



intambwe ziganisha ku

mibereho myiza

IMPESHYI YA 2023



Gumana na MDwise ku bwishingizi buri hejuru & burenze

Ubwishingizi bwawe bwa Medicaid bunyuzwe muri MDwise buzarangiza igihe vuba. Ubuyobozi bwa Indiana bushinzwe imiryango na serivisi z'imibereho myiza (FSSA) burasaba abanyamuryango bose ba Medicaid gusuzuma umwirondoro wabo kugira ngo bagumane ubwishingizi bwabo. Kuvugurura gahunda y'ubwishingizi bwawe bimara iminota mike gusa.

Kugira ngo ubwishingizi bwawe bukomeze gukora, ugomba:

1. Kuvugurura umwirondoro wawe n'amafaranga winjiza ku rubuga rwa FSSA.
2. Komekaho ibyangombwa byose bisabwa.

Sura urubuga rwa FSSA kuri <https://fssabenefits.in.gov/bp/#/> uyu muni kugira ngo ukomeze guhabwa ubwishingizi bw'ubuzima bwo ku rwego rwo hejuru n'ibyo bugena binyuze muri MDwise! Ukeneye ubufasha? **Hamagara 833-414-1997.**



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MDwise irifuzza kwibutsa abanyamuryango ko **kubonana n'umuforomo ubifitiye uruhushya bikorwa amasaha 24/7 uhamagaye numero yacu itishyurwa ya serivisi yo kwakira abakiriya kuri 1-800-356-1204.** Abanyamuryango bashobora guhitamo #1, hanyuma bagahitamo #4. Ikindi kiyongera ku kubonana n'umuforomo ubifitiye uruhushya ndetse n'ubuvuzi hashingiwe ku burwayi bwa buri umwe, abanyamuryango kandi bashobora kujya ku rubuga rutangirwaho ibiganiro mu buryo bw'amajwi, hari ibiganiro ku ngingo zirenga 100.



Kugena ubuvuzi mbere Amabwiriza atangwa mbere

Kugira amabwiriza mbere bisobanura ko wanditse ibyifuzo byawe bijyanye no kwivuza. Aya makuru ashobora gufasha abandi kumenya icyo gukora niba utagishoboye kwivugira wowe ubwawe.

Inyandiko igaragaza ubuvuzi umuntu yifuza ndetse n'ububasha burambye bw'umwunganizi mu mategeko ku buvuzi ni ubwoko bubiri bw'ingenzi bw'amabwiriza y'ibanze.

Ese amabwiriza y'ibanze akubiyemo iki?

Amabwiriza y'ibanze ashobora kuba ingenzi niba udashobora kuvuga. Ibi bishobora kuba mu gihe wakomeretse cyane cyangwa ufite uburwayi bukomeye cyane.

Hatabayeho ubushake buzira umuze ndetse n'ushinzwe ubuvuzi, ibyemezo bijyanye no kukwitaho bishobora gufatwa na muganga utakuzi, cyangwa n'umucamanza.

Ese inyandiko igaragaza ubuvuzi umuntu yifuza ni iki?

Inyandiko igaragaza ubuvuzi umuntu yifuza ni inyandiko y'uburyo ushaka gufashwa ku mpera y'ubuzima bwawe. Urugero, ivuga igihe ushaka cyangwa udashaka ko umuganga wawe akoresha ingamba z'ubuvuzi.

Amategeko aratandukanye bitewe na leta kubijyanye n'igihe umuntu ashobora kwanga ubuvuzi binyuze mu nyandiko igaragaza uko umuntu ashaka kuvurwa.

N'ubwo ushobora kwandiko inyandiko yawe bwite igaragaza uko ushaka kuvurwa, ubujyanama mu mategeko bushobora kuba ingirakamaro. Ibi ni ukuri cyane cyane muri za leta aho inyandiko zigaragaza ubuvuzi umuntu yifuza zitemewe cyangwa aho amategeko abigenga adasobanutse.

Ese ububasha burambye bw'umunyamategeko ku buvuzi ni iki?

Ububasha burambye bw'umunyamategeko ku buvuzi ni ifishi yemewe n'amategeko uhitamo umuntu ugufatira ibyemezo by'ubuvuzi mu gihe udashobora kubyifatira wowe ubwawe. Uyu muntu mu bisanzwe yitwa umukozi ushinze ubuvuzi cyangwa uhagarariye ubuzima.

Umukozi ushinze ubuzima wawe ashobora gufata ibyemezo by'ubuvuzi mu izina ryawe nyuma y'ubuzima. Uguhagarariye ashobora kandi gufata ibyemezo ikindi gihe cyose udashobora kwivugira, nk'igihe wakomerekeye cyane mu mpanuka.

Kugira ngo afate ibi byemezo, umukozi ushinze ubuzima ashobora gukoresha amakuru ari mu nyandiko yawe isaba uko ushaka kuvurwa, amagambo wavuze kera, ndetse n'icyo uguhagarariye akuziho. Uguhagarariye ashobora gutanga uburenganzira ku kubanga Uguhagarariye ashobora kwanga ko ushirwa ku mashini z'ubuvuzi. Uguhagarariye ashobora gusaba ko ukurwa ku buvuzi.

Ni ryari wategura amabwiriza atangwa mbere?

Ntabwo bijya biba vuba cyane ngo utegure amabwiriza atangwa mbere. Iyi nyandiko izakoreshwa nuba wakomerekeye cyane mu mpanuka. Kugira amabwiriza

atangwa mbere bisobanuye ko abantu bawe ba hafi batazagera bashidikanya ku myanzuro yawe.

Abantu bamwe ntibashimishwa no kugira amabwiriza atangwa mbere, cyane cyane inyandiko igaragaza ubuvuzi wifuza guhabwa.

Ibi bishobora guterwa n'impamvu zamadini cyangwa iz'umwuka cyangwa indi myizerere. Niba uhise kutagira inyandiko igaragaza ubuvuzi wifuza guhabwa, umuryango wawe ndetse na muganga wawe bagomba kubahiriza icyemezo cyawe.

Bigenda bite iyo wisubiye?

Ushobora guhindura cyangwa guhagarika amabwiriza yawe atangwa mbere mu gihe icyo ari cyo cyose wuzuzwa ayandi mashya, guca amafishi yawe asanzweho, cyangwa kubwira gusa abashinzwe kukwitaho.

