



NYOB NOJ QAB

LUB RAU HLIS NTUJ 2020
Phcu 26, Tscib Xov Xwm 2

HAUS HUV

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



**XAV PAUB COV NTAUB NTAWV
NTXIV, mus saib shotsforschool.org.**

Kev pib lub xyoo kawm tshiab



Txhaj tshuaj tiv thaiv kab mob ntxiv rau koj tus menyuam

Tam sim no lub xyoo kawm xyoo no tag lawm, tab sis tseem xav txog xyoo dhau los. Koj puas nco qhab cov as thiv npaj pib rau lub xyos kawm ntawv no lawm? Puas yog koj poob siab tias koj tus menyuam tsis tuaj yeem pib mus kawm ntawv tau yog tsis tau txhaj qee cov tshuaj tiv thaiv kab mob? Puas

yog koj raug khuam sib tham hauv xov tooj nrog koj tus menyuam tus kws kho mob rau lub as thiv—lossis hnuh!—ua ntej mus kawm ntawv, kev tos teem caij koj koj tus menyuam mus txhaj tshuaj tiv thaiv kab mob? Lossis tej zaum koj tus kws kho mob tsis muaj cov sijhawm teem caij mus ntsib lawm thiab koj tus menyuam tau plam tsis tau mus koom thawj hnuh pib kawm ntawv?

Tsis txhob ua kom rov qab ntsib teeb meem dua li xyoo tag dhau los. Kev pib lub xyoo kawm tshiab. Yog koj tsis paub meej tias koj tus menyuam puas yuav tsum tau txhaj tshuaj tiv thaiv kab mob, lossis yog koj tsis tau txais ntawv ceeb toom tuaj ntawm koj tus menyuam lub tsev kawm ntawv, qhov zoo tshaj ces hu rau koj tus menyuam tus kws kho mob teem caij mus ntsib nws. Yuav tsum tau txhaj tshauj tiv thaiv kab mob rau koj tus menyuam, pib rau thaum pib mus kawm ntawv, mus rau thaum lub sijhawm lawv

kawm ntawv txuas mus ntxiv.

Txij thaum xyoo 2016 los, cov niam txiv tsis tuaj yeem thov zam kev txhaj tshuaj tiv thaiv kab mob rau lawv cov menyuam txhawm rau kom mus kawm ntawv tau.

Tau pib cov cai tshiab hauv tsev kawm ntawv rau xyoo 2019 lawm!

- **Tsev kawm ntawv menyuam me:** Ntxiv rau hom tshuaj polio, DTap, Hep B thiab MMR, yuav tsum tau txhaj ib hom tshuaj txhaj tiv thaiv kab mob ntxiv varicella (kab mob ua qoob uas sib kis tau) rau thaum pib kawm tsev kawm ntawv menyuam me.
- **Qeb kawm xya:** Ntxiv rau txhua yam tshuaj txhaj tiv thaiv kab mob hais los saum toj saud, yuav tsum muaj ntaub ntawv pov thawj txhaj tshuaj Tdap thiab varicella (kab mob ua qoob uas sib kis tau) thiaj li pib mus kawm qeb xya tau.

Kev kuaj EPSDT

Thaum lub sijhawm koj tus menyuam loj hlob, qhov tseem ceeb ces lawv yuav tsum raug **Kuaj Xyuas Mob Nkeeg Rau Thaum Ntxov thiab Raws Caij Nyoog, Tshuaj Xyuas Kab Mob thiab Kho Mob (Early and Periodic Screening, Diagnostic and Treatment; EPSDT, raws li sau hauv lus Askiv)**. Nrog rau qhov kev kuaj EPSDT, yuav nquag kuaj mob rau koj tus menyuam tas li uas yog **kev kuaj xyuas kev noj qab nyob zoo raws caij nyoog**, tsawg kawg ib zaug hauv ib lub xyoos txawm tias koj tus menyuam tsis muaj mob los xij.

Koj yuav tau txais ib tsab ntawv ceeb toom tuaj ntawm Lub Tuam Tsev Haujlwm Saib



Xyuas Cov Kev Pab Kho Mob (Department of Health Care Services; DHCS, raws li sau hauv lus Askiv) hais txog kev coj koj tus menyuam mus kuaj mob rau lwm zaus. Koj kuj yuav tau txais ib tsab xov tooj hu tuaj ceeb toom. Lub chaw Alliance koom tes nrog DHCS txhawm rau muab kev saib xyuas zoo tshaj plaws rau koj tus menyuam kom raug raws li lub caij nyoog thiab sijhawm. Lub chaw Alliance yuav xa ib tsab ntawv ceeb toom tuaj qhia koj tom qab xyoo no yog koj tus menyuam tsis tau mus ntsib ib tug kws kho mob thiab txog caij mus ntsib lawm.



Leej twg thiaj tau kuaj EPSDT?

Cov tswvcuab ntawm lub chaw Alliance Medi-Cal txij thaum yug txog muaj 21 xyoos.



Kev Kuaj Xyuas Mob Nkeeg Rau Thaum Ntxov thiab Raws Caij Nyoog, Tshuaj Xyuas Kab Mob thiab Kho Mob yog dab tsi?

