

IGISATA KIJEJWE GUPIMA ABANA B'INZOYA I VERMONT
**Ubushikiranganji bw'Amagara
y'Abantu**



GreenMountainCare
A HEALTHIER STATE OF LIVING

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Mukakaro, 2019



Ufise ico ubaza Igisata kijejwe gufasha abanywanyi ca ‘Vermont Health Connect’ hamwe na ‘Green Mountain Care’: Hamagara 1-800-250-8427 canke 1-888-834-7898
Urashobora kuronka uwugusobanurira hamwe n’ubundi buryo bwogufasha gutahura.

Kaze mu Gisata citaho amagara meza bita ‘Green Mountain’

Igice ca mbere ca kano gatabo ngendanwa kigizwe n’amakuru muri rusangi y’ibikorerwa mu bisata vyose dufise vy’amagara meza. Ibindi bice bigizwe n’amakuru y’ibisata umaze kwitura. Iyo utazi Igisata wituye, canke ufise ico ubaza, hamagara kuri 1-800-250-8427 Ibisata bijejwe gufasha abanywanyi ‘Vermont Health Connect’ hamwe na ‘Green Mountain Care’.

Ushobora guhamagara kuva kuwa mbere gushika kuwa gatanu isaha zibiri zo mu gitondo gushika isaha cumi n’imwe z’umugoroba (Kuwa gatandatu no kuwa mungu haba hugaye). Zino nimero ushobora n’ukuzisanga inyuma kuga karata kawe ko kwivuza ka ‘Green Mountain Care’.

‘Green Mountain Care’ iratera intege ababijewe mu gutanga ubufasha bw’ingirakamaro bushoboka kubw’amagara meza y’abanywanyi bose, kandi ntiyemerera Abaganga kugerera ivyagenewe guhabwa Abanywanyi. ‘Green Mountain Care’ ntizogukumira ishingiyе kuvyo Reta yawe irwanya. Ayandi makuru yerekeye ibisata vya ‘Green Mountain Care’ ashobora kuboneka uhamagaye kuri 1-800-250-8427, Igisata kijejwe gufasha Abanywanyi.

Iyo wipfujе guhagarika ubufasha bw’amagara meza uhabwa na ‘Green Mountain Care’, Hamagara kuri 1-800-250-8427 Ibisata bijejwe gufasha Abanywanyi ‘Vermont Health Connect’ hamwe na ‘Green Mountain Care’. Guhagarika ubicishije mu buryo bw’inyandiko, Andikira:

DCF/Economic Services Division
ADPC
103 South Main Street
Waterbury, VT 05671-1500

Amazina y’ Ibisata

‘Medicaid’ ni igisata c’amagara meza y’abana, abavyeyi, abakurikirana umurwayi, abatama, abagendana ubumuga bakwije ibisabwa hamwe n’abakuze badafise abana ariko bakwije bimwe bimwe mu bisabwa. Medicaid iguha ubwo bufasha imyaka myinshi iyo ukwije ibisabwa kwa muganga (nkuko bisabwa n’Abajejwe abagendana ubumuga, abariko barasaza hamwe n’impfuyi) hamwe niyo udafise aho ukora canke utagira uburyo.

Dr. Dynasaur ni gahunda idasanze y’igisata ca Medicaid y’abana gushika ku myaka 19 hamwe n’Abagore bibungenze.

Ikarata yawe yo kwivuza ya Green Mountain



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Ikarata yawe izorungikwa muhira iwawe. Musabwe kuyerekana igihe muje kwivuza. Iyo utaronse ikarata nshansha yawe inyuma y'ukwezi uronkejwe kano gatabo canke iyo utakaje ikarata, hamagara Igisata gifasha Abanywanyi kuri 1-800-250-8427 usabe nshansha. Iyo ufise iyindi karata yo kwivuza, zerekane zose kubabijejwe iyouje kwivuza.

Kwitaho amagara n'ivyo kwisunga

Uwutanga Ubufasha ubwambere (PCP)

Twisunze ijamba 'Ubwambere' riri muri PCP. Umu PCP ni umuntu utangura guhamagara iyo ukeneye kuvurwa. Nawe araheza akagaha ubufasha bukenewe bw'amagara meza nka bwose mukafashanya gupanga gahunda y'ukuvurwa bidasanzwe iyo ubonye bikenewe.

Iyo ari mushasha kuri wewe, uraheza ugasaba Uwahora aguha ubufasha ubwa mbere aguhe dosiye yawe yo kwa muganga uyihe uwo mushasha. Murico gihe, hamagara uwo mushasha umumenyeshe ko dosiye yawe iriko iraza kuko n'ivyigiciro cawe amenye ukwo amagara yagenda agukika nukwo wagiye uravurwa.

Inyuma y' amasaha y' akazi

Gerageza uvugane nuwo aguha ubufasha ubwa mbere (PCP) ikibazo cose ugize mu masaha y'akazi. Amagara agukitse inyuma y'amasaha y'akazi, hamagara ibiro akoreramwo bagufashe ico wokora.

Ibiri vy'uwama atangura kugufasha bisanzwe bifise umuntu akwitaba wakuye akanagufasha imisi yose n'indwi yose. Raba urupapuro rwa 11 rw'aka gatabo ngendanwa kugira umenye vyinshi kuvyerekeye Ivyihuta n'ukuvurwa vyihutirwa.

Ababinosoye

Uwabinosoye ni umuntu yize cane akananonosora ivyerekeye ingwara zimwe zimwe. Akarorero, iyo ufise ikibazo c'umutima, uwakwakiriye ubwambere(Dogiteri) azogufasha kuronka umubonano n'umuhinga w'ivy'imitima. Ako n'akarorero' kuko kenshi ubanza kubonana n'umuganga (Dogiteri wa bose) imbere y'ukwo ubonana n'Uwabinosoye. Umuganga mwatanguye kubonana murico gihe araheza akakumenyesha igihe abonye ko ukeneye Uwabinosoye akanagufasha guhitamwo uwo ujako. Iyo utabifashijwemwo n'uwukwakira ubwa mbere, ushobora kuriha umubonano n'Uwabinosoye. Mu gihe bikenewe ko wama uja k'uwabinosoye, ushobora gusaba umuganga(PCP) agufashe ukwo wojayo kenshi iyo bikenewe.



Iyo Umuganga wawe atemera ku kuvura kw' Igisata ca Green Mountain

Iyo ubonye abo wokwitura ubwo nyene batari muri gahunda ushaganywe zigufasha, birashoboka ko ubandanya ubitura gushika ku mezi abiri wiyandikishije mu Gisata gifasha ca Green Mountain. Iyo bishoboka mu gihe conyene:

- Igihe ufise ingwara ishobora kukwica, **canke**
- Igihe ufise ingwara y'ubumuga canke ikunze kubangamira amagara, **canke**
- Igihe wibungenze inda irenza amezi atatu, **hamwe**
- N'igihe aho wituye bemeye amategeko y'igisata ca Green Mountain n'ukwo ibigenza.

Mu gihe ushatse kwitura ahandi inyuma y'amezi abiri, canke ushatse kumenya vyinshi wo kwisunga mu kumenya abafitaniye ubucuti na gahunda z'igisata cacu, Hamagara abajwejwe gufasha abanywanyi kuri 1-800-250-8427. Urashobora n'ukubona urutonde rw'abo dukorana wokwitura mu gusoma hano: vtmedicaid.com, Abo usanze bavuga ko batarimwo mubo dukorana, muri ico gihe baba ari abatemera asiransi ya 'Green Mountain Care'.

Aho wituye hose hategerezwa kuba hemera asiransi ya Green Mountain Care. Kuko iyo batayemera muri ico gihe Green Mountain Care ntishobora kubariha amahera y'ukukuvura, niwe uca wirihira. Iyo mufise iyindi asiransi (mitiwere) ishobora kuriha igice canke yose, muri ico gihe Aho wivurije bategerezwa kuzemera zose ukwo ari zibiri (iy'iwacu n'iyindi ufise)

Mu kurindira gahunda baguha kwa muganga

Igihe uhamagaye mu biro vya dogiteri (PCP), utegerezwa kuronka umubonano:

- Mu masaha atarenze 24 iyo ubonye uyarengeje bishobora kugira ingaruka mbi ku magara yawe,
- Mu minsi itarenze 14 mu tugorane dusanzwe, hamwe
- No mu minsi itarenze 90 ari ukwikingira (nko gusuzuma amagara yawe vya buri mwaka).

Kenshi, si mpaka urindire umwanya urenga isaha mu biro vya muganga kubera ariyo gahunda mwafashe. Nukwama uzi ko udashoboye gukurikiza gahunda baguhaye, ni uburenganzira bwawe guhamagara ugasaba ikindi gihe cokworohera.

Iyo ufise ikibazo gikomeye c'amagara, cihutirwa kuvurwa, bangukira ku bitaro bikwegereye. Uhamagare Umuganga yahora agukurikirana (PCP) igihe uronkeye akaryo usohotse.

Umwanya urugendo rumara

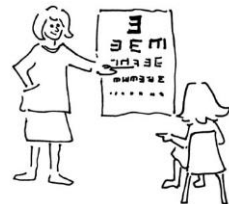
Turakora ibishoboka vyose kugira turonke aho wokwivuzi hafi:

- Iminota 30 kugira ushikire uwutangura kukwumviriza (PCP),
- Iminota 30 kugira ushikire ibitaro,
- Iminota 60 ari ukwivuzi ibindi bitihuta (nko kugura imiti, gupima amaraso, n'ibindi



Ukwama wisuzumisha

Ni vyiza kwama wisuzumisha amagara ataramara kugukika, inzira nziza y'ukubikora n'ukwama ubonana na muganga wawe (PCP). Muganga wawe ashobora kugufasha guhitamwo kangahe wokwama wisuzumisha. Baza muganga wawe ku ncanco n'ibipimo vy'amaraso wogira ivyarivyo bihuye n'imyaka yawe hamwe n'amagara yawe.