Ni gute wandika amabwiriza atangwa mbere?

Hano hari inzira enye z'ingenzi:

- Shaka amafishi akwiye kuri leta yawe cyangwa ukoreshe ifishi rusange yemewe na leta nyinshi. Mu bihe byinshi, abaganga bazubaha ibyifuzo byawe n'ubwo waba ufite ifishi iturutse mu yindi leta.
- Hitamo umuntu uguhagararira mu buvuzi.
- Uzuzura amafishi hanyuma yemeze na noteri cyangwa abatangabuhama nk'uko leta yawe ibisaba. Leta yawe ishobora gutangwa uburenganzira bwo kwiyandikisha hakoreshejwe ikoranabuhanga. Aha ni ahantu ushobora kubika amabwiriza yawe atangwa mbere kugirango abashinzwe ubuvuzi babihereye uburenganzira bayabone ako kanya.
- Menya neza ko umuganga wawe, umuryango wawe, ndetse n'uhagarariye mu buvuzi bafite kopi. Niba ukoreshe ifishi yo kuri murandasi, menya neza ko umuganga wawe, abagize umuryango, ndetse n'uhagarariye mu buvuzi bafite amabwiriza y'uko bayigeraho kuri murandasi.

Ni he wakura ibindi?

Ku bindi bisobanuro, hakubiyemo amafishi ya leta yawe, reba urubuga rwa CaringInfo (www.caringinfo.org/planning/advance-directives).

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Gupfuruta

Iyo upfuruta, ubwirinzi bw'umubiri wawe (sistemu y'ubwirinzi bw'umubiri) ikora ku bintu bimwe na bimwe biri mu mwuka uhumeke cyangwa ukozeho, nk'umukungugu cyangwa agafu ko ku ndabo. Ibi bintu byitwaga ibitera gupfuruta, kandi bishobora gutuma umubiri upfuruta.

Niba ufite ibimenyetso byo gupfuruta, umuganga wawe ashobora kugupima uruhu kugirango abone impamvu. Kugirango akore iri suzuma, umuganga wawe ashya ibipfurutisha bishoboka ku ruhu rwawe kugirango arebe ibitera kubyimba. Iki kigaragaza ikigutera gupfuruta.

Nta muti uvura gupfuruta. Ariko ushobora gucunga ibimenyetso hanyuma ukirinda ibintu bigutera gupfuruta.

Ku gupfuruta gukubijye gutera impinduka zigira ingaruka ku mubiri wawe wose (impinduka zikomeye), umuganga wawe ashobora kukwandikira intama imwe ya epinephrine kugirango uyitware mu gihe ugize impinduka ikomeye. **Menya wakwiha uwo muti wo kunywa no kuwugumana igihe cyose. Menya neza ko utarengeje igihe.**

ICYO GUKORA

Impamvu zikunze gutera gupfuruta zirimo:

- Ifu yo mu ndabo z'ibiti, ibyatsi, ndetse n'urumamfu.
- Umukungugu, udusimba two mu mukungugu, uruhumu, ndetse n'ubwandu bw'innyamanswa zo munrugo (uturemangingo twapfuye tw'uruho tw'injangwe cyangwa imbwa).
- Ibinyenzi

Ibimenyetso ni ibihe?

Ibimenyetso rusange byo gupfuruta birimo:

- Gufungana, cyane cyane mugitondo.
- Ibimyira mu mazuru bitamba inyuma mu muhogo wawe.
- Amaso ababara cyangwa aharamo amarira.
- Kubabara amatwi, amazuru, cyangwa umuhogo.

Niba ugira gupfuruta guterwa n'ifu yo ku bimera, ushobora kugira ibimenyetso mu gihe runaka cy'umwaka.

Niba upfurutishwa n'ibintu biri mu rugo, nk'umukungugu, ushobora kugira ibimenyetso igihe cyose.

Ni gute wakwirinda ikibitera?

Muganga wawe ashobora kugufasha kubona imbarutso cyangwa igitera gupfuruta kwawe. Kwirinda ibi bintu bishobora kugufasha no kwirinda gupfuruta.

Dore intambwe zagufasha:

Ntiha gire uwo wemerera kunywera itabi mu rugo rwawe.

Ifu yo ku bimera

- Gerageza kuguma mu rugo igihe ifu yo ku bimera iri gutumuka ari nyinshi. Reba kuri murandasi kugirango umenye ingano y'ifu yo ku bimera iri gutumuka mu gace uherereyemo. Niba udashobora ku guma mu nzu, bishobora kuba byiza kwambara agapfukamunwa mu gihe uri hanze.
- Kinga amadirishya n'inzuki. Irinde gukoresha igikoresho gitanga umuyaga idirishya rifunguye. Niba ufite icyuma kiringaniza ubushyuhe n'ubukonje, menya neza ko



uhindura cyangwa usukura utuyunguruzo buri gihe.

- Karaba nyuma yo kuza mu nzu kugirango bigufashe gukura ivumbi mu misatsi yawe n'uruho.
- Koresha umuti usukura wa saline kugirango ugufashe gusukura ibyatuma upfuruta biri mu mazuru nyuma yo kujya hanze.

Umukungugu n'udukoko tuba mu mukungugu

- Kubura, umutsa, ndetse unahanagure hasi mu nzu yawe kenshi. Tekereza gukuraho imyenda, ibikoresho bikozwe mu mwenda, ndetse na tapi, bikusanya umukungugu. Hera ku cyumba umaramo igihe kinini.
- Koresha igikoresho gisukura umwuka gifite akayunguruzo k'umwuka kihariye (HEPA) hanyuma ushyire akanyunguruzo ku gikoresho cyumutsa. Sukura unasimbuzwe utuyungiro buri gihe.
- Koresha imyenda ya matela n'imisizo irinda umukungugu.
- Mesa amashuka, imisego, n'ibiringiti buri cyumweru. Koresha amazi meza, ashushye cyangwa akazuyaze, ndetse n'igikoresho cyumutsa niba bishoboka.

