



**Kandie L.
Bixiyaha daryeelka, Kent**

2021 Open Enrollment (Muddada Diiwaangelinta Sanadlaha ah ee Ceymiska Caafimaadka)

Luuliyo 1-20 ee Loogu Talagalay Hay'adaha Daryeelka Bixiyaha

Xirmadan waxaa ku jiro macluumaad loogu talagalay:

- ✓ Daryeel bixiyeyaasha haddaba ka diiwaangashan ceymiska caafimaadka.
- ✓ Daryeel bixiyeyaasha xaq u leh ee codsan kara ceymiska.

Inta lagu jiro Open Enrollment (Muddada Diiwaangelinta Sanadlaha ah ee Ceymiska Caafimaadka) waxaad:

- ✓ Codsan kartaa ceymiska caafimaadka (haddii aadan horay isku diiwaangelinin).
- ✓ Isbaddelo ikhtiyaari ah ku sameyni kartaa ceymiska ilkaha (haddii aad diiwaangashan tahay).
- ✓ Baran kartaa sida looga helo faa'iidada ugu badan dheefahaaga caafimaadka.

Ku buuxi oo ku soo celi Codsigaaga Dheefaha Caafimaadka onlayn ahaan ama boostada marka la gaaro ama ka hor **Luuliyo 20**.

Kuwa cusub ee isdiiwaangeliyay wuxuu ceymiska u bilaaban doonaa laga bilaabo Agoosto 1. Haddii aad hadda diiwaangashan tahay, waxaad sii heli doontaa isla ceymiska aad hadda heysato haddii aan wax ficiil ah la sameynin.

Haddi aadan weli yeelanin ceymiska caafimaadka oo aad jeclaan lahayd inaad codsato:

- ✓ Buuxi oo gudbi Codsiga Dheefahaha Caafimaadka.
- ✓ Bixi \$25 bishiiba.
- ✓ Sii wad inaad ka shaqeyso 80 saacadood bishiiba si aad xaq ugu sii lahaato.*
- ✓ Ku raaxeyso Ceymiskaaga Caafimaadka ee Kaiser Foundation Health Plan of the Northwest!

*Si aad u hesho macluumaad dheeraad ah oo ku saabsan shuruudaha xaq u yeelashada, fadlan ka tixraac bogga intarnetka ee Open Enrollment (Muddada Diiwaangelinta Sanadlaha ah ee Ceymiska Caafimaadka) ee barta myseiu.be/oe2021.

Macluumaad iyo Tilmaamo ku Qoran Luuqadaada

Gói này cũng được cung cấp bằng ngôn ngữ của bạn tại địa chỉ myseiu.be/oe2021-vi. Nếu bạn có câu hỏi, hãy gọi theo số **1-877-606-6705**, từ 8 giờ sáng đến 6 giờ chiều theo giờ Thái Bình Dương, Thứ Hai tới Thứ Sáu.

此套文档可提供您的语言版本，网址：myseiu.be/oe2021-zh。如有任何疑问，请致电 **1-877-606-6705** 太平洋时间周一至周五早上 8 点至下午 6 点。

이 패키트는 myseiu.be/oe2021-ko 에서 귀하의 모국어로 제공됩니다. 궁금한 사항은 태평양 표준시 기준으로 월요일부터 금요일까지, 오전 8시부터 오후 6시 사이에 **1-877-606-6705** 로 전화하십시오.

Este paquete está disponible en su idioma en myseiu.be/oe2021-es. Si tiene alguna pregunta, llame al **1-877-606-6705**, de lunes a viernes de 8 a. m. a 6 p. m., hora del Pacífico.

Пакет доступен на вашем языке на сайте: myseiu.be/oe2021-ru. Для получения дополнительной информации звоните по телефону **1-877-606-6705** с понедельника по пятницу с 8:00 до 18:00 часов (по Тихоокеанскому времени).

هذه الحزمة متوفرة بلغتك على myseiu.be/oe2021-ar إذا كانت لديك أسئلة، اتصل على الرقم **1-877-606-6705** من الساعة 8 صباحا حتى 6 مساء بتوقيت المحيط الهادئ، من الإثنين إلى الجمعة.

ይህ ጉኑት በእርስዎ ቋንቋ myseiu.be/oe2021-am ሊገኝ ይችላል። ጥያቄዎች ካልዎት ወደ **1-877-606-6705**፣ ከ 8 a.m. እስከ 6 p.m. በፓሲፊክ ሰዓት አቆጣጠር ከሰኞ እስከ ዓርብ መደወል ይችላሉ።

Xirmadan iyada oo luuqadaada ah waxaa laga heli karaa bogga intarnetka ee myseiu.be/oe2021-so. Haddii aad wax su'aalo ah qabto, wac **1-877-606-6705**, 8 a.m. ilaa iyo 6 p.m. Pacific time, Isniin-Jimce.

Jadwalka Tasmada

Xirmadaada waxaa ku jiro faahfaahin kooban oo ku saabsan ceymiskaaga caafimaadka, soo koobida ceymiska ilkaha caafimaadka iyo ilkaha iyo erayada guud ee ceymiska caafimaadka. Waxaad sidoo kale heli doontaa foomyaasha aad u baahan tahay si aad isku diiwaangeliso haddii aadan diiwaangashanayn ama aad wax ka baddel ikhtiyaari ah ugu sameyso ceymiskaaga haddii aad kolhore is diiwaangelisay.

My Plan

Wax ka baddel samee Boggaga 4-5
ama onlayn ahaan isku
diiwaangeli

Guudmarka

Qoddobada kooban ee Boggaga 6-7
ceymiska caafimaadka

Caafimaadka

Soo koobida ceymiska Boggaga 8-9
caafimaadka

Ilkaha

Soo koobitaanada Boggaga 10-13
ceymiska Ilkaha

Erayada Guud ee Ceymiska Bogga 14

Sida La Isku Diiwaangeliyo ama Wax Ka Baddel Loo Sameeyo

Onlayn ahaan

Waxaad buuxin kartaa foom onlayn ah adiga oo adeegsanaya *My Plan*. Booqo myseiu.be/oe-myplan si aad wax badan u ogaato.

Boostada ama Fakiska

Ku dir codsigaaga cinwaanka ku qoran Codsiga Dheefaha Caafimaadka. Khidmada boostada Mareykanka ayaa la iska rabaa. Amaa fakis ugu dir 516-723-7395.

Isku Diiwaangeli ama Wax Ka Baddel Ka Samee *My Plan*!

Ka furo akoon aad ka gasho *My Plan*

Tag myseiu.be/oe-myplan si aad iskuugu diiwaangeliso adeegsade cusub ahaan adiga oo raacaya talaabooyinkan:

Tallaabada 1: Dooro Register as a New User (Isku Diiwaangeli Adeegsade Cusub ahaan).

Username / Email Address

Password

SIGN IN **REGISTER AS A NEW USER**

Tallaabada 5: Buuxi magaca adeegsadaha, lambar sireedka iyo su'aasha ammaanka.

Username or Email Address: Confirm Username or Email Address:

Password (at least 8 characters): Confirm Password:

Secret Question: Answer:

NEXT **CANCEL**

Tallaabada 2: Geli ID-ga Xubnaha ama Lambarka Social Security (SSN).

Member ID on your health card or SSN

NEXT **CANCEL**

Tallaabada 6: Buuxi macluumaadka xiriirka oo Save Communication (Keydi Wada-xiriirka).

*Ugu yaraan hal taleefon lambar iyo cinwaan iimayl ayaa loo baahan yahay.

Home Phone Mobile Phone Work Phone Extension

Preferred Phone Number for Communication: HOME MOBILE WORK

Personal Email Address Work Email Address

Preferred Email for Communication: PERSONAL WORK

Preferred Method of Communication: -Select- English

SAVE COMMUNICATION **CONTINUE LATER**

Tallaabada 3: Geli Lambarka Zip-ka iyo Taariiqda Dhalashada.

Member ID or SSN: Name:

Zip Code: Date of Birth:

NEXT **CANCEL**

Tallaabada 4: Dib U Eeg oo Aqbal Qodobadda iyo Shuruudaha.

