

Kusoo dhowoow

Washington Apple Health

Daryeelka La maamulay ee Isku dhafan



[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፣ አስተርጓሚ 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 1-800-562-3022 (TRS: 711).

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

[Cambodian] សេវាជំនួយភាសា រួមមានទាំងអ្នកបកប្រែផ្ទាល់មាត់ និង ការបកប្រែឯកសារបោះពុម្ព គឺអាចរកបានដោយឥតគិតថ្លៃ។ ហៅទូរស័ព្ទទេវៈលេខ 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)。

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

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

[Oromo] Tajajilli gargaarsa afaanii, nama afaan hiikuu fi ragaalee maxxanfaman hiikuun, kaffaltii malee ni argattu. 1-800-562-3022 (TRS: 711) irratti bilbilaa.

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

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

[Romanian] Serviciile de asistență lingvistică, inclusiv cele de interpretariat și de traducere a materialelor imprimate, sunt disponibile gratuit. Apelați 1-800-562-3022 (TRS: 711).

[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).

[Swahili] Huduma za msaada wa lugha, ikiwa ni pamoja na wakalimani na tafsiri ya nyaraka zilizochapishwa, zinapatikana bure bila ya malipo. Piga 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).



Tusmada Buugga

Kusoo dhowoow Washington Apple Health	[4]
Adeegaha Apple Health	[4]
Kaarkaaga adeegaha	[5]
Khariiradda degaanka adeegga daryeelka la maareeyay iyo isku-xirka ama shax xisaabeedka	[6-7]
Adeegaha caafimaadka (Daryeelka aasaasiga ah)	[9]
Adeegyada Caafimaadka Hab dhaqanka	[10]
Macluumaad loogu talagalay Hindida Maraykanka ah iyo dadka Asal ahaan u dhashay Alaska	[12]
Gardoon ama ilaaliyaha dadweynaha	[13]
Adeegaha ay dhici karto in aad u baahatid si aad u heshid daryeel caafimaad	[14]
Xuquuqahaaga iyo mas'uuliyadahaaga	[16]
Nagala soo xiriir/xogaga	[17]

Afeef ku saabsan buugyarahan:

Buugg yarahaan wuxuu kubari doonaa dheefahaaga wuxuuna kuu sharxi doonaa xuquuqahaaga iyo masuuliyadahaaga, sida lagu hello adeegaha, iyo sida lagu bedelo qorshooyinka caafimaadka. Fadlan lasoco buugyarahaan masamaynayo wax xuquuqo sharci ah ama xaq u yeelasho ah. Waajib kuguma ahan in aad ugu tiirsanaatid buugyarahan sida in uu yahay kaliya xogtaada macluumaadka kusaabsan Apple Health (Caawimaad caafimaadka). Waxaad heli kartaa macluumaad faah-faahsan oo ku saabsan Apple Health adiga oo eegaya mareegtada Maamulka Daryeelka Caafimaadka Bogga *Sharciyada iyo Xeerarka*, www.hca.wa.gov/about-hca/rulemaking.



Kusoo dhowoow Washington Apple Health

Adiga waxaad helaysaa buugg yarahaan sababtoo ah waxaad wakhti dhow isku qortey Washington Apple Health (Medicaid). Maamulka Daryeelka Caafimaadka Gobolka Washington (HCA) waxay maamuleysaa Apple Health waxayna qandaraas lagalaysaa qorshooyinka daryeelka la maamuley si loo bixiyo ceymis kujiridaada. Mardambe waxaad heli doontaa “Buuggaraha Dheefahaaga” ka ahaada dhinaca qorshaha caafimaadka. Buuggaas wuxuu bixin doonaa macluumaad faah-faahsan oo kusaabsan dheefahaaga lacey mis geliyay.



Adeegaha Apple Health ee ka ahaada qorshahaaga

Qorshaha daryeelkaaga caafimaadka maamulan ee Apple Health wuxuu ceyminayaa adeegahaan soo socda:

- Ballamada lala yeesho dhakhtarka ama xirfadlaha daryeelka caafimaadka loogu talagalay daryeelka lagama maarmaanka ah ay kamid tahay adeegaha ficnaanshaha iyo kahortaga, iyo maareynta cudurka dabadheeraada
- Daryeelka caafimaadka xaalada degdega ah
- Daryeelka ilmaha dhasha iyo dhalmada
- Adeegaha caafimaadka ilmaha, ay kujirto daryeelka afka iyo araga
- Adeegaha shaybaarka
- Daawooyinka wata qoraal dhakhtar
- Isbitaal dhigid
- Adeegaha bukaanka ambalaaska
- Adeegaha iyo qalabyada baxnaaniska iyo waxqabadka*
- Adeegaha caafimaadka maskaxda
- Caafimaadka maskaxda iyo/ama daaweynta xanuunka isticmaalka daroogada

*Laxiriir qorshahaaga caafimaadka si aad u oggaatid haddii aad u qalantid iyo haddii kale oo aadan u qalmin

Fiiro gaar ah: Liiskan wuxuu kusaabsanyahay keliya macluumaad guud mana dammaana qaadayso in Apple Health ay ceymis gelinayso adeega.

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

- Ku qabtid mushkilad ama wel-wel qorshahaaga caafimaadka.
- U baahantahay in aad heshid bixiye daryeel aasaasi ah.
- Doonaysid in aad bedeshid daryeel bixiyahaaga aasaasiga ah (PCP).
- Weysid ama dhumisid kaarka Aqoonsiga qorshahaaga caafimaadka oona doonaysid midkale.
- Qabtid baahi daryeel caafimaad khaas ah (ama ilmahaaga qabbo).
- U baahantahay in aad heshid adeegaha caafimaadka maskaxda.
- U baahantahay in aad heshid adeegaha daaweynta xanuunka isticmaalka daroogada.

Kaarka adeegahaaga



Waxaad kuheli doontaa labbo kaar tooska boosto, mid ka ahaadey Washington Apple Health (Kaarka Adeega) iyo mid ka ahaaday qorshaha caafimaadka midkaas oo maamuli doona daryeelkaaga.

Kudhowaad labbo todobaad kadib marka aad isaga qortid Washington Apple Health tooska Washington Healthplanfinder www.wahealthplanfinder.org ama Xiriirka Washington www.washingtonconnection.org waxaad qaadani doontaa Kaarka Adeegaha buluuga ah (sidoo kale lagu magacaabo ProviderOne) mid lamid ah kan halkan ku sawiran. Hayso kaarkaan. Kaarka Adeegahaaga wuxuu tusinayaa in aad kuqorantahay Apple Health.

Khasab kuguma ahan in aad kashaqaysiiso Kaarka Adeegahaaga cusub. Maamulka Daryeelka Caafimaadka ayaa kashaqaysiin doonta kaarkaaga kahor inta aynaan kugu soo dirin boosto.

Haddii aadan helin Kaarkaaga Adeegyada ama uu kaa lumo

Haddii aadan helin kaarkaaga Adeegyada dhammaadka labada toddobaad kadib marka si lagu guulaysta loo dhammeystiro isqoritaankaaga Apple Health ama haddii uu kaa lumo kaarkaaga, waxaad codsan kartaa kaarka beddelka ah:

- **WAPlanfinder app:**
Haddii aad leedahay koontada Washington Healthplanfinder, waxaad ka heli karta Kaarkaaga Adeegyada dijitaaliga WAPlanfinder app, oo laga heli karo dukaanka barnaamijyada Apple App store ama Google Play.
- **Mareegtada macmiilka ee Online:**
<https://www.waproviderone.org/client>.
- **Wac:**
1-800-562-3022 (telefoon bilaash ah) ka-dibna dooro khiyaarka 6aad ee loogu talagalay Adeegyada Macaamiisha, ka-dib khiyaarka 1 ee loogu talagalay Kaarka aqoonsiga.

