



# Molina Healthcare Washington Apple Health Daryeelka La Maareeyay

Buug-yaraha qofka is-diiwaangeliya **2026**

[MolinaHealthcare.com](https://MolinaHealthcare.com)



## Ogeysiiska Takoorka La'aanta - Qaybta 1557 Molina Healthcare - Medicaid

Molina Healthcare waxay u hoggaansantaa sharciyada xuquuqda madaniga ah ee federaalka iyo kuwa Gobolka Washington ee khuseeya, mana takoorto iyadoo lagu saleynayo jinsiyadda, midabka, asalka qaranka (oo ay ku jirto aqoonta Ingiriisiga ee xaddidan), jinsiga (sida lagu qeexay baaxadda takoorka jinsiga ee Qaybta 92.101(a), oo ay ku jiraan aqoonsiga jinsiga iyo jihada galmada), da'da, ama naafanimada. Molina Healthcare dadka kama saarto ama si xun uma la dhaqanto sababtoo ah jinsiyadda, midabka, asalka qaranka, da'da, naafanimada, jinsiga, jihada galmada ama aqoonsiga jinsiga.

Si ay kaaga caawiso inaad si wax ku ool ah noola xiriirto, Molina Healthcare waxay bixisaa adeegyo bilaash ah oo waqtigooda ku habboon:

- Molina Healthcare waxay siisaa dadka naafada ah wax ka beddel macquul ah iyo gargaar iyo adeegyo ku habboon. Tan waxaa ka mid ah: (1) Turjumaanno aqoon leh (oo ay ku jiraan turjumaanno luqadda dhegoolaha oo aqoon leh). (2) Macluumaad qoran oo qaabab kale ah, sida daabacaad weyn, maqal, qaabab elektaroonig ah oo la heli karo, iyo Braille.
- Molina Healthcare waxay adeegyo luqadeed siisaa dadka ku hadla luqad kale ama leh xirfado Ingiriisi oo xaddidan. Tan waxaa ku jira (1) Turjumaanno afka ah oo aqoon u leh. (2) Macluumaadka lagu turjumay luqaddaada.

Haddii aad u baahan tahay wax ka beddel macquul ah, qalab iyo adeegyo kaabis ah oo ku habboon, ama adeegyo caawimo luqadeed, fadlan la xiriir Adeegyada Xubnaha Molina lambarka 1-800-869-7165, TTY/TTD: 711, Isniinta ilaa Jimcaha, 7: 30 subaxnimo ilaa 6: 30 galabnimo, waqtiga maxalliga ah.

Haddii aad aaminsan tahay inaan ku guuldareysannay bixinta adeegyadan ama inaan si kale kuu takoornay iyadoo lagu saleynayo jinsiyadda, midabka, asalka qaranka (oo ay ku jirto aqoonta Ingiriisiga ee xaddidan), jinsiga (sida lagu qeexay baaxadda takoorka jinsiga ee Qaybta 92.101(a), oo ay ku jiraan aqoonsiga jinsiga iyo jihada galmada), da'da, ama naafanimada, waxaad gudbin kartaa cabasho. Waxaad cabashada ku xaraysan kartaa telefoon, boostada, iimaylka, ama internetka. Haddii aad u baahan tahay in lagaa caawiyo qorista cabashadaada, waan ku caawin doonaa. Waxaad ka heli kartaa nidaamkayaga cabashada adoo booqanaya mareegahayaga:

<https://www.molinahealthcare.com/members/common/en-US/Notice-of-Nondiscrimination.aspx>

Wac Isuduwaha Xuquuqda Madaniga ah 1-866-606-3889, ama TTY/TTD: 711 ama u gudbi cabashadaada:

Civil Rights Unit

200 Oceangate, Long Beach, CA 90802

limaylka: [civil.rights@molinahealthcare.com](mailto:civil.rights@molinahealthcare.com)

Mareegta: <https://molinahealthcare.Alertline.com>

Intaa waxaa dheer, waxaad cabasho u gudbin kartaa Xafiiska Caymiska ee Washington si elektaroonik ah cinwaanka: <https://www.insurance.wa.gov/complaints-appeals-fraud/complaints/file-complaint-or-check-your-complaint-status>, ama taleefan ahaan laga helo 800-562-6900, 360-586-0241 (TDD). Foomamka cabashada waxaa laga heli karaa [fortress.wa.gov/oic/onlineservices/cc/pub/complaininginformation.aspx](https://fortress.wa.gov/oic/onlineservices/cc/pub/complaininginformation.aspx).

Waxaad sidoo kale gudbin kartaa cabasho xuquuqda madaniga ah (cabasho) adigoo u diraya Waaxda Caafimaadka iyo Adeegyada Aadanaha ee Maraykanka, Xafiiska Xuquuqda

Madaniga ah, adigoo ka adeegsanaya internet-ka Bogga Cabashooyinka ee Xafiiska Xuquuqda Madaniga ah (Office for Civil Rights Complaint Portal): [ocrportal.hhs.gov/ocr/portal/lobby.jsf](https://ocrportal.hhs.gov/ocr/portal/lobby.jsf) ama boosto ama taleefoon adigoo kala xiriiraya:

U.S. Department of Health and Human Services  
200 Independence Avenue, SW, Room 509F, HHH Building  
Washington, DC 20201  
Taleefan 1-800-368-1019, TTY/TDD: 800-537-7697

Foomamka cabashada waxaa laga heli karaa halkan:

[www.hhs.gov/sites/default/files/ocr-cr-complaint-form-package.pdf](https://www.hhs.gov/sites/default/files/ocr-cr-complaint-form-package.pdf)

Waxaad xaq u leedahay inaad xogtaan ku hesho qaab ka duwan, sida maqal, farta indhoolaha, ama far weyn oo ay ugu wacan tahay baahiyaha gaarka ah ama luuqadaada iyadoon kharash dheeraad ah lagu bixin. La-talinta doorashada waxaa bixiya Xarunta Adeegga Macmiilka ee Caawinta Caafimaadka HCA. Haddii aad u baahan tahay caawimaad, waxaad wici kartaa 1-800-562-3022, TRS 711.

## Ogeysiis ku saabsan Helitaanka - Qaybta 1557 Molina Daryeelka Caafimaadka - Medicaid

|                              |                                                                                                                                                                        |
|------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| English                      | For free language assistance services, and auxiliary aids and services, call 1-800-869-7165 (TTY: 711).                                                                |
| Spanish<br>Español           | Para obtener servicios gratuitos de asistencia lingüística, así como ayudas y servicios auxiliares, llame al 1-800-869-7165 (TTY: 711).                                |
| Chinese<br>中文 (简体)           | 如需免费的语言协助服务以及辅助工具和服务，请致电1-800-869-7165（TTY 用户请拨打 711）。                                                                                                                 |
| Vietnamese<br>Tiếng Việt     | Để sử dụng dịch vụ hỗ trợ ngôn ngữ miễn phí cũng như các dịch vụ và tính năng hỗ trợ thêm, hãy gọi 1-800-869-7165 (TTY: 711).                                          |
| Korean<br>한국인                | 무료 언어 지원 서비스와 보조 지원 및 서비스를 원하시면 1-800-869-7165 (TTY: 711)로 연락 주시기 바랍니다.                                                                                                |
| Russian<br>Русский           | Для получения бесплатных услуг языковой помощи, а также вспомогательных средств и услуг, позвоните: 1-800-869-7165 (телетайп: 711).                                    |
| Tagalog                      | Para sa libreng serbisyo sa tulong sa wika, at mga auxiliary aid at serbisyo, tumawag sa 1-800-869-7165 (TTY: 711).                                                    |
| Ukrainian<br>Українська      | Для отримання безкоштовної мовної допомоги, допоміжних засобів та послуг телефонуйте за номером 1-800-869-7165 (TTY: 711).                                             |
| Mon-Khmer Cambodian<br>ខ្មែរ | សម្រាប់សេវាកម្មជំនួយភាសា និងជំនួយផ្នែកស្តាប់ដោយឥតគិតថ្លៃ សូមទូរសព្ទទៅ 1-800-869-7165 (TTY: 711)។                                                                       |
| Japanese<br>日本語              | 無料の言語サポートや補助器具・サービスをご希望の方は、1-800-869-7165 (TTY: 711) までお電話ください。                                                                                                        |
| Amharic<br>አማርኛ              | ለነጻ የቋንቋ እርዳታ አገልግሎቶች፣ እና ረዳት እርዳታዎች እና አገልግሎቶች፣ ወደ 1-800-869-7165 (TTY: 711) ይደውሉ።                                                                                    |
| Cushite Afaan<br>Oromoo      | Tajaajiloota hiikkaa afaanii, fi namoota hanqina dhagahuu qabaniif deeggarsa dhageettii meeshaatiinii bilisaan argachuuf, gara 1-800-869-7165 (TTY: 711) tti bilbilaa. |
| Arabic<br>العربية            | اتصل على الرقم 1-800-869-7165 (الهاتف النصي 711) لتلقي خدمات المساعدة اللغوية المجانية والخدمات والمساعات الإضافية.                                                    |
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| German<br>Deutsch            | Kostenlose Sprachassistentendienste, Hilfsmittel und Dienstleistungen erhalten Sie unter 1-800-869-7165 (TTY: 711).                                                    |
| Laotian<br>ພາສາລາວ           | ສໍາລັບການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ ແລະ ຊ່ວຍເຫຼືອ ແລະ ການບໍລິການເສີມແບບບໍ່ເສຍຄ່າ, ໃຫ້ໂທ 1-800-869-7165 (TTY: 711).                                                       |

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# Ku soo dhawoow Molina Healthcare iyo Washington Apple Health

## Soo dhawoow

Waad ku mahadsan tahay isdiiwaangelinta Washington Apple Health (Medicaid) waxaana ku soo dhaweynayaa Molina Healthcare ee Washington, qorshahaaga caafimaad. Waxaan la shaqaynaa Apple Health si ay u bixiso daboolidaada. Buug-gacmeedkani waxa uu ku siin doonaa tafaasiil dheeraad ah oo ku saabsan dheefahaaga la daboolay iyo sida loo helo adeegyada.

Marka aad iska diiwaan geliso daryeelka la maareeyey, Apple Health waxay qorshahaaga caafimaadka siisaa khidmad bille ah oo caymiskaaga ah. Dabolidaada waxaa ka mid ah adeegyada caafimaadka jirka iyo dhaqanka sida ka hortagga, kuwa muhiimka ah, daryeelka gaarka ah, telemedicine, iyo adeegyada kale ee caafimaadka. Xubnaha ugu badan ee la maamulo daryeelku waa inuu arko bixiyeyaasha shabakadda qorshahooda. Waxaan kaa caawin doonaa inaad daryeel la sameysato bixiye ka baxsan shabakadda haddii loo baahdo. Waxaad u baahan tahay oggolaansho hore si aad u aragto bixiyeyaasha ka baxsan shabakadda qorshahaaga. La shaqee bixiyahaaga daryeelka aasaasiga ah (PCP) ama la xiriir adeegga macaamiisha qorshahaaga caafimaadka si aad u hesho oggolaansho hore oo ku saabsan daryeelka laga helo meel ka baxsan aagga adeegga. Si aad u hesho Indian Health Care Provider (IHCP) oo ah PCP-gaaga, la xiriir 1-800-869-7165 (TTY: 711) si aad u hesho meelaynta AI/AN PCP. Waxaan dabooli doonaa adeegyada degdegga ah haddii aad xaalad degdeg ah ku haysato meel ka baxsan goobta adeegga.

Waxaan la xiriiri doonaa xubno cusub toddobaadyada soo socda si aan u dhammaystirno baaritaanka caafimaad ee bilowga ah. Waxaad na waydiin kartaa wixii su'aalo ah oo aad heli kartaa caawimo qabshada ballamaha. Haddii aad qabtid wax su'aalo ah, naga soo wac 1-800-869-7165 (TTY: 711).

## Adeegyada Helitaanka Luqadda iyo Turjumaanka

### Haddii Ingiriisigu uusan ahayn luqadda aad doorbidayso ama aad tahay dhegoole, dhegoole indhoole, ama maqalka kugu adag yahay, waan ku caawin karnaa.

Waxaan rabnaa inaad awoodo inaad hesho faa'iidooyinkaaga daryeelka caafimaadka. Haddii aad u baahan tahay macluumaad ku qoran qaab ama luqad kale oo aan ahayn Ingiriisi, oo ay ku jirto luqadda calaamadaha, naga soo wac 1-800-869-7165 (TTY: 711). Waxaan ku siin doonaa caawimada luqadda oo ah lacag la'aan. Waxaan sidoo kale ku siin karnaa adeeg bixiye ku hadla luqaddaada.

Waxa aad xaq u leedahay helitaanka adeegyo luqadda ah markii aad ku timaaddo ballanta daryeelka caafimaadka ee ay dabooshay Apple Health. Haddii aad la kulanto caqabado ku saabsan helitaanka adeegyada turjumaanka, nagala soo xiriir 1-800-869-7165 (TTY: 711). Waxaan kaa caawin doonaa hubinta in Turjumaanka uu diyaar kuu yahay ballantaada. Waxaad sidoo kale u sheegi kartaa bixiyahaaga daryeelka caafimaadka inaad u baahan tahay turjubaan marka aad ballantaada qabsanayso. Bixiyeyaashaada waxaa laga raba inay kuu qabtaan Turjumaanka ballantaada haddii aad mid codsato.

Turjubaanada luqaddaha lagu hadlo waxay tagi karaan xafiiska adeeg bixiyaha, si ay ugu jiraan telefoonka, ama fiidyaha muddada ballantaada. Turjumaannada luqadda ishaarada lagu hadlo waxay tagi karaan xafiiska adeeg bixiyaha, si ay ugu jiraan fiidyaha muddada ballanta.

Haddii aad doorbidayso Turjumaan qof ahaan kuu yimaada, fadlan u sheeg bixiyahaaga daryeelka caafimaadka ama qorshahaaga caafimaad. Barnaamijka adeegyada turjumaanka ee ay maamusho Health Care Authority (HCA) waxaa loogu talagalay inuu ka caawiyo bixiyeyaasha daryeelka caafimaadka inay helaan turjumaan luqad lagu hadlo ama luqadda dhegoolaha. Haddii aad wax su'aalo ah ka qabto barnaamijkayaga adeegyada turjubaanka, booqo websaydkayaga bogga [MolinaHealthcare.com/WA](https://www.molinahealthcare.com/WA). Waxaad sidoo kale booqan kartaa bogga internetka ee Adeegyada Turjumaanka HCA ee [hca.wa.gov/interpreter-services](https://hca.wa.gov/interpreter-services) ama iimayl u dir Adeegyada Turjubaanka HCA cinwaanka: [interpretersvcs@hca.wa.gov](mailto:interpretersvcs@hca.wa.gov).

**8 | Su'aalo? Wac Adeegyada Xubnaha lambarka (800) 869-7165 (TTY: 711).**

**Nala soo xiriir haddii aad u baahan tahay caawimaad fahamka macluumaadka ama haddii aad u baahan tahay in lagu soo bandhigo qaabab kale.** Haddii aad naafo tahay, indhoole tahay ama aragtidiisu xaddidan tahay, dhega la'aan tahay ama maqalku kugu adag yahay, ama aadan fahmin buuggan ama agab kale, naga soo wac at 1-800-869-7165 (TTY 711). Waxaan ku siin karnaa qoraalo qaab kale ah ama kaaliyaal caawiyayaal ah, sida Braille afka qoraalka dadka maqalka naafada ka ah, oo aan lacag la'aan ku ah adiga. Waxaan kuu sheegi karnaa haddii xafiiska adeeg bixiyaha uu yahay kursiga dadka naafada ah lagu geli karo ama uu leeyahay qalab isgaarsiin gaar ah ama qalab kale oo gaar ah. Waxaan sidoo kale bixinaa:

- Khadka TTY (lambarka taleefankayaga TTY waa 711).
- Macluumaadka far waaweyn.
- Ka caawi sameynta ballan ama diyaarinta gaadiidka lagu tago ballanta.
- Magacyada iyo cinwaannada adeeg bixiyeyaasha ku takhasusay baahiyaha daryeelka gaarka ah.

## Macluumaadka xidhiidhka muhiimka ah

Haddii aad u baahan tahay caawimaad ku saabsan maaraynta caymiskaaga ama adeegyadaada, la xiriir qorshahaaga daryeelka la maareeyey. Haddii arrintaada aan la xallin ama aad u baahan tahay taageero dheeraad ah la xiriir Health Care Authority.

| Ururka                                                                          | Macaamiisha saacadaha adeegga                         | Macaamiisha adeega lambarrada taleefanka | Ciwaanka websaydka                                                    |
|---------------------------------------------------------------------------------|-------------------------------------------------------|------------------------------------------|-----------------------------------------------------------------------|
| <b>Molina Healthcare</b>                                                        | Isniin-Jimce<br>7:30 subaxnimo ilaa<br>6:30 galabnimo | 1-800-869-7165<br>TTY 711.               | <a href="https://MolinaHealthcare.com/WA">MolinaHealthcare.com/WA</a> |
| <b>Health Care Authority (HCA)<br/>Apple Health<br/>Adeegga<br/>Macaamiisha</b> | Isniin-Jimce<br>7 subaxnimo ilaa 5<br>galabnimo       | 1-800-562-3022<br>TRS 711                | <a href="https://hca.wa.gov/apple-health">hca.wa.gov/apple-health</a> |

## Adeeg bixiyeyaashayda daryeelka caafimaadka

Waxaan kuu soo jeedinaynaa inaad qorto magaca iyo lambarka taleefanka ee adeeg bixiyayaashaada si dhaqso loogu helo. Macluumaadka waxaan ku hayn doonnaa mareegahayaga buugga bixiyaha ee ku yaal boggayaga internetka ee [MolinaProviderDirectory.com/WA](https://www.molinaproviderdirectory.com/WA). Waxaad sidoo kale nala soo xiriiri kartaa taleefoon, waanan ku caawin doonnaa.

| Bixiyaha Daryeelka Caafimaadka               | Magaca: | Lambarka taleefanka |
|----------------------------------------------|---------|---------------------|
| <b>Adeeg bixiyaha Daryeelka Koowaad:</b>     |         |                     |
| <b>Adeeg bixiyaha Caafimaadka Dhaqanka:</b>  |         |                     |
| <b>Adeeg bixiyaha Ilkaha:</b>                |         |                     |
| <b>Adeeg bixiyaha Daryeelkayga Gaarka ah</b> |         |                     |
| <b>Adeeg bixiyaha Farmasigayga</b>           |         |                     |

Buug yarahan ma abuurayo wax xuquuq ama xuquuq sharci ah. Waa inaad ku tiirsan buug yarahan sidii ishaada macluumaadka keliya ee ku saabsan Apple Health. Buug yarahan waxaa loogu talo galay inuu bixiyo macluumaadka kooban ee ku saabsan dheefahaaga.

## Sida loo isticmaalo buug-yarahan

Kani waa hagahaaga adeegyada. Isticmaal jadwalka hoose si aad u ogaato cidda aad kala xiriiri karto su'aalaha.

| Haddii aad wax su'aalo ah ka qabto...                                                                                                                                                                                                                                                                                           | La xidhiidh                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Beddelidda ama ka baxista qorshahaaga daryeelka la maamulo ee Apple Health(<b>Bogga 15</b>)</li> <li>• Sida loo helo adeegyada Apple Health ee la daboolo kuwaas oo aan ku jirin qorshahaaga (<b>Bogga 14</b>)</li> <li>• Kaarkaaga adeegyada ProviderOne (<b>Bogga 13</b>)</li> </ul> | <p>Health Care Authority Gobolka Washington (HCA):</p> <ul style="list-style-type: none"> <li>• Bogga Macmiilka ProviderOne: <a href="https://www.waproviderone.org/client">https://www.waproviderone.org/client</a></li> <li>• <a href="https://fortress.wa.gov/hca/p1contactus/">https://fortress.wa.gov/hca/p1contactus/</a></li> </ul> <p>Haddii aad wali qabtid su'aalo ama aad u baahan tahay caawimo dheeraad ah, wac Adeegga Macaamiisha Apple Health 1-800-562-3022.</p> |

| Haddii aad wax su'aalo ah ka qabto...                                                                                                                                                                                                                                                                                                                                                    | La xidhiidh                                                                                                                                                                                                                                                                                                                                                                                                  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Doorashada ama beddelidda bixiyeyaashaada(<b>Bogga 17</b>)</li> <li>• Adeegyada ama daawooyinka la daboolay(<b>Bogga 25</b>)</li> <li>• Samaynta cabasho(<b>Bogga 52</b>)</li> <li>• Rafcaan ka qaadashada go'aanka qorshahaaga caafimaad ee saameeya faa'iidooyinkaaga(<b>Bogga 54</b>)</li> </ul>                                             | <p>Molina Healthcare lambarka 1-800-869-7165 (TTY: 711) ama booqo internetka si aad u hesho <a href="https://www.molinahealthcare.com/wa">MolinaHealthcare.com/WA</a>.</p>                                                                                                                                                                                                                                   |
| <ul style="list-style-type: none"> <li>• Daryeelkaaga caafimaad(<b>Bogga 19</b>)</li> <li>• U gudbinta khabiirada(<b>Bogga 18</b>)</li> </ul>                                                                                                                                                                                                                                            | <p>Bixiyahaaga daryeelka aasaasiga ah (PCP) Haddii aad u baahan tahay caawimaad si aad u doorato bixiye daryeel aasaasi ah, naga soo wac 1-800-869-7165 (TTY: 711) ama booqo internetka si aad u hesho <a href="https://www.molinahealthcare.com/wa">MolinaHealthcare.com/WA</a>.</p> <p>Waxaad sidoo kale wici kartaa Molina Healthcare's 24-hoKhadka Talada Kalkaalisada ee 1-888-275-8750 (TTY: 711).</p> |
| <ul style="list-style-type: none"> <li>• Isbeddellada ku yimaada: <ul style="list-style-type: none"> <li>○ Cinwaanka,</li> <li>○ Dakhliga,</li> <li>○ Xaaladda guurka,</li> <li>○ Cabbirka guriga,</li> <li>○ Caymisyo kale (oo ay ku jiraan Medicare),</li> <li>○ Xaaladda fayl-garaynta canshuurta,</li> <li>○ Uurka, iyo</li> <li>○ Dhalashada ama korsashada.</li> </ul> </li> </ul> | <p>Washington Healthplanfinder oo ku taal 1-855-WAFINDER (1-855-923-4633) ama booqo <a href="https://www.wahealthplanfinder.org">wahealthplanfinder.org</a>.</p>                                                                                                                                                                                                                                             |

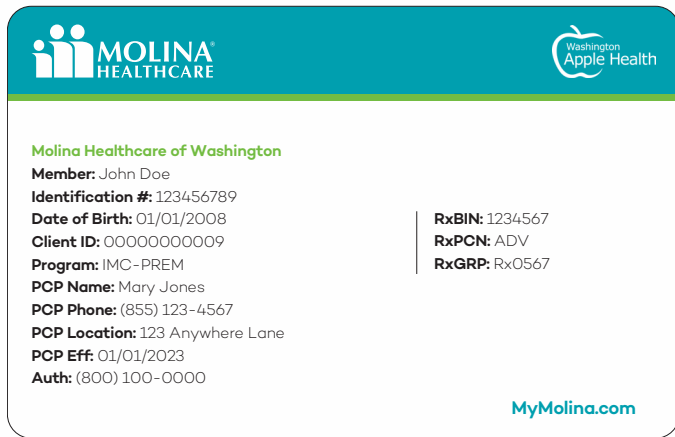
| Haddii aad wax su'aalo ah ka qabto...                                                                                                                                                                                                                                                                                                                                                       | La xidhiidh                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>Haddii adiga ama qof aad jeceshahay aad u baahan tihiin gargaar degdeg ah oo la xiriira xaalad degdeg ah oo caafimaad hab-dhaqan</li> </ul>                                                                                                                                                                                                          | <p>La xiriir 988 Suicide &amp; Crisis Lifeline Noloshah (988 Lifeline waa qarsoodi, bilaash, oo la heli karo 24/7/365) cinwaanka:</p> <ul style="list-style-type: none"> <li><b><u>Wac, qoraal u dir, ama la sheekayso 988</u></b> <ul style="list-style-type: none"> <li>Si aad u hesho taageerada xaaladaha degdegga ah ee Isbaanishka, wac, qoraal u dir, ama la sheekayso 988 Lifeline oo dooro ikhtiyaarka 2.</li> <li>Xubnaha AI/AN, Native &amp; Strong Lifeline waxaa laga heli karaa adigoo riixaya ikhtiyaarka 4. La-taliyayaasha maxalliga ah ayaa diyaar ah 24/7 si buuxda oo bilaash ah. Baro wax badan oo ku saabsan <b><u>Native &amp; Strong</u></b>.</li> </ul> </li> </ul>                                                                                                                                                                                                                                                                                         |
| <ul style="list-style-type: none"> <li>Si aad u hesho caawimaad aqoonsashada adeegyada daaweynta iyo soo kabashada ee loogu talagalay dadka la kulma dhibaatooyinka isticmaalka maandooriyaha, khamaarka, iyo/ama caafimaadka dhimirka, la xiriir khadka caawinta ee Washington Recovery. Khadka caawinta waxaa la heli karaa 24 saacadood maalintii, qarsoodi ah, iyo qarsoodi.</li> </ul> | <p>La xiriir Khadka Caawinta Soo Kabashada Washington:</p> <ul style="list-style-type: none"> <li><b><u><a href="https://www.warecoveryhelpline.org/">https://www.warecoveryhelpline.org/</a></u></b></li> <li>1-866-789-1511</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <ul style="list-style-type: none"> <li>Sida loo soo sheego khiyaanada, qashinka, iyo xadgudubka.</li> </ul>                                                                                                                                                                                                                                                                                 | <p><b><u>Washington State Health Care Authority</u></b></p> <ul style="list-style-type: none"> <li>Ka warbixinta khiyaanada u-qalmitaanka Washington Apple Health, emayl <b><u><a href="mailto:WAHEligibilityFraud@hca.wa.gov">WAHEligibilityFraud@hca.wa.gov</a></u></b> ama wac 1-360-725-0934</li> <li>Soo sheegista bixiyeyaasha Medicaid, iimaylka <b><u><a href="mailto:hottips@hca.wa.gov">hottips@hca.wa.gov</a></u></b> ama wac 1-833-794-2345</li> </ul> <p>Booqo mareegaha HCA si aad u hesho macluumaad faahfaahsan: <b><u><a href="https://www.hca.wa.gov/about-hca/other-administrative-activities/fraud-prevention">https://www.hca.wa.gov/about-hca/other-administrative-activities/fraud-prevention</a></u></b></p> <p><b>Khadka Digniinta Daryeelka Caafimaadka Molina</b></p> <p>Khadka Taleefanka ee bilaashka ah: 1-866-606-3889 ama khadka tooska ah <b><u><a href="https://www.molinahealthcare.com/alertline">MolinaHealthcare.Alertline.com</a></u></b></p> |

# Bilaabaya

## Waxaad heli doontaa laba kaar si aad u hesho adeegyada, kaarkaaga aqoonsiga xubinta ee Molina Healthcare iyo kaarkaaga adeegyada ee ProviderOne.

