



IGISATA CA RETA C'I VERMONT KIJEJWE AMAGARA MEZA

**AGATABO NGENDANWA K'IGISATA
GITANGA IMITI**



GreenMountainCare

INTARA Y'ABAFISE AMAGARA MEZA

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Mukakaro 2018

Kaze mu gisata cawe kijejwe gutanga imiti c'I Vermont

Ibisata bifasha gutanga imiti vy'I Vermont bitwarwa n'Igisata ca Reta c'I Vermont kijejwe amagara meza (DVHA). Ibisata bifasha gutanga imiti biri kuri runo rutonde. Igisata kimwe kimwe kirafise amategeko akigenga hamwe n'uturusho gitanga.

Kano gatabu ngendanwa ntikadondora uburusho bw'imiti buhabwa abanywanyi bahurikiye muri Medicaid. Nimba uri umunywanyi wa Medicaid ukaba wipfuzwa kumenya ivyerekeye uburusho bw'imiti, canke utazi neza igisata uhurikiyemwo, Hamagara Vermont Health Connect n'igisata kijejwe gufasha Abanywanyi ca Green Mountain Care kuri: 1-800-250-8427. Hamagara kuva kuwa mbere gushika kuwa gatanu, kuva isaha zibiri zo mu gatondo gushika isaha cumi n'imwe z'umugoroba (Kuwa gatandatu no kuwa mungu haba hugaye).

Igisata citaho amagara meza y'abatuye I Vermont bita "Healthy Vermonters"

Kino gisata gitanga serivisi za gusa, kirafasha ababa I Vermont batagira iyindi asiransi ibarihira imiti bakabasha kuyironka ku giciro gito. Nimba uri umunywanyi wa Healthy Vermonters, Aho usanzwe ugurira imiti barishuza Igisata ca Reta kijejwe amagara meza (DVHA). DVHA ntiheza ngo irihe amafaranga ariko imiti wari kuriha aho ugurira uca uyironka ku giciro kigabanije cane ataho gihuriye n'ukwo bari basanzwe bawugurisha.

Ibisata bitatu vya VPharm : VPharm 1, VPharm 2 na VPharm 3

Ivyo bisata bita VPharm bifasha ababa I Vermont batabashije kuba abanywanyi ba Medicaid ariko bakaba bari muri Medicare, mu kubarihira urupapuro rw'imiti bandikiwe kandi banarekuriwe na Medicare hamwe n'ubundi buryo bukenerwa. Ivyo bikaba bikorwa kuno: Mu gihe Medicare ikurikiye imiti nkukwo uyandikiwe kandi unarekuriwe, fagitire y'amahera worishe aho ugurira imiti iraha igahabwa Igisata VPharm. Ico gisata kirariha iyo fagitire ariko kikagusigariza Idolari rimwe canke abiri, bivanye n'igiciro c'iyi miti watoye.

Ugutahura neza Urupapuro rw'imiti rufatwa mu mugongo na Medicare

Urupapuro rw'imiti rufatwa mu mugongo na Medicare akenshi rutangwa biciye mu rutonde rwitwa Igice ca kane ca Medicare c'urutonde rw'imiti yemera kurihira umunywanyi. Rushobora n'ukuba mu rutonde rw'igice ca gatatu. Batazira "Urutonde rw'uburusho bwo muri Medicare" Mu gihe tuvuze urutonde rw'imiti wandikiwe ifatwa mu mugongo na Medicare, tuba dushatse kuvuga urutonde rwa gatatu(C) canke urwa kane (D) rw'imiti wandikiwe wofashwa kuriha.

Ibisata vya VPharm birafasha kurihira imiti abanywanyi ba Medicare PDP kandi badafise iyindi asiransi ishobora kubarihira imiti bandikiwe na muganga.

Igisata kimwe kimwe kirafise amategeko ngenderwako n'urutonde rw'uburusho.

Abanywanyi bo muri ivyo bisata bategerezwa kuguma muri “Medicare PDP” kugira bagume bafashwa kuriha imiti. Medicare PDP niyo itangura kukurihira impapuro z'imiti wandikiwe hama Igisata cawe ca VPharm kigakurikira.