Cov kev kuaj no yuav:

- Pab tiv thaiv tsis ua rau koj tus menyuam muaj mob
- Nrhiav tau cov teeb meem yuav tshwm sim rau kev noj qab haus huv thov ntxov
- Soj qab xyuas kev loj hlob ntawm koj tus menyuam
- Saib xyuas kom koj tus menyuam tau txhaj tshuaj tiv thaiv kab mob thiab raug kuaj mob raws li lub caij nyoog thiab lub sijhawm

Tuaj thawj tus hniav lossis puv thawj lub xyoos = coj mus ntsib tus kws kuaj hniav thawj zaug

Koj tsis tas tos kom koj tus menyuam cov hniav tuaj kom tag mam li pib tu nws cov hniav. Kab noj hniav—tus kab mob uas ua rau hniav khoob—yog tshwm los ntawm cov kab mob nyob hauv lub qhov ncauj, tab sis tuaj yeem tiv thaiv kab noj hniav tau. Yuav pab tiv thaiv kab noj hniav, nquag tu koj tus menyuam lub qhov ncauj kom huv si. Puas pab ua rau cov hniav ruaj khov thiab tsis muaj kab noj. Yeej zoo ib yam nkaus li cov neeg loj, cov hniav tsis muaj kab noj yuav pab cov menyuam yaus ntsuas khoom noj tau zoo, sib tham, thiab luag nyav tau zoo thiab pom tias zoo saib. Cov hniav thaum menyuam mosliab ruaj khov zoo yuav ua rau thaum plhis hniav tau cov hniav zoo ib yam nkaus.

Yuav ua rau koj thiab koj tus menyuam mosliab neb ua kev zoo siab thaum puv hnuv nyoog thawj lub xyoos tau lom zem heev.

Ntawm no yog qee cov tswvyim pab ua rau koj tus menyuam mosliab muaj cov hniav ruaj khov pib rau thaum noob nyoog tseem ntxhov:

- Tham nrog koj tus menyuam mosliab tus kws kuaj hniav thaum puv nws thawj lub xyoos lossis thaum nws tuaj thawj tus hniav—seb qhov twg xub tshwm sim ua ntej dua.
- Saib xyuas kom txhob muaj cov dej qab zib muaj piam thaj nyob hauv koj tus menyuam mosliab lub taub dej xws li kua txiv hmas txiv ntoo.
- Tsis txhob cia koj tus menyuam mosliab pw tsaug zog nrog lub taub dej lossis khob mis daig rau ntawm nws lub qhov ncauj lossis npuav nws tas hnuv. Thaum muaj thaj tsam 6 lub hlis, pib siv ib lub khob tiag yog li ntawd thiaj tsis siv lub taub dej thaum nws muaj noob nyoog thawj lub xyoos.

■ Thaum koj tus menyuam pib tuaj hniav yeej pom tshwm sim ntawm cov pos hniav, pib siv tshuaj txhuam hniav (siv luaj li ib lub noob txuv) maj mam txhuam ob zaug hauv ib hnuv thiaj pab tiv thaiv tus hniav tshiab tau.

■ Nug koj tus menyuam mos tus kws kuaj mob lossis tus kws kho hniav txog hom tshuaj txhuam hniav. Qhov no yog ib yam kev pab them nqi los ntawm Medi-Cal rau cov menyuam muaj noob nyoog 0 txog 5 xyoos. Tso cai pub peb zaug tshuaj txhuam hniav rau hauv lub sijhawm 12 lub hlis. Tshuaj txhuam hniav yuav pab tiv thaiv kom kab txhob noj tus menyuam mosliab cov hniav.

■ Thov koj tus menyuam mosliab tus kws kho mob kom pab qhia txog ib tug kws kho hniav rau koj. Kev coj cov menyuam yaus mus kuaj hniav raug pab them nqi los ntawm Medi-Cal.

Zoo ib yam li lwm yam kev saib xyuas kev noj qab haus huv, pib muab kev saib xyuas koj tus menyuam lub qhov ncauj thiab cov

Kuv tuaj yeem tau txais kev pab los ntawm cov kev pab cuam EPSDT tau li cas?



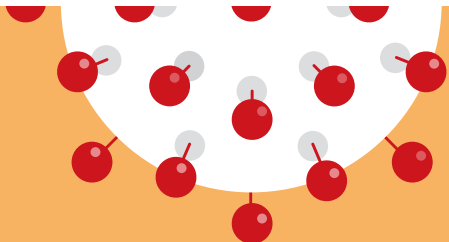
Hu rau koj tus thawj kws kho mob, nws tuaj yeem pab koj teem caij rau koj tus menyuam. Yog koj xav kom pab thauj mus los rau thaum teem caij mus kuaj mob no, lub chaw Alliance tuaj yuam pab tau. Hu rau Alliance Lub Chaw Pab Cuam Tswvcuab rau ntawm **800-700-3874** (TTY: Ntaus 7-1-1). Lub Chaw Pab Cuam Tswvcuab tuaj yeem teb cov nqe lus nug txog koj tus menyuam tus kws kho mob thiab cov kev pab thauj mus los. Yog koj xav tau cov ntaub ntawv qhia lossis cov ntawv nthuav qhia txog kev noj qab haus huv rau koj tus menyuam, hu rau Tus Xov Tooj Pab Qhia Kev Noj Qab Haus Huv (Health Education Line) rau ntawm **800-700-3874, ext. 5580**.

Puas xav tau kev pab nrhiav ib tug kws kho hniav rau koj tus menyuam mosliab?

Cov tswvcuab ntawm lub chaw Alliance Medi-Cal tuaj yeem:

1. Hu rau Medi-Cal Qhov Kev Pab Cuam Saib Xyuas Kev Kho Hniav rau ntawm **800-322-6384**.
2. Mus saib hauv www.denti-cal.ca.gov.
3. Hais kom koj tus menyuam mosliab tus kws kho mob pab sau ib daim ntawv xa.

hniav rau thaum ntxov thiab mus kom tag lub neej txoj sia. Pab ua kom koj tus menyuam mos muaj kev noj qab haus huv zoo rau thaum xub pib, thiab saib xyuas koj tus kheej cov hniav ib yam nkaus! Tsis txhob hnov qab txhuam hniav!



