

Rights and Responsibilities

English/Aakiv

In the U.S. it is important to know what your rights are as a person using health care and what you must do or know when getting health care.

You Have These Rights

- To be treated with respect at all times.
- To be able to use the health care services you need 24 hours a day, seven days a week. This includes emergencies.
- To be told about your health problems. There may be times when you will be asked to sign your name on a legal document (give written consent) to have certain medical things done, such as surgery. Your **health care provider, (doctor, nurse or other)** will explain this to you, if it is needed.
- To get information about treatments and how they will help or harm you.
- To say no to a treatment and get information about what might happen if you do say no.
- To know that your health care provider will keep your records private. Everything you tell the health care provider and an **interpreter** is private.
- To file a complaint with your health plan office or

Txujcai hab Feem

Green Mong/Moobleeg

Nyob huv teb chaws Amelikas mas tseemceeb heev kws koj paub koj txujcai siv kev khumob hab koj feem yuav tau ua lossis paub thaum koj txais kev khumob.

Koj Muaj Cov Cai Nuav

- Kuas luas saib taug koj txhua lub sijhawm.
- Txais tau kev khumob kws koj yuavtsum tau khu ntawm 24 txoogteev ntawm ib nub, xyaa nub ntawm ib limtam. Nuav yog nrug rua chaav tsev khumob kubceev huvsí.
- Qha koj txug koj tej kev mob. Muaj tej zag koj yuav tau kus npe rua ib tsaab ntawv (tso cai) rua puab khu koj qho yaam mob, xwsle phais. Koj lub **tsev khumob, (tug kws khumob, tug kws tu mob, losyog lwmyaam)** yuav pav qhov nuav rua koj yog tas muaj.
- Tshawb tej kev khu hab seb puas yuav paab lossis txuj koj lecaag.
- Has tas tsi kaam khu hab kuas qha seb yuav muaj dlaabtsi tshwmsim yog koj has tas tsi kaam.
- Paub tas lub tsev khumob yuav ceev koj tej ntaub ntawv tsi pub lwmtug pum. Txhua yaam koj qha tug kws khumob hab tug **txhaislug** yuav tsi pub lwmtug paub.
- Sau ntawv moog ywg rua tug saib kev them nqe khumob

Txojcai thiab Feem

White Hmong/Hmoobdawb

Nyob hauv tebchaws Amelikas mas tseemceeb heev uas koj paub koj txojcai siv kev khomob thiab koj feem yuav tau ua lossis paub thaum koj txais kev khomob.

Koj Muaj Cov Cai No

- Kom luag saib taus koj txhua lub sijawm.
- Txais tau kev khomob uas koj yuavtsum tau kho ntawm 24 txoosteev ntawm ib hnuv, xya hnuv ntawm ib limtiam. Nov yog nrog rau chav tsev khomob kubceev huvsí.
- Qhia koj txog koj tej kev mob. Muaj tej zaum koj yuav tau kos npe rau ib tsab ntawv (tso cai) rau lawv kho koj qho yam mob, xwsli phais. Koj lub **tsev khomob, (tus kws khomob, tus kws tu mob, losyog lwmyaam)** yuav piav qhov no rau koj yog tias muaj.
- Tshawb tej kev kho thiab seb puas yuav pab lossis txo koj licas.
- Hais tias tsis kam kho thiab kom qhia seb yuav muaj dabtsi tshwmsim yog koj hais tias tsis kam.
- Paub tias lub tsev khomob yuav ceev koj tej ntaub ntawv tsis pub lwmtus pom. Txhua yam koj qhia tus kws khomob thiab tus **txhaislus** yuav tsis pub lwmtus paub.
- Sau ntawv mus yws rau tus saib kev them nqi khomob

the Commissioner of the Department of Human Services, of the Department of Health about the care or services you get.

lossis tug Tswj *Department of Human Services*, ntawm *Department of Health* txug koj kev khu lossis kev paabcuam kws koj tau txais.

lossis tus Tswj *Department of Human Services*, ntawm *Department of Health* txog koj kev kho lossis kev paabcuam uas koj tau txais.

- To get a clear explanation of what nursing home and home care services your health plan will pay for.
- To give written instructions about your medical care in the event of life-threatening conditions; this is called a **living will**.
- To choose where you will get help planning to have or not have a baby.
- To get a second medical opinion for medical, mental health and **chemical dependency** services.

