

Peralta Community College

Group #2112

Employee Assistance Program Combined Evidence of Coverage and Disclosure Form

This Combined Evidence of Coverage and Disclosure Form
constitutes
only a summary of your EAP. Please consult MHN's EAP
contract to
determine the exact terms and conditions of coverage.

Administered by
MHN
A Health Net CompanySM

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Contents

Principal Benefits and Coverages

What problems can an EAP handle?

Choice of Physicians and Practitioners

Practitioner Compensation

Facilities

Continuity of Care

New Members

Members Whose Practitioner's Contract Has Been Terminated or Not Renewed

Are EAP services confidential?

Prepayment Fees

Other Charges

Who is eligible for services?

When does coverage begin?

How to Obtain EAP Services

Emergency Services and Care

Non- Emergency Care

Second Medical Opinion

Complaints and Grievances

Grievance Process

The Department of Managed Health Care

Public Policy

Principal Exclusions

Termination of Benefits

Renewal Provisions

Organ Donation

Antifraud Plan

Definitions

Notice of Privacy Practices

How We May Use and Disclose Your Protected Health Information

Other Permitted or Required Disclosures

Other Uses or Disclosures with an Authorization

Your Rights Regarding Your Protected Health Information

Right to Access Your Protected Health Information

Right to Amend Your Protected Health Information

Right to an Accounting of Disclosures by the Plan

Right to Request Restrictions on Use and Disclosure of Your Protected Health Information
Right to Receive Confidential Communications

Right to a Paper Copy of This Notice

Contact Information for Exercising Your Rights

Health Information Security

Changes To This Notice

Grievances

Contact the Plan

Please read this Combined Evidence of Coverage & Disclosure Form (“Evidence of Coverage”) completely and carefully to understand your Managed Health Network (“MHN”) Employee Assistance Program (“EAP”) benefits. This Evidence of Coverage discloses the terms and conditions of coverage and can help you understand your rights and responsibilities as an EAP member (“Member”). If you have behavioral healthcare needs, you should carefully read those sections that apply to you. Certain terms are capitalized throughout this Evidence of Coverage - to help you understand these terms, the meaning and limitations of these terms are explained in the “Definitions” section of this booklet.

This Combined Evidence of Coverage and Disclosure Form constitutes only a summary of the health plan. The health plan contract (the “Agreement”) between your employer (“Employer”) and MHN must be consulted to determine the exact terms and conditions of coverage. You have the right to view the Evidence of Coverage prior to enrollment. Please review the Agreement to determine the governing contractual provisions. A copy of the Agreement will be furnished upon request. To receive a copy of the Agreement or if you have questions or concerns after reading this Evidence of Coverage and need additional information about your EAP benefits (the “Plan”), please contact MHN at the number printed in this brochure.

This Evidence of Coverage, the Agreement and benefits of this Plan are subject to change without your consent, according to the provisions of the Agreement. If this Evidence of Coverage has been issued to an existing MHN Group, it replaces the former Evidence of Coverage, effective upon the date in the Agreement. Please refer to the most recent Evidence of Coverage, as benefits may have changed from those stated in the prior Evidence of Coverage.

By enrolling in, or accepting services under, this Plan, Members agree to abide by all terms, conditions and provisions stated in the Agreement and this Evidence of Coverage. Members must notify MHN of any change in residence and any circumstances that may affect entitlement to coverage or eligibility under this Plan. Members cannot transfer the coverage and benefits of this Plan to another person without the prior written consent of MHN. Such a request may be denied for any reason. MHN reserves the right to make payment of benefits, at its sole discretion, directly to the Participating Practitioner.

As a condition of enrollment and to receive benefits under this Plan – MHN, its agents, independent contractors and Participating Practitioners shall be entitled to release to, or obtain from, any person, organization or government agency, any information and records, including patient records of Members, which MHN requires or is obligated to provide pursuant to legal process, or federal, state or local law. Each Member expressly consents to, authorizes and directs Participating Practitioners, or others who are giving treatment or advice, to make available to MHN such medical and mental health reports, records and other information, or copies thereof, as MHN may request for the purposes of administering this Plan.

Principal Benefits and Coverages

By accessing MHN's Employee Assistance Program ("EAP") you can be assessed and referred to Participating Practitioners who can help you and your eligible family members resolve personal problems that can affect your health, family life, abilities, and desire to excel at work. You and your family members are entitled to up to 7 Sessions per individual per incident per benefit period.

What problems can an EAP handle?

The Employee Assistance Program can help you resolve a broad range of personal problems through assessment of issues and referral to Participating Practitioners including:

Marriage/Family Issues
Emotional Problems

Stress Management
Alcohol/Drug Dependency

PLEASE READ THE FOLLOWING INFORMATION SO YOU WILL KNOW FROM WHOM OR WHAT GROUP OF PROVIDERS HEALTH CARE MAY BE OBTAINED.

Choice of Physicians and Practitioners

MHN's EAP services are provided by psychologists, clinical social workers, marriage family therapists, masters level counselors and other professionals who have a contract with MHN to provide EAP services ("Participating Practitioners"). Referral and prior authorization are always required for EAP services. MHN only provides an EAP referral to one of its Participating Practitioners.

If you have questions regarding any of MHN's Participating Practitioners, or you would like a list of Participating Practitioners located within your geographic area, you can call MHN at 1-800-535-4985. You may also view and print a list of MHN's Participating Practitioners via MHN's website at www.MHN.com. MHN's roster of Participating Practitioners is subject to change. Although MHN updates its website on a weekly basis so that the information includes only practitioners currently available to service members, MHN cannot guarantee the initial or continued availability of any particular Participating Practitioners.

Practitioner Compensation

Generally, MHN compensates its Participating Practitioners on a fee-for-service basis. MHN does not compensate Participating Practitioners with bonuses or financial incentives related to the amount of services you may receive under this Plan.

Facilities

Treatment at hospitals or other facilities is not a covered benefit under the EAP.

Continuity of Care

New Members: If your Employer or Group has changed health plans and you were receiving services from a non- Participating Practitioner for a current episode involving an acute, serious or chronic mental health condition, MHN may, if certain other criteria are met, authorize continuing services from your non- Participating Practitioner.

In the event MHN authorizes continuity of care services, MHN will allow the Member a reasonable transition period (subject to the benefit limit) to continue his or her course of treatment with the non- Participating Practitioner prior to transferring to another Participating Practitioner and will arrange for the provision of mental health care services on a timely, appropriate, and medically necessary basis from the non- Participating Practitioner. The length of the transition period will take into account the severity of the Member's condition and the amount of time reasonably necessary to effect a safe transfer on a case-by-case basis. Reasonable consideration will be given to the potential clinical effect that a change of practitioner would have on the Member's treatment for the condition. This decision is determined by MHN, in consultation with the Member and the non- Participating Practitioner.

