



# Nyob Noj Qab

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



Lub Peb Hlis Ntuj Xyoo 2022 | PHAU 28, TSAB XOY XWM 1

## Kev Kuaj Mob Thawj Zaug: Nws yog dab tsi thiab vim li cas nws thiaj li tseem ceeb



Yog tias koj yog ib tug tswvcuab tshiab ntawm Alliance, koj yuav raug thov kom ua kom tiav qhov Kev Kuaj Mob Thawj Zaug (Initial Health Assessment, IHA). Qhov IHA yuav tau ua kom tiav ncuaj sijhawm thawj zaug uas koj mus ntsib koj tus kws kho mob xub thawj. Tus kws kho mob xub thawj no kuj tau muab hu ua tus thawj kws kho mob lossis PCP. Lub hom phiaj ntawm qhov IHA yog ua kom koj tus PCP paub txog koj li keeb kwm kev noj qab haus huv thiab cov kev saib xyuas mob uas xav tau. Ncuaj sijhawm qhov kev mus saib mob, tej zaum koj tus PCP yuav nug koj rau cov lus nug hais txog koj li keeb

kwm kev noj qab haus huv lossis thov kom koj ua kom tiav qhov kev ntsuam xyuas kev noj qab haus huv. Dhau li no lawm, tej zaum koj tus PCP yuav qhia koj txog ntawm kev sib sab laj kev kawm fab kev noj qab haus huv thiab cov chav kawm uas yuav pab tau koj. Yog tias koj tus menyuam yog ib tug tswvcuab tshiab ntawm Alliance yuav tau ua kom tiav qhov IHA nrog rau koj tus menyuam tus thawj kws kho mob lossis PCP.

Yog tias koj lossis koj tus menyuam yog ib tug tswvcuab tshiab ntawm Alliance thiab xav tau kev pab nrhiav ib tug kws kho mob thov hu rau Kev Pab Cuam Tswvcuab ntawm

**800-700-3874** (TTY: Ntaus 7-1-1). Nws yog qhov tseem ceeb rau koj tus kws kho mob los ua kom tiav qhov IHA tsis pub dhau 120 tom qab koj sau npe tshiab rau lub Alliance. Koj tuaj yeem hu tau rau koj tus PCP txhawm rau ua kev teem caij rau koj qhov kev teem caij sib ntsib ua qhov IHA. Thaum koj hu rau koj tus PCP koj tuaj yeem qhia tau koj tus nab npawb ID Ua Tswvcuab Ntawm Alliance uas nyob rau ntawm koj daim npav ID tshiab rau nws. Xav kom koj nqa koj daim npav ID Alliance thiab daim npe koj cov tshuaj kho mob nrog koj mus rau koj qhov kev teem caij sib ntsib nrog tus kws kho mob.

# Txoj hauv kev zoo tshaj plaws uas saib xov xwm tshiab yam tsis tu ncuu hais txog kab mob COVID-19

Tau muaj kev hais ntau tsav ntau yam nyob rau hauv xov xwm, nyob rau hauv tej kev tshaj xov xwm saum huab cua thiab nyob rau hauv peb cov zej zog hais txog kab mob COVID-19. Nws yog qhov tseem ceeb uas yuav tau txais koj cov ntaub ntauv los ntawm cov chaw uas tuaj yeem ntseeg siab tau. Cov chaw uas tuaj yeem ntseeg siab tau no muaj xws li:

- Cov Chaw Tswj thiab Pov Thaiv Kab Mob (Centers for Disease Control and Prevention, CDC) lub vev xaib kab mob COVID-19: [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus).
- Lub chaw ua haujlwm saib xyuas kev noj qab haus huv ntawm koj lub cheeb nroog.

## Lub Cheeb Nroog Merced

Tus nab npawb xov tooj maj ceev: **209-381-1200** (Hnub Monday txog Hnub Friday, 8 a.m. txog 5 p.m.)

Lub vev xaib kab mob COVID-19: [co.merced.ca.us/3350](https://www.co.merced.ca.us/3350)

## Lub Cheeb Nroog Monterey

Tus nab npawb xov tooj maj ceev: **831-769-8700** (Hnub Monday txog Hnub Friday, 8 a.m. txog 5 p.m.)

