

Igitabo cy'Umunyamuryango



Itariki Kizatangirira Gukurikizwa: Mutarama



Agatabo k'Umunyamuryango ka Porogaramu ya Medicaid y'Ubuwuzi Bucunzwe ya New Hampshire Medicaid

Kazatangira gukurikizwa ku wa 1, 2024



nh healthy families[™]

Serivisi z'Abanyamuryango ba NH Healthy Families
1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)
Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,
Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

Ibikubiyemo

Umutwe wa 1.	Gutangira nk'umunyamuryango.....	5
Igice 1.1	Ikaze	5
Igice 1,2	Igituma wemererwa kuba kuba umunyamuryango w' ubwishingizi.....	5
Igice 1.3	Icyo wakwitega mu bwishingizi	6
Igice 1,4	Gukomeza kugira makuru ajayanye n'igihe n' andi makuru y'ubwishingizi	8
Igice 1,5	Uko ubundi bwishingizi bukorana n' ubwishingizi bwacu	9
Umutwe wa 2.	Nomero za telefone z'ingenzi n' ibikoresho	12
Igice 2.1	Uko wavugisha serivizi z'Abanyamuryango ba NH Healthy Families.....	1
Igice 2,2	Uko wavugisha ubwishingizi ku cyemezo cyo kwishingirwa cyangwa gutanga ubujurire	13
Igice 2,3	Uko wavugisha ubwishingizi ku byerekeye serivisi utishimiye	14
Igice 2.4	Uko wavugisha ubwishingizi mu rwego rwo guhuza ibikorwa by'ubuvuzi ..	15
Igice 2,5	Uko wavugisha umuforomo w'ubwishingizi Umurongo utangirwaho inama	16
Igice 2,6	Uko wasaba serivisi z'ubuzuma bw'imyitwarire (ubuzima bwo mu mutwe cyangwa serivisi z'ikoreshwa ry'ibiyobyabwenge)	17
Igice 2,7	Uko wasaba ubufasha bwo kujyana na kukuvana kwivuzi butihutirwa.....	18
Igice 2.8	Uko waenyeshya Ishami Rishinzwe kwakira abakiriya muri NH DHHS	20
Igice 2,9	Uko wavugisha abashinzwe gutanga Ubuvuzi bw'igihe kirekire muri NH	21
Umuvunyi		
Igice 2,10	Uko wavugisha NH DHHS Umuvunyi.....	22
Igice 2,11	Uko wakwandikira ServiceLink Aging & Disability Resource Center	23
Igice 2,12	Uko batangaza uburiganya bukekwa, isesagura cyangwa ihohotera	24
Igice 2.13	Andi makuru y'ingenzi n'ibikoresho	26
Umutwe wa 3.	Gukoresha NH Healthy Families kuri serivisi zishingiwe.....	28
Igice 3.1	Uguha ubuvuzi bw'ibanze (PCP) atanga kandi akagenzura ubuvuzi uhabwa	30
Igice 3.2	Serivisi ushobora guhabwa bitabaye ngombw ako ubanza kubihirwa uruhushya	32
Igice 3.3	Uko wahabwa ubuvuzi n'inzobere n'abandi batanga serivisi bari mu ihuriro.	33
Igice 3.4	Bigenda bite iyo PCP, inzobere cyangwa undi utanga ubuvuzi uri mu ihuriro avuye mu bwishingizi bwacu.....	36
Igice 3.5	Guhabwa ubuvuzi n'abatanga ubuvuzi bari mu ihuriro ryacu	38

Igice 3.6	Ubuvuzi bw'indembe, bwihutirwa, n'ubutangwa nyuma y'amasaha sanzwe yo kuvura	38
Umutwe wa 4.	Serivisi zishingiwe	44
Igice 4.1	Ibyerekeye IMbonerahamwe y'Ibyo Abarwayi Bagenerwa (ni iki kishingirwa)	44
Igice 4.2	Imbonerahamwe y'ibyo abarwayi Bagenerwa	45
Igice 4.3	Ibindi cyangwa inyongera y'ibyo abarwayi bagenerwa bagenerwa na gahunda	88
Igice 4.4	Ibyo ubwishingizi bwa New Hampshire Medicaid bugenera abarwayi batishingiwe muri gahunda	95
Igice 4.5	Ibigenwa bitishyurwa n'ubwishingizi bwacu cyangwa New Hampshire Medicaid	97
Umutwe wa 5.	Gukoresha NH Healthy Families ikagufasha gucunga Ubuzima bwawe	99
Igice 5.1	Gukomeza kugira ubuzima buzira umuze	99
Igice 5.2	Ubuvuzi ubuhuzabikorwa ubufasha	100
Igice 5.3	Gukomeza guhabwa ubuvuzi, harimo inzibacyuho yo guhabwa ubuvuzi	101
Igice 5.4	Ubuzima bwo mu mutwe na gutanga ubwishingizi bungana ku bakoresha ibiyobyabwenge	103
Umutwe wa 6.	Amategeko ku itangwa mbere ry'uburenganzira bwa serivisi	105
Igice 6.1	Serivisi za ngombwa mu buvuzi	105
Igice 6.2	Guhabwa uburenganzira na gahunda kuri serivisi zimwe na zimwe	107
Igice 6.3	Guhabwa uburenganzira bwo guhabwa serivisi n'abatari mu ihuriro	110
Igice 6.4	Kujyanwa mu bitaro bitari mu ihuriro urembye	110
Igice 6.5	Guhabwa serivisi zo kuboneza urubyaro n'ibikoresho mu bitaro biri cyangwa bitari mu ihuriro	110
Igice 6.6	Guhabwa indi nama y'ubuvuzi	111
Umutwe wa 7.	Guhabwa imiti wandikiwe na muganga yishingiwe	112
Igice 7.1	Amategeko n'ibibujijwe mu kwishingira imiti	112
Igice 7.2	Urutode rw'imiti Yishingirwa	116
Igice 7.3	Ubwoko bw'imiti tudatangira ubwishingizi	118
Igice 7.4	Guharerwa imiti wandikiwe na muganga ku mafaramusi ari mu ihuriro	119
Igice 7.5	Ubwishingizi bw'imiti ihabwa abavurirwa mu bitaro	121
Igice 7.6	Porogaramu yo guifasha abanyamuryango gukoresha imiti neza	122



Igice 7.7	Gufatanya kwishyura imiti wandikiwe	123
Umutwe wa 8. Kudusaba kwishyura	124
Igice 8.1	Abatanga serivisi bari mu ihuriro ntibakwishyura serivisi zishingiwe	124
Igice 8.2	Uburyo bwo kohereza ubusabe n'aho kubwohereza kugira ngo wishyurwe	126
Igice 8.3	Nyuma y'uko ubwishingizi bubonye ubusabe bwae bwo kwishyurwa.....	127
Igice 8,4	Amategeko yo kwishyura agomba kuzirikanwa	127
Umutwe wa 9. Uburenganzira n' inshingano byawe	128
Igice 9,1	Uburenagnzira bawe	128
Igice 9,2	Uburenagnzira inshingano byawe.....	129
Igice 9.3	Igenamigambi rikozwe mbere ku byemezo by'ubuzima byawe	132

**Umutwe wa 10. icyo wakora mu gihe ushaka kujuririra icyemezo cy'ubwishingizi cyangwa**

“igikorwa”, cyangwa gutanga ikirego cya serivisi utishimiye.....	134
Igice 10.1 Ibyerekeye igikorwa cy ubujurire	134
Igice 10.2 Uko batanga ubujurire busanzwe n'icyo wakwitega nyuma yo gutanga (ubujurire busanzwe bwo ku rwego rwa mbere).....	136
Igice 10.3 Uko batanga ubujurire bwihuse n'icyo wakwitega nyuma yo kubutanga (ubujurire bwihuse bw'wo ku rwego rwa mbere)	138
Igice 10.4 Uko batanga Ubujurire Busanzwe bwo Kuburanishwa na Leta mu Mucyo n'icyo wakwitega Nyuma yo gutanga (ubujurire busanzwe bwo ku rwego rwa kabiri)	140
Igice 10.5 Uko batanga ubujurire bwihuse bwo kubuiranishwa na leta mu mucyo n'icyo wakwitega nyuma yo gutanga (ubujurire bwihuse bwo ku rwego rwa kabiri)	142
Igice 10.6 Uko basaba gukomeza guhabw aibigenwa mu bujurire n'icyo wakwitega nyuma	144
Igice 10.7 Uko batanga ikirego cya serivisi utishimiye n'icyo wakwitega nyuma yo gutanga ikirego	146

Umutwe wa 11. Guhagarika kuba umunyamuryango mu bwishingizi bwawe148

Igice 11.1 Hari ibihe bimwe na bimwe ubwo kuba umunyamuryango mu bwishingizi bishobora kurangira	148
Igice 11.2 Igihe ushobora kuvanwa mu bwishingizi utabishaka	149

Umutwe wa 12. Kumenyeshwa ibijyanye n'amategeko150**Umutwe wa 13. Impine n'ibisobanuro by'amagambo y'ingenzi161**

Igice 13,1 Impine	161
Igice 13.2 Ibisobanuro by'amagambo y'ingenzi.....	162

Umutwe wa 1. Gutangira nk'umunyamuryango

Igice 1.1 Ikaze

Wiyandikishije muri NH Healthy Families

Ubwinshi mu buvuzi bwa New Hampshire Medicaid uhabwa n'imiti wandikiwe na muganga ubibona binyuze muri iyi gahunda yacu, NH Healthy Families, ubwishingizi bwa New Hampshire Medicaid. Warebera ku Igice 4.1 (*Ibyerekeye Imbonerahamwe y'Ibyo Abarwayi Bagenerwa (ibyishingiwe)*)

n'icya 4.2 (Imbonerahamwe y'Ibyo Abarwayi Bagenerwa) ku rutonde rwa serivisi gahunda yishingira.

Ubwishingizi bwa NH Healthy Families bwagiranye amasezerano na Ishami rya leta ya New Hampshire rishinzwe ubuzima n'imibereho myiza y'abaturage (NH DHHS) yo gutanga serivisi zishingiwe zasobanuwe mu Mbonerahamwe y'Ibyo Abarwayi Bagenerwa mu Mutwe wa 4 (*Serivisi zishingiwe*). Gahunda igirana amasezerano n'ihuriro ry'abaganga, ibitaro, amafarumasi, n'abandi baha abanyamuryango ba gahunda serivisi zishingiwe. Ku yandi makuru yerekeye gukoresha abatanga serivisi batari mu ihuriro, reba ku mutwe wa 3 (*Gukoresha NH Healthy Families kuri serivisi zishingiwe*).

Nk'umunyamuryango wa NH Healthy Families, uhabwa ubuvuzi bwa New Hampshire Medicaid n'imiti wandikiwe na muganga binyuze mu bwishingizi bwacu. Tunatanga Porogaramu z'ubuzima zagenewe kugufasha gucunga ubuvuzi bwihariye bwawe cyangwa ibyo ukeneye mu rwego rw'ubuvuzi bw'indwara zo mu mutwe binyuze mu kuguha ubumenyi na kuguhugura mu byerekeye uko ubuzima bwawe buhagaze.

Ibuitekeerzo baywe ni ingenzi kuri twe. Incuro nyinshi buri mwaka NH Healthy Families ihamagaza Inama Ngishwanama y'Abanyamuryango kugira ngo yumve ibitekerezo by'abanyamuryango nka we. Niba ushishikajwe na kujya mu Nama Ngishwanama y'Abanyamuryango ya gahunda, wabitumenyesha uhamagaye Serivisi Zigenewe Abanyamuryango (nomero za telefone zanditse ku gifuniko cy'iki gitabo).

Igice 1.2 Ni iki gituma wuzuzwa ibisabwa ngo ube umunyamuryango wa gahunda

Medicaid ni Porogaramu ihuriweho n'igihugu na leta ifasha abantu binjiza amafaranga make banafite ibyo bifashisha bike bahabwa ubwishingizi bw'ubuvuzi.

Wemerewe kujya muri gahunda yacu igihe cyose:

- Wujuje ibisabwa kandi ukomeza kuzuzwa ibisabwa muri New Hampshire Medicaid*



- *kandi* uba muri leta ya New Hampshire (ahatangirwa gahunda ya NH Healthy Families);
- *kandi* uri Umunyamerika cyangwa uba muri Leta Zunze Ubumwe z'Amerika mu buryo bwemewe n'amategeko.

Iyo utwite maze ukiyandikisha muri gahunda ya NH Healthy Families iyo ubyaye umwana wawe, umwana wawe ahita yishingirwa na NH Healthy Families bigatagangira gukurikizwa ku itariki y'amavuko y'umwana wawe. Bimenyeshe Ikigo gishinzwe kwita ku bafashwa na NH DHHS ku buntu kuri **1-844-ASK-DHHS** (1-844-275-3447) (Ku bafite ubumuga bwo kutumva (TDD):

Ku Bafite Ubumuga bwo Kutumva: 1-800-735-2964), Kuva Ku Wa Mbere kugeza ku wa gatanu, guhera saa 8:00 za mu gitondo kugeza saa 4:00 za nimugoroba ku masaha y'iburasirazuba iyo ubyaye umwana wawe cyangwa wifuzaga kumenya ibindi byerekeye New Hampshire Medicaid na Porogaramu zayo.

*Gukomeza kuzuzwa ibisabwa na New Hampshire Medicaid byongera gusuzumwa buri mezi kuva kuri atandatu kugeza kuri cumi n'abiri. Ibyumweru bitandatu mbere y'uko kuzuzwa ibisabwa bigeze kugira ngo habeho ivugurura uhabwa ibaruwa n'Inyandiko yo Gusaba Kongera Gusuzumwa ko Wujuje Ibisabwa yoherezwa n'iposita ivuye kuri NH DHHS. Mu guharanira ko ubwishingizi bw'ubuvuzi uhabwa budahagarara, ugomba kuzuzwa na gusubiza Inyandiko yo Gusaba Kongera Gusuzumwa ko Wujuje Ibisabwa ku itariki ntarengwa yavuzwe muri iyo baruwa. Niba ukeneye ubufasha bwo kuzuzwa ifishi, hamagara nimero itishyurwa y'Ishami ryita ku bakiriya rya NH DHHS (Kuzuzwa ibisabwa) **1-844-ASK-DHHS** (1-844-275-3447) (ku bafite ubumuga bwo kutumva: 1-800-735-2964), Kuva Ku Wa Mbere kugeza ku wa gatanu, guhera saa 8:00 za mugitondo kugeza saa 4:00 za nimugoroba ku masaha y'iburasirazuba.

Igice 1.3 Ni iki wakwitega muri gahunda

Igitabo cy'Umunyamuryango

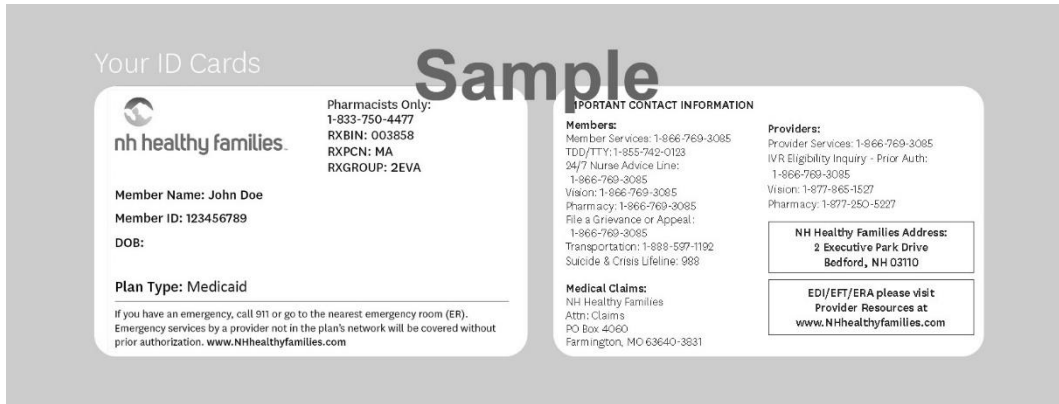
Iki Gitabo cy'Umunyamuryango gisobanura uko gahunda ikoramo kandi cyatangiye gukurikizwa tariki ya 1 Mutarama 2024 kugeza buri kwezi wiyandikishije muri NH Healthy Families. Igitabo cy'Umunyamuryango kandi kiboneka ku rubuga rwacu kuri www.NHhealthyfamilies.com.

Ikarita yawe y'ubunyamuryango ya NH Healthy Families – Yikoreshe kugira ngo ubone serivisi zose zishingiwe n'imiti wandikiwe na muganga

Mu gihe uri umunyamuryango wa gahunda, ugomba gukoresha ikarita yawe y'ubunyamuryango ya NH Healthy Families igihe cyose uhabwa serivisi zishingiwe cyangwa imiti wandikiwe na muganga. Ariko, nubwo waba udafite ikarita yawe y'ubunyamuryango ya gahunda, utanga serivisi ntakwiye kwanga kuguha serivisi. Iyo utanga serivisi yanze kukuvura, uhamagara Ishami Rishinzwe Serivisi Zihabwa Abanyamuryango. Tuzagenzura niba wujuje ibisabwa n'utanga serivisi.



Dore urugero rw'ikarita y'ubunyamuryango:



Igihe cyose uri umunyamuryango wa gahunda, **ugomba gukoresha ikarita y'ubunyamuryango ya NH Healthy Families** kugira ngo ubone serivisi zishingiwe. Ukwiyeye na kubika ikarita yawe New Hampshire Medicaid. Garagaza ikarita **zombi** yaba ikarita y'ubunyamuryango n'ikarita ya New Hampshire Medicaid igihe cyose uhawe serivisi.

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Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

Iyo ikarita yawe y'ubunyamuryango yangiritse, yabuze cyangwa yibwe, uhita uhamagara Serivisi zihabwa abanyamuryango. Tukoherereza ikarita nshya. (Nomero za telefone za Serivisi zita ku Banyamuryango zanditse ku gifuniko cy'iki gitabo.) Ushobora kandi kwiyandikisha kuri konti yawe y'Urubuga rw'Umunyamuryango Rwizewe maze ugatumiza ikarita nshya maza ugacapa ikarita y'igihe gito yo gukoresha mu masaha 24 kugira ngo wandikirwe imiti cyangwa ukayitawaza uje muri radnevu na uganga wawe mu gihe utegereje ikarita ihoraho.

Guhamagarwa Uhabwa Ikaze

Gusobanukirwa ubuzima bwawe n'ibindi byihariye ukeneye ni ingenzi kuri twe. Iyo ukijya muri NH Healthy Families, tuguhamagara nk'umunyamuryango wa gahunda. Mu kuguhamagara, dusobanura amategeko agenga gahunda tukanasubiza ibibazo ushobora kuba ufite byerekeye gahunda. Tuzaguha guhitamo utanga Serivisi z'ubuzima w'ibanze (PCP) kandi dushobora kugufasha kujya kureba ko ubuzima bwawe buhagaze neza kuri PCP wawe. Hanyuma, nk'uko byasobanuwe mu Igice gikurikira, turasobanura akamaro ko gukora Isuzuma ry'Ibyago by'Ubuzima (HRAS).

Isuzuma ry'Ibyago by'Ubuzima (HRAS)

NH DHHS idusaba ko tugusaba kuzuzanya isuzuma ry'ibiyago by'ubuzima (HRAS). Amakuru utanga muri HRAS adufasha gutegura na gukorana nawe kugira ngo tubashe kubona ibyo ukeneye mu buvuzi na mu buzima.

HRAS iba ririmo ibibazo kugira ngo hagaragazwe ibyo ukeneye mu buvuzi, ubuzima bw'imyitwarire, imibereho n'ibindi ukeneye. Tuzakumenyesha kugira ngo wuzuze HRAS. Ishobora kuzurizwa kuri telefone, cyangwa ibaruwa, cyangwa ku muyoboro utekanye w'abanyamuryango ku rubuga rwa NH Healthy Families. Iyi fishi iba iri mu Ipaki y'Ikaze mu ipaki iriho tembure. Kuzuzanya HRAS si itegeko.

Ariko, turagushishikariza kuzuzanya isuzuma, maze ukarigarura kuri NH Healthy Families.

Ibisobanuro by'inyandiko imenyeshya ibyo umurwayi agenerwa

Uko ibihe bigenda, tukohereza raporo yitwa *Ibisobanuro by'Ibyo Umurwayi Agenerwa (EOB)*.

Ibisobanuro by'Ibyo Umurwayi Agenerwa bikumenyesha umubare w'amafaranga wowe, cyangwa abandi, bakoresheje mu izina ryawe kuri serivisi runaka. Ibisobanuro by'Ibyo Umurwayi Agenerwa biranaboneka iyo ubisabye. Kugira ngo ubone kopi, bimenyeshe Serivisi zita ku Banyamuryango (Nomero za telefone zanditse ku gifuniko cy'iki gitabo). Unashobora gucapa kopi ya EOB yawe uyikuye ku rubuga rw'abanyamuryango rutekanye kuri www.NHhealthyfamilies.com.

Urubuga rw'Abanyamuryango Rutekanye

Abanyamuryango bose baNH Healthy Families bashobora kugera kuri konti z'amakuru aberekeyeho uko babishaka n'ibibafasha amasaha 24 ku muni / iminsi 7 mu cyumweru banyuze



ku Rubuga rw'abanyamuryango rutekanye.

Iyo umaze kwiwandikisha maze ukaba umunyamuryango ukorana na NH Healthy Families, ushobora gufungura konti kuri interineti aho ushobora kuvugurura CP mukorana, koherereza imeyiri itekanye uhagarariye NH Healthy Families, kuzuza isuzuma ry'ibyaho by'ubuzima, kureba Incamake y'Ibyo Bagenerwa, n'ibindi. Kugira ngo ugere ku rubuga rw'umunyamuryango, sura urubuga rwacu kuri www.NHhealthyfamilies.com maze uhitemo “kwinjira” hejuru. Kurikiza amabwiriza ari kuri ekara ugere ku rubuga. Niba ari bwo bwa mbere ni ngombwa ko ufungura konti, uzakenera itariki yawe y'amavuko na nomero y'Ikarita y'Umunyamuryango wa NH Healthy Families yawe. Niba ufite ibibazo cyanwga ukaba ukeneye ubuafsha, hamagara Ishami Rishinzwe Serivisi z'Abanyamuryango (nomero za telefone zanditse ku gifuniko cy'iki gitabo.

Guhuza ubuvuzi bwawe: andi mahitamo yo gucunga amakuru y'ubuvuzi abitse kuri interineti

Ku ya 1 Nyakanga, 2021, itegeko rishya rya leta ryitwa Itegeko Rigenga Uburyo bwo Kugera na Gusangira Amakuru y'Abarwayi (CMS 9115 F) ryorohye uburyo bwo kugera ku makuru ku banyamuryango igihe bayakeneye. Kuri ubu ufite uburyo busesuye bwo kugera ku makuru yawe y'ubuzima kuri telefone yawe igendanwa bikaba bituma urushaho gucunga neza ubuzima bwawe ndeste ukamenya ibikoresho wabona.

Tekereza:

- Kujya kureba muganga mushya kuko wumva utameze neza maze muganga akazana amateka y'ubuzima bwawe yo mu myaka itanu ishize.
- Gukoresha ububiko bugezweho bw'utanga serivisi hagamijwe kubona utanga serivisi cyangwa inzobere.
- Uwo utanga serivisi cyangwa inzobere bashobora gukoresha amateka y'ubuzima bwawe mu kugusuzuma na gukora ku buryo uhabwa ubuvuzi bwiza.
- Kujya kuri mudasobw ayawe kurwba niba ikirego ycarishyuwe, cyaranzwe cyangwa kikiri kunonosorwa.
- Iyo ubishaka, ujyana amateka yawe y'ubuzima iyo uhinduye ubwishingizi.*

**Muri 2022, abanyamuryango bashobora gutangira gusaba ko batwara amakuru yabo y'ubuzima mu gihe bahinduye ubwishingizi.*

Itegeko rishya ryoroshya uburyo bwo kubona amakuru ku:**

- birego (byishyuwe n'ibyanzwe)
- ubwishingizi bw'imiti butangwa na farumasi
- ibice byihariye by'amakuru y'ivuriro wivurizamo
- abatanga serivisi z'ubuzima

***Ushobora kubona amakuru ku matariki ya serivisi zatanzwe ku wa 1, Mutarama 2016.*

Ku yandi makuru, sura konti y'umunyamuryango yacu yo kuri interineti.

Igice 1.4

Gukomeza kuvugurura amakuru bwite

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

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Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

akwerekeyeho n'andi makuru y'ubwishingizi

Uko wafasha kugira ngo tugire amakuru y'ukuri akwerekeyeho

Amakuru abitse y'ubunyamuryango yawe muri gahunda akubiyemo amakuru yo muri NH DHHS, harimo aderesi na numero ya telefone. Ni ngombwa ko uvugurura amakuru yawe. Ihuriro

abatanga serivisi bari mu ihuriro na gahunda bakeneye kugira amakuru nyayo kugira ngo bakumenyeshe igihe bikenewe.

Tubwire izi mpinduka niziba:

- Impinduka ku izina, aderesi, cyangwa numero ya telefone yawe;
- Impinduka ku bundi bwishingizi bw'ubuzima ufite, harimo:
 - Ubwishingizi bw'ubuzima bw'abantu benshi butangwa n'umukoresha abuha abakozi cyangwa abageze mu zabukuru, yaba ari wowe, cyangwa undi wese mu rugo rwawe uhabwa ubwo bwishingizi na gahunda;
 - Ubwishingizi bw'indishyi ku bakozi kubera uburwayi cyangwa gukomereka bitewe n'akazi;
 - Ibyo abavuye ku rugerero bagenerwa cyangwa ubundi bwishingizi bw'ubuzima butangwa na leta;
 - Ubwishingizi bwa Medicare;
 - Gukomeza guhabwa COBRA cyangwa ubundi bwishingizi. (COBRA ni itegeko risaba ko bamwe mu bakoresha bareka abakozi n'ababanditseho bakagumana ubwishingizi bw'ubuzima bwo mu itsinda mu gihe runaka nyuma yo kuva mu kazi, guhindura akazi, n'ibindi byaba mu buzima bwabo.); cyangwa
 - Iyo ufite ibirego by'indishyi, nk'ibirego by'impanuka y'ikinyabiziga.
- Impinduka mu mafaranga winjiza cyangwa ubundi bufasha bw'amafaranga;
- Niba warajyanwe mu kigo cyita ku bageze mu zabukuru cyangwa abafite ubumuga;
- Iyo ubyaye umwana;
- Iyo uherewe ubuvuzi aho udasanze ubuhererwa cyangwa iyo uvuriwe mu bitaro cyangwa icyumba cy'indembe bitari mu ihuriro; cyangwa
- Iyo habayeho impinduka ku mwishingizi, umurinzi, uguhagarariye wabihereye uburenganzira wemewe, cyangwa undi uguhagarariye mu buryo bwite, cyangwa iyo wemerewe guha Ububasha Inshuti cyangwa Umuvandimwe.

Iyo amwe muri ayo makuru ahindutse, uhamagara Serivisi Zigenewe Abanyamuryango (numero za telefone zanditse ku gifuniko cy'iki gitabo) cyangwa ugahamagara Ishami ryita ku Bakiriya rya NH Medicaid ku buntu kuri **1-844-ASK-DHHS** (1-844-275-3447) (Abafite ubumuga bwo kutumva (TTY/TDD): 1-800-735-2964),



Kuva Ku Wa Mbere kugeza ku wa gatanu, guhera saa 8:00 za mugitondo kugeza saa 4:00 za nimugoroba ku masaha y'iburasirazuba.

Amakuru y'ubuzima bwite y'umunyamuryango agirwa ibanga

Amategeko y'igihugu na leta asaba ko tugira ibanga amakuru y'ubuzima akwerekeyeho n'amakuru y'ubuzima bwite. Turinda amakuru y'ubuzima nk'uko bisabwa n'ayo mategeko.

Igice 1.5 Ni gute ubundi bwishingizi bukorana na gahunda yacu

Ni ubuhe bwishingizi bwishyura mbere iyo ufite ubundi bwishingizi

Ubwishingizi bwa Medicaid ni bwo bwishyura mu gihe cy'amaburakindi. Bivuze ko iyo ufite ubundi bwishingizi (nk'ubwishingizi bw'itsinda bugenewe abakozi cyangwa Medicare), ni bwo bubanza kwishyura inyemezabuguzi z'ubuvuzi. Bwitwa “ubwishingizi bw'ibanze”. Ugomba gukurikiza amategeko yose y'ubwishingizi bw'ibanze igihe uhabwa serivisi.

Imiti cyangwa serivisi bitishingiwe n'ubwishingizi bw'ibanze bwawe bikaba bitanishyurwa n'amafaranga ufatanywa kwishyura n'ubwishingizi bw'ibanze bwawe cyangwa ayo ukatwa bishobora kwishyurwa na NH Healthy Families. Ku birego bisaba kwishyura neza, ni ngombwa ko ukoresha abatanga serivisi bari mu ihuriro ry'ubwishingizi bw'ibanze bwawe n'ihuriro ryacu.

Iyo uhawe serivisi, ubwira umuganga ukuvura, ibitaro urwariyemo cyangwa farumasi yaguhaye imiti niba ufite ubundi bwishingizi bw'ubuzima. Uguha serivisi amenya uko asuzuma ibirego byawe iyo ufite ubwishingizi bw'ibanze n'ubwishingizi bwa New Hampshire Medicaid binyuze muri Porogaramu ya NH Healthy Families. Uhawe inyemezabuguzi ya serivisi z'ubuvuzi zishingiwe wahawe, wareba ku Mutwe wa 8 (*Kudusaba kwishyura*).

Iyo ufite ubundi bwishingizi (nk'ubwishingizi bw'itsinda bugenewe abakozi cyangwa Medicare), na Medicaid nk'ubwishingizi bwungirije, si ngombwa ko ubanza guabwa uburenganzira na NH Healthy Families bwo kwishyura serivisi nyuma yo kwishyura kw'ubundi bwishingizi bwawe. Iyo serivisi itishingiwe cyangwa yanzwe n'ubundi bwish kandi serivisi ika yishyurwa na Medicaid, hashobora kuba hakenewe uruhushya rutangwa mbere kugira ngo NH Healthy Families yishyure serivisi. Ku gisobanuro cya serivisi gisaba uburenagazira butangwa mbere, reba ku mutwe wa 4 (IMbonerahamwe y'Ibyo Abarwayi Bagenerwa umurwayi)

Niba ufite ibibazo, cyangwa ukaba ushaka kuvugurura mamakuru yawe y'ubwishingizi, hamagara Serivisi z'Abanyamuryango (nomero za telefone zanditse ku gifuniko cy'iki gitabo).

Ni nde wishyura iyo undi muntu cyangwa uruhande ari rwo cyangwa rushobora kuba rushinzwe gukomereka kwawe

Iyo unsi muntu cyangwa uruhande rugukomerekeje, NH Healthy Families iya mu gikorwa bita “ubutetu.” Ibi bivuze ko dushobora gukoresha uburenagazira bwawe bwo mu rwego rw'amategeko watangiye uruhushya kugira ngo utange ubusabe bwa Medicaid, kugira ngo tugaruze amafaramba twakoresheje mu kuguha serivisi z'ubuvuzi zitangwa n':

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba, Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

- Umuntu/abantu baguteye gukomereka; cyangwa
- Isosiyete y'ubwishingizi cyangwa urundi ruhande rufite inshingano.

Iyo undi muntu cyangwa uruhande rufite inshingano zo kwishyura serivisi wahawe zijyanye na gukomereka kwawe, dukoresha uburenganzira bwawe bwo mu rwego rw'amategeko mu kugaruza umubare wose w'amafaranga twishyuye serivisi z'ubuvuzi bw'igikomere cyawe. Nta na rimwe uzigera usabwa kwishyura serivisi zawe z'ubuvuzi ku buryo butaziguye.

Kugira ngo dushyire mu bikorwa ubu burenganzira, dushobora gutanga ikirego, ubiduhereye cyangwa utabiduhereye uburenganzira, ku ruhande rwose rufite inshingano zo kwishyura amafaranga twishyuye ubuvuzi wahawe. Uburenganzira bwacu bw'itatu burakurikizwa kabone n'iyi Umunyamuryango wakomerekejwe afite muni y'imyaka 18. Iyo urundi ruhande ruwushyuye mu buryo butaziguye amafaranga yose yishyuye ubuvuzi, dusfite uburenganzira bwo kugukuraho umubare wuzuye w'amafaranga twishyute ku buvuzi wahawe.

Iyo ufite ubundi bwishingizi kubera igikomere gitewe n'impanuka (nk'impanuka y'imodoka), hamagara Serivisi z'Abanyamuryango vuba bishoboka (numero za telefone zanditse ku gifuniko cy'iki gitabo).

Iyo avoka aguhagaraiye kubera igikomere wagize, ufite inshingano zo kumenyesha avoka wawe ko ufite ubwishingizi bwa Medicaid biciye muri NH Healthy Families. Ugomba kumenyesha kandi isosiyete iyo ariyo yose y'ubwishingizi (niba ubwishingizi bwawe cyangwa ubwishingizi bw'undi muntu) bujyanye n'igikomere cyatwe n'impanuka ko ufite ubwishingizi bwa Medicaid biciye muri gahudna yacu kandi ugartanga aderesi zabo. Byongeye, nitumenya amakuru aturutse ahnadi ahntu ko ushobora kuba ufite ubundi bwishingizi kubera impanuka, dushobora kukuvugisha ukaduha ibisobanuro byerekeye impanuka n'ubundi bwishingizi.

Niba ufite ibibazo cyangwa ukaba ushaka kuvugurura amakuru yawe y'ubwishingizi, hamagara Serivisi z'Abanyamuryango (numero za telefone zanditse ku gifuniko cy'iki gitabo).

Umutwe wa 2. Nomeru za telefone n'ibyifashishwa bya ngombwa

Igice 2.1 Uko wavugisha serivizi z'Abanyamuryango ba NH Healthy Families

Ku bufasha bw'ibibazo byerekeye ubwishingizi, gushaka utanga serivisi, ibirego, amakarita y'abanyamuryango, cyangwa ibindi bibazo, wahamagara cyangwa ukandikira Serivisi zita ku Banyamuryango ba NH Healthy Families. Tuzanezewa na kugufasha.

Igihe ukeneye ubuvuzi bw'indembe – Hamagara 911 cyangwa uhite ujya ku bitaro cyangwa icyumba cy'indembe kikwegereye.

Igihe ukeneye ubuvuzi bw'indwara zo mu mutwe/cyangwa ikoreshwa ry'ibiyobyabwenge – Iyo wowe cyangwa undi muntu uzi akeneye ubufasha/ serivisi zo mu rwego rw'amarangamutima cyangwa ubuzima bwo mu mutwe (cyangwa hakaba hari ibyago byo kwiyahura), hamagara, wandike ubutumwa bugufi cyangwa ikiganiro kuri **988** – Umurongo Utangirwaho Ubufasha bw'Ubuzima bwo mu Mutweamasha 24 ku munsu, iminsi 7 ku cyumweru maze uvugane n'umujyanama wahuguwe. Umurongo Utangirwaho ubufasha utanga ubufasha bwo mu rwego rw'amarangamutima ku bantu bafite ibyago byo kwiyahura cyangwa agahinda ko mu marangamutima.

Cyangwa, uhamagare cyangwa woherere ubutumwa bugufi kuri nomero itishyurwa Itangirwaho Ubufasha Bwihutirwa ya NH (**1-833-710-6477**) igihe cyose ku manwa cyanwga nijoro. Serivisi zo gufasha abafite ibibazo ziboneka kuri telefone, hakioreshejwe ubutumwa bugufi, cyangwa imbonankubone.

Ku gisobanuro cya serivisi z'ubuzima bwo mu mutwe bwihutirwa n'ikoreresha ry'ibiyobyabwenge, reba Umutwe wa 4 (*Imbonerahamwe y'Ibyo Abarwayi Bagenerwa: Ubuvuzi bw'Indembe; serivizi z'ubuzima bwo mu mutwe uhabwa Utaha; Serivisi zo kuvura indwara ziterwa n'ikoreshwa ry'Ibiyobyabwenge (SUD)*).

Uburyo	Serivisi z'Abanyamuryango ba NH Healthy Families – Amakuru y'Itumanaho
HAMAGARA	<p>1-866-769-3085</p> <p>Guhamagara kuri iyi nomero ni ubuntu. Amasaha asanzwe y'akazi ni kuva Ku Wa Mbere kugeza Ku Wa Gatatu guhera saa 8:00 za mu gitondo kugeza 8:00 za nimugoroba na kuva Ku Wa Kane saa 8:00 za mu gitondo kugeza saa 5:00 za nimugoroba.</p> <p>Serivisi zita ku Banyamuryango kandi zifite serivisi y'ubusemuze y'ubuntu ku bantu batavuga icyongereza.</p>



ABAFITE UBUMUGA BWO KUTUMVA (TTY/TDD)	1-855-742-0123 Relay 711 Iyi numero isaba ibikoresho bya telefone byihariye kandi ikaba igenewe gusa abantu bafite ubumuga bwo kutumva cyangwa kutavuga.] Guhamagara iyi numero ni ubuntu.
FAGISI	1-877-502-7255
ANDIKA	NH Healthy Families 2 Executive Park Drive Bedford, NH 03110
URUBUGA	www.NHhealthyfamilies.com

Igice 2.2 Uko wamenyesha gahunda ibyerekeye icyemezo cy'ubwishingizi cyangwa cyo gutanga ubujurire

Icyemezo ku bwishingizi ni icyemezo dufata ku byerekeye niba serivisi cyangwa umuti wishingiwe na gahunda. Icyemezo ku bwishingizi gishobora kuba kinakubiyemo amakuru yerekeye amafaranga y'imiti yose yishyurwa ufatanyije n'ubwishingizi bwawe ushobora gusaba kwishyura. Iyo utemeranya n'icyemezo ku bwishingizi, ufite uburenganzira bwo kujurira icyemezo twafashe.

Ubujurire ni uburyo bwemewe bwo kudasaba kongera gutekereza na guhindura icyemezo ku bwishingizi twafashe. Ku yandi makuru yerekeye ubujurire, wareba Umutwe wa 10 (*Icyo ukora iyo wifuza kujuririra icyemezo cya gahunda cyafashwe cyangwa "ikirego", cyangwa gutanga ikirego kuri serivisi utishimiye*).

Uburyo	Icyemezo cy'Ubwishingizi cyangwa Ubujurire – Nomeru ya Amakuru y'Itumanaho
HAMAGARA	1-866-769-3085 Guhamagara kuri iyi nomero ni ubuntu. Amasaha asanzwe y'akazi ni kuva Ku Wa Mbere kugeza Ku Wa Gatatu guhera saa 8:00 za mu gitondo kugeza 8:00 za nimugoroba na kuva Ku Wa Kane saa 8:00 za mu gitondo kugeza saa 5:00 za nimugoroba. Serivisi zita ku Banyamuryango kandi zifite serivisi y'ubusemuzi y'ubuntu ku bantu batavuga icyongereza.
ABAFITE UBUMUGA BWO KUTUMVA (TTY/TDD)	1-855-742-0123 Relay 711 Iyi nomero isaba ibikoresho bya telefone byihariye kandi ikaba igenewe gusa abantu bafite ubumuga bwo kutumva cyangwa kutavuga. Guhamagara iyi nomero ni ubuntu.
FAGISI	1-866-270-9943
ANDIKA	NH Healthy Families Grievance and Appeals Department 2 Executive Park Drive Bedford, NH 03110
URUBUGA	www.NHhealthyfamilies.com

Igice 2.3 utishimiye

Uko wamenyesha gahunda ibyerekeye serivisi

Kutishimira serivisi uhabwa ni izina ry'igikorwa umunyamuryango akoresha kugira ngo aregere gahunda iby'abakozi ba gahunda, abatanga serivisi ba gahunda, ubwishingizi na gufatanya n'ubwishingizi kwishyura. Ku yandi makuru yerekeye gutanga ikirego cyo kutishimira serivisi, wareba Umutwe wa 10 (*Icyo ukora iyo wifuza kujurira icyemezo cya gahunda cyafashwe cyangwa "ikirego", cyangwa gutanga ikirego kuri serivisi utishimiye*).

Uburyo	Grievance – Amakuru y'Itumanaho
HAMAGARA	1-866-769-3085 Guhamagara kuri iyi numero ni ubuntu. Amasaha asanzwe y'akazi ni kuva Ku Wa Mbere kugeza Ku Wa Gatatu guhera saa 8:00 za mu gitondo kugeza 8:00 za nimugoroba na kuva Ku Wa Kane saa 8:00 za mu gitondo kugeza saa 5:00 za nimugoroba. Serivisi zita ku Banyamuryango kandi zifite serivisi y'ubusemuze y'ubuntu ku bantu batavuga icyongereza.
ABAFITE UBUMUGA BWO KUTUMVA (TTY/TDD)	1-855-742-0123 Relay 711 Iyi numero isaba ibikoresho bya telefone byihariye kandi ikaba igenewe gusa abantu bafite ubumuga bwo kutumva cyangwa kutavuga. Guhamagara iyi numero ni ubuntu.
FAGISI	1-866-270-9943
ANDIKA	NH Healthy Families Complaint, Grievance and Appeal Department 2 Executive Park Drive Bedford, NH 03110

Igice 2.4 Uko wamenyesha gahunda ibyerekeye guhuza ibikorwa by'ubuvuzi

Ubuhuzabikorwa bw'ubuvuzi ni ijamba rikoreshwa mu gusobanura ibikorwa bya gahunda byo kubona ubufasha bukenewe ku banyamuryango n'umuryango mugari. Abahuzabikorwa b'ubuvuzi bareba neza ko abanyamuryango bari mu itsinda ry'ubuvuzi bahawe amakuru yerekeye serivisi n'ubufasha bwose bihabwa abanyamuryango, harimo serivisi zitangwa na buri tsinda ry'abanyamuryango cyangwa utanga serivisi. Ku yandi makuru, wareba ku Igice 5.2 (*Ubufasha bw'ubuhuzabikorwa bw'ubuvuzi*).

Uburyo	Ubuhuzabikorwa bw'Ubuvuzi – Amakuru y'Itumanaho
HAMAGARA	1-866-769-3085 Guhamagara kuri iyi numero ni ubuntu. Amasaha asanzwe y'akazi ni kuva Ku Wa Mbere kugeza Ku Wa Gatatu guhera saa 8:00 za mu gitondo kugeza 8:00 za nimugoroba na kuva Ku Wa Kane saa 8:00 za mu gitondo kugeza saa 5:00 za nimugoroba. Serivisi zita ku Banyamuryango kandi zifite serivisi y'ubusemuzi y'ubuntu ku bantu batavuga icyongereza.
ABAFITE UBUMUGA BWO KUTUMVA (TTY/TDD)	1-855-742-0123 Relay 711 Iyi numero isaba ibikoresho bya telefone byihariye kandi ikaba igenewe gusa abantu bafite ubumuga bwo kutumva cyangwa kutavuga. Guhamagara iyi numero ni ubuntu.
FAGISI	1-877-502-7255
ANDIKA	NH Healthy Families 2 Executive Park Drive Bedford, NH 03110
URUBUGA	www.NHhealthyfamilies.com

Igice 2.5 Uko wahamagara Umurongo Ugishaho Inama Abaforomo ba gahunda

Umurongo Ugishaho Inama Abaforomo ni serivisi y'umurongo wa telefone w'ubuntu utangirwaho amakuru y'ubuvuzi amasaha 24 itangwa na NH Healthy Families. Abaforomo babyigiye baba biteguye gusubiza ibibazo ufite amasaha 24 ku munsu, iminsi 365 ku mwaka. Hamagara Umurongo Ugishaho Inama Abaforomo igihe ufite ibibazo byerekeye ibikurikira:

- Inama zerekeye ubuvuzi
- Isomero ry'amakuru y'ubuzima
- Ibisubizo by'ibibazo byerekeye ubuzima bwawe
- Inama zerekeye gukomereka cyangwa indwara
- Ubufasha mu gusaba randevu za PCP

Igihe ukeneye ubuvuzi bw'indembe – Hamagara 911 cyangwa uhite ujya ku bitaro cyangwa icyumba cy'indembe kikwegereye.

Igihe Ukeneye Ubuvuzi bw'Indwara zo mu Mutwe/cyangwa Ikoreshwa ry'Ibiyobyabwenge– Iyo wowe cyangwa undi muntu uzi akeneye ubufasha/ serivisi zo mu rwego rw'amarangamutima cyangwa ubuzima bwo mu mutwe (cyangwa hakaba hari ibyago byo kwiyahura), harimo n'impungenge ku ikoreshwa ry'ibiyobyabwenge, hamagara, wandike ubutumwa bugufi cyangwa ikiganiro kuri **988** – Umurongo utangirwaho ubufasha bw'ubuzima bwo mu mutwe amasaha 24 ku munsu, iminsi 7 ku cyumweru maze uvugane n'umujyanama wahuguwe. Umungo utangirwaho ubufasha utanga ubufasha bwo mu rwego rw'amarangamutima ku bantu bafite ibyago byo kwiyahura cyangwa agahinda ko mu marangamutima.

cyangwa, uhamagare cyangwa woherere ubutumwa bugufi kuri nomero itishyurwa Itangirwaho Ubufasha Bwihutirwa ya NH (**1-833-710-6477**) igihe cyose ku manwa cyanwaga nijoro. Serivisi zo gufasha abafite ibibazo ziboneka kuri telefone, hakoreshejwe ubutumwa bugufi, cyangwa imbonankubone.

Ku gisobanuro cya serivisi z'ubuzima bwo mu mutwe bwihutirwa n'ikorerehwa ry'ibiyobyabwenge, reba Umutwe wa 4 (*Imbonerahamwe y'Ibyo Abarwayi Bagenerwa: Ubuvuzi bw'indembe; serivisi z'ubuzima bwo mu mutwe uhabwa Utaha; Serivisi zo kuvura indwara ziterwa n'ikoreshwa ry'Ibiyobyabwenge (SUD)*).

Uburyo	Umurongo Utangirwaho Ubufasha n'Abaforomo – Amakuru y'Itumanaho
HAMAGARA	1-866-769-3085 Guhamagara kuri iyi nomero ni ubuntu. <i>Umurongo utangirwaho inama w'abaforomo bacu uboneka amasaha 24 ku munsu, iminsi 7 ku cyumweru.</i> Serivisi zita ku Banyamuryango kandi zifite serivisi y'ubusemuzi y'ubuntu ku bantu batavugaga icyongereza.



**ABAFITE
UBUMUGA BWO
KUTUMVA
(TTY/TDD)**

1-855-742-0123 Relay 711

Iyi nomero isaba ibikoresho bya telefone byihariye kandi ikaba igenewe gusa abantu bafite ubumuga bwo kutumva cyangwa kutavuga.

Guhamagara iyi nomero ni ubuntu.

Igice 2.6 Ni gute wasaba serivisi z'ubuvuzi bw'indwara zo mu mutwe (ubuzima bwo mu mutwe cyangwa serivisi z'ubuvuzi bw'indwara ziterwa na gukoresha ibiyobyabwenge)

Serivisi z'ubuvuzi bw'indwara zo mu mutwe ni irindi jambo rikoreshwa mu gusobanura serivisi z'ubuvuzi bw'indwara zo mu mutwe cyangwa ubuvuzi bw'indwara zikomoka ku gukoresha ibiyobyabwenge. Bimenyeshe NH Healthy Families igihe ufite ikibazo cyerekeye serivisi zishingiwe cyangwa abatanga serivisi b'ihuriro batanga serivisi z'ubuvuzi bw'indwara zo mu mutwe cyangwa indwara zikomoka ku gukoresha ibiyobyabwenge bahari hakurikijwe gahunda yawe.

Si ngombwa ko uhabwa taransiferi na muganga. Ushobora kujya k'utanga serivisi wo mu ihuriro ryana NH Healthy Families akaguh serivisi.

Igihe ukeneye ubuvuzi bw'indembe z'indwara zo mu mutwe (ubuzima bwo mu mutwe n'ikoreshwa ry'ibiyobyabwenge) bwihutirwa cyangwa wagize ikibazo –

Hamagara, wandike ubutumwa bugufi cyangwa ikiganiro kuri **988** – Umurongo Utangirwaho Ubufasha bw'Ubuzima bwo mu Mutwe amasha 24 ku muni, iminsi 7 ku cyumweru maze uvugane n'umujyanama wahuguwe. Umungo Utangirwaho Ubufasha utanga ubufasha bwo mu rwego rw'amarangamutima ku bantu bafite ibyago byo kwiyahura cyangwa agahinda ko mu marangamutima.

Cyangwa, uhamagare cyangwa woherere ubutumwa bugufi kuri numero itishyurwa Itangirwaho Ubufasha Bwihutirwa ya NH (**1-833-710-6477**) igihe cyose ku manwa cyangwa nijoro. Serivisi zo gufasha abafite ibibazo ziboneka kuri telefone, hakoreshejwe ubutumwa bugufi, cyangwa imbonankubone.

Ku gisobanuro cya serivisi z'ubuzima bwo mu mutwe bwihutirwa n'ikoreshwa ry'ibiyobyabwenge, reba Umutwe wa 4 (*IMbonerahamwe y'Ibyo Abarwayi Bagenerwa: Ubuvuzi bw'indembe; serivisi z'ubuzima bwo mu mutwe uhabwa Utaha; Serivisi zo kuvura indwara ziterwa n'ikoreshwa ry'Ibiyobyabwenge (SUD)*).

Uburyo	Serivisi z'Ubuzima bwo mu Mutwe (Serivisi z'Ubuzima bwo mu Mutwe cyangwa Serivisi zifasha ababaswe n'Ibiyobyabwenge) – Amakuru v'Itumanaho
HAMAGARA	<p>1-866-769-3085</p> <p>Guhamagara kuri iyi numero ni ubuntu. Amasaha asanzwe y'akazi ni kuva Ku Wa Mbere kugeza Ku Wa Gatatu guhera saa 8:00 za mu gitondo kugeza 8:00 za nimugoroba na kuva Ku Wa Kane saa 8:00 za mu gitondo kugeza saa 5:00 za nimugoroba.</p> <p>Serivisi zita ku Banyamuryango kandi zifite serivisi y'ubusemuzi y'ubuntu ku bantu batavuga icyongereza.</p>

ABAFITE UBUMUGA BWO KUTUMVA (TTY/TDD)	1-855-742-0123 Relay 711 Iyi numero isaba ibikoresho bya telefone byihariye kandi ikaba igenewe gusa abantu bafite ubumuga bwo kutumva cyangwa kutavuga. Guhamagara iyi numero ni ubuntu.
ANDIKA	NH Healthy Families 2 Executive Park Drive Bedford, NH 03110
URUBUGA	www.NHhealthyfamilies.com

Igice 2.7 Uko wasaba gutwarwa kwa muganga utarembye

Gahunda yishyura ubufasha bwo gutwarwa kwa muganga utarembye, harimo na gusubizwa mafaranga y'urugendo wakoresheje imodoka yawe, iyo utabasha kwishyura ikiguzi kujyanwa cyangwa kuvanwa kuri serivisi zishingiwe na New Hampshire Medicaid zanditse mu Mbonerahamwe y'Ibyo Abarwayi Bagenerwa mu Gice 4.2 *Serivisi zo Gutwara abarwayi – Gutwara abarwayi batarembye kwa muganga (NEMT)*).

Uburyo	Gutwara Abarwayi Batarembye kwa Muganga – Numero y'Amakuru y'Itumanaho
HAMAGARA	Medical Transportation Management, Inc. (MTM) 1-888-597-1192
ABAFITE UBUMUGA BWO KUTUMVA (TTY/TDD)	711 Iyi numero isaba ibikoresho bya telefone byihariye kandi ikaba igenewe gusa abantu bafite ubumuga bwo kutumva cyangwa kutavuga. Guhamagara iyi numero ni ubuntu.
FAGISI	1-888-513-1610
ANDIKA	Medical Transportation Management, Inc. 16 Hawk Ridge Drive Lake St. Louis, MO 63367
URUBUGA	https://mtm-prod.revealservices.net/www/member/#/login

Ukeneye ubufasha bwo kujya kuri randevu?

Niba udafite imodoka cyangwa undi muntu uhari ngo aguhe lifuti, dushobora kugufasha kugera ku marandevu yo kwa muganga ufite ndetse na ku marandevu ya muganga w'amenyo

Serivisi z'Abanyamuryango ba NH Healthy Families
1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)
Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba, Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.



yishingiwe na leta. Gutwara abarwayi byishingirwa kuri serivisi zo kwa muganga zose. Serivisi zo gutwara abarwayi zishingirwa zirimo ariko ntizigarukiye gusa ku:

- Amarandevu y'ubuvuzi bukorwa ku buryo buhoraho
- Gutwara Abarwayi bakurwa mu Cyumba cy'Indembe (gutwara abarwayi batarembye bajyanwa mu cyumba cy'indembe (ER) ntibyishingiwe)
- Gutwara abarwayi bakurwa ku bitaro cyangwa ku kindi kigo cy'ubuvuzi
- Marandevu na muganga w'amenyo yishingiwe na leta
- Kujya kuri farumasi ugiye gufata imiti
- Kuya kuri farumasi umaze gusezererwa mu bitaro
- Kujya kuri farumasi ukimara kuva kuri randevu ya muganga

Gusaba gutwarwa bigomba gukorwa mu minsi ibiri (3) y'akazi mbere y'igihe ufiteye randevu. Hamagara MTM kuri 1-888-597-1192 utegure uburyo bwo gutwara.

Ubusabe bwo gutwarwa bushobora gukorwa ku muni umwe ku busabe bukurikira:

- Ubusabe bwo gukora urugendo rwihutirwa (kujyanwa ku ivuriro ritanga ubuvuzi bwihutirwa cyangwa randevu yasuzumwe maze utanga serivisi akagaragaza ko ari ibyihutirwa)
- Gusaba gusezererwa mu bitaro (umuforomo ushinzwe ibyo gusezerera abarwayi ashobora kubigufashamo)
- Gutwara Umuryango n'Inshuti

Ni ayahe makuru ngomba kumenya iyo mpamagaye?

- Nomero ikuranga ya Medicaid ID
- Aderesi na nomero ya telefone y'aho bagukura/ugiye
- Izina ry'utanga serivisi/fibitaro ugiyeho
- Itariki n'isaha bya randevu, harimo igihe randevu imara
- Nomero ya telefone Ihamagarwa serivisi ya CTS, umushoferi, n'abandi bakuboneraho, n'ibindi
- Niba hari ibyo ukoresha ngo ubashe kugenda (akagare, imbago, n'ibindi) cyangwa ikindi gikoresheho kugira ngo ugere ku marandevu.

Iyo ufite imyaka 16-17 kandi ukaba ugiye gufata urugendo wenyine, ugomba kuba witwaje Ifishi y'Uruhushya rw'Umubyeyi. Iyo uri umwana utarageza imyaka y'ubukure ufite imyaka iri muni ya 15, umuntu mukuru urengeje imyaka 18 agomba kuguherekeza. Abandi bantu bemewe mu rwego rw'ubufasha mu buvuzi, ubusemuzi, cyangwa ubundi bwunganizi bukenewe.

Gusubizwa Amafaranga y'Urugendo

usubizwa amafaranga y'urugendo iyo ukoresheje uburyo bwo gutwara abanru rusangwam iyo ugize umuryango cyangwa inshuti agutwaye muri randevu y'ubuvuzi yishingiye. Ugomba kubanza guhamagara MTM mbere yo gukora urugendo kuri 1-888-597-1192.

Ni ayahe makuru ngomba kumenya iyo mpamagaye?

- Nomero ikuranga ya Medicaid ID
- Aderesi na nomero ya telefone y'aho bagukura/ugiye
- Izina ry'utanga serivisi/ibitaro bagiyeho
- Itariki n'isaha bya randevu
- Izina ry'umuntu ukujyanye kuri randevu

Ugomba kuzuzwa Igitabo Cyandikwamo Abagomba Gusubizwa Amafaranga y'Urugendo, kigashyirwaho umukono n'umukozzi mu biro by'utanga serivisi mu gihe cya randevu yawe, maze ukagishyikiriza Medical Transportation Management, Inc.(MTM), utanga serivisi zo gutwara abantu mu mwanya wacu. Igitabo Cyandikwamo Abagomba Gusubizwa Amafaranga



y'Urugendo gishobora gusabwa uvugisha uhagarariye MTM kugira ngo utegure urugendo rwawe. Ugomba Kuzuza Igitabo Cyandikwamo Abagomba Gusubizwa Amafaranga y'Urugendo kiboneka ku Rubuga rw'Umunyamuryango rwa MTM kuri <https://www.mtm-inc.net/mileage-reimbursement/no> kuri www.NHhealthyfamilies.com muniya ya “Member Resources”.

Ku yandi makuru ku Gusubiza Umuryango n'Inshuti amafaranga y'urugendo, reba *Gutwara abarwayi batarembye kwa muganga (NEMT)* mu Igice 4.2 (Imbonerahamwe y'Ibyo Abarwayi Bagenerwa) kuri iki gitabo.

Igice 2.8 Uko Wamenyesha Ishami ryita ku Bakiriya rya NH DHHS

Ishami rya leta ya New Hampshire rishinzwe ubuzima n'imibereho myiza y'abaturage (NH DHHS) Ikigo cyita ku bafashwa kiguha ubufasha iyo ufite ibibazo byerekeye kuzuzwa ibisabwa cyangwa kwiwandikisha mu bwishingizi bwa New Hampshire Medicaid cyangwa kwemererwa Granite Advantage cyangwa kwiwandikisha muri gahunda, amakuru cyangwa amabwirizant ku rubuga rwa NH DHHS hamwe n'ibigenerwa abarwayi bicungwa na kwiwandikisha muri gahunda, n'ibindi bigenerwa abarwayi bigenzurwa ku buryo butaziguye na NH DHHS nk'uko bisobanurwa mu Igice 4.4 (*Ibyo ubwishingizi bwa NH Medicaid bugenera abarwayi bitishingiwe muri gahunda*), n'igihe ukeneye ikarita ya New Hampshire Medicaid nshya cyangwa isimbura iyo wari ufite. Mu gihe gahunda ishobora kugufasha mu bujirire bwawe cyangwa kugaragaza ko utishimiye serivisi wahawe, Ikigo Cyita ku Bafashwa na NH DHHS na cyo kirakuyobora.

Uburyo	Serivisi yita ku Bakiriya ya NH DHHSr – Amakuru y'Itumanaho
HAMAGARA	<p>1-844-ASK-DHHS (1-844-275-3447)</p> <p>Guhamagara kuri iyi nomero ni-ubuntu. Amasaha y'akazi ni ukuva Ku Wa Mbere kugeza ku wa gatanu, guhera saa 8:00 za mugitondo kugeza saa 4:00 za nimugoroba ku masaha y'iburasirazuba.</p> <p>Hari serivisi z'ubusemuzi z'ubuntu ku batavuga icyongereza.</p>
ABAFITE UBUMUGA BWO KUTUMVA (TTY/TDD)	<p>1-800-735-2964</p> <p>Guhamagara iyi nomero ni ubuntu. Iyi nomero isaba ibikoresho bya telefone byihariye kandi ikaba igenewe gusa abantu bafite ubumuga bwo kutumva cyangwa kutavuga.</p>
URUBUGA	<p>https://nheasy.nh.gov</p> <p>www.dhhs.nh.gov</p>

Igice 2.9 Uko wamenyesha Umuvunyi Ushinzwe Ubuvuzi w'Igihe Kirekire muri NH

Umuvunyi Ushinzwe Ubuvuzi w'Igihe Kirekire muri Leta ya New Hampshire atanga ubufasha mu by'ibirego cyangwa ibibazo bijyanye n'ubwishingizi bw'ibitaro bitanga ubuvuzi bw'igihe kirekire ((bikanitwa ikigo cyita ku bageze mu za bukuru cyangwa abafite ubumuga) serivisi zishingiwe ku buryo butaziguye na NH DHHS. Mbere yo kubimenyesha Umuvunyi Ushinzwe Ubuvuzi w'Igihe Kirekire iyo ufite ikibazo kijyanye na serivisi zishingiwe n'ubwishingizi, shakisha uko byakemuka binyuze mu Ishami rishinzwe kwita ku bakiriya rya NH DHHS.

Uburyo	Umuvunyi Ushinzwe Ubuvuzi bw'Igihe Kirekire muri Leta ya NH – Amakuru y'Itumanaho
HAMAGARA	1-800-442-5640 Guhamagara kuri iyi numero ni ubuntu. Amasaha y'akazi ni kuva Ku Wa Mbere kugeza ku wa gatanu, guhera saa 8:30 za mugitondo kugeza saa 4:30 za nimugoroba ku masaha y'iburasirazuba.
ABAFITE UBUMUGA BWO KUTUMVA (TTY/TDD)	Ku Bafite Ubumuga bwo Kutumva (NH): 1-800-735-2964 Guhamagara iyi numero ni ubuntu. Iyi numero isaba ibikoresho bya telefone byihariye kandi ikaba igenewe gusa abantu bafite ubumuga bwo kutumva cyangwa kutavuga.
FAGISI	603-271-5574
ANDIKA	Office of the Long-Term Care Ombudsman Office of the Commissioner NH Department of Health and Human Services 129 Pleasant Street Concord, NH 03301
URUBUGA	https://www.dhhs.nh.gov/about-dhhs/long-term-care-ombudsman

Igice 2.10 Uko wamenyesha Umuvunyi wa NH DHHS

Ishami rya Leta ya New Hampshire Rishinzwe Ubuzima n'Imibereho Myiza y'Abaturage (NH DHHS) Umuvunyi ufasha abanyamuryango ba gahunda, abafashwa, abakozi ba Minisiteri, n'aba leta kugira ngo hakemurwe amakimbirane, harimo ibirego cyangwa ibibazo bijyanye na kuzuza ibisabwa cyangwa ubwishingizi bwa Medicaid. Mbere yo kubimenyesha Umuvunyi wa NH DHHS igihe ufite ikibazo kijyanye na gahunda yawe, shaka uko byayemurwa binyuze mu nzira za gahunda zo kwakira ubujurire n'ibirego kuri serivisi utishimiye byasobanuwe mu Mutwe wa 10 (*Icyo wakora mu gihe wifuza kujuririra icyemezo cya gahunda cyafashwe cyangwa "ikirego", cyangwa gutanga ikirego kuri serivisi utishimiye*).

Uburyo	NH DHHS Ombudsman – Amakuru y'Itumanaho
HAMAGARA	1-800-852-3345 , ext. 16941 Guhamagara kuri iyi nomero ni ubuntu. Amasaha y'akazi ni kuva Ku Wa Mbere kugeza ku wa gatanu, guhera saa 8:30 za mugitondo kugeza saa 4:30 za nimugoroba ku masaha y'iburasirazuba.
ABAFITE UBUMUGA BWO KUTUMVA (TTY/TDD)	Ku Bafite Ubumuga bwo Kutumva (NH): 1-800-735-2964 Guhamagara iyi nomero ni ubuntu. Iyi nomero isaba ibikoresho bya telefone byihariye kandi ikaba igenewe gusa abantu bafite ubumuga bwo kutumva cyangwa kutavuga.
FAGISI	603-271-4632
ANDIKA	Office of the Ombudsman Office of the Commissioner NH Department of Health and Human Services 129 Pleasant Street Concord, NH 03301
URUBUGA	https://www.dhhs.nh.gov/about-dhhs/office-ombudsman

Igice 2.11 Ni Gute Wamenyesha Ikigo cya ServiceLink Gishinzwe Ibyifashishwa mu Buvuzi bw'Igihe Kirekire n'Ubw'Abafite Ubumuga

ServiceLink ni Porogaramu ya NH DHHS ifasha abantu kumenya na gukoresha serivisi n'ubufasha by'igihe kirekire, kubona amakuru n'ubufasha byerekeye abarwaza b'umuryango, na kumenya ibyerekeye ibyo ubwishingizi bwa Medicare na Medicaid bugenera abarwayi. ServiceLink ni porogaramu ikorana na NH DHHS.

Uburyo	Ikigo cya ServiceLink Gishinzwe Ibyifashishwa mu Buvuzi bw'Igihe Kirekire n'Ubw'Abafite Ubumuga – Amakuru y'Itumanaho
HAMAGARA	<p>1-866-634-9412</p> <p>Guhamagara kuri iyi nomero ni ubuntu. Guhamagara na zimwe muri nomero ya telefone igendanwa kandi zitari muri leta ya New Hampshire ziyoborwa ku Kigo Cyita ku Bafashwa na NH DHHS. Iyo ugeze muri ibyo biro, woherewe kuri nomero y'aho ikigo cya ServiceLink gihereye hajyanye n'aho uherereye</p> <p>Amasaha y'akazi ni kuva Ku Wa Mbere kugeza ku wa gatanu, guhera saa 8:30 za mugitondo kugeza saa 4:30 za nimugoroba ku masaha y'iburasirazuba.</p> <p>Hari serivisi z'ubusemuzi z'ubuntu ku batavuga icyongereza.</p>
ABAFITE UBUMUGA BWO KUTUMVA (TTY/TDD)	Hamagara nomero iri haruguru cyangwa usure urubuga ruri ahakurikira kuri serivisi z'abafite ubumuga bwo tumva (TTY/TDD) y'ibiro bikwegereye.
FAGISI	Hamagara nomero iri haruguru cyangwa usure urubuga ruri ahakurikira kuri nomero ya fagisi y'ibiro bikwegereye.
ANDIKA	Hamagara nomero iri haruguru cyangwa usure urubuga ruri ahakurikira kuri aderesi y'ibiro bikwegereye
URUBUGA	http://www.servicelink.nh.gov/

Igice 2.12 Uko watangaza uburiganya bukekwa, isesagura cyangwa ihohotera

Ugira uruhare rufatika mu kurinda ubupfura bwa Porogaramu ya New Hampshire Medicaid. Kugira ngo hirindwe kandi hatahurwe uburiganya, gusesagura n'ihohotera, NH Healthy Families ikorana na NH DHHS, abanyamuryango, abatanga serivisi, gahunda z'ubuzima, n'ibigo bishinzwe iyubahirizamategeko. (Ku bisobanuro by'amagambo y'uburiganya, gusesagura n'ihohoterwa, wareba Igice 13.2 (*Ibisobanuro by'amagambo y'ingenzi*)).