- Pav meej txug tsev laug hab kev tu neeg mob huv vaaj tse saib koj dlaim ntawv them nqe khumob yuav them dlaabtsi.
- Sau ntawv qha seb yuav khu koj lecaag rua thaum koj mob nyaav kws muaj feem txuv koj txuj sa; dlaim ntawv nuav hu ua **living will**.
- Xaiv qhov chaw paab nrug koj npaaj seb yuav pub lossis tsi pub koj muaj mivnyuas.
- Moog nrhav tau tug paab lub tswvyim thib ob txug kev khumob, kev khu puag sab ntsws hab kev paab rua tej **kev quav dlejcawv yeebtshuaj**.

- Piav meej txog tsev laus thiab kev tu neeg mob hauv vaj tse saib koj daim ntawv them nqi khumob yuav them dabtsi.
- Sau ntawv qhia seb yuav kho koj licas rau thaum koj mob hnyav uas muaj feem txov koj txoj sia; daim ntawv no hu ua **living will**.
- Xaiv qhov chaw pab nrug koj npaj seb yuav pub lossis tsis pub koj muaj meyuam
- Mus nrhiav tau tus pab lub tswvyim thib ob txog kev khomob, kev kho puas siab ntsws thiab kev pab rau tej **kev quav dejcawv yeebtshuaj**.

Besides the information listed above, even if you cannot pay, you also have the following rights:

Dlhau ntawm cov ntaubntawv kws has lug nuav lawm, txawm koj them tsi tau losxij, koj tseem muaj cov cai le nraag nuav:

Dhau ntawm cov ntaubntawv uas hais los no lawm, txawm koj them tsis taus losxij, koj tseem muaj cov cai li nram no:

- To be treated well at all times.
- To bring a family member or friend along to your appointments to serve and an advocate, someone who can speak up for you if you feel confused or overwhelmed.
- To teach health care providers about your traditional health care practices and how you care for yourself; this includes telling them

- Muaj kev saib taug koj txhua lub sijhawm.
- Coj ib tug ntawm koj tsev tuabneeg lossis phoojywg moog paab koj has thaum koj moog ntsib puab, kws nwg yuav has paab koj thaum koj noog zoo le koj tsi paub tog twg lossis xaam tsi tawm dlaabtsi.
- Qha kws khumob txug kev khu mob kws mej ib txwm ua lug hab seb koj tu koj tugkheej lecaag; ib feem kuj yog qha txug cov tshuaj kws koj taabtom siv.

- Muaj kev saib taus koj txhua lub sijhawm.
- Coj ib tug ntawm koj tsev neeg lossis phoojywg mus pab koj hais thaum koj mus ntsib lawv, uas nws yuav hais pab koj thaum koj mloog zoo li koj tsis paub tog twg lossis xam tsis tawm dabtsi
- Qhia kws khomob txog kev kho mob uas nej ib txwm ua los thiab seb koj tu koj tuskheej licas; ib feem kuj yog qhia txog cov tshuaj uas koj tabtom siv.

about all the medications you are taking.

- To use the services designed for you, such as interpreters, transportation, and special clinics.
- To speak up about services that does not meet your needs.

You are Responsible to Know These Things

You must know the following information. Knowing it will help you get the services you need (often this information is given to you as part of the member handbook of the health plan that you belong to).

What if I have an emergency?

- If it is an emergency that may cause you to die or lose a part of your body such as an arm or leg, call **911** or go to the nearest emergency room
- If you can, call your health care provider or clinic and they can help you decide what to do.

What should I do if I get sick or hurt when I am out of town?

1. If you get sick or hurt out of town, go to the nearest clinic or hospital for care. If you need to stay in the hospital, ask the hospital to call your health plan to make sure the cost will be paid for.
2. If you are going to be out of town for more

- Siv tau tej kev paab kws npaaj rua koj xwb, xwsle tug txhaislug, tsheb thauj moog lug, hab cov tsev khumob tshwjxeeb.
- Has tawm txug tej yaam kev khu kws paab tsi tau koj.

Koj Feem Yuavtsum Paub Tej Nuav

Koj yuav tsum paub txug cov nuav. Thaum paub lawm yuav paab koj txais kev khu kws yuavtsum khu (feem ntau cov lug nuav luas muab rua koj ntawm koj phoo ntawv tswvcuab rua kev them nqe khumob lawm).

