



# intambwe ziganisha ku mibereho myiza

IMPESHYIYA 2022



## Gucunga ubuzima bw'abaturage

MDwise itrashaka kugufasha gukomeza kugira ubuzima buzira umuze.

Abayamuryango ba MDwise bashobora kwemererwa guhabwa serivisi zo Guconganga Ubuzima bw'Abaturage biciye mu ishami ryo guconganga ubuvuzi.

**Gucunga ubuzima bw'abaturage** ni uburyo tugerageza kugufasha kugira ubuzima bwiza n'ubuzima bufite ireme biciye mu kukuvugisha, tukohereza ibikoresho cyangwa ubutumwa bwanditse ku kuryo bwo gukomeza kugira ubuzima buzira umuze. Porogaramu icunga ubuvuzi ya MDwise yagufasha guconganga uburwayi bwawe. Abacunga ubuvuzi muri MDwise bagufasha wowe na muganga wawe gutegura ubuvuzi bwawe. Uko ibyo ukenera bigend abohinduka, urugero rwo guconganga ubuvuzi na rwo rurahinduka. Abashinzwe guconganga ubuvuzi bagufasha kurushaho kwigira no kubasha guconganga ibyo ubuzima bwawe bukeneye mu buvuzi.

**Abakozi ba MDwise bashinzwe guconganga ubuvuzi bashobora kugufasha ku bijyanye n'ubuzima bwo mu mutwe n'uburwayi bwo ku mubiri.**

Abakozi ba MDwise bashinzwe guconganga ubuvuzi bashobora kugufasha kwiha intego z'ubuzima bwawe. Bakorana na we, abaganga bawe, umuryango n'abakwitaho barabikora. Barashaka ko ukora amahitamo meza ashoboka ku buzima bwawe. Abacunga ubuzima bashobora kugufasha gusobanukirwa uburwayi ubuzima bwawe bufite n'uburyo bwiza bwo kubucunga.

birakomeza kuri paji ya 3.



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## NURSE on-call

MDwise irifuzza kwibutsa abanyamuryango ko umuforomo ubifitiye uruhushya aboneka amasaha 24/7 **biciye mu guhamagara numero yacu itishyurwa ya serivisi yo kwakira abakiriya kuri 1-800-356-1204.** Abanyamuryango bashobora gutoranya amahitamo #1, bagakurikrizahoa mahitamo #4. Ibirenze ku kuba uhuzwa n'umuforomo ubifitiye uruhushya no kugena ubuvuzi uhabwa, abanyamuryango bashobora kandi gukoresha isomero ry'amajwi rifite insanganyamatsiko zirenga 100.

## Uko wakwirinda uburozi buturuka ku butare bwa plomb mu bana

Nta rugero rutekanye rw'ubutare bwa plomb ruri mu maraso y'abana. Ndetse n'ingenro zo hasi z'ubutare bwa plomb mu maraso zishobora kwangiza ubushobozi bw'umwana bwo kwiga, gukurikira no kwitarwa neza mu masomo.

Inkuru nziza ni uko uburozi bw'ubutare bwa plomb mu bana bushobora kwirindwa. Menya ahantu rusange hakunze kuba ubutare bwa plomb n'intambwe watera kugira ngo ugabanye ibyago byo kuba umwan wawe yakwanduzwa na bwo.



## Menya ahantu rusange hakunze kuba ubutare bwa plomb

Ubutare bwa plomb buboneka aho abana baba, bakinira n'aho bigira

- Irangi. Mu ngo cyangwa inyubako zubatswe mbere y' 1978, fata ko irangiri ririmo ubutare bwa plomb keretse ikizami kigaragaje ibitandukanye. Iyo irangi ryasataguritse, rivamo utuvungukira tw'ubutare bwa plomb n'umukungugu Abana bashobora guhura n'ubutare bwa Plomb iyo bariye uduce tw'irangi ryahomotse cyangwa bagahumeka umwuka umukungugu urimi ubutare bwa plomb.
- Ubutaka. Uduce tw'ubutare bwa plomb duturuka ku bice by'inyuma biteye irangi, esanse irimo ubutare bwa plomb, esanse ikoreshwa mu ndenge n'inganda zikora ubutare bwa plomb bishobora kujya mu butaka bikamara imyaka n'imyaka. Abana bashobora guhura n'ubutare bwa plomb bakoze ku butaka, bahumetse cyangwa bari gukinira mu butaka bwandujwe n'ubutare bwa plomb. Ubu butaka bushobora kandi no kujya ku nkwezi n'imyenda ndetse bukazanwa mu rugo n'ahandi hantu abaan bamara igihe.
- Amazi. Amwe mu matiyo y'amazi, robine n'ibikoresho bya ba kanyamigezi bishobora kuba birimo ubutare bwa plomb bushobora kujya mu mazi yo kunywa.
- Ibikoresho by'abaguzi. Ubutare bwa plomb wabusanga mu bikinisho, imirimbo, ibikoresho bya kera. Bimwe mu bikoresho bikoreshwa mu kubumba, ubuvungukira n'ibibumbano na byo biba bairimo ubutare bwa plomb, bushobora kujya mu byo kurya.
- Ibyo kurya byatumijwe mu mahanga n'imiti. Bombo zimwe, ibifuniko bya bombo, ibirungo, ibikoresho byo kongera ubwiza, imiti gakondo yaguzwe cyangwa yavuye hanze ya Leta Zunze Ubumwe za Amerika bishobora kuba birimo ubutare bwa plomb.
- Akazi n'ibishimisha. Akazi kamwe n'ibishimisha, nk'akazi ko gusiga ibirahure amarange, kaba karimo ibikomoka ku butare bwa plomb kandi bishobora kurangira ababyeyi cyangwa abita ku bana bazanye ubutare bwa plomb mu rugo.