Vev xaib kab mob COVID-19: [co.monterey.ca.us/government/departments-a-h/health/diseases/2019-novel-coronavirus-covid-19](https://www.co.monterey.ca.us/government/departments-a-h/health/diseases/2019-novel-coronavirus-covid-19)

## Lub Cheeb Nroog Santa Cruz

Tus nab npawb xov tooj maj ceev: **831-454-4242** (Hnub Monday txog Hnub Friday, 8 a.m. txog 5 p.m. lossis hu rau 211 dhau ntawm cov teev sijhawm no)

Vev xaib kab mob COVID-19: [santacruzhealth.org/HSAHome/HSADivisions/PublicHealth/CommunicableDiseaseControl/CoronavirusHome.aspx](https://www.santacruzhealth.org/HSAHome/HSADivisions/PublicHealth/CommunicableDiseaseControl/CoronavirusHome.aspx)

## Koj tus kws kho mob xub thawj

Yog tias koj tsis paub tseeb tias koj tus kws kho mob xub thawj yog leej twg lossis xav los xaiv ib tug kws kho mob xub thawj, koj tuaj yeem hu tau rau Alliance Lub Chaw Pab Cuam Tswvcuab, thiab qee tus leej neeg uas yuav pab koj. Tus nab npawb xov tooj yog **800-700-3874** (TTY: **877-548-0857**) Hnub Monday txog Hnub Friday, thaum 8 a.m. txog 5:30 p.m.

Koj tuaj yeem mus tshawb nrhiav cov ntaub ntauv hauv Alliance lub vev xaib txog ntawm tus kab mob COVID-19 rau Medi-cal cov tswvcuab ntawm [www.thealliance.health/covid-19-info](https://www.thealliance.health/covid-19-info).

Peb los kuj yuav tso tawm cov xov xwm hloov kho dua tshiab los ntawm cov chaw uas tuaj yeem ntseeg siab tau, xws li cov saum toj ntawd, nyob rau hauv peb li Facebook page: [facebook.com/TheAllianceForHealth](https://www.facebook.com/TheAllianceForHealth).

## Peb cov chaw ua haujlwm qhib lawm!

Lub Alliance tau rov qib dua nws cov chaw ua haujlwm dua nyob rau hauv cheeb nroog Merced, Monterey thiab Santa Cruz. Yog tias koj xav nrog tus neeg sawv cev hauv lub Alliance tham tim ntsej tim muag, tej zaum koj yuav pib tau tam sim no.

Lub Alliance yuav ua raws li cov lus qhia txog kev noj qab haus huv rau pej xeeb txhawm rau tiv thaiv kom kev sib kis ntawm tus kab mob COVID-19 muaj tsawg zuj zus thiab ua kom muaj kev noj qab haus huv thiab kev nyab xeeb rau peb cov neeg ua haujlwm thiab cov qhua tuaj saib xyuas.

Koj tuaj yeem tuaj ntsib peb tau nyob rau ntawm cov chaw hauv qab no:

### Lub Chaw Ua Haujlwm Hauv Lub Cheeb Nroog Merced

530 West 16th Street, Suite B, Merced, CA 95340  
Hnub Monday txog Hnub Friday, 8 a.m. txog 5 p.m.

### Lub Chaw Ua Haujlwm Hauv Lub Cheeb Nroog Monterey

950 East Blanco Road, Suite 101, Salinas, CA 93901  
Hnub Monday txog Hnub Friday, 8 a.m. txog 5 p.m.

### Lub Chaw Ua Haujlwm Loj Hauv Lub Cheeb Nroog Santa Cruz

1600 Green Hills Road, Suite 101, Scotts Valley, CA 95066  
Hnub Monday txog Hnub Friday, 8 a.m. txog 5 p.m.

Tej zaum koj kuj tseem yuav tuaj yeem hu tau rau peb pab neeg ua haujlwm hauv Lub Chaw Pab Cuam Tswvcuab tau ntawm **800-700-3874**, Hnub Monday txog Hnub Friday, 8 a.m. txog 5:30 p.m. Yog tias koj xav tau kev pab txhais lus, peb muaj tus xov tooj hu tshwj xeeb kom tau txais tus neeg txhais lus uas paub hais koj hom lus, muaj pab dawb 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**).

Koj tsis tas yuav hu xov tooj los sis tuaj ntsib kiag. Koj tuaj yeem nkag mus saib peb lub vev xaib tau ntawm [www.thealliance.health](https://www.thealliance.health) txhawm rau kom tau txais kev nkag mus saib ntau yam kev pab cuam tswvcuab tau tam sid, suav nrog:

- Kev hloov pauv koj daim npav ID.
- Kev hloov kho koj cov ntaub ntauv ntiag tug.
- Kev xaiv koj tus kws kho mob.

# Koj puas tau paub tias Alliance muab cov kev pab cuam kev kawm fab kev noj qab haus huv?

Nyob rau ntawm Alliance, peb saib xyuas koj li kev noj qab haus huv lawm! Qhov ntawd yog lub laj thawj uas peb cov pab cuam kev kawm fab kev noj qab haus huv muab cov cuab yeej rau Alliance cov tswvcuab raws li lawv xav tau txhawm rau kom muaj kev noj qab nyob zoo thiab nyob muaj kev noj qab nyob zoo. Yuav tsis muaj nqi dab tsi rau Alliance cov tswvcuab uas mus koom nrog.

