Ibibazo bikunze Kubazwa vyerekeye Ubuvuzi bwa UNM n'ubuvuzi hanze y'akarere (UNM care and Out of county care)

1. Ubuvuzi bwa UNM n'ubuvuzi hanze y'akarere (UNM care and Out of county care) n'iki?

Ubuvuzi bwa UNM n'ubuvuzi hanze y'akarere (UNM care and Out of county care) ni imigambi yo gufasha kurihira amahera yo kwivuza no kwitaho amagara y'abanyagihugu ku bitaro vya UNM. Ushobora gukoresha uwu mugambi mu gihe udafise ubwishingizi, kandi ushobora no kuwukoresha udafise uko wivuza. Bafasha mu kuriha amahera y'ubuvuzi bwihuta nibindi bijanye n'amagara n'ubuvuzi ushobora gukenera. Intumbero yacu ni ukwitaho ngo uronke ubuvuzi ukeneye mu kukurihira igiciro.

2. Ninde yemerewe gufashwa n'Ubuvuzi bwa UNM n'ubuvuzi hanze y'akarere (UNM care and Out of county care)?

Kugira wemererwe n'Ubuvuzi bwa UNM (UNM care), ubwirizwa kuba mu gisagara ca Bernalillo canke igisagara ca Sandoval.

Kugira wemererwe n'ubuvuzi hanze y'akarere utegerezwa kuba mu kindi gisagara kitari Igisagara ca Bernalillo canke Sandoval.

Kuri zose Ubuvuzi bwa UNM n'ubuvuzi hanze y'akarere (UNM care and Out of county care) utegerezwa kuba:

- ✓ Uja ku bitaro vya UNM (UNM Hospitals) canke ku mavuriro kubw'amagara canke ubuzima bwawe.
- ✓ Kwinjiza amahera (udushirukabute, umushahara, uturusho) bigwa hagati na hagati canke ntugire ayo winjiza.

3. Ni ibihe bikorwa bifashwa n'Ubuvuzi bwa UNM n'ubuvuzi hanze y'akarere (UNM care and Out of county care)?

Ubuvuzi bwa UNM n'ubuvuzi hanze y'akarere (UNM care and Out of county care) bitaho –

- ✓ Ivy'amagara, kurungika ibikoresho, kuvura, n'ibindi bikenerwa kwa muganga. Mu biciro vy'ivyo kwa muganga bikenerwa harimwo

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ibikoresho canke Ibikorwa bikenerwa kugira babone uko bakuvura, canke babungabunge amagara yawe. Abarungika bahitamwo ivy'ubuvuzi bikenewe.

- ✓ Ivyo muganga yandika bimwe bimwe bishobora kubonekera ku mazu ya UNM acuruza imiti. Urasabwe kubaza uwuguha nimba umuti wawe urimwo mu yitangwa n'Ubuvuzi bwa UNM canke ubuvuzi hanze y'akarere (UNM care or Out of county care).

4. Ni ibihe bikorwa **bitari** gufashwa n'Ubuvuzi bwa UNM canke ubuvuzi hanze y'akarere (UNM care or Out of county care)?

Ubuvuzi bwa UNM n'ubuvuzi hanze y'akarere (UNM care and Out of county care) nti **bifasha** –

- x Inyandiko za muganga zuzurijwe hanze y'ibitaro UNM
- x Kubaga bijanye no kurondera ubwiza
- x Imigambi n'ibikorwa vy'irondoka nka –
  - Kubaga gukuraho vasectomy (vasectomy reversal)
  - Uburyo bwatoranijwe bwo kurangiza gutwara inda (gukuramwo inda)
  - Gupima no kuvura bijanye nivyo gutwara inda
- x Ibikorwa vya ruseha abaniha
- x Ibikoresho vyo kwa muganga nk'ibitanda, inkoni, ibikono vya oxigene bigurirwa hanze y'ibitaro vya UNM. Ubu bwoko bw'ibikoresho vyitwa ibikoresho biramba (DME).

