



IGISATA CA VERMONT KIJEJWE AMAGARA Y'ABANTU

**Imigambi ya farumasi
Agatabo kigisha ingene ibintu
bikoreshwa**



GreenMountainCare
A HEALTHIER STATE OF LIVING

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ध्यान! यदि तपाईंलाई आफ्नो भाषामा मद्दत चाहिन्छ भने, कृपया **1-800-250-8427** मा कल गर्नुहोस्

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Ibirimwo

Kaze mu mugambi wa farumasiyo ya Vermont	5
Umugambi w'abantu baba i Vermont bafise amagara meza	5
Imigambi ya VPharm: VPharm 1, VPharm 2 na VPharm 3	5
Gusobanukirwa Medicare yawe ya PDP	5
VPharm 1: Ubwishinginzi naho bukora	6
VPharm 2: Ubwishinginzi naho bukora	6
VPharm 3: Ubwishinginzi naho bukora	6
Urupapuro rwawe rwa Medicare ya PDP	7
Imiti itarimwo Medicare, imiti idandazwa mu buryo bwigenga (OTC)	7
Amahera y'ubwishingizi	7
Ikarata karangamuntu yawe	7
Abafasha bitabiriye	8
Imigambi ya farumasi ku bantu baba i Vermont bafise Medicare	8
Imigambi yo kuziganya muri Medicare	8
Abemerewe kuronka Medicare (OMB)	8
Abemerewe kuronka Medicare bihariye bafise amikoro make (SLMB)	8
Abantu bemerewe ku giti cabo (OI-1)	8
Kuriha ubwishingizi bwawe	8
Kuriha mu buryo bwanone	8
Uburenganzira bwawe hamwe n'ivyo utegerezwa	9
Iyindi migambi y'abantu baba i Vermont	10
Urwandiko rwo kuraga hamwe n'intumbero zitangiye	10
Gutanga ibihimba vy'umubiri	11
Guhanahana amakuru n'uwuguha ubufsha	11
Urwandiko rwo kumenyesha ibikorwa vy'ibanga	11
Umugambi wo kugenzura ubuziranenge	11
Ingorane no kwitwara	12
Mu gihe utemeye igikorwa	12
Kwunguruza mu gihe Medicare ya PDP yanswe	12
Kwunguruza mu gihe vyanswe na VPharm	13
Kwumvirizwa neza mu gihe kwunguruza kwanswe DVHA	14
Uburusho bubandanya	15
Ibirego	15
Imvo nziza no gusaba ibigoye	16
Urakeneye uwugufasha?	16
Ikigo Health Connect, Green Mountain Care ca Vermont gifasha abanywanyi	16
Kumenyesha ivyahindutse	16
Ibiri vy'uwujewe guharanira kuvuzwa (HCA)	17

Ayandi makuru	17
Iyindi migambi atari iya farumasi	17
Serivisi zo ku murango z’abantu bakuze	17
Imigambi y’abafasha	17
Serivisi zerekeye abana (CIS)	17
Serivisi zerekeye abana - Gutabara hakiri kare (CIS-EI)	18
Serivisi zihariye zo kwitaho abana (CPCS)	18
Amavuriro y’abana bafise ibibazo bidasanze vy’amagara (CSHN)	18
Guhitamwo kwitabwaho	18
Serivisi zerekeye abantu bafise ubumuga bwo mu mutwe	19
Umugambi wo gutanga imfashanyo z’amahera	19
Gufasha umuryango mu buryo bworoshe	19
Kuvura mu buhinga buhanitse	19
Umugambi wo kuvurira abana i muhira mu buhinga buhanitse	19
Serivisi zo muhira	19
Amavuriro adasanze	19
Serivisi zidasanze	20
Umugambi wa Vermont wo kwumviriza no gutabara hakiri kare	20
Amagara yo mu mutwe	20
Serivisi z’abarwayi bakuze bivuza bataha	20
Serivisi z’abana, imiyabaga, n’umuryango	21
Kunagura no kuvura abanyagihugu	21
Serivisi zihutirwa	21
Umugambi w’isinzikara ryo mu bwonko	21
Umugambi werekeye abagore, inzoya n’abana (WIC)	21
Ayandi makuru yo mu kibano	22
Ubusuma, kwonona, n’ihohoterwa	22

Gitugutu 2024

Kaze mu mugambi wanyu wa Vermont wa farumasi

Imigambi yo muri Vermont ya farumasi itunganywa n'igisata ca Vermont kijejwe amagara y'abantu. Urutonde ruri hano. Buri wose ufise amategeko n'uburusho bwawo.

Kano gatabo kigisha ingene ibintu bikoreshwa ntigatanga amakuru ku burusho bwerekeye imiti ya Medicaid. Woba ufise Medicaid hanyuma ukaba ukeneye amakuru ku vyerekeye uburusho bw'imiti? Woba utazi umugambi urimwo? Hamagara abafasha abanywanyi kuri **1-800-250-8427**. Hamagara kuwa mbere gushika kuwa gatanu, guhera 8:00 zo mu gitondo gushika 4:30 zo ku mugoroba. (ku minsi y'akaruhuko ntibakora).

Umugambi w'abantu bafise amagara meza baba i Vermont

Uwu ni umugambi wo ku buntu ku bantu baba i Vermont badafise ubwishingizi bw'imiti yanditswe na muganga. Ubatuma bashobora kugura imiti irishwe ku giciro gitoya. Woba ufise abantu baba i Vermont bafise amagara meza? Farumasi yawe irashobora gutanga ikirego mu gisata ca Vermont kijejwe amagara y'abantu. Igisata ntikizoriha. Ariko uzoriha igiciro gitoya ku rugero rwa Medicaid, atari ku giciro farumasi idandazako.

Gufasha abantu bafise amikoro make (LIS) canke “ubufasha bw'inyongera”

Uwu mugambi ufasha kuriha ibiciro vy'imiti ku bantu bari mu bwishingizi bw'imiti bwa Medicare. Uriha buri kwezi, igabanywa ryo mu mwaka, hamwe n'amafaranga y'imiti umurwayi yirihira mu bwishingizi. Ibiciro bimwe bimwe ntabwo birihwa n'ubwishingizi bw'imiti canke ubufasha bw'inyongera. Green Mountain Care izofasha mu kuriha bimwe muri ivyo biciro. Woba uri mu mugambi wo kuziganya wa Medicare? Aho rero tuzoca tukwandika mu bufasha bw'inyongera. **Abantu bamwe bamwe bategerezwa gusaba ubufasha bw'inyongera buri mwaka.**

Woba ushaka kwiyandikisha canke kumenya vyinshi? Hamagara ibiro vyawe vy'umugambi wa Leta bishinzwe ubwishingizi bw'amagara y'abantu kuri **1-800-642-5119**. **CANKE** hamagara ibiro vyo mu karere ubamwo vyo kutegekaniriza kazoza canke uje ku [rubuga](#).

