



# NYOB NOJ QAB

LUB RAU HLIS NTUJ 2019  
Phcau 25, Tscab Xov Xwm 2

## HAUS HUV

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

### Pib ua ntej xyoo kawm

Ntxiv cov tshuaj tiv thaiv kab mob mus rau koj daim npe

**KOJ TUS MENYUAM PUAS TAU MUS TXHAJ COV KOOB TSHUAJ NKAUG TIV THAIV KABMOB UAS YUAV TSUM TAU NKAUG UA NTEJ PIB MUS KAWM NTAWV?**

Oib Pib Kawm Ntawv Ntxov (Preschool) • Oib Xyaum Kawm Ntawv (Kindergarten) • Qib 7

**Nug koj tus kws kho mob tam sim no es koj tus menyuam thiaj li tsis tau qhaj cov hnuv kawm ntawv!**

[www.shotsforschool.org](http://www.shotsforschool.org)




Xyoo kawm tau xaus lawm, tab sis ho tig xav rov qab rau xyoo tag los. Koj puas nco tau cov lim piam uas yuav txog lub xyoo kawm? Puas muaj qhov ua rau koj ceeb paub txog tias koj tus me nyuam yuav tsis tau mus kawm ntawv yog tias tsis tau noj lossis txhaj qee cov tshuaj tiv thaiv kab mob? Puas muaj qhov ua rau koj daig nyob rau thaum nrog koj tus me nyuam tus kws kho mob tham hauv xov tooj lub lim piam—lossis hnuv!—ua ntej kawm ntawv, muaj qhov tos mus ntsib raws qhov kev teem caij koj tus me nyuam mus txais tshuaj tiv thaiv kab mob? Lossis tej zaum koj tus kws kho mob hla qhov kev teem caij cov ncuaj sijhawm thiab koj tus me nyuam tsis tau mus

kawm thawj hnuv kawm ntawv? Tsis txhob cia ntsib zoo li xyoo tag los lawm. Pib ua ntej xyoo kawm. Yog koj paub tsis mee tias seb koj tus me nyuam puas tsum nyog siv tshuaj tiv thaiv kab mob, lossis yog tias koj tsis tau txais daim ntawv ceeb toom los ntawm koj tus me nyuam lub tsev kawm ntawv, qhov zoo tshaj plaws yog los hu rau koj tus me nyuam tus kws kho mob los ua ib qho kev teem caij sib ntsib. Koj tus me nyuam yuav tau siv cov tshuaj tiv thaiv kab mob, pib kom ntxov ua ntej pib kawm ntawv, mus thoob plaws lawv txoj kev kawm ntawv. Txij li xyoo 2016, cov niam thiab txiv tsis tuaj yeem zam kev txhaj tshuaj tiv thaiv kab

mob rau tus me nyuam mus kawm ntawv.

**Cov cai rau xyoo kawm tshiab 2019!**

- **Qib Xyaum Kawm Ntawv (Kindergarten):** Dhau ntawm tshuaj tiv thaiv kab mob polio, DTap, Hep B, thiab MMR, ib qho ntxiv yuav tau txhaj tshuaj varicella (ua qoob) ntxiv rau kev mus kawm tsev kawm ntawv me nyuam yaus.
- **Qib kawm qib 7:** Dhau ntawm txhua cov tshuaj tiv thaiv kab mob sab sau, tshuaj tiv thaiv kab mob Tdap qhov ua pov thawj ntawm varicella (ua qoob) los yuav tau siv rau mus pib kawm nyob rau qib kawm qib 7.

Rau kev paub ntxiv thiab cov chaw muaj ntaub ntawv, mus saib [shotsforschool.org](http://shotsforschool.org).

### Cov lus tseem ceeb

Kev Pab Cuam Tswvcuab yuav tsis muaj nyob rau lub sijhawm thiab hnuv tim hauv qab no vim tias lub tuam txhab muaj rooj sib tham:  
● Lub Cuaj Hlis Ntuj Tim 12, 2019, txij thaum 12:30 p.m. txog 4:15 p.m.

# Peb mob siab ua kom tau raws li qhov koj xav tau

Peb xav kom koj zoo siab nrog koj qhov kev npaj saib xyuas mob nkeeg thiab peb qhov kev saib xyuas. Tab sis qee zaus tej zaum koj yuav tsis zoo siab. Thaum muaj tej yam ntawd tshwm sim, peb xav hnov txog tej ntawd.

Yog tias koj tsis zoo siab nrog tus kws pab kho mob lossis tus kws pab kho mob lub chaw ua haujlwm, qhov zoo tshaj yog nrog nws tham ua ntej tso. Qhia rau ib tug neeg ua haujlwm hauv txog qhov tshwm sim. Hais kom nws pab daws qhov teeb meem.

Ib yam nkaus yog tias koj tsis zoo siab nrog qhov koj tau ntsib nyob huv ib lub tsev kho mob lossis lwm lub chaw kho mob. Thov tham nrog tus kws tu neeg mob, tus neeg pab ua haujlwm rau pej xee sawd daws lossis tus kws pab txhawb rau tus neeg mob.

