

Ogolaanshaha Adeegyada Daryeelka Caafimaad

Magaca Buuxa ee Bukaani jifka (DAABAC)

Taariikhda Dhalashada Bukaani jifka

Halkan waxaan ku ogolaanayaa Adeegyada Caafimaadka ee Bulshadda Caalamiga ah (ICHS) iyo Adeeg bixiyayaasheeda si ay u bixiyaan adeegyada daryeelka caafimaad, ay ka mid tahay qiimaynta, baadhitaanka, iyo nidaamyada daawaynta, ee aniga la iigu arko in ay lamma huraan ii yihiin ama uu ku taliyo Adeeg bixiyahaygu si loo qiimeeyo oo loo daweeyo xaalada caafimaad. Waxaan fahmay in aan leeyahay xaqa aan si firfircoon uga qayb qaato go'aanada ku saabsan daryeelkayga oo waxaan waydiin karaa su'aalo ku saabsan dabecada iyo sifada daawayntayda lagu talo bixiyay ama kale. Taa ka sakow, waxaan leeyahay xaqa aan ku fahmo natiijooyinka la filayo ee daryeelkayga iyo beddelaadaha kale ee la ii heli karo aniga iyo halisahayga caafimaad ee la aqoonsaday ama ka sii darka kaas oo isaamayn kara aniga. Waxaa la iga filayaa in aan su'aalo waydiiyo marka Adeeg bixiya la xidhiidho dheefaha la filayo, halisaha, ama ka sii darka aniga ah, iyo ku guul daraysigayga in aan waydiiyo kala caddaynta su'aalaha waxaa loo qaadan doonaa in loola jeedo in aan si buuxda u fahmay dabecada iyo sifada daryeelkaygada ama aan si aan khasab ahayn u doortay in aan in dheeraad ah la iigu wargelin. Sidoo kale waxana fahmay in kala noqon karo ogolaanshaha adeeg kasta oo daryeelka caafimaad ah wakhti kasta.

Halkan waxaan ku ogolaanayaa ICHS in ay shaaciso macluumaadka uu u baahdo kooxdayda saddexaad ee caymiska si loo bixiyo lacagta adeegyada ICHS. Macluumaadka bixinta socda codsan doonaa marka adeegyada aan lagu sameeyaa ilkaha Mobile ka Clinic. ICHS waxa bixisaa lacagdhimis hoos u dhacaysa (oo lagu saleeyo dakhliga iyo cabbirka qoyska) bukaani jifka u qalma ee aan caymiska ku jirin kharashaadkiisa ka baxsan jeebka ka dib lacag bixinta caymiska kooxda saddexaad. Waxaan filayaa in aan ka bixiyo saami xaq ah kharashaadka wakhti qorshaysan ama aan la sameeyo qaban qaabada lacag bixinta ICHS haddii aanan awood u lahayn in aan si buuxda u bixiyo hadhaagayga. Adeegyada qaar kood, lacag bixinta buuxda ayaa loo baahan doonaa wakhtiga booqashada. Waxaan fahmay in aan la ii diidi doonin daryeelka caafimaad iyaddoo ay ugu wacanyahay karti darrada aanu ku bixiyo biilkayga ilaa inta aan bixiyo macluumaadka maaliyadeed ee loo baahanyahay. Si kastaba ha ahaatee, diidmada in la bixiyo saami xaq ah oo kharashaaadka ah ama la'aanta la shaqaynta in la qaban qaabiyo qorshaha lacag bixinta waxay keeni kartaa joojinta adeegyada.

Waxaan fahmay haddii aan ahay qof wayn oo ogolaanaya daryeelka bukaani jifka yar ama bukaani jifka wayn ee kartida darran, waa in aan haystaa masuuliyad sharci oo aan sidaas ku sameeyo. Haddii ogolaansho la ii siiyo ilmo yar, waa in aan ahaadaa waalidka asal ahaan dhalay oo la ogolaadayn (taas macnaheedu waa magacaygu uu ku yaalo shahaadada dhalashada ee ilmahayga) ama waalid korsade ah (taas macnaheed waxa weeye aan leeyahay sharci ahaan ilmo aan korsado), oo xuquuqdaydana waa in aanay xayirin amar maxkamaddeed (tusaale ahaan xaalado furitaan). Haddii aan ahay xubin qoys, qaraabo, daryeel bixiye, ama shakhsi kale oo ogolaansho siinaya daryeelka qof yar ama qof wayn, masuuliyad sharci uma haysto aan ku ogolaado daryeelka caafimaadka iyaddo masuuliyada si cad uu ii siiyay aniga bukaani jifku, bukaani jifka wakiil kiisa sharci, maxkamad, ama hab sharciyeed. Haddii aan ku dhaqmayo masuuliyada amarka maxkamaddu isiiso ama awooda qareenka, waxaa la i waydiin karaa in aan bixiyo nuqul warqaddahan xogta ah, oo warqaddahan xogta ah ee sidaas waa in ay ogolaataa ICHS, ka hor inta aanan matelin bukaani jif kale. Waxaan in dheeraad ah fahmay in xuquuqdayda sidii wakiil shakhsiyeed laga yaabo in la xayiro haddii sharciyada ku habboon ogolaadaan. Tusaale ahaan, dadka yar yar waxaa loola dhaqmaa sidii dad waa wayn iyo awood buuxda oo la karro si loo maamulo macluumaadkooda caafimaad haddii ay buuxiyaan shuruudaha oo laga daweeyo cudurka maskaxda, cudurka galmadda lagu kala qaado, ama arrimo caafimaad oo taranka la xidhiidha. Waxana aqoonsaday shuruudahan iyo xayiraadahan.

Magaca Turjubaanka
Saxeexa _____ Taariikhda _____ () nuqulka lagu siiyay: _____

Saxeexa (Waalidka / Mas'uulka haddii uu ka yar 18)	Taariikhda
Bukaan jifka / Magaca Wakiilka (DAABAC)	Taariikhda
Saxeexa Waalid/Waali Taarikh Dhalasho	

Ma ogolaanaysaa daryeelkaaga caafimaad? Haa; Maya* (eeg hoos)

*Caddee xidhiidhka aad la leedahay bukaani jifka: hooyada; aabaha; masuulka/wakiilka maxkamaddu dooratay;

kale (caddee): _____.

