

MyCARE

With me, every step of the way



“ ଅତ୍ୟଧିକ ସମୟ ଧରି ବସି ରହିବା
ଆପଣଙ୍କ ସ୍ବାସ୍ଥ୍ୟ ପାଇଁ କ୍ଷତିକାରକ
ହୋଇପାରେ ”

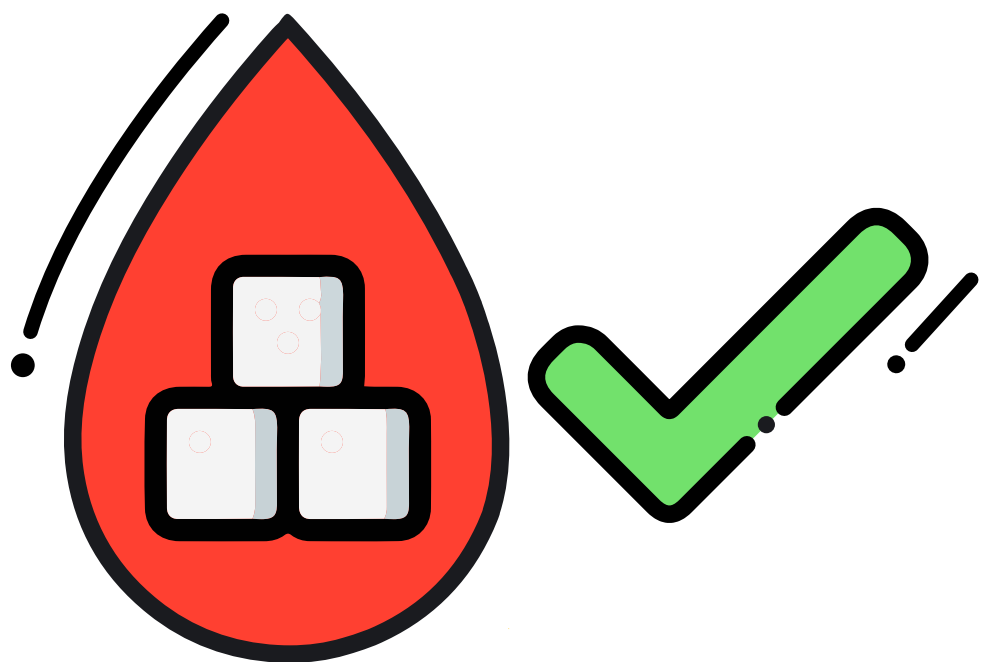


ଆପଣ ପ୍ରତି 30 ମିନିଟରେ
ଉଠି କିଛି ସମୟ ପାଇଁ

ଚଳାବୁଲା କରିବା ଆବଶ୍ୟକ



ନିୟମିତ ଭାବରେ ଚଳାବୁଲା
କରିବା ଦ୍ୱାରା ଆପଣଙ୍କ
ଶରୀରରେ ରକ୍ତ ଶର୍କରା
ନିୟନ୍ତ୍ରଣ ସଠିକ୍ ରହେ



ଚଳାବୁଳା
ନକରିପାରୁଥିବା
ସମୟରେ କଣ
କରିବାକୁ ହେବ
ସେଥିପାଇଁ
କେତେକ ଚିପ୍ସ

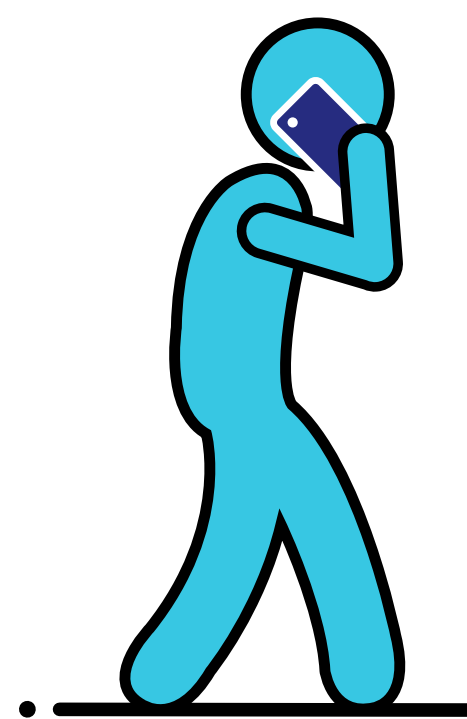
ପାଣି ପିଇବା ପାଇଁ କିଛି ସମୟ
ବିରତ ନିଅନ୍ତୁ ଓ ପାଣି ଥିବା ସ୍ଥାନକୁ
ଚାଲି କରି ଯାଆନ୍ତୁ।



ଆପଣଙ୍କ ସାଙ୍ଗସାଥୀ / ପରିବାର
ସଦସ୍ୟଙ୍କ ସହିତ କିଛି ସମୟ
ଚଳାବୁଳା କରନ୍ତୁ ଓ ଟେକ୍ସ୍ଟ
କରିବା ପରିବର୍ତ୍ତେ କଥା ହୁଅନ୍ତୁ



