

Caafimaadka kala fog ee isbitaalka Seattle Children's.

Waxaan annagu ka shaqaynaynaa in aan kordhinno nidaamka caafimaadka kala fog ama kala shisheeya ee diyaarka ah oo aan gaarsiinno kiliniigyadayada dhammaantood si aan u sii wadi karno in aan daryeel nabad ah ama badbaado leh ugu deeqno bukaanadayada annagoo isticmaalayna qalab dalwaddii ah ama kumbiyuutareed oo ay ansixiyeen saraakiishayada Sir ilaalinta iyo Amniga Kumbiyuutarrada iyo weliba dawladda federaalku. Waxaa boggan lagu bixinayaa macluumaadka iyo khayraadka ama ilaha loogu talagalay ballamaha kiliniigga ee dalwaddii ah ama kumbiyuutar lagu qabto.

Waa maxay baaritaanka caafimaadka kala fog?

Baaritaanka caafimaadka kala fog waxuu la siman yahay ballanta wanaagqabka shakhsi ahaan loogu tago adeegbixiyaha ilmahaaga. Waqtiga baaritaanka, waxaad ka hadli doontaa walaacyada aad hadda caafimaadkaaga ka qabto waxaanad ogaan doontaa waxa aad samaynayso.

- Waxaa baaritaankaaga lagu qaban karaa goob adiga kuugu habboon.
- Adeegbixiyahaagu waxuu isticmaali doonaa barnaamij fiidiyow leh oo sugan oo waafaqsan HIPAA si uu adiga kuugula hadlo kumbiyuutar caadi ah, kumbiyuutar yar ama telefoon caaqil ah.
- Sawirkaaga iyo codkaaga lama duubi doono lamana kaydin doono.
- Waxaa la xushmayn doonaa oo la hubin doonaa sirtaada iyo xuquuqdaada.

Marka ballantaada la qorsheeyo, waxaad taas ka arki kartaa boggaaga MyChart (Khariidaddayda). Marka la gaaro waqtiga aad ballanta ku biirayso, waxaad isticmaali doontaa boggaaga MyChart si aad u soo xaadirto oo aad u saxiixdo waraaqaha loo baahan yahay.

Isla sida baaritaanka shakhsi ahaan loogu tago, fadlan xasuuso in aad ballantaada buriso ama iska celiso adigoo wacaya kiliniiggaaga haddii aadan markaa u joogi karin waqtiga ballanta.

Haddii aad ballan u baahan tahay

Raac nidaamka caadiga u ah qorshaynta adigoo wacaya lambarka 206-987-2000. Haddii loo baahan yahay in ballantaada lagu qabto nidaamka dalwaddii ah ama kumbiyuutareed, waxaan adiga kuu qorshayn doonaa ballan caafimaad kala fog haddii baaritaanka lagu qaban karo nidaamka dalwaddii ah.

Qalabka MyChart iyo Caafimaadka kala fog (Telehealth)

Baaritaannada dalwaddii ah ama kumbiyuutareed waxaa loogu baahan yahay bogga MyChart maxaa yeelay waxay taasi annaga naga caawisaa in aan sirtaada ilaalinno oo aan hubinno in aad hab sugan ama badbaadsan ku geli karto ballantaada kuna arki karto waraaqaha habboon. Bogga MyChart, waxaad ugu soo xaadiri kartaa ballantaada, ku burin kartaa ballan, ku samaysan kartaa qorshe lacagbixin iyo wax ka badan.

Gal bogga MyChart

Bog ma u baahan tahay? Halkan iska qor

Si ay kuugu fududaato in aad boggaaga gasho, soo dejiso abb-ka MyChart

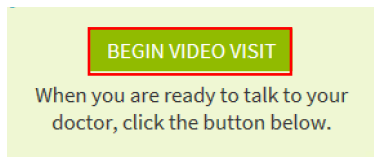
War dheeraad ah ka hel sida loo isticmaalo qalabka MyChart

Sida aad qalabka MyChart ugu isticmaalayso baaritaankaaga fiidiyowga ee kumbiyuutarka

1. Gal boggaaga **MyChart** adigoo furaya daalacaha internetka oo tag halkan <https://mychart.seattlechildrens.org>.
2. Guji calaamadda **Appointments (Ballamaha)** ee shaashadda dhanka sare kaga yaalla. Soo hel baaritaanka fiidiyowga ee kuu qorshaysan oo guji **eCheck-In (Xaadirista Elektaroonigga ah)**. Ballantaada lama bilaabi karo ilaa aad dhammaystirto Xaadirista Elektaroonigga ah.



