

# Malim in jab aikuj loore OHP Kakien in Jerbal ak Makūtkūt ko



Juon Rikōmmelele im Laajrak in Lale ñan Mālim in Jab aikuj kōmmane men ko Ekkā an Armej Aikuj Kōmmane

## Ta ñan jellā:

- Jen federal oktak ko, jinoe ilo Jānwōde 1, 2027, eloñ iaan rūtto ro 19–64 yiiō dettan ilo Oregon Bulāān in Ājmour (Oregon Health Plan, OHP) rej aikuj jermal, jikuul, jipañ, bōk kōmmalmel in jermal, ak kōkar ñan juon mālim in aer jab aikuj ñe rej kanne ñan ak kokāāl OHP eo aer (bar nae etan Medicaid) injuron. Lale bwe en pād melele ko am rekāāl tata ñan tōpar eok im uwaak ñan mael in kokāāl.
- Juon **exemption** ej juon wūnin am jab aikuj ak jab maroñ tōpar kakien ko. Kwomaroñ aikuj ba ñan koj kōn jekjek eo kwoj pād ie ak letok kein kamool.
- Pepa in jipañ in ej kōmmelele ki kajojo mālim, wāween jellā ñe ej kōkar ñan eok, im ta eo ñan kōmmane tokālik.



**Kōmmelele ko:** Ñan kajojo mālim, kajjitōk ippam māke, “mennin ej ke kwalok kadkad eō?” Eļañe aet, loore buñtōn(ko) ñan kwalok ke kwoj kōkar.

## Wāween bōk jipañ ak ripoot melele ko am:

- Deļoñ ilo ONE Aunlain Akkaun eo am ak Oregon ONE Mobile App ilo <https://benefits.oregon.gov>. **KĀĀL:** Chatbot jipañ ej maroñ jipañ uwaak kajjitōk in kōkar ko 24/7.
- Kūrloq 800-699-9075. Relay call ko rej ruwainene.
- Ilo armej ilo Oregon Opilj eo ej Bōk Eddoin Jerbal in Jipañ Jukjukin Pād (Oregon Department of Human Services, ODHS) eo jukjukin pād eo am. Kwomaroñ loe juon ilo <https://ODHSoffices.oregon.gov>.
- Kōn jipañ jen juon OHP rijermal. Kwomaroñ loe juon ilo <https://OregonHealthCare.gov/GetHelp>.



Jikaan e QR code eo ñan ekatak elaploq kōn federal oktak ko

<https://OHP.Oregon.gov/HR1>

Kwomaroñ bōk pepa in ilo ejelok wonāān ilo kajin ko jet, jeje killep, braille ak juon jekjek eo kwoj konan ilo ejelok wonāān. Tōpar OHP ilo [one.communications@odhsoha.oregon.gov](mailto:one.communications@odhsoha.oregon.gov).

# 1. Rej Māke Etale

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*Kwojjab aikuŋ ba ñan koj kōn mālim kein ak letok jabdewōt pepa ko. Jej lale ñan men kein ilo ad kōjerbaŋe rekoot ko rej pād.*

