



Soo koobidka Dheefaha iyo Caymiska (SBC) dukumintiga ayaa kaa caawin doona inaad doorato caafimaad qorshe. SBC wuxuu ku tusayaa sida adiga iyo qorshaha aad u wadaagi doontaan kharashka adeegyada daryeelka caafimaadka la daboolay. FIIRO GAAR AH: Macluumaadka ku saabsan qiimaha qorshahaan (loo yaqaan lacagta caymiska) si gooni ah ayaa loo bixin doonaa. Kani waa soo koobid keliya. Wixii warbixin dheeraads ah ee ku saabsan caymiska, ama si aad u heshid koobiga xeerarka dhameystiran ee caymiska arag <https://kp.org/plandocuments> ama soo wac 1-800-813-2000 (TTY: 711). Qeexitaanka guud ee sharciyada ay wadaagaan, sida xadiqa la ogolaaday, haraaga biilka, caymiska wadaaga ah, bixinta caymiska, lacagta la jari karo, bixiyaha ama shuruudda kale ee hoosta ka xariiqan, eeg qaamuuska. Waxaad ka fiirin kartaa Qaamuuska www.HealthCare.gov/sbc-glossary/ ama soo wac 1-800-813-2000 (TTY: 711) si aad u codsatid koobi.

Su'aalo Muhiim ah	Jawaabaha	Maxay Tani Muhiim u tahay:
Waa maxay guud ahaan <u>lacagta la jari karo</u>?	\$3,000 Shaqsi / \$6,000 Qoyska	Guud ahaan, waa in aad bixisaa dhamaan qarashaadka ka imaanaya <u>bixiyayaasha</u> ilaa xadiga <u>lacagta la jari karo</u> ka hor inta uusan <u>qorshaan</u> bilaabin bixinta. Hadii ay kuugu jiraan xubno kale oo qooyaskaaga kamid ah <u>qorshaha</u> , xubin kasta oo kamid ah qoyska waa in ay gaartaa <u>lacag jarida</u> shaqsi ahaaneed ilaa xadiga <u>lacag jarida</u> qarashaadka ay bixiyaan xubnaha qoyska oo dhan ay gaarto <u>lacag jarida</u> .
Miyay jiraan adeegyo ku daboolan ka hor intaadan daboolin waxaaga <u>laga jari karo</u>?	Haa. <u>Daryeelka ka hortaga</u> iyo adeegyada waxaa lagu tilmaamay tasmada ka bilaamaysa bogga 2.	<u>Qorshahaan</u> waxa uu daboolaa shayyada iyo adeegyada qaar xataa hadii aadan gaarin <u>xadiga lacag jarida</u> . Laakiin bixinta <u>caymiska wadaaga ah</u> ama <u>caymiska wadaaga ah</u> waxaa dhici karta in la isticmaalo. Tusaale ahaan, qorshahaan waxa uu daboolaa <u>adeegyada ka hortaga</u> qaarkood ayadoon <u>la wadaagayn qarashka</u> inta aadan gaarin <u>lacag jaristaada</u> . Ka eeg liiska adeegyada la daboolay ee <u>kahortaga</u> https://www.healthcare.gov/coverage/preventive-care-benefits/ .
Ma jiraan lacago kale oo <u>loo jari karo</u> adeegyo qaas ah?	Maya	Uma baahnid inaad la kulanto <u>lacagaha laga jaro</u> adeegyada gaarka ah.
Waa maxay xadka <u>lacagta jeebka laga baxiyo</u> ee <u>qorshahan</u>?	\$8,850 Shaqsi / \$17,700 Qoys	<u>Xadeynta jeebka laga bixiyo</u> ayaa ah mida ugu badan ee aad ku bixin kartid sannad gudahiis oo adeegyo daboolan. Haddii aad ku leedahay xubnaha kale oo qoyska ah <u>qorshahaan</u> , waa inay daboolaan <u>xadeyntooda jeebka laga bixiyo</u> illaa qoyska guud <u>xadeynta jeebka laga bixiyo</u> la daboolo.
Maxaan ku jirin <u>xadeynta jeebka laga bixiyo</u>?	<u>Khidmadaha</u> ; adeegyada aan hoostagin daboolida <u>qorshahaan</u> ; adeegyada qarashaad bixinta hoostagta Meelaha-ka-baxsan daboolida Ardayga	Inkasta oo aad bixiso qarashaadkaan, laguma xisaabiyo dhanka <u>xadeynta jeebka laga bixiyo</u> .
Miyaad bixin doontaa lacag ka yar haddii aad isticmaasho <u>bixiye shabakadeed</u>?	Haa. Eeg www.kp.org ama wa 1-800-813-2000 (TTY: 711) for a liistiga <u>bixiyayaasha shabakada</u> .	<u>Qorshahaanu</u> wuxuu adeegsadaa adeeg <u>bixiye shabakad</u> . Waxaad bixin doontaa lacag kayar haddii aad adeegsato adeeg bixiye ee ku jira qorshaha shabakadda. Waxa aad bixin doontaa inta ugu badan hadii aad isticmaasho <u>xadeynta jeebka laga bixiyo</u> , waxaa laga yaabaa in aad <u>bixiyaha</u> ka hesho biil loogu talagalay farqiga u dhexeeya dalaacada bixiyaha iyo waxa uu <u>qorshaagu bixiyo</u> (<u>haraaga biilka</u>). Ogoow, <u>bixiyahaaga shabakada</u> waxaa laga yaabaa in uu isticmaalo <u>xadeynta jeebka laga bixiyo</u> adeegyada qaarkood (sida shaqada shaybaarka). Ka hubi <u>adeeg bixiyahaaga</u> ka hor intaadan adeegyada helin.