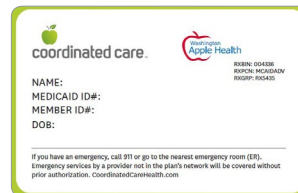
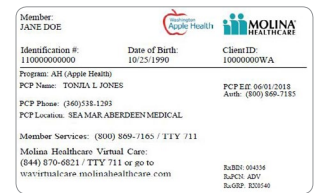
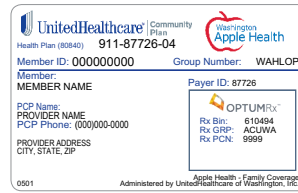
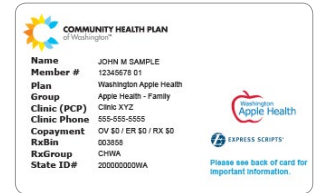
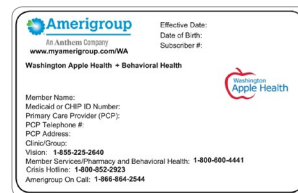
Qorshahaaga caafimaadka

Waxaad heli doontaa warqad ku qoran, magaca qorshahaaga caafimaadka. Waxaad xaq u leedahay in aad codsatid in aad bedeshid qorshahaaga caafimaadka wakhti kasta. Wixii kusaabsan macluumaad baddan oo khuseeya sida loo bedelo qorshooyinka fiiri "Bedelida qorshooyinka caafimaadka" ee kuqoran bogga 13.

Haddii hal ama ka baddan oo xaaladahaan soo socda ay adiga ku khuseeyo, isla markiiba naga soo wac lambarkan 1-800-562-3022 (TRS 711):

- **Aad noqotid qof u qalma Medicare** ama ceymis khaas ah.
- **Aad tahay qof u dhashay Hindiga Mareykanka ama Qof u dhashay Alaska.** Waxaad tixgelin kartaa doorashada aan ahayn ceymiska laga qaato tooska qorshaha daryeelka la maamulay.
- **Adiga waa laguugu qorey ama waxaad dooranaysaa in laguugu qoro** gudaha Barnaamijka Washington ee Dhammaan-Daryeelka Guud ee loogu talagalay Dadka waaweyn (PACE).
- **Waxaad qabtaa xaalad caafimaad la xaqiijin karo,** haddii la bedelo daryeel bixiyayaasha ama qorshooyinka caafimaadkana waxay carqaladnaynsaa daaweyntaada waxayna khatar gelinaysaa caafimaadkaaga.

Kaarkaaga qorshaha caafimaadka



Xiriirrada qorshayaasha daryeelka maareysan	Telefoonka aasaasiga ah	Bogga internetka
Amerigroup (AMG)	1-800-600-4441	www.myamergroup.com/wa
Community Health Plan of Washington (CHPW)	1-800-440-1561	www.chpw.org
Coordinated Care of Washington (CCW)	1-877-644-4613	www.coordinatedcarehealth.com
Molina Healthcare of Washington (MHW)	1-800-869-7165	www.molinahealthcare.com
United Healthcare Community Plan (UHC)	1-877-542-8997	www.uhccommunityplan.com

Maxaa laga wadaa daryeelka la maamulay ee isku dhafan?

Caafimaadka Washington Apple Health (Medicaid) wuxuu isku beddelay daryeelka maareysan ee isku-dhafka ah, sidoo kale loo yaqaano daryeelka qofka oo dhan. Daryeelka maareysan ee isku-dhafka ah ee gobolka oo dhan, qorshaha daryeelka maareysan ee Apple Health ayaa iskuduwaya ka-dibna bixinaya dhammaan adeegyadaada caafimaadka jireed iyo hab-dhaqanka.

(Adeegyada caafimaadka hab-dhaqanka waxaa ka mid ah adeegyada daaweynta xanuunka isticmaalka daroogada iyo caafimaadka dhimirka). Kama qaadan doontid adeegyada caafimaadka hab-dhaqanka ururka caafimaadka hab-dhaqanka ee gobolka.

Khariiradda degaanka adeegga daryeelka maareysan ee Apple Health



Integrated managed care regions

- Greater Columbia
- King
- North Sound
- Pierce
- Spokane
- Thurston-Mason
- Salish
- Great Rivers
- Southwest Washington
- North Central

Apple Health Foster Care (statewide)[†]

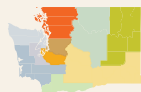
Health plans offered

- AMG – Amerigroup Washington
- CCW – Coordinated Care of Washington
- CHPW – Community Health Plan of Washington
- MHW – Molina Healthcare of Washington
- UHC – UnitedHealthcare Community Plan

[†] Apple Health Foster Care is a statewide program. Integrated managed care is provided through Apple Health Core Connections (Coordinated Care of Washington - CCW).

Shaxda isku-xiraysa degaanka adeegga daryeelka maareysan ee Apple Health

Degmada	Amerigroup	Community Health Plan	Coordinated Care	Molina Healthcare	United Healthcare	Integrated managed care
Adams	X	X		X		1/1/19
Asotin	X	X	X	X		1/1/19
Benton	X	X	X	X		1/1/19
Chelan	X		X	X		1/1/18
Clallam	X			X	X	1/1/20
Clark	X	X		X		4/1/16
Columbia	X	X	X	X		1/1/19
Cowlitz	X			X	X	1/1/20
Douglas	X		X	X		1/1/18
Ferry	X	X		X		1/1/19
Franklin	X	X	X	X		1/1/19
Garfield	X	X	X	X		1/1/19
Grant	X		X	X		1/1/18
Grays Harbor	X			X	X	1/1/20
Island	X	X	X	X	X	7/1/19
Jefferson	X			X	X	1/1/20
King	X	X	X	X	X	1/1/19
Kitsap	X			X	X	1/1/20
Kittitas	X	X	X	X		1/1/19
Klickitat	X	X		X		1/1/19
Lewis	X			X	X	1/1/20
Lincoln	X	X		X		1/1/19
Mason	X			X	X	1/1/20
Okanogan	X		X	X		1/1/19
Pacific	X			X	X	1/1/20
Pend Oreille	X			X		1/1/19
Pierce	X		X	X	X	1/1/19
San Juan	X	X	X	X	X	7/1/19
Skagit	X	X	X	X	X	7/1/19
Skamania	X	X		X		4/1/16
Snohomish	X	X	X	X	X	7/1/19
Spokane	X	X		X		1/1/19
Stevens	X	X		X		1/1/19
Thurston	X			X	X	1/1/20
Wahkiakum	X			X	X	1/1/20
Walla Walla	X	X	X	X		1/1/19
Whatcom	X	X	X	X	X	7/1/19
Whitman	X	X	X	X		1/1/19
Yakima	X	X	X	X		1/1/19
Daryeel Korsasho (gobolka oo dhan)			X			1/1/19



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).

