



**Notice Informing Individuals about Nondiscrimination and Accessibility  
Requirements and Sample Nondiscrimination Statement:**

Discrimination is Against the Law.

Valley Obstetrics and Gynecology P.S. complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Valley Obstetrics and Gynecology P.S. does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Valley Obstetrics and Gynecology P.S. provides free aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- 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
- Information written in other languages

If you need these services, contact the Practice Administrator, Amber Pedersen RN, MBA, CMPE. If you believe that Valley Obstetrics and Gynecology 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:

- Amber Pedersen  
1415 N Houk, Ste A Spokane Valley, WA 99216  
P: 509-594-1990 F: 509-232-3059

You can file a grievance in person, by mail, or fax. If you need help filing a grievance, Amber Pedersen, RN, MBA, CMPE 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  
P: 1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.