



County of San Diego

Wakaalada Caafimaadka iyo Adeegyada

Aadanaha,

Adeegyada Caafimaadka Dhimirka

Qorshaha Caafimaadka Dhimirka (MHP)

Buug-gacmeedka Macmiilka

Adeegyada Caafimaadka Dhimirka ee

Gaarka ah

**3255 Camino del Rio S,
San Diego, CA 92108**



**LIVE WELL
SAN DIEGO**

Taariikhda La muraajaceeyay: Sibteembar 14, 2023
Taariikhda Dhaqangalka: Janaayo 1, 2024¹

¹ Buug-gacmeedka waa in la siiyaa marka koobaad ee macmiilku helaayo adeegyada.

LANGUAGE TAGLINES

English Tagline

ATTENTION: If you need help in your language call (888) 724-7240 (TTY: 711). Aids and services for people with disabilities, like documents in braille and large print, are also available. Call (888) 724-7240 (TTY: 711). These services are free of charge.

الشعار بالعربية (Arabic)

يُرجى الانتباه: إذا احتجت إلى المساعدة بلغتك، فاتصل بـ (888) 724-7240

(TTY: 711). تتوفر أيضًا المساعدات والخدمات للأشخاص ذوي الإعاقة، مثل المستندات المكتوبة بطريقة بريل والخط الكبير. اتصل بـ (888) 724-7240 (TTY: 711). هذه الخدمات مجانية.



Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Հայերեն պիտակ (Armenian)

ՈՒՇԱԴՐՈՒԹՅՈՒՆ: Եթե Ձեզ օգնություն է հարկավոր Ձեր լեզվով, զանգահարեք (888) 724-7240 (TTY: 711): Կան նաև օժանդակ միջոցներ ու ծառայություններ հաշմանդամություն ունեցող անձանց համար, օրինակ՝ Բրայլի գրատիպով ու խոշորատառ տպագրված նյութեր: Զանգահարեք (888) 724-7240 (TTY: 711): Այդ ծառայություններն անվճար են:

ឃ្លាសម្គាល់ជាភាសាខ្មែរ (Cambodian)

ចំណាំ: បើអ្នក ត្រូវ ការជំនួយ ជាភាសា របស់អ្នក សូម ទូរស័ព្ទទៅលេខ (888) 724-7240 (TTY: 711)។ ជំនួយ និង សេវាកម្ម សម្រាប់ ជនពិការ ដូចជាឯកសារសរសេរជាអក្សរផុស សម្រាប់ជនពិការភ្នែក ឬឯកសារសរសេរជាអក្សរពុម្ពធំ ក៏អាចរកបានផងដែរ។ ទូរស័ព្ទមកលេខ (888) 724-7240 (TTY: 711)។ សេវាកម្មទាំងនេះមិនគិតថ្លៃឡើយ។

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- ⑦ Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

简体中文标语 (Chinese)

请注意：如果您需要以您的母语提供帮助，请致电 (888) 724-7240 (TTY: 711)。另外还提供针对残疾人士的帮助和服务，例如盲文和需要较大字体阅读，也是方便取用的。请致电 (888) 724-7240 (TTY: 711)。这些服务都是免费的。

مطلب به زبان فارسی (Farsi)

توجه: اگر می‌خواهید به زبان خود کمک دریافت کنید، با (888) 724-7240 (TTY: 711) تماس بگیرید. کمک‌ها و خدمات مخصوص افراد دارای معلولیت، مانند نسخه‌های خط بریل و چاپ با حروف بزرگ، نیز موجود است. با (888) 724-7240 (TTY: 711) تماس بگیرید. این خدمات رایگان ارائه می‌شوند.



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हिंदी टैगलाइन (Hindi)

ध्यान दें: अगर आपको अपनी भाषा में सहायता की आवश्यकता है तो (888) 724-7240 (TTY: 711) पर कॉल करें। अशक्तता वाले लोगों के लिए सहायता और सेवाएं, जैसे ब्रेल और बड़े प्रिंट में भी दस्तावेज़ उपलब्ध हैं। (888) 724-7240 (TTY: 711) पर कॉल करें। ये सेवाएं नि: शुल्क हैं।

Nqe Lus Hmoob Cob (Hmong)

CEEB TOOM: Yog koj xav tau kev pab txhais koj hom lus hu rau (888) 724-7240 (TTY: 711). Muaj cov kev pab txhawb thiab kev pab cuam rau cov neeg xiam oob qhab, xws li puav leej muaj ua cov ntawv su thiab luam tawm ua tus ntawv loj. Hu rau (888) 724-7240 (TTY: 711). Cov kev pab cuam no yog pab dawb xwb.



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日本語表記 (Japanese)

注意日本語での対応が必要な場合は(888) 724-7240 (TTY: 711)へお電話ください。点字の資料や文字の拡大表示など、障がいをお持ちの方のためのサービスも用意しています。(888) 724-7240 (TTY: 711)へお電話ください。これらのサービスは無料で提供しています。

한국어 태그라인 (Korean)

유의사항: 귀하의 언어로 도움을 받고 싶으시면 (888) 724-7240 (TTY: 711) 번으로 문의하십시오. 점자나 큰 활자로 된 문서와 같이 장애가 있는 분들을 위한 도움과 서비스도 이용 가능합니다. (888) 724-7240 (TTY: 711) 번으로 문의하십시오. 이러한 서비스는 무료로 제공됩니다.

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ແທກໄລພາສາລາວ (Laotian)

ປະກາດ:

ຖ້າທ່ານຕ້ອງການຄວາມຊ່ວຍເຫຼືອໃນພາສາຂອງທ່ານໃຫ້ໂທຫາເບີ (888) 724-7240 (TTY: 711).

ຍັງມີຄວາມຊ່ວຍເຫຼືອແລະການບໍລິການສໍາລັບຄົນພິການ ເຊັ່ນເອກະສານທີ່ເປັນອັກສອນນູນແລະມີໂຕພິມໃຫຍ່ ໃຫ້ໂທຫາເບີ

(888) 724-7240 (TTY: 711).

ການບໍລິການເຫຼົ່ານີ້ບໍ່ຕ້ອງເສຍຄ່າໃຊ້ຈ່າຍໃດໆ.

Mien Tagline (Mien)

LONGC HNYOUV JANGX LONGX OC: Beiv taux meih qiemx longc mienh tengx faan benx meih nyei waac nor douc waac daaih lorx taux (888) 724-7240 (TTY: 711). Liouh lorx jauv-louc tengx aengx caux nzie gong bun taux ninh mbuo wuaaic fangx mienh, beiv taux longc benx nzangc-pokc bun hluo mbiutc aengx caux aamz mborqv benx domh sou se mbenc nzoih bun longc. Douc waac daaih lorx (888) 724-

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7240 (TTY: 711). Naaiv deix nzie weih gong-bou jauv-louc se benx wang-henh tengx mv zuqc cuotv nyaanh oc.

ਪੰਜਾਬੀ ਟੈਗਲਾਈਨ (Punjabi)

ਧਿਆਨ ਦਿਓ: ਜੇ ਤੁਹਾਨੂੰ ਆਪਣੀ ਭਾਸ਼ਾ ਵਿੱਚ ਮਦਦ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਾਲ ਕਰੋ (888) 724-7240

(TTY: 711). ਅਪਾਹਜ ਲੋਕਾਂ ਲਈ ਸਹਾਇਤਾ ਅਤੇ ਸੇਵਾਵਾਂ, ਜਿਵੇਂ ਕਿ ਬ੍ਰੇਲ ਅਤੇ ਮੋਟੀ ਛਪਾਈ ਵਿੱਚ ਦਸਤਾਵੇਜ਼, ਵੀ ਉਪਲਬਧ ਹਨ। ਕਾਲ ਕਰੋ (888) 724-7240 (TTY: 711).

ਇਹ ਸੇਵਾਵਾਂ ਮੁਫਤ ਹਨ।

Русский слоган (Russian)

ВНИМАНИЕ! Если вам нужна помощь на вашем родном языке, звоните по номеру (888) 724-7240 (линия TTY: 711). Также предоставляются средства и услуги для людей с ограниченными возможностями, например документы крупным шрифтом или шрифтом Брайля. Звоните по номеру (888) 724-7240 (линия TTY: 711). Такие услуги предоставляются бесплатно.



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Mensaje en español (Spanish)

ATENCIÓN: si necesita ayuda en su idioma, llame al (888) 724-7240

(TTY: 711). También ofrecemos asistencia y servicios para personas con discapacidades, como documentos en braille y con letras grandes. Llame al

(888) 724-7240 (TTY: 711). Estos servicios son gratuitos.

Tagalog Tagline (Tagalog)

ATENSIYON: Kung kailangan mo ng tulong sa iyong wika, tumawag sa

(888) 724-7240 (TTY: 711). Mayroon ding mga tulong at serbisyo para sa mga taong may kapansanan, tulad ng mga dokumento sa braille at malaking print. Tumawag sa (888) 724-7240 (TTY: 711). Libre ang mga serbisyong ito.



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แท็กไลน์ภาษาไทย (Thai)

โปรดทราบ:

หากคุณต้องการความช่วยเหลือเป็นภาษาของคุณ

กรุณาโทรศัพท์ไปที่หมายเลข

(888) 724-7240 (TTY: 711) นอกจากนี้

ยังพร้อมให้ความช่วยเหลือและบริการต่าง ๆ

สำหรับบุคคลที่มีความพิการ เช่น เอกสารต่าง ๆ

ที่เป็นอักษรเบรลล์และเอกสารที่พิมพ์ด้วยตัวอักษรขนาดใหญ่

กรุณาโทรศัพท์ไปที่หมายเลข (888) 724-7240 (TTY:

711) ไม่มีค่าใช้จ่ายสำหรับบริการเหล่านี้

Примітка українською (Ukrainian)

УВАГА! Якщо вам потрібна допомога вашою

рідною мовою, телефонуйте на номер (888) 724-

7240 (TTY: 711). Люди з обмеженими

можливостями також можуть скористатися

допоміжними засобами та послугами, наприклад,

отримати документи, надруковані шрифтом

Брайля та великим шрифтом. Телефонуйте на

номер (888) 724-7240 (TTY: 711). Ці послуги

безкоштовні.



Wac Laynka bilaashka lagu waco ee Qorshahaaga
Caafimaadka Dhimirka ee San Diego Access iyo
Laynka Masiibada (ACL) oo aad ka helayso (888) 724-
7240 (TTY: 711) ama booqo oonlaynka oo ah
https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa
24 saac, 7 maalmood asbuucii.

Khẩu hiệu tiếng Việt (Vietnamese)

CHÚ Ý: Nếu quý vị cần trợ giúp bằng ngôn ngữ của mình, vui lòng gọi số

(888) 724-7240 (TTY: 711). Chúng tôi cũng hỗ trợ và cung cấp các dịch vụ dành cho người khuyết tật, như tài liệu bằng chữ nổi Braille và chữ khổ lớn (chữ hoa). Vui lòng gọi số (888) 724-7240 (TTY: 711). Các dịch vụ này đều miễn phí.



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② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

LUUQADAHA IYO QAABABKA KALE

Luuqadaha kale

Waxaad ku helaya Buug-gacmeedkaan Macmiilka iyo xogaha kale ee caymiska oo ku qoran luuqado kale si bilaash ah. Waxaan bixinaa turjumaad qoraal ah oo ay bixiyaan turjumaanno taqasus u leh. Wac 1-888-724-7240 (TTY: 711). Wicitaanku waa lacag la'aan. Buug-gacmeedka Macmiilka oo ku qoran luuqadaha kale ayaa elektaroonig ahaan looga helaa <https://www.optumsandiego.com>. Akhri Buug-gacmeedkaan Macmiilka si aad xog badan uga ogaato adeegyada caawimaada luuqada ee daryeelka caafimaadka, sida adeegyada turjumaanka iyo turjumaada.

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Qaababka Kale

Waxaad ku heli kartaa xogtaan qaabab kale, sida farta indhoolka, far waawayn ee cabirka 20, cod, iyo qaababka oonlaynka lagu heli karo si bilaash ah. Wac 1-888-724-7240 (TTY: 711). Wicitaanku waa lacag la'aan.

Adeegyada Turjumaanka

Ismaamulka San Diego wuxuu baxshaa adeegyada turjumaada afka ah oo uu bixinaayo turjumaan taqasus u leh, 24 ka saac, si bilaash ah. Qasab maaha inaad isticmaasho qof goyskaaga kamid ah ama saaxiib si uu kuugu turjumo. Waan kasoo horjeednaa in carruurta loo adeegsado turjumaanno ahaan ilaa inay xaalad degdeg ah jirto maahee. Adeegyada turjumaanka, luuqada iyo dhaqanka ayaad ku helayso si bilaash ah. Caawimaad ayaa

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la heli karaa 24 saac maalintii, 7 maalmood isbuucii. Si aad u hesho caawimaada luuqada ama buug-gacmeedkaan ugu hesho luuqad kale, wac 1-888-724-7240 (TTY 711). Wicitaanku waa lacag la'aan.

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

OGEYSIISKA TAKOOR LA'AANTA

Sharcigu waa ka soo horjeedaa takooridda.

Ismaamulka San Diego wuxuu raacayaa sharciyada xuquuqda madaniga ah ee Gobalka iyo Federaalka.

Ismaamulka San Diego sifo sharci daro ah uma takoorayo, ugama saaraayo dadka, ama ulama dhaqmaayo dadka si kaduwan dadka kale sabab la xariirta jinsiga, isirka, midabka, diinta, asalka, wadanka ay kasoo jeedaan, aqoonsiga qoomiyadooda, da'da, naafada dhimirka, naafada jidhka, xanuun caafimaad, xogta hide sidaha, xaalada guurka, jinsiga, aqoonsiga jinsiga, ama dookha galmada.



Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Ismaamulka San Diego wuxuu baxshaa:

- Kaalmooyinka iyo adeegyada bilaashka ay ku helayaan dadka naafada ah si looga caawiyo inay xariir wanaagsan sameeyaan. sida:
 - Turjumaanada dadka naafada ah oo xirfad leh
 - Xogta qoraalka ah ee ku qoran qaababka kale (farta waawayn, farta indhoolka, codka ama qaababka lagu geli karo elektarooniga)
- Waxay siiyaan adeegyada luuqada oo lacag la'aan ah dadka luuqadooda hooyo aysan ahayn Ingiriiska, sida:



Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

- Turjumaano xirfad leh
- Macluumaadka kuqoran luuqado kale

Haddii aad u baahan tahay adeegyadaan, la xariir Laynka Helitaanka iyo Gurmada Masiibada ee shaqeeya 24 saac maalintii, 7 maalmood asbuucii adoo wacaaya (888) 724-7240. Ama, haddii aadan si wanaagsan wax u maqli karin ama u hadli karin, fadlan wac TTY: 711. Marka aad codsato, dukumiintigaan ayaad ku helayso farta indhoolka, far waawayn, cod ahaan, ama qaabab elektarooniga ah.



Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

SIDA LOO GUDBIYO CABASHO

Haddii aad aaminsan tahay in Ismaamulka San Diego uu ku fashilmay inuu ku siiyo adeegyadaan ama uu sifo sharci daro ah kuugu takooray qaab kale asagoo cuskanaaya sababo la xariira jinsi, isir, midab, diin, asal, wadanka aad kasoo jeedo, aqoonsiga kooxda qoomiyada, da'da, naadada dhimirka, naafada jirka, xanuun, xogta hide sidaha, xaalada guurka, jinsiga, aqoonsiga jinsiga, ama dookha galmada, waxaad u gudbin kartaa cabasho wakaaladaha xuuqda u dooda ee soo socda. Waxaad cabashada ku gudbin kartaa khadka taleefanka, qoraal ahaan, si toos ah, ama elektarooniga ahaan:



Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

- Taleefanka:
 - Si lagaaga caawiyo gudbinta cabasho la xariirta **adeegyada guryaha la dagan yahay**, waxaad wici kartaa **Barnaamijka Qareennada Bukaanka ee Adeegga Qoysaska Yuhuuda ah (JFS)** ood ka wacayso 619-282-1134 ama 1-800-479-2233.
 - Si aad u hesho caawimaad ku aadan gudbinta cabasho la xariirta **adeegyada bukaan socodka**, waxaad wici kartaa **Xarunta U qareemida Waxbarashada iyo U doodista Caafimaadka**



Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Macaamiisha (CCEA) oo aad ka wacayso laynka bilaashka lagu waco (877) 734-3258 (TTY 1-800-735-2929).

- Ama, haddii aadan si wanaagsan wax u maqli karin ama u hadli karin, fadlan wac 711.
- Qoraal ahaan: Buuxi foomka cabashada ama waraaq qor oo u dir:

Adeegyada Xarumaha Dadka la seexsho:

Jewish Family Service of San Diego
Joan & Irwin Jacobs Campus
Turk Family Center
Community Services Building
8804 Balboa Avenue
San Diego, CA 92123

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- ⑦ Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Adeegyada Bukaana Socodka:

Consumer Center for Health Education and
Advocacy (CCHEA)
1764 San Diego Avenue, Suite 100
San Diego, CA 92110

- Si toos ah ugu gee: Booqo xafiiska dhakhtarkaaga ama xarunta dhakhtarka u qandaraaska ka haysta Ismaamulka San Diego una sheeg inaad doonayso inaad cabasho gudbiso.
- Qaabka elektarooniga ah: Booqo webseedyada soo socda ee hoose:

Adeegyada Xarumaha Dadka la seexsho:

Adeegyada Qoyska Yuhuuda ah ee San Diego



Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

<https://www.jfssd.org/>

Adeegyada Bukaana Socodka:

Xarunta U qareemida Waxbarashada iyo U doodista Caafimaadka Macaamiisha (CCHEA)

<https://www.lasds.org/mental-health-and-substance-abuse-patients-rights/>

XAFIISKA XUQUUQAHA MADANIGA AH – WAAXDA ADEEGYADA DARYEELKA CAAFIMAADKA EE CALIFORNIA

Waxaad sidoo kale cabashada xuquuqda madaniga ah u gudbin kartaa Waaxda Adeegyada Daryeelka

- ① Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

caafimaadka ee California, Xafiiska Xaquuqda
Madaniga adoo ka wacaaya taleefanka, qoraal u
diraaya, ama oonlaynka ugu diraaya:

- Taleefanka: Wac **916-440-7370**. Haddii aadan
hadli karin ama maqalkaagu culus yahay,
fadlan wac **711 (California State Relay)**.
- Qoraal ahaan: Buuxi foomka cabashada ama
waraaq ahaan ugu dir:

**Department of Health Care Services
Office of Civil Rights
P.O. Box 997413, MS 0009
Sacramento, CA 95899-7413**

Foomamka Cabashada ayaa laga heli karaa:

<https://www.dhcs.ca.gov/discrimination-grievance-procedures>

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga
Caafimaadka Dhimirka ee San Diego Access iyo
Laynka Masiibada (ACL) oo aad ka helayso (888) 724-
7240 (TTY: 711) ama booqo oonlaynka oo ah
https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa
24 saac, 7 maalmood asbuucii.

