



# Nyob Noj Qab Haus Huv

Ib daim ntawv xov xwm rau cov tswvcuab ntawm  
lub koom haum Central California Alliance for Health



Lub Cuaj Hlis Ntuj 2022 | PHAU 28, TSAB XOV XWM 3

## LUB CUAJ HLIS NTUJ YOG LUB HLIS UAS QHIA KOM PAUB TXOG KEV ROG NTAWM COV MENYUAM YAUS UAS NYOB HAUV LUB TEB CHAWS NO

# Pab koj tus menyuam ua kom qhov hnyav tab tom

Nyob hauv Teb Chaws Meskas muaj ib leeg hauv tsib leeg menyuam yaus yog muaj tus mob uas rog dhau. Tus mob uas rog dhau nyob rau cov menyuam yaus ua rau cov menyuam yaus muaj kev pheed hmoov ntsib teeb meem kev noj qab haus huv uas tsuas yog tau pom nyob rau hauv cov neeg laus, xws li mob ntshav qab zib hom 2, mob ntshav siab thiab kab mob plawv.

Qhov xov xwm zoo yog qhov uas tuaj yeem tiv thaiv tau tus mob rog dhau nyob rau cov menyuam yaus lawm. Nyob rau hauv kev hwm Lub Hlis Uas Qhia Kom Paub Txog Kev Rog Ntawm Cov Menyuaam Yaus Uas Nyob Hauv Lub Teb Chaws No, lub Alliance pab txhawb koj tsev neeg kom hloov pauv kev noj qab haus huv ua ke.

- **Kev tawm mus ua dej num sab nraum zoov.** Taug kev ncig zej zog, caij tsheb kauj vab taug kev ua si lossis ntau pob roj hlab (basketball) ua si nyob ntawm lub tiaj zej tsoom ua si.
- **Txhawb nqa kom muaj sijhawm so thaum siv lub sijhawm saib xov tooj los yog saib khoos pis tawj ntau dhau lawm.** Ncuaj sijhawm muaj kab mob COVID-19 sib kis loj, menyuam siv sijhawm ntau los kov tej xov tooj lossis khoos pis tawj. Txhawb nqa kom muaj sijhawm so yog tias cov menyuam yaus yuav tsum tau siv kev kawm hauv online mus rau tom tsev kawm ntawv, thiab yuav tau siv lub sijhawm saib xov tooj los yog saib khoos

pis tawj ntau ntxiv (siv sijhawm saib tej kev ua si uas ua duab vis dis aus lossis kev saib TV) tsis pub dhau ob xuj moos hauv ib hnuv lossis tsawg dua ntawd.

- **Ua tej zaub mov noj kom qab muaj txiaj ntsig zoo rau lub cev.** Yuav thiab muab tej zaub, tej txiv hlab txiv ntoo thiab tej khoom noj uas muaj hmoov nplej kom ntau ntxiv.  
Kev ua cov kauj ruam me me hauv ib tse neeg tuaj yeem pab tau kom koj tus menyuam muaj qhov hnyav haum zoo rau lub cev.

Lub Alliance muab *Txoj Kev Pab Cuam Cia Lub Cev Hnyav Kom Haum Yuav Pab Tau Muaj Kev Noj Qab Nyob Zoo Mus Tag Tiam (Healthy Weight for Life Program)*. Qhov kev pab cuam no yog tsim nyog rau cov menyuam yaus thiab cov tub ntshais hluas uas muaj noob nyooq 2 txog 18 xyoo uas xav kom muaj qhov

hnyav hom zoo rau lub cev. *Txoj Kev Pab Cuam Cia Lub Cev Hnyav Kom Haum Yuav Pab Tau Muaj Kev Noj Qab Nyob Zoo Mus Tag Tiam* tuaj yeem pab tau koj tus menyuam kawm txog kev noj haus kom haum zoo rau lub cev thiab ua kom lub cev muaj zog ntxiv. Koj kuj tseem tuaj yeem kawm paub txog cov cuab yeej los pab txhawb koj tus menyuam nrog tej kev hloov hauv kev ua neej nyob. Tham nrog koj tus menyuam tus kws kho mob txog qhov kev pab cuam no. Tus kws kho mob yuav tsum tau xa koj tus menyuam mus rau qhov kev pab cuam no yog tias lawv xav tias koj tus menyuam xav tau qhov kev pab cuam ntawd. Koj tuaj yeem hu rau lub **Alliance Tus Xov Tooj Pab Qhia Kev Noj Qab Haus Huv ntawm 800-700-3874, ext. 5580** rau cov kev paub ntau ntxiv.