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- **SNAP kakien in jermal ko:** Kwoj bōk Būrokraam in Jipañ ikkijen Mōñā (Supplemental Nutrition Assistance Program, SNAP) im aikuŋ tōpar kakien in jermal ko an SNAP. Tōpar SNAP kakien in jermal ko rej bar bōnbōn ñan OHP. Ejjab aikuŋ jenolok am tōpar kakien ko an OHP. Bōtaab, eŋaŋe ewōr am mālim in jab aikuŋ loore SNAP kakien in jermal ko, kwoj aikuŋ wōt tōpar kakien in jermal im maŋkūtūt ko an OHP ak kōkar ñan juon bar mālim oktak.
- **TANF kakien in jermal ko:** Kwoj bōk Jipañ ilo Jidik lien ñan Baamle ko Rej Aikuŋ (Temporary Assistance for Needy Families, TANF) jipañ in jāān im emōj am tōpar kakien in jermal ko an TANF.
- **luṃwin 19 yiiō dettan:** Ej 18 am yiiō ak diklak.
- **Rimanded ro Rekar Pād ilo Foster Care Mōkta Lak:** Kwar pād ilo foster care iien eo eaar 18 am yiiō im kio kwoj 19-26 yiiō.
- **Bōk eddoin jen juon bar OHP būrokraam:** Kwoj kōkar ñan OHP ilo juon būrokraam eo ejjab aikuŋ kakien in jermal ak maŋkūtūt.
- **Mour ilo juon bukwōn eo utiej-nōmba in armej ro rejjab jermal:** Kwoj mour ilo juon bukwōn eo eŋoñ armej rejjab jermal ie. Jenij ba ñan eok eŋaŋe mennin ej kōkar ñan eok.
- **Mour ilo juon jikin eo bwijerro ej waŋok ie:** Kwoj jokwe ilo juon bukwōn eo emōj an federal kien kwalok ke ej juon jikin eo bwijerro ej waŋok ie.

## 2. Ba ñan Koj



*Ba ñan koj eļañe mālim kein rej kōkar ñan eok ilo am ripoot meļeļe ko am. Kwojjab aikuj jilkintok jabdewōt kein kamooļ.*

| Mālim in jab aikuj kōmmane men ko ekkā an armej aikuj kōmmane | Mennin ej ke kwaļok kadkadim?                                                                                                                                                                                                                                                                                                                 | Wāween kwaļok ke kwoj kōkar                                                                                       |
|---------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|
| American Indian/<br>Jen Alaska                                | Kwoj juon eo eṃōj kadeļoñ ilo juon federal bwij (ak pārōn ak jibum ak jimaam) ej juon shareholder ilo Doulul eo Ej Lale Bwidej im Kleim in Jāān ñan Armej in Alaska (Alaska Native Corporation). Mennin ej bōk eddoin armej ro rej bōk jermal in ājmour jen Jermal in Ājmour ko an Armej in India ak juon Tribal ak Urban Indian jikin taktō. | Ba ñan koj ñe mennin ej kōkar.                                                                                    |
| Bōrōro ak kwar bōrōro ilo allōñ ko rej kab jemlok             | Kwoj bōrōro, kwoj kab bōrōro, ak eaar wōr am OHP injuron ilo am bōrōro ilo allōñ ko 12 rej kab jemlok                                                                                                                                                                                                                                         | Ba ñan koj ñe mennin ej kōkar, elaptata ñe kwoj kab jinoe bōrōro. Innām jenij jellā ñe mālim in ej kōkar ñan eok. |
| Kwoj kab diwoj jen jikin kalbuuj                              | Kwar diwoj jen jikin kalbuuj ilowaan allōñ ko 4 rej kab jemlok eļañe ekāāl am kanne ak allōñ ko 9 rej kab jemlok eļañe kwoj kokāāl.                                                                                                                                                                                                           | Ba ñan koj ñe mennin ej kōkar.                                                                                    |

### 3. Ba ñan Koj ak Letok kein Kamool! (1 jen 3)



*Eṃaroñ bwe ñan ba ñan koj eḷaṇe mālim in ej kōkar ñan eok. Ak jeṃaroñ kajjitōk ippam ñan jilkintok kein kamool!*

