









Barnaamijka lacagaha dhiirigelinta ah/abaalmarinada xubnaha

Xubnaha oo dhan uma qalmaan abaalmarinadaasi. Fadlan hubi in xubintu u qalmo mid ka mid ah lacagaha dhiirigelinta ah ee hoos ku qoran.

Ogow: Fadlan foomkan ha u isticmaalin xubnaha CareOregon Advantage.

Ka caawi xubnaheenu inay helaan kaarka hadiyada oo loogu talagalay daryeelka ka hortagga ee la soo xushay:

Lacagta dhiirigelinta ah	Yaa loogu talagalay?	Qaddarka abaalmarinta	Foomka dhanka internet-ka
Tallaalka carruurnimada [CIS]	Xubnaha jirsanaya 0-2 sanno 2025	\$15 (ilaa saddex boqasho sanadkiiba)	 careoregon.org/childvax
Booqashada caafimaadka ilmaha [W34]	Xubnaha jirsanaya 1-6 sanno 2025	\$25	 careoregon.org/childcheckup
Booqashada faydaqabka ee sanadlaha ah - dhallinta koraysa [AWC]	Xubnaha jirsanaya 7-18 sanno 2025	\$15	 careoregon.org/youthcheckup
Tallaalada dhallinta koraysa [IMA]	Xubnaha jirsanaya 9-13 sanno 2025	\$15 (ilaa saddex boqasho sanadkiiba)	 careoregon.org/youthvax
Baaritaanka ilkaha [DEG]	Xubnaha noqda da'da 1-14 sanadka 2025	\$15	 careoregon.org/dentalvisit

Lacagta dhiirigelinta ah	Yaa loogu talagalay?	Qaddarka abaalmarinta	Foomka dhanka internet-ka
Baaritaannada sonkorowga [DIA]	Da'aha xubnaha 18+ ee qaba xanuunka sonkorowga oo la ogaaday (baaritaanka HbA1c, baaritaanka indhaha, baaritaanka cudurka kelyaha 'nephropathy')	\$25 (ilaa laba booqasho sanadkiiba)	 careoregon.org/bloodtest
Baaritaanka ilkaha oo loogu talagalay dadka qaba sonkorowga [DID]	Da'aha xubnaha 18+ ee qaba xanuunka sonkorowga oo la ogaaday	\$15	 careoregon.org/dentaldia
Booqashada dhalashada ilmaha ka dib [PPC]	Xubnaha ilmaha dhalay 2025	\$50	 careoregon.org/postpartum

Foomka lacagaha dhiirigelinta ah/abaalmarinada xubnaha

Fadlan kaliya isticmaal foomkan haddii adiga (ama bukaankaagu aydaan isticmaali karin foomamka dhanka internet-ka. Foomamka dhanka internet-ka waxaa laga heli karaa cinwaanka bogga internet-ka ee bogga hore.

Fadlan si dhammeystiran u buuxi foomkani, oo si cad u qor

Lambarka Aqoonsiga xubinimo: _____

Magaca: _____

Cinwaanka: _____

Magaca rugta caafimaadka: _____ Taariikhda ballanta: _____

Sababta(aha) booqashada: CIS W34 AWC IMA DEG DIA DID PPC

Saxiixa: _____

Calaamadee hal sanduuq oo hoose si aad doorato kaarka hadiyada ee aad jeclaan lahayd in aanu kuu soo dirno.

Baja Fresh* Chipotle Jamba Juice Old Navy Shell* Starbucks Subway

Ogow: Haddii aadan calaamadayn sanduuq, xubnuhu waxay heli doonaan kaarka Subway.

Soo dir ama noo keen foomkan.

CareOregon, 315 SW Fifth Ave, Portland OR 97204 ama fax ugu soo dir 503-416-1316.

Kaarkaaga hadiyada waxaa lagu soo diri doonaa cinwaankaaga lix ilaa sideed toddobaad.

Si dhakhso leh u hel kaarkaaga hadiyada.

Hel meel la sii galayo 'link' si aad u sheegato kaarkaaga hadiyada.

Email-ka: _____

* Kaarka Baja Fresh **waxaa kaliya** lagu heli karaa email ahaan. Kaarka Shell **laguma** karo email ahaan.