Ingero z'uburiganya, gusesagura, n'ihohoterwa zikubiyemo:

- Iyo uhawe inyemezabuguzi ya serivisi z'ubuvuzi utigeze uhabwa.
- Kubura kw'amakuru agaragaza serivisi zatangiwe inyemezabuguzi mu makuru abitse y'ubuzima bw'umurwayi.
- Gutiza ikarita yawe y'ubunyamuryango bw'ubwishingizi bw'ubuzima ku mpamvu zo guhabwa serivisi z'ubuvuzi, gutanga cyangwa kwandikirwa imiti na muganga.
- Gutanga amakuru y'ubuvuzi atari yo cyangwa ayobya bikaba byagira ingaruka kuri serivisi zo kwishyura.

Iyo ukeka ko habayeho uburiganya, gusesagura, ihohoterwa muri Medicaid ugomba guhita ubitangaza. Umuntu wese ukeka uburiganya, gusesagura, cyangwa ihohoterwa ku munyamuryango, utanga serivisi, cyangwa gahunda Ibiro bya New Hampshire Medicaid anashobora kubimenyesha gahunda cyangwa Ibiro by'Intumwa nkuru ya Leta muri New Hampshire. Si ngombwa ko uvuga uwo uri we. Ushobora kudatanga umwirondoro wawe.

Uburyo	NH Healthy Families ngo utangaze uburiganya, isesagura cyangwa ihohotera – Amakuru y'Itumanaho
HAMAGARA	<p>1-866-685-8664</p> <p>Guhamagara iyi numero ni ubuntu kandi ntibigaragaza umwirondoro w'uhamagaye. Amasaha asanzwe y'akazi ni kuva Ku Wa Mbere kugeza Ku Wa Gatatu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.</p> <p>Serivisi zita ku Banyamuryango kandi zifite serivisi y'ubusemuzi y'ubuntu ku bantu batavuga icyongereza.</p>
ABAFITE UBUMUGA BWO KUTUMVA (TTY/TDD)	<p>1-855-742-0123 Relay 711</p> <p>Iyi numero isaba ibikoresho bya telefone byihariye kandi ikaba igenewe gusa abantu bafite ubumuga bwo kutumva cyangwa kutavuga.</p> <p>Guhamagara iyi numero ni ubuntu.</p>



ANDIKA	NH Healthy Families 2 Executive Park Drive Bedford, NH 03110
URUBUGA	www.NHhealthyfamilies.com

Uburyo	Ibiro by'Intumwa Nkuru ya Leta ya New Hampshire ku gutangaza uburiganya, isesagura cyangwa ihohotera – Amakuru y'Itumanaho
HAMAGARA	603-271-3658 Amasaha y'akazi ni kuva Ku Wa Mbere kugeza ku wa gatanu, guhera saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba ku masaha y'iburasirazuba.
ABAFITE UBUMUGA BWO KUTUMVA (TTY/TDD)	Ku Bafite Ubumuga bwo Kutumva (NH): 1-800-735-2964 Guhamagara iyi nomero ni ubuntu. Iyi nomero isaba ibikoresho bya telefone byihariye kandi ikaba igenewe gusa abantu bafite ubumuga bwo kutumva cyangwa kutavuga.
FAGISI	603-271-2110
ANDIKA	Office of the Attorney General 33 Capitol Street Concord, NH 03301
URUBUGA	http://www.doj.nh.gov/consumer/complaints/index.htm

Igice 2.13 Andi makuru y'ingenzi n'ibikoresho

- **Ushobora kugena uguhagarariye wemewe uburenganzira cyangwa uguhagarariye bwite** – Ushobora kugena umuntu ukamuha uburenganzira bwo kugira ibyo akora mu izina ryawe. Uguhagarariye ashobora guha gahunda amakuru cyangwa guhabwa amakuru akwerekeyeho mu buryo bumwe gahunda yaganira cyangwa yagutangariza amakuru mu buryo butaziguye. Kugira ngo ugire umuntu uguhagararira, ugomba guha uburenganzira uguhagarariye mu nyandiko na kutubwira uko ashobora kuguhagararira. Ipaki iguha ikaze irimo Uburenganzira bwo Gukoresha Ifishi yo Gutangaza Amakuru y'Ubuzima cyangwa ukabona ifishi ku rubuga rwacu kuri www.NHhealthyfamilies.com. Hitamo “Medicaid Plan”, maze uhitemo “Member Resources”, ubundi uhitemo “Member Handbooks and Forms”, urabona ihuza ku Ifishi “yo Gutangaza Amakuru”. Uguhagarariye wahaye uburenganzira cyangwa uguhagarariye bwite wagennye aba yemewe kugeza igihe usheshereje cyangwa uvuguruye uburenganzira wamuhaye mu nyandiko. Ku yandi makuru bimenyeshye Serivisi zita ku Banyamuryango (nomero za telefone zanditse ku gifuniko cy'inyuma cy'iki gitabo)
- **Indi miterere bisimburana na serivisi z'ubusemuzi** – Amakuru ya gahunda aboneka mu yindi miterere ku banyamuryango bafite ubushobozi budahagije bwo gusoma cyangwa basaba serivisi z'ubusemuzi. Iyo ukeneye inyandiko ziri mu yindi miterere cyangwa ugasaba serivisi z'ubusemuzi kuri serivisi zishingiwe zavuzwe mu Mbonerahamwe y'ibyo umurwayi agenerwa mu Mutwe wa 4, ubimenyeshya Serivisi zita ku Banyamuryango (nomero za telefone ziri inyuma ku gifuniko cy'iki gitabo).
 - Iyo wujuje ibisabwa ngo uhabwe Medicaid, dusabwa kuguha amakuru yerekeye ibyo gahunda igenera abarwayi ukayahabwa mu buryo buboneye nta kiguzi. Amakuru aboneka mu nyandiko y'abafite ubumuga bwo kutabona ya Braille, mu nyuguti nini, na mu yindi miterere.
 - Ku banyamuryango batavuga icyongereza cyangwa batisanzuriye ku kivuga, NH Healthy Families ifite serivisi y'ubuntu yo gufasha. Iyi serivisi ni ingenzi kubera ko wowe n'uguha serivisi mugomba kubasha kuvuga ku mpungenge z'ubuzima cyangwa ubuzima bw'imyitawarire mu buryo mwese mushobora gusobanukirwa. Serivisi z'ubusemuzi zitangwa nta kiguzi wishyuye kandi zifasha mu ndimi nyinshi ziotandukanye. hano harimo ururimi rw'amarenga. Abanyamuryango bafite ubumuga bwo kutabona cyangwa bagorwa na kubona bashobora Guhamagara Serivisi z'Abanyamuryango bagasemurirwa cyanwga banyamuryango bafite ubumuga bwo kutumva bashobora gukoresha umurongo wa ku bafite ubumuga bwo kutumva (TDD/TTY). Serivisi z'Abanyamuryango wazibona uhamagara 1-866- 769-3085 (TDD/TTY 1-855-742-0123). Niba ufite ikibazo icyo ari cyo cyose mu kubona amakuru ya gahund ayacu kubera ibibazo bijyanye n'ubumuga, tangaza ikibazo ku Kigo Gishinzwe Serivisi yo Kwakira Abakiriya cya NH DHHS kuri **1-844- ASK-DHHS** (1-844-275-3447) (ku bafite ubumuga bwo kutumva (TDD: 1-800-735-2964), Kuva Ku Wa Mbere kugeza ku wa gatanu, guhera saa 8:00 za mugitondo kugeza saa 4:00 za nimugoroba ku

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba, Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.



masaha y'iburasirazuba.

- **Amakuru yerekeye imiterere n'imikorere ya gahunda** Granite State Health Plan, ikora ku izina nka NH Healthy Families, ini ikigo gicungwa na Medicaid kiri Bedford, NH. Tugirana masezerano n'Ishami ry'Ubuzima na Serivisi z'Imibereho Myiza y'Abaturage kugira ngo ritange ibigenwa na serivisi bisobanurwa mu Gitabo cyawe cy'Umunyamuryango. Tugirana masezerano na

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba, Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

n'abatanga serivisi z'ubuvuzi, ibitaro n'ibindi bigo kugira ngo bitange serivisi z'ubuvuzi, imyitwarire, kwandikirwa iminti n'izindi serivisi zunganira ubuvuzi mu rwego rwo kurema urubuga rw'abaduha serivisi. Ihururo ryacu riri ku rwego rw'igihugu kandi urutonde rw'abatanga serivisi bari mu ihuriro warusanga kurubugar rwacu kuri www.NHhealthyfamilies.com. Hitamo “For Members”, maze uhitemo “Medicaid Plan”, hanyuma ukande kuri “Find a Provider”.

Ku makuru ayandi yerekeye imiterere n'imikorere ya NH Healthy Families, hamagara Ishami ry'Abanyamuryango bacu (Nomero za telefone za Serivisi zita ku Banyamuryango zanditse ku gifuniko cy'iki gitabo.).

- **Amakuru yerekeye kwishyura abaganga ba gahunda n'uko bishyurwa** – Guha uduhimbazamushyi abatanga serivisi n'uko bishyurwa bisobanura uko abatanga serivisi bo mu ihuriro bishyurwa kuri serivisi zishingiwe, harimo kwishyurwa amafaranga y'ishimwe bashobora kuba bemerewe guhabwa hashingiwe ku byavuye mu buvuzi abarwayi bahabwa cyangwa ibindi bipimo by'imikorere.

Abanyamuryango bashobora gusaba utanga serivisi ukurikira ishimwe n'uburyo bwo kwishyurwa na gahunda:

- Yaba gahunda ikoresha gahunda yo Kwishyura Abaganga igira ingaruka kuri serivisi za taransiferi;
- Ubwoko bwo kwishyura bukoreshwa ku batanga serivisi; na
- Yaba ikoreshe uburyo bwo guhagarika igihombo iborohereza mu buryo bw'amafaranga ku banyamuryango batangwaho ikiguzi kinyi, igihe biir ngombwa.

Kugira ngo usabe aya makuru, bimenyeshe Serivisi z'Abanyamuryango (nomero za telefone zanditse ku gifuniko cy'iki gitabo).

- **Gusaba Inyandiko ku Banyamuryango** – Bimenyeshe Serivisi zita ku Banyamuryango ba NH Healthy Families kugira ngo usabe kopi y'Igitabo cy'Abanyamuryango cyacu, Urutonde rw'Imiti Rukunzwe, cyangwa Igitabo cya Aderesi z'Abatanga Serivisi. Inyandiko zoherezwa mu minsi itanu (5) y'akazi uhereye igihe wazisabiye. (Nomero za Telefone za Serivisi zishinzwe Abakiriya zanditse ku gifuniko cy'iki Gitabo.)

Umutwe wa 3. Gukoresha NH Healthy Families muri Serivisi Zishingiwe

Uyu mutwe usobanura ibyo ugomba ku menya ku byerekeye kubona serivisi zishingiwe hakurikijwe gahunda. Utanga ibisobanuro by'amagambo yatoranyijwe kandi ugasobanura amategeko ugomba kubahiriza kugira ngo ubone serivisi z'ubuvuzi zishingiwe na gahunda. Ku bindi bisobanuro, warebera ku Igice 13 (*Impine n'ibisobanuro by'amagambo y'ingenzi*).

NH Healthy Families ikorana nawe n'utanga serivisi z'ubuvuzi w'ibanze mukorana (PCP) kugira ngo harebwe neza ko uhabwa serivisi z'ubuvuzi n'inzobere yize kandi ifite ubumenyi bwerekeye by'umwihariko ibyo ukeneye, harimo amakuru ajyanye ndetse na kubona inzobere ziri cyangwa zitari mu ihuriro rya gahunda ry'abatanga serivisi, nk'uko bikwiye.

Ku makuru yerekeye Serivisi Zishingiwe na Gahunda yacu, warebera ku Mbonerahamwe y'Ibyo Abarwayi Bagenerwa mu Mutwe 4. Serivisi zishingiwe muri Medicaid mu Mbonerahamwe y'Ibyo Abarwayi Bagenerwa zubahiriza amategeko y'Ishami Rishinzwe ubuzima n'Imibereho Myiza y'Abaturage (Imitwe ya He-W, He-E, He-C, He-M, na He-P). Amategeko aboneka kuri interineti kuri http://www.gencourt.state.nh.us/rules/about_rules/listagencies.htm.

“Abatanga serivisi bari mu ihuriro” na “serivisi zishingiwe” bisobanura iki?

Dore bimwe mu bisobanuro by'amagambo bishobora kugufasha gusobanukirwa uko uhabwa ubuvuzi na serivisi zishingiwe uhabwa nk'umunyamuryango wa gahunda yacu:

- **“Abatanga serivisi”** ni abaganga n'abandi bavuzi b'umwuga bahawe uruhushya na leta kugira ngo batange serivisi z'ubuvuzi na kwita ku barwayi. Ijambo “abatanga serivisi” rinariho ibitaro n'ibindi bigo by'ubuvuzi, ndetse n'amafarumasi.
- **“Abatanga serivisi z'ubuvuzi bari mu ihuriro”** ni abaganga, amafarumasi n'abandi bavuzi b'umwuga, amatsinda y'ubuvuzi, ibitaro, abatanga ibikoresho byo kwa muganga biramba, n'ibindi bigo by'ubuvuzi bifitanye amasezerano na gahunda yo kwemera ko tubishyura n'uko wishyura ufatanyije n'ubwishingizi bwawe, iyo buhari, mu rwego rwo kwishyura amafaranga yose. Abatanga serivisi bari mu ihuriro ryacu batwoherereza inyemezabuguzi mu buryo butaziguye bishyura ubuvuzi baguhaye.
- **“Serivisi zishingiwe”** harimo serivisi z'ubuvuzi zose, imiti wandikiwe na muganga yose, ibyifashishwa byose, n'ibikoresho byose byishingiwe na gahunda yacu. Rebera ku Mbonerahamwe y'Ibyo Abarwayi Bagenerwa mu Mutwe wa 4 ku rutonde rwa serivisi zishingiwe.

Amategeko yo guhabwa serivisi z'ubuvuzi n'imiti wandikiwe na muganga byishingiwe na gahunda

NH Healthy Families yishingira serivisi zose zikubiye mu masezerano ifitanye na

NH DHHS. Muri rusange, NH Healthy Families yishingira ubuvuzi uhabwa igihe

cyose:

- **Ubuwuzi uhabwa bukubiye mu Mbonerahamwe ya gahunda y'ibyo abarwayi bagenerwa** (iyi mbonerahamwe iri mu Mutwe wa 4 w'iki gitabo).

- **Ubuwuzi uhabwa bufatwa ko ari ngombwa.** Ubuwuzi bwa ngombwa” bivuga serivisi, ibyifashishwa, cyangwa imiti ikenewe kugira ngo hakumirwe, hakorwe ibizamini, cyangwa havurwe uburwayi ufite kandi ibipimo ngenderwaho mu buwuzi byemwe bigerweho. Ku yandi makuru yerekeye serivisi z'ubuvuzi za ngombwa, warebera ku Igice 6.1 (*Serivisi z'ubuvuzi za ngombwa*).
- **Ubanza kwakira inyandiko zibikwemerera zivuye kuri gahunda mbere yo guhabwa serivisi zishingiwe, iyo bisabwa.** Kubanza guhabwa uburenganzira mbere yo kwemererwa guhabwa serivisi zishingiwe biri mu nyuguti z'italiki mu Igice 4.2 (*IMbonerahamwe y'Ibyo Abarwayi Bagenerwa*).
- **Ufite utanga serivisi z'ubuvuzi w'ibanze mukorana (a PCP) uri mu ihuriro utanga kandi akagenzura ubuvuzi uhabwa.** Nk'umunyamuryango wa gahunda yacu, ugomba guhitamo PCP uri mu ihuriro. (Ku yandi makuru yarekeye iyi ngingo, wareba Igice 3.1 (*Utanga Serivisi z'Ubuwuzi w'Ibanze Mukorana (PCP) itanga kandi akange nzura ubuvuzi uhabwa*)).
 - Mu bihe bimwe na bimwe, PCP wo mu ihuriro mukorana ashobora kukugira inama mbere y'uko ukoresha abandi batanga serivisi bari mu ihuriro rya gahunda, nk'inzobere, abatanga serivisi z'ubuvuzi bw'indwara zo mu mutwe, ibitaro, amavuriro azobereye cyangwa ibigo byita ku bageze mu za bukuru n'abafite ubumuga. Taransiferi yanditse si ngombwa kugira ngo ujye k'utanga serivisi uri mu ihuriro. Utanga serivisi mukorana ashobora gushyikiriza inyandiko isaba “kubanza kubiharerwa uburenganzira” gahunda kugira ngo asabe ko hemezwa itangwa rya serivisi zihariye. Ku yandi makuru, wareba Umutwe wa 6 (Amategeko agenga kubona serivisi zishingiwe). Warebera mu gitabo cya Aderesi z'Abatanga Serivisi cyawe kiboneka ku rubuga rwacu kuri www.NHHealthyFamilies.com kugira ngo ushakishe inzobere n'abatanga serivisi z'ubuvuzi bw'indwara zo mu mutwe bo mu ihuriro ndetse n'ibitaro.
 - Guhabwa uburenganzira na PCP mukorana si ngombwa ku buwuzi bw'indembe cyangwa serivisi z'ubuvuzi zikenewe byihuse. Hari n'andi moko y'ubuvuzi ushobora kubona utabanje kubyemererwa na PCP mukorana. Ku yandi makuru, wareba Igice 4.2 (*IMbonerahamwe y'Ibyo Abarwayi Bagenerwa*).
- **Ubuwuzi uhabwa butangwa n'utanga serivisi uri mu ihuriro** (ku yandi makuru, wareba Igice 3.3 (*Uko wavurwa n'inzobere n'abandi batanga serivisi bo mu ihuriro*). Ubwinshi mu buwuzi uhabwa n'utanga serivisi utari mu ihuriro (utanga serivisi utari umwe mu bagize ihuriro rya guhanda) ntizishingiwe, keretse zabanje kwemezwa na gahunda cyangwa serivisi z'indembe. Ku yandi makuru yerekeye serivisi zitari mu ihuriro zitishingiwe, warebera mu Igice 3.5 (*Kuvurwa n'abatanga serivisi z'ubuvuzi batari mu ihuriro*).

Dore amarengayobora atanu:

- Gahunda yishingira ubuvuzi bw'indembe cyangwa serivisi z'ubuvuzi zikenewe byihuse uhabwa n'utanga serivisi utari mu ihuriro. Ku yandi makuru yerekeye ubuvuzi bw'indembe cyangwa serivisi z'ubuvuzi zikenewe byihuse, wareba Igice 3.6 (*Ubuwuzi bw'indembe, serivisi z'ubuvuzi zikenewe byihuse n'ubwa nyuma*

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba, Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

y'amasaha y'akazi).

- Iyo ukeneye ubuvuzi New Hampshire Medicaid isaba ko gahunda yacu yishingira kandi abatanga serivisi mu ihuriro ryacu bakaba badashobora kubutanga, ushobora kububonera ku utanga serivisi utari mu ihuriro. Uguha ubuvuzi mukora uri mu ihuriro PCP azakorana na NH Healthy Families kugira ngo abone uburenganzira mbere kuri serivisi zigomba kwishyurwa zatanzwe n'utanga serivisi utari mu ihuriro. Ku makuru yerekeye kwemererwa kugira ngo ujye kwivurira ku muganga utari mu ihuriro, wareba Igice 6.3 (*Kubona Porogaramu zidatangirwa mu ihuriro*).
- Gahunda yishingira serivisi z'ubuvuzi bw'impayiko ubonera ku bitaro bikorana na New Hampshire Medicaid, ibitaro byahawe icyemezo cyo kuvura impayiko na Medicare iyo utari by'igihe gito mu gace gahunda itangiramo serivisi. Ku yandi makuru, bimenyeshe Serivisi zita ku Banyamuryango (numero za telefone zanditse ku gifuniko cy'inyuma cy'iki gitabo).
- Kuri serivisi zishingiwe zo kuboneza urubyaro, ushobora kujya ku muganga wese, ivuriro ryose, ikigo nderabuzima cyose, ibitaro, farumasi cyangwa ibiro bishinzwe ibyo kuboneza urubyaro bikorana na New Hampshire Medicaid. Ku yandi makuru, wareba “Serivisi zo kuboneza urubyaro” mu Mbonerahamwe y'Ibyo Abarwayi Bagenerwa mu Mutwe wa 4 (*Serivisi zishingiwe*).
- Si ngombwa ko uhabwa taransiferi n'uguha ubuvuzi w'ibanz mukorana (PCP) kugira ngo uhabwe erivisi z'ubuzima bwo mu mutwe zitangwa n'abatanga serivisi bari mu ihuriro ry'ubuzima bwo mu mutwe rya NH Healthy Families.

Igice 3.1 Utanga Serivisi z'Ubuuzi bw'Ibanze Mukorana (PCP) atanga kandi akagenzura ubuvuzi uhabwa

PCP” ni iki kandi PCP agukorera iki?

PCP ni utanga serivisi wo mu ihuriro uhitamo (cyangwa uhabwa na gahunda kugeza ugize uwo uhitamo) kandi akaba ari we ujya kwivurizaho bwambere na mbere iyo ugize byinshi mu bibazo by'ubuzima. Akora ibishoboka byose kugira ngo aguhe ubuvuzi ukeneye ukomeze ugire ubuzima buzira umuze. Anashobora kuvugana n'abandi baganga n'abatanga serivisi ibyerekeye ubuvuzi uhabwa. PCP mukorana afite inshingano zo kugenzura, guhuza ibikorwa, na kuguha ubuvuzi bw'ibanze. Ni we uguha taransiferi ukajya kuvurwa n'inzobere, kandi agakomeza gukurikirana ubuvuzi uhabwa.

PCP mukorana ashobora kuba arimo abo mu ihuriro nk'Umuganga w'Abana, Umuganga Uvura Umuryango, Umuganga Uvuriza Indwara zitandukanye, Umuganga Uvura Indwara zo mu nda, Umuganga w'Abagore, Umuganga Wungirije (agenzurwa n'umuganga), cyangwa Umuforomo Wabyigiye (APRN). Niba ukeneye ubufasha bwo guhitamo cyangwa guhindura PCP mukorana, bimenyeshe Serivisi zita ku Banyamuryango (numero za telefone zanditse ku gifuniko cy'inyuma cy'iki gitabo).

Serivisi z'Abanyamuryango ba NH Healthy Families

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Kugira ngo ukore randevu na PCP mukorana, hamagara ibiro bya PCP. Niba ukeneye ubufasha bwo gufara randevu, hamagara Serivisi z'Abanyamuryango:ba NH Healthy Families kuri 1-866-769-3085. Niba ukeneye ubufasha bwo kubona randevu ya muganga wawe, hamagara utanga serivisi zo gutwara abantu mu mwanya wacu, Medical Transportation Management, Inc. (MTM) kuri 1-888-597-1192.

- **PCP ni iki?** PCP ni umuganga ugenzura ubuvuzi bwose uhabwa.
- **Ni abahe batanga serivisi bashobora gukora nka PCP? Ese inzobere ishobora gukora nka PCP?** Umuganga w'Abana, Umuganga Ukurikirana Umuryango, Umuganga Uvuruza Indwara Zitandukanye, Umuganga Uvura Indwara z'Imbere mu Mubiri, Umuganga w'Abagore, Umuganga Wungirije (agenzurwa n'umuganga), cyangwa Umuforomo w'Inzobere (APRN) bese bashobora gukora nka PCP mukorana. Inzobere

zishobora kuba PCP mukorana ku byo ukeneye byihariye iyo bisabwe.

Bimenyeshe Serivisi yita ku banyamuryango uhabwe andi makuru.

- **Uruhare rwa PCP muri gahunda yawe ni uruhe?** Utanga serivisi z'ubuvuzi w'ibanze (PCP) ni we ubaza ibyo ukeneye mu buvuzi. Abo baganga cyangwa abaforomo bagufasha mu by'ubuvuzi bw'ibanze, hibandwa ku kugira ubuzima bwiza na kwirinda indwara. PCP ni we mufatanyabikorwa w'ibanze mu by'ubuzima bwawe.
- **Uruhare rwa PCP mu guhuza serivisi zishingiwe ni uruhe?** PCP mukorana aguha taransiferi ukajya ku baganga b'inzobere bashobora kugufasha guhuza ibikorwa by'ubuvuzi uhabwa bwa ngombwa. Ufite inshingano zo kureba neza ko abatanga serivisi bakwitaho bari mu ihuriro rya NH Healthy Families. Bimenyeshe Serivisi Yita ku Banyamuryango igufashe.
- **Uruhare rwa PCP mu gufata ibyemezo byerekeye kubanza kubona uburenganzira ni uruhe?** PCP mukorana ashinzwe kubanza kubona uburenganzira bushobora kuba bukenewe ku buvuzi bwihariye n'izindi serivisi hashingiwe ku buvuzi ukeneye.
- **Ese ushobora gukorana na PCP utari mu ihuriro rya NH Healthy Families?** PCP uhitamo agomba kuba ari mu ihuriro ryacu.
- **Ese wahitamo undi muganga utari PCP mukorana?** Ushobora kujya ku utanga serivisi uwo ari we wese uri mu ihuriro ryacu ku buvuzi ukeneye.
- **Ni ibiki bisabwa na Serivisi za NH Families zo gutanga taransiferi?** NH Healthy Families kugira ngo hatangwe taransiferi? NH Healthy Families ntisaba taransiferi yanditse itanzwe na PCP mukorana igihe cyose serivisi zavuzwe na PCP mukorana cyangwa inzobere ari ngombwa mu buvuzi.

Ni gute uhitamo PCP mukorana?

Igitabo cya Aderesi z'Abatanga Serivisi ni urutonde rw'abatanga serivisi bari mu ihuriro ryacu. Ihuriro ryacu ririmo abaganga, faramusi n'ibitaro. Igitabo cy'Abatanga Serivisi kinatanga amakuru yerekeye abatanga serivisi zihariye n'abatanga serivisi z'ubuvuzi bw'indwara zo mu mutwe.

Mu gihe uhitamo PCP, ujye umuhitamo ukurikijye aya moko y'abatanga serivisi:

- Abaganga Bavura Abana
- Abaganga Bavura Umuryango/Indwara Zitandukanye
- Abaganga Bavura Indwara z'Imbere mu Mubiri
- Abaganga b'Abagore
- Abaforomo Babyigiye
- Abafasha Abaganga (bagenzurwa n'umuganga)
- Abaforomo b'Inzobere (ARNP)

**Inzobere zishobora kuba PCP mukorana ku byo ukeneye byihariye iyo bisabwe. Ku yandi makuru kuri ibi, bimenyeshe Numero z'Abanyamuryango.*

Duhora dukorana n'abanyamuryango bacu kugira ngo dushyireho ihuriro ry'abatanga serivisi ryiza cyane. Ushobora kugenzura. Ushobora kugenzura Igitabo cy'Abatanga Serivisi kuri interineti kuri www.NHhealthyfamilies.com kugira ngo urebe niba abatanga serivisi barongeweho. Bisabwe,inzobere, ishobora kuba PCP mukorana ku by'ubuvuzi bwihariye.

Iyo udahisemo PCP, duhita tuguha umwe hashingiwe kuri aderesi yawe iri muri dosiye ndetse n'imibonekere ya PCP aho uherereye.

Urifuza kumenya ibyerekeye utanga serivisi mbere yo kumuhitamo? Hamagara serivisi yita ku banyamuryango kuri 1-866-769-3085.

Guhindura PCP Mukorana

Ushobora guhindura PCP wo mu ihuriro kubera impamvu iyo ari yo yose, igihe icyo ar icyo cyose. Kandi, iyo PCP mukorana avuye mu ihuriro ry'abatanga serivisi muri gahunda, ushobora gushakisha PCP mushya. Ku yandi makuru yerekeye ibiba iyo utanga serivisi avuye mu ihuriro, wareba ku Igice 3.4 (*Bigenda bite iyo PCP, inzobere cyangwa undi utanga serivisi mu ihuriro avuye mu ihuriro rya gahunda yacu*).

Ugomba kubitumenyeshya igihe uhinduye PCP mukorana. Ushobora kubikora:

- Uhamagara serivisi yita ku banyamuryango kuri 1-866-769-3085
- SuraUrubuga rwa Serivisi yita ku Banyamuryango kuri www.NHhealthyfamilies.com
- Guhindura PCP mukorana bitangira gukurikizwa umunsi ukurikiyeho.

Igice 3.2 Serivisi ushobora kubona utabanje kubyemererwa

Ushobora kubona serivisi ziri ahakurikira hatabanje kubaho kubyemeza mbere bikoze na PCP mukorana cyangwa NH Healthy Families.

- Ubuvuzi bw'abagore bukorwa ku buryo buhoraho, harimo ibizamini by'amabere, gusuzuma amabere (kunyura mu cyuma hasuzumwa amabere), ibizamini bya kanseri y'inkondo y'umura, ibizamini bya nyababyeyi, na kuvura umugore utwite. Izi serivisi ntizisaba guhabwa taransiferi na PCP mukorana cyangwa kubanza guhabwa uburenganzira.
- Urukingo rw'ibicurane
- Serivisi z'ubuvuzi bw'Indembe zitangwa n'abatanga serivisi bari mu ihuriro cyangwa batari mu ihuriro.
- Serivisi zikenewe byihuse zitangwa n'abatanga serivisi bari mu ihuriro cyangwa batarimo iyo abatanga serivisi bari mu ihuriro bataboneka cyangwa badashobora kugerwaho by'igihe gito (urug.: iyo uri mu gace kadatangirwamo serivisi za gahunda igihe gito).



- Serivisi zo kuboneza urubyaro iyo ugiye k'utanga serivisi zo kuboneza urubyaro uri muri gahunda ya New Hampshire Medicaid.
- Serivisi z'ubuvuzi bwo kwirinda indwara.
- Kubonana n'inzobere mu buryo butaziguye ku banyamuryango bafite ubumuga bakenye serivisi z'igihe kirekire n'ubufasha (LTSS). Taransiferi wahawe na PCP mukorana cyangwa kubanza guhabwa uburenaganzira si ngombwa kugira ngo uhabwe izi serivisi n'inzobere zo mu ihuriro.

Igice 3.3 Ni gute wavurwa n'inzobere n'abandi batanga serivisi bari mu ihuriro

Ni ngombwa kumenya abatanga serivisi bari mu ihuriro ryacu. Habayeho amarengayobora, gahunda yishyura gusa serivisi wahawe iyo ukoresha abatanga serivisi bari mu ihuriro basabwa na gahunda kuguha serivisi zishingiwe. Amarengayobora yonyine ni ubuvuzi bw'indembe na serivisi zikenewe byihuse iyo ihuriro ritaboneka cyangwa iyo wahawe uburenganzira mbere ubuhawe na gahunda kugira ngo ujye kwivuriza ku utanga serivisi utari mu ihuriro.

Inzobere ni umuganga utanga serivisi z'ubuvuzi z'indwara yihariye cyangwa akavura igice cyihariye cy'umubiri. Iyo PCP mukorana atekereza ko ukeneye inzobere, aguha taransiferi (cyauvuziubuvuziakaguha akabuha undi ngo akuvure) yo kujya ku nzobere iri mu ihuriro. Hari amoko menshi y'inzobere. Dore zimwe mu ngero:

- Inzobere mu bya kanseri ivura abarwayi barwaye kanseri.
- Inzobere mu by'indwara z'imitima ivura abarwayi barwaye indwara y'umutima.
- Inzobere mu kuvura ingingo ivura abarwayi barwaye amagufa, uruhinro cyangwa imikaya.

Ushobora gusaba kopi y'Igitabo cya aderesi z'abatanga serivisi muri Serivisi yita ku banyamuryango. (Numero za telefone zanditse ku gifuniko cy'iki gitabo). Igitabo cya Aderesi z'Abatanga Serivisi kivuga ku batanga serivisi bari mu ihuriro.

Kandi, wanasaba Serivisi yita ku banyamuryango andi makuru yerekeye abatanga serivisi bari mu ihuriro ryacu, harimo n'ubushobozi babifitiye.

Unashobora kubonera Igitabo cya aderesi z'abatanga serivisi kuri [Find a Provider tool](#) cyangwa ukagikururira ku rubuga rwacu. Iki cyifashishwa kizaba gifite amakuru agezeweho kurusha andi ku ihuriri ry'utanag serivisi, arimo *amakuru nk'izina, aderesi, numero za telefone, niba bari kwakira abarwayi bashya, ibyi yujuje mu mwuga, indimi avuga, igitsina, cyane cyane, icyeemzo yahawe n'ianam nkuru n'amashuri yize*. Ku yandi makuru yerekeye ishuri utanga serivisi yize n'igihe ymaze yimenyereza umwuga, hamagara Serivisi z'Abanyamuryango.

Iyo PCP mukorana atekereza ko ukeneye ubuvuzi bw'inzobere, aguha taransiferi (kuguha uburenganzira mbere) kugira ngo ubonane n'inzobere iri mu ihuriro cyangwa abandi batanga serivisi. Kuri taransiferi zimwe, PCP mukorana ashobora gukenera kubaza guhabwa uburenganzira mbere na gahunda yacu. (Ibi ni byo bita “kubanza guhabwa uburenganzira.” Ibisabwa kugirango ubanze guhabwa uburenganzira kuri serivisi zishingiwe ziri mu nyandiko iberamye mu Igice 4.2 (Imbonerahamwe y'Ibyo Abarwayi Bagenerwa).

Ni inegzi cyane kubona taransiferi (kubanza uhabwa uburenganzira) na PCP mukorana mbere yo kubona n'inzobere yo mu ihuriro cyangwa abandi batanga serivisi. Bishobora kuba ngombwa ko wishyura serivisi zitangwa n'abatari mu ihuriro nudahabwa uburenganzira mbere kuri serivisi zitari mu bigenwa byishingiwe. Niba ufite ibibazo, hamagara Serivisi z'Abanyamuryango (numero za telefone zanditse ku gifuniko cy'inyuma cy'iki gitabo).

Ni ngombwa kumenya abatanga serivisi bari mu ihuriro ryacu. Habayeho amarengayobora, gahunda yishyura gusa serivisi wahawe iyo ukoresha abatanga serivisi bari mu ihuriro basabwa na gahunda kuguha serivisi zishingiwe. Amarengayobora yonyine ni ubuvuzi bw'indembe na serivisi zikenewe byihuse iyo ihuriro ritaboneka cyangwa iyo wahawe uburenganzira mbere ubuhawe na gahunda kugira ngo ujye kwivuriza ku utanga serivisi utari mu ihuriro.

PCP mukorana aguha taransiferi ukajya ku baganga b'inzobere bashobora kugufasha guhuza ibikorwa by'ubuvuzi uhabwa bwa ngombwa. Ufite inshingano zo kureba neza ko abatanga serivisi bakwitaho bari mu ihuriro rya NH Healthy Families. Bimenyeshe Serivisi Yita ku Banyamuryango igufashe. Iyo aho uherereye nta batanga serivisi bari mu ihuriro kugira ngo bakuvure, PCP mukorana ashobora gukorana na gahund yacu kugira ngo abanze guhabwa uburenganzira kugira ngo ahawe serivisi n'abatari mu ihuriro rya gahunda.

- Gusaba Kubanza Kubiharerwa Uburenganzira bishyikirizwa PCP mukorana, inzobere cyangwa ibitaro kugira ngo hasabwe zimwe muri serivisi/ibikorwa by'ubuvuzi bya ngombwa/uburyo. Ubu busabe bunonosorwa n'Inzobere mu bya Taransiferi (RS) isuzuma amakuru yatanzwe maze akabona gutanga uburenganzira. RS ashobora kubaza andi makuru akenewe utanga serivisi watanze ubusabe. Noneho ubusabe bukohererezwa umuforomo kugira ngo abusuzume.
- Umuforomo asuzuma amakuru y'ivuriro maze akayagereranya n'amabwiriza ya leta agezweho, amabwiriza y'ivuriro n'ibindi bya ngombwa bigenderwaho mu buvuzi na InterQual Medical. Iyo amakuru yuzuye kandi ibigenderwaho bikaba byuzuye, ubusabe buremezwa. Noneho umuforomo aha ibaruwa ibyemeza utanga serivisi, wowe munyamuryango, n'ibitaro/ibiro/uri gutanga serivisi. Uko kwemeza kugaragaza ko ubwo busabe bwari ngombwa mu buvuzi.
- Iyo umuforomo asuzumye amakuru yo mu buvuzi maze agasanga atujuje ibigenderwaho, ubusabe bukohererezwa Umuyobozi Ushinzwe iby'Ubuvuzi (MD) kugira ngo ayasuzume. MD asuzuma amakuru yose yatanzwe kandi ibyo yasuzumye bishobora gutuma ubusabe bwemerwa cyangwa bwangwa.
- Iyo byanzwe, impamvu MD yanze imenyeshwa mu ibaruwa yo kwanga ubusabe ndetse n'amabwiriza yo mu buvuzi yagendeweho mu gufata icyo cyemezo. Abanyamuryango bashobora kubona ibigenderwaho byuzuye byakoreshejwe bahamagara Ishami Rishinzwe Imicungire y'Imikoreshereze kuri 866-769-3085. Ingero z'ibigenderwaho zakoreshejwe ni Amabwiriza y'Ivuriro rya Centene/NH Healthy Families n'ibigenderwaho na InterQual® ajyanye n'uko ivuriro rihagaze n'ibyo umunyamuryango akeneye by'umwihariko (urugero. Umuntu Mukuru, Ububuzi bw'Abantu Bakuze, Umwana, Ingimbi n'Umwanganvu, n'Ubuzima bw'Imyittwarire/Uburwayi bwo mu Mutwe).
- Hatangwa ibaruwa imuhakanira iyo amaze kubimenyeshwa mu magambo maze ikoherezwa utanga serivisi wabisabye na we umunyamuryango. Ushobora gusaba guhabwa amakuru mu yindi miterere (urugero, .ibyanditse mu cyapa, indimi). Niba ukeneye ibikoresho mu yindi miterere cyangwa ukaba ukeneye serivisi z'ubusemuzi, bimenyeshe Serivisi z'Abanyamuryango (nomero za telefone ziri inyuma ku gifuniko cy'iki gitabo).
- Isuzuma rikorwa n'uwababwira n'uwababwira ni ikiganiro kiba hagati y'utanga serivisi

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

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n'Umuyobozi Mukuru wacu wa gahunda y'ubuvuzi. Bituma habaho ukundi kuganira ku byerekeye dosiye yawe bwite n'andi makuru y'ubuvuzi ashobora guhabwa MD.

Bishobora gutuma ubusabe bwemerwa cyangwa butemerwa.

- Ubusabe bw'Uwasabye n'Uwasabwe bugomba gushyikirizwa utanga serivisi mu **minsi 3 y'akazi** uhereye igihe imenyeshya ryo kwangirwa ryabereyeho biciye mu guhamagara Umuyobozi Mukuru Ushinzwe Gusuzuma Dosiye za bagenzi be kuri 1-855-735-4397.

Ibitaro

NH Healthy Families yishingira serivisi z'abarwayi bavurirwa mu bitaro. Iyo ushaka gushyirwa mu bitaro kandi ukaba utari indembe, PCP mukorana cyangwa inzobere azagutegurira uburyo bwo kujya mu bitaro biri mu ihuriro kandi azakurikirana ubuvuzi uhabwa kabone n'iyi waba ukeneye abandi baganga mu gihe uri mu bitaro. NH Healthy Families igomba kwemeza serivisi zose. Kugira ngo umenye niba ibitaro biri mu ihuriro cyangwa niba ufite ibindi bibazo kuri serivisi z'ibitaro, hamagara Serivisi z'Abanyamuryango (Nomero za telefone zanditse ku gifuniko cy'iki gitabo) cyangwa urutonde rw'abatanga serivisi kuri interineti kuri www.NHhealthyfamilies.com

Iyo urembye kandi ugahabwa ibitaro, wowe cyangwa ugize umuryango cyagwa inshuti mugomba kumenyeha PCP vuba bishoboka ariko bitarenze amasaha 24 nyuma yo guhabwa ibitaro.

Kuboneza Urubyaro

NH Healthy Families yishingira serivisi zo kuboneza urubyaro. Ushobora kubonera izo serivisi n'ibyifashishwa ku batanga serivisi batari mu ihuriro ryacu. Si ngombwa kubanza kubiharerwa uburenganzira. Izo serivisi ni ubuntu ku banyamuryango bacu. Izi serivisi ni ubuntu ku banyamuryango bacu. Zimwe muri serivisi zo kuboneza urubyaro ni:

- Guhabwa amakuru na kugirwa inama n'umukozi wabihuguriwe kugira ngo agufashe mu guhitamo
- Amakuru yerekeye kuringaniza urubyaro
- Bizamini byo ku mubiri
- Kujya kwa muganga mu rwego rwo gukurikiranwa
- Serivisi zo gukingira
- Bizamini ku bagore batwite
- Ibyifashishwa mu kuringaniza urubyaro
- Bizamini no kuvurwa Indwara Zandurira mu Mibonano Mpuzabitsina (STDs)

Ubuwuzi bw'Amaso

NH Healthy Families yemerera abanyamuryango ikizami kimwe cy'amaso kugira ngo hagenwe niba bakeye kwandikirwa amataratara inshuro nyinshi zitarenze buri mezi 12 kandi abanyamuryango bashobora guhitamo inta z'amataratara zujuje ibipimo ngenderwaho

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba, Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.



n'ibirahure by'indorerwamo z'amaso. Rebera ku Igice 4.2 (IMbonerahamwe y'Ibyo Abarwayi Bagenerwa). ukabona amakuru ya serivisi zishingiwe.

Serivisi z'Ubuwuzi bw'Amenyo

Gahunda ntitanga ubwishingizi ku buwuzi bw'amenyo. Serivisi zigenzurwa binyuze muri NH Medicaid. Ku bibazo byerekeye ibyo ugenerwa mu rwego rw'ubuwuzi bw'amenyo, wabimenyesha Ishami Ryita ku Bakiriya rya NH Medicaid. Warebera ku Gice 2.8 (Uko wamenyesha Ishami Ryita ku Bakiriya rya NH DHHS) kuri numero za telefone na kurebera ku Gice 4.4 (Ibigenwa na NH Medicaid byishingiwe bitari muri gahunda).

Serivisi zo guhabwa imiti irinda amenyo kubora zishingiwe na gahunda ku banyamuryango bamwe na bamwe. Warebera ku *Imiti irinda amenyo kubora* mu Mbonerahamwe y'Ibyo Abarwayi Bagenerwa.

Serivisi z'Ubuwuzi bw'Indwara zo mu Mutwe

Gahunda yishingira abarwayi barwariye mu bitaro n'abavurwa bataha bahabwa serivisi z'ubuvuzi bw'indwara zo mu mutwe. Ku bisobanuro byihariye wareba ku Igice 4.2 (IMbonerahamwe y'Ibyo Abarwayi Bagenerwa). Serivisi zihabwa abarwariye mu bitaro harimo:

- Serivisi zihabwa abarwariye mu bitaro harimo gusuzumwa na kuvurwa indwara zo mu mutwe z'igikatu
- Serivisi zo gufasha abarwayi gusubira mu buzima busanzwe (serivisi z'ubuvuzi zitangirwa mu rugo)*
- Gusuzumwa indwara zo mu mutwe ku ishami rishinzwe abarwayi bavurirwa mu bitaro*

Serivisi z'abarwayi bavurwa bataha zishingirwa iyo zitangiye mu kigo cyita ku barwayi bo mu mutwe, umuganga w'indwara zo mu mutwe, umuforomo ufasha mu by'uburwayi bwo mu mutwe wabyigiyeye (APRN), utanga serivisi z'ubuvuzi bw'indwara zo mu mutwe, umuganga w'imyitwarire y'abantu, utanga serivisi z'ubuvuzi bwo mu mutwe ubifitiye uruhushya, ikigo nderabuzima, ikigo cy'igihugu cyemerewe kuvura indwara zo mu mutwe (FQHC), ikigo nderabuzima cyo mu cyaro (RHC), na kuvura indwara zo mu mutwe abavurwa bataha.

Serivisi zihabwa abarwariye mu bitaro harimo:

- Kujya kwa muganga gufata imiti
- Ubuwuzi buhabwa abantu ku giti cyabo, itsinda n'umuryango
- Gusuzuma indwara
- Porogaramu yo kutavurirwa mu bitaro igihe cyose (PHP)*
- Porogaramu yo kuvura abarwayi barembye batarwariye mu bitaro (IOP)*
- Serivisi y'abarwayi b'indwara zo mu mutwe barembye
- Ubuwuzi Bwifashisha Amashanyarazi (ECT)*
- Ubuwuzi Bwo Gukangura Ubwonko *
- Gufasha abagize ibibazo
- Serivisi Zigamije Gufasha umuntu Guhangana no Gukira Indwara (IROS)
- Serivisi zo Gucunga Dosiye, harimo Kuvura Abarwayi Bafite Uburwayi bwo mu Mutwe Bukomeye (ACT)
- Isuzuma ry'imyitwarire y'abantu*

**Bigaragaza serivisi ikeneye Kubanza Gutangirwa Uburenganzira kandi ishobora kutishingirwa ku bagenerwa bikorwa bose.*

Igice 3.4

Bigenda bite iyo PCP, inzobere cyangwa undi utanga serivisi wo mu ihuriro avuye muri gahunda yacu

Dushobora guhindura ibitaro, abaganga, n'inzobere (abatanga serivisi) bagize gahunda yacu mu mwaka. Kandi, rimwe na rimwe utanga serivisi mukorana ashobora kuva mu ihuriro. Iyo umuganga cyangwa inzobere bakuvura bavuye muri gahunda yacu, hari uburenganzira

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba, Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

n'ingingo zikurengera byasobanuwe ahakurikira:

- Iyo bishoboka tukumenyeshya iyo PCP mukorana cyangwa undi utanga serivisi wari usanzwe akuvura ku buryo buhoraho avuye mu ihuriro rya gahunda. Tukumenyeshya bitarenze iminsi cumi n'itanu (15) nyuma y'aho gahunda yakiriye integuza y'utanga serivisi mukorana ko agiye kuva mu ihuriro, cyangwa mu minsi mirongo itatu (30) mbere y'uko itariki yo kubahiriza iseswa ry'amasezerano n'utanga serivisi igera kugira ngo ubone igihe gihagije cyo guhitamo utanga serivisi mushya.
- Tugufasha mu guhitamo utanga serivisi mushya ubifitiye ubushobozi kugira ngo ukomeze gucunga ibyo ukeneye mu buvuzi.
- Iyo wari ukiri kuvurwa nawe ufite uburenganzira bwo gusaba, kandi dukorana nawe kugira ngo duharanire ko ibya ngombwa mu buvuzi uri guhabwa bidahagaze. Ku yandi makuru, rebera ku Igice 5.3 (*Gukomeza kuvurwa, harimo gohinduranya ubuvuzi uhabwa*). NH Healthy Families ishobora kwemeza ibyo gukomeza kuvurwa n'umuganga wakuvuraga kugeza ku minsi 90 avuye mu ihuriro. Muri icyo gihe, tugufasha gushaka umuganga mushya. Iyo amasezerano n'utanga serivisi yasheshwe kubera ko atanga ubuvuzi butujuje ubuziranenge, ibi ntubemererwa. Muganga ukuvura agomba kwemera:
 - Kukuvura mu buryo bwose
 - Kwemera ibiciro bya NH Healthy Families
 - Kubahiriza ibipimo ngenderwaho by'ubuziranenge bya NH Healthy Families
 - Kubahiriza amabwiriza ya NH Healthy Families yerekeye kubanza guhabwa uburenganzira na gukoresha gahunda y'ubuvuzi
 - Kuguha amakuru y'ubuvuzi ya ngombwa

Kugira ngo hagabanywe gutenguhwa mu buvuzi uhabwa, NH Healthy Families:

- Gukomeza gutanga serivisi uhabwa n'Utanga serivisi washeshe amasezerano kugeza ku minsi 90 (uretse igihe uri mu gihembwe cya kabiri cyo gutwita), cyangwa kugeza woherejwe k'utanga serivisi uri mu ihuriro ku buryo bushyize mu gaciro, igihe gito gishoboka; cyangwa
- Niba uri mu gihembwe cyawe cya kabiri cyangwa cya gatatu cyo gutwita, komeza uhe uburenganzira uguha ubuvuzi bwa mbere yo kubyara n'undi utanga ubuvuzi uri kuvura indwara yawe idakira cyangwa y'igikatu cyangwa y'ubuzima bw'imyitwarire mu gihe cya nyuma yo kubyara.

Iyo utekereza ko utahawe utanga serivisi ubifitiye ubushobozi kugira ngo asimbure uwaguhaga serivisi cyangwa ubuvuzi uhabwa bukaba budacunzwe neza, ufite uburenganzira bwo gutanga ikirego cyo kutishimira serivisi wahawe cyangwa ukajuririra icyemezo twafashe.

- Iyo umenye ko umuganga cyangwa inzobere bakwitaho bagiye kuva muri gahunda, urabitumenyeshya kugira ngo tugufashe gushakisha utanga serivisi mushya ucunga ubuvuzi uhabwa.

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba, Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.



- Ushobora guhitamo uwo ukunze mu batanga serivisi z'ubuvuzi bari mu ihuriro ryacu ku rugero rushoboka kandi ruboneye.
- Ushobora guhindura PCP mukorana uhamagaye Serivisi Zita ku Banyamuryango kuri 1-866-769-3085 cyangwa ugiye kuri interineti ku Rubuga Rutekanye rw'Abanyamuryango kuri www.NHhealthyfamilies.com
- Iyo ukiri guhabwa ubuvuzi bwari bwemejwe mbere maze utanga serivisi ntaboneke kugira ngo akomeze kuguha serivisi, gahunda ikumenyeshya mu nyandiko mu minsi irindwi 7 uhereye ku itariki gahunda yamenyeyeho uko kutaboneka maze igashyiraho ugufasha muri ubwo buvuzi wahabwaga.

Igice 3.5 Guhabwa ubuvuzi n'abatanga ubuvuzi batari mu ihuriro

Iyo ukeneye ubuvuzi New Hampshire Medicaid isaba ko gahunda yacu yishingira kandi abatanga serivisi mu ihuriro ryacu bakaba badashobora kubutanga, ushobora kububonera ku utanga serivisi utari mu ihuriro iyo uguha ubuvuzi uri mu ihuriro PCP abanje kubona uburenganzira bwa serivisi zitangwa n'utanga ubuvuzi utari mu ihuriro.

Niba uri Umunyamerika Ukomoka mu Buhinde cyangwa Umunyalaska Kavukire (AI/AN) mu bwoko bwemewe na leta cyangwa undi muntu wemerewe guhabwa serivisi z'ububuzi z'Abahinde, hakurikizwa amategeko yihariye y'ubwishingizi. Ushobora guhabwa serivisi z'ahatari rezo mu bitaro by'Abahinde utabanje guhabwa uburenganzira. Ku yandi makuru bimenyeshe Serivisi zita ku Banyamuryango (numero za telefone zanditse ku gifuniko cy'inyuma cy'iki gitabo).

Iyo uhawe uburenganzira mbere na gahunda kugira ngo uvurwe n'utanga serivisi utari mu ihuriro, ntugomba kwishyuzwa amafaranga arenze ayo watanga mu kwishyura imiti ufatanyije n'ubwishingizi bwawe, iyo buhari, kuri serivisi zishingiwe. Iyo wishyujwe serivisi zishingiwe, ubimenyesha Serivisi zita ku Banyamuryango (numero za telefone zanditse ku gifuniko cy'inyuma cy'iki gitabo).

Igice 3.6 Ubuvuzi bw'indembe, bwihuse n'ubwa nyuma y'amasaha y'akazi

“ubuvuzi bw'indembe” ni iki kandi wakora iki igihe ubukeneye?

“**Ubuuvuzi bw'indembe**” ni igihe wowe, cyangwa undi muntu ufite ubumenyi burunganiye ku buzima n'ubuvuzi, atekereza ko ibimenyetso ufite bikeneye kwitabwaho vuba bishoboka kugira ngo hirindwe kuba wapfa, wabura urugingo, cyangwa watakaza ingingo z'umubiri cyangwa rumwe mu rugingo rw'umubiri. Cyangwa ku bagore batwite bari ku bise, ni ukuvuga ibise mu gihe nta mwanya uhagije wo kumugeza neza kwa muganga mbere y'uko abyara, cyangwa uko kubajyana bikaba byateza ikibazo ku buzima bwabo cyangwa umutekano wabo cyangwa umwana utaravuka.

Iyo ukeneye ubuvuzi bw'indembe:

- **Ushakisha ubufasha vuba byihuse.** Hamagara 911 kugira ngo ubone ubufasha cyangwa ujye ku cyumba cy'indembe cyangwa ku bitaro bikwegereye. Uhamagara imbangukiragutabara iyo uyikeneye. *Ntukeneye* kubanza kwemererwa cyangwa kubona taransiferi ya PCP mukorana.
- **Menyesha gahunda yacu ibyo kuremba kwawe vuba bishoboka.** Tugomba gukurikirana ubuvuzi bw'indembe uhabwa. Wowe cyangwa undi muntu ashobora kutubwira iby'ubuvuzi bw'indembe uri guhabwa, akenshi biba ari mu masaha 48 utangiye guhabwa ubuvuzi bw'indembe. Bifasha PCP mukorana gutanga cyangwa

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba, Ku Wa Kane

- Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

gutegura ibyo kugukurikirana ubaye ubikeneye. Tunagufasha gukurikiranwa umaze kuvurwa. Hamagara Serivisi yita ku banyamuryango kuri 1-866-769-3085 (ku bafite ubumuga bwo kutumva (TDD/TTY 1-855-742-0123. Kuri 711).

Niba ufite ikibazo cyihutirwa cy'ubuzima bwo mu mutwe cyangwa gukoresh ibiyobyabwenge:

- **Ushakisha ubufasha vuba byihuse.** Hamagara, wandike ubutumwa bugufi cyangwa ikiganiro kuri **988** – Umurongo Utangirwaho Ubufasha bw'Ubuzima bwo mu Mutwe amasha 24 ku munsu, iminsi 7 ku cyumweru maze uvugane n'umujyanama wahuguwe. **Umungo Utangirwaho Ubufasha** utanga ubufasha bwo mu rwego rw'amarangamutima ku bantu bafite ibyago byo kwiyahura cyangwa agahinda ko mu marangamutima.
- Cyangwa, uhamagare cyangwa woherere ubutumwa bugufi kuri Numero itishyurwa Itangirwaho Ubufasha Bwihutirwa ya NH (**1-833-710-6477**) igihe cyose ku manwa cyangwa nijoro. Serivisi zo gufasha abafite ibibazo ziboneka kuri telefone, hakioreshejwe ubutumwa bugufi, cyangwa imbonankubone.
- Niba ufite ikibazo cyo gukoresha ibiyobywenge, wahamagara, ukandika ubutumwa cyangwa ikiganiro kuri 988 cyangwa ugahamagara 2-1-1 ugasaba ubufasha kugira ngo uhuzwe n'Abagufasha aho uherereye. Ushobora kubona andi makuru kuri www.211.org.

Ni iki cyishingirwa iyo uhabwa ubuvuzi bw'indembe?

Ushobora kwishingirwa iyo uhabwa ubuvuzi bw'indembe igihe cyose ubikeneye, aho waba uri hose muri Leta Zunze Ubumwe z'Amerika cyangwa uturere igenzura. Ubuvuzi bw'Indembe ntibwishingirwa muri Leta Zunze Ubumwe z'Amerika cyangwa uturere igenzura. gahunda yishingira serivisi z'imbangukiragutabara aho wowe, cyangwa undi muntu ufite ubumenyi buringaniye mu by'ubuzima n'ubuvuzi, atekereza ko kujya mu cyumba cy'indembe mu bundi buryo bishobora gushyira ubuzima bwawe mu byago.

Iyo urembye, gahunda cyangwa PCP mukorana avugana n'abanga bari kuguha ubuvuzi bw'indembe kugira ngo bagufashe gucunga na gukurikirana ubuvuzi uhabwa. Abaganga bari kuguha ubuvuzi bw'indembe bafata icyemezo iyo uburwayi bwawe bumaze koroha kandi kukuvura nk'indembe bikaba byarangiye.

Nyuma y'aho kuvurwa nk'indembe birangiye, wemerewe guhabwa ubundi buvuzi bwo gukurikirana ni ba nta ukomeje gukura. Ubuvuzi bwo gukurikiranwa nyuma yo kuvurwa bwishyurwa na gahunda yacu. Iyo utanga serivisi utari mu ihuriro aguhaye ubuvuzi bw'indembe, gahunda cyangwa PCP mukorana bakorana nawe uko bikenewe kugira ngo hategurwe abatanga serivisi bari mu ihuriro bamusimbura igihe cyose uburwayi bwawe n'uko ibintu bimeze bibyemeye.

Ku yandi makuru, warebera ku Mbonerahamwe y'ibyo Umurwayi Agenerwa (*Ubuuvuzi bw'Indembe*) mu Mutwe wa 4 w'iki gitabo.

Bigenda bite iyo hatari hakenewe ubuvuzi bw'indembe?

Rimwe na rimwe biragorana cyane kumenya niba ukeneye ubuvuzi bw'indembe. Urugero:

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba, Ku Wa Kane

- Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.



Ushobora kujya kwa muganga wumva ukeneye ubuvuzi bw'indembe – utekereza ko ubuzima bwawe buri mu kaga – maze muganga akakubwira ko hatari hakenewe ubuvuzi bw'indembe.

Ingero z'ubuvuzi bw'indembe zirimo:

- Amagufa yavunitse
- Gutitira na gutengurwa
- Kubabara cyane mu gatuza cyangwa kurwara umutima
- Impanuka ikomeye
- Guturika imitsi y'ubwonko (akenshi ibimenyetso biba birimo kugaragaza umunaniro mu maso, kuvuga bigoranye)
- Guta ubwenge
- Kuva amaraso menshi
- Kubabara umutwe cyane cyangwa ubundi bubabare
- Kuruka amaraso cyangwa gukomeza kuruka
- Kugwa igihumure cyangwa kuzungera
- Uburozi
- Kudatembera neza kw'amaraso (akenshi ibimenyetso bibamo kubira ibyuya, kumva ufite inyota, kuzungera, n'uruho rwerurutse)
- Ubushye bukomereye
- Ibibazo byo guhumeka
- Kubura ubushobozi bwo kureba, kugenda, cyangwa kuvuga
- Gutekereza, gutegura na kugerageza kwiyahura
- Kumva cyangwa kureba baringa bwa mbere
- Kunywa imiti irenze igipimo

Iyo bigaragaye ko nta buvuzi bw'indembe bwari bukeneye, igihe cyose watekereje ko ubuzima bwawe buri mu kaga gakomeye, twishingira ubuvuzi uhabwa. Ariko, muganga amaze kuvuga ko ubuvuzi *butari* bw'indembe, twishingira ubundi buvuzi uhabwa *gusa* iyo uhawe ubundi buvuzi muri bumwe mu buryo bubiri bukurikira:

- Ugiye ku utanga serivisi kugira ngo uhabwe ubundi buvuzi;
- – *cyangwa* – Ubundi buvuzi uhawe bufashwe ko ari “serivisi zikenewe byihuse” kandi ugakurikiza amabwiriza kugira ngo ubone izo serivisi. Ku yandi makuru reba amakuru akurikira yitwa, “*Bigenda bite iyo uri mu gace gahunda itangiramo serivisi igihe ukeneye kuvurwa byihuse nyuma y'amasaha y'akazi*” kandi “*Bigenda bite iyo utari mu gace gahunda itangiramo serivisi igihe ukeneye kuvurwa byihuse?*”.

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

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**“Ubuwuzi bw'indembe ku barwayi b'indwara zo mu mutwe” busobanura iki”?**

“Ubuwuzi bw'indembe ku barwayi b'indwara zo mu mutwe” ni igihe umuntu aba akeneye gusuzumwa indwara zo mu mutwe (ubuzima bwo mu mutwe na/cyangwa gukoresha ibiyobyabwenge) na kuvurwa indwara zo mu mutwe, iyo ndwara ikaba yamuteza akaga cyangwa ikagateza abandi, cyangwa agaragaza ibimenyetso bikomeye by'uko indwara iri kumuganisha ahabi bigatuma uvurwa atabasha kugenzurwa na kubasha kwemera ko bamuvura.

“**Ikibazo cy'indwara yo mu mutwe**” ni igihe cyose imyitwarire y'umuntu yamutsza akaga ko kwigirira nabi cyangwa kugirira nabi abandi, na/cyangwa akaba atabasha gukemura iki kibazo akoresheje ubumenyi n'ibyifashishwa bihari. Ibintu byinshi bishobora gutuma habaho ikibazo cy'ubuzima bwo mu mutwe harimo, siteresi yiyongereye, uburwayi bwo ku mubiri, ibibazo ku kazi cyangwa ku ishuri, impinduka mu mimerere y'umuryango, ihungabana/ihohoterwa aho umuntu atuye cyangwa gukoresha ibiyobyabwenge. Ibyo bikomerera buri wese, ariko by'umwihariko bishobora gukomerera umuntu ufite uburwayi bwo mu mutwe.

Niba ukeneye ubuwuzi bw'indwara yo yo mu mutwe bwihuturwa cyangw aikibazo cy'indwara yo mu mutwe:

- **Ushakisha ubufasha vuba byihuse.** Hamagara, wandike ubutumwa bugufi cyangwa ikiganiro kuri **988** – Umurongo Utangirwaho Ubufasha bw'Ubuzima bwo mu Mutwe amasaha 24 ku munsi, iminsi 7 ku cyumweru maze uvugane n'umujyanama wahuguwe. Uromungo Utangirwaho Ubufasha utanga ubufasha bwo mu rwego rw'amarangamutima ku bantu bafite ibyago byo kwiyahura cyangwa agahinda ko mu marangamutima.
- Cyangwa, uhamagare cyangwa woherewe ubutumwa bugufi kuri Numero Itishyurwa Itangirwaho Ubufasha Bwihutirwa ya NH (**1-833-710-6477**) igihe cyose ku manwa cyangwa nijoro. Serivisi zo gufasha abafite ibibazo ziboneka kuri telefone, hakioreshejwe ubutumwa bugufi, cyangwa imbonankubone.
- Niba ufite ikibazo cyo gukoresha ibiyobywenge, wahamagara, ukandika ubutumwa cyangwa ikiganiro kuri 988 cyangwa ugahamagara 2-1-1 ugasaba ubufasha kugira ngo uhuzwe n'Abagufasha aho uherereye. Ushobora kubona andi makuru kuri www.211.org.
- **Menyesha gahunda yacu ibyo kuremba kwawe vuba bishoboka.** Tugomba gukurikirana ubuwuzi bw'indembe uhabwa. Wowe cyangwa undi muntu ashobora kutubwira iby'ubuwuzi bw'indembe uri guhabwa, akenshi biba ari mu masaha 48. Ibi bifasha gutanga cyangwa gutegura igikorwa cyose cy'ubuwuzi bwo kugukurikiran ushobora gukenere. Tunagufasha gukurikiranwa umaze kuvurwa. Hamagara Serivisi yita ku banyamuryango kuri 1-866-769-3085 (ku bafite ubumuga bwo kutumva (TDD/TTY 1-855-742-0123. Kuri 711).

Ntukeneye kubanza kwemererwa cyangwa kubona taransiferi ya PCP mukorana.

Byagenda bite wowe cyangwa undi muntu uzi ari kurwana na kubatwa cyangwa gukoresha ibiyobyabwenge?

Serivisi z'Abanyamuryango ba NH Healthy Families

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- Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.



NH Healthy Families izi ko kuba imbata indwara kandi ko kubona ubufasha bwihuse ari iby'ingenzi mu gutuma umuntu akira.

- Iyo uri umunyamuryango wa NH Healthy Families ukaba uri kurwana na kubatwa kandi ukaba ukeneye ubuvuzi bwihuse, *duhamagare*; cyangwa
- Niba ufite ikibazo cy'ubuzima bwo mu mutwe cyangwa bwihutirwa **bona ushakisha ubufasha vuba byihuse**. Hamagara, wandike ubutumwa cyangwa ikiganiro **988** – Umurongo Utangirwaho Ubufasha bw'Ubuzima bwo mu Mutwe amasha 24 ku muni, iminsi 7 ku cyumweru maze uvugane n'umujyanama wahuguwe. Umurongo Utangirwaho Ubufasha utanga ubufasha bwo mu rwego rw'amarangamutima ku bantu bafite ibyago byo kwiyahura cyangwa agahinda ko mu marangamutima.
- Cyangwa, uhamagare cyangwa wohereze ubutumwa bugufi kuri Numero Itishyurwa Itangirwaho Ubufasha Bwihutirwa ya NH (**1-833-710-6477**) igihe cyose ku manwa cyangwa nijoro. Serivisi zo gufasha abafite ibibazo ziboneka kuri telefone, hakioreshejwe ubutumwa bugufi, cyangwa imbonankubone.
- Niba ufite ikibazo cyo gukoresha ibiyobywenge, wahamagara, ukandika ubutumwa cyangwa ikiganiro kuri 988 cyangwa ugahamagara 2-1-1 ugasaba ubufasha kugira ngo uhuzwe n'Abagufasha aho uherereye. Ushobora kubona andi makuru kuri www.211.org.

