

# Choice Plus plan details, all in one place.

Use this benefit summary to learn more about this plan's benefits, ways you can get help managing costs and how you may get more out of this health plan.

| Check out what's included in the plan                                               |                                                                                                                                                                                                                            | Choice Plus                         |
|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|
|    | <b>Network coverage only</b><br>You can usually save money when you receive care for covered health care services from network providers.                                                                                  | <input type="checkbox"/>            |
|    | <b>Network and out-of-network benefits</b><br>You may receive care and services from network and out-of-network providers and facilities — but staying in the network can help lower your costs.                           | <input checked="" type="checkbox"/> |
|    | <b>Primary care physician (PCP) required</b><br>With this plan, you need to select a PCP — the doctor who plays a key role in helping manage your care. Each enrolled person on your plan will need to choose a PCP.       | <input type="checkbox"/>            |
|   | <b>Referrals required</b><br>You'll need referrals from your PCP before seeing a specialist or getting certain health care services.                                                                                       | <input type="checkbox"/>            |
|  | <b>Preventive care covered at 100%</b><br>There is no additional cost to you for seeing a network provider for preventive care.                                                                                            | <input checked="" type="checkbox"/> |
|  | <b>Pharmacy benefits</b><br>With this plan, you have coverage that helps pay for prescription drugs and medications.                                                                                                       | <input type="checkbox"/>            |
|  | <b>Tier 1 providers</b><br>Using Tier 1 providers may bring you the greatest value from your health care benefits. These PCPs and medical specialists meet national standard benchmarks for quality care and cost savings. | <input type="checkbox"/>            |
|  | <b>Freestanding centers</b><br>You may pay less when you use certain freestanding centers — health care facilities that do not bill for services as part of a hospital, such as MRI or surgery centers.                    | <input checked="" type="checkbox"/> |
|  | <b>Health savings account (HSA)</b><br>With an HSA, you've got a personal bank account that lets you put money aside, tax-free. Use it to save and pay for qualified medical expenses.                                     | <input type="checkbox"/>            |

This Benefit Summary is to highlight your Benefits. Don't use this document to understand your exact coverage. If this Benefit Summary conflicts with the Summary Plan Description (SPD), Riders, and/or Amendments, those documents govern. Review your SPD for an exact description of the services and supplies that are and are not covered, those which are excluded or limited, and other terms and conditions of coverage.

# Here's a more in-depth look at how Choice Plus works.

## Medical Benefits

|                                  | In Network | Out-of-Network |
|----------------------------------|------------|----------------|
| <b>Annual Medical Deductible</b> |            |                |
| Individual                       | \$2,000    | \$7,500        |
| Family                           | \$4,000    | \$15,000       |

All individual deductible amounts will count toward the family deductible, but an individual will not have to pay more than the individual deductible amount.

You're responsible for paying 100% of your medical expenses until you reach your deductible. For certain covered services, you may be required to pay a fixed dollar amount - your copay.

|                                   |          |          |
|-----------------------------------|----------|----------|
| <b>Annual Out-of-Pocket Limit</b> |          |          |
| Individual                        | \$5,000  | \$21,450 |
| Family                            | \$10,000 | \$42,900 |

All individual out-of-pocket maximum amounts will count toward the family out-of-pocket maximum, but an individual will not have to pay more than the individual out-of-pocket maximum amount.

Once you've met your deductible, you start sharing costs with your plan - coinsurance. You continue paying a portion of the expense until you reach your out-of-pocket limit. From there, your plan pays 100% of allowed amounts for the rest of the plan year.

