




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 [www.fridayhealthplans.com/members/resources/nc](http://www.fridayhealthplans.com/members/resources/nc) or call 1-844-465-5500. 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 1-800-318-2596 to request a copy.

| Important Questions   | Answers  | Why This Matters:   |
|---|--|---|
| What is the overall <a href="#">deductible</a> ?                                | \$0 at Indian Health Care <a href="#">Provider</a> (IHCP) or with IHCP <a href="#">referral</a> at non-IHCP In Network Provider; or \$8,700 individual /\$17,400 family. | Generally, you must pay all of the costs from <a href="#">providers</a> up to the <a href="#">deductible</a> amount before this <a href="#">plan</a> begins to pay. If you have other family members on the <a href="#">plan</a> , each family member must meet their own individual <a href="#">deductible</a> until the total amount of <a href="#">deductible</a> expenses paid by all family members meets the overall family <a href="#">deductible</a> .  |
| Are there services covered before you meet your <a href="#">deductible</a> ?    | Yes. <a href="#">Preventive care</a> and primary care services are covered before you meet your <a href="#">deductible</a> .   | This <a href="#">plan</a> covers some items and services even if you haven't yet met the <a href="#">deductible</a> amount. But a <a href="#">copayment</a> or <a href="#">coinsurance</a> may apply. For example, this <a href="#">plan</a> covers certain <a href="#">preventive services</a> without <a href="#">cost sharing</a> and before you meet your <a href="#">deductible</a> . See a list of covered preventive services at <a href="https://www.healthcare.gov/coverage/preventive-care-benefits/">https://www.healthcare.gov/coverage/preventive-care-benefits/</a> .   |
| Are there other <a href="#">deductibles</a> for specific services?              | No.  | You don't have to meet <a href="#">deductibles</a> for specific services.   |
| What is the <a href="#">out-of-pocket limit</a> for this <a href="#">plan</a> ? | For <a href="#">network providers</a> \$8,700 individual / \$17,400 family.  | The <a href="#">out-of-pocket limit</a> is the most you could pay in a year for covered services. If you have other family members in this <a href="#">plan</a> , they have to meet their own <a href="#">out-of-pocket limits</a> until the overall family <a href="#">out-of-pocket limit</a> has been met.   |
| What is not included in the <a href="#">out-of-pocket limit</a> ?               | <a href="#">Premiums</a> , <a href="#">balance-billing</a> charges, and health care this <a href="#">plan</a> doesn't cover.   | Even though you pay these expenses, they don't count toward the <a href="#">out-of-pocket limit</a> .   |
| Will you pay less if you use a <a href="#">network provider</a> ?               | Yes. <a href="#">Click here to see network providers</a> or call 1-844-465-5500 for a list of <a href="#">network providers</a> .  | This <a href="#">plan</a> uses a <a href="#">provider network</a> . You will pay less if you use a <a href="#">provider</a> in the <a href="#">plan's network</a> . You will pay the most if you use an <a href="#">out-of-network provider</a> , and you might receive a bill from a <a href="#">provider</a> for the difference between the <a href="#">provider's</a> charge and what your <a href="#">plan</a> pays ( <a href="#">balance billing</a> ). Be aware, your <a href="#">network provider</a> might use an <a href="#">out-of-network provider</a> for some services (such as lab work). Check with your <a href="#">provider</a> before you get services. |
| Do you need a <a href="#">referral</a> to see a <a href="#">specialist</a> ?    | No.  | You can see a <a href="#">specialist</a> for covered services without a <a href="#">referral</a> .  |

