



Hagaha Caymiska Caafimaadka ee loogu talagalay Muhaajiriinta Gobolka Washington



Soo-dhowoow

Dad ka kala socda guud ahaan caalamka ayaa Washington ugu yeera in gurigoodu uu yahay. Kuwa dalka Mareykanka ku cusub, qorsheynta iyo jihaynta caymiska caafimaadk ayaa noqon karta waayo-aragnimo lagu jahwareero oo adag.

Qof walboo ku nool Washington ayaa wuxuu heli karaa caymis caafimaad oo loo marayo Washington Healthplanfinder™, iyadoon la eegayn xaaladda socdaalka. Hagahan wuxuu kaa caawin doonaa fahamka ikhtiyaaradaada.

Washington, aan ku caynsanaanno!

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Ereyada Daryeelka Caafimaadka

► Daryeel Caafimaad

Adeegyada loogu hortagayo ama lagu daaweynayo xaalado caafimaad.

► Qorshaha Caafimaadka

Waxaad sannad walba iibsataa qorshe caafimaad lacala haddii adiga ama qoyskaaga ay u baahan yihiin daryeel caafimaad. Shirkadaada qorshaha caafimaadka ayaa waxay bixinaysaa qayb ama dhammaan kharashka daryeelka caafimaadka marka aad leedahay qorshe caafimaad.

► Qorsheyaasha qualified health

Qorsheyaasha caafimaadka ee ka soo baxa jaangooyooyinka tayada, kharashka, iyo helidda ee waafaqsan Xeerka Daryeelka La Awoodi Karo. Dhammaan qorsheyaasha laga heli karo Washington Healthplanfinder waxay ka soo baxaan jaangooyooyinkan.

► Cascade Care Savings Plans (Qorshayaasha Kaydadka Daryeelka Cascade)

Qorshayaasha kaydada kharashka ee Washington Healthplanfinder. Cascade Care Savings Plans (Qorsheyaasha Kaydka Daryeelka Cascade) waxay dhimmaan kharashka waxayna caymiyaan adeegyo badan inta aan wax laga jarin kahor.

► Apple Health

Apple Health waa magaca Medicaid loogu yeero gobolka Washington. Waxay caymis bilaash ah ama qiimo-jaban siisaa kuwa xaqa u leh iyadoo lagu saleynayo dakhliga.

► Lacagaha caymiska ee joogtada ah

Lacagahaaga caymiska ee joogtada ah waa lacagta aad bil kasta ku bixiso qorshahaaga caafimaadka. Waa in aad bixisaa lacagahaaga caymiska ee joogtada ah xitaa haddii aadan helin wax adeegyo daryeel caafimaad ah.

► Laga jari karo

Qadarka lagaa jari karo (deductible) waa qaddarka ay tahay in aad caadi ahaan ku bixiso daryeelka ka hor inta qorshahaaga caafimaadka uusan bilaabin in uu kharashka kula wadaago. Adeegyada ka-hortagga ah waxaa loo heli karaa si bilaash ah ka hor inta aadan ka soo bixin qaddarka lagaa jari karo (deductible). Qaddarka lagaa jari karo ayaa wuxuu bilaabanayaa bilowga sannad kasta.

► Lacagta-Jeebka-Laga-Bixiyo

Kharashaadka lacagta jeebka laga bixiyo waa waxa aad ku bixiso daryeelkaaga caafimaadka. Waxaa ku jiri kara qaddarka laga jari karo, caymiska-la-wadaago, iyo lacag-bixinnada caymiska la wadaago. Qaddar kasta ee uusan caymin qorshahaaga caafimaadka waa kharashaadka jeebka-laga-bixiyo.

► **Washington Healthplanfinder**

Washington Healthplanfinder waa halka laga dukaameysto ama iibsado qorshaha caafimaad ee Washington. Haddii aad Washington ku nooshahay, waxaad codsan kartaa caymis loo marayo [Washington Healthplanfinder](#).

► **Muwaadin Mareykan ah**

Shakhsiyaadka ku dhashay dalka Mareykanka ama dhulalkiisa, shakhsiyaadka noqday muwaadin jinsiyad la siiyay, iyo shakhsiyaadka qaar ee ay dibaddu ku dhaleen ugu yaraan hal muwaadin Mareykan ah.

