



Nondiscrimination Notice & Access to Communication Services

Patient First Name: _____

Date of Birth: _____

Patient Last Name: _____

MedExpress does not discriminate on the basis of sex, age, race, color, national origin, or disability.

Free services are available to help you communicate with us. Such as, letters in other languages, or in other formats like large print. Or, you can ask for an interpreter. To ask for help, please call the toll-free number 888-249-6365.

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:

Optum Civil Rights Coordinator
11000 Optum Circle
Eden Prairie, MN 55344
Fax: 855-351-5495
Email: Optum_Civil_Rights@Optum.com

If you need help with your complaint, please call the toll-free number 888-249-6365. 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 and Alternate Formats

This information is available in other formats like large print. To request another format, please ask us or call the toll-free number: 888-249-6365.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Please call 888-249-6365.

KUJDES: Në rast se flisni **shqip (Albanian)**, juve ju ofrohen falas shërbimet e ndihmës gjuhësore. Ju lutemi merrni në telefon në 888-249-6365.

ማሳሰቢያ: አማርኛ (Amharic) የሚናገሩ ከሆነ፣ የቋንቋ እገዛ አገልግሎቶች፣ ያለክፍያ ይቀርብልዎታል። እባክዎትን በ 888-249-6365 ይደውሉ።
تنبيه: إذا كنت تتحدث العربية (Arabic)، فإن خدمات المساعدة اللغوية المجانية متاحة لك. يُرجى الاتصال بالرقم 888-249-6365.

ՌԻՇԱԴԻՐՈՒԹՅՈՒՆ՝ Եթե **հայերեն (Armenian)** եք խոսում, անվճար լեզվական օգնության ծառայություններ են հասնում Ձեզ: Խնդրվում է զանգահարել 888-249-6365 համարով:

ICITONDERWA: Nimba uvuga **Ikirundi (Kirundi)**, uzohabwa serivisi zo gufasha mu ndimi, ku buntu. Woterefona 888-249-6365.

ATENSYON: Kung **Cebuano (Cebuano)** ang imong sinultihan, magamit nimo ang mga serbisyo sa tabang sa lengguwahe, nga walay bayad. Palihug tawag sa 888-249-6365.

ঘোষণা : আপনার ভাষা যদি **বাংলা (Bengali)** হয়, ভাষা সহায়তা পরিষেবা আপনি বিনামূল্যে পেতে পারেন। দয়া করে কল করুন 888-249-6365.

သတိထားပါ- သင် **ဗမာစကား (Burmese)** ပြောဆိုလျှင်၊ ဘာသာစကားအကူအညီ ဝန်ဆောင်မှုများ အခမဲ့ရရှိနိုင်သည်။ ကျေးဇူးပြု၍ 888-249-6365 ကို ခေါ်ပါ။

ចំណាប់អារម្មណ៍: បើសិនអ្នកនិយាយភាសាខ្មែរ (Khmer) បសវ័រជំនួយភាសាបាយភ័ក្តិភ័ក្តិថ្លៃគឺមានសំរាប់អ្នក។ សូមទូរស័ព្ទទៅលេខ 888-249-6365 ។

☎: TGZ GWY(Cherokee) ၈၉၂၇၀၆၄ ၂၅, ၄၉၂၇၈၀၆၂ DSG၆၀၆၂ DP၀၆၅၂၇၂၇၂ ၀၉၆၀၆၅၂၇၂, D4၀, ၆၈၂၂၇၂၆၂၇၂. ၀PZ၇၆ 888-249-6365.

晴注意 : 如果您靚**中文 (Chinese)** · 我們免費為您提供語言協助服務請注意 · 請致電: 888-249-6365 ·

Anumpa Pa Pisa: **Chahta (Choctaw)** anumpa ish anumpuli hokmvt tohsholi yvt peh pilla h_o chi apela hinla. I paya 888-249-6365.

HUBACHISA: Kan ati dubbattu **Afaan Oromoo (Oromo)** yoo ta'ee, tajaajilliwwan gargaarsa afaanii, kanfalttii malee siif jira. Maaloo karaa 888-249-6365.

