Ready. Set. go365™

# CAPTURE LIFE REWARDS

Earn plenty of Points.

GCHJMJXEN 0916

# Say hello to Go365.

## It's your personalized wellness and rewards program.

Getting healthier is easier – and lots more fun – with Go365™. When it comes to health and wellness, you have your own approach. One that works for you. Go365 makes it easier to get moving along your path with more ways to start, more Activities to unlock, and more ways to rack up rewards.

### Unlock Activities.

Go365 is all about you. You'll receive Activities personalized to help you reach your health goals, no matter where you are on your journey to better health. Just unlock your Activities and earn Points for higher Status.

### Stay inspired.

Getting healthier can be hard. Go365 makes it easier by connecting you to all the tools and resources you need to get there. Tracking your activity is a breeze – just connect your compatible apps or fitness devices and earn Points for all your healthy activities.

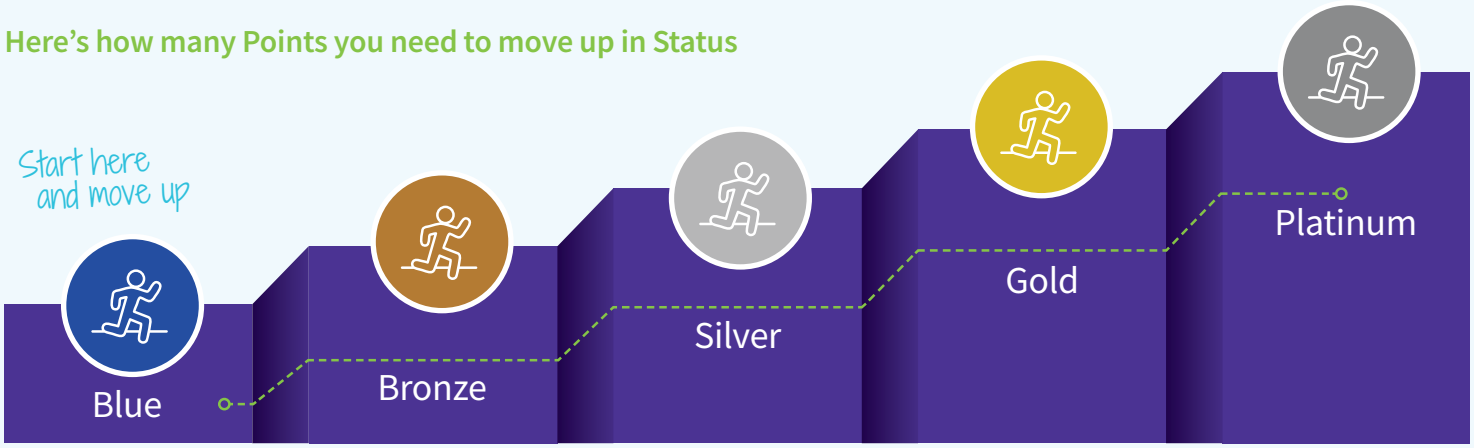
### Earn rewards.

Making healthier choices is a lot more fun with Go365. The more you move up in Status, the more Bucks you can earn and spend on great items in the Go365 Mall. Plus, Bonus Bucks, surprise rewards, and monthly Jackpot drawings make getting healthy more fun!

### More Points. Higher Status.

Earning Points pays off big with higher Status levels. Get your spouse and kids involved too and see how fast you can move up in Status.

### Here's how many Points you need to move up in Status




**3 ways to get to Bronze**

1. Complete at least one Health Assessment section online or on the Go365 App
2. Get a Biometric Screening
3. Log a verified workout

| Blue | Bronze | Silver | Gold | Platinum |
|---|---|---|---|---|
| | 5,000 One adult per policy | 8,000 One adult per policy | 10,000 One adult per policy | |
| | 8,000 **combined** two adults per policy | 12,000 **combined** two adults per policy | 15,000 **combined** two adults per policy | |
| | +3,000 for each member 18 years and older per policy | +4,000 for each member 18 years and older per policy | +5,000 for each member 18 years and older per policy | |

go365™ **Go365.com**

Adult children can only move a family out of Blue Status by completing a verified workout.

