



SEIU 775  
BENEFITS GROUP



Sonja T.  
Daryeel bixiye, Renton

2026-2027

# Tusaha Caymiska Daryeelka Caafimaad



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Daryeel-bixiyeyaashu maalin kasta ayay u yimaadaan inay daryeelaan dadka kale, adiguna sidoo kale waxaad mudan tahay daryeel iyo taageero.

Yoolkeena waa inaan kuu fududeyno inaad hesho daryeel caafimaad oo tayo sare leh oo kharash ahaan la awoodi karo, si aad diiradda u saarto caafimaadkaaga, qoyskaaga, iyo shaqada muhiimka ah ee aad qabato.

Hagahan wuxuu ku siinayaa faham ku saabsan xulashooyinka caymiskaaga iyo tallaabooyinka aad qaadi karto si aad u codsato. Waxaan ku faraxsanahay inaan ku taageerno adiga iyo daryeelka muhiimka ah ee aad bixiso.

Ka dib markaad dib u eegto caymiskaaga caafimaad, qaado waqti aad ku sahmisoo dheefaha kale ee daryeel-bixiyeyaasha. Laga bilaabo fursadaha tababarka iyo dheefaha hawlgabka ilaa kabo bilaash ah oo aan simbiririxshon lahayn iyo sheqo ku beegga iyadoo loo maraayo Carina, dheefahan waxaa loogu talagalay inay ku taageeraan. Booqo [myseiu.be/bg](http://myseiu.be/bg) si aad wax badan u ogaato.



Merissa Clyde,  
Maamulaha Guud  
SEIU 775 Benefits Group

# Tilmaamo Tallaabo-ka-Tallaabo ah oo ku aadan Codsashada Caymiska

## 1) Wax badan ka ogoow caymiskaaga

- **Sahmi xulashooyinka caymiskaaga oo dib u eeg Faahfaahinta Qorshahaaga** si aad u fahanto kharashaadka aad adigu jeebka ka bixineyso kahor magdhawga caymiska ee la xiriira daawo qoritaanka, daaweynta iyo adeegyada caadiga ah.
- **Dib uga eeg faahfaahinta u qalmitaanka** bogga 5 si aad u aragto haddii aad u qalanto.
- **Dooro ikhtiyaarka caymiska iyo qorshaha ilkaha.**

## 2) Isu diyaari inaad codsato

- **Soo ururi macluumaadkaaga.** Waxaad u baahan tahay lambarkaaga Soshal Sekuritiga iyo magaca shaqo-bixiyaha si aad u codsato.
- **Coverage for Kids (Caymiska Ilmaha): Soo ururi dukumentiyada Xaqiijinta Ku Tiirsanaanta.** Wax badan baro oona ka hel tilmaamo barta [myseiu.be/cfk](http://myseiu.be/cfk).

## 3) Samayso koontada dheefaha caafimaadka

- **Baro sida looga sameysto koonto barta [myseiu.be/hba](http://myseiu.be/hba).** Acoonkaaga waxaa maareeya MagnaCare, maamulahaaga dheefaha caafimaadka. Koontooyinka hadda waxaa lagu heli karaa Af-Ingiriisi. Haddii aad u baahan tahay caawin ama taageerada luuqadda wac 1-877-606-6705.

## 4) Gudbi codsigaaga

- **Ka buuxi codsi ka hor waqtiga kama dambaysta ah** barta [myseiu.be/magnacare](http://myseiu.be/magnacare) ama iimayl ahaan. Wax badan ka baro bogga 5.
- **Coverage for Kids (Caymiska Ilmaha): Soo gudbi dukumiintiyada Xaqiijinta ku Tiirsanaanta** marka aad codsaneyso. Ka baro sidaad u soo gudbin lahayd dukumiintiyadaada barta [myseiu.be/cfk](http://myseiu.be/cfk).

Waxaad ku heli doonta rasiidka codsiga iimayl ahaan 1 maalin gudaheed iyo go'aanka caymiska iimayl ahaan 30 maalmood gudahood. Haddii kale, wac 1-877-606-6705.



*Ka dib ilmaheedii labaad, Dani waxay labadeedii canug ka qorte Coverage for Kids (Caymiska Ilmaha), iyadoo amaanaysa "heerka wayn" ee ka caawiya qoyskeeda inay lacag keysadaan bil kasta.*

**Dani R.**  
Daryeel bixiye, Asotin

# Xulashooyinka Daryeelka Caafimaad

Hel caymis daryeel caafimaad oo tayo sare leh oo ka billaabma kaliya \$25 bishii. Waxaad dooran kartaa inaad naftaada uun daboosho ama ku darto Coverage for Kids (Caymiska Ilmaha) ee caruurta kugu tiirsan.

## Fursada 1



**Ceymiska Shakhsi Ahaaneed Caafimaadka iyo Ilkaha**

**\$25/bishii.**

**Kharashka Wada Bixinta Billaha**

Ku hel caymiska caafimaadka iyo ilkaha naftaada kaliya \$25 bishii.

**Kharashka Wada Bixinta Billaha ah:** qaddarka aad bixiso bil kasta ee loogu talagalay ceymiska caafimaadkaaga ah. Ka eeg bogga 6-aad wixii faahfaahin ah.

**Xaq u yeelashada**

Shaqee 80 saacadood ama ka badan bishii.

## Fursada 2



**Ceymiska Shakhsi Ahaaneed + Coverage for Kids (Caymiska Ilmaha): Caafimaadka iyo Ilkaha**

**\$125/bishii.**

**Kharashka Wada Bixinta Billaha**

Ku hel caymiska caafimaadka iyo ilkaha naftaada, oo lagu daray carruurtaada, kaliya \$125 bishii.

### Waa qarash isku mid ah, xitaa haddii aad carruur badan ku darto!

Waxaad ku dari kartaa carruurta xaq u leh ee kugu tiirsan illaa dhalashadooda 26-aad, oo ay ku jiraan carruurta si dhabta ah loo dhalay, kuwa la korsaday, carruurta lammaanahaaga iyo carruurta uu dhalay lammaanaha aad wada nooshihiin.

**Xaq u yeelashada**

Shaqee 120 saacadood ama ka badan bishii.

## Fursada 3



**Ceymiska Shakhsi Ahaaneed + Coverage for Kids (Caymiska Ilmaha): Ilkaha-Kaliya**

**\$35/bishii.**

**Kharashka Wada Bixinta Billaha**

Ku hel caymiska caafimaadka iyo ilkaha naftaada, oo lagu daro caymiska ilkaha ee carruurtaada, oo keliya \$35 bishii.

# Dheefaha Caymiska

## Booqashooyinka Daryeelka Aasaasiga ee Bilaashka ah

Ma jiro wax kharash ah oo lagaa qaadayo markaad booqato bixiyahaaga daryeelka aasaasiga ah si loo hubiyo caafimaadkaaga ama markaad xanuunsan tahay. Sidoo kale waxaa jira adeegyo daryeel oo lagu bixiyo si fogaan arag ah oo kuu oggolaanaya inaad daryeel ka hesho adigoo guriga jooga.

Tijaabooyinka ama adeegyada dheeraadka ah waxay yeelan karaan kharash.

## Daryeelka Xaalada Degdegga ah & Gurmadka Degdegga Ah

Qorshahaagu wuxuu daboolayaa daryeelka degdegga ah iyo booqashada qolka gurmadka degdegga ah. Daryeelka degdegga ah waa xulasho u habboon oo loogu talagalay arrimaha aan gurmadka deg degga ahayn marka dhakhtarkaaga aan la heli karin. Daryeelka xaaladda degdegga ah waxaa la siiyaa xaaladaha halista ah ama kuwa nolosha halista geliya.

## Daawo qorista

Waxaad marin u heli kartaa noocyo badan oo daawo qoritaan ah, oo ay ku jiraan ikhtiyaarro sahlan oo boosto ahaan laguugu soo diro gurigaaga.

## Caafimaadka Dhimirka

Caymiskaagu wuxuu daboolayaa taageero xirfadeed oo caafimaadka maskaxda ah, maaraynta daawooyinka, daaweyn kooxeed, daryeel kale oo beddel ah, iyo helitaanka qalabyada is-daryeelka iyo barnaamijyo.

## Tababarka Fayoqabka & Barnaamijyada

Hel taageero kuu gaar ah si aad u maareyso xaaladaha daba-dheeraada oo aadna u wanaajiso caafimaadkaaga guud. Qorshahaagu wuxuu ka kooban yahay tababar caafimaad, hagid koox daryeel iyo qalab kaa caawinaya inaad la socoto horusocodkaaga.

## Daliigista & Daawaynta Lafaha

Waxaa jira ikhtiyaarro qiimo jaban oo loogu talagalay daawaynta jirka, duugis, daryeelka lafaha iyo murqaha, daaweyn dhaqameedka la adeegsado irbaddaha iyo barnaamijyada caafimaad ee lagu bixiyo sida fogaan araga ah.

## Aragga

Caymiska aragga ee loo maraayo VSP waxaa ka mid ah baaritaannada indhaha oo joogto ah, gunno loogu talagalay in lagu soo gato ookiyaalo ama bikaacyada indhaha, iyo helitaanka shabakad ballaaran oo dhakhaatiirta indhaha ay ka tirsan yihiin.

## Maqalka

Idinko u maraaya EPIC Hearing, adiga iyo carruurtaadu waxaad heli kartaan baaritaanno maqalka ah iyo taageero qalabka maqalka ah iyada oo loo marayo bixiyeyaasha ku jira shabakadda.

## Daryeelka Guriga Qoyska, Taranka & Badhtamaha Nolosha

Markaad adeegsaneyso Progyny waxaad u heli kartaa dheefo marxalad kasta oo nolosha ah, laga bilaabo tarmida iyo qoys-dhisida ilaa uur qaadida, dhalmada ka dib iyo xilliga caado joogsiga. U hel caymis daaweynti ugu dambeeyse, taageero shakhsiyadeed iyo qof ahaan ama daryeelka fogaan aragga.

## Eeg faahfaahinta qorshahaaga si aad u aragto liiska buuxa ee dheefaha.

Waxay bixisaa faahfaahin buuxda oo ku saabsan qorshahaaga caafimaadka iyo ilkaha, oo ay ku jiraan kharashyada jeebka ka baxsan, iyo caymiska dawooyinka, booqashooyinka iyo daawaynta.

*Deborah waxay u baahnayd qaliin wadnaha furan ah oo ku kici lahaa boqolaal kun oo doolar haddii aan caymis loo helin. Iyadoo in yar ka walwalsan kharashaadka, ayay tiri "Waxaan awood u yeeshay inaan diiradda saaro naftayda iyo bogsashadayda".*

**Deborah M.**  
Daryeel bixiye, Vancouver





Melissa E.  
Daryeel bixiye, Seattle

# Noocyada Qorshaha Ceymiska Ilkaha

Daryeelka ilkaha waxay ka mid tahay daryeelkaaga caafimaadka. Isticmaal jaantuska si aad iskula barbar dhigto qorshayaasha oo aad u doorato qorshaha adiga kugu habboon.

		
<b>Dheefta Ugu Badan Sanadka</b>	\$5,000	Waxbo
<b>Lacagta la jaro</b>	\$0	\$0
<b>Baaritaanada Joogtada ah</b>	<b>Waxaa Loo Dabaraa Si Dhameystiran</b>	<b>Waxaa Loo Dabaraa Si Dhameystiran</b>
<b>Dheefaha Qurxinta Ilkaha</b>	Haa	Haa
<b>Bixiyeyaasha ah Shirkada Ceymiska</b>	Delta Dental waxa ay leedahay shabakad ceymis oo balaadhan oo bixiyayaal ah, oo ay ku jiraan goobaha miyiga ah. Waxaad u baahan doontaa inaad hesho Dhakhtarka Ilkaha ee Delta Dental PPO si aad faa'iidada ugu badan uga hesho dheeftaada.	Willamette Dental waxay goobo badan ku leedahay galbeedka Washington, taasoo kuu sahlaya inaad hesho dhakhtarka ilkaha ee Willamette hareeraha wadada I-5 corridor.
<b>Hel Dhakhtarka Ilkaha ee Kuu Dhaw</b>	<a href="https://deltadentalwa.com/fad/search">deltadentalwa.com/fad/search</a> Guji 'Delta Dental PPO' si aad u kala shaandaysid natiijooyinka kaaga soo baxaya raadinta.	<a href="https://locations.willamettedental.com">locations.willamettedental.com</a> Geli koodhka ZIP-ka goobta baaritaanka.
<b>Macluumaad Dheeraad ah</b>	<b>1-800-554-1907</b> <b>DeltaDentalWA.com</b>	<b>1-855-433-6825</b> <b>myseiu.be/willamette</b>

# Su'aalaha Badanaa La'is Weydiiyo (FAQ) ee Caafimaadka Caymiska

## Sideen ugu qalmaa caymiska shaqsiyeed?

Waa inaad shaqeysaa **80 saacadood oo mushaar ah ama ka badan bishii** muddo 2 bilood ah si aad u noqoto mid u qalma caymiska shaqsi ahaaneed.

## Sidee ayaan u codsadaa?

**Ka codso barta internetka [myseiu.be/magnacare](https://myseiu.be/magnacare).** Haddii aad hesho Codsiga Manfacyada Caafimaadka, waxaad boostada ama fakis ahaan ugu diri kartaa codsiga oo dhammeystiran cinwaanka ama lambarka fakiska ee ku qoran codsiga. Khidmada boostada Mareykanka ayaa la iska rabaa.

