



# New Mexico PPACA\* \$0 cost share contraceptives<sup>1,2,3,4</sup>

Effective: September 1, 2026



# Birth control - Advantage and Essential prescription drug list (PDL)

## Over-the-counter birth control (contraceptives) for women

### Birth Control Contraceptives

The following forms of birth control (contraceptives) are available OTC and will be covered at \$0 cost share when filled at a network pharmacy. Ask your pharmacy to submit a claim\* to UnitedHealthcare.

Condoms

Contraceptive films

Contraceptive foams

Contraceptive gels

Contraceptive sponges

Contraceptive suppositories

Emergency birth control (contraceptives) (AfterPill, generic for Plan B, generic for Plan B One-Step)

Opill

\*In certain scenarios, your pharmacy may ask you to contact your healthcare provider for a prescription.

## Prescription birth control (contraceptives)

KEY

**pill** = Hormonal Birth Control Pill (oral contraceptive)

**ring** = Hormonal Birth Control Ring (contraceptive vaginal ring)

**shot** = Hormonal Birth Control Shot (injectable contraceptive)

**patch** = Hormonal Birth Control Patch (contraceptive transdermal patch)

### Brand Birth Control (contraceptives)

**shot** Depo-SubQ Provera 104mg

**pill** Lo Loestrin FE

**pill** Natazia

### Generic Birth Control (contraceptives)

**pill** Afirmelle, Aubra EQ, Aviane, Delyla, Falmina, Lessina, Levonorgestrel/Ethinyl Estradiol 0.1/0.02 mg, Lutera, Sronyx, Vienva (generic Alesse)

**pill** Altavera, Ayuna, Chateal EQ, Kurvelo, Levonorgestrel/Ethinyl Estradiol 0.15/0.03 mg, Levora-28, Marlissa, Portia-28 (generic Nordette)

**pill** Alyacen 1/35, Dasetta 1/35, Nortrel 1/35, Nylia 1/35 (generic Ortho-Novum 1/35)

**pill** Alyacen 7/7/7, Dasetta 7/7/7, Nortrel 7/7/7, Nylia 7/7/7 (generic Ortho-Novum 7/7/7)

**pill** Amethyst, Dolishale, Levonorgestrel/Ethinyl Estradiol 0.09/0.02 mg (generic Lybrel)

**pill** Apri, Cyred EQ, Enskyce, Isibloom, Juleber, Kalliga, Reclipsen (generic Desogen, Ortho-Cept)

**pill** Aranelle, Leena (generic Tri-Norinyl)

**pill** Ashlyna, Camrese, Daysee, Jaimiess, Levonorgestrel/Ethinyl Estradiol 0.15/0.03 mg (84), Simpesse (generic Seasonique)

**pill** Aurovela, Hailey, Junel, Larin, Luiza 1.5/30, Microgestin, Norethindrone/Ethinyl Estradiol 1.5mg/30 mcg (generic Loestrin 1.5 mg/30 mcg)

**pill** Aurovela, Junel, Larin, Luiza 1/20, Microgestin, Norethindrone/Ethinyl Estradiol 1 mg/20 mcg (generic Loestrin 1 mg/20 mcg)

**pill** Aurovela 24 FE, Blisovi 24 FE, Hailey 24 FE, Junel 24 FE, Larin 24 FE, Tarina 24 FE (generic Loestrin 24 FE)

**pill** Aurovela FE, Blisovi FE, Hailey FE, Junel FE, Larin FE, Microgestin FE, Norethindrone/Ethinyl Estradiol/FE, Tarina FE (generic Loestrin FE)

