



Isbitaalka Children's Minnesota

# Soo-gelidda Ballanta Fiidiyowga

Waxaad ku mahadsan tahay in aad isticmaaleyso ballanta fiidiyowga ee daryeelka ilmahaaga. Macluumaadka soo socda waa sida loo raacayo shuruudaha qalabka ee loo isticmaalayo ballamaha fiidiyowga oo ah wax nagu cusub. Sida waalidka oo kale, waxa uu isbitaalku rabo waa in ay ilmuhu u koraan sida ugu fiican, oo leh farxad iyo caafimaad.

## Hadda bilow

Ballamaha fiidiyowga ee kiliniga waa in laga soo galo kadinka intarnetka MyChildren's <https://www.childrensmn.org/mychildrens/>.

Haddii aadan hadda ku qorneyn kadinka intarnetka MyChildren's, waxaa kugu qori kar miiska diiwaangelinta bukaanka ee kiliniga ama soo garaac 612-813-6216. Bukaanka da' ahaan ka yar 18 waa in ay codsigooda MyChildren's soo gudbiyaan waalid/masuul sharciyaysan.

## Ka hor intaan la gaarin ballan fiidiyowga

Si aad u habsato sida aad u soo galeyso fiidiyowga, fadlan raac tilmaamaha soo socda. Fadlan ogow: waxaa jira dhowr waxya'aood oo aad isugu diyaarineyso ballanta fiidiyowga, wakhti kugu filan u hel waxa aad sameyn doonto ka hor intaan la gaarin ballantaada fiidiyowga.

1. Kadinka Intarnetka MyChildren's ka soo gal 10 ilaa 15 daqiiqo ka hor intaan la gaarin ballanta: <https://www.childrensmn.org/mychildrens/>.
- Haddii aad ka soo galeyso barnaamijka gelidda intarnetka ama taleefan, isticmaal nooca Chrome (haddii aad isticmaaleyso qalab ku shaqeeya Windows or Android), ama nooca Safari (haddii aad isticmaaleyso aalad ku shaqeysa Mac ama iOS ).
2. Marka aad soo gasho MyChildren's, guji **Appointments (Ballamaha)** si aad u aragto liiska ballamaha kuu yaalla, sida kuwa fiidiyowga. (eeg bogga dambe)



## NAGALA SOO XIRIIR

Taageeridda xagga farsamada:

Soo garaac 1-877-621-8014


Wixii su'aalo ku saabsan ballantaada;

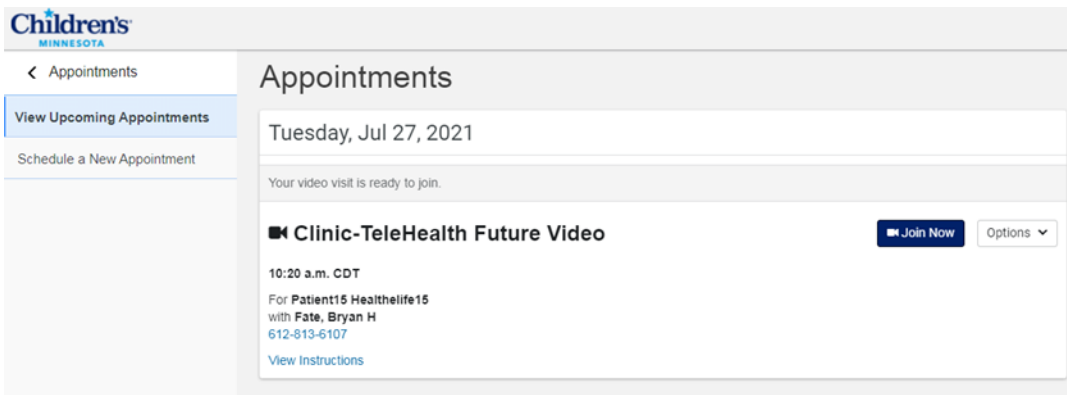
Fadlan taleefan kula xiriir kiliniga

**Children's**  
MINNESOTA

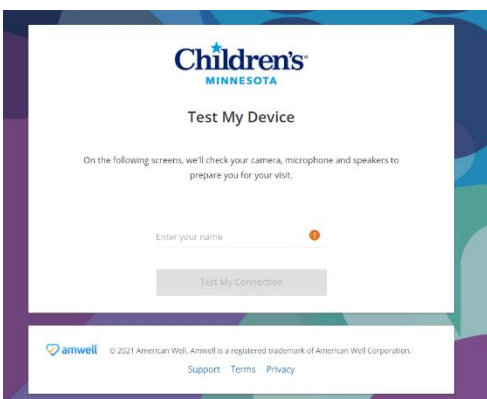
[childrensmn.org/primarycare](https://childrensmn.org/primarycare)



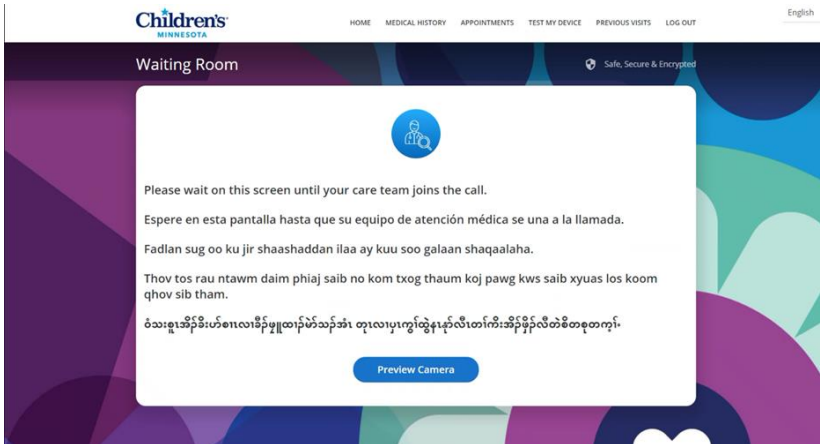
- Sawir ah fiidiyow  ayaa ku dheggen ballan kasta oo ah nooca fiidiyowga intarnetka.
- Haddii aad ballantaada fiidiyowga arki weydo, la xiriir kilinigga.



