



intambwe ziganisha ku mibereho myiza

IGIHE CY'ITUMBA 2023



Ni Gute Ushobora Gusobanukirwa Neza Ubwishingizi bw'Imiti Wandikiwe?

MDwise ikoresha isosiyete yitwa **MedImpact** kugira ngo iguhe ubwishingizi bwiza kandi buhendutse bw'imiti yandikirwa wowe n'umuryango wawe. **Ibi bifasha MDwise kugufasha kubona byinshi mu byiza bya Hoosier Healthwise na HIP.**

MedImpact igenzura urutonde rw'imiti yishingirwa. Ni ngombwa ko usobanukirwa imiti yishingirwa. Ni ngombwa kandi kumenya icyo bizaba bisobanura kuri wowe no ku muryango wawe. Ushobora kumenya byinshi ku bijyanye n'uburyo imiti yawe yishingirwa usura [MDwise.org/hip/pharmacy](https://www.mdwise.org/hip/pharmacy) ku banyamuryango ba HIP na www.mdwise.org/mdwise/pharmacy-hoosier-healthwise ku banyamuryango ba Hoosier Healthwise. **Hano ushobora gukoresha uburyo bwa Find A Drug (Gushaka Umuti) kugira ngo ubone amakuru menshi.** Ushobora kandi gukoresha urubuga rwacu kugirango umenye amakuru yerekeye imipaka, umubare cyangwa andi mabwiriza arebana n'imiti iri ku rutonde, nk'ubuvuzi bw'intambwe, ubundi buryo busanzwe cyangwa ubundi buryo bwo kuvura ku miti imwe n'imwe.



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NURSE on-call

MDwise yifuza kwibutsa abanyamuryango bayo ko **gahunda yo kubonana n'Umuforomo Ubifitiye Uburenganzira ubu ihari iminsi yose amasaha 24/7 ku banyamuryango ba MDwise** kandi mwamugeraho muhamagara umurongo wacu utishyurwa **1-800-356-1204**.

Abanyamuryango bashobora guhitamo #1, hanyuma bagahitamo #4. Ikindi kiyongera ku gutanga uburenganzira ku muforomo 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.

Ubu MDwise ikoresha Indiana Medicaid Statewide Uniform Preferred Drug List (SUPDL)

Guhera ku ya 5 Nyakanga 2023, MDwise yatangiye gukoresha Statewide Uniform Preferred Drug List (SUPDL) ya Porogaramu z'Ubwisungane mu Kwivuzza muri Indiana (IHCP). MDwise na gahunda zose z'ubuvuzi ziyoborwa zitanga serivisi ku bakira Medicaid muri Indiana ubu zikoresha urutonde rumwe rw'imiti ikunda gukoreshwa (urutonde rw'imiti yishingirwa). Iri hinduka rizorohereza abatanga imiti kumenya imiti yishingirwa ku banyamuryango ba Medicaid. MDwise na gahunda zose z'ubuvuzi ziyoborwa ubu na zo zikurikiza amategeko amwe yo kwemererwa mbere ku miti iri ku rutonde rw'ikunda gukoreshwa. Abanyamuryango ba MDwise Healthy Indiana (HIP 2.0) bashobora kubona urutonde rw'imiti yifuzwa binyuze ku ihuza riboneka ku rubuga rwacu kuri: <https://www.mdwise.org/mdwise/hip-find-a-drug>

Abanyamuryango ba MDwise Hoosier Healthwise (HHW) bashobora kugera ku rutonde rw'imiti MDwise ikunda binyuze ku ihuza ku rubuga rwacu kuri: <https://www.mdwise.org/mdwise/hoosier-healthwise-find-a-drug>

Nabona Nte Andi Makuru Arebana n'Inyungu za Farumasi Yanjye?

Kugira ngo ubone andi makuru arebana n'inyungu za farumasi yanjye, ushobora kureba agatabo gaheruka gusohoka k'abanyamuryango ba Hoosier Healthwise na HIP ku rubuga rwacu. Ku banyamuryango ba HIP, dusure kuri www.mdwise.org/mdwise/member-information-healthy-indiana-plan#member-handbook. Ku banyamuryango ba Hoosier Healthwise, dusure kuri www.mdwise.org/mdwise/member-information-hoosier-healthwise#member-handbook. Agatabo cy'abanyamuryango kiri mu amakuru y'inyungu za farumasi n'ibi bikurikira:

- Uburenganzira bwawe n'inshingano zawe nk'umunyamuryango wa MDwise.
- Inyungu na serivisi by'abanyamuryango.
- Amakuru ajyanye n'ikoranabuhanga rishya mu by'ubuzima.

intambwe ziganisha ku **mibereho myiza**



Gutanga Uruhushya Mbere y'Igihe rwo Gutanga Imiti ni Iki?

Iyo umuganga wawe afashe umwanzuro ku miti ugomba gufata, agomba kubanza kubibaza abatanga serivisi z'ubuvuzi muri farumasi. Ibyo byitwa ko ari ugutanga uruhushya mbere y'igihe cyangwa PA. **MDwise ikorana na MedImpact ku nyungu za farumasi.** Itsinda rya MedImpact rizasuzuma umuti muganga agushakira. Hamagara MedImpact kuri **844-336-2677** kugira ngo ubone andi makuru ajyanye no Guhabwa Uruhushya Mbere. Muganga wawe ashobora kuvugana na MedImpact kugira ngo amenya uko wasaba uruhushya mbere. Muganga wawe ashobora no kujya ku rubuga rwa MDwise kugira ngo abone ifishi y'uruhushya rwa mbere y'igihe.

Sura myMDwise kuri MDwise.org/myMDwise aho ushobora kwiwandikisha kugira ngo ubone andi makuru ajyanye n'ubwishingizi bwawe n'ibirego. Ushobora kandi guhamagara serivisi ya MDwise ishinze abakiriya kuri **1-800-356-1204** niba ufite ibibazo bijyanye n'inyungu zawe.

Itangazo ry'amakuru ya gahunda ya QI

Muri MDwise, twihatira kugufasha kugira ubuzima bwiza no kubona ubuvuzi bwiza bushoboka. Gahunda Yacu y'Ubuziranenge igenzura ubuvuzi na serivisi abanyamuryango bacu babona mu mwaka wose.

