



# NYOB NOJ QAB

LUB PEB HLIS NTUJ 2019  
Phau 25, Tsaob Xov Xwm 1

## HAUS HUV

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

# Pab kom koj lub taub hau tsis txhob muaj tej yam mob tsos vim kev tsis haum cov huab cua

Koj puas txham thiab los ntswg me ntsis txawm tias koj tsis muaj mob li? Qhov no txhais tau tias tej zaum koj yog ib tug ntawm



50 laab Tus Neeg Asmesliskas uas tsis haum cov huab cua.

Cov kev tsis tsis haum cov huab cua yuav ua mob rau koj ob lub qhov muag, lub qhov ntswg, lub qhov ncauj, lub qa thiab cov tawv nqaij. Nws yog ib yam uas qhia rau koj tias koj cov roj ntshav tiv thaiv kab mob sib zog ua haujlwm heev vim tias koj lub cev tsis haum ib yam dabtsi. Cov noob los ntawm cov paj ntoo yog ib yam uas nquag ua rau tib neeg tus mob tsis haum cov huab cua huam tuaj. Lwm yam kuj yog pwm, plua tshauv thiab tsiaj cov plaub hau.

Kev tsis haum cov huab cua txawj tshwm thiab ploj mus thaum lub caij ntuj hloov, lossis tej zaum koj yuav mob heev thiab yuav kav mus tag ib xyoos. Cov ntawd yuav ua rau koj mob pob ntseg thiab mob cov tsaus tsiav ntawm hauv pliaj lossis mob hawb pob tuaj.

### Koj tus kws kho mob yuav pab tau

Koj siv tau tej yam tshuaj uas koj yuav tau koj tus kheej tom khw los pab. Piv txwv tias cov tshuaj tsuag qhov ntswg, yuav pab kom koj lub qhov ntswg tsis txhob qhuav qhuav. Lwm cov khoom nrog rau cov tshuaj pab

kom txhob txhaws ntswg thiab cov tshuaj pab tus mob tsis haum cov huab cua.

Tham nrog koj tus kws kho mob ua ntej. Ib co tshuaj ntawm no yuav ua rau lwm yam mob tshwm sim, xws li qaug tshuaj, lossis koj yuav siv tau cov tshuaj no rau ib lub sijhawm xwb. Thiab nws muaj ib co uas cov neeg mob ntshav siab thiab mob plawv yuav siv tsis tau.

### Koj yuav ua tau dabtsi

Koj ua tau tej yam kauj ruam los pab kom koj noj qab nyob zoo tuaj, xws li:

- Kev tu vaj yuav ua rau cov noob paj ntoo thiab pwm ya mus los thiab mus rau hauv koj lub qhov ntswg. Nug kom lwm tus txiav nyom lossis cheb cov nplooj ntoo.
- Sai seb cov lej ntsuas cov noob paj ntoo thiab pwm siab npaum li cas.
- Nyob hauv tsev thiab kaw cov qhov rai thaum cov lej ntawd siab.

Mus xyuas [morehealth.org/allergies](https://www.morehealth.org/allergies) saum Internet kom koj pom tias cov lej ntsuas cov noob paj ntoo thiab pwm siab npaum li cas rau txhua hnuv.

Muab cov ntsiab lus tawm los ntawm: American Academy of Allergy, Asthma & Immunology; American College of Allergy, Asthma & Immunology; U.S. Food and Drug Administration

## Cov lus tseem ceeb

Lub Chaw Pab Cuam Tswv cuab yuav tsis ua haujlwm lub hnuv tim thiab lub sijhawm ntawm no vim tias peb yuav muaj ib lub rooj sib tham rau cov neeg ua haujlwm thoob plaws lub tuam tsev haujlwm:

- Lub Rau Hli Ntuj Tim 13, 2019, thaum 12:15 p.m. mus txog 4:15 p.m.

## Medi-Cal ov tswvcuab: Peb muaj ib co nqi zog tshiab rau cov mus txhaj tshuaj tiv thaiv kab mob rau 2019!

Lub Alliance zoo siab tshaj tawm tias peb muaj ob qho nqi zog tshiab rau cov mus txhaj tshuaj tiv thaiv kab mob rau 2019!

Cov tswvcuab uas yog cov tub ntxhais hluas yuav raug muab tso rau hauv txoj kev rho npe los saib seb lawv puas yeej ib daim gift card \$50 yog tias lawv mus txhaj tshuaj tiv thaiv kab mob raws sijhawm thaum txog lawv lub hnuv yug 13 xyooos.

Ntxiv mus, cov menyuam me lub npe yuav raug muab tso rau hauv txoj kev rho npe los saib seb lawv puas yeej ib daim gift card \$100 thaum lawv mus txhaj tshuaj tiv thaiv kab mob raws sijhawm thaum txog lawv lub hnuv yug 2 xyooos.

Hu rau koj tus kws kho mob los saib seb lawv yuav tsum tau txais cov tshuaj txhaj tiv thaiv kab mob twg thiab nug seb koj tus menyuam puas tau txais tagrho cov tshuaj txhaj tiv thaiv kab mob kom txwm raws sijhawm. Nug koj tus kws kho mob rau daim ntawv qhia sijhawm txhaj tshuaj tiv thaiv kab mob los pab kom koj tus menyuam mus txhaj txhuaj raws sijhawm.

