



Kusoo dhowoow

Washington Apple Health

Kaliya Adeegyada Caafimaadka Hab-dhaqanka



[English] Language assistance services, including interpreters and translation of printed materials, are available free of charge. Call 1-800-562-3022 (TRS: 711).

[Amharic] የቋንቋ እገዛ አገልግሎት፣ አሰተርጓሚ እና የሰነዶችን ትርጉም ጨምሮ በነጻ ይገኛል። 1-800-562-3022 (TRS: 711) ይደውሉ።

[Arabic] خدمات المساعدة في اللغات، بما في ذلك المترجمين الفوريين وترجمة المواد المطبوعة، متوفرة مجاناً، اتصل على رقم (TRS: 711) 1-800-562-3022.

[Burmese] ဘာသာပြန်ဆိုသူများနှင့် ထုတ်ပြန်ထားသည့် စာရွက်စာတမ်းများဘာသာပြန်ခြင်းအပါအဝင် ဘာသာစကားအထောက်အကူဆောင်ရွက်မှုများကို အခမဲ့ရရှိနိုင်ပါသည်။ 1-800-562-3022 (TRS: 711) ကိုဖုန်းခေါ်ဆိုပါ။

[Cambodian] សេវាជំនួយភាសា រួមមានទាំងអ្នកបកប្រែផ្ទាល់មាត់ និង ការបកប្រែឯកសារបោះពុម្ព គឺអាចរកបានដោយឥតគិតថ្លៃ។ ហៅទូរស័ព្ទទៅលេខ 1-800-562-3022 (TRS: 711)។

[Chinese] 免费提供语言协助服务，包括口译员和印制资料翻译。请致电 1-800-562-3022 (TRS: 711)。

[Farsi (Persian)] خدمات کمک زبانی، از جمله مترجم شفاهی و ترجمه اسناد و مدارک (مطالب) چاپی، بصورت رایگان ارائه خواهد شد. شماره 1-800-562-3022 (TRS: 711) تماس بگیرید.

[French] Des services d'aide linguistique, dont des interprètes et la traduction des documents, sont disponibles gratuitement. Appelez le 1-800-562-3022 (TRS : 711).

[Korean] 통역 서비스와 인쇄 자료 번역을 포함한 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-800-562-3022 (TRS: 711)번으로 전화하십시오.

[Laotian] ການບໍລິການດ້ານພາສາ, ລວມທັງນາຍແປພາສາ ແລະ ການແປເອກສານຕີພິມ, ມີໄວ້ໃຫ້ຟຣີໃດຍບໍ່ຄິດຄ່າ. ໂທຫາເລກ 1-800-562-3022 (TRS: 711).

[Pashto] په انګلیسي ژبه باندې ډیو هیلو، په شمول د ژباړونکي او د چاپ شوي موادو ژباړه کولو د مرستې خدمتونه، پرته له تادیبي په وړیا توګه شتون لري. دې خدمت ته لاسرسی موندلو لپاره دې شمېرې 1-800-562-3022 ته زنگ ووهئ (د اوریدلو یا خبرو کولو معلولیت لرونکي خلکو د زنگ و هلو شمېره (TRS): 711)

[Portuguese] Serviços de assistência linguística, incluindo interpretação e tradução de versões impressas, estão disponíveis gratuitamente. Ligue para 1-800-562-3022 (TRS: 711).

[Punjabi] ਭਾਸ਼ਾ ਸਹਾਇਤਾ ਸੇਵਾਵਾਂ—ਦੁਬਾਸ਼ੀਏ ਅਤੇ ਪ੍ਰਿੰਟ ਕੀਤੀ ਹੋਈ ਸਮੱਗਰੀ ਦੇ ਅੰਨੁਵਾਦ ਸਮੇਤ—ਮੁਫਤ ਉਪਲੱਬਧ ਹਨ। 1-800-562-3022 (TRS: 711) 'ਤੇ ਕਾਲ ਕਰੋ।

[Russian] Языковая поддержка, в том числе услуги переводчиков и перевод печатных материалов, доступна бесплатно. Позвоните по номеру 1-800-562-3022 (TRS: 711).

[Somali] Adeego caawimaad luuqada ah, ay ku jirto turjubaano afka ah iyo turjumid lagu sameeyo waraaqaha la daabaco, ayaa lagu helayaa lacag la'aan. Wac 1-800-562-3022 (TRS: 711).

[Spanish] Hay servicios de asistencia con idiomas, incluyendo intérpretes y traducción de materiales impresos, disponibles sin costo. Llame al 1-800-562-3022 (TRS: 711).

[Tagalog] Mga serbisyong tulong sa wika, kabilang ang mga tagapagsalin at pagsasalin ng nakalimbag na mga kagamitan, ay magagamit ng walang bayad. Tumawag sa 1-800-562-3022 (TRS: 711).

[Tigrigna] ተርጓሚትን ናይ ዝተፅሓፉ ማተርያላት ትርጉምን ሓዊሱ ናይ ቋንቋ ሓዝ ግልጋሎት፤ ብዘይ ምንም ክፍሊት ይርከቡ። ብ 1-800-562-3022 (TRS: 711) ደውሉ።

[Ukrainian] Мовна підтримка, у тому числі послуги перекладачів та переклад друкованих матеріалів, доступна безкоштовно. Зателефонуйте за номером 1-800-562-3022 (TRS: 711).

[Vietnamese] Các dịch vụ trợ giúp ngôn ngữ, bao gồm thông dịch viên và bản dịch tài liệu in, hiện có miễn phí. Gọi 1-800-562-3022 (TRS: 711).



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Afeef kusaabsan buugg yarahaan:

Buuggyarahan wuxuu kubari doonaa dheefahaaga caafimaadka hab dhaqanka (adeegaha daaweynta xannuunka adeegsiga maandooriyaha iyo caafimaadka maskaxda) wuxuuna kuu sharxi doonaa xuquuqahaaga iyo waajibaadyadaada, sida lagu helo adeegaha, sida loo bedelo qorshooyinka caafimaadka hab dhaqanka. Fadlan lasoco buuggyarahan masamaynayo wax xuquuqo sharci ah ama xaq u yeelasho ah. Waajib kuguma ahan in aad ugu tiirsanaatid buuggyarahan sida in uu yahay kaliya xogtaada macluumaadka kusaabsan Apple Health (Caawimaad caafimaadka). Waxaad kaheli kartaa macluumaad faah-faahsan oo kusaabsan Apple Health adiga oo ka eega ama gala bogga internetka Maamulka Daryeelka Caafimaadka ee kuqoran Bogga Sharciyada iyo Xeerarka, hca.wa.gov/about-hca/rulemaking.



Kusoo dhowoow Washington Apple Health

Adiga waxaad u haysaa buuggarahaan sababtoo ah waxaad ka qaadan doontaa ceymis ku jirida caafimaadka hab dhaqanka tooska Washington Apple Health (Medicaid). Maamulka Daryeelka Caafimaadka Gobolka Washington (HCA) ayaa maamula Apple Health oona qandaraas la gala qorshooyinka daryeelka maamulan si loo bixiyo ceynsanaanta adeegaha caafimaadka hab dhaqanka. Dib dambe waxaad kaheli doontaa "Buuggaraha Dheeftaada Caafimaadka Hab Dhaqanka" dhinaca qorshahaaga caafimaadka. Wuxuu ku siin doonaa macluumaad faah-faahsan oo kusaabsan dheefahaaga laceyis geliyay.