Sobanukirwa umugambi wawe w'ubwishingizi bw'imiti muri Medicare

Mu bisanzwe iki ni igice D c'ubwishingizi bw'imiti muri Medicare. Irashobora kandi kuba igice C ca Medicare canke indinganizo y' "uturusho twa Medicare". Ivyo vyompi tuyita ubwishingizi bw'imiti bwa Medicare. Ibigo bishinzwe Medicare hamwe na Medicaid birakora iyi migambi. Nimba ukeneye ubufasha kugirango uronke ubwishingizi bw'imiti bwa Medicare:

- 1) Hamagara kuri **1-800-633-4227** - TTY 1-877-486-2048
- 2) **CANKE** ugende ku [rubuga rwa Medicare](#).
- 3) **CANKE** uhamagare mu mugambi wa Leta wo gufasha ubwishingizi bw'amagara **1-800-642-5119**. Bari ku k'ikigo c'akarere kijejwe abageze mu zabukuru k'umurongo wa terefone.

Imigambi ya VPharm: VPharm 1, VPharm 2 na VPharm 3

Imigambi ya VPharm irafasha abantu badashobora kuronka Medicaid ariko bafise Medicare. Ibarihira ubwishingizi bwabo bwa Medicare hamwe n'ibiciro bijanye. Uzokwirihira ubwishingizi bwa \$ 1 canke \$ 2, bivanye n'umuti. VPharm irariha amafaranga asigaye.

VPharm irashobora kandi gufasha kuriha buri kwezi ubwishingizi bwawe bwa Medicare.

VPharm ifise ingero 3: VPharm 1, VPharm 2, na VPharm 3. Buri mugambi urafise amategeko n'uburusho bwawo. Ubwishingizi bwa Medicare burariha igice cabwo ku miti yawe yose. Uririhira ayasigaye. Hanyuma VPharm ikariha igice cayo. Abanywanyi bategerezwa kugira ubwishingizi bwa Medicare kugirango bagumane VPharm. Ubwishingizi bwawe bw'imiti butegerezwa kuba bukorera muri Vermont. Utegerezwa gukoresha uwutanga Medicaid wo muri Vermont.

Amahera y'ubwishingizi arihwa buri kwezi:

- **\$15** kuri VPharm 1
- **\$20** kuri VPharm 2
- **\$50** kuri VPharm 3

VPharm1, VPharm 2 na VPharm 3 zizoriha:

- **Imiti y'indwara y'igisukari**
- **Igice c'ubwishingizi bw'imiti uriha buri kwezi gushika ku giciro cashinzwe.** Leta iragena igiciro cashinzwe buri mwaka kw'itariki ya 1 Nzero. Imfashanyo ku bantu bafise amikoro make (LIS) "Ubufasha bw'inyongera" nayo irariha igice co kuriha buri kwezi. Woba wanditswe mu bwishingizi bw'imiti buhinayuyeye bwa Medicare? Hanyuma VPharm ntishobora kuriha amahera yose ya buri kwezi.
- **Igice c'ubwishingizi wirihira, kugabanirizwa n'ubwishingizi HAMWE n'ibihengeri mu kuriha imiti mu kiringo kigufi na kirekire.** "Ubufasha bw'inyongera" ku mfashanyo y'abantu bafise amikoro make nabwo nyene burariha igice c'ibi biciro.
- **Ubwoko bumwe bumwe bw'imiti butarhwa n'ubwishingizi bw'imiti.** Uyu umuti udandazwa mu buryo bwigenga, vitamine hamwe n'imiti ivura inkorora/imbeho.

VPharm 1 irongera ikariha:

- Igipimo kimwe gikwiye hamwe n'ikindi **gipimo c'amaso** kimwe ca buri myaka 2. Gitegerezwa gukorwa n'umuhinga w'ibijanye n'amaso canke umuganga w'amaso.

Urakeneye ayandi makuru canke tukwandike muri VPharm 1, VPharm 2 canke VPharm 3?

Hamagara abafasha abanywanyi kuri **1-800-250-8427**. Hamagara kuva ku wambere gushika ku wagatanu, kuva isaha 2:00 zo mu gitondo gushika isaha 10:30 zo ku mugoroba. Tuba twugaye ku minsi y'akaruhuko.

Urupapuro rwawe rw'ubwishingizi bw'imiti

Urupapuro ni urutonde rw'imiti. Kugira ngo tugufashe kugabanya ibiciro, ubwishingizi bwawe bw'imiti burasaba ko abaganga bandika imiti iri kuri runo rutonde. Ku miti imwe imwe, ubwishingizi bwawe bw'imiti butegerezwa kwemeza umuti imbere y'uko uwuronga. Ibi vyitwa **iyemezwa rya mbere**. Bitagenze gutyo, ntibazoriha umuti. Mu gihe ubwishingizi bwawe bw'imiti butemeje umuti, urashobora kwunguruza. Raba igice "Mu gihe utemeye ivyakozwe."

Medicare ntizoriha imiti imwe imwe

Ibi vyitwa **imiti ikuwemo na Medicare**. Harimwo imiti idandazwa mu buryo bwigenga, vitamine zimwe zimwe zanditswe na muganga hamwe n'imiti ivura inkorora n'imbeho. Igisata ca Vermont kijejwe amagara y'abantu kirariha imwe imwe muri iyo miti ariko hari iyikenera kubanza kwemezwa. Muganga wawe arashobora gusaba kubanza kubiharerwa uruhusha. Bategerezwa kubanza kwuzuzwa urupapuro rwabigenewe hanyuma bakarurungika. Barashobora kuronka urupapuro ku [rubuga rwa Medicare](#).

VPharm irariha imiti **imwe imwe** isanzwe idandazwa mu buryo bwigenga. Raba [urutonde rukwiye](#).

Imigambi yacu **ntiriha** imiti yo gukora ubushakashatsi kuko nta cemezo ko ikora. Vyongeye, ntiriha imiti itabanje kwemezwa n'ubuyobozi bwa Leta bw'imiti.

Amahera y'ubwishingizi umurwayi yirihira

Hamwe na VPharm, amafaranga y'ubwishingizi uzokwirihira kuri buri muti azoba \$ 1 canke \$ 2.

- Nimba Leta irishe \$29.99 canke ari muni ku muti, amahera y'ubwishingizi uzokwirihira azoba \$ 1.
- Nimba Leta irishe \$30 canke arenga ku muti, ay'uzokwirihira azoba \$ 2.

Bigenda gute mu gihe usabwe kuriha ayarenga \$2? Baza nimba uwukora muri farumasi yararihishije Green Mountain Care. Canke uhamagare abafasha abanywanyi kuri **1-800-250-8427** kugirango bagufashe.

Ikarata karangamuntu yawe

Ikarata karangamuntu yawe ya Green Mountain Care izorungikwa i muhira iwawe. Urasabwe kuyerekana mu gihe ugiye mu nzu idandaza imiti. Nta karata karangamuntu nshasha waronse mu gihe c'ukwezi kumwe kuva uronse kano gatabo kigisha ingene ibintu

bikoreshwa? **CANKE** ikarata yawe yaratakaye? Hamagara abafasha abanywanyi kuri **1-800-250-8427** hanyuma usabe iyindi nshasha.

