

# Open Enrollment 2022 (Muddada Diiwaangelinta Sanadlaha ah ee Ceymiska Caafimaadka)



Luulyo 1-20 ee loogu talagalay Daryeel Bixiyeyaasha iyo Dadka Ku Tiirsan



Luz C.  
Daryeel bixiye, Kennewick

## - WAXA CUSUB SANADKAN - \$10 CAYMIS ILKO OO LOOGU TALAGALAY DADKA KUGU TIIRSAN

Haddii aad shaqayso 120 saacadood ama ka badan bishiiba, waxaad hadda u diiwaangelin kartaa dadka kugu tiirsan caymiska ilkaha adiga oo bixinaya \$10 oo kaliya bishiiba\*!

\*Loogu Talagalay Adeeg Bixiyeyaasha Hay'ada (AP) iyo Adeeg Bixiyaha Shaqsiga ah (IP) ee CDWA oo kaliya.

## Luulyo 1-20: Halka Fursad ee Aad Haysato Sanadkan

Open Enrollment (Muddada Diiwaangelinta Sanadlaha ah ee Ceymiska Caafimaadka) waa fursadaada sanadlaha ah ee aad u haysato inaad isku diiwanangeliso ama aad isbaddelo ikhtiyaari ah ku samayso caymiskaaga\*.

- ✓ Haddii aad haddadan xaq u leedahay oo aad isku diiwaangeliso caymiska, caymiskaaga wuxuu bilaaban doonaa Agosto 1.
- ✓ Haddii aadan haddadan xaq u lahayn, waxaad wali diri kartaa Codsiga Dheefaha Caafimaadka oo dhamaystiran. Caymiskaaga wuxuu bilaaban doonaa markaad xaq u yeelato.
- ✓ Haddii aad horay u diiwaangashanayd, uma baahnid inaad wax ficil ah sameyso haddii aad rabto inaad ku darsato qof kugu tiirsan ama wax ka baddel ikhtiyaari ku sameyso caymiskaaga ma ahane.

\*Haddii aad wax ficil ah samaynin, xaq uma yeelan doontid inaad wax ka baddel ah samayso ilaa iyo laga gaaro Open Enrollment (Muddada Diiwaangelinta Sanadlaha ah ee Ceymiska Caafimaadka) ee xigta, haddii aad yeelato Dhacdo Nololeed Xaq-u-yeelasho Leh ma ahane.

April 27, 2022 2:23 PM

# Jadwalka Tasmada



**Ceymiska Ku Tiirsanayaasha** ..... Bogga 4

**My Plan** ..... Bogga 5

Wax ka baddel samee ama onlayn ahaan isku diiwaangeli

**Ooddobada Kooban Ee Ceymiska Caafimaadka** ..... Bogga 8

Wax ka baro ceymiskaaga caafimaad

**Caafimaadka** ..... Bogga 10

Soo koobida ceymiska caafimaadka

**Ilkaha** ..... Bogga 13

Soo koobitaanada ceymiska Ilkaha

**Erayada Guud ee Ceymiska** ..... Bogga 18

OGOW: Caymiska ay bixiso hay'adda SEIU 775 Healthcare NW Health Benefits Trust waxay buuxisaa caymiska ugu yar ee muhiimka ah iyo qiimaha caymiska ugu yar ee Affordable Care Act (Sharciga Daryeelka Caafimaad ee La Awoodi Karo). Tani waxay ka dhigan tahay haddii aad xaq u leedahay caymiska laga helo hay'adda SEIU 775 Healthcare NW Health Benefits Trust balse aad doorato inaad isku diiwaangelinin, waxay saamayn ku yeelan kartaa xaq u yeelashadaada canshuur celinta khidmadaha ee caymiska ee laga helo Goob-suuqeedka Caymiska ee Washington.

Wixii macluumaad dheeraad ah, fadlan kala xirii Goob-suuqeedka lambarka **1-855-923-4633** ama onleen ahaan barta [wahealthplanfinder.org](http://wahealthplanfinder.org).



# Tilmaamaha iyo Qoddobada

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

## WAXA CUSUB SANADKAN!

### \$10 Caymis Ilko oo Loogu Talagalay Dadka Kugu Tiirsan

AP-yada iyo IP-yada CDWA ee shaqeeya 120 saacadood ama ka badan bishiiba ayaa hadda u diiwaangelin kara dadka ku tiirsan caymiska ilkaha iyaga oo bixinaya \$10 oo kaliya bishiiba. Wax badan ka baro bogga 4.

## 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).
- ✓ Qof kugu tiirsan ku darsan kartaa caymiskaaga (AP-yada and IP-yada CDWA oo kaliya).

## Caymiska Dadka Cusub ee Isdiiwaangeliyay Wuxuu Bilaabanayaa Agosto 1.

Haddii aad horay u diiwaangashanayd, uma baahnid inaad wax ficiil ah sameyso haddii aad rabto inaad wax ka baddel ikhtiyaari ah ku sameyso ceymiskaaga ma ahane.

Haddii aad rabi lahayd inaad codsato caymiska caafimaad ee gaarka ah:

- ✓ Buuxi oo gudbi Codsiga Dheefahaha Caafimaadka.
- ✓ Bixi \$25 bishiiba.
- ✓ Sii wad inaad ka shaqeeyso 80 saacadood bishiiba si aad xaq ugu sii lahaato.\*



\*S aad macluumaad dheeraad ah uga hesho shuruuda xaq u yeelashada, fadlan booqo bogga internetka ee Open Enrollment (Muddada Diiwaangelinta Sanadlaha ah ee Ceymiska Caafimaadka) ee barta [myseiu.be/oe2022](https://myseiu.be/oe2022) ama isticmaal kamirada taleefankaaga si aad u iskaan garayso koodhka.

