

[NQUENC ZANGC MBUOZ]

**Beu weih corng h zing h
baengc nyei daan (MHP)**

**Sou-guv bun zipv
fu'loqc mienh**

**Lengc jeiv neqv nzie weih ziux
boux mangc corngv zing h baengc**

**Beu weih corng h zing h baengc nyei daan
deic zepv yiem mungv, CA ZIP**

Zunh sou cuotv nyei hnoi-nyieqc: 2022¹

¹ Naaiv buonv sou-guv oix zuqc bun ninh zipv fu'loqc mienh bieqc daaih lorx tengx nzie weih zorc baengc daauh nzunc wuov.

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Korh waac lorx meih nyei beu weih corng h zing h heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corng h zing h heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziang h hoc].

DA'NYEIC NYUNGC WAAC AENGX CAUX SOU-GUV DAAN

Benx da'nyeic nyungc waac

Meih corc haih baeqc wang-henh duqv zipv naaiv buonv zipv fu'loqc mienh sou-guv (Dorh gan sin yiem buoz zangc sou-guv) aengx caux da'nyeic diuc jaa-sic faan benx da'nyeic fingz waac. Korh waac lorx [Beu weih corngh zingh heng-wangc sou-gorn mbuoz]. Naaiv norm douc waac fin-gorn se baeqc wang-henh longc.

Da'nyeic nyungc sou-daan

Meih corc haih baeqc wang-henh duqv zipv naaiv diuc waa-fienx benx da'nyeic diuc sou-guv daan, beiv taux benx nzangc-pokc, 18-hoc domh nzangc aamx cuotv domh zei-daan, a'fai waa-qiez bun muangx. Korh waac lorx [Beu weih corngh zingh heng-wangc sou-gorn mbuoz]. Naaiv norm douc waac fin-gorn se baeqc wang-henh longc.

Tengx nzie weih faan waac bun muangx

Meih mv zuqc dorh hmuangv doic a'fai pong-yiouv tengx zoux benx faan waac mienh oc. Baeqc wang-henh maaih faan waac mienh, gorngv waac, aengx caux nzie weih ziox goux zong-zei jau-louc yiem yietc hnoi zuov benx 24 norm ziangc hoc, yietc norm leiz baaix zuov 7 hnoi. Liouh zipv longc naaiv buonv sou-guv benx ganh fingz waac a'fai lorx faan waac mienh tengx nzie faan waac bun muangx, gorngv waac, aengx ziox goux zong-zei jau-louc, korh waac lorx Beu weih corngh zingh heng-wangc sou-gorn mbuoz]. Naaiv norm douc waac fin-gorn se baeqc wang-henh longc.



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

GUAIH BENX ZUANGX WAA-FIENX

Wueic haaix nyungc benx zien kuv jienv sic oix zuqc doqc mangc naaiv buonv sou-guv ndaangc

[Beu weih corngh zingh heng-wangc sou-gorn haih dorh laengz-zipv waac bieqc bun siang zipv fu'loqc mienh mangc lemh nzoih waa-fienx gorngv taux tengx nzie weih ziux goux nyei jau-louc dungv beu weih corngh zingh heng-wangc sou-gorn tengx beu camv zoqc ndongc haaix bun ninh mbuo hiuv. **Mbiuv bun jangx**: Tov daaix luic zorc puix hluotv cuotv hlopv nyei dorngx aengx caux zorc zei-dauh ei horpc longc nyei buonc.]

Naaiv buonv sou-guv se mbuox meih hiuv gorngv hnangv haaix zipv longc Medi-Cal tengx lengc jeiv nzie weih ziux goux corngh zingh heng-wangc yiem njiec meih nyei nquenc zangc beu weih corngh zingh heng-wangc sou-gorn wuov. Naaiv buonv sou-guv corc duqv porv cing yietv nyeic waac mbuox taux meih nyei fu'loqc nyaanh aengx caux hnangv zipv longc tengx ziux goux mangc. Ninh corc aengx dau camv-nyungc waac bun meih muangx.

