 8 PM local AZ time, Monday – Friday

How to access your benefits

Web

Navigate to the portal



1

Desktop

Use your computer's web browser to navigate to www.bcbs-az.thehelperbeesportal.com.

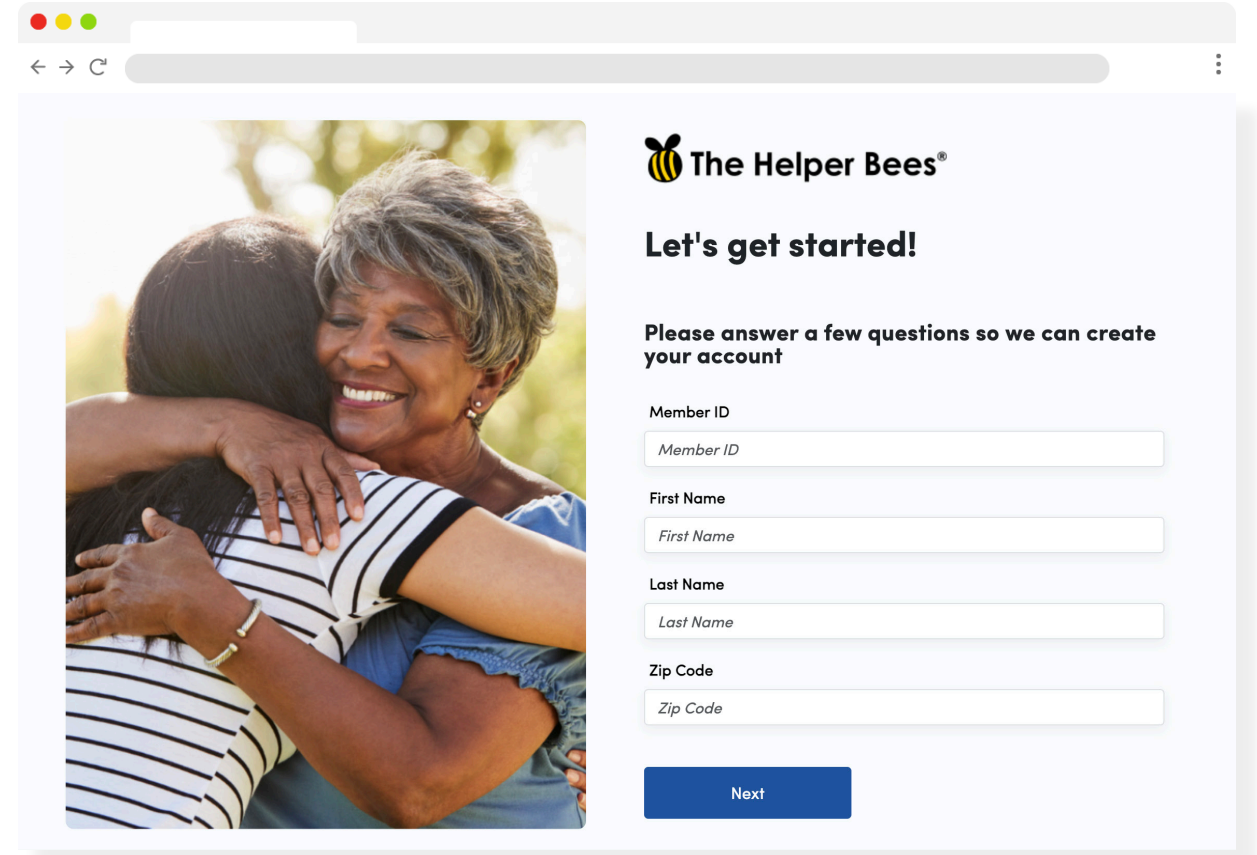
2

Scan QR code

You can also scan this QR code to access the website and start shopping.



