

Xuquuqda Macaamilka

Bacdama aad tahay macmiilka xanaannada caafimaadka, waxaad xaq u leedahay in:

- Adeegyo ka hesho xirfadlayaal khibrad leh
- Macluumaadka kugu saabsan loo haayo si sir ah
- Aad hesho macluumaad ku saabsan xannaanadaada iyo adeegyada, ay ku jirto xulashooyinka
- Aad ka qayb qaadato sameynta go'aanada xannaanadaada iyo adeegyada
- Lagula dhaqmo si xaq ah iyo xuquuqdaada la ilaaliyo
- Aad cabasho ama dacwo ka sameyso adeegga aad hesho adigoo ka wel-welin aarsasho
- Aad qaadato rafcaan haddii adeegyadaada lagu diido, la yareeyo ama joojiyo.

Xarunta Macaamilka ee Cilmiga Caafimaadka iyo U Doodidda

1475 Sixth Avenue, 4th Floor
(877) 734-3258 Bilaash
(877) 735-2929 TTY
(619) 471-2782 FAKIS
www.lassd.org



Consumer Center for Health Education and Advocacy
1475 Sixth Avenue, 4th Floor
San Diego, CA 92101



Xarunta Macaamilka ee Cilmiga Caafimaadka iyo U Doodidda

Adeegyada Awood-siinta Macaamilka

Adeegga xannaanada caafimaadka ha noqdo mid adiga kuu shaqeeya

Barnaamij ay soo saartay
Legal Aid Society of San Diego, Inc.

In Dadka la Kaalmeeyo si ay u Fahmaan una Adeegsadaan Habka Xannaanada Caafimaadka Jirka iyo Madaxa

Habka xannaanada caafimaadka waa dhib in la isticmaalo ama la garto. U doodeyaashena waxay ku bari karaan:

- Barnaamijyada aad xaq u leedahay
- Sida iyo meelaha aad adeegyo ka heli karto
- Waxa la sameeyo haddii ay dhibaato jiro

Shaqaalaha Xarunta Macaamilka

Waxaan diyaar u nahay inaan ku caawinno! U doodeyaashena waxaa loo tababarey xuquuqda macaamilka. Waxay og yihiin sida macluumaad looga helo barnaamijyada badan ee xannaanada madaxa iyo jirka ee laga helo Dagmada San Diego.

U doodeyaashena waxay ku hadlaan af Ingiriis, Isbaanish, Fiyetnaamiis, Carabi iyo Tagalog. Luqadaha kalena waxaan isticmaalna adeeg turjubaan.

Siyaabo kale aan kuu caawin karno . . .

U doodeyaashena waxay ku caawin karaan haddii:

- Laguusheegay in aadan xaq u leheen adeegyo
- Laguu diidey ama lagaa joojiyey xannaano ama adeegyo
- Laguu sheegay in adeegyadaada la beddeli doono
- Aad dhibaato ku qabtid bixinta ama helidda daawoyin
- Aadan ku qanacsaneen adeegyada ama tayada xannaanada aad hesho.

Na soo wac, si aan isugu dayno inaan si deg-deg ah u xallino dhibaataada.

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Waa mashruuc uu soo saarey
Legal Aid Society of San Diego, Inc.

In La Kaalmeeyo Dadka aan Qabin Caymiska Caafimaadka

Waxaa jiro barnaamijyo badan oo loogu talagalay dadka aan qabin caymiska caafimaadka. Waxaan kugu kaalmeyn karnaa in aad baratid:

Medi-Cal

Barnaamijka Qoysaska Caafimaadka Qaba

Adeegyada Caafimaadka Dagmada

Adeegyada Caafimaadka Madaxa

Medicare Qaybta D

Xannaanada la Maamulo (HMO)

Waa imisa kaalmadaan? Waxba!

Waxaan Xarunta Macaamilka furney 1999 si aan dadka u barno habka ay u heli karaan adeegyada ay u baahan yihiin. Waxaan maaliyed ka helnaa:

Alliance Healthcare Foundation County of San Diego
Legal Aid Society of San Diego, Inc.
Legal Services Corporation
Office of the Patient Advocate
Scripps Health Community Benefit Fund
The California Endowment
The California Wellness Foundation