Go365.com

# Stay connected with Go365.

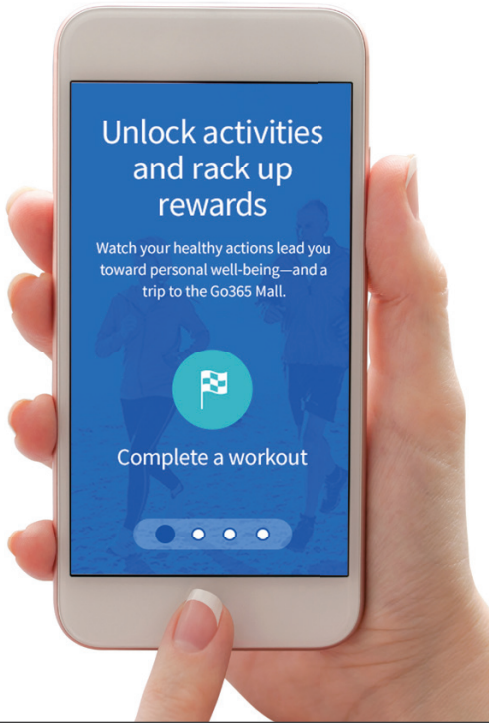
## Participate when, where, and how you want.

Whether you go online or are on the go, Go365 goes right along with you. Engage and track your wellness journey through a best-in-class digital experience that was designed just for you.

Go365 puts you in the driver's seat. There are lots of ways to get started and start earning Points. Sign-in online or with the App to unlock Recommended Activities that are personalized just for you.

Then track your Points and watch your Bucks build up. Go365 connects to dozens of the most popular activity tracking apps, more than 75 fitness devices and over 40,000 participating fitness facilities, so you can earn rewards for healthy Activities you're already doing. Plus, the App makes it even easier to track your Activities – just snap and send a picture.

Make the connection so you don't miss out on rewards!




## Get it done. Online or on the go.

- View personalized dashboard
- Take your Health Assessment
- Connect your compatible fitness devices or tracking apps
- Unlock Activities
- Track Points
- Submit a picture
- Contact a Health Coach
- Reach out to the Go365 Community
- Join a Challenge

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# Unlock Activities.

## Watch your success lead to your wellbeing.

Go365 is for anyone, at any stage… no matter what shape you're in or how hard you work out. Go365 knows what it takes to motivate and reward you to make healthier choices for life.

| | |
|---|---|
| **Activities** | These are simple things you can do every day to get healthier. Tracking your steps, getting a flu shot, going for a bike ride – these are easy ways to keep moving forward with Go365. |
| **Recommended Activities** | Once you complete your Health Assessment, you'll get personalized Activities based on your responses. Because Recommended Activities are created just for you, they can have a big impact on your overall health. Plus, you earn more Points for each one you complete. |
| **Go365 Kids*** | Kids can earn Points when they do "kid" things, like playing on a soccer or baseball team. When you do things that are good for their health, like keeping up with their immunizations and getting a dental check-up, your kids earn more Points. |
| **Challenges** | Earn Points by going head-to-head against your friends and co-workers and compete for the most steps taken or pounds lost. |

## Have some healthy fun.

Getting healthier is a lot more fun with Go365. Earn Bucks you can use in the Go365 Mall for e-giftcards from Amazon.com, Target, Lowes and Spafinder, the latest activity trackers from Fitbit and Garmin, and more. Plus, you could win a prize in our monthly Jackpot drawings or get a surprise reward.

The merchants represented are not sponsors of Go365 or otherwise affiliated with Go365. The logos and other identifying marks attached are trademarks of and owned by each represented company and/or its affiliates. Please visit each company's website for additional terms and conditions.
*Go365 Kids is not available to all Go365 programs. Check with your Employer or Benefits Administrator to check your eligibility.

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# Make it count with Go365.