Bayaanka Masuuliyada Wakiilka (Qaraabada oo Keliya)

Waxaan ahayn qaraabada ka masuulka ah daryeelka ilmaha yar. Halkan waxaan ka caddaynayaa oo ku xaqiijinayaa hoosta ciqaabta dhaarta beenta ah ee waafaqsan RCW 9A.72.085 in aan leeyahay masuuliyada sharci si loo sameeyo go'aanada daryeelka caafimaad ee ilmaha yare e kor ku qoran. Waxaan fahmay in aan la i waydiin doonin in aan bixiyo warqaddo xog ah oo masuuliyadayda sharci si aan u ogolaansho u siiyo ilmaha yar wakhtigan, iyaddoo Adeeg bixiyahaygu uu haysto sababta uu ku waydiiyo ansax ahaanshaha bayaankan mooyee. Si kastaba ha ahaatee, waxa la iwaydiin karaan in aan soo saaro warqaddo xog ah oo taageerta wakhti kasta. Bayaankan waxa uu ansax ahaan doonaa lix (6) bilood.

Saxeexa: _____ Taariikhda: _____

English	Somali
Patient Rights and Responsibility	Xuquuqda Waalidka iyo Masuuliyada
You have the right to:	Waxaad xaq u leedahay:
<ul style="list-style-type: none"> Choose a health care provider that provides you with quality care. 	<ul style="list-style-type: none"> Dooro adeeg bixiye caafimaad oo ku siiya daryeel tayo leh.
<ul style="list-style-type: none"> Receive care in a safe, private, and respectful setting by knowledgeable personnel. 	<ul style="list-style-type: none"> Ku hel daryeelka goob badbaado ah, gaar ah, oo ixtiraam leh oo ay joogaan shaqaale aqoon leh.
<ul style="list-style-type: none"> Receive services in a manner that respects your language, culture and beliefs. 	<ul style="list-style-type: none"> Ku hel adeegyada qaabab tixgeliya luqaddaada, dhaqanka iyo caqiidooyinka.
<ul style="list-style-type: none"> Receive information about your care and treatment in terms you can understand. 	<ul style="list-style-type: none"> Ku he macluumaadka ku saabsan daryeelkaaga iyo daawaynta xaalado aa fahmi karto.
<ul style="list-style-type: none"> Receive services without discrimination based on race, color, sex, marital status, sexual orientation, age, creed, religion, ancestry, gender identity, genetic information, use of service animals, national origin, veteran status, citizenship status, or the presence of any sensory, mental or physical disability or the ability to pay. 	<ul style="list-style-type: none"> Hela adeegyada takoor la'aan aan ku salaysnayn isir, midab, sinji, heerka guurka, qaabka galmadda, da'da, caqiidadada, diinta, tafiirta, aqonsiga jinsiga, macluumaadka hidda sidaha, isticmaalka xawayaanka adeega, asalka qaranka, heerka ruug caddaaga, heerka muwaadinimada, ama joogitaanka dareenka, naafanimada maskaxda ama jidhka ama kartida lacag lagu bixiyo.
<ul style="list-style-type: none"> Receive information about ICBS hours, providers, services, fees and payment policies in a language that is easy for you to understand. 	<ul style="list-style-type: none"> Ka hel macluumaad ku saabsan saacadaha ICBS, adeeg bixiyayaasha, adeegyada, kharashka, iyo xeerarka lacag bixinta luqad kuu fudud adigu inaad fahanto.
<ul style="list-style-type: none"> Be notified if your care involves the training of healthcare providers. 	<ul style="list-style-type: none"> Lagugu wargeliyo haddii daryeelkaagu uu khuseeyo tababarka adeeg bixiyayaasha daryeelka caafimaad.
<ul style="list-style-type: none"> Privacy of your healthcare information except as required by law or insurance company contracts. 	<ul style="list-style-type: none"> Gaar ahaanshaha macluumaadka daryeelkaaga caafimaad laga reebo sida sharcigu u baahanyahay ama qandaraasyada shirkada caymiska.
<ul style="list-style-type: none"> Read and receive copies of your medical records within a reasonable amount of time. 	<ul style="list-style-type: none"> Akhri oo ku hel nuqulada diiwaanada caafimaad gudaha wadarka wakhtiga.
<ul style="list-style-type: none"> Know that when an emergency occurs and you are transferred to another facility, a responsible person/family member will be notified. 	<ul style="list-style-type: none"> Garo marka gurmaddu dhaco oo lagu wareejiyo xarun kale, qof masuu ah/xubin qoyska ah ayaa lagu wargelin doonaa.
<ul style="list-style-type: none"> Request assistance with information on advance directives for your healthcare. 	<ul style="list-style-type: none"> Codso caawimo wadata macluumaad ku saabsan dardaaran hore loo sii qoray ee daryeelkaaga caafimaad.
<ul style="list-style-type: none"> Be notified in advance to allow you to choose whether or not you would like to participate in experimental clinical research studies. 	<ul style="list-style-type: none"> Hore ha lagu sii wargeliyo inaad doorato haddii aad jeclaan lahayd ama aanad jeclayn inaad ka qayb gasho daraasadaha cilmi baadhida caafimaad.
<ul style="list-style-type: none"> Respectfully express dissatisfaction with the care you receive through a patient complaint/grievance policy. 	<ul style="list-style-type: none"> Si ixtiraam leh u muuji qanac la'aanta daryeelka aad ku hesho cabashada bukaanka/xeerka cabashada.
<ul style="list-style-type: none"> Restrict the use and disclosure of PHI. 	<ul style="list-style-type: none"> Xayir isticmaalka iyo shaacinta PHI.
<ul style="list-style-type: none"> Receive confidential communications. 	<ul style="list-style-type: none"> Hel wada xidhiidh qarsoodi ah.
<ul style="list-style-type: none"> Receive a copy of the Notice of Privacy Practices (NOPP). 	<ul style="list-style-type: none"> Ka hel nuqul Ogaysiiska Dhaqanada Gaar ahaanshaha (NOPP).
<ul style="list-style-type: none"> Receive an accounting of disclosures of PHI. 	<ul style="list-style-type: none"> Hel shaacanaha xisaabaadka ee PHI.
<ul style="list-style-type: none"> Revoke a prior authorization. 	<ul style="list-style-type: none"> Ka noqo oggolaanshe hore.
<ul style="list-style-type: none"> File a complaint for privacy violations by calling ICBS' Compliance Hotline at 1-855-515-0143 or contact the Office for Civil Rights: 	<ul style="list-style-type: none"> Ku soo gudbi xad gudubka gaar ahaanshaha addoo soo wacaya Khadka Cabashada Tooska ah ee ICBS lambarkan 1-855-515-0143 ma la soo xidhiidh Xafiiska Xuquuqda Rayidka:
Office for Civil Rights	Office for Civil Rights
U.S. Department of Health and Human Services	U.S. Department of Health and Human Services
2201 Sixth Avenue-M/S: RX-11	2201 Sixth Avenue-M/S: RX-11
Seattle, WA 98121-1831	Seattle, WA 98121-1831

