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Taariikhda & Wakhtiga  
Lambarka Kiiska:

Magaca Codsadaha  
Cinwaanka

### Ogeysiiska Daryeelka Caafimaadka

MUHIIM: TALAABADA LOO BAAHAN YAHAY EE SAAMEYNAYSA U QALMITAANKA. AKHRI DHAMMAAN OGEYSIISKA.

#### Natiijada Daryeelka Caafimaadka

Magaca Codsadaha - Lambarka AQOONSIGA MNsure:

Taariikhda dhaqangalka	Tallaabada	Nooca Caymiska
Taariikhda	La Ansixiyay	MinnesotaCare
Taariikhda	Uma qalmo	Kaalmada Caafimaadka

**Macluumaad dheeraad ah ayaa ku qoran tahay boggaga.**

- Waxaad MinnesotaCare u qalantaa TAARIIKHDA bilowga sababtoo ah dakhligaaga bilaha ama sanadlaha ah ee qoysku wuxuu ku jiraa xadka tirada qoyskaaga. (*Xeerarka Minnesota, qaybaha 256L.04 iyo 256L.07*).
- **Uma qalantid Medical Assistance (Kaalmada Caafimaadka) maxaa yeelay dakhliga qoyskaagu wuxuu ka badan yahay xadka tirada qoyskaaga loogu talagalay.** (*Sharciga Xeerarka Federaalka, cinwaanka 42, qaybta 435.603; Xeerarka Minnesota, qaybaha 256B.056, qaybta 1A iyo 4, iyo 256B.06, qaybta 5*)

### Waa inaad na siisa macluumaad dheeraad ah

Waxa aanu macluumaad dheeraad ah uga baahanahay:

#### Magaca - Lambarka AQOONSIGA MNsure:

Lambarka Kiiska:

Taariikhda Kama Dambeysta	Macluumaadka Loo Baahan Yahay	Dukumiintiyada La Aqbalayo
Taariikhda	Dakhliga Sannadlaha ah ee la Filayo (Projected Annual Income, PAI)	<p>Haddii aad xareysay canshuur celinta federaalka 3dii sano ee la soo dhaafay, bixi nuqul dhammeystiran oo ah canshuur celintii ugu dambeysay (waa inay ku jiraan dhammaan foomamka iyo jadwallada la xiriira). Haddii canshuur celinta aanay ka turjumeyn Dakhligaaga sannadlaha ah ee la Filayo sabab la xiriirta isbeddel darteed, bixi caddeynta isbeddelka, oo ay ku jiraan mid ka mid ah dukumiintiyada hoos ku qoran. Haddii aanad xareyn canshuur celinta federaalka 3dii sano ee la soo dhaafay, bixi caddeyn muujineysa Dakhligaaga sannadlaha ah ee la Filayo, oo ay ku jiraan mid ka mid ah dukumiintiyada hoos ku qoran.</p> <ul style="list-style-type: none"> <li>• Rasiidhada mushaharka ama bayaankadakhliga</li> <li>• Bayaan qoraal ah oo ka soo baxay shaqaalaysiyahaaga</li> <li>• Nuqul jeeg ah (lacag lagu siiyay shaqo ama adeeg dartiis)</li> <li>• Diiwaanada xisaabta ganacsiga</li> <li>• Bayaanka bangiga oo muujinaya lacagbixinta</li> <li>• Bayaanka muujinaya dheefkorka ama faa'iidoqaybsiga</li> <li>• Warqad abaalmarineed</li> <li>• Caddaynta masruufka xaaska</li> <li>• Rasiidh ama bayaanka lacag kiro oo aad heshay</li> <li>• Caddaynta iibka hanti (dheefta ama khasaare ka dhasha iibka hantida)</li> <li>• Caddaynta ama diiwaanka dakhli kale oo la canshuuro</li> <li>• Caddaynta dakhli hal mar ah</li> </ul>

- **Nuqulada cadayn kasta ee la taxay u dir cinwaanka wakaalada kor ku xusan. Haddii macluumaadka sare aan lagu bixin taariikhda kama dambeysta ah ee la xusay, caymiskaaga daryeelka caafimaadku wuu joogsan karaa.**