Muab cov ntsiab lus tawm los ntawm: [cdc.gov/nccddphp/dnpao/features/childhood-obesity/index.html](https://cdc.gov/nccddphp/dnpao/features/childhood-obesity/index.html)



# Cov kev tus kab kho mob COVID-19: Nws yog dab tsi thiab thaum twg mam siv nws



Qhov kev pab cuam tshiab yeej muaj uas hu ua Ntsuam Xyuas los Kho (Test to Treat). Cov kev kho tus kab mob COVID-19 pab tib neeg zoo rov los sai lossis tiv thaiv tau qee yam mob ntawm cov neeg tus uas roj ntshav tsis muaj zog zoo lawm. Cov tshuaj kho tus kab mob COVID-19 tab sim no muaj nyob ntawm koj tus kws kho mob, cov tsev muag tshuaj hauv zos thiab cov tsev kuaj mob lawm. Yog koj muaj cov tsos mob rau tus kab mob COVID-19 thiab ntsuam xyuas paub tias mob lawm, koj tuaj yeem tau txhais tshuaj kho tam sim.

Yog tias koj muaj cov tsos mob COVID-19, mus ntsuam xyuas kom sai li sai li qhov koj ua tau. Yog tias koj muaj neeg laus lossis muaj qee cov yam ntxwv mob, koj yuav muaj feem xyuam siab zog uas mob COVID-19 hanyav heev. Qhia rau koj tus kws kho mob paub tam sim tom qab ntsuam xyuas paub tias mob lawm yog tias koj muaj cai kho, tab txawm koj li tsos mob me ntsis xwb.

Cov kev kho mob COVID-19 hloov tsis tau cov tshuaj tiv thaiv kab mob COVID-19. Los kawm paub ntxiv txog ntawm cov kev kho mob COVID-19, suav nrog rau txoj hauv kev los nrhiav cov chaw Ntsuam Xyuas los Kho (Test to Treat), mus saib lub COVID-19 Test to Treat Locator nyob ntawm [covid-19-test-to-treat-locator-dhhs.hub.arcgis.com](https://www.cdc.gov/covid-19-test-to-treat-locator-dhhs.hub.arcgis.com).

## Kuv yuav kawm paub ntxiv li cas?

Peb nplooj vev xaib "Lus Qhia Txog COVID-19 rau Cov Tswvcuab (COVID-19 Information for Members)" muaj cov chaw uas mus ntsuas tau COVID-19, txoj hauv kev txhaj tshuaj lossis teem sijhawm txhaj tshuaj txhab ntxiv, thiab ntau yam ntxiv: [www.thealliance.health/hmn/for-members/member-services/covid-19-information-for-members](https://www.thealliance.health/hmn/for-members/member-services/covid-19-information-for-members).

## Leej twg tuaj yeem txais tau cov koob tshuaj txhaj tiv thaiv kab mob COVID-19?

Txhua tus neeg uas muaj noob nyoo 6 lub hli thiab laus dua los txais tau koob tshuaj txhaj tiv thaiv kab mob COVID-19 los tau. Yog tias koj muaj lus nug txog koob tshuaj txhaj tiv thaiv kab mob COVID-19 rau koj tus kheej lossis rau koj tus menyuam, ces nrog koj tus kws kho mob tham lossis mus xyuas lub CDC vev xais: [cdc.gov](https://www.cdc.gov).



YUAV TAU UA KEV NTSUAM XYUAS PEJ XEEM XYOO 2022

# Txoj hauv kev peb ua kom tau raws li cov koj xav tau rau kev saib xyuas kho mob

Lub Alliance Yuav Tau Ua Kev Ntsuam Xyuas Pej Xeem (Population Needs Assessment, PNA) los nug cov tswvcuab ib xyoos ib lwm. Qhov kev ntsuam xyuas nug no muaj lub hwm tsam rau peb los hnov txog yam koj xav txog ntawm kev saib xyuas thiab kev pab cuam koj tau txais. Ua tsaug rau nej cov tau koom peb qhov kev ntsuam xyuas xyoo 2022! Nov yog daim ntawv xaus lus ntawm yam uas peb tau hnov los. Cov tswvcuab tau hais tias lawv:

- Xav tau lus qhia los ntawm lawv tus thawj kws kho mob xub thawj heev li uas yog kom txhob tawm tsam lawv li kev ntseeg txog kev noj qab nyob zoo.
- Zoo siab rau lub Alliance thiab qhov kev pab cuam lawv tau txais los ntawm peb. Peb zoo siab kawg uas hnov li no! Peb muab tej lus qhia no coj mus qhia rau cov kws pab kho mob.