Take control of your health care. You've got the power.

create technology

Please read and accept Terms & Conditions

CREATE will occasionally update this Privacy Policy to reflect changes in the law or feedback. CREATE encourages you to periodically review this Statement to be informed of how CREATE is protecting your information. Your continued use of this web portal and/or mobile app after we make changes is deemed to be acceptance of those changes, so please check the policy periodically for updates.

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[View full screen](#)

I accept Terms & Conditions I do not accept Terms & Conditions

NEXT **CANCEL**

Tallaabada 7: Save Acknowledgements (Keydi Qiraalada).

create technology SEIU 775 Benefits Group

YOU MAY RECEIVE ELECTRONIC COMMUNICATIONS FROM US

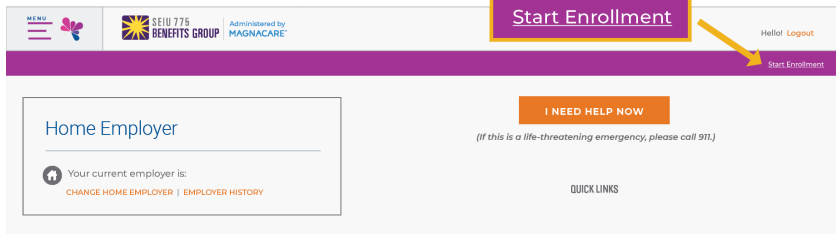
SAVE ACKNOWLEDGEMENTS **CONTINUE LATER**

Su'aalo miyaad qabtaa? Wac **1-877-606-6705**, 8 a.m. to 6 p.m. Pacific time, Isniin ilaa iyo Jimce, ama iimayl u dir SEIU775BG-caregiver@magnacare.com.

Isku Diiwaangeli Ceymis

Tallaabada 1: Gal oo eeg macluumaadka ceymiskaaga caafimaadka ama isku diiwaangeli ceymis.

Haddii aad xaq u leedahay inaad isdiiwaangeliso, waxaad fursad u yeelan doontaa inaad gujiso **Start Enrollment (Bilow Diiwaangelinta)**.



Tallaabada 2: Dulmar iska diiwaangelinta My Plan

- Dooro Loo-shaqeeyahaaga Koowaad. Kani waa loo shaqeeyaha ka jaran doona khidmada ceymiska ee \$25 bil walba mushaharkaaga. Loo-shaqeeyahaaga koowaad waxaa laga dhigi karaa mustaqbalka loo-shaqeeye labaad, iyada oo ku saleysan tirada saacadaha billaha aad shaqeyso.
- Dheef walbo waxaad arki doontaa macluumaadka xaq u yeelashada ee Hay'adaha Daryeelka Bixiya (AP-yada) iyo Adeeg Bixiyaha Shaqsiga (IP-yada) labaduba.

Tallaabada 3: Wax ka baddel doorbiditaanadaada, sida:

- Sida aad rabto in laguugula soo xiriiro – iimayl, taleefon ama boosto ahaan.
- Luuqada aad doorbideyso.

Tallaabada 4: Isku diiwaangeli ceymiska caafimaadka:

- Ceymiska caafimaadka – Ceymiskaaga waxaa lagu doortaa iyada oo ku saleysan meesha aad ku nooshahay.
- Ceymiska ilkaha – isla barbardhig ceymisyada oo mid ka dooro noocyada ceymiska ilkaha ee la heli karo.
- Kheyraad kale ee caafimaadka ee aad heli karto, sida Caregiver Kicks, Ceymiska maqalka EPIC iyo Ginger.

Tallaabada 5: Dib u eeg xulashooyinkaaga.

Tallaabada 6: Ku saxiix magacaaga adiga oo isticmaalaya muuskaaga ama shaashada taleefonka si aad u dhameystirto isdiiwaangelinta.

Waxaad arki doontaa shaashada xaqiijinta waxaana lagu soo diri doona iimayl xaqiijin ah iyo warqad.

Eeg oo wax ka baddel qorshaha ceymiskaaga

Tallaabada 1: Gal My Plan si aad u eegto ama wax uga baddesho ceymiskaaga.

Tallaabada 2: Isticmaal sawir calaamadeedka safka ee ku yaala dhinaca bidix ee kore si:

- Aad u hesho Soo Koobida Ceymiskaaga.
- Aad u eegto macluumaadka xaq yeelashadaada iyo dheeftaada.
- Aad wax uga baddesho ceymiskaaga ilkaha.
- Aad u eegto saacadahaaga shaqada.
- Aad u sameyso lacag bixinta shaqsiyadeed iyo wax kale oo badan!

Ku soo dejiso app-ka taleefonka MyCreateHealth taleefonkaaga casriga ah si aad si fudud ugu isticmaasho My Plan.

App-ka taleefonka MyCreateHealth waxaa laga heli karaa App Store oo ku jirta iPhone-kaaga, ama Google Play Store oo ku jirta taleefonkaaga Android.



Qoddobada Kooban Ee Ceymiska Caafimaadka

Ku Hel Ceymiska Caafimaadka iyo Ilkaha oo Tayo Sare leh \$25 oo Kaliya Bishiiba

Ceymiskaaga waxaa ku jira dheefahan soo socda:

- Aragtida
- Dhakhtarka oo Bilaash ah
- Caafimaadka
- Toosinta Ilkaha
- Ilkaha
- Aragga
- Maqal
- Dhalmo la'aanta
- Daawada Dhakhtarku Qoro
- Taageero Niyadeed

Ka Hel Faa'iidada Ugu Badan Ceymiskaaga

Hel Dhakhtar Aad Jeceshahay

Daryeelka adiga ayuu kaa bilowdaa. Xiriir la sameyso dhakhtar aad ku kalsoon tahay adiga oo dooranayo dhakhtarka daryeelka assaasiga ah, kaas oo aad la kulmi karto iyada oo khidmada ceymiska aan lahayn. Waxaad kula kulmi kartaa dhakhtarkan booqashooyinka fay-qaabka, haddii aad xanuunsato ama aad u baahan tahay in lagu guddiyo khabiir.

Waxaad dooran kartaa dhakhtarka daryeelka assaasiga ah adiga oo u maraya bogga internetka ee Kaiser Foundation Health Plan of the Northwest. Doorashada dhakhtarka daryeelka assaasiga ah waa mid dhaqso la sameyn karo oo fudud. Si lagaaga caawiyo inaad akoon sameyso ama aad dhakhtar hesho, booqo myseiu.be/oe-doctor.

Daryeelka Caafimaad oo Lagu Helo Meel Walbo

Ceymiskaaga caafimaadka waxaad ku heleysaa daryeelka caafimaad oo lagu helo meel walbo oo habboon, bilaash ah ama qiima jaban – oo aad ku heleyso taleefon, tablet ama kumbiyuutar – marka laga soo tago booqashooyinka shaqsi ahaanta loo xaadiro. Waxaad ku raaxaysan kartaa daryeel shaqsiyadeed oo tayo sare leh, booqashooyin badqab ah oo habboon iyo dookh xulashooyinka tiknooloji. Eeg myseiu.be/ha-2021 wixi macluumaad dheeraad ah.

Dheefo Dheeraad ah oo Adiga un Laguu Diyaariyay

Self-care matters (Is-daryeelka waa muhiim): Dheefaha Caafimaadka Dareenka

Caafimaadka dareenka wuxuu muhiim u yahay sida caafimaadka jireed. Ceymiska waxaa ku jira daaweynta cilmi nafsiga, daawaynta, daaweynta koox ahaaned iyo daawooyinka kaaba ama baddelka u noqda kuwa kale, iyo sidoo kale:

- App-ka Ginger, kaas oo fududeeya in lala xiriiro macalin khabiir kaas oo talo iyo taageero ku bixin kara fariin qoraal bilaash ah, oo ammaan ah. Wax badan ka baro barta myseiu.be/oe-ginger.
- Ka wac Adeegyada Caafimaadka Dhimirka ee Kaiser Foundation Health Plan of the Northwest lambarka **1-855-632-8280** ama booqo myseiu.be/kpnw-bh.
- Caawinta noolasha shaqsiyeed ee laga helo Resource Finder*. Iyada oo loo marayo Resource Finder, waxaad awoodi kartaa inaad hesho dhigaalada caafimaadka dareenka, daryeelka ilmaha, caawinta sharciyeed iyo wax kale oo badan. Booqo myseiu.be/oe-resource si aad wax badan u ogaato.