Bino bisata bikurikira vya VPharm bitwarwa na DVHA, kandi amakuru y'ukwo ushobora kuba umunywanyi w'ivyo bisata ashobora kuboneka uhamagaye Igisata gifasha abanywanyi Vermont Health Connect na Green Mountain Care kuri: 1-800-250-8427. Hamagara kuva kuwa mbere gushika kuwa gatanu, kuva isaha zibiri zo mu gatondo gushika isaha cumi n'imwe z'umugoroba (Kuwa gatandatu, kuwa mungu n'iyindi misi y'i konje haba hugaye).

VPharm 1: Intererano yawe n'ugufashwa kuriha imiti

Abanywanyi bari muri VPharm 1 bariha intererano yo ku kwezi y'ama dolari 15, VPharm 1 nayo igahaza ikariha bino bikurikira:

- Igiciro c'interano utanga kuri “Medicare PDP” yawe kugira igisata kijejwe kurihira imiti abanywanyi ba Medicare citwa Low Income Subsidy (LIS) kikirihire ayandi, ntashobora gukwira ijana kw'ijana. (Igiciro cose gikwiriye giharurwa n'inyabwonko bivanye n'ukwo yabiharuye umwaka ugutangura. Ico giciro gihinduka buri tariki ya mbere buri mwaka).
- Intererano utanga ya Medicare PDP, amahera yose ategerezwa kurihwa iyo wivuje, urunani rufashanya kurihira umunywanyi, hamwe n'urugero rw'amahera utarihirwa na “LIS canke “Extra Help” mu gihe urengeje, ku miti ufata ikiringo gito canke kirekire irihwa na Medicare PDP.
- Imirwi imwe imwe y'imiti itarihwa na Medicare PDP (iyo miti irimwo: iyigurishwa hadasabwe igipapuro co kwa muganga, iya vitamine hamwe n'iy'inkorora hamwe n'ibicurane)
- Ivyo baha abarwayi b'ingwara y'igisukari
- Kwipimisha ikibazo cose c'amaso n'ibipimo rusangi vy'amaso buri myaka ibiri ku muganga yabinonosoye.

VPharm 2: Intererano yawe n'ugufashwa kuriha imiti

Abanywanyi bari muri VPharm 2 bariha intererano yo ku kwezi y'ama dolari 20, VPharm 2 nayo igahaza ikariha bino bikurikira:

- Igiciro c'interano utanga kuri “Medicare PDP” yawe kugira igisata kijejwe kurihira imiti abanywanyi ba Medicare citwa Low Income Subsidy (LIS) kikirihire ayandi, ntashobora gukwira ijana kw'ijana. (Igiciro cose gikwiriye giharurwa n'inyabwonko bivanye n'ukwo yabiharuye umwaka ugutangura. Ico giciro gihinduka buri tariki ya mbere buri mwaka).
- Intererano utanga ya Medicare PDP, amahera yose ategerezwa kurihwa iyo wivuje, urunani rufashanya kurihira umunywanyi, hamwe n'urugero rw'amahera utarihirwa na “LIS canke “Extra Help” mu gihe warengeje, ku miti ufata ikiringo kirekire irihwa na Medicare PDP (kurihirwa imiti y'ingwara zidakira gusa).
- Imirwi imwe imwe y'imiti itarihwa na Medicare PDP, iyo miti irimwo: iyigurishwa hadasabwe igipapuro co kwa muganga.

- Iryo baha abarwayi b'ingwara y'igisukari.
- Ntushobora kurihirwa imiti y'ingwara zimara igihe gito nk'iy'inkorora hamwe n'ibicurane)

VPharm 3: Intererano yawe n'ugufashwa kuriha imiti

Abanywanyi bari muri VPharm 3 bariha intererano yo ku kwezi y'ama dolari 50, VPharm 3 nayo igaha ikariha bino bikurikira:

- Igiciro c'intererano utanga kuri “Medicare PDP” yawe kugira igisata kijejwe kurihira imiti abanywanyi ba Medicare citwa Low Income Subsidy (LIS) kikurihire ayandi, ntashobora gukwira ijana kw'ijana. (Igiciro cose gikwiriye giharurwa n'inyabwonko bivanye n'ukwo yabiharuye umwaka ugutangura. Ico giciro gihinduka buri tariki ya mbere buri mwaka).
- Intererano utanga ya Medicare PDP, amahera yose ategerezwa kurihwa iyo wivuje, urunani rufashanya kurihira umunywanyi, hamwe n'urugero rw'amahera utarihirwa na “LIS canke “Extra Help” mu gihe wariyeje, ku miti ufata ikiringo kirekire irihwa na Medicare PDP (kurihirwa imiti y'ingwara zidakira gusa).
- Imirwi imwe imwe y'imiti itarihwa na Medicare PDP, iyo miti irimwo: iyigurishwa hadasabwe igipapuro co kwa muganga.
- Iryo baha abarwayi b'ingwara y'igisukari.
- Ntushobora kurihirwa imiti y'ingwara zimara igihe gito nk'iy'inkorora hamwe n'ibicurane).

