



The Summary of Benefits and Coverage (SBC) document will help you choose a health [plan](#). The SBC shows you how you and the [plan](#) would share the cost for covered health care services. NOTE: Information about the cost of this [plan](#) (called the [premium](#)) 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, <http://healthplan.memorialhermann.org/brokers/resource-center/> or call 855-645-8448. 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.healthcare.gov/sbc-glossary/> or call 855-645-8448 to request a copy.

Important Questions	Answers	Why This Matters:
What is the overall <a href="#">deductible</a> ?	<a href="#">Participating Providers</a> - \$4,000 person / \$8,000 family. <a href="#">Non-Participating Providers</a> - None.	Generally, you must pay all of the costs from <a href="#">providers</a> up to the <a href="#">deductible</a> amount before this <a href="#">plan</a> begins to pay. If you have other family members on the <a href="#">plan</a> , each family member must meet their own individual <a href="#">deductible</a> until the total amount of <a href="#">deductible</a> expenses paid by all family members meets the overall family <a href="#">deductible</a> .
Are there services covered before you meet your <a href="#">deductible</a> ?	Yes. <a href="#">Preventive care</a> services are covered before you meet your <a href="#">deductible</a> . Does not apply to Generic, Preferred brand or Non-Preferred brand <a href="#">prescription drugs</a> .	This <a href="#">plan</a> covers some items and services even if you haven't yet met the <a href="#">deductible</a> amount. But a <a href="#">copayment</a> or <a href="#">coinsurance</a> may apply. For example, this <a href="#">plan</a> covers certain <a href="#">preventive services</a> without <a href="#">cost-sharing</a> and before you meet your <a href="#">deductible</a> . See a list of covered <a href="#">preventive services</a> at <a href="https://www.healthcare.gov/coverage/preventive-care-benefits/">https://www.healthcare.gov/coverage/preventive-care-benefits/</a> .
Are there other <a href="#">deductibles</a> for specific services?	No.	You don't have to meet <a href="#">deductibles</a> for specific services.
What is the <a href="#">out-of-pocket limit</a> for this <a href="#">plan</a> ?	<a href="#">Participating Providers</a> - \$6,300 person / \$12,600 family. <a href="#">Non-Participating Providers</a> – None.	The <a href="#">out-of-pocket limit</a> is the most you could pay in a year for covered services. If you have other family members in this <a href="#">plan</a> , they have to meet their own <a href="#">out-of-pocket limits</a> until the overall family <a href="#">out-of-pocket limit</a> has been met.
What is not included in the <a href="#">out-of-pocket limit</a> ?	<a href="#">Copayments</a> for certain services, <a href="#">premiums</a> , <a href="#">balance-billing</a> charges, penalties for failure to obtain <a href="#">prior authorization</a> for services and health care this <a href="#">plan</a> doesn't cover.	Even though you pay these expenses, they don't count toward the <a href="#">out-of-pocket limit</a> .
Will you pay less if you use a <a href="#">network provider</a> ?	Yes. See <a href="http://healthplan.memorialhermann.org/brokers/find-a/?searchfor=doctors">http://healthplan.memorialhermann.org/brokers/find-a/?searchfor=doctors</a> or call 855-645-8448 for a list of <a href="#">Participating Providers</a> .	This <a href="#">plan</a> uses a <a href="#">provider network</a> . You will pay less if you use a <a href="#">provider</a> in the <a href="#">plan's network</a> . You will pay the most if you use an <a href="#">out-of-network provider</a> , and you might receive a bill from a <a href="#">provider</a> for the difference between the <a href="#">provider's</a> charge and what your <a href="#">plan</a> pays ( <a href="#">balance billing</a> ). Be aware, your <a href="#">network provider</a> might use an <a href="#">out-of-network provider</a> for some services (such as lab work). Check with your <a href="#">provider</a> before you get services.
Do you need a <a href="#">referral</a> to see a <a href="#">specialist</a> ?	No.	You can see the <a href="#">specialist</a> you choose without a <a href="#">referral</a> .



All [copayment](#) and [coinsurance](#) costs shown in this chart are after your [deductible](#) has been met, if a [deductible](#) applies.

