neighborcare health

XARUMAHA CAAFIMAADKA

EE KU SALAYSAN DUGSIYADA DHEXE

Adeegyadan ardayda dugsiyada sare waxay kaheli karaan:

- Denny International Middle School
- Madison Middle School
- Mercer Middle School
- Robert Eagle Staff Middle School
- Vashon Island High School

neighborcare.org

Jir Caaimaad leh + Maskax Caaimaad leh = Arday Caafimaad leh

Xarumaha caafimaadka ee ku salaysan dugsiyada ee Neighborcare Health waa adeeg caafimaad oo buuxa oo siiya ardayda adeegyada caafimaadka, caafimaadka dhimirka iyo adeegyada caafimaadka ilkaha ardayda. Kooxdeena xarumaha caafimaadka waxay iskaashi la sameeyaan kalkaaliyayaasha dugsiga, macalimiinta iyo shaqaalaha si ay u siiyaan ardayda adeegyo caafimaad oo leh badbaado, daryeel caafimaad oo dhaqan ahaan ku haboon dhalinyarada halka ay ku qaataan waqtigooda ugu vadan oo ah dugsiyada. Waxaan si wadajir ah u caawinnaa horumarinta caafimaadka ardayda iyo awooddooda ay ugu guulaystaan gudaha dugsiga iyo dibada.

Waxaan Joognaa Dugsigaaga

Xarumaheena caafimaadku waxay ku yaalaan 15 dugsi dadweyne oo ku yaala Seattle iyo Jasiirada Vashon. Adeegyada xarunta caafimaadka iyo ballamaha waxay diyaar u yihiin dhammaan ardayda dhigata Dugsiyada Dadweynaha Seattle iyo dhammaan ardayda dhigata dugsiyada dadweynaha iyo kuwa gaarka ah ee Jasiirada Vashon.

Booqo xafiiska hore ee dugsigaaga si aad u ogaato halka ay ku taalo xarunta caafimaadka Neighborcare Health ee dugsigaaga.

NAGALA SOCO Instagram
@Neighborcare_TeenHealth

Adeegyada Waxaa ka mid ah:

- Qiimaynta iyo daawaynta dhibaatooyinka caafimaadka Guud
- Jimicsiga isboortiga
- Daryeelka caafimaadka ee ka hortagga ah
- Daryeelka caafimaadka taranka
- Talaalada
- La-talinta caafimaadka maskaxda ee shakhsi ahaan, qoys ahaan iyo koox ahaaneed
- Isku-duwidda qoyska si loo dhiso guri daryeel oo caafimaad leh
- Caawinta diiwaangelinta caymiska
- Wax kaqabadka qalalaasaha
- Gudbinta bulshada oo ku salaysan dugsiga
- Horumarinta caafimaadka iyo barashada caafimaadka
- Adeegyada ilkaha, oo ay ku jiraan baarista afka, nadaafada, raajada iyo buuxinta, ayaa laga bixiyaa xarumaheena caafimaadka qaarkood. Kala hadal xarunta caafimaadka dugsigaaga si aad wax badan uga ogaato.

Maalgelinta xarumaha caafimaadka waxaa qayb ahaan taageera **Qoysaska, Waxbarashada, Dugsiyada, iyo Promise of Levy** ee Magaalada Seattle iyo **Best Starts for Kids** investment ee Degmada King.

Tan iyo 1968, Neighborcare Health waxay ahayd xarun caafimaad oo bulsho oo lagu kalsoon yahay oo daryeel caafimaad oo dhammaystiran u fidisa bulshooyinka ku nool Seattle iyada oo aan loo eegin dakhliga ama xaaladda caymiska, sababtoo ah waxaan aaminsanahay in qof **kastaa uu u qalmo daryeel caafimaad oo tayo leh**.

Isdiiwaan-geli Maanta

Buuxi oo saxiix foomamka diiwaangelinta xarunta caafimaadka si ilmahaagu u helo dhammaan adeegyada laga heli karo dugsiga. Foomamka waxaa laga heli karaa **neighborcare.org/clinics** ama xarunta caafimaadka ee dugsigaaga.