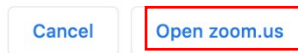
3. Marka aad dhammaystirto Xaadirista Elektaroonigga ah, guji **Begin Video Visit (Bilow Baaritaanka Fiidiyowga)**.



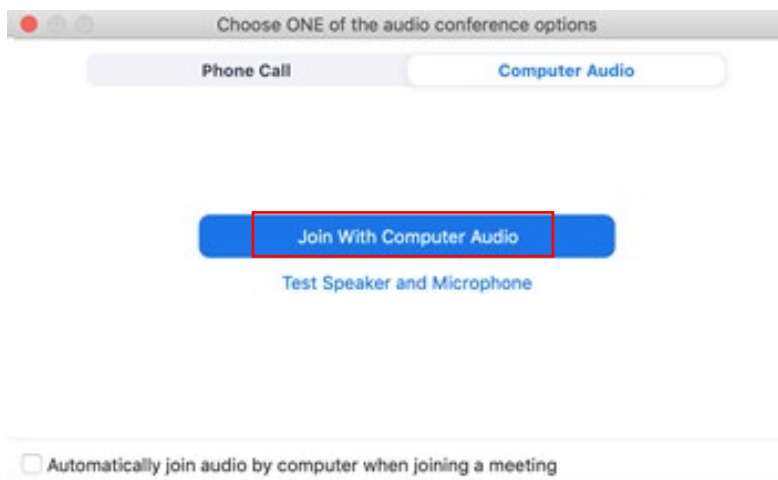
4. Qalabka MyChart ayaa furi doona barnaamijka Zoom si uu kuugu xiro Baaritaanka Fiidiyowga. Haddii aad tilmaan aragto, guji **Open zoom.us**. Ka dib, sug inta uu adeegbixiyahaagu soo galayo oo uu bilaabayo kulanka.

Open zoom.us?

https://seattlechildrens.zoom.us wants to open this application.

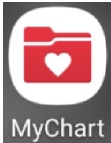


5. Marka laguu tilmaamo, dooro **Join with Video (Ku gal Fiidiyow)** iyo **Join with Computer Audio (Ku gal Dhegeysiga Kumbiyuutarka)** si aad fiidiyowga ama muuqaalka iyo dhegeysiga ugu furto baaritaanka.

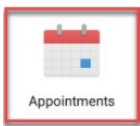


Sida aad qalabka MyChart ugu isticmaalayso baaritaankaaga fiidiyowga adigoo isticmaalaya telefoon ama qalab kaloo gacanta lagu qaato

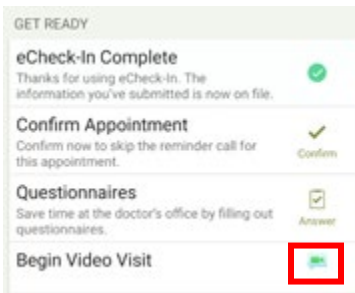
1. Abb-ka ama barnaamijka MyChart ka fur telefoonkaaga caaqilka ah ama kumbiyuutarkaaga yar si aad u gasho.



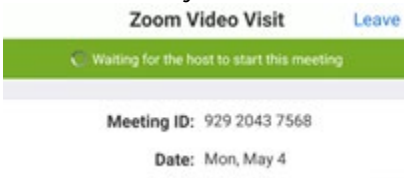
2. Guji calaamadda **Appointments (Ballamaha)**.