Thaum kuv muaj mob kubceev nib?

- Yog tas muaj mob kubceev kws yuav ua rua koj tuag lossis koj lub cev qho yaam tu xws le ib saab npaab lossis ceg, hu **911** lossis moog rua lub chaw khu mob kubceev kws nyob ze koj.
- Yog koj ua tau, hu koj tug kws khumob los lub tsev khumob hab puab paab koj xaav seb yuav ua lecaag.

Kuv yuav ua lecaag yog kuv mob los raug mob thaum kuv moog txawv zog?

1. Yog tas koj mob los raug mob thaum moog txawv zog, ces moog rua lub tsev khumob kws ze tshaaj. Yog koj yuav tau pw huv tsev khumob, has kuas puab hu rua koj lub chaw them nqe khu mob saib puab puas them.
2. Yog koj yuav tawm moog txawv zog tshaaj le ob peb

- Siv tau tej kev pab uas npaj rau koj xwb, xwsli tus txhaislus, tsheb thauj mus los, thiab cov tsev khomob tshwjxeeb.
- Hais tawm txog tej yam kev kho uas pab tsis tau koj.

Koj Feem Yuavtsum Paub Tej No

Koj yuav tsum paub txog cov nov. Thaum paub lawm yuav pab koj txais kev kho uas yuavtsum kho (feem ntau cov lus no luag muab rau koj ntawm koj phau ntawv tswvcuab rau kev them nqi khomob lawm).

Thaum kuv muaj mob kubceev ne?

- Yog tias muaj mob kubceev uas yuav ua rau koj tuag lossis koj lub cev qho yam tu xwsli ib sab npab lossis ceg, hu **911** lossis mus rau lub chaw kho mob kubceev uas nyob ze koj.
- Yog koj ua tau, hu koj tus kws khomob los lub tsev khomob thiab lawv paab koj xav seb yuav ua licas.

Kuv yuav ua licas yog kuv mob los raug mob thaum kuv mus txawv zos?

1. Yog tias koj mob los raug mob thaum mus txawv zos, ces mus rau lub tsev khomob uas ze tshaj. Yog koj yuav tau pw huv tsev khomob, hais kom lawv hu rau koj lub chaw them nqi kho mob saib lawv puas them.
2. Yog koj yuav tawm mus

than a few days, call your health plan about how to get health care

nub, hu rua koj lub chaw them nqe khu mob seb yuav moog khu mob lecaag.

txawv zos tshaj li ob peb hnuv, hu rau koj lub chaw them nqi kho mob seb yuav mus kho mob licag.

How do I make an appointment?

- To make an appointment with your health care provider for any routine care or illness, call the clinic where you usually go. This is called your primary care clinic.
- If you have not yet gone to your primary care clinic, call and make an appointment so that your clinic has a record of you and your health.
- If you are hurt or become sick very fast, try to call your clinic before you go for help.
- Tell your primary care clinic if you must change or cancel an appointment.
- If more than one family member needs to see the health care provider, make an appointment for each person.
- Your clinic will tell you about medical test results. Call your primary care clinic if you have concerns or questions.

Can I always see my own health care provider?

- You will be able to see your own health care provider most of the time, but sometimes he or she may not be available.
- If you have to see a health care provider, and you cannot wait

Kuv yuav teem sijhawm lecaag?

- Teem sijhawm nrug koj tug kws khumob moog tshuajntsuam lossis thaum koj mob, hu rua koj lub tsev khumob kws koj ib txwm moog. Nuav yog koj tug kws khumob (*primary care*).
- Yog koj tseem tsi tau moog huv koj lub tsev khumob le, hu moog teem sijhawm kuas puab muaj koj npe hab keebkwm khu mob.
- Yog koj raug mob los cale mob heev heev taamsim, hu rua koj lub tsev khumob uantej koj moog khu.
- Qha rua tsev khumob yog tas koj yuavtsum tau hloov lossis tsum tsi moog ib lub sijhawm teem.
- Yog tshaj le ib leeg huv tsev neeg yuav moog ntsib kws khumob, teem sijhawm rua ib tug zuzug
- Koj lub tsev khumob yuav qha rua koj thaum tshuajntsuam tau. Hu rua koj lub tsev khumob yog koj muaj kev txhawj xeeb los yog muaj lugnug.

Kuv puas ntsib tau kuv tug kws khumob taag moog le?