Sida uu dhigayo sharciga gobolka Washington, ardayda da'doodu ka yar tahay 18 jir waxay isu diiwaan gelin karaan adeegyada si qarsoodi ah. Neighborcare Health waxay ku dhiirigelisaa dhammaan ardayda inay ku daraan waalidkooda/masuulka go'aannada daryeelka caafimaadka. Haddii aad qabtid su'aalo ama walaac, fadlan la xiriir xarunta caafimaadka ee dugsigaaga.

Ballamaha

Ballamaha waxaa la heli karaa maalmaha shaqada, kahor ama kadib inta lagu jiro iyo saacadaha dugsiga. Waanu xiranahay xilliga fasaxa dugsiga iyo fasaxa xagaaga. Xarunta caafimaadku waxay samayn doontaa wax kasta oo suurtagal ah si loo hubiyo in ardaydu ay seegaan wakhtiga fasalka ugu yar ee suurtogalka ah. Xarunta caafimaadku waxay siisaa Codsiga ku saabsan Warqadaha warbixinta ee ardayda balamaha wakhtiga dugsiga. Ardaydu waxay kaloo booqan karaan rugta caafimaadka iyagoon ballan ka qabin iyagoo fasax ka qaadanaya macalinkooda ama u gudbin kahelaya kalkaalisada dugsiga.

Lacagta iyo Caymiska

Dhammaan ardayda Dugsiyada Dadweynaha ee Seattle iyo arday kasta oo ku nool Vashon waxay heli karaan adeegyada caafimaadka, ilkaha iyo caafimaadka dhimirka ee laga bixiyo xarun caafimaad oo ku taal dugsiga. Ma jiraan wax kharash ah oo loogu talagalay ardayda.

Neighborcare Health waxay ururisaa macluumaadka caymiska caafimaadka waxayna kharashaadka adeegyada u gudbisaa shirkadaha caymiska, laakiin caymiska looma baahna ardayda si ay u helaan daryeel caafimaad. Waxaan aqbalnaa qorshayaal caymis caafimaad oo badan, oo ay ku jiraan Washington Apple Health (Medicaid). LabCorp waxay sidoo kale biilasha ku dallacdaa qorshayaasha caymiska caafimaadka ardayda ee adeegyada shaybaarka. Qoysaska waxaa laga yaabaa inay helaan sharraxaad ku saabsan bayaanka faa'iidooyinka (EOB), laakiin ardayda iyo qoysasku ma heli doonaan bayaanka biilasha ee adeegyada aan caymisku dabooli.

Khabiirada u-qalmitaanka Caafimaadka ee Neighborcare ayaa diyaar u ah inay ka caawiyaan qoysaska iyo ardayda inay iska diiwaangeliyaan barnaamijyada caymiska caafimaadka. Ardayna looma diidi doono adeegyada sababtoo ah awood la'aanta inuu bixiyo.

MARKA XARUNTA CAAFIMAADKA LA XIRO, *ardayda iyo qoysasku waxay ka heli karaan adeegyada caafimaadka, ilkaha iyo caafimaadka dhimirka ee rug kasta oo Neighborcare Health.*

Iyada oo loo marayo shabakad ka kooban ilaa 30 xarumood oo ku yaal xaafadaha, dugsiyada iyo guryaha taageerada leh, kooxaha daryeelka waxay bixiyaan daryeel qof walba ah—oo ay ku jiraan adeegyada caafimaadka, ilkaha, caafimaadka habdhaqanka, iyo adeegyada farmashiyaha—oo ay weheliso inay ku xiraan adeegyada daboolaya baahiyaha aasaasiga ah sida cuntada iyo guryaha si loo fududeeyo caafimaadka iyo fayoobaanta.

