

15. French	ATTENTION : Si vous parlez français (French) , des services d'aide linguistique vous sont proposés gratuitement. Veuillez appeler le numéro de téléphone gratuit figurant sur votre carte d'identification.
16. French Creole-Haitian Creole	ATANSYON: Si w pale Kreyòl ayisyen (Haitian Creole) , ou kapab benefisye sèvis ki gratis pou ede w nan lang pa w. Tanpri rele nimewo gratis ki sou kat idantifikasyon w.
17. German	ACHTUNG: Falls Sie Deutsch (German) sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Bitte rufen Sie die gebührenfreie Rufnummer auf der Rückseite Ihres Mitgliedsausweises an.
18. Greek	ΠΡΟΣΟΧΗ : Αν μιλάτε Ελληνικά (Greek) , υπάρχει δωρεάν βοήθεια στη γλώσσα σας. Παρακαλείστε να καλέσετε το δωρεάν αριθμό που θα βρείτε στην κάρτα ταυτότητας μέλους.
19. Gujarati	ધ્યાન આપો: જો તમે ગુજરાતી (Gujarati) બોલતા હો તો આપને ભાષાકીય મદદરૂપ સેવા વિના મૂલ્યે પ્રાપ્ય છે. કૃપા કરી તમારા આઇડેન્ટીફિકેશન કાર્ડ પર આપેલા ટોલ-ફ્રી નંબર પર કોલ કરો.
20. Hawaiian	MALIU MAI! Inā 'ōlelo 'oe i ka ' ōlelo Hawai'i (Hawaiian) , loa'a ke kōkua unuhi manuahi no ke kōkua 'ana aku iā'oe. 'Olu'olu e kelepona aku i ka helu kelepona kahea manuahi i ho'opa'a 'ia ma kāu kāleka hō'ike pilikino.
21. Hindi	ध्यान दें: यदि आप हिंदी (Hindi) बोलते हैं, आपको भाषा सहायता सेवाएं, नि:शुल्क उपलब्ध हैं। कृपया अपने पहचान पत्र पर सूचीबद्ध टोल-फ्री फोन नंबर पर कॉल करें।
22. Hmong	CEEB TOOM: Yog koj hais Lus Hmoob (Hmong) , muaj kev pab txhais lus pub dawb rau koj. Thov hu rau tus xov tooj hu deb dawb uas teev muaj nyob rau ntawm koj daim yuaj cim qhia tus kheej.
23. Ibo	GEE NTI: Ọ bụrụ na ina asụ asụsụ Igbo (Igbo) , enyemaka na-ahazi asụsụ, bu n'efu, dirị gi mgbe niile. Biko kpọọ ndị toll-free na nọmbà ekwentị nke edepụtara na kaadi njirimara gị.
24. Ilocano	PAKDAAR: Nu saritaem ti Ilocano (Ilocano) , ti serbisyo para ti baddang ti lengguahe nga awanan bayadna, ket sidadaan para kenyanam. Maidawat nga awagan iti toll-free a numero ti telepono nga nakalista ayan iti identification card mo.
25. Indonesian	PERHATIAN: Jika Anda berbicara Bahasa Indonesia (Indonesian) , layanan bantuan bahasa akan tersedia untuk Anda secara gratis. Harap hubungi nomor telepon bebas pulsa yang tercantum pada kartu identitas Anda.
26. Italian	ATTENZIONE: in caso la lingua parlata sia l' italiano (Italian) , sono disponibili servizi di assistenza linguistica gratuiti. Per favore chiamate il numero di telefono verde indicato sulla vostra tessera identificativa.
27. Japanese	注意事項：日本語(Japanese)を話される場合、無料の言語支援サービスをご利用いただけます。健康保険証に記載されているフリーダイヤルにお電話ください。
28. Karen	ymol.ymo;b.wuh>=zJerh>uwdRun Dusdm(Karen) M.<usdmw>rRpXRtw>zH;w>rR wz.<vXwvd.[h.tyShRb.M.td.0J'.vXe*D>M.vDRI 0Ho;piRud;b.vDwJpdeD>*H>vXw>ud;tDRvXwvd.[h.tyShRb.vXw>&J.vDRymtDRv Xew>*DRcd.tu;tvdRM.vDRI
29. Korean	알림: 한국어(Korean)를 사용하시는 경우 언어 지원 서비스를 무료로 이용하실 수 있습니다. 귀하의 신분증 카드에 기재된 무료 회원 전화번호로 문의하십시오.
30. Kru- Bassa	YI LÈ: I balè u mpòt Bassa (Bassa) , bot ba kòbòl mahòp yanga, bayé ha i nyuu hola wè. Sòhò, sébél i nsinga i yé ntilgaga i kat yòn i mbon nlon. U saa béé.

