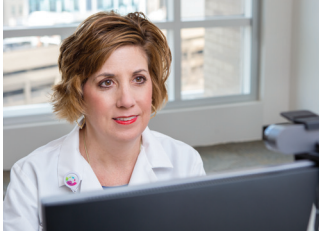


Telehealth: Waxa Eey Tahay Iyo Sida Loo Isticmaalo

Loogu talagalay qoysaska reer Ohio kuwaas oon leh carruur iyo dhalinyaro qawa baahi caafimaad oo gaar ah

1. Waa maxay Telehealth?



- Waa qaab aad kulumo khadka tooska ah ama ballano fiidiyow ah ula yeelan karto dhakhaatiirta, dabiibistayaasha, macallimiinta, kooxaha taageerada, iwm.
- Wado lagula hadlo, loo maqlo, loona arko qof kale, iyaguna sidoo kale ay kuula hadli karaan, ku maqli karaan oo ayna kuu arki karaan.

2. Diyaar ma tahay?



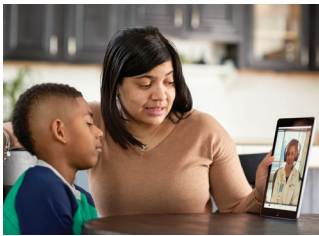
- Booqashada ka hor, ogow haddii ay tahay inaad wax lacag ah bixiso.
- Diyaarso liis su'aalo iyo walaacyada aad qabto ah.
- Gal khadka oo is diyaari 15 daqiiqo ka hor waqtiga booqashada. Ku tababaro dhowr jeer.
- Ilmahaaga u diyaari booqashada.
- Ma jiraan wax loo baahan yahay in khadka lagala soo dego? Ma loo baahan yahay nambor sir ah/baaskoodh?
- Sameeyso meel gaar ah oo jawigeedu deggan yahay.

3. Sideen ugu xirnaan karaa?



- Isticmaal kombiyuutar, taleefan casri ah, tablet/iPad, ama aalad leh kaamaro iyo cod-qaade.
- Ka hubi shirkaddaada internetka si aad u xaqiiqsato in signaalaha internetkaagu uu yahay mid xoogan oo kugu filan.
- Haddii aadan haysan internet ama wifi, waxaa jiri kara xulashooyin bilaash ah iyo kuwo qiimo dhimis leh. (Ka hubi maktabadda deegaankaaga oo xaqiiqso in xulashooyinkaas ay ammaan yihiin in la isticmaalo.)

4. Maxaa dhacaya inta lagu guda jiro booqashada?



- Qoraal sameeyso oo su'aalo weydii.
- Xirfadlayaashu waxay kaa codsan karaan inaad wax samayso inta booqashada lagu jiro sida in ilmahaaga gacanta kor u taago.
- Kala hadal daryeelka loo baahan yahay oo sameeyso qorsho.

5. Sidee ayuu Telehealth u caawin karaa qoyskaaga?



- Waa qaab kale oo aad ku daryeeli karto naftaada iyo qoyskaaga. Waxaad dooran kartaa qolka ama goobta adiga kuu gaar ah.
- Waxay kuu oggolaaneysaa adiga iyo xirfadlayaasha inaad ka sii wada hadashaan daryeelka loo baahan yahay.
- Waa qaab habboon oo ammaan ah.
- Ma jiraan wax kharash ama gaadiid ah oo loo baahan yahay iyo waqti aad baabuur ugu aado ballanta.
- Waa hab dabacsan oo aad kula xiriiri karto dadka kale.

Kheyraad Dheeri ah

Loogu talagalay qoysaska reer Ohio kuwaas oon leh carruur iyo dhalinyaro qawa baahi caafimaad oo gaar ah

Waxaad heli kartaa kheyraad dheeraad ah sida Fiidiyow ku Saabsan Isticmaalka Telehealth, Barnaamijka Dugsiga (MSP) Medicaid-ka Ohio, Helitaanka Adeegyada Caafimaadka iyo Habdhaqanka Iyadoo La Isticmaalayo Telehealth Inta lagu jiro COVID-19, adigoo booqanaya weybsaydhkeena, www.ucucedd.org/telehealth-additional-resources (kaliya lagu heli karo luuqada Ingiriisiga)

Xusuusnow inaad weydiiso xirfadlayaasha haddii booqashooyinka Telehealth ay suurtagal yihiin. Haddii **aad u baahan tahay caawimaad** la xiriirta isticmaalka Telehealth, **fadlan la xiriir** shaqaalaha kiiskaaga, iskuduwahaaga daryeelka, ama Ohio Family to Family.

Nagala soo xiriir

Xarunta Macluumaadka Caafimaadka ee Ohio Family to Family

Websaydhka: www.ohiof2f.org (kaliya lagu heli karo luuqada Ingiriisiga) | Taleefan: **844-644-6323** |

limayl: ohiof2f@cchmc.org

Waxaan jeclaan lahayn inaan Guddigeenna Xirfadlayaasha La-talinta Daryeelayaasha Ohio F2F Family uga mahadcelinaynaa talooyinkooda iyo tilmaamaha ay ku soo biiriyeen in la soo saaro warqaddaan xaqiiqda ah.

Mashruucan waxaa taageera/taageeray Xafiiska Caafimaadka Hooyooyinka iyo Dhallaanka (MCHB) ee Maamulka Kheyraadka Caafimaadka iyo Adeegyada (HRSA) ee Waaxda Caafimaadka iyo Adeegyada Dadweynaha Mareykanka (HHS) ee hoos timaadda deeqda #H84MC28443.