Yog tias koj tau txais ib daim ntawv sau nyiaj uas tau pab them los ntawm Alliance, hu rau lub chaw ua haujlwm sau nyiaj nyob ntawm tus nab npawb nyob ntawm daim ntawv sau qhia. Qhia rau lawv paub lub

tuam txhab tuav pov hwm uas koj muaj (lub Alliance), thiab nug lawv kom xa daim ntawv sau nyiaj mus rau peb.

Koj xa tau ib qho tsis txaus siab nrog peb yog tias koj muaj qhov tsis zoo siab nrog:

- Qhov kev saib xyuas koj tus kws kho mob tab tom muab lossis txoj hauv kev koj tau txais kev kho nyob hauv lub chaw ua haujlwm
- Tuaj yeem tau txais qhov kev saib xyuas uas koj xav tau
- Cov kev pab cuam koj tau txais los ntawm lub Alliance

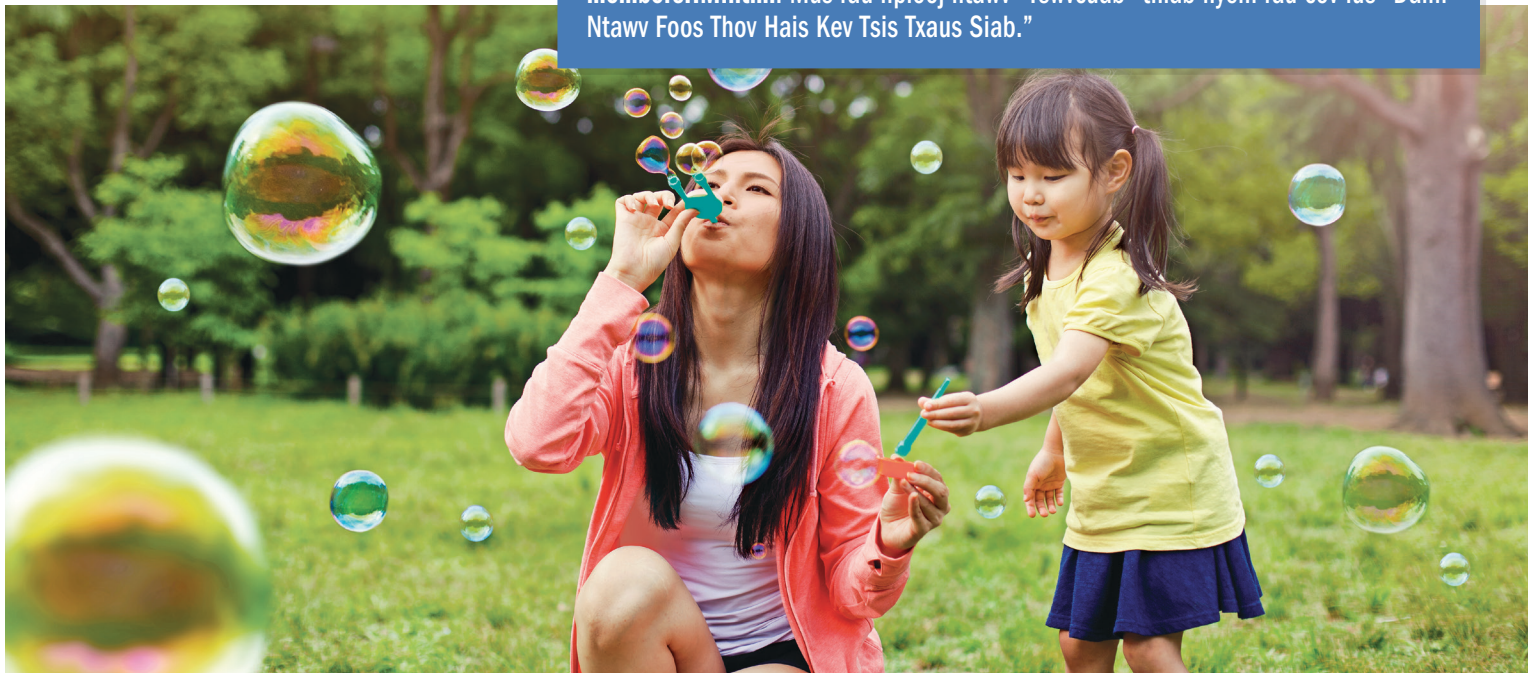
Nws muaj lwm cov laj thawj koj yuav tau xa qhov tsis zoo siab lossis qhov tsis txaus siab nrog peb. Nws muaj teev ua npe nyob hauv koj phau ntawv Phau Ntawv Rau Tus Tswvcuab.

Koj xa tau ib qho thov kom rov qab txiav txim dua nrog peb yog tias koj muaj qhov tsis zoo siab nrog:

- Ib qho kev txiav txim siab uas peb tau tsim los hloov lossis tsis kam cov kev pab cuam. Qhov ua tau tiav los ntawm kev sau ntawv lossis los ntawm peb lub website raws li sau tseg hauv qab no.

