

Important Questions	Answers	Why This Matters:
What is the overall deductible?	In- <u>Network Provider</u> : \$100/individual <u>Out-of-Network Provider</u> : \$100/individual	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.
Are there services covered before you meet your <u>deductible</u> ?	Yes. In- <u>Network Provider Preventive Service</u> , In- <u>Network</u> Physician, <u>Specialist</u> , Outpatient Mental Health, and Telemedicine Office visits, In- <u>Network</u> Urgent Care, Zero Cost Generics and In- <u>Network Provider Prescription Drugs</u> , Pediatric Dental Care, and Medical Evacuation and Repatriation services 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 <u>https://www.healthcare.gov/coverage/preventive-care-benefits/</u> .
Are there other <u>deductibles</u> for specific services?	No.	You don't have to meet <u>deductibles</u> for specific services.
What is the <u>out-of-</u> <u>pocket limit</u> for this <u>plan</u> ?	In- <u>Network Provider</u> : \$7,900/individual <u>Out-of-Network Provider</u> : \$15,800/individual	The out-of-pocket limit is the most you could pay in a year for covered services.
What is not included in the <u>out-of-pocket limit</u> ?	Premiums, <u>balance-billing</u> charges, and health care this <u>plan</u> 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</u> <u>provider</u> ?	Yes. See <u>www.cigna.com</u> or call 1-877-657-5030 for a list of <u>network providers</u> .	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</u> <u>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> ?	No.	You can see the <u>specialist</u> you choose without a <u>referral</u> .

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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.

Common Medical	Common Medical Services You May		ı Will Pay	Limitations, Exceptions, & Other Important	
Event		In-Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	Information	
	Primary care visit to treat an injury or illness	\$30 Copayment/visit, 0% <u>coinsurance</u> <u>Deductible</u> does not apply	20% <u>coinsurance</u>	Limit one visit per day.	
lf you visit a health care <u>provider's</u>	Specialist visit	\$30 Copayment/visit, 0% <u>coinsurance</u> <u>Deductible</u> does not apply	20% coinsurance	When requested and approved by the attending Physician. Limited to 1 visit per day.	
office or clinic	<u>Specialist</u> visit	Chiropractic Care: 20% coinsurance	Chiropractic Care: 40% <u>coinsurance</u>	Chiropractic Care: Pre-Certification required after the 12 <sup>th</sup> visit.	
	Preventive care/screening/ immunization	No Charge	20% <u>coinsurance</u>	You may have to pay for services that aren't preventive. Ask your <u>provider</u> if the services needed are preventive. Then check what your <u>plan</u> will pay for.	
If you have a test	Diagnostic test (x-ray, blood work)	20% coinsurance	40% <u>coinsurance</u>	Pre-Certification required but not for Laboratory Procedures. When prescribed by an attending physician.	
n you have a lest	Imaging (CT/PET scans, MRIs)	20% coinsurance	40% coinsurance	Pre-Certification required. When prescribed by an attending physician.	

Common Medical Event	Services You May Need	What You In-Network Provider (You will pay the least)	u Will Pay Out-of-Network Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information
If you need drugs to	Tier 1 (Generic drugs)	30 day supply: \$15 <u>copay</u> /prescription, 0% <u>coinsurance</u> <u>Deductible</u> does not apply More than a 30 day supply but less than a 61 day supply: \$30 <u>copay</u> /prescription, 0% <u>coinsurance</u> <u>Deductible</u> does not apply More than a 60 day supply: \$45 <u>copay</u> /prescription,	Not Covered Not Covered	<u>Out-of-Network Provider</u> benefits are provided on a reimbursement basis. Claim forms must be received within 90 days. No <u>cost sharing</u> applies to ACA <u>Preventive Care</u> medications filled at a participating <u>network</u> pharmacy and Zero Cost Generics.
treat your illness or condition More information about <u>prescription</u> <u>drug coverage</u> is available at <u>www.wellfleetstudent.</u> <u>com</u>	Tier 2 (Preferred brand drugs)	0% <u>coinsurance</u> <u>Deductible</u> does not apply 30 day supply: \$45 <u>copay</u> /prescription, 0% <u>coinsurance</u> <u>Deductible</u> does not apply More than a 30 day supply but less than a 61 day supply: \$90 <u>copay</u> /prescription, 0% <u>coinsurance</u> <u>Deductible</u> does not apply More than a 60 day supply: \$135 <u>copay</u> /prescription, 0% <u>coinsurance</u> <u>Deductible</u> does not apply	Not Covered Not Covered Not Covered	<u>Out-of-Network Provider</u> benefits are provided on a reimbursement basis. Claim forms must be received within 90 days. No <u>cost sharing</u> applies to ACA <u>Preventive Care</u> medications filled at a participating <u>network</u> pharmacy and Zero Cost Generics.

