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

Hagaha Dheefaha Caafimaadka

Belinda A.
Daryeel bixiye, Renton

Wax ka baddel ceymiskaaga caafimaadka Luulyo 1 – Luulyo 20 barta **myseiu.be/oe-so**.

Haddii aadan rabin inaad wax ka baddesho dheefahaaga, uma baahnid inaad wax ficil ah sameyso marka laga reebo inaad rabto inaad wax ka baddel ikhtiyaari ku sameyso ceymiskaaga ama aad baddesho qorshaha caymiskaaga caafimaad ma ahane.

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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,

Open Enrollment (Muddada Diiwaangelinta Sanadlaha ah ee Ceymiska Caafimaadka) waa Luuliyo 1-20, waana fursad wanaagsan oo aad wax badan kaga ogaanayso dheefahaaga daryeelka caafimaad ee tayada sare leh, ee la awoodi karo.

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.

Isticmaal Hagahan Dheefaha Caafimaadka si aad:

- Si wanaagsan ugu fahamto qorshahaaga ceymiska caafimaad.
- Baro sida loo baddesho ceymiskaaga Caafimaadka.
- 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 in lagu caqab-tiro baahiyahaaga caafimaadka iyo fayo-qabka.

Caafimaad Wanaagsan,

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

JADWALKA TUSMADA

3 Sida Lo Baddesho Caymiska Caafimaad

Baro sida loo baddelo qorshahaaga caymiska caafimaad si aad u hesho dheefaha Coverage for Kids (Caymiska Ilmaha).

5 Caymiska Caafimaad ee Laguugu Talagalay

Hel caymiska caafimaadka iyo ilkaha haddii aad shaqayso 80 saacadood ama ka badan bishi.

6 Goorta Wax Ka Baddel La Sameeyo

Fahan goorta aad wax ka baddeli karto caymiskaaga horay u jiray.

7 Sida Wax Ka Baddel Loo Sameeyo

Eeg tilmaamaha aad 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

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

Daryeel bixiyaha ka diiwaangashan qorshaha caymiska caafimaad ee KPWA POS ahaan, fadlan dib u eeg hagahaan si aad u hesho xog ku saabsan dheefahaaga caafimaadka ee sanadka qorshaha caymiska ee soo socda, ee bilaabanaya Agosto 1, 2023.

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

Qorshaha caymiska caafimaad ee KPWA POS waa qorshe caymis dhaxal ah oo xiran, taas oo ka dhigan in qorshaha caymis uusan aqbalin dad cusub inay ku soo biiraan. Ka ogoow wax badan bogga 3 oo ku saabsan sida loo baddelo qorshahaaga caymiska caafimaad si markaas aad ugu diiwaangeliso carruurta kugu tiirsan (ka yar da'da 26) dheefaha caafimaadka iyo ilkaha.

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:

- ✓ Aad wax uga baddesho ceymiskaaga ilkaha.
- ✓ Baddel qorshahaaga caymiska caafimaad si aad u hesho dheefo cusub, oo ay ku jirto Coverage for Kids (Caymiska Ilmaha)

Soo gudbi Codsigaaga Dheefaha Caafimaadka oo dhamaystiran marki 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 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.

Coverage for Kids (Caymiska Ilmaha)

Coverage for Kids (Caymiska Ilmaha) wuxuu siinayaa carruurtaada (ilaa iyo dhalashadooda 26aad) isla caymiska caafimaadka iyo ilkaha, ee tayada sare leh, la awoodi karo ee aad haysato.

Qof ka qaybqaato qorshaha caymiska caafimaad ee KPWA POS ahaan, waxaad baddeli kartaa qorshahaaga caymiska caafimaad si aad uga diiwaangeliso carruurtaada caymiska caafimaadka iyo/ama ilkaha.

Ka dib markaad baddesho qorshahaaga caymiska caafimaad waxaad u kala dooran kartaa labo nooc oo caymis ah ilmo walbo haddii aad shaqayso wax ka badan 120 saacadood bishi:

- Coverage for Kids (Caymiska Ilmaha) ee caafimaadka iyo ilkaha ee ah $100 bishi, lagu sii daray $25 oo ah caymiskaaga caafimaadka iyo ilkaha.
- Coverage for Kids (Caymiska Ilmaha) ee ilkaha kaliya ee ah $10 oo kaliya bishi, lagu sii daray $25 oo ah caymiskaaga caafimaadka iyo ilkaha.
- Isku gaynta kharashkaaga khidmada caymiska ee bil'laha ah ma dhaafi doonto $100 dhammaan dadka kugu tiirsan ee caymska leh, lagu sii daray $25 oo caymiskaaga ah.

