



KAISER PERMANENTE® : SEIU Healthcare NW Health Benefits Trust – Core Plan-R

Caymista: Shakhsi / Qoys | Nooca Qorshaha: EPO

Dhammaan [qorshooyinka](#) oo ay bixiyaan ee lagu bixiyo Qorshaha Caafimaadka ee Kaiser Foundation ee Waqooyiga Galbeed

Soo koobidka Dheefta iyo Caymiska (SBC) dukumintiga ayaa kaa caawin doona inaad doorato caafimaad [gorshe](#). SBC wuxuu ku tusayaa sida adiga iyo [qorshaha](#) aad u wadaagi doontaan kharashka adeegyada daryeelka caafimaadka la daboolay. FIIRO GAAR AH: Macluumaadka ku saabsan qiimaha tan [gorshe](#) (loo yaqaan [caymiska](#)) si gooni ah ayaa loo bixin doonaa.

Kani waa soo koobid keliya. Wixii macluumaad dheeraad ah ee ku saabsan caymiskaaga, ama si aad u hesho nuqul ka mid ah shuruudaha caymiska oo dhammaystiran eeg [www.kp.org/plandocuments](#) ama wac 1-800-813-2000 (TTY: 711). Qeexitaannada ereyada guud, sida [qaddarka la oggol yahay](#), [baaqa biilashada](#), [lacagta caymiska ee wadaaga ah](#), [bixinta lacagta wadaaga ah](#), [laga jari karo](#), [adeeg bixiyaha](#), ama ereyo kale oo hoosta laga xariiqay eeg Erey bixinta. Waxaad ku eegi kartaa Erey bixinta oo ah [http://www.healthcare.gov/sbc-glossary](#) ama soo wac 1-800-813-2000 (TTY: 711) si aad u codsato nuqul.

| Su'aalo Muhiim ah                                                                             | Jawaabaha                                                                                                                                                  | Maxay Tani Muhiim u tahay                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
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| Waa maxay guud ahaan <a href="#">gadarka la jari karo</a> ?                                   | \$0                                                                                                                                                        | Eeg jadwalka Dhacdooyinka Caafimaadka Guud ee hoose wixii kharashaadkaaga ah ee ku saabsan adeegyadan <a href="#">gorshe</a> daboolaya                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Ma jiraan adeegyo la daboolay ka hor intaadan la buuxinin <a href="#">laga jari karo</a> ?    | Ma khuseyso.                                                                                                                                               | Qorshahani wuxuu daboolayaa alaabada iyo adeegyada qaarkood xitaa haddii aadan wali la kulmin lacagta <a href="#">laga jari karo</a> . Laakiin <a href="#">dib u bixinta</a> ama <a href="#">lacagta caymiska lacagta</a> waa la codsan karaa. Tusaale ahaan, tan <a href="#">qorshuhu</a> wuxuu daboolayaa qaar <a href="#">adeegyada kahortaga</a> bilaa <a href="#">qarash-wadaagga</a> iyo ka hor intaadan la kulmin <a href="#">laga jari karo</a> . Ka eeg liiska la daboolayo <a href="#">adeegyada kahortaga</a> at <a href="#">https://www.healthcare.gov/coverage/preventive-care-benefits/</a> .                                                                                                                                                                                |
| Ma jiraan kuwo kale <a href="#">jaritaan ah</a> ee adeegyo gaar ah?                           | Maya                                                                                                                                                       | Uma baahnid inaad buuxiso <a href="#">lacagaha laga jaro</a> adeegyada gaarka ah.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Waa maxay xadka <a href="#">lacagta jeebka laga bixiyo</a> tan <a href="#">qorshaha</a> ?     | \$1,250 Shaqsi / \$2,500 Qoyska                                                                                                                            | Xadka <a href="#">jeebka jeebka ah</a> waa inta ugu badan ee aad kubixin karto sanad gudihi adeegyada daboolan. Haddii aad xubno kale oo qoys ah ku leedahay tan <a href="#">qorshaha</a> , waa inay la kulmaan iyaga u gaar ah <a href="#">xadka jeebkooda</a> ilaa qoyska guud <a href="#">jeeb jeebkiisa ah</a> xad ayaa la buuxiyay.                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Waa maxay kuma jiraan xadka <a href="#">jeebka jeebka ah</a> ?                                | <a href="#">Lacagta caymiska</a> , daryeelka caafimaadka <a href="#">qorshahan</a> ma daboolayo, iyo adeegyada lagu muujiyey jaantuska bilaabmaya bogga 2. | In kasta oo aad bixisid kharashyadan, iyagu kuma xisaabtamayaan xadka <a href="#">jeebkiisa ah</a> .                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Miyaad bixin doontaa lacag ka yar haddii aad isticmaasho <a href="#">bixiye shabakadeed</a> ? | Haa. Ka eeg <a href="#">www.kp.org</a> ama wac 1-800-813-2000 (TTY: 711) si aad u hesho liiska ka qaybqaadashada <a href="#">bixiyeyaasha</a> .            | Tani <a href="#">qorshuhu</a> wuxuu adeegsadaa <a href="#">adeeg bixiye shabakad</a> . Waxaad bixin doontaa lacag kayar haddii aad adeegsato <a href="#">adeeg bixiye</a> ee ku jira <a href="#">qorshaha shabakadda</a> . Waxaad bixin doontaa inta ugu badan hadaad isticmaasho <a href="#">bixiye ka baxsan shabakadda</a> , waxaana laga yaabaa inaad biil ka hesho <a href="#">adeeg bixiye</a> farqiga udhaxeeya <a href="#">bixiyaha</a> kharashka iyo waxa <a href="#">qorshahaaga</a> ay bixiso ( <a href="#">biilasha dheelitirka</a> ). La soco <a href="#">bixiyaha shabakada</a> inay u isticmaali karto <a href="#">bixiye ka baxsan shabakadda</a> adeegyada qaarkood (sida shaqada sheybaarka). Ka hubi <a href="#">adeeg bixiyahaaga</a> ka hor intaadan adeegyada helin. |