Common Medical Event	Services You May Need	What You Will Pay		Limitations, Exceptions, & Other Important Information
		Participating Provider (You will pay the least)	Non-Participating Provider (You will pay the most)	
If you visit a health care provider's office or clinic	Primary care visit to treat an injury or illness	20% <a href="#">Deductible</a> applies first.	Not covered	None.
	<a href="#">Specialist</a> visit	20% <a href="#">Deductible</a> applies first.	Not covered	None.
	<a href="#">Preventive care/screening/immunizations</a>	No charge. <a href="#">Deductible</a> does not apply.	Not covered	You may have to pay for services that aren't <a href="#">preventive</a> . Ask your <a href="#">provider</a> if the services needed are <a href="#">preventive</a> . Then check what your <a href="#">plan</a> will pay for.
If you have a test	<a href="#">Diagnostic test</a> (x-ray, blood work)	Lab - 20% X-ray - 20% <a href="#">Deductible</a> applies first.	Not covered	<a href="#">Prior Authorization</a> required for all Genetic Testing and Complex Imaging \$1,000 or above. Non-compliance may result in a penalty.
	Imaging (CT/PET scans, MRIs)	20% <a href="#">Deductible</a> applies first.	Not covered	
If you need drugs to treat your illness or condition More information about <a href="#">prescription drug coverage</a> is available at <a href="http://healthplan.memorialhermann.org/members/resource-center/pharmacy-benefit-information/">http://healthplan.memorialhermann.org/members/resource-center/pharmacy-benefit-information/</a>	Generic drugs	Retail Preferred: \$4 <a href="#">copay/prescription</a> ; Retail Non-Preferred: \$10 <a href="#">copay/prescription</a> ; Mail Order: \$10 <a href="#">copay/prescription</a> . <a href="#">Deductible</a> applies first.	Not covered	Preferred Participating <a href="#">Providers</a> /Pharmacies: Lower cost applies.  Retail covers 30-day supply and mail order covers 90-day supply.  <a href="#">Participating Provider prescription drug copayment/coinsurance</a> apply to the <a href="#">Maximum Out-of-Pocket limit</a> .  Member responsible for paying applicable <a href="#">copay</a> , allowable <a href="#">claim</a> amount, or the contracted rate of the <a href="#">prescription</a> , if less than the established <a href="#">copay</a> .  <a href="#">Prior Authorization</a> required for some <a href="#">Drugs</a> . Non-compliance may result in a penalty.
	Preferred Brand drugs	Retail Preferred: \$50 <a href="#">copay/prescription</a> ; Retail Non-Preferred: \$60 <a href="#">copay/prescription</a> ; Mail Order: \$125 <a href="#">copay/prescription</a> . <a href="#">Deductible</a> applies first.	Not covered	
	Non-Preferred Brand drugs	Retail Preferred: \$100 <a href="#">copay/prescription</a> ; Retail Non-Preferred: \$110	Not covered	

Common Medical Event	Services You May Need	What You Will Pay		Limitations, Exceptions, & Other Important Information
		Participating Provider (You will pay the least)	Non-Participating Provider (You will pay the most)	
or by calling 1-877-633-4461		<a href="#">copay/prescription</a> ; Mail Order: \$250 <a href="#">copay/prescription</a> . <a href="#">Deductible</a> applies first.		
	<a href="#">Specialty drugs</a>	45%/prescription. <a href="#">Deductible</a> applies first.	Not covered	30-day supply only; 90-day Mail Order not covered. Annual <a href="#">Participating Provider Deductible</a> applies to <b>ALL</b> <a href="#">Specialty drugs</a> . <a href="#">Prior Authorization</a> required for some <a href="#">Specialty drugs</a> .
If you have outpatient surgery	Facility fee (e.g., ambulatory surgery center)	20% <a href="#">Deductible</a> applies first.	Not covered	<a href="#">Prior Authorization</a> required. Non-compliance may result in a penalty.
	Physician/surgeon fees	20% <a href="#">Deductible</a> applies first.	Not covered	<a href="#">Prior Authorization</a> required. Non-compliance may result in a penalty.
If you need immediate medical attention	<a href="#">Emergency room care</a>	20%/visit. <a href="#">Deductible</a> applies first.	20%/visit. <a href="#">Deductible</a> applies first.	None.
	<a href="#">Emergency medical transportation</a>	20%/trip. <a href="#">Deductible</a> applies first.	20%/trip. <a href="#">Deductible</a> applies first.	None.
	<a href="#">Urgent care</a>	20%/visit. <a href="#">Deductible</a> applies first.	20%/visit. <a href="#">Deductible</a> applies first.	None.
If you have a hospital stay	Facility fee (e.g., hospital room)	20% <a href="#">Deductible</a> applies first.	Not covered	<a href="#">Prior Authorization</a> required. Non-compliance may result in a penalty.
	Physician/surgeon fees	20% <a href="#">Deductible</a> applies first.	Not covered	Cost included in Inpatient stay.

