



# Nyob Noj Qab

## Haus Huv

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



Lub Kaum Ob Hlis Ntuj 2022 | XUV THIB 28, TSAB XOV XWM 4



## Koj li kev nyuaj siab lossis puas siab puas ntsws tseem ceeb!

Kev saib xyuas koj qhov kev nyuaj siab lossis  
puas siab puas ntsws yog ib feem tseem  
ceeb ntawm koj qhov kev noj qab haus huv  
thiab kev noj qab nyob zoo thoob plaws.  
Cov hnub so tuaj yeem yog lub sijhawm  
nyob ib leeg uas kho siab thiab ntxhov siab.  
Yog tias koj hnov tau tias tu siab, nyuaj siab  
lossis ntxhov siab lossis koj tab tom tawm  
tsam kev siv yeeb tshuaj, paub tias nws tsis  
yog koj ib leeg xwb! Peb tuaj yeem xa koj  
mus rau cov chaw muab kev pab kom pab  
koj.

Cov tswvcuab Alliance Medi-Cal tuaj yeem  
tau txais kev pab saib xyuas kev nyuaj siab  
lossis puas siab puas ntsws los ntawm lub  
chaw uas koom tes nrog peb, Beacon Health  
Options. Beacon yuav pab koj:

- Nkag siab txog cov kev pab rau kev nyuaj  
siab lossis puas siab puas ntsws uas koj  
txais tau.
- Nrhiav cov kws pab kho kev nyuaj siab

lossis puas siab puas ntsws uas nyob hauv  
koj cheeb tsam.

■ Pab koj teem caij mus ntsib.

Yog tias koj lossis ib tus neeg uas nyob  
hauv tsev neeg muaj teeb meem kub  
ntxhov txog kev nyuaj siab lossis puas siab  
puas ntsws lossis muaj kev xav txog kev tua  
tus kheej, **hu lossis sau ntawv mus rau tus  
xov tooj pab tiv thaiv kev tua tus kheej  
ntawm 988.** Qhov kev pab cuam no muaj  
ua Lus Askiv thiab Lus Mev xwb. **Yog koj  
muaj ib qho xwmtxheej ceev txog kev  
nyuaj siab lossis puas siab puas ntsws,  
hu 911 lossis mus rau lub hoob kho mob  
xwmtxheej ceev uas nyob ze tshaj plaws.**



Peb lub vev xaib muaj cov chaw muaj ntaub ntawv ntxiv rau  
qhov kev pab txhawb kev nyuaj siab lossis puas siab puas  
ntsws ntawm [www.thealliance.health/hmn/mentalhealth](http://www.thealliance.health/hmn/mentalhealth).

# Yam cov tswvcuab nyiam thiab xav tau ntawm lawv li kev saib xyuas kev noj qab haus huv

Nyob rau lub qab xyoo, Alliance tau nug cov tswvcuab xws li yog koj tias koj puas xav txog qhov kev saib xyuas thiab cov kev pab cuam uas koj tau txais. Qhov no yog tau ua tiav los ntawm kev soj ntsuam ib xyoo ib zaug uas hu ua Qhov Kev Ntsuam Xyuas Cov Kev Xav Tau Ntawm Pej Xeem (Population Needs Assessment, PNA; raws li sau hauv lus Askiv). Qhov no yog qhov xaus lus txog yam uas peb tau hnov. Koj tau qhia tawm tias:

- Koj Thawj Kws Kho Mob (Primary Care Provider; PCP, raws li sau hauv lus Askiv) muab kev pab zoo rau kev teem caij mus ntsib nrog tus kws kho mob tshwj xeeb thaum koj xav ntsib ib tug.
- Koj muaj kev pab txhawb txaus los ntawm peb los pab txhawm rau kev txo koj tus me nyuam qhov hnyav.

Koj kuj tseem qhia tias koj nyiam qhov uas yuav tau txais cov ntaub ntawv lossis kev pab los ntawm peb hais txog cov ncauj lus txuas mus no:

- **Txoj hauv kev siv peb cov kev pab cuam thauj mus los.** Hu rau Alliance ntawm **800-700-3874, ext. 5577** (TTY: Ntaus 7-1-1), hnub Monday txog Friday txij thaum 8 a.m. txog 5:30 p.m. Hu yam tsawg kawg yog tsib hnub ua haujlwm ua ntej koj qhov kev teem caij ntsib kws kho mob.
- **Txoj hauv kev nug Alliance ib nqe lus nug txog koj li kev npaj kho mob.** Hu Rau Lub Chaw Muab Kev Pab Cuam Tswvcuab ntawm **800-700-3874**, hnub Monday txog Friday txij thaum 8 a.m. txog 5:30 p.m.
- **Txoj hauv kev xaiv kws kho mob.** Peb lub vev xais qhia txoj hauv kev rau koj mus nrhiav thiab xaiv ib tus kws kho mob ntawm [www.thealliance.health/hmn/find-a-doctor](http://www.thealliance.health/hmn/find-a-doctor). Yog tias koj

xav tau kev pab, koj tuaj yeem hu rau Lub Chaw Pab Cuam Tswvcuab ntawm **800-700-3874**, hnub Monday txog Friday txij thaum 8 a.m. txog 5:30 p.m.

- **Hu rau leej twg nyob rau yav hmo ntuj thaum koj lossis koj tus me nyuam muaj mob.** Koj tuaj yeem sib tham nrog tus kws tu mob los ntawm kev

hu xov tooj **844-971-8907** (TTY: Ntaus 7-1-1). Tus Xov Tooj Nug Kev Pab Los Ntawm Tus Kws Tu Neeg Mob (Nurse Advice Line; NAL, raws li sau hauv lus Askiv) 24 teev txhua hnub, 7 hnub rau ib asthiv yam tsis tau them nqi rau koj.

Peb yuav txhim kho cov hauv kev txuas ntxiv uas peb qhia tawm cov ntaub ntawv txog cov kev pab thiab cov kev pab cuam uas peb muab. Yog koj muaj lus nug txog Alliance 2022 PNA, thov hu **Alliance Tus Xov Tooj Pab Qhia Kev Noj Qab Haus Huv** ntawm **800-700-3874, ext. 5580**. Yog koj xav tau kev pab txhais lus, peb muaj ib tug xov tooj uas yuav pab nrhiav ib tug kws pab txhais lus uas hais koj hom lus, yam tsis tau them nqi 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 kev hloov kho dua tshiab daim ntawv teev cov tshuaj noj siv

Yog tias koj yog ib tug tswvcuab ntawm Medi-Cal, koj cov ntawv sau yuav tshuaj uas tau sau nyob rau ntawm chaw muag tshuaj yuav tau pab them los ntawm Medi-Cal Rx, tsis yog Alliance lawm. Koj tuaj yeem saib tau daim ntawv teev npe tshuaj rau Medi-Cal Rx ntawm [www.medi-calrx.dhcs.ca.gov](http://www.medi-calrx.dhcs.ca.gov), lossis koj tuaj yeem thov theej tawm los ntawm kev

hu **800-977-2273** (TTY: Ntaus 7-1-1), 24 teev txhua hnub, 7 hnub rau ib asthiv. 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 mus saib daim ntawv teev npe tshuaj nyob hauv Alliance lub vev xais ntawm [www.thealliance.health/hmn/prescriptions](http://www.thealliance.health/hmn/prescriptions).

Koj tuaj yeem thov theej tawm los ntawm kev hu rau Lub Chaw Pab Cuam Tswvcuab ntawm **800-700-3874** (TTY: Ntaus 7-1-1), hnub Monday txog Friday, 8 a.m. txog 5:30 p.m. Yog tias koj muaj lus nug txog tshuaj kho mob, hu rau MedImpact ntawm **800-788-2949**.



## Tau txais kev pom zoo txhaj tshuaj tiv thaiv kab mob COVID-19 rau tus me nyuam uas muaj noob nyoog 6 hlis txog 5 xyoos

Kab mob COVID-19 tseem muaj feem cuam tshuam ntxiv rau peb cov yim neeg thiab cov zej zog. Peb tau kawm paub txog ib ntawm cov hauv kev uas zoo tshaj plaws los pov thaiv peb tus kheej thiab peb cov yim neej yog tau mus txhaj tshuaj tiv thaiv kab mob COVID-19. Tshuaj tiv thaiv kab mob COVID-19 pab txo kev pheej hmoo ntawm tus neeg uas kis tau mob loj, kev pw kho hauv tsev kho mob lossis tuag los ntawm tus kab mob COVID-19.

**Nyob rau tam sim no muaj tshuaj tiv thaiv tus kab mob COVID-19 rau cov me nyuam uas noob nyoog 6 hlis txog 5 xyoos.** Tam sim no peb tus tswvcuab uas me tshaj plaws tuaj yeem tau txais kev tiv thaiv.