Register for your account



1

On the registration page, provide your

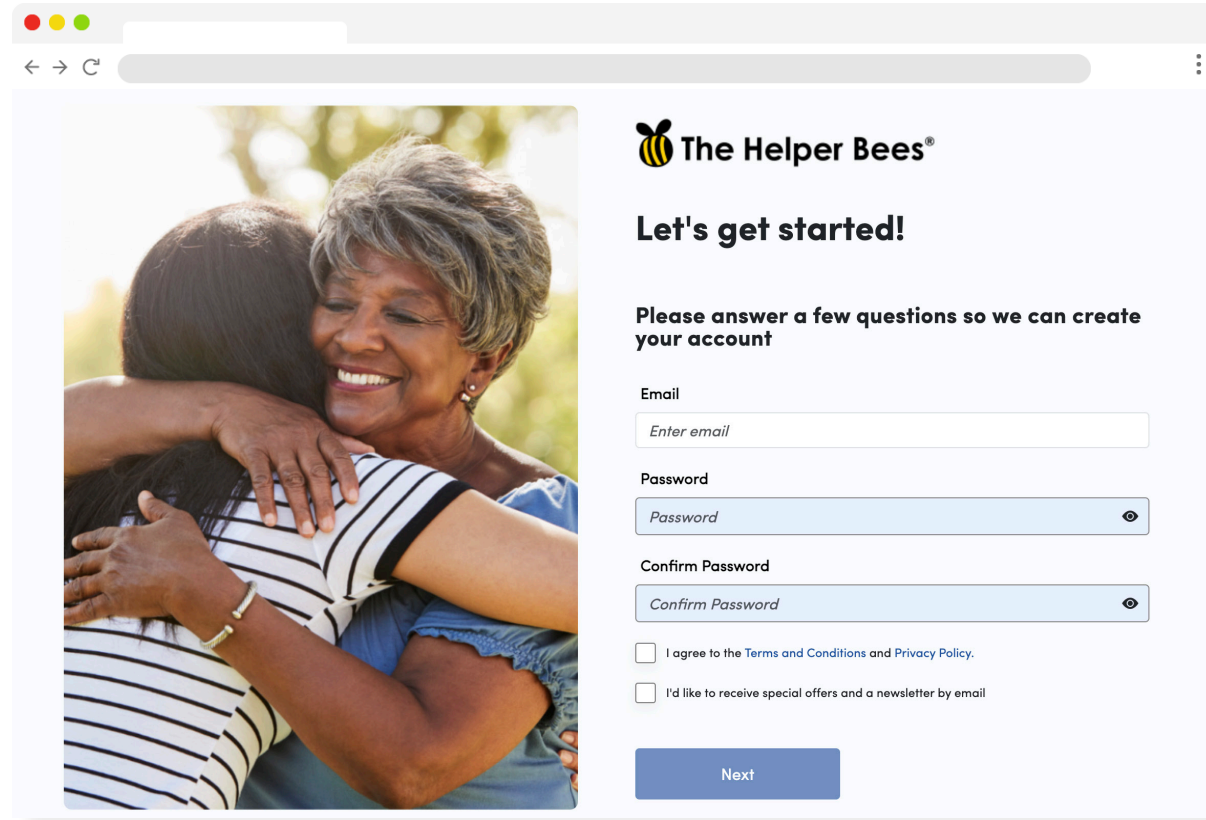
- Member ID (Example: MZHHCXXXXXXXX)
- First name
- Last name
- Zip code

2

Provide your email

Enter your email.

Register for your account



The Helper Bees®

Let's get started!

Please answer a few questions so we can create your account

Email

Password

Confirm Password

I agree to the Terms and Conditions and Privacy Policy.

I'd like to receive special offers and a newsletter by email

[Next](#)

3 Create your password

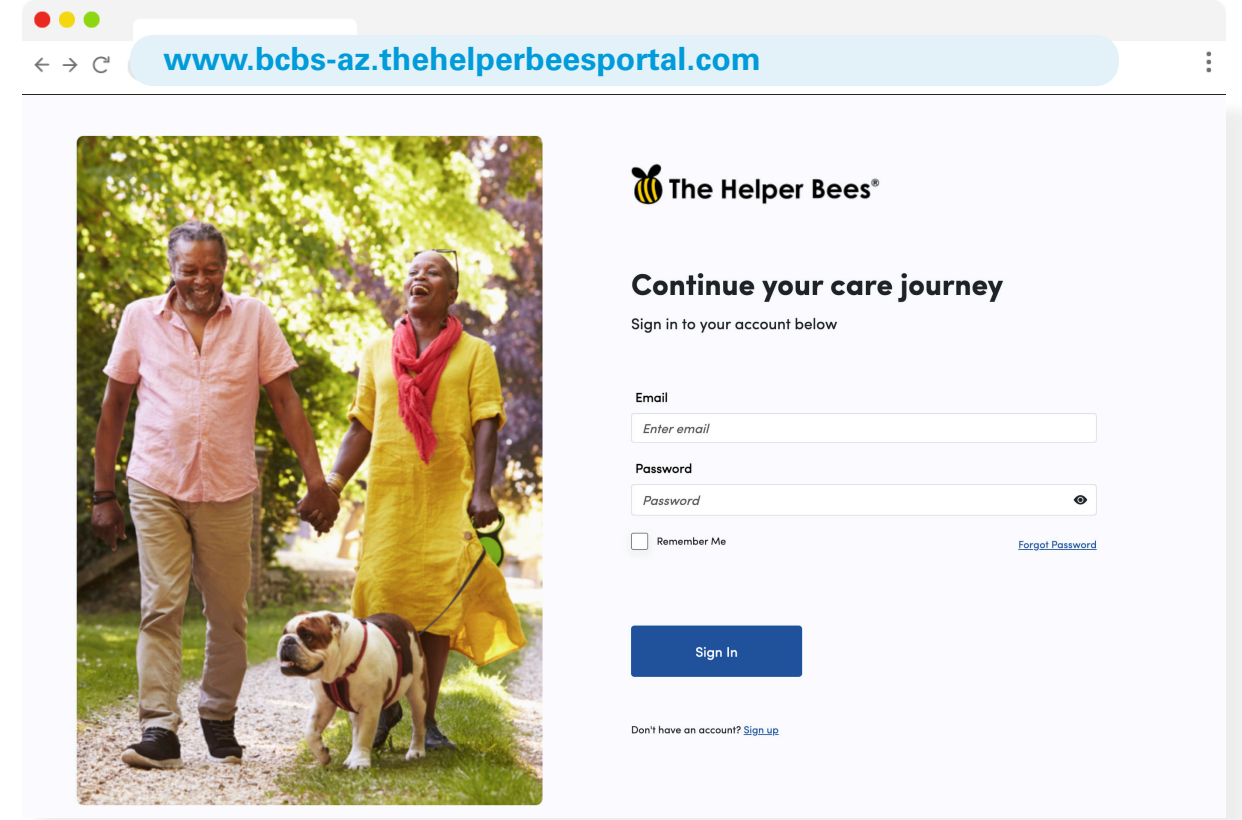
Password requirements:

- At least 8 characters
- One uppercase letter
- One lowercase letter
- One number
- One special character

4 Check your email

Click the 'Next' button and check your email for a confirmation email. If you don't see it there, check your spam folder.

