




Dhamaan caymisyada waxaa bixiya oo ku qoran Kaiser Foundation Health Plan of Washington



Dhukumentiga Dheefaha iyo Daboolida Kooban (SBC) waxa uu kaa caawin doonaa doorashada qorshaha caafimaadka. SBC waxay ku tusaysaa sida adiga iyo e qorshaha aad kuwadaagaysaan kharasha adeegyada daryeelka caafimaadka la daboolo. FIIRO: Macluumaadka ku saabsan kharashka qorshahan (loogu yeedho kharashka caymiska) waxa loo bixin doonaa si gooni ah. Tani waa in kooban oo keliya. Wixii macluumaad dheeraad ah ee ku saabsan caymiska, ama si aad u hesho nuqul ka mid ah shuruudaha caymiska oo dhamaaystiran eeg <https://kp.org/plandocuments> ama la hadal 1-800-290-8900 (TTY: 711). Wixii macluumaad guud ah ee weedhaha guud, sida qadarka la oggol yahay, dalicida, baaqiga kharashka, caymis wadaaga ah, kharashka la wadaago, lacagaha la jaro, daryeel bixiyaha, ama kale weedhaha kale ah ka eeg Qaamuuska Erayada. Waxa aad ka eegi kartaa Kaydka www.healthcare.gov/sbc-glossary/ ama la hadal 1-800-290-8900 (TTY: 711) si aad u dalbato nuqul.

| Su'aalaha Muhiimka ah | Jawaabaha | Sababtee midan Muhiim u tahay: |
|---|--|---|
| Waa maxay lacagta guud ee la jaraayo? | \$1,900 Shakhsiga / \$3,800 Goyska | Guud ahaan, waa inaad bixisaa dhamaan kharashaadka bixiyayaasha ilaa xadiga ka jarista kahor inta aanu qorshahan bilaabmin inuu bixiyo. Haddii xubno kale oo goyska ahi ay ku jiraan qorshahan, xubin kastaa waa inay buuxisaa shuruudaha ka jarista lacagta ee shakhsi ahaaneed ilaa inta wadarta xadiga kharashka laga jarayo ay ada bixiyaan dhamaan xubnaha goysku oo ay buuxiyaan ka jarista goyska ee guud. |
| Ma jiraan adeeyo la daboolo ka hor inta aanad buuxin jarjaridaada? | Haa. Daryeelka kahortaga iyo adeegyada lagu sheegey shaxda waxay ka bilaabmaysaa boga 2. | Qorshahan waxa uu daboolaa sheeyada iyo adeegyada xataa haddii aanad weli buuxin qadarka jarjarida. Laakiin kharashka la wada bixiyo ama caymiska wadaaga ah ayaa la adeegsan karaa. Tusaale ahaan: Qorshahan waxa uu daboolaa dhowr adeegyada ka hortagga ah iyadoon lahayn wadaaguda kharashka iyo ka hor inta aanad buuxin jarjarida. Ka eeg liiska la daboolo ee adeegyada ka hortagga ah bogga https://www.healthcare.gov/coverage/preventive-care-benefits/ . |
| Ma jiraan jarjarida adeegyada gaarka ah? | Maya. | Khasab maaha inaad buuxiso ka jarista lacagta adeegyada qaar. |
| Waa maxay xadka jeebka ka baxsan ee qorshahan? | \$8,800 Shakhsiga / \$17,600 Goyska | Xadka ka baxsan jeebka waa inta ugu badan ee aad ku bixin karto sanad wixii ah adeegyada daboolida caymiska. Haddii xubna kale oo goyska ahi ay kuugu jiraan qorshaha, waa inay buuxiyaan xadadkooda jeebka ka baxsan olaa guud ahaan xadka goyska ee jeebka ka baxsan la buuxiyo. |
| Maxaan lagu darin xadka jeebka ka baxsan? | Kharashka caymiska, baaqiga kharashka iyo daryeelka caafimaadka ee caymiskan lama bixiyo, sida ka muuqata shaxda bilawga boga 2 aad. | Xataa in kastoo aad bixiso kharashyadaan, looma tiriyo dhanka xadka jeebka ka baxsan. |
| Ma bixin doontaa wax ka yar haddii aad isticmaasho shabakada adeeg bixiyaha? | Haa, arag www.kp.org ama la hadal 1-800-290-8900 (TTY: 711) wiixii ah liiska shabakada adeeg bixiyayaasha. | Caymiskaan waxa uu isticmaalaa bixiyaasha ku jira dalada. Waxa aad bixin doontaa wax ka yar haddii aad isticmaasho daryeel bixiye ku jira shabakada caymiska. Waxa aad bixin doontaa inta ugu badan haddii aad isticmaasho daryeel bixiye shabakada aan ku jirin, oo waxaa lagu soo dalici karaa kharashka adeeg bixiyaha inta soo hadha kharashka bixiyaha iyo waxa uu caymiskaagu bixinayo (baaqiga kharashka). Ogsoonow, adeeg bixiyaha ku jira shabakada waxa uu isticmaali karaa adeeg bixiye ka baxsan lada adeegyada qaar (sida shaybaadh in la sameeyo). Ka hubi adeeg bixiyahaaga ka hor intaadan adeegyada helin. |
| Ma u baahan tahay gudbin si aad u aragto dhakhtar takhasus leh? | Haa, laakiin waxaad naftaada u gudbin kartaa dhowr dakhtarada takhasuska leh. | Qorshahan waxa uu bixin doonaa qayb ama dhammaan kharashyada si loo arko dhakhtar takhasus leh ee adeegyada la daboolay laakiin haddii aad haysato gudbin ka hor inta aanad arag dhakhtar takhasus leh. |