Ubushikiranganji bw'amagara y'abantu bw'I Vermont bwarahimirije ivyerekeye kwisuzumisha. Ushatse kumenya vyinshi, hamagara Ubwo bushikiranganji kuri 1-800-464-4343, canke usome ibiri ku rubuga rwabo: www.healthvermont.gov.

Ibikorwa

Ubufasha ushobora kuronswa

Ibisata vyose vya Green Mountain Care biriha: kubonana na muganga, kubonana n'uwabinonosoye, kujanwa mu bitaro, kwandikirwa imiti n'ibindi vyinshi bihuye n'amategeko dukurikiza. Kugira ubone vyose ushobora kurahirwa, Raba kuva ku rupapuro rwa 12 gushika kurwa 14.

EPSDT ni iki?

'EPSDT' ni gahunda y'ugusuzuma abana gushika ku miyabaga iri muni y'imyaka 21 irihwa n'ibisata 'Medicaid hamwe na Dr. Dynasaur'. Igerageza gukurikirana abana bagumane amagara meza. **EPSDT** mu majambo yose ni Early (kare) Periodic Screening (Ukwitaho kwipimisha amaraso) Diagnostic (kumenya ikibazo) Treatment (kwivuzza). Ishobora kuba:

- Kumenya ikibazo hakiri kare, kuva umwana avutse.
- Kwama hasuzumwa amagara y'umwana ku gihe kizwi.
- Kwisuzumisha amagara kugira umenye ikibazo ufise.
- Gukurikirana ibipimo kugira umenye ico urwaye hamwe
- N'ukuvurwa ingwara yose bagusanganye.

EPSDT ikora gute

EPSDT ni amategeko ya Reta. Ivuga ko Reta itegerezwa kuriha ibikorwa bijanye no kuvura abakiri bato. **KANDI** ukwo nikwo abaganga bose bari bakwiye gutorera umuti ico kibazo. Irariha n'ibikorwa bimwe bimwe vy'abakuze. Gusa ibikorwa bimwe bimwe iriha bitegerezwa gusuzumwa hagatangwa uruhusha.

Ivyo gahunda EPSDT iriha

- Ukwama wisuzumisha
- Ibipimo vy'ukwo umwana ariko arakura n'ukwo yiga.
- Guterwa urushinge
- Kwipimisha amaso
- Kwipimisha amatwi
- Gusuzuma uwariye isumu
- Kubonana na muganga w'amenyo
- Guhumuriza



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Umwana ashobora gusuzumwa kangaha?

Harihourutonde rw'isuzumwa ry'amagara meza y'abana n'imiyabaga bategerzwa kugirirwa buri mwaka. Kubona urwo rutonde, Fyonda [HANO](#). Ushaka kubona urutonde rwo kwipimisha amenyo, Fyonda [HANO](#).

Ivyo EPSDT idashobora kuriha:

- Ibikorwa canke ibikoresho bitari mu mategeko ya Reta (Ingingo ya 1905(a) y'itegeko rikingira abantu).
- Ubuvuzi bw'ubushakashatsi butemejwe n'amategeko canke budakora.
- Ukuvura canke ibikoresho bizimvye mu gihe hariho ubundi buryo buzimvye.
- Ayandi ma serivisi bakugiriye atajanye n'ukukuvura.

Kumenya vyinshi, Raba kuri : www.greenmountaincare.org canke uhamagare kuri 1-800-250-8427

Ubufasha mudashobora kuronswa

- Iyo mwakomerekeye ku kazi, bigasaba ko aribo bakuvuza.
- Amafaranga mwatumwe n'ubutungane kiretse yerekeye ukwivuzi,
- Ibikorwa vy'ubushakashatsi canke bw'amatohoza,
- Kwisiga (kugira use neza),
- Ibikorwa vyose bidakeneye kuvurwa,
- Ubuvuzi bwo kuruhura umutwe, kwigoroza imitsi n'umubiri,
- Kurondera ukwo wosama imbanyi (ubuvuzi bugufasha gusama imbanyi),
- Kwiyandikisha mu murwi w'ivy'amagara meza, hamwe no
- Kwivuzi mu mahanga.

Kuronswa ubufasha burihwa n'ibisata bita 'Medicaid na Dr. Dynasaur (Imboneka rimwe)

Igihe wivuje ikitarihwa na Medicaid ku bakuze barenza imyaka 21, urashobora gusaba bakakurihira. Igisata gifasha abanywanyi, kirashobora kugufasha ukwo wobisaba. Wewe hamwe n'aho bakuvuriye, muca musabwa gushikiriza Ubushikiranganji bw'amagara y'abantu bw'I Vermont imvo zitumye mukenera ukwo kwivuzi. Tuca tubarungikira ubutumwa ku mbuga ngurukanabumenyi inyuma y'iminsi 30. Ibikorwa vyose bijanye n'ukwivuzi ku wufise imyako yo munsu na 21 birihwa na EPSDT. Iyo ico gikorwa kitari mu birihwa, aho wagiye kwivuzi bategerzwa kubisabira uruhusha imbere y'igihe kugira bigende neza.

Mu kuronka vyinshi vyerekeye inzira bicamwo canke gusaba bagucishirizemwo, Hamagara Abajejwe gufasha abanywanyi. Ivyo kwuzi ushobora kubironkera hano kuri: www.greenmountaincare.org/member-information/forms

Uruhusha rwa kare

Green Mountain Care ikorana n'abaganga bakuru, abafasha hamwe n'abandi bahinga kugira ushobore kwivuzi neza. Serivisi zimwe zimwe harimwo n'imiti zibanza kwemezwa imbere



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y'ukwo uzironswa. Aho wivurije baba bazi izo serivisi izarizo n'iyi miti iyariyo, baca bagusabira uruhusha imbere y'igihe.

Inyishu zijanye n'uruhusha mwasavye zisohoka inyuma y'imisi itatu hamaze kuboneka amakuru yose twipfujye. Iyo nyishu irahava ikabashikira mwese (wewe n'aho wituye)

Ibikoresho bifasha abarwayi kwa muganga (DME)

Ivyo bikoresho (DME) ni ivyo ushobora kwifashisha rimwe rimwe muri ico gihe ukiri umurwayi. Akarorero ni Amakinga y'abarwayi, n'ibitanda vyo kwa muganga.

Ndafise Medicaid, nkeneye ico gikoresho nokironswa gute?

1. Uwukuvuye azokurangira uwukugirira ibipimo vyabigenewe.

- Benshi mu bagusumuza ni abaganga bavura umubiri canke abavura ibibazo vyo mu kibano n'ivyo mu mutwe. Uwujijwe gusuzuma araheza akagupima. ushobora kurindira ibipimo mugihe uwagusuzumye agifatiriwe. Ugomba gusubira kurindira ko uwugurisha ibikoresho vy'abarwayi ashobora kukwereka uko bikora. Akenshi ivyo bikoresho bigurishwa n'ishirahamwe rijejwe kubikora.
- *Menya neza:* Iyo igikoresho ushaka gisanzwe, hashobora kudakenerwa ibipimo. Uwukuvura avuze ko udakeneye ibipimo muri ico gihe ucuimbira ku ntambwe ya kabiri.
- Uwagusuzumye niwe afata ingingo akamenya n'igikoresho ukeneye akongera akarungikira ibipimo uwatanguye kukuvura.

2. Uwatanguye kukuvura araheza akandika urupapuro rw'imiti (orodonansi).

- Uwo muganga nyene acashirako igikumu ku rupapuro rw'ibipimo akarungikira nyene gutanga ibikoresho.

3. Nyene gutanga ibikoresho araheza agasaba kare uruhusha 'Medicaid'.

Iyo udakeneye uruhusha, Simbira ku ntambwe ya gatanu.

- Iyo ukeneye uruhusha rwa kare kugira uronke igikoresho, Nyene kubitanga araheza akarungikira Medicaid amakuru yawe yose akenewe n'igikoresho icarico ukeneye. Uruhusha ubanza gusaba ni kugira Medicaid ivyemeze imbere yuko uronka ico gikoresho.
- Uwujijwe gusubira kugusuzuma arasubiramwo amakuru yawe, agaheza agahitamwo nimba koko ufise ikibazo c'amagara gikeneye ico gikoresho.
- Kukaba nkako aba akeneye kuronka amakuru menshi yawe kugira amenye nimbi koko ukeneye ico gikoresho. Niyo akeneye ayandi makuru, Medicaid ica ibaza uwujijwe gutanga ivyo bikoresho ayamuhe, nawe ategerezwa kuyatanga mu minsi itarenze cumi n'ibiri. Igihe Medicaid ironse amakuru yose, Uwagusuzumye arafata ingingo hatarenze iminsi itatu.
- Iyo ico gikoresho ukeneye ari ico gukoreshereza muhira, umuganga yabigenewe



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Urashobora kuronka uwugusobanurira hamwe n'ubundi buryo bwogufasha gutahura.

ategerezwa gushika iwawe umunsi wa mbere ico gikoresho bakiguhereye.

4. Medicaid izoca ikumenyeshya ingingo yafashe.

- Medicaid izokumenyeshya iyo ngingo mu kurungika ibaruwa yitwa ‘Kumenyeshya Ingingo twafashe’. Ikanarungikira irindi baruwa uwatanguye kukuvura hamwe n’uwutanga ibikoresho vy’abarwayi. Kubera igisata Medicaid butwarwa mu Bushikiranganji bw’amagara meza bw’I Vermont nibwo bucu buheza bukanarungika izo baruwa.

5. Uwujjwe gutanga ivyo bikoresho azokikuronkera.

Iyo Medicaid ivyemeje, Uwujjwe kubitanga araheza akakiguha canke akakubwira ko kiri ngombwa kuri wewe.

