

တၢ်ဘၣ်တၢ်ဘၢ,တၢ်ကူၣ်သ့ဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချ-တၢ်ရူၣ်လၢနကအိၣ်မူပဲၤဒီးတၢ်မၤနၢၤလၢနဟံၣ်အ
သီ

တၢ်ကွၢ်ထွဲတၢ်အိၣ်ဆူၣ်အိၣ်ချ တၢ်အိၣ်ဆူၣ်အိၣ်ချတၢ်အုၣ်ကီၤသး- 2

**Safe, Smart and Healthy – Keys to Success in Your New Home
Medical Care and Health Insurance - 2**

KAREN

<p>ဖဲမံးစံးလံၤသ့ဝဲတၢ်ဂံၢ်ခိၣ်ထံးတၢ်အိၣ်ဆူၣ်အိၣ်ချအခါန့ၣ်အဝဲကိးဆိဝဲလီၤတဲစိ ဆူကသံၣ်သရၣ်အအိၣ် သိးကသ့ၣ်မုၢ်နံၤဒီးတၢ်ဆၢကတီၢ်လၢကလဲၤထံၣ်လိာ်သးဒီး ကသံၣ်သရၣ်အဂီၢ်န့ၣ်လီၤ.မ့ၢ်လၢအဝဲတဲအဲကလံးကျိၣ်တဘၣ်အယိ,ကသံၣ်သရၣ် ဝဲၤဒီးဟ့ၣ်အိၣ်ပုၤကျိၣ်ထံတၢ်ခိဖျိလီၤတဲစိန့ၣ်လီၤ.</p>	<p>When Mrs. Li used primary care, she called the doctor's office to schedule an appointment. Because she doesn't speak English, the doctor's office has provided a telephone interpreter.</p>
<p>ဖဲလၢနသ့ၣ်မုၢ်နံၤတၢ်ဆၢကတီၢ်ဝံၤအလီၢ်ခံန့ၣ်နကဘၣ်လဲၤတုၤဆူကသံၣ်သ ရၣ်အအိၣ်တချးတၢ်ဆၢကတီၢ်လၢနဟံၣ်ပနီၣ်ဘၣ်၁၅မံးနံးန့ၣ်လီၤ.ဟဲစိာ်ယုာ်ဒီး ဆူၣ်ချတၢ်အုၣ်ကီၤသးခးက့ၢ်ဒီးတၢ်လၢာ်ဘူၣ်လၢာ်စ့ၤလၢနကဘၣ်ဟံးမူၤသ့ၣ်တဖၣ် တဘျီယိစ့ၢ်ကိးတက့ၢ်.</p>	<p>For scheduled visits, you must arrive at the doctor's office 15 minutes ahead of your appointment time. Bring your insurance card and any payment you are responsible for.</p>
<p>ဖဲနသ့ၣ်တၢ်ဆၢကတီၢ်ဝံၤအလီၢ်ခံန့ၣ်လဲၤထံၣ်လိာ်သးမ့ၢ်တသ့,မ့ၢ်တချးဘၣ်န့ၣ် နကဘၣ်ကိးတဲဘၣ်ဝဲၣ်နကသံၣ်သရၣ်လၢအဆိအချီၤဒီးသ့ၣ်ညါအဝဲသ့ၣ်န့ၣ်လီၤ. နဆိတလဲကွံာ်တၢ်ဆၢကတီၢ်ဆူညါတသီမ့တမ့ၢ်နမၤဟးဂီၤကွံာ်တၢ်သ့ၣ်မုၢ်နံၤတဘျီ အံၤသ့န့ၣ်လီၤ.နမ့ၢ်တကိးအဝဲသ့ၣ်ဒီးနမ့ၢ်တလဲၤထံၣ်လိာ်အိၣ်ဘၣ်လဲၣ်န့ၣ်,နက ဘၣ်ဟ့ၣ်တၢ်သ့ၣ်မုၢ်နံၤအဘူးအလဲအံၤန့ၣ်လီၤ.</p>	<p>If you cannot go to your appointment, you must call the doctor's office in advance to let them know. You can cancel the appointment or change it to another day. If you do <i>not</i> call and you miss the appointment, you may have to pay for the appointment anyway.</p>
<p>မံးစံးလံၤလဲၤကိးအဖိမုၢ်ဆူကသံၣ်သရၣ်လၢအဝဲသ့ၣ်လဲၤဒီးကွၢ်ညိၣ်န့ၣ်အသး ဒီးသိးကသမံသမိးကွၢ်အသးန့ၣ်လီၤ.ပုၤတဂၤအံၤဘၣ်တၢ်သ့ၣ်ညါစ့ၢ်ကိးအိၣ်လၢအမ့ၢ် “ကသံၣ်သရၣ်လၢအကွၢ်ထွဲန့ၣ်”တဂၤလီၤ.ကိးနကသံၣ်သရၣ်ဖဲတၢ်ခုၣ်ဘၣ်န့ၣ်, နကူးမ့တမ့ၢ်တၢ်ကံတက့ၢ်ဒီးခိၣ်ဆါနါဆါအခါတက့ၢ်.</p>	<p>Mrs. Li took her daughter to their regular doctor for her checkup. This person is also known as your “primary care doctor.” Call your regular doctor for an appointment when you have a cold, flu, or minor aches and pains.</p>

