

## **Assistive Technology**

Persons using assistive technology may not be able to fully access the following information. For assistance, please call 1- 800-370-4526.

## **Smartphone or Tablet**

To view documents from your smartphone or tablet, the free WinZip app is required. It may be available from your App Store.

## **Non-Discrimination**

Aetna complies with applicable Federal civil rights laws and does not unlawfully discriminate, exclude or treat people differently based on their race, color, national origin, sex, age, or disability.

We provide free aids/services to people with disabilities and to people who need language assistance.

If you need a qualified interpreter, written information in other formats, translation or other services, call 1-800-370-4526.

If you believe we have failed to provide these services or otherwise discriminated based on a protected class noted above, you can also file a grievance with the Civil Rights Coordinator by contacting:

Civil Rights Coordinator,  
P.O. Box 14462, Lexington, KY 40512 (CA HMO customers: PO Box 24030 Fresno, CA 93779),  
1-800-648-7817, TTY: 711,  
Fax: 859-425-3379 (CA HMO customers: 860-262-7705), [CRCoordinator@aetna.com](mailto:CRCoordinator@aetna.com).

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or at: U.S. Department of Health and Human Services, 200 Independence Avenue SW., Room 509F, HHH Building, Washington, DC 20201, or at 1-800-368-1019, 800-537-7697 (TDD).

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## Language Assistance

TTY: 711

To access language services at no cost to you, call 1- 800-370-4526.

Para acceder a los servicios de idiomas sin costo, llame al 1- 800-370-4526. (Spanish)

如欲使用免費語言服務，請致電 1- 800-370-4526。(Chinese)

Afin d'accéder aux services langagiers sans frais, composez le 1- 800-370-4526. (French)

Para ma-access ang mga serbisyo sa wika nang wala kayong babayaran, tumawag sa 1- 800-370-4526. (Tagalog)

T'áá ni nizaad k'ehjí bee níká a'doowot doo bą́h ílínígóó kojí' hóine' | 1- 800-370-4526. (Navajo)

Um auf für Sie kostenlose Sprachdienstleistungen zuzugreifen, rufen Sie 1- 800-370-4526 an. (German)

Për shërbime përkthimi falas për ju, telefononi 1- 800-370-4526. (Albanian)

የቋንቋ አገልግሎቶችን ያለክፍያ ለማግኘት፣ በ 1- 800-370-4526 ይደውሉ። (Amharic)

(Arabic) للحصول على الخدمات اللغوية دون أي تكلفة، الرجاء الاتصال على الرقم 1- 800-370-4526.

Անվճար լեզվական ծառայություններից օգտվելու համար զանգահարեք 1- 800-370-4526 հեռախոսահամարով: (Armenian)

Kugira uronke serivisi z'indimi atakiguzi, hamagara 1- 800-370-4526 (Bantu)

আপনাকে বিনামূল্যে ভাষা পরষিবো পতে হলে এই নম্বরে টেলফিে ান করুন: 1- 800-370-4526 | (Bengali)

Ngadto maakses ang mga serbisyo sa pinulongan alang libre, tawagan sa 1- 800-370-4526. (Bisayan-Visayan)

သင့်အနေဖြင့် အခကြေးငွေ မပေးရဲဘဲ ဘာသာစကား ဝန်ဆောင်မှုများ ရရှိနိုင်ရန် 1- 800-370-4526

သို့ ဖုန်းခေါ်ဆိုပါ။ (Burmese)

Per accedir a serveis lingüístics sense cap cost per vostè, telefoni al 1- 800-370-4526. (Catalan)

Para un hago' i setbision lengguáhi ni dibátde para hágu, ágang 1- 800-370-4526. (Chamorro)

ᎠᎵᏍᏗ ᎠᎵᏍᏗ ᎠᎵᏍᏗ ᎠᎵᏍᏗ ᎠᎵᏍᏗ ᎠᎵᏍᏗ ᎠᎵᏍᏗ ᎠᎵᏍᏗ 1- 800-370-4526. (Cherokee)