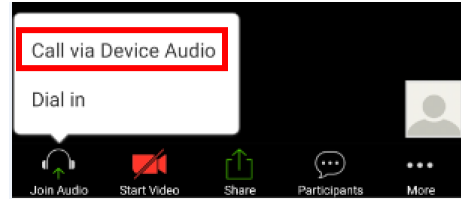
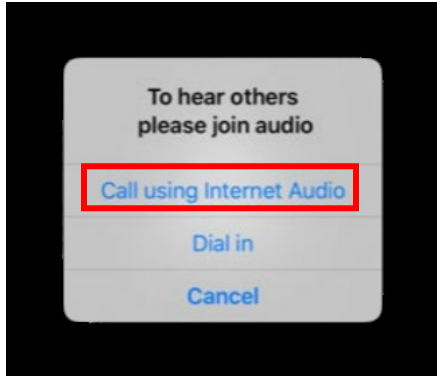
3. Soo hel baaritaanka fiidiyowga ee qorshaysan oo guji **eCheck-In (Xaadirista Elektaroonigga ah)**. Baaritaankaaga lama bilaabi karo ilaa aad tallaabadan buuxiso.
4. Marka aad dhammaystirto Xaadirista Elektaroonigga ah, guji calaamadda Video Visit (Baaritaanka Fiidiyowga) si aad baaritaanka u bilowdo.



5. Qalabka MyChart ayaa tilmaami doona in aad isticmaasho barnaamijka Zoom si uu kuugu xiro baaritaanka fiidiyowga. Ka dib, sug inta uu adeegbixiyahaagu soo galayo oo uu bilaabay kulanka.



6. Marka adeegbixiyuhu uu soo galo, dooro **Join with Video (Ku gal Fiidiyow)** iyo **Call using Internet Audio/Call via Device Audio (Ku wac Dhegeysiga Internetka/Ku wac Dhegeysiga Qalabka)** si aad fiidiyowga ama muuqaalka iyo dhegeysiga u furto.



Isku diyaari Baaritaankaaga Dalwaddii ah ama kumbiyuutareed

1 maalin ka hor ballantaada:

- Barnaamijka zoom geli kumbiyuutar, telefoon ama qalab kale oo kamarad leh
- Hubi in boggaaga MyChart uu shaqaynayo oo aad gali karto
- Qoro su'aalaha aad rabto in aad weydiiso adeegbixiyahaaga

45 daqiiqo ka hor ballantaada:

- Gal boggaaga MyChart oo dhammaystir Soo xaadirista elektaroonigga ah (eCheck-in)
- Qoro lambarka telefoonka kiliniiggaaga ama rugtaada caafimaadka
- Hubi in qalabka aad isticmaalayso uu baatari ku jiro, ama iminka korontada geli

15 daqiiqo ka hor ballantaada

- Soo hel meel shanqar yar, oo gaar kuu ah oo aad si fudud ugu dhaqdhaqaaqi karto oo iftiin fiican
- Hubi in bukaanku uu diyaar u yahay baaritaanka.
- Tag qalabka MyChart oo soo hel ballantaada
- Daar fiidiyowgaaga iyo dhegeysigaaga oo hubi in ay shaqaynayaan

Marka baaritaankaagu uu bilaabmo, waxuu adeegbixiyahaagu kulanka ku soo gali doonaa barnaamijka zoom. Haddii uu raago in ka badan 15 daqiiqo, fadlan wac kiliniiggaaga.

Su'aalaha Badi La Is Weydiyo

Miyaan u baahan ahay bogga MyChart si aan u galo ballanta fiidiyowga?

Haa. Bogga MyChart ee shaqaynaya ayaa loogu baahan yahay baaritaannada fiidiyowga. Waxay tani naga caawisaa in aan hubinno in la ilaaliyo sirta bukaanadayada iyo in si sax ah loo buuxiyo dhammaan waraaqaha ka horreeya ballanta.

Miyaan u baahan ahay akown ama bog ii furan si aan u isticmaalo barnaamijka Zoom?

Waxaad u baahan doontaa in aad barnaamijka Zoom ku soo dejiso qalabkaaga, laakiin uma baahnid in aad ka furato akown ama bog. Raac tilmaamaha ku yaalla boggan si aad u soo dejiso barnaamijka Zoom oo aad akown u furato haddii aad sidaas doorato. Marka aad barnaamijka Zoom ku soo dejiso qalabkaaga, uma baahnid in aad mar kale taas samayso.

