

## **Our Discrimination is Against the Law**

Porters Neck Chiropractic, Inc. complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Porters Neck Chiropractic, Inc. does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

### **Porters Neck Chiropractic, Inc.:**

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
  - 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 via Cyacom

If you need these services, contact Kristen Longman- Civil Rights Coordinator

If you believe that Porters Neck Chiropractic, Inc. 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: Kristen Longman, 8207 Market Street Suite D Wilmington NC 28411, Phone 910-686-6508, Fax 910-686-8416, Email- pnchiro@hotmail.com. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, Kristen Longman, Civil Rights Coordinator, 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, D.C. 20201  
1-800-368-1019, 800-537-7697 (TDD)  
Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

Spanish:

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-481-3293.

Chinese:

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-481-3293。

Vietnamese:

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-481-3293.

Korean:

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-800-481-3293 번으로 전화해 주십시오

French:

ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-800-481-3293.

Arabic:

لك ت توافر ال لغوية المساعدة خدمات ف إن ال لغة، اذكر ت تحدث ك نت إذا بملاحظة 1-184-008-3293  
ب رقم ات صل ب المجان

Hmong:

LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 1-800-481-3293.

Russian:

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-481-3293.

Tagalog:

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-800-481-3293.

Gujarti:

પ્રયુના: જો તમે જરાતી બોલતા હો, તો િન:પ્લુ ભાષા સહાય સેવાઓ તમારા માટ ઉપલબ્ધ છ.  
ફોન કરો 1-800-481-3293.

Cambodian:

ប្រយ័ត្ន: ើសិនអ្នកនិយាយ ខ្មែរ, សេវាជំនួយផ្នែក េយមិនគិតលុយ គឺ េសសំបាប់េអ្នក ួរ  
សំព 1-800-481-3293។

German:

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-800-481-3293.

Hindi:

ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। 1-800-481-3293 पर कॉल करें।

Laotian:

ໂປດຊາບ: ຖ້າວ່າ ທ່ານເວົ້າພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ແຈ້ງຄ່າ, ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ໂທສ 1-800-481-3293.

Japanese:

注意事項：日本語を話される場合、無料の言語支援をご利用いただけます。1-800-481-3293 まで、お電話にてご連絡ください。