## What You Pay for Services

### Copays (\$) and Coinsurance (%) for Covered Health Care Services

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Network    | Out-of-Network |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------------|
| <b>Preventive Care Services</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |            |                |
| Preventive Care Services                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | No copay   | 30%*           |
| <p>Certain preventive care services are provided as specified by the Patient Protection and Affordable Care Act (ACA), with no cost-sharing to you. These services are based on your age, gender and other health factors. UnitedHealthcare also covers other routine services that may require a copay, co-insurance or deductible.</p> <p>Includes services such as Routine Wellness Checkups, Immunizations, and Lab and X-ray services for Mammogram, Pap Smear, Prostate and Colorectal Cancer screenings.</p> |            |                |
| <b>Office Services - Sickness &amp; Injury</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |            |                |
| Primary Care Physician                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |            |                |
| All other covered persons                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | \$20 copay | 50%*           |
| Covered persons less than age 19                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | No Copay   | 50%*           |
| <p>Additional copays, deductible, or co-insurance may apply when you receive other services at your physician's office. For example, surgery and lab work.</p>                                                                                                                                                                                                                                                                                                                                                      |            |                |
| Specialist                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | \$30 copay | 50%*           |
| <p>Additional copays, deductible, or co-insurance may apply when you receive other services at your physician's office. For example, surgery and lab work.</p>                                                                                                                                                                                                                                                                                                                                                      |            |                |

\*After the Annual Medical Deductible has been met.

\*Prior Authorization Required. Refer to SPD.

## What You Pay for Services

### Copays (\$) and Coinsurance (%) for Covered Health Care Services

|  | Network | Out-of-Network |
|--|---------|----------------|
|--|---------|----------------|

Urgent Care Center Services

\$75 copay

50% \*

*Additional copays, deductible, or co-insurance may apply when you receive other services at the urgent care facility. For example, surgery and lab work.*

Virtual Care Services

\$10 copay

Not Covered

*Network Benefits are available only when services are delivered through a Designated Virtual Network Provider. You can find a Designated Virtual Visit Network Provider by contacting us at myuhc.com® or the telephone number on your ID card. Access to Virtual Visits and prescription services may not be available in all states or for all groups.*

### Emergency Care

Ambulance Services - Emergency Ambulance

20% \*

20% \*

Ambulance Services - Non-Emergency Ambulance<sup>1</sup>

20% \*

50% \*

Dental Services - Accident Only

20% \*

20% \*

Emergency Health Care Services - Outpatient<sup>1</sup>

\$500 copay

\$500 copay

### Inpatient Care

Congenital Heart Disease (CHD) Surgeries<sup>1</sup>

20% \*

50% \*

Habilitative Services - Inpatient<sup>1</sup>

The amount you pay is based on where the covered health care service is provided.

*Limit will be the same as, and combined with, those stated under Skilled Nursing Facility/Inpatient Rehabilitation Services.*

Hospital - Inpatient Stay<sup>1</sup>

20% \*

50% \*

Skilled Nursing Facility/Inpatient Rehabilitation Facility Services<sup>1</sup>

20% \*

50% \*

*Limited to 60 days per year.*

### Outpatient Care

Habilitative Services - Outpatient

\$20 copay

50% \*

*For outpatient therapies (physical therapy, occupational therapy, manipulative treatment, speech therapy, post-cochlear implant aural therapy, cognitive therapy), limits will be the same as, and combined with those stated under Rehabilitation Services - Outpatient Therapy and Manipulative Treatment.*

Home Health Care<sup>1</sup>

20% \*

50% \*

*Limited to 60 visits per year.*

*One visit equals up to four hours of skilled care services. This visit limit does not include any service which is billed only for the administration of intravenous infusion.*

\*After the Annual Medical Deductible has been met.

<sup>1</sup>Prior Authorization Required. Refer to SPD.

