Coverage Period: 01/01/2026 – 12/31/2026 Coverage for: Individual/Family Plan Type: PPO

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 <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, www.myhighmark.com or call 1-888-601-2242. 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 <u>www.HealthCare.gov/sbc-glossary/</u> or call 1-888-601-2242 to request a copy.

Important Questions	Answers	Why This Matters:
What is the overall deductible?	\$0 individual/\$0 family <u>network</u> .	See the Common Medical Events chart below for your costs for services this <u>plan</u> covers.
Are there services covered before you meet your <u>deductible</u> ?	No.	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 <u>deductibles</u> for specific services?	No.	You don't have to meet <u>deductibles</u> for specific services.
What is the <u>out-of-pocket limit</u> for this <u>plan</u> ?	\$0 individual/\$0 family <u>network</u> .	This <u>plan</u> does not have an <u>out-of-pocket limit</u> on your expenses.
What is not included in the out-of-pocket limit?	<u>Premiums</u> , balance-billed 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 <u>network provider</u> ?	Yes. See www.myhighmark.com or call 1-888-601-2242 for a list of network providers.	This <u>plan</u> uses a <u>provider network</u> . You will pay less if you use a <u>provider</u> in the <u>plan's network</u> . 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. Non-emergency and non-urgent care received from out-of-network providers will only be covered within the state of Delaware. Non-emergency and non-urgent care received from out-of-network providers outside of Delaware will not be covered. Out-of-state non-emergency and non-urgent care received from providers outside of Delaware who are in the nationwide BlueCard PPO network, as well as all emergency and urgent care services, will remain covered at the in-network benefit level. Please consult your plans documents for specific details.

1 of 10

Do I need a	referral	to	see a	
specialist?				

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 overall **deductible** has been met, if a **deductible** applies.

		What Yo	u Will Pay	
Common Medical Event	Services You May Need	Indian Health Care <u>Provider</u> (IHCP) (You will pay the least)	Non-IHCP <u>Provider</u> (You will pay the most)	Limitations, Exceptions, & Other Important Information
If you visit a health	Primary care visit to treat an injury or illness	No charge	No charge	You may have to pay for services that aren't
care provider's	Specialist visit	No charge	No charge	<u>preventive</u> . Ask your <u>provider</u> if the services
office or clinic	Preventive care/screening/immunization	No charge	No charge	needed are <u>preventive</u> . Then check what your <u>plan</u> will pay for. Please refer to your <u>preventive</u> schedule for additional information. Non-IHCP <u>Out-of-network provider</u> : Prevent care services are not covered.
If you have a test	Diagnostic test (x-ray, blood work)	No charge	No charge	Copayments, if any, do not apply to diagnostic
	Imaging (CT/PET scans, MRIs)	No charge	No charge	services prescribed for the treatment of mental illness or substance abuse. Precertification may be required.
If you need drugs to treat your illness or condition More information about prescription	Tier 1	No charge per prescription (retail) No charge per prescription (mail order)	No charge per prescription (retail) No charge per prescription (mail order)	Up to 34/90-day supply retail pharmacy. Up to 34/90-day supply maintenance <u>prescription drugs</u> through mail order. This <u>plan</u> uses an Essential <u>Formulary</u> .
drug coverage is	Tier 2	No charge	No charge	
available at		per prescription	per prescription	Cost-sharing for Prescription Insulin Drugs will
www.highmark.com		(retail)	(retail)	not exceed \$100 per month.
		No charge	No charge	Non IIICD Out of notwork provides. Dross detica
		per prescription (mail order)	per prescription (mail order)	Non-IHCP <u>Out-of-network provider</u> : <u>Prescription</u> <u>drug</u> benefits are not covered.