- Koj yeej ntsib tau koj tug kws khumob yuav laug txhua sijhawm, tabsis tej thaum nwg kov tsi yeej.
- Yog koj yuav tsum tau moog ntsib kws khumob tabsis koj tog tsi taug txug

Kuv yuav teem sijhawm licas?

- Teem sijhawm nrug koj tus kws khomob mus tshuajntsuam lossis thaum koj mob, hu rau koj lub tsev khomob uas koj ib txwm mus. Nov yog koj tus kws khomob (*primary care*).
- Yog koj tseem tsis tau mus hauv koj lub tsev khomob li, hu mus teem sijhawm kom lawv muaj koj npe thiab keebkwm kho mob.
- Yog koj raug mob los ciali mob heev heev tamsim, hu rau koj lub tsev khomob uantej koj mus kho.
- Qhia rau tsev khomob yog tias koj yuavtsum tau hloov lossis tsum tsis mus ib lub sijhawm teem.
- Yog tshaj li ib leeg hauv tsev neeg yuav mus ntsib kws khomob, teem sijhawm rau ib tug zuzug.
- Koj lub tsev khomob yuav qhia rau koj thaum tshuajntsuam tau. Hu rau koj lub tsev khomob yog koj muaj kev txhawj xeeb losyog muaj lusnug.

Kuv puas ntsib tau kuv tus kws khomob tas mus li?

- Koj yeej ntsib tau koj tus kws khomob yuav luag txhua sijhawm, tabsis tej thaum nws kov tsis yeej.
- Yog koj yuavtsum tau mus ntsib kws khomob tabsis koj tos tsis taus txog thaum koj

until your own health care provider has time to see you, you may be asked to see another health care provider.

- If you wish to change health care providers, your primary care clinic will help you.
- If you wish to change clinics, your health plan will help you.

thaum koj tug kws khumob xyeej ntsib koj, tejzag koj yuav tau moog ntsib dlua lwmtug kws khumob.

- Yog koj xaav hloov moog rua lwmtug kws khumob, koj lub tsev khumob yuav paab koj.
- Yog koj xaav hloov tsev khumob, koj lub chaw them nqe khumob yuav paab koj.

tus kws khomob xyeej ntsib koj, tejzaum koj yuav tau mus ntsib dua lwmtus kws khomob.

- Yog koj xav hloov mus rau lwmtus kws khomob, koj lub tsev khomob yuav pab koj.
- Yog koj xav hloov tsev khomob, koj lub chaw them nqi khomob yuav paab koj.

Making an Appointment to See Your Health Care Provider

These things will help you to make an appointment to see your health care provider.

Things You Should Do

- Give your name: “My name is _____”
- Tell the person who answers the phone if you speak little or no English.
- Say why you are calling: I would like to make an appointment with doctor or nurse _____ for _____.
- Tell the person on the phone what you are most sick with. If you are very sick, tell him or her.
- When your appointment has been set up, repeat the date and time of it to the person on the phone to make sure that you have the right information.
- Call the health care provider’s office if you must cancel an appointment or if you are going to be very late.

Teem Sijhawm Ntsib Koj Tug Kws Khumob

Cov nuav yuav paab koj teem sijhawm moog ntsib koj tug kws khumob.

Yaam Kws Koj Yuav Tau Ua

- Qha koj lub npe: “Kuv npe hu ua _____”
- Qha tug teb xuvtooj yog has tas koj paub lug Aakiv mivntsiv xwb lossis has tsi tau le.
- Qha seb vim lecaag koj hu: Kuv xaav teem sijhawm nrug kws khumob losyog tug kws tu mob _____ vim _____.”
- Qha tug teb xuvtooj seb qhov koj mob heev tshaaj yog dlaabtsi. Yog koj mob heev, qha rua nwg.
- Thaum teem tau sijhawm lawm, rov has nub hab lub sijhawm rua tug teb xuvtooj kuas koj paub meej tas teem yog.
- Hu rua lub tsev khumob yog tas koj yuav lawb tsi moog lossis koj yuav moog txug lig lig.

Teem Sijhawm Ntsib Koj Tus Kws Khomob

Cov no yuav pab koj teem sijhawm mus ntsib koj tus kws khomob.