Urafise ubwishingizi bwa Medicare? Hanyuma; niwerekere uwuguha serivisi amakarata karangamuntu yompi y'ubwishingizi.

Abaganga n'abatanga serivisi

Abaganga bakwandikira imiti hamwe na farumasi yawe **bategerezwa** kuba bari mu migambi yacu. Abaganga benshi na farumasi muri Vermont basanzwe bari muri yo. Woba ufise ibibazo ku baganga na farumasi? Hamagara abafasha abanywanyi kuri **1-800-250-8427**. **CANKE** genda ku [rubuga](#) hanyuma ufyonde kuri "Provider Look-up."

Imigambi yo kuziganya ya Medicare

Iyi ni imigambi ifasha abantu kuriha Medicare Igice A n'igice B. Bamwe bamwe mu banywanyi ba VPharm bafise amikoro make barashobora kuronka ubufasha bwo kuriha amafaranga yose. Woba ushaka ko Medicare na Medicaid zompi zigufasha kuriha? Aho rero abaganga / abatanga serivisi bawe bategerezwa kuba mu mugambi wa Medicare na Medicaid. Imigambi ni:

- **Abagenewe Medicare bujuje ibisabwa (QMB)** - Irariha Medicare Igice A na B arihwa buri kwezi, kugabanywa, ubwishingizi busangiwe, hamwe no n'amacuranga y'ubwishingizi wirihira
- **Abagenewe Medicare bafise amikoro make (SLMB)** - Irariha Medicare Igice B buri kwezi gusa
- **Abantu ku giti cabo bujuje ibisabwa (QI-1)** - Irariha Medicare Igice B buri kwezi gusa

Nturiha buri kwezi mu mugambi wo kuziganya wa Medicare. Ikete rivuga ingene VPharm yawe riha rirerekana nimba ushobora kuronka ubu bufasha. Vyogenda gute mu gihe udafise umugambi wo kuziganya muri Medicare ariko ukaba wiyumvira ko wategerezwa kubikora? Hamagara abafasha abanywanyi kuri **1-800-250-8427**.

Kuriha VPharm yawe buri kwezi

Nurihe ukimara kubona fagitire ya mbere. Ubikoze gutyo, ubwishingizi burashobora guca butangura mu kwezi kwambere gukurikira. Utegeterezwa kuguma uriha ku gihe. Gutyo, ntuzoheza ngo utakaze canke ngo ugire igihengeri mu kuriha kwawe. Abantu baba i Vermont bafise amagara meza **ntibariha** buri kwezi. Ariko izindi ndinganizo zose za farumasi zirabikora.

Bigenda gute mu gihe utakaje fagitire? Hamagara abafasha abanywanyi kuri **1-800-250-8427**. Barashobora kukubwira amahera utegerezwa kuriha n'uburyo bwo kuriha.

Urashobora gushiramwo uburyo bwo kuriha bwikoresha

Gutyo rero ntuzohangayikishwa no kuriha fagitire buri kwezi. Buri kwezi, amahera yawe yo kuriha azoza arakugwa kuri konte yawe yo kugenzura canke kuziganya.

Woba ufise ikibazo kijanye no kuriha buri kwezi? Hamagara abafasha abanywanyi kuri **1-800-250-8427**. Barashobora kandi kukubwira ku vyerekeye gushiraho uburyo bwo kuriha bwikoresha.

Uburenganzira bwawe hamwe n'ivyo utegerezwa

Urafise uburenganzira bwo:

- Gufatwa neza mu rupfasoni.
- Gufatwa neza mu kwengegwa.
- Guhitamwo kandi gihindura umuganga/ abaguha serivisi.
- Kurondera amakuru ajanye na serivisi zawe z'umugambi na muganga /abatanga serivisi.
- Kubwirwa ivyerekeye amagara yawe mu majambo ushobora gutahura.
- Guhitamwo ibijanye n'ukuvurwa kwawe, kwishurwa ku bibazo vyawe, kandi kwanka kwivuzza.
- Gusaba kandi ukaronka ikopi y'inwandiko zawe z'ubuvuzi. Gushobora gusaba ivyohinduka mu gihe amakuru atariyo.
- Gusaba icyumviro kigira kabiri kivuye ku bandi baganga / abatanga serivisi banditswe muri Medicaid ya Vermont.
- Kuvuga ku vyerekeye umugambi wawe canke ibibazo vyawe vy'amagara.
- Kudafatwa canke ngo utabwe wenyene kubera guterwa ubwoba, guhanwa, canke kubera ko vyoroshe.
- Gusaba kwunguruza mu gihe wankiwe serivisi wibaza ko wari ukeneye. Raba ku rupapuro rwa 12 ku zindi nsiguro.

Bungabunga amagara yawe mu:

- Kubwira umuganga wawe ibimenyetso vy'ingwara na kahise k'amagara yawe.
- Kubaza ibibazo mu gihe ukeneye kumenya vyinshi canke udasobanukiwe ikintu.
- Gukurikiza indinganizo zo kukuvura wewe na muganga wawe mwumvikanyeko.
- Kwubahiriza amasango yawe canke mu guhamagara imbere y'igihe kugirango ubisivye mu gihe udashobora kuza.
- Kwiga amategeko agenga umugambi wawe kugirango ushobore gukoresha serivisi neza bishoboka.
- Kumenya neza ko ukeneye kurungikwa kwa muganga imbere yo kubonana n'abandi baganga.
- Kuriha ubwishingizi hamwe n'amafaranga y'ubwishingizi wirihira nk'uko bikenewe.

Iyindi migambi y'abantu baba i Vermont

Urwandiko rwo kuraga hamwe n'intumbero zitangiye

Urwandiko rwo kuraga ni urwandiko rwanditse. Ruvuga ruti:

- Ninde ashobora kugufatira ingingo y'amagara mu gihe utabishoboye
- Ni gute uwo umuntu ashobora gufata ingingo
- Ninde muganga wawe /uwukwitaho w'ibanze
- Ni ubuhe buvuzi canke kuvurwa wipfuza
- Ingene ushaka ibibazo vyawe bitorerwa inyishu, nko guhamba
- Umuntu ushaka ko akubera umurinzi, mu gihe bikenewe
- Ninde **udashaka** ko agufatira ingingo
- Ni gute wipfuza kwitabwaho mu gihe woba uriko uracikana

Inzandiko zo kuraga nizo ku buntu. Zitwa kandi intumbero zitangiye canke uburenganzira bwo guserukira umuntu mu buvuzi. Zirashobora kwitwa urwandiko rw'ubuvuzi rw'iherezo ry'ubuzima. Amategeko ya Vermont yerekeye inzandiko zo kuraga ni itegeko rya Vermont Advance Directive (Umutwe 18, Ikigabane ca 231).

