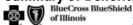
Coverage for: All | Plan Type: PPO



: S5060PT Blue Options Silver PPO™ 104

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 www.bcbsil.com/member/policy-forms/2020 or by calling 1-800-541-2768. For general definitions of common terms, such as <u>allowed amount</u>, <u>balance billing</u>, <u>coinsurance</u>, <u>copayment</u>, <u>deductible</u>, <u>provider</u>, or other <u>underlined</u> terms see the Glossary. You can view the Glossary at https://www.cms.gov/CCIIO/Resources/Forms-Reports-and-Other-Resources/Downloads/UG-Glossary-508-MM.pdf or call 1-855-756-4448 to request a copy.

| 17 | | |
|--|--|---|
| Important Questions | Answers | Why This Matters: |
| What is the overall deductible? | Individual: Blue Choice \$4,500; PPO \$5,500; Out-of-Network \$11,000 Family: Blue Choice \$13,500; PPO \$16,300; Out-of-Network \$32,800 | 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 deductible? | Health, services with a copay, and prescription 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 services</u> at <u>www.healthcare.gov/coverage/preventive-care-benefits/</u> . |
| Are there other deductibles for specific services? | No. | You don't have to meet <u>deductibles</u> for specific services. |
| What is the <u>out-of-pocket</u> <u>limit</u> for this <u>plan</u> ? | Individual: Blue Choice \$6,500; PPO \$8,150; Out-of-Network Unlimited Family: Blue Choice \$16,300; PPO \$16,300; Out-of-Network Unlimited | 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-billed</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 <u>www.bcbsil.com</u> or call 1-800-541-2768 for a list of <u>Participating Providers</u> . | You pay the least if you use a <u>provider</u> in Blue Choice Network. You pay more if you use a <u>provider</u> in PPO Network. 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 <u>referral</u> to see a <u>specialist</u> ? | No. | You can see the <u>specialist</u> you choose without a <u>referral</u> . |



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 | Blue Choice Provider (You will pay the least) | What You Will Pay PPO Provider (You will pay more) | Non-PPO Provider (You will pay the most) | Limitations, Exceptions, & Other Important Information |
|--|--|--|---|--|---|
| | Primary care visit to treat an injury or illness | \$30/visit; deductible does not apply | \$60/visit; deductible does not apply | 50% coinsurance | Virtual Visits: \$30/visit. See your benefit booklet* for details. |
| If you visit a health care provider's office or clinic | <u>Specialist</u> visit | \$60/visit; deductible does not apply | \$100/visit; deductible does not apply | 50% <u>coinsurance</u> | None |
| Cimic | Preventive care/screening/immunization | No Charge; deductible does not apply | No Charge; deductible does not apply | 50% <u>coinsurance</u> | 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) | 20% <u>coinsurance</u> | | | <u>Preauthorization</u> may be required; see your benefit booklet* for details. |
| | Imaging (CT/PET scans, MRIs) | 20% coinsurance | 40% coinsurance | 50% coinsurance | beliefit bookiet for details. |

^{*}For more information about limitations and exceptions, see the <u>plan</u> or policy document at <u>www.bcbsil.com/member/policy-forms/2020</u>.

