

# Your summary of benefits

Empire BlueCross BlueShield

Your Contract Code: 5R09

Your Plan: Empire Platinum PPO 20/0%/2750

Your Network: PPO/EPO

*This summary of benefits is a brief outline of coverage, designed to help you with the selection process. This summary does not reflect each and every benefit, exclusion and limitation which may apply to the coverage. For more details, important limitations and exclusions, please review the formal Evidence of Coverage (EOC). If there is a difference between this summary and the Certificate of Insurance or Evidence of Coverage (EOC), the Certificate of Insurance or Evidence of Coverage (EOC), will prevail.*

Covered Medical Benefits	Cost if you use an In-Network Provider	Cost if you use a Non-Network Provider
<b>Overall Deductible</b> <i>See notes section to understand how your deductible works. Your plan may also have a separate Prescription Drug Deductible. See Prescription Drug Coverage section.</i>	\$0 person / \$0 family	\$3,000 person / \$6,000 family
<b>Out-of-Pocket Limit</b> <i>When you meet your out-of-pocket limit, you will no longer have to pay cost-shares during the remainder of your benefit period. See notes section for additional information regarding your out of pocket maximum.</i>	\$2,750 person / \$5,500 family	\$6,875 person / \$13,750 family
<b>Preventive care/screening/immunization</b> <i>In-network preventive care is not subject to deductible, if your plan has a deductible.</i>	No charge	20% coinsurance after deductible is met
<b>Doctor Home and Office Services</b>  <b>Primary Care Office Visit to treat an injury or illness</b> <i>Hospital clinics are not covered.</i>	\$20 copay per visit	20% coinsurance after deductible is met
<b>Specialist Care Office Visit</b>	\$40 copay per visit	20% coinsurance after deductible is met

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Covered Medical Benefits	Cost if you use an In-Network Provider	Cost if you use a Non-Network Provider
<p><b>Prenatal and Post-natal Care</b>  <i>In-Network preventive prenatal services are covered at 100%.</i></p>	\$40 copay per visit	20% coinsurance after deductible is met
<p><b>Other Practitioner Visits:</b></p> <p>Medical Chats - <i>within our mobile app</i></p> <p>Retail Health Clinic</p> <p>Preferred On-line Visit  <i>Includes Mental Health and Substance Use Disorder</i>  <i>Live Health Online is the preferred telehealth solution.</i>  <a href="http://www.livehealthonline.com">www.livehealthonline.com</a>.</p> <p>Other Participating Provider On-line Visit  <i>Includes Mental Health and Substance Use Disorder</i></p> <p>Chiropractic Services</p> <p>Acupuncture</p>	<p>No charge</p> <p>\$20 copay per visit</p> <p>No charge</p> <p>\$40 copay per visit</p> <p>\$40 copay per visit</p> <p>\$40 copay per visit</p>	<p>20% coinsurance after deductible is met</p> <p>20% coinsurance after deductible is met</p> <p>20% coinsurance after deductible is met</p> <p>20% coinsurance after deductible is met</p> <p>20% coinsurance after deductible is met</p> <p>20% coinsurance after deductible is met</p>
<p><b>Other Services in an Office:</b></p> <p>Allergy Testing</p> <p>Radiation/Chemotherapy/Non Preventive Infusion &amp; Injection</p> <p>Hemodialysis</p>	<p>No charge</p> <p>No charge</p> <p>No charge</p>	<p>20% coinsurance after deductible is met</p> <p>20% coinsurance after deductible is met</p> <p>20% coinsurance after deductible is met</p>

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<p>Prescription Drugs <i>For the drugs itself dispensed in the office through infusion/injection.</i></p>	20% coinsurance	20% coinsurance after deductible is met
<p><b>Diagnostic Services</b></p> <p><b>Lab:</b></p> <p>Office</p> <p>Freestanding Laboratory Facility <i>Empire's participating Freestanding Labs are Laboratory Corporation of America or Quest Diagnostics. Please check Provider Finder for additional participating Freestanding Labs in your area.</i></p> <p>Outpatient Hospital</p>	<p>No charge</p> <p>No charge</p> <p>\$125 copay per service</p>	<p>20% coinsurance after deductible is met</p> <p>20% coinsurance after deductible is met</p> <p>20% coinsurance after deductible is met</p>
<p><b>X-Ray:</b></p> <p>Office</p> <p>Outpatient Hospital</p>	<p>\$20 copay per service</p> <p>25% coinsurance</p>	<p>20% coinsurance after deductible is met</p> <p>20% coinsurance after deductible is met</p>
<p><b>Advanced Diagnostic Imaging (for example, MRI/PET/CAT scans):</b></p> <p>Office</p> <p>Outpatient Hospital</p>	<p>\$40 copay per service</p> <p>25% coinsurance</p>	<p>20% coinsurance after deductible is met</p> <p>20% coinsurance after deductible is met</p>