Lub Alliance muab cov kev pab cuam uas tuaj yeem pab tau koj tswj tus yam ntxwv mob kho zoo tsis tu qab, uas suav nrog: ***Txoj Kev Pab Cuam Kho Mob Ntshav Qab Zib thiab Tus Yam Ntxwv Mob Uas Muaj Kev Pheej Hmoo Mob Ntshav Qab Zib (Diabetes and Prediabetes Programs)***—pab qhia cov tswvcuab txog kev tswj mob ntshav qab zib lossis cov yam ntxwv mob uas muaj kev pheej hmoo mob ntshav qab zib.

***Txoj Kev Pab Cuam Kom Ua Tau Pa Yoojyim Mus Tas Sim Neej (Healthy Breathing for Life)***—pab qhia cov tswvcuab txog kev tswj mob hawb pob.

***Txoj Kev Pab Cuam Kom Noj Qab Haus Huv (Healthier Living Program)***—rau cov tswvcuab uas ua neej nyob nrog cov yam ntxwv mob uas kho zoo tsis tu qab xws li mob ntshav qab zib, mob ntshav siab lossis kev nyuaj siab. Cov hoob kawm tau muab nyob rau hauv peb txoj hauv kev uas sib txawv:

- Los ntawm xov tooj.
- Cuag li yog tiag nrog rau cov rooj sib tham hauv oos lais.
- Tim ntsej tim muag (*tam sim no tau muab ncuu tseg vim qhov muaj kab mob sib kis loj*).

Alliance cov tswvcuab uas kawm tag nrho rau chav kawm lawm tuaj yeem tau txais ib daim npav khoom plig Lub Hom Phiaj \$50.

***Wellness that Works (tag los hu ua Weight Watchers)***—pab qhia cov tswvcuab uas muaj hnub nyoog 18 xyoo thiab tshaj ntawd txog kev tswj qhov hnyav.

Lub Alliance los kuj muab cov kev pab cuam uas tuaj yeem pab tau koj thiab koj tsev neeg kom muaj kev noj qab nyob zoo, uas suav nrog:

***Txoj Kev Pab Cuam Kom Cov Leej Niam thiab Menyuum Mosliab Noj Qab Haus Huv (Healthy Moms and Healthy Babies)***—rau cov tswvcuab uas cev xeeb menyuum thiab cov tswvcuab uas tsis ntev los no tau muaj menyuum mos. Peb tuaj yeem pab tau kev kawm fab kev noj qab haus huv ua ntej yug menyuum thiab tom qab yug menyuum, kev pab txhawb kev pub niam mis, kev saib xyuas menyuum thiab kev tu menyuum. Peb los kuj tuaj yeem muab tau cov kev xa txuas mus rau cov chaw muab kev pab hauv cheeb tsam.

Alliance cov tswvcuab uas tau mus ntsib lawv tus kws kho mob nyob rau thawj 13 vij ntawm cev xeeb menyuum yuav tau koom nrog qhov kev khwv yees rho daim npav khoom plig Lub Hom Phiaj \$50. Cov tswvcuab uas tau mus ntsib lawv tus kws kho mob peb txog yim vij tom qab yug menyuum yuav tau txais daim npav khoom plig Lub Hom Phiaj \$25.

***Txoj Kev Pab Cuam Cia Lub Cev Hnyav Kom Haum Yuav Pab Tau Muaj Kev Noj Qab Nyob Zoo Mus Tag Tiam (Healthy Weight for Life)***—rau cov niam txiv uas muaj cov menyuum muaj hnub nyoog ncuu li ntawm 2 txog 18 xyoo. Txoj kev pab cuam no muab cov hauv kev tshiab los pab cov menyuum kom muaj qhov hnyav haum uas ua rau

muaj kev noj qab nyob zoo thiab ua kom cov kev hloov pauv kev ua neej muaj kev noj qab nyob zoo zog tuaj. Cov hoob kawm tau muab nyob rau hauv peb txoj hauv kev uas sib txawv:

- Los ntawm xov tooj.
- Cuag li yog tiag nrog rau cov rooj sib tham hauv oos lais.
- Tim ntsej tim muag (*tam sim no tau muab ncuu tseg vim qhov muaj kab mob sib kis loj*).

Alliance cov tswvcuab uas kawm tag nrho 10 chav kawm lawm tuaj yeem tau txais ib daim npav khoom plig Lub Hom Phiaj \$100. Cov tswvcuab los kuj tseem tuaj yeem koom tau nrog kev khwv yees rho ib lub tsheb kauv vab.

***Kev Pab Cuam Txiaiv Haus Luam Yeeb (Tobacco Cessation Support)***—rau cov tswvcuab uas xav tso tseg kev haus luam yeeb thiab/lossis kev siv khoom luam yeeb. Peb txhawb nqa qhov kev pov thaiv thiab kev txiaiv haus luam yeeb, thiab peb muab ntau txoj hauv kev los pab cov tswvcuab txiaiv luam yeeb lossis kev siv tej cov khoom luam yeeb twg.