31. Kurdish-Sorani	تێبینی: گەر بە کوردی سۆرانی (Kurdish Sorani) قسه دهکەیت، بێیەر امبەر خزمەتگوزاری زمانت لەبەر دەستە. تکایه پەیوهندی بکه به رهقم تلهفونی بێیەر امبەر که له ناسنامهکهتا نووسراوه.
32. Laotian	ກະລຸນາຟັງ: ຖ້າຫາກວ່າທ່ານເວົ້າພາສາ ລາວ (Laotian), ການບໍລິການຊ່ວຍເຫຼືອສໍາລັບການພາສາ, ບໍ່ເສຍຄ່າໃຊ້ຈ່າຍ, ມີສໍາລັບທ່ານ ກະລຸນາໂທຫາເບີໂທລະສັບໂທພຣິທີລະບຸໄວ້ໃນບັດປະຈຳຕົວຂອງທ່ານ.
33. Marathi	कृपया लक्ष द्या: जर तुम्ही मराठी (Marathi) बोलत असल्यास, भाषा सहाय्य सेवा तुम्हाला मोफत उपलब्ध आहेत. कृपया तुमच्या ओळखपत्रावर दिलेल्या टोल फ्री कमांकावर संपर्क करा.
34. Marshallese	LALE: Ñe kwōj kōnono Kajin Majeļ (Marshallese), kwomaroñ bōk jerbāl in jipañ in kajin ejjeļok wōñāñ. Kwōn joun im kallōk nōmba eo ejjeļok wōñāñ im ej jeje ilo kaat in identification eo aṃ.
35. Micronesian-Pohnpeian	KANSENOH: Ma komw lokaiahn Pohnpei (Pohnpeian), mie sawas en mahsen, soh isepe, ong komwi. Menlau, eker delepwohn nempe me soh isepe me ntingihdi ni pein omwi doaropwe idihada.
36. Navajo	Díí BAA'ÁKONÍNÍZIN: Diné (Navajo) bizaad bee yániłti'go, saad bee áka'anída'awo'ígíí, t'áá jíík'eh, bee ná'ahóót'i'. T'áá shqódí ninaaltsoos nitt'izí bee nééhozinígíí bine'déé' t'áá jíík'ehgo béésh bee hane'í biká'ígíí bee hodíilnih.
37. Nepali	ध्यान दें: यदि तपाईं नेपाली (Nepali) भाषा बोलनुहुन्छ भने, तपाईंको निम्ति निशुल्क भाषा सेवा उपलब्ध छ। कृपया तपाईंको परिचय कार्डमा सूचीकृत फोन नम्बरमा कल गर्नुहोस्।
38. Nilotic-Dinka	DETTIC: Na yi jam ë Thuɔŋjäŋ (Dinka) ke kuɔɔny de wëër de thookyic abac atɔ alëu benë yi kony. Them ba cööt në namba de thiliŋ yenë cööt abac cï göör në wererŋ dun ye yi nyuɔɔth köu.
39. Norwegian	OBS: Hvis du snakker norsk (Norwegian), kan du få gratis språkhjelp. Ring gratisnummeret som står på ID-kortet.
40. Pennsylvania Dutch	AADACHT: Wann du Deutsch Schwetze (Pennsylvanian Dutch) kann, kannscht du frei Schprooch aushilfe griege. Ruf die frei telefon Nummer uff dei eegne ID Kaart.
41. Persian-Farsi	توجه: اگر زبان شما فارسی (Farsi) است، خدمات امداد زبانی به طور رایگان در اختیار شما می باشد. لطفاً با شماره تلفن رایگانی که روی کارت شناسایی شما قید شده تماس بگیرید.
42. Punjabi	ਧਿਆਨ ਦਿਓ: ਜੇ ਤੁਸੀਂ ਪੰਜਾਬੀ (Punjabi) ਬੋਲਦੇ ਹੋ, ਤਾਂ ਤੁਹਾਡੇ ਲਈ ਭਾਸ਼ਾ ਸਹਾਇਤਾ ਸੇਵਾਵਾਂ ਬਿਲਕੁਲ ਮੁਫਤ ਉਪਲਬਧ ਹਨ। ਕਿਰਪਾ ਕਰਕੇ ਆਪਣੇ ਪਛਾਣ-ਪੱਤਰ 'ਤੇ ਦਿੱਤੇ ਗਏ ਟੋਲ ਫ੍ਰੀ ਨੰਬਰ 'ਤੇ ਕਾਲ ਕਰੋ।
43. Polish	UWAGA: Jeżeli mówisz po polsku (Polish), udostępniliśmy darmowe usługi tłumacza. Prosimy zadzwonić pod bezpłatny numer telefonu podany na karcie identyfikacyjnej.