- Qaabka elektarooniga ah: limeel u dir
CivilRights@dhcs.ca.gov.
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XAFIISKA XUQUUQAHA MADANIGA AH – **WAAXDA ADEEGYADA CAAFIMAADKA IYO** **AADANAHA EE MARAYKANKA**

Waxaad sidoo kale cabasho xuquuqaha madaniga u gudbin kartaa Waaxda Adeegyada Bani'aadamka iyo Caafimaadka ee Mareeykanka, Xafiiska Xuquuqaha Madaniga ah adoo ka wacaaya taleefanka, waraaq u diraaya, ama oonleenka kala xariiraaya:

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

- Taleefanka: Wac **1-800-368-1019**. Ama, haddii aadan si wanaagsan wax u maqli karin ama u hadli karin, fadlan wac

TTY/TDD 1-800-537-7697.

- Qoraal ahaan: Buuxi foomka cabashada ama waraaq ahaan ugu dir:

U.S. Department of Health and Human Services

200 Independence Avenue, SW

Room 509F, HHH Building

Washington, D.C. 20201

- Foomamka cabashada ayaa laga heli karaa bartaan
<http://www.hhs.gov/ocr/office/file/index.html>.
- Qaabka elektarooniga ah: Booqo Barta



Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Cabashada Xafiiska Xaquuqda Madaniga ah oo ah <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

MACLUUMAAD GUUD

Maxay Muhiim u Tahay inaan Akhriyo Buug-gacmeedkaan?

Adeegyada Caafimaadka Dhimirka ee Gaarka ah (SMHS) ayay heli karana dhammaan macaamiisha Medi-Cal ee dhammaan goballada Ismaamulka San Diego. Buug-gacmeedkaan ayaad ka helayso marka aad codsato xafiiska dhakhtarkaaga waxaadna ka heli kartaa oonlaynka.

Buug-gacmeedkaan ayaa kuu sheegaaya sida aad ku helayso adeegyada Caafimaadka Dhimirka ee

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Gaarka ah ee Medi-Cal oo aad ku helayso
caymiskaaga caafimaadka dhimirka ee degmada.
Buug-gacmeedkaan wuxuu sharxayaa
gunnooyinkaaga iyo sida aad ku helayso daryeel.
Wuxuu sidoo kale ka jawaabayaa su'aalo badan.

Waxaad baran doontaa:

- Sida aad ku helayso adeegyada Caafimaadka
Dhimirka ee Gaarka ah
- Noocyada dheefaha aad helayso
- Waxa aad samaynayso haddii aad qabto su'aal
ama cilad
- Xuquuqdaada iyo waajibaadkaaga marka aad
tahay macmiilka Medi-Cal



Wac Laynka bilaashka lagu waco ee Qorshahaaga
Caafimaadka Dhimirka ee San Diego Access iyo
Laynka Masiibada (ACL) oo aad ka helayso (888) 724-
7240 (TTY: 711) ama booqo oonlaynka oo ah
https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa
24 saac, 7 maalmood asbuucii.

Haddii aadan akhrin buug-gacmeedkaan hadda, waa inaad haysataa buug-gacmeedka si aad u akhrido hadhoow. Buug-gacmeedkaan iyo agabka kale ee qoran ayaa lagu heli kara amidkood qaab elektaroonig ah oo aad uga helayso barta <https://www.optumsandiego.com> ama qaab daabacan oo aad uga helayso caymiska caafimaadka Dhimirka, si lacag la'aan ah. Ka wac caymiskaaga caafimaadka Dhimirka lambarka 1-888-724-7240 haddii aad doonayso nuqulka daabacan.

Adeegso buug-gacmeedkaan oo dheeraad ku ah xogta aad heshay markii aad iska diiwaan

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

gelinaysay Medi-Cal.

Ma u baahan Tahay in Buug-gacmeedkaan lagugu siiyo Luuqadaada ama Qaab Kale?

Haddii aad ku hadasho luuqad aan ahayn Ingiriis, adeegyada turjumaanka hadalka oo bilaash ah ayaad heli kartaa. Laynka Helitaanka iyo Masiibada oo ah 1-888-724-7240. Caymiskaaga caafimaadka Dhimirka: ayaa la heli karaa 24 saacadood maalintii, todoba maalmood asbuucii.

Waxaad sidoo kale la xariiri kartaa caymiskaaga caafimaadka Dhimirka oo aad ka wacayso 1-888-

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- ⑦ Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

724-7240 haddii aad doonayso in buug gacmeedkaan ama xogta kale ee qoraalka ah lagugu siiyo qaabab kale sida far waawayn, Farta Indhoolka, ama cod ahaan. Caymiskaaga caafimaadka Dhimirka ayaa ku caawin doona.

Haddii aad doonayso in buug gacmeedkaan ama xogta kale ee qoraalka ah lagugu siiyo luuqad aan ahayn Ingiriis, wac caymiskaaga caafimaadka dhimirka. Caymiskaaga caafimaadka Dhimirka ayaa kugu caawin doona luuqadaada hooyo ayagoo kaala hadlaaya taleefanka.

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Xogtaan ayaa lagu heli karaa luuqadaha hoos ku qoran.

- Ingiriis
- Carabi
- Jayniis (Mandarin)
- Tagalog
- Korean
- Persian (Farsi iyo Dari)
- Af-Soomaali
- Isbaanish
- Fiitnaamiis



Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Muxuu Masuul ka yahay Caymiskayga Caafimaadka Dhimirka?

Caymiskaaga caafimaadka Dhimirka ayaa masuul ka ah waxyaabaha soo socda:

- Xaqiijinta inaad buuxisay shuruudaha helitaanka adeegyada Caafimaadka Dhimirka ee Gaarka ah ee ismaamulka ama shabakadeeda dhakhaatiirta.
- Inay samayso qiimayn ku aadan go'aaminta inaad u baahan tahay adeegyada caafimaadka Dhimirka ee Gaarka ah.
- Inay ku siiyaan lambar aad bilaash ku wacayso



Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

oo lagaa qabanaayo 24 saac maalintii, todobo maalmood asbuucii, kaasoo kuu sheegaaya sida aad adeegyo uga helayso caymiska caafimaadka dhimirka. [Mental health plan to Insert Toll-Free Phone Number(s)].

- Ka hawlgelinta dhakhaatiir ku filan aagaaga si loo xaqiijiyo inaad hesho adeegyada daawaynta caafimaadka dhimirka oo uu daboolaayo caymiska caafimaadka dhimirka haddii aad u baahato.
- Inay kuu sheegaan ayna ku baraan adeegyada aad ka helayso caymiskaaga caafimaadka dhimirka.
- Inay adeegyada kugu siiyaan luuqadaada ama



Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

turjumaan (haddii loo baahdo) si bilaash ah ayna kuu sheegaan in adeegyadaan turjumaanka la heli karo.

- Inay ku siiyaan xog qoraan ah oo ku saabsan adeegyada aad helayso kuna qoran luuqado kale ama qaabab kale sida Farta Indhoolka ama Far waawayn. [County to insert additional information about materials in prevalent languages, availability of alternative formats, availability of auxiliary aids and services, etc.].
- Inay ku siiyaan ogeysiis la xariira isbadel kasta oo wayn oo ku yimaada xogta lagu sheegay buug-gacmeedkaan ugu yaraan 30 maalmood kahor taariikhda loogu talagalay in isbadelku



Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

dhaqan galo. Isbadelka ayaa loo arkaa mid wayn marka uu koror ama hoos u dhac ku yimaado cadad ama noocyada adeegyada la heli karo, ama uu koror ama hoos u dhac ku yimaado tirada dhakhaatiirta shabakada, ama haddii uu sibadel kale yimaado kaasoo saamaynaaya dheefahaaga aad ka helayso caymiska caafimaadka dhimirka.

- Inay iskula dubaridaan daryeelkaaga caymisyada kale ama nidaamada adeegyada baxsha marka loo baahdo si loo fududeeyo isku socodka daryeelkaaga ayna hagto ku xirida macaamiisha adeegyada, asagoo xaqiijinaaya in

② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

yoolka isku xirka la gaaro, iyo in dhakhtarka cusub uu aqbalo daryeelka macmiilka.

- Inay xaqiijiso in aad hesho adeegyada dhakhtarkaaga caymiska ka baxay ee hore iyo kan hadda intii muddo ah haddii badelida dhakhaatiirtu ay keenayso in caafimaadkaagu xumaado ama ay sii kororto khatartaada isbitaal dhigista.



Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

XOG MUHIIM AH OO KU SAABSAN BARNAAMIJKA MEDI-CAL

Gaadiid Ma la Heli karaa?

Haddii aad dhibaato ku qabto helista balamahaaga caafimaadka ama balamaha qorshaha caafimaadka dhimirka, barnaamijka Medi-Cal ayaa kaa caawin kara gaadiidka. Gaadiid ayaa loo fidin karaa macaamiisha Medi-Cal ee aan awoodin inay gaadiid iskood u helaan qabana baahi caafimaad oo ay helaan adeegyada ay Medi-Cal daboo sho. Waxaa jira labo nooc oo gaadiidka balamaha ah:

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- ① Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

- Gaadiidka aan ahayn kan caafimaadka waa adeegga uu baxsho gaari gaar loo leeyahay ama gaariga dadwaynaha ee aan haysan qaab kale oo ay ku tagaan balantooda.
- Gaadiidka caafimaadka ee aan ahayn kuwa xaalada degdega ah oo qofka lagu qaado aanbalaasta, gaariga caasiga ah ee gaari curyaanka lagu geli karo, ama gaari curyaanka tuujiga leh ee dadka aan raaci karin gaadiidka dadwaynaha ama gaarka loo leeyahay.

Gaadiidka ayaa lagu heli karaa safarada lagu tago farmashiyaha ama soo qaadista agabka caafimaadka, qalabka lagu socdo, agabka lafaha,

② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

iyo qalabka kale ee loo baahan yahay. Si aad u hesho xog dheeri ah iyo caawimaad ku aadan gaadiidka, la xiriir caymiskaaga daryeelka la maareyn karo.

Haddii aad haysato Medi-Cal laakiin aadan ka diiwaan gashanayn daryeelka maaraysan, aadna u baahan tahay gaadiidka aan ahayn kan caafimaadka ee adeegga la xiriira caafimaadka, waxaad la xariiri kartaa si toos ah shirkada gaadiidka aan ahayn kuwa caafimaadka ama dhakhtarkaaga si lagu caawiyo. Marka aad la xariirto shirkada gaadiidka, waxay ku waydiin doonaan xog ku saabsan taariikhda iyo waqtiga balantaada. Haddii aad u baahan tahay gaadiid aan

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ahayn kan xaaladaha degdega ah ee caafimaadka,
dhakhtarkaaga ayaa kuu qori kara gaadiidka aan
ahayn kan xaaladaha degdega ah ee caafimaadka
kuguna xiri kara shirkada gaadiidka si laguugu
diyaarsho gaariga ku qaadi lahaa si uu kuu geeyo
kaagana soo qaado goobaha balantaada.

Waa maxay Adeegya?

Adeegyada degdega ah waa adeegyada
macaamiisha waajahaaya xaalad caafimaad oo
degdeg ah, ayna ku jiraan xaaladaha degdega ah ee
caafimaadka dhimirka.

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- ⑦ Wac Laynka bilaashka lagu waco ee Qorshahaaga
Caafimaadka Dhimirka ee San Diego Access iyo
Laynka Masiibada (ACL) oo aad ka helayso (888) 724-
7240 (TTY: 711) ama booqo oonlaynka oo ah
https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa
24 saac, 7 maalmood asbuucii.

Xaalad caafimaad oo degdeg ah ayaa leh astaamo aad u xun (ayna u badan tahay inuu ku jiro xanuun daran) kuwaasoo uuu qof caadi ah si macquul ah u filan karo inay dhici karaan waxyaabaha soo socda xili kasta:

- Caafimaadka qofka (ama caafimaadka ilmaha uurka ku jira) ay dhibaato wayn ku dhacayso
- Ay keenayso waxyeelo ku timaada shaqada jirkaaga
- Ay keenayso waxyeelo wayn oo ku dhacda xubin ama qayb kamid ah jirka



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Xaalad caafimaadka dhimirka ah oo daran ayaa dhici karta marka qofka caadiga ah uu aamisan yahay in qof:

- Uu khatar taagan ku yahay naftiisa ama qof kale sabab la xariirta xanuun caafimaadka Dhimirkaa ah ama xanuun caafimaadka dhimirka ah oo looga shakiyay.
- Uusan awoodin si degdeg ah inuu siiyo ama cuno cunto, ama adeegsado dharka ama hooyga sabab la xariirta xanuunka caafimaadka dhimirka ama xanuunka caafimaadka dhimirka oo laga shakiyay.



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Adeegyada degdega ah ayaa la siiyaa 24 saac maalintii, todobo maalmood asbuucii macamaiisha Medi-Cal. Kahor intaan ogolaansho loogu baahan adeegyada xaaladaha degdega ah. Barnaamijka Medi-Cal ayaa dabooli doona xaaladaha degdega ah, haddii xanuunku yahay mid caafimaadka jirka ah ama xanuunka caafimaadka dhimirka (fikradaha, dareenada, habdhaqanka kuwaasoo abuuraaya walaaca iyo/ama hawlgabka ku aadan shaqsiga ama dadka kale). Haddii aad ka diiwaan gashan tahay Medi-Cal, ma heli doontid dalabka biilka si aad u bixiso qarashka gelitaanka qolka xaalada degdega ah, xataa haddii ay dhacdo in aadan qabin xaalad degdeg ah. Haddii aad isleedahay waxaad

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waajahaysaa xaalad degdeg ah, wac **911** ama booqo isbitaal ama xarun kale si lagu caawiyo.

Sidee ayay U dhiibayaa Qarashka Medi-Cal?

Inta badan dadka ayaysan qasab ahayn inay baxshaan qarashka Medi-Cal. Mararka qaar waxaa lagaa rabi karaa qarashka Medi-Cal ayadoo ku xiran cadadka lacagta aad hesho ama aad shaqaysato bil kasta.

- Haddii dakhligaagu ka hooseeyo xadiyada Medi-Cal ee tirada qoyskaaga, lagaama rabo qarashka adeegyada Medi-Cal.



Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

- Haddii dakhligaagu ka badan yahay xadiyada Medi-Cal ee tirada qoyska, waa inaad bixisaa qaar kamid ah lacagta caafimaadkaaga ama adeegyada daawaynta xanuunka laga qaado isticmaalka maandooriyaasha. Cadadka aad dhiibayso waxaa la dhahaa 'qaybtaada qarashka.' Marka aad dhiibto 'qaybtaada qarashka,' Medi-Cal ayaa dhiibaysa inta kale ee qarashka caymisku daboolaayo ee caafimaadka bishaas. Bilaha aadan gelin wax qarash caafimaad ah, lagaama rabo inaad lacag bixiso.
- Waxaa laga yaabaa inaad dhiibto 'qaybta caymiska' ee daawayn kasta oo aad ka hesho Medi-Cal. Tani waxay ka dhigan tahay inaad



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dhiibto cadadka aad jeebka ka dhiibayso mar kasta oo aad hesho adeegga caafimaadka ama aad gasho qolka xaalada degdega ah ee isbitaalka ee adeegyadaada caadiga ah.

Dhakhtarkaaga ayaa kuu sheegi doona haddii aad u baahan tahay inaad bixiso qaynta lacagta.

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Yaan La xariirayaa Haddii aan Qabo Fikirka Dilista Naftayda?

Haddii adiga ama qof aad taqaano dhibaato ku jiro, fadlan wac Laynka Tooska ah ee Gurmada Qaran ee Ka Hortagga Is-Dilista oo ah **988** ama **1-800-273-TALK (8255)**. Wada sheekaysi ayaad ka helaysoo <https://988lifeline.org/>

Dadka deegaanka ee doonaaya caawimaad la xariirta dhibaataada iyo inay helaan barnaamijyada caafimaadka dhimirka ee maxaliga ah, fadlan wac Laynka Helitaanka iyo Masiibada oo ah 1-888-724-7240.

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- ⑦ Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Xogta Gaarka ah ee Dheeriga ah ee Caymiska Caafimaadka Dhimirka

Haddii aad u baahan tahay gaadiidka aan ahayn kan caafimaadka, liiska adeeg bixiyaasha gaadiidka aan ahayn kan caafimaadka ayaa laga heli karaa

<https://www.dhcs.ca.gov/services/med-cal/Documents/List-of-Approved-Nonmedical-Transportation-Providers.pdf>.



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Xagee ayaan ka heli karaa xog dheeraad ah oo ku saabsan Medi-Cal?

Booqo webseedka Adeegyada Waaxda Daryeelka caafimaadka

<https://www.dhcs.ca.gov/services/med-cal/eligibility/Pages/Beneficiaries.aspx>

si aad u hesho xog dheeri ah oo ku saabsan Medi-Cal.



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SIDA LAGU OGAADO IN ADIGGA AMA QOF KALE OO AAD TAQAANO UU U BAAHAN YAHAY CAAWIMAAD

Sidee ayaan ku ogaanayaa Marka aan u Baahan nahay Caawimaad?

Dad badan ayaa waajahaaya waqtiyo adag noloshooda waxayna waajihi karaan dhibaatooyin caafimaadka dhimirka ah ama shucuurta. Waxa ugu muhiimsan inaad xasuusnaato waa in aad caawimaad helayso. Haddii adiga ama xubin kamid qoyska uu u qalmo adeegyada Medi-Cal iyo caafimaadka Dhimirka, waa inaad wacdaa laynka

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adeegyada caymiskaaga caafimaadka dhimirka oo ah 1-888-724-7240. Caymiskaaga daryeelka Maaraysan ayaa sidoo kale kaa caawin kara la xariirida caymiskaaga caafimaadka dhimirka haddii ay aaminsan yihiin in adiga ama xubin qoyskaaga kamid ah u baahan yahay adeegyada caafimaadka dhimirka oo caymiska daryeelka maaraysan uusan dabooli karin. Caymiska caafimaadka Dhimirka ayaa kaa caawinaaya helitaanka dhakhtarka adeegyada aad u baahan karto.

