



Soo koobidka Dheefaha iyo Caymiska (SBC) dukumintiga ayaa kaa caawin doona inaad doorato caafimaad [gorshe](#). SBC wuxuu ku tusayaa sida adiga iyo [gorshaha](#) aad u wadaagi doontaan kharashka adeegyada daryeelka caafimaadka la daboolay. FIIRO GAAR AH: Macluumaadka ku saabsan qiimaha tan [gorshe](#) (loo yaqaan [lacagta caymiska](#)) si gooni ah ayaa loo bixin doonaa.

Kani waa soo koobid keliya. Wixii macluumaad dheeraad ah ee ku saabsan caymiskaaga, ama si aad u hesho nuqul ka mid ah shuruudaha caymiska oo dhammaystiran eeg [www.kp.org/plandocuments](http://www.kp.org/plandocuments) ama wac 1-800-813-2000 (TTY: 711). Qeexitaannada ereyada guud, sida [cadadka la oggol yahay](#), [gaan-sheegashada dheelitirka](#), [caymiska wadaaga ah](#), [bixinta lacagta caymiska wadaaga ah](#), [garashka laga jari karo](#), [adeeg bixiyaha](#), ama ereyo kale oo hoosta laga xariiqay eeg Eray bixinta. Waxaad ku eegi kartaa Erey bixinta oo ah <http://www.healthcare.gov/sbc-glossary> ama soo wac 1-800-813-2000 (TTY: 711) si aad u codsato nuqul.

Su'aalo Muhiim ah	Jawaabaha	Maxay Tani Muhiim ah
Waa maxay guud ahaan <a href="#">garashka laga jari karo</a> ?	\$0	Eeg jadwalka Dhacdooyinka Caafimaadka Guud ee hoose wixii kharashaadkaaga ah ee ku saabsan adeegyadan <a href="#">gorshe</a> daboolaya
Ma jiraan adeegyo la daboolay ka hor intaadan buuxin kharashka <a href="#">laga jari karo</a> ?	Ma khuseyso.	<a href="#">Qorshahaan</a> wuxuu daboolayaa alaabada iyo adeegyada qaarkood xitaa haddii aadan wali la kulmin lacagta <a href="#">laga jari karo</a> . Laakiin <a href="#">dib u bixinta</a> ama <a href="#">lacagta caymiska lacagta</a> waa la codsan karaa. Tusaale ahaan, tan <a href="#">gorshuhu</a> wuxuu daboolayaa qaar <a href="#">adeegyada kahortaga</a> bilaa <a href="#">garash-wadaagga</a> iyo ka hor intaadan la kulmin <a href="#">laga jari karo</a> . Ka eeg liiska adeegyada la daboolay <a href="#">ee kahortaga</a> at <a href="https://www.healthcare.gov/coverage/preventive-care-benefits/">https://www.healthcare.gov/coverage/preventive-care-benefits/</a> .
Miyay jiraan waxyaabo kale ee <a href="#">looga jari karo</a> adeegyada gaarka ah?	Maya	Uma baahnid inaad la kulanto <a href="#">lacagaha laga jaro</a> adeegyada gaarka ah.
Waa maxay xadka <a href="#">lacagta jeebka laga baxiyo</a> ee <a href="#">qorshahan</a> ?	\$1,250 Shaqsi / \$2,500 Qoyska	Xadka <a href="#">lacagta jeebka laga bixiyo</a> waa inta ugu badan ee aad kubixin karto sanad gudihi adeegyada daboolan. Haddii aad xubno kale oo qoys ah ku leedahay tan <a href="#">gorshaha</a> , waa inay la kulmaan iyaga u gaar ah <a href="#">xadka jeebkooda jeebkooda</a> ilaa qoyska guud <a href="#">jeeb jeebkiisa ah</a> xad ayaa la buuxiyay.
Maxaanan lagu darin <a href="#">xadeynta jeebka laga bixiyo</a> ?	<a href="#">Lacagta caymiska</a> , daryeelka caafimaadka <a href="#">qorshahan</a> ma daboolayo, iyo adeegyada lagu muujiyey jaantuska bilaabmaya bogga 2.	In kasta oo aad bixisid kharashyadan, iyagu kuma xisaabtamayaan xadka <a href="#">jeebkiisa-jeebkiisa ah</a> .