| Su'aalo Muhiim ah                                                                     | Jawaabaha                                                                  | Maxay Tani Muhiim u tahay                                                                                                                                                                                                                                         |
|---------------------------------------------------------------------------------------|----------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Ma u baahan tahay <a href="#">gudbin</a> si aad u aragto <a href="#">takhasusle</a> ? | Haa, laakiin waad is-tixraaci kartaa qaar <a href="#">takhasusleyaal</a> . | Tani <a href="#">qorshuhu</a> wuxuu bixin doonaa qaar ama dhammaan kharashaadka si loo arko <a href="#">takhasusle</a> ee adeegyada la daboolay laakiin waa keliya haddii aad leedahay <a href="#">gudbin</a> kahor intaadan arkin <a href="#">takhasuslaha</a> . |

 Dhammaan [bixinta](#) iyo [lacagta caymiska lacagta](#) ee ka muuqda jaantuskan waa ka dib marka [laga goynayo](#) la kulmay, haddii [laga jari karo](#) ay khuseyso.

| Caadi ah Dhacdo Caafimaad                                                                    | Adeegyada Aad U Baahan Tahay                                        | Maxaad Bixin Doontaa                                          |                                                                    | Xaddidaadaha, Waxyaabaha Ka Reeban, iyo Macluumaadka Kale ee Muhiimka ah                                                                                                                                                             |
|----------------------------------------------------------------------------------------------|---------------------------------------------------------------------|---------------------------------------------------------------|--------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                              |                                                                     | Xulo Bixiye (Waxaad bixin doontaa ugu yaraan)                 | Bixiye Aan Ka Qeyb Qaadan (Waxaad bixin doontaa lacagta ugu badan) |                                                                                                                                                                                                                                      |
| Haddii aad booqato daryeel caafimaad <a href="#">adeeg bixiyaha</a> xafiis ama rug caafimaad | Booqashada daryeelka aasaasiga ah si loo daaweeyo dhaawac ama jirro | Lacag la'aan                                                  | Aan la daboolin                                                    | Midna                                                                                                                                                                                                                                |
|                                                                                              | <a href="#">Takhasusle</a> booqasho                                 | \$15 / booqasho                                               | Lama daboolin                                                      | Midna                                                                                                                                                                                                                                |
|                                                                                              | <a href="#">Daryeelka kahortaga/ baaritaanka</a> /tallaalka         | Lacag la'aan                                                  | Aan la daboolin                                                    | Waxaa laga yaabaa inaad lacag ku bixiso adeegyada aan kahortagga ahayn. Weydii <a href="#">adeeg bixiyahaaga</a> haddii adeegyada loo baahan yahay ka hortag yihiin. Kadib hubi waxa <a href="#">qorshahaaga ah</a> ay bixin doonto. |
| Haddii aad baaritaan leedahay                                                                | <a href="#">Tijaabada cudurka</a> (raajada, shaqada dhiigga)        | Raajo: Lacag la'aan<br>Tijaabooyinka shaybaarka: Lacag la'aan | Lama daboolin                                                      | Midna                                                                                                                                                                                                                                |
|                                                                                              | Sawiridda (sawirada CT / PET, MRI yada)                             | \$50 / booqasho                                               | Lama daboolin                                                      | Adeegyada qaarkood waxay u baahan karaan oggolaansho hore.                                                                                                                                                                           |