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). Waxaad si toos ah internetka uga fiirin kartaa in isqoridaadu ay ku bilaabatay qorshahaaga caafimaadka tooska Bogga internetka Macmiilka ProviderOne halkan <https://www.waproviderone.org/client>. Daryeel bixiyaasha caafimaadka sidoo kale waxay isticmaali karaan ProviderOne si ay u arkaan haddii bukaanadooda ay kuqoranyihiin gudaha Apple Health iyo haddii kale.

Xubbin kasta oo kamid ah qoyskaaga midkaas oo u qalma Apple Health wuxuu heli doonaa Kaarkiisa ama Kaarkeeda Adeegaha. Qofkasta wuxuu haystaa lambar macmiil ProviderOne gooni ah midkaas oo uu asagu ama ayadu haysanayo intiiba uu noolyahay.

Haddii aad hore u haysatey ceymis kujirid Apple Health (ama qabtey Caawimaad caafimaad kahor inta aan loo aqoonsan sida 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.

- Ka Wac Adeegga Macmiilka ee Apple Health lambarkan 1-800-562-3022. Nidaamkeenna otomaatika ah waxaa la heli karaa 24 saacadood maalintii, 7 maalmood toddobaadkii.

Waxaa ku qoran jadwalka isbarbardhiga qorshaha buugyarahan kaas oo muujinaya cabbiraadaha tayada t iyo dhibcooyinka. Waxaad isticmaali kartaa dhibcaha si ay kuugu caawiyaan in aad go'aansatid nooca qorshaha caafimaadka adiga kuu fiican. Sidoo kale waxaad arki doontaa sharaxaad kusaabsan cabiraadaha, iyo sababta helida daryeelkaan ay adiga muhiim kuugu tahay ama ay muhiim ugu tahay caafimaadka xubnaha qoyskaaga.

Haddii aad u baahantahay adeegaha daryeelka caafimaadka kahor inta aan kaararkaagu imaanin

Waxaad heli doontaa warqad kuu sheegaysa qorshahaaga caafimaadka. Haddii aad u baahantahay in aad aadiid bixiye daryeel caafimaad ama buuxisid warqad daawo kahor in ta aan kaararkaagu imaanin, hore ugu qaado warqadan si aad ugu gaysid bixiyaha daryeelka caafimaadka ama farmashiyaha. Waxaad aadi kartaa dhakhtar kasta, xarun caafimaad, bixiye dhaqan caafimaad, farmashiye, intiiba uu daryeel bixiyuhu kujiro shabakada qorshahaaga (lagula galay qandaraas qorshahaaga caafimaadka). Laxiriir qorshahaaga caafimaadka wixii kusaabsan liiska daryeel bixiyayaasha.

Sidoo kale waxaad wici kartaa qorshahaaga caafimaadka wixii kusaabsan caawimaad, xitaa haddii aadan weli helin Kaarka Adeegahaaga ama kaarka Aqoonsiga qorshaha caafimaadka.

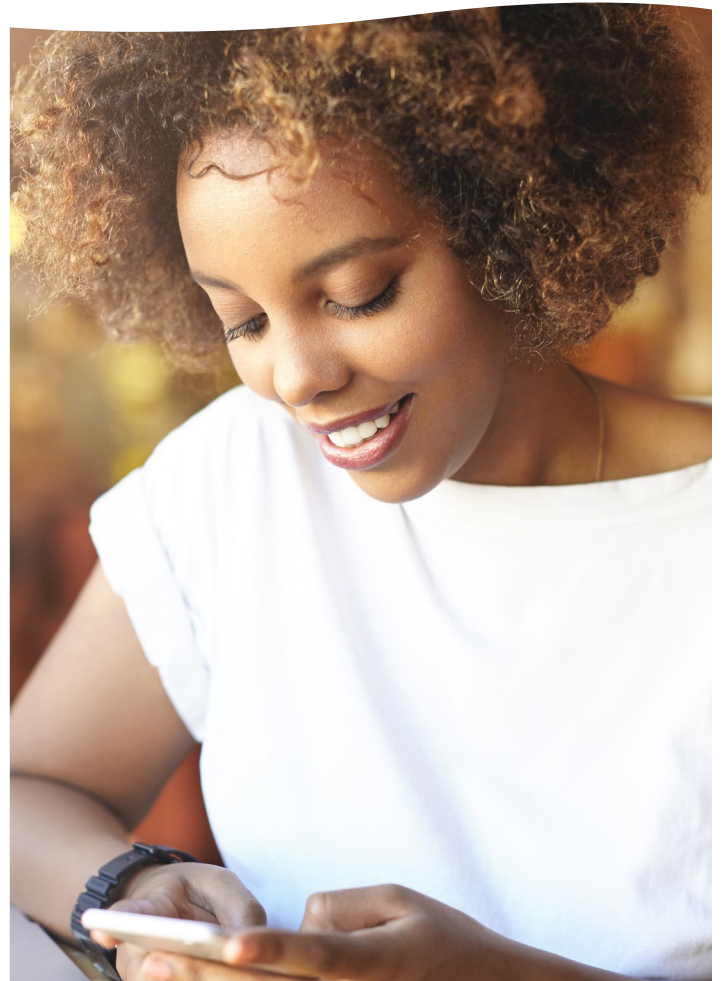
Kaarkaaga qorshaha caafimaadka

Dhowr todobaad kadib marka aad isku qortid Apple Health, waxaad heli doontaa kaar Aqoonsi qorshe caafimaad, sidoo kale macluumaad baddan oo ka ahaada dhinaca qorshahaaga oo kusaabsan sida loo doorto dhakhtar ama bixiye daryeel aasaasi ah (PCP). Hayso kaarkan, sidoo kale! Hore u qaado dhammaan Kaarka Adeegahaaga iyo kaarka Aqoonsiga qorshaha caafimaadka marka aad aadeyso dhakhtar, farmashi, ama bixiyayaal daryeel caafimaad kale. Sidoo kale waxaad u baahnaan kartaa Aqoonsi sawir.

Bedelida qorshooyinka caafimaadka

Waxaad xaq u leedahay in aad codsatid in aad bedeshid qorshahaaga caafimaadka wakhti kasta. Ayada oo ay kutiirsantahay marka lasamaynayo codsigaaga, qorshahaaga cusub wuxuu inta baddan bilaabmayaa kowda bisha soo socota. Waxaa jira qaabab baddan oo lagu bedeli karo qorshahaaga:

- Macaamiisha Apple Health ee haysta koontada Washington Healthplanfinder waxaa ay iska beddeli kraan qorseyaasha waqti kasta online-ka www.wahealthplanfinder.org.
- Dhammaan macaamiisha For all Apple Health, booqo mareegtada macmiilka ee the ProviderOne <https://www.waproviderone.org/client>.
- Ka codso isbeddel online-ka <https://fortress.wa.gov/hca/p1contactus/>. Dooro "Macmiilka" ka-dibna dooro mowduuca "Isqor/Beddel Qorshayaal Caafimaad"



Doorashada bixiye daryeel aasaasi ah

Waa muhiim in la xusho bixiyaha daryeelka aasaasiga ah (PCP).

Haddii aadan xulan PCP, qorshahaaga caafimaad ayaa mid kuu dooranaya. PCP-gaaga waa xirfadlaha caafimaadka ee ugu muhiimsan ee aad arkayso. Waxaa ay aqoon u yeelanayaan taariikhaada caafimaadka, arrimaha caafimaadka hadda, waxayna kuu gudbinayaan takhasusleyaal. Yeelashada PCP kuu gaar ah waxaa ay fududeynaysaa in uu daryeelo caafimaadkaaga.

