



Bii Hane' bikazi bits'aadee' Bit'aa' t'aa 'adzaagoo yileeh 'aadoo Dezla (SBC) naaltsoos hani bik'ehgo dzaadi! ni bitaa'disk'aas a shanah naasha hodeest'a. Bii SBC da'nil'j ni haa ni 'aadoo bii hodeest'a laanaa ba'nistsood bii baah 'ilj ba tsinaabaas bik'i dah shanah naasha baa 'ahashya 'ahilka 'ana'alwo'. NISH'J: Bika'ashkid 'aa bii baah 'ilj bits'aadee' dii hodeest'a (yinishye bii doo bida'jitijhgoos) hani bik'ehgo 'asht'j ladaa' t'aa sahdii. Dii shi t'eiya lei hane' bikazi. Ba bilaah bika'ashkid 'aa nii dezla, doodaii goo bil hanish'aash lei t'oo be'elyaagii bits'aadee' bii hadanish't'e 'alch'onii'ni bits'aadee' dezla, bika hashne' 1-888-895-6985 doodaii gi www.bcbstl.com. Ba t'aa 'at'ego k'enabidish'niih bits'aadee' neinishli 'alch'onii'ni, 'akohoolyeedi gi badi'nish'aah t'aa 'alch'jidigo, ta'ida le'dolt'e' gone 'adaa', cohane' bbikazi, ha'asdiis, naa'iiniih, t'aa shi 'ak'iisdzil, doodaii la'igii ayaa kwiidi 'alch'onii'ni, 'eesh'j bii Gbits'aa'ary. Ni bineesh'a nayaagi bii Gbits'aa'ary gi www.healthcare.gov/sbc-glossary/ doodaii bika hashne' 1-855-756-4448 goo yinishkeed lei hanish'aash.

Ts'ida biholniihgo Na'idikid	Hanasdziih	Ha'at'iish Dii Naat'i'ji:
Ha'at'iisha' shi bii t'aa 'at'ee nt'ee' <u>naa'iiniih</u>?	Di-Netnaanish: \$3,000 T'aa 'adiighahago / \$6,000 Dah'ooneligii 'Aahoosht'jhh-bits'aadee'-Netnaanish: \$6,000 T'aa 'adiighahago / \$12,000 Dah'ooneligii	T'aa 'at'egoly, ni ba neile doo hozho 'iljigoo t'aa 'aniitso bits'aadee' bii t'aadoo baahilinigoo dee' t'aa shi 'ak'iisdzils wodah goo bii <u>naa'iiniih</u> t'aa 'alch'jidigo bitse dii <u>hodeest'a</u> ch'ihoghaah goo 'iljigoo. Daa ni be'esdzaah la'igii dah'ooneligii 'anishtah 'akaa'gi bii beehaz'aanii, bii t'aa 'at'ee nt'ee' dah'ooneligii <u>naa'iiniih</u> ba neile 'asht'j baa yiltsoos bitse bii <u>hodeest'a</u> ch'ihoghaah goo 'iljigoo.
Bineesh'a 'aadi 'ahilka 'ana'alwo' tsinaabaas bik'i dah bitse ni 'alch'j' naalk'id nii <u>naa'iiniih</u>?	Aoo' 'auu'. Binishkaah biniishtl'aah baa 'ahashya shi tsinaabaas bik'i dah bitse ni 'alch'j' naalk'id nii <u>naa'iiniih</u> .	Dii <u>hodeest'a</u> ak'esti'i la' biighahi 'aadoo 'ahilka 'ana'alwo' bil k'eedish'eeh daa ni be'esdzaahn't t'ah baa yiltsoos bii <u>naa'iiniih</u> t'aa 'alch'jidigo. Ndi lei <u>ha'asdiis</u> doodaii <u>cohane' bbikazi</u> t'aatsoh tsin bijeeh. Ba ladaa', dii <u>hodeest'a</u> ak'esti'i binishkaah biniishtl'aah 'ahilka 'ana'alwo' t'aadoo baah 'ilj alts'aa' 'ak'iizgo 'aadoo bitse ni 'alch'j' naalk'id nii <u>naa'iiniih</u> . La' lei 'alkee' yisdzoh bits'aadee' tsinaabaas bik'i dah biniishtl'aah 'ahilka 'ana'alwo' at www.healthcare.gov/coverage/preventive-care-benefits/ .
Bineesh'a 'aadi la'igii <u>naa'iiniih</u> ba 'adishtazh 'ahilka 'ana'alwo'?	'Adin.	Ni t'aadoo be'esdzaah goo 'alch'j' naalk'id <u>naa'iiniih</u> ba 'adishtazh 'ahilka 'ana'alwo'.
Ha'at'iisha' shi bii <u>'aahoosht'jhh - bits'aadee'-aza'azis</u> <u>bits'adeet'anigii</u> ba dii <u>hodeest'a</u>?	Di-Netnaanish: \$5,000 T'aa 'adiighahago / \$10,000 Dah'ooneligii 'Aahoosht'jhh-bits'aadee'-Netnaanish: \$10,000 T'aa 'adiighahago / \$20,000 Dah'ooneligii	Bii <u>'aahoosht'jhh -bits'aadee'-aza'azis bits'adeet'anigii</u> shi bii agha ni gi le' doo hozho 'iljigoo di lei naahai ba tsinaabaas bik'i dah 'ahilka 'ana'alwo'. Daa ni be'esdzaah la'igii dah'ooneligii 'anishtah di dii <u>hodeest'a</u> , ho be'esdzaah goo 'alch'j' naalk'id daabi t'aa bii <u>'aahoosht'jhh -bits'aadee'-aza'azis bits'adeet'anigii</u> bii t'aa 'at'ee nt'ee' dah'ooneligii <u>'aahoosht'jhh - bits'aadee'-aza'azis bits'adeet'anigii</u> binilo' dooleel baa yitijh.
Ha'at'iisha' shi doo bil 'ahoolta' di bii <u>'aahoosht'jhh - bits'aadee'-aza'azis bits'adeet'anigii</u>?	<u>Doo bida'jitijhgoos</u> , ta'ida le'dolt'e' gone-'adaa' yeel, 'aadoo shanah naasha baa 'ahashya dii <u>hodeest'a</u> dineshkai ak'esti'i.	Bil k'eedish'eeh t'ah ni doo hozho 'iljigoo dii da'ilj, ho t'aadoo dil wolta' 'at'aah bii <u>'aahoosht'jhh -bits'aadee'-aza'azis bits'adeet'anigii</u> .

