



2024 UMP (SEBB) Newsletter

2024 changes to your UMP benefits

On January 1, 2024, changes are coming to your UMP benefits.

To learn more about these changes, read your plan's 2024 certificate of coverage by visiting forms and publications at hca.wa.gov/ump-sebb-coc.

Hearing aids: Starting January 1, 2024, you will pay \$0 of the \$3,000 benefit limit per ear every three calendar years for prescribed hearing aids. You will be responsible for any charges exceeding the \$3,000 benefit limit. Other covered hearing-related services such as ear molds, initial batteries, and cords will be paid at the standard rate. Hearing aids are subject to the deductible under the UMP High Deductible plan.

Deductible increasing for UMP High Deductible members: For UMP High Deductible plan members, the deductible for a single subscriber will be \$1,600 and for a family \$3,200. This is an increase from \$1,500 for a single subscriber and \$3,000 for a family. This deductible increase is required to maintain compliance with IRS rules, so that a subscriber can make eligible health savings account (HSA) contributions in 2024. UMP High Deductible members will be receiving a new ID card for 2024 with the updated deductible amounts.

Changes to coverage for outpatient dialysis services for most plans:

Starting January 1, 2024, you pay the standard rate during your initial outpatient treatment period of three months. Once the supplemental treatment period begins, you will pay 0 percent of the allowed amount for covered outpatient dialysis services. You may also be eligible for Medicare Part B coverage and to get your Medicare Part B premiums reimbursed by the plan. If you are not enrolled in Medicare Part B and you receive outpatient dialysis from an out-of-network provider during the supplemental treatment period, you will be responsible for any amount exceeding the allowed amount (known as balance billing). **Note:** This change does not apply to the UMP High Deductible plan.

UMP SEBB Diabetes Management Program coming soon:

The Diabetes Management program is a new online program coming in 2024 that will be available to members with Type 1 or Type 2 diabetes. The program will provide extensive support tools such as glucose tracking, live coaching, and mental and emotional care to help you improve your health and manage your diabetes. For more information about this upcoming program, call UMP Customer Service at 1-800-628-3481 (TRS 711).

Nurse line phone number change:

The phone number for the 24-hour nurse line for the UMP Achieve 1, UMP Achieve 2, UMP High Deductible, and UMP Plus–Puget Sound High Value Network (PSHVN) plans is changing to 1-877-375-2599 (TRS: 711). Members on these plans will receive new member ID cards for 2024. The 24-hour nurse line phone number is not changing for the UMP Plus–UW Medicine Accountable Care Network (ACN) plan.

Family planning: Starting January 1, 2024, you pay the preventive rate for covered voluntary and involuntary termination of pregnancy (abortion or miscarriage) from a network provider. If you receive covered services from an out-of-network provider, you pay the standard rate. These services are subject to the deductible under the UMP High Deductible plan.

Changes to the Centers of Excellence Program:

MultiCare Capital Medical Center will no longer participate in the Centers of Excellence Program for spine care as of January 1, 2024. Virginia Mason Medical Center will continue to serve members through its Centers of Excellence Program for knee and hip joint and for spine care.



Newsletter survey: Thank you for your feedback

In February 2023, the SEBB Program asked members to complete a survey about our various newsletters, including our UMP open enrollment newsletter. The purpose of this survey was to learn what members do or do not like about our newsletters, and what information our members would like to see more often. We appreciate the time members took to reply and have made some changes based on your feedback.

Seven of the questions were specific to UMP members. Among the questions asked were: *What topics would you like to hear more about in future newsletters?* And *How much of the UMP newsletter do you typically read?* Twenty-four percent of respondents said they read all of the newsletter, while 20 percent said they read about half of the articles. Out of the topics members wanted to see more about, changes to UMP benefits was most popular, followed by changes to out-of-pocket costs.

Our newsletters contain a lot of information, so we will plan to put the most important information, such as changes to medical plans and benefits, first.

