



FALL 2025

Wūnjen ñanRO UWAAN

Nuujlōta eo ñan Ro Rej Uwaan CareSource PASSE

Jelā la Kwōn Etal Ñan Ie-Ñe Kwōj Aikuj Jipañ Ikkijjien Ājmour

Meñe emaroñ bajjōk mejiin ak at ettak, kwōn jelā ewi jikin eo emmantata ñan bōk jipañ ikkijjien ājmour ñan kajojo wāween ko.

**Ewōr ke imōrjōnji
ko ikkijjien nañinmej
in utamwe ko an
kōlmānlōkjen im aikuj
jipañ kiō wōt?**

Kall e 988 ak text HOME
ñan 741741 ñan tōpar juon
rijerbalin kaunjelōr ñan uwōta
ko.Rej belloko 24 awa ilo juon
raan, 7 raan ilo juon wiik.



Taktō in Kakōlkōl (Primary Care Provider, PCP)

Jerbal ñan nañinmej ko rekkā aer walok im ñan bōk naan in rōjañ ko. Kwōnaaj bōk enañin aolep jerbal in bōbrae nañinmej ko jen PCP eo am. Kwōj aikuij lolok er elōñ alen.



Telehealth ak Telemour

Jerbal ñan nañinmej ko rekkā aer walok im bōk naan in rōjañ ko. Lolok juon rijerbalin ājmour ilo talboon ak kamputōr jen jabdewōt jikin eo kwōj pād ie. Kajjitōk ibbān rijerbalin ājmour eo am ne rej kōjerbal telehealth. Kwōj barāinwōt maroñ kōnono ibbān taktō 24/7 ak aolep awa ilo Teladoc. Kall e 1-800-853-2362 ak etal ñan Teladoc.com/ CareSource ñan jinoe.



Urgent Care

Jerbal ñan kōmadmōd nañinmej ko rej jab kanuij kauwōtata āinwōt mejiin ak mwijmwij ko remwilal. Etal ñan ijin ñe kwōjjab maroñ lolok PCP taktō eo am ilo mōkaj im nañinmej eo eban kōttar.



Emergency Room

Jerbal ñan indeo-
menin jorāan ko
rekauwōtata ñan
ājmour āinwōt metak
ob ak jorāan in lōlaj
bar eo ej menin aikuj
ñan madmōde ilo iien
eo emōkajtata. Kwōj
jab aikuj mālim jen
kōm ñan bōk jipañ jen
jikin imōjōnji. Kall e
911 ak etal ñan ER eo
epaaktata ñan eok.



**Jab jelā ia kwōn etal ñan ie ñan bōk jipañ ikkijjien
ājmour?** Kall e 24-Awa Lain ñan Bōk Rōjañ jen Nōj. Nōmba in
talboon eo epād ilo tulikin membōr ID kaat eo aṃ. Kōm ej pād ijin
ñan jipañ eok 24 awa ilo juon raan, 7 raan ilo juon wiik.


CareSource™
PASSE

KĀĀL!

CareSource MyLife

Emōj ke am kōjerbale My CareSource? Meñe kwōj maroñ kōjerbale onlain, jen app ko ilo talboon ak kwōj kab roñ kake, ewōr ad iien kāāl eo ej kōttar eok.

Ej juon lal ñan ājmour eo ekāāl im weppānin-mour eo emōj karōke bwe en ekkar ñan kwe! CareSource MyLife ewōr ejja aolep jerbal ko relukkun emman ie āinwōt My CareSource. Deloñe akkkun eo am ilo kōjparok, lale karōk eo am, lale ID kaat eo ej iwōj ioon lain im bar wāween ko relablok.

CareSource MyLife ej bidodo kōjerbale. Koba, kwōj maroñ bōk melele ko im menin jipañ ko rejejet ñan eok.

Kōmmene akkaun eo am rainin!

Etal ñan **MyLife.CareSource.com** ak bōk app eo jen Apple App Store® ak Google Play®.



Teej e Lolokjen eo am

Kwōj ke maroñ loe
pija in emōj nooje?

Ñe jaab, kwōj maroñ aikuj in etale mejam. Kōnono ibbān rijerbal in ājmour eo am in lale ñe kwōj aikuj juon teej in māj.



Kōmman Bwe En Ājmour Wōt Diim **Elukkun Bidodo** **Āinwōt 1-2-3!**



Jet men ko mwe rej jelōt ājmour in di jejjab maroñ ellā iooer, āinwōt kōrā ak mōmman, jen ia, bōdañ ko jen baamle. Men eo emman ke ewōr jet wāween ko kwōj maroñ peeki ñan jipañ kōmman bwe en ājmour wōt diim.

1. Mōñā

Kaññi mōñā ko ebwe joñan calcium im baitmen D ie.

2. Ekjōrjaij

Kōmakūtkūt ānbwinnim ak ekjōrjaij āinwōt etetal, kakiaaj, jikin uwe lōñ im lal lok ilo ak barāinwōt eb ej bar maroñ jipañ. Kōmmane ekjōrjaij ko ibbān kein ekkotak ko ej maroñ jipañ, barāinwōt! Ejjelok kein ekkotak ko? Kōjerbale jabdewōt men eo ewōr ilowaan mweo āinwōt bato in dān ko rebool ak kāān in mōñā ko!