 Dhammaan kharashka la wada bixiyo iyo caymiska wadaaga ah kharashyada ka muuqda jaantuusku waa ka dib jarjaridaada marka la buuxiyay, haddii lacagaha laga jaro ku habboon tahay.

| Dhacdada Guud ee Caafimaadka | Adeegyada Aad u Baahan doonto | Waxa Aad Bixin Doonto Adeeg bixiyaha Qorshaha (Waxaad bixin doontaa inta ugu yar) | Waxa Aad Bixin Doonto Adeeg bixiyaha aan Qorshaha Ku jirin (Waxaad bixin doontaa inta badan) | Xadadka, Filashooyinka iyo Macluumaadka Kale ee Muhiimka ah |
|---|--|--|--|--|
| Haddii aad booqato xafiiska bixiye daryeelka caafimaad ama xarun caafimaad | Booqashada daryeelka koowaad ee lagu daawaynayo dhaawaca ama jirada | \$15 / booqashadii; <u>ka jaris</u> ma jirto | Lama daboolo | Midna |
| | <u>Booqashada Dhakhtarka</u> takhasusuka | \$40 / booqashadii; <u>ka jaris</u> ma jirto | Lama daboolo | Midna |
| | <u>Daryeelka ka hortagga ah/ baadhitaanka/ tallaalka</u> | Wax kharash ahi ma jiro; <u>ka jaris</u> ma jirto | Lama daboolo | Waxaad bixinaysaa adeegyada aan ahayn <u>jarjarida</u> . Waydii adeeg <u>bixiyahaaga</u> hadii adeegyada loo baahan yahay ay yihiin <u>kahortag</u> . Ka dib eeg <u>qorshahaagu</u> inuu bixin doono. |
| Haddii aad qaadanyso baadhitaan | <u>Baadhitaanka cudur aqoonsashada</u> (raajo, baadhitaanka dhiig) | Raajada: \$30 / booqashada; <u>lacagta la jaraayo</u> kuma habboona raajada & sawirka baadhida. Shaybaadhka: \$30 / booqashada; <u>lacagta la jaraayo</u> kuma habboona shaybaadhka & adeegyada xirfad yaqaanka. | Lama daboolo | Midna |
| | Sawirka (CT/PET iskaanada, MRI) | \$300 / booqashada | Lama daboolo | <u>Oggolaanshe hore</u> ayaa loo baahanyahay. |
| Haddii aad u baahan tahay daawooyinka si loo daaweeyo jirada ama xaalada Wixii macluumaad dheeraad ah ee ku saabsan <u>caymiska daawada la qoro</u> waxaa laga heleyaa kp.org/wa/7formulary2026 | Daawada aan wadan astaanta ee la doorbido | \$10 / <u>daawada la qoro</u> ; <u>ka jaristaanka ma khusayso</u> | Lama daboolo | Ilaa saad 30 maalmood ah (tafaariiq); ilaa saad 90 maamood ah (dalabka boosta). Ma jiro kharash, <u>jarjaris</u> kuma habboona dawada ka hortagga uurka. La marinayaa tilmaamaha <u>liiska</u> dawada. |
| | Summada dawooyinka la doorbidayo | \$75 / <u>daawada dhakhtarka qoray</u> ; <u>lacagaha laga jaro</u> ma khusayso | Lama daboolo | Ilaa saad 30 maalmood ah (tafaariiq); ilaa saad 90 maamood ah (dalabka boosta). Waa inay waafaqsaa <u>faahfaahinta liiska dawadahagitaanada</u> . |
| | Dawada leh astaanta/aan alahyn astaanta shirkadeed ee Aan La Doorbidin | \$200 / <u>dawada la qoro</u> | Lama daboolo | Ilaa saad 30 maalmood ah (tafaariiq); ilaa saad 90 maamood ah (dalabka boosta). Waa inay waafaqsaa <u>faahfaahinta liiska dawadahagitaanada</u> . |
| | <u>Daawooyinka takhasuslaha qoro</u> | \$200 / <u>dawada la qoro</u> | Lama daboolo | Ilaa saadka 30 maalmood ah (tukaanka) |