 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   |
|--|--|---|--|--|--|
|  |  | Indian Health Care Provider (IHCP) (You will pay the least) | Non-IHCP In-Network Provider (You will pay more)     | Non-IHCP Out-of-Network Provider (You will pay the most) |  |
| If you visit a health care <a href="#">provider's</a> office or clinic | Primary care visit to treat an injury or illness         | No charge   | No charge; <a href="#">deductible</a> does not apply | Not covered  | <a href="#">Cost sharing</a> waived at non-IHCP In Network Provider with IHCP <a href="#">referral</a> . Friday designated Telemedicine providers are not subject to <a href="#">deductible</a> and covered in full.   |
|  | <a href="#">Specialist</a> visit                         | No charge   | \$150 <a href="#">copay</a>                          | Not covered  | None.  |
|  | <a href="#">Preventive care/ screening/ immunization</a> | No charge   | No charge; <a href="#">deductible</a> does not apply | Not covered  | You may have to pay for services that aren't preventive. Ask your <a href="#">provider</a> if the services needed are preventive. Then check what your <a href="#">plan</a> will pay for. All preventive care that is not state mandated is not covered OON. |
| If you have a test   | <a href="#">Diagnostic test</a> (x-ray, blood work)      | No charge   | No charge after <a href="#">deductible</a>           | Not covered  | <a href="#">Cost sharing</a> waived at non-IHCP In Network Provider with IHCP <a href="#">referral</a> . For some diagnostic and imaging services, <a href="#">preauthorization</a> may be required.   |
|  | Imaging (CT/PET scans, MRIs)                             | No charge   | No charge after <a href="#">deductible</a>           | Not covered  |  |

\* For more information about limitations and exceptions, see the [plan](#) or policy document at [www.fridayhealthplans.com/members/resources/nc](http://www.fridayhealthplans.com/members/resources/nc).

| Common Medical Event   | Services You May Need                            | What You Will Pay   |  |  | Limitations, Exceptions, & Other Important Information  |
|--|--|---|--|--|---|
|  |  | Indian Health Care Provider (IHCP) (You will pay the least) | Non-IHCP In-Network Provider (You will pay more) | Non-IHCP Out-of-Network Provider (You will pay the most) |   |
| <b>If you need drugs to treat your illness or condition</b><br>More information about <a href="#">prescription drug coverage</a> is available at <a href="https://caprx.adaptiverx.com/webSearch/index?key=8F02B26A288102C27BAC82D14C006C6FC54D480F80409B68E5FAE0FB47E8C029">https://caprx.adaptiverx.com/webSearch/index?key=8F02B26A288102C27BAC82D14C006C6FC54D480F80409B68E5FAE0FB47E8C029</a> | Generic drugs (Tier 1)                           | No charge   | Up to \$30 <a href="#">copay</a>                 | Not covered  | <a href="#">Cost sharing</a> waived at non-IHCP In Network Provider with IHCP <a href="#">referral</a> . Applies to <a href="#">formulary</a> preferred generic only, <a href="#">deductible</a> waived.  |
|  | Preferred brand drugs (Tier 3)                   | No charge   | Up to \$160 <a href="#">copay</a>                | Not covered  | <a href="#">Cost sharing</a> waived at non-IHCP In Network Provider with IHCP <a href="#">referral</a> . Applies to <a href="#">formulary</a> preferred brand only, <a href="#">deductible</a> waived.  |
|  | Non-preferred drugs (Tier 2 & 4)                 | No charge   | No charge after <a href="#">deductible</a>       | Not covered  | <a href="#">Cost sharing</a> waived at non-IHCP In Network Provider with IHCP <a href="#">referral</a> . Applies to <a href="#">formulary</a> non-preferred brand, non-preferred generic and non-preferred specialty.   |
|  | <a href="#">Specialty drugs</a> (Tier 5)         | No charge   | No charge after <a href="#">deductible</a>       | Not covered  | <a href="#">Cost sharing</a> waived at non-IHCP In Network Provider with IHCP <a href="#">referral</a> . Applies to <a href="#">formulary</a> specialty only. Some specialty medications are available in other tiers. Not all <a href="#">specialty drugs</a> are covered, and <a href="#">preauthorization</a> may be required. |
| <b>If you have outpatient surgery</b>  | Facility fee (e.g., ambulatory surgery center)   | No charge   | No charge after <a href="#">deductible</a>       | Not covered  | <a href="#">Cost sharing</a> waived at non-IHCP In Network Provider with IHCP <a href="#">referral</a> .  |
|  | Physician/surgeon fees                           | No charge   | No charge after <a href="#">deductible</a>       | Not covered  |   |
| <b>If you need immediate medical attention</b>   | <a href="#">Emergency room care</a>              | No charge   | No charge after <a href="#">deductible</a>       | No charge after <a href="#">deductible</a>               | <a href="#">Cost sharing</a> waived at non-IHCP In Network Provider with IHCP <a href="#">referral</a> . You pay the same as In-network if it is an emergency as defined in your <a href="#">plan</a> .   |
|  | <a href="#">Emergency medical transportation</a> | No charge   | No charge after <a href="#">deductible</a>       | No charge after <a href="#">deductible</a>               |   |