Qaado kaarkaaga adeegga iyo kaarkaaga aqoonsiga qorshaha caafimaadka marka aad u tagto dhakhtar, farmashiye, ama bixiyayaasha kale ee daryeelka caafimaadka. Waxa kale oo laga yaabaa inaad u baahato aqoonsi sawir leh.

### 1. Kaadhka aqoonsiga xubinta daryeelka caafimaadka Molina



Kaarka aqoonsiga xubinta waa inuu yimaadaa 30 maalmood ka dib marka la iska diiwaan geliyo caymiska. Lambarka aqoonsiga xubinta ayaa ku jiri doona kaadhka aqoonsiga xubinta. Isla markiiba na soo wac haddii macluumaad kasta oo ku jira kaarkaaga uu khaldan yahay, ama aadan ku helin 30 maalmood gudahood. Had iyo jeer qaado kaadhka aqoonsiga xubinta oo tus mar kasta oo aad hesho daryeel. Uma baahnid inaad sugto inta kaadhkaagu imanayo si aad ugu tagto adeeg bixiye ama u buuxiso warqad dhakhtar. Nagala soo xiriir 1-800-869-7165 (TTY: 711), [MHWMemberServicesWeb@MolinaHealthcare.com](mailto:MHWMemberServicesWeb@MolinaHealthcare.com) haddii aad u baahan tahay daryeel ka hor inta uusan kaarkaagu imaan. Adeeg bixiyahaagu sidoo kale wuu nala soo xidhiidhi karaa si loo hubiyo u-qalmitaanka.

### 2. Kaadhka adeegyada ProviderOne



#### Waxa kale oo aad boostada ku heli doontaa kaadhka adeegyada ProviderOne.

Kaarkaaga adeegyada ProviderOne waxaa boostada loogu soo diri doonaa 7 ilaa 10 maalmood ka dib marka la ogaado inaad xaq u leedahay caymiska Apple Health. Kani waa kaadhka aqoonsiga caaga ah oo u eg kaadhka aqoonsiga caymiska caafimaadka kale. Kaarkan ammaan ha ahaado maadaama uu leeyahay macluumaad gaar ah oo lagu aqoonsan karo adiga kugu saabsan.

Kaarkaaga adeegga waxaa ku jiri doona oo keliya macluumaadka soo socda:

- Magacaaga
- Lambarka aqoonsiga ProviderOne
- Taariikhda la soo saaray
- Mareegta ProviderOne
- Macluumaadka adeegga macaamiisha (*macluumaad ku saabsan xaaladda degaanshaha ama socdaalka lama soo bandhigi doono*)

Haddii hore lagu soo diray kaarka adeegyada ProviderOne HCA si toos ah kuuma soo diri doonto kaar cusub. Qof kasta waxaa la siiyaa lambar macmiil oo gaar ah oo ProviderOne ah.

## Isticmaalka kaadhka adeegyada ProviderOne

Qaado kaadhkan balamaha dhakhtarkaaga. Adeeg bixiyeyaasha waxay isticmaalaan kaadhkan si ay u hubiyaan in adeegyadaagu ay daboolan yihiin. Waxaad ka arki kartaa koobiga dhijitaalka ah ee kaadhka adeegyada ProviderOne adiga oo isticmaalaya barnaamijka mobilada WAPlanfinder. Ka baro wax badan oo ku saabsan app-ka bogga [wabhexchange.org/mobile/](https://wabhexchange.org/mobile/). Uma baahnid inaad dalbato beddel marka aad haysato nuqul dhijitaal ah!

Lambarkaaga macmiilka ProviderOne wuxuu ku yaal dhabarka kaadhkaaga. Had iyo jeer waxay ahaan doontaa sagaal lambar waxayna ku dhammaan doontaa "WA". Waxaad u baahan doontaa lambarkaaga gaarka ah ee macmiilka ProviderOne si aad u xaqiijiso in caymiskaagu bilaabmay ama aad u beddesho qorshahaaga caafimaad iyada oo loo marayo Bogga Macaamiisha ProviderOne ee <https://www.waproviderone.org/client>.

Bixiyeyaasha daryeelka caafimaadku waxay isticmaalaan lambarkaaga macmiilka ee ProviderOne si ay u arkaan haddii aad ku qoran tahay Apple Health.

## Haddii aad u baahan tahay kaadhka Adeegyada cusub ee ProviderOne ah

Waxaad ka heli kartaa nuqul dijitaal ah oo kaarkaaga adeegyada ProviderOne ah adoo adeegsanaya abka moobaylka WAPlanfinder. Wax badan ka baro abka [wabhexchange.org/mobile/](https://wabhexchange.org/mobile/).

**Waxaad codsan kartaa kaadhka cusub ee adeegyada ProviderOne haddii aanad helin kaadhkaaha, macluumaadku ay khalad yihiin, ama aad waydo kaadhkaaga. Waxaad ku codsan kartaa beddelka dhowr siyaabood:**

- Booqo bogga internetka ee ProviderOne: <https://www.waproviderone.org/macmiil>
- Wac lambarka bilaashka ah Health Care Authority (HCA) – Adeegga Macaamiisha Apple Health khadka 1-800-562-3022, raac tilmaamaha.
- Codso beddel online ah: <https://fortress.wa.gov/hca/p1contactus/>
  - Dooro "Client."
  - Adeegso liiska hoos u dhaca ee "Select Topic" si aad u doorato "Services Card."

Kaadh cusub wax lacag ah lagaama qaadayo. Waxay qaadataa 7 ilaa 10 maalmood in kaarka cusub lagu soo diro boostada.

## Adeegyada Apple Health ayaa la daboolay iyada oo aan la helin qorshe daryeel la maareeyey (oo sidoo kale loo yaqaan Fee-For-Service)

Health Care Authority (HCA) waxay si toos ah u bixisaa qaar ka mid ah faa'iidooyinka iyo adeegyada iyada oo loo marayo Apple Health xitaa haddii aad ku qoran tahay qorshe caafimaad. Adeegyadan waxaa ka mid ah:

- Adeegyada ilkaha
- Muraayadaha indhaha ee carruurta (da'da 20 iyo ka yar),
- Adeegyada iyo taageerada daryeelka muddada-dheer<sup>1</sup>,
- First Steps Maternity Support Services (MSS), First Steps Infant Case Management (ICM), waxbarashada dhalimada, doulas dhalashada, Barnaamijka Substance Using Pregnant People (SUPP), la-talinta hidde-sidaha uurka kahor, iyo joojinta uurka<sup>2</sup>, iyo,
- Adeegyada loogu talagalay shakhsiyaadka qaba naafada koriinka.

Waxaad u baahan tahay oo keliya kaarkaaga adeegyada ProviderOne si aad u hesho faa'iidooyinkan. Waxaad la hadli kartaa PCP-gaaga si looga wada hadlo adeegyada suurtagalka ah iyo sida loo heli karo. Haddii aad qabtid su'aal ku saabsan faa'iido ama adeeg aan halkan ku jirin, wac Adeegga Macaamiisha Apple Health 1-800-562-3022.

<sup>1</sup> Adeegyada iyo taageerooyinka muddada-dheer laguma daboolo ballaarinta Apple Health.

<sup>2</sup> Ballaarinta Caafimaadka Apple ma daboolo adeegyada la xiriira uurka iyo uurka kadib.

## Beddelidda qorshayaasha caafimaadka

Waxaad xaq u leedahay inaad beddesho qorshahaaga caafimaad wakhti kasta. Dhammaan qorshayaasha caafimaadka waxaa looga baahan yahay inay bixiyaan [adeegyada aasaasiga ah ee isku midka ah](#). Iyada oo ku xidhan goorta aad codsigaaga samayso, qorshahaaga cusub wuxuu badanaa bilaaban doonaa kowda bisha soo socota.

Hubi in isbeddelka qorshahaagu dhacay ka hor inta aanad ku arkin bixiyeyaasha shabakada qorshahaaga cusub.

Waxaa jira dhowr siyaabood oo aad ku beddesho qorshahaaga.

- Beddel qorshahaaga bogga internetka ee Washington Healthplanfinder: [wahealthplanfinder.org](http://wahealthplanfinder.org)
- Booqo bogga internetka ee macmiilka ProviderOne: <https://www.waproviderone.org/client>
- Codso beddel online ah: <https://fortress.wa.gov/hca/p1contactus/home/client>
  - o Dooro mowduuca "Enroll/Change Health Plans."

Wac Adeegga Macaamiisha Apple Health 1-800-562-3022 (TRS: 711).

Haddii aad go'aan ku gaadho inaad beddesho qorshayaasha caafimaadka, waxaanu kaala shaqayn doonaa qorshahaaga cusub si aad ugu gudubto daryeelka caafimaad ahaan lagama maarmaanka u ah si aad u sii wadato helitaanka adeegyada aad u baahan tahay.

**FIIRO:** Dadka iska diiwaan geliyay barnaamijka Patient Review and Coordination (PRC) waa inay la joogaan isla qorshahaas caafimaad muddo hal sano ah. Nala soo xiriir haddii aad guurto ama aad u baahan tahay inaad ku darto Bixiye Daryeel Caafimaad oo Hindi ah barnaamijkaaga PRC.

## Tixgelin marka la beddelayo qorshayaasha

Value-added benefits (VAB) ayaa kuu diyaar ah marka lagu daro faa'iidooyinkaaga Apple Health oo bilaash ah. VAB-yadu waxay ku siin karaan fursado badan oo daryeel iyo fayoobaan ah.

Fiiro Tilmaamaha Isbarbardhigga VAB si ay kaaga caawiyaan inaad doorato qorshe daryeel la maareeyey oo ugu habboon baahiyahaaga iyo qoyskaaga [hca.wa.gov/vab-chart](http://hca.wa.gov/vab-chart).

## Macluumaadka Hindida Maraykanka iyo Dhaladka Alaska

American Indians and Alaska Natives (AI/AN) ee ku nool Washington waxay leeyihiin ikhtiyaar u dhexeeya daryeelka la maamulo ee Apple Health ama caymiska Apple Health ee aan lahayn qorshe daryeel la maamulo (oo sidoo kale loo yaqaan khidmadda adeegga). Tani waa in la raaco xeerarka federaalka, si loo aqoonsado nidaamka bixinta daryeelka caafimaadka ee Hindiya, iyo in la hubiyo inaad hesho daryeel caafimaad oo dhaqan ahaan ku habboon. Waxaad kala xiriiri kartaa Adeegga Macaamiisha Apple Health 1-800-562-3022 si aad u hesho su'aalo ama aad u beddesho diiwaangelintaada. Waad beddeli kartaa xulashadaada wakhti kasta, laakiin isbeddelku ma dhaqan geli doono ilaa bisha xigta ee la heli karo, haddii sababta isbeddelku aysan ahayn baahi degdeg ah oo loo qabo helitaanka daryeel.

Haddii aad xiriir ama iskaashi la leedahay Kaaliyaha Qabiilka adigoo maraya xarun Adeegga Indian Health Service (IHS), barnaamij daryeel caafimaad oo qabiilku maamulo, ama Urban Indian Health Program (UIHP), waxay kaa caawin karaan inaad gaarto go'aankaaga. Waxa laga yaabaa inay kaa caawiyaan inaad go'aansato inaad doorato qorshaha daryeelka la maareeyey ama daboolida Apple Health la'aanteed qorshe daryeel la maareeyey. Haddii aad qabtid su'aalo ku saabsan daryeelkaaga caafimaad ama caymiskaaga daryeelka caafimaadka, shaqaalaha qabiilkaaga ama UIHP ah ayaa ku caawin kara. Wax badan ka baro [Kaaliyeyaasha Qabiilka](#).

Haddii aad xubin ka tahay AI/AN, waxaad awoodi kartaa inaad hesho adeegyada daryeelka caafimaadka iyada oo loo marayo IHS xarun, Bixiyaha Daryeelka Caafimaadka Hindiya, ama UIHP sida Seattle Indian Health Board or NATIVE Project of Spokane. Adeeg bixiyeyaasha xarumahan waa kuwo aqoon leh oo fahmaya dhaqankaaga, bulshadaada, iyo baahiyahaaga daryeel caafimaad. Waxay ku siin doonaan daryeelka aad u baahan tahay ama waxay kuu gudbin doonaan dhakhtar takhasusle.

## Macluumaadka loogu talagalay iska diiwaangeliyayaasha Apple Health Expansion

Apple Health Expansion waa barnaamij loogu talagalay in lagu bixiyo caymiska daryeelka caafimaadka dadka da'da ah 19 sano ama ka weyn oo aan u qalmin barnaamijyada kale ee Apple Health iyadoo lagu saleynayo xaaladdooda socdaalka. Barnaamijkan hoos yimaada, waxaad ku qoran tahay qorshe caafimaad. Qorshahan caafimaadku wuxuu maamulaa daryeelkaaga caafimaad waana meesha aad kala xiriirto si aad u hesho caawimaad ku saabsan helitaanka adeegyada, isku-dubaridka daryeelkaaga, iyo hubinta inaad hesho adeegyo turjumaan luqadeed oo qoran iyo mid hadal ah oo loogu talagalay ballantaada iyo daryeelkaaga daryeelka caafimaadka.

Ballaarinta Caafimaadka Apple waxaa ka mid ah adeegyada ugu badan ee lagu daboolay barnaamijyada kale ee Apple Health. Waxaad heli kartaa adeegyada caafimaadka, ilkaha, farmashiyaha, iyo caafimaadka dhaqanka ee hoos yimaada caymiskaaga Apple Health Expansion.

Adeegyada qaarkood ee lagu heli karo sida waafaqsan Apple Health Expansion waxaa ka mid ah:

- Adeegyada caafimaadka iyo dhaqanka
- Adeegyada Ilkaha
- Ballannada ay daboolayso gaadiidka loo aadayo Apple Health
- Adeegyada Turjumaanka
- Farmashiyaha (Daawooyinka aan dhakhtar qorin iyo kuwa dhakhtarku qoro ee ku jira liiska daawooyinka ay Apple Health doorbidayso)
- Qalabka aragga (loogu talagalay dadka isdiwaangeliya ee da'doodu tahay 19-20)

Adeegyada qaar ayaa ah **lama heli karo** hoos yimaada caymiska Balaadhinta Caafimaadka Apple. Kuwaan waxaa ka mid ah, laakin kuma xadina:

- Early and periodic screening, diagnostic, and treatment (EPSDT)
- Kormeer taageero leh
- Kalkaalinta waajibaadka gaarka ah
- Daryeelka xarunta kalkaalinta muddada-dheer
- Xarunta daryeelka ee dhexdhexaadka ah
- Barnaamijka Caafimaadka Guriga
- Adeegyada la xiriira uurka iyo uurka kadib

Barnaamijyada Apple Health ee soo socda ayaa la heli karaa iyadoon loo eegin muwaadinimada ama xaaladda socdaalka.

- Apple Health Kids
- Apple Health for Pregnant Individuals
- After-Pregnancy Coverage
- Family Planning Only

## Xuquuqdaada iyo asturnaantaada

Waxaa nalaga rabaa sharcigu inaan ilaalino macluumaadkaaga caafimaad oo aan si qarsoon u hayno. Waxaan isticmaalnaa oo keliya La wadaag macluumaadkaaga si aad u bixiso faa'iidooyin, u sameyso daaweyn, lacag bixin, iyo hawlgallo daryeel caafimaad. Wax badan ka baro asturnaantaada iyo sida macluumaadkaaga loogu wadaago goobta

[hca.wa.gov/apple-health-privacy](https://hca.wa.gov/apple-health-privacy).

Xaaladdaada socdaalka waa la ilaalin doonaa, tallaabona lagaama qaadi doono haddii aad soo gudbiso cabasho ama cabasho ku saabsan daryeelka aad heshay.

## Isticmaalka caymiska caafimaadka gaarka ah iyo caymiskaaga Molina Healthcare

Qaar ka mid ah dadka isdiiwaangeliyay waxay leeyihiin caymis caafimaad oo gaar ah. Waxaan la shaqayn karnaa caymiska kale si aan kaaga caawino daboolida qaar ka mid ah waxka-bixinta, inta lagaa jari karo iyo adeegyada caymiska caafimaad ee gaarka ah aanu daboolin.

Hubi in bixiyeyaashaada daryeelka caafimaadka ay ku jiraan shabakadda bixiyeyaasha Molina Healthcare; haddii kale, waxay kugu soo dallaci karaan wax kasta oo wada-bixin ah, wax laga jaro, ama hadhaaga aan caymiskaaga gaarka ahi daboolin. Tani waxay kaa caawin doontaa inaad iska ilaaliso kharashaadka ka baxsan jeebka.

Tus dhammaan kaadhahka marka aad u tagto dhakhtarka ama bixiyeyaasha kale ee daryeelka caafimaadka. Tan waxaa ka mid ah:

- Kaarka caymiska caafimaadka gaarka ah,
- Kaadhahka adeegyada ProviderOne, iyo
- Aqoonsiga xubinta daryeelka caafimaadka Molina.

Isla markiiba la xidhiidh Molina Healthcare haddii:

- Caymiskaaga caafimaadka gaarka ah wuu dhamaanayaa,
- Caymiskaaga caafimaadka gaarka ah ayaa isbedela, ama,
- Waxaad qabtaa wax su'aalo ah oo ku saabsan isticmaalka Apple Health caymiskaaga caafimaadka gaarka ah.

## Sida loo helo daryeel caafimaad

### Sida loo doorto adeeg bixiyaha daryeelkaaga koowaad (PCP)

Waa muhiim in la doorto adeeg bixiyaha daryeelka koowaad (PCP). Waxaa lagu weydiin doonaa inaad doorato PCP marka aad isdiiwaangeliso; PCP ayaa lagu goondeyn doonaa haddii aadan mid dooran. Waxaad codsan kartaa adeeg bixiye haddii aad horeba u aragtay PCP ama aad maqashay adeeg bixiye aad rabto inaad isku daydo. Waxaan kaa caawin karnaa inaad hesho PCP cusub haddii adeeg bixiyaha aad jeclaan lahayd inaad aragto uusan ku jirin shabakadayada. Noo sheeg haddii aad la kulmayso Indian Health Care Provider (IHCP). Looma baahna in IHCPs ay ku jiraan shabakad, waxaadna sii wadi kartaa inaad u aragto inay yihiin PCP-gaaga. Waxaad xaq u leedahay inaad beddesho qorshayaasha caafimaadka iyada oo aan la joojin daryeelka. Xuquuqdani waxay ku jirtaa xeerka Daryeelka Kala-guurka ee HCA.

Xubin kasta oo qoyska ka mid ah oo u qalma ayaa yeelan kara PCP-giisa u gaarka ah, ama waxaad dooran kartaa hal PCP si uu u daryeelo dhammaan xubnaha qoyska ee u qalma ee haysta caymiska daryeelka la maareeyay ee Apple Health. Waxaad dooran kartaa PCP cusub adiga ama qoyskaaga wakhti kasta [MolinaProviderDirectory.com/WA](https://MolinaProviderDirectory.com/WA) ama naga soo wac 1-800-869-7165 (TTY: 711).

## Dejinta ballantaada PCP ee ugu horreeya

PCP gaagu waxa uu daryeeli doonaa badanka baahiyahaaga daryeelka caafimaadka. Adeegyada aad heli karto waxaa ka mid ah baaritaanno joogto ah iyo adeegyo ka hortag ah, tallaallo (tallaallo), booqashooyin marka aad xanuunsan tahay ama aad qabto walaac caafimaad, iyo daaweyno kale.

Ballan qabso isla marka aad doorato PCP si aad bukaan ula noqoto. Tani waxay kaa caawin doontaa inaad hesho daryeel markaad u baahan tahay.

Waxa ay caawinaysaa PCP-gaagu inuu wax badan ka ogaado taariikhdaada caafimaad ee jir ahaaneed iyo dhaganba sida suuragalka ah. Xusuusnow inaad soo qaadato kaadhkaaga adeeg ProviderOne, kaadhka aqoonsiga xubinta daryeelka caafimaadka Molina iyo wixii kale ee kaadhahka caymiska. Qor taariikhdaada caafimaad. Samee liis mid kasta:

- Walaaca caafimaadka ama dabeecadda ee aad qabto,
- Daawooyinka aad qaadato, iyo,
- Su'aalaha aad doonayso inaad waydiiso PCP gaaga.

## PCP gaaga ogaysii sida ugu dhakhsaha badan ee suuragalka ah haddii aad u baahan tahay inaad baajiso ballanta.

### Sida loo helo daryeel gaar ah iyo gudbin

PCP gaagu waxa uu kuu gudbin doonaa dhakhtarka takhasuuska haddii aad u baahato daryeel aanay bixin karin. PCP gaagu waxa uu sharaxi karaa sida gudbintu u shaqayso. La hadal PCP gaaga haddii aad u malaynayso in dhakhtarka khabiirku aanu buuxin baahiyahaaga. Waxay kaa caawin karaan inaad aragto dhakhtar takhasus oo kale.

PCP gaagu waa inuu na waydiistaa oggolaanshaha hore ama oggolaanshe wakhti hore ah ka hor inta aanaan ku siin qayb daawaynta ah iyo adeegyada. PCP-gaaga ayaa kuu sheegi kara adeegyada u baahan oggolaansho hore, ama waad na soo wici kartaa si aad u weydiiso.

Waxaanu kaa heli doonaa daryeelka aad uga baahan tahay khabiir ka baxsan shabakadayada haddii aanaan mid lahayn shabakada. Waxaad u baahan kartaa inaad hore u sii oggolaato booqashooyin kasta oo dibada ka ah shabakadaada. Kala hadal PCP gaaga.

PCP gaagu waxa uu codsan doonaa oggolaashaha hore ee naga yimid ee wata macluumaadka caafimaadka si uu noo tuso sababta aad ugu baahan tahay daryeelkan. Waa inaanu u jawaabno PCP gaaga shan maalmood gudahood codsiga. Waxaan ku ogeysiin doonnaa go'aankeenna ugu dambayn 14 maalmood laga bilaabo maalinta codsiga.

Waxaad xaq u leedahay inaad rafcaan ka qaadato hadii aanu diidno codsigan oo aad khilaafto go'aankayaga. Tan macnaheedu waxa waaye waxaad na weydiisan kartaa in qof kale uu dib u eego codsiga. Eeg bogga (**Bogga 54**) si aad u hesho macluumaad dheeraad ah. Adiga mas'uul kama tihid kharash kasta haddii PCP-gaaga ama Molina Healthcare ay kuu gudbiyaan dhakhtar takhasus leh oo ka baxsan shabakadayada oo aanu ku siino oggolaansho hore.

### Adeegyada aad heli karto iyada oo aan la gudbin

Uma baahnid gudbin ka timid xirfadle daryeel caafimaad si aad u aragto bixiye ku jira shabakadeena haddii aad u baahan tahay mid ka mid ah adeegyada soo socda. Haddii aad qabtid su'aalo ku saabsan haddii aad u baahan tahay gudbin, waxaad la xiriiri kartaa Molina Healthcare.

- Baaritaannada caafimaadka ilmaha
- Adeegyada daaweynta iyo ka jawaabista xaaladaha degdegga ah ee caafimaadka dabeecadda (caafimaadka dhimirka iyo khalkhalka isticmaalka maandooriyaha) oo ay ku jiraan:

- o Faragelinta Dhibaatooyinka
- o Xasilinta Xasaradaha
- o Qiimaynta iyo Daaweynta
- o Maareynta iyo Xasilinta Amniga ah ee Ka-noqoshada
- Qorsheynta Qoyska
- Baaritaanka iyo daaweynta cudurrada faafa, oo ay ku jiraan baaritaanka Hepatitis C, HIV ama AIDS
- Adeegyada ka hortagga sida tallaallada (talaalka), cadaadiska dhiigga, ama baaritaanka kansarka
- Adeegyada caafimaadka hab-dhaqanka bukaan-socodka (caafimaadka dhimirka iyo khalkhalka isticmaalka maandooriyaha) oo ay ku jiraan daawooyinka khalkhalka isticmaalka opioid/daawooyinka khalkhalka isticmaalka khamriga
- Daaweynta cudurrada galmada lagu kala qaado iyo daryeelka dabagalka
- Baaritaanka qaaxada iyo daryeelka dabagalka
- Adeegyada caafimaadka taranka oo ay ku jiraan:
  - o Adeegyada uurka oo ay ku jiraan adeegyada umulisada
- Baaritaanka kansarka (ilmo-galeenka, naasaha, iyo qanjirka 'prostate')

## Telehealth/Telemedicine

Haddii uu ku taageero bixiyahaagu, waxaad kala hadli kartaa bixiyahaaga taleefanka ama kombiyuutarka halkii laga ballan lahaa qof ahaan. Tan waxaa loo yaqaan telemedicine. Telehealth (oo sidoo kale loo yaqaan telemedicine) waa inay noqotaa is-dhexgal ah oo ku saabsan isgaarsiinta maqalka ama maqalka iyo muuqaalka waqtiga-dhabta ah. Daryeelka degdegga ah ee internetka ayaa sidoo kale noqon kara ikhtiyaar qayb ka ah caymiskaaga Apple Health. Macluumaad dheeraad ah waxaa laga heli karaa bogga (**Bogga 41**).

