

တၢ်ဘၣ်တၢ်ဘၢ,တၢ်ကူၣ်သ့ဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချ-တၢ်ရူၣ်လၢနကအိၣ်မူၣ်ဒီးတၢ်မၤနၢၤလၢနဟံၣ်အ  
သီ

တၢ်ကွၢ်ထွဲတၢ်အိၣ်ဆူၣ်အိၣ်ချ တၢ်အိၣ်ဆူၣ်အိၣ်ချတၢ်အုၣ်ကီၤသး- 4

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

**KAREN**

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| <p>ဖဲနလဲၤထံၣ်လိာ်နသးဒီးကသံၣ်သရၣ်န့ၣ်,နကဘၣ်ဟ့ၣ်တၢ်အဘူးအလဲတနီၤန့ၣ်လီၤ.<br/>နမ့ၢ်အိၣ်ဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချတၢ်အုၣ်ကီၤသးဒ်လဲာ်,နကဘၣ်ဟ့ၣ်<br/>တၢ်ဘူးတၢ်လဲတနီၤလၢနကစၢ်ဒ်နဲလီၤ.</p>  | <p>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.</p>   |
| <p>ဖဲတၢ်သ့ၣ်ဆၢဖးကတီၢ်နၢၤအခါအရ့ၢ်လၢနကဘၣ်လဲၤထံၣ်လိာ်နသးဒီးအိၣ်<br/>ဘၣ်ဆၢဘၣ်ကတီၢ်န့ၣ်လီၤ.တၢ်အံၤကဲထီၣ်အသးမ့ၢ်တသ့တခါ,နကဘၣ်ကိးဆိ<br/><u>တချုးၤ၂၄န့ၣ်ရံၣ်</u>လၢနကဆိတလဲမ့တမ့ၢ်မၤဟးဂီၤကွၢ်တၢ်သ့ၣ်ဆၢဖးကတီၢ်အဂီၢ်လီၤ.</p>   | <p>It is important to show up <i>on time</i> for your appointment. If this is not possible, you must call <u>24 hours in advance</u> to change or cancel your appointment.</p>  |
| <p>မံးစံးလံၣ်ရဲၣ်ကျဲၤတၢ်လဲၤတၢ်က့ၤလၢကမၤလီၤတၢ်ဝဲလၢအဝဲဒီးအဖိမုၣ်<br/>ကလဲၤထံၣ်လိာ်ဘၣ်အသးဒီးကသံၣ်သရၣ်အဂီၢ်ဒီးသိးတစဲၤခံအဂီၢ်လီၤ.</p>   | <p>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.</p>   |
| <p>ဟဲစိၣ်နတၢ်အိၣ်ဆူၣ်အိၣ်ချတၢ်ကွဲးနီၣ်ယုၣ်ဒီးနၢၤတက့ၢ်.နတၢ်ကွဲးနီၣ်တဖၣ်န့ၣ်,<br/>နကဘၣ်ရဲၣ်ကျဲၤဟံၣ်အိၣ်ဂ့ၢ်ဂ့ၢ်ဒီးဟံၣ်အိၣ်လၢတၢ်လိာ်အပူၤဖျဲးလီၤ.မ့ၢ်လၢ<br/>နကလိာ်ဘၣ်အိၣ်ဖဲနအဲၣ်ဒီးဆိတလဲနတီၤပတီၢ်လၢအမ့ၢ်ပှၢဘၣ်ကီၤဘၣ်ခဲဆူ<br/>ပှၢလၢအအိၣ်ဆိးလၢထံၣ်ကီၢ်ပူၤသ့ထီၣ်တဖၣ်အပိလီၤ.<br/><br/>မၤလီၤတၢ်သိးနတၢ်ကွဲးနီၣ်တဖၣ်ဟံၣ်ဖျါထီၣ်ကသံၣ်သ့ၣ်လၢတၢ်ဆဲးအိၣ်တဖၣ်,<br/>တၢ်သမံသမိးတဖၣ်ဒီးတၢ်ကူၣ်စၢၤယါဘျါလၢအရ့ၢ်လၢနမၤန့ၢ်တ့ၢ်အိၣ်လဲၤတက့ၢ်.</p> | <p>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.<br/><br/>Make sure that your records show <i>all</i> the immunizations, tests and other important medical treatment</p> |

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|   | that you have received.   |
| <p>တၢ်သမံသမိးတၢ်အိၣ်ဆူၣ်အိၣ်ချူတဖၣ်တၢ်ကူစါယါဘျါအါတက့ၢ်လၢ နလိၣ်ဘၣ်အိၣ်သိးနကဆိတလဲနတီၤပတီၢ်တဖၣ်န့ၣ်တၢ်ကဟ့ၣ်ကလိနၤ, ဝဲးကစးထီၣ်လၢတၢ်ဟ့ၣ်ပှၤဘၣ်ကိဘၣ်ခဲတၢ်အိၣ်ဆူၣ်အိၣ်ချူတၢ်ကွၢ်ထွဲ(Refugee Health Screening) န့ၣ်လီၤ.</p> <p>ဖဲနအဲၣ်တၢ်ဆိတလဲနတီၤပတီၢ်ကဲထီၣ်ပှၤလၢအအိၣ်ဆိးလၢထံကီၢ်ပူၤသ့ထီၣ်အခါ, ဝဲးနတအိၣ်တၢ်ကွဲးနီၣ်ကွဲးယါလၢတၢ်သမံသမိးနတၢ်အိၣ်ဆူၣ်အိၣ်ချူတၢ်ကူစါယါဘျါတဖၣ်န့ၣ်,နကဘၣ်ဟ့ၣ်ကမျါၢ်အကသံၣ်သရၣ်တဖၣ်တၢ်ဘူးတၢ်လဲလၢကဆဲးန့ၣ်နၤကသံၣ်သ့ၢ်တဖၣ်ကဲးတဘျီလီၤ.</p> | <p>Most of the medical tests and treatment you need to change your status are provided to you free, beginning with your <b>Refugee Health Screening.</b></p> <p>When you want to change your status and become a permanent resident, if you <i>don't</i> have records to prove you had these medical tests and treatment, you will have to pay the Civil Surgeon to give you immunizations again.</p> |