► **Qof Dhalasho Mareykan ah Haysta**

Shakhsiyaadka ku nool American Samoa ama Jasiiradda Swain Arbaca, ka-dib 24-ki Disembar, 1952, iyo dadka deggan Jasiiradaha Waqooyiga Mariana ee aan dooran in ay noqdaan muwaadin Mareykan ah.

► **Si Sharci Ah Ku Jooga**

Muhaajiriinta ama dadka aan muwaadiniinta ahayn ee si sharci ah ku soo galey dalka Mareykanka oo aanan dalka sii joogin in ka badan muddadii loo oggolaaday.

► **Muddada Mamnuuca 5-sano ah**

Muddada sugitaanka 5-sano ee loogu talagalay muhaajiriinta xaqa u leh ka hor inta aysan xaq u yeellan Medicaid. Muddadan sugitaanka 5-sano caadi ahaan waxay bilaabataa marka qofku uu helo xaaladiisa socdaalka ee la aqoonsan yahay, oo aan ahayn markay Mareykanka soo galeen. Xaaladaha muhaajiriinta qaarkood waxaa ka reeban muddada mamnuuca ee 5-sano ah.

► **Sharci La'aan ah**

Dadka aan muwaadiniinta ahayn ee aan hadda Mareykanka ku lahayn xaalad socdaal.

► **Qoysaska “Xaaladda Iskudhafka ah”**

Qoysaska xubnahooda haysata xaalado socdaal kala duwan.

Waa maxay caymis caafimaad?

Caymiska caafimaadka waa sida ay dadku caadi ahaan u bixiyaan lacagaha daryeelka caafimaadka. Waxaad bixinaysaa lacag caymis joogto ah, iyo marka aad hesho adeegyada daryeelka caafimaadka, caymiskaaga caafimaadka wuxuu bixin doonaa qayb ama dhammaan kharashka. Waa muhiim in aad leedahay caymis caafimaad sababta oo ah daryeelka caafimaadka ayaa noqon kara mid aad qaali u ah!

Xitaa haddii aad caafimaadqabto, in aad caymis caafimaad leedahay waa muhiim. Ma ahan oo kaliya in shilalka ama jirrada ay dhici karaan waqti kasta, laakiinse in aad caymis caafimaad leedahay waxay kuu oggolaanaysaa in aad hesho adeegyo ka hortag joogto ah si aad u ilaaliso caafimaadkaaga iyo caafimaadka qoyskaaga.

Helidda daryeel caafimaad ayaa ka dhigaya bulshooyinkeenna kuwo caafimaadqaba oo xooggan!

Dheefaha Caafimaadka Aasaasiga ah

Qorshe caafimaad kasta ee ku jira Washington Healthplanfinder wuxuu caymiyaa 10 dheefo caafimaad oo aasaasi ah. Kuwani waxaa ka mid ah:

- Booqashooyinka dhakhtarka iyo joogitaanka cusbitaalka
- Safarada lagu tago qolka xaaladaha degdegga ah
- Daryeelka ka hor iyo kadib marka uu ilmahaaga dhasho
- Daaweynta caafimaadka dhimirka iyo isticmaalka maandooriyaha
- Daawooyinka la isku qoro
- Adeegyada iyo aaladaha kugu caawinaya in aad bogsato haddii uu dhaawac ku soo gaaro ama haddii aad leedahay xaalad ama naafonimo raagta
- Baaritaannada shaybaarka
- Adeegyada ka hortagga oo ay ku jiraan la-talinta, baaritaannada, iyo tallaalada
- Maareynta cudurka raaga, sida cudurrada sonkorowga ama nefta
- Daryeelka caafimaadka carruurta

Ikhtiyaarada Daryeelka Caafimaadka ee loogu talagalay Muhaajiriinta

Ikhtiyaarada Caymiska-Dhammeystiran

Ikhtiyaaradan daryeelka waxay ka hadlaan booqashooyinka dhakhtarka, daryeelka cusbitaalka, daawooyinka la qoray, iyo kuwo kaloo badan.

