

ADEEGYADA DARYEELKA CAAFIMAADKA

Daryeelka Caafimaadka, Araga iyo Ilkaha ee Dadka waawayn ee Danyarta ah

Hadaad wax su'aalo ah qabto, toos ua xariir barnaamijka:

Wixii macluumaad dheeri ah oo kusaabsan Barnaamijyada Columbus Public Health, booqo www.publichealth.columbus.gov si aad uhesho noocii ugu danbeeyay ee liiskaan.

CAAFIAD LACAG LA'AAN AH - ISNIINTA

Ururka Caafimaadka ee Columbus

Physicians Care Connection (oo horay loo oranjiray Physicians Free Clinic)

Sharaxaad: Xarun Caafimaad oo lacag la'aan lagusoo galo. Wax balan ah in ladhigo looma baahna. **Aqoonsiga ID ga oo sawir leh ayaa lagaa rabaa.** Mabixiso daryeel isdaba joog ah, shaqo, dugsi ama jimicsiyada jirka. **Waa inuu qofku yahay mid dagan Dgemada Franklin, uusan caymis lahayn uuna kujiro fakhri dhan 200% ama kasii hoos (siduu soosheego).** Anagoo kaashanayna Columbus Public Health, waxaa jiro baaritaanada HIV/STI oo lacag la'aan ah lana qabto habaynka Isniinta ah.

Goobta: Columbus Public Health, 240 Parsons Ave., Columbus, OH 43215

Saacadaha: **Fiidadka maalinta Isniinta ah.** Diinwaangalintu waxay bilaabmataa 4:30 p.m fadlan ha imaan xarunta kahor 4:30 p.m.

Majiraan adeegyo caafimaad xiliyada fasaxa ah ama marka Columbus Public Health ay xirantahay.

Telefoonka: (614) 240-7430

Webka: <https://www.columbus.gov/publichealth/programs/Physician-s-Free-Clinic/>

Adeegyada Bulshada Asian American iyo Xarunta Caafimaadka ee OSU

Xarunta Caafimaadka Lacag la'aanta ah e Bulshada Asianka

Sharaxaad: Daryeel caafimaad oo bilaash ah oo loogu adeegaayo baahiyaha bulshada Asianka ah. Turjumaanada luuqada Asianka aya diyaar ah markii loobaahdo. Waxay bixisaa daryeelka caafimaad oo joogto ah. Majiraan daryeel dhanka jiicsiga ah. Majiraan soogalitaano bilaa balan ah.

Saacadaha: **Fiidka Isniinta 5:30-9 p.m.** wac si aad balan uqabsato

Goobta: 2231 North High St.-1st floor, Columbus, OH 43201

Telefoonka: (614) 220-4023, ext. 224.

Xarunta Caafimaadka Bilaashka ah ee Xenos Fourth Street

Sharaxaad: Xenos Christian Fellowship waxay daryeel caafimaad bilaash ah siisaa dadka leh Medicaid/Medicare ama kujira caymiska gaarka looleeyahay kuna nool xaalad fakhri oo kahoosaysa 200%. Fadlan xarunta imoow 5:30, hadba qofkii so hormara, ayaa marka koobaad loo adeegayaa. Waxaan kusiin karnaa shaybaar iyo gudbinta aan kuugudbinayno dhakhaatiirta kale ee bilaashka ah. MA bixino dugsi, shaqo ama isboortis jir dhis ah, naafonimo, social security, magdhawga shaqaalaha ama nooc kasta oo kale oo caymisyada naafada kamid ah, STD ama baaritaanka uurka. Xarumaha caafimaadku way xiranyihiin xiliyada fasaxa wadanka oo ku aada maalmaha Isniinta ah.

Goobta: 1934 N. Fourth St., Columbus, OH 43201

Saacadaha: **1da iyo 3da fiidadka maalmaha Isniinta ah.** 12 bukaan ayaa laqaabilayaa hadbay siday usoo kalahoreeyaan, ayaa adeegga loosiinayaa. Bukaanadu waa inay xarunta soogalaan inta udhaxaysa 6 iyo 7 p.m. qasab maaha inay balan qabsadaan.

Telefoonka: (614) 823-6510, ext. 1840.

Xenos Physical Therapy Clinic

Sharaxaad: Xenos Christian Fellowship waxay daryeelka jirka siisaa dadka leh Medicaid/Medicare ama kujira caymiska gaarka looleeyahay kuna nool xaalad fakhri oo kahoosaysa 200%. Fadlan xarunta imoow 5:30, hadba qofkii so hormara, ayaa marka koobaad loo adeegayaa. Xarumaha caafimaadku way xiranyihiin

xiliyada fasaxa wadanka oo ku aada maalmaha Isniinta ah.

Goobta: 1934 N. Fourth St., Columbus, OH 43201

Saacadaha: **1da fiidanka maalmaha Isniinta ah.** 6 bukaan ayaa laqaabilayaa hadbay siday usoo kalahoreeyaan, ayaa adeegga loosiinayaa. Bukaanadu waa inay xarunta soogalaan inta udhaxaysa 6 iyo 7 p.m.

Telefoonka: (614) 823-6510, ext. 1840.

XARUMO CAAFIMAD LACAG LA'AAN AH - TALAADADA

Ururka Caafimaadka ee Ohio Latino iyo Xarunta Caafimaadka ee OSU

Xaunta Caafimaadka Bilaashka ah ee Latino – La Clinica Latina

Sharaxaad: Caafimaad bilaash ah oo loogu talagalay dadka ku hadla af Isbaanishka. Waxay bixisaa daryeel caafimaad oo joogto ah, oo iskudhahan ayna kujiraan daryeelka xubnaha taranka ee haweenka. (Majiro daryeelka OB). Waxay sidoo kale bixisaa daryeelka ilkaha. Dhakhtarka caafimaadka, kan ilkaha iyo shaqaaluhuba dhamaan waxay ku hadlaan Isbaanish. **Waxaad kaliya kuhelaysaa balan inaad qabsato, wac si aad balan uqabsato.**

Saacadaha: **Talaado kasta, 5:30-7:30 p.m.** Wac si aad uhesho taariikaha laheli karo ama booqo <http://laclinicalatinaoh.com/> ama <https://www.facebook.com/laclinicalatinaoh> si aad faahfaahin dheeri ah uhesho.

Goobta: 2231 North High St., Columbus, OH 43201

Telefoonka: (614) 349-1038

Xarunta Caafimaadka Bilaashka ah ee Vineyard—Waxay kutaalaa Cooper Road

qexidtaan: Daryeel caafimaad--Soogalitaan bilaash ah **waxayna kudhexaalaa Xarunta Bulshada. Hadda waxay u adeegtaa dadka aan caymiska lahayn xaqana uleh Medicaid iyo Medicare ahna dad danyar oo kujira heerka fakhriga oo kahooseeya 200%.** (Majiraan Medicare ama arnaamijyada kale ee daryeelka caafimaadka awladu bixiso oo uqalma xaruntaan.) Baaritanada iyo daawaynta xanuunada. Masamayso baaritaanada shaybaarka, duritaano ama raajatooyin. Xarunta caafimaadku mabixiso daryeel joogto ah. Adeegyada jimicsiga caadiga ah ayaad helaysaa adoo wacaaya 614-259-5428 kahor intaadan xarunta caafimaadka soogalin. Waa xarun kiristaan leeyihiin.

Goobta: 6000 Cooper Rd., Westerville, OH 43081

Saacadaha: **Maalin KASTA oo Talaado ah fiidkii bishiiba.** Soogalitaanku wuxuu bilaabmayaa 4 p.m. Laynka waxaa lasoo galaa xili hore.

Telefoonka: 10 -12 bukaan ayaa laqaabilayaa hadbay siday usoo kalahoreeyaan, ayaa adeegga loosiinayaa. (614) 259-5428

Grace Clinic

Sharaxaad: Xarun Caafimaad oo lacag la'aan lagusoo galo. Waa xarun diimeed. Waxay kutimid iskaashi ay sameeyeen East Side Grace Brethren Church iyo Grace Fellowship of Pickerington. Grace Clinic waxay ushaqaaysaa sida adeegga daryeelka degdega ah waxayna bixisaa daryeelada jirka ee dugsiya iyo ciyaaraha. Dhakhaatiirteeda ayaa kuuqori kara daawo, laakiin ma awoodaan inay tolniin ama cirbado kugu dhuftaan.

Goobta: East Side Grace Brethren Church, 7510 E. Broad St., Blacklick, OH 43004

Saacadaha: **1da 3da Talaadada** bil kasta, 6-8 p.m.

