



# 2026 Plan Guide

## **UAW Retiree Medical Benefits Trust**

UnitedHealthcare® Group Medicare Advantage (PPO)

**Group Number:** 16500, 16504, 16508

**Effective:** January 1, 2026 through December 31, 2026

United  
Healthcare®  
Group Medicare Advantage

UAW RETIREE  
Medical Benefits Trust

# With the UnitedHealthcare Group Medicare Advantage (PPO) plan, you get more

Welcome to the UnitedHealthcare Medicare Advantage (MA) plan. This plan was designed exclusively for UAW Retiree Medical Benefits Trust (“Trust”) members. With this plan, you'll enjoy an easier than ever Medicare experience. You've earned it.



## Read through this Plan Guide to get to know your new plan

The guide includes:

- A description of the plan and how it works
- Information about benefits, programs and services, and how much they cost
- What you can expect after you're enrolled in the plan

Please keep this Plan Guide. It has information that will be helpful while you are enrolled in the plan.

You can access 2026 plan materials and get more information at the website below.



Visit [retiree.uhc.com/UAWTrust](https://retiree.uhc.com/UAWTrust)  
and select the **Chat now** button



Call toll-free **1-844-320-5021**, TTY **711**  
8 a.m.-8 p.m. local time, Monday-Friday

# More than health insurance

With this UnitedHealthcare Group Medicare Advantage (PPO) plan you get medical coverage and so much more. More benefits. More savings. More experience. More choices. More convenience.

## Here's just some of what this plan offers



**\$10 copay** for each routine podiatry visit, up to **6** visits each plan year



**Speak to a registered nurse 24/7** about your medical concerns at no additional cost to you



**\$0 copay** for home-delivered meals, transportation to medical appointments and the pharmacy, and non-medical personal care to assist with daily activities after a hospital or skilled nursing facility stay



**Virtual doctor and behavioral health visits** using your computer, tablet or smartphone – anytime, day or night



**Earn rewards** to spend on eligible items like gifts, clothing, groceries and more



**A large network of providers** through our Medicare National Network



**Free standard gym membership** at participating locations



**Free diabetic supplies** like needles and test strips



**Free Optum® HouseCalls visit** from one of our licensed health care practitioners



**\$0 copay for 24 one-way trips** to your doctor appointments and the pharmacy



**Review the Summary of Benefits in this guide for more details**



# More from your health plan

Your PPO plan is a Medicare Advantage plan, also known as Medicare Part C. This plan has all the benefits of Medicare Part A (hospital coverage) and Medicare Part B (doctor and outpatient care) plus extra programs that go beyond Original Medicare (Medicare Parts A and B). Medicare has rules about what types of coverage you can add or combine with a group-sponsored Medicare Advantage plan.



## Here's how this PPO plan works



**Unlike most PPO plans, with this plan you pay the same share of cost in and out-of-network as long as they participate in Medicare and agree to treat you**



**You don't need a referral to see a specialist or other provider**



**Select a primary care provider (PCP) to help manage your care**

It's not required by the plan, but it's recommended by the Trust and beneficial for your long-term health and well-being.



**You pay a standard copay or \$0 in some cases, to see a provider in or out-of-network**

We work closely with our network (contracted) providers to make sure they have access to resources and tools to help them work with you for better health outcomes.



**This plan has separate maximum annual out-of-pocket amounts for medical and Part B drugs**

### **Medical and Part B drugs**

**combined** - After you've paid \$1,500 for medical services and Part B drugs, you won't pay anything for covered services and Part B drugs for the rest of the plan year.

**Part B drugs only** – After you've paid \$500 for Part B drugs at retail or mail order pharmacies, you'll pay \$0 for Part B covered drugs for the rest of plan year. Your costs for Part B drugs also apply towards your Medical and Part B drug out-of-pocket maximum.



**Emergency and urgently needed services are covered anywhere in the world**

To search for a provider, visit [retiree.uhc.com/UAWTrust](https://retiree.uhc.com/UAWTrust).



# More ways to learn about your plan

It's important that you understand your plan and how it works. You can find the Provider Directory and more at [retiree.uhc.com/UAWTrust](https://retiree.uhc.com/UAWTrust).



## Review the online Provider Directory

It's okay if your provider isn't in the network. This plan allows you to see out-of-network providers at the same cost share as long as they participate in Medicare and agree to treat you.