UMP Plus service area changes for 2024

Before you sign up for UMP Plus, make sure you live in a county UMP Plus covers, and check that your provider is in the UMP Plus network that you enroll in. If you enroll in a UMP Plus plan and your provider is not in that UMP Plus network, your coverage may be affected, and you may have to pay more for your care. Need help finding a UMP Plus provider? Visit Find a doctor at ump.regence.com/sebb/finding-doctors or call UMP Customer Service at 1-800-628-3481 (TRS: 711).

UMP Plus – Puget Sound High Value Network (PSHVN)

UMP Plus–PSHVN does not have any service area changes for 2024. The plan will continue to serve Chelan, Douglas, King, Kitsap, Pierce, Snohomish, and Yakima counties.

Learn more by visiting the UMP Plus–PSHVN webpage at ump.regence.com/sebb/plans/2024/plus-pshvn.

UMP Plus – UW Medicine Accountable Care Network (UW Medicine ACN)

Beginning January 1, 2024, Kitsap County will no longer be covered under the UW Medicine Accountable Care Network (UW Medicine ACN) plan. Benton and Franklin Counties will be added to the service area. The plan will continue to serve King, Pierce, Skagit, Snohomish, Spokane, and Thurston counties. Learn more by visiting the UMP Plus–UW Medicine ACN webpage at ump.regence.com/sebb/plans/2024/plus-uw-medicine-acn.

Note: The UMP Plus–Puget Sound High Value Network plan will continue to serve Kitsap County and has the same benefits as the UW Medicine ACN, but with a different core provider network.

Have questions about your 2024 benefits?

Attend a benefits fair

Attend a SEBB benefits fair to meet with plan representatives and learn more about your options for 2024. Benefit fairs will be held across Washington between November 1-14. Visit www.hca.wa.gov/erb for the full schedule and more details.

Visit the virtual benefits fair

Find out more about all of UMP's plans online with the School Employees Benefits Board (SEBB) Program's virtual benefits fair. The virtual benefits fair is a good way to learn about your benefit options through an online, interactive, and personalized experience. It's

available anytime, day or night, on the Health Care Authority's website at hca.wa.gov/vbf-sebb.

Use your computer, tablet, or smartphone to visit UMP's virtual benefits booth. Once there, you can view UMP's short videos to get an overview of all UMP plans or select a specific plan to see more detailed information.

Watch a webinar

Regence BlueShield (UMP's administrator for medical benefits) and the UMP Plus networks are hosting webinars to help you learn more about UMP's services and benefits.

Regence

Tuesday, October 30, 4-5 p.m. (Pacific).

Register for the Zoom webinar at: bit.ly/3LbqGuX.

Can't join us live? Register anyway to receive a link to the recording.

Puget Sound High Value Network (PSHVN)

Thursday, October 19, 4-5 p.m. (Pacific).

Register for the webinar on Zoom at: hca.wa.gov/ump-pshvn-sebb. The recorded session will be available a few days later on PSHVN's website at pugetsoundhighvaluenetwork.org.

UW Medicine Accountable Care Network (ACN)

Friday, October 27, 4-5 p.m. (Pacific).

Register for the webinar on Zoom: hca.wa.gov/ump-uw-sebb. The recorded session will be available a few days later on UW Medicine ACN's website at sebb.uwmedicine.org.

Is knee or hip replacement right for you?

If you are considering knee or hip joint replacement, the UMP Centers of Excellence (COE) offers evaluation and surgery at low to no cost to you.

Members can receive single hip or knee joint replacement if they are at least 18 years of age and have been diagnosed with osteoarthritis or another disabling condition that requires a single knee or single hip total joint replacement. The COE Program also provides spine care services.

The COE also may be able to assist with travel and lodging expenses for you and a care companion. The COE is administered by Premera Blue Cross and services are provided at the Virginia Mason Medical Center (Seattle).

Note: This service is not available for UMP Plus members or UMP Classic Medicare members. If you have UMP High Deductible plans, the surgery and related services are covered after you meet your deductible.

To learn more, visit the Premera website premera.com/health-care-authority or call 1-855-784-4563 (TRS: 711).