Haddii aad ogaato in adiga ama xubin kamid ah qoysaska uu waajahaayo walwal wayn ama joogto ah, taasoo saamayn ku leh awoodaada ama

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awoodiisa maareynta nolol maalmeedka ama ku dareensiinaaya inaad doonayn inaad noolaato, markaas wac qorshahaaga caafimaadka dhimirka. Wac qorshahaaga caafimaadka dhimirka haddii aad dooneyso in lagaa caawiyo midkood ama ka badan kamid ah xanuunadaan:

- Walwal ama cabsi aad u badan
- Murug ama rajo beel badan
- Dhibaatooyinka fakarka:
 - Dhibaatooyinka diirada, xasuusta ama fikirka saliimka ah iyo hadalka ay adag tahay inaad sharaxdo
- Isbadellada waawayn ee dareenka, ayna ku jiraan:

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- Dareenka farxad xad dhaaf ah, oo aduunka ka saraysa
- Dareenka camal xumada ama xanaaqa mudada dheer
- Ka fogaanshaha saaxiibada iyo hawlaha bulshada
- Dhibaatooyin kaa haysta xiriirada kaala dhexeeya dadka kale
- Hurdo yari ama hurdo badni
- Oomateed xad dhaaf ah ama oomateed xumo
- Dhibaatooyinka dhanka maqalka, aragga ama dareeminda waxyaabaha ay adag tahay inaad fahanto ama dadka intooda badan ay dhahayaan waa wax aan jirin



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- Dhibaatooyinka isticmaalka khamriga ama daroogada
- Dhibaatooyinka badan ee jirka oo aadan garanayn waxa sababay, sida:
 - Madax xanuun
 - Calool xanuunka
- Ka fakarida inaad isdisho
- Isbadelka degdega ah ama qayru caadiga ah ee ku yimaada shaqada:
 - Aadan qaban karin shaqooyinka caadiga ah ee maalinlaha ah, dhibaatooyin kaa haysta shaqada, dugsiga, ama shaqooyinka aad taqaano



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- Qabsi aad u badan oo ku aadan cayilka ama walaac ku aadan qaabka aad u egtahay

Sidee ayaan ku ogaanayaa Marka Cunugaygu u Baahan yahay Caawimaad?

Waxaad la xariiri kartaa laynka helitaanka adeegyada ee caymiskaaga caafimaadka dhimirka oo aad ka wacayso 1-888-724-7240 ama qorshaha daryeelka maaraysan si ay baaritaan iyo qiimayn ugu sameeyaan cunugaaga ama kuraygaaga haddii aad isleedahay wuxuu leeyahay wax kamid ah astaamaha xanuun caafimaadka dhimirka. Haddii cunugaaga ama kuraygaagu u qalmo Medi-Cal uuna

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baaritaanka caymiska caafimaadka dhimirku muujiyo in adeegyada Caafimaadka Dhimirka ee Gaarka ah ee uu caymiska caafimaadka dhimirku daboolo loo baahan yahay, caymiska caafimaadka dhimirka ayaa u diyaarin doona cunugaaga ama kuraygaaga helitaanka adeegyada. Caymiskaaga daryeelka Maaraysan ayaa sidoo kale kaa caawin kara la xariirida caymiskaaga caafimaadka dhimirka haddii ay aaminsan yihiin in cunugaaga ama kuraygaagu u baahan yahay adeegyada caafimaadka dhimirka oo caymiska daryeelka maaraysan uusan dabooli karin. Waxaa sidoo kale jira adeegyo ay heli karaan waalidiinta ay xad dhaaf ku noqotay shaqada

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waalidnimada ama qaba dhibaatooyinka
caafimaadka dhimirka.

Liiska soo socda ayaa kaa caawin kara qiimaynta haddii cunugaagu u baahan yahay caawimaad, sida adeegyada caafimaadka Dhimirka. Haddii wax ka badan hal astaan ay jirto ama sii jirto muddo dheer, waxay muujin kartaa dhibaato daran oo u baahan caawimaad xirfadeed. Halkaan waxaad ka helayso qaar kamid ah astaamaha aad eegayso:

- Dhibaato badan oo la xariira diirad saarida ama wax ku sugnaanta, inay abuurayaan khatar jireed ama ay sababayaan dhibaatooyinka dugsiga
- Walwal ama cabsi daran oo caqabad ku

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noqonaaya qabashada shaqooyinkooda
maalinlaha ah

- Cabsi degdeg ah oo ka tan badata oo bilaa sabab ah, oo marar qaar wadata wadna garaac ama neeftuur
- Uu dareemaayo murug ama uu ka fogaanaayo dadka kale muddo labo asbuuc ah ama ka badan, taasoo u keenaysa dhibaatooyin dhanka shaqooyinka maalinlaha ah
- Isbadellada dareenka oo daran oo keenaaya dhibaatooyin dhanka xariirada ah
- Isbadello degdeg ah oo ku dhacaaya habdhaqanka
- Diidista cuntada, mataga, ama adeegsiga



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caanaha oo keenaysa miisana dhac

- Adeegsiga joogtada ah ee khamriga ama daroogada
- Habdhaqan xun, oo aan la xakamayn karin kaasoo waxyeelo u gaysan kara naftiisa ama dadka kale
- Qorsheyaal ama iskudayo dhab ah oo uu ku doonaayo inuu waxyeelo isku gaysto ama isdilo
- Dagaalka joogtada ah, ama adeegsiga hubka, ama qorshe adag oo uu waxyeelo ugu gaysanaayo dadka kale



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HELITAANKA ADEEGYADA CAAFIMAADKA DHIMIRKA EE GAARKA AH

Waa maxay Adeegyada Caafimaadka Dhimirka ee Gaarka ah?

Adeegyada Caafimaadka Dhimirka ee Gaarka ah waa adeegyada dadka qaba xanuunka caafimaadka dhimirka ama dhibaatooyinka dareenka oo uusan dhakhtarka carruurta ama dhakhtarka guud dawayn karin. Xanuunadaan ayaa daran ilaa heer ay qofka ka hor istaagaan fulinta hawlaha maalin kasta ee noloshiisa.

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Adeegyada Caafimaadka Dhimirka ee Gaarka ah
Waxaa kamid ah:

- Adeegyada Caafimaadka Dhimirka
- Adeegyada Taageerada Dawada
- Maaraynta Kiiska Gaarka ah
- Adeegyada Caawimaada Masiibada
- Adeegyada Dejinta Dhibaataada
- Adeegyada Xarumaha Daawaynta ee la Seexsho Dadka waawayn
- Adeegyada Xarumaha Daawaynta la seexsho Dadka Dhibaataada ku jira
- Adeegyada Adag ee Daawaynta Maalintii
- Baxnaaninta Maalintii



Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

- Adeegyada Isbitaalka ee bukaan Jiifka
Caafimaadka Dhimirka
- Adeegyada Xarunta Caafimaadka Dhimirka
- Adeegyada Taageerada Dadka isku xaalada ah
(oo ay keliya heli karaan dadka waawayn ee
deegaannada qaar, laakiin macaamiisha kayar
21 sano ayaa u qalmi kara adeegga oo lagu
baxsho Baaritaanka, Helida Cudurka, iyo
Daawaynta Carruurta ee Goos-gooska ah
ayadoo aan laga eegayn degmada ay dagan
yihiin)
- Adeegyada Dhibaataada ee Wareegga ee
Colorado



Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Marka lagasoo tago adeegyada Caafimaadka
Dhimirka ee Gaarka ah ee kor ku qoran,
macaamiisha kayar 21 sano jir ayaa heli kara
adeegyada dheeriga ah ee caafimaadka dhimirka ee
lagu baxsho dheefta Baaritaanka, Helida Cudurka,
iyo Daawaynta Carruurta ee Goos-gooska ah.
Adeegyadaas waxaa ku jira:

- Adeegyada adag ee lagu baxsho guriga
- Isku dubaridka daryeelka adag
- Adeegyada baxnaaninta habdhaqanka
- Daryeelka carruurta ee baxnaaninta ah

Haddii aad doonayso inaad xog badan ka ogaato
mid kasta oo kamid ah adeegyadaan caafimaadka

② Wac Laynka bilaashka lagu waco ee Qorshahaaga
Caafimaadka Dhimirka ee San Diego Access iyo
Laynka Masiibada (ACL) oo aad ka helayso (888) 724-
7240 (TTY: 711) ama booqo oonlaynka oo ah
https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa
24 saac, 7 maalmood asbuucii.

Dhimirka ee Gaarka ah oo aad heli karto, ka fiiri qaybta “Scope of Services (Baaxada Adeegyada)” ee buug-gacmeedkaan.

Sidee ayaan ku helayaa Adeegyada Caafimaadka Dhimirka ee Gaarka ah?

Haddii aad aaminsan tahay inaad u baahan tahay adeegyada Caafimaadka Dhimirka ee Gaarka ah, waxaad wici kartaa caymiskaaga caafimaadka dhimirka si aad u hesho baaritaan hore laguuguna mudeeyo balanta qiimeynta. Waxaad wici kartaa lambarka taleefanka lacag la'aanta ah ee degmadaada. Waxaad sidoo kale ka codsan kartaa

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- ① Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

adeegyada caafimaadka dhimirka qorshahaaga daryeelka maaraysan haddii aad tahay macmiil. Haddii caymiska daryeelka maaraysan uu go'aansho inaad buuxisay shuruudaha helitanaka adeegyada Caafimaadka Dhimirka ee Gaarka ah, qorshaha daryeelka Maaraysan ayaa kaa caawin doona in lagugu sameeyo qiimeynta helitaanka adeegyada caafimaadka dhimirka oo aad ku helayso caymiska caafimaadka dhimirka. Ma jiro dhabo khaldan marka aad helayso adeegyada caafimaadka dhimirka taasoo ka dhigan inaad xataa awoodi karto inaad adeegyada Caafimaadka Dhimirka ee guud ka hesho qorshahaaga daryeelka maareysan oo dheeri ku ah adeegyada caafimaadka dhimirka ee

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- ⑦ Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

taqasuska leh. Waxaad adeegyadaan ka helayso dhakhtarkaaga caafimaadka dhimirka haddii dhakhtarkaagu go'aansho in adeegyadu ay caafimaad ahaan muhiim kuu yihiin iyo inta adeegyadaas ay yihiin kuwo diyaarsan aysana ahayn kuwo aad labo jeer helayso.

Waxaa sidoo kale lagu gudbin karaa caymiskaaga caafimaadka dhimirka si aad u hesho adeegyada Caafimaadka Dhimirka ee Gaarka ah oo uu kugusoo xiraayo qof kale ama urur kale, uuna ku jiro dhakhtarkaaga guud, dugsiga, ama xubin qoyskaaga ah, waalidka, qorshaha daryeelkaaga maaraysan, ama wakaaladaha kale ee gobalka.

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- ⑦ Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Caadiyan, dhakhtarkaaga guud ama qorshaha daryeelka maaraysan ayaa u baahan doona ogolaanshahaaga ama kan waalidkaaga ama daryeelaka ilmaha, si ay toos kuugu gudbiyaan caymiska caafimaadka dhimirka, ilaa in ay xaalad degdeg ah jirto maahee. Caymiskaaga caafimaadka dhimirka ayaan diidi karin codsiga samaynta baaritaanka hore si loo go'aansho inaad buuxinayso shuruudaha helista adeegyada caymiska caafimaadka dhimirku baxsho.

Adeegyada Caafimaadka Dhimirka ee Gaarka ah waxaa bixin kara caymiska caafimaadka dhimirka (degmada) ama adeeg bixiyaasha kale ee caymiska

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caafimaadka dhimirku qandaraaska u siiyo (sida rugaha caafimaadka, xarumaha daawaynta, ururada bulshada, ama adeeg bixiyaasha gaarka ah).

Xagee ayaan Ka helayaa Adeegyada Caafimaadka Dhimirka ee Gaarka ah?

Waxaad adeegyada Caafimaadka Dhimirka ee Gaarka ah ka helayso degmada aad dagan tahay, ama banaanka degmadaada haddii loo baahdo. Waxaa lagu gudbin karaa adeegyada Caafimaadka Dhimirka ee Gaarka ah adoo wacaaya Laynka Helitaanka iyo Masiibada oo ah 1-888-724-7240. Laynkaan ayaa la heli karaa 7 maalmood asbuucii,

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

24 saac maalintii. Degmo kasta waxay leedahay adeegyada Caafimaadka Dhimirka ee Gaarka ah ee carruurta, dhalinta, dadka waawayn, iyo waayeelka. Haddii aad ka yar tahay 21 sano, Waxaad u qalantaa caymiska dheeriga ah iyo gunnooyinka lagu baxsho Baaritaanka, Helista Xanuunka, iyo Daawaynta Caruurta ee Goos-gooska ah.

Caymiskaaga caafimaadka Dhimirka ayaa kaa caawinaaya helitaanka dhakhtar kaasoo ku siin kara daryeelka aad u baahan tahay. Qorshaha caymiska caafimaadku waa inuu kugu xiraa dhakhtarka ugu dhow gurigaaga, ama heerarka waqtiga ama badka ee u degsan kaasoo buuxinaaya baahiyahaaga.

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- ⑦ Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Goorma ayaan helayaa Adeegyada Caafimaadka Dhimirka ee Gaarka ah?

Caymiskaaga caafimaadka dhimirka waa inuu buuxshaa xeerarka waqtiga balanta ee gobalka marka uu mudaynaayo balantaada si aad u hesho adeegyada uu baxsho caymiska caafimaadka dhimirka. Caymiska caafimaadka dhimirku waa inuu ku siiyaa balan:

- 10 maalmood gudahood kadib marka aad dirto codsigaaga aan degdega ahayn si laguugu bilaabo adeegyada uu daboolo caymiska caafimaadka dhimirka;
- 48 saac gudahood haddii aad codsatay



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adeegyada xanuun degdeg ah;

- 15 maalmood gudahood kadib marka aad dirto codsigaaga aan degdega ahayn si aad u hesho balanta dhakhtarka dhimirka; iyo,
- 10 maalmood gudahood laga bilaabo balantii koobaad ee dabagalka xaalada aan degdega ahayn ee xanuunka horay u jiray.

Hase yeeshee, waqtiyadaan ayaa intaas ka badan kara haddii dhakhtarkaagu uu go'aansho in waqtiga sugitanaka oo intaas ka dheer uu haboon yahay caafimaad ahaan aysan dhibaato ku ahayn caafimaadkaaga. Haddii lagu sheego in lagu gashay liiska sugitaanka aadna u aragto mudada

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wakhtigu inay khatar ku tahay caafimaadkaaga, la xiriir qorshahaaga caafimaadka dhimirka oo aad ka helayso 1-888-724-7240. Waxaad xaq u leedahay inaad gudbiso cabasho haddii aadan helin daryeel wakhtigiisa lagu siiyo. Si aad u hesho xog dheeri ah oo ku aadan gudbinta cabashada, fadlan eeg qaybta "Hanaanka Cabashada" ee buug-gacmeedkaan.

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Yaa go'aaminaaya Adeegyada Aan Helaayo?

Adiga, dhakhtarkaaga, iyo caymiska caafimaadka dhimirka ayaa dhammaan door ku leh go'aaminta noocyada adeegyada aad u baahan tahay inaad ka hesho caymiska caafimaadka dhimirka.

Xirfadle caafimaadka dhimirka ah ayaa kula hadli doona kaana caawin doona go'aaminta nooca adeegyada Caafimaadka Dhimirka ee Gaarka ah ee kugu haboon ayadoo laga eegaayo baahiyahaaga.

Uma baahnid inaad ogaato inaad qabto cilado xanuunka dhimirka ah ama xanuun caafimaadka

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dhimirka ah oo gaar ah si aad u codsato caawimaad. Caymiska caafimaadka dhimirka ayaa samayn doona qiimaynta xanuunkaaga. Dhakhtarka ayaa baari doona in aad qabto iyo in kale xanuunka caafimaadka dhimirka oo saamayn xun ku yeelanaaya nolol maalmeedkaaga haddii aadan helin daawayn. Waxaad awoodi doontaa inaad hesho adeegyada caafimaad ahaan haboon ee caymisku daboolaayo inta dhakhtarkaagu samaynaayo qiimayntaan.

Haddii aad ka yar tahay 21, waxaad sidoo kale awoodi kartaa inaad hesho adeegyada Caafimaadka Dhimirka ee Gaarka ah haddii aad

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qabto xanuun dhimirka ah oo ka dhashay dhacdo xun, soo marida nidaamyada sharciga carruurta, nidaamka maxkamadaha ilmaha, ama aadan haysan hooy. Waxaa intaas dheer, haddii aad ka yar tahay 21, caymiska caafimaadka dhimirku waa inuu ku siiyaa adeegyada caafimaadka ahaan muhiimka ah si loo saxo ama lagaaga daweeyo xanuunka dhimirka. Adeegyada saxaaya, joogtaynaaya, taageeraaya, kor u qaadaaya, ama dejinaaya xaalada xanuunka dhimirka ayaa loo arkaa kuwo caafimaad ahaan muhiim ah.

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- ⑦ Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Adeegyada qaar ayaa u baahan kara ogolaansho hore oo uu baxsho caymiska caafimaadka dhimirka. Adeegyada u baahan ogolaanshaha hore waxaa kamid ah: Adeegyada adag ee lagu baxsho guriga, Adeegyada Adag ee Maalintii, Baxnaaninta Maalintii, Adeegyada Baxnaaninta habdhaqanka, iyo Daryeelka carruurta ee baxnaaninta ah. Waa inaad caymiska caafimaadka dhimirka ka codsataa xog dheeraad ah oo ku saabsan hanaanka ogolaanshihiisa hore. Wac caymiskaaga caafimaadka dhimirka si aad u codsato xog dheeraad ah.

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Caymiska caafimaadka dhimirku waa inuu adeegsadaa xirfadle taqasus u leh si uu u dib u eegis ugu sameeyo ogolaanshaha adeegga. Hawshaan dib u eegis waxaa loogu yeeraa ogolaanshaha hore ee adeegyada Caafimaadka Dhimirka ee Gaarka ah. Hanaanka ogolaanshaha caymiska caafimaadka dhimirka waa inuu raacaa jadwallo gaar ah. Ogolaanshaha hore ee caadiga ah, caymiska caafimaadka dhimirku waa inuu go'aanka ku gaaraa qaab ku dhisan codsiga dhakhtarkaaga sida ugu dhakhsaha badan ee xanuunkaagu u baahan yahay, laakiin aan ka badnayn shan maalmood oo kuwa shaqada ah laga bilaabo marka caymiska caafimaadka

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dhimirku helo codsiga. Tusaale, haddii raacista jadwalka caadiga ah ay si xun u dhaawacayso noloshaada, caafimaadka, ama awooda helista, joogtaynta, ama soo celinta awooda buuxda, qorshahaaga caafimaadka dhimirka waa inuu boobsiiyaa go'aanka ogolaanshaha uuna baxshaa ogeysiis ku saleysan jadwalka la xiriira xanuunkaaga kaasoo aan ka badnayn 72 saac kadib marka uu helo codsiga adeegga. Qorshahaaga caafimaadka dhimirka ayaa kordhin kara wakhtiga kana dhigaaya 14 maalmood oo dheeri ah kadib marka qorshaha caafimaadka dhimirku helo codsiga haddii adiga ama dhakhtarkaagu codsataan muddo kordhin ama

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qorshaha caafimaadku cadeyn u keeno sababta uu u kordhinaayo inay tahay maslaxadaada.

Tusaalaha marka kordhin loo baahan karo ayaa ah marka caymiska caafimaadka dhimirku aaminsan yahay inuu aqbali karo codsiga dhakhtarkaaga ee daawayn haddii ay helaan xog dheeri ah oo uu baxsho dhakhtarkaagu. Haddii caymiskaaga caafimaadka dhimirku kordhiyo jadwalka kadib codsiga dhakhtarka, degmada ayaa kuusoo diraysa ogeysiis qoraal ah oo kuu sheegaaya muddo kordhinta.