Su'aalo Muhiim ah	Jawaabaha	Maxay Tani Muhiim ah
<b>Miyaad bixin doontaa lacag ka yar haddii aad isticmaasho <a href="#">bixiye shabakadeed</a>?</b>	Haa. Ka eeg <a href="http://www.kp.org">www.kp.org</a> ama wac 1-800-813-2000 (TTY: 711) si aad u hesho liiska ka qaybqaadashada <a href="#">bixiyeaasha</a> .	Tani <a href="#">gorshuhu</a> wuxuu adeegsadaa <a href="#">adeeg bixiye shabakad</a> . Waxaad bixin doontaa lacag kayar haddii aad adeegsato <a href="#">adeeg bixiye</a> ee ku jira <a href="#">gorshaha shabakadda</a> . Waxaad bixin doontaa inta ugu badan hadaad isticmaasho <a href="#">bixiye ka baxsan shabakadda</a> , waxaana laga yaabaa inaad biil ka hesho <a href="#">adeeg bixiye</a> farqiga udhaxeeya <a href="#">bixiyaha</a> kharashka iyo waxa <a href="#">gorshahaaga</a> ay bixiso ( <a href="#">biilasha dheelitirka</a> ). La soco <a href="#">bixiyaha shabakada</a> inay u isticmaali karto <a href="#">bixiye ka baxsan shabakadda</a> adeegyada qaarkood (sida shaqada sheybaarka). Ka hubi <a href="#">adeeg bixiyahaaga</a> ka hor intaadan adeegyada helin.
<b>Ma u baahan tahay <a href="#">gudbin</a> si aad u aragto <a href="#">takhasusle</a>?</b>	Haa, laakiin waad is-tixraaci kartaa qaar <a href="#">takhasusleyaal</a> .	Qorshahani <a href="#">gorshuhu</a> wuxuu bixin doonaa qaar ama dhammaan kharashaadka si loo arko <a href="#">takhasusle</a> ee adeegyada la daboolay laakiin waa keliya haddii aad leedahay <a href="#">gudbin</a> kahor intaadan arkin <a href="#">takhasusaha</a> .



Dhammaan [bixinta](#) iyo [lacagta caymiska lacagta](#) ee ka muuqda jaantuskan waa ka dib marka [laga goynayo](#) la kulmay, haddii [laga jari karo](#) ay khuseyso.

Dhacdada Caafimaadka Caadiga ah	Adeegyada Aad U Baahan Tahay	Maxaad Bixin Doontaa		Xaddidaadaha, Waxyaabaha Ka Reeban, iyo Macluumaadka Kale ee Muhiimka ah
		Bixiyaha Ka qeybqaadanayo (Waxaad bixin doontaa uguyaraan)	Bixiye Aan Ka Qeyb Qaadan (Waxaad bixin doontaa lacagta ugu badan)	
<b>Haddii aad booqato daryeel caafimaad <a href="#">adeeg bixiyaha</a> xafiis ama rug caafimaad</b>	Booqashada daryeelka aasaasiga ah si loo daaweeyo dhaawac ama jirro	Lacag la'aan	Lama daboolin	Midna
	<a href="#">Khabiir</a> booqasho	\$ 15 / booqasho	Lama daboolin	Midna
	<a href="#">Daryeelka ka hortaga/ baaritaanka</a> /tallaalka	Lacag la'aan	Aan la daboolin	Waxaa laga yaabaa inaad lacag ku bixiso adeegyada aan kahortagga ahayn. Weydii <a href="#">adeeg bixiyahaaga</a> haddii adeegyada loo baahan yahay ka hortag yihiin. Kadib hubi waxa <a href="#">gorshahaaga ah</a> ay bixin doonto.
<b>Haddii aad baaritaan leedahay</b>	<a href="#">Baaritaanka cudur</a> (raajada, shaqada dhiigga)	Raajo: Lacag la'aan Tijaabooyinka shaybaarka: Lacag la'aan	Lama daboolin	Midna
	Sawiridda (sawirada CT / PET, MRI yada)	\$ 50 / booqasho	Aan la daboolin	Adeegyada qaarkood waxay u baahan karaan oggolaansho hore.

