

Garabkaaga ayaan taaganahay! Qorshaha Caafimaadka OSU iyo Tababarayaasha Caafimaadka waxay halkaan u joogaan inay kaa caawiyaan yoolkaaga caafimaad.

Sidee Tababarka Caafimaadka u shaqeeyaa

Kulanka tababarka waxaa lagu qabtaa taleefan waxaa kamid noqon kara wada sheekeysii ku saabsan nafaqada, dhaqdhaqaaqa jirka, maareynta walaaca, joojinta tubaakada, iyo/ama xakameynta culeyska jirka. Tababarahaagu wuxuu kaa caawin doonaa inaad la timaado yool gaar kuu ah iyo istaraatiijiyad aad ku gaareyso yoolkaaga.

Ka qaybgalayaasha


Macalimiinta iyo shaqaalaha u qalma faa'idada iyo lamaanayaasha diiwaangashan ee Qorshaha Caafimaadka OSU ayaan u qalma adeegyada tababarka caafimaadka. Ka qaybgalka Barnaamijka Tababarka Caafimaadka OSU guud ahaan waa ikhtiyaari, qarsoodi, waxaana lagu bixiyaa si bilaash ah.

Dhibcaha Dhiirigelinta

Hel dhibcahaaga Qorshaha Caafimaadka (YP4H) intaad la shaqeynayso tababaraha caafimaadkaaga! Agabka tababarka caafimaadka ka hel linktohealth.osu.edu gaar ahaan batoonka QORSHAHAYGA (MY PLAN). Dhibcaha waxaa la bixiyaa kadib marka la eego agabyada la dhameystiray inta lagu jiro kulanka tababarka caafimaadkaaga.

Si aad u qabsato balan

limayl udir healthcoach.osuhealthplan@osumc.edu ama wac (614) 292-4700 ama (800) 678-6269.



THE OHIO STATE UNIVERSITY
HEALTH PLAN

YOUR PLAN FOR HEALTH

Xog badan ka oggoow: osuhealthplan.com

Dhameystir Qiimeenada 2022

Dhameystir qiimeynta kalsoonida hordhaca ah ee kulankaaga koowaad kadibna soo bandhig qiimeynta kadib kulankaaga lixaad si ay kaaga caawiso la socoshada hormarkaaga.

3,000 oo dhibcood oo loogu talagalay qiimeenada



Abuur Yoolka Caafimaadka 2022

Abuur yoolka Caafimaadka kadib kulankaaga koowaad si aad u waafajiso yoolalkaaga la xariira waxyaabaha muhiimka kuu ah.

500 oo dhibcood halkii sanadba



La eeg yoolka WANAAGSAN (SMART) tababaraha caafimaadka

Geli illaa afar yool oonleena halkii teeranba kadibna ku qiimee taageerada iyo isla xisaabtanka tababaraha caafimaadka.

500 oo dhibcood halkii eegidba



Gaar yoolka SMART

U sheeg tababarahaaga caafimaadka marka aad gaarto yoolkaaga gaarka ah ee kuu shaqeeyay inta lagu jiray kulanka tababarka caafimaadkaaga.

500 oo dhibcood halkii teera



Dhibcaha Dhiirigelinta ah ee Kooxda Tababarka

Ma xiiseynaysaa inaad kusoo biirto kooxda Buckeyes ee leh ujeedooyinka iyo yoolalka caafimaadka ee isku midka ah?

Tababarka Caafimaadka Kooxda waa qaab wanaagsan oo dadka kale lagula wadaago fikradahaaga, tallooyinkaaga, yoolalkaaga adoo adeegsanaaya kulanka kooxda ee seminaarka oonleenta ah. Sidoo kale ka qaybgalkaaga waxaad ku heli kartaa dhibcaha dhiirigelinta!

Si aad kooxda ugu biirto, gal barta linktohealth.osu.edu kadibna ku dhufo Tababarka Caafimaadka ee Kooxda, kadibna ku dhufo “Kulanka Tababarka Caafimaadka ee Kooxda” ee ku hoos jira balamaha ama nooca fasalka si aad u aragto mawduucyada.

Iska diiwaangeli kulanka koowaad ee taxanaha ah ugu yaraan 24 saacadood muddo ka horeysa. Haddii aadan awoodin inaad ka qaybgasho kulanka layfka ah, isdiiwaangeli markaas waxaan kusoo diri doonaa muuqaal duuban si aad u daawato markaad rabto.



Xog aruurinada Tababarka Caafimaadka

Buuxi labadaba xog aruurinta hore iyo tan danbe ee tababarka caafimaadka ee kooxda.

250 dhibcood/taxane*



Isdiiwaangelinta

Iska diiwaangeli tababarka gaarka ah kadib taxanaha tababarka caafimaadka kooxda si aad diirada

2,000 dhibcood



Taxanaha

Oga qaybgal kulanada tababarka caafimaadka kooxda webinarka. Sidoo kale waxaa la heli karaa kooxo

1,500 dhibcood/taxane*



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* Waxaad dhameystiri kartaa inta ugu badan ee taxane ee aad dooneyso waxaadna heli kartaa dhibco ugu badnaan ah afar oodna ku helayso “Tababarka Caafimaadka Kooxda ama taxanaha EAP” halkii sanaba.