



County of San Diego

Wakaalada Caafimaadka iyo Adeegyada Aadanaha,
Adeegyada Caafimaadka Dhimirka

**Nidaamka Adeeg Bixinta
Nidaamsan ee Daawada Medi-Cal
Buug-gacmeedka Macmiilka**

3255 Camino del Rio S,
San Diego, CA 92108



LIVE WELL
SAN DIEGO

Taariikhda wax Laga badelay: Sibteembar 14, 2023

Taariikhda Dhaqangalka: Janaayo 1, 2024¹

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

LANGUAGE TAGLINES

English Tagline

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

الشعار بالعربية (Arabic)

يُرجى الانتباه: إذا احتجت إلى المساعدة بلغتك، فاتصل بـ (888) 724-7240 (TTY: 711). تتوفر أيضًا المساعدات والخدمات للأشخاص ذوي الإعاقة، مثل المستندات المكتوبة بطريقة برايل والخط الكبير. اتصل بـ (888) 724-7240 (TTY: 711). هذه الخدمات مجانية.

Հայերեն պիտակ (Armenian)

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

ឃ្លាសម្គាល់ជាភាសាខ្មែរ (Cambodian)

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

简体中文标语 (Chinese)

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

مطلب به زبان فارسی (Farsi)

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

हिंदी टैगलाइन (Hindi)

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



Nqe Lus Hmoob Cob (Hmong)

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

日本語表記 (Japanese)

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

한국어 태그라인 (Korean)

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

ແທກໄລພາສາລາວ (Laotian)

ປະກາດ: ຖ້າທ່ານຕ້ອງການຄວາມຊ່ວຍເຫຼືອໃນພາສາຂອງທ່ານໃຫ້ໃຫ້ເຫາດ (888) 724-7240 (TTY: 711). ຍັງມີຄວາມຊ່ວຍເຫຼືອແລະການບໍລິການສໍາລັບຄົນພິການ ເຊັ່ນເອກະສານທີ່ເປັນອັກສອນນູນແລະມີໂຕພິມໃຫຍ່ໃຫ້ໃຫ້ເຫາດ (888) 724-7240 (TTY: 711). ການບໍລິການເຫຼົ່ານີ້ບໍ່ຕ້ອງເສຍຄ່າໃຊ້ຈ່າຍໃດໆ.

Mien Tagline (Mien)

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

ਪੰਜਾਬੀ ਟੈਗਲਾਈਨ (Punjabi)

ਧਿਆਨ ਦਿਓ: ਜੇ ਤੁਹਾਨੂੰ ਆਪਣੀ ਭਾਸ਼ਾ ਵਿੱਚ ਮਦਦ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਾਲ ਕਰੋ (888) 724-7240 (TTY: 711). ਅਪਾਰਜ ਲੋਕਾਂ ਲਈ ਸਹਾਇਤਾ ਅਤੇ ਸੇਵਾਵਾਂ, ਜਿਵੇਂ ਕਿ ਬ੍ਰੇਲ ਅਤੇ ਮੋਟੀ ਛਪਾਈ ਵਿੱਚ ਦਸਤਾਵੇਜ਼, ਵੀ ਉਪਲਬਧ ਹਨ। ਕਾਲ ਕਰੋ (888) 724-7240 (TTY: 711)। ਇਹ ਸੇਵਾਵਾਂ ਮੁਫਤ ਹਨ।



Русский слоган (Russian)

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

Mensaje en español (Spanish)

ATENCIÓN: si necesita ayuda en su idioma, llame al (888) 724-7240 (TTY: 711). También ofrecemos asistencia y servicios para personas con discapacidades, como documentos en braille y con letras grandes. Llame al (888) 724-7240 (TTY: 711). Estos servicios son gratuitos.

Tagalog Tagline (Tagalog)

ATENSIYON: Kung kailangan mo ng tulong sa iyong wika, tumawag sa (888) 724-7240 (TTY: 711). Mayroon ding mga tulong at serbisyo para sa mga taong may kapansanan, tulad ng mga dokumento sa braille at malaking print. Tumawag sa (888) 724-7240 (TTY: 711). Libre ang mga serbisyonang ito.

แท็กไลน์ภาษาไทย (Thai)

โปรดทราบ: หากคุณต้องการความช่วยเหลือเป็นภาษาของคุณ กรุณาโทรศัพท์ไปที่หมายเลข (888) 724-7240 (TTY: 711) นอกจากนี้ ยังพร้อมให้ความช่วยเหลือและบริการต่าง ๆ สำหรับบุคคลที่มีความพิการ เช่น เอกสารต่าง ๆ ที่เป็นอักษรเบรลล์และเอกสารที่พิมพ์ด้วยตัวอักษรขนาดใหญ่ กรุณาโทรศัพท์ไปที่หมายเลข (888) 724-7240 (TTY: 711) ไม่มีค่าใช้จ่ายสำหรับบริการเหล่านี้

Примітка українською (Ukrainian)

УВАГА! Якщо вам потрібна допомога вашою рідною мовою, телефонуйте на номер (888) 724-7240 (TTY: 711). Люди з обмеженими можливостями також можуть скористатися допоміжними засобами та послугами, наприклад, отримати документи, надруковані шрифтом Брайля та великим шрифтом. Телефонуйте на номер (888) 724-7240 (TTY: 711). Ці послуги безкоштовні.

Khẩu hiệu tiếng Việt (Vietnamese)

CHÚ Ý: Nếu quý vị cần trợ giúp bằng ngôn ngữ của mình, vui lòng gọi số (888) 724-7240 (TTY: 711). Chúng tôi cũng hỗ trợ và cung cấp các dịch vụ dành cho người khuyết tật, như tài liệu bằng chữ nổi Braille và chữ khổ lớn (chữ hoa). Vui lòng gọi số (888) 724-7240 (TTY: 711). Các dịch vụ này đều miễn phí.



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Wac laynka Bilaashka ah ee Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ee Laynka Helitaanka iyo Gurmada Masiibada ee San Diego (ACL) oo ah (888) 724-7240 (TTY:771) ama booqo barta oonlaynka ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html.
Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmada ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

LUUQADAHA IYO QAABABKA KALE

Luuqadaha kale

Waxaad ku helaysaa Buug-gacmeedkaan Macmiilka iyo xogaha kale ee caymiska oo ku qoran luuqado kale si bilaash ah. Waxaan bixinaa turjumaad qoraal ah oo ay bixiyaan turjumaanno taqasus u leh. Wac (888) 724-7240 (TTY: 711). Wicitaanku waa lacag la'aan. Akhri Buug-gacmeedkaan Macmiilka si aad xog badan uga ogaato adeegyada caawimaada luuqada ee daryeelka caafimaadka, sida adeegyada turjumaanka iyo turjumaada.

Qaababka Kale

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

Adeegyada Turjumaanka

Ismaamulka San Diego wuxuu baxshaa adeegyada turjumaada afka ah oo uu bixinaayo turjumaan taqasus u leh, 24 ka saac, si bilaash ah. Qasab maaha inaad isticmaasho qof qoyskaaga kamid ah ama saaxiib si uu kuugu turjumo. Waan kasoo horjeednaa in carruurta loo adeegsado turjumaanno ahaan ilaa inay xaalad degdeg ah jirto maahee. Adeegyada turjumaanka, luuqada iyo dhaqanka ayaad ku helaysaa si bilaash ah. Caawimaad ayaa la heli karaa 24 saac maalintii, 7 maalmood isbuucii. Si aad u hesho caawimaada luuqada ama buug-gacmeedkaan ugu hesho luuqad kale, wac (888) 724-7240 (TTY 711). Wicitaanku waa lacag la'aan.



OGEYSIISKA TAKOOR LA'AANTA

Sharcigu waa ka soo horjeedaa takooridda. Ismaamulka San Diego wuxuu raacayaa sharciyada xuquuqda madaniga ah ee Gobalka iyo Federaalka. Ismaamulka San Diego sifo sharci daro ah uma takoorayo, ugama saaraayo dadka, ama ulama dhaqmaayo dadka si kaduwan dadka kale sabab la xariirta jinsiga, isirka, midabka, diinta, asalka, wadanka ay kasoo jeedaan, aqoonsiga qoomiyadooda, da'da, naafada dhimirka, naafada jidhka, xanuun caafimaad, xogta hide sidaha, xaalada guurka, jinsiga, aqoonsiga jinsiga, ama dookha galmada.

Ismaamulka San Diego wuxuu baxshaa:

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

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

SIDA LOO GUDBIYO CABASHO

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



Wac laynka Bilaashka ah ee Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ee Laynka Helitaanka iyo Gurmada Masiibada ee San Diego (ACL) oo ah (888) 724-7240 (TTY:771) ama booqo barta onlaynka ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmada ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

- Taleefanka:
 - Si lagaaga caawiyo gudbinta cabasho la xariirta **adeegyada guryaha la dagan yahay**, waxaad wici kartaa **Barnaamijka Qareennada Bukaanka ee Adeegga Qoysaska Yuhuuda ah (JFS)** ood ka wacayso (619) 282-1134
 - Si aad u hesho caawimaad ku aadan gudbinta cabasho la xariirta **adeegyada bukaan socodka ama adeegyo kasta oo kale oo la xariira xanuunka isticmaalka maandooriyaha**, waxaad wici kartaa **Xarunta U qareemida Waxbarashada iyo U doodista Caafimaadka Macaamiisha (CCEHA)** oo aad ka wacayso laynka bilaashka lagu waco (877) 734-3258 (TTY 1-800-735-2929).
 - Ama, haddii aadan si wanaagsan wax u maqli karin ama u hadli karin, fadlan wac 711.
- Qoraal ahaan: Buuxi foomka cabashada ama waraaq qor oo u dir:

Adeegyada Xarumaha Dadka la seexsho:
 Jewish Family Service of San Diego
 Joan & Irwin Jacobs Campus
 Turk Family Center Community Services Building
 8804 Balboa Avenue
 San Diego, CA 92123

Adeegyada Bukaanku Socodka ama Adeegyada xanuunka laga qaado isticmaalka maandooriyaasha ee kale:
 Consumer Center for Health Education and Advocacy (CCEHA)
 1764 San Diego Avenue, Suite 100
 San Diego, CA 92110
- Si toos ah ugu gee: Booqo xafiiska dhakhtarkaaga ama xarunta dhakhtarka xanuunka maandooriyaha oo qandaraas ka haysta Ismaamulka San Diego una sheeg inaad doonayso inaad cabasho gudbiso.
- Qaabka elektarooniga ah: Booqo webseedyada hoose:

Adeegyada Xarumaha Dadka la seexsho:
 Adeegyada Qoyska Yuhuuda ah ee San Diego oo aad ka helayso
<https://www.jfssd.org/>

Si aad u Hesho Adeegyada Bukaanku Socodka ama Adeegyada xanuunka laga qaado isticmaalka maandooriyaasha ee kale:
 Xarunta U qareemida Waxbarashada iyo U doodista Caafimaadka Macaamiisha (CCEHA) oo aad ka helayso
<https://www.lasds.org/mental-health-and-substance-abuse-patients-rights/>



XAFIISKA XUQUUQAHA MADANIGA AH – WAAXDA ADEEGYADA DARYEELKA **CAAFIMAADKA EE CALIFORNIA**

Waxaad sidoo kale cabashada xuquuqda madaniga ah u gudbin kartaa Waaxda Adeegyada Daryeelka caafimaadka ee California, Xafiiska Xaquuqda Madaniga adoo ka wacaaya taleefanka, qoraal u diraaya, ama oonlaynka ugu diraaya:

- Taleefanka: Wac **916-440-7370**. Haddii aadan hadli karin ama maqalkaagu culus yahay, fadlan wac **711 (California State Relay)**.

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

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

Foomamka Cabashada ayaa laga heli karaa: <https://www.dhcs.ca.gov/discrimination-grievance-procedures>

- Qaabka elektarooniga ah: limeel u dir CivilRights@dhcs.ca.gov.

XAFIISKA XUQUUQAHA MADANIGA AH – WAAXDA ADEEGYADA CAAFIMAADKA IYO **AADANAHA EE MARAYKANKA**

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

- Taleefanka: Wac **1-800-368-1019**. Haddii aadan si wanaagsan wax u maqli karin ama u hadli karin, fadlan wac **TTY/TDD 1-800-537-7697**.

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

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201

Foomamka Cabashada ayaa laga heli karaa <http://www.hhs.gov/ocr/office/file/index.html>.

- Qaabka elektarooniga ah: Booqo Barta Cabashada Xafiiska Xaquuqda Madaniga ah oo ah <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>



Wac laynka Bilaashka ah ee Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ee Laynka Helitaanka iyo Gurmada Masiibada ee San Diego (ACL) oo ah (888) 724-7240 (TTY:771) ama booqo barta oonlaynka ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmada ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

MACLUUMAAD GUUD

Maxay Muhiim U Tahay inaan Akhriyo Buug-gacmeedkaan?

Kusoo dhawoow Caymiska Nidaamka Adeeg Bixinta Nidaamsan ee caafimaadka ee Medi-Cal (DMC-ODS) ee Ismaamulka San Diego!

Waxaan masuul ka nahay inaan xaqiijino in adeegyada daawaynta Xanuunnada Isticmaalka Maandooriyaasha (SUD) aad heli karto ayagoo diyaarsan. Marka aad tahay macmiil, waxaad leedahay xuquuqaha qaar iyo waajibaadka, kuwaasoo lagu qeexay Buug-gacmeedkaan. Macmiilka.

Ismaamulka San Diego, oo qayb ka ah Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal, ayaa loo tixgelinayaa qorshaha daryeelka maaraysan, taasoo ka dhigan inaad heli doonto qayb, ama dhammaan, gunnooyinkaaga adeeg bixiyaasha SUD kuwaasoo qandaraas kula jira Degmada. Adeegyada lagu baxsho caymiska Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ayaa lagu heli karaa heshiis u dhexeeya Adeegyada Caafimaadka Dhimirka ee Isticmaalka Maandooriyaasha iyo Waaxda Adeegyada Daryeelka caafimaadka ee California (DHCS).

Adeegyada xanuunka laga qaado isticmaalka maandooriyaasha ayay heli karaan dadka ka diiwaan gashan Medi-Cal, ayna ku jiraan kurayda, dhalinyarada, dadka waawayn iyo waayeelka ku dhaqan Ismaamulka San Diego. Mararka qaar adeegyadaan ayaa laga heli karaa dhakhtarkaaga guud. Mararka qaar waxaa baxsha dhakhtarka adeegga daawaynta xanuunka laga qaado isticmaalka maandooriyaasha. Caymiska Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ayaa ku shaqeeya xeerarka u degsan Gobalka California iyo dawlada Federaalka ah. Degmo kasta oo ku taala California ayaa heshiiskeeda gaarka ah kula jirta gobalka si ay u bixiso adeegyada isticmaalka Maandooriyaasha, kuwaasoo noqon kara ama aanba ahayn caymiska Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmada.

Waa muhiim inaad fahanto sda caymiska Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmadu u shaqeeyo si aad u hesho daryeelka aad u baahan tahay. Buug-gacmeedkaan wuxuu sharxayaa gunnooyinkaaga iyo sida aad ku helayso daryeel. Wuxuu sidoo kale ka jawaabayaa su'aalo badan.

Waxaad baran doontaa:

- Sida aad uga helayso adeegyada daawaynta xanuunka laga qaado isticmaalka maandooriyaasha caymiska Nidaamka Adeeg Bixinta Nidaamsan ee daawada Medi-Cal ee degmadaada.



Wac laynka Bilaashka ah ee Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ee Laynka Helitaanka iyo Gurmada Masiibada ee San Diego (ACL) oo ah (888) 724-7240 (TTY:771) ama booqo barta onlaynka ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmada ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

- Noocyada dheefaha aad helayso
- Waxa aad samaynayso haddii aad qabto su'aal ama cilad
- Xuquuqdaada iyo waajibaadkaaga marka aad tahay macmiilka Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada

Haddii aadan akhrin buug-gacmeedkaan hadda, waa inaad haysataa buug-gacmeedka si aad u akhrido hadhoow. Adeegso buug-gacmeedkaan oo dheeraad ku ah buug-gacmeedka aad heshay markii aad iska diiwaan gelinaysay caymiskaaga hadda ee Medi-Cal. Gunadaada Medi-Cal ayaa ka heli kartaa caymiska daryeelka Maaraysan ee Medi-Cal ama barnaamijka guud ee Medi-Cal ee "Caymiska Gaarka ah".

Marka aad tahay Macmiilka Caymiska Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmada, Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmadaada ayaa Masuul Ka ah:

- Go'aaminta haddii aad buuxisay shuruudaha helitaanka adeegyada Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada oo ay bixiso degmadu ama dhakhtar ku jira caymiskeeda.
- Isku dubaridka daryeelkaaga caymisyada kale ama nidaamada adeegyada baxsha marka loo baahdo si loo fududeeyo isku socodka daryeelkaaga ayna hagto ku xirida macaamiisha adeegyada, asagoo xaqiijinaaya in yoolka isku xirka la gaaro, iyo in dhakhtarka cusub uu aqbalo daryeelka macmiilka.
- Inay ku siiso lambarka taleefanka lacag la'aanta lagu waco (Laynka Helitaanka iyo Gurmadka Masiibada (ACL) (888) 724-7240) kaasoo la qabto 24 saac maalintii iyo 7 maalmood asbuucii kaasoo wax kaaga sheegi kara sida aad adeegyada uga helayso Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada. Waxaad sidoo la xariiri kartaa Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada oo aad ka wacayso lambarkaan si aad uga codsato helitaanka daryeelka saacadaha shaqada kadib.
- Ka hawl gelinta dhakhaatiir ku filan aagaaga si loo xaqiijiyo inaad hesho adeegyada daawaynta xanuunka laga qaado isticmaalka maandooriyaasha ee uu daboolo caymiska Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada haddii aad u baahan tahay.
- Inay kugu wargeliso kuna barto adeegyada aad ka heli karto Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada.



