# Highlights of your Health Care Coverage

Green Diamond Resource Company

Group Number: 1012195

Any deductibles, copays, and coinsurance percentages shown are amounts for which you're responsible. Medical Benefits apply after the calendar-year deductible is met unless otherwise noted, or if the cost share is a copay.

MEDICAL PLAN	YOUR FUTURE - \$2800 AGG/EMB \$3300/\$5600 20/40% \$4500/\$9000 - \$2000 HEARING HARDWARE - PV CORE PLUS OPT 1:1	
	HERITAGE IN-NETWORK	OUT-OF-NETWORK
MEDICAL COST SHARES		
Individual Deductible PPY (Embedded Fam; Ind \$3,300 replaces \$2,800 IND Agg Fam Ded \$5,600)	Individual Only: \$2,800 (agg) PPY Individual + Family: \$3,300 / \$5,600 PPY	\$5,600 PPY Individual / \$11,200 Family
Coinsurance (Member's percentage of costs after deductible based on allowable charges)	20%	40%
Individual Out of Pocket Maximum PPY, includes deductible, coinsurance, copay and pharmacy if applicable (Family embedded OOP max 2X Individual)	\$4,500 PPY / \$9,000 PPY	\$9,000 PPY / \$18,000 PPY
Office Visit Cost Share	Individual Only: \$2,800 (agg) PPY Individual + Family: \$3,300 / \$5,600 PPY Deductible, then 20% Coinsurance, applies to \$4,500 PPY / \$9,000 PPY Out of Pocket Maximum	\$5,600 PPY Individual / \$11,200 Family Deductible, then 40% Coinsurance, applies to \$9,000 PPY / \$18,000 PPY Out of Pocket Maximum
Kinwell Connect Cost Share Waiver (Excluded)	All services rendered and billed by any Kinwell clinic are subject to standard cost shares	Not Applicable
PREVENTIVE CARE OPTIONS AND HEALTH EDUCATION		
Preventive Office Visit (Unlimited, subject to standard medical guidelines)	Covered in Full	Not Covered
Immunizations (Unlimited, subject to standard medical guidelines)	Covered in Full	Not Covered
Health Education (HE) (Unlimited)	Covered in Full	Not Covered
Nicotine Dependency Programs (ND) (Unlimited)	Covered in Full	Not Covered
Diabetes Health Education (DE) (Unlimited)	Covered in Full	Covered in Full
CHRONIC CONDITION MANAGEMENT PROGRAMS		
Diabetes Management Plus	Excluded	Excluded
Diabetes Prevention Plus	Excluded	Excluded
Hypertension Plus	Excluded	Excluded
Weight Management	Excluded	Excluded
PROFESSIONAL CARE		

Effective Date: 07/01/2025

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## YOUR FUTURE - \$2800 AGG/EMB \$3300/\$5600 20/40% \$4500/\$9000 - \$2000 HEARING HARDWARE - PV CORE PLUS OPT 1:1

