Nondiscrimination Notice and Language Assistance (Section 1557)

Effective Date: **November 15, 2026**

BelRed Family Medicine PLLC, doing business as Advanced Family Medicine, complies with applicable federal civil rights laws and the Washington Law Against Discrimination and does not discriminate on the basis of race, color, national origin (including limited English proficiency and primary language), age, disability, or sex (including pregnancy, sexual orientation, gender identity, and sex characteristics), or any other basis protected by Washington law. We do not exclude people or treat them differently because of these characteristics.

Free Services We Provide

- Free aids and services to people with disabilities to communicate effectively with us, such as qualified sign language interpreters and written information in other formats (large print, accessible electronic formats).
- Free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages. Our staff also speak Urdu, Hindi, Punjabi, Russian, and Ukrainian.
- Reasonable modifications to our policies and procedures for people with disabilities.

If you need these services, call 425-453-6838 or ask the front desk.

Section 1557 Coordinator and Grievances

If you believe we have failed to provide these services or discriminated in another way, you can file a grievance with our Section 1557 Coordinator: Suleman Aziz, MD, 2007 152nd Ave NE, Redmond, WA 98052; phone 425-453-6838; fax 425-456-0106; email afmadmin1@afmllc.us. You can file in person, by mail, fax, or email. If you need help filing, our Coordinator can 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 OCR Complaint Portal at ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail at 200 Independence Avenue SW, Room 509F, HHH Building, Washington, DC 20201, or by phone at 1-800-368-1019 (TDD 1-800-537-7697). Complaint forms are available at www.hhs.gov/ocr/office/file/index.html. You may also contact the Washington State Human Rights Commission.

Language assistance notice: A notice that free language assistance is available, with taglines in the most common languages spoken in Washington, is posted in our office and on our website.