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 ama ka badan	$125	$35

Baddelashada qorshayaasha caymiska caafimaad way fududahay!

Booqo **Health: *My Plan*** si aadd u baddesho qorshahaaga caymiska caafimaad oo aad ilmahaaga ugu dartid caymiska ama kaliya wac **877-606-6705**.

Ka dib markaad la xiriirto Adegga Macaamiisha si aad u baddesho qorshahaaga caymiska, waxaa laguu soo diri doonaa Hagaha Dheefaha Caafimaadka iyo Codsiga Diiwaangelinta ee qorshaha caymiska caafimaad ee KPWA HMO, KPNW ama Aetna (qorshaha ceymiska waxaa lagu diyaarinayaa iyada oo ku saleysan lambarka ZIP-kaada) oo wata tilmaamo ku saabsan sida wax ka baddel loo sameeyo oo ilmahaaga loogu daro caymiska (haddii ay haboon tahay).

Haddii aad rabto inaad baddesho qorshaha caymiskaaga, fadlan degdegu samee. Codsiyada diiwaangelinta ee la dhamaystiray waa in la soo gudbiyaa marki la gaaro ama ka hor Luulyo 20, 2023 si ay isbaddelada qorshaha caymiska u dhaqangalaan. Ka ogoow wax badan oo ku saabsan Coverage for Kids (Caymiska Ilmaha) iyo sida loo codsado barta **myseiu.be/cfk-so**.

Haddii aadan rabin inaad wax isbaddel ah ku samayso caymiskaaga uma baahnid inaad wax ficil ah samayso.

Evelyn K.
Daryeel bixiye, Des Moines

Caymiska Caafimaad ee Daryeel Bixiyeyaasha

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 u joogteeyaa xaq u yeelashadayda?

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.

Goorta Wax Ka Baddel La Sameeyo

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:

- Wax kaga baddeli karto ceymiskaaga ilkaha, haddii aad diiwaangashan tahay.
- Baddel qorshahaaga caymiska caafimaad si aad u hesho dheefo cusub, oo ay ku jirto Coverage for Kids (Caymiska Ilmaha).

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 wax ka baddesho qorshayaasha caymiska caafimaad oo aad diiwaangeliso ilmaha 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:

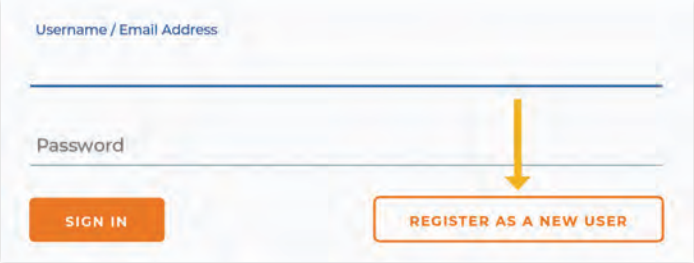
- Inuu ilmo kuu dhasho ama aad ilmo korsanayso.
- Inaad lumiso caymis kale oo daryeelka caafimaad.
- Inuu furriin kugu dhaco.

Luz C.
Daryeel bixiye, Kennewick

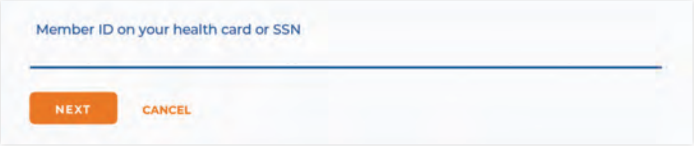
Furo akoon aad ku gasho Health: *My Plan*

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).



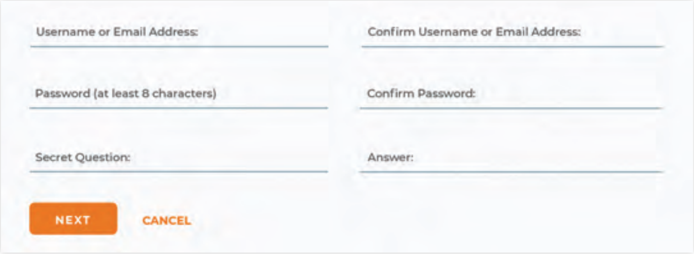
Tallaabada 2: Geli ID-ga Xubnaha ama Lambarka Social Security (SSN).



