# Summary of Benefits and Coverage: What this Plan Covers & What You Pay For Covered Services Coverage Period: Beginning on or after 01/01/2024 BCBSND: DakotaBlue Silver 90 0 94% | Trinity Coverage for: Individual, Parent and Child, Parent and Children, Two Person, Family | Plan Type: POS

The Summary of Benefits and Coverage (SBC) document will help you choose a health <u>plan</u>. The SBC shows you how you and the <u>plan</u> would share the cost for covered health care services. NOTE: Information about the cost of this <u>plan</u> (called the <u>premium</u>) 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, call 1-844-363-8457 or visit www.bcbsnd.com/plandocuments. For general definitions of common terms, such as <u>allowed amount</u>, <u>balance billing</u>, <u>coinsurance</u>, <u>copayment</u>, <u>deductible</u>, <u>provider</u>, or other <u>underlined</u> terms see the Glossary. You can view the Glossary at <u>https://www.healthcare.gov/sbc-glossary</u> or call 1-844-363-8457 to request a copy.

Important Questions	Answers	Why This Matters:
What is the overall <u>deductible</u> ?	For Preferred <u>network providers</u> <b>\$0</b> individual / <b>\$0</b> parent and child / <b>\$0</b> parent and children / <b>\$0</b> two person / <b>\$0</b> family For Enhanced <u>network providers</u> <b>\$0</b> individual / <b>\$0</b> parent and child / <b>\$0</b> parent and children / <b>\$0</b> two person / <b>\$0</b> family For Standard <u>network providers</u> <b>\$375</b> individual / <b>\$750</b> parent and child / <b>\$750</b> parent and children / <b>\$750</b> two person / <b>\$750</b> family For Nonparticipating <u>providers</u> <b>\$550</b> individual / <b>\$1,100</b> parent and child / <b>\$1,100</b> parent and children / <b>\$1,100</b> two person / <b>\$1,100</b> family	Generally, you must pay all of the costs from <u>providers</u> up to the <u>deductible</u> amount before this <u>plan</u> begins to pay. If you have other family members on the <u>plan</u> , each family member must meet their own individual <u>deductible</u> until the total amount of <u>deductible</u> expenses paid by all family members meets the overall family <u>deductible</u> .
Are there services covered before you meet your <u>deductible</u> ?	Yes, <u>preventive care</u> .	This <u>plan</u> covers some items and services even if you haven't yet met the <u>deductible</u> amount. But a <u>copayment</u> or <u>coinsurance</u> may apply. For example, this <u>plan</u> covers certain <u>preventive services</u> without <u>cost-sharing</u> and before you meet your <u>deductible</u> . See a list of covered <u>preventive</u> <u>services</u> at <u>www.healthcare.gov/coverage/preventive-care- benefits</u> .
Are there other <u>deductibles</u> for specific services?	No.	You don't have to meet <u>deductibles</u> for specific services.
What is the <u>out-of-pocket</u> <u>limit</u> for this <u>plan</u> ?	For Preferred <u>network providers</u> <b>\$2,600</b> individual / <b>\$5,200</b> parent and child / <b>\$5,200</b> parent and children / <b>\$5,200</b> two person / <b>\$5,200</b> family For Enhanced <u>network providers</u> <b>\$2,600</b> individual / <b>\$5,200</b> parent and child / <b>\$5,200</b> parent and children / <b>\$5,200</b> two person / <b>\$5,200</b> family For Standard <u>network providers</u> <b>\$3,750</b> individual / <b>\$7,500</b> parent and child / <b>\$7,500</b> parent and children / <b>\$7,500</b> two person / <b>\$7,500</b> family For Nonparticipating <u>providers</u> <b>\$5,625</b> individual / <b>\$11,250</b> parent and child / <b>\$11,250</b> parent and children / <b>\$11,250</b> two person / <b>\$11,250</b> family	The <u>out-of-pocket limit</u> is the most you could pay in a year for covered services. If you have other family members in this <u>plan</u> , they have to meet their own <u>out-of-pocket limits</u> until the overall family <u>out-of-pocket limit</u> has been met.