Lacagaha dhiirigelinta ah 2025

Qiyaasta	Astaanta	Sharraxaada lacagta dhiirigelinta ah ee xubinta	Xubnaha u qalma	CPT U qalma
Booqashada caafimaadka ilmaha	W34	Carruurta jirsanaysa 1 ilaa 6 sanno kuwaas oo helay booqashada carruurta halka mar ah ama ka badan ee PCP sannadka gudahiisa.	Xubnaha dhashay laga soo bilaabo sanadkii 2019 ilaa 2024	Astaamaha CPT: 99381-99385, 99391-99395, 99461 Astaamaha HCPCS: G0438, G0439, S0302
Booqashada caafimaadka ee dhallinta koraysa	AWC	Xubnaha jirsanaya 7 ilaa 18 sanno kuwaas oo helay booqashada carruurta halka mar ah ama ka badan sannadka cabirka gudahiisa.	Xubnaha dhashay laga soo bilaabo sanadkii 2007 ilaa 2018	99381-99385, 99391-99395, 99461
Tallaalka carruurnimada	CIS	Carruurta jirta 0-24 billood inta lagu jiro 2025 (ee Health Share of Oregon) ama carruurta jirsatay 2 sanno inta lagu jiro 2025 (ee Columbia Pacific CCO/Jackson Care Connect) ayna u dhamaystiran yihiin talaalada Dtap, IPV, MMR, HiB, HepB and VZV marka la gaaro sannad guuradooda labaad ee dhalashadooda (afar DTap, saddex IPV, hal MMR, saddex HepB, saddex HiB, hal VZV).	Xubnaha dhashay 2023 ama kaddib	N/A
Tallaalada dhallinta koraysa	IMA	Carruurta qaangaaraysa ee jirsanaysa 9 ilaa 13 sanno inta lagu jiro sannadka cabirka qaatayna talaalada meningococcal, Tdap, iyo HPV marka la gaaro sannad guurada dhalashadooda 13aad (hal MCV4, hal Tdap, laba ilaa saddex HPV).	Xubnaha dhashay sanadkii 2012 ilaa 2016	N/A
Baaritaanka A1C oo loogu talagalay dadka waaweyn ee qaba sonkorowga	DIA	Bukaanada da'doodu tahay 18 jir iyo ka sarreeya ee qaba sonkorowga ee la baaray A1C-gooda lixdii bilood ee la soo dhaafay.	Xubnaha dhashay sanadkii 2007 ama ka hor	N/A
Booqashada waqtigeeda ah ee dhalashada ilmaha ka dib	PPC	Xubnaha yeeshay booqashada dhalashada ilmaha ka dib oo ay ku aadeen OB/GYN ama daryeelka dhakhtarka ee mudada hore ee uurka la leeyahay oo kale ama daryeel bixiyaha aasaasiga ah muddo ku beegan ama u dhaxaysa 7 iyo 84 maalmood ka dib dhalmada.	Xubnaha ilmaha dhalay 2025	Astaamaha CPT: 59400, 59410, 59510, 59515, 59610, 59614, 59618, 59622, 57170, 58300, 59430, 99501, 0503F HCPCS codes: G0123, G0124, G0141, G0143- G0145, G0147, G0148, P3000, P3001, Q0091, G0101

Su'aalaha?

Fadlan soo wac Adeega Macmiilka ee qorshahaaga caafimaad 8 subaxnimo ilaa 5 galabnimo, Isniinta ilaa Jicmaha.

CareOregon: 503-416-4100 ama khadka bilaashka ah ee 800-224-4840

Columbia Pacific CCO: 503-488-2822 ama khadka bilaashka ah ee 855-722-8206

Jackson Care Connect: 541-500-0567 ama khadka bilaashka ah ee 855-722-8208

TTY: 711

Su'aalaha inta badan la isweydiyo

Muddo intee le'eg ayaan haystaa si aan u sameeyo tani? Waa in aad adeegani ku heshaa muddo aan ka dambeyn Diisambar, 31, 2025. Waa in aan ku helnaa foomkan oo dhammeystiran muddo aan ka dambeyn Janaayo 31, 2026.