Thaum koj qhia rau peb paub txog ntawm koj qhov tsis txaus siab lossis thov kom rov qab txiav txim dua, yuav muaj ib tus neeg los saib xyuas nws. Peb yuav ua txhua yam raws li qhov peb tuaj yeem pab koj tau. Yog koj tseem tsis zoo siab tom qab peb daws koj qhov teeb meem, peb yuav qhia rau koj txog kauj ruam hais mus ntxiv.

**YOG TIAS KOJ XAV** nrog peb sib tham txog qhov teeb meem, peb nyob ntawm no yuav los pab koj. Hu rau Lub Chaw Pab Cuam Tswvcuab ntawm (800) 700-3874. Koj los kuj xa tau qhov tsis txaus siab lossis qhov thov kom rov qab txiav txim dua nyob rau kev sau ntawv los ntawm peb lub website, [www.ccah-alliance.org/membersHM.html](http://www.ccah-alliance.org/membersHM.html). Mus rau nplooj ntawv "Tswvcuab" thiab nyem rau cov lus "Daim Ntawv Foom Thov Hais Kev Tsis Txaus Siab."



# Cuv npe nkag rau cov hoob kawm hauv Txoj Kev Pab Cuam Kom Noj Qab Haus Huv



Lub Alliance muab cov hoob kawm hauv Txoj Kev Pab Cuam Kom Noj Qab Haus Huv (Healthier Living Program; HLP, raws li sau hauv lus Askiv) uas nyob ze koj! Lub HLP cov hoob kawm yog cov kev qhia kev noj qab haus huv thiab kev noj qab nyob zoo qhov chaw uas cov tswvcuab kawm tau txoj hauv kev los tswj mob, qhov nkees, qhov ntxhov siab, qhov txhawj thiab pw tsis tsaug zog. Cov tswvcuab los kuj kawm tau txog ntawm kev noj kom muaj kev noj qab haus huv, kev nyob kom muaj sia muaj zog, kev txhim kho qhov zoo ntawm lub neej thiab tsim kev sib raug zoo.

Peb cov tswvcuab hais txog lub HLP cov hoob kawm no li cas:

“Nws tau pab kuv los kawm paub txoj hauv kev los saib xyuas kuv tus kheej kom zoo zog.”

“Yam kuv nyiam txog ntawm qhov kev sib qhia no yog kawm paub txog tias tsis yog muaj kuv ib leeg xwb thiaj zoo li no.”

“Kuv nyiam kom muaj ib qhov chaw uas sawv daws los sib qhia cov lus nug zoo sib thooj.”

“Qhov kev sib qhia no zoo heev, kuv nyiam txhua yam hais txog nws.”

Lub Alliance caw koj tuaj koom lub HLP cov hoob kawm. Hu lub Alliance Phab Qhia Kev Noj Qab Haus Huv Tus Xov Tooj ntawm **(800) 700-3874, ext. 5580** los cuv npe rau qhov kev sib qhia nyob ze koj.

## Koj kev yug me nyuam yog qhov tseem ceeb

### NTSUAM XYUAS KOJ COV HAUV KEV XAIV YUG ME NYUAM

Koj puas tau paub tias cov tsev kho mob tam sim no tab tom siv kev phais yug menyuam kem-C ntau tshaj yav tag los? Nyob rau ntau cov xwm txheej, cov kev phais yug menyuam kem-C yog qhov pab cawm txoj sia thiab tseem ceeb. Tab sis muaj qee cov tsev kho mob yuav siv kev phais yug menyuam kem-C ceev tshaj lwm lub—tab txawm thaum lawv twb tau zam lawm. Cov no ua teeb meem vim tias kev siv kev phais yug menyuam kem-C yuav muaj kev pheet hmoos siab ntawm muaj ntau yam sib cuam tshuam, xws li cov kev kis kab mob thiab kev muaj ntshav los ntau. Dhau li no, nws los kuj yog qhov chaw phais mob loj, thiab nws siv sijhawm ntev zog rau leej niam kom zoo los.

**Nws yog koj txoj kev yug me nyuam.** Sib tham nrog koj tus kws kho mob, kws tu mob, niam pub mis thiab tsev neeg. Qhia rau lawv paub tias koj tsuas xav tau qhov kev phais yug menyuam kem-C yog



tias nws yuav tau siv. Nug seb nej yuav ua haujlwm ua ke tau li cas kom tsis txhob siv qhov kev phais yug menyuam kem-C.

**Koj kev tawm ncauj tawm lus yog qhov tseem ceeb.** Kev ua thaum ntxov, koj yuav hloov tau ntau heev rau koj tus kheej thiab koj tus me nyuam. Kev qhia pab rau koj tus kheej. Sib tham nrog koj pab pawg kws kho mob hnuv no.