Urupapuro rwo kuzuzwa rwa “Medicare PDP”

- Mu ntumbero yo kugabanya ibiciro imiti yotwara, Medicare PDP yawe irasaba abakwandikira imiti kukwandikira iyisanzwe iri ku rutonde rwabo. Ariko imiti imwe imwe yo kuri urwo rutonde ikenera urundi ruhusha rwa Medicare PDP kugira bashobore kuzoyikurihira uyifashe. **Iyo wanse urutonde rw'imiti ubona ukwiye gufata uzorihirwa, Soma aho uza kubona handitse: “Mu gihe utemeranywa n'ingingo yafashwe.”**

Imiti itemerwa na Medicare, Imiti igurishwa idakenera igipapuro co kwa muganga

- Hariho ubwoko bumwe bumwe bw'imiti Medicare PDPs idategerezwa kugufasha kuriha. Iyo nayo iri mu rugero rwitwa: “Imiti itemerwa na Medicare” no muri rusangi iyindi miti igurishwa hatarinze gusabwa igipapuro co kwa muganga, iyo nayo ni iya vitamine imwe imwe hamwe n'iy'inkorora hamwe n'ibicurane. Igisata ca Reta c'I Vermont kijejwe amagara meza (DVHA) kirashobora kuriha imiti imwe imwe muri iyo, ariko iyindi nayo iba ikeneye uruhusha rwihariye kugira uyirihirwe. Mu gusaba uruhusha, uwuguha imiti araheza akuzuzwa igipapuro c'ukubanza gusaba uruhusha kuri: <http://dvha.vermont.gov/for-providers/pharmacy-prior-authorization-request-forms> agaha akagiha Igisata ca Reta DVHA.
- Imiti imwe imwe igurishwa hadasabwe igipapuro co kwa muganga irarirwa na VPharm, ukuyirihirwa bivana na Serivisi ya VPharm uba urimwo. Iyo nayo ahanini iba ari imiti

ushobora gufata mu gishingo c'iyindi izimvye. Urutonde rwose rw'iyi miti rushobora kuronkwa kuri: <http://dvha.vermont.gov/for-providers/otcweblis-04-09-18pdf.pdf>.

- Ibisata vyacu ntibishobora kuriha umuti ukiriko urapimwa canke uwariwo wose utemewe n'Igisata ca Reta cemeza imiti ikwije ibisabwa.

Ibice wirihira uri umunywany

Iyo uri umunyany wa VPharm (1, 2, or 3) uriha idolari 1 canke 2.

- Iyo igicro canditswe ku gipapuro c'imiti wandikiwe kitarenza ama dolari 29.99, muri ico gihe uca uriha I dolari 1.
- Iyo ico gicro kigera kuma dolari 30 kuduga, uc'uriha ama dolari 2.

Iyo ubonye urihishijwe ama dolari arenga 2, baza nimba aho bagurishiriza imiti boba baranditse fagitire kubwa “Green Mountain Care” canke ukihamagarira igisata gifasha abanywany ca “Green Mountain Care” kikagufasha gusuzuma.

Ikarata yawe yo kwivuza ya Green Mountain

Ikarata yawe izorungikwa muhira iwawe. Musabwe kuyerekana igihe mugiyeye kugura imiti mwandikiwe. Iyo utaronse ikarata nshansha yawe inyuma y'ukwezi uronkejwe kano gatabo canke iyo utakaje ikarata, hamagara Igisata gifasha Abanywany kuri 1-800-250-8427 usabe nshansha. Iyo ufise iyindi karata yo kwivuza, zerekane zose kubabijewe iyo uje gutora imiti.