Su'aalo Muhiim ah	Jawaabaha	Maxay Tani Muhiim u tahay:
Ma u baahan tahay <u>gudbin</u> si aad u aragto <u>takhasusle</u>?	Haa, laakiin waad is-tixraaci kartaa qaar <u>takhasusleyaal</u> .	<u>Qorshahani</u> wuxuu bixin doonaa qaar ama dhammaan kharashaadka si loo arko <u>takhasusle</u> ee adeegyada la daboolay laakiin waa keliya haddii aad leedahay <u>gudbin</u> kahor intaadan arkin <u>takhasusaha</u> .



Dhammaan qarash wadaagga caymiska iyo qarashaadka caymis wadaaga ee aad ku aragtid jadwalka waa kadib markii lacagta lagaa jari karo la daboolo, haddii ay quseyso lacagta laga jari karo.

Dhacda Caafimaadka ee Caadiga ah	Adeegyada Aad U Baahan Tahay	Maxaad Bixin Doontaa Qorshaha Bixiyaha (Waxa aad bixin doontaa inta ugu yar)	Maxaad Bixin Doontaa Aan-ahayn Qorshaha Bixiyaha (Waxa aad bixin doontaa inta ugu badan)	Xaddidaadaha, Waxyaabaha Ka Reeban, iyo Macluumaadka Kale ee Muhiimka ah
Haddii aad booqato daryeel caafimaad ee <u>adeeg bixiyaha</u> xafiis ama rug caafimaad	Booqashada daryeelka aasaasiga ah si loo daaweeyo dhaawac ama jirro	\$40 / booqasho, <u>lacag jaristu</u> ma qusayso	Lama daboolin	Midna
	Booqasho <u>khabiir</u>	\$65 / booqasho, <u>lacag jaristu</u> ma qusayso	Lama daboolin	Midna
	<u>Daryeelka kahortaga/ baaritaanka/ talaalka</u>	Lacag la'aan, <u>lacagta jaritaanka</u> ma qusayso	Lama daboolin	Lacag la'aan, <u>lacagta jaritaanka</u> ma qusayso Weydii adeeg <u>bixiyahaaga</u> haddii adeegyada loo baahan yahay <u>kahortaga</u> yihiin. Kadib hubi waxa uu <u>qorshahaaga</u> bixin doono.
Haddii aad baaritaan leedahay	<u>Baaritaanka cudur</u> (raajada, shaqada dhiigga)	\$60 / booqasho, <u>lacag jaristu</u> ma qusayso	Lama daboolin	Midna
	Sawirida (CT/PET iskaanada, MRI's)	\$350 / booqasho	Lama daboolin	Adeegyada qaarkood waxay u baahan karaan oggolaansho hore.
Haddii aad u baahan tahay daawo lagu daaweeyo jirradaada ama xaaladdaada Macluumaad intaas ka badan oo ku saabsan <u>caymiska dawada dhakhtarku qoro</u> waxaa laga heli karaa www.kp.org/orformulary	Daawooyinka guud	Tafaariiqda: \$25, <u>lacag jaristu</u> ma qusayso; Dalabka Boostada: \$50, <u>lacag jaristu</u> ma qusayso	Lama daboolin	Ilaa 30 maalin keenista tafaariiqda ama 90 maalin keenista dalabka boostada. Iyada oo ku xidhan <u>qaaciddada</u> tilmaamaha.
	Dawooyinka shirkada aan la doorbidaynin	Tafaariiqda: \$65, <u>lacag jaristu</u> ma qusayso; Dalabka Boostada: \$130, <u>lacag jaristu</u> ma qusayso	Lama daboolin	Ilaa 30 maalin keenista tafaariiqda ama 90 maalin keenista dalabka boostada. Iyada oo ku xidhan <u>qaaciddada</u> tilmaamaha.
	Dawooyinka shirkada aan la doorbidaynin	50% <u>caymiska wadaaga ah</u> , <u>lacag jarista</u> ma qusayso	Lama daboolin	Ilaa 30 maalin keenista tafaariiqda ama 90 maalin keenista dalabka boostada. Iyada oo ku xidhan <u>qaaciddada</u> tilmaamaha.
	<u>Dawooyinka Gaarka ah</u>	50% <u>caymiska wadaaga ah</u>	Lama daboolin	Ilaa 30 maalin keenista

