

MAGACAABID, BEDDELID, AMA JOOJINTA WAKIILKA SHARCIYEYSAN: QOF (APPOINT, CHANGE, OR REMOVE AN AUTHORIZED REPRESENTATIVE: PERSON)

Soo buuxi oo soo dir foomka Magacaabidda, Baddelida, ama Joojinta ee Wakiil Sharciyeysan: Foomka qofka, F10126A, oo ah magacaabid, Beddelid, ama Joojinta Wakiil Sharciyeysan.

Soo buuxi oo soo dir foomka Magacaabidda, Baddelida, ama Joojinta ah **urur** kuu noqoda wakiil sharciyeysan [Magacow, Beddel, ama Jooji Wakiil Sharciyeysan: Foomka ururka, F-10126B](#), ama.

Haddii uu jiro qof masuul kaaga ah hanti guriyeed, qof masuul ka ah qof kale iyo hanti dhuleed, masuul guud oo sharci ah, ama ilaaliye, qofku waa in uu kuu magacaabo wakiil sharciyeysan haddii aad rabto qof kale oo aan ahayn qofka kuu ah wakiilka sharciyeysan. Haddii uu jiro qof aad awood u siisay in kuugu hadlo, adiga iyo qofka kuu hadli kara ayaa magacaabi kara wakiilka sharciyeysan.

Macluumaadka shakhsiga ahaan laguugu garan karo ee foomkan ku qoran waxa keliya ee isticmaali kara waa maamulka barnaamijyada kala ah Wisconsin Medicaid, BadgerCare Plus, FoodShare, Family Planning Only Services, iyo Caretaker Supplement.

Macluumaadka Wakiilka Sharciyeysan

Wakiilka sharciyeysan waa qof aqoon u leh adiga iyo xaalka nololshaada guriga oo waa qof aad aaminsan tahay in uu kuu hadlo. Qof kasta ayaa kuu noqon kara wakiil sharciyeysan **marka laga reebo** dadka soo socda:

- Dadka khalad ay sameeyeen awgeed loogu diido barnaamijka FoodShare ma noqon karaan wakiil sharciyeysan xilliga loo diidayo barnaamijka ilaa ay dhacdo in la soo waayo qof kale oo noqon kara wakiil sharciyeysan.
- Dadka cuntada u geeya dadka ay hayso hoy la'aanta uma noqon karaan wakiil sharciyeysan goob ay ku nool yihiin dad ah hoy la'aan. (Goob cunto waa meel ay ku nool yihiin hal ama laba qof oo markaas soo iibsada cuntada ay karsanayaan.)
- Shaqaalaha xaqiijiya sida xaq loogu yeesho ama lagu heli karo barnaamij ma noqon karaan wakiil sharciyeysan. Caddeyn qoran oo gaar ah ayaa la siin karaa si ay u noqdaan wakiil sharciyeysan marar ay jirto xaalado gaar ahaaneed.
- Dukaamada wax looga iibsado kaarka ama lacagta FoodShare ma noqon karaan wakiil sharciyeysan.

Marka qof loo magacaabo in uu noqdo wakiil sharciyeysan, waxa uu kugu matali karo waa waxyaabaha soo socda oo dhan:

- In uu codsi kuu soo buuxiyo oo soo gudbiyo
- In uu soo sheego macluumaad ah wixii is beddela
- In uu xafiiska kala shaqeeyo arrimaha waxyaabaha lagu siiyo
- In uu cabasho iyo racfaan ka soo gudbiyo wax aad xaq u leedahay oo aad codsaneyso ama aad qaadato

Waxa kale oo aad kala dooran kartaa haddii uu wakiilka sharciyeysan heli karo koobbiga waraaqaha waxa aad xaq u leedahay ama aad qaadato, in loo diro kaarkaaga ForwardHealth, in uu Adeegyada Macaamiisha ForwardHealth kala shaqeeyo danahaaga iyo ceymiska aad ku jirto ama HMO (Uurrada maamulka caafimaadka), iyo in uu kuu soo gudbiyo cabasho iyo racfaan ku saabsan adeegyada daryeelka caafimaadka (tusaale ahaan, daaweynta iyo kharashka).