		What You Will Pay		
Common Medical Event	Services You May Need	Indian Health Care <u>Provider</u> (IHCP) (You will pay the least)	Non-IHCP <u>Provider</u> (You will pay the most)	Limitations, Exceptions, & Other Important Information
	Tier 3	No charge per prescription (retail) No charge per prescription (mail order)	No charge per prescription (retail) No charge per prescription (mail order)	
	Tier 4	No charge per prescription (retail) No charge per prescription (mail order)	No charge per prescription (retail) No charge per prescription (mail order)	
If you have	Facility fee (e.g., ambulatory surgery center)	No charge	No charge	Precertification may be required.
outpatient surgery	Physician/surgeon fees	No charge	No charge	Precertification may be required.
If you need immediate medical attention	Emergency room care	No charge	No charge Deductible does not apply.	none
	Emergency medical transportation	No charge	No charge <u>Deductible</u> does not apply.	none
	<u>Urgent care</u>	No charge	No charge <u>Deductible</u> does not apply.	The <u>copayment</u> , if any, does not apply to <u>urgent</u> <u>care</u> services prescribed for the treatment of mental illness or substance abuse.
If you have a	Facility fee (e.g., hospital room)	No charge	No charge	Precertification may be required.
hospital stay	Physician/surgeon fees	No charge	No charge	Precertification may be required.
If you have mental health, behavioral health, or	Outpatient services	No charge	No charge	Precertification may be required.
substance abuse services	Inpatient services	No charge	No charge	Precertification may be required.

		What Yo	u Will Pay	
Common Medical Event	Services You May Need	Indian Health Care <u>Provider</u> (IHCP) (You will pay the least)	Non-IHCP <u>Provider</u> (You will pay the most)	Limitations, Exceptions, & Other Important Information
If you are pregnant	Office visits	No charge	No charge	Cost sharing does not apply for preventive services. Depending on the type of services, a copayment, coinsurance, or deductible may apply.
	Childbirth/delivery professional services	No charge	No charge	Maternity care may include tests and services described elsewhere in the SBC (i.e. ultrasound.) Network: The first visit to determine pregnancy is
	Childbirth/delivery facility services	No charge	No charge	covered at no charge. Please refer to the Women's Health <u>Preventive</u> Schedule for additional information. Precertification may be required.
If you need help recovering or have other special health needs	Home health care	No charge	No charge	Combined IHCP and non-IHCP <u>network</u> : 100 visits/benefit period, aggregate with visiting nurse. Precertification may be required.
	Rehabilitation services	No charge	No charge	Combined IHCP and non-IHCP network: 30 combined physical medicine and occupational therapy visits and 30 speech therapy visits per benefit period. Copayment, if any, does not apply to therapy services prescribed for the treatment of mental health or substance abuse. The limit, if any, does not apply to therapy services prescribed for the treatment of mental health or substance abuse. Precertification may be required.

		What Yo	u Will Pay	
Common Medical Event	Services You May Need	Indian Health Care <u>Provider</u> (IHCP) (You will pay the least)	Non-IHCP <u>Provider</u> (You will pay the most)	Limitations, Exceptions, & Other Important Information
	Habilitation services	No charge	No charge	Combined IHCP and non-IHCP network: 30 combined physical medicine and occupational therapy visits and 30 speech therapy visits per benefit period. Copayment, if any, does not apply to therapy services prescribed for the treatment of mental health or substance abuse. The limit, if any, does not apply to therapy services prescribed for the treatment of mental health or substance abuse. Precertification may be required.
	Skilled nursing care	No charge	No charge	Combined IHCP and non-IHCP <u>network</u> work: 120 days per confinement. Benefits renew after 180 days without care. Precertification may be required.
	Durable medical equipment	No charge	No charge	Precertification may be required.
	Hospice services	No charge	No charge	Precertification may be required.
If your child needs dental or eye care	Children's eye exam	No charge	No charge	Combined IHCP and non-IHCP <u>network</u> : One eye exam per 12 month period up to age 19. Non-IHCP <u>Out-of-network provider</u> : Children's eye exams are not covered.
	Children's glasses	No charge	No charge	Combined IHCP and non-IHCP network: One pair of frames/lenses or contacts every 12 months for members under the age of 19. Non-IHCP Out-of-network provider: Children's glasses are not covered.
	Children's dental check-up	No charge	No charge	Combined IHCP and non-IHCP <u>network</u> : One exam every 6 months. Non-IHCP <u>Out-of-network provider</u> : Children's dental check-ups are not covered.

