

# Noloshu way dhacdaa. Aan ku daboosho.

Nagu xisaabtan si aan kaaga caawino inaad hesho qorshaha ugu wanaagsan baahiyahaaga caafimaad, miisaaniyada iyo goobtaada.



## Oregon Health Plan (OHP)

**OHP** ayay heli karaan carruurta iyo dadka waaweyn ee dakhligoodu hooseeyo iyadoon la eegin xaaladdooda socdaalka.

Caymisku waa bilaash waxaana ku jira caymiska caafimaadka maskaxda, baaritaanka ilkaha ee joogtada ah, iyo baaritaanka caafimaadka jirka.



## OHP Bridge

**OHP Bridge** hadda waxaa heli kara dadka waaweyn ee dakhligoodu ka sarreeyo xaddiga dakhliga OHP. Caymisku waa bilaash wuxuuna la mid yahay kan qorshaha OHP.



## Caymiska caafimaadka ee Marketplace

**Caymiska caafimaadka ee Marketplace** waa la heli karaa - inta badan iyadoo la adeegsanayo kaalmo dhaqaale. Qiimahaagu wuxuu ku xiran yahay dakhligaaga, da'daada, halka aad ku nooshahay, iyo qorshaha aad doorato.

**Kilang mehnia pilahn me ke kak alehdi ni OregonHealthCare.gov.**

Si kasta oo ikhtiyaarka caymiska loo heli karo, waad isku hallayn kartaa caymiska halkaasi aad ka heli karto marka aad u baahato. Dhammaan qorsheyaasha laga heli karo OHP, OHP Bridge, iyo Marketplace:

- Tallaalada
- Baaritaannada fayyo-qabka iyo daryeelka kahortagga ah
- Daryeelka hooyada iyo dhallaanka
- Daryeelka caafimaadka maskaxda iyo daaweynta ku xadgudubka mukhaadaraadka
- Caymiska daawooyinka dhakhtarku qoro (rijeetooyinka)
- Adeegyada caafimaadka taranka

OHP iyo OHP Bridge waa wada bilaash. Kharash wadaag ayaa laga in lagu soo dabaqo qorshayaasha Marketplace.



## Caawimaad maxalli ah oo bilaash ah ayaa la heli karaa.

Ma doonaysaa in lagaa caawiyo bilaabida iyo codsashada caymiska? Ma hubtid miyaa sida loo codsado ama qorshaha adiga kugu habboon?

Caawimada maxalliga ah waxaa laga heli karaa khubarada caymiska caafimaadka ee kuu dhow - oo caawimaada oo dhan waa bilaash!

**Ka raadi khabiiir maxalli ah barta OregonHealthCare.gov.**

**Is diwaangeli  
Noofambar 1, 2025 -  
Jan. 15, 2026 ee 2026  
caymiska goobta suuqa  
- ama 60 maalmood  
gudahooda ee  
isbeddelka nolosha ee  
weyn.**



**OREGON  
HEALTHCARE.GOV**  
855-268-3767 (toll-free)

# Life happens. Let's get you covered.

Count on us to help you find the best plan for your health needs, budget and location.



## Oregon Health Plan (OHP)

**OHP** is available to low income kids and adults regardless of immigration status. Coverage is free and includes mental health, routine dental, and physical health.



## OHP Bridge

**OHP Bridge** is available to adults with income above OHP Plus income limits. Coverage is free and similar to OHP Plus.



## Marketplace Health Coverage

**Marketplace health coverage** is available - often with financial help. Your cost depends on your income, age, where you live, and the plan you choose.

**See what coverage you can get at  
[OregonHealthCare.gov](https://OregonHealthCare.gov).**

No matter what coverage option is available to you, you can count on coverage that will be there when you need it. All plans available through OHP Plus, OHP Bridge, and the Marketplace cover:

- Immunizations
- Wellness check-ups and preventive care
- Maternity and newborn care
- Mental health care and substance abuse treatment
- Prescription drug coverage
- Reproductive health services

All care through OHP Plus and OHP Bridge is free. Cost sharing may apply to Marketplace plans.



**Free local help is available.**

Want help getting started and applying for coverage? Not sure how to apply or what plan is best for you?

Local help is available from health coverage experts near you - and all help is free! **Find a local expert at [OregonHealthCare.gov](https://OregonHealthCare.gov).**

**Enroll Nov. 1, 2025  
– Jan. 15, 2026 for  
2026 Marketplace  
coverage — or within  
60 days of a major  
life change.**