Common Medical Event	Services You May Need	What You Will Pay		Limitations, Exceptions, & Other Important Information
		Participating Provider (You will pay the least)	Non-Participating Provider (You will pay the most)	
If you need mental health, behavioral health, or substance abuse services	Outpatient services	Professional Office Visits - 20% <a href="#">Deductible</a> applies first. Outpatient services - 20% <a href="#">Deductible</a> applies first.	Not covered	<a href="#">Prior Authorization</a> required for MH/SA intensive (extended) or residential services, Applied Behavioral Analysis (ABA) therapy and non-behavioral health providers neuropsychiatric testing; Non-compliance may result in a penalty.
	Inpatient services	20% <a href="#">Deductible</a> applies first.	Not covered	<a href="#">Prior Authorization</a> required. Non-compliance may result in a penalty.
If you are pregnant	Office visits	20% <a href="#">Deductible</a> applies first.	Not covered	<a href="#">Prior Authorization</a> required for the period outside the 48/96-hour timeframe listed in the Evidence of Coverage (EOC). Non-compliance may result in a penalty.
	Childbirth/delivery professional services	20% <a href="#">Deductible</a> applies first.	Not covered	Childbirth/delivery professional services: Cost included in Inpatient stay.  <a href="#">Cost sharing</a> does not apply for <a href="#">preventive services</a> . Depending on the type of services, a <a href="#">copayment</a> , <a href="#">coinsurance</a> or <a href="#">deductible</a> may apply. Maternity care may include tests and services described elsewhere in the SBC (i.e. ultrasound).
	Childbirth/delivery facility services	20% <a href="#">Deductible</a> applies first.	Not covered	
If you need help recovering or have other special health needs	<a href="#">Home health care</a>	20% <a href="#">Deductible</a> applies first.	Not covered	Limited to 60 visits/year. <a href="#">Prior Authorization</a> required. Non-compliance may result in a penalty.
	<a href="#">Rehabilitation services</a>	Professional Office Visits: Speech & Hearing Exams - 20% <a href="#">Deductible</a> applies first. PT/OT/ST – 20% <a href="#">Deductible</a> applies first. Outpatient services - 20% <a href="#">Deductible</a> applies first.	Not covered	Physical Therapy/Occupational Therapy/Speech Therapy and Chiropractic: Limited to 35 visits/ <a href="#">plan</a> year/service.  <a href="#">Prior Authorization</a> required for Inpatient & ABA in Cognitive Therapy. Non-compliance may result in a penalty.

Common Medical Event	Services You May Need	What You Will Pay		Limitations, Exceptions, & Other Important Information
		Participating Provider (You will pay the least)	Non-Participating Provider (You will pay the most)	
	<a href="#">Habilitation services</a>	Professional Office Visits: Speech & Hearing Exams - 20% <a href="#">Deductible</a> applies first. PT/OT/ST – 20% <a href="#">Deductible</a> applies first. Outpatient services - 20% <a href="#">Deductible</a> applies first.	Not covered	
	<a href="#">Skilled nursing care</a>	20% <a href="#">Deductible</a> applies first.	Not covered	Limited to 25 days/year. <a href="#">Prior Authorization</a> required. Non-compliance may result in a penalty.
	<a href="#">Durable medical equipment</a>	20%. <a href="#">Deductible</a> applies first.	Not covered	Limited to <a href="#">Plan</a> Requirements; <a href="#">Prior Authorization</a> required. Non-compliance may result in a penalty.
	<a href="#">Hospice services</a>	20% <a href="#">Deductible</a> applies first.	Not covered	<a href="#">Prior Authorization</a> required. Non-compliance may result in a penalty.
<b>If your child needs dental or eye care</b>	Children's eye exam	Not covered	Not covered	None.
	Children's glasses	Not covered	Not covered	None.
	Children's dental check-up	Not covered	Not covered	None.

