



## Select Health Value Silver \$3400 Medical Deductible - 87% AV



The Summary of Benefits and Coverage (SBC) document will help you choose a health plan. The SBC shows you how you and the plan would share the cost for covered health care services. **NOTE: Information about the cost of this plan (called the premium) will be provided separately.**

**This is only a summary.** For more information about your coverage, or to get a copy of the complete terms of coverage, visit [selecthealth.org](https://selecthealth.org) or call 800-538-5038. For general definitions of common terms, such as allowed amount, balance billing, coinsurance, copayment, deductible, provider, or other underlined terms see the Glossary. You can view the Glossary at [selecthealth.org/sbc](https://selecthealth.org/sbc) or call 800-538-5038 to request a copy.

| Important Questions                                                 | Answers                                                                                                                                                                                            | Why this Matters:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|---------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| What is the overall <u>deductible</u> ?                             | <b>\$100</b> person/ <b>\$200</b> family in-network per calendar year.                                                                                                                             | Generally, you must pay all the costs from <u>providers</u> up to the <u>deductible</u> amount before this <u>plan</u> begins to pay. If you have other family members on the <u>plan</u> , each family member must meet their own individual <u>deductible</u> until the total amount of deductible expenses paid by all family members meets the overall family <u>deductible</u> .                                                                                                                                                                 |
| Are there services covered before you meet your <u>deductible</u> ? | Yes. Prescription drugs, <u>Preventive</u> Services, and office visits are covered before you meet your <u>Deductible</u> .                                                                        | This <u>plan</u> covers some items and services even if you haven't yet met the <u>deductible</u> amount. But a <u>copayment</u> or <u>coinsurance</u> may apply. For example, this <u>plan</u> covers certain <u>preventive services</u> without <u>cost sharing</u> and before you meet your <u>deductible</u> . See a list of covered <u>preventive services</u> at <a href="https://www.healthcare.gov/coverage/preventive-care-benefits/">https://www.healthcare.gov/coverage/preventive-care-benefits/</a> .                                    |
| Are there other <u>deductibles</u> for specific services?           | Yes. <b>\$950</b> person/ <b>\$2,850</b> family for prescription drugs. There are no other specific <u>Deductibles</u> .                                                                           | You must pay all of the costs for these services up to the specific <u>deductible</u> amount before this <u>plan</u> begins to pay for these services.                                                                                                                                                                                                                                                                                                                                                                                                |
| What is the <u>out-of-pocket limit</u> for this <u>plan</u> ?       | <b>\$3,300</b> person/ <b>\$6,600</b> family in-network per calendar year.                                                                                                                         | The <u>out-of-pocket limit</u> is the most you could pay in a year for covered services. If you have other family members in this <u>plan</u> , they have to meet their own <u>out-of-pocket limits</u> until the overall family <u>out-of-pocket limit</u> has been met.                                                                                                                                                                                                                                                                             |
| What is not included in the <u>out-of-pocket limit</u> ?            | <u>Premiums</u> , <u>balance-billed</u> charges, <u>preventive services</u> , healthcare this <u>plan</u> doesn't cover, and penalties for failure to obtain <u>preauthorization</u> for services. | Even though you pay these expenses, they don't count toward the <u>out-of-pocket limit</u> .                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Will you pay less if you use a <u>network provider</u> ?            | Yes. To find an in-network SelectHealth Value® <u>provider</u> visit <a href="https://selecthealth.org/find-care">selecthealth.org/find-care</a> or call Member Services at 800-538-5038.          | This <u>plan</u> uses a <u>provider network</u> . You will pay less if you use a <u>provider</u> in the <u>plan's network</u> . You will pay the most if you use an <u>out-of-network provider</u> , and you might receive a bill from a provider for the difference between the <u>provider's</u> charge and what your <u>plan</u> pays ( <u>balance billing</u> ). Be aware your <u>network provider</u> might use an <u>out-of-network provider</u> for some services (such as lab work). Check with your <u>provider</u> before you get services. |
| Do you need a referral to see a <u>specialist</u> ?                 | No.                                                                                                                                                                                                | You can see the specialist you choose without a referral.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |



All **copayment** and **coinsurance** costs shown in this chart are after your **deductible** has been met, if a **deductible** applies.