Urashobora kuba urwaye cane ku buryo udashobora gufata ingingo yerekeye amagara. Nimba **atari** ibintu vyihutirwa, abaganga ntibashobora kukuvura ubwo nyene. Bategerezwa kubanza kumenya nimba ufise urwandiko rwo kuraga. Mu gihe urufise, bategerezwa kubahiriza amabwiriza ari mu rwandiko rwo kuraga. **CANKE** bakagamburukira amabwiriza y'umuntu wahisemwo ngo agufatire ingingo zerekeye amagara.

Umuganga arashobora kwanka gukurikiza amabwiriza ari mu rwandiko rwo kuraga? Ego, mu gihe bibaza ko atari vyiza. **ARIKO** bategerezwa:

- Kubwira wewe n'umuntu wavuze ko afata ingingo;
- Gufasha kwimurira ubuvuzi bwawe ku wundi muganga uzokwubahiriza amabwiriza;
- Kubandanya bakuvura gushika habonetse umuganga mushasha; no
- Gusigura mu nyandiko zawe zo kwa muganga:
 - ikibazo
 - intambwe zakozwe mu kugitorera inyishu n'
 - ingene ikibazo catorewe inyishu.

Umuvuzi wese ategerezwa kubahiriza amategeko yerekeye urwandiko rwo kuraga. Bategerezwa kugira amategeko yabo kugirango bamenye neza ko amategeko n'amabwiriza vyubahirizwa.

Woba wibaza ko hariho umuntu adakurikiza amategeko? Hamagara mu gisata co gutanga impusha no gukinga kuri **1-800-564-1612**. **CANKE** ugende kuri [Division of Licensing and Protection website](#) kugirango witware. **CANKE** urungike ikete kuri:

igisata co gutanga impusha no gukinga
103 South Main Street, Ladd Hall
Waterbury, VT 05671

Woba ukeneye amakuru yerekeye amategeko ya Leta hamwe n'inzandiko zo kuraga? Hamagara ku murongo wa Vermont w'inyifato kuri **1-802-828-2909**. **CANKE** ugende ku rubuga vtethicsnetwork.org. Baranafise impapuro zo kwandika inzandiko zo kuraga.

Umutwe wa 18 w'itegeko rya Vermont ryerekeye inzandiko zo kuraga. Urashobora kubibona ku buhinga.ngurukanabumenyi. Urashaka kumenya ibindi? Vugana n'umuganga wawe canke uhamagare abafasha abanywanyi kuri **1-800-250-8427**.

Gutanga ibihimba vy'umubiri

Urashobora kuba wipfuzwa gutanga ibihimba vyawe vy'umubiri mu gihe upfuye. Umuntu umwe atanze ibihimba vy'umubiri arashobora gufasha abantu benshi. Kumenya ibindi, hamagara **1-888-275-4772** ku makuru yo ku buntu. **CANKE** ugende ku rubuga ku makuru yo ku buntu.

Guhanahana amakuru n'umuganga wawe/ uwutanga serivisi

Turakeneye gufasha umuganga wawe kumenya neza ko uriko uraronka ubuvuzi ukeneye. Turashobora kubaha urutonde rw'imiti uriko urafata. Ibi birafasha kumenya neza ko uronka imiti ikora neza kuri wewe.

Urwandiko rwo kumenyesha ibikorwa vy'ibanga

Wararonse ikete rivuga ko wujuje amategeko y'imigambi yacu. Ryari rifise kandi ikopi y'**urwandiko rwo kumenyesha ibikorwa vy'ibanga**. Amategeko ya Leta, yitwa HIPAA, avuga ko dutegerezwa kuguha urwo rwandiko. Urwo rwandiko rukumenyesha uburenganzira bwawe bwo kubahiriza amabanga y'ubuzima bwawe. Ruravuga uburyo amakuru y'amagara yawe ashobora gukoreshwa canke guhanahanwa. Urakeneye iyindi kopi y'urwo rwandiko? Hamagara abafasha abanywanyi kuri **1-800-250-8427** hanyuma ubaze. **CANKE** urashobora kubibona ku buhinga.ngurukanabumenyi.

Umugambi wo kugenzura ubuziranenge

Uwu ni umugambi wo kumenya neza ko uronka ubuvuzi bwiza na serivisi nziza. Bimwe mu bintu turaba kugirango tumenye neza ni:

- Abarwayi bakoresha imiti ingana gute;
- Ni abanywanyi bangahe bitabwaho buri gihe kugirango bakingirwe indwara;
- Ni abanywanyi bangahe bakoresha icumba cihutirwa mu gihe **atari** ivyihutirwa;
- Ni gute abavura ku mubiri no mu mutwe bakorera hamwe;
- Abanywanyi n'abatanga serivisi banezererewe gute imigambi yacu.

Turasaba abaganga gukurikiza amabwiriza meza ku ndwara zimwe zimwe zidakira. Ibi birashobora gutuma ugira amagara meza.

Hoba hariho inzira twashobora guteza imbere imigambi yacu no kugirango rwawe ikore neza kuri wewe? Hamagara abafasha abanywanyi **1-800-250-8427**. Ivyiyumviro vyawe bizoba biri mw'isuzuma ry'ingene ibintu bikorwa neza.

Ingorane no kwitwara

Urafise ikibazo co kuronka imiti muganga yakwandikiye? Canke urafise ikirego? Hamagara abafasha abanywanyi kuri **1-800-250-8427**. Mu gihe ikibazo cawe kidatorewe inyishu urashobora kwunguruza. Menya vyinshi ku vyerekeye kwunguruza ku rupapuro rwa 14.

Mu gihe utemeye ingingo yerekeye imiti yawe

Ubwishingizi bwawe bw'imiti nibwo buzofata ingingo nyinshi. Hamagara inomeru ya serivisi y'abanywanyi iri inyuma kw'ikarata karangamuntu yawe. Bazokubwira ingene wunguruza mu gihe utavyemeye. Hano munsu hariho ingene kwunguruza bigenda mu gihe ufise ubwishingizi bw'imiti na VPharm.



Kwunguruza mu gihe ubwishingizi bwawe bwanswe bivuye ku mugambi wawe w'imiti

Warasavye ko umuti ubaza kwemezwa? Ubwishingizi bwawe bw'imiti bwaranse kuriha umuti? Urasahobora gusaba Vpharm ko iwuriha. **ARIKO** utegerezwa kubanza gukurikiza amategeko yose yo kwunguruza y'ubwishingizi bwawe bw'imiti. Hariho intambwe nyinshi. Utegerezwa kwunguruza kuri buri ntambwe harimwo n'intambwe yo mu **rwego rwigenga rusubiramwo**. Bigenda gute mu gihe urwego rwigenga rusubiramwo ruvuzze ko ubwishingizi bw'imiti budategerezwa kuriha? Muri ico gihe, umuganga wawe yanditse imiti arashobora gusaba VPharm kuyiraha. Bategerezwa guha VPharm ikopi y'ingingo y'urwego rwigenga rusubiramwo.

Ubwishingizi bwawe bw'imiti bwoba butarishe umuti wawe kuko "utari mu yirihwa?" Nimba bimeze gutyo, aho **ntushobora** kwunguruza. Umuganga wawe azotegerezwa gusaba ko VPharm iriha. Bategerezwa guha VPharm ikopi y'urupapuro ruvuga ko umuti utari mu yirihwa.

