

# Barnaamijka Dhiirrigelinta/ Xeeladaha Abaalmarinta Xubnaha

Dhammaan xubnuhu uma qalmaan abaalmarintan. Fadlan hubi in xubintu u qalanto dhiirrigelintan.  
**Ogow:** Fadlan ha u isticmaalin foomkan xubnaha CareOregon Advantage.

**Ka caawi xubnaheena inay kasbadaan kaar hadiyad ah oo daryeelka ka hortagga ee la xushay ah:**

Dhiirrigelin	Yaa loogu talagalay?	Qaddarka abaalmarinta:	Foomka onlaynka ah:
Booqashada dhalmada kadib (Postpartum Visit, [PPC])	Xubnaha umushay sanadka 2026	\$50	<a href="https://careoregon.org/postpartum">careoregon.org/postpartum</a> 

**Fadlan isticmaal foomkan oo keliya haddii adiga (ama bukaankaaga) aadan isticmaali karin foomamka onlaynka ah. Foomamka onlaynka ah waxaa laga heli karaa cinwaannada webka ee ku qoran boggi hore.**

**Fadlan buuxi foomkan si dhammaystiran, kuna daabac si cad**

Lambarka aqoonsiga xubinta: \_\_\_\_\_

Magaca: \_\_\_\_\_

Cinwaanka: \_\_\_\_\_

Magaca Rugta Caafimaadka: \_\_\_\_\_ Taariikhda Ballanta: \_\_\_\_\_

Sababta/ Sababaha booqashada: PPC

Saxiixa: \_\_\_\_\_

**Dooro hal sanduuq si aad u doorato kaarka hadiyadda aad rabto:**

Baja Fresh\* Chipotle Jamba Juice Old Navy Shell\* Starbucks Subway TJ Maxx

Ogow: Haddii aadan dooran sanduuq, xubinta waxaa loo diri doonaa kaarka Subway.

**Soo dir ama noo keen foomkan:**

CareOregon, 315 SW Fifth Ave, Portland OR 97204 ama fakis udir 503-416-1316.

Kaarka hadiyadda waxaa laguugu soo diri doonaa cinwaankaaga lix ilaa Siddeed toddobaad gudahood.

**Hel kaarka hadiyadda si degdeg ah:**

Hel linkiga aad ku dalbato kaarka hadiyadda. Iimayl: \_\_\_\_\_

\* Kaarka Baja Fresh **kaliya** waxaa lagu heli karaa iimayl. Kaarka Shell **laguma** heli karo iimayl.

Cabbirka	Koodhka	Sharaxaadda dhiirrigelinta xubinta	Xubnaha u qalma	U qalma CPT
<b>Booqasho dhalmo kadib oo waqtigeeda ah</b>	PPC	Xubnaha helay booqasho dhalmada kadib oo ay la yeesheen dhakhtarka Obstetrics and Gynecology (OB/GYN, Daryeelka uurka iyo dhalmada iyo cudurrada haweenka) ama bixiye kale oo daryeelka uurka ah ama bixiye daryeelka aasaasiga ah, inta u dhaxaysa 7 ilaa 84 maalmood kadib dhalmada.	Xubnaha umushay sanadka 2026	Koodhadhka CPT: 59400, 59410, 59510, 59515, 59610, 59614, 59618, 59622, 57170, 58300, 59430, 99501, 0503F  Koodhadhka HCPCS: G0123, G0124, G0141, G0143- G0145, G0147, G0148, P3000, P3001, Q0091, G0101

## Su'aalo?

Fadlan wac Adeegga Macaamiisha ee qorshahaaga caafimaad Isniin ilaa Jimce, 8 subaxnimo ilaa 5 galabnimo.

