



### **Section 1557 Notice of Nondiscrimination**

InStride Foot and Ankle Specialists, PLLC complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. InStride Foot and Ankle Specialists does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

InStride Foot and Ankle Specialists:

- 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, etc.)
- 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, please contact our office in any of the following ways:

Phone: 919-477-9333

Email: [dmetts@ncfootdoc.com](mailto:dmetts@ncfootdoc.com)

Mail or In Person: 4119 Capitol Street, Durham, NC 27704, Attn: Debbie Metts

Fax: 919-477-9389

If you believe that InStride Foot and Ankle Specialists 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 our office using the contact information above. You can file a grievance in person, by mail, fax, or email. If you need assistance filing a grievance, please let us know and we will assist 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/smartscreen/main.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

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

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