| Dhacdada Guud ee Caafimaadka | Adeegyada Aad u Baahan doonto | Waxa Aad Bixin Doonto Adeeg bixiyaha Qorshaha (Waxaad bixin doontaa inta ugu yar) | Waxa Aad Bixin Doonto Adeeg bixiyaha aan Qorshaha Ku jirin (Waxaad bixin doontaa inta badan) | Xadadka, Filashooyinka iyo Macluumaadka Kale ee Muhiimka ah |
|--|--|--|--|--|
| Haddii aad leedahay qaliinka bukaan socodka | Kharashka xarunta (tusaale, xarunta qaliinka wareegta) | \$350 / booqasho | Lama daboolo | Midna |
| | Kharashaadka Dhakhtarka/qaliinka | \$75 / booqashada | Lama daboolo | Midna |
| Haddii aad u baahan tahay daryeel caafimaad | <u>Qolka daryeelka gurmada ah</u> | \$800 / booqashada | \$800 / booqashada | Waa in lagu ogaydiisaa Kaiser Permanente 24 saacadood gudahood hadii la dhigo <u>Bixiye Aan Caymiska Ku Jirin</u> ; kaliya ku kooban xaalada gurmada ah ee hore. |
| | <u>Gaadiidka caafimaadka gurmada ah</u> | \$375 / safarkii; <u>jarjaridu</u> kuma habboona | \$375 / safarkii; <u>jarjaridu</u> kuma habboona | Midna |
| | <u>Daryeelka degdega ah</u> | \$35 / booqashadii; <u>ka jaris</u> kuma habboona | \$800 / booqashada | <u>Adeeg bixiyaha aan qorshaha ku jirin</u> laguma daboolo gudaha aagga adeega. |
| Haddii aad leedahay joogida cusbitaalka | Kharashka xarunta (tusaale, qolka cusbitaalka) | \$650 / maalintii, ilaa \$3,250 / dhigida isbitaalka; <u>lacag jarista</u> ma khusayso | Lama daboolo | <u>Oggolaanshe hore</u> ayaa loo baahanyahay. |
| | Kharashka Dhakhtarka/qaliinka | Lagu daray kharashka xarunta | Lama daboolo | <u>Oggolaanshe hore</u> ayaa loo baahanyahay. |
| Haddii aad u baahan tahay caafimaadka maskaxda, dhaqanka caafimaadka, ama adeegyada isticmaalka maandooriyaha | Adeegyada bukaan socodka | \$15 / booqashadii; <u>ka jaris</u> ma jirto | Lama daboolo | Midna |
| | Adeegyada bukaan jifka | \$650 / maalintii, ilaa \$3,250 / dhigida isbitaalka; <u>lacag jarista</u> ma khusayso | Lama daboolo | <u>Oggolaanshe hore</u> ayaa loo baahanyahay. |
| Haddii aad uur leedahay | Booqashooyinka xafiiska | Wax kharash ahi ma jiro; <u>ka jaris</u> ma jirto | Lama daboolo | Iyaddoo ku xidhan nooca adeegyada, <u>kharashka la wada bixiyo</u> , <u>caymiska wadaaga ah</u> , ama <u>jarjarida</u> ayaa la adeegsan karaa Daryeelka hooyada waxaa ku jiri kara baadhitaanada iyo adeegyada lagu faahfaahiyay meel kale oo kamid ah gudaha SBC (waxa lola jeedaa altarasoonka). |
| | Dhalmada Ilmaha/Adeegyada Umusha ee Xirfadlaha | Lagu daray kharashka xarunta | Lama daboolo | Midna |
| | Adeegyada Xarunta Dhalmada / Dhalmada | \$650 / maalintii, ilaa \$3,250 / dhigida isbitaalka; <u>lacag jarista</u> ma khusayso | Lama daboolo | Waa inaad ku wargelisaa Kaiser Permanente 24 saacadood marka lagu dhigo, ama sida ugu dhakhsaha badan wixii intaa ka danbeeya ee caafimaad ahaan kuu suurto gasha. Kharashka adeegyada ilmaha markaa dhashay ee la wadaago waxaa laga saaraa ka hooyada. |

