

Yuav muaj dab tsi tshwm sim nyob ntawm koj tus me nyuamqhov kev kuaj mob hauv lub cev?



Koj tus me nyuamtus kws muab kev pab yuav:

- Ua ib qho kev kua xyuas lub cev
- Nug txog keeb kwm kev noj qab haus huv ntawm koj tsev neeg
- Muab cov koob tshuaj txhaj uas tau pom zoo, thaum yuav tsum tau txhaj
- Tham txog kev tsis muaj ntawm cov hniav thiab, muab cov tshuaj fluoride varnish thiab cov tshuaj ntsuab fluoride rau koj tus me nyuam, thiab pab nrhiav ib tus kws kho hniav.
- Kuaj xyuas koj tus me nyuam qhov hnov lus thiab qhov ntsia pom kev
- Sib tham txog cov ntsiab lus tseem ceeb ntawm kev noj qab haus huv xws li kev loj hlob, kev coj cwj pwm, koj thiab koj tus me nyuam txoj kev puas siab puas ntsws, kev noj haus, kev pw tsaug zog, kev nyab xeeb, thiab kev pov thaiv daim tawv nqaj los ntawm duab hnuv tshav kub

Koj tus me nyuamtus kws muab kev pab yuav kuaj xyuas rau:

- **Cov xwm txheej tseem ceeb ntawm kev loj hlob**
- **Kuab lom uas muaj los ntawm cov hmoov txhuas**
- **Tus mob ntshav tsuag**, yog hais tias nyob ntawm qhov kev pheej hmoo
- **Tus mob tsis txawj hais lus**
- **Kev tshuaj ntsuam xyuas kev nyuaj siab** nyob rau cov leej niam tshiab
- **Kev ntxhov siab**
- **Tus kab mob ntsws qhuav (Tuberculosis, TB)**, yog hais tias nyob ntawm qhov kev pheej hmoo
- **Roj Cholesterol**, yog hais tias nyob ntawm qhov kev pheej hmoo
- **Lwm yam teeb meem kev mob nkeeg** los sis tej kev txhawj xeeb uas koj muaj

Hmong 2024: For children from birth to under age 12

Yog hais tias koj muaj lus nug los sis xav los kawm paub ntau ntxiv

Koj daim phiaj kho mob uas muaj kev tswj hwm ntawm Medi-Cal
Tus naj npawb xov tooj yog nyob ntawm koj daim npav ID thiab nyobb ntawm koj daim phiaj lub website Los sis mus rau www.dhcs.ca.gov/mmchpd

Medi-Cal Tus Xov Tooj Hu Muab Kev Pab Tswv Cuab
Hu rau tus xov tooj **1-800-541-5555** (TDD 1-800-430-7077)
Los sis mus rau www.dhcs.ca.gov/myMedi-Cal

Medi-Cal Dental
Hu rau Smile, California ntawm **1-800-322-6384**
(TTY 1-800-735-2922)
Los sis mus rau smilecalifornia.org los sis www.dhcs.ca.gov/MCP

Kev Kho Mob Fab Kev Puas Siab Puas Ntsws Tshwj Xeeb (Specialty Mental Health)
Hu rau tus xov tooj **1-888-452-8609**
Txhawm rau nug txog cov kev pab cuam rau tus mob puas siab puas ntsws loj, tiv tauj mus rau Daim Phiaj Kho Mob Rau Fab Kev Puas Siab Puas Ntsws (Mental Health Plan) nyob hauv koj lub nroog tau ntawm www.dhcs.ca.gov/CMHP

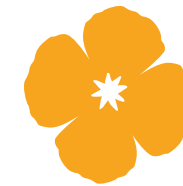
Kev siv dej cawv los sis yeeb tshuaj muaj yees
Hu rau Department of Health Care Services (DHCS) Substance Use Resource Center 24/7 tau ntawm **1-800-879-2772**
Los sis mus rau www.dhcs.ca.gov/SUD-NETRL

Kev pab thaum muaj teeb meem
Hu rau tus Xov Tooj Tiv Thaiv Kev Tua Tus Kheej Hauv Teb Chaws (National Suicide Prevention Line) tau ntawm **988**
Los sis hu rau tus xov tooj **1-833-317-HOPE** (4673)

Koj cov cai thiab cov kev lav thaj tsob
Hu rau tus xov tooj **1-888-452-8609**



www.dhcs.ca.gov/kidsandteens



Medi-Cal for Kids & Teens

Cov kev pab cuam ntsig txog kev tiv thaiv thiab kev kho mob txij li thaum yug mus txog hnuv nyooog 21 xyoos



Medi-Cal cov kev pab cuam yog pab dawb rau cov mr nyuam yaus



Tag nrho qhov kev saib xyuas kho mob uas koj tus me nyuam xav tau ntawd yog pab dawb xwb

Yog hais tias koj tus me nyuam tau rau npe hauv Medi-Cal, lawv tsim nyog tau txais cov kev pab cuam uas pab dawb thiab cov kev txhawb nqa uas lawv xav tau txhawm rau nyob los sis noj qab haus nyob zoo txij li thaum yug mus txog hnuv nyoog 21 xyoos.

