

## CHDP Pab Dabtsi?

### Cov Kev Mus Kuaj Mob Raws Sijhawm:

- ♥ Kuaj Kev Lojglob thiab Kev Siab
- ♥ Txhaj Txhua Koob Tshuaj Uas Yuav Tau Txhaj
- ♥ Kuaj Hniav
- ♥ Kuaj Qhovmuag
- ♥ Kuaj Pobntseg
- ♥ Kuaj Saib Puas Noj Zaubmov Txaus
- ♥ Qhia Txog Kev Nojqab Haushuv
- ♥ Qhia Txog Luamyeeb
- ♥ Kuaj Saib Ntshav Puas Txaus, Kuaj Kua Txhuas hauv Cov Ntshav, Kuaj Zis, TB, thiab Lwm Yam Li Uas Tsimnyog
- ♥ Xa Cov Menyuum Mos mus txog 5 Xyoos Mus Thov WIC

### Kuaj Hniav thiab Kho Hniav yog tias Yuavtsum Tau Kho.

Yog tias koj yuavtsum tau muaj cov kev khomob, kho hniav, lossis kho teebmeem kev xav, peb yuav pab nrhiav rau koj. Luag yuav pab them rau cov nqi kuaj thiab kho tibi yog tias koj tus menyuum tseem tau txais Medi-Cal.

Cov tibneeg uas tau nrog Medi-Cal them ib feem ntawm cov nqi khomob, koj hais tau kom CHDP pab them rau cov nqi kuaj thiab khomob ntawd lossis koj them cov nqi khomob ntawd thiab mam kom lawv muab suav ua feem uas koj yuavtsum tau them. Koj yuav tsis tau nrog them rau cov kev pabcuam khomob CHDP.

Nqa koj daim Medi-Cal card thiab daim ntawv txhaj tshuaj nrog koj tuaj.

## Kev Qhia:

Yog xav tau kev qhia ntxiv, lossis kev pabcuam rau kev teem mus ntsib kws khomob thiab kev pab thauj mus khomob, lub chaw ua haujlwm CHDP hauv koj lub nroog. Nrhiav lawv tus xovtooj hauv phab teev koomhaum tseemfwv hauv phau ntawv teev xovtooj. Nrhiav hauv qab *Child Health and Disability Prevention* lossis *Health Department*.

Lossis nrhiav lub chaw ua haujlwm CHDP hauv koj lub nroog ntawm [www.dhcs.ca.gov/services/chdp](http://www.dhcs.ca.gov/services/chdp)

Yog koj xav tau kev pabcuam rau kev khomob teebmeem kev xav, hu mus rau phab saib kev khomob teebmeem kev xav hauv koj lub nroog. Lawv yuav qhia tau rau koj txog lwm cov kev khomob rau cov menyuum yaus thiab cov hluas uas tau txais Medi-Cal thiab muaj teebmeem kev xav.



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Thawj Tswj Xeev, Xeev Kalifonias

(Hmong, 1/04)

## Hmong

**Kev Pabcuam Tivthaiiv  
Menyuam yaus Kev Nojqab  
Haushuv & Teebmeem hauv  
Kev Lojglob (CHDP)**

**Kev Kuaj Mob &  
Kuaj Hniav**



**DAWB**  
**Rau Cov Menyuum mos, Menyuum  
yaus, thiab Hluas Txog Hnub Nyoog 20  
xyoos Uas Yog Siv Medi-Cal Los Kuaj**

# Yog Vim Licas Thiaj Mus Kuaj Mob?

Kev mus kuaj **txhua yam mob** tej zaum yuav nrhiav tau tej kev mob, hniav kab noj, thiab/lossis teebmeem kev xav uantej uas nws dhau los ua ib yam mob loj. Luag yuav pab txhaj tej tshuaj tivthaiv uas tsimnyog txhaj. Koj muaj sijhawm nug tau luag. Luag yuav pab kuaj, thaum uas tsimnyog, rau cov menyuam uas lwm tus yuav coj mus tu, kev mus ua sports, lossis mus camp. Feem ntau koj mus Kuaj Mob CHDP tau ntawm lub chaw uas koj niajzaus mus kuaj mob.

## Cov Menyuaam yaus thiab Menyuaam mos Thaum Yug Txog 3 Xyoos

### Kev Mus Kuaj Mob Raws Sijhawm thiab Txhaj Tshuaj Tivthaiv

Cov menyuaam mos thiab menyuaam yaus yuav tau mus kuaj mob ntau. Lawv yuav tau mus txhaj lawv cov tshuaj tivthaiv kom raws sijhawm.



### Kuaj ntau npaum licas?

Kuaj ib zaug rau thaum uas muaj hnuv nyoog li hauvqab no:

Mos dua 1 hlis	10-12 hlis
1-2 hlis	13-15 hlis
3-4 hlis	16-23 hlis
5-6 hlis	2 xyoos
7-9 hlis	3 xyoos

## Cov Menyuaam Kawm Ntawv 4 Txog 12 Xyoos

### Kuaj Ibce Rau Kev Kawm Ntawv

Lub Xeev txoj kevcai samfwm kom cov menyuaam uas yuav mus kawm kindergarten lossis grade ib yuav tau mus kuaj ibce thiab txhaj kom tas lawv cov tshuaj tivthaiv raws li lawv lub hnuv nyoog.

Kev kuaj ibce muaj cuabkav yuav nrhiav tau cov kev mob uas yuav ua rau tus menyuaam kawm tsis tau ntawv.



### Kuaj ntau npaum licas?

Kuaj ib zaug rau thaum uas muaj hnuv nyoog li hauvqab no:

Nruab nrab thaum 4-5 xyoos  
Nruab nrab thaum 6-8 xyoos  
Nruab nrab thaum 9-12 xyoos

## Cov Hluas thiab Tiav Hluas 13 Txog 20 Xyoos

### Kuaj Ibce Rau Kev Kawm Ntawv

Cov hluas los yuav tau mus kuaj ibce tib yam thiab! Tejzaum lawv yuav muaj lus nug txog lawv txoj kev nojqab haushuv. Lawv yuav nug tau ib tus kws khomob.



### Kuaj ntau npaum licas?

Kuaj ib zaug rau thaum uas muaj hnuv nyoog li hauvqab no:

Nruab nrab thaum 13-16 xyoos  
Nruab nrab thaum 17-20 xyoos

Nug koj tus kws khomob lossis phab saib kev nojqab haushuv hauv koj lub nroog txog lwm yam kev pabcuam rau cov hluas.