Abatanga imiti dukorana

Abakwandikira imiti n'aho uyigurira, bategerezwa kuba bari mu rutonde rw'abakorana n'ibisata vyacu. Kukaba nkako Abaganga, ibitaro n'aho bagurisha imiti henshi I Vermont tuba dukorana. Ugize ikibazo c'aho wivuriza canke ugurira umuti dukorana, hamagara serivisi ifasha abanywany kugira baguhe umuco waho wotumbera canke urabe kuri:

<http://www.vtmedicaid.com> uce ufyonda ahanditse Abo dukorana (Provider Look-up).

Ibisata bitanga imiti ku banywany ba Medicare b'I Vermont

Amakuru y'ukwo ushobora kwiyandikisha muri “Extra Help” ashobora kuboneka uhamagaye abo mu karere ubamwo bajewe kwitaho amagara nay'abageze muza bukuru (SHIP) kuri 1-800-642-5119 canke Uburongozi bwo hafi yanyu bujewe kwitaho abatakibasha.

Igisata kijejwe kurihira imiti abanywany ba Medicare citwa “Low-Income Subsidy (LIS) canke “Extra Help”

Abanywany ba Medicare barashobora kuronswa ubundi bufasha bw'Igisata ca Reta gikunze kwitaho abatakibasha bita “Low-Income Subsidy (LIS)”, ari naco nyene bita “Extra Help”. Ico gisata kiriha intererano zo ku kwezi, ayo umunywany yivuje yari kuriha ku mwaka, n'ugufashanya n'umunywany kuriha imiti yandikiwe iyo isanzwe iri mu rutonde rwemewe. Green Mountain Care izogufasha kuriha bimwe bimwe bitarihwa na “Extra Help”. Abanywany b'ibisata bifasha vya Medicare bategerezwa kuba mubemerewe gufashwa kuriha

imiti na “Extra Help canke LIS”. Amakuru y’ukwo ushobora kwiyandikisha ashobora kubonekera hano: <https://www.ssa.gov/pubs/EN-05-10525.pdf>.

Ibisata bifasha Abatishoboye kwivuzza

Abanywanyi bamwe bamwe bafise uburyo buke ba VPharms barashobora kwemererwa kurihirwa vyose canke bimwe bimwe. Ibisata bifasha abantu kuriha Medicare A na B vyitwa “Medicare Savings Programs”. Aho wivurije bategerezwa kuba bakorana n’ibisata vyose bibiri Medicare na Medicaid igihe wipfuye ko vyose bikurihira. Izo serivisi zose ziri hano:

Abakwije ibisabwa kuba abanywanyi ba Medicare (QMB)

Bariha ibice bibiri vy’intererano Medicare A na B, amahera yose ategerezwa kurihwa iyo wivuye, n’urunani rufashanya kurihira umunywanyi.

Serivisi yo gufata mu mugongo mu kwivuzza kw’abatishoboye: Specified Low-Income Medicare Beneficiaries (SLMB)

Bariha igice kimwe c’intererano ya Medicare (B) gusa.

Abandi barihirwa bita: Qualified Individuals (QI-1)

Bariha igice kimwe gusa c’intererano ca Medicare (B).

Iyo wemerewe gufashwa, barabikumenyesha igihe uronkejwe ikete ryerekeye ukurihirwa na VPharm. Iyo basanze udakwije ibisabwa nawe ukaba ubona ubikwije, Urashobora guhamagara Igisata gifasha abanywanyi kikakubwira vyinshi. Nta ntererano yindi iba ikenewe kuri izo serivisi za “Medicare Savings”.

Kuriha intererano yawe

Birafise akamaro kwama uriha intererano yawe buri kwezi ukwo uronkejwe fagitire, muri ico gihe imfashanyo uronswa zica zitangurana n’intango z’ukwezi gukurikira. Utegerezwa kuguma uriha udacerewe kugira ngo ubandanye ufashwa canke ngo ntugire ikindi kibazo cerekeye kugufasha.

Abanywanyi bose batora imiti aho dukorana kiretse abo mu gisata c’amagara meza kubatuye I Vermont, bategerezwa kuriha intererano kuri Vermont kugira babandanye bafashwa kuriha imiti bandikiwe na muganga.

Igihe utakaje fagitire y’ intererano ukwiye kuriha, hamagara igisata gifasha abanywanyi bakumenyeshe ayo uheranye n’ukwo woyariha.