Cov me nyuam uas tau mus txhaj tshuaj tiv thaiv kab mob ntawm lawy tus kws kho mob lub chaw ua haujlwm, chaw muag tshuaj lossis lub tsev kho mob me uas txhaj tshuaj tiv thaiv kab mob COVID-19 muaj nyob hauv koj lub zej zog. Alliance cov lus qhia kev hu rau koj tus me nyuam tus kws kho mob txhawm rau thov tshuaj tiv thaiv kab mob COVID-19 kom koj tuaj yeem tau ntsuam xyuas seb koj tus me nyuam puas taug qab txhaj tshuaj tiv thaiv kab mob txog lwm cov tshuaj thiab ntsuam xyuas kev noj qab haus huv. Yog tias koj tsis tuaj yeem mus ntsib tus kws kho mob, mus saib **myturn.ca.gov** txhawm rau nrhiav qhov chaw lub qhov rooj nkag mus lossis kev teem caij sib ntsib rau tshuaj tiv thaiv kab mob COVID-19, suav nrog qhov kev teem caij rau tsev neeg.

**Koj tuaj yeem tiv thaiv thaiv tau koj tus kheej thiab cov neeg uas koj hlub tshua nyob rau lub caij so los ntawm kev txhaj koj qhov tshuaj tiv thaiv kab mob COVID-19!**

## TSHUAJ KHO MOB KAB MOB COVID-19

# Tshuaj Evusheld™ tuaj yeem pab pov thaiv tau tus tib neeg uas muaj roj ntshav tiv thaiv kab mob tsis zoo

Muaj tshuaj kho mob hu ua Evusheld™ uas tej zaum yuav pab pov thaiv tau tus neeg uas muaj roj ntshav tiv thaiv kab mob tsis zoo uas muaj hnub nyog 12 xyoo rov sauv txij thaum kis tau tus kab mob COVID-19. "Roj ntshav tiv thaiv kab mob tsis zoo" txhais tau tias qee tus neeg uas muaj kev ua haujlwm ntawm roj ntshav tiv thaiv kab mob uas tsis muaj zog.

Tshuaj Evusheld™ yog tau muab ua ob zaug txhaj thiab qhia kom mus txhaj txhua-txhua rau lub hlis. Nws muaj yam tsis xam nqi rau cov tswvcuab ntawm Alliance.

Tshuaj Evusheld™ yog siv rau tus tib neeg uas muaj kev pheej hmoo siab zog rau tus kab mob COVID-19 uas mob hnyav thiab kev ua mob loj dua qub. Koj tuaj yeem tau txais tshuaj kho mob Evusheld™ yog tias nyuam qhuav no koj tsis tau nphav raug tus kab mob COVID-19 thiab koj:

- Muaj roj ntshav tiv thaiv kab mob tsis zoo pes nrab mus txog rau qhov loj vim yog tus yam ntxwv fab kev kho mob.
- Cev xeeb tub lossis npaj tias yuav xeeb tub.
- Tab tom pub niam mis rau me nyuam.

**Puas muaj lus nug?** Yog tias koj muaj tus yam ntxwv mob uas muaj roj ntshav tiv thaiv kab mob tsis zoo lossis tab tom kho roj ntshav tiv thaiv kab mob tsis zoo, txuas lus nrog koj tus kws kho mob txhawm rau saib seb qhov tshuaj Evusheld™ puas haum rau koj.



# Muab qhov kev pab cuam yam luag ntxhi!

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 ntawm no los teb koj tsab xov tooj hnub Monday txog Friday txij 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 cov lus nug txog koj cov txiaj ntsig.
- Piav qhia seb koj puas tuaj yeem tau txais kev saib xyuas thiab cov kev pab cuam fab kev kho mob.
- Qhia rau koj paub tias koj tuaj yeem mus kuaj mob tau rau ntawm cov kws kho mob thiab cov chaw kuaj mob me twg los tau.

- Pab koj xaiv lossis hloov koj Thawj Kws Kho Mob (Primary Care Provider; PCP, raws li sau hauv lus Askiv).
- Muab cov kev pab cuam kws txhais lus yog tias koj hais lus Askiv tsis tau.
- Pab npaj kev thauj mus los yog tias koj tsis muaj cov hauv kev mus ntsib koj qhov kev teem caij rau kws kho mob.
- Xa ib daim npav ID ua Tswvcuab tshiab ntawm Alliance tuaj rau koj yog tias koj ua koj daim npav poob lawm.
- Pab koj daws cov kev txhawj xeeb lossis kev tsis txaus siab.



