

WellFirst Bronze Copay Plus 8500X01

Coverage for: Individual/Family | Plan Type: HMO

The Summary of Benefits and Coverage (SBC) document will help you choose a health <u>plan</u>. The SBC shows you how you and the <u>plan</u> would share the cost for covered health care services. NOTE: Information about the cost of this <u>plan</u> (called the <u>premium</u>) 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,

https://sbc.wellfirsthealth.com/individual or call 866-514-4194 (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 https://www.dol.gov/ebsa/healthreform or www.healthcare.gov/sbc-glossary or call 866-514-4194 (TTY: 711) to request a copy.

Important Questions	Answers	Why This Matters:
What is the overall deductible?	\$8,500/Individual \$17,000/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. <u>Preventive care services</u> are covered before you meet your <u>deductible</u> .	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</u> <u>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 <a href="https://www.healthcare.gov/coverage/preventive-care-benefits/">https://www.healthcare.gov/coverage/preventive-care-benefits/</a> .
Are there other deductibles for specific services?	No.	You don't have to meet <u>deductibles</u> for specific services.
What is the <u>out-of-pocket</u> <u>limit</u> for this <u>plan</u> ?	\$8,500 individual / \$17,000 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 <u>out-of-pocket limit</u> ?	Premiums, balance billing charges, and health care this plan doesn't cover.	Even though you pay these expenses, they don't count toward the out-of-pocket limit.
Will you pay less if you use a <u>network provider</u> ?	Yes. See <a href="https://www.wellfirsthealth.com/find-a-doctor">https://www.wellfirsthealth.com/find-a-doctor</a> or call 866-514-4194 (TTY: 711) for a list of <a href="network providers">network providers</a> .	This <u>plan</u> uses a <u>provider network</u> . You will pay less if you use a <u>provider</u> in the <u>plan's network</u> . You will pay the most if you use an <u>out-of-network provider</u> , and you might receive a bill from a <u>provider</u> for the difference between the <u>provider's</u> 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.	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> .

IL 0010003-01 SSM Health Plan Version Number: WellFirst 01/01/2021 Page 1 of 8

A

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.

		What You Will	Pay	
Common Medical Event	Services You May Need	Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information
	Primary care visit to treat an injury or illness	\$60 <u>copay</u> /visit; <u>deductible</u> does not apply	Not Covered	Chiropractic care – 25 visits per contract period. No coverage for chiropractic maintenance or long-term therapy.
	Specialist visit	\$120 <u>copay</u> /visit; <u>deductible</u> does not apply	Not Covered	No coverage for acupuncture.
If you visit a health care provider's office or clinic	Preventive care/screening/immunization	No charge	Not Covered	Services under the ACA guidelines will be covered as preventive. Services may have a limit on number of visits and/or specific age requirements. For additional information please see the <u>preventive services</u> section in your Member Certificate. You may have to pay for services that are not preventive. Ask your <u>provider</u> if the services needed are preventive. Then check what your <u>plan</u> will pay for.
	<u>Diagnostic test</u> (x-ray, blood work)	0% coinsurance after deductible	Not Covered	Select diagnostic testing (e.g., genetic testing) and radiology services require prior
If you have a test	Imaging (CT/PET scans, MRIs)	0% <u>coinsurance</u> after <u>deductible</u>	Not Covered	authorization from our Medical Affairs Division. Failure to obtain prior authorization for any medically necessary covered services which requires an authorization, you, the Member, will be responsible for paying 100% of the total cost.

<sup>\*</sup> For more information about limitations and exceptions, see the <u>plan</u> or policy document at <u>https://sbc.wellfirsthealth.com/individual</u>. SSM Health Plan

		What You Will Pay			
Common Medical Event	Services You May Need	Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information	
	Preferred generic drugs (Tier 1)	\$15 <u>copay</u> / prescription; <u>deductible</u> does not apply (retail); Mail order maintenance prescriptions, a 90-day supply for 2 <u>copays</u> .	Not Covered (retail and mail order)		
If you need drugs to treat your illness or condition More information about	Non-Preferred generic, Preferred brand drugs (Tier 2)	0% <u>coinsurance</u> after <u>deductible</u> / prescription (retail); Mail order maintenance prescriptions, a 90-day supply at <u>coinsurance</u> listed above.	Not Covered (retail and mail order)	None	
prescription drug coverage is available at https://www.wellfirstheal th.com/pharmacy	Non-preferred generic, Non-preferred brand drugs (Tier 3)	0% <u>coinsurance</u> after <u>deductible</u> / prescription (retail); Mail order maintenance prescriptions, a 90-day supply at <u>coinsurance</u> listed above.	Not Covered (retail and mail order)		
	Specialty drugs (Tier 4)	0% <u>coinsurance</u> after <u>deductible</u> / prescription (retail); Mail order maintenance prescriptions not covered.	Not Covered (retail and mail order)	None	
16 h	Facility fee (e.g., ambulatory surgery center)	0% <u>coinsurance</u> after <u>deductible</u>	Not Covered	Select outpatient surgeries require prior authorization from our Medical Affairs Division. Failure to obtain prior authorization for any	
If you have outpatient surgery	Physician/surgeon fees	0% <u>coinsurance</u> after <u>deductible</u>	Not Covered	medically necessary covered services which requires an authorization, you, the Member, will be responsible for paying 100% of the total cost.	
If you need immediate medical attention	Emergency room care	\$500 <u>copay</u> /visit and/or 0% <u>coinsurance</u> after <u>deductible</u>	\$500 <u>copay</u> /visit and/or 0% <u>coinsurance</u> after <u>deductible</u>	Initial <u>emergency services</u> are covered with <u>out-of-network providers</u> . <u>Copay</u> is waived if admitted for observation or inpatient.	