### Kunyura mu ntambwe zigufasha kutanduzwa n'ubutare bwa plomb

Hari ibintu byinshi wakora kugira ngo urinde umuryango wawe kwanduzwa n'ubutare bwa plomb.

### Kora ku buryo ibyo ugura bitaba birimo ubutare bwa plomb

- Irinde bimwe mu bicuruzwa by'abana n'ibikinisho. Bimwe mu bikinisho bitumizwa mu mahanga, ibikinisho bya kera, n'imirimbo y'ibikinisho bishobora kuba bairimo ubutare bwa plomb.
- Gira umutekano mu gikoni. Bimwe mu bibumbano byatumijwe mu mahanga n'ibya kera n'ibyombo bikoze mu ibumba biba bizengurukijweho ubutare bwa plomb. Iki gice kizenguruka ibikoresho by'ibumba gishobora kwanduza ibyo kurya iyo bibitswe cyangwa bigategurirwa muri ibi byombo.
- Kwitonda igihe urya ibyo kurya bimwe na bimwe. Irinde kurya ibirungo, bombo n'ibindi byo kurya byaguzwe ahantu hatagenzurwa cyangwa hatazwi. Ibyo kurya byakozwe hakurikijwe uburyo bukwiye bwo gutanga uruhushya n'amabwiriza bikunze kuba bitekanye ku bana.

### Nyura mu ntambwe za buri muni zo gukomeza kugira ubuzima buzira umuze

- Ha umwana wawe ibyo kurya bikungahaye. Indyo yuzuye n'ibyo kurya bitanga karisiyumu, feri, na vitamini C bishobora gufasha mu kuvana ubutare bwa plomb mu mubiri.
- Oza intoki n'ibikinisho. Kora ku buayo umwan wawe yoza intoki ze no mu maso nyuma yo gukinira hanze cyangwa nyuma yo gukina n'inyamaswa zo mu rugo zishobora kuba zifite uduce tw'ubuvungukira bw'ubutare bwa plomb zavanye mu butaka bukaba buri ku ruhu cyangwa amajanja. Jya usukura ibikinisho by'abana ku buryo buhoraho.
- Vanamo inkweto zose niwinjira mu nzu. Kuramo inkweto zawe niwinjira mu nzu kugira ngo wirinde gukwirakwiza umukungugu mu rugo.
- Gira umutekano mu gihe uri gukoresha ubutare bwa plomb. Iyo wowe cyangwa umuntu mubana akoresha ubutare bwa plomb, ujye umufasha guhindira imyenda ye mbere yo kuza mu rugo. Kugumisha inkweto akoresha akazi n'ibikoresho hanze no kumesa imyenda ye itandukanye n'indi myenda yose y'abagize umuryango.

Aho ibikubiyemo byavuye: CDC: Inyandiko y'ibigo Bishinzwe Gukumira no Kurwanya Ibyorezo yakuwe mu kigo cy'Igihugu gishinzwe Ubuzima bw'Ibidukikije, Ishami rya Siyansi y'Ubuzima bw'Ibidukikije n'Imikorere

## Abashinzwe gucunga ubuzima kandi bagufasha:

- Gusobanukirwa uburwayi bwawe.
- Gusobanukirwa imiti yawe.
- Guhabwa ibyo ugomba gukoresha n'ibikoresho ukeneye.
- Guhabwa ubuvuzi n'abaganga badasanze.
- Kubona amakuru ku burwayi bwawe.
- Gutegura za randevu.
- Kuvugana na ba muganga bawe ibijyanye n'uburwayi bwawe n'uko umeze.
- Guhabwa ubufasha n'ibindi bigo.

Wowe, uguha serivisi, abagize umuryango cyangwa abakwitaho bese bashobora gucungira ubuzima biciye mu kuzuza ifishi iranga yo kuri interineti cyangwa biciye mu guhamagara serivisi yo kwita ku bakiriya. Ifishi yo kuri interineti ikohereza ahandi wayisanga kuri [MDwise.org/cmdm-referral](https://www.mdwise.org/cmdm-referral) kandi na serivisi zo kwakira bakiriya muri MDwise wazibona kuri **1-800-356-1204**.