Log in



The Helper Bees®

Continue your care journey

Sign in to your account below

Email

Password

Remember Me [Forgot Password](#)

[Sign In](#)

Don't have an account? [Sign up](#)

1 Return to the login page at www.bcbs-az.thehelperbeesportal.com.

2 Log in to the member portal using **your email address** and **password**.

3 Update your contact information and preferences.

How to access your benefits

Calling

The Helper Bees
Customer Service Team



HOTLINE

1-888-454-1423 TTY:711

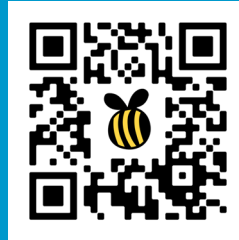


HOURS OF OPERATION

8 AM to 8 PM local AZ time,
Monday - Friday

FREQUENTLY ASKED QUESTIONS

Scan here to
visit the website



Who are The Helper Bees?

Since 2015, The Helper Bees has been delivering in-home care and support services to individuals across the United States. Now, we are excited to partner with BCBSAZ Health Choice Pathway to offer you seamless access to your benefits. With our flex card, you can easily shop for eligible over-the-counter products and healthy foods.

What is my OTC and Healthy Food and Produce Benefit?

You will receive \$125 a month to use towards to purchase OTC and/or healthy food and produce products.

When are my benefits available?

Typically benefits should be available at the first day of each month.

Where can I access my benefits?

You can access your benefits through The Helper Bees website, in participating retail stores, and by contacting The Helper Bees call center at **1-888-454-1423 TTY:711** 8 AM to 8 PM local AZ time, Monday - Friday, for assistance or log in to www.bcbs-az.thehelperbeesportal.com.

What type of card will I receive?

You will receive a Mastercard® that can be used to purchase eligible OTC items and food products.

When will I receive my card?

You will receive your card by January 1st, 2025.

Mastercard and the circles design are registered trademarks of Mastercard International Incorporated.

How can I check my balance?

Contact The Helper Bees at **1-888-454-1423 TTY:711**
8 AM to 8 PM local AZ time Monday - Friday,
or log in to www.bcbs-az.thehelperbeesportal.com.

What if my card is lost or stolen?

Contact The Helper Bees at **1-888-454-1423 TTY:711**
8 AM to 8 PM local AZ time, Monday - Friday, for assistance.

Do I lose benefits if I don't use them? What happens to unspent funds?

Any unused funds will not roll over to the next month, so be sure to use them before they expire.

What can I purchase with my card?

You can order OTC items as well as eligible healthy food and produce items by calling The Helper Bees at **1-888-454-1423 TTY:711**
8 AM to 8 PM local AZ time, Monday - Friday, for assistance.
or online at www.bcbs-az.thehelperbeesportal.com.

You can also purchase OTC and eligible food and produce from all participating retailers including CVS, Walgreens, Walmart, Kroger, Fry's, Uber Eats, etc. Also, check to ensure that items being purchased are eligible.

Can I use my card at self-checkout in store?

Yes, you can use your card at self-checkout in-store.

What if my card is denied?

Please double check if the card is active and has balance available on the given benefit. Also, check to ensure that items being purchased are eligible. Contact The Helper Bees at **1-888-454-1423 TTY:711**
8 AM to 8 PM local AZ time, Monday - Friday, for assistance.

Where can I get additional information about the products?

For more detailed information about our products, please visit The Helper Bees' website at www.bcbs-az.thehelperbeesportal.com.

Should you keep your card if there is no balance on it?

Yes! Keep your card even if it has no balance, as funds will be reloaded monthly. In addition, Healthy Rewards will be loaded to your card.

Is there a limit on the number of items I can order?

There is no limit on the number of items you may order as long as you have an available balance. However, there are some items that have special limits.

How long will it take to receive my order?

Most orders will arrive in less than 5 business days. It may take longer during peak volume periods as well as for orders that have hazardous items.

If you have not received your order within 14 days, please call The Helper Bees at **1-888-454-1423 TTY:711**
8 AM to 8 PM local AZ time, Monday - Friday, for assistance.

Can I cancel my order once it has been placed?

Orders cannot be cancelled.

How will OTC items be shipped and are there shipping fees?

OTC items are shipped to your home and there are no additional charges.

What should I do if my item arrives damaged or doesn't arrive at all?

If your item is damaged or has not arrived, please contact The Helper Bees customer service team at **1-888-454-1423 TTY:711** 8 AM to 8 PM local AZ time, Monday - Friday, right away.

Can I return items and receive cash as reimbursement?

No, you receive an allowance from BCBSAZ Health Choice Pathway to spend on eligible OTC items. There are no cash reimbursements allowed through the program.

What if I return an item?