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<b>Emergency and Urgent Care</b> <b>Urgent Care Center Office Visit</b>	\$50 copay per visit	Covered as In-Network
<b>Emergency Room Facility Services</b>  <b>Emergency Room Doctor and Other Services</b>	\$200 copay per visit  No charge	Covered as In-Network  Covered as In-Network
<b>Ambulance Transportation</b>	\$200 copay per trip	Covered as In-Network
<b>Outpatient Mental Health and Substance Use Disorder</b> <b>Doctor Office Visit</b>  <b>Facility visit:</b> Facility Fees <i>Family counseling related to Substance Abuse is limited to 20 visits per year. Limit is combined In-Network and Non-Network. Limit is combined across professional visits and outpatient facilities. Coinsurance limited to the copay amount reflected for Primary Care Office visit.</i>  Doctor Services <i>Family counseling related to Substance Abuse is limited to 20 visits per year. Limit is combined In-Network and Non-Network. Limit is combined across professional visits and outpatient facilities.</i>	\$40 copay per visit  \$20 copay per visit  \$20 copay per visit	20% coinsurance after deductible is met  20% coinsurance after deductible is met  20% coinsurance after deductible is met

# Your summary of benefits

Covered Medical Benefits	Cost if you use an In-Network Provider	Cost if you use a Non-Network Provider
<p><b>Outpatient Surgery</b></p> <p><b>Facility Fees:</b></p> <p>Hospital</p> <p>Freestanding Surgical Center</p> <p><b>Doctor and Other Services:</b></p> <p>Hospital</p> <p>Freestanding Surgical Center</p>	<p>\$200 copay per visit</p> <p>\$200 copay per visit</p> <p>No charge</p> <p>No charge</p>	<p>20% coinsurance after deductible is met</p> <p>20% coinsurance after deductible is met</p> <p>20% coinsurance after deductible is met</p> <p>20% coinsurance after deductible is met</p>
<p><b>Hospital Stay (all Inpatient stays including Maternity, Mental and Substance Use Disorder):</b></p> <p><b>Facility fees (for example, room &amp; board)</b>  <i>Coverage for Inpatient Rehabilitation is limited to 60 days per benefit period. Limit is combined In-Network and Non-Network.</i></p> <p><b>Doctor and other services</b></p>	<p>\$400 copay per admission</p> <p>No charge</p>	<p>20% coinsurance after deductible is met</p> <p>20% coinsurance after deductible is met</p>

# Your summary of benefits

Covered Medical Benefits	Cost if you use an In-Network Provider	Cost if you use a Non-Network Provider
<p><b>Recovery &amp; Rehabilitation</b></p> <p><b>Home Health Care</b>  <i>Coverage is limited to 40 visits per benefit period. Limit is combined In-Network and Non-Network. Limit does not apply to separate Physical or Occupational or Speech Therapy limits, when performed as part of Home Health.</i></p>	\$25 copay per visit	25% coinsurance deductible does not apply
<p><b>Rehabilitation services (for example, physical/speech/occupational therapy):</b></p> <p><b>Office</b>  <i>Coverage for physical therapy, occupational therapy and speech therapy is limited to 60 visits combined per benefit period. Limit is combined for In-Network and Non-Network. Limit is combined across professional visits and outpatient facilities.</i></p> <p><b>Outpatient Hospital</b>  <i>Coverage for physical therapy, occupational therapy and speech therapy is limited to 60 visits combined per benefit period. Limit is combined for In-Network and Non-Network. Limit is combined across professional visits and outpatient facilities.</i></p>	<p>\$40 copay per visit</p> <p>\$200 copay per visit</p>	<p>20% coinsurance after deductible is met</p> <p>20% coinsurance after deductible is met</p>
<p><b>Habilitation services (for example, physical/speech/occupational therapy):</b></p> <p><b>Office</b>  <i>Coverage for physical therapy, occupational therapy and speech therapy is limited to 60 visits combined per benefit period. Limit is combined for In-Network and Non-Network. Limit is combined across professional visits and outpatient facilities.</i></p> <p><b>Outpatient Hospital</b>  <i>Coverage for physical therapy, occupational therapy and speech therapy is limited to 60 visits combined per benefit period. Limit is combined for In-Network and Non-Network. Limit is combined across professional visits and outpatient facilities.</i></p>	<p>\$40 copay per visit</p> <p>\$200 copay per visit</p>	<p>20% coinsurance after deductible is met</p> <p>20% coinsurance after deductible is met</p>
<p><b>Cardiac rehabilitation</b></p> <p><b>Office</b></p>	\$40 copay per visit	20% coinsurance after deductible is met