Yam Uas Koj Yuav Tau Ua

- Qhia koj lub npe: “Kuv npe hu ua _____”
- Qhia tus teb xovtooj yog hais tias koj paub lus Aakiv mentsis xwb lossis hais tsis tau li.
- Qhia seb vim licas koj hu: Kuv xav teem sijhawm nrug kws khomob losyog tus kws tu mob _____ vim _____.”
- Qhia tus teb xovtooj seb qhov koj mob heev tshaj yog dabtsi. Yog koj mob heev, qhia rau nws.
- Thaum teem tau sijhawm lawm, rov hais hnuv thiab lub sijhawm rau tus teb xuvtooj kom koj paub meej tias teem yog.
- Hu rau lub tsev khomob yog tias koj yuav tsum tsis mus lossis koj yuav mus txog lig lig.

Things You Should Not Expect

- Do not expect to speak to the health care provider when you phone for an appointment.
- Do not expect the health care provider to come to your home to see you.
- Do not expect to see the health care provider the day that you phone for an appointment unless you are very sick.

Cultural Sensitivity

In the U.S., not all health care providers will know your culture's health practices. When you visit a health care provider, it will be a good time for you to teach him or her about what health means in your culture. Be patient with all the questions that the health care provider asks. It is his or her way of finding out how they can help.

Always tell your health care providers about all of the medicine you take, even traditional or home medicines. These traditional medicines may cause problems with medicine that your health care provider tells you to take. If you need the information translated about the medicine your health care provider tells you to take, be sure to ask them to translate it for you.

If you are not satisfied with how you are cared for, you should talk with the person whose job it is to help

Yaam Koj Yuav Tsum Tsi Xob Npaaj Sab

- Tsi xob casab tas koj yuav nrug tug kws khumob thaam tau thaum koj hu moog teem sijhawm.
- Tsi xob npaaj sab tas kws khumob yuav tuaj saib koj huv koj lub tsev.
- Tsi xob npaaj sab tas yuav ntsib tau tug kws khumob rua nub kws koj hu xuvtooj moog teem sijhawm tshwj thaum kws koj mob heev heev xwb.

Totaub Lwm Haiv Tuabneeg Kev Lis Kev Cai

Nyob huv Amelikas teb, tsi yog taag nrho cov tsev khumob yuav paub txug mej haiv tuabneeg kev khumob. Thaum koj moog ntsib koj tug kws khumob, yog lub sijhawm zoo rua koj qha txug seb kev nojqaab haushuv txhais lecaag rua mej haiv tuabneeg. Ua sabntev rua cov lugnug es kws khumob nug. Yog kws khumob lub luag kws yuav tshawb kuas paub paub txhaj paub paab koj.

Qha koj tug kws khumob txug txhuayaam tshuaj kws koj noj, txawm tas tshuaj ntsuab losyog tshuaj huv tsev, qha huvsi rua. Cov tshuaj ntsuab nuav tejzag kuj ua teebmeem rua cov tshuaj kws koj tug kws khumob has kuas koj noj. Yog koj xaav kuas txhais rua koj txug cov tshuaj koj tug kws khumob muab rua koj noj, ncu ntsoov nug kuas paub txhais rua koj.

Yog koj tsi txaus sab rua tej kev paub khu koj tug mob, koj yuav tau moog thaam nrug tug ua haujlwm paab cov tuabneeg mob

Yam Koj Yuav Tsum Tsi txhob Npaj Siab

- Tsis txhob ciasiab tias koj yuav nrog tus kws khomob tham tau thaum koj hu mus teem sijhawm.
- Tsis txhob npaj siab tias kws khomob yuav tuaj saib koj hauv koj lub tsev.
- Tsis txhob npaj siab tias yuav ntsib tau tus kws khomob rau hnuv uas koj hu xovtooj mus teem sijhawm tshwj thaum uas koj mob heev heev xwb.

Totaub Lwm Haiv Neeg Kev Lig Kev Cai

Nyob hauv Amelikas teb, tsis yog tag nrho cov tsev khomob yuav paub txog nej haiv neeg kev khomob. Thaum koj mus ntsib koj tus kws khomob, yog lub sijhawm zoo rau koj qhia txog seb kev nojqab haushuv txhais licas rau nej haiv neeg. Ua siabntev rau cov lusnug es kws khomob nug. Yog kws khumob lub luag uas yuav tshawb kom lawv paub thiaj paub pab koj.

