OPEN ENROLLMENT (MUDDADA DIIWAANGELINTA SANADLAHA AH EE CEYMISKA CAAFIMAADKA) 2023

Hagaha Dheefaha Caafimaadka

Evelyn K.
Daryeel bixiye, Des Moines

Isku diiwaangeli ama wax ka baddel ceymiskaaga caafimaadka Luulyo 1 – Luulyo 20 barta **myseiu.be/oe-so**.

Haddii aadan rabin inaad wax ka baddel samayso, wax ficil ah looma baahna.

Waxa cusub sanadkan - Coverage for Kids (Caymiska Ilmaha)!

U hel isla caymiska caafimaadka iyo ilkaha ee tayada sare leh ee aad haysato, ilmahaaga! Open Enrollment (Muddada Diiwaangelinta Sanadlaha ah ee Ceymiska Caafimaadka) ayaa ah fursadi aad ku darsan lahayd dheeftaan cusub.

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Wixii Su'aalo ama Caawimaada Luuqadda ah: Wac 1-877-606-6705

8 a.m. - 6 p.m., Isniin ilaa Jimce

SEIU 775
BENEFITS GROUP

Daryeel Bixiyaha Qaaliga Ahoow,

Luulyo 1-20 ayaa ah fursadi aad ku heli lahayd ceymiska daryeelka caafimaad oo tayo sare leh, oo la awoodi karo inta lagu jiro open enrollment (muddada diiwaangelinta sanadlaha ah ee ceymiska caafimaadka).

Daryeel bixiyeyaasha waxay qabtaan shaqo muhiim ah si ay u xaqiijiyaan in dadka aan jecelnahay iyo bulshooyinkeena ay helaan caafimaad iyo badqab. Waxaad sidoo kale muddan tahay dayeel wanaagsan!

Taasi waa sababta qorshayaasha caymiska ee SEIU 775 Benefits Group loo qaabeeyay iyada oo maskaxda lagu hayo daryeel bixiyeyaasha. Caafimaadka, ilkaha, toosinta Ilkaha, aragga, maqalka, caafimaadka dareenka, dheefaha daawada dhakhtarka uu qoro iyo kuwa kale oo badan ayaa dhamaantood ku jira - qiimaha jaban ee $25 bishii ee caymiska laguugu talagalay adiga.

Waxaad nala wadaagtay sida ay muhiim u tahay in ilmahaaga ay sidoo kale yeeshaan caymiska daryeelka caafimaad, waana ku faraxsanahay inaan kula wadaago warka ugu weyn sanadkan — Coverage for Kids (Caymiska Ilmaha)! Coverage for Kids (Caymiska Ilmaha) wuxuu siinayaa carruurtaada isla caymiska wanaagsan ee aad adigu haysato. Ka agoow wax kasta oo ku saabsan dheeftaan bogga 4.

Sanad walbo, waxaan ku dadaalnaa inaan xaqiijino inaan wax ka baddel ku sameeyno caymiskaaga daryeelka caafimaad kuwaas oo faa'iido u ah adiga iyo qoyskaaga.

Isticmaal Hagahan Dheefaha Caafimaadka si aad:

- Si wanaagsan ugu fahamto qorshahaaga ceymiska caafimaad.
- Iskaga diiwaangeliso caymiska daryeelka caafimaadka markii ugu horraysay, ugu darsato ilmaha caymiskaaga hadda jira ama aad wax uga baddesho caymiskaaga ilkaha.
- Wax badan uga ogaato dheefaha kale ee muhiimka ah ee aad heli karto.

Anigoo ku hadlaya magaca SEIU 775 Benefits Group, waad ku mahadsan tahay inaad dadka kale daryeesho! Waxay inoo tahay sharaf inaad ku siino caymiska daryeelka caafimaadka oo loogu talagalay baahiyaha caafimaadka iyo fayo-qabka ee adiga iyo carruurtaada.

Caafimaad Wanaagsan,

Merissa Clyde
Madaxa Sargaalka Fulinta (CEO),
SEIU 775 Benefits Group

JADWALKA TUSMADA

3 Caymiska Caafimaad ee Laguugu Talagalay
U hel caymiska caafimaadka iyo ilkaha adiga nafsadaada haddii aad shaqayso 80 saacadood ama ka badan bishi.

4 Coverage for Kids (Caymiska Ilmaha)
U hel caymiska caafimaadka iyo ilkaha ilmahaaga haddii aad shaqayso 120 saacadood ama ka badan bishi.

5 Sida Loo Helo Coverage for Kids (Caymiska Ilmaha)
Wax badan ka ogoow Caddeynta Qofka Kugu Tiirsan iyo tallaabooyinka kale ee aad u baahan tahay inaad qaado.

6 Goorta La Codsado / Wax Ka Baddel La Sameeyo
Fahan goorta aad isku diiwaangelin karto caymis cusub ama aad wax ka baddeli karto caymis horay u jiray.

8 Sida La Isku Diiwaangeliyo / Wax Ka Baddel Loo Sameeyo
Eeg tilmaamaha aad iskuugu diiwaangelin karto ama wax kaga baddeli karto caymiskaaga onleen ahaan ama boostada.

9 Sida Loo Ilaashado Caymiska
Ogoow sida aad u sii haysan karto caymiska iyo waxa la sameeyo haddii aad lumiso caymiska.

10 Dheefaha Kale ee Muhiimka ah
Wax ka ogoow dheefaha kale ee aan kharashka ku fadhinin ee aad heli karto ee gacan ka gaysan kara tayada noolashadaada.

11 Qoddobada Kooban Ee Ceymiska Caafimaadka
Eeg faahfaahinta qorshayaasha iyo sida looga helo faa'iidada ugu badan ceymiskaaga.

16 Noocyada Caymiska Ilkaha
Wax ka ogoow 2-daada nooc ee caymiska ilkaha: Delta Dental iyo Willamette Dental.

21 Erayada Guud ee Ceymiska
Baro qeexitaanada qaar ka mid ah erayada guud ee ceymiska oo si wanaagsan u fahan ceymiskaaga.

22 COBRA
Wax ka ogoow sida COBRA ay u bixiso caymiska daryeelka caafimaad oo sii socda haddii aad lumiso caymiska.

Maureen C.
Daryeel bixiye, Spokane

Waxa Cusub Sanadkan!

Hel Coverage for Kids (Caymiska Ilmaha)

Haddii aad shaqayso 120 saacadood ama ka badan bishi, waxaad ku darsan kartaa carruurtaada (ilaa iyo taariikhdooda dhalashada ee 26[aad]) caymiskaaga!

Mid ka dooro 2-da nooc ee caymiska:

- **Caymiska caafimaadka iyo ilkaha oo dhamaystiran** oo ah kaliya $100 bishi, dhammaan caruurtaada (waxaad ku daraysaa $25 caymiskaaga).*
- **Caymiska Ilkaha kaliya** oo ah kaliya $10 bishi, dhammaan caruurtaada (waxaad ku daraysaa $25 caymiskaaga).

Ka ogoow wax badan oo ku saabsan sida loo helo Coverage for Kids (Caymiska Ilmaha) bogga 4 iyo 5.

*Lacagta aad bil walbo bixinayso (lacag-wadaaga khidmada ceymiska billaha ah) caymiskaaga iyo Coverage for Kids (Caymiska Ilmaha) waa $125.

Dheefaha Cusub ee Laguugu Talagalay

Isbaddelada lagu sameeyay caymiskaaga sanadkaan:

- $0 khidmada adeegga ceymiska ee insuliinta baddelka u ah kuwa kale ee la doorbidayo ama insuliinta shirkadaha gaarka ah ee la doorbidayo.
- Daryeelka baddelka ah ee la kordhiyay (sida daawaynta jir duridda iyo daryeelka u jimcinta) ayaa hadda la dabaraa ilaa iyo 20 booqosho sanad walbo.
- Daryeelka daawaynta dabiiciga ah oo aan xad lahayn.
- Dheefta dhalmo la'aanta oo sare loo qaaday, oo ay ku jirto dheefta farmsiga oo cusub oo loogu talagalay baahiyaha dhalmada.

Ka eeeg waxa kale ee la dabaro Soo Koobidada Qorshaha Ceymiska ee bogga 13.

Open Enrollment (Muddada Diiwaangelinta Sanadlaha ah ee Ceymiska Caafimaadka) ee Caymiska Daryeelka Caafimaadka: Luulyo 1-20

Luulyo 20 ayaa ah taariikhdaada kama dambaysta ah ee aad:

- ✓ Codsan karto caymis, haddii aad xaq u leedahay oo aadan horay isku diiwaangelinin.
- ✓ Wax kaga baddeli karto ceymiskaaga ilkaha, haddii aad diiwaangashan tahay.
- ✓ Heli karto Coverage for Kids (Caymiska Ilmaha)! Ku darso caymiska caafimaadka iyo/ama ilkaha ee carruurtaada, haddii aad shaqayso 120 saacadood ama ka badan bishi.

Soo gudbi Codsigaaga Dheefaha Caafimaadka oo dhamaystiran markii la gaaro ama ka hor Luulyo 20 onleen ahaan ama boostada.
Ka eeg bogga 7-aad wixii faahfaahin ah ee ku saabsan sida loo codsado.

Wax ka baddelka la sameeyay inta lagu jiray Open Enrollment (Muddada Diiwaangelinta Sanadlaha ah ee Ceymiska Caafimaadka) wuxuu dhaqangeli doona Agoosto 1, 2023. Wax ficil ah lagaagama baahna haddii aadan rabin inaad baddesho caymiskaaga hadda jira. Haddii aadan wax ficil ah samaynin, ma awoodi doontid inaad codsato ama wax ka baddel samayso ilaa iyo laga gaaro Open Enrollment (Muddada Diiwaangelinta Sanadlaha ah ee Ceymiska Caafimaadka) ee xigta, marka laga reebo inaad yeelato Dhacdo Nololeed Muteysi Leh ma ahane, sida inuu ilmo kuu dhasho ama aad lumiso caymis kale oo daryeelka caafimaad.