Waxaad ku heli doonta rasiidka codsiga iimayl ahaan 1 maalin gudaheed iyo go'aanka caymiska warqad ahaan ama iimayl ahaan 30 maalmood gudahood. Haddii kale, wac 1-877-606-6705.

## Goorma ayaan codsan karaa?

Waxaa jira 3 jeer oo aad codsan karto caymiska:

- 1. U qalmitaankiHore:** 60 maalmood gudaheed laga billaabo taariikhda laga bilaabo qalabkaaga diiwaangelinta ee cusub ee u qalma. U-qalmitaanka hore waa marka ugu horreysa ee aad xaq u yeelato.
- 2. Open Enrollment (Muddada Diiwaangelinta Sanadlaha ah ee Ceymiska Caafimaadka):** Luulyo 1-20 sanad walba. **Haddii aad horey isu diiwaan gelisay caymiskaaga si toos ah ayaa loo cusbooneysiinayaa, wax tallaabo ah** looma baahna illaa aad rabto inaad isbeddel sameyso.
- 3. Dhacdada Nolasha ee u Qalanta (Qualifying Life Event, QLE):** 30 maalmood gudahooda ee QLE oo wax ka beddeleysa baahiyahaaga caymiska caafimaadka. Tusaalooyinka QLEs waxaa ka mid ah korsashada ilmo, luminta caymiska kale ee daryeelka caafimaadka ama imaanshaha furriin. Wixii warbixin dheeraad ah, booqo [myseiu.be/qle](https://myseiu.be/qle).

## Ma'u Qalantid Weli? Waxaad weli codsan kartaa inta lagu jiro Open Enrollment (Muddada Diiwaangelinta Sanadlaha ah ee Ceymiska Caafimaadka).

Soo gudbi codsi\* si aad u bilowdo caymis shaqsiyeed marka aad shaqeyso 80+ saacadood bishii. Coverage for Kids (Caymiska Carruurta) wuxuu bilaabmaa marka aad shaqeyso 120+ saacadood bishii.

\* Haddii aadan hadda shaqeynin 80+ saacadood bishii, ma buuxin kartid codsi khadka tooska ah. Ka codso nuqulka foomka codsiga barta [SEIU775BG-caregiver@magnacare.com](mailto:SEIU775BG-caregiver@magnacare.com).

## Sideen ugu qalmi karaa caymiska Coverage for Kids (Caymiska Ilmaha)?

Waa inaad shaqeysaa **120 saacadood oo mushaar ah ama ka badan bishii** si aad u noqoto mid uqalma Coverage for Kids (Caymiska Ilmaha).

## Yaan ku dari karaa Coverage for Kids (Caymiska Ilmaha)?

Waxaad ku dari kartaa carruurta xaq u leh ilaa iyo taariikhdooda dhalashada ee 26<sup>aad</sup>. Carruurta u qalma ee ku tiirsan waxaa ka mid ah carruurta aad dhashay, kuwa aad korsatay, carruurta adeerka ama eedada aad u tahay iyo carruurta uu dhalay lammaanahaaga.

Waxay ka diiwaan gashan yihiin qorsaha aad ku jirto, waxaana kaliya lagu diiwaangelin karaa si hoos imaata 1 daryeele. Caymiska wuxuu isku xiri karaa qorsheyaal dibadda ah. Wixii macluumaad dheeraad ah, wac 1-877-606-6705.

## Sideen ayaa ugu daraa Coverage for Kids (Caymiska Ilmaha)?

- 1. Buuxi qaybta Coverage for Kids (Caymiska Ilmaha)** ee onleen ahaan ama codsiga daabacan ahaan.
- 2. Dooro ikhtiyaarka caymiska** caafimaad iyo ilkaha ama ilkaha kaliya.
- 3. Ku soo gudbi dukumiintiyadaada Xaqiijinta Ku Tiirsanaanta** iyadoo codsigaaga ama 60 maalmood gudahood marka aad codsanayso\*\*. Dokumentiyada ay aqbali karto waxaa tusaale ahaan noqon doona caddaynta dhalashada ee ay dowladdu bixisay iyo ogaysiinta canshuuraha oo ay ku qoran tahay kuwa aad dooneyso in lagu daro kuwa dowladda ka faa'ideysatay.

\*\* Xaqiijinta Ku Tiirsanaanta ayaa loo baahan yahay marka la diiwaangelinayo carruurta markii ugu horreysay. Uma baahnid inaad dib u laba-jibaarto dukumentiyada hore loo xaqiijiyey, in la codsado mooyee.

## Booqo [myseiu.be/cfk](https://myseiu.be/cfk) si aad u hesho faahfaahin dheeraad ah:

- Sida loo dalbado Coverage for Kids (Caymiska Ilmaha).
- Cidda aad ku dari karto caymiska.
- Soo gudbinta dukumiintiyada cadeynta.



Sandra C.

Daryeel bixiye, Kennewick



## Goorma ayaa caymisku billaaban doonaa?

**Open Enrollment (Muddada Diiwaangelinta Sanadlaha ah ee Ceymiska Caafimaadka):** Soo gudbi codsiyada ama isbeddellada ugu dambeyn 20-ka Luulyo si aad u hesho caymiska laga billaabo 1-da Agoosto.

**U-qalmiitaanka Hore iyo Dhacdooyinka Noloshaha ee U qalma:** Daboolidu waxay billaabantaa 1-da bisha ka dib marka codsigaaga la helo oo la farsameeyo, taas oo qaadanaysa qiyaastii 2 toddobaad. Tusaale ahaan, haddii codsigaagii la dhameystiray la helo:

- Ugu dambeyn Maarso 15, daboolidu waxay billaabantaa 1-da Abriil.
- inta u dhaxaysa Maarso 16 - 31, caymisku waxay billaaban doontaa 1-da Maajo.

**Coverage for Kids (Caymiska Ilmaha)** ma billaaban karto illaa ka dib marka la helo xaqijinta ku tiirsanaantaada oo laga shaqeeyo.

## Sideen u bixiyaa kharashkayga wada bixinta bil kasta?

Shaqo-bixiyuhu si toos ah ayuu mushaarkaaga uga jari doonaa lacagta wada bixinta ah ee bil kasta aad bixiso (lacagta aad bixiso bil kasta) mushaarkaaga. Haddii loo-shaqeeyahaagu uusan awoodin inuu lacagta jaro, waxaad boostada laguugu soo diri doonta warqad aad iskaga bixiso iyo iimayl kugu hagaya inaad bixiso qaybtaada lacag-wadaaga khidmada ceymiska billaha ah. Waxaad ku bixin kartaa jeeg, ama adigoo isticmaalaya koontadaada faa'idooyinka caafimaadka ee internetka.

**Daryeel-bixiyayaasha CDWA:** Lacag-bixintaada ugu koowaad adiga ayaa iska bixin doonaa.

## Sidee saacadaha shaqadu saameyn ugu yeeshaan caymiskayga?

Marka lagu diiwaan geliyo caymiska, saacadaha aad bil gudahood ku shaqaynayso waxay go'aaminayaan xaaladdaada caymiska 2 bilood ka dib. Tusaale: Saacadaha Janaayo ayaa go'aamiya caymiska Maarso.

## Maxaa dhacaya haddii aan doonayo inaan joojiyo caymiska?

Si aad uga joojiyo caymiska naftaada ama carruurtaada, soo gudbi foomka Ka-dhaafida Caymiska. Haddii la helo ugu danbeyn 15-ka caymisku waxa uu dhamaanayaa 1-da bisha xigta. Haddii la helo kadib 15-ka caymisku waxa uu dhamaanayaa 1-da bisha soo socota.

**Muhiim ah:** Dib ayaad iska diiwaangelin kartaa oo kaliya inta lagu jiro Open Enrollment (Muddada Diiwaangelinta Sanadlaha ah ee Ceymiska Caafimaadka) ama Dhacdada Noloshaha ee U qalanta. Ka dhaafitaanada la helo ka hor Luulyo 1 dib ayaa loo cusboonaysiinayaa inta lagu jiro Open Enrollment (Muddada Diiwaangelinta Sanadlaha ah ee Ceymiska Caafimaadka). Waa inaad soo gudbisaa foom cusub oo Ka-dhaafitaanka Caymiska ah si aad u sii heysato ka-dhaafitaankaada. Haddii aad heysate caymis 12-kii bilood ee la soo dhaafay, si otomaatig ah ayaa lagu diiwaangelinayaa inaad soo gudbiso foom cusub oo ka-dhaafitaan ah mooyee.

## Ka waran haddii aanan shaqeynin saacado igu filan?

Bilaha Dib u dhigista waxay bixiyaan ilaa 2 kordhin hal bil oo caymiska caafimaadka sanad kasta, taasoo ka caawinaysa adiga iyo dadka kugu tiirsan inaad sii haysataan caymiska haddii aadan buuxin saacadaha shaqo ee loo baahnaa. Wax badan ka baro myseiu.be/gm.

Haddii aad lumiso caymiska, waxaa lagu soo gudbin doonaa macluumaad COBRA haddii aad rabto inaad sii wadato caymiska adigoo bixinaya lacag bille ah. Haddii aad joojiyo daryeel-bixinta, ka eeg u-qalmiitaankaaga Washington Apple Health ama booqo wahealthplanfinder.org.

## Hel saacado dheeraad ah si aad u heysato caymiskaaga.

Haddii aad u baahan tahay saacado dheeraad ah si aad u hesho ama u sii heysato daboolidda, isku day Carina, dheef shaqo-beegid bilaash ah oo kaa caawinaya inaad hesho macaamiil badan.



Bisha Shaqada	Bisha Caymiska
JANAAYO →	MAARSO
FEBRAAYO →	ABRIIL
MAARSO →	MA SAMAYN
ABRIIL →	JUUN
MA SAMAYN →	LUULYO
JUUN →	AGOSTO
LUULYO →	SEBTEMBAR
AGOSTO →	OKTOOBAR
SEBTEMBAR →	NOOFEMBAR
OKTOOBAR →	DISEMBAR
NOOFEMBAR →	JANAAYO
DISEMBAR →	FEBRAAYO

Saacadaha aad bishan mushaarka ku shaqayso:

Go'aami caymiska bishan:

# U hel Taageero

wixii ah su'aalaha aad ka qabto caymiska daryeelka caafimaadka, u-qalmitaanka, codsashada iyo wax kaloo badan.

Adeegga macaamiisha wuxuu diyaar yahay Isniin-Jimce, 8 subaxnimo illaa 6 fiidnimo.

**1-877-606-6705**

Taageero luuqad ahaan ah waa la heli karaa.

**Taageerada Sheekeysiga Tooska ah**

Gal [myseiu.be/magnacare](https://myseiu.be/magnacare) si aad u hesho taageerada sheekeysiga.

**[SEIU775BG-caregiver@magnacare.com](mailto:SEIU775BG-caregiver@magnacare.com)**

Ma awoodi weyday inaad la xiriirto adeegga macaamiisha inta lagu jiro saacadaha shaqada? Iimayl dir oo hel jawaab 2 maalmood oo shaqo gudahood.



## Faham Erayada Guud ee Ceymiska

Eeg qeexitaannada erayada guud si aad si wanaagsan ugu fahamto caymiskaaga.

[myseiu.be/hc-terms](https://myseiu.be/hc-terms)

## Wax badan Ka Ogoow Coverage for Kids (Caymiska Ilmaha)

Baro sida loo codsado oona buuxi codsigaaga.

[myseiu.be/cfk](https://myseiu.be/cfk)

## Marin u hel Akoonkaaga Dheefaha Caafimaadka

Baro sida loo sameysto akoon oona ka codso caymiska onlaynka.

[myseiu.be/hba](https://myseiu.be/hba)



## Caregiver Kicks: Kabo Bilaash ah oo Loogu Talagalay Daryeel Bixiyeyaasha

Waxaa lagu heli karaa in ka badan 90 qaab oo ka socda Reebok illaa Sketchers, Caregiver Kicks waa kabo aan simbiririxasho lahayn oo loogu talagalay inay kuugu ilaaliyaan si ammaan ah oo raaxo leh aad dareento inta aad shaqada ku jirto. Daryeel bixiyeyaasha u qalma waxeey heli karaan joog sannad kasta!

[myseiu.be/kicks](https://myseiu.be/kicks)

2026-2027

CAYMISKA DARYEELKA CAAFIMAAD

# Faahfaahinta Qorshaha



**Buuggan waxa uu ka kooban yahay dukumiintiyo muhiim ah oo kaa caawin doona fahamkaada caymiskaaga daryeelka caafimaadka:**

**Soo Koobitaanka Isbeddelada Qorshaha (SMM):**

Wuxuu sheegaa wax kasta oo cusboonaysiin ah ama wax ka beddelo ah oo ku imaada qorshahaaga laga bilaabo Agoosto 1, 2026.

**Sawirka Guud ee Caafimaadka iyo Qorshaha Caymiska Ilkaha:**

Dulmar degdeg ah, oo fudud in la akhriyo oo ku saabsan dheefahaaga ee loogu talagalay qorshahaaga caymiska caafimaad iyo noocyada caymiska ilkaha, oo ay diyaarisay SEIU 775 Benefits Group.

**Soo Koobitaanka Dheefaha iyo Ceymiska (SBC):**

Waa sharaxaad faahfaahsan oo ku saabsan qorshahaaga caymiska, oo ay ka mid yihiin:

- Sida guud ee loo daboolo baahiyaha caafimaad iyo daawooyinka (sida booqashada dhakhtarka, shaybaarada, daryeelka sokorow, iwm).
- Waxa aad bixinayso iyo waxa qorshuhu uu bixinayo (khidmadaha kaa go'aayo, lacagaha hore-loo bixiyo, iyo lacag caymiska lawada bixiyo).
- Waxa qorshuhu daboolayo—iyo waxa aanu daboolin (xadidaadaha ama wax laga reebay caymiska).