Qhia koj tus kws khomob txog txhuayam tshuaj uas koj noj, txawm tias tshuaj ntsuab losyog tshuaj hauv tsev, qhia huvsi rau. Cov tshuaj ntsuab no tejzaum kuj ua teebmeem rau cov tshuaj uas koj tus kws khomob hais kom koj noj. Yog koj xav kom txhais rau koj txog cov tshuaj koj tus kws khomob muab rau koj noj, nco ntsoov nug kom lawv txhais rau koj.

Yog koj tsi txaus siab rau tej kev lawv kho koj tus mob, koj yuav tau mus tham nrog tus ua haujlwm pab cov neeg mob hauv

patients at the health care facility. If that is not helpful, you can call the Department of Human Services **Ombudsperson**.

These are some very important things to remember when using the U.S. health care system

- It is important to arrive early for your appointment. Arriving late may mean the health care provider cannot see you, and you will have to make another appointment.
- You may ask to see a health care provider that is a woman if you are a woman or one who is a man if you are a man.
- The room in which you will receive your health screening may be very small. If you are afraid of small places, tell your health care provider.

As you learn more about health care in the U.S., you can help teach about health to members of your own community. You will be a trusted source of information. Join other refugee and immigrant advocacy or service groups to help solve the worries other people new to the U.S. may have about health care. You can meet with the people who run health plans to let them know ways to make things easier at your clinic.

Patient Advocacy

You are allowed to ask questions about your health

huv tsev khumob. Yog tas qhov nuav los paab tsi tau hab, koj hu moog rua *Department of Human Services Ombudsperson* lossis tug neeg kws noog suavdlawg tej lug ntsawvsab.

Cov nuav yog ib co tseemceeb heev rua koj ncu thaum koj siv kev khumob nyob Amelikas teb:

- Tseemceeb kws koj moog txug ntxuv rua koj lub sijhwawm teem. Qhov moog txug lig ces tejzag kws khumob ntsib tsi tau koj, hab koj yuav tau teem dlua lwm lub sijhawm.
- Koj yeej has tau tas koj xaav ntsib tug kws khumob quaspuj vim koj yog quaspuj lossis txivneej vim koj yog txivneej.
- Chaav tsev kws yuav siv tshuajntsuam koj tej mob yuav ti heev. Yog tas koj ntshai chaw ti, qha rua koj tug kws khumob.

Thaum kawm tau ntau txug kev khumob huv Amelikas teb, koj paab qha txug kev nojqaab haushuv rua koj lub zejzog. Koj yuav yog ib tug kws luas ntseeg tau thaum luas muaj tej yaam xaav nug. Koom lwm paab tuabneeg paabcuam cov thojnaam lossis koomtxoos paabcuam kws paab dlaws teebmeem txhawjxeeb txug kev khumob rua cov tuabneeg kws nyavnyuas tuaj rua teבחaws Amelikas. Koj yuav moog ntsib tau cov tuabneeg kws ua num rua cov chaw them nqe khumob tas ua lecaag txhaj yoojyim rua koj thaum koj moog tom lub chaw khu mob.

Tug Tuavxaam Nrug Tug Mob

Koj yeej nug tau txug kev khu koj. Yog koj tsi nyam le luas khu

tsev khomob. Yog tias qhov no los pab tsi tau thiab, koj hu mus rau *Department of Human Services Ombudsperson* lossis tus neeg uas mloog sawvdaws tej lus ntsawvsiab.

Cov no yog ib co tseemceeb heev rau koj nco thaum koj siv kev khomob nyob Amelikas teb:

- Tseemceeb uas koj mus txog ntxov rau koj lub sijhwawm teem. Qhov mus txog lig ces tejzaum kws khomob ntsib tsi tau koj, thiab koj yuav tau teem dua lwm lub sijhawm.
- Koj yeej hais tau tias koj xav ntsib tus kws khomob pojniam vim koj yog pojniam lossis txivneej vim koj yog txivneej.
- Chav tsev uas yuav siv tshuajntsuam koj tej mob yuav ti heev. Yog tias koj ntshai chaw ti, qhia rau koj tus kws khomob.