Ntukeneye kubanza kwemererwa cyangwa kubona taransiferi ya PCP mukorana.

- Niba wowe cyangwa umuntu uzi afri kurwana na kureka ikunywa itabi (harimo n'itabi elegitoronike/ gutumura umwotsi), kandi ukaba ukeneye ubufasha bwo kureka kunywa itabi, hamagara 1-800-VA KU ITABI NONAHA (1-800-784-8669) cyangwa usure www.QuitNowNH.org
- Ku bangavu n'urubwiruko rwabaswe n'itabi (harimo isegereti elegitoronike/gutumura itabi), hamagara cyangwa wandikire "Gutangira Kureka Itabi" to 1-855-891-9989 cyangwa usure www.MyLifeMyQuit.com

Bigenda bite iyo uri mu gace gahunda itangiramo serivisi igihe ukeneye ubuvuzi bwihuse nyuma y'amasaha y'akazi asanzwe?

Serivisi z'ubuvuzi zikenewe byihuse zitangwa kugira ngo havurwe umuntu utarembye, uburwayi butagaragaye, gukomereka, cyangwa uburwayi busaba kuvurwa vuba kugira ngo hirindwe ko ubuzima bugana ahabi bitewe n'ibimenyetso umuntu ashobora gutekereza ko atari by'indembe ariko bisaba kuvurwa. Ugomba guhora uhabwa serivisi z'ubuvuzi bukenewe byihuse n'abatanga serivisi bo mu ihuriro. Ariko, iyo abatanga serivisi bataboneka mu gihe gito kandi bikaba bidakwiye kubatekereza kugira ngo uvurwe n'utanga serivisi uri mu ihuriro, twishyura serivisi zishingiwe wahawe.

Dore zimwe mu ngero z'igihe cyo Kujya mu Cyumba cy'Indembe n'igihe KITARI icyo Kujya mu Cyumba Cy'ndembe:

Serivisi z'Abanyamuryango ba NH Healthy Families

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- Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.



Kujya mu Cyumba Cy'indembe	Sinigeze njya mu Cyumba Cy'indembe
<ul style="list-style-type: none"> • Amagufa yavunitse • Ibikomere byatewe n'amasasu cyanwga ibyuma • Kuva amaraso adakama • Uratwite, uri ku bise na/cyanwga uri kuva amaraso • Kubabara cyane mu gatuza cyangwa kurwara umutima • Gukoresha ibiyobyabwenge byinshi • Uburozi • Ubushye bukabije • Kuvunika (Kubira ibyuya, kumva ufite inyota cyangwa kuuzngera cyangwa uruhu rwerurutse • Gutitira na gutengurwa • Ibibazo byo guhumeka • Kubura ubushobozi bwo kureba, kugenda, cyangwa kuvugau mu buryo buturanganye 	<ul style="list-style-type: none"> • Ibicurane, inkorora, kuribwa mu muhogo, na kuribwa mu matwi • Imvune • Gukomereka cyangwa gukoboka bidasaba udupfuko • Kubona indi miti cyangwa kubona miti nandikiwe na muganga • Uduheri duterwa n'ibiyaha

Serivisi z'Abanyamuryango ba NH Healthy Families

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- Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

Iyo ukeneye **ubuvuzi bwihuse**, ukurikiza izi ntambwe:

- Hamagara PCP mukorana. PCP mukorana ashobora kuguha ubuvuzi n'amabwiriza kuri telefone. Niba ari nyuma y'amasaha y'akazi kandi ukaba utabasha kubona PCP mukorana, wahamagara NH Healthy Families kuri 1-866-769-3085 (ku bafite ubumuga bwo kutumva (TDD/TTY 1-855-742-0123, kuri 711) maze ukurikize integuza. Uzahuzwa n'umuforomo. Ugomba kuba witwaje nomero y'ikarita ya NH Healthy Families. Umuforomo ashobora kugufashiriza kuri telefone cyangwa akakuyobora ku bandi baguha ubufasha. Ushobora guha umuforomo nomero ya telefone yawe. Mu masaha y'akazi asanzwe, umuforomo agufasha kumenyesha PCP mukorana.
- Iyo ubwiwe kujya ku wundi muganga cyangwa kujya ku cyumba cy'indembe kiri ku bitaro bikwegereye, witwaza ikarita ya NH Healthy Families. Saba muganga aguhamagarire PCP mukorana cyangwa NH Healthy Families.

Iyo utazi icyo ugomba gukora, ujye wibuka izi nama:

- Iyo ubishoboye, **ubanza guhamagara muganga ukuvura.**
- Iyo urembye, **uhamagara 911 cyangwa ukagana ibitaro bikwegereye.** Si ngombwa kubanza kubyemererwa na muganga. Kandi, ushobora gukoresha ibitero byose mu gihe urembye, nubwo byaba bitari mu ihuriro ryacu.
- Ntuzi niba ukeneye ubuvuzi bw'indembe? Hamagara PCP mukorana. PCP mukorana akubwira icyo ugomba gukora. Iyo PCP mukorana ataboneka, umuganga witaba abahamagaye ashobora kugufasha. Ashobora kuguha ubutumwa bwakibwira icyo wakora.
- **Hamagara umurongo abaforomo bacu batangiraho inama amasaha 24:** 1-866-769-3085 (ku bafite ubumuga bwo kutumva (TDD) 1-855-742-0123, kuri 711) maze uvuge "Nurse" niba ufite ibibazo.
- **Ubuuvuzi Bwihuse si Ubuuvuzi bw'Indembe**
- **Ibyumba by'indembe bigenewe ubuvuzi bw'indembe**

Ni ngombwa ko wowe cyangwa undi muntu uguhagarariye MUHAMAGARA PCP mukorana na NH Healthy Families mu masaha 48 umaze guhabwa ibitaro. Bifasha PCP mukorana gutanga cyangwa gutegura ibyo kugukurikirana ubaye ubikeneye. Tunagufasha gukurikiranwa umaze kuvurwa. Duhamagare kuri 1-866-769-3085 (ku bafite ubumuga bwo kutumva (TDD) 1-855-742-0123, Kuri 711).

Bigenda bite iyo utari mu gace gahunda itangiramo serivisi igihe ukeneye ubuvuzi bwihuse?

Iyo utari mu gace gahunda itangiramo serivisi kandi ukaba udashobora kubona uko wavurwa n'utanga serivisi uri mu ihuriro, gahunda yacu yishyura serivisi zishingiwe z'ubuvuzi bwihuse uhabwa n'utanga serivisi uwo ari we wese. Ariko, gahunda yacu ntiyishingira serivisi z'ubuvuzi bwihuse cyangwa izindi serivisi iyo uvurirwa hanze ya Leta Zunze Ubumwe z'Amerika cyangwa uturere igenzura.

Serivisi z'Abanyamuryango ba NH Healthy Families
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Umutwe wa 4. Serivisi zishingiwe

Igice 4.1 Ibyerekeye Imbonerahamwe y'Ibyo Abarwayi Bagenerwa (ibyishingiwe)

Uyu mutwe usobanura serivisi NH Healthy Families yishingira. Ushobora kubonera serivisi zishingiwe ku utanga serivisi wa gahunda uri mu ihuriro, uretse igihe byemewe ukundi nk'uko byasobanuwe muri iki gitabo. Zimwe muri serivisi zishingiwe zisaba kubanza gutangirwa uburenganzira na gahunda. Ibisabwa kugira ngo ubanze uhabwe uburenganzira kuri serivisi zishingiwe biri mu nyuguti ziberamye mu Igice 4.2 (*IMbonerahamwe y'Ibyo Abarwayi Bagenerwa*).

Imbonerahamwe y'Ibyo Abarwayi Bagenerwa isobanura igihe hari ibidasesuye cyangwa bisaba ko serivisi ibanza gutangirwa uburenganzira. Serivisi zishingiwe muri Medicaid mu Mbonerahamwe y'Ibyo Abarwayi Bagenerwa zubahiriza amategeko y'Ishami Rishinzwe Ubuzima n'Imibereho Myiza y'Abaturage (Imitwe ya He-W, He-E, He-C, He-M, na He-P). Amategeko abaoenka kuri interineti kuri http://www.gencourt.state.nh.us/rules/about_rules/listagencies.htm.

Ibyerekeye serivisi zishingiwe:

- Imbonerahamwe y'Ibyo Abarwayi Bagenerwa ivuga serivisi NH Healthy Families yishingira. Imbonerahamwe igenewe kuguha amakuru rusange kandi ishobora kuba idakubiyemo ibyo ugenerwa byose. Hamagara Serivisi zita ku Banyamuryango ba NH Healthy Families utanga ikibazo ufite (nomero za telefone zanditse ku gifuniko cy'inyuma cy'iki gitabo).
- Serivisi zavuzwe mu Mbonerahamwe y'ibyo umurwayi agenerwa zishingirwa **gusa iyo ibisabwa bikurikira byubahirijwe:**
 - Serivisi zubahiriza amabwiriza agenga ubwishingizi yashyizweho na New Hampshire Medicaid.
 - Serivisi za ngombw amu buvuzi. Ku yandi makuru yerekeye serivisi z'ubuvuzi za ngombwa, warebera ku Igice 6.1 (*Serivisi z'ubuvuzi za ngombwa*).
 - Serivisi zitangwa n'abatanga serivisi bari mu ihuriro, keretse byemejwe ukundi nk'uko byasobanuwe muri iki gitabo. Ahanini, ubuvuzi uhabwa n'utanga serivisi utari mu ihuriro ntibwishingirwa keretse wabanje kubiharerwa uburenganzira na gahunda. Ku yandi makuru yerekeye gukoresha abatanga serivisi bari mu ihuriro, reba ku Mutwe wa 3 (*Gukoresha NH Healthy Families kuri serivisi zishingiwe*).
 - Ufite utanga serivisi z'ubuzima z'ubuvuzi mukorana (a PCP) utanga kandi akaganzura ubuvuzi uhabwa. Zimwe muri serivisi zivugwa mu Mbonerahamwe y'Ibyo Abarwayi Bagenerwa muri uyu mutwe zishingirwa gusa iyo umuganga cyangwa undi utanga serivisi uri mu ihuriro mukorana tubanje kubimwemerera (rimwe na rimwe byitwa

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

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“kubanza kubitangira uburenganzira”). Ibisabwa kugirango ubanze guhabwa uburenganziraP kuri serivisi zishingiwe ziri mu nyandiko iberamye mu Igice 4.2 (Imbonerahamwe y'Ibyo Abarwayi Bagenerwa).

- Ntacyo wishyura, keretse amafaranga wowe n'ubwishingizi bwawe mufatanywa kwishyura, kuri serivisi zishingiwe zasobanuwe mu Mbonerahamwe y'Ibyo Abarwayi Bagenerwa igihe cyose wubahirije amategeko ya gahunda yasobanuwe muri iki gitabo. Ubu ufite inshingano gusa zo gufatanywa n'ubwishingizi bwawe mu kwishyura imiti yishingiwe wandikiwe na muganga.

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

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Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

- Ibyo New Hampshire Medicaid igenera abarwayi bishobora guhinduka uko ibihe bihora bisimburana. Uzamenyeshwa izo mpinduka.

Niba ufite ibibazo byerekeye serivisi zishingiwe, hamagara Serivisi zigenewe Umunyamuryango (nimeru za telefone zanditse ku gifuniko cy'inyuma cy'iki gitabo).

Igice 4.2 Imboneramwe y'ibyo abarwayi bagenerwa

Serivisi Zishingiwe na Gahunda

Gusuzuma indwara yo kubyimba ku mitsi yo mu nda

Gahunda yishingira ikizamini cyo mu cyuma inshuro imwe ku bagabo bafite imyaka 65-75 batigeze banywa itabi.

Uruhushya rutangwa mbere si ngombwa kuri serivisi zitangwa n'utanga serivisi uri mu ihuriro.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Serivisi zo gukuramo inda

Gahunda yishingira serivisi zo gukuramo inda ku buryo bukurikira gusa:

Mbere y'ibyumweru 24 byo gutwita:

- Iyo gutwita byaturutse ku gufatwa ku ngufu cyangwa kuryamana n'uwo mufitanye isano ya hafi; cyangwa
- Igihe umugore yafite ubumuga, igikomere cyangwa indwara yo ku mubiri (harimo n'imiterere y'umubiri ishyira ubuzima ahaga yatewe cyangwa ikomoka ku gutwara inda) ishobora, nk'uko byemejwe n'umuganga, gushyira mu kaga ubuzima bw'umugore keretse akuyemo inda.

Ku byumweru 24 byo gutwita:

- Mu gihe cy'ubuvuzi bw'indembe (“ubuvuzi bw'indembe” bivuze ko kuba ufite ibyago bikomeye by'ubuzima birimo ibihe aho ubuzima bw'umugore utwite cyangwa igice gikomeye cy'imikorere y'ubuzima kiri mukaga).

Uruhushya rutangwa mbere si ngombwa kuri serivisi zitangwa n'utanga serivisi uri mu ihuriro.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Serivisi z'Abanyamuryango ba NH Healthy Families

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Serivisi Zishingiwe na Gahunda

Serivisi zo kuvura abakuru bataha

Gahunda yishingira serivisi zitangwa n'abatanga serivisi zo kuvura abakuru bataha. Serivisi zihabwa abafite imyaka 18 na kuzamura aho baba bibana.

Abitabira gahunda bagomba gusaba serivisi zo kuvura abakuru bataha byibuze amasaha ane (4) ku muni ku buryo buhoraho kandi bugaruka, ariko serivisi ntizishingirwa ku masaha arenze 12 ku muni ku buryo buhoraho kandi bugaruka.

Serivisi zihabwa abarwariye mu bitaro harimo:

- Serivisi zo kwita ku barwayi na kugenzura ubuzima
- Ubuvuzi bwo kuvura indwara yagabanyije ubukana
- Serivisi z'imirire n'indyo
- Ibikorwa byo gukora uturimo, kuganira n'abandi na gukoresha ubwenge
- Ubufasha mu bikorwa by'ubuzima bwa buri muni
- Kugemurire ibyifashishwa mu buvuzi
- Serivisi z'ubuzima n'umutekano

Ni ngombwa ko gahunda ibanza kubitangira uburenganzira.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Ibizamini n'ubujyanama ku ikoresha ribi ry'ibisembuye

Warebera kuri *serivisi zo kuvura indwara zikomoka ku gukoresha ibiyobyabwenge (SUD)* muri iyi Mbonerahamwe y'Ibyo Abarwayi Bagenerwa.

Ibizamini na kuvura ubwivumbure bw'umubiri

Gahunda yishingira gusuzuma ubwivumbure bw'umubiri iyo hari ibimenyetso kandi ubuvuzi busanzwe bukaba ntacyo bwafashije. Gusuzuma ubwivumbure bw'umubiri byibanda ku kumenya icyateye ubwo bwivumbure bw'umubiri, urugero rw'ubwivumbure na gutanga amakuru ku buryo ubuvuzi bwakorwamo.

Serivisi z'ibizamini zishingiwe harimo serivisi zitangwa n'abanyamwuga kugira ngo bategere kandi batange umuti uvura ubwivumbure bw'umubiri.

Iyo habonetse icyateye ubwivumbure bw'umubiri, kuvura ubwivumbure bw'umubiri bwishingiwe harimo imiti na kuyivura *Uruhushya rutangwa mbere si ngombwa kuri serivisi zitangwa n'utanga serivisi uri mu ihuriro*. Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Serivisi z'Abanyamuryango ba NH Healthy Families

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Serivisi Zishingiwe na Gahunda

Serivisi z'imbugukiragutabara – Indembe

Gahunda yishingira serivisi z'imbugukiragutabara iyo urembye kandi uburyo bwo gutwarwa kwa muganga bukaba bushobora gutuma ubuzima bwawe bujya ahabi.

Serivisi z'imbugukiragutabara zishingiwe zirimo:

- Serivisi z'imodoka y'imbugukiragutabara; n'
- Indege y'imbugukiragutabara iyo:
 - Udashobora kujyanwa neza mu gihe gikwiye hakoreshejwe imodoka y'imbugukiragutabara; kandi
 - Ubura gato ngo upfe cyangwa utakaze ururingo, iyo uburyo bwihuse bwo kugezwa kwa muganga butakoreshejwe.

Serivisi z'imbugukiragutabara y'indembe ikujyana ku bitaro bikwegereye bishobora kuguha ubuvuzi ukeneye.

Uruhushya rutangwa mbere si ngombwa kuri serivisi z'imbugukiragutabara z'indembe.

Serivisi z'imbugukiragutabara ntizishingirwa hanze ya Leta Zunze Ubumwe z'Amerika cyangwa uturere igenzura. Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Serivisi z'imbugukiragutabara – Iyo umuntu atarembye

Gahunda yishingira serivisi z'imbugukiragutabara ku batarembye bagiye ku marandevu ya serivisi zishingiwe na Medicaid, zishingiwe na gahunda aho ubundi buryo bwo gutwarwa bushobora gushyira mu kaga ubuzima n'umutekano byawe.

Serivisi z'imbugukiragutabara zishingiwe zirimo:

- Serivisi z'imbugukiragutabara
- Indege y'imbugukiragutabara iyo:
 - Udashobora kujyanwa neza mu gihe gikwiye hakoreshejwe imodoka y'imbugukiragutabara; kandi
 - Ubura gato ngo upfe cyangwa utakaze ururingo, iyo uburyo bwihuse bwo kugezwa kwa muganga butakoreshejwe

Uruhushya rutangwa mbere ni ngombwa kuri serivisi z'imbugukiragutabara zitari iz'indembe.

Serivisi z'imbugukiragutabara ntizishingirwa hanze ya Leta Zunze Ubumwe z'Amerika cyangwa uturere igenzura. Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

<p>Serivisi Zishingiwe na Gahunda</p>
<p>Ikinya</p> <p>Warebera kuri <i>Serivisi za muganga</i> mu Mbonerahamwe y'Ibyo Abarwayi Bagenerwa.</p>
<p>Serivisi z'Ubumenyi bw'Amatwi</p> <p>Gahunda yishingira ibizamini by'indwara zo mu matwi n'isuzuma ryo gufasha amatwi kumva bukenewe kugira ngo harebwe niba hari ibyo gufasha umuntu kumva bikenewe. Isuzuma ry'ibyo gufasha umuntu kumva cyangwa ubujyanama ku gufasha amatwi kumva bikorwa n'umuganga uvura indwara zo mu matwi bigarukira gusa kuri buri mezi 24 ku banyamuryango barengeje imyaka 21, ndetse n'iyi biri ngombwa ku banyamuryango bari muni y'imyaka 21.</p> <p><i>Uruhushya rutangwa mbere si ngombwa kuri serivisi zitangwa n'utanga serivisi uri mu ihuriro.</i></p> <p>Rebera kuri “Serivisi z'indwara zo mu matwi” ku yandi makuru ajyanye na serivisi na gufasha amatwi kumva. Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.</p>
<p>Kubagwa mu rwego rwo kurwanya umubyibuho ukabije (kubagwa mu kuganya ibiro)</p> <p>Gahunda yishingira amoko atandukanye yo kubagwa mu kurwanya umubyibuho ukabije mu rwego rwo kuwuvura.</p> <p>Kugira ngo wuzuze ibisabwa ugomba kuba ufite uburebure butajyanye n'ibiro (BMI) buri ku kigero cya 35 ndetse n'indwara zikomere ziziyanye na kugira umubyibuho ukabije, nka diyabete, kubura umwuka igihe usinziriye, umuvuduko ukabije w'amaraso, cyangwa indwara y'umutima.</p> <p><i>Ni ngombwa ko gahunda ibanza kubitangira uburenganzira.</i></p> <p>Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.</p>
<p>Serivisi z'ubuvuzi bw'indwara zo mu mutwe</p> <p>Warebera kuri <i>Serivisi z'ubuvuzi bw'indwara zo mu mutwe ku barwayi bavurirwa mu bitaro</i> mu Mbonerahamwe y'Ibyo Abarwayi Bagenerwa.</p> <p>Warebera kuri <i>Serivisi z'ubuvuzi bw'indwara zo mu mutwe ku barwayi bavurwa bataha</i> mu Mbonerahamwe y'Ibyo Abarwayi Bagenerwa.</p>
<p>Gupima uburemere w'amagufa</p> <p>Gahunda yishingira bimwe mu bikorwa byo gupima uburemere bw'amagufa.</p> <p><i>Uruhushya rutangwa mbere si ngombwa kuri serivisi zitangwa n'utanga serivisi uri mu ihuriro.</i></p> <p>Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.</p>

Serivisi Zishingiwe na Gahunda

Isuzuma rya kanseri y'ibere (kunyura mu cyuma)

Gahunda yishingira ibizamini byo kunyura mu cyuma hasuzumwa kanseri y'ibere n'ibizamini by'ibere bikorerwa kwa muganga ku bagore bafite imyaka 40 cyangwa bayirengeje kuva ku mwaka umwe kugeza ku myaka ibiri. Ibindi bizamini byinshi byo kunyura mu cyuma n'ibizamini by'ibere bishobora gukorwa iyo bitegetswe na PCP mukorana.

Si ngombwa ko gahunda ibanza gutangira uburenganzira ibizamini bitangwa n'utanga serivisi, ariko bishobora kuba ngombwa ku bizamini bisabwe gukorwa inshuro nyinshi kurusha izitegetswe.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Serivisi zo kuvura indwara z'umutima (umutima)

Gahunda yishingira serivisi zo kuvurwa indwara z'umutima, nko gukora imyitozo, uburezi, n'ubujyanama. gahunda yishingira izindi porogaramu zo kwitondera zo kuvura indwara y'umutima.

Ni ngombwa ko gahunda ibanza kubitangira uburenganzira.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Kujya kwa muganga mu rwego rwo kugabanya ibyago byo kurwara umutima (ubuvuzi bw'indwara z'umutima)

Gahunda yishingira uko ujya kwa PCP mukorana nka kimwe mu bigize igikorwa cyo gufasha mu kugabanya ibyago ufite byo kurwara indwara y'umutima. Muri uko kujya kwa muganga, muganga ukuvura ashobora:

- Kukuganiriza ku ikoreshwa rya aspirine
- Kugenzura umuvuduko w'amaraso wawe
- Kukugira inama ku buryo wafata indyo iboneye

Uruhushya rutangwa mbere si ngombwa kuri serivisi zitangwa n'utanga serivisi uri mu ihuriro.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Gusuzumwa indwara z'umutima (umutima n'imitsi)

Gahunda yishingira ibizamini by'amaraso na kugenzura umutima (umutima n'imitsi) n'indwara bijyanye.

Uruhushya rutangwa mbere si ngombwa kuri serivisi zitangwa n'utanga serivisi uri mu ihuriro.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Serivisi Zishingiwe na Gahunda

Ibizamini bya kanseri y'umura na kanseri yo mu gitsina cy'umugore

Gahunda yishingira ibizamini bya kanseri y'inkondo y'umura, ibizamini bya nyababyeyi ku bagore nk'uko bitegekwa na muganga cyangwa undi ukora mu by'ubuvuzi ubifitiye uruhushya. Ibizamini bya kanseri y'inkondo y'umura ni ngombwa buri myaka 3 ariko, gahunda ibyishingira hagendewe ku bikenewe mu buvuzi iyo bikenewe inshuro nyinshi. Ibizamini bya nyababyeyi bitegetswe gukorwa buri mwaka.

Uruhushya rutangwa mbere si ngombwa kuri serivisi zitangwa n'utanga serivisi uri mu ihuriro.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Kuvura kanseri hakoreshajwe imiti

Gahunda yishingira ubuvuzi bwo kuvura kanseri. Ushobora guhererwa ubuvuzi bwo Kuvura kanseri hakoreshajwe imiti mu rugo rwawe, mu biro bya muganga, cyangwa ku bitaro aho abarwayi bavurwa bari mu bitaro cyangwa bataha.

Serivisi zo Kuvura kanseri hakoreshajwe imiti zishingiwe zirimo:

- Imiti
- Serivisi z'inzobere zikenewe mu gutanga imiti
- Amafaranga y'ibitaro
- Kunyura mu cyuma n'ibizamini byo muri laboratwari bikenewe mu ikurikirana

Bishobora kuba ngombwa ko gahunda igomba kubanza kubitangira uburenganzira.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Ibizamini bya kanseri y'urura runini

Abanyamuryango bafite imyaka 50 banayirengeje bishingirwa kuri serivisi y'ikizamini kimwe gihoraho, cyo kwirinda indwara kuri buri munyamuryango buri mwaka kuri serivisi zikurikira:

- Ikizamini cyo gusuzuma amaraso mu musarani
- Ikizamini cyo gusuzuma kanseri y'urura runini hifashishijwe umusarani
- Ikizamini cy'urura runini
- Ikizamini cyo gusuzuma umwoyo
- Ikizamini cy'urura runini

Uruhushya rutangwa mbere si ngombwa kuri serivisi zitangwa n'utanga serivisi uri mu ihuriro.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Serivisi Zishingiwe na Gahunda

Serivisi zitangirwa ku bigo nderabuzima

Gahunda yishingira serivisi zitangirwa ku kigo nderabuzima. Serivisi zirimo

izikurikira:

- Kujya kwa muganga ku buvuzi bw'ibanze na serivisi z'ubuvuzi bw'indwara zo mu mutwe
- Kujya kwa muganga kuvurwa indwara z'abagore (OB/GYN)
- Kwigishwa iby'ubuzima
- Serivisi z'ubuvuzi bwo gufasha abarwayi
- Serivisi z'imirire, harimo amahugurwa yo kwikurikiranira diyabete n'ubuvuzi bwo kuvurwa hakoreshejwe imirire
- Serivisi zo kureka itabi
- Inkingo, ukuyemo inkingo z'abakora ingendo hanze y'igihugu

Uruhushya rutangwa mbere si ngombwa kuri serivisi zitangwa n'utanga serivisi uri mu ihuriro.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Ubujyanama bwo kureka kunywa cyangwa gukoresha itabi

Gahunda yishingira ubujyanama ku kureka kunywa cyangwa gukoresha itabi. (Wareba “Kureka kunywa itabi” mu Mbonerahamwe y'Ibyo Abarwayi Bagenerwa.)

Porogaramu yo Kureka Kunywa Itabi itanga serivisi z'ubumenyi kuri telefone n'ubufasha kugira ngo hagabanywe ibyago itabi riteza ubuzima nk'umuvuduko w'amaraso ukabije, indwara y'umutima na zimwe muri kanseri hatezwa imbere ibyo kureka ibikomoka ku itabi byose.

Uruhushya rutangwa mbere si ngombwa kuri serivisi zitangwa n'utanga serivisi uri mu ihuriro.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Serivisi Zishingiwe na Gahunda

Serivisi z'ubuvuzi bw'amenyo

Gahunda ntitanga ubwishingizi ku buvuzi bw'amenyo. Ariko, serivisi zigenzurwa binyuze muri New Hampshire Medicaid cyangwa gahunda yo Gucunga Ubuvuzi bw'amenyo, mu buryo bukurikira:

- Ku banyamuryango bafite muni y'imyaka 21, serivisi z'ubuvuzi bw'amenyo zuzuye zihuzwa biciye muri New Hampshire Medicaid Medicaid utanga serivisi apfa kuba yanditse muri ya New Hampshire Medicaid.
- Ku yandi makuru yerekeye ibyo ugenerwa mu rwego rw'ubuvuzi bw'amenyo, bafite muni y'imyaka 21, bimenyeshe Ishami Ryita ku Bakiriya rya New Hampshire Medicaid. Warebera ku Gice 2.8 (Uko wamenyesha Ikigo Cyita ku Bakiriya cya NH DHHS).

Serivisi zo guhabwa imiti irinda amenyo kubora zishingiwe na gahunda ku banyamuryango bamwe na bamwe. Warebera ku *Imiti irinda amenyo kubora* mu Mbonerahamwe y'Ibyo Abarwayi Bagenerwa.

- Ku banyamuryango bafite imyaka 21 kuzamura, serivisi z'ubuvuzi bw'amenyo n'izo mu kanwa zishingiwe, n'uburyo bwo gutwara umurwayi bihuzwa biciye muri gahunda y'ubuvuzi bw'amenyo bucuze ya Leta, Delta Dental ya New Hampshire ku bufatanye na DentaQuest.

Ku yandi makuru ku bigenerwa abantu bakuru barwaye amenyo mu rwego rw'ubuvuzi, hamagara numero itishyurwa ya Serivisi y'Umunyamuryango wa DentaQuest **1-844-583-6151** (ku bafite ubumuga bwo kutumva (TDD: 1-800-466-7566), kuva Ku Wa Mbere kugeza Ku Wa Gatatu guhera saa 8:00 za mu gitondo kugeza 8:00 za nimugoroba na kuva Ku Wa Kane kugeza Ku Wa Gatanu saa 8:00 za mu gitondo kugeza saa 5:00 za nimugoroba. ku masaha y'iburasirazuba.

Ikizamini cy'agahinda gakabije

Gahunda yishingira ikizamini cy'agahinda gakabije ku bana n'abakuru.

Uruhushya rutangwa mbere si ngombwa kuri serivisi zitangwa n'utanga serivisi uri mu ihuriro.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Serivisi Zishingiwe na Gahunda

Amahugurwa n'ibikoresho by'abarwaye diyabete

Gahunda yishingira ibikoresho na serivisi bikurikira iyo urwaye diyabete cyangwa ufite ibimenyetso by'uko ushobora kurwara diyabete (nubwo waba udakoresha umuti wa insiline):

- Ibikoresho byo kugenzura urugero rw'isukari mu maraso yawe birimo:
 - Akuma kagenzura isukari mu maraso
 - Akuma gapima isukari mu maraso
 - Utwuma two mu bwoko bwa **Lancets**
 - Kugenzura isukari hasuzumwa ukuri ku bipimo by'utwuma twifashishwa
- Udutambaro bambara mu nkweto twifashishwa mu kuvura, dukoze nk'inkweto cyangwa dushyirwa mu kweto iyo diyabete yakurembeje ikagera mu birenge.
- Hari ingano natrengwa y'utwuma dupima isukari mu maraso y'utwuma dupima 100 mu minsi 90 ku badakoresha insuline.

Porogaramu yo Kwiga Ibyerekeye Diyabete itanga ubumenyi kuri telefone, kwiga, na serivisi z'ubufasha mu kuboneza isukari mu maraso, umuvuduko w'amaraso na kugenzura ibinure mu rwego rwo kugabanya ikura cyangwa kwiyongera ku ubukana bw'indwara ya diyabete.

Gahunda ishobora gusabwa kubanza kubitangira uburenganzira iyo hakoreshwa utwuma dupima isukari mu maraso n'ibikoresho bihenze.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Serivisi Zishingiwe na Gahunda

Serivisi zo kuyungurura amaraso n'ibikoresho byo kuvura impyiko n'izindi ndwara zifata impyiko

Gzhunda yishingira serivisi zikurikira:

- Serivisi zo kwiga ibijyanye n'indwara z'impayiko mu kwigisha uko impayiko zafatwa neza na kugufasha gufata ibyemezo biboneye ku buvuzi uhabwa
- Kuvura impayiko abarwayi bavurwa bataha, harimo kuvurwa impayiko iyo utari by'igihe gito mu gace ihuriho ritangiramo serivisi, nk'iyi uri ku rugendo
- Kuyungurura amaraso y'abarwayi bavurirwa mu bitaro iyo wajyanwe mu bitaro nk'umurwayi urwariye mu bitaro cyangwa kuvurwa urembye
- Amahugurwa yo kwiyungururira amaraso, harimo amahugurwa akugenewe anagenewe undi wese ukugufasha mu kwivurira impayiko mu rugo
- Ibikoresho n'ibyifashishwa mu kwiyungururira amaraso mu rugo
- Zimwe muri serivisi z'ubufasha bwo mu rugo, nko gusurwa n'abakozi batojwe ibyo kuvura impayiko mu kugenzura uko wivurira mu rugo, kugufasha igihe urembye, na kugenzura ibikoresho wifashisha mu kwivura impayiko ndetse niba ubona amazi

Uruhushya rutangwa mbere si ngombwa kuri serivisi zitangwa n'utanga serivisi uri mu ihuriho. Uruhushya rutangwa mbere si ngombwa kuri serivisi zitangwa n'utanga serivisi uri mu ihuriho.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Serivisi Zishingiwe na Gahunda

Ibikoresho biramba bikoreshwa mu buvuzi (DME) harimo ibikoresho bisimbura ibishaje cyangwa ibidakora neza, kubihindura, kubisana, na kwigishwa kubikoresha.

Gahunda yishingira ibikoresho byo biramba (DME) bikoreshwa mu buvuzi harimo ibikoresho:

- Ibikoresho bitajugunywa bimaze gukoreshwa kandi bishobora gukoreshwa inshuro nyinshi;
- Bikoreshwa ahanini mu buvuzi mu kuvura indwara yasuzumwe, uburwayi, cyangwa gukomereka by'igikatu cyangwa by'akarande; kandi
- Bidafite umumaro iyo umuntu atavurwa indwara yasuzumwe, uburwayi, cyangwa gukomereka by'igikatu cyangwa by'akarande.
- Ingero z'ibikoresho bya DME byinshingiwe zirimo:
 - Utugare
 - Imbago
 - Ibitanda byo mu bitaro
 - Ibikoresho byifashishwa mu gukurikirana abarwayi
 - Ibitanda byihariye
 - Inkoni
 - Intebe zifashishwa nk'ubwiherero bw'abarwayi
 - Utwuma twifashishwa mu kuvura indwara z'ubuhumekero
 - Ibikoresho by'umwuka wa ogisijeni
 - Udupompe (IV) twinjiza imiti n'ibiribwa mu mubiri
 - Utugare two kugenderamo uhagaze
 - Udukoresho twifashishwa mu gusohora ijwi (ibikoresho byifashishwa mu kuvuga (AAC)
 - Ikindi gikoresho cya DME cya ngombwa gikenewe mu buvuzi
- Ibikoresho bisimbura ibishaje cyangwa ibidakora neza, guhindura ibiri ngombwa na kwigishwa kubikoresha

Kubanza kubitangira uburenganzira bishobora gusabwa ku bikoresho bimwe na bimwe.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Serivisi Zishingiwe na Gahunda

Serivisi zo Gusuzumwa Indwara no Kuvurwa Hakiri Kare (EPSDT)

Gahunda yishingira serivisi za EPSDT ku banyamuryango batagejeje imyaka 21, harimo isesengura ryimbitse imyitwarire (ABA) y'abanyamuryango basuzumwe bagasanga bafite ubumuga bwa autism.

Ibyiza bya EPSDT ni uko ibyiza byagutse mu buzima bifasha kugera ku byo umwana akeneye mu buzima na mu mikurire. Ibyo abarwayi bagenerwa byishingiwe harimo ubuvuzi bujyanye n'imyaka, serivisi z'ibizamini by'amenyo, amaso, n'amatwi mu gihe cyagenwe bikunze kwitwa ibizamini byo gusuzuma ko umwana ameze neza, n'igihe havutse cyangwa haketswe ibibazo by'ubuzima. Usibye isuzuma, serivisi za EPSDT zinakubiyemo serivisi z'ibizamini bikenewe mu buvuzi bwo mu rwego rwo kuvura cyangwa kunoza uburwayi cyangwa imimerere yo ku mubiri cyangwa mu mutwe y'umwana. By'umwihariko bikaba ari ingenzi ku bana bakeneye ubuvuzi bwihariye banafite ubumuga.

Ku byerekeye serivisi z'ubuvuzi bwihariye, wabimenyesha Umuhuzabikorwa Ushinzwe Ibikenewe Byihariye muri gahunda. Hamagara Serivisi Zita ku Banyamuryango n'Umuhuzabikorwa Ushinzwe Ibikenewe Byihariye mu masaha asanzwe y'akazi nk'uko bigaragara ku musozo w'iyi paji.

Uruhushya rutangwa mbere na gahunda si ngombwa ku bizamini bya EPSDT. Ariko, hari zimwe muri serivisi ziba kubanza gutangirwa uburenganzira.

Ku yandi makuru, wabimenyesha Umuhuzabikorwa Ushinzwe Ibikenewe Byihariye wa NH Families.

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

Serivisi Zishingiwe na Gahunda

Ubuwuzi bw'indembe

Gahunda yishingira ubuwuzi bw'indembe. “Ubuwuzi bw'indembe” bubaho iyo ufite uburwayi umuntu ufite ubumenyi burunganiye mu by'ubuzima n'ubuwuzi atekereza ko bukomeye cyane kandi ko nta buwuzi uhawe byihuse, ushobora:

- Kugira ibyago byinshi ku buzima bwawe cyangwa ubuzima bw'umwana utwite;
- Kwangirika cyane imikorere y'umubiri;
- Kugira imikorere mibi cyane y'ingingo cyangwa igice cy'umubiri, cyangwa
- Mu gihe ari umugore utwite uri ku bise:
 - Nta gihe gihagije cyo kumugeza kwa muganga neza cyangwa ku bindi bitaro mbere y'uko abyara; cyangwa
 - Kumujyana kwa muganga bishobora guteza ibibazo ubuzima bwe cyangwa bw'umwana atwite.

Ubuwuzi bw'indembe bwishingirwa ahantu hose n'igihe cyose ubukeneye, ahantu hose muri Leta Zunze Ubumwe z'Amerika cyangwa uturere ingenzura. Ubuwuzi bw'indembe ntibwishingirwa hanze ya Leta Zunze Ubumwe z'Amerika cyangwa uturere ingenzura.

Iyo uhawe ubuwuzi bw'indembe ukabuharerwa mu bitaro bitari mu ihuriro kandi ugakenerwa kuvurwa urwariye mu bitaro uburwayi bwawe bumaze koroha ugomba gusubira mu bitaro biri mu ihuriro kugira ngo ubuwuzi uhabwa bukomeze kwishingirwa na gahunda. Ubuwuzi uhabwa urwariye mu bitaro bitari mu ihuriro rwishingirwa iyo gahunda yemeje ko urwarira mu bitaro.

Si ngombwa ko gahunda ibanza gutangira uburenganzira ubuwuzi bw'indembe uhabwa n'ibitaro biri cyangwa bitari mu ihuriro; ariko, gahunda igomba kubanza gutanga uburenganzira ku buwuzi uhabwa uri mu bitaro bitari mu ihuriro uburwayi bwawe bumaze koroha.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Serivisi Zishingiwe na Gahunda

Serivisi zo kuboneza urubyaro

Ushobora guhitamo umuganga, ivuriro, ikigo nderabuzima cy'abaturage, ibitaro, farumasi cyangwa ibiro bishinzwe kuboneza urubyaro biri mu ihuriro cyangwa bitaririmo bikorana na New Hampshire Medicaid. Serivisi zo kuboneza urubyaro ntizikenere taransiferi.

Serivisi zikurikira zirishingiwe:

- Ikizamini cyo kuboneza urubyaro na kuvurwa
- Ibizamini byo muri laburawari n'iby'isuzuma ku kuboneza urubyaro
- Uburyo bwo kuboneza urubyaro (ibinini byo kuboneza urubyaro, agapira ko kuboneza urubyaro, impeta, akuma ka IUD, inshinge cyangwa akuma bakwinjizamo)
- Ibikoresho byo kuboneza urubyaro biriho amabwiriza y'imikoreshereze (agakingirizo, agaponje, amavuta, akugara, agapira ko kuboneza urubyaro ko mu mura cyangwa agapira)
- Ubujyanama na gusuzuma indwara zandurira mu mibonano mpuzabitsina (STIs), SIDA n'izindi ndwara zifitanye isano n'agakoko getera SIDA iyo bikozwe nka kimwe mu bigize ibyo kujya kwa muganga bwa mbere, ku buryo buhoraho, cyangwa gukurikirana ibyerekeye kuboneza urubyaro
- Kuvura indwara zandurira mu mibonano mpuzabitsina (STIs), SIDA n'izindi ndwara zifitanye isano n'agakoko getera SIDA bisaba kubahiriza ibisabwa byasobanuye muri *Serivisi z'abanga* mu Mbonerahamwe y'Ibyo Abarwayi Bagenerwa
- Kwifungisha burundu ku bushake. Ugomba kuba ufite imyaka 21, kandi ufite ubwenge bwuzuye kandi ugomba gushyira umukono ku ifishi yo kwemera kwifungisha burundu. Byibuze mu minsi 30, ariko iminsi ntirenga 180, igomba gushyira hagati y'itariki washyiriye umukono ku ifishi yo kwemera n'itariki wabagiweho.

Bishobora kuba ngombwa ko gahunda igomba kubanza kubitangira gahunda.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Imiti irinda amenyo kubora

Gahunda yishingira imiti irinda amenyo kubora itangwa mu gihe umunyamuryango ufite amezi 6 kugeza ku myaka 5 yagiye kwa muganga/umuganga uvura abana. Hishingirwa gusa guhabwa imiti irinda amenyo kubora kabiri mu mwaka.

Uruhushya rutangwa mbere si ngombwa kuri serivisi zitangwa n'utanga serivisi uri mu ihuriro.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Serivisi Zishingiwe na Gahunda

Kubagwa hahindurwa imiterere ndangagitsina

Gahunda yishingira serivisi Tsi zo guhindura imiterere ndangagitsina. Serivisi zihabwa abarwariye mu bitaro harimo:

- Kubagwa amabere
- Kongera amabere
- Kuvanamo Nyababyeyi
- Kuvanamo imiyoborantanga
- Kuvanamo agasabo k'intangangore
- Kubagwa hahindurwa igitsina

Gahunda ntitanga ubwishingizi ku buvuzi bwo gusana ibice byangiritse ku mubiri.

Ni ngombwa ko gahunda ibanza kubitangira uburenganzira.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Serivisi zo gukangura ibice by'umubiri

Gahunda yishingira serivisi z'ubuvuzi zifasha mu gutuma abana n'abakuru bakomeza kwiga cyangwa kunoza ubunoza ubwenge bwabo n'imikorere y'umubiri wabo mu buzima bwa buri muni. Izo serivisi zirimo ubuvuzi bwo gukora uturimo tworoheje mu rwego rwo gukira, kugorora ingingo na kugorora imvugo n'izindi serivisi zihabwa abanyamuryango bafite ubumuga bakaziharerwa ahantu hatandukanye bavurirwa bataha. Ingero zirimo ubuvuzi bw'abana batabasha kugenda cyangwa kuvuga ku myaka byari byitezwe ko bazaba babikora, n'ubuvuzi ku bantu bakuru bifuza gukomeza kugira imikaya imeze neza.

Gahunda yishingira serivisi z'ubuvuzi bw'ingingo ku barwayi bavurwa bataha (PT), ubuvuzi bwo gukora uturimo tworoheje mu rwego rwo gukira (OT) n'ubuvuzi bwo kugorora imvugo (ST) zigarukira ku kujya kwa muganga inshuro 20 buri mwaka w'ubwishingizi kuri buri buvuzi. Ibigenwa n'ubwishingizi bikoreshwa hagati ya serivisi zo gukangura ingingo z'umubiri na serivisi zo kugorora ingingo ku barwayi bavurwa bataha.

Serivisi zishobora gutangirwa mu rugo iwawe, mu biro by'utanga serivisi z'ubuvuzi, mu ishamba ry'ibitaro, cyangwa mu kigo gitanga ubuvuzi bwo kugorora ingingo.

Gahunda igomba kubanza gutanga uburenganzira nyuma y'isuzuma rya mbere.

Gahunda igomba kubanza gutanga uburenganzira kuri serivisi zirengeje kujya kwa muganga inshuro 20.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Serivisi z'Abanyamuryango ba NH Healthy Families

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Serivisi Zishingiwe na Gahunda

Serivisi z'ubuvuzi bw'amatwi, harimo n'utwuma dufasha umuntu kumva

Gahunda yishingira ibizamini by'amatwi iyo ubikorera umuganga, umuganga w'indwara zo mu matwi, cyangwa undi utanga serivisi ubifitiye ubushobozi uri mu ihuriro.

Gahunda kandi yishingira ibikurikira:

- Ibizamini by'amatwi, ibizamini byo kureba ko amatwi yombi akora neza, n'ibindi bizamini bijyanye
- Isuzuma ryo gukorera utwuma dufasha umuntu kumva ko dukwira ku matwi, harimo gukora iforomo y'amatwi na gukora amatwi
- Utwumva dufasha umuntu kumva, harimo na kumvisha amatwi yombi
- Gutanga na gutegura utwumva dufasha umuntu kumva, bateri, n'ibikoresho bijyana natwo
- Amabwiriza yerekeye gukoresha, gufata neza, na gucunga utwuma dufasha umuntu kumva
- Kujya kwa muganga mu rwego rwo gukurikirana ko utwumva dufasha umuntu kumva dukora neza
- Gutizwa akuma gafasha umuntu kumva iyo ari ngombwa

Isuzuma ryo kugenzura ko hakenewe akuma gafasha umuntu kumva neza cyangwa kubonana na muganga mu guhabwa akuma gafasha umuntu kumva neza kigarukira gusa ku kizamini cyangwa kubonana na muganga rimwe buri myaka 2 uhurira ku itariki abanyamuryango bafite imyaka 21.

Si ngombwa ko gahunda ibanza kubatangira uburenganzira ku bizamini by'amatwi bitangwa n'utanga serivisi uri mu ihuriro, ariko bishobora kuba ngombwa ku twuma dufasha umuntu kumva, kudasana na kudasimbuzwa.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Ibizamini by'indwara ya epatite B

Gahunda yishingira ibizamini by'indwara ya Hepatite B ku bangavu n'ingimbi n'abakuru iyo byategetswe kandi bigatangwa na PCP abatangira mu biro.

Uruhushya rutangwa mbere si ngombwa kuri serivisi zitangwa n'utanga serivisi uri mu ihuriro.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Serivisi Zishingiwe na Gahunda

Ibizamini bya virusi itera indwara ya Hepatite C (HCV)

Gahunda yishingira ibizamini bya HCV ku bantu bakuru bafite bumwe mu burwayi bukurikira iyo bitegetswe kandi bigatangwa na PCP abitangira mu biro:

- Ibyago byinshi byo kwandura virusi y'indwara ya Hepatite C, harimo kuba yaraweho amaraso mbere ya 1992; cyangwa
- Yarakorewe ikizamini kimwe ku bantu bakuru bavutse guhera 1945 kugeza muri 1965

Uruhushya rutangwa mbere si ngombwa kuri serivisi zitangwa n'utanga serivisi uri mu ihuriro. Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Ibizamini iby'agakoko gatera SIDA

Gahunda yishingira ibizamini by'agakoko gatera SIDA n'ibizamini bijyanye ku bakuru n'ingimbi n'abakuru iyo byategetswe kandi bigatangwa na PCP abitangira mu biro.

Uruhushya rutangwa mbere si ngombwa kuri serivisi zitangwa n'utanga serivisi uri mu ihuriro.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Serivisi z'ubuvuzi zitangirwa mu rugo

Gahunda yishingira serivisi zitangwa n'ikigo gitangira serivisi z'ubuvuzi mu rugo harimo:

- Serivisi zo kuvurirwa mu rugo zitangwa mu gihe kidahoraho n'abaforomo n'abafasha abarwariye mu rugo
- Ubuvuzi bw'ingingo, ubuvuzi bwo gukora uturimo tworeheje mu rwego rwo gukira n'ubuvuzi bwo kugorora imvugo
- Ibikoresho byo kwa muganga biramba n'ibyifashishwa

Ni ngombwa ko gahunda ibanza kubitangira uburenganzira.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Serivisi Zishingiwe na Gahunda

Serivisi z'ubuvuzi bwo mu rugo bwo kwitera imiti na kugaburirwa binyuze mu duhombu

Gahunda yishingira serivisi z'ubuvuzi bwo mu rugo bwo kwitera imiti na kugaburirwa binyuze mu duhombu harimo guhabwa ibitunga umubiri, imiti yica mikorobe, n'indi miti n'imiti y'amazi binyuze mu guterwa inshinge n'uduhombo (IV). Serivisi zishingiwe harimo serivisi z'ubuvuzi zikenewe gutangwa n'ababifitiye ubushobozi, ibyifashishwa kwa muganga, n'ibikoresho.

Ni ngombwa ko gahunda ibanza kubitangira uburenganzira.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Serivisi Zishingiwe na Gahunda

Ubuwuzi bw'abashigaje iminsi mike yo kubaho

Gahunda yishingira serivisi z'ubuvuzi bw'abashigaje iminsi mike yo kubaho ziboneye kandi za ngombwa mu rwego rwo koroshya uburwayi budashobora gukira bugiye kuguhitana, harimo indwara zibushamikiyeho cyangwa ibibazo biterwa nabwo. Ufite uburenganzira bwo guhitamo guhabwa ubuvuzi bw'abashigaje iminsi mike yo kubaho iyo uguha serivisi n'umuyobozi mukuru ushinzwe ubuvuzi bw'abashigaje iminsi mike yo kubaho bagaragaje ko urwaye indwara idakira igiye kuguhitana. Ni ukuvuga ko ufite uburwayi aho uba ushigaje iminsi yo kubaho ingana cyangwa itageze ku mezi 6, mu gihe uburwayi bukomeje uko buri.

Serivisi zihabwa abarwariye mu bitaro harimo:

- Serivisi zo kwita ku barwayi
- Serivisi z'ubuvuzi bwo gufasha abarwayi
- Serivisi z'ubuvuzi zitangwa n'umuganga uvura abashigaje iminsi mike yo kubaho cyangwa umunyamuryango wa PCP
- Serivisi z'ubujyanama, harimo ubujyanama ku mirire
- Ubuwuzi rusange bw'abarwariye mu bitaro mu kuvura ububabare cyangwa ibimenyetso butatangwa iyo umurwayi avurwa ataha
- Ubuwuzi bw'igihe gito ku barwariye mu bitaro ku banyamuryango batari badaturiyeye ibitaro
- Ibikoresho byo kwa muganga biramba n'ibyifashishwa mu gufasha umuntu na kwikiza uburibwe bijyanye na kugabanya ububabare, kugabanya ubukana bw'indwara, cyangwa guhangana n'ibimenyetso n'ingaruka indwara idakira cyangwa indwara ziyishamikiyeho bigira ku munyamuryango
- Imiti yo guhangana n'ibimenyetso n'ingaruka indwara idakira cyangwa indwara ziyishamikiyeho bigira ku munyamuryango
- Serivisi zo gufasha umurwayi na kwita ku rugo
- Serivisi z'ubuvuzi bw'ingingo, ubuvuzi bwo gukora uturimo tworoheje mu rwego rwo gukira, n'ubuvuzi bwo kugorora imvugo mu rwego rwo kuvura indwara yagaragaje ibimenyetso cyangwa gutuma umunyamuryango akomeza kugira ubushobozi bwo gukora ibikorwa byo mu buzima bwa buri muni na kugira ubumenyi bwo gukoresha ibice by'umubiri
- Imbanguriragurabara cyangwa gutwarwa mu kagare cyangwa mu modoka itwara utugare
- Indi serivisi yagaragajwe muri gahunda y'ubuvuzi bw'umunyamuryango nk'uko yaba iboneye kandi ari ngombwa mu gufasha umunyamuryango mu kugabanya ububabare, kugabanya ubukana bw'indwara, cyangwa guhangana n'indwara idakira cyangwa indwara ziyishamikiyeho yugarije umunyamuryango

Ni ngombwa ko gahunda ibanza kubitangira uburenganzira.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Serivisi z'Abanyamuryango ba NH Healthy Families

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Serivisi Zishingiwe na Gahunda

Kuvanamo Nyababyeyi

Gahunda yishingira kuvanamo nyababyeyi, bikaba ari ukubagwa hakurwamo nyababyeyi (inda ibyara). Gahunda yishingira igikorwa cyo kuvanamo nyababyeyi iyo bikoze gusa ku mpamvu zo kwifungisha burundu.

Hakurikijwe amabwiriza y'igihugu, ifishi yo kwemera kuvanamo nyababyeyia igomba gushyirwaho umukono ndetse hagatangwa inyandiko yemeza ko wahawe amakuru yaba mu magambo cyangwa mu nyandiko ko kuvanamo nyababyeyi bizatuma utabasha kongera kubyara ukundi.

Ni ngombwa ko gahunda ibanza kubatangira uburenganzira.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Guhabwa Inkingo

Gahunda yishingira zimwe mu nkingo (hashobora kugenderwa ku myaka), harimo:

- Urukingo rw'umusonga (pinemokoke)
- Urukingo rw'ibicurane
- Urukingo rw'indwara ya Hepatite B, iyo ufite ibyago byinshi cyangwa biringaniye byo kurwara indwara ya Hepatite B
- Inkingo zihabwa abana/ingimbi n'abangavu
- Urukingo rwa zona
- Urukingo rwa virusi ya Human papilloma (HPV)

Kwishingira guhabwa inkingo ntibikubiyemo inkingo zisabwa cyangwa zitegetswe iyo ugiye gukorera ingendo hanze y'igihugu.

Uruhushya rutangwa mbere si ngombwa kuri serivisi zitangwa n'utanga serivisi uri mu ihuriro.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Serivisi zo kuvura ubugumba

Gahunda yishingira serivisi zo kuvura ubugumba ubwishingizi bugarukira gusa ku kumenya igitera ubugumba na kuvura indwara itera ubugumba.

Bishobora kuba ngombwa ko gahunda igomba kubanza kubatangira uburenganzira.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Serivisi Zishingiwe na Gahunda

Serivisi z'abarwayi bavurirwa mu bitaro, harimo serivisi zo kugorora ingingo zo mu rwego rwo hejuru

Gahunda yishingira serivisi z'ubuvuzi bw'abarwariye mu bitaro, zirimo:

- Guhabwa icyumba kitarimo abantu benshi (cyangwa icyumba cya wenyine iyo ari ngombwa mu rwego rw'ubuvuzi)
- Amafunguro, harimo n'indyo yihariye
- Serivisi zo kwita ku barwayi
- Kwishyura serivisi z'ubuvuzi bwihariye, nk'ubuvuzi bw'indembe cyangwa ubuvuzi bw'abarembejwe n'indwara z'umutima
- Imiti
- Ibizamini byo muri laburawari
- Kunyura mu cyuma n'izindi serivisi zo kunyura mu cyuma
- Kubagwa n'ibyifashishwa mu buvuzi
- Ibikoresho byo mu buvuzi biramba, nk'utugare
- Serivisi z'icyumba cyo kubagirwamo n'icyo kujyanwamo umaze kubagwa
- Ubuvuzi bw'ingingo, gukora uturimo tworeheje mu rwego rwo gukira na kugorora imvugo
- Guterwa ibikomoka ku maraso
- Serivisi zitangwa n'abaganga, harimo na gutera ikinya

Uruhushya rutangwa mbere na gahunda ni ngombwa ko gahunda ibanza kubitangira uburenganzira.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

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Serivisi Zishingiwe na Gahunda

Serivisi z'ubuvuzi bw'indwara zo mu mutwe zihabwa abarwariye mu bitaro

Gahunda yishingira serivisi z'ubuvuzi bw'indwara zo mu mutwe buhabwa abarwariye mu bitaro:

- Serivisi zihabwa abarwariye mu bitaro harimo gusuzumwa na kuvurwa indwara zo mu mutwe z'igikatu*
- Gusuzumwa indwara zo mu mutwe ku ishami rishinzwe abarwayi bavurirwa mu bitaro*

*Amategeko agenga ubwishingizi bwihariye akurikizwa kuri bamwe barwariye mu bitaro. Niba ufite imyaka 21-64, bimenyeshe Serivisi zita ku ba banyamuryango maze harebwe niba wujuje ibisabwa n'ubwishingizi.

Nta mubare ntarengwa w'iminsi umunyamuryango ashobora kuvurirwa mu kigo gitanga serivisi z'ubuvuzi bw'indwara zo mu mutwe ku barwariye mu bitaro.

Warebera kuri *Serivisi z'ubuvuzi bw'indwara zo mu mutwe ku barwayi bavurwa bataha mu Mbonerahamwe y'Ibyo Abarwayi Bagenerwa.*

Warebera kuri *serivisi zo kuvura indwara zikomoka ku gukoresha ibiyobyabwenge (SUD) muri iyi Mbonerahamwe y'Ibyo Abarwayi Bagenerwa.*

Ni ngombwa ko gahunda ibanza kubitangira uburenganzira keretse iyo ujanwe mu bitaro urembejwe n'indwara zikomoka ku gukoresha ibiyobyabwenge.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Serivisi zo muri laburawari

Gahunda yishingira serivisi zo muri laburawari iyo bitegetswe n'umuganga cyangwa undi muvuzi ubifitiye uruhushya kugira ngo bikorwe kandi izo serivisi zitanzwe na laburawari iri mu ihuriro.

Bishobora kuba ngombwa ko bibanza gutangirwa uburenganzira.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Serivisi Zishingiwe na Gahunda

Serivisi z'ababyeyi batwite

Gahunda yishingira ibizamini by'ababyeyi batwite, kubyara, kwita ku ruhinja, na serivisi zihabwa umugore umaze kubyara. Kubyara byishingirwa iyo byabereye mu bitaro na mu kigo gishinzwe kubyaza (aho kubyarira muri icyo kigo cyangwa mu rugo wabifashijwemo n'umukozi w'ikigo gishinzwe kubyaza), na mu rugo rwawe. Serivisi zo muri laboratwari na kunyura mu cyuma za ngombwa na zo zirishingirwa.

N'izindi serivisi zijyanye na kubyara na zo ziboneka binyuze muri Porogaramu za serivisi za Home Visiting NH na Comprehensive Family Support. Ku yandi makuru yerekeye izo gahunda, wahamagara Ishami rya Minisiteri Ishinzwe Imibereho Myiza y'Abaturage ya leta ya NH ku buntu kuri **1-800-852-3345**, kuri 14501 (ku bafite ubumuga bwo kutumva (TDD): 1-800-735-2964), Kuva Ku Wa Mbere kugeza ku wa gatanu, guhera saa 8:00 za mugitondo kugeza saa 4:30 za nimugoroba ku masaha y'iburasirazuba.

Uruhushya rutangwa mbere si ngombwa kuri serivisi zitangwa n'utanga serivisi uri mu ihuriro.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Kugemurira ibyifashishwa mu buvuzi

Gahunda yishingira ibyifashishwa mu buvuzi. Ibyifashishwa mu buvuzi ni ibikoresho bikoreshwa mu rwego rwo kugabanya ububabare cyangwa kuvura indwara, uburwayi, cyangwa gukomereka byasuzumwe na muganga.

Ibyifashishwa mu buvuzi birimo ibikurikira:

- Ibyifashishwa mu gusohora imyanda mu mubiri hifashishijwe kubaga
- Uduheha
- Ibyifashishwa ku bafite ibibazo byo kunyaragura cyangwa kwinera
- Bande
- Ibyifashishwa mu kubaga umuhogo

Bishobora kuba ngombwa ko gahunda igomba kubanza kubitangira uburenganzira.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Serivisi Zishingiwe na Gahunda

Ubuwuzi hatangwa indyo iboneye

Hatangwa ubwishingizi ku Buvuzi Hatangwa Indyo Iboneye bwa ngombwa mu buvuzi butangwa nka kimwe kigize serivisi za EPSDT ku Banyamuryango bafite imyaka 21 n'abatarayigeza iyo bayihawe n'ushinzwe imirire ubyemerewe yananditswe na umuganga. Ubwishingizi bwa Serivisi z'Ubuwuzi hatangwa Indyo Iboneye harimo (ariko ntibugarukira gusa ku):

- Isuzuma ry'indyo uhabwa mu rwego rw'ubuvuzi
- Inama ku guhindura indyo
- Isuzuma ry'indyo ikenewe
- Ubuwuzi bwo kwirinda na kuvura indwara hifashishijwe indyo

Serivisi zigomba gutangwa n'ushinzwe imirire ubyemerewe kandi yananditswe na muganga uri muri NH Healthy Families, keretse byabanje gutangirwa uburenganzira.

Si ngombwa kubanza gutangira uburenganzira Serivisi z'imirire iyo zitanzwe nka kimwe mu bigize serivisi za EPSDT ku banyamuryango bafite imyaka 21 n'abatayigejeje. Si ngombwa Kubanza gutanga uburenganzira kuri Serivisi z'Imirire iyo zitanzwe nka kimwe muri serivisi ziyongera ku zo abagore batwite, hatitawe ku myaka.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Serivisi z'ubuvuzi bw'indwara zo mu mutwe

Warebera kuri *Serivisi z'ubuvuzi bw'indwara zo mu mutwe ku barwayi*

Bavurirwa mu Bitaro mu Mbonerahamwe y'Ibyo Abarwayi Bagenerwa.

Warebera kuri *Serivisi z'ubuvuzi bw'indwara zo mu mutwe ku barwayi.*

Bavurwa Bataha mu Mbonerahamwe y'Ibyo Abarwayi Bagenerwa.

Warebera kuri *Serivisi zo kuvura indwara zikomoka ku gukoresha Ibiyobyabwenge (SUD) muri iyi Mbonerahamwe*

Isuzuma umubyiho ukabije no kuvurwa ngo ute ibiro

Gahunda yishingira gusuzuma umubyibuho ukabije n'ubujyanama ku buvuzi kugira ngo ufashwe kugabanya ibiro. Vugana na muganga ukuvura kugira ngo umenye ibindi.

Uruhushya rutangwa mbere si ngombwa kuri serivisi zitangwa n'utanga serivisi uri mu ihuriro.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Serivisi z'ubuvuzi bwo gukora uturimo tworoheje mu rwego rwo gukira

Wareba ku *Serivisi zo kugorora ingingo ku barwayi Bavurwa Bataha (serivisi z'ubuvuzi bw'ingingo, ubuvuzi bwo gukora uturimo tworoheje mu rwego rwo gukira, ubuvuzi bwo kugorora imvugo) muri iyi Mbonerahamwe y'Ibyo Abarwayi Bagenerwa.*

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Serivisi Zishingiwe na Gahunda

Gusimbura ingingo na tisi z'umubiri

Gahunda yishingira guhindura ingingo na tisi z'umubiri mu buryo bukurikira:

- Gusimbuza impyiko
- Gusimbura umutima
- Gusimbura umutima n'ibihaha
- Gusimbura ibihaha
- Umusokoro wo mu magufa
- Uturemangingo fatizo
- Guhindura umwijima
- Guhindura impindura
- Guhindura impinduura n'impyiko
- Guhindura imboni y'ijisho
- Gusimbura ibice by'uruhu keretse umusatsi
- Guhindur amagufa

Iyo ukeneye ko urungo cyangwa tisi yawe ihindurwa, ikigo gikora ibyo gusimbuza ibice by'umubiri cyemewe na gahunda kigenzura dosiye yawe maze kikagena uko uhagaze mu kuba wasimburijwe ibice by'umubiri.

Ni ngombwa ko gahunda ibanza kubitangira uburenganzira.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

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Serivisi Zishingiwe na Gahunda

Insimburangingo

Gahunda yishingira insimburangingo, bikaba ari ibikoresho bisimbura ingingo bishyirwa ku rugingo cyangwa umubiri kugira ngo:

- Birinde ahavunitse
- Bifashe igice cy'umubiri gifite intege nke cyangwa giteye nabi; cyangwa
- Kurinda cyangwa gukosora urugingo ruteye nabi cyangwa rukora nabi.

Insimburangingo zirimo:

- Inyunganirangingo zifashishwa mu kugorora uruti rw'umugongo
- Inyunganirangingo zifashishwa mu kugorara amaguru
- Insimburangingo z'amaboko n'amaguru
- Insimburangingo z'amaguruF n'inkweto zishyurirwa abanyamuryango barwaye diyabete, indwara izibya imitsi y'inyuma y'umutima, ubwurwayi bwo mu bwonko, cyangwa indwara yafashe ikirenge kubera uburwayi bwafashe agace runaka, gukomerka cyangwa ibimenyetso byafashe ikirenge

Ni ngombwa ko gahunda ibanza kubitangira uburenganzira.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Serivisi Zishingiwe na Gahunda

Serivisi z'ubuvuzi bw'indwara zo mu mutwe buhabwa abavurwa bataha

Gahunda yishingira serivisi z'ubuvuzi bw'indwara zo mu mutwe buhabwa abarwayi bavurwa bataha zitangiwe mu kigo cyita ku barwayi bo mu mutwe, umuganga w'indwara zo mu mutwe, umuforomo ufasha mu by'uburwayi bwo mu mutwe wabyigiyeye (APRN), utanga serivisi z'ubuvuzi bw'indwara zo mu mutwe, umuganga w'imyitwarire y'abantu, utanga serivisi z'ubuvuzi bwo mu mutwe ubifitiye uruhushya, ikigo nderabuzima, ikigo cy'igihugu cyemerewe kuvura indwara zo mu mutwe (FQHC), ikigo nderabuzima cyo mu cyaro (RHC), na kuvura indwara zo mu mutwe abavurwa bataha.

