Coverage for: Individual / Family | Plan Type: POS



KAISER PERMANENTE®: KP CO Silver 3T POS HDHP 3500/30%

Kaiser Permanente Insurance Company

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 see

https://kp.org/plandocuments or call 1-855-364-3184 (TTY:711). For general definitions of common terms, such as allowed amount, balance billing, coinsurance, copayment, deductible, provider, or other underlined terms, see the Glossary. You can view the Glossary at www.healthcare.gov/sbc-glossary/ or call 1-855-364-3184 (TTY:711) to request a copy.

Important Questions	Answers	Why this Matters:
What is the overall deductible?	Plan Provider: \$3,500 Individual / \$7,000 Family; PAR Provider: \$5,000 Individual / \$10,000 Family; Non-PAR Provider: \$15,000 Individual / \$30,000 Family	Generally, you must pay all of the costs from <u>providers</u> up to the <u>deductible</u> amount before this <u>plan</u> begins to pay. If you have other family members on the <u>plan</u> , each family member must meet their own individual <u>deductible</u> until the total amount of <u>deductible</u> expenses paid by all family members meets the overall family <u>deductible</u> .
Are there services covered before you meet your deductible?	Yes. Preventive care and services indicated in chart starting on page 2.	This <u>plan</u> covers some items and services even if you haven't yet met the <u>deductible</u> amount. But a <u>copayment</u> or <u>coinsurance</u> may apply. For example, this <u>plan</u> covers certain <u>preventive services</u> without <u>cost sharing</u> and before you meet your <u>deductible</u> . See a list of covered <u>preventive services</u> at https://www.healthcare.gov/coverage/preventive-care-benefits/ .
Are there other deductibles for specific services?	Yes, <u>Plan Provider</u> : \$50 Individual for Pediatric Dental in <u>network</u> ; There are no other specific <u>deductibles</u> .	You must pay all of the costs for these services up to the specific <u>deductible</u> amount before this <u>plan</u> begins to pay for these services.
What is the <u>out-of-pocket</u> <u>limit</u> for this <u>plan</u> ?	Plan Provider: \$5,000 Individual / \$10,000 Family; PAR Provider: \$7,000 Individual / \$14,000 Family; Non-PAR Provider: \$21,000 Individual / \$42,000 Family	The <u>out-of-pocket limit</u> is the most you could pay in a year for covered services. If you have other family members in this <u>plan</u> , they have to meet their own <u>out-of-pocket limits</u> until the overall family <u>out-of-pocket limit</u> has been met.
What is not included in the out-of-pocket limit?	Premiums, balance-billing charges, health care this plan doesn't cover, and services indicated in chart starting on page 2.	Even though you pay these expenses, they don't count toward the out-of-pocket limit.

Important Questions	Answers	Why this Matters:
Will you pay less if you use a <u>network provider</u> ?	Yes. See https://choiceproducts-colorado.kaiserpermanente.org or call 1-855-364-3184 (TTY: 711) for a list of network providers.	You pay the least if you use a <u>provider</u> in the Plan Provider Tier. You pay more if you use a <u>provider</u> in the <u>Participating Provider (PAR)</u> Tier. You will pay the most if you use a <u>Non-PAR provider</u> Tier, and you might receive a bill from a <u>provider</u> for the difference between the provider's charge and what your <u>plan</u> pays (<u>balance billing</u>). Be aware, your <u>network provider</u> might use an <u>out-of-network provider</u> for some services (such as lab work). Check with your <u>provider</u> before you get services.
Do you need a <u>referral</u> to see a <u>specialist</u> ?	Yes (to be covered at the <u>plan provider</u> level), but you may self-refer to certain <u>specialists</u> .	This <u>plan</u> will pay some or all of the costs to see a <u>specialist</u> for covered services but only if you have a <u>referral</u> before you see the <u>specialist</u> .

