neighborcare health

# XARUMAHA CAAFIMAADKA

## EE KUSALAYSAN DUGSIYADA SARE

**Adeegyadan ardayda dugsiyada sare waxay kaheli karaan:**

- Chief Sealth International High School
- Lincoln High School
- Roosevelt High School
- Vashon Island High School
- West Seattle High School

**neighborcare.org**

# Jir Caaimaad leh + Maskax Caaimaad leh = Arday Caafimaad leh

*Xarumaha caafimaadka ee ku salaysan dugsiyada ee Neighborcare Health waa adeeg caafimaad oo buuxa oo siiya ardayda adeegyada caafimaadka, caafimaadka dhimirka iyo adeegyada caafimaadka ilkaha ardayda. Kooxdeena xarumaha caafimaadka waxay iskaashi la sameeyaan kalkaaliyayaasha dugsiga, macalimiinta iyo shaqaalaha si ay u siiyaan ardayda adeegyo caafimaad oo leh badbaado, daryeel caafimaad oo dhaqan ahaan ku haboon dhalinyarada halka ay ku qaataan waqtigooda ugu vadan oo ah dugsiyada. Waxaan si wadajir ah u caawinnaa horumarinta caafimaadka ardayda iyo awooddooda ay ugu guulaystaan gudaha dugsiga iyo dibada.*

## Waxaan Joognaa Dugsigaaga

Xarumaheena caafimaadku waxay ku yaalaan 15 dugsi dadweyne oo ku yaala Seattle iyo Jasiirada Vashon. Adeegyada xarunta caafimaadka iyo ballamaha waxay diyaar u yihiin dhammaan ardayda dhigata Dugsiyada Dadweynaha Seattle iyo dhammaan ardayda dhigata dugsiyada dadweynaha iyo kuwa gaarka ah ee Jasiirada Vashon.

Booqo xafiiska hore ee dugsigaaga si aad u ogaato halka ay ku taalo xarunta caafimaadka Neighborcare Health ee dugsigaaga.

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**NAGALA SOCO on Instagram**
@Neighborcare_TeenHealth

## Adeegyada Waxaa ka mid ah:

- Qiimaynta iyo daawaynta dhibaatooyinka caafimaadka Guud
- Jimicsiga isboortiga
- Daryeelka caafimaadka ee ka hortagga ah
- Daryeelka caafimaadka taranka
- Talaalada
- La-talinta caafimaadka maskaxda ee shakhsi ahaan, qoys ahaan iyo koox ahaaneed
- Isku-duwidda qoyska si loo dhiso guri daryeel oo caafimaad leh
- Caawinta diiwaangelinta caymiska
- Wax kaqabadka qalalaasaha
- Gudbinta bulshada oo ku salaysan dugsiga
- Horumarinta caafimaadka iyo barashada caafimaadka
- Adeegyada ilkaha, oo ay ku jiraan baarista afka, nadaafada, raajada iyo buuxinta, ayaa laga bixiyaa xarumaheena caafimaadka qaarkood. Kala hadal xarunta caafimaadka dugsigaaga si aad wax badan uga ogaato.

Maalgelinta xarumaha caafimaadka waxaa qayb ahaan taageera **Qoysaska, Waxbarashada, Dugsiyada, iyo Promise of Levy** ee Magaalada Seattle iyo **Best Starts for Kids** investment ee Degmada King.

Neighborcare Health, waxaan aaminsanahay in **qof kasta uu u qalmo guri leh daryeel caafimaad** — iyadoon loo eegin dakhliga ama heerka caymiska. Xirfadlayaasheena caafimaadka waxay la shaqeeyaan arday kasta iyo qoys kasta si ay u horumariyaan **qorshaha horumarinta caafimaadka shakhsi ahaaneed**. Waxaan dhiirigelineynaa xiriirka mustaqbalka fog ee bukaanka iyo daryeelkooda **dhammaan marxaladaha noloshooda**.

## Isdiiwaan-geli Maanta

Buuxi oo saxiix foomamka diiwaangelinta xarunta caafimaadka si ilmahaagu u helo dhammaan adeegyada laga heli karo dugsiga.

Sida uu dhigayo sharciga gobolka Washington, ardayda da'doodu ka yar tahay 18 jir waxay isu diiwaan gelin karaan adeegyada si qarsoodi ah. Neighborcare Health waxay ku dhiirigelisaa dhammaan ardayda inay ku daraan waalidkooda/masuulka go'aannada daryeelka caafimaadka. Haddii aad qabtid su'aalo ama walaac, fadlan la xiriir xarunta caafimaadka ee dugsigaaga.

## Ballamaha

Ballamaha waxaa la heli karaa maalmaha shaqada, kahor ama kadib inta lagu jiro iyo saacadaha dugsiga. Waanu xiranahay xilliga fasaxa dugsiga iyo fasaxa xagaaga. Xarunta caafimaadku waxay samayn doontaa wax kasta oo suurtagal ah si loo hubiyo in ardaydu ay seegaan wakhtiga fasalka ugu yar ee suurtogalka ah. Xarunta caafimaadku waxay siisaa Codsiga ku saabsan Warqadaha warbixinta ee ardayda balamaha wakhtiga dugsiga. Ardaydu waxay kaloo booqan karaan rugta caafimaadka iyagoon ballan ka qabin iyagoo fasax ka qaadanaya macalinkooda ama u gudbin kahelaya kalkaalisada dugsiga.

