



intambwe ziganisha ku mibereho myiza

KUGWA 2023



Ibyifashishwa ku myitwarire y'ubuzima

Ubuzima bwo mu mutwe bivuze kwita ku mibereho myiza yacu muri rusange kuko ijyanye n'ibitekerezo, ibiyumviro n'imyitwarire byacu. Ubuzima bwo mu mutwe bwerekanye no gusobanukirwa ndetse no kugenzura ubuzima bw'amarangamutima mu buryo bwiza. Nkuko twita ku mibiri yacu tukarya tukanabaho neza, imitekerereze n'amarangamutima byacu nabyo bigomba kwitabwaho kimwe.

Kugira ubuzima bwiza bwo mu mutwe bifasha mu gukemura ibibazo, gufata ibyemezo byiza no kugirana umubano mwiza n'abandi. Rimwe na rimwe, ubufasha bw'inyongera burakenerwa kandi bishobora gukorwa hashakwa ibikoresho byiza. Hari amoko menshi y'ibikoresho by'ubuzima bw'imyitwarire bitanga ubufasha n'inkunga ku buzima bwo mu mutwe n'ikoresha ry'ibiyobyabwenge. Kunyura mu byiza n'ibibi bisanzwe kandi ni byiza gushaka ubufasha mu gihe bukenewe. Kwita ku buzima bwacu bwo mu mutwe ni kimwe mu bituma twishima tukanagira ubuzima bwiza.

MDwise yemerera abanyamuryango kwijyana ku muganga uwo ari we wese uri mu rugaga rwa MDwise ushinze ubuvuzi ku buzima bw'imyitwarire atabanje koherezwa n'umuganga w'ibanze. Abanyamuryango bashobora kandi kwiyohereza ku muganga w'indwara zo mu mutwe wanditswe muri Indiana Medicaid. Izi ni ingero nkeya z'ubwoko butandukanye bw'ibikoresho biboneka bifasha ku buzima bw'imyitwarire.

byakomereje kuri paji ya 3.



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+ NURSE on-call

MDwise yifuza kwibutsa abanyamuryango bayo ko **gahunda yo kubonana n'umuforomo ubifitiye uburenganzira ubu ihari iminsi yose amasaaha 24/7 kubanyamuryango 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.



Umwana umeze neza/ Ubudahangarwa bw'umubiri: Inyungu zo kwiyitaho

Gukingirwa kw'umwana wawe, nanone byitwa inkingo, ni ingenzi cyane ku buzima bw'umwana wawe. Muganga wawe azagusaba gukingiza umwana wawe kenshi kugirango umurinde kwandura indwara zikomeye nk'iseru no kwandura k'ubwonko (meningite) n'umwijiima (hepatite).

Ibigo bishinzwe kurwanya indwara byatanze urutonde rw'inkingo z'ingenzi ku mwana wawe. Imbonerahamwe irakubwira imyaka myiza yo gufatiraho urukingo. Gukura kuri murandasi kopi ya 2023 Y'inkingo zisabwa ku bana kuva bavutse kugeza ku myaka 6, sura <https://www.cdc.gov/vaccines/parents/downloads/parent-ver-sch-0-6yrs.pdf>.



Suzumisha umwana wawe mu buryo buhoraho

Ababyeyi benshi bazi ko abana babo bakeneye gusuzumishwa. Muganga w'umwana wawe azamenya neza ko umwana wawe atekanye, afite ubuzima bwiza kandi akura neza. Muganga azashaka kumenya indwara iyo ari yo yose yibasiye umuryango. Muganga wawe azaguha ibintu ukeneye kumenya kugirango umwana wawe agire ubuzima bwiza. Uzabazwa ibibazo byinshi byerekeye umwana wawe, itegure. Muganga azashaka kumenya uburyo bwiza umwana wawe asinziramo ndetse anaryamo nk'urugero. Uko abana bawe bagenda bakura, umuganga nawe ni ko azabaza ibibazo bijyanye n'uburyo umwana wawe atsinda neza mu ishuri.

Reba umuganga w'umwana wawe mu gihe cy'ibyumweru bike nyuma yo kuvuka nibura inshuro eshanu mbere y'isabukuru ya mbere y'amavuko ndetse nibura buri mwaka nyuma y'ibyo. Muganga azashaka ko umwana wawe afatwa ibipimo by'amaraso.

Kwisuzumisha ku bantu bakuru

Wari uzi ko abantu bakuru na bo bakenera kwisuzumisha ku buryo buhoraho? Kimwe n'abana, abantu bakuru bagomba kwisuzumisha nibura rimwe mu mwaka ubifashijwemo n'umuganga wawe w'ibanze.