## Siddee ayaan u adeegsadaa caymiskayga daryeelka caafimaadka?

### Haddii aad u qalanto Kaalmada Medical Assistance:

- Waxaad heli doontaa kaarka aqoonsiga xubinimada ee Minnesota Health Care Programs (MHCP) oo muujinaya lambarkaaga xubinimada. U dhiib adeegybiixiyahaaga daryeelka caafimaadka kaarkaaga aqoonsiga xubinimada MHCP mar kasta oo aad hesho adeegyo.
- Haddii aad haysato biilal caafimaad oo loogu talagalay adeegyada la helay tan iyo taariikhda aad u qalantay caymiska, la xiriir adeegbiixiyaha daryeelka caafimaadka oo weydii adeegbiixiyaha inuu biilka ku dalaco Gobolka Minnesota. Adeegbiixiyaha ayaa kuu soo celin kara biilasha aad hore lacagtooda u bixisay.

### Haddii aad u qalanto MinnesotaCare:

- **Haddii aad haysato MinnesotaCare khidmadda leh:** Waa inaad bixisaa lacag dhammeystiran si caymisku u bilaabmo. Caymiskaagu wuxuu bilaabmaa maalinta koowaad ee bisha ka dib markaad bixiso lacagtaada ugu horreysa. Haddii aanad hore u helin, waxaad biilkaaga ugu horreeya ku heli doontaa boostada. Lacag bixinta noogu soo dir sida ugu dhakhsaha badan ee aad u awoodo.
- **Haddii aan lagaa rabin inaad bixiso lacagta MinnesotaCare:** Caymiskaagu wuxuu bilaabmi doonaa maalinta koowaad ee bisha ka dib marka lagu aqbalo.
- Marka caymiskaagu bilaabmo, waxaad heli doontaa kaarka aqoonsiga xubinimada ee Minnesota Health Care Programs (MHCP) oo muujinaya lambarkaaga aqoonsiga xubinimada. U dhiib adeegybiixiyahaaga daryeelka caafimaadka kaarkaaga aqoonsiga xubinimada MHCP mar kasta oo aad hesho adeegyo.

### Loogu Talagalay Medical Assistance iyo MinnesotaCare:

- **Haddii caymiskaaga daryeelka caafimaadka lagu bixin doono qorshe caafimaad oo la maareeyo:** Waxaad boostada ku heli doontaa macluumaad ku saabsan xulashada qorshe caafimaad. Waxaa lagaa diiwaangelin karaa qorshe caafimaad oo la qoondeeyay illaa aan ka helayno foomkaaga diiwaangelinta. Marka aan helno foomkaaga diiwaangelinta oo aad is diiwaangeliso, qorshaha caafimaadka ayaa kuu soo diri doona kaarka aqoonsiga qorshaha caafimaadka iyo macluumaad kuu sheegaya sida loo helo adeegyada. U dhiib adeegbiixiyahaaga daryeelka caafimaadka kaarkaaga aqoonsiga ee qorshaha caafimaadka iyo kaarkaaga aqoonsiga xubinimada MHCP mar kasta oo aad hesho adeegyo.
- **Haddii caymiskaaga daryeelka caafimaadka lagu bixin doono qaab adeeg khidmad lacag leh:** Barnaamijyada Daryeelka Caafimaadka ee Minnesota (Minnesota Health Care Programs, MHCP) waxay lacag siiya adeegbiixiyeyaasha daryeelka caafimaadka ee ka diiwaangashan MHCP taaso loogu talagalay wixii adeegyo caymisan ah oo ay ku siiyaan. U dhiib adeegybiixiyahaaga daryeelka caafimaadka kaarkaaga aqoonsiga xubinimada MHCP mar kasta oo aad hesho adeegyo. Si aad u hesho adeegbiixiyeyaasha adeegga khidmadda leh, ka booqo khadka tooska ah Diiwaanka Adeegbiixiyeyaasha ee Minnesota Health Care Programs halkan <https://mhcproviderdirectory.dhs.state.mn.us/> ama iskaan mari koodhka QR.