Miyaan u baahan ahay in aan isticmaalo qalab kamarad leh?

Haa, si uu adeegbixiyuhu kuu arko oo uu u fuliyo ballanta caafimaadka kala fog, waa in aad isticmaasho qalab leh kamarad fiidiyow.

Sideen ugu daraa sifada dhegeysiga kumbiyuutarka/qalabka?

Qalabyada intooda ugu badan, waxaad ugu dari kartaa sifada dhegeysiga kumbiyuutarka/qalabka marka aad gujiso Join Audio (Ku dar Dhegeysiga), Join with Computer Audio (Ku gal Dhegeysiga Kumbiyuutarka), ama Audio (Dhegeysiga) si aad u gasho gundhigyada dhegeysiga. [War dheeraad ah ka hel ku xiridda dhegeysigaaga.](#)

Waa intee qiimaha Zoom?

Zoom waa adeeg u bilaash ah bukaanadayada. Ma jiro kharash soo raaca ama akown la furto si adeeggan loo isticmaalo.

Miyaan isticmaali karaa Samaacadda madaxa ee qalabka Bulutuuf ku shaqaysa?

Haa, waa haddii ay ku habboon tahay qalabka aad isticmaalayso.

Cillad saarista

Fiidiyowgayga/kamaraddayda ayaanan shaqaynayn.

[Akhriso fikradaha ku saabsan sida cilladda looga saaro kamaradda dhaqaaqi weyda ama muuqaal fiidiyow soo saari weyda.](#)

Jabaq celis ama dayaan ayaan ka maqlayaa kulankayga.

Jabaq celiska waxaa keeni kara waxyaabo farabadan, sida ka qaybqaate iskugu xira dhegeysiga kulanka qalabyo kaladuwan ama labo ka qaybqaate oo ka soo gala qol keliya. [Wax ka baro sababaha caadga ah ee keena jabaq celiska ama dayaanka dhegeysiga.](#)

Sifada dhegeysigu uma shaqaynayso qalabkayga gacanta lagu qaato.

[Akhriso fikradaha ku saabsan sida cilladda looga saaro dhegeysiga aanan u shaqaynayn qalabkaaga leh barnaamijka iOS ama Android.](#)

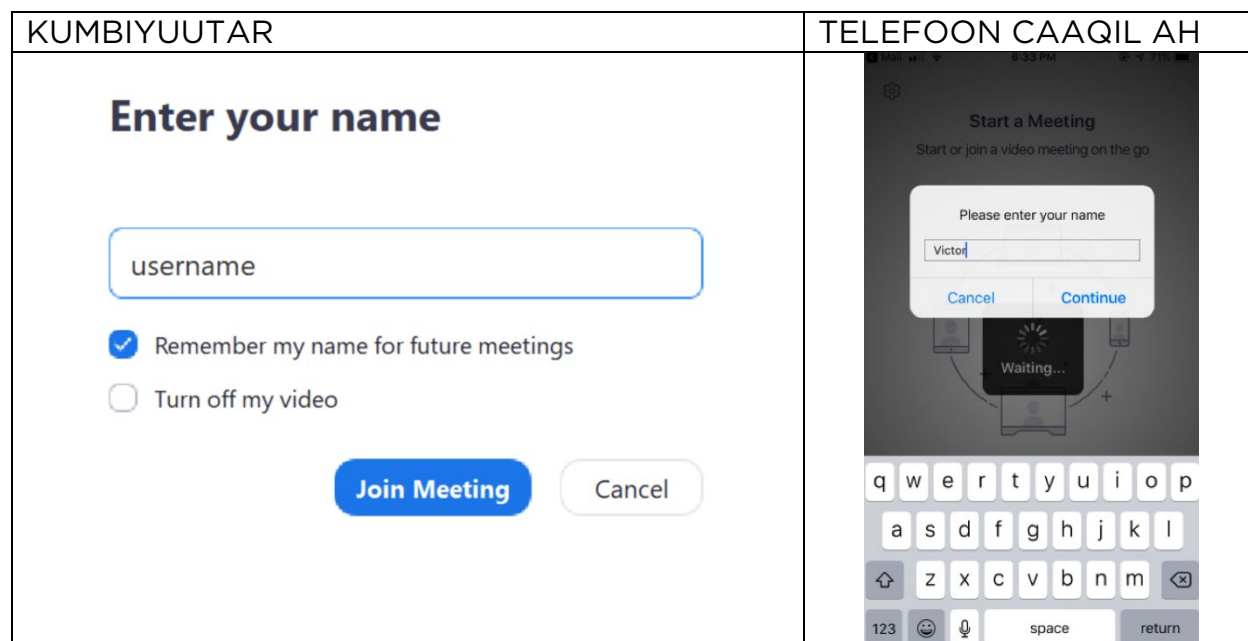
Haddii aad weli dhibaatooyin kala kulmayso, fadlan la xiriir lambarka 1-888-799-9666 xulashada 2. Fadlan sii diyaarso aqoonsigaaga kulanka.