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

Common Medical Event	Services You May Need	What You Will Pay Plan Provider (You will pay the least)	What You Will Pay PAR Provider (You will pay more)	What You Will Pay Non-PAR Provider (You will pay most)	Limitations, Exceptions & Other Important Information
	Primary care visit to treat an injury or illness	30% coinsurance	40% coinsurance. 40% coinsurance for other covered services received during a visit.	50% coinsurance	Virtual Care Services: Plan Provider: No charge, deductible does not apply
If you visit a health care provider's office or clinic	Specialist visit	30% coinsurance. 30% coinsurance for other covered services received during a visit.	40% coinsurance. 40% coinsurance for other covered services received during a visit.	50% coinsurance	Virtual Care Services: Plan Provider: No charge, deductible does not apply
	Preventive care/ screening/ immunization	No charge, deductible does not apply	No charge, deductible does not apply	50% coinsurance	You may have to pay for services that aren't preventive. Ask your provider if the services needed are preventive. Then check what your plan will pay for.
Marca have a fact	Diagnostic test (x-ray, blood work)	30% coinsurance	40% coinsurance	50% coinsurance	None
If you have a test	Imaging (CT/PET scans, MRI's)	30% coinsurance	40% coinsurance	50% coinsurance	Non-PAR <u>provider</u> : 20% penalty without precertification

Common Medical Event	Services You May Need	What You Will Pay Plan Provider (You will pay the least)	What You Will Pay PAR Provider (You will pay more)	What You Will Pay Non-PAR Provider (You will pay most)	Limitations, Exceptions & Other Important Information
If you need drugs to treat your illness or condition More information	Generic drugs	30% coinsurance retail and mail order / prescription	40% coinsurance retail and mail order / prescription	Not covered	Up to a 30-day supply (retail); up to a 90-day supply (mail order). Prescription refills of ongoing maintenance medications must be filled at a Kaiser Permanente Pharmacy. Subject to formulary guidelines. PAR and Non-PAR Provider in all drug tiers: Certain outpatient prescription drugs are subject to utilization management requirements. Formulary preventive and contraceptive drugs in all tiers are no charge, deductible does not apply.
about prescription drug coverage is available at	Preferred brand drugs	30% coinsurance retail and mail order / prescription	40% coinsurance retail and mail order / prescription	Not covered	Up to a 30-day supply (retail); up to 90-day supply (mail order). Subject to formulary guidelines.
www.kp.org/formulary	Non-preferred drugs	30% coinsurance retail and mail order / prescription	40% coinsurance retail and mail order / prescription	Not covered	Up to a 30-day supply (retail); up to 90-day supply (mail order). Subject to formulary guidelines, when approved through the exception process.
	Specialty drugs	30% coinsurance retail / prescription	40% coinsurance retail / prescription	Not covered	Up to a 30-day supply (retail). Subject to formulary guidelines, when approved through the exception process.
If you have outpatient surgery	Facility fee (e.g., ambulatory surgery center)	Ambulatory surgical center: 20% coinsurance. Outpatient hospital: 30% coinsurance.	40% coinsurance	Not covered	Non-PAR <u>Provider</u> : 20% penalty without precertification.
	Physician/surgeon fees	Ambulatory surgical center: 20% coinsurance. Outpatient hospital: 30% coinsurance.	40% coinsurance	Not covered	Non-PAR <u>Provider</u> : 20% penalty without precertification.