Raadi xarun caafimaad oo ku-salaysan dugsi

Dugsiga Hoose

Neighborcare Health at Bailey Gatzert Elementary D
1301 E Yesler Way, Seattle, WA 98122 | 206-548-3162

Neighborcare Health at Dearborn Park Elementary D
2820 S Orcas St, Seattle, WA 98108 | 206-548-3166

Neighborcare Health at Highland Park Elementary D
1012 SW Trenton St, Seattle, WA 98106 | 206-455-9025

Neighborcare Health at Rising Star Elementary D
8311 Beacon Ave S, Seattle, WA 98118 | 206-548-3168

Neighborcare Health at Roxhill Elementary D
7740 34th Ave SW, Seattle, WA 98126 | 206-452-2660

Neighborcare Health at West Seattle Elementary D
6760 34th Ave SW, Seattle, WA 98126 | 206-548-3164

Dugsiga Dhexe

Neighborcare Health at Denny International Middle School D
2601 SW Kenyon St., Seattle, WA 98126 | 206-923-2809

Neighborcare Health at Madison Middle School D
3429 45th Ave SW, Seattle, WA 98116 | 206-933-7842

Neighborcare Health at Mercer Middle School D
7201 Beacon Ave S, Seattle, WA 98108 | 206-762-2394

Neighborcare Health at Robert Eagle Staff Middle School D
1330 N 90th St, Seattle, WA 98103 | 206-548-5770

Dugsiga Sare

Neighborcare Health at Ballard High School
1418 NW 65th St. Seattle, WA 98117 | 206-548-3177

Neighborcare Health at Chief Sealth International High School D
2600 SW Thistle St, Seattle, WA 98126 | 206-938-1360

Neighborcare Health at Lincoln High School
4400 Interlake Ave N, Seattle, WA 98103 | 206-548-5760

Neighborcare Health at Roosevelt High School
1410 NE 66th St, Seattle, WA 98115 | 206-527-8336

Neighborcare Health at Vashon Island High School D
9600 SW 204th St, Vashon, WA 98070 | 206-548-7550

Neighborcare Health at West Seattle High School
3000 California Ave SW, Seattle, WA 98116 | 206-658-8048

Raadi Rug caafimaad oo kuu dhaw

Caafimaadka Caafimaadka, Ilkaha iyo Caafimaadka habdhaqanka

Neighborcare Health at 45th Street D Rx
1629 N 45th St, Seattle, WA 98103 | 206-633-3350

Neighborcare Health at High Point D
6020 35th Ave SW, Seattle, WA 98126 | 206-461-6950

Neighborcare Health at Meridian D Rx
10521 Meridian Ave N, Seattle, WA 98133 | 206-296-4990

Neighborcare Health at Rainier Beach D Rx
9245 Rainier Ave S, Seattle, WA 98118 | 206-722-8444

Caafimaadka & Caafimaadka habdhaqanka

Neighborcare Health at Columbia City Rx
4400 37th Ave S, Seattle, WA 98118 | 206-461-6957

Neighborcare Health at Lake City
12721 30th Ave NE, #101, Seattle, WA 98125 | 206-417-0326

Neighborcare Health at Magnuson
7101 62nd Ave NE, Suite 4, Seattle, WA 98115 | 206-548-5790

Neighborcare Health at Pike Place Market Rx
1930 Post Alley, Seattle, WA 98101 | 206-728-4143

Xafiiska Ilkaha

Neighborcare Health at Georgetown D
6200 13th Ave S, Seattle, WA 98108 | 206-461-6943

Neighborcare Health at Pacific Tower D
1200 12th Ave S, 4th Floor, Seattle WA 98144 | 206-548-5850

Bukaanka ah hoy la'aanta

Neighborcare Health at Ballard
1753 NW 56th St, #200, Seattle, WA 98107 | 206-782-5939

Neighborcare Health Youth Clinic at 45th Street
1629 N 45th St, Seattle, WA 98103 | 206-633-7650

Neighborcare Health Youth Clinic at New Horizons
2709 3rd Ave, Seattle, WA 98121 | 206-633-7650

Neighborcare Health Youth Clinic at Pike Place Market
1930 Post Alley, Seattle, WA 98101 | 206-633-7650

D = Waxaa laga bixiyaa adeegyada ilkaha   Rx = Farmashiyaha goobta

neighborcare.org