Uburyo bworoshe kurihamwo

Iyo ushaka kworoherwa buri kwezi mu kuriha fagitire, urashobora kwiyandikisha ku rutonde rw’abakatwa amahera muri banki basanzwe bahemberwamwo canke mu bubiko bwabo bwo mwi banki baziganyirizako buri kwezi.

Ufise ikibazo icarico cose cerekeye gutanga intererano canke c'uburyo bworoshe bwo kugukata amahera uterera utarinze uraja kuriha, hamagara igisata gifasha abanywanyi.

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'
- Kuvuga ibitagenda neza mu gisata urimwo canke ukwo bakuvuye (Mwipfujye kumenya vyinshi, raba urupapuro rwa 16)
- 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 14.

Ivyo mujejwe kwitwararika

Mu kwitaho amagara yanyu ni:

- 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 kubimenyeshya 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.

Ibindi bisata bifasha ababa I Vermont

Amasezerano y'uwuriko aravuzwa canke icandiko c'ukwo yipfuza 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 wipfuza canke ukwo wipfuza kuvurwa. Gishobora n'ukuba ari ububasha uhayeye uwundi aguhagarikira mu gishingo cawe canke igipapuro c'ivyo wipfuza 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 wipfuza kuvurwa n'ivyo udashaka ndetse ukanavugira n'ibindi wipfuza 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 utipfuza 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 wipfuza 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 kuvyemera; 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 kibijewe bita 'Vermont Ethics Network' kuri 802-828-2909, canke muka bisoma ku rubuga rwabo: www.vtethicsnetwork.org. Ibigize ingingo ya 18 bibonekera hano: www.leg.state.vt.us/statutes/sections.cfm?Title=18&Chapter=231. Urashobora kuronka inkuru nyinshi canke igipapuro co kwuzuzwa wipfuza kuri izo mbuga duhejeje kuguha hamwe n'ukuganira n'uwukuvura canke igisata gifasha abanywanyi.

Gutanga ibihimba vy' umubiri

Urashobora kwumva bikubereye vyiza gutanga ibice vy'umubiri wawe mu gihe witavye Imana. Umuntu umwe atanze aba 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 wawuwe nkuko bikwiye, dushobora kumuha amakuru akwerekeye, nk'urutonde rw'imiti uriko urafata, ivyo ni mu ntumbero y'ukwirinda inkurikizi z'imiti udashobora gufatira rimwe n'iyindi bivanye n'amagara yawe.

Ukumenyeshwa ibigirwa ibanga

Mu gihe wahiswemwo kukwiye ivyangombwa vy'ukuba umunywanyi, uraronswa ikete ko wemerewe ukanahabwa n'ikindi gipapuro kiriko ibigirwa ibanga bitabwirwa abandi. Itegeko rya Reta rijanye n'ukurihira abanywanyi 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 abanywanyi bakaguha.

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,
- Abanywanyi bakoresha ivyumba vy'indembe mu gihe bidakenewe uko bangana,
- Uko abanganga b'ingwara zo ku mubiri n'izo mu mutwe bakurikirana ibikorwa vyabo,
- Uko abanywanyi bacu n'ibitaro bivuzamwo bashimishwa 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 abajewe 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 canke muhamagaye igisata gifasha abanywanyi.

Ingorane n'ukuvuga ibitagenda neza

Hari ibintu vyinshi ushobora gukora mu gihe utariko uraronswa igipapuro co kwa muganga kiriko imiti utegerezwa gufata.

Canke igihe cose ufise ico uvuga ubona kitagenda neza. Urashobora guhamagara ugasaba ubufasha igisata gifasha abanywanyi. Iyo ivyo vyose duhejeje kukubwira bitagize ico bikumarira, ushobora kwunguruza ugasaba gutunganirizwa biciye mu mategeko y'I Vermont. Amakuru menshi yerekeye ugutunganirizwa ni ku gipapuro ca 14 ca kano gatabo ngendanwa.

