

## Notice of Non-Discrimination Practices

Mary Washington Healthcare 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 Healthcare does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Mary Washington Healthcare:

- 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 Healthcare 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 gratuitos de asistencia lingüística. Llame al 540.741.2655.

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

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

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 540.741.2655.

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. 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 بہ زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراموشی. با 540.741.2655 تماس بگیرید

ማስታወሻ: የሚናገሩት ቋንቋ አማርኛ ከሆነ የትርጉም እርዳታ ድርጅቶች: በነጻ ሊያግዝዎት ተዘጋጅተዋል: ወደ ሚከተለው ቁጥር ይደውሉ 540.741.2655.

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.

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

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

লক্ষ করুন: যিদি আপন বাংলা, কথা বেলত পাবেন, তাহেল নিঃখরচায় ভাষা সহায়তা পি়রষবা উপলব্ধ আছ। ফোন করন 540.741.2655.

Dè dè nà ke dyédé gbo: Ɔ jũ ké n[̀Bàsòò -wùdù-po-nyò ] jũ ní, níí, à wudu kà kò dò po-poò béin n̄gbo kpáa. Dá 540.741.2655.

Ntị: Ọ bụrụ na asụ Ibo, asụsụ aka ọasụ n'efu, defu, aka. Call 540.741.2655.

AKIYESI: Bi o ba nsọ èdè Yorùbú ọfè ni iranlọwọ lori èdè wa fun yin o. Ẹ pe ẹrọ-ibanisọrọ yi 540.741.2655.