

**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 – 7

**Safe, Smart and Healthy – Keys to Success in Your New Home
Medical Care and Health Insurance – 7**

HAKHA CHIN

<p>Na fa le hna cu siibawi nih a dang siibawi pediatrician sin ah kal pi a ti men lai. Zeicatiah hi pediatrician siibawi hi hngak chia siibawi a hleiceh I hnagk chia zoh khenh a thiam mi a si.</p> <p>Na fa le nih an siibawi caan hmaan te in a vaa hmuh ter leng mang tik ah dam te in an tthang lai I an tthawng lai hihi a bia pi tuk mi a si.</p>	<p>Your children may be <i>referred</i> to a pediatrician by another doctor. Pediatricians are doctors who specialize in treating children.</p> <p>It is important that your children see their pediatrician on a regular basis, so that they grow up healthy and strong.</p>
<p>A voikhat nak hnagk chia siibawi na ton tik ah na fa zoh khenh nak sii ca bu hna i ken kha philh hlah.</p>	<p>Remember to bring all of your child's medical records to the first visit with the pediatrician.</p>
<p>Mr. Ba nih a tha hri fah nak control ding ah siibawi caan hmaan te in aa piah leng mang; a dam kho lo mi zawt nak sau na ngeih ah cun na siibawi nih a dang siibawi sin ah an kal ter kho men. A dam kho lo mi zawt nak hna hi caan hmaan te in i chek leng mang a herh.</p> <p>A dam kho lo mi zawt nak na ngeih ah cun na sii bawi caan hmaan te in naa piah leng mang a herh, cuti cun zeitin dah na si ti ttha te in an chek lai i theih khawh peng na si lai.</p>	<p>Mr. Ba sees a doctor regularly to control his arthritis. You may be referred to a doctor if you have <i>chronic</i> conditions. Chronic conditions last for a longer time, and include diseases such as high blood pressure, diabetes and arthritis. They need to be checked by a doctor on a regular basis.</p> <p>If you have a chronic disease it is important to see your doctor regularly, so that they can check and see how you are doing.</p>
<p>Na ei na din mi le sii naa hman mi vial te na pum chung ah rian an ttuan dih. Na ei na inn i sii na hman mi vitamin, zawt fah leu ih na ei mi le hnu ah na ei mi sii vial te na siibawi chim kha philh hrim hrim hlah. Rit nak Sii a tong mi na si ah cun asilo ah kuak hna na zu ah cun zeizat tam le tlawm na tongh hna ti kha thieh an herh.</p>	<p>What you eat and drink and what medicines you take all have an effect on you. Be sure to tell your doctor about what you eat and drink and any medicines you take—including any vitamins, herbal supplements and home remedies. They also need to know if you drink alcohol or smoke tobacco, and how much.</p>