

# Summary of Benefits and Coverage: What this Plan Covers & What You Pay for Covered Services BILH Access PPO

# Coverage Period: 01/01/2025 — 12/31/2025 Coverage for: Individual + Family | Plan Type: PPO

The Summary of Benefits and Coverage (SBC) document will help you choose a health plan. The SBC shows you how you and the plan would share the cost for covered health care services. NOTE: Information about the cost of this plan (called the premium) will be provided separately. This is only a summary. For more information about your coverage, or to get a copy of the complete terms of coverage, www.harvardpilgrim.org/LGsampleEOC. For general definitions of common terms, such as allowed amount, balance billing, coinsurance, copayment, deductible, provider, or other underlined terms, see the Glossary. You can view the Glossary at www.healthcare.gov/sbc-glossary or call 1-888-333-4742 to request a copy.

| Important Questions   | Answers   | Why This Matters   |
|---|---|--|
| What is the overall <u>deductible</u> ?                                   | In-Network: \$500 member/ \$1,000 family<br>Out-of-Network: \$2,000 member/ \$4,000 family<br>Benefits are administered on a calendar year basis.   | Generally you must pay all the costs up to the <u>deductible</u><br>amount before this <u>plan</u> begins to pay. If you have other<br>family members on the policy, they have to meet their own<br>individual <u>deductible</u> until the overall family <u>deductible</u><br>amount has been met.  |
| Are there services covered<br>before you meet your<br><u>deductible</u> ? | Yes: In-Network durable medical equipment,<br>emergency room care, prescription drugs, outpatient<br>mental health services, preventive care, provider office<br>visits, rehabilitation services, habilitation services,<br>routine eye exams, are covered before you meet your<br>deductibles. | This <b>plan</b> covers some items and services even if you haven't<br>yet met the <b>deductible</b> amount. But, a <b>copayment</b> or<br><b>coinsurance</b> may apply. For example, this <b>plan</b> covers<br>certain <b>preventive services</b> without <b>cost-sharing</b> and<br>before you meet your <b>deductible</b> . See a list of covered<br><b>preventive services</b> at https://www.healthcare.gov/<br>coverage/preventive-care-benefits/ |
| Are there other <u>deductibles</u> for specific services?                 | No.   | You don't have to meet <u>deductibles</u> for specific services  |
| What is the <u>out-of-pocket</u><br><u>limit</u> for this <u>plan</u> ?   | In and Out-of-Network Combined: \$6,000 member/<br>\$12,000 family  | The <u>out-of-pocket limit</u> is the most you could pay in a year<br>for covered services. If you have other family members in<br>this <u>plan</u> , they have to meet their own <u>out-of-pocket limit</u><br>until the overall family <u>out-of-pocket limit</u> has been met.  |

| Important Questions  | Answers  | Why This Matters   |
|--|--|--|
| What is not included in the <u>out-of-pocket limit</u> ?   | Prescription drugs, <b>premiums</b> , <b>balance-billing</b> charges,<br>penalties for failure to obtain preauthorization for services<br>and health care this <b>plan</b> doesn't cover | Even though you pay these expenses, they don't count toward the <u>out-of-pocket limit</u> .   |
|  | Yes. See https://<br>hphc.providerlookuponlinesearch.com/gateway?plan_<br>ids=%5B%22A0020124%22%5D or call 1-888-333-4742<br>for a list of <u>network providers</u> .                    | This <b>plan</b> uses a <b>provider network</b> . You will pay less if<br>you use a <b>provider</b> in the <b>plan's network</b> . You will pay<br>the most if you use an <b>out-of-network provider</b> , and you<br>might receive a bill from a <b>provider</b> for the difference<br>between the provider's charge and what your <b>plan</b> pays<br>( <b>balance-billing</b> ). Be aware, your <b>network provider</b> might<br>use an <b>out-of-network provider</b> for some services (such<br>as lab work). Check with your <b>provider</b> before you get<br>services. |
| Do you need a <u>referral</u> to see a <u>specialist</u> ? | No.  | You can see the <b>specialist</b> you choose without permission from this <b>plan</b> .  |



