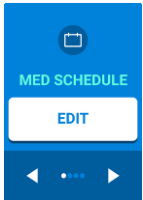
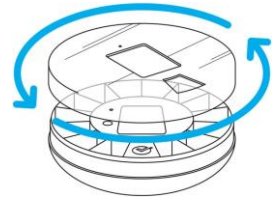


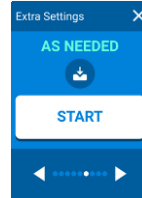
Nidaamka & Tilmaamo Dheeraad ah

1. Si aad u gasho nidaamka & tilmaamaha dheeriga ah **FUR DABOOLKA**
2. Riix **MAYA** marka lagu weydiiyo haddii aad dib u buuxineyso
3. Isticmaal **FILAARAHA** oo ku yaala xagga hoose si aad isaga gudubto boggaga
4. **BEDDEL DABOOLKA** markii aad dhamayso



BEDDELITAANKA WAKHTI(YADA) DAAWADA

- Riix **WAX KU DAR** oo ku taala shaashada **JADWALKA DAAWDA**
- Raac **TILMAAMAHA SHAASHADA** si aad u beddesho/ aad ku darto wakhtiyada daawada.



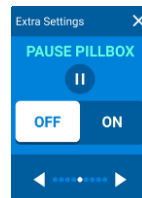
HABKA LOOGU BAAHAN YAHAY

- U gudub **NIDAAMYADA DHEERIGA AH**
- Riix **WAX KU DAR**
- U gudub **SIDA LOOGU BAAHAN YAHAY** oo isku hagaaji **SHID** ama **DAMI**



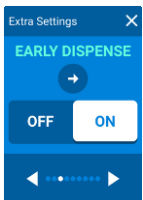
MUGGA DHAWAAQA

- U gudub **NIDAAMYADA DHEERIGA**
- Riix **WAX KU DAR**
- Isku hagaaji **MUGGA** adigoo riixaya + ama -



HAKINTA QALABKA

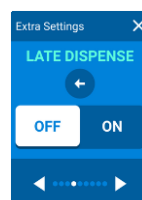
- U gudub **NIDAAMYADA DHEERIGA**
- Riix **WAX KU DAR**
- U gudub **SANDUUQA HAKINTA DAAWADA** oo isku hagaaji **SHID** ama **DAMI**



BIXINTA HORE

Bixi ilaa iyo 8 saacadood ka hor

- U gudub **NIDAAMYADA DHEERIGA**
- Riix **WAX KU DAR**
- U gudub **BIXINTA HORE** oo isku hagaaji **SHID** ama **DAMI**



BIXINTA DAMBE

Bixi ilaa iyo 2 saacadood ka dib

- U gudub **NIDAAMYADA DHEERIGA**
- Riix **WAX KU DAR**
- U gudub **BIXINTA DAMBE** oo isku hagaaji **SHID** ama **DAMI**

Wixii su'aalo ah wac (844) 300-6212

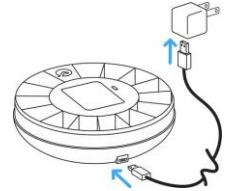
Su'aalaha badana la isweydiiyo, gal dosehealth.com/faq

Bilaabitaanka

1

Geli qalabka Qiyaasta daawada kaas oo ka baxa gidaarka oo leh xadhigga la bixiyey

Haku xirnaato in aad la safarta mooye



2

Raac tilmaamaha shaashada si aad u samaysato jadwalkaaga daawada

Taabashada shaashada waxay u baahan tahay cadaadis yar oo xoogan si uu u shaqeeyo



3

Ka dib markii aad dejisato jadwalka daawada, ka tuur daboolka si aad u bilawdo buuxista daawooyinka

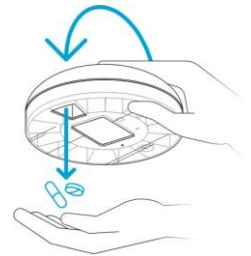
Raac dhaqdhaqaaqa shaashadda si aad ugu buuxiso daawooyinka meelaha saxda ah



4

Marka dawooyinka la buuxiyo, daboolka dib ugu xir. Halkaas ayey ku dhamaatay!

Marka la gaaro wakhtiga aad dawooyinka qaadnayso, ku wareeji sanduuqa daawada gacantaada ama koob



Wixii su'aalo ah wac (844) 300-6212

Tilmaamaha muuqaalka ah iyo wax ka badan, gal dosehealth.com/instructions