

Ma Dooneysaa in aad iska Joojiso Cabidda Sigaar? MassHealth ayaa Hadda kaa Bixineysa wixii Qarash ah!

In isticmaalka tubaakadu ay adiga iyo qoyskaaga idiin keeneyso dhibaatooyin caafimaad oo aad u daran sidaa awgeed, ayey MassHealth u leedahay faa'iido cusub si ay kaaga caawiso in aad iska joojiso - haddii aad calaajisid, ama aad sigaar ahaan u cabtid ama wixii kale oo tubaako ka sameysanba.

Maxaa Faa'iido ku jirta Iska Joojinta Sigaar Cabidda?

Waxaad kala dooran kartaa daaweyno fara badan ee iska jooji sigaar cabidda ee ah isla bixinta \$1 ama \$3.

- Cadka la isku dhejiyo, xanjada, nac-naca, ama kaniiniga (bupropion or Chantix) nikotiinka ayaa ku jira waxayna hoos u dhigi karaan rabitaanka faraha badan ee tubaakada. Bixiyaha daryeelkaaga aasaasiga ah wax ka weydii kala doorashooyinka oo dhan.

Waxaad la hadli kartaa la taliye si aad wax uga baratid sida la isaga joojiyo oo aan loogu noqon.

Bixiyaha daryeelkaaga aasaasiga ah wax ka weydii kala doorashooyinka:

- o La taliyaha kula kulan is aragga qof-qofka ah.
- o Ku soo biir kooxda taageerada iska joojinta cabidda sigaar.
- o Caawinada iska joojinta cabidda sigaar ku qaado telefoonka.

Si aad wax badan uga baratid faa'iidada MassHealth ee cusub, Adeegga Macaamiisha **MassHealth ka wac 1-800-841-2900.**

Xaggee Ayaan ka Raadsadaa Caawinada Iska Joojinta?

Bixiyaha daryeelkaaga aasaasiga ah ee MassHealth weydii in uu kuu qoro daawooyinka kuuna diro la taliyaha iska joojinta sigaar cabidda ama isku qor QuitWorks, kaasoo ah barnaamij iska joojin cabidda sigaar oo telefoonka la isku siinayo. Waxaad wici kartaa caawinada iyo warka iska joojinta cabidda sigaar ee bilaashka ah oo Ingiriis ah ee **1-800-Try-To-STOP (1-800-879-8678)** iyo iyadoo Isbaanish ahna **1-800-8-DEJALO (1-800-833-5256)**. Haddii aad ku hadasho luqad kale, weli lambarradaan waad wici kartaa. Turjumaan ayaa la helayaa.

Waxaad sidoo kale awood u yeelan kartaa ilo wax laga helo oo khadka internetka ah oo bilaash ah kuwaasoo loogu talagalay taageerada iska joojinta tubaakada waxana laga helaa www.trytostop.org.

Anigu ma ku Jiraa?

Waad ku jirtaa haddii aadba ku jirtay mid ka mid ah barnaamijyadaan: MassHealth Standard, CommonHealth, Prenatal "Dhalmada ka hor", Family Assistance for persons with HIV "Kaalmo Qoys oo loogu talagalay dadka qaba HIV", Iyo xubnaha hela ka bixin toos ah (aan ahayn kaalmo caymiska laga gooyey) oo loogu talagalay MassHealth Basic, Essential, iyo Family Assistance for children. "Kaalmo Qoys oo loogu talagalay carruurta"

Ka Warran Haddii aan Isku Dayo, Laakiin Aanan Iska Joojin?

Mar kale isku day! MassHealth way fahamsan tahay in laga yaabo in ay qaadato wax ka badan mar day in la isaga joojiyo cabidda sigaar ama isticmaalka tubaakada. Siiwad isku dayidda!

