



GREAT COVERAGE Starts Here



THREE SIMPLE STEPS TO ENROLL



1. Understand How Your Benefits Work

Before you start comparing plan options, it's important to have a basic understanding of common health plan benefit terms. Then, you can choose the option that best suits you and your family.

See our *Glossary of Terms*

2. Select Your Primary Care Physician

When you enroll with Sutter Health Plus, you and each of your covered family members select a primary care physician (PCP). Your PCP is your health care advocate—providing or coordinating most of your care.

Search for Providers

Our Provider Locator is an easy-to-use online tool to help you search for doctors, specialists, hospitals, urgent care centers, and more. Visit sutterhealthplus.org/providersearch.

Once you've selected your PCP, enter the PCP's name and their Sutter Health Plus Provider ID on your enrollment form. If you do not select a PCP at the time of enrollment, we will select one for you.

Already a Sutter Health patient?

If your current Sutter-affiliated PCP also participates in the Sutter Health Plus network, you don't need to change physicians—even if the practice is closed to new patients. Simply include the Sutter Health Plus Provider ID and check that you're a current patient on your enrollment form.

3. Complete Your Enrollment Form

We hope that we've made this a hassle-free enrollment process for you. You are now ready to complete your enrollment form and one step closer to making an important investment in your family's health.

If you have any questions, please call Member Services at 1-855-315-5800 or visit sutterhealthplus.org.

Glossary of Terms

Annual Out-of-Pocket Maximum (OOPM): The annual OOPM is the maximum you could be responsible for in one year (some exceptions may apply, please refer to the *Evidence of Coverage and Disclosure Form*). Each family member has an annual OOPM; you will see this listed in your SBC. If you are a member in a family of two or more members, you reach the annual OOPM either when you meet the maximum for any one member, or when your family reaches the family maximum.

Coinsurance: The percent of the cost of a covered service you must pay. If your plan includes coinsurance, you will see the percent you are responsible for listed in your *Summary of Benefits and Coverage (SBC)*.

Copayment: The specific dollar amount you pay each time you see a participating provider or receive certain covered services. Copayments may vary depending on the covered service.

Deductible: The amount you must pay each year to providers before Sutter Health Plus starts to pay part of the costs for certain covered services. Once the family deductible is satisfied by any combination of individual member payments, family members continue to pay copayments or coinsurance until the family out-of-pocket maximum (OOPM) is reached. If enrolled in a self only plan, you are responsible for the self only deductible.

Health Maintenance Organization (HMO): Typically have lower monthly premiums and copays or coinsurance than Preferred Provider Organizations (PPOs).

High-Deductible Health Plan (HDHP): A medical plan with a lower premium and a higher deductible than a traditional HMO plan. Until a member meets the deductible, they will pay 100 percent of the out-of-pocket cost for the services (except preventive care) they receive. Once deductibles are met, all services are covered at the applicable cost share amount until the OOPM is met. The payments for covered services accumulate toward the annual OOPM. All non-preventive services in an HDHP accrue toward the deductible until it's been met.

Premium: The dollar amount due to Sutter Health Plus each month for health care coverage. In most cases, your employer pays part of the premium and you pay the rest, usually in the form of payroll deduction.

To see our full glossary of terms, visit sutterhealthplus.org/glossary.

MISSION

We enhance the well-being of people in the communities we serve through a not-for-profit commitment to compassion and excellence in health care services.

VISION

We deliver a seamless member experience connecting quality care and coverage with a local commitment to service excellence.

ABOUT THIS GUIDE

Selecting the right health care coverage for you and your family is a big decision. We designed this guide to help simplify the process and wrote it as if you're already a member. Take a moment to read about Sutter Health Plus.

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CONTACT INFORMATION



Member Services

1-855-315-5800
(TTY 1-855-830-3500)
Monday through Friday,
8 a.m. to 7 p.m.



Mailing Address

P.O. Box 160307
Sacramento, CA 95816



Online

sutterhealthplus.org



About Sutter Health Plus

Sutter Health Plus, a local not-for-profit HMO, offers health plans that give you access to a network of high-quality health care providers, including many of Sutter Health's affiliated hospitals, doctors and health care services. Here, providers work together to offer you easily accessible and personalized care.

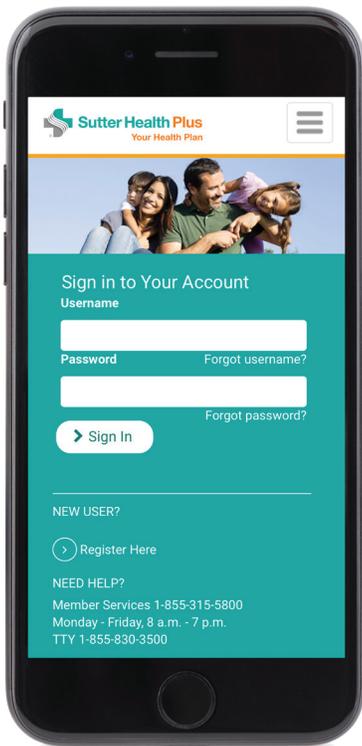
We offer traditional and deductible plan designs, including high-deductible health plans that are compatible with health savings accounts.