Iyo Medicaid itavyemeye, ushobora kwunguruza. Mu kwunguruza, Hamagara abajewe gufasha abanywanyi babo kuri 1-800-250-8427. Medicaid yakoze ibishoboka vyose kugira igabanye igihe bimara birindiriye kwemerwa ko hatangwa igikoresho c’umurwayi I Vermont. Mu kuronswa ikinga ry’abarwayi, bitwara imisi icenda. Iki n’igihe gito ugereranije n’uko amategeko ya Medicaid abisaba naho ugereranya n’ukwo bikorwa mu gihugu cose. Ku gikoresho gisanzwe, bitwara umwanya muto. Iyo urihirwa na Medicaid hamwe na Medicare canke iyindi asiransi, bishobora guteba.

Imiti n’ugusaba uruhusha kare

Green Mountain Care, cokimwe n’ayandi mashirahamwe, igerageza gufasha abayituye gukingira neza amagara ku giciro kitari kinini. Kugira ibiciro bigume biri hasi, irasaba Abavura bakorana gushira imbere urutonde rw’ imiti ikunzwe. Rimwe na rimwe urwo rutonde rw’ imiti usanga izimbutse kandi isubirira iyindi. Iyo miti ikora ico kimwe n’iyindi miti izimvye ihayanishwa n’abayikoze.

Uwutanguye kukuvura arandika imiti ukeneye, uwukora aho bagurira imiti akaguha imiti bijanye n’ivyo urwaye bakwandikiye izimbutse. Iyo uvyanse, Igisata ca Green Mountain gishobora kutakurikira iyo miti wanse.

Ku ngwara zimwe zimwe, utegerezwa kwama uronswa imiti amezi atatu. Ico n’igihe bisaba kuguma unywa imiti kubwo ingwara kanaka. Bivana n’ukwo umuntu amerewe, kadi harimwo n’imiti y’ubushuhe, guhema nabi, n’ingwara y’igisukari. Iyo unyoye iyo miti ubwa mbere, urarindira gato mukaraba kwatakibazo bizanye hama ukabona gufata iy’ imisi 90.

Iyo uwakuvuye ubwa mbere yibaza kw’ata miti muri iyo izimbutse ukeneye canke itazomara imisi 90, arashobora kudasaba uruhusha tukayirihira. Ukeneye urutonde rw’ iyo miti uronswa imisi 90, Hamagara canke ufyonde kuri <http://dvha.vermont.gov/for-providers/preferred-drug-list-clinical-criteria>.

Ivyihutirwa

Icihutirwa ni ingwara iza giturumbuka, bivuye ku magara make canke ikibazo co mu mutwe, ufise n’ibimenyetso bigaragaza ko ufise ikibazo gikomeye c’amagara yawe iyo utavuye bukwi na bukwi. Ngibi bimwe bimwe mu vyihutirwa ariko s’ivyo gusa biri kuri runo rutonde



- Kubabara ku gituzza
- Amagufa avunitse
- Guhinyagara canke kuremba
- Igikomere kinini
- Iyo uhiye cane
- Ububabare bwinshi
- Iyo ugize ikibazo co mu mutwe

Ibikorwa vyo gusubira kugusuzuma uvuye kuvurwa n’ivyo kugira turabe neza ko ubu umeze neza.

Serivisi zivura ingwara zihuta nko gushona igikomere, kubaga, kugirisha I radiyo, n’ibindi, navyo nyene biri muvyo urahirwa.

Iyo ufise icihuta, hamagara kuri 911 canke ubangukire kwa muganga muri serivisi zakira abarwayi bakeneye ubufasha bwihuta. Ntukeneye igipapuro c’umuganga wawe iyo ukeneye kuvurwa ningoga. Ariko ugerageze umuganga wawe amenye ukwo vyagenze vuba ugisohoka.

Iyo ukeneye ukuvurwa bukwi na bukwi utari mu gihugu cawe canke uri ruguru, ‘Green Mountain Care’ izokora ibishoboka vyose ishikire Abakuvuye kugira ibarihe. Usabwe kumenyesha Igisata gifasha abanywanyi, ikiba cabaye canke ifagitire yatanzwe kuri 1-800-250-8427.

Usabwe kumenya ko ‘Green Mountain Care’ itokwizeza ijana kw’ijana ko iyo wivuje uri hanze y’igihugu canke kure bategerezwa kwemera ko tuzobariha, Murico gihe ushobora kuca wirihira.

Igihe utegerezwa kuriha

Iyo udakurikije amategeko yacu, muri ico gihe ushobora kuca wirihira. Uburorero bw’aho bishobora gushika:

- Mu gihe ico gikorwa gikenera uruhusha imbere y’ukwo uvurwa hama ntururonke kare,
- Mu gihe uhise mwo kuja kwivuzza aho batemera asiransi yacu,
- Mu gihe aho ugiye kwivuzza bakubwiye ko ico gikorwa c’ukuvurwa kirihwa hama ukabirengako bakakuvura.

Gerageza gukurikiza amategeko yacu udashaka kwama uriko urivuzza ku mafaranga.

Igihe uronse fagitire

Iyo usanzwe ukurikiza amategeko yacu, ntushobora kuronswa fagitire y’ivyo tukurihira, kiretse ibice utegerezwa kuriha iyo wivujije asiransi. Mu gihe uronse fagitire kurikiza zino ntambuko:

- Fundurura fagitire yawe aho nyene ukiyironswa,
- Hamagara aho wivurije ushire amakenga ko bazi ko urahirwa na Green Mountain Care,



Ufise ico ubaza Igisata kijejwe gufasha abanywanyi ca ‘Vermont Health Connect’ hamwe na ‘Green Mountain Care’: Hamagara 1-800-250-8427 canke 1-888-834-7898
Urashobora kuronka uwugusobanurira hamwe n’ubundi buryo bwogufasha gutahura.

- Hamagara igisata cacu gifasha abanywanyi bagufashe ibica bikurikira.

Igihe ufise ukundi urihirwa

Mu gihe ufise ukundi urihirwa, utegerezwa gukurikiza amategeko y'uko wundi akurihira. Ucuja aho bemera gahunda zo kukurihira zacu hamwe n'izaho handi. Uwakuvuye azobanza guha fagitire abo bandi bakurihira. Dushobora guca tukurihira ivyo batakurihye.

Turiha abakuvuye gusa. Iyo wirihiye ntidushobora kugusubiza amahera.

Igisata ca Medicaid hamwe na Dr. Dynasaur

Kino gicapo muni cerekana urutonde rw'ibirihwa n'ibisata 'Medicaid na 'Dr. Dynasaur'. Utegerezwa kubanza kubonana n'uwutangura kukuvura utarasaba umubonano wo kwivuzza. Umuganga wawe araheza agahamagara abokuvura akababaza nimba izo serivisi wemerewe kuzirihirwa atarazikwandikira. Ufise ikibazo c'igikorwa ubona kitanditswemwo, hamagara igisata gifasha abanywanyi.

Ivyo urihirwa n'ibisata Medicaid na Dr. Dynasaur
Ukuvura ivy'akaborerwe hamwe n'ibiyayuramutwe
Rusehabaniha Ntavyo gusuzuma bikenewe iyo amagara agukitse canke uremvyeye. Bwira muganga wawe ivyabaye utoye mitende canke uheje kuvurwa.
Gusuzumisha imbanyi/Kuvyara ku rugero Harimwo gusuzumisha imanyi, kuremesha. Ushobora kubonana na muganga wawe, umuhinga muvy'imvyaro canke ibifasha kugira muvyarire igihe mwateguye.
Igikorwa co kuvura ingingo (hagati y'amagufa abiri) Gukanda igiti c'umugongo. Uruhusha rwihuta incuro zirenga 10 ku mwaka ndetse no ku bana bari muni y'imyaka 12. Abana bari muni y'imyaka 5 bakenera ubushakashatsi buvuye ku muganga asanzwe abakurikirana.
Ivy'amenyo Abakuze baronka uturusho dufise amahera tutarenza \$\$ ku mwaka. Nta rugero ruhari batarenza abana, abavyeyi bibungenze canke bamaze amezi 2 bibarutse.
Ivyo urihirwa n'ibisata Medicaid na Dr. Dynasaur
Icuma gifata amenyo bagushirirako Kirihihira abana batarenza imyaka 21.
Ibihabwa umurwayi w'igisukari n'impanuro za muganga Prescription needed.
Kubonana na muganga
Serivisi zifasha indembe Ntibikenewe kurinda kubaza iyo uremvyeye. Hamagara 911 canke ubangukire mu cumba c'indembe kikwegereye.



Ufise ico ubaza igisata kijejwe gufasha abanywanyi ca 'Vermont Health Connect' hamwe na 'Green Mountain Care': Hamagara 1-800-250-8427 canke 1-888-834-7898
Urashobora kuronka uwugusobanurira hamwe n'ubundi buryo bwogufasha gutahura.

Ibipimo vy'amaso (Buri muni) Kwivuzza amaso canke ibikomere bikenera kubanza kubonana na muganga.
Amarori Arihirwa abana batarenza imyaka 21.
Umuhinga muvy'ingwara z'irondeka rijanye n'amagara meza
Utwuma dufasha kwumva
Kuvurirwa muhira
Kwitaho uwuri ku mpfiro
Kwicandagisha
Kwinjira ibitaro
Ibipimo vy'amaraso, umusarani,
Kwitaho umugore yibungenze gushika yibaruke hamwe n'abakirizi babinonosoye.
Ibikoresho vyo kwa muganga Kukwandikira imiti ufata canke kubanza gusaba uruhusha biba bikenewe, Raba urupapuro rwa 8.
Serivisi zivura ingwara zo mu mutwe Kumenya vyinshi, raba urupapuro rwa 24
Umuganga w'ikirundi yavyigiye Bisaba ivyemezo ko uyo muganga yoba yaravyigiye.
Kwigisha abafise ubumuga uburyo bwo kwifasha
Kuvurwa utaha
Imiti igurishwa ku mugaragaro Hakenerwa imiti muganga yakwandikiye.
Ibipimo vyerekana kusanganywe amagara meza Igihe ubikorewe n'umuganga wawe.
Kuvura amaguru n'ububabare bw'amaguru Kwivuzza ibibazo vya rimwe rimwe gusa vy'amaguru.
Imiti muganga yakwandikiye Igipapuro ca muganga kiba gikenewe. Imiti imwe imwe iba ikeneye kubanza gusaba uruhusha. Abanywanyi bemerewe kurahirwa na 'Medicare' na 'Medicaid' bategerezwa n'ukwiyandikisha muvindi gahunda bita (PDP) kugira baronke uruhusha rw'ukurahirwa imiti muganga yabandikiye.
Prosthetics Igipapuro c'ukwo muganga yabikwandikiye canke kubanza gusaba uruhusha bishobora gukenerwa.
Ibipimo n'imiti vy'umurwayi wa kanseri

Ivyo urahirwa n'ibisata Medicaid na Dr. Dynasaur

Kwisuzumisha kwa buri muni



Ufise ico ubaza igisata kijejwe gufasha abanywanyi ca 'Vermont Health Connect' hamwe na 'Green Mountain Care': Hamagara 1-800-250-8427 canke 1-888-834-7898
Urashobora kuronka uwugusobanurira hamwe n'ubundi buryo bwogufasha gutahura.