Telefoonka: (614) 861-5810

Linworth Free Clinic

qexidtaan: Caafimaadka soogalitaan bilaasha h ayay siisaa dhamaan da'aha kaladuwan. Waa xarun diimeed. **Hadda waxay u adeegtaa dadka aan caymiska lahayn xaqana uleh Medicaid iyo Medicare ahna dad danyar oo kujira heerka fakhriga oo kahooseeya 200%.** Waxaa kashaqeeya dhakhaatiir mutadawaciin ah, kalkaalisooyin iyo shaqaalah dinta waxayna bixisaa adeegyada shaqada kahor iyo daryeelka jirka ee dugsigu, iyo sidoo kale booqanshooyin dadka xanuunsan ugu tagaan dhakhtarka. **Albaabada ayaa loofuraa si dadku usoo galaan markay saacadu tahay 6 p.m. dhakhtarkuna wuxuu bilaabaa inuu bukaanada qaabilo markay saacadu tahay 6:30 p.m.** Hadba siday usoo kalahoreeyaan, ayaa loogu adeegayaa. Ilaa 10 bukaan ayaa laqaabilayaa. Majiraan shaybaar ama daawo lagu siinaayo.

Goobta: Smokey Row Brethren Church, 7260 Smoky Row Rd., Columbus, OH 43235

Saacadaha: 4ta Talaadada bilkasta marka laga reebo bisha Diseembar)

Telefoonka: (614) 442-5722

XARUMO CAAFIMAD LACAG LA'AAN AH – ARBACADA

Xarunta Caafimaadka Bulshada ee Noor

Sharaxaad: Waa xarun caafimaad bilaash ah biisa looguna talagalay shaqsiyaadka uqalma oo qarashka qoyskoodu kahooseeyo 200% cabirada fakhriga aana xaqa ulahayn Medicare, Medicaid ama caymis kale oo caafimaad. Xaruntu waxay bixisaa daryeel caafimaad oo joogto ah, ayna kujiraan baaritaano iyo daawaynta xanuunada aan xaalada degdega ahayn. Mabixiso xaruntu talaalada, baaritaanada TB da, daryeelka ilkaha ama daryeelka hooyada. Xarunta waxaa kashaqeeya dhakhaatiir Mutadawaciin ah oo Muslim ah oo reer Ohio ah iyo khubaro caafimaad.

Saacadaha: **Habaynada Arbacada ah, 5-9 p.m.** La iskaasoo gai karo, waxaa qasab ah inaad balan hore qabsato. **Wac si aad balan uqabsato kadibna magacaaga iyo nambarka lagaalaso xariiraayo ureeb. Iskuduwaha arunta caafimaadka ayaa kusoo wacaaya maalinta Isniinta ah ama Talaadada si jadwal laguugu sameeyo.** Fadlan kaliya halmar wac. 12-15 ayaa laqaabilayaa fiid kasta.

Goobta: OSU Rardin Family Practice Center, 2231 North High St.-1st floor, Columbus, OH 43201

Telefoonka: (614) 516-3075

Email: noonclinic@gmail.com

Vineyard Community Church —Reynoldsburg/Etna

Sharaxaad: **Habayn kasta oo Arbaco ah,** waxaa noojooga dhakhtar caafimaad iyo kalkaalisooyin udiyaar ah inay daryeel caafimaad oo bilaash ah kusiiyaan. Daawooyin ayaa lagu qori karaa waxaana kusiinaynaa kaarka hadiyad ah oo ay kujirto \$4 si aad ugu iibsato daawada muddo hal bil ah. Mabixino daawooyinka maandooriyaasha, wax daawooyin ahna nooma yaalaan xarunta. **Maalin kasta oo Arbaco ah,** waxaan bixinaa baaritaan bilaash ah oon kusamayno uurka, ultrasound bilaasha h iyo casharo bilaash ah oo laxariira uurka. Waxaan sidoo kale xaaladooda lasoconaa

hooyooyinka waxaana kulano uqabanaa qoysaska.

1da Maalinta Arbacada ah kaliya: Adegyda waxaa kamid ah daryeelka araga, caawimaad sharci, maaraynta dhaqaalaha, canshuuraha (Feebaraayo-Abriil) iyo dayactirka kumbuyuutarka. Waxaan sidoo kale bixinaa dayactirka baskiilada oo bilaash ah, waxaan kudeeqnaa baaskiilo (markaan heli karno), tababarka rabaayadaynta eeyda (May-Oktoobar) habayn daryeel caafimaad lagu siinaayo, iyo dayactirka kumbuyuutarka oo lacag la'aan ah. Halkii qof wuxuu heli karaa HAL xarun caafimaad habaynka Arbacada. Waa xarun kiristaan leeyihiin.

Goobta: 15187 Palmer Rd. SW, Reynoldsburg/Etna, OH 43068

Saacadaha: 6:30-8:30 p.m. qasab maaha inaad balan qabsato. Dadka waxaa loogu adeegaa hadbay siday usoo kalahoreeyaan, ayaa adeegga loosiinayaa.

Telefoonka: (740) 927-7729

Webka: <https://www.vineyard05.com/free-clinics.html>

XARUMO CAAFIMAD LACAG LA'AAN AH – KHAMIISTA

Xarunta Caafimaadka Iyo Fayadhawrka ee Helping Hands

Sharaxaad: Waxay daryeel caafimaad siisaa dadka waawayn ee 18 sano kawayn oo kujira ama kahooseeya heerka 200% ee fakhriga daran kuwaasoon lahayn wax caymis ah, aan caymis buuxa lahayn raadinaayana xarun caafimaad laga siiyo. Waa xarun diimeed. Dalabka bukanada ee adeeggu waxay kuxirantahay baahiyaha ay qabaan. Waxay bixisaa daryeel caafimaad, chiropractic, dryeelka jirka, talo bixin, ugudbinta adeegyada aragga iyo ilkaha, baaritaanka xanuunka macaanka iyo baaritaanada cagaha, wacyi galinta bukaanka, daawo iyo adeegyada shaybaarka o lasiiyo bukaanada Helping Hands, Bangiga Gunada, adeegyada bulshada iyo tusmaynta ruuxiga ah. Fiiri jdwalkooda oonleena ah. Deeqaha waa la aqbalayaa. Turjumaano ayaa jooga hadaad xili hore nasoo wacdo.

****Shaqada iyo adeegyada jirka ee dugsiga waxaa lasameeyaa KALIYA maalinta Jamcada.**

****Baaritaanada TB waxaa kaliya lasameeyaan maalmaha Arbacada ah kahor adeegyada Jamcada, \$8 oo tabarucaad ah. 10 a.m.-2 p.m.**

Goobta: 1421 Morse Rd., Columbus, OH 43229

Saacadaha: **2 Jamce iyo 2 Khamiisood bishiiba.** Diiwaangalintu waxay bilaabantaa 2:30 p.m. wac 614-262-5094 si aad uhesho maalmaha daryeelka caafimaad lasamaynaayo ama aad uhubiso kalaandarka adoo kafiirinaaya www.helpinghandsfreeclinic.org.

Telefoonka: (614) 262-5094

Email: helpinghandsfreeclinic@hotmail.com

Xarunta Caafimaadka ee OSU - Xarunta Caafimaadka Bilaashka ah ee Columbus

Sharaxaad: Waa xarun bilaa balan lasoo gali karo oo bixisa daryeel joogto ah.

Saacadaha: **Kaliya fiidanka Khamiista.** Waad wici kartaa ama waxaad iskaqori kartaa oonleena. Hadaad gudbisay codsigaaga balanta si oonleena ah, waxaa kulasoo xariiraaya mid kamid ah mutadawaciinta fiidka maalinta Arbacada ah si uu kuugu qabto waqtiga aad soogalaysa xarunta. Fadlan noosheeg nambarka taleefanka aad markasta haysato si aan kuulasoo xariirno xiligaan. Xaruntu waxay balamaha bixisaa markay tahay 5:30, 6:30 iyo 7:30 p.m. Xaruntaan caafimaad mabixiso talaalada, daawooyinka xanuunka, baaritaanada jirka, STD, HIV ama baaritaanka TB, ama daryeelka hooyada. (Fiiri bogaga 8, 14 iyo 15 si aad uhesho macluumaad kusaabsan xarumaha caafimaadka ee CPH oo adeegyadaas bixiya).

Waxaan kaliya qaabilnaa bukaanada soolaabta halmar 4 asbuuc ba.

Goobta: 2231 North High St., Columbus, OH 43201

Telefoonka: (614) 404-8417

Webka: www.ColumbusFreeClinic.com

Xarunta Caafimaadka Bilaashka ah ee Victory Ministries

qexidtaan: Waxay biixsaa daryeel caafimaad oo bilaash lagusoo galaayo looguna talagalay dadka aan caymiska lahayn iyo kuwa kujira Medicaid ama uqalma Medicaid oo leh qarash kusiman ama kahooseeya 200% heerka fakhriga. Waxaa xarunta maalgalisay Victory Ministries oo katirsan Center of Hope ee Whitehall taasoo u adeegta dhamaan bulshada kudhaqan Degmada Franklin. Waxaa kashaqeeya dhakhaatiir, kalkaalisooyin, iyo farmashiilayaal mutadawaciiin ah kuwaasoo baxsha daryeel caafimaad oo joogto ah, daawaynta xanuunada walaaca iyo macaanka, iyo sidoo kae booqashoyinka dadka xanuunsan. Dhakhaatiirta ayaa kuuqori karta daaqooyin waxaana kusiinaynaa kaarka hadiyad ah oo ay kujirto \$4 si aad ugu iibsato daawada muddo hal bil ah. Dadka uma qorno daawooyinka maandooriyaasha, wax daawooyin ahna nooma yaalaan xarunta. Cunto kulul oo lakariyay ayaa lagu siinayaa. Turjumaada afka Isbaanishka ayaa diyaar ah. Qayb loogu talagalay diinta kiristaanka oo ay joogaan shaqaale kudaryeelaaya ayaa diyaar ah marka qofku ucodsado sababo cibaado.