Peb muaj cov neeg sawv cev nyob rau hauv Merced, Monterey thiab Santa Cruz khauj tim uas ua lub neej nyob thiab ua haujlwm hauv cov zej zog uas peb muab kev pab cuam. Lawv txhawj txog peb cov tswvcuab thiab nyob no yog los pab peb cov tswvcuab.

**» KOJ THIAB KOJ LI KEV NOJ QAB HAUS HUV** yog qhov tseem ceeb 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 muaj kev txhawj xeeb txog koj qhov kev saib xyuas. Peb nyob ntawm los pab koj!

## Medi-Cal cov tswvcuab tuaj yeem ceev tau cov khoom, nyiaj txiag, thaj av lossis vaj tse uas lawv muaj vim cov kev tau hloov

Nyob Rau Lub Xya Hlis Ntuj Tim 1, 2022, Medi-Cal tau nce qhov pub muaj nyiaj txiag, thaj av lossis vaj tse rau cov neeg uas muaj noob nyooq 65 xyoo lossis laus dua los yog tsis taus. Cov kev hloov no yuav suav nrog cov khoom, nyiaj txiag, thaj av lossis vaj tse uas koj muaj lawm uas yuav siv los txiav txim seb puas tsim

nyog txais tau Medi-Cal. Rawls li nyob hauv cov nyiaj txwv tsis pub muaj dhau, koj tuaj yeej muaj tau txog \$130,000 hauv cov khoom, nyiaj txiag, thaj av lossis vaj tse thiab tseem tau txais Medi-Cal qhov kev fajseeb kho mob. Rau txhua tug neeg uas nyob hauv koj tsev neeg, koj tuaj yeem muaj tau tej cov khoom nyiaj txiag, thaj

av lossis vaj tse mus txog \$65,000 ntxiv thiab tseem tau txais Medi-Cal.

Yog tias koj muaj kev tsim nyog tau txais Medi-Cal nyob rau hauv cov cheeb nroog Merced, Monterey lossis Santa Cruz, Alliance yuav yog koj qhov kev npaj kho mob!



Txhawm rau nrhiav yog tias koj muaj kev tsim nyog lossis tau txais cov ntaub ntawy kev paub ntxiv, txuas lus rau koj lub khauj tim lub chaw ua haujlwm hauv zos:

**Lub Cheeb Nroog Merced:** Hu rau **855-421-6770** lossis mus saib [www.co.merced.ca.us/458/Medi-Cal](http://www.co.merced.ca.us/458/Medi-Cal).

**Lub Cheeb Nroog Monterey:** Hu rau **866-323-1953** lossis mus saib [www.co.monterey.ca.us/government/departments-i-z/social-services/community-benefits#medi-cal](http://www.co.monterey.ca.us/government/departments-i-z/social-services/community-benefits#medi-cal).

**Lub Cheeb Nroog Santa Cruz:** Hu rau **888-421-8080** lossis mus saib [www.santacruzhumanservices.org/EmploymentBenefits/MediCalHealthBenefits](http://www.santacruzhumanservices.org/EmploymentBenefits/MediCalHealthBenefits).

## Hloov kho dua tshiab koj lub Medi-Cal!

Puas yog koj twb txav tawm lawm? Puas yog koj muaj kev pab them ntawm Medi-Cal ncua sijhawm kev kis mob loj? Yog tias li ntawd, koj yuav tsum hloov kho dua tshiab Medi-Cal lub chaw ua haujlwm nyob rau hauv koj lub khauj tim uas muaj tej cov kev hloov pauv rau koj cov ntaub ntawv. Nov yog yam uas koj yuav tsum tau paub:

Tej zaum koj lub khauj tim yuav ntsuam xyuas saib seb koj puas tuaj yeem txuas hnub nyog koj qhov kev pab them Medi-Cal tau. Tsis txhob tos koj lub khauj tim hu koj. **Yog tias koj muaj tej qhov kev hloov pauv rau koj qhov xwmtxheej lossis cov ntaub ntawv sib txuas lus, koj lub khauj tim lub chaw ua haujlwm hauv Merced, Monterey lossis Santa Cruz Khauj Tim xav paub.** Koj tuaj yeem tshaj tawm cov kev hloov pauv rau lub khauj tim los ntawm xov tooj, xa ntawv, oos lais lossis tim ntsej tim muag.

Tshaj tawm tej cov kev hloov pauv txuas mus no:

- Koj qhov nyiaj khwv tau los.
- Qib kev xiam oob qhab.
- Tus nab npawb xov tooj.
- Chaw nyob xa ntawv.
- Yog tias muaj qee tus neeg nyob rau hauv koj tsev neeg xeeb me nyuam.
- Yog tias muaj qee tus neeg txav tawm mus rau hauv koj lub tsev.
- Lwm yam uas tej zaum yuav muaj feem cuam tshuam rau koj qhov kev muaj cai tau txais Medi-Cal.