Ibintu bimara inyota y'itabi Harakenewe igipapuro ca muganga.
Kwivuzza igikomere
Itike Ja kuri: http://www.greenmountaincare.org/health_plans/medicaid#More_Information canke uhamagare igisata gifasha abanywanyi kuri 1-800-250-8427.
Guca kw'iradiyo

Ibice wirihira ukoresha Medicaid

- Abanywanyi ba Medicaid bariha ama dolari 3 iyo babonye n'umuganga w'amenyo.
- Abanywanyi ba Medicaid bariha ama dolari 1,2 canke 3 mu kubandikira imiti.
- Abanywanyi ba Medicaid bariha ama dolari 3 ku munsu kuri buri bitaro, ku murwayi avurwa ataha.

Serivisi zimwe zimwe zatangiwe ku biro runaka vyo hanze y'ibitaro biba ziba arizo kwivuzza utaha. Ni ukubaza umuganga wawe nimba iyo serivisi izorihishwa nk'iyumurwayi avurwa ataha. Usanze arivyo, ibice wirihira ni amadolari 3.

Benshi mu bana, abavyeyi bibungenze, abageze muza bukuru nta gice na kimwe birihira. Abantu barwaye kanseri yo mw'ibere n'yo mu gitereko nabo nta gice na kimwe bariha.

Si mpaka urihe nawe ivyo bice vy'amahera iyo ari:

- Serivisi zo gukingirwa
- Serivisi zishinzwe ibijanye no kuvyara ku rugero n'ibikoresho vyazo.
- Serivisi zifasha indembe
- Serivisi zifasha abahohotewe bishingiye kugitsinda.

Uburusho

Abanywanyi bamwe bamwe ba 'Dr. Dinosaur' bashobora kuriha akarusho ku kwezi. Ako karusho kavana n'amikoro y'umuryango, ubwinshi, n'ubwoko bwa asiranse bafise. Mu gihe uronse fagitire ya mbere, ni vyiza gushoka uyiruha kugira utangure kurihirwa. Wame uriha udacerewe kugira ntuzokwigere uhusha kurihirwa asiransi. Igihe utakaje fagitire y'akarusho, hamagara igisata gifasha abanywanyi kugira kikumenyeshe ayo uheranye nayo uheraniwe.



Igisata ca ‘Primary Care Plus’ (*PC Plus*)

Medicaid na Dr. Dynasaur nivyo biriha

Abanywanyi ba Medicaid na Dr. Dynasaur batagira ukundi barihirwa bategerezwa kuja no muri *PC Plus* kugira bagume barihirwa. Igihe uronkejwe igipapuro wuzuza co kwiyandikisha muri *PC Plus*, hamagara igisata kijejwe gufasha abanywanyi canke urungike ubutumwa.

Abanywanyi ba Medicaid na Dr. Dynasaur bari muri ‘*PC Plus*’ bashobora guhitamwo kubangukira kwivuza hafi yabo bagenda muni y’iminota 30. Ata hantu habiri ho kwivuza hahari wogenda muni y’iminota 30, ntibikenewe ko uba muri *PC Plus*. Uzosabwa kurondera umuganga w’amenyo ku mwana wariwe wese mu rugo iwawe afise muni y’imyaka 18. Abakorana na ‘*PC Plus*’ bararihwa ivyo bafashije abanywanyi. Nta karusho k’amafaranga bahabwa kugira bagabanye canke bagerere abanywanyi bacu.

Guhindura Uwutangura kukuvura (PCP)

Urashobora guhamagara igisata kijejwe gufasha abanywanyi mu gihe cose ukeneye guhindura umuganga. Ukwo kumuhindura bitangurana n’itariki imwe y’ukwezi gukurikira aho wabisabiye.

Guhitamwo Uwabinosoye nk’ umuganga mutangura kubonana

Iyo urwaye ingwara ikomeye canke ufise ubumuga bukenera igihe kinini umuganga w’umuhinga yabigenewe, muri ico gihe birashoboka ko umuronka. Birasaba y’uko uwo muhinga yabinosoye yemera, kandi ukanakenera uruhusha ruvuye ku muganga mukuru wo mu Bushikiranganji bw’amagara y’abantu bw’I Vermont.

Ufise ivyo ubaza kuyerekeye ‘PC Plus’, guhindura umuganga, canke gukoresha uwabinosoye nk’uwuzoguma agukurikirana, hamagara igisata gufasha abanywanyi.

Urashobora kurondera abaganga bemera ‘Green Mountain Care’ na ‘Primary Care Plus’ mu kuja kuri www.vtmedicaid.com ugafyonda ahanditse Provider Look-up (kurondera umuganga)

Kwikuza ku rutonde

Kwikuza ku rutonde bisigura ko umuntu avuye muri ‘PC Plus’. Iyo wamaze kuva mururwa rutonde ukaba unafise ibabazo ubaza, hamagara igisata kijejwe gufasha abanywanyi.

Uzokurwa ku rutonde rwa ‘*PC Plus*’ iyo ibi bikurikira bikunze:

- Uronse asiransi yigenga;
- Uronse ‘Medicare’;
- Ugiye munzu z’abageze muza bukuru canke uhagaritse kuvurirwa muhira;
- Iyo ufise ‘Medicaid’ canke ‘Dr. Dynasaur’ mu nyuma ukimukira muyindi ntara aho udashobora kuronka ahantu habiri wivuriza hakorana na ‘*PC Plus*’ (kiretse uhisemwo gupfa kuguma muri *PC Plus*).
- Mu kubandanyana na ‘*PC Plus*’, N’ukwama:
 - » Witonda ukerekana ubwitonzi Cooperate, ukirinda gutukana;
 - » Gukurikiza ivyo mwemeranye na muganga;



- » Kwitaba gahunda ya muganga canke;
- » Kumenyesha kare igihe cose udashoboye kwubahiriza gahunda wahawe na muganga.

Iyo uhagaritse kuba umunywanyi wa ‘PC Plus’, uzosubizwa muri Medicaid nimbi ukwiye ibisabwa

Uburenganzira bwawe n’ivyo ujejwe

Urafise uburenganzira bwo:

- Kuvuranwa iteka n’uburwaneza,
- Kuvugwa udahangayikishijwe n’ivyiyumviro,
- Guhitamwo no guhindura abakuvura,
- Kubaza amakuru y’ivyo urekuriwe n’aho ushobora kwitura,
- Kuronka amakuru akwiye kandi mashasha yerekeye amagara yawe mu buryo busanzwe ushobora gutahura,
- Gufatira hamwe ingingo zijanye no gukurikirana amagara yawe, harimwo kubaza ibibazo bikishurwa, n’uburenganzira bwo kwanka imiti bagushizeko.
- Kubaza no kuronswa dosiye ijanye n’urukurikirane rw’amagara yawe, ushobora gusaba ko bagira ico bayihindurako igihe usanze harimwo amakuru atariyo,
- Gutererwa ivyiyumviro n’umuhinga asanzwe akorana na ‘Vermont Medicaid’,
- Ibiganiro vyerekeye kwitaho amagara yawe n’ukwo urihirwa (kumenya vyinshi, raba ku gipapuro ca 20),
- Kwisanzura mu kuvuga ikitangenda neza cose, nko kukwugarana kugira bagutere ubwoba canke ngo baguhe indero, canke bakwihore.
- Murashobora kwunguruza mubonye banse kubagirira serivisi mubona mukeneye. Mwipfujye kumenya vyinshi, raba urupapuro rwa 19.

Ivyo mujejwe kwitwararika mu kwitaho amagara yanyu:

- Kubarira umuganga wawe ivyerekeye ibimenyetso vy’ingwara n’ukwo amagara yagiye aragukika;
- Kubaza ibibazo igihe haricot udatahura canke wipfuzwa kumenya vyinshi;
- Gukurikiza ukwo mwumvikanye na muganga uzogenda urivuza;
- Kwubahiriza gahunda mwahanye canke kubimenyesha kare iyo utaza kuyubahiriza;
- Kuguma wiga amategeko y’ ivyerekeye asiransi yawe kugira ntihagire na kimwe muvyo wemerewe kigucika.
- Kubanza gusuzuma neza kufise igipapuro c’umuganga wama utangura kwitura mu gihe uza n’ukwivuriza kuwundi akurikira;
- Kuriha uburusho n’ibice utarihirwa iyo biri ngombwa.
- Guhamagara ugasivya umubonano canke ukawuhindura mugihe atamwanya uza kuronka.



Amasezerano y'uwuriko aravuzwa canke icandiko c'ukwo yipfuzwa kuvurwa

Incamake y'ayo masezerano bivanye n'amategeko y'I Vermont (tubisanga mu ngingo ya 18, ikigabane ca 231) n'ico bisigura imbere y'umurwayi:

Ico candiko kirashobora kugena uwukuvugira mu gihe ata ntege z'ukuvuga ufise, guhitamwo umuganga wipfuzwa canke ukwo wipfuzwa kuvurwa. Gishobora n'ukuba ari ububasha uhaye uwundi aguhagarikira mu gishingo cawe canke igipapuro c'ivyo wipfuzwa mu minsi ya nyuma. Kandi ivyo nta mahera bitangirwa.

