

## Waxaa ku siinaaya gobalka Oregon

Gobalka Oregon ayaa la shaqaynaaya **HealthCare.gov** si looga caawiyo dadka reer Oregon helitaanka caymis caafimaad.

### Dhib ma ku qabtaa caymiskaaga?

Haddii aad caqabado ku qabto kadib marka aad iska diiwaan gelisay caymis, la xiriir Waaxda Xeerarka Dhaqaalaha ee Oregon.

**Booqo** [bit.ly/DFRcomplaint](https://bit.ly/DFRcomplaint)  
**Wac** 888-877-4894 (wicitaan bilaash ah)  
**Iimeel u dir** [DFR.InsuranceHelp@dcbs.oregon.gov](mailto:DFR.InsuranceHelp@dcbs.oregon.gov)

### Luuqadaha kale ama qaababka?

Wac **855-268-3767** (wicitaan bilaash ah) laga bilaabo 8 a.m. ilaa 5 p.m. Isniinta ilaa Jimcada si aad xogtaan ugu codsato luuqadaha Español, Русский, Tiếng Việt, 汉语, 漢語, far waawayn, ama qaab kale.



## Medicare iyo Marketplace (Suuqa caymiska): Waxa ay tahay inaad ogaato



Fududeynta jaho wareerka la xiriira marka aad u wareegayso Marketplace (Suuqa Caymiska) ama Medicare iyo sida aad talaabada u qaadeyso

**Booqo** [OregonHealthCare.gov](https://OregonHealthCare.gov)

HIM-5156so (03/25)

## Caawimaada bilaashka ah, ee maxaliga ah ee ku aadan Medicare iyo Marketplace (Suuqa Caymiska)

### Su'aalo ma ka qabtaa Medicare?

Oregon SHIBA ayaa ku caawin karta ayadoo:

- ku siinaysa xog ku saabsan Medicare, ayna ku jiraan **noocyada caymisyada caafimaadka iyo daawada lagu qoro** ee aad heli karto.
- Caawimaad ku aadan **racfaannada iyo cabashooyinka la xiriira Medicare**.
- Barista sida **la iskaga difaaco loona soo sheego** khiyaannada iyo xadgudubka ka dhanka ah Medicare.

Booqo [SHIBA.Oregon.gov](https://SHIBA.Oregon.gov) si aad u hesho talo bixin maxali ah oo bilaash ah oo ku aadan Medicare.



[SHIBA.Oregon.gov](https://SHIBA.Oregon.gov)  
800-722-4134 (wicitaan bilaash)

### Su'aalo ma ka qabtaa Marketplace (Suuqa Caymiska)?

Waan kaa caawin karnaa taas.

- Xog ka ogoow nooca caymiska **kuugu haboonaan kara uguna qiimo jaban** ee aad helayso.
- Hubi haddii aad heli karto **caawimaad dhaqaale** si aad ugu dhiibto qarashka caymiskaaga.

Booqo [OregonHealthCare.gov](https://OregonHealthCare.gov) si aad u hesho caawimaad BILAASH ah oo maxali ah aadna ka helayso khabiir.



**OREGON HEALTHCARE.gov**

☎ **855-268-3767**  
(wicitaan bilaash)

# Su'aalaha Inta badan la Isweydiyo

**Su'aal:** Haddii aan haysto Medicare, miyaan u baahan nahay inaan wax sameeyo?

**Jawaab:** Maya. Haddii aad haysato Medicare Qaybta A. (caymiska isbitaalka), waxaad helayso caymis mana ahan inaad caymis ka iibsato Marketplace (Suuqa Caymiska). Si aad xog badan uga ogaato dookhyada Medicare, ka qabso balanta talo bixinta bilaashka ah la taliyaha SHIBA ee Oregon.

**Su'aal:** Miyaan heli karaa caymiska Marketplace (Suuqa Caymiska) oo dheeri ku ah Medicare?

**Jawaab:** Maya. Waa sharci daro in qof og inaad haysato Medicare uu kaa iibiyo caymis caafimaad oo lagu baxsho Marketplace (Suuqa Caymiska) ama shirkad caymis. Arintaan ayaa xataa qusaysa haddii aad haysato keliya Qaybta A ama Qaybta B. Haddii aad dooneyso caymis aad ku kaabto Medicare kaaga rasmiga ah, waxaad ka dooran kartaa caymisyada Medigap. Waxaad sidoo kale ka helayso xog dheeri ah oo ku saabsan dookhyada Medicare, sida qorsheyaasha Medicare Advantage, adoo wacaaya SHIBA (800-722-4134) ama booqanaaya Medicare.gov.

**Su'aal:** Miyaan dooran karaa caymiska Marketplace (Suuqa Caymiska) badelka Medicare?

**Jawaab:** Caadiyan maya. Hase yeeshee, waxaad caymis ka heli kartaa Marketplace (Suuqa Caymiska) haddii aad:

- Bixinayso lacagta joogtada ah ee Qaybta A. Waxaad iska dhaafi kartaa caymiskaaga Qaybta A iyo Qaybta B. La xiriir Maamulka Social Security si aad u hesho xog.
- Aad haysatto muddo kayar shan sano oo dukumiintiga daganaanshaha rasmiga ah ah si aad ugu qalanto Medicare ama Medicaid. Dakhliga qoyskaaga ayaa

go'aaminaaya haddii aad u qalanto caawimaad dhaqaale si aad ugu dhiibto qarashka caymiska aad ka helayso Marketplace (Suuqa Caymiska).

