

# Kusoo dhowoow

Washington Apple Health

Caynsanaanta aanan la soconin qorshaha daryeelka la maamulay



[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 ဘာသာစကားအထောက်အကူပေးဆောင်ရွက်မှုများကို 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).

HCA 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).



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### Afeef kusaabsan buugyarahaan

Buugyarahaan wuxuu kubari doonaa dheefahaaga wuxuuna kuu sharxi doonaa xuquuqahaaga iyo mas'uuliyadahaaga iyo sida loo helo adeegaha. 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 (Medicaid). Waxaad kaheli kartaa macluumaad faah-faahsan oo kusaabsan Apple Health adiga oo ka eega ama gala bogga intarnatka Maamulka Daryeelka Caafimaadka ee kuqoran Bogga *Sharciyada iyo Xeerarkabogga*, [www.hca.wa.gov/about-hca/rulemaking](http://www.hca.wa.gov/about-hca/rulemaking).

# Kusoo dhowoow Washington Apple Health

Waxaad u qaadanaysaa buuggarahaan sababtoo ah adiga waxaad wakhti dhow noqotay qof u qalma Washington Apple Health (Medicaid) ee laga maamulo dhinaca Maamulka Daryeelka Caafimaadka ee Gobolka Washington (HCA). Buuggarahaan waxaa ku qoran macluumaad ku saabsan helida adeegaha Apple Health ee aanan la soconin qorshaha daryeelka la maamulay.

## Adeegaha Apple Health

Macaamiisha Apple Health ee aanan la soconin qorshaha daryeelka la maamulay waxay yihiin kuwo u qalma adeegahaan soo socda:

- Ballamada lala yeesho dhakhtarka ama xirfadlaha daryeelka caafimaadka ee loogu talagalay daryeelka lagama maarmaanka ah waxaa kamid ah adeegaha kahortaga iyo ficnaanshaha
- Daryeelka caafimaadka deg-dega 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\*
- Adeegyada caafimaadka maskaxda
- Ookiyaalo iyo adeegaha kuhabboon caruurta (kayar da'da 21)
- Adeegaha daryeelka muddada-dheer
- Adeegaha loogu talagalay dadka qabba naafooyin koritaan
- Adeegaha ilkaha

\* Laga helo kaliya tooska barnaamijka Apple Health ee loogu talagalay Dadka waawayn. Naga soo wac lambarkan 1-800-562-3022 si aad u heshid macluumaad dheeraad ah.

**Xusuusnoow:** Liiskan wuxuu kusaabsanyahay kaliya macluumaad guud mana dammaana qaadayo in Apple Health ay ceymis gelinayso adeega. Qaar kamid ah barnaamijyada u qalma waxay yihiin kuwo u qalma adeegahaan leh xadka. Fiiri Qaanuunka Washington (WAC) 182-501-0060.



## Kaarka adeegahaaga

Waxaad ku heli doontaa Kaarka Adeegaha Apple Health tooska boostada.

Ku dhowaadkii labbo todobaad kadib marka aad noqotid qof uga qalma Apple Health tooska Washington Healthplanfinder [www.wahealthplanfinder.org](http://www.wahealthplanfinder.org), ama Xiriirka Washington [www.washingtonconnection.org](http://www.washingtonconnection.org), waxaad heli doontaa Kaarka buluuga ah ee Adeegaha Apple Health (sidoo kale lagu magacaabo kaarka ProviderOne) sida midka sawirka ka muuqda. Haysa kaarka. Wuxuu ku tusinayaa in aad u qalantid caysanaanta Apple Health.

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

## Haddii aadan helin Kaarkaaga Adeegyada ama uu kaa lumo

Haddii aadan ku helin Kaarka Adeegahaaga gudaha labbo todobaad kadib marka aad noqotid qof u qalma Apple Health, fadlan la xiriir Adeega Macamiilka Apple Health si aad u codsatid kaar bedel ah. Waxaad tooska intarnatka ka geli kartaa labataan iyo afar saac maalintii/todobada maalin asbuucii 24/7 halkan <https://fortress.wa.gov/hca/p1contactus> ama soo wac inta lagu guda jiro saacadaha shaqada, 1-800-562-3022 (telefoonka-lacag la'aanta ah).

