



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.

Macluumaadka dheeraadka ah ee ku saabsan daboolidaada, ama inaad hesho koobiga shuruudaha dhammaynska tiran ee daboolida eeg <https://kp.org/plandocuments> or call 1-800-813-2000 (TTY: 711). Qeexitaanka guud ee erayda guud, sida qadarka la oggol yahay, hadhaaga biilka, caymiska wadaaga ah, kharash wada bixinta, jarjarida, adeeg bixiyaha, ama shuruudaha kale ee hoosta ka calaamadsan, arag Qaamuuska. Waxaad ka arki kartaa Qaamuuska <http://www.healthcare.gov/sbc-glossary/> ama soo wac 1-800-813-2000 (TTY: 711) si aad u codsato koobi.

Su'aalaha Muhiimka ah	Jawaabaha	Sababtee midan Muhiim u tahay:
Waa maxay mida geeuud <u>jarjarida</u>?	\$2,500 Shakhsiga / \$5,000 Qoyska	Guud ahaan, waa inaad bixisaa dhammaan kharashyada ka yimid <u>adeeg bixiyayaasha</u> ilaa <u>jarjarida</u> qadarka kan ka hor <u>qorshahu</u> waxa uu bilaabayaa bixinta. Haddii xubna kale oo qoyska ah ay kuugu jiraan <u>qorshaha</u> , xubin kasta oo qoyska waa inay buuxiyaan midooda shakhsiga ah ee <u>jarjarida</u> ilaa wadarka qadarka <u>jarjarida</u> kharashyada ay bixiyaan dhammaan xubnaha qoyska buuxiyamida guud ahaaneed ee <u>jarjarida</u> .
Ma jiraan adeegyo la daboolo ka hor inta aanad buuxin <u>jarjarida</u>ada?	Haa. <u>Daryeelka ka hortagga ah</u> iyo adeegyada lagu sheegay jaantuuska ka bilaabmaya bogga 2.	<u>Qorshahan</u> waxa uu daboolaa sheeyada iyo adeegyada xataa haddii aanad weli buuxin qadarka <u>jarjarida</u> . Laakiin <u>kharashka la wada bixiyo</u> ama <u>caymiska wadaaga ah</u> ayaa la adeegsan karaa. Tusaale ahaan: <u>Qorshahan</u> waxa uu daboolaa dhowr <u>adeegyada ka hortagga ah</u> iyadoon lahayn <u>wadaaguda kharashka</u> iyo ka hor inta aanad buuxin <u>jarjarida</u> . Ka eeg liiska la daboolo ee <u>adeegyada ka hortagga ah</u> bogga https://www.healthcare.gov/coverage/preventive-care-benefits/ .
Ma jiraan <u>jarjarida</u> adeegyada gaarka ah?	Maya.	Ma buuxinaysid <u>jarjarida</u> adeegyada gaarka ah.
Waa maxay <u>xadka jeebka ka baxsan</u> ee <u>qorshahan</u>?	\$9,750 Shakhsiga / \$19,500 Qoyska	<u>Xadka ka baxsan jeebka</u> waa inta ugu badan ee aad ku bixin karto sanad wixii ah adeegyada daboolida. Haddii xubna kale oo qoyska ahi ay kuugu jiraan <u>qorshaha</u> , waa inaay buuxiyaan <u>xadadkooda jeebka ka baxsan</u> olaa guud ahaan <u>xadka qoyska ee jeebka ka baxsan</u> la buuxiyo.
Maxaan lagu darin <u>xadka jeebka ka baxsan</u>?	<u>Qadarka caymiska</u> ; adeegyada aan lagu daboolin hoosta <u>qorshahan</u> ; lacag bixinta ee adeegyada waafaqsan daboolida Ardayga Aaga ka baxsan.	Xataa in kastoo aad bixiso kharashyadan, looma tiriyo dhanka <u>xadka jeebka ka baxsan</u> .

