



# Nyob Noj Qab Haus Huv

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



Lub Rau Hlis Ntuj Xyoo 2023 | XUV THIB 29, TSAB XOY XWM 2



## Mus kuaj mob ua ntej rov qab-mus-kawm ntawv

Tag lub xyoo kawm lawm thiab pib lub caij ntuj sov, nws yuav hnov tau tias nquag zog lawm rau lub xyoo kawm tom ntej uas tseem tshuav deb. Tiam sis koj puas tau poob siab dua los li tias koj tus menyuam tsis tuaj yeem pib mus kawm ntawv tau yog tsis tau txhaj qee cov tshuaj tiv thaiv kab mob? Koj puas tau sim teem sijhawm kom haum ua ntej pib kawm ntawv?

Koj yuav ua tau kom txhob nyuaj siab heev. Txhob tos kom txog thaum sijhawm kawg lawm. Pib tam sim no thiab hu koj tus menyuam tus kws kho mob los saib seb lawv puas tau txog sijhawm ntsuam xyuas mob thiab txhaj cov tshuaj tiv thaiv.

Lub Alliance los kuaj muab kev pab rau koj koj tus menyuam mus ntsib kws kho mob thiab txhaj cov tshuaj tiv thaiv kab mob rau menyuam. Mus saib pib

lub vevxais los kawm paub ntxiv:  
[www.thealliance.health/hmn/checkups](http://www.thealliance.health/hmn/checkups).

Koj los kuj tuaj yeem tau txais ntaub ntawv ntxiv nyob rau hom tshuaj tiv thaiv kab mob uas koj tus menyuam xav tau rau lub tsev kawm ntawv nyob hauv California Lub Tuam Tsev Haujlwm ntsig txog Zej Tsoom Kev Noj Qab Haus Huv (California Department of Public Health, raws li sau hauv lus Askiv) lub vevxais:  
[www.morehealth.org/cdph-vaccines](http://www.morehealth.org/cdph-vaccines).

**Qhov zoo  
ntawm qhov  
txiaj ntsig**



## Alliance li kev pab tshiab! Kev Kuaj Xyuas Fab Cim Xeeb

Fab cim xeeb txhais tias seb koj xav tawm tau zoo li cas, kawm thiab nco tau puas zoo. Alliance cov tswvcuab noob nyoog 65 xyoos thiab laus dua ntawd tam sim no tuaj yeem ua kev kuaj xyuas fab cim xeeb txhua xyoo. Qhov kev kuaj xyuas fab cim xeeb ua tau nyob ntawm koj tus kws kho mob lub chaw ua haujlwm. Ncuaj sijhawm kuaj xyuas, tus kws kho mob yuav nug cov lus nug txog cov yam ntxwv lossis cov tsos mob ntawm kev tsis nco qab zoo lawm lossis cim xeeb tsis zoo lawm.

Cov yam ntxwv ntawm cim xeeb tsis zoo lawm muaj nrog rau:

- Nco tsis tau tej npe tej khoom lossis tej npe ntawm tsev neeg.
- Rov nug dua lossis nug keeb kwm.
- Pheej nruab tej khoom tsis yog li.
- Ua rau tsis nkag siab lossis tsis nco qab lawm.

Cim xeeb tsis zoo tsis yog ib yam ib txwm muaj ntawm noob nyoog siab. Cov tib neeg cim xeeb tsis zoo muaj qhov hloov pauv hauv lub hlwb uas txav deb ntawm yam niaj hnuv ua hauv lub neej. Qhov no muaj nrog rau cov teeb meem fab kev nco tau, kev xav tawm thiab kev muaj laj thawj. Kab mob hlwb (Alzheimer) yog hom nquag muaj ua rau cim xeeb tsis zoo.

Nws tseem ceeb los ua kom paub thaum ntxov ntawm cov tsos mob cim xeeb tsis zoo. Qhov no yuav pab ua rau cov neeg mob tau txais cov kev kho thiab cov kev pab txhawb.

