



## Need An Upgrade?

**Improve Your Computer Skills** with CareFirst CHPDC. Learn the skills you need to be successful in a digitally connected world. We're offering computer and technology training workshops to enrollees interested in:

- Web-enabled mobile devices  
(text messaging, apps, accessing the internet)
- Social Media Training
- Microsoft Office Basics
- Basic Typing Skills



*To learn more, contact your  
Wellness Navigator today:  
202-558-0795*

**Date:**

**Time:**

**Location:**

For reasonable accommodations,  
Please call 202-558-0795 or visit  
our website at  
[www.carefirstchpdc.com](http://www.carefirstchpdc.com)



CareFirst BlueCross BlueShield Community Health Plan District of Columbia is an independent licensee of the Blue Cross and Blue Shield Association. BLUE CROSS®, BLUE SHIELD® and the Cross and Shield Symbols are registered service marks of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans.

If you do not speak and/or read English, please call 202-821-1100 or 855-326-4831 (TTY: 711) between 8:00am – 5:30pm, Monday-Friday. A representative will assist you.

Si no habla y / o no lee inglés, llame al 202-821-1100 o al 855-326-4831 (TTY: 711) entre las 8:00 a.m. y las 5:30 p.m., de lunes a viernes. Un representante lo ayudará.

Nếu bạn không nói và / hoặc đọc tiếng Anh, vui lòng gọi 202-821-1100 hoặc 855-326-4831 (TTY: 711) trong khoảng thời gian từ 8:00 sáng - 5:30 chiều, Thứ Hai - Thứ Sáu. Một đại diện sẽ hỗ trợ bạn.

영어로 말하거나 읽지 못하는 경우 월요일-금요일 오전 8시에 [에]서 오후 5시 30 분 [이]에 202-821-1100 또는 855-326-4831 (TTY: 711) 로 전화하십시오. 담당자가 도와 드릴 것입니다.

Si vous ne parlez pas et / ou ne lisez pas l'anglais, veuillez appeler le 202-821-1100 ou le 855-326-4831 (ATS: 711) entre 8h00 et 17h30, du lundi au vendredi. Un représentant vous assistera.

"إلى الجمعية. سوف يساعدك مندوب  
إذا كنت لا تتحدث و / أو تقرأ الإنجليزية ، فترجى الاتصال برقم 202-821-1100 أو 855-326-4831 (TTY: 711) بين الساعة 8:00 صباحًا - 5:30 مساءً ، من الاثنين إلى الخميس ، من السبت إلى الأحد."

"如果您不會說和/或不讀英語，請在週一至週五的8:00 am – 5:30 pm之間致電202-821-1100或855-326-4831 (TTY: 711)。代表將為您提供幫助。"

CareFirst BlueCross BlueShield Community Health Plan District of Columbia, complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.