



Baro dheefahaaga

CareOregon waxaa ka go'an inay kaa caawiso sidii aad caafimaad u heli lahayd una haysan lahayd.

Dheefahaagu waxay dabooli karaan caafimaadka jirkaaga, caafimaadkaaga dhimirka iyo kuwo kale.



Dheefaha caafimaadka

Caafimaadka jirka

- ▶ Booqashooyinka dhakhaatiirta caafimaadka
- ▶ Baaritaanada shaybaarka iyo raajada
- ▶ Daryeelka la xiriira uurka
- ▶ Wakhtiyada aad isbitaalka joogayso
- ▶ Daryeelka Emergency Room (ER, Qolka Gurmadka Degdegga) iyo kan degdega ah
- ▶ Tallaalada

Daaweynta caafimaadka dhimirka iyo isticmaalka maandooriyaha

- ▶ La-talinta, baxnaanada iyo daawooyinka
- ▶ Kaalmada soo kabashada
- ▶ Kaalmada saaxiibada

Caafimaadka ilkaha

- ▶ Baaritaanada, raajada iyo nadiifinta
- ▶ Ku daaweynta maadada fluoride
- ▶ Buuxinta
- ▶ Saarista ilkaha
- ▶ Xarkaha ilkaha



Qalabka caafimaadka iyo iskudubaridka daryeelka

Daawooyinka iyo qalabka caafimaadka sida:

- ▶ Gaariga curyaanka
- ▶ Ulaha curyaanka
- ▶ Qalabka lagula socdo glucose-ta

Koox daryee oo awooda inay:

- ▶ Ogaadaan baahiyahaaga caafimaadka
- ▶ Xaqiiji in dhammaanba dhakhaatiirtaadu wada hadlaan
- ▶ Ay ku siiyaan adeegyada iyo qalabka saxda ah
- ▶ Kaa caawinaynaa sidii aad u heli lahayd daryeelka, baaritaanka aad u baahan tahay.

Dheefaha dheeraadka ah dhanka kale ayay kasii soconayaan



Non-emergency medical transportation (NEMT)

- ▶ Magdhowga shidaalka gaariga
- ▶ Marinada gaadiidka dadweynaja oo bilaash ah
- ▶ Gawaarida la wadaago



Isticmaalka daryeelka

- ▶ Shaqaalaha caafimaadka bulshada
- ▶ Daryeelka dhalmada
- ▶ Khabiirka kaalmada saaxiibada



Adeegyada luuqadda iyo tarjumaadda

- ▶ Tarjumaano bilaash ah oo ku sugan booqashada dhakhtarka iyo farmashiyaha
- ▶ Macluumaadka qoran ee tarjuman
- ▶ Iskuduleyaasha caafimaadka oo luuqadaada ku hadlaya



Dheefo kale

- ▶ Daryeelka jirka iyo daryeelka baxnaanada oo laga helayo Housecall Providers
- ▶ Kaalmada baahiyaha bulshada
- ▶ Caawimaada joojinta sigaarka
- ▶ Aragga (kooban)



Ma jecleen lahayd inaad wax kale sii ogaato?

Ka wac kooxdeena Adeega Macaamiisha ee saaxiibtinimada iyo soodhaweynta leh **800-224-4840** ama fariin noogu soo dir careoregon.org/portal

Waxaad dukumiintigaan ku heli kartaa luuqadaha kale, farta waawayn, farta indhoolaha ama nooca aad rabto. Waxaad sidoo kale xaq u leedahay inaad hesho turjubaan. Waxaad caawimaad ka heli kartaa turjubaan daryeelka caafimaadka qaabilsan oo xirfad u leh ama shahaado u haysta. Caawimadani waa bilaash. Wac 800-224-4840, TTY 711, ama u sheeg adeeg bixiyahaaga. Waanu aqbalaynaa wicitaanada xiriirinta dadka maqalka culus.