Iyo MDwise yakiriye ubusabe bwawe, ushinzwe gucunga ubuvuzi araguhamagara maze ukaba waganira na we ku byo ukeneye n'ibyo umuntu uri gusaba gucungirwa ubuvuzi akeneye. Iyo ubyemeye, dushobora kuguhamagara dukoresheje telefone, ubutumwa, imeyili, iposita cyangwa kuvugana imbonankubone (kuri serivisi ziwme na zimwe) kugira ngo bakubwire uko izi serivisi zikoresheya. Ushobora kandi no guhitamo kuduhamagara cyangwa kutwandikira.



## Amabwiriza y'ubwirinzi ku muntu mukuru

Wari uzi ko abaturage nabo bakenera kwisuzumisha ku buryo buhoraho? Kimwe n'igihe wari umwana, ugomba kwisuzumisha umubiri wose byibura rimwe mu mwaka ukabifashwamo n'umuganga wawe w'ibanze.

**Kugira ngo ukomeze kugira ubuzima buzira umuze, ugomba kureba muganga wawe w'ibanze, kugira ngo arebe ibimenyetso bibanza by'uburwayi.** Umuganga wawe w'ibanze azi amateka y'ubuzima bwawe n'amateka y'umuryango wawe. Ibi bimufasha kumenya ubwoko bw'uburwayi ushobora kurwara. Hari uburyo bwo gusuzuma kanseri zitandukanye, diyabete n'umutima muganga wawe yakora kugira ngo akore ku buryo

ukomeza kugira ubuzima buzira umuze. Kora ku buryo ubwira muganga wawe niba hari undi muganga cyangwa inzobere wagiyeye kureba. Ibi bituma menya kumenya imiti yose n'ubuvuzi uri guhabwa.

Ugomba gukora kandi ubaza niba hari inkingo ugomba guterwa. Nyuma yo guterwa urukingo rw'ibicurane buri mwaka, hari izindi nkingo ushobora gukenera. Aha harimo inkingo zirinda kokorishi n'umusonga. Umuganga wawe w'ibanze azamenya inkingo ugomba guhabwa hashingiwe ku myaka yawe n'amateka y'ubuzima.

**Hamagara umuganga wawe w'ibanze uyu muni utegure isuzuma ry'umubiri rihoraho.**



## Kwita ku bagore batwite

**Gutangira kwitabwaho utwite mu byumweru 12 bya mbere ni ingenzii cyane.** Ni ingenzi kugira ngo ugire umusaruro mwiza mu gutwita kwawe. Hari gahunda yatanze aho ugomba kubonana na muganga mu gihe cyawe cyo gutwita.

- Kubonana na muganga buri byumweru bine kugeza ugejeje ibyumweru 28.
- Guhera ku byumweru bya 28 kugeza ku bya 36, ugomba gusuzumwa na muganga rimwe buri byumweru bibiri kugeza kuri bitatu.
- Numara kugeza ku byumweru 36, ugomba kuba ufite randevu za buri byumweru kugeza ubyaye.

Uguha serivisi ashobora gushaka kugusuzuma kenshi. Ni ingenzi cyane kwitabira randevu zawe zose, kabone nubwo waba wumva umeze neza. Niba ushaka gusuzumwa bitari muri gahunda ayo gusuzumwa hamagara muganga wawe. Ashobora kugusaba kuza mu biro bye, kujya ahatangirwa ubuvuzi bwihuse, icyumba cy'indembe cyangwa kujya aho babyarira bitewe n'uko ibintu bimeze. Serivisi zo gucunga ubuvuzi zirahari ngo zigufashe. Ushobora guhamagara abashinzwe kwita ku bakiriya ugashaka ushinzwe ubuvuzi.

Hari ABAFOROMO ba MDwise bakira telefone yawe amasaha 24 ku muni kuri **1-800-356-1204** maze ukande amahitamo 4 uvugane n'umuforomo.

## Gukingiza umwana inkingo zose



Inkingo zituma tugira ubuzima bw'ibanze. Dukenera inkingo zitandukanye mu bihe bitandukanye. **Impinja n'abana bakuru bagomba gutererwa inkingo ku gihe,**

**igihe cyose.** Ibi bifasha mu kubarinda kuko ubwirinzi bw'umubiri bwabo buba budakomeye nk'ubwabantu bakuru. Nubonana na muganga w'umwana wawe, umubaze inkingo umwana wawe akeneye kandi buri gihe ujye witwaza amakuru magufi agezeweho. Umwana wawe akeneye inkingo zimwe na zimwe kugira ngo abashe kujya ku ishuri. Umwana wawe natererwa urukingo mu kigo cy'ubuzima, ishami ry'ubuzima cyangwa ivuriro ritandukanye ugomba gukora ku buryo ubimenyeshya muganga w'umwana wawe. Urashaka kumenya byinshi ku nkingo umwana wawe ashobora gukenera? Ku yandi makuru, sura urubuga rwa MDwise kuri [MDwise.org](https://www.mdwise.org). Kora ku buryo umwana wawe aba yiteguye kujya ku ishuri! Hamagara abaganga bawe bese maze utegure gahunda nonaha kugira ngo ukore ku buryo umwana wawe ahabwa inkingo akeneye.