# Cov lus qhia tshiab txog cov tshuaj txhaj thaum lub caij ntuj sov 2019

Saib xyuas zoo tias koj tus menyuam mus txhaj tshuaj kom raws sijhawm rau xyoo kawm ntawv tshiab

Kuv paub tias koj xav dabtsi—nws twb tsis tau txog lub caij ntuj sov uas so tsis kawm ntawv; ua cas peb txawm siv tham txog kev rov qab mus kawm ntawv thiab?

Vim tias lub xeev California cov kai khoo kom cov tub kawm ntawv yuav tau mus txhaj tshuaj tiv thaiv kab

mob, nws tseem ceeb kom koj paub tseeb tseeb tias koj tus menyuam mus txhaj tshuaj kom txhij raws sijhawm thiab kom raws sijhawm. Pib Lub Xya Hli Ntuj Tim 1, 2019, cov cai ntawd yuav hloov lawm thiab koj yuav tsum paub cov ntawm no!

## LUB NPE NTAWM KOOB TSHUAJ TXHAJ TIV THAIV KAB MOB THIAB YUAV TSUM TXHAJ PUAS TSAWG KOOB KOM RAW SSIJHAWM—LUB XYA HLI NTUJ 2019

Hom Koom Tshuaj Txhaj Tiv Thaiv	Qib K-12	Qib 7-12	Qib 7 rov saud
Kev Tuag Npab Tuag Ceg (Polio)	● ● ● ●		
Kev Txhav Tes Taw thiab Hnoos Ntev (DTaP)	● ● ● ● ●		
Kab Mob Siab B (Hep B)	● ● ●		
Kev Mob Ua Qoob (MMR)	● ●		
Kev Mob Ua Qhua Taum (Varicella)	● ●		● ●
Kev Txhav Tes Taw thiab Hnoos Ntev (Tdap)		●	●

Koj yuav tau ua dabtsi ntxiv kom paub tseeb tias koj tus menyuam txais cov tshuaj txhaj txwm raws sijhawm? Cia li hu koj tus menyuam tus kws kho mob thiab nug seb nws puas yuav tsum tau mus txais hom tshuaj txhaj tiv thaiv kab mob twg ua ntej Lub Xya Hli Ntuj. Lub sijhawm no, koj nug tau nws tus kws kho mob kom nws kho kom thwj hauv lub cheeb nroog lub chaw khaws ntaub ntawv qhia txog cov sijhawm koj tus

menyuam txais tshuaj txhaj tiv thaiv kab mob li ntawd koj tus menyuam cov ntaub ntawv thiab li nyob hauv rau tagrho tus menyuam cov kws kho mob pom.

Thaum koj ua cov kauj ruam ntawm nov tamsim no koj yuav txuag tau sijhawm yav tom ntej thaum lwmm cov niam txiv tseem mus muab ntaub ntawv txhaj tshuaj kom thwj rau tsev kawm ntawv.

## Kev mus kuaj mob ceev yog dabtsi thiab thaum twg yog lub

Kev mus kuaj mob ceev yog ib txoj kev pab koj xaiv tau los mus thaum koj tsis xis nyob lossis raug mob uas yuav tsis raug koj txoj sia tiamsis tos tsis tau rau tag kis thiab koj tus thawj kws kho mob ntsib tsis tau koj.

Tej lub sijhawm uas koj yuav tau mus ntsib lub chaw kuaj mob ceev yuav nrog rau thaum koj mob khaub thuas lossis mob qa, mob npaws, mob pob ntseg, tawv nqaj tawm ua pob khaus, thiab qes tes taw. Cov kev mob xwmtxheej ceev uas yuav raug tau koj txoj sia, xws li mob plawv nres, hnov mob loj

heev lossis raug mob loj heev rau lub taub haus, caj dab lossis nruab qaum yuav tau mus txais kev kho mob xwmtxheej ceev lossis koj yuav tau hu rau 911.

Thaum koj tsis xis nyob lossis raug mob, koj yuav tau hu rau koj tus thawj kws kho mob txhua zaus ua ntej los teem sijhawm mus ntsib nws. Koj kuj hu tau rau Lub Alliance Tus Xov Tooj Nug Kev Pab Los Ntawm Tus Kws Tu Neeg Mob, uas yuav pab tau koj txiav txim tias koj yuav ua li cas tom ntej. Tej zaum koj tus kws kho mob lossis Tus Xov Tooj Nug Kev Pab Los Ntawm Tus Kws Tu Neeg

# Cov chaw kuaj mob ceev

Cov chav haujlwm cov  
sijhawm ua haujlwm pib  
Lub Ib Hlis Ntuj 2019

## Lub Cheeb Nroog Merced

### CASTLE FAMILY HEALTH CENTER AT CASTLE

3605 Hospital Road, Atwater

**(209) 726-1235**

Hnub Monday mus txog Friday, 8 a.m. mus txog 8 p.m.

Hnub Saturday, 10 a.m. mus txog 6 p.m.

Hnub Sunday, thaum kaum ob moos tav su mus txog 5 p.m.