Khasab **kuguma** aha in aad yeelato wakiil sharciyeysan oo kuu soo codsan kara ama kuu hayn kara manafaacaadka.

Wakiilka sharciyeysan ee aad ku magacaabato foomkan waxa uu kugu matalayaa **wax kasta** oo ah barnaamijyada: Wisconsin Medicaid, BadgerCare Plus, FoodShare, Family Planning Only Services, iyo/ama Caretaker Supplement. Haddii aad ku jirto mid ka mid ah barnaamijyadaas **iy**o Wisconsin Works (W-2), wakiilkaaga sharciyeysan waxa uu kugu matali karaa barnaamijka W-2.

Wakiilka sharciyeysan ee aad foomkan ku magacaabatay **kuguma** matali karo Barnaamijka Wisconsin Shares Child Care Subsidy. Haddii aad codsaneyso barnaamijka Wisconsin Shares, waa in aad adigu si shakhsi ah u soo codsato.

Tilmaamaha Foomka

Haddii foomka laga waayo macluumaad la iska rabo, sida meel aan la saxiixin, foomku waxa uu noqonayaa mid aan la soo dhammeystirin, oo wakiilkaaga sharciyeysan marna **kuguma** matali karo.

Qeybta 1 — Waa in aad buuxiso Qeybta 1. Waa in aad soo doorato haddii aad qof magacaabaneyso, beddeleyso, ama aad ka joojineyso wakiilka sharciyeysan. Waxa kale oo lagaa rabaa in aad qorto magacaaga iyo taariikhda dhalashadaada si laguugu aqoonsado. Haddii aad magacaabaneyso ama beddeleyso wakiil sharciyeysan, waa in aad

go'aansato haddii aad rabto wakiilka sharciyeysan in laguugu diro waraaqaha. Haddii aad wax soo codsaneyso ama aad ku jirto barnaamij ah daryeelka caafimaadka haddii aad rabto in uu wakiil sharciyeysan kuu sameeyo danahaaga shakhsiga ah. Iska hubso inaad akhriso oo yeesho oggolaanshaha macluumaadka caafimaadka xafidan ka hor intaadan calaamadin Haa. Waxa xigta, iska akhri qoraalka in aad fahamto. Haddii aad yeesho, saxiix oo foomka ku qor taariikhda.

Qeybta 2 — Wakiilkaaga sharciyeysan waa in uu buuxiyo Qeybta 2. Wakiilkaaga sharciyeysan waa in uu qoro magaciisa iyo macluumaadka lagula soo xiriiri karo. Waxa kale oo qofka laga rabaa in uu akhristo qoraalka oo uu fahmo ka hor intuusan saxiixaan oo uusan ku qorin taariikhda.

Qeybta 3 — Haddii aad magacaabaneyso ama aad beddeleyso wakiil sharciyeysan, waxaa lagaa rabaa in uu kula socdo qof kale oo aan ahayn wakiilka sharciyeysan oo arkaayey saxiixaaga. Qofkaas waxa uu kuu noqonayo waa markhaati Haddii aad foomka ku saxiixayso "X," markaas waa in ay joogaan laba markhaati markaad saxiixayso foomka. Markhaatiga ama markhaatiyada waa in laga hayo magacooda, saxiixooda, iyo taariihda ay foomka saxiixeen.

Gudbinta Foomka

Waxaaad ku soo gudbin kartaa foomka aad buuxisay mid ka mid ah qaababka soo socda:

Intarnetka

Bog kasta waa in aad sawir ahaan ugu soo gudbiso intarnetka ACCESS. Waa in aad soo gasho kadinkaaga ACCESS ee access.wi.gov. (**Ogow:** Haddii aadan iska diiwaangelin kadinka ACCESS, waa in aad booqato access.wi.gov oo aad marka hore iska diiwaangeliso.)

Ogow: Foomamka waxaad soo gelin kartaa ACCESS wakhtiyo gaar ah. Haddii aadan awoodin inaad foomka ku soo gudbiso ACCESS, ku soo dir adigoo adeegsanaaya mid ka mid ah qaababka kale.

