

**dablapmeds**

The shortcut to your  
chronic medication



CCMDD: NHI initiative



## Swivutiso & Tinhlamulo

### SWIVUTISO

Xana iyini Dablapmeds?

Xana kuna yini xa mina?

Xana leswi swingava swivila leswaku andzi ngaha pfuki ndzi endzele kliniki nakambe?

Xana ndzi fikelerisa kuyini eka swona?

Xana hi wahi mavabyi yanwana lawa yanga tshungulekiki lawa yanga eka Dablapmeds?

Vaongori e kliniki ava se ndzi byela hi Dablapmeds, leswi swingava swivila leswaku andzi ringanelangi?

Xana ndzi ta switiva njhani kuri ndzi fanele kuya rini ni ya teka mirhi ya mina?

Xana ndzi nga cinca ndzhawu yo teka eka yona?

Kuta humelela yini loko ndzi nga teki hisiku leri va nga ndzi vekela rona?

### TINHLAMULO

Dablapmeds i ndlela yo koma yo kuma mirhi ya mavabyi yoka yanga tshunguleki. Yi pfumelela swigulani swa mavabyi lawa yanga tshungulekiki kambe swi hanya hi mirhi kuya teka mirhi yavona ekusuhi nale kaya kumbe e ntirhwени kambe vanga yimi tilayini to leha.

Dablapmeds yi endla leswaku u hlawula ku kuma mirhi ya wena eka ndzhawu yale kusuhu nale ntirhweni kumbe kaya kawena. Leswi swita endla leswaku unga yimi tilayini to leha. Uta amukela mirhi ya tinhweti timbirhi hi nkarhi wun'we naswona uta endzela kliniki kambirhi hi lembe.

Uta endzela ntsena kliniki loko unga ti twi kahle. Lebyi i yukorhokeri bya mahala no olova lebyiku pfumelelaka ku amukela mirhi ya wena hiku hatlisa leyi awuta yikuma e kliniki.

Kombela muongori kumbe dokodela wa wena ku ku tsarisela eka Dablapmeds.

Loko u:

- Tirhisa mirhi ya wena nkarhi hinkwawo.
- Uri na pasi, nomboro ya passport kumbe asylum seeker, naswona u hlawula kuva eka nonganoko.

Muongori wawena uta fanele ku xaxameta swiyimo swa mavabyi ya wena, kambe yanwana ya katsa:

- Diabetes
- Hypertension
- HIV
- Asthma, na yanwana yotala.

Ungaha fikelela, vutisa muongori wawena leswaku aku langutisela.

Siku ra kuya teka mirhi u nyikiwa rona eka khadi leri u tekaka hi rona. Hlayisa khadi. Uta kuma SMS ku kutsunduxa leswaku uya teka rini.

Ina. Loko uya kliniki eka nkarhi lowutaka kutani ukuma nxanxameto wuntshwa wa 6 wa tinhweti. Ungaka unga cinci loko unga se heta lowu waha wu tirhisaka.

Tiyisisa nkarhi hinkwawo kuva u teka hi siku leri unyikiweke rona. Loko u tsandzeka kuya teka, tiyisisa leswaku loyi unga rhuma yena wa teka. Tindzhawu to teka tina ti awara to olova leswi oloviseka kuva uya teka. Mirhi ya wena yita vekiwa eka ndzhawu leyi kuringana 14 (nkombo) wa masiku. Loko unga tekangi kuza ku hela nkarhi lowu, uta susiwa eka nonganoko.

Se u lulamele  
gondzo ro koma  
no hatlisa kuya  
eka rihanyo hi Dablapmeds,  
the shortcut  
to your chronic  
medication.

Eastern Cape, Free State,  
Gauteng, North West  
**Toll Free – 0800 214 761**

Limpopo, Mpumalanga,  
Northern Cape  
**Toll Free – 0801 516 176**

KwaZulu-Natal  
**Toll Free – 0800 212 350**

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**

## SWIVUTISO

Xana kuta humelela yini loko ndzi nga  
kumi mirhi ley i ndzi faneleke – yingari kona  
kumbe yi hoxekile?

Ndzi nga rhumela munhu wun'wana kuya  
ndzi tekela?

Loko ndziri asylum seeker kumbe  
ndziri na passport yale handle, ndzinga  
tsarisa eka Dablapmeds?

Ndzi nga famba nayini loko ndziya teka mirhi  
ya mina?

Ndzi cince nomboro ya rinqingho;  
ndzi nga yi lulamisa njhani eka system?

Ndzi cincisa kuyini munhu loyi ndzi rhumaka  
yena kuya ndzi tekela mirhi?

Ndzi vilerisiwa hiku makhelwani uta vona  
mirhi ya mina, xana yiphutserisiwe kuyini?

Kuta humelela yini loko ndzo lahla khadi  
ra Dablapmeds?

Ndzhawu ley i ndzi tekaka eka yona yitava  
yi pfurile hinkarhi wa COVID-19?

## TINHLAMULO

Tihlanganisi na help desk kuya hilaha swinga kombisiwa  
eka kariti ra wena kumbe u endzela kliniki.

Ina, unga hlawula vanhu vambirhi ku kutekela mirhi. Munhu  
loyi aku tekelaka u fanele a famba na pasi na khadi swa wena  
xikanwe na pasi ra yena.

Ina unga swiendla. Tiysisa leswaku uva nyika nomboro ya  
Passport kumbe Asylum seeker xikan'we na siku ra wena  
raku velekiwa.

Nomboro ya pasi ra wena, passport kumbe asylum seeker  
number kuya hi khadi leri u amukelaka hi rona.

Ti hlanganisi na help desk eka nomboro ya rinqingho  
ya mahala leyinga eka khadi ra wena.

Tivisa help desk eka nomboro ya rinqingho ya mahala leyinga  
eka khadi kumbe ku cince murhumiwa kumbe ku pfuxelela  
mirhi ley i lavekaka.

Yile ndzeni ka bokisi kumbe nkwama. Akuna loyi anga ta switiva leswaku kuna  
mirhi yayini eka bokisi kumbe xinkwamani, xita xipfariwile.

Endzela kliniki ku kuma rintshwa. Fonela help desk eka nomboro  
ya mahala ku kamba leswaku siku leri landzelaka ro teka mirhi  
hi rihi.

Ina, ku tisiwa ka mirhi i vukorhokeri bya nkoka naswona byingaka byinga  
kavanyetiwi. Utaya emahlweni u kuma ti SMSes to ku tivisa hiku fika ka mirhi  
ya wena, naswona ndzhawu ya mphakelo yita tshama yi pfurile. Loko kova na  
xivangelo xakuva ndzhawu yi pfarivile, uta tivisa hi SMS hita ndzhawu yinwana  
unga pfunekaza kona. Swina nkoka kuya emahlweni u teka mirhi ya wena kuya  
hi siku leri kunguhatiweke.