Arimaha kusaabsan dheefahaaga caafimaadka hab dhaqanka

Degmooyinka intooda badan, macaamiisha Apple Health waxaa ay ka helaan labadana adeegyada caafimaadka hab-dhaqanka iyo caafimaadka jireed qorshaha daryeelka maareysan. (Caafimaadka hab dhaqanka waxaa kamid ah caafimaadka maskaxda iyo adeegyada daaweynta xanuunka maandooriyaha.)

Waxaad u haysaa buuggarahaan sababtoo ah waxaad u qaadataa adeegaha caafimaadka jireed qaab kale. (Tusaale ahaan fiiri bogga 11.) **Qorshaha daryeelka la maamulay wuxuu bixin doonaa kaliya adeegahaaga caafimaadka hab dhaqanka.**

Qorshahaaga caafimaadka hab dhaqanka

Qorshayaasha caafimaad ee ku xusan bogga soo socda waxaa ay bixiyaan adeegyada caafimaadka hab-dhaqanka ee la siiyo macaamiisha Apple Health ee ku nool degmooyinka liiska ku qoran.

Waxaad heli doontaa warqad kuu sheegaysa magaca qorshaha daryeelka la maamulay ee ceyminaya adeegahaaga caafimaadka hab dhaqanka. Haddii aad hadda qaadatid adeegaha caafimaadka hab dhaqanka ama qabtid su'aalooyin ku saabsan helida adeegahaan, fadlan la xiriir qorshahan caafimaadka.

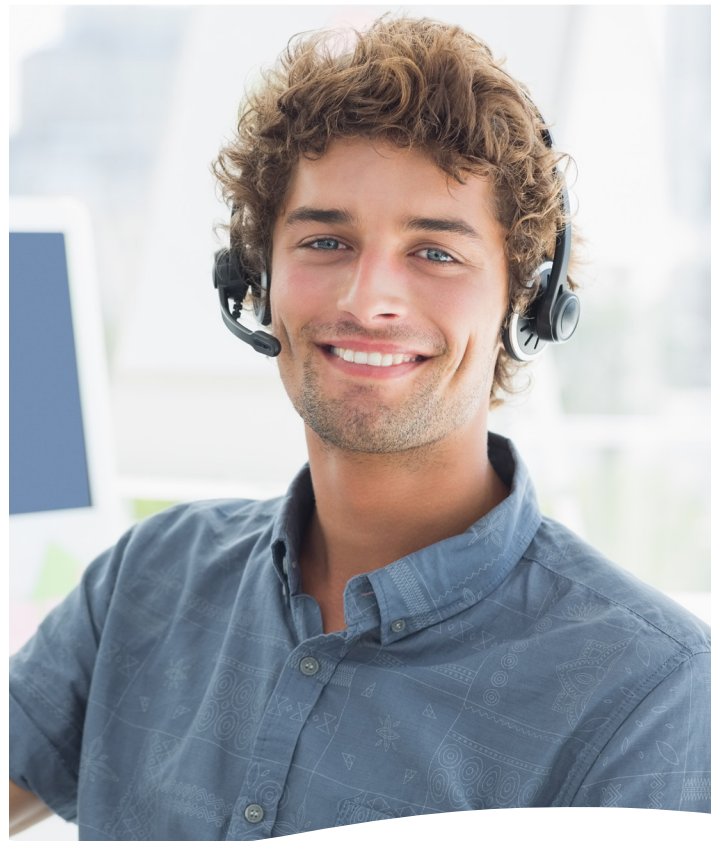
Doorashada qorshaha

Waxaad haysataa doorasho aad kala dooratid ugu yaraan saddex qorshooyin daryeel la maamulay kuwaas oo ka jira degmada aad ku nooshahay. Eeg shaxda ama jadwalka ku xusan bogga soo socda. Ka raadi degmadaada iyo doorashooyinka qorshahaaga.

Bedelida qorshooyinka caafimaadka hab dhaqanka

Waxaad xaq u leedahay in aad codsatid bedelida qorshahaaga caafimaadka hab dhaqanka wakhti kasta. Ayada oo ay kutiirsantahay markalamaynayo codsigaaga, qorshahaaga cusub wuxuu inta baddan bilaabmayaa kowda bisha soo socota. Waxaad ku bedelan kartaa qorshahaaga

- Online: <https://www.waproviderone.org/client>
- Wac: Apple Health Customer Service taleefanka 1-800-562-3022 (TRS:711)
- Email: <https://fortress.wa.gov/hca/p1contactus>



Ururrada Daryeelka La Maar (loogu talagalay Kaliya Dheefaha Adeegyada Caafimaadka Hab-dhaqanka)

County	Community Health Plan of Washington	Coordinated Care	Molina Healthcare of Washington	United Healthcare of Washington	Wellpoint Washington (oo horey loo oran jiray Amerigroup)
Adams	X	X	X		X
Asotin	X	X	X		X
Benton	X	X	X		X
Chelan	X	X	X		X
Clallam	X	X	X	X	X
Clark	X	X	X		X
Columbia	X	X	X		X
Cowlitz	X	X	X	X	X
Douglas	X	X	X		X
Ferry	X	X	X		X
Franklin	X	X	X		X
Garfield	X	X	X		X
Grant	X	X	X		X
Grays Harbor	X	X	X	X	X
Island	X	X	X	X	X
Jefferson	X	X	X	X	X
King	X	X	X	X	X
Kitsap	X	X	X	X	X
Kittitas	X	X	X		X
Klickitat	X	X	X		X
Lewis	X	X	X	X	X
Lincoln	X	X	X		X
Mason	X	X	X	X	X
Okanogan	X	X	X		X
Pacific	X	X	X	X	X
Pend Oreille	X	X	X		X
Pierce	X	X	X	X	X
San Juan	X	X	X	X	X
Skagit	X	X	X	X	X
Skamania	X	X	X		X
Snohomish	X	X	X	X	X
Spokane	X	X	X		X
Stevens	X	X	X		X
Thurston	X	X	X	X	X
Wahkiakum	X	X	X	X	X
Walla Walla	X	X	X		X
Whatcom	X	X	X	X	X
Whitman	X	X	X		X
Yakima	X	X	X		X
Daryeelka Korsashada (statewide)		X			



Ogow: Daryeelka Korsashada Apple Health waa barnaamij gobolka oo dhan ah, ee lagu bixiyo isku-xirrada Muhiimka ah ee Apple Health (Daryeelka Isu-duwan ee Washington).

Kaarka adeegahaaga



Waxaad boostada ku heli doontaa labbo kaar: Kaarkaaga adeegaha iyo kaarka Aqoonsiga qorshahaaga caafimaadka.

Kaarkaaga adeegaha, sida midka sawirkan ka muuqda, wuxuu ka imaanayaa dhinaca

Maamulka Daryeelka Caafimaadka. Hayso kaarkaaga. Waxay tusinaysaa in aad ku qorantahay Washington Apple Health. Khasab kuguma ahan in aad kashaqaysiiso kaarkaaga adeegaha. Maamulka Daryeelka Caafimaadka ayaa kashaqaysiin doona kaarkaaga kahor inta aynaan kugu soo dirin boosto. Shaqsi kasta wuxuu leeyahay lambarka macmiilka ProviderOne oo duwan ee la jiray cumrigooda oo dhan.

Kaarkaaga adeegyada waxaa ka mid noqon doonna:

- Lambarka Aqoonsiga ProviderOne
- Taariikhda la bixiyay
- Mareegtada ProviderOne
- Macluumaadka xiriirka adeegga macmiilka

Fiiri “Haddii aadan helin kaarka ama weysid kaarkaaga” haddii aad u baahantahay bedelid.