## **Ka warran haddii aan qabo su'aalo ku saabsan ogeysiiskan?**

Na soo wac haddii aad qabto su'aalo.

- Wixii su'aalo ah ee ku saabsan Medical Assistance, wac degmadaada ama wakaalada qabiilka.
- Wixii su'aalo ah ee ku saabsan MinnesotaCare ama su'aalaha guud ee ku saabsan Medical Assistance, wac DHS Health Care Consumer Support 651-297-3862 ama 800-657-3672.

Waxa aad caawimaad bilaash ah ka heli kartaa Caawiye. Si aad u hesho Caawiye aaggaaga jooga oo ku hadla luuqada aad doorbideyso, tag <https://www.mnsure.org> oo guji "Assister Directory" ee ku hoos jira qaybta Find Free Help (Hel Caawimaad Bilaash ah).

Haddii aad leedahay naafanimo maqalka ama hadalka, nala soo xiriir adigoo adeegsanaya adeeggaaga lalinta warka ee aad doorbideyso.

## **Waa maxay isbeddelada aan u baahanahay inaan soo sheego iyo goorta?**

Soo sheeg dhammaan isbeddelada, oo ay ku jiraan isbeddelada soo socda:

- Meesha aad ku nooshahay
- Cidda kula nool adiga
- Dakhliga
- Dadka aad qorsheyneyso inaad ka dhigto ku tiirsanayaashaada canshuur celinta dakhliga
- Bilaabida ama joojinta caymis caafimaad oo kale
- Helitaanka caymis aad ka helayso shaqo
- Haddii aad leedahay uur ama aad dhashay ilmo cusub
- Xaaladamaxbuusnimo
- XaaladaJinsiyadda ama socdaalka

Haddii aanad noo sheegin inaad guurtay oo boostada soo noqotay aanay lahayn cinwaan gudbineed, caymisku wuu joogsan karaa.

## **Goorma ayaan u baahanahay inaan soo sheego isbeddel?**

- Haddii qof ka mid ah qoyskaaga uu haysto Medical Assistance, ku soo sheeg isbeddelka 10 maalmood gudahood ka dib isbedelka.
- Haddii aanu jirin qof qoyskaaga ka mid ah oo haysta Medical Assistance, ku soo sheeg isbeddelka 30 maalmood gudahood ka dib isbeddelka.

## **Sidee ayaan u soo sheegaa isbeddelkayga?**

- Haddii qof ka mid ah qoyskaaga uu leeyahay Medical Assistance, ku soo sheeg isbeddelka adiga oo wacaya degmadaada ama wakaalada qabiilka.
- Haddii aanu jirin qof qoyskaaga ka mid ah oo haysta Medical Assistance, u soo sheeg isbeddelka adiga oo wacaya DHS Health Care Consumer Support 651-297-3862 ama 800-657-3672.

## **Miyaan u baahanahay inaan dib u bixiyo kharashka daryeelka caafimaadkayga haddii aan helo kaalmo dawladeed?**

Xaaladaha qaarkood, sharciga federaalka iyo gobolka waxay uga baahan yihiin Minnesota Department of Human Service iyo wakaaladaha maxalliga ah inay soo ceshadaan kharashaadka barnaamijka MA uu ka bixiyay xubnihiiisa. Nidaamkan soo celinta waxaa lagu sameeyaa barnaamijka soo celinta iyo daymaha sheegashada hantida MA ee Minnesota. Akhri waxyaabaha soo socda haddii aad ka diiwaan gashan tahay MA (Kaalmada Caafimaadka).

