

# dablapmeds

The shortcut to your  
chronic medication



CCMDD: NHI initiative



## Imibuzo & Izimpendulo

### IMIBUZO

Yini iDablapmeds?

Pho mina ngisizakala kanjani?

Ngabe loko sekusho ukuthi angisophinde  
ngivakashele umtholampilo futhi?

Ngiluthola kanjani lolusizo?

Yiziphi izifo ezingelapheki ezifakiwe ngaphansi kwe  
Dablapmeds?

Umhlengikazi wasemtholampilo akakangitsheli  
lutho ngeDablapmeds, ngabe loko kusho ukuthi  
angikhwafayi?

Ngizokwazi kanjani uma  
sekufanele ngilande imithi yami?

Ngiyakwazi yini ukushintsha indawo  
engiyilanda kuyo imithi?

Kwenzekani uma ngilukhohlwa usuku okufanele  
ngilande ngalo imithi?

### IZIMPENDULO

IDablapmeds yindlela enqamulelayo yokuthola imithi yakho yezifo  
zesikhathi eside. Isiza iziguli ezinezifo ezingelapheki noma ezighuba isikhathi  
eside, ezisebenzisa imithi umsha ushile, ukuthi zikwazi ukulanda imithi  
yazo eduze kwalapho zihlala khona noma eduze kwemisebenzi yazo,  
ngaphandle kokuma emiggeni emide.

IDablapmeds ikunka ithuba lokukhetha ukuthi ufuna ukulanda imithi  
yakho endaweni eseduze kwekhaya noma emsebenzini wakho. Loko  
kuzokusiza ukuthi ungaloku uyokuma emiggeni emide. Uzothola  
imithi yezinyanga ezimbili ngesikhathi esisodwa, futhi uzovakashela  
umtholampilo kabilo vo ngonyaka.

Kufanele uye emtholampilo uma uzipwa ungaphilile kahle.  
Lolu uhlelo lwamahhala nolukulungele, olukusiza ngokukulethela imithi  
yakho ngokushesha, kunokuthi uyolinda emiggeni yasemtholampilo.

Cela umhlengikazi noma udokotela wakho akubhalisele IDablapmeds.  
Uma ngabe:

- Uzinzile emithini yakho.
- Unenombolo esemthethweni ye-ID, ye-passport noma ye-asylum  
seeker (abacela ukukhoselisa), futhi uma uthanda. ukungena  
kuloluhlelo.

Umeluleki wasemtholampilo uzoba nalo uhla lwazo zonke lezizifo, kodwa  
ezinye zazo yilezi:

- IDiabetes
- IHypertension
- IHIV
- IAsthma, nezinye eziningi.

Mhlawumbe uyakhwafaya, vele ucele umhlengikazi noma umeluleki  
ngemithi ukuthi akubhekele.

Izinsuku ongalandla ngazo imithi zibhaliwe ekhadini lokulanda imithi  
ozolinikwa. Ligcine liphephile lelikhadi. Uzophinde uthole neSMS  
ezokukhumbuza ukuthi uyilanda nini imithi.

Yebo. Ngesikhathi esilandelayo uma uya emtholampilo, lapho uzothola  
khona iprescription yezinyanga ezingu 6 ezilandelayo. Awukwazi  
ukushintsha indawo ngenkathi usephakathi neprescription ethile.

Uboqiniseka njalo nje ukuthi uyalugcina usuku lokulanda imithi olunikiwe.  
Uma wene ungele uphumelelo, qiniseka ukuthi omunye wabantu  
owabakhetha ukuthi bakumele bayakulandela imithi. Izindawo zokulanda  
imithi ziyula amahora akulungele, okwenza kube lula ukuthi ungaphuthwa  
usuku lokulanda. Imithi yakho izogcinwa izinsuku ezingu 14 kuleyondawo  
oyilanda kuyo. Urna wehlulekile ukulanda iphasela lakho kuze kuphele  
lezosikhathi, uzokwesulwa kuloluhlelo.

Manje usukulungele  
ukungena endleleni  
esheshayo nese  
duzane ebange empilweni,  
nge 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**

## IMIBUZO

Kwenzekani uma ngingayitholi imithi engayibhalelwa ngudokotela - mhlawumbe kuthiwe awutholakali noma kumbe nginkwe umuthi okungesiwona?

Ngingamthuma omunye umuntu ukuthi ayongilandela imithi yami?

Ngingumuntu ovela ngaphandle owacela ukukhoseliswa, noma-ke, nginePassport yangaphandle, ngiyakwazi yini ukubhalisela iDablapmeds?

Kudingeka ukuthi ngiphatheni ngenkathi ngiyolanda imithi yami?

Sengishintshe inombolo yecellphone yami, ngingalwenza kanjani ushintsho lwayo kuloluhlelo?

Ngingamshintsha kanjani umuntu ongilandela imithi?

Ngikhathazekile ngokuthi abanye abantu bangahle bayibone imithi yami. Ngabe isongwa kanjani?

Kufanele ngenzenjani uma ngilahlekela yikhadi lami lokulanda imithi lakwa-Dablapmeds?

Ngabe lendawo yami engilanda kuyona imithi izobe ivuliwe ngesikhathi sobhubhane lwe COVID-19?

## IZIMPENDULO

Xhumana ne help desk njengoba ibhaliwe ekhadini lakho lokulanda imithi, noma-ke tshela abasemtholampilo.

Yebo, ungaqoka abantu ababili abazokulandela imithi. Umuntu ozokulandela imithi yakho kudingeka aphathe ikhadi lakho, iD yakho kanye neyakhe lapho eyolanda imithi yakho.

Yebo uyakwazi. Qiniseka ukuthi ubanika inombolo yakho ye-Passport noma ye- Asylum seeker kanye nosuku lwakho lokuzalwa olusemthethweni.

Phatha i-ID yakho, i-passport yakho, noma inombolo yakho ye- asylum seeker ebhalwe ekhadini lakho.

Xhumana ne help desk kulenombolo engakhokhelwa ebhalwe ekhadini lakho lokulanda imithi.

Khuluma ne-help desk kulenombolo engakhokhelwa ebhalwe ekhadini lakho lokulanda imithi, noma ushintshe lowomuntu ngokuzayo uma uvuselela iprescription.

Imithi ifakwa ebhokisini noma esikhwameni. Akukho mutu ozobona ukuthi kuhkona mithi mini kulelobhokisi noma kulesosikhwama, ivalelwé ngci.

Phuthuma emtholampilo uyocela elisha. Shayela ihelp desk enombolweni engakhokhelwa uwwe ukuthi lunini usuku olulandelayo lokulanda imithi.

Yebo, ukwethulwa kwemithi kungumsebenzi obalulekile, ngakho kuzoghubeka ngaphandle kokuphazamiseka. Uzoghubeka nawe nokuthola ama-SMS akutshela ngokufika kwemithi yakho, kanti izindawo okulandwa kuyo zizohlala zivulive. Uma, ngesizathu esithile, indawo yakho yemithi ivaliwe, uzokwaziswa nge-SMS ngenye indawo ongayilandla kuyo imithi. Kubalulekile ukuthi uqhubeka nokulanda imithi yakho yezifo ezingelapheki ngesikhathi esibekiwe sokuthi uyilande.