

Notice of Non-Discrimination

The health care providers at ila Health LLC strive to treat all people equally. It is our policy not to discriminate on the basis of race, color, national origin, disability, religion, age, sex/gender, sexual orientation, gender identity and expression, marital status, veteran status, source of income, or any other basis prohibited by federal, state, or local law.

We want you to receive quality service and care no matter who you are.

One way we do this is by helping people with Limited English Proficiency or people with visual or hearing impairments. Please tell us what kind of help you need, and we will provide you with free services, such as:

- Qualified language interpreters (including sign language)
- Translations of written materials (including alternative formats)
- Culturally appropriate assistance and care

If you think ila Health LLC has discriminated against you because of your race, color, national origin, disability, religion, age, sex/gender, sexual orientation, gender identity and expression, marital status, veteran status, source of income, or any other basis prohibited by federal, state, or local law, please tell us immediately. ila Health LLC also prohibits retaliation against any person who complains or participates in any investigation of discrimination. All concerns and complaints are reviewed.

Complaints can be made in person, by email or by written mail to:

ila Health LLC (or)
Angela Hardin ND
Maya Strom FNP-C, DNP
Monica Kendall ND, LAc
Kelly Washburn MSN, AGNP-C
Menopause Northwest
Ardor Therapy
Alegria Bodyworks
Katie Pickworth ND
5935 SE Belmont St.
Portland, OR 97215
Phone: 833-444-6548

You can also file a complaint with the U.S. Department of Health and Human Services, Office for Civil Rights at the following address:

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201
Phone: 1-800-368-1019, 800-537-7697
(TDD)

Notice of Non-Discrimination

Arabic

ةغللا ركذأ ثدحتت تنك اذأ،
ةظوحلم:
كل رفاوتت ةيوغلا ةدعاسلما
تامدخ نإف
مقرب لصتإ 503-988-5488.
ناجلما ب
7-1-1(مكبلو مصلأ فتاه مقر

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 503-988
5488 (TTY: 7-1-1)

Hindi

ध्यान ि: ुदि आप नहीं बोलते
हैं तो आपके नलए मुफत में
भयाषया
सहयातया सेवयाएं उपलब्ध हैं।
503
988-5488 (TTY: 7-1-1) पर
कॉल करें

Korean

주의: 한국어를 사용하시는
경우, 언어 지원 서비스를
무료로 이용하실 수 있습니다.
503-988-5488 (TTY: 7-1-1)
번으로 전화해 주십시오.

Lao

ໂປດ ຊາວ: ຖ
ວ່າ ທ່ານ ເວົ້າ ພາ
ສາ ລາວ, ການ ບໍລິ ການ ຊ່ວຍ ເຫຼືອ
ດ້ານ ພາ ສາ, ໂດຍບໍ່ ເສັຽ ຄ່າ, ແມ່ນມີ
ພ້ອມໃຫ້ ທ່ານ. ໂທ 503-988
5488 (TTY: 7-1-1).

Nepali

ध्यान दिनुहोस्: तपया ंइले नेपयाली
बोलनुहुन्छ भने तपया ंइको ननम्त
भयाषया सहयातया सेवयाहरू
ननःशुलक
पमया उपलब्ध ुछ । फोन गनुनुहोस्
503-988-5488 (दिदिवयाइः 7-1-1)

Romanian

ATENȚIE: Dacă vorbiți
limba română, vă stau la
dispoziție servicii de asistență
lingvistică, gratuit. Sunați la
503-988-5488 (TTY: 7-1-1).

Russian

ВНИМАНИЕ: Если вы
говорите на русском
языке, то вам доступны
бесплатные услуги
перевода. Звоните 503-
988 5488 (телетайп: 7-1-1)

Spanish

ATENCIÓN: Si habla
español, tiene a su
disposición servicios
gratuitos de asistencia
lingüística. Llame al 503
988-5488 (TTY: 7-1-1).

Swahili

KUMBUKA: Ikiwa
unazungumza Kiswahili,
unaweza kupata, huduma za
lugha, bila malipo. Piga simu
503-988-5488 (TTY: 7-1-1).

Vietnamese

CHÚ Ý: Nếu bạn nói Tiếng
Việt, có các dịch vụ hỗ trợ
ngôn ngữ miễn phí dành cho
bạn. Gọi số 503-988-5488
(TTY: 7-1-1).

Amharic

ማስታወሻ: የሚናገሩት
ቋንቋ ኦማርኛ
ከሆነ የትርጉም አድጋሚ አገልግሎት
በነጻ ሊያገኙዎት ተዘጋጅተዋል።
ወደ ሚስተለው ቁጥር ይደውሉ
503-988-5488
(መስማት ለተሳናቸው: 7-1-1).

Omoro

XIYYEEFFANNAA: Afaan
dubbattu Oroomiffa,
tajaajila gargaarsa afaanii,
kanfaltiidhaan ala, ni
argama. Bilbilaa 503-988
5488 (TTY: 7-1-1).

Farsi

یم وگتفگ یسراف نابز هب رگا
هجوت:
یارب ناگیار تروصب ینابز
تلایهست، دینک
اب. دشاب یم 503-988-5488
مهارف ماش
(TTY: 7-1-1) دیریگب ساتم.