| Caadi ah<br>Dhacdo Caafimaad                                                                                                                                                                                                                                         | Adeegyada Aad U Baahan Tahay                              | Maxaad Bixin Doontaa                                                                                              |                                                                       | Xaddidaadaha, Waxyaabaha Ka Reeban,<br>iyo Macluumaadka Kale ee Muhiimka ah                                                                                                                        |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                                                                                                      |                                                           | Xulo Bixiye<br>(Waxaad bixin doontaa ugu yaraan)                                                                  | Bixiye Aan Ka Qeyb Qaadan<br>(Waxaad bixin doontaa lacagta ugu badan) |                                                                                                                                                                                                    |
| <b>Haddii aad u baahan tahay daawo lagu daaweeyo jirradaada ama xaaladdaada</b><br><br>Macluumaad intaas ka badan oo ku saabsan <a href="#">caymiska dawada dhakhtarku qoro</a> waxaa laga heli karaa <a href="http://www.kp.org/formulary">www.kp.org/formulary</a> | Daawooyinka guud                                          | \$5 (tafaariiq); \$10 (dalabka boostada ah) / daawada dhakhtarka qoro                                             | Lama daboolin                                                         | Ilaa 30 maalmood oo alaab ah (tafaariiq); ilaa 90-maalmood oo alaab ah (amarka boostada). Iyada oo ku xidhan <a href="#">qaaciddada</a> tilmaamaha.                                                |
|                                                                                                                                                                                                                                                                      | Dawooyinka nooca loo doorbido                             | \$25 (tafaariiq); \$50 (amarka boostada) / daawada dhakhtarka qoro                                                | Lama daboolin                                                         | Ilaa 30 maalmood oo alaab ah (tafaariiq); ilaa 90-maalmood oo alaab ah (amarka boostada). Iyada oo ku xidhan <a href="#">qaaciddada</a> tilmaamaha.                                                |
|                                                                                                                                                                                                                                                                      | Dawooyinka sumcadda aan doorbidayn                        | \$50 (tafaariiq); \$100 (dalabboostada ah) / daawada dhakhtarka qoro                                              | Lama daboolin                                                         | Ilaa 30 maalmood oo alaab ah (tafaariiq); ilaa 90-maalmood oo alaab ah (amarka boostada). Iyada oo ku xidhan <a href="#">qaaciddada</a> tilmaamaha, markii lagu oggolaado nidaamka ka-reebitaanka. |
|                                                                                                                                                                                                                                                                      | <a href="#">Dawooyinka qaaska ah</a>                      | Wadaagista qiimaha daawada ee shirkada saamiyada guud, shirkada la doorbido, kuwa aan la doorbidin ayaa khuseeya. | Aan la daboolin                                                       | Ilaa 30 maalmood oo alaab ah (tafaariiq). Iyada oo ku xidhan <a href="#">qaaciddada</a> tilmaamaha, markii lagu oggolaado nidaamka ka-reebitaanka.                                                 |
| <b>Haddii aad leedahay galliin bukaan-socod</b>                                                                                                                                                                                                                      | Kharashka xarunta (tusaale, ambalaaska xarunta qalliinka) | \$50 / booqasho                                                                                                   | Aan la daboolin                                                       | Ogolaansho hore ayaa loo baahan yahay.                                                                                                                                                             |
|                                                                                                                                                                                                                                                                      | Khidmadaha dhakhtarka / qalliinka                         | Lagu daro khidmadda xarunta                                                                                       | Aan la daboolin                                                       | Ogolaansho hore ayaa loo baahan yahay.                                                                                                                                                             |
| <b>Haddii aad u baahan tahay daryeel caafimaad oo degdeg ah</b>                                                                                                                                                                                                      | <a href="#">Daryeelka qolka gargaarka degdega ah</a>      | \$200 / booqasho                                                                                                  | \$200 / booqasho                                                      | <a href="#">Bixinta lacag bixinta</a> way dhaaftay haddii si toos ah cisbitaalka loo dhigo bukaan-jiif.                                                                                            |
|                                                                                                                                                                                                                                                                      | <a href="#">Gaadiidka caafimaadka degdega ah</a>          | \$75 / safar                                                                                                      | \$75 / safar                                                          | Midna                                                                                                                                                                                              |
|                                                                                                                                                                                                                                                                      | <a href="#">Daryeelka degdegga ah</a>                     | \$30 / booqasho                                                                                                   | \$30 / booqasho                                                       | Aan kaqeyb galeynin <a href="#">bixiyeyaasha</a> oo la daboolay markay si ku meelgaar ah uga baxsan tahay goobta adeegga.                                                                          |