Only OTC items purchased in-store are eligible for return. Your returned item will reflect a credit to your flex card. There are no returns for OTC items purchased through home delivery.

For home delivery, if items are damaged, stolen or not received, contact The Helper Bees at **1-888-454-1423 TTY:711** 8 AM to 8 PM local AZ time, Monday - Friday, for assistance.

Additional notes

If you have not received your order within 14 days, please contact The Helper Bees at **1-888-454-1423 TTY:711** 8 AM to 8 PM local AZ time, Monday - Friday, for assistance.

PRODUCT CATEGORIES

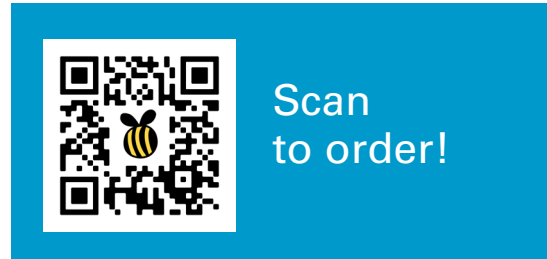
For a full list of items, visit the website www.bcbs-az.thehelperbeesportal.com.

Scan here to visit the website and start shopping



Before starting any new vitamins or supplements, it's recommended that you consult with your doctor.

Cold & allergy



Product categories

- Cough, cold, flu, & sinus
- Cough drops & sore throat relief
- Allergy
- Nasal
- Lip care
- Vaporizers, humidifiers, & accessories
- Children’s cold & allergy

Examples



Abreva cold sore treatment



Acetaminophen 500 mg



Allergy cream - itch and pain relief



Bausch + Lomb Alaway antihistamine eye drops



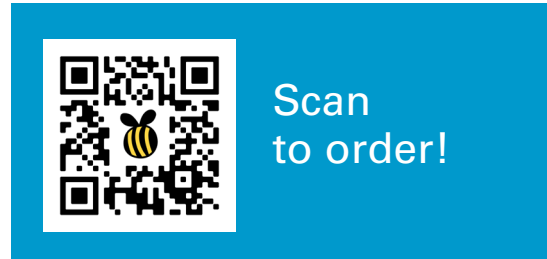
Cetirizine HCL 10 mg



Cough and cold high blood pressure tablets

Product
COVID-19 antigen home test kit – 2 count
Enteric coated aspirin 325 mg
Expectorant - guaifenesin 400 mg
Eye itch relief 0.025% drops
Fexofenadine 180 mg
Guaifenesin extended release 600 mg
Ibuprofen 200 mg tablets - 100 count
Ibuprofen suspension (children’s)
Insect bite relief
Loratadine 10 mg
Loratadine 10 mg orally disintegrating tablets
Medicated chest rub
Medicated lip treatment - squeeze tubes or jars
Naproxen sodium 220 mg
Nasal decongestant spray
Nasal rinse kit
Chloraseptic sore throat spray
Pulse oximeter
Topical analgesic - capsaicin cream 0.025%

Foot care



Product categories

- Shoe insoles & inserts
- Foot cushioning & treatments
- Foot grooming and pain relief

Examples



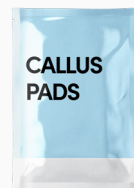
Ankle support



Arthritis pain gel



Bunion shield



Callus pads



Callus remover (liquid)



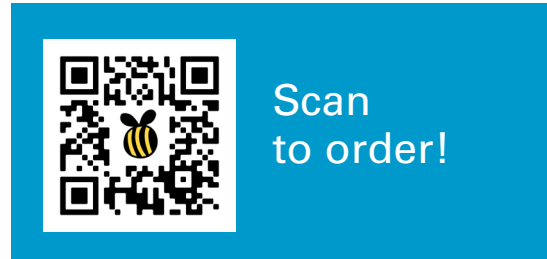
Callus remover (tool)

Product
Compression stockings
Corn patch remover
Cutical trimmers
Cuticle oil
Epsom salt
Foot lotion
Foot mask
Foot odor spray
Foot powder
Foot spray
Metatarsal foot pads
Nail clippers
Rapid relief hot and cold therapy slippers for swollen feet
Severe cracked heel repair
Shoe deodorizer
Slippers
Toe cushion
Toe separators
Toenail fungus treatment extra strength

Digestive health

Product categories

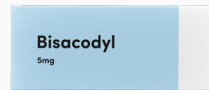
- Stomach & nausea remedies
- Laxatives
- Anti-diarrheals
- Digestive aids
- Anti-gas
- Hemorrhoid preparations
- Children's digestive health



Examples



Anti-diarrheal caplets - loperamide 2 mg



Bisacodyl 5 mg



Bismuth liquid



Daily probiotic 4 strains 2 billion CPU



Dairy relief chewable tablets

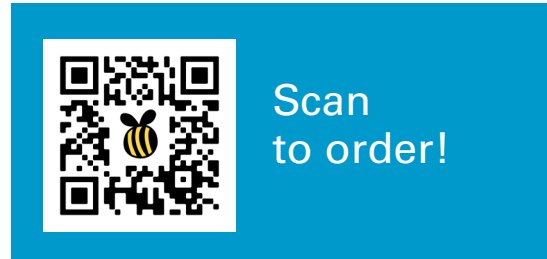


Dramamine

Product

Esomeprazole 20 mg
Extra strength gas relief softgels
Famotidine 20 mg
Fiber gummies
Hemorrhoidal cooling gel
Hemorrhoidal cream 1.8 oz
Hemorrhoidal medicated wipes 48 count
Metamucil fiber therapy capsules
Milk of magnesia - laxative/antacid
Motion sickness relief tablets 16 count
Omeprazole 20 mg
Pink bismuth - chewable tablets
Polyethylene glycol PWD 17.9 oz BT
Prilosec 20 mg 24HR relief tablets
Psyllium fiber laxative caps
Psyllium fiber orange smooth texture powder
Sea-Band wristbands
Senna laxative tablets
Stool softener 100 mg capsules