| Common Medical Event                                                                                                                                                                                                                                                                        | Services You May Need                                    | What You Will Pay                                                                     |                                                     | Limitations, Exceptions, & Other Important Information                                                                                                                                                                                                 |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------|---------------------------------------------------------------------------------------|-----------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                                                                                                                             |                                                          | Network Provider<br>(You will pay the least)                                          | Out-of-Network Provider<br>(You will pay the most)  |                                                                                                                                                                                                                                                        |
| If you visit a health care provider's office or clinic                                                                                                                                                                                                                                      | Primary care visit to treat an injury or illness (PCP)   | \$10/visit, <b>Deductible</b> does not apply                                          | Not covered                                         | <b>Deductible</b> does not apply.                                                                                                                                                                                                                      |
|                                                                                                                                                                                                                                                                                             | <b>Specialist</b> visit (SCP)                            | \$35/visit, <b>Deductible</b> does not apply                                          | Not covered                                         | Certain limitations apply to allergy testing, treatment and serum. <b>Deductible</b> does not apply.                                                                                                                                                   |
|                                                                                                                                                                                                                                                                                             | <b>Preventive</b> care / <b>screening</b> / immunization | No charge, <b>Deductible</b> does not apply                                           | Not covered                                         | Frequency limitations apply. You may have to pay for services that aren't <b>preventive</b> . Ask your <b>provider</b> if the services needed are <b>preventive</b> . Then check what your <b>plan</b> will pay for. <b>Deductible</b> does not apply. |
| If you have a test                                                                                                                                                                                                                                                                          | <b>Diagnostic test</b> (x-ray, blood work)               | 30% <b>co-insurance</b> , \$15/visit, <b>Deductible</b> does not apply for laboratory | Not covered                                         | -----None-----                                                                                                                                                                                                                                         |
|                                                                                                                                                                                                                                                                                             | Imaging (CT/PET scans, MRIs)                             | 30% <b>co-insurance</b>                                                               | Not covered                                         | -----None-----                                                                                                                                                                                                                                         |
| If you need drugs to treat your illness or condition<br>More information about <b>prescription drug coverage</b> is available at <a href="http://selecthealth.rxeob.com/mdb_sh/public/router?account=rxct6_nv_ds_26">selecthealth.rxeob.com/mdb_sh/public/router?account=rxct6_nv_ds_26</a> | Tier 1 - <b>Preventive</b>                               | No charge, <b>Deductible</b> does not apply                                           | No charge, <b>Deductible</b> does not apply         | Certain limitations apply. Benefits may be denied or reduced for failure to obtain <b>preauthorization</b> when required with <b>out-of-network providers</b> . Pharmacy <b>deductible</b> waived for preferred generic and generic prescriptions.     |
|                                                                                                                                                                                                                                                                                             | Tier 2 - Preferred generic                               | \$15/prescription, <b>Deductible</b> does not apply                                   | \$15/prescription, <b>Deductible</b> does not apply |                                                                                                                                                                                                                                                        |
|                                                                                                                                                                                                                                                                                             | Tier 3 - Generic                                         | \$20/prescription, <b>Deductible</b> does not apply                                   | \$20/prescription, <b>Deductible</b> does not apply |                                                                                                                                                                                                                                                        |
|                                                                                                                                                                                                                                                                                             | Tier 4 - Preferred brand                                 | 15% <b>co-insurance</b>                                                               | 15% <b>co-insurance</b>                             |                                                                                                                                                                                                                                                        |
|                                                                                                                                                                                                                                                                                             | Tier 5 - Brand                                           | 25% <b>co-insurance</b>                                                               | 25% <b>co-insurance</b>                             |                                                                                                                                                                                                                                                        |
|                                                                                                                                                                                                                                                                                             | Tier 6 - <b>Specialty drugs</b>                          | 50% <b>co-insurance</b>                                                               | 50% <b>co-insurance</b>                             |                                                                                                                                                                                                                                                        |