| Dhacdada Guud ee Caafimaadka | Adeegyada Aad u Baahan doonto | Waxa Aad Bixin Doonto Adeeg bixiyaha Qorshaha (Waxaad bixin doontaa inta ugu yar) | Waxa Aad Bixin Doonto Adeeg bixiyaha aan Qorshaha Ku jirin (Waxaad bixin doontaa inta badan) | Xadadka, Filashooyinka iyo Macluumaadka Kale ee Muhiimka ah |
|---|--|---|--|---|
| Haddii aad caawimo uga baahan tahay bogsashada ama aad qabto baahiyaha kale ee caafimaadka gaarka ah | <u>Daryeelka caafimaadka guriga</u> | \$15 / booqashadii; <u>ka jaris</u> kuma habboona | Lama daboolo | 130 booqado oo kaliya /sanadkii. <u>Oggolaanshe hore ayaa loo baahanyahay.</u> |
| | <u>Adeegyada Dib U baxnaaninta</u> | Bukaan socod: \$30 / booqashadii; <u>ka jaris</u> kuma habboona; Bukaan jifka: \$650 / maalintii, ilaa \$3,250 / dhigida isbitaalka; <u>lacag jarista</u> ma khusayso | Lama daboolo | Bukaan socod: 25 booqasho xadiga ah / sanadkii. Bukaan jifka: maalinta-30 oo kaliya / sanadkii (<u>oggolaanshe hore ayaa loo baahan yahay</u>) Adeegyada baadhitaanka caafimaadka maskaxda waa la daboolaa iyaddoon xad lahayn. |
| | <u>Adeegyada baxnaaninta</u> | Bukaan socod: \$30 / booqashadii; <u>ka jaris</u> kuma habboona; Bukaan jifka: \$650 / maalintii, ilaa \$3,250 / dhigida isbitaalka; <u>lacag jarista</u> ma khusayso | Lama daboolo | Bukaan socod: 25 booqasho xadiga ah / sanadkii. Bukaan jifka: maalinta-30 oo kaliya / sanadkii (<u>oggolaanshe hore ayaa loo baahan yahay</u>) Adeegyada baadhitaanka caafimaadka maskaxda waa la daboolaa iyaddoon xad lahayn. |
| | <u>Daryeelka kalkaaliska xirfada leh</u> | \$350 / maalintii | Lama daboolo | 60-maalin xadka / sanadka. <u>Oggolaanshe hore ayaa loo baahanyahay.</u> |
| | <u>Qalabka caafimaadka adkaysiga leh</u> | 20% <u>caymiska wadaaga ah</u> | Lama daboolo | <u>Oggolaanshe hore ayaa loo baahanyahay.</u> |
| | <u>Adeegyada bukaanka jirada daran</u> | Wax kharash ahi ma jiro; <u>ka jaris</u> ma jirto | Lama daboolo | <u>Oggolaanshe hore ayaa loo baahanyahay.</u> Daryeelka nasahsada bukaan socodka ama bukaan jifka waxay ku xadidan yihiin ugu badnaan 14 maalmood / cimriga oo dhan. |
| Haddii ilmahaagu u baahan yahay daryeelka ilka ama indhaha | Baadhitaanka indhaha ee carruurta | Wax kharash ahi ma jiro; <u>ka jaris</u> ma jirto | Lama daboolo | Ku xadidan hal baadhitaan / sanadkii |
| | Muraayadaha indhaha carruurta | Wax kharash ahi ma jiro; <u>ka jaris</u> ma jirto | Lama daboolo | Kaliya hal fireem iyo leensiyo ama leensiyada indhaha / sanadkii. |
| | Baadhitaanka ilkaha ee caruurta | Lama daboolo | Lama daboolo | Midna |

Adeegyada laga Reebo & Adeegyada Kale ee La daboolo:

| Adeegyada Qorshahaaga Guud ahaam MA Daboolo (Hubi xeerkaaga ama qorshaha dhokumentiga ee macluumaad badan iyo liiska mid kasta oo kale ee adeegyada laga saaray.) | | |
|--|--|--|
| <ul style="list-style-type: none"> ● Qaliinka Dhimista miisaanka ● Qaliinka Qurxinta ah ● Daryeelka Ilkaha (Ruuxa Wayn & Ilmaha) | <ul style="list-style-type: none"> ● Daawaynta dhalmo la'aanta (laga reebo ilma ku beerida Arda fiishalka ah) ● Daryeelka Xiliga Dheer ● Daryeelka aan Gurmadka ahayn marka La saftayo Meel ka baxsan Maraykanka. | <ul style="list-style-type: none"> ● Shaqada Gaarka ah ee Kalkaaliska ● Barnaamijka Miisaan Dhimista |

Adeegyaa Kale ee La daboolo (Xadidka ayaa la adeegsadaa adeegyadan. Tani maaha liiska dhammaynska tiran. Fadlan arag gorshahaaga dhokumentiga.)

