

# Health Benefits

Putting the pieces together  
to improve your health.



## NONDISCRIMINATION AND ACCESSIBILITY REQUIREMENTS NOTICE

The State Employee and Retiree Health and Welfare Benefits Program (the Program) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex in its activities or the health plans that are offered.<sup>1</sup> The Program does not exclude or treat people differently because of race, color, national origin, age, disability or sex.

The Program provides free aids and services to people with disabilities to enable them to communicate effectively with us, such as qualified sign language interpreters and written information in other format and provides free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages. If you need these services, contact the Compliance Officer, Kelly Valentine (see below).

If you believe that the Program has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex in its activities or the health plans that are offered, you can file a complaint with the Compliance Officer. You can file a complaint in person or by mail, fax, or email. If you need help filing a complaint, the Compliance Officer 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, 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, D.C. 20201. 1-800-368-1019, 800-537-7697 (TDD). Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>

Compliance Officer: Renee Hammock  
301 West Preston Street—Room 510  
Baltimore, MD 21201  
Phone: 410.767.4775  
Fax: 410.333.7104  
[Renee.Hammock@maryland.gov](mailto:Renee.Hammock@maryland.gov)

### Interpreter Services Are Available for Free

Help is available in your language: 1-800-307-8283 (TTY: 711). These services are available for free.

### Español/Spanish

Hay ayuda disponible en su idioma: 1-800-307-8283 (TTY: 711). Estos servicios están disponibles gratis.

### አማርኛ/Amharic

እገዛ በ ቋንቋዎ ማግኘት ይቻላል:- 1-800-307-8283 (TTY: 711)። እነዚህ አገልግሎቶች ያለክፍያ የሚኖሩ ናቸው።

### العربية/Arabic

المساعدة متوفرة في لغتك: اتصل على الرقم 1-800-307-8283 (للمعاقين سمعياً: 1-800-307-8283)

### 中文/Chinese

用您的语言为您提供帮助: 1-800-307-8283 (TTY: 711) 。 这些服务都是免费的

### فارسی/Farsi

خط تلفن کمک به زبانی که شما صحبت می کنید: 1-800-307-8283 (خط تماس افراد ناشنوا 1-800-307-8283)  
این خدمات به صورت رایگان در دسترس هستند

## Français/French

Vous pouvez disposer d'une assistance dans votre langue : 1-800-307-8283 (TTY : 711). Ces services sont disponibles pour gratuitement.

## ગજરાતી/Gujarati

તમારી ભાષામાં મદદ ઉપલબ્ધ છે: 1-800-307-8283 (ટીટીવાય: 1-800-307-8283). સેવાઓ મફત ઉપલબ્ધ છે.

## kreyòl ayisyen/Haitian Creole

Gen èd ki disponib nan lang ou: 1-800-307-8283 (TTY: 711). Sèvis sa yo disponib gratis.

## Igbo

Enyemaka di na asusu gi: 1-800-307-8283 (TTY: 711). Ọrụ ndị a dị na enweghi ugwo i ga akwu maka ya.

## 한국어/Korean

사용하시는 언어로 지원해드립니다: 1-800-307-8283 (TTY: 711).

무료로 제공 됩니다.

## Português/Portuguese

A ajuda está disponível em seu idioma: 1-800-307-8283 (TTY: 711). Estes serviços são oferecidos de graça.

## Русский/Russian

Помощь доступна на вашем языке: 1-800-307-8283 (TTY: 711). Эти услуги предоставляются бесплатно.

## Tagalog

Makakakuha kayo ng tulong sa iyong wika: 1-800-307-8283 (TTY: 711). Ang mga serbisyong ito ay libre.

## اردو/Urdu

آپ کی زبان میں مدد دستیاب ہے: 1-800-307-8283 (ٹی ٹی وائی: 1-800-307-8283)  
خدمات مفت کے لئے دستیاب ہیں

## Tiếng Việt/Vietnamese

Hỗ trợ là có sẵn trong ngôn ngữ của quý vị 1-800-307-8283 (TTY: 711). Những dịch vụ này có sẵn miễn phí.

## yorùbá/Yoruba

Ìrànlọwọ wà ní àrọwọtọ ní èdè rẹ: 1-800-307-8283 (TTY: 711). Awon ise yi wa fun o free.

<sup>1</sup>In addition to the federal notification requirements, we also want you to know that Maryland State law also prohibits discrimination on the basis of ancestry, creed, gender identity and expression, genetic information, marital status, sexual orientation and religious affiliation, belief or opinion, pursuant to Executive Order 01.01.2007.16 and other State laws and regulations.