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- ⑦ Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Haddii caymiska caafimaadka dhimirku uu diido, dib u dhigo, yareeyo, ama joojiyo adeegyada aad codsatay, caymiska caafimaadka dhimirku waa inuu kuusoo diraa Ogeysiiska Go'aanka Gunnada ee Diidmada ah kaasoo kuu sheegaaya in adeegyada la diiday, kuu sheegaaya inaad soo gudbin karo racfaan, kuna siinaaya xog ku saabsan sida aad u soo gudbinayso racfaan. Si aad u hesho xog dheeri ah oo ku saabsan xuquuqdaada si aad u gudbiso cabasho ama racfaan marka aadan aqbalin go'aanka caymiska caafimaadka dhimirka ee diidista adeegyadaada ama uu qaado talaabooyin kale oo aadan aqbalin, ka fiiri qaybta Go'aannada Diimada

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- ⑦ Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Gunnada ee Caafimaadkaaga Dhimirka oo ku qoran bogga 42 ee buug-gacmeedkaan.

Waa maxay Muhiimada Caafimaad?

Adeegyada aad hesho waa inay yihiin kuwo caafimaad ahaan muhiim ah ayna ku haboon yihiin xalinta xanuunkaaga. Dadka jira 21 sano iyo ka wayn, adeegga ayaa caafimaad ahaan muhiim ah marka uu yahay mid macquul ah muhiimna u ah difaaca noloshaada, kahortaga xanuun daran ama naafo, kor u qaadaaya xanuunkaaga.

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Shaqsiyaadka kayar da'da 21, adeegga ayaa caafimaad ahaan muhiim ah haddii adeeggu uu saxaayo, ilaalinaayo, taageeraayo, kor u qaadaayo, ama dejinaayo xanuun dhanka dhimirka ah.

Adeegyada joogtaynaaya, taageeraaya, kor u qaadaaya, ama dejinaaya xaalada xanuunka dhimirka ayaa loo arkaa kuwo caafimaad ahaan muhiim ah waxaana lagu daboolayaa qaybta adeegyada Baaritaanka, Helista Xanuunka, iyo Daawaynta Carruurta ee Goos-gooska ah.

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Sidee ayaan ku helayaa Adeegyada Kale ee Caafimaadka Dhimirka ee Aysan Daboolayn Caymiska Caafimaadka Dhimirka?

Haddii aad ka diiwaan gashan tahay caymiska daryeelka Maaraysan, waa inaad heshaa adeegyada soo socda ee caafimaadka dhimirka oo uu baxsho Caymiska Daryeelka Maaraysan:

- Baaritaanka iyo daawaynta caafimaadka dhimirka, ayna ku jiraan baxnaaninta shaqsiga ah, kooxda, iyo qoyska.
- Baaritaanka dhimirka iyo neerfaha marka caafimaad ahaan la cadeeyo si loo baaro xanuunka dhimirka.

② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

- Adeegyada bukaan socodka si loola socdo daawooyinka dhakhtarku kuu qorey.
- Talo bixinta dhimirka.

Si aad u hesho mid kamid ah adeegyada kore, toos u wac qorshaha daryeelka maaraysan. Haddii aadan haysan qorshaha daryeelka maaraysan, waxaad awoodi kartaa inaad hesho adeegyadaan oo ay bixinayaan adeeg bixiyaal gaar ah iyo rugaha caafimaadka ee aqbala Medi-Cal. Caymiska Caafimaadka dhimirka ayaa kaa caawin kara inaad hesho ama ku siin kara fikrado ku aadan sida aad ku helayso dhakhtar ama rug caafimaad.

② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Farmashiye kasta oo aqbala Medi-Cal ayaa kuu buuxin kara daawooyinka lagu qorey ee lagu dawaynaayo xanuunka dhimirka. Fadlan ogoow in inta badan daawooyinka lagu qoro ee farmashiyuhu ku siiyo, oo la yiraahdo Medi-Cal Rx, lagu daboolaayo barnaamijka Caymiska Adeegyada Gaarka ah ee Medi-Cal, kumana jiraan qorshaha daryeelka maaraysan.

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- ⑦ Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Sidee ayaan ku helayaa Adeegyada Kale ee Medi-Cal (Daryeelka Aasaasiga ah/Medi-Cal) ee Aysan Daboolayn Caymiska Caafimaadka Dhimirka?

Haddii aad ku jirto qorshaha daryeelka maaraysan, qorshehaaga ayaa masuul ka ah inuu kuu helo dhakhtar. Haddii aadan ka diiwaan gashanayn qorshaha daryeelka maaraysan aadna leedahay caymiska Medi-Cal ee "caadiga ah", oo sidoo kale loo yaqaano Adeegyada Caymiska Kala Gaarka ah ee Medi-Cal, markaas waxaad u tagi kartaa dhakhtar aqabalaaya Medi-Cal. Waa inaad u sheegtaa dhakhtarka inaad leedahay caymiska

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- ① Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Medi-Cal kahor intuusan adeegyada kuu bilaabin.
Haddii kale, waxaa lagaa dalban karaa qarashka
adeegyadaas.

Waxaad adeegsan kartaa dhakhtar ka baxsan
qorshahaaga daryeelka Maaraysan si aad uga
hesho adeegyadaada kahortaga dhalmada.

Ka waran Haddii aan qabo Dhibaato la xariirta Khamriga ama Daroogada?

Haddii aad isleedahay waxaad u baahan tahay
adeegyo si lagaaga daaweeyo dhibaataada khamriga
ama daroogada, kala xariir degmadaada Laynka
Helitanaka iyo Masiibada Adeegyada 1-888-724-

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga
Caafimaadka Dhimirka ee San Diego Access iyo
Laynka Masiibada (ACL) oo aad ka helayso (888) 724-
7240 (TTY: 711) ama booqo oonlaynka oo ah
https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa
24 saac, 7 maalmood asbuucii.

7240. La taliyaasha ayaa kaa caawin kara qiimaynta baahiyahaaga kuna siin kara soo jeedino ku aadan adeegyada xanuunka isticmaalka Maandooriyaasha.

Maxaan ugu baahan nahay Adeegyada isbitaalka ee bukaan jiifka caafimaadka dhimirka?

Waxaa lagu dhigi karaa isbitala haddii aad qabto xanuun ama astaamaha caafimaadka dhimirka oo aan si amaan ah loogu dawayn karin daryeelka heerka hooseeya, iyo sabab la xariirta xanuun caafimaad ama astaamo dhanka caafimaadka dhimirka ah, aad:

- Khatar taagan ku tahay naftaada ama



Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

dadka kale, ama burburinta hantida ee wayn

- Aadan awoodin inaad qaadato ama adeegsato cuntada, dharka, ama hooyga
- Aad muujinayso khatar daran oo aad u gaysanayso caafimaadkaaga jireed
- Aad qabto kasii daris cusub, oo wayn oo ku timaada awoodaada shaqada sabab la xariirta xanuun dhimirka ah
- Aad u baahan tahay qiimayn dhanka dhimirka ah, daawayn caafimaad, ama daawayn kale oo keliya aad ka helayso isbitaal



Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

DHAKHTARKA QAYBTA A

**Sidee ayaan Ku helayaa Dhakhtarka Adeegyada
Caafimaadka Dhimirka ee Gaarka ah ee aan u
Baahan nahay?**

Caymiskaaga caafimaadka dhimirka ayaa laga doonayaa inuu soo daabaco liiska dhakhtarada hadda ka tirsan ee oonlaynka ah. Haddii aad qabto wax su'aalo ah oo ku saabsan dhakhaatiirta hadda shaqeeya ama aad doonayso inaad hesho liiska cusub ee dhakhaatiirta, booqo webseedka caymiskaaga caafimaadka dhimirka

<https://www.sandiegocounty.gov/content/sdc/hhsa/pr>

- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

[ograms/bhs/bhs_services.html](https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html) Waxaad heli kartaa liiska oo qoraal ah ama boostada laguugu soo diraayo haddii aad codsato.

Caymiska caafimaadka dhimirka ayaa xadiyo ku xiri kara dookhaaga dhakhaatiirta. Marka koobaad ee aad biloowdo helitaanka adeegyada caafimaadka Dhimirka ee Gaarka ah waxaad codsan kartaa in caymiskaaga caafimaadka dhimirku uu ku siiyo dookha koobaad oo ah ugu yaraan labo dhakhtar. Caymiskaaga caafimaadka dhimirka waa inuu sidoo kale kuu ogolaadaa inaad badesho dhakhtarkaaga. Haddii aad codsato inaad badesho dhakhtarkaaga, caymiska caafimaadka dhimirka waa inuu kuu

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

ogolaadaa inaad kala doorato ugu yaraan labo dhakhtar ilaa heerka ugu macquulsan.

Caymiskaaga caafimaadka dhimirka ayaa masuul ka ah inuu xaqijiyo inaad hesho daryeelka waqtiga ku haboon iyo inaad hesho dhakhaatiir kugu filan oo kuu dhow si loo xaqiijiyo inaad hesho adeegyada caafimaadka dhimirka ee uu daboolo caymiska caafimaadka dhimirka haddii aad u baahato.

Mararka qaar dhakhaatiirta heshiiska kula jira caymiska caafimaadka Dhimirka ayaa doorta inay joojiyaan bixinta adeegyada Caafimaadka Dhimirka ee Gaarka ah. Dhakhaatiirta caymiska caafimaadka dhimirka ayaa joojin kara heshiiska kala dhexeeya

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

caymiska caafimaadka dhimirka, ama diidi kara inay aqbalaan bukaannada adeegyada Caafimaadka Dhimirka ee Gaarka ah ee Medi-Cal si iskood ah ama marka uu ka codsado caymiska caafimaadka dhimirku. Marka sidaan dhacdo, caymiska caafimaadka dhimirka waa inuu sameeyaa dedaal si uu u siiyo ogeysiis qoraal ah qof kasta oo adeegyada Caafimaadka Dhimirka ee Gaarka ah dhakhtarka. Ogeysiiska ku socda macmiilka waa in la diraa 30 maalmood kahor taariikhda dhaqan galka joojinta ama 15 maalmood kadib marka caaymiska caafimaadka dhimirku ogaado in dhakhtarku joojinaayo shaqada. Marka ay sidaan dhacdo, caymiskaaga caafimaadka dhimirka waa inuu kuu

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

ogolaado inaad adeegyada kasii qaadatao dhakhtarka ka baxay caymiska caafimaadka dhimirka, haddii adiga iyo dhakhtarku ku heshiisaan. Tan waxaa loo yaqaanaa "siwadista daryeelka" hoos ayaana lagu sharxay.

Miyaan sii Wadi karaa Helitaanka Adeegyada Dhakhtarka Dhakhtarkayga Hadda?

Haddii aad marhore helaysey adeegyada caafimaadka ee lagu baxsho caymiska daryeelka maaraysan, waxaad sii wadi kartaa inaad daryeel ka hesho dhakhtarka xataa haddii aad adeegyada caafimaadka dhimirka ka hesho dhakhtarka

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

caymiskaaga caafimaadka dhimirka, ilaa inta adeegyada ay heshiis ku yihiin dhakhaatiirtu adeegyaduna aysan isku mid ahayn.

Waxaa intaas dheer, haddii aad horey u helaystay adeegyada Caafimaadka Dhimirka ee Gaarka ah oo uu baxsho caymis caafimaadka dhimirka ah oo kale, qorshaha daryeelka maaraysan, ama dhakhtarka gaarka ah ee Medi-Cal, waxaad codsan kartaa "siiwadista daryeelka" si aad adeeg ugasii hesho dhakhtarkaaga hadda, ilaa muddo 12 bilood ah. Waxaad dooni kartaa inaad daryeel kasii hesho dhakhtarkaaga hadda si aad u sii wadato daawaynta socota ama sabab la xariirta inay dhibaato xun ku

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noqonayso caafimaadkaaga dhimirka in lagu wareejiyo dhakhtar cusub. Codsigaaga sii wadashada daryeelka ayaa la ogolaan karaa haddii waxyaabaha soo socda run yihiin:

- Aad xiriir joogto ah la leedahay dhakhtarka aad codsanayso aadna u tagtay dhakhtarkaas intii lagu jiray 12 bilood ee lasoo dhaafay;
- Dhakhtarku uu yahay mid xirfad badan uuna buuxsho shuruudaha Medi-Cal;
- Dhakhtarku uu aqbalo shuruudaha caymiska caafimaadka dhimirka ee caymiska caafimaadka dhimirku qandaraaska la galaaya iyo adeegyada lacag bixinta; iyo
- Dhakhtarku uu dukumiintiga ay qusayso la

② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

wadaago caymiska caafimaadka dhimirka ee la
xiriira baahida aad u qabto adeegyada

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

XAQA AAD U LEEDAHAY INAAD ARAGTO DIIWAANNADA CAAFIMAADKA IYO XOGTA DIIWAANKA DHAKHTARKA ADOO ADEEGSANAAYA

Degmadaada waxaa laga doonayaa inay abuurto ayna joogteyso nidaamka amaanka ah si aad u gasho diiwaanadaada caafimaadka aadna u hesho dhakhtar adoo adeegsanaaya tignooloojiyadaha guud sida kumbuyuutarka, taableed casri ah, ama aalada moobilka. Nidaamkaan waxaa loogu yeeraa Qalabka Barnaamijka Codsiga Helitaanka Bukaanka (API). Xogta aad tixgelinayso si aad u xulato codsiga gelitaanka diiwaanadaada iyo

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

helisti dhakhtarka ayaa laga heli karaa webseedka degmadaada.

Wixii su'aalo ah oo ku saabsan nidaamka amaanka ah si aad u gasho diiwaanadaada caafimaadka iyo daryeelka, fadlan iimeel u dir

QIMatters.HHSA@sdcounty.ca.gov

Si aad u hesho nuqulka la baari karo ee Diiwaanka Dhakhaatiirta ee BHS aadna u hesho dhakhtar, fadlan booqo:

<https://sdcountybhs.com/ProviderDirectory>



Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

BAAXADA ADEEGYADA

Haddii aad buuxiso shuruudaha helitaanka adeegyada Caafimaadka Dhimirka ee Gaarka ah, adeegyada soo socda ayaad helayso ayadoo laga eegaayo baahidaada. Dhakhtarkaaga ayaa kaala shaqayn doona go'aaminta noocyada adeegyada kuugu haboon.

Adeegyada Caafimaadka Dhimirka

- Adeegyada Caafimaadka Dhimirka waa adeegyada daawaynta ee shaqsiga ah, kooxda, ama qoyska ku salaysan ee ka caawiya dadka qaba xanuunnada dhimirka



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inay bartaan xirfadaha maaraynta nolol maalmoodkooda. Adeegyadaan waxaa sidoo kale ku jira shaqada dhakhtarku qabto si uu ugu fududeeyo adeegyada qofka helaaya adeegyada. Waxyaabaha noocaan ah waxaa kamid ah: qiimaynada si aad u aragto haddii aad u baahan tahay adeegga iyo haddii adeeggu kuu shaqaynaayo; qorshaynta daawada iyo adeegyada gaarka ah ee la bixin doono' iyo "jameecada," oo laga wado la shaqaynta xubnaha qoyska iyo dadka kale ee muhiimka u ah noloshaada (haddii aad ogolaato) si lagaaga caawiyo hormarinta ama joogtaynta awoodahaaga maaraynta nolosha.



Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Adeegyada Caafimaadka Dhimirka ayaa lagu bixin karaa rug caafimaad ama xafiiska dhakhtarka, ama gurigaaga ama xarun kale oo bulsho, taleefanka ama caafimaadka khadka (kaasoo ay ku jiraan labadaba xiriirada codka keliya iyo kuwa muuqaalka).

Adeegyada Taageerada Dawada

- Adeegyadaan waxaa ku jira qorista, siinta, qaybinta, iyo kormeerida daawooyinka caafimaadka dhimirka; waxbarashada la xariirta daawooyinka dhimirka. Adeegyada taageerada daawada ayaa lagu bixin karaa rug caafimaad ama xafiiska dhakhtarka, ama



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gurigaaga ama xarun kale oo bulsho, taleefanka ama caafimaadka khadka (kaasoo ay ku jiraan labadaba xiriirada codka keliya iyo kuwa muuqaalka).

Maaraynta Kiiska Gaarka ah

- Adeeggaan ayaa gacan ka gaysta helitaanka adeegyada caafimaadka, waxbarashada, bulshada, tababarka hore, tababarka shaqada, baxnaaninta, ama adeegyada kale ee bulshada marka adeegyadaan ay ku adkaadaan dadka qaba xanuunka dhimirka inay si iskood ah u helaan. Maareeyaha Kiiska Gaarka ah waxaa ku jira, laakiin kuma koobna, abuurista qorshaha; xariirka, isku-dubaridka, iyo isku xirka; la



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socoshada bixinta adeegga si loo hubiyo in qofku helo adeegga iyo nidaamka bixinta adeegga; iyo la socoshada hormarka qofku sameeyo.

Adeegyada Caawimaada Masiibada

- Adeeggaan ayaa la heli karaa si xal loogu helo xaalada degdega ah ee u baahan daryeelka degdega ah. Yoolka caawimaada dhibaataada ayaa ah in la caawiyo xubnaha bulshada, si aan xaalkoodu u gaarin is bitaal la seexsho.

Caawimaada masiibada ayaa socon karta ilaa sideed saacadood waxaana lagu bixin karaa rug caafimaad ama xafiiska dhakhtarka, ama

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gurigaaga ama xarun kale oo bulsho, taleefanka ama caafimaadka khadka (kaasoo ay ku jiraan labadaba xiriirada codka keliya iyo kuwa muuqaalka).

Adeegyada Dejinta Dhibaataada

- Adeeggaan ayaa la heli karaa si xal loogu helo xaalada degdega ah ee u baahan daryeelka degdega ah. Dejinta dhibaataada ayaa socon karta 24 saac waana in lagu baxshaa xarunta daryeelka caafimaadka oo ruqsad leh oo shaqaysa 24 saac, barnaamikka bukaan socodka ee isbitaalka, ama xarunta dhakhtar ruqsad u haysta bixinta adeegyada dejinta



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masiibada.

Adeegyada Xarumaha Daawaynta ee la Seexsho Dadka waawayn

- Adeegyadana ayaa daawaynta caafimaadka dhimirka iyo xirfad dhisid siiya dadka ku nool xarumaha ruqsada leh ee baxsha adeegyada daawaynta ee lagu baxsho xarumaha la dagan yahay ee dadka qaba xanuunka dhimirka.

Adeegyadana ayaa la heli karaa 24 saacadood maalintii, todoba maalmood asbuucii. Medi-Cal ma daboosho qarashka qolka iyo boorka ee joogista xarunta bixisa adeegyada daawaynta ee dadka la seexiyo.