| Generic Birth Control (contraceptives) continued... |                                                                                                                                                                             |
|-----------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>pill</b>                                         | Azurette, Desogestrel/Ethinyl Estradiol 0.15/0.02 mg, Kariva, Pimtrea, Simliya, Viorele, Volnea (generic Mircette)                                                          |
| <b>pill</b>                                         | Balziva, Briellyn, Norethindrone/Ethinyl Estradiol 0.4 mg/0.35 mg, Philith, Vyfemla (generic Ovcon-35)                                                                      |
| <b>pill</b>                                         | Camila, Deblitane, Emzahh, Errin, Heather, Incassia, Jencycla, Lyleq, Lyza, Meleya, Nora-BE, Norethindrone 35 mcg, Norlyroc, Orquidea, Sharobel (generic Micronor, Nor-Q-D) |
| <b>pill</b>                                         | Camrese Lo, Levonorgestrel/Ethinyl Estradiol 0.1/0.02 mg (84), LoJaimiess (generic LoSeasonique)                                                                            |
| <b>pill</b>                                         | Charlotte 24 FE, Finzala, Mibelas 24 FE, Norethindrone/Ethinyl Estradiol FE 1/0.02 mg Chewable (generic Minastrin 24 FE)                                                    |
| <b>pill</b>                                         | Cryselle-28, Elinest, Low-Ogestrel, Turqoz (generic Lo/Ovral)                                                                                                               |
| <b>pill</b>                                         | Drospirenone/Ethinyl Estradiol/Levomefolate 3-0.03-0.451 mg, Tydemy (generic Safyral)                                                                                       |
| <b>ring</b>                                         | Eluryng, Enilloring, Etonogestrel/Ethinyl Estradiol 0.12/0.015 mg/24 hr, Haloette (generic NuvaRing)                                                                        |
| <b>pill</b>                                         | Enpresse-28, Levonest, Levonorgestrel/Ethinyl Estradiol 6-5-10, Trivora-28 (generic Triphasil)                                                                              |
| <b>pill</b>                                         | Estarylla, Mili, Mono-Linyah, Norgestimate/Ethinyl Estradiol 0.25/0.035 mg, Sprintec-28, Vylibra (generic Ortho-Cyclen)                                                     |
| <b>pill</b>                                         | Ethynodiol Diacetate/Ethinyl Estradiol 1/0.035 mg, Kelnor 1/35, Valtia 1/35, Zovia 1/35 (generic Demulen 1/35)                                                              |
| <b>pill</b>                                         | Ethynodiol Diacetate/Ethinyl Estradiol 1/0.05 mg, Kelnor 1/50, Valtia 1/50 (generic Demulen 1/50)                                                                           |
| <b>pill</b>                                         | Galbriela chew, Kaitlib FE Chew, Layolis FE Chew, Norethindrone/Ethinyl Estradiol FE 0.8/0.025 mg Chew (generic Generess FE)                                                |
| <b>pill</b>                                         | Iclevia, Introvale, Jolessa, Levonorgestrel/Ethinyl Estradiol 0.15/0.03 mg, Setlakin (generic Seasonale)                                                                    |
| <b>pill</b>                                         | Joyeaux, Levonorgestrel/Ethinyl Estradiol FE 0.1 mg/20 mcg, Minzoya (generic Balcoltra)                                                                                     |
| <b>pill</b>                                         | Levonorgestrel/Ethinyl Estradiol, Rivelsa, Rosyrah (generic Quartette)                                                                                                      |
| <b>shot</b>                                         | Medroxyprogesterone Acetate 150 mg (generic Depo-Provera 150 mg)                                                                                                            |
| <b>pill</b>                                         | Necon 0.5 mg/35 mcg, Nortrel 0.5 mg/35 mcg, Wera 0.5 mg/35 mcg (generic Brevicon, Modicon)                                                                                  |
| <b>patch</b>                                        | Norelgestromin/Ethinyl Estradiol 150/35 mcg, Xulane, Zafemy (generic Ortho Evra)                                                                                            |
| <b>pill</b>                                         | Norethindrone/Ethinyl Estradiol FE 0.4/0.35 mg, Wymzya FE, Xelria FE (generic Femcon FE)                                                                                    |
| <b>pill</b>                                         | Norethindrone/Ethinyl Estradiol FE 1-20/1-30/1-35 mg-mcg, Tilia FE, Tri-Legest FE, Xarah FE (generic Estrostep FE)                                                          |
| <b>pill</b>                                         | Norgestimate/Ethinyl Estradiol 0.18-0.215-0.25/0.035 mg, Tri-Estarylla, Tri-Linyah, Tri-Mili, Tri-Nymyo, Tri-Sprintec, Tri-Vylibra, Trinessa (generic Ortho Tri-Cyclen)     |
| <b>pill</b>                                         | Tyblume                                                                                                                                                                     |
| <b>pill</b>                                         | Velivet (generic Cyclessa)                                                                                                                                                  |