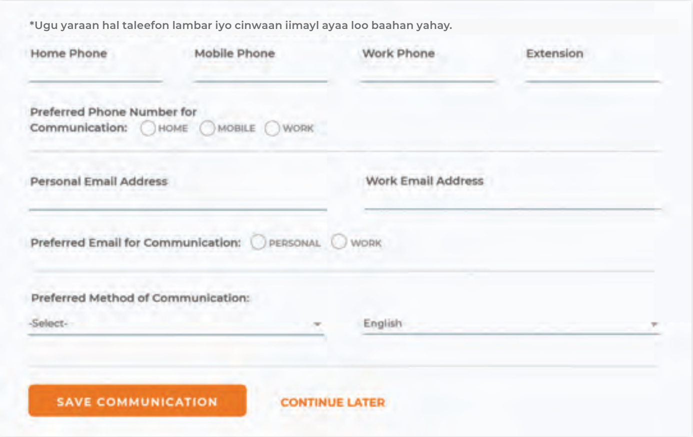
Tallaabada 3: Geli Lambarka Zip-ka iyo Taariiqda Dhalashada.

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 Wax Ka Baddel Loo Sameeyo

Habka ugu fudud ee aad wax kaga baddeli karto qorshaha ceymiskaaga ilkaha ama aad u kala baddelan karto qorshayaasha caymiska caafimaad si aad ugu darsato carruurtaada waa onleen ahaan adiga oo isticmaalaya 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-shaqeeyahaaga Koowaad. 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 barta **myseiu.be/cfk-so**.

Eeg oo Wax Ka Baddel Qorshaha Ceymiskkaaga

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 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 caymiskaaga.

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.

Marka daryeel bixiyaha loo diiwaangeliyo dheefaha, waa inay sii wadaan inay shaqeeyaan 80+ saacadood bishi si ay u sii haystaan caymiska.

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

BISHA 1	BISHA 2	BISHA 3	BISHA 4
Waxaad shaqaysaa wax ka yar 80 saacadood.	Aad Shaqaysay 80 Saacadood ama Ka Badan.	Iyada oo ku salaysan saacadaha aad ka shaqaysay bisha 1, caymiskaaga caafimaad ayaa dhici doona.	Iyada oo ku salaysan saacadaha aad ka shaqaysay bisha 2, caymiskaaga caafimaad 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 of Washington POS waa qorshaha caymis caafimaad oo aad heli karto, iyada oo ku saleysan lambarka ZIP-kaaga.

KAISER PERMANENTE®

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.

Kaararkaaga Aqoonsiga xubinta ee Kaiser Permanente waxaa ku qoran macluumaad muhiim ah oo aad u baahan doonto marwalbo oo daryeel lagu siinayo. Haddii aad u baahan tahay kaar cusub wac **1-888-844-4607**.

Kaararkaaga Aqoonsiga xubinta, waxaad ku samaysan kartaa akoon sugan waxaadna ku maarayn kartaa caafimaadkaaga onleen ahaan barta **kp.org/wa** 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).

EPIC HEARING HEALTHCARE

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	$0 Khidmada adeegga 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 1-888-901-4636.

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 Daawo Qoraalka Dhakhtarka (Bixiyaha u shaqeeya shirkada ceymiska) ee daawo 30 maalmood la qaato	Farmasi	Ku Iibsashada Boostada
Daawooyinka Ka Hortagga Uurka ee Baddelka u ah Kuwa Kale*	$0	$0
Daawooyinka Lagu Qiimeeyo Waxtarkooda**	$4	$0 daawo la qaato 30 bari
Daawooyinka Beddelka u Noqda Daawo Kale	$8	$3 daawo la qaato 30 bari
Liiska Dawwoyinka Shirkadaha Gaarka ah ee Ceymiska Ku Jira	$25	$20 daawo la qaato 30 bari

*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.

Noocyada Caymiska Is-bixiya ee POS Soo Koobidada Qorshaha Ceymiska

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.