Dhacdada Caafimaadka Caadiga ah	Adeegyada Aad U Baahan Tahay	Maxaad Bixin Doontaa		Xaddidaadaha, Waxyaabaha Ka Reeban, iyo Macluumaadka Kale ee Muhiimka ah
		Bixiyaha Ka qeybqaadanayo (Waxaad bixin doontaa uguyaraan)	Bixiye Aan Ka Qeyb Qaadan (Waxaad bixin doontaa lacagta ugu badan)	
<b>Haddii aad u baahan tahay daawo lagu daaweeyo jirradaada ama xaaladdaada</b> Macluumaad intaas ka badan oo ku saabsan <a href="#">caymiska dawada dhakhtarku qoro</a> waxaa laga heli karaa <a href="http://www.kp.org/formulary">www.kp.org/formulary</a>	Daawooyinka guud	\$ 5 (tafaariiq); \$ 10 (dalabka boostada) / daawada dhakhtarku qoro	Lama daboolin	Illaa 30 maalmood oo alaab ah (tafaariiq); ilaa 90-maalmood oo alaab ah (dalbashada boostada). Iyada oo ku xidhan <a href="#">gaaciddada</a> tilmaamaha.
	Dawooyinka shirkada aan la doorbidaynin	\$ 25 (tafaariiq); \$ 50 (dalabka boostada) / dawaada dhakhtarka qoro	Lama daboolin	Illaa 30 maalmood oo alaab ah (tafaariiq); ilaa 90-maalmood oo alaab ah (dalbashada boostada). Iyada oo ku xidhan <a href="#">gaaciddada</a> tilmaamaha.
	Dawooyinka shirkada aan la doorbidaynin	\$ 50 (tafaariiq); \$ 100 (dalbashada boostada) / daawada dhakhtarka qoro	Lama daboolin	Illaa 30 maalmood oo alaab ah (tafaariiq); ilaa 90-maalmood oo alaab ah (dalbashada boostada). Iyada oo ku xidhan <a href="#">gaaciddada</a> tilmaamaha, markii lagu oggolaado nidaamka ka-reebitaanka.
	<a href="#">Dawooyinka qaaska ah</a>	Saamiyada qarashaadka Guud ahaan Quseeyo, summada la Doorbiday, summada Aan la Doorbidin ayaa quseeyo.	Lama daboolin	Ilaa 30 maalmood oo alaab ah (tafaariiq). Iyada oo ku xidhan <a href="#">gaaciddada</a> tilmaamaha, markii lagu oggolaado nidaamka ka- reebitaanka.
<b>Haddii aad leedahay qalliin bukaan-socod</b>	Kharashka xarunta (tusaale, xarunta qalliinka ambalaaska)	\$ 50 / booqasho	Lama daboolin	Ogolaansho hore ayaa loo baahan yahay.
	Khidmadaha dhakhtarka / qalliinka	Lacag la'aan	Lama daboolin	Qidmooyinka dhaqtarka/dhaqtarka qalliinka waxaa lagu daray qidmada Xarunta.
<b>Haddii aad u baahan tahay daryeel caafimaad oo degdeg ah</b>	<a href="#">Daryeelka golka gargaarka degdega ah</a>	\$ 200 / booqasho	\$ 200 / booqasho	<a href="#">Bixinta lacag caymiska wadaaga ah</a> way dhaaftay haddii si toos ah cisbitaalka loo dhigo bukaan-jiiif.
	<a href="#">Gaadiidka caafimaadka degdega ah</a>	\$ 75 / safar	\$ 75 / safar	Midna
	<a href="#">Daryeelka degdegga ah</a>	\$ 30 / booqasho	Lama daboolin	Bixiyayaasha Aan ka Qeybqaadaneyn ee daboolan markii kumeel gaar ahaan ay ka baxsanyihiin aaga adeega: \$30 / booqo