Kugira ngo ukomeze kugira ubuzima buzira umuze, ugomba kureba muganga wawe w'ibanze, kugira ngo arebe ibimenyetso by'uburwayi hakiri kare. Umuganga wawe w'ibanze azi amateka y'ubuzima bwawe n'amateka y'umuryango wawe. Ibi bimufasha kumenya ubwoko bw'uburwayi ushobora kuba ufite. Hari uburyo butandukanye bwo gusuzuma kanseri, diyabete n'umutima muganga wawe yakoresha kugira ngo akore ku buryo ukomeza kugira ubuzima buzira umuze. Kora ku buryo ubwira muganga

wawe niba hari undi muganga cyangwa inzobere mwabonye. Menya neza ko wabitse urutonde rw'imiti n'uburyo bw'ubuvuzi wahawe. Ibi bifasha umuganga wawe kumenya inshuro ukeneye kwitabwaho n'ushinzwe ubuzima.

Ugomba kumenya neza kandi niba hari zindi nkingo ukeneye. Nyuma yo guterwa urukingo rw'ibicurane buri mwaka, hari izindi nkingo ushobora gukenera. Aha harimo inkingo zirinda kokorishi, inkorora ikomeye, COVID 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 kugirango hategurwe isuzuma ry'umubiri rihoraho.

Byakomeje kuva kuri paji ya 1.

- **Ubujuanama ndetse n'ubuvuzi** – igihe cy'ubujanama bw'umuntu ku giti cye, itsinda cyangwa umuryango.
- **Serivisi zo gufasha uwagize ikibazo cyo mu mutwe** – ubufasha n'inkunga byihuse mu gihe hari uwagize ikibazo cy'ubuzima bwo mu mutwe.
- **Igenzura ry'umuganga w'indwara zo mu mutwe ndetse n'itangwa ry'imiti** – kwiga no gukomeza kugenzura indwara zo mu mutwe.
- **Ubuuzi ku bakoresheje ibiyobyabwenge** – gahunda na serivisi zifasha mu gukemura ikibazo cy'ikoreshwa ry'ibiyobyabwenge.
- **Gahunda zo gufasha urungano** – ibikorwa bitanga inkunga no gushishikariza bikorwa n'abantu bigeze guhura n'ibyo bibazo by'ubuzima bw'imyitwarire.
- **Serivisi zishingiye ku baturage** – serivisi zitangwa mu baturage.
- **Gahunda zo kwigisha no gukangurira** – kurebera hamwe, igihe cy'amahugurwa ndetse n'ibikoresho bifasha mu kwigisha.
- **Ibice byo gukemura ikibazo ndetse n'ibifasha mu buvuzi** – Ibikoresho by'igihe gito bitanga ubuvuzi bwimbitse ndetse n'inkunga.

Ibi ni bimwe mu bikoresho by'ubuzima bw'imyitwarire ushobora kubona.

- **Ikigo cy'akarere gishinzwe ubuzima bwo mu mutwe (CMHCs)** – gitanga serivisi ku buzima bwo mu mutwe ndetse no ku bantu bakoreshe ibiyobyabwenge. Ushobora gushakisha CMHC y'akarere aho utuye [FSSA: DMHA: Abaganga ku bantu bakuru \(in.gov\)](#)
- **9-8-8 Gukumira ikibazo n'icyatuma umuntu yiyahura** – iguhuza byihuse n'abanyamwuga babihuguriwe mu gihe ugize ikibazo. Hamagara 988 kugirango uyikoreshe.
- **Umurongo w'ubufasha wa Indiana 211** – itanga amakuru no kohereza muri serivisi z'ubuzima bw'imyitwarire aho uherereye. Hamagara 211 kugirango uyikoreshe.
- **Be Well Indiana** – itanga ibikoresho, ubufasha ndetse n'inkunga ku ba Hoosiers mu kubungabunga ubuzima bwabo bwo mu mutwe. Sura www.in.gov/bewellindiana.
- **Umurongo utishyurwa wa Indiana ugenewe ababaswe n'ibiyobyabwenge** – ufasha abantu bafite ibibazo by'ikoreshwa ry'ibiyobyabwenge no kubatwa na byo, uboneka amasaha 24/7 kuri 800-662-HELP (4357).
- **Ishami rya Indiana rishinzwe ubuzima bwo mu mutwe n'ababaswe n'ibiyobyabwenge** – ritanga amakuru ku byerekeye gahunda zitandukanye n'ibikoresho biboneka muri Indiana. Sura <https://www.in.gov/fssa/dmha/about-dmha/mental-health-and-addiction/>.



- **Ihuriro ry'igihugu ku burwayi bwo mu mutwe (NAMI) muri Indiana** – umuryango ukorera mu gihugu hose utanga ubumenyi, inkunga n'ubuvuzi ku bantu n'imiryango batewe ibibazo n'uburwayi bwo mu mutwe. Sura nami.org.
- **Ishami rishinzwe ubuzima bwo mu mutwe rya Amerika muri Indiana (MHAI)** – ritanga ubumenyi, ubuvuzi n'ibikoresho kugirango hanozwe ubuzima bwo mu mutwe. Sura mhai.net.
- **Ihuriro rya Indiana rishinzwe kurwanya ubwiyahuzi (ISPN)** – ihuriro ryo muri leta yose rifite intego yo kurwanya ubwiyahuzi binyuze mu kwitaho, kumenya no kubigiramo uruhare. Sura indianasuicidepreventionnetwork.org.