YAM UA TAU THIAB YAM UA TISIS TAU

ntawm tus kab mob coronavirus (COVID-19)

Yam ua tau:



Nquag ntxuav koj txhais tes nrog tshuaj xab npum thiab dej lossis siv ib hom tshuaj tsuag tua kab mob uas muaj kuab cawv xyaw nrog tsawg kawg 60%.



Thaum koj hnoos lossis txham siv ib daim ntaub so npog koj lub qhov ncauj thiab qhov ntswg, lossis txham los yog hnoos rau sab hauv koj lub luj tshib. Muab cov ntaub ntawv so pov rau hauv lub thoob rau khoom vuab tsuab.



Nquag ntxuav tu thiab tsuag tshuaj tua kab ob rau ntawm tej npoo los yog ntug uas niaj hnub chwv los yog tuav, xws li cov rooj, cov tes tuav tig ntawm lub qhov rooj, tej npoo nyob sab saum toj, cov rooj sau ntawv, cov xov tooj thiab daim ntaus ntawv.



Hu rau koj tus kws saib xyuas mob nkeeg yog koj muaj cov yeeb yam mob. Qhia rau lawv paub tias tej zaum koj yuav muaj tus kab mob vais lav.



Siv ib daim ntaub npog ntsej muag thaum tawm mus rau sab nrauv tej chaw uas muaj neeg coob.

Yam ua tsis tau:



Siv txhais tes tsis tau ntxuav tuav los yog chwv koj lub qhov muag, qhov ntswg thiab qhov ncauj.



Siv sijhawm nyob nrog cov neeg uas muaj mob.



Tawm mus sab nrauv tej chaw muaj neeg coob yog koj muaj mob tshwj tsis yog yuav tau mus saib xyuas mob nkeeg.



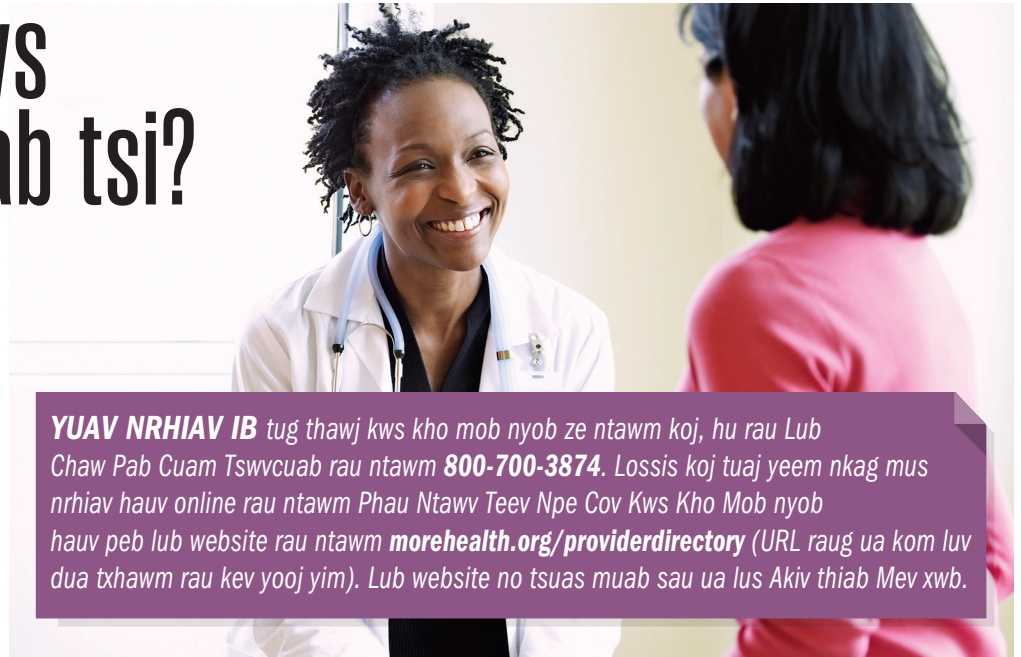
Siv tej khoom hauv vaj hauv tse ua ke, xws li twj tais, cov khob haus dej, cov tais thiab diav noj mov, cov phum lossis pw ua ke ntawm ib lub txhaj, nrog lwm cov neeg thaum koj muaj mob.

Muab cov ntsiab lus tawm los ntawm: Centers for Disease Control and Prevention

Ib tug thawj kws kho mob yog dab tsi?

Xav tias koj thawj tus kws kho mob yog koj txoj hau kev noj qab haus huv zoo. Ib tug thawj kws kho mob yuav yog ib tug kws kho mob uas kho mob rau txhua tus yam tsis xam noob nyoog lossis yog txiv neej los poj niam lossis ib tus kws kho mob rau cov menyuam mosliab mus txog cov laus, lossis ib tus kws kho mob rau cov menyuam yaus lossis ib tus kws kho mob rau txhua yam mob. Koj thawj tus kws kho mob yuav yog ib lub chaw kuaj mob lossis ib pawg kws kho mob. Koj thawj tus kws kho mob yuav kuaj xyuas koj thiab txhaj tshuaj tiv thaiv kab mob rau koj thiab yuav pab koj tswj xyuas tej yam mob uas tsis paub zoo tu qab yog koj muaj, xws li kab mob ntshav qab zib. Nws tuaj yeem pab koj tau ntau yam, xws li:

- Qhia txhua yam ntawm kev saib xyuas kev



YUAV NRHIAV IB tug thawj kws kho mob nyob ze ntawm koj, hu rau Lub Chaw Pab Cuam Tswvcuab rau ntawm **800-700-3874**. Lossis koj tuaj yeem nkag mus nrhiav hauv online rau ntawm Phau Ntawv Teev Npe Cov Kws Kho Mob nyob hauv peb lub website rau ntawm [morehealth.org/providerdirectory](https://www.morehealth.org/providerdirectory) (URL raug ua kom luv dua txhawm rau kev yooj yim). Lub website no tsuas muab sau ua lus Akiv thiab Mev xwb.

noj qab haus huv rau koj

- Yog tus uas koj nquag mus kuaj mob nrog nws thiab thaum koj muaj mob
- Pab tiv thaiv cov teeb meem cuam tshuam rau kev noj qab haus huv
- Xa koj mus rau lwm cov kws kho mob thaum xav tau

Sijhawm dhau mus, koj tus thawj kws kho mob yuav paub txog keeb kwm kev noj qab haus huv ntawm koj thiab pab koj xaiv tej yam zoo pab txhawb kom koj noj qab nyob zoo.

Peb tuaj yeem pab koj nrhiav ib tug thawj kws kho mob yog koj tsis tau muaj ib tug kws kho mob.

Peb luag ntshi thaum peb muab kev pab!

Koj puas xav paub tias leej twg yog tus teb xov tooj thaum kawg rau koj thaum koj hu rau Lub Chaw Pab Cuam Tswvcuab?

Peb cov neeg sawv cev yeej muab kev saib xyuas, mob siab ua haujlwm raws li qauv ua haujlwm zoo. Lawv nyob nraim ntawm no los teb koj tsab xov tooj hnuv Monday txog Friday, thaum 8 a.m. txog 5:30 p.m.

Peb cov neeg sawv cev yeej npaj txhij los:

- Pab ua kom koj nkag siab txog koj li kev npaj kho mob yuav ua haujlwm li cas
- Teb koj cov lus nug txog koj cov kev pab kho mob
- Piv tias seb koj yuav ua li cas koj thiaj tau txais cov kev saib xyuas thiab cov kev pab kho mob

■ Qhia rau koj tias koj yuav mus kuaj mob tau rau cov kws kho mob thiab cov chaw kuaj mob twg

■ Pab koj xaiv lossis hloov koj thawj tus kws kuaj mob

■ Pab nrhiav kws txhais lus rau koj yog koj hais lus Askiv tsis tau

■ Pab npaj thauj koj mus los yog koj tsis muaj tshab mus kuaj mob rau tom koj tus kws kho mob

■ Xa ib daim npav tshiab ntawm Alliance tuaj rau koj yog tias koj ua koj daim poob lawm

■ Pab koj ua tej yam uas koj txhawj txog lossis tej yam koj tsis txaus siab txog

Peb muaj cov neeg sawv cev nyob hauv cov cheeb nroog Merced, Monterey thiab Santa Cruz. Lawv nyob thiab ua haujlwm hauv cov zej zog uas peb ua haujlwm. Lawv txhawj txog koj thiab tuaj ntawm no yog tuaj pab.

KOJ THIAB KOJ TXOJ KEV NOJ QAB HAUS HUV tseem ceeb heev rau peb. Thov hu rau peb ntawm **800-700-3874** (TTY: **800-735-2929** lossis **7-1-1**) yog tias koj muaj lus nug, xav tau kev pab lossis txhawj txog kev saib xyuas rau koj thaum koj yog ib tug tswvcuab ntawm Alliance. Peb tuaj ntawm no yog tuaj pab koj!

Koj puas paub tias koj muaj cov txiaj ntsig pab saib xyuas kev noj qab haus huv no lawm?

Kev siv koob hno kho mob thiab kev zuaj ib ce

● **Medi-Cal:** Ib lub hlis twg cov tswvcuab tuaj yeem tau txais yam saib xyuas mob nkeeg no tau tag nrho ob zaug. Piv txwv, koj tuaj yeem tau txais kev siv koob hno kho mob ib zaug thiab zuaj ib ce ib zaug rau thaum lub sijhawm ib lub hlis, lossis koj tuaj yeem xaiv siv koob hno kho mob ob zaug rau hauv ib lub hlis. Tsis tas yuav xa mus rau lwm qhov chaw, tab sis koj yuav tsum mus kho rau ntawm ib tug kws kho mob uas tau cog lus koom hauv peb thaj chaw muab kev saib xyuas mob nkeeg. Yog koj tus kws kuaj mob pom tias koj yuav tau txais txiaj ntsig zoo los ntawm kev siv koob hno kho mob kom ntau ntxiv lossis zuaj ib ce kom ntau ntxiv txhawm rau tswj xyuas qhov mob, nws yuav xa ib daim ntawv thov tso cai tuaj rau peb.

● **Key Pab Saib Xyuas Mob Nkeeg Rau Tom Tsev (In-Home Supportive Services; IHSS, raws li sau hauv lus Askiv):** Cov tswvcuab tuaj yeem tau txais kev saib xyuas ntau txog 20 zaus toj ib lub xyoo ntawm zeeg sijhawm muab kev saib xyuas (Lub Xya Hlis Ntuj 1 txog Lub Rau Hlis Ntuj 30). Nws tus nqi uas yuav tau koom them yog \$10 rau qhov mus ib zaug. Koj tus thawj kws kho mob yuav tsum muab ntawv xa mus koj mus thiaj tau txais cov kev saib xyuas mob nkeeg no, thiab koj yuav tsum mus rau ntawm ib tug kws kho mob uas tau cog lus koom rau hauv peb thaj chaw muab kev saib xyuas mob nkeeg. Yog xav paub ntau ntxiv lossis xav nrhiav ib tug kws kho mob nyob ze ntawm koj, hu rau Lub Chaw Pab Cuam Tswvcuab rau ntawm **800-700-3874** (TTY: Ntaus 7-1-1) lossis mus saib peb rau hauv online rau ntawm www.ccah-alliance.org.