Dheefaha	Shabakada Ceymiska Dhexdeeda	Ka Baxsan Shabakada Ceymiska
Lacag jarista ceymiska	Ma jirto lacagta jarista sanadlaha ah	Lacag jarista shaqsi ahaaneed: $500 halki mudda sanadeedba
Lacag jarista shaqsi ahaaneed ee la wareejinayo	Ma khuseyso	Lacag wareejinta rubuc 4-aadka ayaa khuseyso
Haraaga lacag jarista kadib ee ceymiska	Haraaga lacag jarista kadib ee ceymiska ma jiro	Ceymiska wuxuu bixinayaa 80%, adigana waxaad bixineysaa 20% oo ka mid ah Lacagta Ceymiska Ugu Badan.
Xadka lacagta jaabka laga bixiyo	**Xadka lacagta jaabka laga bixiyo ee shaqsiyan:** $1,200 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	Xadidaada lacagta jaabka laga bixiyo waxaa lala wadaagay bixiyaha u shaqeeya shirkada ceymiska 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	La mid ah bixiyaha u shaqeeya shirkada ceymiska
Qiimaha ugu badan inta aad nooshahay	Aan xadidinayn	La mid ah qiimaha ugu badan bixiyaha u shaqeeya shirkada ceymiska
Adeegyada bukaan socodka (Booqashooyinka Xafiiska)	Ma jirto khidmadaha adegga ceymiska assaasiga ah/$15 khidmadaha adegga ceymiska takhasuslaha	$15 khidmada adeegga ceymiska, lacagaha la jaro iyo lacagaha haraaga lacag jarista kadib ayaa la iska qaadayaa
Adeegyada isbitaalka	**Adeegyada bukaan jiifka:** $100 khidmada adeegga ceymiska, maalintiiba ilaa iyo 5 maalmood halki isbitaal dhigisba **Qalliinka bukaan socodka:** $50 khidmada adeegga ceymiska	**Adeegyada bukaan jiifka:** $100 khidmada adeegga ceymiska, maalintiiba ilaa iyo 5 maalmood halki isbitaal dhigisba. Lacagaha la jaro iyo lacagaha haraaga lacag jarista kadib ayaa la iska qaadayaa **Qalliinka bukaan socodka:** $50 khidmada adeegga ceymiska, lacagaha la jaro iyo lacagaha haraaga lacag jarista kadib ayaa la iska qaadayaa
Daawooyinka dhakhtarka uu 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)/shirkadaha aan la doorbideynin (Tier 3) $4/$8/$25/$50 khidmadda adeegga ceymiska daawooyinka 30ka maalmood la qaato Insuliin: Daawooyinka baddelka u ah kuwa kale ee la doorbidayo (Tier 1)/daawooyinka shirkadaha gaarka ah ee la doorbidayo (Tier 2)/shirkadaha aan la doorbideynin (Tier 3) $0/$0/$25	Daawooyinka baddelka u ah kuwa kale ee la doorbidayo/ daawooyinka shirkadaha gaarka ah ee la doorbidayo/aan la doorbideynin $13/$30/$55 khidmada adeegga ceymiska daawooyinka 30ka maalmood la qaato Insuliin: Daawooyinka baddelka u ah kuwa kale ee la doorbidayo (Tier 1)/daawooyinka shirkadaha gaarka ah ee la doorbidayo (Tier 2)/shirkadaha aan la doorbideynin (Tier 3) $0/$0/$25
Ku iibsashada boostada ee daawada dhakhtarka uu qoro	$5 oo lacag dhimis ah daawoada la qaato 30 bari	Aan ceymis lahayn
Daawaynta jir duridda ah	La dabaro ilaa iyo 20 booqasho halki caafimaad ogaanshaba halki muddo sanadeedba iyada oo aysan jirin oggeysiis horudhac ah; booqoshooyin dheeraad ah marka uu ansixiyo qorshaha - $0 khidmadaha adegga ceymiska	$15 khidmada adeegga ceymiska, lacagaha la jaro iyo lacagaha haraaga lacag jarista kadib ayaa la iska qaadayaa
Adeegyada ambalaaska	Ceymiska wuxuu bixinayaa 80%, waxaad bixinaysaa 20%	La mid ah bixiyaha u shaqeeya shirkada ceymiska
Balwada maandooriyaha	**Bukaan jiifka:** $100 khidmada adeegga ceymiska, maalintiiba ilaa iyo 5 maalmood halki isbitaal dhigisba **Bukaan socodka:** $0 khidmada adeegga ceymiska	**Bukaan jiifka:** $100 khidmada adeegga ceymiska, maalintiiba ilaa iyo 5 maalmood halki isbitaal dhigisba, lacagaha la jaro iyo lacagaha haraaga lacag jarista kadib ayaa la iska qaadayaa Lacagaha la jaro iyo lacagaha haraaga lacag jarista kadib ayaa la iska qaadayaa **Bukaan socodka:** $15 khidmada adeegga ceymiska, lacagaha la jaro iyo lacagaha haraaga lacag jarista kadib ayaa la iska qaadayaa

