



# DEGMADA SAN DIEGO ADEEGYADA CAAFIMAADKA HABDHAQANKA (BHS)

## ADEEGYADA MEDI-CAL EE CAAFIKAADKA HABDHAQANKA

- ✓ Qorshaha Caafimaadka Maskaxda (MHP)
- ✓ Nidaamka Bixinta Abaabulan ee Dawooyinka Medi-Cal (DMC-ODS)
- ✓ Qorshayaasha daryeelka Ay Maamusho Medi-cal (MCPs)
- ☎ Khadka Dhibaataada iyo Helitaanka  
**888-724-7240**



# SHAXDA TUSMADA

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# HALKA LAGA BILLAABO

Haddii aanad garanayn halka aad ka bilaabayso, ama aad u baahan tahay taageero inta lagu jiro Qorshaha ama Bixiyaha saacadaha aan-shaqada ahayn, waxaad wici kartaa ama u diri kartaa wada sheekaysi onlayn ah **Khadka Helitaanka iyo Dhibaataada (ACL)**.

ACL waxay hubisaa inaanad marnaba keligaa noqon, iyadoon loo eegin wakhtiga, iyadoo ku siinaysa taageero **24 saacadood maalintii, 7 maalmood isbuucii** in ka badan **200 oo luqadood**. ACL waxay bixisaa wax ka qabashada dhibaataada, isticmaalka mukhaadaraadka iyo adeegyada caafimaadka maanka, ilaha bulshada, iyo adeegyada kale ee taageerada ah. Baro wax badan oo ku saabsan ilahan adiga oo sawiraya koodhka QR ee hoose.

Ma jiro "albaab khaldan" oo lagu bilaabayo helitaanka adeegyada caafimaadka maanka. Waaxda Degmada Adeegyada Habdhaqanka Caafimaadka Maskaxda ee San Diego (BHS) iyo Qorshayaasha Daryeelka ay Maamusho Medi-Cal, (MCPs) waxay ka wada shaqeeyaan sidii loo hubin lahaa inaad daryeelka saxda hesho, ku hehso meesha saxda ah, kuna hesho wakhtiga saxda ah.

**Wac (888) 724-7240**



**KHADKA  
DHIBAATADA**

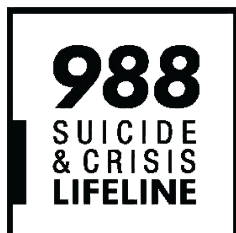
7 Maalmood Isbuucii,  
24 Saacadood Maalinti



**SHEEKEYSI  
TOOS AH**

Waxaa laga heli karaa websaydhka  
ACL Isniin-Jimce (4galabnimo-  
10galabnimo)

**ACL waa Shuraako Shabakada 988 oo  
deegaanka ah.**



# NOOCYADA ADEEGYADA MEDI-CAL EE CAAFIMAADKA HABDHAQANKA

## Wixii Ah Adeegyada Caafimaadka Habdhaqanka ee Khaaska ah:

Adeegyada caafimaadka habdhaqanka ee gaarka ah waxaa loogu talagalay shakhsiyaadka leh **arrimaha caafimaadka maanka ee daran oo joogtada ah ama cilladaha isticmaalka mukhaadaraadka**. Adeegyadan waxaa ka mid ah qorshooyinka daaweynta oo dhammeystiran, daaweynta, iyo maaraynta kiiska.

- Degmadu waxay maamushaa adeegyadan iyada oo u maraysa shabakado bixiyeyaal ah oo aad isticmaali karto si aad u hesho daryeelka gaarka ah ee ka faa'idaystayaasha Medi-Cal ee leh baahiyaha caafimaadka maanka ee daran
- ACL waxay kugu xidhi kartaa adeegyada caafimaadka maanka ee takhasuska leh

## Wixii Ah Adeegyada Caafimaadka Habdhaqanka ee Aan-Khaaska ahayn:

Adeegyada Aan-khaaska ahayn waxaa loogu talagalay shakhsiyaadka yaan buuxin shuruudaha daryeelka khaaska ah laakiin weli u baahan **taageerada xaaladaha caafimaadka maanka ee fudud ama dhexdhexaadka ah**.

- Si toos ah ula xiriir qorshahaaga daryeelka caafimaadka ee la maareeyo ee Medi-Cal (MCP) si aad u hesho adeegyadan.
- Qorshe kasta oo caafimaad waxa uu leeyahay shabakad bixiyeyaal ah kuwaas oo bixiya adeegyada baahiyaha caafimaadka habdhaqanka ee aan aadka u darnayn.