## What You Pay for Services

### Copays (\$) and Coinsurance (%) for Covered Health Care Services

|                                                                                                                                                                                                                                       | Network                                                                                                                                        | Out-of-Network                                                                                                                                 |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|
| Lab, X-Ray and Diagnostic - Outpatient - Lab Testing <sup>1</sup>                                                                                                                                                                     |                                                                                                                                                |                                                                                                                                                |
| For services provided at a freestanding lab, freestanding diagnostic center or in a physician's office.                                                                                                                               | No Copay                                                                                                                                       | Not Covered                                                                                                                                    |
| For services provided at a hospital-based lab or an outpatient hospital-based diagnostic center.                                                                                                                                      | 20%                                                                                                                                            | Not Covered                                                                                                                                    |
| Lab, X-Ray and Diagnostic - Outpatient - X-Ray and other Diagnostic Testing <sup>1</sup>                                                                                                                                              |                                                                                                                                                |                                                                                                                                                |
| For services provided at a freestanding lab, freestanding diagnostic center or in a physician's office.                                                                                                                               | No Copay                                                                                                                                       | 30% *                                                                                                                                          |
| For services provided at a hospital-based lab or an outpatient hospital-based diagnostic center.                                                                                                                                      | 20%                                                                                                                                            | 50% *                                                                                                                                          |
| Major Diagnostic and Imaging - Outpatient <sup>1</sup>                                                                                                                                                                                |                                                                                                                                                |                                                                                                                                                |
| For services provided at a freestanding diagnostic center or in a physician's office.                                                                                                                                                 | 20% *                                                                                                                                          | 50% *                                                                                                                                          |
| For services provided at an outpatient hospital-based diagnostic center.                                                                                                                                                              | You pay a \$500 per occurrence deductible per visit prior to and in addition to paying any Annual Deductible and any coinsurance amount. 20% * | You pay a \$500 per occurrence deductible per visit prior to and in addition to paying any Annual Deductible and any coinsurance amount. 50% * |
| Physician Fees for Surgical and Medical Services                                                                                                                                                                                      | 20% *                                                                                                                                          | 50% *                                                                                                                                          |
| Rehabilitation Services - Outpatient Therapy and Manipulative Treatment                                                                                                                                                               | \$20 copay                                                                                                                                     | 50% *                                                                                                                                          |
| <i>Limited to 20 visits of cognitive rehabilitation therapy per year.</i>                                                                                                                                                             |                                                                                                                                                |                                                                                                                                                |
| <i>Limited to 20 visits of manipulative treatments per year.</i>                                                                                                                                                                      |                                                                                                                                                |                                                                                                                                                |
| <i>Limited to 20 visits of pulmonary rehabilitation therapy per year.</i>                                                                                                                                                             |                                                                                                                                                |                                                                                                                                                |
| <i>Limited to 30 visits of post-cochlear implant aural therapy per year.</i>                                                                                                                                                          |                                                                                                                                                |                                                                                                                                                |
| <i>Limited to 36 visits of cardiac rehabilitation therapy per year.</i>                                                                                                                                                               |                                                                                                                                                |                                                                                                                                                |
| <i>Limited to 37 visits of occupational therapy per year.</i>                                                                                                                                                                         |                                                                                                                                                |                                                                                                                                                |
| <i>Limited to 37 visits of physical therapy per year.</i>                                                                                                                                                                             |                                                                                                                                                |                                                                                                                                                |
| <i>Limited to 37 visits of speech therapy per year.</i>                                                                                                                                                                               |                                                                                                                                                |                                                                                                                                                |
| <i>Note: The first three network visits for any combination of physical therapy and Manipulative Treatment for new low back pain are not subject to any copay, co-insurance or deductible and subject to the annual visit limits.</i> |                                                                                                                                                |                                                                                                                                                |
| Scopic Procedures - Outpatient Diagnostic and Therapeutic                                                                                                                                                                             |                                                                                                                                                |                                                                                                                                                |
| For services provided at a freestanding center or in a physician's office.                                                                                                                                                            | 20% *                                                                                                                                          | 50% *                                                                                                                                          |
| For services provided at an outpatient hospital-based center.                                                                                                                                                                         | You pay a \$500 per occurrence deductible per visit prior to and in addition to paying any Annual Deductible and any coinsurance amount. 20% * | You pay a \$500 per occurrence deductible per visit prior to and in addition to paying any Annual Deductible and any coinsurance amount. 50% * |
| <i>Diagnostic/therapeutic scopic procedures include, but are not limited to colonoscopy, sigmoidoscopy and endoscopy.</i>                                                                                                             |                                                                                                                                                |                                                                                                                                                |

\*After the Annual Medical Deductible has been met.

<sup>1</sup>Prior Authorization Required. Refer to SPD.

