

## Muaj 7 Yam Uas Yog Vim Li Cas Koj Thiaj Yuav Tau Teem Caij mus ntsib Medi-Cal ib Tus Kws Kho Hniav Tam Sim No:

### 1. Vim koj tuaj yeem ua tau! Medi-Cal muaj pab them rau kev kho hniav.

Kev mus ntsuam-xyuas kho hniav uas yog ua pub dawb xwb los sis tus nqi-pheej yig rau Medi-Cal cov tswv cuab (tus muaj cai tau txais cov kev pab cuam kho hniav). Cov neeg muaj hnuv nyoog tuaj yeem mus ntsuam-xyuas tau ib xyoos ib zaug, thiab cov me nyuam tuaj yeem mus ntsuam-xyuas tau txhua rau lub hlis.

### 2. Koj tus me nyuam tsis tau mus ntsib tus khws kho hniav dua li.

Me nyuam yuav pib muaj tau cov qhov hniav lwj thaum ntxov thaum muaj 2 xyoos. Pov thaiv koj cov me nyuam cov pos hniav thiab cov hniav los ntawm qhov koj lawv mus ntsib tus kws kho hniav txhua rau lub hlis.

### 3. Yog tias koj cev xeeb tub lawm!

Koj kev noj qab haus huv ntawm ncauj yog ib feem tseem ceeb los ua kom ntseeg tias koj tus me nyuam mos liab muaj kev noj qab haus huv. Koj cov pos hniav thiab cov hniav yuav tsum tau txais kev saib xyuas nyob rau lub sij hawm no. Nco ntsoov qhia rau lawv tias koj cev xeeb tub lawm thaum koj hu mus teem caij ntsib kws kho hniav.

### 4. Nws yog koj tus me nyuam mos liab thawj lub hnuv yug!

Teem caij rau koj tus me nyuam mus ntsib tus kws kho hniav thawj zaug

kom sai li sai tau tom qab nws thawj cov hniav pib tuaj los sis nyob rau nws thawj lub hnuv yug, saib seb qhov twg los ua ntej. Nws yog ib qho tseem ceeb uas yuav tau ua zoo saib xyuas tus me nyuam cov hniav kom txog thaum nws lov lawm.

### 5. Koj tus me nyuam pib mus kawm kindergarten.

Txhawm rau ua kom ntseeg tias koj tus me nyuam npaj txhij mus kawm ntawv, xeev California tsab cai lij choj yuav kom koj koj tus me nyuam mus ntsuam-xyuas nws cov hniav ib zaug ua ntej hnuv tim 31 Lub Tsis Hlis Ntuj hauv kindergarten los sis qib pib (first grade), seb qhov twg yog nws thawj xyoo kawm nyob rau tsoom fvv cov tsev kawm ntawv.

### 6. Koj tus me nyuam cov hniav puas uas tsis plhis tau tuaj lawm.

Pov thaiv cov hniav puas uas tsis plhis los ntawm kab noj hniav thiab cov qhov hniav lwj los ntawm kev ua ib qho teem caij mus ntsuam-xyuas cov hniav thiab nug tus kws kho hniav kom muab tshuaj ntsaws cov qhov hniav puas. Nws yog ib qho ua tau sai xwb, tsis mob heev thiab tuaj yeem pov thaiv koj tus me nyuam cov hniav tom qab nyob mus ntau xyoo!

### 7. Koj tus me nyuam nyuam qhuav kawm tiav tsev kawm ntawv qib siab (high school).

Koj tus me nyuam cov kev pab cuam kho hniav yog ua pub dawb xwb los sis tus nqi-pheej yig mus txog thaum muaj 21 xyoos. Pab ua kom lawv nco mus ntsib kws kho hniav tas li los ntawm kev ua ib qho teem caij nyob rau cov hnuv uas lawv yuav mus tau.



Zoo siab luag ntxhi, koj muaj kev saib xyuas kho hniav.

*Zoo siab luag ntxhi, xeev California* pab Medi-Cal cov tswv cuab ua kom lawv tau txais lawv qhov kev pab kho hniav siab tshaj plaws. Medi-Cal muab cov kev pab pub dawb los sis tus nqi-pheej yig rau cov kev pab cuam kho hniav txhawm rau los pab ceev koj thiab koj kev noj qab haus huv kom zoo siab nyob luag txhi.



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1-800-322-6384

Txoj kev ceev kom koj cov hniav muaj kev noj qab haus huv yog ib yam zoo tshaj plaws uas koj tuaj yeem ua tau rau koj txoj kev noj qab haus huv thooob plaws.

## Rau kev ua kom qhov ncauj muaj kev noj qab haus huv, koj yuav tau ua ntau tshaj qhov txhiam thiab muab xov los dig hniav xwb.

Koj cov hniav tsis muaj mob yog ib qho tseem ceeb. Tag nrho koj kev noj qab haus huv yog ib qho tseem ceeb txuas los ntawm koj kev noj qab haus huv ntawm ncauj. Xyaum tu lub qhov ncauj kom zoo txhua hnuv thiab teem sim hawm nquag mus ntsuam-xyuas hniav tas li txhawm rau txo koj qhov phom sij txog cov teeb meem loj ntawm kev noj qab haus huv.