Dhacda Caafimaadka ee Caadiga ah	Adeegyada Aad U Baahan Tahay	Maxaad Bixin Doontaa Qorshaha Bixiyaha (Waxa aad bixin doontaa inta ugu yar)	Maxaad Bixin Doontaa Aan-ahayn Qorshaha Bixiyaha (Waxa aad bixin doontaa inta ugu badan)	Xaddidaadaha, Waxyaabaha Ka Reeban, iyo Macluumaadka Kale ee Muhiimka ah
Haddii aad leedahay qalliin bukaan-socod	Xarunta (tusaale, xarunta qalliinka bukaan-socodka)	35% <u>caymiska wadaaga ah</u>	Lama daboolin	Ogolaansho hore ayaa loo baahan yahay.
	Khidmadaha dhakhtarka / qalliinka	35% <u>caymiska wadaaga ah</u>	Lama daboolin	Ogolaansho hore ayaa loo baahan yahay.
Haddii aad u baahan tahay daryeel caafimaad oo degdeg ah	<u>Daryeelka golka gargaarka degdega ah</u>	\$350 / booqasho	\$350 / booqasho	Laga dhaafay hadii la diiwaangeliyey
	<u>Gaadiidka caafimaadka degdega ah</u>	35% <u>caymiska wadaaga ah</u>	35% <u>caymiska wadaaga ah</u>	Midna
	<u>Daryeelka egdega ah</u>	\$60 / booqasho, <u>lacag jaristu</u> ma qusayso	\$60 / booqasho, <u>lacag jaristu</u> ma qusayso	<u>Kuwa aan ahayn bixiyayaasha qorshaha</u> laguma daboolo gudaha meelaha adeega.
Haddii aad joogaysid isbitaalka	Kharashka xarunta (tusaale, qolka cisbitaalka)	35% <u>caymiska wadaaga ah</u>	Lama daboolin	Ogolaansho hore ayaa loo baahan yahay.
	Qarashaka qalniinka/ Dhaqtarka	35% <u>caymiska wadaaga ah</u>	Lama daboolin	Ogolaansho hore ayaa loo baahan yahay.
Haddii aad u baahan tahay caafimaadka maskaxda, caafimaadka hab dhaqanka, ama adeegsiga mukhaadaraadka	Adeegyada bukaan socodka	\$40 / booqasho, <u>lacag jaristu</u> ma qusayso	Lama daboolin	Midna
	Adeegyada bukaan-jiifka	35% <u>caymiska wadaaga ah</u>	Lama daboolin	Ogolaansho hore ayaa loo baahan yahay.
Hadaad uur leedahay	Booqashooyinka xafiiska	Lacag la'aan, <u>lacagta jaritaanka</u> ma qusayso	Lama daboolin	Waxay kuxirantahay nooca howlaha, <u>lacag bixinta caymiska wadaaga ah</u> , <u>caymiska wadaaga ah</u> , ama <u>lacagta la jari karo</u> wuu dalban karaa. Daryeelka hooyada waxaa ku jiri kara baaritaano iyo adeegyo lagu sharaxay meelo kale oo ka mid ah SBC (tusaale ahaan ultrasound.)
	Adeegyada xirfadeed ee dhalmada / dhalmada	35% <u>caymiska wadaaga ah</u>	Lama daboolin	Midna
	Adeegyada xarunta dhalmada / dhalmada	35% <u>caymiska wadaaga ah</u>	Lama daboolin	Midna