MHN may require a non- Participating Practitioner whose services are continued for a newly covered member to agree in writing to be subject to the same terms and conditions that are imposed upon Participating Practitioners providing similar services who are not capitated and who are practicing in the same or a similar geographic area as the non- Participating Practitioner, including, but not limited to, rates, credentialing, hospital privileging, utilization review, peer review and quality assurance requirements.

Among other limitations, new member continuity of care services do not apply if you were offered and refused an out of network option by your Employer, or if you had the option to continue with your previous health plan or non- Participating Practitioner and instead voluntarily chose to change health plans, or if the non- Participating Practitioner does not agree to abide by the terms and conditions contained in MHN's standard participating provider contract.

Members Whose Practitioner's Contract Has Been Terminated or Not Renewed: If you are receiving care for an acute or serious chronic condition and your Participating Practitioner's contract is terminated or not renewed, you may call MHN at 1-800-535-4985 and request continuing care by your Participating Practitioner, provided you are still

eligible. In cases involving an acute condition or a serious chronic condition, MHN will arrange for the provision of mental health care services on a timely and appropriate basis from the terminated practitioner for up to 90 days or a longer period if necessary for a safe transfer to another practitioner (subject to the benefit limit) as determined by MHN in consultation with the terminated practitioner, consistent with good professional practice.

MHN may require the terminated practitioner whose services are continued beyond the contract termination date to agree in writing to be subject to the same contractual terms and conditions that were in effect prior to termination. This includes, but is not limited to rates, credentialing, hospital privileging, utilization review, peer review, and quality assurance requirements. The payment of co-payments, deductibles, or other cost sharing components by the Member during the period of continuation of care with a terminated practitioner will be the same co-payments, deductibles, or other cost sharing components that would be paid by the Member when receiving care from a practitioner currently contracting with MHN.

If the terminated practitioner does not agree to comply or does not comply with MHN's contractual terms and conditions, MHN will not be obligated to continue the practitioner's services beyond the contract termination date. Further, if the terminated practitioner voluntarily terminates his or her contract, MHN is not obligated to continue the practitioner's services beyond the contract termination date. Your practitioner must agree to accept MHN reimbursement as payment in full for EAP services.

MHN will not provide continuing care by a practitioner whose contract with MHN has been terminated or not renewed for reasons relating to medical disciplinary cause or reason, as defined in paragraph (6) of subdivision (a) of Section 805 of the Business and Professions Code, fraud or other criminal activity.

MHN also will not cover services or provide benefits that are not otherwise covered under the terms and conditions of your EAP benefit.

For the purposes of this provision, "Acute condition" means a mental health condition that involves a sudden onset of symptoms due to an illness, injury, or other medical problem that requires prompt medical attention and that has a limited duration. "Serious chronic condition" means a mental health condition due to a disease, illness, or other medical problem or medical disorder that is serious in nature, and that does either of the following:

- (A) Persists without full cure or worsens over an extended period of time.
- (B) Requires ongoing treatment to maintain remission or prevent deterioration.

If you feel that you are in need of continuity of care services or if you would like a copy of MHN's continuity of care policies, please contact MHN at 1-800-535-4985.

Are EAP services confidential?

MHN abides by state and federal mandates governing confidentiality. Any information you reveal will be protected according to the limits of the law. A statement describing

MHN's policies and procedures for preserving the confidentiality of medical records is available and will be furnished upon request. You may also view the policies at the back of this booklet and on MHN's web site at www.MHN.com.

Prepayment Fees

Your employer pays the premium for EAP services.

Other Charges

There are no co-payments, co-insurance, or deductible payments, and you will not be liable to an MHN Participating Practitioner for any fees covered by your EAP services in the event MHN fails to pay the practitioner or under any other circumstances. If, however, you desire additional services not covered by the EAP or choose a practitioner who is not part of MHN's network, you will be responsible for their payment.

Who is eligible for services?

Any employee of Peralta Community College who is covered under the collective bargaining agreement (non-represented managers, administrators and confidential employees is eligible. Additionally any person who is permanently residing in the employee's household and individuals who qualify as dependents for federal income tax purposes is eligible.

MHN shall not refuse to enter into any contract or cancel or decline to renew or reinstate any contract because of the race, color, national origin, ancestry, religion, sex, marital status, sexual orientation, or age of any contracting party, prospective contracting party, or person reasonably expected to benefit from that contract as a subscriber, enrollee, member, or otherwise.

Additionally, MHN will not refuse to enroll any person or accept any person as a member or renew any person as a member after appropriate application on the basis of a person's genetic characteristics that may, under some circumstances, be associated with disability in that person or that person's offspring. MHN will not seek information regarding a person's genetic characteristics for any nontherapeutic purpose.

MHN will not require a higher rate or charge, or offer or provide different terms, conditions, or benefits, on the basis of a person's genetic characteristics that may, under some circumstances, be associated with disability in that person or that person's offspring.

When does coverage begin?

You are eligible to receive MHN EAP services for as long as you are an employee of Peralta Community College.

How to Obtain EAP Services

Emergency Services and Care

Except in the case of Emergency Services and Care, you are required to call MHN directly at the number below to arrange for EAP services. If you are experiencing severe symptoms and are impaired in your functioning to the extent that you present an immediate danger to yourself or others or you are in crisis and need immediate assistance, call the **911** emergency response system or go to the nearest emergency room. If you are in crisis and need immediate assistance, MHN's licensed counselors also are available 24 hours a day, 365 days a year for immediate telephone intervention and consultation.

Non-Emergency Care

Call MHN toll-free at 1-800-535-4985, 24 hours a day, 7 days a week, for a referral to a Participating Practitioner and to request authorization of treatment. TDD callers can dial 1-800-327-0801.

MHN will evaluate your problem and refer you to a Participating Practitioner. MHN will attempt to make routine appointments available within 10 business days. Provided you are eligible and have not previously exhausted your benefit, MHN will authorize up to the maximum number of Sessions covered under your EAP.

MHN Online EAP: MHN's online services can help you better manage a wide range of emotional health, working and living challenges, all in one convenient web site. You can access MHN's EAP services at www.mhn.com, or via a link on your employer's Intranet (if available).

1. Register using your Company Access Code: **peralta**
(NOTE: You will only use this access code at initial registration).
2. Select your user name and password, then enter your e-mail address and a password question.
3. To access EAP referrals you will be prompted to supply additional information.