ProviderOne

Waxaad ku arki doontaa “ProviderOne” oo kuqorantahay kaarka adeegahaaga. ProviderOne waa nidaamka macluumaada midkaas oo isku keen duwa qorshooyinka caafimaadka anaga oona nagu caawiya in aynu kuusoo dirno macluumaad wakhtiyo baddan. Lambarka kuqoran kaarka dushiisa waa lambarkaaga macmiilka ProviderOne, (sagaal-lambar oo kudhamaanaya WA).

Xubbin kasta oo kamid ah qoyskaaga midkaas oo u qalma Apple Health wuxuu helli doonaa kaarkiisa ama kaarkeeda adeegaha. Shakhsi kasta wuxuu haystaa lambar macmiil ProviderOne gooni ah midkaas oo ay haysanayaan inta ay noolyahay.

Haddii aad hore u haysatey ceymis kujirid Apple Health laguuma soo diri doono kaar cusub. Kaarkaaga qadiimka ah weli waa mid shaqaynaya, xitaa haddii uu jiro farqi ama dalool ah ceymis kujirida. Lambarka macmiilka ProviderOne-kaaga wuxuu ahaanayaa sidiisa.

Haddii aadan helin kaarka ama weysid kaarkaaga

Haddii aadan ku helin kaarkaaga adeegaha gudaha labbo todobaad oo aad si guul leh u dhammaysay isqoridaada Apple Health ama haddii aad weysid kaarkaaga, fadlan kasoo wac Xarunta Adeega Macamiilka Apple Health ee Maamulka Daryeelka Caafimaadka lambarkan 1-800-562-3022.



Kaarkaaga qorshaha caafimaadka

Dhowr todobaad kadib marka laguugu qoro Apple Health, waxaad heli doontaa kaar Aqoonsi ka ahaada dhinaca qorshaha caafimaadka daryeelka la maamulay. Waxay ceymin doonaan adeegahaaga caafimaadka hab dhaqanka waxayna bixin doonaan macluumaad faah-faahsan oo ku saabsan sida lagu helo adeegahaan. Hayso kaarkan, sidoo kale!

Hore u qaado dhammaan kaarkaaga adeegaha iyo kaarkaaga Aqoonsiga qorshaha marka aad la kulmeysid bixiyayaashaada caafimaadka hab dhaqanka. Sidoo kale waxaad u baahnaan kartaa sawir Aqoonsi.

United Healthcare Community Plan
Health Plan (80840) 911-87726-04
Member ID: 000200069 Group Number: WAHLOP
Member: NEW L ENGLISH
State ID: 99999999496
PCP Name: NE WASHINGTON HEALTH PROGRAMS
PCP Phone: (509)258-4234
Payer ID: 87726
Optum Rx
Rx Bin: 610494
Rx GRP: ACUWA
Rx PCN: 4600
IMC - Apple Health
Administered by UnitedHealthcare of Washington, Inc.

Wellpoint
Effective Date:
Date of Birth:
Subscriber #: 123456789
wellpoint.com/wa/medicaid
Washington Apple Health + Behavioral Health
Wellpoint Washington, Inc.
Member Name: JOHN Q SAMPLE
Medicaid or CHIP ID Number:
Primary Care Provider (PCP):
PCP Telephone #:
PCP Address:
Clinic Group:
Vision: 1-855-225-2640
Member Services and Behavioral Health: 1-833-731-2167
Crisis Hotline:
24-hour Nurse HelpLine: 1-866-864-2544
Pharmacy Member Services: 1-833-207-3121

coordinated care.
Washington Apple Health
RXBIN: 004335
RXPCN: NCAIDADV
RXGRP: RX5435
NAME:
MEDICAID ID#:
MEMBER ID#:
DOB:
If you have an emergency, call 911 or go to the nearest emergency room (ER).
Emergency services by a provider not in the plan's network will be covered without prior authorization. CoordinatedCareHealth.com
© Coordinated Care of Washington, Inc.

MOLINA HEALTHCARE
Washington Apple Health
Member: John Doe
Identification #: 12345678910
Date of Birth: 01/01/1970
Client ID: 987654321WA
Program: IMC-AHA (Apple Health Adult)
PCP Name: Mary Anderson, M.D.
PCP Phone: (222) 333-4444
PCP Location: 123 Anytown, WA 98765
PCP Eff: 01/01/2022
Auth: (800) 869-7165
Member Services: (800) 869-7165
Teladoc: (800) 835-2362 or
Teladoc.com/MolinaWA
MyDoc Group
MyMolina.com

COMMUNITY HEALTH PLAN of Washington
The power of community
Name John Sample
Member ID 12345678
Group IMC Apple Health – Family
Region King County
Clinic (PCP) Clinic XYZ
Clinic Phone 555-555-5555
Copay OV \$0 / ER \$0 RX \$0
RXBin 003858 PCN A4 RXGroup CHWA
State ID 2000000000WA
EXPRESS SCRIPTS

Haddii aadan helin kaarka ama weysid kaarkaaga

Xiriirrada kaliya adeegyada Caafimaadka Hab-dhaqank	Qorsheyaasha Daryeelka La Maareeyay	Mareegtada
Community Health Plan of Washington (CHPW)	1-800-440-1561	chpw.org
Coordinated Care (CC)	1-877-644-4613	coordinatedcarehealth.com
Molina Healthcare of Washington (MHW)	1-800-869-7165	molinahealthcare.com
UnitedHealthcare Community Plan (UHC)	1-877-542-8997	uhcommunityplan.com
Wellpoint Washington (WLP)	1-833-731-2167	wellpoint.com/wa/medicaid

Ogow: ma aha in qorshayaasha oo dhan laga heli karo dhammaan degmooyinka ama barnaamijyada.

Haddii aad u baahantahay adeegaha caafimaadka hab dhaqanka kahor inta aan kaararkaagu imaanin

Haddii aad u baahantahay in aad aadid bixiyaha daryeelka caafimaadka hab dhaqanka kahor inta aan imaanin kaararkaaga, hore u qaado warqadaada isqorida. Waxaad aadi kartaa bixiye caafimaad hab dhaqan kasta intiiba bixiyaha uu yahay mid kujira shabakada qorshahaaga (qandaraas lagula galay qorshahaaga caafimaadka). La xiriir qorshahaaga si aad u heshid liis ay ku qoranyihiin daryeel bixiyayaasha ku jira shabakadooda.

Sidoo kale waxaad wici kartaa qorshahaaga caafimaadka hab dhaqanka haddii aad u baahatid caawimaad, xitaa haddii aadan qaadan kaarkaaga adeegaha ama kaarka Aqoonsiga qorshaha caafimaadka.

La xiriir lambarka adeegyada xubinka qorshahaaga caafimaadka marka adiga (ama ilmahaaga):

- U baahantahay in aad hesho adeegaha caafimaadka maskaxda.
- U baahantahay in aad hesho daaweynta xannuunka adeegsiga mukhaadaraadka
- Kuqabtid mushkilad qorshahaaga.
- Doonaysid in aad bedeshid daryeel bixiyahaaga.
- Weysid ama dhumisid kaarka Aqoonsiga qorshahaaga caafimaadka oona doonaysid midkale.
- Qabtid baahi daryeel caafimaad hab dhaqanka ah (ama uu ilmahaaga qabbo)

Adeegaha dhibaatooyinka

Adeegaha arimaha halista ah waa kuwo 24-saac ah oona loogu talagalay in adiga laguugu dejiyo haddii aad ku sugantahay arin halis ah, waxaana lagu bixiyaa meel aad ugu habboon baahoyinkaaga. Adigu **uma** baahnid in aad samaysid qimeynta caafimaadka hab-dhaqanka ee bukaan-socodka oo adeegahan loogu talagalay.