Meih corc haih hoqc:

- Hnangv haaix bieqc lorx lengc jeiv tengx nzie weih ziux goux corngh zingh heng-wangc
- Ninh maaih haaix nyungc kuv fu'loqc tengx meih liouh bieqc lorx duqv zaaic yiem naaiv
- Oix zuqc hnangv haaix fungc zoux beiv taux meih maaih waac qiemx naaic a'fai maaih buangv dauh sic
- Ze'buonc leiz beu aengx caux ndaam-dorngv jau-louc bouc meih benx zipv Medi-Cal fu'loqc mienh



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

Se gorngv ih zanc minc zinh meih maiv gaengh duqv doqc mangc naaiv buonv sou-guv, meih horpc zuqc dorh ninh siou jienv doqc mangc ga'haav yaac duqv nyei. Naaiv buonv sou-guv aengx caux da'nyeic diuc jaa-sic se duqv fiev nzoih hietv yiem electronic yiem njiec [beu weih corngh ziangh heng-wangc sou-gorn URL] a'fai aamx cuotv zeidaan hietv yiem njiec beu weih corngh zingh heng-wangc sou-gorn bun baeqc wang-henh longc. Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn yiem njiec naaiv [zatv bieqc lorx beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh fonh nam mber se gorngv ninh yiem zeijuoqv wuov piouz doic] beiv taux meih oix heuc aamx cuotv zeiv bun.

Longc naaiv buonv sou-guv benx gorqv-zeic waa-fienx jaa bieqc dung h meih duqv zipv yiem faaux mbuoz bieqc Medi-Cal nyei ziangh hoc wuov.

Qiemx zuqc dorh naaiv buonv sou-guv faan benx meih nyei waac a'fai ganh hoc zeidaan?

Se gorngv meih gorngv da'nyeic fingz waac dung mv zeiz ang gitv waac wuov, ninh mbuo maaih faan waac mienh longc baeqc nzuih tengx wang-henh faan bun meih muangx. Korh waac lorx [beu weih corngh zingh heng-wangc sou-gorn mbuoz] [dorh corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac nam mber bieqc beiv taux ninh caux zeidauh piouz doic]. Meih nyei beu weih corngh zingh sou-gorn se mbenc nzoih yietc hnoi yiem 24 norm ziangh hoc, yietc norm leiz baaix buangv dauh siec hnoi.

Meih corc haih lorx taux meih nyei beu weih corngh zingh heng-wangc sou-gorn yiem njiec naaiv [dorh corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac nam mber bieqc] beiv taux meih oix longc naaiv buonv sou-guv a'fai da'nyeic diuc jaa-sic fiev njiec yiem da'nyeic nyungc zeidaan beiv taux gorngv aamx benx domh zeiv, nzangc-pokc, a'fai hietv benx waac-qiez bun muangx. Meih nyei beu weih



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

corngh zingh heng-wangc sou-gorn oix zuqc tengx nzie bun meih.

Se gorngv meih oix longc naaiv buonv sou-guv a'fai da'nyeic nyungc jaa-sic faan benx da'nyeic fingz waac dungh mv zeiz ang gitv waac wuov, korh waac lorx taux meih nyei beu weih corngh zingh heng-wangc sou-gorn oc. Meih nyei beu weih corngh zingh heng-wangc sou-gorn oix zuqc tengx faan benx meih nyei waac gan fonh mingh.

Naaiv diuc waa-fienx se duqv faan benx meih nyei waac hietv yiem ga'ndiev wuov.

- [Beu weih corngh zingh heng-wangc sou-gorn mbiuv mbuox dungh ziangh diuh buatc naaic benx haaix fingz waac]

Yie nyei beu weih corngh zingh heng-wangc sou-gorn oix zuqc laengz ndaam dornng ziux goux haaix nyungc?

