



**COMMUNITY HEALTH PLAN**  
of Washington™

The power of community

**APPLE HEALTH (MEDICAID)**

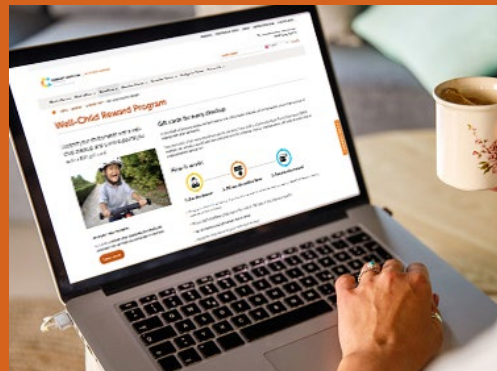


## Waa maxay ChildrenFirst?

Ka taxadar caafimaadka qoyskaaga oo hel abaalmarin!  
Barnaamijka ChildrenFirst ee Community Health Plan  
of Washington, waxaad ku kasban kartaa kaararka  
hadiyadda marka adiga iyo ilmahaagu dhammaystirtaan  
baaritaannada caafimaadka ee muhiimka ah.

Nala soo xiriir ama booqo shabakadayada si aad u hesho  
tafaasiil dheeraad ah iyo foomka dalabka abaal-marinta  
ee khadka tooska ah.

Ka baadh  
faahfaahin  
dheeraad ah  
oo ku saabsan  
our website



# ChildrenFirst™

**Hel abaal marinta ah ku ilaalinta  
naftaada iyo carruurtaada  
caafimaad qab.**



# Abaal marin ku hel—daryeelka naftaada iyo ilmahaaga!

Community Health Plan of Washington (CHPW) Barnaamijka ChildrenFirst wuxuu kuugu mahadcelinayaa kaarar hadiyadeed\* markaad adiga iyo ilmahaagu dhammaystirtaan baaritaannada muhiimka ah. Sababtoo ah caafimaadka qoyskaaga ayaa anaga quseeya.



## 3 siyaabood oo fudud oo lagu kasbado abaal-marin

### Abaal marinta dhalmada ka hor

Ka hubi dhakhtarka bilowga uurkaaga:



**\$60 kaadhka hadyada** booqasho inta lagu guda jiro ugu horeysay 3 bilood oo uur ah



**\$40 kaadhka hadyada** fbooqashada labaad ee dhalmada ka hor



### Abaal marinta Ka dambaysa dhalmada

Naftaada daryee ka dib dhalmada:



**\$50 kaadhka hadyada** booqasho 1-12 toddobaad ka dib dhalmada

*Taasi waa ilaa **\$150** si uu kaaga caawiyo u diyaar garowga ilmahaaga, hadday tahay kursiga baabuurka, xafaayadda, ama waxyaalaha kale ee muhiimka ah.*



### Abaal Marinta Ilma fayo qaba

Sii ilmahaaga bilow caafimaad qaba:



**\$20 kaadhka hadyada** booqasho kasta oo si fican u ilmaha

Ilaa **27 booqasho** = kasbasho ilaa **\$540!\*\***



Raadso abaalmarintaada! Kadib markaad dhamaystirto hawsha, kaliya buuxi foomka abaal-marinta onlineka [mychpw.info/CHWellChild](http://mychpw.info/CHWellChild). Waxaad dooran kartaa inaad ku hesho kaarka hadiyadda dhijitaalka ah iimaylka ama kaarka hadiyadda jirka ee boostada caadiga ah.

\*Doorashada kaadhka hadyada: Amazon, Safeway/Albertsons, iyo Bartilmaameedka

\*\*Guud ahaan \$540 ayaa laga xisaabiyay dhammaan baaritaannada si fican ubadka lagu taliyey (da'da dhawaan dhashay- 18 sanno). Xubnaha Apple Health waxa laga yaabaa inay helaan ilaa \$200 wadarta abaal-marinaha sannadkii.



## Waa maxay booqashooyinka wanaagsan ee ubadka?

Booqashooyinka caafimaadka-carruurtu waa baaritaanno joogto ah si loo hubiyo in ilmahaagu u korayo oo u korayo sidiisa waa in. Booqashooyinkan waxaa ka mid ah:



Hubinta koritaanka  
(dhererka, miisaanka, cabbirka madaxa)



Baaritaannada korriinka



Talaalo



Hubinta aragga iyo maqalka



Nafaqada iyo hagida hurdada



Waqti aad ku weyddiin lahayd  
bixiyahaaga su'aalaha

Booqashooyinka joogtada ah waxay qaadi karaan arrimo caafimaad goor hore iyo ka caawi cunugaada inuu ku sii socdo wadada mustaqbal caafimaad leh.

Wixii buuxa (dhalatay–da'da 18) jadwalka lagu taliyey ee hubinta iyo tallaalada si fiican ubadka, booqo [chpw.org/wellchild-so](https://chpw.org/wellchild-so).

Faa'iidada ay heli karaan xubnaha CHPW ee buuxiya Shuruudaha u-qalmitaanka Apple Health.



**COMMUNITY HEALTH PLAN**  
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[chpw.org/so](https://chpw.org/so)



**Wac**

**1-800-440-1561 (TTY: 711)**

Isniinta - Jimcaha, 8 subaxnimo ilaa 5 fidnimo.



**Onleen**

[chpw.org/so/childrenfirst](https://chpw.org/so/childrenfirst)

Community Health Plan of 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. 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. Si waafaqsan sharciga Washington, dadka waxay leeyihiin xaqa 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. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-440-1561 (TTY: 711). ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-440-1561 (телетайп: 711).