

# 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፣ 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 ሓገዝ 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 aalkoolada, daroogada 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, [www.hca.wa.gov/about-hca/rulemaking](http://www.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 adeegaha caafimaadka maskaxda iyo daaweynta xanuunka maandooriyaha

Waxaad u haysaa buuggarahaan sababtoo ah waxaad u qaadataa adeegaha caafimaadka jireed qaab kale. (Tusaale ahaan fiiri bogga 12.) **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.

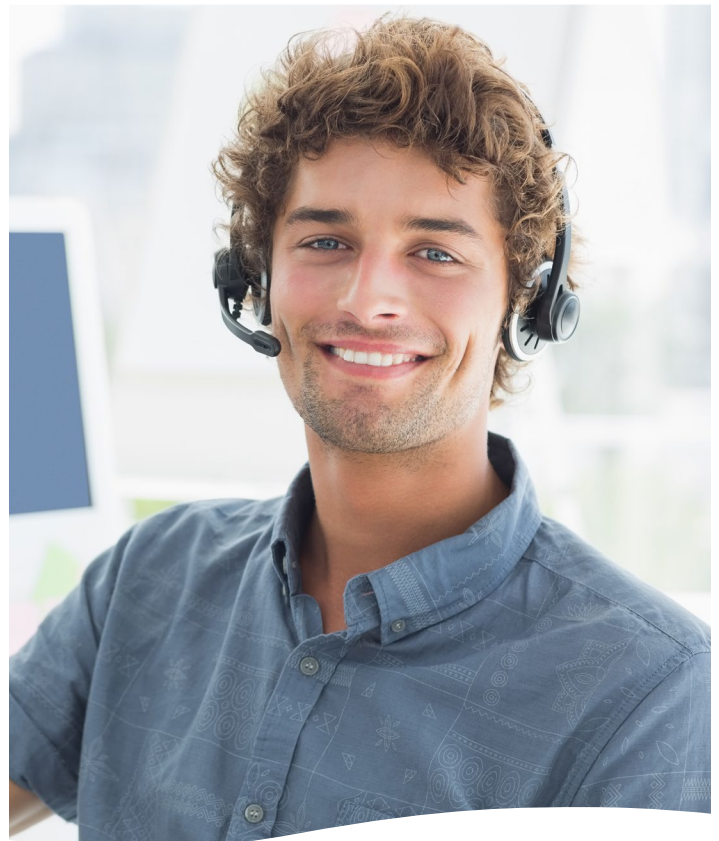
## Doorashada qorshaha

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

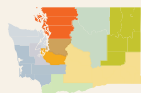
Waxaad xaq u leedahay in aad codsatid bedelida qorshahaaga caafimaadka hab dhaqanka wakhti kasta. Ayada oo ay kutiirsantahay markalasmaaynayo codsigaaga, qorshahaaga cusub wuxuu inta baddan bilaabmayaa kowda bisha soo socota. Waxaad ku bedelan kartaa qorshahaaga

- Online: [www.waproviderone.org/client](http://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 Maareeyo (loogu talagalay Kaliya Dheefaha Adeegyada Caafimaadka Hab-dhaqanka)

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).

## 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 kaarka. 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.

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. Qofkasta wuxuu haystaa lambar macmiil ProviderOne gooni ah midkaas oo uu asagu ama ayadu haysanayso 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.

## 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.




## Haddii aadan helin kaarka ama weysid kaarkaaga

Xiriirrada kaliya adeegyada Caafimaadka Hab-dhaqank	Qorsheyaasha Daryeelka La Maareeyay	Mareegtada
Amerigroup (AMG)	1-800-600-4441	<a href="http://www.myamerigroup.com/wa">www.myamerigroup.com/wa</a>
Community Health Plan of Washington (CHPW)	1-800-440-1561	<a href="http://www.chpw.org">www.chpw.org</a>
Coordinated Care of Washington (CCW)	1-877-644-4613	<a href="http://www.coordinatedcarehealth.com">www.coordinatedcarehealth.com</a>
Molina Healthcare of Washington (MHW)	1-800-869-7165	<a href="http://www.molinahealthcare.com">www.molinahealthcare.com</a>
United Healthcare Community Plan (UHC)	1-877-542-8997	<a href="http://www.uhccommunityplan.com">www.uhccommunityplan.com</a>

## 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.



Health Plan (80840) 911-87726-04

Member ID: 000000000 Group Number: WAHLOP

Member: MEMBER NAME

Payer ID: 87726

PCP Name: PROVIDER NAME  
PCP Phone: (000)000-0000

PROVIDER ADDRESS  
CITY, STATE, ZIP

0501


Administered by UnitedHealthcare of Washington, Inc.