### MEMORIAL HOSPITAL LOS BANOS RURAL HEALTH CLINIC

1253 W. I St., Los Banos

**(209) 710-6333**

Hnub Monday mus txog Saturday, 8 a.m. mus txog 11:59 p.m.

Hnub Sunday, tsis qhib

### APEX ANNEX HEALTH CENTER INC.

400 W. I St., Suite A, Los Banos

**(209) 827-9999**

Hnub Monday mus txog Friday, 9 a.m. mus txog 8 p.m.

Hnub Saturday, 9 a.m. mus txog 5 p.m.

### DOS PALOS APEX HEALTH CENTER INC.

1549 Golden Gate Ave., Dos Palos

**(209) 392-0022**

Hnub Monday mus txog Friday, 8 a.m. mus txog 7 p.m.

Hnub Saturday thiab hnub Sunday, 8 a.m. mus txog 5 p.m.

## Lub Cheeb Nroog Monterey

### DOCTORS ON DUTY MEDICAL GROUP

1212 S. Main St., Salinas

**(831) 422-7777**

Hnub Monday mus txog Friday, 8 a.m. mus txog 10 p.m.

Hnub Saturday thiab hnub Sunday, 8 a.m. mus txog 8 p.m.

### HARDEN URGENT CARE

1756 N. Main St., Salinas

**(831) 443-8200**

Hnub Monday mus txog Friday, 8 a.m. mus txog 7 p.m.

Hnub Saturday thiab hnub Sunday, tsis qhib

### SALINAS URGENT CARE

558 Abbott St., Suite A, Salinas

**(831) 755-7880**

Hnub Monday mus txog Friday, 7 a.m. mus txog 6 p.m.

Hnub Saturday thiab hnub Sunday, tsis qhib

### DOCTORS ON DUTY MEDICAL GROUP

3130 Del Monte Blvd., Marina

**(831) 883-3330**

Hnub Monday mus txog Friday, 8 a.m. mus txog 6 p.m.

Hnub Saturday thiab hnub Sunday, tsis qhib

### DOCTORS ON DUTY MEDICAL GROUP

1513 Fremont Blvd., Suite E, Seaside

**(831) 899-1910**

Hnub Monday mus txog Friday, 8 a.m. mus txog 7 p.m.

Hnub Saturday thiab hnub Sunday, tsis qhib

### DOCTORS ON DUTY MEDICAL GROUP

501 Lighthouse Ave., Monterey

**(831) 649-0770**

Hnub Monday mus txog Friday, 8 a.m. mus txog 8 p.m.

Hnub Saturday thiab hnub Sunday, 8 a.m. mus txog 6 p.m.

## Lub Cheeb Nroog Santa Cruz

### DOCTORS ON DUTY MEDICAL GROUP

6800 Soquel Drive, Aptos

**(831) 662-3611**

Hnub Monday mus txog Friday, 8 a.m. mus txog 6 p.m.

Hnub Saturday thiab hnub Sunday, tsis qhib

### DOCTORS ON DUTY MEDICAL GROUP

615 Ocean St., Santa Cruz

**(831) 425-7991**

Hnub Monday mus txog Friday, 7 a.m. mus txog 8 p.m.

Hnub Saturday thiab hnub Sunday, 7 a.m. mus txog 4 p.m.

### DOCTORS ON DUTY MEDICAL GROUP

1505 Main St., Watsonville

**(831) 722-1444**

Hnub Monday mus txog Friday, 7 a.m. mus txog 7 p.m.

Hnub Saturday thiab hnub Sunday, 7 a.m. mus txog 4 p.m.

### SALUD PARA LA GENTE

204 E. Beach St., Watsonville

**(831) 728-0222**

Hnub Monday mus txog Friday, 8 a.m. mus txog 7:15 p.m.

Hnub Saturday 8 a.m. mus txog 5 p.m.

Hnub Sunday tsis qhib

### CLINICA DEL VALLE DEL PAJARO

45 Neilson St., Watsonville

**(831) 728-0222**

Hnub Monday mus txog Friday, 8 a.m. mus txog 7:15 p.m.

Hnub Saturday, 8 a.m. mus txog 5 p.m.

Hnub Sunday, tsis qhib

### PLAZITA MEDICAL CLINIC

1150 Main St., Suite 3, Watsonville

**(831) 728-0551**

Hnub Monday mus txog Friday, 8 a.m. mus txog 8 p.m.

Hnub Saturday, 9 a.m. mus txog 5 p.m.

Hnub Sunday, tsis qhib

## sijhawm koj yuav tau mus?

Mob yuav pom zoo kom koj mus rau Alliance lub chaw kuaj mob ceev uas nyob rau daim nplooj tom ntej. Feem coob cov kws kho mob kuaj mob ceev yeej qhib hmo ntuj thiab cov hnub vasxaum vasthiv.

Yog tias koj tsis paub mus rau qhov twg los txais kev kho mob, nug koj tus thawj kws kho mob lossis hu rau Lub Alliance Tus Xov Tooj Nug Kev Pab Los Ntawm Tus Kws Tu Neeg Mob ntawm **(844) 971-8907**.