Mu gihe utemeranya n'ingingo yafashwe kuvyerekeye uburusho wemerewe bw'imiti

Iyo uri umunywanyi afashwa na Medicare mu kugura imiti wandikiwe, ingingo nyinshi zerekeye uturusho zifatwa nabo. Hamagara ku nimeru z'abafasha abanywanyi usanga inyuma y'aga karata kawe ko kurahirwa imiti ka Medicare kugira uronswe amakuru y'ukwo ushobora kwunguruza kugira utunganirizwe mu ngingo yafashwe itakworohera. Hano munsu hariho ukwo ushobora kubigenza ngo utunganirizwe iyo usanzwe uri umunywanyi wa Medicare PDP hamwe na VPharm.



Ukwanka gutunganirizwa na Medicare PDP

Mu gihe igisata kikurihira imiti “Medicare PDP” canse kuyirihira kubera yari yanse “uruhusha rwa kare utarayigura?” Utaratumbera VPharm ngo ikurihire, utegerezwa kubanza kwisuzuma ko wakurikije amategeko yose kugira usabe gutunganirizwa ivyo utashimye. Hari ingero nyinshi z'ukwo bitwara batunganirizwe kuvy'imiti. Utegerezwa kwitura kuri kira rugero gushika no ku rugero rwigenga mu gusuzuma bita **“Independent Review Entity (IRE)”**. *Iyo urwo rwego rwigenga rwemeje ko rwanse kugutunganiriza, muri ico gihe uwaguhaye imiti arashobora kwishuza VPharm. Mu gihe yishuza VPharm aritwaza igipapuro cerekana ko Urwego rwigenga bita IRE rwemeza ko rwari rwavyanse.*

Igisata Medicare PDP coba canse kuzokurihira imiti wafashe kubera watoye mu yitari mu rutonde rw’iyo urihirwa?” Ari ukwo bimeze, si ngombwa uje mu murwi wa kane w’ugutunganirizwa wa Medicare (Part D). Uwaguhaye imiti araheza agasaba kurihwa na VPharm. Ategerezwa gutanga ivyemezo vyose bishoboka biva kuri the Medicare PDP bigaragaza ko uwo muti utarihirwa.

VPharm irahaheza ikazokurungikira hamwe n’uwukwandikira imiti, ikababwira ingingo yafashe kuvyo mwasavye vy’ukurihirwa uwo muti wandikiwe. Iyo VPharm ifashe ingingo bita (“adverse benefit determination”) y’ukwanka, kugerera, kugabanya canke guhagarika akarusho, ushobora kuca unasaba kw’iyo ngingo isubirwamwo. Ushaka kumenya vyinshi kuvyo gusaba ingingo wafatiwe isubirwemwo, Soma hano hasi.

Mwiyumvira ko ingingo VPharm yafashe zitabereye? Intambwe ya mbere n’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 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 gutunganiza abanywanyi.
‘Vermont Health Connect’ na ‘Green Mountain Care’.
Ibarabara rya Cherry101, ibiro 320, Burlington, VT 05401

Twoba twaragabanije canke turakuraho ubufasha bw’imiti 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 uronswa 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 iyo gahunda, ushobora kwivugira canke ukarondera uwuvuga 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 burenzako 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 kuguhunganganiriza amagara. Iyo Ubushikiranganji buhisemwo kubona kukwiye gutunganirizwa vuba ivyo wungurujye, muri icyo gihe wishurwa hatarenze amasaha 72. Bushobora gutevya iyo bubonye bigufitiye akamaro. Kwunguruza ugutunganirizwa vuba, ibitevye ni iminsi 17.

Bigenda gute mu gihe utemeye ivyavuye mu kwungururiza kubabijejwe? Muri icyo gihe uc'usaba kwumvirizwa ku rwego rw'igihugu. Raba aha hepfo wipfuza kumenya vyinshi.

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

Umukuru abijejwe araheza akakwumviriza hama agaheza agatanga ingingo yanyuma ko abambere batafashe ingingo nziza.

Kenshi na kenshi, ubanza kwumvirizwa n'abo vyega gusa hama ukwumvirizwa ku rwego rw'igihugu. Ariko iyo ubushikiranganji burengeje igihe urashobora gusaba kwumvirizwa 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 abajejwe gufasha abanywanyi kuri 1-800-250-8427 canke uhamagare abajejwe kwumviriza n'ugufasha abantu kuri 802-828-2536
2. Bandikire ikete.

Twarahagaritse kuguha uturusho twawe two kwivuzwa? Urashobora kudusubizwa wungurujye, 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 abijejwe 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 gitegerezwa gufata ingingo ku kibazo cawe mu kiringo c'imisi 90 uhereye 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, muzoburukera inyishu mukiringo c'imisi 3 tuzoba turiko turiga ikibazo cawe.