Yog koj muaj noob nyoog 65 xyoos lossis laus dua lawm, koj tuaj yeem nug koj tus kws kho mob txog ntawm qhov kev kuaj no. Tus kws kho mob los yuav nug koj txog ntawm cov yam ntxwv lossis cov tsos mob ntawm cim xeeb tsis zoo ncuaj sijhawm cov kev kuaj mob li niaj zaus.

## QHOV CHAW Rau Zej Zog Tej chaw muaj khoom noj lub caij ntuj sov

Kev yuav khoom noj rau koj cov menyuam yuav kim dua thaum tsis kawm ntawv lawm. Koj yuav tau txais cov khoom noj zoo rau koj tsev neeg los ntawm:

- Lub txhab khoom noj hauv zos.
- CalFresh.
- Koj tus menyuam lub tsev kawm ntawv hauv cheeb tsam.

Cov txhab khoom noj hauv zos muab khoom noj tshiab thiab pab koj tso npe nyob hauv CalFresh.

**Lub Cheeb Nroog  
Merced Lub Chaw  
Pab Muab Khoom Noj  
209-726-3663**

Nyob hauv Lub Cheeb Nroog Merced, koj tuaj yeem mus saib:

**Merced Lao Family  
Community, Inc.  
209-384-7384**

**Cov Koom Haum  
Kas Taus Liv  
209-383-2494**

**Lub Chaw Rau Khoom  
Noj Rau Tib Neeg  
(The People's Pantry)  
209-769-3231**

### CalFresh

CalFresh tuaj yeem pab koj tsev neeg kom tau nyiaj yuav khoom noj. Koj nrhiav tau ntaub ntawv txog ntawm hauv kev thov rau CalFresh ntawm [www.cdss.ca.gov/food-nutrition/calfresh](http://www.cdss.ca.gov/food-nutrition/calfresh).

### Cov plus su lub caij ntuj sov los ntawm tsev kawm ntawv hauv cheeb tsam

Txuas lus nrog koj lub tsev kawm ntawv hauv cheeb tsam hauv zos los kawm paub ntxiv yam muaj.

**Lub Chaw Pab  
Muab Khoom Noj  
Rau Lub Cheeb  
Nroog Monterey  
831-758-1523**

**Txhab Khoom Noj  
Second Harvest  
Santa Cruz Khauj Tim  
Tus Xov Tooj Pab  
Khoom Noj Hauv  
Zej Zog  
831-662-0991**

Hnuv Monday txog  
Friday, 8 a.m. txog  
4 p.m.



# Phau Ntawv Teev Npe Cov Kws Kho Mob thiab Phau Ntawv Qhia Tswvcuab

Phau Ntawv Teev Npe Cov Kws Kho Mob thiab Phau Ntawv Qhia Tswvcuab muaj cov ntaub ntawv tseem ceeb heev txog ntawm koj lub phiaj xwm.

- **Phau Ntawv Teev Npe Cov Kws Kho Mob**—sau tag nrho cov kws kho mob xub thawj uas sib koom rau hauv lub Alliance nev vawj.
- **Phau Ntawv Qhia Tswvcuab:** qhia koj txog ntawm qhov pab them rau uas lub Alliance muab rau koj.

Koj tuaj yeem saib Phau Ntawv Teev Cov Kws Kho Mob thiab Phau Ntawv Qhia Tswvcuab nyob rau peb lub vevxais ntawm [www.thealliance.health/hmn/for-members](http://www.thealliance.health/hmn/for-members). Hu Lub Chaw Pab Cuam Tswvcuab yog tias koj xav theej daim ntawv xa rau koj, xav tau kev pab nrhiav tus kws pab kho mob lossis muaj lus nug txog cov kev pab.

Sib tham nrog pab pawg Pab Cuam Tswvcuab, thov hu **800-700-3874**. Rau Tsab Xov Tooj Pab Cov Tsis Hnov Lus lossis Hais Lus Tsis Tau, hu rau **800-735-2929** (TTY: Ntaus **711**). Peb tuaj ntawm no thaum 8 a.m. txog 5:30 p. m, Hnub Monday mus txog Hnub Friday. Tus xov tooj no hu-dawb xwb. Yog koj hais lwm hom lus uas tsis yog lus Askiv, muaj kev pab txhais lus pub dawb rau koj.