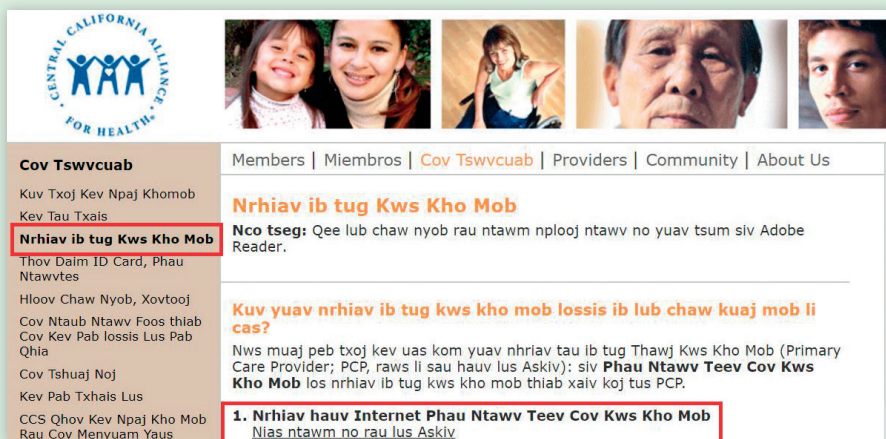
Yog xav paub ntxiv, mus rau [mybirthmatters.org](http://mybirthmatters.org).

# Txoj hauv kev los nrhiav lub khw muab tshuaj saum Internet uas nyob hauv peb pab pawg kws kho mob

## Kauj Ruam 1:

Mus rau lub Alliance Phau Ntawv Teev Cov Kws Kho Mob nyob saum Internet ces nyem rau cov lus uas sau tias “Nrhiav Ib Tug Kws Kho Mob” ntawm [www.ccah-alliance.org/membersHM.html](http://www.ccah-alliance.org/membersHM.html), ces xaiv koj qhov kev fajseeb kho mob (Medi-Cal lossis IHSS) thiab saib raws qhov txuas nrog, lossis sau qhov chaw nyob no mus ntxiv rau cov koj nyiam siv:

- <https://provider.portal.ccah-alliance.org/providerdirectory> (cov lus no muaj sau rau lus Askiv xwb)



**Cov Tswvcuab**  
 Kuv Txoj Kev Npaj Khomob  
 Kev Tau Txais  
**Nrhiav ib tug Kws Kho Mob**  
 Thov Daim ID Card, Phau Ntawvtes  
 Hloov Chaw Nyob, Xovtooj  
 Cov Ntaub Ntawv Foos thiab  
 Cov Kev Pab lossis Lus Pab Qhia  
 Cov Tshuaj Noj  
 Kev Pab Txhais Lus  
 CCS Qhov Kev Npaj Kho Mob  
 Rau Cov Menyuum Yaus

Members | Miembros | **Cov Tswvcuab** | Providers | Community | About Us

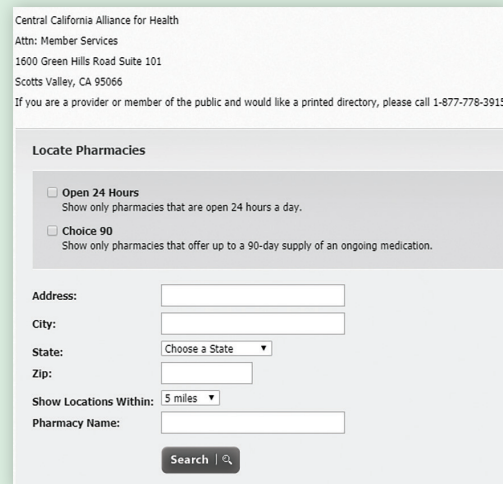
**Nrhiav ib tug Kws Kho Mob**  
**Nco tseg:** Qee lub chaw nyob rau ntawm nplooj ntawv no yuav tsum siv Adobe Reader.

**Kuv yuav nrhiav ib tug kws kho mob lossis ib lub chaw kuaj mob li cas?**  
 Nws muaj peb txoj kev uas kom yuav nrhiav tau ib tug Thawj Kws Kho Mob (Primary Care Provider; PCP, raws li sau hauv lus Askiv): siv **Phau Ntawv Teev Cov Kws Kho Mob** los nrhiav ib tug kws kho mob thiab xaiv koj tus PCP.

**1. Nrhiav hauv Internet Phau Ntawv Teev Cov Kws Kho Mob**  
 Nias ntawm no rau lus Askiv

## Kauj Ruam 3:

Ntaus koj lub chaw nyob thiab xaiv qhov sib nrug deb uas koj kam mus rau ntawm lub tsev muag tshuaj, tag ntawd nyem “Search.”



Central California Alliance for Health  
 Attn: Member Services  
 1600 Green Hills Road Suite 101  
 Scotts Valley, CA 95066  
 If you are a provider or member of the public and would like a printed directory, please call 1-877-778-3915.