Dhacdada Caafimaadka Caadiga ah	Adeegyada Aad U Baahan Tahay	Maxaad Bixin Doontaa		Xaddidaadaha, Waxyaabaha Ka Reeban, iyo Macluumaadka Kale ee Muhiimka ah
		Bixiyaha Ka qeybqaadanayo (Waxaad bixin doontaa uguyaraan)	Bixiye Aan Ka Qeyb Qaadan (Waxaad bixin doontaa lacagta ugu badan)	
<b>Haddii aad isbitaal joogto</b>	Kharashka xarunta (tusaale, qolka cisbitaalka)	\$ 100 / gelitaanka	Lama daboolin	Ogolaansho hore ayaa loo baahan yahay.
	Khidmadaha dhakhtarka / qalliinka	Lacag la'aan	Lama daboolin	Qidmooyinka dhaqtarka/dhaqtarka qalliinka waxaa lagu daray qidmada Xarunta.
<b>Haddii aad u baahan tahay caafimaadka maskaxda, caafimaadka hab dhaqanka, ama adeegsiga mukhaadaraadka</b>	Adeegyada bukaan socodka	Lacag la'aan	Lama daboolin	Midna
	Adeegyada bukaan-jiifka	\$ 100 / gelitaanka	Lama daboolin	Ogolaansho hore ayaa loo baahan yahay.
<b>Hadaad uur leedahay</b>	Booqashooyinka xafiiska	Lacag la'aan	Lama daboolin	Waxay kuxirantahay nooca howlaha, <a href="#">lacag bixinta caymiska wadaaga ah</a> , <a href="#">caymiska wadaaga ah</a> , ama <a href="#">lacagta la jari karo</a> wuu dalban karaa. Daryeelka dhalmada waxaa ku jiri karo baaritaanada iyo adeegyada lagu qeexay meel kale ee SBC (tusaale ahaan, kumbuyuutarka).
	Adeegyada xirfadeed ee dhalmada / dhalmada	Lacag la'aan	Lama daboolin	Adeegyada xirfadlaha waxaa lagu daray qidmada xarunta.
	Adeegyada xarunta dhalmada / dhalmada	\$ 100 / gelitaanka	Lama daboolin	Midna

Dhacdada Caafimaadka Caadiga ah	Adeegyada Aad U Baahan Tahay	Maxaad Bixin Doontaa		Xaddidaadaha, Waxyaabaha Ka Reeban, iyo Macluumaadka Kale ee Muhiimka ah
		Bixiyaha Ka qeybqaadanayo (Waxaad bixin doontaa uguyaraan)	Bixiye Aan Ka Qeyb Qaadan (Waxaad bixin doontaa lacagta ugu badan)	
<b>Haddii aad u baahan tahay caawimaad soo kabasho ama aad qabto baahiyo kale oo gaar ah</b>	<a href="#">Daryeelka caafimaadka guriga</a>	Lacag la'aan	Lama daboolin	130 xadka booqashada / sanadkii. Ogolaansho hore ayaa loo baahday.
	<a href="#">Adeegyada baxnaaninta</a>	Bukaan socod eegto: \$ 15 / booqasho Bukaan-jiiifka: \$ 100 / gelitaan	Lama daboolin	Bukaan-socodka: 20 booqashada xadka / daaweynta / sanadka. Ogolaansho hore ayaa loo baahday. Bukaan-jiiifka: Ogolaansho hore ayaa loo baahday.
	<a href="#">Adeegyada baxnaaninta</a>	\$ 15 / booqasho	Lama daboolin	20 booqashada xadka / daaweynta / sanadka. Ogolaansho hore ayaa loo baahday.
	<a href="#">Daryeelka kalkaalinta ee xirfada leh</a>	Lacag la'aan	Lama daboolin	100 maalin xadidan / sanad. Ogolaansho hore ayaa loo baahday.
	<a href="#">Qalab caafimaad oo waara</a>	Lacag la'aan	Lama daboolin	Iyada oo ku xidhan <a href="#">gaaciddada</a> tilmaamaha. Ogolaansho hore ayaa loo baahday.
	<a href="#">Adeegyada Hospice</a>	Lacag la'aan	Lama daboolin	Ogolaansho hore ayaa loo baahan yahay.
<b>Haddii ilmahaagu u baahan yahay daryeelka ilkaha ama indhaha</b>	Imtixaanka indhaha ee carruurta	Wax lacag ah lagama qaadayo imtixaanka soocelinta	Lama daboolin	Midna
	Muraayadaha carruurta	Lacag la'aan	Lama daboolin	Ku xaddidan hal laba loox iyo muraayadaha indhaha ama muraayadaha indhaha / 12 bilood.
	Baariitaanka ilkaha ee carruurta	Lama daboolin	Lama daboolin	Midna