Haddii aad ka diiwaangashan tahay MA, markaa, ka dib markaad dhimato, Minnesota waa inay isku daydaa inay soo ceshato kharashyada adeeg kasta oo muddo dheer iyo kuwa taageerada (long-term services and supports, LTSS) ee aad heshay 55 sano ama ka weyn. LTSS waxaa ku jira:

- Adeegyada xanaanada guriga
- Adeegyada ku salaysan guriga iyo bulshada
- Kharashka ku saabsan cisbitaalka iyo daawooyinka la qoro
- Khidmadaha daryeelka la maareeyo ee caymiska adeegyadan

Xitaa ka dib markaad dhimato, Minnesota ma soo kabsan karto kharashkan haddii xaaskaagu kaa dambeyso, aad leedahay ilmo ka yar 21 sano, ama aad leedahay ilmo aragga naafo ka ah ama leh naafanimo joogto ah. Marka xaaskaagu dhinto/dhimato, Minnesota waa inay isku daydaa inay kharashkaaga MA LTSS kaso ceshato hantida xaaskaaga. Hase yeeshe, kharash soo celintu way daahdaa haddii aad weli haysato ilmo ka yar 21 sano, aragga naafo ka ah, ama leh naafanimo joogto ah. Carruurtaadu uma baahna inay isticmaalaan hantidooda si ay dib ugu celiyaan gobolka wixii adeeg MA ah ee aad heshay.

Sidoo kale, Minnesota waa inay isku daydaa inay soo ceshato kharashka dhammaan adeegyada MA ee xubin MA ah ay ku heleen da' kasta iyagoo si joogto ah ugu nool xarun caafimaad. Hase yeeshe, xubnaha MA ee u qalma adeegyada ku hoos jira shuruudaha u qalmitaanka dakhliga guud ee la hagaajiyay (modified adjusted gross income, MAGI) laguma dabaqayo soo celinta adeegyada la helay ka hor da'da 55.

Gobolku wuxuu hantidaada ma guurtada ah ka gudbin karaa deyn MA ah si ay uso ceshadaan kharashka MA ka hor dhimashadaada, laakiin kaliya haddii aad si joogto ah ugu nooshahay xarun caafimaad. Dawladdu waxay sidoo kale gudbin kartaa ogeysiiska sheegasho suurtagal ah, taas oo ah nooc deyn ah, oo laga gudbinayo hantida ma guurtada ah si ay u soo ceshato kharashka MA dhimashada ka dib. Deynta sheegashada si loo soo celiyo kharashka MA waxaa laga yaabaa in laga gudbiyo kuwan soo socda:

- Hantidaada nolosha ama saamiga kirada ee wadaaga ah ee hantida ma guurtada ah oo dhab ah
- Hantidaada ma guurtada ah ee aad leedahay kaligaa
- Hantidaada ma guurtada ah ee aad la leedahay qof kale

Waxaad xaq u leedahay inaad la hadasho koox kaalmo sharci ah ama qareen gaar ah haddii aad qabto su'aalo gaar ah oo ku saabsan sida dib u soo celinta hantida MA iyo deynta ay saameyn ugu yeelan karaan xaaladaada iyo qorshaynta hantidaada. The Minnesota Department of Human Services kuma siin karto talo sharci. Wixii macluumaad dheeraad ah, tag barta [http:// mn.gov/dhs/ma-estate-recovery/](http://mn.gov/dhs/ma-estate-recovery/).

## **XUQUUQDA RAFCAANKA EE MUHIIMKA AH! AKHRI TAN HADDA!**

### **Ka waran haddii aanan ku raacsanayn tallaabada laga qaaday caymiskayga daryeelka caafimaadka?**

Haddii aad u malaynayso in go'aanka ku jira ogeysiiskaaga daryeelka caafimaad uu khalad yahay, waxaad xaq u leedahay inaad rafcaan ka qaadato. Rafcaan waa hab sharci ah oo garsooraha adeega aadanaha uu dacwad dhegaysi u qabto oo dib u eego (1) go'aanka Waaxda Adeegyada Aadanaha (Minnesota Department of Human Services, DHS) ee ku saabsan caymiska MinnesotaCare; ama (2) go'aan ka soo baxay degmo ama wakaalad qabiil oo ku saabsan caymiska Medical Assistance. Waxaad wax badan ka baran kartaa sida ay tan u shaqeyso halkan [www.dhs.state.mn.us/appeals/faqs](http://www.dhs.state.mn.us/appeals/faqs).

