

## Notice of Non-Discrimination Practices

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

Mary Washington Health Alliance:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as qualified sign language interpreters and written materials.
- 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 Pamela Jones, Cultural Services/Civil Rights Coordinator, 540.741.2655, or ask your care provider.

If you believe that Mary Washington Health Alliance 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: Andrea Vassel, Enterprise Risk Manager, 2300 Fall Hill Avenue, Suite 509, Fredericksburg, VA 22401, 540.741.0694, 540.741.1097 (fax), andrea.vassel@mwhc.com. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, Andrea Vassel 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 <http://www.hhs.gov/ocr/office/file/index.html>.

### Language Assistance Services

ATENCIÓN: Si habla español, tiene a su disposición servicios de asistencia lingüística sin costo alguno. Llame al 540.741.2655.

안내: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 540.741.2655 번으로 전화해 주십시오.

CHÚ Ý: Nếu quý vị nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho quý vị. Gọi số 540.741.2655.

如果您说汉语普通话，您可以免费获得语言援助服务，请拨打540.741.2655。

تنبيه: إذا كنت تتحدث اللغة العربية، فإن خدمات المساعدة اللغوية تتوافر لك مجاناً. اتصل برقم 540.741.2655

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 540.741.2655.

توجه: اگر به زبان فارسی صحبت می‌کنید، خدمات کمک زبانی، به صورت رایگان در دسترس شما قرار دارند. با 540.741.2655 تماس بگیرید

ማሳሰቢያ:- አማርኛ የሚናገሩ ከሆነ፣ የቋንቋ ድጋፍ አገልግሎት፣ ያለከፍያ በነጻ ይቀርብሎቻል። 540.741.2655 ይደውሉ።

خبردار: اگر آپ اردو بولتے ہیں، تو آپ کو زبان کی مدد کی خدمات مفت میں دستیاب ہیں۔ کال کریں 540.741.2655

ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 540.741.2655.

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 540.741.2655.

कृपया ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए भाषा सहायता सेवाएं नि:शुल्क उपलब्ध हैं। 540.741.2655 पर कॉल करें।

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 540.741.2655.

মনে রাখবেন: আপনি যদি বাংলাতে কথা বলেন, সেক্ষেত্রে আপনার জন্য বিনামূল্যে ভাষা সহায়তা পরিষেবা উপলব্ধ রয়েছে। 540.741.2655-এ কল করুন।

NRUBAMA: O buru na i na asu Igbo, oru enyemaka asusu, n'efu, dijri gi. Kpoo 540.741.2655

AKIYESI: Bi o ba n so Yoruba, awon ise iranwo ede, wa fun o lofe. Pe 540.741.2655.