## Prescription cervical caps and diaphragms for birth control (contraceptives)

### Brand Cervical Caps

Femcap

### Brand Diaphragms

Caya

Omniflex

Wide-Seal

## Prescription emergency birth control (contraceptives)

### Brand Emergency Birth Control (contraceptives)

AfterPill

ella

Plan B One-Step



## Prescription emergency birth control (contraceptives)

### Generic Emergency Birth Control (contraceptives)

Aftera, Curae, EContra EZ, EContra One Step, Her Style, Levonorgestrel 1.5 mg, My Choice, My Way, New Day, Opicon One-Step, Option 2, React, Shewise, Take Action (generic Plan B One-Step)

## Birth control - Access prescription drug list

### Over-the-counter birth control (contraceptives) for women

#### Birth Control Contraceptives

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#### Generic Birth Control (contraceptives)

**pill** Afirmelle, Aubra EQ, Aviane, Delyla, Falmina, Lessina, Levonorgestrel/Ethinyl Estradiol 0.1/0.02 mg, Luteru, Sronyx, Vienna (generic Alesse)

**pill** Altavera, Ayuna, Chateal EQ, Kurvelo, Levonorgestrel/Ethinyl Estradiol 0.15/0.03 mg, Levora-28, Marlissa, Portia-28 (generic Nordette)

**pill** Alyacen 1/35, Dasetta 1/35, Nortrel 1/35, Nylia 1/35 (generic Ortho-Novum 1/35)

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**pill** Amethyst, Dolishale, Levonorgestrel/Ethinyl Estradiol 0.09/0.02 mg (generic Lybrel)