3. Kāālōt Miminene ko Reājmour

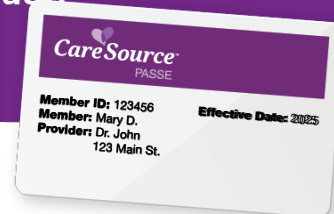
Bōbrae bwe enjab lab jen joñan kadek arkool im kōjērbal tōbako ak jikka. Men kein rej kōmōjnoiklok diim.

Wūnjen:

Mayo Clinic. www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/bone-health/art-20045060.

Kwar Kajjitōk Kake!

**Emōj Uwaake Kajjitōk ko Ekkā
Aer Walōñtak ñan Jikin Jipañ
eo an Ro Uwaan**



Nāāt eo inaaj bōk membōr ID kaat eo aō?

Kajojo ro uwaan baamle eo am mwe emōj kadede aer kobalok ilo CareSource PASSE enaaj etal aer make membōr ID kaat ilo iien eo emōj aer deloñe. Bōk wōt membōr ID kaat eo am ibbām ilo juon jikin eo etiljek. Kall e Jikin Jipañ eo an Ro Uwaan ñe ear jab iwōj kaat eo am ak ñe jabdewōt ian laajrakin melele ko ie rejjab jimwe. Kwōj aiku j kwalok membōr ID kaat eo am ilo iien am lolok jabdewōt jikin taktō in ājmour ak ebbōk wūno ko.

Aikuji kiō wōt?

Kwōj maroñ lale membōr ID kaat eo am onlain ilo CareSource MyLife.



Emōj aō jerwaan e membōr ID kaat eo aō. Ta eō in kōmmane?

Ñe emōj am jerwaan e membōr ID kaat eo am, kwōj maroñ kajjitōk juon membōr ID kaat kāāl eo kwōj maroñ pūriini jen CareSource MyLife. Kwōj bar maroñ kall e Jikin Jipañ eo an Ro Uwaan ñan ear bar jilkinwōj juon eo ekāāl.



5-Minit Kōmman ilo Mweo Pinōt Bōta

IIŌK EO:

2 kab in roasted pinōt ko remōrā*-1-2 tebōljibuun in honey ak jukwa Koba jool ñan kanemneme

KŌMELELE KO:

Likūt pinōt ko ilowaan kein iñiñ mōñā ko. Kōjoe kein iñiñ mōñā eo im kōtlok an jo iumwin lalem minit. Kwōnaaj loe an pinōt ko oktak jekjekier jen tibdikdik ñan juon bool eo emōrā ñan pinōt bōta eo emeoeo im emiliklik. Boktake ilowaan honey ak jukwa im jool ñan kanemneme. Kakwōne ilowaan aijbook iumwin ruo lok ñan emān wiik.

**liōk in ej maroñ bar kōmman ibbān ine ko an sunflower ijellokwin pinōt ñe ewōr kwōj kadek pinōt.*

ADHD Kā Ānbwin im Kōmaat Aolep Men ko Jen Kōmālij



Wūnjen:

Attention Deficit Disorder Association.
add.org/adhd-paralysis/.

ADHD kā ānbwin ej walok ñe juon armej ewōr an nañinmej in ADHD im ej lañmwijidjid jen menin eñjake ko, melele, kāālōt ko ak makūtkūt ko pelaakier. Menin ekōmman bwe en ben aer kōlmānlokjen, karōk menko raorōk mokta im wōnmaanlok.

Juon wāween kwōj maroñ kōmmane ñan jipañ madmōde ADHD kā ānbwin ej kōmaat aolep men ko jen kōmālij eo aolep raan. Men in ej juon laajrak in lōmnak ko kwōn je, emaroñ ilo peba, talboon eo am ak kamputōr. Kadiwōj aolep men ko rej kōmman an obrak kōmālij eo am!

Jet ian lōmnak kein remaroñ jab men ko kwōj aikuj ellok ñan i. Jolok jen laajrak eo am. Karōk men ko raorok mokta im kajjemooj lōmnak ko rej kabre pād. Ñe ewōr iaer rej aikuj dedelok mokta jen juon raan eo emōj karōke, kwōj maroñ kobaiki ilo kōlōnta eo am ak katibdikdiki ñan am jerbali jidik lok jidik. Kommane im jolok jermal ko redik jen laajrak eo am emaroñ jipañ kōmakūt eok ñan am kōmadmōde jermal ko rellap lok.





Kōkmanmanlok Ennaan ko Ikkijjien Ājmour

Kōm jelā ke kwōj bōk elap melele ko ikkijjien ājmour eo am im kōjparok ko am. Emaroñ kōmman bwe en ben ñan jelā wāween jerbale im ta eo kwōj lukkun aiku in jelā.