Su'aalaha Muhiimka ah	Jawaabaha	Sababtee midan Muhiim u tahay:
Ma bixin doontaa wax ka yar haddii aad isticmaasho shabakada adeeg bixiyaha?	Haa, arag www.kp.org ama wac 1-800-813-2000 (TTY: 711) wiixii ah liiska shabakada adeeg bixiyayaasha.	<u>Qorshahan</u> waxa uu isticmaalaa <u>shabakada adeeg bixiyaha</u> . Waxaad bixin doontaa wax ka yar haddii aad isticmaasho <u>adeeg bixiyaha qorshaha shabakada</u> . Waxaad bixin doontaa inta ugu badan haddii aad isticmaasho <u>adeeg bixiye ka baxsan shabakada</u> , oo waxaad biilka ka heli doontaa <u>adeeg bixiye</u> faraaqa u dhexeeya kharashka adeeg bixiyaha iyo waxa <u>qorshahaagu</u> bixiyo (<u>hadhaaga biilka</u>). Ogsoonow, <u>shabakadaada adeeg bixiyahu</u> waxa uu isticmaali karaa <u>adeeg bixiye ka baxsan shabakada</u> qaar ka mid ah adeegyada (sida shaqada shaybaadka). Ka hubi <u>adeeg bixiyahaaga</u> ka hor inta aanad helin adeegyada.
Ma u baahan tahay gudbin si aad u aragto dhakhtar takhasus leh?	Haa, laakiin waxaad naftaada u gudbin kartaa dhowr <u>dakhtarada takhasuska leh</u> .	<u>Qorshahan</u> waxa uu bixin doonaa qayb ama dhammaan kharashyada si loo arko <u>dhakhtar takhasus leh</u> ee adeegyada la daboolay laakiin haddii aad haysato <u>gudbin</u> ka hor inta aanad arag <u>dhakhtar takhasus leh</u> .



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 badanka)	Xadadka, Filashooyinka & Macluumaadka Kale ee Muhiimka ah
Haddii aad booqato daryeelka caafimaadka <u>adeeg bixiyaha</u> xafiiskiisa ama rugta	Booqashada daryeelka koowaad ee lagu dawaynayo dhaawaca ama jirada	Labba booqasho ee u horeeya: \$1 / booqashada; <u>jarjarida</u> laguma dabaqayo. Booqashooyinka dheeraadka ah: \$20 / booqashada; <u>jarjarida</u> laguma dabaqayo.	Lama daboolo	Midna
	<u>Dhakhtarka takhasusuka leh</u> booqashada	\$65 / booqashada; <u>lacagaha laga jaro</u> laguma dabaqayo	Lama daboolo	Midna
	<u>Daryeelka ka hortagga ah/ baadhitaanka/ tallaalka</u>	Ma jiro kharash; <u>jarjarida</u> laguma dabaqayo	Lama daboolo	Waxaad bixinaysaa adeegyada aan ahayn <u>jarjarida</u> . Waydii <u>adeeg bixiyahaaga</u> haddii adeegyada loo baahan yahay ay yihiin kuwa <u>ka hortaggid ah</u> . Ka dib hubi waxa <u>Qorshahaagu</u> uu bixin doono.

