

Sign up, renew, or change health plans at **HealthCare.gov**

Don't have health insurance? We are here to help.

- Learn about what plan might be **best and most affordable** for you.
- See if you can get **financial help** to pay for your plan.

Did you buy health insurance last year?

Nov. 1 through Jan. 15 is the time to renew or change plans. Review your plan. Compare your options.

- Your **health care needs can change.**
- **Each year, new plans are offered, benefits can change,** and some plans are discontinued.
- Changes in income and family size can affect your **financial assistance.**
- Check to see if you will be automatically **re-enrolled** in your plan. You may need to **resubmit** your information to continue your benefits.

Visit OregonHealthCare.gov to find free local help from an expert.



**OREGON
HEALTHCARE.gov**

☎ 855-268-3767 (toll-free)

Other languages or formats

Call 855-268-3767 (toll-free) between 8 a.m. and 5 p.m. Monday through Friday to request this information in Español, Русский, Tiếng Việt, 汉语, 漢語. You can also request information in large print or other formats.



Guide to health insurance for **survivors of intimate partner violence** in Oregon



Visit **OregonHealthCare.gov** to find free, local help from an expert.

Keep your family healthy. Sign up from **Nov. 1 to Jan. 15**, or within **60 days** of a life event.

440-5173 (8/22)

Visit OregonHealthCare.gov

Keeping your location confidential

The Address Confidentiality Program (ACP) is a free mail forwarding service to help survivors of intimate partner violence, sexual assault, stalking, or human trafficking protect their physical address information. Participants in the program are provided with a substitute address to be used in place of the address where they live. The substitute address will meet the address requirements for most state and local government agencies.

A person may only apply to the Address Confidentiality Program through a victim advocate that has been designated by the attorney general as an application assistant. To apply to the Address Confidentiality Program, contact an application assistant near you. More information can be found at go.usa.gov/xm4ta.

Special application provisions

Typically, Marketplace and Oregon Health Plan applications require information for all members of your tax household, including your spouse. In situations of intimate partner violence, survivors may apply for health insurance without including their spouse. For help to correctly complete your application, find local application assistance by visiting OregonHealthCare.gov.

Q: Can someone help me?

A: Local community organizations and insurance agents across the state can help you find the health insurance plan that is best for you. Their help is free and confidential. Visit OregonHealthCare.gov or call 855-268-3767 (toll-free) to find someone near you.

Q: Can I get help to pay for health insurance?

A: Financial assistance is available on a sliding scale based on your household income. There are two types of financial assistance options available:

- Tax credits: Help to pay your monthly premium to have insurance
- Cost-sharing reduction: Reduces your out-of-pocket costs such as co-payments, co-insurance, and deductibles

The Oregon Health Plan is free health coverage offered by the state of Oregon. It is available to low income Oregonians who meet eligibility criteria.

Q: Can I apply now?

A: Typically, you can apply for insurance only during the open enrollment period; however, certain life-changing events can open a special enrollment period. Some examples of these are:

- Losing minimum essential coverage (such as employer coverage)
- Moving
- Change in household income
- Birth, adoption, or placement of a child in your home

You have 60 days from the date of a qualifying life change to shop for and enroll into a new plan. If you are eligible for the Oregon Health Plan, you may enroll at any time throughout the year.



Sign up, renew, or change plans

HealthCare.gov
800-318-2596 (toll-free)
(TTY: 855-889-4325) 24 hours a day

Get free, local help

OregonHealthCare.gov
855-268-3767 (toll-free)
8 a.m. to 5 p.m. Monday through Friday

- Find a local insurance agent or community organization that can help you for free in your preferred language

OTHER RESOURCES

**OREGON DEPT. OF HUMAN SERVICES
DOMESTIC VIOLENCE SERVICES**
go.usa.gov/xGFpZ

**THE NATIONAL DOMESTIC VIOLENCE
HOTLINE**
www.thehotline.org

IMPORTANT DATES

NOV. 1 - JAN. 15

Annual open enrollment period

WITHIN 60 DAYS OF LIFE CHANGE

Special enrollment period to report changes and shop for or change plans

Isdiwaan geli, cusbooneysi, ama badel qorsheyaasha caafimaadka adoo galaaya **HealthCare.gov**

Ma haysatid miyaa caymis caafimaad?

Diyaar ayaan u nahay inaan ku caawino.

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

Miyaad iibsatay caymis caafimaad sanadkii hore?