Dheefaha	Shabakada Ceymiska Dhexdeeda	Ka Baxsan Shabakada Ceymiska
Aalad, qalab iyo saad	Lacag jarista oo laga dhaafay saadka sonkoworga Qalabka daawaynta ilayska ee guriga dhexdiisa oo si buuxda loo dabarayo	Waxaa la dabbaray 50%, lacag jarista ayaa la isku sameeyaa
Saadka sonkoworga	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.	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.
Adeegyada sheybaarka cudur ogaanshaha iyo raajada	**Bukaan jiifka:** Lagu dabaro oo hoos imaada Adeegyada isbitaalka **Bukaan socodka:** Waxaa loo dabaraa si dhameystiran 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 Gurmadka Degdegga ah ama adeegyada bukaan jiifka.	**Bukaan jiifka:** Lagu dabaro oo hoos imaada Adeegyada isbitaalka **Bukaan socodka**: Lacagaha la jaro iyo lacagaha haraaga lacag jarista kadib ayaa la iska qaadayaa 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 Gurmadka Degdegga ah ama adeegyada bukaan jiifka.
Xaaladaha deg-degga ah (khidmada adeegga ceymiska waa la iska dhaafayaa haddii la seexiyo)	$200 khidmada adeegga ceymiska	$200 khidmada adeegga ceymiska
Baaritaanada maqalka (joogtada ah)	$0 khidmada adeegga ceymiska	$15 khidmada adeegga ceymiska, lacagaha la jaro iyo lacagaha haraaga lacag jarista kadib ayaa la iska qaadayaa
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	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
Adeegyada Caafimaadka Guriga	Waxaa loo dabaraa si dhameystiran. Ma lahan xad booqashada.	Ma lahan xad booqashada Lacagaha la jaro iyo lacagaha haraaga lacag jarista kadib ayaa la iska qaadayaa
Adeegyada daryeelka dadka geerida ku dhaw	Waxaa loo dabaraa si dhameystiran	Lacagaha la jaro iyo lacagaha haraaga lacag jarista kadib ayaa la iska qaadayaa
Adeegyada dhalmo la'aanta	Adeegyada caafimaadka iyo qalliinka ee lagu daaweeyo madhalaysnimada iyo dhalmo la'aata 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. 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 $35,000	Aan ceymis lahayn
Daawaynta daliiga loo adeegsado	Ceymis leh ilaa iyo 20 booqosho halki mudda sanadeedba iyada oo uusan jirin ogaysiis horudhac ah $0 khidmada adeegga ceymiska	Xadidaadaha lala wadaagay bixiyaha u shaqeeya shirkada ceymiska $15 khidmada adeegga ceymiska, lacagaha la jaro iyo lacagaha haraaga lacag jarista kadib ayaa la iska qaadayaa
Adeegyada duugista	Eeg Adeegyada baxnaaninta	Eeg Adeegyada baxnaaninta
Adeegyada Dhalmada	**Bukaan jiifka:** $100 khidmada adeegga ceymiska, maalintiiba ilaa iyo 5 maalmood halki isbitaal dhigisba **Bukaan socodka:** $0 khidmada adeegga ceymiska. Daryeelka joogtada ah oo aan ku xirnayn khidmada adeegga ceymiska adeegyada bukaan socodka.	**Bukaan jiifka:** $100 khidmada adeegga ceymiska, maalintiiba ilaa iyo 5 maalmood halki isbitaal dhigisba, lacagaha la jaro iyo lacagaha haraaga lacag jarista kadib ayaa la iska qaadayaa Lacagaha la jaro iyo lacagaha haraaga lacag jarista kadib ayaa la iska qaadayaa **Bukaan socodka:** $15 khidmada adeegga ceymiska, lacagaha la jaro iyo lacagaha haraaga lacag jarista kadib ayaa la iska qaadayaa. Daryeelka joogtada ah oo aan ku xirnayn khidmada adeegga ceymiska adeegyada bukaan socodka.
Caafimaadka Dhimirka	**Bukaan jiifka:** $100 khidmada adeegga ceymiska, maalintiiba ilaa iyo 5 maalmood halki isbitaal dhigisba **Bukaan socodka:** $0 khidmada adeegga ceymiska	**Bukaan jiifka:** $100 khidmada adeegga ceymiska, maalintiiba ilaa iyo 5 maalmood halki isbitaal dhigisba Lacagaha la jaro iyo lacagaha haraaga lacag jarista kadib ayaa la iska qaadayaa **Bukaan socodka:** $15 khidmada adeegga ceymiska, lacagaha la jaro iyo lacagaha haraaga lacag jarista kadib ayaa la iska qaadayaa