	HERITAGE IN-NETWORK	OUT-OF-NETWORK	
Professional Office Visit	Individual Only: \$2,800 (agg) PPY Individual + Family: \$3,300 / \$5,600 PPY Deductible, then 20% Coinsurance, applies to \$4,500 PPY / \$9,000 PPY Out of Pocket Maximum	\$5,600 PPY Individual / \$11,200 Family Deductible, then 40% Coinsurance, applies to \$9,000 PPY / \$18,000 PPY Out of Pocket Maximum	
Telemedicine with Traditional Providers - General Medical	Individual Only: \$2,800 (agg) PPY Individual + Family: \$3,300 / \$5,600 PPY Deductible, then 20% Coinsurance, applies to \$4,500 PPY / \$9,000 PPY Out of Pocket Maximum	\$5,600 PPY Individual / \$11,200 Family Deductible, then 40% Coinsurance, applies to \$9,000 PPY / \$18,000 PPY Out of Pocket Maximum	
VIRTUAL CARE SERVICES			
Telemedicine - General Medical (Virtual Care Only)	Individual Only: \$2,800 (agg) PPY Individual + Family: \$3,300 / \$5,600 PPY Deductible, then 20% Coinsurance, applies to \$4,500 PPY / \$9,000 PPY Out of Pocket Maximum	Not Covered	
Telemedicine - Mental Health (Virtual Care Only)	Subject to Mental Health Outpatient Professional Care In-Network Cost Share	Not Covered	
Telemedicine - Mental Health for Children (Virtual Care Only)	Subject to Mental Health Outpatient Professional Care In-Network Cost Share	Not Covered	
Telemedicine - Chemical Dependency (Virtual Care Only)	Subject to Chemical Dependency Outpatient Office Visit	Not Covered	
<b>Telemedicine - Outpatient Rehab (Virtual Care Only)</b> (Shared with Rehab Outpatient Care)	Subject to Rehab Outpatient Care In- Network Cost Share	Not Covered	
DIAGNOSTIC SERVICES			
Preventive Imaging and Laboratory	Covered in Full	\$5,600 PPY Individual / \$11,200 Family Deductible, then 40% Coinsurance, applies to \$9,000 PPY / \$18,000 PPY Out of Pocket Maximum	
Diagnostic Laboratory	Individual Only: \$2,800 (agg) PPY Individual + Family: \$3,300 / \$5,600 PPY Deductible, then 20% Coinsurance, applies to \$4,500 PPY / \$9,000 PPY Out of Pocket Maximum	\$5,600 PPY Individual / \$11,200 Family Deductible, then 40% Coinsurance, applies to \$9,000 PPY / \$18,000 PPY Out of Pocket Maximum	
Basic Diagnostic Imaging	Individual Only: \$2,800 (agg) PPY Individual + Family: \$3,300 / \$5,600 PPY Deductible, then 20% Coinsurance, applies to \$4,500 PPY / \$9,000 PPY Out of Pocket Maximum	\$5,600 PPY Individual / \$11,200 Family Deductible, then 40% Coinsurance, applies to \$9,000 PPY / \$18,000 PPY Out of Pocket Maximum	
Major Diagnostic Imaging	Individual Only: \$2,800 (agg) PPY Individual + Family: \$3,300 / \$5,600 PPY Deductible, then 20% Coinsurance, applies to \$4,500 PPY / \$9,000 PPY Out of Pocket Maximum	\$5,600 PPY Individual / \$11,200 Family Deductible, then 40% Coinsurance, applies to \$9,000 PPY / \$18,000 PPY Out of Pocket Maximum	