## Tej yam uas tau hloov ntawm daim ntawv teev cov tshuaj noj

NPE TSHUAJ	QHOV TAU HLOOV
Cov tshuaj ua kua digoxin	Ntxiv rau daim ntawv teev cov tshuaj noj rau cov menyuam yaus uas muaj noob nyoog 12 xyoos rov qab
Daim tshuaj lo nitroglycerin 0.1mg, 0.2mg, 0.4mg, 0.6mg	Ntxiv rau
Cov ntsiav tshuaj fluoxetine 10mg	Ntxiv rau daim ntawv teev cov tshuaj noj rau cov menyuam yaus uas muaj noob nyoog 2 xyoos mus txog 12 xyoos
Cov tshuaj dextroamphetamine sulfate ER	Ntxiv rau
Cov tshuaj ua kua methylphenidate 10mg/5ml	Ntxiv rau
Cov tshuaj methylphenidate LA 50-50 60mg	Ntxiv rau
Cov tshuaj chlordiazepoxide HCL	Ntxiv rau
Cov ntsiav tshuaj modafinil	Ntxiv rau
Lub tshuaj tsuag qhov ntswg desmopressin (muab tso hauv lub tub yees)	Ntxiv rau
Cov ntsiav tshuaj noj hauv qhov ncauj cabergoline (tsuas pub 8 lub ntsiav tshuaj txhua lub hlis xwb)	Ntxiv rau
Cov tshuaj propafenone ER 225mg, 325mg, 425mg	Tshem tawm
Cov ntsiav tshuaj mirtazapine 7.5mg, cov tshuaj noj hauv qhov ncauj uas txawj yaj Mirtazapine	Tshem tawm
Cov tshuaj imipramine pamoate, cov ntsiav tshuaj desipramine, cov tshuaj clomipramine	Tshem tawm
Cov ntsiav tshuaj methamphetamine	Tshem tawm
Cov ntsiav tshuaj bupropion XL 450mg	Tshem tawm
Cov ntsiav tshuaj noj ntawm qhov ncauj bromocriptine	Tshem tawm
Cov ntsiav tshuaj noj ntawm qhov ncauj etidronate	Tshem tawm
Donnatal, Phenohytr	Tshem tawm

## Saib xyuas zoo tias koj mus txhaj tshuaj tiv thaiv tus mob hnoos hawb pob kom raws sijhawm

Feem ntau peb yeej xav txog tej yam peb yuav ua tau los tiv thaiv peb tus kheej thiab peb tsev neeg ntawm cov kab mob rau cov hli ntuj no thaum peb pom coob tus neeg hnoos lossis nyob hauv tsev. Txawm tias lub caij ntuj los nag thiab no yuav nploj mus los, nws tseem yog ib lub sijhawm zoo los tiv thaiv koj thiab tsev neeg ntawm cov kab mob hnoos hawb pob. Tus kab mob hnoos hawb pob, uas muaj lus lub npe hu tias tus mob hnoos hawb pob, kuj txaus ntshai heev rau cov mosliab uas tsis tau txhaj tshuaj los tiv thaiv lawv. Nug koj tus kws kho mob seb koj puas yuav tsum tau mus txhaj tshuaj tiv thaiv tus mob hnoos hawb pob uas tej tug kws kho mob hu tias cov tshuaj txhaj tiv thaiv Tus Kab Mob Hnoos Hawb Pob lossis cov tshuaj txhaj tiv thaiv Tdap.

Saib koj daim ntawv xim daj uas teev tseg cov tshuaj txhaj uas koj txais seb koj puas tau txais koob tshuaj txhaj. Yog koj tsis nco qab tias koj muab koj daim ntawv cia rau qhov twg lawm, hu rau koj tus kws kho mob lub chav haujlwm. Nyob ntawm koj lub hnub nyoog, tej zaum koj yuav tau txhaj ib koob ntxiv, txawm tias koj twb txhaj tag thaum koj tseem yog ib tug menyuam yaus. Lub Chaw Haujlwm Tswj thiab Tiv Taiv Kab Mob (Centers for Disease Control and Prevention) pom zoo tias txhua leej txhua tus yuav tau txhaj tshuaj tiv thaiv tus mob hnoos hawb pob, tiamsis nws tseem ceeb kom koj nrog koj tus kws kho mob tham txog qhov ntawm no. Nws muaj tej co kev mob kev nkeeg uas koj yuav tau tos lossis yuav ua rau koj txais tsis tau koob tshuaj txhaj tiv thaiv kab mob. Nws yeej tsis lig rau koj los tiv thaiv koj thiab koj tsev neeg txog kev noj qab haus huv!



# Txoj Kev Pab Cuam Kom Noj Qab Haus Huv (Healthier Living Program)

Lub Alliance muaj Txoj Kev Pab Cuam Kom Noj Qab Haus Huv cov hoob kawm dawb uas nyob ze rau ntawm koj! Cov hoob kawm ntawm no yuav qhia txog kev noj qab haus huv thiab kev noj qab nyob zoo kom cov tswvcuab los kawm tias lawv yuav ua li cas kom tsj tau mob, kev nkees, kev ntxov siab, kev nyob tsis tus thiab kev pw tsis taus. Cov

tswvcuab kuj yuav kawm txog kev noj zaub mov kom noj qab haus huv, kev nquag mus qoj ib ce, tej yam yuav pab kom lub neej zoo zog tuaj thiab kev sib raug zoo.