Voice Phone (206)615-2290	Telefoonka Codka (206)615-2290
FAX (206)615-2297	FAGASKA (206)615-2297
TDD (206)615-2296	TDD (206)615-2296
You have the responsibilities to:	Waxaad haysataa masuuliyada aad ku:
<ul style="list-style-type: none"> • Ask questions if you do not understand what you are being told. 	<ul style="list-style-type: none"> • Waydiiso su'aalaha haddii aanad fahmin waxa lagu sheego.
<ul style="list-style-type: none"> • Tell us everything you know about your health history, current health, and any changes in your health. 	<ul style="list-style-type: none"> • Noogu sheegto inaad ogtahay taariikhdaada caafimaad, iyo isbeddel kasta oo caafimaadkaaga ah.
<ul style="list-style-type: none"> • Tell us about all medications, herbs, supplements, and over the counter (OTC) medications you may be taking. 	<ul style="list-style-type: none"> • Noogu sheegto dhammaan dawooyinka, dhirta dawada ah, kaabbida, iyo dawooyinka iyaga oon la qorin la iibsado (OTC) ee aad qaadan karto.
<ul style="list-style-type: none"> • Participate in your care by making decisions, following directions and accepting responsibility for your choices. 	<ul style="list-style-type: none"> • Kaga qayb gasho daryeelka addoo go'aamo ka gaadhaya, raacaya tilmaamaha oo aqbalaya masuuliyada ikhtiyaaradaada.
<ul style="list-style-type: none"> • Follow the treatment plan agreed upon with your provider. This includes following instructions of other health care professionals as they carry out the orders of the provider. 	<ul style="list-style-type: none"> • Aad ku raacdo qorshaha daawaynta ee lagula heshiiyay adeeg bixiyahaaga. Tan waxaa ka mid ah tilmaamaha soo socda ee xirfad yaqaanada daryeelka caafimaad oo kale marka ay fulinayaan amarada adeeg bixiyaha.
<ul style="list-style-type: none"> • Choose a family member or other person to represent you if you are unable to make your own health care decisions. 	<ul style="list-style-type: none"> • Doorato xubin qoyska ama qof kale si uu kuu metelo adiga haddii aanad awood u lahayn inaad gaadho go'anadaada daryeelka caafimaad.
<ul style="list-style-type: none"> • Treat other patients, visitors, volunteers and ICBS staff and property with courtesy and respect. 	<ul style="list-style-type: none"> • Ula dhaqano bukaanada, booqdayaasha, mutadawaciinta iyo shaqaalaha ICBS iyo hantida si xishmad iyo ixtiraam leh.
<ul style="list-style-type: none"> • Arrive on time for all appointments and let us know in advance you are unable to keep an appointment. 	<ul style="list-style-type: none"> • Ku timaado wakhti buure ah dhammaan ballamaha oo aad hore noo sii ogaysiiso inaad awood u lahayn inaad ballanka dhowrto.
<ul style="list-style-type: none"> • Provide accurate information for processing any insurance coverage, and to pay any co-payments, co-insurance amounts, and deductibles as requested in a timely manner. 	<ul style="list-style-type: none"> • Bixiso macluumaad sax ah wixii habbaynta daboolida kharashka caafimaad ah, oo aad ku bixiso wixii kharash la wada bixinayo, qadarada caymiska wadaaga ah, iyo jar jaridda sida loo codsado wakhti habboon.
<ul style="list-style-type: none"> • Inform your provider about any existing advance directive or medical power of attorney. 	<ul style="list-style-type: none"> • Aad ku wargeliso adeeg bixiyahaaga wixii dardaraan hore loosii qoray oo jiray ama awooda qareenka caafimaad.
<ul style="list-style-type: none"> • Conduct yourself in an appropriate manner while receiving services from ICBS staff or at ICBS facilities and events. Failure to follow instructions from ICBS staff, comply with policies and treatment agreements, or when refusal of treatment prevents the delivery of safe and appropriate care, the relationship with the patient may be terminated with notice. 	<ul style="list-style-type: none"> • Aad ula dhaqanto naftaada qaab habboon marka aad adeegyada ka helayso shaqaalaha ICBS ama xarumaha ICBS iyo dhacdooyinka. Ku guul daraysiga in la raaco tilmaamaha shaqaalaha ICBS, loo hoggaansamo xeerarka iyo heshiisyada daawaynta, ama marka diidmada daawayntu ka hortaggo gudbinta daryeelka badbaada leh ee habboon, xidhiidhka lala leeyahay bukaanka waxaa lagu joojin karaa ogaysiiskan.
Patient's Signature/Print Name	Saxeexa Bukaanka/Daabac Magaca
Date	Taariikhda
ATTENTION: Language assistance services are available to you free of charge. Please contact the Compliance Officer at 1-855-515-0143 or 206-788-3774 (TTY).	DIGTOONI: Caawimada adeegyada luqadda waxaa laguugu heli karaa adiga bilaash. Fadlan kala xidhiidh Sarkaalka U hoggaansanaata lambarkan 1-855-515-0143 ama 206-788-3774 (TTY).

TAARIKH CAAFIMAAD

Lab Dhedig

Magac Bukaanku: _____ Taariikh Dhalasho: _____

Lambar Teleefon: _____ Luqadda la Doortay: _____

Cinwaan: _____

Qowmiyad: Hindi Maraykan / Dhalad Alaska Ayshiyani Madaw ama Afrikan Ameerikan Dhalad Haawaay Dad
 Jasiirad Baasiifig oo Kale Cadaan Ka badan hal sinji Ma jeceli inaan sheego

Magac Dhakhtar: _____ Taariikhda baadhista jidhka ee ugu dambaysay: _____

Bukaanku hadda ma wuxu ku jiraa daryeel dhakhtar? HAA MAYA

Hadday haa tahay, waa maxay sababtu? _____

Bukaanku hadda ma qaataa wax ah dawooyin/daroogo/kiniin? HAA MAYA

Hadday haa tahay, fadlan qor _____

Bukaanku diidmo ama alerji ma u leeyahay (ama diidmo ma u yeeshay) wax ah dawooyin? HAA MAYA

