



**The Summary of Benefits and Coverage (SBC) document will help you choose a health plan. The SBC shows you how you and the plan would share the cost for covered health care services. NOTE: Information about the cost of this plan (called the premium) will be provided separately.**

**This is only a summary.** For more information about your coverage, or to get a copy of the complete terms of coverage, call 1-800-521-2227 or at [www.bcbstx.com](http://www.bcbstx.com). For general definitions of common terms, such as allowed amount, balance billing, coinsurance, copayment, deductible, provider, or other underlined terms, see the Glossary at [www.healthcare.gov/sbc-glossary/](http://www.healthcare.gov/sbc-glossary/) or call 1-855-756-4448 to request a copy.

| Important Questions                                                | Answers                                                                                                                                                                                                                                        | Why This Matters:                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|--------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>What is the overall deductible?</b>                             | For In-Network: \$3,000 Individual / \$6,000 Family<br>For Out-of-Network: \$6,000 Individual / \$12,000 Family<br>Health Reimbursement Arrangement (HRA)<br>Contribution: \$500 Individual / \$750 Empl + Spouse or Children / \$1,000 Family | Generally, you must pay all of the costs from providers up to the deductible amount before this plan begins to pay. If you have other family members on the plan, each family member must meet their own individual deductible until the total amount of deductible expenses paid by all family members meets the overall family deductible.                                                                                                                         |
| <b>Are there services covered before you meet your deductible?</b> | Yes. In-Network preventive care and prescription drugs are covered before you meet your deductible.                                                                                                                                            | This plan covers some items and services even if you haven't yet met the deductible amount. But a copayment or coinsurance may apply. For example, this plan covers certain preventive services without cost sharing and before you meet your deductible. See a list of covered preventive services at <a href="http://www.healthcare.gov/coverage/preventive-care-benefits/">www.healthcare.gov/coverage/preventive-care-benefits/</a> .                            |
| <b>Are there other deductibles for specific services?</b>          | No.                                                                                                                                                                                                                                            | You don't have to meet deductibles for specific services.                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>What is the out-of-pocket limit for this plan?</b>              | For In-Network:<br>\$6,000 Individual / \$12,000 Family<br>For Out-of-Network:<br>\$12,000 Individual / \$24,000 Family                                                                                                                        | The out-of-pocket limit is the most you could pay in a year for covered services. If you have other family members in this plan, they have to meet their own out-of-pocket limits until the overall family out-of-pocket limit has been met.                                                                                                                                                                                                                         |
| <b>What is not included in the out-of-pocket limit?</b>            | Premiums, preauthorization penalties, balance-billing charges, and health care this plan doesn't cover.                                                                                                                                        | Even though you pay these expenses, they don't count toward the out-of-pocket limit.                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Will you pay less if you use a network provider?</b>            | Yes. See <a href="http://www.bcbstx.com">www.bcbstx.com</a> or call 1-800-810-2583 for a list of network providers.                                                                                                                            | This plan uses a provider network. You will pay less if you use a provider in the plan's network. You will pay the most if you use an out-of-network provider, and you might receive a bill from a provider for the difference between the provider's charge and what your plan pays (balance billing). Be aware, your network provider might use an out-of-network provider for some services (such as lab work). Check with your provider before you get services. |
| <b>Do you need a referral to see a specialist?</b>                 | No.                                                                                                                                                                                                                                            | You can see the specialist you choose without a referral.                                                                                                                                                                                                                                                                                                                                                                                                            |

 All **copayment** and **coinsurance** costs shown in this chart are after your **deductible** has been met, if a **deductible** applies.