| What You Will Pay | | | | | |
|---|--|---|--|--|---|
| Common | Services You May Need | Blue Choice Provider | PPO Provider (You will pay | Non-PPO Provider | Limitations, Exceptions, & Other Important |
| Medical Event | ocivioco rou may moca | (You will pay the | more) | (You will pay the | Information |
| | | least) | | most) | |
| | Preferred generic drugs | Retail - Preferred - No Charge Non-Preferred - \$10/prescription Mail - No Charge; deductible does not apply | Retail - Preferred - No Charge Non-Preferred - \$10/prescription Mail - No Charge; deductible does not apply | \$10/prescription, deductible does | |
| If you need drugs to treat your illness or | Non-preferred generic drugs | Retail - Preferred - \$10/prescription Non-Preferred - \$20/prescription Mail - \$30/prescription; deductible does not apply | \$10/prescription Non-Preferred - \$20/prescription Mail - | Non-Preferred - \$20/prescription Mail - | Limited to a 30-day supply at retail (or a 90-day supply at a <u>network</u> of select retail pharmacies). Up to a 90-day supply at mail order. Specialty drugs limited to a 30-day supply. Payment of the difference between |
| condition More information about prescription drug coverage is available at www.bcbsil.com/rx1.pdf | Preferred brand drugs | Retail - Preferred - \$35/prescription Non-Preferred - \$55/prescription Mail - \$105/prescription; deductible does not apply | Retail - Preferred - \$35/prescription Non-Preferred - \$55/prescription Mail - \$105/prescription; deductible does not apply | Retail - Preferred - \$35/prescription Non-Preferred - \$55/prescription Mail - \$105/prescription; deductible does not apply | the cost of a brand name drug and a generic may also be required if a generic drug is available. All Out-of-Network prescriptions are subject to a 50% additional charge after the applicable copay/coinsurance. Additional charge will not apply to any deductible or out-of-pocket amounts. You may be eligible to synchronize your prescription refills, please see your benefit booklet* for details. |
| | Non-preferred brand drugs Preferred specialty drugs | Non-Preferred - \$95/prescription Mail - \$225/prescription; deductible does not apply \$150/prescription; deductible does | \$75/prescription Non-Preferred - \$95/prescription Mail - \$225/prescription; deductible does not apply \$150/prescription; deductible does | \$75/prescription Non-Preferred - \$95/prescription Mail - \$225/prescription; deductible does not apply \$150/prescription; deductible does | |
| | | not apply | not apply | not apply | 3 of 7 |

| | | | What You Will Pay | 1 | |
|--|--|---|--|--|---|
| Common Medical Event | Services You May Need | Blue Choice Provider (You will pay the least) | PPO Provider (You will pay more) | Non-PPO Provider (You will pay the most) | Limitations, Exceptions, & Other Important Information |
| | Non-preferred <u>specialty drugs</u> | \$250/prescription; deductible does not apply | \$250/prescription; deductible does not apply | \$250/prescription; deductible does not apply | |
| If you have outpatient surgery | Facility fee (e.g., ambulatory surgery center) Physician/surgeon fees | \$200/visit plus 20% <u>coinsurance</u> 20% <u>coinsurance</u> | | \$500/visit plus 50% coinsurance 50% coinsurance | <u>Preauthorization</u> may be required. For Outpatient Infusion Therapy, see your benefit booklet* for details. |
| | Emergency room care | \$500/visit plus 20% coinsurance | \$500/visit plus | \$500/visit plus 20% <u>coinsurance</u> | None |
| If you need immediate medical attention | Emergency medical transportation | 20% <u>coinsurance</u> | 20% coinsurance | 20% <u>coinsurance</u> | <u>Preauthorization</u> may be required for non-emergency transportation; see your benefit booklet* for details. |
| | <u>Urgent care</u> | \$75/visit; deductible does not apply | \$75/visit; deductible does not apply | 50% <u>coinsurance</u> | None |
| If you have a hospital stay | Facility fee (e.g., hospital room) | \$250/visit plus 20% coinsurance | \$500/visit plus 40% coinsurance | \$600/visit plus 50% coinsurance | <u>Preauthorization</u> required. <u>Preauthorization</u> penalty: \$1,000 or 50% of the eligible charge In-Network, \$500 Out-of-Network. See your |
| Stay | Physician/surgeon fees | 20% <u>coinsurance</u> | 40% <u>coinsurance</u> | 50% <u>coinsurance</u> | benefit booklet* for details. |
| If you need mental health, behavioral health, or substance abuse services | Outpatient services | 20% coinsurance for other outpatient services | 40% coinsurance for other outpatient services | 50% coinsurance | Outpatient: <u>Preauthorization</u> may be required; see your benefit booklet* for details. Inpatient: <u>Preauthorization</u> required. |
| abuse services | Inpatient services | \$250/visit plus 20% coinsurance | \$500/visit plus 40% <u>coinsurance</u> | \$600/visit plus 50% coinsurance | |
| If you are pregnant | Office visits | Primary Care: \$30/visit <u>Specialist:</u> \$60/visit; <u>deductible</u> does not apply | Primary Care: \$60/visit <u>Specialist:</u> \$100/visit; <u>deductible</u> does not apply | 50% <u>coinsurance</u> | Copay applies to first prenatal visit (per pregnancy). Cost sharing does not apply for certain preventive services. Depending on the type of services, coinsurance may apply. |
| | Childbirth/delivery professional services | | 40% <u>coinsurance</u> | | Maternity care may include tests and services described elsewhere in the SBC (i.e. ultrasound). |
| | Childbirth/delivery facility services | \$250/visit plus 20% <u>coinsurance</u> | \$500/visit plus 40% <u>coinsurance</u> | \$600/visit plus 50% <u>coinsurance</u> | |