Anumpa tohsholi I toksvli ya peh pilla ho ish I paya hinla, I paya 1- 800-370-4526. (Choctaw)

Tajaajiloota afaanii garuu bilisaa ati argaachuuf, bilibili 1- 800-370-4526. (Cushite-Oromo)

Voor gratis toegang tot taaldiensten, bell 1- 800-370-4526. (Dutch)

Pou jwenn sèvis lang gratis, rele 1- 800-370-4526. (French Creole-Haitian)

Για να επικοινωνήσετε χωρίς χρέωση με το κέντρο υποστήριξης πελατών στη γλώσσα σας,

τηλεφωνήστε στον αριθμό 1- 800-370-4526. (Greek)

તમારે કોઈ જાતના ખર્ચ વગર ભાષાની સેવાઓની પહોંચ માટે, કોલ કરો 1- 800-370-4526. (Gujarati)

No ka wala‘au ‘ana me ka lawelawe ‘ōlelo e kahea aku i kēia helu kelepona 1- 800-370-4526. Kāki ‘ole ‘ia kēia kōkua nei. (Hawaiian)

आपके लिए बनिा किसी कीमत के भाषा सेवाओं का उपयोग करने के लिए, 1- 800-370-4526 पर कॉल करें। (Hindi)

Xav tau kev pab txhais lus tsis muaj nqi them rau koj, hu 1- 800-370-4526. (Hmong)

Iji nwetaòhèrè na oru gasi asusụ n'efu, kpọọ 1- 800-370-4526. (Ibo)

Tapno maaksesyo dagiti serbisio maipapan iti pagsasao nga awan ti bayadanyo, tawagan ti 1- 800-370-4526. (Ilocano)

Untuk mengakses layanan bahasa tanpa dikenakan biaya, hubungi 1- 800-370-4526. (Indonesian)

Per accedere ai servizi linguistici, senza alcun costo per lei, chiami il numero 1- 800-370-4526 (Italian)

言語サービスを無料でご利用いただくには、1- 800-370-4526 までお電話ください。 (Japanese)

လူတော်ကမ္ဘာ့ဂိဏ္ဍိအတော်မာစာအတော်ဝဲ:တော်မာတဖုံလူတဖုံဒီးအပူလူကဘဉ်ဟ့ၣ်ဒီးအဂီၢ်ဘဉ်ဟ့ၣ် ကိ: 1- 800-370-4526

တက့ၢ်. (Karen)

무료 언어 서비스를 이용하려면 1- 800-370-4526 번으로 전화해 주십시오. (Korean)

M dyi wudu-dù kà kò dò bè dyi múuñ nì Pídyi ní, ní, dá nòbà nìa ke: 1- 800-370-4526. (Kru-Bassa)

(Kurdish) 1- 800-370-4526 به ژماره‌ی په‌یوه‌ندی بکه به ژماره‌ی 1- 800-370-4526 یۆ ده‌سیێڕاگه‌بێستن به خزمه‌تگوزاری زما‌ن به‌یئ تێچوون یۆ تو، په‌یوه‌ندی بکه به ژماره‌ی 1- 800-370-4526 .

ເລຂີ້ຂົ່ວໂຮງກັ່ນບວ່ກິນພາສາໂດຍບໍ່ລ່ອຍຄ່າຕ່ຳບໍ່ທ່ານ, ໃຫ້ໂທຫາເບ 1- 800-370-4526. (Laotian)

कोणत्याही शुल्काशुवाय भाषा सेवा प्राप्त करण्यासाठी, 1- 800-370-4526 वर फोन करा. (Marathi)

Nan etal nan jikin jiban ikijen Kajin ilo an ejelok onen nan kwe, kirlok 1- 800-370-4526. (Marshallese)

Pwehn alehdi sawas en lokaia kan ni sohte pweipwei, koahlih 1- 800-370-4526. (Micronesia-Pohnpeian)

ដំបូងបីទទួលបានសេវាកម្មភាសាដំបូងសេតគតិកថុលសែម្បាប់លោកអុនក សូមហៅទូរស័ព្ទទទួលបានលេខ 1- 800-370-4526។ (Mon-Khmer, Cambodian)