## Review the Summary of Benefits in this guide to see how much you'll pay for medical services

You can also review the Summary of Benefits online.

If you're not sure if you are enrolled in Medicare Part B, check with Social Security at [ssa.gov/locator](https://ssa.gov/locator) or call 1-800-772-1213, TTY 1-800-325-0778, 8 a.m.–7 p.m., Monday–Friday, or call your local office.

You may be disenrolled from this plan if you stop paying your Medicare Part B premium.



## You're eligible for this plan if you:



Are entitled to Medicare Part A and enrolled in Medicare Part B.



Continue to pay your Part B premium.

**Remember:** If you enroll in another Medicare Advantage plan or a stand-alone Medicare Part D prescription drug plan after enrollment in this Trust-sponsored plan, you will be disenrolled from this plan and defaulted into the Traditional Care Network (TCN) plan.



# Summary of Benefits 2026

## **UnitedHealthcare® Group Medicare Advantage (PPO)**

Group Name (Plan Sponsor): UAW Retiree Medical Benefits Trust

Group Number: 16500, 16504, 16508

H2001-850-000

Look inside to learn more about the plan and the health services it covers.  
Contact us for more information about the plan.



**[retiree.uhc.com/UAWTrust](https://retiree.uhc.com/UAWTrust)**



**Toll-free 1-844-320-5021, TTY 711**

8 a.m.-8 p.m. local time, Monday-Friday

**United  
Healthcare®**  
Group Medicare Advantage

Y0066\_SB\_H2001\_850\_000\_2026\_M

# Summary of Benefits

**January 1, 2026 - December 31, 2026**

This is a summary of what we cover and what you pay. Review the Evidence of Coverage (EOC) for a complete list of covered services, limitations and exclusions. You can call Customer Service if you want a copy of the EOC or need help. When you enroll in the plan, you will get more information on how to view your plan details online.

## UnitedHealthcare® Group Medicare Advantage (PPO)


Medical premium and limits		
		In-network and out-of-network
Monthly plan contribution		\$0
Maximum out-of-pocket amount		<p>Your plan has an annual out-of-pocket maximum of \$1,500 for this plan year.</p> <p>If you reach the limit on out-of-pocket costs, you keep getting covered hospital and medical services and we will pay the full cost for the rest of the plan year.</p> <p>Your plan also has a \$500 Primary out-of-pocket maximum for Part B drugs at retail and mail order pharmacies only. The Primary out-of-pocket maximum is the most you will pay for Part B drugs at retail and mail order pharmacies in a plan year. Once this amount is met, the plan will pay benefits at 100%.</p>
Medical benefits - This is what you pay for services		
		In-network and out-of-network
Inpatient hospital care <sup>1</sup>		<p>\$0 copay per stay</p> <p>Our plan covers an unlimited number of days for an inpatient hospital stay.</p>
Outpatient hospital <sup>1</sup>	Ambulatory surgical center (ASC)	\$0 copay
	Outpatient surgery	\$0 copay

## Medical benefits - This is what you pay for services


		In-network and out-of-network
 <b>Doctor visits</b>	Outpatient hospital services, including observation	\$0 copay
	Primary care provider (PCP)	\$0 copay
	Virtual visit	\$0 copay
	Specialist <sup>1</sup>	\$10 copay
<b>Preventive services</b>	Routine physical	\$0 copay; 1 per plan year
	Medicare-covered	\$0 copay
<ul style="list-style-type: none"> <li>□ Abdominal aortic aneurysm screening</li> <li>□ Alcohol misuse counseling</li> <li>□ Annual wellness visit</li> <li>□ Bone mass measurement</li> <li>□ Breast cancer screening (mammogram)</li> <li>□ Cardiovascular disease (behavioral therapy)</li> <li>□ Cardiovascular screening</li> <li>□ Cervical and vaginal cancer screening</li> <li>□ Colorectal cancer screenings (colonoscopy, fecal occult blood test, flexible sigmoidoscopy)</li> <li>□ Depression screening</li> <li>□ Diabetes screenings and monitoring</li> <li>□ Diabetes – Self-Management training</li> <li>□ Dialysis training</li> <li>□ Glaucoma screening</li> <li>□ Hepatitis C screening</li> <li>□ HIV screening</li> </ul>		<ul style="list-style-type: none"> <li>□ Kidney disease education</li> <li>□ Lung cancer with low dose computed tomography (LDCT) screening</li> <li>□ Medical nutrition therapy services</li> <li>□ Medicare Diabetes Prevention Program (MDPP)</li> <li>□ Obesity screenings and counseling</li> <li>□ Prostate cancer screenings (PSA)</li> <li>□ Sexually transmitted infections screenings and counseling</li> <li>□ Tobacco use cessation counseling (counseling for people with no sign of tobacco-related disease)</li> <li>□ Vaccines, including those for the flu, Hepatitis B, pneumonia, or COVID-19</li> <li>□ “Welcome to Medicare” preventive visit (one-time)</li> </ul>



