The Summary of Benefits and Coverage (SBC) document will help you choose a health <u>plan</u>. The SBC shows you how you and the <u>plan</u> would share the cost for covered health care services. NOTE: Information about the cost of this <u>plan</u> (called the <u>premium</u>) 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 <u>https://Ambetter.ARHealthWellness.com/2021-brochures.html</u>, or call 1-877-617-0390 (TTY/TDD: 1-877-617-0392). 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

https://www.healthcare.gov/sbc-glossary or call 1-877-617-0390 (TTY/TDD: 1-877-617-0392) to request a copy.

| Important Questions | Answers | Why This Matters: |
|---|---|--|
| What is the overall deductible? | Network providers: \$600 Individual / \$1,200 Family. Out-of-network provider: \$14,000 Individual / \$28,000 Family. | Generally, you must pay all of 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 <u>deductible</u> 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. <u>Preventive care</u> services, primary care, <u>specialist</u> , and <u>urgent care</u> office visits, children's eye exam and glasses, generic and preferred brand drugs 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</u> <u>services</u> at <u>https://www.healthcare.gov/coverage/preventive-care-benefits/</u> . |
| Are there other <u>deductibles</u> for specific services? | No. | You don't have to meet <u>deductibles</u> for specific services. |
| What is the <u>out-of-pocket</u> limit for this <u>plan</u> ? | For <u>network providers</u> : \$600 Individual / \$1,200 Family. For <u>out-of-network provider</u> : \$14,100 Individual / \$28,200 Family. | 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> ? | Premiums, balance-billing charges, and health care this plan doesn't cover. | Even though you pay these expenses, they don't count toward the out-of-pocket limit. |
| Will you pay less if you use a <u>network provider</u> ? | Yes. See <u>Find a Provider</u> or call 1- 877-617-0390 (TTY/TDD: 1-877- 617-0392) for a list of <u>network</u> <u>providers</u> . | 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 <u>provider</u> for the difference between the <u>provider's</u> charge and what your <u>plan</u> pays (<u>balance</u> |

| | | billing). 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 <u>referral</u> 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 PayNetwork ProviderOut-of-Network Provider(You will pay the least)(You will pay the most) | | Limitations, Exceptions, & Other Important Information | |
| | Primary care visit to treat an injury or illness | No charge; <u>deductible</u> does not apply | 50% <u>Coinsurance</u> ; <u>deductible</u> does not apply | Virtual Visits from Ambetter Health covered at \$0, <u>providers</u> covered in full, <u>deductible</u> does not apply. | |
| If you visit a health care <u>provider's</u> office | <u>Specialist</u> visit | \$5 <u>Copay</u> / visit; <u>deductible</u> does not apply | 50% <u>Coinsurance</u> ; <u>deductible</u> does not apply | None | |
| or clinic | Preventive care/screening/ immunization | No charge; <u>deductible</u> does not apply | 50% <u>Coinsurance</u> ; <u>deductible</u> does not apply | You may have to pay for services that aren't preventive. Ask your <u>provider</u> if the services needed are preventive. Then check what your <u>plan</u> will pay for. | |
| If you have a test | <u>Diagnostic test</u> (x-ray, blood work) | No charge | 50% <u>Coinsurance</u> | Prior authorization may be required. Failure to obtain prior authorization for any service that requires prior authorization may result in reduction of benefits. See your policy for more details. | |
| | Imaging (CT/PET scans, MRIs) | No charge | 50% Coinsurance | Prior authorization may be required. | |
| If you need drugs to treat your illness or | Generic drugs (Tier 1) | Retail: No charge; <u>deductible</u> does not apply | Not covered | Prescription drugs are provided up to 30 days retail and up to 90 days through mail order. Mail orders are subject to 2.5x retail <u>cost-sharing</u> amount. | |
| condition More information about prescription drug coverage is available at Preferred Drug List. | Preferred brand drugs (Tier 2) | Retail: \$25 <u>Copay</u> / prescription; <u>deductible</u> does not apply | Not covered | Prior authorization may be required. <u>Prescription drugs</u> are provided up to 30 days retail and up to 90 days through mail order. | |
| | Non-preferred brand drugs (Tier 3) | Retail: No charge | Not covered | Mail orders are subject to 2.5x retail <u>cost-</u> <u>sharing</u> amount. | |
| | Specialty drugs (Tier 4) | Retail: No charge | Not covered | Prior authorization may be required. <u>Prescription drugs</u> are provided up to 30 days retail and up to 30 days through mail order. | |