Si aad u doorato PCP, raac tilmaamaha uu kuu soo direy qorshahaaga caafimaadka, ama wac telefoon lambarka adeegyada xubinka ee qorshahaaga caafimaad. Waxaad sidoo kale dooran kartaa PCP loo marayo mareegtada qorshahaaga caafimaadka.

Haddii PCP aad doonaysid uusan ku jirin shabakada qorshahaaga caafimaadka, weydii midka uu yahay qorshaha caafimaadka asaga ama ayada u shaqayso. Adiga waxaad xaq u leedahay in aad bedeshid qorshooyinka caafimaadka.

Sidoo kale waad weydiisan kartaa daryeel bixiye aasaasi oo nin ama naag ah. Sidoo kale waad weydiisan kartaa daryeel bixiye ku hadla luuqadaada, ku takhasusey naafadaada, ama fahma dhaqankaaga.

Daryeel bixiyahaaga aasaasiga ah wuxuu noqon karaan qof aad raaxo kuqabtid. Haddii aadan kufaraxsanayn daryeel bixiyahaaga aasaasiga ah sabab kasta oo ay tahay, wac khadka teleefoonka xubinka adeegaha qorshahaaga wakhti kasta si aad ugu bedeshid daryeel bixiye kale.

Haddii aad hore u haysatay daryeel bixiye aasaasi ah

Haddii aad hore u arkaysay daryeel bixiye aasaasi ah oo aad jeceshahay, ama maqashay wax kusaabsan daryeel bixiye aad jeceshahay in aad isku daydid, waad weydiisan kartaa daryeel bixiyahaas. Si kastaba, daryeel bixiyahaaga aasaasiga ah waa in uu noqdo qayb kamid ah shabakada qorshahaaga caafimaadka (lagula qandaraas galay qorshahaaga caafimaadka).

Haddii daryeel bixiyaha aad doonaysid uusan kujirin shabakada qorshahaaga caafimaadka, weydii daryeel bixiyaha midkaas oo qorshaha caafimaadka asaga ama ayada lashaqeeeyo.

Siddee loo sameystaa ballan

Marka aad dooratid daryeel bixiye aasaasi ah, wac si aad u samaysatid ballan. Waxaa khasab kugu ah in aad qabtid ballan si aad u aragtid PCP. Haddii aad qabtid welwelo caafimaad oo degdeg ah ama baahooyin, waxaa khasab kugu ah in aad awoodid in aad ku aragtid daryeel bixiyahaaga aasaasiga ah gudah dhowr maalmood. Xitaa haddii aadan qabbin welwelo caafimaad oo degdeg ah, sameyso ballan loogu talagalay baaritaan-guud (sidoo kale lagu magacaabo baaritaan ficnaansho). Baddanaa waxay qaadataa inbaddan si loo sameysto ballan loogu talagalay baaritaan, haddaba dib ha u dhigin.

Daryeelka joogtada ah	Lasameyso ballan Bixiyahaaga Daryeelka Aasaasiga ah. Waa in aad awoodid in aad sameysatid booqasho xafiis oo aad la yeelato Bixiyahaaga Daryeelka Aasaasiga ah ama daryeel bixiye kale gudaha 10 maalmood.
Daryeelka kahortaga	Ballan kasamayso daryeel bixiyahaaga caafimaadka aasaasiga ah ama daryeel bixiye kale. Waxaa khasab kugu ah in aad awoodid in aad ballan kusamaysatid gudaha 30 maalmood.
Daryeelka gaarka ah	Wac qorshahaaga caafimaadka ama Bixiyahaaga Daryeelka Aasaasiga ah.
Caafimaadka Maskaxda	Wac qorshahaaga caafimaadka ama Bixiyahaaga Daryeelka Aasaasiga ah.
Caafimaadka maskaxda iyo/ama daaweynta xanuunka isticmaalka daroogada	Wac qorshahaaga caafimaadka ama Bixiyahaaga Daryeelka Aasaasiga ah.
Wixii kusaabsan daryeelka saacadaha-kadib	Wac khadka latalinta 24 saac maalintii ee kalkaalisada qorshahaaga caafimaadka, tododo maalmood isbuuc kasta.
Wixii kusaabsan daryeelka degdega ah	Aad xarunta daryeelka degdega ah middaas oo heshiiska la leh qorshahaaga caafimaadka, ama wac daryeel bixiyahaaga aasaasiga ah ama khadka latalinta kalkaalisada. Waxaa khasab kugu ah in aad awoodid in aad booqatid daryeel bixiyahaaga caafimaadka aasaasiga ah ama daryeel bixiye kale gudaha 24 saacadood.
Wixii kusaabsan daryeelka degdega ah	Wac 911 ama aad meesha kuugu dhow meeshaas oo ay kugu caawin karaan daryeel bixiyaal xaaladaha degdega ah. Sida ugu dhakhsiyaha baddan ee ugu suurtoogalka ah, ayaa adiga ama qofkale oo aad garanaysid ay khasabtahay in uu u waco daryeel bixiyahaaga caafimaadka aasaasiga ah ama qorshahaaga caafimaadka si loogu sheego xaaladaada degdega ah.
Wixii kusaabsan daryeelka kafog guriga	Haddii aan xaaladu ahayn mid degdeg ah, wac Bixiyahaaga Daryeelka Aasaasiga ah ama khadka latalinta kalkaalisada, lagu qorey gudaha kaarka Aqoonsiga qorshahaaga.

Adeegaha caafimaadka hab dhaqanka

Haddii aad ku qorantahay Apple Health, waxaad geli kartaa ama heli kartaa adeegaha daaweynta xanuunka isticmaalida daroogada (loo yaqaano sida adeegaha caafimaadka hab dhaqanka). Adeegaha hab dhaqanka waxaa lagu daray gudaha xirmada dheefaha qorshahaaga daryeelka la maamulay. Dheefuhu ma ahan kuwo isbedelay. Isbedelka kaliya ee jira waa qorshaha daryeelka la maamulay ee isku dhafan midkaas oo ceymin doona adeegahaan bedelkii Ururka Caafimaadka Hab dhaqanka goboleed.

La xiriir qorshahaaga caafimaadka ama daryeel bixiyahaaga aasaasiga ah haddii aad u baahantahay in laguugu caawiyo isku duwida daryeelkaaga.



Xanuunka isticmaalka maandooriyaha waxaa kamid noqon kara:

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

Waxqabad daaweyn gaaban – Waqtiga wuu xaddidan yahay, si loo yareeyo dhibaato isticmaal. Adiga **uma** baahnid qiimeyn gudaha bukaan-socodka ah kahor adeegan.

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. Adiga uma baahnid qiimeyn gudaha bukaan-socodka ah kahor adeegan.