Carruurta Yaryar	Kumaa Xaq u Leh?
Qorshayaasha Cascade Care	<ul style="list-style-type: none"> ✔ Qof walba
Canshuur Dhaaf	<ul style="list-style-type: none"> ✔ Muhaajiriinta sida sharciga ah ku jooga, oo ay ku jiraan qaatayaasha DACA ✘ Dadka aan sharciga haysan
Cascade Care Savings	<ul style="list-style-type: none"> ✔ Qof kasta
Apple Health	<ul style="list-style-type: none"> ✔ Muhaajiriinta sida sharciga ah ku jooga ee ka gudbay muddada mamnuuca 5-sano ah* ✘ Muhaajiriinta sida sharciga ah ku jooga ee aan ka gudbin muddada mamnuuca 5-Sano ah* ✘ Dadka Aan Sharciga Haysan ✘ Si sharci ah ku jooga oo aan u qalmin <p>*Fadlan eeg "Kumaa ka reeban muddada mamnuuca 5-sano ah" bogga 11aad</p>
Apple Health for Kids ((Apple Health loogu talagalay Carruurta)	<ul style="list-style-type: none"> ✔ Qof kasta
After-Pregnancy Coverage (Caymiska Uurka-Kadib)	<ul style="list-style-type: none"> ✔ Qof kasta
<p>Apple Health Expansion (Ballaarinta Apple Health)**</p> <p>**Apple Health Expansion (Ballaarinta Apple Health) waa barnaamij isqoritaankiisu uu xaddidan yahay.</p> <p>*** Qaar xaaladaah si sharci ah ku jooga oo aan u qalmin waxay xaq u yeellan karaan haddii aanan shaqo loo oggolayn.</p>	<ul style="list-style-type: none"> ✔ Dadka Aan Sharciga Haysan ✘ Si sharci ah ku jooga oo aan u qalmin*** ✘ Muhaajiriinta sida sharciga ah ku jooga ee ka gudbay muddada mamnuuca 5-sano ah ✘ Muhaajiriinta sida sharciga ah ku jooga ee aan ka gudbin muddada mamnuuca 5-Sano ah ✘ Muwaadiniinta mareykan ah iyo dadka u dhashey ✘ Tallaabada dib loo dhigay ee imaanshaha carruurnimada

Ikhtiyaarada Caymiska Xaddidan

Qorshayaashan waxay caymiyaan adeegyada ama xaaladaha qaarkood.

Barnaamijka	Kumaa xaq u leh?
Family Planning Only (Qorsheynta Qoyska oo Keliya)	<ul style="list-style-type: none"> ✔ Qof kasta
Medical Care Services (Adeegyada Daryeelka Caafimaadka)	<ul style="list-style-type: none"> ✔ Muhaajiriinta Sida Sharciga ah Ku Jooga ee Aan Ka Gudbin Muddada Mamnuuca 5-Sano ah ✔ Dadka sharci la'aanta ah* ✘ Muhaajiriinta Sida Sharciga ah Ku Jooga ee Ka Gudbay Muddada Mamnuuca 5-Sano ah ✘ Muwaadiniinta iyo dadka u dhashey Mareykanka <p>*Haddii ay xaq u leeyihiin barnaamijka la xiriira WAC 388-424-0001(4)</p>
Apple Health for Pregnant Individuals (Apple Health loogu talagalay Haweenka Uurka leh)	<ul style="list-style-type: none"> ✔ Qof kasta
Alien Emergency Medical (Caafimaadka Xaaladaha Degdegga ah ee Shisheeyaha)	<ul style="list-style-type: none"> ✔ Si sharci ah ku jooga oo aan u qalmin ✔ Muhaajiriinta Sida Sharciga ah Ku Jooga ee Aan Ka Gudbin Muddada Mamnuuca 5-Sano ah ✔ Dadka Aan Sharciga Haysan ✘ Muhaajiriinta Sida Sharciga ah Ku Jooga ee Ka Gudbay Muddada Mamnuuca 5-Sano ah ✘ Muwaadiniinta iyo dadka u dhashey Mareykanka

Miyaan xaq u leeyahay?

Haddii aad ku nooshahay Washington, wax kastoo ay tahay xaaladaada socdaalka, waxaad heli kartaa qorshe caymis caafimaad oo loo marayo Washington Healthplanfinder. Xitaa haddii aadan dokumenti haysan, waxaa jira ikhtiyaaro daryeel caafimaad oo aad heli karto.