*For more information about limitations and exceptions, see <u>plan</u> or policy document at <u>https://api.centene.com/EOC/2021/62141AR010.pdf</u>

| Common | | What Yo | u Will Pay | Limitations, Exceptions, & Other Important | |
|--|--|---|---|--|--|
| Medical Event | Services You May Need | Network Provider (You will pay the least) | Out-of-Network Provider (You will pay the most) | Information | |
| If you have outpatient surgery | Facility fee (e.g., ambulatory surgery center) | No charge | 50% Coinsurance | Prior authorization may be required. | |
| Surgery | Physician/surgeon fees | No charge | 50% <u>Coinsurance</u> | Prior authorization may be required. | |
| | Emergency room care | No charge | No charge | None | |
| If you need immediate medical attention | Emergency medical transportation | No charge | No charge | None | |
| | Urgent care | \$10 <u>Copay</u> / visit; <u>deductible</u> does not apply | 50% <u>Coinsurance</u> ; <u>deductible</u> does not apply | None | |
| If you have a hospital | Facility fee (e.g., hospital room) | No charge | 50% <u>Coinsurance</u> | Prior authorization may be required. | |
| stay | Physician/surgeon fees | No charge | 50% Coinsurance | Prior authorization may be required. | |
| If you need mental health, behavioral health, or substance | Outpatient services | No charge / Office Visit; No charge for all other outpatient services | 50% <u>Coinsurance</u> / Office Visit (<u>deductible</u> does not apply); 50% <u>Coinsurance</u> for all other outpatient services | Prior authorization may be required. (PCP and other practitioner visits do not require prior authorization). | |
| abuse services | Inpatient services | No charge | 50% Coinsurance | Prior authorization may be required. | |
| If you are pregnant | Office visits | No charge; <u>deductible</u> does not apply | 50% <u>Coinsurance</u> ; <u>deductible</u> does not apply | Prior authorization not required for deliveries within the standard timeframe per federal regulation, but may be required for other services. <u>Cost-sharing</u> does not apply for <u>preventive services</u> , such as routine pre-natal and post-natal screenings. Depending on the type of services, <u>coinsurance</u> , <u>deductible</u> or <u>copayment</u> may apply. Maternity care may include tests and services described elsewhere in the SBC (i.e. ultrasound). | |
| | Childbirth/delivery professional services | No charge | 50% <u>Coinsurance</u> | Prior authorization may be required. <u>Cost-</u> <u>sharing</u> does not apply for <u>preventive services</u> . | |
| | Childbirth/delivery facility services | No charge | 50% <u>Coinsurance</u> | Depending on the type of services, <u>copayment</u> , <u>coinsurance</u> or <u>deductible</u> may apply. Maternity care may include tests and services | |

| Common | Services You May Need | What You Will Pay | | Limitations, Exceptions, & Other Important | |
|---|----------------------------|--|---|--|--|
| Medical Event | | Network Provider (You will pay the least) | Out-of-Network Provider (You will pay the most) | Information | |
| | | | | described elsewhere in the SBC (i.e. ultrasound). | |
| | Home health care | No charge | 50% Coinsurance | Prior authorization may be required. Limited to 50 visits per year. | |
| | Rehabilitation services | No charge | 50% <u>Coinsurance</u> | Prior authorization may be required. Limited to a combined 30 visit limit per year for outpatient physical therapy, speech therapy, occupational therapy and chiropractic care. | |
| If you need help recovering or have | Habilitation services | No charge | 50% <u>Coinsurance</u> | Prior authorization may be required. Limited to a combined 30 visit limit per year for outpatient <u>habilitation services</u> ; limited to 180 visits per year for developmental services. | |
| other special health needs | Skilled nursing care | No charge | 50% Coinsurance | Prior authorization may be required. Limited to 60 days per year. | |
| | Durable medical equipment | No charge | 50% Coinsurance | Prior authorization may be required. Covered no limit. | |
| | Hospice services | No charge | 50% <u>Coinsurance</u> | Prior authorization may be required. Benefits for hospice inpatient, home or outpatient care are available to a terminally ill covered person for one continuous period up to 180 days in a covered person's lifetime. | |
| If your child needs dental or eye care | Children's eye exam | No charge; <u>deductible</u> does not apply | Covered up to \$38.50; deductible does not apply | Limited to 1 visit per year. <u>Out-of-network</u> provider eye exam covered up to \$38.50 | |
| | Children's glasses | No charge; <u>deductible</u> does not apply | Covered up to \$50; deductible does not apply | Limited to 1 item per year. <u>Out-of-network</u> <u>provider</u> frames or contacts covered up to \$50, see schedule for lens limit. | |
| | Children's dental check-up | Not covered | Not covered | None | |

