

## I Tlaknak kong Zohthannak

Hi form caah rel silo le phih bawmhnak na herh sicun, zaangfahnak tein rak kan chim.  
Hi cahmai hi na record caah ii fim.

### Zeitindah tangka silo le rawl bawmhnak cu ka sok khawh lai?

- Mah minung in zatlaang bu zohkhenhnak zung ah sohluah cu atu ah upnak tuah in **thok** khawh asi. Na min, na umnak hmun, le minthutnak asilole nawlpekmi na aiawh minthutnak kha a um a hau. Na application cu a tlawm bik hi thil (items) pathum a um zong ah zohthannak khawh asi.
- Tthathnemnak tam deuh na hmu kho asiloah mah sohluah hi biahlnak pawl leh dih tikah hma khat tein, catlap pasarinhnak ah minthtu in le na zohthannak le a dang konglam kan ihal mi kha a rang kawh bikin na tuah khawh ah cun.
- Na zohthannak kha sang mah umnak zung ah na keng khawh asiloah fax in hikah 1-888-338-7410. A hmunhma cu [www.dshs.wa.gov](http://www.dshs.wa.gov) ah rak zoh.
- A tanglei pakhat khatah na zohthannak kha mail kuat:

DSHS	DSHS
CSD-Customer Service Center	Home and Community Services – Long Term Care Services
PO Box 11699	PO Box 45826
Tacoma, WA 98411-6699	Olympia, WA 98504-5826

- [www.washingtonconnection.org](http://www.washingtonconnection.org) ah online zong in mah zohthannak hi na sok khawh.
- Hi I Tlaknak Zothannak sohluah hi mah sohluah ii cazin pekmi Washington Apple Health program pawl caah onhnak tharter dingah lawng hman khawh a si. Ngandamnak Zohkhenhnak caah Onhnak caah [www.wahealthplanfinder.org](http://www.wahealthplanfinder.org) ah online in siseh, 1-855-923-4633 ah phone chawnh, silo le HCA Ngandamnak Zohkhenhnak caah Onhnak Soknak (HCA 18-001) hman zong in sok khawh asi.**

### Zeitindah rawl le tangka bawmhnak cu tuan deuh ah ka hmuh khawh lai?

- Rawl bawmhnak cu tling tein hmuh na herh asicun, Biahlnak no 1 in 14 tiang phih piak law cun cu form cu ram chung zung ah va kal pi. Nang mah na si fehernak /e atanglei chung in pakhat cu na kan hmuhsak khawh asicun *ni 7 chungah rawl bawmhnak dingah na tlak le tlak lo biachahnak kan tuah lai.*
- Miaknak cu naa tlaak tiah biachahnak tuah dih a thai zing in kan pek.
- Rawl bawmhnak cu na application kan hmuh ni thok in thok asi tawn.
- Tangka bawmhnak cu theihternak dihlak in naa tlaal le tlaak lo biachahnak tuah ni thok inn thok asi tawn.
- Na application na upnak in ni 30 chungah Rawl bawmhnak caah naa tlaak asicun biahchahnak kan tuah hrimhrim lai.
- Bu (institute) sinin na application cu na up asicun, nangmah sinah thlah silo le pek ni thok in thok asi lai.

### Rawl Bawmhnak le adang program pawl na sok asicun:

SNAP zulhpung cu na application tuahnak ding caah na zulh a herh. Hi ah hin caan rikhiahnak, ralrinpeknak, cun na upnak ding kong ah na nawlgeihnak pawl tel loin tuahnak pawl aa tel. Na Rawl Bawmhnak cu a dang bawmhnak program nih alnak kong men ah na application cu kan in al lai lo.

### Ramchung mi Covo pawl le iithleidan lonak

Federal ramchung mi covo pawl upadi le U.S. Department of Agriculture (U.S Lothlawh Bu, USDA) ramchung mi covo pawl zulhernak le pawlisi zulh in, mah bu hi miphun, cuar zawng, chuahkehnak ram, nu le pa thleidannak (nu le pa thleidannak i pehmi le nu le pa sinak he aa pehtlaimi mah duhnak pawl itelin), biaknak zumhnak hrampi, tuahkhawlonak, kum, politik lei ii zumhnak, si lo le a hlan ii ramchung mi covo pawl cawlcanhnan caah lehrulhnak si lole teirul chamnak pawl ah hramthokin ithleidannak sin in khamh a si.

Program thawngpang cu Mirang holh leng in a dang holh pawl in tuah a si kho. Program konglam (tcn., raille, nganpiin canemnak, audiotap, American Sign Langauge) pawl hmuh dingah a dang biakchawnhnak a herhmi tuahkhawh lomi pumpak pawl nih bawmhnak pawl an sok khawhnak agency (ramkulh siseh umnak hmu siseh) an chawnh khawh. A hnachetmi, hnathiehnak caah aa harhmi hna silole holh theihnak ah tlamtlilonak a ngeimi hna nih Federal Relay Service (Federal htet-sinh-hluinhnak caah Zohkhenhnak) (800) 877-8339 in USDA an pehtlaih khawh hna.