COVID test kits:

COVID test kits are covered at no cost to you under your plan's prescription drug benefit. Each member on your plan can receive up to two test kits per month. Your benefit covers up to \$12 per test kit. Just present your UMP member ID card and make your purchase at the pharmacy counter to have your test kits process to your pharmacy benefit. If you purchase a test kit at a non-network pharmacy or retail location, you will need to submit a claim for reimbursement and you may have a cost share. For more information visit ump.regence.com/sebb/benefits/prescriptions or contact WSRxS customer service at 1-888-361-1611 (TRS: 711).



Mental health: tools to support your path to wellness

UMP provides behavioral health support you can use at home.

myStrength is a self-guided health and resiliency online tool clinically proven to improve emotional health. This secure resource is available 24 hours a day, 7 days a week to members ages 13 and over at no cost to you. myStrength's interactive and activity-based tools are personalized to you and can help you with depression, anxiety, stress, substance use disorders, and chronic pain. To sign up, go to mystrength.com/r/register and enter SEBB for the access code.

You can use myStrength on your phone or computer. You can also download the myStrength mobile app on App Store or Google Play.

Quartet can help match you to in-person and telemedicine behavioral health providers who are in the plan's network and offer an array of behavioral health services, including, but not limited to, mental health counseling, substance use disorder, and psychiatry services. You pay the standard rate for behavioral health services. Get started by visiting Quartet's website at qrt.care/sebb-network-providers or by calling Quartet's Care Navigation Team at 253-248-6588 (TRS: 711).

Note: Quartet is only available to UMP members ages 18 and older who reside and are seeking care in Washington State.

DispatchHealth: same day in-home care

For members with urgent health issues who want in-home care, DispatchHealth is available as an alternative to emergency room visits. This service is available 8 a.m. to 10 p.m., 7 days per week 365 days per year. When you call for an appointment, DispatchHealth assesses your symptoms to see what care you will need. Then, a care team consisting of a physician assistant or nurse practitioner and/or a medical technician arrives to treat you at home, typically the same day you call. DispatchHealth provides treatment for a wide variety of conditions, such as the flu, minor fractures or sprains, or dehydration, and more.

This alternative to emergency room visits cuts down on barriers to transportation you may have and reduces stress.

To book an appointment online, visit dispatchhealth.com/locations/wa.

To reach DispatchHealth by phone, call 425-553-4740 (Seattle); 360-200-8247 (Olympia); 509-408-2108 (Spokane); 253-652-0065 (Tacoma).

Virtual Care from the comfort of your home

Virtual care allows you to get the care you need when you need it without having to see your provider in person. By using virtual care, you can have an appointment with your provider over video chat or on the telephone. UMP offers two types of virtual care: Telemedicine and Doctor On Demand.



Telemedicine

Telemedicine is the delivery of health care services through video chat or by telephone for the purpose of diagnosis, consultation, or treatment. All UMP plans cover this benefit. Telemedicine does not include the use of fax or email.

UMP's telemedicine benefit allows health care providers to share your medical information like lab reports, imaging, and other records with a doctor, radiologist, or specialist at another location. The approach gives you access to a care team that can be made up of providers in different locations, even across long distances. It also uses technology that has security features to ensure patient confidentiality.

If you see a network provider, telemedicine services are paid at the network rate. If you see an out-of-network provider, telemedicine services are paid at the out-of-network rate.

Doctor On Demand

Doctor On Demand is a virtual care service that gives UMP Achieve 1, UMP Achieve 2, and UMP High Deductible members access to providers 24 hours a day, 7 days a week. It covers primary care and behavioral health services. It is a good option when you need medical attention, but not emergency room or urgent care.

Doctor On Demand providers are board-certified, U.S.-based providers who are specifically trained in video medicine. Members can connect in minutes with doctors face-to-face through a smartphone, tablet, or computer. You can activate Doctor On Demand by downloading the app for iOS, Android, or Windows or by signing in to your Regence account at ump.regence.com/ump/signin.