Hani' bik'ehgo ni doo hozho 'iljigoo a'oh daa ni t'aa ch'inigoo lei <u>netnaanish t'aa shi 'ak'iisdzil</u>?	Aoo' 'auu'. 'Eesh'j www.bcbsil.com doodaii bika hashne' 1-888-895-6985 ba lei 'alkee' yisdzoh bits'aadee' <u>netnaanish t'aa shi 'ak'iisdzils</u>.	Dii <u>hodeest'a</u> choinish'jjh lei <u>t'aa shi 'ak'iisdzil netnaanish</u>. Ni hani bik'ehgo doo hozho 'iljigoo a'oh daa ni t'aa ch'inigoo a <u>t'aa shi 'ak'iisdzil</u> di bii <u>hodeest'a's netnaanish</u>. Ni hani bik'ehgo doo hozho 'iljigoo bii agha daa ni t'aa ch'inigoo la <u>'aahoosht'jjh - bits'aadee' -netnaanish t'aa shi 'ak'iisdzil</u>, 'aadoo ni dziili bee baa yiltsoos lei bill dee' lei <u>t'aa shi 'ak'iisdzil</u> ba bii saad bil 'ahest'aah ata' bii <u>t'aa shi 'ak'iisdzil's</u> yeel 'aadoo ha'at'iisha' nii <u>hodeest'a</u> (ta'ida le'dolt'e' gone 'adaa'). 'Asht'j 'ahashya, nii <u>netnaanish t'aa shi 'ak'iisdzil</u> dziili bee t'aa ch'inigoo la <u>'aahoosht'jjh - bits'aadee' -netnaanish t'aa shi 'ak'iisdzil</u> ba la' 'ahilka 'ana'alwo' ('akohoolyeedi gi gaanee naanish). Na'ashkaah ee' nii <u>t'aa shi 'ak'iisdzil</u> bitse ni bil hanish'aash 'ahilka 'ana'alwo'.
'Ashneeh ni t'aa 'akoneehee lei <u>dik'oozh</u> goo 'eesh'j lei <u>a'alkee' yisdzoh</u>?	'Adin.	Ni bineesh'a 'eesh'j bii <u>a'alkee' yisdzoh</u> ni bitaa'disk'aas t'aadoo lei <u>dik'oozh</u>.



T'aa 'aniiltso **ha'asdiis** 'aadoo **cohane' bbikazi** t'aadoo baahilinigoo sht'aa biji di dii 'abi'dilkeed bineesh'a bika nii **naa'iiniih** binilo' dooleel baa yitijh, daa lei **naa'iiniih** na'anish.

Neinishli Azee' Bil k'eedish'eeht	'ahilka 'ana'alwo' ni t'aatsoh T'aa 'akoneehee	Ha'at'iisha' ni hani bik'ehgo 'iljigoo		Bits'adeet'anigii, T'aa hazhoo, & La'igii Ts'ida biholniihgo Bika'ashkid
		Di-Netnaanish T'aa shi 'ak'iisdzil (Ni hani bik'ehgo doo hozho 'iljigoo bii t'aa shooda)	'Aahoosht'ijh – bits'aadee'-Netnaanish T'aa shi 'ak'iisdzil (Ni hani bik'ehgo doo hozho 'iljigoo bii agha)	
Daa ni hootaasha lei shanah naasha baa 'ahashya t'aa shi 'ak'iisdzil's nizaajj' na'anishigii doodaii azee'al'j ba nahoot'aah	'liniih baa 'ahashya hootaasha goo 'azee' baah la ti'dilt'e doodaii aah dah hoyool'aalii	20% <u>cohane' bbikazi</u>	40% <u>cohane' bbikazi</u>	Yish'a hootaashas: 20% <u>cohane'</u> <u>bbikazi/hootaasha</u> ; <u>naa'iiniih</u> na'anish. 'Eesh'j nii ba naaltsoos* ba t'aa yini 'at'eegi.
	A'alkee' yisdzoh hootaasha	20% <u>cohane' bbikazi</u>	40% <u>cohane' bbikazi</u>	'Adin
	Biniishti'aah baa 'ahashya/tseso' bich'aah/ bee dinishhijh	'Adin Yeel. <u>naa'iiniih</u> 'ashneeh doo tsin bijeeh	40% <u>cohane' bbikazi</u>	Ni t'aatsoh be'esdzaah goo doo hozho 'iljigoo ba 'ahilka 'ana'alwo' eii ndi da <u>biniishti'aah</u> . Na'idishkid nii t'aa shi 'ak'iisdzil daa bii 'ahilka 'ana'alwo' t'aa 'akoneehee bineesh'a <u>biniishti'aah</u> . 'Ako na'ashkaah ha'at'iisha' nii <u>hodeest'a</u> hani bik'ehgo doo hozho 'iljigoo ba.
Daa ni be'esdzaah lei 'azada'ashnil	Ee'deetjihii 'azada'ashnil (agha'deeldlaad yishtlish naanish)	20% <u>cohane' bbikazi</u>	40% <u>cohane' bbikazi</u>	Bitse bee la 'ashleeh t'aatsoh 'asht'j bee hoosh'aah; 'eesh'j nii ba naaltsoos* ba t'aa yini 'at'eegi.
	Bidineshyesh (CT/PET bik'idishhaal, MRIs)	20% <u>cohane' bbikazi</u>	40% <u>cohane' bbikazi</u>	
Daa ni t'aa 'akoneehee 'azee' tsi'nda'iilahigii goo 'azee' baah nii aah dah hoyool'aalii doodaii doo 'at'ehogoo Bilaah bika'ashkid 'aa <u>biniye 'azee'</u> <u>tsi'nda'iilahigii dezla</u> shi bil hadlee' gi caremark.com	'Ako'oolyeeni 'azee' tsi'nda'iilahigii	0% cohane' bbikazi	0% cohane' bbikazi	'Adin.
	Baah haah nisin bee 'i'diidliid 'azee' tsi'nda'iilahigii	20% cohane' bbikazi cohane' bbikazi	20% cohane' bbikazi Naaltsoos naage Biniye: 20% cohane' bbikazi	'Adin.
	Doo-baah haah nisin bee 'i'diidliid 'azee' tsi'nda'iilahigii	30% cohane' bbikazi	30% cohane' bbikazi	'Adin.
	<u>Naanalahgoo 'azee'</u> <u>tsi'nda'iilahigii</u>	30% cohane' bbikazi	30% cohane' bbikazi	'Adin.

