

## Access to Health Services

English/Aakiv

Most communities offer medical services in the following ways:

### Primary Care

Primary Care means going to one regular clinic or doctor who takes care of your regular **health care** needs and if necessary, sends you to a different doctor or other **health care provider** (doctor, nurse, or other) with special training, a specialist. Primary care should meet almost all of your physical health care needs. Primary care may include shots or treatment for a problem when you are sick. It is a good idea to visit your primary care provider at least once a year. This visit is important to check on your health and keep you healthy, for example, with immunizations.

### Special Care

Specialty care is seeing a **health care provider** (a “**specialist**”) who has special medical training to focus on helping people with a specific problem. For example, sometimes a child with many bad ear infections may need to see a doctor who has extra training in the ear. Often your primary care provider can help and you do not need this specialty care. This is why your primary care provider usually must

## Cuag Tau Cov Ua Num Kev Noj Qaab Haus Huv

Green Mong/Moobleeg

Feem ntau cov zej zog yeej muaj kev khumob nrag nuav:

### Kev Khumob *Primary Care*

*Primary care* yog moog rua lub tsev khumob losis tug kws khumob kws koj ib txwm moog ntsib rua kev khumob, hab yog thaus tsimnyog lawm, xaa tau koj moog rua lwm lub chaw khumob (kws khumob, kws tu mob, losis lwm tug) kws kawm txawj tshwjxeeb. Tug *primary care* yuav tsum saib xyuas kev mob nkeeg ntawm koj lub cev txhua nrho. *Primary care* yog tug txhaaj tshuaj losis khu koj thaum koj muaj mob. Ib lub tswvyim zoo yog yuav tsum moog ntsib lub chaw khumob nuav ib xyoos ib zag. Yuav tsum moog le nuav txhaj tshuaj tau koj kev nojqaab nyobzoo hab paab tau kuas koj tsi muaj mob, xws le kev txhaaj tshuaj tivthaiv.

### Kev Khumob Tshwjxeeb

Kev Khumob tshwjxeeb yog moog rua lub **chaw khumob** (ib tug “**kws khumob tshwjxeeb**”) kws kawm tav lug paab tuabneeg rua ib yaam teebmeem xwb. Piv txwv le tej thaus tug mivnyuas kws mob pobntseg heev yuav tau moog ntsib tug kws kawm ntau dlua txug kev khu pobntseg. Feem ntau koj lub chaw khumob *primary care* yeej paab tau koj lawm tsi taag moog ntawm tug

## Cuag Tau Cov Ua Haujlwm Kev Noj Qab Haus Huv

White Hmong/Hmoobdawb

Feem ntau cov zej zos yeej muaj kev khomob nram no:

### Kev Khomob *Primary Care*

*Primary care* yog mus rau tib lub tsev khomob losis tib tug kws khomob uas koj ib txwm mus ntsib rau kev khomob, thiab thaum tsimnyog lawm, xa tau koj mus rau lwm lub chaw khomob (kws khomob, kws tu mob, losis lwm tus) uas kawm txawj tshwjxeeb. Tus *primary care* yuav tsum saib xyuas kev mob nkees ntawm koj lub cev txhua nrho. *Primary care* yog tus txhaj tshuaj losis kho koj thaum koj muaj mob. Ib lub tswvyim zoo yog yuavtsum mus ntsib lub chaw khomob no ib xyoos ib zaug. Yuavtsum mus li no thiaj tshuaj tau koj kev nojqab nyobzoo thiab pab tau kom koj tsis muaj mob, xws li kev txhaj tshuaj tivthaiv.

### Kev Khomob Tshwjxeeb

Kev Khomob tshwjxeeb yog mus rau lub **chaw khomob** (ib tug “**kws khomob tshwjxeeb**”) uas kawm tiav los pab neeg rau ib yam teebmeem xwb. Pivtxwv li tej thaum tus menyuam uas mob pobntseg heev yuav tau mus ntsib tus uas kawm ntau dua txog kev kho pobntseg. Feem ntau koj lub chaw khomob *primary care* yeej pab tau koj lawm tsis tag mus ntawm tus tshwjxeeb. Vim li no koj tus kws khomob thiaj yuavtsum pomzoo koj thiaj mus ntsib tau tus uas khomob

say it is OK for you to see a specialist. Specialty care may be completed at a different place than your usual clinic.

### **Public Health Departments**

Some county public health departments provide health services, such as immunizations (shots) to prevent disease and treatment from certain diseases like tuberculosis. All children starting school must show that they have been immunized or gotten their shots. These services are free or cheap. Parents should check with their county public health department about immunizations for their children if they do not have primary care.