| Common Medical Event                                                      | Services You May Need                          | What You Will Pay                                                                                      |                                                    | Limitations, Exceptions, & Other Important Information                                                                                                                                                                                             |
|---------------------------------------------------------------------------|------------------------------------------------|--------------------------------------------------------------------------------------------------------|----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                           |                                                | Network Provider<br>(You will pay the least)                                                           | Out-of-Network Provider<br>(You will pay the most) |                                                                                                                                                                                                                                                    |
| If you have outpatient surgery                                            | Facility fee (e.g., ambulatory surgery center) | 30% <u>co-insurance</u>                                                                                | Not covered                                        | Benefits may be denied or reduced for failure to obtain <u>preauthorization</u> when required with <u>out-of-network providers</u> .                                                                                                               |
|                                                                           | Physician/surgeon fees                         | 30% <u>co-insurance</u>                                                                                | Not covered                                        | Benefits may be denied or reduced for failure to obtain <u>preauthorization</u> when required with <u>out-of-network providers</u> .                                                                                                               |
| If you need immediate medical attention                                   | <u>Emergency room services</u>                 | \$350/visit                                                                                            | \$350/visit                                        | <u>Emergency room services</u> apply to in-network benefits.                                                                                                                                                                                       |
|                                                                           | <u>Emergency medical transportation</u>        | \$350/visit                                                                                            | \$350/visit                                        | Emergencies only. <u>Emergency medical transportation</u> applies to in-network benefits.                                                                                                                                                          |
|                                                                           | <u>Urgent care</u>                             | \$35/visit, <u>Deductible</u> does not apply                                                           | Not covered                                        | Applies to <u>urgent care</u> facilities only. <u>Deductible</u> does not apply.                                                                                                                                                                   |
| If you have a hospital stay                                               | Facility fee (e.g., hospital room)             | 30% <u>co-insurance</u>                                                                                | Not covered                                        | Benefits may be denied or reduced for failure to obtain <u>preauthorization</u> when required with <u>out-of-network providers</u> .                                                                                                               |
|                                                                           | Physician/surgeon fee                          | 30% <u>co-insurance</u>                                                                                | Not covered                                        |                                                                                                                                                                                                                                                    |
| If you need mental health, behavioral health, or substance abuse services | Outpatient services                            | \$10/visit, <u>Deductible</u> does not apply for office visits, 30% <u>co-insurance</u> for outpatient | Not covered                                        | Benefits may be denied or reduced for failure to obtain <u>preauthorization</u> when required with <u>out-of-network providers</u> . Additional limitations and exclusions apply. <u>Deductible</u> does not apply to mental health office visits. |
|                                                                           | Inpatient services                             | 30% <u>co-insurance</u>                                                                                | Not covered                                        |                                                                                                                                                                                                                                                    |
| If you are pregnant                                                       | Office visits                                  | \$10/visit, <u>Deductible</u> does not apply                                                           | Not covered                                        | <u>Deductible</u> does not apply.                                                                                                                                                                                                                  |
|                                                                           | Childbirth/delivery professional services      | 30% <u>co-insurance</u>                                                                                | Not covered                                        | Benefits may be denied or reduced for failure to obtain <u>preauthorization</u> when required with <u>out-of-network providers</u> . Depending on the type of services, a <u>copayment</u> , <u>coinsurance</u> , or <u>deductible</u> may apply.  |
|                                                                           | Childbirth/delivery facility services          | 30% <u>co-insurance</u>                                                                                | Not covered                                        |                                                                                                                                                                                                                                                    |

