Waa maxay Medicare?

Medicare waa barnaamij caymis caafimaad oo federaalku bixiyo looguna talagalay dadka jira 65 sano ama ka wayn, dadka da'yarta ahq aarkood oo naafo ah, iyo dadka qaba xanuunnada kalyaha ee heerkii ugu danbeeyay maraaya.

Hel caawimaad bilaash ah, oo khubaro ku siinayso

La taliyaasha SHIBA:

- Ayaa bixinaaya xog ku saabsan Medicare, ayna ku jiraan nooca qorsheyaasha caafimaadka iyo daawada ee aad heli karto.
- Waxay kaa caawinayaan racfaanada iyo cabashooyinka ku aadan Medicare.
- Waxay ku barayaaan sida aad u ilaashanayso kaarkaaga Medicare iyo lambarkaaga aqoonsiga, iyo sidoo kale sida aad usoo sheegayso biilka khaladka ah iyo khiyaannada, khasaarada iyo xadgudubka.

Faafi fariinta!

Ma leedahay xubin qoyska ah ama saaxiib diyaar u ah inuu iska diiwaan gasho Medicare? Ma taqaanaa qof daryeele u ah qof u qalma adeegyada Medicare? U sheeg inay caafimaad ka helayaan SHIBA.Oregon.gov ama taleefanka 800-722-4134 (wicitaan bilaash ah).

Nagu xirnoow

Booqo SHIBA.Oregon.gov si aad u hesho xog faahfaahsan oo ku aadan barnaamijyada Medicare iyo fursadaha talo bixinta aadna u mudaysato bandhigyada kooxaha. Kala soco SHIBA barta Facebook si aad u hesho wararkii ugu danbeeyay: https://www.facebook.com/OregonSHIBA

Fursadaha mutadawacnimada

Guusha SHIBA ayaa ku dhisan shabakad layliyaal shahaado haysta ka kooban kuwaasoo mutadawacnimo uga shaqeeya gobalka Oregon oo dhan. Wac 800-722-4134 (wicitaan bilaash ah) ama booqo SHIBA.Oregon.gov si aad u hesho codsiga la taliye mutadawac ah.

Waxaad dukumiintigaan ku helaysaa luuqado kale, far waawayn, farta indhoolka ama qaab aad adiggu dooranayso. La xiriir barnaamijka Gargaarka Waxtarka Caymiska Caafimaadka Sare (SHIBA) ee 800-722-4134 ama shiba.oregon@dhsoha.state.or.us. Waxaan aqbalaynaa dhammaan wicitaannada adeegga Relay ama waxaad garaaci kartaa 711.

SHIBA Senior Health Insurance Benefits Assistance

SHIP State Health Insurance Assistance Program

Adeegsiga Medicare

ODHS 3985A (06/2022) Somali

Hel **Caawimaad Bilaash ah** oo ku aadan

Medicare ayaa u bilaabata qof kasta markuu gaaro 65 sano jir.*

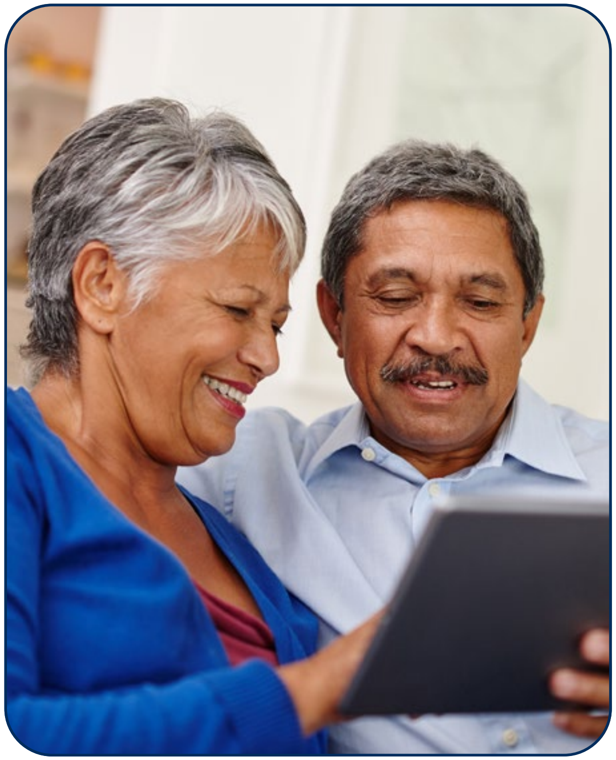
Xaqiiji inaad diyaar u tahay. Diiwaangelinta soo daahda ayaa keeni karta in lagu saaro ganaaxa lacagaha joogtada ah oo intaad nooshahay oo dhan lagu saaro.