**pill** Apri, Cyred EQ, Enskyce, Isibloom, Juleber, Kalliga, Reclipsen (generic Desogen, Ortho-Cept)

**pill** Aranelle, Leena (generic Tri-Norinyl)

**Generic Birth Control (contraceptives) continued...**

|              |                                                                                                                                                                             |
|--------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>pill</b>  | Ashlyna, Camrese, Daysee, Jaimiess, Levonorgestrel/Ethinyl Estradiol 0.15/0.03 mg (84), Simpesse (generic Seasonique)                                                       |
| <b>pill</b>  | Aurovela, Hailey, Junel, Larin, Luizza 1.5/30, Microgestin, Norethindrone/Ethinyl Estradiol 1.5 mg/30 mcg, (generic Loestrin 1.5 mg/30 mcg)                                 |
| <b>pill</b>  | Aurovela, Junel, Larin, Luizza 1/20, Microgestin, Norethindrone/Ethinyl Estradiol 1 mg/20 mcg (generic Loestrin 1 mg/20 mcg)                                                |
| <b>pill</b>  | Aurovela 24 FE, Blisovi 24 FE, Hailey 24 FE, Junel 24 FE, Larin 24 FE, Tarina 24 FE (generic Loestrin 24 FE)                                                                |
| <b>pill</b>  | Aurovela FE, Blisovi FE, Feirza, Hailey FE, Junel FE, Larin FE, Microgestin FE, Norethindrone/Ethinyl Estradiol FE, Tarina FE (generic Loestrin FE)                         |
| <b>pill</b>  | Azurette, Desogestrel/Ethinyl Estradiol 0.15/0.02 mg, Kariva, Pimtree, Simliya, Violele, Volnea (generic Mircette)                                                          |
| <b>pill</b>  | Balziva, Briellyn, Norethindrone/Ethinyl Estradiol 0.4 mg/35 mcg, Philith, Vyfemla (generic Ovcon-35)                                                                       |
| <b>pill</b>  | Camila, Deblitane, Emzahh, Errin, Heather, Incassia, Jencycla, Lyleq, Lyza, Meleya, Nora-BE, Norethindrone 35 mcg, Norlyroc, Orquidea, Sharobel (generic Micronor, Nor-Q-D) |
| <b>pill</b>  | Camrese Lo, Levonorgestrel/ethinyl estradiol 0.1/0.02 mg (84), LoJaimiess (generic LoSeasonique)                                                                            |
| <b>pill</b>  | Charlotte 24 FE, Finzala, Mibelas 24 FE, Norethindrone/Ethinyl Estradiol FE 1/0.02 mg (generic Minastrin 24 FE)                                                             |
| <b>pill</b>  | Cryselle-28, Elinest, Low-Ogestrel, Turqoz (generic Lo/Ovral)                                                                                                               |
| <b>pill</b>  | Drospirenone/Ethinyl Estradiol 3/0.02 mg, Jasmie, Loryna, Lo-Zumandimine, Nikki, Vestura (generic Yaz)                                                                      |
| <b>pill</b>  | Drospirenone/Ethinyl Estradiol 3/0.03 mg, Ocella, Syeda, Zarah, Zumandimine (generic Yasmin)                                                                                |
| <b>pill</b>  | Drospirenone/Ethinyl Estradiol/Levomefolate 3-0.03-0.451 mg, Tydemy (generic Safyral)                                                                                       |
| <b>ring</b>  | Eluryng, Enilloring, Etonogestrel/Ethinyl Estradiol 0.12/0.015 mg/24 hr, Haloette (generic NuvaRing)                                                                        |
| <b>pill</b>  | Enpresse-28, Levonest, Levonorgestrel/Ethinyl Estradiol 6-5-10, Trivora-28 (generic Triphasil)                                                                              |
| <b>pill</b>  | Estartylla, Mili, Mono-Linyah, Norgestimate/Ethinyl Estradiol 0.25/0.035 mg, Sprintec-28, Vylibra (generic Ortho-Cyclen)                                                    |
| <b>pill</b>  | Ethinodiol Diacetate/Ethinyl Estradiol 1/0.035 mg, Kelnor 1/35, Valtia 1/35, Zovia 1/35 (generic Demulen 1/35)                                                              |
| <b>pill</b>  | Ethinodiol Diacetate/Ethinyl Estradiol 1/0.05 mg, Kelnor 1/50, Valtia 1/50 (generic Demulen 1/50)                                                                           |
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| <b>pill</b>  | Iclevia, Introvale, Jolessa, Levonorgestrel/Ethinyl Estradiol 0.15/0.03 mg, Setlakin (generic Seasonale)                                                                    |
| <b>pill</b>  | Levonorgestrel/Ethinyl Estradiol, Rosyrah (generic Quartette)                                                                                                               |
| <b>shot</b>  | Medroxyprogesterone Acetate 150 mg (generic Depo-Provera 150 mg)                                                                                                            |
| <b>pill</b>  | Minzoya, Norethindrone/Ethinyl Estradiol FE 0.4/0.35 mg, Wymzya FE (generic Femcon FE)                                                                                      |
| <b>pill</b>  | Necon 0.5 mg/35 mcg, Nortrel 0.5 mg/35 mcg, Wera 0.5 mg/35 mcg (generic Brevicon, Modicon)                                                                                  |
| <b>patch</b> | Norelgestromin/Ethinyl Estradiol 150/35 mcg, Xulane, Zafemy (generic Ortho Evra)                                                                                            |
| <b>pill</b>  | Norethindrone/Ethinyl Estradiol FE 1-20/1-30/1-35 mg-mcg, Tilia FE, Tri-Legest FE, Xarah FE (generic Estrostep FE)                                                          |
| <b>pill</b>  | Norgestimate/Ethinyl Estradiol 0.18-0.215-0.25/0.035 mg, Tri-Estartylla, Tri-Linyah, Tri-Mili, Tri-Nymyo, Tri-Sprintec, Tri-Vylibra, (generic Ortho Tri-Cyclen)             |
| <b>pill</b>  | Norgestimate/Ethinyl Estradiol Lo 0.18-0.215-0.25/0.025 mg, Tri-Lo-Estartylla, Tri-Lo-Marzia, Tri-Lo-Mili, Tri-Lo-Sprintec, Tri-Vylibra Lo (generic Ortho Tri-Cyclen Lo)    |
| <b>pill</b>  | Tyblume                                                                                                                                                                     |
| <b>pill</b>  | Velivet (generic Cyclessa)                                                                                                                                                  |

