

**Salama, Maridadi na Yenye afya - Funguo za Ufanisi katika Makao yako Mapya  
Huduma ya Matibabu na Bima ya Afya - 2**

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

**SWAHILI**

<p>Wakati Bi. Li alipotumia <i>huduma msingi</i>, alipiga simu kwenye ofisi ya daktari ili kupanga miadi. Kwa sababu haongei Kiingereza, ofisi ya daktari imemleta <i>mkalimani kwenye simu</i>.</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>Kwa <b>matembezi</b> yaliyoratibiwa, lazima uwasili kwenye ofisi ya daktari <i>dakika 15</i> kabla ya wakati wa miadi yako. Beba vielelezo vyako vya bima, na malipo yoyote unayo wajibika.</p>	<p>For scheduled visits, you must arrive at the doctor’s office <i>15 minutes</i> ahead of your appointment time. Bring your insurance card and any payment you are responsible for.</p>
<p>Kama huwezi kwenda kwenye miadi, lazima upige simu kwenye ofisi ya daktari mapema ili uwafahamishe. Huwezi kufika na unaweza kuibadilisha hadi siku nyingine. <i>Ukikosa</i> kupiga simu na ukose kwenda kwenye miadi, huenda ukalazimika <b>kulipia</b> miadi hiyo.</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>Bi. Li humpeleka mtoto wake wa kike kwa daktari wao mara kwa mara ili kuangaliwa. Pia mtu huyu anajulikana kama “<b>daktari wako wa huduma msingi.</b>” Mpigie simu daktari wako wa kawaida kwa miadi wakati una homa, au maumivu yasiyo makali.</p>	<p>Mrs. Li took her daughter to their regular doctor for her checkup. This person is also known as your “<b>primary care doctor.</b>” Call your regular doctor for an appointment when you have a cold, flu, or minor aches and pains.</p>
<p>Bw. Adam alienda kwenye kliniki ya <i>Huduma ya Haraka</i>. Nenda kwenye huduma ya haraka wakati una maumivu makali sana, ambayo hayawezi kusubiri miadi iliyoratibiwa wakati wa saa za kawaida za ofisi- kama vile uambukizo wa sikio au tindi ya mguu au kilimbilimbi kilichoteguka.</p>	<p>Mr. Adam went to the Urgent Care clinic. Go to <b>urgent care</b> 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>

Bw. Ba alimpeleka mke wake kwenye **Chumba cha Dharura**, kwa sababu alikuwa ameumia sana na mkono wake ulikuwa unavuja damu sana.

**Nenda tu kwenye chumba cha dharura kama maisha yako yapo hatarini, kama vile mshtuko wa moyo, kupooza, mshtuko wa pumu, kuchomwa sana, au kukatwa sana.**

Kama *huwezi* kufika hospitalini, piga simu nambari **9-1-1** kwenye simu na uulizie gari la wagonjwa.

*Usiende* kwenye chumba cha dharura kama una maumivu **madogo**.

Mr. Ba took his wife to the **Emergency Room** because she was badly injured and her hand was bleeding heavily. 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.

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.