<p>မံးစထာ်အာ်နံ(မ်)လဲၤဆူဂ်ဂီၤအူတၢ်ကွၢ်ထွဲကသံၣ်း(Urgent Care)န့ၣ်လီၤ. နကဘၣ်လဲၤဆူဂ်ဂီၤအူတၢ်ကွၢ်ထွဲကသံၣ်း(Urgent Care)ဖဲနဘၣ် တၢ်ဆူးတၢ်ဆါလၢအနးနးအိၣ်ခိးတၢ်သ့ၣ်မုၢ်နံၤမုၢ်သီမ့ၢ်တသ့လၢဘၣ်အခါန့ၣ်လီၤ. အိုၣ်သိးနနးဆါမ့တမ့ၢ်စုဆါခိၣ်ဆါတလံၣ်မ့တမ့ၢ်ယီၤတလံၣ်အခါန့ၣ်လီၤ.</p>	<p>Mr. Adam went to the Urgent Care clinic. Go to urgent care when you have more serious pain that cannot wait for a scheduled appointment during regular office hours—like an ear infection or sprained ankle or wrist.</p>
<p>မံးစထာ်ဘးလဲၤကိးအမါဆူဂ်ဂီၤအူတၢ်ကွၢ်တၢ်ဆါလီၤEmergency Room မုၢ်လၢအဝဲဘၣ်ဆါနးနးအစုသ့ၣ်လီၤဝဲဖးၣ်ညါအယိလီၤ.လဲၤဆူဂ်ဂီၤအူတၢ်ဆါး ဖဲလၢနသးသမူအိၣ်တၢ်ဘၣ်ယိၣ်အခါတက့ၢ်.အိုၣ်-သးအတၢ်ဆါထီၣ်ဖး, ကလံၤထူး,တၢ်သါဘံးထီၣ်,မ့ၣ်အူအိၣ်တၢ်ဘၣ်ကူးဘၣ်ကါလၢ အိုၣ်အမုၢ်တဖၣ်န့ၣ်လီၤ.</p> <p>နလဲၤဆူတၢ်ဆါဟံၣ်မုၢ်တတုၤမုၢ်တန့ၢ်ဘၣ်,ကိးဇၢၤလၢလီၤတဲစိဝံၤယုသိလ့ၣ်တီ ပှၤဆါလၢကဟဲအိၣ်နတက့ၢ်.တဘၣ်လဲၤဆူဂ်ဂီၤအူတၢ်ကွၢ်ပှၤဆါးလၢတၢ်ဆူးတၢ် ဆါလၢအဆံးဖိတဖၣ်အယိတဂ့ၤ.</p>	<p>Mr. Ba took his wife to the Emergency Room because she was badly injured and her hand was bleeding heavily.</p> <p>Only go to the emergency room if your life is in danger, like a heart attack, stroke, asthma attack, severe burn, or a severe cut.</p> <p>If you cannot get to the hospital, call 9-1-1 on the telephone and ask for an ambulance. Do not go to the emergency room for minor aches and pains.</p>