Haddii aad waysid Kaarka Adeegahaaga, waxaad codsan kartaa mid bedel ah gudaha 24/7 adiga oo isticmaalaya mid kamid ah doorashooyinkan:

- **Telefoon is-maamula.** Wac 1-800-562-3022 (telefoon lacag la'aan ah) kadibna dooro doorashada 1-aad ee loogu talagalay Adeegaha Macamiilka, kadibna doorashada 1-aad ee loogu talagalay Kaarka Adeegaha.
- **Kombuyuutar ahaan adiga oo isticmaalaya bogga intarnatka ee macamiilka.** Bogga intarnatka macamiilka waxaa laga helayaa halkan <https://www.waproviderone.org/client>.



## ProviderOne

Waxaad ku arki doontaa “ProviderOne” oo kuqorantahay dusha Kaarka Adeegahaaga. ProviderOne waa nidaamka HCA midkaas oo nagu caawinaya in aynu kuu soo dirno macluumaad muhiim ah. Lambarka kuqoran dusha kaarka waa lambarka macmiilka ProviderOne-kaaga.

Bixiyeyaasha daryeelka caafimaad waxay sidoo kale adeegsan karaan ProviderOne si ay u habsadaan in bukaanadooda ay ku qoran yihiin Apple Health. Iska hubso in aad soo sheegtid isbedelada ku dhaca macluumaadka qoyska, sida isbedel ku dhaca cinwaanka, Washington Healthplanfinder ama Xiriirka Washington.

Xubin kasta ee qoyskaaga ah ee u-qalma Apple Health waxay helayaan Kaarka Adeegyada oo iyaga u gaar ah. Shaqsi kasta wuxuu leeyahay lambarka macmiilka ProviderOne oo duwan ee la jiray cumrigooda oo dhan.

Haddii aad hore u lahayd caynsanaanta Apple Health, ama aad hadda ka hor lahayd Medicaid kahor inta aan loogu yeerin Apple Health, ma helaysid 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.

Hore usoo qaado Kaarka Adeegahaaga marka aad aadaysid dhakhtar, farmashiye, ama meel kale oo daryeel caafimaad bixiye ah. Sidoo kale waxaad u baahnaan kartaa sawir Aqoonsi.

# Daryeelka aasaasiga ah

## Muxuu u yahay muhiim daryeel bixiyaha aasaasiga ah

Daryeel bixiyahaaga aasaasiga ah (PCP) waa khibradlaha daryeelka caafimaadka kaliya aad aragtid. Daryeel bixiyaha aasaasiga ah wuxuu ku siinayaa adeegaha daryeelka aasaasiga ah adiga iyo qoyskaaga wuxuuna kugu xirayaa daryeel bixiyayaal kale. Daryeel bixiyahaaga aasaasiga ah wuxuu noqonayaa mid laqabsada oo og taariikhda caafimaadkaaga iyo mowduucyada caafimaadka hadda ah wuxuuna kugu caawinayaa in aad maamushid caafimaadkaaga.

Daryeel bixiyahaaga aasaasiga ah wuxuu noqon karaa dhakhtar, sida:

- Kalkaaliso dhakhtar diiwaan gashan oo sareeya
- Dhakhtar qoys
- Dhakhtarka daawada dabiiciga ah
- Cudurada dumarka/dhalmada
- Dhakhaatiirta carruurta
- Caawiye dhakhtar



## Doorashada bixiye daryeel aasaasi ah

Daryeel bixiyahaaga aasaasiga ah wuxuu noqon karaan qof aad raaxo kuqabtid. Waxaad dooran kartaa daryeel bixiye aasaasi ah oo nin ama dumar ah, qofkaas oo ku hadli kara luuqadaada, ku takhasusey naafadaada, ama fahma dhaqankaaga.

Haddii aad hore u haysatid daryeel bixiye aasaasi ah oo aad jeceshahay, ama aad hore u maqashay waxyaabo ku saabsan daryeel bixiye aad doonaysid in aad isku daysid, weydii daryeel bixiyaha haddii ay aqbalayaan adeega-lacagta ah-ee Apple Health. Haddii ay aqbalaan, waxaad sii wadan kartaa in aad sii aragtid daryeel bixiyahaasi. Haddii aysan aqbalin adeega-lacagta ah-ee Apple Health, waxaad u baahnaan kartaa in aad heshid daryeel bixiye aasaasi ah oo kale. Waxaad u tagi kartaa daryeel bixiye kasta midkaas oo aqbalaya Kaarka Adeegaha Apple Health.

