



Orientation to Ontario

DARYEELKA CAAFIMAADKA

QORSHAHA CAYMISKA CAAFIMAADKA EE ONTARIO (OHIP)

OHIP ayaa caymis caafimaad siiya dadka reer Ontario ee u qalma. Waa inaad codsataa sida ugu dhakhsaha badan marka aad hesho dukumiintiyada muhiimka ah. Si aad u codsato, waxaad u baahan tahay inaad keento dukumiintiyada soo socda oo orjinaal ah:

- Kaarkaaga ama waraaqda muwaadnimada/socdaalka.
- Cadaynta daganaanshahaaga Ontario
- Aqoonsi leh sawir iyo saxiix

Si aad u hesho xog dheeraad ah, booqo ontario.ca ama findlink.at/OHIPcover

Si aad u ogaato haddii aad u qalanto OHIP, booqo: ontario.ca ama findlink.at/ohip-info

Waxaad ka codsan kartaa OHIP xafiiska Service-Ontario. Si aad u hesho xarun kuu dhow, wac **1-800-267-8097** ama booqo serviceontario.ca ama findlink.at/mto-office

Waa inaad sugtaa 90 maalmood laga bilaabo taariikhda aad soo gashay Ontario si caymiskaaga OHIP kuugu biloowdo. Inta lagu jiro mudadaan sugitaanka waxaad u qalmi kartaa helitaanka xarunta caafimaadka bulshada si aad u hesho adeegyada xadidan qaarkood.

Si aad u hesho xarunta caafimaadka bulshada oo kuu dhow, booqo ontario.ca ama findlink.at/healthcare

Si aad u ogaato qarashaadka daryeelka caafimaadka ee ay OHIP daboosho, booqo ontario.ca ama findlink.at/healthOn

ADEEGYADA DARYEELKA CAAFIMAADKA

Hel dhakhtarka qoyska:

- Wac laynka tooska ah ee Health Care Connect oo aad ka helayso 1-800-445-1822 ama booqo ontario.ca ama findlink.at/hc-connect

Adeegso qaybta “Doctor Search” ee Kaydka

- Dhakhaatiirta iyo Kuwa Qaliinka ee Ontario oo aad ka helayso cpso.on.ca

Waydii la taliyaha dib u dejinta, ehelka iyo asxaabta. Si aad u hesho wakaaladai dib u dejinta oo kuu dhow, booqo settlement.org

911 – marka xaalad caafimaad oo degdeg ah jirto, wac 9-1-1 kadibna codso gaadiidka gurmada degdega ah. Adeegga 911 waxaa loogu talagalay xaaladaha degdega ah keliya.

Qolka Xaalada Degdega ah ee Isbitaalka (ER)

– ER a waxaa loogu talagalay xaaladaha caafimaadka ee degdega ah ee daran. Waxaad tagi kartaa qolka xaalada degdega ah si iskaa ah ama waxaad wici kartaa 9-1-1 si aad u codsato gaadiidka gurmada degdega ah. Lacag ayaa lagaa qaadayaa haddii dhakhtarka isbitaalku in xaaladu aysan ahayn mid degdeg ah.

Xarumaha Caafimaadka ee Bilaa Balanta la Galo

Arrimaha caafimaadka ee u baahan daryeelka degdega ah laakiin aan ahayn kuwo xaaladaha degdeg ah, waxaad tagi kartaa xarun caafimaad oo bilaa balan la galo waxaadna u tag kartaa dhakhtar aadan balan ka qabsan. Ka fiiri rug caafimaad oo kuu dhow ontario.ca ama findlink.at/hcoptions

1-855-626-0002

<https://orientationontario.ca>



Funded by / Financé par :

Telehealth Ontario – Si aad u hesho talo caafimaad oo guud aadna ka hesho kalkaaliso, ka wac Telehealth Ontario [1-866-797-0000](tel:1-866-797-0000). Kalkaalisooyinka caafimaadka khadka ayaa la heli karaa 24 saac maalintii, todobo maalmood asbuucii. Tallada waxaa lagu bixiyaa af Ingiriis iyo Faransiis, ayadoo taageerada turjumaada lagu baxsho luuqadaha kale.

TTY: [1-866-797-0007](tel:1-866-797-0007).

ADEEGYADA CAAFIMAADKA DHIMIRKA

OHIP ayaa bixinaaya qarashka adeegyada caafimaadka dhimirka qaarkood. Xog badan ka ogoow ConnexOntario adoo booqanaaya connexontario.ca

Waxaad sidoo kale wici kartaa Laynka Gurmada Caafimaadka Dhimirka ee Ontario oo ah [1-866-531-2600](tel:1-866-531-2600) ama booqo mhsio.on.ca

ADEEGYADA DARYEELKA ILKAHA

Caafimaadka ilmaha ma daboolayo OHIP, laakiin waxaa jira barnaamijyada qaar oo daryeelka caafimaadka ilkaha siiya ilmaha kayar 17 sano.

- Si aad u hesho Healthy Smiles Ontariowac [1-800-268-1153](tel:1-800-268-1153) ama booqo ontario.ca ama findlink.at/smiles-ont
- Ilmaha u Baahan Daawaynta booqo mhp.gov.on.ca ama findlink.at/CINOT

Si aad u hesho dhakhtarka ilkaha:

- Adeegso adeegga “Find a Dentist “ ee Ururka Caafimaadka Ilkaha ee Ontario oo aad ka helayso youroralhealth.ca ama findlink.at/oralhealth
- Booqo settlement.org ama findlink.at/findentist

TALAALLADA

Xog ka ogoow adeegyada talaalka dadka waawayn iyo carruurta oo aad ka helayso ontario.ca ama findlink.at/immuneinfo

Si aad u hesho goobta waaxda caafimaadka dadwaynaha ee deegaankaaga, wac ServiceOntario [1-866-532-3161](tel:1-866-532-3161) ama booqo ontario.ca ama findlink.at/ph-units

OHIP PLUS - CUSUB!

Laga bilaabo Janaayo 1, 2018, in ka badan 5,000 noocyada daawada ah ayuu bilaash ku helayaa qof kasta oo jira 24 sano iyo kayar.

Uma baahnid inaad codsato adeeggaan. Marba haddii ilmuhu ama qofka da'yarta ah uu haysto kaarka OHIP oo shaqaynaaya uuna qaato daawo dhakhtar u qoray oo u qalanta caymiska, daawada ayuu siin doonaa farmashiiluhu asagoo aan wax qarash ah ka qaadin bukaanka. Ma jiro qarash lagaaga qaadaayo qaadashada daawada.

MA OTAHAY?

Waa inaad markasta sidataa kaarkaaga caafimaadka, haddii xaalad degdeg ah kugu dhacdo.