# Sida La Isku Diiwaangeliyo ama Wax Ka Baddel Loo Sameeyo

Codsigaaga waa in la helo marki la gaadho ama ka hor Luulyo 20 si looga shaqeeyo.



## Onlayn ahaan

Raadi codsi onleen ah marki la gaadho ama ka hor Luulyo 20 adiga oo isticmaalaya Health: *My Plan*. Istickmaal kamirada taleefankaaga si aad u iskaan garayso koodhka ama booqo [myseiu.be/oe-myplan-22](https://myseiu.be/oe-myplan-22) si aad wax badan u barato.

## Boostada ama Fakiska

Ku dir codsigaaga cinwaanka ku qoran Codsiga Dheefaha Caafimaadka marki la gaadho ama ka hor Luulyo 20. Khidmada boostada Mareykanka ayaa la iska rabaa. Amaa fakis ugu dir 516-723-7395.

Wixii su'aalo ama caawimaada luuqadda ah:

Wac **1-877-606-6705**, 8 a.m. - 6 p.m., Isniin ilaa iyo Jimce ama booqo [myseiubenefits.org](https://myseiubenefits.org)

# Ceymiska Ku Tiirsanayaasha

Alyssa E.  
Daryeel bixiye, Concrete



## - WAXA CUSUB SANADKAN - \$10 CAYMIS ILKO OO LOOGU TALAGALAY DADKA KUGU TIIRSAN

Haddii aad shaqayso 120 saacadood ama ka badan, waxaad xaq u leedahay caymiska ilkaha ee \$10 bishiiba ah oo loogu talagalay dadka adiga kugu tiirsan! Codso inta u dhaxayso Luulyo 1-20.

- Xaq u yeelashadaada waxaa lagu go'aamiyaa inta saacadood ee aad shaqayso bishiiba balse waxaad dooran kartaa Qaabka 80-ka Saacadood ama Qaabka 120-ka Saacadood. Caymiska adiga iyo qofka kugu tiirsan wuxuu bilaaban doonaa markaad xaq u yeelato.
- Haddii lacag bixintaada bil'laha ah aan la helin ama saacadaha aad shaqaysay ay ka yaraadaan inta loo baahan yahay, qofka kugu tiirsan wuxuu waayi doonaa caymiska.

## Mid ka dooro 2-da Qaab ee Caymiska Qofka Kugu Tiirsan.

### Qaabka 80-ka Saacadood:

U wanaagsan daryeel bixiyeyaasha shaqeeya 80-119 saacadood bishiiba. Caymiska dadka kugu tiirsan adiga ma bilaaban doono ilaa iyo aad ka shaqayso 80 saacadood ama ka badan bishiiba.

- **Xirmada caymiska caafimaadka iyo ilkaha oo dhamaystiran** oo ku kacaysa kharashka khidmada caymiska bil'laha ah oo dhamaystiran (\$686-\$786 bishiiba, lagu sii daray \$25 bishiiba ee caymiskaaga ah).

### Qaabka 120-ka Saacadood:

U wanaagsan daryeel bixiyeyaasha shaqeeya 120 saacadood ama ka badan bishiiba. Caymiska dadka kugu tiirsan adiga ma bilaaban doono ilaa iyo aad ka shaqayso 120 saacadood ama ka badan bishiiba.

- **Caymiska caafimaad oo dhamaystiran iyo \$10 caymis ilko** (\$628-\$697 bishiiba, lagu sii daray \$25 bishiiba ee caymiskaaga ah).
- **AMA Caymiska ilkaha oo kaliya oo ah \$10 bishiiba** (lagu sii daray \$25 bishiiba ee caymiskaaga ah).



## CUSUB! \$10 Caymis Ilko oo Loogu Talagalay Dadka Kugu Tiirsan Haddii Aad Shaqayso 120 Saacadood ama Ka Badan

Ka baro wax badan oo ku saabsan Caymiska Ilkaha ee Ku Tiirsanaha barta [myseiu.be/oe-dep-dental](https://myseiu.be/oe-dep-dental) ama ku iskaan gareey koodhka taleefonkaaga.

# Sida Loo Diiwaangeliyo ee Loo Caddeeyo Qofka Kugu Tiirsan

## Ku Diiwaangeli Qofka Kugu Tiirsan Onleen ahaan

1. Buuxi qaybta ku tiirsanaha ee Codsiga Dheefaha Caafimaadka oo soo gudbi adiga oo isticmaalaya Health: *My Plan* ee barta [myseiu.be/oe-myplan-22](https://myseiu.be/oe-myplan-22) marki la gaadho ama ka hor Luuliyo 20.
2. Waxaa warqad xaqiijin ah laguugu soo diri doonaa 30 maalmood gudahooda.

## Ku Diiwaangeli Qofka Kugu Tiirsan Boostada ama Fakiska

1. Buuxi qaybta ku tiirsanaha ee Codsiga Dheefaha Caafimaadka oo ku dir cinwaanka ku qoran Codsiga Dheefaha Caafimaadka marki la gaadho ama ka hor Luuliyo 20.
2. Ku dir dukumiinti caddeynaya xiriirka kaala dhaxeeyo qofka (dadka) kugu tiirsan 60 maalmood gudahooda ka dib marka aad dirto Codsigaaga cinwaanka ku qoran Codsiga Dheefaha Caafimaadka.
3. Bilow inaad khidmada ku bixiso in mushaharkaaga laga jaro.