Uruhumbu

- Kuraho ibikoresho, amarido, cyangwa itabi bihumura neza.
- Irinde gukora mu busitani (cyane cyane gukorana n'ifumbire y'ibishingwe), gukata ibyatsi, cyangwa gutema amababi.
- Sukura ibikoresho byo mu bwogero, ibirekura amazi mu bwogero, ndetse no ku madirishya nibura rimwe mu kwezi. Ntukoreshe ibikoresho bisukura, bitanga akayaga, cyangwa bihumuza bitera ibimenyetso byo gupfuruta.
- Funga cyangwa wirinde ahantu hari urubobi, nk'ahantu hasi hanyura amatiyo y'amazi, mu gisenge, no hasi.
- Sukura imbaraza zo hanze ndetse n'aho amazi ahurira kugirango wirinde ko amazi avuye ku nzu adatera amahuhwezi mu nzu imbere.
- Menya neza ko igikoni n'ubwiherero bifite aho gusohorera imyuka kandi igikoresho cyumutsa imyenda yawe kijyana umwuka hanze. Ugomba guhora usukura ibyinjiza bikanasohora umwuka.
- Gerageza kuguma mu nzu ku minsi ibitumuka byabaye byinshi.
- Karaba nyuma yo kuza mu nzu kugirango bigufashe gukura ivumbi mu misatsi yawe n'uruho.

birakomeza kuri paji ya 6.



Ubuerozi bw'ikinyabutabire cyo mu maraso

Ese napimisha umwana wanjye?

Gusuzuma, cyangwa gupima umwana wawe ikinyabutabire cy'ubuerozi cya lead bishobora kugufasha kurinda ibibazo bikomeye by'ubuzima.

Ikinyabutabire cy'ubuerozi cya lead kiba mu gihe umwana wawe ahumetse cyangwa amize icyo kinyabutabire cya lead cyinshi. Lead ni icyuma rimwe na rimwe kiboneka mu biryo, umukungugu, irangi, n'amazi. **Inzu nyinshi zubatswe mbere ya 1978 zishobora kuba zifite amarangi arimo lead.**

Umwana ashobora kumira lead mu gihe ariye utuvungukira tw'irangi rishaje mu mukungugu cyangwa ubutaka cyangwa guhekenya bisize irangi ririmo lead. Lead nyinshi mu mubiri ni mbi cyane by'umwihariko ku bana bafite imyaka 6 kumanura. Ni ukubera ko ubwonko bwabo bukura vuba kandi imibiri yabo ikurura lead ku kigero cyo hejuru.

Bishobora kudindiza imikurire y'umwana ndetse bigatera:

- Kubura imbaraga, no kubura ubushake bwo kurya.
- Kwangirika k'ubwonko cyangwa imyakura
- Ikibazo cy'ubumenyi cyangwa cy'imyitwarire, nko kwitwara mu buryo budasanzwe cyangwa kurakara.

Uko ingano ya lead iba nyinshi mu mubiri, ni ko ibimenyetso bikomera. Igihe zikomeye cyane zishobora gutera kugagara, kuremara uruhande rumwe, no ujya muri koma.

Kubera iki gusuzuma ari ingenzi?

Ibimenyetso bigaragaye kare by'ubuerozi bwa lead biroroshye kuzibura kandi zishobora gusa nk'aho zerekeranye n'ibindi bibazo. Ubwo rero, gupimisha umwana wawe ni ingenzi.

Gupima lead mu mwana wawe:

- Ikigero cya lead gishobora kuboneka mbere y'uko iba nyinshi.

- Bishobora gufasha umwana wawe guhabwa ubuvuzi hakiri kare. Ibi bishobora gukumira ibibazo bikomeye by'ubuzima biterwa n'ubuerozi bwa lead, nko kwangirika k'ubwonko.
- Biroroshye kubikora kandi ntibihenze.

Ese gupima bikorwa gute?

Gupima lead mu bana bishobora gukorwa mu gupima amaraso byoroshye.

Ese abana bashobora gupimwa ryari?

Ganira na muganga w'umwana wawe niba umwana wawe yapimwa ikinyabutabire cyo mu maraso cya lead. Umuganga ashobora kubaza ibibazo byerekeye imibereho y'umuryango wawe n'uko bimeze mu rugo. Niba ibizamini byasabwe bishobora guterwa n'aho uba, imyaka inzu yawe imaze, ndetse n'uburyo bishoboka ko umwana wawe ashobora guhura na lead.

Abana b'ingeri zose bagomba gupimwa niba hari aho bahuriye na lead cyangwa niba bafite ibimenyetso bishobora guterwa n'ubuerozi bwa lead.

Ni gute wakwirinda ubuerozi bw'ikinyabutabire cyo mu maraso cya lead mu rugo rwawe?

- Suzumisha lead ku rugo rwawe niba utekereza ko urugo rwawe rushobora kugira lead. Iki ni kimwe mu bintu by'ingenzi ushobora gukora kugirango wirinde ubuerozi bwa lead. Hamagara Ikigo Cy'igihugu gishinzwe amakuru ya lead kuri 1-800-424-LEAD (1-800-424-5323) kugirango ubone ibindi bisobanuro n'urutonde rw'abakozi aho uherereye.
- Sukura kenshi intoki z'umwana wawe, amacupa, ibipupe, n'akamufasha konka.
- Ntukareke umwana wawe aya umwanda cyangwa ibiryo byatakaye hasi.

- Sukura kenshi ku madirishya n'inzugi ndetse no hasi mu nzu.
- Kuramo inkweto cyangwa wihanagure umwanda mbere y'uko winjira mu rugo rwawe.
- Ntusharure, usige, cyangwa utwike ibiti bisize irangi niba utazi neza ko bitarimo lead.
- Niba uzi ko irangi ririmo lead, ntiwikurireho irangi.
- Niba ufite icyo ukunda bikoresha lead, wimurire aho ukorera kure y'urugo rwawe. Mesa cyangwa uhindure imyenda yawe mbere yo kwinjira cyangwa ugarutse mu rugo.

Ibiryo n'ububiko bw'ibiryo

- Gaburira umwana wawe amafunguro afite ubutare buhagije ndetse n'izindi vitamini n'imyunyungugu. Indyo yuzuye intungamubiri igora lead kuba yakwinjira mu mubiri.
- Niba wongeye gukoresha imifuka ya pulasitike kugirango ubike ibiryo, menya neza ko icapiro riri hanze.
- Ntuzigere ubika ibiryo mu cyuma gifunguye, cyane cyane icyo cyuma kitakozwe muri Amerika.
- Ntutegure, ntutange, cyangwa kubika ibiryo cyangwa ibinyobwa mu bikozwe mu ibumba cyangwa ibirahuri niba utazi neza ko bifite lead.