## Amabwiriza yo gutegura indyo ikungahaye ku ntugamubiri

### Kerepe

#### Indyoshyandyo

Ku makekeke:

Igikombe 1 cy'ingano zidatonoye

1/2 cy'igikombe cy'impeke za bushoke

Ibiyiko 2 bya puderi ikoreshwa mu kotsa keke

Ikiyiko 1 cy'isukari

1/4 cy'igikombe cya pekani itahyizwemo umunyu, ikatakase

Amagi 2 Imanini, atandukanye

1 1/2 by'igikombe kitarimo ibinure (amacunda) amata

Ikiyiko 1 kinini cy'amavuta y'ibimera



#### Uruvange rw'imbuto:

Ibikombe 2 by'inikeri mbisi, zigabanyijemo kabiri

Igikombe 1 cy'inikeri z'umukara

Igikombe 1 cy'inikeri z'ubururu

Ikiyiko 1 kinini cy'isukari y'ifu Inkeri zose zishobora gusimbuzwa izabaye balafu, izakonjorotse

1. Kubanza gushyushya icyuma bokerezamo keke.
2. Vanga ifu, bushoke, puderi ikoreshwa mu kotsa keke, isukari, na pekani mu mbehe nini.
3. Vangira umuhondo w'igi, amata, n'amavuta akomoka ku mboga mu mbehe itandukanye, maze uvange neza.
4. Ongera uruvange rw'ibisukika ku ndoshyandyo zumutse maze bifatane. Ntukavange ngo ukabye; imvange igomba kuba iromo ibibumbe biringaniye.
5. Gukoroga amagi ku kigero kiringaniye. Zingira amagi witonze muri foromaje.
6. Suka foromaje mu cyuma bokerezamo keke wabanje gushyushya maze uteke kugeza urumuri rw'icyuma bokerezamo keke rukweretse ko byarangiyeye cyangwa kugeza umwuka ushyushye urkeye aho kuva mu cyuma. Keke iba ari nziza cyane iyo ifite umubyimba muto kandi yahinduye neza imyuma ikaba ibobereye, itijimye, irimo umwuka kandi yorohereye imbere. (Cyangwa ukore kerepe.)
7. Ongera imbuto mbisi n'isukari iseye kuri buri keke maze ugabure.

**Inama:** Kuri kereme, ntugatandukanye amagi. Vanga amagi yose n'amata maze wirengagije intambwe ya 4 n'ya 5.

Kora amagaburo 4, Kugabura igaburo ritoya ku kigero cya 3 (inshi 2) cyangwa 1 ngari (inshi 6) keke (bitewe n'ingano y'icyuma bokerezamo keke), Karori 340, Igiteranyo cy'ibinure g 11, Ibinure byinshi 2 g, koresiterolu, mg 107, Sodyumu mg 331, Igiteranyo cya fibure 9 g, Poroteyine g 14, karubohidrate g 50, Potasiyumu, mg 369

Ikigo cy'Igihugu gishinzwe Umutima, Ibihaha, n'Amaraso (NIH)

## Ganza kurarikira ibyo kurya cyane wifashishije ibi bibisimbura bikungahaye

Twese tugira ibyo kurya turarikira – kandi uko kubirarikira gufitanye isano n'uko ubyumva iyo ubiriye – nk'ikintu kirimo amavuta y'inka cyangwa gikocagurika.

Uburyohe bw'ibiryo bugira agaciro kanini mu kuba twakunda cyangwa tukanga ibiryo runaka. Urugero, mu gihe hari igihe udashobora gukunda inombe y'amashaza, ushobora gutangaza n'uko ukunda amashaza agisarurwa cyangwa amashaza y'imitura.

Ku bw'amahirwe, kurya indyo ikungahaye ku ntungamubiri harimo amoko yose n'icyanga. Dore inama zimwe zagufasha kuneshya kurarikira amafunguro yo kwica isari arimo intungamubiri cyangwa imyimerere itandukanye:

### Ibirimo amavuta y'inka

Mu mwanya w'ibi: Mu gihe ayisikirimo ishobora kuba ari yo ikuza mu bitekerezo bwa mbere, hari andi mafunguro yo kwica isari yoroshye nayo yakunyura cyane.