## Earn Points for your everyday activities – everyday!

EDUCATION

| Activity | Points | |
|---|---|---|
| **Health Assessment**<br>Take your full Go365 Health Assessment online or on the App and earn Points for completing it for the first time each program year. | 500 | once/program year |
| OR **Health Assessment sections**<br>Earn 50 Points for each section you complete online or on the App:<br>>> Get Active >> Eat Better >> Reduce Stress >> Be Well >> Stay Healthy >> Know Me<br>*Bonus Points when you complete all six sections* | 50 | |
| Adult children are not eligible to earn Points or Bonus Points for Health Assessment completion. | | |
| **First Step Health Assessment Bonus**<br>Once-in-a-lifetime reward for your first-time Health Assessment completion. | 500 | once/lifetime |
| **90 Day Health Assessment Bonus**<br>Earn Bonus Points when you complete your Heath Assessment within 90 days of your Go365 program effective date or program renewal date. | 250 | once/program year |
| **Weekly log***<br>Log your activity in any of these areas: food, weight, Blood Pressure and Blood Glucose. | 10 | weekly |
| **Sleep Diary***<br>Sleep 7+ hours 5+ days per week (Sun-Sat) and log your progress. | 25 | weekly up to 150/program year |
| **Daily Health Quiz***<br>Log in to the Health IQ app or website and complete a quiz on a variety of health topics. Connect your Go365 App to Health IQ to automatically earn your Points. | 2 | daily |
| **Health Coaching***<br>Get matched with a certified well-being coach who can give you expert guidance, support and attention in these areas: weight management, quitting tobacco, managing stress, healthy eating and more. | | |
| Enrolling (first time enrollees only) | 200 | once/lifetime |
| Three phone interactions or three online chats (individually or combined) | 50 | up to 600/ program year |
| Six email interactions or six progress note entries (individually or combined) | 50 | |
| **Calculators**<br>These online tools measure aspects of your health, like "Are you at risk for a heart attack?" They can help you take steps to lead a healthier life. There are many different Calculators, and adult members can earn Points for each Calculator you use. | 75 | up to 300/ program year |
| **CPR certification**<br>See Point earning instructions under First Aid certification. | 125 | once/program year |

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## EDUCATION

| Activity | Points | |
|---|---|---|
| **First Aid certification** | 125 | once/program year |
| An adult member must send the completed CPR Form or First Aid Form, available online, to Go365 with the copy of certification within 90 days of completing the event. The form can be submitted while your certification is still valid, if you completed your certification before your Go365 effective date. Proof of CPR and First Aid certification may also be submitted on the App. | | |
| **Update/confirm your contact information**<br>Verify your information and earn Points. | 50 | once/program year |
| **Monthly Go365.com visit or Go365 App sign in** | 10 | up to 120/ program year |
| **First time Go365 App sign in** | 50 | once/lifetime |
| **Accept online statements**<br>Not available for all Go365 members. | 50 | once/lifetime |

Maximum of 500 Points for Health Assessment completion per program year. Health Assessment Points are awarded the same online and on the App.
*Activities will award Points under Personalized Activities on your Go365 Statement.

**Reach Silver Status** Completing your Health Assessment and getting your Biometric Screening gives you a great start toward earning 5,000 Points toward Silver Status. Here's an example of how you can earn 5,000 Points:

| | |
|---|---|
| Health Assessment | 500 |
| First Step Health Assessment | 500 |
| Biometric Screening | 2,000 |
| Basketball league | 350 |
| Blood donation (x3) | 150 |
| Flu shot | 200 |
| Daily step (10,000 per day for 30 days) | 300 |
| First verified workout of program year | 750 |
| Calculator (x4) | 300 |
| CPR certification | 125 |