नःशुल्क भाषा सेवा प्राप्त गर्न 1- 800-370-4526 मा टेलिफोन गर्नुहोस् । (Nepali)

Të kɔɔr yīn wēĕr de thokic ke cīn wēu kɔr keek tēnɔŋ yīn. Ke ɔɔl kɔc ye kɔc kuɔny ne nɔmba 1- 800-370-4526. (Niloitic-Dinka)

For tilgang til kostnadsfri språktjenester, ring 1- 800-370-4526. (Norwegian)

Um Schprooch Services zu griege mitaus Koscht, ruff 1- 800-370-4526. (Pennsylvania Dutch)

برای دسترسی به خدمات زبان به طور رایگان، با شماره 1- 800-370-4526 تماس بگیرید. (Persian-Farsi)

Aby uzyskać dostęp do bezpłatnych usług językowych proszę zadzwonić 1- 800-370-4526 (Polish)

Para acessar os serviços de idiomas sem custo para você, ligue para 1- 800-370-4526. (Portuguese)

ਤੁਹਾਡੇ ਲਈ ਬਨਿੰ ਕਸਿ ਕੀਮਤ ਵਾਲੀਆਂ ਭਾਸ਼ਾ ਸੇਵਾਵਾਂ ਦੀ ਵਰਤੋਂ ਕਰਨ ਲਈ, 1- 800-370-4526 'ਤੇ ਫੋਨ ਕਰੋ। (Punjabi)

Pentru a accesa gratuit serviciile de limbă, apelați 1- 800-370-4526. (Romanian)

Для того чтобы бесплатно получить помощь переводчика, позвоните по телефону 1- 800-370-4526. (Russian)

Mo le mauaina o auaunaga tau gagana e aunoa ma se totogi, vala'au le 1- 800-370-4526. (Samoan)

Za besplatne prevodilačke usluge pozovite 1- 800-370-4526. (Serbo-Croatian)

Heeba a nasta jangirde djey wolde wola chede bo apelou lamba 1- 800-370-4526. (Sudanic-Fulfulde)

Kupata huduma za lugha bila malipo kwako, piga 1- 800-370-4526. (Swahili)

ܪܚܩܐ ܕܚܘܒܐ ܕܟܘܠ ܘܨܩܝܢܐ ܕܡܥܘܢܐ ܕܡܝܢܐ ܕܡܡܝܐ ܕܡܡܝܐ ܕܡܡܝܐ ܕܡܡܝܐ

(Syriac-Assyrian) 1-800-370-4526

మీరు భాష నేవలను ఉచితంగా అందుకునేందుకు, 1- 800-370-4526 కు కాల్ చేయండి. (Telugu)

หากท่านต้องการเข้าถึงการบริการทางด้านภาษาโดยไม่มีค่าใช้จ่าย โปรดโทร 1- 800-370-4526 (Thai)

Kapau 'oku ke fiema'u ta'etōtōngi 'a e ngaahi sēvesi kotoa pē he ngaahi lea kotoa, telefoni ki he 1- 800-370-4526. (Tongan)

Ren omw kopwe angei aninisin eman chon awewei (ese kamo), kopwe kori 1- 800-370-4526. (Trukese)

Sizin için ücretsiz dil hizmetlerine erişebilmek için, 1- 800-370-4526 numarayı arayın. (Turkish)

Щоб отримати безкоштовний доступ до мовних послуг, задзвоніть за номером 1- 800-370-4526. (Ukrainian)

بلاقیمت زبان سے متعلقہ خدمات حاصل کرنے کے لیے ، 1- 800-370-4526 پر بات کریں۔ (Urdu)

Nếu quý vị muốn sử dụng miễn phí các dịch vụ ngôn ngữ, hãy gọi tới số 1- 800-370-4526. (Vietnamese)

צו צוטריט שפראך באדינונגען אין קיין פרייז צו איר, רופן 1- 800-370-4526. (Yiddish)

Lati wọnú awọn isẹ èdè l'ọfẹ fun ọ, pe 1- 800-370-4526. (Yoruba)