- Ilma iska soo ridka
- Akubanjarra
- Daryeelka jidhka iyo laf dhabarta (10 booqasho / sanadkii)
- Kaalmada Maqalka (1 kaalmada / dhegta / 36 bilood)
- Daryeelka Indhaha Habka caadiga ah (Qofka wayn)
- Daryeelka Cagta ee Caadiga ah

Xuquuqdaada in La sii wado Daboolida: TWaxaa jira wakaalado caawin kara haddii aad doonayso inaad sii wado daboolidaada ka dib markay dhammaato. Macluumaadka xidhiidhka ee wakaaladahan waxaa lagu muujiyay jaantuuska hoose. Doorashooyinka kale ee daboolida waa lagu heli karaa sidoo kale, ay ku jiraan iibsashada iibsiga gaarka ah ee dabooloda dhexda Caymiska Caafimaadka Marketplace. Macluumaadka dheeraadka ah ee ku saabsan Marketplace, booqo www.HealthCare.gov ama soo wac 1-800-318-2596.

Cabashadaada inaad Xuquuqda Rafcaanada: Waxaa jira wakaalado caawin kara haddii aad qabto cabasho ku lid ah gorshahaaga diidmada sheegashada. Cabashadan waxaa looguyeedhaa cabasho ama rafcaan. Macluumaadka dheeraadka ah ee ku saabsan xuquuqdaada, eeg sharaxa dheefaha aad heli doonto ee caafimaadka sheegashada. Qorshahaaga dhokumentiyada sidoo kale waxay bixiyaan macluud dhammaystiran oo ah sida loo gudbiyo sheegashada, rafcaanka, ama cabashada sabab kasta oo gorshahaaga. Macluumaadka dheeraadka ah ee ku saabsan xuquuqdaada, ogaysiiskan, ama kaalmada xidhiidhka wakaalada ku qoran jaantuuska hoose.

Macluumaadka dheeraadka ah ee ku saabsan Xuquuqdaada si loo Sii wado Daboolida & Cabasgadaada iyo Xuquuqaha Rafcaanka:

| | |
|-------------------------------------|---|
| Xubinta Adeegyada Kaiser Permanente | 1-800-290-8900 (TTY: 711) ama https://wa.kaiserpermanente.org/html/public/member-services |
| Xafiiska Guddoomiyaha Caymiska | 1-800-562-6900 ama www.insurance.wa.gov |

Miyuu qorshahaagu bixinayaa Caymiska Ugu Muhiimsan ee Ugu Yar? Haa.

Daboolida Lama huraanka ayarh ee Ugu guud ahaan waxaa ku jira qorshayaasha, caymiska caafimaadka lagu heli karo dhexda Marketplace ama xeerarka kale ee gaarka ah ee suuqyada, Medicare, Medicaid, CHIP, TRICARE, iyo daboolid kale oo gaar ah. Haddii aad u qalanto noocyo gaar ah Daboolida Lama huraanka ah ee Ugu yar, waxa dhici karta inaad u qalimid qadarka caymiska ee cashuurka.

Caymiskaagu miyuu buuxinayaa shuruudaha Heerarka Qiimaha Ugu Yar? Ma Khusee.

Haddii gorshahaaga aanu buuxin Heerarka Qiimaha ugu Yar, waad u qalimid kartaa qadarka caymiska ugu yar si uu kaaga caawiyo bixinta gorshaha dhexda Marketplace.

Adeegyada Helida Luuqadda:

SPANISH (Español): Para obtener asistencia en Español, llame al 1-800-290-8900 (TTY: 711)

TAGALOG (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-800-290-8900 (TTY: 711)

TRADITIONAL CHINESE (中文): 如果需要中文的帮助，请拨打这个号码 1-800-290-8900 (TTY: 711)

PENNSYLVANIA DUTCH (Deutsch): Fer Hilf griege in Deutsch, ruf 1-800-290-8900 (TTY: 711) uff

NAVAJO (Dine): Dinek'ehgo shika at'ohwol ninisingo, kwijigo holne' 1-800-290-8900 (TTY: 711)

SAMOAN (Gagana Samoa): Mo se fesoasoani i le Gagana Samoa, vala'au mai i le numera telefoni 1-800-290-8900 (TTY: 711)

CAROLINIAN (Kapasal Falawasch): ngere aukke ghut allis reel kapasal Falawasch au fafaingi tilifon ye 1-800-290-8900 (TTY: 711)

CHAMORRO (Chamoru): Para un ma ayuda gi finu Chamoru, a'gang 1-800-290-8900 (TTY: 711)

Si loo arko tusaalooyinka sida gorshahan u dabooli karo kharashyada xaalada caafimaadka muunada ah, arag qaybta xigta.