Common Medical Event	Services You May Need	What You In-Network Provider (You will pay the least)	u Will Pay Out-of-Network Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information
		30 day supply: \$75 <u>copay</u> /prescription, 0% <u>coinsurance</u> <u>Deductible</u> does not apply	Not Covered	
	Tier 3 (Non-preferred brand drugs)	More than a 30 day supply but less than a 61 day supply: \$150 <u>copay</u> /prescription, 0% <u>coinsurance</u> <u>Deductible</u> does not apply	Not Covered	
		More than a 60 day supply: \$225 <u>copay</u> /prescription, 0% <u>coinsurance</u> <u>Deductible</u> does not apply	Not Covered	<u>Out-of-Network Provider</u> benefits are provided on a reimbursement basis. Claim forms must be received within 90 days. No <u>cost sharing</u> applies to ACA <u>Preventive Care</u> medications filled at a participating <u>network</u> pharmacy
		30 day supply: \$75 <u>copay</u> /prescription, 0% <u>coinsurance</u> <u>Deductible</u> does not apply	Not Covered	and Zero Cost Generics.
	Specialty drugs_	More than a 30 day supply but less than a 61 day supply: \$150 <u>copay</u> /prescription, 0% <u>coinsurance</u> <u>Deductible</u> does not apply	Not Covered	
		More than a 60 day supply: \$225 <u>copay</u> /prescription, 0% <u>coinsurance</u> <u>Deductible</u> does not apply	Not Covered	

Common Medical Event	Services You May Need			Limitations, Exceptions, & Other Important Information
lf you have	Facility fee (e.g., ambulatory surgery center)	20% coinsurance	40% <u>coinsurance</u>	none
outpatient surgery	Physician/surgeon fees	20% coinsurance	40% <u>coinsurance</u>	Physicians: limited to one visit per day. <u>Pre-Certification</u> Required.
	Emergency room care	20% <u>coinsurance</u>	20% <u>coinsurance</u>	Emergency treatment received at a hospital's emergency room.
If you need immediate medical attention	Emergency medical transportation	20% coinsurance	20% coinsurance	Including ground and/or air, water transportation.
attention	Urgent care	\$30 Copayment/visit, 0% <u>coinsurance</u> <u>Deductible</u> does not apply	20% <u>coinsurance</u>	Treatment for non-life-threatening conditions.
lf you have a	Facility fee (e.g., hospital room)	20% coinsurance	40% coinsurance	Subject to Semi-Private room rate unless intensive care unit is required. <u>Pre-Certification</u> required.
hospital stay	Physician/surgeon fees	20% coinsurance	40% coinsurance	Pre-Certification required. Physicians: limited to one visit per day.
lf you need mental health, behavioral	Outpatient services	Outpatient Services, other than office visits: 20% <u>coinsurance</u>	Outpatient Services, other than office visits: 40% <u>coinsurance</u>	Outpatient Services, other than office visits, include but are not limited to the following: Intensive Outpatient Programs; Partial Hospitalization, Electronic Convulsive Therapy, Repetitive Transcranial Magnetic Stimulation (rTMS); Psychiatric and Neuro Psychiatric testing.
health, or substance abuse services		Office visits: \$30 Copayment/visit, 0% <u>coinsurance</u> <u>Deductible</u> does not apply	Office visits: 20% <u>coinsurance</u>	Office Visits include but are not limited to: physician visits, individual and group therapy, medication management. <u>Pre-Certification</u> required except for office visits
	Inpatient services	20% coinsurance	40% coinsurance	Pre-certification required.

