

## Sample Notice Informing Individuals About Nondiscrimination and Accessibility

### Requirements and Sample Nondiscrimination Statement:

Thleidannak cu Upadi Ralchanh Asi

[**Name of covered entity**] nih hmankhawhmi Ramkomh rammi covo upadi kha a zulh i miphun, cuar rong, chuahkehnak ram, kum, pumtlinlonak, asilole nupa sinak cungah hngat in a thleidannak lo (45 CFR § 92.101(a)(2) ah langhter bantukin nulepa thleidannak i a huapmi he aa keih) [**optional:** (asilole nupa sinak, nupa sinak lei muisam pawl telhchih in, nupa sinak tuah duh ning phun telhchih in; naupawinak asilole pehtlaihnak a ngeimi thilsining pawl; nupa sinak tuahnak lei duhmi pawl; nupa sinak lei fianternak, le nupa sinak ah ruahkelning pawl).<sup>1</sup>] [**Name of covered entity**] nih miphun, cuar rong, chuahkehnak ram, kum, pumtlinlonak, asilole nupa sinak ruangah minung kha telhlonak asilole tlawmdeuh in chawnhbiaknak a tuah lo.

[**Optional:** [**Name of the covered entity**] hi atu lio ah [**religious and/or conscience**] the HHS Office for Civil Rights sin in a hlei in tuaktaanpiaknak aa tlaih, hi nih hin [**name of the covered entity**] cu [**list provisions of Section 1557 to which the exemption applies, and the scope/terms of that exemption**] zulhnak in a luatter..

[**Name of covered entity**]:

- Pumtlinglo minung pawl kha tuaktaanpiak khawhmi siamremhnak pawl le kanmah he thadeuh in i pehtlaihnak dingah man loin aa tlakmi a hleideuh in bawmhnak pawl le riantuanpiaknak pawl a pek, hihi bantuktu:

- A thiammi kutke piah in holhlehnak a tuahtu pawl
- Ca in tialmi thawngthanhnak kha adang formats pawl in (a nganpi in catlap chuahmi, aw, hmuhkhawhmi electronic format pawl, adang format pawl).

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<sup>1</sup> This language/approach is not required under Section 1557 regulations.

• Mirangholh kha an hmanbikmi holh a si lomi pawl caah manlo in holhlehnak lei riantuanpiaknak a pek, hi ah aa telmi cu:

- A thiammi holhlettu pawl
- Adang holh pawl in tialmi thawngthanhnak.

Tuaktaanpiak khawhmi siamremhnak pawl, aa tlakmi a hleideuh in bawmhnak pawl le riantuanpiaknak pawl, asilole holh lei bawmhnak riantuanpiaknak pawl na herh ahcun, **[name of Civil Rights Coordinator]** pehtlah.

**[name of covered entity]** nih miphun, cuar rong, chuahkehnak ram, kum, pumtlinlonak, asilole nupa sinak cungah hngat in hi riantuanpiaknak pawl pek a thloh tiah na ruah asilole lamdang dang in thleidannak a tuah tiah na ruah ahcun, na lungtlinlonak kha ca in zung ah na chiah khawh: **[name and title of Civil Rights Coordinator]**, **[mailing address]**, **[telephone number ]**, **[TTY number—if covered entity has one]**, **[fax]**, **[email]**. Na lungtlinlonak kha minung pum in asilole cakuat, fax in asilole email in ca zung ah na chiah khawh. Na lungtlinlonak kong tialnak ah bawmh na herh ahcun, **[name and title of Civil Rights Coordinator]** hi nangmah bawmh dingah hman khawh a si.

Na lungtlinlonak kha Office for Civil Rights Complaint Portal hmangin electronic in U.S. Department of Health and Human Services, Office for Civil Rights he ca in zung ah na chiah kho fawn, hmuhkhawh a si hika ah <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, asilole cakuat in asilole phone in hika ah a ngah:

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)

Phunzainak form pawl cu ngahkhawh a si hika ah <http://www.hhs.gov/ocr/office/file/index.html>.

**[If applicable:** Hi theihternak cu **[name of covered entity's]** website ah hmuhkhawh a si:  
**[insert covered entity's URL]**].