Dusuzuma:

- Niba abanyamuryango babona serivisi bakeneye.
- Niba abanyamuryango babona serivisi mugihe bazikeneye.
- Ibisubizo byabanyamuryango ku bibazo by'ubushakashatsi buri mwaka.

Ibi bidufasha gukorana n'abaganga kugira ngo dukore impinduka nziza no gutanga amakuru meza ku banyamuryango.

Mu mwaka utaha, Porogaramu y'Ubuziranenge ya MDwise izita cyane ku bice bishya kugira ngo abanyamuryango bacu, nkawe, babone ubuvuzi bwiza bushoboka.

Ku bana, MDwise izita cyane ku bice bikurikira:

- Uruzinduko rw'umuganga mu rwego rwo kwirinda no kubungabunga ubuzima.
- Gukingirwa n'inkingo z'ibicurane.
- Gupima ubutare ku bana bafite amezi 12 - 24 (umwaka 1 – imyaka 2).
- Gusurwa n'umuganga w'amenyo buri mwaka cyangwa kabiri mu mwaka.

Ku bantu bakuru, MDwise izibanda ku bice bikurikira:

- Gusurwa n'umuganga mu rwego rwo kwirinda no kubungabunga ubuzima ku kigero cy'imyaka yose. .
- Ibizamini by'ubuzima n'icyamabere.
- Gukurikirana abanyamuryango baja mu cyumba cy'indembe.
- Kwita ku batwite.
- Kwita ku barwayi ba diyabete harimo no gusuzuma amaso buri mwaka no gusuzuma impyiko.

Uretse ingamba twavuze haruguru zo mu mwaka wa 2023, MDwise yiyemeje kubaha ubuvuzi budaheza kandi bwita ku buringanire. Nk'igice cy'uku kwiyemeza, MDwise izatangira kukubaza ubwoko bwawe, itsinda ukomokamo, ururimi ukunda kuvuga n'igitsina. Kugira aya makuru bizadufasha kumenya neza ko uhabwa ubuvuzi bufite ireme bushingiye ku byo ukeneye.

Twifuza ko byumvikana neza ko gutanga aya makuru ari ku bushake. Ufite amahitamo yo kwanga gusubiza ikibazo icyo ari cyo cyose cyangwa ibibazo byose. Twubaha kandi duha agaciro ubuzima bwite n'ibanga by'abarwayi bacu, kandi ntituzigera dusangiza aya makuru umuntu uwo ari we wese utari mu itsinda ry'ubuvuzi bwacu utabifitiye uruhushya.

Turabashimira ko musobanukiwe kandi mukadushyigikira mu gihe twihatira kubaha ubuvuzi bwiza bushoboka, mwe n'abo mukunda.

Ubushakashatsi ku banyamuryango/lbyavuye mu bushakashatsi bwa buri mwaka bwa CAHPS:

Nk'umunyamuryango wa MDwise, ni ngombwa kumenya ibijyanye n'ubushakashatsi bw'abanyamuryango bacu, bwitwaga CAHPS (Consumer Assessment of Healthcare Providers and Systems (Igenzura ry'Abakiriya ry'Abatanga Serivisi z'Ubuzima n'Imikorere Yabwo)). Dukoresha amakuru ya CAHPS kugira ngo turebe niba abanyamuryango bahabwa ubuvuzi bukwiye n'ukuntu banyurwa n'ubuvuzi bahabwa.

Ibitekerezo byanyu mu bushakashatsi bwa CAHPS biradufasha mu kurinda ubwisungane mu kwivuzi bwo ku rwego rwo hejuru, butekanye, kandi buhuje n'umuco. Dore zimwe mu nzira MDwise ikoresha kugira ngo igufashe gukomeza kugira ubuzima bwiza.



- Ibice byongerewemo imbaraga muri 2022/23:
 - Abaganga bahabwa amanota menshi ku bana
 - Gushyiraho gahunda zo kubonana n'inzobere ku bana
 - Kuzuzwa amafishi mu buryo bworoshye
 - Gufatwa neza n'abahagarariye MDwise
 - Amakuru meza yatanze n'abahagarariye serivisi z'abakiriya za MDwise
- Ku bana, ibice turimo gukoraho muri 2024:
 - Isuzuma ry'inzobere
 - Guhuza ubuvuzi
- Ku bantu bakuru, ibice turimo gukoraho muri 2024:
 - Kwitabwaho, gupimwa, kuvurwa ku banyamuryango
 - Isuzuma ry'ubuvuzi
 - Isuzuma ry'inzobere



Ese Abana Bawe Ubahoza Ubaha Ibyo kurya?

Byakozwe na Lisa Knowles, DDS, Umuyobozi Ushinzwe Gahunda z'Ubuwuzi bw'Amenyo za MDwise

Mu mizo ya mbere, ushobora gutekereza ko udashobora guhoza abana bawe ubaha ibyo kurya. Ariko reka turebe neza byimbitse maze twemeze ko abana bawe cyangwa abuzukuru bawe batarimo kongera ibyago byo gucukuka amenyo bitewe n'uko barya ibyokurya byinshi bidatunganye.

Nk'umuyobozi wa gahunda z'ubuvuzi bw'amenyo muri MDwise kandi nkaba ndi n'umuganga w'amenyo, nzi neza ko indwara y'ibanze ku bana bacu ari indwara imwe:gucukuka amenyo. Twakora iki kugira ngo abana bacu badacukuka amenyo cyane, kandi turinde ikwirakwira ry'iyi ndwara? Ntago igisubizo cyoroshye. Hari ibintu byinshi bitera gucukuka kw'amenyo, ariko cyane cyane, hari ibikomoka ku isukari na za bagiteri zimwe na zimwe. Iyo bivanze, havamo aside. Iyo aside ituma mu menyo hazamo umwobo, maze hakabaho gucukuka kw'amenyo. Ububabare bushobora gutangira igihe gucukuka kw'amenyo bigeze ku gice cya kabiri cy'amenyo, ari cyo bita dentine. Ububabare na enfegisiyo bishobora kubaho igihe birenze dentine bikagera ku gatima k'iriyinyo.

