



COMMUNITY HEALTH PLAN
of Washington™

The power of community

Qolka gurmada, daryeelka degdega ah, telehealth: **Xageen tagaa?**

Markaad qabto dhib caafimaad, waxaad daryeel ku heli kartaa qaabab badan. Soo ogow midka adiga ku habboon baahiyahaaga.

Daryeelka Degdega ah

Daryeelka aan gurmamda ahayn

Tusaalooyinka qaarkood marka aad tegayso qolka degdega ah:

- Ilmahaagu waxa uu toosaa badhtanka habeenka isagoo qaba qandho ama matagaya
- Waa jirta inaad hayso arrin oo aad doonayso inaad aragto dhakhtarkaaga daryeelka koowaad wax ku sabasan arrinta, laakiin lama heli karo
- Murkacasho iyo kala bax xubin
- Calool xanuun
- Sarida yar ee u baahn karta tolitaan

24 saacadood maalintii, 7 maalmood todobaadkii.

Isbitaalka/Qolka Gurmada

Dhaawacyada khatarta ah ama astaamaha nolosha khatar gelinaya

Tusaalooyinka qaarkood ee arrimaha u baahan daryeelka degdega ah waa:

- Gubashada darran
- Neefta oo gaaban
- Dhiig baxa aan joogsanayn
- Shilalka baabuurta
- Xanuunka xabbadka.
- Calool xanuun aad u darran
- Isku deyada isdilida

24 saacadood maalintii, 7 maalmood todobaadkii.



Adeeg bixiyaha Deyeelka Koowaad

Daryeelka aan gurmamka ahayn

Tusaalooyinka qaarkood marka la booqanayo adeeg bixiyahaaga daryeelka koowaad:

- Wixii ah daryeelka caadiga ah, sida baadhitaanada iyo talaalka
- Haddii aad u baahan tahay gudbinta si loo arko khabiirka
- Maaraynta jirrada raagta
- Iyaddoo ay jiraan xasaasiyadaha degen ama hargab

Saacadahu way kala duwan yihiin oo kuma jiri karaan habeenada ama dhammaadka todobaadyada



Daryeelka Onlaynka ah

Daryeelka aan degdega ahayn telefoon ahaan ama wicitaanak fiidyaha

CHPW waxay bixisaa daryeelka onlaynka, dhakhtarkaaga daryeelka koowaad sidoo kale wuu bixin karaa.

Tusaalooyinka qaarkood ee arrimaha caafimaadka waxaa wax lagaga qaban karaa daryeelka onlaynka ah.

- Hargab ama durri
- Indho basali ah
- Finana
- Dhuun xanuunka
- Xasaasiyadaha
- Dib u buuxinta dawo qorida
- Calool xanuun

24 saacadood maalintii, 7 maalmood todobaadkii.



Laynka Talada Kalkaaliska

Daryeelka aan gurmamka ahayn telefoon ahaan

Caafimaadka Guud, daryeelka ilmaha, ama su'aalaha isticmaalka maandooriyaha

Talada ku saabsan waxa ay tahay daryeelka dheeraadka ee aad u bahaan tahay aasaas ahaan astaamahaaga.

*Soo wac 24 saacadood maalintii, 7 maalmood todobaadkii **1-866-418-2920** (TTY: Garaac 711)*

Si aad u hesho dhakhtarka ugu habboon baahiyahaaga caafimaadka booqo: chpw.org/find-a-doctor/



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Haddii aad u baahan tahay habbayn, ama aad u baahan tahay dhokumenti ku qoran qaab kale oo qoraal ah ama luqad, fadlan bilaash ku soo wac 1-800-440-1561 (TTY: 711 subaxnimo) 8:00 Subaxnimo ilaa 5:00 galabnimo Isniin ilaa Jimce. Qorshaha Caafimadka Bulshadda Washington waxa uu waafaqsan yahay sharciyada xuquuqda madaniga Federaalka ee ku habboon oo uma takooro dadka qaab ku salaysan isirka, midanka, asalka qaranka, da'da, naafanimada, ama jinsiga. Si waafaqsan sharciga Washington, dadka waxay leeyihiin xaq ay kaga xor ahaadaan takoorka sababtoo ah isirka, caqiidada, midabka, asalka qaranka, jinsiga, qof ciidankii hore ah oo si sharaf leh loo ruqseeyay, qaabka galmada, ama jiritaanka wax naafanimada dareenka ah, maskaxda ah, ama jidhka ama isticmaalka eyga tabababran ee hagaha ah ama adeega xawaanka ee qofka naafada. ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-800-440-1561 (TTY: 711). ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-440-1561 (TTY: 711).