Important Questions	Answers	Why This Matters:
What is not included in the out-of-pocket limit?	Premiums, <u>balance-billed</u> charges and health care this <u>plan</u> doesn't cover.	Even though you pay these expenses, they don't count toward the out-of-pocket limit.
Will you pay less if you use a <u>network provider</u> ?	Yes. See <u>www.bcbsnd.com/find-a-doctor</u> or call 1-844-363-8457 for a list of <u>network providers</u> .	You pay the least if you use a <u>provider</u> in the Preferred <u>network</u> . You pay more if you use a <u>provider</u> in the Enhanced or Standard <u>network</u> . You will pay the most if you use a Nonparticipating <u>provider</u> , and you might receive a bill from a provider for the difference between the <u>provider's</u> charge and what your <u>plan</u> pays ( <u>balance billing</u> ). Be aware, your <u>network provider</u> might use a Nonparticipating <u>provider</u> for some services (such as lab work). Check with your <u>provider</u> before you get services.
Do you need a <u>referral</u> to see a <u>specialist</u> ?	No.	You can see the specialist you choose without a referral.

All **copayment** and **coinsurance** costs shown in this chart are after your **deductible** has been met, if a **deductible** applies.

			Limitations, Exceptions,			
Common Medical Event	Services You May Need	Preferred Network Provider (You will pay the least)	Enhanced Network Provider	Standard Network Provider	Nonparticipating Provider (You will pay the most)	& Other Important
	Primary care visit to treat an injury or illness	\$5 <u>copay</u> /visit	30% <u>coinsurance</u>	50% <u>coinsurance</u>	50% <u>coinsurance</u>	None
	<u>Specialist</u> visit	\$5 <u>copay</u> /visit	30% <u>coinsurance</u>	50% <u>coinsurance</u>	50% <u>coinsurance</u>	None
If you visit a health care <u>provider's</u> office or clinic	<u>Preventive</u> <u>care/screening</u> / immunization	No charge	No charge	No charge	Not covered	You may have to pay for services that aren't <u>preventive</u> . Ask your <u>provider</u> if the services needed are <u>preventive</u> . Then check what your <u>plan</u> will pay for.

			What You	Will Pay		Limitations, Exceptions,
Common Medical Event	Services You May Need	Preferred Network Provider (You will pay the least)	Enhanced Network Provider	Standard Network Provider	Nonparticipating Provider (You will pay the most)	& Other Important Information
lf you have a test	Diagnostic test (x- ray, blood work)	10% coinsurance	30% <u>coinsurance</u>	50% <u>coinsurance</u>	50% <u>coinsurance</u>	None
If you have a test	Imaging (CT/PET scans, MRIs)	10% <u>coinsurance</u>	30% <u>coinsurance</u>	50% <u>coinsurance</u>	50% coinsurance	None
	Value drugs	\$5 <u>copay</u> / prescription (retail & mail order)	\$5 <u>copay</u> / prescription (retail & mail order)	\$5 <u>copay</u> / prescription (retail & mail order)	Not covered	
	Generic preferred drugs (Tier 1)	\$5 <u>copay</u> / prescription (retail & mail order)	\$5 <u>copay</u> / prescription (retail & mail order)	\$5 <u>copay</u> / prescription (retail & mail order)	Not covered	
If you need drugs to treat your illness or condition More information	Generic nonpreferred drugs (Tier 2)	\$5 <u>copay</u> / prescription (retail & mail order)	\$5 <u>copay</u> / prescription (retail & mail order)	\$5 <u>copay</u> / prescription (retail & mail order)	Not covered	Benefits are subject to the <u>copay</u> application described in the benefit plan. *See section 1.
about <u>prescription</u> <u>drug coverage</u> is available at <u>www.bcbsnd.com</u> <u>/members/rx-tools</u>	Brand name preferred drugs (Tier 3)	\$25 <u>copav</u> / prescription (retail & mail order)	\$25 <u>copay</u> / prescription (retail & mail order)	\$25 <u>copay</u> / prescription (retail & mail order)	Not covered	
	Brand name nonpreferred drugs (Tier 4)	\$75 <u>copay</u> / prescription (retail & mail order)	\$75 <u>copay</u> / prescription (retail & mail order)	\$75 <u>copay</u> / prescription (retail & mail order)	Not covered	
	Specialty preferred drugs (Tier 5)	20% coinsurance	20% <u>coinsurance</u>	20% <u>coinsurance</u>	Not covered	<u>Specialty drugs</u> must be received from the preferred
	Specialty nonpreferred drugs (Tier 6)	50% coinsurance	50% <u>coinsurance</u>	50% <u>coinsurance</u>	Not covered	specialty pharmacy <u>network</u> .