Caregiver KICKS™



Hel kabahaaga Caregiver Kicks bilaashka ah — oo simbirixada reeba — sanad walbo! Waa kuwo raaxo leh, waxay kugu ilaalinayaan shaqada waxayna u muuqdaan kuwa fiican. Waxaa lagu heli karaa 70 nooc, oo ay soo saareen shirkado caan ah sida Reebok iyo Skechers. Ka hel kabahaaga Caregiver Kicks barta myseiu.be/oe-kicks.

*Barnaamijka Caawinta Shaqaalaha ee loo maro U Doodaha Caafimaadka ma sii heli doonaan daryeel bixiyeyaasha laga bilaabo Agosto 1, 2021.

John R.
Bixiyaha daryeelka, Seattle



U Maareey Daawo Qoraaladaada Dhakhtarka Si Caqli leh

Si wayn uga faa'iideeyso dheefaha daawo qoraalkaaga dhakhtarka adiga oo fahmaya dhammaan dookhyadaada iyo waxa qiimahooda uu yahay.

| Khidmada Adeegga Ceymiska ee Daawo Qoraalka Dhakhtarka (Bixiyaha u shaqeeya shirkada ceymiska) ee daawo 30 maalmood la qaato | Farmashiga Laga Qaadanayo | Ku libsashada Boostada |
|--|---------------------------|---|
| Daawooyinka Ka Hortagga Uurka ee Baddelka u ah Kuwa Kale* | \$0 | \$0 |
| Daawooyinka Baddelka u ah Kuwa Kale ee La Doorbidayo | \$5 | \$10 sahay siinta ilaa iyo 90-ka maalmood ah |
| Daawooyinka Shirkadaha Gaarka ah ee La Doorbidayo | \$25 | \$50 sahay siinta ilaa iyo 90-ka maalmood ah |
| Aan La Doorbideynin | \$50 | \$100 sahay siinta ilaa iyo 90-ka maalmood ah |

*Haddii aad u shaqeeyso hay'ad diimeed, ceymiskaaga caafimaadka waxaa ka reeban ceyminta ka hortagga uurka, sida lagu oggolaaday ee ku xusan ka reebitaanka diimeed ee Affordable Care Act (Sharciga Daryeelka Caafimaad ee La Awoodi Karo). Sikastaba, waxaad midan si bilaash ah kaga heleysaa (adiga oo walibana wax ficil ah sameynin) Sav-Rx, inta aad ka diiwaangashan tahay ceymid caafimaad.

CUSUB!

Booqashooyinka Dhakhtarkaaga Daryeelka Assaasiga ah (sidoo kale loo yaqaano Bixiyaha Daryeelka Assaasiga ah) bilaash ayay ka yihiin ceymiska.

Waxyaabaha Baddelka u Ah Isticmaalka Qolka Gurmadka Degdegga ah

| Qolka Gurmadka Degdegga ah \$200 Khidmada Adeegga Ceymiska | Xarunta Daryeelka Degdegga ah \$30 Khidmada Adeegga Ceymiska | Dhakhtarka Aassaasiyaha / Booqashooyinka Bilaashka ah Lacag La'aan |
|--|--|--|
|--|--|--|

Ku Baaqso \$170 inaad isticmaasho Xarumaha Daryeelka Degdegga ah.

Haddii aad u baahan tahay daryeel degdeg ah, raadi xarunta daryeelka degdegga ee kuugu dhaw ama ballan isla maalintaas ah ka qabso dhakhtarkaaga. Waxaa kuu baaqan kara lacag ilaa iyo \$170 ah.

Daryeelka degdegga ah lamid ma ahan daryeelka gurmadka degdegga ah.

Haddii aad la dhibaatooneyso xaalad naf-gooyo ah, sida wadna istaaga ama qabsinka, waa inaad aado qolka gurmadka degdegga ah. Haddii aad yeelato dhaawcyo jireed oo fudud, sida anqaw murgacday, booqo xarunta daryeelka degdegga ah.

Soo Koobida Dheefta Ceymiska Caafimaadka



Soo Koobida Kaiser Foundation
Health Plan of the Northwest
Taariikhda Dhaqan Galka: 08/01/2021

Kani waa soo koobid kooban oo ku saabsan dheefooyinka. KANI MA AHAN HESHIIS AMA SHAHAADO CEYMIS. Dhammaan dheefooyinka, oo ay ka mid yihiin daryeelka baddelka ah, waxaa loogu talaglay adeegyo caafimaad ahaan muhiim ah. Qofka Xubnaha ah waxaa laga qaadi doonaa qiima wadaaga qaybta yar ee adeega ceymiska leh ama qiimaha saxda ah ee adeegaas. Si aad u hesho qodobadda ceymiska oo dhameystiran, oo ay ku jiraan xadidaadaha, fadlan ka tixraac shahaadadaada ceymiska. Sida waafaqsan Patient Protection and Affordable Care Act of 2010 (Sharciga Ilaalinta Bukaanka iyo Daryeelka Caafimaad ee La Awoodi Karo ee 2010):

- Qiimaha lacag ahaan ugu badan inta aad nooshahay ee dheefaha caafimaadka lagama maarmaanka ah ee ceymiska leh wali ma sii shaqeeyo. Xubnayaasha uu ceymiskooda dhamaaday inay gaareen qiimaha ugu badan inta uu qofka noolyahay aawadeed sida ku xusan ceymiskan waxay xaq u leeyihiin inay iska diiwaangeliyaan ceymiskan.
- Hay'adaha Daryeelka Bixiyaha kaliya: Carruurta kugu tiirsan ee da'doodu ka yartahay labaatan iyo lix (26) jir waxay xaq u leeyihiin in laga diiwaangeliyo ceymiskan. Waxaad mas'uul ka noqon doontaa bixinta kharashka khidmada ceymiska oo dhameystira ee dadka kugu tiirsan. Kala xiriir loo-shaqeyahaaga sicirada khidmada ceymiska.

| Ceymiska Bixiyaha U Shaqeeya Shirkada Ceymiska | |
|--|--|
| Inta Ugu Badan Lacagta Jaabka Laga Bixiyo | |
| Halki Xubne | \$1,250 |
| Qoyska oo Dhan | \$2,500 |
| Lacagta la jaro | \$0 |
| Booqashooyinka Xafiiska | |
| Baaritaanka Jireed kahortagga ah ee joogtada ah | \$0 |
| Daryeelka Assaasiga ah | \$0 |
| Daryeelka Gaarka ah | \$15 |
| Daryeelka degdegga ah | \$30 |
| Baaritaanada | |
| Baaritaanada Kahortagga ah | \$0 |
| Sheybaar | \$0 |
| Raajo, sawirid, habraacyada cudur ogaanshaha gaarka ah | \$0 |
| Baaritaanada CT, MRI, PET | \$50 halki booqasho waaxeed. Adeegyada qaarkood waxay u baahnaan karaa oggeysiis horudhac ah. |
| Daawooyinka (bukaan socodka) | |
| Daawada dhakhtarku qoro (siinta ilaa iyo 30-ka maalmood ah) | \$5 daawooyinka baddelka u ah kuwa kale ee la doorbidayo/\$20 daawooyinka shirkadaha gaarka ah ee la doorbidayo/\$50 shirkadaha aan la doorbideynin |
| Ku libso Boostada Daawada dhakhtarku qoro (siinta ilaa iyo 90-ka maalmood ah) | \$10 daawooyinka baddelka u ah kuwa kale ee la doorbidayo/\$50 daawooyinka shirkadaha gaarka ah ee la doorbidayo/\$100 shirkadaha aan la doorbideynin |
| Dawooyinka la bixiyay, oo ay ku jiraan cirbadaha (dhammaan xarumaha bukaan socodka) | \$0 |
| Booqashooyinka qolka daaweynta ee kalkaalisada si loo qaato cirbad | \$5 |
| Daryeelka Dhalmada | |
| Daryeelka dhalmada iyo booqashada koowaad ee dhalmada ka-gadaal ee qorsheysan | \$0 |
| Sheybaar | \$0 |
| Raajo, sawirid, habraacyada cudur ogaanshaha gaarka ah | \$0 |
| Adeegyada Isbitaalka ee Bukaan Jiifka | \$100 halki isbitaal dhigis |
| Dhalmo la'aanta | |
| Adeegyada caafimaadka iyo qalliinka ee lagu daaweeyo madhalaysnimada iyo dhalmo la'aanta iyo dhammaan adeegyada la xiriira | Ceymis leh iyada oo ku xiran kharash qeybsiga adeegyada bukaan socodka ee habboon, oo ku xadidan \$30,000 qiimaha ugu badan inta aad nooshahay. Waxaa ka mid ah bacriminta shahwada ee macmalka ah, bacriminta ilmaha banaanka lagu koriyo iyo dhalmada la kaalmeeyay, oo ay ku jiraan farsamada teknooloji ee gamete intrafallopian transfer (GIFT) iyo zygote intrafallopian transfer (ZIFT). Daawooyinka dhalmada: Xeymis leh iyada oo ku xiran 50% haraaga lacag jarista kadib ee ceymiska, oo ku xadidan qiimaha ugu badan inta aad nooshahay oo ah \$5,000 |