#### Gerageza guhekenya ibi:

- Avoka mbisi ishyirwa ku mugati w'ibinyampeke CYANGWA ½ barisha ikiyiko
- Shyusha ikiyiko 1 kinini cy'amavuta yo gusiga mu mugati akozwe mu buyonyobwa muri mikorowevu mu gihe cy'amasegonda 10 maze utonyangirizeho ½ cy'igikombe gifite ibinure bike, nta yawurute yabaye balafu yongewemo isukari.
- Kora inombe y'inkeri maze uyivange mu gikombe cya yawurute ifite ibinure bike utongeyemo isukari.

### Gikocagurika

Mu mwanya w'ibi: Amandazi n'amafiriti iyo ubiriye birakocagurika bikaba byatuma ubirarikira, ariko bishobora kuba byifitemo sodiyumu nyinshi udakeneye.

#### Gerageza guhekenya ibi:

- ¾ by'igikombe cy'ibinyampeke bidatonoye, bitongewemo isukari
- Ubunyobwa bwo guhekenya butarimo umunyu
- Imigati ikoze mu binyampeke
- Injuga; kongeramo uburyohe runaka, gukoresha ibirungo bitandukanye nka cinamon cyangwa ikirungo ukunda cyangwa imboga rwatsi

### Ibisukika

Mu mwanya w'ibi: icyayi kiryohereye cyangwa fanta byumvikana nk'ibizana ububobere mu mubiri, ariko bishobora gufata igihe gukumura ibibazo by'icyuho cya kalori. Ikinyobwa kiringaniye cy'ikawa irimo shokola n'amavuta y'inka yakorogewemo bishobora kubamo kalori 400, kandi ibyo ni mbere yo kongeramo isukari n'ubuki.

#### Gerageza gusoma kuri ibi:

- icyayi cyakonyeshejwe cyakozwe mu ndimu zakanzwe. Ushobora gushyiramo uburyohe ukoresheje inkeri cyangwa ibindi bishyiramo uburyohe bidafite kalori
- Shyira imikeke y'imbuto mu kirahure maze ucyuzuzemo fanta ya tonike
- Mu mwanya w'ikinyobwa cy'ikawa irimo shokola, toranya ikawa ishyushye ntoya ikoze mu mata yakamuwemo amavuta hejuru hashyizweho sinamoni iya kungana na kimwe cya kane cya kolori.

### Bihishije

Mu mwanya w'ibi: Bombo zisa nka jeli, ndetse n'"imbuto" z'abana udusuguti dushobora gukocoka mu buryo bisa nk'ubusekeje mu kanwa, ariko andi mahitamo aba arimo intungamubiri nyinshi.

#### Gerageza guhekenya ibi:

- Imizabibu igisarurwa iraryoha kandi ikagira umutobe; yikonjeshe mu minota mike kugira ngo ushimishwe n'umwimere wayo
- Kora ifunguro rya tapiyoka yumye ukoresheje amasaro ya tapiyoka ahishje; kurikira amabwiriza ari ku gasanduka, koresha gusa kimwe cya kabiri cy'ingano y'isukari cyangwa ibiryoshya bitarimo kalori n'amata yakamuwemo amavuta cyangwa irimo amavuta make (1%)
- Amatamate na foromaje ziri mu bukonje bw'icyumba birahishije, mu buryo busa n'ubusekeje bifite imitsi

### Bikomeye

Mu mwanya w'ibi: Bamwe mu bantu bashobora kudakunda pome kuko zishobora kuba zoroherewe kandi zishobora kuvamo ifu cyangwa impeke; bishobora kuba kimwe ku birayi byatetswe igihe kirekire bikabije.

#### Gerageza guhekenya ibi:

- Toranya ubwoko bwa pome zakaranzwe nka: Deseri ya pome, Pome y'ibara risa n'ubuki imbere, Fuji na Gala; irinde Pome nini y'uruho rutukura, Pomey'uruho rutukura cyangwa Pome itukukura ishobora korohera cyane
- Toranya ibirayi bitukura cyangwa ibirayi by'umweru kandi ntubiteke igihe kirekire bikabije; irinde ibirayi bya Ruseti bifite urwunyunyu rwinshi bituma biba byiza ku birayi byanombwe, ariko no gutuma bisa nk'ifu cyangwa impeke'

Umuryango w'Abanyamerika wita ku ndwara z'Umutima



## Amakuru y'Ingenzi akubiye mu Gatabo kawe k'Umunyamuryango

Hari amakuru y'ingenzi akubiye muri Hoosier Healthwise n'agatabo k'umunyamuryango ya HIP. Verisiyo ya vuba kurusha izindi ishobora kuboneka kuri MDwise.org **Ikubiyemo:**

### Uburenganzira n'Inshingano byawe

MDwise yita ku bantu binyuze mu mikoranire irimo umuganga wawe, MDwise, abandi bakozi bita batanga serivisi z'ubuzima nawe— umunyamuryango wacu. Ntavangura dufite rishingiye ku myizerere, ubwoko, igihugu cy'inkomoko, ibara, igisekuru, ubumuga, igitsina, amahitamo y'igitsina cyangwa imyaka.