Ka waran haddii aan lumiyo kaarkayga hadiyada? Kaararka la xado ama la lumiyo lama beddeli doono.

Ka waran haddii aanan kaarkayga hadiyada ku helin email-ka? Miyaad ku soo diri kartaan gurigayga?

Marka aad doorato email ama guri, ma beddeli kartid kala doorashadaasi. Haddii aadan ku helin email-kaaga afar toddobaad ka dib, fadlan wac Adeega Macmiilka.

Miyuu adeeg bixiyahaygu u baahan yahay in uu saxiixo foomkani? Shaqaalaha rugta caafimaadka oo kasta ayaa saxiixi kara.

Ka waran haddii aad haysataan cinwaan qalad oo la iigu talagalay aniga? Haddii uu isbeddelay cinwaankaagu, fadlan wac lambarka Adeega Macmiilka ee kor ku qoran ee loogu talagalay qorshahaaga caafimaadka oo qof kala hadal halka lagu soo dirayo kaarkaaga hadiyada.

Miyuu qof kastaa helayaa kaarkan la bixinayo? Maya. Waxaan aqoonsanahay qaar ka mid ah hawlaha fayyo-qabku ee muhiimka ah. Barnaamijkeena kaarka hadiyadu wuxuu ku saleysan yahay hawlahaasi.

Ka waran haddii aan horeba u sameeyay tani? Haddii uu adeeg bixiyahaagu uusan horeba foom kuugu soo dirin, fadlan buuxi taariikhda adeega, iyo magaca adeeg bixiyahaaga. Ma jiro saxiix la iskaga baahan yahay. Waxaanu ka xaqiijin doonaa adeeg bixiyahaaga. Dooro kaarkaaga hadiyada oo soo celi foomkani. Waxaa dhici karta in aad kaliya hesho hal kaarka hadiyada ah oo loogu talagalay daryeelkani.

Waxaan helay warqad isku mid ah hal sano gudihis. Miyaan heli karaa laba kaararka hadiyada ah?

Maya. Iyada oo haddii kale lagu tilmaamo maahane, waxaa dhici karta in aad kaliya heli karto hal kaarka hadiyada ah oo loogu talagalay hawl kasta sanadkiiba.

Barnaamijka lacagta dhiirigelinta ah ee fayyo-qabka waxaa kaliya helaya xubnaheena ka tirsan qorshaha caafimaad. Kaliya foomamka sida buuxda loo dhammeystiray ayaa u qalma lacagta dhiirigelinta ah. Lacagaha dhiirigelinta ah waa kuwo ansax ah kaliya haddii aad tahay xubin waqtiga la joogo adeega laga bilaabo taariikhda boostada ee baqshaddaada la soo celinayo. Kaararka hadiyada ee la xado ama la lumiyo lama beddeli doono. Waxaa dhici karta in aanu waqti kasta xaqiijino macluumaadka lagu bixiyay foomkaaga. Kaararka hadiyada waa in ay kaliya isticmaalaan xubnaheenu. Dhakhtarkaaga ama xubin ka tirsan shaqaalaha rugta caafimaadka waa in uu buuxiyaa oo saxiixaa foomkaaga ka hor inta aan lagu soo celin bashqada lacagteeda la sii bixiyay. Waxaa dhici karta in aanu waqti kasta joojino barnaamijka lacagta dhiirigelinta ah ee fayyo-qabka, ogeysiis la'aan. Iyada oo haddii kale lagu tilmaamo maahane, xubnuhu waxay kaliya u qalma hal kaarka hadiyada ah hawshiiba sanadkiiba. Wixii lacag dhiirigelin ah ee la helo iyada oo ah qaabka kaarka hadiyada waxaa loo tixgelinayaa dakhli la sameeyay taasi oo loogu talagalay ujeedooyin la xiriira cashuurta Federaalka iyo Gobolka. Haddii dakhligaaga, oo uu ku jro kaarka hadiyada ee lacag dhiirigelinta oo kasta oo la helay, uu ka hoos maro heerka xareynta cashuurta, si toos ah ayaa lagaaga dhaafayaa in aad xareyso soo celinta.

Waad mahadsantahay!

