XAGEE AAN U AADA BAARITAANDA CAAFIMAADKA QAXOOTIGAYGA?

Maamulaha kiiskaaga ayaa kaa caawin doona inaad ballan u qabsato **BAARITAANDA CAAFIMAADKA QAXOOTIGAYGA.** Waxay kuu sheegi doonaan rugta aad tagi doonto.

Halkani waa liiska**Baarista Caafimaadka Qaxootiga Rugaha** caafimaadka ee qandaraaska haysta:

RUGAHA CAAFIMAADKA

CENTRAL DISTRICT HEALTH DEPARTMENT
1137 SOUTH LOCUST STREET
GRAND ISLAND, NE 68801
308-385-5175

CHI HEALTH CLINIC – UNIVERSITY CAMPUS
2412 CUMING ST. STE. 200,
OMAHA, NE 68131, 402-717-0380

LINCOLN LANCASTER COUNTY HEALTH DEPARTMENT
3131 O STREET, LINCOLN, NE 68510, 402-441-8065

SIOUXLAND COMMUNITY HEALTH CENTER
1021 NEBRASKA STREET
SIOUX CITY, IA 51105, 402-898-1349

HAY'ADAHA DIB U DAJINTA

CATHOLIC SOCIAL SERVICES OF SOUTHERN NEBRASKA
2241 O STREET, LINCOLN NE 68510, 402-474-1600

XARUNTA HORMARINTA QAXOOTIGA (OMAHA AND LINCOLN)
4223 CENTER STREET OMAHA, NE 68105
121 SOUTH 13th STREET LINCOLN, NE 68508
402-898-1349

INTERNATIONAL COUNCIL FOR REFUGEES AND IMMIGRANTS
7315 MAPLE ST., OMAHA NE 68134, 402-949-3470

LUTHERAN FAMILY SERVICES LINCON-GRAND ISLAND-LEXINGTON AREAS
2301 O STREET, LINCOLN NE 68510
402-441-7940

LUTHERAN FAMILY SERVICES - OMAHA
7929 W CENTER RD OMAHA, NE 68124
402-342-7038

IMMISA AYEY KU KACAYSAA?

Wax kharash ah kuma baxayo **Baaritaanka** kooxaha u qalma ee soogalootiga cusub ee Nebraska.

WAA IMMISA SAC/DAQIIQO BALLANKU?

1 - 4 saacadaha: waalidiinta iyo carruurta

XASUUSNOW

Si aad **khibrada** ugu wanagsan ugu yeelato **BAARITAANKA:**

- **Dhammaystir** dhammaan baaritaanada
- **Tag** dhammaan ballamaha
- **Ku imaw**waqtigaaga
- **U qaado warqadda Baaritaanka ilmahaaga dugsigooda**

NEBRASKA
Good Life. Great Mission.

Iskuduwaha Qaxootiga Gobolka:
402-480-8394

Iskuduwaha Caafimaadka Qaxootiga Gobolka:
402-480-0373

Nebraska

BAARITAANKA CAAFIMAADKA QAXOOTIGA BAARITAANKA

Hage

WAA MAXAY BAARITAANKA CAAFIMAADKA QAXOOTIGA?

TALLAABADA 1 gudaha Mareekaanka ee caafimaadkaaga wanaagsan

Waa in uu haysto 90 maalmood gudahooda laga bilaabo taariikhda imaanshahaaga.llegada.

- Dhammaan qaxootiga waa inay maraan Baaritaan
- 1-3 ballamaha Rugta Caafimaadka
- Baadhitaanka jidhkaaga oo dhan waxaa samayni dhakhtar
- Dhakhtarka ayaa akhrin doona waraaqahaaga caafimaadka
- Baaritaanka caabuqyada
- Tallaalada looga baahan yahay Kaarka Green Card
- Turjumaan – waa xaqaaga

EA-PAM-221-SO 4/2025

WAAN ARKAY DHAKHTARKA INTAAN AAN IMIN MAREKANKA. WAA MAXAY SABABTA AAN UGU BAAHANAHAY INAAN MAR LABAAD ARAKO DHAKHTARKA?

Kahor inta aadan imaan USA, baaritaanka dhakhtarku wuxuu ahaa Mareykanka **ogolaanshaha codsiga fiisaha** Mareykanka.