Serivisi zihabwa abarwariye mu bitaro harimo:

- Kujya kwa muganga gufata imiti
- Ubuvuzi buhabwa abantu ku giti cyabo, itsinda n'umuryango
- Gusuzuma indwara
- Porogaramu yo kutavurirwa mu bitaro igihe cyose (PHP)**
- Porogaramu yo kuvura abarwayi barembye batarwariye mu bitaro (IOP)**
- Serivisi y'abarwayi b'indwara zo mu mutwe barembye*
- Ubuvuzi bwifashisha amashanyarazi (ECT)**
- Ubuvuzi bwo gukangura ubwonko**
- Gufasha abagize ibibazo na serivisi bijyanye zo gutuma umurwayi mera neza*
- Serivisi Zigamije Gufasha Umuntu Guhangana no Gukira Indwara (IROS)
- Serivisi zo Gucunga Dosiye, harimo Kuvura abarwayi BNAfite Uburwayi bwo mu Mutwe Bukomeye (ACT)
- Isuzuma ry'imyitwarire y'abant**

*Zimwe muri serivisi zo gufasha abagize ibibazo b'indwara zo mu mutwe, rserivisi bijyanye zo gufasha urwaye kumererwa neza, na serivisi y'abarwayi b'indwara zo mu mutwe barembye na serivisi y'abarwayi b'indwara zo mu mutwe zishingirwa hanzwe ya gahunda yacu iyo zitanzwe n'amatsinda ya Community Mental Health Center Rapid Response. Ku yandi makuru, warebera ku Igice 4.4 (*Ibyo ubwishingizi bwa New Hampshire Medicaid bugenera abarwayi bitishingiwe muri gahunda*).

Niba wagize ikibazo cy'ubuzima bwo mu murwe cyagwa cyo gukoresha ibiyobyabwenge—hamagara, wandike ubutumwa bugufi cyangwa ikiganiro kuri **988**— Umurongo Utangirwaho Ubufasha bw'Ubuzima bwo mu Mutwe amasha 24 ku munsu, iminsi 7 ku cyumweru maze uvugane n'umujyanama wahuguwe. Umungo Utangirwaho Ubufasha utanga ubufasha bwo mu rwego rw'amarangamutima ku bantu bafite ibyago byo kwiyahura cyangwa agahinda ko mu marangamutima. Cyangwa, uhamagare cyangwa woherewe ubutumwa bugufi kuri Numero Itishyurwa Itangirwaho Ubufasha Bwihutirwa ya NH (**1-833-710-6477**) igihe cyose ku manwa cyangwa nijoro. Serivisi zo gufasha abafite ibibazo ziboneka kuri telefone, hakioreshejwe ubutumwa bugufi, cyangwa imbonankubone. Ntukeneye kubanza kwemererwa cyangwa kubona taransiferi ya PCP mukorana.

Warebera kuri *Serivisi z'ubuvuzi bw'indwara zo mu mutwe ku barwayi Bavurirwa mu Bitaro* mu Mbonerahamwe y'Ibyo Abarwayi Bagenerwa.

Warebera kuri *Serivisi zo kuvura indwara zikomoka ku gukoresha Ibiyobyabwenge (SUD)* muri iyi Mbonerahamwe y'Ibyo Abarwayi Bagenerwa.

***Kubanza guhabwa uruhushya ni ngombwa kandi bishobora kutishingirwa ku bagnerwabikorwa.*

Warebera kuri *Serivisi z'ubuvuzi bw'indwara zo mu mutwe ku barwayi Bavurirwa Bitaro* mu Mbonerahamwe y'Ibyo Abarwayi Bagenerwa.

Warebera kuri *Serivisi zo kuvura indwara zikomoka ku gukoresha Ibiyobyabwenge (SUD)* muri iyi Mbonerahamwe y'Ibyo Abarwayi Bagenerwa.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Ku Wa Kane - Ku Wa Gatatu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

Serivisi Zishingiwe na Gahunda

Serivisi z'ibitaro zihabwa abarwayi bavurwa bataha

Gahunda yishingira serivisi z'ibitaro zihabwa abarwayi bavurwa bataha mu gusuzuma na kuvura uburwayi cyangwa igikomere. Serivisi zishingiwe zirimo:

- Serivisi zitangirwa mu ishami rishinzwe indembe cyangwa ivuriro rivura abarwayi bataha, harimo gukurikirana abarwayi cyangwa kubaga abarwayi bavurwa bataha
- Ibizamini byo muri laburawari na gusuzuma indwara bitangwa n'ibitaro
- Serivisi zo kunyura mu cyuma n'ibindi bizamini byo mu cyuma bitangwa n'ibitaro
- Ubuvuzi bukoresha imirasire, harimo serivisi z'umutekinisiye, ibikoresho n'ibyifashishwa
- Zimwe muri serivisi zo gusuzuma na kurinda indwara
- Imwe mu miti udashobora kwiha
- Ibyifashishwa mu kubaga, nk'ibipfuko
- Ibyifashishwa mu gushyira isima ku murwayi
- Guterwa ibikomoka ku maraso
- Gutera Imiti (IV) mu mubiri w'umurwayi

Gahunda igomba kubanza gutangira uburenganzira zimwe muri serivisi, harimo kubaga umurwayi ataha n'ibindi bizamini byo gusuzuma indwara.

Reba serivisi yihariye mu Mbonerahamwe y'Ibyo Umurwayi Agenerwa ku yandi makuru cyangwa uhamagare Serivisi Zita ku Banyamuryango.

Serivisi zo kugorora ingingo ku barwayi bavurwa bataha (serivisi z'ubuvuzi bwo kugorora ingingo, gukora uturimo tworoheje mu rwego rwo gukira n'ubuvuzi bwo kugorora imvugo)

Gahunda yishingira serivisi zo kugorora ingingo kugira ngo ifashe mu gukira indwara, impanuka, cyangwa kubagwa. Serivisi zo kugorora ingingo harimo ubuvuzi bwo kugorora ingingo, gukora uturimo tworoheje mu rwego rwo gukira n'ubuvuzi bwo kugorora imvugo.

Hishingirwa gusa kujya kwa muganga inshuro 20 ku mwaka kuri buri murwayi kuri buri bwoko bw'ubuvuzi. Ibigenwa n'ubwishingizi bikoreshwa hagati ya serivisi zo gukangura ingingo z'umubiri na serivisi zo kugorora ingingo. Serivisi zishobora gutangirwa mu rugo iwawe, mu biro by'utanga serivisi z'ubuvuzi, mu ishami ry'ibitaro, cyangwa mu kigo gitanga ubuvuzi bwo kugorora ingingo.

Gahunda igomba kubanza gutanga uburenganzira kuri serivisi zirengeje kujya kwa muganga inshuro 20.

Ku yandi makuru, hamagare Serivisi zita ku Banyamuryango.

Serivisi z'Abanyamuryango ba NH Healthy Families

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Ku Wa Kane - Ku Wa Gatatu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

Serivisi Zishingiwe na Gahunda

Kubaga abarwayi bavurwa bataha

Gahunda yishingira kubaga abarwayi bavurwa bataha na serivisi zitangwa n'ibitaro biri mu ihuriro byita ku barwayi bavurwa bataha n'ibigo biri mu ihuriro bibaga abarwayi bataha.

Kubanza kubitangira uburenganzira bishobora gusabwa ku bikorwa bimwe na bimwe.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Ibikoresho by'umwuka wa ogisijeni n'ubuvuzi bw'indwara zo mu buhumekero

Gahunda yishingira ibikoresho by'umwuka wa ogisijeni, harimo ibyuma bitanga umwuka wa ogisijeni, kongera umwuka wa ogisijeni mu byuma, na gukodesha ibyumba by'umwuka wa ogisijeni byifashishwa mu buvuzi.

Kandi gahunda yishingira ibikoresho byifashishwa mu guhumeka, harimo imashini za CPAP, BiPAP, na vantilateri.

Uruhushya rutangwa mbere si ngombawa ku mwuka wa ogisijeni watanzwe n'utanga serivisi. Ni ngombwa ko gahunda ibanza kubitangira uburenganzira ku bikoresho byifashishwa mu kuvura indwara z'ubuhumekero.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Serivisi Zishingiwe na Gahunda

Serivisi zo gufasha kwita ku muntu

Gahunda yishingira serivisi zo gufasha kwita ku muntu kugira ngo afashwe mu bikorwa by'ubuzima bwa buri muni n'ibikorwa by'ibanze mu buzima bwa buri muni. Kugira ngo wemererwe guhabwa iyi serivisi, ugomba kuba ufite imyaka 18 cyangwa uyirengeje, ugendera mu kagare, kandi ubasha kwitangira amabwiriza.

Serivisi zirimo ubufasha bwo:

- Gukaraba n'ibindi bikorwa by'isuku yo ku mubiri
- Kwambara imyenda na gusokoza imisatsi na guca indwara
- Kunywa imiti na kumenya igihe cyo kuyifatira
- Kugenda na gutwarwa
- Kujya mu bwiherezo n'ibijyanye nabyo
- Gutegura amafunguro na kurya
- Kumesa imyenda
- Gukora uturimo tworoheje two mu rugo

Ni ngombwa ko gahunda ibanza kubitangira uburenganzira.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Serivisi z'ubuvuzi bwo kugorora ingingo

Wareba kuri Serivisi zo kugorora ingingo ku barwayi Bavurwa Bataha (serivisi z'ubuvuzi bw'ingingo, ubuvuzi bwo gukora uturimo tworoheje mu rwego rwo gukira, ubuvuzi bwo kugorora imvugo) muri iyi Mbonerahamwe y'Ibyo Abarwayi Bagenerwa.

Serivisi Zishingiwe na Gahunda

Serivisi za muganga, ufasha umuganga, n'umuforomo wabyigiye

Gahunda yishingira serivisi za muganga, ufasha muganga, n'umuforomo wabyigiye, harimo

- Serivisi zo gusuzuma na kuvura indwara, serivisi zo kwirinda indwara na kubaga, (harimo na gutera ikinya), zitangirwa mu biro cyangwa ahandi umurwayi uvurwa ataha avurirwa, ku kigo cyita ku barwayi, cyangwa mu rugo iwawe:
- Ubujyanama, gusuzuma, na kuvura indwara bikoze n'inzobere, harimo muganga w'abagore (OB/GYN), byara ari serivisi zo kubonana imbonankubone cyangwa binyuze mu buvuzi bw'iyakure
- icyemezo cya kabiri ku utunga serivisi uri cyangwa utari mu ihuriro (bibanza gutangirwa uburenganzira), urugero, mbere y'uko igikorwa cyo kuvurwa cyangwa kubagwa gikorwa
- Kujya mu bitaro nk'umurwayi uharwariye by'igihe gito
- Serivisi z'ibizamini byo muri laburawari na kunyura mu cyuma
- Gusuzuma na kuvura imikaya y'urwasaya (TMJ)
- Kugabanya ububabare
- Ikinya nka kimwe mu bigize gahunda yo kuvura amenyo

y'umwana Wanareba serivisi zihariye.

Uruhushya rutangwa mbere si ngombwa kuri serivisi zitangwa n'utanga serivisi uri mu ihuriro,

keretse kuri bigo bigaba abarwayi bataha, kubaga abarwayi bataha n'ibigo bigabanyiriza ububabare abarwayi.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Serivisi z'Abanyamuryango ba NH Healthy Families

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Serivisi Zishingiwe na Gahunda

Serivisi zo kuvurwa indwara z'ibirenge

Gahunda yishingira ubuvuzi busanzwe n'ubuvuzi bwihariye bw'ibirenge ku ndwara z'ibirenge zafashe igice runaka, imvune cyangwa ibimenyetso by'indwara zirimo ibice by'ibirenge.

Serivisi zirimo:

- Ubuvuzi buhoraho bw'indwara z'ibirenge na guca inzara iyo PCP mukorana agennye ko ukeneye serivisi na kuguha taransiferi ukajya ku nzobere mu kuvura indwara z'ibirenge
- Kurinda na kugabanya amabavu, n'amasununu mu kuyakata cyangwa kuyabaga
- Gushyira sima ku kirenge, kukizirikisha bande bikoze n'inzobere mu kuvura ibirenge, mu kuvura amagufa yatandukanye, amagufa yakutse, imvune, n'ibisebe ku kabumbambori, akaguru n'amano

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Serivisi Zishingiwe na Gahunda

Kwandikirwa imiti na muganga

Kwandikirwa imiti na muganga (n'imiti iutandikiwe na muganga) iri ku rutonde rwa gahunda rw'imiti yishingiwe yemejwe na NH DHHS. Amategeko agenga kwishingira imiti n'ibibuzwa bishobora gukurikizwa.

Gufatanya Kwishyura Imidandazwa

- Gufatanya kwishyura \$1 – kugeza ku guhabwa imiti mu gihe cy'iminsi 30
- Gufatanya kwishyura \$1 imiti wandikiwe idafatwa nk'imiti ikuzwe cyangwa idakunzwe
- Gufatanya kwishyura buri muti uhenze ni \$2 (iyo uwayikwandikiye agaragaje ko umuti udahenze uzakora gakeya cyangwa uzagira ingaruka mbi ku munyamuryango, umuti uhenze uzishyurwa \$1.00)

Gufatanya Kwishyura Hakoreshejwe Manda y'Iposita (ku miti iboneka gusa binyuze muri manda y'iposit)

- Gufatanya kwishyura \$1 kugeza ku minsi 90 imiti itanzwe
- Gufatanya kwishyura \$1 ku miti wandikiwe itagaragajwe nk'aho atari imiti idahenze cyangwa ihenze
- Gufatanya kwishyura \$0 ku miti yifashishwa mu kuboneza urubyaro cyangwa Clozaril® (Clozapine) wayandikiwe na muganga cyangwa imiti ituma uva ku itabi.

Ku yandi makuru yerekeye ubwishingizi bw'imiti, warebera ku Mutwe wa 7 (*Guhabwa imiti yanditswe na muganga yishingiwe*).

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Serivisi Zishingiwe na Gahunda

Serivisi z'ubuvuzi zitangwa mu ibanga

Gahunda yishingira serivisi z'ubuvuzi zitangwa mu ibanga zigatangwa n'umuforomo ubifitiye uruhushya (RN) cyangwa umuforomo w'inzobere ubifitiye uruhushya (LPN). Abanyamuryango bujuje ibisabwa ngo bahabwe izo serivisi basaba gukomeza gukurikiranwa, kureberwa ibibakwiriye, kubasuzuma, na gufashwa n'abaforomo babyigiye mu gihe kirenze amasaha 2 kugira ngo bakomeze cyangwa banoze imimerere y'ubuzima bw'umunyamuryango.

Intambwe ya mbere yo kwemererwa ni uko umuganga cyangwa umuforomo wabyigiye abitangaza mu nyandiko, harimo gahunda y'ubuvuzi yanditse, isobanura impamvu serivisi z'ubuvuzi zitangwa mu ibanga zikenewe mu buvuzi bw'umunyamuryango. Inyandiko zibyemeza zigaragaza urwego rw'ubuhanga mu buvuzi n'ibyo umunyamuryango akomeza gukenera bigomba gutangwa n'ikigo gitanga serivisi z'ubuvuzi zitangwa mu ibanga.

Ni ngombwa ko gahunda ibanza kubitangira uburenganzira.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Ibizamini bya kanseri y'udusabo bw'intangangabo

Gahunda yishingira ibizamini bya kanseri y'udusabo tw'intangangabo bikurikira nka kimwe mu bigize ibizamini byo kwa muganga cyangwa uko bikenewe:

- Ibizamini byo mu kibuno hakoreshejwe utwumwa
- Gusuzuma antijene za kanseri y'udusabo tw'intanga ngabho (PSA)

Uruhushya rutangwa mbere si ngombwa kuri serivisi zitangwa n'utanga serivisi uri mu ihuriro.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Serivisi Zishingiwe na Gahunda

Gutanga insimburangingo n'ibyifashishwa bijyanye

Gahunda yishingira kugura na gusana insimburangingo n'ibyifashishwa bijyanye. Insimburangingo ni ibikoresho cyangwa amoko y'ibikoresho bisimbura ingingo, bizigorora cyangwa bizifasha cyangwa igice cy'igikoresho gikoreshwa mu gusimbura igice cy'umubiri, cyangwa gusimbbura imikorere y'umubiri.

Insimburangingo n'ibyifashishwa byishingiwe birimo:

- Inkweto z'abafite ubumuga
- Amaboko n'amaguru by'ibikorano
- Amabere y'amakorano (harimo n'isutiye wambara umbaze kubagwa) umaze kubagwa amabere
- Inkanka z'inkorano

Bishobora kuba ngombwa ko gahunda igomba kubanza kubitangira uburenganzira.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Serivisi zo kuvura indwara z'ubuhumekero

Gahunda yishingira serivisi z'ubuvuzi ku banyamuryango bafite indwara z'ubuhumekero kuva ku zidakomeye cyane kugera ku z'akarande (COPD). Serivisi zishingirwa harimo kwigishwa tekini zo guhumeka, gufata imiti, imirire, umwuka wa ogisijeni, gukora ingendo, n'uko wakora imirimo ya buri muni ukoresheje umwuka muke, ndetse n'uko wakomeza kumera neza na kwirinda ko ibimenyetso by'indwara za COPD bikomeza kuba bibi kurushaho.

Bishobora kuba ngombwa ko gahunda igomba kubanza kubitangira gahunda.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Gusuzuma kanseri y'ibihaha hibandwa ku bice birwaye (LDCT)

Gahunda yishingira serivisi za LDCT buri mezi 12 ku bantu bafite imyaka kuva kuri 55 kugeza kuri 80 kandi bazwiho kunywa amapaki y'itabi mirongo 30 ku mwaka kandi ubu bakirinywa cyangwa baretse kurinywa mu myaka 15 ishize.

Gusuzuma bigomba guhagarikwa iyo umuntu atanyweye itabi mu myaka 15 cyangwa akagira ibibazo by'ubuzima bigabanya ku buryo bukomeye imyaka yo kubaho cyangwa ubushobozi cyangwa ubushake bwo kubagwa ibihaha kugira ngo akire.

Uruhushya rutangwa mbere si ngombwa kuri serivisi zitangwa n'utanga serivisi uri mu ihuriro.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Serivisi Zishingiwe na Gahunda

Gusuzuma n'ubujyanama ku ndwara zandurira mu mibonano mpuzabitsina (STI)

Usibye gusuzuma agakoko gatera SIDA na Hepatite B (byavuzweho ku buryo bwihariye muri iyi Mbonerahamwe y'Ibyo Abarwayi Bagenerwa), gahunda yishingira gusuzuma kalamidiya, imitezi na mburugu. gahunda yishingira ubujyanama bukomeye mu by'imyitwarire bujyanye n'izo ndwara.

Uruhushya rutangwa mbere si ngombwa kuri serivisi zitangwa n'utanga serivisi uri mu ihuriro.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Serivisi zo gusuzuma indwara zo kutavuga neza)

Wareba kuri *Serivisi zo kugorora ingingo ku barwayi Bavurwa Bataha (serivisi z'ubuvuzi bw'ingingo, ubuvuzi bwo gukora uturimo tworoheje mu rwego rwo gukira, ubuvuzi bwo kugorora imvugo)* muri iyi Mbonerahamwe y'Ibyo Abarwayi Bagenerwa.

Serivisi Zishingiwe na Gahunda

Serivisi zo kuvura indwara zikomoka ku gukoresha ibiyobyabwenge (SUD)

Gahunda yishingira serivisi zo kuvura indwara zikomoka ku gukoresha ibiyobyabwenge zitangwa n'ikigo kivura indwara zo mu mutwe, ikigo cya leta kivura indwara zo mu mutwe (FQHC), ikigo nderabuzima cyo mu cyaro (RHC), utanga serivisi z'ubuvuzi bw'indwara zo mu mutwe, kuvurirwa mu bitaro igihe gito, ibitaro by'indwara zo mu mutwe, umujyanama by'inzoga n'ibiyobyabwenge ubifitiye uruhushya wize icyiciro cya kabiri cya kaminuza (MLDAC), umujyanama by'inzoga n'ibiyobyabwenge ubifitiye uruhushya (LADC), umuganga w'indwara zo mu mutwe, umuforomo w'indwara zo mu mutwe wabyigiyeye (APRN), umuganga, umukozi ubifitiye uruhushya gufasha mu gukira indwara, kuvurirwa mu rugo n'ikigo gitanga serivisi zo kugorora ingingo, ibitaro bitanga umuti wa metadone/ Porogaramu zo kuvura hakoreshejwe opiyate, na Porogaramu zo gufashwa n'abakize indwara urwaye.

Serivisi zishingiwe zishobora kuba zirimo:

- Gusuzuma, ubufasha bw'igihe gito, na taransiferi (SBIRT)
- Gusuzuma ibyo gukoresha ibiyobyabwenge
- Ubuvuzi buhabwa abantu ku giti cyabo, itsinda n'umuryango
- Serivisi zo kuvura abarembejwe n'indwara zikomoka ku gukoresha ibiyobyabwenge**
- Porogaramu yo kutavurirwa mu bitaro igihe cyose (PHP)**
- Kureka kugenzurwa mu buvuzi ku barwayi bavurwa bataha
- Gufasha bagize ibibazo*
- Ubufasha bwo gufashwa gukira n'abakize indwara urwaye*
- Ubufasha bwo gufashwa gukira n'abatarakize indwara urwaye
- Gukomeza gukurikirana ibyo gukira
- Ubuvuzi bugufasha kureka inzoga**
- Serivisi zo kuvura hakoreshejwe imiti irimo opiyate
- Kuvurwa hifashishijwe imiti
- Kureka kugenzurwa mu buvuzi ku barwariye mu bitaro**
- Serivisi zo kuvura abarwariye mu bitaro, harimo serivisi zihariye ku bagore batwite n'abagore bamaze igihe gito babyaye**

*Zimwe muri serivisi zo gufasha abakoresha ibiyobyabwenge, serivisi biyanye zo gufasha urwaye kumererwa neza, na serivisi y'abarwayi b'indwara zo mu mutwe barembe na serivisi y'abarwayi b'indwara zo mu mutwe zishingirwa hanzwe ya gahunda iyo zitanze n'amatsinda ya Community Mental Health Center Rapid Response. Ku yandi makuru, warebera ku Igice 4.4 (*Ibyo ubwishingizi bwa New Hampshire Medicaid bugenera abarwayi bitishingiwe muri gahunda*).

Niba wagize ikibazo cy'ubuzima bwo mu murwe cyagwa cyo gukoresha ibiyobyabwenge—hamagara, wandike ubutumwa bugufi cyangwa ikiganiro kuri **988**— Umurongo Utangirwaho Ubufasha bw'Ubuzima bwo mu Mutwe amasha 24 ku muni, iminsi 7 ku cyumweru maze uvugane n'umujyanama wahuguwe.. Umungo Utangirwaho Ubufasha utanga ubufasha bwo mu rwego rw'amarangamutima ku bantu bafite ibyago byo kwiyahura cyangwa agahinda ko mu marangamutima. Cyangwa, uhamagare cyangwa woherere ubutumwa bugufi kuri numero itishyurwa Itangirwaho Ubufasha Bwihutirwa ya NH (**1-833-710-6477**) igihe cyose ku manwa cyanwaga nijoro. Serivisi zo gufasha abafite ibibazo ziboneka kuri telefone, hakoreshejwe ubutumwa bugufi, cyangwa imbonankubone. Ntukeneye kubanza kwemererwa cyangwa kubona taransiferi ya PCP mukorana.

Warebera kuri *Serivisi z'ubuvuzi bw'indwara zo mu mutwe ku barwayi Bavurirwa mu Bitaro* mu Mbonerahamwe y'Ibyo Abarwayi Bagenerwa.

Warebera kuri *Serivisi z'ubuvuzi bw'indwara zo mu mutwe ku barwayi Bavurwa Bataha* mu Mbonerahamwe y'Ibyo Abarwayi Bagenerwa.

Warebera kuri *Serivisi zo kureka itabi n'itabi* muri iyi Mbonerahamwe y'Ibyo Abarwayi Bagenerwa.

Amategekoka aganga ubwishingizi bwihariye akurikizwa kuri bamwe mu barwariye mu bitaro. Niba ufite imyaka 21-64, bimenyeshet Serivisi zita ku ba banyamuryango maze harebwe niba wujuje ibisabwa n'ubwishingizi.

***Kubanza gutangirwa uburenganzira ni ngombwa.*

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Ku Wa Kane - Ku Wa Gatatu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

Serivisi Zishingiwe na Gahunda

Serivisi z'ubuvuzi bw'iyakure

Gahunda yishingira uburyo bwose bukoreshwa mu buvuzi bw'iyakure, harimo serivisi z'amajwi n'amashusho, amajwi gusa cyangwa izindi mediya zikoresha uburyo elegitoronikiri kuri serivisi zishingiwe na na Medicaid iyo serivisi zitangwa n'abatanga serivisi bakurikira n'uburyo bwo gutanga serivisi z'ubuvuzi:

- Umuganga Cyangwa Ufasha Umuganga
- Umuforomo Wabyigiye (APRN) cyangwa Umuforomo w'Inzobere mu by'Ubuwuzi mu byo mu ivuriro
- Umuforomo w'Umubyaza
- Umuforomo wemewe ukorera ikigo gitanga ubuvuzi mu rugo.
- Umuganga w'indwara zo mu mutwe
- Abafasha mu buvuzi bw'indwara zo mu mutwe (urugero., umukekinisye muganga wungirije, abavuzi, ushinzwe ikoranbuganga ry'ibyuma byo kwa muganga)
- Muganga w'Amenyo
- Muganga Uvura Indwara z'Ubuzima bwo mu Mutwe, harimo n'umukozi w'ivuriro ushinzwe imibereho myiza,
- Umukangurambaga w'indwara z'ubuzima bwo mu mutwe
- Umujyanam mu kureka inzoga na kunywa ibiyobyabwenge
- Ushinzwe Imiririre
- Umusesenguzi w'imyitwarire whawe uruhushya n'ianama yo ku rwego rw'igihugu

Ahantu hemewe aho ubuvuzi bw'iyakure bushobora kuba bukomoka na/cyangwa zigatangirwa:

- Ibiro bya muganga
- Ibiro byungirije bitanga serivisi z'ubuzima z'inzobere
- Ibiro bya Serivisi z'ubuzima zitangirwa mu rugo
- Ibitaro
- Serivisi n'ubufasha by'ubuvuzi bitangirwa mu rugo bifite uburambe
- Ikingo Nderabuzima Kivura Indwara zo mu Mutwe
- Ikigo Nderabuzima Cyujuje Ibisabwa n'Igihugu (FQHC)
- Ikigo Nderabuzima Cyo Mu Cyaro (RHC)
- Urugo rw'umunyamuryango
- Ahatangirwa Serivisi z'Amatinda atanga ubufasha Bwihuse*

*Zimwe muri serivisi zo gufasha abakoresha ibiyobyabwenge, serivisi bijyanye zo gufasha urwaye kumererwa neza, na serivisi y'abarwayi b'indwara zo mu mutwe barembye na serivisi y'abarwayi b'indwara zo mu mutwe zishingirwa hanze ya gahunda iyo zitanzwe n'amatsinda ya Community Mental Health Center Rapid Response. Ku yandi makuru, warebera ku Igice 4.4 (*Ibyo ubwishingizi bwa New Hampshire Medicaid bugenera abarwayi bitishyingiwe muri gahunda*).

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Serivisi z'Abanyamuryango ba NH Healthy Families

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Serivisi Zishingiwe na Gahunda

Serivisi zo kuvura abanywatabi

Gahunda itanga ubufasha bwa serivisi yo kureka itabi butangirwa kuri telefone na kuri interineti*, ubujyanama bwo kureka itabi, kandi yishingira imiti wandikirwa y'ubuvuzi bwo gusimbura nikotine n'imiti utandikirwa na muganga nta kiguzi utanze.

Kuri serivisi z'ubufasha:

- Gahunda itanga ubufasha bwo Kureka-Nonaha-Serivisi zo *kureka itabi za NH* waba urinywa, urinyunguta, urishoreza, cyanwga uritumura. Hamagara nomero itishyurwa **1-800-VA KU ITABI NONAHA** (1-800-784-8669) (ku Bafite Ubumuga bwo Kutumva (TDD) **1-800-833-1477**), amasaha 24 ku munsu, iminsi 7 ku cyumweru cyangwa winjire kuri www.QuitNow-NH.org. Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.
- Ingimbi n'Abangavu bahamagara cyangwa bakanida ubutumwa “Gutangira Kureka Itabi Kwanjye” kuri 1-855-891-9989 cyangwa usure
- www.mylifemyquit.com.
- Kugira ngo ubone urutonde rw'imiti wandikirwa y'ubuvuzi bwo gusimbura nikotine n'imiti rusange utandikirwa na muganga
- iboneka biciye muri farumasi ziri mu ihuriro, wareba ku Rutonde Rw'imiti Wandikirwa na Muganga.

Ni ngombwa ko gahunda igomba kubanza gutanga uburenganzira kuri serivisi zimwe, imiti yandikwa na muganga, n'ibicuruzwa.

*Ikigo Gishinzwe Kugenzura Imiti n'Ibiribwa gisobanura ibikomoka ku itabi birimo isegereti, ibibabi by'itabi, amatabi azingurwa banywa, itabi bashoreza, jeri ya nikotine, itabi ryo mu nkono, itabi ry'igikamba, ubugoro, iryo bajundika, itabi ry'ifu, itabi ryo mu gikarito, n'ubugoro, itabi ryongewemo ibirungo, shisha, n'ubundi buryo elegitoronike bukoreshe mu gutanga nikotine.

Serivisi zo gutwara abarwayi – Gutwara abarwayi mu mbangukiragutabara

Warebera kuri *Serivisi z'imbugukiragutabara – Indembe* mu Mbonerahamwe

y'Ibyo Abarwayi Bagenerwa. Warebera kuri *Serivisi z'imbugukiragutabara –*

Abatarembye mu Mbonerahamwe y'Ibyo Abarwayi Bagenerwa.

Serivisi Zishingiwe na Gahunda

Serivisi zo gutwara abarwayi – Gutwara abarwayi batarembye kwa muganga (NEMT)

Gahunda yishingira serivisi zo gutwara abarwayi batarembye iyo utabasha kwishyura ikiguzi cyo gutwarwa ku biro by'utanga serivisi uri mu ihuriro n'ibitaro (n'abatanga serivisi batari mu ihuriro habanje gutangwa uburenganzira) mu rwego rwa serivisi z'ubuvuzi za ngombwa zishingiwe na New Hampshire Medicaid ziri mu Mbonerahamwe y'Ibyo Abarwayi Bagenerwa mu Mutwe wa 4.

Kugira ngo gutwara abarwayi batarembye byemerwe, ugomba kubahiriza amategeko ya gahunda ku guhuza ibikorwa na gusubizwa amafaranga yakoreshejwe mu gutwara abarwayi.

Amategeko ya gahunda arimo:

- Ugomba gukoresha Porogaramu yo gusubiza amafaranga y'urugendo ya Family and Friends cyangwa Imodoka Itwara Abagenzi. Iyo aya mahitamo ntayo ufite, hatangwa serivisi zo gutwara abarwayi zikozwe n'abari mu ihuriro iyo amategeko ya gahunda ayubahirijwe

Irengayobora kuri Porogaramu yo Gusubizwa Amafaranga y'Urugendo ya Family and Friends

- Ugomba gukoresha Porogaramu yo Gusubizwa Amafaranga y'Urugendo ya Family and Friends iyo ufite imodoka, cyangwa mu gihe inshuti cyangwa ugize umuryango ufite imodoka yagutwara ukajya guhabwa serivisi za ngombwa mu buvuzi.
- Iyo ufite imodoka kandi ukaba udashaka kwiyandikisha muri Porogaramu ya Family and Friends ugomba kuba wujuje kimwe (1) mu bigenderwaho bikurikira kugira ngo wemererwe serivisi zo gutwara abarwayi:
 - Udafite uruhushya rwo gutwara imodoka;
 - Udafite imodoka ikora mu rugo;
 - Udashobora kugenda cyangwa ngo utegereze guhabwa serivisi wenyine, cyangwa
 - Ufite imbogamizi zishingiye ku mubiri, ubwonko, imitekerereze cyangwa imikurire
- Iyo nta modoka ufite cyangwa ntayihari, ukoresha imodoka itera abagenzi iyo wujuje kimwe (1) muri ibi bigenderwaho:
 - Utuye muni ya mayilo imwe ku muhanda wa bisi kandi uguha serivisi akab ari muni ya mayilo imwe uvuye ku muhanda wa bisi;
 - Uri umuntu mukuru ufite muni y'imyaka mirongo itandatu n'itanu (65)

Ibyihariye ku gukoresha imodoka itwara abagenzi ni:

- Iyo ufite abana (2) cyangwa benshi bafite muni y'imyaka (6) bazagendana na we;
- Iyo ufite umwana umwe (1) cyangwa benshi bafite hejuru y'imyaka (6) bafite ubumuga kandi bakazguhewe muri randevu; cyangwa

Komeza kuri paji ikurikira

Serivisi Zishingiwe na Gahunda

Serivisi zo gutwara abarwayi – Gutwara abarwayi batarembye kwa muganga (NEMT) – Bikomeza bivuye kuri paji ibanza

- Iyo ufite byibura kimwe (1) mu bisabwa bikurikira
 - Utwite cyangwa nyuma y'ibyumeru (6) ubyaye;
 - Uburwayi bworoheje bwo mu buhumekero udafashwa guhumeka n'umwuka uhabwa;
 - Ubumuga (imbago, inkoini, akagare, uwasimbujwe uuringo, n'ibindi.);
 - Ufite ubumuga bwo kutabona;
 - Wadidinye mu mikurire;
 - Uburwayi bwo mu mutwe kandi bugabanya ubushobozi ku rwego rwo hejuru; cyangwa
 - Irindi rengayobora ribaho ari uko ryemejwe n'utanga serivisi gusa

Kugira ngo utegure gahunda yo kujyanwa ku biro by'utanga serivisi cyangwa ibitaro kugira ngo uhabwe serivisi zitangwa mu buryo butaziguye na NH Healthy Families, hamagara numero itishyurwa MTM kuri 1-888-597-1192, Ku Wa Mbere kugeza Ku Wa Gatatu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba ku masaha y'iburasirazuba. Ku rutonde rwa serivisi, warebera ku Igice 4.4 (Serivisi za New Hampshire Medicaid zihabwa abatari muri gahunda).

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Serivisi Zishingiwe na Gahunda

Ubuwuzi bukenewe byihuse

Gahunda yishingira ubuvuzi bukenewe byihuse yaba ari ubutangwa n'utanga serivisi uri cyangwa utari mu ihuriro iyo abatanga serivisi bari mu ihuriro badahari.

Ubuwuzi bukenewe byihuse butangwa kugira ngo havurwe ibikurikira:

- Abatarembye (ntiharimo serivisi z'ubuvuzi bw'ibanze buhoraho)
- Indwara itunguranye
- Impinduka zihuse mu buzima bwio mu mutwe
- Gukoresha ibiyobyabwenge
- Gukomereka
- Uburwayi bukenewe kuvurwa byihuse

Ku yandi makuru, wareba Igice 3.6 (*Ubuwuzi bw'indembe, bwihuse, n'ubwa nyuma y'akazi*).

Iyo ukeneye ubuvuzi bukenewe byihuse, ugomba kubanza kugerageza kuzikura ku mukozi ukorera ikigo gitanga ubuvuzi bwihuse kiri muri gahunda cyangwa guhamagara amasaha 24/7 Umurongo Abaforomo Batangiraho Inama kuri 1-866-769-3085. Ugomba kubimenyesha PCP mukorana igihe cyose bishoboka iyo wahawe ubwo buvuzi.

Niba ukeneye ubuvuzi byihuse bw'ubuzima bwo mu mutwe amasha cyangwa gukoresha ibiyobyabwenge, hamagara, wandike ubutumwa bugufi cyangwa ikiganiro kuri **988** – Umurongo Utangirwaho Ubufasha bw'Ubuzima bwo mu Mutwe amasha 24 ku munsu, iminsi 7 ku cyumweru maze uvugane n'umujyanama wahuguwe. Umungo Utangirwaho Ubufasha utanga ubufasha bwo mu rwego rw'amarangamutima ku bantu bafite ibyago byo kwiyahura cyangwa agahinda ko mu marangamutima.

Cyangwa, uhamagare cyangwa woherere ubutumwa bugufi kuri Numero Itishyurwa Itangirwaho Ubufasha Bwihutirwa ya NH (**1-833-710-6477**) igihe cyose ku manwa cyangwa nijoro. Serivisi zo gufasha abafite ibibazo ziboneka kuri telefone, hakioreshajwe ubutumwa bugufi, cyangwa imbonankubone.

Ntukeneye kubanza kwemererwa cyangwa kubona taransiferi ya PCP mukorana.

Kubanza kubiharerwa uburenganzira na gahunda si ngombwa kuri serivisi zikenewe byihuse.

Ubuwuzi bw'indembe ntibwishingirwa hanze ya Leta Zunze Ubumwe z'Amerika cyangwa uturere

igenzura. Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

Serivisi Zishingiwe na Gahunda

Serivisi z'amaso n'amataratara

Gzhunda yishingira serivisi zikurikira:

- Serivisi z'ubuvuzi bw'amaso zitangwa na muganga w'amaso
- Ikizamini kimwe (1) cy'amaso harebwa niba hakenewe amataratara bitarenze amezi buri mezi 12
- Ibizami by'amaso byo gusuzuma na kugenzura indwara z'amaso
- Uturahure dufite na montire, ku buryo bukurikira:
 - Ku banyamuryango bafite imyaka 21 banayirengeje, iyo ikibazo cy'amaso kingana byibuze na guteranya cyangwa gukuramo .50 diopter, hakurikijwe ikibazo cy'amaso gishobora guhuzwa n'ikibazo cyo kutareba neza ibiri hafi n'ibiri kure mu maso yombi
 - Ku banyamuryango batagejeje imyaka 21, iyo ikibazo cy'ijisho gikomeye cyangwa cyoroheje 50 diopter, hakurikijwe ikibazo cy'amaso gishobora guhuzwa n'ikibazo cyo kutareba neza ibiri hafi n'ibiri kure mu maso yombi
- Amataratara afite uturahure dufite ubushobozi bwo gukemura icyo kibazo (cyangwa amataratara afite ikirahure kimwe kivura ikibazo cyo kutarebera neza ibiri hafi n'ikindi kirahure kivura ikibazo cyo kutareba neza ibiri kure) iyo hari ikibazo cy'ijisho kiri ku gipimo cya .50 diopter ku kukutareba neza ibiri hafi n'ibiri kure
- Uturahuri dukoresha mu gihe gito ku banyamuryango barwaye indwara yo guhindura ibara ry'imboni
- Uturahuri twifashishwa mu kuvura indwara y'amaso aho ikibazo cyo kubona neza gishobora kudakira ku rugero rwa 20/70 cyangwa kurenzaho hatifashishijwe utwo turahuri, cyangwa iyo bisabwa mu rwego rwo kuvura indwara yo kutagira uturahuri karemano tw'amaso
- Gusimbuza ibice bigize amataratara bitewe n'uko byamenetse cyangwa byangiritse, hashingirwa ku bikurikira byose:
 - Gusimbuza bishobora kuba gusimbuza ikirahuri kimwe cyangwa bibiri, montire gusa, cyangwa guhabwa ibirahuri bivurwa amaso bishya
 - Buri Igicengwa ibirahure byombi byifashishwa mu kuvura amaso bishobora gusimbuza gusa inshuro imwe mu mezi 12
 - Iyo umunyamuryango afite amataratara (2) asimbuza uturahuri dutangukanye twifashishwa mu kuvura amaso, buri mataratara aba yemerewe gusimbuza
- Amataratara yabuze asimbuza rimwe gusa mu gihe cyose umunyamuryango utagejeje imyaka 21 amara muri gahunda

Bikomeza bihereye kuri paji ibanza

Serivisi Zishingiwe na Gahunda

Serivisi zo kuvurwa indwara z'amaso n'amataratara – Birakomeza bihereye kuri paji ibanza

Gahunda yishingira serivisi zikurikira:

- Ibirahure by'ubwoko butatu iyo umunyamuryango:
 - Ari umukozi kandi ibirahure by'ubwoko butatu bikaba bikenewe mu kazi umunyamuryango akora, cyangwa
 - Ari umunyeshuri wiga igihe cyose kandi ibirahure by'ubwoko butatu bikaba bikenewe mu myigire y'umunyamuryango akora, cyangwa
 - Akaba kuri ubu ubu akoresha ibirahuri byo mu bwoko butatu.
- Gusimbuza montire zikoze mu butare bwa nikeli nyuma y'amezi 12, iyo umunyamuryango yagaragaje ko agira ubwivumbure bw'umubiri ku butari ubwa nikeli bikagaragazwa na kuzana uduheri ku mubiri no guhindura ibara kwa montire ku hafite ikibazo
- Insimburajisho, harimo amaso n'uturahuri by'ibikorano

Uruhushya rutangwa mbere si ngombwa kuri serivisi zishingiwe zitangwa n'abatanga serivisi bari mu ihuriro.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Serivisi z'ibizamini byo kunyura mu cyuma

Gahunda yishingira ubuvuzi bw'imirasire na gusuzuma indwara umurwayi anyuze mu cyuma.

Ni ngombwa ko gahunda ibanza gutangira uburenganzira gukoresha ibyuma byo mu rwego rwo hejuru, harimo sikani za CT, MRIs, MRAs, sikani za PET, n'ibyuma bireba mu mutima, keretse ari ibigize kujya mu cyumba cy'indembe, guhabwa ibitaro kw'umurwayi, cyangwa bigatangwira rimwe, cyangwa kuri uwo munsu, bitewe na kujya kwa muganga byihuse.

Ku yandi makuru, hamagara Serivisi zita ku Banyamuryango.

Igice 4.3 Ibindi cyangwa inyongera y'ibyo abarwayi bagenerwa na gahunda

Gahunda yacu itanga ibindi by'inyongera ku by'umurwayi agenerwa. NH Healthy Families ifite Porogaramu na serivisi zongera agaciro kuri serivisi zishingiwe uhabwa. Buri gihe duhora dushakisha uburyo tugufashamo kugira ngo ukomeze kugira ubuzima bwiza no kuzamura urwego rw'ubuzima bwawe. Reba ku rubuga rwacu kuri www.NHhealthyfamilies.com ubone urutonde rugezweho rw'inyongera ku byo abarwayi bagenerwa cyangwa uhamagare Serivisi zita ku banyamurango uhabwe andi makuru.

Serivisi z'Abanyamuryango ba NH Healthy Families

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Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

Ibindi byiyongera ku byo abarwayi bagenerwa birimo:

Porogaramu na Serivisi	Ibisobanuro
<p>My Health Pays® Ihabwa agera kuri \$250* buri mwaka y'ibihembo by'amadolari by'imyitwarire myiza.</p> <p>*Hashobora gukurikizwa bimwe mu bibuzwa. Buri munyamuryango ashobora gukorera agera ku madolari \$250 ahabwa mu notiki n'ayo ahabwa mu bicuruzwa na serivisi kugeza kuri 30 Kamena buri mwaka.</p> <p><i>Amafaranga ata agaciro mu minsi 90 nyuma y'iseswa ry'ubwishingizi cyangwa mu minsi 365 y'itariki waboneyeho igihembo, ikiza mbere icyo ari cyo cyose.</i></p>	<p>Hitamo ibihembo byawe kuri Walmart® byo kugura ibikoresho bya buri muni* cyangwa kugufasha kwishyura ubukode, amazi n'amashanyarazi, fagitire za telefone igendanwa, serivisi zo kurera umwana, kuvanwa ahantu hamwe ujanwa ahandi, uburezi n'ibindi. Ushobora kandi gukoresha ibihembo uhabwa mu kwishyura ibiguzi by'ubuvuzi bw'amenyo na serivisi zo kugorora urutirigongo.</p> <p>Ibihembo by'Abagore</p> <ul style="list-style-type: none"> ● Isuzuma ry'Ibyago by'Ubuzima: Kugeza ku madolari \$30 ku mwaka - \$30 yo kurangiza isuzuma mu minsi 30 ku banyamuryango bashya, \$20 nyuma y'iminsi 30. \$20 buri mwaka yo kurangiza isuzuma ry'abasanzwe ari abanyamuryango ● Kujya Kureba ko Ubuzima Bwawe Buhagaze Neza: \$20 ku mwaka ● Urukingo rw'Ibicurane: \$20 ku mwaka ● Ikizami Cya Kanseri y'Ibere (Imyaka 40-74): \$20 ku mwaka ● Ikizami Cya Kanseri y'Inkondo y'Umura (Imyaka 21-64): \$20 ● Ikizami Cya Diyabete HbA1c (Imyaka 18-75): \$30 ● Ikizami cy'Imboni Ngarukamwaka Ku Barwayi Ba Diyabete (Imyaka 18-75): \$30 ● Kureka Isegereti, Itabi ry'igikamba n'Itabi Rinyobwa Hakoreshejwe Ibikoresho Elegitoronike (Imyaka 12 kuzamura): \$20 ● Kwitegura Porogaramu Yanjye Yo Gukira (Imyaka 12 kuzamura): Kugeza ku \$115 mu mwaka wa mbere ● Gukomeza Gucunga Ubuvuzi Uhabwa nyuma yo Gusezererwa Mutaro: \$10 <p>Ibihembo by'Abagabo</p> <ul style="list-style-type: none"> ● Isuzuma ry'Ibyago by'Ubuzima: Kugeza ku madolari \$30 ku mwaka - \$30 yo kurangiza isuzuma mu minsi 30 ku banyamuryango bashya, \$20 nyuma y'iminsi 30. \$20 buri mwaka yo kurangiza isuzuma ry'abasanzwe ari abanyamuryango ● Kujya Kureba ko Ubuzima bwawe Buhagaze Neza: \$20 ku mwaka ● Urukingo rw'Ibicurane: \$20 ku mwaka ● Ikizami cy'Udusabo tw'Intangangabo (Imyaka 50 kuzamura): \$20 ku mwaka ● Ikizami Cya Diyabete HbA1c (Imyaka 18-75): \$30 ● Ikizami cy'Imboni Ngarukamwaka Ku Barwayi Ba Diyabete (Imyaka 18-75); \$30 ● Kureka Isegereti,Itabi ry'igikamba n'Itabi Rinyobwa Hakoreshejwe Ibikoresho Elegitoronike (Imyaka 12 kuzamura): \$20 ● Kwitegura Porogaramu Yanjye Yo Gukira (Imyaka 12 kuzamura): Kugeza ku \$115 mu mwaka wa mbere ● Gukomeza Gucunga Ubuvuzi Uhabwa nyuma yo Gusezererwa Mutaro: \$10

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

	<p>Ibihembo by'abana/Abakuru/Abagore batwite n'abakibyaras</p> <ul style="list-style-type: none"> ● Isuzuma ry'Ibyago by'Ubuzima: Kugeza ku madolari \$30 ku mwaka - \$30 yo kurangiza isuzuma mu minsi migo itatu 30 ku banyamuryango bashya, \$20 nyuma y'iminsi 30. \$20 buri mwaka yo kurangiza isuzuma ry'abasanzwe ari abanyamuryango ● Kujya Kureba ko Ubuzima bw'Umwana Buhagaze Neza (amezi 15 cyangwa munsu yayo) : \$20 yo kujya kwa muganga inshuro 6 ● Kujya Kureba ko Ubuzima bw'Umwana Buhagaze Neza (amezi 24 kugeza ku myaka 21): \$30 ku mwaka ● Urukingo rw'Ibicurane: \$20 ku mwaka ● Ikizami cy'Ubutare (amezi 24 cyangwa munsu yayo): \$20 ku mwaka ● Gukomeza gucunga ubuvuzi uhabwa nyuma yo gusezererwa mutaro: \$10 ● Urukingo rwa HPV (Imyaka 9-13, 2 doze zitangwa mu mezi 12): \$30 rimwe mu buzima <p>Ibindi Bihembo Ku Bantu Bakuze</p> <ul style="list-style-type: none"> ● Kureka Isegereti, Itabi ry'igikamba n'Itabi Rinyobwa Hakoreshejwe Ibikoresho Elegitoronike (Imyaka 12 kuzamura): \$20 ● Ibihembo Bigenerwa Abesheje Umuhigo mu Bukangurambaga bw'Ubuzima bwo mu mutwe mu kugira uruhare mu kwigisha iby'ubuzima bwo mu mutwe, gukumira, gukira, n'ubukangurambaga bw'umuryango mugari (Imyaka 12 – 20): Kugeza kuri \$50 ● Kwitegura Porogaramu Yanjye Yo Gukira (Imyaka 12 kuzamura): Kugeza ku \$115 mu mwaka wa mbere ● Gukomeza Gucunga Ubuvuzi Uhabwa Nyuma yo Gusezererwa Mu Bitaro: \$10 ● Future is Now (Imyaka 15-17): \$50 <p><i>Ibihembo mpabwa na*My Health Pays® ntibishobora gukoreshwa mu kugura inzoga, itabi cyangwa ibikoresho by'imbunda.</i></p>
<p>Porogaramu ya Start Smart for Your Baby®</p> <p>Abanyamuryango batwite bashobora gukorera agera ku madolari \$100 y'ibihembo kubera kwitwara neza mu gihe batwite.</p>	<p>Bona ibihembo utubwira ko utwite mu byumeru 26 bya mbere mu gihe cyo gutwita kwawe.*</p> <p>Porogaramu ya Start Smart for Your Baby igufasha kwibanda kwibanda ku buzima bwawe mu gihe utwite n'umwaka wa mbere w'umwana wawe.</p> <p>Iguha ibi bigenwa nta kiguzi bigusabye:</p> <p>Gucunga Ubuvuzi</p> <ul style="list-style-type: none"> ● Tuzakorana nawe na muganga wawe nugira ikibazo uhura na cyo mu gihe utwite ● Amakuru ku gutwita na kwita ku ruhinja ● Ubufasha bw'ipompo ifasha ababyeyi kuzana mashereka n'ibiyafashishwa mu konsa ● Ubufasha bw'umuryango mugari mu kubona aho kuba, ibyo kurya, imyambaro n'udutanda tw'umwana <p>Uburezin n'Ubufasha</p> <ul style="list-style-type: none"> ● Ibiyafashishwa nyuma yo kubyara ● Kunywa itabi mu buryo bwihariye, kureka kunywa itabi mu buryo elegitoronike ku bagore batwiten (Kwirinda Kunywa Itabi Utwite) ● Ubufasha ku ndwara ikomoka ku gukoresha ry'ibiyobyabwenge ● Gufasha Ababyeyi Kwitegura Umwana ● Kukoherereza inyangidiko na imeyiri iirimo ianama z'ubuzima zawe n'iz'uruhinje

Serivisi z'Abanyamuryango ba NH Healthy Families
 1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)
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 Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

	<p>Ibihembo</p> <ul style="list-style-type: none"> ● Kumenyeshwa iyo Igihebwe cy'Itwita Kirangiye (mu gihembwe cya mbere – ibyumweru 12): \$100** ● -CYANGWA- ● Kumenyeshwa iyo Igihebwe cy'Itwita Kirangiye (mu gihembwe cya kabiriri – ibyumweru 26): \$50** ● Kujya Kureba ko Ubuzima bw'Umwana Buhagaze Neza (Kujyayo inshuro 6): \$20** <p>*Abanyamuryango Batwite bagomba kuzuza na gutanga ifishi yo Kumenyeshwa ko Batwite mu byumweru 12 batwite kugira ngo bemerewe guhabwa igihembo cy'amadolari \$100. Abanyamuryango batanga ifishi yo Kumenyeshwa ko Batwite mu byumweru 26 bateite baba bagishobora guhabwa igihembo cy'amadolari \$50.</p> <p>**Hashobora gukurikizwa bimwe mu bibuzwa. Buri munyamuryango ashobora gukorera agera kuri \$250 mu ntoki n'ayo ahabwa mu bicuruzwa na serivisi kugeza kuri 30 Kamena buri mwaka.</p>
<p>Serivisi zo Kukujiyana na Kukuvana Aho ugiye Zongerewe</p> <p>Kongerera serivisi zo kukujiyana na kukuvana ho ugiye mu rwego gufasha serivisi zawe z'ubuzima bwiza nta kiguzi usabwe</p>	<p>Dutanga ubundi buryo bwo kujyana* abanyamuryango bacu:</p> <ul style="list-style-type: none"> ● Inama z'ibanga zo gufanya kureka inzoga (AA) ● Inama z'ibanga zo gufashanya kureka ibiyobyabwenge (NA) ● Inama z'ibanga zo Gufashanya Gukira Hakoreshejwe Imiti (MARA) ● Gutwara ababyeyi bafite abana bagaragaza ibimenyetso biterwa na kuba banynina baranyoye ibiyobyabwenge babatwite NAS bakiri mu bitaro <p>*Hashobora gukurikizwa bimwe mu bibuzwa. Buri munyamuryango ashobora gukorera agera kuri \$250 mu ntoki n'ayo ahabwa mu bicuruzwa na serivisi kugeza kuri 30 Kamena buri mwaka.</p>
<p>Member Connections®</p> <p>Guhererwa ubufasha mu rugo mu kwivuzwa n'ibyo ukeneye muri serivisi z'imibereho myiza</p>	<p>Itsinda rya Member Connections raycu ryagufasha:</p> <ul style="list-style-type: none"> ● Kubona umuganga aho uherereye ● Kugufasha ku mpungenge ufite mu kwivuzwa ● Kumenya amahitamo ya gahunda ufite ● Kureba uko umerewe mu rugo, iyo ari ngombwa

<p>ConnectionsPLUS®</p> <p>Porogaramu iha telefone abanyamuryango bazikeneye kandi bakaba bari muri Porogaramu yo Gucunga Ubuvuzi</p>	<p>Abanyamuryango bacu tabasha kugera kuri telefone mu buryo butekanye kandi bwizewe bashobora kwemererwa telefone zigendanwa z'ubuntu . Telefone igendawa ya ConnectionsPLUS® itanga uburyo bwo kuboneka 24/7 ku:</p> <ul style="list-style-type: none"> • Abakozi Bashinzwe Gucunga Ubuvuzi Ba Healthy Families • Abagaha Serivisi • Serivisi z'Ubuvuzi bw'Iyakure • 9-1-1 • 2-1-1
<p>Gahunda ya Healthy Kids Club</p> <p>Porogaramu yo kwigisha irimo ibikorwa bishimishije bigamije guteza imbere ubuzima n'imibereho myiza ku banyamuryango bafite imyaka 12 kumanura</p>	<p>Abanyamuryango ba Healthy Kids Club* bazahabwa:</p> <ul style="list-style-type: none"> • Ikarita y'ubunyamuryango bwa Kids Club, “igitabo kirimo amashyengo” (gifite agaciro k'amadolari \$5) n'akanyamakuru • Amakuru yerekeye ubuzima, umutekano ko kurwanya innuzura • Access to back-to-school and adopt-a-school programs • Ibitabo by'ishuri (agaciro k'amadolari \$10) mu rwego rwo guteza imbere umuco wo gusoma <p>*Hashobora gukurikizwa bimwe mu bibuzwa. Buri munyamuryango ashobora gukorera agera kuri \$250 mu ntoki n'ayo ahabwa mu bicuruzwa na serivisi kugeza kuri 30 Kamena buri mwaka.</p>
<p>Kureka Isegereti, Itabi ry'igikamba n'itabi Rinyobwa Hakoreshejwe Ibikoresho Elegitoronike</p> <p>Kubona ubufasha bwo kureka gukoresha ibikomoka ku itabi na kurinywa ukoresheje ibikoresho elegitoronike amadolari \$20 y'ibihembo</p>	<p>Ku banyamuryango abcu bafite imyaka 12 kuzamura, tubigishiriza kuri telefone kandi tukanabaha n'ubufasha kugira ngo muve ku itabi. Hari Porogaramu yihariye ifasha abanyamuryango batwite (Kwirinda Kunywa Itabi Utwite).</p> <p>Buri munyamuryango urangije Porogaramu ahabwa amadolari \$20* ku ikarita y'ibihembo ya My Health Pays® ye</p> <p>*Hashobora gukurikizwa bimwe mu bibuzwa. Buri munyamuryango ashobora gukorera agera kuri \$250 mu ntoki n'ayo ahabwa mu bicuruzwa na serivisi kugeza kuri 30 Kamena buri mwaka.</p>

<p>Porogaramu ya Ready for My Recovery</p> <p>Gukomeza kugira uruhare mu gukira indwara ikomoka ku gukoresha ibiyobyabwenge* maze ugatsindira ibihembo</p>	<p>Ku banyamuryango bacu bafite imyaka 12 kuzamura baja muri Porogaramu ya Ready for My Recovery Program ** bashobora kubona:</p> <ul style="list-style-type: none"> • Ubufasha bwo gucunga ubuvuzi • Agakapu k'Urugendo rwanjye rwo gukira (gafite agaciro k'amadolari \$30) karimo agakoresho ko kwiyitaho, icupa ry'amazi, agatabo, ikaramu n'agakoresho k'ingenzi karimo ibiyafashishwa n'amakuru • Kugeza ku madolari \$115*** y'ibihembo byo gukomeza gukira mu mwaka wawe wa mbere. Reba urubuga rwacu ubone andi makuru yerekeye iki gihembo. <p>*Porogaramu ya Ready for My Recovery ntabwo irimo indwara iterwa no gukoresha itabi.</p> <p>**Abanyamuryango baja muri gahunda ya My Recovery babanza kuzura Isuzuma ry'Ibyago by'Ubuzima: rikurikirwa Ifishi ngufi yo Kwitegura Gukira Kwanjye. Iyo amafishi amaze kwuzuzwa, uhabwa Ubufasha bwo Gucunga Ubuvuzi n'Agakapu k'Urugendo Rwanjye rwo Gukira.</p> <p>Abanyamuryango bakomeza kugira uruhare mu gukira kwabo bahabwa amadolari y'ibihembo uko bagenda bakira.</p> <p>***Hashobora gukurikizwa bimwe mu bibuzwa. Buri munyamuryango ashobora gukorera agera kuri \$250 mu ntoki n'ayo ahabwa mu bicuruzwa na serivisi kugeza kuri 30 Kamena buri mwaka.</p>
<p>Uwesheje Umuhigo mu Bukangurambaga bw'Ubuzima bwo mu Mutwe (MH)</p> <p>Mu guhinduka Uwesheje Umuhigo mu Bukangurambaga bw'Ubuzima (MH) bwo mu Mutwe ushobora kongerera abandi ubushobozi na gukangurira abandi kuganira kuri MH.</p>	<p>Uwesheje Umuhigo mu Bukangurambaga bw'Ubuzima bwo mu Mutwe (MH) ni umuntu uwo ari we wese cyangwa ikigo gikora ubukangurambaga, kigabanya imyizerere ipfuye, kandi gitanga ubufasha n'ibyiringiro ku babikeneye.</p> <p>Ku banyamuryango bacu bafite 12-20 , dutanga uduhimbazamusyi tw'ibihembo kugira ngo dushishikaze kandi duhe ibihembo urubyiruko n'abakiri bato kubera kugira uruhare mu muryango mugari wabo na gushima akazi bari gukora kugira ngo banoze ubuzimabwabo bwo mu mutwe biciye mu kugabanya imyizerere ipfuye n'ubumyi bwo kwitwira neza.</p> <p>Buri Munyamuryango ufite imyaka 12 kugeza kuri 20 ashobora gukorera amadolari \$50* y'bihembo bya My Health Pays® agira uruhare muri Porogaramu y'mahugurwa atanga ubushobozi ku buzima bwo mu mutwe, cyangwa igikorwa biciye mu kohereza ifisho yo kwemeza iboneka ku rubuga rwa NH Healthy Families.</p> <p>*Hashobora gukurikizwa bimwe mu bibuzwa. Buri munyamuryango ashobora gukorera agera kuri \$250 mu ntoki n'ayo ahabwa mu bicuruzwa na serivisi kugeza kuri 30 Kamena buri mwaka.</p>

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

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<p>Serivisi Zigufasha Kubona Izindi</p> <p>Ibyabaye na serivisi bitangwa muri leta nta kiguzi abaturage basabwe</p>	<p>Serivisi Zigufasha Kubona Izindi zitanga serivisi z'imibereho zifasha abaturage ba New Hampshire nta kiguzi batanze umuntu ku giti cye</p> <ul style="list-style-type: none"> ● Imodoka itangirwamo serivisi z'ubuvuzi bw'amaso – imodoka itangirwamo serivisi z'ubuvuzi bw'amaso ya NH Healthy Families isura NH mu rwego rwo gupima amaso, kwandikira umurwayi amatrataro n'abasomyi bayakeneye ● Kurerwa n'Ababyeyi Batabyaye Umwana – Ibikapu Biramba byo kubikamo ibikoresho ku rubyiruko rugiyeye Kurerwa n'Ababyeyi Batarureze ● Nta Muntu Urya wenyine – gahunda Ngarukamwaka zo kongera ubukangurambaga bwo guhezwa mu muryango mugari na kutannyuzura ku isi ● Udukoresho two Kwiyitaho – Ibikoresho bya ngombwa by'isuku bwite mu gakoresho, kabugenewe kabitwara ku babikeneye
<p>Amafunguro uhabwa nyuma yo gusezererwa mu bitaro</p>	<p>Abanyamuryango basuzumwe diyabete cyangwa indwara y'umutima bashobora kwemererwa guhabwa amafunguro nyuma yo gusezererwa mu bitaro bari bashyizwemo kubera imwe muri iyi ndwara. Ibigenwa biirimo:</p> <ul style="list-style-type: none"> ● Kugeza ku mafunguro 14* (afite agaciro k'amadolari \$90) akorwa hagendewe ku mabwiriza y'imirire y'uburwayi buvugwa, urugero., sodiyumu nke/cyangwa giliside nkeya. <p>*Hashobora gukurikizwa bimwe mu bibuzwa. Bigomba kwemezwa n'Abacunga Ubuvuzi/Itsinda Rishinzwe Gucunga Ubuvuzi by'Igihe Gito.</p>

Igice 4.4 Ibyo ubwishingizi bwa New Hampshire Medicaid bugenera abarwayi batishingiwe muri gahunda

New Hampshire Medicaid ihita yishingira bimwe Medicaid itishingira nubwo iyo gahunda ibafasha guhuza ibikorwa. Ni yo mpamvu ugomba guhora witwaje amakarita yawe ya NH Healthy Families na New Hampshire Medicaid. Buri gihe ujye werekana ikarita y'ubunyamuryango ya NH Healthy Families kugira ngo uhabwe serivisi zishingirwa na gahunda. Niba ukeneye ubufasha bwo kubona serivisi zishingiwe, bimenyeshe Serivisi zita ku Banyamuryango (nimero za telefone zanditse ku gifuniko cy'inyuma cy'iki gitabo).

BURI GIHE UJYE WITWAZA AMAKARITA Y'UBUNYAMURYANGO YA NH HEALTHY FAMILIES NA NEW HAMPSHIRE MEDICAID.

Serivisi zikurikira ntizishingirwa na gahunda yacu. Ariko, izo serivisi ziboneka binyuze muri New Hampshire Medicaid igihe cyose utanga serivisi yiyandikishije muri New Hampshire Medicaid:

- Imwe mu miti wandikiwe na muganga New Hampshire Medicaid iyo yatangiwe inyemezabuguzi binyuze muri farumasi. Harimo imiti imwe wandikirwa na muganga ivura Hepatite C n'indwara yo kudakama kw'amaraso, n'imiti wandikiwe na muganga ya Carbaglu®, Ravicti®, Zolgensma®, Skysona®, Zynteglo®, na Hemgenix®. Farumasi iha fagitire New Hampshire Medicaid y'iyi miti.
- Ubuvuzi bw'uturumangango tumwe n'uturangabwoko bwatangiwe fagitire n'abatanga serivisi biciye muri gahunda bwishingirwa na New Hampshire Medicaid ku banyamuryango bujije ibisabwa.
- Serivisi z'ubuvuzi bw'amenyo n'izo mu kanwa ntizishingirwa na gahunda. Ariko, serivisi z'ubuvuzi bw'amenyo zimwe n'izo mu kanwa ziboneka mu buryo bukurikira:
 - Ku banyamuryango bafite muni y'imyaka 21, serivisi z'ubuvuzi bw'amenyo zuzuye zihuzwa biciye muri New Hampshire Medicaid Medicaid utanga serivisi apfa kuba yanditse muri ya New Hampshire Medicaid

Ku yandi makuru yerekeye ibyo ugenerwa mu rwego rw'ubuvuzi bw'amenyo, bafite muni y'imyaka 21, bimenyeshe Ishami Ryita ku Bakiriya rya New Hampshire Medicaid. Warebera ku Gice 2.8 (*Uko wamenyesha Ikigo Cyita ku Bafashwa cya NH DHHS*).

- Ku banyamuryango bafite imyaka 21 kuzamura, serivisi z'ubuvuzi bw'amenyo n'izo mu kanwa zishingiwe, n'uburyo bwo gutwara umurwayi bihuzwa biciye muri gahunda y'ubuvuzi bw'amenyo bucunze ya Leta, Delta Dental ya New Hampshire ku bufatanye na DentaQuest.