Second Medical Opinion

MHN may, as a condition of coverage, require that a Member obtain a second opinion from an Appropriately Qualified Health Professional to verify the medical necessity or appropriateness of a covered service. In addition, you, as a Member, have the right to request a second opinion when:

- You are concerned about your Participating Practitioner's diagnosis or treatment plan.
- You are not satisfied with the result of the treatment rendered.
- You question the reasonableness or necessity of recommended surgical procedures.
- You question a diagnosis or plan of care for a condition that threatens loss of life, limb, bodily function, or substantial impairment, including, but not limited to, a serious chronic condition.

- The clinical indications are complex or confusing, a diagnosis is in doubt due to conflicting test results, or the Participating Practitioner is unable to diagnose the condition.
- The treatment plan in progress is not improving your medical condition within an appropriate period of time for the diagnosis and plan of care.
- If you have attempted to follow the plan of care or consulted with the initial Participating Practitioner due to serious concerns about the diagnosis or plan of care.

To request an authorization for a second opinion, contact your Participating Practitioner or MHN. MHN will review the request, and if a second opinion is considered appropriate, MHN will authorize a referral to an Appropriately Qualified Health Professional. The Practitioner rendering the second opinion will provide a written consultation report to MHN, the Member and the original Participating Practitioner.

If the Member faces an imminent and serious threat to health, including, but not limited to, the potential loss of life, limb or other major bodily function, or lack of timeliness would be detrimental to the ability to regain maximum function, the second opinion will be rendered in a timely fashion appropriate to the nature of the condition not to exceed 72 hours of MHN's receipt of the request, whenever possible. For a complete copy of this policy, contact MHN at 1-800-535-4985.

Complaints and Grievances

As a condition of enrollment and a contractual term of the Agreement and this Evidence of Coverage, Members are required to submit all grievances through MHN's grievance procedures. MHN's grievance procedures, as specified below, must be completed before the Member may file for any legal action or arbitration to receive a final and binding resolution of the grievance.

Please note: After participating in MHN's grievance and/or appeals process for a period of thirty (30) days (or three days for emergency grievances), the Member has the right to file a request for assistance with the Department of Managed Health Care (the "Department"). When MHN has notice of a case involving imminent and serious threat to the health of the patient, including, but not limited to, severe pain, potential loss of life, limb or major bodily function, MHN provides the following: (a) immediate notification to the Member of their right to notify the Department of the grievance, and (b) no later than three days from receipt of the notice of such grievance request, a written statement to the Member and the Department on the disposition or pending status of the grievance. See Section entitled "The Department of Managed Health Care."

Grievance Process

1. Grievances may be filed with any MHN staff member in writing, on-line at www.mhn.com, or by calling MHN. You may call MHN at 1-800-535-4985, or write to:

MHN
Quality Management Department
 PO Box 10697
 San Rafael, CA 94912

2. Grievances involving quality of care are investigated and resolved by MHN Quality Management staff.
3. All written grievances are acknowledged by the Quality Management department in writing within five (5) working days of MHN's receipt of the grievance.
4. All grievances are resolved within thirty (30) days of MHN's receipt of the grievance, unless the Member is notified within thirty (30) days that additional time is required and the reason for the delay is documented.
5. Members are notified in writing of the resolution of the grievance.
6. For grievances where resolution information can be given, if the Member is dissatisfied with the outcome of the grievance, he/she can appeal by writing to:

MHN
Quality Management Department
PO Box 10697
San Rafael, CA 94912

The Department of Managed Health Care

The California Department of Managed Health Care (the "Department") is responsible for regulating health care service plans in California. If you have a grievance against MHN, you should first telephone MHN at **1-800-535-4985** and use MHN's grievance process before contacting the Department. Utilizing this grievance procedure does not prohibit any potential legal rights or remedies that may be available to you. If you need help with a grievance involving an emergency, a grievance that has not been satisfactorily resolved by MHN, or a grievance that has remained unresolved for more than 30 days, you may call the Department for assistance. You may also be eligible for an Independent Medical Review ("IMR"). If you are eligible for IMR, the IMR process will provide an impartial review of medical decisions made by a health plan related to the medical necessity of a proposed service or treatment, coverage decisions for treatments that are experimental or investigational in nature and payment disputes for emergency or urgent medical services.

The Department has a toll-free telephone number (**1-888-HMO-2219**) to receive complaints and a TDD line (**1-877-688-9891**) for the hearing and speech impaired. The Department's Internet website (<http://www.hmohelp.ca.gov>) has complaint forms, IMR application forms and instructions online.

Public Policy

MHN permits Members to participate in establishing its public policy through its Public Policy Committee – the findings and recommendations of which are regularly reported to MHN's governing Board of Directors. For the purposes of description, "public policy" means acts performed by MHN and its employees to assure the comfort, dignity and convenience of Members who rely on Participating Practitioners to provide EAP services.

If you would like to participate on MHN's Public Policy Committee please contact 1-800-535-4985.

Principal Exclusions

You and your eligible family members may be entitled to receive a specified number of counseling sessions each year. See section entitled "Principal Benefits and Coverages" for number of sessions covered. However, there are some exclusions. MHN's EAP services do not provide:

- Inpatient treatment of any kind
- Prescription drugs
- Counseling required by law or a court
- Formal psychological evaluations and fitness-for-duty opinions

Termination of Benefits

Your eligibility ends upon your termination of employment, or when your Employer's contract with MHN is no longer in force as a result of nonpayment of premium or otherwise. If premiums are not paid according to the Agreement, termination is effective fifteen days after notice of termination is mailed to your Employer, as of midnight of the last day of the month for which premiums were last received and accepted by MHN. The Employer may automatically reinstate the Agreement by remitting, within fifteen (15) days of the date of written notice of termination, all outstanding invoiced premiums to MHN. Your eligible family members are covered during the same time you are. Upon termination of your employment, please contact your Employer to determine whether you and/or your eligible family members are eligible to continue coverage under COBRA.

In addition to the above, the Agreement may also be terminated by MHN or the Employer upon material breach if such breach continues for a period of fifteen (15) days after written notice is given to the breaching party, specifying the nature of the breach and requesting that it be cured. If, however, the nature of breach is such that it cannot be cured within the fifteen (15) day period, then if the breaching party commences such cure in good faith within ten (10) days after delivery of the notice of termination and gives written notice to the non-breaching party of the action being taken to effect such cure, then this Agreement shall not be canceled. In no event shall such breach continue more than thirty (30) days after receipt of the notice of termination. MHN or the Employer also may terminate the Agreement if the other party is adjudged bankrupt, becomes insolvent, has a receiver of its assets or property appointed, makes a general assignment for the benefit of creditors, or institutes or causes to be instituted any procedure for reorganization or rearrangement of its affairs.