**TALO:** Ma hubtid miya adeegyada aad u baahan tahay? Markaad shaki qabto, wac ACL si aad u hesho soo jeedinta ugu habboon.

# ADEEGYADA CAAFIMAADKA HABDHAQANKA EE KHAASKA AH

## ADEEGYADA CAAFIMAADKA MASKAXDA EE KHAASKA AH (SMH)\* IYADOO LOO MARAAYO BIXIYAYAASHA QORSHAHA CAAFIMAADKA MASKAXDA EE GOBOLKA (MHP):

- Adeegyada Caafimaadka Maanka
- Adeegyada Taageerada Caafimaadka
- Maareynta Kiiska Bartilmaameedsan
- Adeegyada Wax Ka Qabashada Dhibaataada
- Adeegyada Xasilinta Dhibaataada
- Adeegyada Daaweynta Deganaanshaha Qaangaadhka
- Adeegyada Daaweynta Dhibaataada ee Deganaanshaha
- Adeegyada Degdegga ah ee Daaweynta Maalinta ah
- Baxnaaniinta Maalinta ah
- Adeegyada Cisbitaalka Bukaaniifka Maanka
- Adeegyada Xarunta Caafimaadka Maanka
- Adeegyada Taageerada Jiilka
- Adeegyada Dhibaataada ee Dhaqdhaqaaqa
- Intaas waxaa dheer, ka-faa'ideystayaasha da'doodu ka yar tahay 21 sano waxay heli karaan:
  - Adeegyada Degdegga ah ee Guriga Ku-saleysan
  - Isuduwidda Daryeelka Xooggan
  - Adeegyada Daweynta Dhaqanka
  - Daryeelka Korinta ee Daaweynta leh

DIIWAANKA BIXIYAHA  
ADEEGYADA CAAFIMAADKA  
HABDHAQANKA



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BUUG-YARAH KA  
FAA'DEYSTAYAASHA  
& QOYSASKA



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*\*Iskaan garee koodhka QR ama booqo  
[bit.ly/BeneficiaryHandbook](https://bit.ly/BeneficiaryHandbook) si aad u hesho  
qeexitaannada adeegga iyo sharraxaadda Buug-yaraha  
Ka-faa'ideystayaasha & Qoysaska ee Medi-Cal*

# ADEEGYADA CAAFIMAADKA HABDHAQANKA EE KHAASKA AH

## ADEEGYADA SI XUN U ISTICMAALKA MUKHAADARAADKA (SUD)\* IYADOO LOO MARAYO NIDAAMKA BIXIYAYAASHA BIXINTA AY MAAMUSHO MEDI-CAL EE DAAWADA (DMC-ODS):

- Adeegyada Wax Ka Qabashada Hore (ee ka faa'iidaystayaasha da'doodu ka yar tahay 21 jir)
- Baadhitaanka Xiliga Hore, Ogaanshaha, iyo Daaweynta (ka faa'iidaystayaasha da'doodu ka yar tahay 21 jir)
- Adeegyada Daaweynta Bukaansocodka
- Adeegyada Bukaansocodka ee Xooggan
- Adeegyada Daaweynta Joogtada ah ee Dhibaatooyinka Maandooriyaha ee Wakhtiga Urka iyo Dhalmada
- Barnaamijka Daaweynta Maandooriyaha
- Daaweynta Caawinta Dawooyinka
- Adeegyada Taageerada Asaaga ee Medi-Cal
- Adeegyada Dhibaataada ee Dhaqdhaqaaqa

DIIWAANKA BIXIYAHA  
ADEEGYADA CAAFIMAADKA  
HABDHAQANKA



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BUUG-YARAH KA  
FAA'DEYSTAYAASHA  
& QOYSASKA



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*\*Iskaan garee koodhka QR ama booqo  
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qeexitaannada adeegga iyo sharraxaadda Buug-yaraha  
Ka- faa'ideystayaasha & Qoysaska ee Medi-Cal*

# ADEEGYADA CAAFIMAADKA HABDHAQANKA EE AAN-KHAASKA AHAYN

## ADEEGYADA CAAFIMAADKA MAANKA EE AAN-KHAASKA AHAYN (NSMH) IYADOO LOO MARAYO QORSHAYAASHA DARYEELKA EE AY MAAREYSO MEDI-CAL (MCPS):