### Ibigenyerwa Umunyamuryango wa Hoosier Healthwise na HIP na Serivisi

Urutonde rwuzuye rw'ibigenyerwa na serivisi, n'ibitishyurwa, ruri mu gatabo kawe k'umunyamuryango kandi rushobora kuboneka kuri **MDwise.org**. Niba ushaka kumenya ibiguzi mbere yo guhabwa serivisi z'ubuvuzi sura **MDwise.org**. Twashyize ku rubuga urutonde rwa serivisi z'ubuvuzi rusange n'ibiguzi byazo. Ushobora kandi guhamagara serivisi ishinze kwita ku bakiriya ya MDwise tukayigushakira. Tuzaguhamagara tukumenyeshe ikiguzi.

### Bimwe mu bigenyerwa na serivisi birimo:

- Ubuvuzi bwo gukumira indwara
- Ibikenewe byihariye
- Ubuvuzi bw'imyitwarire n'ubuzima bwo mu mutwe
- Gufasha kubona umuganga, ibitaro n'amakuru abyerekeyeho
- Serivisi z'ubusemuzi niba ukeneye mu rundi rurimi
- Amakuru yerekeye serivisi za farumasi
- Amakuru yerekeye serivisi zo gutwara abantu
- Amakuru kuri serivisi zo kwijyana kwa muganga
- Gufasha kumenya icyo gukora iyo urwaye cyangwa ukeneye ubutabazi bwihutirwa (harimo nyuma y'amasaha)
- Gufasha kumenya amadolari wishyuzwa cyangwa ayo ufatanyaga n'ubwishingizi kwishyura ugomba kwishyura (niba ahari)
- Amakuru yerekeye serivisi zo hanze ya MDwise
- Ubufasha niba ufite ikibazo (ibitagushimishije)
- Gufasha niba utemeranya n'icyemezo cyo gukemura ikibazo cyawe (kujurira)

### Amakuru ku Ikoranabuhanga Rishya mu Buvuzi

MDwise ireba ku migendekere mishya y'ubuvuzi n'imyitwarire. Tureba kandi ku miti mishya n'ibikoresho. **Mu kudufasha gukora ibi dukoresha:**

- Inzobere
- Ubushakashatsi
- Ibemezo bya Guverinoma



Ibi bidufasha gufata icyemezo niba batekanye kandi byahabwa abanyamuryango bacu. Hamagara serivisi ishinze kwita ku bakiriya ya MDwise kuri **1-800-356-1204** niba hari ibibazo ufite byerekeye ibyo ugenerwa. Ushobora kandi gusaba kopi icapye y'agatabo k'umunyamuryango



## Musakaza ya Safelink itangirwaho ubufasha mu gihe cy'icyorezo

SafeLink yihuje na FCC mu gukwirakwiza LifeLine n'ibyiza bya Musakaza mu gihe cy'ubutabazi bwihutirwa mu gufasha ingo zo muri Leta Zunze Ubumwe za Amerika zigorwa no kubona interineti mu gihe cy'icyorezo. Ku gihe ntarengwa hamwe n'ibi bigenyerwa bishya, ingo zujuje ibisabwa (abakiriya b'ubu ba SafeLink) bashobora gukomeza kuba kuri interineti kugira ngo bakore batari mu biro cyangwa kubona akazi, kugera kuri serivisi z'ingenzi z'ubuzima no gutuma abanyeshuri bakomeza kwigira kuri interineti.

### UBUNTU buri Kwezi

- Kuganira bitagira umupaka
- Kohereza ubutumwa bitagira umupaka
- Interineti itarangira
- Guhamagara mu mahanga\*
- Interineti idakoresha urutsinga ya Hotspot\*\*

Ku yandi makuru sura [www.mdwise.org/lifeline-discount-mobile-phone-service](http://www.mdwise.org/lifeline-discount-mobile-phone-service) cyangwa uhamagare **1-877-631-2550**.

Kugira ngo uhitemo kandi uhabwe ibi bigenyerwa biri ku rwego rwo hejuru bitagira umupaka, jya kuri [Safelink.com/ebb](http://Safelink.com/ebb).



## Kureka itabi

Korera MDwiseREWARDS amanota kubera **Kureka ITABI**. Niba unywa itabi cyangwa ukoresha itabi ushobora kubona amanota ya MDwiseREWARDS kubera kugerageza kubihagarika. Kugira ngo ubone amanota, ugomba kuzuzura porogaramu yo kureka itabi kugira ngo ufashwe kurireka. Ingero za zimwe muri porogaramu zikubiyemo:

- Umurongo wa telefone utangirwaho ubufasha ku bashaka kureka itabi muri Indiana. (porogaramu y'ubuntu)
- Umwana na Njye tuzira itabi. (porogaramu y'ubuntu)
- Porogaramu itangirwa mu bitaro cyangwa ivuriro wivurizamo.