Fakiska:

- Haddii aad ku nooshahay deegaanka **Milwaukee County**, foomka ku soo dir fakiska ah 888-409-1979.
- Haddii aadan **ku** nooleyn deegaanka Milwaukee County, foomka ku soo dir fakiska ah 855-293-1822.

Boostada

- Haddii aad ku nooshahay deegaanka **Milwaukee County**, foomka ku soo dir cinwaanka boostada: MDPU
6055 N. 64th St.
Milwaukee, WI 53218
- Haddii aadan **ku** nooleyn deegaanka Milwaukee County, foomka ku soo dir cinwaanka boostada: CDPU
P.O. Box 5234
Janesville, WI 53547

Adigoo Keena

Xafiiska si toos ah ugu keen foomka. Macluumaadka aad kula soo xiriireyso xafiiska ka eego barta intarnetka ee Wisconsin Department of Health Services (DHS, Waaxda Adeegyada Caafimaadka ee Wisconsin) oo ah www.dhs.wisconsin.gov/forwardhealth/imagency/index.htm.

Wixii macluumaad dheeraad ah oo ku saabsan wakiilka, booqo barta intarnetka ee DHS: www.dhs.wisconsin.gov/forwardhealth/representative-types.htm.

QEYBTA 1 Waa Inuu Buuxiyo Qofna/Codsadaha



Anigu waxaan:

- Magacaabanayaa wakiil sharciyeysan. Waxaa khasab ah in aad buuxiso **dhammaan** Qeybta 1.
- Beddelayaa wakiilkeyga sharciyeysan. Waxaa khasab ah in aad buuxiso **dhammaan** Qeybta 1. Waa in aad magaca wakiilkaaga cusub ku qorto Dhinaca B.
- Joojinayaa wakiilkeyga sharciyeysan. Waxaa khasab ah in aad buuxiso **Dhinaca A iyo E** ee Qeybta 1. Waxba ha ku qorin Dhinacyada B iyo C.

Dhinaca A: Macluumaadka Shakhsiga ah

Magaca — Qofka/Codsadaha

Taariikhda Dhalashada

Lambarka Kiiska (haddii aad leedahay)

Dhinaca B: Macluumaadka Oggolaanshaha

Waxaan magacaabayaa qofka hoos ku qoran in uu ii noqdo wakiil:

Waxaan rabaa in uu wakiilka sharciyeysan helo koobbiga waraaqaha waxa aan xaq u yeesho iyo waxaan qaadanayo.

Haa Maya

Dhinaca C: Macluumaad Oggolaansho Dheeraad ah — Barnaamijyada Daryeelka Caafimaadka Keliya (Qofkii Raba)

Waxaan codsanayaa ama aan rabaa in aan galo **barnaamij ah daryeelka caafimaadka** (tusaale, Wisconsin Medicaid, BadgerCare Plus, ama Family Planning Only Services) oo waxaan rabaa wakiilkeygu in uu sameeyo waxyaabaha soo socda oo dhan:

- In wakiilka la iigu diro kaarka ForwardHealth oo aan aniga la ii soo dirin.
- In wakiilku igu qoro ceymis caafimaad ama HMO
- In uu Xafiiska Adeegyada ForwardHealth ama HMO kala hadlo kharashka, adeegyada, ama macluumaadka caafimaadka, sida macluumaadka xafidan ee caafimaadka. Hubso inaad akhrisato oo aad yeesho oggolaanshaha macluumaadka xafidan ee caafimaadka ee hoose ka hor intaadan calaamadin Haa.
- Inuu ii diro cabashada iyo racfaanka arrimaha daryeelka caafimaadka (tusaale ahaan, daaweynta iyo kharashka).

Haa Maya

Oggolaanshaha Isticmaalka iyo Wadaagidda Macluumaadka Caafimaadka ee Xafidan

Sida aan kor ku calaamadiyey **Haa**, waxaan oggolaaday waa in ay Wisconsin Department of Health Services (Waxda Adeegyada Caafimaadka ee Wisconsin) iyo shaqaalaha kale, sida kuwa HMO in ay wakiilkeyga sharciyeysan u sheegaan (la wadaagaan) macluumaadkeyga caafimaadka ee xafidan.