**OGOW:** Codsigaaga waa in la helo marki la gaadho ama ka hor Luulyo 20 si looga shaqeeyo.

## Yaan Ku Dari Karaa Caymiskayga?

Waxaad ka diiwaangelin kartaa carruurta xaqa u leh (ilaa dhalashadooda 26aad) caymsika ku tiirsanaha. Haddii aad doorato inaad diiwaangeliso qofka (dadka) kugu tiirsan, waxaad u baahan doontaa inaad caddayso xiriirka kaala dhaxeeyo iyaga. Si aad u hesho liiska dhamaystiran ee ku tiirsanayaasha xaqa leh, booqo [myseiu.be/oe-dv-22](https://myseiu.be/oe-dv-22).

## Caddeynta Qofka Kugu Tiirsan

Haddii aad rabto inaad diiwaangeliso qofka kugu tiirsan, waxaad u baahan doontaa inaad soo dirto dukumiinti caddaynaya xiriirka kaala dhaxeeyo iyaga. Codsigaagu ma dhamaystirmayo ilaa iyo aad ka soo dirto caddeynta qofka kugu tiirsan. Waxaad samayn kartaa midan isla wakhtiga aad soo gudbinayso codsigaaga (onleen ahaan Health: *My Plan* ama boosto ahaan), balse waxaad haysataa 60 maalmood ka dib marka la helo codsigaaga si aad u caddayso qofka kugu tiirsan.

## Noocyada Dukumiintiyada loo aqbalo Caddeynta Qofka Kugu Tiirsan

Hoos waxaa ku qoran qaar ka mid ah noocyada dukumiintiyada loo aqbalo Caddeynta Qofka Kugu Tiirsan. Si aad u hesho liiska dhamaystiran ee dukumiintiyada la aqbalo, booqo [myseiu.be/oe-dep-ver](https://myseiu.be/oe-dep-ver).

- Nuqulka warqadda dhalashada ee qofka kugu tiirsan.
- Nuqulka warqada daryeelka korrinta, wakiilnimada sharciyeed ama korsashada.
- Nuqulka canshuur celinta federaalka ee ugu danbeesay.



## Wax Badan Ka Baro Diiwaangelinta Qof Kugu Tiirsan

Ka hel liiska dhamaystiran ee ku-tiirsanayaasha iyo dukumiintiyada la aqbalo barta [myseiu.be/oe-dep-ver](https://myseiu.be/oe-dep-ver).

# Iska Diiwaangeli ama Wax Ka Baddel Ka Samee barta Health: *My Plan*!



## Furo akoon aad ku gasho Health: *My Plan*

Tag [myseiu.be/oe-myplan-22](https://myseiu.be/oe-myplan-22) ama isticmaal kamirada taleefankaaga si aad u iskaan garayso koodhka oo aad iskuugu diiwaangeliso adeegsade cusub ahaan adiga oo raacaya tallaabooyinka soo socda:

### 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.

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**NEXT** **CANCEL**

### Tallaabada 7: Save Acknowledgements (Keydi Qiraalada).

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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](mailto:SEIU775BG-caregiver@magnacare.com).

## Isku Diiwaangeli Ceymis

### Tallaabada 1: Gal oo eeg macluumaadka ceymiska 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 diiwangelinta Health: My Plan.

- Dooro Loo-shaqeeyahaaga Koowaad. Kani waa loo shaqeeyaha ka jaran doona qaybtaada lacag-wadaaga khidmada ceymiska billaha ah mushaharkaaga. Loo-shaqeeyahaaga koowaad waxaa laga dhigi karaa mustaqbalka loo-shaqeeyaha kale, iyada oo ku saleysan tirada saacadaha billaha aad shaqeyso.
- Waxaad arki doontaa macluumaadka xaq u yeelashada ee dheef walbo.

### Tallaabada 3: Wax ka baddel doorbiditaanadaada, sida:

- Sida aad rabto in laguugula soo xiriir – 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.
- Ku dar qof kugu tiirsan caymiskaaga oo caddee xariirka kaala dhaxeeya iyaga. Wax badan ka baro bogga 4.
- Wax ka baro dheefaha caafimaad ee kale 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 Health: 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 Health: 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 Kaliya \$25\* Bishiiba

### Ceymiskaaga waxaa ku jira dheefahan soo socda:

- Booqashooyinka Dhakhtarka
- Assaasiga oo Bilaash ah
- Caafimaadka
- Toosinta Ilkaha
- Ilkaha
- Aragga
- Maqalka
- Dhalmo la'aanta
- Daawada Dhakhtarku Qoro
- Taageero Niyadeed

## Ka Hel Faa'iidada Ugu Badan Ceymiskaaga

### Hel Dhakhtar Aad Jeceshahay

Xiriir la sameyso dhakhtar aad ku kalsoon tahay adiga oo dooranayo dhakhtarka daryeelka assaasiga ah (sidoo kale loo yaqaano bixiyaha daryeelka assaasiga ah ama PCP), kaas oo aad la kulmi karto iyada oo khidmada ceymiska aan lahayn. Waxaad kula kulmi kartaa dhakhtarkan booqashooyinka fayo-qabka, haddii aad xanuunsato ama aad u baahan tahay in lagu guddiyo khabiir.

Waxaad ka xulan kartaa dhakhtarka daryeelka assaasiga ah bogga internetka ee Kaiser Permanente. 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](http://myseiu.be/oe-doctor).

### Daryeelka Caafimaad oo Lagu Helo Meel Walbo

Ceymiskaaga daryeelka caafimaadka waxaad ku heleysaa daryeel 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 raaxeysan kartaa daryeel shaqsiyadeed oo tayo sare leh, booqashooyin badqab ah oo habboon iyo dookh xulashooyinka tiknooloji. Eeg [myseiu.be/ha-2022](http://myseiu.be/ha-2022) wixi macluumaad dheeraad ah.