**5,000 Points total** (individual plan)

# Make it count with Go365.

## Earn Points for your everyday activities – everyday!

FITNESS

| Activity | Points | |
|---|---|---|
| **Daily Points** | | up to 50/day |
| Earn Points for activities you do every day. | | |
| **Steps** | 1 | per 1,000 steps |
| **Heart Rate** | 5 | for every 15 minutes above 60% of maximum heart rate |
| **Calories** | 5 | per 100 calories if burn rate exceeds 200 calories/hr. |
| **Participating Fitness Facility** | 10 | once/day |
| **Earn Bonus Points:** | | |
| **Exceed 50 weekly workout Points** | 50 | only one bonus awarded per week |
| **Exceed 100 weekly workout Points** | 100 | |
| **Fitness Habit*** | 25 | once/month |
| Start a new fitness habit and submit photo proof to earn your Points. Fitness habits include: walking breaks, take the stairs, park further away, stretching, visit a park, walk your dog. | | |
| **First verified lifetime workout** | 500 | once/lifetime |
| **First verified workout each new program year** | 750 | once/program year |
| **Sports league** | 350 | up to 1,400/program year |
| You must be an active team member in a qualified, organized sports league, such as baseball or basketball. The minimum number of games or matches that must be played is eight. Members must complete a League Participation Form, available online and submit within 90 days of league completion to Go365 or claim Points on the App by sending a photo of the official schedule, award or certificate from your phone. | | |
| **Challenges*** | | up to 100/month |
| **Create a Challenge – community** | 50 | |
| **Join a Challenge – community** | 50 | |
| **Create a team – sponsored** | 50 | |
| **Join a team – sponsored** | 50 | |
| Sponsored Challenges are set up by employers. Community Challenges are set up by members. | | |
| **Athletic events** | | up to 3,000/program year |
| You must register for and complete a fitness event or race approved by a fitness, athletic, or sporting organization recognized by Go365. Members must complete the Athletic Event Form, available online, and submit it within 90 days of the event completion to Go365 or claim Points on the App by sending a picture of your race bib or results from your phone. | | |
| **Level 1** e.g.: 1.9 mi/3K – 5.1 mi/9K running, walking or cross-country skiing, Super sprint triathlon | 250 | |
| **Level 2** e.g.: >5.6 mi/9K - 12.4 mi/20K running, walking or cross-country skiing, Sprint triathlon | 350 | |
| **Level 3** e.g.: >12.4 mi/20K running, walking or cross-country skiing, Olympic, ITU, half or full triathlon | 500 | |

WEB & APP | WEB ONLY | APP ONLY

How Go365 Points are calculated: Each day, Go365 will look at Points earned across all workout types and award the highest value for that day. Points are awarded for one workout type per day. A week is defined as Sunday – Saturday. We are committed to helping you achieve your best health. Rewards for participating in Go365 are available to all members. If you think you might be unable to meet a standard for a Go365 reward, you might qualify for an opportunity to earn the same reward by different means. Sign in to your Go365.com account and visit the Communication center to send us a secure message and we will work with you (and, if you wish, with your healthcare practitioner) to develop another way to qualify for the reward.

*Activities will award Points under Personalized Activities on your Go365 Statement.

# Make it count with Go365.

## Earn Points for your everyday activities – everyday!

PREVENTION

| Activity | Points | |
|---|---|---|
| **Health screenings** | 400 | up to 400/program year per screening |

Earn Points by getting screenings such as a Pap smear, mammogram, prostate exam or colorectal screening. Submit the Prevention Activity Form, available online, within 90 days to earn Points. Go365 members with Humana medical coverage will automatically earn Points once claim has been received and processed.

Age restrictions apply. See Go365.com for details.

| | | |
|---|---|---|
| **Dental exam** | 200 | up to 400/program year |

Visit your dentist and earn Points for preventive dental exams. Submit the Prevention Activity Form, available online, within 90 days to earn Points. Use the App to snap and submit a photo of the date and location where you received your dental exam. Go365 members with Humana medical coverage will automatically earn Points once claim has been received and processed.

| | | |
|---|---|---|
| **Vision exam** | 200 | once/program year |

Earn Points for a preventive vision exam. Submit the Prevention Activity Form, available online, within 90 days to earn Points. Use the App to snap and submit a photo of the date and location where you received your vision exam. Go365 members with Humana medical coverage will automatically earn Points once claim has been received and processed.

| | | |
|---|---|---|
| **Flu shot** | 200 | once/program year |

Get your annual flu shot and submit the Prevention Activity Form, available online, within 90 days to earn Points. Use the App to snap and submit a photo of the date and location where you received your flu shot. Go365 members with Humana medical coverage will automatically earn Points once claim has been received and processed

| | | |
|---|---|---|
| **Nicotine test** | 400 | once/program year |

After receiving a cotinine (nicotine) test, submit a Nicotine Test Form, available online, within 90 days of completing the test with your healthcare provider.

**Biometric Screening**

Earn Points by getting your Biometric Screening at an approved healthcare provider or from your physician. Submit the Biometric Screening Form, available online, within 90 days of completing your Screening to earn Points. Biometric Screenings completed at a national vendor will submit the results automatically up to 45 days from date of service.

The Biometric Screening measures your:

| | | |
|---|---|---|
| **Body mass index (BMI)** | 800 | once/program year |
| **Blood pressure** | 400 | |
| **Blood glucose** | 400 | |
| **Total cholesterol** | 400 | |

Adult children are not eligible to earn Points for Biometric Screening Completion.

