This schedule is a reference tool for planning your preventive care, and lists items/services covered under the Patient Protection and Affordable Care Act (ACA) of 2010 and the Health Care and Education Reconciliation Act of 2010. In accordance with the ACA, the schedule is reviewed and updated periodically based on the recommendations of the U.S. Preventive Services Task Force, Health Resources and Services Administration, Centers for Disease Control and Prevention, U.S. Department of Health and Human Services, and other applicable laws and regulations. Accordingly, the content of this schedule is subject to change.

Your specific needs for preventive services may vary according to your personal risk factors. Your health care provider is always your best resource for determining if you’re at increased risk for a condition. Some services may require precertification/preapproval.

This document does not apply to members enrolled in Medicare Advantage plans.

Preventive care services for commercial members

If you have questions about this schedule, precertification/preapproval, or your benefit coverage, please call the Customer Service number on the back of your ID card.
# Preventive care services for adults

<table>
<thead>
<tr>
<th>Preventive service</th>
<th>Recommendation</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Visits</strong></td>
<td></td>
</tr>
<tr>
<td>Preventive exams</td>
<td>One exam annually for all adults</td>
</tr>
<tr>
<td>Services that may be provided during the preventive exam include but are not limited to the following:</td>
<td></td>
</tr>
<tr>
<td>- High blood pressure screening (office-based)</td>
<td></td>
</tr>
<tr>
<td>- Behavioral counseling for skin cancer</td>
<td></td>
</tr>
<tr>
<td><strong>Screenings</strong></td>
<td></td>
</tr>
<tr>
<td>Abdominal aortic aneurysm (AAA) screening</td>
<td>Once in a lifetime for asymptomatic males age 65 to 75 years with a history of smoking</td>
</tr>
<tr>
<td>Abnormal blood glucose and Type 2 diabetes mellitus screening and intensive behavioral counseling</td>
<td>Adults 40 to 70 years who are overweight or obese. Intensive behavioral counseling interventions, up to 24 sessions, for adults with a positive screening result</td>
</tr>
<tr>
<td>Alcohol and drug use/misuse screening and behavioral counseling intervention</td>
<td>Screening for all adults. Behavioral counseling in a primary care setting for adults with a positive screening result for drug or alcohol use/misuse</td>
</tr>
<tr>
<td>Colorectal cancer screening</td>
<td>Adults age 50 to 75 years using any of the following tests:</td>
</tr>
<tr>
<td>- Fecal occult blood testing: once a year</td>
<td></td>
</tr>
<tr>
<td>- Highly sensitive fecal immunochemical testing: once a year</td>
<td></td>
</tr>
<tr>
<td>- Flexible sigmoidoscopy: once every five years</td>
<td></td>
</tr>
<tr>
<td>- CT colonography: once every five years</td>
<td></td>
</tr>
<tr>
<td>- Stool DNA testing: alone or combined with highly sensitive fecal immunochemical testing: once every three years</td>
<td></td>
</tr>
<tr>
<td>- Colonoscopy: once every 10 years</td>
<td></td>
</tr>
<tr>
<td>Depression screening</td>
<td>Annually for all adults</td>
</tr>
<tr>
<td>Hepatitis B virus (HBV) screening</td>
<td>All asymptomatic adults at high risk for HBV infection</td>
</tr>
<tr>
<td>Hepatitis C virus (HCV) screening</td>
<td>All asymptomatic adults age 18 years and older at high risk with no history of liver disease or functional abnormalities or as a one-time screening for adults born between 1945 and 1965</td>
</tr>
<tr>
<td>High blood pressure screening</td>
<td>Ambulatory blood pressure monitoring for individuals with elevated blood pressure without known hypertension</td>
</tr>
<tr>
<td>Human immunodeficiency virus (HIV) screening</td>
<td>All adults</td>
</tr>
<tr>
<td>Latent tuberculosis infection screening</td>
<td>Asymptomatic individuals 18 years or older at increased risk for tuberculosis</td>
</tr>
<tr>
<td>Lipid disorder screening</td>
<td>Individuals 40 years or older every 5 years</td>
</tr>
<tr>
<td>Lung cancer screening</td>
<td>Adults age 55 to 80 years who have a 30 pack-year smoking history and currently smoke or have quit within the past 15 years</td>
</tr>
<tr>
<td>Obesity screening and behavioral intervention</td>
<td>Obesity screening for all adults. Behavioral intervention for adults with a body mass index (BMI) of 30 kg/m² or higher</td>
</tr>
<tr>
<td>Syphilis infection screening</td>
<td>All adults at increased risk for syphilis infection</td>
</tr>
</tbody>
</table>
### Preventive service