**Nov yog lub chaw ua haujlwm txuas lus rau txhua tej lub khauj tim. Ua kom ntseeg siab tias tam sim no koj lub khauj tim muaj koj cov ntaub ntawv:**

**Lub Cheeb Nroog Merced Lub Tuam Tsev Saib Xyuas Kev Pab Pej Xeem**

Tus xov tooj: **855-421-6770**

**Lub Cheeb Nroog Monterey Lub Tuam Tsev Saib Xyuas Kev Pab Pej Xeem**

Tus xov tooj: **877-410-8823**

**Lub Cheeb Nroog Santa Cruz Lub Tuam Tsev Saib Xyuas Kev Pab Pej Xeem**

Tus xov tooj: **888-421-8080**

Koj tuaj yeem hloov kho dua tshiab koj cov ntaub ntawv sib txuas lus hauv oos lais ntawm [www.CoveredCA.com/](http://www.CoveredCA.com/) hmong lossis [www.BenefitsCal.com](http://www.BenefitsCal.com).

## Cov hoob kawm qhia txog kev ua neej nyob kom muaj kev noj qab nyob zoo zog!

Kev ua neej nyob nrog ib yam mob uas yuav mob mus ntev xws li mob ntshav qab zib, kev nyuaj siab lossis kev ntsuas mob ntshav siab tuaj yeem yog qhov nyuaj. Koom nrog lub hoob kawm qhia txog *Txoj Kev Pab Cuam Kom Noj Qab Haus Huv (Healthier Living Program; HLP, raws li sau hauv lus Askiv) thiab kawm txog cov kev tswj koj li kev noj qab haus huv kom zoo zog.*

Alliance HLP cov hoob kawm yog cov sijhawm los sib tham txog kev noj qab haus huv thiab kev noj qab nyob zoo uas cov tswvcuab kawm paub txog txoj hauv kev tswj qhov mob, qaug zog, kev nyuaj siab, kev ntxhov siab thiab pw tsis tsaug zog. Cov tswvcuab kuj kawm paub txog kev noj uas muaj kev noj qab nyob zoo, kev nyob twj ywm, tsim kev sib raug zoo thiab txhim kho lawv lub neej kom muaj kev tsim nyog.

**Alliance muab hoob kawm HLP nyob rau peb cov hauv kev uas sib txawv:**

- **Mus koom tim ntsej tim muag** nyob ntawm cov chaw hauv koj lub zej zog.
- **Hauv xov tooj** uas muaj cov hoob kawm hauv xov tooj txhua asthiv.
- **Saum oos lais** uas muaj cov hoob kawm saum oos lais txhua asthiv.



**Nov yog yam uas peb cov tswvcuab hais txog cov hoob kawm HLP:**

"Kuv tau kawm qee yam ntaw... kuv tau kawm tias kuv yuav tsum saib xyuas tus kheej. Kuv ib txwm tsis tau tsum qhov kev saib xyuas kuv tus kheej cov kev xav tau."

"Kev koom nrog lub rooj sab laj no tau pab ua rau kuv muaj tswyyim txog txoj hauv kev sib txuas lus nrog kuv tus kws kho mob zoo zog hais txog cov kev txhawj xeeb fab kev noj qab haus huv."

"Kuv tau kawm cov hauv kev sib txawv los daws qhov kev nyuaj siab thiab kev ntxhov siab. Nws kuj tseem yog qhov zoo uas ntsib lwm tus neeg nyob rau hauv chav kawm thiab tau txais lus qhia los ntawm lawv."

**Koom nrog peb nyob ntawm lub hoob kawm HLP!** Hu rau Alliance Tus Xov Tooj Pab Qhia Kev Noj Qab Haus Huv ntawm **800-700-3874, ext. 5580** kom tso npe.



**Nco ntsoo:**  
**Yog tias koj muaj  
 xwmtxheej ceev fab  
 kev kho mob, hu rau 911  
 lossis mus kho hoob  
 kho mob xwmtxheej  
 ceev uas nyob ze tshaj  
 plaws.**

## » Piv txwv lub neej tseeb tiag

Nyuam qhua no, tus tswvcuab ntawm Alliance tau hu Tus Xov Tooj Nug Kev Pab Los Ntawm Tus Kws Tu Neeg Mob rau lawv tus me nyuam uas muaj noob yug 4 xyoo uas muaj cov tsos mob kab mob COVID-19. Tus tswvcuab tau hu Tus Xov Tooj Nug Kev Pab Los Ntawm Tus Kws Tu Neeg Mob hloov mus rau Chav Haujlwm Thaum Muaj Xwmtxheej Ceev vim tias nws tsis yog qhov xwmtxheej ceev fab kev kho mob.