Ua ke no peb zoo siab uas peb hnov txog tias peb ua tau lawm, peb xav hnov txog yam peb yuav tau txhim kho. Cov tswvcuab tau qhia yam uas lawv nyiam tshaj plaws hais txog kev tau txais tej lus qhia lossis pab lawv los ntawm lub Alliance nyob rau cov ncauj lus hauv qab no:

- Lub Alliance Tus Xov Tooj Nug Kev Pab Los Ntawm Tus Kws Tu Neeg Mob.
- Alliance li kev pab xa mus los. Peb rau siab ua haujlwm heev los tsim kom saib xyuas tau zoo tshaj plaws rau koj. Saib lwm cov hauv kev tshiab lub Alliance tab tom ua haujlwm los pab kom koj tau txais kev saib xyuas zoo, nyob rua qhov chaw zoo, nyob rau lub sijhawm zoo. Peb yuav qhia peb lub phiaj xwm nqis tes thiab cov tswvyim los daws yam teeb meem uas tswvcuab xav tau uas yog siv kev qhia txog kev noj qab haus huv, cov kev pab cuam fab kab lig kev cai thiab kev pab cuam txhais lus, thiab txhim kho cov khoos kas kom zoo. Yog koj muaj tej lus nug txog lub Alliance 2022 PNA, thov hu rau lub **Alliance Pab Qhia Kev Noj Qab Haus Huv Tus Xov Tooj** rau ntawm **800-700-3874, ext. 5580**. Yog tias koj xav tau kev pab txhais lus, peb muaj ib tug xov tooj tshwj xeeb uas siv ib tug neeg txhais lus hais tau koj hom lus los pab dawb rau koj. Rau Tus Xov Tooj Pab Cuam Cov Neeg Uas Tsis Hnov Lus lossis Hais Lus Tsis Tau, hu rau **800-735-2929** (TTY: Ntaus **7-1-1**).



## Cov kws kho mob li lus qhia txog cov tshuaj txhajib ntxiv rau kab mob COVID-19 koob thib ob

Nyob rau Lub Peb Hlis Ntuj 2022, lub Chaw Tiv Thaiv thiab Tswj Kab Mob (Centers for Disease Control and Prevention) muaj lus qhia txog koob tshuaj txhajib ntxiv tiv thaiv kab mob COVID-19. Koob tshuaj txhajib ntxiv tiv thaiv kab mob yog koob tshuaj siv tom qab thawj koob tshuaj lawm lossis cov koob tshuaj uas txhaj tuaj tom qab. Koob tshuaj txhajib ntxiv siv los ua kom lub cev ras txog tus kab mob thiab tsim tej roj ntshav los tawm tsam kab mob.

Ntaub ntawv qhia tias cov tib neeg uas tau txais koob tshuaj txhajib ntxiv yuav tag lub neej txoj sia tsawg dua li 21 npaug los ntawm tus mob COVID-19 yog muab piv rau cov uas tsis tau txhaj tshuaj tiv thaiv, thiab qhov yuav tau mus pw kho hauv tsev kho mob tsawg dua li 7 npaug. Cov neeg uas roj ntshav tsis zoo lawm thiab muaj hnuv nyoog tshaj 50 xyoo xav txhawb kom mus txhaj tshuaj tiv thaiv kab mob koob thib ob yam tsawg kawg yog plaub hlis tom qab txhaj thawj koob lawm. Koob tshuaj txhajib ntxiv yeej nyab xeeb thiab tseem ceeb rau cov neeg uas pheej hmoo rau ua mob loj, tus uas yuav tau muaj kev pov thaiv ntau ntxiv los ntawm COVID-19 kev sib kis.

Sib tham nrog koj tus kws kho mob yog koj muaj lus nug txog ntawm seb koob tshuaj thib ob puas haum rau koj.