Common Medical Event	Services You May Need	What You Will Pay Plan Provider (You will pay the least)	What You Will Pay PAR Provider (You will pay more)	What You Will Pay Non-PAR Provider (You will pay most)	Limitations, Exceptions & Other Important Information
If you need	Emergency room care	30% coinsurance	30% coinsurance	30% coinsurance	None
immediate medical attention	Emergency medical transportation	30% coinsurance	30% coinsurance	30% coinsurance	None
	Urgent care	30% coinsurance	30% coinsurance	30% coinsurance	None
If you have a	Facility fee (e.g., hospital room)	30% coinsurance	40% coinsurance	Not covered	Non-PAR <u>Provider</u> : 20% penalty without precertification.
hospital stay	Physician/surgeon fee	30% coinsurance	40% coinsurance	Not covered	Non-PAR <u>Provider</u> : 20% penalty without precertification.
If you need mental health, behavioral health, or substance	Outpatient services	30% coinsurance / individual visit. 30% coinsurance for other outpatient services.	40% coinsurance / individual visit. 40% coinsurance for other outpatient services.	50% coinsurance	Annual Wellness Visit: Plan and PAR Provider: No charge, deductible does not apply. Virtual Care Services: Plan Provider: No charge.
abuse services	Inpatient services	30% coinsurance	40% coinsurance	50% coinsurance	Non-PAR <u>Provider</u> : 20% penalty without precertification.
If you are pregnant	Office visits	30% coinsurance	40% coinsurance	50% coinsurance	Cost sharing does not apply for preventive services. Maternity care may include tests and services described elsewhere in the SBC (i.e. ultrasound.)
	Childbirth/delivery professional services	30% coinsurance	40% coinsurance	50% coinsurance	None
	Childbirth/delivery facility services	30% coinsurance	40% coinsurance	50% coinsurance	None

Common Medical Event	Services You May Need	What You Will Pay Plan Provider (You will pay the least)	What You Will Pay PAR Provider (You will pay more)	What You Will Pay Non-PAR Provider (You will pay most)	Limitations, Exceptions & Other Important Information
	Home health care	30% coinsurance	40% coinsurance	50% coinsurance	Less than 8 hours / day and 28 hours / week. Non-PAR <u>Provider</u> : 20% penalty without precertification.
	Rehabilitation services	Outpatient services: 30% coinsurance. Inpatient services: 30% coinsurance.	Outpatient services: 40% coinsurance. Inpatient services: 40% coinsurance.	50% coinsurance	Combined maximum of 20 outpatient visits / therapy / year (autism spectrum disorders are not subject to the visit limit). Virtual Care Services: Plan Provider: No charge, deductible does not apply. Inpatient: Limited to 60 days / condition / year. Non-PAR Provider: 20% penalty without pre-certification.
If you need help recovering or have other special health needs	Habilitation services	Outpatient services: 30% coinsurance / individual visit	Outpatient services: 40% coinsurance / individual visit	50% coinsurance	Combined maximum of 20 outpatient visits / therapy / year (autism spectrum disorders are not subject to the visit limit). Virtual Care Services: Plan Provider: No charge, deductible does not apply. Non-PAR Provider: 20% penalty without pre-certification.
	Skilled nursing care	30% coinsurance	40% coinsurance	Not covered	Plan Provider: 100-days / year. PAR and Non-PAR Provider: Combined maximum of 100-days / year. Non-PAR Provider: 20% penalty without pre-certification.
	Durable medical equipment	30% coinsurance	Not covered	Not covered	Subject to <u>formulary</u> guidelines. Non-PAR <u>Provider</u> : 20% penalty without pre-certification.
	Hospice service	30% coinsurance	40% coinsurance	50% coinsurance	Non-PAR <u>Provider</u> : 20% penalty without precertification.

Common Medical Event	Services You May Need	What You Will Pay Plan Provider (You will pay the least)	What You Will Pay PAR Provider (You will pay more)	What You Will Pay Non-PAR Provider (You will pay most)	Limitations, Exceptions & Other Important Information
	Children's eye exam	30% coinsurance	40% coinsurance. 40% coinsurance for other covered services received during a visit.	50% coinsurance	Limited to members up to the end of the year in which the member turns 19.
	Children's glasses	50% coinsurance, deductible does not apply	Not covered	Not covered	Limited to one pair of frames and lenses or contact lenses / 24 months.
If your child needs dental or eye care	Children's dental check-up	No charge for preventive care / diagnostic services after pediatric dental deductible. 50% coinsurance for basic / major services after pediatric dental deductible.	Not covered	Not covered	Limited to members up to the end of the month in which the member turns 19. Limited coverage for diagnostic and preventive services, minor restorative (fillings), simple extractions and crowns.

