

Macaanka iyo Dhiikarka

Dhiikarku waxa uu kordhiyaa khatarta macaanka, wadne xanuunka, mushkiladaha indhaha, iyo xanuunada kalyaha. Waa in dhiikarkaaga uu eego daryeelka caafimaad bixiya ugu yaraan hal mar sanadkii.

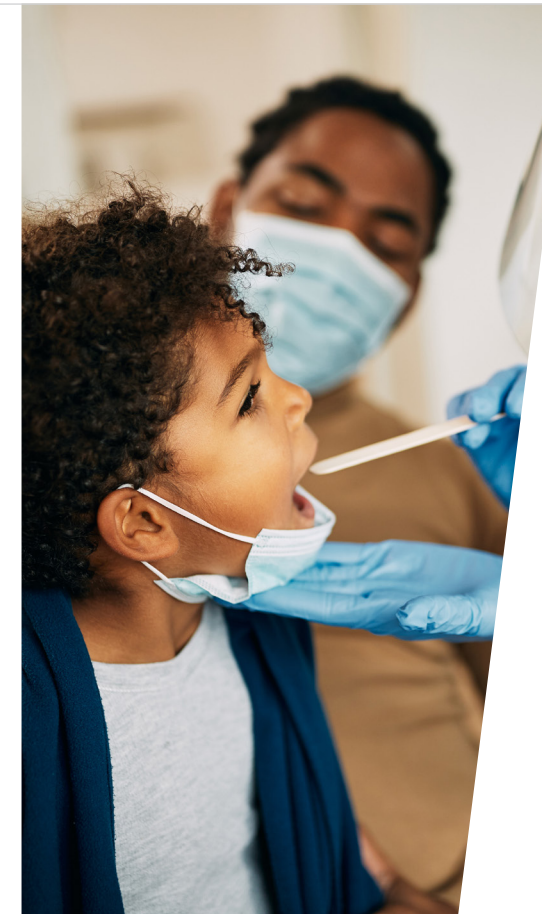
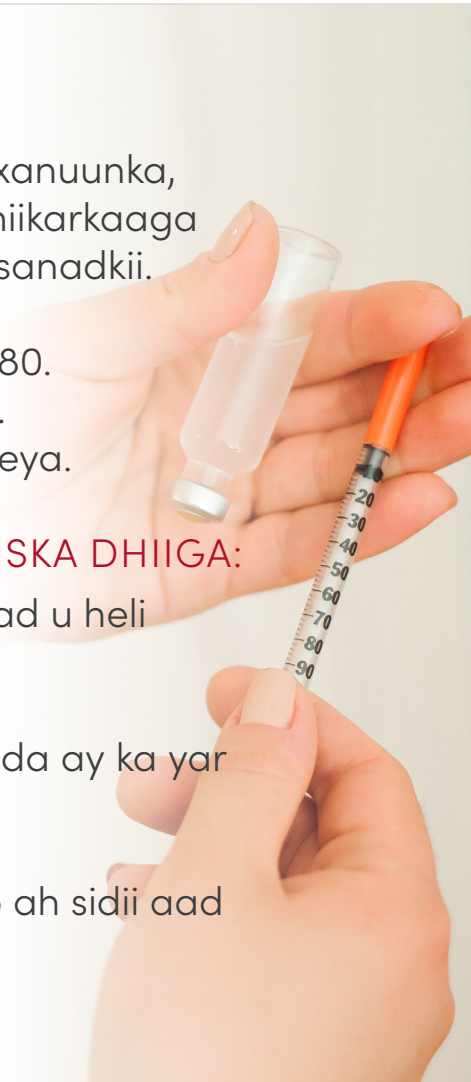
- Dhiiga caafimaadka qabaa waxa uu u dhaxeeyaa 120/80.
- Dhiikarka hore waxa uu u dhaxeeyaa 120/80 iyo 140/90.
- Dhiikarka sare waxa uu yahay 140/90 ama wixii ka sareeya.

TILMAAMO WAXTAR LEH OO LAGU YAREEYO CADAADISKA DHIIGA:

- Kala shaqeeyaa Bixiyahaaga Daryeelka Kowaad sidii aad u heli lahayn qorshe daawayn oo kugu munaasab ah.
- Cun roodhi iyo badar midho dhan ah.
- Akhri macluumaadka ku qoran cuntada oo dooro cuntada ay ka yar tahay 400 mg. heerka soodhiyeemteedu.
- Yaree cabista khamrida.
- Hadii aad cabto sigaarka, waxa aad raadsataa kaalmo ah sidii aad u joojin lahayn oo dhakhtar.

Isha: Ururka Macaanka Maraykanka

<https://www.diabetes.org/diabetes-risk/prevention/high-blood-pressure>



Gunada Booqashada Badqabka ee Badqabka Ilmaha

Dalabka shaybaadhka si ay caruurta u caafimaad qabaan. Waxaa muhiim ah in caruurta ay booqato dhakhtarkooda xataa marka ayna xanuunsanaynin.

Inta lagu jiro booqashada Badqabka Ilmaha, dhakhtarku waxa uu eegi doonaa:

- Maqalka
- Araga
- Korninka
- Nafaqa
- Hawlaha jidhka

Miyaa ilmahaaga noqonayaa 3 ilaa 17 jir 2022? Waxa aad u qalmi kartaa kaadh hadyad ah oo \$25 ah marka ilmahaagu uu maro shaybaadhka badqabka ilmaha 2022.

Miyaad u baahan tahay in lagaa caawiyo sidii aad ugu heli lahayn bixiyaha daryeelka kowaad (primary care provider, PCP) ilmahaaga?