Tilmaamaha ku saabsan sida loo soo dejiyo barnaamijka Zoom

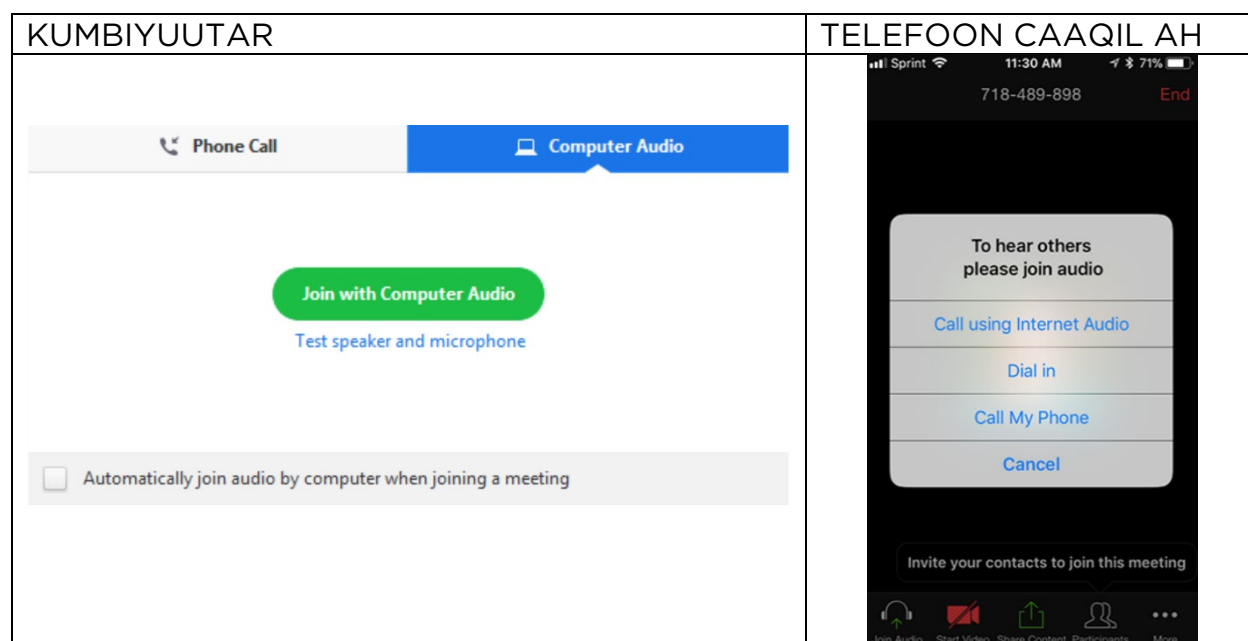
Marka ballantaada la qorsheeyo, waxaad heli doontaa isuxire kuu suurtoogeliya in aad ka qayb qaadato ballantaada caafimaadka kala fog. Waxaa laga yaabaa in isuxirahan lagu soo diro iimayl ama farriinta telefoonka gacanta. Raac isuxiraha si aad u gaarto barta internetka Zoom. Waxaa ka dib lagu weydiin doonaa in aad soo dejiso barnaamijka Zoom si aad ugu isticmaasho kumbiyuutarkaaga caadiga ah, kumbiyuutarkaaga yar, ama telefoonkaaga caaqilka ah. Barnaamijkan si bilaash ah ayaa loo isticmaalaa, umana baahnid in aad furato akown adiga gaar kuu ah.