All <u>copayment</u> and <u>coinsurance</u> costs shown in this chart are after your <u>deductible</u> has been met, if a <u>deductible</u> applies.

|   |  | What You   | Limitations, Exceptions,                           |   |
|---|--|--|--|---|
| Common Medical Event                                      | Services You May Need                            | Network Provider<br>(You will pay the least)   | Out-of-Network Provider<br>(You will pay the most) | & Other Important<br>Information  |
| If you visit a health care<br>provider's office or clinic | Primary care visit to treat an injury or illness | Level 1: \$20 <u>copay</u> /visit;<br><u>deductible</u> does not apply   | 30% <u>coinsurance</u>                             | None  |
|   | <u>Specialist</u> visit                          | Level 1: \$20 <u>copay</u> /visit;<br><u>deductible</u> does not apply<br>Level 2: \$40 <u>copay</u> /visit;<br><u>deductible</u> does not apply | 30% <u>coinsurance</u>                             | None  |
|   | Preventive care/<br>screening/<br>immunization   | No charge; <u>deductible</u> does<br>not apply   | 30% <u>coinsurance</u>                             | You may have to pay<br>for services that aren't<br>preventive. Ask your provider<br>if the services needed are<br>preventive. Then check what<br>your <u>plan</u> will pay for. |

|   |   | What You   | Limitations, Exceptions,  |  |  |
|---|---|--|---|--|--|
| Common Medical Event  | Services You May Need                             | Network Provider<br>(You will pay the least)   | Out-of-Network Provider<br>(You will pay the most)  | & Other Important<br>Information   |  |
| If you have a test  | Diagnostic test (x-ray, blood work)               | X-rays: \$40 <u>copay</u> /visit;<br><u>deductible</u> does not apply<br>Laboratory: \$40 <u>copay</u> /visit;<br><u>deductible</u> does not apply | X-rays: 30% <u>coinsurance</u><br>Laboratory: 30%<br><u>coinsurance</u>                   | None   |  |
|   | Imaging (CT/PET scans,<br>MRIs)                   | \$40 <b><u>copay</u></b> /visit; <u>deductible</u><br>does not apply   | 30% <u>coinsurance</u>  | Cost sharing may vary for<br>certain imaging services.<br>Out-of-Network<br>preauthorization required.<br>\$500 penalty if not obtained.   |  |
| If you need drugs to treat<br>your illness or condition<br>More information about<br>prescription drug coverage<br>is available at<br>www.inscriptrx.org/<br>patients/. | Generic drugs                                     | Please see your employer<br>group for information<br>regarding your pharmacy<br>benefits.  | Please see your employer<br>group for information<br>regarding your pharmacy<br>benefits. | Please see your employer<br>group for information<br>regarding your pharmacy<br>benefits.<br>Prescription drug<br><u>Out-of-Pocket Maximum</u> :<br>\$6,000 member/ \$12,000<br>family |  |
|   | Preferred brand drugs                             | Please see your employer<br>group for information<br>regarding your pharmacy<br>benefits.  | Please see your employer<br>group for information<br>regarding your pharmacy<br>benefits. |  |  |
|   | Non-preferred brand drugs                         | Please see your employer<br>group for information<br>regarding your pharmacy<br>benefits.  | Please see your employer<br>group for information<br>regarding your pharmacy<br>benefits. |  |  |
|   | Specialty drugs                                   | Please see your employer<br>group for information<br>regarding your pharmacy<br>benefits.  | Please see your employer<br>group for information<br>regarding your pharmacy<br>benefits. | Please see your employer<br>group for information<br>regarding your pharmacy<br>benefits.  |  |
| If you have outpatient<br>surgery   | Facility fee (e.g., ambulatory<br>surgery center) | 10% <u>coinsurance</u>   | 30% <u>coinsurance</u>  | Out-of-Network<br><b>preauthorization</b> required.<br>\$500 penalty if not obtained.  |  |
|   | Physician/surgeon fees                            | 10% coinsurance  | 30% coinsurance   |  |  |