I Thleidannak kong phunzainak ap dingah, A Phunzaimi nih Sohluah AD-3027, USDA Program I Thleidannak kong Phunzainak Sohluah, <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, USDA zung paohpaoh in, (833) 620-1071 chawnhnak in, asilole USDA sin ah cakuat in hmuh khawh a si. Cakuat ah duhlonak a langhtertu min, umnak hmun, telephone nambar, le, mipi covo buarnak nithla le sining kong theihding ah Assistant Secretary for Civil Rights (Mipi Covo caah Tolrepiaktu, ASCR) theihternak tuah ding ah a zatawk a dikthlr in thleidannak he a pehtlaimi cawlcanhnan langhternak catialmi aa tel hrim lai.

Phih dihmi AD-3027 sohluah silole cakuat cu hi kaa zawn ah kuat a si lai:

- mail:** Food and Nutrition Service, USDA  
1320 Braddock Place, Room 334  
Alexandria, VA 22314; asilole
- fax:** (833) 256-1665 asilole (202) 690-7442; asilole
- email:** [FNSCIVILRIGHTSCOMPLAINTS@usda.gov](mailto:FNSCIVILRIGHTSCOMPLAINTS@usda.gov)

Hi phunghram hi aa ruangmi caantha petu a si.

## **Pemnak Dirhmun le Zatlang Himnak Nambat**

Midang nih pemnak umtuning dirhmun ruangah bawmhnnak an hmuh khawh lo hmanh ah nang mah he nan um tti mi minung hna caah bawmhnnak cu an hmuh khawh men. Soknak a tuah mi dihlak ii pemnak dirhmun cu na kan chimh hrimhrim lai. Innchungkhar chungtel hna pemnak umtuning dirhmun cu USCIS (a hlan ii INS tiah hngalhmi) nih a fehter khawh. Hi upnak tuah mi cungah, USCIS nih a hmuhmi konglam nih ii tlaaknak le miak ding zat cu a hnuaarsuan khawh. Ramdang mi cheu khat a huapmi ngandamnak lei zohkhenhnak nih a huapmi kan ngei.

Federal Phunglam tang ii (42 CFR § 435.910, 45 CFR §205.52, 7 CFR §273.6), nangmah nih Social Security Number (Zatlang Himnak Numbat, SSN ) cu Washington Apple Health, TANF, silo le rawlbawmhnnak soknak a tuahmi caah na kan pek lai. Nangmah he a um tti mi asi nain soknak a tuah lo mi nu le pa cun na nupi hna ii SSN zong kan herh kho men. SSN pawl a ngei lomi pawl caah ngandamnak lei zohkhenhnak a huapmi kan ngei.

## **Washington Apple Health caah ramchung mi sinak le sinak**

Washington Apple Health co dingah U.S. ramchung mi pawl nih ramchung mi sinak le sinak kha tette a piah a herh. Mah tette hi hmuh dingah kan ibawmh khawh. Na tangka peknak a herh laimi cahren na herh ahcun, kan kuat lai ii a man kan pek lai. Na innchungkhar ii aho paoh anmah tuahkhawh lo nak le Supplemental Security Income ( A Chapmi Himnak Hmuham Tangka, SSI ) ah hngatchanan Medicare, Social Security Disability Insurance ( Zatlang Himnak Tuahkhawhlonak Aamahkhan, SSDI ) a hmumi nih tette an hmuhnsak a herh lai lo.

## **Silei le Caan Sau Zohkhenhnak caah Ramkulh tangka pek tthannak**

Washington Ramkulh Innlo Laktthannak upadi (RCW 41.05A.090, RCW 43.20B.080), tang ah, na innlo nih silei le caan-saupi rianttuaniapiaknak phun cheukhat Ramkulhnih a pekmi man pawl kha a pektthan laii kum 55 na kim hnuaah na hmuhmi bawmhnnak kha a pek than lai. Ramkulh lawng nih a bawmhmi rianttuaniapiaknak na hmuh ahcun kum kongah ri a um lo. Innlo Laktthannak cu na thih aa thawk lai; tangka peknak cu na nupui thih hnu ah pekawk a si, asilole na (hna) nih kum 21 a kim tikah, cu na thih caan ah mitcawt/tuahkhawhlo a si lo ahcun. Mah Ramkulh nih na innlo taktak in a thi rih lomi ramdangmi a ap khawh, kum zei zah zawng a si hmanh ah, nursing inn ah na um ii inn na lawi lai lo ahcun. Mah Ramkulh nih mah ramdangmi sin in a pumh lai, thilri na zuar asilole na ttial ahcun, asilole na thih hnu ah. Inn na lawi ahcun mah Ramkulh nih ramdangmi cu an tthial lai. A chapmi konglam, Innlo Laktthannak kong he aa pehtlaimi rianttuaniapiaknak cazin a telmi caah Chapter 182-527 WAC hi zoh.