Eye and ear care



Product categories

- Contact lens care
- Eye preparations
- Eyewear & lens accessories
- Reading glasses & magnifying glasses
- Ear care

Examples



Allergy relief eye drops



Artificial tears lubricant eye drops



Bausch + Lomb Soothe XP Emollient eye drops



Contact lens cases 2 count



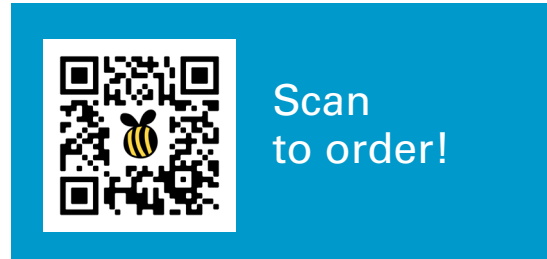
Contact lens solution 12 oz



Contact lens solution 4 oz

Product
Ear washer
Earwax removal kit
Earwax care kit
Earwax removal drops
Eye care vitamins
Eye patch
Eyeglass lens cleaner
Eyeglass repair kit
Eyelid cleansing wipes
Flexible plastic ear cleaners
Lens cleansing wipes
Lubricant eye drops
Pataday twice daily relief
Preservative free lubricant eye drops
Saline contact solution 2 pack
Silicone earplugs
Soft foam earplugs
Swimmers ear solution
Warming eye compress

Household products



Product categories

- Insecticides, rodenticides, & pesticides
- Dish & laundry
- Insect repellents

Examples



Crawling insect bait traps



Dehumidifier



Dish soap



Dishwasher pod



Disinfectants



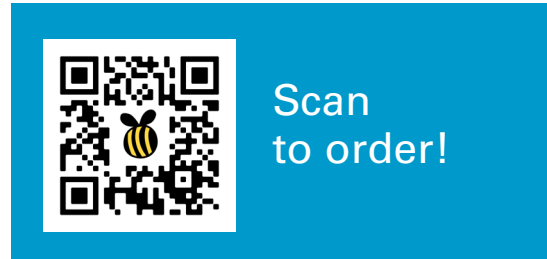
Dryer sheets

Product
Flyswatter
Hand sanitizer 8oz
Hand soap
Humidifier
Insecticides, rodenticides, & pesticides
Laundry basket
Laundry detergent packs
Liquid laundry detergent
Magnifying glass
Mouse traps (6 pack)
Non-slip floor mats
Paper towels
Reacher / grabber
Reusable grocery bag
Scale
Stain remover
Straws
Toilet bowl cleaner
Toilet paper

Medical supplies

Product categories

- Hand cleaners & sanitizers
- First aid kits & supplies
- Masks



Examples



Alcohol prep pads



Antiseptic spray



Cloth face masks



Cloth tape 1in x 10 yards



Cotton swabs



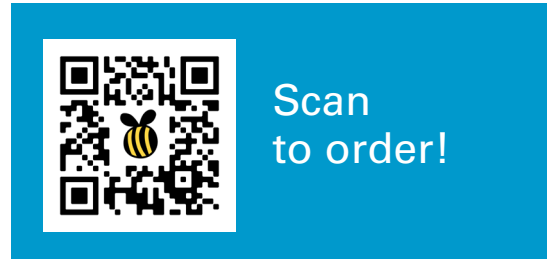
Curad non-stick pads 3in x 4in

Product
Disposable gloves - non-latex
Elastic bandage 6in
Face mask and hand sanitizer
First aid kit
First aid tough wrap
Hydrogen peroxide
Ice pack
Lidocaine patches
Medical bracelet - heart patient
Medication organizer
Paper tape 2in x 10 yards
Pill splitter
Rubbing alcohol
Silicone adhesive foam dressing sacral size 7in x 7in
Silicone foam absorbent dressing 4x4in
Skin protectant paste
Skin tone bandages: brown 20 count/box (10 md & 10 lg)
Talking ear and forehead thermometer
Zinc oxide 20% CRM 2 oz tube

Feminine care

Product categories

- Feminine protection
- Feminine anti-fungals
- Feminine personal care



Examples



Barrier creams



Discrete incontinence underwear - maximum absorbency



Female urinal, splash proof



Discrete incontinence underwear - light absorbency



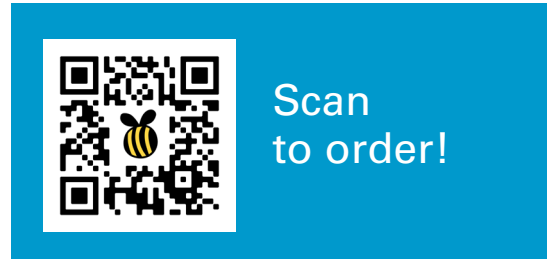
Discrete incontinence underwear - medium absorbency