* Ba bilaah bika'ashkid 'aa bits'adeet'anigii 'aadoo t'aa hazhoo, 'eesh'j bii hodeest'a doodaii beehaz'aanii naaltsoos gi www.bcbsil.com.

Bee 'aldzidi 3 bits'aadee' 8

Neinishli Azee' Bil k'eedish'eeht	'ahilka 'ana'alwo' ni t'aatsoh T'aa 'akoneehee	Ha'at'iisha' ni hani bik'ehgo 'iljigoo		Bits'adeet'anigii, T'aa hazhoo, & La'igii Ts'ida biholniihgo Bika'ashkid
		Di-Netnaanish T'aa shi 'ak'iisdzil (Ni hani bik'ehgo doo hozho 'iljigoo bii t'aa shooda)	'Aahoosht'jjh – bits'aadee'-Netnaanish T'aa shi 'ak'iisdzil (Ni hani bik'ehgo doo hozho 'iljigoo bii agha)	
Daa ni be'esdzaah bik'i hataalii na'agizh	'Ahashleeh 'ayeel (e.g., t'aa honishyol na'agizh alnii')	20% <u>cohane'</u> bbikazi	40% <u>cohane'</u> bbikazi	<u>Bitse bee la 'ashleeh</u> t'aatsoh 'asht'j bee hoosh'aah.
	Azee'iil'ini/azee'iil'ini na'algizhii biyeel	20% <u>cohane'</u> bbikazi	40% <u>cohane'</u> bbikazi	'Adin
Daa ni t'aa 'akoneehee t'aa 'ako azee' baa naanish 'agha	<u>Nisihwiinideel bihooghah baa 'ahashya</u>	'Ahashleeh Yeel: 20% <u>cohane'</u> bbikazi. ER Azee'iil'ini Yeel: 20% <u>cohane'</u> bbikazi	'Ahashleeh Yeel: 20% <u>cohane'</u> bbikazi. ER Azee'iil'ini Yeel: 20% <u>cohane'</u> bbikazi	Doo-Nisihwiinideel t'aa ch'inigoo bits'aadee' ER: Di-Netnaanish na'anish <u>naa'iiniih</u> 'aadoo Di-Netnaanish <u>cohane'</u> bbikazi 'aahoosht'jjh-bits'aadee'-Netnaanish na'anish <u>naa'iiniih</u> 'aadoo aahoosht'jjh - bits'aadee'-Netnaanish <u>cohane'</u> bbikazi tsin bijeel.
	<u>Nisihwiinideel azee' bee nahat'i'ii</u>	20% <u>cohane'</u> bbikazi	20% <u>cohane'</u> bbikazi	<u>Bitse bee la 'ashleeh</u> t'aatsoh 'asht'j bee hoosh'aah ba doo-nisihwiinideel bee nahat'i'ii; 'eesh'j nii ba naaltsoos* ba t'aa yini 'at'eegi.
	<u>T'ah koodaa' baa 'ahashya</u>	20% <u>cohane'</u> bbikazi	40% <u>cohane'</u> bbikazi	'Adin
Daa ni be'esdzaah lei azee'al'j 'adinsh'neeh	'Ahashleeh 'ayeel (e.g., azee'al'j bihooghah)	20% <u>cohane'</u> bbikazi	40% <u>cohane'</u> bbikazi	<u>Bitse bee la 'ashleeh</u> bee hoosh'aah.
	Azee'iil'ini/azee'iil'ini na'algizhii biyeel	20% <u>cohane'</u> bbikazi	40% <u>cohane'</u> bbikazi	'Adin
Daa ni t'aa 'akoneehee yini 'ahodildin shanah naasha, doodahagi 'ashneeh shanah naasha, doodaii bik'ihoolzhiish 'ayah 'aniishhaash 'ahilka 'ana'alwo'	Bik'i hataalii 'ahilka 'ana'alwo'	20% <u>cohane'</u> bbikazi	40% <u>cohane'</u> bbikazi	Yish'a hootaashas: 20% <u>cohane'</u> bbikazi/hootaasha; <u>naa'iiniih</u> na'anish. 'Eesh'j nii ba naaltsoos* ba t'aa yini 'at'eegi. <u>Bitse bee la 'ashleeh</u> t'aatsoh 'asht'j bee hoosh'aah; 'eesh'j nii ba naaltsoos* ba t'aa yini 'at'eegi.
	Kone' 'ahilka 'ana'alwo'	20% <u>cohane'</u> bbikazi	40% <u>cohane'</u> bbikazi	<u>Bitse bee la 'ashleeh</u> bee hoosh'aah.

* Ba bilaah bika'ashkid 'aa bits'adeet'anigii 'aadoo t'aa hazhoo, 'eesh'j bii hodeest'a doodaii beehaz'aanii naaltsoos gi www.bcbsil.com.

