

Carewell SEIU 503 waxay bixisaa dheefaha Kaalmada Kharashka Daryeelka Caafimaadka (HCA).

Dheefaha HCA waxay ka caawiyaan daryeel bixiyayaasha xaqa u leh inay bixiyaan kharashyada khidmadaha saafiga ah ee caymiska bil'laha ah ee caymiska daryeelka caafimaadka (caafimaadka) ee gaarka ah ee hoostaga qorshaha caymiska la ansixiyay ee Carewell* ee lagu bixiyo iyadoo loo maraayo Goob-suuqeedka caymiska caafimaadka ee ku salaysan federaalka ama gobalka. Dheefaha HCA waxay sidoo kale gacan ka geystaan bixinta kharashyada caafimaadka ee uu qofka jeebkisa ka bixiyo ee u qalma illaa dhammaadka sanadka, ilaa \$7,165 sanadka 2025.

Haddii aad iska diiwaangelinayso qorshaha caymiska Goob-suuqeedka markii ugu horreysay, waxaad suurtagal u baahan tahay inaad sugto ilaa laga gaaro Open Enrollment (Muddada Diiwaangelinta Sanadlaha ah ee Caymiska Caafimaadka) si aad isku diwaangeliso. Tani waxay sida caadiga ah u dhaxaysaa Noofeembar 1 iyo Janaayo 15. Sikastaba ha ahaatee, haddii ay dhacdo:

- inaad xaq u yeelato dheefaha Carewell SEIU 503 (dheefaha Ilkaha, Aragga + Maqalka, iyo Barnaamijka Caawimaadda Shaqaalaha) ka dib markay dhamaatay Open Enrollment (Muddada Diiwaangelinta Sanadlaha ah ee Caymiska Caafimaadka) ee ugu danbaysay, oo
- aad ka diiwaanshan tahay caymis aan la oggolayn* oo aad ka heshay Goob-suuqeedka caymiska caafimaadka, waxaa laga yaabaa inaad xaq u yeelato **dheefta Kaalmada Kharashka Daryeelka Caafimaadka ee ku meel gaarka ah. Tani waxay ka dhigan tahay in aad helayso lacag-celinada khidmadaha billaha ah ee caymiska iyo kaalmo ku aadab bixinta kharashyada caafimaadka ee aad jeebkaada ka bixin lahayd ee u qalma ilaa dhammaadka sanadka.**

* Liiska qorshayaasha caymis ee la oggolaaday waxaa lagu soo dhejiyaa boggeena internetka ee barta [CarewellSEIU503.org/so/approved-plans](https://www.CarewellSEIU503.org/so/approved-plans). Qorshayaasha caymis ee la oggolaaday ee sanadka soo socda waxaa lagu soo daawacaa boggeena internetka dhamaadka Oktoobar ama horaanta Noofeembar ee bilowga Open Enrollment (Muddada Diiwaangelinta Sanadlaha ah ee Caymiska Caafimaadka).

Si aad u sii heysato dheefaha HCA ee Carewell SEIU 503 ka dib dhamaadka sanadka, waa inaad iska qortaa qorshe caymis oo ay ansixisay Carewell fursadaada ugu horeysa ee aad hesho iyo ugu danbayn Open Enrollment (Muddada Diiwaangelinta Sanadlaha ah ee Caymiska Caafimaadka) (sida caadiga ah u dhaxaysa Noofeembar 1 iyo Janaayo 15). Haddii kale, dheefahaaga HCA ee Carewell SEIU 503 ayaa joogsanaya dhammaadka sanadka.

Sida loo codsado

Si aad u hesho magdhawiyada khidmada caymiska ee bil'laha ah, waxaa qasab ah inaad soo gudbisoo:

- Codsiga lacag-celinta khidmada caymiska caafimaadka ee billaha.
- Caddaynta dabarida caymiska gaarka ah oo ay ku jiraan magaca daryeel bixiyaha, khidmada caymiska bil'laha ah ee guud, Canshuur Celinta Khidmadaha ee Hormariska ah (APTC) haddii loo baahdo, khidmada caymiska bil'laha ah ee saafiga ah, taariikhda dhaqan galka ee qaynuunka, iyo magaca qof walbo oo aanan ka hayn daryeel bixiyaha oo uu dabaro qaynuunka.
- Caddaynta qaansheegta lacag bixinta ee laga helay shirkadda caymiska.

Sida loo codsado lacag-celinta khidmada caymiska caafimaadka ee billaha

Habka ugu dhakhsaha badan uguna fudud waa inaad ku buuxiso foomka Codsashada Lacag-celinta Khidmada Caymiska Caafimaad ee Billaha ah onleen ahaan barta [CarewellSEIU503.org/so/forms](https://www.CarewellSEIU503.org/so/forms).