Ku saabsan Tusaalooinaan Daboolida:



Kani maaha qiyaasaha qiimaha. Daawaynta lagu muujiyay tusaalooyinka sida gorshahan waxay dabooli karaan daryeelka caafimaadka. Kharashkaaga dhabta ah wuu kala duwanaan doonaa iyaddoo ku xidhan daryeelka dhabta ah ee aad hesho. qiimaha adeeg bixiyayaashaada soo dalacaan, iyo asbaabaha kale. Xooga saar wadaagida kharashka qadarada (jarjarida, kharashka la wada bixiyo iyo caymiska wadaaga ah) iyo adeegyada laga reebay ee waafaqsan gorshaha. Isticmaal macluumaadkan si loo barbardhigo qaybta kharashyada aad bixin karto ee waafaqsan caafimaadka qorshayaasha. Fadlan ogow daboolidan tusaalooyinku waxay ku salaysan yihiin is daboolida keliya.

| Peg waxay Dhalaysaa Ilma yar (9 bilood oo daryeelka caafimaadka umusha ah iyo bixinta isbitaalka) | | Maaraynta Joe Noociisa 2 ee Cudurka sonkorta (sanadka daryeelka joogtada ah ee shabakada xaalad si wanaagsan loo xakameeyo) | | Dilaaca Fudud ee Mia (booqashada qolka gurmadka ee shabakada gudaheeda iyo la socoshada daryeelka) | |
|---|-----------------|---|----------------|---|----------------|
| ■ Wadarta kharashka guud ee laga jaro | \$1,900 | ■ Wadarta kharashka guud ee laga jaro | \$1,900 | ■ Wadarta kharashka guud ee laga jaro | \$1,900 |
| ■ Dhakhtarka takhasuska kharashka la wada bixiyo | \$40 | ■ Dhakhtarka takhasuska kharashka la wada bixiyo | \$40 | ■ Dhakhtarka takhasuska kharashka la wada bixiyo | \$40 |
| ■ Cusbitaalka (xarunta) kharashka la wada bixiyo | \$650 | ■ Cusbitaalka (xarunta) kharashka la wada bixiyo | \$650 | ■ Cusbitaalka (xarunta) kharashka la wada bixiyo | \$650 |
| ■ Kale (dhiig qaadista) kharashka la wada bixiyo | \$30 | ■ Kale (dhiig qaadista) kharashka la wada bixiyo | \$30 | ■ Kale (raajada) kharashka la wada bixiyo | \$30 |
| <p>Dhacdadan TUSAALAHA waxaa ku jira adeegyada sida: <u>Dhakhtarka takhasuska booqashooyinka xafiiska (daryeelka dhalmada ka hor)</u> <u>Dhalmada ilmaha/Adeegyada Umusha ee Xirfadlaha Adeegyada Xarunta Dhalmada / Dhalmada Baadhitaanada cudurka (sawirka altarasoonka iyo baadhida dhiiga)</u> <u>Dhakhtarka takhasuska leh booqashada (suuxinta)</u></p> | | <p>Dhacdadan TUSAALAHA waxaa ku jira adeegyada sida: <u>Dhakhtarka daryeelka koowaad booqashada xafiiska (ay ku jirto waxbarashada cudurka)</u> <u>Baadhitaanada cudurka (dhiiga ka qaadis)</u> <u>Dawooyinka dhakhtarku qoro</u> <u>Qalabka caafimaadka ee waara (qalabka cabirka sonkorta)</u></p> | | <p>Dhacdadan TUSAALAHA waxaa ku jira adeegyada sida: <u>Qolka daryeelka gurmadka ah (ay ku jiraan saadadka caafimaadka)</u> <u>Baadhitaanka cudurka (raajada)</u> <u>Qalabka caafimaadka adkaysiga leh (qoryaha curyaanka)</u> <u>Adeegyada daryeelka (daawaynta jidhka)</u></p> | |
| Wadarta Kharashka Tusaalaha | \$12,700 | Wadarta Kharashka Tusaalaha | \$5,600 | Wadarta Kharashka Tusaalaha | \$2,800 |
| Tusaalahan, Beg waxa uu bixinayaa: | | Tusaalahan, Joe waxa uu bixinayaa: | | Tusaalahan, Mia waxay bixinaysaa: | |
| <i>Kharash Wadaagida</i> | | <i>Kharash Wadaagida</i> | | <i>Kharash Wadaagida</i> | |
| <u>Waxyaabaha laga jarayo</u> | \$1,900 | <u>Waxyaabaha laga jarayo</u> | \$0 | <u>Waxyaabaha laga jarayo</u> | \$100 |
| <u>Lacag bixinnada wadaag ah</u> | \$900 | <u>Lacag bixinnada wadaag ah</u> | \$1,400 | <u>Lacag bixinnada wadaag ah</u> | \$800 |
| <u>Caymiska wadaaga ah</u> | \$0 | <u>Caymiska wadaaga ah</u> | \$0 | <u>Caymiska wadaaga ah</u> | \$0 |
| <i>Waxa aan la daboolin</i> | | <i>Waxa aan la daboolin</i> | | <i>Waxa aan la daboolin</i> | |
| Xadadka ama ka reebida | \$20 | Xadadka ama ka reebida | \$0 | Xadadka ama ka reebida | \$0 |
| Wadarta uu Peg bixin lahaa waa | \$2,820 | Wadarta uu Joe bixin lahaa waa | \$1,400 | Wadarta Mia bixin lahaa waa | \$900 |