**Khayraadka Qorshaha:**

Lambarrada taleefanka iyo mareegaha aad isticmaali karto marka lagu diiwaangeiliyo.

**Waxaad xaq u leedahay qorshaha caafimaad ee Kaiser Permanente Northwest. Qorshahan waxa uu dhaqangalayaa laga bilaabo Agoosto 1, 2026 ilaa Luulyo 31, 2027.**

Wixii macluumaad dheeraad ah ee ku saabsan SBC, ama su'aalo kale oo ku saabsan caymiska, fadlan kala xidhiidh Adeegga Macaamiisha Dheefaha Caafimaadka:

**1-877-606-6705**

Isniin-Jimco, 8 a.m. ilaa 6 p.m.

**[SEIU775BG-caregiver@magnacare.com](mailto:SEIU775BG-caregiver@magnacare.com)**



# Soo Koobitaanka Wax-ka-beddelka Sheyada iyo Yaraynada

**ku socoto Caymiska Caafimaadka ee lagu bixiyo SEIU  
Healthcare NW Health Benefits Trust ee loogu talagalay  
Adeeg Bixiyeyaasha Shaqsiyadeed (IPs) ee Consumer Direct of  
Washington (CDWA) iyo Adeeg Bixiyeyaasha Hay'ada (AP-yada)**

**Soo Koobitaanka Isbeddelada Qorshaha ("SMM") wuxuu wax ka beddelayaa qaar ka mid ah macluumaadka ku jira Soo Koobitaanka Sharaxaada Qorshaha ("SPD") ee loogu talagalay kharash dabarida caymiska ee Qorshaha Asaasiga ah ("Qorshaha") kaas oo qeexaaya Qorshaha laga bilaabo Agoosto 1, 2026.**

Waxay dhaqan gelyasaa laga bilaabo Agoosto 1, 2026, dheefaha qorshaha iyo xeerarka u-qalmiinta ee caymiska daryeelka caafimaadka ayaa is beddeli doona. APs and IPs waa inay ka warqabaan horumarinada dheefaha soo socda:

- Daryeelka Araga VSP waxay noqon doontaa bixiyahaaga cusub ee aragga ee joogtada ah, oo bixiya baaritaannada indhaha, qalabka indhaha, iyo muraayadaha indhaha ee la xidho.
- Xadka doolarka ee qalabka maqalka ee EPIC waa laga qaaday.
- Waxaad awoodi doontaa inaad hesho ilaa 12-bilood oo daaweynta hormoonka ama daawooyinka ka-hortagga uurka hal mar la qaadanayo.

**Soo Koobitaanka Yareynada Sheyyada ("SMR") wuxuu wax ka beddelayaa qaar ka mid ah macluumaadka ku jira Soo Koobitaanka Sharaxaada Qorshaha ("SPD") ee loogu talagalay kharash dabarida caymiska ee Qorshaha Asaasiga ah ("Qorshaha") kaas oo qeexaaya Qorshaha laga bilaabo Agoosto 1, 2026.**

Waxay dhaqan gelyasaa laga bilaabo Agoosto 1, 2026, dheefaha qorshaha iyo xeerarka u-qalmiinta ee caymiska daryeelka caafimaadka ayaa is beddeli doona. APs and IPs waa inay ka warqabaan waxyaabahaan soo socda:

- SEIU Healthcare NW Health Benefits Trust hadda dib dambe kuma bixinayso adeegyada iyada oo loo marayo Headspace.

Wixii faahfaahin dheeri ah ee ku saabsan isbeddeladan, fadlan kala xiriir Adeegga Macaamiisha lambarka 1-877-606-6705 (Isniin Jimce, 8 a.m ilaa 6 p.m.) ama iimail u dir [SEIU775BG-caregiver@magnacare.com](mailto:SEIU775BG-caregiver@magnacare.com).

Kani waa soo koobid kooban oo ku saabsan dheefooyinka ay bixisay SEIU 775 Benefits Group. KANI MA AHAN HESHIIS AMA SHAHAADO CEYMIS. Dhammaan dheefooyinka, oo ay ka mid yihiin daryeelka baddelka ah, waxaa loogu talaglay adeegyo caafimaad ahaan muhiim ah. Qofka Xubnaha ah waxaa laga qaadi doonaa qiima wadaaga qaybta yar ee adeega ceymiska leh ama qiimaha saxda ah ee adeegaas. Si aad u hesho qodobadda ceymiska oo dhameystiran, oo ay ku jiraan xadidaadaha, fadlan ka tixraac shahaadadaada ceymiska.

<b>Ceymiska Bixiyaha U Shaqeeya Shirkada Ceymiska</b>	
<b>Inta Ugu Badan Lacagta Jaabka Laga Bixiyo</b>	
Halki Xubne	\$1,250
Qoyska oo Dhan	\$2,500
Lacagta la jaro	\$0
<b>Booqashooyinka Xafiiska</b>	
Jadwalka baaritaanka Jireed kahortagga ah	\$0
Daryeelka Assaasiga ah	\$0
Daryeelka Gaarka ah	\$15
Daryeelka Degdegga ah	\$30
<b>Baaritaanada</b>	
Baaritaanada Kahortagga ah	\$0
Sheybaar	\$0
Raajo, sawirid, habraacyada cudur ogaanshaha gaarka ah	\$0
Baaritaanada CT, MRI, PET	\$50 halki booqasho waaxeed. Adeegyada qaarkood waxay u baahnaan karaan oggolaansho horudhac ah.
<b>Daawooyinka (bukaan socodka)</b>	
Daawada dhakhtarku qoro ( siinta ilaa iyo 30-ka maalmood ah)	\$5 daawooyinka baddelka u ah kuwa kale ee la doorbidayo/\$25 daawooyinka shirkadaha gaarka ah ee la doorbidayo/\$50 shirkadaha aan la doorbideynin Insuliin: \$0 daawooyinka baddelka u ah kuwa kale ee la doorbidayo/\$0 daawooyinka shirkadaha gaarka ah ee la doorbidayo/\$0 shirkadaha aan la doorbideynin Booriyaasha neefsiga iyo cirbadda EPI \$5 daawo guud ah/\$25 daawooyinka shirkadaha gaarka ah ee la doorbidayo
Ku Iibso Boostada Daawada dhakhtarku qoro ( siinta ilaa iyo 90-ka maalmood ah)	\$10 daawooyinka baddelka u ah kuwa kale ee la doorbidayo/\$50 daawooyinka shirkadaha gaarka ah ee la doorbidayo/\$100 shirkadaha aan la doorbideynin
Dawooyinka la bixiyay, oo ay ku jiraan cirbadaha (dhammaan xarumaha bukaan socodka)	\$0
Booqashooyinka qolka daaweynta ee kalkaalisada si loo qaato cirbad	\$0
<b>Daryeelka Dhalmada</b>	
Daryeelka dhalmada iyo booqashada koowaad ee dhalmada ka-gadaal ee qorsheysan	\$0
Sheybaar	\$0

Raajo, sawirid, habraacyada cudur ogaanshaha gaarka ah	\$0
Adeegyada Isbitaalka ee Bukaani Jifka	\$100 halki isbitaal dhigis
<b>Dhalmo la'aanta</b>	
Adeegyada caafimaadka iyo qalliinka ee lagu daaweeyo madhalaysnimada iyo dhalmo la'aanta iyo dhammaan adeegyada la xiriira	Lagu dabaro dheef gaar ah: Taranka iyo Qoys Dhisida ee Progyny. Dheefta 2+1 Smart Cycles si looga caawiyo xubnaha safarkooda Taranka iyo Qoys Dhisida. Wax badan ka baro <a href="http://myseiu.be/progyny">myseiu.be/progyny</a>
<b>Adeegyada Isbitaalka</b>	
Adeegyada Isbitaalka (halki gaadiidba)	\$75
Booqashada waaxda gurmada deddega ah	\$200 (Oo laga dhaafayo haddii la seexiyo)
Adeegyada Isbitaalka ee Bukaani Jifka	\$100 halki isbitaal dhigis
Booqashada dawaynta kiimikada/dawaynta shucaaca	\$15
Dalabka caafimaadka ee raaga, qalabyada isbeerka jirka ee banaanka ah, iyo qalabyada cuuryaanka ee socodka saacideeya	0% Lacagaha haraaga lacag jarista kadib
Daaweynta jirka, hadal, iyo fayo-qabka shaqada (Ilaa iyo 20 booqashooyin halki Mudda Sanadeedba)	\$15
<b>Adeegyada Xarunta Dadka Lagu Xanaaneeyo</b>	
Adeegyada xarunta dadka lagu xanaaneeyo ee bukaan jifka (ilaa iyo 100 maalmood Halki Mudda sanadeedba)	\$0
<b>Adeegyada Balwada Maandooriyaha</b>	
Adeegyada Bukaani Socodka	\$0
Adeegyada Isbitaalka iyo deegaanka ee bukaan jifka	\$100 halki isbitaal dhigis.
<b>Adeegyada Caafimaadka Dhimirka</b>	
Adeegyada Bukaani Socodka (Booqashada kooxeed ½ khidmada adeegga ceymiska)	\$0
Adeegyada Isbitaalka iyo deegaanka ee bukaan jifka	\$100 halki isbitaal dhigis
<b>Daryeelka Baddelka ah</b>	
Adeegyada Daawaynta Jir Duridda ah	\$0 khidmada adeegga ceymiska, ilaa iyo 20 booqasho oo uu qofka is-geeyo sanadkiiba
Adeegyada Daryeelka U Jimcinta	\$0 khidmada adeegga ceymiska, ilaa iyo 20 booqasho oo uu qofka is-geeyo sanadkiiba
Daaweynta Daliigista	\$25 khidmada adeegga ceymiska, ilaa iyo 12 booqasho oo uu qofka is-geeyo sanadkiiba
Daawada Dabiiciga Ah	\$0 khidmada adeegga ceymiska, booqasho aan xad lahayn
<b>Adeegyada Aragga</b>	
Jadwaleynta Baaritaannada indhaha, qalabka aragga, iyo adeegyada indhaha	Lagu dabaro dheef gaar ah: Jadwalka daryeelka VSP. Wax badan ka baro <a href="http://myseiu.be/vsp">myseiu.be/vsp</a>
<b>Adeegyada Maqalka</b>	
Qalabka maqal-kaaliyaha	Lagu dabaro dheef gaar ah: Ceymiska maqalka EPIC. Ma lahan khidmada adeegga ceymiska, mal ahan xaddid hashi dhagba 3 sano oo kasta oo laga bixinayo kharashka maqal-kaaliyaha. Wax badan ka baro <a href="http://myseiu.be/epic">myseiu.be/epic</a>

Tani waa guudmar kooban oo ku saabsan dheefaha la heli karo si la iskula barbardhigo oo kaliya oo kama dhigna heshiis. Marka lagaa diiwaangeliyo qorshe ceymis waxaad awood u yeelan doontaa inaad isticmaasho buug-yarahaaga dheefaha kaas oo faahfaahin dheeraad ah ka bixin doona Qorshahaaga Ceymiska Delta Dental PPO. Ka wac waaxda Adeegga Macaamiisha ee Delta Dental lambarka **1-800-554-1907** ama booqo **DeltaDentalWA.com** haddii aad qabto wax su'aalo ah.

### Muddada Dheefta:

Janaayo 1 - Diseembar 31

### Qiimaha Ugu Badan ee Muddada Dheeft\*

(halki qofba; ma khuseyso Class I): \$5,000

### Toosinta Ilkaha—

#### Dadka wawayn iyo Carruurta:

50% oo leh qiimaha ugu badan inta aad nooshahay oo ah \$5,000 qofkiiba

\*Daryeelka ilkaha ee laga helo dhakhtarka ilkaha ee PDA ayaa si buuxdo loo dabari doonaa ilaa iyo \$2,000 ugu badnaan, iyada oo lacagaha haraaga lacag jarista kadib laga dhaafay Class III - Adeegyada Wawayn.

### Delta Dental Network

Dheefahaaga waxay ugu faa'iido badan yihiin marka aad adeegsanayso shabakadda Delta Dental PPO. Sidoo kale waxaad heli kartaa adeegga Delta Dental Premier® network, kaas oo kaa caawinaya inaad ballaarisoo xulashooyinkaaga.

### Hel Burushka Ilkaha Sonicare oo Bilaash Ah



Xubnaha Delta Dental ee booqda adeeg bixiyaha Pacific Dental Alliance (PDA) bukaan cusub ahaan, waxay heli karaan burushka ilkaha ee Sonicare oo bilaash ah.