## Helida wareejinta loogu talagalay adeegaha takhasuska gaarka ah

Mararka qaar waxaad u baahantahay in aad u tagtid takhasusle ah sida dhakhtarka wadnaha ee daaweeya wadnahaaga ama dhakhtarka cagaha ee daaweeya cagtaada. Daryeel bixiyahaaga wuxuu ku siin doonaa wareejin loogu talagalay adeegahaan takhasuska gaarka ah.

**Xusuusnoow:** Qaar kamid ah adeegaha takhasuska gaarka ah u baahan waxay u baahan yihiin oggolaansho hore oo ka ahaada dhinaca HCA kahor inta aadan qaadanin adeega. Daryeel bixiyahaaga wuxuu codsan doonaa oggolaanshaha hore si aad u heshid adeega.

## Siddee loo samaystaa Ballan

Marka aad dooratid daryeel bixiye aasaasi ah, wac si aad u samaysatid ballan. Inbaddan oo kamid ah adeegaha, waxaa khasab kugu ah in aad qabtid ballan si aad u aragtid daryeel bixiye. Haddii aad qabtid wel-welo caafimaad oo deg-deg ah ama baahooyin, waxaa khasab kugu ah in aad awoodid in aad ku aragtid daryeel bixiyahaaga aasaasiga ah gudaha dhowr maalmood. Xitaa haddii aadan qabbin wel-welo caafimaad oo deg-deg ah, sameyso ballan loogu talagalay baaritaan-guud (sidoo kale lagu magacaabo baaritaan ficnaansho). Baddanaa waxay qaadataa inbaddan si loo samaysto ballan loogu talagalay baaritaanka-guud sidaas darteeda dib ha u dhigin. Helida baaritaanka-ficnaanshaha waa mid muhiim ah sababtoo ah helida mushkiladaha ee la helo xili hore waxay kuu diidaysaa in aad xanuunsatid.

## Haddii aad u baahantahay daryeel

Marwalba waxaa wanaagsan in aad aragtid daryeel bixiyahaaga aasaasiga ah si aad u samaysid daryeel kahortag ama joogto ah. Haddii aad qabtid baahi daryeel caafimaad deg-deg ah oona aadan sugi karin ballanta aad la yeelanaysid daryeel bixiyahaaga aasaasiga ah, aad xarunta daryeelka deg-dega ah ee loogu talagalay daryeelka, lana soco daryeel bixiyahaaga aasaasiga ah.

Wixii ku saabsan daryeelka xaalada deg-dega ah – wac 911 ama aad meesha kuugu dhow meeshaas oo uu kugu caawin karo daryeel bixiye xaalada deg-dega ah. Tusaalooyinka xaalada caafimaad ee deg-dega ah waxay yihiin: wadno xanuun, lafo jabid, ama ficil celin xasaasiyad aad u daran.



# Caafimaadka hab dhaqanka

Haddii aad haysatid Kaarka Adeegaha, waxaad tahay qof u qalma in uu qaato adeegaha daawaynta caafimaadka maskaxda iyo xanuunka ka dhasha isticmaalida daroogada (si wadajir ah loogu yaqaano sida “adeegaha caafimaadka hab dhaqanka”). Waxaad u heli kartaa adeegaha caafimaadka hab dhaqanka qaababkan soo socda:

- La xiriir Kaliya Adeegyada Caafimaadka Hab-dhaqanka (BHSO) qorshaha daryeelka la maareeyo ee degmadaada. Eeg bogga 9.
- Ka wac Xarunta Adeegga Macmiilka ee Apple Health 1-800-562-3022.

Iska hubso in aad u sheegtid xirfadlahaaga caafimaadka hab dhaqanka haddii aad guurtid.

**Xusuusin:** Haddii aad aadid daryeel bixiye midkaas oo aan qandaraas kula jirin in uu u adeego macaamiisha Apple Health, waxaa dhici karta in aad adeega lacag ku bixisid.

Waxaad ka heli kartaa macluumaad dheeraad ah oo ku saabsan buuggyaraaha Dheefta Caafimaadka Hab dhaqanka, ee laga helo dhinaca HCA halkan: [www.hca.wa.gov/mental-health-benefits](http://www.hca.wa.gov/mental-health-benefits).

Wixii ku saabsan macluumaad dheeraad ah oo khuseeya daaweynta caafimaadka hab dhaqanka iyo adeegaha laga maalgeliyay dhinaca HCA, booqo [www.hca.wa.gov/mental-health-and-addiction-services](http://www.hca.wa.gov/mental-health-and-addiction-services).

