

# Maxaa ku jira My Health Record (Diiwaanka Caafimaadkayga)?

## My Health Record-kaaga ku jiri kara:

- ✔ Daawooyinka aad qaadato oo uu kuu qoray dhaqtarkaagu
- ✔ Sooyaalka sheegashooyinka Medicare-kaaga
- ✔ Go'aanka ku-deeqidda xubnahaaga

## Dhaqaatiirtaada iyo bixiyayaasha kale ee daryeelka caafimaadkaaga waxay awoodaan inay arkaan oo ku daraan macluumaad My Health Record kaaga, oo ay ka midka yihiin:

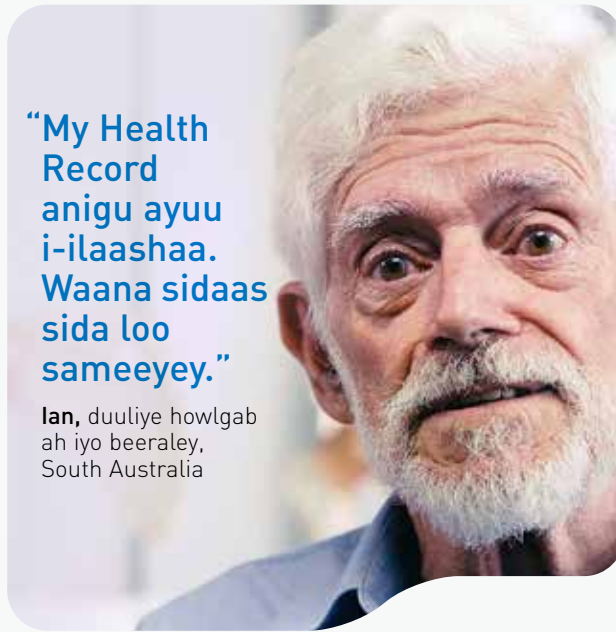
- ✔ Soo-koobidda sooyaalkaaga caafimaad, xaaladahaaga iyo daaweyntaada
- ✔ Macluumaadka ka-saaridda isbitaalka
- ✔ Warbixinaha raajooyinka daaweyneyd (sida natiijooyinka ultrasound-ka ama raajooyinka)\*
- ✔ Warbixinaha baarista-cudurada\* (sida baarista dhiigga)
- ✔ Warqadaha takhasusleyaasha

## Waxaad ku dari kartaa:

- ✔ Wixii aleerjiko iyo falcelisyo daran ah oo aad qabto
- ✔ Xiriirada degdegga ah iyo faahfaahintooda
- ✔ Qoraalada caafimaadka shaqsiyadaada
- ✔ Macluumaadka qorshaynta daryeelkaaga sare (kan wuxuu diiwaangashaa doonistaada ku saabsan daryeelkaaga caafimaad markii aad u xanuunsan tahay inaad hadasho)
- ✔ Daawooyinka kale ama fitamiinada aad qaadato, sida daawooyinka kowntarka laga gato

Waxaad kaloo astayn kartaa helitaanka My Health Record-kaaga adigoo sameeya kontaroolka helidda oo ay ka midka yihiin xanibidda cida heli karta macluumaadkaaga, ama baabi'n karta diiwaankaaga, mar kasta.

\* shaqaynta dhaqso imaan doonta



“My Health Record anigu ayuu i-ilaashaa. Waana sidaas sida loo sameeyey.”

Ian, duuliye howlgab ah iyo beeraley, South Australia

## Sida uu My Health Record-kaygu ii caawiyey intaan ku jirey degdegga

“Waxay ahayd dhalashadii wiilkayga waxaana ku booqday Sydney si aan ula damaashaado. Waxaan raadiney hoteelka saddex saac ka dibna Waxaan saarnaa gadaalka dambe ee ambalaaska waxaana la-iila cararay isbitaalka.

Waxay heleen inaan qabo wax loo yaqaan pancreatitis. Ka-dib afar maalmood oo isbitaalka ah, waan la-hadlay inay iga bixiyaan maaddaama aan tagayo inaan arko dhaqtarkayga wixii muhiim ah oo howlo dabagal ah sida ugu dhaqso badan marka guriga tago.

Markaan arkay dhaqtarkaygii Waxaan yaqiinsaday inaan isbitaalku uusan i-siin wax macluumaad ah oo ku saabsan daaweyntayda aan u baahnaa. Nasiib wanaag dhaqtarkaygu wuxuu hubiyey My Health Record markaasna isla daqiiqad wuxuu awoodey inuu helay faahfaahinta wixii loo baahnaa in la sameeyo si la ii-daryeelo.”

