

## Foomka Codsiga Rafcaanka

Waxaad codsan kartaa dhagaysi garsoore maxkamad, haddii aad u maleyso in aynu sameynay khalad kusaabsan u qalmidaada ama u qalmida xubnahaaga qoyska. Marka aad buuxisid foomkan, waxaad codsanaysaa dhageysiga garsoore. **Codsashada rafcaan waa waqti xasaasi ah!** Iska hubso in aad kudirtid foomkan muddo kayar 90 maalin kalandar oo laga bilaabo taariikhda kuqoran oggaysiiska u qalmida aad dooda kaqabtid.

Aqoonsigga Codsiga	Taariikhda maanta (bisha/maalinta/sannadka)	Taariikhda oggaysiiska u qalmida
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### Macluumaadka Rafcaan-qaataha

("rafcaan-qaataha" waa qofka codsanaya rafcaanka. Rafcaan-qaataha waa in uu noqdo codsadaha aasaasiga ah ee codsigaaga *Washington Healthplanfinder*.)

Magaca hore	Xarafka hore ee magaca dhexe	Magaca dambe
Taariikhda dhallashada (bisha/maalinta/sannadka)	Lambarka telefoonka maalintii ( )	Cinwaanka iimaylka
Cinwaanka waddada	Guriga./Dhinaca. #	
Magaalada	Gobolka	Calaamada boostada

Waa maxay habka ugu fiican ee laguula soo xiriirayo?

iimayl  Telefoon  Boosto

### Sababaha aad u Xareynayso Rafcaan dhinaca:

### Boostada ugu dir Rafcaanka

U qalmida *Washington Healthplanfinder* ee loogu talagalay ama ah tirada ee:

- Daymaha Canshuurta Lacagta Joogtada ee Caymiska Caafimaadka
- Kharash Wadaag
- U-qalmitaanka Ganacsiga ee Ganacsiga *Washington Healthplanfinder*

**Washington Health Benefit Exchange Appeals**  
PO Box 1757, Olympia, WA 98504-1757  
Faakis: 360-841-7653  
Su'aalooyinka: 1-855-859-2512

U qalmida *Washington Apple Health* (Caawimaada caafimaadka).

- Waxaan jeclaan lahaa in aan sii yeesho caynsanaanteyda *Washington Apple Health* inta lagu guda jiro hawsha rafcaanada.

**Washington Apple Health**  
PO Box 45504, Olympia, WA 98504-5504

Su'aalooyinka Apple Health 1-855-623-9357

\*Waa in aad ku dirto foomkan 10 maalmood gudahooda ee laga joogo helitaanka oggeysiiska u qalmitaanka ama kahor inta caynsanaantaada aysan dhammaan.

### Si kooban u Sharax Sababaha Rafcaankaaga

Maxaad u doonaysaa dhagaysi maxkamad?

### Wakiilka La oggolaaday (Ikhtiyaari)

Waxaad yeelan kartaa qaraabo, saaxiib, lataliye sharci, ama af-hayeen kale, oo uu kamid yahay wakiilka la oggolaaday, oo kugu caawinaya in aad xareyso rafcaankan ama in aad kaqayb qaadatid rafcaankaaga. Haddii aad doorato in aad magacawdo wakiilka la oggolaaday, waxaad siinaysaa qofkan fasax uu noogala hadlo rafcaankaaga.

Magaca Wakiilka La oggolaaday (magaca hore, bilowga xarafka dhexe, magaca dambe)

Lambarka telefoonka maalintii	Lambar teleefoon bedel ah	Cinwaanka iimaylka
Cinwaanka waddada		Guriga./Dhinaca. #
Magaalada	Gobolka	Calaamada boostada
Xiriiirka wakiilka uu kula leeyahay (calaamadee dhammaan kuwa ku habboon)		
<input type="checkbox"/> Qareen/La-taliye Sharci <input type="checkbox"/> Loo-shaqeeye <input type="checkbox"/> Saaxiibka xubinka qoyska <input type="checkbox"/> Wakiil qabiil		<input type="checkbox"/> Wakiil caymis, dulaal, ama sarkaal hage ah <input type="checkbox"/> Mas'uul Sharci/Awood Qareen <input type="checkbox"/> La-taliye sharci ama u doode (aan ahayn qareen) <input type="checkbox"/> Kuwo kale:

### Sideen Kuu Caawin Karnaa?

Dhaggeysiyada rafcaanada waa Af Ingiriisi, aan ka ahayn haddii aad codsatid turjumaan ama diyaafadin mooyaane.