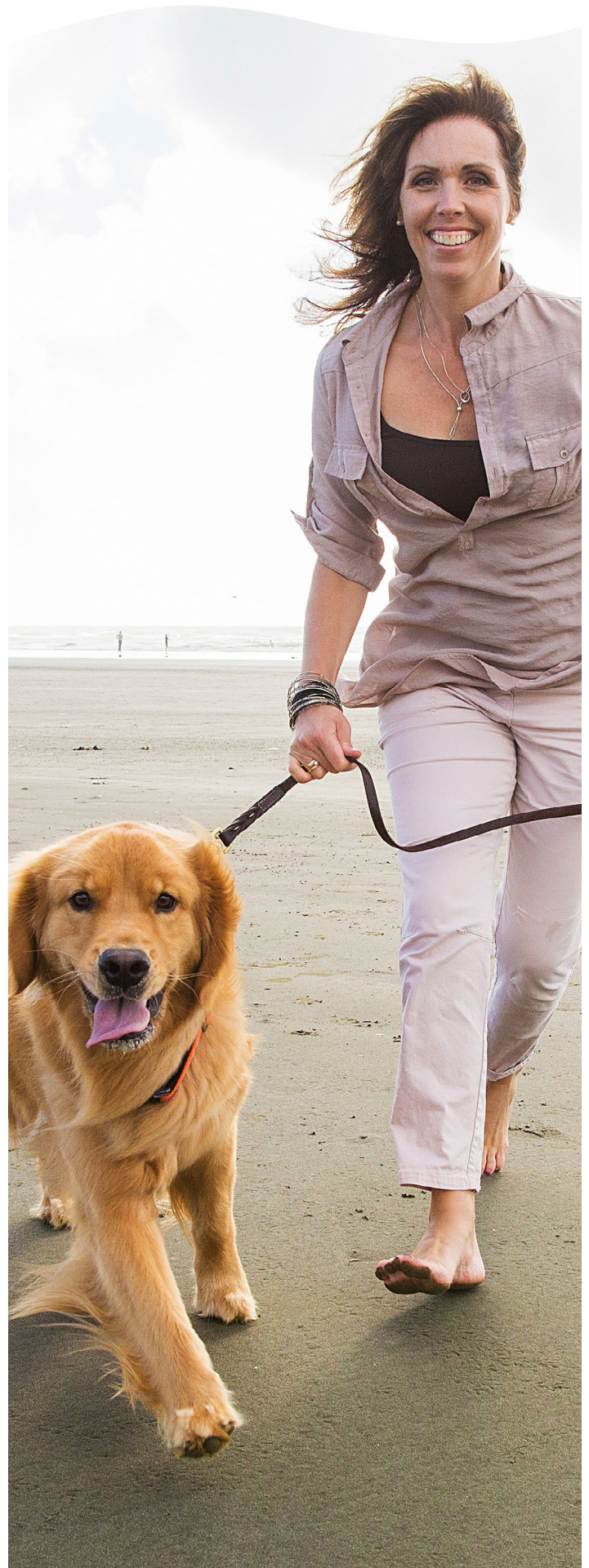
Daaweynta Bukaan-socodka – fadhiyo latalin koox ama keli ah oo kadhacda gudaha bulshadaada.

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 Qaadashada Daroogada Opiate – Waxay bixineysaa qiimeyn bukaan-socodka ah iyo daaweyn loogu talagalay qofka kutiirsan daroogada opiate. Waxaa kamid ah daawo la oggolaaday iyo latalin.

Maamulid Xaalad – Caawimaad laguugu caawiyo helida adeego caafimaad, bulsho, waxbarasho, iyo adeego kale.





Adeegaha Caafimaadka Hab dhaqanka waxaa kamid noqon kara:

Qiimeyn Gudaha ah – Waxay aqoonsanaysaa baahoyinkaaga iyo ahdaafta waxayna ku caawineysaa bixiyahaaga daryeelka caafimaadka maskaxda in uu kuusoo jeediyo adeego kale iyo daaweyn qorshe.

Adeegaha Daaweynta Qofka – La talin iyo/ama hawlo kale oo loogu talagalay in lagu gaaro ahdaafta ku qoran 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 kuwaaga lamid ah.

Taageero Saaxiibo – Caawimaad laguugu caawiyo raadinta nidaamka caafimaadka maskaxda iyo gaarida ahdaaftaada dib u caafimaadida, midaas oo uu bixiyo qof tababaran oona qabba isla dhibaatooyinkaaga oo kale.

Soo dhexgalid Gaaban iyo Daaweyn – La talin muddo-gaaban ah oo diirada lagu saarayo mushkilad gaar ah.

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

Daaweyn Aad u Xoogan – Adeego ay bixiyaan koox ka kooban bixiyayaal caafimaadka maskaxda ah si ay kuugu caawiyaan in aad gaartid ahdaaftaada ku qoran 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 dhibaataada bukaan-jiifka lagama maarmaan u ah caafimaad ahaan. Adiga **uma** baahnid qiimeyn gudaha bukaan-socodka ah kahor adeegan.

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. Adiga **uma** baahnid qiimeyn gudaha bukaan-socodka ah kahor adeegan.

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

Qiimeyn Dad Gaar ah – Caawimaad qorshe daaweyn uu bixiyo takhasusle la shaqeyna dad gaar ah, sida carruurta, dadka waaweyn, ama dad ka yimid asal dhaqan kale.

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

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 qiimeyn qaadasho oo adeegahan loogu talagalay.

- Wixii kusaabsan caawimaad degdeg ah, wac 911 ama aad qolka xaaladaha degdega ah ee kuyaala isbitaalka kuugu dhow. Adigu **uma** baahnid in laguugu oggolaado adeegaha dhibaataada.
- Wixii ku saabsan Buugga Khadadka Gobolka, booqo: www.hca.wa.gov/mental-health-crisis-lines
- **Khadka Caawimada Bogsashada Washington** waa khadka wareejinta iyo soo dhexgalka dhibaatooyinka ah 24-saacadood midkaas oo loogu talagalay kuwa la rafaadaya arimo xiriir la leh caafimaadka maskaxda, ku xad gudubka daroogada, iyo mushkilad qamaar ah. Wac 1-866-789-1511 (TTY 206-461-3219); ii-mayl recovery@crisisclinic.org, ama booqo www.warecoveryhelpline.org. Dhallinyartu waxay la xiriiri karaan dhallinyaro kale inta lagu guda jiro saacado gaar ah: wac 1-866-833-6546, ii-mayl teenlink@crisisclinic.org, ama booqo <https://866teenlink.org>.
- Wixii ku saabsan Khadka Qaranka ee Kahortaga Isdilida: wac 1-800-273-8255 (isticmaalayaasha TTY 1-800-799-4889).

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 iyo Mashruuca ASALKA (NATIVE) ee Spokane. Daryeel bixiyayaasha jooga xarumahaan caafimaadka waxay garanayaan dhaqankaaga, jaaliyadaada, iyo baahoyinka daryeelka caafimaadka.

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 [BHSS]), ama ceymiska Apple Health ee aanan la soconin daryeelka la maamulay (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.