VPharm izokurungikira urwandiko hamwe n'umuganga wawe. Ruzoba ruvuga ingingo bafashe. Bigenda gute mu gihe VPharm ifashe ingingo yo guhakana, gushiraho urugero ntarengwa, kugabanya, canke guhagarika akarusho? Ibi vyitwa "kugena inyungu mbi." Urashobora kandi kubasaba gusubiramwo iyo ngingo. Ibi vyitwa kwungururiza imbere. Guma usoma kugirango umenye vyinshi.

Wibaza ko ingingo ya VPharm ari mbi?

Saba kwunguririza imbere

Igisata ca Vermont kijejwe amagara y'abantu kirongera kikitwa DVHA. Kwunguririza imbere birasaba ko DVHA isubira ikihweza ingingo VPharm yafashe. Umuntu atari mu bafashe ingingo ya mbere azokwihweza ikibazo cawe. Bazokubwira ingingo bafashe. Ibi vyitwa kwungururiza imbere. Mu bihe vyinshi, utegerezwa kubikora imbere y'uko usaba ko wumvirizwa ku rwego rw'igihugu.

Ufise **iminsi 60** yo kwunguruza. Iminsi 60 itangura ku muni DVHA ikumenyeshereje ingingo. Uwuguha serivisi arashobora gusaba kwunguruza mu gihe ubahaye uruhusha rwanditse. Urashobora kwunguruza mu nyandiko canke kuri terefone.

Hariho uburyo 3 bwo kwungururiza imbere:

1. **Hamagara** abafasha abanywanyi kuri **1-800-250-8427**. TDD/TTY: 1-888-834-7898
2. Ku buhinga ngurukanabumenyi: <https://dvha.vermont.gov/members/appeals-and-fair-hearings/members> CANKEimeyiri.
3. **Rungika ikete** ku:

Gisata ca vermont kijejwe amagara y'abantu
Umurwi ujejwe kwunguruza mu vyo kwivuza
150 Pilgrim Park – 3rd Floor
Waterbury, VT 05671-4030

Twaragabanije canke twarahagaritse uburusho bwa farumasi wari usanzwe uronka?

Urashobora kubigumana mu kiringo co kwunguruza **mu gihe ubisavye**. Utegerezwa kubisaba imbere y'uko ibintu bihinduka. Ni ubuhe buryo bwiza bwo kubandanya uronka serivisi zawe? Hamagara abafasha abanywanyi kuri **1-800-250-8427**.

Haba iki mu kwungururiza imbere? DVHA izotegura inama yo gusubira kwihweza iyo ngingo. Utegerezwa kwitaba iyi nama. Urashobora kwivugira wewe nyene canke ukagira uwukuvugira. Uwuguha serivisi arashobora kuvugana na DVHA canke akayiha amakuru.

Urakeneye ubufasha? Urashobora kuronka impanuro z'amategeko zo ku buntu. Hamagara Ibiro bishinzwe ubufasha mu vy'amategeko mu guharanira amagara y'abantu kuri **1-800-917-7787**. Canke ugende ku rubuga rwa Legal Aid ku buhinga ngurukanabumenyi.

DVHA itegerezwa gufata ingingo ku kwunguruza kwawe mu kiringo c'iminsi 30. Ubona wosaba uwundi mwanya? Ubona kurindira uwundi mwanya vyogufasha? Uburorero: Umuganga wawe arakeneye ikindi kiringo co kurungika amakuru. Canke ntushobora gushika mu nama ico gihe. Aho rero birashobora gufata minsi 14 irenga. Umwanya muremure ingingo ishobora gutwara ni **iminsi 44**.

Urakeneye ko DVHA ifata ingingo ningoga ku kwunguruza kwawe? Tubwire nimba kurindira bizobabaza cane amagara yawe canke ubuzima bwawe. DVHA izokwihweza nimba wujuje

amategeko yo kwunguruza vyihuta (vyihuse). Ubikoze, uzoronka ingingo **mu masaha 72**. Birashobora gufata igihe kirekire iyo ubisavye canke birashobora kugufasha. Igihe kirekire kwunguruza bishobora gutwara ni **iminsi 17**.

Utemeye ingingo yo kwungururiza imbere?

Urashobora gusaba kwumvirizwa ku rwego rwa Leta. Umuntu ashinzwe kwumviriza mu rwego rushinzwe ingene abantu ababayeho azokwumviriza ikibazo cawe. Bahitwamo nimba DVHA yafashe ingingo nziza.

Mu bihe vyinshi, kwungururiza imbere niko kubanza guhera. Aho rero urashobora gusaba kwumvirizwa ku rwego rwa Leta. Bigenda gute mu gihe DVHA idafashe ingingo ku kwunguruza kwawe mu kiringo ntarengwa? Aho rero urashobora gusaba kwumvirizwa ku rwego rwa Leta utabanje kurindira ko hari ingingo ifatwa.

Ufise **iminsi 120** yo gusaba kwumvirizwa neza ku rwego rwa Leta. Iminsi 120 itangura ryari? Hamwe n'itariki kw'ikete rikubwira ingingo yo kwungururiza imbere.

Haraho uburyo 3 bwo gusaba kwumvirizwa ku rwego rwa Leta:

1. **Hamagara** abafasha abanywanyi kuri **1-800-250-8427**. CANKE uhamagare mu rwego rushinzwe ingene abantu babayeho kuri **802-828-2536**
2. **CANKE urungike ikete** kuri:

Urwego rushinzwe ingene abantu babayeho
6 Baldwin St., Suite 305
Montpelier, VT 05633-4301

CANKE [Ku buhinga ngurukanabumenyi](#)

Twaragabanije canke twarahagaritse uburusho bwa farumasi wari usanzwe uronka?

Urashobora kugumana uburusho bwawe mu kiringo co kwumvirizwa ku rwego rwa Leta. Utegerezwa kubisaba **mu kiringo c'iminsi 11**. Iminsi 11 itangura umunsi DVHA ikurungikiyeko ingingo yayo yo kwunguruza. Kugirango ugume uronka uburusho bwawe, hamagara abafasha abanywanyi kuri **1-800-250-8427**.

Bigenda gute mu gihe usavye kwumvirizwa ku rwego rwa Leta? Uzoronka ikete rivuye mu rwego rushinzwe ingene abantu babayeho. Umuntu ashinzwe kwumviriza ni we azofata ingingo ku kibazo cawe. Bazotegura inama yo kwumviriza uruhande rwawe. Bazofata ingingo nimba DVHA yarakoze amakosa. Uzotegerezwa kwitaba iyi nama. Urashobora kwivugira wewe nyene canke ukagira uwukuvugira. Umuganga wawe/uwuguha serivisi arashobora kuvugana n'uwushinzwe kwumviriza canke akamuha amakuru.

Urakeneye ubufasha? Urashobora kuronka **ubufasha bwo ku buntu** mu gisata ca Vermont gifasha mu vy'amategeko. Hamagara ibiro bijejwe guharanira kuvuzwa kuri **1-800-917-7787**. CANKE ugende ku [rubuga rwabo](#).