| Caadi ah<br>Dhacdo Caafimaad                                                                                  | Adeegyada Aad U Baahan Tahay                   | Maxaad Bixin Doontaa                             |                                                                       | Xaddidaadaha, Waxyaabaha Ka Reeban,<br>iyo Macluumaadka Kale ee Muhiimka ah                                                                                                                                                                                                                         |
|---------------------------------------------------------------------------------------------------------------|------------------------------------------------|--------------------------------------------------|-----------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                               |                                                | Xulo Bixiye<br>(Waxaad bixin doontaa ugu yaraan) | Bixiye Aan Ka Qeyb Qaadan<br>(Waxaad bixin doontaa lacagta ugu badan) |                                                                                                                                                                                                                                                                                                     |
| <b>Haddii aad isbitaal joogto</b>                                                                             | Kharashka xarunta (tusaale, qolka cisbitaalka) | \$100 / gelitaanka                               | Lama daboolin                                                         | Ogolaansho hore ayaa loo baahan yahay.                                                                                                                                                                                                                                                              |
|                                                                                                               | Khidmadaha dhakhtarka / qalliinka              | Lacag la'aan                                     | Lama daboolin                                                         | Adeegyada xirfadlaha waxaa lagu daray qidmada xarunta                                                                                                                                                                                                                                               |
| <b>Haddii aad u baahan tahay caafimaadka maskaxda, caafimaadka hab dhaqanka, ama adeegsiga mukhaadaraadka</b> | Adeegyada bukaan socodka                       | Lacag la'aan                                     | Aan la daboolin                                                       | Waxba.                                                                                                                                                                                                                                                                                              |
|                                                                                                               | Adeegyada bukaan-jiifka                        | \$100 / gelitaanka                               | Aan daboolin                                                          | Ogolaansho hore ayaa loo baahan yahay.                                                                                                                                                                                                                                                              |
| <b>Hadaad uur leedahay</b>                                                                                    | Booqashooyinka xafiiska                        | Lacag la'aan                                     | Aan la daboolin                                                       | Waxay kuxirantahay nooca howlaha, <a href="#">lacag bixinta</a> , <a href="#">lacagta caymiska lacagta</a> , ama <a href="#">laga jari karo</a> wuu dalban karaa. Daryeelka hooyada waxaa ku jiri kara baaritaano iyo adeegyo lagu sharaxay meelo kale oo ka mid ah SBC (tusaale ahaan ultrasound.) |
|                                                                                                               | Adeegyada xirfadeed ee dhalmada / dhalmada     | Lacag la'aan                                     | Lama daboolin                                                         | Adeegyada xirfadlaha waxaa lagu daray qidmada xarunta                                                                                                                                                                                                                                               |
|                                                                                                               | Adeegyada xarunta dhalmada / dhalmada          | \$100 / gelitaanka                               | Lama daboolin                                                         | Midna                                                                                                                                                                                                                                                                                               |

| Caadi ah<br>Dhacdo Caafimaad                                                                 | Adeegyada Aad U Baahan Tahay                         | Maxaad Bixin Doontaa                                                         |                                                                       | Xaddidaadaha, Waxyaabaha Ka Reeban,<br>iyo Macluumaadka Kale ee Muhiimka ah                                                                      |
|----------------------------------------------------------------------------------------------|------------------------------------------------------|------------------------------------------------------------------------------|-----------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                              |                                                      | Xulo Bixiye<br>(Waxaad bixin doontaa ugu yaraan)                             | Bixiye Aan Ka Qeyb Qaadan<br>(Waxaad bixin doontaa lacagta ugu badan) |                                                                                                                                                  |
| <b>Haddii aad u baahan tahay caawimaad soo kabasho ama aad qabto baahiyo kale oo gaar ah</b> | <a href="#">Daryeelka caafimaadka guriga</a>         | Lacag la'aan                                                                 | Lama daboolin                                                         | 130 xadka booqashada / sanadkii. Ogolaansho hore ayaa loo baahan yahay.                                                                          |
|                                                                                              | <a href="#">Adeegyada baxnaaninta</a>                | Bukaan socod eegto:<br>\$15 / booqasho<br>Bukaan-jiifka:<br>\$100 / gelitaan | Aan la daboolin                                                       | Bukaan-socodka: 20 booqashada xadka / daaweynta / sanadka. Ogolaansho hore ayaa loo baahday.<br>Bukaan-jiifka: Ogolaansho hore ayaa loo baahday. |
|                                                                                              | <a href="#">Adeegyada baxnaaninta</a>                | \$15 / booqasho                                                              | Lama daboolin                                                         | 20 booqashada xadka / daaweynta / sanadka. Ogolaansho hore ayaa loo baahan yahay.                                                                |
|                                                                                              | <a href="#">Daryeelka kalkaalinta ee xirfada leh</a> | Lacag la'aan                                                                 | Lama daboolin                                                         | 100 maalin xadidan / sanad. Ogolaansho hore ayaa loo baahan yahay.                                                                               |
|                                                                                              | <a href="#">Qalab caafimaad oo waara</a>             | 20% <a href="#">caymiska wadaaga ah</a>                                      | Aan la daboolin                                                       | Iyada oo ku xidhan <a href="#">gaaciddada</a> tilmaamaha. Ogolaansho hore ayaa loo baahan yahay.                                                 |
|                                                                                              | <a href="#">Adeegyada Hospice</a>                    | Lacag la'aan                                                                 | Aan la daboolin                                                       | Ogolaansho hore ayaa loo baahan yahay.                                                                                                           |
| <b>Haddii ilmahaagu u baahan yahay daryeelka ilkaha ama indhaha</b>                          | Imtixaanka indhaha ee carruurta                      | Wax lacag ah lagama qaadayo imtixaanka soocelinta                            | Lama daboolin                                                         | Midna                                                                                                                                            |
|                                                                                              | Muraayadaha carruurta                                | Lacag la'aan                                                                 | Lama daboolin                                                         | Ku xaddidan hal laba loox iyo muraayadaha indhaha ama muraayadaha indhaha / 12 bilood.                                                           |
|                                                                                              | Baaritaanka ilkaha ee carruurta                      | Lama daboolin                                                                | Lama daboolin                                                         | Midna                                                                                                                                            |

## Adeegyada Ka Reebban & Adeegyada Kale ee la Daboolay

Adeegyada [Qorshahaaga](#) Guud Ahaan uusan Daboolin (Hubi dukumenti ga siyaasadaada ama [qorshahaaga](#) si aad u hesho macluumaad dheeraad ah iyo liis kasta oo kale [adeegyada laga reebay](#).)