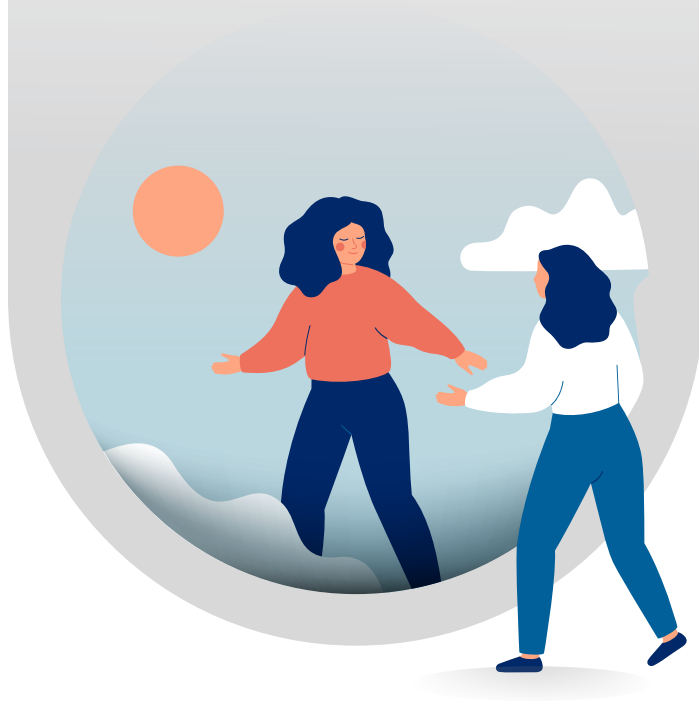
Kōm ej jerbale ibbān rijerbain ājmour ro am im kōjerbale kleim ko rej jilikintok ñan kōm ñan jerbale melele ko am bwe ren jejjēt kūtier. Ñe kwōj loe kein kakememej ko ak ennaan ko jen kōm mwe rejjab jimwe ñan eok pedped ion melele in ājmour ko am moktalok, kōnono ibbān rijerbalin ājmour eo am. Rej maroñ aiku in kōmman kajjimwe ak kōkāāl kleim ko ak rekoot in ājmour eo am ibbām. Kwōj maroñ kajjitōk ibbāer ñan aer liake tok menin kajjimwe ko ñan ibbām.

Menin enij jipañ kōm lukkun lale bwe kōm en jilkinwōj menin kakememej ko ikkijjien ājmour mwe rejimwe im ennaan ko ñan eok ikkijjien aiku ko am rejenolok ilo ājmour.

Jibede 9-8-8 ñan Jipañ ñan Uwōta ko

9-8-8 Lifeline ej ñan jabdewōt eo ewōr jorrāan ko ikkijjien utamwe ilo ājmour in kōlmānlokjen. Ñe kwōj aikij jipañ kōmadmōde menin eñjake ko ak ikkijjien kōjerbale men ko rekajoor ak arkool, Lifeline ej maroñ jipañ. **Kwōj maroñ kōnono ak text ilo am kall e ak jibed 9-8-8.** Kwōj maroñ jeje ippen juon rijerbale ilo wepjait eo. Ñe kwe juon eo ejarroñroñ ak jab emman am roñlokjen, kwōj maroñ kōjerbale kall ko ilo pideo ilo wepjait eo ilo **988Lifeline.org**. Kaunjelōr ro rej bojak in jipañ eok 24 awa ilowaan juon raan.

Kwōj jab make lok iaam!





Nañinmej in Būromōj (Depression) im Rūttolok

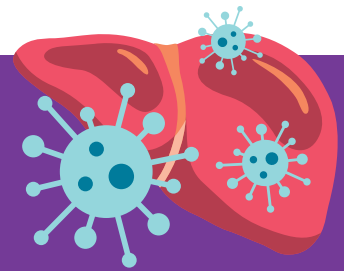
Ilo am rūttolok, oktak ko ilo mour emaroñ kōmman ikdeelel, būromōj, abbwilōñlōñ ak ajjimateke. Elōñ armej ro rej bōk wōt wāween āinwōt mōttan men ko jej ioni ilo ad rūttolok im rejjab kajjitōk jipañ. Men in emaroñ kōmman bwe en nanalok wōt aer mour iien ilju im jaklaj.

Nañinmej in būromōj ejjab mōttan men ko jej aikuj ioni ilo ad rūttolok. Lale kakōlle ko rej kwalok ke kwe ak ro kwōjelā kajjeir maroñ eñtaan itok jen nañinmej in būromōj. Jejjo kakōlle ko ekoba:

- lukun le jen joñan inebata kōn ājmour,
- ejañjañ,
- eñjake ko ke ejjab wōr tokjen, ak
- oktak ko ilo joñan boun ak kiki.

Kōnono ibbān rejerbalin ājmour ñe kwōj kile ke ewōr jabdewōt wāween kein ibbam ak juon eo ejitenboro.

Wūnjen ko: Jikin ko rej Kōmadmōd im Bōbrae Nañinmej ko (Centers for Disease Control and Prevention), www.cdc.gov/healthy-aging/about/depression-aging.html



Teej im Madmōd ko ñan Hepatitis C im HIV

Hepatitis C (HCV) im human immunodeficiency virus (HIV) rej itok jen kij in bairōj ko. Ñe ban kōmadmōde nañinmej in HCV, enaaj maroñ kajorāāne aj eo. Men in emaroñ tōl ñan an wōr kāānjōr ilo aj ak wōr kabōjrak an jerbal aj eo. Ñe ban kōmadmōde nañinmej in HIV, enaaj tōl ñan an erom AIDS.

