

Waxa aad U baahan Tahay inaad Ka Ogaato

## Baaritaanka Kansarka Naaska



- **Kansarka naasku waa sababta labaad ee ugu badan ee keenta dhimashada kansarka ee haweenka Mareykanka.**
- **Daryeelida naftaadu waxey ka dhigan tahay inaad marto baaritaano joogto ah, xataa haddii aadan xanuusanayn ama aadan dareemayn xanuun.**

**Baro marka ay tahay waqtigii aad bilaabi lahayd baaritaanka kansarka naaska.**

Marka aad gaarto 40, kala hadal dhakhtarkaaga marka ay tahay inaad bilowdo in lagu saaro raajada naasaha.



Marka aad gaarto da'da 50-74, iskuday in raajada naaska lagu saaro 2 sanaba mar.

### 2 siyaabood oo loo baaro kansarka naaska:

#### Baaritaanka Caafimaad ee Naasaha



Baaritaanka Caafimaad ee Naasaha waa baaritaan uu sameeyo dhakhtarkaagu ama kalkaaliso, kaas oo adeegsada gacantiisa ama gacanteeda si uu taabasho ugu ogaado burqaha ama isbadellada kale ee naaska.

#### Raajada Naaska



Raajada naasaha waa raajo la saaro naasaha. Raajada naasaha waa qaabka ugu wanaagsan ee lagu ogaado kansarka naaska xili hore, marka ay fududahay in la daweeyo iyo kahor inta aysan aad u waynaan ilaa heer uu ka sababo xanuun..

### Miyaadan haysan caymis? Waxaa laga yaabaa inaad u qalanto baaritaanka iyo qiimeynta caafimaadka BILAASHKA ah haddii:

✓ aadan u qalmin caymiska Apple Health ama Medicare

✓ aad jirto 40 ilaa 64 sano, ama kahor 40 haddii qoyskaagu leeyahay taariikh kansar

✓ aadan haysan caymis caafimaad

✓ dakhligaagu hooseeyo

✓ lacag badan caymisku kaaga goosto baaritaannada dabagalka ah

✓ aad ku nooshahay Degmooyinka King, Kitsap, Clallam, iyo Jefferson

### Iska Baar Kansarka Naasaha

Hubi in aad u qalanto baaritaanka bilaashka ah adoo wacaaya

Community Health Access Program (CHAP, Barnaamijka Helitaanka Caafimaadka Bulshada) oo aad ka wacayso