\* For more information about limitations and exceptions, see the [plan](#) or policy document at [www.fridayhealthplans.com/members/resources/nc](http://www.fridayhealthplans.com/members/resources/nc).

| Common Medical Event  | Services You May Need                     | What You Will Pay   |  |  | Limitations, Exceptions, & Other Important Information  |
|---|---|---|--|--|---|
|   |   | Indian Health Care Provider (IHCP) (You will pay the least) | Non-IHCP In-Network Provider (You will pay more) | Non-IHCP Out-of-Network Provider (You will pay the most) |   |
|   | <a href="#">Urgent care</a>               | No charge   | \$175 <a href="#">copay</a>                      | \$175 <a href="#">copay</a>                              | <a href="#">Cost sharing</a> waived at non-IHCP In Network Provider with IHCP <a href="#">referral</a> . <a href="#">Deductible</a> waived.   |
| If you have a hospital stay   | Facility fee (e.g., hospital room)        | No charge   | No charge after <a href="#">deductible</a>       | Not covered  | <a href="#">Preauthorization</a> is required, unless for emergency. <a href="#">Cost sharing</a> waived at non-IHCP In Network Provider with IHCP.  |
|   | Physician/surgeon fees                    | No charge   | No charge after <a href="#">deductible</a>       | Not covered  |   |
| If you need mental health, behavioral health, or substance abuse services | Outpatient services                       | No charge   | No charge  | Not covered  | All inpatient for Severe Mental Illness or Substance Abuse require <a href="#">preauthorization</a> . <a href="#">Cost sharing</a> waived at non-IHCP In Network Provider with IHCP <a href="#">referral</a> .  |
|   | Inpatient services                        | No charge   | No charge after <a href="#">deductible</a>       | Not covered  |   |
| If you are pregnant   | Office visits                             | No charge   | \$150 <a href="#">copay</a>                      | Not covered  | <a href="#">Cost sharing</a> does not apply for <a href="#">preventive services</a> . Depending on the type of services, a <a href="#">coinsurance</a> may apply. Maternity care may include tests and services described elsewhere in the SBC (i.e., ultrasound). <a href="#">Cost sharing</a> waived at non-IHCP with IHCP <a href="#">referral</a> . |
|   | Childbirth/delivery professional services | No charge   | No charge after <a href="#">deductible</a>       | Not covered  |   |
|   | Childbirth/delivery facility services     | No charge   | No charge after <a href="#">deductible</a>       | Not covered  |   |
| If you need help recovering or have other special health needs            | <a href="#">Home health care</a>          | No charge   | No charge after <a href="#">deductible</a>       | Not covered  | <a href="#">Cost sharing</a> waived at non-IHCP In Network Provider with IHCP <a href="#">referral</a> . 120 visits/year. <a href="#">Preauthorization</a> is required.   |
|   | <a href="#">Rehabilitation services</a>   | No charge   | \$150 <a href="#">copay</a>                      | Not covered  | <a href="#">Cost sharing</a> waived at non-IHCP In Network Provider with IHCP <a href="#">referral</a> . Combined 30 visit limit for occupational and physical therapies and chiropractic services. <a href="#">Referral</a> required. <a href="#">Preauthorization</a> may be required.  |

\* For more information about limitations and exceptions, see the [plan](#) or policy document at [www.fridayhealthplans.com/members/resources/nc](http://www.fridayhealthplans.com/members/resources/nc).

