

Fiiri ikhtiyaaradaada caymiska caafimaadka ee cusub!

Haddii aad haysatid caymis caafimaad:

Badi qorsheyaasha caymis caafimaad waxay hadda bixiyaan kharashka baadhitaanka kaansarta naasaha, surka ilmo-galeenka iyo malawadka. Wac qorshahaaga caymiska caafimaadka si aad u weydiisid inay daboolaan kharashka baadhitaanadaas.

Haddii aanad haysan caymis caafimaad ama haddii aanad awoodin inaad mid yeelatid, hadda waxa aad haysataa laba ikhtiyaar oo cusub:

- **Is Qor Washington Apple Health.** Barnaamijkan Medicaid ee la balaadhiyay waa bilaash haddana waxa uu daboolaa dad intii hore ka tiro badan.
- **libso Qorshe Caafimaad oo u Qalma.** Haddii uu kuu banaan yahay Washington Apple Health, waxa wali laga yaabaa inuu kuu banaan yahay qorshe caafimaad oo qiimihiisu hooseeyo.



Is qor ikhtiyaaradan cusub!

Booqo: <http://wahealthplanfinder.org>

Wac: 1-855-923-4633

TTY/TDD: 1-855-627-9604

Gargaar ayaa lagu heli karaa 175 luqadood oo kala duwan.

Baadhitaanka Kaansartu wuxu badbaadiyaa nafta!

- Marka aad sii gabowdid, waxa aad halis sii sareysa u tahay inay kugu dhacdo kaansarta naasaha, surka ilmo-galeenka iyo malawadka.
- Haddii kaansarta la helo goor hore, badanaa waa sii sahlan tahay in la daweyyo waxana ay u sii badan tahay in lagu guulaysto daweynta.
- Habka ugu fiican ee goor hore lagu helo kaansar waa baadhitaan caadi ah. Badanaa ma jiraan wax ah calaamado digniin.



Barnaamijka Caafimaadka ee Naasaha, Surka Ilmo-galeenka iyo Malawadka

Office of Healthy Communities

Washington State Department of Health
Point Plaza East, 310 Israel Road S.E.
PO Box 47888, Olympia, WA 98504-7880

www.doh.wa.gov/bcchp
1-888-438-2247



Dadka qaba naafooyin, waxa loo heli karaa dukumentigan oo ah qaabab kale haddii ay codsadaan. Si aad codsi u sameysatid, fadlan soo wac 1-800-525-0127 (TDD/TTY 711).



DOH 342-115 April 2014 Somali



Partners promoting healthy people in healthy places

www.doh.wa.gov/healthycommunities

Barnaamijka Caafimaadka ee Naasaha, Surka Ilmo-galeenka iyo Malawadka

Wuxu ragga iyo haweenka u qalma siiyaa baadhitaan ah naasaha, surka ilmo-galeenka iyo malawadka



Wax ka ogow ikhtiyaaro cusub oo lagugu baadho!

Is qor caymis caafimaad adiga oo maraya Washington Healthplanfinder.

Gudaha ka fiiri faahfaahinta.



Barnaamijka Caafimaadka ee Naasaha, Surka Ilmo-galeenka iyo Malawadka wuxu ragga iyo haweenka u qalma siiyaa baadhitaan ah naasaha, surka ilmo-galeenka iyo malawadka.

Barnaamijkani wuxu u adeegaa dadka:

- Aan haysan caymis caafimaad.
- Leh dakhli hoose.
- Ka soo baxaya shuruudaha da'da.

Adeegyada waxa ku jira:

- Baadhitaanada naasaha ee kaansarta (baadhitaano naaso iyo raajooyinka naasaha) ee haweenka.
- Baadhitaanada surka ilmo-galeenka ee kaansarta (baadhisyada Pap) ee haweenka.
- Baadhitaanada malawadka (ee la isticmaalo qalab fudud oo guriga loo qaato) ee ragga iyo haweenka.
- Baadhiso la-sii-socod ah si loo ogaado in daweyn loo baahan yahay.
- Gargaar qofka laga siiyo helitaanka adeegyo iyo illo laga helo daweyn.

Haddii aanuu kuu banaanayn Washington Apple Health oo aanad haysan caymis caafimaad, waxa wali laga yaabaa inay kuu banaan yihiin baadhitaanada kaansarta ee bilaash ah.

Wac Barnaamijka Caafimaadka ee Naasaha, Surka Ilmo-galeenka iyo Malawadka!

Halka hoose ka soo saar degmada aad ku nooshahay oo wac lambarka teleefonka ee ku hoos qoran.

Island, Pierce, San Juan, Skagit, Snohomish, Whatcom

Citrine Health: 1-888-651-8931

Clark, Cowlitz, Grays Harbor, Lewis, Mason, Pacific, Skamania, Thurston, Wahkiakum

**PeaceHealth Southwest Medical Center:
1-800-992-1817**

Clallam, Jefferson, King, Kitsap

**Caafimaadka Dadweynaha – Seattle iyo
Degmada King County:
1-800-756-5437**

Adams, Asotin, Ferry, Garfield, Lincoln, Pend Oreille, Spokane, Stevens, Whitman

**Spokane Caafimaadka Gobolka ee Degmada:
1-888-461-8876**

Chelan, Douglas, Grant, Okanogan

Confluence Health: 1-888-551-3994

Benton, Columbia, Franklin, Kittitas, Klickitat, Walla Walla, Yakima

**Yakima Caafimaadka Degmada:
1-800-535-5016**

Xusuusin muhiim ah!

Bixiyahaaga daryeel caafimaad kala hadal meesha iyo inta jeer ee la iska qaado baadhitaano kaansar.*

Da'aha 9 illaa 26

Wiilasha iyo gabdhuhu waxay heli karaan tallaalka HPV si looga hortago kaansarada surka ilmo-galeenka iyo kaansaro kale.

Da'da 21

Baadhitaanka surka ilmo-galeenka ayaa lagula talinayaa haweenka. Waxa kale oo laga yaabaa in bixiyahaaga daryeel caafimaad uu baadhis ku sameeyo naasahaaga inta lagu gudo jiro booqashadan.

Da'da 40

Baadhitaanka kaansarta naasaha ayaa lagula talinayaa haweenka. Bixiyahaaga daryeel caafimaad kala hadal goorta la bilaabo helitaanka raajooyin naaso oo joogto ah.

Da'da 50

Baadhitaanka kaansarta malawadka ayaa lagula talinayaa ragga iyo haweenka. Bixiyahaaga daryeel caafimaad weydii nooca baadhitaan ee adiga sax kugu ah.

** Haddii qofka tirsan qoyskaaga uu ku dhacay kaansarta naasaha ama malawadka, bixiyahaaga daryeelka caafimaadka kala hadal in baadhitaanka la bilaabo goor hore.*