Bizotwara igihe kingana gute kugira ngo uronke ingingo ku kwumvirizwa kwawe ku rwego rwa Leta? Urwego rushinzwe ingene abantu babayeho rutegerezwa gufata ingingo ku kibazo **mu**

kiringo c’Iminsi 90. Iminsi 90 itangura ku muni wasabiyeko ubwa mbere kwungururiza imbere.

Urakeneye ko ingingo ifatwa ningoga? Tubwire nimba kurindira bizobabaza cane amagara yawe canke ubuzima bwawe. Urakwiye amategeko yo kwumvirizwa ningoga ku rwego rwa Leta? Aho rero uzoronka ingingo **mu minsi 3 y’akazi.**

Guma uronka uburusho bwa farumasi mu kiringo co kwunguruza – Ibindi bintu utegerezwa kumenya

- Ni wewe nyene wirihiye uburusho? Mu gihe **wotsinda** kwunguruza canke kwumvirizwa, urashobora gusubizwa na farumasi yawe. Tubaze ingene bigenda.
- Leta yoba yararishe uburusho mu kiringo co kwunguruza? Mu gihe **wotsindwa**, urashobora kuburiha.
- Uriko urasaba kwunguruza canke kwumvirizwa? Muri ico gihe nyene, urashobora gusaba kugumana serivisi kugeza birangiye.
- Kwunguruza canke kwumvirizwa vyerekeye serivisi yahagaritswe canke yagabanijwe? Yahagaritswe canke yagabanijwe kubera impinduka yabaye mu mategeko ya Leta canke y’igihugu? Nimba bimeze gutyo, **ntushobora kugumana** serivisi mu kiringo co kwunguruza canke co kwumvirizwa.
- Mbega wumvirizwa ku vyerekeye kuriha buri kwezi? Utegerezwa kuriha kw’itariki yashinzwe canke ubwishingizi bwawe buzoca buhagarikwa. Mu gihe **wotsinda** mu kwumvirizwa, uzosubizwa mu gihe woba warishe ayarenze.

Ibirego

Ntunzerejwe n’ikibanza canke igihe utegerezwa kugenda kurondera serivisi? Woba wibaza ko serivisi zawe atari nziza bihagije? Woba waragiriwe nabi inyuma yo gukoresha uburenganzira bwawe? Woba utafashwe neza? Biragutwara igihe kinini kugirango uronke isango? Urashobora gutanga ikirego citwa **ikirego** igihe ico arico cose. Umuntu atari mu vyakubayeko azokwihweza ibibazo vyawe. Uzoronka ikete rivuga ivyo babonye **mu kiringo c’Iminsi 90.**

Hariho uburyo 2 bwo kwitwarira ikirego:

1. **Hamagara** abafasha abanywanyi kuri **1-800-250-8427.**
2. **CANKE urungike ikete** kuri:

Gisata ca vermont kijejwe amagara y’abantu
Umurwi ujejwe kwunguruza mu vyo kwivuza
150 Pilgrim Park – 3rd Floor
Waterbury, VT 05671-4030

Bigenda gute mu gihe udashimishijwe n'ingingo yafashwe ku kirego? Urashobora gusaba ko ikirego gisubirwamwo. Umuntu utandukanye azokwihweza ikirego cawe kandi arabe neza ko amategeko yakurikijwe. Uzoronka ikete hamwe n'inyishu z'umwihwezo.

Wewe n'umuganga wawe ntushobora guhanwa kubera gutanga ikirego canke kwunguruza. Urakeneye ubufasha bwo gutanga ikirego canke kwunguruza? Hamagara abafasha abanywanyi kuri **1-800-250-8427**. Urashobora kandi gusaba umwe mu bagize umuryango, umugenzi canke uwundi muntu akagufasha. Utegerezwa kumenyesha Leta ko ukeneye ko uyu muntu akuvugira. Duhamagare nimba ukeneye ubufasha kuri izi ntambwe. Urashobora kandi guhamagara ibiro bijewe guharanira kuvuzwa kuri **1-800-917-7787**. **CANKE** ukagenda ku [rubuga rwabo](#).

Imvo nziza no gusaba ibigoye

Woba uri muri VPharm? Urafise ikibazo co kwiyandikisha mu bwishingizi bw'imiti bushasha canke kuronka ubwishingizi? Hamagara mu bwishingizi canke usabe umuntu aguhamagarire. Kora ibishoboka vyose kugirango ukemure ico kibazo. Bigenda gute mu gihe ivyo bidashobotse? Vyokubabaza cane mu gihe utaronse imiti yawe? Aho rero ca urungika imvo nziza no gusaba ibigoye. Mu kubikora, hamagara abafasha abanywanyi kuri **1-800-250-8427**. Barashobora kugufasha kuronka umuti wawe gushika ikibazo gitorewe inyishu.

Urakeneye ubufasha?

Hamagara abafasha abanywanyi

Abafasha abanywanyi barahari kugirango bagufashe. Barashobora kwishura ibibazo vyerekeye umugambi wawe. Barashobora kugufasha mu gihe ufise ibibazo vyo kwivuza. Hamagara abafasha abanywanyi kuri **1-800-250-8427**.

Abafasha abanywanyi barakora kuva isaha 2:00 zo mu gitondo gushika isaha 10:30 zo ku mugoroba. Kuva ku wambere gushika ku wagatanu. Tuba twugaye ku minsi y'akaruhuko.

Kumenyesha ivyahindutse

Utegerezwa kumenyesha izi mpinduka **mu minsi 10** zibaye:

- Impinduka zabaye mu mafaranga winjiza canke mu muryango
- Guhindura aho uba
- Ivuka canke kurera abana utavyaye
- Urupfu
- Kuronka ubundi bwishingizi bw'amagara

Ibiri bijewe guharanira kuvuzwa

Barafasha mu bibazo bijanye n'ubuvuzi bwawe canke uburusho. Barashobora kandi kugufasha mu bibazo, mu kwunguruza hamwe no kwumvirizwa. Bahamagare kuri **1-800-917-7787**. **CANKE** ugende ku [rubuga rwabo](#).

Kuyandi makuru

Turi n'umunezero wo kumenyesha abanywanyi imigambi yacu, serivisi, n'abatanga serivisi. Iruhande ya kano gatabo kigisha ingene ibintu bikorwa, urashobora kandi kuronka:

- Urutonde rw'abatanga serivisi mu karere kawe bari mu migambi yacu
- Amategeko agenga imigambi
- Uburyo dutegukanya gukora neza serivisi zacu
- Ayandi makuru yerekeye serivisi dukora

Urashobora kandi kumenya ibindi vyinshi ku [rubuga](#).