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Adeegyada Xarumaha Daawaynta la seexsho Dadka Dhibaataada ku jira

- Adeegyadaan ayaa daawaynta caafimaadka dhimirka iyo xirfad dhisid u sameeya dadka qaba xanuunka daran ee dhimirka ama dhibaataada dareenka, laakiin aan u baahnayn daryeelka caafimaadka dhimirka ee isbitaalka. Adeegyada ayaa laga heli karaa 24 saacadood maalintii, todoba maalmood asbuucii xarumaha ruqsada leh. Medi-Cal ma daboosho qarashka qolka iyo boorka ee joogista xarunta bixisa adeegyada daawaynta ee dadka dhibaataada ku jira la seexiyo.

② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Adeegyada Adag ee Daawaynta Maalintii

- Kani waa barnaamij nidaamsan oo baxsha daawaynta caafimaadka dhimirka ee la siiyo koox dad ah oo haddii kale la seexin lahaa isbitaal ama xarun kale oo bixisa daryeel 24 saac ah. Barnaamijka ayaa socda ugu yaraan sadex saacadood maalintii. Barnaamijka waxaa ku jira shaqooyinka xirfad dhisida iyo baxnaaninada iyo sidoo kale baxnaaninta dhimirka.

Baxnaaninta Maalintii

- Kani waa barnaamij nidaamsan oo loo sameeyay inuu ka caawiyo dadka xanuunka



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dhimirka qaba barashada iyo hormarinta
xirfadaha la qabsiga iyo nolosha iyo inay
maareeyaan astaamaha xanuunka dhimirka si
wanaagsan. Barnaamijka ayaa socda ugu
yaraan sadex saacadood maalin kasta.
Barnaamijka waxaa ku jira shaqooyinka xirfad
dhisida iyo baxnaaninada.

Adeegyada isbitaalka ee bukaan Jiifka

Caafimaadka Dhimirka

- Kuwaani waa adeegyo lagu baxsho isbitaal
ruqsad u haysta adeegga caafimaadka Dhimirka
kadib marka uu go'aansho dhakhtarka
caafimaadka dhimirka oo ruqsad haysta in qofku



Wac Laynka bilaashka lagu waco ee Qorshahaaga
Caafimaadka Dhimirka ee San Diego Access iyo
Laynka Masiibada (ACL) oo aad ka helayso (888) 724-
7240 (TTY: 711) ama booqo oonlaynka oo ah
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24 saac, 7 maalmood asbuucii.

u baahan yahay daawaynta caafimaadka
Dhimirka ee adag ee 24 saac ah.

Adeegyada Xarunta Caafimaadka Dhimirka

- Adeegyadaan ayaa lagu baxshaa inta caafimaadka maskaxda oo ruqsad leh taasoo taqasus u leh daawaynta baxnaaninta 24 saac ah ee xanuunnada dhimirka ee daran.

Xarumaha Caafimaadka Dhimirka waa inay heshiis ka haystaan isbitaal ama rug caafimaad oo u dhow si ay u buuxshaan baahiyaha daryeelka jireed ee dadka xarunta jooga.

Xarumaha caafimaadka dhimirka ayaa keliya la dhigi karaa laguna dawayn karaa bukaannada aan qabin xanuunka jirka ama dhaawaca

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

kuwaasoo u baahan daawayn ka baxsan waxa caadiyan lagu daweeyo adeegyada bukaan socodka.

Adeegyada Taageerada Dadka isku daruuftha ah isa siiyaan (way kala duwan yihiin degmo kasta)

- Bixinta Adeegyada Taageerada Dadka isku daruuftha ah isa siiyaan waa ikhtiyaar u furan degmooyinka. Ismaamulka San Diego wuxuu baxshaa adeegyada Taageerada Dadka isku daruuftha ah isa siiyaan ee adeegyada taqasuska caafimaadka Dhimirka.
- Adeegyada Taageerada Dadka isku daruuftha ah isa siiyaan waa adeegyada dhaqanka ku

② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

haboon ee shaqsiga iyo kooxdaba la siiyo oo kor
u qaadaaya soo kabashada, adkaysiga, wada
shaqaynta, bulshanimada, isku filnaanshaha, u
doodista naftaada, awoodaha lagu baxsho
nashaadaadka nidaamsan. Adeegyadaan ayaa
lagugu siin karaa adiga ama qofka lagu
asteeyay ee taageerada wayn waxaana la heli
karaa isla marka aad helayso adeegyada
Adeegyada Caafimaadka Dhimirka ee Gaarka
ah ee kale. Taqasuslaha Dadka isku xaalada ah
ee waa qof soo maray khibrada caafimaadka
dhimirka ama xanuunnada isticmaalka
Maandooriyaasha wuxuuna ku jiraa kasoo
kabasho asagoo buuxshay shuruudaha



Wac Laynka bilaashka lagu waco ee Qorshahaaga
Caafimaadka Dhimirka ee San Diego Access iyo
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barnaamijka shahaado bixinta uu ansixiyay
Gobalka ismaamulku, kaasoo shahaado ka
haysta ismaamullada, bixiyana adeegyadaan
asagoo ka hoos shaqeeya Dhakhtarka
Caafimaadka Habdhaqanka kaasoo ruqsad ka
haysta, ruqsad dhaaf ka haysta, ama ka diiwaan
gashan Gobalka California.

- Adeegyada Taageerada Dadka isku daruufka ah
isa siiyaan waxaa ku jira tababarka shaqsigaa ah
iyo kan kooxda, kooxaha dhisida xirfadaha
waxbarashada, helista khayraadka, adeegyada
wada shaqaynta si laguugu booriyo ka
qaybgalka daawaynta caafimaadka dhimirka, iyo



Wac Laynka bilaashka lagu waco ee Qorshahaaga
Caafimaadka Dhimirka ee San Diego Access iyo
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7240 (TTY: 711) ama booqo oonlaynka oo ah
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shaqooyinka baxnaaninta ah sida kor u qaadista u doodista naftaada.

Adeegyada Masiibooyinka ee Wareegga (way kala duwan yihiin degmo kasta)

- Adeegyada masiibooyinka ee wareegga ayaa la heli karaa haddii aad waahayso masiibada caafimaadka dhimirka iyo/ama isticmaalka maandooriyaha ("masiibada caafimaadka habdhaqanka"). Adeegyada masiibada ee wareega waxaa bixiya xirfadleyaal caafimaad oo ku bixiya goobaha aad ku waajahayso masiibada, uuna ku jiro gurigaaga, shaqada, dugsiga, ama goobo kasta oo kale, marka laga

② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

reebo isbitaallada ama xarun kale. Adeegyada masiibada ee wareega ayaa la heli karaa 24 saac maalin kasta, 7 maalmood Asbuucii, iyo 365 maalmood sanadkii.

- Adeegyada masiibada ee wareega waxaa ku jira gurmada degdeg ah, qiimayn gaar ah iyo xasilin ku saleysan bulshada. Haddii aad u baahan tahay daryeel dheeri ah, adeeg bixiyaasha wareegga ayaa sidoo kale fududeeya xiriirada tooska ah ama u gudbinta adeegyada kale.
- Si aad u hesho xog dheeri ah oo ku saabsan Adeegyada Caafimaadka Dhimirka (BHS) ee Ismaamulka San Diego Kooxda Gurmada Masiibada ee Wareegta (MCRT), fadlan booqo

② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

lifaaqa soo socda:

https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/BHS_MCRT/About_MCRT.html
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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

**Ma Jiraan Adeegyada Gaarka ah oo ay Heli
karaan Carruurta, iyo/ama Dhalinyarada
Qaangaarka ah ee kayar 21 sano?**

Macaamiisha kayar 21 sano ayaa u qalma
adeegyada dheeriga ah ee Medi-Cal ee lagu baxsho
guuno loo yaqaano Baaritaanka, Helista Cilada, iyo
Daawaynta Carruurta ee Goos-gooska ah.

Si uu ugu qalmo adeegyada Baaritaanka, Helista
Cilada, iyo Daawaynta Carruurta ee Goos-gooska
ah, macmiilku waa inuu kayar yahay 21 sano uuna
hela adeegyada daboolaaya Baaritaanka, Helista
Cilada, iyo Daawaynta Carruurta ee Goos-gooska

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga
Caafimaadka Dhimirka ee San Diego Access iyo
Laynka Masiibada (ACL) oo aad ka helayso (888) 724-
7240 (TTY: 711) ama booqo oonlaynka oo ah
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ah ee buuxa kuwaasoo muhiim u ah sixida ama xelinta xanuunka caafimaadka dhimirka. Adeegyada joogtaynaaya, taageeraaya, kor u qaadaaya, ama dejinaaya xaalada xanuunka dhimirka ayaa loo tixgeliyaa inay caafimaadka dhimirka caawiyaan ayna sidaas awgeed, yihiin kuwo caafimaad ahaan muhiim ah waxaana lagu daboolayaa qaybta adeegyada Baaritaanka, Helista Xanuunka, iyo Daawaynta Carruurta ee Goos-gooska ah.

Haddii aad su'aalo ka qabto adeegyada Baaritaanka, Helista Cilada, iyo Daawaynta Carruurta ee Goos-gooska ah, fadan wac 1-888-724-7240 ama booqo [Webseedka Baaritaanka](#).

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Helista Cilada, iyo Daawaynta Carruurta ee Goosgooska ah ee DHCS.

Adeegyada soo socda ayay caymiska caafimaadka dhimirka ka helayaan carruurta, kurayda, iyo da'yarta qaangaarka ah ee kayar 21 sano:
Adeegyada Baxnaaninta Habdhaqanka, Isku dubaridka daryeelka adag, Adeegyada Adag ee Guriga Lagu baxsho, iyo Adeegyada Daryeelka Carruurta la Korsado ee Baxnaaninta ah.

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Adeegyada Baxnaaninta Habdhaqanka

Adeegyada Baxnaaninta Habdhaqanka waa caawimaadaha adag, gaarka ah, mudada gaaban ee bukaan socodka oo la siiyo macaamiisha ilaa 21 jirka ah. Dadka helaaya adeegyadaan ayaa qaba dhibaatooyinka dhimirka oo daran, waxay waajahayaaan kala guur walwal badan ama dhibaato nololeed, waxayna u baahan yihiin adeegyada taageerada mudada gaaban, adeegyada taageerada gaarka ah.

Adeegyada Baxnaaninta Habdhaqanka waa nooc kamid ah adeegga caafimaadka Dhimirka ee Gaarka

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

ah oo lagu heli karo caymis kasta oo caafimaadka dhimirka ah haddii aad qabto dhibaatooyin daran oo dhanka dhimirka ah. Si aad u hesho Adeegyada Baxnaaninta Habdhaqanka, waa inaad heshaa adeegga caafimaadka Dhimirka, aad ka yar tahay 21 sano, aadna haysato caymiska buuxa ee Medi-Cal.

- Haddii aad ku nooshahay guriga, xubin kamid ah shaqaalaha Adeegyada Baxnaaninta Habdhaqanka ayaa si fool ka fool ah kaagala shaqayn kara yarayta dhibaatooyinka daran ee habdhaqanka si aad iskugu daydo inaad iskaga ilaaliso u baahashada raadsada daryeel heer intaa ka sareeya ah, sida daryeelka guriga ee

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kooxda ee carruurta-iyo dhalinta kayar 21 sano ee qaba dhibaatooyinka dhimirka ee aadka u daran.

- Haddii aad ku nooshahay guriga koox carruur iyo dhalinyaro da'doodu ka yar tahay 21 ka kooban oo qaba xanuunka daran ee dhimirka, xubin kamid ah shaqaalaha Adeegyada Baxnaaninta Habdhaqanka ayaa kaala shaqayn kara si aad u awoodo inaad u guurto xarunta ku saleysan qoyska, sida guriga qoyska aan waalidkaa ahayn ama in gurigiina lagugu cesho.

Adeegyada Baxnaaninta Habdhaqanka ayaa kaa caawin doona adiga iyo qoyskaaga, daryeelka, ama

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

masuulka inuu barto qaabab cusub oo loo waajaho dhibaataada habdhaqanka iyo qaabab loo kordhiyo noocyada habdhaqanka kuu sahaaya inaad guul gaarto. Adiga, xubin kamid ah shaqaalaha Adeegyada Baxnaaninta Habdhaqanka iyo qoyskaaga, daryeelaha, ama masuulka ayaa ka wada shaqayn doona koox ahaan xal u helida dabeecadaha dhibaataada keenaaya muddo kooban ilaa aadan dib danbe ugu baahan Adeegyada Baxnaaninta Habdhaqanka. Waxaad yeelan doontaa qorshaha Adeegyada Baxnaaninta Habdhaqanka oo sheegaaya waxa adiga, qoyskaaga, daryeelaha, ama masuulka, iyo shaqaalaha Adeegyada Baxnaaninta Habdhaqanka

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- ⑦ Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

aad samayn doontaan inta lagu jiro Adeegyada Baxnaaninta Habdhaqanka, iyo goorta iyo meesha Adeegyada Baxnaaninta Habdhaqanka lagu bixin doono. Shaqaalaha Adeegyada Baxnaaninta Habdhaqanka ayaa kaala shaqayn kara inta badan meelaha aad u baahan tahay in caawimaad dhibaataada dhimirka lagugu siiyo. Goobahaan waxaa kamid ah gurigaaga, guriga waalidka ku korsaday, guriga kooxda, dugsiga, barnaamijka daawayn ee maalintii, iyo goobaha kale ee deegaanka.

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- ⑦ Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Isku dubaridka Daryeelka Adag

Iskudubaridka Daryeelka Adag waa adeeg bixiya maaraynta kiiska gaarka ah oo fududeeya qiimaynta qorshaynta daryeelka, iyo isku dubaridka adeegyada macaamiisha kayar 21 sano kuwaasoo u qalma adeegyada buuxa ee Medi-Cal loona soo gudbiyo adeeggaan ku saleysan muhiimada caafimaadka.

Adeegyada Iskudubaridka Daryeelka Adag ayaa lagu baxshaa mabaadii'da Naqshada Farsamada Aasaasiga ah ee Isku dhafan, ayna ku jirana abuurista Kooxda Ilmaha iyo Qoyska si loo xaqiijiyo fududaynta xariir wada shaqayneed oo dhex mara



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ilmaha, qoyskiisa, iyo nidaamyada adeegga ilmaha ee hawsha ku lugta leh.

Kooxda Ilmaha Qoyska waxaa ku jira taageerooyinka rasmiga ah (sida isku duwaha daryeelka, adeeg bixiyaasha, iyo maareeyaasha kiiska ee wakaaladaha carruurta), taageerooyinka dabiiciga ah (sida xubnaha qoyska, dariska, saaxiibada, iyo karaaniga), iyo shaqsiyaadka kale ee ka wada shaqeeya abuurista iyo dhaqan gelinta qorshaha macmiilka masuulkana ka ah ka taageerida carruurta iyo qoysaskooda joogtaynta higsiyadooda. Iskudubaridka Daryeelka Adag ayaa

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- ⑦ Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

sidoo kale baxsha Iskuduwaha Iskudubaridka

Daryeelka Adag kaasoo:

- Xaqiijiya in adeegyada Caafimaad ahaan Muhiimka ah la heli karo, la abaabulo, laguna baxsho qaab ku salaysan awood, gaar ah, macmiilku hagaayo, oo dhaqan ahaan iyo luuqad ahaanba ku haboon.
- Xaqiijinaaya in adeegyada iyo taageerooyinka lagu saleeyo baahiyaha ilmaha.
- Fududaynaaya xariir wadeshaqyn oo dhex mara ilmaha, qoyskiisa, iyo nidaamyada doorka u leh bixinta adeegyada ilmaha.
- Ka taageeraaya waalidka/daryeelaha buuxinta baahiyaha ilmaha.



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- Gacan ka gaysanaaya dhisida Kooxda Ilmaha iyo oyska siinaayana taageero joogto ah.
- Wuxuu abaabulayaa uuna isku aadinayaa daryeelka dhammaan adeeg bixiyaasha iyo nidaamyada u adeegga carruurta si loogu sahlo ilmaha in loogu adeeggo bulshadiisa.

Adeegyada Adag ee Lagu Baxsho Guriga

Adeegyada Adag ee Lagu Baxsho Guriga waa caawimaado gaar ah, oo ku salaysan awood loona sameeyay in lagu daweeyo xanuunnada dhimirka ee carqalada ku ah shaqada ilmaha/dhalinta looguna talagalay ka caawinta ilmaha/dhalinta dhisida

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

xirfadaha muhiimka u ah shaqo guul leh oo ay ka gaaraan guriga iyo bulshada iyo kor u qaadista awooda qoyska ilmaha/dhalinta ee ka caawinta ilmaha/dhalinta inuu guul ka gaaro guriga iyo bulshada.

Adeegyada Adag ee Lagu Baxsho Guriga ayaa lagu baxshaa Hanaanka Farsamada Aasaasiga ah ee Isku dhafan ee ay bixiso Kooxda Ilmaha iyo Qoyska ayadoo la kaashanaayo qorshaha adeegga guud ee qoyska. Adeegyada Adag ee Lagu Baxsho Guriga ayaa la siiyaa macaamiisha kayar 21 sano ee u qalma adeegyada buuxa ee caymiska Medi-Cal

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

loona soo gudbiyo adeeggaan ku saleysan muhiimada caafimaadka.

Daryeelka carruurta ee baxnaaninta ah

Naqshada Daryeelka Carruurta la Korsado ee Baxnaaninta ah ayaa sahlaya bixinta adeegyada caafimaadka Dhimirka ee Gaarka ah ee mudada gaaban, adag, weelaaya uur kutaalooyinka, gaarkana ah ee carruurta kayar 21 sano ee qaba baahiyaha badan ee dhimirka iyo dabeecadaha. Daryeelka Carruurta la Korsado ee Baxnaaninta ah, carruurta ayaa loo dhiibaa waalidiin tababaran, la



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kormeero, loona taageero oo baxsha Daryeelka Carruurta la Korsado ee Baxnaaninta ah.

Adeegyada lagu heli karo Taleefanka ama Caafimaadka Khadka

Kulanka tooska ah, ee fool ka foolka ah ee u dhexeeya adiga iyo dhakhtarkaaga ayaan markasta lagaa doonayn si aad u awoodo inaad hesho adeegyada caafimaadka dhimirka. Ayadoo ku xiran adeegyadaada, waxaad awoodi kartaa inaad ku hesho adeegyadaada khadka taleefanka ama caafimaadka khadka. Dhakhtarkaaga waa inuu kuu sharxaa isticmaalka taleefanka ama caafimaadka

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

khadka waana inuu xaqiijiyaa inaad aqbasho kahor bilaabida adeegyada. Xataa haddii aad aqbasho inaad adeegyada ku hesho taleefanka ama khadka caafimaadka, waxaad gadaal ka dooran kartaa inaad adeegyada ku hesho si toos ah ama fool ka fool ah. Qaar kamid ah adeegyada caafimaadka Dhimirka ayaan lagu bixin karin khadka ama taleefanka waayo waxay u baahan yihiin inaad joogto goob gaar ah oo adeeg, sida adeegyada daawaynta dadka la seexsho ama adeegyada isbitaalka.

