

Vård och hälsa

Vård och hälsa waa app-ka cusub ee gobolka Västra Götaland ee loogu talo galay kulamada caafimaadka ee khadka internetka. App-ka waxaa ku socda dhisme laakiin hadda Hälsocoach online ayaa kusoo wareegay barnaamijka oo laga qabsan karaa ballamaha.

Haddii aad qabsatid ballan cusub oo ballan caafimaad oo khadka internetka lagu kulmayo ah waa inaad soo degsatid app-ka Vård och Hälsa ama ka gashid bogga internetka.

Si kulan fiidyow ah lagula yeesho waxaad u baahan tahay inaad heli kartid:

- Telefoon casri ah ama kombuyuutar gacanta ah
- Kombuyuutar kaamirad iyo mikrofoon shaqaynaya leh
- Khad internetka ah oo shaqaynaya
- Aqoonsi elektoroonig ah (tusaale ahaan BankID)

Waxaa fiican inaad fariisatid meel gooni ah oo deggan oo aan lagu qasayn. Sameecadaha mikrofoonka leh (dhegahah la gashado) waxay leeyihiin cod tayo leh oo adiga iyo coach-ka caafimaadkuma aad si fiican u maqlaysaan.

Soo degso app-ka Vård och hälsa. App-ka waxaad ka helaya halka app-yaasha laga helo. Waxaad sidoo kale ka geli kartaa bogga internetka.



Koodhka-QR: <https://vardochhalsa.vgregion.se/home-login>



Somaliska

**Sii xooji caafimaadkaaga oo nolol
maalmeedkaaga caafimaad dareen**

Hälsocoach online



Loogu talo galay adiga raba inaad bilowdid inaad dhaqdhaqaaqid, joojisid sigaarka ama tubaakada/ buurida bushinta la gashado, cunto caafimaadka u fiican cuntid ama isbeddel ku samaysid caadooyinkaaga khamriga – waa bilaash dhammaan!

Haddii shagaalaha daryeelka cudurrada iyo caafimaadka ay kugu la taliyeen inaad isbeddel ku samaysid caadooyinkaaga nololeed waxaa kuu fududeyn kara coach caafimaad oo kugu kaalmeeya shaqada isbeddelka. Waxaad sidoo kale ballan qabsan kartaa adigoo adigu go'aansada.

Coach-ka caafimaad markii uu ku garab taagan yahay waxaad tallaabo u qaadayasaa dhan ka caadooyin nololeed oo caafimaadka u fiican – sidaad rabtidna lagu yeelayo. Waxaad coach-ka caafimaadka kula kulmayasaa kulan fiidyo ah oo telefoonka gacanta ama kombuyuutarka gacanta ah. Soo degso app-ka Vård och Hälsa oo qabsa ballan kugu haboon.

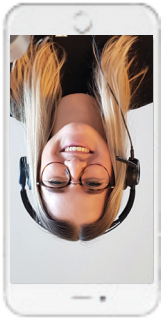
Tababar ka wuxuu caadiyan socdaa 2-6 bilood, 4-6 jeer. Si wadajir ah ayaan ugu heshiin doonaa qaabkaan u dejinayno iyo sida tababarku u dhici doono.

Taladeena caafimaad ee ugu fiican – ballan qabso hadda.



Su'aalo ka hor inta aadan ballanta qabsan? Waxaa fiican inaad naga lasoo xiriirtid e-mail, halsocoach.online@vgregion.se Eeg boggeena internetka sidoo kale, www.vgregion.se/halsocoach si aad uga heshiid macluumaadkii u danbeeyay iyo su'aalaha/jawaabaha caadiga ah.

Kulanka fiidyooga ah wuxuu la mid yahay kulanka nala ku yimaado ama kulamada kale, laakiin fariiqo u dhexeeya waa in aadan u baahnayn inaad tagtid qaabiiaadda caafimaadka si aad ula kulantid coach-kaaga caafimaadka ee waxaad wada hadal ku yeelanaysaa fiidyooga telefoonkaaga gacanta ama kombuyuutarkaaga gacanta.



Matkassen



Matkassen waa bog internetka ah oo ay soo saareen dadka cuntada ku takhasusay ee gobolka Västra Götaland ujeedada laga leeyahayna waxay tahay in cunto fiican la helo. Matkassen waxaa ku jira sida loo sameeyo cuntooyinka degdegga ah iyo cuntooyinka nafaqada badan leh ee u fiican caafimaadka, deegaanka (bey'adda) iyo jeebka.

Waxaa ku jira cuntooyin diyaarsan oo la kala dooran karo oo asbuucle ah iyo liisaska cuntooyinka lasoo gadanayo oo la socda. Waxa u gaarka ah Matkassen marka loo barbard-higo bacaha kale ee cunto waa in tilmaamaha sida cuntada loo samaynayo la raacayo Talooyinka nafaqo ee waddamada Waqooyiga Yurub ee Nordiska Näringsrekommendationer (NNR) waxayna ku haboon tahay da'kasta.

Koodhka-QR: www.vgregion.se/matkassen