Tus tswvcuab tau qhia peb tias tus kws tu mob los ntawm Tus Xov Tooj Nug Kev Pab Los Ntawm Tus Kws Tu Neeg Mob uas tau mloog lawv cov kev txhawj xeeb, yog kev saib xyuas thiab tau pab lawv ua nyob rau tom ntej.

# Tus Xov Tooj Nug Kev Pab Los Ntawm Tus Kws Tu Neeg Mob yog dab tsi?

Yog tias koj lossis koj tus me nyuam muaj mob lossis muaj lus nug txog koj qhov kev noj qab haus huv, koj tuaj yeem hu Tus Xov Tooj Nug Kev Pab Los Ntawm Tus Kws Tu Neeg Mob (Nurse Advice Line; NAL, raws li sau hauv lus Askiv) ib hnub 24 teev, 7 hnub ib vij. Tus Xov Tooj Nug Kev Pab Los Ntawm Tus Kws Tu Neeg Mob yog cov kev pab cuam uas muaj rau txhua tus tswvcuab ntawm Alliance yam tsis xam nqi rau koj.

## Kuv hu Tus Xov Tooj Nug Kev Pab Los Ntawm Tus Kws Tu Neeg Mob?

Hu Tus Xov Tooj Nug Kev Pab Los Ntawm Tus Kws Tu Neeg Mob thaum:

- Koj lossis koj tus me nyuam muaj mob, thiab koj tsis tuaj yeem mus cuag tau lossis mus teem caij ntsib koj tus kws kho mob.
- Koj tsis ntseeg siab tias koj tsim nyog mus kho hauv hoob kho mob xwmtxheej ceev.
- Koj muaj lus nug hais txog koj li kev noj qab haus huv lossis koj tus me nyuam li kev noj qab haus huv.
- Koj muaj noob yug qis dua 18 xyoo thiab xav sib tham ua ntiag tug txog koj cov kev txhawj xeeb fab kev noj qab haus huv.

Tus kws tu mob uas tau teev npe tseg lawm yuav muab lus qhia rau koj txog yam uas yuav ua nyob tom ntej. Tus kws tu mob tuaj yeem pab tau koj:

- Ua qhov kev teem caij ntsib koj Thawj Kws Kho Mob (Primary Care Provider; PCP, raws li sau hauv lus Askiv).
  - Ua cov kev txiav txim siab seb thaum twg thiab yuav mus nrhiav kev saib xyuas fab kev kho mob li cas rau qhov xav tau maj ceev.
- Hu rau **844-971-8907** (TTY: Ntaus 7-1-1) los sib tham nrog tus kws tu mob.

## Thaum koj hu:

Yog tias koj muaj koj daim npav ID Tswvcuab Ntawm Alliance nrog koj, npaj kom txhij qhia koj tus nab npawb ID rau kws tu mob. Cov tswvcuab tus uas muab lawv tus nab npawb ID yuav muab ntaus mus rau hauv qhov chaw rho nyiaj txhua hli. **Koj tuaj yeem yeej tau ib daim npav khoom plig \$50 mus rau lub khw Target.**



# Kuv tsim nyog tau txais kev saib xyuas nyob qhov twg?

Tsis hais koj xav tau kev ntsuam xyuas yooj yim lossis muaj xwmtxheej ceev fab kev kho mob, muaj ntau cheeb tsam uas koj tuaj yeem tau txais kev saib xyuas. Nws yog qhov tseem ceeb uas los xaiv txoj hauv kev zoo tshaj plaws kom koj tuaj yeem tau txais kev noj qab nyob zoo thiab ua kom muaj kev noj qab nyob zoo.

## Yog tias koj muaj mob lossis raug mob me ntsis:

**Mus ntsib koj tus kws kho mob xub thawj.**  
Koj tsim nyog hu koj tus kws kho mob ua ntej tas li rau qhov kev teem caij. Lawv yuav muaj kev teem caij sib ntsib ua vis dis aus lossis cov sijhawm so uas tej zaum yuav siv ua haujlwm kom zoo tshaj plaws rau koj.