<table>
<thead>
<tr>
<th>Therapy and counseling</th>
<th>Recommendation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Behavioral counseling for prevention of sexually transmitted infections</td>
<td>All sexually active adults</td>
</tr>
<tr>
<td>Intensive behavioral counseling interventions to promote a healthful diet and physical activities for cardiovascular disease prevention</td>
<td>Adults age 18 years and older diagnosed as overweight or obese with known cardiovascular disease risk factors</td>
</tr>
<tr>
<td>Nutritional counseling for weight management</td>
<td>6 visits per year</td>
</tr>
<tr>
<td>Counseling for the prevention of falls</td>
<td>Community-dwelling adults age 65 years and older with an increased risk of falls</td>
</tr>
<tr>
<td>Tobacco use counseling</td>
<td>All adults who use tobacco products</td>
</tr>
</tbody>
</table>

### Medications

<table>
<thead>
<tr>
<th>Medications</th>
<th>Recommendation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low-dose aspirin</td>
<td>Adults aged 50 to 59 years who have a 10% or greater 10-year cardiovascular disease risk, are not at increased risk for bleeding, have a life expectancy of at least 10 years, and are willing to take low-dose aspirin daily for at least 10 years</td>
</tr>
<tr>
<td>Prescription bowel preparation medication</td>
<td>For colorectal cancer screening procedures when medically appropriate and prescribed by a health care provider (The company-designated prescription bowel preparation medication is PEG 3350-electrolyte, GavilyteC, Gavilyte-G, Gavilyte-N, Trilyte with flavor packets, Gavilyte-H with bisacodyl, and PEG-prep for $0 cost share. All other prescription bowel preparation medication will be subject to the applicable member’s cost-share.)</td>
</tr>
<tr>
<td>Statin for the primary prevention of cardiovascular disease</td>
<td>Individuals 40 to 75 years with no history of cardiovascular disease with one or more cardiovascular disease risk factors and with a calculated 10 year risk of cardiovascular event of 10% or greater based on the American College of Cardiology/American Heart Association Pooled Cohort Equations (Lovastatin is the designated statin for $0 cost share. All other statins will be subject to the applicable member’s cost-share.)</td>
</tr>
<tr>
<td>Tobacco cessation medication</td>
<td>All adults who use tobacco products (The company-designated tobacco cessation medication is Chantix®️, bupropion, Nicotrol®️, generic nicotine gums and patches for $0 cost share. All other tobacco cessation medication will be subject to the applicable member’s cost-share.)</td>
</tr>
</tbody>
</table>

### Immunizations

<table>
<thead>
<tr>
<th>Vaccine</th>
<th>19-21 years</th>
<th>22-26 years</th>
<th>27-49 years</th>
<th>50-59 years</th>
<th>60-64 years</th>
<th>≥ 65 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Influenza</td>
<td>1 dose annually</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tetanus, diphtheria, pertussis (Td/Tdap)</td>
<td>Substitute 1-time dose of Tdap for Td booster; then boost with Td every 10 years</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Varicella</td>
<td>2 doses</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Human papillomavirus (HPV), Female</td>
<td>3 doses</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Human papillomavirus (HPV), Male</td>
<td>3 doses</td>
<td>3 doses</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>RZV (preferred)</td>
<td>3 doses</td>
<td>3 doses</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ZVL</td>
<td>2 doses</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Measles, mumps, rubella (MMR)</td>
<td>1 or 2 doses</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pneumococcal 13-valent conjugate (PCV13)</td>
<td>1-time dose</td>
<td>1-time dose</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pneumococcal polysaccharide (PPSV23)</td>
<td>1 or 2 doses</td>
<td></td>
<td></td>
<td>1 dose</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hepatitis A</td>
<td>2 or 3 doses</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hepatitis B</td>
<td>3 doses</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meningococcal 4-valent conjugate (MenACWY) or polysaccharide (MPSV4)</td>
<td>1 or more doses</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meningococcal B (MenB)</td>
<td>2 or 3 doses</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Haemophilus influenzae type b (Hib)</td>
<td>1 or 3 doses</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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1 More information about recommended immunizations is available from the Centers for Disease Control at cdc.gov/vaccines/schedules.