# Macluumaadka iyo caawimaadda


## Halkee baan ka heli karaa macluumaad dheeraad ah iyo caawimaad?


- 🌐 Ka eeg [myhealthrecord.gov.au](http://myhealthrecord.gov.au)
- 📞 Ka wac **Help Line-kayaga** taleefanka ah **1800 723 471**
- 👤 Tag **Medicare Service Centre**

## Caawimad kale?

Aboorjiinka iyo Torres Strait Islanders ka wac **1800 723 471**

Haddii aad tahay waalid, daryeele ama aad taageero siiso qof kaas oo u baahan caawimaad, aadna doonayso inaad ogaato sida ay kuu saamaynayso, ka eeg: [myhealthrecord.gov.au/parentsandcarers](http://myhealthrecord.gov.au/parentsandcarers)

 Haddii aad qabto kala-dhantaalanka maqalka ama hadalka, adeegso [relayservice.gov.au](http://relayservice.gov.au) ama ka wac **1300 555 727**

 Haddii aad u baahato caawimaad oo luqad kale ah ka wac **131 450**

Qorshaheena gaarnimada waxaa ku jira macluumaadka ku saabsan sida aad ku heli karto aadna ku saxi karto macluumaadkaaga, ama aad ka caban karto jebinta gaarnimada. Ka eeg [myhealthrecord.gov.au/privacy](http://myhealthrecord.gov.au/privacy) ama naga soo wac **1800 723 471**

# My Health Record

Dhammaan wixii aad u baahan tahay



# My Health Record Xaqiiqooyin dhaqso ah

**My Health Record** waa magaca cusub ee nadaamka diiwaanka caafimaadka dhijitaalka ah ee qaraneed. Lahaanshaha *My Health Record* macnaheedu waa in macluumaadka caafimaadkaaga muhiimka ah sida aleejrikada, xaaladaha caafimaadka iyo daaweynta, faahfaahinta daawada, warbixinada baarista ama iskaanka ayaa waxaa si dhijitaal ah loogu kaydin karaa hal meel.

**Bixiyeyaasha Daryeelka-caafimaadka** sida dhaqaatiirta, takhasusleyaasha iyo shaqaalaha isbitaal waxay awoodaan inay online-ka ku arkaan meel kasta mar kasta markaad u baahan tahay, sida markii shil dhaco ama wax degdeg ah.

**Maaddaama dad badan** ay adeegsadaan nadaamka *My Health Record*, nadaamka caafimaadka qaranka Australia wuxuu noqonayaa mid si wacan isugu xiran. Tan waxay keenaysaa daryeel wacan, dhaqso badan oo waxqabad leh oo la siiyo adiga iyo qoyskaaga.

**In ka badan 2.6 malyan Australia** ah ayaa hore u haystay *My Health Record* (wax loo yaqaaney Diiwaanka Caafimaadka Iltagtarooniga ah oo Loo-kontaroolo Shaqsi ahaan ama PCEHR). Ugu yaraan **2,000** Australia ah ayaa maalin walba saxiixa.

**My Health Record** waxaa ilaaliya waxaana habeeya sharciga, sida bangiga online-ka ah.

# Faai'dooyinka lahaanshaha My Health Record

## Helitaanka Wacan

Macluumaadkaaga daryeelka caafimaad ee muhiimka ah waxaa laga heli karaa hal meel oo online-ka ah taas oo si fudud ay u heli karaan dhaqaatiirta idman, takhasusleyaasha, ama isbitaallada.

Xataa haddii aad u guurto ama u safarto dowlad-gobleedyada dhexdooda, macluumaadka si sugan ayaa looga arki karaa online-ka, meel kasta, ama mar kasta.

Haddii aad doonayso, waxaad ka heli kartaa macluumaadka caafimaadkaaga kombiyuutar kasta oo leh xiriirka intarneedka. Waxaad kontarooli kartaa ciddii arki karta. Isla markii la sameeyo uma baahnid inaad waxba samayso.

## Ammaan sugan.

Haddii aad doorato waxaad kontarooli kartaa ciddii arkaysa waxa uu yahay macluumaadka ku jira *My Health Record*-kaaga.

Waxaa jira sharci iyo qawaaniin adag oo ku saabsan cidda arki karta ama adeegsan karta *My Health Record*-kaaga si looga ilaaliyo macluumaadka caafimaadkaaga si xun u isticmaalka ama lumidda. Waxaa jira ciqaabo cid kasta oo jebisa arimahan.

## Aad u-dhib yar

Waxba uma baahnid inaad ka walwalsho sidii aad u xusuusan lahayd aadna ugu soo-celin lahayd sooyaalka caafimaadkaaga sida daawooyinka, faahfaahinta xaaladaha karoona ah, iyo taariikhaha barisyadii ugu dambeeyey oo laga sameeyey bixiyeyaasha daryeelka caafimaadka ee kala duwan oo cusub.

