

**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 – 4

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

HAKHA CHIN

<p>Siibawi na ton tik ah a rak in veh hna nak man na liam a herh. Him nak kat (Insurance) pakhat khat na ngeih ko zong ah nang mah ca nang mah te in naa liam a herh.</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>Nangmah caan khiah piak mi theng te ah na rak rat khawh ding kha a bia pi. Na si khawh lo asi ah cun Suimilaam 24 hlan ah na caan thawn a si or khensel a si ti kha na thanh chung cia hna lai.</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>Mrs. Li nih a fanu he sii bawi a um nak zung in va ton tik ah an hnut nak hnga lo zeimawttaw in dah kal ah a tthat lai ti kha ttha te in a tuak taan cia dih.</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>Siibawi ttial mi sii ca bu hna kha rak keng. Kha ca hna kha na thlau hna lai lo ttha te in na ken hna lai. Zeicatiah na reng refugee in ram chung mi ah thlen le co hlan si naa tim tik ah na herh hna lai.</p> <p>A bia pi mi sii lei i zoh khenh nak ca bu (Medical Record) hna le a dang soisel lo nak, test tuah nak leh adang a hreh mi ca bu hna piah ding leh langh ter ding ttha te in i tim tuah cia.</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.</p> <p>Make sure that your records show <i>all</i> the immunizations, tests and other important medical treatment that you have received.</p>
<p>Na Refugee Health Screening thok in na reng thlen nak ah na herh bik mi Medical Tests le treatment (naa zohkhenh nak) vial te cu free in tuah piak a si dih.</p> <p>A zung zal in a ram mi a si peng ding ah na si nak na reng thlen na duh tik ah, na medical tests le treatment tuah nak records hna na ngei lo ah cun mi pi ca i ttuan vo a ngei tu (Civil Surgeon) sin luat nak hnga a man na liam ttha a herh lai.</p>	<p>Most of the medical tests and treatment you need to change your status are provided to you free, beginning with your Refugee Health Screening.</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>