Wac laynka Bilaashka ah ee Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ee Laynka Helitaanka iyo Gurmadka Masiibada ee San Diego (ACL) oo ah (888) 724-7240 (TTY:771) ama booqo barta oonlaynka ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmada ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

- Inay adeegyada kugu siiyaan luuqadaada ama turjumaan (haddii loo baahdo) si bilaash ah ayna kuu sheegaan in adeegyadaan turjumaanka la heli karo.
- Inay ku siiyaan xog qoraan ah oo ku saabsan adeegyada aad helayso kuna qoran luuqado kale ama qaabab kale. Tan waxaa ku jira inaad Buug-gacmeedkaan ku hesho luuqadaha gaarka u ah Ismamaulka San Diego: Ingiriis, Isbaanish, Tagalog, Fiyeednaamiis, Carabi, Persian (Farsi iyo Dari), Mandarin, Korean, iyo Soomaali iyo kaalmaatiyada iyo adeegyada kale ee la heli karo. Waxaad wici kartaa Laynka Helitaanka iyo Masiibada (ACL) oo ah (888) 724-7240 (TTY: 711) si aad xogta ugu hesho luuqada aad door bidayso.
- Inay ku siiyaan ogeysiis la xariira isbadel kasta oo wayn oo ku yimaada xogta lagu sheegay buug-gacmeedkaan ugu yaraan 30 maalmood kahor taariikhda loogu talagalay in isbadelku dhaqan galo. Isbadelka ayaa loo arki karaa mid wayn marka uu koror ama hoos u dhac ku yimaado cadad ama nooca adeegyada la heli karo, ama uu koror ama hoos u dhac ku yimaado tirada dhakhaatiirta shabakada, ama haddii uu sibadel kale yimaado kaasoo saamaynaaya dheefahaaga aad ka helayso Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmada.
- Inay xaqiijiso in aad hesho adeegyada dhakhtarkaaga caymiska ka baxay ee hore iyo kan hadda intii muddo ah haddii badelida dhakhaatiirtu ay keenayso in caafimaadkaagu xumaado ama ay sii kororto khatartaada isbitaal dhigista.

Haddii aad dhibaato ku qabto helitaanka caawimaad ama aad dhibaato ku qabto buug-gacmeedkaan, fadlan wac Laynka Helitaanka adeegyada iyo Masiibada, oo shaqeeya 24 saac, lambarka bilaashka lagu waco oo ah (888) 724-7240 (TTY: 711) si aad u codsato caawimaad ama aad u ogaato qaababka kale ee aad ku heli karto xogta muhiimka ah.

Xogta Macaamiisha U baahan in Xogta Lagu Siiyo Luuqad Kale

Dhammaan xogta wargelinta macaamiisha, ayna ku jiraan Buug-gacmeedka Macmiilka iyo foomamka Cabashada iyo Racfaanka ayaa lagu heli karaa Ingiriis, Isbaanish, iyo luuqadaha kale ee badanaa looga hadlo Ismamaulka San Diego. Waxaad ka helaysaa xogtaan xarun kasta oo uu leeyahaydhakhtarka xanuunka laga qaado isticmaalka maandooriyaasha oo qandaraas kula jira Ismaamulka San Diego.

Xogta Macaamiisha Dhibaataada Ku qaba Wax Akhrinta

Bukaannada dhibaataada ku qaba akhriska, waxay la xariiri karaan Laynka Helitaanka iyo Masiibada (ACL) oo ah (888) 724-7240 (TTY: 711) si ay u helaan xog dheeraad ah oo ku aadan sida ay ku helayaan xogta oo qaab kale ah (tusaale: cod ahaan, far waawayn). Waxaad sidoo

Wac laynka Bilaashka ah ee Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ee Laynka Helitaanka iyo Gurmadka Masiibada ee San Diego (ACL) oo ah (888) 724-7240 (TTY:711) ama booqo barta oonlaynka ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmada ayaa la heli karaa 24 saac, 7 maalmood asbuucii.



kale ka codsan kartaa dhakhtarka adeegga xanuunka laga qaado isticmaalka maandooriyaasha ee qandaraaska kula jira Ismaamulka San Diego inuu kaa caawiyo helista sadexda koobi ee xogta si bilaash ah.

Xogta Macaamiisha Maqalka Naafada ka ah

Bukaannada qaba naafooyinka maqalka ama hadalka, ayaa la xariiri kara Adeegyada California Relay ayagoo wacaaya 711 si ay ula xariiraan Degmada ayna u codsadaan adeegyada turjumaanka lacag la'aanta ah iyo Laynka Helitaanka iyo Masiibada (ACL) oo ah (888) 724-7240 si ay u helaan adeegyada baaritaanka iyo ku xirista adeegyada (dookha Wada sheekaysiga/fariin qoraalka ayaa la heli karaa Isniinta – Jimcada laga bilaabo 4:00 pm – 10:00 pm). Codsiyada qoran ee adeegyada turjumaanka lacag la'aanta ah ayaa loogu diri karaa Adeegyada Bulshada Dhagoolka ciwaanka scheduler@dcsofsd.org. Waxaad sidoo kale kala xariiri kartaa (619) 394-2488 si aad u hesho xog dheeraad ah.

Xogta Macaamiisha Aragga Naafada ka ah

Bukaannada aragga naafada ka ah, waxay la xariiri karaan Laynka Helitaanka iyo Masiibada (ACL) oo ah (888) 724-7240 (TTY: 711) si ay u helaan xog dheeraad ah oo ku aadan sida ay ku helayaan xogta oo qaab kale ah (tusaale: cod ahaan, far waawayn). Waxaad sidoo kale ka codsan kartaa dhakhtarka adeegga xanuunka laga qaado isticmaalka maandooriyaasha ee qandaraaska kula jira Ismaamulka San Diego inuu kaa caawiyo helista sadexda koobi ee xogta si bilaash ah.

Ogaysiiska Maaraynta Xogta Sirta ah

Waxaad heli kartaa nuqulka Ogaysiiska Maaraynta Xogta Sirta ah xafiiska hore ee midkood xarunta adeeg bixiye kasta oo baxsha Daawaynta Xanuunka laga qaado isticmaalka maandooriyaasha ee qandaraaska ka haysta Ismaamulka San Diego.



ADEEGYADA

Waa maxay Adeegyada Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmadu baxsho?

Adeegyada Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmadu waa adeegyada caafimaadka oo la siiyo dadka qaba xanuunka laga qaado isticmaalka maandooriyaasha, ama, marar qaar, khatar ugu jira xanuunka laga qaado isticmaalka maandooriyaasha kaasoo uusan dhakhtarka carruurta ama dhakhtarka caadiga ah daawayn karin. Waxaad ka fiirin kartaa qaybta "Baaritaanka, Caawimaada Kooban, Adeegyada Kugu Xiraaya Daawaynta iyo Adeegyada Caawimaada Xili Hore" ee ogeysiisnaan si aad u hesho xog dheeraad ah.

Adeegyada Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Ismamaulka San Diego waxaa ku jira:

- Adeegyada daawaynta Bukaanku Socodka
- Adeegyada daawaynta Bukaanku Socodka oo Adag
- Adeegyada Isbitaal dhigista Nuska ah
- Adeegyada Daawaynta Xarumaha la Seexdo/Bukaan Jiifka
- Adeegyada Maaraynta Ciladaha joojinta Balwada
- Adeegyada Barnaamijka Daawaynta Maandooriyaha
- Daawooyinka Daawaynta Balwada (MAT)
- Adeegyada soo kabashada
- Adeegyada Taageerada Dadka isku daruufka ah isa siiyaan
- Adeegyada Iskudubaridka Daryeelka
- Maamulka Xakamaynta
- Adeegyada Masiibada ee Wareega

Adeegyada lagu baxsho Nidaamka Adeeg Bixinta Maaraysan ee Medi-Cal ayaa lagu heli karaa taleefanka ama caafimaadka khadka, marka laga reebo baaritaannada caafimaad ee Adeegyada Daawaynta Balwada iyo Maaraynta Xanuunka joojinta Balwada. Haddii aad doonayso inaad xog dheeri ah ka ogaato mid kasta oo kamid ah adeegga Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee aad heli karto, akhri qeexitaannada hoose:

Adeegyada daawaynta Bukaanku Socodka

- Adeegyada talo bixinta ayaa la siiyaa macaamiisha ilaa sagaal saacadood asbuucii dadka waawayn halka la siiyo wax ka yar lix saacadood asbuucii macaamiisha kayar da'da 21 sano marka ay caafimaad ahaan muhiim tahay. Adeegyada ayaa dhaafi kara xadka ugu

Wac laynka Bilaashka ah ee Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ee Laynka Helitaanka iyo Gurmada Masiibada ee San Diego (ACL) oo ah (888) 724-7240 (TTY:771) ama booqo barta onlaynka ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmada ayaa la heli karaa 24 saac, 7 maalmood asbuucii.



badan ayadoo ku xiran muhiimada caafimaad ee gaarka ah. Adeegyada waxaa bixin kara xirfadle ruqsad haysta ama la taliye shahaado haysta kuna bixinaaya goob ku haboon oo deegaanka ah si toos ah, khadka taleefanka, ama khadka caafimaadka.

- Adeegyada Bukaanku socodka waxaa kamid ah qiimayn, isku dubaridka daryeelka, talo bixinta, baxnaaninta qoyska, adeegyada daawooyinka, Daawooyinka Daawaynta Balwada ee xanuunka isticmaalka opioid ka, Daawooyinka Daawaynta Balwada ee isticmaalka khamriga iyo xanuunnada kale ee isticmaalka maandooriyaasha kale ee aan ahayn opioid, waxbarashada bukaanka, nidaamyada soo kabashada, iyo adeegyada caawimaada masiibada ka dhalata isticmaalka maandooriyaha.

Adeegyada Bukaanku Socodka oo Adag

- Adeegyada Bukaanku Socodka oo Adag ayaa la siiyaa macaamiisha ugu yaraan sagaal saacadood iyo ugu badnaan 19 saacadood asbuucii dadka waawayn, iyo ugu yaraan lix saacadood ama ugu badnaan 19 saacadood asbuucii macaamiisha kayar da'da 21 sano jir marka loo arko inay caafimaad ahaan muhiim u yihiin. Adeegyada ayaa badanaa ka kooban talo bixin iyo wacyi gelin ku aadan dhibaatooyinka balwadu leedahay. Adeegyada waxaa bixin kara xirfadle ruqsad haysta ama talo bixiye shahaado leh oo ka shaqeeya goob nidaamsan. Adeegyada daawaynta Bukaanku Socodka oo Adag ayaa lagu bixin karaa si toos ah, khadka taleefanka, ama wicitaan.
- Adeegyada Bukaanku Socodka oo Adag waxaa ku jira isla qaybaha Adeegyada Bukaanku Socodka. Saacadaha adeegga oo la kordhiyay ayaa ah farqiga ugu wayn.

Isbitaal Dhigista Nuska ah (way kaladuwan tahay ismaamul kasta)

- Macaamiisha kayar 21 sano ayaa u qalmi kara adeegga oo lagu baxsho Baaritaanka Biloowga Hore iyo Goosgooska, Cilad Helida, iyo Daawaynta ayadoo aan loo eegayn wadanka ay dagan yihiin.
- Adeegyada Isbitaal Dhigista Qaybta ah waxaa ka mid ah 20 saacadood ama ka badan oo barnaamijka daryeelka caafimaadka adag asbuuc kasta, marka ay caafimaad ahaan muhiim yihiin. Barnaamijyada isbitaal dhigista qaybta ah ayaa badanaa toos looga helayaa adeegyada caafimaadka dhimirka, caafimaadka guud, iyo shaybaarka oo buuxsha baahiyaha la aqoonsaday taasoo damaanad qaadaysa kormeerida ama maaraynta laakiin si haboon loogu maarayn karo xarunta adeegyada adag ee caafimaadka bukaanku socodka. Adeegyada ayaa lagu bixin karaa si toos ah, qaab isku dhafan, khadka taleefanka, ama wicitaan.



- Adeegyada Isbitaal Dhigista Qaybta ah ayaa lamid ah Adeegyada Bukaanku Socodka oo Adag, ayadoo kordhinta saacadaha iyo kordhinta helitaanka adeegyada caafimaadka ay yihiin farqiyaad ugu wayn.

Daawaynta lagu baxsho Hooyga (waa in degmadu ogolaato marka hore)

- Daawaynta Lagu Baxsho Hooyga barnaamij aan xarun gaar ah lahayn, 24 saac shaqeeya oo aan ahayn mid caafimaad, kaasoo muddo kooban lagu baxsho guriga leh baaritaanka xanuunka laga qaado isticmaalka maandooriyaasha marka loo arko inuu caafimaad ahaan muhiim yahay. Macmiilka ayaa ku noolaanaaya dhismeyasha waxaana laga taageerayaa dedaalkiisa soo celinta, joogtaynta, iyo adeegsiga xirfadaha nolosha la noolaanshaha dadka kale iyo si madax banaan, iyo helitaanka nidaamyada taageerada bulshada. Inta badan adeegyada ayaa lagu baxshaa si fool ka fool ah; hase yeeshee, caafimaadka khadka ama taleefanka ayaa sidoo kale la adeegsan karaa si loo baxsho adeegyada marka qofku uu ku jiro daawaynta hooyga. Adeeg bixiyaasha iyo dadka dagan xarunta ayaa ka wada shaqaynaaya aqoonsiga cabqadaha, dejinaaya higsiyada, abuuraaya yoolalka, xalna u helaaya dhibaatooyinka la xariira xanuunka laga qaado isticmaalka maandooriyaasha. Yoolalka waxaa ku jira joogtaynta ka dhawrsiga balwada, u diyaar garoowga waxyaabaha qofku ku keenaaya inuu balwada ku laabto, kor u qaadista caafimaadka gaarka ah iyo shaqada bulshada, iyo samaynta daryeel joogto ah.
- Adeegyada hooyga baxnaanada ayaa u baahan inay marka hore ogolaato Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada.
- Adeegyada Hooyga waxaa kamid ah diwaan gelinta iyo baaritaanka, isku dubaridka daryeelka, talo bixinta gaarka ah, talo bixinta kooxda, baxnaaninta qoyska, adeegyada daawooyinka, Daawooyinka Daawaynta Balwada ee xanuunka isticmaalka opioid ka, Daawooyinka Daawaynta Balwada ee isticmaalka khamriga iyo xanuunnada kale ee isticmaalka maandooriyaasha kale ee aan ahayn opioid, waxbarashada bukaanka, nidaamyada soo kabashada, iyo adeegyada caawimaada masiibada ka dhalata isticmaalka maandooriyaha.
- Adeeg bixiyaasha Adeegyada Hooyga ayaa laga donayaa inay ku baxshaan midkood daawooyinka daawaynta balwada si toos ah goobta ama ay fududeeyaan helitaanka daawooyinka daawaynta balwada oo lagu helo meelo ka baxsan goobta inta lagu jiro daawaynta hooyga lagu baxsho. Adeeg bixiyaasha Adeegyada Hooyga kuma buuxin karaan shardiyaan inay qofka siiyaan xogta xariirka bixiyaasha daawooyinka daawaynta



Wac laynka Bilaashka ah ee Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ee Laynka Helitaanka iyo Gurmada Masiibada ee San Diego (ACL) oo ah (888) 724-7240 (TTY:771) ama booqo barta onlaynka ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmada ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

balwada. Bixiyaasha Adeegyada Hooyga ayaa laga doonayaa inay baxshaan ayna u qoraan daawooyinka macaamiisha caymiska ka haysta Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal.

Adeegyada Daawaynta Bukaankii Jiifka (waxay u baahan yihiin ogolaanshaha ismaamulka)
(way kaladuwan yihiin ismaamul kasta)

- Macaamiisha kayar 21 sano ayaa u qalmi kara adeegga oo lagu baxsho Baaritaanka Biloowga Hore iyo Goosgooska, Cilad Helida, iyo Daawaynta ayadoo aan loo eegayn wadanka ay dagan yihiin.
- Adeegyada Bukaankii Jiifka ayaa lagu baxshaa goob shaqaysa 24 saac oo bixisa qiimayn, kormeer, la socosho caafimaad, iyo daawaynta balwada oo lagu baxsho xarunta bukaankii jiifka. Inta badan adeegyada ayaa lagu baxshaa si fool ka fool ah; hase yeeshee, caafimaadka khadka ama taleefanka ayaa sidoo kale la adeegsan karaa si loo baxsho adeegyada marka qofku uu ku jiro daawaynta bukaankii jiifka.
- Adeegyada Bukaankii Jiifka waa kuwo aad loo nidaamshay dhakhtar ayayna u badan tahay inuu goobta joogo 24 saac maalintii, ayna la jiraan Kalkaalisoooyin Diiwaan gashan, la taliyaasha balwada, iyo shaqaalaha kale ee caafimaadka. Adeegyada Bukaankii Jiifka waxaa kamid ah qiimayn, isku dubaridka daryeelka, talo bixinta, baxnaaninta qoyska, adeegyada daawooyinka, Daawooyinka Daawaynta Balwada ee xanuunka isticmaalka opioid ka, Daawooyinka Daawaynta Balwada ee isticmaalka khamriga iyo xanuunnada kale ee isticmaalka maandooriyaasha kale ee aan ahayn opioid, waxbarashada bukaanka, nidaamyada soo kabashada, iyo adeegyada caawimaada masiibada ka dhalata isticmaalka maandooriyaha.