Goobta: Center of Hope, 3964 E. Main St., Columbus, OH 43213

Saacadaha: **Khamiista 2aad bilkasta.** Fadlan imoow xarunta 5:30 p.m. si lagu diiwaangasho. Qaabilaada bukaanadu waxay bilaabmataa 6 p.m.

Telefoonka: (614) 252-2500

Webka: www.VictoryCenterofHope.org

XARUMO CAAFIMAD LACAG LA'AAN AH - JAMCADA

Xarunta Caafimaadka Iyo Fayadhawrka ee Helping Hands

Sharaxaad: Waxay daryeel caafimaad siisaa dadka waawayn ee 18 sano kawayn oo kujira ama kahooseeya heerka 200% ee fakhriga daran kuwaasoo lahayn wax caymis ah, aan caymis buuxa lahayn raadinaayana xarun caafimaad laga siiyo. Waa xarun diimeed. Dalabka bukanada ee adeeggu waxay kuxirantahay baahiyaha ay qabaan. Waxay bixisaa daryeel caafimaad, chiropractic, dryeelka jirka, talo bixin, ugudbinta adeegyada aragga iyo ilkaha, baaritaanka xanuunka macaanka iyo baaritaanada cagaha, wacyi galinta bukaanka, daawo iyo adeegyada shaybaarka o lasiiyo bukaanada Helping Hands, Bangiga Gunada, adeegyada bulshada iyo tusmaynta ruuxiga ah. Fiiri jwalkooda oonleena ah. Deeqaha waa la aqbalayaa. Turjumaano ayaa jooga hadaad xili hore nasoo wacdo.

****Shaqada iyo adeegyada jirka ee dugsiga waxaa lasameeyaa KALIYA maalinta Jamcada.**

****Baaritaanadka TB waxaa kaliya lasameeyaan maalmaha Arbacada ah kahor adeegyada Jamcada, \$8 oo tabarucaad ah. 10 a.m.-2 p.m.**

Goobta: 1421 Morse Rd., Columbus, OH 43229

Saacadaha: **2 Jamce iyo 2 Khamiisood bishiiba.** Diiwaangalintu waxay bilaabanta 2:30 p.m. wac 614-262-5094 si aad uhesho maalmaha daryeelka caafimaad lasamaynaayo ama aad uhubiso kalaandarka adoo kafiirinaaya www.helpinghandsfreeclinic.org.

Telefoonka: (614) 262-5094

Email: helpinghandsfreeclinic@hotmail.com

XARUMO CAAFIMAD LACAG LA'AAN AH – SABBIDA

Grace in the City – Hardin Clinic

Sharaxaad: Xarun Caafimaad oo lacag la'aan lagusoo galo. Waa xarun diimeed.

Goobta: 2052 Cleveland Ave., Columbus, OH 43211

Saacadaha: Subaxiyada Sabbida, 9 a.m.—duhurkii

Teleefoonka: (614) 294-6238.

XARUMO CAAFIMAD LACAG LA'AAN AH - AXADA

Xarunta Caafimaadka Iyo Fayadhawrka ee New Life

Sharaxaad: Dareel caafimaad oo bilaash lagusoo galaayo ayay siisaa dadka shaqeyda ee faqiirka ah yo kuwa aan hoyga haysan waxaana maalgaliso kaniisada New Life United Methodist Church. Quraac ayaa labixiyaa markay saacadu tahay 6:30 a.m. Qolka dharka la iskaga badalo oo bilaash ah ayaa sidoo kae diyaar ah maalmaha Talaadada iyo Arbacada laga bilaabo 9-11:15 a.m. Waa meel diimeed. Tusmayn ruuxi ah ayaa labaxshaa. Majirto shaqo ama shaybaar labaxsho.

Goobta: 25 W. Fifth Ave., Columbus, OH 43201

Saacadaha: Subaxyada Axada ah, 7-9 a.m. Looma baahna inaad balan qabsato. Hadba sidii loosoo kalahormaro, ayaa dadka loogu adeeggaa.

Teleefoonka: (614) 294-0134

Webka: www.newlifeunitedmethodist.org

BARNAAMIJYADA KALE EE BILAASHKA AH - MAALMO KALADUWAN

Nidaamka Caafimaadka ee Mt Carmel - Mt. Carmel Outreach Program

Sharaxaad: Macalin dhanka caafimaadka wareega ah ayaa booqanaaya xarumo horay loosii qorsheeyay si uu usiiyo daryeel caafimaad oo degdeg ah oo bilaash ah lana siinaayo dadka aan caymiska lahayn ama caymiska dhamaystiran lahayn.

Saacadaha: Wac si aad u ogaato xiliyada ay jiraan daryeelka caafimaad ee wareega.

Goobta: Wac si aad u ogaato goobaha laga samaynaayo daryeelka caafimaad ee wareega.

Teleefoonka: (614) 546-4200

Xarunta Caafimaadka Bilaashka ah ee Vineyard—Chiropractic - Cooper Rd.

Sharaxaad: **Chiropractic Clinic – Hadda waxay u adeegtaa dadka aan caymiska lahayn xaqana uleh Medicaid iyo Medicare ahna dad danyar oo kujira heerka fakhriga oo kahooseeya 200%.**

(Majiraan Medicare ama arnaamijyada kale ee daryeelka caafimaadka awladu bixiso oo uqalma xaruntaan). Waxay bixisaa baaritaan iyo daryeel lasiiyo dadka uu hayo adax xanuun, qoor xanuun, dhabar xanuun ama xanuunka kalagoysyada. Waa xarun kiristaan leeyihiin. Masamayso raajo.

Goobta: 6000 Cooper Rd., Westerville, OH 43081

Saacadaha: Waxaa kaliya lagu helayaa balan inaad qabsato.

Teleefoonka: (614) 259-5428 - Wac maalmaha Jamcada 10–10:30 a.m. si aad balan uqabsato.

XARUMAHA CAAFIMAADKA EE HEER FEDERAAL EE DADKA WAAWAYN IYO CARUURTA DANYARTA AH – Qarash ayaa la iskaqaadaa. Waxaa lagaa rabaa inaad balan qabsato.

PrimaryOne Health (Oo horay loogu yeeri jiray Columbus Neighborhood Health Center, Inc.)

Sharaxaad: Waxay bixisaa daryeel aasaasi ah oo casri ah, oo iskujir ah, ayna kujiraan OB/GYN iyo daryeelka caruurta, lana siiyo shaqsiyaadka iyo qoysaskaba. Qiimaha qarashka laga qaado waa mid kaladuwan waxayna kusalaysan tahay qarashka kusoo gala iyo xajmiga qoyska. **Cadadka lacgeed ee ugu yar ee ay qaybta kabixinayaan dadka aan lahayn caymiska waxaa lagu sharxayaa waqtiga aad balanta qabsanayso.** Waxay xaruntu aqbashaa inta badan caymisyada daryeelka, Medicare iyo Medicaid.

Saacadaha: Waxaa kaliya lagu helayaa balan inaad qabsato. Kafiiri webseetka saacadaha iyo goobaha shaqada: <http://www.primaryonehealth.org/locations/>

Goobaha: **East Central Health Center** - 1180 E. Main St., Columbus, OH 43205
Great Southern - 3781 S. High St., Columbus, OH 43207
West Side Health Center - 2300 W. Broad St., Columbus, OH 43204
St. Stephen's Health Center - 1500 E. 17th Ave., Columbus, OH 43219
Columbus Northeast Center - 3433 Agler Rd., Columbus, OH 43219
CNHC at Maryhaven - 1791 Alum Creek Dr. - Suite 100, Columbus, OH 43207
John Maloney Health Center - 1905 Parsons Ave., Columbus, OH 43207
Syntero/Dublin - 299 Cramer Ct., Dublin 43017
CNHC at Circleville - 600 N. Pickaway St. - Suite 300, MO Bldg., Circleville, OH 43113
Van Buren Location - 595 Van Buren Dr., Columbus, OH 43223

Telefoonka: Si aad uhesho xarumaha oo dhan, wac (614) 645-5500, riix #1 si aad balan uqabsato.

Xarumaha Caafimaadka Qoyska ee Heart of Ohio

Sharaxaad: Waxay siiyaan daryeelka aasaasiga iyo kan ilkaha dadka waawayn, saqiirada, caruurta, iyo dadka dpoowda ah iyo sidoo kale daryeelka hooyada e haweenka uurka leh. **Bukaanada aan caymiska lahayn waa laqaabilayaa.** Qarashka qiimo kaladuwan leh ayaa laga qaadayaa dadka adeegga uqalmaa (laxariir xafiiska codsiyada). Inta badan caymisyada waan aqbalna, ayna kujiraan Medicaid, Medicare, Molina, CareSource, United Health Care, Anthem, Aetna, iyo Medical Mutual.

