

MINNESOTACARE

OGEYSIISKA JOOJINTA CAYMISKA

Taariikhda & Wakhtiga

Magaca Codsadaha
Cinwaanka

Lambarka Kiiska

Caymiska MinnesotaCare ee dadka soo socda wuxuu dhammaan doonaa BISHA lacag bixin la'aanta khidmada darteed ama khidmadaha:

Magaca Isdiiwaangeliyaha	Lambarka Xubinta	Magaca Isdiiwaangeliyaha	Lambarka Xubinta
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(Xeerarka Minnesota, qaybta 256L.05, qaybhoosaadka 2a)

Waa in aad si buuxda u bixiso khidmadaada BISHA ugu dambeyn duhurka maalinta ugu dambaysa shaqada ee BISHA si caymisku ugu socdo dadka weli u qalma ee looga baahan yahay inay bixiyaan khidmada.

Haddii aan lacag bixintaada si buuxda u helin duhurka maalinta ugu dambaysa shaqada ee BISHA, caymiskaagu wuxuu dhammaan doonaa maalinta ugu horreysa kadib BISHA. Haddii lagaa saaro diiwaanka caymiska, caymisku wuxuu dib u bilaabmi doonaa maalinta ugu horreysa bisha **kadib** markaad bixiso khidmadaha bisha dhibrinta iyo bisha caymis mustaqbalka ah. Taas macnaheedu waa inaad bixiso laba bilood oo khidmad ah. Eeg Shuruucda Minnesota, qaybaha 256L.05, subdivision 3, iyo 256L.06, subdivision 3(d).

Waxaa laga yaabaa inaad hesho ogeysiis gooni ah oo kuu sheegaya maalinta caymiskaaga qorshaha caafimaadka uu dhammaan doono.

Haddii aad qabto su'aalo, fadlan ka wac DHS Health Care Consumer Support halkan 651-297-3862 ama bilaash halkan 800-657-3672.



Wixii macluumaad ah ee qaabab la heli karo ah ama caawimaadka helitaan dheeri ah oo loo siman yahay ee adeegyada aadanaha, u qor: DHS.info@state.mn.us, wac 800-657- 3739, ama isticmaal adeega lalinta warka ee aad doorbidayso.

Bilaabida Caymiskaaga

Waa inaan helnaa lacag bixinta khidmadaada ugu dambeyn duhurka maalinta shaqada ugu dambaysa ee bisha si aad u bilowdo caymiskaaga maalinta koowaad ee **bisha xigta**. Eeg Shuruucda Minnesota, qaybta 256L.05, qaybta 3.

Sii wadista Caymiskaaga

Marka caymiskaaga MinnesotaCare uu bilaabmo, waxaad heli doontaa biil bil kasta. Khidmadaada MinnesotaCare waxaa lagaa rabaa 15-ka bil kasta. Haddii aanad bixin khidmadaada ugu dambeyn duhurka maalinta shaqada ugu dambaysa ee bisha, caymiskaaga wuxu sii socon doona hal bil oo dheeraad ah. Tani waa bil dhibrin ah. Waa inaad ku bixiso khidmadaadi hore ee mudo dhaafka ahayd si buuxda ugu dambeyn duhurka maalinta shaqada ugu dambaysa ee bisha dhibrinta si caymiskaagu usii socdo. Haddii aanan helin lacag bixintaada ugu dambeyn duhurka maalinta shaqada ugu dambaysa ee bisha dhibrinta, caymiskaagu wuxuu dhammaan doonaa maalinta ugu dambaysa ee bisha dhibrinta. Eeg Shuruucda Minnesota, qaybta 256L.06, qaybta 3, faqrada (d).

Haddii bangigu soo celiyo jeegaaga lacag bixin la'aan, ma aanad bixin khidmadaada. Waa inaad jeegaaga soo noqday ku bedeshaa jeega qasnajiga, amarka lacagta ama lacag caddaan ah. Bixinta lacag caddaan ah waxaa lagu sameyn karaa oo keliya shaqsi ahaan. Ha ku soo dirin lacag caddaan ah boosto ahaan. Eeg Shuruucda Minnesota, qaybta 256L.06, qaybta 3, faqrada (b).