### Dheefaha Maqalka ee Aan Lahayn Khidmada Adegga Ceymiska!

Iyada oo loo marayo ceymiska maqalka EPIC, waxaad u heli kartaa dheg kasta qalabka maqalka oo ku kacaya ilaa iyo \$12,000 oo lahayn khidmada adeegga ceymiska. Wax badan ka baro barta [myseiu.be/hearing](http://myseiu.be/hearing).

## 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 xiriir 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](http://myseiu.be/oe-ginger).
- Ka wac Khadka Taleefonka ee Caafimaadka Dabecada ee Kaiser lambarka **1-888-287-2680** ama **booqo [myseiu.be/kaiser-bh](http://myseiu.be/kaiser-bh)**.
- **WAXA CUSUB SANADKAN!** Isticmaal qaybta shekaysiga ee Daryeelka Caafimaadka Dhimirka si aad dhakhtar ula hadasho. Booqo [www.kp.org/wa](http://www.kp.org/wa) si wax badan u ogaato.



Hel beerka kabahaaga Caregiver Kicks ee bilaashka ah — kabaha simbirixada reeba — sanad walbo, inta aad xaqa u leedahay! Waa kuwo raaxo leh, waxay kugu ilaalinayaan shaqada waxayna u muuqdaan kuwa fiican. Waxaa lagu heli karaa 70 nooc ka badan, oo ay soo saareen shirkado caan ah sida Reebok iyo Skechers. Ka hel kabahaaga Caregiver Kicks barta [myseiu.be/oe-kicks](http://myseiu.be/oe-kicks).

### Ma hubtid inaad xaqa u leedahay?

Booqo [myseiu.be/oe-myplan-22](http://myseiu.be/oe-myplan-22) si aad u eegto xaqa u yeelashadaada.

\*Kharashka ceymiska shaqsiyadeed waa \$25 bishiiba (sidoo kale loo yaqaano qaybta lacag-wadaaga khidmada ceymiska billaha ah). Haddii aad doorato inaad diiwanageliso qof kugu tiirsan, kharashkaaga bil'laha ah ayaa sii badanaya. Ka eeg bogga 4-aad wixii faahfaahin ah ee ku saabsan qiimayaasha. \*\*Booqashooyinka dhakhtarka daryeelkaaga assaasiga ah ma lahan khidmada adeegga ceymiska, sikastaba ha ahaatee haddii dhakhtarkaaga uu amro baaritaano ama shaqo shaybaar, waxaad bixin kartaa khidmada adeegga ceymiska ee adeegyadaas.



**Janie H.**  
Daryeel bixiye, Spokane



## U Maareey Daawo Qoraaladaada Dhakhtarka Si Caqli leh

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

\*Haddii aad u shaqeyso 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 ficiil ah sameynin) Sav-Rx, inta aad ka diiwaangashan tahay caymis caafimaad.

\*\*Daawooyinka lagu qiimeeyo wixtarkooda waa daawooyin baddel u ah kuwa kale oo loogu talagalay in lagu daaweeyo xaalado caafimaad oo kala duwan.

Khidmada Adeegga Ceymiska ee Daawo Qoraalka Dhakhtarka (Bixiyaha u shaqeyya 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 Lagu Qiimeeyo Wixtarkooda**	\$4	\$0 daawo la qaato 30 bari
Daawooyinka Beddelka u Noqda Daawo Kale	\$8	\$3 daawo la qaato 30 bari
Liiska Dawwooyinka Shirkadaha Gaarka ah ee Ceymiska Ku Jira	\$25	\$20 daawo la qaato 30 bari

## Waxyaabaha Baddelka u Ah Isticmaalka Qolka Gurmadka Degdegga ah

Qolka Gurmadka Degdegga ah \$200 Khidmada Adeegga Ceymiska	Xarunta Daryeelka Degdegga ah \$0 Khidmada Adeegga Ceymiska	Dhakhtarka Aassaasiaga ah / Booqashooyinka Bilaashka ah Lacag La'aan
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### Ku Baaqso \$200 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 \$200 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 Qorshaha Ceymiska Caafimaad



Soo koobitaanada qorshaha ceymiska HMO  
Taariikhda Dhaqan Galka: 08/01/2022

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 L Awoodi Karo ee 2010):

- Adeeg Bixiyeyaasha Hay'ada iyo Adeeg Bixiyaha Shaqsiga ah ee CDWA oo kaliya: Carruurta kugu tiirsan ayaa xaq u leh in laga diiwaangeliyo caymiskan ilaa dhalashadooda 26aad. Waxaad mas'uul ka noqon doontaa bixinta kharashka khidmada ceymiska oo dhameystira ee dadka kugu tiirsan. Kala xiriir loo-shaqeyahaaga sicirada khidmada ceymiska.