## 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](#).)

- Acupuncture
- Dental care
- Infertility treatment
- Long-term care
- Non-emergency care when traveling outside the U.S.
- Routine eye care
- Weight loss programs

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

- Bariatric Surgery ([Prior Authorization](#) required)
- Chiropractic care (35 visits per year)
- Cosmetic surgery (Reconstructive surgery for birth defects, injuries, tumors or infection)
- Hearing aids (1 pair every 36 months)
- Private-duty nursing (Outpatient Home Health aide services & Inpatient services only - covered when [medically necessary](#))
- Routine foot care (For an illness such as diabetes or a circulatory disorder of the lower extremities)

**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: For group health coverage subject to ERISA, call MHHSI Customer Service at 855-645-8448 or <http://healthplan.memorialhermann.org>; also Department of Labor Employee Benefits Security Administration at 1-866-444-EBSA (3272) or <http://www.dol.gov/ebsa/healthreform>; for non-federal governmental group health plans, 1-877-267-2323 x61565 or <http://www.cciio.cms.gov>; Church plans are not covered by the Federal COBRA continuation coverage rules. Other coverage options may be available to you too, including buying individual insurance coverage through the Health Insurance [Marketplace](#). For more information about the [Marketplace](#), visit [www.HealthCare.gov](http://www.HealthCare.gov) 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: For group health coverage subject to ERISA, U.S. Department of Labor Employee Benefits Security Administration at 1-866-444-EBSA (3272) or <http://www.dol.gov/ebsa/healthreform>; or Memorial Hermann Health Solutions Customer Service at 855-645-8448 or <http://healthplan.memorialhermann.org>.

**Does this plan provide Minimum Essential Coverage? Yes.**

If you don't have [Minimum Essential Coverage](#) for a month, you'll have to make a payment when you file your tax return unless you qualify for an exemption from the requirement that you have health coverage for that month.

**Does this plan meet Minimum Value Standards? Yes.**

If your [plan](#) doesn't meet the [Minimum Value Standards](#), you may be eligible for a [premium tax credit](#) to help you pay for a [plan](#) through the [Marketplace](#).

## Language Access Services:

————— *To see examples of how this [plan](#) might cover costs for a sample medical situation, see the next section.* —————

**About these Coverage Examples:**



**This is not a cost estimator.** Treatments shown are just examples of how this [plan](#) might cover medical care. Your actual costs will be different depending on the actual care you receive, the prices your [providers](#) charge, and many other factors. Focus on the [cost sharing](#) amounts ([deductibles](#), [copayments](#) and [coinsurance](#)) and [excluded services](#) under the [plan](#). Use this information to compare the portion of costs you might pay under different health [plans](#). 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 [plan's](#) overall [deductible](#) \$4,000
- [Specialist copayment](#) 20%
- [Hospital \(facility\) coinsurance](#) 20%
- [Other coinsurance](#) 20%

**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*)

<b>Total Example Cost</b>	<b>\$12,800</b>
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**In this example, Peg would pay:**

<i>Cost Sharing</i>	
Deductibles	\$4,000
Copayments	\$20
Coinsurance	\$1,760
<i>What isn't covered</i>	
Limits or exclusions	\$60
<b>The total Peg would pay is</b>	<b>\$5,840</b>

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

- The [plan's](#) overall [deductible](#) \$4,000
- [Specialist copayment](#) 20%
- [Hospital \(facility\) coinsurance](#) 20%
- [Other coinsurance](#) 20%

**This EXAMPLE event includes services like:**

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

<b>Total Example Cost</b>	<b>\$7,400</b>
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**In this example, Joe would pay:**

<i>Cost Sharing</i>	
Deductibles	\$4,000
Copayments	\$500
Coinsurance	\$0
<i>What isn't covered</i>	
Limits or exclusions	\$60
<b>The total Joe would pay is</b>	<b>\$4,560</b>

**Mia's Simple Fracture**  
(in-network emergency room visit and follow up care)

- The [plan's](#) overall [deductible](#) \$4,000
- [Specialist copayment](#) 20%
- [Hospital \(facility\) coinsurance](#) 20%
- [Other coinsurance](#) 20%

**This EXAMPLE event includes services like:**

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

<b>Total Example Cost</b>	<b>\$1,900</b>
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**In this example, Mia would pay:**

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

Note: These numbers assume the patient does not participate in the [plan's](#) wellness program. If you participate in the [plan's](#) wellness program, you may be able to reduce your costs. For more information about the wellness program, please contact Customer Service at: 855-645-8448.

