



**Hloov tshiab rau xyoo 2023**  
**Central California Alliance for Health Qhov Kev Npaj Kho Mob Medi-Cal**  
**Phau Ntawv Qhia Tswvcuab/Pov Thawj txog Kev Pab Them Nqi**

No yog ib daim ntawv ceeb toom txog tej kev hloov rau koj Phau Ntawv Qhia Txog Kev Npaj Kho Mob ntawm Medi-Cal/Pov Thawj txog Kev Pab Them Nqi. Thov ceev cov xov xwm no cia rau koj saib ua pov thawj.

**Muaj Dab Tsi Hloov Lawm?**

Pib txij lub Peb Hlis Ntuj tim 1, 2023, koj lub Koom Haum Pab Kho Cwj Pwm ntawm Central California Alliance For Health (lub Alliance), Cov Kev Xaiv Kev Kho Mob Beacon (Beacon Health Options) yuav dhau los yog Kev Pab Kho Cwj Pwm Carelon (Carelton Behavioral Health). Lub hom phiaj ntawm tsab ntawv ceeb toom no yog txhawm rau tau qhia txog cov kev hloov tshiab rau lub npe uas tau tsim nyob rau hauv Phau Ntawv Tswvcuab. Tej xov xwm hauv daim ntawv ceeb toom no tsis hais pauv lossis ntxiv rau tej xov xwm tam sim no hauv Phau Ntawv Tswvcuab. Yog tias koj muaj lus nug txog qhov kev hloov no, thov hu rau Kev Pab Cuam Tswvcuab ntawm 800-700-3874 (TTY: 800-735-2929 lossis 711). Peb qhib thaum 8a.m.– 5:30p.m., hnuv Monday txog Friday.

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## 3. Yuav tau txais kev kho mob li cas

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### **Kev Kho Mob Sai**

Kev kho mob maj nrawm nws **tsis** yog rau ib qhov kev kho mob kub ntxhov los sis cov mob ua kev hem ray lub neej. Yog rau tej kev pab cuam kho mob uas koj yuav tsum muaj kom tiv thaiv koj txoj kev noj qab haus huv ntawm ib tug mob ceev, qhov uas koj raug sab los yog ib qho teeb meem uas los ntawm ib tug mob uas koj twb muaj lawm.

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Feem ntau cov kev teem caij mus kho mob kub ntxhov tsis tas muaj kev pom zoo ua ntej (kev tso cai ua ntej) thiab muaj nyob rau hauv 48 teev ntawm koj qhov kev thov rau ib qhov kev teem mus ntsib. Yog tia cov kev pab cuam saib xyuas kho mob kub ntxhov tseev kom muaj kev pom zoo ua ntej, koj yuav thov ib qhov kev teem caij mus ntsib tus kws kho mob rau hauv 96 teev rau koj kev thov.

Xav kev kho mob sai, hu rau koj tus kws PCP. Yog tias koj hu tsis tau koj tus PCP, hu rau Lub Chaw Kev Pab Cuam Tswvcuab rau ntawm 800-700-3874 (TTY 800-735-2929 los sis 711). Los sis koj tuaj yeem hu rau lub Alliance Tus Kws Tu Neeg Mob Tus Xov Tooj Muab Tswv Yim Pab ntawm 844-971-8907 (hu dawb), los mus kawm qib uas kho mob zoo tshaj plaws rau koj. Tus xov tooj no hu dawb xwb thiab nws qhib 24 teev rau ib hnuv, 7 hnuv rau ib lis piam. Lawv yuav nug koj tus nab npawb ID thiab koj hnuv yug. Tus xov tooj Nrog Nais Maum Sib Tsuav Tswv Yim yuav pab koj txiav txim txog kauj ruam tom ntej. Yog tia Tus Kws Tu Neeg Mob Tus Xov Tooj Muab Tswv Yim Pab Cuam paub tseeb ib qhov kev mus kuaj mob yog yuav tsum ua tau, koj tuaj yeem mus nrhiav Kev Kuaj Mob Kub Ntxhov Lub Chaw Ua Hauj Lwm hauv peb Phau Ntawv Los Qhia Paub Txog Tus Kws Saib Xyuas Kho Mob ntawm <https://provider.portal.ccah-alliance.org/providerdirectory/>

Yog tias koj xav tau kev kho mob sai tawm sab nraud ntawm cheeb tsam, mus rau lub chaw kho mob muab kev kho mob sai uas nyob ze tshaj plaws.