Umukuru w'ibitaro n'uwujejwe ubuvuzi mu bitaro vya UNM barashobora gufata ingingo yo kworosha uko bidasanzwe.

5. Ni gute nosaba gufashwa n'Ubuvuzi bwa UNM canke ubuvuzi hanze y'akarere (UNM care or Out of county care)?

Intambwe ya mbere ni ukuzuza urupapuro rubigenewe. Gukora ivyo, ubwirizwa guhamagara **505 272-2521** ngo usabe umubonano n'uwujejwe igisata co gufasha umugwayi mu vy'amahera. Ushobora Kandi kwisabira umubonano wewe nyene uciye kuri terefone. Iyo uhuye n'uwuguserukira (mubonana canke kuri terefone) bazogufasha Kwuzuza igipapuro kibigenewe.

Iyo uronse umubonano, uwuguserukira azogufasha kuzuza ivyo kwitabwaho vy'Ubuvuzi bwa UNM canke ubuvuzi hanze y'akarere (UNM care or Out of

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county care). Bazokumenyesha kandi impapuro zishigikira zikenewe uzotangana n'ico gusaba.

Hanyuma hakurikira iki?

Tuzoraba neza ivyo wasavye hanyuma turabe ko ukwiriye Ubuvuzi bwa UNM canke ubuvuzi hanze y'akarere (UNM care or Out of county care). Ni hagira ayandi makuru tugukenerako, tuzokumenyesha.

Tuzobikwibwirira canke tuguhe ikete, (kumenyesha vyanditse) rikubwira ko ivyo wasavye vyemewe. Tuzoguhamagara mu gihe ubusabe bwawe babuhakanye. **Uzoronka inyishu bitarenze imisi 15 kuva turonse ubusabe bwawe bwuzuye.**

Nimba hari impapuro zimwe zibura, ufise imisi 30 italiki urupapuro rwitwa "Urwisuzuma" wahawe n'uguserukira utange izo mpapuro.

Mu gihe ubusabe bwawe babwanse kubera utakwije ibisabwa ushobora kwanka iyo ngingo.

6. Ndashobora gusaba guhura n'igisata c'ubutunzi kijejwe abarwayi mu gihe mudafise nomero ya fishi yo kwa muganga?

Iyo umaze kuba ufise **fishe yo kwa muganga (MRN)** n'ibitaro vya UNM, ushobora gusaba guhura n'igisata c'ubutunzi gifasha abarwayi.

Niwaba utaragira MRN n'ibitaro vya UNM, **ntaco bitwaye.** Ubwire gusa ico gisata c'ubutunzi kijejwe gufasha abarwayi ko ukeneye MRN aho uhamagara ngo usabe guhura nabo.

7. Sindi umunyagihugu wa Amerika Ndashobora gukomeza ngasaba kwemererwa n'Ubuvuzi bwa UNM canke ubuvuzi hanze y'akarere (UNM care or Out of county care) ku mwana wanje canke jewe ubwanje?

Ego! Uwariwe wese akwije ibisabwa n'umugambi ashobora gusaba (raba ikibazo ca 2). Ikirango cawe c'abinjira **ntabwo** kijamwo mu bisabwa kandi **kitari** mu bifatirwako munzira yo gufata icemezo co kwemeza canke guhakana ubusabe.

New Mexico yatoye itegeko mu 2021 rivuga ko abenegihugu bose (uko abimukira baba bameze kose) bashobora gusaba neza umugambi w'ubufasha nk'Ubuvuzi bwa UNM canke ubuvuzi hanze y'akarere (UNM care or Out of county care), kandi ntibashobora kwankirwa kwinjira kubera igihagararo ciwe c'abimukira. Ushobora gusanga iryo tegeko hano www.nmlegis.gov/Sessions/21%20Regular/bills/hoU.S.e/HB0112.html.