Dheefaha	Shabakada Ceymiska Dhexdeeda	Ka Baxsan Shabakada Ceymiska
Daawaynta dabiiciga ah	$0 khidmada adeegga ceymiska. Booqashooyin aan xadidnayn sanad walba oo aan lahayn oggolaansho horeeya. Waxaa loo dabaraa si dhameystiran.	$15 khidmada adeegga ceymiska, lacagaha la jaro iyo lacagaha haraaga lacag jarista kadib ayaa la iska qaadayaa
Adeegyada Ilmaha Markaa Dhashay	**Isbitaal joogista hore:** Eeg Adeegyada Isbitaalka: Booqashooyinka xafiiska: Eeg Adeegyada Bukaan Socodka: Daryeelka fayo-qabka joogtada ah: Eeg Daryeelka kahortagga. Kharash wadaag walba oo ku aadan adeegyada ilmaha markaa dhashay waa ka gaar midka hooyada.	**Isbitaal joogista hore:** Eeg Adeegyada Isbitaalka: Booqashooyinka xafiiska: Eeg Adeegyada Bukaan Socodka: Daryeelka fayo-qabka joogtada ah: Eeg Daryeelka kahortagga. Kharash wadaag walba oo ku aadan adeegyada ilmaha markaa dhashay waa ka gaar midka hooyada.
Adeegyada Cayilka Saa'idka ah La Xiriiro	Ceymiska ku leh kharash qeybi marka shuruudaha caafimaadka la buuxiyo	Ceymiska ku leh kharash qeybi marka shuruudaha caafimaadka la buuxiyo
Xubno baddelida	Aan xadidinayn, ma lahan muddo sugitaan **Bukaan jiifka:** $100 khidmada adeegga ceymiska, maalintiiba ilaa iyo 5 maalmood halki isbitaal dhigisba **Bukaan socodka:** $0 khidmada adeegga ceymiska	Lala wadaagay bixiyaha u shaqeeya shirkada ceymiska **Bukaan jiifka:** $100 khidmada adeegga ceymiska, maalintiiba ilaa iyo 5 maalmood halki isbitaal dhigisba Lacagaha la jaro iyo lacagaha haraaga lacag jarista kadib ayaa la iska qaadayaa **Bukaan socodka:** $15 khidmada adeegga ceymiska, lacagaha la jaro iyo lacagaha haraaga lacag jarista kadib ayaa la iska qaadayaa
Daryeelka kahortaga ah Hubinta fayo-qabka jireed, tallaalada, baaritaanka kansarka makaanka haweenka, raajada naasaha	Waxaa loo dabaraa si dhameystiran Adeegyada daryeelka kahortaga ah ee haweenka (oo ay ku jiraan dawooyinka kahortagga uurka iyo aaladaha iyo jeermis-dilista) dhammaamtood waxaa loo dabaraa si dhamaystiran.	Lacagaha la jaro iyo lacagaha haraaga lacag jarista kadib ayaa la iska qaadayaa Adeegyada daryeelka kahortaga ah ee haweenka (oo ay ku jiraan dawooyinka kahortagga uurka iyo aaladaha iyo jeermis-dilista) waxay ku xiran yihiin kharash qeybsiga Daryeelka kahortaga ah iyo dheefta ugu badan ee habboon. Raajada naasaha joogtada ah: Lacagaha la jaro iyo lacagaha haraaga lacag jarista kadib ayaa la iska qaadayaa
Adeegyada baxnaaninta Booqashooyinka baxnaaninta waa isku geyn booqashooyin daawayn halki mudda sanadeedba	**Bukaan jiifka:** 60 maalmood halki mudda sanadeedba. Adeegyada cudur ogaanshaha caafimaadka dhimirka waxaa lagu dabaraa xadidaad la'aan. $100 khidmada adeegga ceymiska, maalintiiba ilaa iyo 5 maalmood halki isbitaal dhigisba **Bukaan socodka:** 60 booqashooyin halki mudda sanadeedba. Adeegyada cudur ogaanshaha caafimaadka dhimirka