Soo Koobida Kaiser Foundation Health Plan of the Northwest oo sii socoto.

| Adeegyada oo sii socda. | |
|--|---|
| Adeegyada Isbitaalka | |
| Adeegyada Isbitaalka (halki gaadiidba) | \$75 |
| Booqashada waaxda gurmada dedegdegga ah | \$200 (Oo laga dhaafayo haddii la seexiyo) |
| Adeegyada Isbitaalka ee Bukaana Jiifka | \$100 halki isbitaal dhigis |
| Booqashada dawaynta kiimikada/dawaynta shucaaca | \$15 |
| Dalabka caafimaadka ee raaga, qalabyada isbeerka jirka ee banaanka ah, iyo qalabyada cuuryaanka e socodka saacideeya | 20% Lacagaha haraaga lacag jarista kadib |
| Daaweynta jireed, hadalka. iyo shaqada (ilaa iyo 20 booqasho halki daawayn Halki Mudda sanadeedba) | \$15 |
| Adeegyada Xarunta Dadka Lagu Xanaaneeyo | |
| Adeegyada xarunta dadka lagu xanaaneeyo ee bukaan jiifka (ilaa iyo 100 maalmood Halki Mudda sanadeedba) | \$0 |
| Adeegyada Balwada Maandooriyaha | |
| Adeegyada Bukaana Socodka | \$0 |
| Adeegyada Isbitaalka iyo deegaanka ee bukaan jiifka | \$100 halki isbitaal dhigis. |
| Adeegyada Caafimaadka Dhimirka | |
| Adeegyada Bukaana Socodka (Booqashada kooxeed ½ khidmada adeegga ceymiska) | \$0 |
| Adeegyada Isbitaalka iyo deegaanka ee bukaan jiifka | \$100 halki isbitaal dhigis |
| Daryeelka Baddelka ah | |
| Daryeelka baddelka ah (isa soo gudbiyey) | \$15 halki booqasho ee xirfadlaha dadka u jimciyo ilaa iyo 12 booqasho, booqashooyinka dheeraadka ah waxay u baahan yihiin oggolansho hore |
| Adeegyada Aragga | |
| Baariitaanka indhaha joogtada ah (ilaa iyo bisha koowaad ee da'da 19) | \$0 |
| Qalabka aragga iyo Adeegyada Aragga (ilaa iyo bisha koowaad ee da'da 19) | Khidmo ma lahan muraayadda indhaha ama fareemyada ama dhalooyinka isha la saaro 12 bilood kasta. |
| Baariitaanka indhaha joogtada ah (da'da 19 jir iyo wixi ka wayn) | \$0 |
| Qalabka aragga iyo Adeegyada Aragga (da'da 19 jir iyo wixi ka wayn)* | Gunnada hore oo dhan ilaa iyo \$300 ee loogu talagalay muraayadda indhaha ama dhalooyinka isha la saaro, waxaan ka badnayn halmar halki sanaba. |
| Adeegyada Maqalka | |
| Qalabka maqal-kaaliyaha | Lagu dabaro dheef gaar ah: Ceymiska maqalka EPIC. Ma lahan khidmada adeegga ceymiska, ilaa iyo \$1,200 hashi dhagba 3 sano oo kasta oo laga bixinayo kharashka maqal-kaaliyaha. Wax badan ka baro barta myseiu.be/hearing |


*Lacag kasta oo aad ku bixiso Adeegyada ceymiska leh laguma xisaabay INTA UGU BADAN LACAGAHA JAABKA LAGA BIXIYO.

Sifooyin Dheeraad ah

| | | | |
|--|---|--|--|
| Isticmaalka onlaynka waqti walba, meel walbo iyada oo aan khidmo dheeraad lahayn: kp.org | Qabso ballamo | 17 Xafiisyo ilko ah | Khiima dhimisyada |
| Hel diiwaanada caafimaadka | Qiimeynta Halista Caafimaad – agab onlayn oo shaqsiyadeed | Portland Clinic (7 goobood) | xarumaha jimcsiga |
| Dib u buuxso daawada dhaktarku qoray | loogu talagalay xubnayaasha Xarumaha iyo Adeegyada: kp.org/facilities | Kalkaaliyeyaasha caafimaadka | Fiitaamiinada iyo |
| Imayl u dir dhaktarka | 37 Xafiisyo caafimaad | 24 saac talada bixiya | Nafaqada-dheeraadka ah |
| Eeg natiijooyinka sheybaarka | 8 Goobaha Daryeelka degdegga ah | Adeegyada macalinka caafimaadka | Daryeelka Baddelka ah iyo daryeelka u jimcinta |
| | | Qiima Dhimisyada Xubnaha: kp.org/choosehealthy | |
| | | Barnaamijka CHP Active and Healthy | |