Kugira urinde ivy'ibanga vyawe, **ntitubaza ivyerekeye icemezo c'abimukira cawe**. Ntitwigera dushiramwo icemezo c'abimukira mu busabe bwawe. Iyo uwariwe wese agusavye amakuru canke impapuro yerekeye ubwimukira, usabwe guhamagara 505 272-2121.

8. Hamwe ndonse imfashanyo iva mu buvuzi bwa UNM canke ubuvuzi hanze y'akarere (UNM care or Out of county care), ivyo bizotuma harico vyonona mu bwimukira bwanje?

Oya, Kudakoresha Ubuvuzi bwa UNM canke ubuvuzi hanze y'akarere (UNM care or Out of county care) **ntibizotuma** ubwimukira bwawe ufise ubu buhungabana canke muri kazoza bigora gushira ku gihe ubwimukira bwawe.

Imiryango imwe imwe igira uruhagarara rwo kuronka ubufasha buva mu buvuzi bwa UNM n'ubuvuzi hanze y'akarere bishobora guhungabanya ubwimukira bwabo kubera amahera asabwa mu bipimo vya leta. Kubera imigambi yo gufasha y'Ubuvuzi bwa UNM n'ubuvuzi hanze y'akarere (UNM care and Out of county care) ari iyijanye n'amagara y'abantu, kuyishikako wewe nyene ubwawe canke Abana bawe ntibizohungabanya ubwimukira bwawe. (Ntibizofatwa nk'inyungu iri musi y'itegeko rya leta.) Ushobora gusaba no kwemera imfashanyo y'iyi migambi utekanye ata gutinya.

9. Ndashobora gusaba Ubuvuzi bwa UNM canke ubuvuzi hanze y'akarere (UNM care or Out of county care) mu gihe umukoresha wanje arungika ubwishingizi bwo kwa muganga?

Ego! Mugihe co kumenya ivyangombwa bisabwa, turaba gusa ingano y'inzu nk'ayinjira, Nimba uronse ubwishingizi kukazi kawe, urashobora gusaba Ubuvuzi bwa UNM canke ubuvuzi hanze y'akarere (UNM care or Out of county care). Iyo migambi yose ishobora kugufasha kuriha igiciro igafatanya kuriha amahera y'ivyihuta n'ibindi vy'amagara kwa muganga ushobora gukenera. Ntubwirizwa kwakira ubwishingizi bwo kukazi. Ariko mu gihe ari Ubuntu twogusaba kubwakira.

10. Ndonka SNAP, TANF, na/canke WIC. Ivyo bizohungabanya ubusabe bw'Ubuvuzi bwa UNM canke ubuvuzi hanze y'akarere (UNM care or Out of county care)?

Niwaba ubu uronka ubufasha bwa New Mexico SNAP, TANF, na/canke WIC, umaze kuba ufise ibikwiriye kubijanye nibisabwa kuyo winjiza kubw'Ubuvuzi bwa UNM canke ubuvuzi hanze y'akarere (UNM care or Out of county care). Ubwo rero, ntugikeneye kubanza kwerekana uko winjiza amahera mu gihe usaba. Ariko uzotegerezwa kwerekana ko uhabwa SNAP, TANF, na/canke WIC.

Ushobora gukora ivyo mu gutangira hamwe **rumwe muri izi** mpapuro hamwe n'ivyo gusaba –

- ✓ Ikete rivuye mu gisata c'abakozi ryerekeye ivyo uronka
- ✓ Iivyemezo vyo kuronka ubwo bufasha
- ✓ Amafoto y'ivy'ubwo bufasha kuri EGO ku rubuga rwa NM

11. Ni izihe mpapuro nkeneye kurungika mu gusaba ku buvuzi bwa UNM canke ubuvuzi hanze y'akarere (UNM care or Out of county care)?

Tubwirizwa gusuzuma uwo uriwe, aho Uba, n'amahera winjiza. Rero turagusaba gutangana hamwe n'ubusabe zimwe mu mpapuro zo gushigikira kugira bidufashe kubikora.