Eeg liiska adeeg bixiyaha PDA oo dhamaystiran:

[myseiu.be/oe-pda](http://myseiu.be/oe-pda)

	Delta Dental PPO	Delta Dental Premier	Ka-Baxsan-Shabakadda
<b>Lacag Jarista Muddada Dheefta</b>			
Ma Khuseyso Class I & Toosinta Ilkaha Aan U Shaqeynin Shirkada (\$50 Halki Qofba)	\$0	\$50	\$50
<b>Class I - Cudur Ogaansho iyo Kahortag</b>			
Baaritaano Nadiifinta Foloraydh Raaajooyinka Bacda la saaro ilkaha	100%	80%	80%
<b>Class II - Ilka Soo Celinta</b>			
Soo celinta ilkaha Buuxinta Cadeynta ee Ilkaha Danbe Cilmiga Cudurada iyo Daaweynta Iliga Gudihisa (Xidid Dilidda) Cilmiga Cudurada Iliga Waxa Ku Wareegsan Qalliinka Afka	100%	60%	60%
<b>Class III - Adeegyada Wawayn</b>			
Ilkaha la gashto Ilkaha Qeybta Ahaan la gashto Bir Geliinada Iliga Lafaha Ilkaha Xiriiriya Lafaha Iliga Laga Dul Galiyo	80%	40%	40%

### Sifooyinka

Kharashyada jeebka laga bixiyo ee ugu yar	○		
Wuxuu kuu dirayaa foomyaasha xaqsheegashada	○	○	
Maarayn tayo leh iyo ilaalinta kharashka	○	○	

**Xaalada Ilkaha ee Gargaarka Degdegga Ah:** Adeeg Bixiyayaasha Shirkada La Shaqeyna waxay bixin doonaan daawaynta Xaalada Ilkaha ee Gargaarka Degdegga Ah inta lagu jiro saacaha shaqada. Shirkada ayaa bixin doonta dheefaha Adeegyada La Dabaro ee ay ku bixiyaan Adeeg Bixiyayaasha Shirkada La Shaqeyna daawaynta Xaalada Ilkaha ee Gargaarka Degdegga Ah. Qofka Diiwaangashan ayaa raadsan kara daawaynta Xaalada Ilkaha ee Gargaarka Degdegga Ah ee laga helo Adeeg Bixiye Aan La Shaqaynin Shirkada haddii Qofka Diiwaangashan uu 50 mayl ka badan u jiro Xafiiska Adeeg Bixiyaha Shirkada La Shaqeyna.

Iyada oo ay damaanad qaadeyso Willamette Dental of Washington, Inc. Qorshahan ceymiska wuxuu bixiyaa ceymiska adeegyo oo balaaran. Liiska hoose wuxuu macluumaad kaa siinayaa qaar ka mid ah habraacyada ugu badan ee lagu dabaro qorshahaaga. Wac **1-855-433-6825** ama booqo **myseiu.be/oe-willamette** si aad u hesho macluumaad dheeraad ah. Si aad u hesho liiska xadidaadaha iyo waxyaabaha reeban, booqo **myseiu.be/willamette-exclusions**.

Dheefaha	Khidmadaha adeega ceymiska
Qiimaha Ugu Badan Sanadka	Ma Lahan Qiimaha Ugu Badan Sanadka*
Lacagta la jaro	Ma lahan Lacagta la jaro
Booqashada Xafiiska ee Guud iyo Ilka Simmida	Ma Lahan Khidmadaha adeega Ceymiska booqashadiiba
<b>Adeegyada Cudur Ogaanshaha iyo Kahortagga</b>	
Jadwalka Baaritaanada iyo kuwa Gurmadka Dededegga ah, Raajooyinka, Ilka naadiifinta, Daaweynta Foloraydh, Bacda La Saaro Ilkaha (Halki iligba), Baaritaanka Kansarka ee Madaxa iyo Luqunta, Tilmaamta Nadaafadda Afka, Cabirka Ciirdka iyo Iliga u Dhaxeeya, Qiimeynta Caafimaadka Ciirdka iyo Ilkaha	Waxaa lagu Dabaraa Khidmadaha adeega ceymiska ee Booqashada Xafiiska
<b>Daawaynta Ilkaha ee Ilka Soo Celinta</b>	
Ilka buuxinta (Amalgam)	Waxaa lagu Dabaraa Khidmadaha adeega ceymiska ee Booqashada Xafiiska
Birta Dhoobka Leh ee La Geliyo Ilkaha	Waxaad bixineysaa \$250 oo ah Khidmada Adeegga Ceymiska
<b>Cilmiga Buuxinta Ilkaha Macmalka ah</b>	
Ilkaha Hoose ama Kore oo Dhameystiran	Waxaad bixineysaa \$400 oo ah Khidmada Adeegga Ceymiska
Lafaha Ilkaha Xiriiriya (halki Iligba)	Waxaad bixineysaa \$250 oo ah Khidmada Adeegga Ceymiska
<b>Cilmiga Cudurada iyo Daaweynta Iliga Gudhiisa &amp; Cilmiga Cudurada Iliga Waxa Ku Wareegsan</b>	
Daweeynta Xidid Dilidda - Ilkaha hore	Waxaad bixineysaa \$85 oo ah Khidmada Adeegga Ceymiska
Daweeynta Xidid Dilidda - Ilkaha dhexe	Waxaad bixineysaa \$105 oo ah Khidmada Adeegga Ceymiska
Daweeynta Xidid Dilidda - Goosaha dambe	Waxaad bixineysaa \$130 oo ah Khidmada Adeegga Ceymiska
Qalliinka Lafta Ciridka (Ilkaha halki Geesba)	Waxaad bixineysaa \$150 oo ah Khidmada Adeegga Ceymiska
Ilka Sifeynta (Ilkaha halki Geesba)	Waxaad bixineysaa \$75 oo ah Khidmada Adeegga Ceymiska
<b>Qalliinka Afka</b>	
Jadwalka Ilig Bixinta (Hal Ilig)	Waxaa lagu Dabaraa Khidmadaha adeega ceymiska ee Booqashada Xafiiska
Qalliinka Ilig Bixinta	Waxaad bixineysaa \$100 oo ah Khidmada Adeegga Ceymiska
<b>Daaweynta Toosinta Ilkaha</b>	
Daaweynta Ka Hor Toosinta Ilkaha	Waxaad bixineysaa \$150 oo ah Khidmada Adeegga Ceymiska**
Daaweynta Toosinta Ilkaha ee Dhameystiran	Waxaad bixineysaa \$1,500 oo ah Khidmada Adeegga Ceymiska
<b>Bir Gelinta Iliga</b>	
Qalliinka Bir Gelinta Iliga	Dheefta bir gelinta iliga ee ugu badan oo ah \$1,500 halki Mudda sanadeedba
<b>Waxyaabo kala duwan</b>	
Kawaawiso	Waxaa lagu Dabaraa Khidmadaha adeega ceymiska ee Booqashada Xafiiska
Lacagaha Shaybaarka Ilkaha	Waxaa lagu Dabaraa Khidmadaha adeega ceymiska ee Booqashada Xafiiska
Nitrous Oxide	Waxaad bixineysaa \$40 oo ah Khidmada Adeegga Ceymiska
Booqashada Xafiiska Takhasuslaha	Waxaad bixineysaa \$30 oo ah Khidmada Adeegga Ceymiska halki Booqashaba
Madhawga Daryeelka Gurmadka Degdegga ah ee Goobta Ka Baxsan	Waxaad bixineysaa khidmado ka badan \$250

\*TMJ waxay leedahay \$1000 oo ah qiimaha ugu badan sanadka/ \$5000 oo ah qiimaha ugu badan inta aad nooshahay \*\*Khidmada adeegga ceymiska waxaa lagu shubayaa khidmada Daaweynta Toosinta Ilkaha ee Dhameystiran haddii macmiilka uu aqbal qorshaha ceymiska ee daaweynta. **Xaalada Ilkaha ee Gargaarka Degdegga Ah:** Adeeg Bixiyayaasha Shirkada La Shaqeeya waxay bixin doonaan daawaynta Xaalada Ilkaha ee Gargaarka Degdegga Ah inta lagu jiro saacaha shaqada. Shirkada ayaa bixin doonta dheefaha Adeegyada La Dabaro ee ay ku bixiyaan Adeeg Bixiyayaasha Shirkada La Shaqeeya daawaynta Xaalada Ilkaha ee Gargaarka Degdegga Ah. Qofka Diiwaangashan ayaa raadsan kara daawaynta Xaalada Ilkaha ee Gargaarka Degdegga Ah ee laga helo Adeeg Bixiye Aan La Shaqayn Shirkada haddii Qofka Diiwaangashan uu 50 mayl ka badan u jiro Xafiiska Adeeg Bixiyaha Shirkada La Shaqeeya.



**SEIU 775  
BENEFITS GROUP**

**vsp vision**

**Faahfaahinta Qorshaha**

**VSP Advantage**

**Taariikhda Dhaqangalka ah 8/1/2026**


Kani waa soo koobitaan kaliya. Macluumaad dheeraad ah oo ku saabsan caymiskaaga aragga ee cusub, fadlan kala xiriir VSP Vision lambarka 800-785-0699.

### Adeeg Buuxa ee Qorshaha VSP Advantage

Lacagaha Wadabixinta (Baaritaano / Muraayado)	\$0 / \$0
<b>Inta jeer</b>	
Imtixaan	12 Bilood Walba
Muraayadaha Indhaha	12 Bilood Walba
Galka Muraayadda	12 Bilood Walba
<b>Faa'iidooyinka marka aad isticmaasho Bixiye ka tirsan Shabakadda VSP</b>	
Baaritaan Indho oo Dhameystiran	\$0 Khidmada Adeegga Ceymiska
Baaritaanka Muraayadaha Indhaha	\$0
Baadhista Isha Qeybta Dambe	\$0
Daryeelka Indhaha ee Caafimaad Muhiim ah	Waxaa Lagu Daboolay Qorshaha Caafimaadka Waxay ku xiran tahay Kharash Wadaagga ee Booqashooyinka Xafiiska ee Khuseeya
<b>Muraayadaha Indhaha</b>	
Hal Arag	Waa la daboolay
Laba Arag La isku Leemiyay	Waa la daboolay
Seddex Arag La isku Leemiyay	Waa la daboolay
<b>Gunnooyinka*</b>	
Gunnada Galka Muraayadda	\$250
Gunnada Nooca Galka Muraayadda ee La Xushay	\$270
Galka Muraayadda ee Costco	\$250
Weenaysooyinka Muraayada Indhaha ee La Dooran Karo Badal muraayadaha ama galalka muraayadda	\$600
<b>Qurxinada Muraayada Indhaha ee Kharashka Laga Bixiyay Jeebka</b>	
Polycarbonate	Waa la daboolay
Daboolka Ka-hortagga Muraayad-Aan Iftiinka Soo Celin	\$40 Khidmada Adeegga Ceymiska
Xoqdinta iyo Dahaarka Cadceeda Qoraxda (UV)	Waa la daboolay
Lifaaq Sare	Waa la daboolay
Ookiyaalaha Photochromic	Waa la daboolay
Muraayadaha Caadiga ah	Waa la daboolay
Custom/Premium Progressives	\$55 Khidmada Adeegga Ceymiska
Dhammaan Qurxinada Muraayadaha Kale ee La Qiimo Dhimay	30%

<b>Gunnooyinka Bixiyaha aan VSP ahayn</b>	
Imtixaan	\$45
Hal Arag	\$30
Laba Arag	\$50
Seddex Arag	\$65
Muraayada Shucaaca Leh	\$100
Muraayadaha Caadiga ah (Progressive Lenses)	\$50
Galka Muraayadda	\$70
Muraayado indho oo Ikhtiyaar Leh Badal muraayadaha ama galalka muraayadda	\$105

Dhammaan qorshayaasha la bixiyo oo ay dammaanad qaadayaan Kaiser Foundation Health Plan of the Northwest

 **Dukumentiga Soo Koobista Faa'iidooyinka iyo Caymiska (Summary of Benefits and Coverage, SBC) wuxuu kaa caawin doonaa inaad doorato [qorshe](#) caafimaad. SBC-gu wuxuu muujinayaa sida adiga iyo [qorshuhu](#) u wadaagi doontaan kharashka adeegyada daryeelka caafimaadka ee caymiska ku jira. **FIIRO GAAR AH:** Macluumaadka ku saabsan kharashka [qorshahan](#) (oo loo yaqaan [khidmad caymis](#)) waxaa lagu bixin doonaa si gooni ah. Tani waa kaliya soo koobid. Macluumaad dheeraad ah oo ku saabsan caymiskaaga, ama si aad u hesho nuqul ka mid ah shuruudaha buuxa ee caymiska eeg <https://kp.org/plandocuments> (af Ingiriis) ama wac 1-800-813-2000 (TTY: 711). Qeexitaannada guud ee erayada caamka ah, sida [qadarka la oggol yahay](#), [fargiga biilka](#), [boqolleyda wada-bixinta](#), [lacag wada-bixin](#), [lacagta laga jarayo](#), [bixiye](#), ama erayada kale ee [hoosta laga xarriiqay](#), ka eeg Qaamuuska. Waxaad ka eegi kartaa Qaamuuska [www.healthcare.gov/sbc-glossary/](http://www.healthcare.gov/sbc-glossary/) ama wac 1-800-813-2000 (TTY: 711) si aad u codsato nuqul.**