Dhacda Caafimaadka ee Caadiga ah	Adeegyada Aad U Baahan Tahay	Maxaad Bixin Doontaa Qorshaha Bixiyaha (Waxa aad bixin doontaa inta ugu yar)	Maxaad Bixin Doontaa Aan-ahayn Qorshaha Bixiyaha (Waxa aad bixin doontaa inta ugu badan)	Xaddidaadaha, Waxyaabaha Ka Reeban, iyo Macluumaadka Kale ee Muhiimka ah
Hadii aad u baahantahay caawimaad soo kabasho ama aad leedahay baahiyo caafimaad oo khaas ah	<u>Daryeelka caafimaadka guriga</u>	35% <u>caymiska wadaaga ah</u>	Lama daboolin	Midna
	<u>Daryeelka caafimaadka guriga</u>	Bukaan-jiifka: 35% <u>caymiska wadaaga ah</u> ; bukaan-socodka: \$65 / booqasho, <u>lacag jaristu</u> ma qusayso	Lama daboolin	Bukaan-jiifka: Ogolaanshiyo hore ayaa loo baahanyahay; bukaan-socodka Bukaan-socodka jirka, hadalka iyo shaqada dawaynta (30 booqasho oo kuwada jirta jedwel sanadeed kasta).
	<u>Adeegyada baxnaaninta</u>	\$65 / booqasho, <u>lacag jaristu</u> ma qusayso	Lama daboolin	Bukaan-socodka jirka, hadalka iyo shaqada dawaynta (30 booqasho oo kuwada jirta jedwel sanadeed kasta).
	<u>Daryeelka kalkaalinta ee xirfada leh</u>	35% <u>caymiska wadaaga ah</u>	Lama daboolin	60 maalin jedwel sanadeed kasta.
	<u>Qalab caafimaad oo waara</u>	35% <u>caymiska wadaaga ah</u>	Lama daboolin	Iyada oo ku xidhan <u>qaaciddada</u> tilmaamaha.
	<u>Adeega daryeelka guriga</u>	Lacag la'aan, <u>lacagta jaritaanka</u> ma qusayso	Lama daboolin	Ogolaansho hore ayaa loo baahan yahay.
Haddii ilmahaagu u baahan yahay daryeelka ilkaha ama indhaha	Baaritaanka idhaha caruurta	Lacag la'aan, <u>lacagta jaritaanka</u> ma qusayso	Lama daboolin	Waxa ay ku xadidantahay 1 baaritaan / sanadkii.
	Ookiyaalayaasha caruurta	Lacag la'aan, <u>lacagta jaritaanka</u> ma qusayso	Lama daboolin	Waxa ay ku xadidantahay in la doorto ookiyaalayaasha ama xiriirka sanad walba.
	Baaritaanka ilkaha caruurta	Lama daboolin	Lama daboolin	Midna

Adeegyada Ka Reebban & Adeegyada Kale ee Daboolan:

Adeegyada Qorshahaaga Guud Ahaan uusan Daboolin (Hubi dukumenti ga siyaasadaada ama qorshahaaga si aad u hesho macluumaad dheeraad ah iyo liis kasta oo kale <u>adeegyada laga reebay.</u>)		
<ul style="list-style-type: none"> ● Qalliinka cayilka ● Qalliinka isqurxinta ● Daryeelka ilkaha (Dadka Waaweyn iyo Ilmaha) 	<ul style="list-style-type: none"> ● Dawaynta Dhalma la'aanta ● Daryeelka muddada-dheer ● Daryeelka aan degdegga ahayn marka aad u safrayso meel ka baxsan Mareykanka. 	<ul style="list-style-type: none"> ● Kalkaaliye caafimaad oo Gaar Loo leeyahay ● Daryeelka cagaha ee joogtada ah ● Barnaamijyada miisaan oo yaraynta
Adeegyada Kale ee Daboolan (Xaddidaadaha ayaa laga yaabaa inay khuseeyaan adeegyadan. Kani ma aha liis dhamaystiran. Fadlan eeg dukumiintigaaga <u>qorshaha.</u>)		
<ul style="list-style-type: none"> ● Soo xaaqitaanka ilmaha ● Cirbadaha jirka lagu mudo (12 booqashooyin, / sanadkii) 	<ul style="list-style-type: none"> ● Cirbadaha jirka lagu mudo (12 booqashooyin, / sanadkii) ● Caawinta Maqalka (1 caawin dhagtiiba / 36 bilood) 	<ul style="list-style-type: none"> ● Daryeelka indhaha ee joogtada ah (Dadka waaweyn)