Our affordably priced health plans give you and your family access to:

- A high-quality network of local providers and hospitals
- Comprehensive medical benefits
- A 24/7 nurse advice line
- Health coaching and disease management programs
- Preventive care services at no additional out-of-pocket cost
- Coverage for urgent and emergency care anywhere in the world
- A secure member portal to access eligibility, benefits, copays, claims, member identification (ID) cards, and more
- Health and Wellness site
- My Health Online (offered by select providers) to schedule appointments, email care team, view test results and access your records



Online Tools

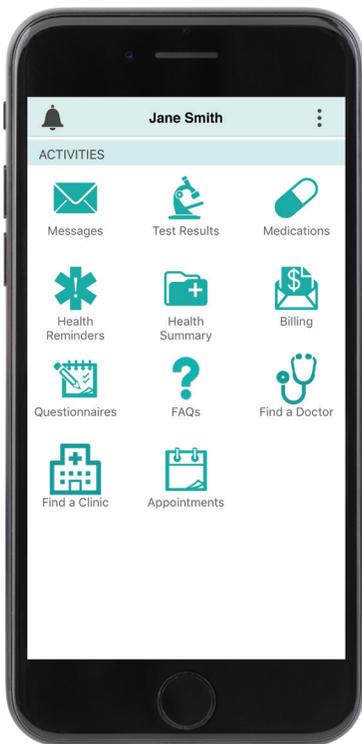


Member Portal

We offer a member portal for your convenience. After you register for the portal, you will have easy access from your smartphone, tablet or computer to:

- A summary of individual and family deductibles and out-of-pocket balances
- Your *Benefits and Coverage Matrix*, *Evidence of Coverage and Disclosure Form* and *Summary of Benefits and Coverage* documents
- Eligibility, benefits, copays, and claims information
- Navigate to the Health and Wellness site
- Sutter Health Plus forms, resources and member newsletter
- Change your primary care physician (PCP)
- Request or print member ID cards

▶ **For more information go to:**
sutterhealthplus.org/members



My Health Online

My Health Online is offered by select Sutter Health Plus participating providers.* With My Health Online, it's easy to stay connected with your care team and have 24/7 access to your health information. You can:

- Email your care team
- Make an appointment
- Renew prescriptions
- View test results
- Update your health history
- Pay bills online

▶ **For more information go to:**
myhealthonline.sutterhealth.org

*Please refer to pages 9 and 10.



Pharmacy Benefit Portal

MedImpact manages pharmacy benefits for Sutter Health Plus. Create an account on the MedImpact Member Portal to access your pharmacy benefit information including:

- Pharmacy locator tool
- Drug-pricing tool
- Mail order pharmacy information
- Specialty pharmacy information

▶ **For more information go to:**
sutterhealthplus.org/pharmacy



Health and Wellness Site

As a Sutter Health Plus member you gain access to an online Health and Wellness site. Here you will find tools and resources to help you achieve your personal health and wellness goals. See the Wellness section for details.

▶ **Navigate through your Member Portal**



Pharmacy Benefits

Sutter Health Plus partners with MedImpact for prescription benefits, including retail, mail order and specialty prescriptions.

Retail

Pick up your medications at most independent pharmacies and chains, including convenient locations where you likely shop—CVS Pharmacy, Raley's, Bel Air, Safeway and Walgreens, to name a few.

Mail Order

Sign up for mail order pharmacy service through Postal Prescription Services and receive:

- Up to a three-month supply, as your benefit plan allows, of your maintenance medications for the cost of two retail copays
- Free standard shipping of your medication

Specialty

Specialty medications are purchased through AllianceRx Walgreens Prime. These medications can be mailed to your home at no cost, or you may request to pick them up at your local Walgreens pharmacy.

MedImpact Pharmacy Portal

View sample pharmacy benefits for some of our most popular plans through the MedImpact Member Portal as well as:

- Pharmacy locator tool
- Drug price check tool
- Sutter Health Plus formulary
- Mail order pharmacy information
- Specialty pharmacy information

Visit sutterhealthplus.org/pharmacy

Wellness

Sutter Health Plus offers a variety of programs designed to help you and your family maintain healthy lifestyles.

Health and Wellness Site

As a member, you gain access to our Health and Wellness site designed with your physical and mental health in mind. The site provides health-related tools and resources to help you achieve your personal health and wellness goals.

Start your wellness journey with a comprehensive personal health assessment (PHA). You complete the confidential, easy-to-use online questionnaire about your health history and lifestyle behaviors. The system analyzes your answers to develop your customized risk report—a snapshot of your current health status. You can also generate a provider version that you can bring to your doctor appointments if you want to discuss any concerns.

Once you take your PHA, you can use any of the 12 available action plan modules, such as Healthy Eating, Stress Management, and Heart Disease Prevention. These modules can help you take small steps toward your health and wellness goals.

You can easily access the Health and Wellness site through your secure Sutter Health Plus member portal account.

Health Coaching Program

As a Sutter Health Plus member you have access to the Health Coaching Program to help with healthy weight, tobacco cessation and stress management—all at no additional out-of-pocket cost. This program combines personal life coaching with personal accountability as a way of engaging you in effectively managing your health condition or achieving wellness goals. You will work one-on-one with a coach to uncover barriers to self-management, link behavior to personal values, and set goals to make healthier lifestyle choices.

Participation is easy. Coaching appointments are by telephone and the first call lasts no more than 20 minutes. You and your coach decide how to work together to address needs, concerns and preferences.