Su'aalaha Muhiimka ah	Jawaabaha	Sababta ay tani muhiim u tahay:
Waa maxay <a href="#">lacagta laga jarayo guud ahaan</a> ?	\$0	Eeg shaxda Dhacdooyinka Caafimaad ee Caamka ah ee hoose si aad u aragto kharashaadkaaga adeegyada <a href="#">qorshahan</a> caymiyayo.
Ma jiraan adeegyo Caymiska lagu daboolayo ka hor intaadan gaarin <a href="#">lacagta lagaa jarayo</a> ?	Ma khuseyso.	<a href="#">Qorshahan</a> wuxuu caymiyaa qaar ka mid ah waxyaabaha iyo adeegyada xitaa haddii aadan weli gaarin <a href="#">lacagta laga jarayo</a> . Laakiin <a href="#">lacag wada-bixinta</a> ama <a href="#">boqolleyda wada-bixinta</a> ayaa laga yaabaa inay khuseyso. Tusaale ahaan, <a href="#">qorshahan</a> wuxuu caymiyaa <a href="#">adeegyo ka hortag gaar ah</a> oo aan <a href="#">kharash wadaag lahayn</a> ka hor intaadan gaarin <a href="#">lacagta lagaa jarayo</a> . Eeg liiska adeegyada <a href="#">ka hortagga ee caymiska bixiyo</a> ee <a href="https://www.healthcare.gov/coverage/preventive-care-benefits/">https://www.healthcare.gov/coverage/preventive-care-benefits/</a> .
Ma jiraan <a href="#">jaritaano-lacageed kale</a> oo adeegyo gaar ah?	Maya.	Uma baahnid inaad gaarto <a href="#">jaritaano-lacageed</a> oo adeegyo gaar ah.
Waa maxay <a href="#">xadka kharashka jeebka ka baxa ee qorshahan</a> ?	\$1,250 Qof / \$2,500 Qoys	Xadka <a href="#">kharashka jeebka ka baxa</a> waa inta ugu badan ee aad sannadkii ku bixin karto adeegyada Caymiska lagu daboolay. Haddii aad leedahay xubno kale oo qoyska ah oo ku jira <a href="#">qorshahan</a> , waa inay gaaraan xadkooda <a href="#">gaarka ah ee kharashka jeebka ka baxa</a> ilaa <a href="#">xadka guud ee qoyska laga gaarayo</a> .
Maxaa aan lagu darin xadka <a href="#">kharashka jeebka ka baxa</a> ?	<a href="#">Khidmado caymis</a> , daryeel caafimaad oo <a href="#">qorshahan</a> caymiska ku jirin, iyo adeegyada lagu tilmaamay shaxda bogga 2aad ka bilaabma.	Inkastoo aad bixiso kharashaadkan, kuma jiraan <a href="#">xadka kharashka jeebka ka baxa</a> .
Ma bixin doontaa wax ka yar haddii aad isticmaasho <a href="#">bixiye ka tirsan shabakadda</a> ?	Haa. Eeg <a href="http://www.kp.org">www.kp.org</a> (af Ingiriis) ama wac 1-800-813-2000 (TTY: 711) si aad u hesho liiska <a href="#">Bixiyeyaasha Ka Qaybqaata</a> .	<a href="#">Qorshahan</a> wuxuu adeegsadaa <a href="#">shabakad bixiye</a> . Waxaad bixin doontaa wax ka yar haddii aad isticmaasho <a href="#">bixiye</a> ku jira <a href="#">shabakadda qorshaha</a> . Waxaad bixin doontaa inta ugu badan haddii aad isticmaasho <a href="#">bixiye ka baxsan shabakadda</a> , waxaana laga yaabaa inaad ka hesho biil <a href="#">bixiye</a> fargiga u dhexeeya waxa uu bixiyuhu ku dalacayo iyo waxa qorshahaagu bixiyo <a href="#">fargiga biilka</a> . Ka digtoonow, <a href="#">bixiyahaaga shabakadda ku jira</a> waxaa laga yaabaa inuu isticmaalo <a href="#">bixiye ka baxsan shabakadda</a> adeegyada qaar (sida shaqada shaybaarka). La hubi <a href="#">bixiyahaaga</a> ka hor inta aadan helin adeegyada.

Su'aalaha Muhiimka ah	Jawaabaha	Sababta ay tani muhiim u tahay:
Ma u baahan tahay <a href="#">gudbin</a> si aad u aragto <a href="#">dhakhtar takhasus leh</a> ?	Haa, laakiin waxaad si toos ah ugu tagi kartaa <a href="#">takhasusleyaal gaar ah</a> .	<a href="#">Qorshahan</a> wuxuu bixin doonaa qaar ama dhammaan kharashaadka si aad u aragto <a href="#">takhasusle</a> adeegyada caymiska ku jira laakiin kaliya haddii aad haysato <a href="#">gudbin</a> ka hor inta aadan arkin <a href="#">takhasuslaha</a> .



Dhammaan [lacag wada-bixinta](#) iyo [boqolleyda wada-bixinta](#) lagu muujiyay shaxdan waa kadib marka [lacagta laga jarayo](#) la gaaro, haddii [lacag laga jarayo](#) ay khuseyso.

Dhacdada Caafimaad ee Caamka ah	Adeegyada Aad U Baahan Karto	Waxa Aad Bixin Doonto bixiye ka tirsan shabakadda (Waxa ugu yar ee aad bixin doonto)	Waxa Aad Bixin Doonto Bixiye ka baxsan shabakadda (Waxa ugu badan ee aad bixin doonto)	Xaddidaadyo, Ka Reebisyo & Macluumaad Kale oo Muhiim ah
Haddii aad booqato xafiiska ama rugta caafimaadka ee <a href="#">bixiyaha</a> daryeelka caafimaadka	Booqashada daryeelka aasaasiga ah si loo daweeyo dhaawac ama xanuun	Lacag la'aan	Caymis ma leh	Ma jiraan
	Booqashada <a href="#">dhakhtar takhasus leh</a>	\$15 / booqasho	Caymis ma leh	Ma jiraan
	<a href="#">Daryeel ka hortag/ baaritaan</a> / tallaal	Lacag la'aan	Caymis ma leh	Waxaa laga yaabaa inaad bixiso adeegyo aan ahayn <a href="#">ka hortag</a> . Weydii <a href="#">bixiyahaaga</a> haddii adeegyada loo baahan yahay ay yihiin kuwo <a href="#">ka hortag ah</a> . Kadib hubi waxa <a href="#">qorshahaagu</a> bixin doono.
Haddii aad samayso baaritaan	<a href="#">Baaritaanada ogaanshaha</a> (raajo/x-ray, baaritaanka dhiigga)	Raajo: Lacag la'aan. Baaritaannada shaybaarka: Lacag la'aan	Caymis ma leh	Ma jiraan
	Sawir-qaadis caafimaad Sawir-qaadis Raajo Qaybo-qayb ah (Computed Tomography scan, CT)/ Sawir-qaadis Sii-deynta Positron (Positron Emission Tomography scan, PET) sawir-qaadisyo, Sawir-qaadis Isku-dhaca Birlab (Magnetic Resonance Imaging, MRI)	\$50 / booqasho	Caymis ma leh	Adeegyada qaar waxay u baahan karaan oggolaansho hore.

Dhacdada Caafimaad ee Caamka ah	Adeegyada Aad U Baahan Karto	Waxa Aad Bixin Doonto bixiye ka tirsan shabakadda (Waxa ugu yar ee aad bixin doonto)	Waxa Aad Bixin Doonto Bixiye ka baxsan shabakadda (Waxa ugu badan ee aad bixin doonto)	Xaddidaadyo, Ka Reebisyo & Macluumaad Kale oo Muhiim ah
<b>Haddii aad u baahan tahay daawoyin si aad u daaweyso jirradaada ama xaaladdaada</b> Macluumaad dheeraad ah oo ku saabsan <a href="#">caymiska daawada dhakhtarku qoro</a> ayaa laga heli karaa <a href="http://www.kp.org/formulary">www.kp.org/formulary</a> (af Ingiriis).	Daawoyinka guud (generic drugs)	\$5 (tafaariiq) iyo \$10 (dalab boosto) / <a href="#">warqadda dhakhtarku qoray</a> .	Caymis ma leh	Ilaa 30 maalmood oo daawo ah (farmashiye tafaariiq) & ilaa 90 maalmood oo daawo ah (dalab boosto). Waxay ku xiran tahay tilmaamaha <a href="#">daawoyinka la oggol yahay</a> .
	Daawoyinka nooca la doorbidayo	\$25 (farmashiye tafaariiq) & \$50 (dalab boosto) / <a href="#">warqadda dhakhtarku qoray</a> .	Caymis ma leh	Ilaa 30 maalmood oo daawo ah (farmashiye tafaariiq) & ilaa 90 maalmood oo daawo ah (dalab boosto). Waxay ku xiran tahay tilmaamaha <a href="#">daawoyinka la oggol yahay</a> .
	Daawoyinka summaan la doorbidin leh	\$50 (farmashiye tafaariiq) & \$100 (dalab boosto) / <a href="#">warqadda dhakhtarku qoray</a> .	Caymis ma leh	Ilaa 30 maalmood oo daawo ah (farmashiye tafaariiq) & ilaa 90 maalmood oo daawo ah (dalab boosto). Waxay ku xiran tahay tilmaamaha <a href="#">daawoyinka la oggol yahay</a> marka lagu ansixiyo habka ka-reebista.
	<a href="#">Daawoyinka khaaska ah</a>	\$50 (tafaariiq) / <a href="#">warqadda dhakhtarku qoray</a>	Caymis ma leh	Ilaa 30 maalmood oo daawo ah (farmashiye tafaariiq). Waxay ku xiran tahay tilmaamaha <a href="#">daawoyinka la oggol yahay</a> marka lagu ansixiyo habka ka-reebista.
<b>Haddii aad leedahay qalliin bukaan-socod ah</b>	Khidmada xarunta (tusaale, xarunta qalliinka bukaan-socodka)	\$50 / booqasho	Caymis ma leh	Oggolaansho hore ayaa loo baahan yahay.
	Khidmada dhakhtarka/qalliinka	Lacag la'aan	Caymis ma leh	Khidmadaha dhakhtarka/qalliinka waxaa lagu daray khidmada xarunta.
<b>Haddii aad u baahan tahay daryeel caafimaad oo degdeg ah</b>	<a href="#">Daryeelka qolka xaaladaha degdegga ah</a>	\$200 / booqasho	\$200 / booqasho	<a href="#">Lacag wada-bixinta</a> waa laga dhaafayaa haddii si toos ah laguugu dhigo isbitaalka bukaan-jiif ahaan.
	<a href="#">Gaadiidka degdegga ah ee caafimaadka</a>	\$75 / safarkii	\$75 / safarkii	Ma jiraan
	<a href="#">Daryeel degdeg ah</a>	\$30 / booqasho	Caymis ma leh	<a href="#">Bixiyeyaasha aan ku jirin shabakadda</a> waxaa caymis ahaan lagu daboolaa marka si ku-meel-gaar ah looga baxo aagga adeegga. \$30 / booqasho
<b>Haddii aad ku jirto isbitaalka</b>	Khidmada xarunta (tusaale, qolka isbitaalka)	\$100 / gelitaan	Caymis ma leh	Oggolaansho hore ayaa loo baahan yahay.
	Khidmada dhakhtarka/qalliinka	Lacag la'aan	Caymis ma leh	Khidmadaha dhakhtarka/qalliinka waxaa lagu daray khidmada xarunta.

Dhacdada Caafimaad ee Caamka ah	Adeegyada Aad U Baahan Karto	Waxa Aad Bixin Doonto bixiye ka tirsan shabakadda (Waxa ugu yar ee aad bixin doonto)	Waxa Aad Bixin Doonto Bixiye ka baxsan shabakadda (Waxa ugu badan ee aad bixin doonto)	Xaddidaadyo, Ka Reebisyo & Macluumaad Kale oo Muhiim ah
Haddii aad u baahan tahay adeegyada caafimaadka maskaxda, caafimaadka dabeecadda, ama adeegyada isticmaalka maandooriyaha	Adeegyada bukaan-socodka	Lacag la'aan	Caymis ma leh	Ma jiraan
	Adeegyada bukaan-jiifka	\$100 / gelitaan	Caymis ma leh	Oggolaansho hore ayaa loo baahan yahay.
Haddii aad uur leedahay	Booqashooyinka xafiiska	Lacag la'aan	Caymis ma leh	Iyadoo ku xiran nooca adeegyada, <a href="#">lacag wada-bixin</a> , <a href="#">boqolleyda wada-bixinta</a> , ama <a href="#">lacagta laga jarayo</a> ayaa laga yaabaa in la isticmaalo. Daryeelka hooyada waxaa ka mid noqon kara baaritaanno iyo adeegyo lagu sharaxay meelaha kale ee SBC (sida baaritaanka ultrasound).
	Adeegyada xirfadeed ee dhalmada/foosha	Lacag la'aan	Caymis ma leh	Adeegyada xirfadeed waxaa lagu daray khidmada xarunta.
	Adeegyada xarunta dhalmada/foosha	\$100 / gelitaan	Caymis ma leh	Ma jiraan
Haddii aad u baahan tahay caawimaad soo kabasho ama aad leedahay baahiyo caafimaad oo gaar ah	<a href="#">Daryeelka caafimaadka guriga</a>	Lacag la'aan	Caymis ma leh	Ilaa 130 booqasho sanadkii (ugu badnaan). Oggolaansho hore ayaa loo baahan yahay.
	<a href="#">Adeegyada dib-u-soo-kabashada</a>	Bukaan-socod: \$15 / booqasho. Bukaan-jiif: \$100 / gelitaan.	Caymis ma leh	Bukaan-socod: 20 booqasho sanadkii. Oggolaansho hore ayaa loo baahan yahay. Bukaan-jiif: Oggolaansho hore ayaa loo baahan yahay.
	<a href="#">Adeegyada baxnaaninta</a>	\$15 / booqasho	Caymis ma leh	Ilaa 20 booqasho sanadkii (ugu badnaan). Oggolaansho hore ayaa loo baahan yahay.
	<a href="#">Daryeelka kalkaalisada xirfadda leh</a>	Lacag la'aan	Caymis ma leh	Ilaa 100 maalmood sanadkii (ugu badnaan). Oggolaansho hore ayaa loo baahan yahay.
	<a href="#">Qalabka caafimaadka ee waara</a>	Lacag la'aan	Caymis ma leh	Waxay ku xiran tahay tilmaamaha <a href="#">daawooyinka la oggol yahay</a> . Oggolaansho hore ayaa loo baahan yahay.
	<a href="#">Adeegyada hospice</a>	Lacag la'aan	Caymis ma leh	Oggolaansho hore ayaa loo baahan yahay.