Neinishli Azee' Bil k'eedish'eeht	'ahilka 'ana'alwo' ni t'aatsoh T'aa 'akoneehee	Ha'at'iisha' ni hani bik'ehgo 'iljigoo		Bits'adeet'anigii, T'aa hazhoo, & La'igii Ts'ida biholniihgo Bika'ashkid
		Di-Netnaanish T'aa shi 'ak'iisdzil (Ni hani bik'ehgo doo hozho 'iljigoo bii t'aa shooda)	'Aahoosht'jijh – bits'aadee'-Netnaanish T'aa shi 'ak'iisdzil (Ni hani bik'ehgo doo hozho 'iljigoo bii agha)	
Daa ni bineesh'a yistsa	Nizaaij' na'anishigii hootaashas	20% <u>cohane'</u> bbikazi	40% <u>cohane'</u> bbikazi	Baah 'ilj alts'aa' 'ak'iizgo 'ashneeh doo tsin bijeesh ba biniishti'aah 'ahilka 'ana'alwo'. Bee hodinists'id 'akaa'gi bii biighahi bits'aadee' 'ahilka 'ana'alwo', lei <u>cohane'</u> bbikazi doodaii naa'iinih t'aatsoh tsin bijeesh. Bishchiinii baa 'ahashya t'aatsoh 'iinishta' 'azada'ashnil 'aadoo 'ahilka 'ana'alwo' hazhoo baa hashne lahdi di bii SBC (i.e. ultrasound).
	'Awee' hanissood/baa nishheeh ts 'ida bik'eeti'ani 'ahilka 'ana'alwo'	20% <u>cohane'</u> bbikazi	40% <u>cohane'</u> bbikazi	
	'Awee' hanissood/baa nishheeh 'ahashleeh 'ahilka 'ana'alwo'	20% <u>cohane'</u> bbikazi	40% <u>cohane'</u> bbikazi	'Adin
Daa ni t'aa 'akoneehee dzaadi! ya'at'eeh naashdlee! doodaii be'esdzaah la'igii t'aa 'adiighghago shanah naasha t'aa 'akoneehee	<u>Hooghan shanah naasha baa 'ahashya</u>	20% <u>cohane'</u> bbikazi	40% <u>cohane'</u> bbikazi	Bitse bee la 'ashleeh t'aatsoh 'asht'j bee hoosh'aah. Bits'adeet'anigii goo 120 hootaasha nahidiziidj' ba hahalzhiish t'aala' ee' t'aa sahdii holo bicha hwiideeni' bi'isht'o'.
	<u>Nadziih 'ahilka 'ana'alwo'</u>	20% <u>cohane'</u> bbikazi	40% <u>cohane'</u> bbikazi	Bits'adeet'anigii goo 90 hootaashas nahidiziidj ba hahalzhiish ba naanish be'niih baa jiinishba', 90 hootaashas nahidiziidj ba hahalzhiish ba 'adzoodza saad baa jiinishba', 'aadoo 90 hootaashas nahidiziidj ba hahalzhiish ba bidi'nil' baa jiinishba'.
	<u>T'aa 'alch'jigoo 'ahilka 'ana'alwo'</u>	20% <u>cohane'</u> bbikazi	40% <u>cohane'</u> bbikazi	Bitse bee la 'ashleeh t'aatsoh 'asht'j bee hoosh'aah.
	<u>Yiishchijh bi'isht'o' baa 'ahashya</u>	20% <u>cohane'</u> bbikazi	40% <u>cohane'</u> bbikazi	Bitse bee la 'ashleeh t'aatsoh 'asht'j bee hoosh'aah. Bits'adeet'anigii goo 90 yilkaah nahidiziidj ba hahalzhiish.
	<u>Dits'id azee' t'aa yinelee</u>	20% <u>cohane'</u> bbikazi	40% <u>cohane'</u> bbikazi	Bitse bee la 'ashleeh t'aatsoh 'asht'j bee hoosh'aah. Bit'aa' t'aa 'adzaagoo yileeh bineesh'a bits'adeet'anigii goo biighahi t'aa chooz'jigoo goo naaltsoos a azee' biniye. Dits'id Azee' T'aa yinelee bit'aa' t'aa 'adzaagoo yileeh bineesh'a ladaa' ba t'aa 'aniidla nahashniih 'aadoo bik'e na'nishle t'aa yinelee (hodah goo bii nahashniih baah 'ilinigii).

* Ba bilaah bika'ashkid 'aa bits'adeet'anigii 'aadoo t'aa hazhoo, 'eesh'j bii hodeest'a doodaii beehaz'aanii naaltsoos gi www.bcbsil.com.

Bee 'aldzidi 5 bits'aadee' 8

Neinishli Azee' Bil k'eedish'eeht	'ahilka 'ana'alwo' ni t'aatsoh T'aa 'akoneehee	Ha'at'iisha' ni hani bik'ehgo 'iljigoo		Bits'adeet'anigii, T'aa hazhoo, & La'igii Ts'ida biholniihgo Bika'ashkid
		Di-Netnaanish T'aa shi 'ak'iisdzil (Ni hani bik'ehgo doo hozho 'iljigoo bii t'aa shooda)	'Aahoosht'jjh – bits'aadee'-Netnaanish T'aa shi 'ak'iisdzil (Ni hani bik'ehgo doo hozho 'iljigoo bii agha)	
	<u>'Aadaa 'ahashya 'ahilka 'ana'alwo'</u>	20% <u>cohane'</u> bbikazi	40% <u>cohane'</u> bbikazi	<u>Bitse</u> bee la 'ashleeh t'aatsoh 'asht'j bee hoosh'aah.
Daa nii awee t'aa 'akoneehees awoo' yinaainishi doodaii anaa' baa 'ahashya	Aweeren's anaa' haassiid	Doo Tsinaabaas bik'i dah	Doo Tsinaabaas bik'i dah	'Adin
	Aweeren nak'ee sinili	Doo Tsinaabaas bik'i dah	Doo Tsinaabaas bik'i dah	'Adin
	Aweeren awoo' yinaainishi na'ashkaah-wodah	Doo Tsinaabaas bik'i dah	Doo Tsinaabaas bik'i dah	'Adin

'Anishdin 'ahilka 'ana'alwo' & La'igii Tsinaabaa bik'i dah 'ahilka 'ana'alwo':

'Ahilka 'ana'alwo' nii <u>Hodeest'a</u> T'aa 'at'e 'ashneeh doo Ak'esti'i (Na'ashkaah nii beehaz'aanii doodaii <u>hodeest'a</u> naaltsoos ba bilaah bika'ashkid 'aadoo lei 'alkee' yisdzoh bits'aadee' t'aa biholniihgo la'igii <u>'anishdin 'ahilka 'ana'alwo'.</u>)			
'Adaashne-'alch'onii'ni baa 'ahashya 'Ahinoolin anaa' baa 'ahashya ('adishle) 'Ahinoolin akee' baa 'ahashya (ee' bii t'aa hazho'o bits'aadee' dine ee' na'idilkidii bits'aadee' ats'iistah 'ashjjh likan)	- Awoo' yinaainishi baa 'ahashya ('adishle) - Bigha'ijjil	- Das bits'aa' dahwiiniit'aah - Doo-nisihwiindeel baa 'ahashya dloo' ch'aa neiit'aash ana'i bii U.S.	

