

**Salama, Maridadi na Yenye afya - Funguo za Ufanisi katika Makao yako Mapya  
Huduma ya Matibabu na Bima ya Afya - 4**

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

**SWAHILI**

<p>Wakati unapomuona daktari, utahitaji <b>kulipa</b> mgao wako wa ziara hiyo. Hata kama <i>una</i> bima, utahitajika kwa kawaida kulipia <b>baadhi</b> ya gharama hiyo wewe mwenyewe.</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>Ni muhimu kufika <i>wakati unaofaa</i> kwa miadi yako. Kama hii haiwezekani, lazima <b>upige simu masaa 24</b> kabla ili kubadilisha au kuwajulisha kwamba hutafika.</p>	<p>It is important to show up <i>on time</i> for your appointment. If this is not possible, you must call <b>24 hours in advance</b> to change or cancel your appointment.</p>
<p>Bi. Li hupanga <b>namna ya kwenda</b>, ili kuhakikisha yeye na mtoto wake wa kike, watafika kwenye ofisi ya daktari bila kuchelewa.</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>Beba vielelezo vyako <b>vyote</b> vya matibabu. Unahitajika kuweka vielelezo vyako vyote vikiwa vimepangwa vizuri na vimehifadhiwa mahali salama, kwa sababu utavhitaji wakati unapotaka kubadilisha hadhi yako, kutoka kuwa mkimbizi hadi raia wa kudumu. Hakikisha kwamba vielelezo vyako vinaonesha chanjo <b>zote</b>, vipimo na matibabu mengine muhimu ambayo umepata.</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. Make sure that your records show <i>all</i> the immunizations, tests and other important medical treatment that you have received.</p>
<p>Vipimo vingi vya matibabu na tiba unayohitaji ili kubadilisha hadhi yako hupewa bure, kuanzia na <b>Uchunguzi wa Afya ya Mkimbizi</b>. Wakati unapotaka kubadilisha hadhi yako na kuwa raia wa kudumu, kama <i>huna</i> vielelezo ili <b>kudhibitisha</b> ulikuwa na vipimo hivi vya matibabu na tiba, utalazimika kumlipa <i>Daktari wa Serikali</i> ili kukupa chanjo <b>tena</b>.</p>	<p>Most of the medical tests and treatment you need to change your status are provided to you free, beginning with your <b>Refugee Health Screening</b>. 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>