## Ilaha Kale:

- Hadaad rabto macluumaad badan oo ku saabsan adeegyada caafimaadka hab-dhaqanka: [www.hca.wa.gov/mental-health-and-addictionservices](http://www.hca.wa.gov/mental-health-and-addictionservices).
- Talooyinka ku saabsan ka hortagga isticmaalka khamriga iyo xashiishka ee da'yarta: [www.StartTalkingNow.org](http://www.StartTalkingNow.org).
- Caawimaado loogu talagalay dhallaanka (khatka caawimaad oo ay ka jawaabaan dhallinyarro): [866teenlink.org](http://866teenlink.org) ama 1-866-833-6546.



## Adeegaha daawaynta daroogada iyo khamrada waxaa kamid noqon kara:

**Qiimeynta** — “Wareysi” uu qaado bixiyaha caafimaadka si loo go'aansado adeegaha aad u baahantahay.

**Waxqabad daaweyn gaaban** — Waqtiga wuu xaddidan yahay, si loo yareeyo dhibaato isticmaal.

**Maamulida Kabixida (Baabi'inta sunta)** — Caawimaad laguugu caawiyo yareynta isticmaalkaaga aad isticmaashid aalkoolo ama daroogooyin kale in muddo ah, ilaa ay ka noqoto mid ammaan ah in la joojiyo isticmaalka. Adeeggan kuma jirto daaweyn cusbitaal ku saleysan.

**Daaweynta Bukaansocodka** — Fadhiyo la talin koox ama keli ah oo ka dhaca gudaha bulshadaada.

**Daaweyn Bukaansocod Degdeg ah** — Fadhiyo la talin badan oo koox ama kelinimo ah.

**Daaweyn Bukaanka-Guriga ah** — Barnaamij dhammaystiran oo la talinta qofka kelida ah, lat alin koox, iyo waxbarid, kuwaas oo lagu bixiyo maalintii-24-saacadood xarun la kormeero.

**Adeegaha Daaweynta Bedelka U Ah Qaadashada Daroogada Opiate** — Waxay bixineysaa qiimeyn bukaan-socodka ah iyo daaweyn loogu talagalay qofka ku tiirsan 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:

**Qiimeynta Qaadashada** — Waxay aqoonsanayaa baahiyadaada iyo yoolalka, waxayna caawinaysaa bixiyahaaga caafimaadka dhimirka si uu ugu taliyo adeegyada kale iyo in uu qorsheeyo daaweynta.

**Adeegaha Daaweynta Qofka** — La talinta iyo/ama hawlo kale oo loogu talagalay in looga dhabeeyo ahdaaftaada kujira qorshahaaga adeegga.

**Maamulida Daawada** — Shaqaale rukhsadaysan ayaa sharxaya daawada oona kaala hadlaya waxyaabaha ku saabsan 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** — La talin lala sameeyo dad kale oo qabba caqabado kuwaaga 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.

**Waxqabad iyo daaweyn gaaban** — La talin waqti oo xoogga lagu saarayo dhibaato gaar ah.

**Daaweyn Qoys** — Latalin ku kooban qoyska si loogu caawiyo dhisida xiriir xoogan iyo xalinta mushkilada.

**Daaweyn Aad U sareysa** — Adeegaha laga bixiyo dhinaca kooxda bixiyayaasha caafimaadka maskaxda si laguugu caawiyo in aad la kulantid ahdaaftaada kusaabsan qorshahaaga khaaska ah.

**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-jiiifka lagama maarmaan u ah caafimaad ahaan. Adigauma 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 isbitaal. Adiga uma baahnid qiimeyn gudaha ah kahor adeegan.

**Maamulida Xaalada Baxnaaniska** — Iskuduwid u dhaxeeya adeegahaaga caafimaadka maskaxda bukaan-socodka iyo bukaan-jiiifka. 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 carruurta, dadka waaweyn iyo dadka ka ahaaday asal dhaqan-baddan.