Sutter Health Telephonic Disease Management Program

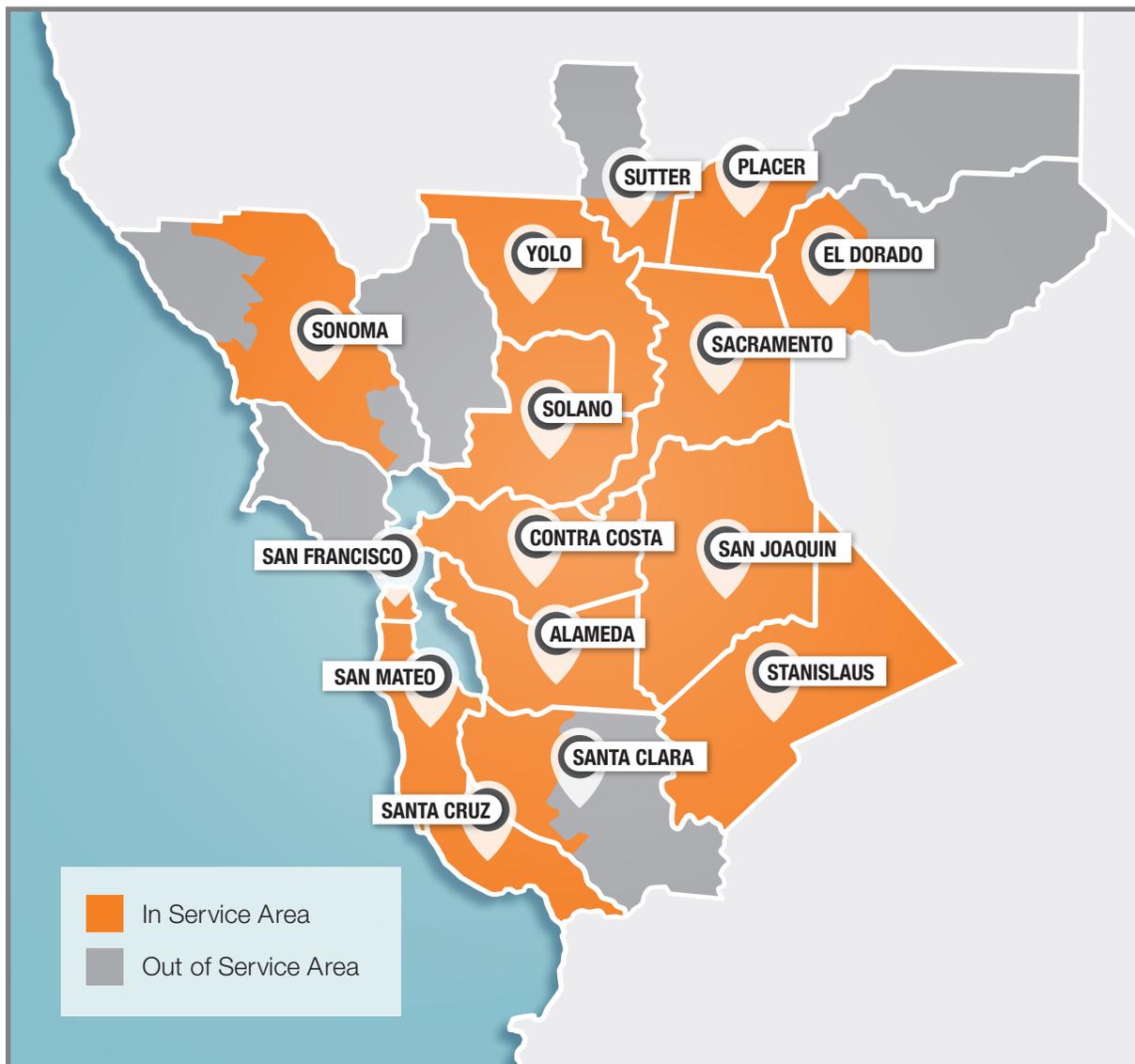
Sutter Health Plus offers you access to the Sutter Health Telephonic Disease Management Program if you have one of the following conditions:

- Asthma
- Heart failure
- High cholesterol
- Diabetes
- High blood pressure

You can enroll or your doctor can refer you into one or more of the programs. We also identify members who have these health conditions and provide the appropriate outreach. Once enrolled in the no additional out-of-pocket cost program, we will work with you and your provider to improve your health.

The Sutter Health Plus Network

With the Sutter Health Plus network, you can take advantage of conveniently-located care centers and facilities in your community. This includes access to high-quality primary care doctors, specialists, labs and diagnostic imaging centers, urgent care centers, hospitals and other health care services. To view all providers and facilities in the service area, please visit sutterhealthplus.org/providersearch.



Accessing Care



Sutter Walk-In Care

In select areas, there's Sutter Walk-In Care, with same-day visits for simple, everyday health needs:

- Booster shots, immunizations and wellness screenings
- Colds, flu and strep throat
- Minor injuries such as cuts, burns, sprains and muscle strains
- Allergies, ear and sinus infections

For a list of Sutter Walk-In Care clinics near you, visit sutterhealthplus.org/walk-in.



Urgent Care

You have convenient access to high-quality urgent care* services, offering timely care for unforeseen illnesses or injuries requiring immediate attention, including:

- Mild to moderate asthma attacks
- Moderate injuries such as burns or breaks
- Moderate illnesses such as vomiting, fever and diarrhea

For a list of urgent care centers near you, visit sutterhealthplus.org/urgent.