Kev xav tau kev kho mob sai tej zaum yuav yog:

- mob khaub thuas,
- mob qa,
- ua npaws,
- mob pob ntseg,
- mob leeg nqaij
- los yog tej kev pab cuam rau niam tsev.

Koj tsis tas tau kev pom zoo-ua ntej (kev tso cai ua ntej). Yog tia koj xav tau kev kho mob maj nrawm, hu rau koj qhov phiaj xwm kho mob puas hlwb hauv roog los sis Cov

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Tswv Cuab Pab Cuam ntawm 800-700-3874 (TTY 800-735-2929 lossis 711) Koj tuaj yeem hu mus rau koj qhov phiaj xwm kho mob puas hlwb hauv lub nroog lossis koj lub Khoom Haum Kho Kev Noj Qab Hau Huv Fab Cwj Pwm Hauv Alliance, Kev Xaiv Ceeb Toom Kho Mob, Kev Pab Kho Cwj Pwm Carelon (Carelon Behavioral Health) ntawm 855-765-9700, txhua lub sijhawm, 24 teev rau ib hnuv, 7 hnuv rau ib lub lim piam. Mus nrhiv tag nrho cov nroog uas muaj tus xov tooj hu dawb saum online, mus saib rau <http://www.dhcs.ca.gov/individuals/Pages/MHPContactList.aspx>.

Koj tus kws kho mob ceev yuav muab tshuaj rau koj raws li ib feem ntawm koj qhov kev mus ntsib kws kho mob sai. Yog tias koj tau txais cov tshuaj raws li ib feem ntawm koj qhov kev mus ntsib, lub Alliance yuav them cov tshuaj. Yog xav paub ntxiv txog Medi-Cal Rx, mus rau “Cov Tshuaj Kho Mob uas tau them los ntawm Medi-Cal Rx”. Lwm yam kev pabcuam Medi-Cal thiab cov kev pab cuam hauv Tshooj 4.

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## 4. Cov txiaj ntsig thiab cov kev pab cuam

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### **Cov kev pab cuam kho mob kev nyuaj siab lossis puas siab puas ntsws**

#### ***Cov kev pab cuam kho mob kev nyuaj siab lossis puas siab puas ntsws tsis tau pw hauv tsev kho mob loj***

Lub Alliance npog ib tug tswvcuab rau qhov kev ntsuam xyuas kev puas siab puas ntsws thawj zaug yam tsis xav tau kev pom zoo ua ntej (kev tso cai ua ntej). Koj tuaj yeem tau txais kev ntsuam xyuas kev puas siab puas ntsws txhua lub sijhawm los

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ntawm tus kws kho mob puas hlwb muaj ntawv tso cai hauv lub Alliance pab pawg kws kho mob yam tsis muaj kev tso cai ua ntej.

Koj tus PCP lossis tus kws kho mob ua siab xyuas kev nyuaj siab lossis puas siab puas ntsws ntawm tuaj yeem xa ntawv mus rau kev kuaj mob rau nyuaj siab lossis puas siab puas ntsws mus ntsib ib tus kws kho mob hauv lub Alliance pab pawg kws kho mob txhawm rau txiav txim siab txog koj qib kev puas tsuaj. Yog tias koj qhov kev tshuaj ntsuam xyuas kev puas siab puas ntsws pom tau tias koj muaj kev ntxhov siab me me lossis nruab nrab kev xav lossis kev coj tus cwj pwm, lub Alliance tuaj yeem muab kev pab cuam xws li:

- Ib leeg thiab pab pawg kev ntsuam xyuas kev puas siab puas ntsws thiab kev kho mob (psychotherapy)
- Kev ntsuam xyuas puas siab puas ntsws thaum kho mob qhia los ntsuas kev puas siab puas ntsws
- Kev loj hlob ntawm kev txawj ntse
- Cov kev pab cuam sab nraud rau lub hom phiaj ntawm kev saib xyuas cov tshuaj kho mob
- Cov chaw kuaj mob sab nraud, cov tshuaj uas tsis tau them rau hauv Medi-Cal RX Daim Ntawv Lus Tshuaj (<https://medi-calrx.dhcs.ca.gov/home/>), khoom siv thiab tshuaj
- Kev sab laj txog kev puas siab puas ntsws
- Kev Kho Tsev Neeg

Yog xav paub ntiv txog kev pab cuam Cov kev pab cuam kho mob kev nyuaj siab lossis puas siab puas ntsws uas muab los ntawm Alliance, hu rau Kev Pab Kho Cwj Pwm Carelon (Carelon Behavioral Health), lub Alliance tus kws kho mob ua siab xyuas kev nyuaj siab lossis puas siab puas ntsws ntawm 855-765-9700.

Yog tias koj tus PCP lossis tus kws kho mob ua siab xyuas kev nyuaj siab lossis puas siab puas ntsws ntawm tsis tuaj yeem muab kev kho mob rau koj rau puas siab puas ntsws muaj nyob rau hauv lub Alliance pab pawg kws kho mob thiab nyob rau hauv cov sijhawm teev saum toj no nyob rau hauv lub sijhawm mus rau kev saib xyuas.

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Yog tias koj qhov kev tshuaj ntsuam xyuas kev puas siab puas ntsws txiav txim siab tias koj yuav muaj kev puas tsuaj ntau dua thiab xav tau kev pabcuam tshwj xeeb rau kev puas hlwb (SMHS), koj tus PCP lossis koj tus kws kho mob ua siab xyuas kev nyuaj siab lossis puas siab puas ntsws ntawm yuav xa koj mus rau lub nroog txoj kev npaj kho mob kom tau txais kev ntsuam xyuas thiab pab koj txuas nrog cov kauj ruam tom ntej hauv cov txheej txheem.

Yog xav paub ntiv, nyeem “Lwm cov kev pabcuam Medi-Cal” thiab cov kev pabcuam ntawm nplooj 75 hauv qab, “Cov kev pabcuam tshwj xeeb rau kev puas hlwb”.

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## 8. Cov nab npawb thiab cov lo lus tseem ceeb tsim nyog paub

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### Cov nab npawb xov tooj tseem ceeb

- Lub Alliance Cov Tswv Cuab Pab Cuam: 800-700-3874 (TTY 800-735-2929 los sis 711)
- Alliance Tus Xov Tooj Nug Kev Pab Los Ntawm Tus Kws Tu Neeg Mob: 844-971-8907
- Alliance Cov Kws Saib Xyuas Kev Thauj Mus Los: 800-700-3874

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- Alliance Tus Xov Tooj Kev Tuav Tswj Saib Xyuas Mob: 800-700-3874 ext.5512
- Alliance Tus Xov Tooj Kev Kawm Txog Kev Noj Qab Haus Huv:  
800-700-3874ext.5580
- Xav thov kws pab txhais lus: 800-700-3874ext. 5580
- Kev Pab Kho Cwj Pwm Carelon (Carelon Behavioral Health) rau cov kev pab kho  
mob kev nyuaj siab los sis puas hlwb): 855-765-9700
- Phiaj Xwm Kev Pab Cuam Kho Qhov Muag Pom Kev (rau cov kev pab cuam kho  
qhov muag pom kev uas ib txwm muaj): 800-877-7195
- Medi-Cal Lub Khoos Kas Kho Hniav (rau cov kev pab cuam kho hniav): 800-322-  
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