Kala hadal Adeegeena Macmiilka **1-833-981-0212**.

SI AAD MACLUUMAD BADAN U OGAATO BOOQO:
uhealthplan.utah.edu/wellchild

Waa maxay Heerkaaga A1C?

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

Bartilmaameedka heerark A1C waxay ku kala duwanaan karaa da'aha dadka iyo xaalado kale sida cuntada iyo jimicsiga. Yoolka badanaa dadka waawayn ee leh macaanka waa in A1C uu noqdo wax ka yar 7%.

- Hadii heerka A1C-gaagu uu u dhaxeeyo 5.7 iyo wax ka yar 6.5, heerkaagu waxaa weeye heerka ka horeeya macaanka.
- Hadii heerkaaga A1C uu yahay 6.5 ama wixii ka sareeya, heerarkaagu waxaa weeye heerka macaanka.
- Mar kasta oo heerku kordho, waxaa sii badanaysa khatarta inaad la kulanto mushkilado macaan.

Caadiyan, waxaad heli doontaa shaybaadhka A1C ugu yaraan laba jeer sanadkii hadii aad buuxiso yoolkaaga bartilmaameedka ah. Hadii aanad buuxin yoolkaaga bartilmaameedka ah, waa inaad gashaa shaybaadhka A1C in badan. Dhakhtarkaaga ayaa kuu sheegi doona inta jeer ee aad u baahan tahay shaybaadhka A1C.



Isha: Ururka Macaanka Maraykanka. <https://www.diabetes.org/a1c>



HEALTH PLANS
UNIVERSITY OF UTAH

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 ama kala xidhiidhaysa Adeega Macmiilka 801-213-4104. Xubnuhu waxay dalban karaan rafcaan ama cabasho iyada oo booqanaya uhealthplan.utah.edu. Miyaad u baahan tahay daryeel ama adeega degdeg ah? Kala xidhiidh Adeega Macmiilka 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 (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

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.

KU DOORO



HEALTH PLANS
UNIVERSITY OF UTAH

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Salt Lake City, Utah
84145-0180

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Qiimaynta Healthy U waxay daabacdaa laba jeer sanadkii Qorshaha Caafimaadka Jaamacada Utah. ©2021 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 XIRIIRKA

Adeegyada Turjubaanka

801-213-4104 ama
833-981-0212
8 a.m. to 6 p.m.

Maamulka Daryeelka

801-213-4104 ama
833-981-0212

Internet-ka

uhealthplan.utah.edu

Relay Utah Services

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

Ka warbixi khiyaamo laga shakisan yahay

801-213-4104 ama
833-981-0212

Lambarka Fakiska

801-281-6121

Boostada

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

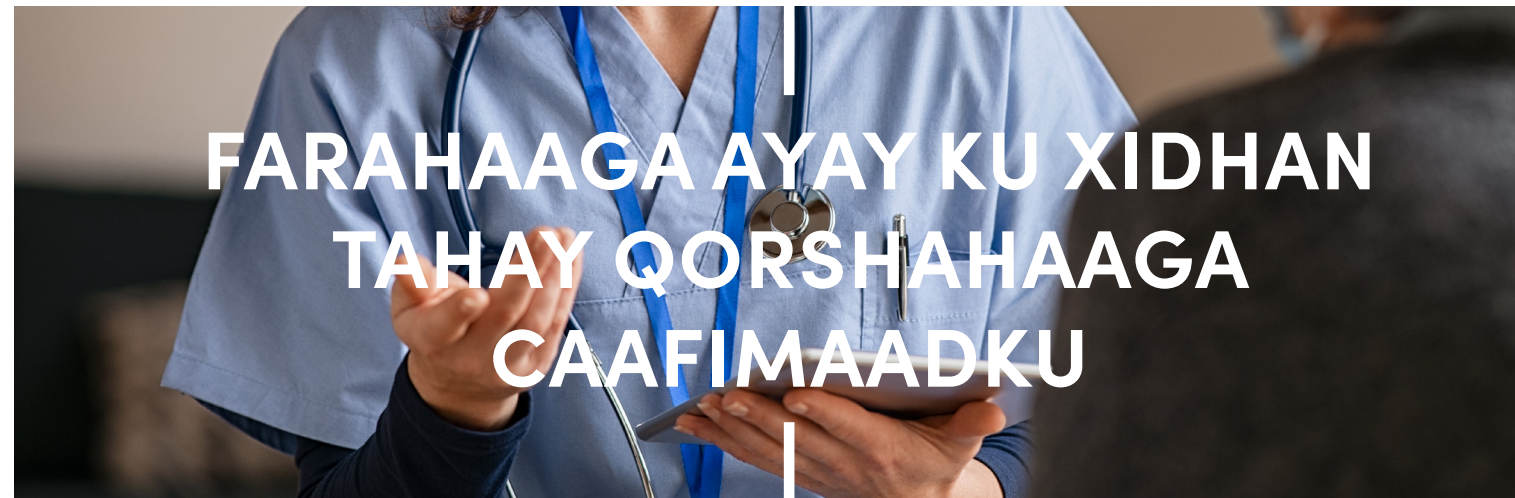
GELITAANKA BARNAAMIJKA KAALMADA

Hel kaalmo ah
helitaanka iyo balan ka
qabsiga bixiye.

La hadal **801-587-2851**

HEALTHY U MEDICAID

JIIILAALKA 2021



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

KA GELIDA MACLUUMAADKA QORSHAHA CAAFIMAADKA **24/7** DAAQADEENA XUBINTA.

SI AAD U SAMAYSATO XISAAB BILAASH AH, BOOQO WEBSAYTKEENA:
UUHIP.HEALTHTRIOCONNECT.COM