| Mālim in jab aikuj kōmmāne men ko ekkā an armej aikuj kōmmāne | Mennin ej ke kwaḷok kadmim?                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Wāween kwaḷok ke kwoj kōkar                                                                                                                                                                                                                                                                                                                                                                               |
|---------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Wōr am Medicare                                               | Ewōr am Medicare Part A ak Part B, ak kwoj kōkar ñan Medicare.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Ekkā ad ṃaroñ māke kamool! mennin. Eḷaṇe jej kajjitōk kein kamool, kwōṃaroñ letok juon Medicare kaat, Medicare letta, ak jabdewōt pepa eo ej kwalok Medicare injuron eo am.                                                                                                                                                                                                                               |
| Jet jekjek in ājmour kauwōtata ak utamwe                      | <p>Kwoj bōk jermal in lale ñan juon jekjek in ājmour kauwōtata eo ej bōbrae am jermal ilo diktata part time. Eḷoñ taib in jekjek ko rej aikuj jermal in ājmour reṃaroñ kōkar, ekoba men ko āinwot:</p> <ul style="list-style-type: none"><li>• <b>Jekjek ko rej pād ilo jidik wōt iien:</b> Mour tak jen ṃwijiṃwiji ko rellap (āinwot cardiac bypass); juon jorrān kauwōtata (āinwot bwiḷok di); pneumonia; ak pād ilo aupitōl ak jikin-lale ñan juon jekjek aepokpok.</li><li>• <b>Jekjek kauwōtata ko ak jekjek ko aitok aer pād:</b> Kāānjer eo ej aikuj chemotherapy ak radiation, dialysis, Crohn’s disease, bōkājen mōkaj im kōjermal mejatoto (COPD), juon jekjek in mwil eo ej kōṃman an aitok eñjake in būromōj, ak jekjek in an pen wāween kantūrol kōjerbale wūno kajoor ak arkool.</li><li>• <b>Jekjek ko rej aikuj an ikkūt etale ak ṃadmōd:</b> Nañinmej in toñal kōn aepokpok ko ak cystic fibrosis.</li><li>• <b>Jekjek ko rej pād ilo joñan-aitok in an juon armej mour:</b> Down syndrome (trisomy 21), cerebral palsy, pilo, ak juon bar utamwe in enbwin, ḷōmnak, ak dedek eo elap.</li><li>• <b>Social Security jipaṇ ko:</b> Bōk Jipaṇ ko Rej Etal ñan Armej ro Ewōr Aer Utamwe (Social Security Disability Insurance, SSDI) ak Kōllā in Allōñ ko ñan Armej ro Ewōr Aer Utamwe im Rūtto ro Edik Aer Jāān (Supplemental Security Income, SSI).</li></ul> | <p>Ba ñan koj ñe mennin ej kōkar. Kwojjab aikuj juon pepa in kamool jen juon jikin taktō ilo 2027.</p> <p>Loelak taktō eo am juon alen juon yiiō im etal ñan appointment in etale ko. Eḷaṇe kwoj bōk jermal in ājmour aolep iien, rekoot in ājmour ko am reṃaroñ bwe ñan kamool e juon mālim.</p> <p>Eḷaṇe jej kajjitōk kamool! (jinoe ilo 2028), jeṃaroñ aikuj kamool ilo jeje jen juon jikin taktō.</p> |

