



COUNTY OF SAN DIEGO
BEHAVIORAL HEALTH SERVICES



DEGMADA SAN DIEGO ADEEGYADA CAAFIMAADKA DABEECADDA (BHS)

Adeegyada Medi-Cal Ee Caafimaadka Dabeecadda

- ✓ Qorshaha Caafimaadka Maskaxda (MHP)
- ✓ Nidaamka Habaysan ee Bixinta Adeegyada Maandooriyaha ee Medi-Cal (DMC-ODS)
- ✓ Qorsheyaasha Daryeelka Ay Maareyso Medi-Cal (MCPs)
- ☎ Khadka Helitaanka & Musiibada ee **888-724-7240**



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HALKA AY TAHAY IN LAGA BILAABO

Haddii aadan aqoon meel aad ka bilowdo, ama aad u baahan tahay caawimaad saacadaha shaqada ka dib, waxaad wici kartaa ama kala sheekaysan kartaa onlaynka [Khadka Helitaanka iyo Musiibada \(ACL\)](#).

- ✓ Heli caawimaad **24 saacadood** **Maalintii, 7 maalmood** toddobaadkii.

Wac 888-724-7240

- ✓ Ku xiriir **wax ka badan 200 oo** luuqadood



**KHADKA
MUSIIBADA WUU
FURAN YAHAY 24/7**

- ✓ Raadi **taageerada musiiabada**, gudbinada adeegyada **caafimaadka maskaxda ama isticmaalka maandooriyaha**, iyo macluumaadka ku saabsan **khayraadka deegaanka**.



**SHEEKEYSIGA
TOOSKA AH**

Waxaa laga heli karaa Isniinta-Jimaha
(4-ta galabnimo-10-ka habeenimo) barta
mareegta ACL

- ✓ Sawir koodka QR ee hoose, **wac (888) 724-7240**, ama **u dir fariin qoraal ah 9-8-8** si aad wax badan u ogaato.

ACL waa bahwadaag maxalli ah oo ka tirsan shabakadda 9-8-8

Ma jiro "albaab khaldan" si loo helo caawimaad.

Adeegyada Caafimaadka Dabeecadda ee Degmada San Diego iyo Qorsheyaasha Daryeelka Ay Maareyso Medi-Cal waxay ka wada shaqeeyaan sidii ay u hubin lahaayeen inaad hesho daryeelka saxda ah, ka hesho goobta saxda ah, oo aad hesho wakhtiga saxda ah.



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NOOCYADA ADEEGYADA MEDI-CAL EE CAAFIMAADKA DABEECADDA

Adeegyada Caafimaadka Dabeecadda ee Degmada:

Loogu talagalay dadka qaba **xanuunada dhimirka ee daran ama cilladaha isticmaalka maandooriyaha**. Tani waxaa ku jira qorsheyaal daryeel oo dhammaystiran, daawaynta, iyo maaraynta kiisaska.

- Degmada ayaa maamusha adeegyadan iyada oo u maraysa shabakad bixiyeyaal takhasus leh oo loogu talagalay dadka ka faa'iidaysta Medi-Cal.

Adeegyada Caafimaadka Maskaxda ee Aan-Takhasuska U Baahnayn:

Waxaa loogu talagalay dadka aan buuxin shuruudaha daryeelka takhasuska u baahan balse wali u baahan taageerada **xaaladaha caafimaadka dhimirka ee fudud ilaa kuwa dhexdhexaadka ah sida walbahaarka, welwelka, ama niyad-jabka fudud**.

- Si toos ah ula xiriir Qorshahaaga Caafimaadka Daryeelka Ay Maareyso Medi-Cal si aad u hesho adeegyadan. Qorshe kasta oo caafimaad wuxuu leeyahay shabakad bixiyeyaal ah kuwaas oo taageera baahiyaha caafimaadka dabeecadda ee fudud ilaa kuwa dhexdhexaadka ah.

