

**Notice Informing Individuals About Nondiscrimination and Accessibility Requirements  
Discrimination is Against the Law**

Alaska United Food and Commercial Workers Health and Welfare Trust (the "Trust") complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. The Trust does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Alaska United Food and Commercial Workers Health and Security Trust:

- 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)
- 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 the Employee Benefits-Claims Manager at PO Box 34203, Seattle, WA 98124-1203, (800) 478-8329, extension 3500, Fax (206) 441-9110.

You may 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>.

**Tagalog** – PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-800-478-8329.

**Spanish** – ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-478-8329.

**Korean** – □ □ : □ □ □ □ □ □ □ □ □ □ , □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ . 1-800-478-8329 □ □ □ □ □ □ □ □ □ □ .

**Hmong** – LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 1-800-478-8329.

**Russian** – ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-478-8329.

**Samoan** – MO LOU SILAFIA: Afai e te tautala Gagana fa'a Sāmoa, o loo iai auunaga fesoosoan, e fai fua e leai se totagi, mo oe, Telefoni mai: 1- 800-478-8329.

**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1-800-478-8329。

**Laotian** – ກ່ຽວກັບ ໂຄງການ ເຊິ່ງ ພວກເຮົາ ເຮັດ ມາ, ເຮົາ ຈຶ່ງ ຈຳເປັນ ເຮັດ ມາ ສຳລັບ ພວກເຮົາ. ຫາກ ທ່ານ ຈຳເປັນ ຈຶ່ງ ຈຳເປັນ ຈຶ່ງ ຈຳເປັນ. 1-800-478-8329.

**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。1-800-331-6158まで、お電話にてご連絡ください。

**Ilocano** – PAKDAAR: Nu saritaem ti Ilocano, ti serbisyo para ti baddang ti lengguahe nga awanan bayadna, ket sidadaan para kenyanam. Awagan ti 1-800-478-8329.

**Vietnamese** – CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-478-8329.

**Ukrainian** – УВАГА! Якщо ви розмовляєте українською мовою, ви можете звернутися до безкоштовної служби мовної підтримки. Телефонуйте за номером 1-800-478-8329.

**Thai** – 注: 泰文: 1-800-478-8329

**German** – ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-800-478-8329.

**Polish** – UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-800-478-8329.