

# Xeerarka Shaqada ama Hawsha ee OHP: Waxa ay tahay In la ogaado Haddii aad Qabto Naafanimi, Xaalad Caafimaad oo Halis ah, ama Hesho Adeegyada iyo Taageerooyinka Muddada Fog



## Nooca Gaaban

Isbeddelo la xiriiira federaalka awgood, laga bilaabo Janaayo 1, 2027, xubnaha ka tirsan OHP qaarkood ee da'doodu tahay 19–64 waa in ay buuxiyaan xeerarka shaqada ama hawsha marka ay codsadaan ama dib u cusbooneysiyaan caymiskooda. OHP waa barnaamijka Medicaid ee Oregon Dad badan oo qaba naafanimi ama xaalado caafimaad oo halis ah ayay dhici kartaa in wax laga dhafo, taasi oo ka dhigan in aysan u baahnayn in ay buuxiyaan xeerarka. Dokumentigani wuxuu sharaxayaa waxa ay tahay in aad ogaato haddii aad qabto naafanimi, aad leedahay Medicare iyo OHP labadoodaba, ama hesho adeegyada iyo taageerooyinka muddada fog (LTSS) ama adeegyo la mid ah.

## ✓ Waxaa Dhici karta in Lagaa dhafo Xeerarka

Calaamadee haddii mid ka mid ah kuwani ku khuseeyo. Waxaa dhici karta in aadan u baahnayn in aad buuxiso xeerarka shaqada cusub ama hawsha si aad u sii haysato OHP aad leedahay. Waxaa dhici karta in lagaaga baahdo in aad na siiso caddeyn.

- ✓ Waxaad tahay 65 jir ama ka weyn
- ✓ Waxaad OHP ku heshaa barnaamij ku saleysan naafanimada
- ✓ Waxaad qabtaa naafanimi ama xaalad caafimaad oo halis ah ama naafanimi keenaysa, oo ay ku jirto xaalada caafimaadka dhimirka
- ✓ Waxaad heshaa Sugidda Dakhliga ee Kabista ah (SSI)
- ✓ Waxaad ugu yaraan hal habeen ku qaadatay bukaan ahaan isbitaal ama meel la mid ah
- ✓ Waxaad tahay qof soo halgamay oo leh qiimeynta naafanimada oo buuxda
- ✓ Waxaad lahayd ama leedahay Medicare Part A ama Part B, ama waxaad aad u qalantaa Medicare
- ✓ Waxaad leedahay xanuunka isticmaalka khamriga ama daroogada, ama (waxaad ku jirtaa daaweyn (oo ay ku jiraan daawooyin loogu talagalay xanuunka isticmaalka opioid-ka)

## ? Waxaa dhici karta in aad u qalanto wax la iska dhaafayo oo kale oo aan kor ku qornayn

Booqo <https://ohp.oregon.gov/HR1> si aad u hesho liiska buuxa ee waxyaabaha la iska dhaafayo. Aan hubin miyaa in mid ka mid ah kuwani ku khuseeyo? U sheeg OHP si kastaba ha ahaatee.

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## ✓ **Qof kasta Xaaladiisu waa Gooni. Halkan waxaa ku qoran Waxa ay tahay In la ogaado Haddii aad:**

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| <p><b>Qabto naafanimo , oo ay ku jirto haddii aad shaqeyso</b></p> | <p><b>Dad badan oo qaba naafanimo ama xaalado caafimaad oo halis ah uma baahnaan doonaan in ay buuxiyaan xeerarka.</b></p> <ul style="list-style-type: none"> <li>• Uma baahnid in aad buuxiso xeerarka haddii aad leedahay wax lagaa dhaafayo (fiiri bogga 1).</li> <li>• Uma baahnid in aad ogaato barnaamijka OHP ee aad leedahay ama bixiso go'aanka naafanimada ee Social Security-ga si aad u hesho wax la iska dhaafayo. OHP waxay isticmaali doontaa macluumaadka ay hore u haysatay si ay u hubiso xaaladaada waxayna kuu soo diri doontaa ogeysiin haddii caddeyn dheeraad ah loo baahdo.</li> <li>• Haddii aadan lahayn wax la iska dhaafayo, dakhligaaga, shaqadaada, ama hawlaha kale sida dugsiga, tababarka shaqada, tabarucaada, ama daryeel bixinta ayay dhici kartaa in ay kaa caawiyaan buuxinta xeerarka.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <p><b>Leedahay Medicare iyo OHP (u qalmida labada ah)</b></p>      | <p><b>Uma baahnid in aad buuxiso xeerarka haddii aad leedahay Medicare.</b></p> <ul style="list-style-type: none"> <li>• Xeerarka la iskuma dabaqayo inta aad leedahay Medicare. U sheeg OHP haddii hesho ama aad lumiso Medicare. Haddii Medicare-ka aad leedahay joogsato, OHP ayaa hubin doonta haddii ay xeerarku ku khuseeyaan.</li> <li>• Medicare waxay sii ahaanaysaaa caymiskaaga caafimaad ee muhiimka ah. OHP waxaa dhici karta in ay gacan ka geysato bixinta lacagta kharashyadaada Medicare ama dabooشو adeegyada sida daryeelka ilkaha iyo gaadiidka loo raacayo booqashooyinka daryeelka caafimaad. Tus dhammaan kaararkaaga caymiska caafimaadka marka aad hesho daryeel.</li> <li>• <b>Haddii aad sidoo kale hesho SNAP:</b> SNAP iyo OHP waxay leeyihiin xeerarka shaqada ama hawlaha oo kala duwan. Lahaanshaha Medicare had iyo jeer kama dhigna in lagaa dhaafay xeerka SNAP. Waxyaabo dheeraad ah ka ogow <a href="https://oregon.gov/odhs/food/Pages/snap-ohp-work-rules.aspx">https://oregon.gov/odhs/food/Pages/snap-ohp-work-rules.aspx</a></li> <li>• <b>Haddii xaaladaada muhaajirmimo aysan ahayn Sharciga Deganaanshaha Rasmiga ah, Sharciga Heshiiska Ururka Xorta ah (COFA), ama Soo galootiga Cuban ama Haitian ah:</b> Waxaa dhici karta in Medicare-ka aad leedahay ay joogsato Janaayo 2027. Caawimaada bixinta kharashyadaada Medicare waxaa dhici karta in ay wakhti dhow joogsadaan. OHP aad leedahay waxaa dhici karta in ay u wareegto Healthier Oregon, taasi oo dadka siisa faa'iidooyin isku mid ah. Daryeelkaagu wuxuu sidoo kale u wareegi doonaa OHP Open Card. Weydii daryeel bixiyayaashaada caafimaadku haddii ay qaataan OHP Open Card si aad u qorsheysan karto daryeelkaaga haddii aysan qaadan.</li> </ul> |

