



Expert help during pregnancy - all at the touch of a button!



On-demand Support



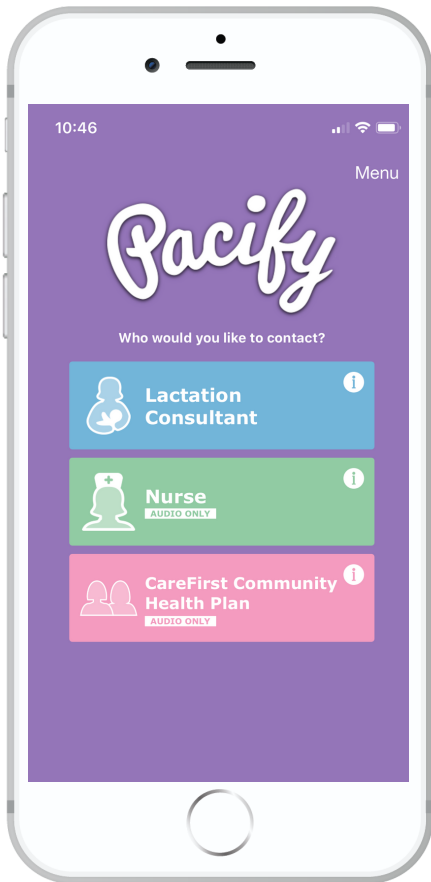
No Appointment Required



Unlimited Calling



Bilingual Support



Using Pacify is easy!

- 1.) **Open** the app and sign in
- 2.) **Choose** the help you need
- 3.) **Press** the button to start a call
- 4.) **Connect** in minutes



This program is funded in part by the Government of the District of Columbia Department of Health Care Finance



Trusted Health Plan (District of Columbia), Inc. doing business as CareFirst BlueCross BlueShield Community Health Plan District of Columbia is an independent licensee of the Blue Cross and Blue Shield Association. The Blue Cross® and 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 speak English, language assistance services, free of charge, are available to you. Call 821-1100 or (855) 326-4831 (TTY: 711).

Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 821-1100 or (855) 326-4831 (TTY: 711).

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Si vous parlez français, des services d'aide linguistique-vous sont proposés gratuitement. Appelez le 821- 1100 or (855) 326-4831 (ATS : 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。821-1100 or (855) 326-4831 (TTY: 711).

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 821-1100 or (855) 326-4831 (TTY: 711).



¡Ayuda de experto en embarazo - todo al alcance de tocar un botón!



Apoyo por demanda



No se requiere cita



Llamadas ilimitadas



Apoyo bilingüe

¡Use Pacify es fácil!

- 1.) **Abra** la aplicación e inscribábase
- 2.) **Escoja** el apoyo deseado
- 3.) **Presioné** el botón para iniciar la llamada
- 4.) **Conéctate** en minutos



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On-demand Support



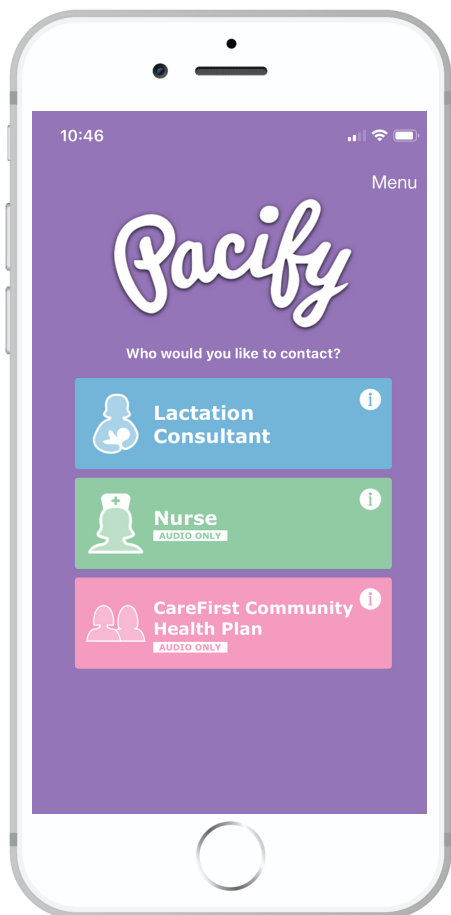
No Appointment Required



Unlimited Calling



Bilingual Support



Using Pacify is Easy

- **Download** the app
- **Enter** an email address and password
- **Sign-up** using code: _____
- **Complete** the member profile
- **Choose** the help you need
- **Start** a call and connect in minutes



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¡Ayuda de expertos en embarazo - sin costo para usted!



Apoyo por demanda



No se requiere cita



Llamadas ilimitadas



Apoyo bilingüe



¡Use Pacify es fácil!

- **Descargue** la aplicación
- **Ponga** su correo electrónico y su contraseña
- **Inscríbese** usando el código _____
- **Llene** el perfil de miembro
- **Escoja** la ayuda que necesita
- **Comience** la llamada y conecte en minutos

CareFirst. 
Community Health Plan
 District of Columbia

 **DHCF** GOVERNMENT OF THE DISTRICT OF COLUMBIA
DC MURIEL BOWSER, MAYOR
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