# Koj yuav tsum pab dab tsi txog lwm cov kev faj seeb kho mob

## Tej zaum koj yuav muaj lwm qhov kev pab them nqi kho mob duav roos (other health coverage, OHC) yog tias:

- Koj muaj kev tuav pov hwm kho mob los ntawm koj txoj haujlwm, tus txij nkawm lossis tus hlub, lossis Covered California.
- Koj yuav kev tuav pov hwm kho mob los ntawm tus kheej.
- Koj dhau los muaj cai tau txais vim yog muaj xwm txheej tshwm sim hauv lub neej tshiab—kev sib yuav piv txwv li.

Yog tias koj muaj ntau tshaj ib qhov chaw tuav pov hwm kho mob, nws muaj txoj cai hais tias seb lub chaw twg them ua ntej thiab lub twg them ua thib ob. Yog tias koj muaj lwm qhov chaw pov hwm kho mob thiab Medi-Cal, koj lwm qhov chaw tuav pov hwm kho mob yog thawj lub chaw them ua ntej thiab Medi-Cal yog qhov thib ob. Yog tias koj lub chaw tuav pov hwm ua ntej muaj cov cai tshwj xeeb, koj yuav tsum tau ua li nws hais. Yog tias koj tsis ua raws cov cai no, koj lub chaw tuav pov hwm kho mob xub thawj yuav tsis them rau koj li kev saib xyuas thiab lub Alliance yuav tsis them rau ib yam nkaus.

## Tej zaum koj li OHC yuav tau xaus yog tias:

- Koj cov faj seeb kho mob tau hloov los ntawm Covered California mus rau Medi-Cal.
- Koj tau tsum koj txoj haujlwm lossis koj

raug rho tawm haujlwm.

- Koj lub sijhawm ua haujlwm tsis ntau txaus kom tsim nyog rau kev ua kev tuav pov hwm kho mob ntawm koj txoj haujlwm.
- Koj tsis tau them koj cov nqi yuav kev tuav pov hwm kho mob.
- Koj tau thim koj qhov kev tuav pov hwm kho mob lawm rau lub laj thawj twg los tau.

## Yuav txuas lus rau leej twg yog tias koj lub OHC tej ntaub ntawv hloov lawm:

Hu rau koj lub Medi-Cal lub chaw sau npe hauv zos. Nws yog ib qho tseem ceeb uas koj muab koj cov ntaub ntawv no rau lawv txhawm rau kom lawv thiaj li hloov kho koj cov ntaub ntawv dua tshiab.

Lub Cheeb Nroog Merced: **855-421-6770**  
Lub Cheeb Nroog Monterey: **877-410-8823**  
Lub Cheeb Nroog Santa Cruz: **888-421-8080**

Yog koj muaj Medi-Cal vim tias koj txais cov kev pab SSI, hu rau lub chaw haujlwm Social Security Administration (Lub Chaw Haujlwm Xausaus, SSA) hauv zos ntawm.

Merced lub chaw haujlwm SSA:  
**888-632-7069**  
Monterey lub chaw haujlwm SSA:  
**877-696-9397**  
Santa Cruz lub chaw haujlwm SSA:  
**800-780-1106**

## Koj puas tau paub tias Alliance muaj Cov Kev Pab Cuam Txhais Lus?

Lub Alliance muaj ob hom kev txhais lus xws li txhais hauv xov tooj thiab txhais tim ntsej muag kiag, kev txhais ntaub ntawv ntawm tswvcuab, thiab tej ntaub ntawv sau ua lwm tus qauv ntawv yam tsis sau nqi ntawm koj.

Yog tias koj xav hu rau Alliance Cov Kev Pab Cuam Txhais Lus, lossis muaj cov lus nug, thov hu rau Alliance Lub Chaw Pab Cuam Tswvcuab ntawm tus xov tooj **800-700-3874**. Rau Tus Xov Tooj Pab Cuam Cov Neeg Uas Tsis Hnov Lus lossis Hais Lus Tsis Tau, hu rau **800-735-2929** (TTY: Ntaus 7-1-1).

Txhawm rau los hloov koj cov ntaub ntawv ntawm California DHCS lub vev xaib, mus rau: [www.dhcs.ca.gov/services/Pages/TPLRD\\_OCU\\_cont.aspx](http://www.dhcs.ca.gov/services/Pages/TPLRD_OCU_cont.aspx).