Saacadaha: Waxaa kaliya lagu helayaa balan inaad qabsato.

Goobaha: **Capital Park** - (614) 416-4325
2365 Innis Rd., Columbus, OH 43224 (just East of Westerville Rd. in Northeast Columbus)
Whitehall - (614) 235-5555
882 S. Hamilton Rd., Columbus OH 43213 (Hamilton & Main, across from Kroger)
Chantry - (614) 235-5555
5560 Chantry Dr., Columbus, OH 43016

Lower Lights Christian Health Center, Inc.

Sharaxaad: Waa xarun caafimaad bulsho oo bixisa adeegyo tayo sare leh, oo daryeel guud oo aasaasi ah loogu samaynaayo qofka, ayna kujiraan daryeelka hooyada, kan caruurta, farmashiye, aragga, ilkaha, talobixinta, iyo adeegyada daryeelka ruuxiga ah. Inta badan caymisyada gaarka looleyahay waan aqbalnaa si lamid ah Medicare, Medicaid, Care Source, Molina, iyo United Health Care. Qarash qiimo kaladuwan leh ayaa laga qaadayaa bukaanada aan caymiska lahayn ee adeegga uqalma. **Waxaa jiro qarashka ugu yar o dhan \$10 oo lagaaga qaadaayo booqashada aad adeeg bixiyaha ugu tagtay.** Qarash qiimo kaladuwan leh oo shaybaarka ah ayaa sidoo kale laga qaadayaa dadka adeegga uqalma. **Qarashka ugu yar ee daryeelka ilkuhu waa \$20.**

Saacadaha: **Waxaa kaliya lagu helayaa balan inaad qabsato.** Saacadaha maalinta Sabtida ah ayaa lashaqeeyaa.

Goobaha: **Lower Lights Health Center** - 1160 W. Broad St., Columbus, OH 43222
Lower Lights Nursing Center - 777 W. State St., Suite 201, Columbus, OH 43222
Lower Lights German Village - 1560 S. High St., Columbus, OH 43207
Lower Lights East 5th Avenue - 171 E. 5th Ave., Columbus, OH 43201
Lower Lights UnionStar - 773 Walnut St., Marysville, OH 43040
Vineyard Community Center Locations:
6000 Cooper Rd., Isniinta 8 a.m.-5 p.m., Arbacada 1:30-5 p.m., Khamiista 1:30-5 p.m.
171 E. 5th Ave., Isniinta-Jamcada 8 a.m.-5 p.m.

Telefoonka: Dhamaan xarumaha – **Wac (614) 274-1455**, riix dookha #1 si aad balan uqabsato.

Webka: www.llchc.org

Southeast, Inc. – Adeegyada Daryeelka Caafimaadka

Sharaxaad: Waxay bixisaa daryeelka aasaasiga ah iyo caafimaadka habdhaqanka lana siiyo dadka waawayn iyo caruurta ayadoo diirada lasaaraayo bulshooyinka nugul iyo dadka hoy laaantu hayso. Adeegyada

daryeelka ilkaha ayaa diyaar ah ½ maalin asbuuciiba. Adeegyada buuxa ee farmshiyaha, daawooyinka lagu qoro ayaa lagu bixinayaa qarash dhimis ad ugu yaraan lacagta qayb bixinayso lana siinaayo dadka adeegyada uqalma. Dhamaan caymisyada, Medicaid iyo Medicare waa la aqbalayaa.

Saacadaha: Waxaad kuhelaysaa inaad balan qabsato maalmaha Isniinta-Jamcada (8 a.m.-5 p.m.). Wac si aad uhesho helitaanka balan islamaalinkaas lagu qabto. 16 West Long St. waay aqbalaysaa dadka balan laáanta kusoo gala oo loogu adeegaayo, siday usoo kalahormaraan maalmaha Isniinta-Jamcada 8 a.m.-5 p.m. Adeegyada soogalitaanka waxaad helayaa maalmaha Talaadada waxaadna kahelaysaa 1455 S. Fourth St. goobta adeegyada daroogada iyo khamrada 8-9 a.m. hadba qofkii soohomara, ayaa adeegga lasiinayaa caafimaadka dhimirkana waxaad helayaa maalmaha Jamacada 8-9 a.m.

Goobaha: **Southeast, Inc.** - 16 West Long St. (corner of Long and High), Columbus 43215
Southeast, Inc. - 1455 S. Fourth St; Substance Abuse & Mental Health Treatments, Kids Programming
Southeast at Franklin Station - 524B W. Broad St., Columbus 43223

Telefoonka: 16 W. Long & Franklin Station **(614) 225-0990**
1455 S. Fourth St. **(614) 444-0800**

Xarunta Caafimaadka ee Faith Mission

Sharaxaad: Waxay bixisaa daryeel casri ah oo ay kujiraan mid caafimaad, daryeelka ilkaha, aragga, caafimaadka habdhaqanka iyo adeegyada dadka maandooriyaasha laqabsaday lana siiyo qofkasta oo katirsan bulshada oo ubaahan daryeel qiimo jaban, oo ay fududahay in lahel. Waxay diirada saaraysaa dadka waawayn, laakiin waxay adeegyada qaar siin kartaa caruurta, ayna kujiraan adeegyada jirka ee dugsiga (wac si aad u ogaato inay adeeggaas kusiin karaan). Waxay aqbashaa inta badan caymisyada ayna kujiraan Medicaid io Medicare, waxayna kacaawin kartaa dadka inay codsadaan Medicaid. Waxay qaabilaysaa dhamaan bukaanada aan caymiska lahayn ama kabaxsan ururka si bilaash ah ama qarash yar oo kusalaysan awooda dhaqaale ee bukaanka.

Saacadaha: Isniinta-Jamcada, 8 a.m.-5 p.m. iyo saacadaha Fidkii ee Khamiista 6-8 p.m. maalmaha Arbacada 8-10 a.m. waxay qabataa adeegyada aan balanta looqabsan; saacadaha kale waxaa loo adeegayaa dadka balanta qabsada waxaana waqti lasiin doonaa dadka iskasoo gala hadii la awoodo.

Goobaha: 245 N. Grant St., Columbus, OH 43215

Telefoonka: (614) 224-6617, ext. 3

DARYEELKA CAAFIMAADKA OO DHEERAAD AH LOOGUNA TALAGALAY **DADKA WAAWAYN (RAG IYO DUMAR BA) EE DANYARTA AH – qarash ayaa la iska qaadayaa. Waxaa lagaa rabaa inaad balan qabsato.**

Grant Hospital - Xarunta Daryeelka Bukaanka ee Deeqda ah

Sharaxaad: Medicare iyo Medicaid (ayna kujiraan caymisyada daryeelka ay Medicaid maarayso) ayay aqbalayaan. Caawimaad dhaqale ayaa diyaar u ah dadka aan lahayn caymis laga bixiyo - waxaa qasab ah inaad codsi soodirsato. Waxaa jiro **\$25 ood qayb ahaan dhiibayso** lana qaadaayo marka loo adeegaayo dda aan lahayn caymiska caafimaadka.

Saacadaha: Waxaa kaliya lagu helayaa balan inaad qabsato.

Goobta: 393 E. Town St.-Suite 116, Columbus, OH 43215

Telefoonka: (614) 566-9108

Xarunta Caafimaadka ee Mt. Carmel
Mt Carmel Health Station @ First Church of God

Sharaxaad: Inta badan caymisyada, ayna kujiraan Medicaid, edicare io Molina waa la aqbalayaa. Waxaa caawimaad dhaqaale lasiiyaa dadka uqalma.

Saacadaha: Isniinta-Jamcada 8 a.m.-4:30 p.m., **Waxaad kuhelaysaa kaliya inaad balan qabsato.**

Goobta: First Church of God, 3480 Refugee Rd., Columbus, OH 43232

Telefoonka: (614) 235-4039. Wac si aad balan uqabsato.

Mt Carmel Health Station @ Reynoldsburg High School

Sharaxaad: Inta badan caymisyada, ayna kujiraan Medicaid, edicare io Molina waa la aqbalayaa. Waxaa caawimaad dhaqaale lasiiyaa dadka uqalma.

Saacadaha: Isniinta-Jamcada 8 a.m.-4:30 p.m. Waxaad kuhelaysaa kaliya inaad balan qabsato.

Goobta: Reynoldsburg High School, 6699 E. Livingston Ave., Reynoldsburg, OH 43068

Telefoonka: (614) 367-1255. Wac si aad balan uqabsato.

Mt Carmel Health Station @ Church for All People

Sharaxaad: Inta badan caymisyada, ayna kujiraan Medicaid, edicare io Molina waa la aqbalayaa. Waxaa caawimaad dhaqaale lasiiyaa dadka uqalma.

Saacadaha: Isniinta-Jamcada 8 a.m.-4:30 p.m., OB Clinic duhurkii-4:30 p.m. Waxaad kuhelaysaa kaliya inaad balan qabsato.

Goobta: United Methodist Church for All People, 946 Parsons Ave., Columbus, OH 43206

Telefoonka: (614) 445-6275. Wac si aad balan uqabsato.

