

South Country Health Alliance waxay kaa caawin *kartaa* inaad gaadho heerka dahabka ee *maaraynta* sonkorowgaaga.

Gaadiid aad ku timaado oo aad kaga tagto balantaada caafimaadka

Inaad timaado balantaada si uu dhakhtarkaagu u eego A1c-gaaga iyo heerka sonkorta dhiigaaga, iyo inuu eego caafimaadkaaga guud ahaaninu ku socdo dhabadii la doonayay.

Hadii ay kugu adag tahay inaad tagto iyo inaad ka timaado balantaada daryeelka caafimaadka, waxa aad u qalmi kartaa gaadiidka caafimaadka aan ahayn xaalad degdeg ah. RideConnect waxa uu bixiyaa gaadiid ahaan ah oo la isku lahayn karo oo caafimaadka ah, habdhaqanka caafimaadka iyo balanta daryeelka ilkaha ah.

Taageerada kordhinta waxqabadkaaga guud ahaan

Ku biir naadiga caafimaadka ee ka qaybqaadanaya oo hel illaa \$20 lacag celin ah bishii ee Families and Children (PMAP), MNCare, SingleCare, SharedCare, iyo xubnaha MSC+ ee ku wajahan khidmadaha xubinnimada kooxdaada caafimaadka marka aad tagto ugu yaraan 4 maalmood bishii, ilaa \$40 lacag celin ah bishii oo loogu talagalay xubnaha SeniorCare Complete iyo AbilityCare iyadoon laheyn qiimaha ugu yar ee maalmaha xaadiraanka ee loo baahan yahay.

Taageero kaa caawinaya joojinta isticmaalka tubaakada

Barnaamijka EX waxaa weeye mid firfircoon, taageero bulsho oo isticmaalayaasha dhabta ah ee tubaakada ee wax badan soo maray ah. Marka aad ku biirto, xabagta bilaa nikootiinta 8 da todobaad, xanjo, ama lozenges ayaa lagu soo diri karaa. Waxa aad heshaa qorshe joojin oo adiga kugu habaoon oo wax kula baranaya oo kula koraya.

Barnaamijka EX waxa uu bixiyaa tilmaamo wanaagsan, oo isdhax galka ah iyo agab aad u adeegsanayso safarkaaga joojinta tobaakada. Waxa ay bixiyaan taageero u adkaysi joojin sigaarka laydhka ah sidoo kale. Hel talada khabiirada, tilmaamo iyo tobobarka foolka-foolka ah oo wada sheekeysi tooska ah.

Booqo BecomeAnEX.org ama wac 1-833-EXCOACH.

Aaladaha aad kula socon karto xaaladaada caafimaad

Waxa aanu bixinaynaa kharashka agabka caafimaad oo ay ku jiraan aalada cabirka dhiikarka marka uu qoro dhakhtar iyada oo la isticmaalayo iibiyo agabka caafimaad oo adag (DME) oo ku jira dalada. La socodka sonkorta dhiiga (glucometer) iyo agabka kale ee macaanka iyo adeegyadu waxay ku xadidnaan karaa tilmaamaha warshada, alaabaadka iyo/ama noocyada marka aad ka heleyso farmasiga. Wada bixin ayaa loo baahan karaa. Wixii macluumaad dheeraad ah hubi Liiskaaga Dawooyinka la daboolay.



Deegaanka. Jawaab celin leh. Lagu kalsoonaan karo.

Caymiska daryeelka caafimaadku wuxuu diiradda saarayaa adiga.

South Country Health Alliance Adeegyada Xubinta

1-866-567-7242 ♦ TTY 1-800-627-3529 ama 711

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Digniin. Haddii aad u baahantahay caawimaad lacag-la'ann ah ee tarjumaadda (afcelinta) qorallkan, lambarka kore wac.

Atención. Si desea recibir asistencia gratuita para interpretar este document, llame al número indicado arriba.

Thov ua twb zoo nyeem. Yog hais tias koj xav tau kev pab txhais lus rau tsab ntaub ntauv no pub dawb, ces hu rau tus najnpawb xov tooj saum toj no.