During a virtual appointment, providers review a member's history and symptoms, perform an exam, and recommend treatment, which may include prescription drugs and lab work. Doctor On Demand providers can treat most common physical health conditions like asthma, colds and allergies, diabetes, migraines, and more. Providers can also treat mental health conditions like depression, anxiety, and attention-deficit/hyperactivity disorder (ADHD).

All Doctor On Demand providers are considered preferred providers and services are paid at the standard rate. Doctor On Demand does not include the use of audio-only telephone, fax, or email, and it is not available to UMP Plus members.

Ready to get started?

To learn more about how telemedicine and Doctor On Demand work, you can visit UMP's Telemedicine (virtual care) webpage at ump.regence.com/sebb/benefits/telemedicine. If you have additional questions, call UMP Customer Service at 1-800-628-3481 (TRS: 711).

Can I get a vaccine at a pharmacy?

Many vaccines are available at no cost to you if you use a network vaccination pharmacy. Covered vaccines include COVID, flu, whooping cough (pertussis), tetanus, shingles, cervical cancer, meningococcal, and more. Vaccines related to travel and employment purposes are not covered by UMP.

Would you rather receive this newsletter by email?

You can! Sign up for the SEBB Program's email subscription service through SEBB My Account at myaccount.hca.wa.gov. Go to *Profile* and open *Contact* information to add your email address. Then go to *Coverage Summary* and check the box for receiving email notifications.

Ready to make changes for 2024?

Open enrollment starts October 30 and ends November 20 at midnight (Pacific). To learn how to make changes to your benefits, see the SEBB Program's October Intercom newsletter or visit the Health Care Authority's website at hca.wa.gov/sebb-oe.

Considering changing medical plans this year? Some SEBB plans are experiencing significant premium increases this year. Before you switch, visit the HCA website (web address above) to learn more about what's changing in 2024.

UMP Notice of Privacy Practices updated

The UMP Notice of Privacy Practices is being updated and will be effective November 1. To find the notice, visit the UMP Notice of Privacy Practices webpage at hca.wa.gov/ump-privacy.

Wondering about 2024 premiums?

For the complete list of 2024 premiums, visit the Health Care Authority's website at hca.wa.gov/sebb-oe.

SEBB My Account

SEBB My Account is an online portal where you can view your medical and dental coverage, view and download your statements of insurance, make enrollment changes and see premium information. If you have not signed up for My Account yet, visit myaccount.hca.wa.gov.



Benefits 24/7

Benefits 24/7 will replace My Account in January of 2024. The new web-based enrollment system will have a new look and expanded capabilities, providing self-service options for members.



Uniform Medical Plan Nondiscrimination Notice and Language Access Services

Uniform Medical Plan (UMP) and its contracted vendors comply with applicable federal civil rights laws and do not discriminate (exclude people or treat them differently) on the basis of race, color, national origin, age, disability, or sex.

UMP also complies with applicable state civil rights laws and does not discriminate on the basis of creed, gender, gender expression or identity, sexual orientation, marital status, religion, honorably discharged veteran or military status, or disability.

UMP provides free aids and services for people whose primary language is not English and 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).
- Free language services such as qualified interpreters and information written in other languages.

If you believe one of the below organizations has failed to provide language access services or discriminated in another way, you can file a grievance by using the contact information below.

Regence BlueShield

For discrimination concerns about all UMP plans, except UMP Plus

Regence BlueShield Civil Rights Coordinator

Attn: UMP Appeals and Grievances

Regence BlueShield

PO Box 1106

Lewiston, ID 83501-1106

PEBB members: 1-888-849-3681 (TRS: 711)

SEBB members: 1-800-628-3481 (TRS: 711)