|  |  | What You   | Limitations, Exceptions,  |   |
|--|--|--|---|---|
| Common Medical Event                                     | Services You May Need                            | Network Provider<br>(You will pay the least)   | Out-of-Network Provider<br>(You will pay the most)  | & Other Important<br>Information  |
| If you need immediate medical attention                  | Emergency room care                              | \$150 copay/visit; deductible does not apply   |   | None  |
| medical attention  | Emergency medical<br>transportation              | 10% <u>coinsurance</u>   |   | None  |
|  | Urgent care                                      | Urgent care center: \$40<br><u>copay</u> /visit; <u>deductible</u><br>does not apply   | Urgent care center: 30%<br><u>coinsurance</u>   | Cost sharing may vary based on location.  |
| If you have a hospital stay                              | Facility fee (e.g., hospital room)               | 10% <u>coinsurance</u>   | 30% <u>coinsurance</u>  | Out-of-Network<br><b>preauthorization</b> required.<br>\$500 penalty if not obtained.   |
|  | Physician/surgeon fee                            | 10% coinsurance  | 30% coinsurance   |   |
| If you need mental health,<br>behavioral health, or      | Outpatient services                              | No charge; <u>deductible</u> does not apply  | 30% coinsurance   | None  |
| substance abuse services                                 | Inpatient services                               | 10% coinsurance  | 30% coinsurance   | None  |
| If you are pregnant                                      | Office visits                                    | \$20 <u>copay</u> /visit; <u>deductible</u><br>does not apply  | 30% <u>coinsurance</u>  | Cost sharing does not apply<br>for preventive services<br>(such as routine prenatal<br>visits).   |
|  | Childbirth/delivery<br>professional services     | 10% <u>coinsurance</u>   | 30% <u>coinsurance</u>  |   |
|  | Childbirth/delivery facility services            | 10% coinsurance  | 30% coinsurance   |   |
| If you need help recovering or have other special health |  | No charge; <u>deductible</u> does not apply  | 30% coinsurance   | None  |
| needs  | Rehabilitation services<br>Habilitation services | <ul> <li>Physical Therapy:</li> <li>\$40 copay/visit; deductible<br/>does not apply</li> <li>Occupational Therapy:</li> <li>\$40 copay/visit; deductible<br/>does not apply</li> <li>Speech Therapy:</li> <li>\$40 copay/visit; deductible<br/>does not apply</li> </ul> | Physical Therapy:<br>30% <u>coinsurance</u><br>Occupational Therapy:<br>30% <u>coinsurance</u><br>Speech Therapy:<br>30% <u>coinsurance</u> | Occupational & physical<br>therapy – 72 combined visits<br>/calendar year<br>Out-of-Network<br>preauthorization required.<br>\$500 penalty if not obtained. |
|  | Skilled nursing care                             | 10% coinsurance  | 30% coinsurance   | 100 days/calendar year  |

|  |   | What You  | Limitations, Exceptions,                           |   |
|--|---|---|--|---|
| Common Medical Event                   | Services You May Need                           | Network Provider<br>(You will pay the least)                  | Out-of-Network Provider<br>(You will pay the most) | & Other Important<br>Information  |
|  | Durable medical<br>equipment                    | No charge; <u>deductible</u> does<br>not apply                | 30% <u>coinsurance</u>                             | Wigs – \$350/calendar year<br>Out-of-Network<br><b>preauthorization</b> required.<br>\$500 penalty if not obtained. |
|  | Hospice services                                | No charge; <u>deductible</u> does<br>not apply                | 30% coinsurance                                    | For inpatient see "If you have a hospital stay"   |
| If your child needs dental or eye care | Children's eye exam                             | \$40 <u>copay</u> /visit; <u>deductible</u><br>does not apply | 30% coinsurance                                    | 1 exam/calendar year  |
|  | Children's glasses                              | Not covered   | Not covered  | None  |
|  | Children's dental check-up<br>– Up to age of 13 | \$20 <u>copay</u> /visit; <u>deductible</u><br>does not apply | 30% coinsurance                                    | 2 exams/calendar year   |