Xaaladaha U-qalmidda iyo Aan U-qalmin

Xaaladaha muhaajirka sida sharciga ah ku jooga waa midkood “u-qalma” ama “aan u qalmin.”

Xaaladaha joogitaanka sharciga ah ee u qalimid la'aanta caamka ah waxaa ka mid ah:

- ▶ Dadka aan muhaajiriinta ahayn ee loo oggol yahay in ay Mareykanka u soo galaan ujeedo gaar ah muddo waqti xaddidan, sida booqdayaasha ganacsi, ardayda ama dalxiisayaal
- ▶ Dadka lagu siidaayay si ku salaysan ka waantibid dambi; – haddii xaaladda ku siideynta si ku saleysan ka waantibid dambi la oggolaaday ay tahay sanad ama wax ka yar
- ▶ Kuwa loo oggolaaday xaaladda ilaalinta ku-meelgaarka ah
- ▶ Codsadayaasha loogu talagalay hagaajinta
- ▶ Iskii-u-codsade ee waafaqsan VAWA laakiinse aan weli helin xaq-u-yeelashada “Ogeysiiska Aragtida Koowaad (Prima Facie)”
- ▶ Tallaabada dib loo dhigay, baajinta bixinta, ama joojinta masaafurinta la oggolaaday
- ▶ Amarka kormeerka la oggolaaday
- ▶ Ka joogista masaafurinta
- ▶ Xaaladaha fiisaha dal-ku-galka ee K, S, U, ama V

Haddii aad hadda leedahay xaalad “aan u qalmin”, waxaad weli xaq u leedahay barnaamijyada daryeelka caafimaadka qaarkood ee gobolka Washington.

Haddii aad leedahay xaaladda muhaajir u qalma, waa in aad badanaa ka gudubtaa muddada mamnuuca ee 5-sano ah ka hor inta aadan xaq u yeellan Medicaid.

Waa maxay muddada mamnuuca 5-sano ah?

Sharciga federaalka wuxuu muhaajirin badan oo u qalma uga baahan yahay in ay shan sano sugaan ka hor inta aysan xaq u yeellan Medicaid. Marka gobolka Washington la joogo, Medicaid waxaa loo yaqaanaa Washington Apple Health. Muddada sugitaanka 5-sano waxaa loo yaqaanaa muddada mamnuuca 5-sano (5-year bar). Muddadan sugitaanka 5-sano caadi ahaan waxay bilaabataa marka qofku uu helo xaalad socdaalka la aqoonsan yahay, oo aan ahayn markay Mareykanka soo galeen. Xaaladaha muhaajiriinta qaarkood waxaa ka reeban muddada mamnuuca ee 5-sano ah.

Kumaa ka reeban muddada mamnuuca 5-sano ah?

► Waa in uu ka soo baxaa muddada mamnuuca 5-sano ah haddii laga dhaafo mooyaane

- Deganayaasha Joogtada ah ee Sharciga ah (LPR) - eeg Qoraalka 2aad ee hoose.
- Dadka lagu siidaayay si ku salaysan ka waantibid dambi - haddii xaaladda ku siideynta si ku saleysan ka waantibid dambi ee la oggolaaday ay tahay sanad iyadoo hoos tageysa §212(d)(5) ee Xeerka Socdaalka iyo Jinsiyadda (INA).
- Xaasaska iyo carruurta lagu xadgudbay ee haysta ogeysiiska I-130 ee oggolaanshaha "aragtida koowaad/prima facie" ama iskii-codsiga la oggolaaday ama go'aan sugaha ah ee waafaqsan Xeerka Tacaddiga Ka Dhanka ah Haweenka (VAWA).
- In uu Mareykanka soo galato sida soo galid shuruud ku xiran ka hor da Abriil 1, 1980, ee waafaqsan 203(a)(7) ee INA.