Hadday haa tahay, fadlan sharax: _____

Bukaanku diidmo ama alerji ma u leeyahay cinjirka (latex)? HAA MAYA

Bukaanku ma yeeshay wax ah diidmooyin jidh oo aan caadi ahayn ama la fahmin wakhti lagu jiray hawlga qalliin? HAA MAYA

Hadday ha tahay, fadlan sharax: _____

Bukaanku wuxu leeyahay caymis ama inshuuranis ilko (waxa ku jira Medicaid, SCHIP, iwm.) HAA MAYA

Magaca Shirkadda Caymiska: _____

Magaca Diiwaansanaha Caymiska: _____ Waxa la Isu Yahay Bukaanka: _____

Caymis #: _____ Koox #: _____ Dhalashada Diiwaansanaha Caymiska: _____

Taariikh Hirgalid: _____ Taariikh Dhicid: _____ Adeegga Macaamiisha taleefonkooda: _____

Bukaanka marna ma soo mareen mid ka mid ah waxyaabahan soo socda? (Fadlan calaamadee kulli inta khuseysa.)

Cadaadis Dhiig oo Aan Caadi Ahayn	<input type="checkbox"/>	Lahaansho Qallal/Suuxdin	<input type="checkbox"/>	Lafo-khafiifsan	<input type="checkbox"/>
ADD (Attention Deficit Disorder) (Ciladda Yaraanta Feejignaanta)	<input type="checkbox"/>	Suuxid/Miyir-beelid Marmar ah	<input type="checkbox"/>	Dhiig-bax Mudo Dheer Jiray	<input type="checkbox"/>
Walfid ama Balwad Aalkolo/Khamri	<input type="checkbox"/>	Dhibaatooyin ah Caloosha iyo Xiidmaha (GERD)	<input type="checkbox"/>	Qalab Lagu Rakibay	<input type="checkbox"/>
Dhiig-yaraan	<input type="checkbox"/>	Dhibka Indhaha ee Gulukooma (Glaucoma)	<input type="checkbox"/>	Daryeel Laga Siiyaay Cudur Maskaxda ah	<input type="checkbox"/>
Xanuun Laf Laabato /Ruumatiisim	<input type="checkbox"/>	Dhib ah Maqalka	<input type="checkbox"/>	Saaris Beeryaro	<input type="checkbox"/>
Albaab/Faalaf Wadne oo Artifishal ah (Artificial Heart Valve)	<input type="checkbox"/>	Cudur/Qalitaan ah Wadnaha	<input type="checkbox"/>	Qandho Ruumatiisim	<input type="checkbox"/>
Laabato ah Artifishal oo Lagu Rakibay	<input type="checkbox"/>	Sanqadh Wadne	<input type="checkbox"/>	Cudur Wadne oo Ruumatiisim Leh	<input type="checkbox"/>
Cudurka Neefta	<input type="checkbox"/>	Qalabka Garaaca Wadnaha Hagaajiya	<input type="checkbox"/>	Cudurka Dhiigga ee Sikal Seel (Sickle Cell)	<input type="checkbox"/>
Dhibaato Habaabid Difaac Jidh (Autoimmune) (Lupus/MS)	<input type="checkbox"/>	Joogsi La'aan Dhiig (Hemophilia)	<input type="checkbox"/>	Dhib ah Sanbuuqda Sanka	<input type="checkbox"/>
Kaansar	<input type="checkbox"/>	Cagaarshow/Joonis <input type="checkbox"/> A <input type="checkbox"/> B <input type="checkbox"/> C	<input type="checkbox"/>	Faalig (Stroke)	<input type="checkbox"/>
Daweynta ah Raajo/Shucaac	<input type="checkbox"/>	HIV/AIDS Laga Helay	<input type="checkbox"/>	Dhib ah Qanjidhka Qoorta	<input type="checkbox"/>
Daweyn ah Kiimiko (Chemotherapy)	<input type="checkbox"/>	Dhib ah Kalyaha/Sifeyn Kaadi	<input type="checkbox"/>	Tiibay/Tiibisho	<input type="checkbox"/>
Kolesterool	<input type="checkbox"/>	Naafonimo ah Waxbarashada	<input type="checkbox"/>	Burooyin	<input type="checkbox"/>
Cudur Wadne oo Uu Ku Dhashay	<input type="checkbox"/>	Cudur ah Beerka	<input type="checkbox"/>	Boogo	<input type="checkbox"/>
Sonkorow/Macaan	<input type="checkbox"/>	Cudur Wadne	<input type="checkbox"/>	Cudur Galmo la Isugu Gudbiyo	<input type="checkbox"/>
Cilad ah Cunista Cuntada	<input type="checkbox"/>	Faalafka Laba-geeslaha ah ee Wadnaha oo Soo Dhacay (Mitral Valve Prolapse)	<input type="checkbox"/>	Kursi Curyaan	<input type="checkbox"/>
Daroogo Loo Qaato Raaxaysi	<input type="checkbox"/>	Cilado ah Dareemeyaasha ama Maskaxda	<input type="checkbox"/>	Lumid/korodh miisaan oo dhakhso ah	<input type="checkbox"/>
Sambab Barar (Emphysema)	<input type="checkbox"/>	Xubin Jidh oo Lagu Tallaalay	<input type="checkbox"/>		

Bukaanka ma soo maray cudur kale oo culus, cisbitaal dhigid ama shil?

HAA MAYA

Hadday haa tahay, fadlan sharax: _____

Bukaanku hadda sigaar ma cabbaa ama ma isticmaalaa waxyaabahan ka sameysan tubaako ee soo socda?

Sigaar Sigaarka Waaweyn Beeb Tubaakada la Calaashado Midna

Bukaanku hadda ka hor ma isticmaalay wax laga HAA MAYA Hadday haa tahay, immisaa laga joogaa? _____
sameeyay tubaako?

Bukaanku ma cabbaa cabbitaan ah aalkolo/khamri? HAA MAYA Hadday haa tahay, qaddar intee le'eg? _____

Bukaanka tallaaladu ma u jadiidsan yihiin ama ma u HAA MAYA

dhan yihiin?

BUKAANKA HAWEEN AH, fadlan goobo gali HAA ama MAYA.

Uur ma leedahay? HAA MAYA Ma naas-nuujsaa? HAA MAYA Ma qaadataa dawooyinka xadeynta dhalmada? HAA MAYA

Faallooyin:

TAARIKHDA ILKAHA

Taariikhda u Tagistii Dhakhtarka Ilkaha ee Ugu Dambaysay: _____

Fadlan calaamadee kulli inta khuseysa bukaanka.