### 3. Ba ñan Koj ak Letok ad Kein Kamool! (2 jen 3)

| Mālim in jab aikuj kōmmane men ko ekkā an armej aikuj kōmmane                    | Mennin ej ke kwalok kadkadim?                                                                                                                                                                                                    | Wāween kwalok ke kwoj kōkar                                                                                                                                                                       |
|----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Veteran ippān aolepen utaṃwe ded</b>                                          | Opiij eo ej Bōk Eddoin Jerbal ko an Veteran (Department of Veterans Affairs, VA) eṃōj an lewaj ñan eok juon 100% ded in utaṃwe.                                                                                                  | Elañe jej kajjitōk kein kamool, kwomaroñ letok juon kape in VA lōta in kwalok jipañ ko am. Eḷañe ded eo am ejjab pād ñan indeo, kwoj aikuj kalikkar ded in jekjek in utaṃwe eo am aolep 12 allōñ. |
| <b>Lale juon ajri eo iumin 14 yiiō dettan</b>                                    | Kwoj an pārōn, rilale, ak rikau eo ekkā an lale juon ajri eo 13 yiiō dettan ak diklak.                                                                                                                                           | Ba ñan koj ke mennin ej kōkar im kadkad eo am ñan ajri eo.<br>Eḷañe jej kajjitōk kein kamoo (jinoe ilo 2028), letok juon kōlōṇta, jikejuul, ak juon bar pepa ej kwalok awa in kau ko am.          |
| <b>Lale juon armej eo ewōr an utaṃwe ak jekjek in ājmour kauwōtata ak utaṃwe</b> | Aolep iien kwoj lale juon uwaan baamle eo am ak juon bar armej eo ewōr an utaṃwe ak jekjek in ājmour kauwōtata. Mennin ej koba armej ro rejjab am baamle ak kwojjab mour ippeir men eo wōt kwoj lelok 80 awa in lale juon allōñ. | Ba ñan koj ke mennin ej kōkar im kadkad eo am ñan armej eo.<br>Eḷañe jej kajjitōk kein kamoo (jinoe ilo 2028), letok juon kōlōṇta, jikejuul, ak juon bar pepa ej kwalok awa in kau ko am.         |
| <b>Pād ilo ṃadmōd wāween kōjerbale wūno kajoor ak arkool</b>                     | Kwoj kio bōk koṇaam ilo ak kwar bōk koṇaam ilo jermal ko ak jipañ ko ñan ṃadmōd wāween kōjerbale wūno kajoor ak arkool ilowaan yiiō ko 5 rej kab jemlok.                                                                         | Ba ñan koj ñe mennin ej kōkar.<br>Eḷañe jenij kajjitōk kein kamool (jinoe ilo 2028), letok juon bill ak pepa jen taktō ak kaunjeḷor eo am ej kwalok raan in ṃadmōd ko.                            |
| <b>Bōk jermal in ājmour ilo aupjitōl ak jikin jokwe</b>                          | Kwoj jolok juon boñ āinwot juon rinañinmej ilo juon aupjitōl, juon jikin jokwe eo ewōr jermal in ājmour jen nōōj, jikin ājmour in mwil ak lōmnak, ak juon jikin āinwot.                                                          | Ba ñan koj ñe mennin ej kōkar.<br>Eḷañe jej kajjitōk kein kamool (jinoe ilo 2028), letok juon bill, pepa in diwoj ko, ak juon pepa jen taktō eo am.                                               |

### 3. Ba ñan Koj ak Letok Kein Kamool! (3 jen 3)

| Mālim in jab aikuj kōmmāne men ko ekkā an armej aikuj kōmmāne | Mennin ej ke kwaḷok kadkadim?                                                                                                                                                                                                                            | Wāween kwaḷok ke kwoj kōkar                                                                          |
|---------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| Itotak ñan jermal in ājmour                                   | Kwe (ak ajri eo nejum ak eo kwoj likūt ilo pepa in owōj ko am) eaar jako jen kapjuknen iumwin jiljilimjuon ak eloñlok raan ko ilo juon allōñ ñan bōk jermal in ājmour, ak kwar jab tal ñan jikin jermal, jikuul, ak makūtkūt ko bwe kwar jipañ armej eo. | Ba ñan koj ñe mennin ej kōkar.<br><br>Ilo 2028, letok pepa in diwoj ko ak juon pepa jen taktō eo am. |

## Waanjoñak in Jekjek ko

### Bōroro



**Waanjoñak:** Priya ej 8 allōñ bōroro im ej bōk OHP. Eṃōj an ripoot an bōroro, im state ej loe ilo rekoot ko ad. Ewōr an mālim in jab loore kakien ko im ejjab aikuj lelok juon pepa in kokajoor keej eo an. Ālikin an niñniñ eo nejin lotak, mālim eo enij māke kōkar iumwin 12 allōñ. Eḷaṇe Priya ej pād wōt ilowaan 12-allōñ ālikin kōmmour wūnto ilo iien kokāāl, ejjab aikuj kōmmān aolep jabdewōt. Ālikin 12 allōñ, eṃaroñ kōkar ñan juon mālim āinwot juon rikau an juon ajri eo iumwin 14 yiiō dettan. Enij aikuj kein kamool, āinwot jikejuul in jikuul ak lale.