► **Ka-reebban muddada mamnuuca 5-sano ah**

- Aasiyaan Ameerikaanka ee uu dhaley muwaadin Mareykan ah oo ka tirsanaa ciidamada xoogga oo ku sugnaa Kuuriya, Fiirnaam, Laos, Kampuchea, ama Taylaand ka-dib 31-ka Disembar, 1950, laakiinse ka hor 22-ka Oktoobar, 1982, kuwaas oo Mareykan ku soo galey muhaajiriin ahaan iyadoo la raacayo §584 ee Xeerka Hawlgallada Dibadda, Maalgelinta Dhoofinta, iyo Qoondemaha Barnaamijyada La Xiriira.
- Shakhsiyaadka lagu siidaayay si ku saleysan ka waantibid oo qaxooti ama magangalyo doon ah iyadoo la raacayo §212(d)(5) ee INA.
- Qaxootiga dalka ku soo galey si waafaqsan §207 ee INA.
- Xubanaha Hmong iyo qabiillada Highland Laotian ee caawiyay ciidamada militeriga Mareykanka U.S. intii lagu guda jiray xilligii dagaalkii Fiitnaam min 5 Agoosto, 1965 ilaa 7-da Maajo, 1975.
- Muhaajiriinta gaarka ah ee ka yimid Ciraaq ama Afgaanistaan ee Mareykanka ku soo galey kuwan soo socda midkood:
 - Xaaladda socdaalka gaarka ah ee waafaqsan qaybta §101(a)(27) ee INA;
 - Muhaajirka gaarka ah ee degganaanshaha gaarka ah ee shuruudda ku xiran haysta; ama
 - Lagu siidaayay si ku saleysan dambi ka waantibid waafaqsan qaybta 602(b)(1) ee Xeerka Ilaalinta Xulafada Afgaaniga ah ama qaybta 1059(a) ee Xeerka Oggolaanshaha Difaaca Qaranka ee 2006.
- Sida ku cad Qaybta 2502 ee Xeerka Qoondemaha Dheeraadka ah ee Afgaanistaan, 2022 iyo Xeerka Qoondemaha Mideysan ee 2023, dadka Afgaanistaanka loo oggolaaday xaaladah bani'aadamnimo intii u dhaxeysay 31-ka Luulyo, 2021, iyo 30-ka Sibtembar, 2023, iyo xaasaskooda iyo carruurtooda, iyo waalidiinta iyo mas'uuliyiinta carruurta aan lala socon ee loo oggolaaday siideynta ka-dib 30-ka Sibtembar, 2022, waxaa loo qiimeeyay in ay yihiin muhaajiriin u qalma ilaa 31-ka Maarso, 2023, ama dhammaadka muddadooda siideynta, mid kastoo dambeeya.
- Dadka Ukrainian u dhashey - iyo kuwa aan Ukrainian u dhalan oo laakiin markii ugu dambeysay degganaa Ukraine - ee loo oggolaaday in bani'aadamnimo lagu siidaayo intii u dhaxeysay 24-ka Febraayo, 2022, iyo 30-ka Sibtembar, 2024. Xaasaskooda iyo carruurtooda, iyo waalidiinta iyo mas'uuliyiinta carruurta aan lala socon ee loo oggolaadey siideynta ka-dib 30-ka Sibtembar, 2024, si waafaqsan Qaybta 401 ee Xeerka Qoondemaha Dheeraadka ah ee Dadka Ukrainian ee 2022, iyo sida uu ballaariyay xeerka Qoondemaha Dheeraadka ah ee Ukraine ee 2024, waxaa loo qiimeeyaa muhaajiriin u-qalma ahaan.

- Dhibbanaasha ka ganacsiga dadka sida ku cad Xeerka Dhibannaasha Ka-ganacsiga Dadka iyo Ilaalinta Tacaddiga ee 2000.
- Magangalyo doonayaasha xaalooda loo oggolaaday si waafaqsan §208 ee INA.
- Soo-galootiga Kuuba/Haitian, ee waafaqsan shuruudaha 45 CFR §401.2³, oo ay ku jiraan shakhsiyaadka loo oggolaaday si waafaqsan barnaamijka Dib-u-mideynta Qoysaska Haitian (HFRP).
- Shakhsiyaadka loo oggolaaday in musaafirintooda la joojiyo
- Muwaadiniinta Gobollada Federaalka ee Micronesia, Jamhuuriyadda Palau, ama Jamhuuriyadda Jasiiradaha Marshall Islands ee ku nool dalka Mareykanka iyadoo la raacayo Heshiisyada Ururka Xorta ah.
- Hinddada Mareykan ah ee u-qalma kuna dhashey dibadda sida kor lagu qeexayba waxaa caadi ahaan lagu suntaa in ay yihiin muwaadiniin Mareykan ah, laakiinse haddii ay bixiyaan xaqiijinta xaaladda LPR, waxaa lagu suntan karaa in ay yihiin Deganayaasha Joogtada ah ee Sharciga ah (LPR) ee waafaqsan barnaamijyada MAGI. Loogama baahna in ay haystaan ama bixiyaan xaqiijinta xaaladda LPR.