| Common Medical Event                   | Services You May Need                     | What You Will Pay   |  |  | Limitations, Exceptions, & Other Important Information   |
|--|---|---|--|--|--|
|  |   | Indian Health Care Provider (IHCP) (You will pay the least) | Non-IHCP In-Network Provider (You will pay more) | Non-IHCP Out-of-Network Provider (You will pay the most) |  |
| If your child needs dental or eye care | <a href="#">Habilitation services</a>     | No charge   | \$150 <a href="#">copay</a>                      | Not covered  | Combined 30 visit limit for occupational and physical therapies and chiropractic services. <a href="#">Referral required</a> . <a href="#">Preauthorization</a> may be required. <a href="#">Cost sharing</a> waived at non-IHCP In Network Provider with IHCP <a href="#">referral</a> .  |
|  | <a href="#">Skilled nursing care</a>      | No charge   | No charge after <a href="#">deductible</a>       | Not covered  | Limited to 60 days per Plan Year. <a href="#">Preauthorization</a> may be required. <a href="#">Cost sharing</a> waived at non-IHCP In Network Provider with IHCP <a href="#">referral</a> .   |
|  | <a href="#">Durable medical equipment</a> | No charge   | No charge after <a href="#">deductible</a>       | Not covered  | Only <a href="#">Durable medical equipment</a> considered standard and/or basic as defined by nationally recognized guidelines are covered. <a href="#">Preauthorization</a> may be required. <a href="#">Cost sharing</a> waived at non-IHCP In Network Provider with IHCP <a href="#">referral</a> . Orthotic devices for correction of POSITIONAL PLAGIOCEPHALY are limited to 1 device per lifetime. |
|  | <a href="#">Hospice services</a>          | No charge   | No charge after <a href="#">deductible</a>       | Not covered  | Benefits for <a href="#">Hospice services</a> for care of a terminally ill Member with a life expectancy of six months or less. No authorization for first 6 months, clinical review for subsequent 6 months.  |
|  | Children's eye exam                       | No charge   | No charge  | Not covered  | Coverage limited to one exam/year. <a href="#">Cost sharing</a> waived at non-IHCP In Network Provider with IHCP <a href="#">referral</a> .  |
|  | Children's glasses                        | No charge   | No charge  | Not covered  | Covers one (1) pair of lenses/year when prescription change is determined <a href="#">Medically Necessary</a> ; One (1) pair of frames. <a href="#">Cost sharing</a> waived at non-IHCP In Network Provider with IHCP <a href="#">referral</a> .   |
|  | Children's dental check-up                | Not covered   | Not covered                                      | Not covered  | Pediatric dental coverage can be purchased separately as a stand-alone policy.   |

## Excluded Services & Other Covered Services:

### Services Your [Plan](#) Generally Does NOT Cover (Check your policy or [plan](#) document for more information and a list of any other [excluded services](#).)

- Abortion (Except in cases of rape, incest or when the life of the mother is endangered)
- Acupuncture
- Cosmetic surgery
- Dental care (Adult & Children)
- Long-term care
- Non-emergency care when traveling outside the U.S.
- Private duty nursing
- Routine foot care
- Weight loss program

### Other Covered Services (Limitations may apply to these services. This isn't a complete list. Please see your [plan](#) document.)

- Chiropractic care (30 visit limits for PT and OT combined (including chiropractic))
- Bariatric surgery (For surgical treatment of morbid obesity.)
- Hearing aids (One hearing aid per hearing impaired ear, and replacement hearing aids for members under the age of 22. Once every 36 months.)
- Infertility treatment (3 Treatment(s) per lifetime)
- Routine eye care (Adult)

**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: Friday Health Plans at 1-844-465-5500. You may also contact your state insurance department at 1-855-408-1212. 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 on how 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: Friday Health Plans, 1-844-465-5500.

**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](#).

## Language Access Services:

Spanish (Español): Para obtener asistencia en Español, llame al 1-844-465-5500.

Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-844-465-5500.

Chinese (中文): 如果需要中文的帮助, 请拨打这个号码 1-844-465-5500.

Navajo (Dine): Dinek'ehgo shika at'ohwol ninisingo, kwijigo holne' 1-844-465-5500.

*To see examples of how this [plan](#) might cover costs for a sample medical situation, see the next section.*

**PRA Disclosure Statement:** According to the Paperwork Reduction Act of 1995, no persons are required to respond to a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is **0938-1146**. The time required to complete this information collection is estimated to average **0.08** hours per response, including the time to review instructions, search existing data resources, gather the data needed, and complete and review the information collection. If you have comments concerning the accuracy of the time estimate(s) or suggestions for improving this



## 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 <a href="#">plan's</a> overall <a href="#">deductible</a> | \$0 |
| ■ <a href="#">Specialist coinsurance</a>                        | 0%  |
| ■ Hospital (facility) <a href="#">coinsurance</a>               | 0%  |
| ■ Other <a href="#">coinsurance</a>                             | 0%  |

