

Qiniseka Ukuthi Uzisebenzisa Zonke Izinzuzo!

Inhlangano yakho yosizo lwezokwelashwa, i-Medical Aid, ikunikeza ubulungu boHlelo Lokubhekela Isifo Sikashukela Lwe-CDE. Inhloso yalolu Hlelo ukunikela ukunakekelwa okuphelele kwesifo sakho sikashukela. Lokhu kuzokwenza ngcono ukulawulwa kwesifo sikashukela nezinga lempilo futhi kunciphise namathuba okuthi uthole nanoma yiziphi izinkinga zesifo sikashukela.

Ukuze uthole inzuzo ephelele yoHlelo, kufanele uze kuyo yonke imihlangano yokubonisana edingekile futhi uthole nezinsizakalo udokotela wakho azokuhlizeka ngazo ngaphansi kwalolu Hlelo.

Sicela uqiniseke ukuthi:

- Usebenzisa **udokotela we-CDE** okungenani kabili ngonyaka. Ukwelashwa kwesifo sakho sikashukela ngomunye udokotela angeke kukhokhewe yi-CDE noma i-Medical Aid yakho.
- Imithi yakho yesifo sikashukela uyilanda kudokotela we-CDE noma Esikhungweni **kuphela**. Imithi oyilande kwenye indawo uyoyikhokhela nge-mali yakho uqobo futhi angeke ikhokhelwe yi-CDE noma i-Medical Aid yakho.
- Ubona umfundisi wakho ngesifo sikashukela okungenani kabili ngonyaka ukuze akunike ulwazi olusha nokuthi yini entsha ekubhekeleni kwakho nokukusiza ukulawula ushukela egazini lakho.
- Ubona udokotela wezinyawo njalo ngonyaka ukuze ahlole ukunakekelwa kwezinyawo.
- Ubona uchwepheshe wezokudla okungenani kanye ngonyaka ukubukeza imikhuba yakho yokudla.
- Amehlo akho ahlolelwe isifo samehlo esibangwa isifo sikashukela okungenani kanye ngonyaka.
- Igazi lakho liyahlolwa okungenani kabili ngonyaka ukuhlola izinga lokulawula isifo sikashukela kwesikhathi eside (HbA_{1c}), nokuthi ikholestoroli kanye nokusebenza kwezinsizo zakho kuhlolwa njalo ngonyaka.

Zonke izinsizakalo zakho uzozinikezwa udokotela wakho we-CDE njengengxenywe yoHlelo Lwesifo Sikashukela futhi zikhokhelwa kuqala yi-Medical Aid yakho (Le nkokhelo **AYITHATHWA** ku-mali yakho yokulondoloza yezokwelashwa noma ezinzuzweni zezifo ezingelapheki). **Uma ungakazitholi lezi zinsizakalo ezincane, sicela ukhumbuze udokotela wakho.**

Okubaluleke kakhulu

Qiniseka ukuthi unenombolo yezimo eziphuthumayo ("inombolo eqonde ngqo") yeSikhungo sakho njalo kuwe, nokuthi futhi umndeni wakho nawo unayo le nombolo. Inombolo yeSikhungo sakho yilena:

Faka Inombolo Yocingo Yesikhungo sakho se-CDE lapha

Uma ulaliselwa **nanoma yisiphi** isizathu esibhedlela, sicela uthinte udokotela wakho. **Udokotela wakho we-CDE uyena obhekana nomsebenzi wokukhokhela nanoma yiziphi izindleko zokulaliswa esibhedlela eziqondene ngqo nesifo sakho sikashukela** futhi **kufanele akugunyaze ukulaliswa esibhedlela**. Sicela ukuthi Ikhadi Lobulungu le-CDE uhlale njalo uliphethe kanye nekhadi lakho le-Medical Aid **NGAZO ZONKE IZIKHATHI** bese ulinikeza noma yimuphi udokotela ombonayo noma kunoma yisiphi isibhedlela olaliswe kuso.

Ezimeni eziphuthumayo lapho ongeke ukwazi khona ukuqinisekisa lokhu okungenhla (njengoku quleka isikhathi), **kuwumsebenzi kadokotela okulalisayo noma ilungu lomndeni ukuthi lithinte udokotela wakho we-CDE emahoreni angama-24.**