Fax: 1-877-663-7526

UMPcivilrights@regence.com

For UMP Plus – UW Medicine ACN members only

Embright

Attn: UMP Plus – UW Medicine ACN Appeals and Grievances

1037 NE 65th St.

Seattle, WA PMB 259

For UMP Plus – Puget Sound High Value Network only

Phone: 1-855-776-9503

Washington State Rx Services

For discrimination concerns about prescription drug benefits for any UMP plan

Washington State Rx Services

Attn: Appeals Unit

PO Box 40168

Portland, OR 97240-0168

1-855-232-9111 (TRS: 711) | Fax 1-866-923-0412

compliance@modahealth.com

Public Employees Benefits Board (PEBB) Program or School Employees Benefits Board (SEBB) Program

For discrimination concerns about eligibility and enrollment

Health Care Authority

Enterprise Risk Management Office

Attn: ADA/Nondiscrimination Coordinator

PO Box 42704

Olympia, WA 98504-2704

1-855-682-0787 (TRS: 711) | Fax 360-507-9234

compliance@hca.wa.gov

Visit HCA's nondiscrimination statement webpage at

hca.wa.gov/about-hca/non-discrimination-statement

to file a grievance online.

U.S. Department of Health and Human Services, Office for Civil Rights

You can also file a civils rights complaint with:

Centralized Case Management Operations

U.S. Department of Health and Human Services

200 Independence Avenue, S.W.

Room 509F HHH Bldg.

Washington, D.C. 20201

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

OCRComplaint@hhs.gov

To submit complaints electronically, visit

the Complaint Portal Assistant webpage at

ocrportal.hhs.gov/ocr/portal/lobby.jsf

To find information on filing a complaint, visit the Office for Civil Rights webpage at **hhs.gov/ocr/complaints/index.html**.

UMP is administered by Regence BlueShield and Washington State Rx Services under contract with the Washington State Health Care Authority.

[English] Language assistance services, including interpreters and translation of printed materials, are available free of charge. Employees: Contact your payroll or benefits office. PEBB Retirees, PEBB and SEBB Continuation Coverage members: Call the Health Care Authority at 1-800-200-1004 (TRS: 711).

[Amharic] የድምጽ እገዛ አገልግሎት፡ ተርጓሚዎችን እና የተተረጎሙ የታተሙ ጽሁፎችን ጨምሮ፡ በነጻ እዚህ ይገኛል። ስራተኞች፡ የደመወዝዎን ወይም የጥቅማ ጥቅሞን ጽ/ቤትን ያነጋግሩ። የመንግሥት ሠራተኞች ጥቅሞች በርድ ጡረተኞች (PEBB), የመንግሥት ሠራተኞች ጥቅሞች በርድ እና የትምህርት ቤት ስራተኞች ጥቅሞች በርድ (SEBB) ቀጣይነት ሽፋን አላላት፡ የHealth Care Authority በ 1-800-200-1004 (TRS: 711) ይደውሉ።

[Arabic] تتوفر خدمات المساعدة اللغوية، بما فيها المترجمون الفوريون وترجمة المواد المطبوعة، مجاناً. الموظفون: اتصلوا بمكتب كشف المرتبات أو المستحقات الخاص بكم. متقاعدو مجلس استحقاقات الموظفين العموميين (PEBB)، وأعضاء PEBB ومجلس استحقاقات موظفي المدارس (SEBB) المشاركون في التغطية المستمرة: اتصلوا بـ Health Care Authority على الرقم 1-800-200-1004 (خدمة ترحيل الاتصالات 711 TRS).

[Burmese] စကားပြန်များ၊ ပုံနှိပ်ထားသည့် စာရွက်စာတမ်းများကို ဘာသာပြန်ဆိုင်ခေးများ အပါအဝင် ဘာသာစကား အထောက်အကူပြု ဝန်ဆောင်မှုများကို အခမဲ့ စီစဉ်ဆောင်ရွက်ပေးနေပါသည်။ ဝန်ထမ်းများ- မိမိအား လစာထုတ်ပေးသည့် ရုံး သို့မဟုတ် အကျိုးခံစားခွင့်များ စီစဉ်ပေးသည့်ရုံးကို ဆက်သွယ်ပါ။ အစိုးရ ဝန်ထမ်းများ အကျိုးခံစားခွင့် ဘုတ်အဖွဲ့ (PEBB) PEBB နှင့် ကျောင်းဝန်ထမ်းများ အကျိုးခံစားခွင့် ဘုတ်အဖွဲ့ (SEBB) အစိုးရ ဆက်လက်ခံစားခွင့် အဖွဲ့ဝင်များ- Health Care Authority ထံ 1-800-200-1004 (TRS: 711) ထွင့် ဆက်သွယ်ပါ။