## Prescription cervical caps and diaphragms for birth control (contraceptives)

### Brand Cervical Caps

Femcap

### Brand Diaphragms

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Aftera, Curae, EContra EZ, Her Style, Levonorgestrel 1.5 mg, My Choice, My Way, New Day, Opcicon One-Step, Option 2, React, Shewise, Take Action (generic Plan B One-Step)

## Frequently asked questions

Under the health care reform law, health plans must cover certain medications as recommended by the U.S. Preventive Services Task Force (USPSTF) A & B Recommendation and the Health Resources & Services Administration (HRSA) women's health guidelines, including FDA-approved prescription and over-the-counter (OTC) contraceptives for women at 100% without charging a copayment, coinsurance or deductible when:

- Prescribed by a health care professional, and
- Age and/or condition appropriate, and
- Filled at a network pharmacy

To comply with these regulations, UnitedHealthcare offers this list of \$0 cost share Preventive Care Medications.

### Which preventive care medications are available at \$0 cost-share?

Refer to the list in this document, sign in to [myuhc.com](https://myuhc.com), or call the toll-free member phone number on your member ID card for a list of medications covered at \$0 cost-share.

Please note, in order to obtain coverage at no cost for preventive care medications and products (including over-the-counter), you will need a prescription from your healthcare provider.

Your **medical benefit** will also cover other forms of birth control such as IUDs, implants and surgical sterilization (having your tubes tied).

### What if my plan has a religious or moral exemption for covering contraceptives?

Some plans may not have coverage for contraceptives if your employer or plan sponsor elects a religious or moral exemption under applicable law. However, you will still have coverage at \$0 cost share of the U.S. Preventive Services Task Force A & B Recommendation medications listed on the Preventive Care Medications list, such as aspirin, tobacco cessation and breast cancer preventive medications.

### Will this drug list change?

Drug lists can and do change, so it's always good to check. You can find updated information by:

- Signing in to [myuhc.com](https://myuhc.com), and going to Pharmacy Information
- Calling the toll-free phone number on your member ID card

### What if I have a high-deductible or consumer-driven health (CDH) plan?

The same no-cost options on the list applicable to your plan will be available to you if you are in one of these plans. If you fill a prescription for covered products not on your plan's no-cost drug list, you will be responsible for the full cost, until your pharmacy plan deductible is reached.

## Are the no-cost Preventive Care Medications available at both retail and mail pharmacies?

Preventive Care Medications are available at both network retail pharmacies and the home delivery pharmacy for plans with a mail-order benefit.

## What if the health care reform law requirements for preventive care medication coverage change?

If the law requiring plans to provide preventive care medications at no extra cost changes, information on how your costs may be impacted will be available to you by:

- Signing in to [myuhc.com](https://myuhc.com), and going to Pharmacy Information
- Calling the toll-free phone number on your member ID card

## What if my healthcare provider prescribes a similar preventive medication that is not on this list?

The health care reform law allows plans to use reasonable medical management to decide which product/medications are provided at \$0 cost share. If you choose a no-cost product from the list applicable to your plan, your cost at the pharmacy will be \$0. If you choose a covered product/medication that is not on the list, a copay or coinsurance may be required. And this cost will apply to your deductible if you have one.

You can ask your healthcare provider for a prescription for one of the medications on this list that your healthcare provider feels would work for you. For some medical reasons, your healthcare provider may decide you need a medication that is not on this list.<sup>5</sup> If so, you can request the medication you need by calling the toll-free member phone number on your member ID card, and asking how to obtain coverage at no extra cost. Your healthcare provider may visit [uhcprovider.com](https://uhcprovider.com) for details on how to submit and what information to include with **Patient Protection and Affordable Care Act \$0 Cost-Share Preventive Medications Exemption Requests**.