We are committed to helping you achieve your best health. Rewards for participating in Go365 are available to all members. If you think you might be unable to meet a standard for a Go365 reward, you might qualify for an opportunity to earn the same reward by different means. Sign in to your Go365.com account and visit the Communication center to send us a secure message and we will work with you (and, if you wish, with your healthcare practitioner) to develop another way to qualify for the reward.

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# Make it count with Go365.

## Earn Points for your everyday activities – everyday!

HEALTHY LIVING

| Activity | Points | |
|---|---|---|
| **Blood donation** | 50 | up to 300/program year |
| Donate blood up to six times a year. Earn Points when you submit a Blood Donation Form, available online, within 90 days of the donation date or use the App to send a photo of your donation card, signed document from agency or signed work release by phone. | | |
| **Nicotine test in-range results** | 400 | once/program year |
| After you receive a cotinine (nicotine) test, submit a Nicotine Test Form, available online, within 90 days of completing the test with your healthcare practitioner. You can earn Points if the results fall within a healthy range. Go365 automatically awards in-range nicotine results for two years (current and your next program year). | | |
| **Biometric Screenings in-range results** | | |
| Double your Points if these results are within a healthy range. | | |
| **Body mass index (BMI)** ≥ 18.5 and < 25, or BMI ≥ 25 and < 30, with a waist circumference < 40" for males and < 35" for females | 800 | once/program year |
| **Blood pressure** < 130/85 mm Hg | 400 | once/program year |
| **Blood glucose** < 100 mg/dL or A1c < 6.5% | 400 | once/program year |
| **Total cholesterol** < 200 mg/dL or an HDL ≥ 40 mg/dL for males and ≥ 50/mg/dL for females | 400 | once/program year |
| Adult children are not eligible to earn Points for Biometric Screening Completion or healthy range values. | | |

We are committed to helping you achieve your best health. Rewards for participating in Go365 are available to all members. If you think you might be unable to meet a standard for a Go365 reward, you might qualify for an opportunity to earn the same reward by different means. Sign in to your Go365.com account and visit the Communication center to send us a secure message and we will work with you (and, if you wish, with your healthcare practitioner) to develop another way to qualify for the reward.

## About Biometric Screening results

Go365 automatically awards in-range biometric screening results for two years (current and your next program year in the prevention and healthy living categories) for Blood Pressure, Blood Glucose and Total Cholesterol. Only your BMI needs to be rechecked every program year. Some employers may require a full biometric screening completed each year. Check with your employer or Benefits Administrator.

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# Make it count with Go365.

## Earn Points for your everyday activities –everyday!

Go365 KIDS™

| Activity | Points | |
|---|---|---|
| **Health Assessment**<br>The Kids Health Assessment covers a child's physical activity, nutrition, lifestyle, and wellbeing. You get a better understanding of your children's current health and the areas that need improvement. No Points are awarded for Kids Health Assessment completion. | | |
| **Dental exam**<br>Take your kids to the dentist and earn Points for preventive dental exams. | 100 | up to 200/program year |
| **Vision exam**<br>Earn Points for a preventive vision exam. | 100 | once/program year |
| **Flu shot**<br>Help your children avoid getting the flu by making sure they get an annual flu shot. | 100 | once/program year |
| **Preventive care visit**<br>A pediatrician can check on the health of your children and you can ask any questions you may have about their health. | 200 | once/program year |
| **Immunizations**<br>At designated ages, your children will receive immunization shots to help protect them from various illnesses. | 100 | once/program year |
| **Fitness**<br>Children (up to 18 years old) in a Go365 program can earn Points for two qualifying sports league activities and four athletic events, like baseball or swimming, per program year. Each sport season qualifies as a single sports league. Minimum number of games or matches is eight. | | |
| **Sports league** | 100 | up to 200/program year |
| **Athletic events** | 50 | up to 200/program year per child |

1,000 maximum total Points may be earned per program year per child. Up to 500 maximum preventive Activity Points may be earned per program year per child. Preventive Activities include: dental exam, vision exam, flu shot, preventive care visit and immunizations. Children may earn up to 200 Points per program year for participating in an employer-sponsored event.