YOUR FUTURE - \$2800 AGG/EMB \$3300/\$5600 20/40% \$4500/\$9000 - \$2000
HEARING HARDWARE - PV CORE PLUS OPT 1:1

HEARING HARDWARE - PV CORE PLUS OFT 1.1		
	HERITAGE IN-NETWORK	OUT-OF-NETWORK
Preventive Mammography	Covered in Full	\$5,600 PPY Individual / \$11,200 Family Deductible, then 40% Coinsurance, applies to \$9,000 PPY / \$18,000 PPY Out of Pocket Maximum
Diagnostic Mammography	Individual Only: \$2,800 (agg) PPY Individual + Family: \$3,300 / \$5,600 PPY Deductible, then 20% Coinsurance, applies to \$4,500 PPY / \$9,000 PPY Out of Pocket Maximum	\$5,600 PPY Individual / \$11,200 Family Deductible, then 40% Coinsurance, applies to \$9,000 PPY / \$18,000 PPY Out of Pocket Maximum
Supplemental Breast Exam	Covered as any other service	Covered as any other service
FACILITY CARE		
Inpatient Facility	Individual Only: \$2,800 (agg) PPY Individual + Family: \$3,300 / \$5,600 PPY Deductible, then 20% Coinsurance, applies to \$4,500 PPY / \$9,000 PPY Out of Pocket Maximum	\$5,600 PPY Individual / \$11,200 Family Deductible, then 40% Coinsurance, applies to \$9,000 PPY / \$18,000 PPY Out of Pocket Maximum
Inpatient Professional Services	Individual Only: \$2,800 (agg) PPY Individual + Family: \$3,300 / \$5,600 PPY Deductible, then 20% Coinsurance, applies to \$4,500 PPY / \$9,000 PPY Out of Pocket Maximum	\$5,600 PPY Individual / \$11,200 Family Deductible, then 40% Coinsurance, applies to \$9,000 PPY / \$18,000 PPY Out of Pocket Maximum
Outpatient Surgery Facility	Individual Only: \$2,800 (agg) PPY Individual + Family: \$3,300 / \$5,600 PPY Deductible, then 20% Coinsurance, applies to \$4,500 PPY / \$9,000 PPY Out of Pocket Maximum	\$5,600 PPY Individual / \$11,200 Family Deductible, then 40% Coinsurance, applies to \$9,000 PPY / \$18,000 PPY Out of Pocket Maximum
<b>Skilled Nursing Facility</b> (60 days PPY; includes room and board, and facility billed professional and ancillary fees)	Individual Only: \$2,800 (agg) PPY Individual + Family: \$3,300 / \$5,600 PPY Deductible, then 20% Coinsurance, applies to \$4,500 PPY / \$9,000 PPY Out of Pocket Maximum	\$5,600 PPY Individual / \$11,200 Family Deductible, then 40% Coinsurance, applies to \$9,000 PPY / \$18,000 PPY Out of Pocket Maximum
HOSPICE & HOME HEALTH CARE		
<b>Hospice Inpatient Facility</b> (Unlimited Hospice days & Respite care/visits hours. Coverage for 6 months of care with add 6 mos pos)	Individual Only: \$2,800 (agg) PPY Individual + Family: \$3,300 / \$5,600 PPY Deductible, then 20% Coinsurance, applies to \$4,500 PPY / \$9,000 PPY Out of Pocket Maximum	\$5,600 PPY Individual / \$11,200 Family Deductible, then 40% Coinsurance, applies to \$9,000 PPY / \$18,000 PPY Out of Pocket Maximum
Hospice Care (Unlimited Hospice days & Respite care/visits hours. Coverage for 6 months of care with add 6 mos pos)	Individual Only: \$2,800 (agg) PPY Individual + Family: \$3,300 / \$5,600 PPY Deductible, then 20% Coinsurance, applies to \$4,500 PPY / \$9,000 PPY Out of Pocket Maximum	\$5,600 PPY Individual / \$11,200 Family Deductible, then 40% Coinsurance, applies to \$9,000 PPY / \$18,000 PPY Out of Pocket Maximum
MATERNITY & REPRODUCTIVE CARE		
Contraceptive Management Services (Unlimited)	Covered in Full	\$5,600 PPY Individual / \$11,200 Family Deductible, then 40% Coinsurance, applies to \$9,000 PPY / \$18,000 PPY Out of Pocket Maximum

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## YOUR FUTURE - \$2800 AGG/EMB \$3300/\$5600 20/40% \$4500/\$9000 - \$2000 HEARING HARDWARE - PV CORE PLUS OPT 1:1