Ma u baahan tahay in lagaa caawiyo codsiga ama ma qabtaa su'aalo?
Wac 1-877-606-6705.

Caymiska Laguugu Talagalay

Ku hel ceymiska caafimaadka iyo ilkaha oo tayo sare leh kaliya $25 bil walbo iyaga oo leh dheefaha soo socda:

Booqashooyinka Dhakhtarka Assaasiga oo Bilaash ah

Caafimaadka

Ilkaha

Toosinta Ilkaha

Caafimaadka Dareenka

Aragga

Maqalka

Dhalmo la'aanta

Daryeel Ku Habboon Jinsiga uu Qofka Doorto

Daawada Dhakhtarku Qoro

Daryeelka Baddelka ah

Daryeelka U Jimcinta

Ka ogoow wax badan oo ku saabsan Qoddobada Kooban Ee Ceymiskaaga Caafimaadka bogga 11.

Sideen xaq ugu yeeshaa oo ugu sii lahaadaa?

Waxaad xaq u leedahay ceymiska daryeelka caafimaadka ee laga helo SEIU Healthcare NW Health Benefits Trust markaad **shaqayso 80 saacadood ama ka badan bishi**, 2 bilood oo isku xiga oo aad sii wado inaad shaqayso 80 saacadood ama ka badan bishi si aad xaq ugu sii lahaato.

Goormee ayaan codsan karaa?

Waxaad codsan kartaa caymiska mid kasta oo ka mid ah wakhtiyadaan:

- ✓ **Inta lagu jiray Open Enrollment (Muddada Diiwaangelinta Sanadlaha ah ee Ceymiska Caafimaadka)**, Luulyo 1-20 sanad walbo.
- ✓ **Markaad xaq u yeelato** caymiska marki ugu koowaad.
- ✓ **Haddii aad leedahay "Dhacdo Nololeed Muteysi Leh"** sida luminta caymis aad ku heli jirtay adiga oo u marayo xaas/seey ama caymis bixiye kale. Wax badan ka baro bogga 6.

Sidee ayaan u codsaa?

Waxaad ku codsan kartaa caymiska:

- Onleen ahaan barta Health: *My Plan* ee barta **myseiu.be/oe-myplan**.
- Adiga oo isticmaalaya Codsiga Dheefaha Caafimaadka oo ku jira xirmadaan.

Tilmaamaha codsiga ayaa laga heli karaa bogga 7.

Goormee ayuu caymiskayga bilaaban doonaa?

Haddii aad ka soo baxdo shuruudaha xaq u yeelashada oo aad buuxisay Codsiga Dheefaha Caafimaadka inta lagu jiray Open Enrollment (Muddada Diiwaangelinta Sanadlaha ah ee Ceymiska Caafimaadka), caymiskaaga wuxuu bilaaban doonaa Agoosto 1, 2023.

Sideen u ilaashadaa caymiskayga?

Si aad u ilaashato caymiskaaga waxaa qasab ah inaad:

- ✓ Sii wado inaad shaqayso 80 saacadood ama ka badan bil walbo.
- ✓ Sii waado inaad bixiso lacagta $25 ee aad bil walbo bixiso (qaybta lacag-wadaaga khidmada ceymiska billaha ah).

Maxaa dhacaya haddii aan lumiyo caymiska?

Haddii aad lumiso caymiska, waxaad heli doontaa macluumaad ku saabsan caymiska sii wadida ee laga helo COBRA. Wax badan ka akhri bogga 22. Haddii aad bilowdo inaad markale shaqayso ugu yaraan 80 saacadood bishi inta lagu jiro 12 bilood gudahooda, caymiskaaga ayaa si toos dib ugu bilaaban doona. Wixii macluumaad dheeraad ah, ka tixraax bogga 9.

Coverage for Kids (Caymiska Ilmaha)

Waxa Cusub Sanadkan! Waxaad carruurtaada ku dari kartaa caymiskaaga (ilaa iyo dhalashadooda 26aad).

Coverage for Kids (Caymiska Ilmaha), waxay ku heli karaan ilmahaaga caymiska caafimaadka iyo ilkaha oo ku kacaya $100 bishi ama caymiska ilkaha kaliya oo ku kacaya $10 oo kaliya bishi. Ilmahaaga waxay helayaan dhammaan dheefooyinka wanaagsan ee aad hesho, oo uu ku jiro caafimaadka dareenka.

Kharash intee dhan ayuu ku kacayaa?

Haddii aad carruurtaada u diiwaangeliso caafimaadka iyo ilkaha, lacagta aad bil walbo bixinayso waa $100 bishi, waxaad ku daraysaa $25 caymiskaaga. Haddii aad carruurtaada u diiwaangeliso ilkaha kaliya, lacagta aad bil walbo bixinayso waa $10 bishi, waxaad ku daraysaa $25 caymiskaaga. **Lacagta aad bil walbo bixinayso ee Coverage for Kids (Caymiska Ilmaha) waa isku mid, iyada oo aan loo eegin inta caruur ah oo aad leedahay!**

	Caafimaadka iyo Ilkaha	Ilkaha Kaliya
Adiga Kaliya	$25	Lama heli karo
Adiga+ 1 cunug	$125	$35
Adiga+ 2 ilmood	$125	$35
Adiga+ 3+ ilmood	$125	$35

Haddii aad su'aalo qabto ama aad u baahan tahay in lagaa caawiyo inaad codsato Coverage for Kids (Caymiska Ilmaha), wac **1-877-606-6705**.

Sideen Ku Helaa Coverage for Kids (Caymiska Ilmaha)?

Si aad u hesho Coverage for Kids (Caymiska Ilmaha), waxaa qasab ah inaad shaqayso **120 saacadood ama ka badan bishi** oo aad sii wado inaad shaqayso 120 saacadood ama ka badan bishi si aad u sii haysato.

Haddii aad haddadan shaqaynin 120 saacadood ama ka badan balse aad jeceshahay inaad hesho Coverage for Kids (Caymiska Ilmaha), buuxi Codsiga Dheefaha Caafimaadka inta lagu jiro Open Enrollment (Muddada Diiwaangelinta Sanadlaha ah ee Ceymiska Caafimaadka). Coverage for Kids (Caymiska Ilmaha) wuxuu bilaabmi doono markaad biilowdo inaad shaqayso 120 saacadood ama ka badan bishi.

Goormee ayaan codsan karaa?

Waxaad codsan kartaa Coverage for Kids (Caymiska Ilmaha):

- ✓ **Inta lagu jiray Open Enrollment (Muddada Diiwaangelinta Sanadlaha ah ee Ceymiska Caafimaadka)**, Luulyo 1-20 sanad walbo.
- ✓ **Markaad xaq u yeelato** caymiska marki ugu koowaad.
- ✓ **Haddii aad leedahay "Dhacdo Nololeed Muteysi Leh"** sida inuu ilmo kuu dhasho ama aad ilmo korsanayso. Wax badan ka baro bogga 6.

Sidee ayaan u codsaa?

Waxaad ku codsan kartaa caymiska:

- Onleen ahaan barta Health: *My Plan* ee barta **myseiu.be/oe-myplan**.
- Adiga oo isticmaalaya Codsiga Dheefaha Caafimaadka oo ku jira xirmadaan.

Haddii aad doorato inaad ilmo ku darsato caymiskaaga, waxaad u baahan doontaa inaad soo gudbiso dukumiintiga Cadeynta Qofka Kugu Tiirsan oo caddaynaya xiriirka kaala dhaxeeyo cunug walbo oo aad ku darsato. Tilmaamaha codsiga iyo macluumaad kale oo dheeraad ah oo ku saabsan Cadeynta Qofka Kugu Tiirsan ayaa laga heli karaa bogga 5.

Goormee ayuu Coverage for Kids (Caymiska Ilmaha) bilaaban doonaa?

Haddii aad ka soo baxdo shuruudaha xaq u yeelashada oo aad gudbiso Codsiga Dheefaha Caafimaadka oo dhamaystiran inta lagu jiray Open Enrollment (Muddada Diiwaangelinta Sanadlaha ah ee Ceymiska Caafimaadka), caymiska wuxuu bilaaban doonaa Agoosto 1, 2023.

Sideen u Ilaashadaa Coverage for Kids (Caymiska Ilmaha)?

Si aad u sii haysato Coverage for Kids (Caymiska Ilmaha) waxaa qasab ah inaad:

- ✓ Sii wado inaad shaqayso 120 saacadood ama ka badan bil walbo.
- ✓ Sii wado inaad bixiso lacagta aad bil walbo ka bixiso (lacag-wadaaga khidmada ceymiska billaha ah) adiga iyo carruurta kugu tiirsan.

Maxaa dhacaya haddii aan lumiyo Coverage for Kids (Caymiska Ilmaha)?

Haddii aad lumiso Coverage for Kids (Caymiska Ilmaha), waxaad heli doontaa macluumaad ku saabsan caymiska sii wadida ee laga helo COBRA. Wax badan ka akhri bogga 22. Haddii aad bilowdo inaad markale shaqayso ugu yaraan 120 saacadood bishi, Coverage for Kids (Caymiska Ilmaha) ayaa si toos dib ugu bilaaban doona. Ilaa iyo inta aad shaqaynayso ugu yaraan 80 saacadood bishi, caymiskaaga shaqsiyeed ayaa sii socon doonaa.