| Common Medical Event                                   | Services You May Need                            | What You Will Pay                               |                                                    | Limitations, Exceptions, & Other Important Information                                                                                                                                  |
|--------------------------------------------------------|--------------------------------------------------|-------------------------------------------------|----------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                        |                                                  | In-Network Provider<br>(You will pay the least) | Out-of-Network Provider<br>(You will pay the most) |                                                                                                                                                                                         |
| If you visit a health care provider's office or clinic | Primary care visit to treat an injury or illness | 40% <u>coinsurance</u> after <u>deductible</u>  | 60% <u>coinsurance</u> after <u>deductible</u>     | Virtual visits are available through MDLive; ( <u>deductible</u> and co-insurance waived) please refer to your <u>plan</u> policy for more details.                                     |
|                                                        | <u>Specialist</u> visit                          | 40% <u>coinsurance</u> after <u>deductible</u>  | 60% <u>coinsurance</u> after <u>deductible</u>     | None                                                                                                                                                                                    |
|                                                        | <u>Preventive care/screening/immunization</u>    | No Charge; <u>deductible</u> does not apply     | 60% <u>coinsurance</u> after <u>deductible</u>     | You may have to pay for services that aren't <u>preventive</u> . Ask your <u>provider</u> if the services needed are <u>preventive</u> . Then check what your <u>plan</u> will pay for. |
| If you have a test                                     | <u>Diagnostic test</u> (x-ray, blood work)       | 40% <u>coinsurance</u> after <u>deductible</u>  | 60% <u>coinsurance</u> after <u>deductible</u>     | None                                                                                                                                                                                    |
|                                                        | Imaging (CT/PET scans, MRIs)                     | 40% <u>coinsurance</u> after <u>deductible</u>  | 60% <u>coinsurance</u> after <u>deductible</u>     | None                                                                                                                                                                                    |

| Common Medical Event                                                                                                                                                                           | Services You May Need                          | What You Will Pay                                                                         |                                                    | Limitations, Exceptions, & Other Important Information                                                                                                                                                                 |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------|-------------------------------------------------------------------------------------------|----------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                                |                                                | In-Network Provider<br>(You will pay the least)                                           | Out-of-Network Provider<br>(You will pay the most) |                                                                                                                                                                                                                        |
| <b>If you need drugs to treat your illness or condition</b><br><br>More information about <b>prescription drug coverage</b> is available at <a href="http://www.bcbstx.com">www.bcbstx.com</a> | Preferred generic drugs                        | \$5 retail/\$10 mail order <u>copay</u> /prescription; <u>deductible</u> does not apply   | Not Covered                                        | Retail covers a 31-day supply. With appropriate prescription, up to a 90-day supply is available.<br><br>Mail order covers a 90-day supply. Retail and Mail order <u>copays</u> apply to <u>out-of-pocket</u> maximum. |
|                                                                                                                                                                                                | Non-preferred generic drugs                    | \$20 retail/\$40 mail order <u>copay</u> /prescription; <u>deductible</u> does not apply  | Not Covered                                        |                                                                                                                                                                                                                        |
|                                                                                                                                                                                                | Preferred brand drugs                          | \$40 retail/\$80 mail order <u>copay</u> /prescription; <u>deductible</u> does not apply  | Not Covered                                        |                                                                                                                                                                                                                        |
|                                                                                                                                                                                                | Non-preferred brand drugs                      | \$70 retail/\$140 mail order <u>copay</u> /prescription; <u>deductible</u> does not apply | Not Covered                                        |                                                                                                                                                                                                                        |
|                                                                                                                                                                                                | <u>Preferred specialty drugs</u>               | 10% of the cost up to \$250 maximum/prescription; <u>deductible</u> does not apply        | Not Covered                                        | <u>Specialty drugs</u> must be obtained from <u>In-Network specialty pharmacy provider</u> . Specialty retail limited to a 30-day supply. Mail order is not covered. Two grace refills allowed at a Retail Pharmacy.   |
|                                                                                                                                                                                                | <u>Non-preferred specialty drugs</u>           | 20% of the cost up to \$500 maximum/prescription; <u>deductible</u> does not apply        | Not Covered                                        |                                                                                                                                                                                                                        |
| <b>If you have outpatient surgery</b>                                                                                                                                                          | Facility fee (e.g., ambulatory surgery center) | 40% <u>coinsurance</u> after <u>deductible</u>                                            | 60% <u>coinsurance</u> after <u>deductible</u>     | None                                                                                                                                                                                                                   |
|                                                                                                                                                                                                | Physician/surgeon fees                         | 40% <u>coinsurance</u> after <u>deductible</u>                                            | 60% <u>coinsurance</u> after <u>deductible</u>     | None                                                                                                                                                                                                                   |

