



**QOFKASTA WAA  
LASOO DHAWEYNAYAA**



**HEALTH PLANS**  
UNIVERSITY OF UTAH

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UNIVERSITY OF UTAH

PO Box 45180  
Salt Lake City, Utah  
84145-0180

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Salt Lake City, Utah

Qiimaynta Healthy U waxay daabacdaa laba jeer sanadkii Qorshaha Caafimaadka Jaamacada Utah. ©2023 Dhamaan xuquuqdu way dhawrsan tahay.

Dib ueegista Healthy U iyo muuqaalkeeda garaafka 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



## MACLUUMAADKA XIDHIIDHKA

### **Cabashooyinka, Adeegyada Xubnaha & 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](http://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**





## ILAALI CAAFIGAADKAAGA: 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. Takhtarka PCP wuxuu ku bari karaa siyaabaha aad u caafimaad qabtid, ku daweyn karto markaad jirran tahay, oo ku caawin kara inaad hesho daryeel markaad u baahan tahay.



### 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.



### MA HAYSATAA PCP?

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

# Baadhitaannada Indhaha Sonkorowga

Haddii aad qabto sonkorow, daryeelka indhahaaga aad bay muhiim u tahay. Dadka qaba cudurka sonkorta waxay khatar ugu jiraan inay ku dhacaan xanuunada araga indhaha. Mid ka mid ah dhibaatooyinka cudurka macaanka ee saameeya indhaha waxaa loo yaqaan '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 aad u baaro indhaha oo fidsan.

Ma u baahan tahay in lagaa caawiyo helida dhakhtar?

Kala hadal Adeega Macmiilka lambarkaan **1-833-981-0212**

Isha xogta: [www.cdc.gov/diabetes/managing/problems.html](http://www.cdc.gov/diabetes/managing/problems.html)

## 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](http://uhealthplan.utah.edu) ama kala xiriiraya Adeega Macmiilka lambarkaan **801-213-4104**. Xubnaha ayaa waxay gudbisan karaan racfaan ama cabasho ayagoo booqanaayo [uhelathplan.utah.edu](http://uhelathplan.utah.edu). Ma u baahan tahay daryeel dagdag ah ama adeegyo dagdag ah? Kala xariir adeegyada macaamiisha **801-213-4104** ama booqo [uhealthplan.utah.edu](http://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. Haddii aad xubinta taranka ka dhasho waxaad isbitaalka kujiraysaa 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. 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 fiicanyihiin.





# FIIRO GAAR AH Xubnaha Medicaid

**Waxaa dib loo soo celiyay dib u eegista Medicaid!**  
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.**

## Shaybaadhka Sanadkii Waxa uu Ka Caawiyaa Caruurta Inay Caafimaad Qabaan

Ilmo Kastaa oo 3 sano jir ah iyo wixii ka wayn waxay u baahan yihiin Booqashada Badqabka Ilmaha ee sanadkii. Caruurta ka yar 3 sano jar waxay u baahan yihiin booqashooyin ka badan.

### SHAYBAADHKA WAXAA KAMID AH:

- Shaybaadhka jidhka ee eegitaanka korniinka iyo hormarka
- Eegitaanka miisaanka, dhererka, iyo cadaadiska dhiiga
- Qiimaynta habdhaqanka iyo caafimaadka maskaxda
- Eegitaanka araga iyo maqalka
- Shaybaadhka sunta liidhka iyo mushkiladaha caafimaad ee kale

Ma waxaad doonaysaa in lagaa caawiyo inaad u hesho dhakhtar ilmahaaga?  
Kala hadal Adeega Macmiilka lambarkan **1-833-981-0212**

Waxa aad sidoo kale ku heli kartaa dhakhtar adiga oo galaya daaqada xubinta.  
Ka samayso xisaab bilaash ah: [MyUofUHealthPlans.org](https://MyUofUHealthPlans.org)

Wixii macluumaad dheeraad ah oo ku saabsan shaybaadhka ilmahaaga,  
booqo [healthychildren.org](https://healthychildren.org).