Sida Loo Helo Coverage for Kids (Caymiska Ilmaha)

U hel isla caymiska caafimaadka iyo ilkaha ee tayada sare leh ee aad haysato, ilmahaaga! Haddii aad shaqayso 120 saacadood ama ka badan bishi, waxaad u heli kartaa caymiska caafimaadka iyo/ama ilkaha carruurtaada kugu tiirsan (ilaa iyo taariikhdooda dhalashada ee 26[aad])!

Sida Loo Helo Coverage for Kids (Caymiska Ilmaha)

Haddii aad rabi lahayd inaad carruur ku darsato caymiskaaga:

- ✓ Shaqee ugu yaraan 120 saacadood bishi.
- ✓ Buuxi qaybta Coverage for Kids (Caymiska Ilmaha) ee Codsiga Dheefaha Caafimaadka, onleen ahaan ama boostada. Waxaad u baahan doontaa inaad u doorato nooca caymiska carruurtaada (caafimaadka iyo ilkaha oo ku kacaya $100 ama ilkaha kaliya oo ku kacaya $10 bishi).
- ✓ Soo gudbi dukumiintiga Cadeynta Qofka Kugu Tiirsan oo caddaynaya xiriirka kaala dhaxeeyo ilmahaaga(carruurtaada) oo uu la socdo Codsigaaga Dheefaha Caafimaadka oo dhamaystiran.
- ✓ Bixi cadadka lacagta bil'laha ah ee looga baahan yahay nooca caymiska ee aad u dooratay carruurtaada ($100 ee caymiska caafimaadka iyo ilkaha, ama $10 caymiska ilkaha kaliya). Tani kuma jirto cadadkaaga qaybta lacag-wadaaga khidmada ceymiska billaha ah ee gaarka ah. Wixii macluumaad dheeraad ah, ka tixraax bogga 4.

Yaan ku dari karaa Coverage for Kids (Caymiska Ilmaha)?

Waxaad ku dari kartaa carruurta xaqa u leh (ilaa iyo taariikhdooda dhalashada ee 26[aad]).
Qaar ka mid ah carruurta kugu tiirsan ee xaqa u leh waa:

- Ilmaha aad dhashay.
- Ilmaha la korsaday.
- Carruurta uu seeygaaga/xaaskaaga dhashay ama carruurta lamaanahaaga qoyska.

Si aad u hesho liiska dhamaystiran ee kuwa xaqa u leh carruurta kugu tiirsan ahaan, booqo **myseiu.be/cfk-so**.

Caddeynta Qofka Kugu Tiirsan

Markaad diiwaangeliso carruurta kugu tiirsan, waxaad u baahan doontaa inaad caddayso xiriirka kaala dhaxeeya iyaga ka hor inta uusan caymiska bilaabanin. Waa inaad dukumiinti ka soo gudbisaa cunug walbo oo aad diiwaangeliso.

Waxaa lagu taliyaa inaad soo gudbiso dukumiintigaaga(yadaada) oo uu la socdo Codsigaaga Dheefaha Caafimaadka oo dhamaystiran. Haddii aadan awoodin inaad sidaas samayso, waa inaad soo gudbisaa dukumiintigaaga(yadaada) Caddeynta Qofka Kugu Tiirsan marki la gaaro ama ka hor **Seteembar 30**. Haddii aad u soo dirto Caddeynta Qofka Kugu Tiirsan si gaar ah, fadlan xaqiiji inaad ku soo qorto magacaaga koowaad iyo kan awoowgaa iyo afarta tiro ugu danbeeya ee lambarkaaga Sooshiyaal Sekuuritiga.

Dukumiintiyada loo aqbalo Caddeynta Qofka Kugu Tiirsan

Qaar ka mid ah dukumiintiyada loo isticmaali karo Caddeynta Qofka Kugu Tiirsan waxaa ka mid ah:

- Nuqulka warqadda dhalashada ee ilmahaaga.
- Nuqulka warqada daryeelka korrinta, wakiilnimada sharciyeed ama korsashada ee ilmahaaga.
- Nuqulka canshuur celinta federaalka ee ugu danbeeysay oo ay ku qoran yihiin qofka(dadka) kugu tiirsan.

Haddii aad ku darsanayso ilmaha lamaanaha qoyska, waxaad u baahan doontaa inaad buuxiso foom dheeraada ah. Si aad u hesho liiska dhamaystiran ee dukumiintiyada la aqbalo, booqo **myseiu.be/cfk-so**. Waxaad u baahan tahay inaad ka soo gudbiso hal dukumiinti oo ah Caddeynta Qofka Kugu Tiirsan ilmo walbo oo aad diiwaangeliso.

Goorta La Codsado ama Wax Ka Baddel La Sameeyo

Waxaad codsan kartaa ceymiska daryeelka caafimaad oo tayo sare leh, oo la awoodi karo markaad xaq u yeelato marka ugu koowaad, inta lagu jiro Open Enrollment (Muddada Diiwaangelinta Sanadlaha ah ee Ceymiska Caafimaadka) ama haddii aad leedahay dhacdo nololeed muteysi leh.

Open Enrollment (Muddada Diiwaangelinta Sanadlaha ah ee Caymiska Caafimaadka): Luulyo 1-20

Open Enrollment (Muddada Diiwaangelinta Sanadlaha ah ee Ceymiska Caafimaadka) waa fursadaada sanadlaha ah ee aad ku codsanayso ama aad wax kaga baddelayso caymiskaaga. Luulyo 20 ayaa ah taariikhdaada kama dambaysta ah ee aad:

- Codsan karto caymis, haddii aad xaq u leedahay oo aadan horay isku diiwaangelinin.
- Wax kaga baddeli karto ceymiskaaga ilkaha, haddii aad diiwaangashan tahay.
- Heli karto Coverage for Kids (Caymiska Ilmaha) U hel isla caymiska tayada sare leh ee aad haysato ilmahaaga, haddii aad shaqayso 120 saacadood ama ka badan bishi.

Codsigaaga Dheefaha Caafimaadka oo dhamaystiran waa in la helo marki la gaadho ama ka hor Luulyo 20 si looga shaqeeyo. Wax ka baddelka la sameeyay inta lagu jiray Open Enrollment (Muddada Diiwaangelinta Sanadlaha ah ee Ceymiska Caafimaadka) wuxuu dhaqangeli doona Agoosto 1, 2023.

Haddii aadan rabin inaad baddesho caymiskaaga, wax ficil ah looma baahna. Waxaad sii heli doontaa isla ceymiska aad hadda hesho! Ma awoodi doontid inaad codsato ama wax ka baddel samayso ilaa iyo laga gaaro Open Enrollment (Muddada Diiwaangelinta Sanadlaha ah ee Ceymiska Caafimaadka) ee xigta, marka laga reebo inaad yeelato Dhacdo Nololeed Muteysi Leh (QLE) ma ahane.

Muddada Diiwaangelinta Gaarka ah ee Dhacdo Nololeed Muteysi Leh (QLE)

Dhacdo Nololeed Muteysi Leh waa isbaddel ku yimaada xaaladaada noolaleed — sida inuu ilmo kuu dhasho ama aad lumiso caymis kale — taas oo aad xaq ugu yeelan karto inaad hesho Muddado Diiwaangelin Gaarka ah oo 30 maalmood ah, oo kuu oggolaanaysa inaad iska diiwaangeliso caafimaadka wakhti ka baxsan Open Enrollment (Muddada Diiwaangelinta Sanadlaha ah ee Ceymiska Caafimaadka). Muddada 30-ka maalmood waxay bilaabanaysaa wakhtiga ay ku qabsatay dhacdada waana inaad dhamaystirto oo aad gudbiso codsigaaga waqti xaddidan oo 30 maalmood gudahooda ah.

Dhacdooyinka noolaleed ee aad ku mutaysan karto Muddada Diiwaangelinta Gaarka ah ee QLE:

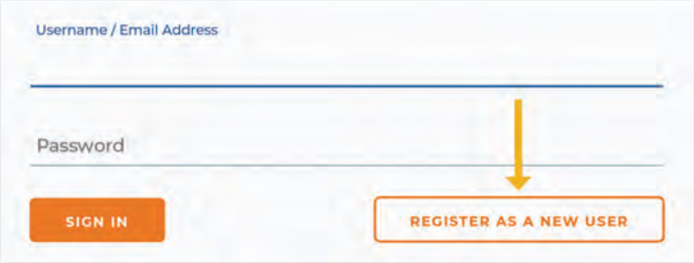
- Inuu ilmo kuu dhasho ama aad ilmo korsanayso.
- Inaad lumiso caymis kale oo daryeelka caafimaad.
- Inuu furriin kugu dhaco.

Luz C.
Daryeel bixiye, Kennewick

Furo akoon aad ku gasho Health: *My Plan*

Markaad furato akoon aad ku gasho Health: *My Plan*, waxaad si fudud ku codsan kartaa ama wax kaga baddeli kartaa ceymiskaaga. Gal **myseiu.be/oe-myplan** ama iskaan gareey koodhka QR oo raac tallaabooyinkaan:

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

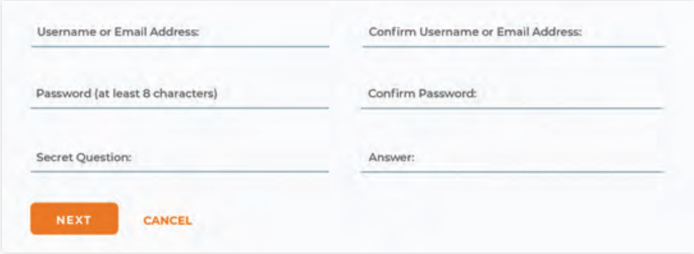


Tallaabada 2: Geli ID-ga Xubnaha ama Lambarka Social Security (SSN).