## **Na Tang le Rawl Bawmhnnak ii Pumpak sinak**

Rawl le A-Ha-Ra Upadi 2008, soknah ii kan halmi konglam pawl hi komh ushi. Halmi konglam peknak cu mah duh tein tuahmi a si, sihmanhselaw, a sullam ttha um loin konglam pek lonak cu A Hramthok Rawl bawmhnnak pawl caah alnak a can kho. Federal Income and Eligibility Verification System (Hmuham Tangka le ii Tlaknak Fehternak Tuahning, IEVS) telin computer matching program pawl konglam cheukhat kan fehter lai.

Hi konglam pawl kan hmannak cu:	Hi konglam pawl kan peknak cu:
<ul style="list-style-type: none"> <li>Ho dah kan program caah aa tlaak ti biachahnak.</li> <li>Rawl bawmhnnak caah tam tukin tangka peknak pawl kha khawl.</li> <li>Kan program tawlrelnak.</li> <li>Phunglam kan zulh le zulh lo fiang tein zoh.</li> </ul>	<ul style="list-style-type: none"> <li>Phunglam tien hmannak caah federal le ramkulh ko-za-lay pawl.</li> <li>Phunglam Zulh Ding Fehternak (Law Enforcement) ko-za-lay pawl nih phunglam a zul lo mi pawl cu an kawl hna lai.</li> <li>Pumpak in khomh mi ko-za-lay pawl caah ahlei in rawl bawmhnnak caah peknak khomh.</li> </ul>

Department of Social and Health Services (Zatlang le Ngandamnak caah Zohkhenhnak Zungtthen) ah theihternak pek mi nih ngandamnak caah zohkhenhnak a huap mi cu Ngandamnak caah Health Care Authority (Zohkhenhnak NawIngeihnak) le Ngandamnak caah Miaknak caah a hnurasuan khawh mi asi.

## **Rawl Bawmhnnak caah Ralrin Peknak**

**Na konglam cu a hman le hman lo adang ko-za-lay pawl he kan chek.** Konglam tuah mi cu a hmaan lo asi ahcun, mah nu/pa nih Rawl Bawmhnnak cu a ngah lai lo.

### **Chungtel mi hna nih phunglam zulh ding in nawl an buar asi ahcun:**

- Adang angah rih mi Federal le Ramkulh Upadi in dantatnak tuah asi lai.
- SNAP ah kum khat in zungzal tiang hmannak nawl phih piak asi lai.
- \$250,000 cung dantatnak.
- Kum 20 cung thong ah tlaknak.
- Biaceih zung nih a mingh a pek sicun adang thla 18 chung SNAP hman nak nawl phih piak.

### **Biaceih zung nih asualnak a hmuh sicun:**

**Miaknak in tangka kuatnak ah cawlcanghnak hmuh:**

**Nang ma cu:**

- Tthing mi thil sining zuar..... Kum hnih in a zungzal tiang tlin khawh tilonak.
- Hriamnaam, zen thong, silo le a puak mi thil pawl zuar ..... A zungzal in tlin khawh tilonak.
- Mi zuarnak in \$500 leng miaknak hmuh ..... A zungzal in tlin khawh tilonak.
- Umtthutnak silo le fehternak hlen ..... Kum 10 chung tlin khawh tilonak.



# I Tlaknak kong Zohthannak

**Hi sohluah phihnak caah bawmhnak na herh cun rak kan hal.**

Rawl bawmhnauk lawng caah, mah sohluah hi nihinah na dihter khawhlo ahcun, na min, umnak, lemintthutpawl ap in mah tuahning hi na thawk khawh. Catlap 7 ii mintthutnakhi na ii tlaknak zohtthannak sohluah dihter dingah a herh. A chapmi konglam, cun na case zohtthannak dihternak interview kimter dingah kan herh men lai.



