

QOF WALBA WAA

LASOO DHAWEYNAYAA



Qiimaynta Healthy U waxay daabacdaa laba jeer sanadkii Qorshaha Caafimaadka Jaamacada Utah. ©2022 Dhamaan xuquuqdu way dhawrsan tahay.

Qiimaynta Healthy U iyo qaabka muuqaal ahaan ay tahay waxaa weeye astaanta 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

## MACLUUMAADKA XIDHIIDHKA

### Adeegyada Xubinta, Cabashooyinka & Adeegyada Turjubaada

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**



# FARHAAGA AYAY KU XIDHAN TAHAY QORSHAHAAGA CAAFIMAADKA

## MARKA AAD SAMAYSATO XISAABTA DAAQADA, WAXA AAD:



EEGI KARTAA AMA DAABACAN KARTAA WARAAQAHA  
QORSHAHAAGA



DOORO BIXIYAHA DARYEELKA KOWAAD (PRIMARY CARE  
PROVIDER, PCP)



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



U DIR FARIIMO IYO WARAAQO KOOXDA ADEEGA MACMIILKA



AKHI DALABKAAGA, SHARAXA GUNOOYINKAAGA  
(EXPLANATION OF BENEFITS, EOB), IYO WARAAQAHA KALE



KA GAL MACLUUMAADKA CAAFIMAADKA IYO BADQABKA  
KAYDKA XOGTA AQOONTA

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

SI AAD U SAMAYSATO XISAAB BILAASH AH, BOOQO WEBSAYTKEENA: [MYUOFUHEALTHPLANS.ORG](https://myuofuhealthplans.org)

# Baaritaanka Indhaha ee Lagu oggaado Cudurka Sonkorta

Haddii aad qabto cudurka sonkorta, daryeelida indhahaaga waa muhiim. Dadka qaba cudurka sonkorta waxay khatar ugu jiraan inay ku dhacaan xanuunada araga indhaha. Mid kamid ah dhibaatooyinka cudurka sonkorta ee saameeya indhaha waxaa loo yaqaan araga la'aanta cudurka sonkorta (diabetic retinopathy). Waa inta badan cudurka sababa indho la'aanta iyo arag la'aanta gaar ahaan dadka jira 20-74.

## LA KULAN DHAKHTARKAAGA ISLA MARKIIBA HADDII AAD ISKU ARAGTO WAX KAM ID AH ASTAAMAHAAN SOO SOCDA:

- Caadka indhaha
- Indhaha kuu ku birigleeya
- Xanuun ama cadaadis aad ka dareento indhaha
- Madow ama barbaro madmadoow oo indhaha kasoo baxa
- Dhib ku qabida fiirinta waxyaabaha kaa fog

Booqo dhakhtarkaaga indhaha sanad walba si uu kuugu sameeyo baaritaanka indhaha.

Ma u baahan tahay in lagaa caawiyo helida dhakhtar?  
Wac Laanta Adeegyada Xubnaha. 833-981-0212.

Isha xogta: <https://www.cdc.gov/diabetes/managing/problems.html>

## SIYAASADA KAHORTAGA TAKOORKA

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 bilaa takoorka Healthy U waxay waafaqsan tahay Cinwaanka VI ee Sharciga Xuquuqda Madaniga ah ee 1973, Sharciga Takoorka Da'da 1990 iyo Siyaasada Jaamcada Utah iyo Nidaamyada 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](http://uhealthplan.utah.edu) ama kala xiriiraya Adeega Macmiilka lambarkan 801-213-4104.** Xubnuhu waxay soo gudbin karaan racfaan ama cabasho kadib marka ay booqdaan [uhealthplan.utah.edu](http://uhealthplan.utah.edu). Miyaad u baahan tahay daryeel ama adeega degdeg ah? Kala xidhiidh Adeega Macmiilka lambarkan 801-213-4104 ama booqo [uhealthplan.utah.edu](http://uhealthplan.utah.edu) si aad u hesho xarun daryeelka degdega ah ama isbitaal kugu dhaw.

## SHARCIGA ILAALINTA CAAFIMAADKA ILMAHA MARKAA DHASHAY IYO HOODYADA (NEWBORN'S AND MOTHER'S HEALTH PROTECTION ACT, 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. Laakiin, bixiyayaaga ayaa go'aaminaya marka uu kula hadlo, oo kuu sheegi doona adiga ama ilmaha markaa dhashay inuu wakhti hore ka bixi karo isbitaalka. Wixii macluumaad dheeraad ah ee ku saabsan Sharciga Ilmaha Markaa Dhashay fadlan booqo: [www.dol.gov/ebsa/newsroom/fsnmhafs.html](http://www.dol.gov/ebsa/newsroom/fsnmhafs.html)

## 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 adeegsan macluumaadka marka aad gaadhayso go'aamada caafimaadka-samee waxa uu kuu sheeg dhakhtarkaagu inay kuu wanaagsan tahay.



# FIIRO GAAR AH

## Xubnaha Medicaid

**Dib u eegista Medicaid ayaa imaanaysa!** Waxaa laga yaabaa in dib u eegistaada la joojiyay sababo la xariira COVID-19.

Hubi inaad cusboonaysiiso macluumaadkaaga xiriirka sida (ciwaanka, lambarka taleefanka, iyo iimaylka) ee kujira Waaxda Adeegyada Shaqaalaha (DWS) si aad u hesho warqadaada cusboonaysiinta.

**HA SUGIN!** Wac 1-866-608-9422 ama booqo [Jobs.Utah.Gov/MyCase](https://Jobs.Utah.Gov/MyCase)

**MA DOONEYNO INAAD WAYSO XOGTAAN MUHIIMKA AH EE LAGU SOO DIRAAYO BOOSTADA.**

## Ilaali Caafimaadkaaga: Booqo dhakhtarkaaga Koowaad

Ma ogtahay inay muhiim tahay inaad booqato dhakhtar daryeel xataa haddii aadan xanuunsaneyn?

### Waa maxay dhakhtarka daryeelka koowaad?

Dhakhtarkaaga daryeelka koowaad (PCP) waa dhakhtar kaa caawinaaya maareynta baahiyahaaga caafimaadka. PCP wuxuu ku bari karaa qaababka loo ilaaliyo caafimaadka, waa inuu ku daaweynayaa marka aad xanuunsan tahay, wuxuuna kaa caawinayaa inaad hesho daryeelka aad u baahan tahay.

### Ma haysataa PCP?

Waxaad dooran kartaa PCP kadib marka aad gasho barta Xubinta: [MyUofUHealthPlans.org](https://MyUofUHealthPlans.org)  
Ma u baahan tahay caawimaad la xariirta inaad doorato PCP? Kala hadal Adeega Macmiilka lambarkaan 1-833-981-0212.

### Baaritaanka caafimaadka ee sanadlaha ah

Baaritaanada caafimaadka ee joogtada ah waxay ilaalin karaan caafimaadkaaga. Dhakhtarkaaga (PCP) ayaa kuu sheegi kara baaritaannada iyo baarista aad u baahan tahay iyadoo ku xiran da'daada, xaaladdaada caafimaadka, taariikhda qoyska, iyo doorashada qaab nololeedkaaga, sida waxa aad cunti, hawlaha aad qabato, iyo haddii aad sigaar cabto iyo in kale. Waa inaad sanadkii mar martaa baaritaanka guud ee caafimaadka.



**HEALTH PLANS**  
UNIVERSITY OF UTAH