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Covered Medical Benefits	Cost if you use an In-Network Provider	Cost if you use a Non-Network Provider
Outpatient Hospital	\$200 copay per visit	20% coinsurance after deductible is met
<b>Skilled Nursing Care (in a facility)</b>	\$400 copay per admission	20% coinsurance after deductible is met
<b>Hospice</b>	No charge	20% coinsurance after deductible is met
<b>Durable Medical Equipment</b>	No charge	20% coinsurance after deductible is met
<b>Prosthetic Devices</b>	No charge	20% coinsurance after deductible is met

# Your summary of benefits

Covered Prescription Drug Benefits	Cost if you use an In-Network Provider	Cost if you use a Non-Network Provider
<b>Pharmacy Deductible</b>	\$100 person / \$200 family	Not covered
<b>Pharmacy Out of Pocket</b>	Combined with medical out of pocket maximum	Not covered
<b>Prescription Drug Coverage</b> <i>Traditional Open Drug List</i> <i>This product has a 90-day Retail Pharmacy Network available. A 90 day supply is available at most retail pharmacies.</i>		
<b>Tier 1 - Typically Generic</b> <i>Covers up to a 30 day supply (retail pharmacy). Covers up to a 90 day supply (home delivery program). Covers up to 90 day supply (retail maintenance pharmacy). If you select a brand name drug when a generic drug is available, additional cost sharing amounts may apply.</i>	\$10 copay per prescription, Pharmacy deductible does not apply (retail) and \$25 copay per prescription, Pharmacy deductible does not apply (home delivery)	Not covered (retail and home delivery)
<b>Tier 2 – Typically Preferred Brand</b> <i>Covers up to a 30 day supply (retail pharmacy). Covers up to a 90 day supply (home delivery program). Covers up to 90 day supply (retail maintenance pharmacy). If you select a brand name drug when a generic drug is available, additional cost sharing amounts may apply.</i>	\$35 copay per prescription after Pharmacy deductible is met (retail) and \$88 copay per prescription after Pharmacy deductible is met (home delivery)	Not covered (retail and home delivery)
<b>Tier 3 - Typically Non-Preferred Brand/Specialty Drugs</b> <i>Covers up to a 30 day supply (retail pharmacy). Covers up to a 90 day supply (home delivery program). Covers up to 90 day supply (retail maintenance pharmacy). If you select a brand name drug when a generic drug is available, additional cost sharing amounts may apply.</i>	\$70 copay per prescription after Pharmacy deductible is met (retail) and \$175	Not covered (retail and home delivery)



# Your summary of benefits

Covered Prescription Drug Benefits	Cost if you use an In-Network Provider	Cost if you use a Non-Network Provider
	copay per prescription after Pharmacy deductible is met (home delivery)	