Urinde (Akarangamuntu)

Turagusaba kurungika urupapuro rusuzuma karangamuntu yawe. Ushobora kurungika urupapuro rw'inzira (Igihugu icarico cose), uruhusha rwo gutwara imodoka, ikarata karangamuntu canke ubundi buryo bwo kukudondora. Ushobora gusuzuma kuvyerekeye impapuro zemerwa uciye ku rubuga.

Menya neza –

Dusaba icemezo ca karangamuntu kuko dushaka kumenya uwo uri no kwemeza kwari wewe. **Ntubwirizwa** kuba umunyamerika kugira wemererwe kuronka ubufasha bw'Ubuvuzi bwa UNM canke ubuvuzi hanze y'akarere (UNM care or Out of county care). **Ntubwirizwa** kutubwira ubwimukira bwawe ntitunabikubaza. **Ntibigira** ico bikorako mu kwemererwa kwawe n'Ubuvuzi bwa UNM canke ubuvuzi hanze y'akarere (UNM care or Out of county care).

Udafise urupapuro rusuzuma karangamuntu yawe, ntaco — bitumenyeshe. Tuzokorana nawe ngo tubitorere Umuti.

Uba hehe (Aho Uba)

Tugusaba kurungika urupapuro ruriko izina n'aho uba. Wibuke ko ubwirizwa kuba uba mu Gisagara ca Bernalillo canke Igisagara ca Sandoval kugira wemererwe n'Ubuvuzi bwa UNM, ariko ushobora gusaba kwemererwa n'ubuvuzi hanze y'akarere iyo uba ahandi hantu. Ushobora kurungika impapuro zo kwishurirwako, ama fagitire, ubwishingizi bw'imodoka, canke izindi mpapuro zifise zose amazina yawe n'aho uba vyanditseko.

Niwaba udafise igipapuro gisuzuma aho uba ntaco — ariko bitumenyeshe. Tuzokorana nawe dutore umuti.

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Ukorera amahera angahe (Amaronko)

Turagusaba kurungika igipapuro vyerekana ayo abo munzu yawe binjiza. Tugomba kumenya ayo ukorera hamwe n'ayo buri umwe munzu yawe akorera ku kwezi. Ushobora kurungika, impapuro zo kwishurirwako, ibijanye na tagisi, ama kete yo bwitegekanirize kazoza, ivy'abakukuruke, Ibiro vy'ubuhinde n'izindi mpapuro zishobora kwerekana amahera buri wese mu nzu yawe akorera harimwo nawe.

Udafise izi mpapuro, tugusavye ubitumenyeshe. Tuzokorana nawe kugira dutore umuti.

Ni angahe ufise muri Banki yawe n'ayari mu mitahe (Imitungo)

Turagusaba ivyemezo vy'ayari muri Banki n'ayo ari mu mitahe. Mu kwemererwa n'Ubuvuzi bwa UNM canke ubuvuzi hanze y'akarere (UNM care or Out of county care), ntubwirizwa kuba urenza $20,000 yose hamwe muri banki (ideni n'ayo wazigamye) n'imitahe. Ushobora kurungika icemeza gishasha kuvyerekeye abakijwe, ayazigamwe, n'imitahe ufise.

Ntituzogusaba kubikuza ayo wabikiye izabukuru, n'ivyemezo vy'ayo wabikije (CDs) ngo uze kuriha ubuvuzi bwawe. Ariko nimba waramaze kubikuza muri uyu mwaka canke ayo mahera yariyongereye uyu mwaka (ibi bisiguye igenekerezo ryashitse aho umutahe wawe ukwiye kurungikwa), ayo mahera azoharurwa muyo winjiza.

Inzu yawe, imodoka n'amahera y'izabukuru ntajamwo. Ntubwirizwa kurungika ibipapuro vy'ivyo.