* Haddii aad caymis ka hesho caymiska caafimaadka kooxda ee shirkada aad u shaqayso ood ku hesho shaqo aad ka shaqayso (shaqadaada ama tan xaaskaaga), waxaad dib u dhigi kartaa iska diiwaan gelinta Medicare adoon lagu saarayn wax ganaax ah.

Xog ku saabsan SHIBA

Barnaamijka Health Insurance Benefits Assistance (SHIBA, Kaalmada Gunnooyinka Caymiska Caafimaadka) waa barnaamij heer gobal oo fderaalku maal gasho kaasoo baxsha talo bixin iyo caawimaad maxali ah oo bilaash ah, higsi leh oo fool ka fool loo siiyo dadka hela adeegyada Medicare iyo qoysaskooda. Barnaamijka SHIBA wuxuu qayb ka yahay Waaxda Adeegyada Dadweynaha ee Oregon. La taliyaasha shahaadada haysta ayaa ka caawiya dadka inay go'aano faahfaahsan ka qaataan caymiskooda caafimaadka.

Caawimaad bilaash ah ayay helayaan dadka diyaarka u ah inay iska diiwaan gashaan Medicare, dadka marhoraba ku jiray Medicare, iyo wakiiladooda.



Baraha talo bixinta ee SHIBA

Degmada Baker
800-722-4134
(wicitaan bilaash ah)

Degmada Benton
541-812-0849

Degmada Clackamas
503-655-8269
(dookha 4) (waa xiran yahay maalmaha Jimcaha)

Degmada Clatsop
503-861-4200

Degmada Columbia
503-846-3094
(fariin qoraal)

Degmada Coos
541-269-2013

Degmada Crook
541-678-5483
877-704-4567
(wicitaan bilaash ah)

Degmada Curry
541-269-2013

Degmada Deschutes
541-678-5483
877-704-4567
(wicitaan bilaash ah)

Degmada Douglas
541-492-2102

Degmada Gilliam
541-288-8341

Degmada Grant
800-722-4134
(wicitaan bilaash ah)

Degmada Harney
541-573-6024

Degmada Hood River
541-288-8341

Degmada Jackson
541-857-7780

Degmada Jefferson
541-678-5483
877-704-4567
(wicitaan bilaash ah)

Degmada Josephine
541-956-4472

Degmada Klamath
541-883-7171

Degmada Lake
541-883-7171

Degmada Lane
541-736-4421

Degmada Lincoln
541-574-2684

Degmada Linn
541-812-0849

Degmada Malheur
800-722-4134
(wicitaan bilaash ah)

Degmada Marion
503-304-3479
(fariin qoraal)

Degmada Morrow
541-667-3509

Degmada Multnomah
503-988-3646

Degmada Polk
503-831-0581

Degmada Sherman
541-288-8341

Degmada Tillamook
503-842-2770

Degmada Umatilla
541-667-3509

Degmada Union
800-722-4134
(wicitaan bilaash ah)

Degmada Wallowa
800-722-4134
(wicitaan bilaash ah)

Degmada Wasco
541-288-8341

Degmada Washington
503-846-3094
(fariin qoraal)

Degmada Wheeler
541-288-8341

Degmada Yamhill
503-472-9441