### **Private Clinics**

Private clinics often can be found in your neighborhood. Health care providers work by themselves in their own offices or are part of a group of other health care providers in a larger clinic. Most private clinics make you show that you can pay for their help when you first get there. Patients may pay for services through an insurance plan, MA, with cash, or a credit card.

### **Urgent Care**

tshwjxeeb. Vim le nuav koj tug kws khumob txhaj yuavtsum pumzoo koj txhaj moog ntsib tau tug kws khumob tshwjxeeb. Tejzag tug kws khumob tshwjxeeb yuav nyob rua lwm qhov chaw kws tsiyog qhov chaw khumob koj txeev moog.

### **Public Health Departments**

Qho lub cheebtsaam *public health department* npaaj kev paabcuam xwsle txhaaj tshuaj tivthaiv kaab mob xwsle kaab mob ntsws. Txhua tug mivnyuas pib kawm ntawv yuav tsum muaj povthawj qha has tas puab txhaajtshuaj tivthaiv taag lawm. Cov kev paabcuam nuav yog paab dlawb losis pheejyig. Cov nam-txiv kws tsi muaj lub chaw *primary care* yuavtsum nug puab lub cheebtsaam le *public health department* txog kev txhaajtshuaj tivthaiv rua puab cov mivnyuas.

### **Tsev Khumob Private**

Tsev khumob *private* feem ntau muaj nyob ib ncig koj tej zejzog. Cov kws khumob nuav puab nyob puab ntawm puab tej chaw ua num lossis puab yog ib feem ntawm tej paab khumob ntawm tej lub chaw khumob luj luj. Feem ntau cov chaw khu mob nuav koj nyavnyuas moog txug xwb puab twb kuas koj qha has tas koj muaj peevxwm them taug nqe teg los tsi taug lawm. Cov muaj mob them nqe lug ntawm kev siv povfwm mobnkeeg, MA, nyaj ntsuab, losis *credit card*.

### **Khu Tug Mob Ceevrooj**

tshwjxeeb. Tejzaum tus kws khomob tshwjxeeb no yuav nyob rau lwm qhov chaw uas tsiyog qhov chaw kho mob koj txeev mus.

### **Public Health Departments**

Qho lub cheebtsam *public health department* npaj kev pabcuam xwsli txhaj tshuaj tivthaiv kab mob xwsle kab mob ntsws. Txhua tus menuam pib kawm ntawv yuavtsum muaj povthawj qhia hais tias lawv txhajtshuaj tivthaiv tag lawm. Cov kev pabcuam no yog pab dawb losis pheejyig. Cov niam-txiv uas tsi muaj lub chaw *primary care* yuavtsum nug lawv lub cheebtsam li *public health department* txog kev txhajtshuaj tivthaiv rau lawv cov menuam.

### **Tsev Khomob Private**

Tsev khomob *private* feem ntau muaj nyob ib ncig koj tej zejzog. Cov kws khomob no lawv nyob lawv ntawm lawv tej chaw ua haujlwm lossis lawv yog ib feem ntawm tej pab khomob ntawm tej lub chaw khomob loj loj. Feem ntau cov chaw kho mob no koj nyuamqhuav mus txog xwb lawv twb kom koj qhia hais tias koj muaj peevxwm them taus nqi tes los tsi taus lawm. Cov muaj mob them nqi ntawm kev siv povfwm mobnkeeg, MA, nyaj ntsuab, losis *credit card*.

### **Kho Tus Mob Ceevrooj**

Urgent care is care for when your health care provider's office is closed or they cannot see you. Each health plan has its own place to go for urgent care. Look at your health plan's membership directory for where you should go for urgent care.

### **In-Patient and Out-Patient Care**

In-patient care is when a patient has to stay in the hospital overnight. Out-patient care is when a patient gets care at a hospital or hospital clinic without having to stay overnight.

### **Hospitals**

People who need surgery or have very bad illness may be treated at hospitals. Health care providers also can send patients with special problems to hospitals for tests or to be watched for health problems. Babies are usually born in hospitals. Some hospitals may make you show how you can pay for their services. For example, you may be asked to show an insurance card. Depending on your illness, you may be sent by your primary care provider to in-patient or out-patient care at the hospital.

### **Emergency Rooms**

Tsev khu tug mob ceevrooj yog thaus koj lub tsev khumob kaw lawm losis puab saib tsi tau koj. Ib qhov *health plan* khumob yeej muaj ib lub chaw rua koj moog thaus mob ceev. Moog saib koj cov ntaubntawv teev tswv cuab seb koj yuav tsum moog rua qhov twg thaus muaj mob ceev.