Lwm cov nab npawb xov tooj tseem ceeb uas yuav tsum tau paub txog:

- Alliance Lub Chaw Pab Cuam Tswvcuab: **800-700-3874** (TTY: Ntaus **711**)
- Lub Alliance Tus Xov Tooj Nug Kev Pab Los Ntawm Tus Kws Tu Neeg Mob 24/7: **844-971-8907**
- Alliance Cov Kev Pab Txhais Lus: **800-700-3874, ext. 5580**

- Cov kev pab cuam kho mob kev nyuaj siab lossis puas siab puas ntsws: Carelon Behavioral Health, **855-765-9700**
- Lub Phiaj Xwm Pab Cuam Kho Qhov Muag (rau cov kev pab cuam ntsuam xyuas qhov muag raws caij): **800-877-7195**
- Medi-Cal Khoos Kas Kho Hniav (rau cov kev pab cuam kho hniav): **800-322-6384**
- 24/7 Medi-Cal Rx (rau cov kev pab cuam tsev tshuaj): **800-977-2273** (TTY: Ntaus **711**)
- Alliance Tus Xov Tooj Tswj Kho Mob: **800-700-3874, ext. 5512**
- Alliance Tus Xov Tooj Pab Qhia Kev Noj Qab Haus Huv: **800-700-3874, ext. 5580**
- Alliance Cov kev pab cuam thauj mus los: **800-700-3874**

## Lub npe tshiab, cov kev pab cuam kev noj qab haus huv fab siab ntsws zoo ib yam

Beacon Health Options tau hloov nws lub npe los ua Carelon Behavioral Health. Cov kev pab cuam thiab npawb xov tooj rau koj cov kev pab cuam kev noj qab haus huv fab puas siab ntsws yog zoo ib yam xwb.

Carelon Behavioral Health ntawm, **855-765-9700**. Tsab xov tooj hu dawb no qhib ib hnub 24 teev, 7 hnub ib vij.

Koj kuj tuaj yeem thov kev pab los ntawm kev hu rau Alliance Lub Chaw Muab Kev Pab Cuam Tswvcuab ntawm **800-700-3874** (TTY: Ntaus **711**), Hnub Monday txog Hnub Friday, thaum 8 a.m. txog 5:30 p.m.

Rau kev paub ntxiv nyob rau kev pab txhawb kev noj qab haus huv fab puas siab ntsws, mus saib [www.thealliance.health/hmn/mentalhealth](http://www.thealliance.health/hmn/mentalhealth).



# Nug koj tus **kws kho mob**

## Kev saib xyuas pov thaiv yog qhov tseem ceeb rau txiv neej kev noj qab haus huv

Dr. Bishop yog tus Thawj Kws Kho Mob nyob ntawm lub Central California Alliance for Health, pab cuam rau Merced, Monterey thiab Santa Cruz cov khauj tim.



*Nrog Dr. Dale Bishop*

Lub Rau Hli yog Lub Hlis Kev Noj Qab Haus Huv Ntawm Txiv Neej Hauv Lub Teb Chaws. Lub Hlis Kev Noj Qab Haus Huv Ntawm Txiv Neej tsom rau qhov tias vim li cas nws thiaj tseem ceeb rau cov txiv neej los saib xyuas lawv li kev noj qab haus huv. Tsuas yog ib nrab ntawm cov txiv neej laus tau mus ntsib tus kws kho mob rau kev saib xyuas pov thaiv nyob rau xyoo tag los. Cov txiv neej yuav tau txais kev saib xyuas qeeb txog thaum pom cov teeb meem tshwm sim loj lawm, ces thiaj ua rau cov yam no tshwm sim phem. Tam sim no yog ib lub sijhawm zoo rau cov txiv neej los teem sijhawm kuaj saib xyuas pov thaiv nrog rau lawv tus kws kho mob.