## **Excluded Services & Other Covered Services:**

| Services Your Plan Does NOT Cover (This isn't a complete list. Check your policy or plan document for other excluded services.) |                      |   |  |
|---|----------------------|---|--|
| Children's glasses     Dental Care (Adult)     Routine foot care (except for diabetes or  |                      |   |  |
| Cosmetic Surgery  | • Long-Term Care     | systemic circulatory diseases)                                |  |
|   | Private-duty nursing | <ul> <li>Services that are not Medically Necessary</li> </ul> |  |
|   |                      | <ul> <li>Weight Loss Programs</li> </ul>                      |  |

| Other Covered Services (This isn't a complete list. Check your policy or <u>plan</u> document for other covered services and your costs for these services.) |  |  |  |  |
|--|--|--|--|--|
| • Acupuncture - 20 visits/calendar year  | • Chiropractic Care - 12 visits/calendar year                                    | Infertility Treatment                                |  |  |
| • Bariatric surgery  | • Hearing Aids - \$2,000/aid every 36 months, for each impaired ear up to age 22 | • Non-emergency care when traveling outside the U.S. |  |  |
|  |  | • Routine eye care (Adult) – 1 exam/calendar year    |  |  |

Your Rights to Continue Coverage: There are agencies that can help if you want to continue your coverage after it ends. The contact information for those agencies is: the Department of Labor, Employee Benefits Security Administration at 1-866-444-EBSA (3272) or www.dol.gov/ebsa/healthreform, or the Department of Health and Human Services, Centers for Consumer Information and Insurance Oversight, at 1-877-267-2323 x61565 or www.cciio.cms.gov, or for more information on your rights to continue coverage, you can contact the Member Service number listed on your ID card or call 1-888-333-4742. Other coverage options may be available to you, too, including buying individual insurance coverage through the Health Insurance Marketplace. For more information about the Marketplace, visit www.HealthCare.gov or call 1-800-318-2596.

Your Grievance and Appeals Rights: There are agencies that can help if you have a complaint against your <u>plan</u> for a denial of a <u>claim</u>. This complaint is called a <u>grievance</u> or <u>appeal</u>. For more information about your rights, look at the explanation of benefits you will receive for that medical <u>claim</u>. Your <u>plan</u> documents also provide complete information on how to submit a <u>claim</u>, <u>appeal</u>, or a <u>grievance</u> for any reason to your <u>plan</u>. For more information about your rights, this notice, or assistance, contact:

| HPHC Member Appeals-Member   | Department of Labor's Employee   | Health Care for All            |
|------------------------------|----------------------------------|--------------------------------|
| Services Department          | Benefits Security Administration | 30 Winter Street, Suite 1004   |
| HPHC Insurance Company, Inc. | 1-866-444-3272                   | Boston, MA 02108               |
| 1 Wellness Way               | www.dol.gov/ebsa/healthreform    | 1-800-272-4232                 |
| Canton, MA 02021-1166        | -                                | http://www.hcfama.org/helpline |
| Telephone: 1-888-333-4742    |                                  |                                |
| Fax: 1-617-509-3085          |                                  |                                |

## Does this plan meet the Minimum Value Standard? Yes

If your <u>plan</u> doesn't meet the <u>Minimum Value Standards</u>, you may be eligible for a <u>premium tax credit</u> to help you pay for a <u>plan</u> through the <u>Marketplace</u>.

## Does this plan provide Minimum Essential Coverage? Yes

Minimum Essential Coverage generally includes plans, health insurance available through the Marketplace or other individual market policies, Medicare, Medicaid, CHIP, TRICARE, and certain other coverage. If you are eligible for certain types of Minimum Essential Coverage, you may not be eligible for the premium tax credit.

#### Language Access Services:

Para obtener asistencia en Español, llame al 1-888-333-4742.

# 如果需要中文的帮助,请拨打这个号码 1-888-333-4742.

De assistência em Português, por favor ligue 1-888-333-4742.

To see examples of how this plan might cover costs for a sample medical situation, see the next section.

