

Discrimination is Against the Law and is Not Tolerated in This Medical Practice

California Center for Sleep Disorders complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. California Center for Sleep Disorders does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex. California Center for Sleep Disorders provides the following:

- ❖ 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)
- ❖ 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, please inform our practice: California Center for Sleep Disorders, **Contact:** Hilda Meza, **Phone:** 510-263-3300, **Fax:** 510-263-3350, **Email:** hmeza@sleepdx.com

If you believe that California Center for Sleep Disorders 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: **Contact:** Hilda Meza, Care Coordinator, **Address:** 985 Atlantic Avenue Suite 250, Alameda, CA 94501, **Phone:** 510-263-3300, **Fax:** 510-263-3350, **Email:** hmeza@sleepdx.com You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, Hilda Meza, Care 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>

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 510-263-3300

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 510-263-3300

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 510-263-3300

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 510-263-3300

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 510-263-3300 번으로 전화해 주십시오.

ՈՒՇԱԴՐՈՒԹՅՈՒՆՆԵՐ Եթե խոսում եք հայերեն, ապա ձեզ անվճար կարող են տրամադրվել լեզվական աջակցություն ծառայություններ: 510-263-3300

توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با تماس بگیريد 510-263-3300

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 510-263-3300

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 510-263-3300 まで、お電話にてご連絡ください。

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم (رقم هاتف الصم والبكم 510-263-3300

ਪਿਆਰ ਧਿਓ: ਜੇ ਤੁਸੀਂ ਪੰਜਾਬ ਬੋਲਿ ਹੋ, ਤੀਂ ਭਾਸ਼ਾ ਧ ਚਿ ਸਹਾਇਤਾ ਸੇ ' ਤੁਹਾਡੇ ਲਈ ਮੁਫਤ ਉਪਲਬਿ ਹੈ। 510-263-3300 'ਤੇ ਕਾਲ ਕਰੋ।

ប្រយ័ត្ន៖ បរិស្ថានជាអ្នកនិយាយ ភាសាខ្មែរ, បសវាជំនួយខ្លួនភាសា បោយមិនគិតគូរ គឺអាចមានសំរាប់បរិស្ថាន អ្នក។ ចូរ ទូរស័ព្ទ 510-263-3300

LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 510-263-3300

ध्यान दें: मदद आप ह िंदी बोलते हैं तो आपके ललए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं 510-263-3300 कॉल करें।

เรียน: ถ้าคุณพูดภาษาไทยคุณสามารถใช้บริการช่วยเหลือทางภาษาได้ฟรี โทร
510-263-3300