### Kev saib xyuas pov thaiv yog dab tsi? Vim li cas nws thiaj tseem ceeb?

Kev saib xyuas pov thaiv yog kev kuaj mos raws sijhawm. Qhov no suav nrog cov kev ntsuam xyuas thiab cov kev kuaj. Cov kev pab cuam no tuaj yeem pab pov thaiv mob nkeeg, nrhiav teeb

meem kev noj qab haus huv yooj yim thiab pab txhawb thoob plaws kev noj qab haus huv.

Mus saib xyuas pov thaiv mob yog ib feem rau koj ua kom tau txais cov lus teb rau koj cov lus nug txog kev noj qab haus huv. Tab txawm tias koj hnov muaj kev noj qab haus huv, kev ntsuam xyuas tas li yog ib txoj hauv kev zoo los lees paub txog koj li kev noj qab haus huv lossis nrhiav kom pom teeb meem ua ntej.

### Muaj cov kev saib xyuas pov thaiv li cas rau cov txiv neej?

Cov kev saib xyuas pov thaiv nquag muaj rau cov txiv neej yog:

- **Kev ntsuam xyuas lub cev.** Kev ntsuam xyuas ib xyoo ib lwm pab ua kom paub txog cov teeb meem kev noj qab haus huv, zoo ib yam li ntshav siab, ntshav muaj roj thiab ntshav qab zib.
- **Ntsuam xyuas.** Cov kev ntsuam xyuas tuaj yeem pab nrhiav cov yam ntxwv mob thaum ntxov, thaum tseem kho tau. Cov teeb meem kev noj qab haus huv uas nquag muaj nyob rau cov txiv

neej feem ntau yog mob khees xaws hauv thooj ntim kua phev, mob khees xaws hnyuv laus thiab mob plawv.

- **Cov tshuaj txhaj tiv thaiv kab mob.** Cov tshuaj txhaj tiv thaiv kab mob tawm tsam mob nkeeg, xws li khaub thuas thiab pneumonia.
- **Kev noj qab haus huv fab kev sib deev.** Sib tham txog ntawm cov kev hnyav siab txog kev sib deev nrog koj tus kws kho mob. Kom tau txais kev kuaj rau tej kab mob sib kis los ntawm kev sib deev li qhov xav tau.

### Lub Alliance puas them rau kev saib xyuas pov thaiv?

Yog. Koj tuaj yeem tau txais cov kev saib xyuas pov thaiv yam tsis sau nqi ntawm koj.

### Kuv yuav ua kev teem caij saib xyuas pov thaiv li cas?

Hu koj tus kws kho mob los teem sijhawm. Koj tus kws kho mob tus xov tooj muaj hauv daim npe nyob ntawm koj Daim Npav ID Tswvcuab Ntawm Alliance.



**Alliance kev pab tswvcuab!** Peb muaj cov khoos kas uas pab tswj cov tsos mob kho tsis zoo tu qab, xws li hawb pob, cov ntshav qab zib lossis mob ntshav siab. Cov no puav leej pab yam tsis xam nqi rau cov tswvcuab. Mus rau [www.thealliance.health/hmn/healthrewards/](http://www.thealliance.health/hmn/healthrewards/) los kawm paub txog ntawm cov khoos kas uas peb muab. Lossis hu rau Tus Xov Tooj Pab Ohia Kev Noj Qab Haus Huv **800-700-3874, ext. 5580.**

# Muaj ntau yam kev saib xyuas thiab pab txhawb rau cov tswvcuab

Kev Pab Txhawb Tswj Hwm Mob (Enhanced Care Management, ECM, raws li sau hauv lus Askiv) thiab Zej Zog Kev Pab Txhawb pab tau cov neeg tus uas muaj ntau yam teeb meem mob lossis xav tau kev pab txhawb teeb lawm li kev saib xyuas kho mob.

Koj tuaj yeem tau txais kev pab nrog rau:

- Tsev nyob.
- Tswj hwm koj cov xav tau fab kev kho mob.
- Kom tau txais khoom noj thiab pab tom qab tawm tsev kho mob.