Common Medical Event	Services You May Need	What You Will PayLimitations, Exceptions, & Other ImportantIn-Network Provider (You will pay the least)Out-of-Network Provider (You will pay the most)Limitations, Exceptions, & Other Important Information		
Office visits     0% coinsurance     40% coinsurance     services. Dependent       Deductible does not apply     Deductible does not apply     Annotation     May apply. May	<u>Cost sharing</u> does not apply to certain <u>preventive</u> <u>services</u> . Depending on the type of services, <u>coinsurance</u> may apply. Maternity care may include tests and services			
lf you are pregnant	Childbirth/delivery professional services	20% coinsurance	40% coinsurance	described elsewhere in the SBC (i.e. ultrasound). Up to 48 hours for normal vaginal delivery and 96 hours (not including the day of surgery) for a caesarean section
	Childbirth/delivery facility services	20% coinsurance	40% coinsurance	delivery unless the caesarean section delivery is the result of <u>Complications of Pregnancy</u> . <u>Pre-Certification</u> required for all inpatient maternity care after the initial 48/96 hours.
	Home health care	20% coinsurance	40% coinsurance	Pre-Certification required.
	Rehabilitation services	20% <u>coinsurance</u>	40% <u>coinsurance</u>	Inpatient includes Rehabilitation Facility: <u>Pre-Certification</u> is required. Outpatient Includes Cardiac, Pulmonary, Physical, Occupational, and Speech therapies. Limit of one visit per day. <u>Pre-Certification</u> required for Speech Therapy. <u>Pre-Certification</u> required after the 12 <sup>th</sup> visit for Physical Therapy and after the 12 <sup>th</sup> visit for Occupational Therapy.
If you need help recovering or have other special health needs	Habilitation services	20% <u>coinsurance</u>	40% <u>coinsurance</u>	Includes Physical, Occupational and Speech Therapies. When prescribed by the attending Physician, limited to one visit per day. Covered to the extent that they are <u>Medically Necessary</u> . <u>Pre-Certification</u> required for Speech Therapy. <u>Pre-Certification</u> required after the 12 <sup>th</sup> visit for Physical Therapy and after the 12 <sup>th</sup> visit for Occupational Therapy.
	Skilled nursing care	20% <u>coinsurance</u>	40% <u>coinsurance</u>	Pre-Certification required. Covered to the extent of Medical Necessity.
	Durable medical equipment	20% coinsurance	40% coinsurance	Pre-Certification is required for over \$500.
	Hospice services	20% coinsurance	40% coinsurance	none

Common Medical Event	Services You May Need	What You In-Network Provider (You will pay the least)	u Will Pay Out-of-Network Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information
	Children's eye exam	0% <u>coinsurance</u>	0% <u>coinsurance</u>	To the end of the month when the Insured Person turns age 19. Limited to 1 visit per Policy Year.
lf your child needs dental or eye care	Children's glasses	0% <u>coinsurance</u>	0% <u>coinsurance</u>	To the end of the month when the Insured Person turns age 19. Limited to 1 pair of prescribed lenses and frames or contact lenses (in lieu of eyeglasses) per Policy Year.
	Children's dental check-up	No Charge	No Charge	Limited to 2 exams every 12 months to the end of the month in which the Insured Person turns age 19. For Preventive.

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

Services Your Plan Generally Does	NOT Cover (Check your policy or <u>plan</u> document for	r more information and a list of any other <u>excluded services</u> .)
Cosmetic surgery	<ul> <li>Long-term care</li> </ul>	Routine foot care
Infertility treatment	Routine eye care (Adult)	Weight loss programs

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

<ul> <li>Acupuncture</li> <li>Bariatric surgery (<u>Pre-Certification</u> required)</li> </ul>	<ul> <li>Chiropractic care (<u>Pre-Certification</u> required after the 12<sup>th</sup> visit.)</li> <li>Non-emergency care when traveling outside the U.S. (\$10,000 maximum/Policy Year)</li> </ul>
	<ul> <li>Dental care (Adult) (Accidental Injury)</li> <li>Hearing aids (One hearing aid per affected ear every 36 months for an Insured age 18 years or under)</li> </ul>

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: <u>http://www.maine.gov/pfr/insurance/index.html</u>. Other coverage options may be available to you, too, including buying individual insurance coverage through the <u>Health Insurance Marketplace</u>. For more information about the <u>Marketplace</u>, visit <u>www.HealthCare.gov</u> or call 1-800-318- 2596.