Macluumaadkan aan oggolaanayo in la wadaago waxaa ka mid ah waxyaabaha kala ah: qaansheegadka, feylka caafimaadka, isticmaalka maandooriyada, takhasuska taranka, caafimaadka dhimirka, xanuunnada la is qaadiyo, daawada farmashiyada, aaydhiska ama HIV/AIDS, daaweynta ilkaha, iyo naafannimada ah maskaxda.

Macluumaadka sababta loo wadaagayo waa in uu wakiilkeygu igu caawiyo maareynta daryeelka caafimaadka ee la ii sameeyo.

Waxaan fahamsanahay in macluumaadka lagu isticmaalo oggolaanshahan lala sii wadaagi karo qof ama urur kale oo uusan sharci ahaan noqon doonin mid xafidan marka loo eego sharciga federaalka ee xuquuqda shakhsiga ah.

Waxaan fahamsanahay in uu oggolaanshahan yahay wax aan khasab ahayn iyo in aan diidi karo in la isu sheego macluumaadka caafimaadka ee xafidan aniga oo kor ku calaamadinaya Maya. Markaan calaamadiso Maya wax saameyn ah kuma yeelanayeso daaweynta, lacagaha la bixinayo, kaarka aad dooraneyso, ama waxa aad xaq ugu yeelaneyso ilaa uu oggolaanshuhu khasab noqdo si loogu go'aamiyo xaqu-yeelashada ama gelidda barnaamij aad rabto.

Oggolaanshaha waxa uu soconayaa ilaa aan anigu ka joojiyo wakiilka foomkan in uu ii sii ahaado wakiil sharciyeysan ama aan u sheego xafiiska in aanan rabin qofka wakiilka ii ah in uusan mar dambe ogaan karin macluumaadkeyga xafidan ee caafimaadka. Aniga ayaa arrintan xafiiska si qoraal ah ku soo ogeysiinaya markii aan rabo; hase yeeshee, joojinta wakiilka ma saameyneeyso macluumaadka xafidan ee caafimaadka ee kol hore la wadaagay.

Dhinaca D: Waxyaabaha aad Fahamsan Tahay

Waxaan fahamsanahay oo aan yeelay waa:

- Waxaan xaq u leeyahay in aan doorto qofkii aan rabo in uu ii noqdo wakiil sharciyeysan.
- Anigaa iska beddelaya ama iska joojin kara wakiilka markii aan rabo. Waxaa khasab igu ah in aan xafiiska si qoraal ah ugu soo sheego in aan iska beddelayo ama joojinayo wakiilka sharciyeysan.
- Khasab iguma aha in aan qofka u sheego in aan ka joojinayo in uu ii sii ahaado wakiil sharciyeysan.
- Wakiilka sharciyeysan ee ku qoran foomkan ayaa wakiil ii soo noqonaya ilaa aan anigu beddelo ama aan iska joojiyo.
- Wakiilka sharciyeysan waxa uu heli karo oo igu caawinayo waa macluumaadkeyga shakhsiga ah, sida Sagaalkeyga Lambar ee shakhsiga ah, arrimaha dhaqaalaha, iyo macluumaadka caafimaadka. Haddii aan sida kor ku xusan yeelo macluumaadka caafimaadka ee xafidan, waxaan fahamsanahay in uu wakiilka sharciyeysan heli karo macluumaadka si uu iigu caawiyo maareynta daryeelka adeegga caafimaadka (tusaale ahaan, daaweynta iyo kharashka caafimaadka).
- Waxaa khasab igu ah in aan keensado macluumaadka saxda ah ee wakiilkeyga sharciyeysan.
- Waxaan masuul ka ahay khalad kasta iyo macluumaadka khaldan oo uu soo gudbiyo wakiilkeyga sharciyeysan. Waxaan fahamsanahay haddii aan aniga ama wakiilkeyga sheegno macluumaad been ah ama aan runta sheegi weyno, waxaa dhacaya:
 - Waa inaan soo celiyo wixii aan qaatay ee aanan xaq u lahayn.
 - Waa in la i ganaaxayo.
 - Waa in la iga mamnuuco barnaamijka.
 - Waa in maxkamad la igu saari doono.
- Markaad saxiixdo foomkan, waxaa caddeynayo waa in aan fahmay oo aan yeelay waxyaabaha kor ku qoran.