**CareOregon:** 503-416-4100 Ama ka wac si bilaash 800-224-4840

**TTY:** 711

## Su'aalaha Inta Badan La Is Weydiyo

**Immisa waqti ayaan haystaa si aan tani usameeyo?** Waa inaad heshaa adeeggan ka hor Diseembar 31, 2026. Waa inaan helnaa foomkan la buuxiyay ka hor Janaayo 31, 2027.

**Kawaran haddii aan lumiyo kaarka hadiyadda?** Kaararka lumay ama la xaday lama beddeli doono.

**Kawaran haddii aan helin iimaylka kaarka hadiyadda? Ma gurigayga ayaad u diri kartaa?**

Markaad doorato iimayl ama boosto guriga, ma beddeli kartid doorashadaas. Haddii aadan helin iimaylka afar toddobaad kadib, fadlan wac Adeegga Macaamiisha.

**Bixiyahayga caafimaad ma loo baahanyahay inuu saxiixo foomkan?** Shaqaale kasta oo rugta ka tirsan ayaa saxiixi kara.

**Kawaran haddii cinwaankaygu is beddelo?** Haddii cinwaankaagu is beddelay, fadlan wac lambarka Adeegga Macaamiisha ee kor ku xusan si aad ula hadasho qof kuu xaqiijiya halka laguugu diri doono kaarka.

**Qof walba ma helaa dalabkan kaarka hadiyadda?** Maya. Waxaan aqoonsannaa hawlo caafimaad oo gaar ah oo muhiim ah. Barnaamijkayaga kaarka hadiyadda wuxuu ku saleysan yahay hawlahaas.

**Kawaran haddii aan hore u sameeyay?** Haddii bixiyahaagu uusan horey u dirin foom adiga kuu gaar ah, fadlan ku qor taariikhda adeegga iyo magaca bixiyahaaga. Saxiix looma baahna. Waxaan xaqiijin doonnaa macluumaadka bixiyahaaga. Dooro kaarkaaga hadiyadda oo soo celi foomkan. Waxaad heli kartaa hal kaar oo keliya daryeelkan.

**Haddii aan helay isla warqaddan laba jeer sanad gudahiis. Ma heli karaa laba kaarka hadiyadda?** Maya. Haddii aan si kale loo sheegin, waxaad heli kartaa hal kaar oo hadiyad ah hawl kasta sanadkii.

Barnaamijka dhiirrigelinta caafimaadka waxa uu u furan yahay oo keliya xubnaha qorshaha caafimaadkayaga. Kaliya foomamka si buuxda loo buuxiyay ayaa u qalma dhiirrigelinta. Dhiirrigelintu waxay ansax tahay keliya haddii aad xubin ka ahayd waqtiga adeegga la helay iyo sidoo kale taariikhda shaabadda boostada ee baqshadda aad ku soo celisay. Kaararka lumay ama la xaday lama beddeli doono. Waxaan xaq u leenahay inaan xaqiijino macluumaadka aad ku bixisay foomkaaga wakhti kasta. Kaararka hadiyadda waa in ay isticmaalaan xubnaheena oo keliya. Dhakhtarkaaga ama shaqaale ka tirsan rugta caafimaadka waa inuu buuxiyaa oo saxiixaa foomkaaga ka hor intaadan ku soo celin baqshadda hore loo sii bixiyay. Waxaan joojin karnaa barnaamijka dhiirrigelinta caafimaadka wakhti kasta, ogeysiis la'aan. Haddii aan si kale loo sheegin, xubnuhu waxay heli karaan hal kaar hadiyad ah hawl kasta sanadkiiba hal mar. Dhiirrigelin kasta oo caafimaad oo lagu helo qaab kaar hadiyad ah waxaa loo tixgeliyaa dakhli guud marka loo eego canshuuraha Federaalka iyo Gobolka. Haddii dakhligaagu, oo ay ku jirto kaarka hadiyadda, ka hooseeyo xadka waajibka canshuur celinta, si toos ah ayaa lagaaga dhaafay gudbinta canshuur celinta.

## Mahadsanid!