Qaababka lagu qaato daryeelka caafimaadka

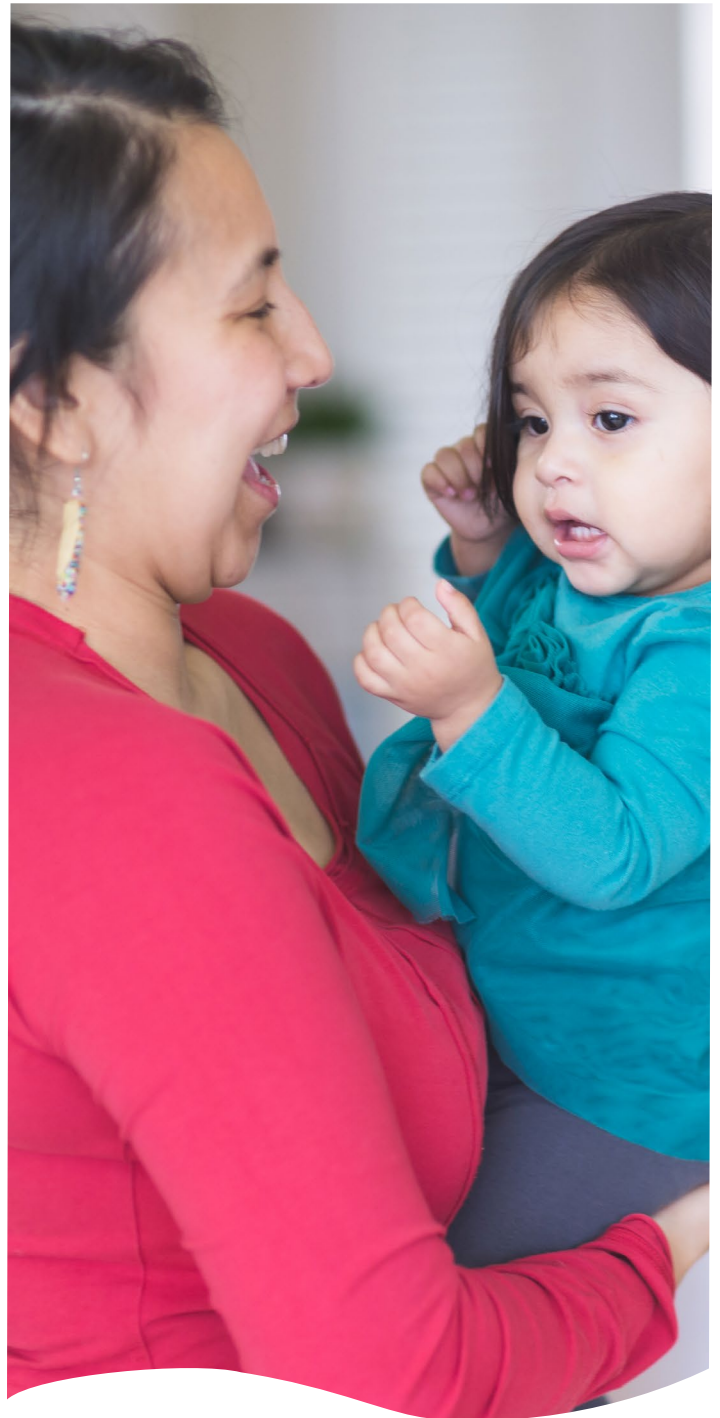
HCA wuxuu siinayaa Hindida Maraykanka ah iyo Dadka u dhashay Alaska ee ku nool gudaha Washington doorasho u dhaxaysa daryeelka la maamulay ee Apple Health iyo ceymiska Apple Health ee aanan la soconin daryeelka la maamulay. HCA wuxuu sidan u sameeyaa si uu ugu hoggaansamo xeerarka federaalka ah, qirida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

- Caynsanaanta Apple Health ee aan lahayn qorshaha daryeelka maareysan, waxaad dooran kartaa bixiye kasta ee ka qaybgala barnaamijka ujuurrada-adeegga ee Apple Health oo haddana aqbalaya bukaanno. Bixiyaashan waa in ay ka soo baxaan dhammaan shuruudaha shatiyada uu bixiyo gobolka. Si loo helo 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 dhinaca Ururka daryeelka ee 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 u weydiisid su'aallooyin.

Gardoon ama ilaaliyaha dadweynaha

Gardoon/ilaaliyaha dadweynaha waa qof ah ikhtiyaar la heli karo oo bixiya gargaar bilaash iyo qarsoodi ah oo lagu xallinayo walaaca la xiriira adeegyadaada caafimaadka hab-dhaqanka. Way ku caawin karaan haddii aad qabto cabashada caafimaadka hab-dhaqanka, racfaan, ama dhageysi caddaalad ah si loogu xalliyo walaacaaga heerka suurtagalka ah ee ugu hooseeya. Gardoon/ilaaliyaha dadweynaha waa uu ka madax-bannaan yahay qorshahaaga caafimaad. Waxaa bixiya qof, ama qof xubin ka tirsan qoyskiisa, lahaa adeegyada caafimaadka hab-dhaqanka.

Gobolka	Degmooyinka	Lambarrada teleefoonka
Great Rivers	Cowlitz, Grays Harbor, Lewis, Pacific, Wahkiakum	Gudaha Degmooyinka Cowlitz, Pacific iyo Wahkiakum: 1-866-731-7403 ama 1-360-414-0237 Gudaha Lewis iyo Grays Harbor: 1-833-721-6011 ama 1-360-266-7578
Greater Columbia	Asotin, Benton, Columbia, Franklin, Garfield, Kittitas, Walla Walla, Whitman, Yakima	1-800-257-0660 ama 1-509-783-7333
King	King	1-800-790-8049 (#3) ama 1-206-477-0630
North Central	Chelan, Douglas, Grant, Okanogan	1-844-636-2038
North Sound	Island, San Juan, Skagit, Snohomish, Whatcom	1-888-336-6164 ama 1-360-416-7004
Pierce	Pierce	1-800-531-0508
Salish	Clallam, Jefferson, Kitsap	1-888-377-8174 ama 1-360-692-1582
Spokane	Adams, Ferry, Lincoln, Pend Oreille, Spokane, Stevens	1-866-814-3409 ama 1-509-477-4666
Southwest	Clark, Klickitat, Skamania	1-800-696-1401
Thurston-Mason	Mason, Thurston	1-800-658-4105 ama 1-360-763-5793



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.

Haddii aad tahay qof dhagoole ah, Dhagoole Indhoole ah, ama Maqalka kugu Adagyahay, oona u baahantahay turjubaan luuqada dadka indhoolaha ah, fadlan u sheeg qofka jooga meesha soo dhoweynta. Turjubaan xirfadle ah ayaa la helayaa, midkaas oo aan adiga wax lacag ah kuugu fadhinin.



Waxaad heli kartaa caawimaad gaadiidka ah

Adiga waxaad u qalmi kartaa caawimaad laguugu caawiyo gaadiidka aad ku tagaysid ballantaada daryeelka caafimaadka midaas oo aan adiga wax lacag ah kuugu fadhinin. Ballantu waa in ay noqotaa mid ku saabsan adeegaha laga ceymiyay dhinaca Apple Health. Noocyada ugu baddan ee gaadiidka lahelu waxaa kamid ah: baska dadweynaha, foojarada gaaska, magdhowga masaafada iskaa wax u qabsiga iyo macmiilka, daraawaliin iskaada ah, taksi, gaariga kursiga curyaamiinta ama gaari laheli karo, iyo baska ganacsiga iyo hawada. Liis ay ku qoranyihiin dalaalayaasha ayaa halkan laga heli karaa:

www.hca.wa.gov/transportation-help.



Adeegaha laga ceymiyay dhinaca Apple Health ee aan lahayn qorshaha daryeelka maareysan

Caynsanaanta Apple Health ee aan lahayn qorshaha daryeelka maareysan (Sidoo kale loo yaqaanno ujrada-adeegga ama fee-for-service) waxaa uu caymiyaa dheefaha iyo adeegyada qaar xataa marka aad ku qoran tahay qorshaha caafimaadka daryeelka maareysan ee Apple Health.