Bōk teej ko ej erein wōt wāween ñan jelā ñe ewōr am nañinmej in HCV ak HIV. Jelā jekjek eo kwōj pād ie enaaj men bwe en mōkaj am bōk madmōd ko im kōjparok ro jet. Kajjitōk ibbān rijerbalin ājmour ro am ñe kwōj aikuj bōk teej ko.

Emaroñ emman am mour jekdoon ñe ewōr HCV ak HIV. Bōk madmōd ko rekkar enaaj men wōt bwe kwōn ājmour. Katak ta ko kwōj maroñ kōmmane ñan kōjparok eok make im ro jet jen HCV im HIV ilo am loor link in itulal.

Wūnjen: Douul ko an Ājmour ilo Pelaakin Lal eo (National Institutes of Health), hivinfo.nih.gov/understanding-hiv/fact-sheets/hiv-and-hepatitis-c



Ta eo *Menija in Ājmour* eo Emaroñ Kōmmane Ñan Eok?

Kumi in ājmour ro remaroñ koba nōōj ro, taktō in wūno ko, im jojal wūkōr ro im rijerbal ro elap kabeel ko ñan juon kain nañinmej. Kōm maroñ jipañ eok ikkjien men kein im bar laplok:



Kōlaajrake jerbalin ājmour ko am.



Loloorjake kōkar ko ñan ājmour eo am.



Bōk jipañ jen jukjukin pād eo.

Kall e Rikōlaajrak Jipañ eo am ñe ewōr am kajjitōk. Ñe kwōj illik am mājej, jouj im kōtlok juon raan in jerbal ñan aer karool kall eo am. Ñe kwōjjab jelā wōn Rikolaajrak Jipañ eo am, jouj im kall e 24-Awa Lain ñan Bōk Rōjañ jen Nōōj.

Naan in Jipañ ko ñan lien Lolok eo am Tokālik ilo Telehealth



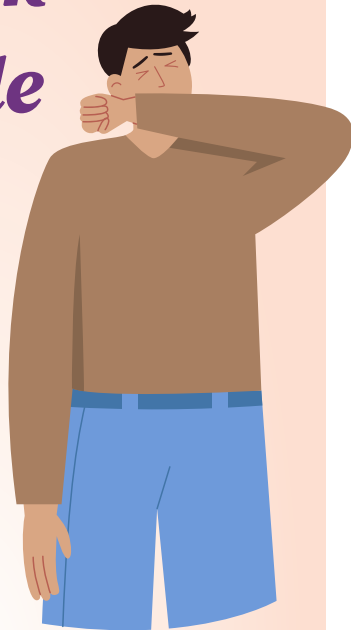
Rijerbal in ājmour ro am remaroñ kōjerbal iien lolok ko ilo telehealth. Lale ibbān wōpij eo aer. Ñe rejjab, ak ñe ewōr joñan iien ñan awa ko aer, kwōj maroñ kōjerbale Teladoc® ilo an ejjelok wōnāñ ñan eok. Kall e 1-800-TELADOC (835-2362) ak etal ñan [Teladoc.com/CareSource](https://www.teladoc.com/CareSource) ñan jinoe.

Kwōj maroñ kōjerbale talboon eo am, tablet ko ak kamputōr ñan am kōnono ibbān juon taktō. Telehealth ej kōtlok am bōk naan in rōjañ ko ilo mōkaj ikkjien ājmour jen mweo imōm. Kōjerbale naan in jipañ kein ñan am kawōr tokjen iien lolok eo am:

- Bukōt juon jikin eo ejjelok keroro ie im emman intōnet eo.
- Kāālōt ñe kwōnaaj kōjerbale kampūtōr, talboon, ak tablet.
- Kwōj bar maroñ aikujiin taunloot juon app ak kōmmene juon akkaun. Lukun lale bwe kwōn kōmmene men in mokta jen iien lolok eo am.
- Kwōn kabooj bwebwenato in ta ko rar walok ñan ājmour eo am mokta lok.
- Jeiki jabdewōt kajjitōk kwōj kōnaan kwalok mokta jen iien eo.
- Jeiki melele ko ilo iien lolok eo am.

Wāween Bōbrae ak Madmōde RSV

Respiratory Syncytial Virus infection (RSV) ej maroñ āinwōt mejiin mwe ekkā an walok. Bōtaab ej maroñ erom lukkun kauwōtata, elaptata ibbān ajri ro redik im -rūtto ro elap joñan iiō ko aer.



Ta wāween eo emantata ñan kōjparok eok make? En ikkut kwale peim im karreo jikin ko. Kajjeoñ kattolok eok jen ro jet ñe -rej nañinmej.

Ñe kwōmaroñ, bōk wā in RSV aolep iiō! Rej bellok ñan niñniñ ko redik, jet ajri ro redik im ro rej bōroro. Rūtto ro 60 iiō im rūttolok rej maroñ bar bōke.

Ñe kwe ak jabdewōt eo ej epaake eok ej nañinmej:

- ✓ En ikkut kwale pā ko im karreo jikin ko.
- ✓ Bineje am pokpok im mōmajeje.
- ✓ Jab jibwe mejam, botūm ak loñiim.
- ✓ Jab ber iturin ro rejjab nañinmej.

Ñan melele ko relablok, etal ñan
www.cdc.gov/rsv/causes/index.html

*Wūnjen ko: Jikin ko rej Kōmadmōd im Bōbrae Nañinmej ko
(Centers for Disease Control and Prevention),
www.cdc.gov/rsv/vaccines/index.html*



Kajjitōk ko Kōn Wūno Ko Am?