Dhacdada Caafimaad ee Caamka ah	Adeegyada Aad U Baahan Karto	Waxa Aad Bixin Doonto bixiye ka tirsan shabakadda (Waxa ugu yar ee aad bixin doonto)	Waxa Aad Bixin Doonto Bixiye ka baxsan shabakadda (Waxa ugu badan ee aad bixin doonto)	Xaddidaadyo, Ka Reebisyo & Macluumaad Kale oo Muhiim ah
Haddii ilmahaagu u baahan yahay daryeel ilkaha ama indhaha	Baaritaanka indhaha carruurta	Lacag la'aan weeye baaritaanka araggu	Caymis ma leh	Ma jiraan
	Muraayadaha carruurta	Caymis ma leh	Caymis ma leh	Ma jiraan
	Baaritaanka ilkaha carruurta	Caymis ma leh	Caymis ma leh	Ma jiraan

#### Adeegyada Ka Reeban & Adeegyada Kale ee Caymiska lagu daboolay:

Adeegyada [qorshahaagu](#) guud ahaan uusan daboolin (Fadlan eeg dukumeentiga siyaasadda ama [qorshaha](#) si aad u hesho macluumaad dheeraad ah iyo liiska [adeegyada kale ee laga reebay](#).)

- |   |  |   |
|---|--|---|
| <ul style="list-style-type: none"> <li>● Barnaamijyada miisaan-dhimista</li> <li>● Daaweynta madhalaysnimada</li> <li>● Daryeelka aan degdega ahayn marka meel ka baxsan Maraykanka lagu safrayo</li> </ul> | <ul style="list-style-type: none"> <li>● Daryeelka caadiga ah ee cagaha</li> <li>● Daryeelka ilkaha (Dadka waaweyn iyo Carruurta)</li> <li>● Daryeelka kalkaalisada gaarka ah</li> </ul> | <ul style="list-style-type: none"> <li>● Daryeelka muddada-dheer</li> <li>● Muraayadaha carruurta</li> <li>● Qalliinka is-qurxinta</li> </ul> |
|---|--|---|

Adeegyada Kale ee caymiska ku jira (Xaddidaado ayaa laga yaabaa in lagu dabaqo adeegyadan. Kani ma aha liis dhammaystiran. Fadlan eeg dukumeentiga [qorshahaaga](#).)

- |  |  |   |
|--|--|---|
| <ul style="list-style-type: none"> <li>● Aaladaha maqalka (1 aalad / dheg / 36 bilood)</li> <li>● Daaweynta durista cirbadaha (20 xad booqasho/sanad)</li> </ul> | <ul style="list-style-type: none"> <li>● Daryeelka caadiga ah ee indhaha (Dadka waaweyn)</li> <li>● Daryeelka lafdhabarta (20 xad booqasho/sanad)</li> </ul> | <ul style="list-style-type: none"> <li>● Qalliinka cayilka</li> </ul> |
|--|--|---|

**Xuquuqdaada sii wadidda caymiska:** Waxaa jira hay'ado kaa caawin kara haddii aad rabto inaad sii wadato caymiskaaga ka dib marka uu dhammaado. Macluumaadka xiriirka ee hay'adahaas waxa lagu muujiyey jadwalka hoose. Ikhtiyarro kale oo caymis ah ayaa sidoo kale laga yaabaa inaad heshid, oo ay ku jiraan iibsashada caymis shaqsiyeed oo laga helo [Health Insurance Marketplace](#). Si aad u hesho macluumaad dheeraad ah oo ku saabsan [Marketplace](#), booqo [www.HealthCare.gov](http://www.HealthCare.gov) ama wac 1-800-318-2596.

**Xuquuqdaada cabashooyinka iyo racfaanka:** Waxaa jira hay'ado kaa caawin kara haddii aad cabasho ka qabto [qorshahaaga](#) diidmada [shegashada](#). Cabashadan waxaa loo yaqaan [cabasho](#) ama [racfaan](#). Si aad u hesho macluumaad dheeraad ah oo ku saabsan xuquuqdaada, eeg sharaxaadda faa'iidooyinka ee aad heli doonto ee [sheegashada](#) caafimaadkaas. Dukumeentiyada [qorshahaaga](#) sidoo kale waxay bixiyaan macluumaad dhammaystiran oo ku saabsan sida loo gudbiyo [sheegasho](#), [racfaan](#), ama [cabasho](#) sababo kasta oo loo gudbiyo [qorshahaaga](#). Si aad u hesho macluumaad dheeraad ah oo ku saabsan xuquuqdaada, ogeysiiskan, ama caawimaad, la xiriir hay'adaha ku qoran shaxda hoose.

## Macluumaadka Xiriirka ee Xuquuqdaada Sii Wadidda Caymiska & Xuquuqdaada Cabashooyinka iyo Racfaanka:

Adeegyada Xubnaha Kaiser Permanente	1-800-813-2000 (TTY: 711) ama <a href="http://www.kp.org/memberservices">www.kp.org/memberservices</a> (af Ingiriis)
Maamulka Amniga Faa'iidooyinka Shaqaalaha ee Waaxda Shaqaalaha	1-866-444-EBSA (3272) ama <a href="http://www.dol.gov/ebsa/healthreform">www.dol.gov/ebsa/healthreform</a>
Waaxda Caafimaadka iyo Adeegyada Aadanaha, Xarunta Macluumaadka Macmiilka iyo Kormeerka Caymiska	1-877-267-2323 x61565 ama <a href="http://www.ccio.cms.gov">www.ccio.cms.gov</a>
Waaxda Caymiska ee Oregon	1-888-877-4894 ama <a href="https://dfr.oregon.gov/">https://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>

### Qorshahan ma bixiyaan Caymiska Muhiimka ah ee Ugu Yar? Haa

[Caymiska Muhiimka ah ee Ugu Yar](#) guud ahaan waxaa ku jira [qorshayaal](#), [caymis caafimaad](#) oo laga helo [Suuqa](#) ama siyaasado suuq shaqsiyeed kale, Medicare, Medicaid, CHIP, TRICARE, iyo caymisyo kale oo gaar ah. Haddii aad u qalanto noocyo gaar ah oo [Caymiska Muhiimka ah ee Ugu Yar ah](#), waxaa laga yaabaa inaad u qalmin [credit-ka canshuurta premium-ka](#).

### Qorshahan ma buuxiyaa Heerarka Qiimaha Ugu Yar? Haa

Haddii [qorshahaagu](#) uusan buuxin [Heerarka Qiimaha Ugu Yar](#), waxaa laga yaabaa inaad u qalanto [ka-dhimista canshuurta ee khidmada caymiska](#) si uu kaaga caawiyo bixinta [qorshe](#) oo loo maraayo [Suuqa](#).

### Adeegyada Helitaanka Luuqadda:

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)

TRADITIONAL 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)

PENNSYLVANIA DUTCH (Deitsch): Fer Hilf griege in Deitsch, ruf 1-800-813-2000 (TTY: 711) uff

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

SAMOAN (Gagana Samoa): Mo se fesoasoani i le Gagana Samoa, vala'au mai i le numera telefoni 1-800-813-2000 (TTY: 711)

CAROLINIAN (Kapasal Falawasch): ngere aukke ghut alillis reel kapasal Falawasch au fafaingi tilifon ye 1-800-813-2000 (TTY: 711)

CHAMORRO (Chamoru): Para un ma ayuda gi finu Chamoru, à'gang 1-800-813-2000 (TTY: 711)

*Si aad u aragto tusaalooyin sida [qorshahan](#) u caymin karo kharashyada xaalad caafimaad oo tusaale ah, eeg qaybta xigta*

## Ku saabsan Tusaalooyinkan Caymiska:



Kani ma aha qalab lagu qiyaaso kharashka. Daawaynta la muujiyey waa tusaalooyin kaliya oo ku saabsan sida [qorshahan](#) u caymin karo daryeelka caafimaadka. Kharashyadaada dhabta ah way ka duwanaa doonaan iyadoo ku xiran daryeelka aad hesho, qiimaha [bixiyeyaasha](#) iyo arrimo kale oo badan. Diiradda saar [lacagaha](#) kharash wadaaga ah ([lacagta laga jaro](#), [lacag wada-bixinta](#) iyo [boqolleyda wada-bixinta](#)) iyo [adeegyada ka reeban](#) ee [qorshaha](#). Isticmaal macluumaadkan si aad u barbar dhigto qaybta kharashka aad ku bixin karto [qorshayaasha](#) caafimaad ee kala duwan. Fadlan ogow tusaalooyinkan caymiska waxay ku saleysan yihiin caymis hal qof ah.

### Peg waxay dhalaysaa ilmo

(9 bilood oo daryeel dhalmada ka hor ah oo shabakadda ah iyo umulin isbitaal)

■ <a href="#">Qorshaha</a> lacagta guud ee <a href="#">laga jarayo</a>	\$0
■ <a href="#">Lacag wada-bixinta ee booqashada dhakhtar takhasus leh</a>	\$15
■ Lacagta <a href="#">wada-bixinta</a> ee isbitaalka (goobta adeegga)	\$100
■ Lacagta <a href="#">wada-bixinta</a> ee adeegyada kale (baaritaanka dhiigga)	\$0

TUSAALAHAN waxaa ku jira adeegyada sida:

[Dhakhtar takhasus](#) booqashooyinka xafiiska (daryeelka uurka)

Adeegyada xirfadeed ee dhalmada / foosha

Adeegyada xarunta dhalmada / foosha

[Baaritaannada ogaanshaha](#)

(ultrasound iyo baaritaanka dhiigga)

[Dhakhtarka takhasus](#) booqashada (suuxinta)

Wadarta Kharashka Tusaalaha \$12,700

Tusaalahan, Peg waxay bixin lahayd:

Wada-bixinta kharashka	
<a href="#">Lacagta laga jarayo (deductibles)</a>	\$0
<a href="#">Lacag wada-bixinta (copayments)</a>	\$100
<a href="#">Boqolleyda wada-bixinta (coinsurance)</a>	\$0
Wax aan la daboolin	
Xaddidaad ama ka reebid	\$60
<b>Wadarta uu Peg bixin lahaa waa</b>	<b>\$160</b>

### Maaraynta sonkorowga nooca 2aad ee Joe

(sanad daryeel joogto ah oo shabakad ku jira oo xaalad si wanaagsan loo xakameeyay)

■ <a href="#">Qorshaha</a> lacagta guud ee <a href="#">laga jarayo</a>	\$0
■ <a href="#">Lacag wada-bixinta ee booqashada dhakhtar takhasus leh</a>	\$15
■ Lacagta <a href="#">wada-bixinta</a> ee isbitaalka (goobta adeegga)	\$100
■ Lacagta <a href="#">wada-bixinta</a> ee adeegyada kale (baaritaanka dhiigga)	\$0

TUSAALAHAN waxaa ku jira adeegyada sida:

[Dhakhtarka daryeelka aasaasiga ah](#) booqashooyinka xafiiska (oo ay ku jiraan barashada cudurka)

[Baaritaannada ogaanshaha](#) (baaritaanka dhiigga)

[Daawooyinka la qoro](#)

[Qalabka caafimaadka ee waara](#)

(mitirka sonkorta/glucose meter)

Wadarta Kharashka Tusaalaha \$5,600

Tusaalahan, Joe wuxuu bixin lahaa:

Wada-bixinta kharashka	
<a href="#">Lacagta laga jarayo (deductibles)</a>	\$0
<a href="#">Lacag wada-bixinta (copayments)</a>	\$300
<a href="#">Boqolleyda wada-bixinta (coinsurance)</a>	\$0
Wax aan la daboolin	
Xaddidaad ama ka reebid	\$0
<b>Wadarta uu Joe bixin lahaa waa</b>	<b>\$300</b>

### Jabka fudud ee Mia

(booqashada qolka gurmada degdegga ah ee shabakadda iyo daryeelka dabagalka)

■ <a href="#">Qorshaha</a> lacagta guud ee <a href="#">laga jarayo</a>	\$0
■ <a href="#">Lacag wada-bixinta ee booqashada dhakhtar takhasus leh</a>	\$15
■ Lacagta <a href="#">wada-bixinta</a> ee isbitaalka (goobta adeegga)	\$100
■ Lacagta <a href="#">wada-bixinta</a> ee adeegyada kale (raajada)	\$0

TUSAALAHAN waxaa ku jira adeegyada sida:

[Daryeelka qolka degdegga ah](#)

(oo ay ku jiraan qalabka caafimaadka)

[Baaritaan](#) (raajo/X-ray)

[Qalabka caafimaadka ee waara](#)

(crutches/biraha lagu socdo)

[Adeegyada baxnaaninta](#) (daaweynta jireed)

Wadarta Kharashka Tusaalaha \$2,800

Tusaalahan, Mia waxay bixin lahayd:

Wada-bixinta kharashka	
<a href="#">Lacagta laga jarayo (deductibles)</a>	\$0
<a href="#">Lacag wada-bixinta (copayments)</a>	\$400
<a href="#">Boqolleyda wada-bixinta (coinsurance)</a>	\$0
Wax aan la daboolin	
Xaddidaad ama ka reebid	\$0
<b>Wadarta ay Mia bixin lahayd waa</b>	<b>\$400</b>

[Qorshuhu](#) wuxuu bixin doonaa kharashaadka kale ee adeegyada la caymiska ku jira ee TUSAALAHAN.