Waxaad macluumaadka la wadaagi kartaa bixiyahaaga oo aad heli kartaa ogaanshaha iyo daaweynta waqtiga dhabta ah iyada oo aan isla meel joogin.

Telehealth waa ikhtiyaar qiimo leh marka aadan awoodin inaad u safarto xafiiska bixiyahaaga. Rugo caafimaad oo badan waxay bixisaa adeeggan, waxaana daboolaysa Molina Healthcare. La xirii bixiyahaaga si aad u weydiiso haddii ay bixiyaan ballanta taleefanka ama khadka tooska ah. Si aad wax badan u barato, booqo [MolinaHealthcare.com/WA-Telehealth](https://www.molinahealthcare.com/WA-Telehealth).

## Bixiyeyaasha Daryeelka Caafimaadka Molina

Inta badan, waa inaad isticmaashaa bixiyeyaasha caafimaadka jirka iyo dhaqanka ee la shaqeeya Molina Daryeelka caafimaadka. Sidoo kale waxaanu haysaa cusbitaalo iyo farmasiyo sid aad adigu u isticmaasho. Waxaad codsan kartaa buug-yare macluumaad ku saabsan bixiyeyaashayada, farmashiyeyaasha, iyo isbitaallada. Diiwaanada waxaa ka mid ah:

- Isbitaalada iyo farmasiyada.
- Magaca adeeg bixiyaha, goobta, iyo lambarka taleefanka.
- Takhasuska, shahaadooyinka, iyo shahaadada caafimaadka.
- Dugsiga caafimaadka la soo xaadiray, dhammaystirka Degeneenashaha, iyo jeerka Caddaynta Guddida.
- Luqadda ay ku hadlaan adeeg bixiyayaashaas.

- Xaddidaadaha noocyada bukaanka (dadka waaweyn, carruurta, iwm.).
- Haddii ay aqbalayaan bukaanno cusub.

Si aad u hesho buug daabacan, wac Adeegyada Xubnaha 1-800-869-7165 (TTY: 711) ama booqo boggayaga internetka [MolinaProviderDirectory.com/WA](https://www.molinaproviderdirectory.com/wa).

## Isuduwidda Daryeelka/Maareynta Kiisaska

### Adeegyada Isuduwidda ee Shaqaalaha Caafimaadka Bulshada

Community Health Workers (CHW) waa faa'iido la daboolay si ay kaaga caawiyaan isku-dubaridka daryeelkaaga. CHW-yadu waa xubno lagu kalsoon yahay oo bulshada ka tirsan kuwaas oo kaa caawin kara adiga iyo qoyskaaga inaad la xiriirtaan bixiyeyaasha daryeelka caafimaadka, adeegyada bulshada, iyo kheyraadka.

CHW-yadu waxay awoodaan:

- Caawinta gudbinta dhakhaatiirta ama adeegyada kale.
- Ku taageer ka dib booqashada qolka gurmada degdegga ah.
- Ka caawi ka dib joogitaanka isbitaalka ama xarunta kalkaalinta.
- Ku xidhi ilaha bulshada ee guryaha, cuntada, gaadiidka, ama baahiyaha kale.

CHW-yadu waxay taageeraan shakhsiyaadka qaba xaalado caafimaad oo halis ah ama muddo dheer ah iyagoo ka caawinaya inay maraan nidaamka caafimaadka oo ay ku xirnaadaan daryeelka ay u baahan yihiin. Faa'iidada CHW waxay bixisaa adeegyo ka hortag iyo taageero ah oo loogu talagalay in wax looga qabto baahiyaha bulshada iyo xaaladaha caafimaad ee daba-dheeraada ama kuwa khatarta sare leh.

La hadal bixiyahaaga haddii aad xiisaynayso adeegyada CHW. Waxa kale oo aad wax badan ka baran kartaa adigoo booqashada [hca.wa.gov/billers-providers-partners/program-information-providers/community-health-workers-chw](https://hca.wa.gov/billers-providers-partners/program-information-providers/community-health-workers-chw).

### Adeegyada maaraynta kiisaska adag

Maareynta kiisaska adag waa adeeg lagu caawinayo dadka iska diiwaan geliyay daryeelka caafimaad ee adag ama kuwa badan baahan yihiin inay helaan daryeel iyo adeegyo. Maamulayaasha kiisku waxay kaa caawinayaan isku xidhka daryeelkaaga, adiga oo maskaxda ku haya hadafyadaada. Wakiilka qorshaha ayaa soo jeedin kara maaraynta kiiska iyadoo lagu saleynayo su'aalaha laga jawaabay markii ugu horreysay ee aad qorto baaritaanka caafimaadka (qiimaynta caafimaadka) marka la isdiiwaangeliyo.

Waxaad codsan kartaa adeegyada maaraynta kiiska naftaada ama xubin qoyskaaga wakhti kasta. Caafimaadka bixiyayaasha daryeelka, qorshayaasha sii daynta, daryeelayaasha, iyo barnaamijyada maaraynta caafimaadka ayaa sidoo kale tixraaci kara adiga oo maamulaya kiisaska. Waa inaad ogolaataa adeegyada maaraynta kiiska. Wixii su'aalo ah wac 1-800-869-7165 (TTY: 711).

### Xarumaha Daryeelka Bulshada

Waxaa jira sagaal Community Care Hubs (CCH) oo ku baahsan Gobolka Washington, mid walbana waxaa maamula Accountable Community of Health (ACH). CCH-yadu waxay u shaqeeyaan sidii ilo dhexe oo loogu xiro shakhsiyaadka baahiyaha daryeelka caafimaadka iyo adeegyada Taageerada Daryeelka Bulshada ee la xiriira. CCH-yadu waxay isku dubaridaan gudbinta iyagoo si dhow ula shaqeynaya ururada bulshada, adeegyada bulshada, xarumaha

daryeelka caafimaadka, hay'adaha xabsiyada, iyo hay'adaha dowladda. CCH-yadu waxay isku xiraan shaqsiyaadka tababaran Community-based workers (CBW), kuwaas oo bixiya taageero shaqsiyeed si loo gaaro yoolalka caafimaadka.

Si loo taageero siyaasadda albaabka aan khaladka ahayn, gudbinta waxaa laga qaadi karaa xarunta wicitaanka ee Xiriirka Dhibaatooyinka ee gobolka oo dhan iyadoo la wacayo 1-833-453-0336, 211, ama 988.

Soo hel CCH-gaaga deegaanka adigoo booqanaya [coalialify.org/hubs](https://coalialify.org/hubs).

## Lacag bixinta adeegyada daryeelka caafimaadka

Adiga ahaan oo macmiil u ah Apple Health, ma haysatid kharashka la wada bixiyo ama jarjarida wixii adeegyo ah ee la daboolay. Waxaa laga yaabaa inaad bixiso adeegyadaada haddii:

- Aad hesho adeeg aanu Apple Health daboolin, sida qalliinka qurxinta.
- Waxaad heshaa adeeg aan caafimaad ahaan lama huraan ahayn.
- Waxaad daryeel ka heleysaa bixiye aan ku jirin shabakadeena, mana aha xaalad degdeg ah, ama qorshahaaga caafimaad ayaa horay u ansixiyay.
- Maad raacin sharciyadayada helida daryeelka dhakhtarka takhsuska leh.

Bixiyeyaashu waa inaysan ku weydiinin inaad iska bixiso kharashka adeegyada la daboolay. Naga soo wac 1-800-869-7165 (TTY 711) haddii aad hesho biil. Waxaan la shaqeyn doonnaa bixiyahaaga si aan u hubinno inay si sax ah u bixinayaan biilasha iyo inay fahmaan shuruucda Medicaid.

## Barnaamijyada Hormarinta tayada

Quality Improvement Program (QI) wuxuu u shaqeeyaa si loo hubiyo in xubnuhu ay helaan daryeel tayo sare leh iyo adeeg waxtar leh oo ka yimaada shabakadda bixiyaha iyo qorshaha caafimaadka. Barnaamijka QI:

- Waxay hubisaa inaad hesho kooxda daryeelka caafimaadka loo qalmo.
- Dib u eegis iyo ficil haddii ay jirto arrin ku saabsan tayada daryeelka ee la bixiyay.
- Ku jawaabaa oo ka hadlaan baahiyaha kala duwan dhaqan ahaan iyo luqad ahaan xubnahayaga
- Waxay sare u qaadaa badbaadada daryeelka caafimaadka dhexda waxbarashadda ee xubnahayaga iyo adeeg bixiyayaasha
- Waxay bixisaa [talooyin si aad u korto oo aad u caafimaad qabto](#) si ay xubnaha uga caawiso inay ogaadaan adeegyada loo baahan yahay iyo goorta ay u baahan yihiin adeegyadaas.
- Waxay bixisaa a [Guide to Getting Quality Health Care](#) si aan xubnaha uga caawinno inay helaan barnaamijyadeenna iyo adeegyadayada.
- Dabagalka iyo qiimaynta waxqabadkeena iyada oo loo marayo [HEDIS®](#) (Healthcare Effectiveness Data and Information Set).
  - HEDIS® waa mid ka mid ah aaladaha ugu isticmaalka badan ee daryeelka caafimaadka kaas oo ka caawiya isbarbardhigga dhinacyo kala duwan oo tayada daryeelka caafimaadka ah sida baaritaanka ka hortagga iyo fayoobaanta, maaraynta sonkorowga, daryeelka uurka kahor iyo kadib, iyo tallaalada carruurta.
- Waxay siisaa ra'yi ururin xubnahayaga si ay noogu sheegaan khibradooda iyo ku qanacsanaanta qorshaha caafimaadka iyo bixiyeyaasha sida [CAHPS®](#) (Consumer Assessment of Healthcare Providers and Systems).

Si loo barto wax ku saabsan nidaamyada, hadafyada iyo natiijooyinka sida ay ula xidhiidhaan xubnaha daryeelka iyo adeegyada, booqo: [MolinaHealthcare.com/WAQIProgram](https://MolinaHealthcare.com/WAQIProgram).

Macluumaadka xubinta ee ku saabsan nolol caafimaad leh, booqo:

[MolinaHealthcare.com/MHWMedicaidPublications](https://MolinaHealthcare.com/MHWMedicaidPublications) ama [MolinaHealthcare.com/StayingHealthy](https://MolinaHealthcare.com/StayingHealthy).

Haddii aad doonayso nuqul bilaash ah oo sharaxaada Barnaamijka Horumarinta Tayada Molina Healthcare ama warbixinta horumarka, fadlan soo wac Adeegyada Xubinta 1-800-869-7165 (TTY 711).

## Barnaamijyada Maareynta Isticmaalka

Molina Healthcare waxay rabtaa inaad hesho daryeel kugu habboon, adoon helin daryeel aadan u baahnayn. Waxaan kaa caawineynaa inaad hesho heerka daryeelka saxda ah annagoo go'aanno ka gaareyna baahida caafimaad, ku habboonaanta, iyo faa'iidooyinka la daboolay.

Haddii aad qabtid su'aalo ku saabsan sida go'aannadan loo gaaro, wac 1-800-869-7165 (TTY: 711), 7: 30 subaxnimo - 6: 30 galabnimo, Isniin-Jimce.

## Sida aanu u qiimayno teknoolajiga cusub

Waxaan dib u eegis ku samaynaa qalab cusub, dawooyin, iyo nidaamyo si aan u go'aamino inay tahay in la daboolo iyadoo lagu salaynayo baahida caafimaad. Qalab cusub, dawooyin, iyo nidaamyo cusub ayaa weli la tijaabinayaa si loo arko inay dhab ahaantii caawinayaan. Haddii weli la baadhayo, waxaa loogu yeedhaa tijaabo ama baadhitaan. Adeegyadan waxaa la daboolay cilmi baadhis kadib Molina Healthcare waxay go'aamisay inay ka caawin badan yihiin waxyeelada. Haddii aad rabto inaad wax badan ka ogaato, nagala soo xiriir 1-800-869-7165 (TTY: 711), 7: 30 subaxnimo - 6: 30 galabnimo, Isniin-Jimce.

## Helitaanka daryeel xaalad deg-deg ah ama markaad guriga ka maqantahay

### Xaalad degdeg ah

Soo wac 911 ama aad xarunta gurmada ee kuugu dhow haddii aad qabtid dhibaato caafimaad oo lama filaan ah ama daran oo aad u maleyneyso inay tahay xaalad degdeg ah.

Na soow ac sida ugu dhakhsaha badan ee suuragalka ah intaa ka dib si aad noo ogaysiiso inaad ku jirto xaalad degdeg ah iyo halka aad ka heshay daryeelka. Uma baahnid oggolaansho hore-dhac ah si aad u raadsato daryeel xaalad degdeg ah. Waad isticmaali kartaa isbitaal kasta ama xarun deg-deg ah haddii aad ku sugan tahay xaalad degdeg ah.

Kaliya tag qolka xaaladaha degdegga ah ee cisbitaalka haddii ay xaalad degdeg ah tahay. Ha tegin qolka gurmada wixii daryeel caadiya ah

### Haddii aad u baahan tahay daryeel degdeg ah

Waxaa laga yaabaa inaad qabto dhaawac ama jirro aan ahayn xaalad degdeg ah balse u baahan daryeel degdeg ah. Nagala soo xidhiidh 1-800-869-7165 (TTY 711) si aad u hesho xarumaha daryeelka degdegga ah ee shabakadayada ama booqo shabakadayada oo ku yaal [MolinaProviderDirectory.com/WA](https://MolinaProviderDirectory.com/WA). Haddii aad hayso su'aalo ku saabsan inaad tagto xarunta daryeelka degdegga ah ka wac khadka kalkaalisada 24-saac 1-888-275-8750 (TTY 711). Laynkan waxa uu furan yahay toddoba (7) maalmood todobaadkii.

## Haddii aad u baahan tahay daryeel saacadaha shaqada ka dib

Wac khadka kalkaalisada 24-ka saacadood ah 1-888-275-8750 (TTY: 711) oo weydiiso caawimo. Waxaad sidoo kale la xiriiri kartaa adeegga daryeelka internetka ee qorshahaaga caafimaadka adoo adeegsanaya taleefanka, taleefanka casriga ah, tablet-ka, ama kombiyuutarka: [Teladoc.com/MolinaWA](https://www.teladoc.com/MolinaWA), 1-800-835-2362 (TTY: 711).

Wac PCP-gaaga si aad u ogaato inay bixiyaan daryeel saacadaha shaqada kadib.

Xarumaha daryeelka degdegga ah sidoo kale waa ikhtiyaar wanaagsan oo loogu talagalay daryeelka saacadaha ka dambeeya, marka baahiyahaagu aysan ahayn xaalad degdeg ah. Fadlan eeg Hagahayaga Khadka Tooska ah ee Bixiyaha si aad u hesho xarumaha daryeelka degdegga ah ee shabakadda kuugu dhow [MolinaProviderDirectory.com/WA](https://www.molinaproviderdirectory.com/WA).

## Dhibaataada Dhaqanka Caafimaadka:

**Tusaalooyinka xaaladaha degdegga ah/dhibaatooyinka caafimaadka hab-dhaqanka waxaa ka mid noqon kara marka qofku:**

- Wuxuu u hanjabaa ama ka hadlaa dhaawac ama is dilaan iyo/ama kuwa kaleba
- Dareema rajo la'aan
- Dareema cadho ama cadho aan la xakamayn
- Dareemo inuu xaniban yahay, sida inaanay jirin meel uu ka baxaa
- Ka qayb qaato feejignaan la'aanta dhaqamada
- Dareemo werwer, cadho, ama aanu seexan karin
- Ka fogaado saaxibada iyo qoyska
- La kulma isbeddelada dareemada macquulka ah
- Aanu arkin sabab uu ku noolaado
- Kordhiya khamriga ama isticmaalka maandooriyaha
- Waxay leedahay dhacdooyin xad dhaaf ah oo soo noqnoqda

Waxaad wici kartaa khadadka dhibaatooyinka ee hoose haddii adiga ama qof aad taqaan uu la kulmayo xaalad caafimaad oo hab-dhaqan.

- **Wac 911 si aad u hesho gargaar degdeg ah oo ku saabsan xaalad degdeg ah oo halis gelin karta nolosha.**
- **Wac 988 si aad u hesho caawimo degdeg ah oo ku saabsan xaalad degdeg ah oo ku saabsan caafimaadka hab-dhaqanka.**
  - Wac ama fariin qoraal ah u dir 988. Khadku waa bilaash, waa qarsoodi, waana la heli karaa 24/7.
  - Xubnaha AI/AN, Native & Strong Lifeline waxaa laga heli karaa adigoo riixaya ikhtiyaarka 4. La-taliyayaasha maxalliga ah ayaa diyaar ah 24/7 si buuxda oo bilaash ah. Baro wax badan oo ku saabsan [Native & Strong Lifeline](https://www.nativeandstronglifeline.org).
- **Isticmaalka maandooriyaha, khamaarka dhibaataada leh ama taageerada caafimaadka dhimirka:** Wac ama u dir fariin Washington Khadka Caawinta Soo Kabashada ee 1-866-789-1511 ama 1-206-461-3219 (TTY) si aad u hesho gudbin 24-saacadood ah. Waxaad sidoo kale aadi kartaa [warecoveryhelpline.org](https://www.warecoveryhelpline.org).
  - Dhallinyaradu waxay la xiriiri karaan dhallinyarada inta u dhaxaysa 6-10 galabnimo. Wac 1-866-833-6546, iimayl u dir [teenlink@crisisclinic.org](mailto:teenlink@crisisclinic.org), ama u tag [866teenlink.org](https://www.866teenlink.org).

## Lanbarrada telefoonka xasaradaha degmada

Wac khadka degdegga ah ee degmadaada ee Caafimaadka Dhaqanka - Ururka Adeegyada Maamulka (BH-ASO) si aad u codsato caawimaad haddii adiga ama qof aad taqaan uu la kulmayo dhibaato caafimaad oo hab-dhaqan.

| Gobolka          | Degmooyinka                                                                          | Laymanka dhita |
|------------------|--------------------------------------------------------------------------------------|----------------|
| Great Rivers     | Cowlitz, Grays Harbor, Lewis, Pacific, Wahkiakum                                     | 1-800-803-8833 |
| Greater Columbia | Asotin, Benton, Columbia, Franklin, Garfield, Kittitas, Walla Walla, Whitman, Yakima | 1-888-544-9986 |
| King             | King                                                                                 | 1-866-427-4747 |
| North Central    | Chelan, Douglas, Grant, Okanogan                                                     | 1-800-852-2923 |
| North Sound      | Island, San Juan, Skagit, Snohomish, Whatcom                                         | 1-800-584-3578 |
| Pierce           | Pierce                                                                               | 1-800-576-7764 |
| Salish           | Clallam, Jefferson, Kitsap                                                           | 1-888-910-0416 |
| Spokane          | Adams, Ferry, Lincoln, Pend Oreille, Spokane, Stevens                                | 1-877-266-1818 |
| Koonfur Galbeed  | Clark, Klickitat, Skamania                                                           | 1-800-626-8137 |
| Thurston-Mason   | Mason, Thurston                                                                      | 1-800-270-0041 |

## Filashooyinka ah goorta adeeg bixiyaha daryeelka qorshaha caafimaadka ku arki doono

Wakhtiga sugitaanka si aad u aragto adeeg bixiye waxay ku xidhan tahay baahidaada daryeelka. Arag wakhtiyada sugida si aad u aragto adeeg bixiye hoos.

- **Daryeelka gurmada ah:** Waxaa la heli karaa 24 saacadood maalintii, toddoba maalmood usbuucii.
- **Daryeelka degdegga ah:** Booqashooyinka xafiiska ee PCP-gaaga, bixiyaha caafimaadka dhaqanka, rugta daryeelka degdegga ah, ama bixiye kale 24 saacadood gudahood.
- **Daryeelka joogtada ah:** Booqashooyinka xafiiska ee PCP-gaaga, bixiyaha caafimaadka dhaqanka, ama bixiye kale 10 maalmood gudahood. Daryeelka caadiga ah waa la qorsheeyay waxaana ku jira booqashooyinka bixiyayaasha joogtada ah ee dhibaatooyinka caafimaadka ee aan ahayn degdegga ama xaaladaha degdegga ah.
- **Daryeelka ka hortagga:** Booqashooyinka xafiiska ee PCP-gaaga ama bixiye kale 30 maalmood gudahood (21 maalmood carruurta da'doodu tahay 2 iyo ka yar). Tusaalooyinka daryeelka ka hortagga waxaa ka mid ah:
  - o Baaritaannada sanadlaha ah (sidoo kale loo yaqaan baaritaannada),
  - o Baaritaannada caafimaadka ilmaha,
  - o Daryeelka caafimaadka taranka ee sanadlaha ah, iyo
  - o Tallaalada (irbadaha).
- Daryeelka uurka waa in la bilaabaa ka hor dhammaadka saddexda bilood ee ugu horreeya uurka (12-ka toddobaad ee ugu horreeya / 3 bilood).

Nala soo xiriir haddii ay qaadato waqti ka badan waqtiyada kor ku xusan si aad u aragto bixiye, waxaan kula shaqeyn doonnaa si aan kuugu helno bixiye sida ugu dhakhsaha badan.

## Faa'iidooyinka ay bixiso Molina Healthcare

Qaybtani waxay sharraxaysaa faa'iidooyinka iyo adeegyada ay bixiso Molina Healthcare. Ma aha liistada dhammeystiran ee adeegyada la daboolay. Carruurta iyo dhallinyarada da'doodu tahay 20 sano iyo ka yar waxay heli karaan adeegyo aan liiska ku jirin marka loo baahdo caafimaad ahaan. Ka hubi adeeg bixiyahaaga ama nala soo xidhiidh haddii adeegga aad u baahan tahay uusan ku qorneyn. Waxaad ka eegi kartaa dheefahayaga iyo adeegyadayada bogga [MolinaHealthcare.com/WA](https://MolinaHealthcare.com/WA).

Qaar ka mid ah adeegyada daryeelka caafimaadka ee la daboolay waxay u baahan karaan oggolaansho hore.

- Dhammaan adeegyada aan la daboolin waxay nooga baahan yihiin oggolaansho-hore.
- Adeegyada aan lagu daboolin Apple Health ee aan ku jirin qorshe daryeel la maamulo waxay u baahan yihiin oggolaansho hore oo ka timaadda HCA.

Adeegyada qaarkood waxay ku xadidan yihiin tiro booqashooyin ah. Adeeg bixiyahaagu waxa uu codsan karaa Xadidka Kordhinta (LE) haddii aad u baahan tahay booqashooyin badan. Carruurta iyo dhallinyarada da'doodu tahay 20 sano iyo ka yar, codsiyada waxaa loo eegi doonaa kiis-kiis si loo qiimeeyo haddii booqashooyin dheeraad ah ay lagama maarmaan u yihiin caafimaad ahaan. Dadka waaweyn, weydii bixiyahaaga inuu codsado Exception to the rule (ETR) haddii aad u baahan tahay adeegyo aan la dabooli karin.

Waxaa laga yaabaa inaad u baahato inaad hesho gudbin PCP gaaga iyo/ama oggolaanshaha hore ee Molina Healthcare ka hor inta aanad helin adeegyada qaarkood. Haddii aanad haysan gudbinta ama oggolaanshaha hore, waxaa dhici karta inaanaan bixin adeegyada. La shaqee PCP gaaga si loo habsado inuu jiro oggolaanshaha hore ee diyaarka ah ka hor inta aanad helin adeega.

## Adeegyada guud iyo daryeelka degdegga ah

| Adeega                                                  | Macluumaad dheeraad ah                                                                                                                     |
|---------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|
| Adeegyada degdega ah                                    | Waxaa la heli karaa 24 saacadood maalintii, toddoba maalmood usbuucii meel kasta oo Mareykanka ah.                                         |
| Isbitaalka, bukaan-jiiifka iyo adeegyada bukaan-socodka | Waa in aan anaga ansixiyo dhammaan daryeelka aan degdegga ahayn.                                                                           |
| Daryeelka degdega ah                                    | Isticmaal daryeelka degdega ah marka aad qabto dhibaato caafimaad oo u baahan daryeel degdeg ah, laakiin nolashaado aanay khatar ku jirin. |
| Daryeelka ka hortagga                                   | Eeg <a href="#">bogga 24</a> .                                                                                                             |
| Daryeelka bukaan-jiidka cusbitaalka (dawada jidhka)     | Waa inay ansixisaa Molina Healthcare.                                                                                                      |

| Adeega                         | Macluumaad dheeraad ah                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|--------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Tallaalada/ tallaalada         | <p>Dadka isdiiwaangeliya waxay xaq u leeyihiin tallaalada PCP-gooda, farmashiyaha, ama waaxda caafimaadka ee deegaanka. Ka hubi adeeg bixiyahaaga ama xubinta xidhiidhka adeegyada wixii macluumaad dheeraad aha ee qorshaynta taxanaaga tallaalada ah.</p> <p>Waxaad sidoo kale booqan kartaa Department of Health ee <a href="https://doh.wa.gov/youandyourfamily/immunization">doh.wa.gov/youandyourfamily/immunization</a> wixii macluumaad dheeraad ah.</p> |
| Skilled Nursing Facility (SNF) | <p>La daboolo xili gaaban, adeegyada caafimaad ahaan lama huraanka ah. Adeegyo dheeraad ah ayaa laga yaabaa in la heli karo haddii aad u qalanto daryeelka muddada dheer. Naga soo wac 1-800-869-7165 (TTY 711).</p>                                                                                                                                                                                                                                             |

## Farmashiyaha ama warqadaha daawada

Waxaanu isticmaalnaa dawooyinka la daboolay ee loogu yeedho Apple Health Preferred Drug List (PDL). PDL waa liiska dawooyinka ay bixiso Molina Healthcare. Adeeg bixiyahaagu waa inuu kuu qoraa dawooyinka ku jira PDL. Waad na soo wici kartaa oo weydiisan kartaa:

- Nuqul ka mid ah PDL-ka.
- Macluumaad ku saabsan kooxda bixiyeyaasha iyo farmashiistayaasha sameeyay PDL.
- Nuqul ka mid ah siyaasadda ku saabsan sida aan u go'aamino dawooyinka la daboolayo.
- Sida loo codsado oggolaansho daawo aan ku jirin PDL.