Hospital Care

You have access to a comprehensive network of hospitals providing 24/7 emergency* care and a variety of services** including:

- Cancer
- Neurosurgery
- Surgical
- Cardiology
- Orthopedic
- Trauma
- Neonatal
- Rehabilitation
- Women's and children's

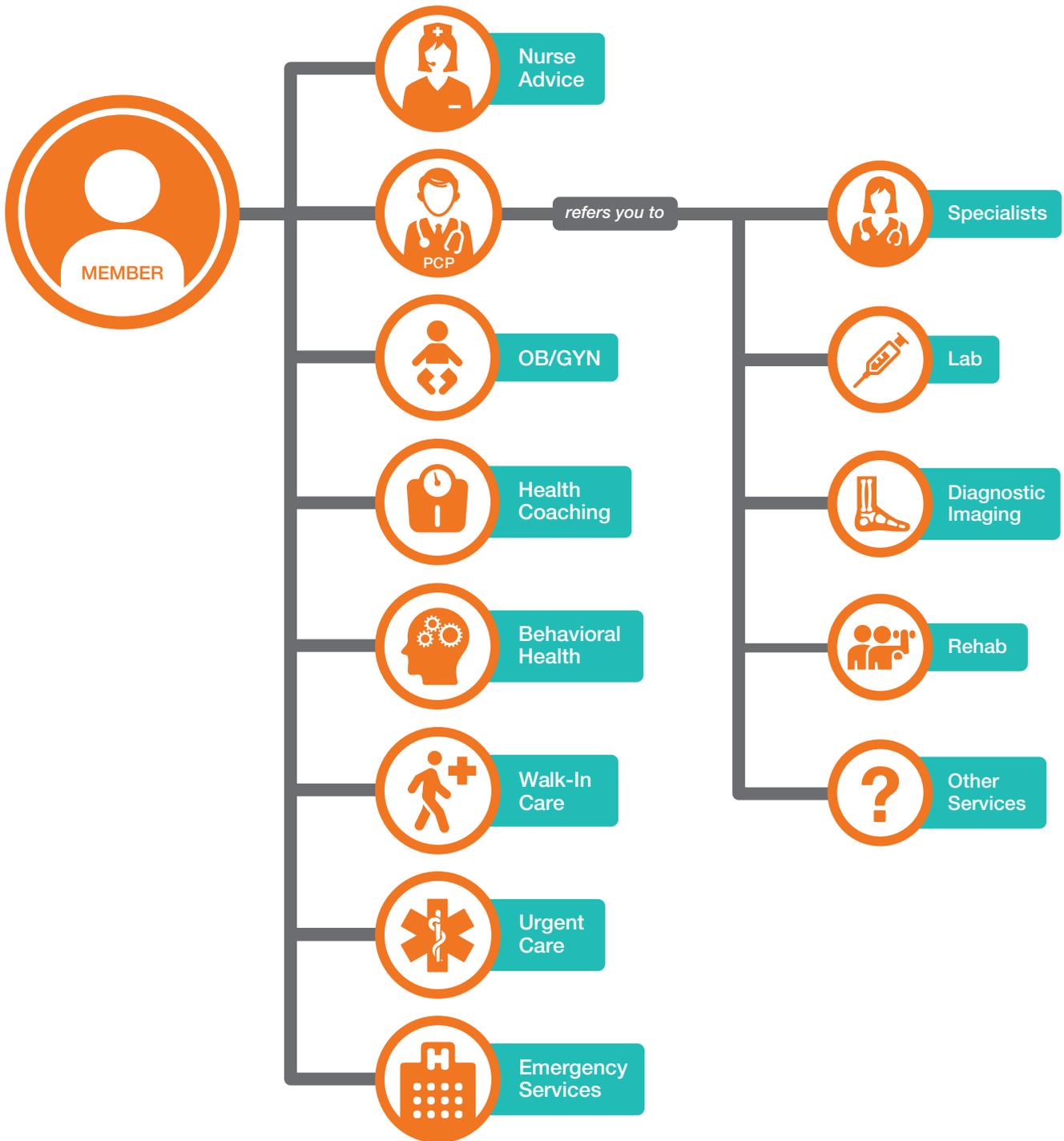
For a list of hospitals near you, visit sutterhealthplus.org/providersearch.

*Coverage includes worldwide out-of-area urgent and emergency care.

**For non-emergency care, you can access hospital services through a referral or prior authorization through your PCP.

Understanding Your Medical Group

When you choose your PCP, you're also choosing their affiliated medical group and care team. Your PCP will refer you, as needed, for specialty care, X-ray, laboratory and other services. Many covered services, including visits to a specialist, require a referral or prior authorization from your medical group. Your PCP will refer you in-network for most services. If services aren't available, your PCP will refer you for out-of-network services and will request authorizations when necessary.



The following information will help you understand your medical group and the facilities you can access.