ASOKTU MIN	SOCIAL SECURITY NUMBER (ZATLANG HIMNAK NUMBAT)	AHMANGTU FEHTERNAK NUMBAT
<p>18. Ka miphun sining cu Hlspanic silo le Latino asi: <input type="checkbox"/> Asi <input type="checkbox"/> Asi Lo</p> <p>Ram le miphun sinak theihter cu mah le lungtho tein tuah asi ii tlaaknak silo le miak ding zat a hnuarsuang lai lo. Hi theihternak pawl cu program miaknak kha minphung, muici, islo le ram mi sinak zoh lo in ttha tein zamhnak ding ah hman asi. Rawl Bawmhnak caah USDA nih theihternak cu na pek rih lo sicun cucus phit piak ding a herh lai. Lehnak na kan pek lo ahcun "theihter a si lo" tiah kan thim lai. <b>Miphun tahchunnak:</b> Arang, Anak silo le Africa America mi, Asia mi, Hawaiian hrinsor, Pacific Island mi, America India aa cawh mi, Alaska hrinsor, silo le adang miphun thi aa cawh mi pawl.</p>		
<b>I. Atlang pi Konglam</b>		
<p>1. A luan cia ni 30 ah, ram kulh dang, phun dang, silo le adang hmunhna in rawl silo le tangka bawmhnak ka hmuh. <input type="checkbox"/> Asi <input type="checkbox"/> Asi Lo</p> <p>2. Washington Ramkulh leng ah um a duh ii ka sok mi: <input type="checkbox"/> Asi <input type="checkbox"/> Asi Lo Aho dah: _____</p> <p>3. Keimah silo le ka chungkhar chung ii pakhat khat cu ramdangmi bawmhmi a si: <input type="checkbox"/> Asi <input type="checkbox"/> Asi Lo Aho dah: _____</p> <p>4. Keimah silo le ka chungkhar chung in pakhat khat cu kum 16 silo le cunak upa kan si (Aa tlakmi dihlak kha chek tuah): <input type="checkbox"/> Siangsangruun (High School) <input type="checkbox"/> Siangsangrum he aa Khatmi Program <input type="checkbox"/> College <input type="checkbox"/> Chawlehnak he aa pehthelimi Sianginn Aho dah: _____</p> <p>5. Pakhat khat cu kan inn in chikhat leng ah a um: <input type="checkbox"/> Asi <input type="checkbox"/> Asi Lo Aho dah: _____</p> <p>6. Kei mah silo le kan inn chungkhar in pakhat cu U.S. Hriamtai Bu, Ram mi Hngaktu, silo le Ralkap rin silo le a za lawn g mi nu/va a zohkhenh tu kan si <input type="checkbox"/> Asi <input type="checkbox"/> Asi Lo Asi cun ho dah asi: _____</p> <p>7. Kei mah silo le kan inn chungkhar in pakhat cu biaceih zung silo le sualnak tuah ruangah thongtlaak ding hrialnak caah upadi ful lo in a tli mi kan si: <input type="checkbox"/> Asi <input type="checkbox"/> Asi Lo</p> <p>8. Kei mah ka umnak cu: <input type="checkbox"/> Kei mah inn silo le tteih-khan <input type="checkbox"/> Bu Inn <input type="checkbox"/> Adang: _____ <input type="checkbox"/> Zohkhenhnak (pung-san cazin pek): _____ Luhnak Nithla: _____</p> <p>9. Ka si: <input type="checkbox"/> Nupi Ngeilo <input type="checkbox"/> Married <input type="checkbox"/> Nupi mak <input type="checkbox"/> Nupi Tthen <input type="checkbox"/> Pahmei <input type="checkbox"/> Cazin i khumhmi Chungkharah Ttuantinak ah</p> <p>10. Keimah silo le kan inn chungkhar chung in pakhat cu September 22, 1996 ah rithai sii zuar ruangah Rawl Bawmhnak ah dantat mi kan si. <input type="checkbox"/> Asi <input type="checkbox"/> Asi Lo</p> <p>11. Keimah silo le kan inn chungkhar chung in pakhat cu September 22, 1996 hnu ah Rawl Bawmhnak cu \$500 leng zuar silo le cawk ruangah dantat mi kan si <input type="checkbox"/> Asi <input type="checkbox"/> Asi Lo</p> <p>12. Keimah silo le kan inn chungkhar chung in pakhat khat cu September 22, 1996 hnu ah kuan pawl, zen thong, silo le puah hmang thil caah Rawl Bawmhnak cu zuar ruangah dantat mi kan si <input type="checkbox"/> Asi <input type="checkbox"/> Asi Lo</p> <p>13. Keimah silo le kan inn chungkhar chung in pakhat cu September 22, 1996 hnu ah Rawl Bawmhnak cu Ramkulh kapkhat leng in kan hmuh ruangah dantat mi kan si: <input type="checkbox"/> Asi <input type="checkbox"/> Asi Lo</p> <p>14. Keimah silo le kan inn in pakhat cu: a. San-dah piah: <input type="checkbox"/> Asi <input type="checkbox"/> Asi Lo b. Hawi kom (a boarder): <input type="checkbox"/> Asi <input type="checkbox"/> Asi Lo</p> <p>15. Keimah silo le kan inn chungkhar chung in pakhat nih \$4,500 asilole a tam deuh awngali ah asilole phe kahnak ah a tei: <input type="checkbox"/> Asi <input type="checkbox"/> Asi Lo</p> <p>Asi ahcun, ahodah: _____ Hmuu nithla: _____</p> <p>Azat(ngunkhuai hlan ii tangka zat): _____</p>		
<b>II. Ngandamnak Aamahkhan Konglam (A Hramthawk Rawl caah a herh lo)</b>		
<p><b>Keimah, ka nupi, si lo le kan inn chungkhar chung in pakhat khat nih:</b></p> <p>1. Lut dingah a timh, silei hmunpi (sizing asilole zohkhenhnak peknak inn tibantuk) ah a um a siloah cu sin in a kaltak <input type="checkbox"/> Asi <input type="checkbox"/> Asi Lo</p> <p>2. Hnulei thla thum zeipaoch caah tangka pek rih lomi silei man kongah bawmhnak a herh ..... <input type="checkbox"/> Asi <input type="checkbox"/> Asi Lo</p> <p>3. Ngandamnak aamahkhan a ngei: <input type="checkbox"/> Asi <input type="checkbox"/> Asi Lo (A tlakmi dihlak kha chek tuah): <input type="checkbox"/> Medicare (Washington Apple Health si lomi) <input type="checkbox"/> Tricare <input type="checkbox"/> Caan-Sau Zohkhenh Aamahkhan <input type="checkbox"/> Indian Health Services (Indian pawl Ngandamnak Rianttuanpiaknak pawl) <input type="checkbox"/> Adang Ngandamnak Aamahkhan:</p>		
<b>III. Resource pawl ( Tette benhchih; HWD caah a herh lo, asilole A Hramthok Rawl)</b>		
<p>Thilr hrampi cu nangmah nih na ngeih mi asi ii cucu zuar khawh, chawlehtthal khawh, silo le tangka he adang in thlen khawh mi pawl an si. Thil hrampi ah nangmah nih pumpak in ngeih mi inn chung thilri, silo le thil puan pawl aa tel lo. Thil hrampi caah tahchunnak pawl cu:</p> <ul style="list-style-type: none"> <li>• Tangka</li> <li>• Cheknak account pawl</li> <li>• Khonnak account pawl</li> <li>• College fun pawl</li> <li>• Zumhnak</li> <li>• IRA / 401k</li> <li>• Inn pawl, Vawlei silo le Inn Lo</li> <li>• CDs</li> <li>• Tangka market account (Moeney market account)</li> <li>• Bond pawl</li> <li>• Pensen man</li> <li>• Thlaan man, plan caah peckianak</li> <li>• Chawlehtthalnak caah thilri timhnak</li> <li>• Sattil zuatnak</li> <li>• Nunnak caah Aamahkhannak</li> </ul>		