			Limitations, Exceptions,			
Common Medical Event	Services You May Need	Preferred Network Provider (You will pay the least)	Enhanced Network Provider	Standard Network Provider	Nonparticipating Provider (You will pay the most)	& Other Important Information
If you have outpatient surgery	Facility fee (e.g., ambulatory surgery center)	10% <u>coinsurance</u>	30% <u>coinsurance</u>	50% <u>coinsurance</u>	50% <u>coinsurance</u>	None
outpatient surgery	Physician/surgeon fees	10% <u>coinsurance</u>	30% <u>coinsurance</u>	50% <u>coinsurance</u>	50% <u>coinsurance</u>	None
lf you need	Emergency room care	10% <u>coinsurance</u>	10% <u>coinsurance</u>	10% <u>coinsurance;</u> <u>deductible</u> does not apply	10% <u>coinsurance;</u> <u>deductible</u> does not apply	None
immediate medical attention	Emergency medical transportation	10% coinsurance	10% <u>coinsurance</u>	10% <u>coinsurance;</u> <u>deductible</u> does not apply	10% <u>coinsurance;</u> <u>deductible</u> does not apply	None
	Urgent care	\$5 <u>copay</u> /visit	30% coinsurance	50% <u>coinsurance</u>	50% <u>coinsurance</u>	None
If you have a	Facility fee (e.g., hospital room)	10% coinsurance	30% <u>coinsurance</u>	50% <u>coinsurance</u>	50% <u>coinsurance</u>	Precertification may be required.
hospital stay	Physician/surgeon fees	10% <u>coinsurance</u>	30% <u>coinsurance</u>	50% <u>coinsurance</u>	50% <u>coinsurance</u>	None
If you need mental health, behavioral health, or substance	Outpatient services	\$5 <u>copay</u> /office visit 10% <u>coinsurance</u> for other outpatient services	10% <u>coinsurance/</u> office visit 10% <u>coinsurance</u> for other outpatient	50% <u>coinsurance</u> / office visit 50% <u>coinsurance</u> for other outpatient	50% <u>coinsurance</u> / office visit 50% <u>coinsurance</u> for other outpatient	Precertification may be required.
abuse services	Inpatient services	10% <u>coinsurance</u>	services 10% <u>coinsurance</u>	services 50% <u>coinsurance</u>	services 50% <u>coinsurance</u>	Precertification may be required.
If you are pregnant	Office visits	No charge	No charge	50% <u>coinsurance</u>	50% <u>coinsurance</u>	None
	Childbirth/delivery professional services	10% <u>coinsurance</u>	30% <u>coinsurance</u>	50% <u>coinsurance</u>	50% <u>coinsurance</u>	None
	Childbirth/delivery facility services	10% <u>coinsurance</u>	30% <u>coinsurance</u>	50% <u>coinsurance</u>	50% <u>coinsurance</u>	None