Kujya kwa muganga w'amenyo buri gihe bizamufasha kubona gucukuka kw'amenyo kuri ku kigero cyo hasi no kubivura mbere y'uko bitera ububabare cyangwa bigatera enfegisiyo bigatuma umwana wawe aremba. Bagiteri zakomotse kuri enfegisiyo zo mu menyo zishobora kugera ku mutima cyangwa ubwonko. Ariko se, ntiwakwishimira kwirinda hakiri kare ko umwana wawe acukuka amenyo, kandi ukamenya uko wagabanya ibyago by'uko umwana wawe yacukuka amenyo?

Hari impamvu nyinshi zibitera, ariko kuri iyi ngingo turi bwibande ku mpamvu imwe isa n'aho itari yo nkomoko. Hari

gucukuka kw'amenyo biterwa n'ukuntu dushimisha abana bacu cyangwa tubahoza tubaha ibyo kurya. Dufite byinshi byo gukora. Tugenda ahantu hatandukanye mu modoka, muri bisi cyangwa muri Ubers - kandi abana ntibakunda kwicara. None se, ni iki twakora kugira ngo tubareke bagire icyo bahugiraho? Tubazanira ibyokurya biryoshye kugira ngo babashishikaze. Rimwe na rimwe, havuka umwana mushya, maze umuryango ugatangira guhugira mu bindi. Nk'umubyeyi w'abana babiri, nsobanukiwe icyifuzo cyo kugira iminota mike y'amahoro. Ibyokurya ni uburyo bworoshye bwo gutuma umunwa wuzura n'intoki zikagira ibyo zihugiraho. Bimwe mu byo kurya byoroheje kandi bigurishwa neza, si byo byiza ku bana bacu. Ibiribwa byoroheje, urugero nk'ibimeze nk'amafi manini, ibinyampeke n'imitobe y'imbutu, bisa n'aho ari byo byiza kurusha bombo cyangwa ibisuguti. Ikibabaje ariko, ni uko ibyo byo kurya by'ibinyamasukari bikomeza kugenda byicamo uduce duto duto tw'isukari. Iyo umuntu akunda kubirya cyane, amenyo arushaho kugira isukari nyinshi, kandi amacandwe aba uri mu kanwa aguma ku gipimo cyo hasi cya pH, akaba afite aside nyinshi, ibyo bikaba byongeraga ibyago byo kwangirika kw'amenyo.

Vuba aha, nasuzumye umwana maze nsanga afite amenyo menshi yaracukutse. Ababyeyi be bumwise iyo nkuru barababara cyane, kubera ko batabashije kubona ko iriyinyo ryari ryarangiritse, kugeza igihe iryo rinyo ryajemo umwobo, maze umwana wabo agatangira kubabara. Icyo gihe, uko gucukuka kw'amenyo byari bimaze gukwirakwira kugeza ku gatima k'amenyo, bityo biba ngombwa ko amenyo akurwaho. Byagaragaye ko impamvu y'uko kwangirika ari uko yakundaga kurya utuntu tworoheje n'udukate

twumye. Umubyeyi umwe yari yarahinduye akazi, undi yari afite uruhinja, ku buryo hari gahunda nyinshi nshya, kandi umwana ntiyabaga aya ibyo kurya byiza buri gihe saa sita, bityo ababyeyi barekaga umwana akarya utuntu tworoheje twinshi. Uwo mwana ntiyaryaga mu gihe cy'amafunguro, hanyuma kurya utuntu tworoheje twuzuyemo isukari hagati y'amafunguro, byatumye agira ingeso mbi yo kurya igihe icyo ari cyo cyose. Abana bamwe na bamwe baba bakeneye ibyo kurya byihariye, kandi ni ngombwa ko buri gihe bafungura utuntu tworoheje. icyakora, abana benshi bashobora kurya gatatu ku muni, bakarya utuntu tworoheje rimwe cyangwa kabiri gusa ku muni. Ikintu cy'ingenzi ni ukureka umwana wawe akarya igihe runaka, hanyuma ukamurinda kurya no kunywa utuntu tworoheje igihe amasaha yo kubifata yarenze. Dushobora kunywa amazi umunsi wose, ariko ibindi byose tukabinywa ku rugero ruto. Kurya no kunywa ibintu birimo isukari nyinshi, akenshi bituma abana barushaho kugira ikibazo cyo kwangirika amenyo.

Muri iki gihe cy'imibereho ya nyuma y'icyorezo aho imikorere n'ingengabihe bititaweho, ni ngombwa kwibutsa ababyeyi akamaro ko gushyiraho ibihe byihariye byo kurya no kunywa ku

Ubufasha mu by'Indimi n'Uburenganzira Bwawe

Ese ukeneye ubufasha mu gusoma cyangwa kuvuga icyongereza? Ese icyo ugiye kwa muganga, ubona ufite ikibazo cyo kutabona neza cyangwa kutumva neza?

Niba ukeneye umuntu uzi ururimi rw'amarenga cyangwa uvuga ururimi ukunda gukoresha, MDwise ishobora kugufasha. MDwise ishobora no kukwoherereza ibitabo biri mu rurimi rwawe cyangwa biri mu bundi buryo nk'inyuguti nini cyangwa inyuguti z'abafite ubumuga bwo kutabona. Abanyamuryango bashobora kureba urubuga rwa MDwise mu ndimi nyinshi.

Niba wifuza kuvugana n'umusemuze, kubona serivisi z'ubusemuze amaso ku maso cyangwa kubona amakuru mu rurimi ukunda gukoresha n'inyandiko ukunda ku buntu, hamagara serivisi y'abakiriya kuri **1-800-356-1204** (TTY/TDD: 711). Izo serivisi zose ni ubuntu ku banyamuryango.

Kuvuga ku bijyanye n'ubuvuzi bwawe mu rurimi rwawe ni bumwe mu burenganzira bwinshi abanyamuryango ba MDwise bafite. Kumenya uburenganzira bwawe ni iby'ingenzi. Agatabo cy'umunyamuryango karimo urutonde rw'Uburenganzira n'Inshingano by'abanyamuryango bose. Ushobora kandi kubona politiki ku rubuga rwa interineti kuri

<https://www.mdwise.org/mdwise/mdwise-rights-responsibilities>.