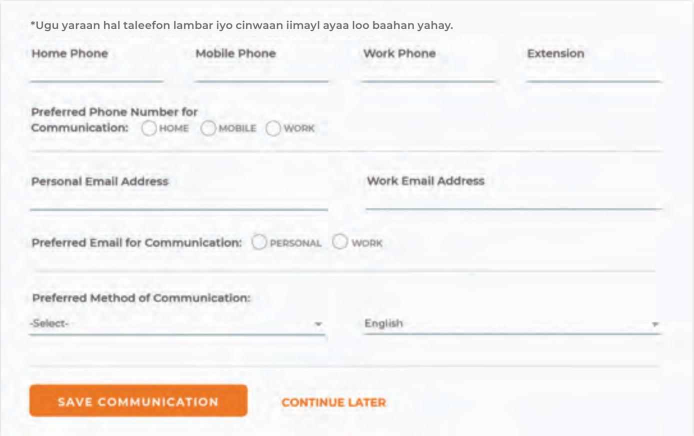
Tallaabada 3: Geli Lambarka Zip-ka iyo Taariiqda Dhalashada.

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

Tallaabada 5: Buuxi Magaca Adeegsadaha, Lambar Sireedka iyo Su'aasha Ammaanka.



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



Tallaabada 7: Save Acknowledgements (Keydi Qiraalada).

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.

GET IT ON Google Play

Download on the App Store

Sida Loo Codsado ama Wax Ka Baddel Loo Sameeyo

Habka ugu fudud ee wax ka baddel loogu sameeyo ama loogu codsado caymiska adiga naftaada ama carruurtaada waa onleen ahaan inaad isticmaasho Health: *My Plan.*

Health: *My Plan*
myseiu.be/oe-myplan

Tallaabada 1: Gal oo eeg macluumaadka ceymiskaga 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-shaqeeyaha Guriga. Loo-shaqeeyahaaga Guriga ayaa ka jaran doona qaybtaada lacag-wadaaga khidmada ceymiska billaha ah mushaharkaaga. Haddii aad leedahay wax ka badan hal loo-shaqeeye, Loo-shaqeeyahaaga Guriga ayaa laga dhigi doonaa si toos ah loo-shaqeeyaha aad la shaqayso saacadaha ugu badan. Waxaad baddeli kartaa Loo-shaqeeyahaaga Guriga adiga oo wacaya 1-877-606-6705.
- Waxaad arki doontaa macluumaadka xaq u yeelashada ee dheef walbo.

Tallaabada 3: Wax ka baddel doorbiditaanadaada, sida:
- Xaqiiji doorbiditaanadaada wada-xiriirka - telefoonka, iimaylka ama boostada.
- Magacow luuqada aad doorbideyso.
- Ku dar macluumaadka carruurtaada (haddii ay haboon tahay).

Tallaabada 4: Iskudiiwaangeli ama wax ka baddel ceymiskaaga caafimaad.
- Qorshaha ceymiska caafimaad: Qorshahaaga ceymiska wuxuu ku saleysan yahay lambarka zip-kaaga.
- Qorshaha ceymiska ilkaha: Isla barbardhig ceymisyada oo mid ka dooro noocyada ceymiska ilkaha ee la heli karo.
- Ku dar ilmo ama carruur caymiskaaga (haddii ay haboon tahay).

Tallaabada 5: Dib u eeg xulashooyinkaaga.

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

Tallaabada 7: Caddee xiriirka kaala dhaxeeya carruurta aad ku dartay caymiska.
- Wax badan ka baro bogga 5.

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 u soo gudbiso Dhacdo Nololeed Xaq-u-yeelasho Leh (haddii ay haboon tahay).
- Aad u eegto saacadahaaga shaqada.
- Aad u sameyso lacag bixinta shaqsiyadeed iyo wax kale oo badan!

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

Isniin-Jimce, 8 a.m. to 6 p.m.
Pacific time
SEIU775BG-caregiver@magnacare.com.

Si aad u Codsato ama Wax Ka Baddel u Samayso adiga oo Isticmaalaya Boostada ama Fakis:

Ku dir boostada ama fakis codsigaaga oo dhamaystiran (oo ay la socdaan dukumiintiyadaada Cadeynta Qofka Kugu Tiirsan haddii ay haboon tahay) cinwaanka ama lambarka fakiska ee ku qoran Codsiga Dheefaha Caafimaadka. Khidmada boostada Mareykanka ayaa la iska rabaa. Codsigaaga waa in la helo marki la gaadho ama ka hor Luulyo 20 si looga shaqeeyo.

Sida Loo Ilaashado Caymiska

Markaad caymis leedahay, waa inaad sii wado inaad shaqayso saacadaha loo baahan yahay bil walbo oo aad ku bixiso lacagta aad bil walbo bixiso (qaybta lacag-wadaaga khidmada ceymiska billaha ah) wakhtiga saxda ah si uu kuugu sii socdo caymiska caafimaad. Waxaa muhiim ah inaad u soo gudbiso saacadaha shaqada wakhtiga saxada ah loo-shaqeeyahaaga si aad uga fogaato inaad lumiso caymiska, ama Coverage for Kids (Caymiska Ilmaha).

Si aad u sii heysato ceymiskaaga:

- ✓ Shaqee 80 saacadood ama ka badan bil walbo.
- ✓ Ku soo gudbi saacadaha shaqada 60 maalmood gudahooda ka dib bisha aad shaqaysay.
- ✓ Bixi lacagta aad bil walbo bixiso ee $25.

Si aad u sii heysato Coverage for Kids (Caymiska Ilmaha):

- ✓ Shaqee 120 saacadood ama ka badan bil walbo
- ✓ Ku soo gudbi saacadaha shaqada 60 maalmood gudahooda ka dib bisha aad shaqaysay.
- ✓ Bixi lacagta aad bil walbo ka bixiso adiga iyo carruurta kugu tiirsan oo dhamaystiran.

Haddii aad shaqayso wax ka yar 120 saacadood balse ugu yaraan 80 saacadood (80 – 119) bishi, caymiskaaga wuu sii socon donaa, balse Coverage for Kids (Caymiska Ilmaha) ayaa dhamaan doona.

Saacadaha aad shaqayso: sida iyo goorta caymiska la saamaynayo.

Saacadaha aad shaqayso Bisha 1 waxay saameeyaan caymiska Bisha 3. Tusaale ahaan, saacadaha aad shaqayso Janaayo waxay saameynayaan caymiska Maarso. Haddii aad lumiso caymiska inaadan shaqaynin saacado kugu filan aawadeed, caymiskaaga ayaa si toos dib ugu bilaaban doona markaad bilowdo inaad shaqayso saacadaha loo baahan yahay.

Saacadaha la shaqeeyay:	Jan	Feb	Maarso	Abriil	Maajo	Juun	Luulyo	Agosto	Set	Okt	Nof	Dis
Waxay caymis leeyihiin:	Maarso	Abriil	Maajo	Juun	Luulyo	Agosto	Set	Okt	Nof	Dis	Jan	Feb

Maadaama caymiskaaga daryeelka caafimaad iyo Coverage for Kids (Caymiska Ilmaha) ay leeyihiin tirada saacadaha shaqada ee la is faro oo kala duwan, waxaad wayni kartaa Coverage for Kids (Caymiska Ilmaha) walina waxaad sii haysan kartaa caymiskaaga daryeelka caafimaad.

Tusaale ahaan: haddii aad shaqayso wax ka badan 80 balse ka yar 120 saacadood bisha 1, Coverage for Kids (Caymiska Ilmaha) ayaa dhamaan doona bisha 3 balse adiga waad sii lahaan doontaa caymiska.

BISHA 1	BISHA 2	BISHA 3	BISHA 4
Waxaad shaqaysay inta u dhaxaysa 80 iyo 119 saacadood.	Waxaad shaqaysay 120 saacadood ama ka badan.	Iyada oo ku salaysan saacadaha aad ka shaqaysay bisha 1, Coverage for Kids (Caymiska Ilmaha) ayaa dhacaya balse adiga waad sii lahaan doontaa caymiska.	Iyada oo ku salaysan saacadaha aad ka shaqaysay bisha 2, Coverage for Kids (Caymiska Ilmaha) ayaa dib loo soo celin doonaa.

OGOW: Haddii caymiska uu hakad kaa galo 12 bilood ama ka badan, waa inaad dib u codsato caymiska daryeelka caafimaad. Waxaad sidoo kale xaq u yeelan kartaa COBRA, caymiska daryeelka caafimaad ee ay helaan dadka lumiya caymiskooda. Ka eeg bogga 22-aad wixii macluumaad dheeraad ah.

Ma u baahan tahay saacado shaqo oo dheerad ah?

Haddii ay kaa dhinaadaan saacado yar, waxaad awoodi kartaa inaad isticmaasho wakhtiga fasaxa lacagta leh (PTO) ama saacadaha tabbabarka ee shaqada leh si aad u buuxiso saacadaha lagaaga baahan yahay.

CARINA

Haddii aad tahay Adeeg Bixiye Shaqsiyadeed (IP) oo aad u baahan tahay inaad saacado dheeraad ah ka hesho macmiil kale si aad u sii haysato caymiska, tijaabi Carina, websaydhka shaqa ku beegida oo bilaash ah oo kaa caawin kara inaad hesho macaamiil dheeraad ah. Eeg **myseiu.be/oe-carina** si aad u hesho xog dheeraad ah.