Xubnaha aan loo baahnayn inay bixiyaan Khidmada

Qaar ka mid ah xubnaha MinnesotaCare laguma soo dallaco khidmado. Waxaa ka mid ah kuwan soo socda:

- Dadka ku nool qoys dakhligiisu ka yaryahay 35 boqolkiibaxadka saboolnimada federaalka
- Xubnaha militariga ee u qalma Minnesota Care 24 bilood gudahood ka dib markay dhammeeyaan waajibaadka ciidanka, iyo qoysaskooda. Xubnahan MinnesotaCare ma bixiyaan khidmado mudo 12 bilood ah
- Hindida Mareykanka iyo Dhaladka Alaska iyo qoysaskooda
- Carruurta ka yar da'da 21

Sida loo bixiyo khidmada MinnesotaCare

Waxaad lacagta ku bixin kartaa onlaynka, taleefanka, boostada ama shaqsi ahaan.

1. Onlaynka: <http://payments.dhs.state.mn.us>. Qaababka lacagbixinta ee la aqbalo waa kaarka deynta (VISA iyo MasterCard), kaarka bangiga ama jeeg elegranoog ah.
2. Taleefan ahaan: Wac 800-657-3672 oo ikhtiyaarka saxda ah ka dooro miinyuuga taleefanka. Qaababka lacagbixinta ee la aqbalo waa kaarka deynta (VISA, MasterCard ama Discover), kaarka bangiga ama jeeg elegranoog ah.
3. Boosto ahaan: Boostada: Boostada ku dir jeeg ama amarka lacag-bixinta, oo aad ku lifaaqdo rasiidhka lacag bixinta, adigoo adeegsanaya baqshadda magacaaga leh ee lagu soo daray biilkaaga. Lambarkaaga kiiska ku qor jeegaaga ama amarkaaga lacagbixinta.
4. Shakhsi ahaan: Keen biilkaaga Waaxda Adeegyada Aadanaha ee Minnesota ee cinwaanka halkan ku qoran. Haddii aad rabto inaad ku bixiso lacag caddaan ah, waa inaad haysataa qadarka saxda ah. Qasnajigu ma hayo wax baaqi ah.

Waxaad shaqsi ahaan ku bixin kartaa Isniinta illaa Jimcaha, 8:00 subaxnimo.-5:00 galabnimo.

Department of Human Services
Minnesota Care
540 Cedar Street
St. Paul, MN 55101

Markaad bixiso jeeg aad lacagta ku bixinayso, waxaad noo oggolaaneysaa inaan sameyno mid ka mid ah kuwan soo socda: 1) isticmaalka macluumaadka jeegaaga si aan koontadaada uga wareejino lacagaha elektaroonigga ah ee hal mar ama 2) lacagbixinta u diyaarino macaamil jeeg ahaan. Marka aan u isticmaalno macluumaadka jeegaaga si aan u sameyno wareejinta lacagaha elektaroonigga ah, lacagaha waxaa laga yaabaa in laga laabto isla maalinta aan helno lacagtaada, oo jeegaaga lacagcelinta dib ugama heli doontid hay'adaada maaliyadeed. Haddii aad wax su'aalo ah ama walaac ah qabtid, fadlan MinnesotaCare kala xiriir lambarka 651-297-3862 haddii aad joogto aagga Twin Cities ama taleefanka wicitaanka bilaashka ah ee 800-657-3672 marka aad ka baxsan tahay aagga Twin Cities. Ama isticmaal adeegga lalinta warka ee aad doorbidayso.

Wixii macluumaad dheeraad ah, ka booqo boggayaga internetka halkan
<https://mn.gov/dhs/minnesotacare>

Xuquuqaha Rafcaanka

Rafcaan waa marka aad qoraal ahaan uga dalbato garsooraha adeegyada aadanaha inuu dib u eego go'aanka laga gaaray kiiskaaga MinnesotaCare. Waxaad rafcaan qaadan kartaa haddii aanad ku raacsanayn tallaabo aanu qaadnay. Waxaad rafcaan ka qaadan kartaa ficil ku saabsan caymiskaaga ama khidmadaada. Waa inaad rafcaan ku qaadataa 30 maalmood gudahood laga bilaabo taariikhda aad hesho biilka khidmada ama ogeysiiska joojinta caymiska. Waxaad codsan kartaa rafcaan adigoo sameynaya mid ka mid ah kuwan:

- Ka galaya koontadaada halkan www.mnsure.org
- Ka wacaya MNsure Contact Center halkan 855-366-7873
- Codsigaaga rafcaanka ugu diraya MNsure, 81 Seventh Street East, Suite 300, St. Paul, MN 55101-2211 ama DHS Appeals Division, sanduuqa Boostada 64941, St. Paul, MN 55164-0941
- dhammeystiraya oo gudbinaya foomka internetka ee laga heli karo halkan <https://edocs.dhs.state.mn.us/lfserver/Public/DHS-0033-ENG-eform1>
- Shakhsi ahaan u booqanaya Miiska Macluumaadka ee Waaxda Adeegyada Aadanaha ee Minnesota, 444 Lafayette Road North, St. Paul, MN 55155

Waxaad rafcaan ku qaadan kartaa illaa 90 maalmood oo ka bilaabmaya taariikhda aad hesho biilka khidmada ama ogeysiiska joojinta caymiska haddii aad muujiso sabab wanaagsan oo aad rafcaanka ugu qaadan wayday sida ugu dhakhsaha badan.

Sii Helista Dheefahaaga

Si aad dheefahaaga u sii hesho inta lagu jiro rafcaanka, waa inaad gudbisaa rafcaanka adigoo bixinaya dhammaan khidmadaha mudo dhaafka ah labadaba ugu dambeyn taariikhda kama dambeysta ah ee ogeysiiska joojinta caymiska. Ugu sheeg DHS qoraal ahaan haddii aanad rabin in dheefahaagu ay sii socdaan.

Muhiim: Haddii aad ku guuldaraysato rafcaankaaga, waxaa laga yaabaa inaad dib u bixiso dheefaha aad heshay intii aad sugaysay rafcaankaaga.

Waa inaad sii wadaa bixinta lacagaha khidmada ilaa rafcaanka la go'aaminayo. Eeg Shuruucda Minnesota, qaybta 256L.06, qaybhoosaadka 3.

Waxaa laga yaabaa inaad talo sharci oo lacag la'aan ah ama caawimo racfaan ka hesho xafiiska gargaarka sharciga ee degmadaada. Si aad ula xiriirto xafiiskaaga gargaarka sharciga ee maxalliga ah, wac mid ka mid ah lambaradan:

- Degmo-goboleedka Hennepin: 612-334-5970
- Degmo-goboleedka Ramsey: 651-222-4731
- Dhammaan degmooyinka kale: 888-354-5522 (wicitaan-bilaash ah)

Takoorigu waxay liddi ku tahay sharciga. The Minnesota Department of Human Services (DHS) ma sameeyso takoor ku salaysan waxyaabaha soo socda:

- | | | | |
|-----------------------|------------------|-----------------------------|---|
| * isirka | * caqiidada | * xaaladda kaalmada dawlada | * naafanimada |
| * midabka | * diinta | * xaalada guurka | * galmada (oo ay ku jirto faquuqa galmada |
| * asalka qaran | * jihada galmada | * da'da | iyo aqoonsiga jinsiga) |
| * caqiido siyaasadeed | | | |

Adeegyada Gargaarka Caqabadaha:

DHS waxay bixiyaan adeeyo kaalmayneed sida turjumaano xirfad leh ama macluumaad lagu heli karo qaabab kale oo fudud, oo lacag la'aan iyo **waqti** haboon lagu helo si loo hubiyo in si isku mid ah oo looga qaybqaato barnaamijyadayada daryeelka caafimaadka. Kala xiriir Minnesota Health Care Program (MHCP) halkan dhs.info@state.mn.us ama 800-657-3739, ama isticmaal adeegga gudbinta xogta ee aad doorbideyso.

Adeegyada Kaalmada Luuqada:

DHS waxay bixisaa dukumiintyo la turjumay iyo luuqada hadalka oo fasiran, bilaash ah oo lagu bixinayo waqti ku haboon, marka adeegyada kaalmada luuqadeed loo baahan yahay si loo hubiyo in dadka ku hadla Ingiriisiga xaddidan ay macluumaadkeena iyo adeegyadeena u helaan si wanaagsan. Kala xiriir Miiska Caawinta Xubinta ee Minnesota Health Care Program (MHCP) halkan dhs.info@state.mn.us ama 800-657-3739, ama isticmaal adeegga lalinta warka ee aad doorbideyso.

Cabashooyinka Xuquuqaha Madaniga ah

Waxaad xaq u leedahay inaad soo gudbiso cabasho takoor ah haddii aad aaminsan tahay in si takoor ah ay kuula dhaqantay wakaalad adeeg aadane. Waxaad si toos ah ula xiriiri kartaa mid ka mid ah saddexda wakaaladood ee soo socda si aad u gudbiso cabasho takoor ah.

