

Imibuto & Timphendvulo

dablapmeds

The shortcut to your chronic medication

CCMDD: NHI initiative

IMIBUTO

Iyini Dablapmeds?

Ingisita ngani mine?

Ngabe loku kuchaza kutsi sekute sidzingo sekutsi ngiye emtfolamphilo?

Yini lengiyidzingako kute ngibhalisele loluhlelo?

Ngabe ngutiphi tifo letingumahlalekhona lesisitakala kuto ngaphansi kwe Dablapmeds?

Umlhengikati wasemtfolamphilo akangitjeli lutfo nge Dablapmeds, ngabe loko kuchaza kutsi mine angikavumeleki yini kutfoala lolusito labalwetfulako?

Ngitawati ngani nasekufanele kutsi ngilandze imitsi yami?

Ngingayintjintja yini indzawo lengilandza kuyo imitsi?

Ngenta njani nangengciwe lilanga lami lekulandza imitsi?

ANTWOORDE

Dablapmeds yindlela lelula yekutfoala imitsi yakho yetifo letingumahlalekhona luvumela tiguwane letiphetfwe tifo letingumahlalekhona, letikhonako kulawula leto tifo ngemitsi kutsi tilandze imitsi yato endzaweni ledvutane nasemakhaya ato nobe nasemsebentini yato, ngaphandle kwekuyoma edelezini lelidze.

Dablapmeds ikunika litfuba lekukhetsa kulandza imitsi yakho esikhungweni lesidvutane nasekhaya nobe nasemsebentini wakho. Loku kutawucinisekisa kutsi awumi emadelezini lamadze. Utawutfoala imitsi yetinyanga letimbili ngesikhatsi sinye, futsi utawuvakashela umtfolamphilo kabili nje kuphela ngemnyaka.

Kumele uvakashale emtfolamphilo nawungatva kahle. Lolu luhlelo lwamahhala futsi lolu lula, lolukuvumela kutsi ulandze imitsi yakho yetifo letingumahlalekhona masinyane kunasemtfolamphilo.

Cela umhlengikati nobe dokotela kutsi akubhalise ku Dablapmeds. Nangabe:

- Sifo sakho siyalawuleka ngemitsi.
- Une matisi losemtsetfweni (ID), inombolo yephasipoti nobe inombolo yemvume yakho yekukhoseliswa kulelive, futsi ufisa kuba kuloluhlelo.

Dokotela wakho unalo lonkhe luhla lwetifo letingumahlalekhona, kodwa letinye tato ngunati:

- Sifo sashukela
- I-Hypertension
- I-HIV
- I-Asthma, naletinye tifo letinyenti.

Nawe kungenteka uvumeleke kutfoala lusito, vele ubute umhlengikati nobe dokotela wakho kutsi akuhlalele.

Emalanga ekulandza imitsi abhalwa phansi ekhadini lakho lekulandza imitsi. Libeke kahle lelikhadi. Utawutfoala ne SMS lekukhumbutako kutsi uyolandza imitsi.

Yebo. Nawubuyelako emtfolamphilo uphindze utfole incwadzi lensha yekulandza imitsi etinyangeni letisitifupha. Awukavumeleki kuntjintja nangabe usengakatedzi tinyanga lobekelwe kulandza ngato imitsi.

Cinisekisa kutsi uyawalandzela emalanga lobekelwe wona ekulandza imitsi yakho. Nangabe awukhoni kuyilandza, yenta sicinisekiso sekutsi munye walababili lobakhetsile kutsi bakulandzele imitsi uyaya kuyoyilandza. Tikhungo lekulandzwa kuto imitsi tivula sikhatsi lesidze, lokwenta kube lula kulandza imitsi yakho ngelilanga lobekwelwe lona. Imitsi yakho itawulondvolutwa esikhungweni loyilandza kuso sikhatsi lesingemalanga lalishumi nakune. Nawungakalilandzi liphasele lakho ngaleso sikhatsi, libito lakho litawususwa ngaphansi kwaloluhlelo.

Nyalo Sewukulungele
kungena eluhlelweni
loluphangisako
naloluyindlela
ledvutane
leyaemphilweni nge
Dablapmeds, the shortcut
to your chronic
medication.

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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.

CCMDD: NHI initiative

IMIBUTO

Kwentekani nangingayitfoli lemitsi
lengibhalelwe yona ngudokotela – nabatsi ayikho noma
mhlawumbe nginikwe imitsi lengasiyo?

Ngingatfumela yini lomunye umuntfu
kutsi ayongilandzela?

Ngikhoselisiwe kulelive noma nginephasipoti yakulelinye
live, ngingabhalisa yini ku Dablapmeds?

Yini lekumele ngiyiphatse nangiyolandza
imitsi yami?

Ngintjintje inombolo yami ye yamakhalekhikhini
(cellphone); ngingayintjintja kanjani kululuhlelo?

Ngintjintja njani umuntfu lebengimkhetse
kutsi utangilandzela imitsi yami?

Ngikhatsatekile kutsi bomakhelwane kungenteka
babone imitsi yami, ipakishwe kanjani?

WKwentekani nangilahlekelwe likhadi lami
leDablapmeds lekulandza imitsi?

Ngabe sikhungo lengilandza kuso imitsi yami sivuliwe
yini kulesikhatsi salolubhubhane lwe COVID-19?

TIMPHENDVULO

Chumana nelihhovisi letfu lelusito, lelibhaliwe ekhadini lakho
nobe uvakashele emfolamphilo.

Yebo, uvumeleke kukhetha bantfu lababili labangakulandzela imitsi yakho. Loyo
muntfu loyokulandzela imitsi kumele aphantse likhadi lakho lekulandza imitsi ne
nombolo yematisi (ID) yakho kanye neyakhe.

Yebo ungakhona. Yenta sicinisekiso sekutsi usinika inombolo yakho yephasiyoti
nobe yemvume yekukhosela kulelive kanye nelilanga lakho lelingilo lekutalwa.

Inombolo ye-matisi, yepasiyoti nobe yemvume yakho yekukhoseliswa kulelive
lehambisana nalebhalwe ekhadini lakho lekulandza imitsi.

Chumana ne-lihovisi lelusito kulenombolo yamahhala lebhalwe ekhadini lakho
lekulandza imitsi.

Bikela lihovisi lelusito enombolweni yamahhala lebhalwe ekhadini
lakho lekulandza imitsi nobe untjintje labatakulandzela imitsi ngesikhatsi
sewuyovuselela incwadzi yakho yadokotela yekulandza imitsi.

Ita ipakishwe kahle ebhokisini nobe esikhwameni. Kute lotawukwati kubona
imitsi yakho ngobe itawube ivaleleke ngci.

Vakashela umfolamphilo kute utfole lelisha. Ushayele lihovisi lelusito
enombolweni yabo yamahhala kuhlola kutsi linini lilanga lakho lekulandza imitsi.

Yebo, kulandwa kwemitsi yintfo lebaluleke kakhulu ngako ngeke kuze
kuphazamiseke. Utawuchubeka utfole ema SMS lakwatisa ngesikhatsi
sekuyolandza imitsi yakho, kantsi netikhungo tekulandza imitsi titawuhlala
tivuliwe. Nangabe kuyenteka kutsi sikhungo lolandza kuso imitsi yakho sivalwe,
utawatiswa nge SMS macondzana nalenye indzawo longayilandza kuyo.
Kubalulekile kuchubeka nekulandza imitsi yakho yetifo lesingelapheki ngelilanga
lobekelwe lona.