[Cambodian] សេវាជំនួយផ្នែកភាសា រួមទាំងអ្នកបកស្រាយ និងការបកប្រែឯកសារដែលបានបោះពុម្ព មានផ្តល់ជូនដោយឥតគិតថ្លៃ។ និយោជិត៖ ទាក់ទងការិយាល័យបើកប្រាក់ខែ ឬអគ្គប្រយោជន៍របស់អ្នក។ អ្នកចូលនិវត្តន៍នៃក្រុមប្រឹក្សាភិបាលអគ្គប្រយោជន៍របស់និយោជិតសាធារណៈ (PEBB), សមាជិកសេវាបង្កបង្កើនក្រុមប្រឹក្សាភិបាលអគ្គប្រយោជន៍របស់និយោជិតសាធារណៈ (PEBB) និងក្រុមប្រឹក្សាភិបាលផ្តល់អគ្គប្រយោជន៍ដល់និយោជិតរបស់សាលា (SEBB)៖ ទូរស័ព្ទទៅ Health Care Authority តាមរយៈលេខ 1-800-200-1004 (TRS៖ 711)។

[Chinese] 可免費提供語言援助服務，包括口譯服務和列印資料翻譯服務。僱員：請聯絡薪資部或福利辦公室。公職人員福利委員會 (PEBB) 退休人員、PEBB 及學校職工福利委員會 (SEBB) 續保會員：請致電 1-800-200-1004 (TRS：711) 聯絡 Health Care Authority。

[Korean] 통역 및 인쇄물 번역을 포함한 언어 지원 서비스를 무료로 제공해 드리고 있습니다. 직원: 경리과 또는 복리후생과에 문의하십시오. 공무원 복지 혜택 위원회(PEBB) 은퇴자 및 PEBB 와 교직원 복지 혜택 위원회(SEBB) 연속 보장 회원: Health Care Authority 1-800-200-1004 (TRS: 711)로 전화하십시오.

[Laotian] ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ລວມທັງພາຍພາສາ ແລະ ການແປເອກະສານທີ່ພົມແມ່ນມີໃຫ້ໂດຍບໍ່ເສຍຄ່າ. ພະນັກງານ: ຕິດຕໍ່ຫ້ອງການເງິນເດືອນ ຫຼື ຫ້ອງການຊ່ວຍເຫຼືອຂອງທ່ານ. ສະມາຊິກບ້ານນາຂອງຄະນະກຳມະການດ້ານສິດທິພົນປະໂຫຍດຂອງພະນັກງານສາທາລະນະ (PEBB), PEBB ແລະ ຄະນະກຳມະການດ້ານສິດທິພົນປະໂຫຍດຂອງພະນັກງານໃນໂຮງຮຽນ (SEBB) ສືບຕໍ່ການຄຸ້ມຄອງ: Health Care Authority ເບີ 1-800-200-1004 (TRS: 711).

[Oromo] Tajaajila deeggarsa afaanii, afaan hiikuu fi waraqawwan afaan barbaachisetti hiikuu, kaffaltii kamiyu malee ni jiru. Qaccaramtoota: Kutaa kaffaltii keessan yookiin biiroo deeggarsa keessan qunnaama. Gabatee faayidaa hojjetoota hawaasa (PEBB) Sooramaa ba'aa, Gabatee faayidaa hojjetoota hawaasa (PEBB) fi Gabatee Faayidaa hojjetoota mana barumsa (School employees benefit board SEBB) miseensota hirmaatan walitti aansun: Garaa Health care Authority bilbilaa karaa 1-800-200-1004 (TRS: 711).