Hadda waxaad joogtaa USA, waa inaad haysataa **Baadhitaanka Caafimaadka Qaxootiga** si aad u heesho Daryeel-bixiyahaaga Aasaasiga(PCP). **PCP** ayaa kaa caawin doona inaad caafimaad qabtid oo aad si wanaaagsan ugu nolaatid Nebraska.

WAA MAXAY DARYEEL BIXIYAHA AASAASIGA AH (PCP)?

Daryeel Bixiyahaaga Aasaasiga ah (PCP) waa dhakhtar ka tirsan **Rugta Caafimaadka** ee aad tagto marka aad **jirran tahay**, u baahan tahay tallaalo ama ay dhibaato ka haysato jidhkaaga ama **maskaxdaada.**

SIDEE ISKU DIYAARIYAABAARITAANKA?

- Soo qaado dhammaan waraaqaha caafimaadka iyo **aqoonsiga** xubnaha qoyska oo dhaan. *Tusaale ahaan, I94s, baasaboorada, waraaqaha caafimaadka, macluumaadka tallaalka, kaararka Medicaid.*
- Soo qaado **liiska** daawooyinka, daawodhiraadka, iyo fiitamiinada qoyskaagu qaato.
- Qaado liiska xasaasiyadaha, wallaca caafimaadka, iyo wixii su'aalo ah ee aad u qabtid PCP-gaaga.
- Soo qaado biyo , cunto , xafaayad , buugaag carrurta
- Waa inay Imaadan 15 daqiiqo kahor wakhtigaaga ballanta.
- Soo qaado liiska xubin kasta oo **qoyska** ah magaciisa oo dhamaystiran, taariikhda dhalashada, iyo ciwaanka.
- Waxaad dooran kartaa dhakhtar rag ah ama dumar ah , u sheeg maareeyaha kiiskaaga.
- Cab biyo badan kahor intaadan bixin.

MA TAGI KARO, MAXA SAMEEYAA?

Wac maamulaha kiiskaaga.

MAXAAN SAMEEYAA MARKAAN TAGO RUGTA CAAFIMAADKA?

1. Taag miiska **soo dhaweynta,** u sheeg shaqaalaha **magacaaga.**
2. Fadhiiso . **goobta**sugitaanka. Weydii shaqaalaha haddii aad u baahan tahay **musqusha**. Ha bixin ilaa ay xaalad degdeg ah tahay.
3. Marka kalkaalisadu**magacaaga** kugu wacdo, u kaxee qoyskaaga **qolka baaritaanka.**
4. Dhakhtarka (PCP) ayaa baari doona jirkaaga.
5. Dhakhtarka (PCP) wuxuu ku weydiin doonaa su'aalo ku saabsan dareenkaaga iyo jirkaaga.
6. Dhakhtarka (PCP)**ayaa dhiiggaaga** ka shubi doona **Baaritaanka.**

WAA MAXAY XUQUUQAYDA INTA BAARITAANKAN KU JIRO?

- Si aad u codsato **nuqul** daabacan oo ah **Baaritaanka Baarista Caafimaadka Qaxootiga.**
- Xubin kasta oo qoyska ka mid ah wuxuu xaq u leeyahay**daryeel** loo siman yahay.
- Helitaanka **ADEEGYADA** turjubaanka oo bilaash ah.
- Inaad leedahay dhakhtar lab ah ama dhakhtar dhidiga ah haddii ay suurtogal tahay.
- Si aad u keento **saaxiibkaa.**
- Si **qarsodi ah:** Qarsoodidaada waxaa ilaalinaya sharciga Mareykanka (HIPAA). Dhammaan macluumaadkaaga shakhsiga iyo caafimaadka waxay ahaan doonaan kuwo sir ah oo qarsodi ah.

WAA MAXAY WAXA CARRUURTEYDA U BAAHAN YIHIN?

Dalka Maraykanka, ilmo kastaa wuxuu u baahan yahay baadhis dhakhtar iyo tallaal **ka hor** inta aanu dugsiga tagin.

PCP-ga ayaa ku siin doona **warqad** ku saabsan baaritaanka ilmahaaga ee dhammaystiran. Sii warqadan **dugsiga.**