La'igii Tsinaabaas bik'i dah 'ahilka 'ana'alwo' (Bits'adeet'anigii t'aatsoh tsin bijeeh goo dii 'ahilka 'ana'alwo'. Dii ya' lei hadanisht'e 'alkee' yisdzoh. T'aa shoodi 'eesh'j nii <u>hodeest'a</u> naaltsoos.)			
'Adiists'a' bika 'anashwo' (ba aweeren 1 nahidizidjj' 'ajaa' bik'eh 36 yiziligii, ba 'be'eltse'ee' wodah goo \$5,000 nahidizidjj' 'ajaa' bik'eh 36 yiziligii) 'Adi'oh nish'aah 'azee' baah	- Ch'iyaan na'agizh - Chiropractic baa 'ahashya (Chiropractic 'aadoo Osteopathic ana'adlo' bits'adeet'anigii goo 20 hootaasha nahidizidjj' bik'ehgo nahidizidigii naahai)	- Hodishshooh na'agizh (t'eiya ba hasht'enashdleeh nihwiileeh ni'ishchjjh doodaii doo 'at'ehogoo bee 'at'e dee' acciawoo' yinaainishi 'atishleeh, sid, atsj' bii ni'ilts'i, doodaii aah dah haz'a) - T'aa sahdii holo-bicha hwiideeni' bi'isht'o' (t'aa hazhoo ba kone' t'aa sahdii holo bicha hwiideeni' bi'isht'o') (CHC binilo' la t'aa ninahahaah t'aala' aghaadi ee' PDN bits'aadee' 120 hootaasha)	

Nir T'aa 'ako goo T'aa k'eshyeed Deezla: 'Aadi bineesh'a naalchi'i eii bineesh'a dzaadi! daa ni doo t'aa k'ad goo t'aa k'eshye nii dzla bika bi 'alatah. Bii bihideeshnaah bika'ashkid ba eii naalchi'i shi: bii hodeest'a gi 1-888-895-6985, U.S. Naaltsoos bika'gi saad bits'aadee' naanish baa dinish'aah Bit'aa' t'aa 'adzaagoo yileeh T'aa hasih Naach'id gi 1-866-444-EBSA (3272) doodaii www.dol.gov/ebsa/healthreform, doodaii Naaltsoos bika'gi saad bits'aadee' Shanah naasha 'aadoo T'aa dinego 'ahilka 'ana'alwo', Alnii' ba Dine t'oo tadadikahigii Bika'ashkid 'aadoo Hane' bbikazi Biyaa 'aniideeh, gi 1-877-267-2323 x61565 doodaii www.cciio.cms.gov. La'igii Dezla 'alaajj' bee haasdzihi t'aatsoh 'asht'j bil hadlee' goo ni too, bil 'olta'go baa nahashniih t'aa 'adiighahago hane' bbikazi Dezla bigha bii shanah naasha hane' bbikazi Bo'ooshkaah ba'alk'ee. Ba bilaah bika'ashki 'aa bii Bo'ooshkaah ba'alk'ee, hootaasha www.HealthCare.gov doodaii bika hashne' 1-800-318-2596.

Nii Baa saad holo 'aadoo Bil 'algha'disht'aah T'aa 'ako: 'Aadi bineesh'a naalchi'i eii bineesh'a dzaadi! daa ni be'esdzaah lei naaltsoos bee 'iish'aa bik'aah nii hodeest'a ba a baah yish'j bits'aadee' lei doo 'adil beehoniszin da. Dii naaltsoos bee 'iish'aa shi yinishye lei baa saad holo doodaii Bil 'algha'disht'aah. Ba bilaah bika'ashkid 'aa nii t'aa 'ako, shoo! gi bii hodeest'a bits'aadee' bit'aa' t'aa 'adzaagoo yileeh ni hani bik'ehgo baa yiltsoos ba eii azee' doo 'adil beehoniszin da. Nii hodeest'a naaltsoos aldo' bik'inaasdzil hadanisht'e bika'ashkid goo 'ootl'ool lei doo 'adil beehoniszin da, Bil 'algha'disht'aah, doodaii lei baa saad holo ba t'aa biholniihgoo baanii goo nii hodeest'a. Ba bilaah bika'ashkid 'aa nii t'aa 'ako, dii o'oolkaah bee dah na'astsooz, doodaii 'ahilka' 'ana'alwo, bihideeshnaah: Dinishtl'zh Tse'naa 'aadoo Dinishtl'zh Bich'aah naasha bits'aadee' Illinois gi 1-888-895-6985 doodaii hootaasha www.bcbsil.com, doodaii bihideeshnaah bii U.S. Naaltsoos bika'gi saad bits'aadee' naanish baa dinish'aah Bit'aa' t'aa 'adzaagoo yileeh T'aa hasih Naach'id gi 1-866-444-EBSA (3272) doodaii hootaasha www.dol.gov/ebsa/healthreform. T'aala'i bi'aa yilts'ilgo, lei dine t'oo tadadikahigii 'ahilka' 'ana'alwo hweesh'aal bineesh'a dzaadi! ni nii Bil 'algha'disht'aah. Bihideeshnaah bii Illinois Naaltsoos bika'gi saad bits'aadee' Hane' bbikazi gi (877) 527-9431 doodaii hootaasha <http://insurance.illinois.gov>.

'Ashneeh dii hodeest'a bik'inaasdzil Wokeed A'adaat'ehigii Dezla? Aoo' 'auu'

Wokeed A'adaat'ehigii Dezla t'aa 'at'egoly 'iinishta's hodeest'as, shanah naasha hane' bbikazi bil hadlee' bigha bii Bo'ooshkaah ba'alk'ee doodaii la'igii t'aa 'adiighahago na'iini' baa niit'aash, Medicare, Medicaid, CHIP, TRICARE, 'aadoo binishkaah la'igii Dezla. Daa ni bineesh'a badi'nish'aah ba binishkaah types bits'aadee' Wokeed A'adaat'ehigii Dezla, ni t'aatsoh doo 'asht'j badi'nish'aah ba bii premium tax credit (doo bida'jitijhgoo beeso bidahidi'niligii 'aah haastseeh).