Baza muganga wawe kuri porogaramu akugira inama gukoresha. Igihe byuzuye, saba icyemezo cyangwa ibaruwa yo gusoza. Nyuma ohereza kopi kuri MDwise ukoresheje iposita, fagisi cyangwa imeyili kugira ngo ubone amanota.

## SMOKE-free

Ohereza ukoresheje iposita kuri:  
MDwiseREWARDS  
Agasanduku k' Iposita 441423  
Indianapolis, IN 46244

Fagisi (umurongo utishyuzwa) kuri: **1-844-759-8551**  
Ohereza imeyili kuri: [rewards@mdwise.org](mailto:rewards@mdwise.org)

Ushobora kubona inama zo kureka itabi kuri MDwise.org/wellness/smokefree. Ku zindi nama n'ubufasha, hamagara Umurongo wa telefone ufasha abashaka kureka itabi muri Indiana kuri **1-800-QUIT-NOW (800-784-8669)**. Uboneka amasaha 24 ku munsu, iminsi irindwi mu cyumweru. Ushobora kandi kujya kuri [quitnowindiana.com](http://quitnowindiana.com).



## Twavuguruye porogaramu yacu ya telefone igendanwa ya myMDwise!

Mu mezi make ashize, hari ibintu bimwe twagize byiza ku bwanyu mwese:

- Twahaye porogaramu ishusho nshya.
- Twatanze amahuza afasha kugera mu makarita ndangamuntu byihuse.
- Twongereye umuvuduko w'imikorere y'urubuga rwacu.

Uzakenera gukuraho verisiyo ishaje ya porogaramu nyuma wongereho inshya. Jya mu bubiko bwa telefone yawe maze ushakishe "MDwise" nuko ukurure.

### Porogaramu ya myMDwise yo kuri telefone igendanwa.

- Urashaka kugenzura ugutoranywa kwawe (amakuru yerekeye ubunyamuryango)?
- Kwishyura (ku munyamuryango wa HIP)
- Kureba uko ikibazo cyerekeye ubuvuzi cyangwa farumasi gihagaze?
- Reba cyangwa wohereze ikarita ndangamuntu yawe kuri imeyili?
- Kubona umuganga uri hafi y'urugo?

Hamwe na porogaramu ya myMDwise, ushobora gukurikirana ubuvuzi bwawe urimo guhabwa.

Yikurure mu bubiko bwa porogaramu, jya kuri Google Play cyangwa ujye ku bubiko bwa porogaramu muri telefone yawe. Shakisha "MDwise" maze umanure.



Urubuga rwa MDwise ni umutungo ukomeye ku banyamuryango. Uzi ibyo ushobora kubona ku rubuga

rwa MDwise? Ushobora kubona amakuru yerekeye ibyo ugenerwa ku bwishingizi bwawe bw'ubuzima na serivisi, MDwise na porogaramu nka WORKwise, NA myMDwise. Ushobora kandi kubona HELPlink, ibyifashishwa ku myitwarire iterwa n'imimerere y'ubuzima n'ibindi byinshi. [Reba MDwise.org](http://RebaMDwise.org) uyu munsu!



## Serivisi zo hanze y'ahantu yo murugo

Ushobora gukomeza kubona serivisi z'ubuzima n'igihe uri kure y'urugo. [Mbere yo kwitabwaho, ugomba guhamagara muganga wawe](#). Unashobora guhamagara serivisi ishinze kwita ku bakiriya ya MDwise kugira ngo uhabwe ubufasha. Niba ukeneye ubutabazi bwihutirwa by'ukuri, hita ujya ku bitaro biri hafi cyane.

## Komeza ibyo usanzwe ukora maze ugabanye igihe umara imbere ya ekara

Televiziyo, imbuga nkoranyambaga n'ibikoresho bya elegitoronike ni igice kinini cy'ubuzima bwa buri munsu. Aha hari inama kuri iyi mpeshyi zo kugabanya igihe cyo kumara imbere ya ekara.

- Musomere hamwe inkuru.
- Ubakana uruzitiro n'abana.
- Zenguruka icyanya.
- Jya ku isomero.
- Itabire konseri y'ubuntu mu cyanya.

- Kinira mu gikoresho kinyanyagiza amazi.
- Otsa ibisuguti cyangwa akagati.
- Mukorere hamwe umushinga

(musige irangi amabuye cyangwa mukoreshe amakarito mwubaka ibintu).