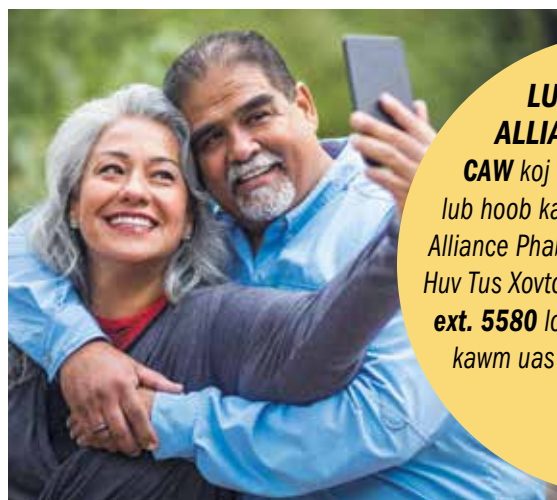
Ntau tus tswvcuab nrog Alliance tau los koom nrog lub hoob kawm Txoj Kev Pab Cuam Kom Noj Qab Haus Huv thiab los hloov ua tej yam kom noj qab haus huv hauv lawv lub neej txhua hnuv. Tej tug tswvcuab sib zog mus koom txhua lub sijhawm vim txoj kev pab txhawb zog uas lawv txais los ntawm lawv cov phooj ywg.

## **Peb cov tswvcuab hais dabtsi txog Txoj Kev Pab Cuam Kom Noj Qab Haus Huv cov hoob kawm:**

“Kuv ntsib ntau tus neeg uas muaj tib co teeb meem zoo nkaus li kuv thiab, tamsim no kuv paub tias tsis yog kuv ib leeg nkaus xwb.”

“Lawv qhib kuv txoj kev xav kom dav zog los pib tu xyuas kuv txoj kev noj qab haus huv ua ntej kuv pib muaj mob.”

“Tam sim no kuv mloog kuv lub cev thiab kuv cov yam ntxwv coj txhua hnuv zoo dua lawm.”



### **LUB ALLIANCE XAV**

**CAW** koj tuaj koom nrog lub hoob kawm HLP. Hu rau Lub Alliance Phab Qhia Kev Noj Qab Haus Huv Tus Xovtooj ntawm **(800) 700-3874, ext. 5580** los cuv npe rau ib lub hoob kawm uas nyob ze rau ntawm koj.



## **Lub Alliance Kev Pab Txhais Lus Piav Tes**

Koj puas paub tias lub Alliance muaj cov Kev Txhais Lus Piav Tes (American Sign Language; ASL, raws li sau hauv lus Askiv) DAWB rau Alliance cov tswvcuab uas tsis hnov lus lossis hnov lus tsis zoo? Peb rau siab los ua kom peb paub tseeb tias txhua tus tswvcuab nrog Alliance tham tau nrog lawv tus thawj kws kho mob (primary care provider) txog lawv txoj kev kho mob. Yog tias koj xav paub ntau zog txog lub Alliance cov kev pab txhais lus ASL, thov hu rau lub Alliance Phab Qhia Kev Noj Qab Haus Huv Tus Xov Tooj ntawm **(800) 700-3874, ext. 5580**. Koj kuj siv tau California Txoj Kev Pab Sib Txuas Lus Rau Cov Tsis Hnov Lus (California Relay Service's; CRS, raws li sau hauv lus Askiv) tus xov tooj TTY DAWB ntawm **(800) 735-2929**.

## **Cov Lus Qhia Tshiab Hauv Txoj Kev Pab Cuam Soj Qab Xyuas Qhov Hnyav Ntawm Lub Cev (Weight Watchers Support Program)**

Weight Watchers hloov lawv lub npe mus rau Wellness that Works®. Lub Alliance yuav hloov qhov kev pab cuam lub npe kom nws haum lub tuam tsev haujlwm lub npe tshiab: Kev Pab Cuam Uas Txhawb Kev Noj Qab Nyob Zoo Yeej Ua Haujlwm (Wellness that Works).

Yog tias koj muaj lus nug txog qhov Kev Pab Cuam Uas Txhawb Kev Noj Qab Nyob Zoo Yeej Ua Haujlwm, thov hu rau lub Alliance Phab Qhia Kev Noj Qab Haus Huv Tus Xov Tooj ntawm **(800) 700-3874, ext. 5580**.

# Paub txog cov tsos mob, paub txog tej yam uas yuav muaj feem raug koj

Ib yam tseem ceeb heev uas koj yuav tau paub txog tus mob ntshav qab zib hom 2—tus kab mob uas ua rau koj muaj piam thaj ntau heev—yog qhov ntawm no: Tej zaum koj twb muaj tus mob tiamsis koj tsis paub tias koj muaj.