- Wixii kusaabsan caawimaad degdeg ah, wac 911 ama aad qolka xaaladaha degdega ah ee kuyaala isbitaalka kuugu dhow.
- Wac 988 si lagaaga caawiyo xaaladda degdegga ah ee caafimaadka dhimirka. Adigu **uma** baahnid in lagu oggolaado adeegaha dhibaataada.
- Wixii kusaabsan tusiyaha Khadadka Dhibtaada Gobolka ama Dalka, booqo boggaan internetka ah: [hca.wa.gov/mental-health-crisis-lines](https://www.hca.wa.gov/mental-health-crisis-lines).
- **Khadka Washington ee Caawimaada Bogsashada** waa mid shaqeeya 24-saacadood oo soo dhexgalka dhibaatooyinka iyo khadka wareejinta ah midkaas oo loogu talagalay dadka la dhibaataysan arimo xiriir la leh caafimaadka maskaxda, ku xad gudubka daroogada, iyo mushkilad qamaar. Wac 1-866-789-1511 (TTY 206-461-3219); ii-mayl recovery@crisisclinic.org, ama booqo [warecoveryhelpline.org](https://www.warecoveryhelpline.org). Dhallinyarada waxaa lagu xiri karaa dhallinyaro kale inta lagu guda jiro saacado gaar ah: wac 1-866-833-6546, ii-mayl teenlink@crisisclinic.org, ama booqo [866teenlink.org](https://www.866teenlink.org).
- Wixii kusaabsan Khadka Qaranka ee Kahortaga Isdilida: wac ama farriin u dir 988 ama wac 1-800-273-8255 (isticmaalayaasha TTY 1-800-799-4889).



Maxay yihiin adeegaha laga helo qorshahayga caafimaadka hab dhaqanka?

Waxaad heli kartaa daaweyn kaladuwan oo baddan iyo adeego loogu talagalay caafimaadka maskaxda, xannuunka adeegsiga mukhaadaraadka. Liiska hoose wuxuu sharxayaa adeegaha laga ceymiyay dhinaca qorshahaaga caafimaadka hab dhaqanka. Haddii aad u baahantahay adeego ama qabtid wax su'aalo ah, fadlan wac qorshahaaga. Waxay kugu caawin doonaan iskuduwida iyo helida daryeelka aad u baahantahay.



Adeegaha daaweynta khamrada xanuunka isicmaalka maandooriyaha:

Qiimeynta – “wareysi” ka ahaada bixiyaha caafimaadka si loo go'aansado adeegaha aad u baahantahay.

Soo dhexgalid Gaaban iyo Wareejin loo wareejiyo Daaweyn – Waqti kuxadidan, si loo yareeyo isticmaalka mushkilada. Uma baahnid qiimeynta xanuunka isticmaalka maandooriyaha ee bukaan-socodka adeeggan ka hor.

Maamulida Kabixida (Baabi'inta sunta) – Caawimaad laguugu caawiyo yareynta isticmaalkaaga aad isticmaashid aalkoolo ama daroogooyin kale in muddo ah, illaa ay ka noqoto mid ammaan ah in lajooyiyo isticmaalka. (Adeegan kuma jiro daaweyn isbitaalka ah.) Uma baahnid qiimeynta xanuunka isticmaalka maandooriyaha ee bukaan-socodka adeeggan ka hor.

Daaweynta Bukaan-socodka – fadhiyo latalin koox ama keli ah oo kadhacda gudaha bulshadaada.

Daaweyn Bukaan-socod Degdeg ah – Fadhiyo latalin baddan oo koox ama kelinimo ah.

Daaweynta Bukaan-jiifka Deegaanka– Barnaamij dhammeystiran oo latalinta qofka kelida ah, latalinta kooxda, iyo waxbarasho lagu bixiyo gudaha 24-saacadood-maalintii- xarun la horjoogo.

Adeegaha Daaweynta Bedelka U Ah Qaashada Daroogada Opiate – Waxay bixineysaa qiimeyn bukaan-socodka ah iyo daaweyn loogu talagalay qofka kutiirsan daroogada opiate. Waxaa kamid ah daawo la oggolaaday iyo latalin.

Maareynka Kiiska – Caawimaadda helidda adeegyada caafimaadka, bulshada, waxbarashada, iyo adeegyo kale.



Adeegaha caafimaadka maskaxda:

Qiimeynta Caafimaadka Dhimirka ee Bukaan-socodka – Waxay aqoonsanaysaa baahoyinkaaga iyo ahdaafta waxayna ku caawineysaa bixiyahaaga daryeelka caafimaadka maskaxda in uu kuusoo jeediyo adeego kale iyo daaweyn qorshe.

Adeegaha Daaweynta Qofka – Latalinta iyo/ama hawlo kale oo loogu talagalay in looga dhabeeyo ahdaaftaada kujira qorshahaaga adeega.

Maamulida Daawada – Shaqaale rukhsadaysan ayaa sharxaya daawada oona kaala hadlaya waxyaabaha kusaabsan waxyeelooyinka daawada.

Ilaalinta Daawada – Adeegaha lagu baarayo sida ay u shaqeynayso daawadaada oona laguugu caawinayo in aad u qaadatid si sax ah.

Adeegaha Daaweynta Kooxda ah – Latalin lala yeesho dad kale oo qabba caqabado lamid ah.

Taageero Saaxiib – Caawimaad laguugu caawiyo raadinta nidaam caafimaad maskaxda ah iyo gaarida ahdaaftaada ficnaanshaha ah, kuwaas oo laga bixiyo dhinaca shakhsiga tababaran midkaas oo kujira kaficnaanshaha laga ficnaado jirada maskaxda ah.

Daaweynta iyo Soo dhexgalka Gaaban – Latalin muddo-gaaban middaas oo diirada lagu saaro mushkilad xadidan ama gaar ah.

Daaweyn Qoys – Latalin kusaabsan-qoyska middaas oo lagu caawinayo dhisida xiriiro xoogan iyo xalinta mushkiladaha.

Daaweynta Aadka Degdega U Ah – Adeegaha laga bixiyo dhinaca bixiyayaasha caafimaadka maskaxda si laguugu caawiyo in laga dhabeeyo ahdaaftaada kujira qorshahaaga adeega.

Daaweynta Waxbarashada Nafsaaniga ah – Waxbarasho kusaabsan jirooyinka maskaxda, doorashooyinka daaweynta caafimaadka, daawooyinka iyo ficnaanshaha, ay kujirto taageerooyinka iyo/ama adeegaha taageerada ah.

Taageerada Maalinta ah – Barnaamij degdeg ah ama xoogan oo lagu baranayo ama lagu caawiyo xirfadaha noolaanshaha madax banaan.

Qiimeyn iyo Daaweyn/Isbitaal dhigid Bulshada ah – Daryeelka dhibaatada bukaan-jiifka ee caafimaad ahaan lagama maarmaanka ah oo ay ku jiraan joogitaanka habeen-dhaxa ah ama dheer ee isbitaalka, ama goobta kale si loo bixiyo daryeelka degdega ah ee loogu talagalay daaweynta habdhaqanka. Adiga **uma** baahnid qiimeynta caafimaadka habdhaqanka ee bukaan-socodka adeeggan ka hor.

Adeegaha Dejinta – Lagu bixiyo gudaha gurigaaga ama meel guriga oo kale ah si laguugu caawiyo in aadan joogin isbitaalka. Adiga **uma** baahnid qiimeyn gudaha ah kahor adeegan.

Maamulida Xaalada Baxnaaniska – Iskuduwid u dhaxeeya adeegahaaga caafimaadka maskaxda bukaan-socodka iyo bukaan-jiifka. Middaan waxay noqon kartaa qayb kamid ah qiimeyntaada gudaha ah.