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.)

- Acupuncture
- Cosmetic surgery

- Long-term care
- Routine foot care

• Weight loss programs

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

- Abortion, elective and non-elective. Non-elective abortions are abortions performed where a pregnancy is the result of rape or incest, or for a pregnancy which, as certified by a physician, places the life of the woman in danger unless an abortion is performed (i.e., abortions for which Federal funding is allowed).
- Bariatric surgery
- Chiropractic care
- Dental care (Adult)
- Hearing aids

- Infertility treatment
- Non-emergency care when traveling outside the U.S.
- Private-duty nursing
- Routine eye care (Adult)

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: U.S. Department of Labor, Employee Benefits Security Administration at 1-866-444-3272 or at https://www.dol.gov/agencies/ebsa/about-ebsa/ask-a-question/ask-ebsa, or the U.S. Department of Health and Human Services at 1-877-267-2323 x61565 or www.cciio.cms.gov. Other options to continue coverage are available to you too, including buying individual insurance coverage through the Health Insurance Marketplace. For more information about the Marketplace, visit https://www.delthcare.gov or call 1-800-318-2596.

Your <u>Grievance</u> and <u>Appeals</u> <u>Rights</u>: 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 <u>explanation of benefits</u> you will receive for that medical <u>claim</u>. Your <u>plan</u> documents also provide complete information to submit a <u>claim 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:

- Highmark BCBSD Inc. at 1-888-601-2242.
- The Delaware Department of Insurance/Consumer Assistance Program: 1351 West North St., Suite 101, Dover, DE 19904, or 302-674-7300.
- Additionally, the Delaware Department of Insurance/Consumer Assistance Program can help you file your appeal.

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? 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.

About these Coverage Examples:



Total Example Cost

Limits or exclusions

The total Peg would pay is

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-<u>network</u> pre-natal care and a hospital delivery)

■The plan's overall deductible	\$0
Specialist coinsurance	0%
■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)

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In this example, Peg would pay:	
Cost Sharing	
<u>Deductibles</u>	\$0
Copayments	\$0
Coinsurance	\$0
What isn't covered	

Managing Joe's type 2 Diabetes

(a year of routine in-<u>network</u> care of a wellcontrolled condition)

■The plan's overall deductible	\$0
Specialist coinsurance	0%
■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

Total Example Cost

<u>Durable medical equipment</u> (glucose meter)

In this example, Joe would pay:			
<u>Cost Sharing</u>			
<u>Deductibles</u>	\$0		
Copayments	\$0		
Coinsurance	\$0		
What isn't covered			
Limits or exclusions	\$20		
The total Joe would pay is	\$20		

Mia's Simple Fracture

(in-<u>network</u> emergency room visit and follow up care)

■The plan's overall deductible	\$0
Specialist coinsurance	0%
Hospital (facility) coinsurance	0%
Other coinsurance	0%

This EXAMPLE event includes services like:

Emergency room care (including medical supplies)

Diagnostic test (x-ray)

Total Example Cost

\$5,600

Durable medical equipment (crutches)

Rehabilitation services (physical therapy)

Total Example Cost	\$ Z,000
In this example, Mia would pay:	
<u>Cost Sharing</u>	
<u>Deductibles</u>	\$0
Copayments	\$0
Coinsurance	\$0
What isn't covered	
Limits or exclusions	\$0
The total Mia would pay is	\$0

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

\$12,700

\$60

\$60

0.00

To find more information about Highmark's benefits and operating procedures, such as accessing the drug formulary or using network providers, please go to http://www.highmark.com/transparency-in-coverage; or for a paper copy, call 1-855-873-4110.

Discrimination is Against the Law

The Claims Administrator/Insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex, including sex stereotypes and gender identity. The Claims Administrator/Insurer does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex assigned at birth, gender identity or recorded gender. Furthermore, the Claims Administrator/Insurer will not deny or limit coverage to any health service based on the fact that an individual's sex assigned at birth, gender identity, or recorded gender is different from the one to which such health service is ordinarily available. The Claims Administrator/Insurer will not deny or limit coverage for a specific health service related to gender transition if such denial or limitation results in discriminating against a transgender individual. The Claims Administrator/Insurer:

- 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 Civil Rights Coordinator.