'Ashneeh dii hodeest'a 'alch'j' naalk'id bii Wokeed 'Anishli Shila' bee sezi? Aoo' 'auu'

Daa nii hodeest'a dineshkai 'alch'j' naalk'id bii Wokeed 'Anishli Shila' bee sezi, ni t'aatsoh 'asht'j badi'nish'aah ba a premium tax credit (o bida'jitijhgoo beeso bidahidi'niligii 'aah haastseeh) goo dzaadi! ni doo hozho 'iljigoo ba lei hodeest'a bigha bii Bo'ooshkaah ba'alk'ee.

Dine bizaad Hadahwiis'a 'ahilka 'ana'alwo':

Spanish (Español): Para obtener asistencia en Español, llame al 1-888-895-6985.

Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-888-895-6985.

Chinese (中文): 如果需要中文的帮助, 请拨打这个号码 1-888-895-6985.

Navajo (Dine): Dinekehgo shika at'ohwol ninisingo, kwijigo holne' 1-888-895-6985.

Goo 'eesh'j ladaa's bits'aadee' haa dii hodeest'a dzilli bee ak'esti'i t'aadoo baahilinigoo ba lei bitaa'asha' azee' ts'in hasht'e', 'eesh'j bii naana naaltsoos bika'gi.

'Aa dii Dezla Ladaa's:



Dii shi doo lei baah 'ilj bee na'anishi. 'Azee' baah sht'aa bijj bineesh'a t'aa bilgo ladaa's bits'aadee' haa dii hodeest'a dziili bee ak'esti'i azee' baa 'ahashya. Nii iyyisii t'aadoo baahilinigoo hani bik'ehgo 'asht'j al'aa bee hodinists'iid 'akaa'gi bii iyyisii baa 'ahashya ni baa yiltsoos, bii baah 'ilinigii nii t'aa shi 'ak'iisdzil yeel, 'aadoo la'i la'igii t'aadoo le' 'adaal'jigi. 'Ahanishkaad 'akaa'gi bii baah 'ilj-alt's'aa' 'ak'iizgo t'aa 'alch'jigigo (naa'iiniih, ha'asdiis 'aadoo cohane' bbikazi) 'aadoo 'anishdin 'ahilka 'ana'alwo' ayaa bii hodeest'a. T'aa ch'jigoo dii bika'ashkid goo bidininaa bii lahjj' bits'aadee' t'aadoo baahilinigoo ni dziili bee doo hozho 'iljigoo ayaa al'aa shanah naasha hodeest'as. T'aa shoodi nish'j dii dezla ladaa's bineesh'a tsetsiin 'akaa'gi t'aalah-t'eiya Dezla.

Peg shi 'alhee lei Awee'

(9 yiziligii bits'aadee' di-netnaanish daa' ala'baa 'ahashya 'aadoo a azee'al'j baa nishheeh)

- Bii hodeest'a's t'aa 'at'ee nt'ee' naa'iiniih \$3,000
- A'alkee' yisdzoh cohane' bbikazi 20%
- Azee'al'j ('ahashleeh) cohane' bbikazi 20%
- La'igii cohane' bbikazi 20%

Dii LADAA' bil k'eedish'eeht 'iinishta's 'ahilka 'ana'alwo' k'eh:

'Alkee' yisdzoh nizaajj' na'anishigii hootaashas (*daa' ala' baa 'ahashya*)
'Awee' hanissood/Baa nishheeh Ts 'ida bik'eet'ani 'ahilka 'ana'alwo'
'Awee' hanissood/Baa nishheeh 'ahashleeh 'ahilka 'ana'alwo'
Ee'deetijhii 'azada'ashnls (*diits'a' yilk'ooligii 'aadoo yishtlish naanish*)
'Alkee' yisdzoh hootaasha (*anesthesia*)

T'aa 'at'rgo Ladaa' Baah 'ilj	\$12,700
Di dii ladaa', Peg laanaa 'iljigoo:	
<u>Baah 'ilj Alts'aa' 'ak'iizgo</u>	
<u>Naa'iiniih</u>	\$3,000
<u>Ha'asdiis</u>	\$0
<u>Cohane' bbikazi</u>	\$1,900
<u>Ha'at'iisha' ya' tsinaabaas bik'i dah</u>	
Bits'adeet'anigii doodaii t'aa bizhani	\$60
Bii t'aa 'at'rgo Peg laanaa doo hozho 'iljigoo shi	\$4,960

Beegashii yii Joe's Biighahi 2

Ats'iistah 'ashjjh likan

(a naahai bits'aadee' 'ahinoolin di-netnaanish baa 'ahashya bits'aadee' lei jo-'ayaa 'ahish'niil doo 'at'ehogoo)

- Bii hodeest'a's t'aa 'at'ee nt'ee' naa'iiniih \$3,000
- A'alkee' yisdzoh cohane' bbikazi 20%
- Azee'al'j ('ahashleeh) cohane' bbikazi 20%
- La'igii cohane' bbikazi 20%

Dii LADAA' bil k'eedish'eeht 'iinishta's 'ahilka 'ana'alwo' k'eh:

'liniih baa 'ahashya azee'iil'ini nizaajj' na'anishigii hootaasha (*bil 'olta'go aah dah haz'a ihoo'aah*)
Ee'deetijhii 'azada'ashnil (*yishtlish naanish*)
Biniye 'azee' tsi'nda'iilahigii
Dits'id azee' t'aa yinelee (*glucose meter*)

T'aa 'at'rgo Ladaa' Baah 'ilj	\$5,600
Di dii ladaa', Joe laanaa 'iljigoo:	
<u>Baah 'ilj Alts'aa' 'ak'iizgo</u>	
<u>Naa'iiniih</u>	\$3,000
<u>Ha'asdiis</u>	\$0
<u>Cohane' bbikazi</u>	\$500
<u>Ha'at'iisha' ya' tsinaabaas bik'i dah</u>	
Bits'adeet'anigii doodaii t'aa bizhani	\$20
Bii t'aa 'at'rgo Joe laanaa doo hozho 'iljigoo shi	\$3,520