Adeegaha Caafimaadka Maskaxda Lagu Bixiyo gudaha Meelaha Deegaanka – Adeegaha laguugu siiyo meesha aad kunooshahay haddii aad kunooshahay meel koox ah.

Qiimeynta Dadweynaha Gaarka ah – Caawimaada qorshaha daaweynta ka ahaata takhasusle la shaqeeya caruurta, dadka waaweyn iyo shakhsiyaadka ka ahaaday asal dhaqan-baddan.

Qiimeynta Nafsaaniga ah – Baaritaan dad kucaawinaya garashada cudurka, qiimeynta, iyo qorshaha daaweynta.

U-doodayaasha Caafimaadka Habdhaqanka

Gardoon U-doodaha caafimaadka habdhaqanka waa qof diyaar u ah in uu bixiyo caawimaad bilaash ah oo qarsoodi ah oo lagu xallinayo walaacyada la xiriira adeegyadaada caafimaadka habdhaqanka. Way ku caawin karaan haddii aad qabto cabashada caafimaadka habdhaqanka, racfaan, ama dhageysiga maamulka la xiriira si loogu xalliyo walaacaaga. U-doodayaasha caafimaadka habdhaqanka waxay ka madax-bannaan yihiin qorshahaaga caafimaadka ama Hay'adda Adeegyada Maamulka Caafimaadka Habdhaqanka (BH-ASO).

Gobollada oo dhan kala xiriir 1-800-366-3103. Ama iimayl ugu dir Xafiska U-doodayaasha Caafimaadka Habdhaqanka info@obhadvocacy.org

Gobolka	Degmooyinka	Email-ka	Lambarka telefoonka
Great Rivers	Cowlitz, Grays Harbor, Lewis, Pacific, Wahkiakum	greatrivers@obhadvocacy.org	360-561-2257
Greater Columbia	Asotin, Benton, Columbia, Franklin, Garfield, Kittitas, Walla Walla, Whitman, Yakima	greatercolumbia@obhadvocacy.org	509-808-9790
King	King	kingcounty@obhadvocacy.org	206-265-1399
North Central	Chelan, Douglas, Grant, Okanogan	northcentral@obhadvocacy.org	509-389-4485
North Sound	Island, San Juan, Skagit, Snohomish, Whatcom	northsound@obhadvocacy.org	360-528-1799
Pierce	Pierce	piercecounty@obhadvocacy.org	253-304-7355
Salish	Clallam, Jefferson, Kitsap	salish@obhadvocacy.org	360-481-6561
Spokane	Adams, Ferry, Lincoln, Pend Oreille, Spokane, Stevens	spokaneregion@obhadvocacy.org	509-655-2839
Southwest	Clark, Klickitat, Skamania	southwestern@obhadvocacy.org	509-434-4951
Thurston-Mason	Mason, Thurston	thurstonmason@obhadvocacy.org	360-489-7505

Haddii aad u baahantahay daryeel

Caafimaadka maskaxda	Wac bixiyaha qorshahaaga caafimaadka hab dhaqanka ama caafimaadka maskaxda.
Adeegyada daaweynta xannuunka adeegsiga mukhaadaraadka	Wac bixiyaha daaweyntaada khamrada iyo daroogada ama adeegyada daaweynta xannuunka adeegsiga mukhaadaraadka.
Kadib saacadaha-dareeylka	Wac khadka latalinta kalkaaliyahaaga qorshaha caafimaadka hab dhaqanka, 24 saac maalintii, todoba maalin todobaadkii.
Dhibaatooyinka	Booqo hca.wa.gov/mental-health-crisis-lines
Daryeelka deg-dega ah	Wac 911 ama aad meesha kuugu dhow meeshaas oo ay kugu caawin karaan daryeel bixiyaal xaaladaha degdega ah. Sida ugu dhakhsiyaha baddan, adiga ama qofkale oo aad garanaysid ayay khasabtahay in uu u waco qorshahaaga caafimaadka hab dhaqanka si uu ugu sheego xaaladaada degdega ah. Middaan waxaa lahelayaa 24 saac maalintii, todoboda maalin todobaadkii.
Daryeelka kafog guriga	Haddii aan ahayn xaalad degdeg ah, wac bixiyahaaga caafimaadka hab dhaqanka ama khadka latalinta kalkaaliyahaaga, kuyaala dusha kaarkaaga Aqoonsiga qorshaha.

Maxay yihiin arimaha kusaabsan dheefahayga daryeelka caafimaadka jirka?

Qorshahaaga caafimaadka hab dhaqanka kaliya wuxuu ceyminayaa adeegaha caafimaadka iyo adeegyada daaweynta xanuunka isticmaalida daroogada. Waxaad u qaadataa adeegahaaga caafimaadka jireed qaab kale, sida:

- Medicare ama ceymis caafimaad khaas ah.
- Qorshaha caafimaadka daryeelka la maamulay ee Apple Health ee gaarka u ah carruurta ku jira daryeelka xanaanada (Daryeelka La iskuduway).
- Barnaamijka Maamulida Xaalada Daryeelka Aasaasiga ah (PCCM). Macaamiisha Barnaamijka Maamulida Xaalada Daryeelka Aasaasiga ah waxay kaqaataan daryeelka caafimaadka jirka tooska Xarumaha Caafimaadka Hindiya.
- Caynsanaanta Apple Health ee aan lahayn qorshaha daryeelka maareysan.

Si wada jir ah, qorshahaaga caafimaadka hab dhaqanka iyo ceymiskaaga daryeelka caafimaadka jireed waxay bixiyaan qofka-oodhan, ceymis ku jirid buuxda (caafimaadka jireed, caafimaadka maskaxda, iyo adeegyada daaweynta xannuunka adeegsiga mukhaadaraadka).



Adeegaha ay dhici karto in aad u baahatid si aad u heshid daryeel caafimaad



Haddii aad qabtid naafo ama curyaanimo

Haddii aad qabtid curyaanimo maqalka ama hadalka ah ama mowduuc dhaqaaq, waxaa khasab kugu ah in aad u sheegtid qofka istiqbaalka jooga marka aad samaysanaysid ballaantaada. Shaqaalaha soo dhoweynta jooga ayaa kugu caawin doona waxkasta oo nidaamin lagama maarmaan ah.



Waxaa dhici karta in aad u baahatid turjumaan

Haddii Af-Ingiriisku uusan ahayn luuqadda aad doorbideyso ama aad tahay Dhagoole, ama Dhagoole Indhoole, ama uu Maqalka kugu adag yahay, turjumaanleyaal xirfadlayaal ah oo ku hadla luuqado badan ayaa la heli karaa, oo ay ku jiraan luuqadaha dhagooleyaasha, oo aan wax lacag ah kuugu fadhinin. Marka aad sameyso ballan daryeel caafimaad, soo dhoweeyaha ha oggaado haddii aad u baahan tahay turjumaan. Turjumaannada luuqadda lagu hadlo waxay tagi karaan xafiiska daryeel bixiyaha, waxay ka soo muuqan karaan fiidiyow, ama waxay ku jiri karaa khadka teleefoonka inta lagu guda jiro ballantaada. Turjumaanada luuqadda fara fiq-fiqa ee dhagolayaasha waxay tagi karaan xafiiska daryeel bixiyaha ama waxay ka soo muuqan karaan fiidiyow inta lagu guda jiro ballantaada.

