



## Diiradda la saarayo: Faa'iidooyinka daryeelka ilkaha

**Daryeelka ilkahaaga iyo ciridkaagu waa hab muhiim ah oo lagu daryeelo caafimaadkaaga guud.** Waa sababta daryeelka ilkaha loo daboolo isaga oo qayb ka ah faa'iidooyinkaaga Health Share/CareOregon.

### Xirmadaada faa'iidada ilkaha waxaa ka mid adeegyada sida:



Baaritaannada, raajatada X-rays iyo nadiifinta



Dahaarida ilkaha loogu talagalay xubnaha da'doodu tahay 15 iyo ka hooseysa



Daawaynta fluoride



Nadiifin qoto dheer oo loogu talagalay cudurka ciridka



Buuxinta



Saarida iliga



Kabida ilkaha (oo xaddidan)



Buuxinta salka gawska (oo xaddidan)



Ilkaha qayb ahaan macmalka iyo ilkaha macmalka ah oo dhan (oo xaddidan)

*Xaddidaado ayaa jiri kara iyo/ama oggolaansho hore ayaa la iskaga baahan karaa.*

### Helitaanka dhakhtarka ilkaha

Waxaanu iskaashi la leenahay qorshayaasha ilkaha ee degaanka si aad u arki karto dhakhtarka ilkaha oo wax lacag ah ayna kaaga baxaynin. Qorshahaaga ilkuhu wuxuu ku qoran yahay kaarkaaga Aqoonsiga Xubinimo. Waxay kaala shaqeeyaan sidii loo daryeeli lahaa baahiyahaaga ilkaha. Wac iyaga marka aad u baahan tahay daryeelka ilkaha ama aad hayso su'aalo ku saabsan caafimaadka afka, ka hor inta aadan raadsan daryeelka xaalada degdega ama dhakhsaha ah.

#### Dhakhtarkaaga ilkuhu:

- ▶ Waa qofka koowaad ee aad la xiriirayso marka aad u baahan tahay daryeelka ilkaha, marka laga reebo xaalada degdeg ah oo nafta halis galinaya sida dhiig baxa aan la xakameyn karin.
- ▶ Wuxuu qaban qaabiyaa daryeelka ilkaha ee gaarka ah, haddii aad u baahan tahay iyada.
- ▶ Wuxuu hayaa diiwaannadaada ilkaha wuxuuna si fiican u yaqaan caafimaadka afkaaga, si uu kuugu fidin karo talada u fiican xataa haddii ay jirto xaalad degdeg ah.



**Ayay tahay in uu arko dhakhtarka ilkaha?**

**Qof kasta!** Laakiin daryeelka ilkaha ee joogtada ah ayaa aad ugu muhiimsan dadka uurka leh, qaba sonkorowga ama xaalado caafimaad soo jireen ah, iyo carruurta.

**Su'aalaha?** Haddii aad caawimaad uga baahan tahay helitaanka dhakhtarka ilkaha ama hayso su'aalo ku saabsan faa'iidooyinka ilkaha, la xiriir qorshahaaga ilkaha. Lambarkoodu wuxuu ku qoran yahay kaarkaaga Aqoonsiga Xubinimo. Haddii aad u baahan tahay in aad beddesho qorshahaaga ilkaha ama u baahan tahay wax caawimaad ah oo kale, waxaad **Adeega Macmiilka Health Share ka wacdaa 888-519-3845 ama TTY 711**, ama farriin ammaan ah noogu soo dir [careoregon.org/portal](http://careoregon.org/portal)

## Wax ka ogow CareOregon

**Faa'iidooyinka ilkaha iyo adeegyada waxaa caymiskooda daboolaa CareOregon, qorshahaaga caafimaadka Medicaid.** Halkan ka ogow waxyaabo badan oo nagu saabsan.

Marka ay dadku ka hadlaan Medicaid ka jirta Oregon, waxaa dhici karta in aad maqasho iyaga oo dhahaya magacyo iyo warqado badan oo kala duwan. Sababtu waa in ay jiraan ururo badan oo ku lug leh xaqijinta in aad hesho daryeelka aad u qalanto. Sidee baad macne ugu yeeli kartaa haba yaraatee?

**Waxay gacan ka geysataa in aad uga fikirto Medicaid ka jirta Oregon in ay tahay sida qaabka pyramid oo kale.**

**Maamulka Caafimaadka Oregon (OHA)** ayaa gacanta ku haya barnaamijka Medicaid ee loogu talagalay gobolka Oregon oo dhan, kaasi oo loogu yeero Qorshaha Caafimaadka Oregon (OHP).

Health  
Share of Oregon

**Health Share of Oregon (HSO)** waa waxa loo yaqaano daryeelka ururadu iska kaashadeen (CCO). Health Share of Oregon waxay ka hoos shaqeysaa OHA si ay ugu adeegto xubnaha ka tirsan OHP ee ku nool degaanka saddexda-magaalo ka kooban.

health  
share  
Health Share of Oregon

**CareOregon** waa mid ka mid ah dhowr bixiyayaasha caafimaadka oo ku yaala degaanka saddexda-magaalo ka kooban oo Health Share CCO ka caawiya n ay bixiso daryeel. Waxaan sidoo kale gacan ka geysanaa isku duwida adeegyada caafimaadka afka ee loogu talagalay xubnahayaga ee la adeegsanayo hawl wadaagayaasha dhanka ilkaha ee aanu leenahay: CareOregon Dental, ODS Community Dental, Advantage Dental Services iyo Willamette Dental Group.

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**Dakhtarkaaga ilkaha — ama bixiyaha daryeelka ilkaha ee aasaasiga ah (PDP)** — ayaa isku duwa daryeelkaaga caafimaadka afka iyada oo ay weheliyaan qorshahaaga ilkaha iyo CareOregon. Waxay sidoo kale la shaqeeyaan xubnaha kale ee kooxda caafimaadka sida daryeel bixiyahaaga aasaasiga ah, farmashiistayaasha iyo kuwo kale.



**CareOregon waxay bixisaa adeegyada kuwan oo kale ah ee loogu talagalay xubnaha Medicaid (OHP):**

- ▶ Daryeelka caafimaadka jirka
- ▶ Daryeelka caafimaadka dhimirka
- ▶ Isticmaalka mukhaadaraadka
- ▶ Daryeelka ilkaha
- ▶ Medicare la sii marayo CareOregon Advantage
- ▶ Daryeelka bukaanka hospice ama daaweynta oo la adeegsanayo Bixiyayaasha Housecall

**Waxaad sidoo kale awoodi doontaa in aad isticmaasho adeegyo muhiim ah sida kuwani oo kale:**

- ▶ Isku duwida daryeelka
- ▶ Farmashiyaha
- ▶ Daryeelka dhalashada ilmaha ka hor iyo daryeelka dhallaanka
- ▶ Kala doorashada gaadiidka
- ▶ Adeegyada turjumaada luqadda
- ▶ ER iyo daryeelka degdega ah

Waxaad heli kartaa tani oo ku qoran luqaddo kale, far waaweyn, farta dadka indhaha aan qabin wax ku akhriyaan ee braille ama qaabka aad doorbidayso. Waxaad sidoo kale codsan kartaa turjubaan. Caawimaadani waa lacag la'aan ah. Wac 800-224-4840 ama TTY 711.

[careoregon.org](http://careoregon.org)

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