Ogow: Muddada mamnuuca 5-sano ah ma khuseyso shakhsiyaadka helay "xaaladda muhaajirta u qalma 5tii sano ee la soo dhaafay gudaheeda, haddii ay Mareykanka soo galeen ka hor 8 Agoosto, 1996 oo ayna si joogto ah ugu noolaayeen Mareykanka tan iyo 22- Agoosto, 1996, eeg xeerka WAC 182-503-0535.

Ogow: Koodhka qaybta Kaarka Degganaanshaha Joogtada ah I-551 (kaarka cagaaran) wuxuu tilmaamayaa sida LPR uu soo galey Mareykanka haddii shakhsi uu Mareykanka soo galey si waafaqsan xaalad ka reebban muddada mamnuuca 5-sano ah oo uuna lahaa xaalad LPR ka yar 5 sano, waxaa weli laga reebay muddada mamnuuca 5-sano ah.

Waa maxay ikhtiyaaradeyda?



Waxaan ahay muhaajir "U-qalma" oo Si Sharci ah Ku Jooga. Waa maxay ikhtiyaaradeyda?

- ▶ Ka gudbay muddada mamnuuca ee 5-sano ah (haddii loo baahan yahay):
 - Qorshayaasha caafimaadka xaqa u leh (sida Cascade Care)
 - Apple Health
 - Apple Health for Kids ((Apple Health loogu talagalay Carruurta)
 - Apple Health Family Planning Only (Apple Health ee Qorsheynta Qoyska oo Keliya)
 - Apple Health for Pregnant Individuals (Apple Health loogu talagalay Haweenka Uurka leh)
 - Apple Health After-Pregnancy Coverage (Caymiska Apple Health ee Uurka-Kadib)
- ▶ Aan ka gudbin muddada mamnuuca ee 5-sano ah:
 - Qorshayaasha caafimaadka xaqa u leh (sida Cascade Care)
 - Apple Health ee loogu talagalay Caruurta
 - Apple Health Family Planning Only (Apple Health ee Qorsheynta Qoyska oo Keliya)
 - Apple Health loogu talagalay Haweenka Uurka leh
 - Apple Health After-Pregnancy Coverage (Caymiska Apple Health ee Uurka-Kadib)
 - Medical Care Services (Adeegyada Daryeelka Caafimaadka)
 - Alien Emergency Medical (Caafimaadka Xaaladaha Degdegga ah ee Shisheeyaha)



Waxaan ahay muhaajir "Aan-u-qalmin" oo Si Sharci ah Ku Jooga. Waa maxay ikhtiyaaradeyda?

- ▶ Qorshayaasha caafimaadka xaqa u leh (sida Cascade Care)
- ▶ Apple Health ee loogu talagalay Caruurta
- ▶ Apple Health Family Planning Only (Apple Health ee Qorsheynta Qoyska oo Keliya)
- ▶ Apple Health loogu talagalay Haweenka Uurka leh
- ▶ Apple Health After-Pregnancy Coverage (Caymiska Apple Health ee Uurka-Kadib)
- ▶ Adeegyada Daryeelka Caafimaadka
- ▶ Caafimaadka Xaaladaha Degdegga ah ee Shisheeyaha



Waxaan ahay qof aan sharci haysan. Waa maxay ikhtiyaaradeyda?

