

**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 – 2

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

HAKHA CHIN

<p>Mrs. Li nih Primary Care kha a hman. I ton nak caan chimh cia ding ah sii bawi a auh. Zeicatiah mi rang holh a thiam lo. Doctor's office chung ah phon in holh let tu an chiah piak hna.</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>Siibawip ton phung ning ah cun na ton cann khiah piak mi hlan in <i>minute 15</i> tuan deuhah na phanh aherh. A herh mi Phaisa leh Insurance Card kha rak keng.</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>Nangmah siibawi ton caan khaiah piak ah na rat khawh lo ding a si ah cun tuah ah siibawi um nak zung ah thawng thanh cia chung hna. Caan khiah piak mi, nidang ah thawn khawh a si i al khawh zong a si. Thawng na thanh cia hna lo i nang mah ton caan ah na bau a si ah cun a zeitin a si poah ah na liam a hau.</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>Mrs. Li nih an piah tawn nak siibawl sin ah a fanu a va piah. I piah leng mang nak siibawi kha nang mah pumpak zoh khenh tu siibawi (primary care doctor) ti a si. Cumpi, Tak fah hna le Lu fah zawt nak hna na ngei tik caan ah na kal tawn nak sii bawi kha i ton ding ah au hna.</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>Mr. Adam cu aran nak in i zoh khenh nak a leng siikhaan (urgent care) ah a kal. Hnaa fah, ke ilh soal tibantuk a fah tuk caah siibawi ton caan khiah piak mi na hngak khawh lo a si ah cun a leng sii khaan ah va kal ko.</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>

Mr. Ba nih a nu pi aa hliam nak a hmaa a fah tuk caah le a thi tam tuk a chuak caah Emergency Room ah a kal pi. Fak pi in i hliam, thaw pin, mei kangh, lung tha hri der, nun nak phan a um mi hi ban tuk hna zawt nak long ah Emergency Room ah kal ding a si.

Siizung na thei lo a si ah cun 9-1-1 ah hin mi zaw a phur tu Mawttawkaa chon in hal khawh asi. Takfah, Lufah sawhsawh hna ah cun a zual mi hna um nak khaan (Emergency Room) ah kal hlah.

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.