Ku bundi bufasha bw'inyongera hamagara itsinda rishinzwe ubuvuzi muri MDwise kugirango bagufashe - **Hamagara: 1-800-356-1204** hanyuma usabe kugenzura ikibazo.

Aho byavuye:

- <https://www.samhsa.gov/>
- <https://www.nimh.nih.gov/>
- <https://www.mayoclinic.org/>
- <https://www.apa.org/>
- <https://www.cdc.gov/mentalhealth/>



Kubungabunga ubuzima bw'abaturage

MDwise igamije kugufasha gukomeza kugira ubuzima buzira umuze. Abanyamuryango ba MDwise bashobora kwemererwa gutanga serivisi zo kurengera ubuzima bw'abaturage binyuze mu ishami ryita ku buzima. Imicungire y'ubuzima bw'abaturage ni uburyo tugera kugufasha kugira ubuzima buzira umuze n'ubwiza bw'ubuzima mu kuganira nawe, tukohereza ibikoresho cyangwa tukohereza inyandiko z'uburyo bwo gukomeza kugira ubuzima bwiza. Porogaramu ya MDwise yo kwita ku buzima ishobora kugufasha kugenzura imikorere y'ubuzima bwawe. Abakozi ba MDwise bashinzwe kwita ku buzima bafatanyana na we na muganga wawe gushyiraho gahunda yo kwita ku ubuzima bwawe.

Uko ibyo ukeneye bihinduka, ni nako ikigero cyo kukwitaho gihinduka. Abashinzwe kwita ku buzima bagufasha kugira ububasha bwawe bwo kubasha kugenzura ubuzima bwawe no kumenya ibyo umubiri wawe ukeneye. Abakozi ba MDwise bashinzwe kwita ku buzima bashobora kugufasha ku bijyanye n'ubuzima bwo mu mutwe ndetse n'ubwo bwo ku mubiri.

Abakozi ba MDwise bashinzwe kwita ku buzima bashobora kugufasha kwiha intego z'ubuzima bwawe. Bakorana nawe, abaganga bawe, umuryango ndetse n'abakwitaho gukora ibi. Bifuzako wagira amahitamo meza ku buzima bwawe. Abakozi bashinzwe ubuzima bashobora kugufasha gusobanukirwa uburwayi ubuzima bwawe bufite n'uburyo bwiza bwo kuburwanya. Abashinzwe kwita ku buzima kandi bagufasha:

- Gusobanukirwa uko umubiri wawe umeze.
- Gusobanukirwa imiti yawe.
- Guhabwa ibyo ugomba gukoresha n'ibikoresho ukeneye.
- Guhabwa ubuvuzi n'abaganga b'inzobere.
- Kubona amakuru y'uko ubuzima bwawe bumeze.

- Guteganya za randevu.
- Kuvugana n'abaganga ibijyanye n'uko ubuzima bwawe bumeze n'uko umerewe.
- Guhabwa ubufasha buturutse mu bindi bigo.

Wowe, umuganga wawe, abagize umuryango wawe cyangwa abashinzwe kwita ku buzima mushobora mwese gusaba ubufasha bujyanye n'ubuzima mwuzuzako ifishi yo kohereza iboneka kuri murandasi cyangwa mugahamagara muri serivisi ishinze kwakira abakiriya. Ifishi yo kohereza yo kuri murandasi iboneka kuri [MDwise.org/cmdm-referral](https://www.mdwise.org/cmdm-referral) kandi serivisi ya MDwise ishinze kwakira abakiriya ishobora kuboneka kuri 1-800-356-1204. Iyo MDwise yakiriye ubusabe bwawe, ushinze gutanga ubuvuzi araguhamagara maze ukaba waganira na we ku byo ukeneye n'ibyo umuntu uri gusaba ubufasha bw'ubuvuzi akeneye. Iyo ubyemeye, dushobora kuguhamagara dukoresheje telefoni, ubutumwa, imeyili, iposita cyangwa kuvugana imbonankubone (kuri serivisi zimwe na zimwe) kugira ngo bakubwire uko izi serivisi zikoreshwa. Ushobora kandi kuva muri gahunda uduhamagaye cyangwa ukatwandikira.

Amahitamo ya kabiri



Ni ingenzi cyane kuri wowe kumva ko wahisemo neza ku bijyanye n'ubuzima bwawe. Birashoboka ko hari igihe wakumva utishimiye ibitekerezo cyangwa gahunda ya muganga wawe. Ushobora gusaba guhabwa ubundi buryo bwa kabiri. Kugana undi muganga uri mu rugaga rw'abaganga ba MDwise.

Ibibazo bijyanye no kubona uburyo bwa kabiri? Hamagara serivisi ya MDwise ishinze kwita ku bakiriya kuri [1-800-356-1204](https://www.mdwise.org/cmdm-referral) niba ukeneye ubufasha.



Konsa ni byiza cyane!