### Qiimaynta iyo Daaweynta Caafimaadka Maanka

- Qiimaynta caafimaadka maanka iyo daaweynta, oo ay ku jiraan shaqsi, koox iyo daaweynta nafsada maanka ee qoyska
- Baaritaanka maanka iyo neerfayaasha, marka caafimaad ahaan loo tilmaamo in la qiimeeyo xaaladda caafimaadka maanka

### Adeegyada Bukaanku Socodka iyo Kormeerka Joogtada ah

- Adeegyada Bukaanka Socodka ah ee loogu talagalay kormeerka daaweynta maandooriyaha
- La-tashiga dhakhtarka dhimirka
- Shaybaadhka bukaanku socodka, dawooyinka, sahayda, iyo kaabista

### Daryeelka Xaaladda Degdegga ah iyo Dhibaataada

- Waaxyaha Daryeelka Gurmada

### Baadhitaanka iyo Gudbinta Isticmaalka Mukhaadaraadka

- Dawada Daaweynta Maandooriyaha (MAT) ee lagu bixiyo daryeelka aasaasiga ah, cisbitaalka bukaanku jifka, waaxyaha degdegga ah, iyo goobaha kale ee caafimaadka, iyo
- Baadhitaanka Khamriga iyo Maandooriyaha, Qiimaynta, Wax Ka Qabashada Kooban, iyo U Gudbinta Daaweynta (SABIRT) ee goobaha Daryeelka Aasaasiga ah



Qorshayaasha Daryeelka ay Maamusho Medi-Cal (MCP) waxay daboolaan gaadiidka lagu tagayo dhammaan adeegyada ceymiska Medi-Cal oo ay ku jiraan Caafimaadka Maanka ee Takhasuska leh, Nidaamka Bixinta Abaabulan ee Medi-Cal iyo Denti-Cal. Haddii aad rabto macluumaad dheeraad ah oo ku saabsan gaadiidka ama dheefaha kale, sida Medi-Cal Rx, Maaraynta Daryeelka La Wanaajiyey, iyo Taageerada Bulshada, waxaad si toos ah u wici kartaa bixiyahaaga MCP.

# HELITAANKA GAADIIDKA

Adeegyada gaadiidka waxa kaliya oo loo heli karaa tagista iyo kasoo laabashada adeegyada Medi-Cal ee la daboolay, oo ay ku jiraan ballamaha caafimaadka ee qorshaynta qoyska, caafimaadka maanka iyo adeegyada isticmaalka xun ee mukhaadaraadka, ballamaha ilkaha, qaadashada dawooyinka, iyo soo qaadashada sahayda iyo qalabka caafimaadka.

## Gaadiidka Caafimaadka Aan Degdegga Ahayn (NEMT)

NEMT waxaa loogu talagalay ka-faa'iideystayaasha aan heli karin gaadiid caadi ah sababo caafimaad dartood. NEMT waxaa ka mid ah ambalaasyada, baabuurta naafada, ama kuwa qashinka qaada waana in uu qoraa bixiye daryeel caafimaad

## Gaadiidka Aan Caafimaadka Ahayn (NMT)

NMT waxaa loogu talagalay in lagu tago loogana soo laabto ballamaha Medi-Cal iyadoo la adeegsanayo gaadiidka dadweynaha ama kuwa gaarka ah. Waxa heli karaa dhammaan ka faa'iidaystayaasha Medi-Cal iyo haweenka uurka leh ee aan haysan hab kale oo ay ku tagaan ballan oo isku dayay dhammaan xulashooyinka kale. Sababaha loogu baahan yahay adeegyada NMT waxaa ka mid noqon kara:

- Shati darawalnimo la'aan
- Gaari aan shaqeyneyn
- Baahi ah caawin safar
- Xaddidaadyada jirka ama mida maanka
- Lacag la'aan



**TALO:** Si aad u hubiso helitaanka gaadiidka, la xidhiidh bixiyaha isla marka ballan laga sameeyo lambarka ku qoran Hagaha Xidhiidhka ee bogga 9

# OGOOW XUQUUQDAADA

## CABASHOYINKA IYO DACWOYINKA

Ka-faa'iidaystayaasha Medi-Cal waxay xaq u leeyihiin inay helaan adeegyada daaweynta lagama maarmaanka ah ee Qorshaha Caafimaadka Maanka (ama MHP, ee ogaanshaha aasaasiga ah ee xaaladda Caafimaadka Maskaxda) iyo Nidaamka Bixinta Abaabulan ee Medi-Cal (DMC-ODS, ee ogaanshaha koowaad ee xanuunka Isticmaalka Maandooriyaha).