Excluded Services & Other Covered Services:

| Services Your Plan Generally Does NOT Cover (Ch | neck your policy or <u>plan</u> document for more informati | on and a list of any other <u>excluded services</u> .) | | |
|---|--|--|--|--|
| Abortion (Except in cases of rape, incest, or when the life of the mother is endangered) Acupuncture | Cosmetic surgery Long-term care Non-emergency care when traveling outside the | Private-duty nursing Weight loss programs | | |
| Bariatric Surgery U.S. Other Covered Services (Limitations may apply to these services. This isn't a complete list. Please see your <u>plan</u> document.) | | | | |
| Chiropractic care (Limited to a combined 30 visit limit per year (combined for chiropractic care, physical therapy, speech therapy and occupational therapy).) Dental care (Adult-visit & item limits apply per year. \$1,000 annual dollar limit per year.) | Hearing aids (Limited to 1 pair every 3 years.) Infertility treatment (Coverage includes testing to diagnose infertility, infertility counseling and planning services; also, in vitro fertilization procedures are covered.) | Routine eye care (Adult-one visit & one item per year. Dollar limits apply.) Routine foot care (Coverage is limited to diabetes care only.) | | |

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: Ambetter from Arkansas Health & Wellness at 1-877-617-0390 (TTY/TDD: 1-877-617-0392); Arkansas Insurance Department, 1200 West Third Street, Little Rock, AR 72201-1904, Phone No. 1-501-371-2600 or 1-800-282-9134 Fax No. 1-800-852-5494 Seniors No. 1-800-224-6330. Other coverage options may be available to you too, including buying individual insurance coverage through the <u>Health Insurance Marketplace</u>. For more information about the <u>Marketplace</u>, visit <u>www.HealthCare.gov</u> or call 1-800-318-2596.

Your <u>Grievance</u> and <u>Appeals Rights</u>: There are agencies that can help if you have a complaint against your <u>plan</u> for a denial of a <u>claim</u>. This complaint is called a <u>grievance</u> or <u>appeal</u>. For more information about your rights, look at the explanation of benefits you will receive for that medical <u>claim</u>. Your <u>plan</u> documents also provide complete information to submit a <u>claim</u>, <u>appeal</u>, or a <u>grievance</u> for any reason to your <u>plan</u>. For more information about your rights, this notice, or assistance, contact: Arkansas Insurance Department, 1200 West Third Street, Little Rock, AR 72201-1904, Phone No. 1-501-371-2600 or 1-800-282-9134 Fax No. 1-800-852-5494 Seniors No. 1-800-224-6330. Additionally, a consumer assistance program can help you file your <u>appeal</u>. Contact 1-855-332-2227 or (501) 371-2645.

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 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.

Language Access Services:

Spanish (Español): Para obtener asistencia en Español, llame al 1-877-617-0390 (TTY/TDD: 1-877-617-0392). Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-877-617-0390 (TTY/TDD: 1-877-617-0392). Chinese (中文): 如果需要中文的帮助, 请拨打这个号码 1-877-617-0390 (TTY/TDD: 1-877-617-0392). Navajo (Dine): Dinek'ehgo shika at'ohwol ninisingo, kwijigo holne' 1-877-617-0390 (TTY/TDD: 1-877-617-0392).

To see examples of how this <u>plan</u> might cover costs for a sample medical situation, see the next section.