Excluded Services & Other Covered Services:

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

- Cosmetic surgery
- Hearing aids (Adult)

- Long-term care
- Non-emergency care when traveling outside the U.S.
- Routine foot care
- Weight loss programs

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

- Abortion (Plan and PAR Provider only)
- Acupuncture (10 visit limit/year (Plan Provider only))
- Bariatric surgery (Plan Provider only)
- Chiropractic care (20 visit limit/year (Plan Provider only))
- Dental care (Adult)
- Hearing aids (Up to Age 18)

- Infertility treatment (Plan Provider only)
- Private-duty nursing (Inpatient)
- Routine eye care (Adult) (Plan and PAR Provider only)

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 shown in the chart below. Other coverage options may be available to you too, including buying individual insurance coverage through the <a href="Health_Insurance_

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 on how 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 the agencies in the chart below.

Contact Information for Your Rights to Continue Coverage & Your Grievance and Appeals Rights:

Kaiser Permanente Member Services	1-855-249-5005 (TTY: 711) or www.kp.org/memberservices
Department of Labor's Employee Benefits Security Administration	1-866-444-EBSA (3272) or www.dol.gov/ebsa/healthreform
Department of Health & Human Services, Center for Consumer Information & Insurance Oversight	1-877-267-2323 x61565 or <u>www.cciio.cms.gov</u>
	303-894-7490 (instate, toll-free: 800-930-3745) or insurance@dora.state.co.us

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 1-800-632-9700 (TTY: 711)

TAGALOG (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-800-632-9700 (TTY: 711)

TRADITIONAL CHINESE (中文): 如果需要中文的帮助,请拨打这个号码 1-800-632-9700 (TTY: 711)

PENNSYLVANIA DUTCH (Deitsch): Fer Hilf griege in Deitsch, ruf 1-800-632-9700 (TTY: 711) uff

NAVAJO (Dine): Dinek'ehgo shika at'ohwol ninisingo, kwiijigo holne' 1-800-632-9700 (TTY: 711)

SAMOAN (Gagana Samoa): Mo se fesoasoani i le Gagana Samoa, vala'au mai i le numera telefoni 1-800-632-9700 (TTY: 711)

CAROLINIAN (Kapasal Falawasch): ngere aukke ghut alillis reel kapasal Falawasch au fafaingi tilifon ye 1-800-632-9700 (TTY: 711)

CHAMORRO (Chamoru): Para un ma ayuda gi finu Chamoru, à'gang 1-800-632-9700 (TTY: 711)

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

Kaiser Foundation Health Plan (KFHP) of Colorado, Inc., underwrites the HMO In-Network (Plan) Provider Tier and Kaiser Permanente Insurance Company (KPIC), a subsidiary of Kaiser Foundation Health Plan, Inc. underwrites the Participating Provider and Non-Participating Provider Tiers.

About these Coverage Examples:



This is not a cost estimator. Treatments shown are just examples of how this <u>plan</u> might cover medical care. Your actual costs will be different depending on the actual care you receive, the prices your <u>providers</u> charge, and many other factors. Focus on the <u>cost sharing</u> amounts (<u>deductibles</u>, <u>copayments</u> and <u>coinsurance</u>) and <u>excluded services</u> under the <u>plan</u>. Use this information to compare the portion of costs you might pay under different health <u>plans</u>. 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 deductible	\$3,500
Specialist coinsurance	30%
Hospital (facility) coinsurance	30%
Other coinsurance	30%

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)

Total Example Cost	\$12,700		
In this example, Peg would pay:			
Cost Sharing			
<u>Deductibles</u>	\$3,500		
Copayments	\$0		
Coinsurance	\$1,500		
What isn't covered			
Limits or exclusions	\$60		
The total Peg would pay is	\$5,060		

Managing Joe's Type 2 Diabetes (a year of routine in-network care of a wellcontrolled condition)

The plan's overall deductible	\$3,500
Specialist coinsurance	30%
Hospital (facility) coinsurance	30%
Other coinsurance	30%

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*)