Dheefaha Kale ee Muhiimka ah

Waxaad heli kartaa dheefo dheeraad ah oo bilaash kuu ah, oo loo qaabeeyay inay kaa caawiyaan inaad caafimaad-qab ahaato, walbahaarka kaa yaraado, aad badqab ku hesho goobta shaqada iyo inay sare u qaadaan tayada noolashaada. Waxaad heli kartaa dheefahan xitaa haddii aadan caymiska daryeelka caafimaad ka haysanin SEIU Healthcare NW Health Benefits Trust (sharciyada xaq u yeelashada shaqaynaya).

Caregiver KICKS™

Kabo Bilaash ah oo Loogu Talagalay Daryeel Bixiyeyaasha

Hel kabaha Caregiver Kicks oo bilaash ah, oo simbirixada reeba, sanad walbo! Haddii ay yihiin kabaha hoosta alwaaxa ka ah, kabo isboorti, kabo buud kor u dheer ama kabo siman, Caregiver Kicks:

- Waa kuwo raaxa leh.
- Waxay kugu ilaalinayaan shaqada.
- Waaxay yarayn karaan xanuunka cagaha iyo dhabarka.

Intaas waxaa dheer waxaa lagu heli karo 70 nooc ka badan, oo ay soo saareen shirkado caan ah sida Reebok iyo Skechers.

Si aad xaq ugu yeelato, waa inaad shaqeyso 80 saacadood bishi, 2 bilood oo isku xiga.

Wax badan wka ogoow Caregiver Kicks: **myseiu.be/oe-kicks**

ginger

App-ka Caafimaadka Dareenka

Haddii aad dareemayso murugo ama culays badan tijaabi Ginger, app-ka taleefonka casriga ah ee loogu talagalay caafimaadka dareenkaaga. Markaad isticmaasho Ginger, waxaad kula sheekaysan kartaa macalinka fariin qoraal ammaan ah 24/7. Xubnaha qoyskaaga ee ka wayn da'da 18 ayaa sidoo kale ku heli kara Ginger si bilaasha ah.

Haddii aad caymiska daryeelka caafimaad ka haysato SEIU Healthcare NW Health Benefits Trust, waxaad sidoo kale heli kartaa booqashooyinka fogaan-aragga oo ammaan ah oo qarsoodi ah oo aad la yeelato dhakhtar aqoonsi leh.

Si aad xaq ugu yeelato Ginger, waa inaad shaqayso ugu yaraan hal saac bishi.

Wax badan ka ogoow Ginger: **myseiu.be/oe-ginger**

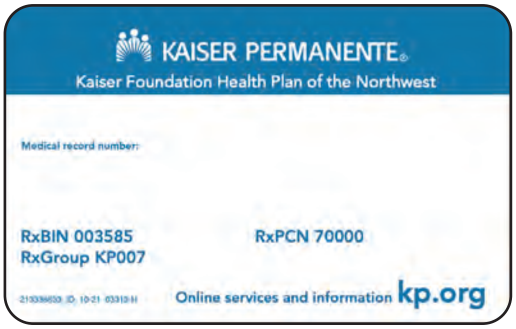
Qoddobada Kooban Ee Ceymiska Caafimaadka

Kaiser Permanente Northwest HMO waa qorshaha caymis caafimaad oo aad heli karto, iyada oo ku saleysan lambarka ZIP-kaaga.

Caymiskaaga daryeelka caafimaad wuxuu bixiyaa qaabab badan oo daryeel iyo taageero loogu helo caafimaadkaaga iyo bad-qabkaaga— iyada oo leh helitaanka gacan-qabashada, barnaamijo gaar kuu ah, hagitaan kalsooni leh si aad u hesho noolal caafimaad leh iyo wax kale oo badan.

Marki lagu diiwaangeliyo, Kaiser Permanente ayaa boostada kuugu soo diri doonta kaarka Aqoonsiga Xubinta. Kaarkan waxaa ku qoran macluumaad muhiim ah oo aad u baahan doonto marwalbo oo aad daryeel lagu siinayo. Haddii aadan helin kaarkaaga wac **888-491-1124**.

Kaararkaaga Aqoonsiga xubinta, waxaad ku samaysan kartaa akoon sugan waxaadna ku maarayn kartaa caafimaadkaaga onleen ahaan barta **kp.org** iyo app-ka taleefonka casriga ah ee Kaiser Permanente.



Kula Kulan Dhakhtarkaaga Bilaash

Caymiskaaga Kaiser Permanente ma lahan khidmada adeegga ceymiska markaad la kulanto dhaktarkaaga daryeelka assaasiga ah (sidoo kale loo yaqaano adeeg bixiyaha daryeelka aasaasiga ah, ama PCP). Waxaad ula kulmi kartaa PCP-gaaga baaritaanada fayo-qabka, markaad xanuunsato ama haddii aad u baahan tahay in laguu gudbiyo khabiir. Way fududahay inaad PCP ka hesho barta **myseiu.be/oe-doctor**.

Ceymiskaaga, waxaad sidoo kale ku heli kartaa daryeel haboon oo tayo sare leh onleen ahaan ama wicitaanka taleefonka. Tani waxaa ku jiro Wada-shekeysiga Daryeelka, Booqashooyinka Elektarooniga ah, booqashooyinka taleefonka ama muuqaalka iyo talada telefoonka 24/7.

Dheefaha Caafimaadka Dareenka

Caafimaadka dareenkaaga wuxuu muhiim u yahay si la mid ah caafimaadkaaga jireed. Caymiska Kaiser Permanente waxaa ku jira taagero xirfadle, daawooyin, daaweynta koox ahaaned iyo daryeelka baddelka u noqda kuwa kale, iyo sidoo kale:

- Khadka Taleefonka ee Caafimaadka Dabeecada ee Kaiser. Wac **1-888-287-2680** ama booqo **myseiu.be/kaiser-bh**.
- Wada-shekeysiga Daryeelka ee Caafimaadka Dhimirka, oo laga heli karo Isniin ilaa Jimce, 8 a.m. ilaa 6 p.m. barta **myseiu.be/carechat**.
- Isticmaalka bilaashka ah ee Calm, app-ka maan ku fikirka, qushuuca iyo hurdada. Raadi sida Calm looga helo barta **myseiu.be/calm-kp** (waa inaad gudaha u gasho marka koowaad).

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 $1,200 oo aan lahayn khidmada adegga ceymiska iyo sidoo kale booqashooyinka qof ahaanta loo xaadiro ama onleenka ah. Ka bilow barta **myseiu.be/epic**.

Sean B.
Daryeel bixiye, Seattle

Ku baaqso lacag kuwan baddelka u ah inaad isticmaasho gurmadka 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.

Dhakhtarka Aassaasiga ah / Booqashooyinka Onleenka ah	Bilaash*
Daryeelka degdegga ah	$30 Khidmadaha adegga ceymiska
Booqashada Qolka Gurmadka Degdegga ah	$200 Khidmada adeegga ceymiska

*Booqashooyinka dhaktarka 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.

Wax badan ka ogoow ceymiskaaga barta
myseiu.be/oe-so

Dheefahaaga Daawada Dhakhtarka Uu Qoro

Dheefaha daawooyinka dhakhtarka uu qoro ayaa ku jira caymiskaaga Kaiser Permanente wayna fududahay inaad wareejisato daawooyinkaaga dhakhtarka uu qoro! Kaliya gal akoonkaaga onleenka ah ee Kaiser Permanente ama ka wac wakiilka Kaiser lambarka **888-572-7231**.

Waxaa daawooyinkaaga dhakhtarka uu qoray laguugu keeni karaa guriga. Ku iibsashada boostada ayaa ah habka ugu jaban ee aad ku heli karto daawooyinkaaga dhakhtarka uu qoro. Ku buuxso daawooyinkaaga dhakhtarka uu qoro onleen ahaan, wicitaanka taleefonka ama adiga oo isticmaalaya app-ka taleefonka casriga ah ee Kaiser Permanente of Washington.

Khidmada Adeegga Ceymiska ee Rx (Bixiyaha u Shaqeeya Shirkada Ceymiska)	Farmasi Daawo Ilaa iyo 30 Maalmood La Qaato	Ku Iibsashada Boostada Daawo Ilaa iyo 90 Maalmood La Qaato
Daawooyinka Ka Hortagga Uurka ee Baddelka u ah Kuwa Kale*	$0	$0
Daawooyinka Beddelka u Noqda Daawo Kale**	$5	$10
Daawooyinka Shirkada Gaarka ah ee La Doorbidayo	$20	$50
Daawooyinka Shirkada Gaarka ah ee Aan La Doorbideynin	$50	$100

*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 ficil ah sameynin) Kaiser Permanente, inta aad ka diiwaangashan tahay ceymid caafimaad.

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

Caymis Buux Leh Soo Koobida Qorshaha Ceymiska HMO

Taariikhda Dhaqan Galka 8/1/2023

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): Carruurta kugu tiirsan ayaa xaq u leh in laga diiwaangeliyo caymiskan ilaa dhalashadooda 26[aad].