This is not a cost estimator. Treatments shown are just examples of how this <u>plan</u> might cover medical care. Your actual costs will be different depending on the actual care you receive, the prices your <u>providers</u> charge, and many other factors. Focus on the <u>cost sharing</u> amounts (<u>deductibles</u>, <u>copayments</u> and <u>coinsurance</u>) and <u>excluded services</u> under the <u>plan</u>. Use this information to compare the portion of costs you might pay under different health <u>plans</u>. 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) | | Managing Joe's Type 2 Diabetes (a year of routine in-network care of a well- controlled condition) | | Mia's Simple Fracture (in-network emergency room visit and follow up care) | |
|--|---------------------------|---|---------------------------|--|---------------------------|
| The <u>plan's</u> overall <u>deductible</u> <u>Specialist copayment</u> Hospital (facility) <u>copayment</u> Other <u>coinsurance</u> | \$600 \$5 \$0 0% | The <u>plan's</u> overall <u>deductible</u> <u>Specialist copayment</u> Hospital (facility) <u>copayment</u> Other <u>coinsurance</u> | \$600 \$5 \$0 0% | The <u>plan's</u> overall <u>deductible</u> <u>Specialist copayment</u> Hospital (facility) <u>copayment</u> Other <u>coinsurance</u> | \$600 \$5 \$0 0% |
| This EXAMPLE event includes services I <u>Specialist</u> office visits (<i>prenatal care</i>) Childbirth/Delivery Professional Services Childbirth/Delivery Facility Services <u>Diagnostic tests</u> (<i>ultrasounds and blood wo</i> <u>Specialist</u> visit (<i>anesthesia</i>) | | This EXAMPLE event includes services <u>Primary care physician</u> office visits (included disease education) <u>Diagnostic tests</u> (blood work) <u>Prescription drugs</u> <u>Durable medical equipment</u> (glucose meter | ing | This EXAMPLE event includes servic <u>Emergency room care</u> (including medical supplies) <u>Diagnostic tests</u> (x-ray) <u>Durable medical equipment</u> (crutches) <u>Rehabilitation services</u> (physical therapy | al |
| Total Example Cost | \$12,700 | Total Example Cost | \$5,600 | Total Example Cost | \$2,800 |
| In this example, Peg would pay: | | In this example, Joe would pay: | | In this example, Mia would pay: | |
| Cost Sharing Deductibles | \$600 | Cost Sharing Deductibles | \$500 | Cost Sharing Deductibles | \$600 |
| Copayments | \$0 | Copayments | \$100 | <u>Copayments</u> | \$000 |
| Coinsurance | \$0 | Coinsurance | \$0 | Coinsurance | \$0 |
| What isn't covered | | What isn't covered | | What isn't covered | |
| Limits or exclusions | \$60 | Limits or exclusions | \$20 | Limits or exclusions | \$0 |
| The total Peg would pay is | \$660 | The total Joe would pay is | \$620 | The total Mia would pay is | \$600 |



