የተጠበቀ፣ አስተማማኝ እና ጤናማ-*በአዲሱ አገርዎ ስኬታማ የሚያደርግዎ ቁልፎች*
የህክምና እንክብካቤ እና የጤና ዋስትና - 4

Safe, Smart and Healthy – Keys to Success in Your New Home
Medical Care and Health Insurance - 4

AMHARIC

ዶክተር በሚያዩበት ጊዜ፣ ለጉብኝቱ የራስዎን ድርሻ **መክፈል** ይገባዎታል። ኢንሹራንስ ቢኖርዎትም፣ ምንጊዜም ቢሆን **ጥቂት** ክፍያዎችን እራስዎ መክፈል ይገባዎታል።	When you see a doctor, you will need to pay for your share of the visit. Even if you have insurance, you will usually need to pay some of the cost for yourself.
በቀጠሮዎ ጊዜ **በሰዓቱ** መድረስ በጣም አስፈላጊ ነው። ይህ የማይሆንልዎት ከሆነ ቀጠሮዎን ለመቀየር ወይም ለመሰረዝ **24 ሰዓት ቀደም ብለው መደወል** አለብዎ።	It is important to show up *on time* for your appointment. If this is not possible, you must call 24 hours in advance to change or cancel your appointment.
ወይዘሮ ሊ እርስዋ እና ልጅዋ ዶክተሩ ቢሮ ሳያረፍዱ በሰዓቱ መድረሳቸውን ለማረጋገጥ መጓጓዣቸውን አዘጋጅታለች።	Mrs. Li plans for transportation to make sure that she and her daughter get to the doctor's office so they will not be late.
ሁሉንም የህክምና ማህደሮች ሲመጡ ይዘው ይምጡ። ሁሉንም የህክምና ማህደሮች በአግባቡ በማጠናቀር በተጠበቀ ቦታ በጥንቃቄ ማስቀመጥ አለብዎ፣ ምክንያቱም የመኖር ሁኔታዎን ከስደተኛነት ወደ ቋሚ ነዋሪ መቀየር በሚፈልጉበት ጊዜ ማህደሮቹ ያስፈልግዎታል። ማህደሮቹ ***ሁሉንም*** ክትባቶች፣ ምርመራዎች እና ሌሎች ለእርስዎ የተደረገልዎ የህክምና እንክብካቤዎች እንደሚያሳዩ ያረጋግጡ።	Bring all of your medical records with you. You need to keep all of your records well organized and stored in a safe place, because you will need them when you want to change your status from refugee to permanent resident. Make sure that your records show *all* the immunizations, tests and other important medical treatment that you have received.
የስደተኝነት ሁኔታዎን ለመቀየር የሚያስፈልግዎ አብዛኛው የህክምና ምርመራ እና እንክብካቤ የሚሰጥዎ በነፃ ነው፣ ይህ **ከስደተኛ ጤንነት ምርመራ** ይጀምራል። ቋሚ ነዋሪ መሆን ሲፈልጉ፣ ይህንን የህክምና ምርመራ እና እንክብካቤ እንዳደረጉ **የሚያረጋግጡ** ማህደሮች ከሌልዎ፣ ለ *Civil Surgeon* ወይም ደምወዙ በመንግስት የሚከፈለው ክትባት የሚሰጥ ሃኪም ክትባት በድጋሚ ለመከተብ መክፈል አለብዎ።	Most of the medical tests and treatment you need to change your status are provided to you free, beginning with your **Refugee Health Screening.** When you want to change your status and become a permanent resident, if you *don't* have records to prove you had these medical tests and treatment, you will have to pay the Civil Surgeon to give you immunizations again.

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