	HERITAGE IN-NETWORK	OUT-OF-NETWORK
Sterilization - Female (Unlimited)	Covered in Full	\$5,600 PPY Individual / \$11,200 Family Deductible, then 40% Coinsurance, applies to \$9,000 PPY / \$18,000 PPY Out of Pocket Maximum
Sterilization - Male (Unlimited)	Subject to the IRS Minimum Deductible, then 0% Coinsurance, applies to \$4,500 PPY / \$9,000 PPY Out of Pocket Maximum	\$5,600 PPY Individual / \$11,200 Family Deductible, then 40% Coinsurance, applies to \$9,000 PPY / \$18,000 PPY Out of Pocket Maximum
PREMERA DESIGNATED CENTERS OF EXCELLENCE		
Centers of Excellence for Knee & Hip Total Joint Replacement (Including Partial & Revisions) (Included)	Individual Only: \$2,800 (agg) PPY Individual + Family: \$3,300 / \$5,600 PPY Deductible, 0% Coinsurance, applies to \$4,500 PPY / \$9,000 PPY Out of Pocket Maximum	Not Applicable
Centers of Excellence for Spine Surgery (Included)	Individual Only: \$2,800 (agg) PPY Individual + Family: \$3,300 / \$5,600 PPY Deductible, 0% Coinsurance, applies to \$4,500 PPY / \$9,000 PPY Out of Pocket Maximum	Not Applicable
Centers of Excellence for Cardiac Care (Included)	Individual Only: \$2,800 (agg) PPY Individual + Family: \$3,300 / \$5,600 PPY Deductible, 0% Coinsurance, applies to \$4,500 PPY / \$9,000 PPY Out of Pocket Maximum	Not Applicable
MEDICAL TRANSPORTATION BENEFITS		
<b>Centers of Excellence Travel and Care Coordination</b> (Limited to IRS Guidelines)	Individual Only: \$2,800 (agg) PPY Individual + Family: \$3,300 / \$5,600 PPY Deductible, 0% Coinsurance, applies to \$4,500 PPY / \$9,000 PPY Out of Pocket Maximum	Individual Only: \$2,800 (agg) PPY Individual + Family: \$3,300 / \$5,600 PPY Deductible, 0% Coinsurance, applies to \$4,500 PPY / \$9,000 PPY Out of Pocket Maximum
Transplant Travel & Lodging (\$7,500 per transplant)	Individual Only: \$2,800 (agg) PPY Individual + Family: \$3,300 / \$5,600 PPY Deductible, 0% Coinsurance, applies to \$4,500 PPY / \$9,000 PPY Out of Pocket Maximum	Individual Only: \$2,800 (agg) PPY Individual + Family: \$3,300 / \$5,600 PPY Deductible, 0% Coinsurance, applies to \$4,500 PPY / \$9,000 PPY Out of Pocket Maximum
EMERGENCY CARE AND TRANSPORTATION		
Emergency Care	Individual Only: \$2,800 (agg) PPY Individual + Family: \$3,300 / \$5,600 PPY Deductible, then 20% Coinsurance, applies to \$4,500 PPY / \$9,000 PPY Out of Pocket Maximum	Individual Only: \$2,800 (agg) PPY Individual + Family: \$3,300 / \$5,600 PPY Deductible, then 20% Coinsurance, applies to \$4,500 PPY / \$9,000 PPY Out of Pocket Maximum
Emergency Room Physician	Individual Only: \$2,800 (agg) PPY Individual + Family: \$3,300 / \$5,600 PPY Deductible, then 20% Coinsurance, applies to \$4,500 PPY / \$9,000 PPY Out of Pocket Maximum	Individual Only: \$2,800 (agg) PPY Individual + Family: \$3,300 / \$5,600 PPY Deductible, then 20% Coinsurance, applies to \$4,500 PPY / \$9,000 PPY Out of Pocket Maximum