## Lacagta iyo Caymiska

Dhammaan ardayda dhigata Dugsiyada Dadweynaha Seattle iyo arday kasta oo ku sugan Vashon waxay heli karaan adeegyada caafimaadka, ilkaha iyo caafimaadka dhimirka ee lagu bixiyo xarunta caafimaadka ee ku salaysan dugsiyada. Waxaan aqbalnaa qorsheyaal caymis caafimaad oo kala duwan, oo ay ku jirto Washington Apple Health (Medicaid). LabCorp waxay ku dalacdaa qorshaha caymiska caafimaadka ardayda ee adeegyada shaybaarka.

Caymiska looma baahna, ardayna looma diidi doono adeegyada sababtoo ah awood la'aanta bixinta Khabiirada u-qalmitaanka ayaa diyaar u ah inay caawiyaan qoysaska iyo ardayda si ay isku diiwaan geliyaan barnaamijyada caymiska caafimaadka.

***MARKA XARUNTA CAAFIMAADKA LA XIRO, ardayda iyo qoysasku waxay ka heli karaan adeegyada caafimaadka, ilkaha iyo caafimaadka dhimirka ee rug kasta oo Neighborcare Health.***

*Neighborcare Health, waxaanu aaminsanahay in dadku ka wada shaqeeyaan sidii ay u horumarin lahaayeen caafimaadka iyo wanaaga bulshadeena. Waxaan u adeegnaa ilaa 60,000 bukaan sanad walba oon ugu adeegnaa 30 kamid ah rugaheena caafimaadka, ilkaha iyo dugsiyada ku salaysan ee Seattle iyo Jasiirada Vashon.*

## Raadi xarun caafimaad oo ku-salaysan dugsi

### Dugsiga Hoose

**Neighborcare Health at Bailey Gatzert Elementary** D
1301 E Yesler Way, Seattle, WA 98122 | 206-548-3162

**Neighborcare Health at Dearborn Park Elementary** D
2820 S Orcas St, Seattle, WA 98108 | 206-548-3166

**Neighborcare Health at Highland Park Elementary** D
1012 SW Trenton St, Seattle, WA 98106 | 206-455-9025

**Neighborcare Health at Rising Star Elementary** D
8311 Beacon Ave S, Seattle, WA 98118 | 206-548-3168

**Neighborcare Health at Roxhill Elementary** D
7740 34th Ave SW, Seattle, WA 98126 | 206-452-2660

**Neighborcare Health at West Seattle Elementary** D
6760 34th Ave SW, Seattle, WA 98126 | 206-548-3164

### Dugsiga Dhexe

**Neighborcare Health at Denny International Middle School**
2601 SW Kenyon St., Seattle, WA 98126 | 206-923-2809

**Neighborcare Health at Madison Middle School** D
3429 45th Ave SW, Seattle, WA 98116 | 206-933-7842

**Neighborcare Health at Mercer Middle School** D
7201 Beacon Ave S, Seattle, WA 98108 | 206-762-2394

**Neighborcare Health at Robert Eagle Staff Middle School** D
1330 N 90th St, Seattle, WA 98103 | 206-548-5770

### Dugsiga Sare

**Neighborcare Health at Chief Sealth International High School** D
2600 SW Thistle St, Seattle, WA 98126 | 206-938-1360

**Neighborcare Health at Lincoln High School**
4400 Interlake Ave N, Seattle, WA 98103 | 206-548-5760

**Neighborcare Health at Roosevelt High School**
1410 NE 66th St, Seattle, WA 98115 | 206-527-8336

**Neighborcare Health at Vashon Island High School** D
9600 SW 204th St, Vashon, WA 98070 | 206-548-7550

**Neighborcare Health at West Seattle High School**
3000 California Ave SW, Seattle, WA 98116 | 206-658-8048

D = WaxaA LAGA bixiYaa AdeegyadA Ilkaha    Rx = Farmashiyaha goobta

## Raadi Rug caafimaad oo kuu dhaw

### Xafiisyaha Caafimaadka & Ilkaha

**Neighborcare Health at 45th Street** D Rx
1629 N 45th St, Seattle, WA 98103 | 206-633-3350

**Neighborcare Health at High Point** D
6020 35th Ave SW, Seattle, WA 98126 | 206-461-6950

**Neighborcare Health at Meridian** D Rx
10521 Meridian Ave N, Seattle, WA 98133 | 206-296-4990

**Neighborcare Health at Rainier Beach** D Rx
9245 Rainier Ave S, Seattle, WA 98118 | 206-722-8444

### Xafiiska Caafimaadka

**Neighborcare Health at Columbia City** Rx
4400 37th Ave S, Seattle, WA 98118 | 206-461-6957

**Neighborcare Health at Lake City**
12721 30th Ave NE, #101, Seattle, WA 98125 | 206-417-0326

**Neighborcare Health at Magnuson**
7101 62nd Ave NE, Suite 4, Seattle, WA 98115 | 206-548-5790

**Neighborcare Health at Pike Place Market** Rx
1930 Post Alley, Seattle, WA 98101 | 206-728-4143

### Xafiiska Ilkaha

**Neighborcare Health at Georgetown** D
6200 13th Ave S, Seattle, WA 98108 | 206-461-6943

**Neighborcare Health at Pacific Tower** D
1200 12th Ave S, 4th Floor, Seattle WA 98144 | 206-548-5850

### Bukaanka ah hoy la'aanta

**Neighborcare Health at Ballard**
1753 NW 56th St, #200, Seattle, WA 98107 | 206-782-5939

**Neighborcare Health Youth Clinic at 45th Street**
1629 N 45th St, Seattle, WA 98103 | 206-633-7650

**Neighborcare Health Youth Clinic at New Horizons**
2709 3rd Ave, Seattle, WA 98121 | 206-633-7650

**Neighborcare Health Youth Clinic at Pike Place Market**
1930 Post Alley, Seattle, WA 98101 | 206-633-7650