Dhinaca E: Saxiixa iyo Taariikhda



SAXIIXA – Codsadaha

Taariikhda Saxiixa

QAYBTA 2

Waxaa Khasaba inuu Buuxiyo Wakiilka Sharciyeysan



Dhinaca A: Sida Laguula Soo Xiriirayo

Magacyada — Wakiilka Sharciyeysan (Awoowaha, Koowaad, Xarafka Aabbaha)

Cinwaanka Xafiiska

Magaalada

Gobolka

Lambarka Boostada

Lambarka Taleefanka (soo raaci furaha)

Cinwaanka Boostada Intarnetka (haddii aad rabto)

Dhinaca B: Waxyaabaha aad Fahamsan Tahay

Waxaan fahamsanahay oo aan yeelay waa:

- In anigoo ah wakiil sharciyeysan, ay waxa aan u sameyn karo codsadaha ku xadidan tahay waxyaabaha soo socda:
 - Codsiga ama dibu-cusbooneysiinta barnaamijka
 - Soo-sheegidda wixii is beddela
 - Inaan codsadaha ama xafiiska uu aado kala shaqeeyo arrimaha barnaamijka ee muhiimka ah
 - Soo dirista cabasho iyo racfaan la xiriira xaqu-yeelashada
- Waxaa la iga filayaa inaan aqoon u leeyahay xaaladaha codsadaha ama qofka.
- Codsadaha ama qofka ayaa iga joojin kara in aan wakiil sharciyeysan u sii ahaado markii uu rabo.
- Codsadaha ama qofku uma baahna in uu i soo ogeysiyo marka uu iga joojinayo in aan u sii ahaado wakiil sharciyeysan.
- Waxaan ahay codsadaha oo kale ama qofka u ah wakiilka sharciyeysan ilaa uu qofku codsado wakiilka kale oo sharciyeysan ama uu qofku iga joojiyo inaan u sii ahaado wakiil sharciyeysan.
- Waxaa khasab igu ah sheegidda run iyo macluumaad sax ah.
- Haddii aan sheego macluumaad been ah, codsadaha ama qofka ayaa bixinaya kharashka caafimaadka ee uu ku helay sida khaladka ah.
- Haddii aan si ulakac ah u jebiyo sharciyada barnaamijka, waa in aan bixiyo wixii aan ka helay FoodShare ee aan ku helay sida khaladka ah.
- Waxaa khasab igu ah in aan u hoggaansamo sharciyada gobolka iyo federaalka ee dhigaya maslaxadaha iyo danaha macluumaadka iyo xogdhowridda ee iska hor imaan kara.
- Markaan saxiixdo foomkan, waxaa caddeynayo waa in aan fahmay oo aan yeelay waxyaabaha kor ku qoran.
- Markaan saxiixdo foomkan, waxaa caddeynayo waa in aan qofka ama codsadaha u noqdo wakiil sharciyeysan sida ku qoran Qeybta 1.

Dhinaca C: Saxiixa iyo Taariikhda



SAXIIXA – Codsadaha ama Wakiilka Sharciyeysan

Taariikhda
Lasaxiixay

QAYBTA 3

Waxaa Khasaba inay Buuxiyaan Markhaati(yada)



Magacyada — Markhaatiga (Awoowaha, Koowaad, Xarafka Aabbaha)



SAXIIXA — Markhaatiga

Taariikhda
Lasaxiixay

Magacyada — Markhaatiga (Awoowaha, Koowaad, Xarafka Aabbaha) (haddii qofka/codsaduhu ku saxiixo X)



SAXIIXA — Markhaatiga

Taariikhda
Lasaxiixay

Hay'adaha gobalka ama deegaanka ee Barnaamijka Kaalmada Nafaqada ee Dheeraadka ah (SNAP) iyo Barnaamijka Cunta Qeybinta ee Indian Reservation (FDPIR), iyo hay'adaha la hawlgala, waa inay soo dhajiyaan Bayaanka Takoor La'aanta ee soo socda:

Haku Soo Dirin Foomka Codsiga Halkan.