Waba ufite ikibazo cyangwa impungenge nyuma yo gusoma aya makuru? Ni igitekerezo cyiza ko ubandika ukabijyana inshuro ikurikira ugiye kwa muganga.

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Wigeze wumva umurongo w'ubutabazi wa 9-8-8?

Umurongo w'ubutabazi wa 9-8-8 ni umurongo washyizweho kugirango ufashe abantu bari mu bihe bibakomereye by'ubuzima bwo mu mutwe. Umurongo utishyurwa washyizweho muri Nyakanga 2022 kandi utanga ubuhiza bwihuse ku bagiraneza, ubuvuzi n'ubufashaku bantu bose bagira ibibazo byerekeranye n'ubuzima bwo mu mutwe - haba ibitekerezo byo kwiyahura, ubuzima bwo mu mutwe cyangwa gukoresha ibiyobyabwenge, cyangwa ubundi bwoko bw'ikibazo cy'amarangamutima.

Umurongo w'ubutabazi wa 9-8-8 ni nimero ya telefone yoroshye kuyibuka kandi yitabwa n'umujyanama mu by'ubutabazi wabitojwe azagutega amatwi, asobanukirwe, atange ubufasha ndetse anasangize ibikoresho.

Abantu bashobora guhamagara cyangwa bakandika **988** cyangwa bakaganira [988lifeline.org](https://www.988lifeline.org) bo ubwabo cyangwa niba bahangayikishijwe n'umuntu wabo ushobora kugira ikibazo gikeneye ubufasha bw'ubutabazi.

Umurongo w'ubuzima utanga serivisi ako kanya z'ubutabazi kuri telefone mu Cyongereza n'Icyesipanyore, na serivisi z'ururimi mu zindi ndimi zirenga 250.

Igihe cy'ubushakashatsi! Turashaka kukumva

Urugaryi ni igihe cyo gukora ubushakashatsi ku munyamuryango muri MDwise. Dukoresha isosiyete y'ubushakashatsi yitwa SPH Analytics. Bazohereza ubushakashatsi ku banyamuryango hakoreshejwe imeli. Ushobora gusubiza ubushakashatsi kuri aderesi yawe n'ibahasha yishyurwa yashyizwe ku iposita yatanzwe. Abanyamuryango bashobora kandi guhitamo gukora ubushakashatsi hifashishijwe ikoranabuhanga. Ibaruwa yawe izagaha aderesi y'urubuga uyjaho na kode yihariye wakoresha. Niba isosiyete ikora ubushakashatsi itumvise igisubizo cyawe, bazaguhamagara kugirango ukore ubushakashatsi kuri telefone.

Ni iki kiri mu bushakashatsi? Ubushakashatsi bukubaza ibibazo bijyanye na serivisi uhabwa muri MDwise n'abaganga bawe. Ibisubizo bizatubwira uburyo urwego rwiza turi gukoraho akazi. SPH Analytics izashyira mu ncamake ibisubizo hanyuma iduhe raporo. MDwise ntizamenya umunyamuryango wujuje ubushakashatsi.

Niba ubonye ubushakashatsi muri imeli cyangwa uhamagawe kuri telefone, twizeye ko uzafata iminota mike yo gusubiza ibibazo. Turashaka kumenya uko abanyamuryango bacu bafata serivisi bahabwa. **Turashaka gukoresha ibisubizo kugirango tugire ibyo tunoza niba bikenewe.**



911 ntabwo iri gukora, 988 ni uburyo bwihariye ku bantu bose bahuye n'ikibazo cy'uburwayi bwo mu mutwe. 911 ihamagarwa hakenewe ubutabazi bwa polisi, inkongi y'umuriro, ndetse n'ubuvuzi. Ariko niba utabyizeye neza, hamagara 911.

- **FSSA: DMHA: 988 Indiana** - <https://www.in.gov/fssa/dmha/update-on-988-in-indiana/>
- **SAMHSA FAQs** - <https://www.samhsa.gov/find-help/988/faqs>
- **988 Lifeline** - <https://988lifeline.org/>



Ubwandu bw'amatungo yo mu rugo

- Gumiza itungo ryawe hanze cyangwa nibura hanze y'icyuma uraramo. Ntureke itungo ryawe rijya kuri tapi cyangwa igikoresho.
- Sukura kenshi amatapi, aho amatungo arara, cyangwa ahandi hantu umara igihe. Menya neza ko imbwa yawe yozwa mu buryo buhoraho.
- Koresha akayunguruzo ku miyoboro y'umwuka no mu itanura ryawe. Ibi bizatuma ubwandu buterwa n'inyamaswa buva mu nzu. Koresha utuyungiro twiza cyane, hanyuma udusukure kandi udusimbuzwe buri gihe.
- Koresha akayungiro ka HEPA ku cyuma cyawe cyumutsa. Sukura unasimbuzwe utuyungiro buri gihe.

Ibinyenzi

- Koresha umuti wica ibinyenzi kugirango ubyirinde. Ibinyenzi bikunda ahantu habikwa impapuro, ibinyamakuru, cyangwa aho amakarito abikwa.
- Funga ahantu ibinyenzi bishobora guca bikinjira mu nzu yawe.

Inyandiko yemeza ibyerekeye no gushishikarizwa

Ubuyobozi bw'ubuvuzi muri MDwise bufata ibyemezo mbere yo kwemererwa hashingiwe ku buryo bukwiye bw'amategeko yo kwita no kwishingira abantu. Ubuyobozi bw'ubuvuzi muri MDwise ntibwakira inkunga cyangwa ibihembo, amafaranga cyangwa ikindi cyose, kugirango bufate ibyemezo byo guhakana kandi ntibuhemberwa gufata ibyemezo bya UM byo kugabanya imikoreshereze ya serivisi ku banyamuryango ba MDwise.

