



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.** Benefits may change upon renewal. For more information about your coverage, or to get a copy of the complete terms of coverage, visit Member Online Services at www.HorizonBlue.com/members or by calling 1-888-425-5611. If you do not currently have coverage with Horizon BCBSNJ you can view a sample policy here, http://www.state.nj.us/dobi/division_insurance/ihcseh/ihcforms.html. 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 www.cciio.cms.gov or call 1-888-425-5611 to request a copy.

Important Questions	Answers	Why This Matters:
What is the overall deductible?	\$950.00 Individual/ \$1,900.00 Family for OMNIA Tier 1 providers. \$2,500.00 / Individual or \$5,000.00 /Family for Tier 2 providers. OMNIA Tier 1 accumulates to Tier 2.	Generally, you must pay all of the costs from <u>providers</u> up to the <u>deductible</u> amount before this plan 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 deductible?	Yes. Preventive care is covered before you meet your deductible.	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 https://www.healthcare.gov/coverage/preventive-care-benefits/ .
Are there other deductibles for specific services?	No.	You don't have to meet <u>deductibles</u> for specific services.
What is the out-of-pocket limit for this plan?	Yes, For Health/Pharmacy OMNIA Tier 1 providers \$4,500.00 Individual/ \$9,000.00 Family and for Tier 2 providers \$6,350.00 Individual/ \$12,700.00 Family. Aggregate family. OMNIA Tier 1 accumulates to Tier 2.	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 out-of-pocket limit?	<u>Premiums</u> , <u>balance-billing</u> charges and health care this <u>plan</u> doesn't cover.	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 network provider?	Yes. See www.HorizonBlue.com or call 1-888-425-5611 for a list of network providers. Benefits provided by in-network <u>providers</u> other than OMNIA Tier 1 <u>providers</u> are at the Tier 2 level of benefits, such as Tier 2 and BlueCard PPO <u>providers</u> .	You pay the least if you use a <u>provider</u> in OMNIA Tier 1. You pay more if you use a provider in Tier 2. 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 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 specialist ?	No.	You can see the specialist you choose without a referral .
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 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
		OMNIA Tier 1 Provider (You will pay the least)	Tier 2 Network Provider	Out-of-Network Provider (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	\$10.00 <u>Copayment</u> per visit. <u>Deductible</u> does not apply.	\$30.00 <u>Copayment</u> per visit. \$10.00 <u>Copayment</u> per visit applies only to Horizon CareOnline. <u>Deductible</u> does not apply.	Not Covered.	Horizon CareOnline telemedicine services is an additional telemedicine feature provided through Horizon BCBSNJ's telemedicine vendor.
	Specialist visit	\$25.00 <u>Copayment</u> per visit for Specialist. \$10.00 <u>Copayment</u> per visit applies only to Horizon CareOnline. <u>Deductible</u> does not apply.	\$50.00 <u>Copayment</u> per visit for Specialist. \$10.00 <u>Copayment</u> per visit applies only to Horizon CareOnline. <u>Deductible</u> does not apply.	Not Covered.	
	Preventive care/ screening/immunization	No Charge. <u>Deductible</u> does not apply.	No Charge. <u>Deductible</u> does not apply.	Not Covered.	

* For more information about limitations and exceptions, see the [plan](#) or policy document at www.HorizonBlue.com/members.