**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 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.
- Si aad u heshid liis ay ku qoranyihiin Khadka Dhibaatooyinka Gobolka, booqo: [www.hca.wa.gov/mental-health-crisis-lines](http://www.hca.wa.gov/mental-health-crisis-lines).
- Wixii ku saabsan Khadka Caawimaada Ficnaanshaha: [www.waRecoveryHelpLine.org](http://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).
- Wixii kusaabsan Khadka Noloshu Qaranka ee Kahortaga Isdilida: wac 1-800-273-8255 (isticmaalayaasha TTY 1-800-799-4889)

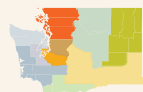
## Xiriirada Ururka Caafimaadka Hab dhaqanka

Qorsheyaasha Daryeelka La Maareeyay	Telefoonka Ugu Muhiimsan	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>

## Ururada Daryeelka La maamulay

(ee loogu talagalay Kaliya dheefaha Adeegaha Caafimaadka Hab dhaqanka)

Degmo	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).

## Macluumaad loogu talagalay Hindida Maraykanka ah iyo Dadka u dhashay Alaska

Haddii aad tahay Hindi Mareykanka 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 [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.

### 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.

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



### Waxaa dhici karta in aad u baahatid turjumaan

Haddii aadan sifigan ugu hadlin luuqada Ingiriiska ama aad tahay dhagoole, Indhoole Dhagaal ah, ama Dhib ku qaba Maqalka, turjumaanayaal xirfadlayaal ah ayaa lagu helayaa luuqado baddan, ay kujirto luuqada dhagoolayaasha ee tilmaan bixinta ah, ayada oo aan wax lacag ah kuugu fadhin. Marka aad samaysid ballan daryeel caafimaad, u sheeg qofka meesha soo dhowaynta jooga haddii aad u baahantahay turjumaan. Turjumaanada ku hadlo luuqadaada waxay aadi karaan xafiiska daryeel bixiyaha ama wuxuu kujiri karaa teleefoonka inta lagu guda jiro ballantaada. Turjumaanada luuqada tilmaanta ah waxay aadi karaan xafiiska daryeel bixiyaha haddii aad tahay dhagoole, Indhoole Dhagoole ah, ama Dhib kugu tahay Maqalka.

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 sifigan isku fahantaan. Wax baddan ka oggootow halkan [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, Indhoole Dhagoole ah, ama Dhib kugu tahay Maqalka, una baahantahay turjumaan luuqada tilmaanta 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

Waxaa dhici karta in aad u qalantid caawimaad laguugu caawiyo gaadiidka kugu gaynaya ballantaada daryeelka caafimaadka midkaas oo aan adiga wax lacag ah kuugu fadhinin. Ballanta waxaa khasab ah in ay ahaato mid loogu talagalay adeegaha laga ceymiyay dhinaca Apple Health. Noocyada ugu baddan ee gaadiidka laheloo 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 ku saabsan dadaalayaasha ayaa laga heli karaa boggaan internetka ah [www.hca.wa.gov/transportation-help](http://www.hca.wa.gov/transportation-help).



## 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. Haddii aadan kasoo bixin ballamahaaga daryeel bixiyaha, oona aadan la shaqaynin bixiyahaaga daryeelka aasaasiga ah, daryeel bixiyahaaga waxaa dhici karta in uu diido in uu kula kulmo. 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 adeego adiga oo aan sugin muddo dheer.
- Laguula dhaqmo si xushmad iyo sharaf leh. Midab takoor lama ogola. Ma jiro qof loola dhaqmayo si gooni ah ama cadaalo daro ah midaas oo ay sabab u tahay jinsigooda, midabkooda, asalkooda dhallasho, noocooda, aqoonsiga qofka, rabitaankooda galmo, da'dooda, diintooda, caqiidadooda, ama naafadooda.
- 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 diiwaanadaada 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.
  - » Dhammaan doorashooyinka loogu talagalay daryeelka iyo sababta aad u helaysid noocyo gaar oo daryeel ah.
  - » Sidee loo weydiistaa dhagaysi cadaalad ah haddii aadan oggolayn u qalmitaanka ama go'aanka ceymiska.
- Hel adeegaha xanuunka isticmaalida daroogada iyo caafimaadka maskaxda.
- 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 talogalay. 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.
- Keen Kaarka Adeegahaaga dhammaan ballamahaaga oo dhan.
- Isticmaashid adeegaha daryeelka caafimaadka marka aad u baahatid.
- Oggaatid mushkiladaha caafimaadkaaga kana qayb qaadatid samaynta ujeeddooyinka daaweynta la isku-raacay intiiba ay suurtogaltahay.
- Siisid daryeel bixiyayaashaada macluumaad dhamaystiran oo ku saabsan 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.
- 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 duruufataada ama xaaladaada (sida in aad yeelato cinwaan cusub, isbedel kudhaca dakhliga, ama aad noqotid qof u qalma Daryeelka caafimaadka ama ceymis kale).
- U cusboonaysii ceymiskaaga si sannadle ah adiga oo isticmaalaya bogga intarnatka Washington Healthplanfinder halkan [www.wahealthplanfinder.org](http://www.wahealthplanfinder.org) ama bogga intarnatka Xiriirka Washington halkan [www.washingtonconnection.org](http://www.washingtonconnection.org). Adiga sidoo kale waxaad u isticmaali kartaa boggaan intarnatka ah si aad usoo sheegtid isbedelada kudhaca koontadaada xisaabta.

