



QOFKASTA WAA

LASOO DHAWEYNAYAA



Dib u eegista Healthy U waxaa daabaca laba jeer sannadkiiba Qorshayaasha Caafimaadka ee Jaamacadda Utah. ©2023 Xuquuqaha dhamaan waa la ilaaliyay.

Dib ueegista Healthy U iyo muuqaalka garaafka waa calaamado ganacsi. In fasax la'aan dib loo soo saaro waa mamnuuc. Ma jiro wax arrintan ku saabsan oo dib loo soo saari karo iyada oo aan oggolaansho qoran la helin. Dib u eegista Healthy U marnaba ma hormariso nooc walboo daweyn caafimaaded ah ama ma dhiiri galineyso dhibaatooyinka ismaamulka caafimaadeed. Waxaa loogu tala galay in lagu kabo, looguma taala galin in uu badalo daryeelka xirfadlayaasha caafimaadka.

5401M



MACLUUMAADKA XIDHIIDHKA

Cabashooyinka, Adeegyada Xubnaha & Adeegyada Tarjumaadda

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

Daryeelka maamulka

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

Kusoo gudbi waxyabaha isdaba marinada ah ee aad kashakiso

801-213-4104 ama 833-981-0212

Fakiska

801-281-6121

Ee Imeyl

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

Adeegyada Macaamisha Farmashiga

Nagu caawi inaad kusoo buuxiso waraqada dhakhtarka 24 saacadod, 7da maalmood isbuuci
1-855-856-5694

GACANTAADA AYUU KUJIRAA QORSHAHAAGA CAAFIMAADKU

MARKA AAD SAMAYSATO AKOONKA BARTA MACLUUMAADKA, WAXA AAD:



EEGI KARTAA AMA DAABACAN KARTAA DUKUMIINTIYADA QORSHAHAAGA



DOORO BIXIYAHA DARYEELKA AASAASIGA AH (PCP)



KU RAADI BIXIYAYAASHA KUJIRA DALADAADA MAGICIISA, WAXA UU QABTO, AMA GOOBTIISA



U DIR FARIIMO IYO DUKUMIINTIYO KOOXDA ADEEGA MACMIILKA



DIB U EEGIS KU SAMAYN KARTAA SHEEGASHOYINKAAGA, SHARAXAADDA GUNOYINKAAGA (EXPLANATION OF BENEFITS, EOB), IYO DUKUMIINTIYO KALE



KA GALI KARTAA MACLUUMAADKA CAAFIMAADKA IYO BADQABKA KAYDKA XOGTA AQOONTA

KA HEL MACLUUMAADKA QORSHAHAAGA CAAFIMAADKA 24/7 MAR WALBA BOGA XUBNAHA.

SI AAD U SAMEYSATO CIWAANKAGA SI BILAASH AH, FADLAN BOOQO WEBSAYTKA:

[MYUOFUHEALTHPLANS.ORG](https://www.myuofuhealthplans.org)

Baaritaanada Mammogramka

Mammogram waa sawirka naaska ee raajada. Dhakhaatiirtu waxay isticmaalan raajo si ay uga baaraan calaamadaha xiliga hore ee kansarka naaska. Dumarka da'doodu tahay 40 jir iyo waxii ka wayn wan in ay maraan baaritaanka mammogram sannad walba.

BAL KAWARAN HADII BAARITAANKA MAMMOGRAM KA UU CAADI YAHAY? Sii joogtee helitaanka baaritaanka mammogramiska sanadlaha ah Mammogramyada waxay si wanaagsan u shaqeyaan marka lala barbar dhigo kii hore. Tani waxay u ogolaaneysaa raajo yaqaanada in ay isbarbardhig ku sameeyaan si ay uga baaraan naasahaaga wax isbadalo ah.

MAXAA DHACAYA HADII MAMMOGRAM KEYGA UU AHAYN MID CAADI AH? Mammogram ka an cadiga ahayn mar walba macnihiisu ma ahanin uu mesha kansar ku jiro. Dhakhtarkaada ayaa laga yabaa in uu kaa qaado tijaabo ama baaritaan laguugu sameeyo kahor inta uusan xaqiiqsan uusanna go'aansan waxa talaabada ugu fiican ee xigto ay noqoneyso.

HALKEEN KA HELI KARAA MAMMOGRAMKA? Mammogram waa faa'iido daboolan. Waxaa jira xarumo badan oo shabakadaha ah oo lagu baaro mammogram oo ku yaal shabakadda Healthy U. Waxaad kaheli kartaa taxanaha xarumaha shabakadaha baaritaanada ee websaytka Healthy U ee www.uhealthplan.utah.edu ama kala xariir adeegyada macamiisha ee Healthy U (801) 213-4104.