1-866-567-7242, TTY 711.
members@mnscha.org

#5586

H5703_7561_M; H2419_7561-SOM Accepted SeniorCare Complete (HMO D-SNP) iyo AbilityCare (HMO D-SNP) waa qorshayaal caafimaad oo qandaraas kula jira barnaamijka Medicare iyo Gargaarka Caafimaadka Minnesota (Minnesota Medical Assistance) (Medicaid) si loo siiyo faa'idooyinka labada barnaamij ee isdiwaangelinta. Ka-diiwaansanaanta SeniorCare Complete iyo AbilityCare waxay ku xidhan tahay dib u cusbooneysiinta qorshaha.

South
Country
HEALTH ALLIANCE



Waxaan
kaa caawin
karnaa
caafimaadkaaga
macaanka!

Fahamka Intixaankaaga A1C

Waa maxay tijaabada A1C?

A1C waa baaritaan dhiig oo kuu sheegaya heerka celceliska sonkorta dhiiggaaga (guluukooska dhiigga) uu ahaa labadii ilaa saddexdii bilood ee la soo dhaafay. Waxay cabbirtaa inta sonkorta ay ku xiran tahay unugyada dhiiggaaga cas. Haddii sonkorta dhiiggaagu ay aad u sarayso, wax badan ayaa ku xidhaan doona unugyada dhiiggaaga. Sababtoo ah had iyo jeer waxaad samaynaysaa unugyo cusub oo dhiigga cas si aad u bedesho kuwii hore, A1C-gaagu wuu isbedelaa waqti ka dib marka heerarka sonkorta dhiiggaagu isbedelaan.

Waa maxay eAG?

eAG waxay u taagan tahay celceliska gulukoosta ee lagu qiyaasay waana qiyaasta sonkorta dhiiggaaga. Lambarkan waxa uu natiijada baaritaanka A1C u tarjumaa lambar la mid ah midka aad aragto marka aad guriga ku tijaabiso sonkorta dhiiggaaga. Tusaale ahaan, A1C ee 7% waxay ka dhigan tahay in celceliska sonkortaada labadii ilaa saddexdii bilood ee la soo dhaafay ay ahayd ilaa 154 mg/dL.

Waa maxay macnaha natiijada A1C/eAG?

Sida caadiga ah, A1C-gaagu wuxuu ku siinayaa isbeddel guud oo ku saabsan sonkorta dhiiggaaga taasoo u dhiganta waxaad ku aragto hubinta sonkorta dhiiggaaga ee maalin-maalinta ah. Mararka qaarkood, si kastaba ha ahaatee, natiijadaada A1C waxay u ekaan kartaa mid ka sareysa ama ka hooseysa intii aad filaysay. Taasi waxay noqon kartaa sababtoo ah ma hubinaysid sonkorta dhiiggaaga waqtiyada ay aad u sarreeysa ama aad u hooseysa.

Isticmaal shaxda hoose si aad u fahanto sida natiijadaada A1C ay u tarjumeysa eAG. Marka hore ka hel lambarkaaga A1C dhanka bidix. Kadib akhri si aad u barato celceliska sonkorta dhiiggaaga labadii ilaa saddexdii bilood ee la soo dhaafay.

A1C	Celceliska gulukooska dhiigga (eAG)
6%	126 mg/dL
6.5%	140 mg/dL
7%	154 mg/dL
7.5%	169 mg/dL
8%	183 mg/dL
8.5%	197 mg/dL
9%	212 mg/dL
9.5%	226 mg/dL
10%	240 mg/dL
10.5%	255 mg/dL

Intee jeer ayaan qaadan karaa A1C?

Haddii aad sonkorow qabto, dhakhtarkaagu wuxuu eegi doonaa A1C 3-6 bilood kasta. Haddii daawadu is beddesho, waxaad samaynaysaa isbeddelo kale sidaad u daryeesho naftaada, ama waxyaabo kale ayaa laga yaabaa inay saameeyaan sonkorta dhiiggaaga, waxaa laga yaabaa inaad marar badan iska hubiso.

Waa maxay bartilmaameedka wanaagsan ee A1C?