HAA

Bukaanka ciridku ma dhiigaa marka uu cadayanayo ama burush marinayo ama xadhko ku xoqoyo?

Bukaanka ilkihiisu dareen ma u leehiyiin cuntooyinka/cabbitaanada kulul ama qabow?

Bukaanka ilkihiisu dareen ma u leeyihiin cuntooyinka/cabbitaanada macaan ama dhanaan?

Bukaanku xanuun ma ka dareemaa mid ka mid ah ilkahiisa?

Bukaanku ma leeyahay nabaro ama burooyin ah afka ama u dhow?

Bukaanka ma ku dhaceen dhaawacyo ah madaxa, qoorta ama daanka?

Bukaanku ma leeyahay madax-xanuun marrar badan ah?

Bukaanku ma isku xejyaa ama isku xoqaa ilkaha oo ma jiriqsadaa?

Bukaanku ma iska qaniinaa dibnaha ama canka marrar badan?

Bukaanku ma isku arkay mid ka mid ah kuwan soo socda?

Sanqadh ah daanka Xanuun (ah laabato, dheg, dhinac waji) Dhib ah furista ama xidhista afka

Dhib ah calaajinta

Bukaanka ma loo sameeyay shaqo ah ilko toosin?

Bukaanku abidkii ma yeeshay dhiig-bixid mudo dheer socotay ka dib ilko saarid?

Bukaanka abidkii ma la siiyay cashar ama fariimo ku saabsan habka saxda ah ee loo cadaydo ama burush loo mariyo ilkaha?

Bukaanka abidkii ma la siiyay cashar ama fariimo ku saabsan daryeelka ciridka?

Faallooyin:



KU DHAQANKA OGAYSIISKA GAAR AHAANSHAHA MAHAD NAQ

Si aad ugu hogaansanto caymiska Caafimaad ee Qaadasahda iyo Xeerka la Xisaabtanka (HIPAA), Sharciga Gaar ahaanshaha, ICHS ayaa loo baahanyahay si uu kuu siiyo Ku dhaqankayaga Ogaysiiska Gaar ahaanshaha. Tani waa in lagugu wargeliyo adiga in aanu ka hayno diiwaanka adeegyada daryeelka caafimaad ee aanu bixino. Waxaad waydiin kartaa in aad aragto nuqul diiwaankaas ah. Waxaa dhici karta in aad sidoo kale waydiiso in aad saxdo diiwaanka. Uma shaacin doono diiwaankaaga kuwa kale iyaddoo aan nagu jihayso in aanu sidaas samayno mooyee ama iyaddoo sharcigu ogolaado mooyee ama uu nagu khasbo in aan sidaas samayno. Wixii macluumaad dheeraad ah, fadlan la xidhiidh waaxdayada Diiwaanka Caafimaad:

International District Clinic	(206) 788-3712
Holly Park Clinic	(206) 788-3541
Bellevue Clinic	(425) 373-3012
Shoreline Clinic	(206) 533-2612

Foomkan waxaa lagu hayn doonaa diiwaankaaga caafimaad.

Saxeexayga hoose waxaan ku qirayaa helitaanka Ku dhaqanka Ogaysiiska Gaar ahaanshaha.

Magaca Buuxa ee Bukaankii jiiifka (DAABAC)

Taariikhda dhalasho ee bukaanka

Saxeexa bukaanka ama wakiil amar haysta (haddii bukaanka ka yar yahay 18)

Taariikh

Magaca oo baabacan ee wakiilka u saxeexay bukaanka

Xidhiidhka

Fiiro

****Koobi ayaa la siiyay bukaanka ama wakiilka amar haysta.****

Ogeysiiska Hab-dhaqannada Asturnaanta

(Taariikhda Hirgalidda Sibtember 2013)

OGEYSIISKANI WAXA UU SHARAXAYAA SIDA MACLUUMAADKA CAAFIMAADKA
EE ADIGA KUGU SAABSAN LOO ISTICMAALI DOONO LOONA BIXIN DOONO IYO
SIDA ADIGU AAD MACLUUMAADKAN KU HELI KARTID.

FADLAN SI TAXADIR LEH U AKHRI.

Waxa sharcigu naga rabaa in aanu illaalino asturnaanta macluumaadka caafimaadka ee badbaadsan oo aanu ku siino ogeysiiska waajibaadkayaga sharci iyo hab-dhaqannadayada asturnaanta ee la xidhiidha macluumaadkaas. Waxa la naga rabaa in aanu adeecno qodobada Ogeysiiska Hab-dhaqannada Asturnaanta ee hadda jira, laakiin waxa noo dhawrsan xaqa in aanu wax ka beddelno qodobadaas wakhti kasta. Wixii isbeddelo ah waxay noqon doonaan kuwo hirgalaya isla markiiba waxana aad ka heli kartaa bartayada internetka (www.ichs.com).

SIDA AANU U ISTICMAALI KARNO UNA BIXINA KARNO MACLUUMAADKAAGA CAAFIMAADKA EE BADBAADSAN

Daweyn Daraadeed. Waxa aanu macluumaadkaaga caafimaadka u isticmaali karnaa in aanu ku siino daweyn. Waxa aanu macluumaadka caafimaadka ee adiga kugu saabsan siin karnaa dhakhaatiir, kalkaalisooyin ama shaqaalaha cisbitaalka ee kale ee lug ku leh daryeelka lagugu siinayo cisbitaalka. Tusaale ahaan, waxa laga yaabaa in dhakhtarkaagu u baahdo inuu takhasusleyaal kala tashado daryeelkaaga. Macluumaadkaaga caafimaadka ee badbaadsan ayaa lala wadaagi doonaa si looga caawiyo inay fahmaan baahiyahaaga daryeel caafimaad.