Isha: https://www.cdc.gov/cancer/breast/basic_info/mammograms.htm

XEERKA MIDAB TAKOOR LA AANTA

Waxaad xaq uleedahay in aad hesho daryeel caafimaad loolana dhaqmo si sharaf leh oo ixtiraam leh iyada oo aan loo firinin qabiilkada, midabkaaga, jinsiyadaada, diintaada, asalkada qaran, naafanimadada ama da'daada. Healthy U kama mamnuceyso ama kama xadideyso bixiyayaasha in ay ku dhaqmaan qaab dhaqankooda sharciga ah ama midab takoorida xirfadlayaasha daryeelka caafimaadka ee u adeegida dadka khatarta sare leh ee ku takhasusay daaweynta xaaladaha qaaliga ah. Siyaasadda kahortagga takoorka ee Healthy U waxay waafaqsan tahay Xeerka IV (Title IV) ee Xeerka Xaquuqaha Madaniga ah ee soo baxay 1973, Xeerka takoorka ku salaysan da'da ee soo baxay 1990, iyo Siyaasadda iyo Nidaamyada Jaamacadda Utah ee soo baxay 1999 Farqadaha 2-6.

BUUG GACAMEEDKA XUBNAHA/ ADEEGYADA DAGDAGA AH/ CABASHOYINKA RACFAANKA

Xubnaha ayaa ka dalban kara nuqul kamid ah buuga Xubinta Healthy U ayagoo booqanaysa webseedka Healthy U, uhealthplan.utah.edu ama kala xiriiraya Adeega Macmiilka lambarka 801-213-4104. Xubnaha ayaa waxay gudbisin karaan racfaan ama cabasho ayagoo booqanaayo uhealthplan.utah.edu. Ma u baahan tahay daryeel dagdag ah ama adeegyo dagdag ah? Kala xariir adeegyada macamiisha 801-213-4104 ama booqo uhealthplan.utah.edu si aad u hesho xarunta daryeelka dagdaga ah ama isbitaalka kugu dhaw.

XEERKA DIFAACA CAAFIMAADKA DHALANKA IYO HOOYADA (NMHPA)

Sharciga Ilmaha Markaa Dhashay waxaa weeye xadiga wakhtiga adiga iyo ilmahaaga markaa dhashay la idin kaaga bixinayo kharashka isbitaalka inta aad kujirtaan. Hadii aad xubinta taranka ka dhasho waxaad isbitaalka kujiraysaa 48 saacadood. Hadii 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. Waxii macluumaad dheerad ah oo ku saabsan xeerka dhalaanka, fadlan booqo: <https://www.dol.gov/general/topic/health-plans/newborns>.

MAS'UULIYADHAAGA

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 uga dhigto go'aanada caafimaadka-samee wixii uu dhakhtarkada ku yiraahdo way kuu fiicanyihin.





UJEEEDADA Xubnaha Medicaid

Waxaa dib loo soo celiyay dib u eegista Medicaid!
Waxaa laga yabaa in dib u eegistaadii loo joojiyay sababo la xiriira COVID-19.

Iska xaqiiji in aad cusbooneysiiso macluumaadkada xariirka (Ciwaanka, Taleefoon lambarka iyo Imeylka) adiga oo lasocodsinaaya Waaxda Adeegyada Xoogsatada (DWS) si ada u hesho waraaqdaada dib u cusbooneysiinta.

HA SUGIN! Ka wac 1-866-608-9422 ama booqo Jobs.Utah.Gov/MyCase

MA DOONEYNO IN AAD WEYDO IIMAYLKAAN MUHIIMKA AH.

Maxaa la iiga baahanyahay in aan ka ogaado Baaritaanka Kansarka IImagaleenka?

Tijaabada Pap iyo tijaabada HPV ayaa kaa caawin kara kahortaga kansarka ilmo galeenka ama in aad xili hore ogaato. Labada tijaababa waxaa lagu sameyn karaa xafiiska dhakhtarka. Dumarka da'doodu tahay 21 jir iyo ka wayn waa in la baaraa.

- Tajaabata Pap (ama Pab smear) waxuu tijaabiyaa isbadalada unugyada ee makaanka taaso laga yaabo in ay u ekadan unugyo kasoo horeyo kansarka. Unugyadaan waxay noqon karaan kansarka makaanka hadii an la daaweynin.
- Tijaabada HPV waxay baartaa Fayraska (papillomavirus aadanaha) kaasoo sababi kara isbadalada unugyada ee makaanka.

Kala hadal dhakhtarkaaga tijaabadee ikhtiyaari ah oo kugu haboon.

Ma ubaahantahay helista dhakhtar? Bixiyayaasha shabakada Healthy U ayaad ka heli kartaa websaytkeenna www.uhealthplan.utah.edu ama kala xariir adeegyada macaamisha Healthy U (801) 213-4104.

Isha: https://www.cdc.gov/cancer/cervical/basic_info/screening.htm



HEALTH PLANS
UNIVERSITY OF UTAH