Ufite uburenganzira bwo kwakirwa mu kinyabupfura. Ufite uburenganzira bwo kugira umuganga wumva ukunyuze kandi wubaha umuco wawe. Ufite uburenganzira bwo kugaragaza ko utanyuzwe na serivisi zacu. Ushobora gutanga ikirego uhamagara serivisi y'abakiriya kuri **1-800-356-1204**. Tugomba kumva ibibazo by'abanyamuryango kugira ngo tubafashe kubikemura.

bana (na bo ubwabo). Kuba umwana arimo kugusaba ko aya utuntu tworoheje uri mu kiganiro cyawe kuri interineti cyangwa ikiganiro cy'akazi, ntibivuze ko akeneye amafiriti, imitobe cyangwa keke. Niba bafite inzara, barye imbuto n'imboga. Bashobora gusoma igitabo kugira ngo bakomeze babone ikintu kibahuza, cyangwa se bagasiga amabara, cyangwa se bagakinira hanze. Iyo dukoresheje ibyo kurya kugira ngo ducogozwe ibiyumvo by'abana bacu, tuba dushobora kubatoza umuco mubi wo kutubahiriza igihe cyo kurya, urugero nko kurya utuntu tworoheje kenshi, ibyo bikaba byongera ibyago byo gucukuka amenyo. Amenyo yabo akimera ni ingenzi cyane mu kumenya kuvuga, mu kurya no mu gutuma babasha kumenya guseka.

Babyeyi, nimukomere, kandi mugire ubuhanga mu buryo bwo gushimisha abana banyu! Amenyo yabo ni ingirakamaro. Igihe n'imbaraga ukoresha kugira ngo witoze icyo mico myiza, bizakugirira akamaro igihe umwana wawe azaba adafite ikibazo cyo kujya kwa muganga w'amenyo mu bihe bidakwiraye. Nanone, kujya kwa muganga w'amenyo buri mezi atandatu bifasha umwana gukomeza kugira ubuzima bwiza bwo mu kanwa.

Uburenganzira bumwe bw'ingenzi cyane ni uburenganzira ku buzima bwite. MDwise ifite amategeko agenga umuntu ushobora kubona no gukoresha amakuru yawe bwite.

Amakuru y'ibanga akubiyemo ubwoko bwawe n'ururimi uvuga. Dukusanya aya makuru kugira ngo tugire uruhare mu kwita ku buzima bwawe no kugira ngo urusheho kugira ubuzima bwiza.

MDwise irinda ubuzima bwawe bwite. Tuzirikana ko amakuru yawe abitswe ahantu hafite umutekano. Gusa umuyobozi ukeneye amakuru yawe kugira ngo agufashe ashobora kuyahabwa. Ndetse n'ubwo bimeze bityo, itsinda ryacu risinya inyandiko zizezeranya ko ritazatangaza amakuru akwerekeyeho. Ndetse n'abaganga bacu bakurikiza aya mabwiriza.

Politiki yacu y'ibanga iri mu gatabo kawe k'umunyamuryango kuri <https://www.mdwise.org/mdwise/mdwise-privacy-policy>. Niba wifuza kopi, hamagara serivisi ishinze kwita ku bakiriya ya MDwise kuri **1-800-356-1204**.

Hura natwe!

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 twitter.com/MDwiseInc

 Instagram.com/MDwiseInc

Kurya neza nk'umuryango

Gufata amafunguro mu rwego rw'umuryango bituma abagize umuryango barushaho kugirana imishyikirano ya bugufi kandi bakumva bamerewe neza, ibyo bikaba bituma bagira ubuzima bwiza mu bwenge no mu mubiri. Gutegura amafunguro buri mugoroba bishobora gusa n'aho ari akazi katoroshye, ariko ubushakashatsi bugaragaza ko gufata amafunguro mu rwego rw'umuryango incuro eshatu gusa mu cyumweru bishobora gutuma umuntu arushaho kumererwa neza ku kigero cya 25%!

Mujye mugabanya gutongana mu gihe cy'amafunguro, mutanga ifunguro rimwe gusa. Mugerageza guteka nibura ikintu kimwe buri wese azakunda. Kugira ngo umwana yemere ibyo kurya bishya, bishobora kumusaba kugerageza incuro zigera kuri 11 cyangwa zirenga, bityo rero jya wihangana. Ntuhatire abana kumara ibiryo byabo kandi ubahe ibyo kurya byoroheje nka karoti n'isupu y'amashaza aho kubaha ibyo kurya birimo umunyu cyangwa isukari.

Jya utegura utuntu dufite intungabubiri tworoheje kandi tudahenze kugira ngo ujye ubasha kutubona. Dore ibintu byiza wakora:

- Imbutu z'umuzabibu
- Inkeri
- Karoti z'abana
- Pavuro
- Ubunyobwa cyangwa imbuto bikaranze, bitarimo umunyu
- Injugu zirimo akanyu gake

Dore izindi nama za buri muni zagufasha kurya neza nk'umuryango:

- Kurya ibiryo bifite amabara menshi! Jya ugenzura ko umuryango wawe urya imboga n'imbuto mu buryo bwiza, urya ibiryo bifite amabara menshi uko bishoboka kose buri muni.
- Gerageza amazi arimo gazi, icyayi kitarimo isukari cyangwa ibinyobwa bitarimo isukari aho kunywa soda cyangwa icyayi cyuzuyemo isukari. Shyiramo indimu, lime cyangwa inkeri mu mazi arimo barafu cyangwa mu mazi arimo gazi kugira ngo birusheho kugira uburyohe.
- Gerageza kurya ibiryo bitarimo inyama buri cyumweru. Gerageza kurya makaroni zirimo imboga, cyangwa ukoreshe udushyimbo duta mu mwanya w'inyama zoheje. Imboga n'ibishyimbo bishobora kongera poroteyine, ubutare, n'izindi intungabubiri z'ingirakamaro mu ifunguro.
- Gena iminota mike buri cyumweru yo gutegura amafunguro yawe no guhaha. Guteganya ibyo uzagura bizagufasha kudatinda ku mafaranga kandi bizakurinda kugura ibintu utatekerejeho.
- Iminsi myinshi ujye urya imbuto nk'ibyo kurya bifatwa nyuma y'ifunguro kandi ugabanye ibyo ku rwego rwo hejuru ku minsi yihariye. Gerageza kunywa umutobe w'uruvange rw'imbuto, inkeri zivanze na yawurute, cyangwa se ufate pome yokeje yongewemo ibirungo!