Qorshaha ayaa masuul ka noqon doona kharashaadka kale ee adeegyadan TUSAALAHA la daboolay.

Nondiscrimination Notice

Kaiser Foundation Health Plan of Washington and Kaiser Foundation Health Plan of Washington Options, Inc. (“Kaiser Permanente”) complies with applicable Federal and Washington state civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, or gender identity. Kaiser Permanente does not exclude people or treat them less favorably because of race, color, national origin (including limited English proficiency and primary language), age, disability, sex, sex characteristics (including intersex traits), pregnancy (or related conditions), sex stereotypes, sexual orientation, or gender identity. We also:

- Provide people with disabilities reasonable modifications and free appropriate auxiliary aids and services to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, braille, audio, accessible electronic formats, other formats)
- Provide free language assistance services to people whose primary language is not English, which may include:
 - Qualified interpreters
 - Information written in other languages

If you need reasonable modifications, appropriate auxiliary aids and services, or language assistance services, contact Member Services at **1-888-901-4636 (TTY 711)**.

If you believe that Kaiser Permanente has failed to provide these services or discriminated in another way on the basis of race, color, national origin (including limited English proficiency and primary language), age, disability, sex, sex characteristics (including intersex traits), pregnancy (or related conditions), sex stereotypes, sexual orientation, or gender identity, you can file a grievance with our Civil Rights Coordinator at P.O. Box 35191, Mail Stop: RCR-A1N-22, Seattle, WA 98124-5191 or by calling **1-888-901-4636 (TTY 711)**. You can file a grievance in person or by mail, phone, or online at kp.org/wa/feedback. If you need help filing a grievance, our Civil Rights Coordinator is available to help you.

The notice of nondiscrimination is available at <https://healthy.kaiserpermanente.org/washington/language-assistance/nondiscrimination-notice>

You can also file a civil rights complaint with:

- The U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue SW, Room 509F HHH Building, Washington, DC 20201; **1-800-368-1019, 800-537-7697** (TDD). Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>
- The Washington State Office of the Insurance Commissioner, electronically through the Office of the Insurance Commissioner Complaint portal available at <https://www.insurance.wa.gov/file-complaint-or-check-your-complaint-status>, or by phone at **800-562-6900, 360-586-0241** (TDD). Complaint forms are available at <https://fortress.wa.gov/oic/onlineservices/cc/pub/complaintinformation.aspx>

Help in your language

English: ATTENTION: If you speak a language other than English, language assistance services including appropriate auxiliary aids and services, free of charge, are available to you. Call **1-888-901-4636 (TTY 711)**.

Español (Spanish) ATENCIÓN: Si habla español, tiene a su disposición servicios de asistencia lingüística que incluyen ayudas y servicios auxiliares adecuados y gratuitos. Llame al **1-888-901-4636 (TTY 711)**.

中文 (Chinese) 注意事項：如果您說中文，您可獲得免費語言協助服務，包括適當的輔助器材和服務。致電 **1-888-901-4636 (TTY 711)**。

Tiếng Việt (Vietnamese) CHÚ Ý: Nếu bạn nói tiếng Việt, bạn có thể sử dụng các dịch vụ hỗ trợ ngôn ngữ miễn phí, bao gồm các dịch vụ và phương tiện hỗ trợ phù hợp. Xin gọi **1-888-901-4636 (TTY 711)**.