Waxyaabaha Reeban iyo Xaddidaadaha: Adeegyada hoos ku qoran midkood gebi ahaan way ka reeban yihiin ceymiska ama qayb ahaan ayay u xadidan yihiin. Tani waxay khuseysaa dhammaan Adeegyada ceymiska yeelan lahaa oo dheeraadka ku ah waxyaabaha reeban iyo xaddidaadaha ee ku saabsan Adeeg gaar ah oo kaliya sida lagu qoray faahfaahinta Adeegaas ee Evidence of Coverage (EOC) (Dukumiintiga Faahfaahinta Ceymiska). Si aad u hesho liiska iyo faahfaahinta dhameystiran ee Waxyaabaha Reeban iyo Xaddidaadaha fadlan ka tixraac EOC. Daawaynta jir duridda ah haddii Kooxda loo shaqeyahaaga ay soo gataan "Ceymiska Dheeriga ah ee Adeegyada Daryeelka Baddelka ah" ma ahane. U jimcinta ilaa iyo haddii Kooxda loo shaqeyahaaga ay soo gataan "Ceymiska Dheeriga ah ee Adeegyada Daryeelka Baddelka ah" ama "Ceymiska dheeriga ah ee U Jimcinta" (ee ofka isku gudbiyo) ma ahane. Adeegyada Isqurxinta: Ka reebitaankan ma khuseeyo Adeegyada ceymiska ku leh "Reconstructive Surgery Services" ("Adeegyada Qalliinka Jirka Lagu Hagaajiyoo") ee qeybta "Dheefaha" ee EOC. Adeegyada Mas'uul Ka Noqoshada. Adeegyada Ilkaha. Dhiig Dhubista La Qoondeeyay. Mas'uuliyada Loo-shaqeyaha; uma magdhawno loo-shaqeyaha Adeeg kasta oo sharciga farayo loo-shaqeyaha inuu fuliyo. Adeegyada Tijaabada ama Baariitaanka ah. Qalliinka Isha, Qalliinka araga gaaban lagu saxo, qalliinka lagu saxo soo celinta iftiinka indhaha, iyo qalliinka ligu saxo aragga, oo ay ku jiraan qiimaynta lagu sameenayo qalliinada. Adeegyada Qoyska: Adeegyada uu bixiyo qof ka tirsan qoyska kuugu dhaw. Baariitaanka Hidde Sidaha. Maqal-kaaliyaha haddii Kooxdaada ay soo gataan "Hearing Aid Rider" ma ahane.* Daawaynta maskax suuxdinta. Adeegyada dhalmo la'aanta haddii kooxdaada ay soo gataan "Ceymiska Dheeriga ah ee Daawaynta Adeegyada Dhalmo La'aanta" ma ahane.* Adeegyada Dhexdhexaadka ah, Adeegyada xarunta daryeelka dhexda ku jirta way reeban yihiin. Kaalmada Aragga Liita. Adeegyada Dawaynta Daliiga haddii Kooxda loo shaqeyahaaga ay soo gataan "Ceymiska Dheeriga ah ee Adeegyada Daryeelka Baddelka ah" ma ahane. Adeegyada Daawaynta dabiiciga ah haddii Kooxda loo shaqeyahaaga ay soo gataan "Ceymiska Dheeriga ah ee Adeegyada Daryeelka Baddelka ah" ma ahane. Adeegyada Aan Caafimaad Ahaan Muhiimka Ahayn. Adeegyada la Xiriira Adeeg aan Ceymis Lahayn. Adeegyada Aan Ahayn Adeegyada, Saadka, ama Shey'yaasha Daryeelka Caafimaadka. Daryeelka Taageerada ah iyo Adeegyada Kale. Uur u qaadida iyo ilmo u dhalista qof kale. Adeegyada qof walba ee la xiriira Heshiiska Uur U Qaadida Iyo Ilmo U Dhalista Qof Kale, marka laga reebo haddii kale adeegyada ceymiska leh ee la siiyo qof Xuban ah oo Dad Kale U Ilmo Dhalaya. Safarka iyo Loojin Seexashada. Adeegyada Safarka. Dhammaan Adeegyada Safarka la xiriira oo ay ku jiraan tallaalka safarka (sida cagaarsho, tiifoowga, iyo Cudurka maskaxda ee Jabbaan), haddii kooxdaada ay gataan "Ceymiska Dheeriga ah ee Adeegyada Safarka" ma ahane.* Qalabka aragga iyo Adeegyada Aragga haddii kooxdaada ay gataan "Ceymiska Dheeriga ah ee Qalabka aragga iyo Adeegyada Aragga" iyo/ama "Ceymiska Dheeriga ah ee Qalabka aragga iyo Adeegyada Aragga Carruurta" ma ahane.* Daawaynta Arraga iyo Toosinta Indhaha ama Jimicsiga Indhaha. Kani ma ahan heshiis. Soo koobida dheefta si buuxdo uma faahfaahinayo ceymiska dheeftaada ee Kaiser Foundation Health Plan of the Northwest. Wixii faahfaahin dheeraad ah ee ku saabsan ceymiska dheefta, dib u eegida xaqsheegashada, garqaadista maxkamadeed, fadlan ka eeg EOC-gaaga ama wac Adeegyada Xubnaha. Haddii uu qilaaf ka dhex dhasho soo koobidan iyo EOC, waa in la qaataa EOC.

Dookhaaga Ceymisyada Caafimaadka

| Bixiyeyaasha | Qiimaha Ugu Badan Sanadka | Lacagta la jaro | Khidmada adeegga ceymiska baaritaanada joogtada ah | Sifooyinka Gaarka ah |
|---|---------------------------|-----------------|--|---|
|  DELTA DENTAL® | \$2,000 | \$0 | Waxaa loo dabaraa si dhameysrtiran | <ul style="list-style-type: none"> Shabakad bixiyeyaal oo balaaran, oo ku jiraan goobaha miyiga |
| Willamette Dental Group | Waxbo | \$0 | Waxaa loo dabaraa si dhameysrtiran | <ul style="list-style-type: none"> Ku habboon daryeel bixiyeyaasha ku nool I-5 corridor Ma lahan qiimaha ugu badan sanadka oo leh kharashyo ku baxa ilkaha oo badan |

Ceymiskaaga ilkaha wuxuu ka mid yahay khidmadaada ceymiska billalaha ee \$25.

Labada qorshe ee ceymiska ilakahaba waxay bixiyaan dheefaha toosinta ilkaha.

Ma rabtaa inaad baddelato qorshahaga ceymiska ilkaha? Buuxi oo soo celi Codsiga Dheefaha Caafimaadka markay tahay Luuliyoo 20, 2021.



Qorshaha Ceymiska PPO

Taariikhda Dhaqan Galka 8/1/2021

Muddada Dheefta: 1/1/2022 - 12/31/2022

Qiimaha Ugu Badan ee Muddada Dheefta:*
(halki qofba; ma khuseyso Class I): \$2,000

Toosinta Ilkaha—Dadka wawayn iyo Carruurta: 50%

Qiimaha Ugu Badan Inta Aad Nooshahay (halki qofba): \$2,000

| | Dhakhtarka Ilkaha PPO ee Delta Dental | Dhakhtarka Ilkaha Delta Dental Premier | Dhakhtarka Ilkaha ee Madaxa Banaan |
|---|---------------------------------------|--|------------------------------------|
| Lacag Jarista Muddada Dheefta | | | |
| Lagama qaadayo adeegyada Class 1 ee bixiyaha ceymiska u shaqeeya—ma lahan lacag jaris bixiyaha aan u shaqeynin shirkada—halki mudda dheefeed \$50 | \$0/\$50 | \$50 | \$50 |
| Class 1 - Cudur Ogaansho iyo Kahortag | | | |
| Baaritaanada Nadiifinta Foloraydh Raaajooyinka Bacda la saaro ilkaha | 100% | 80% | 80% |
| Class II - Ilka Soo Celinta | | | |
| Soo ceelinta ilkaha Buuxinta cadeynta ee ilakaha danbe Cilmiga cudurada iyo daaweynta iliga gudihiisa (Xidid Dilidda) Cilmiga cudurada iliga waxa ku wareegsan Qalliinka Afka | 100% | 60% | 60% |
| Class III - Adeegyada Wawayn | | | |
| Ilkaha Macmalka ah Ilkaha Qeybta Ahaan Macmalka ah Bir Gelinta Iliga Lafaha Ilkaha Xiriiriya Lafaha Iliga Laga Dul Galiyo | 80% | 40% | 40% |

*Wax cusub sanadkan! Qiimaha Ugu Badan Sanadka waa lacagta ugu badan uu ceymiskaaga bixinayo sanadkiiba. Wixii adeeg ilko ah ee ka badan lacagtan, waa inaad jeebkaaga ka bixiso marka laga reebo kharashyada adeegyada Class 1.

Fadlan ogoow: Tani waa guudmar kooban oo ku saabsan dheefaha la heli karo si la iskula barbardhigo oo kaliya oo kama dhigna heshiis. Marka lagaa diiwaangeliyo qorshe ceymis waxaad awood u yeelan doontaa inaad isticmaasho buug-yarahaaga dheefaha kaas oo faahfaahin dheeraad ah ka bixin doona Qorshahaaga Ceymiska Delta Dental PPO. Fadlan xor ayaad u tahay inaad soo wacdo waaxdeena adeega macmiilka ama inaad booqato boggeena internetka ee DeltaDentalWA.com haddii aad wax su'aalo ah qabto.

Ka hel faa'iidada ugu badan dheefahaaga!

Sameyso akoonka MySmile®

Waxay kuu sahleysaa, inaad 24/7 awood u yeelato inaad isticmaasho kaarkaaga ID-ga, macluumaadka dheefta, qiyaasta kharashka jaabka laga bixiyo oo ammaan ah iyo wax kale oo badan! Qalabkeena "Find your member ID" ("Raadi ID-gaaga Xubinnimada") wuxuu fududeeyaa diiwaangelinta. Booqo DeltaDentalWA.com si aad akoonkaaga u furto.

Dooro dhakhtarka ilkaha ee u shaqeeya shirkada ceymiska

Qorshahaaga ceymiska wuxuu ku sahlayaa inaad isticmaasho shabakada Delta Dental PPO. Sikastaba, dheefaha waxay ugu dheeryihiin marka aad booqoto dhakhtarka ilkaha Delta Dental PPO. Booqo DeltaDentalWA.com si aad u hesho dhakhtar u shaqeeya shirkadaada (ka baro sida loo sameeyo bogga xigga).

