

UFCW Unions & Participating Employers Retiree Health and Welfare Plan

911 Ridgebrook Road
Sparks, Maryland 21152-9451
Telephone: (410) 683-6500
(800) 638-2972
www.associated-admin.com

8400 Corporate Drive, Suite 430
Landover, Maryland 20785-2361
Telephone: (301) 459-3020
(800) 638-2972
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NOTICE OF NONDISCRIMINATION

The UFCW Unions and Participating Employers Retiree Health and Welfare Plan (the “Plan”) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. The Plan does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

The Plan:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified interpreters for individuals with disabilities
 - Written information in other formats

- Provides free language services to people whose primary language is not English, such as:
 - Oral interpretation
 - Information written in other languages

If you need these services, contact the Fund Office in writing at 4301 Garden City, Dr., Suite 201, Landover, MD 20785-6102, by phone at (301) 459-3020 or (800) 638-2972, or by fax at (877) 227-3536.

If you believe that the 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 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>.

ATTENTION: Language Assistance Services, free of charge, are available to Individuals With Limited English Proficiency. Call 1-800-638-2972.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-638-2972

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-800-638-2972

ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1-800-638-2972

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-638-2972

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 1-800-638-2972

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-800-638-2972

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-800-638-2972

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-638-2972

ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 1-800-638-2972

ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-800-638-2972

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-800-638-2972

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-638-2972

1-800-638-2972 اذلت نك دد تت ركذا اللغة، ذف ت امدخ قدعا سملاتف وغل لار ف اوت ت كل ذاجملاب. ل صد تام قارب :ةظود لم

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。 1-800-638-2972

رگا اهب ذاب ذف سراف وگ ت فگ يم كذفد، تال ف هس ت ف ذاب ذر و صب ذاگ فارب ارب امش ذف رف فگب ت: هجو s
1-800-638-2972