The American Diabetes Association® (ADA) wuxuu ku talinayaa bartilmaameedka A1C in ka yar 7% dadka waaweyn intooda badan. Adiga iyo dhakhtarkaagu waxa aad go'aansan kartaan bartilmaameed sare ama hoose taas oo ku xidhan hadafyadaada daawaynta iyo arimo kale. Mar kasta oo aad u dhawaato bartilmaameedkaaga, way fiicnaan doontaa fursadahaaga aad uga hortagi karto ama aad dib ugu dhigi karto dhibaatooyinka ka iman kara cudurka macaanka ee soo bixi kara waqti ka dib. Daraasaduhu waxay muujiyeen in hal dhibic kasta oo hoos u dhaca heerarka A1C,

aad hoos u dhigto khatartaada dhibaatooyinka sonkorowga muddada-dheer ilaa 40%.

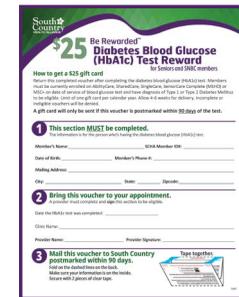
Maxaa dhacaya haddii A1C-kayga uu ka duwan yahay waxa aan filayo?

Haddii A1C-gaagu ka duwan yahay waxa aad filayso, la hadal dhakhtarkaaga. Waxaa laga yaabaa inaad u baahato inaad si joogto ah u hubiso sonkorta dhiiggaaga ama aad isticmaasho kormeeraha gulukooska ee joogtada ah (CGM) si aad fikrad fiican u hesho sida sonkorta dhiiggaagu isu beddesho maalinta oo dhan.

Miyaan weli u baahanahay inaan sonkorta dhiiggaaga ku eego mitir haddii aan si joogto ah u helo baaritaanka A1C?

Waxaad u isticmaali doontaa natiijooyinka mitirkaaga si aad u samayso go'aamo maalinle ah. A1C wuxuu ku siinayaa fikrad guud oo ah waxa socda iyo sida qorshahaaga daawaynta u shaqeeyo wakhtiyada aanad ka hubin sonkorta dhiiggaaga. Haddii aad wax su'aalo ah ka qabto qorshahaaga daawaynta, fadlan la xidhiidh dhakhtarkaaga.

Kaadhka Hadiyada Waxa Uu Bixiyaa:



Qaado \$25 Kaadhka Hadiyada

Markaad adeegbixiyahaaga kala kulanto wax ku saabsan sonkorowgaaga iyo baaritaankaaga sonkorta dhiiga (HbA1c).



Qaado \$25 Kaadhka Hadiyada

Ugu yaraan hal (1) booqasho oo daryeelka ilmaha ah oo sanadkii ah si loo saxo mushkilad ilkahaaga ah iyo ciridkaaga ah kahor inta ayna kasii darin.

Sidee bay u ekaan kartaa booqashad caafimaadka ee cudurka macaanku?

Qaar badan oo naga mid ah waxa aynu u barannay in ay si shakhsi ah ula kulmaan dhakhaatiirteena. Booqashooyinka tooska ah waa ikhtiyaarka aad ku arki karto dhakhtarkaaga adiga oo isticmaalaya taleefanka gacanta, tablet-ka iyo kombayutarada shirka fiidyaha ee loo yaqaan booqasho caafimaadka.

Faahfaahin dheeraad ah oo ku saabsan caafimaadka booqo boggayaga internetka oo ah <https://mnscha.org/wp-content/uploads/2021/08/5735.pdf>.

Haddii aad u baahan tahay in lagaa caawiyo jadwalka ballanta ama aad qabto su'aalo, wac Adeegyada xubnaha 1-866-567-7242.

TTY: 1-800-627-3529 ama 711 Saacadaha waa 8 am - 4:30 pm, Isniinta - Jimcaha

Faahfaahin dheeraad ah oo ku saabsan barnaamijyadayada faydaqabka iyo agabka waxbarashada caafimaadka, ku sawir code-kan QR kamaradaada casriga ah.



Waxaad sidoo kale ka booqan kartaa boggayaga internetka <https://mnscha.org/members/step-up-for-better-health/education-self-help/>.