Lacag-bixin. Waxa aanu isticmaali karnaa ama bixin karnaa macluumaadkaaga caafimaad ee badbaadsan si kharashka daweynta iyo adeegyada aad ka heshid International Community Health Services (“ICHS” ama “anaga”) loogu dalaco adiga, shirkad caymis ama cid saddexaad. Tusaale ahaan, waxa laga yaabaa in aanu u baahano in aanu caymiskaaga caafimaadka siino macluumaad ku saabsan qalitaan lagu sameeyay si caymiskaaga caafimaadku noo siiyo lacag ama adiga kuugu soo celiyo kharashka qalitaanka. Macluumaadkaaga caafimaadka ee badbaadsan ma siin doono lacag-bixiye ah cid saddexaad iyada oo aan adiga lagaa haysan oggolaansho iyada oo sharcigu oggol yahay in sidaa la sameeyo mooyaane. Waxa aad xaq u leedahay inaad weydiisatid xadeyn la saaro bixinta macluumaadka caafimaadka ee badbaadsan ee la siin lahaa caymis caafimaad ama cid kale marka macluumaadkaasi ku saabsan kaliya daryeel caafimaad ama adeeg uu lacag naga siiyay adiga ama qof kale oo wakiil kaa ahaa (oo aan ahayn caymis caafimaad), waxana la naga rabaa in aanu aqbalno codsi sidaas oo kale ah.

Hawlaha Daryeelka Caafimaadka. Waxa laga yaabaa in aanu isticmaalno oo bixino macluumaadkaaga caafimaadka ee badbaadsan si loo fuliyo hawlo daryeel caafimaad. Icticmaaladaas iyo bixinnadaasi waxay lagama-maarmaan u yihiin in la sugo in dhammaan bukaankayagu ay helaan daryeel tayo leh. Tusaale ahaan, waxa laga yaabaa in aanu isticmaalno macluumaad caafimaad si loo qiimeeyo adeegyo daryeel caafimaad oo lagu siiyay ama si loo qiimeeyo waxqabadka shaqaalahayaga.

ISTICMAALADA KALE EE LA OGGOL YAHAY EE LAGU SAMEYN KARO MACLUUMAADKAAGA CAAFIMAADKA EE BADBAADSAN IYADA OO AAN LOO BAAHAN OGGOLAANSHO HORMARIS AH OO LAGAA HELO

Shuraako Ganacsi. Qaar ka mid ah adeegyada laga bixinayo ICHS waxa loo maraa qandaraasyo lala galo shuraako ganacsi. Tusaalooyinka waxa mid ah shaybaadh, xisaab-hubiyeyaal dibadda ah, qareeno dibadda ah iyo kuwo kale. Markasta oo aanu heshiis u dhexeeya shuraako ganacsi iyo ICHS uu keenayo isticmaalka ama bixinta macluumaadkaaga caafimaadka ee badbaadsan, waxa aanu yeelan doonaa heshiis qoran oo badbaadin doona asturnaanta macluumaadkaaga caafimaadka ee badbaadsan.

Isgaadhsiin Lala Yeesho Cid Caawimaad ka Geysanaysa Gurmada Masiibo - Waxa laga yaabaa in aanu siino macluumaadka caafimaadka ee badbaadsan cid caawimaad ka geysanaysa gurmada masiibo si qoyskaaga loo ogeysiin karo xaaladdaada, sida aad tahay, iyo goobtaada.

Xusuusin Ballamo - Waxa laga yaabaa in aanu kula soo xidhiidhno si lagu xusuusiyo inaad leedahay ballan ku saabsan daweyn ama adeegyo daryeel caafimaad oo ah ICHS.

Daweyn Beddelaad ah – Waxa laga yaabaa in aanu macluumaadka caafimaadka ee badbaadsan isticmaalno si laguugu sheego ama laguugu taliyo ikhtiyaaro daweyn oo suurtoagal ah ama beddelaadyo laga yaabo in aad xiiseynaysid.

Cilmi-baadhis - Xaaladaha qaarkood markay jiraan, ICHS waxa laga yaabaa inay isticmaasho oo bixiso macluumaad caafimaad dadweyne sababta oo ah ujeedooyin cilmi-baadhis caafimaad. Xaaladaha badidooda, waxa aanu ku weydiin doonaa inaad bixisid oggolaansho gaar ah haddii cilmi-baadhuu uu heli doono magacaaga, adreskaaga, ama macluumaad kale oo sheegaya qofka aad tahay. Ka hor inta aanaanu macluumaad caafimaad u isticmaalin ama u bixin cilmi-baadhis. Xaaladaha badidooda, waxa aanu ku weydiin doonaa inaad bixisid oggolaansho gaar ah haddii cilmi-baadhuu uu heli doono magacaaga, adreskaaga, ama macluumaad kale oo sheegaya qofka aad tahay. Waxa laga yaabaa, hase yeeshee, in aanu macluumaad caafimaad oo adiga kugu saabsan siino dad diyaarinaya mashruuc cilmi-baadhis in alaale inta macluumaadka caafimaadku aanu dibadda uga bixin ICHS.

Sida Uu Amrayo Sharcigu - Waxa aanu macluumaadkaaga caafimaadka ee badbaadsan bixin doonaa marka in sidaa la sameeyo uu rabo sharciga federalka, gobolka, ama degmada.

Si Looga Baxsado Halis Culus oo ku Soo Fool Leh Caafimaadka ama Ammaanka - Waxa laga yaabaa in aanu isticmaalmo oo bixino macluumaadka caafimaadka ee badbaadsan marka ay lagama-maarmaan tahay si looga hortago halis culus oo ku soo aadan caafimaadkaaga ama caafimaadka iyo ammaanka dadweynaha ama qof kale. Hase yeeshee, bixin kasta oo la sameeyo waxay noqonaysaa mid la siiyo qof awoodi kara inuu ka hortago halista.

Deeqda Xubin iyo Cad Jidh - Haddii aad tahay deeq-bixiye xubin jidh, waxa laga yaabaa in aanu macluumaadkaaga caafimaadka ee badbaadsan siino hay'adaha ka shaqeeya keenista xubin jidh ama rakibidda xubin, il, ama cad ama siino kayd deeq-bixin xubin, taasoo ah sida ay lagama-maarmaan ugu tahay in la fududeeyo deeq-bixinta iyo rakibidda xubin ama cad jidh.

Ciidanka iyo Soo-yaalka Ciidan - Haddii aad ka tirsan tahay ciidamada qalabka sida, waxa laga yaabaa in aanu macluumaadkaaga caafimaadka ee badbaadsan u bixino sida ay u rabaan madaxda taliska ciidanka. Waxa kale oo laga yaabaa in aanu macluumaadka caafimaadka ee badbaadsan ee ku saabsan qof ka tirsan ciidan ajanabi siino madaxa ciidan ajanabi ee haboon.

Magdhow Shaqaale - Waxa laga yaabaa in aanu bixino macluumaadkaaga caafimaadka ee badbaadsan oo siino magdhowga shaqaalaha ama barnaamijyo la mid ah. Barnaamijyadaasi waxay bixiyaan kaalmooyin marka ay jiraan dhaawacyo ama cuduro la xidhiidha shaqo.