MACLUUMAADKA  
CABASHADA &  
RAFCAANKA



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Haddii aad hesho adeegyo oo aanad ku qanacsanayn ama aanad ku raacsanayn go'aanka laga gaaray daaweyntaada, waxaad ka xaraysan kartaa cabasho (oo loo yaqaan cabasho) ama rafcaan adiga oo soo wacaya lambarada hoos ku qoran.

Xaraynta cabasho, rafcaan, ama codsanaya Dhegeysi Cadaalad ah oo Dawladeed adiga kuguma xisaabi doono oo saamayn kuma yeelanayso adeegyada aad hesho.

**Adeegga Qoyska Yuhuudda**  
Eedaymaha iyo Cabashooyinka  
Barnaamijka Difaaca Bukaanka  
**Bukaan-jiifka & Deganaanta**  
1-800-479-2233

**Xarunta Macaamiisha ee Wacyigelinta**  
**iyo Ololeynta Caafimaadka**  
Eedaymaha iyo Cabashooyinka  
Barnaamijka Difaaca Bukaanka  
**Adeegyada Bukaan-socodka**  
1-877-734-3258

Haddii aad adeegyada caafimaadka habdhaqanka ee khaaska ah ka helayso mid ka mida bixiye MHP iyo/ama shabakada DMC-ODS, fadlan la xidhiidh Xafiiska U Hogaansanaanta Wakaalada (macluumaadka xidhiidhka ee laga heli karo boggooda internetka) haddii aad la kulanto u mid ka mida arrimaha u hoggaansanaanta, dahsoonaanta xogta, ama amniga marka aad adeegyada ka helayso bixiyayaashayada.

# HAGAHA XIDHIIDHKA

|                                                                                                                                      | Blue Shield<br>CA Promise<br>Health Plan | Community<br>Health Group                   | Kaiser<br>Permanente | Molina<br>Healthcare                       |
|--------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------|---------------------------------------------|----------------------|--------------------------------------------|
| <b>Adeegyada<br/>Xubinta/<br/>Gaadiidka</b>                                                                                          | 1-855-699-5557                           | 1-800-224-7766                              | 1-800-464-400        | 1-888-665-4621                             |
| <b>Caafimaadka<br/>Habdhaqanka</b>                                                                                                   | 1-855-321-2211                           | 1-800-404-3332                              | 1-833-579-4848       | 1-888-665-4621                             |
| <b>Khadka<br/>Talo-bixinta<br/>Caafimaadka<br/>ee Taleefanka</b>                                                                     | 1-800-609-4166                           | 1-800-647-6966                              | 1-800-290-5000       | 1-888-275-8750                             |
| <b>Adeegyada<br/>Aragga</b>                                                                                                          | 1-855-699-5557                           | Qorshaha<br>Adeegga Aragga<br>800-877-71951 | 1-800-464-4000       | March Vision<br>Services<br>1-888-463-4070 |
| <b>Medi-Cal RX</b>                                                                                                                   | 1-800-977-2273                           | 1-800-977-2273                              | 1-800-977-2273       | 1-800-977-2273                             |
| <b>Denti-Cal</b>                                                                                                                     | 1-800-322-6384                           | 1-800-322-6384                              | 1-800-322-6384       | 1-800-322-6384                             |
| <b>Dheefaha farmashiyaha ee dhammaan dadka hela Medi-Cal waxaa daboolaya<br/>Medi-Cal Rx ta Gobolka. Barnaamijka: (800) 977-2273</b> |                                          |                                             |                      |                                            |

**Adeegyada Caafimaadka  
Habdhaqanka ee Takhasuska  
leh ee Degmada  
MHP & DMC-ODS  
Wac Khadka Helitaanka &  
Dhibaataada  
1-888-724-7240**

**Adeegga Qoyska  
Yuhuudda  
Eedaymaha iyo  
Cabashooyinka  
Barnaamijka  
Difaaca Bukaanka/  
Bukaan-jiiifka &  
Deganaanta  
1-800-479-2233**

**Xarunta Macmiilka ee  
Waxbarashada Caafimaadka  
iyo Difaaca  
Eedaymaha iyo  
Cabashooyinka Barnaamijka  
Difaaca Bukaanka/ Adeegyada  
Bukaanka-socodka  
1-877-734-3258**



**XUSUUSIN:** ACL waxay  
leedahay adeegyo turjumaad  
luqadeed oo diyaar ah