Dheefaha	Shabakada Ceymiska Dhexdeeda
Lacag jarista ceymiska	Ma jirto lacagta jarista sanadlaha ah
Lacag jarista shaqsi ahaaneed ee la wareejinayo	Ma khuseyso
Haraaga lacag jarista kadib ee ceymiska	Haraaga lacag jarista kadib ee ceymiska ma jiro
Xadka lacagta jaabka laga bixiyo	<b>Xadka lacagta jaabka laga bixiyo ee shaqsiyan:</b> \$1,200 <b>Xadka lacagta jaabka laga bixiyo ee qoyska:</b> \$2,400 Kharashyada jaabka laga bixiyo ee adeegyadan ceymiska leh ee soo socda waxay ka mid yihiin xadka lacagta jaabka laga bixiyo: Dhammaan kharash qeybsiga ee adeegyada ceymiska leh
Muddada sugitaanka xaalad horay u sii jirtay (PEC)	PEC ma jiro
Qiimaha ugu badan inta aad nooshahay	Aan xadidinayn
Adeegyada bukaan socodka (Booqashooyinka Xafiiska)	Ma jirto khidmadaha adegga ceymiska assaasiga ah/\$15 khidmadaha adegga ceymiska takhasuslaha
Adeegyada isbitaalka	<b>Adeegyada bukaan jiifka:</b> \$100 khidmada adeegga ceymiska, maalintiiba ilaa iyo 5 maalmood halki isbitaal dhigisba. Oggolaanshaha hore ayaa loo baahan yahay ama ceymis ma lahaan doono. <b>Qalliinka bukaan socodka:</b> \$50 khidmada adeegga ceymiska
Daawada dhakhtarku qoro (daawooyinka qaarkood ee la isku duro waxaa lagu dabari karaa adeegyada Bukaan Socodka)	Daawooyinka lagu qiimeeyo waxtarkooda/daawooyinka baddelka u ah kuwa kale ee la doorbidayo (tier 1)/daawooyinka shirkadaha gaarka ah ee la doorbidayo (tier 2) \$4/\$8/\$25 khidmada adeegga ceymiska daawooyinka 30ka maalmood la qaato
Ku iibsashada boostada ee daawada dhakhtarka uu qoro	\$5 oo lacag dhimis ah daawoada la qaato 30 bari
Daawaynta jir duridda ah	La dabaro ilaa iyo 8 booqasho halki caafimaad ogaanshaba halki muddo sanadeedba iyada oo aysan jirin oggeysiis horudhac ah; booqashooyin dheeraad ah marka uu ansixiyo qorshaha - oo si buuxda loo dabaro
Adeegyada ambalaaska	Ceymiska wuxuu bixinayaa 80%, waxaad bixinaysaa 20%

## Soo Koobida Dheefta Ceymiska Caafimaadka HMO ee Kaiser Permanente of Washington, oo sii socota.

Dheefaha	Shabakada Ceymiska Dhexdeeda
Balwada maandooriyaha	<p><b>Bukaan jifka:</b> \$100 khidmada adeegga ceymiska, maalintiiba ilaa iyo 5 maalmood halki isbitaal dhigisba, oggolaanshaha hore ayaa loo baahan yahay ama ceymis ma lahaan doono.</p> <p><b>Bukaan socodka:</b> \$0 khidmada adeegga ceymiska</p>
Aalad, qalab iyo saad	<p>Waxaa la dabbaray 50%. Oggolaanshaha hore ayaa loo baahan yahay ama ceymis ma lahaan doono.</p> <ul style="list-style-type: none"> <li>• Qalabka Caafimaadka ee Raaga</li> <li>• Qalabka lafaha iyo murqaha lagu kabo</li> <li>• Naasa-reebka qalliinka naasaha ka gadaal oo ku xadidan labo (2) lix bilood (6) oo kasta</li> <li>• Saadka caloosha lagu dolooliyo</li> <li>• Qalabyada isbeerka jirka</li> </ul>
Saadka sonkoworga	<p>Insuliin, cirbado, sirinjeero iyo mindi dalooliso ah-eeg daawooyinka Dhakhtarka uu qoro. Bamka insulin-ta laga qaato ee bannaanka yaalo, mashiinta cabirta sonkorta dhiiga, alaabaha iyo saadka wax lagu baaro—eeg Aalad, qalab iyo saad. Marka Aalad, qalab iyo saad ama Daawada dhakhtarku qoro ay ceymis leeyihiin oo ay xadidaada dheefta leeyihiin, saadka sonkoworga xadidaadahan ma qaban karaan.</p>
Adeegyada sheybaarka cudur ogaanshaha iyo raajada	<p><b>Bukaan jifka:</b> Lagu dabaro oo hoos imaada Adeegyada isbitaalka</p> <p><b>Bukaan socodka:</b> Loo dabaro si dhameystiran, MRI/PET/CT \$50 khidmadaha adeegga ceymiska</p> <p>Adeegyada raajada ee ugu qaalisan sida CT, MR and PET waa in la go'aamiyo inay u Habboonyihiin Caafimaad ahaan waxayna u baahan yihiin oggeysiis horudhac ah marka laga reebo inay la xiriiraan Daryeelka Gurmada Degdegga ah ama adeegyada bukaan jifka.</p>
Xaaladaha deg-degga ah (khidmada adeegga ceymiska waa la iska dhaafayaa haddii la seexiyo)	<p>\$200 khidmada adeegga ceymiska ee xarun cayiman</p> <p>\$200 khidmada adeegga ceymiska ee xarun aan cayimnayn</p>
Baaritaanada maqalka (joogtada ah)	<p>\$0 khidmada adeegga ceymiska</p>
Qalabka maqal-kaaliyaha	<p>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 <a href="http://myseiu.be/hearing">myseiu.be/hearing</a>.</p>
Adeegyada Caafimaadka Guriga	<p>Waxaa loo dabaraa si dhameysrtiran. Ma lahan xad booqashada. Oggolaanshaha hore ayaa loo baahan yahay ama ceymis ma lahaan doono.</p>
Adeegyada daryeelka dadka geerida ku dhaw	<p>Waxaa loo dabaraa si dhameysrtiran. Oggolaanshaha hore ayaa loo baahan yahay ama ceymis ma lahaan doono.</p>
Adeegyada dhalmo la'aanta	<p>Adeegyada caafimaadka iyo qalliinka ee lagu daaweeyo madhalaysnimada iyo dhalmo la'aanta iyo dhammaan adeegyada la xiriira, oo ay ku jiraan bacriminta shahwada ee macmalka ah, bacriminta ilmaha banaanka lagu koriyo iyo cudur daaweynta ayaa ceymis leh iyada oo ku xiran kharash qeybsiga adeegyada bukaan socodka ee habboon, oo ku xadidan \$50,000 qiimaha ugu badan inta aad nooshahay.</p> <p>Daawooyinka dhalmada waxaa lagu dabaraa iyada oo ku xiran lacag jarista iyo 20% haraaga lacag jarista kadib ee ceymiska, oo ku xadidan qiimaha ugu badan inta aad nooshahay oo ah \$5,000</p>
Daawaynta daliiga loo adeegsado	<p>Ceymis leh ilaa iyo 10 booqosho halki mudda sanadeedba iyada oo uusan jirin oggeysiis horudhac ah - \$0 khidmada adeegga ceymiska..</p>
Adeegyada duugista	<p>Eeg Adeegyada baxnaaninta</p>

