

**Him tein, Smart tein le Dam tein: Na um nak hmun thar
ah khuaawng pemh nak tawh fung hna.**

Sii lei i zohkhenh nak le Damnak tlam tlin ngah nak – 1

**Safe, Smart and Healthy – Keys to Success in Your New Home
Medical Care and Health Insurance – 1**

HAKHA CHIN

<p>Refugee Chung khar thum hna US ah khua an sa. Cu ram i sii lei i zoh khenh ning kong leh sii lei i an herh mi hna kha an ngah khoh nak ding ah zeidah an tuah hau ti kha an cawn.</p>	<p>Three refugee families adjust to living in the United States. They each learn about the medical system in this country and what they need to do to get the medical care they need</p>
<p>Mrs. Li nih Primary Care kong a theih fiang. Primary Care ti mi cu zawt nak ka nei hna maw ngei hna lo ti hi siibawi va check terh khi nadam lo ruang ah asiloah i chek na duh caah siibawi a um nak zung ah va ton awk ah naa “tim-tuah mi caan khi a si.”Mrs. Li nih a fanu chek ter ding ah Siibawi sin ah a kal pi. A fa nu cu a dam ngai ko.</p>	<p>Mrs. Li has learned about Primary Care. Primary Care is when you make an appointment to go to the doctor’s office because you are not feeling well, or to get a checkup. Mrs. Li takes her young daughter to the doctor for a checkup. She is in very good health.</p>
<p>Mr. Adam cu a dam lo, siibawi sin vaa piah a duh. A piah tawn nak Doctor Office cu zerh te leh Zerh pi ni or Zaan ah an ong lo.</p>	<p>Mr. Adam is not feeling well and would like to see a doctor right away. The office of the doctor where he usually goes is not open on the weekend or at night.</p>
<p>Urgent Care (Aran nak sii khaan) ah a vaa piah. Cu Urgent Care office cu an ong ih mah le caan cio te in siibawi ton si lo in a zeitik caan paoh ah siibawi ton khawh a si. Mr. Adam cu a hnaa a fak. Siibawi chim ning te in sii a ei hau, a zul hau.</p>	<p>He goes to Urgent Care. The Urgent Care office is open and can see him without an appointment. Mr. Adam has an ear infection. He must take medicine and follow the directions exactly.</p>
<p>Mrs. Ba cu rawl a chuan lio ah naam in a kut aa ah sual. Zohnak hrim ah hin a fak tuk. A va pa nih ttaval (towel) in a tuam i a ran nak in Siizung emergency khaan ah a luh pi.</p>	<p>Mrs. Ba has cut her hand badly while cooking. It looks like a severe cut. Her husband wraps her hand in a towel and drives her to the hospital emergency room.</p>