### **In-Patient hab Out-Patient Care**

*In-patient* yog thaum tug mob moog khu huv tsev khumob luj yuavtsum tau pw ib mos. *Out-patient* (tsi pw) yog thaum tug mob tau txais kev khu huv tsev khumob luj tabsis tsi tau pw.

### **Cov Tsev Khumob**

Tug tuabneeg kws yuavtsum raug phais lossis mob luj yuav raug moog khu huv tsev khumob luj. Cov kws khumob yeej xaa cov tuabneeg mob kws muaj mob txawv moog rua huv tsev khumob luj moog tshuajntsuag losis moog rua puab soj seb muaj mob dlaabtsi. Mivnyuas mog feem ntau yog moog yug huv tsev khumob luj. Tej lub tsev khumob luj xaav paub seb koj yuav them nqe khumob lecaag. Pevtxwv has tas tejzag puab xaav kuas koj muab dlaim ntawv povfwm mobnkeeg rua puab saib. Nyob ntawm koj qhov mob, tejzag koj tug kws khumob yuav xaa koj moog khu huv tsev khu mob luj kws yuavtsum tau pw, tejzag xaa moog khu tabsis tsi pw.

### **Chaav Khumob Kub Ceev**

Tsev kho tus mob ceevrooj yog thaum koj lub tsev khomob kaw lawm losis lawv saib tsis tau koj. Ib qho *health plan* khomob yeej muaj ib lub chaw rau koj mus thaum mob ceev. Mus saib koj cov ntaubntawv teev tswv cuab seb koj yuavtsum mus rau qhov twg thaum muaj mob ceev.

### **In-Patient thiab Out-Patient Care**

*In-patient* yog thaum tus mob mus kho hauv tsev khomob loj yuavtsum tau pw ib hmos. *Out-patient* (tsis pw) yog thaum tus mob tau txais kev kho hauv tsev khomob loj tabsis tsis tau pw.

### **Cov Tsev Khomob**

Tus neeg uas yuavtsum raug phais lossis mob loj yuav raug mus kho hauv tsev khomob loj. Cov kws khomob yeej xa cov neeg mob uas muaj mob txawv mus rau hauv tsev khomob loj mus tshuajntsuam losis mus rau lawv soj seb muaj mob dabtsi. Menyuaam mos feem ntau yog mus yug hauv tsev khomob loj. Tej lub tsev khomob loj xav paub seb koj yuav them nqi khomob licas. Pivtxwv hais tias tejzaum lawv xav kom koj muab daim ntawv povfwm mobnkees rau lawv saib. Nyob ntawm koj qhov mob, tejzaum koj tus kws khomob yuav xa koj mus kho hauv tsev kho mob loj uas yuavtsum tau pw, tejzaum mus kho tabsis tsis tas pw.

### **Chav Khomob Kub Ceev**

Emergency rooms are found inside hospitals. These places are for sudden and extreme health problems that need to be treated soon. You should not go to the emergency room for health problems such as a cold or the flu. You do not need to make an appointment for emergency room help, but you may have to wait a long time after arriving there.

### **Dental Care**

Dental care is health care for your teeth and gums. A **dentist**, someone who cares for teeth, gives this care. It may include regular check-ups, cleaning of your teeth, treatment of a toothache or cavity, and other dental care services.

### **Pharmacy**

The pharmacy is a place where you can get the medicine a doctor or dentist prescribed. Sometimes a pharmacy is located inside a hospital or clinic, and sometimes they are located in neighborhood stores such as Walgreen's, Wal-Mart, Target, Snyder's and so forth. Some pharmacies will deliver your prescription for a small fee or sometimes for no charge.

Chaav khumob kub ceev muaj nyob huv tsev khumob luj. Cov chaav nuav yog rua tej yaam mob kub ceev hab mob heev heev kws yuavtsum khu sai. Koj yuavtsum tsi xob moog rua tom chaav khumob kub ceev rua tej mob xws le ua dlausno losis khabthuas. Koj tsi taag yuav teem sijhawm maam moog khumob kub ceev, tabsis tejzag koj yuav tau tog ntev tomqaab kws koj moog txug.

### **Tu nav**

Tu nav yog kev tu kuas koj cov nav hab dligpaagnav zoo. Tug kws khunav yog ib tug kws tu nav, saib xyuas qhov nuav. Nwg yuav muaj tshuajntsuag, tu cov nav, khu nav mob lossis nav to qhov, hab lwmyaam kev khunav.

