

# Ma u baahan tahay caymis caafimaad?

Haddii aad ku nooshahay Massachusetts, waxaa jira barnaamijyo caymis caafimaad oo la helayo waanna kaa caawin karnaa. Maantaba nala soo xiriir si aad u ogaatid sida loo codsado.

Waan kaa caawin karnaa.  
Na weydiiso oo keliya.



**MHA** MASSACHUSETTS HOSPITAL ASSOCIATION

  
MASSACHUSETTS LEAGUE OF  
COMMUNITY HEALTH CENTERS

Health Care for  
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Real change for real people

*Maalgelinta buuggan yar waxaa bixiyey Xafiiska Fulinta ee Adeegyada Caafimaadka iyo Aadanaha Massachusetts – 2007*

**Waxaa Massachusetts ka jira sharci cusub oo dadka jira 18 ama ka weyn uga baahanaya in ay lahaadaan caymis caafimaad.**

Waxaa jira dhawr barnaamij caymis caafimaad oo qiimahoodu hooseeyo oo kala duwan oo loogu talagalay dadka waaweyn iyo carruurta ku nool Massachusetts. Waxaa sii dheer in ay jiraan xoogaa kala doorashooyin cusub ah. Way fududdahay in la codsado isla markaana shaqaalaheenna ayaa gacan ka geysan kara sharrixidda kala doorashooyinka laga yaabo inaad hesho.

### **Caymiska caafimaadku wuxuu kaa bixin karayaa qiimahar**

- Takhtarka markaad u tagto
- Marka isbitaal lagu dhigo
- Daaweynta caafimaadka maskaxda, aalkolada, iyo isticmaal-xumidda maandooriyaha
- Daawooyinka lagu qoro
- Daryeelka xaaladda degdegta ah
- Swen pou ijans



### **Immisa ayey tahay inaan bixiyo?**

Tani waxay ku xiran tahay dakhliga sannadkii ee dadka gurigaaga ku nool. Caymisyada caafimaadka qaarkood waxay u baahan yihiin oo keliya lacag yar oo lala bixiyo (lacagta aad bixineyso mar kasta oo aad isticmaaleyso adeegyada daryeel caafimaad qaarkood). Qaar ka mid ah caymisyada caafimaadkuna waxay bishiiba mar qaataan lacag (lacag aad bixineyso bil kasta) iyo lacagta isla bixinta.

### **Maxaan u baahanahay inaan la imaado marka codsanayo?**

- Caddaynta dakhliga sanadlaha ah ee dadka gurigaaga ku nool (rasiidka mushaharka, sugidda bulshada (social security), warqad kaaga timid meesha aad u shaqaysid, canshuurta kuu soo noqotay, ama bayaanka bangiga)
- Caddaynta muwaadinnimada iyo aqoonsiga haddii aad tahay Muwaadin Maraykan ah (AQOONSI sawir leh iyo warqadda dhalashada, ama baasaboar)
- Dadka aan muwaadiniinta ahayn waxaa looga baahan yahay iney keenaan aqoonsi imigarayshan/socdaal, haddiiba ay wax uun haystaan