Yog tias koj xav sau npe rau txoj kev pab lossis muaj lus nug, thov hu rau lub Alliance Phab Qhia Kev Noj Qab Haus Huv Tus Xov Tooj ntawm **800-700-3874, ext. 5580**. Yog tias koj xav tau kev pab txhais lus, thov hu rau Rau Tus Xov Tooj Pab Cuam Cov Neeg Uas Tsis Hnov Lus lossis Hais Lus Tsis Tau ntawm **800-735-2929** (TTY: Ntaus **7-1-1**). Tus nab npawb xov tooj no yog tus xov tooj tshwj xeeb txhawm rau kom tau txais ib tug kws txhais lus uas hais koj hom lus, yam uas tsis xam nqi rau koj.

# Alliance Cov Kev Pab Cuam Txhais Lus

Txhawm rau pab kom cov tswvcuab muaj kev sib txuas lus nrog lawv tus kws kho mob thiab nrog peb zoo zog tuaj, lub Alliance muaj cov kev pab cuam txhais lus hauv xov tooj thiab txhais lus tsim ntsej tim muag tib si, thiab txhais ntaub ntawv rau cov tswvcuab, yam tsis xam nqi.

## Cov tswvcuab tuaj yeem thov tau:

- Ib tug kws txhais Lus Piav Tes (American Sign Language, ASL) uas tau txais kev xyaum lawm.
- Ib tug kws txhais lus uas tau txais kev xyaum lawm.
- Alliance cov ntaub ntawv uas tau sau ua Ntawv Xuas, luam tawm ua tus niam ntawv loj lossis kaw ua suab.
- Alliance cov ntaub tawv uas tau muab sau ua hom lus uas lawv yuav nkag siab.

Yog tias koj xav hu rau Alliance Cov Kev Pab Cuam Txhais Lus, lossis muaj cov lus nug, thov hu rau Alliance Lub Chaw Pab Cuam Tswvcuab (Alliance Member Services Department) ntawm tus xov tooj **800-700-3874**. 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**).



## Muaj cov tshuaj tshiab kho tus mob ntshav qab zib hom 2

Mob ntshav qab zib tuaj yeem tsim tau kev puas tsuaj rau koj ob lub raum, ob lub qhov muag, cov leeg xa xov thiab tsim ua rau muaj lwm yam teeb meem. Nws yog qhov tseem ceeb uas yuav tau tswj koj li ntshav muaj piam thaj kom zoo. Qee cov tshuaj kho mob ntshav qab zib hom 2 tuaj yeem pab tau:

- Koj qib ntshav muaj piam thaj.
- Koj li kev muaj ntshav siab thiab qhov hnyav.
- Pov thaiv koj lub plawv thiab ob lub raum.

Muaj ntau yam tshuaj uas kho mob ntshav qab zib hom 2.

**Cov npe tshuaj kho mob:** [Invokana](#), [Jardiance](#), [Farxiga](#), [Steglatro](#)

**Cov tshuaj ntawd yuav ua li cas:** tshem tawm cov piam thaj tawm nrog koj cov zis (tso zis). Cov tshuaj kho mob no yuav zoo rau koj lub raum thiab lub plawv. Cov tshuaj kho mob ntawd yuav pab txo koj qhov hnyav thiab txhim kho qhov muaj ntshav siab.

**Cov kev phiv los ntawm noj tshuaj uas tej zaum yuav muaj:** kev kis mob yeast, kev kis mob ntawm hlab zis (urinary tract infection, UTI) thiab cev qhuav dej.

**Cov npe tshuaj kho mob:** [Byetta](#), [Bydureon](#), [Victoza](#), [Trulicity](#), [Ozempic](#), [Rybelsus](#)

**Cov tshuaj ntawd yuav ua li cas:** pab kev zom khoom noj qeeb. Cov tshuaj ntawd pab txo tau qhov hnyav zoo heev. Victoza, Trulicity thiab Ozempic muaj yam zoo tshwj xeeb rau

koj lub plawv. Tom qab noj hom tshuaj kho mob no yuav ua rau koj hnov tias tsau plab, uas pab koj txo qhov hnyav.

**Cov kev phiv los ntawm noj tshuaj uas tej zaum yuav muaj:** xeev siab, nthuav thiab raws pab uas yuav zoo zuj zus tuaj tom qab sijhawm dhau mus.



Yog tias koj muaj mob ntshav qab zib hom 2, nug koj tus kws kho mob seb puas muaj tej hom tshuaj twg ntawm cov tshuaj kho mob no uas phim rau koj.