Effective Date:  
Date of Birth:  
Subscriber #:

Washington Apple Health • Behavioral Health


Member Name:  
Medicaid or CHIP ID Number:  
Primary Care Provider (PCP):  
PCP Telephone #:  
PCP Address:  
Clinic/Group:  
Vision: 1-855-225-2640  
Member Services/Pharmacy and Behavioral Health: 1-800-600-4441  
Crisis Hotline: 1-800-852-2923  
Amerigroup On Call: 1-866-864-2544



Name: JOHN M SAMPLE  
Member #: 12345678 01  
Plan: Washington Apple Health  
Group: Apple Health - Family  
Clinic (PCP): Clinic XYZ  
Clinic Phone: 555-555-5555  
Copayment: OV \$0 / ER \$0 / RX \$0  
RxBin: 003858  
RxGroup: CHWA  
State ID#: 20000000WA

EXPRESS SCRIPTS®

Please see back of card for important information.




Washington Apple Health

RxBIN: 004336  
RXPEN: MCAIDADV  
RXGRP: RX0540

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](http://CoordinatedCareHealth.com)



Member: JANE DOE

Identification #: 110000000000 Date of Birth: 10/25/1990 Client ID: 10000000WA

Program: AH (Apple Health)

PCP Name: TONJIA L JONES PCPEff: 06/01/2018  
Auth: (800) 869-7185

PCP Phone: (360)538-1293  
PCP Location: SEA MAR ABERDEEN MEDICAL

Member Services: (800) 869-7165 / TTY 711

Molina Healthcare Virtual Care:  
(844) 870-6821 / TTY 711 or go to  
[wv.virtualcare.molinahealthcare.com](http://wv.virtualcare.molinahealthcare.com)

RxBIN: 004336  
RXPEN: ADV  
RXGRP: RX0540

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

Haddii aad u baahantahay in aad aadid bixiyaha daryeelka caafimaadka hab dhaqanka kahor inta aan imaanin kaarkaaga, 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 daroogada iyo aalkoolada.
- 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 baahooyinkaaga. 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 lagu oggolaado adeegaha dhibaataada.
- Wixii kusaabsan tusiyaha Khadadka Dhibtaada Gobolka ama Dalka, booqo boggaan internetka ah: [www.hca.wa.gov/mental-health-crisis-lines](http://www.hca.wa.gov/mental-health-crisis-lines).
- **Khadka Washington ee Caawimaada Bogsashada** waa mid shaqeyya 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](mailto:recovery@crisisclinic.org), ama booqo [www.warecoveryhelpline.org](http://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](mailto:teenlink@crisisclinic.org), ama booqo <https://866teenlink.org>.
- Wixii kusaabsan Khadka Qaranka ee Kahortaga Isdilida: 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, darooga iyo xad gudubka aalkoolada. 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.

**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 lajoojiyo isticmaalka. (Adeegan kuma jiro daaweyn isbitaalka ah.)

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

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

**Daaweynta Bukaana-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.



### Adeegaha caafimaadka maskaxda:

**Qiimeynta 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** – 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 qof 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 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. 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 dadka ka ahaaday asal dhaqan-baddan.

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

## Gardoon ama ilaaliyaha dadweynaha

Gardoon/ilaaliyaha dadweynaha waa qof ah 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 dhageysiga maamulka la xiriira si loogu xalliyo walaacaaga. Gardoon/ilaaliyaha dadweynaha waa uu ka madax-bannaan yahay qorshahaaga caafimaad ama Ururka Adeegyada Maamulka La Xiriira ee Caafimaadka Hab-dhaqanka (BH-ASO).