Feminine spray

Product
Feminine wash
Feminine wipes
Incontinence pads - light absorbency
Incontinence pads - maximum absorbency
Incontinence pads - medium absorbency
Incontinence underwear - light absorbency
Incontinence underwear - maximum absorbency
Incontinence underwear - medium absorbency
Moisture-wicking underwear S-L
Moisture-wicking underwear XL - 3XL
Panty liner - extra absorbency
Panty liner - extra absorbency - long
Panty liner - thin
Panty liner - thin - long
Reusable absorbent underwear
Unscented disposable wipes
Vaginal lubricant
Vaginal moisturizer
Washable bed pads

Oral care



Product categories

- Toothpaste & treatments
- Toothbrushes
- Denture care
- Mouthwash & breath care
- Interdental, floss, & gum care
- Oral remedies
- Children’s oral care

Examples



Antiseptic mouthwash blue mint



Antiseptic mouthwash spring mint



Battery-operated water jet



Battery-operated water jet tips



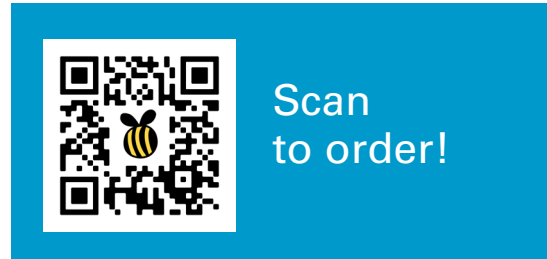
Colgate toothpaste



Crest toothpaste

Product
Dental floss waxed
Dental flossers
Denture adhesive
Denture brush
Dry mouth oral rinse
Easyflex pro premium rechargeable toothbrush
Effervescent denture tabs
Fixodent denture adhesive
Floss picks mint 90 count
Interdental brush picks
Interdental gum brushes
Interplak toothbrush rechargeable cordless
Oral-B gum detoxify rinse
Oral pain relief - benzocaine 20%
Peroxide sore mouth cleanser
Sensitive toothpaste
Sensodyne toothpaste
Toothache and gum relief gel
Toothbrush

Personal hygiene



Product categories

- Incontinence
- Hand & body cleansing
- Shampoo, conditioner, & treatments
- Bath products
- Facial cleansers
- Sun protection

Examples



Absorbent underpads (disposable chux pads) 23in x 36in



Adult unisex bibs



Aftersun aloe vera soothing spray



Baby powder



Bariatric diapers XL-2X

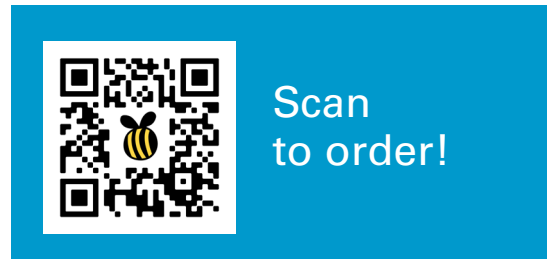


Comb

Product
Daily bladder comfort (pumpkin seed extract 300 mg)
Deodorant
Detangling spray
Disposable wipes for adults
Eucerin unscented hand and body moisturizer, 1 oz
Face wash
Flushable cleansing cloths
Hair brush
Hair pick
Lip balm
Men's briefs
Petroleum jelly
Scalpicin max strength scalp itch treatment
Shaving cream
Sport sunscreen SPF 50 lotion
Tweezers
Urinal
Urinary pain relief
Urinary tract infection test strips

Vitamins & dietary supplements

Before starting any new vitamins or supplements, it's recommended that you consult with your doctor.



Product categories

- Multivitamins
- Letter vitamins
- Herbals & botanicals
- Specialty supplements
- Mineral supplements
- Children's vitamins & dietary supplements

Examples



Apple cider vinegar 500mg & ginger 1mg gummies



Biotin gummies



Brain health supplement



Calcium carbonate with vitamin D3 600 mg - 400IU tablet



Chewable calcium with vitamin D3 plus minerals



Co-enzyme Q-10 100 mg

Product
Collagen peptides
Complete senior vitamins and minerals
Ensure nutrition shake vanilla 8 oz
Ferrous sulfate 325 mg
Folic acid 800 mcg
Glucosamine chondroitin triple strength
Gummy vitamin C 250 mg
Immune support chewable tablets
Magnesium oxide 400 mg
Men's multivitamin
Melatonin gummies 5 mg
Omega 3-6-9 fish oil
Papaya enzyme
Probiotic gummies
Vaginal health probiotic
Vitamin B-complex with B-12
Vitamin D3 125 mcg (5000 unit)
Vitamin E 400 IU synthetic
Women's multivitamin

The Helper Bees healthy food network



Scan
to order!

As part of your benefits, you have access to a variety of healthy foods from our trusted vendors. From fresh produce to nutritious snacks and balanced meals, these options are designed to support your healthy lifestyle.

We're continually expanding our network to provide the best choices, making it easier to enjoy convenient, healthy foods that promote your well-being.