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 badanka)	Xadadka, Filashooyinka & Macluumaadka Kale ee Muhiimka ah
Haddii aad qaadanayso baadhitaan	<u>Baadhitaanka cudur aqoonsiga</u> (raajo, dhiig ka qaadis)	Raajada: \$65 / boqashada; <u>jarjarida</u> laguma dabaqayo raajada & sawirka baadhida. Shaybaadhka: \$40 / booqashada; <u>lacagaha laga jaro</u> klaguma dabaqayo shaybaadhka & adeegyada xirfad yaqaanka.	Lama daboolo	Midna
	Sawirka (CT/PET iskaanada, MRI)	30% <u>caymiska wadaaga ah</u>	Lama daboolo	Qaar ka mid ah adeegyada waxay u baahan karaan oggolaanshe hore.
Haddii aad u baahan tahay dawooyinka si loo daweeyo jirada ama xaalada Macluumaadka dheeraadka ah ee ku saabsan <u>daboolida daawada dhakhtarka qoray</u> waxa laga heli karaa bogga www.kp.org/waformulary	Dawada magaca kimikad leh	Tafaartiiq: \$25 / <u>dawo qoroda</u> ; <u>jarjarida</u> ma habboona; Dalabka boostada: \$50 / <u>dawo qorida</u> ; <u>jarjarida</u> ma habboona	Lama daboolo	Ilaa saad 30 maalmood ah (tafaariiq); ilaa saad 90 maamood ah (dalabka boosta). Ma jiro kharash; <u>jarjarida</u> laguma dabaqayo dawooyinka ka hortagga dhalmada Waa inay waafaqsaa <u>faahfaahinta liiska dawada</u> hagitaanada.
	Summada dawooyinka la doorbidayo	Tafaartiiq: \$75 / <u>dawo qoroda</u> ; <u>jarjarida</u> ma habboona; Dalabka boostada: \$150 / <u>dawo qorida</u> ; <u>jarjarida</u> ma habboona	Lama daboolo	Ilaa saad 30 maalmood ah tafaariiq ama ilaa saad 90 maamood ah dalabka boosta. Waa inay waafaqsaa <u>faahfaahinta liiska dawada</u> hagitaanada.
	Shirkada samaysay dawooyinka aan la doorbidayn	Tafaariiq \$250 / <u>dawo qorida</u> ; Dalabka boosta: \$500 / <u>dawo qorida</u>	Lama daboolo	Ilaa saad 30 maalmood ah tafaariiq ama ilaa saad 90 maamood ah dalabka boosta. Waa inay waafaqsaa <u>faahfaahinta liiska dawada</u> hagitaanada.
	<u>Dawooyinka takhasuslaha qoro</u>	\$250 / <u>daawooyinka dhakhtarka soo qoro</u> ;	Lama daboolo	Ilaa saadka 30 maalmood ah.
Haddii aad leedahay qaliinka bukaan socodka	Kharashka xarunta (tusaale, xarunta qaliinka wareegta)	\$600 / booqashada	Lama daboolo	Oggolaanshaha hore ayaa loo baahan yahay.
	Dhakhtarka/kharashka qaliinka	\$200 / booqashada	Lama daboolo	Oggolaanshaha hore ayaa loo baahan yahay.

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 badanka)	Xadadka, Filashooyinka & Macluumaadka Kale ee Muhiimka ah
Haddii aad u baahan tahay daryeel caafimaad	<u>Qolka daryeelka gurmada ah</u>	\$800 / booqashada	\$800 / booqashada	Kharashka la wada bixiyo la dhaafay haddii loo dhigo si toos ah cusbitaalka ama bukaan jiifka.
	<u>Gaadiidka caafimaadka gurmada ah</u>	\$375 / safarkii; <u>jarjaridu</u> ma habboona	\$375 / safarkii; <u>jarjaridu</u> ma habboona	Midna
	<u>Daryeelka degdega ah</u>	\$65 / booqashada; <u>lacagaha laga jaro</u> laguma dabaqayo	\$65 / booqashada; <u>lacagaha laga jaro</u> laguma dabaqayo	Adeeg bixiyayaasha aan qorshaha ku jirin laguma daboolo gudaha aaga adeega.
Haddii aad leedahay joogida cusbitaalka	Kharashka xarunta (tusaale, qolka cusbitaalka)	\$800 / maalintii, ilaa \$4,000 mid kastoo oo dhigida cusbitaalka ah	Lama daboolo	Oggolaanshaha hore ayaa loo baahan yahay.
	Dhakhtarka/ kharashka qaliinka	Lagu daray kharashka xarunta	Lama daboolo	Midna
Haddii aad u baahan tahay caafimaadka maskaxda, dhaqanka caafimaadka, ama adeegyada isticmaalka maandooriyaha	Adeegyada bukaan socodka	Labba booqasho ee u horeeya : \$1 / booqashada; <u>jarjarida</u> laguma dabaqayo. Booqashooyinka dheeraadka ah: \$20 / booqashada; jarjaridalaguma dabaqayo. Adeegyada kale ee bukaan socodka: \$30 / booqashada; <u>lacagaha laga jaro</u> laguma dabaqayo.	Lama daboolo	Labba booqasho ee u horaysa waxay noqon kartaa isku dar kasta oo ah maskaxda/ caafimaadka dhaqanka, adeegyada isticmaalka maandooriyaha, iyo booqashooyinka kale ee loo qalmo.
	Adeegyada bukaan jiifka	\$800 / maalintii, ilaa \$4,000 mid kastoo oo dhigida cusbitaalka ah	Lama daboolo	Oggolaanshaha hore ayaa loo baahan yahay.