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

GO'AANKA DIIDMADA GUNNADA EE UU SOO SAARO CAYMISKAAGA CAAFIMAADKA DHIMIRKA

**Waa maxay Xuquuqda aan Leeyahay haddii
Caymiska Caafimaadka Dhimirku Diido
Adeegyada aan Doonaayo ama Aan aaminsan
Nahay inaan U baahan Nahay?**

Haddii caymiskaaga caafimaadka dhimirka ama dhakhtarka oo masuul ka ah caymiskaaga caafimaadka dhimirka uu diido, xadido, yareeyo, dib u dhigo, ama joojiyo adeegyada aad doonayso ama aad aamisan tahay inaad xaq u leedahay inaad

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

hesho, waxaad xaq u leedahay in lagu soo diro Ogeysiis qoraal ah (oo loo yaqaano "Ogeysiiska Go'aaminta Gunnada Daran") oo aad ka helayso caymiska caafimaadka dhimirka. Waxaad sidoo kale xaq u leedahay inaad diido go'aanka adoo codsanaaya racdaan. Qaybaha hoose ayaa ka hadlaaya xuquuqdaada Ogeysiiska iyo waxa aad samayn karto haddii aad diido go'aanka caymiskaaga caafimaadka dhimirka.

Waa Maxay Go'aanka Diidmada Gunnadu?

Go'aanka Diidmada Gunnada ayaa lagu qeexaa wax kamid ah talaabooyinka soo socda

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

uu qaado caymiska caafimaadka dhimirka:

1. Diidmada ama xadidida ogolaanshaha adeegga la codsaday, ayna ku jiraan go'aannada lagu saleeyay nooca ama heerka adeegga, muhiimada caafimaadka, haboonaanta, goobta, ama waxtarka adeegga la daboolayo;
2. Yaraynta, hakinta, ama joojinta adeeg horey loo ogolaaday;
3. Diidmada, si guud ama qayb ahaan, lacagta adeegga;
4. Fashilka bixinta adeegyada oo lagu baxsho qaab ku haboon waxtiga;
5. Ku fashilmida ku hawlgelida jadwalka loo asteeyay si loo gaaro xal guud oo ku aadan



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cabashooyinka iyo racfaannada (haddii aad cabasho u gudbisay caymiska caafimaadka dhimirka uusana caymiska caafimaadka dhimirku kugusoo celin go'aanka qoraalka ah oo ku aadan cabashadaada 90 maalmood gudahood. Haddii aad racfaan u gudbisay caymiska caafimaadka dhimirka uusana caymiska caafimaadka dhimirku go'aanka qoraalka ah kaa siin racfaankaaga 30 maalmood gudahood, ama haddii aad gudbisay racfaan degdeg ah, aadana helin jawaab 72 saacadood gudahood); ama

6. Diidmada codsiga macmiilka ee diidista masuuliyada dhaqaale.

⑦ Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Waa Maxay Ogeysiiska Go'aanka Diidmada Gunnadu?

Ogeysiiska Go'aanka Diidmada Gunnadu waa waraaq qoran oo caymiskaaga caafimaadka dhimirku uu kuusoo diri doono haddii uu gaaro go'aan uu ku diidaayo, ku xadidaayo, ku yareynaayo, dib ugu dhigaayo, ama uu ku joojinaayo adeegyada aad adiga iyo dhakhtarkaagu aaminsan tihiin inaad xaq u leedahay. Tan waxaa ku jira diidmada qarashka adeegga, diidmo ku saleysan sheegashada ah inaan adeegyada caymisku daboolin, diidmo ku salaysan sheegashada ah in adeegyadu aysan

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- ⑦ Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

caafimaad ahaan muhiim ahayn, diidmo ku salaysan in adeeggu uu la xariiro nidaamka adeeg bixinta oo khaldan, ama diidmada codsiga dood ku aadan masuuliyada dhaqaale.

Ogeysiiska Go'aanka Diidmada Gunnada ayaa sidoo kale loo adeegsadaa in lagugu wargeliyo haddii cabashadaada, racfaankaaga, ama racfaankaaga degdega ah aan xal laga gaarin waqtigii la rabay, ama haddii aadan ku helin adeegyada mudada loo cayimay in caymiska caafimaadka dhimirku ku baxsho adeegyada.

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- ⑦ Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Waqtiga Ogeysiiska

Caymiska caafimaadka dhimirku waa inuu ogeysiiska boostada ugu diraa macmiilka ugu yaraan 10 maalmood kahor taariikhda talaabada joojinta, hakinta, ama yaraynta adeegyada Caafimaadka Dhimirka ee Gaarka ah ee horey loo ogolaaday. Caymiska caafimaadka dhimirku waa inuu sidoo kale boostada ugu diraa macmiilka ogeysiiska labo maalmood gudahood marka uu soo baxo go'aanka diidmada lacag bixinta ama go'aannada ka dhashay diidmada, dib u dhigista, ama wax ka badelka dhammaan ama qayb kamid ah adeegyada Caafimaadka Dhimirka ee Gaarka ah ee la codsaday.

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- ⑦ Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Markasta Miyaan Heli Doonaa Ogeysiiska Go'aanka Diidmada Gunnada Marka aanan Helin Adeegga aan Rabay?

Haa, waa inaad heshaa Ogeysiiska Go'aanka Diidmada Gunnada. Hase yeeshee, haddii aadan helin ogeysiis, waxaad racfaan u gudbin kartaa qorshaha caafimaadka dhimirka ee degmada ama haddii aad dhamaystirtay hanaanka racfaanka, waxaad codsan kartaa Dhageysiga Gobalka. Marka aad la xariirto degmada, sheeg in lagu diiday gunnada laakiin aan lagu siin ogeysiis. Xog ku aadan sida loo gudbiyo racfaan ama codsiga Dhageysiga Cadaalada ah ee

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- ⑦ Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Gobalka ayaa ku qoran buug-gacmeedkaan.
Xogta ayaa sidoo kale laga heli karaa xafiiska
dhakhtarkaaga.

Muxuu li sheegi Doonaa Ogeysiiska Go'aanka Diidmada Gunnadu?

Ogeysiiska Go'aanka Diidmada Gunnada ayaa
kuu sheegi doona:

- Waxa caymiskaaga caafimaadka dhimirku uu sameeyay ee saamaynaaya adiga iyo awoodaada helitaanka adeegyada
- Taariikhda go'aanku dhaqan galaayo iyo sababta go'aanka loo cuskaday

② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

- Sharciyada gobalka iyo federaalka ee go'aanka loo cuskaday
- Xaqa aad u leedahay gudbinta racfaan haddii aadan aqbalin go'aanka caymiska caafimaadka Dhimirka
- Sida loo helo nuqullada dukumiintiyada, diiwaannada, iyo xogta kale ee la xiriirta go'aanka qorshaha caafimaadka dhimirka.
- Sida aad racfaan ugu gudbin karto caymiska caafimaadka dhimirka
- Sida loo codsado Dhageysiga Cadaalada ah ee Gobalka haddii aadan ku qancin go'aanka caymiska caafimaadka dhimirka ka gaaray racfaankaaga



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- Sida aad u codsan karto racfaan degdeg go'aan looga gaaro ama Dhageysiga Gobalka ee Cadaalada ah ee degdega ah
- Sida aad ku helayso caawimaad la xariirta gudbinta racfaan ama codsashada Dhageysiga Gobalka ee Cadaalada ah
- Mudada aad haysato si aad u gudbiso racfaan ama u codsato Dhageysiga Gobalka ee Cadaalada ah
- Xaqa aad u leedahay inaad adeegyada sii hesho inta aad sugayso go'aanka laga gaaro racfaanka ama Dhageysiga Cadaallada ah ee Gobalka, sida loo codsado sii wadista adeegyada, iyo haddii qarashaadka



Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

adeegyadaan ay daboolayso Medi-Cal

- Marka ay tahay inaad gudbiso codsiga Racfaanka ama Dhageysiga Gobalka ee Cadaalada ah haddii aad doonayso in adeegyada laguusii wado.

Maxaan Samaynayaa Marka aan Helo Ogeysiiska Go'aanka Diidmada Gunnadu?

Marka aad hesho Ogeysiiska Go'aanka Diidmada Gunnada, waa inaad akhridaa dhammaan xogta ku qoran ogeysiiska si taxadar leh. Haddii aadan fahmayn ogeysiiska, caymiskaaga caafimaadka

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dhimirka ayaa ku caawin kara. Waxaad sidoo kale codsan kartaa qof kale inuu ku caawiyo.

Waxaad codsan kartaa sii wadista adeegga lagaa joojiyay marka aad gudbiso racfaan ama aad codsato Dhageysiga Gobalka ee Cadaalada ah. Waa inaad codsataa in lagu sii wado adeegyada ugu danbayn 10 maalmood kadib taariikhda Ogeysiiska Go'aanka Diidmada Gunnada lagusoo diro boostada ama toos lagu siiyo, ama kahor taariikhda dhaqan galka isbadelka.



Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

HANAANKA XALINTA CAQABADAHA: GUDBINTA CABASHO AMA RACFAAN

Ka waran Haddii Aanan ka Helin Adeegyada Aan rabay Caymiska Caafimaadka Dhimirka?

Caymiskaaga caafimaadka dhimirku waa inuu lahaadaa hanaan aad u marto xalinta cabasho ama cilad la xariirta adeegyada Caafimaadka Dhimirka ee Gaarka ah ee aad doonayso ama aad hesho. Kan waxaa loo yaqaanaa hanaanka xalinta caqabadaha waxaana ku jiri kara:

- 1. Hanaanka Cabashada:** muujinta inaadan ku qanacsanayn wax la xariira adeegyadaada



Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

caafimaadka Dhimirka ee Gaarka ah ama caymiska caafimaadka dhimirka.

2. Hanaanka Racfaanka: dib u eegista go'aan (tusaale, diidmada, joojinta, ama yareynta adeegyada) kaasoo laga gaaray adeegyadaada Caafimaadka Dhimirka ee Gaarka ah uuna gaaray caymiska caafimaadka dhimirka ama dhakhtarkaagu.

3. Hanaanka Dhageysiga Cadaallada ah ee Gobalka: hanaan lagu codsado dhageysiga maamulka oo la horgeynaayo garsooraha sharciga maamulka haddii caymiska caafimaadka dhimirku diido racfaankaaga.



Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Gudbinta cabasho ama racfaan, ama codsashada Dhageysiga Gobalka ee Cadaalada ah ayaan lagu adeegsan karin mana saamayn doonaan adeegyada aad helayso. Gudbinta cabasho ama racfaan ayaa kaa caawinaysa helitaanka adeegyada aad u baahan tahay iyo xal u helida caqabadaha kaa haysta adeegyadaada caafimaadka Dhimirka ee Gaarka ah.

Cabashooyinka iyo racfaannada ayaa sidoo kale caawinaaya caymiska caafimaadka dhimirka ayagoo siinaaya xogta ay u adeegsan karaan kor u qaadista adeegyada. Marka cabashadaada ama racfaanka lasoo gaba-gabeeyo, caymiskaaga caafimaadka dhimirka ayaa kuu sheegaaya adiga

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

iyo dadka kale ee ay qusayso, sida dhakhaatiirta, natiijada kama danbaysta ah. Marka go'aan lagasoo saaro Dhageysigaaga Cadaalada ah ee Gobalka, Xafiiska Dhageysiga Cadaalada ah ee Gobalka ayaa kuu sheegi doona adiga iyo dhinacyada kale ee ay qusayso natiijada kama danbaysta ah. Waxaad xog badan a ogaan kartaa hanaan kasta oo xalinta caqabadaha ah oo hoos ku qoran.

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Miyaan Heli karaa Caawimaad Ku aadan Gudbinta Racfaan, Cabasho, ama Dhageysiga Cadaalada ah ee Gobalka?

Caymiskaaga caafimaadka dhimirka ayaa kaa caawin doona sharaxaada hanaanadaan waana inuu kaa caawiyaa gudbinta cabasho, racfaan, ama codsiga Dhageysiga Cadaalada ah ee Gobalka. Caymiska caafimaadka dhimirka ayaa sidoo kale kaa caawin kara go'aansashada haddii aad u qalanto waxa loogu yeero hanaanka "racfaanka degdega ah", kaasoo ka dhigan in degdeg dib u eegis loogu samayn doono sababo la xariira caafimaadkaaga, caafimaadka dhimirka, iyo/ama

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

sugnaantaada oo khatar ku jira. Waxaad sidoo kale u fasixi kartaa hal qof inuu ku matalo, uuna ku jiro dhakhtarkaaga gaarka ah ee caafimaadka dhimirka ama qareenka.

Haddii aad doonayso in lagu caawiyo, hesho Adeegyada Bukaana Jiifka ama Dadka Jiifsho, wac Adeegyada u Doodista Bukaanka ee Qoyska Yuhuuda ah ee San Diego San Diego (JFS) ood ka wacayso 619-282-1134 ama 1-800-479-2233. Si aad u hesho Adeegyada Bukaana Socodka, wac Xarunta Macaamiisha ee U doodista iyo Waxbarashada Caafimaadka (CCHEA) oo aad ka wacayso 1-877-734-3258. Caymiskaaga

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

caafimaadka dhimirka waa inuu ku siiyaa
caawimaad macquul ah oo ku aadan buuxinta
foomamka iyo talaabooyinka kale ee la xariira
cabashada ama racfaanka. Caawimaadan waxaa
kamid ah, laakiin kuma koobna, inuu ku siiyo
adeegyada turjumaanka iyo lambaro aad lacag
la'aan ku wacayso oo leh adeegyada TTY/TDD iyo
tayada turjumaanka.

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- ⑦ Wac Laynka bilaashka lagu waco ee Qorshahaaga
Caafimaadka Dhimirka ee San Diego Access iyo
Laynka Masiibada (ACL) oo aad ka helayso (888) 724-
7240 (TTY: 711) ama booqo oonlaynka oo ah
https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa
24 saac, 7 maalmood asbuucii.

Gobalku ma Iga Caawin karaa Caqabadayda/Su'aalaha aan qabo?

Waxaad la xariiri kartaa Waaxda Adeegyada Daryeelka caafimaadka, Xafiiska Dhex-dhexaadiyaha, Isniinta ilaa Jimcada, 8 a.m. ilaa 5 p.m. (marka laga reebo maalmaha fasaxa), khadka taleefanka **888-452-8609** ama ciwanaka iimeelka MMCDOmbudsmanOffice@dhcs.ca.gov. **Fadlan ogoow:** Fariimaha iimeelka ayaan ahayn kuwo qarsoodi ah. Waa inaadan soo raacin xogtaada gaarka ah fariinta iimeelka.

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- ⑦ Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Waxaad sidoo kale heli kartaa caawimaad sharci oo bilaash aad uga helayso xafiiska caawimaada sharciga (legal aid) ee deegaankaaga ama kooxaha kale. Waxaad sidoo kale la xariiri kartaa Waaxda Adeegyada Bulshada ee California (CDSS) si aad wax uga weydiiso xuquuqdaada dhageysiga adoo la xariiraaya Qaybteeda Su'aalaha iyo Jawabata Dadwaynaha oo aad ka helayso taleefanka **800-952-5253** (adeegyada TTY, wac **800-952-8349**).

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

HANAANKA CABASHADA

Waa maxay Cabasho?

Cabasho waa muujinta qanaaco la'aan ku aadan wax quseeya adeegyadaada caafimaadka Dhimirka ee Gaarka ah kuwaasoo aan ahayn mid kamid ah caqabadaha lagu xaliyo hanaannada racfaanka iyo Dhageysiga Cadaallada ah ee Gobalka.

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Waa maxay Hanaanka Cabashadu?

Hanaanka cabashada ayaa:

- Loo maraa hanaan fudud, oo si fudud loo fahmaayo oo kuu sahlaaya inaad cabasho kusoo gudbiyo hadal ahaan ama qoraal ahaan.
- Looma adeegsan karo wax kaa dhan ah adigga ama dhakhtarkaaga sinaba.
- Kuu sahlaaya inaad qof kale u wakiilato inuu wakiil kaa noqdo, uuna ku jiro dhakhtar ama qareenka. Haddii aad u wakiilato qof kale inuu ku matalo, caymiska caafimaadka dhimirka ayaa kaa codsan kara inaad saxiixdo foom cadaynaaya in caymiska caafimaadka dhimirku



Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

siiyo qofka qofkaas.

- Xaqiijinaaya in dadka gaaraaya go'aanka ay yihiin kuwo khibrad u leh aysana kasoo qaybgelin dib u eegis hore ama go'aan horey looga gaaray racfaanka.
- Aqoonsanaaya doorarka iyo masuuliyadaha adiga, caymiskaaga caafimaadka dhimirka iyo dhakhtarkaaga.
- Xal u keenaaya cabashada mudada loo cayimay gudaheed.



Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Goorma ayaan Gudbin karaa Cabasho?

Waxaad u gudbin kartaa cabasho xili kasta caymiska caafimaadka dhimirka haddii aadan ku qancin adeegyada Caafimaadka Dhimirka ee Gaarka ah ama aad qabto tabasho kale oo la xariirta caymiska caafimaadka dhimirka.

Sidee ayaan u Gudbin karaa Cabasho?

Waxaad wici kartaa caymiskaaga caafimaadka dhimirka si aad u hesho caawimaada gudbinta cabasho. Cabashada waxaa lagu gudbin karaa hadal ahaan ama qoraal ahaan. Cabashooyinka

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

afka laga sheego ayaan u baahnayn inaad soo raaciso qoraal. Haddii aad dooneyso inaad cabashadaada kusoo gudbiso qoral ahaan, caymiska caafimaadka dhimirka ayaa ku siin doona boqshadu ciwaankoodu ku qoran yahay oo aad ka helayso dhammaan xarumaha dhakhaatiirta si aad boostada ugusoo dirto cabashadaada. Haddii aadan haysan boqshada uu ku qoran yahay ciwaanka caymisku, waxaad cabashadaada toos boostada ugu diri kartaa ciwaanka ku qoran bogga hore ee buug-gacmeedkaan.

- Si aad u hesho Adeegyada Bukaankii Jifka ana Hooyga, wac Adeegga U doodista Bukaanka ee

② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

JFS oo aad ka wacayso 619-282-1134 ama 1-800-479-2233.

- Si aad u hesho Adeegyada Bukaana Socodka, ka wac CCHEA lambarka 1-877-734-3258.

Sidee ayaan Ku Ogaanayaa Haddii Caymiska Caafimaadka Dhimirku uu Helay Cabashadayda?

Caymiskaaga caafimaadka dhimirka ayaa laga doonayaa inuu kuu sheego inay heleen cabashadaada ayagoo kuu soo diraaya xaqiijin qoraal ah 5 maalmood gudahood kadib marka uu helo. Cabashada lagu soo gudbiyay taleefanka ama

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

tooska loo keenay, ee aad aqbashay in la xaliyo dhammaadka maalinta xigta ee shaqada, ayaa shardigaan laga reebayaa mana heli doontid waraaq.

Goorma Ayaa Cabashadayda Go'aan laga Gaaryaa?