MEDI-CAL RX

# Yam dab tsi kuv yuav tau paub?

**Vim tias Lub Ib Hlis Ntuj Tim 1, 2022**, koj cov ntawv sau yuav tshuaj uas tau mus nqa nyob ntawm ib lub tsev muag tshuaj tau pab them los ntawm Medi-Cal Rx, tsis yog lub Alliance lawm. Medi-Cal Rx yog ib txoj kev pab tshiab los ntawm Lub Tuam Tsev Hauj Lwm Saib Xyuas Cov Kev Pab Kho Mob (Department of Health Care Services) los pab koj nrog rau cov koj xav tau hauv tsev muag tshuaj.

Thaum sau ib daim ntawv yuav tshuaj rau ntawm lub chaw muag tshuaj, koj yuav tsum muab koj Daim Npav Qhia Kev Txais Kho Mob (Benefits Identification Card; BIC, raws li sau hauv lus Askiv) qhia rau lawv. Koj yuav tsum tau txais nws thaum koj pib los ua ib tug tswv cuab ntawm Medi-Cal.

Nws muaj ob (2) hom ntawm daim npav BIC, li pom hauv qab no, thiab daim twg los yeej siv tau.

Koj daim npav Alliance yuav tsis siv tau rau cov tsev muag tshuaj lawm thaum sau daim ntawv yuav tshuaj. Txawm li cas los, lub Medi-Cal Rx tus xov tooj yeej tseem muaj npe nyob rau hauv koj daim npav Alliance.

Yog koj muaj lus nug txog ntawm koj lub tsev muag tshuaj cov kev pab, xav tau kev pab nrhiav lub tsev muag tshuaj los sis tsis zoo siab rau cov kev pab cuam uas Medi-Cal Rx muab kev pab thiab xav sau ib daim ntawv hais kev tsis txaus siab, hu Medi-Cal Rx ntawm **800-977-2273** (TTY: Ntaus **7-1-1**) los sis mus rau **medi-calrx.dhcs.ca.gov**. Lawv qhib 24 teev hauv ib hnuv, 7 hnuv hauv ib lub vij.

Yog koj tsis zoo siab rau Medi-Cal Rx, koj tuaj yeem xa tau ib qhov tsis txaus siab uas yog sau Medi-Cal Rx Daim Foos Tsis Txaus Siab hauv oos lais ntawm **medi-calrx.dhcs.ca.gov/cms/medicalrx/static-assets/documents/member/complaints/Medi-Cal\_Rx\_Complaint\_Form\_v1.0.pdf**.

Lwm yam ntaub ntawv hais txog ntawm Medi-Cal Rx yog muaj nyob hauv peb lub vev xaib ntawm **www.thealliance.health/hmn/for-members/get-care/prescription-drugs-and-pharmacy-benefits/introducing-medi-cal-rx**.



Yog koj tsis muaj daim npav BIC, koj tuaj yeem thov hloov ib daim tau dawb. Thov hu rau koj lub chaw ua haujlwm Medi-Cal hauv koj lub zej zos.

**Lub Cheeb Nroog Merced**  
Lub Koom Haum Pab Cuam Tib Neeg  
**209-385-3000**

**Lub Cheeb Nroog Monterey**  
Lub Tuam Tsev Hauj Lwm Muab Kev Pab Rau Cov Pej Xeem (Department of Social Services)  
**877-410-8823**

**Lub Cheeb Nroog Santa Cruz**  
Lub Tuam Tsev Hauj Lwm Pab Cuam Tib Neeg  
**888-421-8080**



## Cov kev hloov kho dua tshiab daim ntawv teev cov tshuaj noj

Yog tias koj yog ib tug tswvcuab ntawm Medi-Cal, koj cov ntawv sau yuav tshuaj uas tau sau nyob rau ntawm tsev muag tshuaj yuav tau pab them los ntawm Medi-Cal Rx, tsis yog lub Alliance lawm. Koj tuaj yeem saib tau tus qauv tshuaj rau Medi-Cal Rx ntawm **medi-calrx.dhcs.ca.gov**, lossis koj tuaj yeem thov theej los ntawm hu rau **800-977-2273**

(TTY: Ntaus **7-1-1**), 24 xuab moos rau ib hnuv, 7 hnuv rau ib vij.

Yog tias koj yog ib tug tswvcuab ntawm IHSS, daim ntawv teev cov tshuaj noj thiab cov kev tso cai yuav raug tswj los ntawm MedImpact. Koj tuaj yeem saib tau tus qauv tshuaj nyob rau hauv lub Alliance lub vev xaib ntawm **www.thealliance.health/**

**for-providers/manage-care/pharmacy-services/pharmacy-formulary**. Koj tuaj yeem thov theej tawm tau ib daim los ntawm kev hu rau Kev Pab Cuam Tswvcuab ntawm **800-700-3874** (TTY: **7-1-1**), hnuv Monday txog hnuv Friday, 8 a.m. txog 5:30 p.m. Yog tias koj muaj lus nug txog tshuaj kho mob, hu rau MedImpact ntawm tus xov tooj **800-788-2949**.