[Persian] خدمات کمک زبانی، شامل مترجم شفاهی و ترجمه مطالب چاپی، به صورت رایگان ارائه می‌شود. کارمندان: با دفتر حسابداری یا مزایای خود تماس بگیرید. بازسشتگان هیئت عمومی مزایای کارمندان (PEBB)، اعضای پوشش مستمر PEBB و هیئت مزایای کارمندان مدرسه (SEBB): Health Care به شماره 1-800-200-1004 (TRS: 711) تماس بگیرید.

[Punjabi] ਭਾਸ਼ਾ ਸਬੰਧੀ ਸਹਾਇਤਾ ਸੇਵਾਵਾਂ, ਜਿੰਨਾਂ ਵਿੱਚ ਦੁਆਬੀਏ ਅਤੇ ਪ੍ਰਿੰਟ ਕੀਤੀ ਹੋਈ ਸਮੱਗਰੀ ਦਾ ਅਨੁਵਾਦ ਕਰਨਾ ਸ਼ਾਮਲ ਹੈ, ਮੁਫ਼ਤ ਉਪਲਬਧ ਹਨ। ਕਰਮਚਾਰੀ: ਆਪਣੇ ਤਨਖ਼ਾਹ ਜਾਂ ਫ਼ਾਇਦੀਆਂ ਦੇ ਦਫ਼ਤਰ ਨਾਲ ਸੰਪਰਕ ਕਰੋ। ਜਨਤਕ ਕਰਮਚਾਰੀ ਫ਼ਾਇਦਾ ਬੋਰਡ (PEBB) ਤੋਂ ਰਿਟਾਇਰ ਹੋ ਚੁੱਕੇ ਕਰਮਚਾਰੀ, ਜਨਤਕ ਕਰਮਚਾਰੀ ਫ਼ਾਇਦਾ ਬੋਰਡ (PEBB) ਅਤੇ ਸਕੂਲ ਕਰਮਚਾਰੀ ਫ਼ਾਇਦਾ ਬੋਰਡ (SEBB) ਜਾਰੀ ਰੱਖਣ ਵਾਲੇ ਕਵਰੇਜ ਸਦੱਸ: ਹੈਲਥ ਕੇਅਰ ਅਥਾਰਿਟੀ (Health Care Authority) ਨੂੰ 1-800-200-1004 (TRS: 711) 'ਤੇ ਕਾਲ ਕਰੋ।

[Romanian] Sunt disponibile în mod gratuit servicii de asistență lingvistică, inclusiv interpret și traducerea materialelor tipărite. Angajați: contactați-vă biroul de plată a salariilor sau de beneficii. Pensionari ai Comisiei de beneficii pentru angajați publici (PEBB), membri ai Comisiei de beneficii pentru angajați publici (PEBB) și ai Comisiei de beneficii pentru angajați ai școlilor (SEBB) acoperiți în continuare: apelați Health Care Authority la numărul de telefon 1-800-200-1004 (TRS: 711).

[Russian] Услуги языковой поддержки, включая устных переводчиков и перевод печатных материалов, предоставляются бесплатно. Сотрудникам: свяжитесь с вашим отделом выплаты заработной платы или выплаты льгот и пособий. Пенсионеры, продление договора страхования для членов Совета по выплате льгот и помощи для государственных служащих (PEBB) и Совета по выплате льгот и помощи работникам школ (SEBB): свяжитесь с Health Care Authority по номеру 1-800-200-1004 (TRS: 711).

[Somali] Adeegyada kaalmada luuqada, waxaa kamid ah turjumaad iyo turjubaan wixii daabacan, waxaana lagu heli karaa bilaash. Shaqaalaha: La xidhiidha xafiiska mushaharka ama gunooyinka. Hawlgabka Gudida Gunooyinka Shaqaalaha Shacabka (PEBB), Xubnaha Bixinta Sii Socota ee PEBB iyo Gudida Gunooyinka Shaqaalaha Dugsiga (SEBB): Kala Hadal Health Care Authority 1-800-200-1004 (TRS: 711).