Niba utwite, tangira utekereze nonaha ku byerekeye konsa umwana wawe. Amashereka agira akamaro kanini ku mwana wawe. Amashereka arimo vitamini zose n'inyunganiramirire umwana wawe akeneye mu mezi atandatu ya mbere y'ubuzima. Atanga kandi ubwirinzi bwa zimwe mu ndwara ku mwana wawe. Ishuri ry'Abanyamerika ryita ku buvuzi bw'abana risaba guha umwana wawe amashereka gusa mu mezi atandatu ya mbere. Ariko ingano iyo ari yo yose y'amashereka ni nziza ku mwana wawe, nubwo byaba mu gihe kiri munsu y'amezi atandatu. Bwira muganga wawe niba ufite ikibazo.

Niba uhiseho konsa, ni byiza kutanywa itabi, kutanywa inzoga cyangwa gufata imiti iyo ari yo yose utabanje kugisha inama muganga wawe. Ntuhe umwana wawe icupa cyangwa amazi ya robine mbere y'amezi 6 y'amavuko. Abana biba bihagije ko banywa amashereka cyangwa ibyagenewe kugaburirwa abana gusa.

Aho byavuye: <https://publications.aap.org/pediatrics/article/150/1/e2022057989/188348/Technical-Report-Breastfeeding-and-the-Use-of?ga=2.250879430.1595165214.1685982843-140020970.1675802355>



Amaso afunguye kugirango ubone neza



Ni ngombwa kubonana na muganga w'amaso nko kujya kwa muganga cyangwa muganga w'amenyo. CDC isaba ko abana n'abantu bakuru bakorerwa isuzuma rihoraho ry'amaso. Isuzuma ry'amaso rihoraho rifasha kumenyekanisha ibibazo hakiri kare hakirindwa indwara z'amaso.

Izi ni inama zo kugira amaso mazima no kubona neza.

- Gukorerwa isuzuma rihoraho ry'amaso.
- Menya amateka y'umuryango wawe.
- Rya ibitunga umubiri.
- Reka kunywa itabi.
- Gena igihe umara ku bikoreho by'urumuri.
- Ambara amadarubindi y'izuba.
- Kugenzura isukari yo mu maraso niba urwaye diyabete.

Hura natwe!



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twitter.com/MDwiseInc



MDwise.org/google



Instagram.com/MDwiseInc



Ese ibi birihutirwa?

Ikibazo cy'ubuzima cyihutirwa gishobora gutera ubwoba kikanatesha umutwe. Uramutse uzi icyo gukora ku bintu byihutirwa byagufasha kubwitwaramo neza. Ibi bimenyetso bikurikira ni zimwe mu ngero zihuriweho zijyanye n'ibibazo byihutirwa. **Izi ni ingero nkeya gusa:**

- Guhumeka bigoranye cyangwa ikibazo cyo kunanirwa kwinjiza umwuka.
- Kubabara mu gituza cyangwa kuribwa bishobora kumara iminota ibiri cyangwa irenzeho.
- Kubabara mu gice cyo hejuru cy'igifu ndetse n'umuvuduko w'amaraso bishobora kumara iminota ibiri cyangwa irenzeho.
- Guta ubwenge, kumva udatekereza bitunguranye cyangwa kumva ufite intege nke mu maboko cyangwa amaguru.
- Impinduka zitunguranye mu kubona kwawe.
- Kutabasha kugira ikintu witaho, impinduka mu kuba maso cyangwa imyitwarire idasanzwe.
- Kuva amaraso adakama.
- Kuruka bikabije ndetse no guhitwa.

Uru rutonde rw'ingero ntabwo rusimbura inama za muganga wawe- Muganga wawe azi amakuru y'ubuzima bwawe kurushaho. **Niba utazi neza ko ari ikibazo cy'ubuzima cyihutirwa, ni byiza kubanza guhamagara muganga wawe.**

Hari ikindi gihe biba ari ngombwa guhamagara muganga wawe wo muri MDwise mugahana gahunda. **Dore zimwe mu mpamvu zituma ugomba kubanza guhamagara muganga wawe wo muri MDwise:**

- Niba ibimenyetso byawe biri kugenda bigaragara gahoro gahoro.
- Utekerereza ko umwana wawe yanduye uburwayi bwo mu gutwi.
- Wowe cyangwa umwana wawe afite ibimenyetso by'imbeho ikabije cyangwa ibicurane: umuriro, kuzana ibimyira byinshi mu mazuru na / cyangwa gukorora.
- Gupfuruta cyangwa kurumwa n'igihari.

Niba utaramenya icyo gukora ushobora guhamagara umuforomo wawe wo muri MDwise ku murongo utishyurwa kuri **1-800-356-1204**. **Hitamo uburyo bwa #4 ushaka kuvugana n'umuforomo.** Umuforomo ashobora kugusobanurira niba ujya mu cyumba cy'abakeneye ubufasha bwihuse cyangwa niba utegereza muganga wawe.

