Qaabab iyo luqado kale
Dukumeentigan waxaad ku heli kartaa luqado kale, far waaweyn, farta Braille-ka ama qaab aad doorbidayso, lacag la'aan. Kala xiriir Explore Health explore.health@oha.oregon.gov ama 855-268-3767 (cod). Waxaan aqbalnaa dhammaan wicitaanada gudbinta.

Idamka Midaysan ee Explore Health ee Kaalmaynta

Qaybta 1: Nooca La-hawlgalaha Diiwaangelinta ee La Oggolaaday

☐ **Wakiilka Caymiska**
Wakiilka caymiska ee haysta shatiga waxaa loo oggol yahay inuu kugula taliyo qorshayaasha, bixiyo hagitaan, kana caawiyo macaamiisha codsashada, iska diiwaangelinta, iyo sii wadashada caymiska Explore Health.

☐ **Kaalmeeye/La-Hawlgale Bulsho**
Kaalmeeye shahaado haysta ama urur bulsho oo la-hawlgale ah ayaa loo oggol yahay inuu bixiyo kaalmo dhexdhexaad ah oo ku saabsan codsiga iyo iska diiwaangelinta barnaamijyada Qorshaha Caafimaadka Oregon (OHP), qorshayaasha caafimaadka ee u qalma (QHPs), iyo barnaamijyada kale ee la xiriira awoodda iska bixinta kharashka. Kaalmeeyayaashu kuma talin karaan qorshayaal.

Qaybta 2: Macluumaadka Wakiilka Caymiska (hadday khusayso)

Magaca wakaaladda caymiska: _____

Mulkiilaha wakaaladda: _____

Taleefanka mulkiilaha: _____

Cinwaanka iimeylka mulkiilaha: _____

Magaca wakiilka caymiska ee muhiimka ah ee diyaarinta codsiga: _____

Lambarka Soosaaraha Wakiilka Qaranka (NPN): _____

Taleefanka wakiilka: _____

Cinwaanka iimeylka wakiilka: _____

Qaybta 3: Macluumaadka Kaalmeeyaha/La-Hawlgalaha Bulshada (hadday khusayso)

Magaca ururka la-hawlgalaha bulshada: _____

Magaca kaalmeeyaha codsiga: _____

Aqoonsiga kaalmeeyaha Maamulka Caafimaadka Oregon (OHA): _____

Cinwaanka iimeylka kaalmeeyaha: _____

Taleefanka kaalmeeyaha: _____

Qaybta 4: Macluumaadka Codsadaha

Codsadaha koowaad iyo magaciisa (*hore, dhexe, dambe*): _____

Taariikhda dhalashada codsadaha koowaad: _____

Taleefanka codsadaha koowaad: _____

Cinwaanka iimeylka codsadaha koowaad: _____

Magacyada iyo taariikhaha dhalashada dadka waawayn ee codsiga: _____

Tirada xubnaha qoyska ee 19 jir iyo ka wayn ah: _____

Qaybta 5: Baaxadda Idamka

Waxaan oggolaansho siinayaa La-Hawlgalaha Diiwaangelinta ee kor ku xusan inuu noo noqdo La-Hawlgalaha Diiwaangelinta aniga iyo dhammaan xubnaha qoyskayga, haddii ay khusayso, si uu nooga caawiyo codsashada iyo iska diiwaangelinta cayminta lagu bixiyo Explore Health, oo ah suuqa caymiska caafimaadka ee Oregon. Markaan oggolaado heshiiskan, waxaan u fasaxayaa La-Hawlgalaha Diiwaangelinta ee kor lagu xusay inuu arko oo isticmaalo macluumaadka qarsoon ee aan ku bixiyay qoraal ahaan, si elektaroonig ah, fool ka fool, ama taleefan ahaan, ujeeddooyinka mid ama in ka badan oo ka mid ah kuwan soo socda oo keliya:

- Raadinta codsi Explore Health oo jira;
- Dhammaystirka codsiga u qalmidda iyo iska diiwaangelinta qorshe caafimaad ama ilko oo u qalma Explore Health, ama barnaamijyada kale ee dawladda ee ka caawiya awoodidda kharashka caymiska, sida Qorshaha Caafimaadka Oregon (Medicaid/Barnaamijka Caymiska Caafimaadka Carruurta (CHIP)/Barnaamijka Caafimaadka Aasaasiga ah), kabka lacagta caymiska ama dhimista kharash-wadaagga si looga caawiyo bixinta kharashyada caymiska caafimaadka;
- Bixinta joogtayn akoon iyo kaalmo diiwaangelin oo joogto ah, kolba sidii loolgu baahdo; ama
- Ka jawaabista su'aalaha ay qabaan Explore Health ee la xiriira codsigayga ama diiwaangelintayga Explore Health.