# Your summary of benefits

Covered Vision Benefits	Cost if you use an In-Network Provider	Cost if you use a Non-Network Provider
<p><i>This is a brief outline of your vision coverage. Not all cost shares for covered services are shown below. Benefits include coverage for member's choice of eyeglass lenses or contact lenses, but not both. For a full list, including benefits, exclusions and limitations, see the combined Evidence of Coverage/ Disclosure form/ Certificate. If there is a difference between this summary and either Evidence of Coverage/ Disclosure form/ Certificate, the Evidence of Coverage/ Disclosure form/ Certificate will prevail.</i></p> <p><i>Only children's vision services count towards your out of pocket limit.</i></p>		
<p><b>Children's Vision Essential Health Benefits (up to age 19)</b></p>		
<p><b>Child Vision Deductible</b></p> <p><b>Vision exam</b>  <i>Coverage for In-Network Providers and Non-Network Providers is limited to 1 exam per benefit period.</i></p>	<p>Not Applicable</p> <p>No charge</p>	<p>Not Applicable</p> <p>\$0 copayment up to plan's Maximum Allowed Amount</p>
<p><b>Frames</b>  <i>Coverage for In-Network Providers and Non-Network Providers is limited to 1 unit per benefit period.</i></p>	<p>No charge</p>	<p>\$0 copayment up to plan's Maximum Allowed Amount</p>
<p><b>Single Vision Lenses</b>  <i>Coverage for In-Network Providers and Non-Network Providers is limited to 1 unit per benefit period.</i></p>	<p>No charge</p>	<p>\$0 copayment up to plan's Maximum Allowed Amount</p>
<p><b>Bifocal Vision Lenses</b>  <i>Coverage for In-Network Providers and Non-Network Providers is limited to 1 unit per benefit period.</i></p>	<p>No charge</p>	<p>\$0 copayment up to plan's Maximum Allowed Amount</p>
<p><b>Trifocal Vision Lenses</b>  <i>Coverage for In-Network Providers and Non-Network Providers is limited to 1 unit per benefit period.</i></p>	<p>No charge</p>	<p>\$0 copayment up to plan's Maximum Allowed Amount</p>
<p><b>Elective contact lenses</b>  <i>Coverage for In-Network Providers and Non-Network Providers is limited to 1 unit per benefit period.</i></p>	<p>No charge</p>	<p>\$0 copayment up to plan's Maximum Allowed Amount</p>
<p><b>Non-Elective Contact Lenses</b>  <i>Coverage for In-Network Providers and Non-Network Providers is limited to 1 unit per benefit period.</i></p>	<p>No charge</p>	<p>\$0 copayment up to plan's Maximum Allowed Amount</p>
<p><b>Adult Vision (age 19 and older)</b></p> <p><b>Adult Vision Deductible</b></p>	<p>Not Applicable</p>	<p>Not Applicable</p>

# Your summary of benefits

Covered Vision Benefits	Cost if you use an In-Network Provider	Cost if you use a Non-Network Provider
<b>Vision exam</b> <i>Coverage for In-Network Providers and Non-Network Providers is limited to 1 exam per benefit period.</i>	\$20 copay	Reimbursed Up to \$30
<b>Frames</b>	Not covered	Not covered
<b>Single Vision Lenses</b>	Not covered	Not covered
<b>Bifocal Vision Lenses</b>	Not covered	Not covered
<b>Trifocal Vision Lenses</b>	Not covered	Not covered
<b>Elective contact lenses</b>	Not covered	Not covered
<b>Non-Elective Contact Lenses</b>	Not covered	Not covered

# Your summary of benefits

Covered Dental Benefits	Cost if you use an In-Network Provider	Cost if you use a Non-Network Provider
<p><i>This is a brief outline of your dental coverage. Not all cost shares for covered services are shown below. For a full list, including benefits, exclusions and limitations, see the combined Evidence of Coverage/Disclosure form/Certificate. If there is a difference between this summary and either Evidence of Coverage/Disclosure form/Certificate, the Evidence of Coverage/Disclosure form/Certificate will prevail.</i></p> <p><i>Only children's dental services count towards your out of pocket limit.</i></p>		
<p><b>Children's Dental Essential Health Benefits</b></p> <p><b>Diagnostic and preventive</b>  <i>Coverage for In-Network Providers and Non-Network Providers is limited to 2 visits per Benefit Period.</i></p>	0% coinsurance	0% coinsurance after deductible is met
<b>Basic services</b>	0% coinsurance	0% coinsurance after deductible is met
<b>Major services</b>	50% coinsurance	50% coinsurance after deductible is met
<b>Medically Necessary Orthodontia services</b>	50% coinsurance	50% coinsurance after deductible is met
<b>Cosmetic Orthodontia services</b>	Not covered	Not covered
<b>Deductible</b>	Combined with medical deductible	Combined with medical deductible
<b>Adult Dental</b>		
<b>Diagnostic and preventive</b>	Not covered	Not covered
<b>Basic services</b>	Not covered	Not covered
<b>Major services</b>	Not covered	Not covered
<b>Deductible</b>	Not covered	Not covered
<b>Annual maximum</b>	Not covered	Not covered

# Your summary of benefits

## Your plan also includes the following Healthy Support & Rewards features.

To see your rewards and additional information log into the Anthem website at [empireblue.com](http://empireblue.com) or call the customer service number on your member ID card.