Haggaha Adeegyada Caafimaadka Dabeecadda



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Booqo [Hagaha Adeegyada Caafimaadka Dabeecadda ee Waaxda Adeegyada Daryeelka Caafimaadka](#) ama sawir koodka QR si aad wax badan uga ogaato waxyaabaha uu Medi-Cal daboolo.



TALO: Ma hubtid miyaa adeegyada aad u baahan tahay? Wac ACL si aad u hesho gudbinta kuugu habboon.

ADEEGYADA CAAFIMAADKA DABEECADDA EE DEGMADA

Adeegyada Caafimaadka Maskaxda ee Takhasuska U Baahan ee loo maro Bixiyeyaasha Qorshaha Caafimaadka Maskaxda ee Degmada:

- ✓ **Adeegyada Musiibada**
Faragelinta, dajinta,
daawaynta deegaanka, iyo
jawaab bixinta guurguura
- ✓ **Adeegyada Joogtada ah**
Caafimaadka dhimirka,
taageerada daawada, maaraynta
kiisaska, taageerada asxaabta,
daawaynta maalinnimada
- ✓ **Adeegyada Bukaaniifka**
Daawaynta deegaanka ee
dadka waaweyn, isbitaalka
dhimirka iyo xarunta
caafimaadka
- ✓ **Taageerada Dhallinyarada
(21 & ka yar)**
Isku-duwidda daryeelka,
adeegyada guriga dhexdiisa lagu
bixiyo, adeegyada dabiibka iyo
daryeelka korinta carruurta.

Booqo [Diiwaanka Bixiyaha Adeegyada Caafimaadka Dabeecadda](#) ama sawir
koodhka QR si aad u hesho qeexitaannada iyo sharraxaadaha adeegyada ee laga
helayo [Buug-gacmeedka Ka-faa'iidaystayaasha & Qoysaska Medi-Cal](#).

Diiwaanka Bixiyaha Adeegyada Caafimaadka Dabeecadda



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Buug-gacmeedka Ka- faa'iidaystayaasha & Qoysaska



bit.ly/BeneficiaryHandbook

ADEEGYADA CAAFIMAADKA DABEECADDA EE DEGMADA

Adeegyada Cilladaha Isticmaalka Maandooriyaha ee loo maro Bixiyeyaasha Nidaamka Habaysan ee Bixinta Adeegyada Maandooriyaha ee Medi-Cal ee Degmada:

- ✓ **Taageerada Hore**
Baaritaanka, faragalinta hore, la-tashiga dhakhtarka, isku-duwidda daryeelka
- ✓ **Adeegyada Bukaansocodka**
Barnaamijyada daawaynta mukhadaraadka, maareynta iska daynta maandooriyaha, kasoo-kabashada, la-talinta.
- ✓ **Adeegyada Bukaaniifka**
Barnaamijyada daawaynta ee deegaanka, adeegyada bukaan-jiiifka ee xooggan
- ✓ **Adeegyada Bulshada**
Taageerada asxaabta, shaqaalaha caafimaadka bulshada, shaqo-siinta la taageeray

Booqo [Diiwaanka Bixiyaha Adeegyada Caafimaadka Dabecadda](#) ama sawir koodhka QR si aad u hesho qeexitaannada iyo sharraxaadaha adeegyada ee laga helayo [Buug-gacmeedka Ka-faa'iidaystayaasha & Qoysaska Medi-Cal](#).

Diiwaanka Bixiyaha Adeegyada Caafimaadka Dabecadda



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Buug-gacmeedka Ka-faa'iidaystayaasha & Qoysaska



bit.ly/BeneficiaryHandbook



XASUUSIN: Adeegyada cillada isticmaalka maandooriyaha ee deegaanka waxaa heli karaan **DHAMAAN** ka-faa'iidaystayaasha Medi-Cal.