## Questions?

Call the toll-free phone number on your member ID card.



<sup>1</sup>Please note this list is subject to change.

<sup>2</sup>Always refer to your benefit plan materials to determine your coverage for medications and cost share. Some medications listed on the PDL may not be covered under your specific benefit plan. Where differences are noted, the benefit plan documents will govern.

<sup>3</sup>All brand-name medications are trademarks or registered trademarks of their respective owners.

<sup>4</sup>Generally state insurance laws do not apply to self-funded groups.

<sup>5</sup>When informed by a member's healthcare provider, UnitedHealthcare will accommodate a coverage exception request for any member when one of the \$0 cost medications listed on the Preventive Care Medications list may be medically inappropriate as determined by the healthcare provider for that member and UnitedHealthcare will waive the otherwise applicable cost-sharing for a medication not represented on the Preventive Care Medications list.

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**ATTENTION:** Free language assistance services and free communications in other formats, such as large print, are available to you. Call the toll-free number on your member identification card. (TTY 711).

**ማሳሰቢያ፡- አማርኛ (Amharic)** የሚናገሩ ከሆነ፣ ነፃ የቋንቋ እገዛ አገልግሎቶች እና ነፃ ተግባቦቶች እንደ ትልቅ እትም ባሉ ሌሎች ቅርፀቶች ለእርስዎ ይገኛሉ። በአባልነት መታወቂያ ካርድዎ ላይ ያለውን ነፃ የስልክ ቁጥር ይደውሉ።

**ملاحظة:** إذا كنت تتحدث اللغة العربية (Arabic)، ستتوفر لك خدمات المساعدة اللغوية المجانية والمراسلات المجانية بتنسيقات أخرى، مثل الطباعة بأحرف كبيرة. اتصل بالرقم المجاني المدون على بطاقة تعريف العضو خاصتك.

**দেখুন:** আপনি যদি **বাংলায় (Bengali-Bangala)** কথা বলেন, তাহলে বিনামূল্যে ভাষা সহায়তা পরিষেবা এবং বড় মুদ্রণের মতো অন্যান্য ফরম্যাটে যোগাযোগগুলি আপনার জন্য বিনামূল্যে উপলব্ধ। আপনার সদস্যের পরিচয়পত্রের কার্ডের টোল-ফ্রি নম্বরে কল করুন

**ចំណាំ:** ប្រសិនបើអ្នកនិយាយ**ភាសាខ្មែរ (Cambodian-Mon-Khmer)** សេវាជំនួយភាសាភក្តិភក្តិថ្លៃ និងការទំនាក់ទំនងភក្តិភក្តិថ្លៃក្នុងទម្រង់ផ្សេងទៀត ដូចជាពុម្ពអក្សរធំ មានសម្រាប់អ្នក។  
ទូរសព្ទមកលេខភក្តិភក្តិថ្លៃនៅលើប័ណ្ណសម្គាល់សមាជិករបស់អ្នក។

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**ATTENTION :** Si vous parlez **français (French)**, des services d'assistance linguistique et des communications dans d'autres formats, notamment en gros caractères, sont mis à votre disposition gratuitement. Appelez le numéro gratuit figurant sur votre carte de membre.

**ATANSYON:** Si w pale **Kreyòl Ayisyen (Haitian Creole)**, gen sèvis lang gratis ak kominikasyon nan lòt fòm lo disponib, tankou sa ki enprime ak gwo lèt. Rele nimewo gratis ki sou kat idantifikasyon manm ou an.

**ACHTUNG:** Falls Sie **Deutsch (German)** sprechen, stehen Ihnen kostenlose Sprachassistentendienste und kostenlose Kommunikation in anderen Formaten, wie zum Beispiel große Schrift, zur Verfügung. Rufen Sie die gebührenfreie Nummer auf Ihrer Mitgliedskarte an.