## Medical benefits - This is what you pay for services

		In-network and out-of-network
Any additional preventive services approved by Medicare during the contract year will be covered. This plan covers preventive care screenings and annual physical exams at 100%.		
<b>Emergency care</b>		\$50 copay (worldwide)  You do not pay this amount if you are admitted to the hospital within 24 hours for the same condition.
<b>Urgently needed services</b> There is no additional cost share if you get multiple services in a visit.		\$15 copay (worldwide) You do not pay this amount if you are admitted to the hospital within 24 hours for the same condition.
<b>Diagnostic tests, lab and radiology services, and X-rays</b>	Diagnostic radiology services (e.g. MRI, CT scan) <sup>1</sup>	\$0 copay
	Lab services <sup>1</sup>	\$0 copay
	Diagnostic tests and procedures <sup>1</sup>	\$0 copay
	Therapeutic radiology <sup>1</sup>	\$0 copay
	Outpatient X-rays <sup>1</sup>	\$0 copay
<b>Hearing services</b>	Exam to diagnose and treat hearing and balance issues <sup>1</sup>	\$10 copay
 <b>Vision services</b>	Exam to diagnose and treat diseases and conditions of the eye <sup>1</sup>	\$10 copay
	Eyewear after cataract surgery	\$0 copay
	Routine eye exam	\$0 copay, 1 exam every 12 months


## Medical benefits - This is what you pay for services



		In-network and out-of-network
<b>Mental health</b>	Inpatient visit <sup>1</sup>	\$0 copay per stay, up to 190 days  Our plan covers 190 days for an inpatient hospital stay.
	Outpatient group therapy visit <sup>1</sup>	\$0 copay
	Outpatient individual therapy visit <sup>1</sup>	\$0 copay
	Outpatient therapy or office visit with a psychiatrist <sup>1</sup>	\$0 copay
	Virtual behavioral visits	\$0 copay
<b>Skilled nursing facility (SNF)<sup>1</sup></b>		\$0 copay per day  Our plan covers unlimited days in a SNF per benefit period. A 3 day prior hospital stay is not required.
<b>Outpatient Rehabilitation (physical, occupational, or speech/language therapy)<sup>1</sup></b>		\$0 copay
<b>Ambulance<sup>2</sup></b>		\$0 copay
 <b>Routine transportation</b>		\$0 copay for 24 one-way trips to and from medically related appointments and the pharmacy, up to 50 miles per trip. Restrictions apply.
<b>Medicare Part B Drugs</b>	Chemotherapy drugs <sup>1</sup>	\$0 copay at PCP, \$10 copay with Specialist in office setting
		\$0 copay when administered at home \$0 copay when administered in an outpatient facility 10% coinsurance up to \$500 max at mail and retail pharmacies



## Medical benefits - This is what you pay for services

	In-network and out-of-network
Other Part B drugs <sup>1</sup>	<p>\$0 copay at PCP, \$10 copay with Specialist in office setting</p> <p>\$0 copay when administered at home</p> <p>\$0 copay when administered in an outpatient facility</p> <p>10% coinsurance up to \$500 max at mail and retail pharmacies</p> <p>You will pay \$0 for each 1-month supply of Part B covered insulin.</p>

## Additional benefits

	In-network and out-of-network
<b>Acupuncture services</b>	<p>Medicare-covered acupuncture (for chronic low back pain)</p> <p>\$10 copay</p>
<b>Chiropractic services</b>	<p>Medicare-covered chiropractic care (manual manipulation of the spine to correct subluxation)</p> <p>\$10 copay</p>
 <b>Diabetes management</b>	<p>Diabetes monitoring supplies<sup>1</sup></p> <p>\$0 copay</p>
	<p>Medicare covered Continuous Glucose Monitors (CGMs) and supplies<sup>1</sup></p> <p>\$0 copay</p>
	<p>Diabetes self-management training</p> <p>\$0 copay</p>
	<p>Therapeutic shoes or inserts<sup>1</sup></p> <p>\$0 copay</p>