Mia's Beehozinigo K'inishtiiah

(di-netnaanish nisihwiindeel bihooghah hootaasha 'aadoo t'aa 'alkee' ha'naa wodah baa 'ahashya)

- Bii hodeest'a's t'aa 'at'ee nt'ee' naa'iiniih \$3,000
- A'alkee' yisdzoh cohane' bbikazi 20%
- Azee'al'j ('ahashleeh) cohane' bbikazi 20%
- La'igii cohane' bbikazi 20%

Dii LADAA' bil k'eedish'eeht 'iinishta's 'ahilka 'ana'alwo' k'eh:

Nisihwiindeel bihooghah baa 'ahashya (*bil 'olta'go azee' biighahi*)
Ee'deetijhii 'azada'ashnil (*agha'deeldlaad*)
Dits'id azee' t'aa yinelee (*bilaad*)
Nadziih 'ahilka 'ana'alwo' (*bidi'nil'j baa jiinishba*)

T'aa 'at'rgo Ladaa' Baah 'ilj	\$2,800
Di dii ladaa', Mia laanaa 'iljigoo:	
<u>Baah 'ilj Alts'aa' 'ak'iizgo</u>	
<u>Naa'iiniih</u>	\$2,800
<u>Ha'asdiis</u>	\$0
<u>Cohane' bbikazi</u>	\$0
<u>Ha'at'iisha' ya' tsinaabaas bik'i dah</u>	
Bits'adeet'anigii doodaii t'aa bizhani	\$0
Bii t'aa 'at'rgo Mia laanaa doo hozho 'iljigoo shi	\$2,800

Bii hodeest'a laanaa 'asht'j ba ninanishtliish ba bii la'igii t'aadoo baahilinigoo bits'aadee' dii LADAA' tsinaabaas bik'i dah 'ahilka 'ana'alwo'. **Bee 'aldzidi 8 bits'aadee' 8**



Doo-Nahdigo baa ntseeskes O'oolkaah bee dah na'astsooz

Shanah naasha Baa 'ahashya Dezla shi Ts'ida biholniihgo ba Bik'ehone

Nihi 'ashneeh doo nahdigo baa ntseeskes 'akaa'gi bii 'ei binahjj' bits'aadee' 'al'aa dine'e, 'al'aa 'aat'eelii, dine'e k'eh (bil 'olta'go bits'adeet'anigii English ihoo'aa'ii 'aadoo lahgo 'anashdleehe dine bizaad), sa, bee bich'j', doodaii na'acha' bi'niigha (gi ayaastood di bii choo'j beehaz'aanii). Nihi bik'inaasdzil dine'e ee' haageeh ee' baanii bineesh'a lahgo 'ashleeh 'aadoo t'aadoo baahilinigoo kwiidi bika 'anashwo' goo badi'nish'aah ba bideelni kwiidi ee' nihi. Nihi aldo' bik'inaasdzil t'aadoo baahilinigoo dine bizaad 'ahilka' 'ana'alwo' 'ahilka' 'ana'alwo' goo dine'e haish bi lahgo 'anashdleehe dine bizaad shi doo English.

Goo baa yiltsoos baaniiable lahgo 'ashleeh, kwiidi bika 'anashwo' doodaii dine bizaad 'ahilka' 'ana'alwo' t'aadoo baahilinigoo bits'aadee' yeel, t'aa shoodi bika hashne' nihi gi 855-710-6984.

Daa ni yinishdla nihi be'esdzaah ch'eeh 'asht'j' goo bik'inaasdzil lei 'ahilka' 'ana'alwo', doodaii bitsiits'iin bii' si'a nihi be'esdzaah nahdigo baa ntseeskes di anla'igii 'akooh, ni bineesh'a naaki lei baa saad holo ee':

Nizaajj' na'anishigii bits'aadee' Bee haz'a T'aa 'ako 'adil nahwiishjaah Beesh bee hane'e: 855-664-7270 (iinee' naaltsoos naage)

Bidiishkaal: Nizaajj' na'anishigii bits'aadee' Bee haz'a T'aa 'ako 'adil nahwiishjaah TTY/TDD: 855-661-6965

300 E. Randolph St., 35th Ni' E-naaltsoos naage: 855-661-6960

Chicago, IL 60601

Enaaltsoos naage: civilrightscoordinator@bcbsil.com

Ni bineesh'a naaki a baa saad holo ee' naaltsoos naage, e-naaltsoos naage doodaii enaaltsoos naage. Daa ni t'aa 'akoneehee dzaadi! aah naach'iizh lei baa saad holo, t'aa shoodi bika hashne' bii baah 'ilinigii-t'aadoo baahilinigoo beesh bee hane'e noomba 'alkee' yisdzohed 'akaa'gi bii 'anaghahi bits'aadee' nii ID da'aka' (TTY: 711).

Ni t'aatsoh naaki a bee haz'a t'aa 'ako naaltsoos bee 'iish'aad ee' bii US Naaltsoos bikaa'gi saad bits'aadee' Shanah naasha 'aadoo T'aa dinego 'ahilka' 'ana'alwo', Nizaajj' na'anishigii ba Bee haz'a T'aa 'ako, gi:

US Bi'iil bits'aadee' Shanah naasha & T'aa dinego 'ahilka' 'ana'alwo' Beesh bee hane'e: 800-368-1019

200 Independence Avenue SW TTY/TDD: 800-537-7697

Bihooghah 509F, HHH Kin Naaltsoos bee 'iish'aad Bilatah: ocrportal.hhs.gov/ocr/smartscreen/main.jsf

Washington, DC 20201 Naaltsoos bee 'iish'aad T'aa dinego: hhs.gov/civil-rights/filing-a-complaint/index.html

Dii o'oolkaah bee dah na'astsooz shi bil hadlee' 'akaa'gi nihi website at bcbsil.com/legal-and-privacy/non-discrimination-notice.

ATTENTION: If you speak another language, free language assistance services are available to you. Appropriate auxiliary aids and services to provide information in accessible formats are also available free of charge. Call 855-710-6984 (TTY: 711) or speak to your provider.