Barnaamijka Daawaynta Maandooriyaha

- Barnaamijka Daawaynta Maandooriyaha waa barnaamijyo bukaankii socod oo baxsha daawooyinka ay FDA ogolaatay si loo daaweeyo isticmaalka Maandooriyaasha marka uu amro dhakhtar inay caafimaad ahaan muhiim yihiin. Bixiyaasha Barnaamijyada Daawaynta Maandooriyaha ayaa laga doonayaa inay baxshaan ayna u qoraan daawooyinka macaamiisha caymiska ka haysta daawooyinka Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ayna ku jiraan methadone, buprenorphine, naloxone, iyo disulfiram.
 - Macmiilka waa in la siiyaa, ugu yaraan, 50 daqiiqo oo talo bixin ah bishiiba. Adeegyada talo bixinta ayaa lagu bixin karaa si toos ah, khadka taleefanka, ama wicitaan.
- Adeegyada Daawaynta Maandooriyaasha waxaa kamid ah qiimayn, isku dubaridka

Wac laynka Bilaashka ah ee Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ee Laynka Helitaanka iyo Gurmada Masiibada ee San Diego (ACL) oo ah (888) 724-7240 (TTY:771) ama booqo barta onlaynka ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmada ayaa la heli karaa 24 saac, 7 maalmood asbuucii.



daryeelka, talo bixinta, baxnaaninta qoyska, baxnaaninta caafimaadka dhimirka, adeegyada daawooyinka, Daawooyinka Daawaynta Balwada ee xanuunka isticmaalka opioid ka, Daawooyinka Daawaynta Balwada ee isticmaalka khamriga iyo xanuunnada kale ee isticmaalka maandooriyaasha kale ee aan ahayn opioid, waxbarashada bukaanka, nidaamyada soo kabashada, iyo adeegyada caawimaada masiibada ka dhalata isticmaalka maandooriyaha.

Maaraynta Ciladaha joojinta Balwada

- Adeegyada maaraynta Ciladaha joojinta Balwada waa kuwo degdeg ah waxaana la baxshaa muddo kooban. Adeegyada Maaraynta Ciladaha joojinta Balwada ayaa la bixin karaa kahor intaan baaritaan buuxa la samayn waxaana lagu bixin karaa goob bukaan socod, hooy, ama bukaan jiif.
- Ayadoo aan laga eegayn nooca goobta, macmiilka waa in isha lagu hayaa inta lagu jiro hawsha maareynta xanuunka joojinta daroogada. Macaamiisha helaaya maareynta xanuunka joojinta daroogada ee jooga xarunta la dagan yahay ama bukaan jiifka waa inay joogaan xarunta. Adeegyada baxnaaninta iyo dhaqan celinta ee muhiimka u ah caafimaadka waxaa qora dhakhtar ruqsad haysta ama daawo qore ruqsad leh.
- Adeegyada Maaraynta Ciladaha joojinta Balwada waxaa kamid ah baaritaanka, isku dubaridka daryeelka, adeegyada daawooyinka, Daawooyinka Daawaynta Balwada ee xanuunka isticmaalka opioid ka, Daawooyinka Daawaynta Balwada ee isticmaalka khamriga iyo xanuunnada kale ee isticmaalka maandooriyaasha kale ee aan ahayn opioid, kormeerka, iyo adeegyada soo kabashada.

Daawooyinka Daawaynta Balwada

- Adeegyada Daawooyinka Daawaynta Balwada ayaa laga heli karaa rugaha caafimaadka iyo kuwa guud. Daawooyinka Daawaynta Balwada waxaa ku jira dhammaan daawooyinka ay FDA ogolaatay iyo maadooyinka noolaha si loo daaweeyo xanuunka isticmaalka khamriga, xanuunka isticmaalka opioid ka, iyo xanuunka isticmaalka maandooriye kasta. Macaamiisha ayaa xaq u leh in la siiyo Daawooyinka Daawaynta Balwada oo lagu baxsho goobta ama meel ka baxsan goobta marka dhakhtar uu soo codsado. Liiska daawooyinka la ogol yahay waxaa kamid ah:
 - Acamprosate Calcium
 - Buprenorphine Hydrochloride
 - Buprenorphine Extended-Release Injectable (Sublocade)
 - Buprenorphine/Naloxone Hydrochloride



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- Naloxone Hydrochloride
- Naltrexone (afka)
- Naltrexone Microsphere Injectable Suspension (Vivitrol)
- Lofexidine Hydrochloride (Lucemyra)
- Disulfiram (Antabuse)
- Methadone (waxaa bixiya barnaamijka Daawaynta Daroogada)
- Daawooyinka Daawaynta Balwada waxaa lala bixin karaa adeegyada soo socda: baaritaanka, isku dubaridka daryeelka, talo bixinta gaarka ah, talo bixinta kooxda, baxnaaninta qoyska, adeegyada daawooyinka, waxbarashada bukaanka, adeegyada soo kabashada, adeegyada caawimaada masiibada ka dhalata isticmaalka Maandooriyaasha, iyo adeegyada maaraynta cilada joojinta balwada. Daawooyinka Daawaynta Balwada ayaa lagu bixin karaa ayagoo qayb ka ah adeegyada dhamaan daawooyinka ee Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal, ayna ku jiraan Adeegyada Daawaynta Bukaanku Socodka, Adeegyada Adag ee Bukaanku Socodka, iyo Daawaynta Lagu Baxsho xarumaha la Seexo, tusaale.
- Macaamiisha ayaa ka heli kara Daawooyinka Daawaynta Balwada meel ka baxsan Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada sidoo kale. Tusaale, daawooyinka Daawaynta Balwada, sida buprenorphine, ayay qori karaan daawo bixiyaasha qaar ee goobaha daryeelka guud kuwaasoo la shaqeeya Caymiska Daryeelka Maaraysan ee Medi-Cal (barnaamijka caadiga ah ee "Caymiska Guud" ee Medi-Cal) waxaana lagu bixin karaa ama laga qaadan karaa farmashiyaha.

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

- Macaamiisha kayar 21 sano ayaa u qalmi kara adeegga oo lagu baxsho Baaritaanka Biloowga Hore iyo Goosgooska, Cilad Helida, iyo Daawaynta ayadoo aan loo eegayn wadanka ay dagan yihiin.
- Bixinta Adeegyada Taageerada Dadka isku daruufka ah isa siiyaan waa ikhtiyaar u furan degmooyinka caymiska ku jira.
- Adeegyada Taageerada Dadka isku daruufka ah isa siiyaan waa adeegyada dhaqanka ku haboon ee shaqsigu iyo kooxdaba la siiyo oo kor u qaadaaya soo kabashada, adkaysiga, wada shaqaynta, bulshanimada, isku filnaanshaha, u doodista naftaada, awoodaha lagu baxsho nashaadaadka nidaamsan. Adeegyadaan ayaa laguugu siin karaa adiga ama qofka lagu asteeyay ee taageerada wayn waxaana la heli karaa isla



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marka aad helayso adeegyada Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal. Taqasuslaha Dadka isku xaalada ah ee Adeegyada Taageerada Dadka isku daruufka ah isa siiyaan waa qof soo maray khibrada caafimaadka dhimirka ama xanuunnada isticmaalka Maandooriyaasha wuxuuna ku jiraa kasoo kabasho asagoo buuxshay shuruudaha barnaamijka shahaado bixinta uu ansixiyay Gobalka ismaamulku, kaasoo shahaado ka haysta ismaamullada, bixiyana adeegyadaan asagoo ka hoos shaqeeya Dhakhtarka Caafimaadka Habdhaqanka kaasoo ruqsad ka haysta, ruqsad dhaaf ka haysta, ama ka diwaan gashan Gobalka.

- Adeegyada Taageerada Dadka isku daruufka ah isa siiyaan waxaa ku jira tababarka shaqsiga ah iyo kan kooxda, kooxaha dhisida xirfadaha waxbarashada, helista khayraadka, adeegyada wada shaqaynta si laguugu booriyo ka qaybgalka daawaynta caafimaadka dhimirka, iyo shaqooyinka baxnaaninta ah sida kor u qaadista u doodista naftaada.

Adeegyada soo kabashada

- Adeegyada soo kabashada ayaa noqon kara soo abashadaada iyo faya qabkaaga. Adeegyada soo kabashada ayaa kaa caawin kara inaad la xariirto xarunta daawaynta si aad u maarayso caafimaadkaaga iyo daryeelka caafimaadka. Sidaas awgeed, adeegaan wuxuu xoojinayaa doorkaaga maaraynta caafimaadkaaga, adeegsiga xeeladaha wixtarka ah ee taageerada maaraynta naftaada, iyo abaabulka ilaha gudaha iyo bulshada si loo baxsho taageerada maaraynta nafta oo joogto ah.
- Waxaad heli kartaa Adeegyada Soo kabashada oo lagu salaynaayo qiimayntaada shaqsiga ah ama qiimaynta dhakhtarka ee khatarta ku laabashada balwada. Adeegyada ayaa lagu bixin karaa si toos ah, khadka taleefanka, ama wicitaan.
- Adeegyada Soo kabashada waxaa kamid ah baaritaanka, iskudubaridka daryeelka, talo bixinta shaqsiga ah, talo bixinta kooxda, baxnaaninta qoyska, la socoshada soo kabashada, iyo qaybaha kahortaga ku laabashada balwada.

Iskudubaridka Daryeelka

- Adeegyada iyo Iskudubaridka Daryeelka ayaa ka kooban shaqooyin si loo baxsho iskudubaridka daryeelka isticmaalka Maandooriyaasha, daryeelka caafimaadka dhimirka, iyo daryeelka caafimaadka, iyo si laguugu xiro adeegyada iyo taageerooyinka caafimaadkaaga. Iskudubaridka Daryeelka ayaa lagu baxshaa dhammaan adeegyada waxaana lagu samayn karaa goobaha caafimaadka iyo kuwa kaleba, ayna ku jiraan goobaha bulshadaada.

Wac laynka Bilaashka ah ee Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ee Laynka Helitaanka iyo Gurmada Masiibada ee San Diego (ACL) oo ah (888) 724-7240 (TTY:771) ama booqo barta oonlaynka ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmada ayaa la heli karaa 24 saac, 7 maalmood asbuucii.



- Adeegyada Iskudubaridka Daryeelka waxaa ku jira isku dubaridka adeegyada dhakhaatiirta iyo caafimaadka iyo caafimaadka dhimirka si ay ula socdaan ayna ku taageeraan caafimaadka, qorsheynta ka bixida isbitaalka, iyo isku dubaridka adeegyada kaalmaatiga ah ayna ku jiraan in lagugu xiro adeegyada lagu baxsho goobaha bulshada sida daryeelka carruurta, gaadiidka, iyo guryaha.

Maaraynta Joogtaynta Yoolka (way kala duwan tahay degmo kasta)

- Macaamiisha kayar 21 sano ayaa u qalmi kara adeegga oo lagu baxsho Baaritaanka Biloowga Hore iyo Goosgooska, Cilad Helida, iyo Daawaynta ayadoo aan loo eegayn wadanka ay dagan yihiin.
- Bixinta Adeegyada Maaraynta Joogtaynta Yoolka waa ikhtiyaar u furan degmooyinka caymiska ku jira.
- Adeegyada Maaraynta Sugnaanta waa daawayn ku salaysan cadayn oo lagu daweeyo ciladaha marqaanka ayadoo macaamiisha u qalanta ay ka qaybgalaan adeegga Maaraynta Sugnaanta bukaan socodka oo nidaamsan oo socda 24 asbuuc, kaasoo lagu xijiyo lix bilood ama ka badan oo daaweynta dheeriga ah iyo adeegyada taageerada soo kabashada oo aan lahayn wax abaal marinno ah.
- Adeegyada hore ee Maaraynta Sugnaanta ee 12 asbuuc ah waxaa kamid ah abaal marinno lagu helaayo buuxinta yoolalka daawaynta, gaar ahaana inaan qofku isticmaalin wax balwad ah (tusaale, cocaine, amphetamine, iyo methamphetamine) kuwaasoo lagu xaqiijin doono baaritaannada kaadida. Abaal marinna waxaa ku jira agab u dhigma qiimaha kaashka (tusaale, kaararka hadiyada).
- Adeegyada Maaraynta Sugnaanta waxaa keliya heli karaa macaamiisha helaaya adeegyada lagu baxsho goobaha aan dadku seexan ee uu maamulo adeeg bixiye caymiska ku jira kana diiwaan gashan kana qaybgala hanaanka daawaynta balaaran, ee gaarka ah.

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

- Macaamiisha kayar 21 sano ayaa u qalmi kara adeegga oo lagu baxsho Baaritaanka Biloowga Hore iyo Goosgooska, Cilad Helida, iyo Daawaynta ayadoo aan loo eegayn wadanka ay dagan yihiin.
- Adeegyada Masiibooyinka ee Wareegga ayaa la heli karaa haddii aad waahayso masiibada caafimaadka dhimirka iyo/ama isticmaalka maandooriyaha ("masiibada caafimaadka habdhaqanka").



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- Adeegyada Masiibada ee Wareega waxaa bixiya xirfadleyaal caafimaad oo ku bixiya goobaha aad ku waajahayso masiibada, uuna ku jiro gurigaaga, shaqada, dugsiga, ama goobo kasta oo kale, marka laga reebo isbitaalka ama xarun kale. Adeegyada Masiibada ee Wareega ayaa la heli karaa 24 saac maalin kasta, 7 maalmood Asbuucii, iyo 365 maalmood sanadkii.
- Adeegyada Masiibada ee Wareega waxaa ku jira gurmada degdeg ah, qiimayn gaar ah iyo xasilin ku saleysan bulshada. Haddii aad u baahan tahay daryeel dheeri ah, adeeg bixiyaasha wareega ayaa sidoo kale fududeeya xiriirada tooska ah ama u gudbinta adeegyada kale.
- Si aad u hesho xog dheeri ah oo ku saabsan Adeegyada Caafimaadka Dhimirka (BHS) ee Ismaamulka San Diego Kooxda Gurmada Masiibada ee Wareega (MCRT), fadlan booqo lifaaqa soo socda:

https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/BHS_MCRT/About_MCRT.html

Baaritaanka, qiimaynta Caawimaada Kooban iyo Ku Xirista Daawaynta

Baaritaanka, qiimaynta Caawimaada Kooban iyo Ku Xirista Daawaynta Khamriga iyo Daroogadu maaha gunno lagu baxsho Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal. Waa gunno lagu helo nidaamka Adeegga Caymiska Gaarka ah ee Medi-Cal iyo daryeelka agaasiman ee Medi-Cal ee macaamiisha jira 11 sano iyo ka wayn. Qorsheyaasha daryeelka Maaraysan waa inay baxshaan adeegyada isticmaalka maandooriyaasha ee caymisku daboolo, ayna ku jiraan baaritaanka isticmaalka khamrada iyo Daroogada, iyo ku xirista daawaynta (SABIRT) loona sameeyo macaamiisha da'aha 11 sano iyo ka wayn.

Adeegyada Caawimaada Xili Hore

Adeegyada caawimaada xili hore waxaa lagu daboolaa adeegga Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee macaamiisha kayar da'da 21 sano. Macmiil kasta oo kayar da'da 21 sano kaasoo la baaray lana go'aanshay inuu khatar ugu jiro qaadista xanuunka balwada maandooriyaha ayaa heli kara adeeg kasta oo lagu daboolo heerka bukaan socodka ee adeegga oo ah adeegyada caawimaada xili hore. Baaritaanka isticmaalka Maandooriyaasha ayaan loo baahnayn si qofka loo siiyo adeegyada caawimaada hore ee macaamiisha kayar 21 sano.



Baaritaanka, Helida Cilada, iyo Daawaynta Xili Hore ee Goos-gooska ah

Macaamiisha kayar da'da 21 sano ayaa u qalma inay helaan adeegyada horey loogu qeexay buug-gacmeedkaan iyo sidoo kale adeegyada dheeriga ah ee Medi-Cal ee lagu baxsho guuno loo yaqaano Baaritaanka, Helista Cilada, iyo Daawaynta Carruurta ee Goos-gooska ah.

Si uu ugu qalmo adeegyada Baaritaanka, Helista Cilada, iyo Daawaynta Carruurta ee Goos-gooska ah, macmiilku waa inuu kayar yahay da'da 21 sano uuna helaa adeegyada daboolaaaya Baaritaanka, Helista Cilada, iyo Daawaynta Carruurta ee Goos-gooska ah ee buuxa kuwaasoo caafimaad ahaan muhiim u ah sixida ama xal u helida ciladaha iyo xanuunnada caafimaadka jirka iyo dhimirka. Adeegyada sugaaya, taageeraaya, kor u qaadaaya, ama ka dhigaaya xaalada mid la maarayn karo ayaa la tixgelinayaa si loo caawiyo xaalada waxaana lagu daboolayaa caymiska adeegyada Baaritaanka, Helida Cilada, iyo Daawaynta Xili hore ee Goos-gooska ah Shuruudaha helitaanka ee macaamiisha kayar 21 sano ayaa ka duwan kana fudud helitaanka shuruudaha dadka waawayn ee helaaya adeegyada Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal, si loo buuxsho masuuliyada Baaritaanka, Helida Cilada, iyo Daawaynta Xili Hore ee Goos-gooska ah iyo doonista kahortaga iyo caawimaada hore ee ku aadan xanuunnada isticmaalka maandooriyaha.

Haddii aad su'aalo ka qabto adeegyada Baaritaanka, Helista Cilada, iyo Daawaynta Carruurta ee Goos-gooska ah, fadan booqo [webseedka Baaritaanka, Helista Cilada, iyo Daawaynta Carruurta ee Goos-gooska ah ee DHCS](#).

Adeegyada xanuunka laga qaado isticmaalka maandooriyaasha ee laga heli karo Caymistada Daryeelka Maaraysan ama Barnaamijka "Adeegyada Caymiska Gaarka ah ee caadiga ah"

Qorsheyaasha daryeelka Maaraysan waa inay baxshaan adeegyada isticmaalka maandooriyaasha ee caymisku daboolo, ayna ku jiraan baaritaanka isticmaalka khamrada iyo Daroogada, iyo ku xirista daawaynta (SABIRT) loona sameeyo macaamiisha da'aha 11 sano iyo ka wayn, ayna ku jirana haweenka uurka leh, xarumaha daryeelka guud iyo baaritaanka isticmaalka tubaakada, khamriga, iyo maandooriyaasha. Qorsheyaasha Daryeelka Maaraysan sidoo kale waa inay baxshaan ama diyaarshaan adeegga Daawooyinka Daawaynta Balwada (oo sidoo kale loo yaqaano Daawaynta Daawada Lagu kaabo) ee lagu baxsho daryeelka guud, isbitaalka bukaan jiifka, waaxaha xaaladaha degdega ah, iyo xarumaha kale ee caafimaadka ee caymiska la shaqeeya. Qorsheyaasha Daryeelka Maaraysan sidoo kale waa inay baxshaan adeegyada xaalada degdega ah ee muhiimka u ah dejinta xaalada macmiilka, ayna ku jiraan adeegga bukaan jiifka ee ka saarida sunta jirka qofka.