NURSEon-call iboneka amasaha 24 buri muni. Igihe utabashije kubonana na muganga wawe usanzwe, kandi ukaba wumva wowe cyangwa umwe mu bagize umuryango wawe ashobora kugira akaga gashobora gutera ibibazo hatagize igikorwa, ushobora kujya mu cyumba cyakirirwamo indembe.



WEIGHTwise

Kugira ibiro, imirire myiza, n'igikorwa ngororamubiri

Kugira no kubungabunga ibiro byiza bikubiyemo [kurya indyo iboneye](#), [umwitozo ngororamubiri](#), [gusinzira bihagije](#) no [kugabanya umujagararo](#). Ibindi [bintu byinshi](#) bishobora gutuma ibiro byiyongera.

Kurya neza no gusimburanya ibyo kurya byiza ku buzima. Indyo yagenwe yo kugabanya ibiro ishobora kukwizeza umusaruro wihuse, ariko indyo nk'iyi ishobora gushyira umupaka ku nshuro zawe zo kurya, ishobora kuba atari nziza ku mubiri, kandi bishobora kugorana kubikurikiza mu gihe kirekire.

[Imyitozo ngororamubiri ukeneye ingana ite](#) ku ruhande rumwe biterwa n'uko ushaka kugumana ibiro ufite cyangwa kubigabanya. [Kugenda n'amaguru](#) akenshi ni uburyo bwiza bwo kongera imyitozo ngororamubiri ku buzima bwawe bwa buri muni.

Gucunga neza ibiro byawe bigira uruhare ku buzima bwiza ubu ndetse n'uko ugenda usaza. Ku rundi ruhande, abantu bafite umubyibuho ukabije, ugereranyije n'abafite ibiro byiza, bafite ibyago byinshi [kwandura indwara zikomeye n'ibibazo by'ubuzima](#). Reba [ingero za gahunda](#) zishobora gufasha.

Gufasha abantu kugumana ibiro byiza ni kimwe mu bikorwa CDC ishaka kugeraho kugirango [buri wese agire ubuzima bwiza](#).

MDwise itanga WEIGHTwise, igikoresho cyo kugenzura ibiro. Igikoresho kirimo mubazi y'ibiro bigendeye ku burebure (BMI), amakuru ku bantu bagabanya ibiro ndetse n'ihuza ku ngingo z'ingirakamaro.

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

Aho byavuye:

CDC: Ikigo gishinzwe kurinda no gukumira ibyorezo

MDwise REWARDS

Habwa amakarita yawe y'Impano ku buntu!

Si ngombwa ko wiyandikisha muri MDwiseREWARDS kugira ngo ubone amadolari. Wahise wandikwa ako kanya. Injiza amatorari ku bikorwa bitandukanye, nko kubahiriza gahunda wahawe na muganga wawe. Hanyuma uhahise amakarita yawe y'impano n'amadolari yawe. Jya kuri [MDwise.org/MDwiseREWARDS](https://www.mdwise.org/MDwiseREWARDS) kugirango ubone ibindi bisobanuro.



Waba uzi ibyerekeranye no kureka kunywa itabi?



SMOKE-free

Waba uzi kureka kunywa itabi icyo bisobanura? Bisobanura guhagarika ikoreshwa ry'itabi. Ibicuruzwa by'itabi birimo ibintu nk'isegereti, amasigara, gukurura umwotsi wa nikotine, ndetse n'itabi bahekenya. Iyo umuntu ashaka kureka gukoresha itabi, anyura mu nzira yitwa kureka. Kureka bikubijyemo, gukora gahunda no gufata ingamba zo guhagarika gukoresha itabi burundu.



Wari uzi ko aba Hoosiers barenga 700.000 bashaka kureka itabi? Kureka itabi bishobora kugorana kuko nikotine, ikintu kiboneka mu itabi, kirabata. Nikotine ishobora gutuma bigorana guhagarika gukoresha itabi. Itabi ni ribi ku buzima. Rishobora gutera indwara nyinshi nka kanseri y'ibihaha, ibibazo by'umutima, n'ibibazo by'ubuhumekero. Ni yo mpamvu ari ngombwa kureka gukoresha itabi niba usanzwe urikoresha cyangwa wirinda gutangira niba utaratangira.

Wamenye ko guhagarika itabi ari ngombwa cyane ku bagore batwite kuko bishobora kugirira nabi umwana na nyina. Iyo umugore anywa itabi mu gihe atwite gukuramo inda birashoboka cyane, cyangwa kubyara imburagihe, urupfu rw'uruhinja, n'ibindi bibazo mu gihe cyo kubyara. Nanone kandi, abagore banywa itabi bishobora kubagora

gusama. Gahunda za Quit Now yo muri Indiana ndetse na Baby & Me Smoke Free zombi zitanga ibikoresho by'ingirakamaro kubagore ku byerekeye gutwita.

