

UnitedHealthcare Insurance Company (UnitedHealthcare Insurance Company of New York for New York residents) does not treat members differently because of sex, age, race, color, disability, or national origin.

If you think you were treated unfairly because of your sex, age, race, color, disability, or national origin, you can send a complaint to the Civil Rights Coordinator.

**Online:** UHC\_Civil\_Rights@uhc.com

**Mail:** Civil Rights Coordinator  
UnitedHealthcare Civil Rights Grievance  
P.O. Box 30608, Salt Lake City, UT 84130

You must send the complaint within 60 days of when you found out about it. A decision will be sent to you within 30 days. If you disagree with the decision, you have 15 days to ask us to look at it again. If you need help with your complaint, please call 1-800-523-5800, TTY 711, Monday through Friday, 7 a.m. to 11 p.m., and Saturday, 9 a.m. to 5 p.m. EST.

You can also file a complaint with the U.S. Dept. of Health and Human Services.

**Online:** <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>  
Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>  
**Phone:** Toll-free 1-800-368-1019, 800-537-7697 (TDD)  
**Mail:** U.S. Dept. of Health and Human Services  
200 Independence Avenue, SW Room 509F  
HHH Building, Washington, DC 20201

We provide free services to help you communicate with us. Such as, letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call 1-800-523-5800, TTY 711, Monday through Friday, 7 a.m. to 11 p.m., and Saturday, 9 a.m. to 5 p.m. EST.



18. Fulani	MAANDOORE: ( <b>Fulani</b> ), to ada haala <b>Ingilistre</b> , walliinde wolde, caahu, e woodi ngam maada. Kusu noddu 1-800-523-5800.
19. Haitian Creole	ATANSYON: Si w pale <b>Kreyòl ayisyen (Haitian Creole)</b> , ou kapab benefisye sèvis ki gratis pou ede w nan lang pa w. Tanpri rele nan 1-800-523-5800.
20. German	ACHTUNG: Falls Sie <b>Deutsch (German)</b> sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufen Sie 1-800-523-5800 an.
21. Greek	ΠΡΟΣΟΧΗ : Αν μιλάτε <b>Ελληνικά (Greek)</b> , υπάρχει δωρεάν βοήθεια στη γλώσσα σας. Παρακαλείστε να καλέσετε 1-800-523-5800.
22. Gujarati	ધ્યાન આપો: જો તમે ગુજરાતી ( <b>Gujarati</b> ) બોલતા હો તો આપને ભાષાકીય મદદરૂપ સેવા વિના મૂલ્યે પ્રાપ્ય છે. કૃપા કરી 1-800-523-5800 પર કોલ કરો.
23. Hawaiian	MALIU MAI! Inā 'ōlelo 'oe i ka ' <b>ōlelo Hawai'i (Hawaiian)</b> , loa'a ke kōkua unuhi manuahi no ke kōkua 'ana aku iā'oe. 'Olu'olu e kelepona aku i ka helu 1-800-523-5800.
24. Hindi	ध्यान दें: यदि आप <b>हिंदी (Hindi)</b> बोलते हैं, आपको भाषा सहायता सेबाएं, नि:शुल्क उपलब्ध हैं। कृपया 1-800-523-5800 पर कॉल करें।
25. Hmong	CEEB TOOM: Yog koj hais Lus <b>Hmoob (Hmong)</b> , muaj kev pab txhais lus pub dawb rau koj. Thov hu rau 1-800-523-5800.
26. Igbo	GEE NTI: Ọ buru na ina asu asusu <b>Igbo (Igbo)</b> , enyemaka na-ahazi asusu, bu n'efu, diri gi mgbe niile. Biko kpoo 1-800-523-5800.
27. Ilocano	PAKDAAR: Nu saritaem ti <b>Ilocano (Ilocano)</b> , ti serbisyo para ti baddang ti lengguahe nga awanan bayadna, ket sidadaan para kenyam. Maidawat nga awagan iti 1-800-523-5800.
28. Indonesian	PERHATIAN: Jika Anda berbicara <b>Bahasa Indonesia (Indonesian)</b> , layanan bantuan bahasa akan tersedia untuk Anda secara gratis. Harap hubungi 1-800-523-5800.
29. Italian	ATTENZIONE: in caso la lingua parlata sia l' <b>italiano (Italian)</b> , sono disponibili servizi di assistenza linguistica gratuiti. Si prega di chiamare il numero 1-800-523-5800.
30. Japanese	注意事項：日本語 ( <b>Japanese</b> ) を話される場合、無料の言語支援サービスをご利用いただけます。1-800-523-5800 にお電話ください。
31. Karen	ဟ်သ့ၣ်ဟ်သးဘၣ်တၢ်ကၢ်-ဖဲန့ၣ်ကတိၤကညီၣ်ကိၣ်( <b>Karen</b> )န့ၣ်.ကိၣ်တၢ်မၤစၢၤအတၢ်ဖံးတၢ်မၤတဖၣ်.လၢတလိၣ်ဟ့ၣ်အပူၤဘၣ်န့ၣ်အိၣ်ဝဲဒၣ်လၢနဂီၢ်န့ၣ်လီၤ. ဝံသးစူၤကိၣ်ဘၣ်1-800-523-5800န့ၣ်တက့ၢ်.
32. Khmer	ចំណាប់អារម្មណ៍: បើសិនអ្នកនិយាយភាសាខ្មែរ ( <b>Khmer</b> ) សេវាជំនួយភាសាដោយឥតគិតថ្លៃ គឺមានសំរាប់អ្នក។ សូមទូរស័ព្ទទៅលេខ 1-800-523-5800។