Qhov qhia rau peb paub txog koj tej ntaub ntawv hloov tshiab ib yam thiab. Hu rau lub Alliance Lub Chaw Pab Cuam Tswvcuab ntawm **800-700-3874**, hnuv Monday txog Friday, 8 a.m. txog 5:30 p.m.

# Cia kom hnov koj lub suab!

Peb muaj ntau txoj hauv kev rau koj los qhia rau peb paub tias peb tab tom yuav ua li cas thiab peb tuaj yeem yuav txim kho li cas. Ib tug ntawd yog dhau los ntawm peb Pab Pawg Muab Kev Pab Cuam Tswvyim Rau Tswvcuab (Member Services Advisory Group, MSAG).

Los ntawm lub MSAG, peb muaj peev xwm hnov los ntawm peb cov tswvcuab thiab cov neeg ua haujlwm rau peb cov tswvcuab. Peb siv cov ntaub ntawv no los pab kom peb nkag siab ntau dua ntxiv qhov peb cov tswvcuab xav, nyiam thiab xav tau. Pab pawg no yog tsim los ntawm lub Alliance cov tswvcuab thiab neeg cov sawv cev ntawm cov koom haum hauv lub cheeb nroog thiab hauv zej zog.

Lub MSAG lub hom phiaj yog pab txhawb kev saib xyuas kev kho mob kom muaj kev sib raug zoo, muaj txiaj ntsig zoo thiab ua tau zoo rau cov tswvcuab ntawm lub Alliance.

MSAG cov tswvcuab lub luag haujlwm ntau yam, suav nrog:

- Tawm tswvyim rau Pab Neeg Sawv Cev txog cov teeb meem thiab kev txhawj xeeb ntawm cov tswvcuab thiab cov zej zog uas lawv muaj feem ntsig txog rau lub Alliance.
- Hais lus sawv cev tam li yog cov tswvcuab ntawm lub Alliance thiab coj lawv cov kev txhawj xeeb thiab cov tswvyim los rau hauv cov rooj sib tham MSAG txhawm rau piav qhia thiab kev nqis tes ua uas muaj peev xwm ua tau.
- Npaj txhij los mloog thiab suav sau cov lus ntawm lub Alliance cov tswvcuab uas tej zaum yuav tsis muaj lwm tus tau hnov.

Cov rooj sib tham ua plaug zaug rau ib xyoos. Alliance cov ua tswvcuab hauv, lossis cov niam txiv ntawm Alliance tus ua tswvcuab, tuaj yeem tau txais \$50 rau kev mus koom txhua lub rooj sib tham.

Yog koj xav paub ntau ntxiv txog ntawm lub MSAG, thov sau email **MSAG@ccah-alliance.org**, hu lub Alliance ntawm **800-700-3874** lossis mus saib peb ntawm **www.thealliance.health/hmn**.

## Kev pov thaiv koj li ntiag tug

Cov ntsiab lus hais txog kev saib xyuas fab kev noj qab haus huv yog tus kheej. Koj tsim nyog yuav muab rau lawv khaws cia li ntawd. Ntawd yog qhov laj thawj uas peb siv zog ua txhua yam raws li qhov peb tuaj yeem ua tau txhawm rau pov thaiv koj li ntiag tug.

Tej zaum peb yuav nthuav qhia tawm koj cov ntaub ntawv rau kev kho mob, kev them nyiaj thiab kev saib xyuas kev noj qab haus huv yam tsis tas nug kev tso cai los ntawm koj. Ib qho piv txwv yog qhia rau tus kws muab kev pab cuab kho mob tias koj muaj cai tsim nyog los koom ua lub Alliance ib tus tswvcuab yog li ntawd tus kws pab kho mob thiaj mob siab kho tau koj. Muaj lwm yam xwm txheej uas tej zaum peb kuj tseem yuav tau nthuav qhia tawm cov ntaub ntawv yam tsis tau txais kev tso cai los ntawm koj. Cov no yog raug txiaj txim los ntawm txoj cai lij choj.

Yog tias muaj wm tus neeg nug peb txog koj cov ntaub ntawv, koj yuav tsum hais tias tsis ua li cas ua ntej peb tuaj yeem muab koj cov ntaub ntawv rau lawv. Koj yuav tsum tau hais tias tsis ua cas rau peb faib tawm koj tej ntaub ntawv ntiag tug uas siv lub xov tooj lossis khoos pis tawj kom koj thiaj mus siv tau koj tej ntaub ntawv ntiag tug hauv oos lais. Peb kheev nquag saib txoj hauv kev uas peb khaws koj cov ntaub ntawv cia kom muaj kev nyab xeeb tas li. Peb xav kom koj tau txais kev saib xyuas zoo thiab muaj kev thaj yeeb nyab xeeb.