OPGELET: Indien u **Nederlands (Dutch)** spreekt zijn taalbijstandsdiensten gratis voor u beschikbaar. Gelieve 888-249-6365 te bellen.

ATTENTION : Si vous parlez **français (French)**, des services d'aide linguistique vous sont proposés gratuitement. Veuillez appeler le 888-249-6365.

ATANSYON: Si w pale **Kreyòl ayisyen (Haitian Creole)**, ou kapab benefisyè sèvis ki gratis pou ede w nan lang pa w. Tanpri rele nan 888-249-6365.

ACHTUNG: Falls Sie **Deutsch (German)** sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufen Sie 888-249-6365 an.

ΠΡΟΣΟΧΗ : Αν μιλάτε **Ελληνικά (Greek)**, υπάρχει δωρεάν βοήθεια στη γλώσσα σας. Παρακαλείστε να καλέσετε 888-249-6365.

ધ્યાન આપો: જો તમે **ગુજરાતી (Gujarati)** બોલતા હો તો આપને ભાષાકીય મદદરૂપ સેવા વિના મૂલ્યે પ્રાપ્ય છે. કૃપા કરી 888-249-6365 પર કોલ કરો.

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 888-249-6365.

ध्यान दें: यदि आप **हिंदी (Hindi)** बोलते हैं, आपको भाषा सहायता सेवाएं, नि:शुल्क उपलब्ध हैं। कृपया 888-249-6365 पर कॉल करें।

CEEB TOOM: Yog koj hais Lus **Hmoob (Hmong)**, muaj kev pab txhais lus pub dawb rau koj. Thov hu rau 888-249-6365.

GEE NTI: Ọ bụrụ na ina asụ asụsụ **Igbo (Igbo)**, enyemaka na-ahazi asụsụ, bu n'efu, dịrị gị mgbe niile. Biko kpọọ 888-249-6365.

PAKDAAR: Nu saritaem ti **Ilocano (Ilocano)**, ti serbisyo para ti baddang ti lengguahe nga awanan bayadna, ket sidadaan para kenyam. Maidawat nga awagan iti 888-249-6365.

PERHATIAN: Jika Anda berbicara **Bahasa Indonesia (Indonesian)**, layanan bantuan bahasa akan tersedia untuk Anda secara gratis. Harap hubungi 888-249-6365.

ATTENZIONE: in caso la lingua parlata sia l'**italiano (Italian)**, sono disponibili servizi di assistenza linguistica gratuiti. Si prega di chiamare il numero 888-249-6365.

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。888-249-6365にお電話ください。

ဟ်သျှဉ်ဟ်သးဘဉ်တက့ၢ်-ဖဲန့ၢ်ကတိၢ်ကညိၣ်န့ၢ်(Karen)န့ၢ်,ကျိၣ်တၢ်မၤစၢၤအတၢ်ဖဲတၢ်မၤတဖၣ်,လၢတလိၣ်ဟ့ၣ်အပူၤဘဉ်န့ၢ်အိၣ်ဝဲဒၣ်လၢန့ၢ်န့ၢ်လီၤ.

ဝံသးစူးကိးဘဉ်ဟ888-249-6365=န့ၢ်တက့ၢ်.

알림: 한국어(Korean)를 사용하시는 경우 언어 지원 서비스를 무료로 이용하실 수 있습니다. 888-249-6365 번으로 전화하십시오.

YI LÈ: I balè u mpòt **Bassa (Bassa)**, bot ba kòbòl mahòp yanga, bayé ha i nyuu hola wè. Sébél nsinga ini: 888-249-6365.

تیبینی: گهر به کوردی سۆرانی (Kurdish Sorani) قسه دهکھیت، بییهر امبهر خزمهتگوزاری
زمانت لهبهر دهسته. تکایه پهپومندی بکه به رهفهم تهلهفونی 888-249-6365.

ກະລຸນາຮ້ງ: ຖ້າຫາກວ່າທ່ານເວົ້າພາສາ ລາວ (Laotian), ການບໍລິການຊ່ວຍເຫຼືອ
ອໍານວິທະຍາສາດ, ບໍ່ເສຍຄ່າໃຊ້ຈ່າຍ, ມີສໍາລັບທ່ານກະລຸນາໃຫ້ 888-249-6365.