Wari uziko hari uburyo bwinshi bufasha kureka kunywa itabi? Uburyo bumwe ni ukuvugana n'umuganga wawe w'ibanze, ashobora gutanga inama no kukurangira imiti igufasha kugabanya irari cyangwa ibimenyetso byo kurireka. Bumwe mu buvuzi bushoboka bashobora kugukorerera ni ubuvuzi bwo gusimbuza nikotine, nk'ibishishwa cyangwa ishinya ndetse n'inama zose zirimo inyungu zishingiye ku nyungu zawe za MDwise.

Turabizi ko kureka itabi bishobora kugorana, ariko hamwe no kwiyezwe no gushyigikirwa, birashoboka kubireka. Kureka kunywa itabi ni intambwe nziza iganisha ku buzima buzira umuze ndetse n'ejo hazaza. Ntiriranga ngo ureke itabi, kandi hari ibikoresho bihari byo kugufasha muri urwo rugendo rwo kubaho ubuzima butarimo itabi. Igikoresho kimwe cy'UBUNTU kiboneka ni Quit Now Indiana (1-800-rireke nonaha) batanga abatoza hamwe n'igihe cyo gutoza, imiti n'ibindi.

Aho byavuye:

[Witeguye kurireka — Quit Now Indiana](#)

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

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

[Ahabanza - The BABY & ME – Porogaramu yo kureka Itabi™ \(babyandmetobaccofree.org\)](#)

[Gutwita no kunywa itabi — Quit Now Indiana](#)

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

Komite nyanama y'abanyamuryango

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

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

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

Ihuze kuri mudasobwa yawe, telefone yo mu biro, cyangwa kuri telefone ngendanwa:

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

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

intambwe ziganisha ku **mibereho myiza**



Incamake yo kwirinda uburozi bw'ikinyabutabire cya lead mu bwana

Lead ni icyuma gisanzwe gishobora gutera ingaruka mbi ku buzima. Abantu bahura na lead barya utuvungukira turimo lead, gufata ibiryo cyangwa amazi yanduye, ndetse cyangwa guhumekera mu mukungugu urimo lead. Abana bari muni y'imyaka 6 bakunze guhura n'umukungugu urimo lead kubera n'uburyo bakunda kwikora ku munwa. Abana benshi barya umukungugu bashyira ibintu nk'ibikinisho biriho umwanda mu kanwa. Kubera imikurire y'ubwonko yabo, abana bari muni y'imyaka 6 bashobora kwibasirwa cyane n'ingaruka ziterwa na lead kuko lead yinjira mu myakura mu buryo bworoshye.

Nta kigero cyizewe cya lead iri mu maraso (BLL) mu bana cyamenyekanye ndetse n'urwego ruto rwa lead mu maraso rushobora gutera ubukerewe mu mikurire, kwiga bigoranye, ibibazo by'imyitwarire no kwangirika kw'udutsi tw'ubwonko. [Ingaruka](#) z'uburozi bwa lead zishobora kuba karande ndetse zikamugaza.

Hari intambwe ababyeyi n'abakozi b'ubuzima bashobora gufata kugirango [barinde abana guhura na lead](#). Abana bose basabwa kwipimisha lead batitaye ko baba barahuye na yo.

CDC ikoresha [igipimo cy'agaciro ka lead iri mu maraso](#) (BLRV) ka mikorogarama 3.5 kuri desilitiro ($\mu\text{g}/\text{dL}$) kugirango barebe abana bafite BLLs iri hejuru y'ibipimo cy'abana benshi. CDC ivuga ko abana bagera ku 500.000 muri Amerika bafite BLLs kuri cyangwa hejuru ya BLRV. Kuri BLLs ziri hajuru ya BLRV, abakozi b'ubuzima bashobora gukoresha ibikorwa CDC's [isaba hashingiwe ku kigero cya lead yo mu maraso](#) kugirango

hategurwe gahunda y'ibikorwa ku murwayi wabo.

Aho abana bahurira na yo

Abana bashobora guhura na lead aho baba, bigira, ndetse banakinira. Aho lead ikomoka hashobora kuba hamwe mu hakurikira:

- Udupande cyangwa utuvungukira tw'irangi mu mazu cyangwa amagorofa yubatswe mbere ya 1978.
- Amazi aturutse mu bihombu birimo lead.
- Ubutaka buri hafi y'ibibuga by'indege, inzira zo hejuru cyangwa inganda.
- Zimwe muri za bombo zatumijwe hanze y'igihugu ndetse n'imiti gakondo.
- Bimwe mu bikinisho n'ibikomo bishaje byatumijwe hanze y'igihugu.
- Imirimo n'imyidagaduro imwe n'imwe.

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

Intego ya Porogaramu ya CDC yo gukumira uburozi bwa lead mu bana (CLPPP) ni [ukurwanya ko abana bahura na lead](#) mbere y'uko hagira ikibi kiba. Binyuze muri CLPPP, CDC ishyigikira [amashami ashinzwe ubuzima bw'abaturage ya leta n'ay'uturere](#) ibaha amafaranga yo kugenzura no gukumira ubwandu bwa lead.