**Soo Koobida Dheefta Ceymiska Caafimaadka HMO ee Kaiser Permanente of Washington, oo sii socota.**

Dheefaha	Shabakada Ceymiska Dhexdeeda
Adeegyada Dhalmada	<p><b>Bukaan jifka:</b> \$100 khidmada adeegga ceymiska, maalintiiba ilaa iyo 5 maalmood halki isbitaal dhigisba</p> <p><b>Bukaan socodka:</b> \$0 khidmada adeegga ceymiska. Daryeelka joogtada ah oo aan ku xirnayn khidmada adeegga ceymiska adeegyada bukaan socodka.</p>
Caafimaadka Dhimirka	<p><b>Bukaan jifka:</b> \$100 khidmada adeegga ceymiska, maalintiiba ilaa iyo 5 maalmood halki isbitaal dhigisba. Oggolaanshaha hore ayaa loo baahan yahay ama ceymis ma lahaan doono.</p> <p><b>Bukaan socodka:</b> \$0 khidmada adeegga ceymiska</p>
Daawaynta dabiiciga ah	La dabaro ilaa iyo 3 booqasho halki caafimaad ogaanshaba halki muddo sanadeedba iyada oo aysan jirin oggeysiis horudhac ah; booqashooyin dheeraad ah marka uu ansixiyo qorshaha \$0 khidmadaha adeegga ceymiska
Adeegyada ilmaha Markaa Dhashay	<p>Isbitaal joogista hore: Eeg Adeegyada Isbitaalka: Booqashooyinka xafiiska: Eeg Adeegyada Bukaan Socodka: Daryeelka fayyo-qabka joogtada ah: Eeg Daryeelka kahortagga.</p> <p>Kharash wadaag walba oo ku aadan adeegyada ilmaha markaa dhashay waa ka gaar midka hooyada.</p>
Adeegyada Cayilka Saa'idka ah La Xiriir	Ceymiska ku leh kharash qeybi marka shuruudaha caafimaadka la buuxiyo
Xubno baddelida	<p>Aan xadiidinayn, ma lahan muddo sugitaan</p> <p><b>Bukaan Jifka:</b> \$100 khidmada adeegga ceymiska, maalintiiba ilaa iyo 5 maalmood halki isbitaal dhigisba</p> <p><b>Bukaan socodka:</b> \$0 khidmada adeegga ceymiska</p>
Daryeelka kahortaga ah: Hubinta fayyo-qabka jireed, tallaalada, baaritaanka kansarka makaanka haweenka, raajada naasaha	Loo dabaro si dhameysrtiran Adeegyada daryeelka kahortaga ah ee haweenka (oo ay ku jiraan dawooyinka kahortagga uurka iyo aaladaha iyo jeermis-dilista) dhammaamtood waxaa loo dabaraa si dhamaystiran.
Adeegyada baxnaaninta: Booqashooyinka baxnaaninta waa isku geyn booqashooyin daawayn halki mudda sanadeedba	<p><b>Bukaan jifka:</b> 60 maalmood halki mudda sanadeedba. Adeegyada cudur ogaanshaba caafimaadka dhimirka waxaa lagu dabaraa xadidaad la'aan.</p> <p>\$100 khidmada adeegga ceymiska, maalintiiba ilaa iyo 5 maalmood halki isbitaal dhigisba. Oggolaanshaha hore ayaa loo baahan yahay ama ceymis ma lahaan doono.</p> <p><b>Bukaan socodka:</b>60 booqashooyin halki mudda sanadeedba. Adeegyada cudur ogaanshaba caafimaadka dhimirka waxaa lagu dabaraa xadidaad la'aan. Ma jirto khidmadaha adeegga ceymiska assaasiga ah/\$15 khidmadaha adeegga ceymiska takhasuslaha</p>
Xarunta dadka lagu xanaaneeyo	Ceymis dhameystiran leh ilaa iyo 60 maalmood halki mudda sanadeedba.
Jeermis Diillida (qalliinka xininyaha, qalliinka xubinta taranka haweenka)	Waxaa loo dabaraa si dhameysrtiran.
Adeegyada Kala Baxa Qanjaha (TMJ)	<p><b>Bukaan jifka:</b> \$100 khidmada adeegga ceymiska, maalintiiba ilaa iyo 5 maalmood halki isbitaal dhigisba</p> <p><b>Bukaan socodka:</b> \$0 khidmada adeegga ceymiska</p>
La-talinta barnaamijka joojinta tubaakada	Barnaamijka Quit for Life - waxaa loo dabaraa si dhameystiran
Daryeelka araga ee joogtada ah (1 booqasho 12 bilood oo kasta)	\$0 khidmada adeegga ceymiska
Qalabka araga: Muraayadaha, oo ay ka mid yihiin dhalooyinka isha la saaro iyo fareemka ookiyaalaha	<p><b>Xubnayaasha ka yar 19 jir:</b> 1 joog oo fareemyo iyo muraayado ah sanadkiiba ama dhalooyinka isha la saaro oo lagu dabarayo 50% lacagaha haraaga lacag jarista kadib</p> <p><b>Xubnayaasha 19 jirka ah iyo ka wayn:</b> \$300 12-ki biloodba</p>