# Cov kev pab muab tsheb thauj mus los

Nws yog dab tsi thiab nws ua haujlwm li cas



Koj puas tau paub tias Alliance muab kev thauj mus los rau koj tus kws kho mob cov kev teem caij sib ntsib thiab rau kev mus qha cov tshuaj kho mob uas muaj ntawv sau yuav?

Muaj ob hom rau cov tswvcuab:

## Kev pab thauj mus los rau kev kho mob uas tsis yog xwmtxheej ceev (Non-emergency Medical Transportation, NEMT)

### NEMT yog rau thaum koj:

- Xav tau kev pab coj nkag thiab tawm ntawm lub tsheb lossis muaj cov kev xav tau kev thauj mus los tshwj xeeb.
- Muaj daim ntawv sau yuav tshuaj los ntawm koj tus kws kho mob uas yuav tau siv qhov kev pab cuam no.

### Cov ua piv txwv ntawm NEMT yog:

Thaum tus tswvcuab xav tau kev thauj mus los-los ntawm lub tsheb tub uas thauj tau lub rooj zaum muaj log, tsheb thauj neeg mob, lossis dav hlau.

## Kev Thauj Mus Los Uas Tsis-Yog Kho Mob (Non-medical Transportation, NMT)

### Qhov kev pab no tsuas yog muaj rau Medi-Cal cov tswvcuab nkaus xwb. NMT yog rau thaum koj:

- Muaj peev xwm nkag tau thiab tawm tau ntawm lub tsheb yam uas tsis tas tos kev pab.

- Tsis xav tau khoom siv kho mob tshwj xeeb thaum uas mus lossis los ntawm qhov kev teem caij sib ntsib uas tau txais kev tso cai.
- Muaj peev xwm qhia tau tias koj tsis muaj lwm txoj hauv kev xaiv rau kev thauj mus los lawm.

### Cov ua piv txwv ntawm NMT yog:

- Thaum tus tswvcuab tuaj yeem siv tau lub tsheb npav thauj mus los rau zej tsoom, tsheb tav xij thiab tsheb sib koom caij (Lyft/Uber).

### Txoj hauv kev thov rau cov kev pab cuam kev thauj mus los NEMT lossis NMT:

- **Rau NEMT:** Yam tsawg kawg 5 hnuv ua haujlwm ua ntej koj qhov kev teem caij sib ntsib, **hu rau lub Alliance ntawm tus xov tooj 800-700-3874, txuas rau 5640 lossis 831-430-5640**, hnuv Monday txog hnuv Friday thaum 8 a.m. txog 5 p.m.
- **Rau NMT:** Yam tsawg kawg 5 hnuv ua haujlwm ua ntej koj qhov kev teem caij sib ntsib, **hu rau lub Alliance ntawm tus xov tooj 800-700-3874** (TTY: Ntaus 7-1-1),

Hnuv Monday txog Hnuv Friday thaum 8 a.m. txog 5:30 p.m.

- Thaum koj muaj kev teem caij sib ntsib maj ceev, hu kom sai li sai tau raws li koj tuaj yeem hu tau tab sis thov kom paub tias yuav tsis tuaj yeej lav tau cov kev pab cuam.
- Thov npaj kom muaj koj daim npav ID Ua Tswvcuab ntawm Alliance thaum koj hu tuaj.
- Rau cov kev hloov pauv cov kev thov tshwj tseg ua ntej, **yuav tsum tau ceeb toom ua ntej 24-teev.**

Yuav tsum tau muaj kev tso cai ua ntej Yog tias koj muaj cai tau txais cov kev pab cuam kev thauj mus los, lub Alliance yuav txiav txim txoj hauv kev xaiv uas koj xav tau thiab pab koj ua kev teem caij rau koj qhov kev pab cuam kev thauj mus los.

Kev thauj mus lossis los tsuas muaj rau qhov kev pab cuam uas tau pab them ntawm Medi-Cal xwb, uas suav nrog cov kev teem caij sib ntsib fab kev kho mob, kev noj qab haus huv fab siab ntsws, kev quav yeeb tshuaj thiab kev kho hniav.



Txhawm rau kawm paub ntiv txog qhov kev pab kho mob no, thov saib Daim Ntawv Puavpheej Hauv Kev Kho Mob thiab Ntawv Qhia (Evidence of Coverage, EOC), lossis hu rau Kev Pab Cuam Tswvcuab ntawm **800-700-3874** (TTY: Ntaus **7-1-1**), Hnuv Monday txog Hnuv Friday thaum 8 a.m. txog 5:30 p.m.