Daawooyinka qaar waxa daboolaa Apple Health iyada oo aan lahayn qorshe daryeel la maareeyey. Naga soo wac 1-800-869-7165 (TTY 711) su'aalo ama si aad wax badan uga barato.

Waa inaad daawooyinkaaga ka heshaa farmashiyga shabakadeena ee adeeg bixiyaha. Tani waxay hubinaysaa in dawa qoridaada la dabooli doono. Na soo wac si aad u heshid farmasiiga kuu dhow.

| Adeega               | Macluumaad dheeraad ah                                                                                                                                                                                                                 |
|----------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Adeegyada farmasiiga | <p>Dadka isdiiwaangeliya waa inay isticmaalaan farmashiyeyaasha ka qayb qaadanaya. Waxaan isticmaalnaa Apple Health PDL. Naga soo wac 1-800-869-7165 (TTY: 711) si aad u hesho liiska farmashiyada ama booqo boggayaga internetka.</p> |

## Adeegyada daryeelka caafimaadka carruurta

Carruurta iyo dhallinyarada da'doodu tahay 20 iyo ka yar ee ku qoran Apple Health waxay heli karaan daryeel caafimaad oo dhammaystiran oo ay ku jiraan daryeelka ka hortagga, ilkaha, caafimaadka dhimirka, koritaanka, iyo daryeelka takhasuska leh.<sup>3</sup> Faa'iidadan waxaa ka mid ah adeeg kasta oo daryeel caafimaad oo lagama maarmaan u ah caafimaadka. Adeegyada waxaa ka mid noqon kara daryeel ka hortag ah iyo adeegyo si loo ilaaliyo shaqada iyo horumarinta caafimaadka carruurta. Tan waxaa ka mid ah adeegyada loo baahan yahay si loo taageero ilmo dib u dhac ku yimaada koritaanka.

Kormeerada caafimaadka ilmaha, oo mararka qaarkood loo yaqaan baaritaanka Adeegyada Baaritaanka Hore, Joogtada ah, Ogaanshaha, iyo Daaweynta (Early Periodic Screening, Diagnostic, and Treatment – EPSDT) ama adeegyada baaritaanka, waa booqashooyin joogto ah oo aad la yeelato bixiyaha daryeelka caafimaadka ee ilmahaaga. Booqashooyinkan iyo baaritaannada joogtada ah waxay kaa caawin karaan inaad la socoto horumarka jireed, shucuureed, iyo bulsho ee ilmahaaga iyo inaad aqoonsato baahiyaha daryeelka caafimaad ee suurtagalka ah ee u baahan kara qiimeyn iyo daaweyn dheeraad ah.

Marka la ogaado xaalad caafimaad oo suurtagal ah, bixiyaha/bixiyaha ilmahaaga ayaa bixin doona adeegyo dheeraad ah ama bixin doona gudbin loogu talagalay qiimeynta iyo fursadaha daaweynta. Qiimaynta waxaa sameyn kara bixiye aqoon u leh waxayna dhici kartaa meel ka baxsan baaritaanka caafimaadkaaga. Baadhista cudurku waxay kaa caawinaysaa adiga iyo bixiyahaaga inaad aqoonsataan adeegyada wax ka qaban doona xaaladda caafimaad. Booqo HCA-yada [Baaritaannada caafimaadka ilmaha](#) iyo [Boggaga internetka ee adeegyada carruurta iyo dhallinyarada si aad wax badan u barato](#).

Adeegyada dheeraadka ah ee loogu talagalay carruurta iyo dhallinyarada da'doodu tahay 20 iyo ka yar waxaa ka mid ah:

| Adeega                                                                                                  | Dheeraad ah macluumaad                                                                                                                                                                                                                                                                |
|---------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Daryeelka Dawaynta Jidhka                                                                               | Carruurta da'doodu tahay 20 sano iyo ka yar oo ay ku jiraan soo gudbin ka timid PCP-gaaga.                                                                                                                                                                                            |
| Kalkaalinta Waajibaadka Gaarka ah (PDN) iyada oo loo marayo Barnaamijka Carruurta ee Degdegga ah (MICP) | La daboolo carruurta da'doodu tahay 17 iyo ka yar. Waa inay ansixisaa Molina Healthcare.<br>Dhallinyarada da'doodu tahay 18 illaa 20, tan waxaa daboolo Maamulka Gabowga iyo Caawimaada Muddada-dheer (ALISA). Eeg <a href="#">boggaga 48</a> , si aad u hesho macluumaadka xiriirka. |

## Caafimaadka dhaqanka

Adeegyada caafimaadka dhaqameed waxa ka mid ah caafimaadka maskaxda iyo jirrada adeegyada daawaynta isticmaallka maandooriyaha. Waxaanu kaa caawin karnaa helida adeeg bixiyaha haddii aad u baahan tahay la talinta, baadhitaanka, ama taageerada caafimaadka dhaqanka. Nagala soo xidhiidh 1-800-869-7165 (TTY 711) ama ka dooro bixiye buuga bixiyaha.

Carruurta iyo dhallinyarada da'doodu tahay 17 sano iyo ka yar, [Adeegga Gudbinta Caafimaadka Dhimirka ee Washington ee loogu talagalay carruurta iyo dhallinyarada](#) waxay kaa caawin karaan inaad hesho bixiye caafimaad maskaxeed. Haddii aad qabtid su'aalo, wac 833-303-5437, Isniinta ilaa Jimcaha, 8 subaxnimo ilaa 5 galabnimo ama buuxi foomka [foomka codsiga khadka tooska ah](#).

Si aad wax badan u barato, booqo [seattlechildrens.org/clinics/washington-mental-health-referral-service/](http://seattlechildrens.org/clinics/washington-mental-health-referral-service/).

<sup>3</sup> Adeegyada daryeelka caafimaadka ee carruurta da'doodu u dhaxayso 0-18, oo ay ku jirto EPSDT laguma daboolo ballaarinta Apple Health.

| Adeega                                           | Macluumaad dheeraad ah                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|--------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Daaweynta caafimaadka maskaxda                   | <p>Adeegyada caafimaadka maskaxda waa la daboolayaa marka ay bixiyaan dhakhtarka dhimirka, cilmi nafsiga, la taliyaha caafimaadka dhimirka ee rukhsada haysta, shaqaale bulsheed oo rukhsa leh, ama guur rukhsadaysan iyo dhaqtarka qoyska oo rukhsad leh.</p> <p>Adeegyada caafimaadka dhimirka waxaa ka mid noqon kara:</p> <ul style="list-style-type: none"> <li>• Qiimaynta qaadashada, qiimaynta, iyo baadhista</li> <li>• Taageerada filka</li> <li>• Daawaynta wax ka qabadka caafimaadka maskaxda sida: <ul style="list-style-type: none"> <li>o Daawaynta shaqsiga, qoyska, iyo kooxda</li> <li>o Bukaank-socod, hoy, iyo bukaan-jiif</li> <li>o Moodooyinka daaweynta degdegga ah iyo kuwa gaaban</li> </ul> </li> <li>• Adeegyada dhibta</li> <li>• Maamulka dawada iyo ka warhaynta</li> <li>• Isku xidhka daryeelka iyo is dhexgalka bulshada</li> </ul> |
| Applied Behavioral Analysis (ABA)                | <p>Waxay taageertaa shakhsiyaadka qaba xanuunka autismka iyo naafonimada kale ee koritaanka si ay u horumariyaan xirfadahooda isgaarsiinta, bulshada, iyo dhaqanka.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Substance use disorder (SUD) adeegyada daawaynta | <p>Adeegyada waxaa ka mid ahaan kara:</p> <ul style="list-style-type: none"> <li>• Qiimaynta</li> <li>• Wax ka qabadka kooban iyo u gudbinta daaweyn</li> <li>• Shakhsi qoys, iyo kooxda daawaynta</li> <li>• Bukaank socod, hoy, iyo bukaan jiif</li> <li>• Medications for Opioid Use Disorder (MOUD)</li> <li>• Medications for Alcohol Use Disorder (MAUD)</li> <li>• Maareynta kiiska</li> <li>• Isku xidhka daryeelka iyo is dhexgalka bulshada</li> <li>• Taageerada filka</li> <li>• Adeegyada dhibta</li> <li>• Maareynta ka noqoshada (ka-saarista sunta)</li> </ul>                                                                                                                                                                                                                                                                                         |
| Medications for Alcohol Use Disorder (MOUD)      | <p>Hore loogu tixraacay sida Dawaynta Dawo ahaan La kaalmeeyo (MAT). Daawooyinka loo isticmaalo in lagu daaweeyo cudurada isticmaalka maandooriyaha. Naga soo wac 1-800-869-7165 (TTY 711) faahfaahin gaar ah.</p> <p>Waxa kale oo aad ka heli kartaa daawooyinka loogu talagalay khalkhalka isticmaalka opioid iyada oo loo marayo Qalabka MoUD Locator ee laga helo halkan. <a href="https://raadinta.warecoveryhelpline.org/">https://raadinta.warecoveryhelpline.org/</a>.</p>                                                                                                                                                                                                                                                                                                                                                                                     |

| Adeega                                                     | Macluumaad dheeraad ah                                                                                                                             |
|------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
| Wax ka qabadka<br>Daawaynta<br>Dhibaatooyinka<br>Khamaarka | Adeegyada la daboolay waxaa ka mid ah: <ul style="list-style-type: none"> <li>• Qiimaynta</li> <li>• Shakhsi qoys, iyo kooxda daawaynta</li> </ul> |

## Family Youth System Partner Round Tables (FYSPRT)

Family Youth System Partner Round Tables (FYSPRT) waa farsamo muhiim ah oo wax looga qabanayo farqiga soo noqnoqda, caqabadaha iyo baahiyaha la xiriira caafimaadka dabeecadda ee carruurta, dhallinyarada iyo qoyska, iyo in la wadaago waayo-aragnimada iyo aqoonta la nool si loo saameeyo siyaasadaha iyo barnaamijyada hagaajiyaya natiijooyinka caafimaadka dabeecadda ee dhallinyarada iyo qoysaska Washington.

Baro sida loo wadaago ra'yigaaga ku saabsan nidaamyada caafimaadka dhaqanka ee hoos yimaada qaybta Samee codkaaga oo la maqlo [bogga 62](#).

## Nafaqada

| Adeega                         | Macluumaad dheeraad ah                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|--------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Daaweynta nafaqada caafimaadka | Dadka isdiiwaangeliya waxay heli karaan adeegyada daaweynta nafaqada caafimaad ee uu bixiyo dhakhtar registered dietician (RD) marka ay jirto baahi caafimaad iyo gudbinta bixiyaha ee adeegyada nafaqada oo ay ku jiraan qiimeynta, ogaanshaha, iyo daaweynta.                                                                                                                                                                                                                                                                                                                                                                                                           |
| Enteral & parenteral nutrition | Kaabayaasha nafaqada ee parenteral iyo agabka ayaa daboolaya dhammaan dadka isdiiwaangeliya.<br><br>Enteral Nutrition Program alaabada, qalabka, iyo agabka la xiriira nafaqada caafimaad ahaan lagama maarmaanka u ah. Alaabada quudinta marinka tuubada, qalabka, iyo sahayda ayaa loo daboolaa dhammaan da'da dadka ku jira barnaamijka ee lagu quudiyo tuubo. Badeecooyinka nafaqada afka laga qaato ee loogu talagalay dadka isdiiwaangeliya ee da'doodu tahay 20 sano iyo ka yar waxaa loo oggol yahay waqti xaddidan si wax looga qabto cudurrada degdegga ah, baahi caafimaadna waa la dejiyay. Nafaqada gudaha waxaa lagu bixin karaa afka ama tuubada quudinta. |

## Baahiyaha daryeelka caafimaad ee gaarka ah ama xanuunka daba dheeraad.

Waxaa laga yaabaa inaad u qalanto adeegyo dheeraad ah si ay kaaga caawiyaan inaad u dhex marto daryeelkaaga iyada oo loo marayo Health Home-keena <sup>4</sup>adeegyada isku-dubaridka barnaamijka ama daryeelka haddii aad qabto baahiyo daryeel caafimaad oo gaar ah ama cudur muddo dheer ah. Tan waxaa ku jiri kara taageerada helitaanka khabiirada. Xaaladaha qaark, waxaa laga yaabaa inaad awoodo inaad u isticmaasho dhakhtarkaaga takhasuska sidii PCP. Naga soo wac 1-800-869-7165 (TTY: 711) si aad u hesho macluumaad dheeraad ah oo ku saabsan barnaamijka Health Home, isku-duwidda daryeelka, iyo maaraynta daryeelka.

4 Barnaamijka Health Home laguma darin ballaarinta Apple Health.

## Daawaynta si loo soo celiyo shaqada

| Adeega                                                                                                | Macluumaad dheeraad ah                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|-------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Dib-u-dhaqan-celin bukaan-socodka dibadda (daaweynta shaqada, daaweynta jirka, iyo daaweynta hadalka) | Tani waa dheef xadidan. Naga soo wac 1-800-869-7165 (TTY 711) faahfaahin gaar ah. Xaddidaaduhu waxaa la adeegsan karaa haddii lagu sameeyay mid ka mid ah goobaha soo socda: <ul style="list-style-type: none"> <li>Rugta bukaan-socodka</li> <li>Isbitaalka bukaan-socodka</li> <li>Guriga ay leedahay hay'ad caafimaad oo guri oo Medicare-ka shahaadeysay</li> </ul>                                                                                                                                                                                                                                                              |
| Adeegga baxnaaninta                                                                                   | Adeegyada daryeelka caafimaadku waxay kaa caawin karaan inaad ilaaliso, barato, ama horumariso xirfadaha iyo shaqaynta nolosha maalinlaha aha ee aan la helin iyaddoo ay sababtay waxyaabo lagu dhashay, hidda sidaha, ama xaldaha caafimaadka hore loo helay. Tani waa dheef xadidan. Naga soo wac 1-800-869-7165 (TTY 711) faahfaahin gaar ah. <p>Xaddidaaduhu waxaa la adeegsan karaa haddii lagu sameeyay mid ka mid ah goobaha soo socda:</p> <ul style="list-style-type: none"> <li>Rugta bukaan-socodka</li> <li>Isbitaalka bukaan-socodka</li> <li>Guriga ay leedahay hay'ad guri oo shahaado ka haysata Medicare</li> </ul> |

Marka adeegyadan la siiyo carruurta da'doodu tahay 20 ama ka yar, hel xarun horumarinta neerfaha oo la ansixiyey. [doh.wa.gov/Portals/1/Documents/Pubs/970-199-NDCList.pdf](https://doh.wa.gov/Portals/1/Documents/Pubs/970-199-NDCList.pdf).

## Adeegyada kale ee daryeelka caafimaadka

| Adeega                                               | Macluumaad dheeraad ah                                                                                                                                |
|------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
| Walaxda difaaca jidhka (Nooca daawaynta Xasaasiyada) | Tallaalka xasaasiyadda.                                                                                                                               |
| Qaliinka caloosha si miisaanka loo dhimo             | Ansixinta kahor ayaa looga baahan yahay qalliinka bariatric. Waa inaad tagtaa HCA-ansixinta Xarunta Centers of Excellence (COE).                      |
| Habka Daaweynta dib ushaqaynta jirka                 | Ku xadidan shuruudaha qorshaha Carruurta da'doodu tahay 20 sano iyo ka yar, waxaa laga yaabaa inay diyaar u yihiin haddii caafimaad ahaan loo baahdo. |

| Adeega                                 | Macluumaad dheeraad ah                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|----------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Ku dawaynta kimiko kansarka            | Adeegyada qaarkood waxay u baahan karaan ogolaansho hore.                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Qalliinka qurxinta                     | Kaliya marka qalliinka iyo adeegyada iyo saadka la xidhiidha la bixiyo si loo saxo ceebaha jidheed ee kayimid dhalashada, jirada, jugta jidhka gaadhay, ama naas jarida sib u dhiskeeda wixii ah daawaynta kansarka ka dib.                                                                                                                                                                                                                                                                          |
| Saadka cudurka sonkorta                | Agab xadidan oo la heli karo iyada oo aan horay loo ansixin. Saadk dheeraad ah oo la heli karo iyadoo wadata ogolaanshaha hore.                                                                                                                                                                                                                                                                                                                                                                      |
| Maydhida kelyaha                       | Adeegyadan waxay u baahan karaan oggolaansho hore.                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Daaweynta Cagaarshowga C               | <p>Bixiye kasta oo shati u haysta inuu qoro daawooyinka fayraska ee tooska u shaqeeya waxaa loo oggol yahay inuu baaro oo uu daweeyo dadka iska diiwaangeliya Apple Health. Tan waxaa ka mid ah bixiyeyaasha daryeelka aasaasiga ah, xarumaha daaweynta khalkhalka isticmaalka maandooriyaha, iyo kuwa kale.</p> <p>Daawooyinka qaar Cagaarshowga C waxa daboolaa Apple Health iyada oo aan lahayn qorshe daryeel la maareeyey. Naga soo wac 1-800-869-7165 (TTY 711) si aad wax badan u barato.</p> |
| Ku beeruda Xubnaha                     | Qaar ka mid ah tallaallada xubnaha waxaa daboolaya Molina Healthcare kuwa kalena waxaa daboolaya Apple Health iyada oo aan lahayn qorshe daryeel oo la maareeyay. Wixii faahfaahin ah naga soo wac 1-800-869-7165 (TTY: 711).                                                                                                                                                                                                                                                                        |
| Adeegyada Oksijiinka iyo Neef mareenka | Ogsajiinta caafimaad ahaan lama huraanka ah iyo/ama qalabka daawaynta neefsashada, saadka, iyo adeegyada kuwa diiwaanka gashan ee u qalma.                                                                                                                                                                                                                                                                                                                                                           |
| Daawaynta cagaha                       | Tani waa dheef xadidan. Naga soo wac 1-800-869-7165 (TTY: 711) si aad u hesho macluumaad dheeraad ah.                                                                                                                                                                                                                                                                                                                                                                                                |
| Sigaar Joojinta                        | Waxaa loo daboolayaa dhammaan dadka isdiiwaangeliya haddii ay haystaan ama aysan haysan gudbin PCP ah ama oggolaansho hore. Wac Waaxda Maareynta Caafimaadka ee Molina Healthcare si aad wax uga barato Molina My Health - Tobacco Cessation Program 1-866-891-2320 (TTY: 711) si aad u hesho macluumaad dheeraad ah ama booqo boggooda internetka ee <a href="https://www.molinahealthcare.com">MolinaHealthcare.com</a> .                                                                          |

| Adeega                                       | Macluumaad dheeraad ah                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|----------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Adeegyada Transhealth                        | <p>Adeegyada soo socda ee la xiriira caafimaadka transhealth waxaa lagu daboolay qorshahaaga caafimaadka.</p> <ul style="list-style-type: none"> <li>• Adeegyada Dhakhtarka</li> <li>• Daaweynta hoormoonka</li> <li>• Daaweynta xakamaynta qaangaarnimada</li> <li>• Daaweynta hadalka (oo ay ku jirto tababarka codka)</li> <li>• Adeegyada caafimaadka dhaqanka</li> <li>• Shaybaarrada</li> <li>• Cudurrada</li> <li>• Raajada</li> <li>• Baaritaanka Testosterone</li> </ul> <p>Adeegyadan waxay u baahan karaan oggolaansho hore.</p> <p>La-talinta qalliinka, adeegyada qalliinka xaqiijinta jinsiga, iyo ka saarista timaha xaqiijinta jinsiga ayaa la daboolayaa haddii caafimaad ahaan loo baahdo si loo daaweeyo dysphoria jinsiga. Adeegyadan waxaa si toos ah u daboolaya khidmadda adeegga Apple Health ee ma aha qorshahaaga caafimaadka.</p> <p>Booqo bogga internetka ee Transhealth: <a href="https://hca.wa.gov/transhealth">hca.wa.gov/transhealth</a> si aad u hesho macluumaad dheeraad ah.</p> |
| Tuberculosis (TB) iyo daaweynta dabagalka ah | Waxaad ikhtiyaar u leedahay inaad u tagto PCP gaaga ama waaxda caafimaadka deegaankaaga.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |

## Maqal iyo aragga

| Adeega                             | Macluumaad dheeraad ah                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Baadhitaanada maqalka              | Baadhitaanka maqalka.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Bone Anchored Hearing Aid (BAHA)   | <p>Qalabka labbada ah ee gudaha dhegta maqal ahaan loo geliyo, oo ay ku jiraan qalabka la geliyo, qaybaha, aaladaha qalabka, baytariyada, jaarjarada, iyo dib u samaynta dheefta loo daboolo dhammaan shakhsiyaadka.</p> <p>BAHA, oo ay ku jiraan aaladaha BAHA (labadaba madaxa lagu dhejiyay qalliin iyo kuwa jilicsan), qaybaha beddelka ah, iyo baytariyada waa faa'iido loogu talagalay carruurta da'doodu tahay 20 sano iyo ka yar.</p> <p>Qalabka lagu rakibo dhegaha waxaa loo isticmaalaa da' kasta. Faa'iidada waxaa ka mid ah qaybaha beddelka ah.</p> <p>Aaladaha Qalabka Maqalka ee Cusub ee Lafaha lagu Xiro (BAHA) waxaa loo daboolayaa da'da 20 iyo ka yar.</p> <p>Qaybaha beddelka BAHA waxaa daboolaya da' kasta.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Baadhitaanka indhaha & ookiyaalaha | <p>Baaritaannada indhaha waxaa daboolaya dhammaan da'da. Waa inaad isticmaashaa shabakadda bixiyaha Molina Healthcare. Wac si aad u hesho macluumaadka faa'iidada 1-800-869-7165 (TTY: 711).</p> <p>Carruurta da'doodu tahay 20 iyo ka yar, muraayadaha indhaha waa la daboolayaa. Tan waxaa ku jira ilaa laba qaab oo beddel ah iyo ilaa afar muraayadood oo beddel ah sannad-dugsiyeedka, haddii ay lumeen ama jabeen, iyada oo aan la oggolaan.</p> <p>Muraayadaha indhaha lagu xidho waxaa lagu daboolaa xaddidaadyo marka la isticmaalo halkii laga isticmaali lahaa muraayadaha indhaha si loo saxo aragtida. Daboolku wuxuu ka kooban yahay hal muraayad oo loogu talagalay macaamiisha u-qalma.</p> <p>Kharashka ku rakibidda muraayadaha indhaha iyo muraayadaha indhaha waa la daboolayaa da' kasta. Waxaad ka heli kartaa qaybiyayaasha muraayada bogga: <a href="https://fortress.wa.gov/hca/p1findaprovider/">https://fortress.wa.gov/hca/p1findaprovider/</a></p> <p>Dadka waa wayn ee u baahan muraayadaha indhaha kharashka la yareeyay waxaad ka iibsan kartaa fareemada muraayadaha iyo muraayada wiilka lagu dhegjiyo dhexda adeeg bixiyayaasha ka qayb agalaya ee indhaha.</p> <p>Ka hel liiska adeeg bixiyayaasha ka qayb galaya: <a href="https://hca.wa.gov/assets/free-or-low-cost/optical_providers_adult_medicaid.pdf">hca.wa.gov/assets/free-or-low-cost/optical_providers_adult_medicaid.pdf</a></p> <p>Molina Healthcare waxay siisaa xubnaha, da'doodu tahay 21 iyo wixii ka weyn, muraayadaha indhaha oo bilaash ah Zenni Eyewear. Ka baadh in ka badan 55 qaab onlayn ah, oo ay ku jiraan muraayadaha bifocal iyo horumarka. Isku day si dhab ah. Muraayadahaaga ayaa loo samayn doonaa dalabka iyo u soo dirida toos ilaa albaabkaaga. Wax badan ka baro <a href="https://MolinaHealthcare.com/memberWA">MolinaHealthcare.com/memberWA</a>.</p> |

| Adeega                                             | Macluumaad dheeraad ah                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|----------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Baadhitaanada maqalka iyo qalabka kaalmada maqalka | <p>Baaritaannada maqalka waa faa'iido la daboolayo dhammaan dadka isdiiwaangeliya. Qalabka maqalka ee Monaural ama binaural waxaa loo daboolayaa:</p> <ul style="list-style-type: none"> <li>• Carruurta da'doodu tahay 20 iyo ka yar</li> <li>• Dadka waaweyn ee buuxiya shuruudaha barnaamijka</li> </ul> <p>Caymiska qalabka maqalka waxaa ka mid ah:</p> <ul style="list-style-type: none"> <li>• Caag(yada) dhegaha</li> <li>• Qalabka rakiban</li> <li>• La socodka</li> <li>• Baytariyada</li> </ul> |