**Locate Pharmacies**

**Open 24 Hours**  
 Show only pharmacies that are open 24 hours a day.

**Choice 90**  
 Show only pharmacies that offer up to a 90-day supply of an ongoing medication.

Address:   
 City:   
 State:   
 Zip:   
 Show Locations Within:   
 Pharmacy Name:

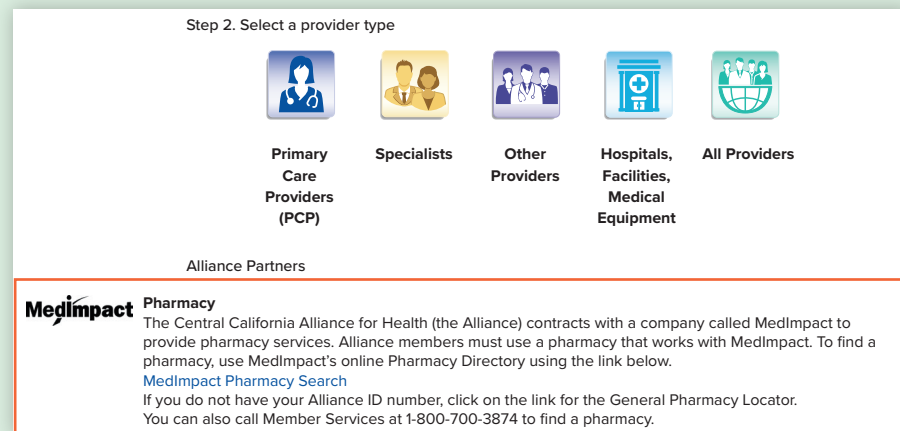
## Kauj Ruam 4:

Cov tshwm sim tshawb nrhiav tawm los yuav qhia txhua cov tsev muag tshuaj saib raws cov ntaub ntawv koj nyuam qhuav muab ntaus ntawd. Xaiv koj lub tsev muag tshuaj tshiab los ntawm daim npe.

**KEV NRHIAV LUB TSEV MUAG TSHUAJ TSHIAB YUAV UA LI CAS?** Mus raws plaub kuj ruam yooj yim tau sau sab sau los nrhiav koj cov hauv kev xaiv. Koj hu tau Lub Chaw Pab Cuam Tswvcuab, ntawm (800) 430-3874, ext. 5505 yog koj xav tau kev pab los nrhiav ib lub tsev muag tshuaj.

## Kauj Ruam 2:

Nyem rau cov lus Askiv uas sau tias “MedImpact Pharmacy Search.”



Step 2. Select a provider type

**Primary Care Providers (PCP)**

**Specialists**

**Other Providers**

**Hospitals, Facilities, Medical Equipment**

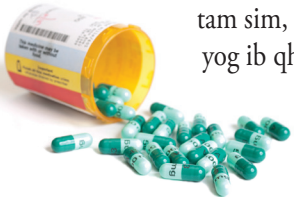
**All Providers**

Alliance Partners

**MedImpact Pharmacy**  
 The Central California Alliance for Health (the Alliance) contracts with a company called MedImpact to provide pharmacy services. Alliance members must use a pharmacy that works with MedImpact. To find a pharmacy, use MedImpact’s online Pharmacy Directory using the link below.  
[MedImpact Pharmacy Search](#)  
 If you do not have your Alliance ID number, click on the link for the General Pharmacy Locator. You can also call Member Services at 1-800-700-3874 to find a pharmacy.

# Cov hauv kev zoo siv tshaj plaws rau kev noj cov tshuaj kho mob

Kev noj tshuaj kho mob ncaj nraim raws li koj tus kws kho mob yog ib txoj hauv kev tseem ceeb los nyob kom muaj kev noj qab haus huv. Nws yog ib qho tseem ceeb los noj cov tshuaj kho mob kom raws sijhawm thiab noj qhov ntau raws li qhov zoo tshaj plaws. Muaj ntau cov tshuaj kho mob yuav tsis muaj feem fab tshuaj uas koj yuav hnov tau tam sim, tab sis cim tseg tias nws yog ib qho tseem ceeb uas yuav tau noj tas li muaj txiaj ntsig rau ncuu-ntev. Ntsuam xyuas nrog



koj tus kws kho mob ua ntej yuav tso tseg kev noj qhov tshuaj. Yog tias koj tab tom hnov tias muaj cov kev fab tshuaj, hu rau koj tus kws kho mob lub chaw ua haujlwm. Lawv yuav pab tau koj nrog rau kev tawm phiaj xwm yam yuav tau ua lawm yav tom ntej. Koj los kuj ntsuam xyuas nrog koj cov kws muag tshuaj hauv zos yog tias koj muaj lus nug dab tsi txog ntawm cov tshuaj kho mob uas koj muaj ntawv txib yuav. Muaj ob peb txoj hauv kev pab tau zoo los pab ua kom koj nco tau los noj koj cov tshuaj yog:

- Teeb ib daim kem ntawv lossis daim zwj qhov uas muaj chaw rau koj kos cov tshuaj uas koj twb noj lawm txhua hnuv, txhua lim piam lossis txhua lub hlis tas li.
- Muab koj cov tshuaj tso rau hauv lub npov ntim tshuaj txhua lub lim piam. Ua ntej lub lim piam yuav pib, muab tag nrho cov tshuaj koj noj txhua hnuv rau hauv lub npov rau txhua hnuv.
- Muab koj cov tshuaj tso rau ze qee yam khoom uas koj ua thiab koj pom txhua hnuv. Piv txwv, muab koj lub taub tshuaj tso ze koj tus pas txhuam hniav, lub kais hwj kas fes, thiab lwm yam.

