

Ma ilmo ayaad sidaa?

Daryeelka joogtada ah ee dhalmada ka hor waxay caawisaa caafimaadkaaga iyo caafimaadka ilmahaaga. Waxaan doonaynaa inaanu hunino in adiga iyo ilmahaagu aad qabtaan caafimaadka ugu suurtagalsan.

WAA MAXAY DARYEELKA DHALMADA KA HOR? Daryeelka Dhalmada ka hor waa baaritaanada joogtada ee aad u baahan doonto inta lagu jiro uurka. Qabso balankaaga ugu horeeya ee dhalmada (OB) markaad tahay 4-11 toddobaad. Haweenka badankoodu waxay sameeyaan 8-15 booqashada dhalmada intay ku jiraan uurkooda.

GOORMA AYAY TAHAY INAAN DHAKHTARKAYGA UGU TAGO DARYEELKAYGA DHALMADA KA HOR?

Toddobaadyada 4-28

1 booqasho dhalmada ka hor halkii bil

Toddobaadyada 28-36

1 booqasho dhalmada ka hor 2 toddobaad ee kasta

Toddobaadyada 36-40

1 booqasho dhalmada ka hor toddobaad kasta

MAXAA KU JIRA DARYEELKA DHALMADA KA HOR?

Booqashaada koowaad ee DHALMADA waa mid aad muhiim u ah waxaana ku jira:

- Taariikhda caafimaad oo dhammeystiran ee adiga iyo aabaha dhowaan
- Baaritaanka jidheed oo dhammeystiran
- Baaritaankamiisaanka, dhererka, iyo cadaadiska dhiiga
- Shaybaadhka muunada kaadida
- Xisaabinta taariikhdaada filashada dhalmada

FASALADA DHALMADA ILMAHA IYO WAALIDNIMADA Cisbitaalada badankoodu waxay bixiyaan fasalada dhalmada ilmaha iyo waalidnimada. Haddii aad xiisaynayso, Fadlan ka soo wac Maamulaheena Daryeelka U Baby halkan **1-833-981-0212, xulashada 2.**



Kadib Marka Ilmuhu Dhasho

Ha iloobin inaad dhakhtarkaaga ka balansato baaritaanka umusha ka dib 1 ilaa 12 usbuuc ka dib marka uu dhasho ilmahaagu. Booqashadani waxay hubinaysaa inaad si wanaagsan uga soo kabanayso uurka iyo dhalmada.

Hala hadal dhakhtarkaaga sida aad dareemayso. Waa caadi inaad dareento diiqad iyo walaac kadib markaad dhasho. Haddii aad u baahan tahay caawimo degdeg ah, ka wac National Crisis Line (Laynka Xaaladaha Degdega ee Qaranka) halkan **988**.

Adeegyada qorshaynta qoyska badankooda waxaa daboosha Healthy U Medicaid. Kala hadal dhakhtarkaaga waxa ay tahay nooca xakamaynta dhalmada ee kuugu wanaagsan.

Haddii aad su'aalo qabto kaso wac Maamulaheena Daryeelka U Baby (Ilmaha U) halkan **1-833-981-0212, xulashada 2.**

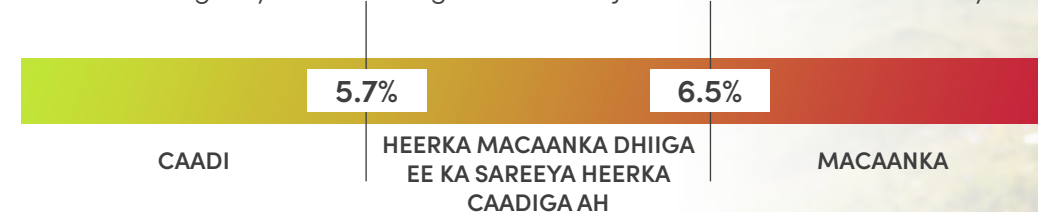
Waa maxay shaybaadhka A1C?