Inkomoko y'ubushyuhe:

- Irinde ibibazo bituruka ku hantu hava ubushyuhe ugenzura itanura, ibishyushya amazi, amashyiga y'inkwi, ahari umuriro, ndetse na gaze buri mwaka.
- Ntukoreshe Imbabura cyangwa amashyiga yimukenwa mu nzu.
- Shyiraho igikoresho kigenzura monogiside ya karuboni mu nzu yawe.

Ese imiti ishobora gufasha?

Imiti yo gupfuruta ishobora gufasha kugenzura ibimenyetso byawe, ku buryo umera neza.

Ikubiyemo:

- **Imiti yo mu mazuru cyangwa ibinini** bifasha mu gihe hari uri kuzana ibimyira byinshi ndetse no gufungana mu mazuru n'ibindi bimenyetso.
- **Ibitonyanga** byo mu jisho bishobora gukiza ijisho ryatukuye cyangwa rihoramo amarira.

Abana, abantu bakuru, abantu batwite cyangwa bonsa, ndetse n'abandi bafite ibibazo by'ubuzima ntibagomba gufata imiti batandikiwe batabanje kwisuzumisha kwa muganga.

Buri gihe ukurikize amabwiriza ari ku gapapuro cyangwa ipaki mu gihe ufata imiti.

Kuvura hongerwa ubudahangarwa bw'umubiri

- Niba gupfuruta kwawe gukabije cyangwa bikugoye kwirinda ikibigutera, ubuvuzi bwongera ubudahangarwa bw'umubiri bwagufasha.
- Kuri ubu buvuzi, uranywa cyangwa ugakoresha ibinini bifite umubare muto w'ibituma umuntu apfuruta muri byo. Umubiri wawe "umenyera ibituma upfuruta", hanyuma hakabaho impinduka nkeya nyuma y'igihe.
- Ubu buryo bw'ubuvuzi bushobora gufasha gukumira cyangwa kugabanya ibimenyetso bimwe na bimwe byo gupfuruta.
- Kugirango uhabwe ubu buvuzi, ugomba kubanza kumenya igituma upfuruta.

Igihe wahamagara umuganga wawe

Fata epinephrine niba:

- Utekereza ko ibimenyetso bikomeye byo gupfuruta.
- Ufite ibimenyetso ahantu harenze hamwe ku mubiri umwe, nko kugira isesemi yoroheje no kugira ikibazo mu kanwa.
- Nyuma yo gutanga igitonyanga cya epinephrine hamagara 911, n'ubwo waba wumva umeze neza.

Hamagara 911 niba:

- Ufite ibimenyetso by'impinduka zo gupfuruta gukabije. Ibi bishobora kuba bikubiyemo:
 - o Gutukura umubiri wose mu buryo butunguranye.
 - o Kubyimba mu muhogo, umunwa, iminwa, cyangwa ururimi.
 - o Kunanirwa guhumeka.
 - o Kubura ubwenge (guta ubwenge). Cyangwa ushobora kumva utameze neza cyane cyangwa ukumva ufite intege

nke mu buryo butunguranye, urujijo, cyangwa utaruhutse.
o Kuribwa mu nda cyane, isesemi, kuruka cyangwa guhitwa.

- Wahawe igitonyanga cya epinephrine, n'ubwo wumva umeze neza.

Hamagara umuganga wawe ubu cyangwa ushakishe ubuvuzi bwihuse niba ufite:

- Ikizinga cyangwa utubyimba (ahantu habyimbye, hatukura ku ruhu).
- Kunanirwa.
- Kubyimba.
- Kubabara mu nda no kugira isesemi.

Hamagara umuganga wawe niba:

- Ibimenyetso byawe birushaho kuba bibi kandi utazi impamvu.
- Imiti yawe ntabwo ifasha ibimenyetso byawe, cyangwa ufite ingaruka zayo.
- Ufite ububabare bw'amatwi cyangwa guhinda bikabije amaso n'amazuru.
- Ufite inkorora cyangwa imbeho imara icyumweru 1 kugeza kuri 2.
- Gupfuruta kwawe birakubangamiye mu buzima bwawe.
- Ufite ububabare mu mazuru cyangwa ufite ibimenyetso byo kwandura indwara, nk'umuriro.

Aho byavuye:

©2007-2023 Healthwise, Byemewe n'amategeko. Healthwise iramagana uburyo bwose bwo gukoresha aya makuru, budasimbuza inama z'ubuvuzi.



Kwita ku bagore batwite

Gutangira kwitabwaho mu gihe utwite mu gihembwe cya mbere ni ingenzi cyane. Ni ishingiro ryo kugira umusaruro mwiza mu gutwita kwawe. Hari gahunda yatanze aho ugomba kubonana na muganga mu gihe utwite.

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

Muganga ugufasha ashobora gushaka kugusuzuma kenshi. Ni ingenzi cyane kwitabira randevu zawe zose, kabone n'ubwo waba wumva umeze neza. Niba ushaka gusuzumwa bitari muri izi gahunda hamagara muganga wawe. Ashobora kugusaba kuza ku biro bye, kujya ahatangirwa ubuvuzi bwihuse, icyumba cy'indembe cyangwa kujya aho babyarira bitewe n'uko ibintu bimeze. Serivisi zo gukurikirana ubuvuzi zirahari ngo zigufashe. Ushobora guhamagara abashinzwe kwita ku bakiriya ukabaza ushinze ubuvuzi.

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

Uko wahangana n'ikibazo cyo gukoresha ibiyobyabwenge (SUD)



Guhangana n'ikibazo cyo gukoresha ibiyobyabwenge (SUD) bisobanuye gufasha umuntu ukomeza gukoresha ibiyobyabwenge cyangwa ibisindisha kabone n'ubwo byaba biri kumwangiza. **Mu guhangana n'ikibazo cyo gukoresha ibiyobyabwenge, hari ibintu bitandukanye byakorwa:**

