

## Shaybaadhka & Kahortaga HIV

HIV waa fayras weerar nidaamka difaaca jidhka. Badanaa dadku waxay ku qaadaan HIV galmada ama irbadaha la wadaago. Qof kasta oo u dhaxeeya da'da 13 iyo 64 jir waa inuu iska baadhaa HIV ugu yaraan hal mar. Kala hadal dhakhtarkaaga inta jeer ee aad u baahan tahay shaybaadhka.

### KAHORTAGA

HIV waa laga hortagi karaa. Waxa aad ku yarayn kartaa fursada aad ku qaadayso HIV adiga oo qaadanaya dawooyinka lagaga hortago sida Pre-Exposure Prophylaxis (PrEP).

Waxa aad sidoo kale isticmaali kartaa khidada lagaga hortago HIV, sida:

- Dhawrsoonaan (in aanad galmo samaynin)
- In aanad cidna la wadaagin irbado
- Inaad u isticmaasho koondhomka si haboon mar kasta oo aad samaynayso galmo

Hadii aad qabto HIV, waxaa jira talaabooyin badan oo aad qaadi karto si aad u baajiso in aanad u gudbin dad kale. Kala hadal dhakhtarkaaga wixii ku saabsan qorshahaaga kahortaga ee shakhsi ahaaneed.

Isha: <https://www.cdc.gov/hiv/basics/prevention.html>

### SIYAASADA BILAA TAKOORKA

Waxa aad xaq u leedahay inaad hesho daryeel caafimaad oo laguula dhaqmo si xushmad iyo qadarin waxa doono ha noqdo isirkaaga, midabkaaga, jinsigaaga, diintaadu, meesha aad kasoo jeedaa, laxaad la'aan 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 Jaamcadda Utah iyo Nidaamyada 1999, Qaybta 2-6.

### BUUGA XUBINTA / ADEEGYADA DEGDEGA AH / RAFCAANKA CABASHADA

Xubnaha ayaa ka dalban kara nuqul buuga Xubinta Healthy U iyada oo booqanaysa websaytka Healthy U, [uhealthplan.utah.edu](http://uhealthplan.utah.edu) ama kala xidhiidhaysa Adeega Macmiilka 801-213-4104. Xubnuhu waxay dalban karaan rafcaan ama cabasho iyada oo booqanaya [uhealthplan.utah.edu](http://uhealthplan.utah.edu). Miyaad u baahan tahay daryeel ama adeega degdeg ah? Kala xidhiidh Adeega Macmiilka 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 HOYADA (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. Hadii xubinta taranka laga dhalo waxaa isbitaalka lagu jiraa 48 saacadood. Hadii 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)

### MASUULIYADAHAAGA

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.



## Gunada Booqashada Badqabka ee Badqabka Ilmaha

Shaybaadhku waxa uu muhiim u yahay caafimaad qabka caruurta. Waxaa muhiim ah in caruurta ay booqato dhakhtarkooda xataa marka ayna xanuunsanaynin. Booqashooyinkan waxay muhiim u yihiin eegitaanka:

- Maqalka
- Araga
- Korniiinka
- Nafaqa
- Hawlaha jidhka

Miyaa ilmahaaga noqonayaa 3 ilaa 17 jir 2022? Waxaad u qalmi kartaa kaadh hadyad ah oo ah \$25. Gee ilmahaaga daryeelka caafimaadka kowaad (PCP) si loogu sameeyo shaybaadh guud 2022.

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

**SI AAD MACLUUMAD BADAN U OGAATO BOOQO:**  
[uhealthplan.utah.edu/wellchild](http://uhealthplan.utah.edu/wellchild)

## Dib u cusboonaysiiso Medicaid-kaaga

Safmarka korona fayras dartiis, qof kasta oo haysta Medicaid waxa uu sii haysan doonaa Medicaid iyada oo aan loogu sameynin cusboonaysiin. Tani waxaa dhici kartaa inay dhawaan is badasho. Si loo xaqiijiyo in aanad waayin caymiskaaga Medicaid, fadlan buuxi dib u cusboonaysiinta ugu danbayn marka aad hesho.

- Si dib u eegid loogu sameeyo la hadal taleefanka **1-866-435-7414**.
- Wixii kaalmo dib u eegida ah, booqo [www.takecareutah.org](http://www.takecareutah.org) si aad u qabsato balan ama la hadal **801-433-2299**. Gebi ahaanba waa bilaash.

### HADII AANAD NAQDININ, WAXA AAD WAAYI KARTAA CAYMISKAAGA MEDICAID.

Hadii aad qabtoo su'aalo ku saabsan caymiskaaga Healthy U Medicaid, fadlan nagala soo hadal **1-833-981-0212**.







در اینجا به روی  
همه باز است

EVERYONE IS  
WELCOME

Qofwalba Ku  
soo dhowoow

Todos são  
bem-vindos

مرحبا بالجميع هنا

အားလုံးကိုကြိုဆိုပါတယ်

**HEALTH PLANS**  
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. ©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

**HEALTHY U** MEDICAID

XAGAAGA 2022



## MA ILMO AYAAD DHALAYSAA? HA ILOOBIN SHAYBAADHKAAGA DHALMADA KADIB.

Shaybaadhka dhalmada kadib waxaa weeye booqasho dhakhtarkaaga ama umulisadaada ah marka aad ilmaha dhasho kadib. Booqashadani waxay xaqiijinaysaa inaad si wanaagsan ugasoo kabato uurka iyo dhalmada. Waa inaad martaa shaybaadhka dhalmada kadib 2-6 todobaad kadib marka aad ilmaha dhasho xataa hadii caafimaadkaagu wanaagsan yahay.

Marka aad ilmaha dhasho kadib, waxa aad dareemi kartaa in nolohaadu kaliya ku saabsan tahay ilmahaaga. Waxaa weli muhiim ah inaad wakhti siiso caafimaadkaaga ah. Waxay kaa caawinaysaa inaad daryeeli karto ilmahaaga jidh ahaan iyo dareen ahaanba.

### MAWDUUCYO KALA DUWAN AYAA LAGU EEGI KARAA SHAYBAADHKA DHALMADA KADIB.

Waa fursada aad u haysato inaad ku waydiiso su'aalo ama walaacyada aad ka qabi karto, oo ay ku jiraan:

- Naasnuujinta
- Dhalmo baajiyaha
- Isbadalaha jidh & dareen
- La socodka wixii mushkilad caafimaad ah ee bilaabantay wakhtigii uurka sida macaanka uurka

Isha: <https://www.womenscare.com/the-importance-of-postpartum-check-ups/>



## MACLUUMAADKA XIDHIIDHKA

### Adeega Macmiilka & 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

## Adeegga Macmiilka Farmashiyaha

Caawi buuxinta  
warqadda daawada 24  
saacadood, 7 maalmood  
usbuucii **1-855-856-5694**