Koj tus kws kho mob muaj daim npe nyob rau hauv koj Daim Npav ID Tswvcuab Ntawm Alliance. Yog tias koj tsis ntseeg siab tias koj tus kws kho mob yog leej twg, thov hu rau Alliance Lub Chaw Muab Kev Pab Cuam Tswvcuab ntawm **800-700-3874** (TTY: **800-735-2929** lossis 7-1-1), hnub Monday txog Friday txij thaum 8 a.m. txog 5:30 p.m.

**Yog tias koj tsis tuaj yeem mus ntsib koj tus kws kho mob:**  
Qee cov yam ntxwv mob tuaj yeem kho tau tas sim ntawd. Hoob kho mob xwmtxheej

ceev tsis tas yuav yog koj qhov kev xaiv xub thawj. Koj tuaj yeem:

- **Hu rau Tus Xov Tooj Nug Kev Pab Los Ntawm Tus Kws Tu Neeg Mob (Nurse Advice Line; NAL, raws li sau hauv lus Askiv):** Hu rau Alliance Tus Xov Tooj Nug Kev Pab Los Ntawm Tus Kws Tu Neeg Mob txhawm rau thov kev pab nrog rau yam uas yuav ua nyob rau tom ntej rau koj lossis koj tus me nyuam. Hu rau **844-971-8907** (TTY: Ntaus 7-1-1).

- **Mus cuag qhov kev saib xyuas maj ceev:**  
Mus cuag qhov kev saib xyuas maj ceev thaum koj muaj mob lossis muaj qhov raug mob uas tsis yog kev tso hem thawj rau lub neej txoj siab uas tsis tuaj yeem tos kom txog hnub tom ntej. Qhov no tuaj yeem yog ua npaws thiab ua daus no, nthuav thiab xeev siab, qhov mob uas yog kev tso zis, mob hawb pob me ntsis, lossis iav hlais tes.

## Cov xwmtxheej ceev txog kev tso hem thawj rau lub neej txoj sia

Yog tias koj muaj tus yam ntxwv mob txog kev tso hem thawj rau lub neej txoj sia, xws li txog siav, mob hauv siab, tsaus muag, kev fab tshuaj hnyav, hais lus tu ncab tu ncua, lossis kev ua tsis taus pa thiab kev tsis muaj zog, ces mus cuag hoob kho mob xwmtxheej ceev.

## Koj tsis muaj sijhawm rau tus mob khaub thusas

Thaum koj mus txais koob txhaj tshuaj tiv thaiiv kev mob khaub thusas, koj tuaj yeem pab tiv thaiiv tau koj tus kheej los ntawm kev sib kis khaub thusas. Tsis tag li ntawd koj kuj tuaj yeem tzo tau koj txoj kev sib kis khaub thusas mus rau lwm tus.

**Txhua tus neeg uas muaj noob nyog 6 hlis lossis laus dua tuaj yeem mus txhaj tshuaj tiv thaiiv khaub thusas tau, tshwj tsis yog lawv tus kws kho mob qhia kom mus txhaj lwm yam tshuaj.** Tus tib neeg uas hnub nyog nqis dua 19 xyoo yuav tsum mus txhaj tshuaj tiv thaiiv khaub thusas ntawm lawv tus kws kho mob lub chaw ua haujlwm.

Cov me nyuam uas muaj noob nyog 7 txog 24 hlis tus uas tau txhaj lawv cov tshuaj tiv thaiiv khaub thusas ncua ntawm Lub Cuaj Hlis Ntuj 2022 thiab Lub Tsib Hlis Ntuj 2023 yuav raug muab tso rau hauv ib txoj kev rho npe los saib seb lawv puas muaj feem yeej ib daim npav khoom plig \$100 mus rau lub khw Target!

**Cov tswvcuab ntawm Alliance tuaj yeem mus txhaj tshuaj tiv thaiiv yam tsis tau them nqi.** Ua qhov kev teem caij txhaj tshuaj tiv thaiiv lossis mus txhaj tshuaj nyob ntawm qhov chaw pub tuaj nyob rau hnub no.

Yog xav paub paub ntxiv, mus saib [www.thealliance.health/hmn/flu/](http://www.thealliance.health/hmn/flu/).

# Puas yog tsis nkag siab cov ntawv xa mus kho thiab cov kev tso cai? Peb tuaj yeem pab tau!

Peb xav ua kom ntseeg siab tias koj paub txog txoj hauv txais cov kev pab cuam uas tau pab them los ntawm koj li kev tuav pov hwm kev noj qab haus huv. Hauv qab no yog qee cov lo lus tseem ceeb thiab txhais tau tias.