## What You Pay for Services

### Copays (\$) and Coinsurance (%) for Covered Health Care Services

|                                                                                                                                                                            | Network                                                                                                                                       | Out-of-Network                                                                                                                                |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Surgery - Outpatient<sup>1</sup></b>                                                                                                                                    |                                                                                                                                               |                                                                                                                                               |
| For services provided at an ambulatory surgical center or in a physician's office.                                                                                         | 20%*                                                                                                                                          | 50%*                                                                                                                                          |
| For services provided at an outpatient hospital-based surgical center.                                                                                                     | You pay a \$500 per occurrence deductible per visit prior to and in addition to paying any Annual Deductible and any coinsurance amount. 20%* | You pay a \$500 per occurrence deductible per visit prior to and in addition to paying any Annual Deductible and any coinsurance amount. 50%* |
| <b>Therapeutic Treatments - Outpatient<sup>1</sup></b>                                                                                                                     | 20%*                                                                                                                                          | 50%*                                                                                                                                          |
| <i>Therapeutic treatments include, but are not limited to dialysis, intravenous chemotherapy, intravenous infusion, medical education services and radiation oncology.</i> |                                                                                                                                               |                                                                                                                                               |
| <b>Supplies and Services</b>                                                                                                                                               |                                                                                                                                               |                                                                                                                                               |
| Diabetes Self-Management Items <sup>1</sup>                                                                                                                                | The amount you pay is based on where the covered health care service is provided.                                                             |                                                                                                                                               |
| Diabetes Self-Management and Training/Diabetic Eye Exams/Foot Care <sup>1</sup>                                                                                            | The amount you pay is based on where the covered health care service is provided.                                                             |                                                                                                                                               |
| Durable Medical Equipment (DME), Orthotics and Supplies <sup>1</sup>                                                                                                       | 20%*                                                                                                                                          | Not Covered                                                                                                                                   |
| <i>Limited to a single purchase of a type of DME or orthotic every 3 years.</i>                                                                                            |                                                                                                                                               |                                                                                                                                               |
| <i>Repair and/or replacement of DME or orthotics would apply to this limit in the same manner as a purchase. This limit does not apply to wound vacuums.</i>               |                                                                                                                                               |                                                                                                                                               |
| Enteral Nutrition                                                                                                                                                          | 20%*                                                                                                                                          | 50%*                                                                                                                                          |
| Hearing Aids                                                                                                                                                               | 20%*                                                                                                                                          | 50%*                                                                                                                                          |
| <i>Limited to one hearing aid per year per hearing impaired ear not to exceed \$3,000 per hearing aid including its medically necessary services and supplies.</i>         |                                                                                                                                               |                                                                                                                                               |
| <i>Repair and/or replacement of a hearing aid is limited to a single purchase per hearing impaired ear every three years.</i>                                              |                                                                                                                                               |                                                                                                                                               |
| Ostomy Supplies                                                                                                                                                            | 20%*                                                                                                                                          | 50%*                                                                                                                                          |
| Pharmaceutical Products - Outpatient                                                                                                                                       | 20%*                                                                                                                                          | 50%*                                                                                                                                          |
| <i>This includes medications given at a doctor's office, or in a covered person's home.</i>                                                                                |                                                                                                                                               |                                                                                                                                               |
| Prosthetic Devices <sup>1</sup>                                                                                                                                            | 20%*                                                                                                                                          | 50%*                                                                                                                                          |
| <i>Limited to a single purchase of each type of prosthetic device every 3 years.</i>                                                                                       |                                                                                                                                               |                                                                                                                                               |
| <i>Repair and/or replacement of a prosthetic device would apply to this limit in the same manner as a purchase.</i>                                                        |                                                                                                                                               |                                                                                                                                               |
| Urinary Catheters                                                                                                                                                          | 20%*                                                                                                                                          | 50%*                                                                                                                                          |
| <b>Pregnancy</b>                                                                                                                                                           |                                                                                                                                               |                                                                                                                                               |
| Pregnancy - Maternity Services <sup>1</sup>                                                                                                                                | The amount you pay is based on where the covered health care service is provided.                                                             |                                                                                                                                               |

\*After the Annual Medical Deductible has been met.

<sup>1</sup>Prior Authorization Required. Refer to SPD.