Nufeembar 1 ilaa Janaayo 15 ayaa ah waqtiga cusbooneysiinta ama badelida qorsheyaasha. Dib u eegis ku samee caymiskaaga. Isku eeg dookhyadaada.

- Baahiyahaaga **daryeelka caafimaadka ayaa isbadeli kara.**
- **Sanad kasta, qorsheyaal cusub ayaa la bixiyaa, dheefaha ayaa isbadeli kara,** qorsheyaasha qaarna waa la joojiyaa.
- Isbadellada ku dhaca dakhliga iyo tirada qoyska ayaa saamayn kara **caawimaadaada dhaqaalaha.**
- Hubi si aad u aragto haddii si otomaatig ah **dib lagaaga diiwaan gelinaayo** qorshahaaga caymiska. Waxaad u baahan kartaa inaad **markale soo dirto** xogtaada si loosii wado gunnooyinkaaga.

Booqo OregonHealthCare.gov si aad u hesho caawimaad BILAASH ah oo maxali ah aadna ka helayso khabiir.

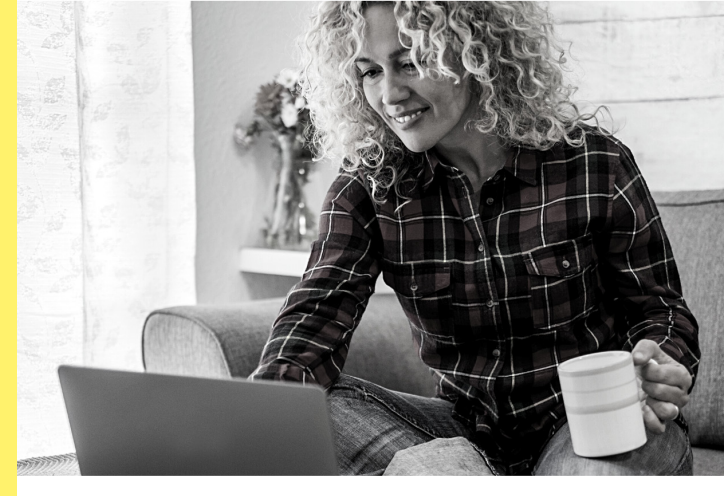


Luuqadaha kale ama qaababka

Wac 855-268-3767 (wicitaanka bilaashka ah) inta u dhaxeysa 8 a.m. iyo 5 p.m. Isniinta ilaa Jimcada si aad ugu codsato luuqadaha Español, Русский, Tiếng Việt, 汉语, 漢語. Waxaad sidoo kale xogta ku codsan kartaa far waawayn ama qaabab kale.



Tilmaan ku aadan caymiska caafimaadka **dhibaneyaasha lamaanaha xiriirka ee rabshada badan** Gobalka Oregon



Booqo **OregonHealthCare.gov** si aad u hesho caawimaad bilaash ah, oo maxali ah oo aad ka helayso khabiir.

Ilaali caafimaadka qoyskaaga. Isqor laga bilaabo **Nufeembar 1 to Janaayo 15**, ama **60 maalmood** gudahood kadib marka dhacdo nololeed kugu dhacdo.

440-5173 (8/22)

Booqo OregonHealthCare.gov

Qarinta goobta aad joogto

Barnaamijka Qarinta Ciwaanka Guriga (ACP) waa adeeg bilaash ah oo dadka boostada u xawila si looga caawiyo dhibaneyaasha lamaanaha xadgudubka badan, kufsiga, daba dhigashada, ama tahriibinta aadanaha inay qariyaan xogta meesha ay joogaan. Ka qaybgaleyaasha barnaamijka ayaa la siinayaa ciwaan badel ah si ay ugu adeegsadaan badelkii ay adeegsan lahaayeen ciwaanka goobta ay ku nool yihiin. Ciwaanka badelka ah ayaa buuxin doona shuruudaha ciwaanka ee inta badan wakaaladaha gobalka iyo kuwa maxaliga ah ee dawlada.

Qofka ayaa keliya ka codsan kara Barnaamijka Ciwaanka Qarsoodiga ah u qareemaha dhibanaha kaasoo uu garyaqaanka guud u magacaabay inuu codsiga ka caawiyo. Si aad u codsato Barnaamijka Ciwaanka Qarsoodiga ah, la xiriir kaaliyaha codsiga ee kuugu dhow. Xog dheeraad ah ayaa laga heli karaa go.usa.gov/xm4ta.