Your coverage cannot be cancelled, nor can you be denied renewed coverage because of your health status or requirements for service. If you think this has happened, you may request a review by the California Department of Managed Health Care (the "Department"). The Department's toll-free number is **888-HMO-2219** (888-466-2219). Your coverage can be terminated by MHN for fraud or deception in the use of counseling services.

Renewal Provisions

This Plan automatically renews on the anniversary date of the Agreement, unless notice of termination is served within the time specified or as otherwise provided in the Agreement. However, MHN may change its fees, benefits, or the terms of the Agreement on the anniversary date of this Plan, unless otherwise mandated by law.

Organ Donation

Organ donation can extend and enhance lives and is an option you may want to consider. For more information on the subject, please contact the U.S. Department of Health and Human Services at **1-888-231-9473**.

Antifraud Plan

MHN maintains a toll-free Fraud & Abuse Hotline at (800) 327-0566 where members, practitioners and employees can refer suspected fraudulent activity in the submission of claims.

Definitions

Agreement: Includes the agreement between MHN and the Employer or Group, this Evidence of Coverage and any addenda and/or amendments thereto.

Appropriately Qualified Health Care Professional: Is a primary care physician or specialist who is acting within his or her scope of practice and who possesses a clinical background, including training and expertise, related to the particular illness, disease, condition or conditions associated with the request for a second opinion.

Combined Evidence of Coverage & Disclosure Form: A document issued by MHN to a member that describes the specific services covered under the applicable plan.

Emergency medical condition: Means a medical condition manifesting itself by acute symptoms of sufficient severity (including severe pain) such that, the absence of immediate medical attention could reasonably be expected to result in any of the following:

- (1) placing the patient's health in serious jeopardy;
- (2) serious impairment to bodily functions; or
- (3) serious dysfunction of any bodily organ or part.

Emergency Services and Care. Means medical screening, examination, and evaluation by a physician, or, to the extent permitted by applicable law, by other appropriate personnel under the supervision of a physician, to determine if an emergency medical condition exists and, if it does, the care and treatment necessary to relieve or eliminate the emergency medical condition.

Employer or Group: An employer, trust fund, licensed health plan or insurer, or other group or business entity that has contracted with MHN for the provision of EAP Services to Members.

Grievance: Any expression of dissatisfaction from a Member, whether received in writing or on the telephone.

Member: Any individual who meets all applicable eligibility requirements specified within the Agreement and this Plan, is enrolled under this Plan and for whom all required prepayment fees have been received and accepted by MHN.

Participating Practitioner: A professional practitioner who furnishes behavioral healthcare services to Members and has agreed, by signing a participating provider agreement with MHN, to accept the provisions of the applicable agreement, including the contractually agreed upon compensation, as the total charge, whether paid fully by MHN or requiring cost sharing by the Member.

Session: Any in-person or telephone consultation with a Participating Practitioner for services covered under this Plan.

Notice of Privacy Practices

THIS NOTICE DESCRIBES HOW MEDICAL INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION. PLEASE REVIEW IT CAREFULLY.

This Notice tells you about the ways in which MHN (referred to as “we” or “the Plan”) may collect, use and disclose your protected health information and your rights concerning your protected health information. “Protected health information” is information about you, including demographic information, that can reasonably be used to identify you and that relates to your past, present or future physical or mental health or condition, the provision of health care to you or the payment for that care.

We are required by federal and state laws to provide you with this Notice about your rights and our legal duties and privacy practices with respect to your protected health information, and notify you in the event of a breach of your unsecured protected health information. We must follow the terms of this Notice while it is in effect. We reserve the right to change this Notice. We reserve the right to make the revised or changed Notice effective for your protected health information we already have as well as any of your protected health information we receive in the future. We will promptly revise and distribute this Notice whenever there is a material change to the uses or disclosures, your

rights, our legal duties, or other privacy practices stated in the Notice. This will include, but may not be limited to updating the Notice on our web site. Some of the uses and disclosures described in this Notice may be limited in certain cases by applicable state laws that are more stringent than the federal standards.

HOW WE MAY USE AND DISCLOSE YOUR PROTECTED HEALTH INFORMATION

We may use and disclose your protected health information for different purposes. The examples below are provided to illustrate the types of uses and disclosures we may make without your authorization for payment, health care operations and treatment.

- **Payment.** We use and disclose your protected health information in order to pay for your covered health expenses. For example, we may use your protected health information to process claims, to be reimbursed by another insurer that may be responsible for payment or for premium billing.
- **Health Care Operations.** We use and disclose your protected health information in order to perform our plan activities, such as quality assessment activities or administrative activities, including data management or customer service.
- **Treatment.** We may use and disclose your protected health information to assist your health care providers (doctors, pharmacies, hospitals, and others) in your diagnosis and treatment. For example, we may disclose your protected health information to providers to provide information about alternative treatments.
- **Plan Sponsor.** We may disclose your protected health information to a sponsor of the group health plan, such as an employer or other entity that is providing a health care program to you. We can disclose your protected health information to that entity if it has contracted with us to administer your health care program on its behalf.
- **Person(s) Involved in Your Care or Payment for Your Care.** We may also disclose protected health information to a person, such as a family member, relative, or close personal friend, who is involved with your care or payment. We may disclose the relevant protected health information to these persons if you do not object or we can reasonably infer from the circumstances that you do not object to the disclosure; however, when you are not present or are incapacitated, we can make the disclosure if, in the exercise of professional judgment, we believe the disclosure is in your best interest.

OTHER PERMITTED OR REQUIRED DISCLOSURES

- **As Required by Law.** We must disclose protected health information about you when required to do so by law.
- **Public Health Activities.** We may disclose protected health information to public health agencies for reasons such as preventing or controlling disease, injury, or disability.