Gobolka	Degmooyinka	Lambarka 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	1-00-696-1401
Thurston-Mason	Mason, Thurston	1-800-658-4105 ama 1-360-763-5793

## Haddii aad u baahantahay daryeel

Caafimaadka maskaxda	Wac bixiyaha qorshahaaga caafimaadka hab dhaqanka ama caafimaadka maskaxda.
Daaweynta daroogada iyo khamrada	Wac bixiyaha daaweyntaada khamrada iyo daroogada ama qorshaha caafimaadka hab dhaqanka.
Kadib saacadaha-dareeylka	Wac khadka latalinta kalkaaliyahaaga qorshaha caafimaadka hab dhaqanka, 24 saac maalintii, todoba maalin todobaadkii.
Dhibaatooyinka	Booqo <a href="http://www.hca.wa.gov/mental-health-crisis-lines">www.hca.wa.gov/mental-health-crisis-lines</a>
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 ceeyminayaa adeegaha caafimaadka maskaxda iyo adeegaha loogu talagalay xanuunka isticmaalida daroogada (daaweynta daroogada iyo khamrada). Waxaad u qaadataa adeegahaaga caafimaadka jireed qaab kale, sida:

- Medicare ama ceeymis caafimaad khaas ah.
- Qorshaha caafimaadka daryeelka la maamulay ee Apple Health ee gaarka u ah carruurta ku jira daryeelka xanaanada (Daryeelka La iskuduway ee Washington).
- 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 ceeymiskaaga daryeelka caafimaadka jireed waxay bixiyaan qofka-oodhan, ceeymis ku jirid buuxda (caafimaadka jireed, caafimaadka maskaxda, iyo adeegaha daaweynta khamrada iyo daroogada).



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



### Waxaa dhici karta in aad u baahatid turjumaan

Haddii aadan si fiican uga hadlin Af Ingiriis 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. Turjumaanada luuqadda hadalka ayaa tagi kara xafiska bixiyaha ama wuxuu soo geli karaa telefoonka inta lagu guda jirro ballantaada. Turjumaanada luuqadda dhagoolayaasha waxaa ay tagi karaa xafiska adeeg bixiyaha haddii aad Dhagoole tahay Dhagoole iyo Indhoole tahay, ama uu Maqalka Kugu Adag yahay.

Waxaa wanaagsan in la isticmaalo mid ka kid ah tujumaanadan xirfadlayaal ah intii lala imaan ahaa xubin ka tirsan qoyska ama saaxiib oo kuu turjuma. Turjumaanada 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 [www.hca.wa.gov/interpreter-services](http://www.hca.wa.gov/interpreter-services).



### 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 Dhagoole, Dhagoole iyo Indhoole, ama magalka uu kugu adag yahay, oo aadna u baahan tahay turjumaanka luuqadda dhagooleyaasha, fadlan soo dhoweeyaya ogeysii. Turjumaan xirfadle ah ayaa la heli karaa, oo lacag la'aan a.



### 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 [www.hca.wa.gov/transportation-help](http://www.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. 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 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.