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1 Talk to your health care provider about preventive services you receive to determine the treatment that is best for you.
Preventive care services for women, including pregnant women

<table>
<thead>
<tr>
<th>Preventive service</th>
<th>Recommendation</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Visits</strong></td>
<td></td>
</tr>
<tr>
<td>Prenatal care visits</td>
<td>All pregnant women</td>
</tr>
<tr>
<td>Services that may be provided during the prenatal care visits include but are not limited to preeclampsia screening</td>
<td></td>
</tr>
<tr>
<td>Well-woman visits</td>
<td>At least annually</td>
</tr>
<tr>
<td>Services that may be provided during the well-woman visit include but are not limited to the following:</td>
<td></td>
</tr>
<tr>
<td>• BRCA-related cancer risk assessment</td>
<td></td>
</tr>
<tr>
<td>• Discussion of chemoprevention for breast cancer</td>
<td></td>
</tr>
<tr>
<td>• Intimate partner violence screening</td>
<td></td>
</tr>
<tr>
<td>• Primary care interventions to promote and support breastfeeding</td>
<td></td>
</tr>
<tr>
<td>• Recommended preventive preconception and prenatal care services</td>
<td></td>
</tr>
<tr>
<td>• Urinary incontinence screening</td>
<td></td>
</tr>
<tr>
<td><strong>Screenings</strong></td>
<td></td>
</tr>
<tr>
<td>Batériurie screening</td>
<td>All asymptomatic pregnant females at 12 to 16 weeks gestation or at the first prenatal visit, if later</td>
</tr>
<tr>
<td>BRCA-related cancer risk assessment, genetic counseling, and BRCA mutation testing</td>
<td>Genetic counseling for asymptomatic females with either personal history or family history of a BRCA-related cancer BRCA mutation testing, as indicated, following genetic counseling</td>
</tr>
<tr>
<td>Breast cancer screening (2D OR 3D mammography)</td>
<td>All females age 40 years and older</td>
</tr>
<tr>
<td>Cervical cancer screening (Pap test)</td>
<td>Ages 21 to 65: Every three years</td>
</tr>
<tr>
<td></td>
<td>Ages 30 to 65: Every 5 years with a combination of Pap test and human papillomavirus (HPV) testing, for those who want to lengthen the screening interval</td>
</tr>
<tr>
<td>Chlamydia screening</td>
<td>Sexually active females age 24 years and younger or older sexually active females who are at increased risk for infection</td>
</tr>
<tr>
<td>Depression screening</td>
<td>Pregnant and postpartum females</td>
</tr>
<tr>
<td>Diabetes mellitus screening after pregnancy</td>
<td>Females with a history of gestational diabetes mellitus and no history of type 2 diabetes mellitus</td>
</tr>
<tr>
<td>Gestational diabetes mellitus screening</td>
<td>Asymptomatic pregnant females after 24 weeks of gestation or at the first prenatal visit for pregnant females identified to be at high risk for diabetes</td>
</tr>
<tr>
<td>Gonorrhea screening</td>
<td>Sexually active females age 24 years and younger or older sexually active females who are at increased risk for infection</td>
</tr>
<tr>
<td>Hepatitis B virus (HBV) screening</td>
<td>All pregnant females or asymptomatic adolescents and adults at high risk for HBV infection</td>
</tr>
<tr>
<td>Human immunodeficiency virus (HIV) screening</td>
<td>All pregnant females</td>
</tr>
<tr>
<td>Human papillomavirus (HPV) screening</td>
<td>Age 30 and older: Every three years</td>
</tr>
<tr>
<td></td>
<td>Ages 30 to 65: Every five years with a combination of Pap test and HPV testing, for those that want to lengthen the screening interval</td>
</tr>
<tr>
<td>Iron-deficiency anemia screening</td>
<td>All pregnant females</td>
</tr>
</tbody>
</table>
## Preventive service