Agasanduku k'iposita 44236  
Indianapolis, IN 46244-0236

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### (SNAP)

SNAP bivuga Gahunda y'imfashanyo yo kongera ibiribwa (yari izwi nka gahunda y'amakarita y'ibiryoyi). **SNAP ifasha amantu binjiza umutungo muke n'imiryango kugura ibyo kurya bakeneye ngo bagire ubuzima bwiza.** Ushobora kwandika usaba ibigenwa wuzuzwa ifishi itangirwaho ubusabe ya leta. Ibigenwa bitangirwa ku ikarita ya elegitoronike (EBT card) ikoreshwa nk'ikarita ya ATM iremewe ku maguriro y'imboga menshi. Hari kandi amahitamo yo gutumiriza ibiribwa kuri interineta ubu ku bubiko bukurikira: Wal-Mart, Amazon na Aldi. Ku yandi makuru no gutanga ubusabe sura <https://www.in.gov/fssa/dfr/>.

### Ibyifashishwa ku myitwarire iterwa n'imimerere y'ubuzima



MDwise igufitiye ibyifashishwa ku rubuga rwacu.

Jya kuri [MDwise.org](https://MDwise.org) Hariya ushobora kuhabona amakuru arebana n'ibyo ugenerwa, ibyifashishwa bya serivisi z'uburyo bwo kwita ku bantu n'imyitwarire iterwa n'imimerere y'ubuzima.

# MDwise REWARDS

## Fata Impano yawe y'Ikarita y'UBUNTU!

Ntufite kwiandikisha muri MDwiseREWARDS kugira ngo ubone amanota. Wahise wandikwa mu buryo bwikora. Korera amanota ku bikorwa butandukanye, nko kubahiriza inshuro zo kubonana na muganga wawe. Nyuma uhahe kugira ngo ubone amakarita y'impano hamwe n'amanota yawe Ujye kuri [MDwise.org/MDwiseREWARDS](https://MDwise.org/MDwiseREWARDS) to learn more.



Serivisi z'ubusemuzi mu zindi ndimi: [MDwise.org/Languages](https://MDwise.org/Languages)

Kwirinda ivangura/Uburyo bwo kubigeraho: [MDwise.org/Nondiscrimination](https://MDwise.org/Nondiscrimination)

STEPS TO WELLNESS is published for members of MDwise by MDwise, Inc. Agasanduku k' Iposita 441423, Indianapolis, IN 46244-1423, telephone 1-800-356-1204 or 317-630-2831 muri the Indianapolis area. [MDwise.org](https://MDwise.org).

Amakuru muri STEPS TO WELLNESS aturuka ku nzobere nyinshi z'abaganga kandi agamije gutanga inama zihariye kuri buri muntu. Niba hari inkeke ufite cyangwa ibibazo byerekeye impamvu zihariye zishobora gutera ubuzima bwawe ikibazo, vugana n'uguha serivisi z'ubuzima.

Ububiko bw'amafoto bukoreshwa ku mafoto yose n'ubusobanuro. Uburenganzira bw'umwanditsi © MDwise, Inc.

### Ibibazo? Ibitekerezo? Ibyo utishimiye?

Uramutse ukeneye ubufasha bw'ikintu cyose kuri MDwise cyangwa muganga wawe, dushobora gufasha. Hamagara serivisi ishinze kwita ku bakiriya ya MDwise kuri 1-800-356-1204.

Serivisi ishinze kwita ku bakiriya ya MDwise itanga serivisi z'indimi. Cyangwa dushobora gukoresha umusemuzi. Dufite kandi serivisi ku bafite ubumuga bwo kumva no kuvuga.

MDwise yubahiriza amategeko y'uburenganzira mbonezambano ya Leta kandi ntivangura hashingiwe ku bwoko, ibara, igihugu cy'inkomoka, imyaka, ubumuga, cyangwa igitsina. MDwise ntivangura abantu cyangwa ngo ibafate mu buryo butandukanye kubera ubwoko, ibara, igihugu cy'inkomoka, imyaka, ubumuga, cyangwa igitsina. Niba wawe, cyangwa umuntu ufasha, afite ibibazo kuri MDwise, ufite uburenganzira bwo kubona ubufasha n'amakuru mu rurimi rwawe nta kiguzi. Kugira ngo uvugane n'umusemuzi, hamagara 1-800-356-1204.  
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MDwise washiye umuntu wese akumwe n'ubuzima bwawe. Niba wawe, cyangwa umuntu ufasha, afite ibibazo kuri MDwise, ufite uburenganzira bwo kubona ubufasha n'amakuru mu rurimi rwawe nta kiguzi. Kugira ngo uvugane n'umusemuzi, hamagara 1-800-356-1204.  
MDwise washiye umuntu wese akumwe n'ubuzima bwawe. Niba wawe, cyangwa umuntu ufasha, afite ibibazo kuri MDwise, ufite uburenganzira bwo kubona ubufasha n'amakuru mu rurimi rwawe nta kiguzi. Kugira ngo uvugane n'umusemuzi, hamagara 1-800-356-1204.  
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