44. Portuguese	ATENÇÃO: Se você fala português (Portuguese), contate o serviço de assistência de idiomas gratuito. Ligue gratuitamente para o número encontrado no seu cartão de identificação.
45. Romanian	ATENȚIE: Dacă vorbiți românește (Romanian), vi se pun la dispoziție, în mod gratuit, servicii de traducere. Vă rugăm să sunați la numărul gratuit tipărit pe cardul dumneavoastră de identitate.
46. Russian	ВНИМАНИЕ: бесплатные услуги перевода доступны для людей, чей родной язык является русском (Russian). Позвоните по бесплатному номеру телефона, указанному на вашей идентификационной карте.
47. Samoan-Fa'asamoa	FAAALIGA: Afai e te tautala Faa-Samoa (Samoan), o loo avanoa tautua mo fesoasoani tau gagana mo oe, e le totogia. Faamolemole vili le numera o le telefoni e le totogia o lisi atu i lau pepa faamaonia.

Nondiscrimination Notice and Access to Communication Services

Your health plan does not exclude people or treat them unfairly because of sex, age, race, color, national origin, or disability.

Free services are available to help you communicate with your health plan. Such as, letters in other languages, or in other formats such as large print. Or, you can ask for an interpreter. To ask for help, please call the number listed on the back of your member identification card.

If you think you weren't treated fairly because of your sex, age, race, color, national origin, or disability, you can send a complaint to your health plan by calling the number listed on the back of your member identification card.

If you need help with your complaint, please call your health plan at the number listed on the back of your member identification card. You must send the complaint within 60 days of when you found out about the issue.

You can also file a complaint with the U.S. Dept. of Health and Human Services.

Online <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

Phone: Toll-free **1-800-368-1019, 800-537-7697** (TDD)

Mail: U.S. Dept. of Health and Human Services, 200 Independence Avenue, SW Room 509F, HHH Building Washington, D.C. 20201

Language Assistance Services & Alternate Formats

This information is available in other formats like large print. To ask for another format, please call the toll-free number on your member ID card. TTY 711.

You have the right to get help and information in your language at no cost. To request an interpreter, call the toll-free member phone number listed on your health plan ID card, press 0. TTY 711