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 karaan oggolaansho 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 Insuliin: $0 daawooyinka baddelka u ah kuwa kale ee la doorbidayo/$0 daawooyinka shirkadaha gaarka ah ee la doorbidayo/$0 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
Booqoshooyinka 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'aata iyo dhammaan adeegyada la xiriira	Ceymis leh iyada oo ku xiran kharash qeybsiga adeegyada bukaan socodka ee habboon, oo ku xadidan $50,000 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:** Waa la dabaraa
Adeegyada Isbitaalka	
Adeegyada Isbitaalka (halki gaadiidba)	$75
Booqashada waaxda gurmadka dedgdegga ah	$200 (Oo laga dhaafayo haddii la seexiyo)
Adeegyada Isbitaalka ee Bukaan Jiifka	$100 halki isbitaal dhigis
Booqashada dawaynta kiimikada/dawaynta shucaaca	$15
Dalabka caafimaadka ee raaga, qalabyada isbeerka jirka ee banaanka ah, iyo qalabyada cuuryaanka ee 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 Bukaan Socodka	$0
Adeegyada Isbitaalka iyo deegaanka ee bukaan jiifka	$100 halki isbitaal dhigis.
Adeegyada Caafimaadka Dhimirka	
Adeegyada Bukaan Socodka (Booqashada kooxeed ½ khidmada adeegga ceymiska)	$0
Adeegyada Isbitaalka iyo deegaanka ee bukaan jiifka	$100 halki isbitaal dhigis
Daryeelka Baddelka ah	
Adeegyada Daawaynta Jir Duridda ah	$0 khidmada adeegga ceymiska, ilaa iyo 20 booqasho oo uu qofka is-geeyo sanadkiiba
Adeegyada Daryeelka U Jimcinta	$0 khidmada adeegga ceymiska, ilaa iyo 20 booqasho oo uu qofka is-geeyo sanadkiiba
Daaweynta Daliiga	$25 khidmada adeegga ceymiska, ilaa iyo 12 booqasho oo uu qofka is-geeyo sanadkiiba
Daawaynta Dabiiciga Ah	$0 khidmada adeegga ceymiska, booqoasho aan xad lahayn
Adeegyada Aragga	
Baaritaanka 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.
Baaritaanka 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 adegga ceymiska, ilaa iyo $1,200 hashi dhagba 3 sano oo kasta oo laga bixinayo kharashka maqal-kaaliyaha. Wax badan ka baro barta myseiu.be/epic

Luz C.
Daryeel bixiye, Kennewick

Noocyada Qorshaha Ceymiska Ilkaha

Noocaaga ceymiska ilkaha wuxuu ka mid yahay lacagta $25 ee aad bil walbo bixiso (qaybta lacag-wadaaga khidmada ceymiska billaha ah).

Fiiri shaxda hoose si aad iskula barbardhigto qorshayaasha caymiska ilkaha oo aad u doorato midka adiga iyo carruurtaada u fiican.

- Labada qorshe ee ceymiska ilakahaba waxay bixiyaan dheefaha toosinta Ilkaha.
- Haddii aad horay u diiwaangashanayd oo aad rabto inaad baddelato qorshahaaga caymiska ilkaha, soo gudbi Codsiga Dheefaha Caafimaadka oo dhamaystiran. Codsigaaga oo dhamaystiran waa in la helo marki la gaadho ama ka hor Luulyo 20 si looga shaqeeyo.
- **COVERAGE FOR KIDS (CAYMISKA ILMAHA):** Waxaad sidoo kale ku darsan kartaa ilmahaaga isla caymiska ilkaha ee aad haysato adiga oo bixinaya $10 dheeraad ah. Wax badan ka baro bogga 4.

DELTA DENTAL	Willamette Dental Group
Qiimaha Ugu Badan Sanadka: $2,000	**Qiimaha Ugu Badan Sanadka: Waxbo**
Lacagta la jaro: $0	**Lacagta la jaro: $0**
Baaritaanada joogtada ah: Waxaa Loo Dabaraa Si Dhameystiran	**Baaritaanada joogtada ah: Waxaa Loo Dabaraa Si Dhameystiran**
Qoddobada Kooban • Shabakad bixiyeyaal oo balaaran, oo ku jiraan goobaha miyiga. • Hel burushka ilkaha Sonicare oo bilaash ah markaad booqato dhakhtarka ilkaha ee PDA.	**Qoddobada Kooban** • Ku habboon daryeel bixiyeyaasha ku nool I-5 corridor. • Waa inaad aragto adeeg bixiyaha ilkaha ee Willamette.

Qorshaha Ceymiska PPO

Taariikhda Dhaqan Galka 8/1/2023

Muddada Dheefta: 1/1/2024-12/31/2024

Adeegga Macaamiisha (halki qofba; ma khuseyso Class I): $2,000

Toosinta Ilkaha—Dadka wawayn iyo Carruurta: 50% oo leh qiimaha ugu badan inta aad nooshahay oo ah $2,000 qofkiiba

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. Ka wac adeegga macaamiisha eee Delta Dental lambarka **800-554-1907** ama booqo **DeltaDentalWA.com** haddii aad qabto wax su'aalo ah.

	Dhakhtarka Ilkaha PPO ee Delta Dental	Dhakhtarka Ilkaha Delta Dental Premier	Dhakhtarka Ilkaha ee Shirkada Ka Baxsan
Lacag Jarista Muddada Dheefta			
Ma Khuseyso Class I & Toosinta Ilkaha Aan u shaqeynin shirkada - $50 (Halki Qofba)	$0	$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%

Xaalada Ilkaha ee Gargaarka Degdegga Ah: Adeeg Bixiyeyaasha Shirkada La Shaqeeya waxay bixin doonaan daawaynta Xaalada Ilkaha ee Gargaarka Degdegga Ah inta lagu jiro saacaha shaqada. Shirkada ayaa bixin doonta dheefaha Adeegyada La Dabaro ee ay ku bixiyaan Adeeg Bixiyeyaasha Shirkada La Shaqeeya daawaynta Xaalada Ilkaha ee Gargaarka Degdegga Ah. Qofka Diiwaangashan ayaa raadsan kara daawaynta Xaalada Ilkaha ee Gargaarka Degdegga Ah ee laga helo Adeeg Bixiye Aan La Shaqaynin Shirkada haddii Qofka Diiwaangashan uu 50 mayl ka badan u jiro Xafiiska Adeeg Bixiyaha Shirkada La Shaqeeya.

Daryeelka ilkaha ee laga helo dhakhtarka ilkaha ee PDA ayaa si buuxdo loo dabari doonaa ilaa iyo $2,000 ugu badnaan, iyada oo lacagaha haraaga lacag jarista kadib laga dhaafay Class III - Adeegyada Wawayn.

Ka Hel Faa'iidada Ugu Badan Dheefahaaga Delta Dental

Dooro dhakhtarka ilkaha ee u shaqeeya shirkada ceymiska

Qorshahaaga ceymiska wuxuu ku sahlayaa inaad isticmaasho shabakada Delta Dental PPO. Dheefahaaga waxay ugu dheeryihiin marka aad booqoto dhakhtarka ilkaha ee Delta Dental PPO. 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.

Si aad u hesho dhakhtarka ilkaha ee u shaqeeya shirkada ceymiska ee kuu dhaw:

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

	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			●

Ka samyso akoonka MySmile® barta DeltaDentalWA.com

Hel awood sugan, oo aad 24/7 ku isticmaasho kaarkaaga ID-ga, macluumaadka dheefaha, qiyaasta kharashka jaabka laga bixiyo iyo wax kale oo badan! Qalabka “Find your member ID” (“Raadi ID-gaaga Xubinnimada”) wuxuu fududeeyaa diiwaangelinta.

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 mustaqbalka.

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**℠ 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.

Hel Burushka Ilkaha Sonicare oo Bilaash Ah

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

Eeg liiska adeeg bixiyaha PDA oo dhamaystiran: **myseiu.be/oe-pda**

Su'aalo miyaad qabtaa? Wac Delta Dental

800-554-1907

Isniin-Jimco, 7 a.m. ilaa 5 p.m.

Willamette Dental Group

Qorshaha Ceymiska Ilkaha

Taariikhda Dhaqan Galka 8/1/2023

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. Liiska hoose wuxuu macluumaad kaa siinayaa qaar ka mid ah habraacyada ugu badan ee lagu dabaro qorshahaaga. Eeg **myseiu.be/oe-willamette** wixi macluumaad dheeraad ah. Si aad u hesho liiska xadidaadaha iyo waxyaabaha reeban, booqo **myseiu.be/willamette-exclusions**.

Dheefaha	Khidmadaha adegga 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 Adegga Ceymiska booqashadiiba
Adeegyada Cudur Ogaanshaha iyo Kahortagga	
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 Adegga ceymiska ee Booqashada Xafiiska
Daawaynta Ilkaha ee Ilka Soo Celinta	
Ilka buuxinta (Amalgam)	Waxaa lagu Dabaraa Khidmadaha Adegga ceymiska ee Booqashada 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 Gudihiisa & Cilmiga Cudurada Iliga Waxa Ku Wareegsan	
Daweeynta Xidid Dilidda – Ilkaha hore	Waxaad bixineysaa $85 oo ah Khidmada Adeegga Ceymiska
Daweeynta Xidid Dilidda – Ilkaha dhexe	Waxaad bixineysaa $105 oo ah Khidmada Adeegga Ceymiska
Daweeynta 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 Adegga ceymiska ee Booqashada 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 Adegga ceymiska ee Booqashada Xafiiska
Lacagaha Shaybaarka Ilkaha	Waxaa lagu Dabaraa Khidmadaha Adegga ceymiska ee Booqashada 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 adegga ceymiska waxaa lagu shubayaa khidamada Daaweynta Toosinta Ilkaha ee Dhameystiran haddii macmiilka uu aqbalo qorshaha ceymiska ee daaweynta. **Xaalada Ilkaha ee Gargaarka Degdegga Ah:** Adeeg Bixiyeyaasha Shirkada La Shaqeeya waxay bixin doonaan daawaynta Xaalada Ilkaha ee Gargaarka Degdegga Ah inta lagu jiro saacaha shaqada. Shirkada ayaa bixin doonta dheefaha Adeegyada La Dabaro ee ay ku bixiyaan Adeeg Bixiyeyaasha Shirkada La Shaqeeya daawaynta Xaalada Ilkaha ee Gargaarka Degdegga Ah. Qofka Diiwaangashan ayaa raadsan kara daawaynta Xaalada Ilkaha ee Gargaarka Degdegga Ah ee laga helo Adeeg Bixiye Aan La Shaqaynin Shirkada haddii Qofka Diiwaangashan uu 50 mayl ka badan u jiro Xafiiska Adeeg Bixiyaha Shirkada La Shaqeeya.