## Ogaysiiska Takoorka La'anta

Kaiser Foundation Health Plan of the Northwest (Kaiser Health Plan) waxay u hoggaansantaa shuruucda xuquuqda madaniga ah ee federaalka iyo kuwa gobolka ee khuseeya, mana takooro, kama reebto dadka, mana ula dhaqanto si ka duwan sababo la xiriira jinsiyad, **midab, asal qaran (oo ay ku jirto aqoon la'aanta Ingiriisiga), da'da, naafonimada, ama jinsiga (oo ay ku jiraan astaamaha jinsiga, astaamaha intersex; uurka ama xaaladaha la xiriira; jihada galmada; aqoonsiga jinsiga, iyo fikradaha jinsiga).**

Kaiser Health Plan:

- Waxay siisaa dadka naafada ah wax-ka-beddelo macquul ah iyo kaalmooyin iyo adeegyo caawimo oo ku habboon oo bilaash ah si ay si wax ku ool ah noola xiriiraan, sida:
  - Turjubaano aqoon u leh afka calaamadaha
  - Macluumaad qoraal ah oo qaabab kale ah, sida far waaweyn, maqal, farta dadka arag la', iyo qaabab elektaroonik ah oo la heli karo
- Waxay bixisaa adeegyo afeed oo bilaash u ah dadka Ingiriisigu aanu ahayn afkooda koowaad, sida:
  - Turjubaano aqoon leh
  - Macluumaad ku qoran afaf kale

Haddii aad u baahan tahay adeegyadan, wac Adeegyada Xubnaha (Member Services) **1-800-813-2000** (TTY: **711**).

Haddii aad aaminsan tahay in Kaiser Health Plan ay ku guuldarraysatay inay bixiso adeegyadan ama ay si kale ku takoortey sababo la **xiriira jinsiyad, midab, asal qaran, da', naafonimo, jinsi, aqoonsiga jinsiga, ama jihada galmada, waxaad cabasho u gudbin kartaa** Isku-duwaha Xuquuqda Madaniga ah (Civil Rights Coordinator), adigoo adeegsanaya boosto, telefoon, ama fakis. Haddii aad u baahan tahay caawimo ku saabsan gudbinta cabasho, Isku-duwaha Xuquuqda Madaniga ah ayaa diyaar u ah inuu ku caawiyo. Waxaad la xiriiri kartaa Isku-duwahaayaga Xuquuqda Madaniga ah:

Member Relations Department  
Attention: Kaiser Civil Rights Coordinator  
500 NE Multnomah St., Suite 100  
Portland, OR 97232-2099  
Fakis: **1-855-347-7239**

Waxa kale oo aad cabasho xuquuqda madaniga ah u gudbin kartaa Waaxda Caafimaadka iyo Adeegyada Aadanaha ee Mareykanka (U.S. Department of Health and Human Services), Xafiiska Xuquuqda Madaniga (Office for Civil Rights) ah adigoo elektaroonik ahaan u maraya bogga cabashada Xafiiska Xuquuqda Madaniga ah, oo laga heli karo **<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>**, ama boosto ama telefoon ahaan:

U.S. Department of Health and Human Services  
200 Independence Avenue SW  
Room 509F, HHH Building  
Washington, DC 20201  
Telefoon: **1-800-368-1019**  
TDD: **1-800-537-7697**

Foomamka cabashada waxaa laga heli karaa [www.hhs.gov/ocr/office/file/index.html](http://www.hhs.gov/ocr/office/file/index.html).

**Xubnaha Washington:**

Waxa kale oo aad cabasho u gudbin kartaa Xafiiska Wakiilka Caymiska (Insurance Commissioner) ee Gobolka Washington, adigoo elektaroonik ahaan u maraya bogga cabashada Xafiiska Wakiilka Caymiska, oo laga heli karo

<https://www.insurance.wa.gov/file-complaint-or-check-your-complaint-status>, ama telefoon ahaan **1-800-562-6900**, ama **360-586-0241** (TDD). Foomamka cabashada waxaa laga heli karaa

<https://fortress.wa.gov/oic/online-services/cc/pub/complaintinformation.aspx>.

Ogeysiiskan waxaa laga heli karaa

<https://healthy.kaiserpermanente.org/oregon-washington/language-assistance/nondiscrimination-notice>

## Help in Your Language

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

**አማርኛ (Amharic) ትኩረት:** አማርኛ የሚናገሩ ከሆነ ተገቢ የሆኑ ረዳት መርጃዎችን እና አገልግሎቶችን ጨምሮ የቋንቋ እርዳታ አገልግሎቶች በነጻ ይገኛሉ። በ **1-800-813-2000** ይደውሉ (TTY: 711)።

**العربية (Arabic) تشبيه:** إذا كنت تتحدث العربية، تتوفر لك خدمات المساعدة اللغوية بما في ذلك من وسائل المساعدة والخدمات المناسبة بالمجان. اتصل بالرقم **1-800-813-2000** (TTY: 711).

**中文 (Chinese) 注意事項:** 如果您說中文，您可獲得免費語言協助服務，包括適當的輔助器材和服務。致電 **1-800-813-2000** (TTY: 711)。

**فارسی (Farsi) توجه:** اگر به زبان فارسی صحبت می‌کنید، «تسهیلات زبانی»، از جمله کمک‌ها و خدمات پشتیبانی مناسب، به صورت رایگان در دسترس‌تان است. با **1-800-813-2000** تماس بگیرید (TTY تلفن متنی): **711**.

**Français (French) ATTENTION :** si vous parlez français, des services d'assistance linguistique comprenant des aides et services auxiliaires appropriés, gratuits, sont à votre disposition. Appelez le **1-800-813-2000** (TTY: 711).

**Deutsch (German) ACHTUNG:** Wenn Sie Deutsch sprechen, steht Ihnen die Sprachassistentz mit entsprechenden Hilfsmitteln und Dienstleistungen kostenfrei zur Verfügung. Rufen Sie **1-800-813-2000** an (TTY: 711).

**日本語 (Japanese) 注意:** 日本語を話す場合、適切な補助機器やサービスを含む言語支援サービスが無料で提供されます。**1-800-813-2000** までお電話ください (TTY: 711)。

**ខ្មែរ (Khmer) យកចិត្តទុកដាក់:** បើអ្នកនិយាយខ្មែរ សេវាជំនួយភាសា រួមទាំងជំនួយនិងសេវាសមស្រប ដោយឥតគិតថ្លៃ មានចំពោះអ្នក។ ហៅ **1-800-813-2000** (TTY: 711)។

**한국어 (Korean) 주의:** 한국어를 구사하실 경우, 필요한 보조 기기 및 서비스가 포함된 언어 지원 서비스가 무료로 제공됩니다. **1-800-813-2000**로 전화해 주세요(TTY: 711).

**ລາວ (Laotian) ເອົາໃຈໃສ່:** ຖ້າທ່ານເວົ້າພາສາລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ ລວມທັງອຸປະກອນ ແລະ ການບໍລິການຊ່ວຍເຫຼືອທີ່ເໝາະສົມ ຈະມີໃຫ້ທ່ານໂດຍບໍ່ເສຍຄ່າ. ໂທ **1-800-813-2000** (TTY: 711).

**Afaan Oromoo (Oromo) XIYYEEFFANNOO:** Yoo Afaan Oromo dubbattu ta'e, Tajaajila gargaarsa afaanii, gargaarsota dabalataa fi tajaajiloota barbaachisoo kaffaltii irraa bilisa ta'an, isiniif ni jira. **1-800-813-2000** irratti bilbilaa (TTY:- **711**)

**ਪੰਜਾਬੀ (Punjabi) ਧਿਆਨ ਦਿਓ:** ਜੇ ਤੁਸੀਂ ਪੰਜਾਬੀ ਬੋਲਦੇ ਹੋ, ਤਾਂ ਤੁਹਾਡੇ ਲਈ ਮੁਫਤ ਉਪਲਬਧ ਭਾਸ਼ਾ ਸਹਾਇਤਾ ਸੇਵਾਵਾਂ, ਜਿਨ੍ਹਾਂ ਵਿੱਚ ਯੋਗ ਸਹਾਇਕ ਸਹਾਇਤਾਵਾਂ ਅਤੇ ਸੇਵਾਵਾਂ ਸ਼ਾਮਲ ਹਨ। ਕਾਲ ਕਰੋ **1-800-813-2000** (TTY:- **711**)।

**Română (Romanian) ATENȚIE:** Dacă vorbiți română, vă sunt disponibile gratuit servicii de asistență lingvistică, inclusiv ajutoare și servicii auxiliare adecvate. Sunați la **1-800-813-2000** (TTY: 711).

**Русский (Russian) ВНИМАНИЕ!** Если вы говорите по-русски, вам доступны бесплатные услуги языковой поддержки, включая соответствующие вспомогательные средства и услуги. Позвоните по номеру **1-800-813-2000** (TTY: 711).

**Español (Spanish) ATENCIÓN:** Si habla español, tiene a su disposición servicios de asistencia lingüística que incluyen ayudas y servicios auxiliares adecuados y gratuitos. Llame al **1-800-813-2000** (TTY: **711**).

**Tagalog (Tagalog) PAALALA:** Kung nagsasalita ka ng Tagalog, available sa iyo ang serbisyo ng tulong sa wika kabilang ang mga naaangkop na karagdagang tulong at serbisyo, nang walang bayad. Tumawag sa **1-800-813-2000** (TTY: **711**).

**ไทย (Thai) โปรดทราบ:** หากท่านพูดภาษาไทย ท่านสามารถขอรับบริการช่วยเหลือด้านภาษา รวมทั้งเครื่องช่วยเหลือและบริการเสริมที่เหมาะสมได้ฟรี โทร **1-800-813-2000** (TTY: **711**).

**Українська (Ukrainian) УВАГА!** Якщо ви володієте українською мовою, вам доступні безкоштовні послуги з мовної допомоги, включно із відповідною додатковою допомогою та послугами. Зателефонуйте за номером **1-800-813-2000** (TTY: **711**).

**Tiếng Việt (Vietnamese) CHÚ Ý:** Nếu bạn nói tiếng Việt, bạn có thể sử dụng các dịch vụ hỗ trợ ngôn ngữ miễn phí, bao gồm các dịch vụ và phương tiện hỗ trợ phù hợp. Xin gọi **1-800-813-2000** (TTY: **711**).

Summary of Benefits and Coverage: What this Plan Covers & What You Pay for Covered Services

Coverage Period: 08/01/2026 – 07/31/2027

Coverage for: SEIU Healthcare NW Health Benefit Trust - Progyny Fertility and Pregnancy & Postpartum Health Reimbursement Arrangement

The Summary of Benefits and Coverage (SBC) document will help you choose a health plan. The SBC shows you how you and the plan would share the cost for covered health care services. This is only a summary. For more information about your coverage, please contact your dedicated Progyny Pregnancy & Postpartum coach or your Progyny Fertility Patient Care Advocate (PCA) at (833) 233-0517.

Important Questions	Answers	Why This Matters:
What is the overall deductible?	Individual \$0 Family \$0	There is no deductible with your Progyny plans.
Do I have a copayment?	No.	There is no copayment with your Progyny Fertility and Pregnancy & Postpartum plans.
Do I have coinsurance	No.	There is no coinsurance with your Progyny Fertility and Pregnancy & Postpartum plans.
Are there services covered before you meet your deductible?	No.	You will not pay an out-of-pocket for your Progyny Fertility and Pregnancy & Postpartum services. All services provided under the plan are preventive care services and not subject to cost share.
Are there other deductibles for specific services?	No.	There is no deductible required for the Progyny Fertility and Pregnancy & Postpartum HRA plans. All services provided under the plan are preventive care services and not subject to cost share.
What is the out-of-pocket limit for this plan?	Individual \$0 / Family \$0	There is no out-of-pocket limit with your Progyny plans.
Will you pay less if you use a network provider?	Not applicable.	<b>Progyny's</b> Fertility and Pregnancy & Postpartum coaches and care providers are all included in this plan. There are no benefits available for non-Progyny coaches.

### Excluded Services & Other Covered Services:

Exclusions include home ovulation prediction kits, services and supplies furnished by an out-of-network provider, and treatments considered experimental by the American Society of Reproductive Medicine. All charges associated with services for a gestational carrier, including but not limited to fees for laboratory tests, are not covered. If your doctor requests services that are not listed in this guide, please check with your PCA to confirm coverage. There are some services that do not fall under Progyny's coverage; however, they may be provided through your medical plan.

**Your Rights to Continue Coverage:** There are agencies that can help if you want to continue your coverage after it ends. The contact information for those agencies is: Healthcare.gov: [www.HealthCare.gov](http://www.HealthCare.gov) or call 1-800-318-2596 or state health insurance marketplace or SHOP. Other coverage options may be available to you, too, including buying individual insurance coverage through the [Health Insurance Marketplace](#). For more information about the [Marketplace](#), visit [www.HealthCare.gov](http://www.HealthCare.gov) or call 1-800-318- 2596.

**Your Grievance and Appeals Rights:** There are agencies that can help if you have a complaint against your [plan](#) for a denial of a [claim](#). This complaint is called a [grievance](#) or [appeal](#). For more information about your rights, look at the explanation of benefits you will receive for that medical [claim](#). Your [plan](#) documents also provide complete information on how to submit a [claim](#), [appeal](#), or a [grievance](#) for any reason to your [plan](#). For more information about your rights, this notice, or assistance, go to [www.dol.gov/ebsa/healthreform](http://www.dol.gov/ebsa/healthreform) and <http://www.cms.gov/CCIIO/Resources/Consumer-Assistance-Grants>.

Does this plan provide Minimum Essential Coverage? Not Applicable.