<sup>\*</sup> For more information about limitations and exceptions, see the <u>plan</u> or policy document at <a href="https://sbc.wellfirsthealth.com/individual">https://sbc.wellfirsthealth.com/individual</a>.

SSM Health Plan

		What You Will Pay			
Common Medical Event	Services You May Need	Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information	
	Emergency medical transportation	0% <u>coinsurance</u> after <u>deductible</u>	0% <u>coinsurance</u> after <u>deductible</u>	None	
	Urgent care	\$60 <u>copay</u> /visit and/or 0% <u>coinsurance</u> after <u>deductible</u>	\$60 <u>copay</u> /visit and/or 0% <u>coinsurance</u> after <u>deductible</u>	Initial <u>urgent care</u> services are covered with <u>out-of-network providers</u> . You may incur a lower <u>copay</u> at an SSM <u>urgent care</u> clinic versus a hospital based facility.	
	Facility fee (e.g., hospital room)	0% coinsurance after deductible	Not Covered	Elective inpatient admissions and services require prior authorization from our Medical	
If you have a hospital stay	Physician/surgeon fees	0% <u>coinsurance</u> after <u>deductible</u>	Not Covered	Affairs Division. Failure to obtain prior authorization for any medically necessary covered services which requires an authorization, you, the Member, will be responsible for paying 100% of the total cost.	
If you need mental health, behavioral	Outpatient services	\$60 <u>copay</u> /outpatient visit; <u>deductible</u> does not apply	Not Covered	None	
health, or substance abuse services	Inpatient services	0% coinsurance after deductible	Not Covered	None	
If you are pregnant	Office visits	Primary Care Visit: \$60 <u>copay</u> /visit; <u>deductible</u> does not apply; <u>Specialist</u> Visit: \$120 <u>copay</u> /visit; <u>deductible</u> does not apply	Not Covered	Cost sharing does not apply for preventive services. Depending on the type of services, a copayment, coinsurance, or deductible may apply. Maternity care may include tests and	
	Childbirth/delivery professional services	0% <u>coinsurance</u> after <u>deductible</u>	Not Covered	services described elsewhere in the SBC (i.e. ultrasound).	
	Childbirth/delivery facility services	0% coinsurance after deductible	Not Covered	amadama).	
If you need help recovering or have other special health needs	Home health care	0% <u>coinsurance</u> after <u>deductible</u>	Not Covered	Requires prior authorization from our Medical Affairs Division. Failure to obtain prior authorization for any medically necessary covered services which requires an	

<sup>\*</sup> For more information about limitations and exceptions, see the <u>plan</u> or policy document at <a href="https://sbc.wellfirsthealth.com/individual">https://sbc.wellfirsthealth.com/individual</a>.

SSM Health Plan

		What You Will Pay		
Common Medical Event	Services You May Need	Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information
				authorization, you, the Member, will be responsible for paying 100% of the total cost.
	Rehabilitation services	Inpatient Rehabilitation services:  0% coinsurance after deductible;  Physical, Occupational and  Speech Therapy: \$60  copay/therapy/day; deductible  does not apply	Not Covered	Services for custodial care are a policy exclusion. Physical, Occupational and Speech Therapy services require prior authorization from our Medical Affairs Division. Failure to obtain prior authorization for any medically necessary covered services which requires an authorization, you, the Member, will be responsible for paying 100% of the total cost.
	Habilitation services	\$60 <u>copay</u> /therapy/day; <u>deductible</u> does not apply	Not Covered	Services for custodial care are a policy exclusion. Physical, Occupational and Speech Therapy services require prior authorization from our Medical Affairs Division. Failure to obtain prior authorization for any medically necessary covered services which requires an authorization, you, the Member, will be responsible for paying 100% of the total cost.
	Skilled nursing care	0% <u>coinsurance</u> after <u>deductible</u>	Not Covered	Requires prior authorization from our Medical Affairs Division. Failure to obtain prior authorization for any medically necessary covered services which requires an authorization, you, the Member, will be responsible for paying 100% of the total cost.
	Durable medical equipment	0% <u>coinsurance</u> after <u>deductible</u>	Not Covered	Durable medical equipment as stated in our medical policies requires prior authorization from our Medical Affairs Division. Failure to obtain prior authorization for any medically necessary covered services which requires an authorization, you, the Member, will be responsible for paying 100% of the total cost.