Aho byavuye:

CDC: Ikigo gishinzwe kurinda no gukumira ibyorezo



Izuba ritagize icyo ritwaye ku bana bato!

Wari uzi ko ubushyuhe bukabije bw'izuba bushobora kongerera umwana wawe ibyago byo kurwara kanseri y'uruho akuze? Impeshyi iregereje kandi nk'uko abana bamara umwanya munini hanze, ni ngombwa kubarinda imirasire yizuba ikomeye. Hano hari inama zo kwita ku zuba ugomba kuzirikana:

1. Guma mu gicucu:

Shishikariza abana gukinira ahantu hari ibiti cyangwa imitaka kugirango babone igicucu gihagije. Ibi bifasha kurinda imirasire y'izuba ishobora kugira ingaruka mbi. Ushishikarire cyane gukinira mu gicucu guhera saa 10:00 za mugitondo na saa 4:00 z'ikigoroba, mu gihe izuba riba rikaze cyane.

2. Koresha akarindazuba ku bwoko bwose bw'uruho:

Hatitawe ku ibara ry'uruho, ni ngombwa ko abana bose bakoresha amavuta arinda izuba. Mbere yo kujya hanze, menya neza ko wisize amavuta arinda izuba ya SPF 30 cyangwa ari hejuru. Ongera uyisige buri masaha abiri, nyuma yo koga na / cyangwa nyuma yo kubira ibyuya byinshi.

3. Ambara imyenda igukingira:

Ambara amashati y'amaboko maremare adakurura urumuri, amapantalo maremare ndetse n'ingofero zifite urugara runini. Imyenda ikingira ishobora gufasha gutwikira uruhu no kururinda izuba. Amadarubindi y'izuba afasha kurinda amaso kwangirika bitewe n'izuba.

4. Izuba ritagize icyo ritwaye ku mpinja:

Gumiza impinja kure y'izuba hagati ya saa 10:00 za mugitondo na saa 4:00 z'ikigoroba, mu gihe izuba rikomeye cyane. Impinja ziba zifite impu zoroshye zishobora kubabuka vuba kurusha uruhu rw'umuntu mukuru. Kugirango urinde uruhu rw'uruhinja ngo rutangizwa n'izuba, birasabwa ko yambikwa imyenda yoroheje y'amaboko maremare. Amavuta arinda izuba si meza ku mpinja ziri munsu y'amezi 6.

Mu gukurikiza izi nama zo kwirinda kwangizwa n'izuba no kumenya iby'ubushyuhe, ababyeyi n'abarezi bashobora gutuma abana bidagadura mu mpeshyi mu buryo butekanye!

Aho byavuye:

Wukine Wirinda izuba: Imfashanyigisho y'ababyeyi. Ikigo gishinzwe kurinda no gukumira ibyorezo. <https://www.cdc.gov/cancer/skin/pdf/cycparentsbrochure.pdf>.

Umutekano wo mu mpeshyi Nyakanga ni ukwezi kwahariwe umutekano wa UV ku rwego rw'igihugu. Ishami rya Indiana rishinzwe ubuzima: Ibihe by'ihungabana, (Nyakanga/Kanama 2022). https://www.in.gov/health/trauma-system/files/Trauma-Times-July_August_FINAL.pdf



Gushyiraho gahunda y'ubuvuzi mbere n'amabwiriza atangwa mbere

Gushyiraho gahunda mbere ni igice cy'ingenzi mu gutegura ibikenewe ku buzima bwawe mu gihe udashoboye kwifatira ibyemezo by'ubuvuzi. Mu gihe ushyiraho gahunda, ushobora guhitamo kuzuza inyandiko y'amabwiriza atangwa mbere izayobora umuryango wawe ndetse n'inshuti zawe mu gihe udashobora kwerekana ibyifuzo byawe.

Amabwiriza atangwa mbere ni ubwoko butandukanye bw'inyandiko ushobora kuzuza kugirango urengere uburenganzira bwawe mu buvuzi. Ashobora gufasha umuryango wawe na muganga gusobanukirwa ibyifuzo byawe bijyanye n'ubuvuzi.

Ushobora:

- Guhitamo nonaha uburyo bw'ubuvuzi ushaka cyangwa udashaka.
- Guha umuntu ububasha bwo kuguhagararira mu bihe byinshi, harimo n'ubuvuzi bwawe.
- Gushyiraho umuntu wo kuvuga yego cyangwa oya ku buvuzi bwawe mu gihe waba utabishoboye.
- Kumenyeshya umuganga wawe mbere niba ushaka cyangwa udashaka gukoresha sisitemu yo gufasha ubuzima, niba ari ngombwa.
- Kumenyeshya umuganga wawe niba wifuza gutanga urugingo.

Ubwoko bw'amabwiriza atangwa mbere yemewe muri Indiana harimo kuvugana byihuse na muganga wawe n'umuryango, gutanga ingingo n'akaremangingo, Uhagarariye Ubuvuzi, uburenganzira ku

buvuzi wifuza guhabwa mu gihe uri mu bihe bikomeye by'ubuzima cyangwa uburenganzira mu kongerera ubuzima, Amabwiriza y'indwara zo mu mutwe atangwa mbere, Uburenganzira n'itegeko ryo kudashitira umutima mu gihe guhumeka byahagaze (hanze y'ibitaro) n'ububasha bw'umunyamategeko.