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 badanka)	Xadadka, Filashooyinka & Macluumaadka Kale ee Muhiimka ah
Haddii aad uur leedahay	Booqashooyinka xafiiska	Ma jiro kharash; <u>jarjarida</u> laguma dabaqayo	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 gudaha SBC (waxa loola jeedaa altarasonka).
	Dhalashada ilmaha/ adeegyada xirfada leh ee ummulida	Lagu daray kharashka xarunta	Lama daboolo	Midna
	Dhalashada ilmaha/ adeegyada xarunta ee ummulida	\$800 / maalintii, ilaa \$4,000 mid kastoo oo dhigida cusbitaalka ah	Lama daboolo	Midna
Haddii aad caawimo uga baahan tahay bogsashada ama aad qabto baahiyaha kale ee caafimaadka gaarka ah	<u>Daryeelka caafimaadka guriga</u>	\$30 / safarkii; <u>lacagaha laga jaro</u> laguma dabaqayo	Lama daboolo	130 booqashada/ sanadkii
	<u>Adeegyada daryeelka ah</u>	Bukaan socodka: \$40 / booqashada; <u>lacagaha laga jaro</u> mlaguma dabaqayo. Bukaan jifka: \$800 / maalintii, ilaa \$4,000 mid kastoo oo dhigida cusbitaalka ah	Lama daboolo	Bukaan socodka: 25 maalmood xadka / sanadkii. Bukaan jifka: 30 moolmood xadka / sanadkii. Oggolaanshaha hore ayaa loo baahan yahay. Adeegyada baadhitaanka caafimaadka maskaxda waa la daboolaa iyaddoon xad lahayn.
	<u>Adeegyada daryeelka ah</u>	Bukaan socodka: \$40 / booqashada; <u>lacagaha laga jaro</u> mlaguma dabaqayo. Bukaan jifka: \$800 / maalintii, ilaa \$4,000 mid kastoo oo dhigida cusbitaalka ah	Lama daboolo	Bukaan socodka: 25 maalmood xadka / sanadkii. Bukaan jifka: 30 moolmood xadka / sanadkii. Oggolaanshaha hore ayaa loo baahan yahay. Adeegyada baadhitaanka caafimaadka maskaxda waa la daboolaa iyaddoon xad lahayn.
	<u>Daryeelka kalkaaliska xirfada leh</u>	\$800 / maalintii	Lama daboolo	60-maalin xadka / sanadka. Oggolaanshaha hore ayaa loo baahan yahay.
	<u>Qalabka caafimaadka adkaysiga leh</u>	30% <u>caymiska wadaaga ah</u>	Lama daboolo	Oggolaanshaha hore ayaa loo baahan yahay.
	<u>Adeegyada bukaanka jirada daran</u>	Ma jiro kharash; <u>jarjarida</u> laguma dabaqayo	Lama daboolo	Daryeelka nasahsada bukaan socodka ama bukaan jifka waxay ku xadidan yihiin ugu badnaan 14 maalmood wakhtigii nolosha ahba. Oggolaanshaha hore ayaa loo baahan yahay.

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 badanka)	Xadadka, Filashooyinka & Macluumaadka Kale ee Muhiimka ah
Haddii ilmahaagu u baahan yahay daryeelka ilka ama indhaha	Baadhitaanka indhaha ee carruurta	Ma jiro kharash; <u>jarjarida</u> laguma dabaqayo	Lama daboolo	Ku xadidan hal baadhitaan / sanadkii.
	Muraayadaha indhaha carruurta	Ma jiro kharash; <u>jarjarida</u> laguma dabaqayo	Lama daboolo	Ku xadidan hal muraayad / sanadkii.
	Baadhitaanka ilkaha ee carruurta	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.)