Common Medical Event	Services You May Need	What You Will Pay			Limitations, Exceptions, & Other Important Information
		OMNIA Tier 1 Provider (You will pay the least)	Tier 2 Network Provider	Out-of-Network Provider (You will pay the most)	
If you have a test	Diagnostic test (x-ray, blood work)	No charge for Office, Independent Laboratory. \$20.00 Copayment for Outpatient Hospital. Deductible does not apply.	No charge for Office, Independent Laboratory. Deductible does not apply. 30% Coinsurance for Outpatient Hospital.	Not Covered.	Molecular and genomic testing are subject to pre-service and post-service medical necessity review.
	Imaging (CT/PET scans, MRIs)	\$20.00 Copayment per visit for Outpatient Facility.	30% Coinsurance for Outpatient Facility.	Not Covered.	Requires pre-approval.
If you need drugs to treat your illness or condition More information about prescription drug coverage is available at Prime Therapeutics LLC (Prime) Service Center www.MyPrime.com or 1-800-370-5088. View the formulary at https://www.myprime.com/content/dam/prime/memberportal/forms/AutorForms/HIM/2021/2021_NJ_3T_HealthInsuranceMarketplace.pdf	Generic drugs	\$20.00 Copayment/Retail. \$40.00 Copayment Mail order. Deductible does not apply.	\$20.00 Copayment/Retail. \$40.00 Copayment Mail order. Deductible does not apply.	\$20.00 Copayment/Retail. \$40.00 Copayment Mail order.	Prior authorization may be required. Covers up to a 30 day supply per copayment, up to a 90 day supply applying separate copayments (retail) and a 90 day supply (mail order).
	Preferred brand drugs	\$50.00 Copayment/Retail. \$100.00 Copayment Mail order. Deductible does not apply.	\$50.00 Copayment/Retail. \$100.00 Copayment Mail order. Deductible does not apply.	\$50.00 Copayment/Retail. \$100.00 Copayment Mail order.	
	Non-preferred brand drugs	\$75.00 Copayment/Retail. \$150.00 Copayment Mail order. Deductible does not apply.	\$75.00 Copayment/Retail. \$150.00 Copayment Mail order. Deductible does not apply.	\$75.00 Copayment/Retail. \$150.00 Copayment Mail order.	
	Specialty drugs	\$75.00 Copayment/Retail. \$150.00 Copayment Mail order. Deductible does not apply.	\$75.00 Copayment/Retail. \$150.00 Copayment Mail order. Deductible does not apply.	\$75.00 Copayment/Retail. \$150.00 Copayment Mail order.	

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Common Medical Event	Services You May Need	What You Will Pay			Limitations, Exceptions, & Other Important Information
		OMNIA Tier 1 Provider (You will pay the least)	Tier 2 Network Provider	Out-of-Network Provider (You will pay the most)	
If you have outpatient surgery	Facility fee (e.g., ambulatory surgery center)	\$250.00 <u>Copayment</u> per visit for Ambulatory Surgical Center, Outpatient Hospital.	30% <u>Coinsurance</u> for Ambulatory Surgical Center, Outpatient Hospital.	Not Covered.	Procedures related to spine surgery are subject to pre-service and post-service utilization management review.
	Physician/surgeon fees	<u>Deductible</u> applies for Ambulatory Surgical Center, Outpatient Hospital.	30% <u>Coinsurance</u> for Ambulatory Surgical Center, Outpatient Hospital.	Not Covered.	Procedures related to spine surgery are subject to pre-service and post-service utilization management review. <u>Deductible</u> applies for OMNIA Tier 1 anesthesia. 30% <u>Coinsurance</u> for Tier 2 anesthesia.
If you need immediate medical attention	Emergency room care	\$100.00 <u>Copayment</u> per visit for Outpatient Hospital.	\$100.00 <u>Copayment</u> per visit for Outpatient Hospital.	\$100.00 <u>Copayment</u> per visit for Outpatient Hospital.	<u>Copayment</u> waived if admitted within 24 hours. Out-of-network payment at the in-network level of benefits applies only to true medical emergencies and accidental injuries.
	Emergency medical transportation	<u>Deductible</u> applies.	30% <u>Coinsurance</u> .	30% <u>Coinsurance</u> .	Out-of-network payment at the in-network level of benefits applies only to true medical emergencies and accidental injuries.
	Urgent care	\$50.00 <u>Copayment</u> per visit. <u>Deductible</u> does not apply.	\$75.00 <u>Copayment</u> per visit.	\$75.00 <u>Copayment</u> per visit.	No coverage for non-urgent care.
If you have a hospital stay	Facility fee (e.g., hospital room)	\$500.00 <u>Copayment</u> per day for Inpatient Hospital.	30% <u>Coinsurance</u> for Inpatient Hospital.	Not Covered.	Requires pre-approval. OMNIA Tier 1 in-network separation period is limited to 90 days in-network. \$2,500.00 OMNIA Tier 1 <u>copayment</u> maximum per admission.
	Physician/surgeon fees	<u>Deductible</u> applies for Inpatient Hospital.	30% <u>Coinsurance</u> for Inpatient Hospital.	Not Covered.	<u>Deductible</u> applies for OMNIA Tier 1 anesthesia. 30% <u>Coinsurance</u> for Tier 2 anesthesia.