### Qaababka lagu qaato daryeelka caafimaadka

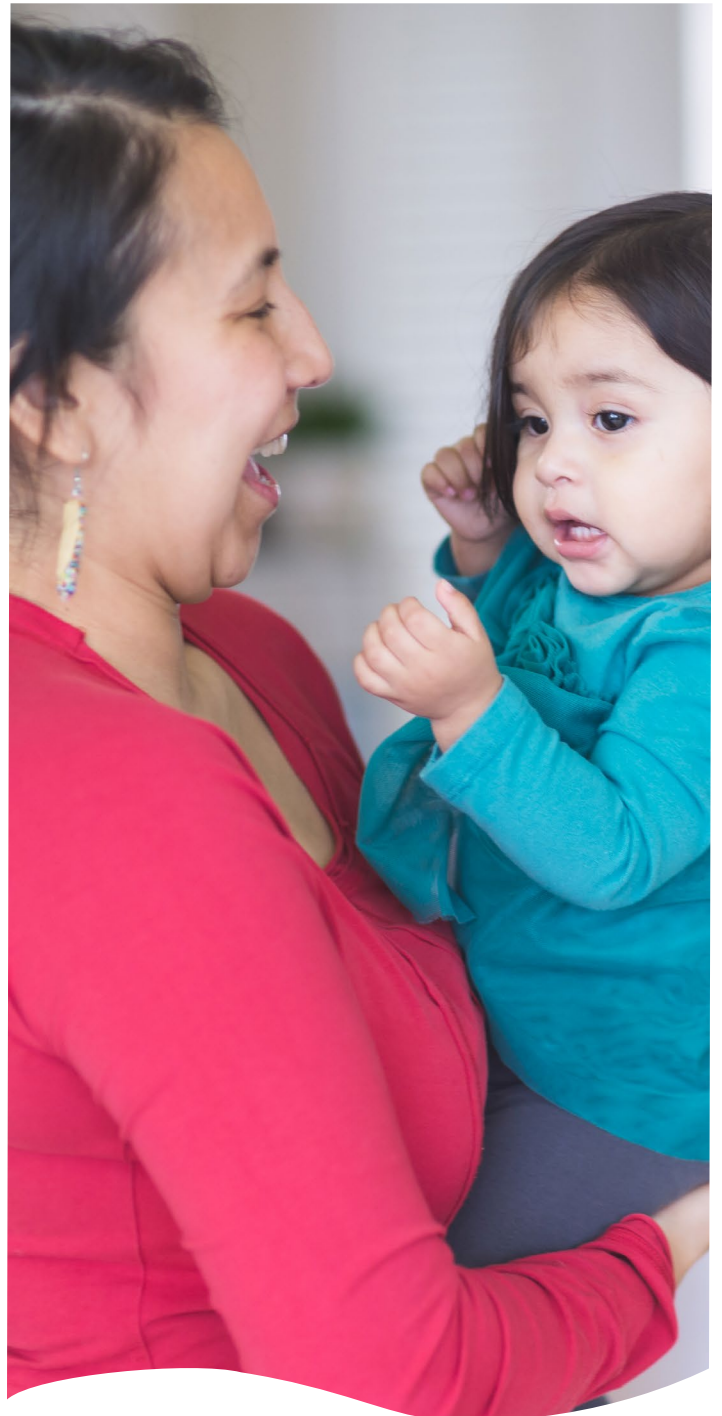
HCA wuxuu siinayaa Hindida Maraykanka ah iyo Dadka u dhashay Alaska ee ku nool gudaha Washington doorasho u dhaxaysa daryeelka la maamulay ee Apple Health ama ceymiska Apple Health ee aanan la soconin qorshe daryeel la maamuley. HCA wuxuu sidaan u sameeyaa si uu ugu hoggaansamo xeerarka federaalka ah, qirida adkaanta nidaamka keenida daryeelka caafimaadka ee Hindida, iyo in lagu caawiyo habsashada 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 xiriir 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 atijoooyin 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 aalkoolada, daroogada 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 aalkoolada, daroogada 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).
- Cusboonaysiisid ceymis kujiridaada si sanadle ah adiga oo isticmaala bogga intarnatka Healthplanfinder halkaan [www.wahealthplanfinder.org](http://www.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 [www.washingtonconnection.org](http://www.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 shaqo 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.