- |                                                                                                                                                                      |                                                                                                                                                                                                                         |                                                                                                                                   |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Qalliinka isqurxinta</li> <li>• Daryeelka ilkaha (Dadka Waaweyn iyo Ilmaha)</li> <li>• Qalabka gargaarka maqalka</li> </ul> | <ul style="list-style-type: none"> <li>• Daryeelka muddada-dheer</li> <li>• Daryeelka aan degdegga ahayn marka aad u safrayso meel ka baxsan Mareykanka</li> <li>• Kalkaaliye caafimaad oo gaar loo leeyahay</li> </ul> | <ul style="list-style-type: none"> <li>• Daryeelka cagaha ee joogtada ah</li> <li>• Barnaamijyada miisaanka oo yaraada</li> </ul> |
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Adeegyada Kale ee la Daboolay (Xaddidaadaha ayaa laga yaabaa inay khuseeyaan adeegyadan. Tani ma aha liis dhameystiran. Fadlan eeg dukumiintigaaga [qorshaha](#).)

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|--------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Duritaanka maqaarka (kaliya 20 booqasho / sanadkii)</li> <li>• Qalliinka Cayilka</li> </ul> | <ul style="list-style-type: none"> <li>• Daryeelka lafdhabarta (20 xadka booqashada / sanadka)</li> </ul> | <ul style="list-style-type: none"> <li>• Daryeelka indhaha ee joogtada ah (Dadka waaweyn)</li> </ul> |
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**Xuquuqdaada inaad Siiwato Daboolida:** Waxaa jira hay'ado kaa caawin kara hadaad rabto inaad sii wado caymiskaaga markay dhamaato. Macluumaadka xiriirka hay'adahaas waxaa lagu muujiyey jaantuska hoose. Ikhtiyaarrada kale ee caymiska ayaa laga yaabaa inaad adigana heli karto, oo ay ku jiraan iibsashada caymiska shaqsiga ee loo maro [Suuqa Caymiska Caafimaadka](#) Wixii macluumaad dheeraad ah ee ku saabsan [Suuqa Suuqa](#), booqo [www.HealthCare.gov](http://www.HealthCare.gov) ama wac 1-800-318-2596.

**Xuquuqdaada Cabashada iyo Rafcaanka:** Waxaa jira hay'ado kaa caawin kara hadaad dacwo ka qabto qorshahaaga [qorshaha](#) diidmada a [sheegasho](#). Cabashadan waxaa lagu magacaabaa [cabasho](#) ama [racfaan](#). Wixii macluumaad dheeraad ah ee ku saabsan xuquuqdaada, fiiri sharraxaadda wixtarrada aad ka heli doonto caafimaadkaas [sheegashada](#). Dukumintiyadaada sidoo kale waxay bixiyaan macluumaad dhameystiran oo ku saabsan sida loo gudbiyo [sheegasho](#), [racfaan](#), ama [cabasho](#) sabab kasta oo aad kuhesho [qorshe](#). Wixii macluumaad dheeraad ah ee ku saabsan xuquuqdaada, ogeysiiskan, ama kaalmada, la xiriir hay'adaha ku yaal jaantuska hoose.

## Macluumaadka Xiriirka ee Xuquuqdaada Si Aad U Siiwato Daboolida & Xuquuqdaada Cabashadaada iyo Racfaanada:

|                                                                                               |                                                                                                            |
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| Adeegyada Xubnaha ee Kaiser Permanente                                                        | 1-800-813-2000 (TTY: 711) ama <a href="http://www.kp.org/memberservices">www.kp.org/memberservices</a>     |
| Waaxda Shaqada Shaqaalaha ee Maamulka Amniga Faa'iidooyinka                                   | 1-866-444-EBSA (3272) ama <a href="http://www.dol.gov/ebsa/healthreform">www.dol.gov/ebsa/healthreform</a> |
| Waaxda Caafimaadka & Adeegyada Aadanaha, Xarunta Macluumaadka Macaamilka & kormeerka Caymiska | 1-877-267-2323 x61565 ama <a href="http://www.ccio.cms.gov">www.ccio.cms.gov</a>                           |
| Qaybta Sharciga Maaliyadeed ee Oregon                                                         | 1-888-877-4894 ama <a href="http://www.dfr.oregon.gov">www.dfr.oregon.gov</a>                              |
| Waaxda Caymiska ee Washington                                                                 | 1-800 562 6900 ama <a href="http://www.insurance.wa.gov">www.insurance.wa.gov</a>                          |

### Miyuu [gorshahani](#) bixinayaa Caymiska Ugu Muhiimsan ee Ugu Yar? Haa

[Caymiska Aasaasiga Ugu Yar](#) guud ahaan waxaa kujira [gorshayaal](#), caymiska caafimaadka ee laga heli karo Suuqa ama suuq kale oo shaqsi siyaasadaha, Medicare, Medicaid, CHIP, TRICARE, iyo caymisyo kale oo cayiman. Haddii aad u qalanto noocyada qaarkood ee [Caymiska Ugu Muhiimsan ee Ugu Yar](#) waxaa laga yaabaa inaad u qalmin [amaahda canshuurta ee ugu saraysa](#).