#### About these Coverage Examples:



This is not a cost estimator. Treatments shown are just examples of how this <u>plan</u> might cover medical care. Your actual costs will be different depending on the actual care you receive, the prices your **providers** charge, and many other factors. Focus on the <u>cost-sharing</u> amounts (<u>deductible</u>, <u>copayment</u> and <u>coinsurance</u>) and <u>excluded services</u> under the <u>plan</u>. Use this information to compare the portion of costs you might pay under different health <u>plans</u>. Please note these coverage examples are based on self-only coverage.

| Peg is Having a Baby<br>(9 months of in-network pre-natal care<br>and a hospital delivery) |               | Managing Joe's type 2 Diabetes<br>(a year of routine in-network care of a<br>well-controlled condition) |             | Mia's Simple Fracture<br>(in-network emergency room visit and<br>follow up care) |                             |  |
|--|---------------|---|-------------|--|-----------------------------|--|
| ■ The <u>plan's</u> overall<br><u>deductible</u>   | <b>\$5</b> 00 | ■ The <u>plan's</u> overall<br><u>deductible</u>  | \$500       | The <u>plan's</u> overall<br><u>deductible</u>                                   | <b>\$5</b> 00               |  |
| Specialist copayment   | \$40          | Specialist copayment  | \$40        | Specialist copayment   | \$40                        |  |
| Hospital (facility)<br>coinsurance   | 10%           | Hospital (facility)<br>coinsurance  | 10%         | Hospital (facility)<br>coinsurance   | 10%                         |  |
| Other <u>copayment</u>   | \$40          | Other <u>copayment</u>  | \$40        | Other <u>copayment</u>   | \$40                        |  |
| This EXAMPLE event includes<br>like:   | services      | This EXAMPLE event includes<br>like:  | services    | This EXAMPLE event includes services like:                                       |                             |  |
| Specialist office visits (prenatal care)   |               | Primary care physician office visits (including   |             | <b>Emergency room care</b> (including medical supplies)                          |                             |  |
| Childbirth/Delivery Professional Service   | vices         | disease education) Diagnostic test (x-ray)  |             |  |                             |  |
| Childbirth/Delivery Facility Services  |               | Diagnostic tests       (blood work)         Durable medical equipment       (crutches)                  |             |  | ,                           |  |
| <b>Diagnostic tests</b> (ultrasounds and blood   | d work)       |   |             | <b><u>Rehabilitation services</u></b> (physical the                              | services (physical therapy) |  |
| <b>Specialist</b> visit (anesthesia)   |               | Durable medical equipment (glucose meter)   |             |  |                             |  |
| Total Example Cost   | \$12,700      | Total Example Cost  | \$5,600     | Total Example Cost   | \$2,800                     |  |
| In this example, Peg would pay   | y:            | In this example, Joe would pay  | <b>y</b> :  | In this example, Mia would pay:  |                             |  |
| Cost Sharing   |               | Cost Sharing  |             | Cost Sharing   |                             |  |
| Deductibles  | \$500         | Deductibles   | <b>\$</b> 0 | Deductibles  | \$500                       |  |
| Copayments   | \$200         | Copayments  | \$300       | Copayments   | \$500                       |  |
| Coinsurance  | \$1,100       | Coinsurance   | <b>\$</b> 0 | Coinsurance  | <b>\$</b> 60                |  |
| What isn't covered   |               | What isn't covered  |             | What isn't covered   |                             |  |
| Limits or exclusions   | <b>\$</b> 0   | Limits or exclusions  | <b>\$</b> 0 | Limits or exclusions   | <b>\$</b> 0                 |  |
| The total Peg would pay is   | \$1,800       | The total Joe would pay is  | \$300       | The total Mia would pay is   | \$1,060                     |  |

The plan would be responsible for the other costs of these EXAMPLE covered services.

#### Language Assistance Services

Español (Spanish) ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están a su disposición. Llame al 1-888-333-4742 (TTY: 711).

Português (Portuguese) ATENÇÃO: Se você fala português, encontram-se disponíveis serviços linguísticos gratuitos. Ligue para 1-888-333-4742 (TTY: 711).

Kreyòl Ayisyen (French Creole) ATANSYON: Si nou palé Kreyòl Ayisyen, gen asistans pou sèvis ki disponib nan lang nou pou gratis. Rele 1-888-333-4742 (TTY: 711).