## Qorsheynta Qoyska iyo Caafimaadka Taranka

| Adeega                                                                                                                                                                                                                                                                                           | Macluumaad dheeraad ah                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Adeegyada Qorsheynta Qoyska oo ay ku jiraan dawooyinka dhakhtarku qoro iyo kuwa aan dhakhtar qorin, daawooyinka ka hortagga uurka (oo ay ku jiraan ka hortagga uurka ee muddada dheer la beddeli karo iyo nadiifinta joogtada ah), iyo daawooyinka ka hortagga uurka ee degdegga ah (Qorshaha B) | <p>Waxaad isticmaali kartaa shabakadeena bixiyeyaasha ama waxaad aadi kartaa waaxda caafimaadka ee deegaankaaga, rugta qorsheynta qoyska ee takhasuska leh ama PCP-gaaga.</p> <p>Haddii aad tahay 21 jir ama ka weyn oo aad xiisaynayso nadiifinta, waa inaad isticmaashaa bixiye shabakadeena. (Ka-hortagga jeermiska weli waa la daboolayaa haddii aad tahay 18 ilaa 20 jir. Tixraac "Adeegyada Apple Health ee la daboolo iyada oo aan lahayn qorshe daryeel la maamulo.")</p> |
| Baadhitaanka HIV/AIDS                                                                                                                                                                                                                                                                            | Waxaad haystaa doroashada tegida rugta qorshaynta qoyska, waaxda caafimaadka maxaliga ah, ama PCP gaaga wixii baadhitaan ah/                                                                                                                                                                                                                                                                                                                                                      |

## Qalabka iyo agabka caafimaadka

Waxaan daboolnaa qalabka caafimaadka iyo agabka marka ay lagama maarmaan u yihiin caafimaadka oo uu kuu qoro bixiyahaaga daryeelka caafimaadka. Waa in aan horay u ansixinnaa inta badan qalabka iyo saadka ka hor inta aanaan bixin kharashkooda. Na soo wac wixii macluumaad dheeraad ah oo ku saabsan qalabka caafimaadka iyo saadka la daboolo.

| Adeega              | Macluumaad dheeraad ah                                                                                           |
|---------------------|------------------------------------------------------------------------------------------------------------------|
| Qalabka caafimaadka | Qalabka badankoodu waa inay helaan oggolaansho hore. Wixii faahfaahin ah naga soo wac 1-800-869-7165 (TTY: 711). |
| Agabka caafimaadka  | Agabka badankoodu waa inay helaan oggolaansho hore. Wixii faahfaahin ah naga soo wac 1-800-869-7165 (TTY: 711).  |

## Shaybaadhka iyo raajada

| Adeega                                  | Macluumaad dheeraad ah                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|-----------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Adeega shucaaca iyo sawirka caafimaadka | Adeegyada qaarkood waxay u baahan karaan ogolaansho hore.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Adeegyada shaybaadhka iyo raajada       | <p>Adeegyada qaarkood waxay u baahan karaan ogolaansho hore. Xadidnaanta hoos lagu muujiyay waxaa loogu talo galay adeegyada cudur baadhita bukaan socodka oo keliya:</p> <ul style="list-style-type: none"> <li>• Baadhita maandooriyaha keliya marka caafimaad ahaan ay lama huraan tahay iyo: <ul style="list-style-type: none"> <li>○ Dhakhtar ayaa amray qayb ka mid ah qiimaynta caafimaadka; ama</li> <li>○ Maadaama baaritaanka khalkhalka isticmaalka maandooriyaha loo baahan yahay si loo qiimeeyo ku habboonaanta baaritaannada caafimaadka ama daaweynta.</li> </ul> </li> </ul> <p>Adeegyada raajada la qaadi karo ee ka dhaca gurigaaga, ama xarun kalkaalinn caafimaad, waxaa la daboolayaa oo keliya marka aan la isticmaalin qalabka isbarbardhigga.</p> |

## Adeegyada la xiriira taranka, uurka, iyo uurka

| Adeega                                          | Macluumaad dheeraad ah                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|-------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Bamka naaska                                    | <p>Noocyada qaarkood waxay u baahan karaan oggolaansho hore.</p> <p>libsashada (aan kireysanayn) bambooyinka naasaha ee gacanta lagu qaato iyo kuwa korontada ku shaqeeya iyada oo aan la haysan oggolaansho hore, iyadoo xaddidaadda hal macaamiil kasta ay tahay muddo saddex sano ah gudahood.</p> <p>Kirada bamka naasaha ee korontada ku shaqeeya ee heerka isbitaalka waxay u baahan tahay oggolaansho hore. La xiriir Molina Healthcare si aad wax badan uga ogaato faa'iidooyinka dheeraadka ah.</p>                                                                                                                                                                                                                                                         |
| Adeegyada Uurka iyo dhalmada kadib <sup>5</sup> | <ul style="list-style-type: none"> <li>• Daryeelka uurka: booqashooyin joogto ah oo xafiiska ah iyo adeegyada la xiriira oo aad ka hesho bixiyaha daryeelka caafimaadka ee aad doorato.</li> <li>• Dhalmada oo ka dhacda isbitaal, xarun dhalmo, ama dhalmo guri. La hadal dhakhtarkaaga uurka si aad u ogaato ikhtiyaarka dhalmada ee ugu fiican adiga.</li> <li>• Dhalmada oo ay bixiyaan umuliso shati leh, umuliso kalkaaliso, ama dhakhtar.</li> <li>• 12 bilood oo daryeel dhammaystiran oo dhalmada kadib ah oo loogu talagalay qofka dhalaya.</li> <li>• Hal sano oo daryeel caafimaad ee dhallaanka.</li> <li>• Quudinta laabta - La-talinta naasnuijinta (la xiriir Molina</li> <li>• Wixii faahfaahin ah ee ku saabsan adeegyada la daboolay).</li> </ul> |

5 Ballaarinta Caafimaadka Apple ma daboolo adeegyada la xiriira uurka iyo uurka kadib.

| Adeega                                                | Macluumaad dheeraad ah                                                                                                                                                                                                                                                                                                                                                                    |
|-------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Daboolka Daryeelka Dhalmada Ka Dib (APC) <sup>6</sup> | Waxaa laga yaabaa inaad xaq u yeelato 12 bilood oo caymis dhammaystiran oo dhalmada kadib ah haddii aad uur leedahay oo aad ku qoran tahay barnaamijka Apple Health ama aad codsato APC haddii aadan ku jirin barnaamijka Apple Health iyo 12 bilood gudahood marka aad uur yeelatay. Wax badan ka baro <a href="https://hca.wa.gov/apc">hca.wa.gov/apc</a> .                             |
| Daryeelka caafimaadka taranka <sup>6</sup>            | Adeegyada daryeelka caafimaadka ee joogtada ah iyo kuwa ka hortagga ah, oo ay ku jiraan: baaritaanka naasaha, caafimaadka taranka, baaritaanka guud, xakamaynta dhalmada, baaritaanka iyo daaweynta caabuqyada galmada lagu kala qaado, tallaalada, iyo taageerada quudinta xabadka. La xirii qorshahaaga si aad u hesho macluumaad dheeraad ah oo ku saabsan faa'iidooyinka la daboolay. |

## Adeegyada dheeraadka ah ee aanu bixino



### 24-hour Nurse Advice Line

Wac wakhti kasta, maalin ama habeen, si aad ula hadasho kalkaalisada diiwaanka gashan.

- 1-888-275-8750 Ingiriis iyo luqado kale
- TTY: 711 Dhegoole iyo dhego adag



### Molina Help Finder

Ka caawi helitaanka agabyada guryaha, tababarka shaqada, gaadiidka, waxbarashada iyo waxyaabo kaloo badan. Booqo [MolinaHelpFinder.com](https://MolinaHelpFinder.com).



### 90-maalmood oo dib-u-buuxinta daawada

Wakhti kaydi adiga oo hela 90-maalmood oo dib-u-buuxinta xulashada daawooyinka xiliga-dheer.



### DentistLink (adeegga isku xira bukaanka iyo dhakhaatiirta ilkaha)

Ku xidhnow dhakhtarka ilkaha ee maxaliga ah kaas oo aqbala caymiska Apple Health bogga [dentistlink.org](https://dentistlink.org). Ilahan waxaa heli kara dhammaan xubnaha Apple Health ee gobolka Washington.



### Farriimaha Qoraalka ah

Waxaad dooran kartaa inaad hesho fariimaha qoraalka ah ee Molina Healthcare. **Qoraal fudud qor JOIN ku socota 94870.**

<sup>6</sup> Macaamiisha ku qoran Apple Health Expansion ee soo sheega uur waxay u wareegi doonaan Apple Health ee loogu talagalay dadka uurka leh, oo ay ku xigto Caymiska Uurka Kadib. Macaamiisha aan soo sheegin uur ilaa ay ka dhammaato waxaa lagu qori doonaa Caymiska Uurka Kadib ilaa 12 bilood ka dib marka uurku dhammaado. Ballaarinta Caafimaadka Apple ma daboosho adeegyada la xiriira uurka iyo uurka kadib.



## Health Management Programs

Molina Healthcare waxay bixisaa barnaamijyo kaa caawinaya adiga iyo qoyskaaga inaad si fiican u fahamtaan xaaladahaaga caafimaad. Waxaa laga yaabaa inaad hesho wicitaan ka imanaya maareeyaha daryeelka (kalkaaliye caafimaad iyo khabiir cunto oo diiwaangashan) kaasoo ku siin kara waxbarasho iyo taageero ku salaysan baahiyahaaga daryeelka caafimaadka. Agabka waxbarashada caafimaadka ayaa sidoo kale lagu soo diri karaa iyadoo lagu saleynayo yoolalka aad dejiseen adiga iyo maamulahaaga daryeelka.

Sideen isku diiwaan geliyaa? Si aad ugu biirto barnaamij, waa inaad buuxisaa shuruudo gaar ah. Xubnaha buuxiya shuruudaha si toos ah ayaa loo diiwaangeliyaa. Molina Healthcare waxay isticmaashaa macluumaadka soo socda si ay u aqoonsato xubnaha barnaamijyada maaraynta caafimaadka:

- Sheegashada
- Farmashiyaha
- Barnaamijyada kale ee maamulka caafimaadka

Waxaad isu gudbin kartaa barnaamij, ama adeeg bixiyahaagu waa uu ku soo gudbin karaa. Adiga ayay ku jirtaa haddii aad rabto inaad ku jirto barnaamij. Waxaad codsan kartaa in lagaa saaro wakhti kasta.

Barnaamijyada, aad ku heli karto lacag la'aan, waxaa ka mid ah:



### Molina My Health - Tobacco Cessation Program

Xubnaha qaangaarka ah, da'doodu tahay 18 ama ka weyn, kuwaas oo diyaar u ah inay isku dayaan oo joojiyaan isticmaalka tubaakada waxay si toos ah ula shaqayn doonaan Baraha Caafimaadka:

- Samee qorshe daryeel joojinta tubaakada ee la gaar yeelay
  - Hel taageero dhammaan habka joojinta
- Ilaha kale ee kaa caawinaya joojinta sigaarka: [Smokefree.gov](https://www.smokefree.gov)



### Molina My Health - Weight Management Program

Xubnaha qaangaarka ah, da'doodu tahay 18 iyo ka weyn, kuwaas oo xiisaynaya inay miisaanka iska dhimaan (marka laga reebo kuwa loo qorsheeyay qalliinka bariatric). Maareeyaha daryeelka ayaa:

- Kaala shaqayn doona si aad u samaysato qorshe lagu maamulo miisaanka
- Hubi in qorshaha daryeelka uu yahay mid gaar ah si loo buuxiyo baahiyahaaga
- Caawinta inaad gaarto yoolalkaaga dhimista miisaanka



### Molina My Health - Nutrition Consultation Program

Molina Healthcare waxay bixisaa Nutrition Consultation Program si ay u taageerto nafaqadaada baahiyaha caafimaad. Khabiirka cuntadda diiwaangashan ayaa si dhow kaagala shaqayn doona:

- Faham walaacyadaada caafimaad
- Samee qorshe daryeel oo shaqsiyeed
- Ku siin qalab iyo qalab si aad si wanaagsan u maareyso xaaladdaada caafimaad



### **Molina My Health – Living Diabetes**

Carruurta iyo dadka waaweyn, da'doodu tahay 2 sano iyo wixii ka weyn, ee qaba cudurka macaanka. Daryeel maareeyaha ayaa kaa caawin doona:

- Fahamka iyo aqoonsiga astaamahaaga
- Baro muhiimadda ay leedahay hubinta sonkorta dhiiggaaga iyo ogaanshaha hemoglobin-kaaga Heerka A1c
- Fahmo qiimaha hawlaha maalinlaha ah
- Raac qorshaha is-maamulka sonkorowga ee uu soo bandhigay dhakhtarkaaga



### **Molina My Health – Living with Heart Failure**

Xubnaha qaangaarka ah, ee da'doodu tahay 18 iyo ka weyn, kuwaas oo laga helay cudurka wadnaha si wacan u shaqayn waaya. Xubnuhu waxay sameyn doonaan wax ka baro maareeyaha daryeelka ee ku saabsan:

- Cunuda cuntada wadne caafimaad qaba
- La socodka miisaankaaga
- Uga warbixinta dhakhtarka isbeddela astaamaha
- Muhiimadda firfircoonida maalinlaha ah iyo qaadashada daawooyinka sida laguu qoray



### **Molina My Health – Living with COPD**

Xubnaha dadka waaweyn, ee da'doodu tahay 18 iyo wixii ka weyn, ee qaba COPD. Xubnuhu waxay wax ka baran doonaan maareeyaha daryeelka:

- Jimicsiga neefsashada
- Qorshaynta iyo hawlaha dardargelinta
- Tallaabooyinka badbaadada oksijiinta
- Muhiimadda qaadashada daawooyinka sida laguu qoray



### **Molina My Health – Living with Hypertension**

Xubnaha qaangaarka ah, ee da'doodu tahay 18 iyo ka weyn, kuwaas oo qaba cudur aqoonshada cadaadiska sare ee dhiiga. Xubnuhu waxay wax ka badan doonaan maareeyahooda kisa oo ku saabsan:

- Cunuda cuntada wadne caafimaad qaba
- La socodka cadaadiska dhiigga
- Muhiimadda dhaqdhaqaaqa maalinlaha ah
- Muhiimadda qaadashada daawooyinka sida lagu faray



### **Molina My Health - Living with Depression**

Xubnaha qaangaarka ah, ee da'doodu tahay 18 ama ka weyn, kuwaas oo midkood laga helay walbahaarka ama laga yaabo inay qabaan calaamadaha walbahaarka. Barnaamijka waxaa loogu talagalay:

- Kor u qaadida aqoonsiga hore ee astaamaha
- Bixinta waxbarashada, hagitaan iyo taageerada
- Barida xirfadaha la qabsiga nolosha
- La wadaag adeegyada la heli karo, fursadaha daaweynta iyo bulshada

## Dheefaha lagu daray Qiimaha (VAB)

Fad'iidooyinka lagu daray qiimaha (VAB) waxaa bixiya Molina Healthcare waxayna ku jiraan Apple-kaaga. Fad'iidooyinka caafimaadka. VAB-yadu waxay ku siin karaan fursado badan oo daryeel iyo fayoobaan ah. VAB-yadu waa ikhtiyaari waana kharash kuma jiraan. VAB-yadu way kala duwan yihiin inta u dhaxaysa qorshayaasha. Si aad u aragto isbarbardhigga VAB-yada laga bixiyo guud ahaan 5-da qorshe ee hoos ku arag [Jaantuska Isbarbardhigga Fad'iidooyinka Dheeraadka ah ee Qorshayaasha Apple Health](#).



### Member Rewards Program\*

Molina Healthcare waxay abaalmarin siisaa xubnaha inay dhammaystiraan hawlaha la xiriira caafimaadka iyo baaritaanka sida tallaallada, daryeelka uurka iyo uurka ka dib, iyo baaritaannada sonkorowga.

Si aad u aragto liiska adeegyada aad adiga iyo qoyskaaguba ka heli kartaan abaalmarinno, booqo [MolinaHealthcare.com/WA-Medicaid-Wellness](https://MolinaHealthcare.com/WA-Medicaid-Wellness). Molina Healthcare waxay kuu sahlaysaa inaad hesho abaalmarinada caafimaadkaaga. Si fudud noo sheeg markaad dhammaystirto hawlahaaga caafimaadka ama baaritaanka, waxaanu xaqiijin doonaa faahfaahinta oo aanu kuu soo bandhigi doonaa abaalmarintaada!

### Sideen ku helaa abaal marintayda?

1. Ku dhammaystir adeegyada u-qalma adiga (ama carruurtaada) waqtigii loogu talagalay.
2. Booqo [MolinaHealthcare.com/WA-Medicaid-Wellness](https://MolinaHealthcare.com/WA-Medicaid-Wellness) si aad u hesho tilmaamo ku saabsan sida loo helo abaalmarintaada!

### Xog Muhiim ah:

- Si aad u hesho abaalmarin, waa inaad haysataa Molina Healthcare of Washington oo ah caymiskaaga koowaad marka adeegga la bixiyo.
- Xubnaha Apple Health waxay heli karaan ilaa \$200 oo abaalmarinno wadar ahaan ah 12-kii biloodba mar.
- Abaalmarin kasta waxaa la heli karaa hal mar sannadkii. Tusaale ahaan, baaritaanka HbA1c ee sonkorowga waxaa la samayn karaa 3-6 bilood kasta, laakiin abaalmarinta \$35 waxaa la bixiyaa hal mar sannadkii.
- Dhammaan adeegyada abaalmarinta ee la sameeyay 2026 waa in loo gudbiyaa Molina Healthcare kahor Janaayo 31, 2027. Soo gudbinta la helo ka dib waqtiga kama dambaysta ah lama farsamayn doono.

### Su'aalaha?

Fadlan wac Adeegyada Xubnaha lambarka 1-800-869-7165 (TTY: 711).

\*Abaalmarinada caafimaadka leh way is beddeli karaan iyada oo aan la ogeysiin. Xayiraado ayaa loo adeegsadaa



### Muraayadaha indhaha oo bilaash ah

Si qurxoon u ekaaw. Si wanaagsan xitaa wax u arag. Xubnaha Molina Healthcare hadda waxay ka heli karaan muraayadaha indhaha ee Zenni Indhaha! Dheeftan waxaa loogu talagalay xubnaha da'doodu tahay 21+. Ka baadh in ka badan 55 qaab onlayn ah, oo ay ku jiraan muraayadaha bifocal iyo horumarka. Isku day si dhab ah. Muraayadaha indhaha lagu sameeyo markaad dalbato oo ka dib loo doo diraa albaabkaaga!

U raac tallaabooyinkan fudud:

- Booqo [Molina.zennioptical.com](https://Molina.zennioptical.com) laga bilaabo kombuyuutar kamarada leh, taleefanka gacanta, ama tableedka

- Xaqiiji xogtaada
- Isticmaal Aalada Zenni's Virtual Try-On
- Geli ama qaad sawirka dawo qoridaada
- Hel fareemada dookhaaga



### **Boys & Girls Club Membership**

Molina Healthcare waxay daboolaysaa khidmadda xubinnimada sanadlaha ah\*\* ee xubnaha Apple Health, da'doodu tahay 6-18, ee ka tirsan Boys & Girls Club Gobolka Washington. Ilmahaagu wuxuu geli karaa:

- Helitaanka naadiyada inta lagu jiro saacadaha furan oo ay ku jiraan dugsiga ka dib (furan ilaa 7: 30 fiidnimo)
- Helitaanka Naadiga Xagaaga
- Barnaamijyada dugsiga ka dib ee bilaashka ah ee xooga saaraya qaab nololeedka caafimaadka qaba, jidh dhisnaanta iyo taageerada shaqada guriga
- Badanka naadiyadu waxay bixiyaan cunto fudud oo bilaash ah
- Naadiyada qaarkood waxay bixin karaa gaadiid raac bilaash ah oo ka yimid dugsiga ilmahaaga ilaa Naadiga
- Iyo wax ka badan!

Booqo Nadigaaga Boys & Girls oo tus kaadhkaaga Aqoonsiga Xubinta Mpina si loogu biiro. Waxaad sidoo kale booqan kartaa [Washingtonclubs.org/locations](https://www.washingtonclubs.org/locations) si aad u hesho naadi kuu dhow!

\*\* Dheefta xubinnimada Naadiga Wiilasha iyo Gabdhaha waxay dabooshaa kharashka xubinnimada sannadlaha ah oo keliya. Naadiyada qaarkood waxay qiimeeyaan qidmada ka qeybqaadashada bil-laha ah, taasoo ah masuuliyada xubinta. Deeqda waxbarasho ee dheeraadka ah waxaa dhici karta in la helo, fadlan waydii Naadigaaga maxaliga ah ee Wiilashada & Gabdhaha.



### **Cuntooyinka Caafimaadka Loogu Talagalay ee laga helo Mom's Meals®**

Molina Healthcare waxay siisaa xubnaha u qalma cunto guriga lagu keeno iyo adeegyo taageero ah oo ka dambeeya bixitaanka isbitaalka inta aad bogsaneyso:

- Ilaa 28 cunto kariye oo la diyaariyey, cunto caafimaad leh ka dib bukaan jiiifka joogitaanka isbitaalka
- Laba cunto maalintii hal toddobaad, ilaa laba toddobaad
- Cunto tayo leh
- Cunto diyaar u ah in la cuno 2-3 daqiiqo gudahood
- Looma baahna diyaargarow!

Wixii macluumaad dheeraad ah, la hadal tababarahaaga Molina Healthcare Transitions of Care ka dib markaad bukaan jiiifto.



### **Smartphone Assistance Program▲**

Xubnaha u qalma waxay heli karaan qorshahan adeegga gaarka ah ee Molina Healthcare, iyada oo aan wax kharash ah kugu kacayn, oo ay ku jiraan:

- Hadal aan xad lahayn
- Qoraal aan xadidnayn
- 4 GB oo xog ah
- Wicitaan Caalami ah<sup>▲▲</sup>

Molina Healthcare waxay iskaashi la samaynaysaa TruConnect barnaamijkan caawinta.

Maanta kooto samayso! Booqo [TruConnect.com/Molina](https://TruConnect.com/Molina) ama wac 1-844-700-0795 (TTY 711).

<sup>▲</sup>Faad'iidadan waxaa loogu talagalay xubnaha u qalma faad'iidooyinka Barnaamijka Isku-xirka Nololaha iyo La Awoodi Karo ee FCC (ACP).

<sup>▲▲</sup>Gaar u ah xubnaha Molina Healthcare. Doorro wadamada ay ku jiraan Meksiko, Kanada, Shiinaha, Koonfurta Kuuriya iyo Fiidnaam.

## Daryeelka degdega ah ee Onlaynka ah

Haddii aadan dareemayn fiicnaan oo aadan awoodin inaad booqato bixiyahaaga daryeelka aasaasiga ah (PCP), Molina Healthcare waxay kuu keentaa daryeel - si badbaado leh oo ammaan ah - iyada oo loo marayo daryeel degdeg ah oo internetka ah iyada oo loo marayo Teladoc iyada oo aan wax kharash ah kugu kacayn.+ Daryeelka degdegga ah ee internetka, waxaad kala hadli kartaa dhakhtar shahaado haysta taleefankaaga, taleefankaaga casriga ah, kiniiniga ama kombiyuutarkaaga 24/7.

Daryeelka degdega ah ee dhabta ahi aad buu ugu fiican yahay:

- Jirooyinka yar sida hargabka, caabuqa sanko, dhuun xanuun, isha casaanka ah iyo xasaasiyad.

Isku diiwaan geli adeega maanta si aad dhammaantiin u diyaarsataan.

- Booqo [member.teladoc.com/molinawa](https://member.teladoc.com/molinawa)
- Wac 1-800-835-2362 (TTY 711)
- Soo deji Teladoc app: [teladoc.com/mobile](https://teladoc.com/mobile)

Adeegyada turjumaadda ayaa diyaar ah. Wixii xaalado degdeg ah, soo wac 911.

+Molina Healthcare waxay adeeggan bilaash ugu bixisaa xubnaha Apple Health ee Gobolka Washington iyada oo loo marayo bixiyeyaasha qandaraaska la galay Teladoc. Qiimaha taleefannada gacanta iyo internetka ayaa laga yaabaa in la dabaqo.

## Adeegyada Onlaynka ah ee Caafimaadka Dhaqanka

Molina Healthcare waxay la shaqaysaa dhowr bixiyeyaasha adeegga telemedicine iyo goobo caafimaad oo ku siin kara taageero marka aad qabto walaacyo caafimaad maskaxeed ama aad u baahan tahay adeegyo daaweyn khalkhalka isticmaalka maandooriyaha. Waxaad macluumaad dheeraad ah oo ku saabsan taageerooyinkan ka heli kartaa bogga internetka ee faad'iidooyinka qiimaha leh ee Molina Healthcare oo hoos yimaada cinwaanka Caafimaadka Dhaqanka & Soo kabashada. Booqo [MolinaHealthcare.com/MemberWA](https://MolinaHealthcare.com/MemberWA). Haddii aad u baahan tahay caawimaad ku saabsan helitaanka agabkan, fadlan wac Adeegyada Xubnaha ee Daryeelka Caafimaadka Molina (800) 869-7165 (TTY: 711).

### **Teladoc (da'doodu tahay 18+)**

Daawaynta khadka tooska ah ee loogu talagalay dhibaatooyinka caafimaadka dhimirka. La hadal daaweeye ama dhakhtar cilminafsiyeed oo shati haysta gurigaaga.