## Kev Pab Txhawb Tswj Hwm Mob (Enhanced Care Management, ECM)

ECM cov kev pab cuam tuaj yeem pab qhia koj li kev saib xyuas kho mob. Cov kev pab cuam no tuaj yeem pab koj nrhiav cov kev pab cuam tshuam koj li kev saib xyuas. ECM qhia rau cov tswvcuab tus uas:

- Tsis muaj tsev nyob.
- Muaj cov teeb meem puas saib ntsws lossis kho quav yeeb tshuaj.
- Mus rau lub tsev kho mob tab sis tuaj yeem zam tau ntawm no.
- Muaj cai nyob rau hauv lub chaw saib xyuas ncuva ntev.
- Nyob hauv cov tsev laus tab sis xav kom rov mus tau rau hauv zej zog.
- Tab tom cev xeeb menyuam lossis yug menyuam nyob rau 12 lub hlis dhau los.
- Qee cov menyuam thiab cov hluas.

## Zej Zog Kev Pab Txhawb

Zej Zog Kev Pab Txhawb tuaj yeem pab koj nrog rau vaj tsev nyob, kom tau txais khoom noj thiab pab txhawb tom qab tawm tsev kho mob, thiab ntau yam ntxiv.

No yog qee cov hloov kho tshiab rau Zej Zog Kev Pab Txhawb:

- Cov kev pab cuam ua kom Siv Tau Tej Khoom Ib Puang Ncig thiab Hloov Kho Kom Siv Tau (Environmental Accessibility and Adaptability, EAA, raws li sau hauv lus Askiv). EAA pab cov tswvcuab tus uas xav tau kev hloov pauv nyob hauv lub tsev kom lawv nyob tau ntawm lawv tus kheej. Cov hloov

pauv tuaj yeem suav nrog cov chaw tuav lossis ua kom cov qhov rooj dav zog.

- Lub Khoos Kas Npaj Cov Pluas Noj Kom Haum Rau Kev Kho Mob (Medically Tailored Meals) tab sim no pab ntau yam rau cov tswvcuab uas muaj ntau yam mob kho nyiaj thiab kho tsis zoo tu qab. Cov puas noj kom haum rau kev kho mob muaj rau cov tswvcuab saib raws li yam ntxwv mob. Cov puas noj no yuav pab tau ua kom zoo los thiab tswj lawv kev noj qab haus huv.

Los kawm paub ntxiv txog ntawm kev tau txais cov kev pab cuam no, mus saib [www.thealliance.health/hmn/memberecmcs](http://www.thealliance.health/hmn/memberecmcs) lossis hu **831-430-5512**.





# Yam cov niam txiv tsim nyog paub txog ntawm kev nphav raug kuab txhuas

Kev nphav raug kuab txhuas yuav ua rau phom sij rau tus menyuam lub hlwb, tshwj xeeb cov muaj noob nyoog qis dua 6 xyoos. Qhov no vim yog cov menyuam tseem yau kev loj hlob sai thiab yuav ua rau tej khoom poob rau hauv lawv lub qhov ncauj. Cov poj niam cev xeeb menyuam nyog zam kev nphav rau kuab txhuas, vim lawv tus menyuam tuaj yeem raug kev cuam tshuam ib yam.

## Qhov twg ntxim li kuv tus menyuam yuav nphav raug kuab txhuas?

Kuab txhuas pom muaj nyob rau cov tsev qub lawm, ntawm chaw ua haujlwm thiab lwm qhov chaw. Nws tuaj yeem yog cov tshuab nqus dej, dej, cov xim pleev, av, tej chaw rau khoom noj, cov koom ua si, tej khoom kho tsev thiab khoom ua kom zoo kawm.

## Cov kuab txhuas uas ua kuab lom zoo li cas?

Cov menyuam uas noj tau kuab txhuas ua kuab lom feem ntau lawm ces yeej ua mob. Txawm li cas los, qee tus yuav mob taub hau, hnov nkees, koj cwj pwv



txawv lossis muaj teeb meem rau fab cim xeeb lossis kev kawm.

