

**Southwest Medical Associates, part of OptumCare, and its affiliated care providers, do not discriminate on the basis of sex, age, race, color, national origin, or disability.**

Free services are available to help you communicate with us. Such as, letters in other languages, or in other formats like large print. Or, you can ask for an interpreter. To ask for help, please call the toll-free number 866-763-0044. TTY 711.

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

Optum Civil Rights Coordinator  
11000 Optum Circle  
Eden Prairie, MN 55344  
Fax: 855-351-5495  
Email: [Optum\\_Civil\\_Rights@Optum.com](mailto:Optum_Civil_Rights@Optum.com)

If you need help with your complaint, please call 702-242-4357. TTY 711. You must send the complaint within 60 days of when you found out about the issue.

You can also file a complaint with the U.S. Dept. of Health and Human services.

**Online:** <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>

Complaint forms are available at:

<http://www.hhs.gov/ocr/office/file/index.html>.

**Phone:** Toll-free 1-800-368-1019, 800-537-7697 (TDD)

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

**This letter is also available in other formats like large print. To request the document in another format, please call the toll-free phone number 866-763-0044. TTY 711.**



ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Please call 866-763-0044.

ATENCIÓN: Si habla español (Spanish) , hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al 866-763-0044.

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：866-763-0044。

XIN LU'U 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 866-763-0044.

알림: 한국어(Korean) 를 사용하시는 경우 언어 지원 서비스를 무료로 이용하실 수 있습니다. 866-763-0044번으로 전화하십시오.

PAUNAWA: Kung nagsasalita ka ng Tagalog (Tagalog) , may makukuha kang mga libreng serbisyo ng tulong sa wika. Mangyaring tumawag sa 866-763-0044.

ВНИМАНИЕ: бесплатные услуги перевода доступны для людей, чей родной язык является русском (Russian) . Позвоните по номеру 866-763-0044.

تنبیه: إذ الفیتتحدث لاریة )Arabic (فإن خدماتنا من اعدفلالغیة ال م ح ل یة ن تاح لك. لارجاء ایتص الب. 866-763-0044.

ATANSYON: Si w pale Kreyòl ayisyen (Haitian Creole) , ou kapab benefisye sèvis ki gratis pou ede w nan lang pa w. Tanpri rele nan 866-763-0044.

ATTENTION : Si vous parlez français (French) , des services d'aide linguistique vous sont proposés gratuitement. Veuillez appeler le 866-763-0044.

UWAGA: Jeżeli mówisz po polsku (Polish) , udostępniliśmy darmowe usługi tłumacza. Prosimy zadzwonić pod numer 866-763-0044.

ATENÇÃO: Se você fala português (Portuguese), contate o serviço de assistência de idiomas gratuito. Ligue para 866-763-0044.

ATTENZIONE: in caso la lingua parlata sia l'italiano (Italian) , sono disponibili servizi di assistenza linguistica gratuiti. Si prega di chiamare il numero 866-763-0044.

ACHTUNG: Falls Sie Deutsch (German) sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufen Sie 866-763-0044 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。866-763-0044にお電話ください。

توج ڳگار زبیل ش ما فاری (فارسی) i sraf (است، خدمات امدادسنان و بیه طور ریگان درتخیار ش ما میبشد. 866-763-0044 ت م اس ڳگی ید.

कृपा ध्यान दें: यदि आप हि (Hindi) भाषी हैं तो आपके लिए भाषा सहायता सेवाएं नि:शुल्क उपलब्ध हैं। कृपा पर काल करें 866-763-0044

CEEB TOOM: Yog koj hais Lus Hmoob (Hmong) , muaj kev pab txhais lus pub dawb rau koj. Thov hu rau 866-763-0044.

ចំណាប់អារម្មណ៍: សេវាសំនុំអ្នកនិយាយភាសាខ្មែរ(Khmer) សេវាជំនួយភាសាសម្រាប់អ្នកនិយាយភាសាខ្មែរ គឺមានសំនុំអ្នក ជួយជួយសំនុំ ទៅលេខ 866-763-0044

PAKDAAR: Nu saritaem ti Ilocano (Ilocano) , ti serbisyo para ti baddang ti lengguahe nga awanan bayadna, ket sidadaan para kenyam. Maidawat nga awagan iti 866-763-0044.

DÍÍ BAA'ÁKONÍNÍZIN: Diné (Navajo) bizaad bee yánilti'go, saad bee áka'anída'awo'ígíí, t'áá jíík'eh, bee ná'ahóót'i'. T'áá shoodí kohjí' 866-763-0044 hodíilnih.

OGOW: Haddii aad ku hadasho Soomaali (Somali) , adeegyada taageerada luqadda, oo bilaash ah, ayaad heli kartaa. Fadlan wac 866-763-0044.