

# Imibuzo & Iimpendulo

# dablapmeds

The shortcut to your chronic medication

CCMDD: NHI initiative

## IMIBUZO

Iyini i-Dablapmeds?

Ngizuzani ngayo?

Ingabe lokhu kutjho ukuthi akusenasidingo sokuvakajhela ngemtholapilo?

Ngingangena bunjani kilelilelo?

Ngibuphi obunye ubulwele namagulo abantu abaphila nawo afakwe kilehlo le-Dablapmeds?

Inesi ngetlinigi alikatjho litho kimi nge Dablapmeds, kutjho ukuthi angikafakwa kilelilelo na?

Ngizokwazi bunjani nasele kusikhathi sokuthola imitjhoga yami na?

Ngivumelekile bonyana ngingatjhugulula indawo engiphaka kiyo imitjhoga yami?

Ngingenza njani nangiphundwe lilanga lokuphaka imitjhoga yami?

## IIMPENDULO

I-Dablapmeds yindlela equntelako yokuthola imitjhoga yakho yamagulo ophila nawo. Iyumela iingulani ezinamagulo angalaphekiko kodwana ezinzileko emitjhogeni yazo ukuthi ziphake imitjhoga yazo matjhidelana nendawo abahlala kizo namkha ababerega kizo ngaphandle kokujama imijeje emide ngemtholapilo.

Lokhu kuzokurhuluphelisa bonyana awujami imijeje emide ulindele imitjhoga yakho. Uzophaka imitjhoga yeenyanga ezimbili qobe nakusikhathi sakho sokuphaka imitjhoga. Lokhu kuzakwenza bonyana uvakajhela ngemtholapilo kabili ngomyaka.

Ngemtholapilo ungavakajhela khonalokha nangazizwa kule. I-Dablapmeds yindlela yasimahla elula yokuphaka imitjhoga yakho ngokurhabileko kunalokha nawujama umjeje ngemtholapilo.

Bawa umhlangikazi namkha udorhodere wakho bonyana ungazitolisa bunjani kilehlo le-Dablapmeds. Nayikhobe:

- Unzinzile emitjhogeni yakho.
- Unomazisi osemthethweni weSewula Afirika, inomboro yePasipoti namkha yobuPhalali begodu ukhetha ukuba sehlelweni leli.

Umsebenzi wezamaphilo uzokuba nalo loke irhelo lobulwele, kodwana amanye afaka hlanguka:

- I-Swigiri (Diabetes)
- Ubulwele obenza ihliziyo ibethele phezulu (Hypertension)
- Intumbantonga (HIV)
- Ukugandeleleka kwamaphaphu okwenza kube budisi ukuphefumula (Asthma)
- Nokunye ubulwele.

Fumanisa nomhlangikazi namkha udorhodere bonyana ungakwazi ukungena kilelilelo.

Amalanga wokuphaka imitjhoga yakho atlolwa ekaradaneni onikelwa lona ngemtholapilo. Libulunge kule liphephile. Uzokukereya nomlayezo ngomakhala edinini, ezabasikhumbuzo bonyana sele kusikhathi sokuphaka imitjhoga yakho.

Iye. Lokha nawuvakajhela ngemtholapilo godu bewufumane imitjhoga emitjha yeenyanga ezisithandathu. Awukavumeleki ukutjhugulula amalanga wokuphaka imitjhoga phakathi nendawo.

Qinisekisa njalo bonyana uphaka imitjhoga yakho ngamalanga abekiweko. Nawubhalelwako, qinisekisa bonyana loyo ombawileko uyakuthathela. Iindawo zokuphaka imitjhoga ziberega ngesikhathi esenza bonyana kubelula bonyana ukereye imitjhoga yakho ngamalanga obekelwe wona. Imitjhoga yakho izokugcinwa amalanga alikhomba, nangabe awuyilandi iphasela yakho ngesikhathi esibekiweko uzokusulwa ehlelweni leli.

Nje sewulungele  
ukubamba indlela  
emsinya nelula  
yokubuyela epilweni  
nge- Dablapmeds,  
the shortcut  
to your chronic  
medication.

Eastern Cape, Free State,  
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Toll Free – 0800 214 761

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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

Kwenzekani nangingayikereyi imitjhoga  
engitlolelwe yona – ayikho namkha  
ngithola ekungasiyo?

Ngingamthumela omunye umuntu ukuthi ayongithathela  
imitjhoga yami na?

Ngimphalali namkha ngiphethe ipasipoti  
lenarha yangaphandle, ngingakghona  
ukuzitolisa ku-Dablapmeds?

Kufanele ngiphathe ini lokha nangiyo-phaka  
imitjhoga yami?

Ngitjhugulule inomboro yami yakafunjathwako, ngingayifaka  
njani etja le?

Ngimtjhugulula njani lo engimkhethe  
bonyana ayongithathela imitjhoga yami?

Nginarhuluphelo lini bonyana kakho umuntu ozokwazi  
bonyana iphasela engiliphetheko linani?

Kwenzekani nangingalahlekelwa likarada  
lami lokuthatha ama-Dablapmeds?

Indawo engphaka kiyo imitjhoga yami izokuvulwa ngesikhathi  
sokurhagala kwengogwana ye-COVID-19 lesi?

## IIMPENDULO

Thinta itafula lesizo njengombana kutshwayiwe ekaradeni lakho  
namkha uvakatjhele emtholapilo.

Iye ungakhetha abantu ababili abangakulandela imitjhoga yakho.  
Umuntu omthumileko kufanele eze nekarada lakho, umazisi  
wakho kunye nomazizi wakhe.

Iye ungakghona. Qinisekisa bonyana unikela ngenomboro  
yePasipoti lakho namkha inomboro yobuPhalali kunye  
nelanga ekungilo owabelethwa ngalo.

Inomboro kamazisi wakho, yePasipoti namkha yobuphalali  
njengalokhu zivela ekaradeni lakho lokulanda imitjhoga yakho.

Thintana netafula lesizo enomborweni yasimahla  
esekaradeni lakho.

Yazisa itafula lesizo enomborweni yasimahla njengalokhu  
kusitjho ekaradeni lakho namkha utjhugulule iinthunywa zakho  
lokha nawuvuselelelako.

Imitjhoga ifakwa ngebhokisaneni namkha esikhwanyaneni.  
Akakho ozokwazi bonyani kunani ngaphakathi.

Vakatjhela emtholapilo ukufumana etja. Dosela itafula lesizo  
enomborweni yasimahla ukufumana bona linini ilanga ekufanele  
uphake ngalo imitjhoga yakho.

Iye, ukwethulwa nokunikezelwa kwemitjhoga kumberego oqakathekileko  
begodu angekhe kuthikamezeke. Uzokuragela phambili ukukereya imilayezo  
esikhumbuzo kufunjathwako wakho ngamalanga wokuphaka kwemitjhoga  
yakho begodu iindawo zokulanda imitjhoga zizokuhlala zivuliwe. Nakhibe  
ngesizathu esithize, indawo ovame ukuphaka kiyo imitjhoga yakho ivaliwe,  
uzokwaziswa ngomlayezo kumakhaledinini wakho bona ungayifumana  
kuyiphi enye indawo. Kuqakathekile bonyana uphake imitjhoga yakho ngelanga  
elibekiweko.