Qorshahaaga ceymiska wuxuu sidoo kale wataa awooda adeegsiga shabakada Delta Dental Premier®, taas oo kaa caawineysa inaad hesho dhakhtarka ilkaha PPO oo ka baxsan deegaankaaga haddii loo baahdo. Tani waxay ka dhigan tahay inaad iska ilaalin karto kharashka badan ee bixiyaha aan u shaqeynin shirkada (eeg jadwalka hoose).

Hawlo badan oo ilkaha ayuu ceymisku dabaraa

Kharashyadda Class I laguma xisaabo Qiimahaaga Ugu Badan Sanadka, taas oo ka dhigan in wax badan oo ka mid ah kharashyadaada Class II iyo III lagu dabaro ceymiska.

| | PPO | Premier | Bixiyaha aan u shaqeynin shirkada ceymiska |
|--|-----|---------|--|
| Shabakada ilkaha ee qorshahaaga ceymiska | ✓ | | |
| Dheefaha waxay gaaraan meesha ugu badan taas oo ka dhigan kharashada jaabka ka baxo oo yar | ✓ | | |
| Wuxuu kuu dirayaa foomyaasha xaqsheegashada | ✓ | ✓ | |
| Waxay la imaataa mareynteena tayada leh iyo kharash ilaalinta | ✓ | ✓ | |
| Ma jiro kharash ku baxo ilaalinta taas oo ka dhigan kharashada jaabka ka baxo oo yar | | | ✓ |

Hel dhakhtarka ilkaha ee u shaqeeya shirkada ceymiska ee kuu dhaw:

1. Booqo DeltaDentalWA.com
2. Guji 'Online Tools' ('Qalabka Onalynka') oo adeegso qalabkeena 'Find a Dentist' ('Hel Dhakhtarka Ilkaha')
3. Guji 'Delta Dental PPO' si aad u kala shaandeysid natiijooyinka kaaga soo baxaya raadinta

U booqo dhakhtarkaaga ilkaha si joogta ah.

Qorshahaaga ceymiska wuxuu dabaraa daryeelka kahortaga ah sanad walba. Nadiifinta iyo hubinta joogtada ah waxay muhiim u yihiin inaad lahaato dhoola cadeyn caafimaad leh waxayna ka hortagtaa dhibaatooyinka xanuunka leh, qaaliga ah inta uu waqtiga sii socda.

Hel qiyaasta kharashyada jaabka laga bixiyo.

Inaad ogaato kharashkaaga waxay ka saacidaa adiga iyo dhakhtarkaaga ilkaha inaad qorsheysataan daawaynta si aad isku deeqsiisaan dheefihiina.

MySmile Cost GenieSM waxay ku siineysaa qiyaasta kharashyada, oo degdega ah. Waxay ku wanaagsan tahay daawaynta aassaasiga ah sida buuxinta. Gal oo keliya akoonkaaga MySmile account si aad u hesho qiyaasta shaqsi ahaan laguugu diyaariyay.

Marka aad u baahan tahay daawayn ballaaran, sida lafta iliga la galiyo, ka dalbo dhakhtarkaaga "hubinta horudahaca ah." Waxaad ka heli doontaa dhakhtarkaaga ilkaha **Xaqijinta Daawaynta iyo Kharashkeeda**. Waxay faahfaahin ka bixisaa qorshaha daawayntaada, waxay ay dabarayaan dheefahaaga iyo cadadka lacagta uu kaaga yeelan karo dhakhtarkaaga ilkaha daawaynta.



**Su'aalo miyaad qabtaa?
Wac Delta Dental.
1-800-554-1907**

Isniin-Jimce, 7 a.m. to 5 p.m.
Pacific time

Willamette

Dental Group

Qorshaha Ceymiska Ilkaha

Taariikhda Dhaqan Galka 8/1/2021

Iyada oo ay damaanad qaadeyso Willamette Dental of Washington, Inc. Qorshahan ceymiska wuxuu bixiyaa ceymiska adeegyo balaaran si looga hortaggo, loo ogaado oo loo daaweeyo cudurada ama xaaladaha ilkaha iyo unugyada taageera. Kuwa la soo bandhigay kaliya qaar ka mid ah habraacyada ugu badan ee lagu dabaro qorshahaaga. Fadlan ka eeg Shahaadadaada Ceymiska faahfaahinta qorshaha ceymiska, xadidaadaha iyo waxyaabaha reeban oo dhameystiran.

| Dheefaha | Khidmadaha adeegga ceymiska |
|---|---|
| Qiimaha Ugu Badan Sanadka | Ma Lahan Qiimaha Ugu Badan Sanadka |
| Lacagta la jaro | Ma lahan Lacagta la jaro |
| Booqashada Xafiiska ee Guud iyo Ilka Simmida | Ma Lahan Khidmadaha Adeegga Ceymiska booqashadiiba |
| Adeegyada Cudur Ogaanshaha iyo Kahortagga | |
| Baaritaanada Joogtada ah iyo kuwa Gurmada Degdegga ah, Raajooyinka, Ilka naadiifinta, Daaweynta Foloraydh, Bacda La Saaro Ilkaha (Halki iligba), Baaritaanka Kansarka ee Madaxa iyo Luqunta, Tilmaamta Nadaafada Afka, Cabirka Ciirdka iyo Iliga u Dhaxeeya, Qiimeynta Caafimaadka Ciirdka iyo Ilkaha | Waxaa lagu Dabaraa Khidmadaha Adeegga ceymiska ee Booqashad Xafiiska |
| Daaweynta Ilkaha ee Ilka Soo Celinta | |
| Ilka buuxinta (Amalgam) | Waxaa lagu Dabaraa Khidmadaha Adeegga ceymiska ee Booqashad Xafiiska |
| Birta Dhoobka Leh ee La Geliyo Ilkaha | Waxaad bixineysaa \$250 oo ah Khidmada Adeegga Ceymiska |
| Cilmiga Buuxinta Ilkaha Macmalka ah | |
| Ilkaha Hoose ama Kore oo Dhameystiran | Waxaad bixineysaa \$400 oo ah Khidmada Adeegga Ceymiska |
| Lafaha Ilkaha Xiriiriya (halki iligba) | Waxaad bixineysaa \$250 oo ah Khidmada Adeegga Ceymiska |
| Cilmiga Cudurada iyo Daaweynta Iliga Gudhiisa & Cilmiga Cudurada Iliga Waxa Ku Wareegsan | |
| Daweynta Xidid Dilidda – Ilkaha hore | Waxaad bixineysaa \$85 oo ah Khidmada Adeegga Ceymiska |
| Daweynta Xidid Dilidda – Ilkaha dhexe | Waxaad bixineysaa \$105 oo ah Khidmada Adeegga Ceymiska |
| Daweynta Xidid Dilidda – Goosaha dambe | Waxaad bixineysaa \$130 oo ah Khidmada Adeegga Ceymiska |
| Qalliinka Lafta Ciridka (Ilkaha halki Geesba) | Waxaad bixineysaa \$150 oo ah Khidmada Adeegga Ceymiska |
| Ilka Sifeynta (Ilkaha halki Geesba) | Waxaad bixineysaa \$75 oo ah Khidmada Adeegga Ceymiska |
| Qalliinka Afka | |
| Ilig Bixin (Hal Ilig) | Waxaa lagu Dabaraa Khidmadaha Adeegga ceymiska ee Booqashad Xafiiska |
| Qalliinka Ilig Bixinta | Waxaad bixineysaa \$100 oo ah Khidmada Adeegga Ceymiska |
| Daaweynta Toosinta Ilkaha | |
| Daaweynta Ka Hor Toosinta Ilkaha | Waxaad bixineysaa \$150 oo ah Khidmada Adeegga Ceymiska** |
| Daaweynta Toosinta Ilkaha ee Dhameystiran | Waxaad bixineysaa \$2,500 oo ah Khidmada Adeegga Ceymiska |
| Bir Gelinta Iliga | |
| Qalliinka Bir Gelinta Iliga | Dheefta bir gelinta iliga ee ugu badan oo ah \$1,500 halki Mudda sanadeedba |
| Waxyaabo kala duwan | |
| Kawaawiso | Waxaa lagu Dabaraa Khidmadaha Adeegga ceymiska ee Booqashad Xafiiska |
| Lacagaha Shaybaarka Ilkaha | Waxaa lagu Dabaraa Khidmadaha Adeegga ceymiska ee Booqashad Xafiiska |
| Nitrous Oxide | Waxaad bixineysaa \$40 oo ah Khidmada Adeegga Ceymiska |
| Booqashada Xafiiska Takhasuslaha | Waxaad bixineysaa \$30 oo ah Khidmada Adeegga Ceymiska halki Booqashaba |
| Madhawga Daryeelka Gurmada Degdegga ah ee Goobta Ka Baxsan | Waxaad bixineysaa khidmado ka badan \$250 |

*TMJ waxay leedahay \$1000 oo ah qiimaha ugu badan sanadka/ \$5000 oo ah qiimaha ugu badan inta aad nooshahay

**Khidmada adeegga ceymiska waxaa lagu shubayaa khidmada Daaweynta Toosinta Ilkaha ee Dhameystiran haddii macmiilka uu aqbal qorshaha ceymiska ee daaweynta.