Wac laynka Bilaashka ah ee Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ee Laynka Helitaanka iyo Gurmadka Masiibada ee San Diego (ACL) oo ah (888) 724-7240 (TTY:771) ama booqo barta oonlaynka ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmada ayaa la heli karaa 24 saac, 7 maalmood asbuucii.



Xog Dheeriga ah ee Gaarka u ah Degmada

Si aad u hesho qeexitaanka dhamaystiran ee adeegyada kor lagu sheegay kuwaasoo la heli karo iyo xog dheeraad ah oo ku saabsan adeegyada la xariira xanuunka laga qaado isticmaalka maandooriyaasha, fadlan wac Laynka Helitaanka iyo Gurmadka Masiibada (ACL) oo ah (888) 724-7240 (TTY: 711).



Wac laynka Bilaashka ah ee Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ee Laynka Helitaanka iyo Gurmadka Masiibada ee San Diego (ACL) oo ah (888) 724-7240 (TTY:771) ama booqo barta oonlaynka ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmada ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

SIDA AAD KU HELAYSO ADEEDGYADA NIDAAMKA BIXINTA ADEEGGA NIDAAMSAN EE DAAWADA MEDI-CAL

Sidee ayaan Ku helayaa Adeegyada Nidaamka Adeegyada Nidaamsan ee Daawada Medi-Cal?

Haddii aad aaminsan tahay inaad u baahan tahay adeegyada daawaynta xanuunka laga qaado isticmaalka maandooriyaasha, wacaad ka heli kartaa adeegyada adoo wacaaya Laynka Helitaanka iyo Gurmadka Masiibada (ACL) oo ah (888) 724-7240 (TTY: 711). Waxaa sidoo kale lagugu xiri karaa Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada si aad ugu hesho adeegyada daawaynta xanuunka laga qaado isticmaalka maandooriyaasha qaabab kale.

Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ayaa laga doonayaa inuu aqbalo dadka ay adeegyada daawaynta xanuunka laga qaado isticmaalka maandooriyaasha usoo gudbiyaan dhakhaatiirta, xirfadleyaasha caafimaadka dhimirka, iyo adeeg bixiyaasha kale ee daryeelka guud kuwaasoo aaminsan inay u baahan yihiin dadku adeegyadaan iyo kuwa ka yimaada caymiskaaga daryeelka caafimaadka maaraysan ee Medi-Cal, haddii aad macmiil u tahay. Caadiyan, dhakhtarkaaga guud ama qorshaha daryeelka maaraysan ee Medi-Cal ayaa u baahan doona ogolaanshahaaga ama kan waalidkaaga ama daryeelaka ilmaha si ay ugu gudbiyaan adeegga, ilaa in ay xaalad degdeg ah jirto maahee. Dadka iyo ururada kale ayaa sidoo kale dadka usoo gudbin kara adeegga degmada, ayna ku jiraan dugsiyada; waaxaha faya dhawrka ama adeegyada bulshada ee degmada; ilaaliyaasha, waalidiinta ama xubnaha qoyska; iyo wakaaladaha booliiska.

Adeegyada caymisku daboolaayo ayaa laga heli karaa shabakada adeeg bixiyaasha ee Ismaamulka San Diego. Haddii dhakhtar qandaraas kula jira uu diido fulinta ama haddii kale taageerida adeeg caymisku daboolaayo, Ismaamulka San Diego ayaa diyaarinaaya dhakhtar kale ee bixiya adeegga. Degmadaada ayaa diidi karta codsiga samaynta qiimaynta hore si loo go'aansho inaad buuxinayso iyo in kale shuruudaha helitaanka adeegyada Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada.

Ismaamulka San Diego oo ah degmada Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ayaa laga doonayaa inay u ogolaato macmiilka inuu sii wato helitaanka adeegyada caymisku daboolo ee Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal oo uu ka helo dhakhtar caymiska ka baxsan marka qiimayntu go'aamiso in, haddii aan adeegyada loosii



wadin, in ay kasii darayso xaalada caafimaadka macmiilku ama uu khatar u galaayo in isbitaal la dhigo ama run daawayn la seexsho.

Adeegyada daawaynta ee Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal oo uu baxsho dhakhtar horey u waday ayaa sii socon doona ugu badnaan sagaashan (90) maalmood ilaa in muhiimad caafimaad ay qasab ka dhigayso maahee in adeegyada lasii wado muddo intaas ka badan, oo aan ka badnayn 12 bilood. Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal Ismaamulka San Diego ayaa siin doona macmiilka ka guurista daryeelka uu bixin jiray dhakhtar ka baxsan caymiska marka dhammaan shuruudaha soo socda la buuxsho:

1. Degmadu ay go'aamiso asagoo adeegsanaaya qiimayn in u wareejinta macmiil dhakhtar cusub ay keenaysa in uu aad u sii xumaado caafimaadka macmiilku, ama ay keenayso khatarta ah in isbitaal la dhigo ama la seexsho xarun;
2. Degmadu ay awoodo inay go'aamiso in macmiilku uu xariir jira la leeyahay dhakhtarka ka baxsan shabakada (in qofku sheegto keliya kuma filna cadaynta xariirka qofku la leeyahay dhakhtar);
 - a. Xariir jira waxaa laga wadaa in macmiilku uu daawaynta ka helaayay dhakhtarka ka baxsan caymiska kahor taariikhda uu u adeegaayo DMC-ODS ka Degmada.
3. Dhakhtarka ka baxsan caymiska uu doonaayo inuu aqbalo heerarka sareeya ee qiimaha heshiiska Nidaamka Adeeg Bixinta Nidaamka ee Caymiska Daawada Medi-Cal ee Ismaamulka San Diego ama qiimeyaasha Daawada Medi-Cal ee adeegyada ay qusayso ee Nidaamka Adeeg Bixinta Nidaamka ee Caymiska Daawada Medi-Cal;
4. Dhakhtarka ka baxsan caymisku uu buuxsho heerarka xirfada ee uu u baahan yahay Nidaamka Adeeg Bixinta Nidaamka ee Caymiska Daawada Medi-Cal ee Ismaamulka San Diego uusan soo marin cilado dhanka xirfada ah oo u diidaaya shaqadaan (cilad dhanka tayada daryeelka ah waxaa laga wadaa in Nidaamka Adeeg Bixinta Nidaamka ee Caymiska Daawada Medi-Cal ee Ismaamulka San Diego uu qoro ciladaha tayada daryeelka ilaa heer dhakhtarku uusan u qalmi karin bixinta adeegyada cid kamid ah macaamiisha Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal);
5. Dhakhtarka la xaqiijiyo inuu haysto shahaadada Caymiska Dawada ee Medi-Cal; iyo
6. Dhakhtarka ka baxsan caymiska uuu keeno Nidaamka Adeeg Bixinta Nidaamka ee Caymiska Daawada Medi-Cal dhammaan xogta la xariirta daawaynta, si loogu adeegsado go'aaminta muhiimada caafimaadka iyo abuurista qorshaha hadda ee daawaynta, ilaa iyo inta ay waafaqsan tahay sharciyada iyo xeerarka sirta qofka ee federaalka iyo gobalka. Waxaa intaas dheer, dhakhtarku waa inuu u keeno Nidaamka



Adeeg Bixinta Nidaamka ee Caymiska Daawada Medi-Cal ee Ismaamulka San Diego dhammaan xogta natiijooyinka la gaaro.

Xagee ayaan Ka helayaa Adeegyada Nidaamka Adeegyada Nidaamsan ee Daawada Medi-Cal?

Ismaamulka San Diego ayaa ka qaybgasha barnaamijka Nidaamka Adeeg Bixinta Nidaamka ee Caymiska Daawada Medi-Cal. Maadaama aad dagan tahay Ismaamulka San Diego, waxaad ka helayaa Adeegyada Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada aad ku nooshahay adoo ka helaaya Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal. Adeegyada Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee aan lagu bixin degaankaaga, degmadaada ayaa kuu diyaarin doonta si aad adeegyada uga hesho meel kabaxsan degmada marka ay muhiim tahay ayna haboon tahay. Ismaamulka San Diego wuxuu leeyahay dhakhaatiirta daawaynta xanuunka laga qaado isticmaalka maandooriyaasha oo daawayn kara xanuunnada lagu daboolo Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada. Degmooyinka kale ee ana ka qaybgelin Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ayaa bixin kara adeegyada soo socda ee Daawada Medi-Cal:

- Daawaynta Bukaanku Socodka oo Adag
- Daawaynta Maandooriyaha
- Daawaynta Bukaanku Socodka
- Adeegga Daawaynta Maandooriyaha ee Hooyada oo lagu Baxsho Hooyga (marka laga reebo qolka iyo boorka)

Haddii aad ka yar tahay da'da 21 sano, waxaad sidoo kale u qalantaa adeegyada Baaritaanka, Helida cilada, iyo Daawaynta Xili Hore ee Goos-gooska ah ee lagu baxsho degmo kale gobalka oo dhan.

Daryeelka Kadib Saacadah Shaqada

Haddii aad u baahan tahay adeegyada kadib saacadaha shaqada ama maalmaha fasaxa asbuuca, wacaad ka wici karta Laynka Helitaanka iyo Gurmadka Masiibada (ACL) oo ah (888) 724-7240 (TTY: 711) si aad u ogaato haddii dhakhtarka daawaynta la heli karo si uu markaba kuu caawiyo. Hase yeeshee, inta badan adeeg bixiyaasha daawaynta bukaan socodka iyo hooyga ayaan qaban bukaan cusub xiliyada fiidkii ama maalmaha fasaxa asbuuca. Haddii aad hadda hesho adeegyada daawaynta, waxaad la hadli kartaa dhakhtarka ku daaweeya si aad xog badan uga ogaato marka shaqaaluhu ay kuu adeegi karaan kadib saacadaha shaqada.



Wac laynka Bilaashka ah ee Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ee Laynka Helitaanka iyo Gurmadka Masiibada ee San Diego (ACL) oo ah (888) 724-7240 (TTY: 711) ama booqo barta onlaynka ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmada ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Sidee ayaan ku ogaanayaa Marka aan u Baahan nahay Caawimaad?

Dad badan ayaa waajahaaya waqtiyo adag noloshooda waxayna waajihi karaan dhibaatooyin xanuunka laga qaado isticmaalka maandooriyaasha. Waxa ugu muhiimsan inaad xasuusnaato waa in aad caawimaad helayso. Haddii aad u qalanto Medi-Cal, waxaadna aaminsan tahay inaad u baahan tahay caawimaad xirfadeed, waa inaad codsataa qiimayn aad ka hesho Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada si loo hubiyo si dhab ah maadaama aad hadda dagan tahay degmo bixisa Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal.

Sidee Ayaan ku ogaanayaa Marka Cunugaygu u Baahan yahay Caawimaad?

Waxaad la xariiri kartaa degmada ka qaybgalaysa Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal si ay qiimayn ugu samayso cunugaaga ama kuraygaaga haddii aad isleedahay wuxuu leeyahay astaamaha xanuunka laga qaado isticmaalka maandooriyaasha. Haddii cunugaaga ama kuraygaagu u qalmo Medi-Cal qiimaynta degmaduna muujiyo in adeegyada daawaynta daroogada iyo khamriga ee ay degmadu daboolayso loo baahan yahay, degmada ayaa u diyaarin doona cunugaaga ama kuraygaaga helitaanka adeegyada.

Goorma ayaan Helayaa Adeegyada Nidaamka Adeegyada Nidaamsan ee Daawada Medi-Cal ee Degmada?

Caymiskaaga Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada waa inuu buuxshaa heerarka waqtiga balanta ee gobalka marka uu mudaynaayo balantaada si aad u hesho adeegyada ay bixiso Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada. Nidaamka Adeegyada Nidaamsan ee Daawada Medi-Cal ee degmadu waa inuu ku siiyaa balan waafaqsan heerarka waqtiga balanta ee soo socda:

- 10 maalmood gudahood laga bilaabo marka aad dirto codsigaaga aan degdega ahayn ee bilaabista adeegyada dhakhtarka xanuunka maandooriyaha ee adeegyada bukaan socodka iyo kuwa adag ee bukaan socodka;
- 3 maalmood oo kuwa shaqada ah gudahood kadib codsiga adeegyada Barnaamijka Daawaynta Maandooriyaha;
- Balanta dabalgalka ah ee aan degdega ahayn oo la qabto 10 maalmood gudahood haddii aad ku jirto koorsada daawaynta xanuunka maandooriyaasha oo taagan, marka laga reebo xaalado gaar ah oo dhakhtarka daawayntu sheego.

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



Wac laynka Bilaashka ah ee Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ee Laynka Helitaanka iyo Gurmada Masiibada ee San Diego (ACL) oo ah (888) 724-7240 (TTY:771) ama booqo barta oonlaynka ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmada ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

mudada wakhtigu inay khatar ku tahay caafimaadkaaga, la xiriir caymiskaaga. Waxaad xaq u leedahay inaad gudbiso cabasho haddii aadan helin daryeel wakhtigiisa lagu siiyo. Si aad u hesho xog dheeri ah oo ku aadan gudbinta cabashada, fadlan eeg qaybta "Hanaanka cabashada" ee buug-gacmeedkaan.

Yaa go'aaminaaya Adeegyada aan Helaayo?

Adiga, dhakhtarkaaga, iyo Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ayaa dhammaan door ka qaadanaaya go'aaminta adeegyada aad u baahan tahay inaad ka hesho Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada. Dhakhtarka adeegga xanuunka laga qaado isticmaalka maandooriyaasha ayaa kula hadli doona, kadibna markuu qiimayn ku sameeyo wuxuu kaa caawin doonaa ku talinta adeegyada kugu haboon ayadoo laga eegaayo baahiyahaaga. Waxaad awoodi doontaa inaad hesho adeegyada qaar ee aad u baahan tahay inta dhakhtarkaagu samaynaayo qiimayntaan.

Haddii aad ka yar tahay 21 sano jir, Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmadu waa inuu baxshaa adeegyada caafimaad ahaan Muhiimka ah ee kaa caawinaaya sixida ama kor u qaadista xaaladaada caafimaadka dhimirka Adeegyada joogtaynaaya, taageeraaya, kor u qaadaaya, ama dejinaaya xaalada xanuunka habdhaqanka ayaa loo arkaa kuwo caafimaad ahaan muhiim ah.



SIDA AAD KU HELAYSO ADEEGYADA CAAFIMAADKA DHIMIRKA

Xagee ayaan Ka helayaa Adeegyada Caafimaadka Dhimirka ee Gaarka ah?

Waxaad adeegyada Caafimaadka Dhimirka ee Gaarka ah ka helayso degmada aad dagan tahay, ama banaanka degmadaada haddii loo baahdo. Si aad u hesho xog dheeraad ah ama aad u hesho gudbin, waxaad la xariiri kartaa Laynka Helitaanka iyo Masiibada (ACL) oo ah (888) 724-7240 (TTY: 711). Degmo kasta waxay leedahay adeegyada Caafimaadka Dhimirka ee Gaarka ah ee carruurta, dhalinta, dadka waawayn, iyo waayeelka. Haddii aad ka yar tahay da'da 21 sano, waxaad u qalantaa caymiska dheeriga ah iyo gunnooyinka lagu baxsho Baaritaanka, Helista Xanuunka, iyo Daawaynta Caruurta ee Goos-gooska ah.

Caymiskaaga caafimaadka dhimirka ayaa go'aamin doona haddii aad buuxisay shardiga helitaanka adeegyada Caafimaadka Dhimirka ee Gaarka ah. Haddii aad buuxiso, caymiska caafimaadka dhimirka ayaa kugu xiri doona dhakhtarka caafimaadka dhimirka kaasoo baari doona baahiyahaaga si loo go'aansho noocyada adeegyada buuxinaaya baahiyahaaga. Waxaad sidoo kale codsan kartaa qiimayn aad ka helayso caymiskaaga daryeelka maaraysan haddii aad macmiil ahaan uga diiwaan gashan tahay qorshaha daryeelka maaraysan. Haddii caymiskaaga daryeelka maaraysan uu go'aansho inaad buuxisay shuruudaha helitanaka adeegyada Caafimaadka Dhimirka ee Gaarka ah, qorshaha daryeelka Maaraysan ayaa kugu xiri doona si aad u hesho adeegyada qorshaha caymiska caafimaadka dhimirka ama kaa caawinaaya inaad adeegyadaada ka wareegsato qorshaha Daryeelka Maaraysan una wareegsato qorshaha caafimaadka dhimirka. Ma jiro dhabo khaldan marka aad helayso adeegyada caafimaadka dhimirka taasoo ka dhigan inaad xataa awoodi karto inaad adeegyada Caafimaadka Dhimirka ee guud ka hesho qorshahaaga daryeelka maareysan oo dheeri ku ah adeegyada caafimaadka dhimirka ee taqasuska leh. Waxaad adeegyadaan ka helayso dhakhtarkaaga caafimaadka dhimirka haddii dhakhtarkaagu go'aansho in adeegyadu ay caafimaad ahaan muhiim kuu yihiin iyo inta adeegyadaas ay yihiin kuwo diyaarsan aysana ahayn kuwo aad labo jeer helayso.



SHURUUDAHA HELITAANKA IYO MUHIIMADA CAAFIMAADKA

Waa maxay Shuruudaha Helitaanka Caymiska Adeegyada Daawaynta Xanuunka Isticmaalka Maandooriyaasha?

