

Qinisekisa ukuba usebenzisa onke amaqithiqithi!

I-Medical Aid yakho ikubabala ngobulungu kwi-CDE Diabetes Management Programme. Injongo yeNkqubo kukukunika unonophelo olugqibeleleyo olunxulumene nesifo seswekile. Oku kuza kuphucula ulawuleko lwesifo seswekile kunye nomgangatho wobomi bakho kuze kunciphise amathuba okuba kubekho ukubhidana kwimpilo yakho okubangelwa sisifo seswekile.

Ukuze ufumane inzuzo epheleleyo kwiNkqubo, kufuneka uqinisekise ukuba undwendwela ugqirha rhoqo kwaye uzuza iinkonzo kuye ngelixa uphantsi kwale Nkqubo.

Nceda uqinisekise ukuba:

- Undwendwela ugqirha wakho we-CDE ubuncinana kabini ngonyaka. Qaphela ukuba uthomalaliso lwesifo seswekile nguye nawuphi omnye ugqirha aluzukuhlalulelwa kwi-CDE okanye yi-Medical Aid yakho.
- Onke amachiza akho okuthomalalisa isifo seswekile kufuneka uwalande kugqirha wakho we-CDE kuphela okanye iZiko. Amachiza owafumene kwenye indawo aza kuhlawulwa nguwe kwaye akazi kubandakanywa kwi-CDE okanye kwi-Medical Aid yakho
- Ubonana nonompilo wakho okufundisa ngesifo seswekile ubuncinane kabini ngonyaka ukukwazisa ngezintsha kulawuleko kunye nokukunceda ukulawula iswekile.
- Udibana ne-podiatrist (ugqirha wenyawo) kanye ngonyaka ukuhlola iinyawo zakho.
- Ubonana nomcebisi wakho ngezokutya ubuncinane kanye ngonyaka ukuvandlakanya indlela otya ngayo.
- Uya kuvavanyo lwamehlo ukukhangela ukuba akukho sifo samehlo esibangelwa sisifo seswekile kanye ngonyaka.
- Igazi lakho livavanywa ubuncinane kabini ngonyaka ukuhlola ulawuleko lwesifo seswekile, kunye ne-cholesterol nokusebenza kwezintso kuvavanywa kanye ngonyaka.

Zonke ezi nkonzo zingasentla zifumaneka kugqirha wakho we-CDE njengexalenye ye-Diabetes Programme kwaye sele zihlawulwe yi-Medical Aid yakho. (Ezi ntlawulo **AZI**xhuzulwa kwi-akhawunti yakho yokonga kwezonyango okanye amaqithiqithi okugula).

Xa ngaba ungazifumani ezi nkonzo, nceda ukhumbuze ugqirha wakho.

Okona kubalulekileyo

Qinisekisa ukuba unenombolo yamaxesha kaxakeka yama-24 eeyure ("Hotline") yeZiko lakho ngawo onke amaxesha, nokuba usapho lwakho lunayo le nombolo. KwiZiko lakho inombolo yalo ithi:

Nceda ubale inombolo yamaxesha ka xakeka kulendawo

Xa ungeniswe esibhedlele nangaso nasiphi isizathu nceda uqhakamshelane nogqirha wakho. Ugqirha wakho we-CDE unoxanduva lokuhlawula iindleko zokungeniswa esibhedlele ezinxulumene nesifo sakho seswekile kwaye nguye ekufuneka akugunyazise ukungeniswa kwakho esibhedlele xa kufanelekile.

Nceda uphathe iKhadi lakho lobulungu be-CDE kunye nekhadi lakho le-Medical Aid, **NGAWO ONKE AMAXESHA** uze ulinike nawuphi ugqirha oze kubonana naye okanye nasiphi isibhedlele ongeniswe kuso.

Ngexesha likaxakeka xa ungakwazi ukuqinisekisa ukuba oku kungasentla kuyenzeka (njengaxa ukwikoma), **luxanduva lwakho ukuqinisekisa ukuba ugqirha okulalisayo okanye ilungu losapho liqhakamshelana nogqirha wakho we-CDE zingaphelanga iiyure ezingama-24.**