Iyindi migambi

Hariho iyindi migambi na serivisi ku bana, abantu bakuze, n'imiryango. Imigambi imwe imwe izogushikana kuri serivisi zabo. Menya ibindi vyinshi mu guhamagara abafasha abanywanyi kuri **1-800-250-8427**. Utegerezwa kubahiriza ayandi mategeko kugirango uronke imigambi imwe imwe. Woba ufise ibibazo canke ukeneye kumenya nimba ukurikiza amategeko? Hamagara umugambi ushaka. Amazina n'inomero zabo biri ngaha muni.

Serivisi zo ku murango z'abantu bakuze

Serivisi zo ku murango z'abantu bakuze zifasha abantu abageze mu zabukuru n'abakuze bafise ubumuga kuguma mu ngo zabo. Serivisi zo ku murango z'abantu bakuze zikorera mu bigo bikora ku murango. Ni ahantu hizewe abantu bashobora kuronka serivisi z'amagara n'imibereho. Hamagara igisata kijejwe ubumuga, ubusaza, n'ubwigenge mu kubaho kuri **802-241-2401**. **CANKE** ugende kuri [rubuga rwabo](#).

Umugambi wa serivisi z'abafasha

Uwu mugambi ufasha abantu bakuze bafise ubumuga bakeneye ubufasha bwo ku mubiri hakoreshejwe ibikorwa vya buri muni. Urarondera, ukigisha, ukagenzura, ugategekanya abajewe kwitaho abantu. Hamagara igisata kijejwe ubumuga, ubusaza, n'ubwigenge mu kubaho kuri **802-241-2401**. **CANKE** ugende kuri [rubuga rwabo](#).

Serivisi zerekeye abana (CIS)

Ibi bifasha abagore bibungenze canke bafise inzoya gusa. Bifasha kandi imiryango ifise abana kuva bakivuka kugeza ku myaka itandatu. Bifashisha:

- akazi k'imibereho myiza no gufasha umuryango;
- amagara y'abavyeyi/y'umwana n'ubuvuzi;
- iterambere ry'umwana no gufasha abana gushika ku myaka 3 bafise ingorane zo gukura neza;
- ubwana n'amagara yo mu mutwe mu muryango;

- kuvuza abana; n’
- ibindi bintu nko kurya neza; ingorane zo kuvuga n’izo ururimi

Hamagara igisata c’abana, n’imiryango n’iterambere ry’umwana kuri **802-241-3110** canke **1-800-649-2642**. **CANKE** ugende ku [rubuga rwabo](#).

Serivisi zerekeye abana - gutabara hakiri kare (CIS-EI)

Uwu mugambi ni uw’abana bari muni y’imyaka 3 bafise ubumuga. **CANKE** abana bari inyuma y’abandi ufatiye ku myaka yabo. Ufasha inzoya, abana bato n’imiryango. Hamagara urunani rw’imiryango yo muri Vermont kuri **1-800-800-4005**.

Serivisi yo kwitaho abana

Serivisi yo kwitaho abana ni serivisi ya Medicaid ku bantu bafise muni y’imyaka 21. Bategerezwa kuba bafise ubumuga bukomeye bw’igihe kirekire canke ikibazo c’amagara. Bategerezwa kuba bubabuza gukora ibintu abantu b’imyaka yiwe bategerezwa kuba bakora. Bategerezwa kuba bubabuza gukora ibikorwa vyo mu buzima bwa minsi yose, nko kurya, kwambara, kwijana mu bwihereho bonyene. Umugambi ufasha kwitaho abana mu buryo bwihariye. Hamagara **1-800-660-4427** canke **802-863-7338**. **CANKE** ugende ku [rubuga rwabo](#).

Amavuriro (CSHN) y’abana bafise ibibazo bidasanze vy’amagara

Uwu mugambi urafise amavuriro kandi ufasha gutunganya ubuvuzi bw’abana bafise ibibazo bidasanze vy’amagara. Afasha mu kuriha ibiciro bimwe bimwe vy’ubuvuzi bitarihwa n’ubwishingizi bw’amagara canke Dr. Dynasaur. Hamagara **1-800-660-4427** canke **802-863-7338**, **CANKE** ugende ku [rubuga rwabo](#).

Guhitamwo kwitabwaho

Uwu ni umugambi wo kwitaho abantu w’igihe kirekire. Urihira ubuvuzi abantu bashaje baba i Vermont hamwe n’abafise ubumuga bwo ku mubiri. Umugambi ufasha abantu mu bikorwa vya minsi yose. Barashobora kuba i muhira, mu nzu iteye imbere yo kubamwo, canke mu nzu ibamwo abageze mu zabukuru. Abatanga serivisi ni:

- Ibigo vyo ku murango vyo kwitaho abantu bakuze
- Ibigo vy’akarere vyerekeye ubusaza
- Amazu afasha abantu kubaho
- Ibigo bivurira abantu i muhira
- Inyubakwa zo kuvuriramwo
- Inzu ibamwo abageze mu zabukuru

Hamagara kuri **802-241-0294**. **CANKE** ugende ku [rubuga rwabo](#).

Serivisi zerekeye abantu bafise ubumuga bwo mu mutwe

Bafasha abantu b’imyaka yose bafise ubumuga bwo mu mutwe. Babafasha kuguma baba i muhira hamwe n’imiryango yabo. Serivisi zirimwo gutunganya ibibazo, serivisi z’akazi, imfashanyo z’abanyagihugu, no kuruhuka. Kuruhuka biravura mu gihe imiryango ironka akaruhuko gato. Hamagara igisata kijejwe ubumuga, ubusaza, n’ubwigenge mu kubaho kuri **802-241-0304**. **CANKE** ugende kuri [rubuga rwabo](#).

Umugambi wo gutanga imfashanyo z'amamafaranga

Bafasha imiryango kuriha igiciro c'ubuvuzi bw'umwana wabo ubwishingizi butariha. Serivisi zitegerezwa kuba zaranditswe canke zaremejwe n'ivuriro ry'abana bafise ibibazo bidasanzwe vy'amagara. Hamagara igisata ca Vermont c'amagara y'abantu kuri **1-800-660-4427** canke **802-863-7338**. **CANKE** ugende ku [rubuga rwabo](#).

Gufasha umuryango mu buryo bworoshe

Bino vyerekeye abantu b'imyaka yose bafise ubumuga bwo mu mutwe babana n'imiryango yabo. **CANKE** imiryango ibana ikongera igafsaha umuntu wo mu muryango afise ubumuga bwo mu mutwe. Imiryango irahitamwo serivisi ayo amafaranga azoriha. Hamagara igisata kijejwe ubumuga, ubusaza, n'ubwigenge mu kubaho kuri **802-241-0304**. **CANKE** ugende ku [rubuga rwabo](#).

Kuvura mu buhinga buhanitse

Uwu ni umugambi wo kuvurira i muhira n'inguvu nyinshi. Ugenewe abantu bakeneye ubuhinga kugirango babeho canke bafise ibibazo vy'ubuvuzi bigoye. Umugambi urafasha abantu kuva mu bitaro canke kuva mu kigo baja i muhira. Ku bantu **barenza imyaka 21**, hamagara igisata kijejwe ubumuga, ubusaza, n'ubwigenge mu kubaho kuri **802-241-0294**. **CANKE** ugende ku [rubuga rwabo](#).

