



# 1142 Pulaski Highway, Bear, DE 19701

The AmeriHealth Caritas Delaware Community Wellness Center is open from 10 a.m. to 6 p.m., Monday through Friday. For more information, visit [www.amerihealthcaritasde.com](http://www.amerihealthcaritasde.com) or call **1-302-525-3760**.

## February 2019

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday |
|---|--|--|--|--------|
|   |  |  |  | 1      |
| 4   | 5<br>SNAP: Q&A<br>1 p.m. – 4 p.m.  | 6<br>Yoga with Tiffany<br>4:30 p.m. – 5:30 p.m.  | 7  | 8      |
| 11<br>Seminar: Behavioral Health in Children and Adolescents<br>10:30 a.m. – 11:30 a.m. | 12<br>Tax preparation<br>6 p.m. – 8 p.m.                                 | 13<br>Yoga with Tiffany<br>4:30 p.m. – 5:30 p.m.   | 14   | 15     |
| 18  | 19<br>SNAP: Q&A<br>1 p.m. – 4 p.m.<br>Tax preparation<br>6 p.m. – 8 p.m. | 20<br>Healthy cooking demo<br>1 p.m. – 2 p.m.<br>Yoga with Tiffany<br>4:30 p.m. – 5:30 p.m.                          | 21<br>New member orientation<br>11 a.m. – 1 p.m.                         | 22     |
| 25  | 26<br>Tax preparation<br>6 p.m. – 8 p.m.                                 | 27<br>Behavioral health: Q&A with Dr. Weisman<br>1:30 p.m. – 2:30 p.m.<br>Yoga with Tiffany<br>4:30 p.m. – 5:30 p.m. | 28<br>Pharmacy: Q&A<br>10 a.m. – noon<br>Resource event<br>noon – 2 p.m. |        |

AmeriHealth Caritas Delaware complies with applicable federal civil rights laws and does not discriminate on the basis of race; ethnicity; color; sex; religion; national origin; creed; marital status; age; Vietnam era or disabled veteran status; income level; gender identity; the presence of any sensory, mental, or physical handicap; or any other status protected by federal or state law.

You can have this information in other languages and formats, such as large print, Braille, and audio at no charge to you. You can also have this interpreted over the phone in any language. To request language services or other formats, call Member Services 24 hours a day, 7 days a week, at **1-844-211-0966 (DSHP)** or **1-855-777-6617 (DSHP-Plus)**. For TTY, call **1-855-349-6281 (DSHP)** or **1-855-362-5769 (DSHP-Plus)**. For pharmacy services, call **1-877-759-6257 (DSHP)** or **1-855-294-7048 (DSHP-Plus)**. To speak to a nurse 24/7, call **1-844-897-5021**.

Puede solicitar esta información en otros idiomas y formatos, como letra grande, Braille y audio, sin costo alguno para usted. También se le puede interpretar esto por teléfono en cualquier idioma. Para solicitar servicios de idiomas u otros formatos, llame a Servicios al Miembro las 24 horas del día, los 7 días de la semana, al **1-844-211-0966 (DSHP)** o **1-855-777-6617 (DSHP-Plus)**. Para personas que usan TTY, llame al **1-855-349-6281 (DSHP)** o **1-855-362-5769 (DSHP-Plus)**. Para servicios de farmacia, llame al **1-877-759-6257 (DSHP)** o **1-855-294-7048 (DSHP-Plus)**. Para hablar con un enfermero las 24/7, llame al **1-844-897-5021**.

您可以免费索取这些信息的其他语言版本及大字印刷、盲文点字、音频等其他格式。您亦可以要求通过电话口译的方式将这些内容翻译为任何语言。如需语言服务或其他格式，请拨打会员服务部每周 7 天、每天 24 小时全天候提供服务的电话 **1-844-211-0966 (DSHP)** 或 **1-855-777-6617 (DSHP-Plus)**。TTY 使用者请拨打 **1-855-349-6281 (DSHP)** 或 **1-855-362-5769 (DSHP-Plus)**。如需药房服务，请拨打 **1-877-759-6257 (DSHP)** 或 **1-855-294-7048 (DSHP-Plus)**。如需每周 7 天、每天 24 小时随时与护士交谈，请拨打 **1-844-897-5021**。

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