Gufasha abana bawe kugira akamenyero keza bakiri bato, bizabafasha kugira ubuzima bwiza bamaze gukura. Jya uba intangarugero, bikore mu buryo busekeje kandi utume abagize umuryango bose bifatanywa muri izo mpinduka. MDwise kandi itanga WEIGHTwise, igikoresho cyo kuzengurira ibiro. Igikoresho kirimo Mubazi y'Iburo Bigendeye ku Burebure (BMI), amakuru ku bantu bagabanya ibiro ndetse n'ihuza (links) ku ngingo z'ingirakamaro.

Kugirango ugire uburenganzira kuri WEIGHTwise, sura <https://www.mdwise.org/mdwise/mdwise-weightwise>.

Aho byavuye: American Heart Association <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics>.



Komite Njyanama y'Abanyamuryango

Ihuze natwe mu nama itaha ya MDwise MAC (Komite Njyanama y'Abanyamuryango) izaba hifashishijwe ikoranabuhanga kuri:

Tariki ya 7 Ukwakira 2023, saa 2:00 z'ikigoroba.

Intego ya Komite Njyanama y'Abanyamuryango ni ukubona ibitekerezo kuri gahunda y'ubuzima kugira ngo hanozwe serivisi, gusubiza ibibazo no gusangira amakuru ajyanye na gahunda za MDwise. **Uzahabwa ikarita y'impano y'amadorari 25** inama irangiye mu gihe cy'iminsi 5.

Ihuze natwe kuri mudasobwa yawe, telefoni yo mu biro, cyangwa kuri telefoni ngendanwa:

Ku bindi bisobanuro, sura www.mdwise.org/mdwise/events-mdwise

Sura www.mdwise.org cyangwa uhamagare serivisi ishinzwe abakiriya muri MDwise kuri **1-800-356-1204** niba ufite ikibazo.

Ushaka Kureka Itabi?

Kunywa itabi, amasegereti, no gukoresha ubundi bwoko bw'itabi byose ni bibi ku buzima bwawe. Bikubiyemo itabi rishobora gutera indwara nyinshi nka kanseri y'ibihaha, umutima n'ibibazo byo guhumeka. Kunywa itabi bishobora kugira ingaruka ku mugore utwite no ku mwana atwite. Nanone kandi, bishobora gutuma umuntu apfa.



Niba uri kugerageza kureka itabi, ntucike intege! Kureka itabi ntibyoroshye ariko iyo ufite ubushake n'ubufasha birashoboka. Abantu benshi bagerageza kureka itabi, ntibabishobora bitewe n'uko nikotine iboneka mu itabi, ari yo ituma umuntu aba imbata yaryo. Niba waragerageje kureka itabi bikanga, gerageza ikindi kintu gishya kuri iyi

nshuro. Kureka kunywa itabi ni intambwe nziza iganisha ku buzima



buzira umuze ndetse n'ejo hazaza. Ntirirarenga ngo ureke itabi, kandi hari ibikoresho bihari byo kugufasha muri urwo rugendo rwo kubaho ubuzima butarimo itabi. Nk'umunyamuryango wa MDwise, ufite amahitamo menshi yo kugufasha kureka itabi.

Kugira ngo ubone ibitekerezo bishya, ubufasha bw'abatoza, n'ibikoresho nk'imiti yagufasha kureka itabi, ushobora guhamagara Umurongo Utanga Ubufasha ku BUNTU ku Bashaka Kureka itabi muri Indiana (ufunguye amasaha 24 ku munsu, iminsi irindwi mu cyumweru) kuri 1-800-QUITNOW (1-800-784-8669). Ushobora no gusura urubuga quitnowindiana.com. Witwaga kurireka — Quit Now Indiana.

MDwise ifite Abagenzura ikibazo bashobora kugufasha, hamagara serivisi y'abakiriya kuri 1-800-356-1204 maze usabe ko baguhuza n'ugenzura ikibazo. Ugomba guhamagara hagati ya saa 8:00 za mugitondo na saa 8:00 z'umugoroba, kuva kuwa mbere kugeza kuwa gatanu.

Dore izindi mbuga:

<http://www.smokefree.gov/>

<http://www.cdc.gov/tobacco>

Ahabanza - The BABY & ME – Tobacco Free Program™ (babyandmetobaccofree.org)

Gutwita no Kunywa Itabi — Quit Now Indiana

<http://www.cdc.gov/tobacco/campaign/tips/diseases/pregnancy.html>

intambwe ziganisha ku **mibereho myiza**



MDwise Ifasha Abanyamuryango Kwita ku Buzima Bwabo

MDwise ifite porogaramu zihariye zigenewe abanyamuryango bafite ibibazo by'ubuzima runaka. Izo porogaramu tuzita INcontrol. Izi porogaramu zihariye ni izigenewe:

- Indwara y'Ubumekero Idakira (COPD).
- Asima.
- Diyabete.
- Indwara y'Imitsi y'Umutima (CAD)
- Umuvuduko ukabije w'amaraso.
- Agahinda gakabije.
- Kunanirwa kw'Umutima (CHF).
- Ibibazo by'indwara zo mu bwoko bwa Autism.
- Attention Deficit Hyperactivity Disorder (ADHD).
- Indwara yo guhangayika nyuma yo gukomereka (PTSD).
- Indwara y'impyiko idakira.
- Indwara Yibasira Insoro Zitukura z'Amaraso
- Kunywa itabi n'ikoreshwa ry'itabi.
- Gutwita (porogaramu ya BLUEBELLEbeginnings).

Amahitamo ukora buri muni ni ingenzi cyane kugira ngo uhagane n'uburwayi bwawe. MDwise INcontrol ishobora kugufasha. Abakozi bo muri MDwise bashobora gusubiza ibibazo waba ufite.