Ka dib marka aad barnaamijka soo dejisato, waxaad raaci doontaa tilmaamaha lagu siiyo si aad u buuxiso diyaarinta akownkaaga. Waxaa halkan hoose ku yaalla sawirro shaashad oo tilmaamaya sida ay tani uga muuqan karto kumbiyuutarka ama telefoonka caaqilka ah.

Geli magaca koowaad iyo magaca qoyska ee aad doorbidayso.

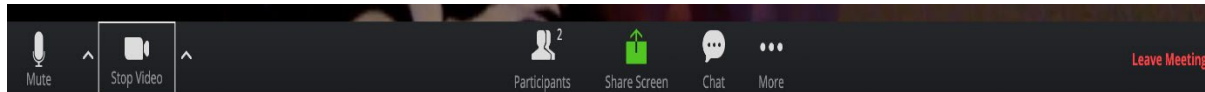


Tilmaanta xigta waxaa lagugu weydiin doonaa sida aad rabto in aad ugu xirto dhegeysiga (isha dhawaaqa) kulanka. Waxaa ugu fiican in aad ku xirto kumbiyuutarka ama sifada dhegeysiga kumbiyuutarkaaga yar ee tablet la yiraahdo ama telefoonkaaga caaqilka ah.



Jeexa qalabka ee dhanka hoose kaga yaalla shaashaddaadu waa in uu sidan u eekaado. Waxaad u baahan kartaa in aad mawaskaaga ku dhaqaajiso shaashadda kumbiyuutarkaaga dusheeda ama aad taabato shaashadda telefoonkaaga si uu jeexahani u soo muuqdo.

KUMBIYUUTAR:



TELEFOON CAAQIL AH:



Fikradaha Lagu Helo Baaritaan Fiidiyow Guul leh

1. Ku bilow kamaraddaada oo ku hagaagsan heerka indhahaaga
2. Qol gaar ah la joog bukaanka iyadoo albaabku xiran yahay si aanan la idiinka dhexgalin
3. Qalabka aad isticmaalo ku xir korontada waqtiga baaritaanka laguu wado si aad u reebato baatariga
4. Fiiri iftiinka si aad u hubiso in aanay meeshu aad u madoobayn, oo uusan adeegbixiyuhu ku arki karin ama aanay aad u iftiimayn oo uu iftiinku caddaan kugu qarinyo
5. Dib u dhaqaaji qalabkaaga ka hor Baaritaanka Fiidiyowga
6. Demi barnaamijkaaga shaashadda beddela. Haddii qalabku heegan galo, waxuu ka go'i karaa internetka waxuuna qasi karaa baaritaanka fiidiyowga.
7. Demi barnaamijyada kale ee ka daaran qalabka aad isticmaalayso si aad ula xiriirto adeegbixiyahaaga
8. Haddii aad isticmaalayso khadka internetka aanan xarig lahayn ee Wi-Fi hubi in aad u dhowdahay gudbiyaha internetka.
9. Haddii fiidiyowgu uu muuqaal xun yahay marka la isticmaalo khadka Wi-Fi, isku tijaabi in aad qalabkaaga ku xirto xarigga lagu magacaabo ethernet ee ka soo baxa qalabka modem/gudbiyaha internetka. Waxaad u baahan kartaa in aad dadka kale ee gurigaaga jooga weydiiso in ay joojiyaan daawashada fiidiyowiyada ama ciyaaraha internetka.
10. Soo deji nukhsaddii ugu dambaysay ee daalaceyaasha Chrome ama Firefox
11. Hore u ogsoonow qorshaha ayidaadda ee aad isku tiirinayso oo dukumeentigan hayso waqtiga baaritaanka
12. Haddii aad maqasho jabaq celis ama dayaan, isku tijaabi waxyaabaha soo socda:
 - a. Codka ama dhawaaqa hoos ugu deji ilaa boqolkiiba 25
 - b. Isticmaal samaacadda madaxa la suro
 - c. Isticmaal qalab kale