YOUR FUTURE - \$2800 AGG/EMB \$3300/\$5600 20/40% \$4500/\$9000 - \$ HEARING HARDWARE - PV CORE PLUS OPT 1:1		
	HERITAGE IN-NETWORK	OUT-OF-NETWORK
Urgent Care Center	Individual Only: \$2,800 (agg) PPY Individual + Family: \$3,300 / \$5,600 PPY Deductible, then 20% Coinsurance, applies to \$4,500 PPY / \$9,000 PPY Out of Pocket Maximum	\$5,600 PPY Individual / \$11,200 Family Deductible, then 40% Coinsurance, applies to \$9,000 PPY / \$18,000 PPY Out of Pocket Maximum
Ambulance Transportation (Unlimited)	Individual Only: \$2,800 (agg) PPY Individual + Family: \$3,300 / \$5,600 PPY Deductible, then 20% Coinsurance, applies to \$4,500 PPY / \$9,000 PPY Out of Pocket Maximum	Individual Only: \$2,800 (agg) PPY Individual + Family: \$3,300 / \$5,600 PPY Deductible, then 20% Coinsurance, applies to \$4,500 PPY / \$9,000 PPY Out of Pocket Maximum
ALTERNATIVE CARE		
Acupuncture (12 visits PPY)	Individual Only: \$2,800 (agg) PPY Individual + Family: \$3,300 / \$5,600 PPY Deductible, then 20% Coinsurance, applies to \$4,500 PPY / \$9,000 PPY Out of Pocket Maximum	\$5,600 PPY Individual / \$11,200 Family Deductible, then 40% Coinsurance, applies to \$9,000 PPY / \$18,000 PPY Out of Pocket Maximum
Manipulations (Spinal and other) (24 visits PPY)	Individual Only: \$2,800 (agg) PPY Individual + Family: \$3,300 / \$5,600 PPY Deductible, then 20% Coinsurance, applies to \$4,500 PPY / \$9,000 PPY Out of Pocket Maximum	\$5,600 PPY Individual / \$11,200 Family Deductible, then 40% Coinsurance, applies to \$9,000 PPY / \$18,000 PPY Out of Pocket Maximum
CHEMICAL DEPENDENCY & MENTAL HEALTH		
Chemical Dependency Inpatient Facility Care (Unlimited)	Individual Only: \$2,800 (agg) PPY Individual + Family: \$3,300 / \$5,600 PPY Deductible, then 20% Coinsurance, applies to \$4,500 PPY / \$9,000 PPY Out of Pocket Maximum	\$5,600 PPY Individual / \$11,200 Family Deductible, then 40% Coinsurance, applies to \$9,000 PPY / \$18,000 PPY Out of Pocket Maximum
Chemical Dependency Outpatient Professional Care (Unlimited)	Individual Only: \$2,800 (agg) PPY Individual + Family: \$3,300 / \$5,600 PPY Deductible, then 20% Coinsurance, applies to \$4,500 PPY / \$9,000 PPY Out of Pocket Maximum	\$5,600 PPY Individual / \$11,200 Family Deductible, then 40% Coinsurance, applies to \$9,000 PPY / \$18,000 PPY Out of Pocket Maximum
Mental Health Inpatient Facility Care (Unlimited)	Individual Only: \$2,800 (agg) PPY Individual + Family: \$3,300 / \$5,600 PPY Deductible, then 20% Coinsurance, applies to \$4,500 PPY / \$9,000 PPY Out of Pocket Maximum	\$5,600 PPY Individual / \$11,200 Family Deductible, then 40% Coinsurance, applies to \$9,000 PPY / \$18,000 PPY Out of Pocket Maximum
Mental Health Outpatient Professional Care (Unlimited)	Individual Only: \$2,800 (agg) PPY Individual + Family: \$3,300 / \$5,600 PPY Deductible, then 20% Coinsurance, applies to \$4,500 PPY / \$9,000 PPY Out of Pocket Maximum	\$5,600 PPY Individual / \$11,200 Family Deductible, then 40% Coinsurance, applies to \$9,000 PPY / \$18,000 PPY Out of Pocket Maximum
PHARMACY		
Formulary Drug List	E1 Essentials Formulary; No Tiers	E1 Essentials Formulary; No Tiers
<b>Prescription Drugs - Retail</b> (Retail: 90 Days, if applicable one copay every 30 day supply; Mail: 90 Days; Specialty: 30 Days)	Individual Only: \$2,800 (agg) PPY Individual + Family: \$3,300 / \$5,600 PPY Deductible, then 20% Coinsurance, applies to \$4,500 PPY / \$9,000 PPY Out of Pocket Maximum	Specialty Drugs: Not Covered; All other Drugs: Same as In-network cost share

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## YOUR FUTURE - \$2800 AGG/EMB \$3300/\$5600 20/40% \$4500/\$9000 - \$2000 HEARING HARDWARE - PV CORE PLUS OPT 1:1