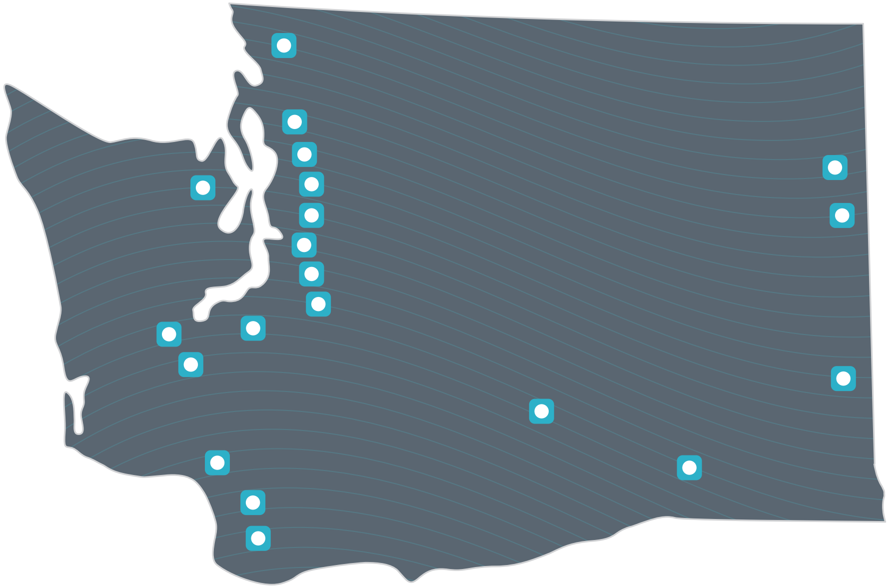
Ka Hel Faa'iidada Ugu Badan Dheefahaaga Willamette Dental

Ceymiska Ilkaha oo Tayo Sare Leh, La Awoodi Karo

Markaad isticmaalayso Willamette Dental, ma lahaan doontid qiimaha ugu badan sanadka. Tani waxay ka dhigan tahay haddii aad u baahan tahay shaqo ilko oo aad u badan, sida qalliin ama nadiifin badan sanadki, kharashkaaga ayaa la sii wadi doonaa in la dabaro.

Hel Dhakhtarka Ilkaha ee Kuu Dhaw

Willamette Dental waxay goobo badan oo haboon ku leedahay galbeedka Washington, taasoo kuu sahlaysa inaad hesho dhakhtarka ilkaha ee Willamette haddii aad ku nooshahay hareeraha wadada I-5 corridor. Si aad u hesho dhakhtarka ilkaha oo kuu dhaw, booqo **locations.willamettedental.com** oo geli ZIP koodhkaaga qeyba wax raadinta. Waxaad sidoo kale heli kartaa macluumaadki ugu danbeeyay ee ku saabsan dhakhaatiirta Willamette, oo uu ku jiro ciwaaanka, saacadaha, iyo qiimaynta iyo faalooyinka bukaanada.



Ballan Qabso

Qabso ballantaada ilkaha ee ugu koowaad adiga oo wacaya 1-855-433-6825,
Isniin - Jimce, 7 a.m. ilaa 5:30 p.m. iyo Sabtida, 7 a.m. ilaa 1 p.m. Pacific time.

Su'aalo miyaad qabtaa?
Wax badan ka ogow barta
myseiu.be/oe-willamette

Erayada Guud ee Ceymiska

Adeeg Bixiyaha Daryeelka Assaasiga ah

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 intarnetka ee qorshahaaga ceymiska. Qorshayaasha ceymiska qaarkood ayaa mid kuu qoondeyn kara, balse waxaad iska baddeli kartaa xilli walba.

Adeegyada Bukaan Soodka iyo Adeegyada Bukaan Jiifka

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

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 adegga 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 qoshaha ceymiskaaga, balse yeelan kara khidmadaha adegga 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 shaqaalahooda inay xaqiijiyaan ceymiskaaga oo ay lacag bixinta adegyada 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.

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 Adegga 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 Muteysi Leh.

Khidmadaha adegga ceymiska

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

Ku Tiirsanaha

Ku tiirsanaha waa ilmo (ilaa iyo dhalashadiisa 26[aad]) xaq u leh in lagu dabaro qorshahaaga caymiska ee aad ka hesho SEIU Healthcare NW Health Benefits Trust. Si aad u hesho liiska dhamaystiran ee ku tiirsanayaasha xaqa leh, booqo **myseiu.be/cfk-so**.

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 qorshahaaguu uu leeyahay).

Lacagta la jaro

Lacagta la jaro waa lacagta aad bixineyso inta ay socoto muddada ceymiska (inta badan hal sano) ee adeegyda 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.

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. Haddii aad doorato inaad diiwaangeliso dadka kugu tiirsan, caymiska ilkaha waa $10 iyo Coverage for Kids (Caymiska Ilmaha) waa $100.

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 adegga ceymiska, lacagaha haraaga lacag jarista kadib iyo bixinta lacagaha adeegyada qiimaha jaban waxaa lagu xisaabiyaa xadkan.

Xaq u yeelashada

Waxaad xaq u leedahay ceymiska caafimaadka ee shaqsiyadeed ee laga helo SEIU Healthcare NW Health Benefits Trust ka dib markaad shaqeyso 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 caymiska.

Teresa M.
Daryeel bixiye, Spokane

Ceymiska Daryeelka Caafimaad ee Kale

Haddii aad joojisay daryeel bixinta oo aad u baahan tahay inaa hesho caymiska daryeelka caafimaad ee muddada dheer, booqo Washington Healthplanfinder. Waxaad ogaan kartaa haddii aad xaq u leedahay Washington Apple Health oo bilaash ah ama waxaad isla barbardhigi kartaa noocyada kale ee daryeelka caafimaad ee barta **wahealthplanfinder.org**.

COBRA

Waa maxay COBRA?

COBRA (Sharciga Sii Wadashada Caymiska Caafimaad ee Loo-shaqeeyuhu Bixyo) wuxuu caawiyaa daryeel bixiyeyaasha iyo carruurtooda ee lumiyay caymiska daryeelka caafimaad ee laga SEIU Healthcare NW Health Benefits Trust. Adiga oo u maraya COBRA, markaad lumiso caymiskaaga ama Coverage for Kids (Caymiska Ilmaha) waxaad heli kartaa caymiska daryeelka caafimaad oo kuu sii socda adiga oo bixinaya lacag bil'le ah.

Caymiskaaga SEIU Healthcare NW Health Benefits Trust coverage ayaa dhamaan doona hadii:
Aadan shaqaynin saacado ku filan bishi inta looga baahan yahay caymiskaaga (80 saacadood caymiskaaga, ama 120 saacadood Coverage for Kids (Caymiska Ilmaha)) Haddii aad leedahay Coverage for Kids (Caymiska Ilmaha) oo ay saacadahaaga hoos uga dhacaan 120 bishiiba, caymiska ilmahaaga ayaa dhici doona balse caymiskaaga ayaa kuu sii socon doona haddii aad shaqayso 80 saacadood ama ka badan bishi. Midan aawadeed, waxaa muhiim ah inaad ku soo gudbiso sacaadahaaga wakhtiga saxda ah.

Caymiskaaga wuxuu dhamaanayaa 2 bilood ka dib markay saacadahaaga hoos u dhacaan. Haddii ay tani dhacdo, waxaad heli doontaa xog ku saabsan COBRA iyo sida loogu codsado boostada.

Ma u baahan tahay saacado shaqo oo dheerad ah?
Haddii aad tahay Adeeg Bixiye Shaqsiyadeed (IP) oo aad u baahan tahay saacado dheeraad ah si aad u sii haysato caymsika aad ka hesho SEIU Healthcare NW Health Benefits Trust, tijaabi Carina, websaydh bilaasha ah oo ammaan ah oo ku beega daryeel bixiyeyaasha macaamiisha deegaankooda. Wax badan ka baro barta **myseiu.be/oe-carina**.

Qiimaha Bil Walbo ee COBRA ee Wakhti Xaadirkan (laga bilaabo Agoosto 1, 2023)

COBRA	Caafimaadka	Delta Dental	Willamette Dental
Daryeel bixiyaha	$980.22	$60.18	$59.16
Daryeel bixiyaha iyo Ilmaha(carruurta)	$1,683.00	$140.76	$131.58

Su'aalaha ku saabsan Caymiska COBRA?

Ka wac Adeegga Macaamiisha lambarka **1-877-606-6705**.