Ku yandi makuru ku bigenerwa abantu bakuru barwaye amenyo mu rwego rw'ubuvuzi, hamagara nomero itishyurwa ya Serivisi y'Umunyamuryango wa DentaQuest **1-844-583-6151** (ku bafite ubumuga bwo kutumva (TDD: 1-800-466-7566), kuva Ku Wa Mbere kugeza Ku Wa

Serivisi z'Abanyamuryango ba NH Healthy Families
1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)
Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,
Ku Wa Kane - Ku Wa Gatatu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

Gatatu guhera saa 8:00 za mu gitondo kugeza 8:00 za nimugoroba na kuva Ku Wa Kane kugeza Ku Wa Gatanu saa 8:00 za mu gitondo kugeza saa 5:00 za nimugoroba. ku masaha y'iburasirazuba.

- Serivisi z'ubufasha butangwa mbere ku mpinja n'abana bafite kugeza ku myaka 3
- Serivisi Medicaid iha amashuri
- Serivisi zo gukurikiranirwa mu rugo cyangwa mu kigo, harimo: serivisi zitangwa n'abaforomo babihuguriwe, serivisi zitangirwa mu kigo, na serivisi z'ubuvuzi zitangirwa mu kigo zigahabwa abafite ubumuga bwo mu mutwe (ubuvuzi butangirwa mu rugo n'ubuvuzi bwo kuvurirwa mu bitaro byihariye) Serivisi zo kuvurirwa mu rugo na mu kigo (ubuvuzi butangirwa mu rugo mu gihe kirekire n'ibitanda byirambura by'abarwayi barwaye indwara zikomeye)
- Serivisi n'ubufasha by'ubuvuzi byo mu rwego rwisumbuye (ibitanda byirambura by'abarwayi barwaye indwara zikomeye)
- Serivisi za Glenclyff Home
- Serivisi za gahunda y'Ishami Rishinzwe Abana, Urubyiruko n'Umuryango ku bana n'urubyiruko bujuje ibisabwa na Medicaid boherejwe n'inkiko cyangwa n'urwego rushinzwe gufungura urubyiruko by'agateganyo, harimo:
 - Ubuvuzi butangirwa mu rugo
 - Serivisi zo Gufasha Abana (zinazwi nka Serivisi zo Gufasha Abana mu by'Ubuzima)
 - Serivisi Zitangirwa mu Rugo z'Ubuvuzi bwo ku Rwego rwo Hejuru n'izihabwa Abagize Umuryango Mugari
 - Serivisi zo gushakirwa aho abana barerera
 - Kwita ku Bana Bitari byo Kubavura mu Buryo Bwihariye
 - Gufasha abagize ibibazo
- Gusonera abarwayi kuri serivisi zihabwa bagize umuryango mugari:
 - Abanyamuryango barwaye indwara zo mu mutwe;
 - Abanyamuryango Bafite Ubumuga bw'Imikurire;
 - Abanyamuryango afite kugeza ku myaka 21 banafite ubumuga bw'imikurire bari muri Porogaramu y'Ubufasha Butangirwa mu Rugo n'
 - Abanyamuryango bafite ubumuga bujyanye n'imyaka, cyangwa ubumuga bwo ku mubiri hakurikijwe gahunda yo Guhitamo serivisi no kuvurirwa mu rugo.

Serivisi z'Abanyamuryango ba NH Healthy Families

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Izi gahunda zitanga serivisi n'ubufasha mu by'ubuvuzi bw'abageze mu zabukuru n'abafite ubumuga z'igihe kirekire, ndetse na mu bigo bifasha abantu mu buzima bwabo, abavurirwa mu bigo na mu rugo.

- Serivisi yo gufasha abarwayi b'indwara zo mu mutwe, harimo na serivisi yo gufashh abafite ibibazo kuri telefone, serivisi bijyanye zo gufasha urwaye kumererwa neza, na serivisi z'abarwayi b'indwara zo mu mutwe barembye n'ubuvuzi na serivisi z'ubuvuzi bukoresha ubujyanama iyo bitanzwe n'amatsinda ya Community Mental Health Center Rapid Response.

Ku yandi makuru, hamagara Ishami Ryita ku Bakiriya rya NH DHHS kuri **1-844-ASK-DHHS** (1- 844-275-3447) (Ku Bafite Ubumuga bwo Kutumva (TDD: 1-800-735-2964), Kuva Ku Wa Mbere kugeza ku wa gatanu, guhera saa 8:00 za mugitondo kugeza saa 4:00 za nimugoroba ku masaha y'iburasirazuba.

Igice 4.5 Ibigenwa bitishyurwa n'ubwishingizi bwacu cyangwa ya New Hampshire Medicaid

Iki Igice kitubwira ku byo abarwayi bagenerwa bitishyurwa na New Hampshire Medicaid. “Bitari” bivuga ko gahunda itishyura ibyo abarwayi bagenerwa. Urutonde rukurikira rusobanura zimwe muri serivisi n'imiti bitishingirwa na gahunda.

Gahunda ntiyishingira serivisi n'imiti byashyizwe ku rutonde muri iki Igice (cyangwa ahandi hose muri iki Gitabo cy'Umunyamuryango) keretse hakurikijwe uburwayi bwihariye bwavuzwe. Niba utekereza ko tugomba kwishyura serivisi cyangwa imiti itishingiwe, ushobora gutanga ikirego cyo kujurira cyangwa kutishimira serivisi. Ku makuru yerekeye gutanga ikirego cyo kutishimira serivisi, wareba Igice 10 (*Icyo ugomba gukora iyo wifuza kujuririra icyemezo cya gahunda cyafashwe cyangwa “ikirego”, cyangwa gutanga ikirego kuri serivisi utishimiye*).

Serivisi n'ibyifashishwa mu buvuzi bikurikira ntibyishingiwe. Serivisi n'ibyifashishwa mu buvuzi bikurikira ntibyishingiwe. Iyo serivisi iri ku “Rutonde rwa serivisi zitishingiwe” bivuze ko NH Healthy Families cyangwa NH Medicaid itishyura iyo serivisi. Ibuka ko iyo ushaka guhabwa Serivisi “Itishingiwe”, ari wowe wiyishyurira amafaranga yose ucibwa.

Urutonde Rwa Serivisi Zitishingiwe
Gukuramo inda (Ku Bushake) - Gukuramo inda byishingirwa mu bihe bike bimwe na bimwe.
Ubundi Buvuzi – Ubuvuzi Bukoresha Inshinge mu Kuvura Ububabare bw'Imyakura n'Ubuvuzi Bukoresha Utwuma Dukurikirana ubuzima, 'ibindi.
Kwibagisha ugamije Kongera Ubwiza
Kuvura Ubugumba, Uburemba no Kudakora neza kw'Igitsina

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 Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

Ibikorwa Bikiri mu Bushakashatsi, Imiti n'Ibikoresho
Ibikoresho Bituma Umuntu Amererwa Neza
Ibikoresho Bitari Iby'Ubuuzi
Ibizami byo ku mubiri bisabwa kugira ngo umuntu ahabwe akazi
Kubaga ijisho kugira ngo umuntu abashe kureba kure
Serivisi Zitemwe na Leta cyangwa Itegeko rya Leta
Serivisi zo Kugabanya Ibiro n'izo Kugenzura – Izi zirimo, ibikoresho, kuba umunyamuryango w'izu bakoreramo siporo cyangwa ibikoresho byo kugabanya ibiro.
Serivisi n'Inyamaswa Zifashishwa mu Buvuzi
Serivisi Zitangirwa Hanze y'Amerika (US) n'Uturere Igenzura harimo n'Inkingo mu gihe Watembereye Hanze y'Igihugu
Serivisi Zo Kuvurirwa Mu Rugo Zo Ku Rwego Rwo Hejuru

Serivisi z'Abanyamuryango ba NH Healthy Families
1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)
Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,
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Umutwe wa 5. Gukoresha NH Families mu gufasha gucunga ubuzima bwawe

Igice 5.1 Gukomeza kugira ubuzima bwiza

NH Healthy Families ifite uburyo bwinshi bwo kugufasha gukomeza kugira ubuzima bwiza. Twizera ko mu kuvura umuntu wese uko yakabaye ndetse n'ibivugwa muri iki gitabo bigufasha kubona Porogaramu zituma ukomeza kugira ubuzima bwiza. Zimwe muri Porogaramu zivugwa mu Igice 4.3 (Ibindi abarwayi bagenerwa) bishobora gufasha gutuma ubuzima bwawe bukomeza kuba bwiza.

NH Healthy Families inifuza gukora ibishoboka ngo uhabwe serivisi z'ubufasha mu guharanira ko ubuvuzi uhabwa bubonye. Serivisi zo gukangura ubwonko n'izo kugorora ingingo z'umubiri ni zimwe mu bigize ibyo ugenerwa n'ubwishingizi (reba Umutwe wa 4) na gufasha mu byo abana bawe bakeneye mu rwego rw'ubuvuzi na kwirinda indwara.

Porogaramu Yo Kunoza Ubuziranenge Bwa

Porogaramu yo kunoza ubuziranenge bwa serivisi ya NH Healthy Families igamije gutuma wowe n'umuryango wawe muhabwa serivisi z'ubuvuzi zujuje ubuziranenge. Turifuza kugufasha kunoza na kwita ku buzima bwawe. Porogaramu zacu zubahiriza amabwiriza ngenderwaho y'urwego rushinzwe ubuziranenge rwa National Committee on Quality Assurance (NCQA) kandi zinafasha mu guteza imbere ubuvuzi butekanye, bwizewe, kandi bwujuje ubuziranenge. NH Healthy Families igendera kandi igakoresha amabwiriza agenga imikorere ishingiye ku bimenyetso mu kurinda na kuvura indwara mu buvuzi busanzwe n'ubw'indwara zo mu mutwe, akaba asuzumwa kandi akemezwa buri mwaka cyangwa igihe impinduka zikenewe na Komite yacu.

Mu rwego rwo guteza imbere ubuvuzi butekanye, bwizewe kandi bwujuje ubuziranenge:

- Dukora igenzura rirambuye ku batanga serivisi iyo binjiye mu ihuriro ry'abatanga serivisi dukorana
- Tugenzura ihuriro ryacu mu guharanira ko ubona amoko yose ya serivisi z'ubuvuzi
- Gutanga amasomo na Porogaramu byerekeye ubuvuzi rusange uhabwa n'indwara zihariye
- Kukwibutsa kujya kubonana na muganga mu kureba ko umeze neza no gukorerwa ibizamini byo kwirinda indwara
- Gukora iperereza ku mpungenge ufite zerekeye serivisi z'ubuvuzi wahawe

NH Healthy Families yizera ko ibitekerezo utanga bishobora gufasha mu kunoza serivisi zacu. Twohereza ubushakashatsi bukorerwa ku banyamuryango buri mwaka tubabaza ibibazo byerekeye uko babona ubuvuzi na serivisi bahabwa. Iyo uhawe ubushakashatsi, twizera ko uzafata akanya ukabusubiza maze ukatwoherereza ibisubizo. Ku yandi makuru yerekeye gahunda yo Kunoza Ubuziranenge bwa serivisi cyangwa niba ushaka kopi ya gahunda, hamagara

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

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Ishami Rishinzwe Serivisi z'Abanyamuryango kuri 1-866-769-3085 cyangwa usure urubuga rwacu www.NHhealthyfamilies.com

Niba ufite impungenge ku buvuzi cyangwa serivisi twaguhaye, duhamagare kuri 1-866- 769-3085.

NH Healthy Families itanga serivisi z'ubuvuzi zo mu rwego rwa mbere n'urwa kabiri mu kwirinda indwara, zahawe inota rya A cyangwa B, hakurikijwe amabwiriza y'Urwego rwa U.S. Preventive Services Task Force. Ku bana, Tunaha abana serivisi zo kubarinda indwara zitegekwa na gahunda ya Bright Futures y'Akademi k'Abangaga Bavura Abana.

Igice 5.2 Ubufasha mu guhaza ibikorwa by'ubuvuzi

NH Healthy Families izi ko ushobora gukenera ubufasha bwo gushakisha ubuvuzi buboneye. Dutanga serivisi zo gucunga ibikorwa by'ubuvuzi kugira ngo hatangwe ubufasha mu gusaba amarandevu, gutegura ingendo, aho kuba na kuguha n'ibigo byita ku mibereho myiza y'abaturage nko korohereza mu guhaha ibiribwa, amazi n'umuriro n'amatsinda y'ubufasha.

Gucunga Ubuvuzi biraboneka ku bitabiriye bose. Muganga wawe ashobora kuguha taransiferi ya serivisi zo gucunga ubuzima. Uhabwa ushinze ubuvuzi w'ibanze uzajya akavugisha akoresheje uburyo bwo kuvugana nawe ukunda, mu gihe wahisemo. Ushinzwe ubuvuzi bwawe w'ibanze azakorana nawe, PCP mukorana, n'abandi batanga serivisi, n'ubundi bwishingizisu ufite kugira ngo uhabwe ubuvuzi bwose ukeneye. Tuzategura gahunda iri mo intego ugomba guharanira kugeraho. Nta mafaranga yishyurwa cyangwa ucibwa kugirango witabire, kandi ushobora kwiyandukiza igihe icyo ari cyo cyose.

Abakozi bacu Bashinzwe Ubuvuzi ni abaforomo babyigiye, abaganga bavura indwara zo mu mutwe cyangwa abakangurambaga. Bafasha abanyamuryango bacu gusobanukirwa ibibazo by'ubuvuzi bikomeye no gufasha abanyamuryango gutegura uko bahabwa serivisi z'ubuvuzi bakeneye. Abashinzwe Ubuvuzi bakorana n'abanyamuryango n'abanganga mu gufasha kumenya inzitizi zihari n'ubufasha bukenewe muri gahunda y'ubuvuzi y'utanga serivisi. Tunaha kandi ubufasha abakwitaho n'abagize umuryango bakwitaho iyo biri ngombwa.

Abanyamuryango biyandikishije mu gucungirwa ubuvuzi bakunda kubonana n'abaganga benshi. Bashobora gukenera ibikoresho by'ubuvuzi cyangwa gufashirizwa mu rugo. Abashinzwe Ubuvuzi ba NH Healthy Families bashobora gufasha abanyamuryango guhuza ibikorwa bitandukanye bijyanye n'ubuvuzi bakeneye. Abanyamuryango biyandikisha mu byo Gucungirwa Ubuvuzi akenshi baba bafite ibibazo by'ubuzima bikomeye nk'Indwara Ifata Ingirangingo z'Amaraso, Indwara Ifata Urwungano rw'Imyakura, Indwara y'Impyiko cyangwa Umwijima, Gusimbuza Ingingo z'Umubiri, Kanseri, Indwara yo Kudakama kw'Amaraso cyangwa Agahinda Gakabije.

Ushinzwe ubuvuzi bwawe azagufasha kandi mu gihe uri kuva mu bitaro cyangwa ahandi hantu hatangirwa ubuvuzi bw'igihe gito kugira ngo akore ku buryo ubona serivisi ukeneye nugera mu rugo. Izi serivisi zishobora kuba zirimo kuvurirwa mu rugo. Uramutse ukeneye ubufasha mu Igice icyo ari cyo cyose kigize serivisi z'ubuzi uhabwa cyangwa guhuzwa na gahund ayo mu

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

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yindi leta cyangwa gahund ay'aho uherereye, wahamagara ushinzwe ubuvuzi cyangwa Ishami rishinzwe gukurikirana dosiye (Case Management Department) kuri 1-866-769-3085.

Usibye abo Bashinzwe Ubuvuzi, NH Healthy Families ifite Abahuzabikorwa bafite ubumenyi bwihariye kandi ukorana n'Abashinze Ubuzima mu guhuza ibikorwa by'ubuzima. Aba bahuzabikorwa bita ku bibazo bikurikira: Ibikenewe mu Buvuzi bw'Igihe Kirekire, Ubumuga mu Mikurire, Ibikenewe ku Bafite Ubumuga, Umwana Urerwa n'Ababyeyi Batamubyaye, Ubuzima bwo mu Mutwe, Indwara Zikomoka ku Gukoresha Ibiyobyabwenge, n'Ibikenewe mu Kubona aho Gutura. Biciye muri gahunda yacu y'Inzibacyuho yo Gucunga Ubuvuzi, Abahuzabikorwa banavugisha abanyamuryango bashyizwe mu bitaro cyangwa basubijwemo kubera uburwayi bukomeye kugira ngo bacunge ubuvuzi.

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

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Niba ushishikajwe na kwiwandikisha muri gahunda yo Gucunga Ubuvuzi ya NH Healthy Families, cyanwaga ukaba wifuza andi makuru hamagara 1-866-769-3085 (Ku Bafite Ubumuga bwo Kutumva (TDD/TTY 1-855-742-0123 ku bafite ubumuga bwo kutumva 711) maze usabe Serivisi zo Gucunga Ubuvuzi. Unashobora kandi kohereza imeyiri kuri NHHFCAREMANAGEMENT@centene.com.

Igice 5.3 Gukomeza kuvurwa, harimo na guhinduranya abaguha ubuvuzi

“Gukomeza Kuvurwa” bivuga gukomeza guhabwa ubuvuzi bw'indwara zidakira cyangwa zikomeye mu gihe umunyamuryango ahindura:

- Aho ubuvuzi butangirwa
- Aho umunyamuryango atuye cyangwa aho abantu baba hamwe
- Abatanga serivisi
- Ibice serivisi itanwagamo
- Gahunda z'ubuzima zicunzwe
- Amafaranga ya Medicaid yishyurwa serivisi (FFS)
- Kurerwa n'abanyeyi batakubye ko kwibana (harimo kuva kurerwa n'ababyeyi batakubye wari warahawe ukajya kuba mu muryango mugari; cyangwa impinduka guhinduka kw'ubuzima gatozi uva va ku kurrwa n'ababyeyi batakubye uba umwana w'ababyeyi batakubye)
- Ubwishingizi bwite na kwishyura ubuvuzi bucunzwe

Iyo uvuye mur bwishingizi bwacu bwa New Hampshire Medicaid, ukajya mu yindi gahunda y'ubuzi bucunzwe, cyangwa ubundi bwoko bw'ubwishingizi ushobora gukomeza kuvurwa. Iyo wujuje nibura kimwe (1) mu bisabwa bikurikira ushobora gukomeza kuvurwa b'abasanze bakuvura mu gihe gito, nubwo uguha ubuvuzi yaba atari mu ihuriro rya the NH Healthy Families. Ikiranzo ku kuzuzwa kimwe (1) mu bisabwa bikurikira, usanzwe uguha ubuvuzi uri mu ihuriro agomba kuba er igomba kuba yujuje ibisabwa n'ubwishingizi bwa New Hampshire Medicaid kugira ngo bukomeze kukuvura.

Iyo kimwe muri ibi kijyanye n'ubuvuzi kikureba, ushobora gukomeza guhabwa ubuvuzi n'uguha/abaguha ubuvuzi mu gihe runaka	Ushobora gukomeza guhabwa ubuvuzi n'uguha/abaguha ubuvuzi muri iki gihe	Ushobora gukomeza guhabwa imiti wandikiwe na muganga kuri ubu muri iki gihe
Uhabwa ubuvuzi bwabanje gutangirwa uburenganzira n'uguha ubuvuzi kuri ubu mu gihe cyo guhinduranya abaguha ubuvuzi	Iminsi igera kuri 90 uhereye igihe itariki wiyandikishirije	Kugeza ku minsi igera kuri 90 uhereye igihe itariki wiyandikishirije

Serivisi z'Abanyamuryango ba NH Healthy Families
1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)
Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,
Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.



Uhabwa serivisi n'usanzwe aziguha kandi urwaye indwara y'igikatu yateza ibyago bihagije kugira ngo isabe kuvurwa aho kutayivura byatera	cyangwa kugeza gahunda irangije gusuzuma ko ubuvuzi ari ngombwa, ikia mbere icyo ari cyo cyose	cyangwa kugeza gahunda irangije gusuzuma ko ubuvuzi ari ngombwa, iki mbere icyo ari cyo cyose
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Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

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Iyo kimwe muri ibi kijyanye n'ubuvuzi kikureba, ushobora gukoemza guhabwa ubuvuzi n'uguha/abaguha ubuvuzi mu gihe runaka	ushobora gukoemza guhabwa ubuvuzi n'uguha/abaguha ubuvuzi muri iki gihe	Ushobora gukomeza guhabwa imiti wandikiwe na muganga kuri ubu muri iki gihe
urupfu cyangwa kwangirika kudakira		
Uri guhabwa serivisi zikeneye gukomeza kubera ko urwaye indwara idakira, indwara cyangwa uburwayi bwatshyira ubuzima mu kaga, burushaho kuba bubi, cyangwa butera ubumuga, kandi busaba kuvurwa by'igihe kirekire		
Uri umwana ukeneye Ubuvuzi Bwihariye bivuze abafite cyangwa abafite ibyago byinshi byo kugira ubumuga bukomeye bwo ku mubiri, imikurire, imyitwarire, cyangwa uburwayi bwo mu marangamutima kandi ukenera serivisi bijyanye cyangwa ubwoko cyangwa umubare urenze usanzwe uwitezwe ku myaka y'umwana kandi akaba ari kuvurwa mu gihe cyo guhindura umuha ubuvuzi*		
Uri mu gihembwe cyawe cya gatatu cyo gutwita kandi ukaba wifuza gukomeza kuvurwa n'usznzae aguha ubuvuzi	Mu gihe cyose utwite kugeza ku minsi 60 y'ingengabihe nyuma yo kubyara	
Ushaka cyangwa usaba gukomeza guhabwa serivisi n'usanzwe aziguha kubera ko urwaye indwara iyica, raporo y'ubuvuzi yaragaragaje ko icyizere cyo kubaho ari mezi (6) cyangwa munsu yayo	Mu gihe usigaje kubaho ku bijyanye n'ubuvuzi bujyanye mu buryo butaziguye no kuvurwa indwara idakira cyangwa ingaruka zayo z'ubuvuzi	

Serivisi z'Abanyamuryango ba NH Healthy Families
 1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)
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Koherezwa mu kindi Kigo gicunga ubuvuzi (MCO)

Iyo umunyamuryango ari guhinduranya agiye mu kindi Kigo Gicunga Ubuvuzi (MCO), NH Healthy Families izakora ku buryo gukabanza gutanga uburenganzira byubahirizwa. Iyo umunyamuryango ahisemo kujya mu yindi MCO, NH Healthy Families ihuza ibikorwa n'iyi MCO, Ishami rya Serivisi z'Ubuzima n'Imibereho Myiza rya New Hampshire, kugira ngo hakorwe ku buryo amakuru yose atangwa mu buryo butekanye kandi akaba aboneka kugira ngo asuzumwe. Ibi bizatuma guhuza ibikorwa bikunda, na gukora ku buryo umunyamuryango sbimugendekera neza mu gihe ahindura MCOs kandi aagakimeza guhabwa ubuvuzi. Iyo umunyamuryango ari gukoresha utanga serivisi wihariye mu gihe ahindura umuha ubuvuzi, NH Healthy Families izemeza, biciye mu gikorwa cyo gutanga uburenganzira, kugira ngo umunyamuryango akomeze avurwe n'uwo umuha serivisi muri icyo gihe cy'inzibacyuho, hubahirizwa ibisabwa mu buhuzabikorwa bw'ubuvuzi (COC). MCO ikomeza gukora ku buryo ibyo abanyamuryango bakeneye byose babibona.

*Harimo impinja n'abana barerwa n'ababyeyi batababyaye; bakeneye ubuvuzi mu ishami ryita ku ndembe nyuma yo kuvuka; basuzumwe bagasanga barwaye indwara iterwa na kuba nyina yaranyoye ibinyobyabwenge amutwite (NAS); ahantu hari umuhangayiko ukabije/umuhangayiko w'uwita ku mwana; uhabwa serivisi zo gufasha umuryango, cyangwa bari guhabwa Serivisi z'Ubuvuzi Bwihariye cyangwa Serivisi za Partners in Health bafite ikibazo gikomeye cy'amarangamutima, ubumuga mu by'ubwenge cyangwa gusuzumwa indwara itera na gukoresha ibiyobyabwenge.

Iyo uhinduye uguha serivisi cyangwa gahunda, wowe cyangwa uguha serivisi wemewe ashobora gusaba ko amakuru yawe y'ubuvuzi yohererezwa uguha/abagaha serivisi bashya.

Ku yandi makuru, bimenyeshe Serivisi zita ku Banyamuryango (numero za telefone zanditse ku gifuniko cy'innyuma cy'iki gitabo).

Igice 5.4 Ubwishingizi bwishyura serivisi z'ubuvuzi bwo mu mutwe, indwara ziterwa na gukoresha ibyobyabwenge nk'uko bwishyura izindi serivisi

Amategeko y'igihugu cyangwa leta asaba ubwishingizi kwishingira abarwaye indwara zo mu mutwe n'abarwaye indwara zikomoka ku gukoresha ibiyobyabwenge ku buryo buboneye nk'uko yishingira izindi serivisi z'ubuvuzi. Ibi ni byo byitwa kudasumbanya ubwishingizi ku buvuzi. Amategeko agenga kudasumbanya ubwishingizi ku buvuzi asaba ko ubwishingizi ku burwayi bwo mu mutwe na ku ndwara zikomoka ku gukoresha ibiyobyabwenge budakumirwa maze bugafatwa kimwe nk'ubwishingizi ku bundi buvuzi, nka diyabete cyangwa indwara y'umutima. Urugero, Iyo gahunda itanze ubwishingizi busesuye ku kujya kwa muganga kwivuzwa diyabete, inagomba kubikora ku barwaye agahinda gakabije n'indwara y'ibisazi.

Kudasumbanya ubwishingizi ku buvuzi:

Serivisi z'Abanyamuryango ba NH Healthy Families
1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)
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Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

- NH Healthy Families igomba gutanga ibyo abarwayi bagenerwa bimwe ku barwayi b'indwara zo mu mutwe cyangwa indwara zikomoka ku gukoresha ibiyobyabwenge nk'uko yabikora ku zindi ndwara waba urwaye;
- NH Healthy Families igomba kugira ibisabwa mu kubanza gutanga uburenganzira na kugira aho ubuvuzi bugarukira ku barwayi b'indwara zo mu mutwe n'izikomoka ku gukoresha ibiyobyabwenge nk'uko ibikorera abandi barwayi bagenerwa ibyo mu buvuzi;
- NH Healthy Families igomba guha wowe n'uguha serivisi ibigenderwaho bya ngombwa mu buvuzi bikoreshwa na NH Healthy Families kugira ngo bibanze byemezwe bisabwe nawe cyangwa bisabwe n'uguha serivisi;
- NH Healthy Families ntigomba gushyiraho umubare ntarengwa ukomatanyije cyangwa wa buri mwaka ku byo abarwayi bo mu mutwe cyangwa barwaye indwara zikomoka ku gukoresha ibiyobyabwenge bagenerwa;
- Mu gihe kiboneye, NH Healthy Families igomba kuguha impamvu yanze kwemeza serivisi z'ubuvuzi bw'indwara zo mu mutwe cyangwa zikomoka ku gukoresha ibiyobyabwenge; kandi
- Iyo NH Healthy Families itanze ubwishingizi butari ubwo mu ihuriro ku bindi abarwayi bagenerwa mu buvuzi, igomba na gutanga ubwishingizi bumwe ku barwayi barwaye indwara zo mu mutwe cyangwa izikomoka ku gukoresha ibiyobyabwenge.

Kudasumbanya ubwishingizi ku buvuzi bikurikizwa ku:

- Gufatanya n'ubwishingizi kwishyura imiti;
- Kugabanya serivisi z'ubwishingizi (nko kugira umubare ntarengwa w'inshuro abarwayi bavurwa bataha bishingirwa);
- Gukoresha ibyifashishwa mu gucunga ubuvuzi (nk'amategeko n'ibibujijwe ku miti wandikiwe na muganga);
- Ibishingirwaho mu gena ibikenewe mu buvuzi no kubanza gutanga uburenganzira; n'
- Urutonde rw'imiterere y'imiti wandikirwa na muganga, harimo gufatanya n'ubwishingizi kwishyura.

Niba utekereza ko NH Healthy Families itaguhaye serivisi neza nk'uko byavuzwe byasobanuwe haruguru, ufite uburenganzira bwo gutanga ubujurire cyangwa ikirego cyo kutishimira serivisi wahawe. Ku yandi makuru, wareba Umutwe wa 10 (*Icyo ukora iyo wifuzza kujuririra icyemezo cya gahunda cyafashwe cyangwa "ikirego", cyangwa gutanga ikirego kuri serivisi utishimiye*).

Niba utekereza ko NH Healthy Families itaguhaye serivisi z'ubuvuzi bw'indwara zo mu mutwe (serivisi z'ubuvuzi bw'indwara zo mu mutwe cyangwa izikomoka ku gukoresha

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.



ibiyobyabwenge) mu buryo bumwe nka serivisi z'ubuvuzi, unashobora gutanga ikirego cyo kutishimira serivisi wahawe cyangwa ugatanga ikirego kuri Serivisi y'Ubwishingizi ya Minisiteri ya leta ya New Hampshire ku murongo utishyurwa kuri **1-800-852-3416** (Ku Bafite Ubumuga bwo Kutumva (TDD: 1-800-735-2964), Kuva Ku Wa Mbere kugeza ku wa gatanu, kuva saa 8:00 kugeza saa 4:30 za nimgugoroba ku isaha y'iburasirazuba, cyangwa kuri interineta <https://www.nh.gov/insurance/consumers/complaints.htm>.

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

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Umutwe wa 6. Amategeko yerekeye kubanza kubona uburenganzira

bwa serivisi

Ibisabwa kugira ngo ubanze uhabwe uburenganzira kuri serivisi zishingiwe biri mu nyuguti ziberamye mu Igice 4.2 (*IMbonerahamwe y'Ibyo Abarwayi Bagenerwa*). Kuri serivisi zose zisaba kubanza gutangirwa uburenganzira, utanga serivisi agomba gusaba na kwakira uburenganzira bwatanzwe mbere na NH Healthy Families kugira ngo ubashe kwishingirwa kuri serivisi. Nutabona ubwo burenganzira, NH Healthy Families ishobora kutishingira iyo serivisi.

Ku yandi makuru ku buryo bwo kubona uburenganzira bubanza gutangwa rwa serivisi, reba ku Igice 6.2 (*Guhabwa uburenganzira bwa gahunda ya serivisi zimwe na zimwe*).

Ku yandi makuru ajyanye n'uburyo bwo kubanza kubona uburenganzira bwo gufata imiti, wareba Igice 7.1 (*Amabwiriza n'ibibujijwe mu kwishingira imiti: Kubona uburenganzira bwa gahunda mbere y'igihe*).

Igice 6.1 Serivisi za ngombw amu buvuzi

Mu gihe cyo gufata icyemezo cyo kwishingira, NH Healthy Families ireba niba serivisi ari ngombwa mu kwivuzi

NH Healthy Families igena niba serivisi "ari ngombwa mu buvuzi" mu buryo bugabanya uburenganzira bumwe na bumwe cyane kurusha ibigenderwaho na New Hampshire Medicaid. Ku makuru arebana n'ibigenderwaho mu gutanga ubufasha ku cyemezo kigena ko kuvurwa ari ngombwa, hamagara Serivisi zita ku banyamuryangi maze usabe kopi y'amategeko yanditse ajyanye n'ikibazo cyawe. (Nomero za telefone za Serivisi zita ku Banyamuryango zanditse ku gifuniko cy'iki gitabo.)

Rimwe na rimwe, NH Healthy Families isubiramo kuba kwemererwa kuvurwa ari ngombwa nyuma yo gutanga serivisi zishingirwa.

Serivisi Zishingirwa uhabwa zigomba kuba ari *Ngombwa mu Buvuzi* kugira ngo uvurwe. NH Healthy Families ikoresha amabwiriza ngenderwaho mu kugenzura ko Kuvurwa ari Ngombwa. NH Healthy Families ifite politiki yashyizeho kugira ngo ikore ku buryo:

- Ibyemezo bifatwa hashingiwe ku kuba kwita ku muntu na serivisi zitangwa bikwiye, kandi ko hariho ubwishingizi bw'ubuzima
- Ikigo ntabwo gihemba Abatanga Serivisi Bari mu Ihuriro cyangwa abakozi babo kugira ngo bange gutanga ubwishingizi, serivisi, cyangwa kwita ku barwayi
- Uduhimbazamusi tw'abafata ibyemezo ntitwashyiriweho kubakangurira gufata ibyemezo bituma abantu badahabwa ubuvuzi bwa ngombwa

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

Ku banyamuryango bafite kugeza ku myaka 21 “ubuvuzi bwa ngombwa” bisobanuye igikorwa cyo kuvurwa:

- Kibarwa neza hagamijwe kurwanya, gusuzuma, gukosora, kuvura, kurandura cyangwa kubuza ko ibintu byarushaho kuba bibi bigatuma:
 - Ubuzima bujya mu kaga
 - Bigateza ububabare
 - Bigateza uburwayi cyangwa ubumuga
 - Bigateza ibyago byo guteza cyangwa kongera ubumuga
 - Bigateza kwangirika ku mubiri cyangwa kudakora neza; kandi
- Nta bundi buryo bunozwe ku kigero kingana bwo kuvura buhari cyangwa bunogeye umunyamuryango.

Ku yandi makuru kuri serivisi z'ubuvuzi za ngombwa zigenewe abanyamuryango bafite kugeza ku myaka 21, reba *Serivisi za EPSDT* mu Igice 4.2 (*IMbonerahamwe y'Ibyo Abarwayi Bagenerwa*).

Ku banyamuryango bafite imyaka 21 n'abayirengeje, “ubuvuzi bwa ngombwa” bivuze serivisi zo kwita ku buzima zishobora gutangwa n'umukangurambaga w'ubuzima wemewe, ashingiye ku cyemezo cy'ivuriro yafatanye ubwitonzi, hakurikijwe ibipimo rusange ngederwaho byemewe mu rwego rwo kuvura umunyamuryango hagamijwe kugenzura, gusuzuma, kurwanya, cyangwa kuvura uburwayi bufite ubukana cyangwa bwokamye umuntu, imvune, indwara, cyangwa ibimenyetso byayo.

Serivisi zo kwita ku buzima za ngombwa zagenewe abanyamuryango b'imyaka 21 n'abayirengeje zigomba kuba:

- Kuba zikwiye mu ngano, aho zitangirwa, n'igihe zimara;
- Zijyanye n'isuzuma ryakozwe cyangwa kuvura urwaye, imvune, indwara, cyangwa ibimenyetso byayo;
- Ntizigomba kuba mu buryo bw'ibanze zifitiye inyungu umunyamuryango cyangwa abagize umuryango, muganga, cyangwa abatanga serivisi z'ubuzima;
- Zidahenze kurusha ibindi bintu cyangwa serivisi zatuma habaho isuzuma ryo mu cyiciro kimwe, ubuvuzi, cyangwa ibyavuye mu buvuzi bifitanye isano n'uburwayi bw'umunyamuryango, imvune, indwara, cyangwa ibimenyetso byayo; kandi
- Mu miterere yazo, ntizigomba kuba ziri mu rwego rw'ubushakashatsi, gushaka amakuru, kongera ubwiza cyangwa se kuba hari izindi bihuye.

Ikoranabuhanga Rishya

- NH Healthy Families igenzura ikoranabuhanga rishya, harimo uburyo bukurikizwa mu kuvura, imiti n'ibikoresho, ndetse n'ikoreshwa rishya ry'ikoranabuhanga risanzweho, mu

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

rwego rwo kugena uhabwa ubwishingizi. Umuyobozi mukuru mu by'ubuvuzi wa NH Healthy Families cyangwa umukozi ushinzwe imicungire y'ubuvuzi ashobora uko igihe kigenda gusuzuma iterambere ry'ikoranabuhanga ry'ingenzi ryabayeho ngo risubirwemo hakurikijwe abantu bagize NH Healthy Families. Komite Ishinzwe Politiki y'Ivuriro (CPC) isuzuma ubusabe bwose bwo kwishingirwa hanyuma igafata icyemezo ku mpinduka z'ibyo abarwayi bagenerwa zose zagaragajwe. Iyo hakiriwe ubusabe bwo guhabwa ubwishingizi bw'ikoranabuhanga rishya butasuzumwe Komite ishinzwe politiki y'ivuriro (CPC), umuyobozi mu by'ubuvuzi wa NH Healthy Families asuzuma ubusabe hanyuma agafata icyemezo. Ubu busabe bw'ikoranabuhanga rishya busuzumwa mu nama ihoraho ikurikira ya Komite ishinzwe politiki y'ivuriro (CPC).

Igice 6.2 Guhabwa uburenganzira na gahunda kuri serivisi zimwe na zimwe

Kuri serivisi zimwe na zimwe zishingirwa, wowe cyangwa uguha serivisi mugomba kubanza kubisaburi uburenganzira mbere y'uko twemera kuguha ubwishingizi bwa serivisi. Ibi ni byo bita “**Kubanza guhabwa uburenganzira.**” Rimwe na rimwe gusabwa kubanza kwemererwa bikuyobora mu gukoresha neza serivisi zimwe na zimwe. Nudahabwa ubu burenganzira, serivisi zawe zishobora kutishingirwa n'iyi gahunda.

Mu gihe ukeneye kwitabwaho, tangira uhamagara PCP. Serivisi zimwe na zimwe zishingirwa zishobora gusaba kubanza guhabwa uburenganzira. Kubanza guhabwa uburenganzira bisuzumwa na NH Healthy Families mbere y'uko uhabwa serivisi zimwe na zimwe. Kubanza guhabwa uburenganzira ni ngombwa kugira ngo uhabwe serivisi ugane utanga serivisi utari mu ihuriro n'izindi nzobere. Serivisi z'ubuzima zitangirwa mu rugo na kubagwa nabyo bigomba gusuzumwa. Muganga wawe yakubwira niba serivisi isaba kubanza guhabwa uburenganzira. Kugira ngo ubone urutonde rwa serivisi zisaba kubanza guhabwa uburenganzira sura urubuga rwacu kuri www.NHhealthyfamilies.com. Ushobora na guhamagara Serivisi zita ku Banyamuryango kuri 1-866-769-3085 ukareba niba hari ikigomba gusuzumwa na NH Healthy Families.

Muganga wawe aduha amakuru atubwira impamvu ukeneye serivisi. NH Healthy Families ireba niba serivisi yishingirwa kandi ko ikwiye. Umukozi w'ivuriro wa NH Healthy Families afata icyemezo vuba bishoboka, bitewe n'uko uburwayi bwawe buhagaze. Ibyemezo ngenderwaho bifatwa mu gihe cy'iminsi 14. Iyo serivisi yihutirwa cyane, icyemezo gifatwa mu (3) minsi itatu (3) y'akazi. Tukumenyesha wowe na muganga wawe niba serivisi wayemerewe cyangwa utayemerewe. Wowe na muganga wawe mutishimiye icyemezo mushobora kudasaba kongera kugisuzuma. Ibi nibyo bita kujurira. Wareba Igice 10 ku yandi makuru arebana na kujurira.

Mu gihe habaye impinduka zikomeye mu gikorwa cyo kubanza guhabwa uburenganzira, duhita tukumenyesha wowe na muganga wawe.

Serivisi z'Abanyamuryango ba NH Healthy Families
1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)
Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,
Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.



Icyemezo cy'Uburenganzira bubanza gutangwa na NH Healthy Families cyubahiriza amategeko ya leta n'ay'igihugu, ndetse kikaba cyubahiriza ibipimo ngenderwaho n'amabwiriza bishingiye ku bimenyetso bikoreshwa mu mavuriro. Amabwiriza y'icyemzo cya gahunda yita ku byo ukeneye kandi akaba ashingiye ku bimenyetso nby'ukuri kandi bifite ishingiro byo mu ivuriro cyangwa nk'uko byemeranyijweho n'abatanga serivisi z'ubuvuzi bwihariye. Kugira ngo usabe kopi y'amabwiriza , bimenyeshe Serivisi yita ku banyamuryango uhabwe andi makuru.(numero za telefone zanditse ku gifuniko cy'iki gitabo).

Iyo gahunda yanze ubusabe bw'uburenganzira bwo gutanga serivisi, cyangwa igatanga uburenganzira bwa serivisi ifite ingano, igihe, cyangwa imiterere iri muni y'iyasabwa, gahunda iguha imenyeshya rya serivisi zanditse. Ku bufasha bwo gutanga ubujurire, warebera ku Igice 10.1 (*Ibyerekeye uburyo ubujurire bukorwamo*).

Ibisabwa bikurikira bikurikizwa ku gutanga ubusabe bw'icyemezo cyo kubanza guhabwa uburenganzira bwihutirwa:

- **Ubusabe bufatwa ko bwihutirwa iyo** – iyi serivisi idatanzwe mu masaha 72, byashyira ubuzima bwewe mu kaga, umutekano w'ubuzima bwawe, umutekano cyangwa imimerere y'imitekererezen ubuvuzi kwasabwe buramutse budatanzwe cyangwa kuvurwa mu masaha 72 bidakozwe bikaba byagushyira mu ngaruka zikomeye z'ubuzima.

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

- Ibyemezo bya gahunda birimp ubuvuzi bwihutirwa bikorwa vuba cyane bitewe n'uko uburwayi bwawe bubigena, ariko bitarenze amasaha 72 nyuma yo kwakira ubusabe bwa serivisi, uretse igihe wowe cyangwa uguhagarariye wemewe ananiwe gutanga amakuru ahagije kugira ngo hagenwe niba cyangwa urwego ibyo ugenerwa byishingirwaho.
- Iyo habayeho kutabikora muri ubu buryo, NH Healthy Families irakumenyehsa cyangwa ikamenyeshya uguhagarariye wemewe mu masaha 24 nyuma yo kwakira ubusabe kandi ikakugira inama ku makuru yihariye akenewe kugira ngo gahunda ifate icyemezo.
- Wwoe cyanwga uguhagarariye wemewe ahabwa igihe gifite ishingiro, hitabwa ku bintu byihariye ibyo ari byo byose, ariko atari muni y'amasaha 48 kugirango utange amakuru yihariye.
- Hanyuma gahunda ifate icyemezo vuba bishoboka, ariko bitarengeje amasaha 48 nyuma y'uko gahunda ihawe hakiri kare andi makuru yihariye, cyangwa igihe wowe cyangwa uguhagarariye wemewe yahawe kugira ngo muitande andi makuru.
- Ku bijyanye n'ubusabe bwo gutanga uburenganzira kugira ngo serivisi uhabwa z'ubuvuzi bwihutirwa na kuba ari ngombwa mu buvuzi zikomeze cyangwa ziyongere, icyemezo cya gahunda gifatwa mu masaha 24 nyuma yo kwakira ubusabe bwatanzwe bupfa kuba bwatanzwe byibura mu masaha 24 mbere yo kurangira kw'igihe wandikiwe na muganga cyo kuvurwa.
- Iyo utemeranya n'icyemezo cya gahunda cyo kwangirwa kubanza guhabwa uburenganzira, warebera ku Igice 10.1 (*Ibyerekeye uburyo ubujurire bukorwamo*).

Ku byemezo byose byo kubanza gutanga uburenganzira bifatwa na NH Healthy Families, ibisabwa bikurikira birakurikizwa:

- Icyemezo cya gahunda cyo kubanza agutanga uruhushya gifatwa mu gihe gifite ishingiro kijyanye n'ubuvuzi bwawe, ariko ntikizarenga iminsi 14 nyuma yo kwakira ubusabe bw'uburenganzira.
- Hiyongeraho iminsi igera kuri 14 ku byemezo byo gucishwa mu cyuma bitari ugusuzuma iyo wowe cyangwa uguha serivisi mukorana asabye kongererwa igihe, cyangwa gahunda agatanga impamvu igaragaza ko andi makuru akenewe. Iyo kongera igihe ari ngombwa bitewe na kunanirwa gutanga amakuru ahagije kugira ngo gahunda ifate icyemezo kwawe cyangwa uguhagarariye wemewe, wowe cyangwa uguhagarariye wemewe aba afite byibura iminsi 45 uhereye igihe wakiriye imenyesha ryuha amakuru yihariye gahunda.
 - Iyo NH Healthy Families yongereye igihe, gahunda itanga imenyesha ryanditse ry'impamvu zatumye hafashwe icyemezo cyo kongera igihe, kandi ikakugira inama ku burenganzira bwawe bwo gutanga ikirego cya serivisi utishimiye mu gihe utemeranya n'icyemezo cyacu. Ku bundi bufasha bwo gutanga ikirego, reba ku Igice 10.7 (*Uko watanga ikirego cyemewe ndetse n'iki wakwitega umaze gutanga ikirego*).

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Ku Wa Kane - Ku Wa Gatatu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

- Hanyuma icyemezo cya gahunda kigafatwa vuba bishoboka, ariko bitarenze iminsi 14 nyuma yo kuba gahunda:
 - Kuba gahunda yabonye andi makuru yihariye; cyangwa
 - Impera z'igihe wemerewe cyangwa uguhagarariye wemwwe cyo gutanda anadi makuru yihariye yagaragajwe.
- Iyo utemeranywa n'icyemezo cya gahunda cyo kwangirwa kubanza guhabwa uburenganzira, warebera ku Gice 10.1 (*Ibyerekeye uburyo ubujurire bukorwa*).

Ku byerekeye icyemezo cyo kwishingirwa nyuma yo guhabwa serivisi cyangwa kugezwaho igikoresho, ibisabwa bikurikira birakurikizwa:

- Icyemezo cya gahunda kizafatwa mu minsi 30 nyuma yo kwakira ubusabe bwo kwishingirwa bw'uguhagarariye wemewe.
- Iyo uguhagarariye wemewe ananiwe guha N Healthy Families amakuru ahagije kugira ngo ifate icyemezo, gahunda irakumenyeshya cyangwa ikamenyeshya uguhagarariye wemewe amakuru akenewe kugira ngo gahunda ifate icyemezo mu minsi 15 y'itariki ubusabe bwatangiweho. Woiwe cyangwa uguhagarariye wemewe muba mufite iminsi 45 kugira ngo mutange amakuru asabwa. Iyo gahunda isabye andi makuru, igihe cyo kuyatanga cyongera gutangira nyuma yo kwakira andi makuru asabwa yagaragajwe.
- Ku icyemezo kitakunogye icyo ari cyo cyose, gaunda izakumenyeshya wowe n'uguhagarariye mu nyandiko mu minsi 3.
- Iyo utemeranywa n'icyemezo cya gahunda cyo kwangirwa kubanza guhabwa uburenganzira, warebera ku Igice 10.1 (*Ibyerekeye uburyo ubujurire bukorwamo*).
- Kwirangira
 - Ushobora kwirangira serivisi zimwe na zimwe z'ubuvuzi zishingirwa. Ibi bivuze ko, atari ngombwa ko PCP akugira inama yo kujya kureba utanga serivisi runaka. Ushobora guhitamo kureba abatanga serivisi bamwe na bamwe utabanje kubikorana na PCP. Ni byiza iteka kumenyeshya PCP mukorana cyangwa abandi batanga serivisi bese uhura nabo kugira ngo bagire ishusho yuzuye y'ubuzima bwawe muri rusange. Iteka ujye ukora ku buryo ushaka utanga serivisi uri mu ihuriro rya NH Healthy Families.
- Niba utazi neza ko ukeneye kurangirwa serivisi, bimenyeshe PCP mukorana cyangwa Serivisi zita ku Banyamuryango uhabwe ubufasha. PCP wawe yanakubwira niba serivisi isaba kubanza guhabwa uburenganzira.

Ku bufasha bw'ubusabe bwa serivisi, bimenyeshe Serivisi z'Abanyamuryango (Nomero za telefone zanditse ku gifuniko cy'iki gitabo).

Serivisi z'Abanyamuryango ba NH Healthy Families
1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)
Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,
Ku Wa Kane - Ku Wa Gatatu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

Igice 6.3 Guhabwa uburenganzira bwo guhabwa serivisi n'abatari mu ihuriro

Ku makuru ajyanye n'uburyo bwo guhabwa serivisi n'abatanga serivisi batari mu ihuriro, wareba Igice 3.5 (*Guhabwa serivisi n'abatanga serivisi batari mu ihuriro*).

Niba uri Umunyamerika Ukomoka mu Buhinde cyangwa Umunyalaska Kavukire (AI/AN) mu bwoko bwemewe na leta cyangwa undi muntu wemerewe guhabwa serivisi z'ububuzi z'Abahinde, hakurikizwa amategeko yihariye y'ubwishingizi. Ushobora guhabwa serivisi z'ahatari rezo mu bitaro by'Abahinde utabanje guhabwa uburenganzira. Ku yandi makuru bimenyeshe Serivisi zita ku Banyamuryango (numero za telefone zanditse ku gifuniko cy'inyuma cy'iki gitabo).

Igice 6.4 Kujuanwa mu bitaro bitari mu ihuriro urembye

Amategeko rusange y'ubwishingizi bwo kuvurirwa mu bitaro bitari mu ihuriro aratandukaye ku buvuzi bw'indembe. Ku makuru ajyanye n'uburyo bwo kwitabwaho mu bitaro bitari mu ihuriro ku ndembe na serivisi zo gutuma umurwayi amererwa neza, reba mu Gice 3.6 (*Amasaha ya nyuma y'akazi yo kwita ku ndembe, n'abihutirwa*).

Igice 6.5 Guhabwa serivisi zo kuboneza urubyaro n'ibikoresho mu bitaro biri cyangwa bitari mu ihuriro

Ushobora guhitamo umuganga, ivuriro, ikigo nderabuzima, ibitaro, farumasi cyangwa ibiro bishinzwe kuboneza urubyaro biri cyangwa bitari mu ihuriro. Serivisi zo kuboneza urubyaro ntizikenera taransiferi.

Serivisi zikurikira zirishingiwe:

- Ikizamini cyo kuboneza urubyaro na kuvurwa
- Ibizamini byo muri laboratwari n'iby'isuzuma ku kuboneza urubyaro
- Uburyo bwo kuboneza urubyaro (ibinini byo kuboneza urubyaro, agapira ko kuboneza urubyaro, impeta, akuma ka IUD, inshinge cyangwa akuma bakwinjizamo)
- Ibikoresho byo kuboneza urubyaro biriho amabwiriza y'imikoreshereze (agakingirizo, agaponje, amavuta, akugara, agapira ko kuboneza urubyaro ko mu mura cyangwa agapira)
- Ubujyanama na gupima indwara zandurira mu mibonano mpuzabitsina (STIs), SIDA n'izindi ndwara ziyikomokaho
- Kuvura indwara zandurira mu mibonano mpuzabitsina (STIs)
- Kwifungisha burundu ku bushake. Ugomba kuba ufite imyaka 21 cyangwa kuzmaura, ufite ubwenge bwuzuye agushyira umukono ku ifishi yo kwemera kwifungisha burundu. Byibuze iminsi 30, riko itarenga 180, igomba gushyira hagati y'itariki wahyiriyeho umukono n'itariki wabagiweho.

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.



- Kuvanwamo nyababyeyi ku bushake ntibyishingirwa iyo ikigamijwe ari impamvu imwe rukumbi yo kwifungisha. Serivisi zigomba kubanza gufatwa ko ari ngombwa mu buvuzi kandi hagashyirwa umukono ku Kwifungisha Burundu kandi Ifishi yo Gukurwamo Umura (910) ni ngombwa kugira ngo isuzumwe kandi ishyirweho umukono n'Umunyamuryango n'utanga serivisi mbere y'uko serivisi itangwa.

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

Igice 6.6 Kugira amahitamo ya kabiri ku buvuzi

Abanyamuryango bashobora kugira amahitamo ya kabiri ku buvuzi bakabuhabwa n'umunyamwuga mu buzima ubifitiye ubumenyi wo mu ihuriro, cyangwa se agafashwa na NH Healthy Families hanze y'ihuriro rya gahunda nta mafaranga aciwe.

Bivuze ko ushobora kuvugana n'undi muganga kugira ngo wumve icyo abitekerezaho. Ikindi gitekerezo cyagufasha gufata icyemezo kuri serivisi cyangwa ubuvuzi bukubereye. Bwira uguha serivisi z'ubuvuzi z'ibanze (PCP) cyangwa uhamagare Serivisi zita ku Banyamuryango, niba ushaka andi mahitamo.

Amahitamo ya kabiri:

- Yishingirwa na NH Healthy Families nta mafaranga wowe uciwe
- Aboneka k'utanga serivisi wo mu ihuriro
- Aboneka k'utanga serivisi wo mu ihuriro n'utari uwo mu ihuriro habanje gutangwa uburenganzira
- Ashobora gutuma hatangwa ibindi bizamini bisaba kubanza guhabwa uburenganzira
- Asuzumwa na PCP cyangwa inzobere, izagufasha gufata icyemezo kuri gahunda nziza yo kuvurwa

Umutwe wa 7. Guhabwa imiti yanditswe na muganga yishingiwe

Igice 7.1 Amategeko n'ibibujijwe mu kwishingira imiti

Urutonde rw'Imiti Idahenze (PDL) ya gahunda rukubiyemo amakuru n'ibibujijwe byavuzwe haruguru. Kugira ngo umenye niba hari kimwe mu bibujijwe kirebana n'umuti ufata cyangwa ushaka gufata, reba **Urutonde rw'Imiti Idahenze**. Ku makuru agezweho cyane, hamagara Serivisi zita ku Banyamuryango (numero za telefone zanditse ku gifuniko cy'inyuma cy'iki gitabo) cyangwa urebe ku rubuga rwacu www.NHhealthyfamilies.com

Niba hari ikibujijwe ku miti yawe, akenshi icyo bivuze ni uko wowe cyangwa uguha serivisi agomba gutera indi ntambwe kugira ngo gahunda ibashe kutanga ubwishingizi kuri iyo miti. Niba hari ikibujijwe ku miti ushaka gufata, saba muganga wawe kubanza kwaka uburenganzira gahunda. Ku yandi makuru bimenyeshe Serivisi zita ku Banyamuryango (numero za telefone zanditse ku gifuniko cy'inyuma cy'iki gitabo)

Gahunda iguha ubwishingizi bw'imiti yawe igihe cyose ukurikije aya mategeko y'ibanze:

- Utanga serivisi wa NH Healthy Families uri mu ihuriro (umuganga cyangwa undi muntu ubifitiye ubushobozi wandika imiti) akwandikira imiti.
- Umuganga wandika imiti (cyangwa undi ubifitiye ubushobozi wandika imiti) ni umunyamuryango wemewe wa New Hampshire Medicaid na NH Healthy Families.
- Ufatira imiti wandikiwe muri farumasi y'utanga serivisi uri mu ihuriro, keretse hari ukundi byemewe, nk'uko bisobanurwa mu Gice 7.4, *“Gufatira imiti wandikiwe muri farumasi y'uri mu ihuriro.*
- Umuti wawe uri ku Rutonde rw'Imiti Idahenze rwa gahunda.
- Umuti wawe ugomba gukoreshwa ku mpamvu z'ubuvuzi zemewe, uwemewe n'Ikigo Gishinzwe Kugenzura Imiti n'Ibiribwa cyangwa wemewe n'ibigo byemewe.
- Mu gihe gufatanywa kwishyura ari ngombwa, ufatanywa kwishyura imiti wandikiwe. Ariko, wibuke, ko kunanirwa kwishyura amafaranga afatanywa kwishyurwa ntibikubuzwa guhabwa imiti wandikiwe. (Ku yandi makuru ku gufatanywa kwishyura, reba Igice 7.7, *Gufatanywa kwishyura imiti wandikiwe*).

Wowe cyangwa uguha serivisi ashobora gusaba ko habaho irengayobora ku bibujijwe ku bwishingizi bw'umuti mu gihe usabye gahunda kukwemerera guhabwa umuti udasanze uri kuri gahunda. Ushobora na gusaba irengayobora kandi mu gihe gahunda igusaba kubanza kugerageza undi muti cyangwa kugabanya ingano y'umuti usaba, urugero.

Kugira ngo ufate imiti wandikiwe, erekana ikarita y'ubunyamuryango ya gahunda kuri farumasi y'uri mu ihuriro watoranyije. Iyo werekanye ikarita y'ubunyamuryango ya gahunda, farumasi iri mu ihuriro ihita iha gahunda inyemezabuguzi y'amafaranga *twishyura* y'igiciro

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.



cy'umuti wishyurwa wandikiwe. Biba ngombwa ko wishyura farumasi amafaranga ugomba *kwishyura* uje gutora imiti wandikiwe, niba ari ngombwa. Niba utitwaje ikarita y'ubunyamuryango yawe ya gahunda uje gutora imiti, saba farumasi guhamagara gahunda ibone amakuru ya ngombwa.

Ibibujiwe mu gutanga ubwishingizi bw'imiti

Ku miti imwe wandikiwe, hari amategeko arambuye abuzwa uburyo n'igihe gahunda ishobora kuyitangira ubwishingizi. Itsinda ry'abaganga n'abize ibya farumasi zateguye aya mategeko hagamiywe gufasha abanyamuryango bacu gukoresha imiti mu buryo butekanye kandi bunoze. Aya mategeko kandi afasha kugenzura igiciro rusange cy'umuti, asaba igiciro cyo hasi cy'umuti mu gihe ukora cyangwa se igiciro cyo hejuru cy'umuti.

Urutonde rw'amategeko agenga ibibujiwe mu mikoreshereze y'iyi miti rurimo:

- Kubuza gukoresha amazina y'ibicuruzwa by'imiti mu gihe verisiyo rusange y'umuti iboneka
- Ni ngombwa ko bibanza gutangirwa uburenganzira na gahunda
- Igusaba kugerageza undi muti ariko usa n'uwa mbere ("kugerageza umuti udahenze")
- Gutegeka ingano ntarengwa ku miti yanditswe

Kubuza gukoresha amazina y'ibicuruzwa by'imiti mu gihe verisiyo rusange iboneka

Muri rusange, umuti “rusange” ukora kimwe n'umuti wakoze n'uruganda ruwucuruza kandi buri gihe uba ugura macye. **Inshuro nyinshi, mu gihe verisiyo rusange y'umuti iboneka kandi ikaba yaragaragaye ko ikora neza ku bantu benshi, farumasi ziri mu ihuriro ziguha umuti rusange.** Ubusanzwe ntidutanga ubwishingizi ku muti wakoze n'uruganda ruwucuruza mu gihe verisiyo rusange iboneka. Ariko, niba uguha serivisi yatubwiye impamvu zishingiye ku buvuzi zisobanura impamvu umuti rusange utakora kuri wowe **NA**yanditse “Umuti Wakoze n'Uruganda Ruwucuruza ni Ngombwa” ku miti yakwandikiye kugira ngo uhabwe umuti wakoze n'uruganda ruwucuruza **CYANGWA** yatubwiye impamvu z'ubuvuzi zigaragaza ko umuti rusange cyangwa imiti itangirwa ubwishingizi ivura ubwo burwayi yagufasha, gahunda itanga ubwishingizi umuti wakoze n'uruganda ruwucuruza.

Ni ngombwa ko bibanza gutangirwa uburenganzira na gahunda

Imiti imwe ifite aho itarenga cyangwa isaba NH Healthy Families gutanga uburenganzira mbere y'uko imiti wandikiwe uyiharerwa ubwishingizi. Kuri iyi miti, wowe cyangwa uguha serivisi azakenera kubanza guhabwa uburenganzira na gahunda kugira ngo ayiharerwe ubwishingizi. Ibi ni byo bita “kubanza guhabwa uburenganzira”. Urutonde rw'Imiti Idahenze rugaragaza imiti isaba kubanza guhabwa uburenganzira. Niba ukeneye umuti utari kuri PDL, muganga wawe ashobora gutanga ubusabe bugaragaza ko uwo muti ari ngombwa mu buvuzi (MN). Byitezwe ko iri rengayobora riboneka gake kandi ko imiti ya PDL izaba ikwiye mu kuvura bwinji mu burwayi. NH Healthy Families isaba:

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

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Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

- Inyandiko zigarakaza kudakora kw'imiti ibiri ya PDL yo mu bwoko bumwe ivura indwara imwe (hapfa kuba hari imiti ibi ihuje ubwoko yo mu cyiciro cy'imiti ivura indwara imwe igereranywa n'imiti ifite akarango) ivura uburwayi bumwe (urugero, umutwe w'igikatu, ububabare mu rwungano rw'imyakura, n'ibindi.); cyangwa □
- Inyandiko zigaragaza ukutihanganira imiti ccyangwa guteza ibyago kw'imiti ibiri byibura ya PDL ihuje ubwoko (hapfa kuba hari imiti ibi ihuje ubwoko yo mu cyiciro cy'imiti ivura indwara imwe igereranywa n'imiti ifite akarango); cyangwa
- Amateka y'ubuvuzi yanditse cyangwa ikintu kigaragaza ko utemerewe guhabwa imiti iri ku rutonde rwa PDL ku y'uburwayi runaka.

Amasuzuma yose akorwa n'Umunyamwuga mu bya farumasi no kwita ku barwayi akoresheje ibigenderwaho byashyizweho na Komite Ishinzwe Farumasi n'Ubuuzi (P&T). Iyo amakuru y'ubuvuzi yatanze atujuje ibisabwa mu kugira ngo ubwishingizi bw'umuti wasabwe butangwe, tuzakumenyeshya wowe na muganga wawe ibindi bishoboka tunaguhe amakuru y'uburyo ubujurire butangwamo.

Igusaba kugerageza undi muti ariko usa n'uwa mbere ("kugerageza umuti udahenze")

Iri tegeko rigusaba kugerageza umuti udahenze cyane kandi ukora kimwe n'undi uhenze mbere y'uko gahunda iguha ubwishingizi ku muti uhenze. Urugero, mu gihe Umuti A n'Umuti B bivura indwara imwe, gahunda ishobora kugusaba kubanza kugerageza Umuti A. Mu gihe Umuti A udakunze kuri wowe, gahunda igutangira ubwishingizi bw'Umuti uhenze B ri tegeko ryo kubanza kugerageza umuti wihariye babyita “kubanza kugerageza umuti udahenze.” Iyo ugize umuryango mushya wemerewe ubwishingizi bwa NH Healthy Families afite amateka yo gufata umuti usaba kubanza gutanga uburenganzira ukomeza guhabwa ubuvuzi muri iki gihe cy'inzibacyuho 90.

Iyo NH Healthy Families ifite amakuru ko umuti usabwa wabanjye kugeragezwa, imiti idahenze ibanza kugeragezwa itangirwa ubwishingizi. Iyo NH Healthy Families idafite amakuru ko umuti usabwa wegeragejwe, wowe cyangwa muganga wawe/umukozi wita ku barwayi ashobora gusabwa gutanga andi makuru. Iyo NH Healthy Families idatanze PA turakumenyeshya wowe na muganga wawe/umukozi wita ku barwayi kani tukaguhaha amakuur y'uburyo ubujurire butangwamo.

Gutegeka ingano ntarengwa ku miti yanditswe

Ku miti imwe ku rutonde rw'imiti ikunzwe ya gahunda, gahunda igabanya umubare w'imiti ushobora guhabwa buri gihe wongeye kujya gufata imiti. Urugero, niba ubusanze bifatwa ko ari byo bitekanye gufata ikinyi kimwe ku muni ku muti runaka, dushobora kugabanya umubare w'ibinini wemerewe nturunge 30 igihe cyose uje gufata imiti kandi ntimwemererwe gufata imiti inshuro irenze imwe mu gihe cy'iminsi 30. Uramutse ugerageje kongera kuza gufata imiti wandikiwe hakiri kare, ufite ubumenyi mu bya farumasi ashobora kugusaba kuzaza kuyifata nyuma.

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

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Gutanga ingano irenga (QL) cyangwa irenze icyiciro cy'imyaka (AL) bisaba uburenganzira. NH Healthy Families ishobora kugabanya ingano y'umuti uhabwa ku nshuro imwe. Iyo umuganga/umukozi wita ku barayi yumva ufite impamvu y'ubuvuzi yatuma uhabwa imiti myinshi, ashobora kubaza gusaba uburenganzira. Iyo NH Healthy Families idatanze uburenganzira mbere turakumenyeshya wowe na muganga wawe/umukozi wita ku barwayi kani tukaguha amakuru y'uburyo ubujurire butangwamo. Imiti imwe iri ku rutonde rwa (PDL) rwa NH Healthy Families abayifata hari imyaka ntarengwa bagomba kuba bafite. Ibi bigenwa ku miti imwe n'imwegs hashingiwe ku turango twemejwe n'Ikigo Gishinzwe Kugenzura Imiti n'Ibiribwa (FDA), ku mpungenge z'umutekano n'ibipimo ngenderwaho mu kubahiriza ubuvuzi. Imyaka ntarengwa ijyanye n'imburira zigezwe za FDA mu rwego rwo gukoresha imiti ku buryo bwabugenewe.

Ubusabe bw'imiti ya ngombwa mu buvuzi

Niba ukeneye undi muti utari kuri PDL, PCP mukorana ashobora gutanga ubusabe bugaragaza ko uwo muti ari ngombwa mu buvuzi (MN). Byitezwe ko iri rengayobora riboneka gake kandi ko imiti ya PDL izaba ikwiye mu kuvura bwinji mu burwayi. NH Healthy Families isaba:

- Inyandiko zigarakaza kudakora kw'imiti ibiri ya PDL yo mu bwoko bumwe ivura indwara imwe (hapfa kuba hari imiti ibi ihuje ubwoko yo mu cyiciro cy'imiti ivura indwara imwe igereranywa n'imiti ifite akarango) ivura uburwayi bumwe (urugero, umutwe w'igikatu, ububabare mu rwungano rw'imyakura, n'ibindi.); cyangwa
- Inyandiko zigaragaza ukutihanganira imiti ccyangwa guteza ibyago kw'imiti ibiri byibura ya PDL ihuje ubwoko (hapfa kuba hari imiti ibi ihuje ubwoko yo mu cyiciro cy'imiti ivura indwara imwe igereranywa n'imiti ifite akarango); cyangwa
- Amateka y'ubuvuzi yanditse kigaragaza aho umurwayi atemerewe imiti iri ku rutonde rwa PDL ku burwayi runaka.

