



# PAB KOM ME NYUAM TXHOB POOB QAB

Teem sij hawm kuaj ib ce rau me nyuam tam sis no.

Kev kuaj ib ce rau me nyuam yaus yog ib qho kev kuaj raws caij nyoog uas pub dawb los sis them nqi phee yig xwb. Cov kev kuaj no tseem ceeb rau kev saib xyuas thiab ntsuas koj tus me nyuam txoj kev loj hlob, thiab tham txog tej kev txhawj xeeb ntawm tus me nyuam xws li kev noj qab haus huv, kev txhaj tshuaj tiv thaiv kabmob uas tsim nyog, koom rau tshuaj tiv thaiv COVID-19 thiab. Hu rau tus kws kho mob uas saib xyuas koj tus me nyuam es teem sij hawm hnub no.

## Yog koj xav nrhiav kws kho mob los sis tsev kuaj mob rau koj tus me nyuam?

Rau cov me nyuam uas muaj Medical Assistance (MA) cov kev kuaj no hu ua Kev Kuaj Me Nyuam Yaus thiab Me Nyuam Hluas (Child and Teen Checkups los sis C&TC), yog kuaj dawb xwb rau cov muaj hnub nyoog mos liab mus txog rau 20 xyoo. Yog koj tsis muaj kws kho mob los sis tsev kuaj mob, ces lub county koj nyob los sis tus thawj saib xyuas tribal C&TC pab tau koj. Mus nrhiav ntaub ntawv txog cov neeg ua hauj lwm rau C&TC hauv koj kub county ntawm [freechildcheckups.com](https://www.freechildcheckups.com) (yog tsim tsa los ntawm Hennepin County C&TC) mus saib hauv qhov website sab nram qab rau sob lus sau hais tias "Need help with your appointment?" ces nias qhov drop-down box nrhiav koj lub county los sis qhov tribal affiliation uas raug rau koj. Yog koj tsis muaj eesthawsnem (internet) los sis yog xav tau kev pab tiv toj rau tus saib xyuas hauj lwm C&TC, ces hu rau lub Xeev qhov txheej xwm C&TC ntawm 651-431-3429.

Rau cov me nyuam uas muaj ntaub ntawv pov hwm kev kho mob nrog lwm lub tuam txhab insurance, ces tiv toj rau lub tuam txhab ntawd, kom lawv pab taw qhia cov tsev kuaj mob nyob ze rau koj uas txais koj qhov insurance.

## Yog xav nrhiav kev pov hwm kev kho mob (insurance)?

Yog xav nrhiav kev pov hwm kev kho mob rau koj thiab tsev neeg, ces mus saib: <https://www.mnsure.org/> los sis hu rau 651-539-2099 los sis 855-366-7873.



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