		What You Will Pay			
Common Medical Event Services You May Need		Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information	
	Hospice services	0% <u>coinsurance</u> after <u>deductible</u>	Not Covered	Requires prior authorization from our Medical Affairs Division. Failure to obtain prior authorization for any medically necessary covered services which requires an authorization, you, the Member, will be responsible for paying 100% of the total cost.	
	Children's eye exam	\$60 <u>copay</u> /visit; <u>deductible</u> does not apply	Not Covered	Exams performed by an ophthalmologist will incur the specialty office visit cost share.	
	Children's glasses	0% <u>coinsurance</u> after <u>deductible</u>	Not Covered	One pair per contract year.	
If your child needs dental or eye care	Children's dental check- up	Not Covered	Not Covered	This policy does not include pediatric dental services as required under the federal Patient Protection and Affordable Care Act. This coverage is available in the insurance market and can be purchased as a stand-alone product. Please contact your insurance carrier, agent, or the Federally Facilitated Exchange if you wish to purchase pediatric dental coverage or a stand-alone dental services product.	

#### **Excluded Services & Other Covered Services:**

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

- Abortion (except in cases when the life of the mother is endangered) Acupuncture
- Dental care (Adult)

Pediatric Dental Care

Long-term care

Routine eye care (Adult)

Cosmetic services including surgery

- Non-emergency care when travelling outside the U.S.
- Routine foot care

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

- **Bariatric Surgery**
- Chiropractic care (Limited to 25 visits per contract period)
- Hearing aids (Limited to one aid per ear every 24 months)
- Infertility Treatment

- Private-duty nursing
- Weight Loss Programs

<sup>\*</sup> For more information about limitations and exceptions, see the <u>plan</u> or policy document at <a href="https://sbc.wellfirsthealth.com/individual">https://sbc.wellfirsthealth.com/individual</a>. SSM Health Plan

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: SSM Health Plan at <a href="www.wellfirsthealth.com">www.wellfirsthealth.com</a> or 866-514-4194 (TTY: 711); U.S. Department of Labor, Employee Benefits Security Administration at 1-866-444-EBSA (3272) or <a href="https://www.dol.gov/agencies/ebsa/about-ebsa/ask-a-question/ask-ebsa">https://www.dol.gov/agencies/ebsa/about-ebsa/ask-a-question/ask-ebsa</a>; Illinois Department of Insurance at (877) 527-9431 or <a href="https://insurance.illinois.gov/">https://insurance.illinois.gov/</a>; Office of Personnel Management Multi State Plan Program at <a href="https://www.opm.gov/healthcare-insurance/multi-state-plan-program/external-review/">https://www.opm.gov/healthcare-insurance/multi-state-plan-program/external-review/</a>; or Healthcare.gov at <a href="www.Healthcare.gov">www.Healthcare.gov</a> or call 1-800-318-2596. Other coverage options may be available to you too, including buying individual insurance coverage through the <a href="Marketplace">Health Insurance</a> <a href="Marketplace">Marketplace</a>. For more information about the <a href="Marketplace">Marketplace</a>, visit <a href="www.HealthCare.gov">www.HealthCare.gov</a> or call 1-800-318-2596.

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 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: Illinois Department of Insurance, Office of Consumer Health Insurance External Review Unit at 320 W. Washington Street, Springfield, IL 62767, https://mc.insurance.illinois.gov/messagecenter.nsf or call (877) 850-4740.

### 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 Minimum Value Standards? Not Applicable

If your <u>plan</u> doesn't meet the <u>Minimum Value Standards</u>, you may be eligible for a <u>premium tax credit</u> to help you pay for a <u>plan</u> through the <u>Marketplace</u>.

### Language Access Services:

Spanish (Español): Para obtener asistencia en Español, llame al 866-514-4194 (TTY: 711).

Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 866-514-4194 (TTY: 711).

Chinese (中文): 如果需要中文的帮助, 请拨打这个号码866-514-4194 (TTY: 711).

Navajo (Dine): Dinek'ehgo shika at'ohwol ninisingo, kwiijigo holne' 866-514-4194 (TTY: 711).