^{*}For more information about limitations and exceptions, see the <u>plan</u> or policy document at <u>www.bcbsil.com/member/policy-forms/2020</u>.

| | | 1 | What You Will Pay | 1 | |
|----------------------------|----------------------------|--|--|---|--|
| Common Medical Event | Services You May Need | Blue Choice Provider (You will pay the least) | PPO Provider (You will pay more) | Non-PPO Provider (You will pay the most) | Limitations, Exceptions, & Other Important Information |
| | <u>Home health care</u> | 20% coinsurance | 40% coinsurance | 50% coinsurance | |
| If you need help | Rehabilitation services | 20% coinsurance | 40% coinsurance | 50% coinsurance | |
| recovering or have | Habilitation services | 20% coinsurance | 40% coinsurance | 50% coinsurance | Preauthorization may be required. |
| other special health needs | Skilled nursing care | 20% coinsurance | 40% coinsurance | 50% coinsurance | rieautilorization illay be required. |
| | Durable medical equipment | 20% coinsurance | 40% coinsurance | 50% coinsurance | |
| | Hospice services | 20% coinsurance | 40% coinsurance | 50% coinsurance | |
| If your child needs | Children's eye exam | No Charge; deductible does not apply | No Charge; deductible does not apply | Not Covered | One visit per year. See your benefit booklet for details. |
| dental or eye care | Children's glasses | No Charge; deductible does not apply | No Charge; deductible does not apply | Not Covered | One pair of glasses per year. See your benefit booklet* for details. |
| | Children's dental check-up | 30% coinsurance | 30% coinsurance | 50% coinsurance | None |

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.) Routine eye care (Adult)

- Acupuncture
- Dental care (Adult)

- Long-term care
- Non-emergency care when traveling outside the Weight loss programs U.S.

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

- Bariatric surgery
- Chiropractic care (Limited to 25 visits per calendar vear.)
- Cosmetic surgery (Only for the correction of congenital deformities or conditions resulting from accidental injuries, scars, tumors, or diseases)
- children or bone anchored)
- Infertility treatment (4 per benefit period)
- Hearing aids (Two covered every 36 months for Private-duty nursing (With the exception of inpatient private duty nursing)
 - Routine foot care (Only in connection with diabetes)

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: the plan at 1-800-541-2768, U.S. Department of Labor's Employee Benefits Security Administration at 1-866-444-EBSA (3272) or www.dol.gov/ebsa/healthreform, or Department of Health and Human Services, Center for Consumer Information and Insurance Oversight, at 1-877-267-2323 x61565 or www.ccijo.cms.gov. 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 or call 1-800-318-2596.

^{*}For more information about limitations and exceptions, see the <u>plan</u> or policy document at <u>www.bcbsil.com/member/policy-forms/2020</u>.

Your Grievance and Appeals Rights: 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: Blue Cross and Blue Shield of Illinois at 1-800-541-2768 or visit <u>www.bcbsil.com</u>, or contact the U.S. Department of Labor's Employee Benefits Security Administration at 1-866-444-EBSA (3272) or visit <u>www.dol.gov/ebsa/healthreform</u>. Additionally, a consumer assistance program can help you file your appeal. Contact the Illinois Department of Insurance at (877) 527-9431 or visit <u>http://insurance.illinois.gov</u>.