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

NPE TSHUAJ	MUAB SIV RAU	QHOV TAU HLOOV
Cyclosporine modified solution, Mycophenolate mofetil suspension	Kev tiv thaiv kab mob thaum muaj kev hloov nqaij nruab nrog cev	Tau tso ntxiv mus rau tus qauv tshuaj rau me nyuam yaus hnuv nyooq qis dua 12 xyoos
Xatmep, Cyclosporine modified solution	Mob khees xaws, mob txhab txiag, mob yag txha sib txuas nkaus	Tau tso ntxiv mus rau tus qauv tshuaj rau me nyuam yaus hnuv nyooq qis dua 12 xyoos
Heparin, Heparin flush, Lovenox	Anticoagulant	Tau tso ntxiv mus rau tus qauv tshuaj
Nexplanon implant	Kev tswj kom txhob muaj me nyuam	Tso ntxiv
Methergine (npe fab lag luam)	Ntshav los hauv tsev me nyuam tom qab yug me nyuam	Tso ntxiv
Climara (estradiol siv ib zaug-txhua lub lim piam), Yuvaferm thiab estradiol hom siv ncuu dav ua ntsiav siv ntsws poj niam chaw mos	Cov yam ntxwv mob thaum coj cev	Tso ntxiv
Tshuaj pleev Premarin	Lub ncauj qhov tsev me nyuam sib lo (nyob rau cov me nyuam mosliab thiab cov me nyuam yaus)	Tau tso ntxiv mus rau cov neeg mob muaj hnuv nyooq peb xyoos lossis qis dua
Fyavolv	Kev tswj kom txhob muaj me nyuam	Yuav tau kev tso cai ua ntej
Diclofenac-misoprostol, Meclofenamate	Mob	Yuav tau kev tso cai ua ntej
Trospium ER ua lub	Lub zais zis nruj dhau lawm	Yuav tau kev tso cai ua ntej
Oxytrol rau Poj Niam siv kho	Lub zais zis nruj dhau lawm	Tso ntxiv
Potassium citrate-citric acid, sodium citrate-citric acid	Hloov kho qib pH hauv cov zis	Tso ntxiv
Butalbital/acetaminophen 50/325mg ua ntsiav, Butalbital/acetaminophen/txab kas fes 50/325/40mg ua ntsiav	Mob tob hau	Muaj ciam txwv tshiab txog qhov ntau
Nalocet	Mob	Raug muab tshem tawm ntawm tus qauv tshuaj



## Cov kev yuav ua li cas kom zoo thiab nyab xeeb rau cov kev tswj xyuas cov kev mob ceev thiab cov kev mob uas yuav mob mus ntev

Qhov sib txawv ntawm tus mob ceev thiab tus mob uas mob mus ntev yog li cas? Tsis yog txhua qhov mob tsis zoo ib yam lod? Puas ntseeg los tsis ntseeg, nws yuav muaj qhov sib txawv me ntsis! Qhov mob ceev feem ntau tshwm sim tam sim thiab raws li paub tsim ua rau muaj qhov raug mob, phais mob lossis kis kab mob. Koj yuav tau ntsib qhov mob ceev, piv txwv los ntawm kev rho hniav, kev txiav hnyuv tws lossis kev dam npab. Qhov mob ceev yuav ploj mus thaum koj lub cev zoo lawm. Qhov mob zoo tsis tu qab, nws ho muaj nws, yuav mob ntev mus li ntau lub lim piam lossis ntau hlis—ntev tshaj lub sijhawm uas nws yuav tsum zoo li ib txwm mob. Kev tswj mob tau zoo yuav tsis txhais tias ua tau rau koj qhov mob zoo hlo. Kev tswj mob tau zoo yuav ua rau koj lub cev thiab fab siab ntsws kev xav zoo.

### **Kev kws kho mob sau ntawv yuav tshuaj**

Kev kws kho mob sau ntawv yuav tshuaj muaj yeeb (xws li hydrocodone, oxycodone, codeine

thiab morphine) nws yog ib ntawm ntau txoj hauv kev rau kev kho qhov mob ceev mob loj.

Cov kws kho mob feem ntau yuav sau ntawv yuav cov tshuaj ntawd tom qab phais mob lossis raug mob rau qee cov teeb meem kev noj qab haus huv. Cov tshuaj no yuav txo tau qhov mob rau ncuva sijhawm luv, tab sis nws kuj muaj kev pheej hmoo siab. Koj yuav quav tshuaj lossis tuag los ntawm qaug tshuaj dhau lawm thaum koj noj nws rau ncuva sijhawm ntev, noj ntau lossis noj nrog lwm yam tshuaj muaj zog.