			Limitations, Exceptions,			
Common Medical Event	Services You May Need	Preferred Network Provider (You will pay the least)	Enhanced Network Provider	Standard Network Provider	Nonparticipating Provider (You will pay the most)	& Other Important Information
If you need help recovering or have other special health needs	Home health care	10% <u>coinsurance</u>	30% <u>coinsurance</u>	50% <u>coinsurance</u>	50% <u>coinsurance</u>	40 visits max/benefit period. <u>Precertification</u> is required.
	<u>Rehabilitation</u> <u>services</u>	\$5 <u>copay</u> /visit	30% <u>coinsurance</u>	50% coinsurance	50% <u>coinsurance</u>	30 visits max/benefit period may apply for each therapy: physical, occupational and speech.
	Habilitation services	\$5 <u>copay</u> /visit	30% <u>coinsurance</u>	50% coinsurance	50% coinsurance	30 visits max/benefit period may apply for each therapy: physical, occupational and speech.
	Skilled nursing care	10% coinsurance	30% coinsurance	50% coinsurance	50% coinsurance	30 days max/benefit period. <u>Precertification</u> is required.
	Durable medical equipment	10% <u>coinsurance</u>	30% <u>coinsurance</u>	50% <u>coinsurance</u>	50% <u>coinsurance</u>	Precertification may be required.
	Hospice services	10% <u>coinsurance</u>	30% <u>coinsurance</u>	50% <u>coinsurance</u>	50% <u>coinsurance</u>	None
If your child needs dental or eye care	Children's eye exam	\$40 <u>copay</u> /visit	\$40 <u>copay</u> /visit	\$40 <u>copay</u> /visit; <u>deductible</u> does not apply	Not covered	One exam/benefit period.
	Children's glasses	10% <u>coinsurance</u>	10% <u>coinsurance</u>	10% <u>coinsurance</u>	Not covered	Lenses allowed 1/benefit period. Frames allowed once every other benefit period.
	Children's dental check-up	\$40 <u>copay</u> /visit	\$40 <u>copay</u> /visit	50% <u>coinsurance</u>	Not covered	Routine exam allowed 2/benefit period and cleanings allowed 4/benefit period.

# 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.)							
Abortions (except if necessary to prevent the	Infertility treatment	٠	Routine eye care (adult)				
woman's death)	Long-term (custodial) care	٠	Routine foot care (except if medically				
Acupuncture	• Non-emergency care when traveling outside the U.S.		necessary for members with circulatory				
Cosmetic surgery	Nonformulary drugs		disorders)				
Dental care (adult)	Private-duty nursing	٠	Weight loss programs				
Hearing aids							

Other Covered Services	(Limitations may	apply to these services	This isn't a com	nlete list. Please see	vour plan document )
	(Emiliarions may	apply to these services.		piete nati i iedae ace	your <u>plan</u> document.

Bariatric surgery (lifetime maximum of 1 operative 

 Chiropractic care (20 visits/benefit period)
 procedure)

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: BCBSND at 1-844-363-8457 or <a href="https://www.bcbsnd.com">www.bcbsnd.com</a>; or the Department of Labor's Employee Benefits Security Administration at 1-866-444-EBSA (3272) or <a href="https://www.dol.gov/agencies/ebsa/about-ebsa/ask-a-question/ask-ebsa">www.bcbsnd.com</a>; or the Department of Labor's Employee Benefits Security Administration at 1-866-444-EBSA (3272) or <a href="https://www.dol.gov/agencies/ebsa/about-ebsa/ask-a-question/ask-ebsa">www.bcbsnd.com</a>; or the Department of Labor's Employee Benefits Security Administration at 1-866-444-EBSA (3272) or <a href="https://www.dol.gov/agencies/ebsa/about-ebsa/ask-a-question/ask-ebsa">www.dol.gov/agencies/ebsa/about-ebsa/ask-a-question/ask-ebsa</a>. Other coverage options may be available to you too, including buying individual insurance coverage through the <a href="https://www.HealthCare.gov">Health Insurance Marketplace</a>. For more information about the <a href="https://www.HealthCare.gov">Marketplace</a>. So call 1-800-318-2596.