- Hel taageero loogu talagalay walwalka, dhibaatooyinka cunto xumida, niyad-jabka, murugada, dhibaatooyinka qoyska iyo waxyaabo kaloo badan
- Ka dooro bixiye dhakhtarada dhimirka ee shahaado haysta, cilmi-nafsiya ama daaweeyayaasha shatiga haysta
- Dooro daaweeye ku salaysan takhasuska, goobta, luqadda, jinsiga iyo awoodda aad u leedahay inaad daawo qorto

Ballan u qabso boogashadaada onlaynka ah. Ballamaha waxa la heli karaa todobada maalmood ee todobaaka, 7 subaxnimo ku 9 galabnimo waqtiga maxaliga ah. Xubnuhu waxay haysan karaan daaweeyaha isku midka ah ballamaha socda, sidoo kale!

Qabso ballan daawaynta qarsoodiga ah maanta! Booqo [Teladoc.com/MolinaWA](https://www.teladoc.com/MolinaWA) ama ka soo wac (800) 835-2362 (TTY 711). Xaaladaha degdega ah wac 911.

### **Boulder Care (da'da 18+)**

La xiriiir Boulder Care si aad u hesho daaweyn online ah oo ku saabsan dhibaatooyinka isticmaalka maandooriyaha, gaar ahaan dhibaatooyinka isticmaalka khamriga iyo opioid. [Boulder Care/Molina](https://www.boulder-care.com/Molina), (888) 608-0836 (TTY: 711).

### **Bicycle Health (da'da 18+)**

Dhakhaatiirta khibradda leh ee Bicycle Health ayaa bixiya daaweyn ka caawisa daaweynta xanuunka isticmaalka opioid. [BicycleHealth.com/Partners/Molina](https://www.bicyclehealth.com/Partners/Molina), (628) 732-0998 (TTY: 711).

### **Barnaamijka BeMe (da'da 13-19)**

BeMe waa barnaamij caafimaad maskaxeed oo ka caawiya dhalinyarada inay maareeyaan dareenka iyo caqabadaha (tusaale ahaan walbahaarka iskuulka, dhisidda kalsoonida nafta, horumarinta caadooyinka caafimaadka qaba, hagaajinta xiriirka iyo isgaarsiinta, iyo la tacaalidda cagajuglaynta). Barnaamijku wuxuu bixiyaa tababar toos ah iyo taageero xaalad degdeg ah haddii loo baahdo.

Ka raadi abka "BeMe" Apple App Store ama Google Play Store oo soo dejisod, ama iskaan garee koodhkan QR.



## **Isku xidhka Daryeelka**

### **Adeegyada Isku xidhka Daryeelka Dheeraadka ah ayaa laga yaabaa inaan bixino**

#### **Maamulka Daryeelka**

Adeegyada maaraynta daryeelka waxaa bixiya shaqaale caafimaad iyo kuwa aan kiliinikada ahayn oo ay ku jiraan kalkaalayayaal caafimaad, shaqaale bulsho iyo isku xirayaasha bulshada kuwaas oo ka caawiya xubnaha inay maareeyaan cudurrada daba-dheeraada iyo caqabadaha hor istaaga is-daryeelka. Maareeyayaasha daryeelka ayaa ku caawin kara:

- Isku xidhka daryeelka adeeg bixiyeyaashaada
- Kuu gudbinaaya adeegyada loo baahan yahay
- Kugu xidhaaya ilaha bulshada
- Bixinta waxbarashada caafimaadka iyo tababarka
- Caawinta maareynta xaaladahaaga caafimaad
- Bixinta maaraynta daryeelka OB-ga ee khatarta sare leh
- Bixinta Daryeelka Degdegga ah ee Dhallaanka (NICU/Maareynta Daryeelka Carruurta ee Isku-dhafan)

Molina Healthcare waxay rabtaa inay barato xubnaheena oo ay bixiso adeegyada maaraynta daryeelka sida ugu dhakhsaha badan, kuwa u baahan. Xubnaha ku qoran maamulka daryeelka waa inay filayaan inay helaan wicitaan kooxdeena inta lagu jiro 60-ka maalmood ee ugu horreeya diiwaangelinta si ay ku weydiiyaan su'aalaha baaritaanka (oo sidoo kale loo yaqaan Health Assessment). Haddi aan awoodi waydo in aan kugula soo xidhiidho taleefoon, waxa aanu kuugu soo diri doonaa Health Assessment. Waxaad buuxin kartaa oo dib ugu soo diri kartaa baqshadda ku jirta (boostada looma baahna), dib noogu soo wac, ama internetka ka gal [MyMolina.com](http://MyMolina.com) si loo dhamaystiro qiimaynta.

Maareynta daryeelka waxay sidoo kale taageertaa barnaamijyada takhasuska leh ee soo socda:

- Qaliinka caloosha si miisaanka loo dhimo
- Applied Behavioral Analysis (ABA) Daawaynta
- Adeegyada caafimaadka Qofka sinjiga beddelo
- Carruurta qabta Baahiyaha Daryeelka Caafimaadka Gaarka ah
- Unug ku beeriga jidhka
- Urka khatarta sare leh

Maareynta daryeelka waxay bixisaa waxbarasho, agab iyo taageero si ay xubnaha uga caawiso inay si fiican u fahmaan xaaladdooda.

Si aad wax badan u barato, ugu biirto ama uga noqoto mid ka mid ah barnaamijyadan, fadlan wac Adeegyada Xubnaha 1-800-869-7165 (TTY: 711).

### **Adeegyada Maareynta Daryeelka ee Adag**

Maareynta daryeelka adag waa adeeg lagu caawiyo dadka iska diiwaan geliyay baahiyaha daryeelka caafimaad ee adag ama kuwa badan inay helaan daryeel iyo adeegyo. Maamulayaasha daryeelka ayaa kaa caawinaya isku-dubaridka daryeelkaaga, iyadoo yoolalkaaga maskaxda lagu hayo. Wakiilka qorshaha ayaa laga yaabaa inuu soo jeediyo maamulka daryeelka iyadoo lagu saleynayo su'aalaha laga jawaabay baaritaankaaga caafimaad ee ugu horreeya (qiimeynta caafimaadka) marka la isdiiwaangeliyo.

Waxaad weydiisan kartaa adeegyada maaraynta daryeelka naftaada ama xubin qoyskaaga ah wakhti kasta. Bixiyayaasha daryeelka caafimaadka, qorsheeyaasha baxnaanada, daryeelayaasha, iyo barnaamijyada maaraynta caafimaadka ayaa sidoo kale kuu gudbin kara maamulka daryeelka. Waa inaad ogolaataa adeegyada maaraynta daryeelka. Wixii su'aalo ah wac 1-800-869-7165 (TTY 711).

### **U wareegida xabsiga**

Molina Healthcare of Washington waxay leedahay koox u go'an inay u gudbiso oo isku xidhka daryeelka dhammaan xubnaha ku xidhan jeelasha magaalada iyo degmada, xarumaha Waaxda Asluubta iyo xabsiyada iyo xarumaha dib u dejinta carruurta. Marka la ogeysiyo, shaqaalaha maamulka daryeelka waxay isku dubaridi doonaan daryeelka xubnaha, shaqaalaha xabsiga, iyo la-hawlgalayaasha la shaqeeya si loo qorsheeyo dib-u-soo-galista, waxay bixin doonaan taageero kheyraad, waxayna hubin doonaan inay si habsami leh ugu soo laabtaan bulshada.

Isku-duwidda daryeelka kala-guurka waxaa la bixin doonaa 30–90 maalmood ee ugu dambeeya muddada xabsiyeed, iyadoo ku xiran xarunta, iyo sidoo kale 30-ka maalmood ee ugu horreeya ka dib marka la sii daayo xabsiga. Isuduwidda Daryeelka waxaa ku jiri kara laakiin aan ku xaddidnayn:

- Ka caawinta xubnaha gaadiidka ballamaha
- Aasaaska daryeelka adeeg bixiyayaasha caafimaadka iyo/ama caafimaadka dhaqanka
- Bixinta agabka guryaha
- Caawinta shaqada haddii loo baahdo
- Adeegyada kale ee taageerada sida la codsado

Adeegyada isku xidhka daryeelka dheeraadka ah waxaa ka mid ah hubinta in aanay jirin dib u dhac ama gol daloolooyin xaga daryeelka iyadoo la dedejinayo oggolaanshaha adeega iyo daawooyinka hadba loo baahdo.

## **Adeegyada LGBTQIA+ iyo daryeelka xaqiijinta jinsiga**

Molina waxay bixisaa caawimaad isku-dubbarid daryeel oo loogu talagalay in laguula dhaqmo xubnaheena si naxariis iyo ixtiraam leh iyadoo gacan ka geysaneysa ka saarista caqabadaha daryeelka. Waxaan gacan ka geysanaa hubinta in dhammaan xubnaha ay helaan taageero si ay u gaaraan caafimaadkooda ugu wanaagsan, ha ahaato safarkooda jinsiga ama helitaanka adeegyada ku haboon iyo dhaqan ahaan xog ogaal ah.

## **Health Home Program<sup>7</sup>**

Waa maxay Health Home (Guri Caafimaad)?

Health Home meel ma aha. Waa qaybo adeegyada isku xidhka daryeelka. Adeegyadan waxaa ka mid ah:

- Maamulka daryeelka dhammayska tiran
- Isku xidhka daryeelka iyo horumarinta caafimaadka
- Qorshayn kala-guur oo dhammaystiran – hel caawimaad marka lagaa soo saaro isbitaal ama hay'ad kale sida guri daryeelka waayeelka.
- Adeegyada taageerada shakhsiyeed iyo qoyska – wacyigelin iyo baridda qoyska, asxaabta, iyo daryeel-bixiyayaasha si ay kuu taageeraan gaadhista yoolalkaaga caafimaad.
- U gudbinta bulshadda iyo adeegyada taageerooyinka bulshadda
- Taageerada xaaladahaaga raaga iyo caawinta si aad u gaadho hadafyadaada caafimaadka

Yaa u qalma adeegyada Health Home?

Adeegyada Caafimaadka Guriga waa xubnaha Apple Health ee u baahan taageerada maaraynta xaaladahooda raaga oo waxay caawiyaan daryeelka isku duba ridka dhexda adeeg bixiyayaasha iyo adeegyada bulshadda. Masuulada Daryeelka Caafimaadka waxay go'aan ka gaadhaan cida u qalanta adeegyada Health Home.

Haddii aad u qalanto adeegyada Caafimaadka Guriga, waxaad heli doontaa wicitaanka soo dhawaynta iyo warqad faahfaahinaysa barnaamijka iyo adeegyada. Iskuduwaha Daryeelka ayaa diyaar u ah inuu kula kulmo oo uu ku siiyo adeegyada Guriga Caafimaadka shakhsi ahaan.

Sidee ku biirista barnaamijka Health Home u saameynaysaa daboolka daryeelka caafimaad ee aan hadda haysto?

Dheefahaaga Apple Health isma beddelaan, waxaana ku jira xuquuqaha rafcaanka

- Waxaad haysan kartaa adeeg bixiyayaasha aad haysato
- Adeegyada isku-duwidda daryeelka ee Health Home waa faa'iidooyin dheeraad ah oo ikhtiyaar ah oo lagu heli karo adigoo wax kharash ah bixin.

## **Adeegyada Apple Health waa La ceymiyay iyadoon la helin qorshe daryeel ee la maareeyay**

Apple Health waxay dabooshaa qayb adeegyada kale ah oo aan lagu daboolin hoosta qorshaha daryeelka la maareeyo (sidoo kale loo yaqaano sida kharashka adeega). Barnaamijyada kale ee bulshadda ku salaysan waxay daboolaan dheefaha soo socda iyo adeegyada ku qoran hoos xataa marka aad ka diiwaan gashan tahay anaga. Waxaanu isku xidhi doonaa PCP si lagaaga caawiyo helida adeegyadan iyo isku xidhka daryeelkaaga. Waxaad u baahan doontaa kaarkaaga adeegyada ProviderOne adeegyadan.

<sup>7</sup> Barnaamijka Health Home laguma darin ballaarinta Apple Health.

Na soo wac su'aalaha ku saabsan dheefta ama adeega aan halkan ku qornayn. Ka eeg caymiska Apple Health iyada oo aan lahayn buug-yaraha qarshaha daryeelka la maareeyey si aad u hesho liis dhammaystiran oo adeegyada ah: [hca.wa.gov/assets/free-or-low-cost/19-065.pdf](https://hca.wa.gov/assets/free-or-low-cost/19-065.pdf).

| Adeega                                | Macluumaad dheeraad ah                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|---------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Adeegyada joojinta uurka <sup>8</sup> | <p>Apple Health kharashka adeega la daboolo:</p> <ul style="list-style-type: none"> <li>• Ilmo soo rididda daawada, oo sidoo kale loo yaqaan kaniiniga ilmo soo rididda.</li> <li>• Ilmo soo rididda habraaca.</li> </ul> <p>Macaamiisha ku jira ururka daryeelka la maareeyo ee Apple Health (MCO) waxa laga yaabaa inay iskood u gudbiyaan meel ka baxsan MCO-dooda adeegyada ilmo iska soo rididda.</p> <p>Waxaa ku jira daryeelka la socodka ah ee cudur ka sii dar ah oo kasta.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Adeegyada Ambalaaska (Hawo)           | <p>Dhammaan adeegyada gaadiidka ambalaaska hawada ee la siiyo macaamiisha Apple Health, oo ay ku jiraan kuwa ku jira urur daryeel la maamulo (MCO).</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Adeegyada Ambalaaska (Ground)         | <p>Dhammaan adeegyada gaadiidka ambalaaska dhulka, xaaladaha degdegga ah iyo kuwa aan degdegga ahayn, waxaa la siiyaa macaamiisha Apple Health, oo ay ku jiraan kuwa ku qoran managed care organization (MCO).</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Adeegyada dhibta                      | <p>Adeegyada xaaladaha degdegga ah ayaa diyaar u ah inay ku taageeraan adiga ama qof aad taqaan.</p> <p>Wac 911 haddii ay jirto xaalad degdeg ah oo nolosha halis gelinaysa ama 988 haddii ay jirto xaalad degdeg ah oo caafimaadka hab-dhaqanka ah. Eeg <b>bogga 23</b> khadadka xaaladaha degdegga ah ee deegaankaaga laga heli karo.</p> <p>National suicide Prevention Lifeline: Wac ama u dir 988 ama wac 1-800-273-8255, Isticmaalayaasha TTY 1-206-461-3219.</p> <p>Adeegyada degdegga ah ee caafimaadka dhimirka ama khalkhalka isticmaalka maandooriyaha ee degmadu bixiso, fadlan wac Behavioral Health Administrative Services Organization (BH-ASO). BH-ASO waxay taageeraan adeegyada dhinta ee dadka degen Washington iyaddoon loo eegin u qalmida Apple Health. Lambarada taleefanka ee xaaladaha degdegga ah, degmo ahaan, waxaa laga heli karaa <b>bogga 24</b> kor, ama: <a href="https://hca.wa.gov/mental-health-crisis-lines">hca.wa.gov/mental-health-crisis-lines</a>.</p> |

8 Barnaamijka Apple Health Expansion ma daboolo adeegyada la xiriira uurka iyo ka dib uurka, oo ay ku jiraan adeegyada joojinta uurka.

| Adeega                                  | Macluumaad dheeraad ah                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
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| Adeegyada ilkaha                        | <p>Adeegyada la qandaraaso waxaa ka mid ah:</p> <ul style="list-style-type: none"> <li>• Dawo qorida uu qoro dhakhtarka ilkahu.</li> <li>• ABCD Services ay bixiso hay'ad bixiye shahaado ka haysata Mouth Matters.</li> <li>• Adeega caafimaadka/qaliinka uu bixiyo dhakhtarka ilkahu.</li> <li>• Qaliinka Cusbitaalka/Goobta Wareejinta Goobta Xarunta kharashka ku dalacda.</li> </ul> <p>Dhammaan adeegyada ilkaha waxaa daboolaa Apple Health iyaddoon lahayn qorshaha daryeelka la maareeyo.</p> <p>Waa inaad aragtaa adeeg bixiyaha ilkaha kaas aqbalay inuu biilka u diro Apple Health iyaddoon lahayn qorshaha daryeelka la maareeyo adoo isticmaalaya kaadhka adeegyadaada ProviderOne.</p> <p>Wax badan ka ogow:</p> <ul style="list-style-type: none"> <li>• Onlayn bogga <a href="https://hca.wa.gov/dental-services">hca.wa.gov/dental-services</a>, ama</li> <li>• Wac Adeegga Macaamiisha Apple Health lambarka 1-800-562-3022.</li> </ul> <p>Si aad u hesho adeeg bixiye aqbalaa Washington Apple Health onlaynka ah:</p> <ul style="list-style-type: none"> <li>• <a href="https://dentistlink.org">DentistLink.org</a> ama</li> <li>• <a href="https://fortress.wa.gov/hca/p1findaprovider/">https://fortress.wa.gov/hca/p1findaprovider/</a></li> </ul> |
| Adeegyada Dhalashada Doula <sup>9</sup> | <p>Adeegyada doula dhalmada ee daboolaya waxaa ka mid ah taageero shucuureed, jireed, nafsaani-bulsho, iyo taageero macluumaad oo loogu talagalay dadka uurka leh, umusha, uurka kadib, iyo qoysaskooda.</p> <p>Si aad wax badan u barato, booqo <a href="https://hca.wa.gov/billers-providers-partners/program-information-providers/doulas">hca.wa.gov/billers-providers-partners/program-information-providers/doulas</a>.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Muraayadaha indhaha                     | <p>Carruurta da'doodu tahay 20 sano iyo ka yar - muraayadaha indhaha, muraayadaha indhaha, iyo muraayadaha indhaha waxaa daboolaya caymiska Apple Health iyada oo aan lahayn qorshe daryeel la maareeyey.</p> <p>Dadka waaweyn ee da'doodu tahay 21 sano iyo wixii ka weyn - muraayadaha indhaha iyo muraayadaha indhaha laguma daboolo Apple Health, laakiin haddii aad rabto inaad iibsato, waxaad ka dalban kartaa bixiyeyaasha indhaha ee ka qayb qaadanaya qiimo dhimis. Booqo: <a href="https://hca.wa.gov/assets/free-or-low-cost/optical_providers_adult_medicaid.pdf">hca.wa.gov/assets/free-or-low-cost/optical_providers_adult_medicaid.pdf</a>.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |

<sup>9</sup> Ballaarinta Caafimaadka Apple ma daboosho adeegyada la xiriira uurka iyo uurka kadib.

| Adeega                                                                                                                               | Macluumaad dheeraad ah                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|--------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>First Steps Maternity Support Services (MSS), Infant Case Management (ICM), and Childbirth Education (CBE)<sup>10</sup></p>       | <p>MSS waxay siisaa shakhsiyaadka uurka leh iyo ka hor dhalmada ka hortagga caafimaadka iyo adeegyada waxbarashadda gudaha guriga ama xafiiska si looga caawiyo uur caafimaad leh iyo ilmo caafimaad qaba/</p> <p>ICM waxay ka caawisaa qoysaska carruurta da'doodu tahay hal sano iyo ka yar inay bartaan, iyo sida loo isticmaalo, agabka caafimaad, bulsho, waxbarasho, iyo agabka kale ee bulshada si ilmaha iyo qoysku u kobcaan.</p> <p>CBE waxay siisaa haweenka uurka leh iyo qofka ama dadka taageeraya fasallo kooxeed, marka ay bixiyaan macallimiin CBE oo ay oggolaatay HCA. bixiye. Mowduucyada waxaa ka mid ah calaamadaha uurka, nafaqada, naas nuujinta, qorshaha ilma dhalida, waxa laga filayo muddada foosha iyo ummulida, iyo badbaadada ilmaha dhashada.</p> <p>Bixiyeyaasha aaggaaga, booqo <a href="https://hca.wa.gov/health-care-services-supports/apple-health-medicaid-coverage/first-steps-maternity-and-infant-care">hca.wa.gov/health-care-services-supports/apple-health-medicaid-coverage/first-steps-maternity-and-infant-care</a>.</p> |
| <p>Daryeelka Dhimirka ee Bukaankii-jiiifka ee Carruurta (Children's Long-term Inpatient Program (CLIP) da'da 5 ilaa 17 sano jir)</p> | <p>Waa inay bixisaa Waaxda Caafimaadka (DOH) wakaalada la aqoonsan yahay. Nala soo wac si aan kaaga caawino helitaanka adeegyadan.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <p>Long-Term Care Services and Supports (LTSS)</p>                                                                                   | <p>Eeg <b>bogga 48</b> buug-yarahan. Adeegyada iyo taageerooyinka kaa caawinaya haddii aad qabto naafonimo shaqo ama hawlo nolol maalmeedka ah.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <p>Jeermis-ka-saarista, da'da 18-20</p>                                                                                              | <p>Waxaad iskaa u tixraaci kartaa bixiye kasta oo aqbala Apple Health. Bixiyuhu uma baahna inuu qayb ka noqdo shabakadda qorshaha daryeelka la maareeyay.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <p>Adeegyada Transhealth</p>                                                                                                         | <p>Adeegyada waxaa ku jira nidaamyada qaliinka, waxteelda timaada qaliinka ka dib, iyo baabiinta jirada timaha ama ku jirada laysar timaha si loogu diyaariyo qaliinka xubinta taranka. Oggolaanshaha hore ayaa loo baahan yahay. Si aad u hesho oggolaansho hore, wac Adeegga Macaamiisha Apple Health 1-800-562-3022 ama iimayl u dir <a href="mailto:transhealth@hca.wa.gov">transhealth@hca.wa.gov</a>. Wax badan ka baro <a href="https://hca.wa.gov/transhealth">hca.wa.gov/transhealth</a>.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |

<sup>10</sup> Ballaarinta Caafimaadka Apple ma dabooшо adeegyada la xiriira uurka iyo uurka kadib.

| Adeega                                                             | Macluumaad dheeraad ah                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
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| Substance Using Pregnant People (SUPP) <sup>11</sup>               | <p>Barnaamijka SUPP waa barnaamij isbitaal ku salaysan bukaan-jiif oo loogu talagalay shakhsiyaadka uurka leh ee qaba baahi caafimaad iyo taariikhda isticmaalka maandooriyaha. Ujeedada barnaamijku waa in la yareeyo waxyeelada waalidka dhalaya iyo carruurtooda aan weli dhalan iyaddoo lagu siinayo maaraynta dib u gurista iyo degenaanshaha caafimaadka iyo daawaynta gudaha goobta cusbitaalka.</p> <p>Wixii macluumaad dheeraad ah iyo liiska adeeg bixiyeyaasha la ansixiyay, booqo <a href="https://hca.wa.gov/sup-program">hca.wa.gov/sup-program</a>.</p>                                                                                                                                                       |
| Gaadiidka loogu talagalay ballamaha caafimaadka aan degdegga ahayn | <p>Hay'adda Daryeelka Caafimaadka waxay bixisaa kharashka adeegyada gaadiidka ee loo tago iyo laga soo qaado ballamaha daryeelka caafimaadka ee aan degdegga ahayn ee loo baahan yahay ee ay daboolayso Apple Health. Carruurta iyo dhallinyarada da'doodu tahay 20 sano iyo ka yar, waxaa laga yaabaa in laga caawiyo gaadiidka adeeg kasta oo daryeel caafimaad oo lagama maarmaan ah.</p> <p>Dilaalkaaga gobolka ayaa kuu habbayn doona gaadiidka ugu habboon, ugu jaban. Liiska dilaaliinta waxaa laga heli karaa bogga <a href="https://hca.wa.gov/transportation-help">hca.wa.gov/transportation-help</a>. Soo wac gaadiidka adeeg bixiyaha (dila) aagaaga si aad u barato wax ku saabsan adeegyada iyo xadidaaha.</p> |

## Adeegyada iyo taageerada muddada-dheer (LTSS)<sup>12</sup>

Home and Community Living Administration (HCLA) oo hore loogu yiqiin Aging and Long-Term Support Administration (AL TSA) - Home and Community Services (HCS) waxay bixiyaan adeegyo daryeel muddo dheer ah oo loogu talagalay dadka waayeelka ah iyo shakhsiyaadka naafada ah guryahooda, oo ay ku jiraan daryeele guriga dhexdiisa ah, ama goobaha deegaanka ee bulshada. HCS waxay sidoo kale bixisaa adeegyo lagu caawinayo dadka ka gudbaya guryaha waayeelka iyo inay caawiyaan daryeelayaasha qoyska. Adeegyadan ma bixiyon qorshahaaga caafimaadku. Si aad u hesho macluumaad dheeraad ah oo ku saabsan adeegyada daryeelka muddada-dheer, wac xafiiskaaga HCS ee deegaankaaga.

### LTSS

Adeegyada Guryaha iyo Bulshada ee HCLA waa inay ansixiyaan adeegyadan. Wac xafiiska HCS ee deegaankaaga wixii macluumaad dheeraad ah:

**GOBOL 1** – Adams, Asotin, Benton, Chelan, Columbia, Douglas, Ferry, Franklin, Garfield, Grant, Kittitas, Klickitat, Lincoln, Okanogan, Pend Oreille, Spokane, Stevens, Walla Walla, Whitman, Yakima – 1-509-568-3767 or 1-866-323-9409

**GOBOL 2** - Island, King (Lambarrada boostada 98011, 98019, 98028, 98072, 98133, 98177) San Juan, Skagit, Snohomish, iyo Whatcom – 1-800-780-7094;

<sup>11</sup> Ballaarinta Caafimaadka Apple ma daboolayso adeegyada la xiriira uurka iyo uurka kadib.

<sup>12</sup> Adeegyada iyo taageerooyinka muddada-dheer laguma heli karo Apple Health Expansion.