## Kuv yuav ua li cas thiaj pov thaiv tau kuv tsev neeg kom txhob nphav tau kuab txhuas?

- Nug koj tus menyuam tus kws kho mob kom muab lus qhia hais txog kev nphav tau kuab txhuas.
- Coj koj tus menyuam mus kuaj ntshav thaum muaj 1 thiab 2 xyoos. Yog koj tus menyuam dhau lub noob nyoog

no lawm, lawv tsim nyog mus kuaj ntshav tsis pub dhau 6 xyoos.

- Tshem cov khoom phom sij tawm ntawm koj tsev. Ua kom tej chaw huv thiab tsis muaj hmoov av.
- Nquag ntxuav tes tas li thiab txhob kov av.
- Muab tej khoom noj uas muaj kob hlau (iron), khaus xiaj (calcium) thiav viv tas mees C kom ntau rau koj tus menyuam. Khoom noj zoo yuav pab tau ua kom nqus tau kuab txhuas qeeb.

## Cov ntawv sau yuav tshuaj

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 uas yog hu **800-977-2273** (TTY: Ntaus **711**), 24 teev, 7 hnuv ib vij.

Yog tias koj yog ib tug tswvcuab ntawm IHSS, cov kev pab cuam fab chaw muag tshuaj yuav raug tswj los ntawm MedImpact. Koj tuaj yeem mus saib daim ntawv teev npe tshuaj nyob hauv Alliance lub vevxais 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 Kev Pab Cuam Tswvcuab ntawm **800-700-3874** (TTY: Ntaus **711**), hnuv Monday txog Friday, 8 a.m. txog 5:30 p.m. Koj los kuj hu tau rau Lub Chaw Kev Pab Cuam Tswvcuab yog tias koj muaj cov lus nug txog ntawm tshuaj kho mob.

# Kev nyob zoo rau txhua leej

## Tau txais cov khoom plig rau koj tsev neeg li kev noj qab haus huv






Peb muaj lub khoos kas muab kev pab tshiab rau cov tswvcuab noob nyoog 0–21 xyoos! Nrog *Kev Pib Noj Qab Haus Huv (Healthy Start)*, koj tuaj yeem tau txais xov npav khoom plig ntau txog \$250 los ntawm kev ua kom ntseeg tias koj tus menyuam tau mus txhaj tshuaj tiv thaiv kab mob thiab ntsuam xyuas raws sijhawm.



### Leej twg tau txais qhov khoom plig rau?

### Tau khoom plig li cas?

### Kuv yuav ua li cas thiaj tau khoom plig?

	Cov noob nyoog qis dua 15 lub hlis	<b>Daim npav ua khoom plig \$50</b>	Koj tus menyuam yuav tsum tau mus ntsuam xyuas mob nrog lawv tus kws kho mob 6 zaus.
	Cov noob nyoog 15–30 lub hlis	<b>Daim npav ua khoom plig \$25</b>	Koj tus menyuam yuav tsum tau mus ntsuam xyuas mob nrog lawv tus kws kho mob 2 zaug.
	Cov noob nyoog 18–21 xyoos	<b>Daim npav ua khoom plig \$25</b>	Cov tswvcuab yuav tsum tau mus ntsuam xyuas 1 zaug nrog lawv tus kws kho mob thaum lub Plaub Hlis Ntuj Tim 1 thiab Kaum Ob Hlis Ntuj Tim 31, 2023.
	2-xyoos	<b>Daim npav ua khoom plig \$100</b>	Koj tus menyuam yuav tsum tau txhaj tshuaj tiv thaiv kab mob txhua yam li yuav tau txhaj los ntawm lawv tus kws kho mob.
	13-xyoos	<b>Daim npav ua khoom plig \$50</b>	Cov tswvcuab yuav tsum ua kom tiav kev ntsuam xyuas mob 1 zaug nrog lawv tus kws kho mob nyob rau sijhawm 12 lub hlis thiab kom tau txais tag nrho cov tshuaj tiv thaiv kab mob los ntawm lawv tus kho mob.

Peb los kuj muaj ib lub Khoos Kas Cov Khoom Plig Rau Kev Noj Qab Haus Huv uas muaj khoom plig rau cov tswvcuab txhuas phaum noob nyoog! Rau kev paub ntixiv, mus saib [www.thealliance.health/hmn/healthrewards/](http://www.thealliance.health/hmn/healthrewards/).

