

Ka dhig ilkahaaga kuwo caafimaad qaba.

In la arko dakhtarka ilkaha si loo daryeelo ilkahaagu waxay gacan ka geysataa in ay wadnaahaaga ama jirkaaga intiisa kale ka dhigto mid caafimaad qaba. Tani waa mid muhiim ah da'kastaba.

- **Booqo dhakhtarka ilkaha ugu yaraan hal mar sanadkii**, xataa haddii ilkahaagu aysan ku dhibayn.
- **Haddii aad uur leedahay**, in la yeesho ilko iyo cirid caafimaad qabaa waxay ilaalin kartaa caafimaadka ilmahaaga.
- **Haddii aad qabto sonkorow**, dhibaatooyinka caafimaadka ilkuhu waxay sii adkeyn karaan in aad xakameyso sonkorta dhiiggaaga.
- Dadka qaarkood ayaa dareema **naxdin ama xishood** in ay arkaan dhakhtarka ilkaha. Haddii aad sidaasi tahay, la hadal xafiiska dhakhtarkaaga ilkaha.

Daryeelkayga ururadu iska kaashadeen (CCO)

Lambarka elefoonka CCO

Dhakhtarkayga ilkaha

Lambarka telefoonka dhakhtarka ilkaha

Taageero ma u baahan tahay? Wac Adeega Macmiilka Qorshaha Caafimaadka Oregon: **800-273-0557** (TTY 711).

Lambarrada telefoonka ee daryeelka ururadu iska kaashadeen (CCO)

Si aad waxyaabo dheeraad ah uga ogaato faa'iidooyinkaaga oo u hesho dhakhtarka ilkaha, wac CCO-gaaga hoosta ku qoran. Haddii aad hayso su'aalo, wac Qorshaha Caafimaadka Oregon: 800-273-0557.

Advanced Health.....	800-264-0014
AllCare CCO.....	888-460-0185
Cascade Health Alliance.....	888-989-7846
Columbia Pacific CCO.....	855-722-8206
Eastern Oregon CCO.....	888-788-9821
Health Share of Oregon.....	888-519-3845
InterCommunity Health Network.....	800-832-4580
Jackson Care Connect.....	855-722-8208
PacificSource Community Solutions.....	800-431-4135
Trillium Community Health Plan.....	877-600-5472
Umpqua Health Alliance.....	866-672-1551
Yamhill Community Care Organization.....	855-722-8205

Haddii aad leedahay kharashka adeega 'fee-for-service' (FFS), oo sidoo kale loogu yeero kaarka furan "open card," Khadka Talada Kalkaalisada ka wac **800-562-4620**.

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Waxaad heli kartaa dokumentigan oo ku qoran luqaddo kale, far waaweyn, farta dadka indhaha aan qabin wax ku akhriyaan ee braille ama qaabka aad doorbidayso. Qorshaha Caafimaadka Oregon kala xiriir (OHP) at 800-273-0557. Waa aqbalnaa wicitaanada gudbinta oo dhan ama waxaad wici kartaa 711 ee TTY.

OHP 7224 (12/2022) Somali

DARYEELKA ILKAHA OO LOOGU TALAGALAY XUBNAHA KA TIRSAN QORSHAHA CAAFIMAADKA OREGON



Daryeelka ilkuhu waa muhiim. Arag dhakhtarkaaga ilkaha si aad ugu sugnaato caafimaad oo aad uga baxdo xanuunka.

OHP.Oregon.gov



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Maxay OHP caymiskooda bixisaa?

Hoosta waxaa ku qoran qaar ka mid ah waxyaabaha ay OHP caymiskooda bixiso. Waxaa jira xadi ah sida aad inta badan u yeelan karto mid kasta. Wac daryeelkaaga ururadu iska kaashadeen (CCO) si aad u ogaado waxyaabo dheeraad ah.