#### Adeegyada Ka Reebban & Adeegyada Kale ee Daboolan

**Adeegyada [Qorshahaaga](#) Guud Ahaan uusan Daboolin (Hubi dukumenti ga siyaasadaada ama [qorshahaaga](#) si aad u hesho macluumaad dheeraad ah iyo liis kasta oo kale [adeegyada laga reebay](#).)**

- Qalliinka isqurxinta
- Daryeelka ilkaha (Dadka Waaweyn iyo Ilmaha)
- Adeegyada Taranka
- Daryeelka muddada-dheer
- Daryeelka aan degdegga ahayn marka aad u safrayso meel ka baxsan Mareykanka
- Kalkaaliye caafimaad oo gaar loo leeyahay
- Daryeelka cagaha ee joogtada ah
- Barnaamijyada miisaanka oo yaraada

**Adeegyada Kale ee Daboolan (Xaddidaadaha ayaa laga yaabaa inay khuseeyaan adeegyadan. Tani ma aha liis dhameystiran. Fadlan eeg dukumiintigaaga [gorshaha](#).)**

- Daaweynta cirbada (20 booqasho xadidan / sannadka)
- Qalliinka cayilka
- Daaweynta xubnaha (20 booqasho xadidan / sannadka)
- Sameecadaha dhagaha (\$3,000 xadiid ah / dhagti / 36 kii bilood)
- Daryeelka indhaha ee joogtada ah (Dadka waaweyn)

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

**Xuquuqdaada Cabashada iyo Rafcaanka:** Waxaa jira hay'ado kaa caawin kara hadaad dacwo ka qabto qorshahaaga [gorshaha](#) diidmada a [sheegasho](#). Cabashadan waxaa lagu magacaabaa [cabasho](#) ama [racfaan](#). Wixii macluumaad dheeraad ah ee ku saabsan xuquuqdaada, fiiri sharraxaadda dheefaha aad ka heli doonto caafimaadkaas [sheegashada](#). [Qorshahaaga](#) dokumintiyada ayaa sidoo kale bixiyo warbixin dhameystiran oo sida loo gudbiyo [cabasho](#), [racfaan](#), ama [cabashada](#) oo sabab walba ee ku aadan [qorshahaaga](#). Wixii macluumaad dheeraad ah ee ku saabsan xuquuqdaada, ogeysiiskan, ama kaalmada, la xiriir hay'adaha ku yaal jaantuska hoose.

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

Adeegyada Xubnaha ee Kaiser Permanente	1-800-813-2000 (TTY: 711) ama <a href="http://www.kp.org/memberservices">www.kp.org/memberservices</a>
Waaxda Shaqada Shaqaalaha ee Maamulka Amniga Faa'iidooyinka	1-866-444-EBSA (3272) ama <a href="http://www.dol.gov/ebsa/healthreform">www.dol.gov/ebsa/healthreform</a>
Waaxda Caafimaadka & Adeegyada Aadanaha, Xarunta Macluumaadka Macaamilka & kormeerka Caymiska	1-877-267-2323 x61565 ama <a href="http://www.cciio.cms.gov">www.cciio.cms.gov</a>
Qaybta Sharciga Maaliyadeed ee Oregon	1-888-877-4894 ama <a href="http://www.dfr.oregon.gov">www.dfr.oregon.gov</a>
Waaxda Caymiska ee Washington	1-800-562-6900 ama <a href="http://www.insurance.wa.gov">www.insurance.wa.gov</a>