Puas muaj lus nug? Hu lub Alliance Tus Xov Tooj Pab Qhia Kev Noj Qab Haus Huv: **800-700-3874, ext. 5580.**

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

Yog koj xav tau lub cheeb nroog tej ntabw ntawv los txuas sijhawm rau koj li Medi-Cal, lawv yuav xa ib daim ntawv coj los sau thiab xa rov qab. Medi-Cal: Nco ntsoov muab txhua cov ntabw ntawv rau lawv thaum lawv nug txog hnuv tim kawg. Koj tseem siv tau koj lub Medi-Cal kom txog thaum txuas sijhawm tiav.

Koj tshaj tawm hloov tau txhua cov kev hloov pauv koj tej ntabw ntawv kiag ntawm tus kheej, los ntawm xov tooj lossis los ntawm email. Lossis koj tuaj yeem mus hauv oos lais ntawm [www.mybenefitscalwin.org](http://www.mybenefitscalwin.org) lossis [www.coveredca.com/hmong](http://www.coveredca.com/hmong) lossis [www.benefitscal.com](http://www.benefitscal.com).

### No yog lub chaw ua haujlwm txuas lus rau txhua tej lub cheeb nroog:

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**

Rau ntabw ntawv kev paub ntxiv, mus saib [www.thealliance.health/hmn/updatemedical](http://www.thealliance.health/hmn/updatemedical).

# Mob siab saib xyuas kom tau raws li koj siab xav

Peb xav kom koj txaus siab nrog koj tus kws kuaj mob thiab peb cov kev saib xyuas. Yog tias koj muaj qhov tsis zoo siab, peb xav paub txog qhov ntawd.

Tej zaum koj yuav xa tau qhov tsis **kev tsis txaus siab** (los kuj tau hu ua qhov kev tsis zoo siab) yog tias:

- Koj tsis zoo siab nrog kev saib xyuas ntawm koj tus kws kho mob tab tom muab lossis txoj hauv kev koj raug kho nyob rau hauv lub chaw ua haujlwm.
- Koj tsis zoo siab nrog peb thaum koj ntsib rau hauv ib lub tsev kho mob lossis lwm lub chaw kuaj mob.
- Koj tau txais cov ntawv sau nqi rau cov kev pab cuam uas pab them los ntawm Alliance.
- Koj tsis tuaj yeem tau txais kev saib xyuas raws li qhov koj xav tau.
- Koj tsis zoo siab nrog cov kev pab cuam uas koj tau txais los ntawm Alliance.

Muaj ntau lwm lub laj thawj rau koj xa tau daim ntawv tsis txaus siab. Cov no tau teev tseg rau hauv koj Phau Ntabw Rau Tus Tswvcuab.

Koj xa tau qhov kom rov qab txiav txim dua yog koj tsis zoo siab nrog qhov kev txiav txim siab peb tau ua los hloov lossis tsis kam muab cov kev pab cuam.

### Txoj hauv kev los xa ib daim ntawv tsis txaus siab lossis thov kom rov qab txiav txim dua

Koj tuaj yeem xa tau qhov kev tsis txaus siab lossis qhov kev thov kom rov qab txiav txim dua los ntawm kev hu xov tooj rau Lub Chaw Kev 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 vevxais ntawm, [www.thealliance.health/hmn/file-a-grievance](http://www.thealliance.health/hmn/file-a-grievance).

### Cov kauj ruam tom ntej

Kiag 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.



## Lub Alliance tab tom sau ntawv rau cov tswvcuab txog ntawm kev txuas sijhawm rau lawv qhov kev pab them nqi ntawm Medi-Cal!

Medi-Cal txuas sijhawm yuav los sai sai no. Tej zaum koj yuav tau txais ib tsab ntawv los ntawm peb txog kev txuas sijhawm txog koj li Medi-Cal.



**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 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.

Communications Project Specialist  
Quality and Health Programs Supervisors

Randi Motson  
Desirre Herrera  
and Mao Moua

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