Daryeel si aad ilkahaaga uga dhigto kuwo caafimaad qaba

- Nadiifnaya oo baaritaan ku sameynaya sanadkii hal mar
- Raajatada 'X-rays'
- Daawada ilkaha fluoride varnish (daaweyn ilkaha ka dhigta kuwo xoog leh oo caafimaad qaba)
- Baaritaannada, isa soo baarista, tijaabooyinka la maro ee la iska qaado iyo daryeelka taasi daba socda ee loogu talagalay carruurta iyo dhallinyaradu gaaraysaa ilaa 21 jir (oo sidoo kale loo yaqaano EPSDT). OHP waxay dabooshaa dhammaan adeegyada loogu baahan yahay caafimaadka afka ee ilmaha, sida:
 - » Nadiifinta iyo baaritaannada dheeraadka ah
 - » Isku gudbinta dad takhasus leh

Daaweynta loogu talagalay dhibaatooyinka

- Buuxinta
- Saarida ilkaha (iyada oo ilig la iska saaro)
- Ilkaha macmalka ah oo loogu talagalay dhallinyarada da'doodu ka weyn tahay 16 jir iyo dadka waaweyn
- Kabida ilkaha ee u adkaysta dhaawaca ee loogu tala galay ilkaha dambe (kabida ilkaha oo kale oo loogu talagalay carruurta iyo dhallinyarada da'doodu ka yar tahay 21 jir iyo dadka waaweyn ee uurka leh)
- Buuxinta salka gawska ee ilkaha dambe ee loogu talagalay carruurta iyo dhallinyarada ay da'doodu ka yar tahay 21 jir

Daryeelka degdega ah

Caawimaada ah in aad tagto balamaha ilkaha

Maxaa dhacaya haddii aanan lahayn OHP buuxa?

Caafimaadka ee Muwaadinka Laga Saamaxay (CWM) wuxuu daboolaa xaaladaha degdega ah ee ilkaha oo kaliya.

CWM Plus wuxuu bixiyaa caymiska ilkaha OHP oo buuxa oo loogu talagalay xubnaha CWM inta uurka la leeyahay iyo muddo 60 maalmood ah dhalashada ka dib. Fadlan uur lahaanshahaaga u soo sheeg CWM OHP si aad u hesho CWM Plus.

OHP Dental oo loogu talagalay muwaadiniinta COFA qaarkood iyo dadka soo halgama ee Oregon ayaa sidoo kale leh caymiska ilkaha oo buuxa.

Sidee baan u helaa dhakhtarka ilkaha?

Haddii aad leedahay CCO:

- CCO ayaa isku xira caymiskaaga iyo adeeg bixiyayaashaada si uu daryeelkaaga oo dhan u wada shaqeeyo.
- **Si aad u hesho ama u beddesho dhakhtarkaaga ilkaha:** Waa CCO-gaaga. Lambarka telefoonku wuxuu ku qoran yahay dhinaca dambe ee buug-yarahani. Haddii aadan garanayn CCO-ga aad haysato, Adeega Macmiilka Qorshaha Caafimaadka Oregon ka wac **800-273-0557**.
- **Ma leedahay dhakhtar ilkaha oo aad jeceshahay?** Wac CCO-gaaga si aad u ogaado haddii uu jiro qorshe la shaqeynaya dhakhtarkaaga ilkaha.

Haddii aad leedahay kharashka adeega 'fee-for-service' (FFS), oo sidoo kale loogu yeero kaarka furan "open card":

- Khadka Talada Kalkaalisada ka wac **800-562-4620**.

Haddii aadan garanayn in aad leedahay CCO ama FFS:

- Adeega Macmiilka Qorshaha Caafimaadka Oregon ka wac **800-273-0557**.



Sidee baan u sameystaa ballan?

- Wac dhakhtarkaaga ilkaha.
- Goor hore wac. Waxaa dhici karta in ay qaadata dhowr toddobaad si aad u hesho ballan.
- Haddii aad ka maqnaan doonto ballantaada, soo wac dhakhtarkaaga ilkaha ugu yaraan hal maalin ka hor. Xaqiiji in aad ballan kale qabsato.
- Ma u baahan tahay gaari raacid lacag la'aan ah? Wac CCO-gaaga si aad u ogaato sida ay tani u shaqeeyo. Qorsheyso gaari raacid ugu yaraan laba maalmood ka hor.

Maxaa dhacaya haddii aan yeesho xaalad degdega ah?

Xaaladaha degdega ahi waa waxyaabaha sida ilig xanuun xoog leh, dhiig badan oo ku jira afkaaga ama ilig kaa soo dhacay.

- Isla markiiba wac dhakhtarkaaga ilkaha.
- Haddii aadan lahayn dhakhtarka ilkaha oo aadan gaari karin dhakhtarkaaga ilkaga, wac CCO-gaaga.
- Haddii aad leedahay xaalad degdega ah oo dhab ah (sida dhiig bax aan joogsaneyn) waxaad aadaa qolka gargaarka degdega ah.

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