- Adeegaha daryeelka muddada-dheer.
- Adeegaha loogu talagalay dadka qabba naafooyin koritaan.
- Adeegaha ilkaha.
- Ookiyaalo iyo adeegaha kuhabboon caruurta (kayar da'da 21).
- Adeegaha taageerada dhalimada ama hooyonimada, latalinta hidaha kahor waalidnimada, iyo joojinta uurka.

Haddii aad qabtid su'aal kusaabsan dheefta ama adeega aan halkaan lagu qorin, kawac Adeega Macmiilka Apple Health lambarka 1-800-562-3022.

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



Waxaa dhici karta in aad u baahatid turjumaan

Haddii aadan ugu hadlin luuqada Ingiriiska si wanaagsan ama ama aad tahay qof dhagool ah, Dhagoole Indhoole ah, ama Dhig kugu ah Maqalka, turjubaano xirfadlayaal ah ayaa lagu helayaa luuqado baddan, ay kamid tahay luuqada dadka indhoolaha ah, oo aan adiga wax lacag ah kuugu fadhinin. Marka aad samaysatid ballan daryeel caafimaad ah, u sheeg qofka jooga meesha soo dhoweynta haddii aad u baahantahay turjubaan. Turjubaanada luuqada lagu hadlo ayaa aadi kara xafiiska adeeg bixiyaha ama taleefoonka diyaar ku ah inta lagu guda jiro ballantaada. Turjubaanada luuqada dadka indhoolaha ah waxay aadi karaan xafiiska adeeg bixiyaha haddii aad tahay qof dhagoole ah, Dhagoole Indhoole ah, ama Maqalka kugu Adagyahay.

Way wanaagsantahay in la isticmaalo mid kamid ah turjumaanadaan xirfadlayaal ah halkii laga keeni lahaa xubin qoys ama saaxiib si uu adiga kuugu turjumo. Turjumaanada waxaa lagu tababarey in ay fahmaan weeraha daryeelka caafimaadka. Waxay adiga iyo daryeel bixiyahaaga kucaawin doonaan in aad sifiican isku fahantaan. Wax baddan ka oggoow halkan www.hca.wa.gov/interpreter-services.

Kaarkan warbixinta waxaa uu muujinayaa sida qorshayaasha Washington Apple Health ay isugu barbar dhigmaan meelaha waxqabadka muhiimka ah. Waxaad u adeegsan kartaa kaarkan warbixinta in uu kugu hago xulashadaada qorshaha sida ugu wanaagsan kuugu shaqeeyo.

Meelaha waxqabadka	Amerigroup Washington	Coordinated Care of Washington	Community Health Plan of Washington	Molina Healthcare of Washington	United Healthcare Community Plan
Daryeel helidda	★☆☆	★★★	★★★	★★★★	★★★
Ilaalinta caafimaadqabka carruurta	★☆☆	★★★	★★★	★★★	★★★
Ilaalinta caafimaadqabka haweenka iyo hooyooyinka	★☆☆	★★★	★★★	★★★	★★★
Ka hortagga iyo maareynta jirada	★★★	★★★	★★★	★★★	★★★
Xaqiijinta daryeelka habboon	★★★	★★★	★★★	★★★	★★★
Ku qancidda daryeelka la siiyay carruurta	★★★	★★★	★★★	★★★	★★★
Ku qancidda qorshaha loogu talagalay carruurta	★★★	★★★	★★★	★★★	★★★

Muhiim ah: Waxqabadka la barbardhigay dhammaan qorshayaasha Apple Health

Dhexdhexaad ka sareeya	★★★★
Dhexdhexaad ah	★★★
Dhexdhexaad ka hooseeya	★★★

Nisbayntan ama heerayntan waxaa lagu saleeyay macluumaad laga ururiyay qorshayaasha caafimaadka sannadkii 2018.

Macluumaadka waxaa saxnaanteeda dib-u-eegay hanti-dhawrayaal madax-bannaan.

Darajooyinka ama kaalinta waxqabadka qorshaha caafimaadka lama waafajin kala duwanaanshaha dadka xubnaha ka ah ama degamada adeegga.

Qeexidda goobta waxqabadka

Daryeel helidda

- Xubnaha waxaa ay heli karaa takhtar
- Xubnaha waxaa ay sheegaan in ay helaan daryeelka ay u baahan yihiin, marka ay u baahan yihiin

Ilaalinta caafimaadqabka carruurta

- Carruurta qorshaha ku jira waxaa ay helaan baaritaanno joogto ah
- Carruurta waxaa ay helaan tallaalada muhiimka ah
- Carruurta waxaa ay helaan heerka daryeelka ku habboon marka ay xannuunsan yihiin

Ilaalinta caafimaadqabka haweenka iyo hooyooyinka

- Haweenka waxaa ay helaan baaritaannada caafimaadka ee muhiimka ah
- Hooyooyinka cusub iyo kuwa dhowaan filaya in ay dhallaan waxaa ay helaan daryeelka ay u baahan yihiin

Ka hortagga iyo maareynta jirada

- Qorshaha waxaa uu ku caawiyaa xubnaha in ay kantaroolaan jirada muddada-dheer qofka haysa, sida neefta, cadaadiska sare ee dhiigga ama sonkorowga
- Qorshaha waxaa uu ku caawiyaa in ay kaga hortagaan jirrooyinka baaritaanno iyo daryeelka habboon

Xaqiijinta daryeelka habboon

- Xubnaha waxaa ay helaan daryeelka iyo daaweynta ugu habboon ee loogu talagalay xaaladooda

Ku qancidda daryeelka la siiyay carruurta

- Xubnaha waxaa ay sheegaan heerar sare ee takhaataarta, takhasuslayaal iyo daryeelka caafimaad ee guud

Ku qancidda qorshaha loogu talagalay carruurta

- Xubnaha waxaa ay sheegaan heerar sare ee loogu talagalay adeegga macmiilka qorshaha iyo guud ahaan qorshaha

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. Waa suurto gal in aad weysid qorshahaaga caafimaadka. Middaan waxay dhici kartaa haddii aadan kasoo bixin ballamahaaga aad la leedahay bixiyahaaga adeega, aadan lashaqaynin daryeel bixiyayaashaada, iyo sababo kale. Fadlan nala soo xiriir haddii aad jeceshahay macluumaad baddan.

Adiga waxaad xaq u leedahay in:

- Laguugu caawiyo qaadashada go'aanada kusaabsan daryeelkaaga caafimaadka, 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 oggola. 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 curyaanimu darteeda.
- Uga hadal si xur ah waxyaabaha kusaabsan daryeelkaaga caafimaadka iyo welwelada ayada oo aan jirin wax natiijooyin xun.
- 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 bixiyo daryeel bixiyayaashaada loogu talagalay daryeelkaaga caafimaadka dhaqameed iyo jirka.
 - » 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.
- Kuqaado Xuquuqahaaga Xubaniimo iyo Masuuliyadaha adiga oo usoo qora ugu yaraan si sannadle ah. Xuquuqahaaga waxaa kamid ah caafimaadkaaga maskaxda iyo adeegaha jirada isticmaalka daroogada.
- Qaado liis kusaabsan lambarada teleefoonka dhibaatooyinka.
- Heshid caawimaada buuxinta foomamka maskaxda iyo toosinta daawada caafimaadka sareysa.