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### III. Resource pawl ( Tette benhchih; HWD caah a herh lo, asilole A Hramthok Rawl) (Aa peh)

1. Zaangfahnak tein nangmah, nan nu/pa, silo le mah caah soknak tuah silo le cawk mi thilri pawl cu cazin tuah hna:

THILRI	HO NIH DAH A NGEIH	UMNNAK	AMAN
			\$
			\$
			\$
			\$
			\$

2. Keimah, kan nupi, silo le pakhat khat caah keimah nih motor pawl, kung-ka pawl, van motot pawl, tilawng, RVs, sannak, silo le a dang motor thilri pawl cu ngeih dingah ka sok:

AKUM (TCH, 1980)	SERNAK (TCH, FORD)	MODEL (TCH, ESCORT)	HLANH DING ASICUN ZAH PIAK	SEH THILRI CU SIILEI PEHTLAI IN HMAN DING ASICUN ZAH PIAK	NGEIH MI ZAT
			<input type="checkbox"/>	<input type="checkbox"/>	\$
			<input type="checkbox"/>	<input type="checkbox"/>	\$

3. Keimah, kan nu/pa/ silo le pakhat khat caah aluancia kum nga ah zuarnak, chawlehhthalnak, a lak in pek, silo le thil a hrampi paw tthialnak cu ka sok(zumhnak, seh thilri pawl silo le eain-chan-me pawl telh in):  Asi  Asi Lo

Asi ahcun, zeidah: \_\_\_\_\_ zeitakah: \_\_\_\_\_

### IV. Kum tin man (Atu silo le hmailei ah caan hmaan tein peknak hmuh ding ah inn chungkhar mi pakhat khat nih hrambunhnak tuah.)

KUM TIN MAN NGEITU CU HODAH ASI?	COMPANY SILO LE BU (INSTITUITION)?	AZAT SILO LE AMAN	THLAHLAWH HMUHMI	CAWNAK NITHLA
		\$	\$	
		\$	\$	
		\$	\$	

Nangmah, asilole na nupui, kum fatin tangka pekmi ah a mak na ngeih ii, Washington Apple Health Can Sau Zohkhenhnak, SSI he aa pehtlaimi asilole CN huapmi na cohlang ahcun, Washington Ramkulh kha kum fatin tangka pekmi cohlangtu a tangmi bantukin na chiah a hau.

### V. Tangka Luhnak Hmuhami (Tette benhchih)

1. Keimah, ka nupi, asilole pakhat khat ka sokmi nih a luan cia ni 30 ah a dihnmi rian a rak ngeih ahcun:  Asi  Asi Lo

2. Keimah, ka nupi, asilole pakhat khat ka sokmi nih rian ah hmuhami tangka a ngei:  Asi  Asi Lo

Asi ahcun, mah section hi kimter:

HODAH HI THLAHLAWH CU A HMU  RIAN NGEITU MIN LE PHONE NUMBAT  RIAN THOK NI  Mah rian hi mah pumpak tein tuah mi asi maw? <input type="checkbox"/> Asi <input type="checkbox"/> Asi Lo Mah pumpak tein chawlehhthalnak tuah mi ah thla fatin dihueu mi azat: \$_____	HMUH MI AZAT DIHLAK (ZUHNAK TUAH HLAN II DOLLAR ZAT) \$_____ paoh ah: <input type="checkbox"/> Suimilam <input type="checkbox"/> Zarh <input type="checkbox"/> Zarh hnih <input type="checkbox"/> Thla khat voihnih <input type="checkbox"/> Thla Zarh fatin suimilam: _____ Pek nithla (tch, 1 <sup>st</sup> le 15 <sup>th</sup> , silo le Ninga ni fatin): _____
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HODAH HI THLAHLAWH CU A HMU  RIAN NGEITU MIN LE PHONE NUMBAT  RIAN THOK NI  Mah rian hi mah pumpak tein tuah mi asi maw? <input type="checkbox"/> Asi <input type="checkbox"/> Asi Lo Mah pumpak tein chawlehhthalnak tuah mi ah thla fatin dihueu mi azat: \$_____	HMUH MI AZAT DIHLAK (ZUHNAK TUAH HLAN II DOLLAR ZAT) \$_____ paoh ah: <input type="checkbox"/> Suimilam <input type="checkbox"/> Zarh <input type="checkbox"/> Zarh hnih <input type="checkbox"/> Thla khat voihnih <input type="checkbox"/> Thla Zarh fatin suimilam: _____ Pek nithla (tch, 1 <sup>st</sup> le 15 <sup>th</sup> , silo le Ninga ni fatin): _____
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ASOKTU MIN		SOCIAL SECURITY NUMBER (ZATLANG HIMNAK NUMBAT)		AHMANGTU FEHTERNAK NUMBAT	
<b>VI. Adang dang tangka hmuhnak (Tette benhcih; Chungkhar Chungtel dihlak ca in Theiterhnak tuah)</b>					
<ul style="list-style-type: none"> <li>• Rian ngei lo miaknak pawl</li> <li>• Zatlaang Himnak caah Tangka Hmu Mi</li> <li>• Ruak Bul Man</li> <li>• Lentecelhnak in Tangka Hmu Mi</li> <li>• Fimthiamnak lei miaknak (sianghngakchia tangkah cawihnak, laksawng, rian- cawn)</li> </ul>			<ul style="list-style-type: none"> <li>• Supplemental Security Income (Adang dang Betmi Himnnak caah Tangka Hmuhnak, SSI)</li> <li>• Hngakchia Bawmhnnak silo le chungkhar zohkhenhnak</li> <li>• Tlaanglawng in miaknak pawl</li> <li>• Hlanhnak in hmu Mi tangka</li> </ul>		
<ul style="list-style-type: none"> <li>• Riang dinhnak silo le pensen Veteran Administration (Waiyint mi Uknak, VA) silo le ralkap miaknak pawl</li> <li>• Labor and Industries (A-lotta-ma le sehzung pawl, L&amp;I)</li> <li>• Zumhnak a ttuu/ Miak mi pawl</li> </ul>					
HMUH LOMI THALHLAWH PUNG-SAN		HO DAH THLAWHLAWH CU A HMU?			THLA FATIN TANGKA HMUH MI ZAT
					\$
					\$
					\$
					\$
<b>VII. Thal fatin dihue mi pawl</b>					
HLAAN \$	ATTUU \$	HMUN HLANH \$	INN NGEITU AAMAHKHAN \$	THILRI CAAH NGUNKHUAI MAN PAWL \$	ADANG DANG MAN PAWL \$
Zei bantuk dah nan inn chungkhar nih tthencheu inn hlan silo le a ttuu cu nan pek? <input type="checkbox"/> Mei (Electric/Gas) <input type="checkbox"/> Electric (Mei silo mi) <input type="checkbox"/> Ti <input type="checkbox"/> Inn/Cell Phone <input type="checkbox"/> hor kuang <input type="checkbox"/> ku-dawng					
Adang minung silo le agency pawl nih inn caah bawmhnnak cu hi dihheunak ii a cheu silo le pek hau lo ding in an ka bawmh: <input type="checkbox"/> Asi <input type="checkbox"/> Asi Lo Asi ahcun, Aho dah: _____ Zei bik man: _____ Tangka pekmi Zat: \$ _____					