| Common Medical Event                                                             | Services You May Need                   | What You Will Pay                                                                                                                                 |                                                                                                                                                   | Limitations, Exceptions, & Other Important Information                                          |
|----------------------------------------------------------------------------------|-----------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
|                                                                                  |                                         | In-Network Provider<br>(You will pay the least)                                                                                                   | Out-of-Network Provider<br>(You will pay the most)                                                                                                |                                                                                                 |
| <b>If you need immediate medical attention</b>                                   | <u>Emergency room care</u>              | ER Facility Charges:<br>40% <u>coinsurance</u> after <u>deductible</u><br>ER Physician Charges:<br>40% <u>coinsurance</u> after <u>deductible</u> | ER Facility Charges:<br>40% <u>coinsurance</u> after <u>deductible</u><br>ER Physician Charges:<br>40% <u>coinsurance</u> after <u>deductible</u> | None                                                                                            |
|                                                                                  | <u>Emergency medical transportation</u> | 40% <u>coinsurance</u> after <u>deductible</u>                                                                                                    | 40% <u>coinsurance</u> after <u>deductible</u>                                                                                                    | Ground and air transportation covered.                                                          |
|                                                                                  | <u>Urgent care</u>                      | 40% <u>coinsurance</u> after <u>deductible</u>                                                                                                    | 60% <u>coinsurance</u> after <u>deductible</u>                                                                                                    | None                                                                                            |
| <b>If you have a hospital stay</b>                                               | Facility fee (e.g., hospital room)      | 40% <u>coinsurance</u> after <u>deductible</u>                                                                                                    | 60% <u>coinsurance</u> after <u>deductible</u>                                                                                                    | <u>Preauthorization</u> is required; \$250 penalty if not preauthorized <u>Out-of-Network</u> . |
|                                                                                  | Physician/surgeon fees                  | 40% <u>coinsurance</u> after <u>deductible</u>                                                                                                    | 60% <u>coinsurance</u> after <u>deductible</u>                                                                                                    | None                                                                                            |
| <b>If you need mental health, behavioral health, or substance abuse services</b> | Outpatient services                     | 40% <u>coinsurance</u> after <u>deductible</u>                                                                                                    | 60% <u>coinsurance</u> after <u>deductible</u>                                                                                                    | Certain services must be preauthorized; refer to your benefit booklet* for details.             |
|                                                                                  | Inpatient services                      | 40% <u>coinsurance</u> after <u>deductible</u>                                                                                                    | 60% <u>coinsurance</u> after <u>deductible</u>                                                                                                    | <u>Preauthorization</u> is required; \$250 penalty if not preauthorized <u>Out-of-Network</u> . |

\* For more information about limitations and exceptions, see the plan or policy document at [www.bcbstx.com](http://www.bcbstx.com).

| Common Medical Event                                           | Services You May Need                     | What You Will Pay                               |                                                    | Limitations, Exceptions, & Other Important Information                                                                                                                                                                                                                                                            |
|----------------------------------------------------------------|-------------------------------------------|-------------------------------------------------|----------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                |                                           | In-Network Provider<br>(You will pay the least) | Out-of-Network Provider<br>(You will pay the most) |                                                                                                                                                                                                                                                                                                                   |
| If you are pregnant                                            | Office visits                             | 40% <u>coinsurance</u> after <u>deductible</u>  | 60% <u>coinsurance</u> after <u>deductible</u>     | Cost sharing does not apply for <u>preventive services</u> . Depending on the type of services, a <u>coinsurance</u> or <u>deductible</u> may apply. Maternity care may include tests and services described elsewhere in the SBC (i.e. ultrasound).                                                              |
|                                                                | Childbirth/delivery professional services | 40% <u>coinsurance</u> after <u>deductible</u>  | 60% <u>coinsurance</u> after <u>deductible</u>     |                                                                                                                                                                                                                                                                                                                   |
|                                                                | Childbirth/delivery facility services     | 40% <u>coinsurance</u> after <u>deductible</u>  | 60% <u>coinsurance</u> after <u>deductible</u>     | <u>Deductible</u> waived on initial inpatient care of healthy newborn baby, for first seven days when an <u>in-network provider</u> is used. <u>Coinurance</u> will apply for healthy newborn inpatient services. <u>Preauthorization</u> is required; \$250 penalty if not preauthorized <u>Out-of-Network</u> . |
| If you need help recovering or have other special health needs | <u>Home health care</u>                   | 40% <u>coinsurance</u> after <u>deductible</u>  | 60% <u>coinsurance</u> after <u>deductible</u>     | Limited to 60 visits per calendar year. <u>Preauthorization</u> is required.                                                                                                                                                                                                                                      |
|                                                                | <u>Rehabilitation services</u>            | 40% <u>coinsurance</u> after <u>deductible</u>  | 60% <u>coinsurance</u> after <u>deductible</u>     | Airrosti Musculoskeletal Rehabilitation \$25 <u>Copay</u> .                                                                                                                                                                                                                                                       |
|                                                                | <u>Habilitation services</u>              | 40% <u>coinsurance</u> after <u>deductible</u>  | 60% <u>coinsurance</u> after <u>deductible</u>     |                                                                                                                                                                                                                                                                                                                   |
|                                                                | <u>Skilled nursing care</u>               | 40% <u>coinsurance</u> after <u>deductible</u>  | 60% <u>coinsurance</u> after <u>deductible</u>     | Limited to 90 days per calendar year. <u>Preauthorization</u> is required.                                                                                                                                                                                                                                        |
|                                                                | <u>Durable medical equipment</u>          | 40% <u>coinsurance</u> after <u>deductible</u>  | 40% <u>coinsurance</u> after <u>deductible</u>     | None                                                                                                                                                                                                                                                                                                              |
|                                                                | <u>Hospice services</u>                   | 40% <u>coinsurance</u> after <u>deductible</u>  | 60% <u>coinsurance</u> after <u>deductible</u>     | <u>Preauthorization</u> is required.                                                                                                                                                                                                                                                                              |

