

Veiki kemuni na lewe ni vanua ka dau qaravi ena valeni bula e SRCH

O ni kila beka?

E sa vakadinadinataki e na dua na vakadidike vakavuniwai vei ira na lewe ni vanua e na Pasifika, okati kina na i Taukei e na vanua lomani o Viti, ni levu na kedrai iwiliwili e ra tauvi tubu ni dra (hypertension) tiko, me vakatauvatanitaki kei ira na wekada mai na Esia kei ira na wekada na vavalagi era vaka i tikotiko e na Vualiku kei California, okati kina na i tikotiko oqo o Santa Rosa. E dua na kena i vakadinadina e na valeni bula qo e Santa Rosa Community Health Center, e laurai ni veimama ni dua na i wase ni lewe ni vanua e na Pasifika e sa tauvi ira tiko na tubu ni dra (hypertension). E dua na kena i vakaraitaki, e na gauna e mai tauri kina na nodra i vakarau ni dra e lewe 215 na lewe ni vanua e na Pasifika, e dua na veimama vei ira oqo e laurai ni tauvi ira tiko na tubu ni dra (hypertension)

Na cava sara mada na Tubu ni dra (Hypertension)?

Na tubu ni dra sa i koya na **kaukauwa** ni kena pamutaki na dra, ena vei sala ni dra mai na uto kina vei tiki ni yagoda, ka lesu tale kina uto. E vuqa na tamata tabu saka yani, era sega ni kila se raica e dua na i vakatakilakila vaka oqo, ka dredre kina me kilai vakatotolo na mate oqo. Ia kevaka sa dede na kena tauvi iko tiko na mate oqo, e rawa ni vakaoca na uto, vakasama (brain), na ivi (kidneys), vakaleqa se na buwawa ni mata, ka vakalevutaka talega na rerevaki ni mate lelevu me vaka na mate ni uto (heart attack) kei na kacabote ni sala ni dra kina mona (stroke/brain attack).

Na veika vinaka mo kila:

Na tubu ni dra eda rawa ga ni da walia se qarava, me valuti kina na mate oqo. Na veisau rawarawa duadua me vakayacora e dua, oya na kena laukana se vakayagataki vakalevu na vei kakana bulabula mai na were (vegetables), vuata (fruits), vakalailai taki na kena vakayagataki na masima, wai ni vei vaka matenitaki, tarovi na vakatavako, qaravi na vakaukauwa yago, qarauni na keda bibi (weight), vakauqeti me da dau moce me 8 na auwa, kei na nomuni vakayagataka na veigaunisala moni vakalailai taka kina na bula ni loma ocaoca kei na nui qawaqawa – oqo kece e rawa ni vukea na vakalailaitaki ni tubu ni dra (hypertension). Eso na tamata tabu saka yani era gadreva talega me ra dau taura na wainimate ena veisiga, e vinaka me da kila ni dodonu me gunuvi na wainimate me vaka nai vakaro mai vei koya na nomuni dauniveiqaravi/vuniwai.

Na Veivuke eso!

O ni sa vakasalataki mo ni vakarautaka e dua na gauna mo ni raici nomuni vuniwai ena kena gauna totolo duadua, me rawa ni drau veitalanoa taka kina na vei gaunisala eso me rawa ni qaravi kina na mate oqo na tubu ni dra. Nanuma – e dina ni rawa ni yaga vakalevu na wainimate, ia e levu talega na sala eso e rawa ni vakayagataki me

vaka i sosomi taka na kena vakayagataki na wainimate. Qirita na naba ni talevoni na **707-303-3600** kevaka e dua na nomuni vaka tataro.

Na vei Inisua (Insurance) eso keitou ciqoma:

Keitou ciqoma na veivakarurugi ni taba ni inisua (insurance) oqo:

- Medi-Cal / Partnership Health Plan
- County Medical Services Program (CMSP)
- MCAP (Medi-Cal Access Program)
- Medicare
- Anthem Blue Cross se HealthNet
(Covered California plans)
- Blue Shield
- FamilyPACT (*reproductive health services*)
- Every Woman Counts
- Sliding Scale for fees
- Coverage for Oliver's Market
- Aetna (PPO)*
- Cigna (PPO)*
- United Health Care (PPO)*
- Western Growers

Kevaka e sega na nomu Inisua (Insurance)?

Keitou rawa ni vukei kemuni na kena sagai me dua na nomuni inisua (insurance) me baleta na nomuni dau laurai vakavuniwai! Ni qirita na naba oqo **707-547-3030** ka veitalanoa vata kei na neitou vakaillesilesi (*Access Navigator*), me vukei kemuni na kena sasaga taki e dua na inisua (insurance) me veiganiti kei kemuni. E na dola tiko na neitou tabana ni veiqaravi ni Access Navigators mai na 8 na kaloko na mataka kina 8 na kaloko na yakavi ni Moniti kina Vakaraubuka (8am - 8pm Monday to Friday)

E rawa ni o ni biuta tale ga mai e dua na i tukutuku matata ena voice message kevaka e sega ni saumi yani na nomuni qiri, me na qai saumi lesu tale yani ena loma ga ni 48 - 72 na auwa.

Vinaka saka vakalevu

Mai vua na nomuni dauni veiqaravi ena vale ni bula e SRCH

Dear SRCH patient,

Do you know someone who has had a stroke or heart attack?

Pacific Islanders, including Fijians, have higher rates of high blood pressure—also called hypertension—compared to Asian Americans and non-Hispanic Whites living in Northern California, including here in Santa Rosa. At Santa Rosa Community Health Centers, only half of our Pacific Islander patients have their blood pressure at goal - and you may be one of them. At Santa Rosa Community Health, 215 of our Pacific Islander patients with high blood pressure only about half of them have their blood pressure at goal.

What is high blood pressure?

High blood pressure means your blood is pushing too hard against your blood vessels. Most people don't feel any symptoms, which makes it tricky. But over time, it can put extra strain on the heart, brain, kidneys, and eyes, raising the risk of serious problems like heart attacks and strokes.

The good news:

High blood pressure can be managed. Simple changes like eating more fruits and vegetables, cutting back on salt, staying active, limiting alcohol, managing your weight, quitting smoking, sleeping 8 hours daily, and finding healthy ways to handle stress can help lower blood pressure. Some people also need medicine every day, which works best when taken exactly as prescribed by your healthcare provider.

We want to help!

Make an appointment with your doctor today to discuss your options on how to lower your blood pressure. Remember - while medications can be very helpful there are many non-medication ways to lower your blood pressure as well! Our phone number is **707-303-3600**.

Do you take my insurance?

We accept the following insurance coverage:

- Medi-Cal/Partnership Health Plan
- County Medical Services Program (CMSP)
- MCAP (Medi-Cal Access Program)
- Medicare
- Anthem Blue Cross or HealthNet Covered California plans
- Blue Shield
- FamilyPACT (*reproductive health services*)
- Every Woman Counts
- Sliding Scale for fees
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- Western Growers

What if I don't have health insurance?

We can help you get health coverage! Call **707-547-3030** today to set up a free appointment with one of our Access Navigators, who can help you apply for coverage that meets your needs. Access Navigators are available from 8 a.m. to 5 p.m., Monday through Friday. Please leave a clear voice message; your call will be returned in 48–72 hours.

From your healthcare provider at SRCH