

# Imibuzo & Iimpendulo

# dablapmeds

The shortcut to your chronic medication

CCMDD: NHI initiative

## IMIBUZO

Yintoni i Dablapmeds?

Izakundenzela ntoni?

Ingaba oku kuthetha ukuba ayisekho imfuneko yokuba ndiye ekliniki kwakhona?

Kufuneka ntoni ukuze ndingene kuyo?

Zeziphi ezinye iimeko zezigulo ezinganyangekiyo eziqulwe kwi Dablapmeds?

Unomgi okanye umongikazi akandichazela nge Dablapmeds, ingaba oko kuchaza ukuba andinakufakwa kuyo?

Ndizakuyazi njani ukuba kufuneka ndiwalande nini amayeza am?

Ndingayitshintsha na indawo endilanda kuyo amayeza?

Kwenzeka ntoni xa ndiphose imini yam yokulanda amayeza?

## IIMPENDULO

I Dablapmeds ngundlelamfutshane wokufumana unyango lwakho lwezigulo ezinganyangekiyo. Ivumela abantu abanezigulo ezinganyangekiyo kodwa ezilawulekayo balande amayeza abo kwiindawo ezikufuphi namakhaya okanye neendawo abaphangela kuzo bengakhange befole kwimikrozo yemigca.

Nge Dablapmeds uyazikhethela ukuba amayeza akho awulanda kufuphi nomsebenzi wakho okanye kufuphi nasekhaya. Oku kuqinisekisa ukuba awusoze uzifumanise ume emigceni emide. Uzakuthi unikwe amayeza eenyanga ezimbini ngexesha kwaye uzakuya ekliniki kabini ngonyaka.

Uzakuya ekliniki xa ungaziva mncinci. Lenkonzo ifumaneka simahla kwaye yinkonzo ekwenzela izinto lula, ikuvumela ulande amayeza akho ezigulo ezinganyangekiyo ngokukhawuleza kunokuba ubuzakuwalanda ekliniki.

Cela umongi/umongikazi okanye ugqirha wakho akubhalise kwi Dablapmeds. Xa ngaba:

- Uzinzile emayezenzi akho.
- Unesazisi esisemthethweni, inambari yencwadana yokundwendwela okanye inambari yokuba ngumphambukeli kweli okanye umntu onikwe igwiba, kwaye ukhetha ukuba kulenkqubo.

Umntu ophangela ekliniki uzakuba nalo lonke uluhlu lweemeko zezigulo ezikulenkqubo, kodwa zizakube zuquka:

- Iswekile
- Ipresha
- Ugawulayo
- Isifuba, nezinye ezininzi.

Kungenzeka ungafakwa kuyo, wena nje buza umongi/umongikazi ekliniki ukuba akujongele.

mihla yakho yokulanda amayeza izakuthi ibhalwe kwiqweqwe/kwikhadini lakho lokulanda amayeza. Elikhadi/eliqweqwe ligcine khuselekileyo. Uzakuthi ufumane ne SMS ekukhumbuzwa ngomhla wokulanda.

Ewe. Xa uphinda usiya ekliniki ze unikwe unyango lwakho olutsha lweenyanga ezintandathu. Awuzukwazi ukutshintsha ungekalugqibi olonyango lwakho.

Qinisekisa ukuba amayeza akho uwalanda kanye ngemini yakho yokuwalanda. Xa ngaba awuphumeleli ukuya kuzilandela, qinisekisa ukuba uwalandelwa ngumntu omtyumbileyo nobhalisiweyo ukuba akulandele. Iindawo zokulanda amayeza zivula iyure ezinde ntoleyo ekwenzela lula ukuba ungawuphosi umhla wakho wokulanda. Amayeza akho akuthi agcinwe kwindawo olanda kuyo iintsuku ezisixhenxe. Xa ungawalandi de kuphele ezintsuku, igama lakho lakucinywa kulenkqubo.

Ngoku sele ulungele  
ukuba sendleleni  
yakho ekhawulezayo  
nekufuphi eya  
empilweni nge Dablapmeds,  
the shortcut  
to your chronic  
medication.

Eastern Cape, Free State,  
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The shortcut to your  
chronic meds.

Want to know how you can get your chronic  
medication quicker and more conveniently?  
We have the answers.

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## IMIBUZO

Kuzakwenzeka ntoni xa ndinganikwa okanye  
ndingafumani amayeza aphunyezwe ngugqirha  
ukuba ndiwasebenzise-ufike awekho okanye  
ndinikwe amayeza angengawo lawo  
ndiwasebenzisayo?

Ndingakwazi na ukuthumela omnye  
umntu andilandele?

Ndingumntu ofumene igwiba apha kweli lizwe  
ndinencwadana yokundwendwela yelinye ilizwe,  
ndingakwazi na ukubhalisa kwi Dablapmeds?

Kufuneka ndiphathe ntoni xa ndisiya kulanda  
amayeza am?

Inambari yam ye cellphone itshintshile; ndingayifaka  
njani le intsha ezincwadini zalenkqubo?

Ndimtshintsha njani umntu endimtyumbileyo  
ukuba andilandele amayeza?

Ndinexhala lokuba abamelwane bam  
bazakuwabona amayeza am, aza  
efakwe entweni?

Ingaba indawo endilanda kuyo amayeza  
izakuhlala ivuliwe nangelixesha lobhubhane  
we COVID-19 ?

## IIMPENDULO

Qhakamshelana nedesika yoncedo ebhalwe ekhadini lakho  
kungenjalo usingise ekliniki .

Ewe, unganakho ukutyumba abantu babe babini bokulandela  
amayeza akho . Umntu okulandela amayeza kufuneka ahambe  
ephethe ikhadi lakho lokulanda amayeza apha the nesazisi  
sakho nesakhe.

Ewe unakho. Qinisekisa nje ukuba uveza inambari yakho  
yencwadana yokundwendwela okanye inambari yakho yokunikwa  
igwiba kunye nomhla wakho wokuzalwa ochanekileyo.

Kufuneka isazisi sakho, inambari yakho yencwadana  
yokundwendwela okanye inambari yakho yokunikwa igwiba,  
zifane twatse nezo zikwiqweqwe/zikwikhadi lakho  
lokulanda amayeza.

Qhakamshelana nedesika yoncedo kumnxeba wasimahla  
ebhalwe kwiqweqwe/kwikhadi lakho lokulanda amayeza.

Chaza kwidesika yoncedo kumnxeba wasimahla okwiqweqwe  
lakho/okwikhadi lakho lokulanda amayeza kungenjalo utshintshe  
umntu okulandela amayeza xa uphinda usiya ekliniki xa kuvuselelwa amayeza  
akho aphunyezwe ngugqirha.

Afakwa ebhokisini okanye kwisingxobo. Akakho/akekho umntu  
ozakuyazi ukuba kukho ntoni kwibhokisi okanye kwisingxobo sakho, sizakube  
sivalwe vingci/ibhokisi izakube ivalwe vingci.

Ewe, ukuziswa kwamayeza yinkonzo ebalulekileyo kwaye yona  
soze iphazamiseke. Wena uzakuhlala uzifumana ii SMS ezikuchazela ngomhla  
wokufika kwamayeza akho, yaye iindawo zokulanda amayeza zizakuhlala  
zivuliwe. Xa ngaba indawo yakho yokulanda amayeza itha yavalwa ngasizathu  
sithile, uyakuthi waziswe nge SMS ngenye indawo ongalanda kuyo. Kubalulekile  
ukuba amayeza akho ezigulo ezinganyangekiyo uhlale uwalanda ngexesha  
obekelwe lona.