कृपया लक्ष द्या: जर तुम्ही मराठी (Marathi) बोलत असल्यास, भाषा सहाय्य सेवा तुम्हाला मोफत उपलब्ध आहेत. 888-249-6365 येथे संपर्क करा.

LALE: Ñe kwōj kōnono **Kajin Maje!** (Marshallese), kwomaroñ bōk jermal in jipañ
in kajin ejjeļok wōñāñ. Kwōn jouj im kallōk ñan 888-249-6365.

KANSENOH: Ma komw **lokaiahn Pohnpei (Pohnpeian)**, mie sawas en mahsen, soh isepe, ong komwi. Menlau, eker
888-249-6365.

DÍI BAA'ÁKONÍNÍZIN: **Diné (Navajo)** bizaad bee yáníłti'go, saad bee áka'anída'awo'ígíí, t'áá jíík'eh, bee ná'ahóót'i'.
T'áá shoodí kohjį' 888-249-6365 hodíłnih.

ध्यान दें: यदि तपाईं नेपाली (Nepali) भाषा बोलनुहुन्छ भने, तपाईंको निम्ति निशुल्क भाषा सेवा उपलब्ध छ। कृपया
888-249-6365 मा कल गर्नुहोस्।

DETTIC: Na yi jam ë **Thuɔŋjäŋ (Dinka)** ke kuɔɔny de wɛë ɾ de thookyic abac ato alëu benë yi kony. Them ba cōöt në
888-249-6365.

OBS: Hvis du snakker **norsk (Norwegian)**, kan du få gratis språkhjelp. Ring 888-249-6365.

AADACHT: Wann du **Deutsch Schwetze (Pennsylvanian Dutch)** kann, kannscht du frei Schprooch aushilfe griege.
Ruf Nummer 888-249-6365.

توجه: اگر زبان شما فارسی (Farsi) است، خدمات امداد زبانی به طور رایگان در اختیار شما می باشد.
لطفاً با شماره 888-249-6365 تماس بگیرید.

ਪਿਆਨ ਦਿਓ: ਜੇ ਤੁਸੀਂ ਪੰਜਾਬੀ (Punjabi) ਬੋਲਦੇ ਹੋ, ਤਾਂ ਤੁਹਾਡੇ ਲਈ ਭਾਸ਼ਾ ਸਹਾਇਤਾ ਸੇਵਾਵਾਂ ਬਿਲਕੁਲ ਮੁਫਤ ਉਪਲਬਧ ਹਨ। ਕਿਰਪਾ
ਕਰਕੇ 888-249-6365 'ਤੇ ਕਾਲ ਕਰੋ।

UWAGA: Jezeli mówisz po **polsku (Polish)**, udostępniliśmy darmowe usługi tłumacza. Prosimy zadzwonić pod
numer 888-249-6365.

ATENÇÃO: Se você fala **português (Portuguese)**, contate o serviço de assistência de idiomas gratuito. Ligue para
888-249-6365.

ATENȚIE: Dacă vorbiți **românește (Romanian)**, vi se pun la dispoziție, în mod gratuit, servicii de traducere.
Vă rugăm să sunați la 888-249-6365.

ВНИМАНИЕ: бесплатные услуги перевода доступны для людей, чей родной язык является **русским (Russian)**. Позвоните по номеру 888-249-6365.

FAAALIGA: Afai e te tautala Faa-**Samoa (Samoan)**, o loo avanoa tautua mo fesoasoani tau gagana mo oe, e le
totogia. Faamolemole telefoni le 888-249-6365.

POZOR: Ako govorite **hrvatski (Croatian)**, možete besplatno koristiti usluge prevodioca.
Molimo nazovite 888-249-6365.

OGOW: Haddii aad ku hadasho **Soomaali (Somali)**, adeegyada taageerada luqadda, oo bilaash ah, ayaad heli
kartaa. Fadlan wac 888-249-6365.

ATENCIÓN: Si habla **español (Spanish)**, hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al
888-249-6365.

MAANDOORE: (Fulani), to afa haala **Ingiligre**, walliinde wolde, caahu, e woodi ngam maafa.
Kusu noddu 888-249-6365.

