

I Speak Somali

Please find an interpreter who can speak my language so I can best use your services.

Under Title VI of the Civil Rights Act of 1964, agencies that receive any federal funds are required to provide language assistance to those that need it, at no cost. **For health care services, I can get help with interpretation through my health plan. To learn more or set up an interpreter, please call customer service at 1-800-777-4376.**



Waxaan ku hadlaa af Soomaali

Fadlan raadi turjubaan ku hadli kara luuqadeyda si markaas aan si fiican ugu isticmaalo adeegyadaada.

Sida waafaqsan Title VI ee Xeerka Xuquuqaha Rayidka ee 1964, hay'adaha helaa lacagaha federaalka waxaa looga baahan yahay inay siiyaan caawimaada luuqadeed kuwa u baahan, oo bilaash ah. **Adeegyada daryeelka caafimaadka ee aan caawimaad ugu heli karo turjumaada iyadoo loo marayo qorshaheyga caafimaadka. Si aad wax badan uga baratid ama aad turjubaan u diyaarsato, fadlan ka soo wac adeegga macaamiisha 1-800-777-4376.**



When Getting Health Care Services:

- If you do not speak English, you have the right to receive language help for free.
- Even if you speak some English, you can still ask for an interpreter.
- Asking for an interpreter will help you get the best care.
- Cut out (or take a picture of) the cards above.
- Show the card to the person you are working with to help them understand your needs.
- If you need an interpreter for a health care appointment, we can help:
 - Call customer service to set up an interpreter two weeks before your appointment.
 - 1-800-777-4376
 - TTY: 1-800-947-3529

Markii aad Heleysid Adeegyada Daryeelka Caafimaadka:

- Haddii aadan ku hadlin af Ingiriis, waxaad xaq u leedahay inaad hesho caawimaada luuqadeed oo bilaash ah.
- Xattaa haddii aad ku hadashid Ingiriis yar, weli waxaad codsan kartaa turjubaan.
- Codsashada turjubaan waxay kaa caawineysaa inaad heshid daryeelka ugu fiican.
- Jar (ama sawir ka qaad) kaararka kore.
- aarka tusi qofka aad la shaqeynaysid si ay uga caawiso inay fahmaan baahiyahaaga.
- Haddii aad u baahan tahay turjubaan oo ballanta daryeelka caafimaadka, waan ku caawin karnaa.
 - Soo wac adeegga macaamiisha si aad u diyaarsato turjubaan laba toddobaad ka hor ballantaada
 - **1-800-777-4376**
 - **TTY: 1-800-947-3529**