Yog xav paub cov ntaub ntawv ntau ntxiv txog peb cov kev ceev ntiag tug, ces saib Daim Ntawv Qhia Txog Kev Ua Kev Ceev Ntiag Tug nyob sab nraum qab ntawm koj Phau Ntawv Qhia Rau Tswvcuab/Cov Ntawv Pov Thawj Kev Pab Them Nyiaj Pov Hwm Kho Mob. Dua li ntawd lawm nws kuj tseem muaj nyob hauv peb lub vev xaib, **www.thealliance.health/hmn**.





# Ceev koj lub Medi-Cal kev tuav

Thaum lub sijhawm uas muaj tus kab mob COVID-19 xwmtxheej ceev txog kev noj qab haus huv rau pej xeeb (uas yog lub sijhawm uas muaj tus kab mob kis mus rau txhua qhov chaw) (public health emergency, PHE; raws li sau hauv lus Askiv), koj tau txais koj li kev fajseeb kho mob yam tsis suav nrog tej yam uas tau hloov. Tiam sis, tom qab COVID-19 PHE xaus lawm, koj lub cheeb nroog yuav xyuas

seb koj puas tseem tsim nyog txais Medi-Cal uas yog pub dawb lossis tsis tau them nqi ntau. Yog tias koj lossis ib tug nyob hauv koj tsev neeg txais ib tsab ntawv los ntawm lub cheeb nroog los thov kom tau lus qhia txog koj li kev fajseeb kho mob Medi-Cal, thov qhia rau lawv.

## Yog muaj tej yam uas hloov

Thov qhia tej yam twg uas hloov txog koj

tsev neeg rau koj lub cheeb nroog chaw ua haujlwm hauv zej zog. Qhov no muaj tej yam uas hloov ntawm koj cov nyiaj khwv, kev tsis taus, tus xov tooj, lossis chaw nyob xa ntawv. Koj kuj yuav tsum qhia yog tias leej twg hauv koj tsev neeg xeebtub, yog leej twg tsiv los rau hauv koj lub tsev, lossis muaj lwm yam uas tej zaum yuav hloov koj txoj kev tsim nyog txais tau Medi-Cal. Kev

## Cov kev hloov kho dua tshiab daim ntawv teev cov tshuaj noj

Yog tias koj yog ib tug tswvcuab ntawm Medi-Cal, koj cov ntawv sau yuav tshuaj uas tau sau nyob rau ntawm tsev muag tshuaj yuav tau pab them los ntawm Medi-Cal Rx, tsis yog lub Alliance lawm. Koj tuaj yeem saib tau tus qauv tshuaj rau Medi-Cal Rx **medi-calrx.dhcs.ca.gov**, lossis koj tuaj yeem thov theej los ntawm hu rau **800-977-2273** (TTY: Ntaus **7-1-1**), 24 xuab moos rau ib hnuv, 7 hnuv rau ib vij.

Yog tias koj yog ib tug tswvcuab ntawm IHSS, cov kev pab cuam

fab chaw muag tshuaj yuav raug tswj los ntawm MedImpact. Koj tuaj yeem saib tau cov qauv tshuaj nyob ntawm lub Alliance lub vev xaib ntawm **www.thealliance.health/hmn/for-providers/manage-care/pharmacy-services/pharmacy-formulary**. Koj tuaj yeem thov theej tawm tau ib daim los ntawm kev hu rau Kev Pab Cuam Tswvcuab ntawm **800-700-3874** (TTY: Ntaus **7-1-1**), hnuv Monday txog hnuv Friday, 8 a.m. txog 5:30 p.m. Yog tias koj muaj lus nug txog tshuaj kho mob, hu rau MedImpact ntawm tus xov tooj **800-788-2949**.



# pov hwm cia



qhia tej yam uas hloov no tej zaum yuav pab kom koj tseem txais tau kev fajseeb kho mob Medi-Cal tom qab tus kab mob COVID-19 PHE xaus lawm.

