

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

English	ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-800-752-6096. Client ID # 201109 (TDD: 899-660-4288).
Arabic	ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-800-752-6096. Client ID # 201109 (رقم هاتف الصم والبكم : 899-660-4288)
Armenian	ՈւՆԻԿՐՈՒԹՅՈՒՆՆԵՐ Եթե խոսում եք հայերեն, ապա ձեզ անվճար կարող են տրամադրվել լեզվական օգնություններ: Ձանգահարեք: 1-800-752-6096: Client ID #201109 (TDD (հեռախոսիչ)՝ 899-660-4288):
Cambodian (Khmer)	ប្រយ័ត្ន: បើសិនជាអ្នកនិយាយ ភាសាខ្មែរ, សេវាជំនួយផ្នែកភាសា ដោយមិនគិតល្អល គឺអាចមានសំរាប់អ្នក។ ចូរ ទូរស័ព្ទ 1-800-752-6096។ Client ID # 201109 (TDD: 899-660-4288)។
Chinese	注意：如果您使用繁體中文，您可以免費獲得語言協助服務。 請致電 1-800-752-6096. Client ID # 201109 (TDD: 899-660-4288)。
Farsi	توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. ب 1-800-752-6096 تماس بگیرید. Client ID # 201109 (TDD: 899-660-4288)
Hindi	ध्यान दें: अगर आप हिंदी बोलते हैं, तो आपके लिए भाषा सहायता सेवाएँ मुफ्त में उपलब्ध हैं। 1-800-752-6096 पर कॉल करें। Client ID # 201109 (TDD: 899-660-4288)।
Hmong	LUS CEEV: Yog hais tias koj hais lus Hmoob peb muaj cov kev pab cuam hais ua koj hom lus pub rau koj yam tsis xam tus nqi hlo li. Hu rau 1-800-752-6096. Client ID # 201109 (TDD: 899-660-4288).
Japanese	ATTENTION: 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 まで、お電話にてご連絡ください。Client ID # 201109 (TDD: 899-660-4288)。
Korean	주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-800-752-6096번으로 전화해 주십시오. Client ID # 201109 (TDD: 899-660-4288).
Punjabi	ਧਿਆਨ ਦਿਓ: ਜੇ ਤੁਸੀਂ ਪੰਜਾਬੀ ਬੋਲਦੇ ਹੋ, ਤਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਸਹਾਇਤਾ ਸੇਵਾ ਤੁਹਾਡੇ ਲਈ ਮੁਫਤ ਉਪਲਬਧ ਹੈ। Call 1-800-752-6096 Client ID # 201109 (TDD: 899-660-4288)
Russian	ВНИМАНИЕ: Если вы говорите на русском языке, вы можете воспользоваться бесплатными услугами перевода. Звоните 1-800-752-6096. Client ID # 201109 (телетайп: 899-660-4288).
Spanish	ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-752-6096. Client ID # 201109 (TDD: 899-660-4288).
Tagalog	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: 899-660-4288).
Thai	เรียน: ถ้าคุณพูดภาษาไทยคุณสามารถใช้บริการช่วยเหลือทางภาษาได้ฟรี โทร 1-800-752-6096. Client ID # 201109 (TDD: 899-660-4288).
Vietnamese	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: 899-660-4288).