Kev saib xyuas qhov muag

● **Medi-Cal:** Cov tswvcuab tuaj yeem tau txais kev kuaj qhov muag thiab ib daim tsom iav qhov muag rau hauv lub sijhawm txhua txhua 24 lub hlis. Xav paub ntau ntxiv txog cov txiaj ntsig pab kuaj qhov muag rau koj lossis xav nrhiav ib tug kws kho mob nyob ze ntawm koj, hu rau Vision Services Plan (VSP) rau ntawm **800-877-7195**. Tuaj yeem tshawb nrhiav tau tus kws kho mob hauv online VSP rau ntawm Phau Ntawv Teev Npe Kws Kho Mob ntawm morehealth.org/providerdirectory (URL raug ua kom luv txhawm rau muaj kev yooj yim). Lub website no tsuas muab sau ua lus Askiv thiab Mev xwb.

● **IHSS:** Cov txiaj ntsig pab them nqi no tsis pab them rau cov mus kuaj qhov muag thiab cov tsom iav qhov muag raws li qhov nquag mus kuaj. Nws muaj qee yam kev pab kuaj qhov muag xws li kev saib xyuas tshwj xeeb los ntawm ib tug kws paub zoo kev kho kab mob qhov

muag (ib tug kws kho mob rau qhov muag). Yog xav paub ntau ntxiv, thov mus saib hauv IHSS Daim Ntawv Ua Pov Thawj Them Nqi Duav Roos (Evidence of Coverage, EOC) lossis hu rau Lub Chaw Pab Cuam Tswvcuab rau ntawm **800-700-3874** (TTY: Ntaus 7-1-1).

Kev pab saib xyuas txog kev nyuaj siab lossis puas hlwb

● **Medi-Cal:** Cov tswvcuab tuaj yeem tau txais kev saib xyuas txog kev nyuaj siab lossis puas hlwb uas tsis pw kho los ntawm lub chaw Beacon Health Options (Beacon). Yog xav paub ntau ntxiv lossis xav tshawb nrhiav ib tug kws kho mob nyob ze ntawm koj, hu rau Beacon rau ntawm **855-765-9700** lossis mus saib lawv lub website rau ntawm beaconhealthoptions.com/members/login. Kev pw kho thiab saib xyuas txog kev nyuaj siab lossis puas hlwb rau cov tswvcuab ntawm Medi-Cal raug them nqi los ntawm Lub Tuam Tsev Saib Xyuas Kev Nyuaj Siab Lossis Puas Hlwb (Mental Health Department) hauv koj lub cheeb nroog. Yog koj tsis paub meej tias koj xav tau hom kev saib xyuas dab tsi, koj tuaj yeem hu rau Beacon thiab lawv mam li txuas koj mus rau ntawm hom kev saib xyuas uas haum rau koj.

Cov nab npawb xov tooj hu rau lub tuam tsev saib xyuas kev nyuaj siab lossis puas hlwb hauv cov nroog muaj xws li:

- Lub Cheeb Nroog Santa Cruz: **831-454-4170** lossis **800-952-2335**
- Lub Cheeb Nroog Monterey: **888-258-6029**
- Lub Cheeb Nroog Merced: **209-381-6819** lossis **888-334-0163**

● **IHSS:** Cov tswvcuab tuaj yeem tau txais kev saib xyuas pw kho thiab tsis pw kho rau kev kho mob kev nyuaj siab lossis puas hlwb los ntawm Beacon. Cov tswvcuab tuaj yeem hu rau Beacon rau ntawm **855-765-9700** lossis mus saib lawv lub website rau ntawm beaconhealthoptions.com/members/login.

Medi-Cal cov kev pab cuam uas raug pab them los ntawm lub xeev qhov kev npaj kho mob (uas tsis yog los ntawm lub Alliance)

Koj puas paub tias Medi-Cal muab kev pab kuaj hniav rau cov menyuum yaus thiab cov neeg laus lawm? Muab cov kev saib xyuas los ntawm Medi-Cal Feem Pab Kuaj Hniav, tsis yog los ntawm Alliance.

Yog xav paub ntau ntxiv lossis xav tshawb nrhiav ib tug kws kho mob hniav nyob ze ntawm koj, hu rau Medi-Cal Feem Pab Kuaj Hniav rau ntawm **800-322-6384**, hnuv Monday txog Friday, 8 a.m. txog 5 p.m. (PST), lossis mus saib hauv lawv lub website rau ntawm www.denti-cal.ca.gov.

Peb mob siab saib xyuas kom tau raws li koj siab xav

Peb xav kom koj txaus siab nrog koj tus kws kho mob thiab peb cov kev saib xyuas. Tab sis muaj qee yam koj yuav tsis txaus siab. Thaum muaj tej yam teeb meem tshwm sim li ntawd, peb xav paub txog tej ntawd.

Yog koj tsis zoo siab nrog ib tug kws kho mob lossis ib lub chaw kuaj mob ntawm tus kws kho mob, qhov zoo tshaj ces tham nrog lawv ua ntej. Hais qhia rau ib tug neeg hauv lub chaw kuaj mob paub txog yam tshwm sim rau koj. Hais kom lawv pab daws qhov teeb meem no.