Valley Area
El Dorado, Placer, Sacramento, Solano, Sutter and Yolo Counties

Affiliated Medical Groups

- Sutter Independent Physicians*
- Sutter Medical Group**
- Sutter Medical Group - Solano**

Hospitals

- Sutter Auburn Faith Hospital
- Sutter Davis Hospital
- Sutter Medical Center, Sacramento
- Sutter Roseville Medical Center
- Sutter Solano Medical Center



Valley Area
San Joaquin and Stanislaus Counties

Affiliated Medical Group

- Sutter Gould Medical Foundation**

Hospitals

- Dameron Hospital
- Memorial Medical Center
- St. Joseph's Medical Center
- Sutter Tracy Community Hospital



Bay Area
Alameda and Contra Costa Counties

Affiliated Medical Groups

- Affinity Medical Group
- Alta Bates Medical Group
- Sutter East Bay Medical Foundation**

Hospitals

- Alta Bates Summit Medical Center
 - Alta Bates Campus
 - Summit Campus
- Children's Hospital Oakland
- Eden Medical Center
- San Ramon Regional Medical Center
- Sutter Delta Medical Center

*Select providers offer My Health Online
**Offers My Health Online



Bay Area
Alameda, San Mateo, Santa Clara and Santa Cruz Counties

Affiliated Medical Groups

- Affinity Medical Group
- Mills-Peninsula Physicians Network*
- Palo Alto Medical Foundation**

Hospitals

- Alta Bates Summit Medical Center
 - Alta Bates Campus
 - Summit Campus
- Eden Medical Center
- El Camino Hospital
 - Los Gatos Campus
 - Mountain View Campus
- Lucile Packard Children's Hospital
- Mills-Peninsula Medical Center
- Menlo Park Surgical Hospital
- San Ramon Regional Medical Center
- Sequoia Hospital
- Sutter Maternity & Surgery Center
- ValleyCare Medical Center
- Watsonville Community Hospital



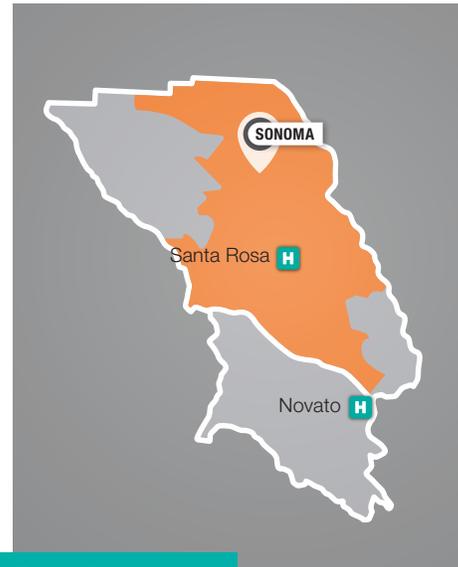
Bay Area
San Francisco County

Affiliated Medical Group

- Brown & Toland Medical Group

Hospitals

- California Pacific Medical Center
- California Campus
- Davies Campus
- Pacific Campus
- St. Luke's Campus



Bay Area
Sonoma County

Affiliated Medical Group

- Sutter Medical Group of the Redwoods**

Hospitals

- Novato Community Hospital serving southern Sonoma County
- Sutter Santa Rosa Regional Hospital

*Select providers offer My Health Online

**Offers My Health Online

Alternate Geographic Access Standards

The Sutter Health Plus service area includes 15 counties.

Many providers are concentrated in the more populous areas of the counties. Members residing in the following ZIP codes may need to travel to access a participating PCP and non-emergency hospital services.

PCPs and Hospitals

Within 15–30 miles

Alameda County:

- 94538 – Fremont (hospital) 17.4 miles
- 94539 – Fremont (hospital) 19.5 miles
- 94550 – Livermore (PCP and hospital) 24.5 miles
- 94551 – Livermore (hospital) 19 miles
- 94566 – Pleasanton (hospital) 18.2 miles
- 94586 – Sunol (hospital) 23.4 miles

Contra Costa County:

- 94507 – Alamo (hospital) 16.2 miles
- 94506 – Danville (hospital) 16.9 miles
- 94553 – Martinez (hospital) 18.1 miles
- 94523 – Pleasant Hill (hospital) 16.1 miles
- 94588 – Pleasanton (hospital) 16.4 miles

El Dorado County:

- 95672 – Rescue (hospital) 22 miles
- 95682 – Shingle Springs (hospital) 25 miles

Sacramento County:

- 95690 – Walnut Grove (hospital) 28 miles

San Mateo County:

- 94021 – Loma Mar (hospital) 22 miles
- 94060 – Pescadero (PCP and hospital) 26.2 miles

Santa Cruz County:

- 95005 – Ben Lomond (Hospital) 18 Miles
- 96006 – Boulder Creek (PCP) 23 Miles
- 95060 – Santa Cruz (PCP) 17 Miles
- 95060 – Santa Cruz (Hospital) 22 Miles

Sonoma County:

- 95441 – Geyserville (hospital) 20 miles
- 95442 – Glen Ellen (hospital) 18 miles
- 95446 – Guerneville (hospital) 18 miles
- 95465 – Occidental (hospital) 16 miles

Stanislaus County:

- 95329 – La Grange (hospital) 30 miles
- 95230 – Eugene (hospital) 28 miles
- 95360 – Newman (hospital) 25 miles

Yolo County:

- 95606 – Brooks (PCP) 23 miles
- 95637 – Guinda (PCP) 29 miles
- 95937 – Dunnigan (hospital) 27 miles

Greater than 30 miles

Sacramento County:

- 95638 – Clay Station (hospital) 32 miles
- 95641 – Isleton (hospital) 36 miles

Solano County:

- 94571 – Rio Vista (hospital) 35 miles

Sonoma County:

- 95421 – Cazadero (hospital) 31 miles
- 95425 – Cloverdale (hospital) 31 miles
- 95450 – Jenner (hospital) 31 miles

Yolo County:

- 95606 – Brooks (hospital) 34 miles
- 95637 – Guinda (hospital) 38 miles
- 95679 – Rumsey (hospital) 47 miles
- 95679 – Rumsey (PCP) 38 miles

Frequently Asked Questions

What is the difference between Sutter Health and Sutter Health Plus?