**繁體中文 (Traditional Chinese)** 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 1-888-333-4742(TTY:711)。

Tiếng Việt (Vietnamese) CHÚ Ý: Nếu quí vị nói Tiếng Việt, dịch vụ thông dịch của chúng tôi sẵn sàng phục vụ quí vị miễn phí. Gọi số 1-888-333-4742 (TTY: 711).

Русский (Russian) ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-888-333-4742 (телетайп: 711).

(Arabic) العربية

إنتباد: إذا أنت تتكلم اللغة العربية ، خَدَمات المُساعَدة اللغوية مُتَوفرة لك مَجانا. " إتصل على 4742-388 1 888

(TTY: 711)

**ខ្មែរ (Cambodian)** ្រសុំដូនដំណីង៖ បើអ្នកនិយាយភាសាខ្មែរ, យើងមានសេវាកម្មបកប្រែ ដូនលោកអ្នកដោយឥតគិតថ្លៃ។។ ជូរ ទូរស័ព្ទ 1-888-333-4742 (TTY: 711)។

**Français (French)** ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-888-333-4742 (ATS: 711).

Italiano (Italian) ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 1-888-333-4742 (TTY: 711).



Harvard Pilgrim Health Care includes Harvard Pilgrim Health Care, Harvard Pilgrim Health Care of New England and HPHC Insurance Company.

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**한국어 (Korean)** '알림': 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-888-333-4742 (TTY: 711) 번으로 전화해 주십시오.

**Ελληνικά (Greek)** ΠΡΟΣΟΧΗ: Αν μιλάτε ελληνικά, υπάρχουν στη διάθεσή σας δωρεάν υπηρεσίες γλωσσικής υποστήριξης. Καλέστε 1-888-333-4742 (TTY: 711).

Polski (Polish) UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-888-333-4742 (TTY: 711).

हिंदी (Hindi) ध्यान दीजिए: अगर आप हिंदी बोलते हैं तो आपके लिये भाषाकी सहायता मुफ्त में उपलब्ध है. जानकारी के लिये फोन करे. 1-888-333-4742 (TTY: 711)

ગુજરાતી (Gujarati) ધ્યાન આપો : જો તમે ગુજરાતી બોલતા હ્યે તો આપને માટે ભાષાકીય સહ્યય તદ્દન મફત ઉપલબ્ધ છે. વિશેષ માહિતી માટે ફોન કરો. 1-888-333-4742 (TTY: 711)

**ພາສາລາວ (Lao)** ໂປດຊາບ: ຖ້າວ່າ ທ່ານເວົ້າພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສັງຄ່າ, ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ໂທຣ 1-888-333-4742 (TTY: 711).

ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call 1-888-333-4742 (TTY: 711).



Harvard Pilgrim Health Care includes Harvard Pilgrim Health Care, Harvard Pilgrim Health Care of New England and HPHC Insurance Company.

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#### General Notice About Nondiscrimination and Accessibility Requirements

Harvard Pilgrim Health Care and its affiliates as noted below ("HPHC") comply with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex (including pregnancy, sexual orientation, and gender identity). HPHC does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex (including pregnancy, sexual orientation, and gender identity). HPHC does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex (including pregnancy, sexual orientation, and gender identity). HPHC:

- 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, other formats)
- Provides free language services to people whose primary language is not English, such as qualified interpreters.

If you need these services, contact our Civil Rights Compliance Officer.

If you believe that HPHC has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex (including pregnancy, sexual orientation, and gender identity), you can file a grievance with: Civil Rights Compliance Officer, 1 Wellness Way, Canton, MA 02021-1166, (866) 750-2074, TTY service: 711, Fax: (617) 509-3085, Email: civil\_rights@point32health.org. You can file a grievance in person or by mail, fax or email. If you need help filing a grievance, the Civil Rights Compliance Officer 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 (800) 368-1019, (800) 537-7697 (TTY)

Complaint forms are available at http://www.hhs.gov/ocr/office/file/index.html.

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Harvard Pilgrim Health Care includes Harvard Pilgrim Health Care, Harvard Pilgrim Health Care of New England and HPHC Insurance Company.

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