waxaa lagu dabaraa xadidaad la'aan. Ma jirto khidmadaha adegga ceymiska assaasiga ah/$15 khidmadaha adegga ceymiska takhasuslaha	**Bukaan jiifka:** Xadidaadaha maalinta ee lala wadaagay bixiyaha u shaqeeya shirkada ceymiska $100 khidmada adeegga ceymiska, maalintiiba ilaa iyo 5 maalmood halki isbitaal dhigisba Lacagaha la jaro iyo lacagaha haraaga lacag jarista kadib ayaa la iska qaadayaa **Bukaan socodka:** Xadidaadaha lala wadaagay bixiyaha u shaqeeya shirkada ceymiska $15 khidmada adeegga ceymiska, lacagaha la jaro iyo lacagaha haraaga lacag jarista kadib ayaa la iska qaadayaa
Xarunta dadka lagu xanaaneeyo	Ceymis dhameystiran leh ilaa iyo 60 maalmood halki mudda sanadeedba	Xadidaada maalmaha lala wadaago dheefta bixiyeyaasha shirkada ceymiska ay bixiyaan, lacagaha la jaro iyo lacagaha haraaga lacag jarista kadib ayaa la iska qaadayaa
Jeermis Nadiifinta (qalliinka xininyaha, qalliinka xubinta taranka haweenka)	Waxaa loo dabaraa si dhameystiran.	**Bukaan jiifka:** $100 khidmada adeegga ceymiska, maalintiiba ilaa iyo 5 maalmood halki isbitaal dhigisba, lacagaha la jaro iyo lacagaha haraaga lacag jarista kadib ayaa la iska qaadayaa Lacagaha la jaro iyo lacagaha haraaga lacag jarista kadib ayaa la iska qaadayaa **Bukaan socodka:** $15 khidmada adeegga ceymiska, lacagaha la jaro iyo lacagaha haraaga lacag jarista kadib ayaa la iska qaadayaa Qalliinka dhalma joojinta haweenka joogtada ah waxaa lagu dabaraa iyada oo ku xiran kharash wadaaga Daryeelka Kahortaga ah iyo dheefta ugu badan ee habboon.
Kala Baxa Qanjaha Adeegyada (TMJ)	**Bukaan jiifka:** $100 khidmada adeegga ceymiska, maalintiiba ilaa iyo 5 maalmood halki isbitaal dhigisba **Bukaan socodka:** $0 khidmada adeegga ceymiska	**Bukaan jiifka:** $100 khidmada adeegga ceymiska, maalintiiba ilaa iyo 5 maalmood halki isbitaal dhigisba, lacagaha la jaro iyo lacagaha haraaga lacag jarista kadib ayaa la iska qaadayaa Lacagaha la jaro iyo lacagaha haraaga lacag jarista kadib ayaa la iska qaadayaa **Bukaan socodka:** $15 khidmada adeegga ceymiska, lacagaha la jaro iyo lacagaha haraaga lacag jarista kadib ayaa la iska qaadayaa
La-talinta barnaamijka joojinta tubaakada	Barnaamijka Quit for Life - waxaa loo dabaraa si dhameystiran	Kharash wadaaga habboon ayaa la iska rabaa
Daryeelka araga ee joogtada ah (1 booqasho 12 bilood oo kasta)	$0 khidmada adeegga ceymiska	$15 khidmada adeegga ceymiska, lacagaha la jaro iyo lacagaha haraaga lacag jarista kadib ayaa la iska qaadayaa
Qalabka araga Muraayadaha, oo ay ka mid yihiin dhalooyinka isha la saaro iyo fareemka ookiyaalaha	**Xubnayaasha ka yar 19 jir:** 1 joog oo fareemyo iyo muraayado ah sanadkiiba ama dhalooyinka isha la saaro oo lagu dabarayo 50% lacagaha haraaga lacag jarista kadib **Xubnayaasha 19 jirka ah iyo ka wayn:** $300 12-ki biloodba	Lala wadaagay bixiyaha u shaqeeya shirkada ceymiska