Waxyaabaha Reeban

Lafaha ilkaha xiriiriya, lafaha iliga laga dul galiyo, ilkaha macmalka ah, ama qalabyada isbeerka jirka ee u baahan taariikhyo daawayn oo fara badan ama haddii sheyga isbeerka jirka ah la rakibo ama la keeno wax ka badan 60 maalmood ka dib markii la joojiyo ceymiska.

Dhameystirka ama bixinta daawaynta ama adeegyada la bilaabay ka hor taariikhda dhaqan galka ee ceymiska. bir gelinta iliga, oo ay ku jiraan qalabyada lagu qabanayo, dayactirka iyo adeegyada la xiriira bir gelinta iliga.

Adeegyada cilmiga cudurada iliga gudhiisa, adeegyada lafaha iliga laga dul galiyo iyo bir gelinta ilkaha ee la bixiyay ka hor taariikhda dhaqan galka. Daaweynta cilmiga cudurada iliga gudhiisa ee la dhameystiray wax ka badan 60 maalmood ka dib joojinta ceymiska. Baaritaanada iyo la-tashiyada loo baahan yahay kali ahaantooda ee la xiriira adeeg aan ceymis lahayn. Adeegyada tijaabada ama baaritaanka ah iyo baaritaanada la-tashiyada la xiriira.

Dib u hagaajinta afka ee dhameystiran, oo ay ku jirto dib u soo celinta afka ee ballaaran ee lagu soo celinayo lafaha iliga laga dul galiyo, lafaha ilkaha xiriiriya, ama bir gelinta ilkaha; iyo toosinta is-qabashada ilkaha oo ay ku jiraan lafaha iliga laga dul galiyo, lafaha ilkaha xiriiriya, ama bir gelinta ilkaha kuwaas oo loo adeegsado ujeedada kabida, wax baddelida cabirka taagan, soo celinta isqabashada ilkaha ama sixidda is cunista ilkaha, xoqid, ama burburka ilkaha.

Daryeelka isbitaal dhigista ee ka baxsan xafiiska ilkaha ee qalliinka ilkaha, adeegyada dhakhtarka, ama lacagaha xarunta. Adeegyada lafaha iliga laga dul galiyo ee qalka iyo wajiga.

Caaga habeenki ilkaha la gashto.

Ilka soo celinta shaqsiga loogu talagalay.

Qalliinka dib u hagaajinta ama qurxinta ilkaha iyo adeegyada ama sahayda kale, kuwaas oo asal ahaan looga dan leeyahay in lagu horumariyo, wax looga baddelo, ama lagu xoojiyo muuqaalka.

Kaniiniyada iyo daawooyinka horudhaca ah ee dhakhtarku uu qoro iyo kuwa tukaanka laga iibsado.

Khidmadaha ballanta la imaan waayay ama ballanta la baajiyay iyada oo aan ogeysiis horudhac ah oo 24 saac laga bixinin.

Baddelida qalabka ilkaha ee lumay, la waayay, ama la xaday; baddelida qalabka ilkaha ee dhaawacmay iyada oo ay ugu wacan tahay xadgudub, si xun u adeegsiga, ama dacayaca.

Baddelida soo celinta ilkaha ee wanaagsan.

Adeegyada iyo baaritaanada ama la-tashiyada la xiriira ee aan ku jirin qorshaha daaweynta ee la qoray iyo/ama uusan ku talanin oo uusan oggolaanin dhakhtarka ilkaha ee Willamette Dental Group.

Adeegyada iyo baaritaanada ama la-tashiyada la xiriira ilaa iyo heer aysan muhiim u ahayn cudur oggaanshaha, daryeelka, ama daaweynta xaalada ku lug leh.

Adeegyada uu bixiyo qof kasta aan ka ahayn dhakhtarka shatiyeesan, dhakhtarka ilkaha macmalka ah, dhakhtarka ilka nadiifinta, ama kaaliyaha dhakhtarka ilkaha.

Adeegyada daaweynta dhaawacyada lala kulmay inta loo tabbbaranayay ama laga tartamayay tartanka ciyaaraha fudud.

Adeegyada daaweynta dhaawac ama cudur lagu dabaro ceymiska magdhawga shaqaalaha ama ah mas'uuliyada Loo-shaqeeyaha.

Adeegyada daaweynta dhaawacyada uu qofka si ula kac ah isugu sababay.

Adeegyada ceymiska loo heli karo sida ku xusan barnaamijka federaalka, gobalka, ama kuwa kale ee dawlada, inuu sharciga farayo ma ahane.

Adeegyada aan ku qorneyn heshiiska inay ceymis leeyihiin.

Adeegyada aan lahayn cadeyn muujineysa sababaha iyo saameynta, cilada, ama cudur aan ka ahayn adeegyada kahortagga ee ceymiska leh.

Xadeynada

Haddii adeegyada baddelka ah loo adeegsan karo in xaalad lagu daweeyo, adeegga uu ku taliyo dhakhtarka ilkaha Willamette Dental Group waa la dabari doonaa.

Adeegyada ku xusan heshiiska, kuwaas oo loo bixiyay in lagu saxo cilladaha lagu dhasho ama korriinka ee daciifiyo shaqooyinka ilkaha iyo waxyaabaha taageera waxaa laga dabari doonaa carruurta kugu tiirsan haddii baahida ilko la xaqiijiyo. Qalliinka qalka waxaa loogu dabaraa si gaar ah heshiiska marka uu dhakhtarka ilkaha Willamette Dental Group go'aamiyo inay habboontahay oo uu u oggolaado qalliinka qalka in lagu daaweeyo qof diiwaangashan, oo ka yar da'da 19 oo leh cilladaha lagu dhasho ama korriinka.

Lafaha iliga laga dul galiyo, ilka soo celinta kale ee sida dadban loo sameeyay ayaa ceymis leh kaliya haddii ay u habboon yihiin caafimaad ilko ahaan iyo haddii uu ku taliyo dhakhtarka ilkaha ee Willamette Dental Group.

Markuu uu dhakhtarka ilkaha ee Willamette Dental Group sameeyay daaweynta xidid dilidda ee hore, dib u daaweynta daawada xidid dilidda waxaa lagu dabari doonaa iyada oo qayb ka ah daaweynta hore ee 24-ta bilood ee ugu horeyso. Marka uu daaweynta xidid dilidda ee hore uu sameeyay bixiye aan u shaqeynin shirkada ceymiska, dib u daaweynta daawada xidid dilidda ee noocaas ah ee dhakhtarka ilkaha ee Willamette Dental Group waxaa lagu dalaci doonaa khidmadaha adeegga ceymiska ee habboon.

Daawada suuxisada waxaa lagu dabaraa khidmadaha adeegga ceymiska ee lagu magacaabay heshiiska haddii lagu fuliyo xafiiska ilkaha; iyada oo lala bixinayo adeeg ceymiska leh; oo u habboon caafimad ilko ahaan sababta oo ah qofka diiwaangashan ayaa ka yar da'da 7 jir, korriin ahaan u cuuryaaman ama jir ahaan u cuuryaaman.