Ayadoo qayb ka ah go'aaminta haddii aad u baahan tahay adeegyada daawaynta isticmaalka maandooriyaha, Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ayaa kaala shaqayn doona adiga iyo dhakhtarkaaga go'aaminta haddii aad buuxinayso shuruudaha helitaanka adeegyada Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal. Qaybtaan waxay sharxaysaa sida degmadaada caymiska ku jirta ay u gaarayso go'aankaas.

Dhakhtarkaaga ayaa kaala shaqayn doona samaynta qiimayn lagu go'aaminaayo noocyada adeegyada Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee kuugu haboon. Qiimayntaan waa in lagu sameeyaa si fool-ka fool ah, taleefanka caafimaadka, ama taleefanka. Waxaad heli kartaa qaar kamid ah adeegyada inta la wado qiimaynta. Kadib marka dhakhtarkaagu sameeyo qiimaynta, wuxuu go'aamin doonaa haddii aad buuxinayso shuruudaha soo socda ee helitaanka si aad u hesho adeegyada lagu baxsho Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal:

- Waa inaad ka diiwaan gashan tahay Medi-Cal.
- Waa inaad dagan tahay degmo qayb ka ah Nidaamka Bixinta Adeegga nidaamksan ee Daawada Medi-Cal.
- Waa in lagaa helaa ugu yaraan hal xanuun oo kamid ah Xanuunnada ku jira Liiska Tusmada Baaritaanka iyo Tira Koobka Xanuunnada Dhimirka ee Xanuunka ka dhasha Maandooriyaha iyo Balwada (marka laga reebo Xanuunnada la Xariira Tubaakada iyo Xanuunnada Aan ahayn kuwa Maandooriyaha) ama aad qabtay ugu yaraan hal kamid ah liiska Xanuunnada Baaritaanka iyo Tirakoobka ee Dhimirka ee xanuunnada Maandooriyaha iyo Balwada kahor intaan lagu xirin ama intii lagu jiray kadib (marka laga reebo Xanuunnada la Xariira Tubaakada iyo Xanuunnada Aan ahayn kuwa Maandooriyaha).

Macaamiisha kayar da'da 21 ayaa heli kara dhammaan adeegyada Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal marka dhakhtarku go'aansho in adeegu saxaayo ama ka caawinaayo joojinta si khaldan u isticmaalka xanuunka laga qaado maandooriyaha, xataa haddii aan xanuunka wali laga helin. Xataa haddii degmada aad dagan tahay aysan qayb ka ahayn nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal, haddii aad kayar tahay 21 sano, wali waad u qalmi kartaa adeegyadaan.



Wac laynka Bilaashka ah ee Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ee Laynka Helitaanka iyo Gurmada Masiibada ee San Diego (ACL) oo ah (888) 724-7240 (TTY:771) ama booqo barta oonlaynka ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmada ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Waa maxay Muhiimada Caafimaad?

Adeegyada aad hesho waa inay yihiin kuwo caafimaad ahaan muhiim ah ayna ku haboon yihiin xalinta xanuunkaaga. Dadka jira 21 sano iyo ka wayn, adeegga ayaa caafimaad ahaan muhiim ah marka uu yahay mid macquul ah muhiimna u ah difaaca noloshaada, kahortaga xanuun daran ama naafo, kor u qaadaaya xanuunkaaga. Macaamiisha kayar da'da 21 sano, adeegga ayaa caafimaad ahaan muhiim ah haddii adeegu saxaayo ama ka caawinaayo joojinta isticmaalka maandooriyaha ama xanuunka balwada. Adeegyada sugaaya, taageera, kor u qaadaaya, ama ka dhigaaya mid la xakamayn karo isticmaalka Maandooriyaasha ama xanuunka balwada ayaa la tixgelinayaa si loo caawiyo xaalada sidaas awgeedna waxaa lagu daboolayaa caymiska adeegyada Baaritaanka, Helida Cilada, iyo Daawaynta Xili hore ee Goos-gooska ah.



Wac laynka Bilaashka ah ee Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ee Laynka Helitaanka iyo Gurmadka Masiibada ee San Diego (ACL) oo ah (888) 724-7240 (TTY:771) ama booqo barta oonlaynka ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmada ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

DHAKHTARKA QAYBTA A

Sidee ayaan Ku helayaa Dhakhtar i siiya Adeegyada Daawaynta Xanuunka Isticmaalka Maandooriyaasha ee aan U baahan Nahay?

Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ayaa xadiyo ku xiri kara dookhyadaada dhakhaatiirta. Waxaad codsan kartaa in Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmadaada uu ku siiyo dookha koobaad ee dhakhaatiirta. Demadaada Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal waa inay sidoo kale kuu ogolaataa inaad badesho dhakhaatiirta. Haddii aad codsato inaad badesho dhakhtarkaaga, degmadu waa inay kuu ogolaataa inaad doorato dhakhtar ilaa heerka suuragalka ah oo haboon.

Degmadaada ayaa laga doonayaa inay soo daabacdo liiska dhakhtarada hadda ka tirsan ee oonlaynka ah. Haddii aad su'aalo ka qabto dhakhaatiirta hadda ama aad dooneyso diiwaanka cusub ee dhakhaatiirta, booqo webseedka degmadaada

https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html ama wac lambarkiisa teleefoonka degmada ee bilaashka ah ee Laynka Ismaamulka San Diego ee Helitaanka iyo Masiibada (ACL) oo ah (888) 724-7240 (TTY: 711). Liiska diiwaanka dhakhtarka hadda ayaad oonlayn ahaan uga helaya webseedka degmada, ama waxaad nuqulka waraaqda ah ku helaya boostada marka aad codsato.

Mararka qaar dhakhtarada Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ayaa doorta inay joojiyaan bixinta adeegyada Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal asagoo ah dhakhtar adeeg siiya degmada, joojiya heshiiska kala dhexeeya Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada, ama joojiya inuu aqbalo bukaannada Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal si iskood ah ama marka uu ka codsado Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmadu. Marka sidaan dhacdo, Nidaamka Bixinta Adeegga Nidaamsan ee Daawada Medi-Cal ee degmadu waa inuu sameeyaa dedaal si uu ogeysiiska qoran ee joojinta adeegga uu baxsho dhakhtarka degmadu qandaraaska kula jirto siiso 15 maalmood gudahood kadib marka uu soo gaaro ogeysiiska joojinta adeegga, ayna siiso qof kasta oo adeegyada daawaynta maandooriyaha ka hela dhakhtarka.

Shaqsiyaadka Hindida Maraykanka ama Dhaladka Alasaka ee u qalma adeegyada Medi-Cal kuna nool degmooyinka ka tirsan Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada, ayaa heli kara adeegyada Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal



Wac laynka Bilaashka ah ee Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ee Laynka Helitaanka iyo Gurmada Masiibada ee San Diego (ACL) oo ah (888) 724-7240 (TTY: 711) ama booqo barta oonlaynka ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmada ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

ee degmada oo ay baxshaan Dhakhaatiirta Caafimaadka Hindida ee haysta shahaadada Drug Medi-Cal ee muhiimka ah.

Marka aan Helo Dhakhtar, Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmadu-Ma u Sheegi karaa Dhakhtarka Adeegyada aan Helaayo?

Adiga, dhakhtarkaaga, iyo Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ayaa dhammaan door ka qaadanaaya go'aaminta adeegyada aad u baahan tahay inaad ka hesho degmada adoo raacaaya shuruudaha helitaanka ee adeegyada Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal. Mararka qaar degmada ayaa go'aanka u dhaafaysa adiga iyo dhakhtarka. Marar kale, Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ayaa ka dooni kara dhakhtarkaaga inuu keeno sababaha dhakhtarku u aaminsan yahay inaad u baahan tahay adeegga kahor intaan adeegga la bixin. Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal waa inuu adeegsadaa xirfadle khibrad u leh si uu dib u eegis u sameeyo.

Nidaamkaan dib u eegista waxaa loogu yeeraa hanaanka xaqiijinta qorshaha. Xaqiijinta xili hore ee adeegyada waxaa loo ogol yahay keliya adeegyada hooyga iyo bukaan jiifka (marka laga reebo adeegyada maaraynta Ciladaha joojinta Balwada). Hanaanka ogolaanshaha degmada ee Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal waa inuu raacaan jadwallo gaar ah. Ogolaanshaha caadiga ah, Degmada Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal waa inay go'aan ka gaartaa codsiga dhakhtarkaaga 14 maalmood gudahood.

Haddii adiga ama dhakhtarkaagu codsado, ama haddii Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmadu aaminsan yahay in maslaxadaadu ku jirto si loo helo xog dheeri ah oo uu baxsho dhakhtarkaagu, jadwalka ayaa la kordhin karaa 14 maalmood oo dheeraad ah. Tusaalaha marka waqti kordhintu ay noqon karto maslaxadaada waa marka degmadu aaminsan tahay inay awoodo inay ansixiso codsiga dhakhtarkaaga ee ogolaanshaha haddii Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmadu xog dheeri ah ka helo dhakhtarkaaga uuna ku qasban yahay inuu diido codsiga haddii aan xogtaas la keenin. Haddii Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada uu kordhiyo waqtiga, degmada ayaa kuusoo diraysa ogeysiis qoraal ah oo ku saabsan muddo kordhinta.

Haddii aan degmadu go'aan ku gaarin mudada caadiga ah ee loo cayimay ama codsiga ogolaanshaha degdega ah, Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal waa inuu kuusoo diraa Ogeysiiska Go'aanka Diidmada Gunnada kaasoo kuu sheegaaya in



adeegyada la diiday iyo in aad racfaan soo gudbin karto ama codsan karto Dhagaysiga Gobalka ee Cadaalada ah.

Waxaad ka codsan kartaa Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal xog dheeraad ah oo ku saabsan hanaankooda ogolaanshaha.

Haddii aadan waafaqin go'aanka Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmadu ka gaaray hanaanka ogolaanshaha, waxaad racfaan u gudbin kartaa degmada ama waxaad codsan kartaa Dhageysiga Gobalka ee Cadaallada ah. Si aad u hesho xog dheeraad ah, ka fiiri qaybta Xalinta Dhibaataada.

Waa kuwee Dhakhaatiirta Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmadaydu Adeegsado?

Haddii aad ku cusub tahay Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada, liiska buuxa ee adeeg bixiyaasha Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmadaada ayaa laga heli kara

https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html waxaana ku jira xog ku saabsan meesha ay joogaan adeeg bixiyaashu, adeegyada daawaynta isticmaalka Maandooriyaasha ee ay baxshaan, iyo xogta kale ee kaa caawinaysa helitanaka daryeelka, ayna ku jirto xog ku saabsan adeegyada dhaqanka iyo luuqada oo laga heli karo dhakhaatiirta. Haddii aad qabto su'aalo ku saabsan dhakhaatiirta, wac Laynka bilaashka lagu waco Laynka Helitaanka iyo Masiibada (ACL) oo aad ka helayso (888)724-7240 (TTY: 711).



XAQA AAD U LEEDAHAY HELITAANKA DIIWAANNADA CAFIMAADKA IYO XOGTA DIIWAANKA ADEEG BIXIYAHA ADOO ADEEGSANAAYA AALADAHA CASRIGA AH

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

Wixii su'aalo ah oo ku saabsan nidaamka amaanka ah si aad u gasho diiwaanadaada caafimaadka iyo daryeelka, fadlan iimeel u dir QIMatters.HHSA@sdcounty.ca.gov.

Si aad u hesho nuqulka la baari karo ee Diwaanka Dhakhaatiirta ee BHS aadna u hesho dhakhtar, fadlan booqo: <https://sdcountybhs.com/ProviderDirectory>.



OGEYSIISKA GO'AANKA DIIDMADA GUNNADA

Waa kuwee Dhakhaatiirta Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmadaydu Adeegsado?

Waa maxay Xuquuqda aan Leeyahay haddii Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal Diido Adeegyada aan Doonaayo ama Aan aaminsan Nahay inaan U baahan Nahay?

Haddii Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmadaadu diido, xadido, yareeyo, dib u dhigo ama joojiyo adeegyada aad doonayso ama aaminsan tahay inaad xaq u leedahay, waxaad xaq u leedahay Ogeysiiska qoran (loo yaqanao "Ogeysiiska Go'aanka Diidmada Gunnada") oo ka imaanaaya Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmada. Waxaad sidoo kale xaq u leedahay inaad diido go'aanka adoo codsanaaya racdaan. Qaybaha hoose ayaa ka hadlaaya xuquuqdaada Ogeysiiska iyo waxa aad samayn karto haddii aad diido go'aanka Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal.

Waa Maxay Go'aanka Diidmada Gunnadu?

Go'aanka Diidmada Gunnada ayaa lagu qeexaa wax kamid ah talaabooyinka soo socda oo ay qaaday degmada Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal:

1. Diidmada ama xadidida ogolaanshaha adeegga la codsaday, ayna ku jiraan go'aannada lagu saleeyay nooca ama heerka adeegga, muhiimada caafimaadka, haboonaanta, goobta, ama waxtarka adeegga la daboolayo.
2. Yaraynta, hakinta, ama joojinta adeeg horey loo ogolaaday.
3. Diidmada, si guud ama qayb ahaan, lacagta adeegga.
4. Fashilka bixinta adeegyada oo lagu baxsho qaab ku haboon waxtiga.
5. Ku fashilmida talaabo qaadista inta lagu jiro jadwalka loo baahan yahay ee gaarista xalka aasaasiga ah ee cabashooyinka iyo racfaannada. (Haddii aad cabasho u gudbiso Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal kadibna uusan Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal kugusoo celin go'aanka qoraalka ah oo ku aadan cabashadaada 90 maalmood gudahood. Haddii aad racfaan u gudbisay Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal kadibna uusan Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal go'aanka qoraalka ah kaa siin racfaankaaga 30 maalmood gudahood, ama haddii aad gudbisay racfaan degdeg ah, aadana helin jawaab 72 saacadood gudahood); ama
6. Diidmada codsiga macmiilka ee diidista masuuliyada dhaqaale.



Waa Maxay Ogeysiiska Go'aanka Diidmada Gunnadu?

Ogeysiiska Go'aanka Diidmada Gunnadu waa waraaq qoran oo Nidaamkaaga Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal uu kuusoo diri doono haddii uu gaaro go'aan uu ku diidaayo, ku xadidaayo, ku yareynaayo, dib ugu dhigaayo, ama uu ku joojinaayo adeegyada aad adiga iyo dhakhtarkaagu aaminsan tihiin inaad xaq u leedahay. Tan waxaa ku jira diidmada qarashka adeegga, diidmo ku saleysan sheegashada ah inaan adeegyada caymisku daboolin, ama diidmo ku salaysan in adeeggu uu la xariiro nidaamka adeeg bixinta oo khaldan, ama diidmada codsiga dood ku aadan masuuliyada dhaqaale. Ogeysiiska Go'aanka Diidmada Gunnada ayaa sidoo kale loo adeegsadaa in lagu wargeliyo haddii cabashadaada, racfaankaaga, ama racfaankaaga degdega ah aan xal laga gaarin waqtigii la rabay, ama haddii aadan ku helin adeegyada mudada loo cayimay in Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmadu ku baxsho adeegyada.

Waqtiga Ogeysiiska

Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmadu waa inuu ogeysiiska boostada ugu diraa macmiilka ugu yaraan 10 maalmood kahor taariikhda talaabada joojinta, hakinta, ama yaraynta adeegga Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ee horey loo ogolaaday. Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmadu waa inuu sidoo kale boostada ugu diraa macmiilka ogeysiiska labo maalmood gudahood marka uu soo baxo go'aanka diidmada lacag bixinta ama go'aannada ka dhashay diidmada, dib u dhigista, ama wax ka badelka dhammaan ama qayb kamid ah adeegyada Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal.

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

Haa, waa inaad heshaa Ogeysiiska Go'aanka Diidmada Gunnada. Hase yeeshee, haddii aadan helin ogeysiis, waxaad racfaan u gudbin kartaa Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ama haddii aad dhamaystirtay hanaanka racfaanka, waxaad codsan kartaa Dhageysiga Gobalka. Marka aad la xariirto degmada, sheeg in lagu diiday gunnada laakiin aan lagu siin ogeysiis. Xog ku aadan sida loo gudbiyo racfaan ama codsiga Dhageysiga Cadaalada ah ee Gobalka ayaa ku qoran buug-gacmeedkaan. Xogta ayaa sidoo kale laga heli karaa xafiiska dhakhtarkaaga.

Muxuu Ii Sheegi Doonaa Ogeysiiska Go'aanka Diidmada Gunnadu?

Ogeysiiska Go'aanka Diidmada Gunnada ayaa kuu sheegi doona:



Wac laynka Bilaashka ah ee Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ee Laynka Helitaanka iyo Gurmadka Masiibada ee San Diego (ACL) oo ah (888) 724-7240 (TTY:771) ama booqo barta oonlaynka ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmada ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

- Waxa Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal degmadu sameeyay kaasoo saamaynaaya adiga iyo awoodaada helitaanka adeegyada.
- Taariikhda uu Dhaqan galaayo go'aanka iyo sababka degmada Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ay u gaartay go'aanka.
- Xeerarka gobalka ama federaalka ee Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmadu raacday markii ay gaaraysay go'aanka.
- Waa maxay xuquuqdaadu haddii aadan aqbalin waxa degmada Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ay samaysay.
- Sida loo helo nuqullada dukumiintiyada, diiwaannada, iyo xogta kale ee la xiriirta go'aanka degmada Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal.
- Sida aad racfaan u gudbin karto Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada:
- Sida loo codsado Dhageysiga Gobalka ee Cadaalada ah.
- Sida aad u codsan karto racfaan degdeg go'aan looga gaaro ama Dhageysiga Gobalka ee Cadaalada ah ee degdega ah.
- Sida aad ku helayso caawimaad la xariirta gudbinta racfaan ama codsashada Dhageysiga Gobalka ee Cadaalada ah.
- Mudada aad haysato si aad u gudbiso racfaan ama u codsato Dhageysiga Gobalka ee Cadaalada ah.
- Xuquuqda aad u leedahay inaad adeegyada sii hesho inta aad sugayso go'aanka laga gaaro Racfaanka ama Dhageysiga Gobalka ee Cadaalada ah, sida loo codsado sii wadista adeegyada, iyo haddii qarashaadka adeegyadaan ay daboolayso Medi-Cal.
- Marka ay tahay inaad gudbiso codsiga Racfaanka ama Dhageysiga Gobalka ee Cadaalada ah haddii aad doonayso in adeegyada laguusii wado.