1. **Habwa ubufasha bwa kinyamwuga:** Ibi bivuze kuvugana na muganga cyangwa inzobere ishobora kumenya ububi bw'ikibazo kandi agateganya kugufasha.
2. **Koresha imiti.** Hariho imiti imwe n'imwe ishobora gufasha mu bintu nko kwifuza cyane no kumva urwaye mu gihe uhagaritse ibiyobyabwenge cyangwa ibisindisha. Ibi bishobora gufasha abantu kuguma ku murongo wo kurushaho kumera neza.
3. **Kuvugana n'umuntu:** Ibi byitwa ubuvuzi, kandi bishobora gufasha abantu kumenya impamvu bakoresha ibiyobyabwenge cyangwa ibisindisha no kubona uburyo bwiza bwo gukemura ibibazo byabo.
4. **Ihuze n'itsinda:** Kuba mu itsinda hamwe n'abandi bantu bafite ikibazo kimwe bishobora gufasha abantu kumva ko atari bonyine kandi bakabona inkunga y'abandi.
5. **Hitamo amahitamo y'ubuzima:** Kurya ibiryo byiza, gukora imyitoto ngororamubiri, no gukora ibintu byo kuruhuka birashobora gufasha abantu kumererwa neza no kudashaka gukoresha ibiyobyabwenge cyangwa ibisindisha.
6. **Kubona ubufasha buturutse mu muryango:** Umuryango ushobora gufasha mu kuba hafi y'umuntu ugerageza kumera neza no kubaha inkunga no kubatera umwete.
7. **Igiteganywa igihe ibintu bikomeye:** Rimwe na rimwe, abantu bashobora gutangira gukoresha ibiyobyabwenge cyangwa ibisindisha nanone na nyuma yo kugerageza kubihagarika. Ni ngombwa guteganya igihe ibi bibaye kandi ukagira abantu bagufasha muri byo.

Wibuke ko kumera neza mu guhangana n'ikibazo cyo gukoresha ibiyobyabwenge bisaba igihe n'imbaraga, ariko birashoboka hamwe n'ubufasha bukwiye n'inkunga. Ushobora guhamagara serivise y'abakiriya ya MDwise kuri 1-800-356-1204 hanyuma usabe koherezwa ku itsinda rishinzwe ubuvuzi. Ugomba guhamagara hagati ya saa 8:00 za mugitondo na saa 8:00 z'umugoroba, kuva kuwa mbere kugeza kuwa gatanu. Cyangwa uguha ubuvuzi ashobora kohereza ifishi mu izina ryawe kugirango akohereze mu buvuzi - <https://www.mdwise.org/mdwise/mdwise-physician-forms#enroll>.

Gahunda y'ihuza rya murandasi riciriritse

Gahunga y'ihuza rya murandasi riciriritse (ACP) ifasha mu guhuza ingo zemerewe kugirango babashe kugira ubushobozi kuri serivisi za murandasi bakeneye kugirango, ishuri, ubuvuzi n'ibindi.

Gahunga y'ihuza rya murandasi riciriritse itanga:

- Igabanuka rigera ku \$30/ku kwezi kuri serivisi z'umurongo mugari.
- Igabanuka rigera ku \$75/ku kwezi ku ngo ku kwemererwa Tribal lands.
- Igabanuka ry'inshuro imwe rigera ku \$100 kuri mudasabwa igendanwa, mudasobwa itagendanwa, cyangwa telefone yo ku meza yaguzwe binyuze mu mukozi witabiriye gahunda.
- Gahunga y'ihuza rya murandasi riciriritse igarukira gusa ku igabanuka rya serivisi imwe mu kwezi ndetse n'igabanuka ku gikoresho gusa kuri buri rugo.



NI nde wemerewe?

Urugo rwemerewe Gahunga y'ihuza rya murandasi riciriritse niba amafaranga rwinjiza mu rugo ari muni ya 200% by'amabwiriza ya leta agenga ubukene, cyangwa niba umwe mu bagize urugo yujuje nibura kimwe mu bipimo bikurikira:

- Yakiriye inkunga ya leta igenerwa abacikirije ishuri mu gihe cy'umwaka w'igihembo turimo.
- Yujuje ibisabwa kugirango umuntu yitabire gahunda ya murandasi ku bantu binjiza make
- Yitabira imwe muri izi gahunda z'ubufasha:
 - o (SNAP)
 - o Medicaid
 - o Ubufasha bwa leta bwo guha abantu aho gutura
 - o Gahunda yo kongerera ubushobozi abantu binjiza make (SSI)
 - o WIC
 - o Inyungu ku bari mu zabukuru bahose mu mirimo cyangwa barokotse
 - o Cyangwa icyo ubuzima bushingiyeho
- Yitabira imwe muri gahunda z'ubufasha kandi atuye kuri Tribal lands zemerewe:

- o Ibiro ya Indiana bishinzwe ubufasha rusange
- o TANF ya Tribal
- o Gahunda yo Gukwirakwiza Ibinyo ku hantu hagendera ku mategeko y'Ubuhande
- o Ubufasha buhabwa abagore batwite bakennye (hashingiwe ku yo yinjiza)

Intambwe ebyiri zo Kwiyaandikisha

Jya kuri <https://nv.fcc.gov/lifeline/> kugirango wiyandikisha cyangwa usohore ubusabe bwanyujijwe kuri imeli.

Menyeshya umukozi uri muri gahunda wihitanyemo kugirango uhitemo gahunda ndetse unahabwe igabanuka kuri fagitire yawe.

Abakozi bamwe bashobora kugira ubundi busabe bazagusaba kuzuzwa.

Ingo zujuje ibisabwa zigomba gusaba kujya muri gahunda ndetse no guhamagara umukozi uri muri gahunda kugirango uhitemo gahunda ya serivisi.

Hamagara 877-384-2575.

Cyangwa ushake ibindi bisobanuro byerekeye Gahunda y'ihuza rya murandasi riciriritse kuri www.affordableconnectivity.gov.

Abakozi ya gahunda y'ihuza rya murandasi riciriritse <https://www.fcc.gov/affordable-connectivity-program-providers#Indiana>.

Menyeshya umukozi wifuzwa ako kanya kugirango umenye byinshi gahunda ze zo kwitabira Gahunda y'ihuza rya murandasi riciriritse ndetse na serivisi bashobora gutanga nk'igice cya gahunda.



