FOOMKA CABASHADA MACMIILKA AMA RACFAANKA

Haddii aad dhibaato ku qabto adeegyada cafimaadka dhimirka ama cilladaha isticmaalka maandooriyaha ee **BUKAAN-SOCODKA**, wacConsumer Center for Health Education and Advocacy (CCHEA)ama boostada ugu dir foomkaan (boqshada ciwaanku ku dul qoran yahay waa in la digaa barnaamijka aad ka helayso adeegyada).

Si aad boostada ugu dirto, u dir:	**Si aad cabashada ama racfaanka ugu gudbiso taleefanka, wac:**
Consumer Center for Health Education and Advocacy 1764 San Diego Avenue, Suite 200 San Diego, CA 92110	**1-877-734-3258** *Waxaan si adag ugu boorinaynaa macaamiisha inay wacaan si ay u helaan adeegyo degdeg ah*

WAA MAXAY CABASHO AMA RACFAAN?	
"Cabasho" waa muujinta inad ka xun tahay wax quseeya adeegyadaada caafimaadka dhimirka ama cilladaha isticmaalka maandooriyaha.	**"Racfaan"** ayaa la gudbin karaa marka ogolaanshaha adeegyada la diido, la yareeyo, ama la joojiyay. "**Racfaanka la boobsiiyay**" ayaa la diri karaa marka bixiyahaagu xaqiijiyo in jadwalka caadiga ah ee racfaanku uu khatar xun gelin karo noloshaada, caafimaadkaaga, ama awoodaada shaqada.

Waxaan u baahan nahay in aan kula soo xiriirno si aan kuu caawino.

Fadlan na sii xogta noo sahlaysa in aan kula soo xiriirno xataa kadib marka aad ka baxdo xarunta.

Magaca		**Ciwaanka Boostada**	
Lambarka taleefanka		**Iimeylka**	
Qaabka ugu fiican ee lagugula soo xiriiri karo	☐Taleefanka ☐Boostada ☐Iimeylka		

Hoos ku qor magaca barnaamijka/xarunta aad cabashada ama racfaanka ka gudbinayso
Hoos noogu sheeg cilada aad ka cabanayso (dhabarka danbe ee foomka haddii boos dheeraadka loo baahdo)

PROGRAM NOTICE: This form must be made readily available to clients and in an area where they can independently obtain the form. This form and process shall not be replaced by any internal program grievance or complaint process.

FOR OFFICE USE ONLY: Date Received ______________

Ismaamulka San Diego waxay ku dhaqantaa shaqsiyada xuquuqda madaniga ah ee Gobalka iyo Federaalka sifo sharci daro ahna uma takooraayo, ugama saaraayo dadka, ama ulama dhaqmaayo dadka si kaduwan dadka kale sabab la xariirta jinsiga, isirka, midabka, diinta, asalka, wadanka ay kasoo jeedaan, aqoonsiga qoomiyadooda, da'da, naafada dhimirka, naafada jidhka, xanuun caafimaad, xogta hide sidaha, xaalada guurka, jinsiga, aqoonsiga jinsiga, ama dookha galmada. Ma aaminsan tahay in lagu takooray, lagu faquuqay, ama laguula dhaqmay si gaar ah ayadoo lagu saleynaayo midkood sifooyinka kor lagu sheegay ee sharcigu difaacaayo intii aad helaysay adeegyada caafimaadka dhimirka ama cilladaha isticmaalka maandooriyaha? ☐ Haa ☐ Maya (**Hadday Haa tahay**, fadlan hoos ku sharax)

Saxiixa Macmiilka:		**Taariikhda**	

Haddii foomkaan uu buuxinaayo wakiil ogolaansho ka haysta (AR) macmiilka, fadlan hoos buuxi:

Magaca wakiilka Ogolaanshaha Haysta		**Taariikhda**	
Saxiixa Wakiilka Ogolaanshaha Haysta		**Xiriirka kala Dhexeeya Macmiilka**	

Si aad u hesho xog dheeraad ah oo ku aadan Hanaanka Racfaanka iyo Cabashada, codso nuqulka **Buug Tusmeedka Macmiilka ee Caafimaadka Dhimirka ee Isku Dhafan (DMC-ODS & SMHS)** oo aad ka helayso barnaamijka/xarunta aad ka helayso adeegyada.

Xogtaan ayaa sidoo kale qaab elektaroonig ah looga heli karaa lifaaqa soo socda:
https://www.optumsandiego.com/content/SanDiego/sandiego/en/beneficiary_and_families.html

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