Your Grievance and Appeals Rights: There are agencies that can help if you have a complaint against your <u>plan</u> for a denial of a <u>claim</u>. This complaint is called a <u>grievance</u> or <u>appeal</u>. For more information about your rights, look at the explanation of benefits you will receive for that medical <u>claim</u>. Your <u>plan</u> documents also provide complete information to submit a <u>claim</u>, <u>appeal</u>, or a <u>grievance</u> for any reason to your <u>plan</u>. For more information about your rights, this notice, or assistance, contact: North Dakota Insurance Department at 1-701-328-2440, 1-800-247-0560 or <u>www.nd.gov/ndins/contact</u>.

# Does this plan provide Minimum Essential Coverage? Yes

Minimum Essential Coverage generally includes plans, health insurance available through the Marketplace or other individual market policies, Medicare, Medicaid, CHIP, TRICARE, and certain other coverage. If you are eligible for certain types of Minimum Essential Coverage, you may not be eligible for the premium tax credit.

# Does this plan meet the Minimum Value Standards? Not Applicable

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:

See BCBSND's attached disclosure for information on available language assistance services.

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



The total Peg would pay is

\$1,350

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.

<b>Peg is Having a Baby</b> (9 months of in-network pre-natal care hospital delivery)	and a	Managing Joe's type 2 Diak (a year of routine in-network care of controlled condition)	<b>Mia's Simple Fracture</b> (in-network emergency room visit and follow up care)		
The plan's overall deductible\$0Specialist copayment\$5Hospital (facility) coinsurance10%Other coinsurance10%		<ul> <li>The <u>plan's</u> overall <u>deductible</u></li> <li><u>Specialist copayment</u></li> <li>Hospital (facility) <u>coinsurance</u></li> <li>Other <u>coinsurance</u></li> </ul>	Specialist copayment\$5Hospital (facility) coinsurance10%		\$0 \$5 10% 10%
This EXAMPLE event includes services         Specialist office visits (prenatal care)         Childbirth/Delivery Professional Services         Childbirth/Delivery Facility Services         Diagnostic tests (ultrasounds and blood wo         Specialist visit (anesthesia)		This EXAMPLE event includes service Primary care physician office visits (inclu- disease education) Diagnostic tests (blood work) Prescription drugs Durable medical equipment (glucose me Total Example Cost	uding	This EXAMPLE event includes servi         Emergency room care (including media         supplies)         Diagnostic test (x-ray)         Durable medical equipment (crutches)         Rehabilitation services (physical therap         Total Example Cost	cal
· · · · · ·	<b>Ψ12,700</b>		<b>40,000</b>		ψ2,000
In this example, Peg would pay:		In this example, Joe would pay:		In this example, Mia would pay:	
Cost Sharing		Cost Sharing		Cost Sharing	
Deductibles	\$0	Deductibles	\$0	Deductibles	\$0
<u>Copayments</u>	\$30	<u>Copayments</u>	\$300	<u>Copayments</u>	\$30
<u>Coinsurance</u>	\$1,300	Coinsurance	\$30	<u>Coinsurance</u>	\$200
What isn't covered		What isn't covered		What isn't covered	
Limits or exclusions \$20		Limits or exclusions	\$0	Limits or exclusions	\$0

\$330

The total Mia would pay is

The total Joe would pay is

\$230



In accordance with federal regulations, Blue Cross Blue Shield of North Dakota is required to provide you the following disclosure:

Blue Cross Blue Shield of North Dakota complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, gender identity, sexual orientation or sex. Blue Cross Blue Shield of North Dakota does not exclude people or treat them differently because of race, color, national origin, age, disability, gender identity, sexual orientation or sex.

Blue Cross Blue Shield of North Dakota:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
  - 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, please call Member Services at 1-844-363-8457 (toll-free) or through the North Dakota Relay at 1-800-366-6888 or 711.