- **Victims of Abuse, Neglect or Domestic Violence.** We may disclose protected health information to government agencies about abuse, neglect, or domestic violence.
- **Health Oversight Activities.** We may disclose protected health information to government oversight agencies (e.g., California Department of Health Services) for activities authorized by law.
- **Judicial and Administrative Proceedings.** We may disclose protected health information in response to a court or administrative order. We may also disclose protected health information about you in certain cases in response to a subpoena, discovery request, or other lawful process.
- **Law Enforcement.** We may disclose protected health information under limited circumstances to a law enforcement official in response to a warrant or similar process; to identify or locate a suspect; or to provide information about the victim of a crime.
- **Coroners, Funeral Directors, Organ Donation.** We may release protected health information to coroners or funeral directors as necessary to allow them to carry out their duties. We may also disclose protected health information in connection with organ or tissue donation.
- **Research.** Under certain circumstances, we may disclose protected health information about you for research purposes, provided certain measures have been taken to protect your privacy.
- **To Avert a Serious Threat to Health or Safety.** We may disclose protected health information about you, with some limitations, when necessary to prevent a serious threat to your health and safety or the health and safety of the public or another person.
- **Special Government Functions.** We may disclose information as required by military authorities or to authorized federal officials for national security and intelligence activities.
- **Workers' Compensation.** We may disclose protected health information to the extent necessary to comply with state law for workers' compensation programs.
- **Fundraising Activities.** We may use or disclose your protected health information for fundraising activities, such as raising money for a charitable foundation or similar entity to help finance its activities. If we do contact you for fundraising activities, we will give you the opportunity to opt-out, or stop, receiving such communications in the future.

OTHER USES OR DISCLOSURES WITH AN AUTHORIZATION

We are required to obtain your written authorization to use or disclose your protected health information, with limited exceptions, for the following reasons:

- **Marketing.** We will request your written authorization to use or disclose your protected health information for marketing purposes with limited exceptions, such as when we have face-to-face marketing communications with you or when we provide promotional gifts of nominal value.
- **Sale of Protected Health Information.** We will request your written authorization before we make any disclosure that is deemed a sale of your protected health information, meaning that we are receiving compensation for disclosing the protected health information in this manner.
- **Psychotherapy Notes** – We will request your written authorization to use or disclose any of your psychotherapy notes that we may have on file with limited exception, such as for certain treatment, payment or health care operation functions.
- **Other Uses or Disclosures.** All other uses or disclosures of your protected health information not described in this Notice will be made only with your written authorization, unless otherwise permitted or required by law.
- **Revocation of an Authorization.** You may revoke an authorization at any time in writing, except to the extent that we have already taken action on the information disclosed or if we are permitted by law to use the information to contest a claim or coverage under the Plan.

YOUR RIGHTS REGARDING YOUR PROTECTED HEALTH INFORMATION

You have certain rights regarding protected health information that the Plan maintains about you.

- **Right to Access Your Protected Health Information.** You have the right to review or obtain copies of your protected health information records, with some limited exceptions. Usually the records include enrollment, billing, claims payment, and case or medical management records. Your request to review and/or obtain a copy of your protected health information records must be made in writing. We may charge a fee for the costs of producing, copying, and mailing your requested information, but we will tell you the cost in advance. If we deny your request for access, we will provide you a written explanation and will tell you if the reasons for the denial can be reviewed and how to ask for such a review or if the denial cannot be reviewed.
- **Right to Amend Your Protected Health Information.** If you feel that protected health information maintained by the Plan is incorrect or incomplete, you may request that we amend, or change, the information. Your request must be made in writing and must include the reason you are seeking a change. We may deny your request if, for example, you ask us to amend information that was not created by the Plan, as is often the case for health information in our records, or you ask to amend a record that is already accurate and complete.

If we deny your request to amend, we will notify you in writing. You then have the right to submit to us a written statement of disagreement with our decision, and we have the right to rebut that statement.

- **Right to an Accounting of Disclosures by the Plan.** You have the right to request an accounting of certain disclosures we have made of your protected health information. The list will not include our disclosures related to your treatment, our payment or health care operations, or disclosures made to you or with your authorization. The list may also exclude certain other disclosures, such as for national security purposes.

Your request for an accounting of disclosures must be made in writing and must state a time period for which you want an accounting. This time period may not be longer than six years and may not include dates before April 14, 2003. Your request should indicate in what form you want the list (for example, on paper or electronically). The first accounting that you request within a 12-month period will be free. For additional lists within the same time period, we may charge for providing the accounting, but we will tell you the cost in advance.

- **Right to Request Restrictions on the Use and Disclosure of Your Protected Health Information.** You have the right to request that we restrict or limit how we use or disclose your protected health information for treatment, payment or health care operations. *We may not agree to your request.* If we do agree, we will comply with your request unless the information is needed for an emergency. Your request for a restriction must be made in writing. In your request, you must tell us (1) what information you want to limit; (2) whether you want to limit how we use or disclose your information, or both; and (3) to whom you want the restrictions to apply.
- **Right to Receive Confidential Communications.** You have the right to request that we use a certain method to communicate with you about the Plan or that we send Plan information to a certain location if the communication could endanger you. Your request to receive confidential communications must be made in writing. Your request must clearly state that all or part of the communication from us could endanger you. We will accommodate all reasonable requests. Your request must specify how or where you wish to be contacted.
- **Right to a Notice in the Event of a Breach.** You have a right to receive a notice of a breach involving your protected health information (PHI) should one occur.
- **Right to a Paper Copy of This Notice.** You have a right at any time to request a paper copy of this Notice, even if you had previously agreed to receive an electronic copy.
- **Contact Information for Exercising Your Rights.** You may exercise any of the rights described above by contacting our Privacy Office. See the end of this Notice for the contact information.

HEALTH INFORMATION SECURITY

MHN requires its employees to follow MHN security policies and procedures that limit access to health information about members to those employees who need it to perform their job responsibilities. In addition, MHN maintains physical, administrative, and technical security measures to safeguard your protected health information.

CHANGES TO THIS NOTICE

We reserve the right to change the terms of this Notice at any time, effective for protected health information that we already have about you as well as any information that we receive in the future. We will provide you with a copy of the new Notice whenever we make a material change to the privacy practices described in this Notice. We also post a copy of our current Notice on our website at www.healthnet.com. Any time we make a material change to this Notice, we will promptly revise and issue the new Notice with the new effective date.

PRIVACY COMPLAINTS

If you believe that your privacy rights have been violated, you may file a complaint with us and/or with the Secretary of the U.S. Department of Health and Human Services Office for Civil Rights by sending a letter to 200 Independence Avenue, S.W., Washington, D.C. 20201, calling 1-877-696-6775, (TTY: 1-866-788-4989) or visiting www.hhs.gov/ocr/privacy/hipaa/complaints/. All complaints to the Plan must be made in writing and sent to the Privacy Office listed at the end of this Notice. We support your right to protect the privacy of your protected health information. We will not retaliate against you or penalize you for filing a complaint.