**Miyuu [qorshahaagu](#) bixinayaa Caymiska Ugu Muhiimsan ee Ugu Yar? Haa**

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

**Qorshahani [miyuu](#) buuxinayaa Heerarka Qiimaha Ugu Yar? Haa**

Haddii qorshahaaga [qorshe](#) aanu buuxin [Heerarka Qiimaha Ugu Yar](#), waxaad u-qalmi kartaa [cashuurta aasaasiga ah amaah](#) si ay kaaga caawiso inaad bixiso [qorshe](#) illaa [Suuqa](#).

**Adeegyada Helitaanka Luqadda:**

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

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

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

[Navajo (Cunto): Dinek'ehgo shika at'ohwol ninisingo, kwiiijigo holne ' 1-800-813-2000 (TTY: 711).

*Si aad u aragto tusaalooyinka sida tan [gorshe](#) u dabooli karto kharashaadka xaalad caafimaad ee tijaabada ah, eeg qaybta xigta.*



## Ku saabsan Tusaalooyinkan Caymiska:



**Kani maahan qiyaasaha qiimaha.** Daaweynta la muujiyey ayaa ah tusaalooyinka kaliya ee sida tan [gorshe](#) ay u dabooli karto daryeelka caafimaadka. Kharashkaaga dhabta ah wuu ka duwanaan doonaa iyadoo kuxiran daryeelka dhabta ah ee aad hesho, qiimayaasha aad [adeeg bixiyayaasha](#) ka qaadaan, iyo arrimo kale oo badan. Diirada saar [wadaagida kharashka](#) qaddarada ([lacagaha laga jaro](#), [lacag bixinta caymiska wadaaga ah](#) iyo [caymiska wadaaga ah](#)) iyo [adeegyada laga reebay gorsaha](#). U adeegso macluumaadkan isbarbar dhig qaybta kharashaadka ee aad ku bixin karto caafimaad hoosaadyo kala duwan [gorsheyaal](#). Fadlan ogow tusaalooyinka caymiskaan waxay ku saleysantahay caymiska shaqsiga kaliya.

### Peg wuxuu leeyahay cunug

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

■ Ka <a href="#">jarida</a> guud ee <a href="#">gorsaha</a>	\$0
■ <a href="#">Taqaaska caymis wadaaga</a>	\$15
■ Isbitaalka (xarunta) <a href="#">caymis wadaaga</a>	\$100
■ Wax kale (shaqada dhiiga) <a href="#">caymis wadaaga</a>	\$0

Dhacdadan TUSAALAHAA ah waxaa ku jira adeegyo sida:

Booqashooyinka xafiiska (*daryeelka dhalmada kahor*) ee [takhasusle](#)

Adeegyada Xirfadeed ee Dhalmada / Dhalmada

Adeegyada Xarunta Dhalmada / Dhalmada

[Tijaabada cudurka](#) s (*sawirada ultrasounds iyo shaqada dhiigga*)

[Khabiir](#) booqasho (*suuxdin*)

Tusaalaha Wadarta Qiimaha	\$12,700
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Tusaalahan, Peg wuxuu bixin lahaa:

Wadaagista Qiimaha	
<a href="#">Waxyaabaha laga jaro</a>	\$0
<a href="#">Lacag bixinnada wadaag ah</a>	\$100
<a href="#">Caymiska wadaaga ah</a>	\$0
Wixii aan daboolnayn	
Xadka ama ka-reebitaanka	\$60
<b>Wadarta Peg bixin lahaa waa</b>	<b>\$160</b>

### Maareynta Sonkorowga Joe ee Nooca 2

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

■ Ka <a href="#">jarida</a> guud ee <a href="#">gorsaha</a>	\$0
■ <a href="#">Taqaaska caymis wadaaga</a>	\$15
■ Isbitaalka (xarunta) <a href="#">caymis wadaaga</a>	\$100
■ Wax kale (shaqada dhiiga) <a href="#">caymis wadaaga</a>	\$0