ADEEGYADA CAAFIMAADKA MASKAXDA EE AAN TAKHASUSKA U BAAHNAYN:

Adeegyada Caafimaadka Maskaxda ee aan Takhasusuka u Baahnayn ee loo maro Qorshayaasha Daryeelka Ay Maareyso Medi-Cal:

- ✓ **Qiimaynta iyo Daawaynta Caafimaadka Maskaxda**
 - Daawaynta nafsiga ah ee shakhsiga, kooxda, iyo qoyska
 - Adeegyada daryeelka caafimaadka dabeecadda ee wadaagga ah (Cunuga iyo Waalidka)
 - Baaritaanka cilmi-nafsiga/neerfaha ee caafimaadka maskaxda
- ✓ **Adeegyada Bukaansocodka iyo Kormeerka Joogtada ah**
 - Kormeerka daawaynta daawooyinka
 - La-tashiga dhakhtarka dhimirka
 - Shaybaadhka, daawooyinka, qalabka caafimaadka, iyo kaabayaasha nafaqada
- ✓ **Daryeelka Degdegga ah ee Musiibada**
 - Waaxyada xaaladaha degdegga ah
- ✓ **Baaritaanka iyo Gudbinta isticmaalka Maandooriyaha**
 - Daawooyinka daawaynta qabatinka maandooriyaha ee laga helo daryeelka aasaasiga ah, isbitaallada, waaxyada xaaladaha degdegga ah, iyo goobaha kale ee caafimaadka
 - Baaritaanka iyo taageerada loogu talagalay walaacyada khamriga iyo maandooriyaha oo laga helayo xafiiska dhakhtarkaaga



Qorshayaasha Daryeelka Ay Maareyso Medi-Cal (MCP) waxay daboolaan gaadiidka lagu tago dhammaan adeegyada ay dabooashay Medi-Cal oo ay ku jiraan Adeegyada Caafimaadka Maskaxda ee Takhasuska u Baahan, Nidaamka Habaysan ee Bixinta Adeegyada Maandooriyaha ee Medi-Cal, iyo barnaamijka Denti-Cal. Haddii aad jeclaan lahayd macluumaad dheeraad ah oo ku saabsan gaadiidka ama dheefaha kale, sida Medi-Cal Rx, Maareynta Daryeelka ee La Xoojiyay, iyo Taageerada Bulshada, waxaad si toos ah u wici kartaa bixiyahaaga MCP.

HELITAANKA GAADIIDKA

Gaadiid ayaa diyaar u ah adeegyada ay dabooshay Medi-Cal, sida:

- Balamaha caafimaadka iyo kuwa ilkaha
- Adeegyada caafimaadka maskaxda iyo kuwa maandooriyaha
- Soo qaadashada warqadaha daawada dhakhtarka qoray iyo agabyada caafimaadka

Wac qorshahaaga caafimaadka si aad u qorshaysato gaadiid

Gaadiidka Caafimaadka ee Aan Degdegga Ahayn

Adeeggan wuxuu bixiyaa gaadiidka caafimaad ahaan muhiimka ah ee loo isticmaalo ambalaaska, gaariga dadka curyaanka isticmaalaan, ama gaariga qaada bukaan-jiifka. Waa in uu kuu soo qoro adeegbixiye caafimaad oo waxaana loogu talagalay xubnaha Medi-Cal ee aan isticmaali karin gaadiidka caadiga ah sababo caafimaad dartood.

Gaadiidka Aan Caafimaadka loo isticmaalin

Adeeggan wuxuu gaadiid siiyaa xubnaha Medi-Cal iyo haweenka uurka leh ee aan haysan si kale oo ay ku tagaan ballamahooda caafimaad. Waad u qalmi kartaa haddii:

- Aadan haysan leesinka darawalnimada
- Aadan haysan baabuur shaqaynaya
- Aad u baahan tahay caawinaad xagga safarka ah
- Aad leedahay xaddidaado jirka ama maskaxda ah
- Aadan haysan lacag aad ku gadato shidaal



TALO: Si aad u xaqiijiso helitaanka gaadiidka, la xiriir bixiyaha isla marka aad ballan qabsato. Eeg Hagaha Xiriirka ee bogga 10-aad.

