



La Mer Holistic Medicine

Nondiscrimination Statement: Discrimination is Against the Law

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

La Mer Holistic Medicine:

- Provides free aids and services to people with disabilities 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 services to people whose primary language is not English, such as:
 - - Qualified interpreters
 - - Information written in other languages

If you need these services, contact Don Aguirre, Civil Rights Coordinator,
Phone: (805) 477-5166

If you believe that *La Mer Holistic Medicine* 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: Don Aguirre, Civil Rights Coordinator, 855 Partridge Drive, Ventura, California 93003, Phone: (805) 477-5166, Fax: (805) 477-5191, don.aguirre@ventura.org. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, Don Aguirre, 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>.

P.O. Box 201, Camarillo, California, 93011
Phone: 805-388-8330 Fax: 805-388-8030
www.lamermedical.com