Kwiyaandikisha no kugarukamo birafunguye

Kongera kuba muri Hoosier Healthwise

Abanyamuryango ba Hoosier Healthwise bakomeza kuba banditse muri gahunda y'ubuzima bahisemo mu gihe cy'umwaka umwe. Wowe uri muri gahunda y'ubuzima ya MDwise. Abanyamuryango bashya bahabwa iminsi 90 yo guhitamo niba bashakira kuguma muri gahunda ya MDwise. Nyuma y'ibyo, uzagira igihe cyo kwiyaandikisha gifunguye rimwe mu mwaka. Muri iki gihe uzagira andi mahirwe yo guhitamo gahunda nshya y'ubuzima. Igihe cyo gusubiramo iyo kirangiye, uzakomeza kuba wanditse muri gahunda y'ubuzima wahisemo mu gihe gisigaye cy'amezi 12 nudatakaza amahirwe yo kwemererwa muri Hoosier Healthwise .

Gusubira muri Healthy Indiana Plan:

Umwaka wawe w'inyungu z'umunyamuryango wa Healthy Indiana Plan utangira tariki ya 1 Mutarama ukarangira 31 Ukuboza buri mwaka. Igihe cyawe cyo kwemererwa (Igihe cyo kubamo) ni amezi 12 uhereye igihe wemerewe kwishingirwa. Ibi bishobora gutandukana kuri buri muntu.

Hamagara serivisi ishinze kwita ku bakiriya ya MDwise kuri **-800-356-1204867** niba hari ibibazo ufite.

Gutakaza ibiro

Kugera ku gutakaza ibiro mu bizima ntabwo bijyanye na "indyo yuzuye" cyangwa "gahunda" ahubwo ni uburyo bwo kubaho urya neza, imyitozo ngororamubiri ihoraho, ndetse no guhangana n'umujagararo. **Imiti yafashwe bitewe n'ibindi bibazo na yo ishobora gutuma bigorana kugabanya ibiro.** Niba hari impungenge ku biro byawe cyangwa ufite ibibazo byerekeye imiti yawe, vugana n'uguha serivisi z'ubuvuzi.

Iyo ugerageza kugabanya ibiro, ni ibisanzwe ushaka ko bibaho vuba cyane. Ariko abantu batakaza ibiro buhoro buhoro no mu buryo buhoraho (hafi ibiro 1 kugeza kuri 2 mu cyumweru) birashoboka cyane ko bagabanya ibiro.

Umaze kugera ku kigero cyiza cy'ibiro, shingira ku kurya neza no gukora imyitozo ngororamubiri kugirango bigufashe kubungabunga ubuzima mu gihe kirekire.

Gutakaza ibiro ntabwo byoroshye, kandi bisaba ubwitange. Ariko niba witeguye gutangira, twabonye imfashanyigisho y'intambwe ku ntambwe yo kugufasha mu nzira yo kugabanya ibiro n'ubuzima bwiza. Mbere yo gutangirira ku mfashanyigisho, ni ngombwa kwitega impinduka ndetse no kumva ko witeguye n'umuhate wawe.

Gushyiraho ahantu hagufasha, haba ku mubiri ndetse n'abantu mu buzima bwawe, bishobora kugufasha kugera ku ntego zawe.

No kugabanya ibiro mu buryo bworoheje bishobora gusobanura inyungu nyinshi

No kugabanya ibiro mu buryo bworoheje ku kigero cya 5% kugera ku 10% by'ibiro byose by'umubiri wawe bifite amahirwe menshi yo kukugirira akamaro mu buzima, nko kumera neza



ku muvuduko w'amaraso, cholesterol yo mu maraso, ndetse n'amasukari yo mu maraso.

Urugero, niba upima pawundi 200, 5% byo gutakaza ibiro ni pawundi 10, bikugeza ku gutakaza ibiro kugera kuri pawundi 190. Mu gihe ibi biro bishobora kuba bikiri ku kigero cyo kuba "birengeje" cyangwa "umubyibuho ukabije", uku kugabanuka kworoheje bishobora kugabanya ibyago byo kurwara indwara zidakira zijyanye n'umubyibuho ukabije.

Nubwo rero intego rusange isa nk'aho ari ndende, yifate nk'urugendo aho kuba iherezo rya nyuma. Uzamenya kurya mu buryo bushya no gukora imyitozo ngororamubiri bizagufasha kubaho ubuzima bwiza. Aka kamenyero gashobora kugufasha kugabanya ibiro byawe mu gihe runaka.

Aho byavuye:

CDC: Ikigo gishinzwe kurinda no kukumira ibyorezo

Ibitekerezo bya kabiri



Ni iby'igenzi cyane kumva ko wahisemo neza ku bijyanye n'ubuzima bwawe. Birashoboka ko hari igihe wakumva utishimiye uburyo muganga wawe abona ibintu cyangwa gahunda

agushyirira ho. Ushobora gusaba guhabwa ubundi buryo. Sura undi muganga mu rugaga rw'abaganga ba MDwise. Hamagara umukozi wa MDwise ushinzwe serivisi no kwita ku bakiriya kuri 1-800-356-1204 uramutse ukeneye ubufasha. Dushobora kugufasha gutora umuganga ukubereye. Hamagara serivisi ya MDwise ishinze kwita ku bakiriya kuri **1-800-356-1204** uramutse ukeneye ubufasha.

Hari uburenganzira bukenewe mbere ku bw'impamvu z'umutekano, imiti imwe n'imwe yanditswe ikenera

kwemezwa na MDwise mbere y'uko uyihabwa. Ibi byitwa uburenganzira butangwa mbere. MDwise ntabwo izishyura imiti yanditswe cyangwa serivisi mu gihe muganga wawe atabonye uruhushya rutangwa mbere mu gihe rukenewe. Ibyemezo by'uruhushya rubanza bishingirwa ku kuba ubuvuzi na serivisi bikwiye cyangwa impamvu z'umutekano. Ibi byemezo kandi bishingiye ku kuba ufite ubwishingizi cyangwa utabufite. Abaganga n'abakozi bafata ibyemezo by'uruhushya rubanza ntibabona ishimwe cyangwa ibihembo byo gufata ibi byemezo. Ntibahemberwa gufata icyemezo cyo kwanga serivisi, cyangwa gufata ibyemezo bishobora gutuma bigora kwitabwaho no guhabwa serivisi.