Xeerarka codsiga gaarka ah

Caadiyan, codsiyada Marketplace (Suuqa Caymiska) iyo Caymiska Caafimaadka ee Oregon ayaa u baahan xogta dhammaan xubnaha canshuurta qoyskaaga, ayna ku jirto xaaskaaga. Xaaladaha la xiriira lamaane xadgudub badan, dhibaneyaasha ayaa codsan kara caymiska caafimaadka asagoo uusan qayb ka ahayn xaaskoodu. Si lagaaga caawiyo buuxinta codsigaaga si sax ah, hel caawimaada codsiga oo maxali ah adoo booqanaaya barta OregonHealthCare.gov.

Su'aal: Qof maa i caawin karaa?

Jawaab: Ururada bulshada ee maxaliga ah iyo mukhalasiinta caymiska ee gobalka oo dhan ayaa kaa caawin kara helitaanka qorshaha caymiska caafimaadka oo kuugu haboon. Caawimaadoodu waa bilaash waana qarsoodi. Booq OregonHealthCare.gov ama wac 855-268-3767 (wicitaan bilaash ah) si aad u hesho qof kuu dhow.

Su'aal: Ma heli karaa caawimaad ku aadan bixinta qarashka caymiskayga caafimaadka?

Jawaab: Caawimaada Dhaqaalaha ayaa lagu heli karaa qaab qiimo kala hooseeya leh ayadoo ku saleysan dakhliga qoyskaaga. Waxaa jira labo nooc oo dookhyada caawimaada dhaqaalaha oo la heli karo:

- Canshuur dhaafyada: Caawimaad ku aadan bixinta lacagahaaga joogtada ah ee bilaha ah si aad u hesho caymiska
- Yareynta qaybta kaaga soo aada caymiska: Waxay yareynaysaa qarashaadka aad jeebkaaga ka dhiibayso sida qaybta lacagta caymiska, qoondada caymiska, iyo lacagaha caymisku kaa jarto.

Qorshaha Caymiska Caafimaadka ee Oregon waa caymis caafimaad oo bilaash ah uuna baxsho gobalka Oregon. Waxaa heli kara danyarta reer Oregon ee buuxiya shuruudaha u qalmida.

Su'aal: Hadda ma codsan karaa?

Jawaab: Caadiyan, waxaad codsan kartaa caymiska keliya inta lagu jiro muddada diiwaan gelinta furan; hase yeeshee, dhacdooyinka abuura isbadelka nololaha qaarkood ayaa furi kara mudada diiwaan gelinta gaarka ah. Tusaaleyaasha qaar ee dhacdooyinka ayaa kala ah:

- Luminta caymiska ugu yar ee aasaasiga ah (sida caymiska shirkada aad u shaqeeyso)
- Guurista
- Isbadel ku dhaca dakhliga qoyska
- Dhalashada, la wareegida masuuliyada, ama keenista ilmo cusub gurigaaga

Waxaad haysataa 60 maalmood laga bilaabo taariikhda uu dhaco isbadelka nololaha ee caymiska u qalma si aad u codsato iskagana diiwaan geliso qorshe cusub. Haddii aadan u qalanto Caymiska Caafimaadka ee Oregon, waxaad isdiiwaan gelin kartaa waqti kasta sanadka oo dhan.



Iska diiwaan geli, cusbooneysii, ama badel caymisyada

HealthCare.gov
800-318-2596 (wicitaan lacag la'aan ah)
(TTY: 855-889-4325) 24 saacadood maalintii

Hel caawimaad maxali ah, oo bilaash

OregonHealthCare.gov
855-268-3767 (wicitaan lacag la'aan ah) 8 a.m. ilaa 5 p.m. Isniinta ilaa Jimcada

- Hel dulaalka caymiska oo maxali ah ama urur bulsho oo si bilaash ah kugu caawin kara luuqadaada hooyo.

KHAYRAADKA KALE

ADEEGYADA RABSHADA QOYSKA EE WAAXDA ADEEGYADA AADANAHA EE OREGON

go.usa.gov/xGFpZ

LAYNKA QARAN EE GURMADKA RABSHADA QOYSKA

www.thehotline.org

TAARIIKHAHA MUHIIMKA AH

NUFEEMBAR 1 - JANAAYO. 15

Muddada diiwaan gelinta furan ee sanadlaha ah

60 MAALMOOD GUDAHOOD KADIB MARKA ISBADELKA NOLOLEED UU DHACO

Mudada diiwaan gelinta gaarka ah si aad u soo sheegto isbadellada aadna u iibsato ama u badesho caymisyada