## Cov kev pab cuam uas pab them rau kuj yuav muaj

- Cov kev ntsuam xyuas thiab theej duab hluav taws xob (x-rays)
- Kev ntxuav kom huv
- Cov kev txhaws qhov hniav khoob
- Cov kev muab tshuaj pab kho kom hniav khov (Fluoride treatments)
- Kev txhaws thiab kev looj hniav\*
- Kev txhiam thiab kev cog hauv paus hniav
- Cov kev kho cag hniav mob
- Cov kev pab cuam xwm txheej ceev
- Kev rho hniav
- Kev tswj hwm txhiam hniav
- Cov ncauj hniav los sis tej tus hniav cuav
- Kho ncauj hniav cuav
- Cov kev kho hniav zoo nkauj (nruab hlau tuav hniav) rau cov muaj hnuv nyoog 21 xyoos thiab cov hnuv nyoog qis dua tus uas muaj feem tsim nyog tau txais

Kawm paub ntxiv txog cov kev pab cuam no nyob ntawm [SmileCalifornia.org](http://SmileCalifornia.org).

\*Cov hau khwb tus hniav ntawm cov hniav puas los yog cov hniav dev (cov hniav puas) tej zaum yuav raug them nyob rau hauv tej kis.



Txij li hnuv tim 1 Lub Ib Hlis Ntuj, 2018, lub Chav Hauj Lwm ntsig txog Kev Pab Cuam Saib Xyuas Kev Noj Qab Haus Huv (Department of Health Care Services, DHCS) rov pib dua tshiab rau kev kho hniav rau cov muaj hnuv nyoog 21 xyoos thiab cov laus dua kom tau txais kev pab them tag nrho txhua-yam kev kho hniav.

Kom tau ib daim ntawv qhia tag nrho cov kev pab cuam uas them rau, mus saib [SmileCalifornia.org](http://SmileCalifornia.org).

## Kev saib xyuas ntawm ncauj thiab nquag mus ntsuam-xyuas kho hniav tuaj yeem pab txuag tau koj lub sij hawm thiab nyiaj txiag.

### COV ME NYUAM MOS LIAB

Koj tus me nyuam kev mus ntsib kws kho hniav thawj zaug yuav tsum yog pib nyob rau tom qab thawj tus hniav pib tshwm, tab sis tsis pub dhau tom qab nws thawj lub hnuv yug. Me nyuam mos liab cov hniav yog ib qho tseem ceeb rau nws txoj kev noj qab haus huv thiab kev loj hlob. Cov hniav yuav pab tau nws xo-zom zaub mov, hais lus thiab luag ntshi.



Medi-Cal Kho Hniav muab kev pab pub dawb los sis tus nqi-pheej yig rau kev ntsuam-xyuas hniav txhua rau lub hlis rau cov tswv cuab muaj hnuv nyoog qis dua 21 xyoos.

### COV ME NYUAM ME

Me nyuam yau yuav pib plhis hniav thaum ntsov thaum lawv muaj li tsib xyoos. Qhov no yog thaum lawv cov hniav tiag pib tuaj. Nug tus kws kho hniav hais txog cov ntsaws qhov hniav khoob txhawm rau los pab pov thaiv koj tus me nyuam cov hniav khoob los ntawm cov qhov hniav lwj. Cov me nyuam uas tsis muaj kev txhaws qhov hniav khoob yuav muaj qhov hniav lwj ntau tshaj peb npaug ntawm tus muaj cov txhaws.\*

### COV TUB NTXHAIHLS HLUAS

Kev noj thiab haus cov khoom muaj piam thaj, li thaum tseem hluas kheev nquag ua, yuav ua rau lawv muaj kev phom sij txog mob pos hniav thiab hniav lwj ntau dua. Cov tub ntxhais hluas tus uas nquag mus ntsuam-xyuas lawv cov hniav tas li txhawm rau kom muaj kev noj qab haus huv ntawm ncauj yuav zoo rau yav laus.



### CEV XEEB ME NYUAM

Kev noj qab haus huv ntawm ncauj yuav pab tiv thaiv tau tej teeb meem thaum lub sij hawm cev xeeb me nyuam. Yog ib tug tswv cuab ntawm Medi-Cal, koj raug duav roos rau thaum cev xeeb me nyuam thiab 12 lub hli tom qab koj yug koj tus me nyuam mos. Lub sij hawm zoo tshaj plaws mus ntsib ib tus kws kho hniav yog peb lub hlis thib ob tom qab cev xeeb me nyuam (lub lim piam 13 txog lub lim piam 27 ntawm cev xeeb me nyuam).

Medi-Cal

Kho Hniav muab kev pab rau cov tswv cuab muaj hnuv nyoog tshaj 21 xyoos pub dawb los sis tus nqi-pheej yig rau kev ntsuam-xyuas hniav txhua 12 lub hlis.

### COV NEEG LAUS

Thaum yus laus zuj zus, kev saib xyuas ntawm peb kev noj qab haus huv haj yam tseem ceeb tshaj qub. Kev noj qab haus ntawm ncauj tuaj yeem pab tiv thaiv tau kev lov hniav thiab txhim kho lub cev txoj kev noj qab haus huv

### COV NEEG MUAJ HNUV NYOOG SIAB

Thaum laus lawm, nws yuav nquag muaj mob pos hniav thiab lwm yam teeb meem kev noj qab haus huv ntawm ncauj, tab sis kev txhiam hniav ib hnuv ob zaug, muab xov los daws txhua hnuv thiab qhov tseem ceeb tshaj yog, nquag mus ntsib koj tus kws kho hniav tas li, koj tuaj yeem pab txo tau koj qhov kev muaj mob txaus txhawj xeeb.

\*Chaw muaj kev paub: Cov Chaw ntsig txog Kev Tiv Thaiv thiab Kev Tswj Hwm Kab Mob [www.cdc.gov/vitalsigns/dental-sealants/index.html](http://www.cdc.gov/vitalsigns/dental-sealants/index.html)