<input type="checkbox"/> A luan cia thla 12 chung ah Low Income Home Energy Assistance Act (Thlahlwah a Tlawn mi Innchung bawmhnnak Upadi, LIHEAA) cu ka hmuh.					
Keimah, kan nu/pa, silo le kan innchung pakhat khat nih pek ding mi cu an pek silo le pek ding an ruah(sok mi vialte zah piak):					
<input type="checkbox"/> Hngakchia silo le Upa Hngatchanmi Zohkhenhnak(phorhthirnak man pawl telh in)	Thla fatin ca azat: \$			Aho nih dah a pek:	
<input type="checkbox"/> Pum tlamtling lo mi pawl silo le kum 60+ cung asi mi minung hna siilei caah bill peknak (phorhthirnak man le a tha hlei mi ngandamnak aamakhan pawl telh in)	Thla fatin ca azat: \$			Aho nih dah a pek:	
<input type="checkbox"/> Hngakchia Bawmhnnak (Tette benhcih)	Thla fatin ca azat: \$			Aho nih dah a pek:	
Acunglei cazin ii langhter mi dihheunak pawl cu theiternak na tuah lo asicun, hi dihheunak caah zuhnak cu nan innchungkhar nih nan duh lo tiah cathanhnak in hi kongkau ah kan ruah lai.					
<b>VIII. NawIngeihnak Aiawhtu</b>					
NawIngeihnak aiawhtu cu minung asi ii nangmah miaknak kong ah DHS (Department of Social Services) he bia aa ruah kho mi asi. Mi pakhat khat min na chim khawh, asinain na herh mi asi lo. <input type="checkbox"/> Asi <input type="checkbox"/> Asi Lo <input type="checkbox"/> Hi minung hi phungning in an zohkhenhtu asi maw? <input type="checkbox"/> Asi <input type="checkbox"/> Asi Lo <input type="checkbox"/> Mah pumpak nih hin Sihne Aiawhnak cahren a ngei maw? <input type="checkbox"/> Asi <input type="checkbox"/> Asi Lo					
NawIngeihnak Aiawhtu sohluah (DSHS 14-532) na phih piak a hau kho men, na ngandamnak lei zohkhenhnak huapmi kha tharpiak na timh ahcun. <b>A hramthok rawl caah, Naw! Pekmi Aiawh hi certification caanchung lawngah a hman khawh a si lai.</b>					
MIN	II PEHTLAIHNAK			TELEPHONE NUMBAT	
CAKUATNAK UMNAK HMUN	KHUAPI			RAMKULH	ZIP CODE
<b>Ngeihmi thil Fehternak caah nawl peknak</b>					
<p><b>Washington Apple Health Aged, Blind or Disabled (Tar, Mitcaw asilole Tuahkhawh lo) Medicaid program pawl lawng caah.</b></p> <p>Kan sokmi asilole tharpiaknak bawmhnnak ka sokmi caah ka pekmi konglam hi federal le ramkulh nawl ngeitu hna nih a hman maw timi biakhiah dingah fehternak tuah khawhmi a si ti ka hngalhthiam. Washington Ramkulh Health Care Authority (Ngandamnak Zohkhenhnak NawIngeihnak, HCA) le Department of Social and Health Services (Zatlang le Ngandamnak caah Zohkhenhnak Zungtthen, DHS) hi ka ii tlaknak biakhiah dingah le tangka lei ii keimah konglam a hman timi fehter dingah ngeihmi thil fehternak tuah dingah nawl ka pek. HCA le DHS nih a dothlat laii ngeihmi pawl fehternak tuahning cheu khat bantukin tangka lei bu, ramkulh asilole federal agency, silole pumpak database a pehtlai khawh ti ka hngalhthiam. Mah nawl peknak hi, kan sohluah ah a hmanung bik aa tha lomi biakhiahnak tuah a si tikah, bawmhnnak pawl caah ka ii tlaknak pawl a dong, asilole mah nawl peknak hi zeitik caan paoh ah HCA asilole DHS he theiternak ttialmi peknakin ka lak tthan ahcun, aa dongh lai ti ka hngalhthiam. <b>Naw! peknak ka lak tthan asilole ka al a si cun, Washington Apple Health Aged, Blind or Disabled (Tar, Mitcaw asilole Tuahkhawh lo) Medicaid program zeipaoh caah kaa tlak ti lo ti ka hngalhthiam.</b></p>					