We are committed to helping you achieve your best health. Rewards for participating in Go365 are available to all members. If you think you might be unable to meet a standard for a Go365 reward, you might qualify for an opportunity to earn the same reward by different means. Sign in to your Go365.com account and visit the Communication center to send us a secure message and we will work with you (and, if you wish, with your healthcare practitioner) to develop another way to qualify for the reward.
Go365 Kids is not available to all Go365 programs. Check with your Employer or Benefits Administrator to check your eligibility.

## Athletic Events

If your children participate in events like running, walking, cycling or swimming, they can earn Points that contribute to your family's overall Point total and Status.

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# Go365 Activities Summary.

Complete Point detail for each Activity including annual maximums and limits on pages 5-10.

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## Education

| Activity | Points | |
|---|---|---|
| Health Assessment full completion | 500 | once/program year |
| OR Earn 50 Points for each section you complete. Bonus Points when you complete all six sections. | | |
| First Step Health Assessment Bonus | 500 | once/lifetime |
| 90 Day Health Assessment Bonus | 250 | for completion within the first 90 days of program year |
| Weekly Log | 10 | weekly |
| Sleep Diary | 25 | weekly up to 150/program year |
| Daily Health Quiz | 2 | daily |
| Health Coaching | | |
| Enrolling | 200 | once/lifetime |
| Three phone interactions or three online chats | 50 | up to 600/program year |
| Six email interactions or six progress note entries | 50 | |
| Calculator(s) | 75 | up to 300/program year |
| CPR certification | 125 | once/program year |
| First Aid certification | 125 | once/program year |
| Update/confirm your contact information | 50 | once/program year |
| Monthly Go365.com visit or Go365 App sign in | 10 | up to 120/program year |
| First time Go365 App sign in | 50 | once/lifetime |
| Accept online statements | 50 | once/lifetime |

## Fitness

| Activity | Points | |
|---|---|---|
| Daily Points | | up to 50/day maximum |
| Steps | 1 | per 1,000 steps |
| Heart Rate | 5 | for every 15 minutes above 60% of maximum heart rate |
| Calories | 5 | per 100 calories if burn rate exceeds 200 calories/hr. |
| Participating Fitness Facility | 10 | once/day |
| Fitness Habit | 25 | once/month |
| First verified lifetime workout | 500 | once/lifetime |
| First verified workout each new program year | 750 | once/program year |
| Sports league | 350 | up to 1,400/program year |
| Challenges | | up to 100/month |
| Create a Challenge | 50 | |
| Join a Challenge | 50 | |
| Create a team | 50 | |
| Join a team | 50 | |
| Athletic events | | up to 3,00/program year |
| Level 1 | 250 | |
| Level 2 | 350 | |
| Level 3 | 500 | |
| Kids sports league | 100 | up to 200/program year |
| Kids athletic events | 50 | up to 200/program year |

## Prevention

| Activity | Points | |
|---|---|---|
| Health screening* | 400 | per eligible screening |
| Dental exam | 200 | up to 400/program year |
| Vision exam | 200 | once/program year |
| Flu shot | 200 | once/program year |
| Nicotine test | 400 | once/program year |
| Kids preventive care visit | 200 | once/program year |
| Kids dental exam | 100 | up to 200/program year |
| Kids vision exam | 100 | once/program year |
| Kids immunizations | 100 | once/program year |
| Kids flu shot | 100 | once/program year |
| **Biometric Screening completion:** | | |
| Body mass index (BMI) | 800 | once/program year |
| Blood pressure | 400 | |
| Blood glucose | 400 | |
| Total cholesterol | 400 | |

* Subject to certain requirements and will appear on your Points statement if they are applicable to you.
Kids Preventive Activities have a 500/program year maximum.

## Healthy Living

| Activity | Points | |
|---|---|---|
| Blood donation | 50 | up to 300/program year |
| Nicotine test in-range results | 400 | once/program year |

If your Biometric Screening is in healthy range, you double your Points.

| Biometric Screening in-range Points: | | |
|---|---|---|
| Body mass index (BMI) | 800 | once/program year |
| Blood pressure | 400 | |
| Blood glucose | 400 | |
| Total cholesterol | 400 | |

See page 9 for Biometric Screening healthy ranges.