Ku bantu bafise **munsi y'imyaka 21**, hamagara Umugambi wo kuvurira abana i muhira mu buhinga buhanitse. Hamagara **1-800-660-4427** canke **802-863-7338**. **CANKE** ugende ku [rubuga rwabo](#).

Serivisi zo muhira

Ibi bifasha abantu bafise imyaka 18 n'iyirenga bafise ubumuga. Bategerezwa gukenera ubufasha muvuyo bakeneye canke ibikorwa vyo mu nzu kugirango babe iwabo. Serivisi zirimwo gusuma, gukora isuku, no kumesa. Hamagara igisata kijejwe ubumuga, ubusaza, n'ubwigenge mu kubaho kuri **802-241-0294**. **CANKE** ugende ku [rubuga rwabo](#).

Amavuriro adasanze

Aya mavuriro ni ay'abana. Afise ubuhinga muri:

- Kuvura umutima
- Iterambere ry'umwana
- Mu maso no mu mutwe / Ubujana
- Ingwara zo ku ruhu
- Intandara / Kuvura imitsi
- Ukuboko
- Indwara zo mu ngingo ku bana
- Guhindura indya mu mubiri
- Indwara zo mu ruti rw'umugongo
- Indwara yo mitsi
- Amagufa
- Kubaga imitsi
- Ibindi bisabwa

Hamagara mu gisata ca Vermont c'amagara y'abantu kuri **1-800-464-4343** canke **802-863-7200**. **CANKE** ugende ku [rubuga rwabo](#).

Serivisi zidasanzwe

Aba ni abaforoma canke abashinzwe imibereho myiza y'ubuvuzi. Bafasha mu kuronka ubuvuzi bwihariye udashobora kuronka mu mavuriro asanzwe. Hamagara mu gisata ca Vermont c'amagara y'abantu kuri **1-800-464-4343** canke **802-863-7200**. **CANKE** ugende ku [rubuga rwabo](#).

Umugambi wa Vermont kwumva no gutabara hakiri kare

Ibi bitanga imfashanyo, inyigisho no kwitaho imiryango hamwe n'abana babo, hamwe n'abatanga serivisi mu banyagihugu. Bafasha mu kurondera ahantu ho kwipimishiriza na serivisi zo gutabara hakiri kare. Hamagara kuri **1-800-537-0076** canke **802-651-1872**. **CANKE** ugende ku [rubuga rwabo](#).

Amagara yo mu mutwe

Leta ya Vermont ikorana n'inzego hirya no hino mu gihugu. Bafasha abantu n'imiryango yabo bahanganye n'ibibazo vyonona ubuzima bwabo. Ibi birashobora kuba ari amarangamutima menshi, ingwara zo mu mutwe, canke ibibazo bikomeye bijajnye n'inyifato. Barashobora kandi gufasha kurondera ubuvuzi bwo muhira, ibitanda vyihutirwa, hamwe no kuvurirwa mu bitaro. Hamagara mu gisata c'amagara yo mu mutwe kuri **802-241-0090**. **CANKE** ugende ku [rubuga rwabo](#). Serivisi zirimwo:

- **Serivisi zo kuvura abantu bakuze bivuza bataha** - Serivisi zishobora kubamwo gusuzuma, gutanga impanuro, kwandika imiti no gukurikirana. Harashobora kubamwo serivisi ku bantu bafise imyaka 60 canke irenga bakeneye ubuvuzi bwo mumutwe. Urashobora gushirwa ku rutonde.

- **Serivisi z'umwana, imiyabaga, n'imiryango** - Iyi ni serivisi kandi ifasha imiryango ifise abana canke imiyabaga bafise ibibazo vyo mu mutwe. Babafasha kubaho, kwiga, no gukura bafise amagara meza mw'ishure ryabo, ndetse no mu kibano. Serivisi zirimo gusuzuma, gukinga, imfashanyo z'abanyagihugu, kuvura, gutanga impanuro, no gutabara vyihutirwa.
- **Kunagura no kuvura abanyagihugu** - Uwu mugambi ufasha abantu kuba mu bantu mu muryango, abagenzi, ndetse n'ababanyi. Serivisi ni iy'abantu bakuze bafise ingorane z'indwara zikomeye zo mu mutwe. Bategerezwa kandi kubahiriza ayandi mategeko.
- **Serivisi zihutirwa** - Ibi ni serivisi zihutirwa z'amagara yo mu mutwe. Baba buguruye amasaha 24 ku muni, iminsi 7 ku ndwi. Serivisi zirashobora kubamwo imfashanyo ya terefone, kuvugana imbona nkubone, kurungika, no kwakira abantu.

Ubufasha burahari 24/7

Kuva mu bibazo ija mu burwayi bukomeye
Hamagara 988 canke wandike VT kuri 741741

Gufashwa n'urunganwe
Hamagara/Andika 833-888-2557

Ibindi ni kuri Mentalhealth.vermont.gov VERMONT



Umugambi w'isinzikara ryo mu bwonko

Ibi bifasha abantu bafise imyaka 16 canke irenga bafise igikomere co mu bwonko kibayabaye gushika ku gikomeye. Bifasha abantu gutaha bava mu bitaro no mu mavuriro. Ufasha abantu kwigenga uko bishoboka kwose no gusubira ku kazi. Hamagara igisata kijejwe ubumuga, ubusaza, n'ubwigenge mu kubaho kuri **802-241-0294**. **CANKE** ugende ku [rubuga rwabo](#).

Umugambi werekeye abagore, inzoya n'abana canke WIC

Uwu ni umugambi wo kugaburira inzoya n'abana kugeza ku myaka 5. Werekeye kandi abantu bibungenze canke bafise uruyoya. Urabaha ibifungurwa vyiza kandi ukabigisha ku vyerekeye gufungura neza no kwonsa. Umuntu wese ari muri Medicaid arashobora kuronka umugambi wa WIC. Genda kuri [ku rubuga rwabo](#). **CANKE** wandike VTWIC kuri **855-11**.

Menya ibindi ku vyerekeye ubufasha mu karere ubamwo genda ku [rubuga 211 rwa Vermont](#).

Hoba hariho umuntu yoba yiba canke agakoresha amanyanga kugirango aronke amahera ya Medicaid?

Bibwire umurwi udasanzwe ujejewe. amatohoza. Hano hariho ingene ushobora kubashikira:

- [Urubuga](#)
 - Fyonda: Menyesha ubusuma, kwonona no gukoresha nabi
 - Fyonda: Urupapuro rwo kumenyesha ubusuma, kwonona no gukoresha nabi
- **Imeyiri:** ReportMedicaidFraud@vermont.gov
- **Terefone:** 802-241-9210
- **Fax:** 802-871-3090 (ubutumwa ku “DVHA umurwi udasanzwe ujejewe amatohoza”)
- **Agasandugu ka posita:**
 - DVHA umurwi udasanzwe ujejewe amatohoza
 - NOB 1 South, 280 State Drive
 - Waterbury, VT 05671-1010