Caafimaadka Dadweynaha - Sida uu rabo sharcigu, waxa laga yaabaa in aanu macluumaadka caafimaadka ee badbaadsan siino hay'adda caafimaadka dadweynaha ama maamul sharci ah oo u xilsaaran ka hortagga ama xakameynta cudur, dhaawac, ama naafo.

Hawlaha Kormeerka Caafimaadka - Waxa laga yaabaa in aanu macluumaadka caafimaadka ee badbaadsan siino hay'ad kormeer caafimaad sababta oo ah hawlo uu oggolaaday sharcigu. Hawlahaas kormeeridda waxa ka mid ah, tusaale ahaan, xisaab-hubin, baadhitaano, hubin, iyo liisan bixin. Hawlahaasi waxay lagama-maarmaan u yihiin in dawladdu la socoto nidaamka daryeelka caafimaadka, barnaamijyada dawladda, iyo adeecidda xeerarka xuquuqda madaniga.

Dacwado iyo Muran - Haddii aad ku jirtid dacwad ama muran, waxa laga yaabaa in aanu macluumaadkaaga caafimaadka ee badbaadsan bixino si looga jawaabo amar maxkamad ama maamul. Waxa kale oo laga yaabaa in aanu macluumaadkaaga caafimaadka ee badbaadsan bixino si looga jawaabo yeedhis maxkamad, codsi daah ka qaadis, ama hab kale oo sharci ah oo uu la yimaado qof kale oo ku jira muranka.

Fulinta Sharciga - Waxa laga yaabaa in aanu macluumaadkaaga caafimaadka ee badbaadsan bixino haddii in sidaas la sameeyo uu weydiisto sarkaalka fulin sharci:

- Lyada oo laga jawaabayo amar maxkamad, yeedhis maxkamad, amar imaansho maxkamad, amar yeedhis maxkamad, ama hab la mid ah;
- Si loo garto oo loo helo la-tuhme, qof baxsad ah, markhaati goobjooge ah, ama qof la waayay;
- Lyada oo ku saabsan dhibane dambi haddii, marka ay jiraan xaalado gaar ah oo xadidan, aanaanu awoodin in aanu helno oggolaanshaha qofka;
- Lyada oo ku saabsan geeri aanu rumeysanahay inay ku timid fal dambi;

- Iyada oo ku saabsan dhaqan dambi ah oo ka dhacay ICHS;
- Marka ay jiraan xaalado kedis ama degdeg ah si looga warbixiyo dambi; goobta dambiga ama dhibaneyaasha; ama aqoonsiga, sharaxaadda, ama goobta qofka galay dambiga.

Geeri Baadheyaal, Baadheyaal Caafimaad, iyo Maamuleyaal Aasid - Waxa laga yaabaa in aanu macluumaadkaaga caafimaadka ee badbaadsan siino geeri baadhe ama baadhe caafimaad. Tan wax laga yaabaa inay lagama-maarmaan tahay, tusaale ahaan, si loo garto qof dhintay ama loo go'aamiyo sababta geeri. Waxa kale oo laga yaabaa in macluumaadka caafimaadka ee ku saabsan bukaanka cisbitaal aanu siino maamuleyaal aasid taasoo ah sida ay lagama-maarmaan ugu tahay gudashada waajibaadkoodka.

Hawlaha Ammaanka Qaranka iyo War-ururinta - Waxa laga yaaba in aanu macluumaadkaaga caafimaadka ee badbaadsan siino saraakiisha federalka ee amar haysta sababta oo ah war-ururin, lid-war-ururin, iyo hawlo ammaan qaran oo kale oo uu oggolaaday sharcigu.

ISTICMAALO IYO BIXINNO CAYIMAN OO U BAAHAN OGGOLAANSHO

Badi isticmaalka iyo bixinta qoraalada daweynta maskaxda, isticmaalka iyo bixinta macluumaadka caafimaadka ee badbaadsan ee ujeedkiisu yahay suuq-geyn, bixinta noqonaysa iibin macluumaad caafimaad oo badbaadsan, iyo isticmaalo iyo bixinno kale oo ku saabsan macluumaad caafimaad oo badbaadsan oo aan lagu sheegin Ogeysiiskan waxa kaliya ee la sameyn doonaa marka lagaa haysto oggolaansho qoran. Haddii aad ICHS siisid oggolaansho in la isticmaalo ama la bixiyo macluumaadka caafimaadka ee badbaadsan, waxa aad dib uga noqon kartaa oggolaanshahaas, wakhti kasta, qoraal ahaan. Haddii aad dib uga noqotid oggolaanshahaaga, waanu joojin doonaa in aanu macluumaadkaaga caafimaadka ee badbaadsan u isticmaalno ama u bixino sababaha uu sheegayo oggolaanshahaaga qoran. Waa inaad fahamtid in aanaanu awoodin in aanu dib u soo celino wixii bixin ah ee aanu hore u sameynay iyada oo la adeegsanayay oggolaanshahaaga, iyo in la naga rabo in aanu hayno diiwaanada daryeelka aanu ku siinay.

Isgaadhsiin Lala Yeesho Qoyska iyo Saaxiibo - Waxa laga yaabaa in aanu macluumaadkaaga caafimaadka ee badbaadsan la wadaagno xubno qoys ama saaxiibo lug ku leh daryeelkaaga iyo/ama bixinta kharashka daryeelkaaga haddii aad noo sheegtid in aanu sidaa sameyn karno, ama haddii aanad diidin wadaagista macluumaadkan. Waxa kale oo laga yaabaa in aanu macluumaad muhiim leh la wadaagno dadkaas haddii, anaga oo isticmaalayna garaadkayaga xirfadeed, aanu rumeysan nahay in aanad diidanayn.

XUQUUQDAADA KU SAABSAN MACLUUMAADKAAGA CAAFIMAADKA EE BADBAADSAN

Inkasta oo diiwaankaaga caafimaad uu yahay hanti ay leedahay ICHS, adiga ayaa iska leh macluumaadkaaga caafimaadka ee badbaadsan. Waxa aad leedahay xuquuqda soo socota ee ku saabsan macluumaadkaaga caafimaadka ee badbaadsan:

Xaq Ogeysiiskan - Waxa aad xaq u leedahay koobi waraaq ah oo ah Ogeysiiskan. Waxa aad na weydiisan kartaa in aanu ku siino koobi wakhti kasta. Waxa kale oo koobi ah ogeysiiskan aad ka heli kartaa bartayada internetka: www.ichs.com.