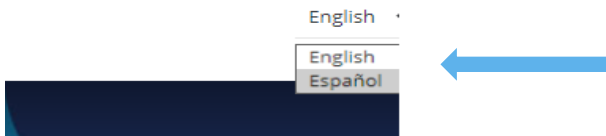
3. Tijaabi kambuyuutarka, xalleefka ama taleefanka si aad u xaqiijiso meelaha laga maareeyo siday u shaqeynayaan codka iyo fiidiyowga.
  - Waxaa jira talooyin kugu hoggaamin kara wixii cillad-bixin ah, haddaad rabto.
  - La soo deg oo gasho aaladda wixii cusub ee barnaamijku u baahdo.



- Marka aad dhammeyso Hubinta Qalabka, **qor taleefan lagaala soo xiriiri karo**. Dabadeedna guji **Continue (Soco)**.
- Waxaad soo galeysaa Qeybta Sugidda Fiidiyowga. Shaqaalaha ayaa kuu sheegaya in aad soo gashay.



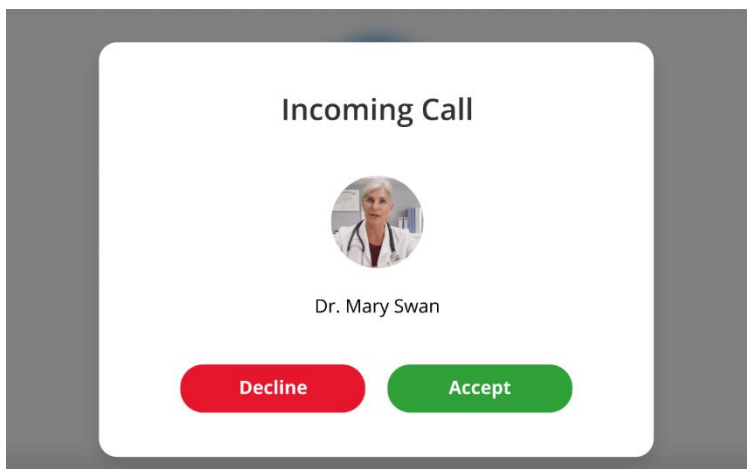
- Waxaad **dooran kartaa English ama Somali** adigoo ka dhex dooranaya liiska ka muuqda dhinaca midige ee shaashadda.



- Waxaad arki kartaa ogeysiis lagugu weydiinayo in aad **grant your browser access (barnaamijka u oggolaato)** makarafoonka iyo kaamaradda. Waa khasab in aad u oggolaato si aad u isticmaasho makarafoonka iyo kaamaradda inta lagu jiro ballanta fiidiyowga.

### Inta lagu jiro ballantaada fiidiyowga intarnetka

- Marka ay shaqaalaha caafimaadka kuu bilaabaan ballantaada, waxaa kuu oo dhici doona Taleefanka Bilaabidda. Guji **Accept (Waayahay)** si aad u gasho ballanta fiidiyowga.



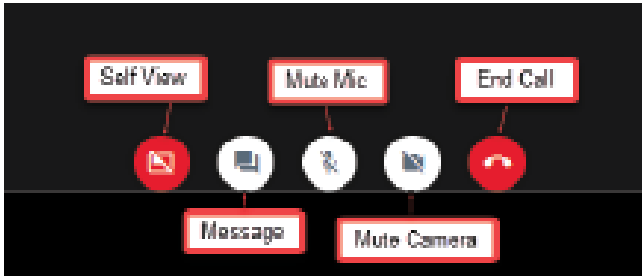
- Markaad waayahay uga jawaabto taleefanka, ballanta ayaa bilaabaneysa.

- Waxaad arki doontaa shaqaalaha caafimaadka oo ku jira fiidiyowga si ay kuugu bilaabaan ballanta fiidiyowga ilmaha. Waa ay ku arki doonaan waana ku maqlayaan.

Haddii aad rabto in ay xubno kale oo qoyska ka mid ah in ay kula soo galaan ballanta fiidiyowga, boostadooda internetka ama si fariin taleefan soo dir si ay shaqaaluhu ugu casuumaan ka dib marka aad soo gashaan ballantaada fiidiyowga.

6. Markay idiin dhammaato ballanta fiidiyowga, guji battoonka **End Call (Ka Bax)**.

- Haddii aad rabto in aad dib u gasho ballanta fiidiyowga ka dib markaad gujiso **End Call (Ka Bax)**, guji **Join Session (Ku Noqo)** si aad u gasho fiidiyowgii ballanta. Batoonka **Join Session (Gal Ballantaada)** waa kuu diyaar haddii uusan wakhtigii kaa dhicin oo uusan dhakhtarku dhinaciisa ka joojin battoonka ballanta.



## Ka warran haddii uusan shaqeyneyn kadinka internetka?

Akhriyo tilmaamaha u qoran habka PDF.