Nws muaj pov thawj me ntsis uas kev kws kho mob sau ntawv yuav cov tshuaj muaj yeeb siv tswj tau cov mob kho tsis zoo tu qab tau zoo. Cov tshuaj no yuav tsis ua rau txhua qhov mob zoo hlo. Thaum xub thawj, nws yuav pab tau qhov mob, tab sis lub sijhawm dhau mus, qhov mob yuav mob loj tuaj, thiab ua rau koj hnov mob heev tuaj. Koj tus yam ntxwv mob ntawm lub cev thiab fab siab ntsws yuav mob loj tuaj yog tias koj noj nws nyob rau ncuva sijhawm ntev. Txoj hauv kev cov tshuaj no yuav kho tau koj zoo nws nce raws koj tus yam ntxwv mob.

## Lwm cov hauv kev muaj rau kev pab koj tsis txhob hnov mob

Qhov xov xwm zoo yog nws muaj ntau txoj hauv kev los ua kom koj qhov mob xam uas yog tsis cuam tshuam kev kws kho mob sau ntawv yuav cov tshuaj muaj yeeb. Cov kev kho mob no yuav ua haujlwm zoo dua thiab muaj qhov pheej hmoo thiab qhov fab tshuaj tsawg dua.

Lub Alliance pab them rau ntau cov hauv kev xaiv no uas pab tau qhov mob:

- ▶ Lwm cov tshuaj zoo mob xam yuav tau-ntawm-khw muag tshuaj, xws li tshuaj acetaminophen (Tylenol), ibuprofen (Advil, Motrin) lossis naproxen
  - ▶ Kev kho tu lub cev thiab kev siv lub cev
  - ▶ Cov ntaub qhwv txias thiab sov
  - ▶ Lidocaine® lossis ntaub nplaum Dej Khov-Kub
  - ▶ Kev saib xyuas los ntawm nkaug koob cua lossis zuaj tu ib ce
  - ▶ Kev ua haujlwm nrog tus kws pab tswyvim los pab kawm cov hauv kev los hloov cov yuav ua rau tshwm sim ntawm qhov mob thiab qhov ntxhob siab
  - ▶ Kev kawm paub txog kev so los siav lossis cov tev niv kho mob
  - ▶ Lwm cov tshuaj tsis muaj-yeeb los kuj raug siv rau kev ntxhob siab lossis kev qaug dab peg, los kuj pab tau zoo
- Thaum muaj lwm cov hauv kev los pab tswj xyuas koj tus mob rau koj txoj kev ua ub ua no txhua hnuv, koj yuav muaj feem txo tau qhov kom noj tsawg zog ntawm cov tshuaj zoo mob xam.
- Nug koj tus kws kho mob seb qhov twg zoo rau koj tshaj plaws los ceev koj kom nyab xeeb thiab muaj kev noj qab hauv hus.

# Koj puas tau hnov txog ntawm uas cov yuav pib mob ntshav qab zib?

Cov lus tseem ceeb uas koj tsim nyog paub

Cov kev muaj feem uas koj paub txog tias qee tus neeg muaj 2 hom cov mob ntshav qab zib. Nws yog hom mob ntawm cov mob ntshav qab zib ua nquag tshwm sim—ntau lab leej Neeg Mes Kas muaj hom mob no. Tab sis koj puas tau hnov dua qee yam hu ua cov yuav pib mob ntshav qab zib?

Nws yog ib hom mob uas raug rau ntau lab tus Neeg Mes Kas—thiab yog ib yam uas txhua leej tsim nyog kawm paub txog nws.

Nov yog peb yam uas koj tsim nyog paub txog cov yuav pib mob ntshav qab zib:

**1. Nws tsis zoo ib yam cov mob ntshav qab zib—thaum tsis tau mob.** Cov yuav pib mob ntshav qab zib yog ib yam kev ceeb toom loj uas 2 hom cov mob ntshav qab zib mob ua ke. Yog koj tau txais lus qhia tias muaj cov yuav pib mob tshav qab zib, nws txhais tias koj cov ntshav muaj txab piam thaj (txab qab zib) siab dua li ib txwm lawm, tab sis tseem tsis tau siab txaus yuav ua cov mob ntshav qab zib hom 2.

**2. Tej zaum koj twb muaj hom mob no lawm, tab sis koj tsis paub.** Nws tsis muaj cov tsos mob thaum yuav pib mob ntshav qab zib uas yuav los ceeb toom koj txog cov tsos mob. Tib txoj hauv kev los paub kom tseeb yog nrog koj tus kws kho mob tham txog ntawm qhov tau ntsuas koj qib mob ntshav qab zib.

Tej zaum koj tus kws kho mob yuav hais kom koj mus ntsuam xyuas seb koj puas muaj tus mob no yog koj muaj 45 xyoos lossis laus dua. Tab txawm tias koj hlua dua 45 xyoos, koj tus kws kho mob yuav xav kom koj mus ntsuam xyuas yog tias koj lub cev hnyav dhau thiab muaj lwm yam kev pheej hmoo mob. Lwm yam kev pheej hmoo mob xam nrog rau tsev neeg muaj keeb kwm muaj cov mob ntshav qab zib; yog Neeg Mes Kas As Fiv Kas, Neeg Mes Kas Es Xias lossis Neeg Mev; muaj ntshav siab; lossis tsis tsha siv lub cev.

