



## Ogeysiiska Takoorid La'aanta

MaineHealth waxay u hoggaansantaa sharciyada federaalka ee xuquuqda madaniga ah, oo ay ku jiraan Qaybta 1557 ee Xeerka Daryeelka La Awoodi Karo. Waxa aanu ku siinaynaa ogaysiiskan adiga oo ah bukaanka MaineHealth ee qiimaha leh.

**Takoorku waa ka soo horjeeda sharciga.** Ururada MaineHealth kama reebaan, uma takooran, mana u soocaan qofna sababo la xiriira qoomiyadda, midabka, asal qaranka, da'da, diinta, isirka, dhaqanka, luqadda, naafonimo jireed ama dhimireed, xaalad dhaqaale-bulsho, jinsi (oo ay ku jiraan uur, jihada galmada, iyo aqoonsiga ama muujinta jinsiga), awood la'aan bixinta kharashka, ama sababtoo ah lacagta adeegyada oo laga bixinayo Medicare, Medicaid, ama Barnaamijka Caymiska Caafimaadka Carruurta (CHIP).

**MaineHealth waxay ku siinaysaa:**

**1. Caawinta iyo adeegyada lagu caawiyo dadka naafada ah inay si wax ku ool ah noola xiriiraan, sida:**

- Macluumaad qoran oo qaabab kale ah (daabaca weyn, maqalka, qaababka elegtarooniga ah ee la heli karo, ama qaabab kale haddii loo baahdo)

**2. Adeegyada turjubaadda hadalka ah iyo tan qoran ayaa diyaar u ah bukaanada dhegaha la', maqalku ku adag yahay, ama aqoontoodu xadidan tahay. Adeegyadan waxaa lagu siiyaa bukaannada ama qoysaska si kharash la'aan ah, oo ay ku jiraan:**

- Turjubaano aqoon u leh (ay ku jiraan bukaanada dhagoolaha ah ama maqalka adag)
- Macluumaad ku qoran afaf kale

***Wax badan ka baro [mainehealth.org/interpreter](https://mainehealth.org/interpreter).***



### **Inaad gudbiso cabasho:**

Haddii aad aaminsantahay in ururka MaineHealth uu ku guul daraystay bixinta adeegyadan ama uu si kale kuu takooray, waxa aad fayl garaysan kartaa cabasho adiga oo la xidhiidha Iskuduwaha Xidhiidhka Bukaanka ee ku haboon ee ku taxan [mainehealth.org/nondiscrimination](https://mainehealth.org/nondiscrimination).

### **Si aad u xarayso cabashada xuquuqda madaniga ah:**

Waxa kale oo aad dacwad ka xaraysan kartaa Waaxda Caafimaadka iyo Adeegyada Aadanaha ee Maraykanka, Xafiiska Xuquuqda Madaniga ah:

- **Onlayn:** <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>
- **Taleefanka:** 1-800-368-1019 ama 800-537-7697 (TDD)
- **Boostada:**  
U.S. Department of Health and Human Services  
200 Independence Avenue, SW  
Room 509F, HHH Building  
Washington, D.C. 20201
- **Foomamka Cabashada:** <https://www.hhs.gov/civil-rights/filing-a-complaint/index.html>