

Mbere yo kujya kubonana na muganga mu biro bye

1. Itwaze urutonde rw'ibibazo ubaza muganga.
 - ✓ Hitamo ibibazo 3 bifite akamaro kurusha ibindi.
 - ✓ Igihe cyo kubonana na muganga kiba ari kigufi. Saba izindi randevu niba bikenewe.
2. Itwaze urutonde rw'abandi bavuzi b'abanyamwuga mwabonye (Ushobora kwifashisha ikitwa: "Ikarine Yanjye Yo kwa Muganga").
 - ✓ Ingero: abaganga, abajyanama, amavuriro, ibitaro, ibyumba bakiriramo indembe cyangwa serivisi wa suye.
3. Itwaze imiti yose n'inyandiko zikomeye.
 - ✓ Agatabo kuburu K'inkingo, ikarita ya AHCCCS, Indangamuntu yo muri Arizona.
 - ✓ Imiti yose (harimo impapuro muganga yakwandikiyeho imiti, imiti rwatsi, vitamine, cyangwa imiti abantu bikorera mu ngo).
4. Niba ubyifuza mu gihe ugiye kuri randevu itwaze umuntu wo mu muryango, inshuti wizera, umukozi ushinze imibereho myiza:
 - ✓ Kugira ngo agufashe gusobanura no kuvuga ibirebana n'amagara yawe hamwe no kwibuka ibyo muganga avuga.

Mu gihe cyo kubonana na muganga mu biro bye

1. Saba umusemuzi w'umunyamwuga ukunganira mu gihe bikenewe. Ntiwifashishe umuntu wo mu muryango.
2. Mu gihe urimo ubonana na muganga bigiremo uruhare ntakurebera.
 - ✓ Si ugutega amatwi gusa- baza ibibazo birebana n'amagara yawe na gahunda yo kuvurwa.
 - ✓ Andika mw'i kaye kugirango bizagufashe kwibuka.
 - ✓ Vugisha ukuri k'ukuntu wiyumva: mu mubiri, mu mubiyunviro no mu marangamutima.
 - ✓ Wivuga gusa ibyo utekereza ko muganga yifuza kumva.
 - ✓ Baza ibibazo niba hari ikintu udasobanukiwe.
3. Baza igihe wagarukira kuri randevu kugira ngo bagukurikirane cyangwa witabweho mu kukurinda.

Nyuma uvuye kubonana na muganga mu biro bye

1. Shyira umukono ku ruhushya ruhabwa abandi bakozi batanga serivisi zita ku buzima rumwemerera koherereza muganga dosiye wivurizaho.
2. Saba randevu y'ubutaha.
3. Fata muri farumasi imiti iyo ari yo yose wandikiwe cyangwa iyagushiranye.
4. Saba mu biro by'umukozi utanga serivisi zita ku buzima kugufasha kubona taransiferi izo ari zo zose.
 - ✓ Niba ukeneye kubanza kwemererwa n'ikigo gitanga ubwishingizi, saba numero wahamagara mu gihe wamara icyumweru kimwe nta makuru uhawe.
 - ✓ Saba umusemuzi ubufasha bwo kwaka randevu niba bikenewe.
5. Hamagara mu biro bya muganga niba ikigo cy'ubwishingizi kitazishingira umuti ukeneye, ikizamini ukeneye gukorerwa, cyangwa taransiferi ukeneye guhabwa.
 - ✓ Baza impamvu wangiwe guhabwa ubwishingizi kandi niba hari andi mahitamo.
 - ✓ Niba byanze, saba ubufasha mu biro bya muganga n'umwunganizi mu mategeko kugira ngo ujuririre ubwishingizi wangiwe guhabwa.
6. Bika amakuru yerekeranye n'ubuzima bwawe ahantu hafite umutekano.



Verisiyo yo ku itariki ya 19/2/19



**Icyo ugomba
gukora Mbere yo
Kubonana na
Muganga, Mu gihe
Murimo Mubonana,
na Nyuma yo
Kubonana**



THE UNIVERSITY OF ARIZONA
COLLEGE OF MEDICINE TUCSON

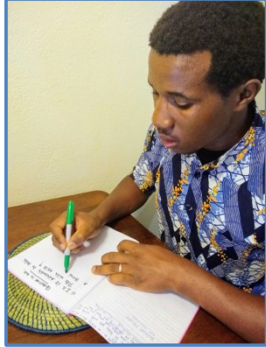
**Family & Community
Medicine**

Tucson Family Advocacy Program
Medical Legal Partnership for Health

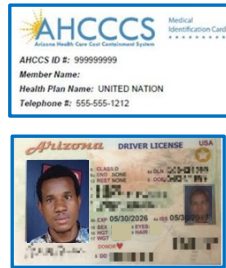
Mbere

Yo kubonana na muganga mu biro bye

1. Itwaze urutonde rw'ibibazo ubaza muganga. Itwaze kandi urutonde rw'abaganga wabonye na bo mbere, ibitaro, cyangwa amavuriro wivurijemo mbere.



2. Itwaze imiti yose. Kandi unitwaze: Agatabo kuburu k'inkingo, ikarita ya AHCCCS, n'indangamuntu yo muri Arizona.



3. Itwaze umuntu wo mu muryango, inshuti, cyangwa umukozi ushinzwe imibereho myiza niba bikenewe.



Mu gihe

Urimo ubonana na muganga mu biro bye

1. Saba umusemuzi w'umunyamwuga mu gihe bikenewe.



2. Baza ibibazo kandi wandike. Baza niba ukeneye gukorerwa ibizami, ibikorwa bya laboratwari, cyangwa ukeneye umuganga w'impuguke.



3. Baza igihe wagarukira. Aka randevu yawe y'ubutaha.



Nyuma

Yo kubonana na muganga mu biro bye

1. Fata imiti muri farumasi.



2. Hamagara mu biro bya muganga ukuvura niba ikigo cy'ubwishingizi kitazishyura cyangwa niba ukeneye ubufasha ku birebana na taransiferi.



3. Bika amakuru yerekeranye n'ubuzima bwawe ahantu hafite umutekano.