### **Siddee ayaan uga qaataa rafcaan?**

Waxaad rafcaan ka qaadan kartaa adiga oo soo gudbinaya codsigaaga qoraalka ah, buuxinaya foomka rafcaanka DHS, ama helaya caawimaad taleefan ama qof ahaana. Waaxda Rafcaanka ee DHS ama wakaalada degmadaada ama qabiilka ayaa kaa caawin kara inaad soo gudbiso rafcaankaaga.

Samee mid ka mid ah waxyaabaha soo socda si aad u bilowdo rafcaan:

- Gal koontadaada MNsure.org si aad u hesho Foomka Codsiga Rafcaanka.
- Fadlan buuxi foomka DHS-0033 ee ku jir halkan <https://edocs.dhs.state.mn.us/lfserver/Public/DHS-0033-ENG> oo u soo gudbi elegranoonig ahaan.
- Wixii macluumaad ah ee ku saabsan gudbinta rafcaanka, degmadaada ama wakaalada qabiilka ama Qaybta Rafcaanka DHS ka wac halkan 651-431-3600.
- Boostada ugu dir codsigaaga Minnesota Department of Human Services Appeals Division, Sanduuqa Boostada 64941, St. Paul, MN 55164-0941, ama faakis ugu dir 651-431-7523.
- Si aad u hesho caawimaad shakhsi ahaana, booqo Minnesota Department of Human Services Information Desk, 444 Lafayette Road N, St. Paul, MN 55155.

### **Maxaan ka qaadan karaa rafcaan?**

Waxaad rafcaan ka qaadan kartaa mid kasta oo ka mid ah kuwan:

- Degmada ama wakaalada qabiilka, ama DHS waxay ku guuldareysteen inay wax ka qabato codsigaaga ku saabsan caymiska daryeelka caafimaadka.
- Degmada ama wakaalada qabiilka, ama DHS ayaa codsigaaga uga hawlgashay si gaabis ah.
- Degmada ama wakaalada qabiilka, ama DHS waxay qaadeen tallaabo aanad ku raacsanayn (tusaalooyinka tallaabada: diidmada caymiska Medical Assistance, aqbalaada caymiska barnaamij aanad u maleynayn inaad u qalanto, isbeddel ku yimid dheefahaaga MinnesotaCare).

## Goorma ayay tahay inaan qaato rafcaan?

Haddii rafcaankaagu ku lug leeyahay Medical Assistance ama MinnesotaCare, waa inaad rafcaankaaga ku soo gudbisaa **30 maalmood** gudahood ka dib markaad hesho ogeysiiskaaga daryeelka caafimaadka. Haddii aad keento sabab wanaagsan oo aad rafcaan uga qaadan wayday tallaabo ku saabsan Medical Assistance ama MinnesotaCare **30 maalmood gudahood**, waxaad rafcaan ku qaadan kartaa ilaa **90 maalmood** ka dib taariikhda ogeysiiskaaga daryeelka caafimaadka. Hoos ka eeg macluumaad dheeraad ah oo muhiim ah oo ku saabsan xaddidaadaha waqtiga ee rafcaanada Medical Assistance iyo MinnesotaCare.

**Muhiim:** Go'aanka rafcaanka ee hal xubin oo qoyska ka tirsan ayaa saameyn ku yeelan kara u qalmitaanka xubnaha kale ee qoyska. U qalmitaanka qoyska ayaa loo baahan karaa in dib loo go'aamiyo.

## Dheefahaagu ma sii socon doonaan inta lagu jiro rafcaankaaga?

Waxaa laga yaabaa inaad sii wadi karto helitaanka isla dheefaha aad helaysay markaad heshay ogeysiiska daryeelka caafimaadka. Laakiin waxaa laga yaabaa inaad rafcaankaaga ku gudbiso waqti cayiman:

Loogu Talagalay dadka ka diiwaangashan Medical Assistance iyo MinnesotaCare, sida caadiga ah waa inaan kuu soo dirnaa ogeysiis hordhac ah 10 maalmood ama ka badan ka hor taariikhda kama dambeysta ah ee tallaabo, ama waxaan ogeysiis kuu soo diri karnaa shan maalmood ka hor tallaabo, iyadoo ku xiran xaaladda. Dheefahaaga ayaa si toos ah u sii socon doona haddii aad rafcaankaaga ku gudbiso taariikhda kama dambeysta ah ee tallaabada ku qoran ogeysiiska daryeelka caafimaadka ee hordhaca. Xaaladaha qaarkood waxaan kuu soo diri karnaa ogeysiis wax ka yar shan maalmood ka hor intaan wax tallaabo ah la qaadin, ama taariikhda kama dambeysta ah ee tallaabada la qaadayo. Dheefahaagu way sii socon doonaan haddii aad rafcaan ku gudbiso 15 maalmood gudahood laga bilaabo taariikhda ogeysiiskaas daryeelka caafimaadka. Waa inaad bil kasta bixisaa khidmadahaaga MinnesotaCare si aad u hesho caymis joogto ah inta lagu jiro rafcaankaaga. 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.

**Muhiim:** Waxaad xaq u leedahay inaad codsato Medical Assistance ama MinnesotaCare mar kale haddii dheefahaagu joogsadaan.

## Ka warran haddii aan u baahanahay dhageysi isla markiiba?

Waxaad xaq u leedahay inaad codsato rafcaan degdeg ah (dhakhso ah). Haddii aad u baahan tahay dhageysi isla markiiba, u sheeg DHS sababta marka aad gudbinayso rafcaankaaga. Si aad u codsato rafcaan dhakhso ah ee Medical Assistance ama MinnesotaCare, kala xiriiir Xafiiska Rafcaanka DHS halkan 651-431-3600 (magaalada) ama 800-657-3510 (gobolka ka baxsan).

## **Maxaan sameeyaa ka dib markaan gudbiyo rafcaankayga?**

Ururi macluumaadka la xiriira tallaabada aad rafcaanka ka qaadanayso ee aad u malaynayso inay cadayn doonto ama sharaxayso sababta aad u malaynayso in tallaabadu ay khalad tahay.

Waxaad heli doontaa warqad kuu sheegaysa taariikhda iyo waqtiga dhageysiga rafcaanka. Dhageysi badan ayaa lagu sameeyaa taleefanka.

Sii wad inaad soo sheegto isbeddelada (sida bilaabida ama joojinta shaqo ama isbeddelka qof kula nool) inta lagu jiro waqtiyadan:

- **30 maalmood** haddii aad haysato MinnesotaCare
- **10 maalmood** haddii aad haysato Medical Assistance

Haddii aad haysato Medical Assistance, soo sheeg isbeddellada adiga oo wacaya degmadaada ama wakaalada qabiilka. Haddii aad haysato MinnesotaCare, soo sheeg isbeddellada adiga oo DHS Health Care Consumer Support ka wacaya halkan 651-297-3862 ama 800-657-3672.

## **Caawimaad ma u heli karaa rafcaankayga?**

Waxaad u hadli kartaa naftaada inta lagu jiro dhageysiga. Waxa kale oo aad yeelan kartaa qof kale oo kuu hadla. Waxaad noo sheegi kartaa inaad rabto qof kale inuu kuu hadlo oo kugu metela dhageysiga marka aad soo gudbinayso rafcaankaaga. Haddii dakhligaagu ka hooseeyo xad cayiman, waxaa laga yaabaa inaad hesho talo sharci ama rafcaankaaga aad caawimaad uga hesho xafiiska gargaarka sharciga ee degmadaada.



## Xuquuqahaaga Madaniga ah

Takoorigdu waxay liddi ku tahay sharciga. The Minnesota Department of Human Services (DHS) ma sameyso takoor ku salaysan waxyaabaha soo socda: isirka, midabka, asalka qaranka, caqiidada, diinta, xaaladda kaalmada dawlada, xaaladda guurka, da'da, naafanimada, jinsiga (oo ay ku jiraan jihada galmada iyo aqoonsiga jinsiga) ama caqiidooyinka siyaasadeed.