Bazagufasha:

- Kumenya byinshi ku bijyanye n'uburwayi bwawe.
- Kugenzura imiti yawe.
- Kumenya uburyo bwiza bwo gukorana na muganga wawe.
- Gukurikiza inama z'umuganga wawe.
- Kumenya ibijyanye n'ibipimo ugomba kuba ufite.
- Gufata ingamba zo kwirinda ko uburwayi bwawe bwiyongera.

Jya ujya kwa muganga buri gihe. Baza muganga ibibazo byose waba ufite. Ibyo bizatuma udashyirwa mu bitaro cyangwa mu cyumba cy'indembe. Menya byinshi ku bijyanye n'ubuzima bwawe kuri MDwise.org/mdwise/mdwise-incontrol.





Indwara y'lhungabana iterwa n'Ibihe (SAD)

Mu gihe cy'umuhindo n'itumba, abantu benshi barwara indwara yitwa Indwara y'lhungabana iterwa n'Ibihe (Seasonal Affective Disorder) cyangwa SAD mu magambo ahinnye. Iyo umuntu arwaye Indwara y'lhungabana iterwa n'Ibihe (SAD), arushaho kubabara cyangwa kugira agahinda gakabije mu bihe runaka by'umwaka, ubusanzwe bikaba ari mu gihe cy'umuhindo no mu gihe cy'itumba, kubera ko haba hari urumuri rw'izuba ruke. Imibiri yacu ikunda urumuri rw'izuba, kandi iyo nta rumuri ruhagije ruhari, bishobora gutuma twumva tutishimye.

Hari ibintu bike ushobora kubona:

1. Ibyo bishobora gutuma wumva unaniwe kandi ukumva ushaka kuryama cyane.
2. Bishobora kukugora kwibanda ku bintu ugomba gukora.
3. Ushobora kuba utifuza gukora ibintu bigushimisha cyangwa kumarana igihe n'incuti n'abavandimwe.
4. Ushobora kujya kenshi, cyane cyane ibiryo bidafitiye umubiri akamaro.

Ariko hari inkuru nziza, hari ibintu ushobora gukora kugira ngo wumve umerewe neza niba urwaye Indwara y'lhungabana iterwa n'Ibihe (SAD).

1. Kimwe mu bintu by'ingenzi cyane ni ukugira urumuri rwinshi. Ibi ushobora kubikora uya hanze ku manywa igihe haba hari izuba.
2. Jya uganira n'umuntu ushobora kugufasha no kugushyigikira.
3. Jya urya ibyo kurya bifite intungamubiri, urugero nk'imbutu, imboga n'ibinyampeke.
4. Kora siporo. Tuma umubiri wawe unyeganyega. Gerageza kugenda n'amaguru, kubyina, cyangwa gukora indi myitozo ngororamubiri nibura iminota 30 ku muni.



5. Jya uryama bihagije. Umubiri wawe ukeneye kuruhuka, bityo ugire intego yo kuryama amasaha 7-9.
6. Jya umarana igihe n'incuti n'abavandimwe. Iyo uri kumwe n'abo ukunda, bishobora gutuma udakomeza kugira agahinda.
7. Ruhuka kandi uhumeke. Kwicara hamwe no guhumeka mu buryo bwimbitse bishobora kugufasha gutuza.
8. Itondere kunywa inzoga n'ibiyobyabwenge. Bishobora gutuma urushaho kumererwa nabi, shaka ubufasha mu gihe bibaye ngombwa.
9. Ishyiriraho intego. Jya ugabanya imirimo yawe minini, maze igihe usoje iyo mirimo yoroheje, uzumva wishimye kandi wishimire ibyo wakoze.

Niba uya ugira ibyiyumvo nk'ibyo, hari ubufasha ushobora kubona, kandi si ngombwa ko ubinyuramo wenyine. MDwise ifite Abagenzura ikibazo bashobora kugufasha, hamagara serivisi y'abakiriya kuri **1-800-356-1204** maze usabe ko baguhuza n'ugenzura ikibazo. Ugomba guhamagara hagati ya saa 8:00 za mugitondo na saa 8:00 z'umugoroba, kuva kuwa mbere kugeza kuwa gatanu.

Injira muri Porogaramu y'Inyungu z'Abanyamuryango ba MDwise!

Abanyamuryango bose ba MDwise bashobora kwishimira SAVEwise! SAVEwise ni gahunda yihariye iha abanyamuryango inyungu zidasanzwe. Zigama amafaranga yawe kuri buri kintu cyose, uhereye kuri pizza no kuri pariki y'inyamaswa ukageza ku matike yo kureba filimi, guhindura amavuta, amahoteli no gukodesha imodoka!

Bimwe mu Bintu Bikunzwe birimo:

- Ibiciro Bizwi Bishobora Kuganirwaho: Koresha itike zo kuri telefoni zikwemerera kubona serivisi ku giciro gito kugira ngo ubone uburyo bwo kuzigama byihuse.
- Igihe cy'ibirori: Shakisha za filimi, urebe amafilimi y'uruhererekane, kandi uzigame kugeza kuri 40% muri sinema iri hafi yawe.



- Ibikorwa byo Gutanga buri Kwezi: Tsindira amafaranga, amatike ya sinema, ibikoresho bya elegitoroniki n'ibindi binyuze mu marushanwa yacu ya buri kwezi.

Kubera ko muri Leta Zunze Ubumwe z'Amerika no muri Canada hose hari ibigo by'ububiko by'amafaranga, nta na rimwe uzigera uba kure y'amafaranga uzigama! Kugira ngo wiyandikishe, jya kuri konti yawe ya myMDwise maze ukande ahanditse SAVEwise muni ya Quick Links cyangwa muni ya My Benefits.

Kugira ngo urusheho koroherwa no kuzigama amafaranga, koresha iyi kode ya QR kugira ngo winjire kandi umanure porogaramu yacu igendanwa!



Habwa Amakarita Yawe y'Impamo Ku BUNTU!

Ntabwo ugomba kwiyandikisha kuri MDwiseREWARDS kugira ngo ukorere amadolari. Wamaze kwandikwa. Korera amadolari mu bikorwa bitandukanye, nko kujya kwa muganga. Noneho gura amakarita y'impamo ukoresheje amadolari yawe. Jya kuri MDwise.org/MDwiseREWARDS kugirango ubone ibindi bisobanuro.