	HERITAGE IN-NETWORK	OUT-OF-NETWORK
<b>Prescription Drugs - Mail</b> (Retail: 90 Days, if applicable one copay every 30 day supply; Mail: 90 Days; Specialty: 30 Days)	Individual Only: \$2,800 (agg) PPY Individual + Family: \$3,300 / \$5,600 PPY Deductible, then 20% Coinsurance, applies to \$4,500 PPY / \$9,000 PPY Out of Pocket Maximum	Not Covered
REHABILITATION & NEURO		
Rehab Inpatient Facility (30 days PPY combined limit for inpatient services)	Individual Only: \$2,800 (agg) PPY Individual + Family: \$3,300 / \$5,600 PPY Deductible, then 20% Coinsurance, applies to \$4,500 PPY / \$9,000 PPY Out of Pocket Maximum	\$5,600 PPY Individual / \$11,200 Family Deductible, then 40% Coinsurance, applies to \$9,000 PPY / \$18,000 PPY Out of Pocket Maximum
Rehab Outpatient Care, Including Physical, Occupational, Speech and Massage Therapy, and Chronic Pain (45 visits PPY combined limit for outpatient services)	Individual Only: \$2,800 (agg) PPY Individual + Family: \$3,300 / \$5,600 PPY Deductible, then 20% Coinsurance, applies to \$4,500 PPY / \$9,000 PPY Out of Pocket Maximum	\$5,600 PPY Individual / \$11,200 Family Deductible, then 40% Coinsurance, applies to \$9,000 PPY / \$18,000 PPY Out of Pocket Maximum
Rehab Outpatient Care Chronic Conditions, Including Cardiac, Pulmonary Rehab, and Cancer	Individual Only: \$2,800 (agg) PPY Individual + Family: \$3,300 / \$5,600 PPY Deductible, then 20% Coinsurance, applies to \$4,500 PPY / \$9,000 PPY Out of Pocket Maximum	\$5,600 PPY Individual / \$11,200 Family Deductible, then 40% Coinsurance, applies to \$9,000 PPY / \$18,000 PPY Out of Pocket Maximum
OTHER SERVICES		
Allergy/Therapeutic Injections	Individual Only: \$2,800 (agg) PPY Individual + Family: \$3,300 / \$5,600 PPY Deductible, then 20% Coinsurance, applies to \$4,500 PPY / \$9,000 PPY Out of Pocket Maximum	\$5,600 PPY Individual / \$11,200 Family Deductible, then 40% Coinsurance, applies to \$9,000 PPY / \$18,000 PPY Out of Pocket Maximum
Medical Supplies, Equipment, Prosthetics (Unlimited)	Individual Only: \$2,800 (agg) PPY Individual + Family: \$3,300 / \$5,600 PPY Deductible, then 20% Coinsurance, applies to \$4,500 PPY / \$9,000 PPY Out of Pocket Maximum	\$5,600 PPY Individual / \$11,200 Family Deductible, then 40% Coinsurance, applies to \$9,000 PPY / \$18,000 PPY Out of Pocket Maximum
Transplants (Unlimited)	Covered as any other service	Not Covered
SUPPLEMENTAL BENEFITS		
Routine Vision Exam (1 PPY)	\$30 Copay	\$30 Copay
Vision Hardware (\$300 PPY)	Covered in Full	Covered in Full
Pediatric Vision Exam (1 PPY under age 19)	\$30 Copay, applies to the Out of Pocket Maximum	\$30 Copay, applies to the Out of Pocket Maximum
Pediatric Vision Hardware (<19 1 pair glasses PPY frames & lenses. 12 MO supp contacts PPY, in lieu of glasses frames & lenses)	Covered in Full	Covered in Full
Routine Hearing Exam (1 PPY)	Exam & Test: Deductible; then 20% coinsurance	Exam & Test: Deductible; then 20% coinsurance

MEDICAL PLAN	YOUR FUTURE - \$2800 AGG/EMB \$3300/\$5600 20/40% \$4500/\$9000 - \$2000 HEARING HARDWARE - PV CORE PLUS OPT 1:1		
	HERITAGE IN-NETWORK	OUT-OF-NETWORK	
Hearing Hardware (\$2,000 per 24 Consecutive Months)	Individual Only: \$2,800 (agg) PPY Individual + Family: \$3,300 / \$5,600 PPY Deductible, then 20% Coinsurance, applies to \$4,500 PPY / \$9,000 PPY Out of Pocket Maximum	Individual Only: \$2,800 (agg) PPY Individual + Family: \$3,300 / \$5,600 PPY Deductible, then 20% Coinsurance, applies to \$4,500 PPY / \$9,000 PPY Out of Pocket Maximum	
ANNUAL PLAN MAXIMUM			
Annual Plan Maximum	Unlimited	Unlimited	

Prior Authorization is required for many services to be covered. For more information please refer to your benefit booklet.