Total Example Cost	\$5,600	
In this example, Joe would pay:		
Cost Sharing		
<u>Deductibles</u>	\$1,100	
Copayments	\$0	
Coinsurance	\$1,200	
What isn't covered		
Limits or exclusions	\$0	
The total Joe would pay is	\$2,300	

Mia's Simple Fracture (in-network emergency room visit and follow up care)

The plan's overall deductible	\$3,500
Specialist coinsurance	30%
Hospital (facility) coinsurance	30%
Other coinsurance	30%

This EXAMPLE event includes services like:

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

Total Example Cost	\$2,800	
In this example, Mia would pay:		
Cost Sharing		
<u>Deductibles</u>	\$2,800	
Copayments	\$0	
Coinsurance	\$0	
What isn't covered		
Limits or exclusions	\$0	
The total Mia would pay is	\$2,800	

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

Colorado Supplement to the Summary of Benefits and Coverage Form

INSURANCE COMPANY NAME	Kaiser Foundation Health Plan of Colorado and Kaiser Permanente Insurance Company		
NAME OF PLAN	KP CO Silver 3T POS HDHP 3500/30%		
1. Type of Policy	Small Employer Group Policy		
2. Type of plan	Point of service (POS)		
3. Areas of Colorado where plan is available.	Plan is available only in the following counties: Adams, Arapahoe, Boulder, Broomfield, Clear Creek, Denver, Douglas, El Paso, Elbert, Fremont, Gilpin, Jefferson, Larimer, Park, Pueblo, Teller, and Weld **KP Select Plan: El Paso and Teller**		

SUPPLEMENTAL INFORMATION REGARDING BENEFITS

Important Note: The contents of this form are subject to the provisions of the policy, which contains all terms, covenants and conditions of coverage. It provides additional information meant to supplement the Summary of Benefits of Coverage you have received for this plan. This plan may exclude coverage for certain treatments, diagnoses, or services not specifically noted. Consult the actual policy to determine the exact terms and conditions of coverage.

INTERESTED POLICYHOLDERS, CERTIFICATE HOLDERS, AND ENROLLEES ARE HEREBY GIVEN NOTICE THAT THIS SMALL GROUP POLICY REQUIRES THAT AN INSURED TRAVEL OUTSIDE OF THE GEOGRAPHIC AREA TO RECEIVE COVERED HEALTH BENEFITS.

This means if you live or work outside of the service area where this plan is available, you will have to travel into this service area to receive non-emergency or non-urgent covered services.

	Description	
4. Annual Deductible Type	EMBEDDED DEDUCTIBLE	
	INDIVIDUAL – The amount that each member of the family must meet prior to claims being paid. Claims will not be paid for any other individual until their individual deductible or the family deductible has been met. FAMILY – The maximum amount that the family will pay for the year. The family deductible can be met by [2] or more individuals.	
5. Out-of-Pocket Maximum	EMBEDDED OUT-OF-POCKET	
	INDIVIDUAL – The amount that each member of the family must meet prior to claims being paid at 100%. Claims will not be paid at 100% for any other individual until their individual out-of-pocket or the family out-of-pocket has been met.	

		FAMILY – The maximum amount that the family will pay for the year. The family out-of-pocket can be met by 2 or more individuals.
6.	What is included in the In-Network Out-of-Pocket Maximum?	Deductibles, coinsurance and copayments.
7.	Is pediatric dental covered by this plan?	Yes, pediatric dental is subject to a separate \$50 deductible.
8.	What cancer screenings are covered?	Breast Cancer (clinical breast exam, screening and/or imaging, genetic testing for inherited susceptibility for breast cancer); Colon and Rectal Cancer (fecal occult blood test (FIT), flexible sigmoidoscopy, barium enema, colonoscopy); Cervical Cancer (Pap test); Prostate Cancer (digital rectal exam, serum prostatic specific antigen (PSA))

USING THE PLAN

		IN-NETWORK	OUT-OF-NETWORK
9.	If the provider charges more for a covered service than the plan normally pays, does the enrollee have to pay the difference?	No	Yes, members may be responsible for any amounts over eligible Charges, except when Emergency Services are received in an Out-of-Network Facility or when Non-Emergency Services are received from an Out-of-Network Provider in an In-Network Facility
10.	Does the plan have a binding arbitration clause?	No	

Questions: Call 1-855-364-3184 (TTY 711) or visit us at www.kp.org. SPANISH (Español): Para obtopor agistopois on Español Illamo al 1 800 633 (1)

SPANISH (Español): Para obtener asistencia en Español, llame al 1-800-632-9700 (TTY 711).