Uwukuze arashobora kuyikoresha mu kugena umuntu umwe canke benshi eka n'ab'abasubirira bafise ububasha bwo kugufatira ingingo y'ukwo wivuzwa. Urashobora kugerera umwumwe wese ahageza kugufatira ingingo, ukwo wipfuzwa kuvurwa n'ivyo udashaka ndetse ukanavugira n'ibindi wipfuzwa wenyene nk'ukwo ushaka guhambwa utarokotse. Ico gipapuro kirashobora n'ugukoreshwa mu kugena umuntu umwe canke benshi bashobora kugutunga canke bagatunga abawe n'utwawe iyo bikenewe canke ukadomako urutoki abo utipfuzwa ko bagira ingingo n'imwe bafata.

Mu gihe bigaragara ko utagishoboye n'ukuvugira ukwo uvurwa, bikaba bitanahuta, Abaganga barashobora kurindira kukuvura mpaka urondeye uwokuvugira ukwo uvurwa n'ivyo ushaka mu gihe utabishoboye. Abaganga bazi ko ufise urwo rwandiko, bategerezwa gukurikiza ico uwo muntu wagenye ababwiye canke bagakurikiza ukwo vyanditswe muri icyo nyandiko.

Uwuriko arakuvura ashobora kwanka gukurikiza ivyo wanditse wipfuzwa bivanye n'ibirimwo bidahuye n'amategeko canke akaranga n'imico runtu y'ivyo bitaro. Ukwo bimeze kwose naho uwuriko arakuvura yanka, ategerezwa kukubwira canke akabwira uwuguhagarikiye ikibazo yagizemwo muri icyo candiko; akanagufasha kukurangira ahandi wokwivuzwa bashobora kuyemera; akabandanya akuvura ibikenewe mu kurindira uwo wundi kw'aboneka n'ukwo icyo kibazo gitorerwa umuti.

Mu bisanzwe ibitaro vyose, abasanga abarwayi muhira, n'abigenga bategerezwa gushiraho amategeko agenga akzi kabo n'iyi bahuye n'iyi nyandiko y'ukwo uwuremye ashaka bizogenda bagakurikiza amategeko yashinzwe na Reta.

Urashobora guhamagara Igisata kijejwe gukingira n'ukwemeza ibintu mu gihugu kuri: 1-800-564-1612 canke mwuzuze igipapuro ku mbuga ngurukanabumenyi murege umuntu atubahiriza amategeko. Ushobora gutanga inyishu z'ico gipapuro kuri:

Division of Licensing and Protection (Igisata kijejwe gukingira n'ukwemeza ibintu)
103 South Main Street, Ladd Hall
Waterbury, VT 05671

Ushobora kuronka amakuru yerekeye amategeko y'igihugu, inyandiko ziriko amsezerano y'indembe mu guhamagara Igisata kibijejwe bita 'Vermont Ethics Network' kuri 802-828-2909, canke muka bisoma ku rubuga rwabo: www.vtethicsnetwork.org.

Ibigize ingingo ya 18 bibonekera hano:

<http://legislature.vermont.gov/statutes/chapter/18/231>. Urashobora kuronka inkuru nyinshi canke igipapuro co kwuzuzwa wipfuzwa kuri izo mbuga duhejeje kuguha hamwe n'ukuganira n'uwukuvura canke igisata gifasha abanywanyi.



Ufise icyo ubaza Igisata kijejwe gufasha abanywanyi ca 'Vermont Health Connect' hamwe na 'Green Mountain Care': Hamagara 1-800-250-8427 canke 1-888-834-7898
Urashobora kuronka uwugusobanurira hamwe n'ubundi buryo bwogufasha gutahura.

Gutanga ibihimba vy’ umubiri

Urashobora kwumva bikubereye vyiza gutanga ibice vy’umubiri wawe mu gihe witavye Imana. Umuntu umwe atanzeaba afashije benshi. Ushatse kwiga vyinshi kuri ivyo, hamagara 1-888-ASK-HRSA uronswe amakuru wipfuza kwa gusa.

Ganiriza vyose Umuganga wawe

Mu gufasha umuganga wawe kugira amenye ko wavuwe nkuko bikwiye, izina ryawe rishobora kuja mu rutonde tumuha. Intonde zimwe zimwe zerekeye:

- Abarwayi barwaye ingwara y’igisukari batigezwe bapimwa amaso kuva mu mwaka uheze,
- Abagore batarapimwa kanseri yo mu mabere canke yo mu bwonko,
- Abana batagumye bicandagisha,
- Abarwayi bafata imiti ibafasha itabazanira ibindi bibazo bayinywanye n’iyindi. Hamwe
- N’abana baheruka kugirisha ibipimo vyabo kera.

Ukumenyeshwa ibigirwa ibanga

Mu gihe wahiswemwo kukwije ivyangombwa vy’ukuba umunywany, uraronswa ikete ko wemerewe ukanahabwa n’ikindi gipapuro kiriko ibigirwa ibanga bitabwirwa abandi. Itegeko rya Reta rijanye n’ukurihira abanywany ukwo bivuje rirabidusaba ko tuguha ico gipapuro c’ivy’ibanga. Haba harimwo uburenganzira bw’ivyo udashaka ko bimenyekana n’ivyo urekuriwe guhisha. Ukeneye ikindi gipapuro cavyo, ushobora guhamagara igisata gifasha abanywany bakaguha. Ushobora n’ukukibona ku rubuga ngurukanabumenyi:

www.humanservices.vermont.gov/privacy-documents.

Iyo wiyumva ko uburenganzira bw’ ivyawe udashaka ko bimenywa bwahohotewe, musabwe guhamagara uwujewe gukingira ibinyegezwa vy’ abantu kuri 802-241-2234 canke musome hano ku rubuga: www.humanservices.vermont.gov/policy-legislation/hipaa/hipaa-info-beneficiaries/health-information-complaints/.

Igisata c’ ugukingira neza amagara y’ uwuvurwa

‘Green Mountain Care’ ifise igisata ca asiransi gikora neza ikanitaho kumenya ko muronswa n’abaganga ubufasha bukenewe muri ico gisata.

Bimwe muvyo turaba mu gusuzuma ko ibikorwa bigenda neza ni:

- Imiti umurwayi afata uko ingana,
- Abaronswa ubufasha bwo kwikingira uko bangana,
- Abanywany bakoresha ivyumba vy’indembe mu gihe bidakenewe uko bangana,
- Uko abanganga b’ingwara zo ku mubiri n’izo mu mutwe bakurikirana ibikorwa vyabo,
- Hamwe n’uko abanywany bacu n’ibitaro bivuzamwo bahazwa na gahunda zacu.

Twashizeho urukurikirane rw’ibikorwa vyiza vyerekeye gukurikirana ingwara zimwe zimwe zidakira kugira ibitaro birukurikize mu ntumbero yo guteza imbere amagara meza.



Nimba mwifuza gushikiriza ivyiyumviro canke inzira twokoresha mu guteza imbere gahunda zacu no kugira akazi kagende neza kubwanyu, mwohamagara abajejwe kwakira abanywanyi bacu. Ivyiyumviro vyanyu biri mu bizodufasha guteza imbere no gusuzuma ibikorwa vyacu. Mushobora kuronka amakuru kuvyerekeye gukurikirana amagara meza bikorwa n'ibitaro, abaganga bavurira muhira, canke mukaronswa urupapuro ruriko urutonde n'urukurikirane rw'amagara meza mufyonze hano:

www.greenmountaincare.org/member_information/other_resources

Iyo hari ico utemeye

Ico gikorwa ni kimwe muri ibi bikurikira:

- Kugererwa canke kwankirwa guhabwa serivisi urihirwa, kutayironswa bihagije canke ntuyigireko uburenganzira ukwo yoba ingana kwose;
- Kugabanirizwa, gukuraho serevisi ziri muziheruka kwemerwa kuzozironswa;
- Kwankirwa kurihirwa burundu canke vy'agateganyo serivisi wari wemerewe;
- Kudashobora kuronswa serivisi wategerezwa kuroswa yari yemejwe n'ibitaro ivyarivyo vyose;
- Kudakora ku mwanya ubereye nkuko Reta ibitegeka;
- Kwankirwa serevisi wasavye zatunganijwe n'ibitaro bitanditse muri Medicaid (menya neza ko ibitaro bitiyandikishije muri Medicaid bidashobora gusubizwa amahera).

Iyo utemeranya na kimwe muri ivyo bikorwa, ushobora gusaba bigasubirwamwo kwirwa. Iyo ubushikiranganji bw'amagara y'abantu bw'i Vermont bwafashe ingingo, mushobora gusaba umubonano canke mugasaba abajejwe kwitaba abanywanyi ko mwotunganirizwa (mukavuga ico kibazo) kuri 1-800-250-8427, canke mukandika ubutumwa ku mbuga ngurukanabumenyi. Ushobora kandi kuronswa amakuru menshi y'ukwo wokwunguruza kugira utunganirizwe uciye hano:

http://www.greenmountaincare.org/member_information/appeals

Ikigo gifasha abanywanyi ca 'Vermont Health Connect' hamwe na 'Green Mountain Care'.
Ibarabara rya Cherry 101, ibiro 320
Burlington, VT 05401

Gusaba gutunganirizwa

Mwiyumvira ko ingingo twafashe zitabereye? Intambwe ya mbere ni iyo gusaba kwumvirizwa n'abo vyega bitarinze kuja hanze. Kwunguruza canke gusaba gutunganirizwa n'uburyo bwiza bwo gukemura ibibazo. Umwe mubo mu bushikiranganji atabaye mubafata ingingo araheza akumviriza ikibazo cawe akanakubwira nawe ingingo afashe. N'ico bita gutunganirizwa n'abo vyega gusa. Akenshi ivyo ubikora imbere yo gusaba kwumvirizwa muri sentare.