Cov tsos mob ntawm tus mob ntshav qab zib hom 2 txawj pib maj mam thiab me me tuaj. Thiab ntau tus neeg uas mob hom kab mob no yeej tsis pom muaj cov tsos mob li. Vim li ntau nws tseem ceeb los paub tej yam uas yuav muaj feem raug tau koj vim tus kab mob. Thiab vim li ntau koj tus kws kho mob thiaj li yuav kuaj koj seb koj puas muaj feem raug tus mob, txawm tias koj yeej tsis muaj cov tsos mob li.

Thaum nws nrhiv tau thiab kho tau tus mob ntshav qab zib hom 2 thaum ntxov, qhov feem pua los muaj tej yam mob loj yim huab tsawg zog.

## Tus mob yog dabtsi thiab leej twg thiaj li muaj feem raug tus mob?

Tus mob ntshav qab zib hom 2 yog hom mob ntshav qab zib uas tib neeg nquag mob. Nws pib thaum lub cev muaj teeb meem siv insulin, uas ib yam roj ntsha uas pab piam thaj (uas kuj hu tias piam thaj hauv ntshav) nkag rau hauv lub cev cov keeb ntshav (cells). Thaum cov piam thaj nkag tsis tau cov keeb ntshav, nws cia li nyob hauv cov ntshav lawm xwb.

Sijhawm dhau mus, thaum koj muaj piam thaj ntau heev nyob hauv koj cov ntshav nws yuav ua rau lub cev puas tsuaj, ua rau koj muaj feem siab zog los muaj kev mob ntawm lub plawv, lub qhov muag, thiab lub raum, thiab yuav ua kev puas tsuaj rau cov leeg xa xov.

Tej co neeg muaj feem siab zog los muaj tus mob ntshav qab zib ntau zog lwm cov neeg. Cov tib neeg uas muaj feem siab zog los muaj tus mob yog cov uas:

- Muaj noob nyooq 45 xyoos thiab laus dua
- Lub cev hnyav dhau lawm lossis rog heev dhau lawm
- Zaum nyob tas li
- Tsev neeg muaj tus mob ntshav qab zib
- Yog haiv neeg Dub African American, haiv neeg Alaska Native, haiv neeg Khab American Indian, haiv neeg Esxias Asian American, haiv neeg Mev Hispanic/Latino, haiv neeg Native Hawaiian or Pacific Islander
- Mob ntshav qab zib thaum ib ce xeeb tub yav tas los lossis yug ib tug mosliab uas muaj 9 phaus lossis hnyav dua

## Cov tsos mob zoo li cas?

Tej co mob uas tshwm sim thiab cov tsos mob ntawm tus mob ntshav qab zib hom 2 muaj nrog rau:

- Nquag mus tso zis heev
- Nqhis dej, nkees lossis tshaib plab heev (txawm tias koj yeej noj mov)
- Pom kev plooj plooj
- Tawv nqaj zoo qeeb qeeb thaum to lossis nroog
- Hnov loog, hnov mob, lossis caus yaum hauv koj ob txhais ko taw lossis tes

Yog tias koj muaj cov tsos mob zoo li no, qhia rau koj tus kws kho mob. Nws yuav kuaj koj cov ntshav sej koj puas mob ntshav qab zib.

## Saib xyuas tus mob no kom zoo tiag tiag

Yog tias tus kws kho mob kuaj nrhiv tau tias koj mob ntshav qab zib hom 2, koj yuav tau ua raws li koj tus kws kho mob hais kom koj tswj tau tus mob, uas yuav pab kom qhov feem koj muaj teeb meem tsawg zog. Koj ua tau li ntau thaum koj noj tej yam zaub mov



noj qab haus huv, niaj zaum mus qoj ib ce thiab noj tshuaj, yog tias koj yuav tsum tau noj.

Lub Alliance pab them rau cov hoob qhia txog tus mob ntshav qab zib rau txhua tus neeg txawm tias laus los hluas. Koj kawm tau ib co tswvyim los siv kom tswj tau koj tus mob ntshav qab zib. Koj yuav kawm los noj cov zaub mov uas zoo, ua ub ua no heev zog tuaj thiab tswj kom txoj kev ntxov siab qis zog tuaj. Koj kuj yuav kawm los kuaj cov piam thaj hauv ntshav thiab siv tshuaj li cas, yog tias koj yuav tsum tau paub. Cov kev kawm no kuj muaj cov hoob rau koj mus kawm koj ib leeg thiab mus koom nrog ib pab pawg. Cov tswvcuab uas muaj lwm yam kev fajseeb kho mob yuav tau siv tagrho cov kev pab los ntawm thawj qhov chaw muab kev fajseeb kho mob ua ntej lawv mam siv Alliance cov kev pab. Cov tswvcuab uas mob ntshav qab zib uas hluas tshaj 21 xyoos yuav raug xa mus rau lub Lub Chaw Tshwj Xeeb Tu Xyuas Kev Mob (Special Care Center; SCC, raws li sau hauv lus Askiv) uas raug pom los ntawm California Kev Pab Kho Mob Rau Menyuum Yaus (California Children's Services; CCS, raws li sau hauv lus Askiv) los pab saib xyuas tus mob ntshav qab zib ntawm ib tug kws kho mob nrog CCS, nyob ntawm qhov haum rau koj.