| Common Medical Event                                           | Services You May Need                  | What You Will Pay                                                                                  |                                                    | Limitations, Exceptions, & Other Important Information                                                                                                                                                                                                                                                             |
|----------------------------------------------------------------|----------------------------------------|----------------------------------------------------------------------------------------------------|----------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                |                                        | Network Provider<br>(You will pay the least)                                                       | Out-of-Network Provider<br>(You will pay the most) |                                                                                                                                                                                                                                                                                                                    |
| If you need help recovering or have other special health needs | <u>Home health care</u>                | \$35/visit, <u>Deductible</u> does not apply                                                       | Not covered                                        | Benefits may be denied or reduced for failure to obtain <u>preauthorization</u> when required with <u>out-of-network providers</u> . <u>Deductible</u> does not apply. Up to 28 hours per week.                                                                                                                    |
|                                                                | <u>Rehabilitation services</u>         | \$15/visit, <u>Deductible</u> does not apply for outpatient, 30% <u>co-insurance</u> for inpatient | Not covered                                        | Up to 20 visits per year for each outpatient therapy type. Up to 60 days per year for inpatient therapies, combined. Benefits may be denied or reduced for failure to obtain <u>preauthorization</u> when required with <u>out-of-network providers</u> . <u>Deductible</u> does not apply to outpatient services. |
|                                                                | <u>Habilitation services</u>           | \$15/visit, <u>Deductible</u> does not apply                                                       | Not covered                                        | Up to 20 visits per year for each outpatient therapy type. Up to 60 days per year for inpatient therapies, combined. Benefits may be denied or reduced for failure to obtain <u>preauthorization</u> when required with <u>out-of-network providers</u> . <u>Deductible</u> does not apply to outpatient services. |
|                                                                | <u>Skilled nursing care</u>            | 30% <u>co-insurance</u>                                                                            | Not covered                                        | Up to 100 days per calendar year. Benefits may be denied or reduced for failure to obtain <u>preauthorization</u> when required with <u>out-of-network providers</u> .                                                                                                                                             |
|                                                                | <u>Durable medical equipment (DME)</u> | 30% <u>co-insurance</u>                                                                            | Not covered                                        | Benefits may be denied or reduced for failure to obtain <u>preauthorization</u> when required with <u>out-of-network providers</u> . A different benefit may apply to prosthetic devices.                                                                                                                          |
|                                                                | <u>Hospice service</u>                 | \$35/visit, <u>Deductible</u> does not apply                                                       | Not covered                                        | Benefits may be denied or reduced for failure to obtain <u>preauthorization</u> when required with <u>out-of-network providers</u> . <u>Deductible</u> does not apply.                                                                                                                                             |
| If your child needs dental or eye care                         | Children's eye exam                    | No charge, <u>Deductible</u> does not apply                                                        | Not covered                                        | Covered through age 18. <u>Deductible</u> does not apply.                                                                                                                                                                                                                                                          |
|                                                                | Children's glasses                     | \$35/visit, <u>Deductible</u> does not apply                                                       | Not covered                                        | Covered through age 18. Corrective lenses or contacts, one set per year. <u>Deductible</u> does not apply.                                                                                                                                                                                                         |
|                                                                | Children's dental check-up             | Not covered                                                                                        | Not covered                                        | Dental check-ups are not covered.                                                                                                                                                                                                                                                                                  |

## Excluded Services & Other Covered Services:

| Services Your <u>Plan</u> Generally Does NOT Cover (Check your policy or <u>plan</u> document for more information and a list of any other <u>excluded services</u> .) |                                                                                                                               |                                                                                                                                          |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>• Cosmetic surgery</li><li>• Dental care (Adult)</li></ul>                                                                       | <ul style="list-style-type: none"><li>• Long-term care</li><li>• Non-Emergency care when traveling outside the U.S.</li></ul> | <ul style="list-style-type: none"><li>• Routine foot care</li></ul>                                                                      |
| Other Covered Services (Limitations may apply to these services. This isn't a complete list. Please see your <u>plan</u> document.)                                    |                                                                                                                               |                                                                                                                                          |
| <ul style="list-style-type: none"><li>• Abortion</li><li>• Acupuncture</li><li>• Bariatric surgery</li></ul>                                                           | <ul style="list-style-type: none"><li>• Chiropractic Care</li><li>• Hearing aids</li><li>• Infertility treatment</li></ul>    | <ul style="list-style-type: none"><li>• Private Duty Nursing</li><li>• Routine eye care (Adult)</li><li>• Weight loss programs</li></ul> |

### Your Rights to Continue Coverage:

There are agencies that can help if you want to continue your coverage after it ends. The contact information for those agencies is: Department of Labor's Employee Benefits Security Administration at 1-866-444-EBSA (3272) or [www.dol.gov/ebsa/healthreform](http://www.dol.gov/ebsa/healthreform); or Department of Health and Human Services, Center for Consumer Information and Insurance Oversight, at 1-877-267-2323 x61565 or [www.cciio.cms.gov](http://www.cciio.cms.gov); or contact the **Plan**. Other coverage options may be available to you too, including buying individual insurance coverage through the Health Insurance **Marketplace**. For more information about the **Marketplace**, visit [www.HealthCare.gov](http://www.HealthCare.gov) or call 1-800-318-2596.

