



- Waa in aad ogolaasho horay ka soo qaadatid maamulaha sheegashadaaada. Fiiri [WAC 296-20-1103](#).
- Akhri tilmaamaha ku yaal dusha ka hor inta aadan bilaabin.
- Safarka Independent Medical Examination (Baarista Caafimaadka Madax Banaan)? Hel foomka safarka IME ([F245-224-000](#)) internetka www.Lni.wa.gov kaddibna riix "Get a Form or Publication" (Hel Foomka ama Daabacaadda).

Macluumaadka Shaqaalaha (fadlan daabac)		Nambarka Sheegashada:
Magaca (Dambe, Kowaad, Xarafka Hore Magaca Dhexe)		Taariikhda Dhaawaca
Cinwaanka Guriga (lama rabo PO Box)		
Magaalada	Gobolka Zip Code	Nambarka Telefoonka

Sababta Safarka (calaamee hal nooc safar halkii foom)

- Booqashada caafimaadka Adeegyada farsamada Tagidda fasalka dib u tababarka [ku lifaaq foomka Transportation Encumbrance (Culeyska Gaadiidka) [F245-375-000](#) lagana soo saxiixo Vocational Counselor] (La-Talliyaha Farsamada)

Macluumaadka Safarka - tilmaanta iyo tusaalada ku taal dusha

Ma ku lifaaqday resiidyada kharashka? Haa Maya

	A. Taariikhda (safar kasta) bisha/maalinta/ sannadka	B. Koodka safarka (halkii hal saf - fiiri dusha foomka)	C. Ka Socoto: (Magaalada)	D. Ku Socoto (Magaalada)	E. Magaca bixiyaha iyo sababta booqashada	F. Tirada mayl (safarka tagidda iyo soo noqoshada jidka toosan ee ugu gaaban keliya)	G. Kharashka (ku soo lifaaq resiidyada)
1.							
2.							
3.							
4.							
5.							
6.							
7.							

Loo baahan yahay: Saxiixa bixiyaha ama shaqaalaha xafiiska si loo xaqiijiyo ballankaada.

1.	Taariikhda	5.	Taariikhda
2.	Taariikhda	6.	Taariikhda
3.	Taariikhda	7.	Taariikhda
4.	Taariikhda		

Loo baahan yahay: Saxiixa Shaqaalaha

Kharashkaan wuxuu la xariiraa sheegashada magta shaqaalaha mana ley soo celinin. Aniga waxaan fahamsanahay in ay tahay dambi in la gudbiyo macluumaad aan ogsoonahay in uu yahay been. Aniga waan akhristay iyo waan fahamsanahay tilmaamaha ku yaal dusha foomkaan.

Daabac Magaca Shaqaalaha Saxiixa Shaqaalaha Taariikhda

Booqashada kowaad kaddib marka aad u timaadid sheegashadaada, kharashka safarka waxaa la bixin karaa oo keliya haddii:

- Aad foomka ogolaashadaada ka haysatid maamulaha sheegashada iyo
- Aad aragtid bixiyaha ku jiro L&I Provider Network (Shabakada Bixiyaha L&I) (waxaa dhici karto in ay jiraan waxyaabo ka reeban, fiiri meesha lagala xariiro hoos).

Tilmaamaha: Dhamastir tiir kasta.

- **Tiirka A:** Taariikhda aad safartay (hal taariikh halkii sadar).
- **Tiirka B:** Isticmaal hal kood keliya halkii sadar. Koodhadka waxay ku qoran yahiiin hoos.
- **Tiirka C:** Magaalada aad ka soo safartay.
- **Tiirka D:** Magaalada aad u safartay.
- **Tiirka E:** Bixiyaha aad aragtay iyo sababta dhallisay safarka.
- **Tiirka F:** Wadarta tirada mayl sii socoshada iyo soo noqoshada.
- **Tiirka G:** Xisaabta doolarka kharash kasta (raashin, jiif, tigidho, meelaha baabuurta la dhigto). Hal kharash keliya halkii sadar. Waa in aad ku soo dhajisid koobiyada dhamaan resiidyada marka laga reebo meelaha baabuurta la dhigto wixii ka yar \$10. Dhamaan resiidyada waa in la jebebiyo lana akhrin karo. Lama ogola resiidyada kaarka deynta.

Koodhadka Safarka

Kharashka	Adeegyada Caafimaadka	Adeegyada Farsamada	Dib u Tababaridda
Masaafada baabuurka gaar loo leeyahay	0401A	V0028	0301R
Meesha la dhigto baabuurka	0402A	0402A	0302R
Khidmadda Buundada iyo Doonta	0403A	0403A	0303R
Gaadiidka Tujaarada	0405A	0405A	0304R
Taksi	0414A	0414A	La xariir La-Talliyahaada Farsamada
Jiif	0406A	0406A	La xariir La-Talliyahaada Farsamada
Quraac	0407A	0407A	La xariir La-Talliyahaada Farsamada
Qado	0408A	0408A	La xariir La-Talliyahaada Farsamada
Casho	0409A	0409A	La xariir La-Talliyahaada Farsamada

Saxiixyada

- **Booqashooyinka Caafimaadka:** Waa in uu saxiixo bixiyaha ama shaqaalaha xafiiska aad aragtay si loo xaqiijiyo taariikh kasta booqashada.
- **Adeegyada Farsamada iyo Dib u Tababaridda:** La-talliyahaada farsamada waa in uu saxiixo si loo xaqiijiyo safar kasta aad gashay.
- **Saxiixa Shaqaalaha:** Waa in aad saxiixdid foomka lacag celinta

Tusaale:

	A. Taariikhda (safar kasta) bisha/maalinta/ sannadka)	B. Koodka safarka (halkii hal saf - fiiri dusha foomka)	C. Ka Socoto: (Magaalada)	D. Ku Socoto (Magaalada)	E. Magaca bixiyaha iyo sababta booqashada	F. Tirada mayl (safarka tagidda iyo soo noqoshada jidka toosan ee ugu gaaban keliya)	G. Kharashka (ku soo lifaaq resiidyada)
1.	08/08/2016	0401A	Olympia	Seattle	Dr. Smith; booqashada ka dambeyso qaliinka	120	
2.	08/08/2016	0402A					\$25.00

Ma u baahan tahay in aad heshid L&I Network Provider (Bixiyaha Shabakada L&I)?

Booqo bogga Find-A-Doc si aad u heshid takhtar www.Lni.wa.gov/FindADoc.

Ma u baahan tahay kaalmo dheeraad ah ama macluumaad?

Tag www.Lni.wa.gov kaddibna riix calaamadda Injured Workers (Shaqaalaha Dhaawacmay) ama wac 1-800-LISTENS.

Waxaad akhrisan kartaa Travel Expense WAC (Kharashka Safarka WAC) oo dhamaystiran marka aad soo booqatid apps.Leg.wa.gov/WAC/ aadna raadisid WAC 296-20-1103.