If you believe that the Claims Administrator/Insurer has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, including sex stereotypes and gender identity, you can file a grievance with:

Civil Rights Coordinator P.O. Box 22492 Pittsburgh, PA 15222

Phone: 1-866-286-8295 (TTY: 711), Fax: 412-544-2475 Email: CivilRightsCoordinator@highmarkhealth.org

You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the Civil Rights Coordinator 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 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

Phone: 1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at hhs.gov/ocr/office/file/index.html.

ATTENTION: If you speak English, free language translation and interpretation services are available to you. Appropriate auxiliary aids and services (such as large print, audio, and Braille) to provide information in accessible formats are also available free of charge. Call the number on the back of your ID card (TTY: 711) for help.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de traducción e interpretación de idiomas. También hay disponibles ayudas y servicios auxiliares adecuados (como letra grande, audio y Braille) para proporcionar información en formatos accesibles sin cargo. Llame al número que figura al dorso de su tarjeta de identificación (TTY: 711) si necesita ayuda.

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlose Übersetzungs- und Dolmetscherdienste zur Verfügung. Außerdem sind kostenlos entsprechende Hilfsmittel und Dienstleistungen (wie Großdruck, Audio und Blindenschrift) zur Bereitstellung von Informationen in barrierefreien Formaten erhältlich. Wählen Sie hierfür bitte die Nummer auf der Rückseite Ihrer Ausweiskarte (TTY: 711).

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis tradiksyon ak entèpretasyon aladispozisyon w gratis nan lang ou pale a. Èd ak sèvis siplemantè apwopriye (tèlke gwo lèt, odyo, Braille) pou bay enfòmasyon nan fòma aksesib yo disponib gratis tou. Rele nimewo ki sou do Kat ID w lan (TTY: 711) pou jwenn èd.

ВНИМАНИЕ: Если Вы говорите на русском языке, Вам доступны бесплатные услуги перевода на другой язык. Также предоставляется дополнительная бесплатная помощь и услуги отображения информации в доступных форматах (например, крупным шрифтом, шрифтом Брайля или в виде аудиозаписи). Для получения помощи позвоните по номеру, указанному на обратной стороне вашей идентификационной карты (ТТҮ: 711).

ATTENZIONE: se parla italiano, sono disponibili servizi gratuiti di traduzione e interpretariato. Sono inoltre disponibili gratuitamente adeguati supporti e servizi ausiliari (ad esempio caratteri grandi, audio e Braille) per fornire informazioni in formati accessibili. Per assistenza, chiami il numero riportato sul retro della Sua tessera di identificazione (TTY: 711).

ATTENTION: si vous parlez français, des services de traduction et d'interprétation gratuits sont à votre disposition. Vous pouvez aussi bénéficier gratuitement de l'accès à des outils et services auxiliaires appropriés (affichage en gros caractères, audio et le braille) dans des formats accessibles. Veuillez appeler le numéro qui se trouve au verso de votre carte d'identification (TTY: 711) pour obtenir de l'aide.

ÀKÍYÈSÍ: Tí o bá nsọ èdè Yorùbá, àwọn işẹ ìtumọ ati ògbufọ èdè wà ní àrọwọtó lófệé fún ọ. Awọn işẹ ìtójú ati ìrànlówó tó yẹ (bíi titẹwé nla, gbigbọ ohùn, ati ìwé afójú) lati pèsè iwifúnni ni awọn ọna ìrááyè si wà pẹlu lófệé. Pe nọmba tó wà lehin kaádì ìdánimo re (TTY: 711) fún irànlowo.

אכטונג: אויב איר רעדט אידיש, קענט איר באקומען שפראך איבערזעצונג און דאלמעטשונג סערוויסעס פריי פון אפצאל. געהעריגע הילפסמיטלען און סערוויסעס (אזויווי גרויסע דרוק, אודיא און ברעיל) צו צושטעלן אינפארמאציע אין צוגענגליכע פארמאטן זענען אויך דא צו באקומען פריי פון אפצאל. רופט דעם נומער אויף די אנדערע זייט פון אייער אידענטיטעט קארטל (TTY: 711) פאר הילף.