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*)

|                           |                 |
|---------------------------|-----------------|
| <b>Total Example Cost</b> | <b>\$12,700</b> |
|---------------------------|-----------------|

In this example, Peg would pay:

|                                   |            |
|-----------------------------------|------------|
| <i>Cost Sharing</i>               |            |
| <a href="#">Deductibles</a>       | \$0        |
| <a href="#">Copayments</a>        | \$0        |
| <a href="#">Coinsurance</a>       | \$0        |
| <i>What isn't covered</i>         |            |
| Limits or exclusions              | \$0        |
| <b>The total Peg would pay is</b> | <b>\$0</b> |

### Managing Joe's Type 2 Diabetes

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

|   |     |
|---|-----|
| ■ The <a href="#">plan's</a> overall <a href="#">deductible</a> | \$0 |
| ■ <a href="#">Specialist coinsurance</a>                        | 0%  |
| ■ Hospital (facility) <a href="#">coinsurance</a>               | 0%  |
| ■ Other <a href="#">coinsurance</a>                             | 0%  |

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*)

|                           |                |
|---------------------------|----------------|
| <b>Total Example Cost</b> | <b>\$5,600</b> |
|---------------------------|----------------|

In this example, Joe would pay:

|                                   |            |
|-----------------------------------|------------|
| <i>Cost Sharing</i>               |            |
| <a href="#">Deductibles</a>       | \$0        |
| <a href="#">Copayments</a>        | \$0        |
| <a href="#">Coinsurance</a>       | \$0        |
| <i>What isn't covered</i>         |            |
| Limits or exclusions              | \$0        |
| <b>The total Joe would pay is</b> | <b>\$0</b> |

### Mia's Simple Fracture

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

|   |     |
|---|-----|
| ■ The <a href="#">plan's</a> overall <a href="#">deductible</a> | \$0 |
| ■ <a href="#">Specialist coinsurance</a>                        | 0%  |
| ■ Hospital (facility) <a href="#">coinsurance</a>               | 0%  |
| ■ Other <a href="#">coinsurance</a>                             | 0%  |

This EXAMPLE event includes services like:

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

|                           |                |
|---------------------------|----------------|
| <b>Total Example Cost</b> | <b>\$2,800</b> |
|---------------------------|----------------|

In this example, Mia would pay:

|                                   |            |
|-----------------------------------|------------|
| <i>Cost Sharing</i>               |            |
| <a href="#">Deductibles</a>       | \$0        |
| <a href="#">Copayments</a>        | \$0        |
| <a href="#">Coinsurance</a>       | \$0        |
| <i>What isn't covered</i>         |            |
| Limits or exclusions              | \$0        |
| <b>The total Mia would pay is</b> | <b>\$0</b> |

Note: These numbers assume the patient received care from an IHCP provider or with IHCP referral at a non-IHCP. If you receive care from a non-IHCP provider without a referral from an IHCP your costs may be higher.

The [plan](#) would be responsible for the other costs of these EXAMPLE covered services.



**Multi-Language Insert**  
**Multi-language Interpreter Services**

**Spanish:** Si usted, o alguien a quien usted está ayudando, tiene preguntas acerca de Friday Health Plans, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 1-844-465-5500.

**Vietnamese:** Nếu quý vị, hay người mà quý vị đang giúp đỡ có câu hỏi về Friday Health Plans, 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 1-844-465-5500.

**Chinese:** 如果您, 或您正在幫助的人, 有關於 Friday Health Plans 方面的問題, 您有權利免費以您的母語得到幫助和訊息 想要跟一位翻譯員通話, 請致電 1-844-465-5500.

**Korean:** 만약 귀하 또는 귀하가 돕고 있는 어떤 사람이 Friday Health Plans 에 관해서 질문이 있다면 귀하는 그러한 도움과 정보를 귀하의 언어로 비용 부담없이 얻을 수 있는 권리가 있습니다. 그렇게 통역사와 얘기하기 위해서는 1-844-465-5500 로 전화하십시오.

**Russian:** Если у вас или лица, которому вы помогаете, имеются вопросы по поводу Friday Health Plans, то вы имеете право на бесплатное получение помощи и информации на вашем языке. Для разговора с переводчиком позвоните по телефону 1-844-465-5500.