- Haddii aad ku nooshahay King County lambarka boostada ee aan kor ku taxnayn, oo aad xiisaynayso adeegyada guriga ama hoyga, la xiriir qaabilaadda HCS lambarka 1-(206)-341-7750 ama FAX (206) 373-6855
- Haddii aad xiisaynayso adeegyada guriga kalkaalinta, la xiriir qaabilaadda HCA lambarka 1-800-780-7094 ama FAX (425) 977-6579

**GOBOL 3** – Clallam, Clark, Cowlitz, Grays Harbor, Jefferson, Kitsap, Lewis, Mason, Pacific, Pierce, Thurston, Skamania, Wahkiakum – 1-800-786-3799 ama FAX (360) 586-0499

Developmental Disability and Community Services (DDCS) oo hore loogu yiqiin Developmental Disabilities Administration (DDA) waxay ka caawisaa adeegyada iyo taageerada muddada dheer si ay u caawiso carruurta iyo dadka waaweyn ee naafada horumarka qaba iyo qoysaskooda inay helaan adeegyo iyo taageerooyin ku salaysan baahida iyo doorashada bulshadooda. Si aad u hesho macluumaad dheeraad ah oo ku saabsan adeegyada iyo taageerooyinka, booqo [dshs.wa.gov/dda/](https://dshs.wa.gov/dda/) ama wac xafiiskaaga DDCS ee deegaanka ee hoos ku qoran.

## Adeegyada dadka qaba naafanimada koriinka

Developmental Disability and Community Services (DDCS) waa inay ansixiyaan adeegyadan.

Haddii aad u baahan tahay macluumaad ama adeegyo, booqo [dshs.wa.gov/dda/consumers-and-families/eligibility](https://dshs.wa.gov/dda/consumers-and-families/eligibility) ama la xiriir xafiiskaaga maxalliga ah ee DDCS:

**Gobol 1:** Adams, Asotin, Benton, Chelan, Columbia, Douglas, Ferry, Franklin, Garfield, Grant, Kittitas, Klickitat, Lincoln, Okanogan, Pend Oreille, Spokane, Stevens, Walla Walla, Whitman, Yakima 1-800-462-0624 ama iimayl u dir [DDAR1IE@dshs.wa.gov](mailto:DDAR1IE@dshs.wa.gov)

**Gobol 2:** Jasiiradda, Boqorka, San Juan, Skagit, Snohomish, Whatcom 1-800-326-1247 ama iimayl u dir [DDA2IETEAM@dshs.wa.gov](mailto:DDA2IETEAM@dshs.wa.gov)

**Gobol 3:** Clallam, Clark, Cowlitz, Grays Harbor, Jefferson, Kitsap, Lewis, Mason, Pacific, Pierce, Skamania, Thurston, Wahkiakum - 1-800-248-0949 ama iimayl u dir [DDAR3IE@dshs.wa.gov](mailto:DDAR3IE@dshs.wa.gov)

## Barnaamijyada barbaarinta carruurta

Waaxda Carruurta, Dhalinyarada, iyo Qoysaska (DCYF) waxay sidoo kale bixisaa adeegyo iyo barnaamijyo qaar carruurta ka yar shan sano. La xiriir Molina Healthcare lambarka 1-800-869-7165 (TTY: 711) waxaan kaa caawin karnaa inaan kula xiriirno adeegyada hoose, ama aan kaa caawinno inaad aqoonsato adeegyada la xiriira ee laga heli karo bulshadaada.

**Bilow Hore/Bilow Hore** waa barnaamijyo waxbarasho hore oo bilaash ah oo ay maalgeliso dawladda federaalku kuwaas oo u adeega dadka uurka leh iyo carruurta dhalata - da'da shan sano ee ka soo jeeda qoysaska dakhligoodu hooseeyo, si kor loogu qaado u diyaargarowga dugsigiyo iyo nololsho iyadoo la bixinayo adeegyada waxbarashada hore, caafimaadka, nafaqada, iyo taageerada qoyska. U-qalmiitaanka iyo diiwaangelinta barnaamijyada Head Start/Early Head Start waxaa lagu go'aamiyaa dakhliga iyo arrimaha kale ee u-qalmiitaanka. Si aad u hesho macluumaad dheeraad ah, booqo [dcyf.wa.gov/services/earlylearning-childcare/eceap-headstart](https://dcyf.wa.gov/services/earlylearning-childcare/eceap-headstart).

**Early Childhood Education and Assistance Program (ECEAP)** waa barnaamijka waxbarashada hore ee ka hor xanaanada carruurta ee Washington kaas oo u diyaariya carruurta saddex iyo afar jirka ah ee ka soo jeeda qoysaska dakhligoodu hooseeyo inay ku guuleystaan dugsigiyo iyo nolosha. U-qalmitaanka iyo diiwaangelinta ECEAP waxaa go'aamiya dakhliga iyo arrimaha kale ee u-qalmitaanka. Wixii macluumaad dheeraad ah, booqo [dcyf.wa.gov/services/earlylearning-childcare/eceap-headstart](https://dcyf.wa.gov/services/earlylearning-childcare/eceap-headstart).

**Early Childhood Intervention and Prevention Services (ECLIPSE)** Waxay u adeegtaa carruurta saddex iyo afar jirka ah ee ku qoran ECEAP, kuwaas oo halis ugu jira xadgudub iyo dayacaad carruureed, waxaana laga yaabaa inay la kulmaan arrimo caafimaad oo hab-dhaqan ah oo ay ugu wacan tahay soo-gaadhista dhaawacyada adag iyo walbahaarka daran. Adeegyadan waxaa heli kara carruurta yaryar iyo qoysaska la falgala nidaamyada kala duwan. Adeegyada waxaa laga bixiyaa degmooyinka xaddidan ee ku baahsan Gobolka Washington. Wixii macluumaad dheeraad ah, booqo [dcyf.wa.gov/services/earlylearning-childcare/eceap-headstart](https://dcyf.wa.gov/services/earlylearning-childcare/eceap-headstart).

**Home Visiting for Families** waxay bixisaa adeegyo bilaash ah oo diiradda saaraya qoyska waalidiinta uurka leh iyo qoysaska leh carruur cusub iyo carruur yaryar, iyadoo bixisa macluumaad iyo agab dhaqan ahaan ixtiraam leh si loo taageero waalidnimada iyo horumarka ilmaha. Wixii macluumaad dheeraad ah booqo [dcyf.wa.gov/services/child-development-supports/home-visiting](https://dcyf.wa.gov/services/child-development-supports/home-visiting).

**Early Support for Infants and Toddlers (ESIT)** Waxay ku dhisan tahay awoodaha qoyska iyadoo bixinaysa isku-dubarid, taageero, agab, iyo adeegyo si kor loogu qaado horumarka carruurta leh dib-u-dhacyada koritaanka iyo naafada iyada oo loo marayo fursadaha waxbarasho ee maalinlaha ah. Wixii macluumaad dheeraad ah booqo [dcyf.wa.gov/services/child-development-supports/esit](https://dcyf.wa.gov/services/child-development-supports/esit).

## Adeegyada ka baxsan (aan la daboolin)

Adeegyada soo socda laguma daboolo Apple Health, Apple Health Expansion, ama Apple Health iyada oo aan la haysan qorshe daryeel la maareeyey. Haddii aad hesho wax adeegyadan ah, waxaad bixin doontaa biilka. Ka wac Molina Healthcare wixii su'aalo ah ama si aad u aragto haddii ay jirto ikhtiyaarka Dheefta Qiimaha lagu daray ee adeega aan la daboolin. Fiiri hagahayaga Faa'iidooyinka Qiimaha lagu daray si aad u hesho macluumaad dheeraad ah halkan [hca.wa.gov/vab-chart](https://hca.wa.gov/vab-chart).

| Adeega                                                                                                               | Macluumaad dheeraad ah                                                                                                                                           |
|----------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Daawooyinka kale                                                                                                     | Akubanjarka, dhaqamada diinta ku salaysan, ku dawaynta caqiiqada, daawaynta dhirta, ku dawaynta dawayn yar oo dabiici ah, duugida jidhka, ama daawaynta duugida. |
| Daryeelka dawaynta Jidhka ee dadka waa wayn (21 iyo ka wayn)                                                         |                                                                                                                                                                  |
| Qurxinta la doorto ama qaliinka is qurxinta                                                                          | Ay ku jirto qaadista haraga wejiga, ka baabiinta taatuuga, ama ku beerida timaha.                                                                                |
| Cudur aqoonsashada iyo Daawaynta Madhalaysnimada, dareen la'aanta galmada, iyo galmada oo aan si wanaagsan u shaqayn |                                                                                                                                                                  |

|                                                                                                    |                                                                                                                                                                                                               |
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| La talinta guurka iyo daaweynta galmada                                                            |                                                                                                                                                                                                               |
| Qalabka aan caafimaadka ahayn                                                                      | Sida qalabka birta loo dhigo curyaanku inuu ku galo guriga ama habayn kale oo guriga ah.                                                                                                                      |
| Waxyaabaha raaxada qof ahaandeed                                                                   |                                                                                                                                                                                                               |
| Baaritaanka Jdhka ah ee looga baahan yahay shaqada, caymiska, ama ruqsad siinta                    |                                                                                                                                                                                                               |
| Adeegyada aanu oggolaan ogolaadeen sharciga federaalka ama gobolka iyo dhulalkeeda iyo lahaanshaha | Dhulka Mareykanka waxaa ka mid ah: <ul style="list-style-type: none"> <li>• Puerto Rico</li> <li>• Guam</li> <li>• US Virgin Islands</li> <li>• Northern Mariana Islands</li> <li>• American Samoa</li> </ul> |
| Adeegyada lagu bixiyo Dibadda Mareykanka                                                           |                                                                                                                                                                                                               |
| Dhimista miisaanka iyo adeegyada xakamaynta                                                        | Daawooyinka miisaanka dhimaya, alaabta, xubinimada jiimka, ama qalabka ujeedada yaraynta miisaanka.                                                                                                           |

## Helida macluumaadkaaga caafimaadka

Molina Healthcare waxay kugu dhiirigelinaysaa inaad sameysato akoon My Molina ah. My Molina waa boggeena xubnaha ee amniga ah kaas oo kuu oggolaanaya inaad macluumaadkaaga caafimaadka ku aragto khadka tooska ah, adoo isticmaalaya kombuyuutar, taleefanka gacanta ama kiniin. Iyada oo la adeegsanayo My Molina, waxaad:

- Fiiri kaarkaaga aqoonsiga
- Beddel adeeg bixiyahaaga
- Arag qorshahaaga daaweynta
- Cusboonaysii macluumaadkaaga xiriirka
- Ka raadi kheyraadka bulshada
- Codso maareeye daryeel
- Sheego abaalmarin xubin iyo waxyaabo kaloo badan!

Waxaa jira laba siyaabood oo lagu abuuri karo akoon loona heli karo macluumaadka:

1. Tag [MyMolina.com](https://www.mymolina.com) ama
2. Soo dejiso abka moobaylka My Molina

Si aad u soo dejiso abka, aad Apple App Store ama Google Play Store, ama iskaan saar koodka QR ee hoose.



Haddii aad u baahan tahay caawimo, fadlan kala xiriir Molina Healthcare lambarka 1-800-869-7165 (TTY: 711).

## **Haddii aadan ku faraxsanayn adeeg bixiyahaaga, qorshahaaga caafimaad, ama dhinac kasta oo daryeelka ah**

Adiga ama wakiilkaaga haysta oggolaansho waxaad xaq u leedihiin inaad dacwad xaraysaan. Tan waxaa lagu magacaabaa cabasho. Gudbinta cabasho saameyn kuma yeelan doonto xuquuqdaada asturnaanta. Waxaan kaa caawin doonaa inaad xarayso cabasho. Si aad cabasho u gudbiso, naga soo wac 1-800-869-7165 (TTY: 711) ama noogu soo qor halkan:

limayl: [WAMemberServices@MolinaHealthcare.com](mailto:WAMemberServices@MolinaHealthcare.com)

Fakis: 1-877-814-0342

Boostada: Molina Healthcare

Attention: Member Appeals

P.O. Box 4004

Bothell, WA 98041-4004

Cabashooyinka ama tabashooyinku waxay noqon karaan:

- Dhibaataada xafiiska dhakhtarkaaga.
- Ka qaadashada biil dhakhtarkaaga.
- U dirida soo ururinta sababtoo ah biil caafimaad oo aan la bixin.
- Tayada daryeelkaaga ama sida laguula dhaqmay.
- Adeegga ay bixiyaan dhakhaatiirta ama qorshaha caafimaadka.
- Inaad awoodi weydo inaad hesho ama aad hesho daryeelka aad u baahan tahay.
- Dhibaatooyin kasta oo kale oo kaa haysata helitaanka daryeel caafimaad.

Waa inaan kugu ogeysiino taleefoon ama warqad inaan helnay cabashadaada laba maalmood oo shaqo gudahood. Waa inaan wax ka qabannaa walaacyadaada sida ugu dhakhsaha badan ee suurtoogalka ah, laakiin ma qaadan karno wax ka badan 45 maalmood. Waxaad heli kartaa nuqul bilaash ah oo ku saabsan siyaasaddayada cabashada adigoo na soo wacaya ama booqanaya [MolinaHealthcare.com](https://www.molinahealthcare.com) si aad u gasho internetka.

## **Ilaalinta Americans with Disabilities Act / Washington Law Against Discrimination**

Takooridda dadka naafada ah waa sharci darro. Sida ku cad Sharciga Washington Law Against Discrimination ("WLAD"), RCW 49.60.040(7), qeexidda "naafonimada" waxay daboolaysaa khalkhalka isticmaalka maandooriyaha. Sharciyada naafanimada waxay ilaaliyaan

shakhsiyaadka soo kabanaya, oo ay ku jiraan kuwa qaata daawooyin loogu talagalay khalkhalka isticmaalka opioid.

Wixii macluumaad dheeraad ah, booqo hagaha Xeer Ilaaliyaha Guud ee Gobolka Washington **Ogow xuquuqdaada iyo mas'uuliyadahaaga.**

## U doodayaasha Caafimaadka Dhaqanka (oo hore loogu yeeri jiray Ombuds)

U doodaha Caafimaadka Dhaqanka waa qof diyaar u ah inuu bixiyo gargaar bilaash ah oo qarsoodi ah xaga xallinta walaacyada la xidhiidha adeegyada caafimaadka dhaqanka. Waxay kaa caawin karaan xalinta walaacyadaada haddii aad qabto cabashada dhaqanka caafimaadka, rafcaan, ama dhegaysiga xaqa ah. U doodaha Caafimaadka Dhaqanka wuu ka madax banaan yahay qorshahaaga caafimaadka. Waxaa bixiya qof lahaa adeegyada caafimaadka dhaqanka, ama qof xubnaha qoyskiisu ay lahaayeen adeegyada caafimaadka dhaqanka.

Isticmaal lambarada telefoonka hoose si aad ula xiriirto u-doodayaasha caafimaadka dabecadda ee aaggaaga.

Kala xidhiidh dhammaan gobollada lambarka 1-800-366-3103. Ama iimayl u dir Xafiiska U doodista Caafimaadka Dhaqanka ee ku taal [info@obhadvocacy.org](mailto:info@obhadvocacy.org).

| Gobolka                 | Degmooyinka                                                                          | Caafimaadka dhaqanka U doode |
|-------------------------|--------------------------------------------------------------------------------------|------------------------------|
| <b>Great Rivers</b>     | Cowlitz, Grays Harbor, Lewis, Pacific, Wahkiakum                                     | 360-561-2257                 |
| <b>Greater Columbia</b> | Asotin, Benton, Columbia, Franklin, Garfield, Kittitas, Walla Walla, Whitman, Yakima | 509-808-9790                 |
| <b>King</b>             | King                                                                                 | 206-265-1399                 |
| <b>North Central</b>    | Chelan, Douglas, Grant, Okanogan                                                     | 509-389-4485                 |
| <b>North Sound</b>      | Island, San Juan, Skagit, Snohomish, Whatcom                                         | 360-528-1799                 |
| <b>Pierce</b>           | Pierce                                                                               | 253-304-7355                 |
| <b>Salish</b>           | Clallam, Jefferson, Kitsap                                                           | 360-481-6561                 |
| <b>Spokane</b>          | Adams, Ferry, Lincoln, Pend Oreille, Spokane, Stevens                                | 509-655-2839                 |
| <b>Koonfur Galbeed</b>  | Clark, Klickitat, Skamania                                                           | 509-434-4951                 |
| <b>Thurston-Mason</b>   | Mason, Thurston                                                                      | 360-489-7505                 |

## Macluumaad muhiim ah oo ku saabsan diidmooyinka, rafcaannada, iyo dhageysiga maaraynta.

**Diidmo** waa marka qorshahaaga caafimaad aanu ogolaan ama bixinayn adeeg adiga ama dhakhtarkaagu midkiin aad codsateen. Marka aan diidno adeeg, waxaan kuu soo diri doonnaa warqad kuu sheegaysa sababta aan u diidnay adeegga la codsaday. Warqaddan waa ogaysiska go'aankayaha. Waxay ku ogaysiin doontaa xuquuqdaada iyo macluumaadka ku saabsan sida loo codsado rafcaanka.

Waxaad xaq u leedahay inaad weydiisato dib-u-eegista go'aan kasta haddii aad u malaynayso inuusan sax ahayn, in dhammaan macluumaadka caafimaadka aan la tixgelin, ama in go'aanka ay tahay in qof kale dib u eego.

**Rafcaanku** waa markaad na weydiiso inaan dib u eegno kiiskaaga mar labaad maxaa yeelay waad diidan tahay go'aankayaga. Waxaad racfaan ka qaadan kartaa adeegga la diiday 60 maalmood gudahood laga bilaabo taariikhda diidmada. Rafcaan qaadashada adeegyada la diiday khatar kuma noqon doonto xuquuqdaada asturnaanta. Waxaan kaa caawin karnaa inaad buuxiso rafcaan. Bixiyahaaga, U doodaha Caafimaadka Dhaqanka, ama qof kale ayaa rafcaan kuu qaadan kara haddii aad saxiixdo si aad u tiraahdo inaad ogolaatay racfaanka. Waxaad haysataa 10 maalmood oo keliya inaad racfaan ka qaadato haddii aad rabto inaad sii wadato helitaanka adeeg aad helayso inta aan dib u eegayno go'aankeenna. Waxaan kuugu soo jawaabi doonnaa qoraal, annagoo kuu sheegayna inaan helnay codsigaaga racfaanka shan maalmood gudahood. Inta badan kiisaska, waxaan dib u eegi doonnaa oo go'aan ka gaari doonnaa racfaankaaga 14 maalmood gudahood. Waa inaan kuu sheegnaa haddii aan u baahan nahay wakhti dheeraad ah si aan go'aan u gaadho. Go'aan racfaan ah waa in la gaaraa 28 maalmood gudahood.

Waxaad ku codsan kartaa racfaan af ama qoraal. Codsigaaga racfaanka ee qoran u dir:

Molina Healthcare  
Attention: Member Appeals  
P.O. Box 4004  
Bothell, WA 98041-4004  
Fakis: 1-877-814-0342  
limayl: [WAMemberServices@MolinaHealthcare.com](mailto:WAMemberServices@MolinaHealthcare.com)

Waxaan kaa caawin karnaa xeraynta racfaankaaga.

Si aad u codsato rafcaan hadal ahaan, naga soo wac at 1-800-869-7165 (TTY 711).

**FIIRO:** Haddii aad hesho adeeg inta lagu jiro nidaamka racfaanka oo aad lumiso racfaanka, **waxaa laga yaabaa inaad bixiso adeegyada aad heshay.**

**Haddii ay degdeg tahay.** Xaaladaha caafimaadka degdegga ah, adiga ama dhakhtarkaagu waxaad codsan kartaan rafcaan la dedejiyay (degdeg ah) adigoo soo wacaya. Haddii xaaladdaada caafimaad ama caafimaad ee hab-dhaqanka ay u baahato, go'aan ayaa laga gaari doonaa daryeelkaaga saddex maalmood gudahood. Si loo codsado rafcaan la dedejiyay, noo sheeg sababta aad ugu baahan tahay go'aan degdeg ah. Haddii aanu diidno codsigaaga, rafcaankaaga waxaa dib loo eegi doonaa wakhtiyo la midka wakhtigas sare. Waa inaan samayno dedaalo macquul ah si lagu siiyo ogaysiiska dhiirinta hadalka ah haddii aanu diidno codsigaaga rafcaanka la dedejiyay. Waxaad soo xarayn doontaa cabashada haddii aanad jeclayn go'aanka si loo beddelo codsigaaga rafcaanka la dedejiyay ilaa rafcaan caadi ah. Waxaan isku dayi doonnaa inaan ku soo wacno haddii aan diidno codsigaaga rafcaanka la dedejiyay; markaas waxaan sharxi doonnaa sababta, waxaan kaa jawaabi doonnaa su'aal kasta oo aad qabto. Waa inaan boostada kuugu soo dirnaa ogeysiis qoraal ah laba maalmood gudahood ka dib marka go'aanka la gaadho.

Haddii aad khilaafto go'aanka dacwadda, waxaad xaq u leedahay inaad rafcaan kaga qaadato go'aanka dhexdiisa nidaamka dhegaysiga maamul. Inta lagu jiro dhegaysiga maamulka, Garsoore Maamul oo Sharciga ah oo aan annaga noo shaqayn ama HCA u shaqayn ayaa dib u eegi doona kiiskaaga.

Waxaad haysataa 120 maalmood laga bilaabo taariikhda go'aanka racfaanka si aad u codsato dhageysi maamul. Waxaad haysataa 10 maalmood oo keliya si aad u codsato dhegaysi maamul haddii aad rabto inaad sii waddo helitaanka adeegga aad heli jirtay ka hor inta aanan diidin.

Si aad u codsato dhegaysi maamul, waxaad u baahan doontaa inaad u sheegto Xafiiska Dhegaysiga Maamulka in Molina Healthcare ay ku lug leedahay; sababta dhegaysiga; adeegga la diiday; taariikhda diidmada; iyo taariikhda racfaanka la diiday. Sidoo kale, hubso inaad bixiso magacaaga, cinwaanka, iyo lambarka telefoonka.

U soo gudbi codsiga dhageysiga adigoo:

1. Wicitaanka Xafiiska Dhageysiga Maamulka ([oah.wa.gov](http://oah.wa.gov)) lambarka 1-800-583-8271,

Ama

2. Qorista:

Office of Administrative Hearings  
P.O. Box 42489  
Olympia, WA 98504-2489

Waxaad la heli kartaa qareenka ama qof kale ayaa ku metelaya adiga xaga dhegaysiga. Haddii aad u baahan tahay in lagaa caawiyo helitaanka qareen, booqo [nwjustice.org](http://nwjustice.org) ama wac khadka cad ee NW Justice CLEAR lambarka 1-888-201-1014. Codsashada caawimo raadinta qareen khatar gelin mayso xuquuqdaada asturnaanta.

Garsooraha dhegaysiga maamul waxa uu kuu soo diri doonaa ogeysiis sharxaya go'aankiisa. Haddii aad diiddo go'aanka dhegaysiga, waxaad xaq u leedahay inaad rafcaan uga qaadato si toos ah Guddida Rafcaanada HCA ama adigoo codsanaya dib u eegista dacwaddaada ee Ururka Dib-u-eegista Madaxbannaan (IRO):

**Waqtiga xaddidan ee muhiimka ah:** Go'aanka ka soo baxay dhageysiga wuxuu noqonayaa amar kama dambays ah 21 maalmood gudahood laga bilaabo taariikhda boostada haddii aadan qaadin wax tallaabo ah oo aad racfaan uga qaadanayso go'aanka dhageysiga.

Haddii aadan ku raacsanayn go'aanka dhegaysiga, waxaad codsan kartaa dib-u-eegis madaxbannaan. Uma baahnid inaad hesho dib-u-eegis madax-bannaan; waxaad ka boodi kartaa tallaabadan oo aad codsan kartaa dib-u-eegis ka timid Guddida Rafcaanada HCA.

**IRO** waa dib u eegista madax banaan oo uu sameeyay dhakhtar aan anaga noo shaqayn. Si aad u codsato IRO, waa inaad na soo wacdaa oo aad codsataa dib-u-eegis IRO ah 21 maalmood gudahood ka dib markaad hesho warqadda go'aanka dhegaysiga. Waa inaad na siisaa macluumaad kasta oo dheeraad ah shan maalmood gudahood markaad waydiisato IRO. Waanu ku ogeysiin doonnaa go'aanka IRO.