Thaum kawm tau ntau txog kev khumob huv Amelikas teb, koj pab qhia txog kev nojqab haushuv rau koj lub zejzog. Koj yuav yog ib tug uas luag ntseeg tau thaum luag muaj tej yam xav nug. Koom lwm pab neeg pabcuam cov thojnam lossis koomtxoos pabcuam uas pab daws teebmeem txhawjxeeb txog kev khomob rau cov neeg uas nyuamqhuav tuaj rau teבחaws Amelikas. Koj yuav mus ntsib tau cov neeg uas haujlwm rau cov chaw them nqi khomob tias ua licas thiaj yoojyim rau koj thaum koj mus tom lub chaw kho mob.

Tus Tuavxam Nrog Tus Mob

Koj yeej nug tau txog kev kho koj. Yog koj tsi nyam li luag kho

care. If you do not like your health care or think it is not very good, there are people who can help you.

Most clinics and hospitals have people whose job it is to help patients. They are called patient advocates or patient representatives. They work with you to make sure that you are happy with the care you get.

If you have questions about paying your medical bills or need a ride to and from your appointments, a patient advocate can help you. If you have to stay in the hospital, a patient advocate can help you with any language problems.

Other Sources of Help

In addition to the patient advocate, there are many other places to get help. Your Volags may be able to help you. The people who work at different social service agencies and ethnic organizations may be able to help you. You can get a list of some of these places from your Volags.

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koj losyog xaav tas zoo tsi txaus, muaj tuabneeg nyob ntawd yuav paab tau koj.

Feem ntau cov tsev khumob miv hab tsev khumob luj muaj cov tuabneeg kws lub luag num yog paab tuabneeg mob. Cov nuav hu ua *patient advocates*/tug paab tuavxaam rua tug mob losyog tug sawvcev tug mob. Puab ua haujlwm nrug koj kuas koj txaussab rua kev khu kws koj tau txais.

Yog koj muaj lugnug txug kev them koj tej nqi khumob losyog xaav tau tsheb thauj moog lug rua koj cov sijhawm teem ntawd, tug paab tuavxaam nuav yuav paab tau koj. Yog koj yuav tau pw huv tsev khumob tug paab tuavxaam yuav paab koj nrhav tug txhais lug.

Lwm Yaam Kev Paab

Ntxiv rua tug tuavxaam nrug tug mob, kuj tseem muaj ntau qhov chaw rua koj moog cuag kev paab. Koj cov koomhum kuj muaj cuabkaav paab tau koj. Cov ua num rua cov chaw paab tuabneeg hab cov koomhum rua tej haiv tuabneeg muaj cuabkaav paab tau koj. Koj moog muab cov npe ntawm tej chaw nuav huv koj lub koomhum paabcuam.

Cov Txajntsig: Raws le Kev Taw Qha Noj Qaab Haus Huv tsua neeg Thoj Naam huv Minnesota. Minnesota Department of Health, 1998. Tau tso cai tsua Koomhum Moob Wausau koj rov lug khu dlua 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. Tej zag kuj muaj luam tsua cov koj moog qha kev paub tsua lwm tug dlawb hab.

koj losyog xav tias zoo tsis txaus, muaj neeg nyob ntawd yuav pab tau koj.

Feem ntau cov tsev khomob me thiab tsev khomob loj muaj cov neeg uas lub luag haujlwm yog pab neeg mob. Cov no hu ua *patient advocates*/tus pab tuavxaam rau tus mob losyog tus sawvcev tus mob. Lawv ua haujlwm nrog koj kom koj txaussiab rau kev kho uas koj tau txais.

Yog koj muaj lusnug txog kev them koj tej nqi khomob losyog xav tau tsheb thauj mus los rau koj cov sijhawm teem ntawd, tus pab tuavxaam nov yuav pab tau koj. Yog koj yuav tau pw huv tsev khomob tus pab tuavxaam yuav pab koj nrhiv tus txhais lus.

Lwm Yam Kev Pab

Ntxiv rau tus tuavxaam nrog tus mob, kuj tseem muaj ntau qhov chaw rau koj mus cuag kev pab. Koj cov koomhaum kuj muaj cuabkav pab tau koj. Cov ua haujlwm rau cov chaw pab neeg thiab cov koomhaum rau tej haivneeg muaj cuabkav pab tau koj. Koj mus muab cov npe ntawm tej chaw no huv koj lub koomhaum pabcuam.

Cov Txiaj Ntsig: Raws li Kev Tawm Whia Noj Qab Haus Huv rau neeg Thoj Nam huv 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 huv www.hmonghealth.org. Tej zaug kuj muaj luam rau cov koj mus qhia kev paub rau lwm tus dawb thiab.