Luz C.
Daryeel bixiye, Kennewick

Noocyada Qorsha 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 kuu 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.

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.

DELTA DENTAL

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**SM 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.

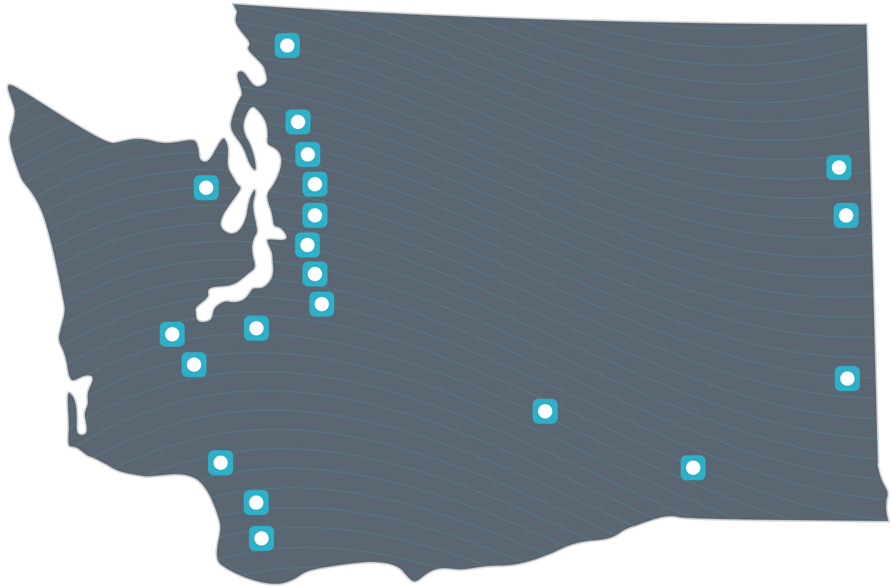
Ka Hel Faa'iidada Ugu Badan Dheefahaaga Willamette Dental

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 Xaq-u-yeelasho 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.

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.

COBRA

Teresa M.
Daryeel bixiye, Spokane

Waa maxay COBRA?

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

Caymiskaaga SEIU 775 Benefits Group ayaa dhamaan doona hadii:

Aadan shaqaynin saacado ku filan bishi inta looga baahan yahay caymiskaaga (80 saacadood). 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 caymiska aad ka hesho SEIU 775 Benefits Group, 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)

Caafimaadka	Delta Dental	Willamette Dental
$899.64	$60.18	$59.16

Su'aalaha ku saabsan Caymiska COBRA?

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

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**.

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 of Washington		
Adeegyada Xubnaha	1-888-901-4636	myseiu.be/kp-member
Adeegyada Caafimaadka Dhimirka	1-888-287-2680	myseiu.be/kp-mh
Khadka Caawinta Kalkaaliyaha	1-800-297-6877	myseiu.be/kp-nurse
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

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

Health Benefits Application

You do not need to fill out an application unless you want to make changes to your coverage.The fastest and easiest way to 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 to make a dental plan change, you will receive a 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.

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 Washington Option, Inc		
Dental: Select your plan	☐ Delta Dental of Washington	☐ Willamette Dental of Washington, Inc.*

*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 Washington Options, Inc
1300 SW 27th St.
Renton, WA 98057

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

CHANGE YOUR PLAN TO GET COVERAGE FOR KIDS

Your health plan (KPWA POS) is closed to new participants. If you would like to get Coverage for Kids and you work 120 hours or more, you will need to change your health plan. To change your health plan, go online at myseiu.be/oe-myplan or call 1-877-606-6705.

After you change your plan, you will be sent information about your new health plan, along with a new Health Benefits Application with instructions on how to add your children to your coverage.

After switching your health plan you can choose between two 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.

TO ADD CHILD DEPENDENT(S), YOU MUST:

✔ **Switch your health plan** online using Health: *My Plan*, or call Customer Service at 1-866-606-6705. Visit myseiu.be/oe-myplan to get started.

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

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

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

VERY IMPORTANT: YOU MUST READ AND SIGN THIS FORM FOR CHANGES 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 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)