Icyo wakora mu gihe umuti wandikiwe hari ibyo ubujijwe cyangwa utari ku ruronde rw'imiti rwa gahunda

Iyo umuti wandikiwe utari ku Rutonde rw'Imiti Rukunzwe cyangwa ikaba ukaba hari ibyo ubujijwe, dore ibyo wakora:

- Tangira kuganira n'uguha serivisi ku mahitamo ufite.
- Rimwe na rimwe ushobora kujya ugemurirwa umuti ku buryo budahoraho. Ibi biguha wowe n'uguha serivisi igihe cyo guhindura umuti ukoresha cyangwa gutanga ikirego cyo gusaba ko uwo muti utangirwa ubwishingizi.
 - Mu gihe bimeze bityo bimenyeshe Serivisi zita ku banyamuryango (numero za telefone zanditse ku gifuniko cy'inyuma cy'iki gitabo) kugira ngo icyemezo gihindurwe cyangwa ushake ufite ubumenyi mu bya farumasi ahamagare numero ya telefone y'abashinzwe gutanga ubufasha muri farumasi (yanditse inyuma kuri Ikarita y'Ubunyamuryango yawe) kugira ngo icyemezo gihindurwe.
- Ushobora guhindura ugakoresha undi muti. Wowe cyangwa uguhaha serivisi mushobora kwaka Serivisi zita ku Banyamuryango uurtonde rw'imiti itangirwa ubwishingizi ivura indwara urwaye (numero ya telefone zanditse ku gifuniko

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

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cy'inyuma cy'iki gitabo).

- Ushobora gusaba ko bititabwaho hanyuma ugasaba gahunda gutanga ubwishingizi kuri uwo muti cyangwa igakuraho ibibujijwe kuri wo. Niba hari ikibujijwe ku miti yawe, akenshi icyo bivuze ni uko wowe cyangwa uguha serivisi agomba gutera indi ntambwe kugira ngo tubashe gutanga ubwishingizi kuri uwo muti. Niba hari ibibujijwe ku muti ushaka gufata, ugomba kumenyesha Serivisi zita ku Banyamuryango kugira ngo umenye icyo wowe cyangwa uguha serivisi musabwa gukora kugira ngo muhabwe ubwishingizi ku muti.
- Ushobora gutanga ubujurire cyangwa gutanga ikirego kuri serivisi utishimiye. Umutwe wa 10 (*Icyo ukora mu gihe wifuza kujurira icyemezo cya gahunda cyafashwe cyangwa "igikorwa", cyangwa gutanga ikirego kuri serivisi utishimiye*).

Ibibujijwe ku gihe ushobora gusabwa guhindura umuti/imiti wandikiwe yishingiwe

Ntuzigera usabwa guhindura umuti wandikiwe na muganga wishingiweo birenze inshuro imwe ku ngengabihe y'umwaka, uretse:

- Uri mushya muri Medicaid, cyangwa ukajya muri gahunda icunzwe ya Medicaid ukajya mu yindi gahunda y'ubuzima bucunzwe ya Medicaid;
- Iyo guhindura umuti wandikiwe na muganga wishingiwe bitangijwe n'uguha ubwishingizi;
- Iyo ku isoko habonetse undi muti bisa wishingiwe;
- Iyo imbuzi ziba Ikigo Gishinzwe Kugenzura Imiti n'Ibiribwa (FDA) cyangwa amabwirishya mashya mu buvuzi akaba yemerwa na Centers for Medicare & Medicaid Services, ikigo cya Leta gishinzwe kugenzura imikorere ya Serivisi z'Ubuzima Zicunzwe za Medicaid;
- Iyo umuti wishingiwe ukuwe ku isoko kubera ko byagaragaye ko udatekanye cyangwa ukavanwaho kubera indi mpamvu; kandi
- Iyo umuti wandikiwe ukaba utaboneka kubera imiti yagemuwe ari mike.

Ku yandi makuru, bimenyeshe Serivisi zita ku Banyamuryango (numero za telefone zanditse ku gifuniko cy'inyuma cy'iki gitabo).

Igice 7.2 Igitabo cy'imiti cya gahunda cyangwa urutonde rw'imiti idahenze

Gahunda ifite urutonde rw'imiti Idahenze rwemejwe n'Ishami Rishinzwe Ubuzima n'Imibereho Myiza y'Abaturage rya Leta ya New Hampshire (NH DHHS). Imiti iri kuri uru rutonde irimo imiti rusange n'imiti yakozwe n'uruganda ruyicuruza rwatatoranyijwe na gahunda yitonze rwakozwe n'itsinda ry'abaganga n'abafite ubumenyi mu bya farumasi. Urutonde rwa NH Healthy Families rw'Imiti Itangirwa Ubwishingizi rwitwa Urutonde rw'Imiti

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

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Idahenze (PDL).

PDL ni inyobora ku miti rusange iboneka n'iyakozwe n'uruganda yemewe n'Ikigo Gishinzwe Kugenzura Imiti n'Ibiribwa (FDA) kandi yishingirwa biciye mu byo ugenerwa ku miti wandikiwe. PDL iba ikubiyemo imiti yose Iboneka Itabanje Gutangirwa Uburenganzira (PA) n'imiti ibujijwe Kubanza Kugerageza undi Muti Bisa (ST). Uurtonde rwo kubanza guhabwa uburenganzira rurimo iyo miti isaba kubanza guhabwa uburenganzira kugira ngo yishingirwe. PDL ikoresheya ku miti ukura kuri farumasi ziyidandaza. PDL ikomeza kigenda isuzuma na Komite ishinzwe Farumasi n'Ubuvuzi (P&T) mu rwego rwo guteza imbere imioreshereze yabugenewe kandi idahenze y'imiti.

PDL ntabwo igenewe kuba uurtonde rwuzuye rw'imiti yishingirwa ku bigenwa ku miti wandikiwe. Ntabwo uburyo bwose bwa doze cyangwa imbaraga z'umuti byishingirwa. Uru ni urutonde rugenda rusuzumwa kandi rukavugururwa. Amavugururwa ngarukamwaka n'impinduka zikomere mu bwishingizi bw'imiti n'ibyahosowe n'ubuyobozi bwa farumasi bimenyeshwa abatanga ubwishingizi n'abanyamuryango hakoreshejwe iposita mu buryo butaziguye (urugero. fagisi, imeyiri, iposita), uko biri ngombwa.

Umuti rusange wandikiwe na muganga ufite ibiwugize bikora kimwe n'umuti w'uruganda. Muri rusange, ukora kimwe n'umuti wakoze n'uruganda ruwucuruza kandi buri gihe uba ugura macye. Hari imiti rusange isimburira imiti myinshi yakozwe n'uruganda. Iyo nta muti rusange uhari, hashobora kuba hari umuti wakoze n'uruganda urenze umwe wo kuvura indeara. Imiti yakozwe n'uruganda idahenze ishyirwa mu cyiciro cya 2 mu rwego rwo gufasha kumenya imiti yakozwe n'uruganda yabugenewe mu buvuzi, utekanye, n'amahitamo yo kuvura adahenze, mu gihe umuti rusange uri ku rutonde rw'imiti wandikiwe utakukiye.

Rimwe na riweme umuti ushobora kugaragara inshuro irenze imwe ku rutonde rwacu rw'imiti. Ibi ni ukuvuga ko ibibujijwe cyangwa gufatanywa kwishyura bishobora gukurikizwa bitewe nk'ibintu biirimo imbaraga, ingano, cyangwa imiterere y'umuti wandikiwe na muganga wawe (urugero, mg 10 ugeranyije na mg 100; kimwe ku munsu ugereranyije na bibiri ku munsu; ikinini ugereranyije n'umuti uskika).

Ni iki *kitari* ku Rutonde rw'Imiti Idahenze

Gahunda ntiyishingira imiti yose wandikiwe na muganga. NH Healthy Families ihitamo imiti yo gutangira ubwishingizi kandi itegeko rigenga Medicaid ribuza gutanga ubwishingizi ku miti imwe n'imwe.

Uko wamenya niba umuti runaka utari ku Rutonde rw'Imiti Idahenze

Ushobora kumenya niba umuti runaka utari ku Rutonde rw'Imiti Idahenze ukora ibi bikurikira:

- Sura urubuga rwa gahunda ya NH Healthy Families www.NHhealthyfamilies.com Urutonde rw'imiti idahenze ruri ku rubuga buri gihe ruba ari urwa vuba.
- Guhamagara no gusaba Serivisi zita ku Banyamuryango kugira ngo umenye niba umuti uri ku Rutonde rw'Imiti Idahenze rwa gahunda ya NH Healthy Families. (Nomero za Serivisi z'Abanyamuryango ba NH Healthy Families 1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123) Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba, Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.



telefone za Serivisi zita ku Banyamuryango zanditse ku gifuniko cy'iki gitabo.)

- Guhamagara na gusaba Serivisi zita ku Banyamuryango ugahabwa Urutonde rw'Imiti Idahenze. (Numero za telefone za Serivisi zita ku Banyamuryango zanditse ku gifuniko cy'iki gitabo.)

Imiti itari ngombwa ko Wandikirwa na Muganga

Gahunda kandi inatanga ubwishingizi ku yindi miti idasaba kwandikirwa na muganga **iyo wayandikiwe n'utanga serivisi**. Imwe mu miti idasaba ko wandikirwa na muganga irahendutse kurusha iyo wandikirwa kandi ikora neza. Ku yandi makuru ku bwishingizi bw'imiti idasaba ko wandikirwa na muganga, bimenyeshe Serivisi zita ku Banyamuryango (numero za telefone zanditse ku gifuniko cy'inyuma cy'iki gitabo).

Urutonde rw'Imiti Idahenze rushobora guhinduka mu mwaka wo kwiyandikisha

Mu mwaka wo kwiyandikisha, gahunda ishobora kugira ibyo ihindura ku Rutonde rw'Imiti. Urugero, gahunda ishobora:

- **Kongera cyangwa kuvana imiti ku Rutonde rw'Imiti Idahenze.** Urugero, NH Healthy Families ishobora kongera imiti rusange mishya cyangwa yakozwe n'uruganda ruyicuruza uko igenda iboneka. NH Healthy Families ishobora gukura umuti ku Rutonde rw'Imiti Idahenze uramutse ugaragajwe ko ufite inenge cyangwa basanze udakora neza.
- **Kongera cyangwa kuvanaho ibituma umuti udatangirwa ubwishingizi.** Ku yandi makuru yerekeye ubwishingizi butangwa ku miti, wareba Igice 7.3 (*Amategeko agenga ubwishingizi butangwa ku miti n'ibibujijwe*) muri uyu mutwe.
- **Gusimbuza umuti wakozwe n'uruganda ruwucuruza muri rusange.**

Uko bimeze kose, tugomba kubanza kwemererwa na NH DHHS impinduka zikorwa ku Rutonde rw'Imiti Idahenze rwa gahunda.

Uko uzamenya niba ubwishingizi uhabwa ku muti bwahindutse

Iyo gahunda ihinduye ubwishingizi ku muti uri gufata, gahunda ikohereza itangazo

ryanditse. Ingero z'igihe imiti yawe ishobora guhinduka zirimo:

- Iyo umuti **usubijwe mu ruganda bitunguranye** kubera inengebigakorwa n'umwe cyangwa abawukoze bombi cyangwa Ikigo Gishinzwe Kugenzura Ibiribwa n'Imiti (FDA) kuko wagarage ko wateza umutekano muke cyangwa izindi mppamvu. Iyo ibi bibaye, gahunda ihita ikura uwo Muti ku Rutonde rw'Imiti. Duhita tukumenyesha ako kanya wowe n'uguha serivisi iby'izi mpinduka. Uguha serivisi akorana nawe akagufasha

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

kubona undi muti wo kuvura uburwayi bwawe.

- Iyo umuti wakoze n'uruganda ruwucuruza uri gufata usimbujwe umuti rusange, farumasi ihita isimbuzwa umuti rusange umuti wakoze n'uruganda ruwucuruza. Iyo umuti wakoze n'uruganda ruwucuruza ari ngombwa mu buvuzi, uwawanditse agomba gutanga andi mabwiriza yo kuwufata avuga ko uwo muti wakoze n'uruganda ruwucuruza ari “ngombwa mu buvuzi, na guha gahunda ubusabe bw'uburenganzira rwatanze mbere kugira ngo ibusuzume.

Kugira ngo ubone amakuru agezweho cyane ku miti itangirwa ubwishingizi, sura www.NHhealthyfamilies.com cyangwa uhamagare Serivisi zita ku Banyamuryango (numero za telefone kandi zanditse ku gifuniko cy'inyuma cy'iki gitabo).

Igice 7.3 Amoko y'imiti tutishingira

Iki Igice kikubwira amoko y'imiti wandikirwa ariko atishingirwa.

Kugira ngo ubone imiti itishingirwa uyihawe na gahunda, ugomba kuyiyishyurira. Ntidutanga ubwishingizi ku miti ikurikira yavuzwe muri iki gice. NH Healthy Families ntitanga ubwishingizi mu bihe bikurikira:

- NH Healthy Families ntitanga ubwishingizi ku miti yishyurwa na Medicare Ibice bya A, B, cyangwa D niba wemerewe ubwishingizi bwa Medicare.
- Umuti ugurishwa hanze ya Leta Zunze Ubumwe z'Amerika cyangwa uturere igenzura.
- Iyo umuti ukoreshwa ibitandukanye n'ibyasobanuwe n'Ikigo kigenzura ibiribwa n'imiti kandi ukaba utaratangajwe n'ikigo cyemewe. (“Ikoreshwa ritandukanye” bivuze gukoresha umuti mu buryo butandukanye n'ubwerekanye n'ubwagaragajwe ku kirango cy'umuti bikomezwa n'Ikigo kigenzura ibiribiwa n'imiti (FDA). Ibigo byemewe birimo American Hospital Formulary Service Drug Information, DRUGDEX Information System, bijyanye na kanseri, National Comprehensive Cancer Network na Clinical Pharmacology, cyangwa ababizungura) **(Ku banyamuryango bafite imyaka 21 n'abayirengeje, hashobora kubaho itandukaniro ryo kwemererwa imiti ya ngombwa mu buvuzi ikoreshwa mu buryo butavuzwe n'ikigo gishinzwe ikoreshwa ry'imiti.)**

Byongeye kandi, gahunda ntitanga ubwishingizi ku byiciro by'imiti bikurikira:

- Imiti ikoreshwa mu rwego rw'ubushakashatsi n'ubuvumbuzi itaremejwe n'Ikigo cya FDA
- Imiti yashyizwe ku rutonde n'Ikigo cya FDA nk'aho idakora neza (DESI), cyangwa imiti ya IRS
- Iyo imiti ikoreshwe mu kongera cyangwa guteza imbere uburumbuke
- Imiti ikoreshwa mu kuvura inkorora cyangwa ibicurane
- Imiti ikoreshwa mu kongera ubwiza cyangwa guteza imbere gukura kw'umusatsi

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.



- Imiti ikoreshwa mu kuvura ibibazo byo kudafata umurego ku gitsinagabo, nka Viagra®, Cialis®, Levitra®, na Caverject®
- Umurwayi uvurwa ataha uwo uwakoze umuti asaba ko ibizamini bifatanye isano cyangwa serivisi z'ubugenzuzi bigurwa ku ruganda akaba ari ryo tegeko kugira ngo bigurw
- Ibintu rubanda babonera ubuntu

Igice 7.4 Guhererwa imiti wandikiwe na muganga ku mafaramusi ari mu ihuriro

Inshuro nyinshi, imiti wandikirwa itangirwa ubwishingizi *gusa* ari uko ifatiwe ku mafaramusi ya gahunda ari mu ihuriro. Farumasi iri mu ihuriro ni farumasi ifitanye amasezerano na gahunda yo gutanga imiti itangirwa ubwishingizi iba yanditswe.

Kugira ufate imiti wandikiwe, erekana ikarita y'ubunyamuryango ya gahunda kuri farumasi y'uri mu ihuriro watoranyije. Iyo werekanye ikarita y'ubunyamuryango ya gahunda, farumasi iri mu ihuriro ihita iha gahunda inyemezabuguzi y'amafarang *twishyura* y'igiciro cy'umuti wishingiwe wandikiwe. Ugomba *kwishyura* farumasi Igicewe (amafaranga uafatanywa kwishyura, nibiba ngombwa) uje gufata imiti wandikiwe. Ku yandi makuru ku gufatanywa kwishyura, wareba Igice 7.7 (*Gufatanywa kwishyura imiti wandikiwe*).

Niba utitwaje ikarita y'ubunyamuryango yawe ya gahunda mu gihe uje gutora imiti, saba farumasi guhamagara gahunda ibone amakuru ya ngombwa.

Uko wabona farumasi iri mu ihuriro aho utuye

Kugira ngo ubone farumasi iri mu ihuriro, wareba mu Bubiko bw'Uguha Serivisi, sura urubuga rwacu www.NHhealthyfamilies.com, cyangwa uhamagare Serivisi Zita ku Banyamuryango (nomero za telefone zanditse ku gifiniko cy'inyuma cy'iki gitabo).

Ushobora kandi kubona farumasi ukoresheje ikiranga cyo "Kubona Farumasi" mu bubiko bw'uguha serivisi ari we NH Healthy Families.

Iyo uhinduranyije farumasi imwe ujya mu yindi, kandi ukaba ukkeneye kongera kwandikirwa umuti warumaze igihe ufata, ushobora gusaba ko umuti wandikiwe wimurirwa muri farumasi nshya yo mu ihuriro.

Tukumenyesha farumasi umaze igihe ukoresha ivuye mu ihuriro rya gahunda. Iyo farumasi mukorana ivuye mu ihuriro rya gahunda, uba ugomba gushaka indi farumasi iri mu ihuriro. Kugira ngo ubone indi farumasi iri mu ihuriro, wabona ubufasha bwa Serivisi zita ku Banyamuryango (nomero za telefone zanditse ku gifiniko cy'inyuma cy'iki gitabo) cyangwa ugakoresha Ububiko bw'Uguha Serivisi. Ushobora kandi kubona makuru ku rubuga rwacu kuri www.NHhealthyfamilies.com

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

**Ubaye ukeneye farumasi itanga imiti yihariye**

Rimwe na rimwe imiti igomba gutangirwa muri farumasi itanga imiti yihariye. Farumasi itanga imiti yahariye irimo farumasi zigemura imiti umurwayi atererwa iwe mu rugo. Izindi farumasi zitanga imiti yihariye zirimo:

- Farumasi zitanga imiti ku barwayi bavurirwa mu bitaro bitanga ubuvuzi by'igihe kirekirere (LTC). Muri rusange, ikigo cyita ku barwayi by'igihe kirekire (nk'ikigo cyita ku bageze mu zabukuru) kiba gifite farumasi yacyo. Niba uri mu kigo cyita ku barwayi by'igihe kirekire (LTC), tugomba gukora ku buryo guhora uhabwa ibyo ugenerwa biciye mu mahuriro yacu ya farumasi za LTC, ubusanzwe akaba ari farumasi ibigo bya LTC bikoresha. Niba ufite ingorane iyo ariyo yose mu kugera kigo cya LTC, bimenyeshye Serivisi z'Abanyamuryango.

Kugira ngo ubone farumasi iri mu ihuriro, reba mu Bubiko bw'Uguha Serivisi cyangwa uhamagare Serivisi z'Abanyamuryango (numero za telefone zanditse ku gifuniko cy'iki gitabo).

Igihe wakoresha farumasi zitari mu ihuriro

Mu bihe bitunguranye nta farumasi iri mu ihuriro ihari, wamenyeshya Serivisi zita ku Banyamuryango (numero za telefone zanditse ku gifuniko cy'inyuma cy'iki gitabo) kugira ngo icyemezo gihindurwe ufatire imiti muri farumasi itari mu ihuriro. Bishobora kuba ngombwa ko farumasi ihamagara numero ya telefone y'abashinzwe gutanga ubufasha muri farumasi (iri inyuma ku ikarita yawe y'ubunyamuryango) kugira ngo yemererwe guhindura iki cyemezo.

Uko wagezwaho imiti mu buryo bwihutirwa

Mu buryo bwihutirwa utabasha kubona imiti yawe bitewe no gukenera kubanza guhabwa uburenganzira, farumasi yawe ishobora guhamagara Numero Ishinzwe Gutanga Ubufasha ya Farumasi kugira ngo icyemezo gihindurwe kandi ubashe gufata imiti ukeneye mu buryo bwihutirwa kugeza ku masaha 72. Numero itanga ubufasha ya farumasi iri inyuma ku ikarita yawe y'ubunyamuryango.

Uko wagezwaho imiti by'igihe gito

Hari ibihe bimwe na bimwe, ushobora imiti by'igihe gito, nk'igihe wagiye mu biruhuko cyangwa imiti yawe yatakaye. Mu gihe bimeze bityo bimenyeshye Serivisi z'Abanyamuryango (numero za telefone zanditse ku gifuniko cy'inyuma cy'iki gitabo) kugira ngo icyemezo gihindurwe cyangwa ushake umuhanga mu by'imiti ahamagare numero ya telefone y'abashinzwe gutanga ubufasha muri farumasi (yanditse inyuma ku ikarita yawe y'ubunyamuryango) kugira ngo icyemezo gihindurwe. Kugira ngo icyemezo gihindurwe ku miti yatakaye uhabwe indi bimenyeshye Serivisi zita ku Banyamuryango (numero za telefone zanditse ku gifuniko cy'inyuma cy'iki gitabo) kugira ngo icyemezo gihindurwe cyangwa ushake umuhanga mu by'imiti ahamagare numero ya telefone y'abashinzwe gutanga ubufasha muri farumasi (yanditse inyuma ku ikarita yawe y'ubunyamuryango) kugira ngo iki cyemezo gihindurwe. Hashobora kubaho ibibuzwa. Rimwe na rimwe, NH Healthy Families ishobora gusaba icyemezo kigaragaza ko wayitakaje nk'imiti yatakaye utanga raporo ya polisi.

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

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Gukoresha serivisi za gahunda z'iposita zo gutumiza ibintu

Ku miti imwe n'imwe, ushobora gukoresha serivisi za gahunda z'iposita zo gutumiza ibintu ziri mu ihuriro. Muri rusange, imiti inyuzwa mu iposita ni imiti ufata ku buryo buhoraho ivura uburwayi barwaye indwara z'akarande cyangwa z'igihe kirekire.

Kugira ngo ubone amakuru yerekeye uburyo bwo kubona imiti iciye mu iposita, bimenyeshe Serivisi zita ku Banyamuryango (nimeru za telefone zanditse ku gifuniko cy'inyuma cy'iki gitabo).

Ubusanzwe imiti watumije ukoresheje iposita ikugeraho mu gihe kitarenze iminsi 2 y'akazi. Imiti wohererejwe nitakugereraho igihe kugira ngo ikuvure, uhamagara Serivisi zita ku Banyamuryango (nimeru za telefone zanditse ku gifuniko cy'inyuma cy'iki gitabo). Serivisi zita ku Banyamuryango zigufasha kubona imiti yawe uyikuye mu yindi farumasi.

Farumasi ikumenyesha buri uko ikongeye imiti cyangwa ukandikirwa imiti mishya n'utanga serivisi z'ubuvuzi kugira ngo harebwe niba ushaka kongerwa indi miti kandi igahita yoherezwa. Ibi biguha mahirwe yo gukora ku buryo farumasi ikohereza umuti nyawo (harimo imbaraga, ingano, n'uburyo ukoze) kandi byaba ngombwa, bikakwemerera guhagarika cyangwa gutinza imiti watumije mbere y'uko ikorerwa inyemezabuguzi bakanayikoherereza. Ni ingenzi ko igihe cyose farumasi iguhamagaye uyisubiza kugira ngo bamenye icyo babasha gukoresha imiti mishya wandikiwe na kwirinda ko habaho gutinda mu kuyikugezaho.

Kugira ngo hakorwe ku buryo farumasi yakugeraho kugira ngo yemeze imiti watumije mbere y'uko uyoherezwa, kora ku buryo umenyesha farumasi uburyo bwiza bwo kukumenyesha uhamagara Serivisi zita ku Banyamuryango (nimeru za telefone zanditse ku gifuniko cy'inyuma cy'iki gitabo).

Kugira ngo uve mu buryo bwo guhita wohererezwa imiti mishya wandikiwe iba yaturutse mu buryo butaziguye mu biro by'uguha serivisi z'ubuzima, bimenyeshe gahunda uhamagara Serivisi zita ku Banyamuryango.

Ni ingenzi ko ubwira farumasi uburyo bwiza bwo kukumenyesha.

Igice 7.5 Gutanga ubwishingizi ku miti mu bitaro

Iyo ushyizwe mu bitaro cyangwa ikindi kigo aho kuba byishyurwa na gahunda, muri rusange twishyura igiciro cy'imiti wandikiwe mu gihe wamazeyo. Iyo uvuye mu bitaro cyangwa ikindi kigo, gahunda yishyura imiti yawe igihe cyose yujuje ibisabwa n'amategeko yacu y'ubwishingizi yasobanuwe muri uyu Mutwe.

**Byagenda bite ubaye uri mu kigo cyikwitaho mu gihe kirekire (LTC)?**

Ubusanzwe, ikigo cyita ku murwayi igihe kirekire (LTC) (nk'ibigo byita ku bageze mu zabukuru) kiba gifite farumasi zacyo, cyangwa farumasi iri mu ihuriro igemurira imiti abakirwariyemo bese. Iyo uba mu kigo gitangirwamo ubufasha bw'igihe kirekire, ugomba kubonera imiti wandikiwe na muganga muri farumasi y'icyo kigo ipfa kuba iri mu ihuriro ryacu.

Genzura Ububiko bw'uguha serivisi uburebera kuri interineta cyangwa uhamagara serivisi z'umunyamuryango kugira ngo umenye niba farumasi y'ikigo kikwitaho by'igihe kirekire ari imwe mu zigize ihuriro ryacu. Niba itari ku rutonde rw'ihurro ryacu cyangwa niba ushaka andi makuru, hamagara Serivisi zita ku Banyamuryango (numero za telefone zanditse ku gifuniko cy'inyuma cy'iki gitabo).

Igice 7.6 Porogaramu zo gufasha abanyamuryango gukoresha imiti neza

Dukora isuzuma ry'ikoresha ry'imiti ry'abanyamuryango bacu kugira ngo dukore ku buryo bamera neza kandi bitabwaho mu buryo bukwiye. Iri suzuma ni ingenzi cyane ku banyamuryango bacu bafite utanga serivisi urenze umwe babandikira imiti.

Buri gihe cyose uje gutora imiti wandikiwe dukora isuzuma. Dusuzuma kandi amakuru yacu ku buryo buhoraho. Mu isuzuma dukora, tureba ibibazo bishobora kuvuka nk':

- Ikosa mu gutanga imiti rishobora kuba ryarabaye,
- Imiti ishobora kuba yateza ibyago kubera ko hari indi uri gufata ivura uburwayi bihuye;
- Imiti ishobora guteza ikibazo cyangwa idakwiye kubera imyaka yawe cyangwa igitsina;
- Uruvange rumwe na rumwe rw'imiti rushobora kuba rwateza ibyago igihe ifatiwe rimwe;
- Imiti yifitemo ibintu biguteza ubwivumbure bw'umubiri; n'
- Amakosa ashoboka mu ngano ya (doze) umuti uri gufata.

Nitubona ikibazo gishoboka mu ikoresha ry'imiti ryawe, tuzakorana n'uguha serivisi akosore ikibazo.

Kugenzura Imiti Mu Buryo Bwuzuye

NH Healthy Families itanga Uburyo bwo Kugenzura Imiti Buhoraho ku banyamuryango bese. Ntugire impungenge zo kuvugisha NH Healthy Families niba wumva wakungukira muri iyi serivisi.

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

Igice 7.7 Gufatanya kwishyura imiti wandikiwe

Ushobora gusabwa gufatanya kwishyura kuri buri muti wandikiwe

Farumasi igusaba gufatanya kwishyura amafaranga ku miti wandikiwe itangirwa ubwishingizi keretse icyiciro cy'imiti wandikiwe wagisonewe cyangwa ukaba uri umwe mu banyamuryango bari mu cyiciro gisonewe, nk'uko bisobanuye muni (reba *Abanyamuryango basonewe gufatanya kwishyura*).

“Gufatanya kwishyura” cyangwa “kwishyura mufatanyije” ni umubare w'amafaranga wagenwe wishyura igihe cyose ugiye gufata imiti bongeye kukwandikira iyo wari usanzwe ufata. Amafaranga ufatanya kwishyura y'imiti wandikiwe arahinduka.

Ku bijyanye na gufatanya kwishyura imiti wandikiwe wareba ku Igice 4.2 (*Imboneramwe y'Ibyo Abarwayi Bagenerwa*, reba *Imiti wandikiwe*).

Abanyamuryango basonewe gufatanya kwishyura

NH DHHS igena niba usonewe gufatanya kwishyura imiti wandikiwe. Si ngombwa

ko ufatanya kwishyura niba:

- Ubarirwa mu cyiciro cy'uwinjiza amafaranga yagaragajwe (100% cyangwa muni y'umurongo w'ubukene hakurikijwe uko leta ibigaragaza);
- Ufite imyaka iri muni ya 18;
- Uba mu nzu zita ku bageze mu zabukuru cyangwa abafite ubumuga bwo mu mutwe;
- Uri muri imwe muri porogaramu zo gusonera abaturage n'ingo (HCBC);
- Utwite kandi uri guhabwa serivisi zijyanye no kuba utwite cyangwa ufite ubundi burwayi bushobora gutuma ugira ibibazo mu gutwita;
- Uri guhabwa serivisi ku burwayi bujyanye no gutwita kandi imiti wandikirwa warayifashe cyangwa warongeye kuyandikirwa mu minsi 60 nyuma y'ukwezi wabyariyemo;
- Uri muri Porogaramu yo kuvura kanseri y'ibere n'iy'inkondo y'umura;
- Uri guhabwa ubuvuzi bw'abashigaje iminsi mike yo kubaho; cyangwa
- Waravukiye Muri Amerika cyangwa Muri Alaska.

Niba wizera ko wasonerwa ibimaze kuvugwa kandi ukaba warasabwe gufatanya kwishyura,

Serivisi z'Abanyamuryango ba NH Healthy Families
1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)
Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,
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bimenyeshe Serivisi zita ku bakiriya za NH DHHS kuri numero itishyurwa **1-844-ASK-DHHS** (1-844-275-3447) (ku bafite ubumuga bwo kutumva kuri (TDD: 1-800-735-2964), Kuva Ku Wa Mbere kugeza ku wa gatanu, guhera saa 8:00 za mugitondo kugeza saa 4:00 za nimugoroba ku masaha y'iburasirazuba.

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

Umutwe wa 8. Kudusaba kwishyura

Igice 8.1 Abatanga serivisi z'ubuvuzi bari mu ihuriro bashobora kutakwishyura serivisi zishingiwe

Havuyemo gufatanya kwishyura imiti wandikiwe, abatanga serivisi bari mu ihuriro ntibaguha inyemezabwishyu ya serivisi zitangirwa ubwishingizi. Ntugomba na rimwe guhabwa inyemezabuguzi n'utanga serivisi uri mu ihuriro igihe cyose ukurikiza amategeko yagaragajwe muti iki gitabo.

Ntitwemerera abatanga serivisi guha inyemezabuguzi abanyamuryango cyangwa kongera cyangwa kubaca andi mafaranga ku ruhande, yitwa “kwishyura asigaye.” (Ku gisobanuro cy'ijambo kwishyura asigaye, wareba Igice 13.2 (*Ibisobanuro by'amagambo y'ingenzi*)). Ibi ni ukukurinda (kugira ngo utishyura umubare w'amafaranga arenze ayo mufatanya kwishyura, iyo bishoboka) bireba uguha serivisi kabone nubwo wamwishyura amafaranga ari muni y'ayo aca kuri serivisi. Binakoreshwa kandi igihe hari amakimbirane ku bijyanye n'amafaranga gahunda yishyura utanga serivisi kuri serivisi zishingiwe, n'igihe tutishyuye amafaranga amwe n'amwe utanga serivisi aca.

Rimwe na rimwe iyo uhawe serivisi z'ubuzima cyangwa wandikiwe imiti, ushobora gushaka guhita wishyura igiciro cyose ako kanya. Hari n'ibindi bihe, ushobora gusanga wishyuye arenze ayo wari witeze hakurikijwe amategeko agenga ubwishingizi ya gahunda. Uko byaba bimeze kose, icyo ugomba gukora ni ugusaba gahunda ko yayagusubiza.

Hashobora na kubaho kandi ibihe utanga serivisi aguhaye inyemezabuguzi ikubiyemo igiciro cyose cy'ubuvuzi wahawe. Niba utekereza ko twakagombye kuba twarishyuye zimwe muri izi serivisi cyangwa zose, ugomba kutwoherereza inyemezabuguzi aho kuyishyura, cyangwa ukamenyesha utanga serivisi agaha inyemezabuguzi gahunda.

Ku makuru ajyanye n'aho wakohereza ubusabe bwawe bwo kwishyurwa, wareba Igice 8.2 (*Uburyo n'aho watwoherereza ubusabe bwawe bwo kwishyurwa*).

Dore ingero z'ibihe aho wasaba gahunda kukwishyura, cyangwa kwishyura inyemezabuguzi wahawe:

- **Watunguwe n'uburwayi cyangwa ukenera serivisi z'ubuvuzi byihutirwa cyangwa uhabwa imiti n'utanga serivisi utari mu ihuriro rya gahunda**

Saba uwaguhaye serivisi guha inyemezabuguzi gahunda. Wowe ugomba kwishyura uruhare rwawe ku giciro cy'imiti yose waguze muri farumasi.

Mu gihe wishyura igiciro cyose cyangwa igice cy'igiciro mu gihe uhabwa serivisi z'ubuvuzi cyangwa imiti wandikiwe, saba gahunda kukwishyura uruhare rwayo ku giciro. Twohereze inyemezabuguzi, hamwe n'indi nyandiko iyo ari yo yose

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.



y'amafaranga wishyuye, nk'inyemezabwishyu.

Utanga serivisi naguha inyemezabuguzi agusaba kwishyura amafaranga utekereza ko utamurimo, ohereza inyemezabuguzi kuri gahunda, hamwe n'izindi nyandiko z'amafaranga warangije kwishyura, nk'inyemezabwishyu. Niba utanga serivisi hari amafaranga tugomba kumwishyura, duhita tumwishyura ako kanya. Niba wararangije kwishyura amafaranga arenze uruhare rwawe ku giciro cy'inyemezabuguzi, tukwishyura amafaranga angana n'igiciro gahunda igomba kwishyura. Niba warahawe serivisi zidatangirwa ubwishingizi na gahunda kandi ukazihurwa inyemezabuguzi, ushobora kuba ari wowe wishyura igiciro cyazo.

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

Ku makuru ajyanye n'aho wakohereza ubusabe bwawe bwo kwishyurwa, wareba Igice 8.2 (*Uburyo n'aho watwoherereza ubusabe bwawe bwo kwishyurwa*).

- **Iyo uguha serivisi uri mu ihuriro aguhaye inyemezabuguzi utekereza ko utagomba kwishyura**

Abatanga serivisi bari mu ihuriro bagomba buri gihe guhita baha inyemezabuguzi gahunda. Ariko rimwe na rimwe bakora amakosa bakaguha inyemezabuguzi habayeho kwibeshya.

Iyo ibi bibaye:

- Twoherereze inyemezabuguzi. Tuzahita tumenyeshya utanga serivisi kugira ngo ikibazo cy'inyemezabuguzi gikemuke.
- Niba warangije kwishyura inyemezabuguzi, ariko ukaba utekereza ko wishyuye menshi cyane, twoherereze inyemezabuguzi hamwe n'inwandiko y'amafaranga ayo ari yo yose wishyuye maze udusabe kukwishyura asigaye hagati y'amafaranga wishyuye n'amafaranga ubereyemo gahunda.

Ku makuru ajyanye n'aho wakohereza ubusabe bwawe bwo kwishyurwa, wareba Igice 8.2 (*Uburyo n'aho watwoherereza ubusabe bwawe bwo kwishyurwa*).

- **Iyo wishyuye igiciro cyose cy'imiti wandikiwe kubera ko utitwaje ikarita ya gahunda y'ubunyamuryango**

Niba utitwaje ikarita y'ubunyamuryango ya gahunda yawe mu gihe utora imiti, saba farumasi guhamagara gahunda ibone amakuru ya gahunda yawe yo kwiyandikisha. Niba farumasi itabona makuru akeneywe yo kwiyandikisha, ushobora gusabwa kwishyura amakuru yo kwiyandikisha akenewe, ushobora gusab kwishyura igiciro cyose cy'imiti wandikiwe ubwawe. Mu gihe wishyuye imiti wandikiwe, bika inyemezabwishyu yawe, twoherereze kopi, udusabe kukwishyura uruhare rwacu ku giciro

Ku makuru ajyanye n'aho wakohereza ubusabe bwawe bwo kwishyurwa, wareba Igice 8.2 (*Uburyo n'aho watwoherereza ubusabe bwawe bwo kwishyurwa*).

- **Iyo wishyuye igiciro cyose cy'imiti wandikiwe mu bindi bihe**

Ushobora kwishyura igiciro cyose cy'imiti wandikiwe kubera ko ushobora kubona ko umuti utishyurirwa ubwishingizi kubera impamvu zimwe na zimwe. Urugero: Umuti ushobora kuba utari (*ku rutonde rwa gahunda*) rw'imiti itangirwa ubwishingizi; cyangwa ikaba ufite itegeko cyangwa icyo ubuzwa utakurikije. Iyo ufashe icyemezo cyo guhita uwugura, bishobora kuba ngombwa ko wishyura igiciro cyawo cyose. Bika inyemezabwishyu yawe, twoherereze kopi, udusabe kukwishyura amafaranga twagombaga kwishyura.

Mu bihe bimwe na bimwe, dushobora gukenera guhabwa andi makuru na muganga wawe kugira ngo tukwishyure amafaranga twagomba kwishyura. Niba warahawe serivisi zidatangirwa ubwishingizi na gahunda kandi ukaziherwa inyemezabuguzi, ushobora kuba ari wowe wishyura igiciro cyazo.

Ku makuru ajyanye n'aho wakohereza ubusabe bwawe bwo kwishyurwa, wareba Igice

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

8.2 (Uburyo n'aho watwoherereza ubusabe bwawe bwo kwishyurwa).

Ingero ziri hejuru zose n'amoko y'ibyemezo by'ubwishingizi. Ibi bivuze ko iyo twanze ubusabe bwawe bwo kwishyurwa, ushobora kujuririra icyemezo cyacu cyangwa gutanga ikirego kuri serivisi utishimiye. Ku makuru yerekeye kujurira cyangwa gutanga ikirego cyo kutishimira serivisi, wareba Umutwe wa 10 (Ukora iki iyo wifuza kujurira icyemezo cya gahunda cyafashwe cyangwa "igikorwa", cyangwa gutanga ikirego kuri serivisi utishimiye).

Inyandiko Yemeza y'Umunyamuryango

Utanga serivisi ashobora guha umunyamuryango fagitire ya serivisi ita iya ngombw amu buvuzi, itari mu bigenwa byishingirwa, cyangwa umunyamuryankaba yararengeje ibitagomba kurenzwa byagenwe na Porogaramu kuri serivisi runaka ari uko gusa ibisabwa bikurikira byujujwe:

Mbere ya serivi iri gutangwa, utanga serivisi yarabonye kandi akabika inyandiko yemeza y'umunyamuryangorit yashyizwe umukono n'umunyamuryango ivuga,

Nsobanukiwe, nkurikije igitekerezo cy'(izina ry'utanga serivisi), ko serivisi cyangwa igikoresho nasabye ko mpambwa ku (amatariki serivisi yatangiweho) bitishingirwa na Porogaramu y'ihuriro rya NH Healthy Families nk'ibifite ishingiro cyangwa ngombwa mu buvuzi mpambwa. Nsobanukiwe ko NH Healthy Families, biciye mu masezerano iiftanye na n'Ishami rishinzwe ubuzima n'imibereho myiza rya New Hampshire rigena ukuba serivisi ari ngombwa mu buvuzi cyangwa ibikoresho nsaba ngahabwa. Nsobanukiwe kandi ko mfite inshingano zo kwishyura serivisi cyangwa ibikoresho mpabwa iyo izi serivisi cyangwa ibikoresho bifatwa ko bifite ishingiro kandi ari ngombw amu buvuzi mpabwa.

Ku makuru arambuye yerekeye ibisabwa na NH Healthy Families mu gutanga fagitire, warebera ku Gatabo ko gukora fagitire k'utanga serivisi kaboneka ku rubuga www.NHhealthyfamilies.com.

Igice 8.2 Ni gute kandi ni he watwoherereza ubusabe bwawe bwo kwishyura

Twoherereza ubusabe bwawe bwo kwishyurwa, hamwe na kopi y'inyemezabuguzi yawe n'inyandiko igaragaza amafaranga yose waba warishyuye. Ni byiza kubika kopi y'inyemezabuguzi n'inyemezabwishyu zawe kugira ngo ubibike.

Ohereza ubusabe kuri:

NH Healthy Families
Attn: Member Services
2 Executive Park Drive
Bedford, NH 03110

Serivisi z'Abanyamuryango ba NH Healthy Families
1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)
Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,
Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.



Bimenyeshe Serivisi z'Abanyamuryango (numero za telefone zanditse ku gifuniko cy'inyuma cy'iki gitabo). Niba utazi amafaranga wagomba kuba warishyuye, cyangwa uhabwa inyemezabwishyuo udasobanukiwe, bimenyeshe Serivisi z'Abanyamuryango (numero za telefone zanditse ku gifuniko cy'inyuma cy'iki gitabo). Twagufasha Ushobora guhamagara gahunda niba ushaka kuduha anadi makuru ku busabe bwo kwishyura woherereje gahunda.

Igice 8.3 Nyuma y'uko gahunda yakira ubusabe bwawe bwo kwishyurwa

Nitwakira ubusabe bwawe bwo kwishyurwa, tukumenyesha niba tugukenyeho andi makuru. Bitari ibyo, dusuzuma ubusabe bwawe maze tugasaba tukanafata icyemezo ku bwishingizi.

- Nidufata icyemezo ko serivisi z'ubuvuzi cyangwa imiti wandikirwa itangirwa ubwishingizi kandi ko wakurikije amategeko yose yo guhabwa serivisi cyangwa imiti, twishyura amafaranga tugomba kwishyura.
 - Niba wararangije kwishyura serivisi cyangwa umuti, tukohereza ubutumwa bw'amafaranga usubizwa twagombaga kwishyura. Niba utemeranya n'amafaranga tukwishyura, ushobora kujurira.
 - Niba utarishyuye serivisi cyangwa umuti, duhita twoherereza utanga serivisi amafaranga yishyuye.
- Nidufata icyemezo ko serivisi z'ubuvuzi cyangwa imiti wandikirwa itshingiwe, cyangwa ukaba *utakurikije* amategeko, *ntitwishyura* ayo twagomba kwishyura. Ahubwo, tukohereza ibaruwa isobanura impamvu tukoherereza ubwishyuru wasabye n'uburenganzira bwawe bwo kujuririra icyo cyemezo.

Niba utekereza ko twakoze ikosa mu kwanga ubusabe bwawe bwo kwishyurwa cyangwa ukaba utemeranya n'umubare w'amafaranga tukwishyura, utanga ubujurire. Iyo utanze ubujurire, bivuze ko uri gusaba gahunda guhindura icyemezo twafashe ubwo twatangaga ubusabe bwawe bwo kwishyurwa. Ku makuru yerekeye uko wajurira, wareba Umutwe wa 10 (*Ukora iki iyo wifuza kujurira icyemezo cya gahunda cyafashwe cyangwa "igikorwa", cyangwa gutanga ikirego kuri serivisi utishimiye*).

Igice 8.4 Amategeko yo kwishyura ugomba kuzirikana

NH Healthy Families itanga ubwishingizi kuri serivisi zose z'ubuzima za ngombwa mu buvuzi, zanditse mu Mbonerahamwe y'ibyo umurwayi agenerwa mu Mutwe wa 4 w'iki gitabo, kandi bibonwa hakurikijwe amategeko ya gahunda. Ni wowe ugomba kwishyura igiciro cyose cya serivisi zitishingirwa na gahunda. Ubu bwishyuru bushobora kuba itegeko kuko serivisi itishingirwa, cyangwa ikaba yaratagiwe hanze y'ihuriro kandi gahunda itabanje kubitangira uburenganzira.

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.



Kuri serivisi zitangirwa ubwishingizi ariko zifite aho ibyo abarwayi bagenerwa bigarukira, wishyura igiciro cyose cyangwa serivisi iyo ari yo yose uhabwa nyuma yo gukoresha ibyo wemerewe bikarangira kuri ubwo bwoko bwa serivisi zishingirwa. Wahamagara Serivisi zita ku Banyamuryango mu gihe ushaka kumenya aho ibyo abarwayi bagenerwa bamaze gukoresha. (Nomero za telefone za Serivisi zita ku Banyamuryango zanditse ku gifuniko cy'iki gitabo.)

Niba hari ikibazo icyo ari cyo cyose ufite niba tuzishyura serivisi izo ari zo zose z'ubuzima cyangwa kwitabwaho ukeneye, ufite uburenganzira bwo kutubaza niba tuzishingira mbere y'uko uzihabwa. Unafite kandi uburenganzira bwo kubisaba mu nyandiko. Nituvuga ko tutazishingira serivisi zawe cyangwa imiti wandikirwa, ufite uburenganzira bwo gutanga ikirego kuri serivisi utishimiye cyangwa kujuririra icyemezo cyacu cyo kutishingira kukuvura. Ku makuru yerekeye uko wajurira, wareba Umutwe wa 10 (*Ukora iki iyo wifuza kujurira icyemezo cya gahunda cyafashwe cyangwa "igikorwa", cyangwa gutanga ikirego kuri serivisi utishimiye*).

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

Umutwe wa 9. Uburenganzira n'inshigano byawe

Igice 9.1 Uburenganzira bwawe

Nk'umunyamuryango wa gahunda yacu, hari uburenganzira bumwe na bumwe ufite bujyanye na kwita ku buzima bwawe.

- Ufite uburenganzira bwo guhabwa amakuru ari mu miterere yumvikana byoroshye kandi iboneka byoroshye yujuje ibyo ukeneye. Ku yandi makuru, wareba ku Igice 2.13 (*Andi makuru y'ingenzi: Indi miterere bisimburana na serivisi z'ubusemuzi*).
- Ufite uburenganzira bwo gubahwa na kwitabwaho ku bw'agaciro kawe na kubahirwa ubuzima bwite.
- Ufite uburenganzira bwo guhabwa amakuru ku mahitamo yo kuvurwa hari n'ayasimbura, bitanzwe mu buryo bubereye uko uhagaze n'ubushobozi bwawe bwo gusobanukirwa.
- Ufite uburenganzira bwo kugira uruhare mu cyemezo kijyanye na kwita ku buzima bwawe, harimo n'uburenganzira bwo kwanga kuvurwa.
- Ufite uburenganzira bwo guhabwa amakuru ku kigo, serivisi zacyo, abakozi bacyo n'abagiha serivisi n'uburenganzira bw'abanyamuryango n'inshigano zabo.
- Ufite uburenganzira bwo gutanga ibirego cyangwa ubujurire na kudasaba kongera gusubira mu cyemezo cyafashwe.
- Ufite uburenganzira bwo gutanga inama zirebana n'uburenganzira bw'abanyamuryango b'ikigo na politike iganga inshigano.
- Ufite uburenganzira bwo kutagira ibyo ubuzwa cyangwa guhezwa bikoreshejwe mu buryo bw'agahato, guhana, uko umuntu aba yumva cyangwa kwihorera.
- Ufite uburenganzira bwo kureba, na gusaba na guhabwa kopi y'amakuru y'ubuvuzi abitse, n'uburenganzira bwo gusaba ko amakuru y'ubuvuzi abitse akwerekeyeho avugururwa cyangwa agakosorwa.
- Ufite uburenganzira kuri serivisi zishingiwe n'imiti iboneka kandi igakoreshwa ku gihe.
- Ufite uburenganzira bwo guhurizwa ibikorwa byo kwitabwaho.
- Ufite uburenganzira bw'ubuzima bwite na kurindwa kw'amakuru yawe bwite y'ubuzima.
- Ufite uburenganzira bwo guhabwa amakuru ya gahunda yacu, abatanga serivisi bari mu ihuriro ryacu, na serivisi zawe zishingirwa.
- Ufite uburenganzira bwo gusaba na guhabwa gahunda z'uduhimbazamusyi izo ari zo zose zanditse z'uguha serivisi.
- Ufite uburenganzira ku bigenwa bimwe na bimwe, harimo na Serivisi zo kuboneza

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

urubaaro, ukabihabwa n'abatanga serivisi batari mu ihuriro.

- Ufite uburenganzira bwo gufatanya na muganga kugira uruhare mu gutanga ibitekerezo mu gufata ibyemezo byerekeye ubuvuzi uhabwa.
- Gahunda ntishobora kukwihoreraho mu buryo ubwo ari bwo bwose cyangwa se Ishami ry'Ubuzima na Serivisi zo kwita ku Bantu rya New Hampshire (NH DHHS) kubera gukoresha uburenganzira bwawe.
- Ufite uburenganzira ku mahitamo ya kabiri. Ku yandi makuru, warebera ku Gice 6.6 (*Kugira amahitamo ya kabiri ku buvuzi*).
- Ufite uburenganzira bwo kumenya icyo gukora mu gihe ufashwe mu buryo budakwiye cyangwa uburenganzira bwawe ntibwubahirizwe. Ku yandi makuru, wareba Gice 10.7 (*Uko watanga ikirego cyo kutishimira serivisi n'icyo wakitega nyuma yo kugitanga*).
- Ufite uburenganzira bwo kumenyeshwa impinduka izo ari zo zose mu mategeko ya leta zishobora kugira ingaruka ku bwishingizi bwawe. gahunda iguha amakuru avuguruye byibuze iminsi (30) y'ingengabihe mbere y'itariki impinduka zitangira gukurikirizwaho igihe cyose bishoboka.
- Ufite uburenganzira bwo gukora igenamigambi ryo kwita ku byemezo by'ubuzima bwawe igihe ubihisemo utyo. Ku yandi makuru, wareba Igice 9.3 (*Igenamigambi rikozwe mbere ku byemezo by'ubuzima bwawe*).
- Ufite uburenganzira bwo gutanga ikirego mu gihe uguha serivisi atubahiriza ibyifuzo byawe byasobanuwe mu masezerano yawe yo gufatirwa icyemezo. Ku yandi makuru, wareba Igice 9.3 (*Igenamigambi rikozwe mbere ku byemezo by'ubuzima bwawe*).
- Ufite uburenganzira bwo kureka gahunda yacu mu bihe bimwe na bimwe. Ku yandi makuru, wareba Igice 11 (*Kurangiza Ubunyamuryango bwawe bwa gahunda*).
- Ufite uburenganzira bwo kugira ikiganiro giciye mu mucyo ku mahitamo yo kuvurwa hatitawe ku giciro cy'inyungu itangirwa ubwishingizi. Ku bijyanye n'ubujyanama na serivisi urangirwa tudatangira ubwishingizi bitewe n'imyizerere, tugomba kukumenyesha ko serivisi itishingirwa n'uburyo wabona amakuru ku buryo wakoresha iyi serivisi. NH DHHS ishobora gutanga amakuru ku buryo n'aho kubonera serivisi zitishingiwe cyangwa zitangwa na NHHF kubera ibyo umuntu atemera akurikije umuimanawe we cyangwa imyizerere.
- Ufite uburenganzira bwo gukoresha uburenganzira bwawe, kandi gahunda ikora ku buryo gukoresha ubwo burenganzira bitagira ingaruka mbi ku buryo gahunda n'abatanga serivisi cyangwa DHHS bagufata.
- Amakuru tuguha agaragaza impinduka mu mategeko ya leta vuba bishoboka ariko bitarenze iminsi (90) ya nyuma y'itariki impinduka zitangira gukurikirizwaho

Igice 9.2 Inshingano zawe

Ahakurikira hari urutonde rw'ibintu ukeneye nk'umunyamuryango wa gahunda. Niba ufite ibibazo, hamagara Serivisi z'Abanyamuryango (numero za telefone zanditse ku gifuniko

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Ku Wa Kane - Ku Wa Gatatu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.



cy'inyuma cy'iki gitabo).

- Ufite inshingano zo gutanga amakuru (ku buryo bwose bushoboka) ikigo n'abakozi bacyo bakeneye n'abagiha serivisi kugira ngo batange ubuvuzi.
- Ufite inshingano zo kubahiriza amabwiriza ya gahunda kugira ngo uba we ubuvuzi wemwe guhabwa n'abaganga bayo.
- Ufite inshingano zo gusobanukirwa ibibazo byawe by'ubuzima na kugira uruhare mu gushyiraho intego zo kukuvura mwemeranyijweho n'uguha serivisi ku rugero rwo hejuru rushoboka.
- **Kumenyera serivisi zawe zishingirwa n'amategeko ugomba gukurikiza kugira ngo uhabwe serivisi z'ubwishingizi.** Koresha iki gitabo umenye ibitangirwa ubwishingizi, n'amategeko ugomba gukurikiza ngo ubone serivisi zishingirwa.
 - Igice 3 n'icya 4 gitanga ibisobanuro kuri serivisi zaw z'ubuzima, harimo n'ibyishingirwa na gahunda, ibitishingirwa, n'amategeko yo gukurikiza.
 - Umutwe wa 7 utanga ibisobanuro ku miti wandikiwe itangirwa ubwishingizi, harimo ibyo usabwa kwishyura.
 - Kugira ngo uhabwe ubwishingizi na NH Healthy Families, ugomba guhabwa serivisi zo kwita ku buzima za gahunda n'abatanga serivisi bari mu ihuriro keretse:
 - Ubuvuzi bihuse;
 - Ubuvuzi bukenewe byihutirwa cyane igihe wagiye aho gahunda idatanga serivisi;
 - Serivisi zo kuboneza urubyaro; na
 - Iyo tuguhaye uruhushya mbere rwo kwitabwaho n'utanga serivisi utari mu ihuriro.
- **Mu gihe ufite ubundi bwishingizi bw'ubuzima cyangwa ubwishingizi ku miti utangwa bwiyoungera kuri gahunda yacu, urasabwa kubwira NH Healthy Families vuba bishoboka.** Bimenyeshe Serivisi zita ku Banyamuryango (nimeru za telefone zanditse ku gifuniko cy'inyuma cy'iki gitabo).

Dusabwa gukurikira amategeko yashyizweho na Medicaid kugira ngo dukore ku buryo ukoresha ubwishingizi bwawe bwose. Ibi nibyo bita “guhuzwa ibyo ugenerwa” kuko harimo guhuzwa ibyo ugenerwa n'imiti wandikiwe uhabwa na gahunda yacu n'izindi nyungu z'ubuzima n'imiti wandikirwa ushobora kubona. Tugufasha guhuriza hamwe ibyo ugenerwa.

Ku yandi makuru ku guhuzwa inyungu, wareba Igice 1.5 (*Uko ubundi bwishingizi bukorana na gahunda yacu*).

- **Saba muganga wawe n'abandi batanga serivisi z'ubuzima ko wiyandikishije muri gahunda yacu.** Ereka ikarita yawe y'ubunyamuryango ya gahunda n'ikarita y'ubwishingizi bwa New Hampshire Medicaid yawe igihe cyose uhawe serivisi zawe zishingiwe, harimo ubuvuzi n'izindi serivisi zo kwita ku buzima n'imiti wandikirwa.

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Ku Wa Kane - Ku Wa Gatatu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.



- **Gufasha abaganga n'abandi batanga serivisi kugufasha ubaha amakuru, ubaza ibibazo, na gukurikirana uburyo bwo kukwitaho.**
 - Gufasha abaganga bawe n'abandi batanga serivisi z'ubuzima kukwitaho neza cyane, kwiga byinshi bishoboka uko ubishoboye ku buryo uburwayi bwawe buhagaze. Guha abagaha serivisi z'ubuzima amakuru bagukeneyeho wowe n'ubuzima bwawe. Gukurikiza gahunda yo kuvurwa n'amabwiriza wowe n'abaganga bawe mwemeranya.
 - Kora ku buryo abaganga n'abandi batanga serivisi z'ubuzima bamenya imiti yose uri gufata, harimo imiti itari ngombwa kwandikwa na muganga, vitamine, n'inyunganizi.
 - Vugana na PCP mukora ku bijyanye na gushaka serivisi ku nzobere mbere y'uko ugira uwo ujya gushaka, keretse mu bihe bitunguranye.
 - Ubahiriza gahunda wahawe, korera ku gihe, kandi uhamagare mbere y'igihe niba uri bukererwe cyangwa uribuhindure gahunda.
 - Ha uburenganzira PCP mukorana abone kkopi za ngombwa z'amakuru yawe y'ubuzima yose ayahawe n'abandi batanga serivisi z'ubuzima.
 - Niba hari ikibazo icyo ari cyo cyose ufite, kora ku buryo ubaza. Abaganga bawe n'abandi baguha serivisi z'ubuzima bagusobanurira ibintu mu buryo ubasha gusobanukirwa. Iyo ubajije ikibazo ntusobanukirwe igisubizo uhawe, urongera ukabaza.
- **Saba serivisi z'ubusemuze mu gihe uzikeneye.** Gahunda yacu ifite abakozi na serivisi zo gusemurirwa ku buntu zihari kugira ngo zisubize ibibazo by'abanyamuryango batavuga icyongereza. Iyo wemerewe guhabwa New Hampshire Medicaid kubera ubumuga, dusabwa kuguha amakuru yerekeye ibyo gahunda igenera abarwayi ukayahabwa mu buryo bubonye nta kiguzi. Ku yandi makuru, wareba ku Igice 2.13 (*Andi makuru y'ingenzi: Indi miterere bisimbura na serivisi z'ubusemuze*).
- **Ubaha abandi banyamuryango, abakozi ba gahunda n'abatanga serivisi.** Ku yandi makuru yerekeye igihe abanyamuryango bashobora kvanwa muri gahunda batabishaka kubera ubugizi bwa nabi cyangwa imyitwarire y'ihohotera, wareba Igice 11.2 (*Igihe ushobora kvanwa muri gahunda utabishaka*).
- **Kwishyura ayo urimo.** Nk'umunyamuryango wa gahunda, ushinzwe kwishyura ubu bwishyu, uko bishoboka:
 - Ku miti wandikirwa na muganga itangirwa ubwishingizi na gahunda, ugomba kwishyura amafaranga afatanyaga kwishyurwa, niba ari ngombwa. Ariko, kunanirwa kwishyura amafaranga afatanyaga kwishyurwa ntibikubuza guhabwa imiti wandikiwe. Wareba Umutwe wa 7 (*Guhabwa imiti wandikirwa na muganga itangirwa ubwishingizi*) kugira ngo umenye icyo ugomba kwishyura ku miti wandikirwa na muganga.
 - Nugira serivisi z'ubuzima cyangwa imiti wandikirwa na muganga bidatangirwa ubwishingizi na gahunda cyangwa ubundi bwishingizi ufite, ugomba kwishyura igiciro cyose.

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Ku Wa Kane - Ku Wa Gatatu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

- Iyo utemeranyije n'icyemezo cyacu kikubuzwa guhabwa serivisi z'ubuvuzi cyangwa imiti wandikiwe, usaba gutanga ubujurire. Ku makuru yerekeye uko basaba kujurira, wareba Umutwe wa 10 (*Icyo ukora iyo wifuza kujurira icyemezo cya gahunda cyafashwe cyangwa "igikorwa", cyangwa gutanga ikirego kuri serivisi utishimiye*).
- **Bwira gahunda niba wimutse.** Niba ugiye kwimuka cyangwa warimutse, ni ngombwa kutumenyesha vuba bishoboka. Hamagara Serivisi zita ku Banyamuryango (numero za telefone zanditse ku gifuniko cy'inyuma cy'iki gitabo).
- **Ntugire uwo ari we wemerera gukoresha ikarita ya NH Healthy Families yawe cyangwa amakarita y'ubunyamuryango ya New Hampshire Medicaid.** Wareba Igice 2.12 (*Uko watangaza uburiganya bukekwa, isesagura cynagwa ihohoterwa*). Tumenyeshe mu gihe umenye ko hari umuntu wakoresha nabi abigambiriye ibyo ugenerwa mu kwivuzwa.
- **Hamagara Serivisi zita ku Banyamuryango ziguhe ubufasha niba ufite ibibazo cyangwa impungenge.** Tunakira kandi ibitekerezo byose waba ufite byadufasha kunoza gahunda yacu. (Numero za telefone za Serivise ku Banyamuryango zanditse ku gifuniko cy'iki gitabo.)

Igice 9.3 Igenamigambi rikozwe mbere ku byemezo by'ubuzima bwawe

Ufite uburenganzira bwo kuvuga icyo wifuza ko kiba mu gihe udashobora kwifatira ibyemezo by'ubuzima

Rimwe na rimwe abantu ntibashobora kwifatira ibyemezo by'ubuzima. Mbere y'uko ibyo biba, ushobora:

- Kuzuzwa ifishi yanditse ugaha undi muntu uburenganzira bwo kugufatira ibyemezo by'ubuzima; na
- Guha muganga wawe amabwiriza yanditse avuga uburyo ushaka ko bazita ku buzima bwawe mu gihe utagishoboye kwifatira ibyemezo.

Inyandiko zemewe n'amategekako wakoresha zikaguha mabwiriza zitwa "amasezerano ategurwa mbere". Izi nyandiko ni uburyo bwo kubwira ibyifuzo byawe umuryango, inshuti n'abatanga serivisi z'ubuzima. Igufasha kubwira abatanga serivisi ibyifuzo byawe mu nyandiko mu gihe utabasha kubikora urwaye cyane cyangwa wakomeretse.

Muri New Hampshire hari amasezerano ategurwa mbere yawe yo gufatirwa icyemezo y'amoko abiri:

- Inyandiko igaragaza ubuvuzi wifuza guhabwa igihe usigaje iminsi mike yo kubaho cyangwa udashoboye kwivugira – Inyandiko ibwira abakozi bacu kuguha imiti ibungabungana ubuzima mu gihe wenda gupfa cyangwa ukaba utumva mu buryo

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Ku Wa Kane - Ku Wa Gatatu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

buhoraho nta byiringiro byo gukira.

- Iheshabubasha ry'igihe kirekire ku Buzima – Inyandiko uvugamo umuntu akagufatira ibyemezo by'ubuzima, harimo n'ibyemezo ku kubeshwaho n'ibyuma, mu gihe utakibasha kwivugira. Uyu ni “umukozi” ushinzwe kwita ku buzima bwawe unashobora kandi gushyira mu bikorwa ibyifuzo wasobanuye mu “Nyandiko igaragaza ubuvuzi wifuza guhabwa igihe usigaje iminsi mike yo kubaho cyangwa udashoboye kwivugira.”

Niba ushaka gukora amasezerano akorwa mbere:

- Aka ifishi muganga wawe, umwunganizi mu by'amategeko, ikigo gishinzwe serivisi z'amategeko, cyangwa umukozi ushinzwe imibeereho myiza y'abaturage.
- Uzuzwa unashyire umukono ku ifishi. Ibuka ko iyi ni inyandiko yemewe n'amategeko. Ushobora gushaka ko umwunganizi mu by'amategeko agufasha kuzuzwa ifishi.
- Ha kopi abantu ushaka ko babimenya, harimo na muganga wawe n'umuntu ushyiraho nk'uguhagarariye. Ushobora kandi na kwifuza guha kopi inshuti zawe za hafi cyangwa abagize umuryango.
- Kora ku buryo ubika kopi mu rugo.
- Mu gihe wandikiwe ibitaro, itwaze kopi yayo ku bitaro. Ibitaro bikubaza niba washyize umukono ku ifishi y'amasezerano yo gufatirwa icyemezo cyangwa ko wayitwaje. Iyo utashyize umukono ku ifishi y'amasezerano yo gufatirwa icyemezo, ivuriro riba rifite amafishi kandi rikaba ryakubaza niba wifuza kuyishyiraho umukono.

Iyo wamaze gushyira umukono ku masezerano yo gufatirwa icyemezo, kandi ukaba wizera ko umuganga cyangwa ibitaro badakurikije amabwiriza ayakubiyemo, ushobora gushyikiriza ikirego Umuvunyi w'Ishami rishinzwe kwita ku Buzima n'Imibeho myiza y'Abaturage rya New Hampshire akakurangira ikigo cyangwa umuntu ukwiye. Ku bijyanye n'amakuru y'uko wamubona, wareba Igice 2.10 (*Uko Umuvunyi wa NH DHHS wamumenyeshya*).

Ibuka ko ari amahitamo yawe kuzuzwa amasezerano akorwa mbere yo gufatirwa icyemezo (harimo na kuba ushaka kuyashyiraho umukono uri mu bitaro). Amategeko avuga ko, nta wakwanga kukuvura cyangwa ngo agukorere ivangura ashingiye ku kuba warashyize cyangwa utarashyize umukono ku masezerano akorwa mbere yo gufatirwa icyemezo.