**ΠΡΟΣΟΧΗ:** Εάν μιλάτε **ελληνικά (Greek)**, υπάρχουν διαθέσιμες δωρεάν υπηρεσίες γλωσσικής βοήθειας και δωρεάν επικοινωνία σε άλλες μορφοποιήσεις, όπως μεγάλα γράμματα. Καλέστε τον αριθμό χωρίς χρέωση στην κάρτα μέλους σας.

**ધ્યાન આપો:** જો તમે ગુજરાતી (Gujarati) બોલતા હો તો વિના મૂલ્યે ભાષાકીય મદદરૂપ સેવાઓ અને અન્ય ફોર્મેટમાં વિના મૂલ્યે સંચાર, જેમ કે મોટી પ્રિન્ટ, તમારા માટે ઉપલબ્ધ છે. તમારા સભ્ય ઓળખ કાર્ડ પરના ટોલ-ફ્રી નંબર પર કોલ કરો.

**ध्यान दें:** यदि आप हिंदी (Hindi) बोलते हैं, तो आपके लिए मुफ्त भाषा सहायता सेवाएँ और अन्य प्रारूपों में मुफ्त संचार, जैसे कि बड़े प्रिंट, उपलब्ध हैं। अपने सदस्य पहचान पत्र पर दिए गए टोल-फ्री नंबर पर कॉल करें।

**LUS TSEEM CEEB:** Yog tias koj hais lus Hmoob (Hmong), muaj cov kev pab cuam txhais lus thiab muaj kev sib txuas lus pab dawb ua lwm hom ntawv, xws li luam ua ntawv loj rau koj. Thov hu rau tus xov tooj hu dawb ntawm koj daim npav ID.

**ATENSION:** No agsasaoka iti Ilocano (Ilocano), magun-odmo dagiti libre a serbisio ti tulong iti pagsasao ken libre a komunikasion iti dadduma a pormat, kas iti dadakkel a letra. Tawagan ti awan-bayadna a numero a masarakan iti kard a pakabigbigam kas miembro.

**ATTENZIONE:** se parla italiano (Italian), può usufruire di servizi di assistenza linguistica gratuiti e comunicazioni gratuite in altri formati, come ad esempio la stampa a caratteri grandi. Chiami il numero verde riportato sul Suo tesserino identificativo.

**注意事項：**日本語 (Japanese) を話される場合、無料の言語支援サービスや、拡大文字など他の形式での無料のコミュニケーションをご利用いただけます。会員証に記載されているフリーダイヤルにお電話ください。

**알림 사항:** 한국어(Korean)를 사용하시는 경우 무료 언어 지원 서비스와 대형 활자체 등 다른 형식으로 된 의사 소통 매체를 이용하실 수 있습니다. 회원 ID 카드에 나와 있는 무료 전화번호로 전화해 주십시오.

**ໝາຍເຫດ:** ຖ້າຫາກທ່ານເວົ້າພາສາລາວ (Lao), ທ່ານສາມາດໃຊ້ບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາຟຣີ ແລະ ການສື່ສານໃນຮູບແບບອື່ນໆຟຣີ, ເຊັ່ນ: ການພິມຕົວອັກສອນຂະໜາດໃຫຍ່. ໂທຫາເບີໂທຟຣີຢູ່ທີ່ບັດປະຈຳຕົວສະມາຊິກຂອງທ່ານ.

**ध्यान दिनुहोस्:** यदि तपाईंले नेपाली (Nepali) बोल्नुहुन्छ भने, निःशुल्क भाषा सहायता सेवाहरू र अन्य ढाँचाहरूमा निःशुल्क संचारहरू, जस्तै ठूलो छाप, तपाईंका लागि उपलब्ध छन्। आफ्नो सदस्य पहिचान कार्डमा रहेको टोल फ्री नम्बरमा कल गर्नुहोस्।

**توجه:** اگر به زبان فارسی (Persian-Farsi) صحبت می‌کنید، خدمات رایگان کمک زبانی و ارتباطات رایگان در قالب‌های دیگر، مانند چاپ بزرگ، در دسترس شما هستند. با شماره رایگان مندرج روی کارت شناسایی عضویتان تماس بگیرید.