## Halka laga helo jawaabaha su'aalahaaga

Haddii aad qabtid wax su'aalooyin ah oo kusaabsan...	Kalaxiriir...
<ul style="list-style-type: none"> <li>• U qalmida loogu talagalay adeegaha daryeelka caafimaadka</li> <li>• Kaarka adeegaha</li> <li>• Doorashada daryeel bixiye</li> <li>• Adeegaha ceymiska kujira</li> </ul>	<p>Adeega Macamiilka Apple Health lambarkan 1-800-562-3022 kadibna dooro doorashada 3-aad ee loogu talagalay Adeegaha Macamiilka ama u dir su'aalahaaga dhinaca <a href="https://fortress.wa.gov/hca/p1/contactus">https://fortress.wa.gov/hca/p1/contactus</a>, ama ka fiiri boggeen intarnatka ah halkan: <a href="https://www.waproviderone.org/client">https://www.waproviderone.org/client</a>.</p>
<ul style="list-style-type: none"> <li>• Isbeddelada xisaabtaada, sida: cinwaanka, dakhliga, xaalka guurka, uurka, dhallashada, ama korsashada.</li> </ul>	<p>Ceymis ku jirada loogu talagalay carruurta, dadka waawayn, dumarka uurka leh, waalidiinta/daryeelayaasha: <a href="http://www.wahealthplanfinder.org">www.wahealthplanfinder.org</a> ama wac 1-855-923-4633 (TRS: 711)</p> <p>Ceymis loogu talagalay dadka waawayn kuwaas oo waayeelka, indhoolaha, ama naafada ah ama u baahan adeegaha muddada-dheer iyo taakulooyinka: <a href="http://www.washingtonconnection.org">www.washingtonconnection.org</a> ama wac 1-877-501-2233 (TRS: 711)</p>

## Bogga intarnatka xogaga ee Apple Health

Washington Apple Health (Medicaid)	<a href="http://www.hca.wa.gov/apple-health">www.hca.wa.gov/apple-health</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>

### Oggaysiis ku saabsan arimaha gaarka ah

Kaarkaaga Adeegaha ma ahan mid ku qoran wax macluumaad shakhsi ah aan ka ahayn magacaaga, lambarkaaga ProviderOne, iyo taariikhda lasoo saaray ama la bixiyay. Middaan waxay ilaalinaysaa arimahaaga gaarka ah ama sirtaada haddii kaarka uu lumo ama laxado. Maamulka Daryeelka Caafimaadka (HCA) kuulama soo xiriiri doono si toos ah si ay kuu weydiistaan macluumaadkaaga shakhsiyeed si loo helo ama loo bedelo Kaarka Adeegaha. **Weligaaga ha siinin macluumaadkaaga shakhsiyeed, sida lambarkaaga Dammanada Bulshada, qof kuusoo wacay ama boosto kuusoo diray si uu kuu weydiyo.**

Maamulka Daryeelka Caafimaadka wuxuu isticmaalaa oona dadka la wadaagaa macluumaadka caafimaadka la ilaaliyay bixiyayaasha daryeelka caafimaadkaaga si loo bixiyo dheefaha caafimaadka; si loo fuliyo daawaynta, lacag bixinta, iyo hawlaha daryeelka caafimaadka; iyo sababo kale oo laga oggolaaday loogana baahanyahay dhinaca sharciga. Laakiin HCA waxaa looga baahanyahay in uu ka dhigo macluumaadkaaga caafimaad kuwo sir ah.

Si aad u akhrisid siyaasada khusuusiyaada HCA gal bogga intarnatka [www.hca.wa.gov](http://www.hca.wa.gov) kadibna ku dhufo dusha "Privacy" "Khusuusiyaada" hoosta bogga.



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