CONTACT THE PLAN

If you have any questions about this Notice or you want to submit a written request to the Plan as required in any of the previous sections of this Notice, please contact:

Address: MHN/Health Net Privacy Office
Attention: Privacy Officer
P.O. Box 9103
Van Nuys, CA 91409

You may also contact us at:

Telephone: 1-800-522-0088
Fax: 1-818-676-8314
Email: Privacy@healthnet.com

Non-discrimination Notice

In addition to the State of California nondiscrimination requirements (as described in benefit coverage documents), Managed Health Network (MHN), complies with applicable federal civil rights laws and does not discriminate, exclude people or treat them differently on the basis of race, color, national origin, ancestry, religion, marital status, gender, gender identity, sexual orientation, age, disability, or sex.

MHN:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as qualified sign language interpreters and written information in other formats (large print, accessible electronic formats, other formats).
- Provides free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages.

If you need these services, contact MHN's Customer Contact Center at 1-888-426-0023 (TTY: 711).

If you believe that MHN has failed to provide these services or discriminated in another way, you can file a grievance by calling the number above and telling them you need help filing a grievance; MHN's Customer Contact Center is available to help you. You can also file a grievance by mail, fax or online at:

MHN Appeals & Grievances
2370 Kerner Blvd
San Rafael, CA 94901

Fax: 1-415-257-1454

Online: www.mhn.com

If you are not satisfied with the decision or it has been more than 30 days since you filed the complaint, you may submit an [Independent Medical Review Application/Complaint Form](#) to the Department of Managed Health Care (DMHC). The form is available at [IMR Application/Complaint Form](#).

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, DC 20201, 1-800-368-1019 (TDD: 1-800-537-7697) if there is a concern of discrimination based on race, color, national origin, age, disability, or sex..

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

English

No Cost Language Services. You can get an interpreter. You can get documents read to you and some sent to you in your language. For help, call us at the number listed on your ID card or call 1-888-426-0023 (TTY: 711). If you bought coverage through the California marketplace call 1-888-426-0023 (TTY: 711). For more help: If you are enrolled in a PPO or EPO insurance policy from Health Net Life Insurance Company, call the CA Dept. of Insurance at 1-800-927-4357. If you are enrolled in an HMO or HSP plan from Health Net of California, Inc., call the DMHC Helpline at 1-888-HMO-2219.

Arabic

خدمات اللغة مجانية. يمكنك الحصول على مترجم فوري. ويمكنك الحصول على وثائق مقروءة لك. للحصول على المساعدة، اتصل بنا على الرقم الموجود على بطاقة الهوية أو اتصل على مركز الاتصال التجاري في 1-888-426-0023 (TTY: 711). في حال قمت بشراء التغطية من سوق كاليفورنيا، اتصل على الرقم 1-888-426-0023 (TTY: 711) وللحصول على المساعدة: في حال كنت مسجلاً في بوليصة تأمين المنظمة المزودة المفضلة PPO أو المنظمة المزودة الحصرية EPO من شركة التأمين على الحياة Health Net Life Insurance Company، اتصل على قسم التأمين في كاليفورنيا على الرقم 1-800-927-4357. في حال كنت مسجلاً في منظمة المحافظة على الصحة HMO أو خطة التوفير الصحية HSP من شركة Health Net of California, Inc.، اتصل على خط المساعدة في قسم الرعاية الصحية المدارة DMHC على الرقم 1-888-HMO-2219.

Armenian

Անվճար լեզվական ծառայություններ: Դուք կարող եք բանավոր թարգմանիչ ստանալ: Փաստաթղթերը կարող են կարդալ ձեզ համար: Օգնության համար զանգահարեք մեզ ձեր ID քարտի վրա նշված հեռախոսահամարով կամ զանգահարեք 1-888-426-0023 (TTY: 711) հեռախոսահամարով: Եթե սպասնվագրում եք գնել Կալիֆորնիայի շուկայական հրապարակի միջոցով, զանգահարեք 1-888-426-0023 (TTY: 711) հեռախոսահամարով: Լրացուցիչ օգնության համար, եթե անդամագրված եք Health Net Life Insurance Company-ի PPO կամ EPO սպասնվագրությանը, զանգահարեք Կալիֆորնիայի Ասպասնվագրության բաժին՝ 1-888-927-4357 հեռախոսահամարով: Եթե անդամագրված եք Health Net of California, Inc.-ի HMO կամ HSP ծրագրին, զանգահարեք DMHC օգնության գիծ՝ 1-888-HMO-2219 հեռախոսահամարով:

Chinese

免費語言服務。您可使用口譯員。您可請人使用您的語言將文件內容唸給您聽，並請我們將有您語言版本的部分文件寄給您。如需協助，請致電您會員卡上所列的電話號碼與我們聯絡，或致電 1-888-426-0023 (TTY: 711)。如果您是透過加州健康保險交易市場購買承保，請致電 1-888-426-0023 (TTY: 711)。如需進一步協助：如果您透過 Health Net Life Insurance Company 投保 PPO 或 EPO 保單，請致電 1-800-927-4357 與加州保險局聯絡。如果您透過 Health Net of California, Inc. 投保 HMO 或 HSP 計畫，請致電 DMHC 協助專線 1-888-HMO-2219。

Hindi

बिना लागत वाली भाषा सेवाएँ। आप एक दुभाषिया प्राप्त कर सकते हैं। आपको दस्तावेज पढ़ कर सुनाए जा सकते हैं। मदद के लिए, आपके आईडी कार्ड पर दिए गए सूचीबद्ध नंबर पर हमें कॉल करें, या 1-888-426-0023 (TTY: 711) पर कॉल करें। यदि आपने कैलिफोर्निया मार्केट प्लेस के माध्यम से कवरेज खरीदा है तो 1-888-426-0023 (TTY: 711) पर कॉल करें। अधिक मदद के लिए: यदि आप Health Net Life Insurance Company पीपीओ PPO या ईपीओ EPO बीमा पोलिसी में नामांकित हैं, तो कैलिफोर्निया बीमा विभाग को 1-800-927-4357 पर कॉल करें। यदि आप Health Net of California, Inc. के एचएमओ HMO या एचएसपी HSP प्लैन में नामांकित हैं, तो डीएमएचसी DMHC हेल्पलाइन के 1-888-HMO-2219 पर कॉल करें।

Hmong

Kev Pab Txhais Lus Dawb. Koj xav tau neeg txhais lus los tau. Koj xav tau neeg nyeem cov ntaub ntawv kom yog koj hom lus los tau. Kev pab, hu rau pab ntawm tus xov tooj teev nyob rau hauv koj daim ID card los yog hu rau 1-888-426-0023 (TTY: 711). Yog tias koj yuav kev pov hwm ntawm California marketplace hu 1-888-426-0023 (TTY: 711). Xav tau kev pab ntawm: Yog koj tau tsab ntawv tuav pov hwm PPO los yog EPO los ntawm Health Net Life Insurance Company, hu mus rau CA Dept. of Insurance ntawm 1-800-927-4357. Yog koj tau txoj kev pab kho mob HMO los yog HSP los ntawm Health Net of California, Inc., hu mus rau DMHC tus xov tooj pab Helpline ntawm 1-888-HMO-2219.