[Spanish] Los servicios de asistencia lingüística, incluidos los intérpretes y la traducción de los materiales impresos, están disponibles de forma gratuita. Empleados: Comuníquense con su oficina de nómina o de beneficios. Jubilados de la Junta de Beneficios para Empleados Públicos (PEBB), miembros de la Cobertura de Continuación de la PEBB y de la Junta de Beneficios para Empleados Escolares (SEBB): Llamen a Health Care Authority al 1-800-200-1004 (TRS: 711).

[Swahili] Huduma za usaidizi wa lugha, ikiwemo wakalimani na tafsiri ya nyenzo zilizochapishwa, zinapatikana bila malipo. Wafanyakazi: Wasiliana na ofisi yako ya malipo au manufaa. Wastaafu wa Halmashauri ya Manufaa ya Wafanyakazi wa Umma (PEBB), Wanachama wa Halmashauri ya Manufaa ya Wafanyakazi wa Umma (PEBB) na Bima Endelevu ya Halmashauri ya Manufaa ya Wafanyakazi wa Shule (SEBB): Wasiliana na Health Care Authority kwa nambari 1-800-200-1004 (TRS: 711).

[Tagalog] Makakakuha ng walang bayad na mga serbisyo ng tulong sa wika, kasama ang mga interpreter at pagsasalín-wika ng mga naka-print na materyal. Mga Empleyado: Makipag-ugnayan sa opisina ng inyong payroll o mga benepisyo. Para sa mga Retirado ng Lupon para sa Mga Benepisyo ng Mga Pamublikong Empleyado (PEBB), mga miyembro ng PEBB at Lupon para sa Mga Benepisyo ng mga Empleyado ng Paaralan (SEBB): Tawagan ang Health Care Authority sa 1-800-200-1004 (Mga Serbisyo sa Telepono para sa May Kapansanan (TRS: 711).

[Tigrigna] ናይ ቋንቋ ሓገዝ ኣገልግሎታት፡ ተርጓሚቲን ናይ ሕትመት ናዊቲ ትርጉምን ሓዲሱ፡ ካብ ክፍሊት ነጻ ክርከቡ እዮም። ሰራተኛታት፡ ናይ ስርዓት ክፍሊት ወይ ናይ ረብሓት ቢሮ ኣዘራርቡ። ናይ ህዝቢ ሰራተኛታት ረብሓት ቢሮ (PEBB) ጡረታታት፡ ናይ ናይ ህዝቢ ሰራተኛታት ረብሓት ቢሮ (PEBB)ን ናይ ቤት ትምህርት ሰራተኛታት ረብሓት ቢሮ (SEBB)ን መቐጸልታ ሽፋን ኣላላት፡ ናብ Health Care Authority ኣብ 1-800-200-1004 (TRS: 711) ይደውሉ።

[Ukrainian] Послуги мовної підтримки, включаючи усних перекладачів і переклад друкованих матеріалів, надаються безкоштовно. Співробітникам: зв'яжіться з вашим відділом виплати заробітної плати або виплати пільг і допомог. Пенсіонери, продовження договору страхування для членів Ради з виплати пільг та допомоги для державних службовців (PEBB) і Ради з виплати пільг та допомоги шкільним працівникам (SEBB): зв'яжіться з Health Care Authority за номером 1-800-200-1004 (TRS: 711).

[Vietnamese] Chúng tôi cung cấp miễn phí các dịch vụ hỗ trợ ngôn ngữ, bao gồm thông dịch và biên dịch các tài liệu in. Nhân viên: Liên hệ với văn phòng phụ trách trả lương hoặc phúc lợi cho bạn. Người về hưu, hội viên hưởng Quyền Lợi Liên Tục của Ủy Ban Phúc Lợi Viên Chức (PEBB) và Ủy Ban Phúc Lợi Nhân Viên Giáo Dục (SEBB): Xin gọi đến Health Care Authority theo số 1-800-200-1004 (TRS: 711).



Washington State Health Care Authority
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