Qhov no suav nrog kev kuaj xyuas mob hauv lub cev, kev txhaj tshuaj, cov kev tshuaj ntsuam xyuas kev noj qab haus huv, thiab kev kho mob rau cov teeb meem kev mob lub cev, kev puas siab puas ntsws, thiab kev kho hniav.

Nyeem cov sij hawm kuaj xyuas mob hauv lub cev nram qab no

Nws yog ib qho tseem ceeb uas yuav tau coj koj tus me nyuam mus kuaj xyuas mob hauv lub cev tsis tu ncuab tab txawm tias lawv tsis muaj mob los xij. Kev kuaj xyuas mob hauv lub cev tsis tu ncuab tuaj yeem pab ua kom koj tus me nyuam noj qab nyob zoo. Lawv tuaj yeem tiv thaiv tau cov teeb meem muaj mob rau lub cev, thiab nrhiav thiab kho cov kev mob ntawm tau thaum ntov.

Koj tuaj yeem teem sij hawm tau txhua lub sij hawm los tham nrog ib tus kws kho mob, tab txawm tias koj tus me nyuam nyuam qhuav kuaj mob tas lawm xwb los xij. Nyeem cov sij hawm kuaj xyuas mob hauv lub cev nram qab no

Koj tuaj yeem tau txais kev muab tsheb thauj tsis tau them nqi mus rau cov kev teem caij kho mob

Npajqhov kev kuaj mob hauv lub cev nrawm koj tus me nyuam



Hu rau koj daim phiaj kho mob uas muaj kev tswj hwm Los sis hu rau Tus Xov Tooj Muab Kev Pab Tswv Cuam ntawm Medi-Cal ntawm **1-800-541-5555** (TDD 1-800-430-7077).

Koj yuav tau txais kev pab txhawm rau:

- **Nrhiav ib tus kws kho mob** los sis teem caij mus ntsib kws kho mob
- **Tau caij tsheb dawb** thaum mus thiab rov los ntawm koj qhov kev teem caij mus ntsib kws kho mob los sis mus nqa tshuaj, cuab yeej siv kho mob, thiab tej khoom siv
- **Thov kev pab hom lus** nyob ntawm koj qhov kev teem caij ntsib kws kho mob
- **Thov cov kev pab cuam txhais lus**

Yog tias koj xav tau daim ntawv tseb no los sis lwm cov ntau ntawv ntawm Medi-Cal ua **lwm hom ntawv** xws li cov ntawv sau loj, hom ua suab lus, CD, los sis ua tus ntawv Su Rau Neeg Dig Muag (Braille), ces hu rau tus xov tooj **1-833-284-0040**.

Medi-Cal rau Cov Me Nyuam Yaus thiab Cov Tub Ntxhais Hluas pab them nqi rau cov kev pab cuam txhawm rau tswj thiab kho cov teeb meem kev mob nkeeg

Yog hais tias tus kws kho mob nrhiav pom ib qhov kev txhawj xeeb ntawm lub cev, kev puas siab puas ntsws, los sis kev mob hniav uas xav tau kev kho mob los sis kev tswj hwm, Medi-Cal yuav tsum tau muab thiab pab them nqi rau qhov kev xav tau kev kho mob ntawd.

Kev saib xyuas kho mob uas raug them nqi rau los ntawm Medi-Cal rau Cov Me Nyuam Yaus thiab Cov Tub Ntxhais Hluas

- Cov kev pab cuam ntsig txog kev noj qab haus huv ntawm lub cev, muaj xam nrog kev saib xyuas kho mob thaum xub thawj thiab kev mus ntsib kws kho mob tshwj xeeb
- Kev pab cuam kho mob rau fab kev nyuaj siab ntxov plawv thiab kev siv yeeb tshuaj los sis dej cawv, suav nrog kev kho mob
- Cov kev pab cuam kuaj mob hniav thiab kev taug qab xyuas tus mob
- Cov kev pab cuam kho qhov muag, xam nrog cov tsom iav looj qhov muag
- Cov kev pab cuam rau kev tsis hnov lus
- Kev kuaj thiab kev kho tus kab mob COVID-19
- Cov cuab yeej siv kho mob thiab cov khoom siv, xam nrog rau cov khoom siv kho mob ruaj khov kav ntev
- Tshuaj
- Cov kev sim kuaj hauv chav kuaj kab mob, xam nrog rau kev kuaj ntshav txhawm rau kuaj them hmoov txhuas, thiab kev taug qab xyuas txhua qhov kev saib xyuas kho mob uas xav tau
- Kev kho lub cev, kev ua hauj lwm, thiab kev hais lus
- Kev pab cuam kho mob hauv tsev, suav nrog kev saib xyuas neeg mob
- Kev kho mob nyob hauv tsev kho mob thiab hauv vaj tsev nyob
- Tag nrho lwm cov kev pab cuam uas xav tau, raws li koj tus me nyuam tus kws muab kev pab kho mob txiav txim siab



Lub sij hawm kuaj mob hauv lub cev nyob rau hauv los sis ua ntej cov hnuv nyoog nod