<b>My Health Rewards</b>	Subscriber and spouse/domestic partner may earn rewards for participating in this program. If you participate, you will earn points by completing designated activities and milestones. The points will be redeemed for rewards. At each of the three milestones, the member can earn \$50.	Up to \$150 per member per year.
<b>Processed Claim: Adult Wellness Exam</b>	Subscriber and spouse/domestic partner may earn a reward if you complete an annual preventive wellness exam and it is verified by an Anthem claim. This activity requires completion of the Annual Flu Shot in order to earn the rewards.	Up to \$25 per member per year.
<b>Processed Claim: Annual Flu Shot</b>	Subscriber and spouse/domestic partner may earn a reward if you get your annual flu shot and it is verified by an Anthem claim. This activity requires completion of the Adult Wellness Exam in order to earn the rewards.	Up to \$25 per member per year.
<b>Gym Reimbursement</b>	Subscriber, spouse, and dependents age 18 and over can get money back for using a gym. Fitness membership dues, up to \$400, are covered if you're a member of this plan. Work out 50 times at a qualifying fitness center for each six-month period within your benefit plan year. Benefit plan year is the yearly period of coverage that starts at the effective date of coverage.	

# Your summary of benefits

## Notes:

- The family deductible and out-of-pocket maximum are embedded meaning the cost shares of one family member will be applied to both the individual deductible and individual out-of-pocket maximum; in addition, amounts for all covered family members apply to both the family deductible and family out-of-pocket maximum. No one member will pay more than the individual deductible and individual out-of-pocket maximum.
- For additional information on this plan, please visit [www.sbc.empireblue.com](http://www.sbc.empireblue.com) to obtain a “Summary of Benefits and Coverage”.
- Empire’s Service Area: Albany, Bronx, Clinton, Columbia, Delaware, Dutchess, Essex, Fulton, Green, Kings, Montgomery, Nassau, New York, Orange, Putnam, Queens, Rensselaer, Richmond, Rockland, Saratoga, Schenectady, Schoharie, Suffolk, Sullivan, Ulster, Warren, Washington and Westchester.
- Benefit period refers to both calendar year and plan year.
- The prescription drug plan listed on this Summary meets the Centers for Medicare and Medicaid Services (CMS) standard for Creditable Coverage under the Medicare Modernization Act of 2003.
- Human Organ and Tissues Transplants require precertification and are covered as any other service in your summary of benefits.

### Get help in your language

Curious to know what all this says? We would be too. Here's the English version:

If you have any questions about this document, you have the right to get help and information in your language at no cost. To talk to an interpreter, call (855) 330-1105

Separate from our language assistance program, we make documents available in alternate formats for members with visual impairments. If you need a copy of this document in an alternate format, please call the customer service telephone number on the back of your ID card.

(TTY/TDD: 711)

**Arabic (العربية):** إذا كان لديك أي استفسارات بشأن هذا المستند، فيحق لك الحصول على المساعدة والمعلومات بلغتك دون مقابل. للتحدث إلى مترجم، اتصل على (855) 330-1105.

**Armenian (հայերեն).** Եթե այս փաստաթղթի հետ կապված հարցեր ունեք, դուք իրավունք ունեք անվճար ստանալ օգնություն և տեղեկատվություն ձեր լեզվով: Թարգմանչի հետ խոսելու համար զանգահարեք հետևյալ հեռախոսահամարով՝ (855) 330-1105:

**Chinese(中文):** 如果您對本文件有任何疑問，您有權使用您的語言免費獲得協助和資訊。如需與譯員通話，請致電(855) 330-1105。

**Farsi (فارسی):** در صورتی که سؤالی پیرامون این سند دارید، این حق را دارید که اطلاعات و کمک را بدون هیچ هزینه ای به زبان مادریتان دریافت کنید. برای گفتگو با یک مترجم شفاف، با شماره (855) 330-1105 تماس بگیرید.

**French (Français):** Si vous avez des questions sur ce document, vous avez la possibilité d'accéder gratuitement à ces informations et à une aide dans votre langue. Pour parler à un interprète, appelez le (855) 330-1105.

**Haitian Creole (Kreyòl Ayisyen):** Si ou gen nempòt kesyon sou dokiman sa a, ou gen dwa pou jwenn èd ak enfòmasyon nan lang ou gratis. Pou pale ak yon entèprèt, rele (855) 330-1105.