Caymiska caafimaadka dhimirku waa inuu go'aan ka gaaro cabashadaada 90 maalmood gudahood laga bilaabo taariikhda aad gudbisay cabashadaada. Jadwalka gaarista go'aanka ayaa la kordhin karaa 14 maalmood haddii aad codsato muddo kordhin, ama caymiska caafimaadka dhimirku aamisan yahay

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- ⑦ Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

in loo baahan yahay xog dheeri ah ama in dib u dhigista ay dantaadu ku jirto. Tusaalaha marka dib u dhigistu noqon karto maskalaxadaada waa marka caymiska caafimaadku aaminsan yahay in uu awoodi karo inuu xal u helo cabashadaada haddii la siiyo waqti dheeri ah oo uu xog kaaga helo adiga ama dadka kale ee ay qusayso.

Sidee ayaan Ku Ogaanayaa Haddii Caymiska Caafimaadka Dhimirku Uu gaalay Go'aan Ku aadan Cabashadayda?

Marka go'aan laga gaaro cabashadaada, caymiska caafimaadka dhimirka ayaa kuu sheegi doona adiga ama wakiilkaaga qaab qoraalka ah go'aanka uu

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gaaray. Haddii caymiskaaga caafimaadka dhimirku ku fashimo inuu kuu sheego adiga ama dhinacyo kasta oo ay qusayso go'aanka laga gaaray cabashada waqtiga ku haboon, markaas caymiska caafimaadka ayaa laga doonayaa inuu ku siiyo Ogeysiiska Go'aanka Diidmada Gunnada asagoo kuu sheegaaya xaq aad u leedahay inaad codsato Dhageysiga Gobalka. Caymiskaaga caafimaadka dhimirka ayaa laga doonayaa inuu ku siiyo Ogeysiiska Go'aanka Diidmada Gunnada maalinta waqtiga la cayimay ku egyahay. Waxaad wici kartaa caymiska caafimaadka dhimirka si aad u hesho xog dheeri ah haddii aadan helin Ogeysiiska Go'aanka Diidmada Gunnada.

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- ⑦ Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Ma Jiraa Waqti u Cayiman Gudbinta Cabashada?

Maya, waxaad soo gudbin kartaa cabashada xili kasta.

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

HANAANKA RACFAANKA (HEERKA CAADIGA AH IYO KAN BOOBSIISKA AH)

Caymiskaaga caafimaadka dhimirku waa inuu kuu ogolaado inaad racfaan ka qaadata go'aanka caymiskaaga caafimaadka dhimirka ee aadan aqbalin aadna codsato in dib u eegis lagu sameeyo go'aannada qaar ee uu gaaro caymiska caafimaadka dhimirka ama dhakhaatiirtaada ee la xariira adeegyadaada caafimaadka Dhimirka ee Gaarka ah. Waxaa jira labo qaab oo aad ku codsan karto dib u eegis. Hal qaab waa adeegsiga hanaanka racfaanka ee caadiga ah. Qaabka kale waa inaad adeegsato hanaanka racfaanka

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boobsiiska ah. Labadaan nooc ee racfaanka ayaa iskumid ahl hase yeeshee, waxaa jira shuruudo gaar ah oo aad ugu qalmayso racfaan boobsiis ah. Shuruudaha gaarka ah ayaa hoos lagu sharxay.

Waa maxay Racfaanka Caadiga ah?

Racfaanka caadiga ah waa codsiga dib u eegis lagu sameynaayo go'aan uu gaaray caymiska caafimaadka dhimirka ama dhakhtarkaaga kaasoo ay ku jirana diidmada ama isbadellada lagu samaynaayo adeegyada aad isleedahay waad u baahan tahay. Haddii aad codsato racfaan caadi ah, caymiska caafimaadka dhimirka ayaa qaadan kara

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- ⑦ Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

ilaa 30 maalmood si uu dib u eegis u sameeyo.

Haddii aad isleedahay sugista 30 maalmood waxay khatar gelinaysaa caafimaadkaaga, waa inaad codsataa "racfaan boobsiis ah."

Hanaanka racfaanka caadiga ah ayaa:

- Kuu sahlaaya inaad cabasho kusoo gudbiso cod hadal ahaan ama qoraal ahaan.
- Xaqiijinaaya in racfaanka aan wax kaa dhan ah loo adeegsan doonin adiga ama dhakhtarkaaga sinaba.
- Kuu sahlaaya inaad qof kale u wakiilato inuu wakiil kaa noqdo, uuna ku jiro dhakhtar. Haddii aad u wakiilato qof kale inuu ku matalo, caymiska caafimaadka dhimirka ayaa kaa



Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

codsan kara inaad saxiixdo foom cadaaynaaya in caymiska caafimaadka dhimirku siiyo qofka qofkaas.

- Xaqiijinaaya in lagu sii wado gunnooyinkaaga marka aad codsato racfaanka waqtiga loo cayimay gudihiis, kaasoo ah 10 maalmood laga bilaabo taariikhda Ogeysiiska Go'aanka Diidmada Gunnada laguugu soo diray boostada ama toos laguugu dhiibay. Qasab maaha inaad bixiso qarashka adeegyada laguusii wadaayo inta racfaanka aan wali go'aan laga gaarin. Hase yeeshee, haddii aad codsato in lagu sii wado gunnada, go'aanka kama danbaysta ah ee racfaankuna xaqiijiyo go'aanka hoos u dhigista

② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

ama joojinta adeegga aad hesho, waxaa lagaa doonayaa inaad bixiso qarashka adeegyada la baxshay inta racfaanku taagan yahay.

- Xaqiijinaaya in dadka gaaraaya go'aanka racfaankaaga ay yihiin kuwo khibrad u leh aysana kasoo qaybgelin dib u eegis hore ama go'aan horey looga gaaray racfaanka.
- Wuxuu kuu sahlayaa adiga ama wakiilkaaga inuu qiimeeyo galka kiiskaaga, uuna ku jiro diiwaankaaga caafimaadka, iyo dukumiintiyo kale oo kasta ama diiwaannada la tixgelinaayo inta lagu jiro hanaanka racfaanka.
- Wuxuu kuu sahlayaa inaad hesho fursad macquul ah oo aad ku keento cadayn iyo



Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

marqaati aadna kusoo gudbiso dood sharci oo xaqiiqada ku dhisan, si toos ah, ama qoraal ahaan.

- Wuxuu kuu sahlayaa adiga, wakiilkaaga, ama wakiilka sharciga ah ee guriga macmiilka dhintay in lagu daro si ay qayb uga noqdaan racfaankaaga.
- Wuxuu kuu sheegayaa in racfaankaaga la helay asagoo kuusoo diraaya qoraal xaqiijin ah.
- Wuxuu kuu sheegayaa xaq aad u leedahay inaad codsato Dhageysiga Cadaallada ah ee Gobalka, kadib marka la dhameeyo hanaanka racfaanka aad u gudbisay caymiska caafimaadka dhimirka.

② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Goorma ayaan Gudbin karaa Racfaan?

Waxaad u gudbin kartaa racfaan caymiskaaga caafimaadka dhimirka marka ay jiraan wax kamid ah xaaladaha soo socda:

- Caymiska caafimaadka dhimirka ama mid kamid ah dhakhaatiirta qandaraaska kula jirta uu go'aansado in aadan u qalmin helista wax kamid ah adeegyada Caafimaadka Dhimirka ee Gaarka ah ee Medi-Cal sabab la xariirta inaadan buuxin shuruudaha helitaanka.
- Dhakhtarkaagu uu aaminsan yahay inaad u baahan tahay adeegyada Caafimaadka Dhimirka ee Gaarka ah uuna ka codsaday



Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

caymiska caafimaadka dhimirka inuu ogolaado, laakiin caymiska caafimaadka dhimirku uusan aqbalin ama diiday codsiga dhakhtarkaaga, ama uu badelo nooca ama heerka adeegga.

- Dhakhtarkaagu uu ka codsato caymiska caafimaadka dhimirka ogolaansho, laakiin caymiska caafimaadka dhimirku uu u baahan yahay xog dheeri ah si uu u gaaro go'aanka uusana ku dhamaystirin hanaanka ogolaanshaha waqtigii la rabay.
- Caymiskaaga caafimaadka dhimirku uusan kugu siin adeegyada mudadii uu caymiska caafimaadka dhimirku u cayimay.
- Aadan aaminsanayn in caymiska caafimaadka

② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

dhimirku uu ku siinaayo adeegyada xili ku haboon si loo daboolo baahiyahaaga.

- Aan cabashadaada, racfaanka, ama racfaanka boobsiiska ah aan xal looga gaarin waqtigii loo cayimay.
- Adiga iyo dhakhtarkaagu iinaan ku heshiin adeegyada Caafimaadka Dhimirka ee Gaarka ah ee aad u baahan tahay.

Sidee ayaan u Gudbin karaa Racfaan?

Waxaad wici kartaa caymiskaaga caafimaadka dhimirka si aad u hesho caawimaada gudbinta racfaan. Caymiska caafimaadka dhimirka ayaa ku

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

siin doona boqshadu ciwaankoodu ku qoran yahay oo aad ka helayso dhammaan xarumaha dhakhaatiirta si aad boostada ugusoo dirto racfaankaaga. Haddii aadan haysan boqshada ciwaanku ku yaalo, waxaad racfaanka toos ugu diri kartaa boostada ciwaanka ku qoran bogga hore ee buug-gacmeedkaan ama waxaad racfaanka ugu gudbin kartaa hadal ahaan ama qoraal ahaan.

Si lagaaga caawiyo gudbinta cabasho la xariirta Adeegyada Bukaanku Jiifka ama Xarumaha Dadka la Seexsho, waxaad wici kartaa Barnaamijka Qareennada Bukaanka ee Adeegga Qoysaska

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Yuhuuda ah (JFS) ood ka wacayso 619-282-1134 ama 1-800-479-2233.

Si aad u hesho caawimaad ku aadan gudbinta cabasho la xariirta Adeegyada Bukaana socodka, waxaad wici kartaa Xarunta U qareemida Waxbarashada iyo U doodista Caafimaadka Macaamiisha (CCHEA) oo aad ka wacayso laynka bilaashka lagu waco (877) 734-3258.

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Sidee Ayaan Ku Ogaanayaa In Racfaankayga Go'aan Laga Gaaray?

Caymiskaaga caafimaadka dhimirka ayaa ugu sheegi doona adiga ama wakiilkaaga qaab qoraal ah go'aanka uu ka gaaray racfaankaaga. Ogeysiiska waxaa ku qornaan doona xogta soo socota:

- Natiijooyinka hanaanka xalinta racfaanka
- Taariikhda go'aanka racfaanka lasoo saaray
- Haddii racfaankaaga aan si buuxda loogu go'aamin sidii aad rabtay, ogeysiiska waxaa sidoo kale ku jiri doonta xog ku aadan xaq aad u leedahay Dhageysiga Gobalka ee Cadaalada ah iyo hanaanka gudbinta Dhageysiga Gobalka



Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

ee Cadaalada ah.

Ma Jiraa Waqti u Cayiman Gudbinta Racfaanka?

Waa inaad kusoo gudbisaa racfaanka 60 maalmood gudahood kadib marka aad hesho Ogeysiiska Go'aanka Diidmada Gunnada. Ma jiraan waqtiyo u cayiman gudbinta racfaanka marka aadan helin Ogeysiiska Go'aanka Diidmada Gunnada, marka waxaad gudbin kartaa racfaanka noocaan ah marka aad doonto.



Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Goorma ayaa go'aan Laga Gaarayaa Racfaankayga?

Caymiska caafimaadka dhimirku waa inuu go'aan ka gaaraa racfaankaaga 30 maalmood gudahood laga baaabo marka caymiska caafimaadka dhimirku helay codsigaaga racfaanka. Jadwalka gaarista go'aanka ayaa la kordhin karaa 14 maalmood haddii aad codsato muddo kordhin, ama caymiska caafimaadka dhimirku aamisan yahay in loo baahan yahay xog dheeri ah ama in dib u dhigista ay dantaadu ku jirto. Tusaalaha marka dib u dhigistu la xariirto maskalaxadaada waa marka caymiska caafimaadku aaminsan yahay in uu awoodi karo inuu ogolaado

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- ⑦ Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

racfaankaaga haddii waqti dheeri ah la siiyo si uu xog kaaga qaado adiga ama dhakhtarkaaga.

Ka Waran Haddii aanan Sugi Karin 30 Maalmood Go'aanka Racfaankayga?

Hanaanka racfaanka ayaa la boobsiin karaa haddii uu u qalmo hanaanka racfaanka boobsiiska ah.

Waa maxay Racfaanka Boobsiiska ah?

Racfaanka boobsiiska ah waa qaab degdeg ah oo go'aan looga gaaro racfaan. Hanaanka racfaanka ayaa raaca isla nidaamka hanaanka racfaanka

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

caadiga ah. Hase yeeshee, waa inaad keentaa cadaynta in sugitaank racfaanka caadiga ah ay ugasii darayso xanuunkaaga dhimirka. Hanaanka racfaanka boobsiiska ah ayaa sidoo kale raacaaya waqtiyo gaar ah oo cayiman kuwaasoo ka duwan kan racfaanka caadiga ah. Caymiska caafimaadka dhimirka ayaa haysta 72 saacadood si uu dib u eegis ugu sameeyo racfaanka boobsiiska ah. Waxaad gudbin kartaa codsiga afka ah ee racfaanka boobsiiska ah. Qasab maaha inaad codsigaaga racfaanka degdega ah kusoo gudbiso qoraal ahaan.

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Goorma ayaan Gudbin karaa Racfaan Boobsiis ah?

Haddii aad aaminsan tahay in sugista 30 maalmood si loo gaaro go'aanka caadiga ah ee racfaanka ay khatar gelinayso noloshaada, caafimaadka, ama awooda helista, xakamaynta ama joogtaynta shaqada buuxda, waxaad codsan kartaa in racfaanka degdeg go'aan looga gaaro. Haddii caymiska caafimaadka dhimirku aqbalo in racfaankaagu buuxiyay shuruudaha racfaan degdeg ah, caymiskaaga caafimaadka dhimirka ayaa xalin doona racfaankaaga degdeg ah 72 saacadood gudahood kadib marka caymiska caafimaadka

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- ⑦ Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

dhimirku helo racfaanka. Jadwalka gaarista go'aanka ayaa la kordhin karaa 14 maalmood haddii aad codsato muddo kordhin, ama caymiska caafimaadka dhimirku muujiyo in loo baahan yahay xog dheeri ah ama in dib u dhigista ay maslaxadaadu ku jirto.

Haddii caymiskaaga caafimaadka dhimirku kordhiyo waqtiga, caymiska caafimaadka dhimirka ayaa ku siin doona sharaxaad qoraal ah oo sheegaysa sababta waqtigii la cayimay loo dhaafay. Haddii caymiska caafimaadka dhimirka uu go'aansho in racfaankaagu uusan u qalmin racfaanka boobsiiska ah, caymiska caafimaadka dhimirka waa inuu

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- ⑦ Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

sameeyaa dedaallada ku haboon si uu kuu siiyo
ogeysiis degdeg ah oo afka ah wuxuuna ogeysiis
qoraal ah kuusoo dirayaa labo maalmood gudahood
asagoo kuu sheegaaya sababta go'aanka uu u
gaaray. Racfaankaaga ayaa raaci doona jadwalka
caadiga ah ee racfaanka ee horey loogu cadeeyay
qaybtaan. Haddii aadan aqbalin go'aanka caymiska
caafimaadka dhimirka ee ah in aan racfaankaagu
buuxin shuruudaha racfaanka boobsiiska ah,
waxaad gudbin kartaa cabasho.

Marka caymiska caafimaadka dhimirka uu xaliyo
codsigaaga racfaanka boobsiiska ah, caymiska
caafimaadka dhimirka ayaa kuu sheegi doona adiga

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga
Caafimaadka Dhimirka ee San Diego Access iyo
Laynka Masiibada (ACL) oo aad ka helayso (888) 724-
7240 (TTY: 711) ama booqo oonlaynka oo ah
https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa
24 saac, 7 maalmood asbuucii.

iyo dhammaan dhinacyada ay qusayso hadal ahaan
iyo qoraal ahaan.

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

HANAANKA DHAGEYSIGA CADAALADA AH GOBALKA

Waa Maxay Dhageysiga Gobalka ee Cadaalada ah?

Dhageysiga Gobalka ee Cadaalada ah waa dib u eegis madax banaan, oo uu sameeyo garsooraha sharciga maamulka kaasoo u shaqeeya Waaxda Adeegyada Bulshada ee California, si loo xaqiijiyo inaad hesho adeegyada Caafimaadka Dhimirka ee Gaarka ah ee aad xaq u leedahay inuu ku siiyo barnaamijka Medi-Cal. Waxaad sidoo kale booqan kartaa webseedka Waaxda Adeegyada Bulshada ee

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

California oo aht <https://www.cdss.ca.gov/hearing-requests> si aad u hesho xog dheeraad ah.

Waa Maxay Xaquuqdayda Dhageysiga Gobalka ee Cadaalada ah?

Waxaad xaq u leedahay in aad:

- Inuu kiiskaaga dhageysto garsooraha sharciga maamulka (oo sidoo kale loo yaqaano Dhagaysiga Gobalka)
- In xog lagaa siiyo sida aad u codsan karto Dhageysiga Gobalka ee Cadaalada ah
- In xog lagaa siiyo xeerarka maamulaaya matalaada aad ku helayso Dhageysiga Gobalka

② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

ee Cadaalada ah

- In lagu sii wado gunnooyinka marka aad codsato inta lagu jiro hawsha Dhageysiga Gobalka ee Cadaalada ah haddii aad codsato Dhageysiga Gobalka ee Cadaalada ah Inta lagu jiro waqtiga loo cayimay

Goorma ayaan Gudbin karaa Dhageysiga Gobalka ee Cadaalada ah?

Waxaad soo gudbin kartaa Dhageysiga Gobalka ee Cadaalada ah marka ay jiraan wax kamid ah xaaladaha soo socda:

- Haddii aad dirtay racfaan aadna heshay

② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

waraaqda qaraarka racfaanka oo kuu sheegaysa in caymiskagaaga caafimaadka dhimirku uu diiday codsigaaga racfaanka.

- Aan cabashadaada, racfaanka, ama racfaanka boobsiiska ah aan xal looga gaarin waqtigii loo cayimay.

Sidee ayaan U Codsanayaa Dhageysiga Cadaallada ah ee Gobalka?

Waxaad ka codsan kartaa Dhageysiga Cadaalada ah ee Gobalka:

- Oonlaynka barta:

<https://acms.dss.ca.gov/acms/login.request.do>



Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

- Qoraal ahaan: Codsigaaga u dir waaxda faya dhawrka ee degmada oo aad ugu direyso ciwaanka ku qoran Ogeysiiska Go'aanka Diidmada Gunnada, ama boostada ugu dir:

California Department of Social Services
State Hearings Division
P.O. Box 944243, Mail Station 9-17-37
Sacramento, CA 94244-2430

Ama fakiska ugu dir: **916-651-5210** ama
916-651-2789.

