

Ilaha laga Helo Daryeel Caafimaad Qiime-Jaban leh ama laga Helo Caymis Caafimaad

Hel daryeel caafimaad qiime-jaban leh

- **Bridge to Benefits: Hagaha Daryeelka Caafimaadka Qiimaha-Jaban Leh ee MN**
(www.bridgetobenefits.org/MN_Low_Cost_Health_Care_Directory)
Gali degmadaada si aad u hesho liiska rugaha caafimaadka qiimaha-jaban leh ee kuugu dhow.
- **Ururka Minnesota ee Xarumaha Caafimaadka Bulshada (MNACHC)**
(<https://mnachc.org/community-health-centers/find-a-health-center/>)
Isticmaal khariidadda ama dhexgal goobtaada si aad u hesho Xarun Caafimaad Bulsho (Xarun Caafimaad oo Federaal Ahaan Uqalanta) ee kuugu dhow. Xarumaha Caafimaadka Bulshadu waxay siyaan adeeyo caafimaad, ilko, iyo hab-dhaqan dadka daryeelka marin xaddidan u leh.

Hel caymis caafimaad

- **MNSure Codso oo isqor caymis**
(www.mnsure.org/new-customers/apply/index.jsp)
Waad codsan kartaa caymis, sida Medical Assistance iyo MinnesotaCare, onlayn ahaan ama waxaad heli kartaa khabiir qoritaan oo kaa caawiya. Intooda badan dadka reer Minnesota ee isqora iyaga oo mara MNSure ayaa u qalma ka caawin dhaqaale.
- **Hagayaasha MNSure**
(<https://www.mnsure.org/help/find-assister/find-navigator.jsp>)
Hagayaasha ayaa kaa caawin kara inaad iska diiwaangeliso Medical Assistance ama MinnesotaCare (haddii aad uqalanto). Waxay walibana kaa caawin karaan inaad isqorto qorshe caymis shirkad gaar ah iyo in lagu siiyo waxbarashada caymiska caafimaadka ee aasaasiga ah. Hagayaal badan ayaa jooga goobaha ururrada bulshada oo ku bixiya caawimo luqado ay ka mid yihiin Shiine, Soomaali, Isbaanish, Hmong, iyo Fiyatnaamiis.
- **Barnaamij Suuragal Uqalmitaan Isbitaal**
(<https://mn.gov/dhs/partners-and-providers/policies-procedures/minnesota-health-care-programs/provider/hpe/>)
Waxa suuragal ah inaad isqorto Medical Assistance ama MinnesotaCare markaad joogto cisbitaalka. Haddii aad qanciso shuruudaha, waa lagaa caymin karaa adeegyada kahor intaadan buuxin codsiga oo dhan.

Hel adeeyo caafimaad oo intaa dheer

- **Waaxaha Caafimaadka Deegaanka iyo Guddiyada Caafimaadka Bulshada**
(<https://www.health.state.mn.us/communities/practice/connect/findlph.html>)
La xiriir waaxda caafimaadka deegaanka iyo/ama guddiga caafimaadka bulshada ee degaankaaga si aad u raadsato hagitaan oo aad u weyddiisato adeegyada aad uqalmi karto.

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02/13/2020

Si aad ugu hesho macluumaadkan qaab ka duwan, wac: 651-201-5414.