SEIU 775 BENEFITS GROUP

Xiriiro Muhiim Ah

Adeegga Macaamiisha Caawin u hel codsashada, kaalmada luuqadda, su'aalaha ku saabsan caymiska, COBRA iyo wax kale oo badan.	1-877-606-6705 (8 a.m. ilaa 6 p.m., Isniin-Jimce)	SEIU775BG-caregiver@magnacare.com
Kaiser Permanente Northwest		
Adeegyada Xubnaha	800-813-2000	myseiu.be/kp-member
Adeegyada Xubinta Cusub	888-491-1124	myseiu.be/kp-new-member
Adeegyada Farmasiga ee Xubinta Cusub	888-572-7231	myseiu.be/kp-ps
Talada Kalkaaliyaha Caafimaad	800-813-2000	myseiu.be/kp-nurse
Caawimaadda Luuqadda	800-324-8010	
Fayo-qabka Dareenka	800-813-2000	myseiu.be/kp-ew
Delta Dental	1-800-554-1907	deltadentalwa.com
Willamette Dental	1-855-433-6825	myseiu.be/oe-willamette
Ceymiska Maqalka EPIC	1-866-956-5400	myseiu.be/epic

Lucky M.
Daryeel bixiye, Goldendale

Wixii Su'aalo ama Caawimaada Luuqadda ah:

Wac 1-877-606-6705

8 a.m. - 6 p.m., Isniin ilaa Jimce

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عرض باللغة العربية: myseiu.be/oe-ar

SEIU 775 BENEFITS GROUP

Administered by MagnaCare

Health Benefits Application

For questions about this application or language assistance, call **1-877-606-6705**

If you are already enrolled, you do not need to fill out an application unless you want to make changes to your coverage. The fastest and easiest way to enroll or make changes is online using Health: *My Plan* at **myseiu.be/oe-myplan**.

THIS IS AN APPLICATION, NOT A GUARANTEE OF ENROLLMENT FOR COVERAGE.

- If you submit an application and are eligible, you will receive an enrollment confirmation letter at the beginning of your coverage month. If you do not get a letter within 30 days of submitting an application please call **1-877-606-6705**.
- If you are not eligible at this time, you can still submit a completed application, but coverage will not be effective until you become eligible. Your application will remain on file until you become eligible, for up to 1 year.

I am
☐ Applying for coverage
☐ Changing my dental plan
☐ Adding/removing a child (dependent)

Check One
☐ Open Enrollment
☐ New Employee
☐ Qualifying Life Event

Check One for Qualifying Life Event (Documents may be required)
☐ Marriage/Domestic Partnership
☐ Involuntary Loss of Coverage
☐ Birth
☐ Divorce
☐ Court Order/Adoption/Legal Guardianship

For more information or if your Qualifying Life Event is not listed here, call 1-877-606-6705.

1. HOME EMPLOYER* INFORMATION (Required)

Employer Name:	**Agency Branch (APs) or IPOne # (IPs):**

*This is the employer who will deduct your monthly co-premium from your paycheck. Your home employer may be reassigned in the future to another employer, based on your number of monthly hours worked.

2. CONTACT INFORMATION

First Name:	**MI:**	**Last Name:**	
Social Security Number:	**Gender:** ☐ **Male** ☐ **Female**	**Date of Birth:**	
Home Address:	**City:**	**State:**	**ZIP:**
Phone (Home):	**(Cell):**	**Preferred Language:**	
Preferred Method of Contact: ☐ **Phone** ☐ **Email**		**Personal Email Address:**	

3. MEDICAL AND DENTAL PLANS

Medical: Your plan is assigned by ZIP code and is Kaiser Foundation Health Plan of the Northwest		
Dental: Select your plan*	☐ Delta Dental of Washington	☐ Willamette Dental of Washington, Inc.**

*If you are enrolling and have not selected a dental plan, Delta Dental of Washington will be selected for you.
**Willamette Dental requires use of in-network dentists. For more information, please reference your Health Benefits Guide.

PLEASE CONTINUE TO FOLLOWING PAGE TO COMPLETE AND SIGN YOUR HEALTH BENEFITS APPLICATION.

Kaiser Foundation Health Plan of the Northwest
500 NE Multnomah St., Ste. 100
Portland, OR 97232

Delta Dental of Washington
400 Fairview Ave N #800,
Seattle, WA 98109

Willamette Dental of Washington, Inc.
6950 NE Campus Way
Hillsboro, OR 97124

4. COVERAGE FOR KIDS (DEPENDENT) ENROLLMENT INFORMATION

ELIGIBILTY FOR COVERAGE FOR KIDS

If you work 120 hours or more per month, you can enroll your dependent children for coverage. Dependent children can be covered up to their 26th birthday regardless of marital status, student status or eligibility for other group coverage. If children of the primary insured are covered, children of Domestic Partners are covered on the same basis. Caregivers and their children can only be on one plan through SEIU Healthcare NW Health Benefits Trust at a time.

You can choose between 2 coverage types for each child:

- Medical and dental Coverage for Kids for $100 per month, plus $25 for your medical and dental coverage.
- Dental-only Coverage for Kids for just $10 per month, plus $25 for your medical and dental coverage.

Your total monthly premium cost for coverage will not exceed $100 for all dependents covered, plus $25 for your coverage.

	Medical & Dental	Dental Only
Just You	$25	-
You + 1 kid	$125	$35
You + 2 kids	$125	$35
You + 3 or more kids	$125	$35

YOU CAN ADD KIDS TO YOUR COVERAGE:

- When you enroll for the first time.
- If you have a Qualifying Life Event
- During the annual Open Enrollment period (July 1-20).

If you are not currently working at least 120 hours per month and you want Coverage for Kids, you can still apply and submit your Dependent Verification; Coverage for Kids will begin when you start working at least 120 hours per month.

KEEPING COVERAGE

If you fall below 120 hours worked per month, your child(ren) will be automatically be dropped from your coverage. To get and keep coverage for yourself, you only need to work 80 hours or more per month.

For questions about this application or language assistance, call **1-877-606-6705**

TO ADD CHILD DEPENDENT(S), YOU MUST:

✓ Submit your **Health Benefits Application** online using Health: *My Plan* at myseiu.be/oe-myplan or by using this paper form. Paper applications must be mailed to the address on the last page.

✓ Submit a **Dependent Verification** document that verifies your relationship to your child(ren).

✓ Begin paying your **monthly payment (co-premium)** through automatic payroll deduction.

APPLICATION

For each child you enroll, you must provide their information, Social Security number and select the coverage type. This is required by federal regulations.

You can add up to 3 children on one application. If you want to add more dependent children, you can use additional applications to do so.

DEPENDENT VERIFICATION

When you enroll your dependent children, you will need to submit a document that verifies your relationship to them before coverage can begin. You must send a document for each child you enroll.

Some examples of documents that can be used for Dependent Verification include:

- A copy of your child's birth certificate.
- A copy of your child's foster, legal guardianship or adoption certificate.
- A copy of your most recent federal tax return that lists your dependent(s).

If you are adding the child of a domestic partner, you will need to fill out an additional form. Contact customer service at 1-877-606-6705 for more information.

It is recommended that you submit your Dependent Verification document(s) with your Health Benefits Application. If you are unable to do so, you must submit your Dependent Verification document(s) within 60 days of submitting your Application. If you send your Dependent Verification separately, please make sure to label it with your first and last name and the last four digits of your Social Security number.

PLEASE CONTINUE TO FOLLOWING PAGE TO COMPLETE AND SIGN YOUR HEALTH BENEFITS APPLICATION.

COVERAGE FOR KIDS ENROLLMENT INFORMATION

If you are adding Coverage for Kids, you will need to choose between medical and dental coverage for $100 or dental-only for $10, for each child you enroll. If you do not choose an option, you will automatically get the medical and dental option ($100).

1. Name (Last, First, MI):		Relationship to Employee:	Gender:
	☐ Add ☐ Remove	☐ Child	☐ Male ☐ Female
Social Security Number:	Select Coverage:	Date of Birth (MM/DD/YY):	
	☐ Medical and Dental ($100) ☐ Dental-only ($10)		
2. Name (Last, First, MI):		**Relationship to Employee:**	**Gender:**
	☐ Add ☐ Remove	☐ Child	☐ Male ☐ Female
Social Security Number:	Select Coverage:	Date of Birth (MM/DD/YY):	
	☐ Medical and Dental ($100) ☐ Dental-only ($10)		
3. Name (Last, First, MI):		**Relationship to Employee:**	**Gender:**
	☐ Add ☐ Remove	☐ Child	☐ Male ☐ Female
Social Security Number:	Select Coverage:	Date of Birth (MM/DD/YY):	
	☐ Medical and Dental ($100) ☐ Dental-only ($10)		

VERY IMPORTANT: YOU MUST READ AND SIGN THIS FORM FOR COVERAGE TO TAKE EFFECT

I hereby apply for enrollment or change of enrollment in SEIU Healthcare NW Health Benefits Trust health coverage as indicated on this application. I understand that the SEIU Healthcare NW Health Benefits Trust and its claims administrators may collect, use and disclose protected health information about each individual enrolled under this application in order to carry out their routine business functions, including but not limited to, determining eligibility for benefits, paying claims, coordinating benefits with other insurance carriers or payers, underwriting and conducting case management, care management and quality reviews. The undersigned acknowledges that the Trust will rely on the information provided. It is a crime to knowingly provide false, incomplete, or misleading information to an insurance company for the purpose of defrauding the company. Penalties include imprisonment, fines, and denial of insurance benefits.

By signing below, I agree to the required monthly payroll deduction for my health coverage. In the event of an involuntary loss of Trust coverage, if minimum hour eligibility requirements are met again within 12 months from the date of coverage loss, coverage will be automatically reinstated. I understand if my hours drop below 80 through my primary employer, the Trust may combine my hours from other home care agencies or the state to meet the 80 hour requirement and keep me enrolled in my health plan. I understand that if I do not work 120 hours, and/or do not pay the premium, my eligible dependent will lose their health coverage. I understand that in order for them to be reinstated, I am responsible for paying the owed co-premiums for said dependents. I understand that if I voluntarily drop coverage, I will not have COBRA rights and will not be able to apply for coverage again until the next annual Open Enrollment or if there is a qualifying life event.

PLEASE RETURN YOUR FORM BY MAIL TO:

SEIU 775 Benefits Group
PO Box 24811, Seattle WA 98124
Or fax it to: 516-723-7395

Signature   Date Signed

Name (please print)