Xuquuqdaada inaad Sii wadato Caymiska: Waxaa jira hay'ado kaa caawin kara hadaad rabto inaad sii wado caymiskaaga markay dhamaato. Macluumaadka xiriirka hay'adahaas waxaa lagu muujiyey jaantuska hoose. Dooqyada caymiska kale ayaa laga yaabaa in lagu helo sidoo kale, oo ay ku jiraan iibsashada daboolida caymiska shaqsiga oo loo marayo Goobta suuqa Caymiska Caafimaadka. Wixii macluumaad dheeraad ah ee ku saabsan Goobta suuqa, booqo www.HealthCare.gov ama wac 1-800-318-2596.

Xuquuqdaada Cabashada iyo Rafcaanka: Waxaa jira hay'ado kaa caawin kara hadaad dacwo ka qabto qorshahaaga qorshaha diidmada a sheegasho. Cabashadan waxaa lagu magacaabaa cabasho ama racfaan. Wixii macluumaad dheeraad ah ee ku saabsan xuquuqdaada, fiiri sharraxaadda dheefaha aad ka heli doonto caafimaadkaas sheegashada. Dukumintiyadaada sidoo kale waxay bixiyaan macluumaad dhameystiran oo ku saabsan sida loo gudbiyo sheegasho, racfaan, ama cabasho sabab kasta oo aad kuhesho qorshe. Wixii macluumaad dheeraad ah oo ku saabsan xuquuqahaaga, ogaysiiskan, ama caawinta, la xariir laanta tasmada hoose.

Macluumaadka Xiriirka ee Xuquuqdaada Si Aad U Siiwato Daboolida & Xuquuqdaada Cabashadaada iyo Racfaanada:

Adeegyada Xubnaha ee Kaiser Permanente	1-800-813-2000 (TTY: 711) ama www.kp.org/memberservices
Qaybta Sharciga Maaliyadeed ee Oregon	1-888-877-4894 ama www.dfr.oregon.gov

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

Caymiska Aasaasiga Ugu Yar guud ahaan waxaa kujira qorshayaal, caymiska caafimaadka ee laga heli karo Suuqa ama suuq kale oo shaqsi siyaasadaha, Medicare, Medicaid, CHIP, TRICARE, iyo caymisyo kale oo cayiman. Haddii aad xaq u leedahay noocyada qaarkood ee Caymiska Ugu Muhiimsan ee Ugu Yar waxaa laga yaabaa inaad u qalmin amaahda canshuurta ee ugu saraysa.

Qorshahani miyuu buuxinayaa Heerarka Qiimaha Ugu Yar? Ma khuseyso.

Hadii uusan qorshagaagu gaarin heerarka ugu hooseeya ee qaymaha waxaa dhici karta in aad xaq u yeelatid canshuurta ugu saraysa si ay kaaga caawiso in uu qorshuhu bixiyo ayada oo la soo marsiinaayo Goobta suuqa.

Adeegyada Helitaanka 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)

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)

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

Si aad u aragto tusaalooyinka sida tan qorshe u dabooli karto kharashaadka xaalad caafimaad ee tijaabada ah, eeg qaybta xigta.

Ku saabsan Tusaalooyinka Caymiska:



Kani maahan qiyaasaha qiimaha. Daaweynta la muujiyey ayaa ah tusaalooyinka kaliya ee sida tan qorshe ay u dabooli karto daryeelka caafimaadka. Kharashkaaga dhabta ah wuu ka duwanaan doonaa iyadoo kuxiran daryeelka dhabta ah ee aad hesho, qiimayaasha aad adeeg bixiyayaasha ka qaadaan, iyo arrimo kale oo badan. Diirada saar wadaagida kharashka qaddarada (lacagaha laga jaro, lacag bixinta caymiska wadaaga ah iyo caymiska wadaaga ah) iyo adeegyada laga reebay qorshaha. U adeegso macluumaadkan isbarbar dhig qaybta kharashaadka ee aad ku bixin karto caafimaad hoosaadyo kala duwan qorshayaal. Fadlan la soco tusaalooyinka caynsanaanta waxay ku saleysan yihiin caymis keligood ah.