Sida waafaqsan sharciga xuquuqaha madaniga ah ee federaalka iyo sharciyada iyo qaynuunada xuquuqaha madaniga ah ee Waaxda Beeraha ee Mareykanka (USDA), hay'adan waxaa ka mamnuuc ah takoorida ku salaysan isirka, midabka, asalka qaran, jinsiga, (oo ay ku jiraan, aqoonsiga jinsiga iyo nooca jinsiga), caqiidada diimeed, naafonimada, da'da, aaminsanaanta siyaasadeed, ama aargoosiga ama aargudashada hawlo hore oo xuquuqaha madaniga ah.

Macluumaadka barnaamijka waxaa lagu heli karaa luuqado aan ahayn Ingiriisiga. Shaqsiyaadka naafada ah ee u baahan qaab kale oo wada xidhiidh si ay u helaan macluumaadka barnaamijka (tusaale, Hab qoraaleedka camoolaha, daabicidda farta waaweyn, cajalada maqalka, Luuqadda Dhagoolka ee Maraykanka), waa inay la xidhiidhaan hay'adda (gobalka ama deegaanka) ee ay dheefaha ka codsadeen. Shakhsiyaadka dhagaha la', maqalka ku adag yahay ama hadalka nafo ka ah ayaa la xidhiidhi kara USDA iyaga oo u maraya Federal Relay Service (Adeegga Dadka Dhagaha la' ee Federaalka) ee lambarka (800) 877-8339.

Si loo gudbiyo dacwada takoorka ee barnaamijka, Dacwad-qabaha waa inuu buuxiyo Foomka AD-3027, Foomka Dacwada Takoorka Barnaamijka ee USDA kaas oo onleen ahaan looga heli karo barta: <https://www.fns.usda.gov/sites/default/files/resource-files/ad3027-somali.pdf>, xafiis kasta oo USDA ay leedahay , iyada oo la wacayo (833) 620-1071, ama la qorayo warqad ku socota USDA. Warqadda waa inay leedahay magaca, ciwaanka, lambarka taleefanka ee dacwad-qabaha, iyo sharraxaad qoraal ah oo ku saabsan falka takoorka ah ee la soo eedeeyay oo faahfaahsan si loogu wargaliyo Kaaliyaha Xoghayaha ee Xuquuqaha Madaniga (ASCR) nooca iyo taariikhda xadgudubka xuquuqda madaniga ah ee la soo eedeeyay. Foomka AD-3027 ee la buuxiyay ama warqadda waa in lagu diraa;

- (1) **boostada:**
Food and Nutrition Service, USDA
1320 Braddock Place, Room 334
Alexandria, VA 22314; ama
- (2) **fakiska:**
(833)-256-1665 ama (202)-690-7442; ama
- (3) **iimaylka:**
FNSCIVILRIGHTSCOMPLAINTS@usda.gov

Hay'addan waa hay'ad bixisa fursad loo wada siman yahay.

Haku Soo Dirin Foomka Codsiga Halkan.

Nondiscrimination Notice: Discrimination is Against the Law – Health Care-Related Programs

Wisconsin Department of Health Services waxay u hogaansantaa sharciyada xaquuqaha rayidka Faderaalka la heli karo oo kuma takoorto si ku saleysan jinsiyada, midibka, asalka dhalashada, da'da, curyaanimada, ama jinsiga. Department of Health Services kama reebo dadka ama ulama dhaqanto si ka duwan sababtoo ah jinsiyadooda, midibka, asalka dhalashada, da'da, curyaanimada, ama jinsiga.