Waxaa wanaagsan in la isticmaalo mid ka kid ah tujumaanadan xirfadlayaasha ah intii lala imaan ahaa xubin ka tirsan qoyska ama saaxiib oo kuu turjuma. Turjumaannada waxaa loo tababarey in ay fahmaan ereyada daryeelka caafimaad. Waxaa ay adinku caawin doonaan adiga iyo adeeg bixiyahaaga in aad isfahamtaan. Wax badan ka baro hca.wa.gov/interpreter-services.



Waxaad heli kartaa caawimaad gaadiidka ah

Waxaad xaq u yeelan kartaa caawimo gaadiid oo aad ku tageyso ballantaada daryeelka caafimaad oo bilaash ah. Ballantu waa in ay noqoto adeegyada ay uu daboolo Apple Health. Noocyada caamka ah ee gaadiidka la heli karo waxaa ka mid ah: baska dadweynaha, fawjarrada gaaska, iyo lacag-celinta mutadawaca iyo macmiilka, daraawalo mutadawaciin ah, taksi, gawaaridda kursiga curyaamiinta ama gaari ayaa la heli karaa iyo bas ama diyaarad ganacsi. Liiska dalaaliinta ayaa laga heli karaa hca.wa.gov/transportation-help.



Macluumaad loogu talagalay Hindida Maraykanka ah iyo Dadka u dhashay Alaska

Haddii aad tahay Hindi Mareykan ah ama qof u Dhashay Alaska, waxaad awoodi kartaa in aad ka heshid adeegaha daryeelka caafimaadka tooska **Xarunta Adeega Caafimaadka Hindiya, barnaamijka daryeelka caafimaadka qabiileed ama Barnaamijka Caafimaadka Hindida Magaalada (UIHP)** sida Guddiga Caafimaadka Hindida Seattle ama Mashruuca ASALKA (NATIVE) ee Spokane. Adeeg bixiyayaasha ku sugan xarumahan waxay aqoon u leeyihiin dhaqankaaga, bulshadaada, iyo baahiyadaada daryeelka caafimaad.

Ayagu waxay kusiin doonaan daryeelka aad u baahantahay ama waxay kuu wareejin doonaan dhakhtar takhasusle ah. Sidoo kale ayaga waxay kugu caawin karaan go'aanada aad u baahantahay in aad samaysid ee ku saabsan haddii la dooranayo qorshaha daryeelka la maamulay, (midkaas oo noqon kara Kaliya qorshaha Adeegaha Caafimaadka Hab dhaqanka [BHSO]), ama ceymiska Apple Health ee aanan la soconin qorshaha daryeelka la maamuley (midkaan sidoo kale waxaa lagu magacaabaa adeega-lacagta ah-ee Apple Health). Haddii aad qabtid su'aalo ku saabsan daryeelka caafimaadkaaga ama ceymiska daryeelka caafimaadkaaga, qabiilkaaga ama shaqaalaha UIHP ayaa awoodi kara in ay kugu caawiyaan.



Maareynta Kiiska ee Daryeelka Aasaasiga ah

Qaar ka mid ah xarumaha IHS, barnaamijyada daryeelka caafimaad ee qabiilka, iyo UIHP-yada ayaa waxay bixiyaan Maareynta Kiiska ee Daryeelka Aasaasiga ah (PCCM) haddii aad doorato caymiska Apple Health la'aanta qorshaha daryeelka la maareeyo. PCCM waa barnaamij ka mid ah Apple Health oo taageera maareynta iyo isuduwidda daryeelkaaga caafimaad, oo ay ka mid yihiin in lagu gudbiyo takhasusle iyo in lala wadaago macluumaadkaaga caafimaadka iyo daawooyinka takhasuslayaal marka ay lagama maarmaan noqoto, si loo

helo qiimeyn iyo daaweyn. Haddii aad daneynayso barnaamijka PCCM, waxaad weyddiin kartaa xaruntaada IHS, barnaamijka caafimaadka qabiilka, ama UIHP haddii ay ka qaybgalaan barnaamijka PCCM iyo haddii aad isku qori kartid. Waxaad isku-qori kartaa ama iska bixin kartaa Barnaamijka PCCM waqti kasta, balse isqoritaankaaga ama iska bixintaada ma dhaqangaleyso ilaa iyo inta laga gaarayo bisha kale ee la heli karo.

Qaababka lagu qaato daryeelka caafimaadka

HCA wuxuu siinayaa Hindida Maraykanka ah iyo Dadka u dhashay Alaska ee ku nool gudaha Washington doorasho u dhaxaysa daryeelka la maamulay ee Apple Health ama ceymiska Apple Health ee aanan la soconin qorshe daryeel la maamuley. HCA wuxuu sidaan u sameeyaa si uu ugu hoggaansamo xeerarka federaalka ah, qirida adkaanta nidaamka keenida daryeelka caafimaadka ee Hindida, iyo in lagu caawiyo hubsashada in aad heshid daryeelka caafimaadka munaasabka u ah dhaqan ahaan.

- Caynsanaanta Apple Health ee aan lahayn qorshaha daryeelka la maareeyo, waxaad dooran kartaa bixiye kasta ee ka qaybgala barnaamijka ujuurrada-adeegga ee Apple Health oo hadda la joogana aqbalaya bukaanno. Bixiyayaashan waa in ay ka soo baxaan dhammaan shuruudaha shatiyada uu gobolka bixiyo. Si aad u hesho bixiyaha ujuurrada-adeegga caafimaadka ee Apple Health, booqo <https://fortress.wa.gov/hca/p1findaprovider>.

Doorashadaan waxay macno yeelanaysaa haddii uu daryeelkaagu yahay mid marhore la maamulay, sida barnaamijka caafimaadka qabiileed ama UIHP.

- Daryeelka la maamulay ee Apple Health, daryeelkaaga caafimaadka waxaa laga maamulay Ururka Daryeelka La Maareeyo (MCO). Midaan macnaheedu waxay taahy in MCO ay u adeegto sida bartaada kalida ah ee xiriirka si aad u heshid adeegaha kugu caawiso isku duwida daryeelkaaga.

Doorashadaan waxay macno yeelanaysaa haddii aadan haysanin qof kuu maamulaya daryeelkaaga.

Waxaad bedeli kartaa doorashadaada (doorashooyinkaaga) wakhti kasta, laakiin isbedelku ma noqonayo mid dhaqan gala illaa laga gaaro bisha kale ee ku xigta. Haddii aad xiriiri la leedahay ama iskaashi latahay Caawiye Qabiileed tooska xarunta IHS, Barnaamijka caafimaadka qabiileed ama UIHP, waxay kugu caawin karaan in aad gaartid go'aankaaga. Sidoo kale waxaad kala xiriiri kartaa Maamulka Daryeelka Caafimaadka lambarkan 1-800-562-3022 si aad noogu soo sheegtid doorashadaada (doorashooyinkaaga), ay kamid tahay wax kasta oo isbedel ah oo aad doonaysid in aad samaysid, iyo in aad weydiisid su'aalooyin.

Xuquuqahaaga iyo masuuliyadahaaga

Qaanuun ahaan, waxaad leedahay xuquuqo khuseeya adeegaha daryeelka caafimaadka aad heshid, sidoo kale adiga waxaad leedahay masuuliyado gaar ah si ay kuugu caawiyaan in aad ahaatid oona horumarisid caafimaadkaaga ugana fogaatid qiimooyinka aan muhiimka ahayn.

