

Ku soo dhowow Daryeelka Guriga!

Waxaa leedahayshaqo muhiim ah oo kaa horaysa oo ah Kaaliyaha Mustaqbalka Daryeelka Guriga oo shahaadaysan! Tani waa jadwalka wakhtiga wata taariikhaha muhiimka ah si ay kaaga caawiyaan qorshaynta Shahaadada Kaaliyaha Daryeelka Guriga.

MAALMAHA **LIISKA-HUBINTASHAHAADADA LA SOO JEEDINAYO**

1

Taariikhdaada Shaqaalaynta: _____

- Tallaabada 1: Buuxi Baadhitaanka Asalka & Sawirka faraha
- Tallaabada 2: RaadiLambarkaaga Aqoonsiga ee Ardayga: _____
- Tallaabada 3: Samee Kootadaada Tababarka (bogga xiga)
- Tallaabada 4: Qaado Tababarka Jihaynta & Badbaadada (bogga xiga)
- Tallaabada 5: Maalinta U horaysa ee Macmiilkaaga

14

Muddada loo qabtay Codsiga (14 maalmood ka dib shaqaalaynta): _____

- Tallaabada 6: Gudbi Codsigaada Waaxdaada Caafimaadka
Sax "Haa" Su'aasha labaad: "Waxaan codsanayaa shahaada waxbarashadda." Tani waxay ku siin kartaa maalmo badan si aad u dhammaystirto shahaadada oo aad imtixaan ugu gasho luqaddaada.
- Tallaabada 7: IskudiiwaangeliTababarka Bilowga ah
- Tallaabada 8: U diyaar garow Maalinta Koowaad ee Tababarka Bilowga ah

30

Maalmaha La soo jeediyay oo U dhexayan 30-120:

- Tallaabada 9: Xaadir Tababarka Bilowga ah
MAALINTA 120: Dhammaystir dhammaan fasaladaada Tababarka Bilowga ah
- Tallaabada 10: U diyaar Garow Imtixaankaaga
- Tallaabada 11: Imtixaankaaga Hagaaji

120

Taariikhda Imtixaanka: _____

200

Muddada ugu dambaysa shahaadaynta (200 maalmood ka dib marka la shaqaaleeyo): _____

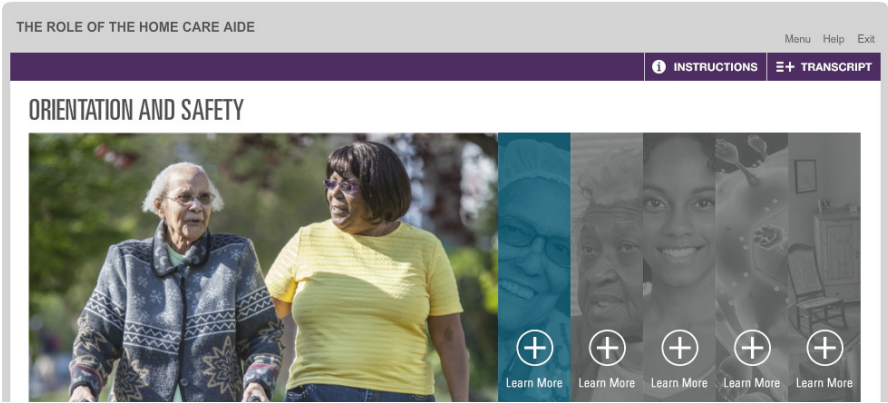
- Tallaabada 12: Qaado Shahaadadaada!

MAALINTA 200:
KAALIYAYAASHA DARYEELKA GURIGA CAADIGA WAXAA LOOGA BAAHAN YAHAY INAY HELAAN SHAHAADO Haddii lagu ansixiya adiga "Shahaadada Waxbarashadda," markaa waxaad haysan kartaa maalmo dheeraad ah.



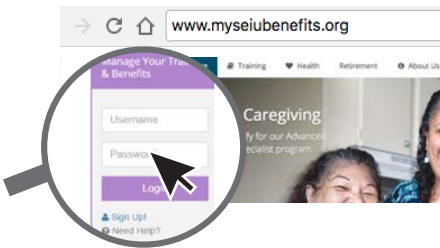
Keligaa ma tihid. Waxaan halkan u joognaa caawimo!

Naga soo wac lambarkan Xarunta Kheyraadka Xubnaha (Member Resource Center) 1-866-371-3200
8 subaxnimo. ilaa 6 galabnimo, Isniinta–Jimcaha.

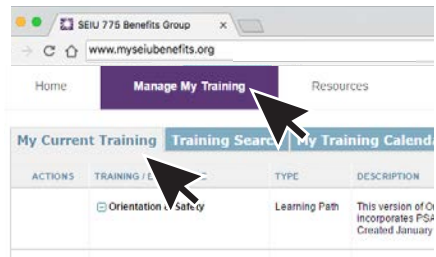


Sida loo qaato tababarka Jihaynta & Badbaadada Onlaynka

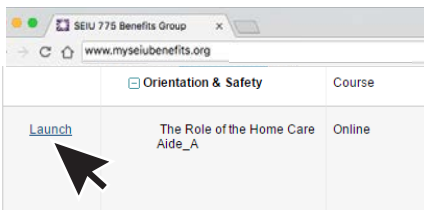
- 1 Ka samee kootada ardayga bogga www.myseiubenefits.org.
Ka dib dooro luqadda aad jeclaan lahayd wixii tababar ah.