Mufise imisi 60 yo gusaba gutunganirizwa. Iyo misi 60 itangurana n'itariki ubushikiranganji bukurungikiye ingingo bwafashe. Umuganga wawe arashobora kugusabira ukunguruza mu



Ufise ico ubaza Igisata kijejwe gufasha abanywanyi ca 'Vermont Health Connect' hamwe na 'Green Mountain Care': Hamagara 1-800-250-8427 canke 1-888-834-7898
Urashobora kuronka uwugusobanurira hamwe n'ubundi buryo bwogufasha gutahura.

gihe uvuyifuzwa. Ushobora kwandika canke ugahamagara kuri terefone mu gusaba gutunganirizwa.

Hari inzira zibiri zo kwunguruza:

1. Guhamagara ibiro bijewe gutunganiriza abanywanyi kuri 1-800-250-8427.
2. Kurungika ibaruwa ku biro bijewe gutunganiriza abanywanyi.

‘Vermont Health Connect’ na ‘Green Mountain Care’.

Ibarabara rya Cherry101, ibiro 320

Burlington, VT 05401

Twoba twaragabanije canke turakuraho ubufasha ku magara yawe wari usanzwe uhabwa? Ushobora kubandanya uronswa ubwo bufasha mu gihe wasavye gutunganirizwa, ariko ufise imisi 11 yonyene yo kubisaba. **Iyo misi 11 itangura igihe Ubushikiranganji bukwandikiye bukubwira ingingo bwafashe. Mu kubandanya uronka ubwo bufasha, hamagara ibiro bijewe gutunganiriza abanywanyi kuri 1-800-250-8427**

Ico gikorwa co kwumvirizwa kugira utunganirizwe kigenda gute? Ubushikiranganji burashiraho gahunda yo kukwumviriza. Muri icyo gahunda, ushobora kwivugira canke ukarondera uwuvugaga mu gishingo cawe. Umuganga yakuvuye arashobora gutanga inkuru zawe mu Bushikiranganji. **Urakeneye imfashanyo?** Ushobora kuronswa impanuro z’umunya mategeko kuri gusa mu biro vy’uwubijewe kuri 1-800-917-7787 canke <https://vtlawhelp.org/appeals-0>

Ubushikiranganji butegerezwa kugutunganiriza mu minsi 30. Gutunganirizwa hari igihe bihora biteba. Butebeje burezako imisi 14, ariko biba mu gihe conyene bigufasha (akarorero uwuriko arakuvura akeneye umwanya uhagije kugira aronke inyishu nawe ukaba ucerewe mu nama). Ntibishobora kurenza iminsi 44 gufata ingingo naho vyoba vyatevye.

Woba ukeneye Ubushikiranganji kugira gutunganirizwa kwawe kunyaruke? Tubwire nimba kurindira bishobora kuguhungabanyiriza amagara. Iyo Ubushikiranganji buhisemwo kubona kukwiye gutunganirizwa vuba ivyo wungurujwe, muri icyo gihe wishurwa hatarenze amasaha 72. Bushobora gutevya icyo bubonye bigufitiye akamaro. Kwunguruza gutunganirizwa vuba, ibitevye ni iminsi 17.

Bigenda gute mu gihe utemeye ivyavuye mu kwungururiza kubabijewe? Muri icyo gihe uc’usaba kwumvirizwa ku rwego rw’igihugu. Raba aha hepfo wipfuzwa kumenya vyinshi.

Utemeye ivyavuye mu kwumvirizwa n’abo vyega, ushobora gusaba kwumvirizwa ku rwego rw’igihugu.

Umukuru abijewe araheza akakwumviriza hama agahaze agatanga ingingo yanyuma ko abambere batafashe ingingo nziza.

Kenshi na kenshi, ubanza kwumvirizwa n’abo vyega gusa hama ukumvirizwa ku rwego rw’igihugu. Ariko icyo ubushikiranganji burengeje igihe urashobora gusaba kwumviriza ku rwego rw’igihugu.



Urafise iminsi 120 yo gusaba kwumvirizwa ku rwego rw'igihugu. Iyo minsi ihera aho abakwumvirije vyega baguhaye inyishu.

Hari inzira zibiri zo kubisaba:

1. Guhamagara abajewe gufasha abanywanyi kuri 1-800-250-8427 canke uhamagare abajewe kwumviriza n'ugufasha abantu kuri 802-828-2536
2. Andikira ikete:

Twarahagaritse kuguha uturusho twawe two kwivuzwa? Urashobora kudusubizwa wungurujwe, ariko ubisaba mu minsi itarenze 11. Iyo minsi 11 itangurana n'umunsi wahawe inyishu. Kugira ugumane uturusho twawe hamagara kuri 1-800-250-8427.

Bigenda gute mu kwumvirizwa ku rwego rw'igihugu? Umukuru abijewe arategura inama y'ugusubiramwo ingingo wari wafatiwe. Urashobora kuza ukivugira canke ukarungika uwuguserukira akakuvugira. Uwakuvura arashobora gutanga amakuru ku mukuru aza kukwumviriza. **Urakeneye imfashanyo?** Urashobora kuronka imfashanyo ya gusa k'umunyamategeko yabigenewe uhamagaye kuri 1-800-917-7787 canke <https://vtlawhelp.org/fair-hearing-how-prepare-what-expect>

Igisata kijejwe gufasha abantu giterezwa gufata ingingo ku kibazo cawe mu kiringo c'imisi 90 uherye itariki ya mbere usabiye gutunganirizwa.

Urakeneye uwukuburanira akora muri ico gisata kugira ikibazo cawe gikemurwe vyihuse? Mutubwire nimba kurindira vyobangamira amagara yanyu canke ubuzima. Nimba hari aho mwabonye ubufasha bwiza twokwita ubufasha bwihuta, muzoburongera inyishu mukiringo c'imisi 3 tuzoba turiko turiga ikibazo cawe.

Kubandanya muronswa ubufasha bw'amagara meza

Twababwiye hejuru ko muzobandanya muronswa ubufasha nkuko vyahora mugihe ikibazo kizoba kikiriko kiratunganywa iyo mubisavye mukiringo c'imisi 11.

Ibindi bintu ukeneye kumenya vyerekeye kubandanya uronka ubufasha:



Ufise ico ubaza igisata kijejwe gufasha abanywanyi ca 'Vermont Health Connect' hamwe na 'Green Mountain Care': Hamagara 1-800-250-8427 canke 1-888-834-7898 Urashobora kuronka uwugusobanurira hamwe n'ubundi buryo bwogufasha gutahura.

- Iyo warihiye ubufasha waronswa kwa gusa, uzosubwizwa amahera warishe iyo igisata kijejwe kutunganiriza abanywanyi cagufatiye ingingo nziza.
- Iyo reta yarishe ubwo bufasha ariko ingingo yo kubwanka yari yaramaze gushirwako igikumu murashobora kumbure kwirihira ubufasha mwaronse mugihe ubutungane bwari bukiciga ikibazo cawe
- Murashobora gusaba kubandanya muronswa ubufasha mugihe mukiriko musaba kandi gutunganirizwa.
- Igisata ntigishobora kukwishura igihe usaba kubijanye n’uturusho Reta yakuyeho canke yagabanije mu ngingo yafashe.
- Iyo usaba gutunganirizwa kuvyerekeye amahera ya asiransi, bisaba kubanza kuyirihira igihe kitararengana. Uzosubizwa ayo mahera warishe igihe ubutungane bwagutunganirije.

Ukudashima uko wavuwe

Ivyo birego n’ igihe usaba gutunganirizwa kubindi bintu utemeye, nko gusaba kumenya aho umuganga wawe ari canke kworoherewe kumuronka, kuronswa ibikenewe mukwitaho amagara yawe, kutaryohererwa ingingo zafashwe zirabana nivywo wemerewe. ushobora gutanga ivyo birego umwanya wose. Iyo udashobora gutunganya ibibazo mufitaniye n’ibitaro bigukurikirana ushobora gutanga ibirego biciye muguhamagara ikigo kijejwe gutunganiriza abanywanyi canke ubushikiranganji bujewe ivyo bitaro canke bujewe ibikorwa vyiza. Ubwo bushikiranganji buzoheza bukurungikire ibaruwa risigura uko bushobora kugutunganiriza mu misi 90.

Iyo utanze ibirego ukaba utahimbawe n’ingingo zafashwe, ushobora gusaba ko bisubirwamwo. Uwudafise aho yegamiye arasubiramwo ibirego vyawe kugira amenye ko inzira zo gutanga ibirego no kubitunganya zizwe neza. Muraheza kukaronswa inyishu yivyasubiwemwo.

Yaba wewe canke ibitaro bigukurikirana ntawuzokwemererwa kwihora mu gusubira gutanga ibirego canke gusaba gutunganirizwa na Green Mountain Care. Nimba ushaka ubufasha kugice gito c’ibirego cank inzira zo gutunganirizwa, abakozi ba green Mountain care bashobora kugufasha ukira kubisaba gusa. ushobora gusaba umwanya, umugenzicanke uwundi (nkibindi bitaro canke umuganga) kugusabira gutunganirizwa canke gutanga ikindi kirego. Utegerezwe kumenyesha reta koushaka ko uwo muntu aburana mu gishingo cawe. Uwo muntu ashobora kuguserukira mugihe ikibazo kiriko kirirwa. Utazi ico gukora muri ivyo twavuze, urashobora guhamagara igisata kijejwe gufasha abanywanyi kuri 1-800-250-8427. Urashobora no guhamagara Umunyamategeko yabigenewe kuri 1-800-917-7787.



Murakeneye ico tubafasha?

Igisata gifasha abanywanyi ca ‘Vermont Health Connect’ na ‘Green Mountain Care’

Ico gisata gihari ku bwawe. Bashobora kukwishura ikibazo cose udatahura, kugufasha guhitamwo uwundi muganga, no kugufasha iyo ugira ikibazo mu gihe co kuvurwa.