We are committed to helping you achieve your best health. Rewards for participating in Go365 are available to all members. If you think you might be unable to meet a standard for a Go365 reward, you might qualify for an opportunity to earn the same reward by different means. Sign in to your Go365.com account and visit the Communication center to send us a secure message and we will work with you (and, if you wish, with your healthcare practitioner) to develop another way to qualify for the reward. Online statements not available for all Go365 members. Go365 Kids is not available to all Go365 programs. Check with your Employer or Benefits Administrator to check your eligibility. Adult children are not eligible to earn Points or Bonus Points for Health Assessment, Biometric Screening completion or for having in healthy range results.

# Plan your next Status move.

## Sign in to Go365.com or download the Go365 App.

Then use this worksheet to map out the number of Points you need to move up to the next Go365 Status level. Include standard Activities, as well as Recommended Activities based on your Health Assessment responses.

(Check the next Status level based on your current Status)

**Status goal:** ◯ Bronze ◯ Silver ◯ Gold ◯ Platinum

**Points required:** _____

Sign in to Go365.com to verify your actual Points required or reference page 2 of this document for required Points for each Status level.

EXAMPLE:

✓ Get a flu shot _____ 200 PTS

## Recommended Activities:

Once you complete your Health Assessment, you'll get personalized Activities based on your responses. Because Recommended Activities are created just for you, they can have a big impact on your overall health. Plus, you earn more Points for each one you complete.

◯ _____ _____ PTS

◯ _____ _____ PTS

◯ _____ _____ PTS

◯ _____ _____ PTS

## Activities:

These simple things you can do every day to get healthier. Tracking your steps, getting a flu shot, going for a bike ride – these are easy ways to keep moving forward with Go365.

◯ _____ _____ PTS

◯ _____ _____ PTS

◯ _____ _____ PTS

◯ _____ _____ PTS

Go shopping: the Go365 Mall has a wide selection of rewards to choose from:

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- Free language services to people whose primary language is not English when those services are necessary to provide meaningful access, such as translated documents or oral interpretation.

If you need these services, call 1-877-320-1235 or send an email to accessibility@humana.com, or if you use a TTY, call 711.

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Discrimination Grievances
P.O. Box 14618
Lexington, KY 40512-4618

If you need help filing a grievance, Call 1-877-320-1235 or if you use a TTY, call 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, D.C. 20201
**1-800–368–1019, 800-537-7697 (TDD)**
Complaint forms are available at **http://www.hhs.gov/ocr/office/file/index.html**

# Multi-Language Interpreter Services

**English:** ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call **1-877-320-1235 (TTY: 711)**.

**Español (Spanish):** ATENCIÓN: si usted habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-877-320-1235 (TTY: 711)**.

**繁體中文 (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 **1-877-320-1235（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 **1-877-320-1235 (TTY: 711)**.

**한국어 (Korean):** 주의 : 한국어를 사용하시는 경우 , 언어 지원 서비스를 무료로 이용하실 수 있습니다 . **1-877-320-1235 (TTY: 711)**번으로 전화해 주십시오 .

**Tagalog (Tagalog – Filipino):** PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa **1-877-320-1235 (TTY: 711)**.

**Русский (Russian):** ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните **1-877-320-1235 (телетайп: 711)**.

**Kreyòl Ayisyen (French Creole):** ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele **1-877-320-1235 (TTY: 711)**.

**Français (French):** ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le **1-877-320-1235 (ATS : 711)**.

**Polski (Polish):** UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer **1-877-320-1235 (TTY: 711)**.

**Português (Portuguese):** ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para **1-877-320-1235 (TTY: 711)**.

**Italiano (Italian):** ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero **1-877-320-1235 (TTY: 711)**.

**Deutsch (German):** ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: **1-877-320-1235 (TTY: 711)**.

**العربية (Arabic):**

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم **1-877-320-1235 (رقم هاتف الصم والبكم: 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。**1-877-320-1235（TTY：711）**まで、お電話にてご連絡ください。

**فارسی (Farsi):**

**ملحوظة:** إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم **1-877-320-1235 (رقم هاتف الصم والبكم: 711).**

**Diné Bizaad (Navajo):** Díí baa akó nínízin: Díí saad bee yániłti'go Diné Bizaad, saad bee áká'ánída'áwo'dę́ę́', t'áá jiik'eh, éí ná hóló, kojį' hódíílnih **1-877-320-1235 (TTY: 711)**

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