**UWAGA:** Dla osób mówiących po **polsku (Polish)** dostępne są bezpłatne usługi pomocy językowej i bezpłatne komunikaty w innych formatach, takich jak duży druk. Prosimy zadzwonić pod bezpłatny numer podany na karcie identyfikacyjnej.

**ATENÇÃO:** se você fala **português (Portuguese)**, tem à sua disposição serviços gratuitos de assistência linguística e comunicações gratuitas em outros formatos, como caracteres grandes. Ligue para o número gratuito que se encontra no seu cartão de identificação de membro.

**ਧਿਆਨ ਦਿਓ:** ਜੇ ਤੁਸੀਂ **ਪੰਜਾਬੀ (Punjabi)** ਬੋਲਦੇ ਹੋ, ਤਾਂ ਤੁਹਾਡੇ ਲਈ ਮੁਫਤ ਭਾਸ਼ਾ ਸਹਾਇਤਾ ਸੇਵਾਵਾਂ ਅਤੇ ਹੋਰ ਫਾਰਮੈਟਾਂ, ਜਿਵੇਂ ਕਿ ਵੱਡੇ ਪ੍ਰਿੰਟ, ਵਿੱਚ ਮੁਫਤ ਸੰਚਾਰ ਉਪਲਬਧ ਹਨ। ਆਪਣੇ ਮੈਂਬਰ ਪਛਾਣ ਕਾਰਡ 'ਤੇ ਟੋਲ-ਫ੍ਰੀ ਨੰਬਰ 'ਤੇ ਕਾਲ ਕਰੋ।

**ВНИМАНИЕ!** Если вы говорите на **русском языке (Russian)**, вам доступны бесплатные услуги языковой поддержки и бесплатные материалы в других форматах, например напечатанные крупным шрифтом. Звоните по бесплатному номеру телефона, указанному на вашей идентификационной карте участника.

**ATENCIÓN:** Si habla **español (Spanish)**, hay servicios de asistencia de idiomas y comunicaciones en otros formatos como letra grande, sin cargo, a su disposición. Llame al número gratuito que figura en su tarjeta de identificación de miembro. (TTY 711).

**PAUNAWA:** Kung nagsasalita ka ng **Tagalog (Tagalog)**, may makukuha kang mga libreng serbisyo ng tulong sa wika at libreng komunikasyon sa ibang mga format, tulad ng malalaking print. Tawagan ang walang bayad na numero na nasa iyong ID card ng miyembro.

**โปรดทราบ** หากคุณพูดภาษาไทย (Thai) ได้  
คุณสามารถใช้บริการช่วยเหลือด้านภาษาฟรีและการสื่อสารในรูปแบบอื่น ๆ ฟรี เช่น  
การพิมพ์ด้วยตัวอักษรขนาดใหญ่ โทรไปยังหมายเลขโทรฟรีสำหรับสมาชิกตามบัตรประจำตัวของคุณ

**ЗВЕРНІТЬ УВАГУ!** Якщо ви розмовляєте **українською (Ukrainian)**, ви можете безоплатно користуватися послугами мовної підтримки, а також безоплатно отримувати інформаційні матеріали в інших форматах, як от набрані великим шрифтом. Телефонуйте на безкоштовний номер телефону, зазначений на вашій ідентифікаційній картці учасника.

توجہ دیں: اگر آپ اردو (Urdu) زبان بولتے ہیں تو زبان کی معاون خدمات اور دیگر فارمیٹس میں مواصلات، جیسے بڑے پرنٹ، آپ کے لیے مفت دستیاب ہیں۔ اپنے ممبر شناختی کارڈ پر دیئے گئے ٹول فری نمبر پر کال کریں۔

**LƯU Ý:** Nếu quý vị nói **Tiếng Việt (Vietnamese)**, quý vị sẽ được cung cấp các dịch vụ hỗ trợ ngôn ngữ miễn phí và các phương tiện trao đổi liên lạc miễn phí ở các định dạng khác, chẳng hạn như bản in chữ lớn. Gọi đến số điện thoại miễn phí có trên thẻ định danh thành viên của quý vị.