Kubandanya muronswa ubufasha bw'ukugura imiti

Twababwiye aho hejuru ko muzobandanya muronswa ubufasha bw'ukugura imiti nkuko vyahora mu gihe ikibazo kizoba kikiriko kiratunganywa iyo mubisavye mu kiringo c'imisi 11.

Ibindi bintu ukeneye kumenya vyerekeye kubandanya uronka ubufasha bw'imiti:

- 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 yagabaniye mu ngingo yafashe.
- Iyo usaba gutunganirizwa kuvyerekeye amahera ya asiransi uhora uterera, bisaba kubanza kuyariha igihe kitararangana. Uzosubizwa ayo mahera wariengejeko igihe ubutungane bwagutunganirije.

Ukudashima uko wawuwe

Ivyo birego n' igihe usaba gutunganirizwa ku bindi bintu utemeye, nko gusaba kumenya aho umuganga wawe ari canke kworoherezwa 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 mukaronswa inyishu yivyasubiwemwo.

Yaba wewe canke ibitaro bigukurikirana ntawuzokwemererwa kwihora mu gusubira gutanga ibirego canke gusaba gutunganirizwa na Green Mountain Care. Nimba ushaka ubufasha ku gice gito c'ibirego canke inzira zo gutunganirizwa, abakozi ba Green Mountain care bashobora kugufasha ukira kubisaba gusa. Ushobora gusaba umwe mu muryango, umugenzi canke uwundi (nk'ibindi bitaro canke umuganga) kugusabira gutunganirizwa canke gutanga

ikindi kirego. Utegerezwa kumenyesha Reta ko ushaka ko uwo muntu aburana mu gishingo cawe. Uwo muntu ashobora kuguserukira mu gihe 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 canke vtlawhelp.org/health.

Gutanga imvo yumvikana n’ugusaba ubufasha ku bigoranye

Iyo uri umunywanyi mushasha w’igisata ca VPharm ukaba uriko uragira ibibazo mu kuronswa ubufasha na Medicare PDP, ushobora kubahamagara (canke ukabwira uwo wizeye kubaguhamagarira). Kora ico ushoboye cose kugira utunganye akanenge mufitaniye na Medicare PDP. Iyo bidakunze, n’ukuba utaronkejwe igipapuro ca muganga c’imiti biguteye ibibazo binini, muri ico gihe urashobora gutanga I Vermont ico bita: Imvo yumvikana n’ugusaba ubufasha mu bikugoye (Good Cause and Hardship Request) ukabitanga kugira bagufashe ushobore kuronka igipapuro c’imiti wofata gushika ikibazo mufitaniye n’igisata gisanzwe kigufasha kugura imiti “Medicare PDP” gikemutse. Mu kubikora, hamagara igisata gifasha abanywanyi kuri: 1-800-250-8427.

Murakeneye ico tubafasha?

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

Ivyo bisata bihari ku bwawe. Bashobora kukwishura ikibazo cose udatahura 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.

Kumenyesha impinduka zoba zihari

N’ukumenyesha izo mpinduka mu kiringo kitarenze iminsi 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’umunyamategekoajejwe gukingira no kwita ku magara meza (HCA)

Ibiro bijejwe 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 n'Igisata ca Reta kibijewe. Ushobora guhamagara ivyo biro kuri 1-800-917-7787 canke kuri: vtlawhelp.org/health

Ayandi makuru yiyongereye

Tunzejwe 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 serivisi zitajanye n' ukugurisha imiti

Hari izindi gahunda na serevisi zihari ziraba abana, abakuze, n'imiryango. Ukwunguruzwa ujanwwe muri izo serevisi bishobora kuboneka canke kworoza 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 k'umurango z'abakuze

Serevisi zo k'umurango z'abakuze zikubiyemwo serevisi zifasha abageze muza bukuru canke abakuze bagendana ubumuga zikabahimiriza kwifasha no kwiyitaho bonyene uko bashoboye igihe bari mungo zabo. Izo serevisi z'abakuze zitangigwa mu bigo rusangi bitabamwo abantu ivyo bigatuma zitangwa mu buryo bwizewe kandi bworohera umuntu wese gushikira akaroswa serevisi zifasha amagara yiwe n'izimufasha mu mibereho yiwe. Ukeneye ayandi makuru wohamagara igice kijejwe gufasha abagendana ubumuga n'abageze muza bukuru kuri: 802-871-3217 canke musome 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. Wifuzza 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. 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 (CPCS)