### Adeegyada Bilaashka ah

**Gargaarka Caqabadaha:** Haddii aad leedahay naafanimo oo aad u baahan tahay gargaar iyo adeegyo si aad u hesho fursad sinnaan leh oo aad kaga qaybqaadan karto barnaamijyadayada daryeelka caafimaadka, DHS waxay kugu siin doontaa waqti haboon iyagoo bilaash ah. Gargaarkan iyo adeegyadan waxaa ka mid ah turjumaano xirfad leh iyo macluumaad loo heli karo qaabab kala duwan.

**Caawimaad luuqadeed:** Haddii ay kugu adag tahay fahamka Ingiriisiga oo aad u baahan tahay caawimaad luuqadeed si aad u hesho macluumaadka iyo adeegyada, DHS waxay adeegyo caawimaad luuqadeed ku bixin doonta waqti ku haboon iyagoo bilaash ah. Adeegyadan waxaa ka mid ah dukumiintiyada la turjumay iyo in hadalka lagu fasiro.

**Si aad adeegyadan bilaashka ah uga codsato DHS,** ka wac DHS Health Care Consumer Support halkan 651-297-3862 ama 800-657-3672. Ama isticmaal adeegga lalinta warka ee aad doorbidayso.

### Cabashooyinka Xuquuqaha Madaniga ah

Waxaad xaq u leedahay inaad soo gudbiso cabasho takoor 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: isir, midab, asal qaran, da', naafanimo, jinsi (oo ay ku jiraan jihada galmada iyo aqoonsiga jinsiga), ama caqiidooyin siyaasadeed.

Toos ula xiriir **OCR** si aad cabasho ugu gudbiso:

Hawlgallada Maareynta Kiisaska ee Daadagsan  
U.S. Department of Health and Human Services  
200 Independence Avenue, SW  
Room 509F, HHH Building  
Washington, DC 20201  
800-368-1019 (codka), 800-537-7697 (TDD)  
202-619-3818 (faakis)



## Minnesota Department of Human Rights (MDHR)

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: isir, midab, asal dal, diin, caqiido, jinsi, jihada galmada, xaaladda guurka, xaaladda kaalmada dawlada, ama naafanimada.

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

Minnesota Department of Human Rights  
540 Fairview Avenue North, Suite 201  
St. Paul, MN 55104  
651-539-1100 (voice) ama 800-657-3704 (bilaa khidmad)  
711 or 800-627-3529 (MN Relay), 651-296-9042 (faakis)  
Info.MDHR@state.mn.us (iimayl)  
<https://mn.gov/mdhr/intake/consultationinquiryform/>

## DHS

Waxaad xaq u leedahay inaad cabasho u gudbiso DHS haddii aad aaminsan tahay in lagugu takooray barnaamijyadayada daryeelka caafimaadka sababo ku salaysan ah mid kasta oo ka mid ah kuwan soo socda: isir, midab, asal dal, caqiido, diin, xaaladda kaalmada dawlada, xaaladda guurka, da'da, naafanimada, jinsiga (oo ay ku jiraan jihada galmada iyo aqoonsiga jinsiga), ama caqiidooyin siyaasadeed.

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 markaan helno cabashadaada, dib ayaanu u eegi doonaa oo waxaanu kugu soo wargelin doonaa qoraal ku saabsan haddii aanu awood u leenahay inaanu baarno. Haddii aanu awoodaas leenahay, waxaanu baaraynaa 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 macluumaad dheeraad ah oo aad u maleynayso inay tahay muhiim.

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 inaad u gudbiso cabasho. Soo gudbinta cabasho sidan oo kale ah kaama hor istaagayso inaad raadsato xalal kale oo sharci ama maamul.

Si toos ah ula xiriir **DHS** si aad u gudbiso cabasho

takoor ah: Isuduwaha Xuquuqaha Madaniga

ah

Minnesota Department of Human  
Services Equal Opportunity and Access  
Division PO Box 64997  
St Paul, MN 55164-0997

651-431-3040 (fariin cod ah) ama isticmaal adeegga lalinta warka ee aad doorbidayso