Ama iskaan garee koodhkan QR si aad ugu buuxiso foomka Codsashada Lacag-celinta Khidmada Caymiska ee Billaha ee Caafimaadka onleen ahaan.



Immisa ka mid ah khidmadahayga caymiska ee bil'laha ah ayay dheeftan dabarayso?

Haddii aad xaq u yeelato, waxaad heli doontaa magdhawiyada khidmadaada caymiska bil'laha ah ee saafiga ah **ilaa iyo \$476 bishiiba sanadka 2025.**

Xasilooni. Taageero. Sharaf.

Carewell SEIU 503 waa qoyska tababarka iyo dheefaha ay sida adag u hanteen shaqaalaha daryeelka guriga iyo taageerada shaqsiyeed ee SEIU 503. Waxaa bixiyay RISE Partnership, hay'ad aan macaash doon ahayn oo taageerta daryeel bixiyayaasha iyo shaqaalaha waaxda dadwaynaha ee Oregon ee leh tababar, waxbarasho, iyo sahinta dheefaha oo heersare ah.

Sidee ayay u shaqayn doonaan magdhawiyada khidmadaha caymiska ee bil'laha ah?

Bil kasta waa inaad si toos ah ugu bixisa shirkadaada caymiska qaddarka khidmadaha caymiska si bille ah. Markaad hesho bilka khidmada caymiska ee billaha ah, u soo gudbi codsiga lacag-celinta caymiska caafimaadka ee billaha ah oo ay la socoto koobiga biilka khidmada caymiska ee billaha ah iyo caddaynta lacag-bixinta aad u sameysay Carewell SEIU 503.

Waa inaad soo gudbisaa codsiga lacag-celinta caymiska caafimaadka ee billaha ah iyo dukumeentiyada loo baahan yahay bil kasta. Ka dib marki laga shaqeeyo, oo la ansixiyo dhammaan dukumiintiyada loo baahan yahay, Carewell SEIU 503 ayaa ku soo diri doonta lacag-celinta khidmadaha caymiska ee bil'laha ah jeeg ahaan ama lacag wareejinta elektrooniga ahaan.

Lacag wareejinta elektrooniga ah ayaa uga degdeg badan ugana badqab badan in jeegag lagu soo dhigo boostada. Si aad iskuugu diiwaangeliso lacag wareejinta elektrooniga ah, kaliya ka buuxi [foomka Lacag Wareejinta Elektrooniga ah](#) onleen ahaan barta [CarewellSEIU503.org/so/forms](https://www.CarewellSEIU503.org/so/forms).

Ama ku iskaan garee koodhkan QR taleefonka ama tablet si aad ugu buuxiso Foomka Lacag Wareejinta Elektrooniga ah onleenka.



Ka waran kharashyada uu qofka jaabkiisa ka bixiyo?

Daryeel bixiyeyaasha la siiyo dheefaha HCA ayaa boostada loo so dhigi doonaa Kaarka Dukaameysiga ee Dheefaha (BCC) oo ka yimid Ameriflex. Iyadoo aadan u isticmaali karin kaarka BCC inaad ku bixiso khidmadahaaga caymiska ee bil'laha ah ilaa iyo aad iska diiwaangeliso qorshe caymis oo la oggolyahay, balse waxaad u isticmaali kartaa kaarka BCC dhammaan kharashyada caafimaad ee uu qofka jaabkiisa ka bixiyo ee la dabaro (ilaa iyo \$7,165 sanadka 2025). Kaarka BCC waxaa lagu isticmaali karaa xafiisyada dhakhaatiirta, farmashiyaasha, iyo goobaha kale adeeg bixiyaha caafimaadka si loogu bixiyo cadadka kasta oo lagaaga yeeshay adeegyada lagu dabaro ceymiska sida hoos imaata qorshaha caymiska caafimaad ee la ansixiyay sida:

- Lacagaha la jaro
- Khidmadaha ceymiska
- Haraaga lacag jarista ka dib
- Qoraalka Daawooyinka

Intarnet la'aan miyaad tahay? Ma u baahan tahay in foomamka boostada laguugu soo diro? Miyaad qabtaa su'aalo ku saabsan dheefaha Carewell SEIU 503?

Wac 1-844-503-7348
Isniin—Jimce, 8am—6pm (PST).



Waxaan kugu caawin karnaa luuqadda aad jeceshahay!

Wixii macluumaad dheeraad ah oo ku saabsan dheefaha Kaalmada Kharashka Daryeelka Caafimaadka ee Carewell SEIU 503, fadlan ka booqo websaydkeena barta [CarewellSEIU503.org/so/approved-plans](https://www.CarewellSEIU503.org/so/approved-plans).

Ama ku iskaan garee koodhkan QR-ka taleefonka ama tablet-ka si aad u gasho boggeena intarnetka.