Ib yam nkaus yog koj tsis zoo siab nrog thaum koj mus ntsib rau hauv ib lub tsev kho mob loj lossis lwm lub chaw kuaj mob. Thov tham nrog ib tug kws tus neeg mob, ib tug neeg ua haujlwm pab pej xeem lossis ib tug kws pab tswvyim rau neeg mob.

Yog koj tau txais ib daim ntawv nqi rau cov nqi saib xyuas uas raug pab them los ntawm Alliance lawm, hu rau lub chaw tsim daim ntawv nqi rau ntawm tus xov tooj uas nyob ntawm koj daim ntawv nqi. Qhia rau lawv qhov kev fajseeb kho mob uas koj tau. Hais kom lawv sau daim ntawv nqi mus rau koj qhov kev fajseeb kho mob ntawd.

Yog koj xav tham nrog peb txog qhov teeb meem no, peb yeej tuaj ntawm no pab koj. Koj tuaj yeem hais ib qho tsis txaus siab lossis thov hais kom rov qab txiav txim dua txog ib qho teeb meem tuaj rau peb los ntawm kev hu xov tooj rau Lub Chaw Pab Cuam Tswvcuab ntawm **800-700-3874**. Koj tuaj yeem sau ib daim ntawv tsis txaus

siab lossis ib daim ntawv thov hais kom rov qab txiav txim dua xa mus lossis sau rau hauv peb lub website, www.ccah-alliance.org/complaintshm.html.

Koj tuaj yeem sau ib daim ntawv hais qhov tsis txaus siab tuaj rau peb yog koj tsis zoo siab nrog:

- Tus kws muab kev kho mob rau koj lossis yam koj raug saib xyuas tsis zoo rau hauv lub chaw kuaj mob
- Muaj peev xwm tau txais kev saib xyuas raws li qhov koj xav tau
- Cov kev saib xyuas uas koj tau txais los ntawm Alliance

Muaj ntau lwm lub laj thawj rau koj foob hais ib qho tsis txaus siab nrog peb. Nws muaj sau tseg rau hauv koj Phau Ntawv Rau Tus Tswvcuab.

Koj tuaj yeem sau ib daim ntawv thov hais kom rov qab txiav txim dua tuaj rau peb yog koj tsis zoo siab nrog:

- Ib qho txiav txim siab uas peb tau hloov kho lossis tsis kam lees muab kev saib xyuas rau koj

Thaum koj qhia peb paub txog koj qhov tsis txaus siab lossis thov hais kom rov qab txiav txim dua, peb yuav los saib xyuas txog qhov ntawd. Peb yuav ua txhua yam raws li qhov peb tuaj yeem pab tau koj. Yog koj tseem tsis zoo siab tom qab peb daws koj qhov teeb meem lawm, peb yuav qhia rau koj txog cov khauj ruam hais mus ntxiv tom ntej rau koj.

Kev hloov pauv cov qauv tshuaj kho mob ntawm lub chaw Alliance

SIV TAU TXIJ THAUM LUB PEB HLIS NTUJ TIM 1, 2020


Ntxiv rau cov qauv tshuaj kho mob	
Ntshav siab	Katerzia—rau lub hnuv nyoog <12
Ntsig txog cov tshuaj tiv thaiv kab mob	Cefadroxil
Tus kab mob Parathyroid	Cinacalcet—yuav tsum muaj kev tso cai ua ntej
Kev tag caij tsis coj khaub ncaws ntawm poj niam	Fyavolv Lopreeza Estradiol/norethindrone
Lub zais zis ua haujlwm heev dhau lawm	Solifenacin


Muab Kev Piav Tes Txhais Lus (American Sign Language; ASL) pub dawb rau koj

Koj puas paub tias lub Alliance muab Kev Piav Tes Txhais Lus (American Sign Language; ASL, raws li sau hauv lus Askiv) pub dawb rau cov tswvcuab uas lag ntseg lossis hnov lus tsis zoo? Peb rau siab ua haujlwm kom txhua tus tswvcuab tuaj yeem tham tau nrog lawv thawj tus kws kho mob txog feem xav tau saib xyuas rau kev noj qab haus huv ntawm lawv. Yog tias koj xav paub txog cov kev pab cuam ntawm no, thov hu rau Tus Xov Tooj Pab Qhia Kev Noj Qab Haus Huv rau ntawm **800-700-3874, ext. 5580**. Koj tuaj yeem siv California Relay Service hu tuaj rau peb rau ntawm **800-735-2929** (TTY: Ntaus 7-1-1).


Key Pab Cuam Muab Nqi Zog Rau Tswvcuab

Peb twb tshaj tawm txog ob peb tug neeg uas tau txais khoom plig hauv lub xyoos 2019 ntawm lub Alliance Qhov Kev Muab Nqi Zog Txhaj Tshuaj Tiv Thaiv Kab Mob Rau Tswvcuab—yog ib feem ntawm Qhov Kev Pab Cuam Muab Nqi Zog Rau Tswvcuab. Muaj kev zoo siab rau Johnny, Zoey thiab Scarlett! Hauv xyoo 2019, lub chaw Alliance tau tsim ib qho Kev Pab Muab Nqi Zog Txhaj Tshuaj Tiv Thaiv Kab Mob Rau Tswvcuab tshiab, uas yog ib feem ntawm Alliance Qhov Kev Pab Cuam Muab Nqi Zog Rau Tswvcuab. Tau xa ib tsab ntawv tuaj qhia rau cov menyuam yaus uas muaj hnuv nyoog puv 2 xyoos lossis 13 xyoos uas plam tsis tau txhaj tshuaj tiv thaiv kab mob hauv xyoo 2019 paub tias lawv muaj pheej hmoo raug xaiv pab txhaj tshuaj tiv thaiv kab mob. Cov tswvcuab no yuav tsum tau txais kev txhaj tshuaj tiv thaiv kab mob tseem ceeb rau thaum lawv muaj hnuv nyoog puv 2 xyoos lossis 13 xyoos thiab raug muab npe tso rau qhov muaj pheej hmoo raug xaiv pab txhaj tshuaj tiv thaiv kab mob.