### Qorshahani [miyuu](#) buuxinayaa Heerarka Qiimaha Ugu Yar? Haa

Haddii qorshahaaga aanu buuxin [Heerarka Qiimaha Ugu Yar](#), waxaad u-qalmi kartaa [cashuurta aasaasiga ah amaah](#) si ay kaaga caawiso inaad bixiso [qorshe](#) illaa [Suuqa](#).

### Adeegyada Helitaanka Luqadda:

Isbaanish (Español): Para obtener asistencia en Español, llame al 1-800-813-2000 (TTY: 711).

Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-800-813-2000 (TTY: 711).

Shiinees (中文): 如果需要中文的帮助, 请拨打这个号码 1-800-813-2000 (TTY: 711).

Navajo (Cunto): Dinek'ehgo shika at'ohwol ninisingo, kwijigo holne' 1-800-813-2000 (TTY: 711).

*Si aad u aragto tusaalooyinka sida [gorshahan](#) u dabooli karto kharashaadka xaalad caafimaad ee tijaabada ah, eeg qaybta xigta.*



**Kani maahan qiyaasaha qiimaha.** Daaweynta la muujiyey ayaa ah tusaalooyinka kaliya ee sida [qorshahan](#) ay u dabooli karto daryeelka caafimaadka. Kharashkaaga dhabta ah wuu ka duwanaan doonaa iyadoo kuxiran daryeelka dhabta ah ee aad hesho, qiimayaasha aad [adeeg bixiyayaasha](#) ka qaadaan, iyo arrimo kale oo badan. Diirada saar [wadaagida kharashka](#) qaddarada ([lacagaha laga jaro](#), [lacag bixinta wadaaga ah](#) iyo [caymiska wadaaga ah](#)) iyo [adeegyada laga reebay](#) hoosta [qorshaha](#). U adeegso macluumaadkan isbarbar dhig qaybta kharashaadka ee aad ku bixin karto caafimaad hoosaadyo kala duwan [qorshayaal](#). Fadlan la soco tusaalooyinkan caynsanaanta waxay ku saleysan yihiin caymis keligood ah.