### Your Grievance and Appeals Rights:

There are agencies that can help if you have a complaint against your **plan** for a denial of a **claim**. This complaint is called a **grievance** or **appeal**. For more information about your rights, look at the explanation of benefits you will receive for that medical **claim**. Your plan documents also provide complete information to submit a claim, **appeal**, or a **grievance** for any reason to your **plan**. For more information about your rights, this notice, or assistance, contact: Department of Labor's Employee Benefits Security Administration at 866-444-EBSA (3272) or [dol.gov/ebsa/healthreform](http://dol.gov/ebsa/healthreform); or If your coverage is fully-insured, you may also contact the Colorado Division of Insurance, 1560 Broadway, Suite 850, Denver, CO 80202. 303-894-7490 (in-state, toll-free: 800-930-3745) or [dora\\_insurance@state.co.us](mailto:dora_insurance@state.co.us).

To contact Select Health Member Services, please call 800-538-5038 weekdays, TTY users should call 711, or visit us at [selecthealth.org](http://selecthealth.org).

### Does this plan provide Minimum Essential Coverage? Yes

**Minimum Essential Coverage** generally includes **plans**, **health insurance** available through the **Marketplace** or other individual market policies, Medicare, Medicaid, CHIP, TRICARE, and certain other coverage. If you are eligible for certain types of **Minimum Essential Coverage**, you may not be eligible for the **premium tax credit**.

### Does this plan meet the Minimum Value Standards? Yes

If your **plan** doesn't meet the **Minimum Value Standards**, you may be eligible for a **premium tax credit** to help you pay for a **plan** through the **Marketplace**.

---

*To see examples of how this plan might cover costs for a sample medical situation, see the next page.*

---

## About these Coverage Examples:



**This is not a cost estimator.** Treatments shown are just examples of how this plan might cover medical care. Your actual costs will be different depending on the actual care you receive, the prices your providers charge, and many other factors. Focus on the cost sharing amounts (deductibles, copayments and coinsurance) and excluded services under the plan. Use this information to compare the portion of costs you might pay under different health plans. Please note these coverage examples are based on self-only coverage.

### Peg is Having a Baby

(9 months of in-network pre-natal care and a hospital delivery)

|                                               |       |
|-----------------------------------------------|-------|
| ■ The <u>plan's</u> overall <u>deductible</u> | \$100 |
| ■ <u>Specialist</u>                           | \$35  |
| ■ Hospital (facility)                         | 30%   |
| ■ Other                                       | 30%   |

This EXAMPLE event includes services like:

Specialist office visits (*prenatal care*)  
 Childbirth/Delivery Professional Services  
 Childbirth/Delivery Facility Services  
Diagnostic tests (*ultrasounds and blood work*)  
Specialist visit (*anesthesia*)

|                    |          |
|--------------------|----------|
| Total Example Cost | \$12,700 |
|--------------------|----------|

In this example, Peg would pay:

| Cost Sharing                      |                |
|-----------------------------------|----------------|
| Deductibles                       | \$100          |
| Copayments                        | \$0            |
| Coinsurance                       | \$3,200        |
| What isn't covered                |                |
| Limits or exclusions              | \$60           |
| <b>The total Peg would pay is</b> | <b>\$3,360</b> |

### Managing Joe's type 2 Diabetes

(a year of routine in-network care of a well-controlled condition)

|                                               |       |
|-----------------------------------------------|-------|
| ■ The <u>plan's</u> overall <u>deductible</u> | \$100 |
| ■ <u>Specialist</u>                           | \$35  |
| ■ Hospital (facility)                         | 30%   |
| ■ Other                                       | 30%   |

This EXAMPLE event includes services like:

Primary care physician office visits (*including disease education*)  
Diagnostic tests (*blood work*)  
Prescription drugs  
Durable medical equipment (*glucose meter*)

|                    |         |
|--------------------|---------|
| Total Example Cost | \$5,600 |
|--------------------|---------|

In this example, Joe would pay:

| Cost Sharing                      |              |
|-----------------------------------|--------------|
| Deductibles                       | \$100        |
| Copayments                        | \$300        |
| Coinsurance                       | \$200        |
| What isn't covered                |              |
| Limits or exclusions              | \$20         |
| <b>The total Joe would pay is</b> | <b>\$620</b> |