### Screenings

<table>
<thead>
<tr>
<th>Preventive service</th>
<th>Recommendation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Osteoporosis (bone mineral density) screening</td>
<td>Every two years for females younger than 65 years who are at high risk for osteoporosis&lt;br&gt;Every two years for females 65 years and older without a history of osteoporotic fracture or without a history of osteoporosis secondary to another condition</td>
</tr>
<tr>
<td>RhD incompatibility screening</td>
<td>All pregnant females, follow-up testing for females at high risk</td>
</tr>
<tr>
<td>Syphilis screening</td>
<td>All pregnant females at first prenatal visit&lt;br&gt;For high-risk pregnant females, repeat testing in the third trimester and at delivery&lt;br&gt;Females at increased risk for syphilis infection</td>
</tr>
</tbody>
</table>

### Therapy and Counseling

<table>
<thead>
<tr>
<th>Preventive service</th>
<th>Recommendation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tobacco counseling</td>
<td>All pregnant females who smoke tobacco products</td>
</tr>
</tbody>
</table>

### Medications

<table>
<thead>
<tr>
<th>Preventive service</th>
<th>Recommendation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low-dose aspirin for preeclampsia</td>
<td>Low-dose aspirin for pregnant females who are at high risk for preeclampsia after 12 weeks of gestation</td>
</tr>
<tr>
<td>Breast cancer chemoprevention</td>
<td>Asymptomatic females age 35 years and older without a prior diagnosis of breast cancer, ductal carcinoma in situ, or lobular carcinoma in situ, who are at high risk for breast cancer and at low risk for adverse effects from breast cancer chemoprevention (The company-designated breast cancer chemoprevention is tamoxifen 20mg for $0 cost share. All other breast cancer chemoprevention medication will be subject to the applicable member’s cost-share.)</td>
</tr>
<tr>
<td>Folic acid</td>
<td>Daily folic acid supplements for all females planning for or capable of pregnancy</td>
</tr>
</tbody>
</table>

### Miscellaneous

<table>
<thead>
<tr>
<th>Preventive service</th>
<th>Recommendation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breastfeeding supplies/support/counseling</td>
<td>Comprehensive lactation support/counseling for all pregnant females and during the postpartum period</td>
</tr>
<tr>
<td>Reproductive education and counseling, contraception, and sterilization</td>
<td>All females with reproductive capacity</td>
</tr>
</tbody>
</table>