Maku doonaysaa oggeysiisyadaada luuqad aan ahayn Af Ingiriisi? <input type="checkbox"/> Haa <input type="checkbox"/> Maya	Haddii ay haa tahay, waa maxay luuqadda?
Ma doonaysaa turjumaan lacag la'aan ah? (Saaxiibada iyo xubnaha qoyska manoqon karaan turjumaankaaga.) <input type="checkbox"/> Haa <input type="checkbox"/> Maya	Haddii ay haa tahay, waa maxay luuqadda?
Ma u baahantahay diyaafadino kale ama caawimaad naafanimo awgeed ah? <input type="checkbox"/> Haa <input type="checkbox"/> Maya	
Haddii ay haa tahay, fadlan sharaxaad ka bixi waxa aad u baahantahay:	

### Ka-tirsanaan Qabiil

Miyaad tahay xubin katirsan qabiil ay dowladda dhexe aqoonsantahay? <input type="checkbox"/> Haa <input type="checkbox"/> Maya	Haddii ay haa tahay, waa qabiilkee?
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### Akhri kadibna Sixiix Hoose (Waajib)

Sixiixeyga hoose waa codsigeyga dhageysiga kahor qareen. Anigu kuma raacsani qaraarka kusaabsan u qalmideyda. Xogta lagu bixiyay foomkan waa mid run ah oo sax ah, inta aan oggahay. Waan fahansanahay in codsiga rafcaankan loo gudbinayo hay'ada awooda u leh in ay wax kaqabato rafcaankeyga.

Sixiixa Rafcaan-qaataha

**X**

Taariikhda sixiixa  
(bisha/maalinta/sannadka)

**Codso rafcaan la dedejiyey.** Hab-socodka rafcaanada caadiga ah wuxuu qaadanayaa 30 – 90 maalmood. Waxaad codsan kartaa dhageysi la dedejiyey (dhaqso ah) haddii aad leedahay baahi degdeg ah ee loogu talagalay adeegyo caafimaad. Haddii aad codsato rafcaan la dedejiyo, waa in aad sidoo kale ku darto caddayn ah in hab-socodka rafcaanka caadiga ahi uu khatar gelinayo noloshaada, caafimaadkaaga, ama awoodda aad ku joogteynayso ama aad dib-ugu helayso shaqada ugu baddan. Kala xiriir Rafcaanada lambarkan 1-855-859-2512 wixii kusaabsan macluumaad dheeri ah.

## Discrimination is Against the Law

The Washington Health Benefit Exchange/Health Care Authority waxay u hoggaansantahay sharciyada xuquuqaha rayidka Dowlada mana midab soocayso midab takoor kusalaysan jinsiyad, midab, asal dhallasho, da', naafonimo, ama nooca uu qofku yahay. The Washington Health Benefit Exchange/Health Care Authority dadka uguma reebayso ama ulama dhaqmayso si dadka kale ka duwan sabab jinsiyeed, midab, asal dhallasho, da', naafonimo, ama nooc qofka ah darteeda.

Waxay sidoo kale Washington Health Benefit Exchange/Health Care Authority u hoggaansamayaan sharciyada dowlada la dabakhayo mana samaynayaan midab takoor kusalaysan asalo caqiido, nooc, hadalka nooca qofka ama shakhsiyada, jihayn galmo, xaalad guur, diin, xaalado ciidan ama halyeel hore oo si sharaf leh loo sii daayay, ama isticmaalka hagir ay tababaran ama adeeg xayawaan oo caawiyo qof naafonimo qabba.

The Washington Health Benefit Exchange/Health Care Authority:

### **Waxay bixisaa caawimaado bilaash ah iyo adeego la siiyo dadka qaba naafooyin si ay noogula xiriiraan si heer sare ah sida;**

- Turjubaano luuqada indhoolayaasha ah oo aqoon u leh
- Macluumaad qoran oo qaabab kale ah (far waaweyn, dhagaysi, qaabab qoraalo eliktaronig ah oo la heli karo, iyo qaabab kale)

### **Waxay bixisaa adeego luuqad bilaash ah oo la siiyo dadka luuqadooda asalka ahi aanan ahayn Ingiriisi, sida;**

- Turjubaano aqoon u leh
- Macluumaad ku qoran luuqado kale

Haddii aad u baahantahay adeegahan, laxiriir 1-855-923-4633.

Haddii aad aaminsantahay in Washington Health Benefit Exchange/Health Care Authority ku guuldaraysteen in ay bixiyaan adeegahaan ama loo midab takooray qaab kale, waxaad fayl cabasho u diri kartaa:

Washington Health Benefit Exchange Legal Department ATTN: Legal Division Equal Access/Equal Opportunity Coordinator PO BOX 1757 Olympia, WA 98507-1757 1-855-859-2512 Fax: 360-841-7653 <a href="mailto:appeals@wahbexchange.org">appeals@wahbexchange.org</a>	Health Care Authority Division of Legal Services  ATTN: Compliance Officer  PO Box 42700 Olympia, WA 98504-2700 1-855-682-0787 Fax: 360-586-9551 <a href="mailto:compliance@hca.wa.gov">compliance@hca.wa.gov</a>
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Waxaad u samayn kartaa faylka cabashada qaab shakhsiyeed ama qaab boosto, faakis, ama iimayl. Haddii aad u baahantahay in laguugu caawiyo fayl garaynta cabashada, Waaxda Sharciga the Washington Health Benefit Exchange Legal Department/Health Care Authority Division of Legal Services waxay diyaar u tahay in ay adiga kugu caawiso arintaasi.