Your Grievance and Appeals Rights: There are agencies that can help if you have a complaint against your <u>plan</u> for a denial of a <u>claim</u>. This complaint is called a <u>grievance</u> or <u>appeal</u>. For more information about your rights, look at the explanation of benefits you will receive for that medical <u>claim</u>. Your <u>plan</u> documents also provide complete information on how to submit a <u>claim</u>, <u>appeal</u>, or a <u>grievance</u> for any reason to your <u>plan</u>. For more information about your rights, this notice, or assistance, contact: <u>http://www.maine.gov/pfr/insurance/complaint.html</u>.

#### 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 the Minimum Value Standards? Yes.

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>.

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

**PRA Disclosure Statement:** According to the Paperwork Reduction Act of 1995, no persons are required to respond to a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is **0938-1146**. The time required to complete this information collection is estimated to average **0.08** hours per response, including the time to review instructions, search existing data resources, gather the data needed, and complete and review the information collection. If you have comments concerning the accuracy of the time estimate(s) or suggestions for improving this form, please write to: CMS, 7500 Security Boulevard, Attn: PRA Reports Clearance Officer, Mail Stop C4-26-05, Baltimore, Maryland 21244-1850.

### 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>	\$100
Specialist copay	\$30
Hospital (facility) <u>coinsurance</u>	20%
Other <u>coinsurance</u>	0%

### This EXAMPLE event includes services like:

<u>Specialist</u> office visits (prenatal care) Childbirth/Delivery Professional Services Childbirth/Delivery Facility Services <u>Diagnostic tests</u> (ultrasounds and blood work) <u>Specialist</u> visit (anesthesia)

Total Example Cost	\$12,700
In this example, Peg would pay:	
Cost Sharing	
Deductibles	\$100
<u>Copayments</u>	\$10
<u>Coinsurance</u>	\$2,500
What isn't covered	
Limits or exclusions	\$60
The total Peg would pay is	\$2,670

Managing Joe's Type 2 Diabetes
(a year of routine in-network care of a well-
controlled condition)

The plan's overall deductible	\$100
Specialist copay	\$30
Hospital (facility) coinsurance	20%
Other <u>coinsurance</u>	0%

#### This EXAMPLE event includes services like:

<u>Primary care physician</u> office visits (including disease education) <u>Diagnostic tests</u> (blood work) <u>Prescription drugs</u> <u>Durable medical equipment</u> (glucose meter)

Total Example Cost	\$5,600

### In this example, Joe would pay:

Cost Sharing	
Deductibles	\$100
Copayments	\$1,000
Coinsurance	\$200
What isn't covered	
Limits or exclusions	\$20
The total Joe would pay is	\$1,320

### **Mia's Simple Fracture**

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

The plan's overall deductible	\$100
Specialist copay	\$30
Hospital (facility) coinsurance	20%
Other coinsurance	0%

#### This EXAMPLE event includes services like:

Emergency room care (including medical supplies) Diagnostic test (x-ray) Durable medical equipment (crutches) Rehabilitation services (physical therapy)

Total Example Cost	\$2,800
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#### In this example, Mia would pay:

Cost Sharing	
Deductibles	\$100
Copayments	\$100
Coinsurance	\$500
What isn't covered	
Limits or exclusions	\$0
The total Mia would pay is	\$700

The <u>plan</u> would be responsible for the other costs of these EXAMPLE covered services.

### NOTICE OF NON-DISCRIMINATION AND ACCESSIBIILITY REQUIREMENTS

The Company complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex, including sex stereotypes and gender identity. The Company does not exclude people or treat them worse because of their race, color, national origin, age, disability, or sex.

The Company provides free aids and services to people with disabilities to communicate effectively with us, such as:

- 1. Qualified sign language interpreters
- 2. Written information in other formats (large print, audio, accessible electronic formats, other formats)

Provides free language services to people whose first language is not English when needed to communicate effectively with us, such as:

- 1. Interpreters
- 2. information translated into other languages

If you need these services, contact John Kelley Civil Rights Coordinator.

If you believe that Wellfleet Insurance Company has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with:

John Kelley Civil Rights Coordinator, PO Box 15369, Springfield, MA 01115-5369 (413)-733-4612 Jkelley@wellfleetinsurance.com.