Amakuru y'Ingenzi akubiye mu Gatabo kawe k'Umunyamuryango

Hari amakuru y'ingenzi akubiye mu gatabo k'umunyamuryango wa Hoosier Healthwise na HIP. Verisiyo ya vuba kurusha izindi ishobora kuboneka kuri MDwise.org. Ikubiyemo:

Uburenganzira n'Inshingano byawe

MDwise itanga uburyo bwo kwivuzura ku banyamuryango bayo bose. Ntabwo tuvungura dushingiye ku idini ryanyu, ubwoko, inkomoko y'igihugu, ibara, ibisekuruzwa, ubumuga, igitsina, ibyo ukunda byerekeye igitsina cyangwa imyaka.

Ibigenywe Umunyamuryango wa Hoosier Healthwise na HIP na Serivisi

Urutonde rwuzuye rw'ibigenywe 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'ibiciro byazo. Ushobora kandi guhamagara serivisi ishinze kwita ku bakiriya ya MDwise tukayigushakira. Tuzaguhamagara tukumenyeshe ikiguzi.

Bimwe mu bigenywe 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 amakuru 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
- Ibyemezo 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



Ukeneye ibindi bisobanuro byerekeye ubwishingizi bwawe?

Sura myMDwise kuri MDwise.org/myMDwise aho ushobora kwiandikisha kugirango ubone ibindi bisobanuro ku byo ugenerwa n'ubwishingizi no gutanga ibibazo. Ushobora kandi guhamagara serivisi ishinze kwita ku bakiriya ya MDwise kuri **1-800-356-1204** niba hari ibibazo ufite byerekeye ibyo ugenerwa.

Dufite kandi porogaramu ya telefone iboneka ku banyamuryango bacu.

- Urashaka kugenzura ugutoranywa kwawe (amakuru yerekeye ubunyamuryango)?
- Kureba uko ibyerekeye ubuvuzi cyangwa farumasi bihagaze?
- Kureba cyangwa kohereze ikarita ndangamuntu yawe kuri imeyili?
- Kubona umuganga uri hafi n'aho utuye?

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.

Ubufasha ku kureka itabi

Kunywa itabi no gukoresha itabi rya elekitoloniki ni bibi ku buzima bwawe. Kunywa itabi bishobora gutera indwara zitandukanye ndetse n'urupfu.

Niba uri kugerageza kureka itabi, wicika intege! Kurireka biragoye. Abenshi mu bagerageza kureka itabi bikunze kubagora ku nshuro ya mbere. Niba waragerageje kureka itabi bikanga, gerageza ikindi kintu gishya kuri iyi nshuro. NK'umunyamuryango wa MDwise, ufite amahitamo atandukanye yagufasha kurireka.



Amakuru mashya ajyanye n'uburyo bwagufasha kureka itabi, ushobora guhamagara ku murongo wa Indiana ujyanye no kureka itabi (uboneka amasaaha 24 buri minsi, mu minsi irindwi mu cyumweru) kuri **1-800- QUIT-NOW** (1-800-784-8669). Ushobora no gusura urubuga quitnowindiana.com. Ikindi kandi, ushobora gutera intabwe yo kureka itabi wandika kuri **TEXT2Quit®** hanyuma ukavigana n'umutoza wo **Quit Coach®** ndetse na **Web Coach®** wifashishije telefoni yawe igezweho.

Sura MDwise.org



Urubuga rwa MDwise ni umutungo ukomeye ku banyamuryango.

Uzi ibyo ushobora kubona ku rubuga rwa MDwise?

Ushobora kuhasanga amakuru ajyanye na gahunda ndetse

na serivisi z'ingenzi ku buzima bwawe, gahunda zihariye za MDwise nka myMDwise. Ushobora kandi kubona INDANGARUBUGA (Ihuza ry'ubufasha), ibyifashishwa ku myitwarire iterwa n'imimerere y'ubuzima n'ibindi byinshi.

Sura MDwise.org uyu minsi!

Inyungu na serivisi:

- Gushaka muganga
- Uko basaba
- Amakuru y'umunyamuryango
- Farumasi
- Urubuga rwa myMDwise
- MDwiseREWARDS
- Uburenganzira n'Inshingano by'umunyamuryango
- HELPlink

Kwitabwaho hanze y'aho utuye

Niba uri kure y'urugo, n'ubundi ushobora kubona ubuvuzi bwihutirwa. Mbere yo guhabwa ubuvuzi, ugomba kubanza guhamagara umuganga wawe. Ushobora kandi guhamagara serivisi ishinze kwita ku bakiriya ya MDwise kugira ngo uhabwe ubufasha. Niba ufite ibikeneye ubutabazi by'ukuri, ntubanze guhamagara. Gana icyumba cy'indembe kikwegereye.

Menya uwo wahamagara mu gihe ufite ikibazo

Hamagara MDwise niba:

- Ushobora gukenera guhindura umuganga wawe cyangwa uw'umwana wawe. MD wise ishobora kugufasha kubona abaganga bakwegereye.
- Niba ufite ikibazo cyo kwinjira ngo urebe umuganga wawe.
- Ntutekereza ko umuganga wawe ari gukora akazi neza.
- Urashaka kumenya byinshi byerekeye inyungu za Hoosier Healthwise cyangwa HIP.
- Wataye ikarita yawe iranga umunyamuryango cyangwa ukeneye kuyisimbuza.
- Wahinduyeaderesi yawe na nimeru ya telefone.

Niba ufite ikibazo, hamagara serivisi ishinze kwita ku bakiriya ya MDwise kuri **1-800-356-1204**. Dushobora gutanga serivisi z'indimi cyangwa umusemuzi niba bikenewe.

Sura urubuga rw'inyungu za FSSA kuri FSSABenefits.IN.gov niba

- Niba wakiriye ibaruwa yerekeye gusubiramo
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- Umuntu mu rugo rwawe yarashyngiwe cyangwa afite umwana.
- Umuntu mu rugo rwawe yarapfuye.
- Ingano y'inkunga iterwa umwana yategetswe n'urukiko yahindutse.
- Wagize impinduka mu mitungo yawe (amafaranga, konti za bank, ayo winjiza, n'ibindi).
- Umuntu mu rugo rwawe aguze cyangwa yakiriye ikinyabiziga gishya (ivatiri, ikamyo, moto, n'ibindi).
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- Ukeneye icyemezo cy'ibyo wishyurirwa na Medicaid.

Wibuke: Ugomba gutanga raporo ku mpinduka zose mu gihe cy'iminsi 10 uherye igihe wamenyeye impinduka.



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