

Important Notice Informing Individuals About Nondiscrimination and Accessibility Requirements Applicable to the National Association of Letter Carriers Health Benefit Plan

Discrimination is Against the Law

The National Association of Letter Carriers Health Benefit Plan (“NALC Health Benefit Plan”) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex (consistent with the scope of sex discrimination described at 45 CFR § 92.101(a)(2)). The NALC Health Benefit Plan does not exclude people or treat them less favorably because of race, color, national origin, age, disability, or sex.

The NALC Health Benefit Plan:

- Provides people with disabilities reasonable modifications and free appropriate auxiliary aids and services 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 assistance services to people whose primary language is not English, which may include:
 - Qualified interpreters
 - Information written in other languages.

If you need reasonable modifications, appropriate auxiliary aids and services, or language assistance services, contact the Civil Rights Coordinator of the NALC Health Benefit Plan.

If you believe that the NALC Health Benefit Plan 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: Civil Rights Coordinator, NALC Health Benefit Plan, 20547 Waverly Court, Ashburn, VA 20149, 703-729-4677 or 888-636-NALC (6252), Fax: 703-729-8109, Email: civilrightscoordinator@nalchbp.org. 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 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>.

This notice is available at the NALC Health Benefit Plan’s website: <https://nalchbp.org/>.