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Common Medical Event	Services You May Need	What You Will Pay			Limitations, Exceptions, & Other Important Information
		OMNIA Tier 1 Provider (You will pay the least)	Tier 2 Network Provider	Out-of-Network Provider (You will pay the most)	
If you need mental health, behavioral health, or substance abuse services	Outpatient services	\$10.00 <u>Copayment</u> per visit for Outpatient Hospital. <u>Deductible</u> does not apply.	30% <u>Coinsurance</u> for Outpatient Hospital.	Not Covered.	_____none_____
	Inpatient services	\$500.00 <u>Copayment</u> per day for Inpatient Hospital.	30% <u>Coinsurance</u> for Inpatient Hospital.	Not Covered.	Requires pre-approval. OMNIA Tier 1 in-network separation period is limited to 90 days in-network. \$2,500.00 OMNIA Tier 1 copay maximum per admission.
If you are pregnant	Office visits	\$10.00 <u>Copayment</u> per visit for Office. \$25.00 <u>Copayment</u> per visit for Specialist. <u>Deductible</u> does not apply.	\$30.00 <u>Copayment</u> per visit for Office. \$50.00 <u>Copayment</u> per visit for Specialist.	Not Covered.	<u>Cost sharing</u> does not apply for <u>preventive services</u> . Maternity care may include tests and services described elsewhere in the SBC (i.e. Ultrasound.)
	Childbirth/delivery professional services	<u>Deductible</u> applies for Inpatient Hospital.	30% <u>Coinsurance</u> for Inpatient Hospital.	Not Covered.	_____none_____
	Childbirth/delivery facility services	\$500.00 <u>Copayment</u> per day for Inpatient Hospital.	30% <u>Coinsurance</u> for Inpatient Hospital.	Not Covered.	OMNIA Tier 1 in-network separation period is limited to 90 days in-network. \$2,500.00 OMNIA Tier 1 <u>copayment</u> maximum per admission.
If you need help recovering or have other special health needs	<u>Home health care</u>	\$10.00 <u>Copayment</u> for Outpatient Facility. <u>Deductible</u> does not apply.	\$30.00 <u>Copayment</u> for Outpatient Facility.	Not Covered.	Requires pre-approval. Private-duty nursing is only covered under the Home health care benefit when required by a Home health care plan.
	<u>Rehabilitation services</u>	\$500.00 <u>Copayment</u> per day for Inpatient Hospital.	30% <u>Coinsurance</u> for Inpatient Hospital.	Not Covered.	Requires pre-approval. OMNIA Tier 1 in-network separation period is limited to 90 days in-network. \$2,500.00 OMNIA Tier 1 <u>copayment</u> maximum per admission.
	<u>Habilitation services</u>	\$500.00 <u>Copayment</u> per day for Inpatient Hospital.	30% <u>Coinsurance</u> for Inpatient Hospital.	Not Covered.	
	<u>Skilled nursing care</u>	\$500.00 <u>Copayment</u> per day for Inpatient Facility.	30% <u>Coinsurance</u> for Inpatient Facility.	Not Covered.	

* For more information about limitations and exceptions, see the [plan](#) or policy document at www.HorizonBlue.com/members.

Common Medical Event	Services You May Need	What You Will Pay			Limitations, Exceptions, & Other Important Information
		OMNIA Tier 1 Provider (You will pay the least)	Tier 2 Network Provider	Out-of-Network Provider (You will pay the most)	
	<u>Durable medical equipment</u>	No Charge. <u>Deductible</u> does not apply.	No Charge. <u>Deductible</u> does not apply.	Not Covered.	Requires pre-approval.
	<u>Hospice services</u>	\$500.00 <u>Copayment</u> per day for Inpatient Facility.	30% <u>Coinsurance</u> for Inpatient Facility.	Not Covered.	Requires pre-approval. OMNIA Tier 1 in-network separation period is limited to 90 days in-network. \$2,500.00 OMNIA Tier 1 <u>copayment</u> maximum per admission.
If your child needs dental or eye care	Children's eye exam	No Charge. <u>Deductible</u> does not apply.	No Charge. <u>Deductible</u> does not apply.	Not Covered.	This benefit is administered by Davis Vision. In-network routine vision exam child visit limit is 1 visit in-network.
	Children's glasses	Amounts greater than \$150.00 for non-collection frames. <u>Deductible</u> does not apply.	Amounts greater than \$150.00 for non-collection frames. <u>Deductible</u> does not apply.	Not Covered.	This benefit is administered by Davis Vision. Lenses and Hardware are covered once every 12 months. Limit includes 1 pair of frames from the select Davis Vision collection or \$150.00 allowance for non-collection frames.
	Children's dental check-up	Not Covered.	Not Covered.	Not Covered.	_____none_____

