



Walyaala bathang yaa ha dhah gala koro atha ii aafimaatka –

waqta ang suubiyowki balamoo taqtaroo; helowki ii diyaariyowki raashing la gooya koro, nafaqa leh; waqta qaathathowki hooloo faya dhowrkii sitha jimi'saga, maan dijiyowka oo waqtaga istimaalawki saahiboo; hasuusathowki maddii ama inta jeer la qaathathaw daawooyinkaa – ii wal bathang.

Faylate inii la dareema uleys.

May meelung ang roognee inii kii kaalmeyna fahamowki walaagii hor suruma koro jidkaa ii inii lakii taageera helowki haliyow si maddaas diirada angsaarta hormariyowki aafimaatkaa ii aafimaat haathawky oo suuragalka eh.

UVM Health

Maareeyowki Hanaanatha

Saa'atha:

Isniin – Jimaa
8:00 am – 4:30 pm

Taleefong:

Taleefon-Bilaash eh 833-763-0652

Fakis

802-847-6545

MyChart

Si lang hela aqbaarti aafimaatki, ama si ki habong oo ammaan eh oo lang gala koro diiwaanka aafimaatkaa MyChart Online, tafathal booqooy **UVMHealth.org/MyChart** ama haninku weer **844-886-4325**.



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Maareeyowki Hanaanatha

Care Management
MAAY-MAAY



Maareeyowki aafimaatkaa ii fahamowki meela lanka seethaw taageera athagti. Taas may buwaa meela koohti Maareeyowki Hanaanatha ka kaalmeeya korto.

 **University of
Vermont Health**

“May suubiyey isbadel wing lahaathowki qof kala oo ana la inka hela koro sitha boorkii dhawaqa, hogaanki koohti, jiheeye ii bas qof fahama koro nithaamki ana maraayi. May si eed eh lanka taliyey barnaamijkun...”

— Higishatha ku koyti ku qii bqaathathaaga Maareeyowki Hanaanatha

Sithe ang ku hela koro taageera Maareeyowki Hanaanatha?

Muhiim wu inii la ogeysi yi taqtarkaa hanaanatha aafimaatkaa inii ogaathan wal quseeya arimoo saameeyooya aafimaatkaa ii fay o dhowrki

ama hattii dhibaata ka qobto raahowki qorshaaga hanaanathaa. May warsatha kortee taqtarkaa hattii luku yaaba inii ku faa’ida taageeratha Maareeyowki Hanaanatha, ama taqtarkaa yaa koo kula hathala koro.

Maareeyaga hanaanada yaa hakiila hiriiree si kinki balamiyi kulung oo laka dajiyaw oo si fayla kinki shaqeeyaasa – taleefonki, dhiniga fiithiyowki ama qof haang. Kulunkii anka horeeyi, maareeyaga hanaanathaa yaa wal koo warsatheey wal quseeya walwalkaa, may hor surung jidki hanaanathaa ii taageerathee ang baahanti si ang hormariitha ama an joogteyti aafimaatkaa.

Baahiyaalkaa may daboolaa koraana aagag bathang, ii maareeyaga hanaanathaa yaa kii hiri koro atheegoo taageeratha ii barnaamijyitha Shabakada Aafimaatki UVM ii atheegoo bulshoothaa oo una anbiyaana.

May kii kula shaqeeya kornee dajiyowki yoolalki ii qorshooyin suubiyowki laka daboolow iyoo. Yoolalki aafimaatkaa may buwaa qii b muhiim ku eh qorshaagaa.

Mudnaanathaana may buwaa inii lakii taageera:

- Hormariyowki aafimaatkaa ii tayatha nolola
- Daryeelowki walwalka aafimaatkaa waqtaga dheer ii sharuuthoo
- Si dhaw an la shaqeeyowki taqtarkaa hanaanatha koowaad ii taqasuski
- Helowki illoo bulshaatha si lang taageera atha ii reerkaa

May koohti Maareeyowki Hanaanatha suubiyaayang?

Koohti Maareeyowki Hanaanatha may si dhow ang la shaqeeyaayang atha ii taqtarkaa (taqtarkaa) hanaanatha aafimaatki.

Si watha jar eh, may:

- Diyaariyayang yoolal laka hormariyaw aafimaatkaa
- Hubiyaayang inii si buuta ang fahamti oo ang raha korto qorshaaga hanaanatha oo abuuri atha ii taqtarkaa
- Fiiriyaayang daawooyinkaa si ang haqii jita inii atha kasaasa sithii lang qaatha oo lang hela iqtiyaara bathang oo la gooyo koro ama barnaamijyi kii kaalmeeyaw biyowshoo
- Taageeraayang ha kobsathowkaa oo hubsoy inii atha haysata wal kasta oo atha ang baahanti roogowki isbitaalki kudib ama booqashatha qolki gurmadi
- Biyaayang dooqi yitha gaathiidka si maddaas anku qii bgala bala mooga aafimaatki, qaasang booqashada isbitaalka ama qolka gurmadi kudib
- Kisiyaayang qalabyi, illa ii taageeratha kii kaalmeeyaw maareeyowki aafimaatkaa

Ay ka jara koohti Maareeyowki Hanaanatha?

Koohti Maareeyowki Hanaanathaa may ka jaree:

- Atha
- Taqtarkaa (taqtaroo) hanaanatha aafimaatki
- Reerkaa/hanaana biyaaga (hattii koo jara)
- Maareeyiyaalki hanaanatha
- Taqasusyitha kala ii taqtaroo hanaanatha

Ay kaalma ku hela koro koohti Maareeyowki Hanaanatha?

May ang atheegaanee dadki wiing, ariinyoo, reeroo, dadki uurki eh, dadki wing...qof kasti!

Sithe anku faa’itheysatha koro atheegoo Maareeyowki Hanaanatha?

Taageeratha atha ku heli koohti Maareeyowki Hanaanatha yaa eed anka guuleysathee hattii atha:

- Nii kaalmeyta inii ka barana. Fahamsangna inii adkaatha korto ku hathalowki arimoo aafimaatki qaaski ama shaqsaga eh. Kula hathalowki maareeyaga hanaanathaa wal quseeya walaagii ang baahanta ama wal kasta oo hor surumaw jidki hanaanathaa yaa nii kaalmeeyee ka hirimowki taageeratha ka habong. May meelung ang roognee inii biina hanaanatha suuragalka eh ee anka fayla, hukung lang.
- Na ogeysiita hattii atha wal anku fahama korna ama hattii atha qobto wal su’aala eh ee quseeya hanaanathaa.
- Na ogeysiita hattii atha dhibaata ka qobto raahowki qorshaaga hanaanatha ee atha la suubiti taqtarkaa hanaanatha aafimaatkaa.
- Ang sheegta taqtarkaa ama maareeyaga hanaanatha hattii atha anka baahanayna atheegun markale.
- Sitha markasta, may kiikala dhaqamaanee ihtiraam oo ka warsana inii ning suubita si lamid eh.

Haquuqoo ii masuuliyathoo jiroolaga may luku hela koree onleenka UVMHealth.org/Care-Management, ama may warsatha kortee maareeyaaga hanaanathaa oo koobi eh.