Sidoo kale waxaad u samayn kartaa fayl cabasho xuquuqaha rayidka ah dhinaca Waaxda Adeegaha Caafimaadka iyo Bani'aadamka Mareykanka, Xafiiska Xuquuqaha Rayidka, qaab eliktaronig ah tooska bogga internetka Xafiiska Cabashada Xuquuqaha Rayidka, laga helo cinwaankan <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, ama qaab iimayl ama teleefoon halkan:

U.S. Department of Health and Human Services

200 Independence Avenue, SW

Room 509F, HHH Building

Washington, D.C. 20201

1-800-368-1019, 1-800-537-7697 (TDD)

Foomamka cabasho waxaa laga heli karaa cinwaankan <http://www.hhs.gov/ocr/office/file/index.html>

ATTENTION: If you speak [insert language], language assistance services, free of charge, are available to you. Call 1-855-923-4633 (TTY: 1-855-627-9604).

Spanish - ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-923-4633 (TTY: 1-855-627-9604).

Chinese - 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-855-923-4633 (TTY: 1-855-627-9604)。

Vietnamese - CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-855-923-4633 (TTY: 1-855-627-9604).

Korean - 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-855-923-4633 (TTY: 1-855-627-9604)번으로 전화해 주십시오.

Russian - ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-855-923-4633 (телетайп: ТТУ: 1-855-627-9604).

Tagalog - PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-855-923-4633 (TTY: 1-855-627-9604).

Ukrainian - УВАГА! Якщо ви розмовляєте українською мовою, ви можете звернутися до безкоштовної служби мовної підтримки. Телефонуйте за номером 1-855-923-4633 (телетайп: ТТУ: 1-855-627-9604).

Cambodian (Khmer) - ប្រយ័ត្ន៖ បើសិនជាអ្នកនិយាយភាសាខ្មែរសំរាប់ជំនួយផ្នែកភាសាដោយមិនគិតល្អល, គឺអាចមានសំរាប់បំរើអ្នក។ ចូរ ទូរស័ព្ទ 1-855-923-4633 (TTY: 1-855-627-9604)។

Japanese - 注意事項: 日本語を話される場合、無料の言語支援をご利用いただけます。1-855-923-4633 (TTY: 1-855-627-9604) まで、お電話にてご連絡ください。

Amharic - ማስታወሻ: የሚናገሩት ቋንቋ አማርኛ ከሆነ የትርጉም እርዳታ ድርጅቶቻችን በነጻ ሊያገለግሉት ተዘጋጅተዋል። ወደ ሚከተለው ቁጥር ይደውሉ 1-855-923-4633 (መስማት ለተሳናቸው: TTY: 1-855-627-9604)።

Oromo - XIYYEEFFANNA: Afaan dubbattu Oroomiffa, tajaajila gargaarsa afaanii, kanfaltiidhaan ala, ni argama. Bilbilaa 1-855-923-4633 (TTY: 1-855-627-9604).

Somali - MUHIIM AH: Haddii aad ku hadashid Af-soomaali, adeegaha caawimaada luuqada, ee lacag la'aanta ah, ayaad heli kartaa. Wac 1-855-923-4633 (TTY: 1-855-627-9604).

Arabic - ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-855-923-4633 (رقم هاتف الصم والبكم: TTY: 1-855-627-9604).

Punjabi - ਧਿਆਨ ਦਿਓ: ਜੇ ਤੁਸੀਂ ਪੰਜਾਬੀ ਬੋਲਦੇ ਹੋ, ਤਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਸਹਾਇਤਾ ਸੇਵਾ ਤੁਹਾਡੇ ਲਈ ਮੁਫਤ ਉਪਲਬਧ ਹੈ। 1-855-923-4633 (TTY: 1-855-627-9604) 'ਤੇ ਕਾਲ ਕਰੋ।

German - ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-855-923-4633 (TTY: 1-855-627-9604).

Lao - ໂປດຊາບ: ຖ້າວ່າທ່ານເວົ້າພາສາລາວ, ການບໍລິການຊ່ວຍເຫຼືອອໍດີ ການພາສາ, ໂດຍບໍ່ເສຍຄ່າ, ຈະມີ ພ້ອມໆ ອມໃຫ້ທ່ານ. ໂທ 1-855-923-4633 (TTY: 1-855-627-9604).

French - ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-855-923-4633 (TTY : 1-855-627-9604).

Hindi - ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। 1-855-923-4633 (TTY: 1-855-627-9604) पर कॉल करें।

Farsi (Persian) - توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با 1-855-923-4633 تماس بگیرید.

Romanian - ATENȚIE: Dacă vorbiți limba română, vă stau la dispoziție servicii de asistență lingvistică, gratuit. Sunați la 1-855-923-4633 (TTY: 1-855-627-9604).