Amabwiriza atangwa mbere ntabwo azakuraho uburenganzira bwawe bwo kwifatira ibyemezo. Amabwiriza atangwa mbere azakora gusa mu gihe udashoboye kwivugira wowe ubwawe. MDwise ntishobora kwanga kwita cyangwa kuvugura abanyamuryango ukurikije niba bahisemo guhabwa, cyangwa kudahabwa amabwiriza atangwa mbere. MDwise isabwa gukurikiza amategeko ya Leta na guverinoma. Muganga wawe wa MDwise agomba kwandika niba warakoresheje amabwiriza atangwa mbere mu buvuzi bwawe. Niba ufite impungenge ko umuryango wa MDwise cyangwa umukozi w'ubuzima atari kuzuza ibisabwa n'amabwiriza atangwa mbere, hamagara MDwise.

Ku bindi bisobanuro ku gushyiraho gahunda y'ubuvuzi mbere n'amabwiriza atangwa mbere sura imbuga za murandasi zikurikira.

https://www.in.gov/health/cshcr/indiana-health-care-quality-resource-center/advance-directives-resource-center/#Indiana_Code_16_36

<https://www.nia.nih.gov/health/advance-care-planning-advance-directives-health-care>



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:

- Igabanyirizwa rigera ku madorari 30/ukwezi kuri serivisi z'umurongo mugari.
- Igabanyirizwa rigera ku madorari 75/ku kwezi ku bagize urugo ahantu hagenewe abahinde (tribal lands) hemewe.
- Igabanyirizwa ry'inshuro imwe rigera ku madorari 100 kuri mudasobwa igendanwa, mudasobwa itagendanwa, cyangwa telefone yo ku meza yaguzwe binyuze ku 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:
 - SNAP
 - Medicaid
 - Ubufasha bwa Leta mu by'imiturire
 - Inkunga nyunganizi y'ibyo umuntu yinjiza (SSI)
 - WIC
 - Inyungu zigenerwa abahoze mu ngabo cyangwa abarokotse bari mu kiruhuko cy'izabukuru
 - Cyangwa icyo ubuzima bushingiyeho

- Yitabira imwe muri gahunda z'ubufasha kandi atuye kuri Tribal lands zemerewe:

Ibiro ya Indiana bishinzwe ubufasha rusange

TANF ya Tribal

Gahunda yo Gukwirakwiza Ibiryo ku hantu hagendera ku mategeko y'Ubuhande

Ubufasha buhabwa abagore batwite n'imiryango ifite abana bari muni y'imyaka 3 (hashingiyeho ku yo yinjiza)

Intambwe ebyiri zo Kwiyandikisha

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

Menyeshya umukozi uri muri gahunda wihitijemo 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 Gahunga y'ihuza rya murandasi riciriritse kuri www.affordableconnectivity.gov.

Abakozi ba 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 Gahunga y'ihuza rya murandasi riciriritse ndetse na serivisi bashobora gutanga nk'igice cya gahunda.

Gumana na MDwise ku bwishingizi buri hejuru & burenze

Ubwishingizi bwa Medicaid buciye muri Mdwise buzarangiza igihe vuba. Umuryango wa Indiana n'Ubuyobozi bushinzwe Serivisi z'Imibereho myiza (FSSA) urasaba abanyamuryango bose ba Medicaid gusuzuma umwirondoro wabo n'amakuru y'amafaranga binjiza kugira ngo bagumane ubwishingizi bwabo. Kuvugurura gahunda y'ubwishingizi bwawe bimara iminota mike.

Kugira ngo ubwishingizi bwawe bukomeze gukora, ni ngombwa ko:

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

Sura urubuga rwa FSSA 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.**

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.
Pennsylvanian Dutch Pennsilfaanisch 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 ဗမာစာ	သင်သို့မဟုတ်သင်ကူညီနေသူတစ်ဦးဦးက MDwise နှင့်ပတ်သက်၍ မေးခွန်းရှိလာပါက ကုန်ကျစရိတ် မပေးရန်မလိုဘဲ မိမိဘာသာစကားဖြင့် အကူအညီရယူနိုင်သည်။ စကားပြန်နှင့်ပြောလိုပါက 1-800-356-1204သို့ ခေါ်ဆိုပါ။
Arabic آرابت	اكت غلب فيروررضال تامول عمل او قدع اسمل اى لى ع لوص حل ا يف قى حل ا كى ي دلف MDwise صوص خب قلى س ا مدع اس ت صوص ش يدل و ا كى يدل ناك ن ا 1-800-356-1204 ب ل ص ت ا م ج ر ت م عم ث د ح ت ل ل . ت ف ل ك ت ت قى ا ن و د ن م
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।





A McLaren Company

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