| Common Medical Event                   | Services You May Need      | What You Will Pay                               |                                                    | Limitations, Exceptions, & Other Important Information |
|----------------------------------------|----------------------------|-------------------------------------------------|----------------------------------------------------|--------------------------------------------------------|
|                                        |                            | In-Network Provider<br>(You will pay the least) | Out-of-Network Provider<br>(You will pay the most) |                                                        |
| If your child needs dental or eye care | Children's eye exam        | Not Covered                                     | Not Covered                                        | None                                                   |
|                                        | Children's glasses         | Not Covered                                     | Not Covered                                        | None                                                   |
|                                        | Children's dental check-up | Not Covered                                     | Not Covered                                        | None                                                   |

### Excluded Services & Other Covered Services:

#### **Services Your Plan Generally Does NOT Cover (Check your policy or plan document for more information and a list of any other excluded services.)**

- Acupuncture
- Cosmetic surgery (Review plan for details)
- Dental care (Adult)
- Infertility treatment
- Long-term care
- Routine eye care (Adult)
- Routine foot care (with the exception of person with diagnosis of diabetes)

#### **Other Covered Services (Limitations may apply to these services. This isn't a complete list. Please see your plan document.)**

- Bariatric surgery
- Chiropractic care (limited to 35 visits per year)
- Hearing aids (limited to 1 per ear per 36-month period)
- Non-emergency care when traveling outside the U.S.
- Private-duty nursing
- Weight loss programs (including weight loss management programs)

**Your Rights to Continue Coverage:** There are agencies that can help if you want to continue your coverage after it ends. The contact information for those agencies is: For group health coverage contact the plan, Blue Cross and Blue Shield of Texas at 1-800-521-2227 or visit [www.bcbstx.com](http://www.bcbstx.com). For group health coverage subject to ERISA, contact the U.S. Department of Labor's Employee Benefits Security Administration at 1-866-444-EBSA (3272) or [www.dol.gov/ebsa/healthreform](http://www.dol.gov/ebsa/healthreform). For non-federal governmental group health plans, contact Department of Health and Human Services, Center for Consumer Information and Insurance Oversight, at 1-877-267-2323 x61565 or [www.cciio.cms.gov](http://www.cciio.cms.gov). Church plans are not covered by the Federal COBRA continuation coverage rules. If the coverage is insured, individuals should contact their State insurance regulator regarding their possible rights to continuation coverage under State law. Other coverage options may be available to you too, including buying individual insurance coverage through the Health Insurance Marketplace. For more information about the Marketplace, visit [www.HealthCare.gov](http://www.HealthCare.gov) or call 1-800-318-2596.