Additional benefits		
		In-network and out-of-network
<b>Durable medical equipment (DME) and related supplies</b>	Durable Medical Equipment (e.g., wheelchairs, oxygen) <sup>1</sup>	\$0 copay
	Prosthetics (e.g., braces, artificial limbs) <sup>1</sup>	\$0 copay
	Wigs	\$0 copay
The plan pays up to \$250 per plan year for wigs for any diagnosis *		
 <b>Fitness program</b> SilverSneakers®		<p>\$0 copay for SilverSneakers, a health and fitness program designed for Medicare plan members. It includes a standard monthly membership at participating fitness locations plus online classes, workshops and more.</p> <p>Call or go online to learn more and to get your SilverSneakers ID number. 1-888-338-1722, TTY 711 or <a href="https://www.silversneakers.com/StartHere">SilverSneakers.com/StartHere</a>.</p>
<b>Foot care (podiatry services)</b>	Foot exams and treatment <sup>1</sup>	\$10 copay
	Routine foot care	\$10 copay, 6 visits per plan year
 <b>UnitedHealthcare Healthy at Home</b> Post-discharge program		<p>\$0 copay for the following benefits for up to 30 days following each inpatient hospital and SNF stay:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 28 home-delivered meals, referral required</li> <li><input type="checkbox"/> 12 one-way trips to medically related appointments and the pharmacy, up to 50 miles per trip, referral required</li> <li><input type="checkbox"/> 6 hours of non-medical personal care services like companionship, meal prep, medication reminders and more with a professional caregiver, no referral required</li> </ul> <p>Services must be provided by approved vendors. Call Customer Service for more information, to request a referral after each discharge and to use your benefits.</p>

Additional benefits		
		In-network and out-of-network
Diabetes support program premium		<p>After you complete the required activities, a \$100 credit will be added to your benefit card to buy covered healthy food from network retail locations.</p> <p>This is a special supplemental benefit. To be eligible, you must have a qualifying condition, such as diabetes, and meet all applicable plan coverage criteria. The benefit is provided through our participating vendor. Unused benefits do not roll over.</p>
	Home health care <sup>1</sup>	\$0 copay
Hospice	Medicare-covered	You pay nothing for hospice care from any Medicare-approved hospice. You may have to pay part of the costs for drugs and respite care. Hospice is covered by Original Medicare, outside of our plan.
	5th Level Care (In Home or Facility Based)	<p>\$0 copay</p> <p>Our plan provides additional coverage for non-Medicare-covered hospice care in a SNF or hospice facility. Limited to 210 days per lifetime.</p>
	24/7 Nurse Support	Receive access to nurse consultations and additional clinical resources at no additional cost.
Opioid treatment program services <sup>1</sup>		\$0 copay
Outpatient substance use disorder services	Outpatient group therapy visit <sup>1</sup>	\$0 copay
	Outpatient individual therapy visit <sup>1</sup>	\$0 copay

Additional benefits	
	In-network and out-of-network
<b>Diabetes Prevention and Weight Management Program</b>	<p>\$0 copay for Real Appeal®, an online weight management and healthy lifestyle program proven to help you achieve lifelong results.</p> <p>Call or go online to get started today. 1-844-924-7325, TTY 711 or <a href="http://uhc.realappeal.com">uhc.realappeal.com</a></p> <p>*Real Appeal is available at no additional cost to members with a BMI of 19 and higher. If you are pregnant, please speak with your primary care provider (PCP) before joining the program.</p>
<b>Renal dialysis<sup>1</sup></b>	\$0 copay

<sup>1</sup> Some of the network benefits listed may require your provider to obtain prior authorization. Please refer to the Evidence of Coverage for a complete list of services that may require prior authorization.

<sup>2</sup> Authorization is required for non-emergency Medicare-covered ambulance air transportation. Authorization is not required for non-emergency Medicare-covered ambulance ground transportation. Emergency ambulance (ground or air) does not require authorization.

## About this plan

UnitedHealthcare® Group Medicare Advantage (PPO) is a Medicare Advantage PPO plan with a Medicare contract.