Lale ñe emōj bōk eddoin wōnāan juon wūno ak nej jete wōnāan ilo **CareSourcePASSE.com**. Ewōr laajrakin wūno ko kwōj maroñ bukōti. Etal ñan **Bukōt Wūno ko Aō (Find My Prescriptions)** iumwin **Ro Uwaan** innem **Kein Jerbal ko & Jipañ ko (Tools & Resources)**. Kāālōt **“Arkansas”** im **“PASSE”** ñan bukōt wūno ko emōj bōk eddoier. Ej ijo kwōnaaj loe laajrakin enañin aolep wūno ko ilo tōrein. Kwōj maroñ bar kall e Jikin Jipañ eo an Ro Uwaan ilo **1-833-230-2005 (TDD/TTY: 711)**.



ROOL ñan **MOKTA** kōn Ekjōrjaij **KEIN!**

Ekjōrjaij ej oktak lōmen ñan aolep. Kain ekjōrjaij ko rebuñbuñ emaroñ mōj aer oktak ie jen iien ñan iien. Ukōte wāween am kōmakūtkūt ānbwinnim kōn wāween kein rej jen iien ko jemaan!



► **Kein-Hula (Hula-hooping)**

Emaroñ mōj am kar kōjerbale kein hula eo edoulul kwōj likit kattim iien eo kwar diik ñan ikkure. Emaroñ juon ekjōrjaij eo elimo ñan rūtto ro, barāinwōt. Ej kōmman an emakūtkūt aolepen ānbwinnim im kōlablok an bam menono eo am.

► **Roller Jikāāt**

Roller jikāāt ej maroñ jipañ an kōkajoor majōl ko ilo loje. Kwōj maroñ kōlablok an kajoor tulalin ānbwinnim ilo am kōmakūtkūt majōl ko ilo katim im neem. Kōmman bwe en juon iien ibbān doon im jikāāt ibbān ro mōttam.

► **Jazzercise**

Meñe kwōj maroñ lōmnak kōn kein kōmāānān ne ko im kein bobo menokadu ko, Jazzercise ej juon wāween eo ekaumpiitit ñan kōmakūtkūt ānbwinnim. Jazzercise ej kakoba al ibbān eb, kōkankan ānbwin, im kōkajoor majōl ko.

Ta eo aorōktata ej bukōt juon wāween eo ñan kōmakūtkūt wōt ānbwin mwe emman ibbam!

Kobban men in ej ñan wōt kwalok wūnleblebin melele ko. Ejjab ñan binej jikin naan in rōjañ ko jen ro ewōr aer kabeel ikkijjien ājmour, kwalok kain rōt nañinmej ak kōmadmōd ko. Aolep iien kōnono ibbān rijerbalin ājmour ro ewōr aer kōiie ikkijjien jabdewōt kajjitōk ko emaroñ wōr ibbam.

► **Zumba**

Zumba ej kobaiki al ko an Ri Latin im an lal ko ilikin ibbān eb ñan kōmmane juon kain ekjōrjaij ñan aolep iio ko. Āinwōt ñe ej juon bade in eb! Zumba ej jipañ kōlablok kajoorim im an jab kankan ānbwinim. Ej bar maroñ jolok inebata im kōkmanmanlok tammin ko.

► **Kilaaj ko & Ikkure in Ekjōrjaij ko Onlain**

Jet menin loe ko an raan kein ñan ekjōrjaij rej pād onlain ñan kobalok ilo kilaaj ko im ikkure ko. Men kein rej wāween ko remman ñan am pād wōt ilo am emakūtkūt ilo an emman kōjiem ilowaan mweo imōm. Ej wōr am maroñ deloñe būrokraam ko jadewōt-iien am kōnaan ilo Silver&Fit® webjait im app eo ilo talboon.

3 – BUÑTŌN ÑAN KŌMMANE KILTEN

KAINEMMON

Kōlmānlokjen

Inepata ej juon men eo ej jelōt aolep. Nuuj eo emman ej bwe, ewōr wāween ko rellōñ ñan lolorjake inepata. Juon wāween ej ilo pād ijoko ejjelok ainikien ko, kiil mejam im kainemmon kōlmānlokjen eo (meditation). Eñin ej wāween kainemmon kōlmānlokjen jen mweo imōm!

- 1 BUÑTŌN 1:** Jijet ako babu ilo juon jikin eo ejjelok ekeroro ie im ejjelok men ko remaroñ kōmad eok.
- 2 BUÑTŌN 2:** En raļlok, im mwilal am emenono. Lukkun lale wāween emenono kein. Likūt peim ion lojjem ako ubōm ñan jipañ eok lukun lale.
- 3 BUÑTŌN 3:** Ñe kwōnaaj jino mad kōn juon men, jab inebata – ej EMMAN WŌT! Loe wōt im kajjeoñ reimaanlōk wōt im lale am bar emenono.

Inebata ej jelōt aoleped. Ilo an ikkut am kainemmon kōlmānlokjen eo, kwōj maroñ jipañ mamōde inebata ko bwe ren emman lok. Kate eok!