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

Marka aad hesho Ogeysiiska Go'aanka Diidmada Gunnada, waa inaad akhridaa dhammaan xogta ku qoran ogeysiiska si taxadar leh. Haddii aadan fahmin ogeysiiska, Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ayaa ku caawin kara. Waxaad sidoo kale codsan kartaa qof kale inuu ku caawiyo.

Waxaad codsan kartaa sii wadista adeegga lagaa joojiyay marka aad gudbiso racfaan ama aad codsato Dhageysiga Gobalka ee Cadaalada ah. Waa inaad codsataa in lagu sii wado adeegyada ugu danbayn 10 maalmood kadib taariikhda Ogeysiiska Go'aanka Diidmada



Wac laynka Bilaashka ah ee Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ee Laynka Helitaanka iyo Gurmada Masiibada ee San Diego (ACL) oo ah (888) 724-7240 (TTY:771) ama booqo barta oonlaynka ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmada ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Gunnada lagusoo diro boostada ama toos lagu siiyo, ama kahor taariikhda dhaqan galka isbadelka.



Wac laynka Bilaashka ah ee Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ee Laynka Helitaanka iyo Gurmada Masiibada ee San Diego (ACL) oo ah (888) 724-7240 (TTY:771) ama booqo barta oonlaynka ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmada ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

HANAANKA XALINTA DHIBAATADA

Ka waran Haddii aan Helin Adeegyada, aan ka doonaayo Caymiskayga Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal?

Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ayaa leh qaab uu kaala shaqeeyo xalinta caqabada la xariira arin qusaysa adeegyada daawaynta xanuunka laga qaado isticmaalka maandooriyaasha ee aad hesho. Kan waxaa loo yaqaanaa hanaanka xalinta caqabadaha waxaana ku jiri kara hanaannada soo socda:

1. **Hanaanka Cabashada** – waa muujinta diidmo ku aadan wax la xariira adeegyadaada daawaynta xanuunka laga qaado isticmaalka maandooriyaasha, marka laga reebo Ogeysiiska Diimada Gunnada.
2. **Hanaanka Racfaanka** – dib u eegista go'aan (diidmada, joojinta, ama yareynta adeegyada) kaasoo laga gaaray adeegyadaada daawaynta xanuunka laga qaado isticmaalka maandooriyaasha uuna gaaray caymiskaaga Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ama dhakhtarkaaga.
3. **Hanaanka Dhageysiga Gobalka ee Cadaalada ah** – dib u eegis la sameeyo si loo xaqiijiyo inaad hesho adeegyada daawaynta xanuunka laga qaado isticmaalka maandooriyaasha ee aad xaq u leedahay inaad ka hesho barnaamijka Medi-Cal.

Gudbinta cabasho ama racfaan, ama codsashada Dhageysiga Gobalka ee Cadaalada ah ayaan lagu adeegsan karin mana saamayn doonaan adeegyada aad helayso. Marka aad dhamystirto cabashadaada ama racfaanka, degmada caymiskaaga Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ayaa kuu sheegaysa adiga iyo adeeg bixiyaasha iyo waalidiinta/masuuliyiinta natiijada kama danbaysta ah. Marka la dhamaystiro Dhageysigaaga Gobalka ee Cadaalada ah, Xafiiska Dhageysiga Gobalka ee Cadaalada ah ayaa kuu sheegi doona adiga iyo dhakhtarka natiijada kama danbaysta ah.

Xog badan ka ogoow hanaan kasta oo xalinta caqabadaha ah oo hoos ku qoran.

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

Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ayaa ku siinaaya dadka kuu sharxa hanaanadaan kaana caawinaaya inaad soo sheegto wixii cilad ah oo kaa qabsata mid kasta cabashada, racfaanka, ama codsiga Dhageysiga Gobalka ee Cadaalada ah. Waxay sidoo kale kaa caawin karaan go'aansashada haddii aad u qalanto waxa loogu yeero hanaanka 'degdega ah', kaasoo ka dhigan in degdeg dib u eegis loogu samayn doono sababo



Wac laynka Bilaashka ah ee Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ee Laynka Helitaanka iyo Gurmada Masiibada ee San Diego (ACL) oo ah (888) 724-7240 (TTY:771) ama booqo barta oonlaynka ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmada ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

la xariira caafimaadkaaga ama sugnaantaada oo khatar ku jira. Waxaad sidoo kale u fasixi kartaa hal qof inuu ku matalo, uuna ku jiro dhakhtarkaaga ama qareenkaaga daawaynta xanuunka laga qaado isticmaalka maandooriyaasha. Nidaamkaaga Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmadu waa inuu ku siiyaa caawimaad macquul ah oo ku aadan buuxinta foomamka iyo talaabooyinka kale ee la xariira cabashada ama racfaanka. Caawimaadan waxaa kamid ah, laakiin kuma koobna, inuu ku siiyo adeegyada turjumaanka iyo lambaro aad lacag la'aan ku wacayso oo leh adeegyada TTY/TDD iyo tayada turjumaanka.

Si lagaaga caawiyo gudbinta cabasho la xariirta adeegyada guryaha la dagan yahay, waxaad wici kartaa Barnaamijka Qareennada Bukaanka ee Adeegga Qoysaska Yuhuuda ah (JFS) ood ka wacayso (619) 282-1134.

Si aad u hesho caawimaad ku aadan gudbinta cabasho la xariirta adeegyada bukaan socodka ama adeegyo kasta oo kale oo la xariira xanuunka isticmaalka maandooriyaha, waxaad wici kartaa Xarunta U qareemida Waxbarashada iyo U doodista Caafimaadka Macaamiisha (CCHEA) oo aad ka wacayso laynka bilaashka lagu waco (877) 734-3258.

Ka waran Haddii aan U baahan Nahay Caawimaad ku aadan Xalinta Caqabad iga Haysata Caymiskayga Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal Laakiin aanan Doonayn inaan Gudbiyo Cabasho ama Racfaan?

Waxaad caawimaad ka heli kartaa Gobalka haddii aad dhibaato ku qabto dadka saxda ah ee degmada si ay kaaga caawiyaan helitaanka qaabka aad ku adeegsanayso nidaamka.

Waxaad la xariiri kartaa Waaxda Adeegyada Daryeelka caafimaadka, Xafiiska Dhex-dhexaadiyaha, Isniinta ilaa Jimcada, 8 a.m. ilaa 5 p.m. (marka laga reebo maalmaha fasaxa), khadka taleefanka **888-452-8609** ama ciwanaka iimeelka MMCDOmbudsmanOffice@dhcs.ca.gov.

Fadlan ogoow: Fariimaha iimeelka ayaan ahayn kuwo qarsoodi ah. Waa inaadan soo raacin xogtaada gaarka ah fariinta iimeelka.

Waxaad heli kartaa caawimaad sharci oo bilaash aad uga helayso xafiiska caawimaada sharciga (legal aid) ee deegaankaaga ama kooxaha kale. Waxaad wax ka waydiin kartaa xuquuqdaada dhageysiga ama caawimaada sharci ee bilaashka ah oo aad ka helayso Waaxda Su'aalaha iyo Jawabata Dadwaynaha:

Wac Laynka Bilaashka ah: **1-800-952-5253**

Haddii aad tahay dhagool oo adeegsato TDD, wac: **1-800-952-8349**



HANAANKA CABASHADA

Waa Maxay Cabasho?

Cabasho waa muujinta diidmo ku aadan wax quseeya adeegyadaada daawaynta xanuunka laga qaado isticmaalka maandooriyaasha kuwaasoo aan ahayn mid kamid ah caqabadaha lagu xaliyo hanaannada racfaanka iyo Dhageysiga Gobalka ee Cadaalada ah.

Hanaanka cabashada ayaa:

- Loo maraa hanaan fudud, oo si fudud loo fahmaayo oo kuu sahlaaya inaad cabasho kusoo gudbiyo hadal ahaan ama qoraal ahaan.
- Looma adeegsan karo wax kaa dhan ah adigga ama dhakhtarkaaga sinaba.
- Kuu sahlaaya inaad qof kale u wakiilato inuu wakiil kaa noqdo, uuna ku jiro dhakhtar ama qareenka. Haddii aad u wakiilato qof kale inuu ku matalo, Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ayaa kaa codsan kara inaad saxiixdo foom cadaynaaya in Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmadu siiyo xogta qofkaas.
- Xaqiijinaaya in dadka gaaraaya go'aanka ay yihiin kuwo khibrad u leh aysana kasoo qaybgelin dib u eegis hore ama go'aan horey looga gaaray racfaanka.
- Aqoonsanaaya doorarkaaga iyo waajibaadka adiga, Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada iyo dhakhtarka.
- Xal u keenaaya cabashada mudada loo cayimay gudaheed.

Goorma ayaan Gudbin Karaa Cabasho?

Waxaad cabasho u gudbin kartaa Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada xili kasta haddii aadan ku qancin adeegyada daawaynta xanuunka laga qaado isticmaalka maandooriyaasha ee aad ka hesho caymiska Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ama arin kale oo qusaysa Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada.

Sidee ayaan Ku Gudbin karaa Cabasho?

Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ayaa ku siin doona boqshado ciwaanka lagusoo qorey oo la dhigaayo dhammaan xarumaha adeeg bixiyaasha si aad boostada ugu dirto cabashada. Cabashada waxaa lagu gudbin karaa hadal ahaan ama qoraal ahaan. Cabashooyinka afka laga sheego ayaan u baahnayn inaad soo raaciso qoraal.



Si lagaaga caawiyo gudbinta cabashooyin la xariira adeegyada guryaha la dagan yahay, waxaad wici kartaa Barnaamijka Qareennada Bukaanka ee Adeegga Qoysaska Yuhuuda ah (JFS) ood ka wacayso (619) 282-1134.

Si aad u hesho caawimaad ku aadan gudbinta cabasho la xariirta adeegyada bukaan socodka ama adeegyo kasta oo kale oo la xariira xanuunka isticmaalka maandooriyaha, waxaad wici kartaa Xarunta U qareemida Waxbarashada iyo U doodista Caafimaadka Macaamiisha (CCHEA) oo aad ka wacayso laynka bilaashka lagu waco (877) 734-3258.

Sidee Ayaan Ku Ogaanayaa Haddii Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmadu Uu Helay Cabashadayda?

Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmadaada ayaa laga doonayaa inuu kuu sheego inay heleen cabashadaada ayagoo kuu soo diraaya xaqiijin qoraal ah 5 maalmood gudahood kadib marka uu helo. Cabashada lagu soo gudbiyay taleefanka ama tooska loo keenay, ee aad aqbashay in la xaliyo dhammaadka maalinta xigta ee shaqada, ayaa shardigaan laga reebayaa mana heli doontid waraaq.

Goorma Ayaa Cabashadayda Go'aan laga Gaaryaa?

Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmadaada waa inuu go'aan ka gaaro cabashadaada 90 maalmood gudahood laga bilaabo taariikhda aad gudbisay cabashadaada. Jadwalka ayaa la kordhin karaa 14 maalmood haddii aad codsato muddo kordhin, ama haddii Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal aamisan yahay in loo baahan yahay xog dheeri ah ama in dib u dhigista ay dantaadu ku jirto. Tusaalaha marka dib u dhigistu noqon karto maskalaxadaada waa marka degmadu aaminsan tahay in ay awoodi karto inay xal u hesho cabashadaada haddii Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal la siiyo waqti dheeri ah oo uu xog dheeri ah kaaga helo adiga ama dadka kale ee ay qusayso.

Sidee Ayaan Ku Ogaanayaa Haddii Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmadu Uu Go'aan Ka Gaaray Cabashadayda?

Marka go'aan laga gaaro cabashadaada, Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ayaa kuu sheegi doona adiga ama wakiilkaaga qaab qoraalka ah go'aanka uu gaaray. Haddii Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal degmadu ku fashimo inuu kuu sheego adiga ama dhinacyo kasta oo ay qusayso go'aanka laga gaaray cabashada waqtiga ku haboon, markaas Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ayaa aga doonayaa inay ku siiso Ogeysiiska Go'aanka Diidmada Gunnada



asagoo kuu sheegaaya xaqaa aad u leedahay inaad codsato Dhageysiga Gobalka. Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal degmadaada ayaa laga doonayaa inuu ku siiyo Ogeysiiska Go'aanka Diidmada Gunnada maalinta waqtiga la cayimay ku egyahay.

Ma Jiraa Waqti U Cayiman Gudbinta Cabashada?

Waxaad gudbin karta acabasho xiliga aad doonto.



Wac laynka Bilaashka ah ee Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ee Laynka Helitaanka iyo Gurmada Masiibada ee San Diego (ACL) oo ah (888) 724-7240 (TTY:771) ama booqo barta oonlaynka ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmada ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

HANAANKA RACFAANKA (HEERKA CAADIGA AH IYO KAN BOOBSIISKA AH)

Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ayaa masuul ka ah inuu kuu ogolaato inaad racfaan ka qaadata go'aanka laga gaaro adeegyadaada daawaynta xanuunka laga qaado isticmaalka maandooriyaasha ee uu gaaray Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ama dhakhaatiirtaada oo aadan aqbalin. Waxaa jira labo qaab oo aad ku codsan karto dib u eegis. Hal qaab waa adeegsiga hanaanka racfaannada ee caadiga ah. Qaabka labaad waa inaad adeegsato hanaanka racfaannada boobsiiska ah. Labadaan nooc ee racfaanka ayaa iskumid ahl hase yeeshee, waxaa jira shuruudo gaar ah oo aad ugu qalmayso racfaan boobsiis ah. Shuruudaha gaarka ah ayaa hoos lagu sharxay.

Waa maxay Racfaanka Caadiga ah?

Racfaanka caadiga ah waa codsiga dib u eegis lagu sameynaayo dhibaato kaa haysata Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ama dhakhtarkaaga kaasoo ay ku jiraan diidmada ama isbadellada lagu samaynaayo adeegyada aad isleedahay waad u baahan tahay. Haddii aad codsato racfaan caadi ah, Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ayaa qaadan kara ilaa 30 maalmood si uu dib u eegis u sameeyo. Haddii aad isleedahay sugista 30 maalmood waxay khatar gelinaysaa caafimaadkaaga, waa inaad codsataa "racfaan boobsiis ah."

Hanaanka racfaannada caadiga ah ayaa:

- Kuu sahlaaya inaad cabasho kusoo gudbisno si toos ah khadka taleefanka, ama qoraal ahaan.
- Xaqiijinaaya in racfaanka aan wax kaa dhan ah loo adeegsan doonin adiga ama dhakhtarkaaga sinaba.
- Kuu sahlaaya inaad qof kale u wakiilato inuu wakiil kaa noqdo, uuna ku jiro dhakhtar ama qareenka. Haddii aad u wakiilato qof kale inuu ku matalo, Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ayaa kaa codsan kara inaad saxiixdo foom cadaynaaya in Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmadu siiyo xogta qofkaas.
- Xaqiijinaaya in lagu sii wado gunnooyinkaaga marka aad codsato racfaanka waqtiga loo cayimay gudihiis, kaasoo ah 10 maalmood laga bilaabo taariikhda Ogeysiiska Go'aanka Diidmada Gunnada lagusoo diray boosto ama toos laguugu dhiibay. Qasab maaha inaad bixiso qarashka adeegyada laguusii wadaayo inta racfaanka aan wali



go'aan laga gaarin. Haddii aad codsato in lagu sii wado gunnada, go'aanka kama danbaysta ah ee racfaankuna xaqiijiyo go'aanka hoos u dhigista ama joojinta adeegga aad hesho, waxaa lagaa doonayaa inaad bixiso qarashka adeegyada la baxshay inta racfaanku taagan yahay.

- Xaqiijinaaya in dadka gaaraaya go'aanka ay yihiin kuwo khibrad u leh aysana kasoo qaybgelin dib u eegis heerar hore ama go'aan horey looga gaaray racfaanka.
- Wuxuu kuu sahlayaa adiga ama wakiilkaaga inuu qiimeeyo galka kiiskaaga, uuna ku jiro diiwaankaaga caafimaadka, iyo dukumiintiyo kale oo kasta ama diiwaannada la tixgelinaayo inta lagu jiro hanaanka racfaanka, kahor iyo inta lagu jiro racfaanka.
- Wuxuu kuu sahlayaa inaad hesho fursad macquul ah oo aad ku keento cadaynta iyo eedaymaha xaqiiqada ama sharciga, si toos ah ama qoraal ahaan.
- Wuxuu kuu sahlayaa adiga, wakiilkaaga, ama wakiilka sharciga ah ee guriga macmiilka dhintay in lagu daro si ay qayb uga noqdaan racfaankaaga.
- Wuxuu kuu sheegayaa in racfaankaaga la helay asagoo kuusoo diraaya qoraal xaqiijin ah.
- Wuxuu kuu sheegayaa xaq aad u leedahay inaad codsato Dhageysiga Gobalka ee Cadaalada ah, kadib marka la dhameeyo hanaanka racfaanka.

Goorma ayaan Gudbin karaa Racfaan?

Waxaad racfaan u gudbin kartaa Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada:

- Haddii degmadaada ama mid kamid ah dhakhaatiirta qandaraaska kula jirta degmada uu go'aansado in aadan u qalmin helista wax kamid ah adeegyada daawaynta xanuunka laga qaado isticmaalka maandooriyaasha ee Medi-Cal sabab la xariirta inaad buuxin shuruudaha geitaanka.
- Haddii dhakhtarkaagu uu aaminsan yahay inaad u baahan tahay adeegga daawaynta xanuunka laga qaado isticmaalka maandooriyaasha uuna ka codsaday caymiska degmada inuu ogolaado, laakiin caymiska degmadu uusan aqbalin ama diiday codsiga dhakhtarkaaga, ama uu badelo nooca ama heerka adeegga.
- Haddii dhakhtarkaagu uu ka codsato Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal degmada ogolaansho, laakiin caymiska degmadu uu u baahan yahay xog dheeri ah si uu u gaaro go'aanka uusana ku dhamaystirin hanaanka ogolaanshaha waqtigii la rabay.