This document is available for free in Spanish. Please contact our Member Services number at **303-338-3800** or toll free **1-800-632-9700** (TTY **711**). Este documento está disponible de forma gratuita en español. Si desea información adicional, por favor llame al número de nuestro Servicio a los Miembros al **303-338-3800** or toll free **1-800-632-9700**. (Los usuarios de la línea TTY deben llamar al **711**).

If you are not satisfied with the resolution of your complaint or grievance, contact:

Colorado Division of Insurance

Consumer Services, Life and Health Section 1560 Broadway, Suite 850, Denver, CO 80202 Call: 303-894-7490 (in-state, toll-free: 800-930-3745)

Email: dora_insurance@state.co.us

NONDISCRIMINATION NOTICE

Kaiser Foundation Health Plan of Colorado (Kaiser Health Plan) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Kaiser Health Plan does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex. We also:

- Provide no-cost aids and services to people with disabilities to communicate effectively with us, such as:
 - · Qualified sign language interpreters
 - Written information in other formats, such as large print, audio, and accessible electronic formats
- Provide no-cost language services to people whose primary language is not English, such as:
 - · Qualified interpreters
 - · Information written in other languages

If you need these services, call 1-800-632-9700 (TTY 711).

If you believe that Kaiser Health Plan has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance by mail at: Customer Experience Department, Attn: Kaiser Permanente Civil Rights Coordinator, 10350 E. Dakota Ave, Denver, CO 80247, or by phone at Member Services **1-800-632-9700** (TTY **711**).

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at https://ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue SW., Room 509F, HHH Building, Washington, DC 20201, 1-800-368-1019, (TTY 1-800-537-7697). Complaint forms are available at hhs.gov/ocr/office/file/index.html.

HELP IN YOUR LANGUAGE

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-800-632-9700 (TTY 711).

አጣርኛ (Amharic) ጣስታወሻ: የሚናገሩት ቋንቋ ኣጣርኛ ከሆነ የትርጉም እርዳታ ድርጅቶች፣ በነጻ ሊያግዝዎት ተዘ*ጋ*ጀተዋል፡ ወደ ሚከተለው ቁጥር ይደውሉ **1-800-632-9700** (TTY **711**).

العربية (Arabic) ملحوظة: إذا كنت تتحدث العربية، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 9700-632-800-1 (TTY).

Bǎsóò Wùdù (Bassa) Dè dε nìà kε dyédé gbo: Ͻ jǔ ké m̀ Bàsóò-wùdù-po-nyò jǔ ní, nìí, à wudu kà kò dò po-poò δέìn m̀ gbo kpáa. Đá 1-800-632-9700 (TTY 711)

中文 (Chinese) 注意:如果您使用繁體中文,您可以免費獲得語言援助服務。請致電 1-800-632-9700 (TTY 711)。

فارسی (Farsi) توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با 9700-632-630 (711 TTY) توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با

Français (French) ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-800-632-9700 (TTY 711).

Deutsch (German) ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: **1-800-632-9700** (TTY **711**).

Igbo (Igbo) NRUBAMA: O buru na i na asu Igbo, oru enyemaka asusu, n'efu, diiri gi. Kpoo 1-800-632-9700 (TTY 711).