PPY = Per Plan Year. Balance billing may apply if a provider is not contracted with Premera Blue Cross. Members are responsible for amounts in excess of the allowable charge.

This is not a complete explanation of covered services, exclusions, limitations, reductions or the terms of the plan. This benefit highlight is not a contract and may change. Please see your benefit booklet or call Customer Service for full coverage information including a description of waiting periods, limitations, and exclusions.

#### Discrimination is Against the Law

Premera Blue Cross (Premera) complies with applicable Federal and Washington state civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, gender identity, or sexual orientation. Premera does not exclude people or treat them differently because of race, color, national origin, age, disability, sex, gender identity, or sexual orientation. Premera provides free aids and services to people with disabilities to communicate effectively with us, such as qualified sign language interpreters and written information in other formats (large print, audio, accessible electronic formats, other formats). Premera provides free language services to people whose primary language is not English, such as gualified interpreters and information written in other languages. If you need these services, contact the Civil Rights Coordinator. If you believe that Premera has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, sex, gender identity, or sexual orientation, you can file a grievance with: Civil Rights Coordinator - Complaints and Appeals, PO Box 91102, Seattle, WA 98111, Toll free: 855-332-4535, Fax: 425-918-5592. TTY: 711, Email AppealsDepartmentInguiries@Premera.com. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the Civil Rights Coordinator 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 Ave 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. You can also file a civil rights complaint with the Washington State Office of the Insurance Commissioner, electronically through the Office of the Insurance Commissioner Complaint Portal available at https://www.insurance.wa.gov/file-complaint-or-check-your-complaint-status, or by phone at 800-562-6900, 360-586-0241 (TDD). Complaint forms are available at https://fortress.wa.gov/oic/onlineservices/cc/pub/complaintinformation.aspx.

#### Language Assistance

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 800-722-1471 (TTY: 711). 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 800-722-1471 (TTY: 711)。 <u>CHÚÝ</u>: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 800-722-1471 (TTY: 711). <u>주의</u>: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 800-722-1471 (TTY: 711) 번으로 전화해 주십시오. <u>BHUMAHUE</u>: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 800-722-1471 (TTY: 711). <u>PAUNAWA</u>: Кипg nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Титаwag sa 800-722-1471 (TTY: 711). <u>УВАГА!</u> Якщо ви розмовляете українською мовою, ви можете звернутися до безкоштовної служби мовної підтримки.

Телефонуйте за номером 800-722-1471 (телетайп: 711).

<u>ملحوظة:</u> إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 201-980 (رقم هاتف الصم والبكم: 711). <u>पिਆਨ ਦਿਉ</u>: ਜੇ ਤੁਸੀਂ ਪੰਜਾਬੀ ਬੋਲਦੇ ਹੋ, ਤਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਸਹਾਇਤਾ ਸੇਵਾ ਤੁਹਾਡੇ ਲਈ ਮੁਫਤ ਉਪਲਬਧ ਹੈ। 800-722-1471 (TTY: 711) 'ਤੇ ਕਾਲ ਕਰੋ। <u>ACHTUNG</u>: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 800-722-1471 (TTY: 711). <u>ਪਿਨਕ੍ਰਾਹ</u>: ຖ້າວ່າ ທ່ານເວົ້າພາສາ ລາວ, ການບໍລຶການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສັງຄ່າ, ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ໂທຣ 800-722-1471 (TTY: 711). <u>ATANSYON</u>: Si w pale Kreyol Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 800-722-1471 (TTY: 711).

<u>ATTENTION</u>: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 800-722-1471 (ATS : 711). <u>UWAGA</u>: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 800-722-1471 (TTY: 711). ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 800-722-1471 (TTY: 711).

<u>ATTENZIONE</u>: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 800-722-1471 (TTY: 711). توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با (TTY: 711) (TTY: 7

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