Peg wuxuu leeyahay cunug

(9 bilood oo daryeelka caafimaadka umusha ah iyo bixinta isbitaalka)

- Wadarta kharashka laga jaro qorshaha \$3,000
- Lacag bixinta wadaaga ah ee takhasuslaha \$65
- Isbitaalka (Goobta) caymiska wadaaga ah 35%
- Kale (shaqo dhiig) bixinta lacag wadaag ah \$60

Dhacdadan TUSAALAHA ah waxaa ku jira adeegyo sida:

Booqashooyinka xafiiska Taqasuska
(daryeelka dhalmada ka hor)

Adeegyada Xirfadeed ee Dhalmada / Dhalmada

Adeegyada Xarunta Dhalmada / Dhalmada

Baariitaanada ogaanshaha (raajada kumbuyuutarka iyo shaqada dhiiga)

Khabiir booqasho (suuxdin)

Maaraynta Nooca 2aad ee macaanka Joe

(sanadka daryeelka joogtada ah ee shabakada xaalad si wanaagsan loo xakameeyo)

- Wadarta kharashka laga jaro qorshaha \$3,000
- Lacag bixinta wadaaga ah ee takhasuslaha \$65
- Isbitaalka (Goobta) caymiska wadaaga ah 35%
- Kale (shaqo dhiig) bixinta lacag wadaag ah \$60

Dhacdadan TUSAALAHA ah waxaa ku jira adeegyo sida:

Booqashooyinka xafiiska dhaqtarka daryeelka koowaad
(oo ay ku jiraan waxbarashada cudurada education)

Baariitaanada ogaanshaha (shaqada dhiiga)

Dawooyinka dhakhtarku goro

Qalab caafimaad oo waara (mitirka gulukooska)

Jabitaanka Sahlan ee Mia

(booqashada qolka gurmada ee shabakada gudaheeda iyo la socoshada daryeelka)

- Wadarta kharashka laga jaro qorshaha \$3,000
- Lacag bixinta wadaaga ah ee takhasuslaha \$65
- Isbitaalka (Goobta) caymiska wadaaga ah 35%
- Mid kale (raajo) bixinta lacag bixin \$60

Dhacdadan TUSAALAHA ah waxaa ku jira adeegyo sida:

Daryeelka qolka gargaarka degdega ah (oo ay kujiraan sahay caafimaad)

Baariitaanka cudur (raajada)

Qalab caafimaad oo waara (ulo)

Adeegyada baxnaaninta (daaweynta jirka)

Wadarta Qiimaha Tusaale	\$12,700
Tusaalahan, Peg wuxuu bixin lahaa:	
Wadaagista Qiimaha	
<u>Waxyaabaha laga jaro</u>	\$3,000
<u>Lacag bixinnada wadaag ah</u>	\$ 400
<u>Caymiska adaaga ah</u>	\$1,900
<i>Waxa aan la daboolin</i>	
Xadka ama ka-reebitaanka	\$60
Wadarta Peg bixin lahaa waa	\$5,360

Wadarta Qiimaha Tusaale	\$5,600
Tusaalahan, Joe wuxuu bixin lahaa:	
Wadaagista Qiimaha	
<u>Waxyaabaha laga jaro</u>	\$70
<u>Lacag bixinnada wadaag ah</u>	\$1,500
<u>Caymiska adaaga ah</u>	\$ 0
<i>Waxa aan la daboolin</i>	
Xadka ama ka-reebitaanka	\$ 0
Wadarta Joe bixin lahaa waa	\$1,570

Wadarta Qiimaha Tusaale	\$2,800
Tusaalahan, Mia waxay bixin doontaa:	
Wadaagista Qiimaha	
<u>Waxyaabaha laga jaro</u>	\$1,900
<u>Lacag bixinnada wadaag ah</u>	\$ 600
<u>Caymiska adaaga ah</u>	\$ 0
<i>Waxa aan la daboolin</i>	
Xadka ama ka-reebitaanka	\$ 0
Wadarta Mia bixin laheyd ayaa ah	\$2,500

Qorshaha ayaa mas'uul ka noqon doona kharashaadka kale ee adeegyadan TUSAALAYAASHAAN la daboolay.