Sutter Health is a not-for-profit health system that includes doctors, hospitals and other health care services in Northern California. Sutter Health Plus is a not-for-profit HMO affiliated with Sutter Health that provides health care coverage to individuals and employer groups.

Do I have to choose a PCP?

Yes. When you join Sutter Health Plus, you select a PCP. When you choose your PCP, you are also selecting a medical group. Your PCP provides most of your primary health care and coordinates care from other providers. Your PCP will refer you as needed to providers for specialty care, X-ray, laboratory, and other medical services.

How do I find and select a PCP?

You can find a PCP by visiting the Provider Locator on the Sutter Health Plus website at sutterhealthplus.org/providersearch. After you find a PCP, enter the provider's name and Sutter Health Plus provider identification number on your enrollment application. If you do not select a PCP, Sutter Health Plus will assign you one.

What if I want to change my PCP later?

You can change your PCP by calling Sutter Health Plus Member Services or through the Sutter Health Plus Member Portal at shplus.org/memberportal.

How can I find out if my current Sutter Health-affiliated provider is included in the Sutter Health Plus network?

Visit sutterhealthplus.org/providersearch to see if your current or preferred doctor (PCP or specialist) is included in the Sutter Health Plus provider network.

How can I keep my current PCP or specialist?

If your current PCP is a Sutter Health Plus participating provider, you must actively select the provider as your PCP. Enter the provider's name and Sutter Health Plus provider identification number (not the National Provider Identifier or NPI) on your enrollment application.

If you know you need specialty care and have a specific Sutter Health Plus specialist in mind, you need to select a PCP that is in the same medical group as the specialist. First, check the directory to see what medical group the specialist is in. Second, choose a PCP within that medical group. Then, ask your PCP for a referral to the specialist.

Are all Sutter Health-affiliated providers included in the Sutter Health Plus network?

No. Sutter Health Plus has a service area where we offer health care coverage. Not all Sutter Health-affiliated hospitals, physician organizations and other health care services are in the Sutter Health Plus service area or network. Visit sutterhealthplus.org/providersearch for a list of participating providers and locations.

Can I go to a non-participating provider?

Sutter Health Plus does not cover care with non-participating providers unless your medical group provides a referral or prior authorization. Your medical group will only use non-participating providers when it is unable to provide the needed care within its contracted network.

What if I need to see a specialist?

Many covered services, including visits to a specialist, require a referral or prior authorization from your medical group. If you go to providers outside the network, you will have to pay all of the cost, unless you receive prior authorization from your medical group or you need emergency services or urgent care. Check with your medical group or refer to your *Evidence of Coverage and Disclosure Form (EOC)* for services that require a prior authorization.

What if a participating provider isn't available to treat my condition?

If there are no participating providers in your medical group who can treat a specific condition, your assigned PCP and medical group will coordinate a referral and prior authorization for care with non-participating providers as needed.

Is my current medication covered?

Check the Sutter Health Plus Formulary at sutterhealthplus.org/pharmacy to see if your medication requires a prior authorization. If so, you need to know about the Medication Continuity of Care process described in your *EOC*.

May I continue my current treatment with a provider that is outside of the Sutter Health Plus network?

If you currently receive treatment from a physician not in the Sutter Health Plus network, in certain circumstances you may qualify for Continuity of Care (COC). If you meet the criteria for COC, you can request to temporarily remain with your current treating provider by completing a COC form located at sutterhealthplus.org/forms.

What is Sutter Health Plus' service area?

Sutter Health Plus has a service area where we offer health care coverage. Learn more about our service area on page 6.

If I live outside of the service area can I select Sutter Health Plus?

To qualify for membership you must live, reside or work in the Sutter Health Plus service area.

My child is a student living outside of the service area. How can he or she get medical care?

Your child must select a PCP within the Sutter Health Plus service area who will provide primary care or coordinate care from other participating providers. While Sutter Health Plus covers out-of-area urgent and emergency care, your child must receive all routine and follow-up care from the assigned medical group within the service area.

How will Sutter Health Plus obtain my previous medical records?

If your former medical group is Kaiser Permanente, UC Davis Medical Group, UC San Francisco Health, John Muir or Stanford Health, your Sutter Health Plus provider will have electronic access to your medical records; if you request a copy of your medical records for personal use or to deliver to some or all of your new providers, your former provider may charge a fee.

If your former medical group is Sutter Independent Physicians or Brown & Toland Medical Group, you will need to send a Medical Records Request Form to your former physician to release your records. Talk to your new Sutter Health Plus provider about the process.

When will I receive a Sutter Health Plus member ID card and what information does the card contain? Will my dependents receive their own ID cards?