Ifatanye n'Inama Njyanama y'Ubuzima Yacu maze Udufashe Guhindura Ibintu!

Twiyemeje guha abanyamuryango bacu ubuvuzi na serivisi byiza bishoboka. Kugira ngo twizere ko tuzakomeza kuguha serivisi nziza wowe n'abaturage b'aho utuye, twishimiye kugutumira ngo uzabe umwe mu bagize Inama Njyanama y'Ubuzima Yacu!

Inama Njyanama y'Ubuzima Ni Iki?

Inama Njyanama y'Ubuzima ni itsinda ry'abanyamuryango bahura inshuro enye mu mwaka kugira ngo baganire ku ngingo z'ingenzi zijyanye n'ubuvuzi, itandukanirwo n'ubwuzuzanye. Twifuza kumva ibitekerezo byanyu n'inyunganizi kugira ngo turusheho kunoza gahunda yacu y'ubuzima.

Kuki Umuntu Yagombye Kuja muri iyo Nama?

Gira icyo Uhindura: Ijwi ryawe ni ingenzi, kandi ibitekerezo byawe bishobora kudufasha kunoza serivisi zacu.

Gushyira Hamwe kw'Abaturage: Kuba mu muryango mugari w'abantu bita ku by'ubuzima.

Ubufatanye: Korana n'abandi banyamuryango hamwe n'itsinda ryacu mu gushaka ibisubizo no kuzana impinduka nziza.

Inama Enye mu Mwaka: Duterana incuro enye mu mwaka, bigatuma byoroha kwitabira ibiganirwo.

Niba ushishikajwe no kwifatanya n'Inama Njyanama y'Ubuzim, twandikire kuri imeli acarson@mdwise.org. Twishimiye cyane kubana nawe muri iryo tsinda!



Ukingirwa ibicurane ngaruka gihembwe



Buri mwana urengeje amezi 6 y'ubukuru agomba guhabwa urukingo rw'ibicurane buri mwaka. Ibicurane bishobora gutuma wowe nabo ukunda muremba. Muburyo bumwe cyangwa ubundi, bishobora gutera urupfu.

Uburyo bwiza bwo kwikingiza wakoresha ni ukwikingiza buri mwaka. Ibicurane ngaruka gihembwe bikunze gutangira mu Kwakira kugeza muri Gicuransi. Nibyiza kwiteza urushinge rurinda ibicurane igihe rubonetse. Igihe ibicurane bikiriho, riba ntarirarenge kuba wakikingiza.

Abantu bamwe nabamwe bafite ibyago byo kuba bafatwa ni ibicurane ndetse bakaba banazahazwa nabyo.

- Abana bari muni y'imyaka 5 (abana bari muni y'imyaka 2 nibo baba bafite ibyago cyane).
- Abagore batwite.
- Abantu bari mu kigero runaka babana nindwara zihoraho nka asima, Indwara zifata imyanya y'ubuhumekero (COPD), diyabete, indwara z'umutima ndetse no kugabanuka k'ubudahagarwa bw'umubiri.
- Abantu baba mubigo byita kubana cyangwa mubindi bigo bitanga ubufasha bw'ubuvuzi igihe kirekire.
- Abakuze bari hejuru y'imyaka 65.
- Abahindi baba muri Amerika ndetse na kavukire ba Alasika.

Mu bimenyetso by'ibicurane harimo:

- Umuriro
- Gutengurwa
- Umunanirwo
- Inkorora
- Kubabara mu muhogo
- Kwitsamura cyane no kuzana amatembabuzi mu mazuru
- Kubabara umubiri
- Umutwe

Ikindi wakora ukirinda ibicurane ni ukwirinda kwegera n'ababirwaye, ndetse no gukaraba intoki kenshi kugirango ugabanye ikwirakwira ry'udukoko tubitera.

Igihe wamaze gufatwa ni ibicurane, usabwa kuguma murugo ntuge kukazi cyangwa ku ishuri, ndetse ukirinda kwegera abantu bafite ibyago byo kuba bakandura. Ibi bigufasha kuba utakanduza abandi ibicurane.

Ugize ikibazo kubijyanye nurukingo rw'ibicurane, wavugisha umuganga wawe cyangwa ucuruza imiti. Ibuka ko ushobora guhabwa icyemezo na MDwiseREWARDS cy'uko wafashe urushinge rw'ibicurane rw'umwaka. Sura MDwise.org/MDwiseREWARDS kugirango umenye byinshi birenze ho!