Does this plan provide Minimum Essential Coverage? Yes

If you don't have Minimum Essential Coverage for a month, you'll have to make a payment when you file your tax return unless you qualify for an exemption from the requirement that you have health coverage for that month.

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 1-800-541-2768.

Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-800-541-2768.

Chinese (中文): 如果需要中文的帮助,请拨打这个号码 1-800-541-2768.

Navajo (Dine): Dinek'ehgo shika at'ohwol ninisingo, kwiijigo holne' 1-800-541-2768.

About These Coverage Examples:



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)

| ■ The <u>plan's</u> overall <u>deductible</u> | \$4,500 |
|---|---------|
| Specialist copayment | \$60 |
| Hospital (facility) copayment | \$60 |
| Other coinsurance | 20% |

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 | \$12,800 | |
|---------------------------------|----------|--|
| In this example, Peg would pay: | | |
| Cost Sharing | | |
| Deductibles | \$4,500 | |
| Copayments | \$300 | |
| Coinsurance | \$1,600 | |
| What isn't covered | | |
| Limits or exclusions | \$60 | |
| The total Peg would pay is | \$6,460 | |

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

| ■ The <u>plan's</u> overall <u>deductible</u> | \$4,500 |
|---|---------|
| Specialist copayment | \$60 |
| Hospital (facility) copayment | \$60 |
| Other coinsurance | 20% |

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 | \$7,400 |
|---------------------------------|---------|
| In this example, Joe would pay: | |
| Cost Sharing | |
| Deductibles | \$1,900 |
| Copayments | \$800 |
| Coinsurance | \$0 |
| What isn't covered | |
| Limits or exclusions | \$60 |
| The total Joe would pay is | \$2,760 |

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

| ■ The plan's overall deductible | \$4,500 |
|---------------------------------|---------|
| Specialist copayment | \$60 |
| Hospital (facility) copayment | \$60 |
| Other coinsurance | 20% |

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 | \$1,900 |
|---------------------------------|---------|
| In this example, Mia would pay: | |
| Cost Sharing | |
| Deductibles | \$1,400 |
| Copayments | \$500 |
| Coinsurance | \$0 |
| What isn't covered | |
| Limits or exclusions | \$0 |
| The total Mia would pay is | \$1,900 |

If you, or someone you are helping, have questions, you have the right to get help and information in your language at no cost. To talk to an interpreter, call 855-710-6984.