[Minimum Essential Coverage](#) generally includes [plans](#), [health insurance](#) available through the [Marketplace](#) or other individual market policies, Medicare, Medicaid, CHIP, TRICARE, and certain other coverage. If you are eligible for certain types of [Minimum Essential Coverage](#), you may not be eligible for the [premium tax credit](#).

Does this plan meet the Minimum Value Standards? Not Applicable.

If your [plan](#) doesn't meet the [Minimum Value Standards](#), you may be eligible for a [premium tax credit](#) to help you pay for a [plan](#) through the [Marketplace](#).



## OGEYSIISKA HIPAA EE XUQUUQDA DIIWAANGELINTA KHAASKA AH

Haddii aad diiddid is-diiwaangelinta naftaada ama dadka kugu tiirsan (oo ay ku jiraan xaaskaaga) sabab ah caymis caafimaad oo kale ama daboolida qorshaha caafimaadka koox, waxaa laga yaabaa inaad iska diiwaangeliso naftaada iyo kuwa kugu tiirsan qorshahan haddii adiga ama dadka kugu tiirsan aad weysaan u-qalmitaanka caymiska kale (ama haddii uu shaqo-bixiyuhu joojiyo lacag bixinta caymiskaaga ama dadka kugu tiirsan). Hase yeeshee, waa in aad codsataa is-diiwaangelinta 30 maalmood gudohood laga billaabo markii uu kaa dhamaado caymiska kale ee adiga ama kuwa ku tiirsansanaa (ama marka uu shaqo-bixiyuhu joojiyo in uu ka qaybqaato lacag bixinta ceymiska kale).

Intaa waxaa dheer, haddii aad leedahay ku-tiirsane cusub guur, dhalasho, korsasho, ama meelaynta korsashada awgeed, waxaa laga yaabaa in aad awoodo in aad diiwaangeliso naftaada iyo kuwa kugu tiirsan. Hase yeeshee, waa in aad codsatid diiwaangelinta 30 maalmood gudahooda ka dib guurka, dhalashada, korsashada, ama meelaynta korsashada.

Haddii adiga ama kuwa kugu tiirsan aad u-qalintaan kabida khidmada kaalmada ee gobolka ee Medicaid ama barnaamijka caymiska caafimaadka carruurta ee gobolka marka la eego caymiska hoos yimaada qorshahan, ama haddii adiga ama kuwa kugu tiirsan aad weydaan Medicaid ama barnaamijka caymiska caafimaadka carruurta sabab ah inaad hadda u qalmin, waxaa laga yaabaa inaad awoodo inaad iska diiwaan geliso naftaada iyo kuwa kugu tiirsanba qorshahan. Hase yeeshee, waa inaad codsatid isdiiwaangelinta 60 maalmood gudahooda ka dib go'aanka adiga ama kuwa kugu tiirsan ee u-qalmitaanka gargaarkan.

Si aad u codsato is-diiwaangelin gaar ah ama aad u hesho macluumaad dheeraad ah, fadlan la xiriir Maamulaha Ururka:

MagnaCare  
P.O. Box 24811  
Seattle, WA 98124  
Taleefonka: (877) 606-6705  
Fakis: (516) 723-7395

### Qoraal Muhiim ah Oo ku Saabsan Dib u Celinta

**Fadlan la soco in haddii aad doorato caymiska sii wadida COBRA ee u laabanaya dhacdadaada u qalmidda COBRA ama diiwaangelinta gaarka ah ee ku tiirsane cusub oo ku saleysan dhalashada ama korsashada illaa taariikhda dhalashada ama korsashada, waa inaad bixisaa wixii khidmadaha ah ee loo baahan yahay bilaha oo dhan ka hor inta aan lagu siin caymiska dib u celinta. Caymiska dib u celinta waa in uu ahaadaa mid joogto ah laga billaabo waqtiga ugu horreeya ee dib u celinta. Waxaa laga yaabaa inaad soo gudbiso cabashooyinka adeegyada muddada la hakiyey, laakiin waa lagaa hayn doonaa illaa aad bixiso lacagaha khidmadaha habboon.**

Haddii aad qabto wax su'aalo ah oo ku saabsan sida macluumaadkan kuu khuseeyo, fadlan kala xiriir Adeegga Macaamiisha SEIU 775 barta (877) 606-6705.

877-606-6705  
seiu775benefitsgroup.org  
PO Box 24811  
Seattle, WA 98124

## **Kaalmada Khidmada Caymiska ee hoos timaada Medicaid iyo Barnaamijka Caymiska Caafimaadka Carruurta (Children’s Health Insurance Program, CHIP)**

Haddii adiga ama ilmaha aad u qalantaan Medicaid ama CHIP oo aad u qalantaan caymiska caafimaadka cida aad u shaqayso, gobolkaagu waxaa laga yaabaa inuu haysto barnaamij caawimaad khidmada oo kaa caawin kara bixinta khidmada caymiska, iyadoo isticmaalaya lacagaha laga helo barnaamijyadooda Medicaid ama CHIP. Haddii adiga ama ilmahaaga aanad u qalmin Medicaid ama CHIP, uma qalmin doontaan barnaamijyadan kaalmada khidmada caymiska laakiin waxaa laga yaabaa inaad ka gadataan caymiska shakhsi ahaaneed ee Shirkadaha Caymiska Caafimaadka. Wixii macluumaad dheeraad ah, booqo [www.healthcare.gov](http://www.healthcare.gov).

Hadii adiga ama dadka kugu tiirsan aad hore uga diiwaangashan tihii Medicaid ama CHIP oo aad ku nooshahay Gobolka hoos ku qoran, la xiriir Gobolkaaga Medicaid ama xafiiska CHIP si aad u ogaato haddii kaalmada khidmada caymiska la heli karo.

Haddii adiga ama dadka kugu tiirsan AYSAN hada ka diiwaangashanayn Medicaid ama CHIP, oo aad u malaynayso in adiga ama mid kamid ah kuwa kugu tiirsan uu u qalmo mid ka mid ah barnaamijyadan, la xiriir xafiiska gobalka ee Medicaid ama CHIP ama wac **1-877-KIDS NOW** ama [www.insurekidsnow.gov](http://www.insurekidsnow.gov) si loo ogaado sida loo codsado. Hadii aad u qalanto, weydii gobolkaaga haddii uu leeyahay barnaamij kaa caawin kara inaad bixiso khidmadaha qorshaha kafaala-qaadaha qofka loo shaqeeyo.

Hadii adiga ama dadka kugu tiirsan aad u qalantaan kaalmada khidmada caymiska ee hoos yimaada Medicaid ama CHIP, iyo sidoo kale aad ugu qalantaan qorshahaaga qofka loo shaqeeyo, qofka loo shaqeeyo waa inuu kuu ogolaadaa inaad iska diiwaangaliso qorshahaaga qofka loo shaqeeyo haddii aanad hore u diiwaangashanayn. Tan waxaa loogu yeeraa fursad “diiwaangalin gaar ah”, oo **waana inaad ku codsataa caymis 60 maalmood gudahooda markaad go'aansato inaad u qalanto kaalmada khidmada caymiska**. Haddii aad hayso su'aalo ku saabsan isu diiwaangalinta qorshahaaga loo shaqeeyaha, kala xiriir Waaxda Shaqada barta [www.askebsa.dol.gov](http://www.askebsa.dol.gov) ama wac **1-866-444-EBSA (3272)**.

**Haddii aad ku nooshahay mid kamid ah gobolada soo socda, waxa laga yaabaa inaad u qalanto kaalmada bixinta khidmadaha qorshaha caafimaadka qofka loo shaqeeyo. Liiska soo socda ee gobollada ayaa shaqayn doonaa laga bilaabo Janaayo 31, 2026. Kala xiriir Gobolkaaga si aad u hesho macluumaad dheeraad ah oo ku saabsan u qalmitaanka –**

<b>MONTANA – Medicaid</b>	<b>OREGON – Medicaid iyo CHIP</b>
Websaytka: <a href="http://dphhs.mt.gov/MontanaHealthcarePrograms/HIPP">http://dphhs.mt.gov/MontanaHealthcarePrograms/HIPP</a> Taleefonka: 1-800-694-3084 Iimaylka: <a href="mailto:HSHIPPProgram@mt.gov">HSHIPPProgram@mt.gov</a>	Websaytka: <a href="http://healthcare.oregon.gov/Pages/index.aspx">http://healthcare.oregon.gov/Pages/index.aspx</a> Taleefonka: 1-800-699-9075
<b>WASHINGTON – Medicaid</b>	
Websaytka: <a href="https://www.hca.wa.gov/">https://www.hca.wa.gov/</a> Taleefonka: 1-800-562-3022	

Si aad u aragto haddii gobollo kale ay ku dareen barnaamijka kaalmada caymiska illaa Janaayo 31, 2026, ama macluumaad dheeraad ah oo ku saabsan xuquuqaha isdiiwaangalinta gaarka ah, la xiriir mid ka kamid ah kuwan:

U.S. Department of Labor (Waaxda Shaqaalaha ee Mareykanka)  
Maamulka Amniga ee Dheefaha Shaqaalaha  
[www.dol.gov/agencies/ebsa](http://www.dol.gov/agencies/ebsa)  
1-866-444-EBSA (3272)

U.S. Department of Health and Human Services (Waaxda Caafimaadka iyo Adeegyada Aadanaha ee Maraykanka)  
Xarumaha Adeegyada Medicare iyo Medicaid  
[www.cms.hhs.gov](http://www.cms.hhs.gov)  
1-877-267-2323, Ikhtiyaarka Menu-ga 4,  
Lambar-hoosaadka. 61565

## **Bayaanka Xeerka Dhimitaanka Shaqooyinka Warqadaha Lagu Sameeyo**


Sida waafaqsan Xeerka Dhimitaanka Shaqooyinka Warqadaha lagu Qabto ee 1995 (Pub. L. 104-13) (PRA), qofna loogama baahna inay ka jawaabaan uruurinta macluumaadka ilaa ururintaas ay muujiso lambarka xakameynta Xafiiska Maamulka iyo Miisaaniyadda (OMB) oo sax ah. Waaxdu waxay xustaa in hay'ada dawlada dhexe aysan samayni karin ama kafaala-qaadi karin uruurinta macluumaadka ilaa ay ka ogolaato OMB sida waafaqsan PRA, oo ay muujiso lambarka Xakamaynta OMB ee hada, dadweynahana loogama baahna inay ka jawaabaan uruurinta macluumaadka ilaa ay ku qoran lambarka xakamaynta OMB ee hada mooyaane. Ka eeg 44 U.S.C. 3507. Sidoo kale, iyadoon loo eegin xeerarka kale oo sharciga ah, qofna laguma ciqaabi karo ku guuldareysiga inuu u hogaansamo ururinta macluumaadka haddii ururinta macluumaadka aysan muujin lambarka xakamaynta OMB ee hada oo sax ah. Ka eeg 44 U.S.C. 3512.

Culayska soo wargalinta dadwaynaha ururinta macluumaadkan waxa lagu qiyaasaa celcelis ahaan todobada daqiiqo ee jawaab bixiye kasta. Dhinacyada danaynaya waxa lagu dhiirigelinayaa inay kusoo diraan faalooyin ku saabsan qiyaasta culayska ama dhinac kasta oo kale ee macluumaad ururintan ah, oo ay kamid yihiin talooyinka lagu dhimayo culayskan, U.S. Department of Labor, Employee Benefits Security Administration, Office of Policy and Research, Attention: PRA Clearance Officer, 200 Constitution Avenue, N.W., Room N-5718, Washington, DC 20210 ama iimaylka [ebsa.opr@dol.gov](mailto:ebsa.opr@dol.gov) iyagoo tixraac uga dhigaya lambarka xakamaynta OMB 1210-0137.

Lambarka Xakamaynta OMB 1210-0137 (wuxuu dhacayaa 3/31/2026)

# Khayraadka Qorshaha

Adeega Macmiilka Dheefaha Caafimaadka		MAGNACARE™
Telefoon	1-877-606-6705 Isniin- Jimce, 8 a.m ilaa 6 p.m.	
Iimaylka	SEIU775BG-caregiver@magnacare.com	
Akoonka Dheefaha Caafimaadka	myseiu.be/magnacare	

Kaiser Permanente Northwest		 KAISER PERMANENTE®
Adeegyada Xubinta Cusub	1-888-491-1124	myseiu.be/kp-new-member
Member Services	1-800-813-2000	myseiu.be/kp-member
Adeegyada Caafimaadka Dhimirka	1-800-813-2000	myseiu.be/kpnw-bh
Khadka Caawinta Kalkaaliyaha	1-800-324-8010	myseiu.be/kp-nurse
Caawimaadda Luuqadda ee Xubinta	1-800-813-2000	myseiu.be/kp-language

Ilkaha		
Delta Dental	1-800-554-1907	deltadentalwa.com
Willamette Dental	1-855-433-6825	myseiu.be/oe-willamette

Dheefaha Kale		
Epic Hearing	1-877-363-5638	myseiu.be/epic
Progyny	1-833-233-0517	myseiu.be/progyny
Daryeelka Araga VSP	1-800-785-0699	myseiu.be/vsp

## Ku Hel Taageero Luuqadaada

Ka wac Adeegga Macaamiisha lambarka 1-877-606-6705 ama iimayl u dir SEIU775BG-caregiver@magnacare.com.

Waxa lagugu xidhiidhin doonaa wakiil ku hadla afkaaga oo kaa caawin kara su'aalaha ku saabsan codsashada iyo maaraynta dheefahaaga.

Marka lagugu diiwaan geliyo caymiska daryeelka caafimaadka, taageerada luqadda ayaa laga heli doonaa gudaha qorshahaaga caafimaad.