To join this plan, you must be entitled to Medicare Part A, be enrolled in Medicare Part B, live in our service area as listed below, be a United States citizen or lawfully present in the United States, and meet the eligibility requirements of your former employer, union group or trust administrator (plan sponsor).

Our service area includes the 50 United States, the District of Columbia and all US territories.

## About providers

UnitedHealthcare® Group Medicare Advantage (PPO) has a network of doctors, hospitals, and other providers. You can see any provider (**in-network or out-of-network**) at the same cost share, as long as they accept Medicare and as long they are willing to bill the plan.

You can go to **[retiree.uhc.com/UAWTrust](https://retiree.uhc.com/UAWTrust)** to search for a network provider using the online directory.

## Required Information

UnitedHealthcare® Group Medicare Advantage (PPO) is insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare.

Plans may offer supplemental benefits in addition to Part C benefits.

If you want to know more about the coverage and costs of Original Medicare, look in your current "Medicare & You" handbook. View it online at [medicare.gov](https://www.medicare.gov) or get a copy by calling 1-800-MEDICARE (1-800-633-4227), 24 hours a day, 7 days a week. TTY users should call 1-877-486-2048.

UnitedHealthcare does not discriminate on the basis of race, color, national origin, sex, age, or disability in health programs and activities.

UnitedHealthcare provides free services to help you communicate with us such as documents in other languages, Braille, large print, audio, or you can ask for an interpreter. For more information, please call Customer Service at the number on your member ID card or the front of your plan booklet.

UnitedHealthcare ofrece servicios gratuitos para ayudarle a que se comunice con nosotros. Por ejemplo, documentos en otros idiomas, braille, en letra grande o en audio. O bien, usted puede pedir un intérprete. Para obtener más información, llame a Servicio al Cliente al número que se encuentra en su tarjeta de ID de miembro o en la portada de la guía de su plan.

This information is available for free in other languages. Please call our Customer Service number located on the first page of this book.

Benefits, features and/or devices vary by plan/area. Limitations and exclusions may apply.

The provider network may change at any time. You will receive notice when necessary.

You must continue to pay your Medicare Part B premium.

Out-of-network/non-contracted providers are under no obligation to treat UnitedHealthcare members, except in emergency situations. Please call our customer service number or see your Evidence of Coverage for more information, including the cost-sharing that applies to out-of-network services.

24/7 Nurse Support should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through this service is for informational purposes only. The nurses cannot diagnose problems or recommend treatment and are not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. Access to this service is subject to terms of use.

Always talk with your doctor before starting an exercise program.

1. Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities are limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL.

2. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.

SilverSneakers is a registered trademark of Tivity Health, Inc. © 2025 Tivity Health, Inc. All rights reserved.

24/7 Nurse Support should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through this service is for informational purposes only. The nurses cannot diagnose problems or recommend treatment and are not a substitute for



your doctor's care. Your health information is kept confidential in accordance with the law. Access to this service is subject to terms of use.

# Here's what you can expect next

Once you're a member, the UnitedHealthcare Customer Service team and your online account make it easier to get the care you need, when and how you need it.



**You are here**  
UnitedHealthcare will process your enrollment



Create your account to review your plan online



Receive your member ID card in the mail



Coverage begins!  
Start using your plan

## Manage your plan online

If you haven't done so already, use your Medicare number or member ID number and email address to create an account at **[retiree.uhc.com/UAWTrust](https://retiree.uhc.com/UAWTrust)**. Online you can:

- Look up your latest claim information and complete your health assessment
- Find network providers and other benefit information and plan materials
- Learn more about health and wellness topics
- Sign up to get plan information and your Explanation of Benefits online

## Once your coverage begins

- Schedule your annual wellness visit
- Get a yearly in-home visit with Optum® HouseCalls. Visit **[UHCHouseCalls.com](https://UHCHouseCalls.com)** to learn more
- Earn rewards by completing specific health care screenings. You will get information after your plan's effective date about the rewards program and how to sign up

## Benefits and costs may change at the end of your plan year

We'll send you an Annual Notice of Changes before your plan year ends that will tell you about any changes to your plan for the next plan year.

### Thank you for trusting UnitedHealthcare with your health care coverage

If you have any questions, please call the dedicated toll-free number on the back of this Plan Guide. This number will also be on your member ID card when you get it.