Japanese

無料の言語サービス。通訳をご利用いただけます。日本語で文書をお読みします。援助が必要な場合は、IDカードに記載されている番号までお電話いただくか、1-888-426-0023、(TTY: 711)までお電話ください。カリフォルニア州のマーケットプレイス（保険購入サイト）を通じて保険を購入された方は、1-888-426-0023 (TTY: 711) までお電話ください。さらに援助が必要な場合:Health Net Life Insurance CompanyのPPOまたはEPO保険ポリシーに加入されている方は、カリフォルニア州保険局 1-800-927-4357 まで電話でお問い合わせください。Health Net of California, Inc.のHMOまたはHSPに加入されている方は、DMHCヘルプライン 1-888-HMO-2219 まで電話でお問い合わせください。

Khmer

សេវាភាសាដោយឥតគិតថ្លៃ។ អ្នកអាចទទួលបានអ្នកបកប្រែផ្ទាល់មាត់។ អ្នកអាចស្តាប់គេអានឯកសារឱ្យអ្នក។ សម្រាប់ជំនួយ សូមទាក់ទងយើងខ្ញុំតាមរយៈលេខទូរសព្ទដែលមាននៅលើកាតសម្គាល់ខ្លួនរបស់អ្នក ឬ ទាក់ទងទៅមជ្ឈមណ្ឌលទំនាក់ទំនងពាណិជ្ជកម្មនៃក្រុមហ៊ុន 1-888-426-0023 (TTY: 711)។ បើសិនអ្នកបានទិញការធានារ៉ាប់រងតាមរយៈ ទីផ្សារនៃរដ្ឋកាលីហ្វ័រញ៉ា សូមទូរសព្ទទៅលេខ 1-888-926-4988 (TTY: 711)។ សម្រាប់ជំនួយបន្ថែម ៖ បើសិនអ្នកបានចុះឈ្មោះក្នុងគោលការណ៍ធានារ៉ាប់រង PPO ឬ EPO ពីក្រុមហ៊ុនធានារ៉ាប់រងជីវិត Health Net Life Insurance Company សូមទាក់ទងទៅនាយកដ្ឋានធានារ៉ាប់រង CA តាមរយៈទូរសព្ទលេខ 1-800-927-4357។ បើសិនអ្នកបានចុះឈ្មោះក្នុងផែនការ HMO ឬ HSP ពីក្រុមហ៊ុន Health Net of California, Inc. នៃរដ្ឋកាលីហ្វ័រញ៉ា សូមទាក់ទងលេខទូរសព្ទជំនួយ DMHC ៖ 1-888-HMO-2219។

Korean

무료 언어 서비스. 통역 서비스를 받을 수 있습니다. 문서 낭독 서비스를 받으실 수 있습니다. 도움이 필요하시면 보험 ID 카드에 수록된 번호로 전화하시거나 1-888-426-0023 (TTY: 711)번으로 전화해 주십시오. 캘리포니아 주 마켓플레이스를 통해 보험을 구입하셨으면 1-888-426-0023 (TTY: 711) 번으로 전화해 주십시오. 추가 도움이 필요하시면, Health Net Life Insurance Company의 PPO 또는 EPO 보험에 가입되어 있으시면 캘리포니아 주 보험국에 1-800-927-4357번으로 전화해 주십시오. Health Net of California, Inc.의 HMO 또는 HSP 플랜에 가입되어 있으시면 DMHC 도움라인에 1-888-HMO-2219번으로 전화해 주십시오.

Navajo

Saad Bee Áká E'eyeed T'áá Jiik'é. Ata' halne'ígíí hóló. T'áá hó hazaad k'ehjí naaltsoos hach'í' wóltah. Shiká a'doowof ninizingo naaltsoos bee néiho'dólzínígíí bikáa'gi béesh bee hane'í bikáa' áajl' hodiilnih éi doodall' 1-888-426-0023 (TTY: 711). California marketplace hoolyéhiji béeso ách'áááh naanilí ats'íis baa áháyá binilyé nahinilni'go éi kojí' hólné' 1-888-426-0023 (TTY: 711). Shiká anáa'doowof jinizingo: PPO éi doodall' EPOqí Health Net Life Insurance Company wolyéhiji béeso ách'áááh naa'ní binilyé hwe'ítina' bik'é'ésti'go éi CA Dept. of Insurance bich'í' hojilnih 1-800-927-4357. HMO éi doodall' HSPqí Health Net of California, Inc.qí béeso ách'áááh naa'ní binilyé hats'íis bik'é'ésti'go éi kojí' hojilnih DMHC Helpline 1-888-HMO-2219.

Persian (Farsi)

خدمات زبان به طور رایگان. می توانید یک مترجم شفاهی بگیرید. می توانید درخواست کنید که اسناد برای شما قرائت شوند. برای دریافت راهنمایی، با ما به شماره ای که روی کارت شناسایی شما درج شده تماس بگیرید یا با مرکز تماس بازرگانی 1-888-426-0023 (TTY: 711) تماس بگیرید. اگر پوشش بیمه را از طریق بازارگاه کالیفرنیا خریداری کردید با شماره 1-888-426-0023 (TTY: 711) تماس بگیرید. برای دریافت راهنمایی بیشتر: اگر در بیمه نامه PPO یا EPO از سوی Health Net Life Insurance Company عضویت دارید، با CA Dept. of Insurance به شماره 1-800-927-4357 تماس بگیرید. اگر در برنامه HMO یا HSP از سوی Health Net of California, Inc. عضویت دارید، با خط راهنمایی تلفنی DMHC به شماره 1-888-HMO-2219 تماس بگیرید.