**Your Grievance and Appeals Rights:** There are agencies that can help if you have a complaint against your plan for a denial of a claim. This complaint is called a grievance or appeal. For more information about your rights, look at the explanation of benefits you will receive for that medical claim. Your plan documents also provide complete information to submit a claim, appeal, or a grievance for any reason to your plan. For more information about your rights, this notice, or assistance, contact: For group health coverage subject to ERISA: Blue Cross and Blue Shield of Texas at 1-800-521-2227 or visit [www.bcbstx.com](http://www.bcbstx.com), the U.S. Department of Labor's Employee Benefits Security Administration at 1-866-444-EBSA (3272) or [www.dol.gov/ebsa/healthreform](http://www.dol.gov/ebsa/healthreform), and the Texas Department of Insurance, Consumer Protection at 1-800-252-3439 or [www.tdi.texas.gov](http://www.tdi.texas.gov). For non-federal governmental group health plans and church plans that are group health plans, Blue Cross and Blue Shield of Texas at 1-800-521-2227 or [www.bcbstx.com](http://www.bcbstx.com) or contact the Texas Department of Insurance, Consumer Protection at 1-800-252-3439 or [www.tdi.texas.gov](http://www.tdi.texas.gov). Additionally, a consumer assistance program can help you file your appeal. Contact the Texas Department of Insurance's Consumer Health Assistance Program at 1-800-252-3439 or visit [www.cms.gov/CCIIO/Resources/Consumer-Assistance-Grants/tx.html](http://www.cms.gov/CCIIO/Resources/Consumer-Assistance-Grants/tx.html).

**Does this plan provide Minimum Essential Coverage? Yes**

Minimum Essential Coverage generally includes plans, health insurance available through the Marketplace or other individual market policies, Medicare, Medicaid, CHIP, TRICARE, and certain other coverage. If you are eligible for certain types of Minimum Essential Coverage, you may not be eligible for the premium tax credit.

**Does this plan meet the Minimum Value Standards? Yes**

If your plan doesn't meet the Minimum Value Standards, you may be eligible for a premium tax credit to help you pay for a plan through the Marketplace.

**Language Access Services:**

Spanish (Español): Para obtener asistencia en Español, llame al 1-800-521-2227.

Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-800-521-2227.

Chinese (中文): 如果需要中文的帮助, 请拨打这个号码 1-800-521-2227.

Navajo (Dine): Dinekehgo shika at'ohwol ninisingo, kwijigo holne' 1-800-521-2227.

*To see examples of how this plan might cover costs for a sample medical situation, see the next section.*

## About these Coverage Examples:



**This is not a cost estimator.** Treatments shown are just examples of how this plan might cover medical care. Your actual costs will be different depending on the actual care you receive, the prices your providers charge, and many other factors. Focus on the cost sharing amounts (deductibles, copayments and coinsurance) and excluded services under the plan. Use this information to compare the portion of costs you might pay under different health plans. Please note these coverage examples are based on self-only coverage.

### Peg is Having a Baby

(9 months of in-network pre-natal care and a hospital delivery)

|                                          |         |
|------------------------------------------|---------|
| ■ The plan's overall <u>deductible</u>   | \$3,000 |
| ■ <u>Specialist coinsurance</u>          | 40%     |
| ■ Hospital (facility) <u>coinsurance</u> | 40%     |
| ■ Other <u>coinsurance</u>               | 40%     |

This EXAMPLE event includes services like:

Specialist office visits (*prenatal care*)  
 Childbirth/Delivery Professional Services  
 Childbirth/Delivery Facility Services  
Diagnostic tests (*ultrasounds and blood work*)  
Specialist visit (*anesthesia*)

|                           |                 |
|---------------------------|-----------------|
| <b>Total Example Cost</b> | <b>\$12,700</b> |
|---------------------------|-----------------|

In this example, Peg would pay:

| <u>Cost Sharing</u>               |                |
|-----------------------------------|----------------|
| <u>Deductibles</u>                | \$3,000        |
| <u>Copayments</u>                 | \$0            |
| <u>Coinsurance</u>                | \$3,000        |
| <i>What isn't covered</i>         |                |
| Limits or exclusions              | \$60           |
| <b>The total Peg would pay is</b> | <b>\$6,060</b> |