Features

- Grocery delivery through partners like Albertsons, Basha's, El Super and more
 - *Some of these retailers are available through delivery only, visit our website for further details*
- Non-perishable bundles to stock your pantry
- Prepared meals through partners like Mom's Meals and Meals on Wheels



- Single-service products ordered directly from our website
- Purchase nutritious items at eligible grocery stores
- Fresh produce delivered directly to your door

Notice of Non-Discrimination

In Compliance with Section 1557 of the Affordable Care Act

Blue Cross® Blue Shield® of Arizona (BCBSAZ) Health Choice Pathway (HMO D-SNP) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex (including pregnancy and sexual orientation). BCBSAZ Health Choice Pathway does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex (including pregnancy and sexual orientation).

BCBSAZ Health Choice Pathway:

Provides free aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

Provides free language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages

If you need these services, contact:

BCBSAZ Health Choice Pathway Attn: Civil Rights Coordinator

Address: PO Box 52033

Phoenix, AZ 85072

Phone: 1-800-656-8991, TTY: 711

8 a.m. to 8 p.m., 7 days a week

Fax: 480-760-4739

Email: HCHComments@azblue.com

BCBSAZ Health Choice Pathway is a subsidiary of Blue Cross® Blue Shield® of Arizona (BCBSAZ), an independent licensee of the Blue Cross Blue Shield Association.



Aviso de No Discriminación

En cumplimiento con la Sección 1557 de la Ley de Cuidado de Salud de Bajo Costo

Blue Cross® Blue Shield® of Arizona (BCBSAZ) Health Choice Pathway (HMO D-SNP) cumple con las leyes de derechos civiles federales vigentes y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo (incluido el embarazo y la orientación sexual). BCBSAZ Health Choice Pathway no excluye a las personas ni las trata de manera diferente por su raza, color, nacionalidad, edad, discapacidad o sexo (incluido el embarazo y la orientación sexual).

BCBSAZ Health Choice Pathway:

Ofrece material de ayuda y servicios sin cargo a las personas que tienen discapacidades que les impiden comunicarse de manera eficaz con nosotros, como los siguientes:

- Intérpretes de lenguaje de señas calificados
- Información escrita en otros formatos (letra grande, audio, formatos electrónicos accesibles, otros formatos)

Brinda servicios de idiomas sin cargo a las personas cuya lengua materna no es el inglés, como los siguientes:

- Intérpretes calificados
- Información escrita en otros idiomas Si necesita estos servicios, comuníquese con nosotros:

BCBSAZ Health Choice Pathway Coordinador de Derechos Civiles

Dirección: PO Box 52033

Phoenix, AZ 85072

Teléfono: 1-800-656-8991, TTY: 711

de 8 a. m. a 8 p. m., los 7 días de la semana

Fax: 480-760-4739

Correo electrónico: HCHComments@azblue.com

BCBSAZ Health Choice Pathway es una subsidiaria de Blue Cross® Blue Shield® of Arizona (BCBSAZ), un licenciataro independiente de Blue Cross Blue Shield Association.



Si considera que BCBSAZ Health Choice Pathway no ha logrado prestar estos servicios ha discriminado de algún otro modo a una persona por su raza, color, nacionalidad, edad, discapacidad o sexo (incluido el embarazo y la orientación sexual), puede presentar una queja formal por correo, fax o correo electrónico:

BCBSAZ Health Choice Pathway Coordinador de Derechos Civiles

Dirección: PO Box 52033

Phoenix, AZ 85072

Teléfono: 1-800-656-8991

Fax: 480-760-4739

TTY: 711

Correo electrónico:

HCH.GrievanceForms@azblue.com

Puede presentar una queja formal por correo, fax o correo electrónico. Si necesita ayuda para presentar una queja formal, el administrador de quejas formales/coordinador de derechos civiles está a su disposición para ayudarlo.

También puede presentar una queja por violación a los derechos civiles ante la Oficina de Derechos Civiles del Departamento de Salud y Servicios Humanos de los EE. UU. de forma electrónica

a través de su Portal de quejas, disponible en <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, o por correo o teléfono:

U.S. Department of Health and Human Services
200 Independence Avenue, SW

Room 509F, HHH Building

Washington, D.C. 20201

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

Los formularios de queja están disponibles en [hhs.gov/hipaa/filing-a-complaint/index.html](https://ocrportal.hhs.gov/ocr/portal/lobby.jsf).

Multi-language Interpreter Services

Form approved OMB# 0938-1421



English: We have free interpreter services to answer any questions you may have about our health or drug plan. To get an interpreter, just call us at **1-800-656-8991**. Someone who speaks English can help you. This is a free service.

Spanish: Tenemos servicios de intérprete sin costo alguno para responder cualquier pregunta que pueda tener sobre nuestro plan de salud o medicamentos. Para hablar con un intérprete, por favor llame al **1-800-656-8991**. Alguien que hable español le podrá ayudar. Este es un servicio gratuito.

Navajo: T'áá hait'éego da ats'íís baa'áhayá doodago azee' aanídaa'níí nihinaaltsoos bee hadadít'éhígíí bąq̄h na'ídikid nee hólóq̄go da nihi éí ata' halne'í bee áka'anída'awo'í t'áá jíik'eh nihee hóló. Ata' halne'í ta' yíníkeedg kohjii' **1-800-656-8991** nihich'í' hodílnih. T'áá háida Bilagáana Bizaad yee yátti'ígíí ta' níká'iilyeed dooleet. Díí t'áá jíik'eh bee níká'iilyeed dooleet.