The [plan](#) would be responsible for the other costs of these EXAMPLE covered services.

# Multi-Language Insert Multi-Language Interpreter Services

<p><b>Spanish</b></p> <p>ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.855.645.8448 (TTY 711).</p>	<p><b>Vietnamese</b></p> <p>CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1.855.645.8448 (TTY 711).</p>
<p><b>Arabic</b></p> <p>ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 8448.546.558.1 (رقم هاتف الصم والبكم: 117).</p>	<p><b>Japanese</b></p> <p>注意事項：日本語を話される場合、無料の言語支援をご利用いただけます。1.855.645.8448 (TTY 711) まで、お電話にてご連絡ください。</p>
<p><b>Cantonese Chinese</b></p> <p>注意：如果您說廣東話，您可以免費獲得語言援助服務。請致電 1.855.645.8448 (TTY 711)。</p>	<p><b>Korean</b></p> <p>주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1.855.645.8448 (TTY 711) 번으로 전화해 주십시오.</p>
<p><b>Mandarin Chinese</b></p> <p>注意：如果您说普通话，您可以免费获得语言援助服务。请致电 1.855.645.8448 (TTY 711)。</p>	<p><b>Laotian</b></p> <p>ໂປດຊາບ: ຖ້າວ່າ ທ່ານເວົ້າພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສັຽຄ່າ, ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ໂທສ 1.855.645.8448 (TTY 711).</p>
<p><b>French</b></p> <p>ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1.855.645.8448 (ATS 711).</p>	<p><b>Farsi</b></p> <p>توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با تماس بگیرید 1.855.645.8448 (TTY 711)</p>
<p><b>German</b></p> <p>ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1.855.645.8448 (TTY 711).</p>	<p><b>Russian</b></p> <p>ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1.855.645.8448 (телетайп 711).</p>
<p><b>Gujarati</b></p> <p>સુચના: જો તમે ગુજરાતી બોલતા હો, તો નિઃશુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો 1.855.645.8448 (TTY 711).</p>	<p><b>Tagalog</b></p> <p>PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1.855.645.8448 (TTY: 711).</p>
<p><b>Hindi</b></p> <p>ध्यान दें: यदि आप हृदि बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। 1.855.645.8448 (TTY 711) पर कॉल करें।</p>	<p><b>Urdu</b></p> <p>خبردار: اگر آپ اردو بولتے ہیں، تو آپ کو زبان کی مدد کی خدمات مفت میں دستیاب ہیں۔ کال کریں 1.855.645.8448 (TTY 711).</p>

**ATTENTION:** Texas Relay Services are available for the hearing impaired at (711). Resources are available for the visually impaired, please call 1.855.645.8448 (711).



Memorial Hermann Health Plan, Inc., Memorial Hermann Health Insurance Company, Memorial Hermann Commercial Health Plan, Inc. and Memorial Hermann Health Solutions, Inc. (collectively "MHHP") complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Memorial Hermann Health Plan does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

MHHP:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
  - Qualified sign language interpreters
  - 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
  - Information written in other languages

If you need these services, contact Customer Service at (855) 645-8448.  
Customer Service Hours of Operations: 8am-5pm (CST) M-F

If you believe that MHHP 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:

Civil Rights Coordinator  
Memorial Hermann Health Plan  
929 Gessner Road, Suite 1500  
Houston, TX 77024

Fax 713-338-6487

Email [MHHealthAppeals@memorialhermann.org](mailto:MHHealthAppeals@memorialhermann.org)

You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the 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 <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue SW., Room 509F, HHH Building, Washington, DC 20201, 1-800-368-1019, (1-800-537-7697 TDD).

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