



# Diiradda la saarayo: Miyaan u qalma Qorshaha Caafimaadka Oregon?

Health Share of Oregon waa mid ka mid ah daryeelka urruradu iska kaashadeen (CCO) ee Oregon, oo bixinaya daryeelka jirka, lkaha iyo caafimaadka dhimirka iyo daaweynta isticmaalka mukhaadaraadka oo la adeegsanayo Qorshaha Caafimaadka Oregon (OHP). CareOregon waa mid ka mid ah dhowr bixiyayaasha caymiska ah oo ku yaala degaanka saddexda-magaalo ka kooban oo Health Share CCO ka caawiya in ay bixiso daryeel. **Waxaa dhici karta in aad u qalanto OHP iyada oo ku saleysan dakhligaaga ama waxyaabo kale.**

## Miyaan u qalma?

Laga bilaabo Maarso 2023, halkan waxaa ku qoran tusaalooyinka qaarkood ee dadka dalbada OHP:

<b>Lammaanaha</b> sameeya..... wax ka yar .....	<b>\$2,268</b> bishii
<b>Carruurta</b> uu waalidkooda/mas'uulkoodu..... sameeyo wax ka yar.....	<b>\$7,625</b> bishii
<b>Qofta uurka leh</b> ee .....	<b>\$2,309</b> bishii

Habka ugu wanaagsan ee lagu ogaado in aad u qalanto waa in la codsado!

## Siyaabaha loo codsado

**Wac OHA:** Adeega Macmiilka OHP ka wac 800-699-9075 ama (TTY 711)

**Shakhsi ahaan:** Waxaa jira caawiyayaal “assistors” wax kuu tilmaami doona inta lagu jiro nidaamka diiwaan gelinta. Naga soo wac 503-416-4100, khadka bilaashka ah 888-519-3845 ama TTY 711, ama waxyaabo dheeraad ah ka ogow [careoregon.org/am-i-eligible](http://careoregon.org/am-i-eligible)

**Internet-ka:** [one.oregon.gov](http://one.oregon.gov) ama hel caawiye degaanka ah [healthcare.oregon.gov/Pages/find-help.asp](http://healthcare.oregon.gov/Pages/find-help.asp)

**Warqad ahaan:** Codsiga ka soo dejiso [link.careoregon.org/ohpapp](http://link.careoregon.org/ohpapp) oo fax u dir 503-378-5628 ama boosta ugu soo dir OHP Customer Service, P.O. Box 14015, Salem, OR 97309-5032

## Waxa aad u baahan tahay si aad u codsato (oo loogu talagalay dhammaan xubnaha ka tirsan qoyska)



Taariikhda dhalasho (warqada dhalashada, haddii la heli karo)



Lambarka Social Security-ga (haddii aad mid leedahay, la iskagama baahna)



Macluumaadka dhakhliga iyo lacagta la iska jaro (tusaale, nuqulka jeegaga)



Dokumentiyada muhaajirnimada (haddii ay jiraan)



Macluumaadka ku saabsan caymiska caafimaad ee aad ku heli karto shirkad aad u shaqayso (haddii ay jiraan)

## Goorta aad u baahan tahay in aad codsato

Si aad u sii haysato caymiskaaga OHP, **waxaad u baahan kartaa in aad dib u codsato 12 biloodba mar.** Tani waxaa mararka qaarkood loogu yeeraa “redetermination.” OHP ayaa kuu soo diri doonta warqad ku saabsan sida tan loo sameeyo.

## Haddii aad u qalanto Medicaid, waxaanu rabnaa in aanu xaqiijino in aad caymis leedahay

La hadal Caawiye ama si aad u ogaato waxyaabo dheeraad ah, naga soo wac 503-416-8090, khadka bilaashka ah 888-519-3845 ama TTY 711.

**Waxaan halkan u joogaa in aan ku caawino!**

# Wax ka ogow CareOregon

**Adeegyada luqadda waxaa bixiya CareOregon, qorshahaaga caafimaadka Medicaid.**  
Halkan ka ogow waxyaabo badan oo nagu saabsan.

Marka ay dadku ka hadlaan Medicaid ka jirta Oregon, waxaa dhici karta in aad maqasho iyaga oo dhahaya magacyo iyo warqado badan oo kala duwan. Sababtu waa in ay jiraan ururo badan oo ku lug leh xaqijinta in aad hesho daryeelka aad u qalanto. Sidee baad macne ugu yeeli kartaa haba yaraatee?

## Waxay gacan ka geysataa in aad uga fikirto Medicaid ka jirta Oregon in ay tahay sida qaabka pyramid oo kale.

**Maamulka Caafimaadka Oregon (OHA)** ayaa gacanta ku haya barnaamijka Medicaid ee loogu talagalay gobolka Oregon oo dhan, kaasi oo loogu yeero Qorshaha Caafimaadka Oregon (OHP).



**Health Share of Oregon (HSO)** waa waxa loo yaqaano daryeelka ururadu iska kaashadeen (CCO). Health Share of Oregon waxay ka hoos shaqeysaa OHA si ay ugu adeegto xubnaha ka tirsan OHP ee ku nool degaanka saddexda-magaalo ka kooban.



**CareOregon** waa mid ka mid ah dhowr bixiyayaasha caafimaadka oo ku yaala degaanka saddexda-magaalo ka kooban oo Health Share CCO ka caawiya in ay bixiso daryeel. Waxaan sidoo kale gacan ka geysanaa isku duwida adeegyada luqadda ee loogu talagalay xubnaheena.



**Daryeel bixiyahaaga aasaasiga ah (PCP)** wuxuu noqon karaa dhakhtar, kalkaaliso sare, kalkaaliyaha dhakhtarta ama daaweynta bedelka ah 'naturopath'. Waxay isku duwaan daryeelkaaga aad la leedahay CareOregon iyo xubnaha kale ee kooxda caafimaadka sida dhakhaatiirta ilkaha, bixiyayaasha daryeelka caafimaadka maskaxda, farmashiyayaasha iyo kuwo kale.



### CareOregon waxay bixisaa adeegyada kuwan oo kale ah ee loogu talagalay xubnaha Medicaid (OHP):

- ▶ Daryeelka caafimaadka jirka
- ▶ Daryeelka caafimaadka dhimirka
- ▶ Isticmaalka mukhaadaraadka
- ▶ Daryeelka ilkaha
- ▶ Medicare la sii marayo CareOregon Advantage
- ▶ Daryeelka bukaanka hospice ama daaweynta oo la adeegsanayo Bixiyayaasha Housecall

### Waxaad sidoo kale awoodi doontaa in aad isticmaasho adeegyo muhiim ah sida kuwani oo kale:

- ▶ Isku duwida daryeelka
- ▶ Farmashiyaha
- ▶ Daryeelka dhalashada ilmaha ka hor iyo daryeelka dhallaanka
- ▶ Kala doorashada gaadiidka
- ▶ Adeegyada turjumaada luqadda
- ▶ ER iyo daryeelka degdega ah

Waxaad heli kartaa tani oo ku qoran luqaddo kale, far waaweyn, farta dadka indhaha aan qabin wax ku akhriyaan ee Braille ama qaabka aad doorbidayso. Waxaad sidoo kale codsan kartaa turjubaan. Caawimaadani waa lacag la'aan ah. Wac 800-224-4840 ama TTY 711.

[healthshareoregon.org](http://healthshareoregon.org)