Kahor inta aadan xulasho samayn, waxaa jira labo qodob oo ay tahay inaad ka fiirsato:

1. Haddii aad iska diiwaan geliso Medicare kadib markii ay mudaadii koobaad ee diiwaan gelintu dhammaatay, waxaa lagaa rabi karaa inaad dhiibto qarashka ganaaxa kasoo daahida isdiwaan gelinta marba haddii aad haysato Medicare.
2. Xili ka baxsan mudada diiwaan gelinta hore, waxaad caadiyan iska diiwaan gelin kartaa Medicare keliya inta lagu jiro mudada guud ee diiwaan gelinta Medicare (Janaayo 1 ilaa Maarso 31). Caymiskaaga ayaa bilaabanaaya bisha ka danbaysa diiwaan gelintaada.

**Haddii aad hadda haysato caymiska Marketplace (Suuqa Caymiska) aadna gaarto 65 sano jir:**

- Sadex bilood kahor bisha aad gaarayso 65, waa inaad heshaa xog ku saabsan Medicare.
- Uma qalmi doontid caawimaad dhaqaale oo danbe marka aad u qalanto Qaybta A ee aadan bixinayn lacagta joogtada ah.

**Haddii aad hadda qaadata caymiska Marketplace (Suuqa Caymiska) aadna dhawaan u qalantay Qaybta A ee aadan bixinayn wax qarash joogto ah:**

Hadda kadib uma qalantid caawimaad dhaqaale oo aad ku helayso Marketplace (Suuqa Caymiska), marka waa inaad isla markaba kansashaa caymiskaaga Marketplace (Suuqa Caymiska). Qaybta A ayaa horey kasoo bilaaban karta bisha aad gaartay 65 sano ama bisha aad u qalantay Qaybta A ee aadan bixinayn wax qarash joogto ah. Tan ayaa saamayn kara caawimaada dhaqaale ee aad ku hesho Marketplace (Suuqa Caymiska).

# Hadda Qaad Talaabo

**Su'aal:** Goorma ayaan kansalayaa caymiskayga Marketplace (Suuqa Caymiska)?

**Jawaab:** Waa inaad la xiriirto Marketplace (Suuqa Caymiska) si aad u kansasho caymiskaaga.

- Haddii aad ka diiwaan gashan tahay caymis **aad kula jirto xaaskaaga ama xubnaha kale ee qoyska**, waa inaad wacdaa maalinta koobaad ee Medicare kaagu biloowdo si lagaaga saaro caymiskaas.
- Haddii aad ka diiwaan gashan tahay caymis **keligaa**, waxaad kansali kartaa marka aad doonto inta lagu jiro bisha ka horeysa inta uusan bilaaban caymiskaaga Medicare.

**Su'aal:** Sidee ayaan u kansalayaa caymiskayga Marketplace (Suuqa Caymiska)?

**Jawaab:** Waa inaad "soo sheegtaa isbadel nololeed." Isbadelka aad markaan soo sheegayso waa inaad helayso caymis kale. Waxaad soo gudbin kartaa xogtaan adoo wacaaya HealthCare.gov oo aad ka wacayso 800-318-2596 (wicitaan bilaash ah).

Codsashada isbadelka iyo kansalida caymiska adoo wacaaya ayaa badaanaa ah dookha ugu fiican, laakiin sidoo kale waxaad ka samayn kartaa oonlaynka.

Si aad uga kansasho oonlaynka:

1. Booqo HealthCare.gov. Dooro "cancel a plan (Kansal caymis)" oo ku jirta dookhyada "topics (mawduucyada)" ama ku qor "cancel a plan (kansal caymis)" qaybta baarista.
2. Fiiro gaar ah u yeelo tilmaamaha gaarka ah ee dadka u qalma caymiska Medicare.
3. Tilmaamaha ayaa kuu sheegaaya inaad gasho ciwaankaaga barta HealthCare.gov.

**Su'aal:** Tan waa mid jaho wareer badan. Ma heli karaa caawimaad?

**Jawaab:** Haddii aad dooneyso caawimaad ku aadan caymiska Marketplace (Suuqa Caymiska), waxaad ka helayso caawimaad toos ah oo bilaash ah wakiil maxali ah adoo booqanaaya OregonHealthCare.gov ama gujinaaya Get Help (Hel Caawimaad).

Talo bixin bilaash ah, oo maxali ah oo ku aadan Medicare ayaa ka helayso barnaamijka SHIBA. Waxaad ka helayso xafiiska maxaliga ee SHIBA adoo wacaaya xafiiska SHIBA ama garaacaaya 800-722-4134 (wicitaan bilaash ah) kadibna gelinaaya koodhkaaga Boostada.

## YAYSAN KU GAFIN TAARIKHAHAAN MUHIIMKA AH

### NUFEEMBAR 1 – JANAAYO 15

Diiwaan gelinta furan ee Marketplace (Suuqa Caymiska) markaas oo aad isdiwaan gelin karto, cusbooneysiin karto, ama badeli karto qorsheyaasha.

### OKTOOBAR 15 – DISEEMBAR 7

Mudada diiwaan gelinta sanadlaha ah ee Medicare

### MUDADA DIIWAAN GELINTA HORE

Waxay bilaabataa sadex bilood kahor maalinta aad gaarayso da'da 65aad waxayna dhammaanaysaa sadex bilood kadib marka aad gaarto da'da 65aad.