Adiga waxaad xaq u leedahay in:

- Caawimaad kusaabsan qaadashada go'aanada khuseeya daryeelkaaga caafimaadka hab dhaqanka, ay kujirto diidista daaweynta.
- Laguula socod siiyo waxyaabaha kusaabsan dhammaan doorashooyinka daaweynta lahel, ayada oo aan la eegayn qiimaha.
- Heshid fikrad labbaad oo ka ahaata bixiye kale oo kujira qorshahaaga caafimaadka.
- Qaado adeego adiga oo aan sugin muddo dheer.
- Laguula dhaqmo si xushmad iyo sharaf leh. Midab takoor lama ogola. Majiro qof loola dhaqmayo si gooni ah ama si aan daacad ahayn jinsigooda, midabkooda, asalkooda dhallashada, noocooda, door bidid galmo, da'a, diin, caqiido, ama curyaanimo darteeda.
- Uga hadashid si xur ah waxyaabaha kusaabsan daryeelkaaga caafimaadka iyo welwelada ayada oo aan jirin wax atijooyin xun ah.
- In lagu ilaaliyo ama lagu dhowro waxyaabahaaga gaarka ah iyo in macluumaada kusaabsan daryeelkaaga sir lagu dhowro.
- Weydiisid oona heshid nuqulo khuseeya diiwaanadaada caafimaadka.
- Weydiisid oona lahaatid sixitaano lagu sameeyo diiwanadaada caafimaadka marka loo baahdo.
- Weydiisid oona heshid macluumaad kusaabsan:
 - » Daryeelkaaga caafimaadka iyo adeegaha ceymiska kujira.
 - » Daryeel bixiyahaaga iyo sida loo sameeyo wareejinta lagu wareejiyo takhasusle iyo daryeel bixiyayaal kale.
 - » Sida qorshaha caafimaadka u bixiso daryeel bixiyayaashaada loogu talagalay daryeelkaaga caafimaadka.
 - » Dhammaan doorashooyinka loogu talagalay daryeelka iyo sababta aad u helaysid noocyo gaar oo daryeel ah.
 - » Sida lagu helo caawimaad ayada oo lafayl gareeyo cabasho ama dacwo kusaabsan daryeelkaaga.
 - » Qaab dhismeedka qorshaha caafimaadkaaga urureed waxaa kamid ah siyaasado iyo qaab hawleed, heerar waxqabad, iyo sida loogu taliyo isbedelada.
- Ku heshid Xuquuqahaaga Xubanimo iyo Masuuliyadaha adiga oo usoo qora ugu yaraan si sannadle ah. Xuquuqahaaga waxaa kamid ah adeegaha daaweynta xannuunka adeegsiga mukhaadaraadka iyo caafimaadka maskaxda.
- Qaadatid liis kusaabsan lambarada teleefoonka dhibaatooyinka.
- Heshid caawimaada buuxinta foomamka maskaxda iyo toosinta daawada caafimaadka sareysa.

Waxaad leedahay masuuliyada in:

- Caawimaad kusaabsan qaadashada go'aanada khuseeya adeegaha daaweynta xannuunka adeegsiga mukhaadaraadka iyo caafimaadka maskaxda, ay kujirto diidista daaweynta.
- Ilaalisid balamaha oona ahaatid wakhtiga laguugu talagalay. Wacdid xafiiska daryeel bixiyaashaada haddii aad soo daahaysid ama haddii ay khasab kugu tahay in aad burisid ballanta.
- Siisid daryeel bixiyaashaada macluumaada ay u baahanyihiin si loogu bixiyo adeegaha adiga lagu siinayo.
- U muujisid daryeel bixiyaashaada isla ixtiraamka adiga ayaga karabtid.
- Keentid kaarka adeegahaaga iyo kaarka Aqoonsiga qorshaha caafimaadka dhammaan balamahaaga.
- Baratid waxa kusaabsan qorshaha caafimaadkaaga iyo waxa ay yihiin adeegaha lageliyay ceymiska.
- Isticmaashid adeegaha daryeelka caafimaadka marka aad u baahatid.
- Ogaatid mushkiladaha caafimaadkaaga kana qayb qaadatid samaynta ujeedooyinka daaweynta la isku-raacay intiiba ay suurtogaltahay.
- Siisid daryeel bixiyaashaada iyo qorshaha caafimaadka macluumaad buuxda oo kusaabsan caafimaadkaaga si aad u heshid daryeelka aad u baahantahay.
- Raacdid tilmaamaha daryeel bixiyahaaga ee loogu talagalay daryeelka adigu aad ogolaatay.
- U isticmaashid adeegaha daryeelka caafimaadka si sax ah.
- Noogu soo wargeli isla markiiba haddii ay isbedesho tirada dadka kunool qoyskaaga (sida uur in uu yimaado, in ay ilmo dhashaan, in ilmo la korsado) ama in ay isbedesho duruufdaada ama xaaladaada (sida in aan yeelato cinwaan cusub, isbedel kudhaca dakhliga, ama aad noqotid qof u qalma Daryeelka caafimaadka ama ceymis kale).
- Cusboonaysiid ceymis kujiridaada si sanadle ah adiga oo isticmaala bogga internetka Washington Healthplanfinder halkaan wahealthplanfinder.org. Sidoo kale adiga waxaad isticmaali kartaa boggaan internetka si aad usoo sheegtid isbedelada kudhaca koontadaada xisaabta. Haddii aad isticmaashid Xafiiska Adeega Bulshada gudaha (CSO), xusuusnoow in aad ugu buuxisid codsashooyinka u qalmida qaab boosto ama sitoos ah internetka bogga internetka Xiriirka Washington washingtonconnection.org.

Haddii aadan kufaraxsanayn qorshahaaga caafimaadka

Adiga iyo Wakiilkaaga la Oggolaaday waxaad xaq u leedihiin in aad samaysaan fayl cabasho ah. Cabashadu waa cabasho qoran ama hadal ah oo khuseysa tayada daryeelkaaga ama sida uu kuula dhaqmay dhakhtarkaaga ama qorshahaaga caafimaadka. Marka aad samaysid ama dirtid fayl cabasho:

- Qorshahaaga caafimaadka waa in uu kuugu sheego qaab teleefoon ama qoraal ah gudaha labbo maalin ganacsi in la helay cabashadaada.
- Welweladaada waa in loo sheego sida ugu dhakhsiyaha baddan ee ugu suurtoogalka ah, ayada oo aan qaadan wax kabaddan 45 maalmood oo kuwa kaalandarka ah.

Qorshahaaga caafimaadka waa in uu kugu caawiyaan dirida iyo samaynta faylka cabashada.

Haddii aadan ku faraxsanayn go'aanka uu qaatay qorshahaaga caafimaadka

Adiga ama Wakiilkaaga la Oggolaaday waxaad xaq u leedihiin in aad samaysaan ama dirtaan rafcaan af ahaan ama qoraal ahaan, lixdan (60) maalmood oo kuwa kaalandarka ah. Rafcaanka waa nooc ka mid ah cabashada aad samaysid marka aad doonaysid in qorshahaaga caafimaadka in uu dib-u-eego go'aanka ay sameeyeen ee ku saabsan caynsanaanta ama lacag-bixinta adeegga la caymiyay