# Yuav zam li cas thiaj li tsis plam cov kev teem caij ntsib nrog koj tus kws kho mob

Cov neeg mob keev tsis mus rau lawv qhov tau teem caij mus ntsib kws kho mob (hu tias tsis muaj tshwm ntsej muag). Tej zawm lawv yuav muaj lub thawj tias:

- Tau hnov qab txog qhov teem caij mus ntsib lawm.
- Tsis muaj hauv kev uas yuav mus tau rau lawv qhov kev teem caij sib ntsib.
- Tsis muaj peev xwm mus ntsib thiab tsis tau hu xov tooj mus thim qhov mus ntsib rau tim tus kws kho mob chav lis haujlwm.

Thaum cov tswvcuab tsis mus tshwm ntsej muag raws li qhov teem caij mus ntsib, lawv qhov kev saib xyuas mob nkeeg yuav raug ncu. Nws tseem ceeb rau peb cov tswvcuab uas yuav tau txais kev saib xyuas kom yog lub sijhawm!

## Yuav zam li cas kom tsis pub muaj qhov tsis mus tshwm ntsej muag

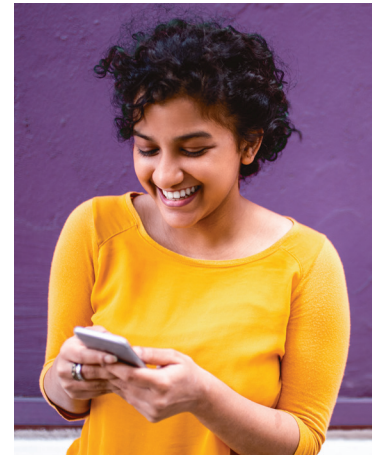
- Kho tshiab koj tej ntaub ntawv sib txuas lus nrog koj tus kws kho mob chav lis haujlwm kom lawv muaj koj tej ntaub ntawv sib txuas lus tam sim no. Qhov no yuav pab ua rau koj tau txais kev ceeb toom kom nco txog koj qhov teem caij mus ntsib.
- Yog tias koj tsis tuaj yeem mus ntsib tau, thov hu xov tooj rau koj tus kws kho mob chav lis haujlwm mus qhia lawv paub tias koj xav teem caij mus ntsib dua tshiab.

Nov yog qee yam ntaub ntawv pab koj ua kom tau txais kev saib xyuas koj yog lub sijhawm:



**Kev Pab Txhais Lus:** Koj tsis tas siv tsev neeg lossis cov phooj ywg txhais lus rau koj. Koj tus kws kho mob tuaj

yeem hu ib tsab xov tooj tshwj xeeb mus thov ib tug kws txhais lus uas hais tau koj hom lus rau koj. Ces koj thiab koj tus kws kho mob mam li sib tham tau nrog tus kws txhais lus no. Koj tsis tas them tus nqi txhais lus no. Rau kev pab kom tau txais ib tug kws txhais lus los sis pab ua kom nkag siab qee yam uas peb xa tuaj rau koj, thov hu rau Kev Pab Cuam Tswvcuab rau ntawm **800-700-3874, ext. 5505.**



### Tus Xov Tooj Nug Kev Pab Los Ntawm Tus Kws Tu Neeg

**Mob:** Yog koj los sis koj tus menyuum muaj mob los sis muaj cov lus nug txog kev kho mob, hu rau koj tus kws kho mob. Yog koj tsis tuaj yeem hu rau koj tus kws kho mob, hu rau Lub Alliance Tus Xov Tooj Nug Kev Pab Los Ntawm Tus Kws Tu Neeg Mob. Qhib ua haujlwm rau cov tswvcuab txhua-txhua 24 teev hauv ib hnuv, 7 hnuv hauv ib lub vij. Ib tug kws tu neeg mob yeej npaj txhij los teb koj tej nqe lus nug txog kev kho mob, pab koj txog yam uas yuav ua mus tom ntej los sis txuas koj nrog ib tug kws kho mob. Hu rau **844-971-8907** (TTY: Ntaus **7-1-1**).



**Kev Thauj Mus Los:** Yog koj muaj teeb meem txog kev mus los, koj tuaj yeem hu rau Kev Pab Cuam Tswvcuab rau ntawm **800-700-3874.**

## WIC Nyeem Ntawv!

Cov kev pab WIC (Cov Pojniam Muaj Menyuum, Cov Mosliab thiab Rau Cov Menyuum Yaus) thoob plaws lub xeev tau txais nyiaj pab txhawb nqa kev kawm ntawv. Ncu ntawm Lub Kaum Ib Hlis Ntuj 2021 thiab Lub Rau Hlis Ntuj 2022, cheeb nroog Merced, Monterey thiab Santa Cruz cov kev pab WIC yuav qhia cov tsev neeg

hais txog qhov tseem ceeb ntawm kev nyeem ntawv, kev tuav khub cov phau ntawv nrog rau cov lus sau txog khoom noj thiab muab cov phau ntawv rau WIC cov tsev neeg. Hu rau koj lub WIC lub chaw ua haujlwm hauv cheeb tsam yog muaj lus nug dab tsi hais txog WIC cov kev pab cuam.