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

<sup>\*</sup> For more information about limitations and exceptions, see the <u>plan</u> or policy document at <a href="https://sbc.wellfirsthealth.com/individual">https://sbc.wellfirsthealth.com/individual</a>.

SSM Health Plan

### **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 <u>plan's</u> overall <u>deductible</u>	\$8,500
■ Specialist copayment	\$120
■Hospital (facility) coinsurance	0%
Other coinsurance	0%

#### 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:

1 . 3 1 3			
Cost Sharing			
<u>Deductibles</u>	\$8,500		
<u>Copayments</u>	\$0		
<u>Coinsurance</u>	\$0		
What isn't covered			
Limits or exclusions			
The total Peg would pay is	\$8,560		

# Managing Joe's Type 2 Diabetes

(a year of routine in-network care of a well-controlled condition)

■The plan's overall deductible	\$8,500
■Specialist copayment	\$120
■Hospital (facility) coinsurance	0%
Other coinsurance	0%

#### This EXAMPLE event includes services like:

<u>Primary care physician</u> office visits (*including disease education*)

<u>Diagnostic tests</u> (blood work)

**Prescription drugs** 

<u>Durable medical equipment</u> (glucose meter)

Total Example Cost	\$5,600
-	

# In this example, Joe would pay:

Cost Sharing		
<u>Deductibles</u> *	\$4,000	
<u>Copayments</u>	\$600	
<u>Coinsurance</u>	\$0	
What isn't covered		
Limits or exclusions	\$20	
The total Joe would pay is	\$4,620	

### Mia's Simple Fracture

(in-network emergency room visit and follow up care)

■The <u>plan's</u> overall <u>deductible</u>	\$8,500
■Specialist copayment	\$120
■Hospital (facility) coinsurance	0%
■Other coinsurance	0%

#### This EXAMPLE event includes services like:

Emergency room care (including medical supplies)

Diagnostic test (x-ray)

<u>Durable medical equipment</u> (crutches)

Rehabilitation services (physical therapy)

Total Example Cost
--------------------

### In this example, Mia would pay:

Cost Sharing	
<u>Deductibles</u> *	\$1,700
<u>Copayments</u>	\$900
<u>Coinsurance</u>	\$0
What isn't covered	
Limits or exclusions	\$0
The total Mia would pay is	\$2,600

# Language Assistance

English - ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-877-317-2410 (TTY: 711).

**Hmong** - LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 1-877-317-2410 (TTY: 711).

**Tagalog** - PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-877-317-2410 (TTY: 711).

Gujarati - સુયના: જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહ્યય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો 1-877-317-2410 (TTY: 711).

Hindi - ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। 1-877-317-2410 (TTY: 711) पर कॉल करें।

**Spanish** - ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-317-2410 (TTY: 711).

**Polish** - UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-877-317-2410 (TTY: 711).

Korean - 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-877-317-2410 (TTY: 711)번으로 전화해 주십시오.

**Russian** - ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-877-317-2410 (телетайп: 711).

**French** - ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-877-317-2410 (ATS : 711).

**Italian** - ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 1-877-317-2410 (TTY: 711).

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1-877-317-2410(TTY:711)。

Vietnamese - CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-877-317-2410 (TTY: 711).

#### Arabic -

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 871-2410 (رقم هاتف الصم والبكم: 711).

**German** - ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-877-317-2410 (TTY: 711).

#### Urdu -

خبردار: اگر آپ اردو بولتے ہیں، تو آپ کو زبان کی مدد کی خدمات مفت میں دستیاب ہیں ۔ کال کریں .(TTY: 711) -877-317-2410

H8019\_tagline0620\_C

# **Non-Discrimination Notice**



### SSM Health Plan:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as: qualified sign language interpreters and written information in other formats (large print, audio, accessible electronic formats, other formats).
- Provides free language services to people whose primary language is not English such as: qualified interpreters and information written in other languages. If you need these services, contact the Customer Care Center at 1-877-317-2410 (TTY: 711).

The Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, or religion. The Health Plan does not exclude people or treat them differently because of race, color, national origin, age, disability, sex, or religion.

If you believe that the Health Plan has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, sex, or religion, you can file a grievance with the organization's Civil Rights Coordinator. If you need help filing a grievance, the Civil Rights Coordinator for the Health Plan is available to help you. You can file a grievance in person, by mail, or email at:

SSM Health Plan

Civil Rights Coordinator Phone: 1-608-828-2216 (TTY: 711)

1277 Deming Way Email: civilrightscoordinator@deancare.com

Madison, Wisconsin 53717

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, by mail, or phone at:

Phone: 1-800-368-1019 or 1-800-537-7697 (TDD)

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

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