### Managing Joe's type 2 Diabetes

(a year of routine in-network care of a well-controlled condition)

|                                          |         |
|------------------------------------------|---------|
| ■ The plan's overall <u>deductible</u>   | \$3,000 |
| ■ <u>Specialist coinsurance</u>          | 40%     |
| ■ Hospital (facility) <u>coinsurance</u> | 40%     |
| ■ Other <u>coinsurance</u>               | 40%     |

This EXAMPLE event includes services like:

Primary care physician office visits (*including disease education*)  
Diagnostic tests (*blood work*)  
Prescription drugs  
Durable medical equipment (*glucose meter*)

|                           |                |
|---------------------------|----------------|
| <b>Total Example Cost</b> | <b>\$5,600</b> |
|---------------------------|----------------|

In this example, Joe would pay:

| <u>Cost Sharing</u>               |                |
|-----------------------------------|----------------|
| <u>Deductibles</u>                | \$1,900        |
| <u>Copayments</u>                 | \$600          |
| <u>Coinsurance</u>                | \$0            |
| <i>What isn't covered</i>         |                |
| Limits or exclusions              | \$20           |
| <b>The total Joe would pay is</b> | <b>\$2,520</b> |

### Mia's Simple Fracture

(in-network emergency room visit and follow up care)

|                                          |         |
|------------------------------------------|---------|
| ■ The plan's overall <u>deductible</u>   | \$3,000 |
| ■ <u>Specialist coinsurance</u>          | 40%     |
| ■ Hospital (facility) <u>coinsurance</u> | 40%     |
| ■ Other <u>coinsurance</u>               | 40%     |

This EXAMPLE event includes services like:

Emergency room care (*including medical supplies*)  
Diagnostic test (*x-ray*)  
Durable medical equipment (*crutches*)  
Rehabilitation services (*physical therapy*)

|                           |                |
|---------------------------|----------------|
| <b>Total Example Cost</b> | <b>\$2,800</b> |
|---------------------------|----------------|

In this example, Mia would pay:

| <u>Cost Sharing</u>               |                |
|-----------------------------------|----------------|
| <u>Deductibles</u>                | \$2,800        |
| <u>Copayments</u>                 | \$10           |
| <u>Coinsurance</u>                | \$0            |
| <i>What isn't covered</i>         |                |
| Limits or exclusions              | \$0            |
| <b>The total Mia would pay is</b> | <b>\$2,810</b> |

The plan would be responsible for the other costs of these EXAMPLE covered services.

**Health care coverage is important for everyone.**

We provide free communication aids and services for anyone with a disability or who needs language assistance. We do not discriminate on the basis of race, color, national origin, sex, gender identity, age, sexual orientation, health status or disability.

To receive language or communication assistance free of charge, please call us at 855-710-6984.

If you believe we have failed to provide a service, or think we have discriminated in another way, contact us to file a [grievance](#).

Office of Civil Rights Coordinator  
300 E. Randolph St.  
35th Floor  
Chicago, Illinois 60601

Phone: 855-664-7270 (voicemail)  
TTY/TDD: 855-661-6965  
Fax: 855-661-6960

You may file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, at:

U.S. Dept. of Health & Human Services  
200 Independence Avenue SW  
Room 509F, HHH Building 1019  
Washington, DC 20201

Phone: 800-368-1019  
TTY/TDD: 800-537-7697  
Complaint Portal: <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>  
Complaint Forms: <http://www.hhs.gov/ocr/office/file/index.html>



If you, or someone you are helping, have questions, you have the right to get help and information in your language at no cost. To talk to an interpreter, call 855-710-6984.