You can file a grievance in person, by mail, fax, or email. If you need help filing a grievance John Kelley Civil Rights Coordinator is available to help you. 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 <a href="https://ocrportal.hhs.gov/ocr/portal/lobby.jsf">https://ocrportal.hhs.gov/ocr/portal/lobby.jsf</a>, or by mail or phone at:

U.S. Department of Health and Human Services 200 Independence Avenue SW., Room 509F, HHH Building Washington, DC 20201 800-8681019; 800-537-7697 (TDD) Complaint forms are available at http://www.hhs.gov/ocr/office/file/index.html.

The Company complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

### LANGUAGE ASSISTANCE PROGRAM

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Please call (877) 657-5030.

ATENCIÓN: Si habla español (Spanish), hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al (877) 657-5030.

請注意:如果您說中文 (Chinese),我們免費為您提供語言協助服務。請致電: (877) 657-5030.

XIN LƯU Ý: Nếu quý vị nói tiếng Việt (Vietnamese), quý vị sẽ được cung cấp dịch vụ trợ giúp về ngôn ngữ miễn phí. Vui lòng gọi (877) 657-5030.

알림: 한국어(Korean)를 사용하시는 경우 언어지원 서비스를 무료로 이용하실 수 있습니다. (877) 657-5030번으로 전화하십시오.

PAUNAWA: Kung nagsasalita ka ng Tagalog (Tagalog), may makukuha kang mga libreng serbisyo ng tulong sa wika. Mangyaring tumawag sa (877) 657-5030.

ВНИМАНИЕ: бесплатные услуги перевода доступны для людей, чей родной язык является **русском (Russian)**. Позвоните по номеру (877) 657-5030.

ميبنة: اذا تنك شدحتة تحيبر عا (Arabic)، نافت امدخة دعاسما الميو غلا الميناجما المحاتم كا. عاجر لا لاصتلاً ب 657-5030 (877).

ATANSYON: Si w pale **Kreyòl ayisyen (Haitian Creole)**, ou kapab benefisye sèvis ki gratis pou ede w nan lang pa w. Tanpri rele nan (877) 657-5030.

ATTENTION : Si vous parlez **français (French)**, des services d'aide linguistique vous sont proposés gratuitement. Veuillez appeler le (877) 657-5030.

UWAGA: Jeżeli mówisz po polsku (Polish), udostępniliśmy darmowe usługi tłumacza. Prosimy zadzwonić pod numer (877) 657-5030.

ATENÇÃO: Se você fala **português (Portuguese)**, contate o serviço de assistência de idiomas gratuito. Ligue para (877) 657-5030.

ATTENZIONE: in caso la lingua parlata sia l'italiano (Italian), sono disponibili servizi di assistenza linguistica gratuiti. Si prega di chiamare il numero (877) 657-5030.

ACHTUNG: Falls Sie **Deutsch (German)** sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufen Sie (877) 657-5030 an.

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。(877) 657-5030 にお電話ください。

कृपा ध्या दाः याद आप **(हंद) (Hindi)** भाषी हा तो आपके (लए भाषा सहायता सेवाएं)नःशुल् उपलब् हा। कृपा पर काल कर) (877) 657-5030

CEEB TOOM: Yog koj hais Lus Hmoob (Hmong), muaj kev pab txhais lus pub dawb rau koj. Thov hu rau (877) 657-5030.

ប្រយ័ត្នៈ ប្រសិនបើអ្នកនិយាយភាសាខ្មែរ(Khmer) សេវាកម្មភាសាជំនួយឥតគិតថ្លៃមានសម្រាប់អ្នក។ សូមទូរស័ព្ទមកលេខ (877) 657-5030 ។

PAKDAAR: Nu saritaem ti **llocano (llocano)**, ti serbisyo para ti baddang ti lengguahe nga awanan bayadna, ket sidadaan para kenyam. Maidawat nga awagan iti (877) 657-5030.

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 shoodí kohjį' (877) 657-5030 hodíilnih.

OGOW: Haddii aad ku hadasho Soomaali (Somali), adeegyada taageerada luqadda, oo bilaash ah, ayaad heli kartaa. Fadlan wac (877) 657-5030

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