Nationwide Children's Hospital iyo OSU - Xarunta South High ee Daryeelka Aasaasiga ah

Sharaxaad: Waxay qaabishaa dadka waawayn iyo caruurta. Caawimaad dhaqaale ayaa diyaar ah. Medicare iyo Medicaid ba way aqbashaa.

Saacadaha: Isniinta-Jamcada , 8 a.m.-5 p.m. Waxaad kuhelaysaa kaliya inaad balan qabsato.

Goobta: 1405 S. High St., Columbus, OH 43207

Telefoonka: (614) 722-6200 - riix dookha #1 ama kor uhay si qof caadi ah kaaga qabto.

Xarunta Caafimaadka iyo Fayadhawrka Guud ee OSU

Sharaxaad: Waxay bixisaa adeegyada daryeelka caafimaadka aasaasiga ah oo iskudhafan, ayna kujiraan adeegyada goobta ee caafimaadka dhimirka. Waxay aqbashaa inta badan caymisyada caafimaadka, ayna kujiraan Medicaid iyo Medicare. Caawimaad dhaqaale ayaa diyaar ah (waa in codsi ladirsadaa).

Saacadaha: **Waxaad kuheaysa adeegyada balan aad qabsato Isniinta, Khamiista iyo Jamcada:** 8 a.m.-5 p.m. Talaadada iyo Arbacada: 8 a.m.-6 p.m.

Goobta: OSU East Hospital, 1492 E. Broad St., 12th floor of the Tower - Suite 1203, Columbus OH 43205

Telefoonka: (614) 685-9994.

Riverside Methodist Hospital - Daawaynta Bulshada

Sharaxaad: Qarash cabir kaladuwan leh ayaa laqaadaa. Wuxuu isbitaalku aqbalaa inta badan caymisyada caafimaadka. Soo qaado I.D. (shatiga darawalnimada, iwm.) iyo cadaynta 3-bilood ee qarashka kusoo gala.

Saacadaha: Waxaa kaliya lagu helayaa balan inaad qabsato.

Goobta: 3595 Olentangy River Rd., Columbus, OH 43214

Telefoonka: (614) 566-5456

WAXAA KALIYA LOOGU TALAGALAY HALYEYADA DAGAALKA

Chalmers P. Wylie VA Ambulatory Care Center

Sharaxaad: Waxay bixisaa daryeel caafimaad oo iskudhafan oo lasiiyo halyeeyada dagaalka ee xaqa uyeesha (dadkii kasoo shaqeyay ciidanka ciidankana uga fariistay sababo aan ka ahayn dhaqan xumo) ayaa xaq uyeelan kara si lamid ah Qaar kamid ah Ciidanka Kaydka iyo Xubnaha Ilaalada Qaranka. Wac 1-877-222-8387 si aad ucodsato.

Saacadaha: Balan ayaad kuhelaysaa.

Goobta: 420 North James Rd., Columbus, OH 43219

Telefoonka: (614) 257-5200

Chalmers P. Wylie VA Ambulatory Care Center

Barnaajka Operation Enduring Freedom (Afghanistan)/Operation Iraqi Freedom (OEF/OIF)

Sharaxaad: Wuxuu bixiyaa daryeel iskudhafan iyo maaraynta kiiska oo lasiiyo saraakiisha ciidanka soolaabta ee OEF/OIF oo kusugan 13 degmo oo kuyaala Bartamaha Ohio. Adeegyada waxaa lagu baxshaa qaabka bukaan socodka. **Imoow xarunta ama wac si aad balan uqabsato.**

Saacadaha: Isniin. 7 a.m.-5:30 p.m., Talaadada. 7 a.m.-4:30 p.m., Arbacada. 8 a.m.-5:30 p.m., Khamiista. 8 a.m.-5:30 p.m. & Jamcada 7 a.m.-4:30 p.m.

Goobta: Chalmers P. Wylie VA Ambulatory Care Center, 420 N. James Rd., Columbus, OH 43219

Telefoonka: (614) 388-7068 si aad balan uqabsato, jadwal udhigato laguuna diiwaangasho.

LOOGU TALAGALAY HAWEENKA IYO LAMAANAYAASHOODA – QARASH AYAA LAQAADAA. WAXAA LAGAA RABAA INAAD BALAN QABSATO.

Columbus Public Health- Xarunta Caafimaadka Haweenka iyo Qoshaynta Qoyska

Sharaxaad: Waxay bixisaa baaritaanka uurka, barnaamijka miisanka caafimaadka leh, taloinka joojinta sigaarka, barnaaijyada sanadlaha ah ee haweenka iyo baritaanka dhibaatooyinka gaarka ah, qorshaha dhalimada nolosha, dookhyada xakamaynta dhalimada, iyo daryeelka kooban ee lamaanaha. Adeegga Madhalaysnimada ee Heerka I, adeegyada caafimaadka ilkaha, iyo baaritaanka kooban ee caabuqyada galmada laysku qaadsiiyo iyo kansarada qaarkood. Xarunta caafimaadku waxay aqbashaa caymisyada Medicaid iyo Medicare iyo sidoo kale lacagta kaashka ah, Visa iyo MasterCard. Qarashaadka laga qaado macaamiisha aan caymiska lahayn waxay kudhisin tahay qaab qiimo dhimis ah. Majiro qof daryeelka loogu diidaayo sabab laxariirta inuusan qarashka iskabixin karin.

Saacadaha: Balan ayaad kuhelaysaa. Isniin. 8 a.m.-2:15 p.m., Talaadada. 10 a.m.-6:15 p.m., Arbacada. 8-11:15 a.m., Khamiista. iyo Jamcada. 8 a.m.-4:15 p.m. Baaritaanada aan balanta looqabsan ee uurka oo ay lasocoto talo bixin ayaa laqabtaa maalmaha Isniinta., Talaadada., Khamiista. Iyo Jamcada. 10 a.m.-2 p.m.

Goobta: 240 Parsons Ave., Columbus, OH 43215

Telefoonka: (614) 645-1850.

WAXAA LOOGU TALAGALAY HAWEENKA KALIYA – QARASH AYAA LA ISKAQAADAA. WAXAA LAGAA RABAA INAAD BALAN QABSATO.

Riverside Methodist Hospital *OB/GYN Daryeelka Bulshada*

Sharaxaad: Qarash cabir kaladuwan leh ayaa laqaadaa. Wuxuu aqbalaa inta badan caymisyada caafimaadka. Soo

ADEEGYADA DARYEELKA CAAFIMAADKA, ARAGA IYO ILKAHA EE DADKA WAAWAYN EE DANYARTA AH
Bogga 11 18

qaado I.D. (shatiga darawalnimada, iwm.) iyo cadaynta 3-bilood ee qarashka kusoo gala. Waxay aqbalaaan bukaanada cusub ee OB da oo wata cadaynta inay uur leeyihiin.

Saacadaha: Waxaa kaliya lagu helayaa balan inaad qabsato.
Goobta: 3535 Olentangy River Rd., Columbus, OH 43214
Telefoonka: (614) 566-5757

WAXAA LOOGU TALAGALAY HAWEENKA KALIYA – QARASH LAGAAMA QAADAAYO.
WAXAA LAGAA RABAA INAAD BALAN QABSATO.

Mashruuca Kansarka Naasaha iyo Ilmo mareenka (BCCP)

Sharaxaad: Waxay bixisaa adeegyada baaritaanka kansarka naasaha iyo ilo mareenka haweenka da'doodu udhaxayso

40 ilaa 64 sano, kuwaasoo aan lahayn caymis kuna nool qoysaska qarashoodku kusimanyahay 200% ama kahoos

Heerka fakhriga ee dawlada Federaalku dajisay. Adeegyada waxaa kujira raajada naasaha baaritaanada caanaha, adeegyada baarista, hadii loobaahdo, iyo adeegyada maaraynta kiiska.

Saacadaha: Xafiiska barnaamijka waxaa lala xariiri karaa Isniinta ilaa Jamcada saacadaha 8 a.m.-4:30 p.m.
Telefoonka: 1-866-418-4963

ADEEGYADA KALE EE CAAFIMAADKA LAXARIIRA OO LOOSAMEEYO RAGGA IYO DUMARKA

Xarunta Caafimaadka Kansarka ee Columbus

Sharaxaad: Waxay samaysaa baaritaanada kansarka oo qiimo jaban loona sameeyo ragga iyo dumarka. (Qasab maaha inaad kunooshahay Demada Franklin.) Ragga waxaa loosamaynayaa, baaritaanka madaxa ilaa faraha lugaha, ayna kujiraan maqaarka, qanjirada dhuunta iyo xiniinyaha haday jiraan. Ragga da'doodu tahay 50 ama kasii wayn, baaritaanka kansarka xaniinyaha iyo baaritaanka dhiiga ee PSA ayaa loosamaynayaa. Haweenka jira 18 iyo kasii wayn, waxaa lamarsiinayaa baritaan madax ilaa minjo ah ayna kujiraan maqaarka, canjirada dhuunta, naasaha iyo baaritaanka caano galeenka. Baaritanka raajada naasaha ayaa sidoo kale lasiinayaa haweenka jira 35 iyo kasii wayn. Medicare iyo Medicaid waa la aqbalayaa iyo dhamaan inta badan caymisyada waawayn ayagana waa la aqbalaa marka raajada nasaha lasamaynaayo. Qarash cadadyo kaladuwan leh oo kusalaysan qarashka qoyska bukaaka ayaa laqaadayaa.