SHAYBAADHKA A1C WAXAA UU KU SIINAYAA SAWIR KU SAABSAN HEERKA SONKORTAADA EE SADEXDII BILOOD EE LASOO DHAAFAY.

Heerark A1C waxay ku kala duwanaan karaa da'da dadka iyo xaalado kale sida cuntada iyo jimicsiga. Yoolka dadka waawayn intooda badan ee leh macaanka waa heerka A1C ee ka yar 7%.

- Qiyaasta dadka leh heerka macaanka dhiiga ee ka sareeya heerka caadiga ah waa heer A1C u dhexeeya 5.7 iyo 6.5
- Haddii heerkaaga A1C uu yahay 6.5 ama wixii ka sareeya, heerkaagu wuxuu ku jiraa qiyaasta macaanka.
- Mar kasta oo uu sareeyo heerkaaga A1C, waxaa sii badanaysa khatarta inaad la kulanto mushkilado macaan.

Waa inaad sameysaa shaybaadhka A1C si joogto ah (ugu yaraan laba jeer sannadkii). Dhakhtarkaaga ayaa kuu sheegi doona inta jeer ee aad u baahan tahay shaybaadhka A1C.



Isha xogta: American Diabetes Association www.diabetes.org/a1c



SIYAASADA TAKOOR LA'AANTA

Waxaad xaq u leedahay inaad hesho daryeel caafimaad laguguna daaweeyo xushmad iyo sharaf ayadoon lagu saleyneyn isirkaaga, midabkaaga, jinsiga aad tahay, asalka diinta aad kasoo jeedo, naafonimada ama da'da. Healthy U kama mamnuucdo ama kama xadido in bixiyayaashu u dhaqmaan waxa uu u ogol yahay sharciga shaqada ama inay kala saaraan xirfadlayaasha daryeelka caafimaadka ee u shaqeeya bulshada ugu khatarta badan ee khabiirka ku ah daawaynta xaalada adag. Siyaasada takoor la'aanta Healthy U waxay waafaqsan tahay Cinwaanka VI ee Sharciga Xuquuqda Madaniga ah ee 1973, Sharciga Takoorka Da'da 1990 iyo Siyaasada the University of Utah iyo Habraacyada 1999, Qaybta 2-6.

BUUGA XUBINTA / ADEEGYADA DEGDEGA AH / RAFCAANKA CABASHADA

Xubnaha ayaa ka dalban kara nuqul buuga Xubinta Healthy U ayagoo booqanaysa webseedka Healthy U, uhealthplan.utah.edu ama kala xiriiraya Adeega Macmiilka lambarkaan **801-213-4104**. Xubnuhu waxay soo gudbin karaan racfaan ama cabasho kadib marka ay booqdaan uhealthplan.utah.edu. Miyaad u baahan tahay daryeel ama adeega degdeg ah? Kala xidhiidh Adeega Macmiilka lambarkaan **801-213-4104** ama booqo uhealthplan.utah.edu si aad u hesho xarun daryeelka degdega ah ama isbitaal kugu dhaw.

SHARCIGA ILAALINTA CAAFIMAADKA ILMAHA MARKAA DHASHAY IYO HOOYADA (NMHPA)

Sharciga Ilmaha Markaa Dhashay waxaa weeye xadiga wakhtiga adiga iyo ilmahaaga markaa dhashay aad ku jiraysaan isbitaalka marka uu ilmuhu dhasho. Haddii xubinta taranka laga dhalo waxaa isbitaalka lagu jiraa 48 saacadood. Haddii qaliin lagu dhalo waxaa isbitaalka lagu jiraa 96 saacadood. Si kastaba ha ahaatee, bixiyayaaga ayaa go'aaminaya marka uu kula hadlo, si uu kuugu sheego adiga ama ilmaha markaa dhashay in aad wakhti hore ka bixi kartaan isbitaalka. Wixii macluumaad dheeraad ah ee ku saabsan Sharciga Ilmaha Markaa Dhashay fadlan booqo: <https://www.dol.gov/general/topic/health-plans/newborns>.