Sutter Health Plus mails member ID cards for each covered member within a few days of your health plan effective date. Your PCP and medical group are identified on the ID card. Your ID card includes other important contact information for you and your providers. You should always present it when you seek medical care. You'll also receive a Welcome Book that contains important information and resources to help you navigate your health care.

What happens if I need care while I'm traveling or on vacation?

Sutter Health Plus provides coverage for urgent and emergency care anywhere in the world. In the case of an emergency, call 9-1-1 or go to the nearest hospital. If you have a medical issue and need urgent care, visit the nearest urgent care. You can find a list of urgent care locations at sutterhealthplus.org/urgent.

You may also call the 24/7 nurse advice line for immediate information about medical problems. Registered nurses can help you determine the right level of care for your health needs.

How can I manage my health online?

With My Health Online (offered by select participating providers) you can securely schedule appointments; request prescription refills; email your care team; view lab and most test results; and access medical records.

I have other questions not listed here. Who can I contact for more information?

Sutter Health Plus Member Services is available to answer your questions Monday through Friday, 8 a.m. to 7 p.m., at 1-855-315-5800 (TTY: 1-855-830-3500).

Language Assistance

Language assistance services, including translations of vital documents and interpreter services are available for our members who have limited or no ability to speak English. These language assistance services are available to you at no cost. To get an interpreter or to ask about written information in your language, please contact Sutter Health Plus Member Services at 1-855-315-5800 (TTY 1-855-830-3500).

Notice of Language Assistance

IMPORTANT: Can you read this? If not, Sutter Health Plus can have somebody help you read it. You may also be able to get this written in your language. For no-cost help, please call Sutter Health Plus Member Services at 1-855-315-5800 (TTY 1-855-830-3500). (English)

IMPORTANTE: ¿Puede leer esto? Si no puede, Sutter Health Plus puede proporcionarle alguien que le ayude a leerlo. También puede obtenerlo por escrito en su idioma. Llame a Sutter Health Plus Member Services al 1-855-315-5800 (TTY 1-855-830-3500), sin costo alguno. (Spanish)

重要提示： 您能讀懂這份文件嗎？如果不能，Sutter Health Plus 可以找人幫助您讀它。您還可能得到用您的語言書寫的這份文件。若需要免費幫助，請致電 Sutter Health Plus 會員服務，電話號碼 1-855-315-5800 (TTY 1-855-830-3500)。(Chinese)

ملحوظة مهمة: هل أنت قادر على قراءة هذا؟ إذا لم تكن قادرًا فاعلم أن صتر هيلث بلاس (Sutter Health Plus) قد يكون لديهم شخصًا يمكنه مساعدتك في قراءة هذا النص. كما يمكنك أيضًا أن تتلقاه مكتوبًا بلغتك. للحصول على مساعدة مجانية، برجاء الاتصال بخدمات أعضاء صتر هيلث بلاس (Sutter Health Plus Member Services) على هاتف 1-855-315-5800 (هاتف النص المرئي [TTY] 1-855-830-3500). (Arabic)

ԿԱՐԵՎՈՐ ՏԵՂԵԿԱՏՎՈՒԹՅՈՒՆ. Կարո՞ղ եք կարդալ սա: Եթե ոչ, Sutter Health Plus-ը կարող է տրամադրել մեկին, ով կօգնի Ձեզ կարդալ այն: Դուք կարող եք նաև ստանալ այն գրված Ձեր լեզվով: Անվճար օգնության համար խնդրում ենք զանգահարել Sutter Health Plus-ի Անդամների սպասարկման բաժին՝ 1-855-315-5800 (TTY 1-855-830-3500) հեռախոսահամարով: (Armenian)

សារ:សំខាន់៖ តើអ្នកអាចអានសេចក្តីនេះឬទេ? បើសិនមិនអាចទេ Sutter Health Plus អាចមាននរណាម្នាក់ជួយអានវាជូនអ្នក ។ អ្នកក៏អាចនឹងឲ្យបានសេចក្តីនេះ សរសេរជាភាសារបស់អ្នកដែរ។ សំរាប់ជំនួយដោយឥតអស់ថ្លៃ សូមទូរស័ព្ទទៅ ផ្នែកសេវាសមាជិក Sutter Health Plus តាមលេខ 1-855-315-5800 (TTY 1-855-830-3500)។ (Cambodian)

نکته مهم: آیا می توانید این مطالب را بخوانید و بفهمید؟ اگر نمی توانید، Sutter Health Plus می تواند از فردی کمک بگیرد تا آنرا برایتان بخواند. همچنین امکان ترجمه این مطالب به زبان فارسی وجود دارد. برای دریافت خدمات و کمک رایگان، لطفاً با دفتر خدمات اعضای Sutter Health Plus با شماره تلفن 1-855-315-5800 (TTY 1-855-830-3500) تماس بگیرید. (Farsi)

महत्वपूर्ण: क्या आप इसे पढ़ सकते/सकती हैं? यदि नहीं, तो सटर हेल्थ प्लस इसे पढ़ने में किसी से आपकी सहायता करवा सकता है। आप इसे अपनी भाषा में भी लिखवाने में समर्थ हो सकते/सकती हैं। निःशुल्क सहायता के लिए, कृपया 1-855-315-5800 (TTY 1-855-830-3500) पर सटर हेल्थ प्लस मेंबर सर्विसेस को कॉल करें। (Hindi)