Department of Health Services:

- Waxay siiyaan dadka gargaaro iyo adeegyo bilaash ah dadka curyaanka ah si ay si ku fillan noola xiriiraan, sida:
 - Turjubaanada luuqada aastaanta u qalmo.
 - Warbixin qoran ee qaabab kale (daabacid weyn, dhageysiga, qaababka korantada la heli karo, qaababka kale).
- Siisaa adeegyada luuqada oo bilaash ah dadka luuqadooda koowaad aanan Ingiriis aheyn, sida:
 - Turjubaano u qalmo.
 - Warbixinta lagu qoray luuqadaha kale.

Haddii aad u baahantahay adeegyadaan, la soo xiriir Department of Health Services civil rights coordinator (844-201-6870).

Haddii aad aaminsantahay in Department of Health Services ay ku guuldareysatay inay bixiso adeegyadaan ama kugu takoortay qaab kale ee ku saleysan jinsiyada, midibka, asalka dhalashada, da'da, curyaanimada, ama jinsiga, waxaad ku xareyn kartaa cabasho: Department of Health Services, Attn: Civil Rights Coordinator, 1 West Wilson Street, Room 651, PO Box 7850, Madison, WI 53707-7850, 844-201-6870, TTY: 711, fax: 608-267-1434, dhsrcc@dhs.wisconsin.gov. Waxaad ku soo xareyn kartaa cabasho qof ahaan ama i-meel ahaan, fakis, ama i-meel. Haddii aad u baahantahay caawinta xareynta cabashada, Department of Health Services civil rights coordinator ayaa diyaar kuu ah inuu ku caawiyo.

Waxaad sidoo kale ku xareyn kartaa cabashada U.S. Department of Health and Human Services, Office for Civil Rights, koronta ahaan oo dhinaca Office for Civil Rights Complaint Portal (Xafiiska Bogga Cabashada Xaquuqda Rayidka), waxaa laga heli karaa <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, ama boosto ahaan ama taleefonka:

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201
800-368-1019, 800-537-7697 (TDD)

Foomamka cabashada waxaa laga heli karaa <http://www.hhs.gov/ocr/office/file/index.html>.

Español (Spanish) ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 844-201-6870 (TTY: 711).	Deutsch (Pennsylvania Dutch) Wann du Deitsch (Pennsylvania Dutch) schwetzsch, kanschd tu ebber griegie as dich helfe kann mit Englisch, unni as es dich ennich eppes koschte zellt. Ruf 844-201-6870 uff (TTY: 711).
Hmoob (Hmong) LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 844-201-6870 (TTY: 711).	ພາສາລາວ (Laotian) ເຊິ່ນຊາບ: ຖ້າທ່ານເວົ້າພາສາລາວ ແມ່ນມີບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ ບໍ່ເສຍຄ່າໃຫ້ທ່ານ. ໃຫ້ໂທຫາເບີ 844-201-6870 (TTY: 711).
繁體中文 (Traditional Chinese) 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 844-201-6870 (TTY: 711)。	Français (French) ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 844-201-6870 (ATS : 711).
Deutsch (German) ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 844-201-6870 (TTY: 711).	Polski (Polish) UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 844-201-6870 (TTY: 711).
العربية (Arabic) ملحوظة: إذا كنت تتحدث العربية، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 844-201-6870 (رقم هاتف الصم والبكم: 711).	हिंदी (Hindi) ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। 844-201-6870 (TTY: 711) पर कॉल करें।
Русский (Russian) ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 844-201-6870 (телетайп: 711).	Shqip (Albanian) KUJDES: Nëse flisni shqip, për ju ka në dispozicion shërbime të asistencës gjuhësore, pa pagesë. Telefononi në 844-201-6870 (TTY: 711).
한국어 (Korean) 알림: 한국어 지원 서비스를 무료로 이용하실 수 있습니다. 844-201-6870 (TTY: 711) 번으로 전화해 주십시오.	Tagalog (Tagalog – Filipino) PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 844-201-6870 (TTY: 711).
Tiếng Việt (Vietnamese) CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 844-201-6870 (TTY: 711).	Soomaali (Somali) FIIRO GAAR AH: Haddii aad ku hadashid af Soomaali, adeegyada caawinta luuqada, oo bilaash ah, ayaa lagu heli karaa. Soo wac 844-201-6870 (TTY: 711).