Wūnjen: MedlinePlus. <https://medlineplus.gov/ency/patientinstructions/000874.htm>.





Jerbal in Jipaň ko Emōj Bōk Eddoin ňan Eok

Ta Kwōn Kōmmāne ñe Ewōr am Biil

Kwōnaaj bōki aolep jerbal in jipaň ko kwōj aikuji ñan ājmour eo Medicaid-ej bōk eddoin ilo an ejjelok wōnāan ñan eok. *Aikuj ñan ājmour* ej melelein kwōj aikuji jerbal in jipaň ko ñan bōbrae, kwalok kain rōt nañinmej, ak kōmadmōde juon nañinmej. Kwōjjab aikuji elolo bill ñan jerbal in jipaň kein. Kall e Jikin Jipaň eo an Ro Uwaan ñe elōñ am biil in muri.

Jerbal in jipaň ko bōk eddoin jen CareSource PASSE kwoj maroñ loi ilo bok in melele eo an ro uwaan. Kwōj maroñ loe bok in melele eo ilo **CareSourcePASSE.com ilal in Kōkar Ko**. Kwōj bar maroñ bōk kape ilo pūriin ñe kwōnaaj kalle lok Jikin Jipaň eo an Ro Uwaan im renaaj jilkinwōj.



KILE Kāānjōr in Ittūt

Kāānjōr ilo ittūt ej kāānjōr eo kein karuo ekkā tata an walok ilo Amereka. Ej men eo elaptata kein karuo ej tōl ñan mej ilo kāānjōr ibbān kōrā ro. Ejjelok wāween eo ekanooj jejjet ñan bōbrae kāānjōr in ittūt, bōtaab ewōr wāween ko ñan kadiklok uwōta ko bwe kwōnjab iione.



En ikkut
ekjōrjaij
aolep iien.



En
emman
joňan
boun.



Kaňñi mōñā
ko remman
ñan ājmour.



Kōmman
joňan draak
arkool.

Ñe emōkaj loe kāānjōr in ittūt, enij emman lok joňan iien ñan bōk madmōd ko im loe tōprak. Kōrā ro kōtaan 50 im 75 iiō rej aikuji bōk kakōlkōl in ittūt (mammogram) juon alen ak laplok aolep lok in ruo iiō. Aolep kōrā rej aikuji kōnono ibbān rijerbalin ājmour ro aer kōn ñāāt eo remaroñ jinoe bōk kakōlkōl ko. Pād wōt ilo am jelā ej aorōk!

Wūnjen: Siteman Cancer Center,
siteman.wustl.edu/prevention/8-ways/8-ways-to-prevent-breast-cancer/



Pād Wōt Ilo Am Ājmour im Bōbrae jen Būlu

Kij in bairōj ko rej kōmman nañinmej in būlu remaroñ ajedeed itok jen pokpok am mōmajeje. Kwōj bar maroñ bōk nañinmej in būlu ilo am jibwe juon men eo ewōr kij in būlu ie, innem jibwe loñiim ak botūm. Jipañ kabōjrak an ajedeed būlu ilo an ikwūt am kwal peim ilo joñan iien eo 15-20 jekōn. Wāween eo emmantata ñan bōbrae būlu ej bōk wā in būlu eo kajojo iiō. Kwōj bar maroñ bōk am kawinin ñe kwōj bōk wā in būlu eo! Etal ñan **CareSource.com/FluShot** ñan katak elaplok.

Ta Kalōrin Loom Emaroñ Ba Ñan Eok Kōn Ājmour Eo Am

Juon lo eo ājmour ej piiñ kalōrin. Ñe kwōj loe oktak ko ilo kalōr in loom, kall e rijerbalin ājmour eo am. Ej maroñ kōkalle ke ewōr am juon nañinmej kāāl. Rej maroñ jipañ eok bukōt ta eo ej wōjake im lewōj madmōd ko ñe kwōj aikuji.



Ialo – Menin ej kōkalle in ke ejjab emman joñan karreo lowaan loñi.



Būlu – Menin emaroñ walok ñe ewōr jorrāan ilo ial in bōktōktōk ko ak nañinmej in kij.



Kilmeej – Jet wūno rej maroñ kaal wāween in.



Piolet – Menin ej maroñ melelein bwe ewōr am nañinmej in Kawasaki.



Mouj – Menin ej maroñ kakōllein leukoplakia ak wōr kij in bañkōj ilo loñi.

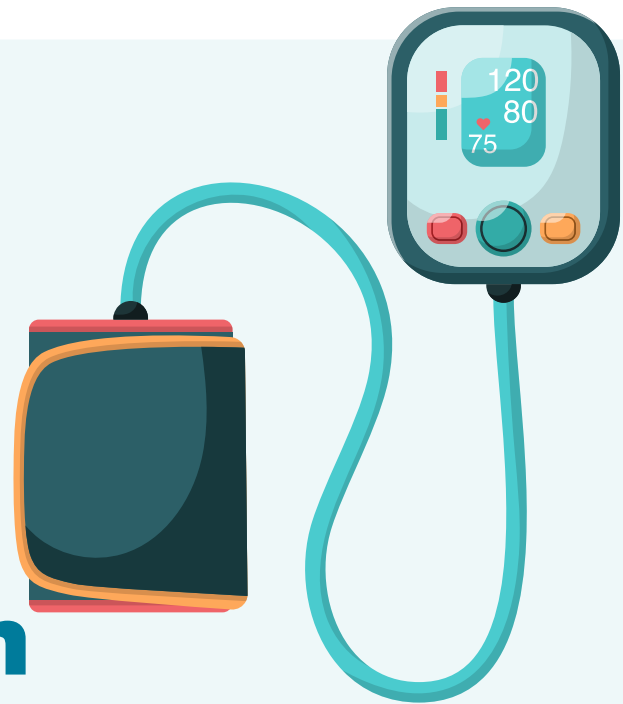


Kūriin – Kōjerbal tōbako ak jikka emaroñ jelōt men in.

