

# NOTICE OF NONDISCRIMINATION

Cottage Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Cottage Health does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Cottage Health:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
  - Qualified sign language interpreters
  - 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, contact Interpreter Services.

If you believe that Cottage Health has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with: Colleen Wheeler, phone: (805) 569-7244

You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, Colleen Wheeler 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 <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 <https://www.hhs.gov/ocr/office/file/index.html>.

# Multi-Language Interpreter Services

<b>English</b>	ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-800-752-6096. Client ID #201109. (TDD: 866-660-4288)
<b>Spanish</b>	ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-752-6096. Client ID #201109. (TDD: 866-660-4288)
<b>Chinese</b>	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 1-800-752-6096. Client ID #201109 (TDD: 866-660-4288)
<b>Vietnamese</b>	CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-752-6096. Client ID #201109 (TDD: 866-660-4288)
<b>Tagalog</b>	PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-800-752-6096. Client ID #201109. (TDD: 866-660-4288)
<b>Korean</b>	주 의: 한 국어를 사 용하시 는 경 우, 언 어 지 원 서 비스 를 무 료로 이 용하 실 수 있 습니 다. 1-800-752-6096. Client ID #201109. (TDD: 866-660-4288) 번 으로 전 화해 주 십시 오.
<b>Armenian</b>	ՈՒՇԱԴՐՈՒԹՅՈՒՆՆ Եթե խոսում եք հայերեն, ապա ձեզ անվճար կարող են տրամադրվել լեզվական աջակցության ծառայություններ: Ջանգահարեք 1-800-752-6096. Client ID #201109. (TDD: 866-660-4288)
<b>Russian</b>	ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-752-6096. Client ID #201109. (TDD: 866-660-4288)
<b>Japanese</b>	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。1-800-752-6096. Client ID #201109 (TDD: 866-660-4288) ま で、お電話にてご連絡ください。
<b>Arabic</b>	1-800-752-6096. Client ID #201109. (TDD: 866-660-4288) دعوة تكلم العربية، وخدمات المساعدة اللغوية، مجاناً، توفّر لك دعوة
<b>Punjabi</b>	ਪਿਆਰ: ਜੇਕਰ ਤੁਹਾਨੂੰ ਪੰਜਾਬੀ, ਭਾਸ਼ਾ ਸਹਾਇਤਾ ਸੇਵਾ, ਮੁਫਤ ਗੱਲ ਕਰ, ਜੇ, ਤੁਹਾਡੇ ਲਈ ਉਪਲੱਬਧ ਚਨ. 1-800-752-6096. Client ID #201109. (TDD: 866-660-4288)
<b>Cambodian</b>	ប្រយ័ត្ន: បើសិនជាអ្នកនិយាយភាសាខ្មែរ, សេវាជំនួយផ្នែកភាសាដោយមិនគិតល្អិត គឺអាចមានសំរាប់បំរើអ្នក។ ជូរ ទូរស័ព្ទ 1-800-752-6096. Client ID #201109. (TDD: 866-660-4288)
<b>Hmong</b>	LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 1-800-752-6096. Client ID #201109. (TDD: 866-660-4288)
<b>Hindi</b>	ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। 1-800-752-6096. Client ID #201109. (TDD: 866-660-4288)
<b>Thai</b>	เรียน: ถ้าคุณพูดภาษาไทยคุณสามารถใช้บริการช่วยเหลือทางภาษาได้ฟรี โทร 1-800-752-6096. Client ID #201109 (TDD: 866-660-4288)
<b>Farsi</b>	تسهیلات ک نید، می گ ف تگوف ارسى زب ان ب ه اگ ر : ت و جه 1-800-752-6096. Client ID #201109 (TDD: 866-660-4288) شم ب رای رایگان ب صورت زب انی