Panjabi (Punjabi)

ਬਿਨਾਂ ਕਿਸੇ ਲਾਗਤ ਤੋਂ ਭਾਸ਼ਾ ਸੇਵਾਵਾਂ। ਤੁਸੀਂ ਇੱਕ ਦੁਬਾਸ਼ੀਆ ਪ੍ਰਾਪਤ ਕਰ ਸਕਦੇ ਹੋ। ਤੁਹਾਨੂੰ ਦਸਤਾਵੇਜ਼ ਤੁਹਾਡੀ ਭਾਸ਼ਾ ਵਿੱਚ ਪੜ੍ਹ ਕੇ ਸੁਣਾਏ ਜਾ ਸਕਦੇ ਹਨ। ਮਦਦ ਲਈ, ਆਪਣੇ ਆਈਡੀ ਕਾਰਡ ਤੇ ਦਿੱਤੇ ਨੰਬਰ ਤੇ ਸਾਨੂੰ ਕਾਲ ਕਰੋ ਜਾਂ ਕਿਰਪਾ ਕਰਕੇ 1-888-426-0023 (TTY: 711) 'ਤੇ ਕਾਲ ਕਰੋ। ਜੇ ਤੁਸੀਂ ਕੇਲੀਫੋਰਨੀਆਂ ਮਾਰਕਿਟ ਪਲੇਸ ਦੇ ਰਾਹੀਂ ਬੀਮਾ ਕਵਰੇਜ਼ ਖਰੀਦੀ ਹੋ ਤਾਂ 1-888-426-0023 (TTY: 711) 'ਤੇ ਕਾਲ ਕਰੋ। ਵਧੇਰੀ ਮਦਦ ਲਈ: ਜੇ ਤੁਸੀਂ Health Net Life Insurance Company ਪੀਪੀਓ PPO ਜਾਂ ਈਓਪੀਏ EPO ਬੀਮਾ ਪਾਲਿਸੀ ਵਿੱਚ ਨਾਮਾਂਕਿਤ ਹੋ, ਤਾਂ ਕੇਲੀਫੋਰਨੀਆਂ ਬੀਮਾ ਵਿਭਾਗ ਨੂੰ 1-800-927-4357 'ਤੇ ਕਾਲ ਕਰੋ। ਜੇ ਤੁਸੀਂ Health Net of California, Inc. ਤੋਂ ਇੱਕ ਐਚਐਮਓ HMO ਜਾਂ ਐਚਐਸਪੀ HSP ਪਲੇਨ ਵਿੱਚ ਨਾਮਾਂਕਿਤ ਹੋ ਤਾਂ ਡੀਐਮਐਚਸੀ DMHC ਹੇਲਪਲਾਈਨ ਨੂੰ 1-888-HMO-2219 'ਤੇ ਕਾਲ ਕਰੋ।

Russian

Бесплатная помощь переводчиков. Вы можете получить помощь устного переводчика. Вам могут прочитать документы. За помощью обращайтесь к нам по телефону, приведенному на вашей идентификационной карточке участника плана. Кроме того, вы можете позвонить в 1-888-426-0023 (TTY: 711). Если свою страховку вы приобрели на едином сайте по продаже медицинских страховок в штате Калифорния, звоните по телефону 1-888-426-0023 (TTY: 711). Дополнительная помощь: Если вы включены в полис PPO или EPO от страховой компании Health Net Life Insurance Company, звоните в Департамент страхования штата Калифорния (CA Dept. of Insurance), телефон 1-800-927-4357. Если вы включены в план HMO или HSP от страховой компании Health Net of California, Inc., звоните по контактной линии Департамента управляемого медицинского обслуживания DMHC, телефон 1-888-HMO-2219.

Spanish

Servicios de idiomas sin costo. Puede solicitar un intérprete. Puede obtener el servicio de lectura de documentos y recibir algunos en su idioma. Para obtener ayuda, llámenos al número que figura en su tarjeta de identificación o comuníquese con el Centro de Comunicación Comercial de Health Net, al 1-888-426-0023 (TTY: 711). Si adquirió la cobertura a través del mercado de California, llame al 1-888-426-0023 (TTY: 711). Para obtener más ayuda, haga lo siguiente: Si está inscrito en una póliza de seguro PPO o EPO de Health Net Life Insurance Company, llame al Departamento de Seguros de California, al 1-800-927-4357. Si está inscrito en un plan HMO o HSP de Health Net of California, Inc., llame a la línea de ayuda del Departamento de Atención Médica Administrada, al 1-888-HMO-2219.

Tagalog

Walang Bayad na Mga Serbisyo sa Wika. Makakakuha kayo ng isang interpreter. Makakakuha kayo ng mga dokumento na babasahin sa inyo. Para sa tulong, tawagan kami sa nakalistang numero sa inyong ID card o tawagan ang 1-888-426-0023 (TTY: 711). Kung bumili kayo ng pagsakop sa pamamagitan ng California marketplace tawagan ang 1-888-426-0023 (TTY: 711). Para sa higit pang tulong: Kung nakatala kayo sa insurance policy ng PPO o EPO mula sa Health Net Life Insurance Company, tawagan ang CA Dept. of Insurance sa 1-800-927-4357. Kung nakatala kayo sa HMO o HSP na plan mula sa Health Net of California, Inc., tawagan ang Helpline ng DMHC sa 1-888-HMO-2219.

Thai

ไม่มีค่าบริการด้านภาษา คุณสามารถใช้สามได้ คุณสามารถให้ย่านเอกสารให้ฟังได้ สำหรับความช่วยเหลือ โทรหาเราตามหมายเลขที่ให้ไว้บนบัตรประจำตัวของคุณ หรือ โทรหาศูนย์ติดต่อเชิงพาณิชย์ของ 1-888-426-0023 (TTY: 711) หากคุณซื้อความคุ้มครองผ่านทาง California marketplace โทร 1-888-426-0023 (TTY: 711) สำหรับความช่วยเหลือเพิ่มเติม หากคุณสมัครทำกรมธรรม์ประกันภัย PPO หรือ EPO กับ Health Net Life Insurance Company โทรหากรมการประกันภัยรัฐแคลิฟอร์เนียได้ที่ 1-800-927-4357 หากคุณสมัครแผน HMO หรือ HSP กับ Health Net of California, Inc. โทรหาสายด่วนความช่วยเหลือของ DMHC ได้ที่ 1-888-HMO-2219.

Vietnamese

Các Dịch Vụ Ngôn Ngữ Miễn Phí. Quý vị có thể có một phiên dịch viên. Quý vị có thể yêu cầu được đọc cho nghe tài liệu. Để nhận trợ giúp, hãy gọi cho chúng tôi theo số được liệt kê trên thẻ ID của quý vị hoặc gọi 1-888-426-0023 (TTY: 711). Nếu quý vị mua khoản bảo trả thông qua thị trường California 1-888-426-0023 (TTY: 711). Để nhận thêm trợ giúp: Nếu quý vị đăng ký hợp đồng bảo hiểm PPO hoặc EPO từ Health Net Life Insurance Company, vui lòng gọi Sở Y Tế CA theo số 1-800-927-4357. Nếu quý vị đăng ký vào chương trình HMO hoặc HSP từ Health Net of California, Inc., vui lòng gọi Đường Dây Trợ Giúp DMHC theo số 1-888-HMO-2219.