Waxaad leedahay masuuliyada in:

- Laguugu caawiyo qaadashada go'aanada kusaabsan daryeelkaaga caafimaadka, ay kujirto diidista daaweynta.
- Ilaalisid balamaha oona ahaatid wakhtiga laguugu talagalay. Wacdid xafiiska daryeel bixiyayaashaada haddii aad soo daahaysid ama haddii ay khasab kugu tahay in aad burisid ballanta.
- Siisid daryeel bixiyayaashaada macluumaada ay u baahanyihiin si loogu bixiyo adeegaha adiga lagu siinayo.
- U muujisid daryeel bixiyayaashaada isla ixtiraamka adiga ayaga karabtidd.
- 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 suurto gal tahay.
- Siisid daryeel bixiyayaashaada 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. Haddii aadan sidaas sameynin, waxaa dhici karta in laguugu qoro Muraajacada Bukaanka iyo Barnaamijka Iskuduwida. Gudaha barnaamijkaan, adiga waxaa lagu xilsaarayaa hal daryeel bixiye aasaasi ah, hal farmashi, hal daawo qore oo loogu talagalay xakamaynta daroogooyinka, iyo hal isbitaal oo loogu talagalay daryeelka aan-degdega ahayn. Waxaa khasab kugu ah in aad joogtid isla qorshaha loogu talagalay ugu yaraan 12 bilood.
- 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 duruufuutaada ama xaaladaada (sida in aan yeelato cinwaan cusub, isbedel kudhaca dakhliga, ama aad noqotid qof u qalma Daryeelka caafimaadka ama ceymis kale).
- Cusboonaysii ceymiskaaga sannadlaha ah adiga oo ka isticmaalaya bogga internetka Healthplanfinder halkan www.wahealthplanfinder.org. Sidoo kale adiga waxaad isticmaali kartaa boggaan internetka si aad usoo sheegtid isbedelada kudhaca koontadaada xisaabta.

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 cabashadu la diro:

- Qorshahaaga caafimaadka waa in uu kuugu sheegaa tooska teleefoonka ama warqad gudaha labbo maalin shaqo in la helo cabashadaada.
- Welweladaada waa in loo sheego sida ugu dhakhsiyaha baddan ee ugu suurto gal ah, ayada oo aan qaadan wax kabaddan 45 maalmood.

Qorshahaaga caafimaadka waa in uu kugu caawiyaa dirida iyo samaynta cabashada.

Haddii aadan ku faraxsanayn go'aanka caafimaadka uu sameeyay qorshahaaga caafimaadka

Adiga ama Wakiilkaaga la Oggolaaday waxaad xaq u leedihiin in aad samaysaan ama dirtaan rafcaan. Rafcaanka waa nooc kamid ah cabashada aad samaysid marka aad doonaysid in qorshahaaga caafimaadka uu muraajaco ku samee go'aanka ay sameeyeen ee ku saabsan ceymis kujirada ama lacag bixinta adeega caafimaadka ceymiska ku jira.

- 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 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.

Matahay mid degdeg ah? Haddii aad samaynaysid rafcaan go'aanka ah oona qabtid xaalad caafimaad dhaqameed ama jir degdeg ah, adiga ama daryeel bixiyahaaga waxaad weydiisan kartaan muraajaco ama dhagaysi degdeg (dhakhso) ah. Haddii xaaladdaada caafimaad u baahan tahay, go'aan ayaa laga gaari doonaa ku saabsan daryeelkaaga saddex maalmood gudahood. Ugu noqo buuggyarahaaga xubinka wixii ku saabsan macluumaad faah-faahsan oo khuseeya tallaabadahaan.

Oggeysiis ku saabsan arimaha gaarka ah

Kaarka Adeegahaaga 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 hasiin in macluumaadaada shakhsiga ah, sida lambarka Dammaanada Bulshada, qof kusoo waca ama boosto ama iimayl kuusoo dirka 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 dad lawadaagaan macluumaada caafimaadka la dhowrey ee adiga kugu saabsan si loogu bixiyo dheefahaaga caafimaadka; loogu fuliyo daaweynta, lacag bixinta, iyo hawlaha daryeelka caafimaadka; iyo sababo kale oo lagu ogolaaday looguna baahanyahay dhinaca sharciga ama 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 www.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 intarnatka qorshaha.

Halka laga helo jawaabaha su'aalahaaga

Haddii aad qabtid wax su'aalooyin ah oo kusaabsan	Kalaxiriir
<ul style="list-style-type: none"> • Bedelaada qorshooyinka caafimaadka • U qalmida loogu talagalay adeegaha daryeelka caafimaadka • Kaararka Adeegaha 	<ul style="list-style-type: none"> • Kala xiriir Adeega Macamiilka Apple Health lambarkan 1-800-562-3022 ama u dir su'aalahaaga dhinaca https://fortress.wa.gov/hca/p1/contactus/ • Bogga internetka Macmiilka ProviderOne: https://www.waproviderone.org/client • Wac lambarka lacag-la'aanta ah 1-800-562-3022
<ul style="list-style-type: none"> • Doorashada daryeel bixiye • Adeegaha ceymiska kujira • Daryeelkaaga caafimaadka • Daryeelkaaga caafimaadka dhaqameed • Wareejino loogu talagalay takhasuslayaal 	<p>Qorshahaaga caafimaadka.</p> <p>Lambarka telefoonka qorshahaaga caafimaadka waxaa lagu qorey dusha bogga 5 ee buuggyarahan.</p>
<p>Isbedelo lagu sameeyo koontadaada xisaabta, sida: dakhliga, xaalada guurka, uur, dhallashooyinka, ama korsashooyinka.</p>	<p>Caynsanaanta carruurta, haweenka uurka leh, dadka waaweyn ee aan guursan, iyo waalidiinta/daryeelayaasha:</p> <ul style="list-style-type: none"> • Tooska internetka: www.wahealthplanfinder.org ama wac • 1-855-923-4633 (Isticmaalayaasha TTY/TDD waxay wacaan 1-855-627-9604) <p>Caynsanaan shaqsiyaadka waayeellada ah, indhoolaha ah, ama naafada ah ama u baahan adeegyo iyo taageero muddo dheer ah:</p> <ul style="list-style-type: none"> • Booqo Xafiiskaaga Adeega Macamiilka DSHS (CSO) ama gal bogga internetka Xiriirada Washington www.washingtonconnection.org

Boggag internet oo muhiim ah

Bogga internetka	URL
Bogga internetka Washington Apple Health (Medicaid)	www.hca.wa.gov/apple-health
Codsiga loogu talagalay Gaadiidka Caafimaadka Aan-Degdega ahayn	www.hca.wa.gov/transportation-help
Khadka Caawimaada Ficnaanshaha	www.waRecoveryHelpLine.org . Haddii aad u baahantahay daaweyn, wac 24-saacadood, lambarka khadka sirta iyo lacag la'aanta ah 1-866-789-1511 (TTY 1-206-461-3219).

Hoos kuqor daryeel bixiyayaashaada, si aad u heshid macluumaadka lahele marka aad wacdid caawimaad.

	Magaca iyo meesha	Lambarka teleefoonka
Dhakhtar		
Takhasusleh		
Takhasusleh		
Takhasusleh		
Farmashi		
Farmashi		
Isbitaal		
Lataliye		

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

P.O. Box 42719
Olympia, WA 98504-2719
HCA 19-046 SM (10/19) Somali