Umukozi wo mu gisata gifasha abanywanyi yama aboneka kuva isaha zibiri zo mu gitondo gushika isaha cumi n’imwe z’umugoroba, kuva kuwa mbere gushika kuwa gatanu gusa. Hamagara kuri 1-800-250-8427 canke kuri 1-888-834-7898.

Kumenyesha impinduka zoba zihari mu kiringo kitarenze imisi 10:

- Impinduka y’ivyo winjiza ku butunzi canke impinduka mu rugo rwawe
- Guhindura icicaro c’aho mwaba,
- Kwibaruka canke kurera umwana,
- impfu, canke
- Iyindi asiransi y’amagara yawe uronka.

Ibiro vy’umunyamategeko ajejwe gukingira no kwita ku magara meza

Ibiro bijewe kwita no gukingira amagara meza birahari kugira bibafashe gukemura ibibazo bijanye n’amagara meza n’utundi turusho muhabwa. Ivyo biro bishobora kandi kubafasha gutunganya ibirego, kuburana no kwumvirizwa. Ushobora guhamagara ivyo biro kuri 1-800-917-7787.

Ayandi makuru yiyongereye

Tunzejewe no kumenyesha amakuru abanywanyi bacu yerekeye gahunda zacu serevisi dutanga, n’abazibashikiriza. Kuvyiyongereye muri kino gitabo, mushobora kuronka izindi nkuru zerekeye:

- Urutonde rw’ibitaro biri mumucungararo yanyu vyiyandikishije muri gahunda zacu.
 - Amategeko agenga gahunda zacu,
 - Gahunda yo guteza imbere ibikorwa vyacu, and
 - Ayandi makuru yiyaguye kubijanye na serevisi dutanga.
- Ushobora kandi kumenya canke ukaraba ibijanye no kwemererwa kuronswa serevisi n’utundi turusho ku mbuga ngurukanabumenyi kuri www.greenmountaincare.org

Izindi gahunda

Hari izindi gahunda na serevisi zihari ziraba abana, abakuze, n’imiryango. Ukwunguruzwa ujanwwe muri izoserevisi bishobora kuboneka canke kworoha bivanye na gahunda wiyandikishijemwo. Ukeneye ayandi makuru yiyaguye kubijanye no kwemererwa



kwunguruzwa, hamagara ikigo kijejwe gufasha no kwumviriza abanywanyi. Zimwe muri izo gahunda zisaba izindi nsiguro ziyongereye kugira wemererwe gufashwa. Nimba ufise ibibazo canke ukeneye kumenya ko wemerewe kuronswa izoserevisi wohamagara inomero ya serevisi yihariye muri zino serevisi zidondanguye aha hepfo

Serivisi zo kumusi z’ abakuze

Serevisi zo kumusi z’abakuze zikubiyemwo serevisi zifasha abageze muza bukuru canke abakuze bagendana ubumuga zikabahimiriza kwifasha no kwiyitaho bonyene uko bashoboye igihe bari mungo zabo. Izoserevisi z’abakuze zitangingwa mu bigo rusanga bitabamwo abantu ivyo bikatuma zitangwa muburyo bwizewe kandi bworihereza umuntu wese gushikira akaroswa serevisi zifasha amagara yiwe n’izimufasha mumibereho yiwe. ukeneye ayandi makuru wohamagara igice kijejwe gufasha abagendana ubumuga n’abageze muzabukuru kuri 802-871-3217 canke kuri www.ddas.vermont.gov.

Gahunda yo gufasha abagendana ubumuga

Iyi gahunda ifasha abagendana ubumuga kubaho bigenga. Ino gahunda ifasha ubuzima bwigenga bwabagendana ubumuga ikabafasha kubakurikirana mugihe bakeneye ubundi bufasha mu bikorwa vyabo vya misi yose. Abanywanyi biyo gahunda bashobora gutanga akazi, bakigisha, bagasuzuma, canke bakishiriraho urutonde uko umwe wese ashaka gukurikiranwa. Wifuza kumenya ayandi makuru wohamagara igice gukurikirana abagendana ubumuga n’abageze muza bukuru kuri 802-871-3043 canke www.ddas.vermont.gov.

Ibikorwa vy’ugukingira amagara y’umwana muto (CIS)

Izo serevisi z’abana zinafasha abagore bibungenze canke baheruka kwibaruka hamwe n’imiryango ifise abana kuva bakivuka gushika kumyaka itandatu. Hari imirwi ifise ubumenyi kubijanye n’igikorwa co gufasha mumibereho, gufasha imiryango, gukurikirana amagara meza y’umuvyeyi n’umwana no kuvurwa barwaye, ugukura kw’umwana no gutabarizwa igihe bikenewe, kwita kumagara yo mumutwe y’umwana muto nayo umuryango hamwen’ubundi bumenyi (nk’ imirire myiza no kwigisha umwana kuvuga). Mwifuza ayandi makuru mwokwakura ikigo kijejwe gukurikirana abana n’imiryango kuri 1-800-649-2642.

Ibikorwa vy’ugukingira amagara y’umwana muto – Gutabara kare (CIS-EI)

Iyi ni serevisi yihariye ikorerewe abana bari musu y’imyaka 3 bafise ubumuga canke bafise ikibazo mu mikurire This is a special program for children under age 3 who have disabilities or developmental delays. Iyo serevisi ihabwa inzoya n’abandi bakiri bato cane n’imiryango ikeneye gukurikiranwa kare. Ukeneye kumenya vyinshi wohamagara Vermont Family Network kuri 1-800-800-4005.

Igisata cagenewe kuvura Abana

Izo serevisi ni serevisi yihariye zo kuvura abana bakeneye ubundi bufasha bukomeye ku magara yabo.) – ni serivisi ya Medicaid ihari kubantu bose bari musu y’imyaka 21 bafise ubumuga canke ikindi kibazo c’amagara gikomeye canke kimaze igihe kirekire bikaboneka ko cabangamiye iterambere ryabo hamwe n’ibikorwa vyabo vya misi yose. Intumbero y’izi serivisi zokuvura abana kugiti cabo niyo kubakurikirana kurushaho mubijanye no kuvurwa neza. Mukeneye kumenya vyinshi mwohamagara kuri 802-865-1395 canke



umuhingawavyo kuri 802-951-5169 canke musome :

www.healthvermont.gov/family/chindrenpersonalcareservices.aspx

Ibitaro vy'abana bakeneye ukuvurwa kwabagenewe (CSHN)

Iyi gahunda ihabwa ku bitaro canke muzindi serivisi zikurikirana zikanavura abana bakeneye ubufasha bwihariye. Barongera bakakurihira bimwe muvuyo wivujije utashoboye kurihirwa na asiransi yawe canke Dr Dynasaur. Hamagara ubushikiranganji bw'amagara meza bwa Vermont kuri 1-800-464-4343 canke uje kuri

www.healthvermont.gov.

Amahitamwo y'ukwo uvurwa

Ni gahunda imara igihe kirekire yo kwivuzza yagenewe kurihira abageze muzabukuru b'I Vermont n'abagendana ubumuga. Iyo gahunda ikurikirana abantu mubikorwavyabo vya misi yose bakora muhira, mu bigo babamwo canke mubigovyo kwamuganga. Abatanga ubufasha ni ibigo bifasha abakuze, ibigo biraba abageze muza Bukuru, munyubakwa babamwo zikurikiranwa, inzu zikurikirana abanrwayi, no munyubarwa z'abaganga. Ukeneye kumenya vyinshi wohamagara kuri 1-800-642-5119 canke ukaja <http://www.ddas.vermont.gov/ddas-programs/programs-cfc/>.

Ibikorwa vyo gufasha abantu babuze ikintu mu mutwe

Izo serivisi zikurikirana abakehabwenge zifasha b'imyaka yose bafise ikibazo comumutwe kuguma mumago yabo barikumwe n'imiryango yabo. Aho harimwo kubafata mu mugongo, kubasabira akazi, kubaha imfashanyo yo mu kibano n'akaruhuko gashika ku mutima. Abafasha bategerezwa kuba ari amashirahamwe abishoboye canke afise ayo bakorana kubakora ivyabo. Ushaka kumenya vyinshi, hamagara Igisata kijejwe gufasha abamugaye n'abageze muri za bukuru (DDAS) kuri 802-871-3064 canke: www.ddas.vermont.gov.

Igisata giseruka vuba c'i Vermont hamwe n'Ikibona kare ikibazo c'ukutumva (EPSDT)

Igisata gifasha ivy'uburyo

Ni gahunda yitanga ifasha imiryango igashobora kwirihira mukuvuzza abana babo hambavu ya asiransi igihe izo serivisi wari warazandikiwe canke zaremejwe biciye mugisata co kubitaro kibikurikirana. Mwohamagara ubushikirangaji bw'amagara mezabwa kuri 1-800-464-4343 or canke www.healthvermont.gov

Ukwiyungunganya kunyaruka kw'umuryango

Ubwo bufasha buronswa abantu bo kumyaka yose bafise ikibazo c'ubukeha bwenge bakabana n'imiryango yabo canke imiryango ibana kandi igafasha abafise ico kibazo. Iyo gahunda iramenya ko imiryango nayo ifise ico iterera kumagara y'ababo, igaha ikaronsa abana hamwe n'abafise ikibazo c'ubukeha bwenge ahantu ho kuba hasanzwe. Amahera atanzwe na gahunda ashobora gukoresha mumpisho umuryango wose utabizi ariko agakoreshwa muriserevisizifasha wamuntu afise ikibazo agafasha n'umuryango. Abatanga ubwobufasha bw'amaserevisi usanga arababa bavyemerewe (ibigo vyatowe) . Kumenya ayandi makuru ,hamagara igisata kijejewe abagendana ubumuga n'abageze muzabukuru kuri 802-786-5081 canke www.ddas.vermont.gov.