Scan this code to access the member site



# Statements of understanding

By enrolling in this plan, I agree to the following:

- ✓ **This is a Medicare Advantage Plan contracted with the federal government. This is not a Medicare Supplement Plan.**  
I need to keep my Medicare Part A and Part B, and continue to pay my Medicare Part B and, if applicable, Part A premiums, if they are not paid for by Medicaid or a third party. To be eligible for this plan, I must live in the plan's service area and be a United States citizen or be lawfully present in the U.S.
- ✓ **The service area includes the 50 United States, the District of Columbia and all U.S. territories.**  
I may not be covered while out of the country, except for limited coverage near the U.S. border. However, under this plan, when I am outside of the U.S. I am covered for emergency or urgently needed care.
- ✓ **I can only have one Medicare Advantage Plan at a time.**
  - Enrolling in this plan will automatically disenroll me from any other Medicare health plan.
  - If I enroll in a different Medicare Advantage Plan, I will be automatically disenrolled from this plan.
  - If I disenroll from this plan, I will be automatically transferred to Original Medicare.
  - You may disenroll from this plan at any time if you are not satisfied. To disenroll from this plan or enroll in a different Trust sponsored plan, you must call Retiree Health Care Connect (RHCC) at 866-637-7555.
- ✓ **My information will be released to Medicare and other plans, only as necessary, for treatment, payment and health care operations.**  
Medicare may also release my information for research and other purposes that follow all applicable federal statutes and regulations.
- ✓ **For members of the Group Medicare Advantage Plan.**  
I understand that when my coverage begins, I must get all of my medical benefits from the plan. Benefits and services provided by the plan and contained in the Evidence of Coverage (EOC) document will be covered. Neither Medicare nor the plan will pay for benefits or services that are not covered.

## Notice of nondiscrimination

Our Companies comply with applicable civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex (including pregnancy, sexual orientation, and gender identity). We do not exclude people or treat them less favorably because of race, color, national origin, age, disability, or sex.

We provide free aids and services to help you communicate with us. You can ask for interpreters and/or for communications in other languages or formats such as large print. We also provide reasonable modifications for persons with disabilities.

If you need these services, call the toll-free number on your member identification card (TTY **711**).

If you believe that we failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can send a complaint to the Civil Rights Coordinator:

Civil Rights Coordinator  
UnitedHealthcare Civil Rights Grievance  
P.O. Box 30608  
Salt Lake City, UT 84130  
**UHC\_Civil\_Rights@uhc.com**

Optum Civil Rights Coordinator  
1 Optum Circle  
Eden Prairie, MN 55344  
**Optum\_Civil\_Rights@Optum.com**

If you need help filing a complaint, call the toll-free number on your member identification card (TTY **711**).

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights:

Online: **<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>**  
Phone: **1-800-368-1019, 800-537-7697** (TDD)  
Mail: U.S. Department of Health and Human Services  
200 Independence Avenue, SW  
Room 509F, HHH Building  
Washington, D.C. 20201

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

This notice is available at: **<https://www.uhc.com/nondiscrimination-med>**  
**<https://www.optum.com/en/language-assistance-nondiscrimination.html>**

## Notice of availability of language assistance services and alternate formats

**ATTENTION:** Free language assistance services and free communications in other formats, such as large print, are available to you. Call the toll-free number on your member identification card.

**ማሳሰቢያ፡- አማርኛ (Amharic)** የሚናገሩ ከሆነ፣ ነፃ የቋንቋ እገዛ አገልግሎቶች እና ነፃ ተግባቦቶች እንደ ትልቅ እትም ባሉ ሌሎች ቅርፀቶች ለእርስዎ ይገኛሉ። በአባልነት መታወቂያ ካርድዎ ላይ ያለውን ነፃ የስልክ ቁጥር ይደውሉ።

**ملاحظة:** إذا كنت تتحدث اللغة العربية (Arabic)، ستتوفر لك خدمات المساعدة اللغوية المجانية والمراسلات المجانية بتنسيقات أخرى، مثل الطباعة بأحرف كبيرة. اتصل بالرقم المجاني المدون على بطاقة تعريف العضو خاصتك.