ଫୋନ୍ ରେ କଥା ହେଉଥିବା
ସମୟରେ କିଛି ସମୟ ଚାଲନ୍ତୁ



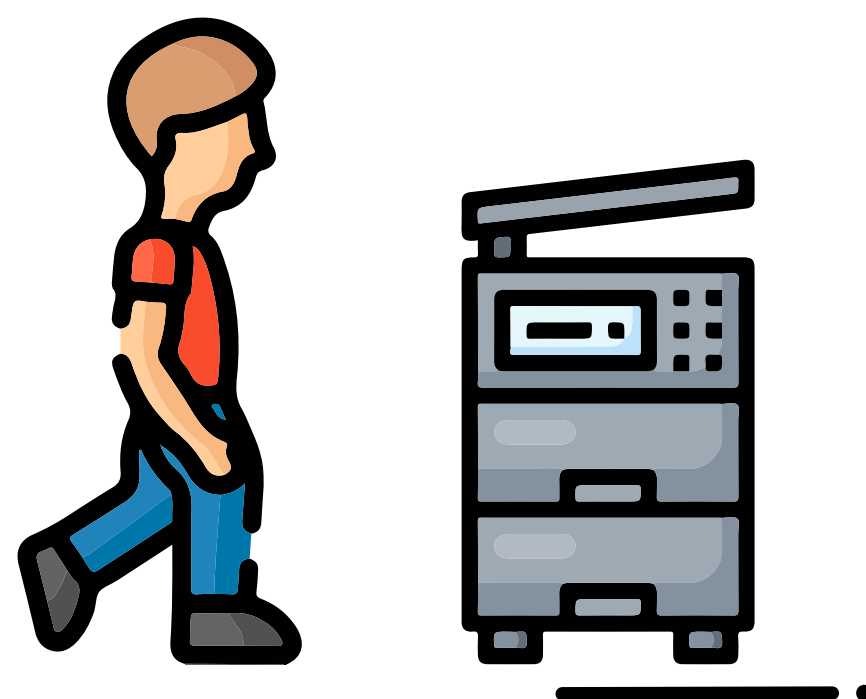
ଝାସରୁମକୁ ଯିବା ପାଇଁ କିଛି
ସମୟ ବିରତି ନିଅନ୍ତୁ



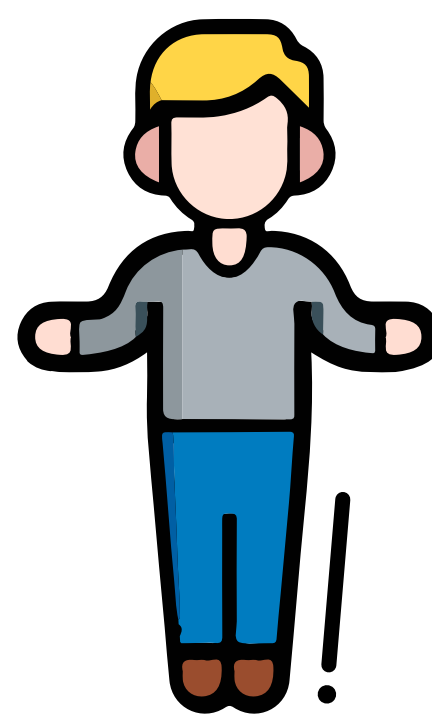
କିଛି ପାହାଚ ଚଢ଼ନ୍ତୁ



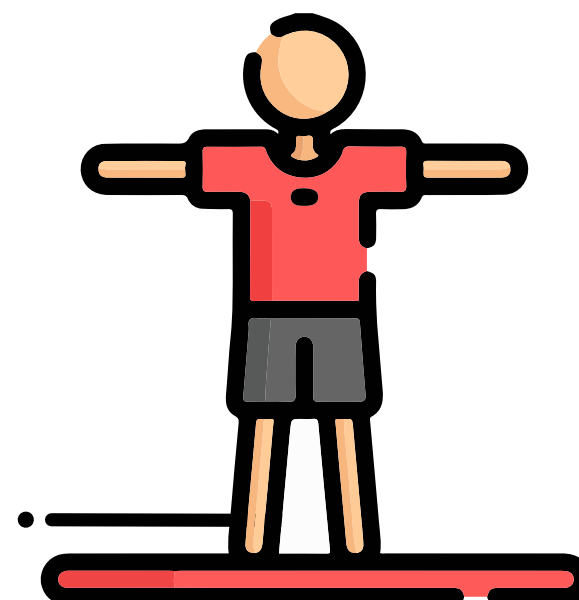
ନିଜେ ଫଟୋକପି ମେସିନ
ନିକଟକୁ ଚାଲିକରି ଯାଆନ୍ତୁ



କେତେକ ସ୍ୱଚ୍ଛ ଜର୍ସି/
ମାର୍ଜିନ୍ କରନ୍ତୁ



ଆପଣଙ୍କ ଶରୀରକୁ ପ୍ରସାରିତ
କରିବାକୁ ଚେଷ୍ଟା କରନ୍ତୁ



“ମନେ ରଖନ୍ତୁ
ଅଧିକ ଚଳାବୁଳା କରନ୍ତୁ ଓ କମ୍ ବସନ୍ତୁ”



“ ଅଧିକ ସୂଚନା ପାଇଁ, ଆପଣଙ୍କର
ଡାକ୍ତରଙ୍କ ସହିତ ବା ଆପଣଙ୍କର
MyCARE ଡାଇବେଟିସ୍ ଏଡ୍ଜୁକେଟର
ଙ୍କ ସହିତ ଯୋଗାଯୋଗ କରନ୍ତୁ ”



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Reference

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