12. Hari ibidasanzwe mu vyemezo vy'ayo winjiza?

Ego. Nimba uronka SNAP, TANF, canke inyungu za WIC, umaze kuba ufise ibikwiriye vy'ayinjira mu kwemererwa n'Ubuvuzi bwa UNM (UNM care) kandi ntubwirizwa kwemeza ayo winjiza. Niwaba udafise aho Uba canke uri mu bihombo, umaze kuba ufise ibikwiriye mu vyo ayo winjiza ntubwirizwa kuvyerekana ukundi.

Ariko turagusaba kuduha amakuru y'ivyakubayeko, nimba bikenewe. Akarorero –

- Nimba uronka SNAP, TANF, na/canke WIC, ubwirizwa kurungika ikete Riva mu gisata c'abakozi (HSD).
- Niwaba utagira aho uba, urungika ikete ry'uwufasha muvyo urimwo, canke mu gisata c'abanyagihugu bakuzi neza. Akarorero-k'ikete kariho ku rubuga rw'uwugufasha kuyikoresha muvyo wasavye.
- Niwaba mu gihombo ca banki, ushobora gukenera ibipapuro vya sentare.

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Udafise na kimwe murizi mpapuro, utumenyeshe. Tuzokorana nawe dutore umuti.

13. Ubuvuzi bwa UNM canke ubuvuzi hanze y'akarere (UNM care or Out of county care) zizoriha ama fagitire yose ava mu bitaro canke amavuriro hanze y'aya UNM?

Oya. Ubuvuzi bwa UNM canke ubuvuzi hanze y'akarere (UNM care or Out of county care) **ntizizoriha** –

- x Ubuvuzi canke kwitabwaho bwose uzoronka **hanze** y'ibitari vya UNM.
- x Ubuvuzi bwose canke kwitabwaho woronkera ku bitaro vya UNM (bivuzwe musi). Ubu buvuzi ntiburi kimwe n'ibitaro vya UNM n'ubwo bimwe murivyo bifise izina rya UNM.
    - Ivuriro Truman
    - Ivuriro ryo kugorora ubumuga
    - Ivuriro ryitaho uruvyaro
    - Ivuriro ry'ubuzima UNM
    - Ivuriro ry'ivyambere UNM
    - Ivuriro ripima ivy'uturemangingo

14. Ni gushika ryari nshobora gufashwa n'Ubuvuzi bwa UNM canke ubuvuzi hanze y'akarere (UNM care or Out of county care)?

Ushobora gufashwa na **Ubuvuzi bwa UNM (UNM care)** kugera **umwaka 1**. Ikiringo c'umwaka 1 gutangura igihe twemereye ubusabe bwawe. Inyuma y'umwaka 1 ushobora gusaba kandi. Inzira yo gusaba iroroha kandi ikihuta.

Kuri **Ubuvuzi hanze y'akarere** ushobora gufashwa **amezi 6**. Ikiringo c'amezi 6 gitangurira aho ubusabe bwawe bwemerewe Inyuma y'ayo mezi 6, ushobora gusubira gusaba.

15. Mbega iyo mfise fagitire zimbere ko nemererwa naho?

Nimba uronsee ubufasha bw'ubuvuzi (umwanya wo kwivuza) mugihe ca **amezi 6 mbere** wemerewe kwita ku buvuzi bwa UNM canke ubuvuzi hanze y'akarere (UNM care or Out of county care), turashobora gufasha kwishura ikiguzi c'ivyo wakorewe igihe kirekire nk'uko ubufasha bwari –

- ✓ Ubuvuzi bukenewe (ivyo gufasha ivyihuta wokenera).
- ✓ Wakiwe kuri UNM canke ahandi.

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16. Mbega mugihe noba nkeneye ubuvuzi kandi nkirindiriye kwemererwa?