Saacadaha: Balan ayaad kuhelaysaa. Isniinta-Jamcada 8 a.m.-4:30 p.m.

Goobta: 1699 W. Mound St., Columbus, OH 43223 (LifeCare Alliance building)

Xarumaha caafimaadka ee kabaxsan isbitaalka iyo raajada naasaha ayaa sidoo kale diyaar ah.

Telefoonka: (614) 263-5006

Healthcare for the Homeless – PrimaryOne Health (Oo horay loo oranjiray Columbus Neighborhood Health Center, Inc.)

Sharaxaad: Waxay bixisaa daryeelka caafimaadka aasaasiga ah, kan ilkaha, aragga, maaraynta kiiska adeegyada iskuxirka lana siiyo shaqsiyaadka ee leh xaalada hoy laáanta ee la aqoonsaday. Qiimaynta marka lagu aqbalayo ayaa loobaahanyahay.

Goobta: Xarumaha kaladuwan.

Saacadaha: Isniinta-Jamcada 8 a.m.-4:-5 p.m.

Telefoonka: (614) 645-0521 si aad uhesho macluumaad dheeri ah.

Xarunta Caafimaadka Bilaashka ah ee Helping Hands

Sharaxaad: **Baaritaanka TB ayaa loosameeyaa adeegyada shaqada ama dugsiga ee jirka** maalmaha Arbacada kahor Jamcada koobaad **halmar bishiiba**. \$5 oo tabarucad ah ayaa lagaa qaadayaa. Waxaa qasab ah inaad awoodo inaad soolaabato Jamcada si aad u akhrisato baaritaanka.

Teleefoonka: (614) 262-5094

Webka: <http://helpinghandsfreeclinic.org>

Xarunta Caafimaadka Sanbabada - The Breathing Association

Sharaxaad: Waxay bixisaa baaritaanada caafimaadka sanbabada, daryeelka joogtada ah ee caafimaadka sanbabada, baaritaano iskudhaf ah iyo baaritaanada jirka, raajooyinka xabadka, baaritaanka shaqada sanbabada, neefta iyo wxbarashada COPD iyo caawimaada daawada oo lasiiyo shaqsiyaadka qaba xanuunada wadnaha ama kashay tubaakada oo leh ama aan lahayn caymiska. Majirto wax lacag ah oo lagaa qaadaayo. Waxay sidoo kale bixisaa baaritaanada hore iyo baaritaanka jirka hadaan maciilku lahayn adeeg bixiye caafimaad iyo baaritaanada jirka si lacag la'aan ah lana siinaayo shaqsiyaadka kuwaasoo dhaqaale ahaan adeegyada xaq uyeesha qarashkooduna kusimanyahay ama kaliito heerka **200%** ee fakhriga. Baaritaan caafimaad oo lagu sameeyo xafiiska HEAP oo kuyaala isla goobta lana siiyo macaamiisha kusugan xarunta 1520 Old Henderson Rd. Wac xafiiska **HEAP (614) 457-2997 si aad jadwa uqabsato** ama xarunta Caafimaadka Sanbabada (614) 273-2843 si aad macluumaad dheeri ah uhesho.

Goobta Xarunta caafimaadka: 1520 Old Henderson Rd., Columbus, Ohio 43220. Adeegyada baska ayaa udiyar ah dadka uqalma.

Saacadaha: Isniinta- Khamiista 8 a.m. to 4 p.m. Waxaa looxiraa qadada shaqaalaha duhurkii laga bilaabo—1 p.m. Wac (614) 273-2843 si aad macluumaad dheeri ah uhesho. Waa lasoo dhawaynayaa dadka bilaa balanta kuyimaada.

Qaybta Guurguurta: Isla adeegyadan ayaa ayagoo lacag ah lasiinayaa shaqsiyaadka uqalma oo kusiman ama kahooseeya **125 %** heerka fakhriga daran **qaybta caafimaadka guurguura** ee Degmada Franklin. Uqalmida caawimaada dhaqaale iyo jadwalayntaba waxaa lagu sameeyaa **IMPACT Community Action, 700 Bryden Rd.**

Wac (614) 453-1708 si aad jadwal uqabsato. Melaha aad kahelayso **gaariga caafimaadka wareega** way kaladuwanyihiin. **Wac IMPACT Community Action oo kutaala 700 Bryden Rd., (614) 453-1708** ama booqo www.breathingassociation.org.

Saacadaha: Talaadada iyo Khamiista 9 a.m.-3 p.m. Waxaa qado looxiraa duhurkii -1 p.m.

Equitas Health

qexidtaan: Waxay bixisaa baaritaanada jirka oo joogto ah, baaritaano iyo talaalo lagu helaayo in balan laqabsado. Adeegyada kale ee diyaarka ah waxaa kujira: Baaritaanka HIV/STI, qorshaynta qoyska, caafimaadka labeeshayaasha, iyo baaritaanada dhimirka.

Goobta: **Columbus – Xarunta Caafimaadka ee King Lincoln:** 750 E. Long St. - Suite 3000, Columbus, OH 43203

Columbus – Short North: 1033 N. High St., Columbus, OH 43201

Saacadaha: **King Lincoln:** Talaadada, Arbacada, iyo Jamcada duhurkii-3 p.m., Khamiista 9 a.m.-duhurki (xiliyada baaritaanka)

Short North: Isniinta-Jamcada 8 a.m.-5:30 p.m., Sabtida 9 a.m.-duhurkii

Teleefoonka: **King Lincoln:** (614) 340-6700 **Short North:** (614) 340-6777

DARYEELKA ARAGGA - BARNAAMIJYADA QIIMAHA JABAN

PrimaryOne Health (Oo horay loogu yeeri jiray Columbus Neighborhood Health Center, Inc.)

Sharaxaad: Qarashka baaritaanka isha ee ugu yar, ayadoo laraacaayo cabirka kalahooseeya ee qarashka, waa \$35.

ADEEGYADA DARYEELKA CAAFIMAADKA, ARAGA IYO ILKAHA EE DADKA WAAWAYN EE DANYARTA AH
Bogga 13 18

Qarashka ugu yar ee ookiyaalaha indhuhu waa \$30. Waxaad sooqadan kartaa ookiyaalahaaga waxaana kaqaadaynaa qarashka faaxisada murayada kaliya. Qaar kamid ah caymisyada ayaa la aqbalayaa. Waxaan aqbalnaa qarash bixita kaashka ama kaarka daynta.

Saacadaha: Waxaa kaliya lagu helayaa balan inaad qabsato.

Goobaha: East Central Health Center Vision Clinic, 1180 East Main St., Columbus, OH 43205
West Side Health Center Vision Clinic, 2300 W. Broad St., Columbus, OH 43204

Telefoonka: Si aad uhesho xarumaha labadaba, wac (614) 645-5500, riix #1 si aad balan uqabsato

Lower Lights Christian Health Center, Inc. (oo kaashanaysa Ohio State University College of Optometry)

Sharaxaad: Baaritaanka isha iyo adeegyada aragga ayay heli karaan dadka leh Meidcare, Medicaid iyo kuwa aan caymiska lahayn. Qarashka jaban ee laqaadaayo waxaa lagu salaynaayaa awooda dhaqaale ee qofka. Waxay aqbashaa inta badan caymisyada shirkadaha gaarka looleeyahay.

Saacadaha: Waxaa kaliya lagu helayaa balan inaad qabsato.

Goobta: 1160 W. Broad St., Columbus, OH 43222

Telefoonka: (614) 274-1455

Xarunta Caafimaadka Adeegyada Aragga ee Faith Mission

Sharaxaad: Baaritaanka iskudhafka ah ee indhaha ayaa lagu baxshaa markii balan looqabsado ayadoo lagu baxsho xafiis daryeel oo casri ah. Waxay aqbashaa inta badan caymisyada ayna kujiraan Medicaid io Medicare, waxayna kacaawin kartaa dadka inay codsadaan Medicaid. Waxay qaabilaysaa dhamaan bukaanada aan caymiska lahayn ama kabaxsan ururka si bilaash ah ama qarash yar oo kusalaysan awooda dhaqaale ee bukaanada. Ayadoo laga fiirinaayo caymiska iyo qarashka, bukaanada waxaa lasiinayaa ookiyaalo bilaash ah ama kaar ay ookiyaalo kugataan iyo qoristooda si ay ookiyaalo bilaash ah ugasoo iibsadaan dadka gadda. Ookiyaalayaasha ayaa sidoo kale ladayac tiri karaa markay suuragal tahay xarunta dhexdeeda ado iskasoo galaaya xarunta si bilaash ah.

Saacadaha: Talaadooyinka iyo Jamcooyinka, 8:30 a.m.-4 p.m. (waxaa qado la aadaa 12-1 p.m.)

