

## Non-Discrimination Statement and Foreign Language Access

### **Your Rights**

Civil rights are personal rights guaranteed and protected by the U.S. Constitution and federal laws enacted by Congress, such as the Civil Rights Act of 1964 and the Americans with Disabilities Act of 1990. Civil rights include protection from unlawful discrimination. Under these laws, all persons in the United States have a right to receive health care and human services in a nondiscriminatory manner.

### **Our Non-Discrimination Statement**

Optimal Health Chiropractic complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. This practice does not exclude people or treat them differently because of race, color, national origin, age disability, or sex. This practice: Provides information to patients in plain language and in a manner, that is accessible and timely. Provides free services to people with disabilities to communicate effectively with us, including auxiliary aids. Provides free language assistance services to people whose primary language is not English. Free language interpretation support is available for those who cannot read or speak English. Call the number below and we will help connect you to an interpreter.

If you believe that we have not provided these services or discriminated in any way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance by emailing [ohc@ohcbft.com](mailto:ohc@ohcbft.com) or by calling our Compliance Officer at 843-524-4325. You can also file a grievance in person or by mail, or fax. Our address is 1264 Ribaut Rd Ste 102 Beaufort, Sc 29902 phone number 843-524-4325 fax 843-524-2885.

If you need help filing a grievance our Compliance Officer 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>.

Information of Language Assistance Services for Individuals with Limited English Proficiency

- **Spanish:** ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-843-524-4325.
- **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。請致電 1-843-524-4325。
- **Vietnamese:** CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-843-524-4325.
- **Korean:** 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-843-524-4325번으로 전화해 주십시오.
- **French:** ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-843-524-4325.
- **Tagalog:** PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-843-524-4325.
- **Russian:** ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-843-524-4325.
- **German:** ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-843-524-4325.
- **Gujarati:** સુચના: જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો 1-843-524-4325.
- **Arabic:** ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-843 524-4325--1
- **Portuguese:** ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1-843-524-4325.
- **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。1-843-524-4325まで、お電話にてご連絡ください。
- **Ukrainian:** УВАГА! Якщо ви розмовляєте українською мовою, ви можете звернутися до безкоштовної служби мовної підтримки. Телефонуйте за номером 1-843-524-4325.
- **Hindi:** ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। 1-843-524-325 पर कॉल करें।
- **Mon-Khmer, Cambodian:** ប្រយ័ត្ន: បើសិនជាអ្នកនិយាយភាសាខ្មែរ, សេវាជំនួយផ្នែកភាសាដោយមិនគិតថ្លៃគឺអាចមានសំរាប់អ្នក។ ចូរ ទូរស័ព្ទ 1-843-524-4325.។