LUS TSEEM CEEB: Koj nyeem puas tau tsab ntawv no? Yog koj nyeem tsis tau, Sutter Health Plus muaj neeg pab nyeem rau koj. Tsis tas li ntawd xwb, peb tuaj yeem muab sau ua hom lus koj nyeem tau rau koj tib si. Yog koj xav tau kev pab pub dawb, thov hu rau Sutter Health Plus Lub Chaw Pab Cuam Tswv Cuab ntawm tus xov tooj 1-855-315-5800 (TTY 1-855-830-3500). (Hmong)

重要なお知らせ：これを読むことができます？読めない場合は、Sutter Health Plus が読むのをお手伝いします。あなたの言語で表示できるかもしれません。無料のご相談は、Sutter Health Plus Member Services、電話：1-855-315-5800 (TTY 1-855-830-3500) まで。(Japanese)

중요: 귀하는 이것을 읽으실 수 있습니까? 만약 읽으실 수 없다면, Sutter Health Plus 에서 다른 사람에게 부탁하여 그것을 읽으실 수 있도록 도와드릴 수 있습니다. 또한 이것을 귀하의 사용 언어로 작성해 받으실 수도 있습니다. Sutter Health Plus 회원 서비스(1-855-315-5800 (TTY 1-855-830-3500))에 전화를 하시어 무상으로 도움을 받으십시오. (Korean)

ໝາຍເຫດ: ທ່ານອ່ານໄດ້ຈົດໝາຍສະບັບນີ້ບໍ່? ຖ້າອ່ານບໍ່ໄດ້, ທາງ Sutter Health Plus ມີພະນັກງານຊ່ວຍອ່ານໃຫ້ທ່ານ. ນອກຈາກນັ້ນ, ພວກເຮົາຍັງສາມາດຂຽນເປັນພາສາຂອງທ່ານໃຫ້ທ່ານອີກດ້ວຍ. ຖ້າທ່ານຕ້ອງການຄວາມຊ່ວຍເຫຼືອໂດຍບໍ່ເສຍຄ່າບໍລິການ, ກະລຸນາຕິດຕໍ່ ໜ່ວຍບໍລິການຂອງ Sutter Health Plus ທີ່ໝາຍເລກໂທລະສັບ 1-855-315-5800 (TTY 1-855-830-3500). (Laotian)

ਅਹਿਮ: ਕੀ ਤੁਸੀਂ ਇਸ ਨੂੰ ਪੜ੍ਹ ਸਕਦੇ ਹੋ? ਜੇ ਨਹੀਂ ਤਾਂ, Sutter Health Plus (ਸੱਟਰ ਹੈਲਥ ਪਲਸ) ਕਿਸੇ ਤੋਂ ਇਹ ਪੜ੍ਹਨ ਵਿੱਚ ਤੁਹਾਡੀ ਮੱਦਦ ਕਰਵਾ ਸਕਦਾ ਹੈ। ਤੁਸੀਂ ਇਸ ਨੂੰ ਆਪਣੀ ਭਾਸ਼ਾ ਵਿੱਚ ਵੀ ਲਿਖਵਾ ਸਕਦੇ ਹੋ। ਮੁਫਤ ਮੱਦਦ ਲਈ ਕਿਰਪਾ ਕਰ ਕੇ Sutter Health Plus Member Services ਨੂੰ 1-855-315-5800 (TTY 1-855-830-3500) ਉੱਤੇ ਕਾਲ ਕਰੋ। (Punjabi)

ВАЖНО: Вы можете это прочитать? Если нет, Sutter Health Plus может предоставить Вам кого-то, кто сможет помочь Вам прочитать это. Вы также можете получить это в письменной форме на своем языке. Для бесплатной помощи позвоните в Службу поддержки членов Sutter Health Plus по телефону 1-855-315-5800 (TTY 1-855-830-3500). (Russian)

MAHALAGA: Nababasa mo ba ito? Kung hindi, maaari kang bigyan ng Sutter Health Plus ng taong babasa para sa iyo. Maaari mo ding hilingin na isulat ito sa iyong wika. Para sa walang-gastos na tulong, mangyaring tumawag sa Sutter Health Plus Member Services sa 1-855-315-5800 (TTY 1-855-830-3500). (Tagalog)

สำคัญ: คุณอ่านออกหรือไม่ ถ้าอ่านไม่ออก Sutter Health Plus สามารถให้คนมาช่วยคุณอ่านได้ นอกจากนี้ คุณยังสามารถขอรับเนื้อหานี้เป็นภาษาของคุณได้อีกด้วย หากต้องการความช่วยเหลือโดยไม่มีค่าใช้จ่าย กรุณาโทรหา Sutter Health Plus Member Services ที่ 1-855-315-5800 (TTY 1-855-830-3500) (Thai)

QUAN TRỌNG: Qu. vị có thể đọc thông tin này không? Nếu không, Sutter Health Plus có thể yêu cầu ai đó đọc giúp cho qu. vị. Qu. vị cũng có thể nhận được thông tin này dưới dạng văn bản bằng ngôn ngữ của qu. vị. Để được hỗ trợ miễn phí, vui lòng gọi cho ban Dịch Vụ Thành Viên của Sutter Health Plus theo số 1-855-315-5800 (TTY 1-855-830-3500). (Vietnamese)

sutterhealthplus.org

Have questions? Call us at 1-855-315-5800



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