Español Spanish	ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. También están disponibles de forma gratuita ayuda y servicios auxiliares apropiados para proporcionar información en formatos accesibles. Llame al 855-710-6984 (TTY: 711) o hable con su proveedor.
العربية Arabic	تنبيه: إذا كنت تتحدث اللغة العربية، فستتوفر لك خدمات المساعدة اللغوية المجانية. كما تتوفر وسائل مساعدة وخدمات مناسبة لتوفير المعلومات بتنسيقات يمكن الوصول إليها مجانًا. اتصل على الرقم (TTY: 711) 855-710-6984 أو تحدث إلى مقدم الخدمة.



中文 Chinese	注意：如果您说中文，我们将免费为您提供语言协助服务。我们还免费提供适当的辅助工具和服务，以无障碍格式提供信息。致电 855-710-6984（文本电话：711）或咨询您的服务提供商。
Français French	ATTENTION : Si vous parlez Français, des services d'assistance linguistique gratuits sont à votre disposition. Des aides et services auxiliaires appropriés pour fournir des informations dans des formats accessibles sont également disponibles gratuitement. Appelez le 855-710-6984 (TTY : 711) ou parlez à votre fournisseur.
Deutsch German	ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlose Sprachassistentendienste zur Verfügung. Entsprechende Hilfsmittel und Dienste zur Bereitstellung von Informationen in barrierefreien Formaten stehen ebenfalls kostenlos zur Verfügung. Rufen Sie 855-710-6984 (TTY: 711) an oder sprechen Sie mit Ihrem Provider.
ગુજરાતી Gujarati	ધ્યાન આપો: જો તમે ગુજરાતી બોલતા હો તો મફત ભાષાકીય સહાયતા સેવાઓ તમારા માટે ઉપલબ્ધ છે. યોગ્ય ઓફિસિયલ સહાય અને એક્સેસિબલ ફોર્મેટમાં માહિતી પૂરી પાડવા માટેની સેવાઓ પણ વિના મૂલ્યે ઉપલબ્ધ છે. 855-710-6984 (TTY: 711) પર કોલ કરો અથવા તમારા પ્રદાતા સાથે વાત કરો.
हिंदी Hindi	ध्यान दें: यदि आप हिंदी बोलते हैं, तो आपके लिए निःशुल्क भाषा सहायता सेवाएं उपलब्ध होती हैं। सुलभ प्रारूपों में जानकारी प्रदान करने के लिए उपयुक्त सहायक साधन और सेवाएँ भी निःशुल्क उपलब्ध हैं। 855-710-6984 (TTY: 711) पर कॉल करें या अपने प्रदाता से बात करें।
Italiano Italian	ATTENZIONE: se parli italiano, sono disponibili servizi di assistenza linguistica gratuiti. Sono inoltre disponibili gratuitamente ausili e servizi ausiliari adeguati per fornire informazioni in formati accessibili. Chiama l'855-710-6984 (tty: 711) o parla con il tuo fornitore.
한국어 Korean	주의: 한국어를 사용하시는 경우 무료 언어 지원 서비스를 이용하실 수 있습니다. 이용 가능한 형식으로 정보를 제공하는 적절한 보조 기구 및 서비스도 무료로 제공됩니다. 855-710-6984(TTY: 711)번으로 전화하거나 서비스 제공업체에 문의하십시오.
Diné Navajo	SHOOH: Diné bee yáníłt'ígogo, saad bee aná'awo' bee áka'anída'awo'ít'áá jik'eh ná hóló. Bee ahił hane'go bee nida'anishí t'áá ákodaat'éhígíí dóó bee áka'anída'wo'í áko bee baa hane'í bee hadadilyaa bich'í' ahoot'í'ígíí éí t'áá jik'eh hóló. Kohj' 855-710-6984 (TTY: 711) hodiilnih doodago nika'análwo'í bich'í' hanidzilih.
Farsi فارسی	توجه: اگر فارسی صحبت می کنید، خدمات پشتیبانی زبانی رایگان در دسترس شما قرار دارد. همچنین کمک ها و خدمات پشتیبانی مناسب برای ارائه اطلاعات در قالب های قابل دسترس، به طور رایگان موجود می باشند. با شماره 855-710-6984 (تلفن پای: 711) تماس بگیرید یا با ارائه دهنده خود صحبت کنید.
Polski Polish	UWAGA: Osoby mówiące po polsku mogą skorzystać z bezpłatnej pomocy językowej. Dodatkowe pomoce i usługi zapewniające informacje w dostępnych formatach są również dostępne bezpłatnie. Zadzwoń pod numer 855-710-6984 (TTY: 711) lub porozmawiaj ze swoim dostawcą.
РУССКИЙ Russian	ВНИМАНИЕ: Если вы говорите на русский, вам доступны бесплатные услуги языковой поддержки. Соответствующие вспомогательные средства и услуги по предоставлению информации в доступных форматах также предоставляются бесплатно. Позвоните по телефону 855-710-6984 (TTY: 711) или обратитесь к своему поставщику услуг.
Tagalog Tagalog	PAALALA: Kung nagsasalita ka ng Tagalog, magagamit mo ang mga libreng serbisyonang tulong sa wika. Magagamit din nang libre ang mga naaangkop na auxiliary na tulong at serbisyo upang magbigay ng impormasyon sa mga naa-access na format. Tumawag sa 855-710-6984 (TTY: 711) o makipag-usap sa iyong provider.
Urdu اردو	توجه دیں: اگر آپ اردو بولتے ہیں، تو آپ کے لیے زبان کی مفت مدد کی خدمات دستیاب ہیں۔ قابل رسائی فارمیٹس میں معلومات فراہم کرنے کے لیے مناسب معاون امداد اور خدمات بھی مفت دستیاب ہیں۔ 855-710-6984 (TTY: 711) پر کال کریں یا اپنے فراہم کنندہ سے بات کریں۔
Việt Vietnamese	LƯU Ý: Nếu bạn nói tiếng Việt, chúng tôi cung cấp miễn phí các dịch vụ hỗ trợ ngôn ngữ. Các hỗ trợ dịch vụ phù hợp để cung cấp thông tin theo các định dạng dễ tiếp cận cũng được cung cấp miễn phí. Vui lòng gọi theo số 855-710-6984 (Người khuyết tật: 711) hoặc trao đổi với người cung cấp dịch vụ của bạn.