# Dookhaaga Ceymisyada Ilkaha

Bixiyeyaasha	Qiimaha Ugu Badan Sanadka	Lacagta la jaro	Khidmada adeegga ceymiska baaritaanada joogtada ah	Sifooyinka Gaarka ah
	\$2,000	\$0	Waxaa loo dabaraa si dhameysrtiran	<ul style="list-style-type: none"> <li>• Shabakad bixiyeyaal oo balaaran, oo ku jiraan goobaha miyiga.</li> <li>• Hel burushka ilkaha Sonicare oo bilaash ah markaad booqato dhakhtarka ilkaha ee Pacific Dental Alliance (PDA). Wax badan ka baro barta <a href="http://myseiu.be/oe-pda">myseiu.be/oe-pda</a></li> <li>• Ka hel daryeelka ilkaha oo bilaash ah dhaktarka ilkaha ee PDA ilaa iyo cadadkaaga ugu badan ee \$2,000 ah!</li> </ul>
	Waxbo	\$0	Waxaa loo dabaraa si dhameysrtiran	<ul style="list-style-type: none"> <li>• Ku habboon daryeel bixiyeyaasha ku nool I-5 corridor.</li> <li>• Ma lahan qiimaha ugu badan sanadka oo leh kharashyo ku baxa ilkaha oo badan.</li> <li>• Waa inaad aragto adeeg bixiyaha ilkaha ee Willamette.</li> </ul>

## Ceymiskaaga ilkaha wuxuu ka mid yahay qaybtaada lacag-wadaaga khidmada ceymiska billaha ah ee \$25.

- Labada qorshe ee ceymiska ilakahaba waxay bixiyaan dheefaha toosinta ilkaha.
- Si aad u baddelato qorshaha ceymiskaaga ilkaha, buuxi oo dib u soo celi Codsiga Dheefaha Caafimaadka. Codsigaaga waa in la helo marki la gaadho ama ka hor Luulyo 20 si looga shaqeeyo.
- **WAXA CUSUB SANADKAN!** AP-yada iyo IP-yada CDWA ee doortay qaabka 120-ka saacadood ayaa hadda u diiwaangelin kara qofka ku tiirsan caymiska ilkaha oo kaliya iyaga oo bixinaya \$10 oo kaliya bishiiba. Wax badan ka baro barta [myseiu.be/oe-dep-dental](http://myseiu.be/oe-dep-dental).

## Qorshaha Ceymiska PPO

Taariikhda Dhaqan Galka 8/1/2022

**Muddada Dheefta:** 1/1/2023 - 12/31/2023

**Qiimaha Ugu Badan ee Muddada Dheefta:**\* (halki qofba; ma khuseyo 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
<b>Lacag Jarista Muddada Dheefta</b>			
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
<b>Class 1 - Cudur Ogaansho iyo Kahortag</b>			
Baaritaanada Nadiifinta Foloraydh Raaajooyinka Bacda la saaro ilkaha	100%	80%	80%
<b>Class II - Ilka Soo Celinta</b>			
Soo ceelinta ilkaha Buuxinta Cadeynta ee Ilkaha Danbe Cilmiga Cudurada iyo Daaweynta Iliga Gudihisa (Xidid Dilidda) Cilmiga Cudurada Iliga Waxa Ku Wareegsan Qalliinka Afka	100%	60%	60%
<b>Class III - Adeegyada Wawayn</b>			
Ilkaha Macmalka ah Ilkaha Qeybta Ahaan Macmalka ah Bir Gelinta Iliga Lafaha Ilkaha Xiriiriya Lafaha Iliga Laga Dul Galiyo	80%	40%	40%

**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 bxiin 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](http://DeltaDentalWA.com) haddii aad wax su'aalo ah qabto.

# Ka hel faa'iidada ugu badan dheefahaaga!

## Sameyso akoonka MySmile®

Hel awood sugan, oo aad 24/7 ku 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](http://DeltaDentalWA.com) si aad akoonkaaga u furto.

## Dooro dhakhtarka ilkaha ee u shaqeeya shirkada ceymiska

Qorshahaaga ceymiska wuxuu kuu sahlayaa inaad isticmaasho shabakada Delta Dental PPO. Sikastaba, dheefaha waxay ugu dheeryihiin marka aad booqoto dhakhtarka ilkaha Delta Dental PO. Booqo [DeltaDentalWA.com](http://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 mareynteenaa 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](http://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 shaandaysid 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 deeqasiisaan dheefihiina.

**MySmile Cost Genie<sup>SM</sup>** 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 **Xaqiijinta 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. ilaa iyo 5 p.m.  
Pacific time

Xubnaha Delta Dental ee booqda adeeg bixiyaha Pacific Dental Alliance (PDA) bukaan cusub ahaan, waxaad heli kartaan burushka ilkaha ee Sonicare oo bilaash ah.



Booqo [myseiu.be/oe-pda](http://myseiu.be/oe-pda) si aad u hesho liiska adeeg bixiyaha PDA oo dhamaystiran.