Goobta: 245 N. Grant Ave., Columbus, OH 43215

Telefoonka: (614) 224-6617, ext. 3 (wac si aad balan uqabsato; waxay iskudayi karaan inay adeeg siyaan dadka aan balanta ku imaan laakiin maaha wax markasta laheli karo).

DARYEELKA ARAGGA - BARNAAMIJYO BILAASH AH

Kahortaga Indho laáanta

Sharaxaad: Baaritaanada indhaha iyo ookliyaale bilaash ah ayaa lasiiyaa shaqsiyaadka xaqa uyeesha. Adeegyada waxaa lagu baxshaa iskaashi lalalameeyo wakaaladaha adeegyada bulshada, oo kuyaala dhamaan Columbus kuwaasoo dadka ugudbiyaa Barnaamijka Iskuxurka Daryeelka Aragga. **Waydii wakalad adeegga bulshada qaabilsan ee aad hadda lashaqayso si aad uhubiso inay iskaashi laleeyihiin barnaamijka Kahortaga Indho laáanta** ama nasoo wac si aad macluumaad dheeri ah uhesho.

Telefoonka: (614) 464-2020

Faith Mission Vision Clinic (oo kaashanaysa Ohio State University College of Optometry)

Sharaxaad: Baaritaanada indhaha oo iskudhafan oo bilaash ah ayay kubixiyaan marka balan laqabsado waxaana lasiiyaa shaqsiyaadka aan lahayn caymis daboola adeegyada aragga kuna siman ama kahooseeya heerka 200% ee fakhriga baán. Waxay u adeegtaa dadka hoy laáanta ah ee xarun kasta kujira waxayna ugudbisaa xarumaha kale ee caafimaad markii loobaahdo. Dadka dagan degmada Faith Mission iyo dadka loosoo gudbiyo Prevent Blindness waxaa lasiiyaa ookiyaalo lacag laán ah markay xarunta caafimaadka yimaadaan. Dhamaan dadka kale waxaa lasiinayaa waraaqda ookiyaalaha loogu qoraayo iyo kaar ay kugataan ookiyaalo bilaash ah uganasoo qaataan Lenscrafters/Sears haday xaq uyeeshaan. Ookiyaalayaasha waa ladayactirayaa markay suuragal tahay xarunta dhexdeeda ado iskasoo galaaya xarunta si bilaash ah.

Saacadaha: Talaadada. iyo Jamcada 8:30am – 12 duhurkii iyo 1 pm – 4 pm. **Waxaa lagaa doonayaa inaad balanta baaritaanka qabsato.**

Goobta: Faith Mission Clinic, 245 N. Grant Ave., Columbus, OH 43215

Telefoonka: (614) 224-6617, ext. 2107

Stowe Baptist Church Eye Clinic

Sharaxaad: Baaritaanka indhaha iyo kaarka aad ookiyaalaha kugadanayso. Tababarucaad ayaa lagaa codsanayaa.

Goobta: 888 South Parsons Ave., Columbus, OH 43206.

Saacadaha: Khamiista 3aad ee Bisha, 8:30 a.m.; Khamiista 4aad ee Bisha, 5:30 p.m. **Balamo ayaa lagaa doonayaa.**

Telefoonka: (614) 445-8400. Wac si aad balan uqabsato.

XaruntaCaafimaadka Aragga ee Victory Ministries

qexidtaan: **Waxay biixsaa daryeel caafimaadka aragga ah oo bilaash lagusoo galaayo looguna talagalay dadka aan caymiska lahayn iyo kuwa kujira Medicaid ama uqalma Medicaid oo leh qarash kusiman ama kahooseeya 200% heerka fakhriga.** Waxaa xarunta maalgalisay Victory Ministries oo katirsan Center of Hope ee Whitehall taasoo u adeegta dhamaan bulshada kudhaqan Degmada Franklin. Baaritaanada indhaha oo bilaash ah (iyo kaararka aad kuqaadanayso ookiyaalo bilaasha h oo lagu baxsho adeegga Kahortaga Indho laáanta hadi lagu ansixiyo talaabooyinka udagsana laraaco) uuna kusiinaayo dhakhtar aragga ah oo shati haysta. Cunto kulul oo lakariyay ayaa lagu siinayaa. Turjumaada afka Isbaanishka ayaa diyaar ah. Qayb loogu talagalay diinta kiristaanka oo ay joogaan shaqaale kudaryeelaaya ayaa diyaar ah marka qofku ucodsado sababo cibaado.

Goobta: Center of Hope, 3964 E. Main St., Columbus, OH 43213

Saacadaha: **Khamiista 2aad bilkasta.** Fadlan imoow xarunta 5:30 p.m. si lagu diiwaangasho.

Telefoonka: (614) 252-2500

Webka: www.VictoryCenterofHope.org

Xarumaha Caafimaadka ee Bilaashka ah ee Vineyard - Aragga

qexidtaan: Baaritanada indhaha oo bilaash ah iyo kaarar aad uqaadaayso ookiyaalo bilaash ah ayaa lasiinayaa dadka xaqa uyeesha. Waa xarun kiristaan leeyihiin. **Hadda waxay u adeegtaa dadka aan caymiska lahayn xaqaana uleh Medicaid iyo Medicare ahna dad danyar oo kujira heerka fakhriga oo kahooseeya 200%.** (Majiraan Medicare ama arnaamijyada kale ee daryeelka caafimaadka awladu bixiso oo uqalma xaruntaan.)

Goobta: 6000 Cooper Rd., Westerville, OH 43081

Saacadaha: Waxaa kaliya lagu helayaa balan inaad qabsato.

Telefoonka: (614) 259-5428, Wac maalmaha Jamcada 10-10:30 a.m. si aad balan uqabsato.

Vision USA

Sharaxaad: Baaritaanka isha iyo ookliyaalo bilaash ah (\$2 oo qarashaka maaraynta ah ayaa lagaaga qaadayaa ookiyaalaha) lana siinaayo caruurta iyo adka waawayn ee xaqa uyeesha. Shuruudaheeda waxaa kamid ah inaad shaqayso ama kunooshahay guri qof shaqeeyo katirsanyahay, inaad lahayn caymiska

ADEEGYADA DARYEELKA CAAFIMAADKA, ARAGA IYO ILKAHA EE DADKA WAAWAYN EE DANYARTA AH
Bogga 15 18

aragga, inaad haysato dhaqaale kahooseeya heerka loogu talagalay ayadoo laga fiirinaayo qarashka qoyskaaga aadana wax baaritaan indhaha ah marin muddo 2 sano ah. Codsigu wuxuu kuqoranyahay luuqadaha Ingiriiska iyo Isbaanishka waxaadna kahelaysaa <http://www.aoa.org/x5607.xml> ama waxaad codsiga kugudbin kartaa taleefanka.

Telefoonka: 1-800-766-4466, 8 a.m.-8 p.m. EST, Isniinta ilaa Jamcada.

Xarunta Caafimaadka Indhaha ee Bilaashka ah ee Xenos Fourth Street

Sharaxaad: Adeegyada Aragga oo oo Bilaash ah- baaritaan bilaash ah iyo marar badan ookiyaalo bilaash ah. Majirto wax sheegasho dhanka naafada ah oo laqabanaayo. Bkaanadu waa inaysan lahayn wax caymis ah, Medicaid/Medicare nooc kastba ha ahaatee. Qarshka ay haystaan waa inuu kahooseeyaa 200% heerka fakhriga. Bukaannadu waxay xarunta soogali karaan 5:30.

Goobta: 1934 N. Fourth St., Columbus, OH 43201

Saacadaha: **1da iyo 3da fiidadka Isniinta ah bilkasta.** Bukaannadu waa inay isdiiwaangaliyaan inta dhaxaysa 6-7 p.m.

Ugu badnaan 6 bukaan ayaa laqaabilayaa habaynkiiba hadbay siday usoo kalahoreeyaan, ayaa adeegga loosiinayaa. Xarunta caafimaadku way xirantahay xiliyada fasaxa wadanka oo ku aada maalmaha Isniinta ah.

Telefoonka: (614) 823-6510, ext. 1840.

DARYEELKA ILKAHA - BARNAAMIJYADA QIIMAHA JABAN

PrimaryOne Health (*Oo horay loogu yeeri jiray Columbus Neighborhood Health Center, Inc.*)

Sharaxaad: **Waxay ufarantahay kaliya dadka dagan Degada Franklin.** Daryeelka ilkaha oo raqiis ah. Buuxinta ilkaha, baaritaanada, (kuma jiraan gaws danbeedyadu). Medicaid iyo caymiska gaarka looleeyahayba waa la aqbalayaa. Qarash cadadyo kaladuwan leh oo kusalaysan qarashka qoyska bukaaka ayaa laqaadayaa. Si aad ugu qalanto qarash dhimista, waa inaad keentaa 2 risiid oo kuwa mushaarka ah oo dhawaan labaxshay (ood qaadatay intii lagu jiray 30 kii maalmood ee ugu danbaysay) aama waraaqda aad uqaadatay qarashka Social Security. Wac xarunta si aad uhesho liiska buuxa ee cadaymaha la aqbalaayo. Waa inaad sidoo kale keentaa waraaqda biilka korontada, gaaska ama taleefanka gurigga oo dhawaan ah aadna soo raacisaa ID gaaga oo sawir leh. Hadaad qabto wax suaal ah, fadlan laxariir xarunta caafimaad ee aad rabto inaad daryeelka uraadsato.