日本語 (Japanese) 注意事項:日本語を話される場合、無料の言語支援をご利用いただけます。**1-800-632-9700** (TTY **711**) まで、お電話にてご連絡ください。

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Naabeehó (Navajo) Díí baa akó nínízin: Díí saad bee yáníłti'go Diné Bizaad, saad bee áká'ánída'áwo'déé', t'áá jiik'eh, éí ná hóló, koji' hódíílnih 1-800-632-9700 (TTY 711).

नेपाली (Nepali) ध्यान दिनुहोस्: तपार्इंले नेपाली बोल्नुहुन्छ भने तपार्इंको निम्ति भाषा सहायता सेवाहरू निःशुल्क रूपमा उपलब्ध छ । 1-800-632-9700 (TTY: 711) फोन गर्नुहोस् ।

Afaan Oromoo (Oromo) XIYYEEFFANNAA: Afaan dubbattu Oroomiffa, tajaajila gargaarsa afaanii, kanfaltiidhaan ala, ni argama. Bilbilaa **1-800-632-9700** (TTY **711**).

Русский (Russian) ВНИМАНИЕ: если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-632-9700 (ТТҮ 711).

Español (Spanish) ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-632-9700 (TTY 711).

Tagalog (Tagalog) PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa **1-800-632-9700** (TTY **711**).

Tiếng Việt (Vietnamese) CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-632-9700 (TTY 711).

Yorùbá (Yoruba) AKIYESI: Ti o ba nso ede Yoruba ofe ni iranlowo lori ede wa fun yin o. E pe ero ibanisoro yi 1-800-632-9700 (TTY 711).

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- Provide no cost aids and services to people with disabilities to communicate effectively with us, such as:
 - o Qualified sign language interpreters
 - o Written information in other formats, such as large print, audio, and accessible electronic formats
- Provide no cost language services to people whose primary language is not English, such as:
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If you need these services, call 1-855-364-3184 (TTY: 711)

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You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at https://ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue SW, Room 509F, HHH Building, Washington, DC 20201, 1-800-368-1019, 1-800-537-7697 (TDD). Complaint forms are available at http://www.hhs.gov/ocr/office/file/index.html.

HELP IN YOUR LANGUAGE

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-855-364-3184 (TTY: 711).

አጣርኛ (Amharic) ያስተውሉ፡ እንባሊዘኛ የሚናንሩ ከሆነ፣ የቋንቋ እርዳታ አገልባሎቶች፣ ከክፍያ ነጻ፣ ለእርስዎ ይ*ገ*ኛሉ። ወደ **1-855-364-3184** ይደውሉ (TTY: 711) ።

العربية (Arabic) ملحوظة: إذا كنت تتحدث العربية، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 3184-364-485-711 (TTY: 711).

Bǎsɔʻɔ̀ Wùdù (Bassa) Dè dε nìà kε dyédé gbo: Ͻ jǔ ké m Ɓàsɔɔ-wùdù-po-nyɔ jǔ ní, nìí, à wudu kà kò dò po-poɔ bεìn m gbo kpáa. Đá 1-855-364-3184 (TTY: 711)

中文 (Chinese) 注意:如果您使用繁體中文,您可以免費獲得語言援助服務。請致電 1-855-364-3184 (TTY:711)

فارسی (Farsi) توجه: اگر به زبان فارسی صحبت میکنید، خدمات تسهیلات زبانی بصورت رایگان برای شما فراهم میباشد. با شماره 3184-364-855-16 (TTY: 711) تماس بگیرید.

Français (French) ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-855-364-3184 (TTY: 711)

Deutsch (German) ACHTUNG: Wenn Sie Deutsch sprechen, steht Ihnen eine kostenlose Sprachassistenz zur Verfügung. Bitte wählen Sie: **1-855-364-3184** (TTY: **711**).

Igbo (Igbo) GEE NTI: O buru na i na asu Igbo, oru enyemaka nkowa asusu, du n'efu, diiri gi. Kpoo 1-855-364-3184 (TTY: 711).

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Yorùbá (Yoruba) AKIYESI: Ti o ba nso ede Yoruba ofe ni iranlowo lori ede wa fun o. Pe 1-855-364-3184 (TTY: 711)