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

Umutwe wa 10. icyo ukora mu gihe wifuza kujurira icyemezo cya gahunda cyafashwe cyangwa "igikorwa", cyangwa gutanga ikirego kuri serivisi utishimiye

Nk'umunyamuryango wa NH Healthy Families, ufite uburenganzira bwo gutanga ubujurire cyangwa ikirego kuri serivisi utishimiye niba utanyuzwe na gahunda mu buryo ubwo ari bwo bwose. Buri bujurire cyangwa ikirego kuri serivisi utishimiye bifite itsinda ry'amategeko, uburyo, n'ibihe ntarengwa wowe na gahunda mugomba gukurikiza. Uyu Mutwe usobanura ubwoko bubiri bw'inzira yo gushakira ibisubizo ibibazo bihari n'impungenge.

Dore ni ubu:

- **Uburyo bwo gutanga ubujurire** – Ku bwoko bumwe bw'ibibazo, ugomba gukoresha inzira yo gutanga ikibazo ya NH Healthy Families. Inshuro nyinshi, ugomba kujuririra gahunda ukarangiza inzira yayo y'ubujurire (ubujurire bwo ku rwego rwa mbere) mbere y'uko usaba Itsinda rishinzwe ubujurire bwo mu rwego rw'Ubuyobozi rya NH DHHS (AAU) ko habaho Kuburanishwa na Leta mu Mucyo (urwego rwa kabiri rw'ubujurire).
- **Inzira zo Gutanga Ikirego kuri Serivisi Utishimiye** – Ku bundi bwoko bumwe bw'ibibazo, ugomba gukoresha inzira yo gutanga ikibazo ya NH Healthy Families.

Ku bufasha ku bujurire bwawe n'ikirego kuri serivisi utishimiye, bimenyeshe Serivisi zita ku Banyamuryango (numero za telefone zanditse ku gifuniko cy'inyuma cy'iki gitabo). Ubufasha bw'indimi buraboneka cyangwa serivisi z'ubusemuze cyangwa ubufasha ku bafite ibyo bakeneye byihariye mu kureba cyangwa kumva. Ushobora kandi guhamagara Ishami ryita ku bakiriya rya NH DHHS kuri **1-844-ASK-DHHS** (1-844-275-3447) (Ku bafite ubumuga bwo kutumva (TDD: 1-800-735-2964), kuva Ku Wa Mbere kugeza Ku wa gatanu, saa 8:00 za mugitondo – saa 4:00 za nimugoroba ku masaha y'iburasirazuba.

Igice 10.1 Ibyerekeye uburyo ubujurire bukorwamo

Igihe cyose NH Healthy Families ifashe icyemezo cy'ubwishingizi cyangwa igikorwa utemeranya nacyo, ushobora gutanga ubujurire. NH Healthy Families nikwangira, ikagabanya, igahagarika, cyangwa ikarangiza serivisi zawe z'ubuzima, gahunda igomba kukoherereza itangazo ryanditse mu gihe cy'iminsi **10 mbere y'uko bitangira gukurikizwa**, uretse mu bihe aho MCO yagenzuye amakuru mpamo agaragaza ko igikorwa kigomba gukorwa kubera uburiganya bushobor akuba bwakoze n'umunyamuryango. Iyo bimeze bityo, igihe cyo gutanga itangazo mbere kiba mu minsi (5) mbere yo gukora icyo gukorwa. Itangazo ryanditse rigomba gusobanura impamvu y'ibyo "bikorwa," kugaragaza impamvu ishingiyeye ku mategeko ibishyigikiye, ikaba inakubiyemo kandi amakuru y'uburyo kujurira bukorwamo. Mu gihe ufashe icyemezo cyo kujurira icyemezo cya gahunda, ni ingenzi gusuzuma itangazo rya gahunda

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.



ryanditse witonze ukanakurikiza amatariki ntarengwa y'inzira y'ubujurire.

“Ibikorwa” bya gahunda bishobora kujuririrwa birimo:

- icyemezo cyo kwanga cyangwa kugabanya serivisi z'ubuzima cyangwa ubusabe bwo kubanza guhabwa uruburenganzira bwuzuye cyangwa butuzuye;
- icyemezo cyo kugabanya, guhagarika by'igihe gito, cyangwa guhagarika burundu serivisi z'ubuzima uhabwa;
- icyemezo cyo kwangira umunyamuryango ubusabe bwo kuganira ku mweda, harimo gufatanya kwishyura igiciro, amafaranga yo kwishyura kuri serivisi, n'undi mwenda uwiyandikije muri gahunda afite. Ibi birimo kwanga kwishyura serivisi, yose cyangwa igice, (ureste iyo kwishyura serivisi bikozwe gusa kubera ko ikirego kirimo ubusembwa cyangwa kidafite inyandiko zisabwa za ngombwa kugira ngo kwishyurwa bikorerwe igihe); kandi
- Igihe umunyamuryango adashobora gukoresha serivisi z'ubuvuzi ku gihe.

Ufite uburenganzira bwo gutanga ubujurire nubwo gahunda yaba nta tangazo yakohereje. Igihe uhakaniwe mu magambo, ugomba gusaba gahunda itangazo ryanditse riguhakanira hanyuma.ugatanga ubujurire nyuma yo guhakanirwa mu magambo cyangwa mu nyandiko mu gihe utanyuzwe n'icyemezo cya gahunda.

Hari inzego **ebyiri** z'ubujurire.

Dore ni izi:

- **Urwego rwa mbere ngenderwaho cyangwa ubujurire bwihuse binyuze muri gahunda.** Muri uru rwego, usaba NH Healthy Families kongera gutekereza ku cyemezo cyayo ku “gikorwa” runaka. Ubujurire bwo ku rwego rwa mbere bukubiyemo ubujurire busanzwe cyangwa ubwihuse. Ikidakurikizwa ku bujurire bwo ku rwego rwa mbere ni igihe gahunda ibuze umwanya wo kuguhera ku gihe itangazo ryayo ryanditse. Iyo ibi bibaye, uba ufite uburenganzira bwo gutanga ikirego cy'ubujurire gisaba ko Leta ica urubanza rutabera ako kanya.

Ku yandi makuru ku bujurire busanzwe, wareba Igice 10.2 (*Uko batanga ubujurire busanzwe n'icyo kwitega nyuma yo gutanga ubujurire (ubujurire busanzwe bwo ku rwego rwa mbere)*).

Ku yandi makuru ku bujurire bwihuse, wareba Igice 10.3 (*Uko batanga ubujurire bwihuse n'icyo kwitega nyuma yo gutanga ubujurire (ubujurire bwihuse bwo mu rwego rwa mbere)*).

- **Ubujurire bwo ku rwego rwa kabiri ngenderwaho cyangwa bwihuse busaba Leta guca urubanza rutabera.** Mbere y'uko uha NH DHHS AAU ubujurire busaba Leta guca urubanza rutabera, ugomba kubanza gukoresha ukarangiza ubujurire bwo ku rwego rwa

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.



mbere binyuze muri NH Healthy Families.

Ku yandi makuru ku bujurire busanzwe busaba Leta Kuburanishwa na Leta mu Mucyo, wareba Igice 10.4 (*Uko batanga ubujurire busanzwe busaba Kuburanishwa na Leta mu Mucyo mu mucyo n'icyo kwitega nyuma yo gutanga ubujurire (ubujurire busanzwe bwo mu rwego rwa kabiri)*).

Ku yandi makuru ku bujurire bwihuse busaba Leta guca urubanza rutabera, wareba Igice 10.5 (*Uko batanga ubujurire bwihuse busaba Kuburanishwa na Leta mu Mucyo n'icyo kwitega nyuma yo gutanga ubujurire (ubujurire bwihuse bwo mu rwego rwa kabiri)*).

Ku bufasha ku bujurire bwawe, bimenyeshe Serivisi zita ku Banyamuryango (numero za telefone zanditse ku gifuniko cy'inyuma cy'iki gitabo).

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Ku Wa Kane - Ku Wa Gatatu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

Igice 10.2 Uko watanga ubujurire busanzwe cyemewe n'icyo wakwitega umaze kubutanga (ubujurire busanzwe bwo ku rwego rwa mbere)

Kugira ngo utange ubujurire busanzwe (ubujurire bwo ku rwego rwa mbere) gahunda:

- **Ugomba gushyikiriza NH Healthy Families ubujurire busanzwe bwawe kuri telefone cyangwa mu nyandiko ku minsi 60 yo kwakira itangazo uhabwa na gahunda.**
- Mu busabe bw'ubujurire bwawe bwanditse:
 - Ongeraho izina ryawe, aderesi, numero ya telefone, na aderesi imeyiri (niba uyifite);
 - Sobanura itariki y'igikorwa cyangwa itangazo wahawe na gahunda ushaka kujuririra, maze womeke kopi y'itangazo hano;
 - Sobanura impamvu ushaka kujuririra icyemezo, kandi
 - Niba icyemezo cya gahunda cyari ukukwangira, kugabanya, kubuza, guhagarika cyangwa kurangiza burundu ibyo wari waremerewe n'ubwishingizi bw'ubuzima, garagaza niba ushaka ko ibyo wemerera n'ubwishingizi bw'ubuzima bikomeze. Ku yandi makuru, wareba Igice 10.6 (*Uko basaba gukomeza guhabwa ibyo ugenerwa n'ubwishingizi mu bujurire n'icyo kwitega nyuma*).
- Ohereza ubusabe bw'ubujurire bwawe bwanditse kuri:

NH Healthy Families
Attn: Grievances and
Appeals 2 Executive Park
Drive Bedford, NH 03110
- **Ushobora gushyiraho umuntu ugutangira ubujurire, harimo n'utanga serivisi.** Ariko, ugomba gutanga uruhushya rwanditse kugira ngo uguha serivisi cyangwa undi muntu bagutangire ubujurire. Ku yandi makuru ku buryo bwo gushyiraho umuntu wo kuguhagararira, wareba Igice 2.13 (*Andi makuru y'ingenzi: Ushobora gushyiraho umuntu wemewe kuguhagararira cyangwa uguhagararira ku giti cyawe*).
- **Nujuririra ikirego cya gahunda cyo kukwangira, kugabanya, kukubuza, guhagarika cyangwa kurangiza serivisi burundu, waba ufite uburenganzira bwo gusaba NH Healthy Families gukomeza guhabwa ibyo ugenerwa n'ubwishingizi mu bujurire bwawe. Uguha serivisi ntashobora kugusabira gukomeza guhabwa ibyo ugenerwa n'ubwishingizi.** Ku yandi makuru, wareba Igice 10.6 (*Uko basaba gukomeza guhabwa ibyo ugenerwa n'ubwishingizi mu bujurire n'icyo kwitega nyuma*).

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

Dore icyo ugomba kwitega nyuma yo gushyikiriza gahunda ubujurire busanzwe:

- **Nyuma yo gutanga ubujurire busanzwe bwawe, ufite uburenganzira bwo gusaba na guhabwa kopi ya dosiye y'ikirego cyawe gahunda yakoresheje mu gufata icyemezo cyayo.** Kopi y'ikirego cyawe uyiharerwa ubuntu kandi ushobora kuyisaba mbere y'uko Leta ica urubanza rutabogama ifata icyemezo.
- NH Healthy Families iguha amahirwe yo gutanga ibimenyetso imbonankubone cyangwa mu nyandiko nka kimwe mu bigize ubujurire.
- **Ku bujurire ngenderwaho, NH Healthy Families itanga icyemezo cyanditse mu minsi 30 nyuma yo kwakira ubujurire bwawe.** Gahunda ishobora gufata indi minsi 14 iyo usabye ko bayongera, cyangwa iyo gahunda ishaka andi makuru ikumva kongera iminsi biri mu nyungu zawe. Iyo gahunda ifashe icyemezo cyo gufata indi minsi kugira ngo ifate icyemezo, gahunda ibikubwira mu nyandiko. Iyo utemeranywa na kongera igihe wa gahunda, ushobora guha gahunda ikirego cyo kutishimira serivisi. Ku yandi makuru, wareba Igice 10.7 (*Uko watanga ikirego cyo kutishimira serivisi n'icyo wakitega nyuma yo kugitanga*).
- **Iyo NH Healthy Families ihinduye icyifuzo cyayo cyo kwanga, kugabanya, kubuza, guhagarika, cyangwa kurangiza burundu serivisi zitanzwe mu gihe ubujurire bwari butarafatwaho icyemezo, NH Healthy Families ihita itanga uruhushya kuri serivisi ako kanya. Uhita ugenerwa serivisi byihuse bitewe n'uku ubuzima bwawe buhagaze, ariko ntibirenga amasaha 72 uhereye igihe gahunda yahinduye icyemezo cyayo.**
- Niba warakomeje guhabwa ibyo ugenerwa n'ubwishingizi mu gihe hatari hafatwa icyemezo ku bujurire:
 - Iyo icyemezo kiri mu nyungu zawe, gahunda yishyura izo serivisi.
 - Nutsindwa mu bujurire kandi ukaba warakomeje guhabwa ibyo ugenerwa n'ubwishingizi ushobora kwishyura ibyo ugenerwa n'ubwishingizi wakomeje guhabwa na gahunda mu gihe cy'ubujurire.

Ku yandi makuru, wareba Igice 10.6 (*Uko basaba gukomeza guhabwa ibyo ugenerwa n'ubwishingizi mu bujurire n'icyo kwitega nyuma*).

- **Iyo utanyuzwe n'ibyavuye mu bujurire bwawe bwo ku rwego rwa mbere rwa NH Healthy Families, ushobora gutanga ubujurire bwo ku rwego rwa kabiri usaba ko habaho ubujurire ngenderaho cyangwa bwihuse butangwa na Leta binyuze Kuburanishwa na Leta mu Mucyo.** Ku yandi makuru, wareba Igice 10.4 (*Uko batanga ubujurire ngenderaho busaba Leta guca urubanza mu mucyo n'icyo kwitega nyuma yo gutanga ubujurire (Ubujurire busanzwe bwo ku rwego rwa kabiri)*) n'Igice 10.5 (*Uko batanga ubujurire bwihuse busaba Kuburanishwa na Leta mu Mucyo n'icyo kwitega nyuma yo kubutanga (ubujurire bwihuse bwo ku rwego rwa kabiri)*).

Ku bufasha ku bujurire bwawe, bimenyeshe Serivisi zita ku Banyamuryango (nomero za telephone zanditse ku gifuniko cy'inyuma cy'iki gitabo).

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

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Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

Igice 10.3 Ni gute watanga ikirego cyemewe ndetse n'icyo wakwitega umaze kugitanga (ubujurire bwihuse bwo ku rwego rwa mbere)

Niba umwanzuro ku bujurire busanzwe bwawe uri gutinda kandi ukaba wateza ubuzima bwawe akaga gakomeye, cyangwa ubushobozi bwo kugera, kubungabunga, cyangwa kongera kugera ku mikorere ntarengwa, ushobora gusaba ko NH Healthy Families ifata **umwanzuro wihuse** ku bujurire bwawe. Ni byo rimwe na rimwe bita “gusaba icyemezo cyihuse”.

Kugira ngo uhe ubujurire bwihuse (ubujurire bwo ku rwego rwa mbere) gahunda:

- **Ugomba guha NH Healthy Families ubujurire bwawe bwihuse kuri telefone cyangwa mu nyandiko mu minsi 60 yo guhabwa itangazo uhabwa na gahunda. Numenyeshya gahunda, wibuke gusaba ubujurire bwihuse.**
- Ku busabe bw'ubujurire bwawe bwihuse bwanditse:
 - Ongeraho izina ryawe, aderesi, nomero ya telefone, na aderesi imeyiri (niba uyifite);
 - Sobanura itariki y'igikorwa cyangwa itangazo wahawe na gahunda ushaka kujuririra, maze womeke kopi y'itangazo hano;
 - Sobanura impamvu usaba ubujurire bwihuse n'impamvu ushaka gutanga ubujurire ku cyemezo; cyangwa;
 - Niba icyemezo cya gahunda cyari ukukwangira, kugabanya, kubuza, guhagarika cyangwa kurangiza burundu ibyo wari waremerewe n'ubwishingizi bw'ubuzima, garagaza niba ushaka ko ibyo wemerera n'ubwishingizi bw'ubuzima bikomeza. Ku yandi makuru, wareba Igice 10.6 (*Uko basaba gukomeza guhabwa ibyo ugenerwa n'ubwishingizi mu bujurire n'icyo kwitega nyuma*).

- Ohereza ubusabe bw'ubujurire

bwawe bwanditse kuri: NH Healthy

Families
Attn: Grievances and Appeals
2 Executive Park Drive
Bedford, NH 03110

- **Ushobora gushyiraho umuntu ugutangira ubujurire, harimo n'utanga serivisi.** Ariko, ugomba gutanga uruhushya rwanditse kugira ngo uguha serivisi cyangwa undi muntu bagutangire ubujurire. gahunda ntikeneye uruhushya rwanditse mu gihe uguha serivisi ari kugusabira ubujurire bwihuse bwo ku rwego rwa mbere. Ku yandi makuru ku buryo bwo gushyiraho umuntu wo kuguhagararira, wareba Igice 2.13 (*Andi makuru*

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

y'ingenzi: Ushobora gushyiraho umuntu wemewe kuguhagararira cyangwa uguhagararira ku giti cyawe).

- **Nujuririra ikirego cya gahunda cyo kukwangira, kugabanya, kukubuza, guhagarika cyangwa kurangiza serivisi burundu, waba ufite uburenganzira bwo gusaba NH Healthy Families gukomeza guhabwa ibyo ugenerwa n'ubwishingizi mu bujurire bwawe. Uguha serivisi ntashobora kugusabira gukomeza guhabwa ibyo ugenerwa n'ubwishingizi.**

Ku yandi makuru, wareba Igice 10.6 (*Uko basaba gukomeza guhabwa ibyo ugenerwa n'ubwishingizi mu bujurire n'icyo kwitega nyuma*).

Dore icyo ugomba kwitega nyuma yo gutanga ubujurire busanzwe:

- **Nyuma yo gutanga ubujurire bwawe bwihuse, ufite uburenganzira bwo gusaba na guhabwa kopi ya dosiye y'ikirego cyawe gahunda yakoresheje mu gufata icyemezo cyayo.** Kopi y'ikirego cyawe uyiharerwa ubuntu kandi ushobora kuyisaba mbere y'uko Leta ica urubanza rutabogama ifata icyemezo.
- Iyo NH Healthy Families yemera ubusabe bwawe bw'ubujurire bwihuse, gahunda iguha mahirwe yo gutanga ibimeneysetso imbonankubone cyangwa mu nyandikonka kimwe mu bigize ubujurire. Ugomba kuzirikana ko ibi bishobora kugorana kubikora hifashishijwe icyemezo cy'ubujurire “cyihuse”.
- **Ku bujurire bwihuse, NH Healthy Families igomba gushakira igisubizo ubusabe bwawe vuba bitetwe n'uko ubuzima bwawe buhagaze, ariko bitarenze amasaha 72 nyuma y'itariki gahunda yakiriye ikirego cyawe.** Gahunda ishobora gufata iminsi 14 iyo usabye ko bayongera, cyangwa iyo gahunda ishaka andi makuru ikumva kongera iminsi biri mu nyungu zawe. Iyo gahunda ifashe icyemezo cyo gufata indi minsi kugira ngo ifate icyemezo, gahunda gerageza kukumenyeshya byihuse mu magambo ibyo gutinda, inakubwire mu nyandiko mu minsi 2. Iyo utemeranywa na kongera igihe wa gahunda, ushobora guha gahunda ikirego cyo kutishimira serivisi. Ku yandi makuru, wareba Igice 10.7 (*Uko watanga ikirego cyo kutishimira serivisi n'icyo wakitega nyuma yo kugitanga*).
- Iyo NH Healthy Families yemera ubusabe bwawe bw'ubujurire bwihuse, gahunda itanga icyemezo cyayo cyanditse vuba bishoboka bitewe n'uko ubuzima bwawe buhagaze, ariko bitarenze amasa 72 nyuma y'itariki gahunda yakiriyeho ubusabe bwawe.
- Iyo NH Healthy Families yanze ubusabe bwawe bw'ubujurire bwihuse, gahunda ikoresha imbaraga zishoboka ikakumenyeshya uko kwangirwa mu magambo, ikanaguha kandi itangazo ryanditse ry'uko kwangirwa mu minsi 2.
- **Ufite uburenganzira bwo guha ikirego cyo kutishimira serivisi NH Healthy Families itanga mu gihe gahunda ikwangiye ubusabe bw'ubujurire bwihuse.** Iyo gahunda ikwangiye ubusabe bw'ubujurire bwihuse, NH Healthy Families ifata ubujurire bwawe nk'ubujurire busanzwe.
- **Iyo NH Healthy Families ihinduye icyifuzo cyayo cyo kwanga, kugabanya, kubuza, guhagarika, cyangwa kurangiza burundu serivisi zitanzwe mu gihe ubujurire bwari butarafatwaho icyemezo, NH Healthy Families ihita itanga uruhushya kuri serivisi**

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Ku Wa Kane - Ku Wa Gatatu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.



ako kanya. Uhita ugenerwa serivisi byihuse bitewe n'uku ubuzima bwawe buhagaze, ariko ntibirenga amasaha 72 uhereye igihe gahunda yahinduye icyemezo cyayo.

- Niba warakomeje guhabwa ibyo ugenerwa n'ubwishingizi mu gihe hatari hafatwa icyemezo ku bujurire:
 - Iyo icyemezo kiri mu nyungu zawe, gahunda yishyura izo serivisi.
 - Nutsindwa mu bujurire kandi ukaba warakomeje guhabwa ibyo ugenerwa n'ubwishingizi ushobora kwishyura ibyo ugenerwa n'ubwishingizi wakomeje guhabwa na gahunda mu gihe cy'ubujurire.
- **Iyo utanyuzwe n'ibyavuye mu bujurire bwawe bwo ku rwego rwa mbwere rwa NH Healthy Families, ushobora gutanga ubujurire bwo ku rwego rwa kabiri usaba ko habaho ubujurire ngenderaho cyangwa bwihuse butangwa na Leta binyuze Kuburanishwa na Leta mu Mucyo.** urubanza rutabera n'icyo kwitega nyuma yo gutanga ubujurire (*Ubujurire busanzwe bwo ku rwego rwa kabiri*) n'Igice 10.5 (*Uko batanga ubujurire bwihuse busaba Kuburanishwa na Leta mu Mucyo n'icyo kwitega nyuma yo kubutanga (ubujurire bwihuse bwo ku rwego rwa kabiri)*).

Ku bufasha ku bujurire bwawe, bimenyeshe Serivisi zita ku Banyamuryango (numero za telefone zanditse ku gifuniko cy'inyuma cy'iki gitabo).

Igice 10.4 Uko watanga ikirego cyemewe cy'ubujurire busanzwendetse n'icyo wakwitega umaze kugitanga (ubujurire ngenderwaho bwo ku rwego rwa kabiri)

Niba utanyuzwe n'ibyavuye mu bujurire bwawe bwo ku rwego rwa mbwere rwa NH Healthy Families, ushobora gutanga ubujurire bwo ku rwego rwa kabiri usaba Kuburanishwa na Leta mu Mucyo mu Ishami rya NH DHHS rishinzwe Ishami rishinzwe Imanza mbobezabutegetsi (AAU).

Kugira ngo utange ubujurire busanzwe busaba Leta guca urubanza rutabera (ubujurire bwo ku rwego rwa kabiri):

- **Ugomba gusaba Kuburanishwa na Leta mu Mucyo mu nyandiko mu minsi 120 uhereye ku itariki y'icyemezo cya gahunda.** Inshuro nyinshi, ntushobora gusaba Kuburanishwa na Leta mu Mucyo utabanje kunyura mu nzira za gahunda z'ubujurire busanzwe cyangwa bwihuse (urwego rwa mbere rw'ubujurire) zasobanuwe haruguru. Ku bijyanye nirengayobora ry'aho utagomba gukoresha ngo urangize inzira z'ubujurire za gahunda mbere yo gusaba ubujurire busaba Leta guca urubanza rutabera, wareba Igice 10.1 (*Ibyerekeye uburyo ubujurire bukorwamo*).
- Ku busabe bwawe, buriho umukono kandi busanzwe bwo Kuburanishwa na Leta mu Mucyo:

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Ku Wa Kane - Ku Wa Gatatu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.



- Ongeraho izina ryawe, aderesi, nomero ya telefone, na aderesi imeyiri (niba uyifite);
- Sobanura itariki y'igikorwa cyangwa itangazo wahawe na gahunda ushaka kujuririra, maze womeke kopi y'itangazo hano;
- Sobanura impamvu ushaka kujuririra icyemezo;
- Niba icyemezo cya gahunda cyari ukukwangira, kugabanya, kubuza, guhagarika cyangwa kurangiza burundu ibyo wari waremerewe n'ubwishingizi bw'ubuzima, garagaza niba ushaka ko ibyo wemerera n'ubwishingizi bw'ubuzima bikomeza. Ugomba kuvugisha gahunda ugasaba gukomeza guhabwa ibyo ugenerwa. Ku yandi makuru, wareba Igice 10.6 (*Uko basaba gukomeza guhabwa ibyo ugenerwa n'ubwishingizi mu bujurire n'icyo kwitega nyuma*); na
- Gusobanura ibintu bidasanzwe bisabwa uzakenera mu rubanza (urugero: Ibikoresho ku bafite ubumuga, serivisi z'ubusemuze).

- Ohereza ubusabe bwo Kuburanishwa na Leta

mu Mucyo bwanditse kuri: Administrative

Appeals Unit
NH Department of Health and Human Services
105 Pleasant Street, Room 121C
Concord, NH 03301
Fagisi: 603-271-8422

- **Nujuririra ikirego cya gahunda cyo kukwangira, kugabanya, kukubuza, guhagarika cyangwa kurangiza serivisi burundu, waba ufite uburenganzira bwo gusaba NH Healthy Families gukomeza guhabwa ibyo ugenerwa n'ubwishingizi mu bujurire bwawe. Uguha serivisi ntashobora kugusabira gukomeza guhabwa ibyo ugenerwa n'ubwishingizi.** Ku yandi makuru, wareba Igice 10.6 (*Uko basaba gukomeza guhabwa ibyo ugenerwa n'ubwishingizi mu bujurire n'icyo kwitega nyuma*).

Dore icyo ugomba kwitega nyuma yo gushyikiriza gahunda ubujurire busanzwe:

- **Nyuma yo gutanga ubujurire busanzwe busaba Leta guca imanza zitabera, ufite uburenganzira bwo gusaba na guhabwa kopi ya dosiye y'ikirego cyawe isosiyete yakoresheje mu gufata icyemezo cyayo.** Kopi y'ikirego cyawe uyiharerwa ubuntu kandi ushobora kuyisaba mbere yo Kuburanishwa na Leta mu Mucyo ifata icyemezo.
- **Ku bujurire busanzwe busaba Leta guca urubanza rutabera, AAU igomba kwiyemeza gufshakira igisubizo ubusabe bwawe vuba bishoboka bitewe n'uko ubuzima bwawe buhagaze, ariko ntibirerenge iminsi 90 nyuma y'itariki wahereyeho isosiyete ubujurire bwawe bwo ku rwego rwa mbere (ukuyemo umubare w'iminsi byagutwaye gusaba Kuburanishwa na Leta mu Mucyo).**
- AAU ikumenyeshya aho urubanza ruzabera. Imanza buri gihe zibera AAU muri Concord, cyangwa ku biro by'Akarere bya NH DHHS by'aho utuye.

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.



- Umukozi ushinzwe gukurikirana urubanza wa AAU ayobora iburansiha.
- Ushobora kuzana abahamya, gutanga ubuhamya n'ibimenyetso uhibereye cyangwa mu nyandiko, andetse ukanabaza ibibazo ku bundi buhamya mu Kuburanishwa na Leta mu Mucyo.
- **Iyo AAU ihinduye icyemezo cyo kwanga, kugabanya, kubuza, guhagarika, cyangwa kurangiza burundu ibyo wari wemerewe guhabwa mbere atahawe mu gihe ubujurire bwo ku rwego rwa mbere cyangwa kuburanishwa na leta bikaba byari bitararangira, gahunda itanga uburenganzira bwo gukoresha serivisi vuba bishoboka bitewe n'uko ubuzima bwawe buhagaze, ariko bitarenze amasaha 72 uhereye ku itariki gahunda yakiriye itangazo riyimenyeshya ko AAU yahinduye icyemezo cya gahunda**
- Niba warakomeje guhabwa ibyo ugenerwa n'ubwishingizi mu gihe hatari hafatwa icyemezo ku bujurire:
 - Iyo icyemezo kiri mu nyungu zawe, gahunda yishyura izo serivisi.
 - Nutsindwa mu bujurire kandi ukaba warakomeje guhabwa ibyo ugenerwa n'ubwishingizi ushobora kwishyura ibyo ugenerwa n'ubwishingizi wakomeje guhabwa na gahunda mu gihe cy'ubujurire.

Ku yandi makuru, wareba Igice 10.6 (*Uko basaba gukomeza guhabwa ibyo ugenerwa n'ubwishingizi mu bujurire n'icyo kwitega nyuma*).

Ku yandi makuru, bimenyeshya AAU kuri **1-800-852-3345**, kongera igihe 14292, Ku Wa Mbere kugeza ku wa gatangu, saa 8:00 zaa mugitondo – saa 4:00 za nimugoroba ku isaha y'iburasirazuba. Ushobora kandi guhamagara Ishami ryita ku bakiriya rya NH DHHS kuri **1-ASK-DHHS** (1-844-275-3447) (Ku bafite ubumuga bwo kutumva (TDD: 1-800-735-2964), kuva Ku Wa Mbere kugeza Ku wa gatanu, saa 8:00 za mugitondo – saa 4:00 za nimugoroba ku masaha y'iburasirazuba.

Igice 10.5 Uko watanga ikirego cyemewe cyihuse gisaba Leta guca urubanza rutabera ndetse n'icyo wakwitega nyuma yo kugitanga (ubujurire bwo ku rwego rwa kabiri)

Niba utanyuzwe n'ibyavuye mu bujurire bwawe bwo ku rwego rwa mbere wahawe na NH Healthy Families N'ubukererwe bwa serivisi iyo ariyo yose bwatuma ubuzima bwawe bujya mu kaga,

umubiri cyangwa ubuzima bwo mu mutwe, cyangwa ubushobozi bwo kugira, kubungabunga, cyangwa kongera kugira imikorere ntarengwa, ushobora guha Itsinda rishinzwe ubujurire bwo mu rwego rw'ubuyobozi (AAU) rya NH DHHS ubujurire bwihuse busaba Leta guca urubanza rutabera.

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

Kugira ngo utange ubujurire busanzwe bwihuse busaba Leta guca urubanza rutabera (ubujurire bwo ku rwego rwa kabiri):

- **Ni ingenzi ko usaba ubujurire bwihuse busaba Leta guca urubanza rutabera mu nyandiko ako kanya nyuma yo kwakira icyemezo cyanditse cya gahunda. Niba ubujurire bwawe ari ugukomeza guhabwa ibyo ugenerwa kuri serivisi wari waherewe uburenganzira, ugomba na gusaba gukomeza guhabwa ibyo ugenerwa n'ubwishingizi mu gihe kimwe utanga ubujurire bwihuse busaba Leta guca urubanza rutabera.** Ku yandi makuru, wareba Igice 10.6 (*Uko basaba gukomeza guhabwa ibyo ugenerwa n'ubwishingizi mu bujurire n'icyo kwitega nyuma*).

Inshuro nyinshi, ntushobora gusaba Leta guca urubanza rutabera utabanje kunyura mu nzira za gahunda yo Kuburanishwa na Leta mu Mucyo bisanzwe cyangwa byihuse (urwego rwa mbere rw'ubujurire) zasobanuwe haruguru. Ku bijyanye nirengayobora ry'aho utagomba gukoresha ngo urangize inzira z'ubujurire za gahunda mbere yo gusaba ubujurire busaba Kuburanishwa na Leta mu Mucyo, wareba Igice 10.1 (*Ibyerekeye uburyo ubujurire bukorwamo*).

- Mu busabe bwawe businye, bwanditse, bwoherejwe bwo Kuburanishwa na Leta mu Mucyo:
 - Ongeraho izina ryawe, aderesi, numero ya telefone, na aderesi imeyiri (niba uyifite);
 - Sobanura itariki y'igikorwa cyangwa itangazo wahawe na gahunda ushaka kujuririra, maze womeke kopi y'itangazo hano;
 - **Garagaza ko ushaka kuburanishwa na Leta mu Mucyo byihuse;**
 - **Sobanura uburyo gucyererwa kwa serivisi kose kwashyira ubuzima bwawe mukaga, umubiri cyangwa ubuzima bwo mu mutwe, cyangwa ubushobozi bwo kugira, kubungabunga, cyangwa kongera kugarura imikorere y'ingingo z'umubiri nyinshi zishoboka;**
 - Niba icyemezo cya gahunda cyari ukukwangira, kugabanya, kubuza, guhagarika cyangwa kurangiza burundu ibyo wari wemerewe n'ubwishingizi bw'ubuzima, garagaza niba ushaka ko ibyo wemerera n'ubwishingizi bw'ubuzima bikomeza. Ugomba kvugisha gahunda ugasaba gukomeza guhabwa ibyo ugenerwa. Ku yandi makuru, wareba Igice 10.6 (*Uko basaba gukomeza guhabwa ibyo ugenerwa n'ubwishingizi mu bujurire n'icyo kwitega nyuma*); na
 - Gusobanura ibintu bidasanzwe bisabwa uzakenera mu rubanza (urugero: Ibikoresho ku bafite ubumuga, serivisi z'ubusemuzi).

- Ohereza ubusabe bwo Kuburanishwa na Leta

mu Mucyo bwanditse kuri: Administrative

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

Appeals Unit
NH Department of Health and Human Services
105 Pleasant Street, Room 121C
Concord, NH 03301
Fagisi: 603-271-8422

- **Ushobora gushyiraho umuntu ugutangira ubujurire, harimo n'utanga serivisi.** Ariko, ugomba gutanga uruhushya rwanditse kugira ngo uguha serivisi cyangwa undi muntu bagutangire ubujurire. Ku yandi makuru ku buryo bwo gushyiraho umuntu wo kuguhagararira, wareba Igice 2.13 (*Andi makuru y'ingenzi: Ushobora gushyiraho umuntu wemewe kuguhagararira cyangwa uguhagararira ku giti cyawe*).
- **Nujuririra ikirego cya gahunda cyo kukwangira, kugabanya, kukubuza, guhagarika cyangwa kurangiza serivisi burundu, waba ufite uburenganzira bwo gusaba NH Healthy Families gukomeza guhabwa ibyo ugenerwa n'ubwishingizi mu bujurire bwawe. Uguha serivisi ntashobora kugusabira gukomeza guhabwa ibyo ugenerwa n'ubwishingizi.** Ku yandi makuru, wareba Igice 10.6 (*Uko basaba gukomeza guhabwa ibyo ugenerwa n'ubwishingizi mu bujurire n'icyo kwitega nyuma*).

Dore icyo ukwiye kuba witeze nyuma yo gutanga ubujurire bwawe bwihuse busaba Kuburanishwa na Leta mu Mucyo:

- **Nyuma yo gutanga Ubujurire Bwihuse busaba Kuburanishwa na Leta mu Mucyo, ufite uburenganzira bwo gusaba na guhabwa kopi ya dosiye y'ikirego cyawe isosiyete yakoresheje mu gufata icyemezo cyayo.** Kopi y'ikirego cyawe uyiharerwa ubuntu kandi ushobora kuyisaba mbere yo Kuburanishwa na Leta mu Mucyo.
- Iyo AAU **yemeye** ubusabe bwawe bw'ubujurire bwihuse busaba Kuburanishwa na Leta mu Mucyo, AAU itanga icyemezo cyayo cyanditse vuba byihuse bitewe n'uko ubuzima bwawe bumeze, ariko bitarenze iminsi 3 y'akazi nyuma y'uko AAU ihabwa dosiye y'ikirego y'isosiyete n'andi makuru ku bujurire bwawe.
- Iyo AAU **yanze** ubusabe bwawe bwihuse busaba Kuburanishwa na Leta mu Mucyo, AAU ikoresha imbaraga zishoboka kugira ngo ikumenyeshe mu magambo, na kuguha inyangiriko ikwangira ubusabe. Ubusabe bwawe bwihuse nibwangwa, ubujurire bwawe buzafatwa nk'ubujurire busanzwe busaba leta guca urubanza mu mucyo kwasobanuwe mu Igice 10.4 (*Uko batanga Ubujurire busanzwe busaba leta kuburanisha mu mucyo n'icyo wakwitega nyuma yo gutanga ubujurire (ubujurire ngenderwaho bwo mu rwego rwa mbere)*).
- AAU ikumenyesha aho urubanza ruzabera. Imanza buri gihe zibera AAU muri Concord, cyangwa ku biro by'Akarere bya NH DHHS by'aho utuye.

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

- Umukozi ushinzwe gukurikirana urubanza wa AAU ayobora iburansiya.
- Ushobora kuzana abahamya, gutanga ubuhamya n'ibimenyetso uhibereye cyangwa mu nyandiko, andetse ukanabaza ibibazo ku bundi buhamya mu Kuburanishwa na Leta mu Mucyo.
- **Iyo AAU ihinduye icyemezo cyo kwanga, kugabanya, kubuza, guhagarika, cyangwa kurangiza burundu ibyo wari wemerewe guhabwa mbere atahawe mu gihe ubujurire bwo ku rwego rwa mbere cyangwa Kuburanishwa na Leta mu Mucyo bikaba byari bitararangira, gahunda itanga uburenganzira bwo gukoresha serivisi vuba bishoboka bitewe n'uko ubuzima bwawe buhagaze, ariko bitarenze amasaha 72 uhereye ku itariki gahunda yakiriye itangazo riyimenyeshako AAU yahinduye icyemezo cya gahunda**
- Niba warakomeje guhabwa ibyo ugenerwa n'ubwishingizi mu gihe hatari hafatwa icyemezo ku bujurire:
 - Iyo icyemezo kiri mu nyungu zawe, gahunda yishyura izo serivisi.
 - Nutsindwa mu bujurire kandi ukaba warakomeje guhabwa ibyo ugenerwa n'ubwishingizi ushobora kwishyura ibyo ugenerwa n'ubwishingizi wakomeje guhabwa na gahunda mu gihe cy'ubujurire.

Ku yandi makuru, wareba Igice 10.6 (*Uko basaba gukomeza guhabwa ibyo ugenerwa n'ubwishingizi mu bujurire n'icyo kwitega nyuma*).

Ku yandi makuru, bimenyeshe AAU kuri **1-800-852-3345**, kongera igihe 14292, Ku Wa Mbere kugeza ku wa gatantu, saa 8:00 zaa mugitondo – saa 4:00 za nimugoroba ku isaha y'iburasirazuba. Ushobora kandi guhamagara Ishami Ryita ku Bakiriya rya NH DHHS kuri **1-844-ASK-DHHS (1-844-275-3447)** (Ku Bafite Ubumuga bwo Kutumva (TDD: 1-800-735-2964), kuva Ku Wa Mbere kugeza Ku wa gatanu, saa 8:00 za mugitondo – saa 4:00 za nimugoroba ku masaha y'iburasirazuba.

Igice 10.6 Uko wasaba gukomeza guhabwa ibyo ugenerwa n'ubwishingizi mu gihe cy'ubujurire n'icyo ukwiye kwitega nyuma

Nk'uko byasobanuwe mu bice byabanje by'uyu mutwe, iyo ujurirye icyemezo cy'isosiyete cyo kwanga, kugabanya, kubuza, guhagarika cyangwa kurangiza burundu ibyo wari wemerewe n'ubwishingizi, waba ufite uburenganzira bwo gusaba NH Healthy Families gukomeza kuguha ibyo wemererwa n'ubwishingizi bitegereje ibizava mu bujurire bwombwi, ubwo ku rwego rwa mbere n'urwa kabairi. **Nubwo ushobora gushyiraho umuntu akagutangira ubujurire, uguha serivisi ntiyagusabiira gukomeza guhabwa ibyo ugenerwa n'ubwishingizi.**

- **Ghaunda igomba gukomeza kuguha ibyo wemererwa n'ubwishingizi mu gihe**

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.



habaye ibi bikurikira:

Ku bujurire busanzwe n'ubwihuse bwa gahunda (ubujurire bwo ku rwego rwa	Ku bujurire busanzwe n'ubwihuse busaba Kuburanishwa na Leta Mu Mucyo
<ul style="list-style-type: none"> ○ Mu minsi 10 uhereye ku itariki wakiriyeho igikorwa cya gahunda cyangwa itariki kizatangira gukurikizwa kw'igikorwa cya gahunda, utanga ubujurire bwawe bwo ku rwego rwa mbere mu magambo cyangwa mu nyandiko (ubujurire mu magambo bugomba gukurikirwa mu nyandiko) HANYUMA ugasaba gukomeza guhabwa ibyo ugenerwa n'ubwishingizi bitegereje ibizava mu bujurire bwawe bwo ku rwego rwa kabiri, mu magambo cyangwa mu nyandiko; kandi ○ Ubujurire burimo isesa, ihagarikwa, cyangwa igabanywa ry'uburyo bwari bwaremeye bwo kuvura; kandi ○ Serivisi ikaba yaratanzwe n'utanga serivisi wemewe; kandi ○ Igihe cy'umwimerere serivisi yemejwe gutanga kikaba kitararangira. 	<ul style="list-style-type: none"> ○ Mu minsi 10 uhereye ku itariki wakiriyeho igikorwa cya gahunda cyangwa itariki igikorwa cya gahunda kizatangira gukurikizwa, utanga ubujurire bwawe bwo ku rwego rwa mbere mu magambo cyangwa mu nyandiko (ubujurire mu magambo bugomba gukurikirwa mu nyandiko) HANYUMA ugasaba gukomeza guhabwa ibyo ugenerwa n'ubwishingizi bitegereje ibizava mu bujurire bwawe bwo ku rwego rwa kabiri, mu magambo cyangwa mu nyandiko; kandi <p>Niba utarasabye ko ukomeza guhabwa ibyo ugenerwa mu bujurire bwo ku rwego rwa mbere wahaye gahunda, ibi bikurikira nabyo birakurikizwa:</p> <ul style="list-style-type: none"> ○ Ubujurire burimo isesa, ihagarikwa, cyangwa igabanywa ry'uburyo bwari bwaremeye bwo kuvura; kandi ○ Serivisi ikaba yaratanzwe n'utanga serivisi wemewe; kandi ○ Igihe cy'umwimerere serivisi yemejwe gutanga kikaba kitararangira.

Kugira ngo usabe gukomeza guhabwa ibyo wemerewe igihe wujuje ibisabwa hejuru, bimenyeshe:

NH Healthy Families
Attn: Grievances and Appeals
2 Executive Park Drive
Bedford, NH 03110

- **Iyo ku busabe bwawe gahunda ikomeje cyangwa igaruyeho ibyo ugenerwa ubujurire bwawe butararangira, ibyo ugenerwa bigomba gukomeza kugeza kimwe muri ibi bikurikira kibaye:**

Serivisi z'Abanyamuryango ba NH Healthy Families
1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)
Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,
Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

Ku bujuriye busanzwe n'ubwihuse bwa gahunda (ubujuriye bwo ku rwego rwa mbere)	Ku bujuriye busanzwe n'ubwihuse busaba Kuburanishwa na Leta mu Mucyo (ubujuriye bwo ku rwego rwa kabiri)
<ul style="list-style-type: none"> ○ Ureka ubujuriye bwawe bwa gahunda, mu nyandiko; cyangwa ○ Ibyavuye mu cyemezo cy'ubujuriye bwo ku rwego rwa mbere rwa gahunda atari cyiza kuri wowe; cyangwa ○ Udatanze ubusabe bwo Kuburanisha na Leta mu Mucyo NA gukomeza guhabwa ibyo ugenerwa mu minsi 10 ikumenyeshya icyemezo cy'ubujuriye bwo ku rwego rwa mbere. 	<ul style="list-style-type: none"> ○ Uretse gutanga ubusabe bwawe bw'ubujuriye busaba Kuburanishwa na Leta mu Mucyo; cyangwa ○ Udatanze ubusabe bwo Kuburanishwa na Leta mu Mucyo NO gukomeza guhabwa ibyo ugenerwa mu minsi 10 ikumenyeshya icyemezo cyayo cy'ubujuriye bwo ku rwego rwa mbere; cyangwa ○ Ibyavuye mu cyemezo cy'ubujuriye busaba Kuburanishwa na Leta mu Mucyo bikaba biri mu nyungu zawe.

- Nutsindwa mu bujuriye kandi ukaba warakomeje guhabwa ibyo ugenerwa n'ubwishingizi ushobora kwishyuzwa ibyo ugenerwa n'ubwishingizi wakomeje guhabwa na gahunda mu gihe cy'ubujuriye.

Ku bufasha ku bujuriye bwawe bwo ku rwego rwa mbere n'urwego rwa kabiri, bimenyeshe Serivisi zita ku Banyamuryango (numero za telefone zanditse ku gifuniko cy'inyuma cy'iki gitabo). Ushobora kandi guhamagara Ishami Ryita ku Bakiriya rya NH DHHS kuri **1-844-ASK-DHHS** (1-844-275-3447) (Ku Bafite Ubumuga bwo Kutumva (TDD: 1-800-735-2964), kuva Ku Wa Mbere kugeza Ku wa gatanu, saa 8:00 za mugitondo – saa 4:00 za nimugoroba ku masaha y'iburasirazuba.

Ku bufasha ku bujuriye bwawe bwo ku rwego rwa kabiri, bimenyeshe, bimenyeshye AAU kuri **1-800- 852-3345**, kongera igihe 14292, Ku Wa Mbere kugeza ku wa gatatu, saa 8:00 za mugitondo – saa 4:00 za nimugoroba ku isaha y'iburasirazuba. Ushobora kandi guhamagara Ishami Ryita ku Bakiriya rya NH DHHS kuri **1-844-ASK-DHHS** (1-844-275-3447) (Ku Bafite Ubumuga bwo Kutumva (TDD: 1-800-735-2964), kuva Ku Wa Mbere kugeza Ku wa gatanu, saa 8:00 za mugitondo – saa 4:00 za nimugoroba ku masaha y'iburasirazuba.

Igice 10.7 Uko watanga ikirego cyo kutishimira serivisi wahawe n'icyo ukwiye kwitega nyuma yo kugitanga

Gutanga ikirego cyo kutishimira serivisi ni uburyo umunyamuryango akoresha agaragariza gahunda kutanyurwa ku kintu icyo ari cyo cyose kitari ibikorwa bya gahunda nk'uko bisobanurwa mu Igice 10.1 (*Uburyo bwo gutanga ubujuriye bikorwamo*). Ushobora gutanga ikirego cyo kutishimira serivisi igihe icyo ari cyo cyose.

Amoko y'ibirego bya kutishimira serivisi arimo:

- Kutanyurwa n'ireme rya serivisi wahawe cyangwa uko witaweho;
- Kutanyurwa n'uburyo wafashwe na gahunda cyangwa abaguhaye serivisi bayo bari mu ihuriro;
- Niba wizeye ko NH Healthy Families n'abatanga serivisi bayo bari mu ihuriro batubahirije uburenganzira bwawe; na

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

- Kutumvikana ku gihe cyongerewe cyatanzwe n'ihuriro kugira ngo hafatwe icyemezo

gitanga uruhushya rwo gutanga ikirego cyawe cyo kutishimira serivisi:

- Hamagara cyangwa wandikire NH Healthy Families. Kwandika ni byo bihabwa agaciro (jya wibuka kubika kopi).
- Ushobora gushyiraho umuntu ugutangira ubujurire, harimo n'utanga serivisi. Ariko, ugomba gutanga uruhushya rwanditse kugira ngo uvuge uguha serivisi cyangwa undi muntu wo kugutangira ikirego cyo kutishimira serivisi wahawe. Ku yandi makuru ku buryo bwo gushyiraho umuntu wo kuguhagararira, wareba Igice 2.13 (*Andi makuru y'ingenzi: Ushobora gushyiraho umuntu wemewe kuguhagararira cyangwa uguhagararira ku giti cyawe*).

Dore icyo ugomba kwitega nyuma yo gutanga ikirego cyo kutishimira serivi wahawe:

- **NH Healthy Families isubiza ikirego cyawe cyo kutishimira serivisi vuba byihuse bitewe n'uko ubuzima bwawe buhagaze, ariko bitarenga iminsi 45 uhereye ku itariki gahunda yacyakiriyeho.** Gahunda ishobora gufata indi minsi 14 iyo usabye ko bayongera, cyangwa iyo gahunda ishaka andi makuru ikumva kongera iminsi biri mu nyungu zawe. Iyo gahunda ifashe icyemezo cyo gufata indi minsi kugira ngo ifate icyemezo, gahunda ibikubwira mu nyandiko mu minsi 2. Ku birego byo kutishimira serivisi zifatanye isano n'ivuriro, gahunda isubiza mu nyandiko. Ku birego byo kutishimira serivisi zidafatanye isano n'ivuriro, gahunda isubiza mu magambo cyangwa mu nyandiko.
- Nta burenganzira ufite bwo Kuburanishwa na Leta mu Mucyo nyuma y'ibirego watanze byo kutishimira serivisi wahawe. Ariko, ufite uburenganzira bwo kubwira NH DHHS impungenge wagize niba utanyuzwe n'umwanzuro ku kirego cyawe cyo kutishimira serivisi. Hamagara Ishami Rishinzwe kwita ku Bakiriya rya NH DHHS kuri **1-844-ASK-DHHS** (1-844-275-3447) (Ku Bafite Ubumuga bwo Kutumva (TDD: 1-800-735-2964), kuva Ku Wa Mbere kugeza Ku wa gatanu, saa 8:00 za mugitondo – saa 4:00 za nimugoroba ku masaha y'iburasirazuba.

Ku bufasha ku kirego cyawe cyo kutishimira serivisi, bimenyeshe Serivisi zita ku Banyamuryango (nomero za telefone zanditse ku gifuniko cy'inyuma cy'iki gitabo).

Uyu Mutwe wateguwe na NH DHHS uyanishwa n'ibyakuwe mu Kumenya Uburenganzira Bwawe: gahunda zo Kwita ku Buzima Zicungwa za Medicaid muri New Hampshire – Uburenganzira bwawe bwo kujuririra Ikirego cyo Kutishimira serivisi, Ikigo Cyita ku Bafite Ubumuga : – NH (www.drctnh.org), verisiyo yo ku tariki 10 Gicurasi 2016.

Serivisi z'Abanyamuryango ba NH Healthy Families
1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)
Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,
Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

Umutwe wa 11. Guhagarika kuba umunyamuryango mu bwishingizi bwawe

Igice 11.1 Hari ibihe bimwe na bimwe ushobora kureka kuba umunyamuryango wa gahunda

Ibihe ushobora kureka kuba umunyamuryango wa gahunda:

- Igihe utacyemerewe guhabwa ubwishingizi bwa New Hampshire Medicaid.
- Nuhitamo kujya mu yindi gahunda mu **Gihe Ngarukamwaka cyo Kwiyaandikisha:**
 - **Igihe Ngarukamwaka cyo Kwiyaandikisha kiba Ryari?** Igihe Ngarukamwaka cyo Kwiyaandikisha gisobanurwa mu itangazo ryo kwiyaandikisha wohererezwa buri mwaka na NH DHHS. Iri tangazo riguha amabwiriza ku buryo bwo guhinduranya gahunda z'ubuzima igihe uhisemo kubikora harimo n'igihe ubunyamuryango bwawe buzarangirira muri gahunda .
 - Ku makuru yo kwitabwaho mu gihe cy'inzibacyuho hagati ya za gahunda, wareba Igice 5.3 (*Gukomeza kwitabwaho, hairimo no guhabwa ubuvuzi igihe uhinduye gahunda*).
- Mu bihe bimwe na bimwe, ushobora kwemererwa kuva muri gahunda mu bindi bihe by'umwaka kubera. Ibyo bihe birimo:
 - Iyo wimutse ukava muri leta.
 - Iyo ukeneye serivisi bifitanye isano ko zikorera igihe kimwe kandi izo serivisi zose zifitanye isano zikaba zitaboneka mu ihuriro; na mu gihe guhabwa serivisi mu buryo butandukanye byaguteza ibyago bitari ngombwa.
 - Ku zindi mpamvu, nko kwitabwaho neza, kutagezwaho serivisi za NH Medicaid, guhuta uburenganzira bwawe, cyangwa kubura uburyo bwo kugera ku batanga serivisi bari mu ihuriro bafite ubumenyi mu kwita ku kibazo cyawe.

Iyo usabye kuva muri gahunda bitewe n'impamvu yavuzwe haruguru (uretse igihe uvuye muri leta), ugomba kubanza gutanga ikirego cyo kutishimira serivisi wahawe muri gahunda kugira ngo gifate icyemezo ku kutishimira serivisi wahawe kwawe. Iyo utanyuzwe n'igisubizo cya gahunda ukaba ukomeje gusaba kuva muri gahunda, ushobora guhamagara NH DHHS kugira ngo umenye niba wemerewe kuva muri gahunda.

- Ushobora kandi kwemererwa kuva muri gahunda mu bindi bihe by'umwaka nta mpamvu, harimo:

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Ku Wa Kane - Ku Wa Gatatu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

- Rimwe mu minsi 90 ikurikira itariki yawe ya mbere wemerewe Medicaid.
- Mu mezi cumi n'abiri ya mbere (12) yo kwiwandikisha ku banyamuryango bahita bashyirwa muri gahunda, kandi bakaba basanzwe bakorana na PCP uri mu ihuriro ry'abatanga serivisi z'ubuzima batagira ubwishingizi.

- Mu gihe cyo kwiwandikisha gifitanye isano n'amasezerano mashya ya NH DHHS y'ubwishingizi bucunzwe bwa New Hampshire Medicaid.
- Ku minsi 60 ituma kwiwandikisha byikora mu gihe kubura Medicaid by'igihe gito byatumye ucikanwa n'igihe ngarukamwaka cyo kwiwandikisha. (Ibi ntibireba ubusabe bushya bwa New Hampshire Medicaid.)

- Iyo NH DHHS ihaye abanyamuryango uburenganzira bwo gusesa kwiwandikisha nta mpamvu ikanamenyesha abanyamuryango byagizeho ingaruka uburenganzira bwabo bwo kuva muri gahunda.
- Iyo gahunda yawe ifashe iyemezo cyo gutanga serivisi ukeneye bitewe n'impamvu z'umutimanama wawe cyangwa imyemerere.
- Iyo abanyamuryango bavuye muri gahunda batabishaka nk'uko bisobanurwa mu Igice gikurira.

Kugira ngo usabe kiva mmuri gahunda yawe, hamagara cyanwaga wandkire NH DHHS. Hamagara Ishami Rishinzwe Kwita ku Bakiriya rya kuri **1-844-ASK-DHHS** (1-844-275-3447) (TDD: Ku Bafite Ubumuga bwo Kutumva (TDD: Kuva Ku Wa Mbere kugeza ku wa gatanu, guhera saa 8:00 za mugitondo kugeza saa 4:00 za nimugoroba ku masaha y'iburasirazuba.

Kugeza igihe ubwishingizi bushya butangiye ugomba gukomeza kuvurwa na kwandikirwa imiti binyuze muri gahunda yacu.

Igice 11.2 Igihe ushobora kuva muri gahunda utabigambiriye

Hari ibihe umunyamuryango ashobora kuva muri gahunda atabigambiriye, birimo:

- Iyo umunyamuryango atemerewe kwiwandikisha muri New Hampshire Medicaid nk'uko byagenwe na NH DHHS;
- Iyo umunyamuryango atemerewe kwiwandikish muri gahunda nk'uko byagenwe na NH DHHS;
- Iyo umunyamuryango aba hanze ya leta;
- Iyo umunyamuryango akoresheje ikarita ye mu buryo bw'uburiganya;
- Igihe umunyamuryango apfuye; kandi
- Hakurikijwe inginzo zikubiye mu masezerano gahunda yagiranye na NH DHHS,

Serivisi z'Abanyamuryango ba NH Healthy Families
1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,
Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.



gahunda ishobora gusaba ko umunyamuryango ava muri gahunda mu gihe umunyamuryango agaragaje imyitwarire y'ubugizi bwa nabi n'ihohoterwa rishyira mu kaga ubuzima cyangwa umutekano w'abandi banyamuryango, cyangwa abakozi ba gahunda n'abatanga serivisi. Iyo bene ubu busabe bukozwe na gahunda, NH DHHS igira uruhare mu gusuzuma no kwemeza ubu busabe.

NH Healthy Families ntiyagusaba kuva muri gahunda biturutse ku mpamvu irebana n'ubuzima bwawe.

Niba wumva uri gusabwa kuva muri gahunda kubera impamvu y'ubuzima, hamagara Ishami rishinzwe kwita ku bakiriya rya NH DHHS kuri **1-844-ASK-DHHS** (1-844-275-3447) (Ku Bafite Ubumuga Bwo Kutumva (TDD: 1-800-735-2964), kuva Ku Wa Mbere kugeza Ku wa gatanu, saa 8:00 za mugitondo – saa 4:00 za nimugoroba ku masaha y'iburasirazuba.

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

Umutwe wa 12. Kumenyeshwa ibijyanye n'amategeko

Amategeko menshi akoreshwa kuri iki gitabo kandi hari n'izindi ngingo zishobora gukoreshwa kuko zitegekwa n'amategeko. Ibi bishobora kugira ingaruka ku byo ugenerwa, uburenganzira n'inshingano nubwo mategeko atari cyangwa adasobanurwa muri iki gitabo.

Kumenyeshwa Ibijyanye N'ubuzima Bwite

IYI NYANDIKO IMENYESHA ISOBANURA UKO AMAKURU Y'UBUVUZI YAWWE ASHOBORA GUKORESHWA Na GUTANGAZWA N'UKO WABONA AYO MAKURU.

YISOME WITONZE.

Yatangiyeho gukurikizwa tariki ya 07.01.2017

Kugira ngo uhabwe ubufasha bwo gusemura cyangwa kurisobanukirwa, hamagara 1-866-769-3085. Abafite Ubumuga bwo Kutumva 1-855-742-0123.

Si necesita ayuda para traducir o entender este texto, por favor llame al telefono. 1-866-769-3085. (TTY Abafite Ubumuga bwo Kutumva 1-855-742-0123).

Serivisi z'Ubusemuzi Uzihererwa Ubuntu.

Inshingano z'ibigo Bihabwa Ubwishingizi:

NH Healthy Families ni Ikigo Gihabwa Ubwishingizi nk'uko bisobanurwa kandi bikagengwa n'itegeko ryo Gutanga Ubwishingizi bw'Ubuzima na Kubahiriza Inshingano ryo mu w' 1996 (HIPAA). NH Healthy Families isabwa n'amategeko kubungabunga ubuzima bwite bw'amakuru bwite y'ubuzima akwerekeyeho (PHI), kuguha iyi nyandiko imenyeshya inshingano zacu zishingiye ku mategeko n'ibijyanye n'ubuzima bwite bufitanye isano n'amakuru bwite y'ubuzima akwerekeyeho (PHI), kugengwa n'ingingo zikubiye mu nyandiko imenyeshya zikurikizwa kuri ubu na kukumenyeshya igihe habayeho kwangiza amakuru y'ubuzima arinzwe (PHI) atabitswe neza.

Iri tangazo risobanura uko dushobora gukoresha cyangwa kugaragaza amakuru yawe y'ubuzima arinzwe (PHI). Rinasobanura kandi uburenganzira bwawe bwo gukoresha, guhindura no gucunga amakuru yawe y'ubuzima arinzwe (PHI) n'uburyo bwo gukoresha ubwo burenganzira. Irindi koreshwa ryose na kugaragaza amakuru yawe y'ubuzima arinzwe (PHI) ritasobanuwe muri iri tangazo rikorwa gusa ari uko utanze uburenganzira bwanditse.

NH Healthy Families yihariye uburenganzira bwo guhindura iyi Nyandiko Imenyeshya. Twihariye uburenganzira bwo gutuma iyi nyandiko imenyeshya ivugururwa cyangwa ihindurwa ikanagira umumaro ku makuru y'ubuzima yawe arinzwe (PHI) dusanganywe ndetse n'andi makuru y'ubuzima yawe arinzwe (PHI) tuzabona mu gihe kizaza. NH Healthy Families ihita ivugurura byihuse kandi ikwirakwiza iyi Nyandiko Imenyeshya mu gihe habaye impinduka ku

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.



bikurkira:

- Ikoreshwa cyangwa Itangaza
- Uburenganzira bwawe
- Inshungano zacu zishingiye ku mategeko
- Ibindi bijyane n'ubuzima bwite byavuzwe mu itangazo

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

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Ku Wa Kane - Ku Wa Gatatu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

Amatangazo avuguruye aboneka ku rubuga rwacu na mu imenyeshya ryacu ry'akanyamakuru gasohoka mu buryo buhoraho.

Kurinda Amakuru Bwite y'Ubuzima, ari mu Mvugo, Yanditse kandi ya Elegitoronike (PHI)

NH Healthy Families irinda PHI yawe. Dufite uburyo bwo kurinda ubuzima bwite n'umutekano bwo kugufasha. Dore bumwe mu buryo turinda amakuru yawe y'ubuzima arinzwe (PHP):

- Dutoza abakozi bacu gukurikiza uburyo bwacu bwo kurinda ubuzima bwite n'umutekano.
- Dusaba abo dukorana imishinga gukurikiza uburyo bwacu bwo kurinda ubuzima bwite n'umutekano.
- Turinda ibiro byacu.
- Amakuru yawe y'ubuzima arinzwe (PHI) tuyavuganiraho ku mpamvu z'akazi gusa n'abantu bashaka kuyamenya.
- Turinda PHI yawe mu gihe tuyohereje cyangwa tuyabitse mu buryo elegitoronike.
- Dukoresha ikoranabuhanga mu kurinda abantu badakwiye kugera kuri PH yawe.

Uburyo bwo Gukoresha na Kugaragaza PHI Bwemewe:

Uru ni urutonde rw'uburyo dushobora gukoresha cyangwa tukagaragaza PHI utabiduhereye uburenganzira:

- **Ubuvuzi** - Dushobora gukoresha cyangwa kugaragariza PHI yawe umuganga cyangwa abandi batanga serivisi z'ubuzima bakuvura, guhuza ibikorwa by'ubuvuzi bwawe mu batanga serivisi, cyangwa gufasha mu gufata ibyemezo byo kubanza guhabwa uruhushya bifitanye isano n'ibyogenerwa.
- **Kwishyura** - Dushobora gukoresha PHI yawe kugira ngo twishyure ibyo wemerewe kuri serivisi z'ubuvuzi wahawe. Dushobora kugaragariza PHI yawe izindi gahunda ubuzima, cyangwa ibindi bigo bigengwa n'Amategeko Agenga Ubuzima Bwite ya leta ku mpamvu zo kwishyura. Ibikorwa byo kwishyura bishobora kuba birimo:
 - kunonosora ibirego
 - kugena kwemererwa cyangwa kwishingira ibirego
 - gutanga fagitire z'umusanzu w'ubwishingizi
 - gusuzuma serivisi harebwa ko zikenewe mu buvuzi
 - kongera gukoresha isuzuma ry'ibirego
- **Gahunda z'ubuzima z'Itsinda/Kugaragariza Amakuru Umuterankunga Wa gahunda** – Dushobora kwereka amakuru y'ubuzima yawe umuterankunga w'itsinda rya Porogaramu y'ubuzima, nk'umukoresha cyangwa ikindi kigo kiguha Porogaramu y'ubuvuzi, mu gihe umuterankunga yemeye ibintu bimwe bibujijwe ku ikoresha ry'amakuru y'ubuzima arinzwe (nko kwemera kudakoresha amakuru y'ubuzima arinzwe mu bikorwa bireba n'akazi cyangwa ibyemezo).