- Haddii Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal degmadaadu uusan ku siin adeegyada ayadoo la raacaayo jadwalka Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmadu dejisay.
- Haddii Aadan aaminsanayn in Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal degmadu uu ku siinaayo adeegyada xili ku haboon si loo daboolo baahiyahaaga.
- Haddii aan cabashadaada, racfaanka, ama racfaanka boobsiiska ah aan xal looga gaarin waqtigii loo cayimay.
- Haddii diga iyo dhakhtarkaagu iinaan ku heshiin adeegyada daawaynta xanuunka laga qaado isticmaalka maandooriyaasha ee aad u baahan tahay.

Sidee ayaan u Gudbin karaa Racfaan?

Caymiska degmada ayaa ku siin doona boqshadu ciwaankoodu ku qoran yahay oo aad ka helayso dhammaan xarumaha dhakhaatiirta si aad boostada ugusoo dirto racfaankaaga. Racfaannada waxaa lagu gudbin karaa hadal ahaan ama qoraal ahaan.

Si lagaaga caawiyo gudbinta cabasho la xariirta adeegyada guryaha la dagan yahay, waxaad wici kartaa Barnaamijka Qareennada Bukaanka ee Adeegga Qoysaska Yuhuuda ah (JFS) ood ka wacayso (619) 282-1134.

Si aad u hesho caawimaad ku aadan gudbinta cabasho la xariirta adeegyada bukaan socodka ama adeegyo kasta oo kale oo la xariira xanuunka isticmaalka maandooriyaha, waxaad wici kartaa Xarunta U qareemida Waxbarashada iyo U doodista Caafimaadka Macaamiisha (CCEHA) oo aad ka wacayso laynka bilaashka lagu waco (877) 734-3258.

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

Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal degmada ayaa ugu sheegi doona adiga ama wakiilkaaga qaab qoraal ah go'aanka uu ka gaaray racfaankaaga. Ogeysiiska waxaa ku qornaan doona xogta soo socota:

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

Ma Jiraa Waqti U Cayiman Gudbinta Racfaanka?

Waa inaad kusoo gudbisaa racfaanka 60 maalmood gudahood kadib marka aad hesho Ogeysiiska Go'aanka Diidmada Gunnada. Xasuusnoow inaad markasta heli karin Ogeysiiska

Wac laynka Bilaashka ah ee Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ee Laynka Helitaanka iyo Gurmada Masiibada ee San Diego (ACL) oo ah (888) 724-7240 (TTY:771) ama booqo barta onlaynka ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmada ayaa la heli karaa 24 saac, 7 maalmood asbuucii.



Go'aanka Diidmada Gunnada. Ma jiraan waqtiyo u cayiman gudbinta racfaanka marka aadan helin Ogeysiiska Go'aanka Diidmada Gunnada; marka waxaad gudbin kartaa racfaanka noocaan ah marka aad doonto.

Goorma Ayaa go'aan Laga Gaarayaa Racfaankayga?

Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada waa inuu go'aan ka gaaraa racfaankaaga 30 maalmood gudahood laga bilaabo marka Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmadu helo codsigaaga racfaanka. Jadwalka ayaa la kordhin karaa 14 maalmood haddii aad codsato muddo kordhin, ama haddii Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal aamisan yahay in loo baahan yahay xog dheeri ah ama in dib u dhigista ay dantaadu ku jirto. Tusaalaha marka dib u dhigistu yahay maskalaxadaada waa marka degmadu aaminsan tahay in ay awoodi karto inay xal u hesho racfaankaaga haddii Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal la siiyo waqti dheeri ah oo uu xog dheeri ah kaaga helo adiga ama dhakhtarkaaga.

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

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

Waa maxay Racfaanka Boobsiiska ah?

Racfaanka boobsiiska ah waa qaab degdeg ah oo go'aan looga gaaro racfaan. Hanaanka racfaanka ayaa raaca isla nidaamka hanaanka racfaannada caadiga ah. Hase yeeshee, waa inaad keentaa cadaynta in sugitaanka racfaanka caadiga ah ay ugasii darayso xanuunkaaga isticmaalka Maandooriyaasha. Hanaanka racfaanka boobsiiska ah ayaa sidoo kale raacaaya waqtiyo gaar ah oo cayiman kuwaasoo ka duwan kan racfaanka caadiga ah. Degmada Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ayaa haysata 72 saacadood si ay dib u eegis ugu samayso racfaannada boobsiiska ah. Waxaad gudbin kartaa codsiga afka ah ee racfaanka boobsiiska ah. Qasab maaha inaad codsigaaga racfaanka degdega ah kusoo gudbiso qoraal ahaan.

Goorma ayaan Gudbin Karaa Racfaan Boobsiis ah?

Haddii aad aaminsan tahay in sugista 30 maalmood si loo gaaro go'aanka caadiga ah ee racfaanka ay khatar gelinayso noloshaada, caafimaadka, ama awooda helista, xakamaynta ama joogtaynta shaqada buuxda, waxaad codsan kartaa in racfaanka degdeg go'aan looga gaaro. Haddii Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada uu aqbalo in racfaankaagu buuxshay shuruudaha racfaanka boobsiiska ah, degmadaada ayaa



Wac laynka Bilaashka ah ee Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ee Laynka Helitaanka iyo Gurmada Masiibada ee San Diego (ACL) oo ah (888) 724-7240 (TTY:771) ama booqo barta onlaynka ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmada ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

xalin doonta racfaankaaga degdega ah 72 saac gudahood kadib marka Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmadu helo racfaanka.

Jadwalka ayaa la kordhin karaa 14 maalmood haddii aad codsato muddo kordhin, ama haddii Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal muujiyo in loo baahan yahay xog dheeri ah ama in dib u dhigista ay dantaadu ku jirto. Haddii Nidaamkaaga Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada uu kordhiyo waqtiga, Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ayaa ku siin doona sharaxaad qoraal ah oo sheegaysa sababta mudada loo kordhiyay.

Haddii Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmadu uu go'aansho in racfaankaagu uusan u qalmin racfaanka boobsiiska ah, Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada waa inuu sameeyaa dedaallada ku haboon si uu kuu siiyo ogeysiis degdeg ah oo afka ah wuxuuna ogeysiis qoraal ah kuusoo dirayaa 2 maalmood gudahood asagoo kuu sheegaaya sababta go'aanka uu u gaaray. Racfaankaaga ayaa raaci doona jadwalka caadiga ah ee racfaanka ee horey loogu cadeeyay qaybtaan. Haddii aadan aqbalin go'aanka caymiska degmada ee ah in aan racfaankaagu buuxin shuruudaha racfaanka boobsiiska ah, waxaad gudbin kartaa cabasho.

Marka Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmadaada uu xaliyo racfaankaaga degdega ah, Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ayaa u sheegi doona adiga iyo dhammaan dhinacyada ay qusayso go'aanka qaab hadal ah iyo qaab qoraal ah.



HANAANKA DHAGEYSIGA CADAALADA AH GOBALKA

Waa Maxay Dhageysiga Gobalka ee Cadaalada ah?

Dhageysiga Gobalka ee Cadaalada ah waa dib u eegis madax banaan, oo ay samayso Waaxda Adeegyada Bulshada ee California, si loo xaqiijiyo inaad hesho adeegyada daawaynta xanuunka laga qaado isticmaalka maandooriyaasha ee aad xaq u leedahay inuu ku siiyo barnaamijka Medi-Cal. Waxaad sidoo kale booqan kartaa webseedka Waaxda Adeegyada Bulshada ee California oo aht <https://www.cdss.ca.gov/hearing-requests> si aad u hesho xog dheeraad ah.

Waa Maxay Xaquuqdayda Dhageysiga Gobalka ee Cadaalada ah?

Waxaad xaq u leedahay in aad:

- Inuu kiiskaaga la horgeeyo Waaxda Adeegyada Bulshada ee California (oo sidoo kale loo yaqaano Dhagaysiga Gobalka).
- In xog lagaa siiyo sida aad u codsan karto Dhageysiga Gobalka ee Cadaalada ah.
- In xog lagaa siiyo xeerarka maamulaaya matalaada aad ku helayso Dhageysiga Gobalka ee Cadaalada ah.
- In lagu sii wado gunnooyinka marka aad codsato inta lagu jiro hawsha Dhageysiga Gobalka ee Cadaalada ah haddii aad codsato Dhageysiga Gobalka ee Cadaalada ah Inta lagu jiro waqtiga loo cayimay.

Goorma ayaan Gudbin karaa Dhageysiga Gobalka ee Cadaalada ah?

Goorta aad Gudbin karto Dhageysiga Gobalka ee Cadaalada ah:

- Haddii aad dhamaystirtay hanaanka racfaanka ee Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada.
- Haddii degmadaada ama mid kamid ah dhakhaatiirta qandaraaska kula jirta degmada uu go'aansado in aadan u qalmin helista wax kamid ah adeegyada daawaynta xanuunka laga qaado isticmaalka maandooriyaasha ee Medi-Cal sabab la xariirta inaad buuxin shuruudaha geitaanka.
- Haddii dhakhtarkaagu uu aaminsan yahay inaad u baahan tahay adeegga daawaynta xanuunka laga qaado isticmaalka maandooriyaasha uuna ka codsaday Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal degmada inuu ogolaado, laakiin Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal degmadu uusan aqbalin ama diiday codsiga dhakhtarkaaga, ama uu badelo nooca ama heerka adeegga.



Wac laynka Bilaashka ah ee Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ee Laynka Helitaanka iyo Gurmada Masiibada ee San Diego (ACL) oo ah (888) 724-7240 (TTY:771) ama booqo barta onlaynka ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmada ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

- Haddii dhakhtarkaagu uu ka codsato Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal degmada ogolaansho, laakiin caymiska degmadu uu u baahan yahay xog dheeri ah si uu u gaaro go'aanka uusana ku dhamaystirin hanaanka ogolaanshaha waqtigii la rabay.
- Haddii Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal degmadaadu uusan ku siin adeegyada ayadoo la raacaayo jadwalka degmadu dejisay.
- Haddii Aadan aaminsanayn in Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal degmadu uu ku siinaayo adeegyada xili ku haboon si loo daboolo baahiyahaaga.
- Haddii aan cabashadaada, racfaanka, ama racfaanka boobsiiska ah aan xal looga gaarin waqtigii loo cayimay.
- Haddii diga iyo dhakhtarkaagu iinaan ku heshiin adeegyada daawaynta xanuunka laga qaado isticmaalka maandooriyaasha ee aad u baahan tahay.
- Haddii aan cabashadaada, racfaanka, ama racfaanka boobsiiska ah aan xal looga gaarin waqtigii loo cayimay.

Sidee ayaan U Codsanayaa Dhageysiga Gobalka?

Waxaad ka codsan kartaa Dhageysiga Cadaalada ah ee Gobalka:

- Barta oonlaynka ah: <https://acms.dss.ca.gov/acms/login.request.do>
- Qoraal ahaan: Codsigaaga u dir waaxda faya dhawrka ee degmada oo aad ugu direyso ciwaanka ku qoran Ogeysiiska Go'aanka Diidmada Gunnada, ama fakiska ama boostada ugu dir:

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

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

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

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



Wac laynka Bilaashka ah ee Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ee Laynka Helitaanka iyo Gurmada Masiibada ee San Diego (ACL) oo ah (888) 724-7240 (TTY:771) ama booqo barta oonlaynka ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmada ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Ma Jiraa Waqti U cayiman Dhageysiga Gobalka ee Cadaalada ah?

Waxaad haysataa keliya 120 maalmood gudahood si aad u codsato Dhageysiga Gobalka ee Cadaalada ah. 120 maalmood ayaa ka biloowda taariikhda degmada Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ay soo saarto ogeysiiska go'aanka qoran ee racfaanka.

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

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

Haa, haddii aad hadda qaadata daawayn aadna doonayso inaad sii wado daawaynta inta aad racfaanka qaadanayso, waa inaad codsataa Dhageysiga Gobalka ee Cadaalada ah 10 maalmood gudahood laga bilaabo taariikhda ogeysiiska go'aanka racfaanka boostada lagu diray ama lagu keenay AMA kahor tariikhda Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada uu sheego in adeegyada la joojiyay ama la yareeyay. Marka aad codsato Dhageysiga Gobalka ee Cadaalada ah, waa inaad sheegtaa inaad doonayso in adeegyada lagu sii wadato helitaanka daawayntaada. Waxaa intaas dheer, qasab maaha inaad bixiso qarashka adeegyada aad heshay intii la sugaayay go'aanka Dhageysiga Gobalka ee Cadaalada ah.

Haddii aad codsato in lagu sii wado gunnada, go'aanka kama danbaysta ah ee Dhageysiga Gobalka ee Cadaalada ahna xaqiijiyo go'aanka hoos u dhigista ama joojinta adeegga aad hesho, waxaa lagaa doonayaa inaad bixiso qarashka adeegyada la baxshay inta Dhageysiga Gobalka ee Cadaalada ah socdo.

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

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

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

Haddii aad aaminsan tahay in sugista mudadaas dheer ay khatar ku tahay caafimaadkaaga, waxaad awoodi kartaa inaad codsato in jawaabta lagugu siiyo sadex maalmood gudahood. Ka codso dhakhtarkaaga guud ama adeeg bixiyaha kale inuu kuu qoro waraaq. Sidoo kale adiga qudhaada ayaa qoran kara waraaqda. Waraaqdu waa inay sharaxdaa si faahfaahsan sida sugitaanka muddo dhan 90 maalmood si kiiskaaga go'aan looga gaaro ay khatar wayn ugu tahay noloshaada, caafimaadkaaga ama awoodaada haysashada, joogtayta, ama haysashada shaqada maskaxda ee buuxda. Kadib, xaqiiji inaad codsato "dhageysi degdeg ah" waraaqdana soo raaci codsigaaga dhageysiga.



Wac laynka Bilaashka ah ee Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ee Laynka Helitaanka iyo Gurmada Masiibada ee San Diego (ACL) oo ah (888) 724-7240 (TTY:771) ama booqo barta oonlaynka ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmada ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Waxda Adeegyada Bulshada, Laanta Dhageysiga Gobalka, ayaa akhrin doonta codsigaaga Dhageysiga Gobalka ee Cadaalada ah ee degdega ah kadibna go'aaminaysa haddii aad u qalanto. Haddii la aqbalo codsigaaga dhageysiga degdega ah, dhageysiga ayaa la qaban doonaa, kadibna go'aanka dhageysiga ayaa lasoo saari doonaa 3 maalmood oo kuwa shaqada ah gudahood laga bilaabo taariikhda ay codsigaaga heshay Laanta Dhageysiga Gobalka.



Wac laynka Bilaashka ah ee Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ee Laynka Helitaanka iyo Gurmada Masiibada ee San Diego (ACL) oo ah (888) 724-7240 (TTY:771) ama booqo barta oonlaynka ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmada ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

XOG MUHIIM AH OO KU SAABSAN BARNAAMIJKA MEDI-CAL

Gaadiid Ma la Heli karaa?

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

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

Gaadiidka ayaa lagu heli karaa safarada lagu tago farmashiyaha ama soo qaadista agabka caafimaadka, qalabka lagu socdo, agabka lafaha, iyo qalabka kale ee loo baahan yahay. Si aad u hesho xog dheeri ah iyo caawimaad ku aadan gaadiidka, la xiriir caymiskaaga daryeelka la maareyn karo.

Haddii aad haysato Medi-Cal laakiin aadan ka diiwaan gashanayn daryeelka maaraysan, aadna u baahan tahay gaadiidka aan ahayn kan caafimaadka ee adeegga la xiriira caafimaadka, waxaad la xariiri kartaa Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmadaada si lagu caawiyo. Marka aad la xariirto shirkada gaadiidka, waxay ku waydiin doonaan xog ku saabsan taariikhda iyo waqtiga balantaada. Haddii aad u baahan tahay gaadiid aan ahayn kan xaaladaha degdega ah ee caafimaadka, dhakhtarkaaga ayaa kuu qori kara gaadiidka aan ahayn kan xaaladaha degdega ah ee caafimaadka kuguna xiri kara shirkada gaadiidka si laguugu diyaarsho gaariga ku qaadi lahaa si uu kuu geeyo kaagana soo qaado goobaha balantaada.

Xog Dheeriga ah ee Gaarka u ah Degmada

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

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



Waa maxay Adeegya?

Adeegyada xaalada degdega ah ayaa la heli karaa 24 saacadood maalintii, 7 maalmood asbuucii. Haddii aad isleedahay waxaad waajahaysaa xaalad degdeg ah oo caafimaad, wac 911 ama booqo qolka xaalada degdega ah ee kuugu dhow si lagu caawiyo.

Adeegyada Degdega ah waa adeegyada xaalad caafimaad oo si lama filaan ah ku timid, ayna ku jiraan xaaladaha degdega ah ee caafimaadka dhimirka.

Xaalad caafimaad oo degdeg ah ayaa jirta marka aad qabto astaamo keenaaya xanuun daran ama jiro daran ama dhaawac, kaasoo qof aan badanaa xanuun qabi jirin (qof taxadar ama feejignaan badan oo aan cilad lagu ogayn) aaminsan yahay in haddii aan qofka degdeg loo daawayn ay keenayso:

- Khatar xun oo ku timaada caafimaadkaaga, ama
- Haddii aad uur leedahay, khatar wayn gelinaysa caafimaadkaaga ama caafimaadka ilmahaaga uurka ku jira, ama
- Ay keenaysa waxyeelo ku timaada shaqada jirkaaga, ama
- Ay keenayso waxyeelo wayn oo ku dhacda xubin ama qayb kamid ah jirka.