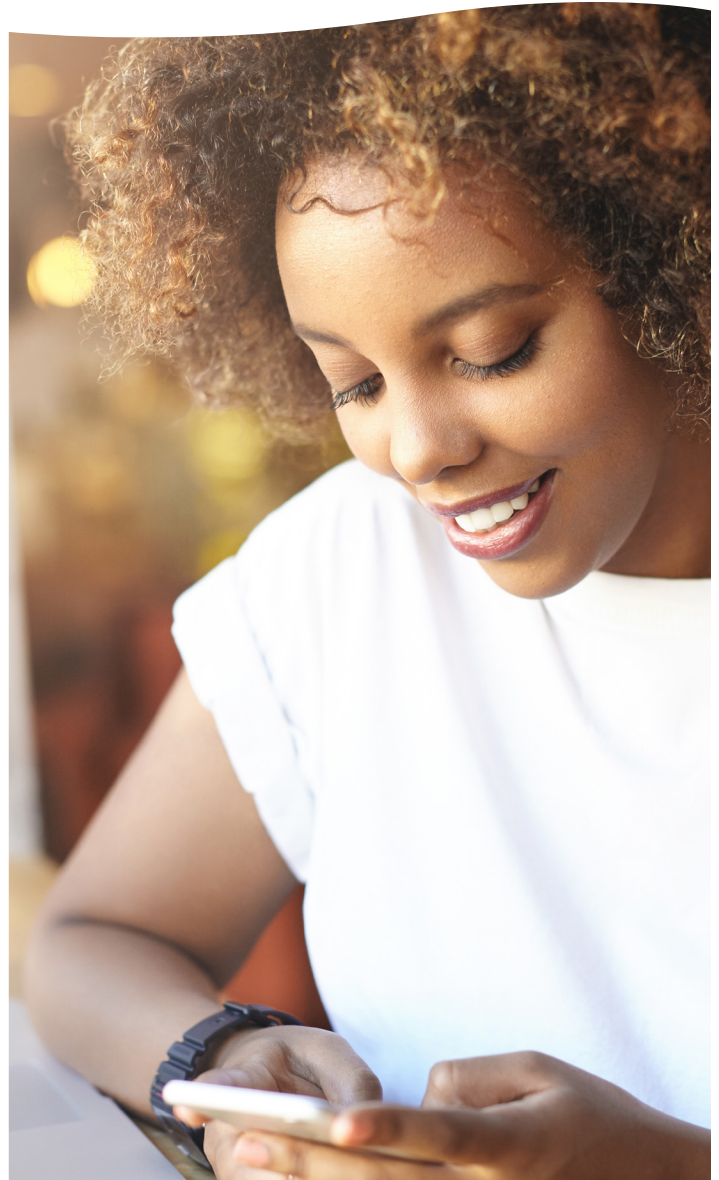
- Qorshahaaga wuxuu kugu soo wargelin doonaa qaab qoraal ah go'aankooda. Haddii aad doonaysid in aad rafcaan ku samaysid go'aankooda, qorshaha caafimaadka wuxuu ku dari doonaa dukumeentiyo ku saabsan sida loo sameeyo ama loo diro rafcaan.
- Qorshahaaga caafimaadka waa in uu kuugu sheego qaab qoraal ah gudaha 5 maalmood oo kuwa kaalandarka ah in la helay rafcaankaaga.
- Wel-weladaada waa in loo sheegaa sida ugu dhakhsiyaha baddan ee ugu suurtoogalka ah, waana in aysan qaadanin wax ka baddan 28 maalmaha kalandarka ah

Qorshahaaga caafimaadka waa in uu ku siiyo oggaysiis qoran oo ku saabsan go'aankooda oona kugu caawiyaan dirida iyo samaynta faylka cabashada.

Oggeysiis ku saabsan arimaha gaarka ah

Kaarkaaga adeegaha ma ahan mid ka kooban wax macluumaad

shakhsi ah aan ka ahayn magacaaga, lambarkaaga ProviderOne, iyo taariikhda mowduuca. Middaan waxay ilaalinaysaa arimahaada gaarka ah ama sirtaada haddii kaarka uu lumo ama laxado. Midna Maamulka Daryeelka Caafimaadka (HCA), ama qorshahaaga caafimaadka kulama soo xiriiri doonaan si toos ah si ay kuu weydiistaan macluumaadkaaga shakhsiyeed si loo helo ama loo bedelo kaarka adeegaha. Weligaaga hasiinin macluumaadaada shakhsiga ah, sida lambarka Dammaanada Bulshada, qof kusoo waca ama boosto ama iimayl kuusoo dira kuna weydiista macluumaadaada shakhsiga ah.



Sharci ahaan, dhammaan qorshooyinka caafimaadka waxaa loogu baahanyahay in lagu ilaaliyo macluumaadkaaga caafimaadka. Qorshooyinka caafimaadka iyo Maamulka Daryeelka Caafimaadka waxay isticmaalaan oona dadka lawadaagaan macluumaadka caafimaadka la ilaaliyay ee adiga kugu saabsan si loo bixiyo dheefahaaga caafimaadka hab dhaqanka; si loo fulliyo daaweynta, lacag bixinta, iyo hawl galada daryeelka caafimaadka; iyo sababo kale oo lagu oggolaaday looguna baahanyahay qaanuunka. Qorshooyinka caafimaadka iyo Maamulka Daryeelka Caafimaadka waxaa waajib kasaaran in ay ku ilaaliyaan macluumaadaada caafimaadka meel sir ah.

Si aad u akhrisid siyaasada khaas ahaanta Maamulka Daryeelka Caafimaadka, gal bogga internetka hca.wa.gov kadibna kudhufo dusha "Privacy" "Khaas ahaanta" ee kuyaala hoosta bogga. Haddii aad doonaysid in aad akhrisid waxa kusaabsan siyaasada sirta ah ee qorshahaaga caafimaadka, wac xubinkaaga adeegaha qorshaha caafimaadka ama booqo bogga internetka qorshaha.

Halka laga helo jawaabaha su'aalahaaga

Haddii aad qabtid wax su'aalooyin ah oo kusaabsan	Kheyraadyo
<ul style="list-style-type: none"> Caymiskaaga Washington Apple Health (Medicaid) 	Barta Internet-ka: hca.wa.gov/apple-health
<ul style="list-style-type: none"> Bedelaada qorshooyinka caafimaadka Uqalmitaanka loogu talagalay adeegaha caafimaadka hab dhaqanka Kaararka adeegaha Sida lagu helo adeegaha haddii aad u guurtid degmo kale 	Adeega Macamiisha Apple Health lambarkaan 1-800-562-3022 ama u dir su'aalahaaga dhinaca boggaan internetka ah https://fortress.wa.gov/hca/p1contactus/
<ul style="list-style-type: none"> Doorashada bixiye caafimaad hab dhaqanka ah Adeegaha ceymiska kujira Wareejitanada loogu talagalay adeegaha caafimaadka hab dhaqanka Kaararka qorshaha caafimaadka 	Qorshahaaga caafimaadka hab dhaqanka. Lambarka teleefoonka qorshahaaga caafimaadka hab dhaqanka waxaa lagu qorey dusha bogga 7-aad ee buuggarahaan.
Isbedelada lagu sameeyo koontadaada xisaabta, sida: dakhliga, xaalada guurka, uurka, dhallashooyinka, ama korsashada; ama in lacusboonaysiiyo cinwaankaaga	<p>Caynsanaanta carruurta, shaqsiyaadka gaangaarka ah, shakhsiyaadka uurka leh, waalidiinta/daryeelayaasha: wahealthplanfinder.org ama wax 1-855-923-4633 (TRS: 711)</p> <p>Caynsanaanta shaqsiyaadka waayeellada ah, indhoolaha, ama naafada ama u baahan adeegyo iyo taageero mustaqbalka fog ah: washingtonconnection.org ama wa 1-877-501-2233 (TRS: 711)</p>

Maamulka Daryeelka Caafimaadka wuxuu ballan ku maray in uu bixiyo gelid ama helid loo simanyahay oo lagu galo ama lagu helo adeegaheena. Haddii aad u baahantahay guri diyaafadin, ama u baahantahay dukumeentiyo ku qoran luuqad kale ama qaabkale ah, fadlan wac 1-800-562-3022 (TRS: 711).

Washington State
Health Care Authority

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