If you believe that Blue Cross Blue Shield of North Dakota has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, gender identity, sexual orientation or sex, you can file a grievance with:

Civil Rights Coordinator 4510 13th Ave S Fargo, ND 58121 701-297-1638 or North Dakota Relay at 800-366-6888 or 711 701-282-1804 (fax) <u>CivilRightsCoordinator@bcbsnd.com</u> (email) (Communication by unencrypted email presents a risk.)

You can file a grievance in person or by mail, fax, or email within 180 days of the date of the alleged discrimination. Grievance forms are available at <a href="http://www.bcbsnd.com/report">http://www.bcbsnd.com/report</a> or by calling 1-844-363-8457. 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 <u>https://ocrportal.hhs.gov/ocr/portal/lobby.jsf</u>, or by mail or phone at:

U.S. Department of Health and Human Services

200 Independence Avenue SW.

Room 509F, HHH Building

Washington, DC 20201

800-368-1019 or 800-537-7697 (TDD)

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

# Español (Spanish)

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-844-363-8457 (TTY: 1-800-366-6888 o 711).

#### Deutsch (German)

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-844-363-8457 (TTY: 1-800-366-6888 oder 711).

## 中文 (Chinese)

注意:如果您使用繁體中文,您可以免費獲得語言援助服務。請致電 1-844-363-8457(TTY: 1-800-366-6888 或 711)。

#### Oroomiffa (Oromo)

XIYYEEFFANNAA: Afaan dubbattu Oroomiffa, tajaajila gargaarsa afaanii, kanfaltiidhaan ala, ni argama. Bilbilaa 1-844-363-8457 (TTY: 1-800-366-6888 ykn 711).

#### Tiếng Việt (Vietnamese)

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-844-363-8457 (TTY: 1-800-366-6888 hoặc 711).

#### Ikirundi (Bantu – Kirundi)

ICITONDERWA: Nimba uvuga Ikirundi, uzohabwa serivisi zo gufasha mu ndimi, ku buntu. Woterefona 1-844-363-8457 (TTY: 1-800-366-6888 canke 711).

(Arabic) العربية

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 8457-863-844 (رقم هاتف الصم والبكم: 8888-366-880 أو 711 ).

#### Kiswahili (Swahili)

KUMBUKA: Ikiwa unazungumza Kiswahili, unaweza kupata, huduma za lugha, bila malipo. Piga simu 1-844-363-8457 (TTY: 1-800-366-6888 au 711).

#### Русский (Russian)

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-844-363-8457 (телетайп: 1-800-366-6888 или 711).

## 日本語 (Japanese)

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。1-844-363-8457(TTY: 1-800-366-6888 または 711)まで、お電話にてご連絡ください。

# नेपाली (Nepali)

ध्यान दिन्होस्: तपाईंले नेपाली बोल्न्हुन्छ भने तपाईंको निम्ति भाषा सहायता सेवाहरू निःशुल्क रूपमा उपलब्ध छ । फोन गर्नुहोस् 1-844-363-8457 (टिटिवाइ: 1-800-366-6888 वा 711) ।

## Français (French)

ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-844-363-8457 (ATS : 1-800-366-6888 ou 711).

# 한국어 (Korean)

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-844-363-8457 (TTY: 1-800-366-6888 또는 711)번으로 전화해 주십시오.

## Tagalog (Tagalog – Filipino)

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-844-363-8457 (TTY: 1-800-366-6888 o 711).

#### Norsk (Norwegian)

MERK: Hvis du snakker norsk, er gratis språkassistansetjenester tilgjengelige for deg. Ring 1-844-363-8457 (TTY: 1-800-366-6888 eller 711).

## Diné Bizaad (Navajo)

Díí baa akó nínízin: Díí saad bee yáníłti'go **Diné Bizaad**, saad bee áká'ánída'áwo'dęé', t'áá jiik'eh, éí ná hóló, kojj' hódíílnih 1-844-363-8457 (TTY: 1-800-366-6888 éí doodagó 711.)