**Amharic:** እርስዎ፣ ወይም እርስዎ የሚያገዙት ግለሰብ፣ ስለ Friday Health Plans ጥያቄ ካላችሁ፣ ያለ ምንም ክፍያ በቋንቋዎ እርዳታና መረጃ የማግኘት መብት አላችሁ። ከአስተርጓሚ ጋር ለመነጋገር፣ 1-844-465-5500 ይደውሉ።

**Arabic:** تفكّكنا اية دون من بلغتك الضرورية والمعلومات المساعدة إلى الحصول في 1-844-465-5500 بخصوص أسئلة تساعد شخص لدى أو لديك كان إن Friday Health Plans الحق فلديك. ب اتصل مترجم عم للتحدث

**German:** Falls Sie oder jemand, dem Sie helfen, Fragen zum Friday Health Plans haben, haben Sie das Recht, kostenlose Hilfe und Informationen in Ihrer Sprache zu erhalten. Um mit einem Dolmetscher zu sprechen, rufen Sie bitte die Nummer 1-844-465-5500 an.

**French:** Si vous, ou quelqu'un que vous êtes en train d'aider, a des questions à propos de Friday Health Plans, vous avez le droit d'obtenir de l'aide et l'information dans votre langue à aucun coût. Pour parler à un interprète, appelez 1-844-465-5500.

**Nepali:** यदि तपाईं आफ्ना लागि आफैं आवेदनको काम गर्नु, वा कसैलाई मद्दत गर्नु हानुहन्छ Friday Health Plans बारे प्रश्न छन् भने आफ्नो मातृभाषामा निःशुल्क सहायता वा जानकारी पाउने अधिकार छ । दोभाषे (इन्टरप्रेटर) सँग कु रा गनर्ुपरे 1-844-465-5500 मा फोन गनर्ुहोस् ।

**Tagalog:** Kung ikaw, o ang iyong tinutulangan, ay may mga katanungan tungkol sa Friday Health Plans, may karapatan ka na makakuha ng tulong at impormasyon

\* For more information about limitations and exceptions, see the [plan](#) or policy document at [www.fridayhealthplans.com/members/resources/nc](http://www.fridayhealthplans.com/members/resources/nc).

sa iyong wika ng walang gastos. Upang makausap ang isang tagasalin, tumawag sa 1-844-465-5500.

**Japanese:** ご本人様、またはお客様の身の回りの方でも、Friday Health Plans についてご質問がございましたら、ご希望の言語でサポートを受けたり、情報を入手したりすることができます。料金はかかりません。通訳とお話される場合、1-844-465-5500 までお電話ください。

**Cushite:** Isin yookan namni biraa isin deeggartan Friday Health Plans irratti gaaffii yo qabaattan, kaffaltii irraa bilisa haala ta'een afaan keessaniin odeeffannoo argachuu fi deeggarsa argachuuf mirga ni qabdu. Nama isiniif ibsu argachuuf, lakkoofsa bilbilaa 1-844-465-5500 tiin bilbilaa.

**Persian:** ، Friday Health Plans ، شما گر ، امشد هب ، شما گر ، میکنید کمک او ای بی سک کمک امشد هب ، 1-844-465-5500 مورد در سوال ، این قد دامتشد یشابد ، کمک دارید را ، بیامند ساحل امتس بیامند در فایت رالمگین طور

**Kru:** I bale we, tole mut u ye hola, a gwee mbarga inyu Friday Health Plans, U gwee Kunde I kosna mahola ni biniiguene i hop wong nni nsaa wogui wo. I Nyu ipot ni mut a nla koblene we hop, sebel 1-844-465-5500.

**Ibo:** Obugi, ma o buonye I na eyere-aka, nwere ajjughbasara Friday Health Plans, I nwere ohere iwenta nye maka na omuna na asugji na akwu gi ugwo I chof kwubonye-ntapja okwu, kpof 1-844-465-5500.

**Yoruba:** Bí iwọ̀ tàbí ẹ̀nikẹ̀ni tí o n ranlowọ̀ bá ní ibeere nipa Friday Health Plans, o ní ẹ̀dàtì rí iranwọ̀ àti ifitónilétí gbà ní èdè rẹ̀làìsanwó. Látí bá ongbufọ̀kan sọ̀ọ̀ pè sọ̀rí 1-844-465-5500.