OGOW XUQUUQDAADA

Cabashooyinka iyo Racfaannada

Xubnaha Medi-Cal waxay xaq u leeyihiin inay helaan daawaynta lagama maarmaanka ah ee caafimaadka maskaxda ama isticmaalka maandooriyaha iyagoo u maraya Qorshaha Caafimaadka Maskaxda iyo Nidaamka Habaysan ee Bixinta Adeegyada Maandooriyaha ee Medi-Cal.

Haddii aad hesho adeegyo oo aad ku qanci weydo ama aad ku raaci weydo go'aan laga gaaray daawayntaada, waxaad gudbin kartaa cabasho (dacwad) ama racfaan adigoo u marayo boggayaga mareegta ama adigoo wacaya lambarrada hoos ku qoran.

**Xarunta Macmiilka ee
Caafimaadka, Waxbarashada,
iyo U Doodista**
Barnaamijka U-doodista Bukaana
Cabashooyinka & Dacwadaha
Adeegyada Bukaana-socodka
877-734-3258

**Jewish Family Service
(Adeegga Qoyska Yuhuudda)**
Barnaamijka U-doodista Bukaana
Cabashooyinka & Dacwadaha
Bukaan-jiifka & Deegaanka Daawaynta
800-479-2233

Haddii aad qabto walaacyo ku saabsan u-hoggaansanaanta, asturnaanta, ama amniga macluumaadka, fadlan kala xiriir Xafiiska Xaqiijinta Ganacsiga iyo U-hoggaansanaanta lambarka **619-237-8571**.

Sawir koodhka QR ama booqo [bogga mareegta ee "Xuquuqdaada" ee Adeegyada Caafimaadka Dabeecadda](#) si aad u hesho macluumaad dheeraad ah.

**Macluumaadka
Dacwada & Racfaanka**



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XASUUSIN: Caawintan waa bilaash, mana **SAAMAYN DOONTO** dheefahaaga.

HAGAHA XIRIIRKA

	Blue Shield CA Promise Health Plan	Community Health Group	Kaiser Permanente	Molina Healthcare
Adeegyada Xubnaha/Gaadiidka	855-699-5557	800-224-7766	800-464-4000	888-665-4621
Caafimaadka Dabeecadda	855-321-2211	800-404-3332	833-579-4848	888-665-4621
Khadka Talobixinta Caafimaadka ee Teleefoonka	800-609-4166	800-647-6966	800-290-5000	888-275-8750
Adeegyada Aragga	855-699-5557	Qorshaha Adeegga Aragga 800-877-7195	800-464-4000	March Vision Services 888-463-4070
Medi-Cal Rx	800-977-2273	800-977-2273	800-977-2273	800-977-2273
Denti-Cal	800-322-6384	800-322-6384	800-322-6384	800-322-6384

Dheefaha farmashiyaha ee dhammaan dadka hela Medi-Cal waxaa daboolay barnaamijka Medi-Cal Rx ee Gobolka: 800-977-2273

**Adeegyada Caafimaadka
Dabeecadda ee Takhasuska u
Baahan ee Deegaanka**
MHP & DMC-ODS
Wac Khadka Helitaanka &
Musiibada ee 888-724-7240

**Xarunta Macmiilka ee
Caafimaadka, Waxbarashada,
iyo U Doodista**
Barnaamijka U-doodista
Bukaanada
Cabashooyinka & Dacwadaha
Adeegyada Bukaan-socodka
877-734-3258

**Barnaamijka U-doodista
Bukaanada ee Jewish Family
Service**
Cabashooyinka & Dacwadaha
Bukaan-jiifka & Deegaanka
Daawaynta
800-479-2233



XASUUSIN: ACL waxay leedahay adeegyada turjumada luuqada oo la heli karo.