### SNAP



**Waanjoñak:** Jamal ewōr an mālim in jab loore SNAP kakien in jermal ko, innām ejjab aikuj jermal ñan dāpij SNAP jipañ ko an. Ej lõmnak mennin ej bar kotlok an jab aikuj loore kakien in jermal ak makūtkūt ko an OHP. Jab aikuj loore SNAP mālim ko ejjab kajju kotlok an Jamal jab aikuj loore kakien ko an OHP. Ej aikuj wōt jermal, jipañ, etal ñan jikuul, ak kōkar ñan juon mālim in jab aikuj loore kakien ko an OHP ñan dāpij injuron in ājmour eo an.

# Waanjoñak in Jekjek ko (Etal Wōt)

## American Indian/Jen Alaska



**Waanjoñak:** Elena ej juon uwaan eo emōj an dełoñ ilo juon bwij eo kien ej kile im bōk jermal in ājmour ilo juon Tribal health jikin taktō. Ej ba ñan state eo ke ej uwaan juon bwij. Mālim in ejjab jemlok ak aikuj kokāāl. Mennin ej bar moo! eļañe Elena ej juon Alaska Native Corporation shareholder ak bōk jermal in ājmour ilo Indian Health Service ak juon Urban Indian jikin taktō, jokdoon ejjab pād ilo pepa ke ej dełoñ ilo bwij.

## Pād ilo Madmōd Wāween Kōjebaļe Wūno Kajor ak Arkool



**Waanjoñak:** Marcus eaar kadedeļok outpatient madmod ñan opioid use disorder ilo Maaj 2026. lien eo ej kokāāl ilo 2027, ej pād pepa in an kar bōk madmōd ilo bael, innām ejjab aikuj kwalok meļeļe ko relaplok. lien eo ej kokāāl ilo 2028, enij kōkar ñan jekek in jab maroñ kantūrol wāween bōk wūno kajor ak arkool mālim ñan ñe enaj mour jen iumwin 5 yiiō. Emaroñ aikuj lelok kein kamool jen juon takto.

## Lale juon Armej eo Ewōr an Utamwe



**Waanjoñak:** Robert ej lale laddik rūtto eo nejin, eo ewōr an utamwe kauwōtata, im rej mour ippān doon. Kinke rej juon wōt baamle im pād ilo juon wōt kapijuknen, Robert ejjab aikuj lale juon nōmba jenolok in awa in kau. Emaroñ ba ñan state kōn an kau im jab aikuj lelok kein kamool. Armej eo ej jokwe turun Ana ej bar kau juon mōttan eo ewōr an utamwe, ak ejjab an baamle im ejenolok moko rej jokwe ie. Ana enij aikuj kwalok ke ej lelok 80 awa in kau ilo 2028 ñan tōpar juon mālim. Eļañe ejjab, emaroñ kōjebaļe awa ko ej kau ie koba ippān jermal ko jet, jikuul, jipañ, ak makūtkūt ko ñan tōpar 80 awa juon allōñ.

## Wōr juon Jekjek in Ājmour Kauwōtata



**Waanjoñak:** Meg ewōr an type 1 nañinmej in toñal im aepokpok ko jen e im rej kōmman an pen an jermal, jipañ, ak jikuul. Ewōr an appointment aolep iien ippān taktō eo an ñan ukōt wūno ko an. State ej loe mennin ilo rekoot ko an. Ejjab aikuj ba ñan koj ak letok ñan koj kein kamool.