Adeegyada uu dhakhtarka ilkaha ku bixiyo goob isbitaal ayaa ceymis lagu dabaraa haddii caafimaad ahaan ay u habboon yihiin; uu qoraal ahaan horay ugu sii oggolaato dhakhtarka ilkaha Willamette Dental Group; adeegyada la bixinayo ay la mid yihiin isla adeegyada lagu bixin lahaa xafiiska ilkaha; oo khidmadaha adeegga ceymiska ku habboon la bixiyo.

Dib u baddelida ilkaha macmalka ah, lafaha iliga laga dul galiyo, ilig buuxinta iliga guduhiisa, korka kore, ama qalabka lafaha iliga laga dul galiyo ayaa ceymiska lagu dabaraa haddii qalabka uu kuugu jiray 5 sano ka badan oo baddelida ay tahay daaweynta qorshaha ceymiska oo habboon si dheefahaaga si buuxda looga faa'iideysto.

Erayada Guud ee Ceymiska

Baro qeexitaanada qaar ka mid ah erayada guud ee ceymiska si aad si wanaagsan ugu fahamto siyaasada ceymiskaaga.

Lacagaha haraaga lacag jarista kadib

Lacagaha haraaga lacag jarista kadib waa qayb boqolkiiba kharashka aad ku bixiso adeegyada caafimaadka ka dib markii laguugu sameeyo lacag jarista (haddii qorshahaagu uu leeyahay).

Khidmadaha adeega ceymiska

Khidmadaha adeega ceymiska waa lacagta aad ku bixiso booqashooyinka dhakhtarka, booqashooyinka qolka gurmada degdegga ah iyo inta badan daawooyinka dhakhtarka uu qoray. Qorshayaasha ceymiska qaarkood ayaa kaaga baahan inaad bixiso khidmadaha adeega ceymiska baddelki lacag jaris laguugu sameen lahaa. Qorshayaasha kale waxay kaaga baahan karaan labaduba. Khidmadahaaga adeega ceymiska kuma xisaabsana lacagta lagaa jaro, balse waxay ku xisaaban yihiin lacagta jaabka laga bixiyo.

Lacagta la jaro

Lacagta la jaro waa lacagta aad bixineyso inta ay socoto muddada ceymiska (inta badan hal sano) ee adeegyada ceymiska leh ee daryeelka caafimaadka ka hor inta uusan qorshahaaga ceymiska bilaabin inuu bixiyo. Lacag jarista waxaa laga yaabaa in lagaa qaadin adeegyada oo dhan mana ahan in qorshayaasha dhammaan ay leeyihiin lacag jarista. Qorshayaasha ceymiska qaarkood, lacag jarista waxaa laga qaadaa oo keliya adeegyada uu bixiyo bixiye aan u shaqeynin shirkada ceymiska.

Xaq u yeelashada

Waxaad xaq u leedahay ceymiska caafimaadka ee SEIU 775 Benefits Group ka dib markii aad shaqeyso ugu yaraan 80 saacadood oo mushahar leh bishiiba ugu yaraan laba bilood oo isku xiga. Si aad xaq ugu sii lahaato ceymiskaaga, waa inaad sii wado inaad shaqeyso 80 saacadood bishiiba.

Adeegyada Khidmada iyo Lacagaha Haraaga Qiimaha Jaban vs Adeegyada Khidmada iyo Lacagaha Haraaga Qaaliga ah

Adeegyada khidmada iyo lacagaha haraaga qiimaha jaban waa adeegyada qorshaha ceymiskaaga lagu dabaro oo aad ku heli karto khidmadaha adeega ceymiska/lacagaha haraaga lacag jarista kadib oo jaban ama aan jirinba. Adeegyada khidmada iyo lacagaha haraaga qaaliga ah waa kuwa wali lagu dabaro qorshaha ceymiskaaga, balse yeelan kara khidmadaha adeega ceymiska/lacagaha haraaga lacag jarista kadib oo ka badan adeegyada khidmada iyo lacagaha haraaga qiimaha jaban.

Aqoonsiga Xubnaha

Aqoonsiga Xubnaha waa lambar gaar ah oo adiga kula xiriira oo u sahlaya bixiyayaasha daryeelka caafimaadka iyo shaqaalahooda inay xaqiijiyaan ceymiskaaga oo ay lacag bixinta adeegyada diyaariyaan. Sidoo kale waa lambarka shirkadaha ceymiska caafimaadka ay u adeegsadaan inay ku raadiyaan xubno gaar ah oo ay uga jawaabaan su'aalaha aad ka qabi karto xaqsheegashadaada iyo dheefahaaga. Lambarkaaga Aqoonsiga Xubnaha waxaa laga heli karaa kaargaaga Aqoonsiga Xubnaha.

Shabakada Shirkada Ceymiska

Shabakada shirkadaada ceymiska waxay ka kooban tahay xarumo, bixiyeyaal (dhakhaatiir, kaalkaaliyeyal) iyo adeegyaal qorshahaaga ceymiska uu heshiis la leeyahay inuu bixiyo adeegyada daryeelka caafimaadka.

Xadka Lacagta Jaabka Laga Bixiyo

Xadka lacagta jaabka laga bixiyo waa wadarta lacagta aad bixineyso ka hor inta uusan bilaabin qorshahaaga ceymiska inuu bixiyo 100% kharashka caafimaadka ee ceymiska leh inta ka dhiman sanadka oo dhan. Guud ahaan, khidmadaha adeega ceymiska, lacagaha haraaga lacag jarista kadib iyo bixinta lacagaha adeegyada qiimaha jaban waxaa lagu xisaabiya xadkan.

Bixiyaha Daryeelka Assaasiga ah ama Bixiye (Dhakhtar)

Bixiyaha daryeelka assaasiga ah waa dhakhtar ama bixiye kale oo daryeelka caafimaad ah oo aad arki karto si aad uga hesho daryeel joogta ah. Waxaad ka xulan kartaa bixiyahaaga daryeelka assaasiga ah bogga internetka ee qorshahaaga ceymiska. Qorshayaasha ceymiska qaarkood ayaa si ootomaatig ah kuugu qoondeyn kara, balse waxaad iska baddeli kartaa xilli walba.

Khidmada Caymiska ee Billaha ah/Lacagta ceymiska billaha ah

Khidmada Caymiska ee Billaha ah (ama lacagta ceymiska billaha ah) waa lacagta aad ku bixiso ceymiska caafimaadka bil walbo, haddii aad dhakhtar aragto iyo haddii kalaba. Daryeel bixiyayaasha lagu dabaro ceymiska SEIU 775 Benefits Group, lacagtooda caymiska ee billaha ah waa \$25 oo kaliya bishiiba.

Adeegyada Bukaana Socodka vs Adeegyada Bukaana Jiifka

Adeegyada bukaana jiifka waa mida kaaga baahan inaad isbitaalka habeenki barido. Tusaalayaasha qaar waxay noqon karaan ila dhalida ama qalliinada qaarkood. Adeegyada bukaana socodka waa adeeg kasta oo aanan u baahnayn inaad isbitaalka u jogto.

Ka Dhaafidda ama Ka Dhaafidda Ceymiska

Haddii aadan rabin inaad isku diiwaangeliso ceymiska caafimaadka ama aad jeclaan lahayd inaad soo afjarto ceymiskaaga (haddii aad horay u diiwaangashanayd), waxaad foom onlayn ah ka buuxin kartaa *My Plan* ama waxaad wici kartaa Adeega Macmiilka si aad u codsto foom warqad ah. Haddii aad doorato inaad iska dhaafto ceymiska, ma awoodi doontid inaa markale dib isku diiwaangeliso ilaa iyo laga gaaro Open Enrollment (Muddada Diiwaangelinta Sanadlaha ah ee Ceymiska Caafimaadka) ee 2022.



Daniel M.
Bixiyaha daryeelka, Lynnwood

Open Enrollment (Muddada Diiwaangelinta Sanadlaha ah ee Ceymiska Caafimaadka) waa Luuliyo 1 – Luuliyo 20

Iskudiiwaangeli ama wax ka baddel ceymiskaaga
onlayn ahaan adiga oo isticmaalaya *My Plan!*
myseiu.be/oe-myplan

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