Waxaad sidoo kale ka codsan kartaa Dhageysiga
Gobalka ee Cadaalada ah ama Dhageysiga



Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Gobalka ee Cadaalada ah ee boobsiiska ah:

- Taleefanka: Ka wac Waaxda Dhageysiga Gobalka, laynka bilaashka ah, oo ah **800-743-8525** ama **855-795-0634**, ama ka wac laynka Su'aalaha iyo Jawaabaha Dadwaynaha, ee bilaashka ah, oo ah **800-952-5253** ama TDD oo ah **800-952-8349**.

Ma Jiraa Waqti U cayiman Dhageysiga Cadaallada ah ee Gobalka?

Haa, waxaad haysataa keliya 120 maalmood gudahood si aad u codsato Dhageysiga Cadaallada

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

ah ee Gobalka. 120 maalmood ayaa ka biloowda taariikhda caymiska caafimaadka dhimirku uu soo saaro ogeysiiska go'aanka qoran ee racfaanka.

Haddii aadan helin Ogeysiiska Go'aanka Diidmada Gunnada, waxaad gudbin kartaa Dhageysiga Cadaalada ah ee Gobalka markii aad doonto.

Miyaan sii Wadan karaa Adeegyada Inta aan Sugaayo Go'aanka Dhageysiga Cadaallada ah ee Gobalka?

Haddii aad hadda hesho adeegyada la ogolaaday aadna doonayso in lagu sii wado adeegyada inta

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

aad sugayso go'aanka Dhageysiga Cadaallada ah ee Gobalka, waa inaad codsataa Dhageysiga Cadaallada ah ee Gobalka 10 maalmood gudahood laga bilaabo marka aad hesho Ogeysiiska Go'aanka Diidmada Gunnada, ama kahor taariihda caymiskaaga caafimaadka dhimirku sheego in adeegyada la joojin doono ama la yarayn doono. Marka aad codsato Dhageysiga Cadaallada ah ee Gobalka, waa inaad sheegtaa inaad doonayso in adeegyada lagu sii wado inta hanaanka Dhageysiga Gobalka uu socdo.

Haddii aad codsato in lagu sii wado adeegyada, go'aanka kama danbaysta ah ee Dhageysiga

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Cadaallada ah ee Gobalkuna xaqiijiyo go'aanka hoos u dhigista ama joojinta adeegga aad hesho, waxaa lagaa doonayaa inaad bixiso qarashka adeegyada la baxshay inta Dhageysiga Cadaallada ah ee Gobalku uu socdo.

Goorma ayaa go'aan Laga Gaarayaa Dhageysiga Gobalka ee Cadaalada ah?

Kadib marka aad codsato Dhageysiga Gobalka ee Cadaalada ah, waxay qaadan kartaa ilaa 90 maalmood si go'aan looga gaaro kiiskaaga laguuna soo diro jawaab.

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Ma heli karaa Go'aanka Dhageysiga Gobalka ee Cadaalada ah?

Haddii aad aaminsan tahay in sugista mudadaas dheer ay khatar ku tahay caafimaadkaaga, waxaad awoodi kartaa inaad codsato in jawaabta lagugu siiyo sadex maalmood gudahood. Ka codso dhakhtarkaaga guud ama xirfadlaha caafimaadka dhimirka inuu kuu qoro waraaq. Sidoo kale adiga qudhaada ayaa qoran kara waraaqda. Waraaqdu waa inay sharaxdaa si faahfaahsan sida sugitaanka muddo dhan 90 maalmood si kiiskaaga go'aan looga gaaro ay khatar wayn ugu tahay noloshaada, caafimaadkaaga ama awoodaada haysashada,

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joogtayta, ama haysashada shaqada maskaxda ee buuxda. Kadib, xaqiiji inaad codsato "dhageysi degdeg ah" waraaqdana soo raaci codsigaaga dhageysiga.

Waaxda Adeegyada Bulshada, Laanta Dhageysiga Gobalka, ayaa akhrin doonta codsigaaga Dhageysiga Gobalka ee Cadaalada ah ee degdega ah kadibna go'aaminaysa haddii aad u qalanto. Haddii la aqbalo codsigaaga dhageysiga degdega ah, dhageysiga ayaa la qaban doonaa, kadibna go'aanka dhageysiga ayaa lasoo saari doonaa sadex maalmood oo kuwa shaqada ah gudahood laga bilaabo taariikhda ay codsigaaga heshay

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Laanta Dhageysiga Gobalka.

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- ⑦ Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

DARDAARANKA HORE

Waa maxay Dardaaranka Hore loo sii Qoray?

Waxaad xaq u leedahay inaad lahaato dardaaranka hore. Dardaaranka hore waa tilmaamo qoran oo ku aadan daryeelkaaga caafimaadka kaasoo lagu aqoonsan yahay sharciga California. Waxaa ku jira xog sheegaysa sida aad doonayso in daryeelka caafimaadka lagu siiyo ama sheegaysa noocyada go'aannada aad doonayso in la gaaro, haddii ama marka aadan awoodin inaad naftaada u hadasho. Waxaad mararka qaar maqli kartaa dardaaranka hore oo lagu qeexaayo dardaaranka nool ama

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awooda masuuliyada joogtada ah.

Sharciga California ayaa qeexaaya dardaaranka hore inuu yahay midkood tilmaanta caafimaadka ee hadalka ah ama qoraalka ah ee gaarka ah ama awooda qareenka (dukumiinti qoran oo qofka u fasaxaysa inuu go'aano kuu gaaro). Dhammaan caymisyada caafimaadka dhimirka ayaa loo baahan yahay inay lahaadaan xeerarka dardaaranka hore. Caymiskaaga caafimaadka dhimirka ayaa laga doonayaa inuu ku siiyo xog qoraal ah oo ku aadan xeerarak dardaaranka hore ee caymiska caafimaadka dhimirka iyo sharaxaada sharciga gobalka, haddii lagaa codsado xog. Haddii aad

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- ⑦ Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

doonayso inaad codsato xog, waa inaad wacdaa caymiskaaga caafimaadka dhimirka si aad u hesho xog dheeraad ah.

Dardaaranka hore ayaa loo sameeyay inuu u sahlo dadka inay maamulaan daawayntooda, gaar ahaanna marka aysan awoodin inay baxshaan amarada la xariira daryeelkooda shaqsiga ah. Waa dukumiinti sharci ah oo u sahlaysa dadka inay sheegaan, xili hore, waxa ay doonayaan in la sameeyo haddii aysan awoodin inay gaaraan go'aannada daryeelka caafimaadka si iskood ah. Tan waxaa ku jiri kara waxyaabaha sida xaq aqbalaada ama diidista daawaynta caafimaad,

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- ⑦ Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

qaliinka, ama inay gaaraan dookhyada kale ee daryeelka caafimaadka. Gudah California, dardaaranka hore ayaa ka kooban labo qaybood:

- Magacaabistaada wakiil (qof) gaaraaya go'aannada la xariira daryeelkaaga caafimaad; iyo
- Tilmaamahaaga gaarka ah ee daryeelka caafimaadka

Waxaad heli kartaa foomka dardaaranka hore ee aad ka helayso caymiskaaga caafimaadka dhimirka ama oonlaynka. Gudaha California, waxaad xaq u leedahay inaad tilmaamaha dardaaranka hore siiso dhammaan dhakhaatiirta daryeelka caafimaadka.

② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Sidoo kale waxaad xaq u leedahay inaad badesho ama joojiso dardaarankaaga hore marka aad doonto.

Haddii aad su'aalo ka qabto sharciga California ee la xariira shuruudaha dardaaranka hore, waxaad waraaq u diri kartaa:

California Department of Justice
Attn: Public Inquiry Unit,
P. O. Box 944255
Sacramento, CA 94244-2550

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- ② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

XUQUUQAHA IYO WAAJIBAADKA MACMIILKA

Waa maxay Xaquuqdayda markaan ahay Macmiilka Adeegyada Caafimaadka Dhimirka ee Gaarka ah?

Marka aad tahay qof u qalma Medi-Cal, waxaad xaq u leedahay inaad hesho adeegyada Caafimaadka Dhimirka ee Gaarka ah ee caafimaad ahaan muhiimka ah oo aad ka hesho caymiska caafimaadka dhimirka. Marka la helaayo adeegyadaan, waxaad xaq u leedahay in:

- In laguula dhaqmo si qadarin leh lana ixtiraamo sharaftaada iyo sirtaada.



Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

- Inaad hesho xog ku aadan dookhyada daawada ee la heli karo laguuguna sharxo qaab aad fahamayso.
- Inaad ka qaybgasho go'aannada la xariira daryeelkaaga caafimaadka dhimirka, uuna ku jiro xaq aad u leedahay inaad diido daawada.
- Inaad ka caaganaato nooc kasta oo xanibaad ama jacjuubid ah oo loo adeegsado in lagugu caburiyo, lagugu edbiyo, lagu istareexo, ciqaab, ama aargoosi ah oo la xariira adeegsiga jajuubka iyo caburinta.
- Inaad codsato aadna hesho nuqulka diiwaanadaada caafimaadka, aadna codsato in la badelo ama la saxo, haddii loo baahdo.



Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

- Inaad hesho xogta ku qoran buug-gacmeedkaan ee ku saabsan adeegyada uu daboolaayo caymiska caafimaadka dhimirka, waajibaadka kale ee caymiska caafimaadka dhimirka, iyo xuquuqdaada halkaan lagu qeexay.
- Inaad hesho adeegyada Caafimaadka Dhimirka ee Gaarka ah oo uu baxsho caymiska caafimaadka dhimirka oo raacaaya heshiiska kala dhexeeya gobalka ee helitaanka adeegyada, xaqiijinta tayada iyo adeegyada ku filan, isku dubaridka iyo sii wadista daryeelka, iyo adeegyada caymiska iyo ogolaanshaha. Caymiska caafimaadka dhimirka ayaa laga doonayaa inuu:

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- Shaqaalaysiiyo ama uu heshiisyo qoraal ah la galo dhakhaatiir ku filan si loo xaqiijiyo in dhammaan macaamiisha u qalma Medi-cal ee u qalma adeegyada Caafimaadka Dhimirka ee Gaarka ah ay heli karaan dhakhaatiirta waqtiga ay u baahdaan.
- Inuu daboolo adeegyada caafimaad muhiimka ah ee ka baxsan shabakada caymiska ee aad hesho waqtiga ku haboon, haddii caymiska caafimaadka dhimirku uusan lahayn shaqaale ama adeeg bixiye qandaraas kula jira oo adeegyada bixin kara. "Dhakhtar ka baxsan caymiska" waxaa laga wadaa dhakhtar aan kamid ahayn liiska

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dhakhaatiirta caymiska caafimaadka dhimirka. Marka ay sidaan dhacdo, caymiska caafimaadka dhimirku waa inuu xaqiijiyaa inaadan dhiibin wax qarash dheeri ah marka aad u tagto dhakhtar ka baxsan caymiska.

- Waa inuu xaqiijiyaa in dhakhaatiirtu u tababaran yihiin bixinta adeegyada Caafimaadka Dhimirka ee Gaarka ah ee dhakhaatiirtu aqbaleen inay daboolayaan.
- Waa inuu xaqiijiyaa in adeegyada Caafimaadka Dhimirka ee Gaarka ah ee caymiska caafimaadka dhimirku daboolaayo ay ku filan yihiin cadad ahaan, mudada



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waqtiga, iyo xajmigaba buuxinta baahiyaha macaamiisha u qalma ee Medi-Cal. Tan waxaa ku jira xaqiijinta in nidaamka caymiska caafimaadka ee xaqiijinta qarashka adeegyada lagu saleeyo muhiimada caafimaad iyo inuu xaqiijiyo in shuruudaha helitaanka si cadaalad ah loo adeegsado.

- Waa inuu xaqiijiya in dhakhaatiirtu sameeyaan baaritaanno ku filan dadka heli kara adeegyada ayna la shaqeeyaan dadka heli doona adeegyada si loo abuuro yoolal ku aadan daaweynta iyo adeegyada kuwaasoo la siin doono.



Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

- Waa inay siiyaan fikir labaad oo uu baxsho dhakhtar xirfad caafimaad leh kana tirsan shabakada caymiska caafimaadka dhimirka, ama mid ka baxsan caymiska, ayadoo aan lagaa qaadin wax qarash dheeri ah haddii aad codsato.
- Waa inuu isku dubaridaa adeegyada uu baxsho iyo adeegyada lagugu siiyo qorshaha daryeelka maaraysan ee Medi-Cal ama dhakhtarkaaga guud, haddii loo baahdo, uuna xaqiijiyo in sirtaada la difaaco sida ku cad xeerarka federaalka ee sirta xogta caafimaadka.
- Waa inuu ku siiyaa daryeelka waqtiga ku



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haboon, ayna ku jiraan inuu adeegyada baxsho 24 saac maalintii, todobo maalmood asbuucii, marka ay caafimaad ahaan muhiim tahay si loo daaweeyo xanuunka dhimirka oo xaalad degdeg ah ama xaalad degdeg ah ama dhibaato.

- Inuu ka qaybgalo dedaallada gobalka si loo dhiiri geliyo bixinta adeegyada qaab ku haboon dhaqanka dhammaan dadka, ayna ku jiraan kuwa aan aqoonta badan u lahayn Ingiriisiga iyo kuwa leh dhaqannada iyo qoomiyadaha kaladuwan.
- Qorshahaaga caafimaadka dhimirku waa inuu xaqiijiya in aan daawayntaada la badelin qaab

② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

waxyeeelo abuuraaya sabab la xiriirta inaad u dooday xuquuqdaada. Caymiskaaga caafimaadka dhimirka ayaa laga doonayaa inuu raaco sharciyada quseeya ee federaalka iyo gobalka (sida: Title VI ee Sharciga Xuquuqda Madaniga ah 1964 kaasoo lagu dhaqan gashay xeerarka 45 CFR farqada 80; Sharciga Takoorka Da'da oo soo baxay 1975 sida lagu dhaqan gashay xeerarka 45 CFR farqada 91; Sharciga Dhaqan Celinta ee 1973; Title IX ee Waajibaadka Waxbarashada ee 1972 (oo quseeya barnaamijyada waxbarashada iyo nashaadaadka); Title-yada II iyo III ee Sharciga Ameerikaanka Naafada ah); Qaybta 1557 ee

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- ⑦ Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Sharciga Difaaca Bukaanka iyo Daryeelka Qiimaha Jaban; iyo sidoo kale xuquuqaha halkaan lagu sheegay.

- Waxaad xuquuq dheeri ah ku heli kartaa sharciyada gobalka ee la xariira daawaynta caafimaadka dhimirka. Haddii aad dooneyso inaad la xariirto Qareenka Xuquuqda Bukaanka ee degmadaada, sidaas ayaad samayn kartaa adoo:
 - Si aad u hesho Adeegyada Bukaanka Jiifka ana Hooyga, wac Adeegga U doodista Bukaanka ee JFS oo aad ka wacayso 619-282-1134 ama 1-800-479-2233.
 - Si aad u hesho Adeegyada Bukaanka



Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Socodka, ka wac CCHEA lambarka 1-877-734-3258.

Waa maxay Waajibaadkaygu markaan ahay Macmiilka Adeegyada Caafimaadka Dhimirka ee Gaarka ah?

Marka aad tahay macmiilka adeegyada
Caafimaadka Dhimirka ee Gaarka ah, waxaad
masuul ka tahay:

- Inaad si taxadar leh u akhrido buug-gacmeedka macmiilka iyo agabka kale ee xogta muhiimka ah ee kasoo baxda caymiska caafimaadka dhimirka. Xogtaan ayaa kaa caawin doonta

② Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

inaad fahanto adeegyada aad heli karto iyo sida aad ku heli karto daawayn haddii aad u baahan tahay.

- Inaad uga qaybgasho daawaynta sida la mudeeyay. Waxaad heli doontaa natiiyooyinka ugu fiican haddii aad kala shaqayso dhakhtarkaaga abuurista yoolalka daawayntaada aadna raacdo yoolalkaas. Haddii aad doonayso inaad ka baaqato balan, wac dhakhtarkaaga ugu yaraan 24 saac kahor, kadibna dib u dhigo balanta maalin iyo waqti kale.
- Mar kasta soo qaado Kaarkaaga Aqoonsiga ee Medi-Cal (BIC) iyo aqoonsi sawir leh marka aad



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u timaado daawaynta.

- U sheeg dhakhtarkaaga haddii aad u baahan tahay turjumaanka hadalka kahor balantaada.
- U sheeg dhakhtarkaaga dhammaan walaacyadaada caafimaadka. Hadba intaad xog dhamaystiran uga sheegto dhakhtarkaaga baahiyaha aad qabto, ayay daawayntaadu sii guulaysanaysaa.
- Xaqiiji inaad waydiiso dhakhtarkaaga su'aalo kasta oo aad qabto. Aad ayay muhiim u tahay inaad si buuxda u fahanto xogta aad hesho inta lagu jiro daawayntaada.
- Raac talaabooyinka la qorsheeyay ee aad adiga iyo dhakhtarkaagu ku heshiisiin.



Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

- La xariir caymiska caafimaadka dhimirka haddii aad qabto wax su'aalo ah oo ku saabsan adeegyadaada ama haddii aad dhibaatooyin ku qabto dhakhtarkaaga oo aadan awoodin inaad xal u hesho.
- U sheeg dhakhtarkaaga iyo caymiskaaga caafimaadka dhimirka haddii ay wax isbadello ah ku dhaceen xogtaada gaarka ah. Tan waxaa ku jira ciwaankaaga, lambarka taleefanka, iyo xog kasta oo caafimaad oo saamayn karta awoodaada ka qaybgalka daawaynta.
- Ula dhaqan shaqaalaha ku siinaaya daawaynta si qadarin iyo xushmad leh.
- Haddii aad ka shakido khiyaano ama khalad



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lagu kacaayo, u soo sheeg:

- Waaxda Adeegyada Caafimaadka ayaa ka codsanaysa in qof kasta oo ka shakiya khiyaano, khasaaro, ama xadgudub ka dhacaaya Medi-Cal uu soo waco Laynka Kahortaga Khiyaannada ee DHCS Medi-Cal oo ah **1-800-822-6222**. Haddii aad dareento in arintaani xaalad degdeg ah tahay, fadlan wac **911** si laguu siiyo caawimaad degdeg ah. Wicitaanku waa lacag la'aan, qofka soo wacaaya ayaana qarin kara magaciisa.
- Waxaad sidoo kale khiyaano ama xadgudub aad ka shakiday iimeelka ugu diri kartaa fraud@dhcs.ca.gov ama waxaad



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adeegsan kartaa foomka oonlaynka ah oo ah
<http://www.dhcs.ca.gov/individuals/Pages/StopMedi-CalFraud.aspx>.

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- ⑦ Wac Laynka bilaashka lagu waco ee Qorshahaaga Caafimaadka Dhimirka ee San Diego Access iyo Laynka Masiibada (ACL) oo aad ka helayso (888) 724-7240 (TTY: 711) ama booqo oonlaynka oo ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. MHP ayaa la heli karaa 24 saac, 7 maalmood asbuucii.