## What You Pay for Services

| Copays (\$) and Coinsurance (%) for Covered Health Care Services                                                         | Network                                                                           | Out-of-Network |
|--------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|----------------|
| Mental Health Care & Substance Related and Addictive Disorder Services                                                   |                                                                                   |                |
| Inpatient <sup>1</sup>                                                                                                   | 20% *                                                                             | 50% *          |
| Outpatient <sup>1</sup>                                                                                                  | \$20 copay                                                                        | 50% *          |
| Partial Hospitalization <sup>1</sup>                                                                                     | 20% *                                                                             | 50% *          |
| Other Services                                                                                                           |                                                                                   |                |
| Autism Spectrum Disorder Services <sup>1</sup>                                                                           | The amount you pay is based on where the covered health care service is provided. |                |
| Unlimited physical, speech and occupational therapy services for Autism Spectrum Disorders for members age 20 and under. |                                                                                   |                |
| Cellular and Gene Therapy                                                                                                | The amount you pay is based on where the covered health care service is provided. |                |
| For Network Benefits, Cellular or Gene Therapy services must be received from a Designated Provider.                     |                                                                                   |                |
| Clinical Trials <sup>1</sup>                                                                                             | The amount you pay is based on where the covered health care service is provided. |                |
| Dental Services - Anesthesia and Hospitalization <sup>1</sup>                                                            | The amount you pay is based on where the covered health care service is provided. |                |
| Gender Dysphoria <sup>1</sup>                                                                                            | The amount you pay is based on where the covered health care service is provided. |                |
| Hospice Care <sup>1</sup>                                                                                                | 20% *                                                                             | 50% *          |
| Reconstructive Procedures <sup>1</sup>                                                                                   | The amount you pay is based on where the covered health care service is provided. |                |
| Telehealth                                                                                                               | The amount you pay is based on where the covered health care service is provided. |                |
| Temporomandibular Joint (TMJ) Services <sup>1</sup>                                                                      | The amount you pay is based on where the covered health care service is provided. |                |
| Transplantation Services                                                                                                 | The amount you pay is based on where the covered health care service is provided. |                |
| Network Benefits must be received from a Designated Provider.                                                            |                                                                                   |                |
| Wigs                                                                                                                     | 20% *                                                                             | 50% *          |
| Limited to \$750 per year.                                                                                               |                                                                                   |                |
| Limited to 1 wig per year.                                                                                               |                                                                                   |                |

\*After the Annual Medical Deductible has been met.

<sup>1</sup>Prior Authorization Required. Refer to SPD.

# Here’s an example of how the plan’s costs come into play.



\* Your coinsurance may vary by service. This example is for illustrative purposes only.

## More ways to help manage your health plan and stay in the loop.



### Search the network to find doctors.

- You can go to providers in and out of our network — but when you stay in network, you’ll likely pay less for care. To get started:
- Go to [welcometouhc.com](https://welcometouhc.com) > Benefits > Find a Doctor or Facility.
  - Choose **Search for a health plan**.
  - Choose **Choice Plus** to view providers in the health plan’s network.



### Access your plan online.

With [myuhc.com](https://myuhc.com)®, you’ve got a personalized health hub to help you find a doctor, manage your claims, estimate costs and more.



### Get on-the-go access.

When you’re out and about, the UnitedHealthcare® app puts your health plan at your fingertips. Download to find nearby care, video chat with a doctor 24/7, access your health plan ID card and more.



# Other important information about your benefits.

## Medical Exclusions

Services your plan generally does NOT cover. It is recommended that you review your SPD, Amendments and Riders for an exact description of the services and supplies that are covered, those which are excluded or limited, and other terms and conditions of coverage.

- Acupuncture
- Bariatric Surgery
- Cosmetic Surgery
- Dental Care (Adult/Child)
- Glasses
- Infertility Treatment
- Long-Term Care
- Non-emergency care when traveling outside the U.S.
- Private-Duty Nursing
- Routine Eye Care (Adult/Child)
- Routine Foot Care
- Weight Loss Programs



UnitedHealthcare does not treat members differently because of sex, age, race, color, disability or national origin.

If you think you weren't treated fairly because of your sex, age, race, color, disability or national origin, you can send a complaint to the Civil Rights Coordinator:

**Online:** [UHC\\_Civil\\_Rights@uhc.com](mailto:UHC_Civil_Rights@uhc.com)

**Mail:** Civil Rights Coordinator

UnitedHealthcare Civil Rights Grievance  
P.O. Box 30608, Salt Lake City, UT 84130

You must send the complaint within 60 days of when you found out about it. A decision will be sent to you within 30 days. If you disagree with the decision, you have 15 days to ask us to look at it again.