33. Kirundi	ICITONDERWA: Nimba uvuga <b>Ikirundi (Kirundi)</b> , uzohabwa serivisi zo gufasha mu ndimi, ku buntu. Woterefona 1-800-523-5800.
34. Korean	알림: <b>한국어(Korean)</b> 를 사용하시는 경우 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-800-523-5800 번으로 전화하십시오.
35. Kurdish Sorani	تیبینی: گەر بە کوردی سۆرانی ( <b>Kurdish Sorani</b> ) قسه دهکەیت، بێهرامبەر خزمەتگوزاری زمانت لێبەر دەستە. تکایه پهیوهندی بکه به رقمه تلهفونی 1-800-523-5800.
36. Laotian	ກະລຸນາຟັງ: ຖ້າຫາກວ່າທ່ານເວົ້າພາສາ <b>ລາວ (Laotian)</b> , ການບໍລິການຊ່ວຍເຫຼືອສໍາລັບການພາສາ, ບໍ່ເສຍຄ່າໃຊ້ຈ່າຍ, ມີສໍາລັບທ່ານກະລຸນາໂທ 1-800-523-5800.
37. Marathi	कृपया लक्ष द्या: जर तुम्ही <b>मराठी (Marathi)</b> बोलत असल्यास, भाषा सहाय्य सेवा तुम्हाला मोफत उपलब्ध आहेत. कृपया 1-800-523-5800 येथे संपर्क करा.
38. Marshallese	LALE: Ñe kwōj kōnono <b>Kajin Majeļ (Marshallese)</b> , kwomaroñ bōk jerbal in jipañ in kajin ejjelōk wōñāñ. Kwōn jouj im kalļok ñan 1-800-523-5800.
39. Navajo	DÍÍ BAA'ÁKONÍNÍZIN: <b>Diné (Navajo)</b> bizaad bee yánitti'go, saad bee áka'anída'awo'ígíí, t'áá jíík'eh, bee ná'ahóót'i'. T'áá shoodí kohjji' 1-800-523-5800 hodílnih.
40. Nepali	ध्यान दें: यदि तपाईं <b>नेपाली (Nepali)</b> भाषा बोल्नुहुन्छ भने, तपाईंको निम्ति निशुल्क भाषा सेवा उपलब्ध छ। कृपया 1-800-523-5800 मा कल गर्नुहोस्।
41. Norwegian	OBS: Hvis du snakker <b>norsk (Norwegian)</b> , kan du få gratis språkhjelp. Ring 1-800-523-5800.
42. Oromo	HUBACHISA: Kan ati dubbattu <b>Afaan Oromoo (Oromo)</b> yoo ta'ee, tajaajilliwwan gargaarsa afaanii, kanfalttii malee siif jira. Maaloo karaa 1-800-523-5800.
43. Pennsylvania Dutch	AADACHT: Wann du <b>Deitsch Schwetze (Pennsylvania Dutch)</b> kann, kannscht du frei Schprouch aushilfe griege. Ruf Nummer 1-800-523-5800.
44. Pohnpeian	KANSENOH: Ma komw <b>lokaiahn Pohnpei (Pohnpeian)</b> , mie sawas en mahsen, soh isepe, ong komwi. Menlau, eker 1-800-523-5800.
45. Polish	UWAGA: Jeżeli mówisz po <b>polsku (Polish)</b> , udostępniliśmy darmowe usługi tłumacza. Prosimy zadzwonić pod numer 1-800-523-5800.
46. Portuguese	ATENÇÃO: Se você fala <b>português (Portuguese)</b> , contate o serviço de assistência de idiomas gratuito. Ligue para 1-800-523-5800.
47. Punjabi	ਧਿਆਨ ਦਿਓ: ਜੇ ਤੁਸੀਂ <b>ਪੰਜਾਬੀ (Punjabi)</b> ਬੋਲਦੇ ਹੋ, ਤਾਂ ਤੁਹਾਡੇ ਲਈ ਭਾਸ਼ਾ ਸਹਾਇਤਾ ਸੇਵਾਵਾਂ ਬਿਲਕੁਲ ਮੁਫਤ ਉਪਲਬਧ ਹਨ। ਕਿਰਪਾ ਕਰਕੇ 1-800-523-5800 'ਤੇ ਕਾਲ ਕਰੋ।
48. Romanian	ATENȚIE: Dacă vorbiți <b>românește (Romanian)</b> , vi se pun la dispoziție, în mod gratuit, servicii de traducere. Vă rugăm să sunați la 1-800-523-5800.