한국어 (Korean) 주의: 한국어를 구사하실 경우, 필요한 보조 기기 및 서비스가 포함된 언어 지원 서비스가 무료로 제공됩니다. **1-888-901-4636**로 전화해 주세요.(TTY 711).

Русский (Russian) ВНИМАНИЕ! Если вы говорите по-русски, вам доступны бесплатные услуги языковой поддержки, включая соответствующие вспомогательные средства и услуги. Позвоните по номеру **1-888-901-4636 (TTY 711)**.

Tagalog (Tagalog) PAALALA: Kung nagsasalita ka ng Tagalog, available sa iyo ang serbisyo ng tulong sa wika kabilang ang mga naaangkop na karagdagang tulong at serbisyo, nang walang bayad. Tumawag sa **1-888-901-4636 (TTY 711)**.

Українська (Ukrainian) УВАГА! Якщо ви володієте українською мовою, вам доступні безкоштовні послуги з мовної допомоги, включно із відповідною додатковою допомогою та послугами. Зателефонуйте за номером **1-888-901-4636 (TTY 711)**.

ខ្មែរ (Khmer) យកចិត្តទុកដាក់៖ បើអ្នកនិយាយខ្មែរ សេវាជំនួយភាសា រួមទាំងជំនួយនិងសេវាសម្រប ដោយឥតគិតថ្លៃ មានចំពោះអ្នក។ ហៅ **1-888-901-4636 (TTY 711)**។

日本語 (Japanese) 注意：日本語を話す場合、適切な補助機器やサービスを含む言語支援サービスが無料で提供されます。**1-888-901-4636** までお電話ください。(TTY 711)。

አማርኛ (Amharic) ትኩረት፡ አማርኛ የሚናገሩ ከሆነ ተገቢ የሆኑ ረዳት መርቆዎችን እና አገልግሎቶችን ጨምሮ የቋንቋ እርዳታ አገልግሎቶች በነጻ ይገኛሉ። በ **1-888-901-4636** ይደውሉ (TTY 711)።

Afaan Oromoo (Oromo) XIYYEEFFANNOO: Yoo Afaan Oromo dubbattu ta'e, Tajaajila gargaarsa afaanii, gargaarsota dabalataa fi tajaajiloota barbaachisoo kaffaltii irraa bilisa ta'an, isiniif ni jira. **1-888-901-4636** irratti bilbilaa (TTY 711).

ਪੰਜਾਬੀ (Punjabi) ਧਿਆਨ ਧਿਓ: ਜੇ ਤੁਸੀਂ ਪੰਜਾਬੀ ਬੋਲਦੇ ਹੋ, ਤਾਂ ਤੁਹਾਡੇ ਲਈ ਮੁਫਤ ਉਪਲਬਧ ਭਾਸ਼ਾ ਸਹਾਇਤਾ ਸੇਵਾਵਾਂ, ਜਿਨ੍ਹਾਂ ਵਿੱਚ ਯੋਗ ਸਹਾਇਕ ਸਹਾਇਤਾਵਾਂ ਅਤੇ ਸੇਵਾਵਾਂ ਸ਼ਾਮਲ ਹਨ। ਕਾਲ ਕਰੋ **1-888-901-4636 (TTY 711)**.

العربية (Arabic) تنبيه: إذا كنت تتحدث العربية، تتوفر لك خدمات المساعدة اللغوية بما في ذلك من وسائل المساعدة والخدمات المناسبة بالمجان. اتصل بالرقم **1-888-901-4636 (TTY 711)**.

Deutsch (German) ACHTUNG: Wenn Sie Deutsch sprechen, steht Ihnen die Sprachassistentz mit entsprechenden Hilfsmitteln und Dienstleistungen kostenfrei zur Verfügung. Rufen Sie **1-888-901-4636** an (TTY 711).

ລາວ (Laotian) ເອົາໃຈໃສ່: ຖ້າທ່ານເວົ້າພາສາລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ ລວມທັງອຸປະກອນ ແລະ ການບໍລິການຊ່ວຍເຫຼືອທີ່ເໝາະສົມ ຈະມາໃຫ້ທ່ານໂດຍບໍ່ເສຍຄ່າ. ໂທ 1-888-901-4636 (TTY 711).

International Symbol for ASL
(American Sign Language):



Boggan si ula kac ah ayaa bannaan looga tagay.