Haddii aad u baahan tahay in lagaa caawiyo buuxinta IRO, fadlan la xiriir Molina Healthcare:

limayl: [WAMemberServices@MolinaHealthcare.com](mailto:WAMemberServices@MolinaHealthcare.com)

Fakis: 1-877-814-0342

Boostada: Molina Healthcare  
Attention: Member Appeals  
P.O. Box 4004  
Bothell, WA 98041-4004

Haddii aadan ku qanacsanayn go'aanka IRO, waxaad codsan kartaa in garsoore ka tirsan Guddiga Rafcaannada ee HCA uu dib-u-eegis ku sameeyo dacwaddaada. Waxaad haysataa 21 maalmood oo keliya si aad u codsato dib-u-eegista ka dib markaad hesho warqadda go'aanka IRO. Go'aanka garsooraha dib u eegista waa kama dambays. Si aad u weydiiso garsooraha dib u eegista inuu dib u eego kiiskaaga:

- Wac 1-844-728-5212,  
Ama

- U qor:  
HCA Board of Appeals  
P.O. Box 42700  
Olympia, WA 98504-2700

## Xuquuqdaada

Sidii qof diiwaan gashan, waxaad xaq u leedahay inaad:

- Gaadho go'aano ku saabsan daryeelkaaga caafimaadka, ay ku jiraan diidista daawaynta. Tan waxaa ka mid ah adeegyada caafimaadka jidhka iyo dhaqanka.
- Ka war hel dhammaan doorashooyinka daawaynta ee jira, iyadoon loo eegin qiimaha.
- Dooro ama beddel PCP gaaga.
- Ka hel rayiga labaad ee ka yimid adeeg bixiye kale oo ku jira qorshahaaga caafimaad.
- Hel adeegyada waqti ku habboon.
- Halaguula dhaqmo si xushmad iyo karaamo leh. Takoorka lama ogola. Qofna si kala duwan ama si aan caddaalad ahayn loolama dhaqmi karo sababtoo ah jinsiyaddiisa, midabkiisa, asalkiisa qaranka, jinsigiisa, doorbidkiisa galmada, da'diisa, diintiisa, caqiidadiisa, naafanimadiisa, ama xaaladdiisa socdaalka.
- Si xor ah uga hadal daryeelkaaga caafimaad iyo walaacyo oo aan lahayn natiijooyin kasta oo xun.
- Hayso macluumaadkaga iyo xil qarinta ilaashan ee ku saabsan in daryeelkaaga qarsoodi loo hayo.
- Waydiiso oo hel koobiyada diiwaanadaada caafimaadka.
- Dalbo oo halaguu saxo diiwaanadaada caafimaadka marka loo baahdo.
- Weydii oo hel macluumaadka ku saabsan:
  - o Daryeelkaaga caafimaad iyo adeegyada la daboolay.
  - o Bixiyahaaga iyo sida loo gudbiyo takhasusleyaasha iyo bixiyeyaasha kale.
  - o Sida aan u bixinno bixiyeyaashaada daryeelkaaga caafimaad.
  - o Dhammaan xulashooyinka daryeelka iyo sababta aad u helayso noocyo daryeel gaar ah.
  - o Sida loo helo caawimo ku saabsan fayl garaynta cabasho ama cabasho ku saabsan daryeelkaaga ama caawimaad ku saabsan codsashada dib u eegis ku saabsan diidmada adeegyada ama rafcaanka.
  - o Qaab-dhismeedkeena urureed oo ay ku jiraan siyaasadaha iyo habraacyada, tilmaamaha dhaqanka, iyo sida loogu taliyo isbeddellada.
- Hel xeerarka qorshaha, dheefaha, adeegyada, iyo xuquuqda iyo waajibaadka xubnaha ugu yaraan sannadkii hal mar.

- Samee tallooyin soo jeedi ku saabsan xuquuqdaada iyo masuuliyadaha sidii xubinta Molina Healthcare.
- Hel liiska lambarrada taleefanka dhibaataada.
- Hel caawinaad buuxinta foomamka dardaranka hore ee maskaxda ama caafimaadka.

## Wajjibaadkaaga

Sidii qof diiwaan gashan, waxaad aqbalaysaa:

- Inaad kala hadasho adeeg bixiyayaashaada waxa ku saabsan caafimaadkaaga iyo baahiyahaaga daryeelka caafimaadka.
- Inaad ka caawiso gaadhida go'aanada ku saabsan daryeelkaaga caafimaadka, ay ku jiraan diidista daawaynta.
- Ogow xaaladdaada caafimaad oo ka qayb qaado yoolalka daaweynta ee la isku raacay intii suurto ah.
- Sii adeeg bixiyayaasha Molina Healthcare si loo dhammaystiro macluumaadka ku saabsan caafimaadkaaga.
- Raac tilmaamaha adeeg bixiyahaaga ee daryeelka aad ogolaatay.
- Ilaali ballamaha oo waqtigooda joog. Haddii aad daahdo ama aad u baahan tahay inaad baajiso ballantaada, waa inaad raacdaa siyaasadaha xafiiska bixiyahaaga si aad uga fogaato cawaaqib xumo, sida ka saarista xarunta.
- Sii adeeg bixiyayaashaada macluumaadka ay ugu baahan yihiin si loo bixiyo lacagaha adeegyada ay adiga kuu fidiyaan.
- Soo qaado kaadhkaaga adeegyada ProviderOne iyo kaadhka aqoonsiga xubinta Molina Healthcare dhammaan ballamahaaga.
- Wax ka baro qorshahaaga caafimaad iyo adeegyada la daboolay.
- Isticmaal adeegyada daryeelka caafimaadka marka aad u baahan tahay.
- U isticmaal adeegyada daryeelka caafimaadka si habboon. Haddii aanad samayn sidaas, waxaad lagaa diiwaan geli karaan Dib u eegida Bukaanka iyo Barnaamijka Isku xidhka. Barnaamijkan, waxaa lagu qoondeeyay hal PCP, hal farmashiye, hal dhakhtar qora dawooyinka maadooyinka la xakameeyo, iyo hal cusbitaal daryeelka aan degdegga ahayn. Waa inaad ku sii jirtaa isla qorshahaas ugu yaraan 12 bilood.
- U sheeg HCA haddii tirada qoyskaaga ama xaaladdaadu isbeddesho, sida uurka, dhalashada, korsashada, cinwaanka isbeddelo, aad u qalanto Medicare ama caymis kale, ama xaaladdaada socdaalka isbeddelo.
- Cusboonaysii caymiskaaga sannad kasta adoo isticmaalaya Washington Healthplanfinder ee ku taal [www.washingtonhealthplanfinder.org/wahealthplanfinder.org](http://www.washingtonhealthplanfinder.org/wahealthplanfinder.org), oo ku soo wargeli isbeddelada akoonkaaga sida dakhliga, xaaladda guurka, uurka ama dhalashada, korsashada, isbeddellada cinwaanka, iyo u-qalmitaanka Medicare ama caymis kale.

## Dardaaranka hore

### Waa maxay dardaaranka hore?

Dardaaranka hore wuxuu ku dhigayaa doorashadaada daryeelka caafimaadka qoraal. Dardaaranka hore wuxuu u sheegayaa dhakhtarkaaga iyo qoyska:

- Nooca daryeelka caafimaad ee aad rabto ama aadan rabin haddii:
  - Miyir beelid ayaad lumisaa.
  - Ma sameyn kartid go'aanno daryeel caafimaad mar dambe.
  - Ma u sheegi kartid dhakhtarkaaga ama qoyskaaga nooca daryeelka aad rabto.
  - Waxaad rabtaa inaad ku deeqdo xubintaada (xubnahaaga) ka dib dhimashadaada.
  - Waxaad rabtaa qof kale inuu go'aan ka gaaro daryeelkaaga caafimaad haddii aadan awoodin.

Haysashada dardaraan hore waxay la macno tahay in kuwa aad jeceshahay ama dhakhtarkaagu ay kuu samayn karaan doorashooyin caafimaad ama kuwo kale oo ku salaysan rabitaankaaga. Fulinta hore ee tilmaamaha hore waxay ku siinaysaa awood aad ku doorato cidda go'aannada kuu sameyneysa iyo inaad qeexo nooca go'aannada lagu sameyn karo. Haysashada amar hore waxay sidoo kale si weyn u yareyneysaa baahida loo qabo in mustaqbalka maxkamaddu ay ku lug yeelato qof kuu sameeya go'aanno, taasoo keeni karta walbahaar aan loo baahnayn iyo culays dhaqaale oo adiga iyo kuwa aad jeceshahayba ku yimaada. Waxaa jira afar nooc oo ah tilmaamaha hore ee Gobolka Washington:

1. Awoodda qareenka ee waarta ee daryeelka caafimaadka. Tani waxay magacawdaa qof kale oo kuu sameeya go'aanno caafimaad iyo daryeel caafimaad haddii aadan awoodin inaad adigu sameysato. Awoodda qareenka waarta ee daryeelka caafimaadka waa la beddeli karaa si loogu daro oggolaanshaha qofka aad magacawdo, si uu u sameeyo go'aanno ku saabsan baahiyahaaga daryeelka muddada-dheer ee socda marka aadan awoodin inaad adigu samayso.
2. Awoodda qareenka ee waarta ee dhaqaalaha. Tani waxay magacawdaa qof kale oo kuu sameeya go'aanno maaliyadeed, ganacsi, iyo qorsheynta hantida haddii aadan awoodin inaad adigu sameysato. Tani waxay u oggolaanaysaa qofka aad magacawday inuu go'aanno ka gaaro si uu kaaga bixiyo daryeelkaaga haddii aadan awoodin inaad adigu go'aanno noocaas ah gaarto.
3. Tilmaamaha daryeelka caafimaadka (dardaaranka nololaha). Qoraalkan qoran wuxuu dadka u sheegayaa inaad rabto daaweyn si loo kordhiyo nololahaada.
4. Codsiga deeqda xubnaha.

Kala hadal dhakhtarkaaga iyo kuwan adiga kuu dhow. Waxaad tirtiri kartaa dardaaranka hore wakhti kasta. Waxaad ka heli kartaa macluumaad badan oo anaga naga yimid, dhakhtarkaaga, ama cusbitaalka oo ku sabasan dardaaranka hore. Waxaad sidoo kale kartaa:

- Weydii inaad aragto xeerarka qorshahaaga caafimaadka ee ku saabsan dardaraanka hore.
- Ku soo xaree cabashada Molina Healthcare ama HCA haddii tilmaantaada aan la raacin.

Foomka Amarka Dhakhtarka ee Daweeynta Joogteynta Noloshu (POLST) waxaa isticmaali kara qof kasta oo qaba xaalad caafimaad oo daran, una baahan in uu go'aanno ka qaato daaweynta joogteynta noloshu. Adeeg bixiyahaaga wuxuu isticmaali karaa foomka POLST si uu u matalo rabitaankaaga si cad iyo amarrada khaaska ah ee caafimaad. Si aad wax badan uga ogaato tilmaamaha hore, nala soo xiriir ama la hadal bixiyahaaga daryeelka caafimaadka.

## Dardaaranka hore ee caafimaadka maskaxda

### Waa maxay dardaaranka hore ee caafimaadka maskaxdu?

Dardaaranka hore ee caafimaadka maskaxdu waa warqad sharciyeed oo qeexaysa waxa aad rabto in uu dhaco haddii dhibaatooyinka caafimaadkaaga maskax uu noqdo mid aad u daran heer aad dad kale caawimo uga baahato. Tani waxay noqon kartaa marka xukunkaagu xumaado iyo / ama aadan awoodin inaad si hufan ula xiriirto.

Waxay u sheegi kartaa dadka kale daaweynta aad rabto ama aadan rabin, waxayna aqoonsan kartaa qof aad siisay awood uu go'aan kaga gaadho magacaaga.

Haddii aad leedahay dardaraan hore daryeel caafimaad oo horudhac ah waa inaad taas la wadaagtaa bixiyahaaga daryeelka caafimaadka maskaxda si ay u ogaadaan waxaad rabto.

### Sideen ku buuxiyaa howsha dardaaranka hore caafimaadka maskaxda?

Waxaad ka heli kartaa nuqul ka mid ah foomka tilmaamaha caafimaadka dhimirka iyo macluumaad dheeraad ah oo ku saabsan sida loo buuxiyo halkan <https://www.hca.wa.gov/free-or-low-cost-health-care/i-need-behavioral-health-support/mental-health-advance-directives>.

Molina Healthcare, adeeg bixiyahaaga daryeelka caafimaadka dabeecadda, ama u-doodahaaga caafimaadka dabeecadda ayaa sidoo kale kaa caawin kara buuxinta foomka. Nala soo xidhiidh si aad u hesho macluumaad dheeraad ah:

## Ka hortagga khiyaamada, khasaaraha, iyo xad gudubka

Marka Khiyaanada, Qashinka iyo Xadgudubku aan wax laga qaban waxay lumisaa doolarka cashuur bixiye. Doolarkan waxaa loo adeegsan karaa daboolida faa'iidooyinka muhiimka ah iyo adeegyada Apple Health iyo adeegyada bulshada dhexdeeda. Marka aad is-diiwaangeliso, waxaad ku jirtaa meel gaar ah si aad u aqoonsato dhaqamada khiyaanada ah ama khasaaraha ah. Haddii aad aragto mid ka mid ah kuwan soo socda, fadlan na ogaysii:

- Haddii qof ku siiyo lacag ama alaab beddelka kaarkaaga adeegyada ProviderOne ama haddii lagu siiyo lacag ama alaab beddelka tagista ballan caafimaad.
- Waxaad heleysaa sharraxaad ku saabsan faa'iidooyinka alaabta ama adeegyada aadan helin.
- Haddii aad taqaan qof si been abuur ah u sheeganaya faa'iidooyinka.
- Dhaqan kasta oo kale oo aad ku baraarugto oo umuqda khiyaano, xadgudub ama qashin.

### Waxaad ka warbixin kartaa khiyaamada ama addoon magacaaga bixin:

- [Khadka Digniinta Daryeelka Caafimaadka Molina](#)

Taleefan Bilaash ah: 1-866-606-3889

Onlayn: [MolinaHealthcare.com.AlertLine.com](https://MolinaHealthcare.com.AlertLine.com)

- [Adeegyada Xubinta Daryeelka Caafimaadka ee Molina](#)

Khadka Taleefanka ee bilaashka ah: 1-800-869-7165 (TTY: 711)

Boostada: Molina Healthcare of Washington  
Attention: Compliance Officer  
P.O. Box 4004  
Bothell, WA 98041-4004

Booqo bogga internetka ee [www.immigrationcanada.com](http://www.immigrationcanada.com) [Mareegta Ka Hortagga Khiyaanada HCA](#) Wixii macluumaad dheeraad ah: [hca.wa.gov/about-hca/other-administrative-activities/fraud-prevention](http://hca.wa.gov/about-hca/other-administrative-activities/fraud-prevention)

## Waxaan ilaalinaa sirtaada

Sharcigu wuxuu na farayaa inaan ilaalino macluumaadkaaga caafimaad, oo ay ku jirto xaaladdaada socdaalka, isla markaana aan ka dhigno kuwo gaar ah. Waxaan u isticmaalnaa oo wadaagnaa macluumaadkaaga si aan u bixino dheefaha u fulino daaweyn, lacag bixin, iyo hawl galada daryeelka caafimaadka. Waxaanu sidoo kale u wadaagnaa oo u isticmaalaan macluumaadkaaga sababo kale sida la oggolaadaaya oo uu sharcigu u baahan yahay.

Protected health information (PHI) waxaa loola jeedaa macluumaadka caafimaadka, sida diiwaannada caafimaadka, oo ay ku jiraan magacaaga, lambarka xubinta, ama aqoonsiyo kale oo ay isticmaalaan ama wadaagaan qorshayaasha caafimaad; kuwaas oo ay ka mid yihiin jinsiyaddaada, qowmiyaddaada, iyo luqaddaada (REL), iyo macluumaadka jihada galmada iyo aqoonsiga jinsiga (SOGI). Qorshayaasha caafimaadka iyo HCA waxay wadaagaan PHI sababahan soo socda:

- Daawaynta — Waxaa ku jira gudbinta u dhaxaysa PCP gaaga iyo adeeg bixiyayaasha daryeelka caafimaadka kale.
- Lacag bixinta — Waxaanu isticmaali karnaa ama wadaagnaa PHI si loo gaadho go'aamada lacag bixinta. Tan waxa ku jiri kara sheegashooyinka, oggolaanshaha daawaynta, iyo go'aannada ku saabsan baahiyaha caafimaadka.
- Hawlgallada daryeelka caafimaadka – Waxa laga yaabaa inaan u isticmaalno macluumaadka sheegashadaada si aan kuu ogeysiino barnaamij caafimaad oo ku caawin kara.

Waxaan u isticmaali karnaa ama wadaagi karnaa PHI-gaaga annaga oo aan ka helin oggolaansho qoraal ah xaaladaha qaarkood:

- Shaacinta macluumaadkaaga PHI ee xubnaha qoyska, qaraabada kale, iyo asxaabtaada soke ayaa la oggol yahay haddii:
  - o Macluumaadku wuxuu si toos ah ula xiriiraa ku lug lahaanshaha qoyska ama saaxiibka ee daryeelkaaga ama lacagtaada daryeelkaas; waxaadna si afka ah u ogolaatay shaacinta ama waxaa la siiyay fursad aad ku diiddo oo aadan diidin.
- Tani waxay oggolaanaysaa HCA ama Molina Healthcare inay isticmaalaan oo wadaagaan PHI-gaaga sababbahan soo socda awgeed:
  - o Marka Xoghayaha Mareykanka ee Department of Health and Human Services (DHHS) uu naga rabo inaan la wadaagno PHI-gaaga.
  - o Caafimaadka Dadweynaha iyo Badbaadada oo ay ku jiri karaan caawinta hay'adaha caafimaadka dadweynaha si looga hortago ama loo xakameeyo cudurrada.

- o Hay'adaha dawladdu waxay u baahan karaan PHI-gaaga si ay u sameeyaan baaritaanno ama hawlo gaar ah, sida hawlaha amniga qaranka.
- o Cilmi-baaris ku saabsan kiisaska qaarkood, marka ay ansixiyaan guddiga dib-u-eegista asturnaanta ama hay'adda.
- o Dacwadaha sharciga, sida ka jawaabista amar maxkamadeed. PHI-gaaga waxa kale oo laga yaabaa in lala wadaago agaasimayaasha aaska ama dembiilayaasha si ay uga caawiyaan inay shaqadooda qabsadaan.
- o Iyadoo la adeegsanayo hay'adaha fulinta sharciga si ay gacan uga geystaan helitaanka qof la tuhunsan yahay, markhaati ah, ama qof maqan. PHI-gaaga sidoo kale waxaa lala wadaagi karaa maamulada kale ee sharciga ah haddii aan aaminsanahay in aad tahay dhibane xadgudub, dayacaad, ama rabshad guri.
- o Inaad u hoggaansanto sharciyada Magdhawga Shaqaalaha.

Oggolaanshahaaga qoran ayaa loo baahan yahay dhammaan sababaha kale ee aan kor lagu xusin dartood. Waxaa laga yaabaa inaad tirtirto oggolaanshaha qoran ee aad na siisay. Si kastaba ha ahaatee, joojintaada laguma dabaqi doono tallaabooyinka la qaaday ka hor inta aan la sameyn kansal-gareynta.

Waxaad xaq u leedahay inaad dib u eegto oo aad hesho nuqul ka mid ah Macluumaadkaaga Caafimaadka ee la ilaaliyo (PHI) ee aan annagu hayno. Tan waxa ku jiri karaa diiwaannada loo isticmaalo samaynta sheegashooyinka daboolidda iyo go'aamada kale ee xubinta Molina Healthcare. Waxaad u baahan doontaa inaad codsigaaga qoraal ahaan u samayso oo aad boostada ugu dirto:

Molina Healthcare  
 Attention: Compliance Officer  
 P.O. Box 4004  
 Bothell, WA 98041-4004

Fadlan ogow in xaaladaha qaarkood, aan diidi karno codsiga. Waa muhiim inaad ogaato inaan haysan nuqullo dhammaystiran oo ku saabsan diiwaannadaada caafimaad. Si aad u hesho nuqullo ama wax ka beddel ku saabsan diiwaannadaada caafimaad, fadlan la xiriir dhakhtarkaaga ama rugtaada caafimaadka.

**Fiiro gaar ah:** Ma hayno nuqullo dhammaystiran oo diiwaankaaga caafimaad ah. Haddii aad rabto inaad eegto, hesho nuqul, ama beddesho diiwaannadaada caafimaad, fadlan la xiriir dhakhtarkaaga ama rugtaada.

Haddii aad rumaysan tahay inaan ku xadgudubnay xuquuqdaada ilaalinta macluumaadkaaga PHI, waxaad samayn kartaa:

- Na soo wac ama noo soo dir emayl oo soo gudbi cabasho. Kaama qaadi doono wax tallaabo oo adiga kugu lid ah inaad cabasho gudbisay awgeed. Daryeelka aad hesho sinaba uma beddeli doono. Sarkaalka Arrimaha Khaaska ah ee HCA waxaa lagala xiriiri karaa taleefanka 1-844-284-2149 iyo iimayl ahaan cinwaanka [privacyofficer@hca.wa.gov](mailto:privacyofficer@hca.wa.gov).
- Dacwad ka gudbi Xafiiska Xuquuqda Madaniga ah ee Mareykanka (DHHS), oo ku yaal: [ocrportal.hhs.gov/ocr/portal/lobby.jsf](https://ocrportal.hhs.gov/ocr/portal/lobby.jsf), ama u qor:

U.S. Department of Health and Human Services  
 200 Independence Ave SW, Room 509F, HHH Building  
 Washington, DC 20201

Ama:

- Wac 1-800-368-1019 (TDD 1-800-537-7697)

**Fiiro gaar ah:** Macluumaadkani waa dulmar keliya. Waxaa nalooga baahan yahay inaan ka dhigno PHI-gaaga mid gaar ah, isla markaana aan ku siino macluumaad qoran sannadkiiba oo ku saabsan hab-raacyada ku dhaqanka sharciga ilaalinta sirta iyo PHI-gaaga. Fadlan tixraac Ogeysiiska Hababka Qarsoonimada wixii faahfaahin dheeraad ah. Waxa kale oo aad nagala soo xiriiri kartaa:

Telefoon: 1-800-869-7165 (TTY: 711)

limaylka: [MHWMemberServicesWeb@MolinaHealthcare.com](mailto:MHWMemberServicesWeb@MolinaHealthcare.com)

Boostada: Molina Healthcare  
Attention: Compliance Officer  
P.O. Box 4004  
Bothell, WA 98041-4004

Ama, booqo boggayaga internetka ee [MolinaHealthcare.com](http://MolinaHealthcare.com).

## Codkaaga ka dhig mid la maqlo

Xubnuhu waxay faallooyin iyo jawaab celin u soo gudbin karaan Molina Healthcare iyagoo wacaya kooxdayada Adeegyada Xubnaha lambarkan: 1-800-869-7165 (TTY 711)

## Family Youth System Partner Round Tables (FYSPRT)

Family Youth System Partner Round Tables (FYSPRT) waxay qaataan aragtida ah in dhalinyarada iyo qoysasku ay door firfircoon ka ciyaari karaan, isla markaana ay tahay inay saameyn ku yeeshaan sida nidaamyada daryeelka caafimaadka dabeecadda ay u adeegaan. FYSPRTs waa goob loogu talagalay qoysaska, dhalinyarada, iyo la-hawlgalayaasha nidaamka (cadaaladda dhalinyarada, waxbarashada, daryeelka carruurta, iwm.) inay isu yimaadaan si ay u wada shaqeeyaan, u dhegeystaan, isla markaana ay codka bulshada ugu daraan go'aan-qaadashada heer degmo, heer gobol, iyo heer sharci-dejin.

Washington waxay leedahay **10 FYSPRTs goboleed** FYSPRT-na gobol kasta wuxuu leeyahay kulamo u furan dadweynaha. Kulamada FYSPRT waa geeddi-socod iskaashi ah. Qoysaska, dhalinyarada, iyo la-hawlgalayaasha nidaamka saddex-geesoodka ah waxay si wada jir ah uga shaqeeyaan iskaashi siman si loo abuuro ajendayaasha shirarka loona wadaago fududeynta shirarka. Waayo-aragnimada nololeed iyo tan nololeed ee qoysaska iyo dhallinyaradu waxay muhiim u tahay aqoonsashada farqiga ama baahiyaha adeegyada ee wargelin kara shaqada FYSPRT ee Gobolka oo dhan iyo kooxaha sharci-dejinta ee gaarka ah ee qayb ka ah **Maamulka Caafimaadka Dhaqanka ee Carruurta, Dhalinyarada iyo Qoyska Qaab-dhismeedka**. Iyada oo qayb ka ah qaab-dhismeedkan, shaqada FYSPRTs ee gobolka waxay leedahay awood ay ku saamayso siyaasadaha iyo barnaamijyada hagaajiya natiijooyinka daryeelka caafimaadka dabeecadda ee dhalinyarada iyo qoysaska Washington.

In kasta oo dhalinyarada iyo qoysasku ay madashan ku muujin karaan walaacyadooda ku saabsan adeegyadooda, FYSPRTs waxaa loogu talagalay inay wax ka qabtaan farqiyada nidaamka iyo caqabadaha soo noqnoqda ee aan ahayn arrimaha daryeelka shakhsiyeed. Si wax looga qabto walaacyada gaarka ah ee la xiriira adeegyada daryeelka caafimaadka dabeecadda ee hadda jira ee dhalinyarada ama qoyska, waxay la hadli karaan bixiyahooda si ay u xalliyaan walaaca. Haddii walaaca aan la xallin, cabasho waa la buuxin karaa iyadoo qayb ka ah wax ka qabashada walaaca daaweynta. Wixii caawimo dheeraad ah oo arrintan ku saabsan, la xiriir Ombuds-ka aaggaaga.

Booqo mareegaha HCA si aad u hesho macluumaad dheeraad ah: <https://www.hca.wa.gov/about-hca/programs-and-initiatives/behavioral-health-and-recovery/family-youth-system-partner-round-table-fysprt>.

## Consumer Notices Workgroup

Kooxda Shaqada ee Ogeysiisyada Macaamiisha ee Washington Apple Health waa iskaashi u dhexeeya HCA, macaamiisha, iyo daneeyayaasha—oo ay ka mid yihiin la-hawlgalayaasha bulshada iyo u-doodayaasha sharciga.

CNW waxay si wada jir ah uga shaqeysaa sidii loo horumarin lahaa dhammaan ogeysiisyada Apple Health iyadoo:

- Qaabaynta ogeysiisyada si loo kordhiyo akhriska.
- Adeegsiga luuqad caadi ah oo la isku hadlo.
- Kordhinta kalsoonida macaamiisha.

Macaamiisha xiisaynaya inay ka qaybqaataan kooxda shaqada ee ogeysiisyada macaamiisha waxay xaq u yeelan karaan kaarka hadiyadda oo ah \$50 rubuc-sannadeed ah! Wixii macluumaad dheeraad ah la xirii [jasmine.sannicolas@hca.wa.gov](mailto:jasmine.sannicolas@hca.wa.gov).