Muab cov ntsiab lus lawm los ntawm: American Diabetes Association; National Institute of Diabetes and Digestive and Kidney Diseases

Yog tias koj xav paub ntau zog txog cov kev pab cuam ntawm no, koj hu tau rau Phab Qhia Kev Noj Qab Haus Huv Tus Xov Tooj ntawm (800) 700-3874, ext. 5580.


# nws txawv ? li cas

Medi-Cal thiab lub Alliance tsis zoo tib yam.

Medi-Cal yog Lub Xeev thiab Tsoom Fwv Tebchaws qhov kev pab cuam. Yog tias koj tsim nyog, koj txais tau cov kev pab kho mob. Central California Alliance for Health (lub Alliance) yog ib qho kev npaj kho mob rau ntau tus neeg uas muaj Medi-Cal hauv cov cheeb nroog Santa Cruz, Monterey thiab Merced.

**Medi-Cal.** Lub chaw ua haujlwm Medi-Cal uas nyob hauv koj lub cheeb nroog mam li txiav txim seb koj puas tsim nyog txais. Yog tias koj tau nyiaj xiam oob qhab (Supplemental Security Income; SSI, raws li sau hauv lus Askiv) los ntawm Social Security, koj txoj kev tsim nyog txais rau Medi-Cal yog los ntawm Social Security.

Yog tias koj tsim nyog txais, koj mam li txais ib Daim Npav Qhia Kev Txais Kho Mob (Benefits Identification Card; BIC, raws li sau hauv lus Askiv) hauv koj lub npov txais ntawv. Rau thawj lub hlis mus txog lub hlis thib ob, koj yuav txais “tus nqi rau txoj kev pab (fee-for-service)” lossis “Lub Xeev” qhov Medi-Cal. Koj mus ntsib tau txhua tus kws kho mob uas kam txais Medi-Cal. Tus kws kho mob mam li xa daim nqi mus rau lub xeev.

 **Hu rau Medi-Cal lossis Social Security lub chaw ua haujlwm uas nyob hauv koj lub cheeb nroog kom koj:**

- Nug tau seb koj puas tsim nyog
- Nug txog txoj kev ua ntawv rov qab thov rau koj qhov Medi-Cal
- Kho kom lawv tau koj qhov chaw nyob thiab tus xov tooj thwj
- Qhia tias koj yuav tsiv tsev lossis koj tsiv tsev kom koj hloov tau koj qhov Medi-Cal tuaj rau koj
- Qhia tau tias koj tsev neeg cov nyiaj khwv hloov lawm lossis koj tsev neeg ntau zog tuaj los yog tsawg zog tuaj lawm
- Nug rau ib daim BIC tshiab
- Qhia thaum koj muaj lwm yam kev fajseeb kho mob lossis muaj yav tas los, tiamsis tsis muaj lawm

**Lub Alliance.** Koj yuav raug cuv npe nkag rau lub Alliance ntawm ib lossis ob lub hlis tom qab koj txais Medi-Cal. Peb mam li xa ib daim npav Alliance ID tuaj rau koj thiab ib phau ntawv rau tus tswvcuab tshiab. Phau ntawv muaj tej yam lus qhia tseem ceeb heev tias seb peb qhov kev npaj kho mob ua haujlwm li cas thiab koj mus ntsib tau cov kws kho mob twg. Koj yuav tsum xaiv ib tug thawj kws kho mob lossis lub chaw kuaj mob. Peb pab tau koj ua li ntawd. Yog tias koj tsis xaiv, peb yuav xaiv ib tug rau koj.

Lub Alliance yuav pab them feem ntau ntawm Medi-Cal cov kev pab tiamsis yuav tsis them rau tagnrho. Qhov Kev Pab Cuam Denti-Cal yuav them rau cov kev pab kho kaus hniav. Lawv tus xov tooj yog **(800) 322-6384**.

 **Hu rau lub Alliance kom:**

- Koj paub tias qhov kev npaj kho mob ua haujlwm li cas thiab nws muaj cov kev pab li cas rau koj
  - Xaiv lossis hloov tau koj tus kws kho mob
  - Nug kom tau ib daim npav Alliance ID tshiab
- Koj hu tau rau lub Alliance ntawm **(800) 700-3874**.

**Saib xyuas kom koj txais tau cov kev fajseeb—tsis txhob hnob qab ua ntawv rov qab thov rau Medi-Cal.**

Koj yuav tau ua ntawv rov qab thov txhua xyoo rau Medi-Cal. Lub hnub tim ntawd nyob ntawm seb koj xub tsim nyog txais rau thaum twg. Cov cheeb nroog lub chaw ua haujlwm Medi-Cal yog cov uas yuav ua ntawv rov qab thov, tsis yog lub Alliance ua.

Yog tias lub chaw ua haujlwm Medi-Cal xav tau tej yam ntaub ntawv los ntawm koj kom ua tau ntawv rov qab thov tau rau koj cov kev pab kho mob, lawv yuav xa ib daim ntawv tuaj qhia rau koj. Yog tias koj tsiv tsev txij thaum koj cuv npe nkag, hu rau lub chaw haujlwm Medi-Cal thiab muab koj qhov chaw nyob rau lawv. Yog tias koj txais ib daim ntawv qhia kom koj ua ntawv rov qab thov tshiab, nws yuav qhia tias koj yuav tsum ua dabtsi thiab yuav tsum ua kom tiav thaum twg. Nws tseem ceeb kom koj muab txhua yam uas lawv nug rau ua ntej lub vasthib uas lawv muab rau koj. Yog tias koj tsis ua, koj cov kev pab Medi-Cal yuav kaw.