Dhacdadan TUSAALAHAA ah waxaa ku jira adeegyo sida:

[Dhakhtarka daryeelka aasaasiga ah](#)

booqashooyinka xafiiska (*oo ay kujiraan waxbarashada cudurada*)

[Tijaabada cudurka](#) (*shaqada dhiigga*)

[Dawooyinka dhakhtarku qoro](#)

[Qalab caafimaad oo waara](#) (*mitirka gulukooska*)

Wadarta Qiimaha Tusaale	\$5,600
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Tusaalahan, Joe wuxuu bixin lahaa:

Wadaagista Qiimaha	
<a href="#">Waxyaabaha laga jaro</a>	\$0
<a href="#">Lacag bixinnada wadaag ah</a>	\$500
<a href="#">Caymiska adaaga ah</a>	\$10
Maxaanan caymisneyn	
Xadka ama ka-reebitaanka	\$0
<b>Wadarta Joe bixin lahaa waa</b>	<b>\$510</b>

### Jabka Fudud ee Mia

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

■ Ka <a href="#">jarida</a> guud ee <a href="#">gorsaha</a>	\$0
■ <a href="#">Taqaaska caymis wadaaga</a>	\$15
■ Isbitaalka (xarunta) <a href="#">caymis wadaaga</a>	\$100
■ Wax kale (raajada) <a href="#">caymis wadaaga</a>	\$0

Dhacdadan TUSAALAHAA ah waxaa ku jira adeegyo sida:

[Daryeelka qolka qarqaarka degdega ah](#)

(*oo ay kujiraan sahay caafimaad*)

[Baaritaanka cudur](#) (*raajada*)

[Qalab caafimaad oo waara](#) (*ulo*)

[Adeegyada baxnaaninta](#) (*daaweynta jirka*)

Wadarta Qiimaha Tusaale	\$2,800
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Tusaalahan, Mia waxay bixin doontaa:

Wadaagista Qiimaha	
<a href="#">Waxyaabaha laga jaro</a>	\$0
<a href="#">Lacag bixinnada wadaag ah</a>	\$400
<a href="#">Caymiska wadaaga ah</a>	\$50
Maxaanan caymisneyn	
Xadka ama ka-reebitaanka	\$0
<b>Wadarta Mia bixin laheyd ayaa ah</b>	<b>\$450</b>



## NONDISCRIMINATION NOTICE

Kaiser Foundation Health Plan of the Northwest (Kaiser Health Plan) complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Kaiser Health Plan does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex. We also:

- Provide no cost aids and services to people with disabilities to communicate effectively with us, such as:
  - Qualified sign language interpreters
  - Written information in other formats, such as large print, audio, and accessible electronic formats
- Provide no cost language services to people whose primary language is not English, such as:
  - Qualified interpreters
  - Information written in other languages

If you need these services, call 1-800-813-2000 (TTY: 711)

If you believe that Kaiser Health Plan has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance by mail or phone at: Member Relations, Attention: Kaiser Civil Rights Coordinator, 500 NE Multnomah St. Ste 100, Portland, OR 97232, telephone number: 1-800-813-2000.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue SW., Room 509F, HHH Building, Washington, DC 20201, 1-800-368-1019, 1-800-537-7697 (TDD). Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

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## HELP IN YOUR LANGUAGE

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

**አማርኛ (Amharic)** ማስታወሻ: የሚናገሩት ቋንቋ አማርኛ ከሆነ የትርጉም እርዳታ ድርጅቶች፣ በነጻ ሊያገኙዎት ተዘጋጅተዋል፡ ወደ ሚከተለው ቁጥር ይደውሉ 1-800-813-2000 (TTY: 711)፡

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

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

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

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

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

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

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

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

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

**Naabeehó (Navajo) Dii baa akó ninizin:** Dii saad bee  
yánilti'go Diné Bizaad, saad bee áká'ánida'áwo'déé', t'áá  
jiiik'eh, éí ná hóló, koji' hódíílnih 1-800-813-2000 (TTY:  
711).

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

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

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

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

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

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

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

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

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