

**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 – 3

**Safe, Smart and Healthy – Keys to Success in Your New Home
Medical Care and Health Insurance – 3**

HAKHA CHIN

<p>Siibawi na ton tik ah holh leh i a paw aa cawn mi holh a let tu naa ngeih khawh. Cu holh let tu cu holh a thiam tuk caah na chim mi paoh a leh khawh dih i Siibawi le nurse chim mi zong a leh khawh dih. Cuca ah Siibawi he ttha te in i theih khawh a si.</p> <p>Holh let tu khaan piak cu siibawi le siizung pi i rian a si. Holh let piak tu ka herh na ti ruang ah liam a herh mi zei hmanh a um lo.</p>	<p>When you see a doctor, you have the right to have a professional interpreter. This language expert interprets everything you say, and everything the doctors and nurses say, so that you understand each other perfectly.</p> <p>Providing an interpreter is the responsibility of the doctor or hospital. Requesting an interpreter will <i>not</i> cost you any extra money.</p>
<p>Mrs. Li cu a fanu a va chek ter lio ah a siibawi nih holh let tu a khan piak. Holh let tu nih cun Li fanu dam te in a um khawh peng nak hnga ca i Sii bawi chim mi paoh a ning te in Mrs. Li nih a fian khawh hnga a bawmh.</p> <p>Hngakchia hna hi holh let piak tu ah na hmang khoh hna lo.</p> <p>Siibawi thar he ton ding ah caan pek na si tik ah nang mah holh in holh let tu na herh kha theih ter hna.</p>	<p>Mrs. Li's doctor provided an interpreter when they met for her daughter's checkup. The interpreter helped Mrs. Li understand exactly what she needed to do to help her daughter stay healthy.</p> <p>Do not use your own family or friends as interpreters; this needs to be done by a trained professional.</p> <p>You cannot use any <i>children</i> as interpreters.</p> <p>When scheduling an appointment with any new doctor, be sure to let them know that you need an interpreter in your language.</p>