Chinese Mandarin: 我们提供免费的翻译服务，帮助您解答关于健康或药物保险的任何疑问。如果您需要此翻译服务，请致电 **1-800-656-8991**。我们的中文工作人员很乐意帮助您。这是一项免费服务。

Chinese Cantonese: 您對我們的健康或藥物保險可能存有疑問，為此我們提供免費的翻譯服務。如需翻譯服務，請致電 **1-800-656-8991**。我們講中文的人員將樂意為您提供幫助。這是一項免費服務。

Tagalog: Mayroon kaming libreng serbisyo sa pagsasaling-wika upang masagot ang anumang mga katanungan ninyo hinggil sa aming planong pangkalusugan o panggamot. Upang makakuha ng tagasaling-wika, tawagan lamang kami sa **1-800-656-8991**. Maaari kayong tulungan ng isang nakakapagsalita ng Tagalog. Ito ay libreng serbisyo.

French: Nous proposons des services gratuits d'interprétation pour répondre à toutes vos questions relatives à notre régime de santé ou d'assurance-médicaments. Pour accéder au service d'interprétation, il vous suffit de nous appeler au **1-800-656-8991**. Un interlocuteur parlant Français pourra vous aider. Ce service est gratuit.

Vietnamese: Chúng tôi có dịch vụ thông dịch miễn phí để trả lời các câu hỏi về chương sức khỏe và chương trình thuốc men. Nếu quý vị cần thông dịch viên xin gọi **1-800-656-8991** sẽ có nhân viên nói tiếng Việt giúp đỡ quý vị. Đây là dịch vụ miễn phí.

German: Unser kostenloser Dolmetscherservice beantwortet Ihren Fragen zu unserem Gesundheits- und Arzneimittelpflichtplan. Unsere Dolmetscher erreichen Sie unter **1-800-656-8991**. Man wird Ihnen dort auf Deutsch weiterhelfen. Dieser Service ist kostenlos.

Korean: 당사는 의료 보험 또는 약품 보험에 관한 질문에 대해 드리고자 무료 통역 서비스를 제공하고 있습니다. 통역 서비스를 이용하려면 전화 **1-800-656-8991** 번으로 문의해 주십시오. 한국어를 하는 담당자가 도와 드릴 것입니다. 이 서비스는 무료로 운영됩니다.

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Russian: Если у вас возникнут вопросы относительно страхового или медикаментного плана, вы можете воспользоваться нашими бесплатными услугами переводчиков. Чтобы воспользоваться услугами переводчика, позвоните нам по телефону **1-800-656-8991**. Вам окажет помощь сотрудник, который говорит по-русски. Данная услуга бесплатная.

Arabic: إننا نقدم خدمات المترجم الفوري المجانية للإجابة عن أي أسئلة تتعلق بالصحة أو جدول الأدوية لدينا. للحصول على مترجم فوري، يرجى الاتصال بنا على **8991-656-800-1** ليس عليك سوى الاتصال بنا على بمساعدتك. هذه خدمة مجانية. سيقوم شخص ما يتحدث العربية **1-800-656-8991** ليس عليك سوى الاتصال بنا على بمساعدتك.

Hindi: हमारे स्वास्थ्य या दवा की योजना के बारे में आपके किसी भी प्रश्न के जवाब देने के लिए हमारे पास मुफ्त दुभाषिया सेवाएँ उपलब्ध हैं. एक दुभाषिया प्राप्त करने के लिए, बस हमें **1-800-656-8991** पर फोन करें. कोई व्यक्ति जो हिन्दी बोलता है आपकी मदद कर सकता है. यह एक मुफ्त सेवा है.

Italian: È disponibile un servizio di interpretariato gratuito per rispondere a eventuali domande sul nostro piano sanitario e farmaceutico. Per un interprete, contattare il numero **1-800-656-8991**. Un nostro incaricato che parla Italianovi fornirà l'assistenza necessaria. È un servizio gratuito.

Portugués: Dispomos de serviços de interpretação gratuitos para responder a qualquer questão que tenha acerca do nosso plano de saúde ou de medicação. Para obter um intérprete, contacte-nos através do número **1-800-656-8991**. Irá encontrar alguém que fale o idioma Português para o ajudar. Este serviço é gratuito.

French Creole: Nou genyen sèvis entèprèt gratis pou reponn tout kesyon ou ta genyen konsènan plan medikal oswa dwòg nou an. Pou jwenn yon entèprèt, jis rele nou nan **1-800-656-8991**. Yon moun ki pale Kreyòl kapab ede w. Sa a se yon sèvis ki gratis.

Polish: Umożliwiamy bezpłatne skorzystanie z usług tłumacza ustnego, który pomoże w uzyskaniu odpowiedzi na temat planu zdrowotnego lub dawkowania leków. Aby skorzystać z pomocy tłumacza znającego język polski, należy zadzwonić pod numer **1-800-656-8991**. Ta usługa jest bezpłatna.

Japanese: 当社の健康 健康保険と薬品 処方薬プランに関するご質問にお答えするために、無料の通訳サービスがあります。通訳をご用命になるには、**1-800-656-8991** にお電話ください。日本語を話す人者が支援いたします。これは無料のサービスです。



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