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"> • Cosmetic surgery • Dental care (Adult) • Hearing aids (Only covered for Members age 15 and younger) • Long-term care 	<ul style="list-style-type: none"> • Most coverage provided outside the United States. (OMNIA Tier 1 level benefit) • Non-emergency care when traveling outside the U.S. (OMNIA Tier 1 level benefit) • Private-duty nursing 	<ul style="list-style-type: none"> • Routine eye care (Adult, Optometrist/Ophthalmologist office. For verification of coverage on routine vision services, please see your policy or plan document.) • Routine foot care • Weight loss programs

* For more information about limitations and exceptions, see the [plan](#) or policy document at www.HorizonBlue.com/members.

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

- Acupuncture when used as a substitute for other forms of anesthesia
- Bariatric surgery
- Chiropractic care
- Infertility treatment (limited to artificial insemination; requires pre-approval)
- Most coverage provided outside the United States. See www.HorizonBlue.com (Tier 2 level of benefit)
- Non-emergency care when traveling outside the U.S. See www.HorizonBlue.com (Tier 2 level of benefit)

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: Horizon BCBSNJ at 1-888-425-5611; Department of Labor's Employee Benefits Security Administration at 1-866-444-EBSA (3272) or <https://www.dol.gov/agencies/ebsa/about-ebsa/ask-a-question/ask-ebsa>; New Jersey State Insurance Department Office of Consumer Protection Services at 1-800-446-7467 or <http://www.state.nj.us/dobi/consumer.htm>. 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.getcovered.nj.gov or call 1-877-962-8448.

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: 1-888-425-5611 or visit www.Horizonblue.com. You may also contact the NJ Department of Banking and Insurance Consumer Protection Services at 1-888-393-1062 or visit <http://www.state.nj.us/dobi/consumer.htm>.

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? Not Applicable

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 section.-----

* For more information about limitations and exceptions, see the plan or policy document at www.HorizonBlue.com/members.

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 plan's overall deductible \$950.00
- Specialist Copayment \$25.00
- Hospital (facility) Coinsurance 0%
- Other Coinsurance 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*)

Total Example Cost \$12,700.00

In this example, Peg would pay:

<i>Cost Sharing</i>	
Deductibles	\$950.00
Copayments	\$500.00
Coinsurance	\$0.00

What isn't covered

Limits or exclusions	\$60.00
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The total Peg would pay is **\$1,510.00**

Managing Joe's type 2 Diabetes
(a year of routine in-network care of a well-controlled condition)

- The plan's overall deductible \$950.00
- Specialist Copayment \$25.00
- Hospital (facility) Coinsurance 0%
- Other Coinsurance 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*)

Total Example Cost \$5,600.00

In this example, Joe would pay:

<i>Cost Sharing</i>	
Deductibles	\$0.00
Copayments	\$1,300.00
Coinsurance	\$0.00

What isn't covered

Limits or exclusions	\$20.00
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The total Joe would pay is **\$1,320.00**

Mia's Simple Fracture
(in-network emergency room visit and follow up care)

- The plan's overall deductible \$950.00
- Specialist Copayment \$25.00
- Hospital (facility) Coinsurance 0%
- Other Coinsurance 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*)

Total Example Cost \$5,600.00

In this example, Mia would pay:

<i>Cost Sharing</i>	
Deductibles	\$950.00
Copayments	\$200.00
Coinsurance	0.00

What isn't covered

Limits or exclusions	\$0.00
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The total Mia would pay is **\$1,050.00**

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



Notice of Nondiscrimination

Horizon Blue Cross Blue Shield of New Jersey complies with applicable Federal civil rights laws and does not discriminate against nor does it exclude people or treat them differently on the basis of race, color, gender, national origin, age, disability, pregnancy, gender identity, sex, sexual orientation or health status in the administration of the plan, including enrollment and benefit determinations. Horizon BCBSNJ provides free aids and services to people with disabilities (e.g. qualified sign language interpreters and information in other formats) and to those whose primary language is not English (e.g. information in other languages) to communicate effectively with us.