|                          |                                                                                                                                                                                                                                 |
|--------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Español<br>Spanish       | Si usted o alguien a quien usted está ayudando tiene preguntas, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 855-710-6984.                                |
| العربية<br>Arabic        | إن كان لديك أو لدى شخص تساعد أسئلة، فلديك الحق في الحصول على المساعدة والمعلومات الضرورية بلغتك من دون أية تكلفة. للتحدث مع مترجم فوري، اتصل على الرقم 855-710-6984.                                                            |
| 繁體中文<br>Chinese          | 如果您，或您正在協助的對象，對此有疑問，您有權利免費以您的母語獲得幫助和訊息。洽詢一位翻譯員，請撥電話 號碼 855-710-6984。                                                                                                                                                            |
| Français<br>French       | Si vous, ou quelqu'un que vous êtes en train d'aider, avez des questions, vous avez le droit d'obtenir de l'aide et l'information dans votre langue à aucun coût. Pour parler à un interprète, appelez 855-710-6984.            |
| Deutsch<br>German        | Falls Sie oder jemand, dem Sie helfen, Fragen haben, haben Sie das Recht, kostenlose Hilfe und Informationen in Ihrer Sprache zu erhalten. Um mit einem Dolmetscher zu sprechen, rufen Sie bitte die Nummer 855-710-6984 an.    |
| ગુજરાતી<br>Gujarati      | જો તમને અથવા તમે મદદ કરી રહ્યા હોય અવા કોઈ બીજી વ્યક્તિને એસ.બી.એમ. કાર્યક્રમ બાબતે પ્રશ્નો હોય, તો તમને વિના ખર્ચે, તમારી ભાષામાં મદદ અને માહિતી મેળવવાનો હક્ક છે. દુભાષિયા સાથે વાત કરવા માટે આ નંબર 855-710-6984 પર કોલ કરો. |
| हिंदी<br>Hindi           | यदि आपके, या आप जिसकी सहायता कर रहे हैं उसके, प्रश्न हैं, तो आपको अपनी भाषा में नि:शुल्क सहायता और जानकारी प्राप्त करने का अधिकार है। किसी अनुवादक से बात करने के लिए 855-710-6984 पर कॉल करें।                                 |
| Italiano<br>Italian      | Se tu o qualcuno che stai aiutando avete domande, hai il diritto di ottenere aiuto e informazioni nella tua lingua gratuitamente. Per parlare con un interprete, puoi chiamare il numero 855-710-6984.                          |
| 한국어<br>Korean            | 만약 귀하 또는 귀하가 돕는 사람이 질문이 있다면 귀하는 무료로 그러한 도움과 정보를 귀하의 언어로 받을 수 있는 권리가 있습니다. 통역사가 필요하시면 855-710-6984 로 전화하십시오.                                                                                                                     |
| Diné<br>Navajo           | T'áá ní, éí doodago ła'da bíká anánílwo'ígíí, na'ídfíkidgo, ts'ídá bee ná ahóótí'í' t'áá nífk'e níká a'doolwoł dóó bína'ídfíkidígíí bee ní h odoonih. Ata'dahalne'ígíí bich'í' hodíílnih kwe'é 855-710-6984.                    |
| فارسی<br>Persian         | اگر شما، یا کسی که شما به او کمک می کنید، سوآلی داشته باشید، حق این را دارید که به زبان خود، به طور رایگان کمک و اطلاعات دریافت نمایید. جهت گفتگو با یک مترجم شفاهی، با شماره 855-710-6984 تماس حاصل نمایید.                    |
| Polski<br>Polish         | Jeśli Ty lub osoba, której pomagasz, macie jakiegokolwiek pytania, macie prawo do uzyskania bezpłatnej informacji i pomocy we własnym języku. Aby porozmawiać z tłumaczem, zadzwoń pod numer 855-710-6984.                      |
| Русский<br>Russian       | Если у вас или человека, которому вы помогаете, возникли вопросы, у вас есть право на бесплатную помощь и информацию, предоставленную на вашем языке. Чтобы связаться с переводчиком, позвоните по телефону 855-710-6984.       |
| Tagalog<br>Tagalog       | Kung ikaw, o ang isang taong iyong tinutulongan ay may mga tanong, may karapatan kang makakuha ng tulong at impormasyon sa iyong wika nang walang bayad. Upang makipag-usap sa isang tagasalin-wika, tumawag sa 855-710-6984.   |
| اردو<br>Urdu             | اگر آپ کو، یا کسی ایسے فرد کو جس کی آپ مدد کر رہے ہیں، کوئی سوال درپیش ہے تو، آپ کو اپنی زبان میں مفت مدد اور معلومات حاصل کرنے کا حق ہے۔ مترجم سے بات کرنے کے لیے، 855-710-6984 پر کال کریں۔                                   |
| Tiếng Việt<br>Vietnamese | Nêu quý vị, hoặc người mà quý vị giúp đỡ, có câu hỏi, thì quý vị có quyền được giúp đỡ và nhận thông tin bằng ngôn ngữ của mình miễn phí. Để nói chuyện với một thông dịch viên, gọi 855-710-6984.                              |