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## ✓ Qof kasta Xaaladiisu waa Gooni. Halkan waxaa ku qoran Waxa ay tahay In la ogaado Haddii aad:

Hesho adeegyada iyo taageerooyinka muddada fog (LTSS) ama adeegyo la mid ah.

Helitaanka LTSS ama adeegyo la mid ah ma go'aaminayso haddii ay xeerarku ku khuseeyaan.

- Dad badan oo hela LTSS, adeegyada Naafanimada Maskaxda iyo Korriinka (I/DD), ama adeegyo la mid ah uma baahnaan doonaan in ay buuxiyaan xeerarka.
- LTSS waxay gacan ka geysataa hawl maalmeedka iyada oo sababtu tahay da'da, naafanimada ama baahiyaha caafimaad, oo ay ku jiraan caawimaada aad ku hesho guri, guryaha daryeelka dadka waayeelka ah ama guryaha koox ahaanta loo degan yahay, ama xarumaha dadka naafada ah, daryeelka guryaha la degan yahay, daryeelka xasuusta, ama xarun dadka lagu xanaaneeyo.
- Xeerarku ma go'aamiyaan adeegyada ama inta ay yihiin saacadaha adeegyada ee aad hesho. Haddii mid ka mid ah adeegyadaadu isbeddelaan, waa in aad heshaa ogeysiin gooni ah.

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## Waxa aad Sameyn Karto

- ✓ Cusbooneysii macluumaadka lagaala soo xiriirayo iyo wada xiriirka aad doorbidayso. Fariinta qoraalka ah iyo email-ka ayaa si cusub loo hagaajiyay!
- ✓ Haddii aad rabto, waxaad magacaabi kartaa qof kuu dhow in uu noqdo wakiil la oggol yahay ahaan oo kugu matali kara dib u cusbooneysiinta iyo wixii cusub.
- ✓ U sheeg OHP wax ku saabsan baahida naafanimu ama caafimaad haddii aysan hore qayb uga ahayn kiiskaaga.
- ✓ Ka soo jawaab ogeysiin kasta iyada oo leh taariikh ay ku eg tahay.
- ✓ Codso caawimaad haddii ay ogeysiin adag tahay in la fahgmo ama aad u baahan tahay iyada oo ku qoran luqad kale ama qaab kale ah.



## Halka Laga helo Caawimaad oo laga Ogaan karo Waxyaabo Dheeraad ah



Ogow waxyaabo dheeraad ah oo ku saabsan HR1

[OHP.Oregon.gov/HR1](https://ohp.oregon.gov/HR1)

Dhanka internet-ka ama iyada oo la adeegsanayo mobile app

<https://benefits.oregon.gov/>

Wac

1-800-699-9075 (Wicitaanada gudbinta waa la soo dhaweynayaa)

Hel kaaliyaha OHP

<https://oregonhealthcare.gov/GetHelp>

Booqo xafiiska Waaxda Adeegyada Dadweynaha ee Oregon

Xafiiska degaanka ka hel  
<https://odhsoffices.oregon.gov>

### Ma qabtaa su'aalo ku saabsan adeegyadaada naafada?

- La xiriir maamulahaaga kiiska, isku duwaha adeega, wakiilka shakhsi, barnaamijka ama xafiiska adeegyada naafanimada ee degaanka
- Isku xirnaanshaha Ilaha Dadka Waaweyn iyo Naafada (ADRC) ka wac 855-673-2372
- Booqo <http://medicare.gov> ama wac 1-800-MEDICARE (1-800-633-4227), 1-877-486-2048 (dadka isticmaala TTY)

Waxaad heli kartaa dokumentigan oo ku qoran luqaddo kale, far waaweyn, farta dadka indhaha aan qabin wax ku akhriyaan ee braille ama qaabka aad doorbidayso oo lacag la'aan ah. OHP kala xiriir [one.communications@odhsosha.oregon.gov](mailto:one.communications@odhsosha.oregon.gov).