Kaalmada OHP (Kaalmeeyayaasha kaliya)

Waxaan idam u siinayaa Maamulka Caafimaadka Oregon (OHA), Waaxda Oregon ee Adeegyada Aadanaha (ODHS), iyo Explore Health inay macluumaadka soo socda la wadaagaan ururka la-hawlgalaha bulshada iyo kaalmeeyahayga:

- Codsigayga
- Faahfaahinta diiwaangelinta
- Maqaamka diiwaangelinta
- Dheefaha qorshaha

- Macluumaadka caafimaadka ilaashan (PHI)

Waxaan fahamsanahay in La-hawlgalahayga Diiwaangelinta uusan i weydiin karin maqaamkayga muhaajirnimo ama maqaamka muhaajirnimo ee xubnaha qoyskayga ama uusan cid kale la wadaagi karin wax macluumaad ah oo ku saabsan codsigayga, haddii aanan anigu idam u siinin.

Waan fahamsanahay kaalmeeyayaasha/la-hawlgalayaasha bulshadu inay dhici karto inaysan kugula talin urur daryeel la isku-duway (CCO) ama wixii ah qorshe caymis caafimaad.

Waxaan fahamsanahay in ururadan ay waajib ku tahay inay ilaaliyaan macluumaadkayga, isla markaana aysan la wadaagi karin macluumaadka ku saabsan caafimaadka dhimirka, HIV/AIDS, daaweynta mukhaadaraadka ama khamriga, ama baaritaannada hidde-sideyaasha iyada oo aan la helin idam dheeraad ah.

Qaybta 6: Asturnaanta iyo Ammaanka

Waan fahamsanahay in La-Hawlgalaha Diiwaangelinta ay waajib tahay in:

- Uu u isticmaalo macluumaadkayga shakhsiga lagu aqoonsan karo (PII) ama macluumaadka caafimaadka shakhsiyeed (PHI) **kaliya** ujeedooyinka kaalmada ee idman;
- Uu ka ilaaliyo macluumaadkayga helitaanka, isticmaalka, ama shaacinta aan idamka haysan;
- Uu ururiyo, isticmaalo, oo shaaciyo kaliya macluumaadka daruuriga ah ee ugu yar;
- Uu joogteeyo kaydin iyo gudbin ammaan ah macluumaadkayga;
- Uu raaco dhammaan xeerarka asturnaanta ee ay farayaan Explore Health, OHA, iyo ODHS.

Waan fahamsanahay inaysan ahayn inaan la wadaago macluumaad shakhsiyeed oo dheeraad ah La-Hawlgalahayga Diiwaangelinta kaasi oo dhaafsan waxa loogu baahan yahay dhammaystirka codsigayga.

Qaybta 7: Mas’uuliyadaha Saaran Codsadaha

Waan fahamsanahay in:

- Ay waajib igu tahay inaan ku bixiyo macluumaad run ah oo sax ah codsigayga.
- Ay waajib igu tahay inaan ka jawaabo ogaysiisyada macluumaadka maqan ama qaldan marka la i soo waydiisto.
- Laga yaabo inaan helo caawimo ama gudbin la ii gudbiyo kaalmo ku aaddan luuqad aan ku hadlo ama doorbido.

Qaybta 8: Ka Laabasada ama Soo Afjaridda

Burinta idamku ma khuseeyo macluumaadka horey loo wadaagay. Idamkaygu wuxuu sii ahaanayaa mid ansax ah ilaa aan OHA/ODHS iyo Explore Health ogaysiiyo inaanan mar dambe doonayn inaan la shaqeeyo La-Hawlgalahayga Diiwaangelinta , ama ilaa aan caawimaad ka codsado La-Hawlgale Diiwaangelin oo kale.

Haddii La-Hawlgalahayga Diiwaangelintu yahay Wakiil Caymis:

Waxa dhici karta inaan ka laabto ama wax ka beddelo oggolaashahayga markii aan rabo anigoo la xiriiraya wakiilka, wakaaladda, ama mulkiilaha wakaaladda ee sare ku xusan. Waxa sidoo kale dhici karta inaan galo Daashboorkayga Codsadaha oo ka laabto oggolaanshaha ama la xiriiro Explore Health anigoo wacaya 855-268-3767 (wicitaanada gudbinta waa la oggol yahay) Isniin ilaa Jimce 8 g.h. ilaa 5 g.d. PST.

Haddii La-Hawlgalahayga Diiwaangelintu yahay Kaalmeeye/La-Hawlgale Bulsho:

Waxa dhici karta inaan ka laabto idamkayga anigoo galaya Daashboorkayga Codsadaha oo ka laabto oggolaanshaha ama la xiriiraya Explore Health anigoo wacaya 855-268-3767 (wicitaanada gudbinta waa la oggol yahay) Isniin ilaa Jimce 8 g.h. ilaa 5 g.d. PST. Sidoo kale waxa waajib ah inaan ku wargeliyo OHA/ODHS haddii aan rabo inaan ka laabto oggolaashahayga kaalmeeyahayga/la-hawlahayga bulshada anigoo wacaya 800-699-9075 (wicitaanada gudbinta waa la oggol yahay) ama anigoo iimeyl u diraya Oregon.Benefits@odhsoha.oregon.gov.

Qaybta 9: Saxiixa

Saxiixa Codsadaha Muhiimka ah: _____

Taariikhda Saxiixa (bb/mm/ssss): _____

Explore Health: Oregon's Health Insurance Marketplace
PO Box 191
Salem, OR 97308
855 268 3767 (Wicitaanada gudbinta waa la oggol yahay)
ExploreHealthOR.gov