Language Resources



Language	Language Resource
English	If you, or someone you're helping, has questions about MDwise, you have the right to get help and information in your language at no cost. To talk to an interpreter, call 1-800-356-1204.
Spanish Español	Si usted, o alguien a quien usted está ayudando, tiene preguntas acerca de MDwise, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 1-800-356-1204.
Chinese 中文	如果您，或是您正在協助的對象，有關於[插入項目的名稱 MDwise 方面的問題，您有權利免費以您的母語得到幫助和訊息。洽詢一位翻譯員，請撥電話 [在此插入數字 1-800-356-1204。
German Deutsche	Falls Sie oder jemand, dem Sie helfen, Fragen zum MDwise haben, haben Sie das Recht, kostenlose Hilfe und Informationen in Ihrer Sprache zu erhalten. Um mit einem Dolmetscher zu sprechen, rufen Sie bitte die Nummer 1-800-356-1204 an.
Pennsylvania Dutch Pennisilfaanisch Deitsch	Wann du hoscht en Froog, odder ebber, wu du helpscht, hot en Froog baut MDwise, hoscht du es Recht fer Hilf un Information in deinre eegne Schprooch griegie, un die Hilf koschtet nix. Wann du mit me Interpreter schwetze witt, kannscht du 1-800-356-1204 uffrufe.
Burmese ဗွရ္မာစာ	သင်သို့မဟုတ်သင်ကူညီနေသူတစ်ဦးက MDwise နှင့်ပတ်သက်၍ မေးခွန်းရှိလာပါက ကုန်ကျစရိတ် မပေးရန်မလိုဘဲ မိမိဘာသာစကားဖြင့် အကူအညီရယူနိုင်သည်။ စကားပြန်နှင့်ပြောလိုပါက 1-800-356-1204သို့ ခေါ်ဆိုပါ။
Arabic آرابت	اكتغلب فيروررضال تامول عمل او ادعاسملا على لوصول الى يف حل كيديف MDwise، صوصخب قلىس ادعاس صخش يدل وأ كيديل ناك ن 1-800-356-1204 ب لصتا م جرتم عم ثدحتلل .تفلكت فيا نود نم
Korean 한국어	만약 귀하 또는 귀하가 돕고 있는 어떤 사람이 MDwise 에 관해서 질문이 있다면 귀하는 그러한 도움과 정보를 귀하의 언어로 비용 부담없이 얻을 수 있는 권리가 있습니다. 그렇게 통역사와 얘기하기 위해서는 1-800-356-1204 로 전화하십시오.
Vietnamese Tiếng Việt	Nếu quý vị, hay người mà quý vị đang giúp đỡ, có câu hỏi về MDwise, quý vị sẽ có quyền được giúp và có thêm thông tin bằng ngôn ngữ của mình miễn phí. Để nói chuyện với một thông dịch viên, xin gọi 1-800-356-1204.
French Français	Si vous, ou quelqu'un que vous êtes en train d'aider, a des questions à propos de MDwise, vous avez le droit d'obtenir de l'aide et l'information dans votre langue à aucun coût. Pour parler à un interprète, appelez 1-800-356-1204.
Japanese 日本語	ご本人様、またはお客様の身の回りの方でも、MDwise についてご質問がございましたら、ご希望の言語でサポートを受けたり、情報を入手したりすることができます。料金はかかりません。通訳とお話される場合、1-800-356-1204までお電話ください。
Dutch Nederlands	Als u, of iemand die u helpt, vragen heeft over MDwise, heeft u het recht om hulp en informatie te krijgen in uw taal zonder kosten. Om te praten met een tolk, bel 1-800-356-1204.
Tagalog Tagalog	Kung ikaw, o ang iyong tinutulongan, ay may mga katanungan tungkol sa MDwise, may karapatan ka na makakuha ng tulong at impormasyon sa iyong wika ng walang gastos. Upang makausap ang isang tagasalin, tumawag sa 1-800-356-1204.
Russian Русский	Если у вас или лица, которому вы помогаете, имеются вопросы по поводу MDwise, то вы имеете право на бесплатное получение помощи и информации на вашем языке. Для разговора с переводчиком позвоните по телефону 1-800-356-1204.
Punjabi ਪੰਜਾਬੀ ਦੇ	ਜੇ ਤੁਹਾਨੂੰ, ਜਾਂ ਤੁਸੀਂ ਜਸਿ ਦੀ ਮਦਦ ਕਰ ਰਹੇ ਹੋ, MDwise ਕੋਈ ਸਵਾਲ ਹੈ ਤਾਂ, ਤੁਹਾਨੂੰ ਬਨਿ ਕਸਿ ਕੀਮਤ 'ਤੇ ਆਪਣੀ ਭਾਸ਼ਾ ਵਿਚ ਮਦਦ ਅਤੇ ਜਾਣਕਾਰੀ ਪ੍ਰਾਪਤ ਕਰਨ ਦਾ ਅਧਿਕਾਰ ਹੈ . ਦੁਭਾਸ਼ੀਏ ਨਾਲ ਗੱਲ ਕਰਨ ਲਈ, 1-800-356-1204 ਤੇ ਕਾਲ ਕਰੋ.
Hindi हिंदी	यदिआपके, या आप द्वारा सहायता कएि जा रहे किसी व्यक्तिके MDwise के बारे में प्रश्न हैं, तो आपके पास अपनी भाषा में मुफ्त में सहायता और सूचना प्राप्त करने का अधिकार है। किसी दुभाषिण से बात करने के लिए, 1-800-356-1204 पर कॉल करें।

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Nita vangura / kuyigeraho: MDwise.org/Nondiscrimination

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MDwise.org.

Amakuru ku INTAMBWE ZIGANISHA KU MIBEREHO MYIZA aturuka ku nzobere nyinshi z'abaganga kandi ntagamije gutanga inama zihariye kuri buri muntu. Niba hari impungenge ufite cyangwa ibibazo byerekeye ibikubiyemo runaka bishobora gutera ubuzima bwawe ikibazo, vugana n'uguha serivisi z'ubuvuzi.

Ububiko bw'amafoto bukoreshwa ku mafoto yose n'ibisobanuro.
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Ibibazo? Ibitekerezo? Ibyo utishimiye?

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

Serivisi ishinzwe kwita ku bakiriya ya MDwise itanga serivisi z'indimi.

Cyangwa dushobora gukoresha umusemuzi. Dufite kandi serivisi ku bafite ubumuga bwo kutumva no kutavuga.

MDwise yubahiriza amategeko y'uburenganzira mbonezamubano ya leta kandi ntivangura hashingiwe ku bwoko, ibara, igihugu cy'inkomoko, imyaka, ubumuga, cyangwa igitsina. Niba wowe 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 cumple con todas las leyes federales de derechos civiles aplicables y no discrimina sobre la base de raza, color, origen nacional, edad, discapacidad, o sexo. MDwise no excluye a personas ni las trata de manera diferente a causa de la raza, color, origen nacional, edad, discapacidad, o sexo. Si usted, o alguien a quien usted está ayudando, tiene preguntas sobre MDwise, usted tiene el derecho de obtener ayuda e informací en su idioma sin costo. Para hablar con un intérprete, llame al 1-800-356-1204.

MDwise vashyirahamye amategeko y'uburenganzira mbonezamubano ya leta kandi ntivangura hashingiwe ku bwoko, ibara, igihugu cy'inkomoko, imyaka, ubumuga, cyangwa igitsina. Niba wowe 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 cumple con todas las leyes federales de derechos civiles aplicables y no discrimina sobre la base de raza, color, origen nacional, edad, discapacidad, o sexo. MDwise no excluye a personas ni las trata de manera diferente a causa de la raza, color, origen nacional, edad, discapacidad, o sexo. Si usted, o alguien a quien usted está ayudando, tiene preguntas sobre MDwise, usted tiene el derecho de obtener ayuda e informací en su idioma sin costo. Para hablar con un intérprete, llame al 1-800-356-1204.