Serivisi z'Abanyamuryango ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

- ***Ibikorwa by'Ubuvuzi*** - Dushobora kugaragaraza PHI kugira ngo dukore ibikorwa byacu by'ubuvuzi. Ibyo bikorwa bishobora kubamo. Ibi bikorwa biashobor akuba birimo:
 - gutanga serivisi zo kwita ku bakiriya
 - gusubiza ibirego n'ubujurire
 - gucunga ibirego na guhuza ibikorwa by'ubuvuzi
 - gusuzuma ibirego by'ubuvuzi n'irindi sesengura ry'ireme
 - ibikorwa byo kunoza imikorere

Mu bikorwa byacu by'ubuzima, dushobora kugaragariza PHI abo dukorana imishinga. Tuzaba dufite amasezerano yanditse agamije kurinda ubuzima bwite bwa PHI tugirana n'abo dukorana. Dushobora kwereka PHI yawe ikindi kigo kigengwa n'Amategeko ya leta agenga ubuzima bwite. Ikigo kigomba kandi kuba gifite imikoranzwe nawe kubera ibikorwa byacyo by'ubuvuzi. Ibi birimo ibikurikira:

- Ibikorwa byo gusesengura ubuziranenge na kunoza imikorere
- Gusuzuma ubushobozi n'ubumenyi bw'abaganga b'abanyamwuga
- Gucunga dosiye na guhuza ibikorwa by'ubuvuzi
- Gutahura cyangwa kurwanya uburiganya n'ihohoterwa mu buvuzi

Ubundi buryo bwemewe bwo Kugargaza PHI yawe:

- ***Ibikorwa Byo Gukusanya Inkunga*** – Dushobora gukoresha cyangwa kwerekana PHI yawe mu bikorwa byo gukusanya inkunga mu kigo cy'abagiraneza cyangwa ikindi kigo cyo mu bwoko bumwe mu kubafasha gutera inkunga ibikorwa byabo. Dushobora kwerekana PHI yawe mu bikorwa byo gukusanya inkunga mu kigo cy'abagiraneza cyangwa ikindi kigo cyo mu bwoko bumwe mu kubafasha gutera inkunga ibikorwa byabo.
- ***Impamvu z'Ubwishingizi*** – Dushobora kugaragaza PHI yawe ku mpamvu zo gushaka ubwishingizi, nko kugena itangwa ry'ubwishingizi cyangwa ubusabe. Iyo dukoresheje cyangwa tugargaje PHI yawe ku mpamvu zo gushaka ubwishingizi, ntitwemerewe gukoresha cyangwa kugaragaza makuru yawe y'ubuzima arinzwe PHI ajyanye n'akoko kawe mu gikorwa cyo gushaka ubwishingizi.
- ***Kwibutswa Gahunda/Amahitamo Yo Kuvurwa*** - Dushobora gukoresha na kugaragaza PHI yawe tukwibutsa gahunda yo kuvurwa na kwitabwaho cyangwa hagamijwe kuguha amakuru ku mahitamo yo kuvurwa ahari cyangwa ibindi ugenerwa bifitanye isano n'ubuzima na serivisi, nk'amakuru bu buryo bwo kureka kunywa itabi.
- ***Nk'uko Bisabwa n'Itegeko*** - Iyo, leta, cyangwa itegeko ry'akarere risaba gukoresha cyangwa kugaragaza PHI yawe, dushobora gukoresha cyangwa PHI yawe ku rugero ikoreshwa n'igaragazwa ryayo ryemeweho n'itegeko kandi ntibirenge ibisabwa n'iryo

Serivisi z'Abanyamuryango:ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

tegeko. Iyo amategeko abiri cyangwa menshi agenga ikoreshwa rimwe cyangwa igaragazwa ashyamiranye, dukoresha itegeko rifite ingingo zibuza cyane.

- ***Ibikorwa by'Ubuzima Bwa Rubanda*** - Dushobora kwerekana PHI ku kigo cyita ku buzima bwa rubanda mu rwego rwo kurwanya cyangwa kugenzura indwra, imvune, cyangwa ubumuga. Dushobora kwereka

PHI yawe Ikigo Gishinzwe Kugenzura Ibiribwa n'imiti (FDA) kugira ngo gikore ku buryo haboneka ireme, umutekano cyangwa imikorere inoze y'ibicuruzwa cyangwa serivisi hakurikijwe amategeko ya FDA.

- ***Abahohotewe n'Abatitaweho*** - Dushobora kwereka PHI aho utuye, leta, cyangwa ubuyobozi bwa leta y'ibihugu byishyize hamwe, harimo na serivisi zo kwita ku baturage cyangwa ikigo gitanga serivisi zo kurinda abantu cyemererewe n'itegeko guhabwa izo raporo niba twizera neza ko habayeho ihohoterwa, kutitabwaho cyangwa ihohoterwa ryo mu ngo.
- ***Ubutabera n'Ibirego by'Ubuyobozi*** - Dushobora kugaragaza mu manza z'ubutabera n'ibirego by'ubuyobozi. Dushobora kuyagaragaza dusubiza ibi bikurikira:

- itegeko ry'urukiko
- ubuyobozi bw'urukiko
- ihamagazwa
- urwandiko rugufata
- Ihamagara ry'ababuranyi
- gusabwa kugaragaza ibimenyetso
- ubundi busabe bushingiye ku mategeko

- ***Iyubahirizamategeko*** – Dushobora gutangariza PHI akwerekeyeho abashinzwe iyubahirizamategeko igihe dusabwe kubikora. Urugero: Mu gusubiza:

- icyemezo cy'urukiko
- inyandiko iguhamagaza yatanzwe n'urukiko
- ihamagara ry'ababuranyi
- inyandiko ziguhamagaza zatanzwe n'umugenzacyaha
- inyandiko ihamagaza yatanzwe n'inteko nkuru y'abacamanza

Dushobora na kugaragaza PHI hagamijwe kumenya cyangwa kumenya aho ukekwa icyaha aherereye, ukurikiranyweho icyaha, ubuhamya bufatika, cyangwa umuntu wabuze.

- ***Abagenzura icyishe Abantu, Abagenzura Impfu Zidasanzwe n'Abayobozi ba Serivisi zo Gushyingura*** - Dushobora gutangariza amakuru y'ubuvuzi bwite akwerekeyeho ugenzura icyishe abantu n'ugenzura impfu zidasanzwe. Ibi bishobora kuba ngombwa, urugero, mu rwego rwo kugena icyateje urupfu. Dushobora gutangariza amakuru y'ubuvuzi bwite akwerekeyeho (PHI) abayobozi ba serivisi zo gushyingura, kugira ngo basohoze inshingano zabo.

Serivisi z'Abanyamuryango:ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

- **Gutanga Urugingo, Ijisho n'Akaremangingo k'Umubiri** - dushobora gutangaza amakuru bwite y'ubuzima akwerekereyeho PHI ikigo gishinzwe gutanga ingingo. Dushobora na gutangariza amakuru bwite y'ubuzima akwerekereyeho (PHI) ku bakora mu byo gutanga amasoko, amabanki cyagwa gutwara abantu n'ibintu:
 - ingingo z'abapfuye
 - amaso
 - uturemangingo

- **Guhungabanya Ubuzima n'Umutekano** – Dushobora gukoresha cyangwa gutangaza amakuru y'ubuvuzima bwite akwerekereyeho mu gihe twizera ko nta buriganya, ko kuyakoresha cyangwa kuyagaragaza ari ngombwa mu rwego rwo kwirinda na guca intege icyago cyugarije ubuzima cyangwa umutekano w'umuntu cyangwa abaturage.

- **Imikorere ya Leta Idasanzwe** – iyo uri uwo mu Gisikare cya Leta Zunze Ubumwe z'Amerika, dushobora gutangaza amakuru bwite y'ubuzima akwerekereyeho (PHI) tubisabwe n'abayobozi b'igisirikare. Tunashobora gutangaza amakuru y'ubuvuzi bwite (PHI) akwerekereyeho mu rwego rwo:
 - guha uburenganzira abayobozi ku bw'umutekano w'igihugu
 - ibikorwa bya gitasi
 - Ishami rya Leta rigena imiti ikwiye gukoreshwa
 - serivisi zishinzwe kurinda Perezida cyangwa abandi bantu babyemerewe

- **Indishyi z'Umukozi** - Dushobora gutangaza amakuru bwite y'ubuzima akwerekereyeho (PHI) mu rwego rwo kibahiriza amategeko agenga indishyi z'abakozi cyangwa izindi Porogaramu zo muri uru rwego, zashyizweho n'amategeko, zitanga inyungu zijyanye na gukomerekerera mu kazi n'uburwayi hatitawe ku cyabiteye.

- **Ibihe Bitunguranye** – Dushobora gutangariza amakuru bwite y'ubuvuzi akwerekereyeho (PHI) ugize umuryango wawe, inshuti yawe ya hafi, ikigo kirwanya ibiza kibyemerewe, cyangwa undi muntu wowe wagaragaje mu bihe byatambutse mu bihe bitunguranye, mu gihe nta bushobozi ufite cyangwa udahari. Dukoresha imitekerereze ya kinyamwuga n'uburambe kugira ngo turebe niba kwerekana amakuru yawe biri mu nyungu zawe. Mu gihe kugaragaza amakuru biri mu nyungu zawe, dutangariza gusa amakuru bwite y'ubuzima (PHI) arebana mu buryo butaziguye n'uruhare rw'uwo muntu mu kwita ku buzima bwawe.

- **Imfungwa** - Iyo uri imfungwa mu kigo cyita ku bagororwa cyangwa ufungwiye muri kasho y'umukozi ushinze kubahiriza mategeko, dushobora guha amakuru y'ubuvuzi bwite akwerekereyeho (PHI) mu rwego rushinzwe imfungwa n'abagororwa, aho ayo makuru akenewe kugira ngo urwo rwego ruguhe serivisi z'ubuzima; kurinda ubuzima bwawe cyangwa umutekano; cyangwa ubuzima n'umutekano w'abandi; cyangwa ku

Serivisi z'Abanyamuryango:ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

bw'umutekano w'urwego rushinzwe imfungwa n'abagororwa.

- **Ubushakashatsi** - Mu bihe bimwe na bimwe, dushobora gutangariza amakuru y'ubuvuzi bwite akwerekeyeho (PHI) abashakashatsi mu gihe ubushakashatsi bwabo ku miti bwemewe kandi hakaba hariho ingamba zo kurinda ubuzima bwite bwawe na kurinda amakuru bwite y'ubuzima akwerekeyeho.

Amasezerano mu Magambo yo Gukoresha na Gutangaza Amakuru Bwite y'Ubuzima Akwerekeyeho (PHI)— Twafata amasezerano yawe yo mu magambo tugakoresha ndetse tukanatangariza amakuru bwite y'ubuzima akwerekeyeho abandi bantu. Aha harimo abagize umuryango, inshuti, za hafi cyangwa bwite cyangwa undi muntu wese ugaragaza. Ushobora kutemeranya n'ikoreshwa ry'amakuru bwite y'ubuzima akwerekeyeho (PHI) mu gihe cyo kubisabwa. Ushobora kutwemerera mu magambo cyangwa ukatwangira mbere y'igihe. Ushobora na kuyaduha mu gihe cyo kuyakoresha cyangwa kuyatangaza. Tugabanya ikoresha cyangwa itangaza ry'amakuru bwite y'ubuzima akwerekeyeho (PHI) mu bihe bikurikira. Amakuru tuyagarukiriza ku makuru arebana n'uruhare rutaziguye rw'uwo muntu mu kuvurwa kwawe cyangwa kwishyura. Dushobora gufata amasezerano yawe ari mu magambo tuyakoresha kandi tukanatanga amakuru bwite y'ubuzima akwerekeyeho (PHI) mu gihe cy'amage. Dushobora kuyaha ikigo cyemewe kirwanya ingaruka z'ibiza. Tugabanya ikoresha cyangwa itangaza ry'amakuru bwite y'ubuzima akwerekeyeho (PHI) mu bihe bikurikira. Agarukira ku kumenyeshya ugize umuryango, uguhagarariye cyangwa undi muntu ushinze ubuzima bwawe, aho uherereye n'uko ubuzima bwawe buhagaze muri rusange. Ushobora kutwemerera mu magambo cyangwa

ukatwangira mbere y'igihe. Ushobora na kuyaduha mu gihe cyo kuyakoresha cyangwa kuragaza amakuru bwite y'ubuzima akwerekeyeho (PHI).

Ikoreshwa n'Itangazwa ry'Amakuru Bwite y'Ubuzima Akwerekeyeho Risaba Uburenganzira Bwanditse

Dusabwa kubona uburenganzira bwawe bwanditse kugira ngo dukoreshe cyangwa dutangaze amakuru bwite y'ubuzima akwerekeyeho (PHI), hariho, ibitemewe bike kubera impamvu zikurikira:

Kugurisha Amakuru Bwite y'Ubuzima – Tuzasaba uruhushya rwawe rwanditse mbere y'uko tugaragaza amakuru ayo ari yo yose agamije kugurisha amakuru bwite y'ubuzima akwerekeyeho, ni ukuvuga ko hari indishyi duhabwa kubera gutangaza amakuru bwite y'ubuzima akwerekeyeho (PHI) muri ubu buryo.

Kwamamaza – Tuzagusaba uburenganzira bwanditse bwo gukoresha cyangwa gutangaza amakuru bwite y'ubuzima akwerekeyeho (PHI) afatwa nko kugurisha kwamamaza hakabaho aho bitemewe hake, nko mu gihe tuvugana nawe imbonankubone mu rwego rwo kwamamaza cyangwa mu gihe dutanga impano ya poromosiyo ifite agaciro gato.

Ibyanditswe mu Gihe cy'Ubuvuzi Bushingiye ku Biganiro – Dusaba uburenganzira bwawe bwanditse bwo gukoresha na gutangaza ibyanditswe mu gihe cy'ubuvuzi bushingiye ku biganiro dushobora kuba dufite muri dosiye hashingiwe ku byihariye, nko kuvurwa indwara

Serivisi z'Abanyamuryango:ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

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runaka, kwishyura cyangwa ibikorwa by'ubuvuzi.

Uburenganzira Bwite

Ibikurikira ni uburenganzira bwawe bujyanye n'amakuru y'ubuzima akwerekeyeho PHI. Niba wifuza gukoresha uburenganzira bukurikira, bitumenyeshe ukoresheje amakuru ari aho aya mabwiriza arangirira.

- **Uburenganzira bwo Gutesha Agaciro Uruhushya** - Ushobora gutesha agaciro urushya igihe cyose; ariko uko gutesha agaciro bigomba gukorwa mu nyandiko. Gutesha agaciro bihita bigira agaciro ako kanya, keretse hari icyo twamaze gukora ku bijyanye n'uburenganzira bwatanzwe kandi na mbere yo kwakira inyandiko itesha agaciro yawe.
- **Uburenganzira Bwo Gusaba Ikumira** - Ufite uburenganzira bwo gusaba ikumira ku ikoreshwa n'itangaza ry'amakuru yerekeye ubuzima bwite (PHI), ibikorwa byo kwishyura cyangwa kuvurwa, ndetse na kuyatangariza abantu bafite aho bahuriye n'ubuvuzi cyangwa kwishyura ubuvuzi uhabwa, nk'abagize umuryango cyangwa inshuti za hafi. Ubusabe bwawe bugomba kugaragaza ikumira uri gusaba na kuvuga uwo ikumira rikurikizwaho. Ntidutegetswe kwemera ubwo busabe. Iyo tubyemeye, twubahiriza gusaba ikumira wasabye keretse amakuru akenewe kugira ngo uhabwe ubuvuzi bw'indembe. Ariko, dukumira ikoreshwa cyangwa itangazwa ry'amakuru y'ubuzima bwite (PHI) ku bikorwa byo kwishyura cyangwa kuvurwa kuri gahunda y'ubuvuzi iyo wiyishyuriye amafaranga yose ya serivisi cyangwa imiti.
- **Uburenganzira bwo Gusaba ko Uhabwa Amakuru mu Ibanga** - Ufite uburenganzira bwo gusaba ko uhabwa amakuru yerekeye (PHI)ubuzima bwawe mu bundi buryo cyangwa ahandi hantu. Ubu burenganzira bukurikizwa gusa iyo amakuru ashobora kugushyira mu byago iyo utayahawe mu bundi buryo cyangwa ahandi hantu wifuza. Si ngombwa ko usobanura impamvu y'ubusabe bwawe, ariko ugomba kuvuga amakuru ashobora kugushyira mu byago mu gihe utayahawe mu bundi buryo cyangwa ngo aho uyaherwa hahinduke. Tugomba kwemera ubusabe bwawe iyo bwumvikana kandi bigaragaza ubundi buryo cyangwa ahandi hantu aho wifuza ko amakuru yekereye ubuvuzi bwite (PHI) agomba gutangwamo.
- **Uburenganzira bwo Kubona na Guhabwa Kopi y'Amakuru y'Ubuuvuzi Akwerekeyeho PHI**- Ufite uburenganzira, harimo amarengayobora, kugira ngo urebe cyangwa unabone kopi y'amakuru y'ubuvuzi akwerekeyeho akubiye mu itsinda ry'amakuru ryagenwe. Ushobora gusaba ko dutanga kopi mu miterere itari za fotokopi. Dukoresha imiterere usabye keretse bidashoboka ko tubikora. Ugomba kubisaba mu nyandiko kugira ngo ubashe kugera ku makuru y'ubuzima akwerekeyeho PHI. Iyo twanze ubusabe bwawe, tuguha inyandiko ibisobanura kandi tukakubwira n'impamvu twabwanze kandi ko kubyanga bishobora gusuzumwa n'uburyo kubisuzuma byakorwamo cyangwa niba kubisuzuma bidashoboka.

- **Uburenganzira bwo Guhindura Amakuru y'Ubuzima Akwerekeyeho PHI** - Ufite

Serivisi z'Abanyamuryango:ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

uburenganzira bwo gusaba ko habaho kuvugurura, guhindura, amakuru y'ubuzima akwerekeyeho (PHI) iyo utekereza ko akubiyemo amakuru atari yo. Ubusabe bwawe bugomba gukorwa mu nyandiko, kandi bugomba kuba burimo impamvu amakuru agomba guhindurwa. Dushobora kwanga ubusabe bwawe ku mpamvu zimwe na zimwe, urugero, iyo tutigeze twandika amakuru wifuza ko duhindura cyangwa uwanditse amakuru y'ubuzima akwerekeyeho (PHI) ashoboye kuyavugurura. Iyo twanze ubusabe bwawe, tuguha ibisobanuro byanditse. Ushobora gusubiza mu nyandiko utubwira ko utemeye icyemezo twafashe kandi dushyira iyo nyandiko yawe ku makuru y'ubuzima akwerekeyeho (PHI) usaba ko avugururwa. Iyo twemeye ubusabe bwawe bwo kuvugurura amakuru, dukora uko dushoboye tukabimenyeshya abandi, harimo abantu uvuga, iby'amavugurura kandi dushyira izo mpinduka mu makuru atazatangazwa.

- **Uburenganzira bwo Kubwirwa Amakuru y'Atangazwa** - Ufite uburenganzira bwo guhabwa urutonde rw'inshuro amakuru yatangajwe mu gihe cy'imyaka 6 ishize aho twabwewe cyangwa abo dufatanyije mu bikorwa twatangaje amakuru y'ubuzima akwerekeyeho (PHI). Ntibikurikizwa ku itangazwa ku mpamvu z'ibikorwa byo kuvura, kwishyura, kwita ku barwayi, cyangwa itangazwa watangiye uburenganzira n'ibindi bikorwa. Iyo usabye kwerekwa uko amakuru yawe yakoreshejwe inshuro irenze imwe mu gihe cy'amezi 12, dushobora kukwishyura amafarana aboneye, ajyanye n'igiciro cyo gusubiza ubwo busabe bundi. Tuguha andi makuru ku mafaranga duca iyo wongeye kudusaba.
- **Uburenganzira bwo Gutanga Ikirego** - Iyo wumva ko uburenganzira ku buzima bwite bwawe bwarenzweho cyangwa iyo wumva ko twarenze ku mabwiriza yacu yerekeye ubuzima bwite, ushobora kudushyikiriza ikirego mu nyandiko cyangwa kuri telefone ukoresheje numero za telefone ziri ku musozo w'aya Mabwiriza.

Ushobora kandi gutanga ikirego k'Ubunyamabanga Bushinzwe Uburenganzira bw'Abaturage bwa Minisiteri Ishinzwe Ubuzima n'Imibereho Myiza y'Abaturage wohereje ibaruwa kuri 200 Independence Avenue, S.W., Washington, D.C. 20201 or calling 1-800-368-1019, (Ku Bafite Ubumga bwoi Kutumva TTY: 1-866-788-4989) or visiting www.hhs.gov/ocr/privacy/hipaa/complaints/.

NTABWO TUZAKEIHORERAHO KUBERA KO WATANZE IKIGEROWE.

- **Uburenganzira bwo guhabwa kopi y'aya Mabwiriza** - Ushobora gusaba guhabwa kopi y'aya Mabwiriza yacu igihe cyose ukoresheje numero ya telefone iri ku musozo w'Amabwiriza. wabonye aya Mabwiriza uyakuye ku rubuga rwacu cyangwa ku butumwa bw'ikoranabuhanga (imeyiri), unafite uburenganzira bwo guhabwa kopi y'aya Mabwiriza.

Amakuru y'Itumanaho

Ubaye ufite ikibazo cyerekeye aya Mabwiriza, amabwiriza yacu yerekeye ubuzima bwite ajyanye n'amakuru y'ubuzima akwerekeyeho (PHI) cyangwa uko twubahiriza uburenganzira bwawe ushobora kubitumenyeshya mu nyandiko cyangwa ukaduhamagara ukoresheje numero Serivisi z'Abanyamuryango:ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,



nh healthy families.

ya telefone ikurikira.

Igitabo cy'Umunyamuryango

173

NH Healthy Families

Attn: Privacy Official

2 Executive Park

Drive Bedford, NH

03110

1-866-769-3085

(Ku Bafite Ubumuga bwo Kutumva/TTY 1-855-742-0123)

Kugaragaza ko Tudashyigikiye Ivangura

NH Healthy Families yubahiriza amategeko y'igihugu agenga uburenganzira bw'abaturage kandi ntabwo ivangura ishingiyeye ku bwoko, ibara ry'uruhu, igihugu ukomokamo, imyaka, ubumuga, cyangwa igitsina. NH Healthy Families ntiheza abantu cyangwa ngo ibafate ku buryo

Serivisi z'Abanyamuryango:ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,



butandukanye ishingiyeye ku bwoko, ibara ry'uruho, igihugu ukomokamo, imyaka, ubumuga, cyangwa igitsina. NH Healthy Families ibuza ivangura rishingiyeye ku myaka, ibara ry'uruho, ubwoko, ubumuga bwo mu mitekereze na ku mubiri, igitsina umuntu yiyumvamo cyangwa ibyo akunda, irangamimerere, amakuru ndangabwoko, ahava amafaranga umutwe, igitsina, ibara ry'uruho, ukwemera, idini cyangwa igihugu umuntu akomokamo cyangwa igisekuru cye.

NH Healthy Families:

- Iha ubufasha na serivisi by'ubuntu abantu bafite ubumuga kugira ngo babashe kuvugana nawe mu buryo buboneye nka:
 - Abasemuzi b'ururimi rw'amarenga babyigiye
 - Amakuru yanditse mu yindi miterere (inyuguti nini, amajwi, imiterere y'ikoranabuhanga, indi miterere)
- Itanga serivisi z'indimi z'ubuntu ku bantu ururimi rwabo rwa mbere atari icyongereza, nka:
 - Abasemuzi babyigiye
 - Amakuru yanditse mu zindi ndimi

Niba ukeneye serivisi, bimenyeshe NH Healthy Families kuri 1-866-769-3085 (ku bafite ubumuga bwo kutumva TDD/TTY 1-855-742-0123.)

NH Healthy Families ibuza ivangura rishingiyeye ku myaka, ibara ry'uruho, ubwoko, ubumuga bwo mu mitekereze na ku mubiri, igitsina umuntu yiyumvamo cyangwa ibyo akunda, irangamimerere, amakuru ndangabwoko, ahava amafaranga umutwe, igitsina, ibara ry'uruho, ukwemera, idini cyangwa igihugu umuntu akomokamo cyangwa igisekuru cye. Niba utekereza ko NH Healthy Families yananiwe gutanga serivisi cyangwa yakoze ivangura mu bundi buryo hashingiye ku bwoko, ibara ry'uruho, igihugu ukomokamo, imyaka, ubumuga, cyangwa igitsina ushobora gushyikiriza ikirego cyo kutishimira serivisi wahawe kuri: Grievances and Appeals Coordinator, NH Healthy Families, 2 Executive Park Drive, Bedford, NH 03110, 1-866-769-3085 (Ku bafite ubumuga bwo kutumva/(TDD/TTY 1-855-742-0123), Fax 1-866-270-9943

Ushobora kwitangira ikirego cyo kutishimira serivisi uhabwa cyangwa kohereza ibaruwa, fagisi cyangwa imeyiri. Niba ukeneye ubufasha mu gutanga ikirego cyo kutishimira serivisi uhabwa, NH Healthy Families irahari kugira ngo igufashe. Unashobora gutanga ikirego cyerekeye ivangura binyuze mu Biro bya DHHS by'Umuvunyi wagenwe kugira ngo ahuze ibikorwa bya NH DHHSbijyanye na kubahiriza uburenganzira bw'abaturage mu Ishami: State of New Hampshire, Department of Health and Human Services, Office of the Ombudsman, 129 Pleasant Street, Concord, NH 03301-3857; (603) 271-6941 or (800) 852-3345 ext. 6941, FAX (603) 271-4632,

Abafite ubumuga bwo kutumva NH 1-800-735-2964; Imeyiri: ombudsman@dhhs.nh.gov.

Unashobora gutanga ikirego cyo kubahiriza uburenganzira bw'abaturage mu Ishami rya Leta Zunze Ubumwe z'Amerika Rishinzwe Ubuzima n'Imibereho Myiza y'Abaturage, Ibiro Bishinzwe Uburenganzira bw'Abaturage ukoresheje ikoranabuhanga unyuze ku Rubuga rw'Ibiro Bishinzwe Ibirego KUBAHIRIZA Uburenganzira bw'Abaturage, Amafishi y'ibirego aboneka kuri <https://www.ocrportal.hhs.gov/ocr/portal/lobby.jsf>, cyangwa kohereza ibaruwa ukoresheje iposita cyangwa ugahamagara kuri: U.S. Department of Health and Human Services, 200 Independence Avenue SW., Room 509F, HHH Building, Washington, DC 20201, 1-800-368-1019, 800-537-Serivisi z'Abanyamuryango:ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,



7697 (ku bafite ubumuga bwo kutumva (TDD):

Izindi Ndimi Ziboneka

Spanish: Si usted, o alguien a quien está ayudando, tiene preguntas acerca de NH Healthy Families, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 1-866-769-3085 (TTD/TTY 1-855-742-0123)

French: Si vous-même ou une personne que vous aidez avez des questions à propos NH Healthy Families, vous avez le droit de bénéficier sans payer d'aide et d'informations dans votre langue. Pour parler à un interprète, appelez le 1-866-769-3085 (TTD/TTY 1-855-742-0123)

Chinese: 如果您, 或是您正在協助的對象, 有關於 NH Healthy Families 方面的問題, 您有權利以您的母語得到不收費的幫助和訊息。如果要與翻譯員講話, 請撥電話 1-866-769-3085 (TTD/TTY 1-855-742-0123)

Nepali: तपाईं वा तपाईंले सहयोग गरिरहनुभएको व्यक्तिसँग NH Healthy Families बारे प्रश्नहरू छन् भने तपाईंले बुझ्ने भाषामा लागत बिना सहायता र जानकारी पाउनुहुन्छ। दोभाषेसँग कुरा गर्न 1-866-769-3085 (टिटिवाई प्रयोगकर्ताले 1-855-742-0123) मा फोन गर्नुहोस्।

Vietnamese: Nếu quý vị, hay người mà quý vị đang giúp đỡ, có câu hỏi về NH Healthy Families, quý vị sẽ có quyền được giúp đỡ và có thêm thông tin bằng ngôn ngữ của mình mà không phải trả tiền. Để nói chuyện với một thông dịch viên, xin gọi 1-866-769-3085 (TTD/TTY 1-855-742-0123)

Portuguese: Se você, ou alguém a quem você está ajudando, tem perguntas sobre o NH Healthy Families, você tem o direito de obter ajuda e informação em seu idioma e sem custos. Para falar com um intérprete, ligue para 1-866-769-3085 (TTD/TTY 1-855-742-0123)

Greek: Εάν εσείς ή κάποιος που βοηθάτε, έχετε ερωτήσεις σχετικά με την NH Healthy Families, έχετε το δικαίωμα να ζητήσετε βοήθεια και πληροφορίες στη γλώσσα σας, χωρίς χρέωση. Για να μιλήσετε με διερμηνέα, καλέστε το 1-866-769-3085 (TTD/TTY 1-855-742-0123)

Arabic: إذا كان لديك أو لدى أي شخص تساعده أسئلة حول NH Healthy Families، فيحق لك الحصول على المساعدة والمعلومات بلغتك دون أي تكلفة. للتحدث إلى مترجم شفهي، اتصل بالرقم 1-866-769-3085 (الهاتف النصي 1-855-742-0123 TTD/TTY)

Serivisi z'Abanyamuryango:ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Serbo-Croatian: Ako Vi ili neko kome pomažete, imate pitanja u vezi NH Healthy Families, imate pravo na pomoć i informaciju na sopstvenom jeziku bez ikakvih troškova. Ukoliko želite da pričate sa prevodiocem, pozovite broj 1-866-769-3085 (TTD/TTY 1-855-742-0123)

Indonesian: Jika Anda, atau orang yang Anda bantu, memiliki pertanyaan tentang NH Healthy Families, Anda berhak mendapatkan bantuan dan informasi dalam bahasa Anda tanpa dikenakan biaya. Untuk berbicara dengan juru bicara, hubungi 1-866-769-3085 (TTD/TTY 1- 855-742-0123)

Korean: 만약 귀하 또는 귀하가 돕고 있는 어떤 사람이 NH Healthy Families 에 관해서 질문이 있다면 귀하는 고려한 도움과 정보를 귀하의 언어로 비용 부담없이 얻을 수 있는 권리가 있습니다. 그렇게 통역사와 얘기하기 위해서는 1- 866-769-3085 (TTD/TTY 1-855-742-0123) 로 전화하십시오.

Russian: В случае возникновения у вас или у лица, которому вы помогаете, каких-либо вопросов о программе страхования NH Healthy Families вы имеете право получить помощь и информацию на своем родном языке без оплаты. Чтобы поговорить с переводчиком, позвоните по телефону 1-866-769-3085 (TTD/TTY 1-855-742-0123)

French Creole: Si oumenm, oubyen yon moun w ap ede, gen kesyon nou ta renmen poze sou NH Healthy Families, ou gen tout dwa pou w jwenn èd ak enfòmasyon nan lang manman w san sa pa koute w anyen. Pou w pale avèk yon entèprèt, sonnen nimewo 1-866-769-3085 (TTD/TTY 1-855-742-0123)

Kinyarwanda: Niba wowe cyangwa undi muntu wese uri gufasha yaba afite ikibazo kijyanye na NH Healthy Families, ufite uburenganzira bwo guhabwa amakuru mu rurimi wunva Nta kiguzi. Kugira ngo uvugane n'umusobanuzi, Hamagara 1-866-769-3085 (TTD/TTY 1-855-742-0123)

Polish: Jeżeli Ty lub osoba, której pomagasz, macie pytania na temat planów oferowanych za pośrednictwem NH Healthy Familie, macie prawo poprosić o pomoc i informacje w języku ojczystym bez ponoszenia kosztów. Aby skorzystać z pomocy tłumacza, zadzwoń pod numer 1-866-769-3085 (TTD/TTY 1-855-742-0123).

Umutwe wa 13. Impine n'ibisobanuro by'amagambo y'ingenzi

Igice 13.1 Impine z'amagambo

Impine	Ibisobanuro
AAC	Uburvo Bwo Kuvuga Ku Bafite Ubumuga
AIDS	Indwara ica intege ubudahangarwa bw'umubiri maze igatera ubwandu bw'indwara
APRN	Umuforomo w'Inzobere
BIPAP	Icyuma Gifasha Abarwavi Guhumeka
BMI	Kureba Niba Uburebure Bujyanve N'ibiro
CMS	Ibigo bitanga Serivisi za Medicare na Medicaid
COBRA	Itegeko rigenga uko umukozi akomeza guhabwa ubwishingizi avuye mu kazi
COPD	Indwara z'Ubuhumekero Zidakira
CPAP	Icyuma Umurwavi Ahumekeramo
DESI	Kureba niba imiti ifite ubushobozi bwo kuvura
DME	Ibikoresho Bwo Kwa Muganga Biramba
EOB	Ibisobanuro by'ibvo umurwavi agenerwa
EPSDT	Serivisi zo Gusuzumwa Indwara no Kuvurwa Hakiri Kare
ET	Isaha v'iburasirazuba
FDA	Ikigo cy'Amerika kigenzura ibiribwa n'imiti
FFS	Kwishvura Serivisi
FOHC	Ikigo Nderabuzima Cvuijwe Ibisabwa n'Igihugu
HIV	Agakoko Gatera SIDA
HRAS	Isuzuma ry'Ibyago by'Ubuzima
IUD	Akuma Gashvirwa Mu Mura
IV	Biterwa Mu Mitsi
LADC	Umuiyana mu by'ibisindisha n'ibivobwabwenge ubifitwe uruhushya
LDCT	Kuvura mu cyuma hakoreshejwe imirasire mike
LPN	Umuforomo Ubifitwe Uruhushya
LTC	Ubuvuzi bw'abageze mu zabukuru n'abafite ubumuga
MLADC	Umuiyana mu by'ibisindisha n'ibivobwabwenge ubifitwe uruhushya rwisumbuye
NEMT	Gutwarwa Kwa Muganga Utarembye
NH	Leta ya New Hampshire
NH DHHS	Ministeri ya leta ya New Hampshire ishinze ubuzima n'imibereho mviza v'abaturage
OB/GYN	Ubuvuzi bw'Indwara z'Abagore
OT	Ubuvuzi bwo gukora uturimo tworoheje mu rwego rwo gukira
OTC	Imiti itari ngombwa ko wandikirwa na muganga
PCP	Utanga serivisi z'ubuvuzi w'ibanze (cyaneva umuganga)
PAP	Porogaramu v'ubufasha bwo mu rwego rwa mbere
PSA	Antijene itera indwara v'udusabo tw'intangangabo

Serivisi z'Abanyamuryango:ba NH Healthy Families
 1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)
 Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Impine	Ibisobanuro
PT	Ubuwuzi bw'Ingingo z'Umubiri
RHC	Ikigo Nderabuzima Cyo Mu Cyaro
RN	Umuforomo Ubyemerewe
SBIRT	Gusuzuma, ubufasha bw'igihe gito, na taransiferi
ST	Ubuwuzi Bwo Kugorora Imvugo
STI	Indwara zandurira mu mibonano mpuzabitsina
SUD	Indwara zikomoka ku gukoresha ibiyobyabwenge
TMJ	Amagufwa Ahuza Urwasaya n'Igikanka

Igice 13.2 Ibisobanuro by'amagambo y'ingenzi

Igikorwa Kitari Ngombwa – Igikorwa kitari ngombwa bisobanura igikorwa, cyaba gikozwe mu buryo butaziguye cyangwa buziguye, gituma Porogaramu ya Medicaid yishyura amafaranga atari ngombwa. Igikorwa kitari ngombwa harimo igikorwa cyose kitajyanye na guha abanyamuryango serivisi z'ubuzima za ngombwa, zitujuje ibisabwa mu rwego rw'umwuga, kandi zifite ibiciro biboneye, uko ari ngombwa. Ingero z'igikorwa kitari ngombwa zirimo: gutanga inyemezabuguzi za serivisi z'ubuvuzi zitari ngombwa, kwishyura serivisi cyangwa ibyifashishwa amafarana y'umurenge, na gukoresha kode nabi ku kirego, nko kongera kode cyangwa gutandukanya kode zo ku nyemezabuguzi.

Ahatangirwa Ubutumwa – Ni ikigo gikorera muri leta yose cyakira abahamagara/ubutumwa bugufi/ubutumwa kiganiro muri New Hampshire (1-833-710-6477) gitanga ubuafsha, kurangira, na guha serivisi abafite ibibazo by'ubuzima bwo mu mutwe cyangwa abatewe ibyaho na gukoresha ibiyobyabwenge. Baboneka iminsi 365 ku mwaka, iminsi 7 mu cyumweru, amasaha 24 ku munsu.

Igikorwa – Iyo gahunda ikwangiye, igabanyije, ihagaritse by'agateganyo, cyangwa ihagaritse serivisi z'ubuvuzi uhabwa yose cyangwa imwe muri biyigize. Ku yandi makuru yerekeye ibyemezo by'ubwishingizi n'ibindi bikorwa, wareba Umutwe wa 10 (*Icyo ukora iyo wifuzza kujurira icyemezo cya gahunda cyafashwe cyangwa "ikirego", cyangwa gutanga ikirego kuri serivisi utishimiye*).

Amabwiriza Kuri Serivisi Uzahabwa – Inyandiko y'amategeko ituma utanga amabwiriza yerekeye serivisi z'ubuvuzi uzahabwa. Unashobora kugira umuntu ugufatira ibyemezo iyo udashobora kubyikorera. Wanarebera ku Igice 9.3 (*Igenamigambi rikozwe mbere ku byemezo by'ubuzima bwawe*).

Igihe Cyo Kwiyandikisha Buri Mwaka – Igihe buri mwaka iyo ushobora guhindura gahunda y'ubuvuzi uhabwa. (amatariki ashobora guhinduka). Buri mwaka uzajya uhabwa imenyeshya mbere na New Hampshire Medicaid ibijyanye n'amahitamo yo guhinduera ubwishingizi bw'ubuzima

Kujurira – Igikorwa gikorwa iyo utemeranya n'icyemezo cya gahunda cyo kukwangira ubusabe bwo guhabwa ubwishingizi cyangwa kwishyurirwa. Unashobora kujurira iyo Serivisi z'Abanyamuryango:ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Ku Wa Kane - Ku Wa Gatatu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.



utemeranya n'icyemezo cya gahunda cyo guhagarika cyangwa kugabanya serivisi uhabwa. Ku yandi makuru, wareba Umutwe wa 10 (*Icyo ukora iyo wifuza kujuririra icyemezo cya gahunda cyafashwe cyangwa "ikirego", cyangwa gutanga ikirego kuri serivisi utishimiye*).

Uburenganzira – Warebera ku gisobanuro cy'ijambo “Kubanza Kubitangira Uburenganzira”.

Uguhagarariye Wabiherewe Uburenganzira cyangwa Uguhagarariye Bwite – Umuntu ushobora guha uburenganzira bwo kuguhagararira. Uguhagarariye ashobora guha gahunda

amakuru cyangwa guhabwa amakuru akwerekereye mu buryo bumwe n'ubwo gahunda yaganira cyangwa yagutangariza amakuru mu buryo butaziguye. Ku yandi makuru, wareba ku Igice 2.13 (*Andi makuru y'ingenzi: Ushobora gushyiraho umuntu wemewe kuguhagararira cyangwa uguhagararira ku giti cyawe*).

Gutanga Inyemezabuguzi y'Asigaye – Iyo utanga serivisi ahaye inyemezabuguzi umunyamuryango amafaranga arenze ayo yagomba gufatanya kwishyura n'ubwishingizi, uko bikurikizwa, cyangwa akishyura umunyamuryango ikinyuranyo hagati y'amafaranga utanga serivisi yashyize ku nyemezabuguzi n'amafaranga gahunda yishyuye utanga serivisi. Nk'umunyamuryango wa gahunda, ushobora kwishyura gusa amafaranga ufatanya na gahunda kwishyura iyo wandikiwe imiti yishingiwe na muganga. Ntitwemerera abatanga serivisi “gutanga inyemezabuguzi y'asigaye” cyangwa kukwishyura amenshi arenze ku yo gahunda mukorana yavuze ko mugomba gufatanya kwishyura.

Ubuvuzi bw'indembe ku barwayi b'indwara zo mu mutwe – Ni igihe umunyamuryango akenewe gusuzumirwa na kuvurirwa indwara zo mu mutwe ahantu hatekanye kandi habugenewe, iyo ndwara ikaba yamuteza akaga cyangwa ikagateza bandi, cyangwa agaragaza ibimenyetso bikomeye by'uko indwara iri kumuganisha abahi bigatuma uvurwa atabasha kugenzurwa na kubasha kwemera ko bamuvura.

Serivisi z'Ubuvuzi bw'Indwara Zo Mu Mutwe – Irindi jambo rikoresha mu gusobanura serivisi z'ubuvuzi bw'indwara zo mu mutwe cyangwa ubuvuzi bw'indwara zikomoka ku gukoresha ibiyobyabwenge.

Umwaka Umunyamuryango Yishingirwa – Igihe cy'amezi 12 aho umunyamuryango ahabwa ibyo agenerwa.

Imiti y'Uruganda – Umuti wandikirwa na muganga wakoze kandi ukagurishwa n'isosiyete yatunganyije uwo muti. Imiti y'uruganda iba ikozwe muri bimwe nk'iby'imiti isanzwe.

Ubuhuzabikorwa bw'Ubuvuzi – Ni ijambo rikoresha mu gusobanura ibikorwa bya gahunda byo kubona ubufasha bukenewe ku banyamuryango n'umuryango mugari. Abahuzabikorwa b'ubuvuzi bareba neza ko abanyamuryango bari mu itsinda ry'ubuvuzi bahawe amakuru yerekeye serivisi n'ubufasha bwose bihabwa abanyamuryango, harimo serivisi zitangwa na buri tsinda ry'abanyamuryango cyangwa utanga serivisi. Ku yandi makuru, wareba ku Igice 5.2 (*Ubufasha bw'ubuhuzabikorwa bw'ubuvuzi*).

Serivisi z'Abanyamuryango:ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Ku Wa Kane - Ku Wa Gatatu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.



Ibigo bitanga Serivisi za Medicare na Medicaid (CMS) – Ikigo cy'igihugu gitanga serivisi za Medicare na Medicaid.

Gukomeza guhabwa serivisi z'ubuvuzi – Bivuga igikorwa cyo gukomeza guhabwa serivisi z'ubuvuzi nta guhagarara ku barwayi barwaye indwara z'akarande cyangwa indwara z'igikatu mu gihe bari guhinduranya gahunda. Ku yandi makuru, wareba ku Igice 5.3 (*Gukomeza guhabwa serivisi z'ubuvuzi*).

Gufatanya na Gahunda Kwishyura – Amafaranga ushobora gusabwa kwishyura mu rwego rwo gusangira ikiguzi cya serivisi y'ubuvuzi cyangwa ibyo wahawe, harimo kujya kwa muganga, kurwarira mu bitaro, cyangwa umuti wandikiwe na muganga. Hakurikijwe gahunda yacu, ushobora kugira ikiguzi cy'imiti wandikiwe na muganga ufatanyije n'ubwishingizi.

Kugabana amafaranga yishyurwa – Kugabana amafaranga yishyurwa ni ukuvuga amafaranga wafatanyije na gahunda kwishyura, amafaranga akatwa cyangwa amafaranga menshi ugomba kwishyura serivisi z'ubuvuzi cyangwa imiti wandikiwe na muganga. Kugabana amafaranga yishyurwa by'umunyamuryango binitwa amafaranga umunyamuryango “yiyishyurira”.

Icyemezo Ku Bwishingizi – Kugena cyangwa icyemezo gifashwe na gahunda cyerekeye kugaragaza niba serivisi cyangwa umuti wishingiwe. icyemezo ku bwishingizi gishobora kuba kinakubiyemo amakuru yerekeye imiti yose yishyurwa ufatanyije n'ubwishingizi bwawe ushobora gusaba kwishyura.

Serivisi Zishingiwe – Harimo serivisi z'ubuvuzi zose, imiti wandikiwe na muganga yose, ibyifashishwa byose, n'ibikoresho byose byishingiwe na gahunda yacu. Amategeko ya Minisiteri ya leta ya New Hampshire ishinzwe ubuzima n'imibereho myiza y'abaturage (Imitwe He-W, He-E, He-C, He-M, na He-P) asobanura Serivisi Zishingiwe na Gahunda. Amategeko aboneka kuri interineti kuri http://www.gencourt.state.nh.us/rules/about_rules/listagencies.htm. Rebera ku Mbonerahamwe y'Ibyo Abarwayi Bagenerwa mu Mutwe wa 4 ku rutonde rwa serivisi zishingiwe.

Kwiyandukuza cyangwa Ukwiandukuza – Igikorwa cyo gusoza ubunyamuryango bwawe muri gahunda yacu. Ukwiandukuza bishobora kuba ku bushake (ubiyihitiyemo) cyangwa bitari ku bushake (utabiyihitiyemo).

Ibikoresho byo kwa Muganga Biramba (DME) – Bimwe mu bikoresho bisabwa na muganga ukuvura ku mpamvu z'ubuvuzi. Ibikoresho byo kwa muganga biramba byihanganira gukoresha inshuro nyinshi kandi by'umwihariko na mu buryo busanzwe bikoreshwa ku mpamvu z'ubuvuzi, kandi muri rusange ntacyo byamarira umuntu mu gihe atarwaye cyangwa atavunitse, kandi biraboneye kuba byakoreshwa mu rugo.

Ubuvuzi cyangwa Serivisi z'Indembe – Kuvura mu rwego rwo kwita ku ndembe. Ku yandi makuru, wareba Igice 3.6 (*Ubuvuzi bw'indembe, bwihuse, n'ubwa nyuma y'akazi*).

Ubuvuzi bw'Indembe – “Ubuvuzi bw'indembe” ni igihe wowe, cyangwa undi muntu ufite Serivisi z'Abanyamuryango:ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

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Ku Wa Kane - Ku Wa Gatatu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.



ubumenyi buringaniye ku buzima n'ubuvuzi, atekereza ko ibmenyetso ufite bikeneye kwitabwaho vuba bishoboka kugira ngo hirindwe kuba wapfa, wabura urungiro, cyangwa watakaza ingingo z'umubiri cyangwa rumwe mu rugiro rw'umubiri. Ibimenyetso byo kwa muganga bishobora kuba ari indwara, imvune, ububabare bukabije, cyangwa ubundi burwayi buhita bukomera. Cyangwa ku bagore batwite bari ku bise, ni ukuvuga ibise mu gihe nta mwanya uhagije wo kumugeza neza kwa muganga mbere y'uko abyara, cyangwa uko kubajyana bikaba byateza ikibazo ku buzima bwabo cyangwa umutekano wabo cyangwa umwana utaravuka.

Gutwara Indembe Kwa Muganga – Gutwara kwa muganga mu buryo bwihariye umunyamuryango kugira ngo ahabwe serivisi z'ubuvuzi bw'indembe vuba bishoboka, nko kumutwara mu mbangukiragutabara.

Icyumba cy'indembe cyangwa serivisi z'indembe – Serivisi y'indembe akenshi iba iherereye mu bitaro kugira ngo ivure indembe.

Serivisi Zitishingiwe – Bivugaga serivisi z'ubuvuzi n'imiti wandikiwe na muganga gahunda itishingira.

Uburiganya – Kubeshya cyangwa kugaragaza uko ibintu bitari ku bushake bikozwe n'umuntu cyangwa ikigo kizi ko uko kubeshya gushobora gutuma hatangwa ibyo umurwayi agenerwa mu buryo butatanzwe uburenganzira akabihabwa, bihagabwa undi muntu, cyangwa ikigo.

Umuti Usanzwe – Umuti wandikie na muganga ufite ibiwugize bikora kimwe n'umuti w'uruganda. Imiti isanzwe igura make kurusha imiti yakozwe ikanagurishwa n'uruganda. Ikigo cy'Amerika Kigenzura Ibiribwa n'Imiti (FDA) giha amanota imiti harebwa niba itekanye kandi ivura nk'imiti yakozwe ikanagurishwa n'uruganda.

Ubwishingizi bwa Granite Advantage – Leta igirana amasezerano n'ubwishingizi bwa Medicaid kugira ngo butange ubwishingizi bw'ubuzima ku ba nyamuryango ba Granite Advantage.

Kutishimira serivisi wahawe – Igikorwa aho umunyamuryango agaragaza ko atanyuzwe n'igikorwa cya gahunda. Kutishimira serivisi wahawe bishobora kuba birimo, ariko bitagarukira gusa ku, buziranenge bw'ubuvuzi cyangwa serivisi zatanze, ndetse n'ibiranga umubano bwite hagati y'abantu nko kuba utanga serivisi cyangwa umukozi avuga nabi, cyangwa kutubahiriza uburenganzira bw'abiyandikishije hatitawe ku kuba hakenewe uburyo bwo gukemura ibibazo. Kutishimira serivisi wahawe harimo uburenganzira bw'abiyandikishije bwo gusaba ko hongera igihe cyateganyijwe na gahunda cyo gufata icyemezo gisaba kubanza gutangirwa uburenganzira. Ku yandi makuru, wareba Umutwe wa 10 (*Icyo ukora icyo wifuzaga kujuririra icyemezo cya gahunda cyafashwe cyangwa "ikirego", cyangwa gutanga ikirego kuri serivisi utishimiye*).

Serivisi n'Ibyuma Bikangura Ibice by'Umubiri – Serivisi n'ibyuma bifasha umuntu gukomeza, kwiga cyangwa kunoza ubumenyi n'imikorere y'umubiri we mu buzima bwa buri muni. Izo serivisi zishobora kuba zikubiyemo ubuvuzi na serivisi z'abantu bafite

Serivisi z'Abanyamuryango:ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

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ubumuga zitangirwa mu bigo bitandukanye bivura abarwayi bataha.

Ubwishingizi bw'Ubuzima – Ubwoko bw'ubwishingizi bwishyura ubuvuzi, kubagwa, cyangwa andi mafaranga atangwa ku buvuzi yishyujwe uwishingiwe (rimwe na rimwe witwa umunyamuryango). Ubwishingizi bw'ubuzima bushobora gusubiza amafaranga uwishingiwe yakoresheje yivuzza indwara cyangwa imvune, cyangwa kwishyura utanga serivisi ku buryo butaziguye.

Ufasha Urwariye Mu Rugo – Ufasha urwariye mu rugo atanga serivisi zidasaba ubumenyi buhanitse bw'umuforomo cyangwa umuganga wabiherewe uruhushya, nko gufasha mu kwita ku muntu (urug.: Kumwoza, kumufasha gukoresha ubwiherero, kumwambika).

Ubuwuzi cyangwa Serivisi Bitangirwa mu Rugo – Serivisi zikubiyemo kwitabwaho igihe gito n'umuforomo wabyigiye na serivisi zo gufashwa mu mirimo yo mu rugo, ibikoresho biramba n'ibyifashishwa, n'ubuvuzi. Ku yandi makuru, warebera ku Mbonerahamwe y'ibyo umurwayi agenerwa mu Mutwe wa 4.

Serivisi z'Abasigaje Iminsi Mike yo Kubaho – Ubuwuzi bw'abanyamuryango bageze mu minsi ya nyuma, baba basigaje igihe cyo kubaho kingana n'amezi 6 cyangwa kitayagejeho iyo uburwayi bukomeje kumuzonga.

Kujya cyangwa Kurwarira mu Bitaro –Kujya mu bitaro ni ukuvurirwa mu bitaro uhabwa serivisi z'ubuvuzi ziboneye. Ku yandi makuru, wareba Imbonerahamwe y'Ibyo Abarwayi Bagenerwa mu Mutwe wa 4 (*Serivisi z'abavurwa bataha*).

Abavurwa n'Ibitaro Bataha – Ubuwuzi budasaba ko umurwayi arara mu bitaro cyangwa mu kigo cy'ubuvuzi. Kuvura umurwayi ataha bishobora gutangirwa mu biro by'utanga serivisi cyangwa ibitaro. Urugero,inyinshi muri serivisi bijyanye zitangirwa mu biro by'utanga serivisi cyangwa mu kigo kibaga abarwayi bataha.

Igihe Cyo Kwiyandikisha Bwa Mbere – Ingengabihe aho uba wujuje ibisabwa bwa mbere kugira ngo wandikwe muri gahunda y'ubwishingizi bwa Medicaid.

Urutonde rw'Imiti Yishingiwe (Igitabo cyangwa “Urutonde rw'Imiti”) – Urutonde rw'imiti wandikirwa na muganga yishingiwe. Urutonde rukubiyemo imiti yakozwe ikanagurishwa n'uruganda n'imiti isanzwe.

Ubwishingizi Bwa Medicaid (cyangwa Ubufasha bw'Ubuwuzi) – Medicaid ni Porogaramu ihuriweho n'igihugu na leta ikubiyemo ubwishingizi bw'ubuzima ku bana, abakuru bafite abana, abagore batwite, abageze mu za bukuru n'abafite ubumuga bujuje ibisabwa.

Ubuwuzi Bwa Ngombwa – Serivisi, ibikoresho, cyangwa imiti yanditswe na muganga bikenewe kugira ngo hakumirwe, hakorwe ibizamini, cyangwa havurwe uburwayi ufite kandi ibipimo ngenderwaho mu buvuzi byemwe bigerweho. Ku yandi makuru yerekeye serivisi z'ubuvuzi za

Serivisi z'Abanyamuryango:ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

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ngombwa, warebera ku Igice 6.1 (*Serivisi z'ubuvuzi za ngombwa*).

Ubwishingizi bwa **Medicare** – Ubwishingizi bw'ubuzima bw'igihugu ku bantu bafite imyaka 65 cyangwa bayirengeje. Abandi bashobora guhabwa Medicare harimo abafite ubumuga batagejeje imyaka 65, n'abantu barwaye Indwara y'Umwijima w'Akarande (muri rusange abarwaye indwara y'umwijima idakira bakeneye kuvurwa impyiko cyangwa kuzisimbuza).

Umunyamuryango (Umunyamuryango wa Gahunda yacu, cyangwa “Umunyamuryango wa Gahunda”) – Umuntu wiyandikishije muri gahunda yacu.

Serivisi Zihabwa Abanyamuryango – Serivisi muri Gahunda yacu ishinze gusubiza ibibazo byerekeye ubunyamuryango bwa gahunda n'ibyo abarwayi bagenerwa. (Numero za telefone za Serivisi z'Umunyamuryango zanditse ku gifuniko cy'iki gitabo.)

Ikibazo cy'Ubuzima Bwo Mu Mutwe – Ni igihe imyitwarire y'umuntu imushyira mu kaga ko kwiyangiza cyangwa kwangiza abandi, cyangwa iyo atabasha gukemura ikibazo akoresheje ubwenge n'ibyo afite. Ibintu byinshi bishobora gutuma habaho ikibazo cy'ubuzima bwo mu mutwe harimo, siteresi yiyongereye, uburwayi bwo ku mubiri, ibibazo ku kazi cyangwa ku ishuri, impinduka mu mimerere y'umuryango, ihungabana/ihohoterwa aho umuntu atuye cyangwa gukoresha ibiyobyabwenge. Ibyo bikomerera buri wese, ariko by'umwihariko bishobora gukomerera umuntu ufite uburwayi bwo mu mutwe.

Ihuriro – Itsinda rihuriweho ry'abatanga serivisi n'ibigo bifitanye amasezerano na gahunda yo guha abanyamuryango serivisi zishingiwe.

Abatanga serivisi z'ubuvuzi bari mu ihuriro – Ni abaganga, amafarumasi n'abandi bavuzi b'umwuga, amatsinda y'ubuvuzi, ibitaro, abatanga ibikoresho byo kwa muganga biramba, n'ibindi bigo by'ubuvuzi bifitanye amasezerano na gahunda yo kwemera ko tubishyura n'amafaranga wiyishyurira, iyo ahari, mu rwego rwo kwishyura amafaranga yose. Twavuganye n'abo batanga serivisi kugira ngo bahe abanyamuryango ba gahunda yacu serivisi zishingiwe.

Ubwishingizi bwa New Hampshire Medicaid – Gahunda igirana amasezerano na NH DHHS yo guha serivisi z'ubuvuzi abantu biyandikishije mu bwishingizi bwa New Hampshire Medicaid bahisemo cyangwa bagenewe gahunda yacu.

Serivisi Zo Kujyana Abarwayi Batarembye Kwa Muganga (NEMT) – Izo serivisi zishingirwa na gahunda iyo utabashije kwishyura amafaranga y'urugendo bajya ku biro n'ikigo bitanga serivisi. Gahunda yishingira kujyana abarwayi batarembye kwa muganga kugira ngo bahabwe ubuzi bwa ngombwa muri leta ya New Hampshire

Serivisi z'ubuvuzi zishingiwe na Medicaid zivugwa mu Mbonerahamwe y'Ibyo Abarwayi Bagenerwa mu Mutwe wa 4 (*Serivisi zo gutwara abarwayi – Gutwara abarwayi batarembye kwa muganga (NEMT)*).

Utanga Serivisi Utari Mu Ihuriro – Wareba ibisobanuro by'amagambo bya “Utanga Serivisi Utari mu Ihuriro, Farumasi Itari mu Ihuriro cyangwa Ibitaro Bitari mu Ihuriro”.

Serivisi z'Abanyamuryango:ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

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Imiti Ihenze – Umuti uhenze ni umuti utagaragara ku Rutonde rw'Imiti Idahenze (PDL).

Utanga Serivisi Utari mu Uhuriro, Farumasi Itari mu Ihuriro cyangwa Ibitaro Bitari mu Ihuriro – Utanga serivisi, farumasi cyangwa ibitaro bitahawe akazi, bitari cyangwa bidakoresha na gahunda yacu cyangwa bidafitanye amasezerano yo guha abanyamuryango ba gahunda serivisi zishingiwe. Wareba ku Mutwe wa 3 (*Gukoresha serivisi zishingiwe za NH Healthy Families*).

Amafaranga Yishyurwa n'Umurwayi – Wareba igisobanuro cy'ijambo “kugabana amafaranga yishyurwa”.

Utanga Serivisi Uri Mu Ihuriro – Wareba igisobanuro cy'ijambo “Utanga Serivisi Uri Mu Ihuriro”.

Uguhagararira Ku Giti Cyawe – Wareba igisobanuro cy'ijambo “Uguhagararira Wahawe Uburenganzira cyangwa Uguhagararira Ku Giti Cyawe”.

Serivisi Za Muganga – Serivisi zitangwa n'umuganga ubifite uruhushya.

Gahunda – Ku mpamvu z'iki gitabo, muri rusange ijambo risobanura ubwishingizi bwa Medicaid bwagiranye amasezerano na NH DHHS yo guha abagenerwabikorwa ba New Hampshire Medicaid bujuje ibisabwa serivisi z'ubuvuzi zishingiwe n'ubwishingizi bwa Medicaid.

Ubuvuzi Uhabwa Nyuma Yo Kuva Mu Ndembe – Serivisi zishingiwe, ziyanye n'ubuvuzi bw'indembe zitangwa nyuma y'indwara y'umunyamuryango yoroshye na gutuma iyo ndwara ikomeza koroha kugira ngo ubuzima bw'uwiyandikishije burusheho kuba bwiza cyangwa akire.

Uburenganzira Butangwa Mbere – Warebera ku gisobanuro cy'ijambo “Kubanza Kubitangira Uburenganzira”.

Urutonde rw'Imiti Idahenze – Imiti iri kuri uru rutonde irimo imiti rusange n'imiti ifite indangagicuruzwa yatoranyijwe na gahunda yitonze rwakozwe n'itsinda ry'abaganga n'abafite ubumenyi muri farumasi. Urutonde rwa NH Healthy Families rw'Imiti itangirwa ubwishingizi rwitwa "Urutonde rw'imiti idahenze" (PDL).

Umusanzu – Kwishyura mu gihe cyagenwe ikigo cy'ubwishingizi cyangwa gahunda y'ubuvuzi bikozwe n'umunyamuryango cyangwa undi kugira ngo hatangwe ubwishingizi bw'ubuvuzi. Nta musanzu umunyamuryango asabwa mu bwishingizi bwa New Hampshire Medicaid.

Imiti Yandikwa Na Muganga – Yishingirwa iyo ifatiwe kuri farumasi iri mu ihuriro.

Ubwishingizi bw'Imiti Yandikwa Na Muganga – Ijambo dukoresha tuvuga imiti yose gahunda yacu yishingira.

Serivisi z'Abanyamuryango:ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,

Ku Wa Kane - Ku Wa Gatatu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.

Utanga Serivisi z'Ubuwuzi w'Ibanze (PCP) – Umuganga uri mu ihuriro cyangwa undi utanga serivisi ujya kwivurizaho bwa mbere ugize ibibazo by'ubuzima. Akora ibishoboka byose kugira ngo aguhe ubuvuzi ukeneye ukomeze ugire ubuzima buzira umuze. Anashobora kuvugana n'abandi baganga n'abatanga serivisi ibyerekeye ubuvuzi uhabwa. Wareba Igice 3.1 (*Utanga serivisi z'ubuvuzi w'ibanze mukorana (PCP) itanga kandi akangenzura ubuvuzi uhabwa*).

Kubanza Kubitangira Uburenganzira – Kwemeza mbere ko hatangwa serivisi cyangwa imiti. Serivisi cyangwa imiti imwe n'imwe byishingirwa gusa iyo umuganga ukuvura abanje kubiharerwa uburenganzira na gahunda. Ibisabwa mbere yo kwemererwa guhabwa serivisi zishingiwe biri mu nyuguti ziberamye mu Mbonerahamwe y'Ibyo Abarwayi Bagenerwa mu Mutwe wa 4.

Utanga Serivisi – Ni umuganga cyangwa undi muvuzi w'umwuga wabihereye uruhushya na leta kugira ngo atange serivisi z'ubuvuzi na kwita ku barwayi. Ijambo “utanga serivisi” narikubiyemurikubiyemo ibitaro, cyangwa ikindi kigo cy'ubuvuzi, na farumasi.

Ingano Ntarengwa – Uburyo bwo guhagarika gukoresha imwe mu miti yatoranyijwe kubera impamvu z'ubuziranenge, umutekano, cyangwa ikoreshwa. Ingano ntarengwa ishobora kuba ari ingano y'umuti twishingira buri uko umuti uwandikiwe na leta cyangwa mu gihe cyagenwe.

Ubufasha Bwihuse – Amatsinda Ashinzwe Ubuzima bw'Abaturage agizwe n'abafite ubumenyi bumwe n'ubwa'abaganga, abaganga, na/cyanwaga abajyanama batanga serivisi z'ubuzima bwo mu mutwe n'ibibazo byo gukoresha ibiyobyabwenge biciye mu kujyayo, ubuvuzi bw'iyakure, cyanwaga bw'imbonankubone aho ikibazo cyabereye cyangwa icyo umuntu ahisemo.

Serivisi n'Ibikoresho Byo Gukangura Ibice by'Umubiri – Ubuvuzi cyangwa ibikoresho bigufasha gukira uburwayi, impanuka, cyangwa kubagwa bikomeye.

Ahatangirwa Serivisi – Gahunda z'ubuvuzi zikunze kwemerwa cyangwa kwandika abanyamuryango hashingiwe aho umunyamuryango atuye ndetse n'uturere iyo gahunda itangamo serivisi. Serivisi za NH Healthy Families zitangirwa mu turere twose twa leta.

Ubuwuzi Butangwa n'Ababyigiye – Ubwoko bwo kuvura ingingo aho umunyamuryango cyangwa urwariye mu kigo kivura aba akeneye kurushaho gufashwa, muri rusange n'abakozi bavura babyigiye n'abaforomo babyigiye.

Inzobere – Ni umuganga utanga serivisi z'ubuvuzi z'indwara yihariye cyangwa akavura igice cyihariye cy'umubiri.

Gufata Undi Muti – Ibisabwa mu kugerageza undi muti mbere y'uko gahunda y'ubuvuzi yishingira uwo muntu muganga ukuvura yabanje kukwandikira.

Serivisi z'Ubuwuzi bwihuse cyangwa Ubuwuzi bukenewe byihuse – Serivisi z'ubuvuzi Serivisi z'Abanyamuryango:ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

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zikenewe byihuse zitangwa kugira ngo umuntu utarembye, uburwayi butagaragaye, gukomereka, cyangwa uburwayi busaba kuvurwa vuba kugira ngo hirindwe ko ubuzima bugana ahabi bitewe n'ibimenyetso umuntu ashobora gutekereza ko atari by'indembe ariko bisaba kuvurwa. Serivisi z'ubuvuzi bwihuse zishobora gutangwa n'abatanga serivisi bari cyangwa batari mu ihuriro iyo abatanga serivisi bari mu ihuriro bataboneka by'igihe gito cyangwa badashobora kugerwaho. Serivisi zikenewe byihuse si ubuvuzi butangwa mu gihe gihoraho. Ku yandi makuru, wareba Igice 3.6 (*Ubuvuuzi bw'indembe, bwihuse, n'ubwa nyuma y'akazi*).

Umubare Urenze w'Amafaranga – Ku mpamvu z'iki gitabo, umubare urenze w'amafaranga bivuga andi mafaranga yishyurwa bitewe na gukoresha serivisi cyane cyangwa iyo inyemezabuguzi yateguwe nabi. Akenshi umubare urenze w'amafaranga ubaho ku bw'ikosa. Ku yandi makuru, wareba Igice 2.12 (*Uko watangaza ibirego by'uburiganya, isesagura, n'ihohoterwa*).

Serivisi z'Abanyamuryango:ba NH Healthy Families

1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)

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Serivisi z'Abanyamuryango ba NH Healthy Families

Uburyo	Serivisi zita ku Banyamuryango – Amakuru y'Itumanaho
HAMAGARA	1-866-769-3085 Guhamagara kuri iyi numero ni ubuntu. Amasaha asanzwe y'akazi ni kuva Ku Wa Mbere kugeza Ku Wa Gatatu guhera saa 8 za mugitondo kugeza saa 8 na Ku Wa Gatanu guhera saa 8 kugeza saa 5 za nimugoroba
ABAFITE UBUMUGA BWO KUTUMVA (TTY/TDD)	1-855-742-0123 Relay 711 Iyi numero isaba ibikoresho bya telefone byihariye kandi ikaba igenewe gusa abantu bafite ubumuga bwo kutumva cyangwa kutavuga.
FAGISI	1-877-502-7255
ANDIKA	NH Healthy Families 2 Executive Park Drive Bedford, NH 03110
URUBUGA	www.NHhealthyfamilies.com

Serivisi z'Abanyamuryango:ba NH Healthy Families
1-866-769-3085 (TTY/ku bafite ubumuga bwo kutumva 1-855-742-0123)
Ku Wa Mbere – Ku Wa Gatatu saa 8:00 za mu gitondo kugeza saa 8:00 za nimugoroba,
Ku Wa Kane - Ku Wa Gatanu saa 8:00 za mugitondo kugeza saa 5:00 za nimugoroba.



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