Wūnjen: *Cleveland Clinic, my.clevelandclinic.org/health/symptoms/24600-tongue-color*



Jelā Nōmba ko ñan Aerin Bōtōktōkim



Madmōde joñan aer in bōtōktōkim ak aebļat ej juon men eo emmantata kwōj maroñ kōmmāne ñan menono eo am. Etale joñan aer in bōtōktōkim aolep iien kwōj lolok taktō eo am. Jelā nōmba ko am im ta melelein. Kōnono ibbām rijerbalin ājmour eo am ikkijjien kōttōpar ko am. Rej maroñ lewōj nōmba ko rekkañ ñan joñan aer in bōtōktōk ñan am kajjeoñ tōpare.

Ekajoor ejjelok kakōlle ko ak kakōlkōl ko ñe ej utiej joñan aer in bōtōktōk ak aebļat. Elaññe ban madmōde, emaroñ tōl ñan an mej rājetin ānbwin (stroke), wōr boņ ilo eke in menono (heart attack), im emaroñ bar jelōt n mej. Ukōt wāween mour eo am ej bar maroñ dāpiji. Taktō eo am ej maroñ kajitōk bwe kwōn:

- Kaññi mōñā ko elap ōn ie ibbān dik wōt jool
- Ekjōrjaij aolep iien
- Jolok kōbaatat
- Dāpij joñan baun eo emman

Kwōj maroñ bar aikuj bōk wūno ñan kadiklok joñan aer in bōtōktōkim. Aolep iien ej aikuj jejjet wāween am bōke. Ñe kwar jab bōk wūno kōnke kwōjjab maroñe wōnāñ, ewōr men ko rej walok ālikin am bōke ak elōñ iien am meloklok, kōnono ibbān taktō eo am kōn wāween jipañ ko. Jab ukōte kōmadmōd ko am ilo am jab kōnono ibbān taktō eo am mokta.

LĀBŌLIN JOÑAN AER IN BŌTOKTŌK	SYSTOLIC (mm Hg) (nōmba eo tulōñ)		DIASTOLIC (mm Hg) (nōmba eo tulal)
Emman joñan	Diklok jen 120	ak	Diklok jen 80
Eutiej	120 – 129	ak	Diklok jen 80
Utiej – Kein 1	130 – 139	ak	80 – 89
Utiej – Kein 2	140 ak Utiejlok	ak	90 ak Utiejlok
Kauwōtata - Lolok taktō ilo iien eo emōkajtata.	180 ak Utiejlok	ak	120 ak Utiejlok

**Wūnjen: American Heart Association,
<https://www.heart.org/en/health-topics/high-blood-pressure/the-facts-about-high-blood-pressure>*

Get free help in your language with interpreters and other written materials. Get free aids and support if you have a disability. Call **1-833-230-2005** (TDD/TTY: 711).



Obtenga ayuda gratuita en su idioma a través de intérpretes y otros materiales en formato escrito. Obtenga ayudas y apoyo gratuitos si tiene una discapacidad. Llame **1-833-230-2005** (TDD/TTY: 711).

Jwenn èd gratis nan lang ou ak entèprèt ansanm ak lòt materyèl ekri. Jwenn èd ak sipò gratis si w gen yon andikap. Rele **1-833-230-2005** (TDD/TTY: 711).

احصل على مساعدة مجانية بلغتك من خلال المترجمين الفوريين والمواد المكتوبة الأخرى. إذا كنت من ذوي الاحتياجات الخاصة، ستحصل على المساعدات والدعم مجاًناً. اتصل على الرقم **1-833-230-2005** TTY "الهاتف النصي للصم وضعاف السمع": (711).

通过口译员和其他书面材料，获得您所使用语言的免费帮助。如果您有残疾，可以获得免费的辅助设备和支持。请致电：**1-833-230-2005**（听语障人士专用电话：711）。

Erhalten Sie kostenlose Hilfe in Ihrer Sprache durch Dolmetscher und andere schriftliche Unterlagen. Beziehen Sie kostenlose Hilfsmittel und Unterstützung, wenn Sie eine Behinderung haben. Rufen Sie folgende Telefonnummer an: **1-833-230-2005** (TDD/TTY: 711).

Obtenez une aide gratuite dans votre langue grâce à des interprètes et à d'autres documents écrits. Si vous souffrez d'un handicap, vous bénéficiez d'aides et d'assistance gratuites. Appelez le **1-833-230-2005** (TDD/TTY: 711).