U.S. Department of Health and Human Services'

Office for Civil Rights (OCR)

Waxaad xaq u leedahay inaad cabasho u gudbiso OCR, oo ah wakaalad federaal, haddii aad aaminsan tahay in lagugu takooray mid ka mid ah kuwan soo socda:

- | | |
|----------------|---------------|
| * isirka | * da'da |
| * midabka | * naafanimada |
| * asalka qaran | * jinsiga |

Si toos ah ula xiriir **OCR** si aad ugu gudbiso cabasho:

Agaasimaha, U.S. Department of Health and Human Services'
Office for Civil Rights
200 Independence Avenue SW, Room 509F HHH
Building
Washington, DC 20201
800-368-1019 (codka) 800-537-7697 (TDD)
Bogga Cabashada:
<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>

Minnesota Department of Human Rights (MOHR)

Gudaha Minnesota, waxaad xaq u leedahay inaad cabasho u gudbiso MDHR haddii aad aaminsan tahay in lagugu takooray sababo ku salaysan mid ka mid ah kuwan soo socda:

- | | | |
|----------------|-------------|-----------------------------|
| * isirka | * jihada | * galmada diinta |
| * midabka | * Caqiidada | * xaaladda guurka |
| * asalka qaran | * jinsiga | * xaaladda kaalmada dawlada |
| * naafanimada | | |

DHS

Waxaad xaq u leedahay inaad cabasho u gudbiso DHS haddii aad aaminsan tahay in lagugu takooray barnaamijyadayada daryeelka caafimaadka sababo la xiriira mid ka mid ah kuwan soo socda:

- | | | |
|----------------|-----------------------------|-----------------------------------|
| * isirka | * jihada galmada | * galmada (oo ay ku jirto jinsiga |
| * midabka | * naafanimada | faquuqa iyo |
| * asalka qaran | * xaalada guurka | aqoonsiga jinsiga) |
| * caqiidada | * da'da | * caqiido siyaasadeed |
| * diinta | * xaaladda kaalmada dawlada | |

Cabashooyinka waa inay qoran yihiin oo lagu gudbiyaa 180 maalmood gudahood laga bilaabo taariikhda aad ogaatay takoorka la sheegay. Cabashadu waa inay la socdaan magacaaga iyo cinwaankaaga oo ay sharaxdaa takoorka aad ka cabanayso. Ka dib markaanu helno cabashadaada, dib ayaanu u eegi doonaa oo waxaanu kugu soo wargelin doonaa qoraal ahaan haddii aanu awood u leenahay inaanu baarno cabashada. Haddii aanu awoodaas leenahay, waanu baari doonaa cabashada.

DHS waxay natiijada baaritaanka kugu ogeysiin doontaa qoraal ahaan. Waxaad xaq u leedahay inaad rafcaan ka qaadata natiijada haddii aanad ku raacsanayn go'aanka. Si aad rafcaan uga qaadata, waa inaad dirtaa codsi qoraal ah si aad u hesho dib u eegista natiijada baaritaanka DHS. Ka dhig mid kooban oo sheeg sababta aad u diidan tahay go'aanka. Ku dar wixii macluumaad dheeraada ah oo aad u maleynayso inay muhiim tahay.

Haddii aad cabasho u gudbiso sidan oo kale, dadka u shaqeeya wakaalada lagu magacaabay cabashada kaama aargoosan karaan. Tani waxay la macna tahay inaanay kugu ciqaabi karin sinnaba cabashada aad gudbisay darteed. Soo gudbinta cabasho sidan oo kale ah kaama hor istaagayso inaad raadsato xalal kale oo sharci ama maamul ah.

Ula xiriir **DHS** si toos ah si aad ugu gudbiso cabasho:

Isu duwaha Xuquuqaha madaniga ah
Minnesota Department of Human Services Equal Opportunity and Access Division

Sanduuqa Boostada 64997, St. Paul, MN 55164-0997
651-431-3040 (codka) ama isticmaal adeega lalinta warka ee aad doorbidayso.

La xiriir **MDHR** si toos ah si aad ugu gudbiso cabasho
651-539-1100 (codka) 800-657-3704 (bilaash ah)
711 or 800-627-3529 (MN Relay)
651-296-9042 (faakis) info.MDHR@state.mn.us (email)