

Su'aalaha Inta badan la Isweydiyo

Sida loo baajiyo ballan:

- Soo gal akoonkaaga MyChart
- Guji badhanka "Booqashooyinka" ee ka muuqda shaashadda ugu weyn
- Guji ballanka
- Guji badhanka "sababta baajinta"
- Guji badhanka "xaqiji baajinta"

Ma arko bixiyaha caafimaadka ama nooca ballanta ee aan jeclaan lahaa inaan qabsado.

- Dhammaan ballamaha looma heli karo in lagu qabsado iyada oo loo marayo MyChart. Fadlan la xiriir rugtaada caafimaad ama wac 503-988-5558 si aad u hesho taageero ku saabsan qabsashada.

Ma qabsan karaa dhammaan ballamaha carruurta isku mar?

- Maya. Fadlan la xiriir rugtaada caafimaad ama wac 503-988-5558 haddii aad u baahato inaad hal mar qabsato ballamo badan.

Ma beddeli karaa xulashooyinka luqadda ee MyChart? Af-Soomaali (Somali)

- Haa. Guji sawirka adduunka ee ku taalla geeska kore ee midig ee shaashadda.

Ma ka heli karaa diiwaannada tallaalka kayga ama carruurta gudaha MyChart?

- Haa. Tag Diiwaannadayda ee ku jira liiska hoos u dhaca, guji Kooban Caafimaad, ka dibna guji Tag Tallaallada.



Waxaan halkan u joognaa inaan ku caawinno!

Haddii aad wax su'aalo ah qabtid, waan ku caawin karnaa. Weydii xubin ka tirsan shaqaalaha jooga rugtaada caafimaad, ama wac 503-988-5558.

QALABKA IS-QABSASHADA EE MYCHART



Qabsado balamahaaga gaarka ah adiga oo adeegsanaya MyChart!



Multnomah County
Health Department
Community Health Center

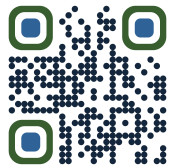
healthcenter.multco.us

Multnomah County
Waaxda Caafimaadka

Waa maxay MyChart?

MyChart waa qalab bilaash ah oo aad ku isticmaali karto taleefankaaga ama kombiyuutarkaaga. Waxay kuu ogolaanaysaa inaad samayso waxyaabahan:

- Samee oo beddel ballamahaaga dhaqtarka.
- Eegto macluumaadkaaga la xiriira caafimaadka.
- Kala hadal bixiyahaaga caafimaadka onlayn ah.
- Eegto natiijooyinka shaybaarka marka ay yimaadaan.
- Aragto liiska daawadaada.



Iskaan koodhka si aad isuiiwaangeliso MyChart!

Fadlan weydii xubin ka tirsan shaqaalaha isku xirka casumaadda gaarka ah ee MyChart.

Sida loo Isdiiwaangeliyo

- Iskaan koodhka QR-ga ee hoos ka muuqda.
- Tag mychart.ochin.org taleefankaaga ama kombiyuutarkaaga. Ka dibna guji badhanka "Isdii-waangeli Hadda".



Qabsasho Fudud

- Waxay qaadataa dhowr daqiiqo oo keliya inaad ballan samaysato, oo uma baahnid in aad wacdo ama aad sugto.
- Samee ballamo waqti kasta adiga oo isticmaalaya taleefankaaga ama kombiyuutarkaaga.
- Si dhaqso ah u beddel ama baaji ballamaha marka dhacdooyin aan la saadaalin karin ay ka dhacaan oo nolosha ah.

Sida loo Qabto Ballan

1. Soo gal akoonkaaga MyChart. Waxaad tan ku samayn kartaa mareegta MyChart ama app-ka taleefanka ee MyChart.
2. Guji badhanka "Qabto Ballan" ee ka muuqda shaashadda ugu weyn.
3. Doorro nooca booqasho ama qofka aad rabto inaad la kulanto.
4. Geli sababta aad ugu baahan tahay inaad la kulanto bixiyaha caafimaadka.
5. Ka doorro taariikh iyo waqti liiska aad aragto.
6. Dib-u-eeg faahfaahinta ballankaaga oo guji "Xaqiiji" si aad u dhammaystirto.