Saacadaha: **7:45 a.m. Isniinta-Jamcada - Soogalitaanka degdega ah ayaa diyaar ah. Adoo keenaaya cadaynta qarashka qoyskiina, cadaynta meesha aad dagantahay iyo ID gaaga. Qarashku wuxuu kabilowdaa \$40 markaad cadayn haysato, \$279 markaadan cadayn haysan.**

Goobaha: **East Central Health Center Dental Clinic** – Wac (614) 645-5541 si aad balan uqabsato.
1180 East Main St., Columbus, OH 43205

Parsons Ave. Xarunta Caafimaadka Ilkaha – Wac (614) 645-7487 fsi aad balan uqabsato.
240 OO QOF Ave., Columbus, OH 43215

Xarunta Caafimaadka Ilkaha ee West Side Health – Wac (614) 859-1830 si aad balan uqabsato.
2300 West Broad St., Columbus, OH 43204

Lower Lights Christian Health Center, Inc.

Sharaxaad: Adeegyada ilkaha oo kooban ayaa lasiinayaa bukaanada xarunta daryeelka caafimaadka. Qarash dhimis ayaa lasamaynayaa ayadoo laraacaayo qarashka dadka aan caymiska lahayn. **Qarashka ugu yar ee daryeelka ilkuhu waa \$20.**

Saacadaha: Waxaa kaliya lagu helayaa balan inaad qabsato.

Goobta: 1251 W. Broad St., Columbus, OH 43222

Telefoonka: (614) 274-1455

Dental OPTIONS

Sharaxaad: Waxay dadka baahiyaha qaba kuxirta dhakhaatiirta ilkaha kuwaasoo daaweeya bukaanada danyarta ah (dadka aan uqalmin Mediacaad) ayagoo qarash yar kaqaada. Saacadaha iyo goobaha loogu talagalay shaqsiyaadka adeegyadooda uqalma.

Telefoonka: (614) 233-6388 ama 1-(888) 765-6789

Webka: <http://handsoncentralohio.org/get-help/dental-options>

Xarunta Caafimaadka Adeegyada Ilkaha ee Faith Mission

Sharaxaad: Waxay bixisaa nadiifin, buuxin iyo bixinta ilkaha oo lagu baxsho xafiis daryeel oo casri ah. Waxay kuugudbin kartaa adeegyada kale baaritaanka kadib ayado kuugudbinaysa adeeg bixiyaasha kale ee sidoo kale uqarash jaban ayna heli karaan bukaanadu. Waxay aqbashaa inta badan caymisyada ayna kujiraan Medicaid io Medicare, waxayna kacaawin kartaa dadka inay codsadaan Medicaid. Waxay qaabilaysaa dhamaan bukaanada aan caymiska lahayn ama kabaxsan ururka si bilaash ah ama qarash yar oo kusalaysan awooda dhaqaale ee bukaanka.

Saacadaha: Maalmaha Isniinta 8:30 a.m.-5 p.m.; Maalmaha Talaadada 11 a.m.-5 p.m.; Maalmaha Arbacada 8:30 a.m.-5 p.m.; Maalmaha Khamiista 8:30 a.m.-5 p.m. (waxay qado ubaxaan shaqaaluhu maalinkasta 12-1 p.m.).

Goobta: 245 N. Grant Ave., Columbus, OH 43215

Telefoonka: (614) 224-6617, ext. 3 (wac si aad balan uqabsato; waxay iskudayi karaan inay adeeg siyaan dadka aan balanta ku imaan laakiin maaha wax markasta laheli karo).

DARYEELKA CAAFIMAADKA - QARASH YAR OO TABARUCAAD AH AYAAD DHIIBAYSAA

Dentists Care Connection

qexidtaan: Waxay u adeegaan dadka aan caymiska lahayn ee qarashkoodu kahooseeyo 200% heerka fakhriga ee federaalka aana lahayn wax caymis daryeelka ilkaha ah.

Goobta: Columbus Public Health - 2nd floor, 240 Parsons Ave., Columbus, OH 43215

Saacadaha: Bixinta Halka Ilig Isniinaha 2aad iyo 4aad bilkasta, hadba sidii loosoo kalahormaro, ayaa loogu adeegaa bukaanka

Waqtiga diiwaangalinta: 5 p.m.

Telefoonka: (614) 884-2441

Daryeelka Ilkaha ee Stowe Baptist Church

qexidtaan: Daryeelka ilkaha ee degdega ah (**Bixinta ilkaha kaliya**). Tabarucaad dhan ugu yaraan \$10 halkii ilig bixinba ayaa lagaa codsanayaa.

Goobta: 888 South Parsons Ave., Columbus, OH 43206.

Saacadaha: Isniin kasta, 5 p.m.; Jamcada koobaad Bilkasta, 10 a.m.; Khamiista Sadexaad ee Bisha, 5:30 p.m.

Telefoonka: (614) 445-8400. Wac maalmaha Isniinaha hadaad ubaahantahay macluumaad.

Xarunta Caafimaadka Vineyard— Cooper Rd.

qexidtaan: Baaritaanada ilkaha, raajada, buuxinta, saarista iyo sifaynta ilkaha. Kuma jiran gaws danbeedyada, buundaynta ilkaha, toosinta ama sixida ciridka. **Hadda waxay u adeegtaa dadka aan caymiska lahayn xaqana uleh Medicaid iyo Medicare ahna dad danyar oo kujira heerka fakhriga ee Federaalka oo kahooseeya 200%.** (Majiraan Medicare ama arnaamijyada kale ee daryeelka caafimaadka awladu bixiso oo uqalma xaruntaan. Xaruntu mabixiso daryeel joogto ah.) Waa xarun kiristaan leeyihiin.

Goobta: 6000 Cooper Rd., Columbus, OH 43081

Saacadaha: Waxaa kaliya lagu helayaa balan inaad qabsato.

Telefoonka: (614) 259-5428. Wac maalmaha Jamcada 9-9:45 a.m. si aad balan uqabsato.

Baaritaanada Maqalka

Goobta: Xarunta Maqalka iyo Hadalka ee Columbus

Saacadaha: Arbacada 1aad iyo 4aad 1-4 p.m. Waxaa lagaa doonayaa inaad balan qabsato.

Teleefoonka: Wac 614-263-5151

ISKUXIRKA CAAFIMAADKA ILAHA BULSHADA

Neighborhood Social Workers (Shaqaalaha Caafimaadka Xaafada)

- **Laynka Caawimaada Shaqada Bulshada - 614-645-6807**
 - Nooreeb suúashaada, qof ayaa wicitaan kugusoo celin doonee.
- Neighborhood Social Workers waxay kaacaawinayaan inaad kuxirnaato macluumaadka laxariira xarumaha adeegyada bulshada.
- Waxaan kaala sheekaysan karnaa walaacyada kale, sidoo kale. Majiro wax qarash ah oo lagaa qaadaayo.
- Waanu kaxunahay, sabab laxariirta shaqaalaha oo nagu yar, kuma siin karno maaraynta kiiska oo joogto ah.
- Waxaa suuragal ah inaan xafiiska kamaqanahay markaad nasoo wacdo. Sidaas awgeed, diyaar u ahoow inaad fariin nooreebto Hadaad macluumaad ubaahantahay si degdeg ah, wac HandsOn Central Ohio oo nambarkoodu yahay 221-2255 or 211. Fadlan dulqaad lahoow, cidaad rabtaba aad wacdide.

Xarumaha Neighborhood Pride

Pride Centers waa dukaano la tagao oo adeegyada magaalada bixiya. Waxay utaagan yihiin ilaalinta caafimaadka, badqabka iyo fayadhawrka qoysaska kunool aaga. Xarumuhu waxay adeegooda diirada kusaaraan adeegyada magaalada ee goobta kuwaasoo ay kujiraan Neighborhood Social Workers.

FADLAN XASUUSNOOW – Waxaan joognaa gudaha iyo banaanka xarumaha, sidas awgeed waa inaad marka koobaad nasoo wacdaa si aad balan uqabsato.

Westside Pride Center • 1186 W Broad St.
614.645.5224 (Nambarka Shaqaalaha Bulshada)
614.645.0176 (Nambarka Dhexe)

614.724.1910 (Nambarka Shaqaalaha Bulshada)
614.724.1900 (Nambarka Dhexe)

South Side Pride Center • 280 Reeb Ave.
614.645.5205 (Nambarka Shaqaalaha Bulshada)
614.645.8097 (Nambarka Dhexe)

Far East Pride Center • 2500 Park Crescent Dr.
614.724.0101 (Nambarka Shaqaalaha Bulshada)
614.724.0100 (Nambarka Dhexe)

Near East Pride Center • 1393 E Broad St.
614.645.0115 (Nambarka Dhexe)

Laynka Caawimada Shaqada Bulshada
614-645-6807
Nooreeb suúashaada, qof ayaa wicitaan kugusoo celin doonee.

Northside Pride Center • 248 E.11th Ave.