**Lub Cheeb Nroog Santa Cruz:**  
**831-722-7121**

**Lub Cheeb Nroog Monterey:**  
**831-796-2888**

**Lub Cheeb Nroog Merced:**  
**209-383-4859**

# Kev tau txais kev teem caij sib ntsib

Koj yuav tsum tau tos ntev npaum li cas?

Peb paub tias nws tseem ceeb rau koj kom tau txais kev saib xyuas mob nkeeg thaum koj xav tau nws. Qee zaus nws yuav mus tsis tau uas tus kws kho mob yuav los ntsib koj tau kiag tam sim. Tej zaum qee cov kev teem caij sib ntsib yuav siv sijhawm ntev tshaj li lwm cov kev teem caij. Piv txwv, koj tsim nyog tau txais qhov kev teem caij sib ntsib saib xyuas mob maj ceev (saib xyuas thaum koj muaj mob) kom sai tshaj li qhov kev teem caij sib ntsib raws li ib txwm.

Peb ua haujlwm nrog cov kws kho mob thiab cov chaw kuaj mob rau hauv peb cov chaw sib koom tes ua ke kom koj tau txais kev saib xyuas thaum koj xav tau. Peb ib txwm ua li no vim peb paub tias nws tseem ceeb.

Cov kev npaj saib xyuas mob nkeeg hauv California yuav tsum ua kom tau raws li cov qauv rau sawd daws nkag mus saib xyuas mob nkeeg tau. Cov cai kav uas muaj nyob rau hauv txoj cai lij choj no raug hu ua cov qauv Tau Txais Kev Saib Xyuas Mob Nkeeg

Rau Kis Tsis Yog mob xwm txheej ceev Kom Ncav Sijhawm. Muaj ntau cov qauv saib xyuas sib txawv rau ntau hom teem caij sib txawv.

Hauv lub kem ntawv hauv qab yog cov qauv cai rau cov hom kev teem caij sib ntsib uas sib txawv. Cov sijhawm nyob tos rau ib qho teem caij mus ntsib tej zaum yuav ntev dua yog tus kws kuaj mob xav tias nws yuav tsis cuam tshuam mob rau koj li kev noj qab haus huv.

Hom teem caij mus ntsib	Koj tsim nyog tau txais qhov kev teem caij sib ntsib tsis pub dhau:
Kev teem caij mus kuaj mob sai-sai uas tsis tas yuav tso cai ua ntej (muaj kev tso cai ua ntej)	48 teev
Kev teem caij mus kuaj mob sai-sai uas yuav tsum muaj kev tso cai ua ntej (kev tso cai ua ntej)	96 teev
Kev teem caij mus kuaj mob uas tsis yog kis kuaj mob sai-sai	10 hnuv ua haujlwm
Tus kws kuaj mob tshwj xeeb rau kis tsis yog kuaj mob sai-sai	15 hnuv ua haujlwm
Tus kws kuaj mob puas hlwb uas tsis yog kuaj sai-sai (tsis yog-kws kho mob)	10 hnuv ua haujlwm
Kev teem caij sib ntsib uas tsis yog sai-sai rau cov kev pab cuam txhawb ntxiv (pab txhawb) rau qhov kev ntaus nqi qhov mob lossis kev kho mob ntawm kev raug mob, kev muaj mob lossis lwm yam mob	15 hnuv ua haujlwm
Hu xov tooj rau lub sijhawm nyob tos thaum cov sijhawm teev ua haujlwm	10 feeb
Ua haujlwm raws li qhov tseem ceeb—ua haujlwm 24/7	Cov kev pab cuam 24/7—Tsis pub ntev dua 30 feeb

Yog koj hnov tias koj tsis tau txais kev saib xyuas thaum koj xav tau kev saib xyuas, hu rau Kev Pab Cuam Tswvcuab rau ntawm **800-700-3874** (TTY: Ntaus **7-1-1**).



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

Soj qab saib:

- Cov kev pab cuam thiab kev pab muaj los ntawm koj lub phiaj xwm saib xyuas kev noj qab haus huv.

- Cov tswvyim los pab ua kom koj nyob noj qab haus huv.

- Lus qhia tshiab txog zej tsoom kev noj qab haus huv nyob hauv koj lub zej zog.



**NYOB NOJ QAB** 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 toj 831-430-5500 lossis (800) 700-3874, ext. 5513, lub vev xaib [www.thealliance.health](http://www.thealliance.health).

Cov ntsiab lus hauv **NYOB NOJ QAB** 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.

Member Services Project Specialist

Quality and Health Programs Supervisors

Quality and Health Programs Manager

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

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