## Lus qhia txog cov kev kom tiv tauj tauj rau koj

Nws tseem ceeb rau lub cheeb nroog tau koj cov kev tiv tauj tauj rau koj uas thwj tam sim no. Thov qhia txog tej yam uas hloov ntawm koj cov kev tiv tauj tauj rau koj thiaj li yuav txais tau tag nrho cov lus qhia tseem ceeb txog koj qhov kev fajseeb kho mob Medi-Cal. Thov qhia txog tag nrho tej yam uas hloov ntawm koj cov kev tiv tauj tauj rau koj, xws li koj tus xov tooj, tus email xa ntawv, lossis chaw nyob, rau koj lub cheeb nroog chaw ua haujlwm hauv zej zog saum ooslais lossis ntawm kev hu xov tooj, kev xa ntawv email, tus xov tooj xa ntawv (fax), lossis tim ntsej tim muag. Koj yuav nrhiav tau ib daim

ntawv teev txog cov cheeb nroog chaw ua haujlwm nyob ntawm [dhcs.ca.gov/COL](https://dhcs.ca.gov/COL). Koj kuj hloov tau koj cov kev tauj tauj rau koj saum ooslais ntawm [CoveredCA.com](https://CoveredCA.com) lossis [BenefitsCal.org](https://BenefitsCal.org).

## Kev thov kom tau lus qhia ntxiv

Yog tias koj lossis ib tug nyob hauv koj tsev neeg txais ib tsab ntawv los ntawm lub cheeb nroog los thov kom tau lus qhia txog koj li kev fajseeb kho mob Medi-Cal, thov qhia rau lawv. Ua li no yuav pab lub cheeb nroog kom ua tib zoo cia kom koj tseem muaj koj li kev fajseeb kho mob Medi-Cal.

## Puas muaj lus nug?

Yog koj muaj lus nug dabtsi lossis xav tau kev pab los txais koj qhov kev fajseeb kho mob Medi-Cal, lossis koj qhov Medi-Cal raug txiav lawm, thov tiv tauj koj lub cheeb nroog lub chaw ua haujlwm hauv zej zog.

### Lub Cheeb Nroog Merced

Lub Cheeb Nroog Merced Lub Chaw Haujlwm Muab Kev Pab Cuam Rau Cov Pej Xeem  
2115 W. Wardrobe Ave.,  
Merced, CA 95341  
**855-421-6770**  
[www.co.merced.ca.us/458/Medi-Cal](https://www.co.merced.ca.us/458/Medi-Cal)

### Lub Cheeb Nroog Monterey

Lub Cheeb Nroog Monterey Lub Tuam Tsev Haujlwm Muab Kev Pab Cuam Rau Cov Pej Xeem  
1000 S. Main St.,  
Salinas, CA 93901  
**866-323-1953**  
[www.co.monterey.ca.us/government/departments-i-z/social-services](https://www.co.monterey.ca.us/government/departments-i-z/social-services)

### Lub Cheeb Nroog Santa Cruz

Lub Cheeb Nroog Santa Cruz Lub Tuam Tsev Haujlwm Muab Kev Pab Cuam Rau Cov Pej Xeem  
1020 Emeline Ave., Santa Cruz, CA 95060  
18 W. Beach St., Watsonville, CA 95076  
**888-421-8080**  
[www.santacruzhumanservices.org](https://www.santacruzhumanservices.org)

# Pov thaiv koj tus kheej thiab tus neeg koj hlub nyob rau lub caij muaj khaub thuas



**Alliance cov tswvcuab hnuv nyooq 7 txog 24 hlis tus uas mus txhaj lawv ob koob tshuaj tiv thaiv khaub thuas ncuu sijhawm lub Cuaj Hlis Ntuj 2022 thiab Tsib Hlis Ntuj 2023 yuav tau koom nrog qhov kev khwv yees rho daim npav khoom plig \$100 Target!**

Thaum pib lub caij nplooj ntoo zeeg uas yog lub caij pib muaj khaub thuas. Lub caij muaj khaub thuas yog lub Cuaj Hlis Ntuj txog Tsib Hlis Ntuj, thiab txoj hauv kev zoo tshaj plaws los pov thaiv koj tus kheej thiab koj tsev neeg yog los txhaj koj koob tshuaj tiv thaiv khaub thuas thaum ntxov, ua ntej pib muab khaub thuas sib kis nyob hauv koj lub zej zog.

