



## Nondiscrimination

UPREHS does not discriminate on the basis of race, color, national origin, sex, age, or disability in certain health programs or activities. Section 1557 builds on long-standing and familiar Federal civil rights laws: Title VI of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973 and the Age Discrimination Act of 1975. Section 1557 extends nondiscrimination protections to individuals. Section 1557 has been in effect since its enactment in 2010 and the HHS Office for Civil Rights has been enforcing the provision since it was enacted.

If you believe that we have failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, gender, disability, or sex, you may send a complaint to:

UPREHS Civil Rights Coordinator  
1040 North 2200 West Suite 200  
Salt Lake City, UT 84074  
Phone: 1-800-547-0421, TTY711  
Fax: 1-801-595-2069  
Email: [Help@uphealth.com](mailto:Help@uphealth.com)

If you need help filing a complaint, or need this information in another format like large print, please call our Member Services at 1-800-547-0421, TTY711. A representative will be able to assist you.

You can also file a complaint directly with the U.S. Dept. of Health and Human services online, by phone, or by mail:

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, HI-IH Building Washington, D.C. 20201

## Multi-language Interpreter Services

**ATTENTION:** If you speak a language other than English, language assistance services, free of charge, are available to you. Please call 1-800-547-0421 our Customer Service representatives are available Monday through Friday, from 7:30am to 3:30pm, Mountain Time. TTY/TDD users call the national number 711.

This letter is also available in other formats like large print. To request the document in another format, please call 1-800-547-0421, TTY/TDD 711.

**UNION PACIFIC RAILROAD EMPLOYEES HEALTH SYSTEMS**

PO Box 161020 • Salt Lake City, UT 84116-1020 • PHONE: 801-595-4300 • FAX: 801-595-4399

**Español (Spanish)**

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número de teléfono gratuito para miembros que aparece en la tarjeta de ID.

**繁體中文 (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。請撥打您會員卡所列的免付費會員電話號碼。

**Tiếng Việt (Vietnamese)**

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Vui lòng gọi số điện thoại miễn phí dành cho hội viên ghi trong thẻ ID hội viên của quý vị.

**한국어 (Korean)**

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 귀하의 ID 카드에 기재된 무료 회원 전화번호로 전화하십시오.

**Tagalog (Tagalog – Filipino)**

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Pakitawagan ang walang bayad na numero ng teleponong nakalista sa iyong ID card.

**Русский (Russian)**

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Позвоните на бесплатный номер телефона для участника, указанный на вашей идентификационной карте участника.

**العربية (Arabic)**

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. يرجى الاتصال برقم هاتف المجاني المخصص للأعضاء المدرج في بطاقة الهوية الخاصة بك.

**Kreyòl Ayisyen (French Creole)**

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Tanpri rele nimewo telefòn gratis ki endike sou kat ID ou.

**Français (French)**

ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Veuillez appeler le numéro de téléphone gratuit figurant sur votre carte d'affilié.

**Polski (Polish)**

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Prosimy zadzwonić pod bezpłatny członkowski numer telefonu podany na karcie identyfikacyjnej.

**Português (Portuguese)**

ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para o número de telefone gratuito para membros do seu cartão de ID

**Italiano (Italian)**

ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Per favore chiamate il numero di telefono verde indicato sulla vostra tessera identificativa.

**Deutsch (German)**

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Bitte rufen Sie die gebührenfreie Telefonnummer auf Ihrer Mitgliedskarte an.

**日本語 (Japanese)**

注意事項：日本語を話される場合、無料の言語支援をご利用いただけます。IDカードに記載されているメンバー用のフリーダイヤルにお電話ください。

**فارسی (Farsi)**

**توجه:** اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. لطفاً با شماره تلفن رایگان اعضا که بر روی کارت شناسایی شما قید شده تماس بگیرید.

**हिंदी (Hindi)**

ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। कृपया अपने पहिचान-पत्र की सूची में दिए गए टोल फ्री सदस्य फोन नंबर पर कॉल करें।

**Hmoob (Hmong)**

LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Thov hu tswv cuab tus xov tooj hu dawb uas sau muaj nyob rau ntawm koj daim yuaj ID.

**ខ្មែរ (Cambodian)**

ប្រយ័ត្ន: បើសិនជាអ្នកនិយាយ ភាសាខ្មែរ, សេវាជំនួយភាសា ដោយមិនគិតលុយ គឺអាចមានសំរាប់អ្នក។ សូមទូរស័ព្ទទៅលេខបំរើសមាជិកឥតគិតថ្លៃ ដែលមាននៅលើប័ណ្ណ ID របស់អ្នក។

**Ilokano (Ilocano)**

PAKDAAR: Nu saritaem ti Ilocano, ti serbisyo para ti baddang ti lengguahe nga awanan bayadna, ket sidadaan para kenyam. Maidawat nga awagan iti toll-free a numero ti telepono para kadagiti kameng nga nailista ayan iti ID card mo.

**Diné Bizaad (Navajo)**

*Díí baa akó nínízin: Díí saad bee yánílti’go Diné Bizaad, saad bee áká’ánída’áwo’déé’,’áá jik’eh, éí ná hóló, T’áá shqodí ninaaksoos nkl’izí bee nééhozinígíí bine’déé’áá jik’ehgo béesh bee hane’í biká’ígíí bee hólne’ dooleel.*

**Somali**

OGOW: Haddii aad ku hadasho Soomaali, adeegyada taageerada luqadda, oo bilaash ah, ayaad heli kartaa. Fadlan wac lambarka telefonka khadka bilaashka u ah xubnaha ee ku yaalla kaaekaaga aqoonsiga.