- ▶ Qorshayaasha caafimaadka xaqa u leh (sida Cascade Care)
- ▶ Apple Health ee loogu talagalay Caruurta
- ▶ Apple Health Family Planning Only (Apple Health ee Qorsheynta Qoyska oo Keliya)
- ▶ Apple Health loogu talagalay Haweenka Uurka leh
- ▶ Apple Health After-Pregnancy Coverage (Caymiska Apple Health ee Uurka-Kadib)
- ▶ Medical Care Services (Adeegyada Daryeelka Caafimaadka) - Haddii ay xaq u leeyihiin barnaamijka la xiriira WAC 388-424-0001(4)
- ▶ Caafimaadka Xaaladaha Degdegga ah ee Shisheeyaha
- ▶ Apple Health Expansion (Ballaarinta Apple Health)*



Qoyskeyga wuxuu leeyahay xaalado socdaal isku-dhaf ah. Waa maxay ikhtiyaaradeenna?

Qoysaska qaar waxay leeyihiin "xaalado isku-dhaf ah," iyadoo xubnuhu ay leeyihiin xaalado socdaal kala duwan, kuwaas oo ka dhigi kara in ay xaq u yeeshaan barnaamijyo kala duwan. Qoysaska xaaladaha isku-dhafka ah leh waxay codsan karaan caymiska caafimaadka ee Apple Health ee loo marayo Washington Healthplanfinder.



Shakhsiyaadka Hinddida Mareykanka ama Alaskaan Asalka ah (AI/AN)

Shakhsiyaadka Hinddida Mareykanka iyo kuwa Alaskaan Dhallad ah ee u qalma ee dibadda ku dhashey waxay leeyihiin shuruudaha xaq-u-yeelashada oo la mid ah kuwa muwaadiniinta Mareykanka.

Shakhsiyaadka Hinddida Mareykanka ama Alaskaan Dhallad ah u qalma ee dibadda ku dhasey waxaa ka mid ah:

- ▶ Shakhsiyaad ku dhashey dalka Kanada oo leh ugu yaraan boqolkiiba kontan dhiig Hinddida Mareykan ah, iyadoon la eegayn xubinnimada qabiil; ama
- ▶ Shakhsiyaadka ku dhashey meel ka baxsan dalka Mareykanka kuwaas oo ah:
 - Xubnaha qabiil federaal ahaan la aqoonsan yahay
 - Alaskan Asal ah ee u diiwaangeliyay Xoghayaha Waaxda Arrimaha Gudaha si waafaqsan Xeerka Sheegashooyinka Dejinta ee Alaskanka Asalka ah.

* Apple Health Expansion (Ballaarinta Apple Health) waa barnaamij isqoritaankiisu uu xaddidan yahay.

Adeegyada Daryeelka Caafimaadka Bilaashka ah ama Kharashkoodu Hooseeyo

Cascade Care Savings

Qorshayaasha Daryeelka Cascade waa qorsheyaal caafimaad oo tayadoodu sarreyso oo lagu heli karo kharash yar marka loo eego qorsheyaasha kale. Waxaa keliya laga heli karaa iyadoo loo marayo Washington Healthplanfinder. Qorshayaasha oo dhan waxay ka soo baxaan ama ay dhaafsiisan yihiin jaangooyada kharashka ee ACA iyo adeegyada caymisan. Qorshayaasha Daryeelka Cascade waxaa heli kara dhammaan dadka Washington ku nool.



Qorsheyaasha Daryeelka Cascade ayaa keliya la heli karaa iyadoo loo marayo Washington Healthplanfinder.

Washington Apple Health

Apple Health waa magaca Medicaid loogu yeero gobolka Washington.

Apple Health waxay bixisaa caymis caafimaad bilaash ah ama qiimo-jaban oo loogu talagalay kuwa xaq u leh.



Muddada mamnuuca ee 5-sano ah laguma dabakhi karo Apple Health for Pregnant Individuals (Apple Health loogu talagalay Haweenka Uurka leh), Family Planning Only (Qorsheynta Qoyska oo Keliya), iyo Apple Health for Kids (Apple Health loogu talagalay Carruurta). Tani waxaa loola jeedaa qof walba oo xaalad socdaal kasta leh in uu xaq u yeelan karo barnaamijyadan.

Inta badan barnaamijyada Apple Health waxay leeyihiin xad dakhli iyo shuruudaha kale ee xaq-u-yeelashada.