- 2 Fur "Tababarkayga hadda (My Current Training)"



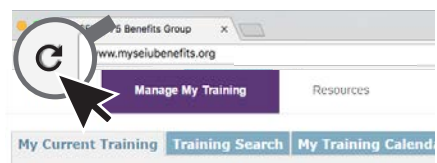
- 3 Riix "Fur (Launch)" si aad u bilowdo. Casharku waxa uu ka furmi doonaa shaashad cusub.



- 4 Cashar kasta ka dib, xidh shaashada addoo isticmaalaya batanka "X".



- 5 Bogga dib ugu celi shaashada "Maareey Tababarkeyga (Manage My Training)" wixii ah casharka xiga. Ka dib markay dhammaan casharadu dhammaadaan, shahaadadaada tababarka waxaa laga heli karaa "Taariikhdayda Tababarka (My Training History)."



Fursadaha Qorshaha Caafimaadkaaga



SEIU 775 BENEFITS GROUP
PLAN (QORSHAHA KOOXDA
FAA'IIDOOYINKA SEIU 775)

MEDICAID/
APPLE HEALTH

WASHINGTON HEALTH PLAN
FINDER (RAADIYAHA QORSHAHA
CAAFIMAAD EE WASHINGTON)

KHARASHKAAGA

\$25/bishii.

Bilaash, iyaddoo ku xidhan dakhligaaga qoyska.

Kala duwan iyaddoo ku xidhan qorshaha aad doorato.

CAYMISKA

Dadka ku tiirsan waxaa keliya loo caymiyaa adeeg bixiyayaasha wakaalada kuwaas oo bixiya caymiska buuxa ee dhammaan dadka ku tiirsan.

Xaasaska iyo carruuta la daboolo.

Xaasaska iyo carruuta la daboolo.

U QALMIDA

Shaqee 80 saacadood ilaa 2 bilood oo isku xiga.

Adeeg bixiyayaasha Gaarka ah waxay is diiwaan gelin karaan wakhti kasta.

Adeeg bixiyayaasha Wakaalada ah, waxay is diiwaangelin karaan u qalmida hore marka ugu horaysa ee la buuxiyo ama diiwaangelinta furan haddii loo qalmo markaas.

- Waxay ku xidhantahay dakhliga qoyska.
- Is diiwaangeli wakhti kasta marka aad u qalanto.

- Haddii aanad u qalmin caymiska iyadoo loo maraayo shaqeeyaha waxaad u qalmi kartaa laca-dhimista caymiska caafimaadka ee la iibsaday oo beddelka ah.
- Furan laga bilaabo Noofambar 1, 2017, ilaa Janaayo 15, 2018. Ama marka aad "u qalantay dhacdada" sida guurka, ilmaha, ama waayida caymiska.

CODSO

Eeg bogga 50 macluumaadka u qalmida iyo in la codsado booqasho: www.myseiubenefits.org

Booq Washington Healthplanfinder wixii macluumaad dheeraad ah www.wahealthplanfinder.org

Booq Washington Healthplanfinder wixii macluumaad dheeraad ah www.wahealthplanfinder.org



U qalmida Qorshaha Caafimaadka Miyaan u qalmaa Caymiska Kooxda Faa'iidooyinka SEIU 775?

Su'aasha 1:

Ma shaqaysay **2 bilood ama ka badan** oo isku xiga Shaqaalaha Daryeelka Guriga ahaan?

Maya

Haa



Weli waxaad ku heli kartaa caymiska caafimaadka dhexda **Washington Apple Health (Medicaid)** ama **Washington Healthplanfinder!**

Eeg bogga 48 wixii macluumaad dheeraad ah.



Hambalyo! Waxaad buuxisay u qalmida koowaad ee **qorshaha caafimaadka Kooxda Faa'iidooyinka SEIU 775** ee daryeelayaasha!

Haddii labbada aad u shaqayso shakhsi ahaan iyo Adeeg bixiye Wakaalad ah, waxaad isku dari kartaa saacadahaaga si loo tiriyo dhanka 80 saacadood oo shuruuda aht.

Su'aasha 2:

Bilahan, ma shaqaysay ugu yaraan **80 saacadood bishiiba?**

Maya

Haa

Adeeg bixiyayaasha Gaarka ah: Codso faa'iidooyinka wakhti kasta addoo booqanaya www.myseiubenefits.org ama adigoo wacaya Xarunta Kheyraadka Xubnaha (Member Resource Center) 1-866-371-3200.

Adeeg bixiyayaasha Wakaalada: Waad codsan kartaa marka aad ugu horayn u qalanto su'aalaha sare. Sidoo kale waad codsan kartaa, haddii aad u qalanto, muddada Diiwaangelinta Furan Juulay 2018.