| Español Spanish | Si usted o alguien a quien usted está ayudando tiene preguntas, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 855-710-6984. |
|--------------------------|---|
| العربية Arabic | إن كان لديك أو لدى شخص تساعده أسئلة، فلديك الحق في الحصول ىلع المساعدة والمعلومات الضرورية بلغتك من دون اية تكلفة اللتحدث مع مترجم فوري، اتصل ىلع الرم 6984-710-855. |
| 繁體中文 Chinese | 如果您,或您正在協助的對象,對此有疑問,您有權利免費以您的母語獲得幫助和訊息。洽詢一位翻譯員,請撥電話 號碼 855-710-6984。 |
| Français French | Si vous, ou quelqu'un que vous êtes en train d'aider, avez des questions, vous avez le droit d'obtenir de l'aide et l'information dans votre langue à aucun coût. Pour parler à un interprète, appelez 855-710-6984. |
| Deutsch German | Falls Sie oder jemand, dem Sie helfen, Fragen 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 855-710-6984 an. |
| ગુજરાતી Gujarati | જો તમને અથવા તમે મદદ કરી રહ્યા હોય એવી કોઈ બીજી વ્યક્તિને એસ.બી.એમ. કાયર્કમ્ બાબતે પ્રશ્નો હોય, તો તમને વિના ખચેર્, તમારી ભાષામાં મદદ અને માહિતી મેળવવાનો હક્ક છે. દુભાષિયા સાથે વાત કરવા માટે આ નંબર 855-710-6984 પર કૉલ કરો. |
| हिंदी Hindi | यिद आपके, या आप जिसकी सहायता कर रहे हैं उैसके, प्रश्न हैं, तो आपके अपनी भाषा म निःशुल्क सहायता और जानकारी प्राप्त करन का अधिकार है। किसी अनवादक स बात करन क लिए 855-710-6984 पर कॉल करें।. |
| Italiano Italian | Se tu o qualcuno che stai aiutando avete domande, hai il diritto di ottenere aiuto e informazioni nella tua lingua gratuitamente. Per parlare con un interprete, puoi chiamare il numero 855-710-6984. |
| 한국어 Korean | 만약 귀하 또는 귀하가 돕는 사람이 질문이 있다면 귀하는 무료로 그러한 도움과 정보를 귀하의 언어로 받을 수 있는 권리가 있습니다. 통역사가 필요하시면 855-710-6984 로 전화하십시오. |
| Diné Navajo | T'áá ni, éí doodago ła'da bíká anánílwo'ígíí, na'ídíłkidgo, ts'ídá bee ná ahóóti'i' t'áá níík'e níká a'doolwoł dóó bína'ídíłkidígíí bee nił h odoonih. Ata'dahalne'ígíí bich'į' hodíílnih kwe'é 855-710-6984. |
| فارس <i>ی</i> Persian | اگر شما، یا کسی که شما به او کمک می کنید، سؤالی داشته باشید، حق این را دارید که به زبان خود، به طور رایگان کمک و اطلاعات دریافت نمایید جهت گفتگو با یک مترجم شهافی، با شماره تمسا حاصل نمایید 6984-710-858 |
| Polski Polish | Jeśli Ty lub osoba, której pomagasz, macie jakiekolwiek pytania, macie prawo do uzyskania bezpłatnej informacji i pomocy we własnym języku. Aby porozmawiać z tłumaczem, zadzwoń pod numer 855-710-6984. |
| Русский Russian | Если у вас или человека, которому вы помогаете, возникли вопросы, у вас есть право на бесплатную помощь и информацию, предоставленную на вашем языке. Чтобы связаться с переводчиком, позвоните по телефону 855-710-6984. |
| Tagalog Tagalog | Kung ikaw, o ang isang taong iyong tinutulungan ay may mga tanong, may karapatan kang makakuha ng tulong at impormasyon sa iyong wika nang walang bayad. Upang makipag-usap sa isang tagasalin-wika, tumawag sa 855-710-6984. |
| ار دو Urdu | اگر آپ کو، یا کسی ایسے نرد کو جس کسی آپ مدد کررہے ہیں، کوئی سروال درپیش ہے تو، آپ کو اپنی زبان میں مغتمدد اور معلومات حاصل کرنے کا حق ہے۔ مترجم سے بنات کرنے کے لئےے، 854-710-858 پر کنال کریں. |
| Tiếng Việt Vietnamese | Nếu quý vị, hoặc người mà quý vị giúp đỡ, có câu hỏi, thì quý vị có quyền được giúp đỡ và nhận thông tin bằng ngôn ngữ của mình miễn phí. Để nói chuyện với một thông dịch viên, gọi 855-710-6984. |

Health care coverage is important for everyone.

We provide free communication aids and services for anyone with a disability or who needs language assistance. We do not discriminate on the basis of race, color, national origin, sex, gender identity, age, sexual orientation, health status or disability.

To receive language or communication assistance free of charge, please call us at 855-710-6984.

If you believe we have failed to provide a service, or think we have discriminated in another way, contact us to file a grievance.

Office of Civil Rights Coordinator

300 E. Randolph St. 35th Floor

Chicago, Illinois 60601

Phone:

855-664-7270 (voicemail)

TTY/TDD: 855-661-6965 Fax: 855-661-6960

Email:

CivilRightsCoordinator@hcsc.net

You may file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, at:

U.S. Dept. of Health & Human Services 200 Independence Avenue SW

Room 509F, HHH Building 1019

Washington, DC 20201

Phone: 800-368-1019 TTY/TDD: 800-537-7697

Complaint Portal: https://ocrportal.hhs.gov/ocr/portal/lobby.jsf Complaint Forms: http://www.hhs.gov/ocr/office/file/index.html