### Mia's Simple Fracture

(in-network emergency room visit and follow up care)

|                                               |       |
|-----------------------------------------------|-------|
| ■ The <u>plan's</u> overall <u>deductible</u> | \$100 |
| ■ <u>Specialist</u>                           | \$35  |
| ■ Hospital (facility)                         | 30%   |
| ■ Other                                       | 30%   |

This EXAMPLE event includes services like:

Emergency room care (*including medical supplies*)  
Diagnostic test (*x-ray*)  
Durable medical equipment (*crutches*)  
Rehabilitation services (*physical therapy*)

|                    |         |
|--------------------|---------|
| Total Example Cost | \$2,800 |
|--------------------|---------|

In this example, Mia would pay:

| Cost Sharing                      |                |
|-----------------------------------|----------------|
| Deductibles                       | \$100          |
| Copayments                        | \$1,400        |
| Coinsurance                       | \$100          |
| What isn't covered                |                |
| Limits or exclusions              | \$0            |
| <b>The total Mia would pay is</b> | <b>\$1,600</b> |

The plan would be responsible for the other costs of these EXAMPLE covered services.

I44A0322

*This is a Silver plan as defined by the Affordable Care Act.*

55584CO0030017-05 01-01-2026

Select Health, Inc<sup>SM</sup> 10/15/2025 v22.15(6.6)

## Fair Treatment Notice

Select Health obeys Federal civil rights laws. We do not treat you differently because of your race, color, ethnic background or where you come from, age, disability, sex, religion, creed, language, social class, sexual orientation, gender identity or expression, and/or veteran status.

We provide free aid and services to people with disabilities to help them communicate effectively with us, such as qualified sign language interpreters and written information in other formats (large print, audio, accessible electronic formats, other formats). We also provide free language services to people whose primary language is not English, such as qualified interpreters and member materials written in other languages.

If you need these services, please call Select Health Member Services at 800-538-5038 or Select Health Advantage Member Service at 855-442-9900. Any member or other person who believes he/she may have been subject to discrimination may file a complaint or grievance by calling the Select Health 504/Civil Rights Coordinator at 844-208-9012 or the Compliance Hotline at 800-442-4845 (TTY Users: 711). You may also call the Office for Civil Rights at 1-800-368-1019 (TTY Users: 800-537-7697).

## Language Access Services

### English

ATTENTION: If you speak Spanish, free language assistance services are available to you. Call Select Health.

### Spanish

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame a Select Health.

### 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 Select Health

### Vietnamese

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

### Korean

통지: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. Select Health. 번호로 전화해 주십시오.

### Nepali

ध्यान दिनुहोस्: तपाईंले नेपाली बोल्नुहुन्छ भने तपाईंको निम्ति भाषा सहायता सेवाहरू निःशुल्क रूपमा उपलब्ध छ। Select Health मा फोन गर्नुहोस्।

### Tagalog

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa Select Health.

### German

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: Select Health.

### Russian

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги переводчика. Позвоните Select Health.

### French

ATTENTION: si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Contactez Select Health.

### 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。Select Health. まで、お電話にてご連絡ください。

### Amharic

ማሳሰቢያ: አማርኛ የሚናገሩ ከሆነ፣ የቋንቋ ድጋፍ አገልግሎቶች ያለክፍያ ለእርስዎ ይገኛሉ። Select Health ን ያናግሩ።

### Serb-Croatian

ПАЖИЊА: Ако говорите Српски, бесплатне услуге помоћи за језик, биће вам доступне. Контактирајте Select Health.

### Arabic

تامدخ كل رفوتتسف ،دبرع ئدحتت تنك اذا :هيبنت  
Select Health. ب لصتا .أناجم قيوغلا قدعاسملا

### Persian

تامدخ ،دينکيم تبخص ینک دراو ار نابز هب رگا :هجوت  
اب .تسامش رابتخا رد ناگیار تروصب ،ینابز کمک  
Select Health دیریگب سامت

### Thai

หมายเหตุ: หากคุณพูด ใ้ภาษาไทย, การบริการภาษา  
โดยไม่มีค่าใช้จ่าย มีพร้อมบริการให้กับคุณ ติดต่อ  
Select Health

**Select Health: 1-800-538-5038**