Ushobora kwitura ibitaro vya UNM mu gihe ukirindiriye kwemererwa kandi tukwishurira igiciro mu gihe uzokwemererwa Ariko utemerewe, niwewe uzokwirihira vyose. (Raba akabazo ka 18 mu vyo kugabanirirzwa amahera n'uburyo bwo kuriha.)

Canke ushobora kwanka iyo ngingo. Iyo wankiwe, turakurungikira ikete risobanura impamvu. Uhisemwo kwanka iyo ngingo tuzosubiramwo kwiga ivyawe. Ushobora kuraba ivyo kwanka ingingo ku rubuga.

17. Nshobora kuronka impapuro z'Ubuvuzi bwa UNM n'ubuvuzi hanze y'akarere (UNM care and Out of county care) nivyerekeye amahera muzindi ndimi?

Ego! Niwaba ushaka izi mpapuro muzindi ndimi, raba ku rubuga rwacu. Nyishi murizi **zarahinduwe** kandi zirahari kubwawe.

Niwaba uvuga urundi rurimi ukeneye **ugusobanurira**, turagusavye tubwire! Turafise abasobanura umuntu kuwundi no ku banyamerika bakoresha ibimenyetso, ikiespnyore, Navajo na vietnam. Dushobora no kuguhuza n'uwusobanura n'amashusho yo mu ndimi nka zose. Ugusobanura ni ku buntu. Ni uburenganzira bwawe kuronka ugusobanurira mu rurimi rwawe.

18. Ubusabe bwanje bw' Ubuvuzi bwa UNM canke ubuvuzi hanze y'akarere (UNM care or Out of county care) bwoba ari ibanga?

Ego! Ubusabe bwawe n'amakuru yose warungitse mu nzira yose yo gusaba ni ibanga. Ibitaro vya UNM ntibizirungikwa ahandi? Ayo makuru azokoreshwa na n'ibitaro vya UNM kandi **ntazohabwa** uwundi muntu wa gatatu hanze y'Ibitaro vya UNM.

19. Mbega hamwe ntemerewe naho Kandi ntafise amahera akwiye yo kwirihira ubuvuzi?

Uba muri New Mexico ukaba utemerewe ku Ubuvuzi bwa UNM canke ubuvuzi hanze y'akarere (UNM care or Out of county care), ukaba udafise ubwishingizi bwo kwa muganga uca uronka ubwo nyene **igabanirizwa ry'ibiciro**.

Iryo gabanirizwa ry'ibiciro ni 45 kw'ijana (45%) kubikorwa vyose uhawe kwa muganga. Ivyo rero, hamwe n'igabanirizwa, ayo uriha aca agaburwamwo kabiri ku mahera ya mbere.

Turashobora kandi kugufasha gushiraho **uburyo bwo kwishura** bugufasha kwishura fagitire yawe yo kwivuza buhoro buhoro, aho kubigirira rimwe. Tuzogufasha kimwe gukora Kandi amahera yawe Kandi ntihagire inyungu baguca. Hamagara 505 272-2521 ku makuru arambuye n'uburyo bwo kuriha.

20. Ni gute noronka amakuru canke ngo mfashwe mu nzira yo kwemererwa.

Ushaka amakuru yandi canke ukeneye ubufasha kuvyerekeye ibi ushobora:

Kuja ku rubuga

Ja kuri https://unmhealth.org/patients-visitors/billing-insurance/ ku yandi makuru ajanye n'Ubuvuzi bwa UNM n'ubuvuzi hanze y'akarere (UNM care and Out of county care). Uzohasanga Kandi amakuru yo gusaba Ubuvuzi bwa UNM (UNM care), amategeko yo gufasha, ibindi bipapuro bifasha gusobanuro izi mpapuro.

Duhamagare

Hamagara **505 272-2521** canke **877 909-6661** (kubuntu) kuwambere gushika kuwa gatanu kuva 8:00 zigitondo gushika 5:00 y'umugoroba. Ukeneye uwusobanura, tumenyeshe Abasobanura barahari hafi mu ndimi zose

Turabe hano

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