MASUULIYADHAAGA

Markasta kala hadal dhakhtarkaaga wixii ku saabsan macluumaadkaaga caafimaadka ee ku yaal wargeyska ama websaytka si aad u xaqiijiso inay adiga kuu wanaagsan tahay. Ha u isticmaalin macluumaadkan sifo aad u sameyso go'aanada caafimaadka-samee wixii uu dhakhtarkada ku yiraahdo way kuu fiican yihiin.



QOFKASTA WAA
LASOO DHAWEYNAYAA



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HEALTHY U MEDICAID

GU'GA 2024



**GACANTAADA AYUU KUJIRAA
QORSHAHAAGA CAAFIMAADKU**

**MARKA AAD SAMAYSATO KOONTADA BARTA
MACLUUMAADKA, WAXA AAD:**



EEGI KARTAA AMA DAABACAN KARTAA DUKUMIINTIYADA QORSHAHAAGA



DOORO BIXIYAHA DARYEELKA AASAASIGA AH (PCP)



DOORO BIXIYAYAASHA KU JIRA DALADAADA MAGICIISA, WAXA UU QABTO, AMA GOOBTIISA



U DIR FARIIMO IYO WARAAQO KOOXDA ADEEGA MACMIILKA



AKHI DALABKAAGA, SHARAXA GUNOYINKAAGA (EOB), IYO WARAAQAHA KALE



KA GAL MACLUUMAADKA CAAFIMAADKA IYO BADQABKA KAYDKA XOGTA AQOONTA



MACLUUMAADKA XIDHIIDHKA

Adeegyada Xubinta, Cabashooyinka iyo Adeegyada Turjumaada

801-213-4104 ama
taleefanka bilaashka ah ee
833-981-0212
8 subaxnimo ilaa 6 galabnimo

Maamulaha Kiiska

801-213-4104 ama
833-981-0212

Internetka

uhealthplan.utah.edu

Adeega Gudbinta Utah

TTY/TDD 1-800-346-4128
En Espanol 1-888-346-3162

Ka Warbixinta Khiyaanada Laga Shakiyo

801-213-4104 ama
833-981-0212

Faakis

801-281-6121

Boosta

Healthy U Medicaid
P.O. Box 45180
Salt Lake City, UT 84145-0180

Adeega Macmiilka Farmashiga

Caawimaada buuxinta
daawooyinka 24 saacadood,
7 maalmood asbuuc waxaana
laga wixi karaa **1-855-856-5694**

Qiimaynta Healthy U waxay Jaamacada University of Utah Health Plans daabacdaa laba jeer sannadkii. ©2024 Dhamaan xuquuqdu way dhawrsan tahay

Dib ueegista Healthy U iyo muuqaalka sawirkeedu waa calaamado ganacsi. Dib u daabicida iyada oo aan ogolaanshe la qaadan waa mamnuuc. Waxba kamid ah macluumaadkan lama sii badan karo iyada oo ayna jirin ogolaanshe qoraal ahi. Qiimaynta Healthy U uma ololayso noocnaba daawaynta caafimaad, sidoo kale ma dhiiri geliso in qofku iskii u maamulo mushkilada caafimaad. Waxaa loogu talo geley in lagu xoojiyo, maaha in lagu badalo daryeelka laga heleyo xirfadle daryeelka caafimaad.

5401M

HELIDA XOGTA QORSHAHA CAAFIMAADKAAGA **24/7** OO LAGA HELAAYO BARTA XUBNAHEENA.

SI AAD U SAMEYSATO KOONTADAADA BILAASHKA AH, FADLAN BOOQO WEBSAYTKKEENA:
MYUOFUHEALTHPLANS.ORG