Xaq Inaad Fiirisid oo Koobigareysid - Waxa aad xaq u leedahay inaad fiirisid oo koobi ka heshid macluumaadka daryeelka caafimaadka qaarkood ee kugu saabsan uuna ku jiro diiwaanada lacag-dalacidda. Waa inaad codsigaaga ku soo gudbisid qoraal ahaan kuna soo hagaajisid:

International Community Health Services
Attn: Health Center Manager
PO Box 3007, Seattle WA 98114-3007

Haddii aad weydiisatid koobi ah macluumaadkaas caafimaad ee badbaadsan, waxa laga yaabaa in aanu kharash saarno hawlaha koobigareynta, ku soo dirista boosta, ama alaabta kale ee la xidhiidha codsigaaga.

Waxa dhici karta in aanu diidno codsigaaga inaad fiirisid oo koobigareysid marka ay jiraan xaalado xadeysan oo cayiman. Haddii lagu diido inaad heshid diiwaankaaga caafimaadka, waxa aad weydiisan kartaa in diidmada dib looga fiirsado. Waanu adeeci doonaa natijada ka soo baxda dib-u-fiirinta.

Xaq Weydiisasho Wax-ka-beddelid - Waxa aad xaq u leedahay inaad weydiisatid in macluumaadkaaga caafimaadka ee badbaadsan wax laga beddelo adiga oo codsi qoraal ah siinaya Maamulhayaga Xarunta Caafimaadka. Waxa aanu xaq u leenahay in aanu diidno codsigan marka ay jiraan xaaladaha qaarkood. Waxa aad soo qoran kartaa hadal khilaafid haddii codsigaaga la diido. Hadalka khilaafidda waxa lagu kaydin doonaa diiwaankaaga caafimaadka, waxana lagu dari doonaa bixin kasta oo lagu sameeyo diiwaanada.

Xaqa Xisaabin Lagu Sameeyo Bixinta - Waxa aad xaq u leedahay inaad heshid xisaabinta bixinta. Kani wuxu ku saabsan yahay diiwaanka bixinnada qaarkood ee aanu ku sameynay macluumaadkaaga caafimaadka ee badbaadsan iyada oo waafaqsan sharciga.

Waa inaad codsigaaga oo qoraal ah u keentid Maamulaha Xarunta Caafimaadka. Waxa dhici karta in aanu ku saarno kharashka siinta diiwaanka. Waanu ku ogeysiin doonaa kharashka meesha ku jira, waxana aad dooran kartaa inaad codsigaaga dib uga noqotid ama wax ka beddeshid wakhtigaas ka hor inta aanu ku fuulin wax kharash ah. Maamulaha Xarunta Caafimaadka waxa lagala xidhiidhi karaa adreeska soo socda:

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Attn: Health Center Manager
PO Box 3007, Seattle WA 98114-3007

Xaqa Codsiga Xadeynta - Waxa aad xaq u leedahay inaad na weydiisatid in aanu xadeyno isticmaalada iyo bixinnada qaarkood ee ku saabsan macluumaadka caafimaadka ee badbaadsan. Tusaale ahaan, waxa aad na weydiisan kartaa in aanu xad u yeelno macluumaadka caafimaadka ee badbaadsan ee aanu siino qof lug ku leh daryeelkaaga ama bixinta kharashka daryeelkaaga. Waxa aad na weydiisan karta in aanaanu isticmaalin ama in macluumaadkaaga caafimaadka ee badbaadsan ee ku saabsan qalitaan lagu sameeyay aanaanu siin xubin qoys ama saaxiib. Waa inaad codsigaaga qoraal ahaan ugu soo gudbisid Maamulaha Xarunta Caafimaadka. Codsigaaga dhexdiisa, waa inaad noogu soo sheegtid (1) ka uu yahay macluumaadka aad rabtid in la xadeeyo; (2) inaad rabtid in la xadeeyo isticmaalkayaga, bixinta ama labadaba; iyo (3) cidda aad rabtid in lagu dabaqo xadeynta, tusaale ahaan, macluumaad la siin lahaa xaaskaaga/saygaaga; hase yeeshee, qasab naguma ah in aanu aqbalno xadeynta la codsaday.

Xaqa Codsiga Isgaadhsiin Qarsoodi ah - Waxa aad xaq u leedahay inaad na weydiisatid in marka ay jiraan arrimo caafimaad qaarkood aanu kuula soo xidhiidhno hab gaar ah ama kaala soo xidhiidhno goob gaar ah. Tusaale ahaan, waxa aad na weydiisan kartaa in aanu kaala soo xidhiidhno kaliya shaqada ama boostada.

Si aad u weydiisatid isgaadhsiin qarsoodi ah, waa inaad codsigaaga qoraal ahaan ugu soo gudbisid Maamulaha Xarunta Caafimaadka. Kuma weydiin doono sababta codsigaaga. Waa in codsigaagu sheegayo sida ama goobta aad rabtid in lagaala soo xidhiidho. Waanu tixgalin doonaa dhammaan codsiyada caqli-gal ah.

Xaqa in Lagu Soo Ogeysiiyo Xadgudub – Waxa aad xaq u leedahay in lagu soo ogeysiiyo xadgudub lagu sameeyay macluumaad caafimaad oo badbaadsan oo baylah ahaa.

Cabashooyin

Haddii aad aaminsan tahay in lagu xadgudbay xuquuqdaada asturnaanta, waxa aad la xidhiidhi kartaa ICHS Compliance Officer (Sarkaalka Adeecidda ee ICHS) oo lambarkiisu yahay 206.788.3658 ama cabashadaada qoraal ahaan ugu soo gudbi ICHS Compliance Officer (Sarkaalka Adeecidda ee ICHS) oo adreeskiisu yahay PO Box 3007; Seattle, WA 98114-3007.

Waxa kale oo aad cabasho ka xereysan kartaa Secretary of the U.S. Department of Health and Human Services (Xoghayaha Wasaaradda Caafimaadka iyo Adeegyada Bini'aadanka ee Maraykanka).

Tayada daryeelkaagu ma gali doonto halis ama lagaama aargoosan doono sababta oo ah cabasho aad xereysatay.

Haddii aad qabtid wax su'aalo ah oo ku saabsan ogeysiiskan, fadlan ICHS Compliance Officer (Sarkaalka Adeecidda ee ICHS) kala xidhiidh 206.788.3658.