| Spanish: | Si usted, o alguien a quien está ayudando, tiene preguntas acerca de Ambetter de Arkansas Health & Wellness, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 1-877-617-0390 (TTY/TDD 1-877-617-0392). |
|--------------|---|
| Vietnamese: | Nếu quý vị, hay người mà quý vị đang giúp đỡ, có câu hỏi về Ambetter from Arkansas Health & Wellness, quý vị sẽ có quyền được giúp và có thêm thông tin bằng ngôn ngữ của mình miễn phí. Để nói chuyện với một thông dịch viên, xin gọi 1-877-617-0390 (TTY/TDD 1-877-617-0392). |
| Marshallese: | Ne kwe, ak bar juon eo kwōj jipañe, ewōr an kajjitōk kōn Ambetter from Arkansas Health & Wellness, ewōr aṃ jimwe in bōk jipañ im melele ko ilo kajin eo aṃ ejjelok wōṇāān. Nan kōnono ippān juon ri-ukōk, kirlok 1-877-617-0390 (TTY/TDD 1-877-617-0392). |
| Chinese: | 如果您,或是您正在協助的對象,有關於 Ambetter from Arkansas Health & Wellness 方面的問題。您有權利免費以您的母語得到幫助和訊息。如果要與一位翻譯員講話,請撥電話 1-877-617-0390 (TTY/TDD 1-877-617-0392)。 |
| Laotian: | ຖ້າທ່ານ ຫຼືຄົນທີ່ທ່ານກ່າວັງຊ່ວຍເຫຼືອ ມີຄ່າຖາມກ່ຽວກັບ Ambetter from Arkansas Health & Wellness, ທ່ານມີອິດທີ່ຈະໄດ້ຮັບການຊ່ວຍເຫຼືອແລະຂໍ້ມູນຂ່າວອານທີ່ເປັນພາອາຂອງທ່ານ ໂດຍບໍ່ມີຄ່າໃຊ້ຈ່າຍ. ເພື່ອຈະເວົ້າກັບ ນາຍພາອາ ໃຫ້ໂທຫາ 1-877-617-0390 (TTY/TDD 1-877-617-0392). |
| Tagalog: | Kung ikaw, o ang iyong tinutulangan, ay may mga katanungan tungkol sa Ambetter from Arkansas Health & Wellness, may karapatan ka na makakuha nang tulong at impormasyon sa iyong wika ng walang gastos. Upang makausap ang isang tagasalin, tumawag sa 1-877-617-0390 (TTY/TDD 1-877-617-0392). |
| Arabic: | ذا كان لنيك أو ادى شخص تساعده أسئلة حرل Ambetter from Arkansas Health & Wellness، لايك الحق في الحصول على المساعدة والمعلومات الضرورية بلغتك من دون أية تكلفة. للتحدث مع مترجم اتصل بـ 0390-617-1871. (TTY/TDD 1-877-617-0392). |
| German: | Falls Sie oder jemand, dem Sie helfen, Fragen zu Ambetter from Arkansas Health & Wellness hat, haben Sie das Recht, kostenlose Hilfe und Informationen in Ihrer Sprache zu erhalten. Um mit einem Dolmetscher zu sprechen, rufen Sie bitte die Nummer 1-877-617-0390 (TTY/TDD 1-877-617-0392) an. |
| French: | Si vous-même ou une personne que vous aidez avez des questions à propos d'Ambetter from Arkansas Health & Wellness, vous avez le droit de bénéficier gratuitement d'aide et d'informations dans votre langue. Pour parler à un interprète, appelez le 1-877-617-0390 (TTY/TDD 1-877-617-0392). |
| Hmong: | Yog koj, los yog tej tus neeg uas koj pab ntawd, muaj lus nug txog Ambetter from Arkansas Health & Wellness, koj muaj cai kom lawv muab cov ntshiab lus qhia uas tau muab sau ua koj hom lus pub dawb rau koj. Yog koj xav nrog ib tug neeg txhais lus tham, hu rau 1-877-617-0390 (TTY/TDD 1-877-617-0392). |
| Korean: | 만약 귀하 또는 귀하가 돕고 있는 어떤 사람이 Ambetter from Arkansas Health & Wellness 에 관해서 질문이 있다면 귀하는 그러한 도움과 정보를 귀하의 언어로 비용 부담없이 얻을 수 있는 권리가 있습니다. 그렇게 통역사와 얘기하기 위해서는 1-877-617-0390 (TTY/TDD 1-877-617-0392) 로 전화하십시오. |
| Portuguese: | Se você, ou alguém a quem você está ajudando, tem perguntas sobre o Ambetter from Arkansas Health & Wellness, você tem o direito de obter ajuda e informação em seu idioma e sem custos. Para falar com um intérprete, ligue para 1-877-617-0390 (TTY/TDD 1-877-617-0392). |
| Japanese: | Ambetter from Arkansas Health & Wellness について何かご質問がございましたらご連絡ください。ご希望の言語によるサポートや情報を無料でご提供いたします。 通訳が必要な場合は、1-877-617-0390 (TTY/TDD 1-877-617-0392) までお電話ください。 |
| Hindi: | आप या जिंसकी आप मदद कर रहे हैं उनके, Ambetter from Arkansas Health & Wellness के बारे में कोई सवाल हॉ, तो आपको बिना किसी खर्च के अपनी भाषा में मदद और जानकारी प्राप्त करने का अधिकार है। किसी दुभाषिये से बात करने के लिए 1-877-617-0390 (TTY/TDD 1-877-617-0392) पर कॉल करें। |
| Gujarati: | જે તમને અથવા તમે જેમની મદદ કરી રહ્યા રૂચ તેમને, Ambetter from Arkansas Health & Weliness વિશે કોઈ પ્રશ્ન રૂચ તો તમને, કોઈ ખર્ચ વિના તમારી ભાષામાં મદદ અને માફિતી પ્રાપ્ત કરવાનો અધિકાર છે. દુભાષિયા સાથે વાત કરવા માટે 1-877-617-0390 (TTY/TDD 1-877-617-0392) ઉપર કોલ કરો. |
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Statement of Non-Discrimination

Ambetter from Arkansas Health & Wellness complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Ambetter from Arkansas Health & Wellness does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Ambetter from Arkansas Health & Wellness:

- 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, other 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 Ambetter from Arkansas Health & Wellness at 1-877-617-0390 (TTY/TDD 1-877-617-0392.

If you believe that Ambetter from Arkansas Health & Wellness has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with: Ambetter from Arkansas Health & Wellness Appeals Unit, P.O. Box 25538, Little Rock, AR 72221, 1-877-617-0390 (TTY/TDD 1-877-617-0392), Fax 1-866-811-3255. You can file a grievance by mail, fax, or email. If you need help filing a grievance, Ambetter from Arkansas Health & Wellness is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at https://ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue SW., Room 509F, HHH Building, Washington, DC 20201, 1-800-368-1019, 800-537-7697 (TDD).

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

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