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 on the basis of race, color, national origin, age, disability, sex, gender identity, or sexual orientation. Kaiser Health Plan does not exclude people or treat them differently because of race, color, national origin, age, disability, sex, gender identity, or sexual orientation. We also:

- Provide no cost aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Written information in other formats, such as large print, audio, 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. Ste 100, Portland, OR 97232-2099, Phone: **1 800-813-2000** (TTY: **711**), 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/onlineservices/cc/pub/complaintinformation.aspx>.

HELP IN YOUR LANGUAGE

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

አማርኛ (Amharic) ማሰታወቂያ: የሚናገሩት ቋንቋ አማርኛ ከሆነ የትርጉም አርዳታ ድርጅቶች፣ በነጻ ሊያገለግሉት ተዘጋጅተዋል። ወደ ሚከተለው ቁጥር ይደውሉ **1-800-813-2000** (TTY: 711)።

العربية (Arabic) ملحوظة: إذا كنت تتحدث العربية، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم **1-800-813-2000** (TTY: 711)።

中文 (Chinese) 注意: 如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 **1-800-813-2000** (TTY: 711)。

فارسی (Farsi) توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با **1-800-813-2000** (TTY: 711) تماس بگیرید.

Français (French) ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le **1-800-813-2000** (TTY: 711).

Deutsch (German) ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: **1-800-813-2000** (TTY: 711).

日本語 (Japanese) 注意事項: 日本語を話される場合、無料の言語支援をご利用いただけます。 **1-800-813-2000** (TTY:711) まで、お電話にてご連絡ください。

ខ្មែរ (Khmer) ប្រយ័ត្ន: បើសិនជាអ្នកនិយាយភាសាខ្មែរ, សេវាជំនួយផ្នែកភាសា ដោយមិនគិតលុយ គឺអាចមានសំរាប់អ្នក។ ចូរ ទូរស័ព្ទ **1-800-813-2000** (TTY: 711)។

한국어 (Korean) 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. **1-800-813-2000** (TTY: 711)번으로 전화해 주십시오.

ລາວ (Laotian) ໂປດຊາບ: ຖ້າວ່າ ທ່ານເວົ້າພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສັຽຄ່າ, ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ໂທ **1-800-813-2000** (TTY: 711).

Afaan Oromoo (Oromo) XIYYEEFFANNAA:Afaan dubbattu Oroomiffa, tajaajjila gargaarsa afaanii, kanfaltiidhaan ala, ni argama. Bilbilaa **1-800-813-2000** (TTY: 711).

ਪੰਜਾਬੀ (Punjabi) ਧਿਆਨ ਦਿਓ: ਜੇ ਤੁਸੀਂ ਪੰਜਾਬੀ ਬੋਲਦੇ ਹੋ, ਤਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਸਹਾਇਤਾ ਸੇਵਾ ਤੁਹਾਡੇ ਲਈ ਮੁਫਤ ਉਪਲਬਧ ਹੈ। **1-800-813-2000** (TTY: 711) 'ਤੇ ਕਾਲ ਕਰੋ।

Română (Romanian) ATENȚIE: Dacă vorbiți limba română, vă stau la dispoziție servicii de asistență lingvistică, gratuit. Sunați la **1-800-813-2000** (TTY: 711).

Русский (Russian) ВНИМАНИЕ: если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните **1-800-813-2000** (TTY: 711).

Español (Spanish) ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-800-813-2000** (TTY: 711).

Tagalog (Tagalog) PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa **1-800-813-2000** (TTY: 711).

ไทย (Thai) เรียน: ถ้าคุณพูดภาษาไทย คุณสามารถใช้บริการช่วยเหลือทางภาษาได้ฟรี โทร **1-800-813-2000** (TTY: 711).

Українська (Ukrainian) УВАГА! Якщо ви розмовляєте українською мовою, ви можете звернутися до безкоштовної служби мовної підтримки. Телефонуйте за номером **1-800-813-2000** (TTY: 711).

Tiếng Việt (Vietnamese) CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số **1-800-813-2000** (TTY: 711).