| <b>Peg wuxuu leeyahay cunug</b><br>(9 bilood oo daryeelka caafimaadka umusha ah iyo bixinta cisbitaalka)                                                                                                                                                                                                                                                  |                 | <b>Maareynta Nooca 2 ee Sonkorowga Joe</b><br>(sanadka daryeelka joogtada ah ee shabakada xaalad si wanaagsan loo xakameeyo)                                                                                                                                                                                                                             |                | <b>Jabitaanka fudud ee Mia</b><br>(booqashada qolka gurmada ee shabakada gudaheeda iyo la socoshada daryeelka)                                                                                                                                                                                                  |                |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|
| ■ Wadarta <a href="#">kharashka guud ee laga jaro qorshahan</a>                                                                                                                                                                                                                                                                                           | \$0             | ■ Wadarta <a href="#">kharashka guud ee laga jaro qorshahan</a>                                                                                                                                                                                                                                                                                          | \$0            | ■ Wadarta <a href="#">kharashka guud ee laga jaro qorshahan</a>                                                                                                                                                                                                                                                 | \$0            |
| ■ <a href="#">Lacag bixinta wadaaga ah ee takhasuslaha</a>                                                                                                                                                                                                                                                                                                | \$15            | ■ <a href="#">Lacag bixinta wadaaga ah ee takhasuslaha</a>                                                                                                                                                                                                                                                                                               | \$15           | ■ <a href="#">Lacag bixinta wadaaga ah ee takhasuslaha</a>                                                                                                                                                                                                                                                      | \$15           |
| ■ Lacag bixinta wadaaga ah <a href="#">ee Isbitaalka (xarunta)</a>                                                                                                                                                                                                                                                                                        | \$100           | ■ Lacag bixinta wadaaga ah <a href="#">ee Isbitaalka (xarunta)</a>                                                                                                                                                                                                                                                                                       | \$100          | ■ Lacag bixinta wadaaga ah <a href="#">ee Isbitaalka (xarunta)</a>                                                                                                                                                                                                                                              | \$100          |
| ■ Mid kale (shaqo dhiig) <a href="#">caymis bixinta wadaaga ah</a>                                                                                                                                                                                                                                                                                        | \$0             | ■ Mid kale (shaqo dhiig) <a href="#">caymis bixinta wadaaga ah</a>                                                                                                                                                                                                                                                                                       | \$0            | ■ Kale (raajo) <a href="#">bixinta lacag caymiska ee wadaaga ah</a>                                                                                                                                                                                                                                             | \$0            |
| <b>Dhacdadan TUSAALAH A ah waxaa ku jira adeegyo sida:</b><br><a href="#">Booqashooyinka</a> xafiiska takhasusle (daryeelka dhalmada kahor)<br>Adeegyada Xirfadeed ee Dhalmada / Dhalmada<br>Adeegyada Xarunta Dhalmada / Dhalmada<br><a href="#">Baaritaanka cudur s</a> (ultrasounds iyo shaqada dhiigga)<br><a href="#">Khabiir</a> booqasho (suuxdin) |                 | <b>Dhacdadan TUSAALAH A ah waxaa ku jira adeegyo sida:</b><br><a href="#">Dhakhtarka daryeelka aasaasiga ah</a> booqashooyinka xafiiska (oo ay kujiraan waxbarashada cudurada)<br><a href="#">Baaritaanka cudurka s</a> (shaqada dhiigga)<br><a href="#">Dawooyinka dhakhtarku qoro</a><br><a href="#">Qalab caafimaad oo waara</a> (mitirka gulukooska) |                | <b>Dhacdadan TUSAALAH A ah waxaa ku jira adeegyo sida:</b><br><a href="#">Daryeelka qolka gargaarka degdega ah</a> (oo ay kujiraan sahay caafimaad)<br><a href="#">Baaritaanka cudur</a> (raajada)<br><a href="#">Qalab caafimaad oo waara</a> (ulo)<br><a href="#">Adeegyada baxnaaninta</a> (daaweynta jirka) |                |
| <b>Tusaalaha Wadarta Qiimaha</b>                                                                                                                                                                                                                                                                                                                          | <b>\$12,700</b> | <b>Tusaalaha Wadarta Qiimaha</b>                                                                                                                                                                                                                                                                                                                         | <b>\$5,600</b> | <b>Wadarta Qiimaha Tusaale</b>                                                                                                                                                                                                                                                                                  | <b>\$2,800</b> |
| <b>Tusaalahan, Peg wuxuu bixin lahaa:</b><br><i>Wadaagista Qiimaha</i>                                                                                                                                                                                                                                                                                    |                 | <b>Tusaalahan, Joe wuxuu bixin lahaa:</b><br><i>Wadaagista Qiimaha</i>                                                                                                                                                                                                                                                                                   |                | <b>Tusaalahan, Mia waxay bixin doontaa:</b><br><i>Wadaagista Qiimaha</i>                                                                                                                                                                                                                                        |                |
| <a href="#">Waxyaabaha laga jaro</a>                                                                                                                                                                                                                                                                                                                      | \$0             | <a href="#">Waxyaabaha laga jaro</a>                                                                                                                                                                                                                                                                                                                     | \$0            | <a href="#">Waxyaabaha laga jaro</a>                                                                                                                                                                                                                                                                            | \$0            |
| <a href="#">Lacag bixinta caymista wadaaga ah</a>                                                                                                                                                                                                                                                                                                         | \$100           | <a href="#">Lacag bixinnada</a>                                                                                                                                                                                                                                                                                                                          | \$500          | <a href="#">Lacag bixinnada</a>                                                                                                                                                                                                                                                                                 | \$400          |
| <a href="#">Caymiska Wadaaga ah</a>                                                                                                                                                                                                                                                                                                                       | \$0             | <a href="#">Caymiska lacagta</a>                                                                                                                                                                                                                                                                                                                         | \$10           | <a href="#">Caymiska lacagta</a>                                                                                                                                                                                                                                                                                | \$50           |
| <i>Wixii aan daboolnayn</i>                                                                                                                                                                                                                                                                                                                               |                 | <i>Wixii aan daboolnayn</i>                                                                                                                                                                                                                                                                                                                              |                | <i>Wixii aan daboolnayn</i>                                                                                                                                                                                                                                                                                     |                |
| Xadka ama ka-reebitaanka                                                                                                                                                                                                                                                                                                                                  | \$60            | Xadka ama ka-reebitaanka                                                                                                                                                                                                                                                                                                                                 | \$0            | Xadka ama ka-reebitaanka                                                                                                                                                                                                                                                                                        | \$0            |
| <b>Wadarta Peg bixin lahaa waa</b>                                                                                                                                                                                                                                                                                                                        | <b>\$160</b>    | <b>Wadarta Joe bixin lahaa waa</b>                                                                                                                                                                                                                                                                                                                       | <b>\$510</b>   | <b>Wadarta Mia bixin laheyd ayaa ah</b>                                                                                                                                                                                                                                                                         | <b>\$450</b>   |

## NONDISCRIMINATION NOTICE

Kaiser Foundation Health Plan of the Northwest (Kaiser Health Plan) complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Kaiser Health Plan does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex. We also:

- Provide no cost aids and services to people with disabilities to communicate effectively with us, such as:
  - Qualified sign language interpreters
  - Written information in other formats, such as large print, audio, and accessible electronic formats
- Provide no cost language services to people whose primary language is not English, such as:
  - Qualified interpreters
  - Information written in other languages

If you need these services, call 1-800-813-2000 (TTY: 711)

If you believe that Kaiser Health Plan has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance by mail or phone at: Member Relations, Attention: Kaiser Civil Rights Coordinator, 500 NE Multnomah St. Ste 100, Portland, OR 97232, telephone number: 1-800-813-2000.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue SW., Room 509F, HHH Building, Washington, DC 20201, 1-800-368-1019, 1-800-537-7697 (TDD). Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

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## HELP IN YOUR LANGUAGE

**ATTENTION:** If you speak English, language assistance services, free of charge, are available to you. Call 1-800-813-2000 (TTY: 711).

**አማርኛ (Amharic)** ማስታወሻ: የሚናገሩት ቋንቋ አማርኛ ከሆነ የትርጉም እርዳታ ድርጅቶች፣ በነጻ ሊያግዝዎት ተዘጋጅተዋል፡ ወደ ሚከተለው ቁጥር ይደውሉ 1-800-813-2000 (TTY: 711)፡

**العربية (Arabic)** ملحوظة: إذا كنت تتحدث العربية، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-800-813-2000 (TTY: 711)፡

**中文 (Chinese)** 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-813-2000 (TTY: 711)。

فارسی (Farsi) توجه: اگر یہ زبان فارسی گفتگو می کنید،  
تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد.  
یا 1-800-813-2000 (TTY: 711) تماس بگیرید.

**Français (French) ATTENTION:** Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-800-813-2000 (TTY: 711).

**Deutsch (German) ACHTUNG:** Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung.  
Rufnummer: 1-800-813-2000 (TTY: 711).

**日本語 (Japanese) 注意事項:** 日本語を話される場合、無料の言語支援をご利用いただけます。1-800-813-2000 (TTY: 711) まで、お電話にてご連絡ください。

**ខ្មែរ (Khmer) ប្រយ័ត្ន:** បើសិនជាអ្នកនិយាយ ភាសាខ្មែរ, សេវាជំនួយផ្នែកភាសា ដោយមិនគិតថ្លៃ គឺអាចម្ចាស់សិទ្ធិបំប៉នឱ្យអ្នក។ ចូរ ទូរស័ព្ទ 1-800-813-2000 (TTY: 711)។

**한국어 (Korean) 주의:** 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다.  
1-800-813-2000 (TTY: 711) 번으로 전화해 주십시오.

**ລາວ (Laotian) ໂປດຊາບ:** ຖ້າວ່າ ທ່ານເວົ້າພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສັຽຄ່າ, ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ໂທ 1-800-813-2000 (TTY: 711).

**Naabeehó (Navajo) Dii baa akó ninizin:** Dii saad bee yánilti'go Diné Bizaad, saad bee áká'ánida'áwo'déé', t'áá jüik'eh, éi ná hóló, koji' hódíilnih 1-800-813-2000 (TTY: 711).

**Afaan Oromoo (Oromo) XIYYEEFFANNAA:** Afaan dubbattu Oroomiffa, tajaajila gargaarsa afaanii, kanfaltiidhaan ala, ni argama.  
Bilbilaa 1-800-813-2000 (TTY: 711).

**ਪੰਜਾਬੀ (Punjabi) ਧਿਆਨ ਦਿਓ:** ਜੇ ਤੁਸੀਂ ਪੰਜਾਬੀ ਬੋਲਦੇ ਹੋ, ਤਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਸਹਾਇਤਾ ਸੇਵਾ ਤੁਹਾਡੇ ਲਈ ਮੁਫਤ ਉਪਲਬਧ ਹੈ।  
1-800-813-2000 (TTY: 711) 'ਤੇ ਕਾਲ ਕਰੋ।

**Română (Romanian) ATENȚIE:** Dacă vorbiți limba română, vă stau la dispoziție servicii de asistență lingvistică, gratuit. Sunați la 1-800-813-2000 (TTY: 711).

**Русский (Russian) ВНИМАНИЕ:** если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-813-2000 (TTY: 711).

**Español (Spanish) ATENCIÓN:** si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-813-2000 (TTY: 711).

**Tagalog (Tagalog) PAUNAWA:** Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad.  
Tumawag sa 1-800-813-2000 (TTY: 711).

**ไทย (Thai) เรียน:** หากคุณพูดภาษาไทย คุณสามารถใช้บริการช่วยเหลือทางภาษาได้ฟรี โทร 1-800-813-2000 (TTY: 711).

**Українська (Ukrainian) УВАГА!** Якщо ви розмовляєте українською мовою, ви можете звернутися до безкоштовної служби мовної підтримки. Телефонуйте за номером 1-800-813-2000 (TTY: 711).

**Tiếng Việt (Vietnamese) CHÚ Ý:** Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-813-2000 (TTY: 711).