**দেখুন:** আপনি যদি বাংলায় (Bengali) কথা বলেন, তাহলে বিনামূল্যে ভাষা সহায়তা পরিষেবা এবং বড় মুদ্রণের মতো অন্যান্য ফরম্যাটে যোগাযোগগুলি আপনার জন্য বিনামূল্যে উপলব্ধ। আপনার সদস্যের পরিচয়পত্রের কার্ডের টোল-ফ্রি নম্বরে কল করুন

**請注意：**如果您說**中文 (Chinese)**，您可以獲得免費語言協助服務和大字體等其他格式的免費通訊。請致電您的會員身份卡上的免付費電話號碼。

**توجه:** اگر به زبان فارسی (Farsi) صحبت می‌کنید، خدمات رایگان کمک زبانی و ارتباطات رایگان در قالب‌های دیگر، مانند چاپ بزرگ، در دسترس شما هستند. با شماره رایگان مندرج روی کارت شناسایی عضویت‌تان تماس بگیرید.

**ATTENTION :** Si vous parlez **français (French)**, des services d'assistance linguistique et des communications dans d'autres formats, notamment en gros caractères, sont mis à votre disposition gratuitement. Appelez le numéro gratuit figurant sur votre carte de membre.

**ATANSYON:** Si w pale **Kreyòl Ayisyen (Haitian Creole)**, gen sèvis lang gratis ak kominikasyon nan lòt fòm lo disponib, tankou sa ki enprime ak gwo lèt. Rele nimewo gratis ki sou kat idantifikasyon manm ou an.

**ATENSIÓN:** No agsasaoka iti **Ilocano (Ilocano)**, magun-odmo dagiti libre a serbisio ti tulong iti pagsasao ken libre a komunikasion iti dadduma a pormat, kas iti dadakkel a letra. Tawagan ti awan-bayadna a numero a masarakan iti kard a pakabigbigam kas miembro.

**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や、拡大文字など他の形式での無料のコミュニケーションをご利用いただけます。会員証に記載されているフリーダイヤルにお電話ください。

**알림 사항:** 한국어(Korean)를 사용하시는 경우 무료 언어 지원 서비스와 대형 활자체 등 다른 형식으로 된 의사 소통 매체를 이용하실 수 있습니다. 회원 ID 카드에 나와 있는 무료 전화번호로 전화해 주십시오.

**UWAGA:** Dla osób mówiących po **polsku (Polish)** dostępne są bezpłatne usługi pomocy językowej i bezpłatne komunikaty w innych formatach, takich jak duży druk. Prosimy zadzwonić pod bezpłatny numer podany na karcie identyfikacyjnej.

**ATENÇÃO:** se você fala **português (Portuguese)**, tem à sua disposição serviços gratuitos de assistência linguística e comunicações gratuitas em outros formatos, como caracteres grandes. Ligue para o número gratuito que se encontra no seu cartão de identificação de membro.

**ВНИМАНИЕ!** Если вы говорите на **русском языке (Russian)**, вам доступны бесплатные услуги языковой поддержки и бесплатные материалы в других форматах, например напечатанные крупным шрифтом. Звоните по бесплатному номеру телефона, указанному на вашей идентификационной карте участника.

**ATENCIÓN:** Si habla **español (Spanish)**, hay servicios de asistencia de idiomas y comunicaciones en otros formatos como letra grande, sin cargo, a su disposición. Llame al número gratuito que figura en su tarjeta de identificación de miembro.

**PAUNAWA:** Kung nagsasalita ka ng **Tagalog (Tagalog)**, may makukuha kang mga libreng serbisyo ng tulong sa wika at libreng komunikasyon sa ibang mga format, tulad ng malalaking print. Tawagan ang walang bayad na numero na nasa iyong ID card ng miyembro.

**LƯU Ý:** Nếu quý vị nói **Tiếng Việt (Vietnamese)**, quý vị sẽ được cung cấp các dịch vụ hỗ trợ ngôn ngữ miễn phí và các phương tiện trao đổi liên lạc miễn phí ở các định dạng khác, chẳng hạn như bản in chữ lớn. Gọi đến số điện thoại miễn phí có trên thẻ định danh thành viên của quý vị.

**אויפמערק:** אויב איר רעדט **אידיש (Yiddish)**, קענט איר באקומען אומזיסטע שפראך הילף סערוויסעס און אומזיסטע קאמיוניקאציע אויף אנדערע פארמאטן, אזוי ווי גרויסע אותיות. רופט דעם אומזיסטן נומער אויף אייער מעמבער אידענטיפיקאציע קארטל.

## NOTES

[illegible]

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