Contacting Member Services

Please call Member Services at **1-800-355-BLUE (2583) (TTY 711)** or the phone number on the back of your member ID card, if you need the free aids and services noted above and for **all other Member Services issues**.

Filing a Section 1557 Grievance

If you believe that Horizon BCBSNJ has failed to provide the free communication aids and services or discriminated against you for one of the reasons described above, you can file a discrimination complaint also known as a Section 1557 Grievance. **Horizon BCBSNJ's Civil Rights Coordinator** can be reached by calling the Member Services number on the back of your member ID card or by writing to the following address: **Horizon BCBSNJ
Civil Rights Coordinator
PO Box 820, Newark, NJ 07101.**

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, through the Office for Civil Rights Complaint Portal, online at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf> or by mail at **U.S. Department of Health and Human Services, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, D.C. 20201** or by phone at **1-800-368-1019** or **1-800-537-7697 (TDD)**. OCR Complaint forms are available at www.hhs.gov/ocr/office/file/index.html.

Language assistance

Si habla un idioma diferente al inglés, hay ayuda disponible gratis. Llame al número que aparece al reverso de su tarjeta de identificación.

如果您讲英语以外的语言，可获取免费帮助。请拨打您的身份证背面的号码。

영어 이외의 언어를 사용하는 경우, 무료 지원 서비스를 받을 수 있습니다. ID 카드 뒷면에 있는 번호로 전화하십시오.

Se você fala um idioma diferente do inglês, a ajuda está disponível gratuitamente. Ligue para o número no verso do seu bilhete de identidade.

જો તમે અંગ્રેજી સિવાયની ભાષા બોલતા હોવ, તો મફતમાં મદદ ઉપલબ્ધ છે. તમારા આઈડી કાર્ડની પાછળ આપેલા નંબર પર કોલ.

Jeśli mówisz w języku innym niż angielski, pomoc udzielana jest bezpłatnie. Zadzwoń pod numer podany na odwrocie dowodu osobistego.

Se parli una lingua diversa dall'inglese, è disponibile un servizio di assistenza gratuito. Chiama il numero sul retro della tua carta d'identità.

Kung nagsasalita ka ng isang wika maliban sa Ingles, magagamit ang tulong nang walang bayad. Tumawag sa numerong nasa likod ng iyong ID card.

Если вы не говорите по-английски, вам помогут бесплатно. Позвоните по телефону, указанному на обратной стороне вашей ID-карты.

Si ou pale on lòt lang ke Anglè, gen èd ki disponib gratis. Rele nan nimewo ki ekri nan do kat idantifyan w lan.

यदि आप अंग्रेज़ी से भिन्न कोई अन्य भाषा बोलते हैं, तो निःशुल्क सहायता उपलब्ध है। अपने आईडी कार्ड के पीछे दिए गए नंबर पर .

Nếu bạn nói ngôn ngữ khác ngoài tiếng Anh, thì chúng tôi có thể giúp bạn miễn phí. Hãy gọi số ở mặt sau thẻ ID của bạn.

Si vous parlez une langue autre que l'anglais, l'aide est gratuite. Appelez le numéro au dos de votre carte d'identité.

إذا كنت تتحدث لغة أخرى غير الإنجليزية، نوفر لك المساعدة مجاناً. يُمكنك الاتصال بالرقم الموجود على ظهر بطاقة الهوية
اگر آپ انگریزی کے علاوہ کوئی دوسری زبان بول سکتے ہیں تو مفت مدد دستیاب ہے۔ براہ مہربانی شناختی کارڈ کی پچھلی طرف درج شدہ نمبر پر کال کریں۔