 **Johnny** muaj noob nyoog puv 2 xyoos rau hauv xyoo 2019 thiab tuaj ntawm **Lub Cheeb Nroog Santa Cruz**. Johnny niam thiab txiv koj nws thiab lawv cov menyuam loj dua tuaj rau ntawm Salud Para La Gente hauv Watsonville. Lub chaw kuaj mob pab qhia tsev neeg txog kev hu xov tooj tuaj ceeb toom txog lawv qhov teem caij mus txhaj tshuaj tiv thaiv kab mob. Lawv tus kws kho mob pab tau zoo heev rau feem kev qhuab qhia txog qhov yuav tsum tau txhaj tshuaj tiv thaiv kab mob thiab yuav noj nyob li cas thiaj li noj qab nyob zoo.

 **Zoey** tuaj ntawm **Lub Cheeb Nroog Merced** thiab muaj noob nyoog puv 2 xyoos rau hauv xyoo 2019. Nws niam thiab txiv hais tias Zoey thiab nws cov viv ncaus ib txwm raug txhaj tshuaj tiv thaiv kab mob rau cov tshuaj tshiab tas lis. Daim

npav khoom plig Target ceeb toom rau lawv tias kev nyob tau noj qab haus huv zoo yog tseem ceeb. Zoey niam thiab txwv hu xov tooj rau tus kws kho mob txhawm rau tshuaj xyuas seb yuav txhaj tshuaj tiv thaiv kab mob yam twg rau nws. Lawv tau ua tsaug tias lawv tus kws kho mob qhia txog cov tshuaj txhaj tiv thaiv kab mob rau lawv thaum lawv mus ntsib nws.

 **Scarlett** muaj noob nyoog puv 12 xyoos rau hauv xyoo 2019 thiab nyob hauv **Lub Cheeb Nroog Monterey**. Nws muaj kev cia siab yuav mus kawm rau ntawm Stanford University tom qab kawm tag tsev kawm theem siab thiab xav ua ib tug kws phais plawv lossis xav ua ib tug kws paj nruag jazz rau ib hnuv twg. Scarlett raug pab txhawb los ntawm nws tsev neeg, uas lawv paub txog cov tshuaj txhaj tiv thaiv kab mob tseem ceeb li cas rau kev noj qab nyob zoo. Yuav soj qab xyuas kev noj qab haus huv ntawm lawv cov menyuam, cov niam txiv yuav tau siv lawv cov menyuam daim npav txhaj tshuaj tiv thaiv kab mob tsos daj thiab npaj koj lawv mus txhaj tshuaj ua ntej txog lub sijhawm txhawm rau kom lawv raug txhaj tshuaj tiv thaiv kab mob ncau raws lub caij nyoog. Lawv tau ua tsaug rau Scarlett tus kws kho mob uas ua haujlwm rau Feem Saib Xyuas Kev Noj Qab Haus Huv Rau Menyuam Yaus (Stanford Children's Health) ntawm Stanford uas ua tau piav qhia txog cov tshuaj txhaj tiv thaiv kab mob tau zoo heev.

Lub hom phiaj ntawm Alliance Kev Pab Cuam Muab Nqi Zog Rau Tswvcuab yog pab txhawb qha rau peb cov tswvcuab kom noj qab nyob zoo. Lub chaw Alliance zoo siab los tshaj tawm tias qhov Kev Muab Nqi Zog Txhaj Tshuaj Tiv Thaiv Kab Mob no yuav muaj mus ntxiv rau cov tswvcuab ntawm Alliance uas muaj noob nyoog puv 2 xyoos thiab 13 xyoos rau hauv xyoo 2020!

Ib co lus qhia los ntawm koj lus zos Qhov Kev Pab Cuam Txhawb Cov Poj Niam, Cov Me Nyuam Mosliab, thiab Cov Me Nyuam Yaus (Women, Infants & Children; WIC)

California Lub Tuam Tsev Haujlwm Saib Xyuas Kev Noj Qab Haus Huv Rau Pej Xeem (California Department of Public Health) tau tshaj tawm tias Qhov Kev Pab Cuam Txhawb Cov Poj Niam, Cov Me Nyuam Mosliab, thiab Cov Me Nyuam Yaus (Women, Infants & Children; WIC, raws li sau hauv lus Askiv) tab tom muab cov npav WIC los yuav cov khoom noj uas pub yuav los ntawm WIC. Daim npav no ua haujlwm zoo ib yam li ib daim npav rho nyaj. WIC cov chaw ua haujlwm tseem qhib tab sis lawv tsuas yog muab kev pab hauv xov tooj xwb. Hu rau lub chaw WIC hauv koj lus zos los teem ib lub sijhawm los tham nrog lawv lossis yog tias koj muaj lus nug txog WIC cov kev pab cuam:

- Lub Cheeb Nroog Santa Cruz: 831-722-7121
- Lub Cheeb Nroog Monterey: 831-796-2888
- Lub Cheeb Nroog Merced: 209-383-4859

Lus ceeb toom tseem ceeb: Kev Suav Pej Xeem 2020

Tam sim no koj tsev neeg tau txais ib tsab ntawv tuaj hais tias “Kev Suav Pej Xeem Hauv Teb Chaws Mes Kas 2020.” Nws yog txoj cai lij choj uas yuav tsum tau sau txhua tus neeg ntawm koj lub tsev nyob rau! Koj tuaj yeem teb daim ntawv tshawb fawb raws daim ntawv xa tuaj, rau hauv xov tooj lossis rau hauv online. Xav paub ntau ntxiv, mus saib hauv [2020census.gov](https://www.census.gov). Lub website no kuj raug muab txhais ua 59 hom ntawv uas tsis yog ntawv Askiv.