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

## Haddii aadan ku faraxsanayn go'aanka uu qaatay qorshahaaga caafimaadka

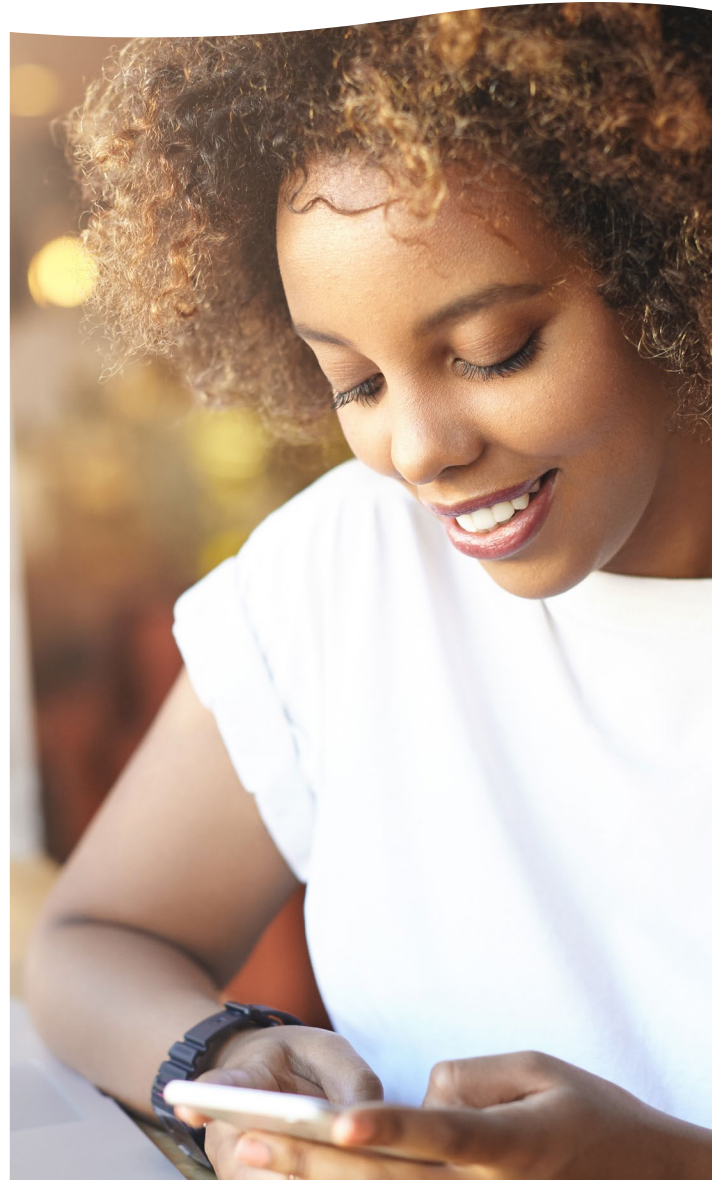
Racfaanka waa nooc ka mid ah cabashada aad samaysid marka aad doonaysid in qorshahaaga caafimaadka in uu dib-u-eego go'aanka ay sameeyeen ee ku saabsan caynsanaanta ama lacag-bixinta adeegga la caymiyay

- 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 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 hasiin 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 [www.hca.wa.gov](http://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"> <li>• Bedelaada qorshooyinka caafimaadka</li> <li>• Uqalmiinta loogu talagalay adeegaha caafimaadka hab dhaqanka</li> <li>• Kaararka Adeegaha</li> <li>• Sida lagu helo adeegaha haddii aad u guurtid degmo kale</li> </ul>	<p>Adeega Macamiisha Apple Health lambarkaan 1-800-562-3022 ama u dir su'aalahaaga dhinaca boggaan internetka ah <a href="https://fortress.wa.gov/hca/p1contactus/">https://fortress.wa.gov/hca/p1contactus/</a></p>
<ul style="list-style-type: none"> <li>• Doorashada bixiye caafimaad hab dhaqanka ah</li> <li>• Adeegaha ceymiska kujira</li> <li>• Wareejitanada loogu talagalay adeegaha caafimaadka hab dhaqanka</li> </ul>	<p>Qorshahaaga caafimaadka hab dhaqanka. Lambarka teleefoonka qorshahaaga caafimaadka hab dhaqanka waxaa lagu qorey dusha bogga 7-aad ee buuggarahaan.</p>
<p>Isbedelada lagu sameeyo koontadaada xisaabta, sida: dakhliga, xaalada guurka, uurka, dhallashooyinka, ama korsashada; ama in lacusboonaysiiyo cinwaankaaga</p>	<p>Caynsanaanta carruurta, shaqsiyaadka gaangaarka ah, haweenka uurka leh, waalidiinta/daryeelayaasha: <a href="http://www.wahealthplanfinder.org">www.wahealthplanfinder.org</a> 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: <a href="http://www.washingtonconnection.org">www.washingtonconnection.org</a> ama wa 1-877-501-2233 (TRS:711)</p>

## Boggag internet oo muhiim ah

Bogga internetka	URL
Bogga internetka Washington Apple Health (Medicaid)	<a href="http://www.hca.wa.gov/apple-health">www.hca.wa.gov/apple-health</a>
Codsiga loogu talagalay Gaadiidka Caafimaadka Aan-Degdega ah	<a href="http://www.hca.wa.gov/transportation-help">www.hca.wa.gov/transportation-help</a>
Washington Healthplanfinder	<a href="http://www.wahealthplanfinder.org">www.wahealthplanfinder.org</a>
Washington Connection	<a href="http://www.washingtonconnection.org">www.washingtonconnection.org</a>

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 (TURJUMAAD: 1-800-833-6384 ama 711).



P.O. Box 42719  
Olympia, WA 98504-2719  
HCA 19-049 SM (10/19) Somali