If you need help with your complaint, please call the toll-free phone number listed on your ID card, TTY 711, Monday through Friday, 8 a.m. to 8 p.m. 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, 1-800-537-7697 (TDD)

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

We provide free services to help you communicate with us such as letters in others languages or large print. You can also ask for an interpreter. To ask for help, please call the toll-free member phone number listed on your health plan ID card.

**ATTENTION:** If you speak English, language assistance services, free of charge, are available to you. Please call the toll-free phone number listed on your identification card.

**ATENCIÓN:** Si habla español (**Spanish**), hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al número de teléfono gratuito que aparece en su tarjeta de identificación.

**請注意：**如果您說中文 (**Chinese**)，我們免費為您提供語言協助服務。請撥打會員卡所列的免付費會員電話號碼。

**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 số điện thoại miễn phí ở mặt sau thẻ hội viên của quý vị.

**알림:** 한국어 (**Korean**)를 사용하시는 경우 언어 지원 서비스를 무료로 이용하실 수 있습니다. 귀하의 신분증 카드에 기재된 무료 회원 전화번호로 문의하십시오.

**PAALALA:** Kung nagsasalita ka ng Tagalog (**Tagalog**), may makukuha kang mga libreng serbisyo ng tulong sa wika. Pakitawagan ang toll-free na numero ng telepono na nasa iyong identification card.

**ВНИМАНИЕ:** бесплатные услуги перевода доступны для людей, чей родной язык является русский (**Russian**). Позвоните по бесплатному номеру телефона, указанному на вашей идентификационной карте.

**توضيح:** خدمات الترجمة متاحة للأشخاص الذين يتحدثون اللغة العربية (**Arabic**)، دون مقابل. يرجى الاتصال بالرقم المجاني المذكور على بطاقة هويتك. يمكنك أيضًا الاتصال بالرقم المجاني المذكور على بطاقة هويتك.

**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.

**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.

**UWAGA:** Jeżeli mówisz po polsku (**Polish**), udostępniliśmy darmowe usługi tłumacza. Prosimy zadzwonić pod bezpłatny numer telefonu podany na karcie identyfikacyjnej.

**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.

**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.

**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.

**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。

**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.

**ध्यान दें:** यदि आप हिंदी (**Hindi**) बोलते हैं, आपको भाषा सहायता सेवाएं, नशुलक उपलब्ध हैं। कृपया अपने पहचान पत्र पर सूचीबद्ध टोल-फ्री फोन नंबर पर कॉल करें।

**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.

**ΠΡΟΣΟΧΗ :** Αν μιλάτε Ελληνικά (**Greek**), υπάρχει δωρεάν βοήθεια στη γλώσσα σας. Παρακαλείστε να καλέσετε το δωρεάν αριθμό που θα βρείτε στην κάρτα ταυτότητας μέλους.

**PAKDAAR:** Nu saritaem ti Ilocano (**Ilocano**), ti serbisyo para ti baddang ti lengguahe nga awanan bayadna, ket sidadaan para kenyan. Maidawat nga awagan iti toll-free a numero ti telepono nga nakalista ayan iti identification card mo.

**DÍI BAA'ÁKONÍNÍZIN:** Diné (**Navajo**) bizaad bee yánílti'go, saad bee áka'anída'awo'ígíí, t'áá jíik'eh, bee ná'ahóót'i'. T'áá shqódi ninaaltsoos nítł'izi bee nééhozinígíí bine'déé' t'áá jíik'ehgo béesh bee hane'í biká'ígíí bee hodiilnih.

**OGOW:** Haddii aad ku hadasho Soomaali (**Somali**), adeegyada taageerada luqadda, oo bilaash ah, ayaad heli kartaa. Fadlan wac lambarka telefonka khadka bilaashka ee ku yaalla kaarkaaga aqoonsiga.

**ગુજરાતી (Gujarati):** ધ્યાન આપો: જો તમે ગુજરાતી બોલતા હો તો આપને ભાષાકીય મદદરૂપ સેવા વગરના મૂલ્યે પ્રાપ્ય છે. મહેરબાની કરી તમારા આઈડી કાર્ડની સૂચિ પર આપેલા સભ્ય માટેના ટોલ-ફ્રી નંબર ઉપર કોલ કરો.