## Daim ntawv xa mus kho:

Yog tias koj raug muab rau Alliance Thawj Kws Kho Mob (Primary Care Provider; PCP, raws li sau hauv lus Askiv), koj yuav tsum muaj **kev xa mus** sib lwm tus kws kho mob.

- Yog tias koj tus kws kho mob xub thawj xav tias koj yuav tau mus ntsib lwm tus kws kho mob, lawv yuav sau Daim Ntawv Foos Xa Mus Ntsib Thawj Zaug (Referral Consultation Form).
- Yog peb tsis muaj daim ntawv xa mus kho, peb yuav tsis tuaj yeem them daim ntawv sau nyiaj lossis daim ntawv thov los ntawm lwm tus kws kho mob.

## Qhov kev xa mus kho uas tau txais tso cai ua ntej:

Peb muaj cov cheeb tsam muab kev pab cuam nyob rau hauv cheeb nroog Merced, Monterey thiab Santa Cruz. Yog tias koj tus PCP xa koj mus rau tus kws kho mob nyob sab nrauv peb cov chaw muab kev pab cuam, lawv yuav tsum tau txais kev pom zoo los ntawm Alliance ua ntej lub sijhawm.

Qhov no hu ua **qhov kev xa mus kho uas tau txais kev pom zoo**.

- Qhov no txhais tau tias peb yuav tsum tau txais kev pom zoo xa mus kho ua ntej koj mus ntsib lwm tus kws kho mob.
- Yog tias koj yog ib tug tswvcuab ntawm Alliance Cov Kev Pab Saib Xyuas Mob Nkeeg Rau Tom Tsev (In-Home Support Services; IHSS, raws li sau hauv lus Askiv), koj kuj yuav tsum tau txais kev tso cai xa mus kho yog tias tus kws kho mob xub thawj tab tom xa koj mus rau tus kws kho mob uas ua haujlwm nrog Alliance—tab txawm tias tus kws kho mob nyob sab nrauv qhov chaw muab kev pab cuam xwb los xij.
- Cov tswvcuab ntawm Alliance tus uas tau sau npe rau hauv California Kev Pab Kho Mob Rau Menyuam Yaus (California Children's Services; CCS, raws li sau hauv lus Askiv) yuav tsum tau txais kev tso cai xa mus kho rau qhov kev saib xyuas tshwj xeeb.

## Kev tso cai ua ntej:

Lub Alliance yuav tsum pom zoo rau qee cov kev pab cuam, cov txheej txheem kho mob, cov tshuaj kho mob thiab tej khoom siv kho mob ua ntej koj mus nqa tau. Qhov no hu ua **kev tso cai ua ntej**.

- Tus kws pab kho mob uas yuav muab kev pab cuam yuav tsum xa daim ntawv thov rau peb txhawm rau qhia peb paub tias koj xav tau dab tsis thiab lub laj thawj twg.
- Yog tias qhov kev pab cuam, txheej txheem kho mob, tshuaj kho mob lossis khoom siv kho mob tseem ceeb rau qhov kev kho mob thiab qhov txiaj ntsig uas tau txais kev pab them, peb yuav muab kev pom zoo rau daim ntawv thov.
- Yog peb tsis kam thov, koj tuaj yeem sau daim ntawv thov kom rov qab txiav txim dua tau yog tias koj tsis pom zoo nrog peb qhov kev txiav txim.

» **RAU DAIM NTAWV TEEV NPE TXHUA** cov kev bab cuam uas tsis tas yuav xa mus rau, saib koj Daim Ntawv Puavpheej Hauv Kev Kho Mob thiab Ntawv Qhia (Evidence of Coverage; EOC, raws li sau hauv lus Askiv) lossis Phau Ntawv Rau Tus Tswvcuab. Saib hauv peb lub vev xais muaj Phau Ntawv Rau Tus Tswvcuab:  
[www.thealliance.health/hmn/memberhandbook](http://www.thealliance.health/hmn/memberhandbook).



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

Soj qab saib:

- Cov lus qhia thiab cov kev pab cuam rau Medi-Cal cov tswvcuab.

- Cov ntaub ntawv hais txog zej zog hauv cheeb tsam zej zog.

- Cov ntaub ntawv hloov kho dua tshiab txog tus kab mob COVID-19.



**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, website [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 yan lus uas yuav tsim tau tej yan 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.

Communications Project Specialist

Quality and Health Programs Supervisors

Randi Motson

Desirre Herrera  
and Mao Moua

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