## Preventive care services for children

### Preventive service

### Visits

<table>
<thead>
<tr>
<th>Preventive service</th>
<th>Recommendation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-birth exams</td>
<td>All expectant parents for the purpose of establishing a pediatric medical home</td>
</tr>
<tr>
<td>Preventive exams</td>
<td>All children up to 21 years of age, with preventive exams provided at:&lt;br&gt;• 3–5 days after birth&lt;br&gt;• By 1 month&lt;br&gt;• 2 months&lt;br&gt;• 4 months&lt;br&gt;• 6 months&lt;br&gt;• 9 months&lt;br&gt;• 12 months&lt;br&gt;• 15 months&lt;br&gt;• 18 months&lt;br&gt;• 24 months&lt;br&gt;• 30 months&lt;br&gt;• 3–21 years: annual exams</td>
</tr>
<tr>
<td>Preventive service</td>
<td>Recommendation</td>
</tr>
<tr>
<td>----------------------------------------------------------------------------------</td>
<td>------------------------------------------------------------------------------</td>
</tr>
<tr>
<td><strong>Screenings</strong></td>
<td></td>
</tr>
<tr>
<td>Alcohol and drug use/misuse screening and behavioral counseling intervention</td>
<td>Annually for all children 11 years of age and older</td>
</tr>
<tr>
<td>Alcohol and drug use/misuse screening and behavioral counseling intervention</td>
<td>Annual behavioral counseling in a primary care setting for children with a positive screening result for drug or alcohol use/misuse</td>
</tr>
<tr>
<td>Autism and developmental screening</td>
<td>All children</td>
</tr>
<tr>
<td>Bilirubin screening</td>
<td>All newborns</td>
</tr>
<tr>
<td>Chlamydia screening</td>
<td>All sexually active children up to age 21 years</td>
</tr>
<tr>
<td>Depression screening</td>
<td>Annually for all children age 11 years to 21 years</td>
</tr>
<tr>
<td>Dyslipidemia screening</td>
<td>Following a positive risk assessment or in children where laboratory testing is indicated</td>
</tr>
<tr>
<td>Gonorrhea screening</td>
<td>All sexually active children up to age 21 years</td>
</tr>
<tr>
<td>Hearing screening for newborns</td>
<td>All newborns</td>
</tr>
<tr>
<td>Hearing screening for children 29 days or older</td>
<td>Following a positive risk assessment or in children where hearing screening is indicated</td>
</tr>
<tr>
<td>Hepatitis B virus (HBV) screening</td>
<td>All asymptomatic adolescents at high risk for HBV infection</td>
</tr>
<tr>
<td>Human immunodeficiency virus (HIV) screening</td>
<td>All children</td>
</tr>
<tr>
<td>Lead poisoning screening</td>
<td>All children at risk of lead exposure</td>
</tr>
<tr>
<td>Newborn metabolic screening panel (e.g., congenital hypothyroidism, hemoglobinopathies [sickle cell disease], phenylketonuria [PKU])</td>
<td>All newborns</td>
</tr>
<tr>
<td>Syphilis screening</td>
<td>All sexually active children up to age 21 years with an increased risk for infection</td>
</tr>
<tr>
<td>Visual impairment screening</td>
<td>All children up to age 21 years</td>
</tr>
<tr>
<td><strong>Additional screening services and counseling</strong></td>
<td></td>
</tr>
<tr>
<td>Behavioral counseling for prevention of sexually transmitted infections</td>
<td>Semiannually for all sexually active adolescents at increased risk for sexually transmitted infections</td>
</tr>
<tr>
<td>Obesity screening and behavioral counseling</td>
<td>Children 6 years or older</td>
</tr>
<tr>
<td>Obesity screening and behavioral counseling</td>
<td>Behavioral counseling for children 6 years or older with an age-specific and sex-specific BMI in the 95th percentile or greater</td>
</tr>
<tr>
<td><strong>Medications</strong></td>
<td></td>
</tr>
<tr>
<td>Fluoride</td>
<td>Oral fluoride for children age 6 months to 5 years whose water supply is deficient in fluoride</td>
</tr>
<tr>
<td>Prophylactic ocular topical medication for gonorrhea</td>
<td>All newborns within 24 hours after birth</td>
</tr>
<tr>
<td><strong>Miscellaneous</strong></td>
<td></td>
</tr>
<tr>
<td>Fluoride varnish application</td>
<td>Twice a year for all infants and children starting at age of primary tooth eruption to 5 years of age</td>
</tr>
<tr>
<td>Hemoglobin/hematocrit testing</td>
<td>Following a positive risk assessment or in children where laboratory testing is indicated for children up to age 21 years</td>
</tr>
<tr>
<td>Tuberculosis testing</td>
<td>All children up to age 21 years</td>
</tr>
<tr>
<td>Vaccine</td>
<td>Birth</td>
</tr>
<tr>
<td>---------------------------------------------</td>
<td>-------</td>
</tr>
<tr>
<td>Hepatitis B (Hep B)</td>
<td>1st dose</td>
</tr>
<tr>
<td>Rotavirus (RV) RV1</td>
<td>1st dose</td>
</tr>
<tr>
<td>(2-dose series); RV5 (3-dose series)</td>
<td></td>
</tr>
<tr>
<td>Diphtheria, tetanus, &amp; acellular pertussis (DtaP; &lt; 7 yrs)</td>
<td>1st dose</td>
</tr>
<tr>
<td>Haemophilus influenza type b (Hib)</td>
<td>1st dose</td>
</tr>
<tr>
<td>Pneumococcal conjugate (PCV13)</td>
<td>1st dose</td>
</tr>
<tr>
<td>Inactivated poliovirus (IPV; &lt; 18 yrs)</td>
<td>1st dose</td>
</tr>
<tr>
<td>Influenza (IIV; LAIV)</td>
<td></td>
</tr>
<tr>
<td>Measles, mumps, rubella (MMR)</td>
<td></td>
</tr>
<tr>
<td>Varicella (VAR)</td>
<td></td>
</tr>
<tr>
<td>Hepatitis A (HepA)</td>
<td></td>
</tr>
<tr>
<td>Meningococcal11</td>
<td></td>
</tr>
<tr>
<td>(Hib-MenCY &gt; 6 weeks; MenACWY-D &gt; 9 mos; MenACWY-CRM ≥ 2 mos)</td>
<td></td>
</tr>
<tr>
<td>Tetanus, diphtheria, &amp; acellular pertussis (Tdap; &gt;7 yrs)</td>
<td></td>
</tr>
<tr>
<td>Human papillomavirus13</td>
<td></td>
</tr>
<tr>
<td>(2vHPV: females only; 4vHPV, 9vHPV: males and females)</td>
<td></td>
</tr>
<tr>
<td>Meningococcal B</td>
<td></td>
</tr>
<tr>
<td>Pneumococcal polysaccharide5 (PPSV23)</td>
<td></td>
</tr>
</tbody>
</table>