Nhận trợ giúp miễn phí bằng ngôn ngữ của quý vị với thông dịch viên và các tài liệu bằng văn bản khác. Nhận trợ giúp và hỗ trợ miễn phí nếu quý vị bị khuyết tật. Gọi **1-833-230-2005** (TDD/TTY: 711).

Grick Hilfe mitaus Koscht in dei Schprooch mit lwwersetzer un annere schriftliche Dinge. Grick Aids un Hilfe mitaus Koscht wann du en Behinderung hoscht. Ruf **1-833-230-2005** (TDD/TTY: 711).

आपकी भाषा के इंटरप्रेटर तथा आपकी भाषा में अन्य लिखित सामग्रियों संबंधी फ्री मदद पाएं। यदि आपको कोई डिसेबिलिटी हो, तो मुफ्त सहायता और सपोर्ट प्राप्त करें। कॉल करें **1-833-230-2005** (TDD/TTY: 711).

통역사와 기타 서면 자료의 도움을 귀하의 언어로 무료로 받으세요. 장애가 있을 경우, 보조와 지원을 무료로 받으세요. **1-833-230-2005** (TDD/TTY: 711) 로 문의하세요.

በአስተርጓሚዎች እና በሌሎች የጽሑፍ ቁሳቁሶች በቋንቋዎ ከክፍያ ነፃ እርዳታ ያግኙ። የአካል ጉዳት ካለብዎት ከክፍያ ነፃ እርዳታ እና ድጋፍ ያግኙ። ወደ **1-833-230-2005** (TDD/TTY: 711) ይደውሉ።

Gba ìrànṣọ́wọ́ ọ̀fẹ́ ní èdè rẹ̀ pẹ̀lú àwọn ògbifọ́ àti àwọn ohun èlò míràn tí a kọ sílẹ̀. Gba àwọn ìrànṣọ́wọ́ àti àtílẹ́yìn ọ̀fẹ́ bí o bá ní àìlera kan. Pe **1-833-230-2005** (TDD/TTY: 711).

Makakuha ng libreng tulong sa wika mo gamit ang mga interpreter at mga ibang nakasulat na materyales. Makakuha ng mga libreng pantulong at suporta kung may kapansanan ka. Tumawag sa **1-833-230-2005** (TDD/TTY: 711).

په خپله ژبه کې د ژباړونکو او نورو لیکلي شوو موادو له لارې وړیا مرسته ترلاسه کړئ. که تاسو معلولیت لرئ نو وړیا ملاتړ او مرستې ترلاسه کړئ. دې شمېرې ته زنگ ووهئ **1-833-230-2005** (TDD/TTY: 711).

వ్యాఖ్యాతలు మరియు ఇతర రాతపూర్వక మెటీరియల్స్‌తో మీ భాషలో ఉచిత సహాయాన్ని పొందండి. ఒకవేళ మీకు వైకల్యం ఉంటే, ఉచిత ఉపకరణాలు మరియు మద్దతు పొందండి. కాల్ చేయండి: **1-833-230-2005** (TDD/TTY: 711).

दोभाषे र अन्य लिखित सामग्रीहरूको माध्यमद्वारा आफ्नो भाषामा निःशुल्क मद्दत प्राप्त गर्नुहोस्। तपाईंलाई अशक्तता छ भने निःशुल्क सहायता र समर्थन प्राप्त गर्नुहोस्। **1-833-230-2005** (TDD/TTY: 711) मा कल गर्नुहोस्।

သင့်ဘာသာစကားအတွက် စကားပြန်များနှင့် အခြားပုံနှိပ်စာရွက်များကို အခမဲ့အကူအညီရယူပါ။ သင်သည် မသန်စွမ်းသူတစ်ဦးဖြစ်ပါက အခမဲ့အကူအညီများနှင့် အထောက်အပံ့များ ရယူပါ။ ဖုန်းခေါ်ရန် - **1-833-230-2005** (TDD/TTY: 711)

Bōk jibañ ilo an ejjelok wōnāān ikkijjien kajin eo am ibbān rukok ro im wāween ko jet ilo jeje. Bōk jeralin jibañ ko ilo an ejjelok wōnāer im jibañ ko ñe ewōr am nañinmejīn utamwe. Kall e **1-833-230-2005** (TDD/TTY: 711).

AR-PAS-M-3287527

DHS Approved: 11/18/2024



P.O Box 8738
Dayton, OH 45401-8738
CareSourcePASSE.com

WĀWEEN AM TŌPARE KŌM:

Jikin Jipañ eo an Ro Uwaan:
1-833-230-2005 (TDD/TTY: 711)

CareSource24®
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1-833-687-7305 (TDD/TTY: 711)

Koba tok Ibbām



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Melele ko Raorōk kōn Karōk in Bebe ko



Kōm kōnaan jelā lōmnak
ko am kōn nuujlōta eo am
aolep kuwata.

Ba ñan kōm ta ko kwōj kōnaan, ta ko
kwōjjab kōnaan, im lōmnak ko ñan
kōkmanmanlok nuujlōta ko! Uwaake kajjitōk
ko ilo link in itulal. Enaaj bōk jejo wōt minit.

CareSource.com/NewsletterSurvey

Kōm kōnaan kōmman bwe injuran eo am en
lukkun juon eo ejej uwaan! Kōm ej kamoolol
eok kōn am leke kōm kōn aikuj ko am
ikkijien ājmour eo am.