Yog tias koj tsis txais Medi-Cal lawm, koj yuav ua tsis tau Alliance tus tswvcuab lawm thiab. Koj kuj rov ua tau ntawv thov rau Medi-Cal, tiamsis tej zaum nws yuav muaj ib lub sijhawm uas koj yuav tsis muaj kev fajseeb kho mob.

Yog tias koj txais Medi-Cal los ntawm Social Security vim tias koj txais SSI, koj yuav ua txawv. Social Security mam li qhia rau koj yog tias lawv xav tau tej yam ntaub ntawv dabtsi los ntawm koj kom koj tsim nyog txuas ntxiv mus.

# TXOJ KEV TEEM SIJHAWM Koj yuav tau tos ntev npaum li cas?

Peb paub tias nws tseem ceeb rau koj los txais cov kev tu xyuas thaum koj yuav tsum tau. Tiamsis nws yuav muaj tej lub sijhawm uas koj yuav ntsib tsis tau ib tug kws kho mob tamsid. Tej zaum koj yuav tau tos ntev zog kom teem tau sijhawm rau tej hom kev kho mob. Piv txwv tias, koj yuav tsum tau ib lub sijhawm teem kom nrawm zog rau cov kev kuaj mob ceev (kev tu xyuas thaum koj mob) dua lub sijhawm teem mus kuaj mob li niaj zaus.

Peb ua haujlwm nrog cov kws kho mob thiab cov chaw kuaj mob hauv peb pawg kws kho mob kom peb paub tseeb tias koj txais tau txoj kev tu xyuas thaum koj yuav tsum tau. Peb yeej ib txwm ua li no vim peb paub tias nws tseem ceeb heev.

Cov kev npaj kho mob hauv California yuav tsum ua raws li ib co cai hais txog txoj kev mus txais kev tu xyuas. Cov cai tswj uas pab tsa txoj cai no yog hu tias Mus Txais Cov Kev Kho Mob Rau Tej Yam Uas Tsis Yog Xwm Txheej Ceev Kom Raws Sijhawm cov cai tswj. Nws muaj nws cov cai tswj uas txawv raws li hom sijhawm teem mus kho mob.

Hauv daim duab ua kab uas nyob ntawm sab xis yog cov cai tswj. Lub sijhawm tos kom tau ib lub sijhawm teem mus kuaj mob yuav ntev zog los tau yog tias tus kws kho mob ntseeg tias nws yuav tsis raug koj txoj kev noj qab haus huv yog tias koj tos ntev zog.

**YOG KOJ**  
**XAV** tias koj tsis txais txoj kev tu xyuas thaum koj yuav tsum tau, hu rau Kev Pab Cuam Tswvcuab ntawm **(800) 700-3874**.



HOM KEV TU XYUAS KOJ YUAV TSUM TAU	LUB SIJHAWM NTEV NPAUM LI CAS KOM TAU IB LUB SIJHAWM TEEM MUS KUAJ MOB
Cov sijhawm teem mus kuaj mob ceev uas tsis thas tau kev tso cai ua ntej	48 teev
Cov sijhawm teem mus kuaj mob ceev uas yuav tsum tau kev tso cai ua ntej	96 teev
Cov sijhawm teem mus ntsib tus thawj kws kho mob rau tej yam uas tsis yog kuaj mob ceev	10 hnuv ua haujlwm
Cov sijhawm teem mus ntsib tus kws kho mob tswj xeeb rau tej yam uas tsis yog kuaj mob ceev	15 hnuv ua haujlwm
Tus kws kho mob kev nyuaj siab lossis puas hlwb rau tej yam uas tsis thas kuaj mob ceev (tsis yog nrog tus kws kho mob)	10 hnuv ua haujlwm
Cov kev pab uas pab txhawb los kho tus mob rau tej yam uas tsis thas kuaj mob ceev los nrhiav tus mob lossis kho qhov koj tau raug mob, mob nkeeg lossis lwm tus mob	15 hnuv ua haujlwm
Cov sijhawm tos hauv xov tooj thaum yog cov sijhawm qhib ua haujlwm	10 feeb
Hu rau tus xov tooj pab qhia seb koj yuav mus kuaj mob rau Qhov Twg (lub Alliance Tus Xov Tooj Nug Kev Pab Los Ntawm Tus Kws Tu Neeg Mob)	muab kev pab 24/7—tsis pub ntev tshaj 30 feeb



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, website [www.ccah-alliance.org](http://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 thajj thiab cov duab teeb no tej zaum yog siv cov neeg ua qauv yees duab.

Editor  
 Health Programs Supervisors  
 Health Programs Manager

Erin Huang  
 Desirre Herrera  
 and Mao Moua  
 Deborah Pineda

[www.ccah-alliance.org](http://www.ccah-alliance.org)