Apple Health waxaa la heli karaa sannadka oo dhan. Waxaad codsan kartaa Apple Health waqti kasta.

Halka laga Codsado

Way sahlan tahay in la codsado caymis caafimaad iyadoo la adeegsanayo Washington Healthplanfinder. Booqo **wahealthplanfinder.org** ama iska diiwaangeli qof shakhsi ahaan kuu caawinaya ama mid barta internet-ka kaa caawinaya. Waxaa la heli karaa taageero luuqadeed oo lagu heli karo in ka badan 200 + luuqadood.

Qof walba ayaa isdiiwaangelin kara inta lagu guda jiro isqoritaanka furan. Isqoritaanka furan wuxuu dhacaa sannad kasta laga bilaabo 1-da Nofembar wuxuunna dhammaadaa 15-ka Jannaayo.

Dhacdooyinka nolosha qaarkood ayaa kuu oggolaanaya in aad isku qorto qorshe caafimaad waqti ka baxsan xilliga isqoritaanka furan. Tani waxaa loo yaqaanaa muddada isqoritaanka gaarka ah. Dhacdooyinka nololeed waxaa ka mid noqon kara shaqo lumin, dhalasho, korsasho, guur ama kuwo kale.

Haddii aad xaq u leedahay Apple Health, waxaad isqori kartaa waqti kasta.

wahealthplanfinder.org



Ku Saabsan Exchange

Himiladeenna

Washington Healthplanfinder waxay isku-dayaysaa in ay sii wanaajiso sida dadka reer Washington ay u raadiyaan una sii haystaan caymis caafimaad. Waxaan sidaan sameynaa annaga oo bixinayna qalab fudud in la isticmaalo iyo kayd aad keliya heli karto adiga oo annaga noo soo maraya. Qayimkeenna ee sinnaanta, daacadnimada iyo ixtiraamka ayaa lagu saleeyaa dhammaan waxa aannu sameyno.



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Bayaankeenna Sinnaanta

Sinnaantu waxay aasaasi u tahay hawlgalka Washington Health Benefit Exchange. Hannaanka horey loogu socdo dhanka sinnaanta iyo noqoshada qof ka soo horjeeda midab takoorka waa mid carqalado leh oo u baahan feejignaan si loo furfuro nidaamyada sida qoto-dheer ugu xeeran dulmiga iyo xuquuq iyo faa'iido gaar ahaaneed. Inkastoo midab takoorku uu yahay sababta aasaasiga ah ee ka dhasha sinnaan la'aan bulsho badan, waa in aan sidoo kale isticmaalnaa hab is-dhexgala oo aan wax uga qabanayno dhammaan noocyada eexashada iyo cadaadiska, kaas oo la falgala oo badanaanna sii xumeeya sinnaan la'aanta isirka.

Si aan ugu guuleysanno, waa in aan aqoonsanaa wadayaasha bulsho-dhaqaale ee caafimaadka oo waa in aan diiradda saarnaa dadka iyo goobaha ay baahidu ugu badan tahay. Marka aan dhageysanno bulshada, waa in aan nafteenna kala xisaabtanna ka jawaabista soo-jeedimada lagu xallinayo siyaasadaha sinnaan la'aanta, nidaamyada, ama hab-dhaqannada ka jira gudaha degaanka saameynta ee Exchange.

Yoolkeenna waa in dhammaan dadka reer Washington ay helaan fursado helid loo siman yahay oo buuxa, awood iyo kheyraadyo ay ku gaarayaan awoodooda oo dhan.

Luuqadaha Lagu Heli Karo

Qof kastaa wuxuu xaq u leeyahay in uu helo caawimaad bilaash ah iyo macluumaad luuqadooda hooyo ku qoran. Si aad ula hadasho shaqaale laba luuqadle ah ama tarjumaan ku hadla luuqadda aad doorbidayso oo bilaash ah, ka wac Xarunteenna Taageerada Macmiilka **1-855-923-4633**. Caawimaadda waxaa lagu heli karaa in ka badan 200 oo luuqadood oo kala duwan. Waxaad sidoo kale codsan kartaa agab luuqadaada ku tarjuman markaad codsato caymiska caafimaadka adigoo adeegsanaya Washington Healthplanfinder.





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