Izo serevisi ni serevisi zihariye zo kuvura abana bakeneye ubundi bufasha bukomeye ku magara yabo.) – ni serevisi ya Medicaid ihari kubantu bose bari musu y'imyaka 21 bafise ubumuga canke ikindi kibazo c'amagara gikomereye canke kimaze igihe kirekire bikaboneka ko cabangamiye iterambere ryabo hamwe n'ibikorwa vyabo vya misu yose. Intumbero y'izi serevisi zokuvura abana kugiti cabo niyo kubakurikirana kurushirizaho mubijanye no kuvurwa neza. Mukeneye kumenya vyinshi mwohamagara kuri 802-865-1395 canke umuhunga wavyo kuri 802-951-5169 canke musome kuri:

<http://healthvermont.gov/family/childrenpersonalcareservices.aspx>.

Ibitaro vy'abana bakeneye ukuvurwa kwabagenewe (CSHN)

Iyi gahunda ihabwa ku bitaro canke muzindi serevisi zikurikirana zikanavura abana bakeneye ubufasha bwihariye. Barongera bakakurihira bimwe muvyo wivujije utashoboye kurahirwa 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 misu yose bakora muhira, mu bigo babamwo canke mubigo vyo 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 kuri:

http://dcf.vermont.gov/esd/health_insurance/ltc_medicaid.

Ibikorwa vyo gufasha abantu babuze ikintu mu mutwe

Izo serevisi 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 gifasha ivy'uburyo

Ni gahunda yitanga ifasha imiryango igashobora kwirihira mukuvuza abana babo hambavu ya asiransi igihe izo serevisi wari warazandikiwe canke zaremejwe biciye mugisata co kubitaro kibikurikirana. Mwahamagara ubushikirangaji bw'amagara mezabwa kuri 1-800-464-4343 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.

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 bijejwe izo serevisi kuri 802-871-3044 canke kuri: www.ddas.vermont.gov.

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. Iyo bituma bashobora kubaho muhira iwabo bigenga kandi baguwe neza. Abatanga ubwo bufasha ni ababa basanzwe bavurira canke bitwararikira 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 bidasanzwe

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 basanze n'abaremeshakiyago bakorera mu biro bikuru vyo mu karere baritanga mu gutanga serivisi zidakunze kuronkwa ahandi. Murashobora guhamagara Ubushikirananyi kuri 1-800-464-4343 canke musome kuri: www.healthvermont.gov.

Igisata kijejwe kuvurira abana muhira ku buhinga bugezweho

Igisata kijejwe kuvurira abana muhira ku buhinga bugezweho ni igisata kidasanze kuvurira muhira, kigakurikirana ibikoresho bihabwa umurwayi kugira agubwe neza harimwo n'imiti yo kunywa. Ico gisata kiranatanga ubufasha ku banywanyi ba Medicaid bwihariye abarwayi bakunda gufata imiti kubw'ingwara barwaye n'abavurwa arukwo hakoreshejwe ubuhinga bwa none. Ikurikiranwa n'iyindi gahunda ijewe kuraba abana abafise ibibzo vy'amagara vyihariye bari musi y'inyaka 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>

Igisata c'ubuhinga bwa none gikurikiranira amagara y'abana muhira (Mu kwumva no kuvuga)

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: www.healthvermont.gov/family/hearing/index.aspx.

Ingwara zo mu mutwe

Reta y'I Vermont yarashyize 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 isinzikajwe 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, barahaza 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 abarwayi 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 kuri: 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 zifitanye 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 kunywa 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 bidasanzwe vyo mu mutwe bahora banaremba

Serivisi zo mu ndembe

Kino gisata gifasha abantu baremye mu mutwe, amashirahamwe hamwe n'ikibano amasaha 24 kuri 24 ku munsu, 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 adasanzwe 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 yandi yerekeye ivyo gufasha mu kibano

Amakuru menshi yerekeye ivyo gufasha mu kibano abonekera kuri:

www.vermont211.org.