**3. Kev ua ib co kauj ruam me yuav ua tau kom tsis txhob muaj tus mob.** Qhov xov xwm zoo yog kev hloov koj kev ua neej yuav tuaj yeem thim tau cov mob ntshav qab zib. Kev txo qhov hnyav, kev siv lub cev tas li, thiab kev noj yam muaj roj thiab khas laus lij kom tsawg yuav pab tau pov thaiv lossis ua kom loj hlob qeeb ntawm cov mob ntshav qab zib hom ob.

Lub Alliance muab cov hoob qhia txog cov mob ntshav qab zib



**KOJ HU  
TAU RAU** lub  
Alliance Phab Qhia  
Kev Noj Qab Haus Huv  
Tus Xov Tooj ntawm **(800)  
700-3874, ext. 5580** yog  
xav paub ntxiv.



thiab cov yuav mob ntshav qab zib rau txhua phaum noob nyooq. Qhov ntawd koj yuav tau kawm txog cov khoom siv los pov thaiv cov mob ntshav qab zib lossis ceev kom nws nyob rau qhov tswj tau. Cov kev qhia yuav muaj nrog txoj hauv kev los noj cov khoom noj kom yog, siv lub cev kom ntau txo qhov ntxhov siab kom nqis zog. Koj los kuj yuav tau kawm paub txog txoj hauv kev sim koj cov ntshav muaj piam thaj thiab siv tshuaj, yog tias tsim nyog. Kev qhia tau muab rau tej tus neeg lossis nrog ib pab pawg. Cov tswvcuab muaj lwm qhov pab them rau kev noj qab haus huv yuav tsum siv cov kev pab kho mob uas txais tau los ntawm lawv qhov thawj kev fajseeb kho mob ua ntej yuav siv Alliance cov kev pab kho mob uas txais tau.

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



# Kev sib tham nrog koj tus thawj kws kho mob

Thaum nws hais txog kev saib xyuas kev noj qab haus huv, cov neeg mob yog tus ua lub luag haujlwm loj. Kev xyaum kom muaj kev sib txuas lus zoo nrog koj tus thawj kws kho mob (primary care provider; PCP, raws li sau hauv lus Askiv) yog ib txoj hauv kev tseem ceeb los txhawb nqa koj tus kheej txoj kev noj qab haus huv.

Kev sib txuas lus kom meej thiab qhia tiag ntawm koj thiab koj tus kws kho mob yuav pab tau neb ob leeg los tsim qhov kev sib txuas uas nyab xeeb. Qhov

no txhais tias koj hais qhov hnyav siab thiab qhia cov hauv kev xaiv txog ntawm koj kev saib xyuas kev noj qab haus huv.

Peb paub tias kev sib tham nrog koj tus thawj kws kho mob tsis yog ib txoj hauv kev yooj yim. Hauv qab no yog qee cov piv txwv lus nug los sib tham nrog koj tus thawj kws kho mob yog tias koj muaj cov kev hnyav siab txog kev noj qab haus huv ncu sijhawm koj mus ntsib.

## Lwm cov tswvvyim pab

- ▮ Nqa ib daim ntawm uas teev tag nrho cov tshuaj uas koj tab tom noj.
- ▮ Ua zoo xav es hais ib tus phooj ywg lossis tseem neeg nrog koj mus pab txhawb koj.
- ▮ Yog tias koj muaj cov xav tau rau kev kho mob, xws li kev siv lub rooj zaum muaj log, lossis xav tau kev pab txhais lus lossis cov kev pab cuam kws txhais lus, qhia rau lub chaw ua haujlwm tus neeg ua haujlwm paub.
- ▮ Nug rau lub chaw ua haujlwm tsab cai rau kev mus tsis ncu cov sijhawm teem caij.

Lus nug	Piv txwv
Muaj dabtsi kuv pom lossis hnov ntawm kuv lub cev uas kuv xav kom kuv tus thawj kws kho mob los ntsuam xyuas?	Kuv sab pob ntseg sab laug mob tas li thaum kuv tshuab ntswg.
Thawm twg kuv pib pom lossis hnov qhov mob zoo li no?	Kuv pib hnov ua ntej ib asthiv dhau los lawm thaum uas kuv pib mob khaub thuas.
Yam dab tsi yuav ua rau nws zoo zog tuaj lossis phem zog?	Kuv hnov mob heev tuaj thaum kuv tshuab ntswg thiab kuv hnov zoo zog thaum yav sawv ntxov tom qab kuv da dej tag.
Kuv muaj lus nug dabtsi thiab yam dabtsi uas rau kuv txhawj?	Thaum twg kuv mam li hnov zoo zog tuaj? Qhov tshuaj puas muaj kev fab tshuaj dab tsi?



NYOB NOJ QAB HAUS HUV yog luam tawm rau cov tswvvyim 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)