ASOKTU MIN	SOCIAL SECURITY NUMBER (ZATLANG HIMNAK NUMBAT)	AHMANGTU FEHTERNAK NUMBAT	
<b>Me petu Minpeknak</b>			
<p>Zungtthen nih me petu minpeknak caah zohkhenhnak cu mah tein (automatic) me petu minpeknak cu atuah. <b>Minpek ding ah soknak tuah silo le alnak tuahnak nih hi ko-za-lay sinin na hmuu ding mi miaknak azat cu silo le zohkhenhnak cu a hnuarsuang lai lo.</b> Me petu minpeknak form phih dingah bawmh na herh cun, kan in bawmh lai. Bawmhnaak cu na cohlang lai maw silo le na kawl lai dah ticus nang mah nawl asi. Me petu minpeknak form cu pumpak tein na phih asi kho men. Pakhat khat nih minpeknak ah na nawl ngeihnak cu hna a kan hnawh tiah na zumh asicun silo le vote pek ding minpeknak cu al asi cun, vote pek ding ah minpeknak silo upanak tuahnak nawl cu na ngeih, silo le nang mah ii ramkhel bu silo le adang ramkhel na duh mi zong thimnak nawl na ngeih, cucus file in buainak cu: Washington State Elections Office PO Box 40229, Olympia, WA 98504-0229 (1-800-448-4881).</p>			
<p><b>Me silo le na mepeknak caah minpeknak cu remhthar mi in tuah na duh maw?</b> <input type="checkbox"/> Asi <input type="checkbox"/> Asi Lo</p> <p><b>Me kaung cu na zah lo asi ahcun, a tu tan ah me pek ding cu tuah lo ding in kan in ruah lai,</b> nangmah cu allo in le mah tein me petu minpeknak ah naa tlaak lo tiah kan in ruah lai.</p> <p>Acung ah "Duh Lo" tiah na zah asi cun, mah tein me petu minpeknak ah naa tlaak tiah ruah na si lai. Nangmah cu a hnu thimnak ah a tlawm bik kum 18 in a cung lei na si, cun United States of America ram mi na si, cun DSHS nih na min, umthutnak le cakuatnak, chuah nthila, ram mi sinak fehter khawhnak konglam, cun hi application caah thieternak pek mi cu hmaan te in tuah in na minthutnak a um asi ahcun mah tein me petu minpeknak ah na tlaak lai.</p> <p><b>Me peknak caah mahtein(automatically) minpeknak tuah cu na duh maw?</b> <input type="checkbox"/> Asi <input type="checkbox"/> Asi Lo</p> <p><b>Kuang ah "Duh" tiah na zah asi ahcun, silo le kuang zong na zah lo nan mah tein me petu minpeknak ah a herh mi cu na tlinh asicun, DSHS nih me peknak ding caah Ramkulh Chungtuan Zung ah na konglam cu a kuat lai.</b></p>			
<b>Thanhnak le Mintthutnak (Na li Tlaknak Zohthannak tuah din dingah a tangah hin mintthu.)</b>			
<p>Keimah nih hihi ka fian:</p> <ul style="list-style-type: none"> <li>• Ahmaan mi thieternak pek le thieternak caah a herh mi pawl cu zulh ding.</li> <li>• Kaa tlaaknak caah fehternak pek ding.</li> <li>• Hngakchia bawmhnaak caah a fiang e nawlgeihnak caah rianpeknak cu Washington Ramkulh ah Temporary Assistance for Needy Families (A Herhmi Chungkhar caah Caan Tawi in Bawmhnaak, TANF) ka hmuh bak in pek ding. Asinain, DSHS sinah hngakchia bawmhnaak cu kei mah silo le ka fa caah ral asi cun ka hal khawh hna.</li> <li>• Rawl bawmhnaak caah rianttuannak a herh mi he hmunkhat ah ttuan tti.</li> </ul> <p>Keimah nih hi thil pawl cu ka tuah lo sicun, miaknak silo le an mah sin pek tthan ding cu ka sung kho.</p> <p>Keimah nih a palh mi cathanhnak zu tuah silo le theihter ding mi thil theihter loin ka um asicun phung ning in dantatnak ka tong kho ti ka fiang.</p> <p>DSHS cu adang minung silo le ko-za-lay pawl he kei mah nih kaa tlaak maw tlaak lo tiah fehternak tuah tikah ah pehtlaihnak nawl cu ka pek.</p> <p>Tangka le Rawl caah: Ka nawlgeihnak le ka ttuanvo pawl ka rel silo le an ka fianter ko cun Ahmang tu Nawlgeihnak le Ttuanvo pawl, DSHS 14-113 khawpi ka hmu. Ngandamnak zohkhenhnak huapmi caah, kan nawlgeihnak le ka ttuanvo pawl cu fianter ka si i Ahmangtu Nawlgeihnak le Ttuanvo pawl, HCA 18-003 khawpi pek ka si cang.</p> <p><b>Washington Ramkulh tang ii a ummi tangka dantatnak zohin application ka pek mi thieternak cu ram mi sinak ah lungretheihnak le miaknak caah sifak dirhmun in chungtel sinak ka sok mi cu a hmaan mi le a dik mi asi tiah ka fehter silo le thanh.</b></p> <p><b>Tangka caah, na innchungkhar ii kum tling upa (silo le nawlgeihnak aiawhtu) dihlak nih minthut ding.</b></p> <p><b>Ngandamnak lei zohkhenhnak huapmi caah, a soktu (silo le nawlgeihnak aiawhtu nih min an tthu ding).</b></p> <p><b>Rawl bawmhnaak caah, soktu le nawlgeihnak aiawhtu nih, atu lio nawlgeihnak aiawhtu cahren file ah a um lo a si le, min a tthu ding.</b></p>			
SOKTU MINTTHUTNAK (HERHMI)	NITHLA	SOKTU MIN CAFANG NGAN IN	KHUAPI LE RAMKULH MINTTHUTMI
ADANG KUM TLING SOKTU MINTTHUTNAK	NITHLA	ADANG KUM TLING SOKTU MIN CAFANG NGAN IN	KHUAPI LE RAMKULH MINTTHUTMI
BAWMHTU ASILOLE AIAWHTU MINTTHUTNAK	NITHLA	CAFANG NGAN IN TTIALMI AIAWHTU MIN	KHUAPI LE RAMKULH MINTTHUTMI
TETTE MINTTHUTNAK "X HE A TTHU AH CUN	NITHLA	TETTE MIN CAFANG NGAN IN	