## Qorshaha Ceymiska Ilkaha

Taariikhda Dhaqan Galka 8/1/2022

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 la 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
<b>Adeegyada Cudur Ogaanshaha iyo Kahortagga</b>	
Baaritaanada Joogtada ah iyo kuwa Gurmadka Dededegga 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
<b>Daawaynta Ilkaha ee Ilka Soo Celinta</b>	
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
<b>Cilmiga Buuxinta Ilkaha Macmalka ah</b>	
Ilkaha Hoose ama Kore oo Dhameystiran	Waxaad bixineysaa \$400 oo ah Khidmada Adeegga Ceymiska
Lafaha Ilkaha Xiriiriyaha (halki iligba)	Waxaad bixineysaa \$250 oo ah Khidmada Adeegga Ceymiska
<b>Cilmiga Cudurada iyo Daaweynta Iliga Gudhiisa &amp; Cilmiga Cudurada Iliga Waxa Ku Wareegsan</b>	
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
<b>Qalliinka Afka</b>	
Ilig Bixin (Hal Ilig)	Waxaa lagu Dabaraa Khidmadaha Adeegga ceymiska ee Booqashad Xafiiska
Qalliinka Ilig Bixinta	Waxaad bixineysaa \$100 oo ah Khidmada Adeegga Ceymiska
<b>Daaweynta Toosinta Ilkaha</b>	
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
<b>Bir Gelinta Iliga</b>	
Qalliinka Bir Gelinta Iliga	Dheefta bir gelinta iliga ee ugu badan oo ah \$1,500 halki Mudda sanadeedba
<b>Waxyaabo kala duwan</b>	
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 Gurmadka 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 aqbalayo 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 shatiyeysan, 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 lloo-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 daweyo, 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 daweyo 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.

Waa inaad aragto adeeg bixiyaha ilkaha ee Willamette.

# Erayada Guud ee Ceymiska

Baro qeexitaanada gaar ka mid ah erayada guud ee ceymiska si aad si wanaagsan ugu fahamto qorshaha ceymiskaaga caafimaadka.

## 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.

## Qaybta lacag-wadaaga khidmada ceymiska billaha ah/Khidmada caymiska ee billaha ah

Khidmada caymiska ee billaha ah waa kharashka guud ee caymiskaaga caafimaad bil walbo. Qaybta Lacag-wadaaga khidmada ceymiska billaha ah waa qayb boqolkiiba ama lacag go'an oo ka mid ah wadarta caymiskaaga caafimaad oo aad adigu bixiso. Tusaale ahaan, qaybta lacag-wadaaga khidmada ceymiska billaha ah ee caymiskaaga shaqsiyadeed waa \$25 bishiiba. Sikastaba ha ahaatee, haddii aad doorato inaad ka diiwanageliso qof kugu tiirsan caymiska, qaybtaada lacag-wadaaga khidmada ceymiska billaha ah ayaa sii badan doonta. Ka eeg bogga 4-aad wixii kharashyo ah.

## 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.

## Ku Tiirsanaha

Ilmo kugu tiirsan (ilaa dhalashadiisa 26aad) kaas oo xaq u leh caymiska qorshaahaaga ee laga helo SEIU 775 Benefits Group. Si aad u hesho liiska dhamaystiran ee ku tiirsanayaasha xaq leh, booqo [myseiu.be/oe-dv-22](http://myseiu.be/oe-dv-22).

## Xaq u yeelashada

Waxaad xaq u leedahay ceymiska caafimaadka ee shaqsiyadeed ee laga helo SEIU 775 Benefits Group ka dib markaad 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. Haddii aad shaqayso 120 saacadood ama ka badan bishiiba, waxaad xaq u leedahay inaad ka diiwaangeliso qofka (dadka) kugu tiirsan \$10 caymis ilko.

## 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 laga yaabo in wali lagu dabaro ama aanan lagu dabarin 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

Aqoonsigaaga Xubnaha waa lambar gaar ah oo adiga kula xiriira oo u sahlaya bixiyeyaasha daryeelka caafimaadka iyo shaqaalaha 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. Lambarkaaga Aqoonsiga Xubnaha waxaa laga heli karaa kaargaaga Aqoonsiga Xubnaha.

## Shabakada Shirkada Ceymiska

Shabakadaada waxay ka kooban tahay xarumo, bixiyeyaal (dhakhaatiir, kaalkaaliyeyal) iyo adeegayaal 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.



Dora P.  
Daryeel bixiye, Tacoma

#### **Bixiyaha Daryeelka Assaasiga ah ama Bixiye (Dhakhtar)**

Bixiyaha daryeelka assaasiga ah waa dhakhtar ama bixiya kale oo daryeelka caafimaad ah, sida kalkaalisada ama caawiyaha dhaqtarka, 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 mid kuu qoondeyn kara, balse waxaad iska baddeli kartaa xilli walba.

#### **Adeegyada Bukaana Soodka vs Adeegyada Bukaana Jiifka**

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

#### **Ka Dhaafidda ama Ka Dhaafidda Ceymiska**

Haddii aadan rabin inaad isku diiwaangeliso ceymiska caafimaadka ama aad jeclaan lahayd inaad soo afjarto ceymiskaaga iyo midka qofka (dadka) kugu tiirsan (haddii aad horay u diiwaangashanayd), waxaad foom onlayn ah ka buuxin kartaa Health: *My Plan* ama waxaad wici kartaa Adeegga Macmiilka si aad u hesho 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 xigta (sanad walba Luuliyo 1-20), ama aad yeelato Dhacdo Nololeed Xaq-u-yeelasho Leh.



Betty F.  
Daryeel bixiye, Spokane Valley



**Open Enrollment (Muddada Diwaangelinta  
Sanadlaha ah ee Ceymiska Caafimaadka)  
waa Luuliyo 1 - Luuliyo 20**

Iskudiiwaangeli ama wax ka baddel ceymiskaaga onlayn  
ahaan adiga oo isticmaalaya Health: *My Plan!*  
[myseiu.be/oe-myplan-22](https://myseiu.be/oe-myplan-22)

Su'aalo miyaad qabtaa?  
Wac 1-877-606-6705