Sidaas oo kale waxaa ah sooyaalka caafimaadka carruurtaada sida tallaalada iyo baarisyada caafimaad.

## Ammaanka la-hagaajiyey

Markuu jiro degdeg caafimaad, bixiyeyaasha daryeelka caafimaadka oo ku xiran nadaamka *My Health Record* waxay arki karaan macluumaadka caafimaadkaaga si ay si dhaqso ah kuugu siiyaan daryeelka ugu fiican oo suurtagal ah.

Haddii aad doonayso, waxaad qori kartaa aleejrikada, falcelsiyada dardaran iyo xaaladaha caafimaad oo aad qabi karto si ay uga caawiso bixiyeyaasha daryeelka caafimaadka inay ku siiyaan talooyin wacan iyo daaweyn.

## Arimaha gaarnimada

**Waan ixtiraamnaa gaarnimadaada.**

Si loo abuuro *My Health Record*, waxaan qaadi doonaa macluumaadka kugu saabsan iyo kan carruurtaada oo laga helo Medicare iyo haya'daha kale ee dowladda oo ay ka midka yihiin magacaaga, taariikhda dhalashadaada, iyo diwaannada Medicare-kaaga ilaa labadii sano ee ugu dambeeyey.

Haya'daha bixiyeyaasha daryeelka caafimaadka oo diiwaangashan sida dhaqaatiirta guud iyo isbitaalada waxay awoodi doonaan inay helaan *My Health Record*-kaaga markii ay ku siinayaan daryeel caafimaad. Waxaad u samaysan kartaa helidda kontaroolada si loo xanibo kuwa bixiyeyaasha daryeelka caafimaadka ah arki kara macluumaadka caafimaadkaaga.

Uma sheegayno macluumaadkaaga cid kale, in looga baahdo ama lagu ogoladay sharciga.

Macluumaad dheeraad waxaa laga helaa [www.myhealthrecord.gov.au/privacy](http://www.myhealthrecord.gov.au/privacy)

## Bilaabidda

### 1 Ka eeg [www.myhealthrecord.gov.au](http://www.myhealthrecord.gov.au)



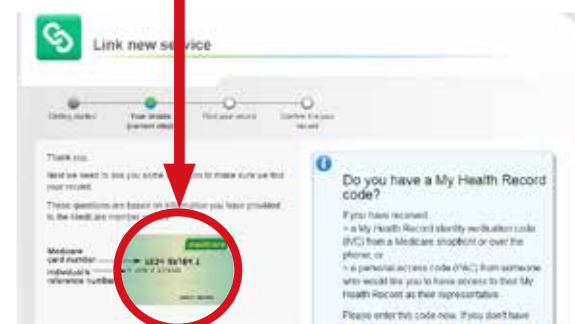
Ka eeg [www.myhealthrecord.gov.au](http://www.myhealthrecord.gov.au) waxaadna doorataa batanka REGISTER. Hayso oo diyaarso Medicare-kaaga ama kaarka Department of Veterans' Affairs. Haddii aad si kale hore iskugu diiwaangelisey, riix meesha cad ee batanka 'link your record'.

### 2 Helidda myGov



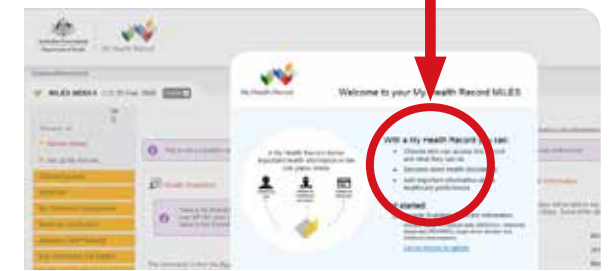
Taasi waxay ku gaynaysaa [my.gov.au](http://my.gov.au) waxayna ku weydiinaysaa inaad saxiixdo. Haddii aadan haysan akoon, raac tallaabooyinka si aad isku diiwaangeliso. Isla markii aad gasho akoonkaaga myGov riix batanka adeegyada iyo 'link' lagu galo My Health Record.

### 3 Saxiix My Health Record



Si aad isaga diiwaangeliso *My Health Record* waxaad u baahan doontaa inaad keento Medicare-kaaga ama faahfaahinta DVA iyo qaar macluumaad kale ah.

### 4 Ku-dara dhookhaaga



Marka kowaad oo aad aragto diiwaankaaga, waad samayn kartaa adoo samaysta kontaroolada helidda kuna dara fureyaal macluumaadka muhiimka ah sida xiriirada degdeg ah iyo aleejrikada. Mar kasta oo aad aragto dhaqtar, weydii inay cusboonaysiiyaan diiwaankaaga.