تنبيه: إذا كنت تتحدث اللغة العربية، فستتوفر لك خدمات الترجمة التحريرية والترجمة الفورية مجانًا. نتوفر أيضًا الوسائل والخدمات المساعدة المناسبة (مثل الطباعة الكبيرة، والوسائل الصوتية، وطريقة برايل) لتقديم المعلومات بتنسيقات يمكن الوصول إليها من دون أي تكلفة. اتصل على الرقم المدوّن على ظهر بطاقة هويتك (TTY: 711) للحصول على المساعدة.

注意:如果您说中文,我们将为您提供免费的语言翻译和口译服务。此外,我们还免费提供相应的辅助工具和服务(如大字体、音频和盲文),以便您获取无障碍格式的信息。如需帮助,请拨打您的ID卡背面的号码(听障人士专用号码:711)。

ધ્યાન આપશો: જો તમે ગુજરાતી બોલતા હોવ, તો તમારા માટે નિઃશુલ્ક ભાષા અનુવાદ અને ઇન્ટરપ્રિટેશન સેવાઓ ઉપલબ્ધ છે. સુલભ ફોર્મેટમાં માહિતી પૂરી પાડવા માટે યોગ્ય સહાયક સાધનસામગ્રી અને સેવાઓ (જેમ કે મોટી પ્રિન્ટ, ઓડિયો અને બ્રેઇલ) પણ નિઃશુલ્ક ઉપલબ્ધ છે. મદદ માટે તમારા આઇડી કાર્ડની પાછળ આપેલા નંબર (TTY: 711) પર કૉલ કરો.

CHÚ Ý: Nếu quý vị nói tiếng Việt, chúng tôi có dịch vụ biên dịch và phiên dịch ngôn ngữ miễn phí dành cho quý vị. Chúng tôi cũng cung cấp miễn phí các dịch vụ và hỗ trợ bổ sung thích hợp (như chữ in lớn, tệp âm thanh và chữ nỗi) để cung cấp thông tin ở các định dạng dễ tiếp cận. Vui lòng gọi số điện thoại trên mặt sau của thẻ nhận dạng của quý vị (TTY: 711) để được trợ giúp.

ध्यान दिनुहोस्: यदि तपाईं नेपाली बोल्नुहुन्छ भने, तपाईलाई निःशुल्क भाषा अनुवाद र दोभासे सेवाहरू उपलब्ध छन्। पहुँचयोग्य ढाँचाहरूमा जानकारी प्रदान गर्न उपयुक्त सहायक प्रविधि र सेवाहरू (जस्तै ठूलो प्रिन्ट, अडियो र ब्रेल) पनि निःशुल्क उपलब्ध छन्। मद्दतको लागि तपाईको ID कार्डको पछाडिको नम्बरमा कल गर्नुहोस् (TTY: 711)।

कृपया ध्यान दें: यदि आप हिंदी भाषा बोलते हैं, तो आपके लिए मुफ़्त भाषा अनुवाद और व्याख्या संबंधी सेवाएं उपलब्ध हैं। एक्सेस करने योग्य फ़ॉर्मेंट में सूचना उपलब्ध कराने के लिए उपयुक्त सहायक सामग्री और सेवाएं (जैसे बड़े प्रिंट, ऑडियो और ब्रेल) भी निःश्लक उपलब्ध हैं। सहायता के लिए अपने पहचान कार्ड के पीछे लिखे नंबर (TTY: 711) पर कॉल करें।

주의: 한국어를 사용하는 경우 무료 언어 번역 및 통역 서비스를 이용하실 수 있습니다. 접근 가능한 형식으로 정보를 제공받을 수 있는 적절한 보조 수단 및 서비스(예: 큰 활자, 오디오, 점자)도 무료로 이용할 수 있습니다. 도움이 필요하시면 ID 카드 뒷면에 있는 번호로 전화하십시오(TTY: 711).