- Qaliinka Dhimista miisaanka
- Qaliinka Qurxinta ah
- Daryeelka Ilkaha (Qofka wayn iyo ilmaha yar)
- 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.
- Shaqada Gaarka ah ee Kalkaaliska
- Daryeelka Indhaha Habka caadiga ah (Qofka wayn)
- Barnaamijka Miisaan Dhimista

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

- Ilma iska soo ridka
- Akubanjaraka
- Daryeelka jidhka iyo laf dhabarta (10 booqasho / sanadkii)
- Kaalmada Maqalka (1 kaalmada / dhegta / 36 bilood)
- 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 qorshahaaga diidmada sheegashada. Cabashadan waxaa loogu yeedhaa 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 qorshahaaga. 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	1-800-813-2000 (TTY: 711) ama www.kp.org/memberservices
Xafiiska Washington ee Guddoomiyaha Caymiska	1-800-562-6900 ama www.insurance.wa.gov

Qorshahan ma bixiyaa Daboolida Lama huraanka ah 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.

Qorshahan ma buuxiyaa Heerarka Qiimaha ugu Yar? Laguma dabaqayon

Haddii qorshahaaga aanu buuxin Heerarka Qiimaha ugu Yar, waad u qalmi kartaa qadarka caymiska ugu yar si uu kaaga caawiyo bixinta qorshaha dhexda Marketplace.

Adeegyada Helida Luqadda:

SPANISH (Español): Para obtener asistencia en Español, llame al 1-800-813-2000 (TTY: 711)

TAGALOG (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-800-813-2000 (TTY: 711)

TRADITIONAL CHINESE (中文): 如果需要中文的帮助，请拨打这个号码 1-800-813-2000 (TTY: 711)

PENNSYLVANIA DUTCH (Deutsch): Fer Hilf griege in Deitsch, ruf 1-800-813-2000 (TTY: 711) uff

NAVAJO (Dine): Dinek'ehgo shika at'ohwol ninisingo, kwijigo holne' 1-800-813-2000 (TTY: 711)

SAMOAN (Gagana Samoa): Mo se fesoasoani i le Gagana Samoa, vala'au mai i le numera telefoni 1-800-813-2000 (TTY: 711)

CAROLINIAN (Kapasal Falawasch): ngere aukke ghut alillis reel kapasal Falawasch au fafaingi tilifon ye 1-800-813-2000 (TTY: 711)

CHAMORRO (Chamoru): Para un ma ayuda gi finu Chamoru, a'gang 1-800-813-2000 (TTY: 711)

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

Ku saabsan Tusaalooyinka Daboolida:



Kani maaha qiyaasaha qiimaha. Daawaynta lagu muujiyay tusaalooyinka sida qorshahan waxay dabooli karaan daryeelka caafimaadka. Kharashkaaga dhabta ah wuu kala duwanaa 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 qorshaha. 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 gudaha shabakada daryeelka dhalmada ka hor iyo ummulida cusbitaalka)		Maaraynta Joe Noociisa 2 ee Cudurka sonkorta (sanad hab caadi ah daryeelka shabkada xaalaad si wanaagsan loo xakameeyo)		Dilaaca Fudud ee Mia (booqashada qolka gurmada ku jira shabkada iyo daryeelka la socodka ah)	
■ <u>Qorshayaasha guud ee jarjarida</u>	\$2,500	■ <u>Qorshayaasha guud ee jarjarida</u>	\$2,500	■ <u>Qorshayaasha guud ee jarjarida</u>	\$2,500
■ <u>Dhakhtarka takhasuska kharashka la wada bixiyo</u>	\$65	■ <u>Dhakhtarka takhasuska kharashka la wada bixiyo</u>	\$65	■ <u>Dhakhtarka takhasuska kharashka la wada bixiyo</u>	\$65
■ <u>Cusbitaalka (xarunta) kharashka la wada bixiyo</u>	\$800	■ <u>Cusbitaalka (xarunta) kharashka la wada bixiyo</u>	\$800	■ <u>Cusbitaalka (xarunta) kharashka la wada bixiyo</u>	\$800
■ <u>Kale (dhiig qaadista) kharashka la wada bixiyo</u>	\$40	■ <u>Kale (dhiig qaadista) kharashka la wada bixiyo</u>	\$40	■ <u>Kale (raajada) kharashka la wada bixiyo</u>	\$65
Dhacdadan TUSAALAHA waxaa ku jira adeegyada sida: <u>Dhakhtarka takhasuska</u> booqashooyinka xafiiska (<i>daryeelka dhalmada ka hor</i>) Dhalashada ilmaha/adeegyada xirfada leh ee ummulida Dhalashada ilmaha/Adeegyada Xarunta Ummulida <u>Baadhitaanada cudurka</u> (<i>sawirka altarasoonka iyo baadhida dhiiga</i>) <u>Dhakhtarka takhasuska leh</u> booqashada (<i>suuxinta</i>)		Dhacdadan TUSAALAHA waxaa ku jira adeegyada sida: <u>Dhakhtarka daryeelka koowaad</u> booqashada xafiiska (<i>ay ku jirto waxbarashada cudurka</i>) <u>Baadhitaanada cudurka</u> (<i>dhiiga ka qaadis</i>) <u>Daawo qoritaanka</u> <u>Qalabka caafimaadka ee waara</u> (<i>qalabka cabirka sonkorta</i>)		Dhacdadan TUSAALAHA waxaa ku jira adeegyada sida: <u>Qolka daryeelka gurmada ah</u> (<i>ay ku jiraan saadadka caafimaadka</i>) <u>Baadhitaanada cudurka</u> (<i>raajada</i>) <u>Qalabka caafimaadka adkaysiga leh</u> (<i>qoryaha curyaanka</i>) <u>Adeegyada daryeelka</u> (<i>daawaynta jidhka</i>)	
Wadarta Kharashka Tusaalaha	\$12,700	Wadarta Kharashka Tusaalaha	\$5,600	Wadarta Kharashka Tusaalaha	\$2,800
Tusaalahan, Peg waxa uu bixin lahaa:		Tusaalahan, Joe waxa uu bixin lahaa:		Tusaalahan, Mia waxa uu bixin lahaa:	
<i>Kharash Wadaagida</i>		<i>Kharash Wadaagida</i>		<i>Kharash Wadaagida</i>	
<u>Jarjarida</u>	\$2,500	<u>Jarjarida</u>	\$0	<u>Jarjarida</u>	\$1,000
<u>Kharashka la Wada bixiyo</u>	\$1,100	<u>Kharashka la Wada bixiyo</u>	\$1,200	<u>Kharashka la Wada bixiyo</u>	\$900
<u>Caymiska wadaaga ah</u>	\$0	<u>Caymiska wadaaga ah</u>	\$20	<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	\$60	Xadadka ama ka reebida	\$100	Xadadka ama ka reebida	\$0
Wadarta uu Peg bixin lahaa waa	\$3,660	Wadarta uu Joe bixin lahaa waa	\$1,320	Wadarta Mia bixin lahaa waa	\$1,900

Qorshaha waxa uu ka masuul ahaan lahaa kharashyada kale ee TUSAALAHA adeegyadan la daboolo.

Boggan si ula kac ah ayaa looga tagay.

Nondiscrimination Notice

Kaiser Foundation Health Plan of the Northwest (Kaiser Health Plan) complies with applicable federal and state civil rights laws and does not discriminate, exclude people or treat them differently on the basis of race, color, national origin (including limited English proficiency), age, disability, or sex (including sex characteristics, intersex traits; pregnancy or related conditions; sexual orientation; gender identity, and sex stereotypes).

Kaiser Health Plan:

- Provides 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, such as large print, audio, braille, and accessible electronic formats
- Provide no cost language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, call Member Services at **1-800-813-2000** (TTY: **711**).

If you believe that Kaiser Health Plan has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, sex, gender identity, or sexual orientation, you can file a grievance with our Civil Rights Coordinator, by mail, phone, or fax. If you need help filing a grievance, our Civil Rights Coordinator is available to help you. You may contact our Civil Rights Coordinator at:

Member Relations Department
Attention: Kaiser Civil Rights Coordinator
500 NE Multnomah St., Suite 100
Portland, OR 97232-2099
Fax: **1-855-347-7239**

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
Phone: **1-800-368-1019**
TDD: **1-800-537-7697**

Complaint forms are available at www.hhs.gov/ocr/office/file/index.html.

For Washington Members:

You can also file a complaint with 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 1-800-562-6900, or 360-586-0241 (TDD). Complaint forms are available at <https://fortress.wa.gov/oic/online services/cc/pub/complaintinformation.aspx>.