1 More information about recommended immunizations is available from the Centers for Disease Control at cdc.gov/vaccines/schedules.
Language Assistance Services


Chinese: 注意: 如果您讲中文，您可以得到免费的语言协助服务。致电 1-800-275-2583。


Portuguese: ATENÇÃO: se você fala português, encontram-se disponíveis serviços gratuitos de assistência ao idioma. Ligue para 1-800-275-2583.

Gujarati: સૂચના: તે તમે ગુજરાતી બોલતા હો, તો નિયંત્રણ બાધાથી સેવાઓ તમારા માટે ઉપલબ્ધ છે. 1-800-275-2583 કોલ કરો.


Russian: ВНИМАНИЕ: Если вы говорите по-русски, то можете бесплатно воспользоваться услугами перевода. Тел.: 1-800-275-2583.

Polish UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-800-275-2583.

Italian: ATTENZIONE: Se lei parla italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 1-800-275-2583.

Arabic: ملاحظة: إذا كنت تتحدث اللغة العربية، فإن خدمات المساعدة اللغوية متاحة لك بالمجمل. اتصل برقم 800-275-2583.


Hindi: ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। कॉल करें 1-800-275-2583।


Japanese: 備考: 母国語が日本語の方は、言語アシスタントサービス（無料）をご利用いただけます。1-800-275-2583へお電話ください。

Persian (Farsi): توجه: اگر فارسی صحبت می کنید، خدمات ترجمه به صورت رایگان برای شما فراهم می گردد. با شماره 1-800-275-2583 تماس بگیرید.


Urdu: توجه درکاریے: اگر آپ اردو زبان بولتے ہیں، تو آپ کے لئے مفت میں زبان معاون خدمات دستیاب ہیں۔ کال کریں 1-800-275-2583.

Mon-Khmer, Cambodian: អោយប្រឈមប្រារសេចក្តីថ្លែងការណ៍ នៃការជួយជំនួយការធ្វើការ ឬ ជំនួយការជំនួយ ដែល បានប្រឈមប្រារប្រការដ៏លើសពីសេចក្តីថ្លែងការណ៍ នៃការជួយជំនួយ អំពីការធ្វើការ ការជំនួយ ទំនាក់ទំនង ku 1-800-275-2583។
Discrimination is Against the Law

This Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. This Plan does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

This Plan 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).

- 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 our Civil Rights Coordinator. If you believe that This 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 our Civil Rights Coordinator. You can file a grievance in the following ways: In person or by mail: ATTN: Civil Rights Coordinator, 1901 Market Street, Philadelphia, PA 19103, By phone: 1-888-377-3933 (TTY: 711) By fax: 215-761-0245, By email: civilrightscoordinator@1901market.com. If you need help filing a grievance, our Civil Rights Coordinator is available to help you.