Ufise ico ubaza Igisata kijejwe gufasha abanywanyi ca 'Vermont Health Connect' hamwe na 'Green Mountain Care': Hamagara 1-800-250-8427 canke 1-888-834-7898
Urashobora kuronka uwugusobanurira hamwe n'ubundi buryo bwogufasha gutahura.

Ukuvurirwa muhira hazanywe n'ubuhinga bwa none

Ubu n'uburyo bundi bwo kuvurira muhira abantu bagendera ku buhinga bwa none mumibereho yabo canke kubantu bakenera ubundi bufasha bukomeye kumagara yabo. Intumbero y' ubwo buryo niyo kugira bikworohereze igihe uvuye mubitaro canke ahandi wahorawivuriza wimukira murugo rwawe kandi ni nuburyo bwo kwirinda kouguma mubitaro. Ukeneye ayandi makuru kubantu bari hejuru y'imyaka 21, hamagara igisata kiraba abamugaye n'abageze muzabukuru)/ canke ibitaro bijewe izo serevisi kuri 802-871-3044 canke kuri www.ddas.vermont.gov. Gahunda ijewe kuvurira abana muhira kubuhinga bugezweho ikurikiranwa n'iyindi gahunda ijewe kuraba abana abafise ibibzo vy'amagara vyihariye bari musu y'imyaka 21. Ukeneye ayandi makuru hamagara umuganga w'irwara zabana ajejewe iyo gahunda yo gukurikirana abana muhira kubuhinga bugezweho kuri 802-865-1327 canke kuri <http://healthvermont.gov/family/cshn/pedihitech.aspx>.

Gufasha umurwayi ibikorwa vyo muhira iwe

Iyo gahunda ifasha abafise imyaka 18 kuduga bafise ubumuga bukeneye umwitwarariko wo muhira iwabo. Aho harimwo: Kugororerwa impuzu, kumeserwa, n'ugusumirwa. Ivyo bituma bashobora kubaho muhira iwabo bigenga kandi baguwe neza. Abatanga ubwo bufasha ni ababa basanzwe bavurira canke bitwararikirana abarwayi muhira. Mu kumenya vyinshi, Hamagara Igisata kijejwe gufasha Abamugaye n'abageze muza bukuru kuri 802-871-3069 canke kuri www.ddas.vermont.gov.

Ibitaro bidasanze

Ni ibitaro vy'abana bifise n'izindi serivisi nyinshi bikurikiranwa n'abaganga n'abaremeshakiyago bagashirako ikintu co kwitaho imiryango. Mwene ivyo bitaro biba bimenyereye gupima: imitima, ugukura k'umwana, ibibazo vyo mu maso (ibikomere), amahaha, kuryama neza, n'ibindi vyinshi. Murashobora guhamagara Ubushikiranganji bw'amagara y'abantu kuri 1-800-464-4343 canke www.healthvermont.gov.

Ibikorwa bidasanze

Abaganga basanzwe n'abaremeshakiyago bakorera mu biro bikuru vyo mu karere baritanga mu gutanga serivisi zidakunzwe kuronkwa ahandi. Murashobora guhamagara Ubushikiranganji kuri 1-800-464-4343 canke www.healthvermont.gov.

Igisata c'ubuhinga bwa none gikurikiranira amagara y'abana muhira

Abahinga mu kuvura ivyo kuvuga, baragupima bakanakuronderera aho witura ku bana bo muri izo mpande 12. Ushaka kumenya vyinshi muri gahunda imwe muri izo, Musabwe guhamagara kuri 1-800-537-0076 canke: <http://healthvermont.gov/family/hearing/>.

Ingwara zo mu mutwe

Reta y'I Vermont yarasiganiye amasezerano n'amashirahamwe menshi harimwo n'ibitaro vyo mu gihugu kugira hashobore gutangwa ubufasha buhagije ku barwayi bo mu mutwe ku gatwe kabo hamwe n'imiryango isinzi kawe n'ibibazo biba inyanduriko y'ukugwara mu mutwe. Ibikorwa vy'ugufasha bitandukana bivanye n'aho wituye, ariko ubufasha bw'ibanze buba buri hose. Abakozi bajejwe kwandika abemerewe kuba abanywanyi mu turere twose, baraheza bagafashanya n'umurwayi/umunywanyi mu guhitamwo ibikorwa babona bibafitiye akamaro. Kukaba nkako, Ayo mashirahamwe/Ibitaro vyatowe, biratanga ubufasha bushobora gukenerwa mu gihugu cose mu kuvura abarwariye muhira, ivyihutirwa kuvurwa,



ibitanda vyo mu ndembe, n'ukwinjira ibitaro. Guhamagara Igisata kijejwe Ingwara zo mu mutwe, Hamagara 1-888-212-4677 canke 802-828-3824 canke musome hano:

www.mentalhealth.vermont.gov.

Serivisi z'ukuvurwa utaha ku bakuze

Kino gisata gitanga ama serivisi bijanye n'ibitaro wituye ivyarivyo, intonde z'abasavye kuvurwa ziba zifitaniye isano. Biba ari nko: Kwisuzumisha, guhabwa indemeshanyo n'impanuro za muganga, kwandikirwa imiti, ukugukurikirana hamwe n'ukwitaho abarenza imyaka 60 barwaye mu mutwe. Ibikorwa bimwe bimwe bitorerwa mu bitaro vyigenga, kandi bikenewe bamwe bamwe bararungikwayo.

Serivisi z'Abana, Abakuze ndetse n'Imiryango

Kino gisata gifise gahunda z'ukuvura n'ugufasha imiryango, abakuze n'abana bafise ikibazo co mu mutwe kugira bashobore kubaho nk'abandi, bige, bakurane amagara meza ku mashure yabo no mu kibano. Murivyo bikorwa harimwo kwipimisha, kwicandagisha, gushigikirana, gufata imiti, impanuro za muganga n'ugutorera umuti ikibazo ugize.

Gusubira kubaho nk'abandi mu kibano no Gufata imiti

Kino gisata gifasha abafise ubumuga mu mutwe gusubira kunywana n'abandi mu kibano, kugira ico wimariye mu muryango, mu bagenzi no mu babanyi. Ibikorwa vyose vyo gusubira kubaho nk'abandi mu kibano wari nufise ikibazo co mu mutwe bikorerwa abakuze gusa bafise ibibazo bidasanze vyo mu mutwe bahora banaremba.

Serivisi zo mu ndembe

Kino gisata gifasha abantu baremvyeye mu mutwe, amashirahamwe hamwe n'ikibano amasaha 24 kuri 24 ku muni, imisi yose uko ari 7. Ibikorwa bisanzwe tubakorera ni: Kubafasha kuri terefone, kuvugana amaso ku yandi, kubonana na muganga n'ukukurangira ahandi heza witura.

Igisata gifasha abafise igikomere co mu bwonko

Kino gisata gifasha abatuye I Vermont bafise imyaka 16 n'iyirenga basanganywe ingwara ikomeye isanzwe y'ibikomere vyo mu bwonko n'abasanganywe iyikomeye. Irafasha mu gusubiza abantu my kibano iyo bavuye mu bitaro. N'igikorwa co gusubiza ubuntu mu bantu, kubafasha gusubira kwigenga mu buryo bwiza bakanasubira ku mirimo yabo ya minsi yose. Ushaka kumenya vyinshi, hamagara Igisata kijejwe Abagendana ubumuga n'abageze muza bukuru kuri 802-871-3069 canke musome hano: www.ddas.vermont.gov.

Igisata c'Abagore, Abana n'inzoya (WIC)

Ico gisata gifasha abavyeyi n'abana bakiri bato gufungura neza kugira bagumane amagara meza mu kubibigisha n'ukubaha izo mfunguro. Murashobora kuja hose dukorana ukwo ari 62 mu gihugu kuraba nimba wokwemererwa kwandikwa. Uburusho burimwo ni Amakuru adasanze y'imifunguro myiza, Guteka neza ndetse n'impamba z'imfungurwa duha buri muntu. Ushaka kumenya vyinshi, hamagara uwuserukira ubushikiranganji bw'amagara meza wo mu gace kiwanyu kuri; 1-800-649-4357, or canke murabe kuri: www.healthvermont.gov

Amakuru menshi yerekeye ivyogufasha mu kibano abonekera kuri:

www.vermont211.org.



Ufise ico ubaza Igisata kijejwe gufasha abanywanyi ca 'Vermont Health Connect' hamwe na 'Green Mountain Care': Hamagara 1-800-250-8427 canke 1-888-834-7898 Urashobora kuronka uwugusobanurira hamwe n'ubundi buryo bwogufasha gutahura.

Menya neza! Iyo mukeneye imfashanyo mu rurimi rwanyu, Musabwe guhamagara kuri 1-800-250-8427

Attention! Si vous avez besoin d'assistance dans votre langue, appelez le 1-800-250-8427

¡Atención! Si necesita ayuda en su idioma, por favor llame al 1-800-250-8427

Pažnja! Ako vam je potrebna pomoć na vašem jeziku, pozovite 1-800-250-8427

Ogow! Haddii aad u baahan tahay in lagugu caawiyo luqaddada, fadlan wac 1-800-250-8427

သတိပြုရန်! မိတ်ဆွေသည် သင့်ဘာစကားဖြင့် အကူအညီ လိုပါက၊
ကျေးဇူးပြုပြီး 1-800-250-8427 ကိုခေါ်ပါ။

ध्यान दिनुहोस्! तपाईंलाई आफ्नो भाषामा मद्दत चाहिएको छ भने कृपया
1-800-250-8427-मा फोन गर्नुहोस्।

Muhimu! Kama wahitaji usaidizi kwa lugha yako, tafadhali piga simu 1-800-250-8427

Attention! If you need help in your language, please call 1-800-250-8427.



Ufise ico ubaza Igisata kijejwe gufasha abanywanyi ca 'Vermont Health Connect' hamwe na 'Green Mountain Care': Hamagara 1-800-250-8427 canke 1-888-834-7898
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