### **Khw Muag Tshuaj**

Lub khw muag tshuaj yog lub chaw koj moog yuav tshuaj kws tug kws khumob losis khunav sau ntawv rua koj moog yuav. Qho zag lub khw muag tshuaj nyob huv tsev khumob, qho zag yog nyob ntawm cov khw huv zejzogs, xwsle *Walgreen's, Wal-Mart, Target, Snyders*, hab lwm lub. Tej lub khw muag tshuaj kaam xaa tshuaj tuaj rua koj nrug mivntsiv nqe teg losis tsi muaj nqe teg le.

Chaav khomob kub ceev muaj nyob huv tsev khomob loj. Cov chav no yog rau tej yam mob kub ceev thiab mob heev heev uas yuavtsum kho sai. Koj yuavtsum tsis txhob mus rau tom chav khomob kub ceev rau tej mob xws li dlausno losis khabthuas. Koj tsis tas yuav teem sijhawm mam mus khomob kub cheev, tabsis tejzaum koj yuav tau tos ntev tomqab uas koj mus txog.

### **Tu hniav**

Tu hniav yog kev tu kom koj cov hniav thiab poshnav zoo. Tus kws khohniav yog ib tus kws tu hniav, saibxyuas qhov no. Nws yuav muaj tshuajntsuam, tu cov hniav, kho hniav mob lossis hniav to qhov, thiab lwmyam kev khohniav.

### **Khw Muag Tshuaj**

Lub khw muag tshuaj yog lub chaw koj mus yuav tshuaj uas tus kws khomob losis khohniav sau ntawv rau koj mus yuav. Qho zaug lub khw muag tshuaj nyob huv tsev khomob, qho zaug yog nyob ntawm cov khw huv zejzogs, xwsli *Walgreen's, Wal-Mart, Target, Snyders*, thiab lwm lub. Tej lub khw muag tshuaj kam xa tshuaj tuaj rau koj nrog menntsis nqi tes lossis tsis muaj nqi tes li.

## School Nurses

A **school nurse** is a trained nurse who works in a school. He or she may ask you about your child's immunizations or any health problems. They focus on your child's or children's health for going to or getting ready for school.

**Credits:** Based on *Health Guide for Refugees in Minnesota*. Minnesota Department of Health, 1998. Revised with permission by the Wausau Area Hmong Mutual Association, including editing of Green Hmong translation and translation into White Hmong. ©2008. Available for use as a public service at [www.hmonghealth.org](http://www.hmonghealth.org). May be copied for non-profit educational use.

## Kws Tu Mob Huv Tsev Kawm Ntawv

Tug kws tu mob huv tsev kawmntawv yog ib tug kws tu mob kws kawm tav kev tu mob kws ua num huv tsev kawmntawv. Nwg yuav nug koj txug koj tug mivnyuas kev txhajtshuaj tivthaiv lossis lwmyaam kev mob. Puab saib rua koj tug mivnyuas lossis paab mivnyuas kev nojqaab nyobzoo thaus moog kawmntawv lossis npaaj kuas txhij moog kawmntawv.

**Cov Txajntsig:** Lawv le Kev Taw Qha Txug Noj Qaab Haus Huv Rua Cov Tuabneeg Thojnaam huv Minnesota. Minnesota Department of Health, 1998. Tau tsocai rua Koomhum Moob Wausau koj rov lug khu dua tsua ©2008. Muab txhais ua lug Moob Ntsuab hab muab txhais ua lug Moob Dlawb huv si. Muaj tsua sawv dlawg siv nyob huv [www.hmonghealth.org](http://www.hmonghealth.org). Tej zag kuj muaj luam tsua cov koj moog qha kev paub tsua lwm tug dlawb hab.

## Kws Tu Mob Hauv Tsev Kawm Ntawv

Tug kws tu mob hauv tsev kawmntawv yog ib tug kws tu mog uas kawm tiav kev tu mob uas ua haujlwm hauv tsev kawmntawv. Nws yuav nug koj txog koj tus menyuum kev txhajtshuaj tivthaiv lossis lwmyam kev mob. Lawv saib rau koj tus menyuum lossis pab menyuum kev nojqab nyobzoo thaum mus kawmntawv lossis npaj kom txhij mus kawmntawv.

**Cov Txiaj Ntsig:** Raws li Kev Tawm Whia Noj Qab Haus Huv rau neeg Thoj Nam hauv Minnesota. Minnesota Department of Health, 1998 tau tso cai rau Kooshaum Hmoob Wausau koj rov los kho dua rau ©2008. Muab txhais ua lus Hmoob Ntsuas thiab lus Hmoob Dawb huv si. Muaj rau sawv daws siv nyob hauv [www.hmonghealth.org](http://www.hmonghealth.org). Tej zaug kuj muaj luam rau cov koj mus qhia kev paub rau lwm tus dawb thiab.