Lub Rau Hli yog Lub Hlis Pab Txhawb Kev Noj Qab Haus Huv Rau Txiv Neej Hauv Lub Teb Chaws!

Lub sijhawm tswj xyuas koj li kev noj qab haus huv

Lub Rau Hli yog Lub Hlis Pab Txhawb Kev Noj Qab Haus Huv Rau Txiv Neej, yog ib yam ceeb toom zoo rau cov txiv neej thiab lawv tsev neeg los kawm txog kev saib xyuas kev noj qab haus huv rau cov txiv neej. Ntau zaus cov txiv neej yeej tsis tshua quav ntsej txog lawv tus kheej txoj kev noj qab haus huv thiab tsuas xav rau lawv txoj haujlwm, rau tom tsev thiab tsev neeg xwb. Koj yuav pib rau ntawm qhov twg? Xub thawj, xaiv ib tus thawj kws kho mob thiab mus ntsib nws ua ntej. Lub Alliance tuaj yeem pab nrhiav ib tug rau koj.

Koj tus thawj kws kho mob tuaj yeem muab kev kuaj xyuas mob nkeeg rau koj thiab pab saib xyuas kom koj raug saib xyuas raws li feem koj xav tau, suav txog:

● **Kev kuaj xyuas kev noj qab haus huv.** Koj yuav noj qab nyob zoo, thiab koj yog tus muaj kev noj qab nyob zoo. Lossis koj tuaj yeem muaj ib yam teeb meem ntsiag to rau kev noj qab haus huv, xws li ntshav siab, thiab tej yam uas tsis tau paub txog nws. Koj tus thawj kws kho mob tuaj yeem siv cov kev kuaj ntsuas tau los tshuaj xyuas qee cov kab mob ua ntej lawv yuav tshwm sim cov yeeb yam mob rau koj, yuav tswj kav lossis kho cov yeeb yam mob no tau yooj yim dua thaum tseem pib mob.

● **Cov tshuaj txhaj tiv thaiv kab mob.** Puas tau txog caij txhaj koob tshuaj tiv thaiv kab mob xeb (tetanus) rau koj? Puas txhaj tshuaj tiv thaiv kab mob ua qoob (shingles)? Koj puas tau txhaj tshuaj tiv thaiv kab mob ua npaws hnoos txhua xyoo? Kev txhaj tshuaj tiv thaiv kab mob raws li qhia tuaj yeem pab koj zam tsis



XAV PAUB NTAU NTXIV txog lub hlis kev noj qab haus huv ntawm txiv neej thiab cov tswvyim qhia rau kev noj nyob kom noj qab nyob zoo, mus saib hauv [cdc.gov/features/healthymen/index.html](https://www.cdc.gov/features/healthymen/index.html). Lub website no tsuas muab sau ua lus Askiv xwb.

muaj mob thiab raug cov kab mob txaus ntshai.

● **Kev qhuab qhia rau lub neej noj qab nyob zoo.** Koj tus thawj kws kho mob tuaj yeem pab ua kom tau qee cov hom phiaj xws li kev xaiv noj tej yam khoom noj kom phim, kev nquag ua ev xaws xais, kev txo qhov hnyav ntawm lub cev thiab kev txiav haus luam yeeb.

Thov kev pab

Koj tus thawj kws kho mob nyob tod pab kom koj noj qab haus huv thiab nyob tau noj qab nyob zoo. Koj tuaj yeem nug txog cov ncauj lus uas tej zaum yuav ua rau koj muaj lub neej noj qab haus huv zoo dua xws li:

● **Kev nyuaj siab lossis puas hlwb ntawm koj.** Koj puas muaj kev xav tu siab, tag kev cia siab lossis tsis xav ua haujlwm dab tsi rau yam haujlwm uas koj ua dhau los? Tej no tuaj yeem yog cov yam ntxwv ntawm kev ntxhov siab uas yog ib yam mob txaus ntshai. Kev kho tuaj yeem pab ua rau cov neeg uas muaj kev ntxhov siab feem coob rov qab zoo los li qub.

● **Tus cwj pwm kev haus cawv lossis haus luam yeeb ntawm koj.** Koj tus thawj kws kho mob tuaj yeem sib tham txog feem cuam tshuam tsis zoo rau kev noj qab haus huv los ntawm kev haws cawv, haus luam yeeb lossis kev siv lwm yam tshuaj muaj yees. Koj thawj tus kws kuaj mob tuaj yeem pab koj nrhiav cov kev xaiv txhawm rau pab tswj kom txo tau lossis txiav tau.

● **Koj lub dag lub zog.** Yog koj hnov nkees heev lossis koj yeej tsis xav nrog poj niam pw li lawm, tej zaum yuav muaj ib qho teeb meem xws li muaj cov keeb testosterone tsawg, yuav tau kho qhov ntawd.

Muab cov ntsiab lus lawm los ntawm: American Heart Association; Hormone Health Network; National Institutes of Health; U.S. Department of Health and Human Services

NYOB NOJ QAB
HAUS HUV

NYOB NOJ QAB HAUS HUV yog luam tawm rau cov tswv cuab 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, website www.ccah-alliance.org.

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 yeas duab.

Editor

Health Programs Supervisors

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