**Italian (Italiano):** In caso di eventuali domande sul presente documento, ha il diritto di ricevere assistenza e informazioni nella sua lingua senza alcun costo aggiuntivo. Per parlare con un interprete, chiami il numero (855) 330-1105.

**Japanese (日本語):** この文書についてなにかご不明な点があれば、あなたにはあなたの言語で無料で支援を受け情報を得る権利があります。通訳と話すには、(855) 330-1105 にお電話ください。

**Korean (한국어):** 본 문서에 대해 어떠한 문의사항이라도 있을 경우, 귀하에게는 귀하가 사용하는 언어로 무료 도움 및 정보를 얻을 권리가 있습니다. 통역사와 이야기하려면(855) 330-1105로 문의하십시오.

## Language Access Services:

**Navajo (Diné):** Dii naaltsoos biká'ígíí lahgo bina'idiikidgo ná bohónéedzǎ dóó bee ahóót'i' t'áá ni nizaad k'ehǫ́ bee nił hodoonih t'áadoo bǫ́ǫ́h ilínígóó. Ata' halne'ígíí la' bich'í' hadeesdzih ninizingo kojí' hodíílnih (855) 330-1105.

**Polish (polski):** W przypadku jakichkolwiek pytań związanych z niniejszym dokumentem masz prawo do bezpłatnego uzyskania pomocy oraz informacji w swoim języku. Aby porozmawiać z tłumaczem, zadzwoń pod numer: (855) 330-1105.

**Punjabi (ਪੰਜਾਬੀ):** ਜੇ ਤੁਹਾਡੇ ਇਸ ਦਸਤਾਵੇਜ਼ ਬਾਰੇ ਕੋਈ ਸਵਾਲ ਹੁੰਦੇ ਹਨ ਤਾਂ ਤੁਹਾਡੇ ਕੋਲ ਮੁਫਤ ਵਿੱਚ ਆਪਣੀ ਭਾਸ਼ਾ ਵਿੱਚ ਮਦਦ ਅਤੇ ਜਾਣਕਾਰੀ ਪ੍ਰਾਪਤ ਕਰਨ ਦਾ ਅਧਿਕਾਰ ਹੁੰਦਾ ਹੈ। ਇੱਕ ਦੁਭਾਸ਼ੀਏ ਨਾਲ ਗੱਲ ਕਰਨ ਲਈ, (855) 330-1105 ਤੇ ਕਾਲ ਕਰੋ।

**Russian (Русский):** Если у вас есть какие-либо вопросы в отношении данного документа, вы имеете право на бесплатное получение помощи и информации на вашем языке. Чтобы связаться с устным переводчиком, позвоните по тел. (855) 330-1105.

**Spanish (Español):** Si tiene preguntas acerca de este documento, tiene derecho a recibir ayuda e información en su idioma, sin costos. Para hablar con un intérprete, llame al (855) 330-1105.

**Tagalog (Tagalog):** Kung mayroon kang anumang katanungan tungkol sa dokumentong ito, may karapatan kang humingi ng tulong at impormasyon sa iyong wika nang walang bayad. Makipag-usap sa isang tagapagpaliwanag, tawagan ang (855) 330-1105.

**Vietnamese (Tiếng Việt):** Nếu quý vị có bất kỳ thắc mắc nào về tài liệu này, quý vị có quyền nhận sự trợ giúp và thông tin bằng ngôn ngữ của quý vị hoàn toàn miễn phí. Để trao đổi với một thông dịch viên, hãy gọi (855) 330-1105.

### It's important we treat you fairly

That's why we follow federal civil rights laws in our health programs and activities. We don't discriminate, exclude people, or treat them differently on the basis of race, color, national origin, sex, age or disability. For people with disabilities, we offer free aids and services. For people whose primary language isn't English, we offer free language assistance services through interpreters and other written languages. Interested in these services? Call the Member Services number on your ID card for help (TTY/TDD: 711). If you think we failed to offer these services or discriminated based on race, color, national origin, age, disability, or sex, you can file a complaint, also known as a grievance. You can file a complaint with our Compliance Coordinator in writing to Compliance Coordinator, P.O. Box 27401, Mail Drop VA2002-N160, Richmond, VA 23279. Or you can file a complaint with the U.S. Department of Health and Human Services, Office for Civil Rights at 200 Independence Avenue, SW; Room 509F, HHH Building; Washington, D.C. 20201 or by calling 1-800-368-1019 (TDD: 1-800-537-7697) or online at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>. Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.