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

Help in Your Language

ATTENTION: If you speak English, language assistance services including appropriate auxiliary aids and services, free of charge, are available to you. Call **1-800-813-2000**(TTY: 711).

አማርኛ (Amharic) ትኩረት: አማርኛ የሚናገሩ ከሆነ ተገቢ የሆኑ ረዳት መርጃዎችን እና አገልግሎቶችን ጨምሮ የቋንቋ እርዳታ አገልግሎቶች በነጻ ይገኛሉ። በ **1-800-813-2000** ይደውሉ (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 **1-800-813-2000** (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 **1-800-813-2000** (TTY: 711)。

فارسی (Farsi) توجه: اگر به زبان فارسی صحبت می‌کنید، «تسهیلات زبانی»، از جمله کمک‌ها و خدمات پشتیبانی مناسب، به صورت رایگان در دسترس‌تان است با **1-800-813-2000** تماس بگیرید (TTY: تلفن متنی): **711**).

Français (French) ATTENTION : si vous parlez français, des services d'assistance linguistique comprenant des aides et services auxiliaires appropriés, gratuits, sont à votre disposition. Appelez le **1-800-813-2000** (TTY: 711).

Deutsch (German) ACHTUNG: Wenn Sie Deutsch sprechen, steht Ihnen die Sprachassistentz mit entsprechenden Hilfsmitteln und Dienstleistungen kostenfrei zur Verfügung. Rufen Sie **1-800-813-2000** an (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。 **1-800-813-2000** までお電話ください (TTY: 711)。

ខ្មែរ (Khmer) យកចិត្តទុកដាក់: បើអ្នកនិយាយខ្មែរ សេវាជំនួយភាសា រួមទាំងជំនួយនិងសេវាសមស្រប ដោយឥតគិតថ្លៃ មានចំពោះអ្នក។ ហៅ **1-800-813-2000** (TTY: 711)។

한국어 (Korean) 주의: 한국어를 구사하실 경우, 필요한 보조 기기 및 서비스가 포함된 언어 지원 서비스가 무료로 제공됩니다. **1-800-813-2000**로 전화해 주세요(TTY: 711).

ລາວ (Laotian) ເອົາໃຈໃສ່: ຖ້າທ່ານເວົ້າພາສາລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ ລວມທັງອຸປະກອນ ແລະ ການບໍລິການຊ່ວຍເຫຼືອທີ່ເໝາະສົມ ຈະມີໃຫ້ທ່ານໂດຍບໍ່ເສຍຄ່າ. ໂທ **1-800-813-2000** (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. **1-800-813-2000** irratti bilbilaa (TTY:- 711)

ਪੰਜਾਬੀ (Punjabi) ਧਿਆਨ ਦਿਓ: ਜੇ ਤੁਸੀਂ ਪੰਜਾਬੀ ਬੋਲਦੇ ਹੋ, ਤਾਂ ਤੁਹਾਡੇ ਲਈ ਮੁਫਤ ਉਪਲਬਧ ਭਾਸ਼ਾ ਸਹਾਇਤਾ ਸੇਵਾਵਾਂ, ਜਿਨ੍ਹਾਂ ਵਿੱਚ ਯੋਗ ਸਹਾਇਕ ਸਹਾਇਤਾਵਾਂ ਅਤੇ ਸੇਵਾਵਾਂ ਸ਼ਾਮਲ ਹਨ। ਕਾਲ ਕਰੋ **1-800-813-2000** (TTY:- 711)।

Română (Romanian) ATENȚIE: Dacă vorbiți română, vă sunt disponibile gratuit servicii de asistență lingvistică, inclusiv ajutoare și servicii auxiliare adecvate. Sunați la **1-800-813-2000** (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 **1-800-813-2000** (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 **1-800-813-2000** (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 **1-800-813-2000** (TTY: **711**).

ไทย (Thai) โปรดทราบ: หากท่านพูดภาษาไทย ท่านสามารถขอรับบริการช่วยเหลือด้านภาษา รวมทั้งเครื่องช่วยเหลือและบริการเสริมที่เหมาะสมได้ฟรี โทร **1-800-813-2000** (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 1 800 813 2000 (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 **1-800-813-2000** (TTY: **711**).