Waxaad xaq u leedahay inaad adeegsato isbitaalka aad doonto haddii xaalad degdeg ah ku qabsato. Adeegyada degdega ah ayaan marna kaa doonayn inaad ogolaansho hore keento.

Sidee ayay U dhiibayaa Qarashka Medi-Cal?

Waxaa lagaa rabi karaa qarashka Medi-Cal ayadoo ku xiran cadadka lacagta aad hesho ama aad shaqaysato bil kasta.

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



Wac laynka Bilaashka ah ee Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ee Laynka Helitaanka iyo Gurmada Masiibada ee San Diego (ACL) oo ah (888) 724-7240 (TTY:771) ama booqo barta oonlaynka ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmada ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

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

Yaan La xariirayaa Haddii aan Qabo Fikirka Dilista Naftayda?

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

Dadka deegaanka ee doonaaya caawimaad la xariirta dhibaataada iyo inay helaan barnaamijyada caafimaadka dhimirka ee maxaliga ah, fadlan wac Laynka Helitaanka iyo Masiibada (ACL) oo ah (888) 724-7240 (TTY: 711).

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

Booqo webseedka Waaxda Adeegyada Daryeelka caafimaadka oo aad ka helayso <https://www.dhcs.ca.gov/services/medi-cal/eligibility/Pages/Beneficiaries.aspx> si aad u hesho xog dheeri ah oo ku saabsan Medi-Cal.



Wac laynka Bilaashka ah ee Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ee Laynka Helitaanka iyo Gurmadka Masiibada ee San Diego (ACL) oo ah (888) 724-7240 (TTY:771) ama booqo barta oonlaynka ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmada ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

DARDAARANKA HORE

Waa maxay Dardaaranka Hore loo sii Qoray?

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

Sharciga California ayaa qeexaaya dardaaranka hore inuu yahay midkood tilmaanta caafimaadka ee hadalka ah ama qoraalka ah ee gaarka ah ama awooda qareenka (dukumiinti qoran oo qofka u fasaxaysa inuu go'aano kuu gaaro). Dhammaan degmooyinka Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ayaa laga doonayaa inay lahaadaan xeerarka dardaaranka horey Loo sii qoray oo diyaarsan. Degmadaada Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ayaa laga doonayaa inay bixiso xogta qoran ee xeerarka dardaaranka horey Loo sii qoray ee Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal iyo sharaxaada sharciga gobalka, haddii laga codsado xogta. Haddii aad doonayso inaad codsato xog, waa inaad wacdaa Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal degmada si aad u hesho xog dheeraad ah.

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

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

Waxaad ka helaysaa foomka dardaaranka horey Loo sii qoray Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ama oonlaynka. Gudaha California, waxaad xaq u leedahay inaad tilmaamaha dardaaranka hore siiso dhammaan dhakhaatiirta daryeelka caafimaadka. Sidoo kale waxaad xaq u leedahay inaad badesho ama joojiso dardaarankaaga



hore marka aad doonto.

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

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

Xog Dheeriga ah ee Gaarka u ah Degmada

Si aad u hesho xog dheeraad ah oo ku saabsan Dardaaranka hore Loo sii Qoray, waxaad booqan kartaa xarunta dhakhtar kasta oo baxsha daawaynta xanuunka laga qaado isticmaalka maandooriyaasha oo qandaraas kula jira Ismaamulka San Diego.



XUQUUQAHA IYO WAAJIBAADKA MACMIILKA

Waa maxay Xuquuqdayda marka Aan ahay Macmiilka Adeegyada Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal?

Marka aad tahay qof u qalma Medi-Cal kuna nool degmo bixisa Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal, waxaad xaq u leedahay inaad hesho adeegyada daawaynta xanuunka laga qaado isticmaalka maandooriyaasha ee caafimaad ahaan muhiimka ah oo ay bixiso degmada Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal. Waxaad xaq u leedahay in aad:

- In lagugula dhaqmo si xushmad leh, lagu siiyo tixgelinta aad u qalanto ee xaquuqdaada sirta iyo baahida ilaalinta sita xogtaada caafimaadka.
- Inaad hesho xog ku saabsan dookhyada daawaynta iyo dookhyada kale, oo lagugu siinaayo qaab ku haboon xaalada macmiilka iyo awooda fahanka.
- Inaad ka qaybgasho go'aannada la xariira daryeelkaaga xanuunka laga qaado isticmaalka maandooriyaasha, uuna ku jiro xaq aad u leedahay inaad diido daawada.
- Waa inaad heshaa daryeelka waqtiga ku haboon, ayna ku jiraan inuu adeegyada baxsho 24 saac maalintii, 7 maalmood asbuucii, marka ay caafimaad ahaan muhiim tahay si loo daaweeyo xanuunka xaalad degdeg ah ama xaalad degdeg ah ama dhibaato.
- Inaad hesho xogta ku qoran buug-gacmeedkaan ee la xarirta adeegyada daawaynta xanuunka laga qaado isticmaalka maandooriyaasha ee uu daboolo Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmada, waajibaadka kale ee degmada Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal, iyo xuquuqdaada sida halkaan lagu sheegay.
- In la difaaco sirta xogtaada caafimaadka.
- Inaad codsato aadna hesho nuqulka diiwaanadaada caafimaadka, aadna codsato in la badelo ama la saxo, haddii loo baahdo.
- Inaad hesho xogta qoran oo lagu baxsho qaabab kale (ayna ku jirana farta Indhoolka, far qaawayn, iyo qaab cod ah) marka aad codsato iyo waqtiga loogu talagalay ee ku haboon qaabka aad codsatay.
- Inaad hesho xogta qoraalka ah oo ku baxaysa luuqadaha ay adeegsadaan ugu yaraan shan boqolkiiba ama 3,000 kamid ah macaamiisha degmada Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal, hadba kii yar.
- Inaad hesho adeegyada turjumaanka afka ee luuqada aad rabto.



Wac laynka Bilaashka ah ee Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ee Laynka Helitaanka iyo Gurmada Masiibada ee San Diego (ACL) oo ah (888) 724-7240 (TTY:771) ama booqo barta oonlaynka ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmada ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

- Inaad ka hesho adeegyada daawaynta xanuunka laga qaado isticmaalka maandooriyaasha oo uu baxsho Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada kaas oo raacaaya shuruudaha heshiiska kala dhexeeya gobalka ee dhinacyada helitaanka adeegyada, xaqiijinta tayada iyo adeegyada ku filan, isku dubaridka iyo sii wadista daryeelka, iyo adeegyada caymiska iyo ogolaanshaha.
- Inaad hesho Adeegyada Ogolaanshaha Ilmaha haddii aad tahay macmiil ka yar 21 sano.
- Inaad hesho adeegyada caafimaad muhiimka ah ee ka baxsan shabakada caymiska ee aad hesho waqtiga ku haboon haddii Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmadu uusan lahayn shaqaale ama adeeg bixiye qandaraas kula jira oo adeegyada bixin kara. "Dhakhtar ka baxsan caymiska" waxaa laga wadaa dhakhtar aan kamid ahayn liiska dhakhaatiirta Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada. Caymiska degmadu waa inuu xaqiijiyaa inaad dhiibin wax qarash dheeri ah marka aad u tagto dhakhtar ka baxsan caymiska. Waxaad la xariiri kartaa adeegyada macaamiisha oo aad ka helayso (888) 724-7240 si aad u hesho xog dheeraad ah oo ku saabsan sida aad ku helayso adeegyada dhakhtar aan ku jirin caymiska.
- Inaad codsato fikir labaad oo uu baxsho dhakhtar xirfad caafimaad leh kana tirsan shabakada degmada, ama mid ka baxsan caymiska, ayadoo aan lagaa qaadin wax qarash ah.
- Inaad gudbiso cabashooyin, midkood af ahaan ama qoraal ahaan, aadna ka gudbiso ururka ama daryeelka aad hesho.
- Inaad codsato racfaan, midkood hadal ahaan ama qoraal ahaan, marka aad hesho Ogeysiiska Go'aanka Diidmada Gunnada, ayna ku jirana xog ku saabsan xaaladaha racfaanka degdega ah la samayn karo.
- Inaad codsato Dhagaysiga Cadaalada ah ee Gobalka, ayna ku jirto xogta ku saabsan xaaladaha Dhagaysiga Cadaalada ah ee Gobalka ee degdega ah suurageli karaan.
- Inaad xor ka ahaatid jajuub ama xanibaad kasta oo loo isticmaalayo hab lagu gaadhayo qasbid, edbin, hawl sahlasho ama aargoosasho.
- Inaad xor ka ahaato takoor la xariira ku dhaqanka xuquuqahaan ayadoo aan dhibaato ku imaanayn sida ay kuu dhaqmaan Degmada Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal, adeeg bixiyaasha, iyo Gobalka.



Wac laynka Bilaashka ah ee Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ee Laynka Helitaanka iyo Gurmada Masiibada ee San Diego (ACL) oo ah (888) 724-7240 (TTY:771) ama booqo barta oonlaynka ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmada ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Waa maxay Waajibaadkayga marka Aan ahay Macmiilka Adeegyada Qoraal ahaan Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal?

Marka aad tahay qof hela adeegyada Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal, waxaad masuul ka tahay:

- Inaad si taxadar leh u akhrido agabka xogta aad ka hesho degmada Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal. Xogtaan ayaa kaa caawin doonta inaad fahanto adeegyada aad heli karto iyo sida aad ku heli karto daawayn haddii aad u baahan tahay.
- Inaad uga qaybgasho daawaynta sida la mudeeyay. Waxaad heli doontaa natiijada ugu fiican haddii aad la shaqayso dhakhtarkaaga inta lagu jiro daawayntaada. Haddii aad doonayso inaad ka baaqato balan, wac dhakhtarkaaga ugu yaraan 24 saac kahor, kadibna dib u dhigo balanta maalin iyo waqti kale.
- Mar kasta soo qaado Kaarkaaga Aqoonsiga ee Medi-Cal (BIC) iyo aqoonsi sawir leh marka aad u timaado daawaynta.
- U sheeg dhakhtarkaaga haddii aad u baahan tahay turjumaan kahor balantaada.
- U sheeg dhakhtarkaaga dhammaan walaacyadaada caafimaadka. Hadba intaad xog dhamaystiran uga sheegto dhakhtarkaaga baahiyaha aad qabto, ayay daawayntaadu sii guulaysanaysaa.
- Xaqiiji inaad waydiiso dhakhtarkaaga su'aalo kasta oo aad qabto. Aad ayay muhiim u tahay inaad si buuxda u fahanto xogta aad hesho inta lagu jiro daawayntaada.
- Inaad diyaar u tahay inaad xariir shaqo oo wanaagsan la yeelato dhakhtarka ku daawaynaaya.
- La xariir Degmada Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal haddii aad qabto wax su'aalo ah oo ku saabsan adeegyadaada ama haddii aad dhibaatooyin ku qabto dhakhtarkaaga oo aadan awoodin inaad xal u hesho.
- U sheeg dhakhtarkaaga iyo Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada haddii ay wax isbadello ah ku dhaceen xogtaada gaarka ah. Tan waxaa ku jira ciwaanka, lambarka taleefanka, iyo xog kasta oo caafimaad oo saamayn karta awoodaada ka qaybgalka daawaynta.
- Ula dhaqan shaqaalaha ku siinaaya daawaynta si qadarin iyo xushmad leh.
- Haddii aad ka shakido khiyaano ama khalad lagu kacaayo, u soo sheeg:
 - Waaxda Adeegyada Caafimaadka ayaa ka codsanaysa in qof kasta oo ka shakiya khiyaano, khasaaro, ama xadgudub ka dhacaaya Medi-Cal uu soo waco



Wac laynka Bilaashka ah ee Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ee Laynka Helitaanka iyo Gurmada Masiibada ee San Diego (ACL) oo ah (888) 724-7240 (TTY:771) ama booqo barta onlaynka ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmada ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

Laynka Kahortaga Khiyaannada ee DHCS Medi-Cal oo ah **1-800-822-6222**. Haddii aad dareento in arintaani xaalad degdeg ah tahay, fadlan wac **911** si lagu siiyo caawimaad degdeg ah. Wicitaanku waa lacag la'aan, qofka soo wacaaya ayaana qarin kara magaciisa.

- Waxaad sidoo kale khiyaano ama xadgudub aad ka shakiday iimeelka ugu diri kartaa fraud@dhcs.ca.gov ama waxaad adeegsan kartaa foomka oonlaynka ah oo ah <http://www.dhcs.ca.gov/individuals/Pages/StopMedi-CalFraud.aspx>.



Wac laynka Bilaashka ah ee Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ee Laynka Helitaanka iyo Gurmada Masiibada ee San Diego (ACL) oo ah (888) 724-7240 (TTY:771) ama booqo barta oonlaynka ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmada ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

U WAREEGISTA CODISGA DARYEELKA

Goorma ayaan Codsan Karaa si aan u sii haysto dhakhtarkayga hadda iyo kii hore ee ka baxay caymiska?

- Kadib marka aad ku biirto degmada Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal, waxaad codsan kartaa inaad adeeg kasii hesho dhakhtarkaaga intii muddo ah haddii:
 - U wareegista dhakhtar cusub ay khatar xun gelinayso caafimaadkaaga ama ay kordhinayso khatartaada isbitaal dhigista ama seexinta xarun; iyo
 - Aad daawayn ka helaysay dhakhtarka ka baxsan caymiska kahor taariikhda aad u wareegaysay degmada Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal.

Sidee ayaan u codsan Karaa dhakhtarkayga ka baxsan caymiska?

- Adiga, wakiiladaada sharciga ah, ama dhakhtarka hadda, ayaa codsi qoraal ah u diri kara degmada Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal. Waxaad sidoo kale la xariiri kartaa Laynka Helitaanka iyo Masiibada (ACL) oo ah (888) 724-7240 (TTY: 711) si aad u hesho xog dheeri ah oo ku saabsan sida aad u codsanayso adeegyada dhakhtarka ka baxsan caymiska.
- Degmada Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ayaa kuusoo diraysa xaqiijinta helitaanka codsigaaga kadibna bilaabaysa shaqada codsigaaga sadex (3) maalmood oo kuwa shaqada ah.

Ka waran haddii aan sii wado inaan adeegyada ka helo dhakhtarka ka baxsan caymiska kadib marka aan u wareego degmada Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal?

- Waxaad codsan kartaa kala guurka soo celinta adeegga ee codsiga daryeelka sodon (30) maalmood kadib marka aad hesho adeegyada ka yimaada dhakhtarka caymiska ka baxsan.

Maxay Degmada Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal u diidaysaa codsigayga wareejinta daryeelka?

- Degmada Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ayaa diidi karta codsigaaga sii wadashada adeegga dhakhtarkaaga hore, ee hadda ka baxay caymiska, haddii:



Wac laynka Bilaashka ah ee Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ee Laynka Helitaanka iyo Gurmadka Masiibada ee San Diego (ACL) oo ah (888) 724-7240 (TTY:771) ama booqo barta oonlaynka ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmada ayaa la heli karaa 24 saac, 7 maalmood asbuucii.

- Degmada Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ay diiwaan geliso ciladaha tayada daryeelka oo lagu arkay dhakhtarka.

Maxaa dhacaaya haddii codsigayga wareejinta daryeelka la diido?

- Haddii degmada Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ay diido wareejinta daryeelkaaga, waxay:
 - Ku siinaysaa wargelin qoraal ah;
 - Waxay ku siinaysaa ugu yaraan hal dhakhtar kale oo caymiska ku jira kaasoo baxsha adeegyada iska heerka dhakhtarka ka baxsan caymiska; iyo
 - Kuu sheegaysaa xaq aad u leedahay gudbinta cabasho haddii aadan ku qancin diidmada.
- Haddii degmada nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ay ku siiso dookhyada badan ee dhakhtar ku jira caymiska aadana gaarin dookhaaga, markaas degmada Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ayaa kuu gudbinaysa ama kuu dhiibaysa dhakhtar caymiska ku jira kuuna sheegaysa gudbinta ama magacaabida si qoraal ah. Haddii dhakhtarkaaga kabaxsan caymiska uu diido inuu aqbalo qiimeyaasha heshiiska degmada ee DMC-ODS ama qiimeyaasha DMC ee adeegyada DMC-ODS ee ay qusayso ama haddii dhakhtarka kabaxsan caymiska uusan ahayn dhakhtarka DMC shahaadada ka haysta.

Maxaa dhacaaya haddii codsigayga wareejinta daryeelka la ogolaado?

- Todobo (7) maalmood gudahood marka la ogolaado codsiga kala wareega daryeelka degmada Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ayaa ku siin doonta:
 - Ogolaanshaha codsiga;
 - Mudada kala wareega daryeelka;
 - Hanaanka loo maraayo wareejinta daryeelkaaga dhammaadka mudada daryeelkii hore; iyo
 - Xaq aad u leedahay inaad xulato dhakhtar kale oo ku jira shabkada degmada Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal xili kasta.

Muddo intee dhan ayuu qaadanayaa kala guurka daryeelkaygu?

- Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ayaa kusoo afjaraaya dib u eegista kalaguurka codsigaaga daryeelka sodon (30) maalmood laga



bilaabo taariikhda degmada Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal hesho codsigaaga.

Maxaa dhacaaya dhammaadka mudada kala guurka daryeelkayga?

- Degmada Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ayaa kugu wargelinaysa qoraal ahaan sodon (30) maalmood gudahood kahor dhammaadka mudada kala guurka daryeelka si ay kuugu sheegto hanaanka la maraayo si daryeelkaaga loogu wareejiyo dhakhtar caymiska ku jira dhammaadka mudada kala guurka daryeelkaaga.



Wac laynka Bilaashka ah ee Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee degmada ee Laynka Helitaanka iyo Gurmadka Masiibada ee San Diego (ACL) oo ah (888) 724-7240 (TTY:771) ama booqo barta oonlaynka ah https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_services.html. Nidaamka Adeeg Bixinta Nidaamsan ee Daawada Medi-Cal ee Degmada ayaa la heli karaa 24 saac, 7 maalmood asbuucii.