Cov neeg uas muaj kev pheej hmoo siab mob khaub thuas ua mob ntau yam yog:

- Cov menyuam mos.
- Cov poj niam cev xeeb menyuam.
- Cov neeg uas yeej muaj cov yam ntxwv mob kho tsis zoo tu qab lawm, xws li mob hawb pob, cov mob ntshav qab zib, thiab mob plawv lossis mob ntsws.
- Cov neeg tus uas muaj hnuv nyooq 65 xyooos thiab laus dua.

Txhua tus muaj hnuv nyooq 6 hli thiab laus dua tsim nyog tau txais lawv koob tshuaj tiv thaiv khaub thuas ib xyooos ib lwm. Cov Chaw Tswj thiab Pov Thaiv Kab Mob (Centers for Disease Control and Prevention, CDC) pom zoo tias cov menyuam hnuv nyooq 6 hli mus txog

8 xyoo tus uas tau txais koob tshuaj tiv thaiv khaub thuas thawj zaug tsim nyog mus txhaj **ob koob** sib nrug li plaub vij.

Cov poj niam uas cev xeeb menyuam pom zoo txhawb kom mus txhaj tshuaj tiv thaiv khaub thuas tam li yog ib feem ntawm lawv kev saib xyuas ua ntej yug menyuam. Cov poj niam cev xeeb menyuam muaj feem siab dua uas yuav ua mob loj los ntawm khaub thuas tshaj li cov uas tsis xeeb menyuam thiab cov hnuv nyooq ib yam. Koob tshuaj tiv thaiv khaub thuas txhaj thaum twg los tau ncuu sijhawm cev xeeb menyuam, thiab nws tseem pab tsim tau roj tshav tiv thaiv khaub thuas rau tus menyuam ib yam. Rau kev pov thaiv ntxiv, nws tau pom zoo tias tag nrho ib tse neeg yuav tau txhaj tshuaj tiv thaiv khaub thuas.

Tshuaj txhaj tiv thaiv khaub thuas yog

pab dawb thiab siv yooj yim xwb. Peb pom zoo tias koj mus txhaj koj koob tshuaj tiv thaiv khaub thuas ntawm tus kws pab kho mob xub thawj, vim koj thiaj muaj sijhawm nrog koj tus kws kho mob sib tham thiab nug lus nug. Cov menyuam yuav tsum mus txhaj tshuaj tiv thaiv khaub thuas los ntawm lawv tus thawj kws kho mob xub thawj. Lub Alliance cov tswvcuab uas yog neeg laus muaj hauv kev mus txhaj tshuaj tiv thaiv khaub thuas nyob ntawm lub tsev muag tshuaj yam tsis tas muaj ntawv xa mus.



**YOG MUS LUS NUG NTXIV**, koj tuaj yeem mus saib lub Alliance lub vev xaib ntawm [www.thealliance.health/hmn](http://www.thealliance.health/hmn) lossis CDC ntawm [cdc.gov/flu](http://cdc.gov/flu).



**Raws qab peb nyob rau Facebook!** Nrhiav peb tau ntawm [facebook.com/TheAllianceForHealth](https://facebook.com/TheAllianceForHealth).



**Nyob  
Noj Qab  
Haus Huv**

NYOB NOJ QAB HAUS HUV yog luam tawm rau cov tswvcuab thiab cov neeg muab kev koom tes hauv zej zos ntawm CENTRAL CALIFORNIA ALLIANCE FOR HEALTH, 1600 Green Hills Road, Suite 101, Scotts Valley, CA 95066, xov tooj 831-430-5500 lossis 800-700-3874, ext. 5513, lub vev xais [www.thealliance.health/hmn](http://www.thealliance.health/hmn).

Cov ntsiab lus hauv NYOB NOJ QAB HAUS HUV yog los ntawm coob tus kws kho mob los. Yog koj muaj kev txhawj xeeb lossis muaj lus nug txog tej yam lus uas yuav tsim tau tej yam tsis zoo rau koj txoj kev noj qab haus huv, thov hu rau koj tus kws kho mob.

Cov duab thaj thiab cov duab teeb no tej zaum yog siv cov neeg ua qauv yees duab.

Communications Project Specialist  
Quality and Health Programs Supervisors

Randi Motson  
Desirre Herrera  
and Mao Moua

[www.thealliance.health/hmn](http://www.thealliance.health/hmn)