Meih nyei beu weih corngh zingh heng-wangc sou-gorn laengz ndaam dornng ziux goux yiem ga'ndiev naaiv:

- Gouv funx ndorqc mangc gorngv meih puix horpc haaix bouc jau-louc liouh bieqc lorx lengc jeiv ziux weih ziux goux corngh zingh baengc yiem njiec nquenc zangc a'fai yiem njiec jiu doic gorn zangc bun gong-mienh tengx ziux goux baengc.
- Tengx zaah mangc liuz dorh ndorqc beiv gorngv meih qiemx zuqc longc benx lengc jeiv nzie weih ziux goux zorc corngh zingh baengc nyei fai.
- Tengx bun longc benx baeqc wang-henh douc waac fonh nam mber dau bun muangx yiem 24 norm ziangh hoc, buangv yietc norm leiz baaix benx siec hnoi, douc waac mbuox meih duqv hiuv gorngv hnanv haaix lorx beu weih corngh zingh heng-wangc sou-gorn tengx nzie weih ziux goux zorc baengc. [dorh corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac nam mber bieqc].
- Mbenc maaih ziux goux baengc nyei gong-mienh gauz yiem nitv fatv meih liouh



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

mbungh goux meih duqv zipv nzie weih zorc baengc yiem caux beu weih corngh zingh heng-wangc dungh qiex longc nyei ziangh hoc.

- Douc waac mbuox meih hiuv aengx caux njiaaux gorngv taux beu weih corngh zingh heng-wangc sou-gorn maaih haaix nyungc nzie weih ziux goux zorc baengc jau-louc daaih tengx.
- Tengx faan benx meih nyei waac a'fai lorx faan waac mienh baeqc wang-henh tengx faan waac bun muangx (qiex longc nyei ziangh hoc) aengx caux mbuox meih duqv hiuv gorngv maaih faan waac mienh tengx nzie zoux naaiv deix gong-bou jau-louc.
- Tengx dorh waa-fienx fiev faan benx da'nyeic fingz waac bun meih a'fai zoux bieqc da'nyeic nyungc zeidaan beiv taux benx nzangc-pokc a'fai aamx benx domh zeidaan. [Nquenc zangc tipv gorqv-zeic waa-fienx bieqc gorngv taux haaix nyungc jaa-sic dungh douc cuotv haaix fingz waac gauh camv, mbenc duqv maaih haaix nyungc zeidaan bun, maaih haaix nyungc jaa-dorngx tengx aengx caux maaih haaix nyungc ziux goux zorc baengc jau-louc].
- Jaa-nziouv tih mengh fienx mbuox meih hiuv gorngv maaih haaix nyungc waa-fienx tiuv yienc siang yiem naaiv buonv sou-guv mv bun douc mbuox zaih jiex 30 hnoi ndaangc taux hnoi-nyieqc bun jiex gorn longc siang-jau-louc. Naaiv diuc tiuv yienc siang jau-louc se benx jienv sic dungh haih jaa a'fai zanv ziux goux zorc baengc jau-louc a'fai haaix hoc souz mouc gong zoqc njiec a'fai jaa a'fai zanv ziux goux baengc nyei gong-mienh yiem borqv doic gorn zangc zoqc njiec, a'fai maaih da'nyeic diuc jau-louc tiuv yienc siang haih ging-dongz zorv zuqc fu'loqc nyaanh dungh meih zipv yiem njiec beu weih corngh zingh heng-wangc sou-gorn wuov.
- Jiu caux da'nyeic norm beu weih sou-gorn liouh ziux goux zorc meih nyei baengc a'fai fungx benx gorn zangc zoux gong jau-louc dungh qiex longc dorh mingh tiuv siang benx ziux goux zorc baengc gong aengx caux njiaaux zoux sou fungx zipv fu'loqc mienh, mbungh goux longc gorngv zoux sou nyei gorn guon sung, aengx caux ziux goux baengc nyei gong-mienh laengz zipv ziux goux mangc zipv fu'loqc siang-mienh.



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

Gorqv-zeic neqv mbuox waac-fienx gorngv taux beu weih corngh zingh heng-wangc sou-gorn

Dorh gorqv-zeic neqv mbuox waac-fienx gorngv taux beu weih corngh zingh heng-wangc sou-gorn bieqc yiem naaiv [se gorngv maaih].



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

WAA-FIENX GORNGV TAUX MEDI-CAL KOU-GONG GORN

Haaix laanh mienh haih duqv zipv Medi-Cal?

Maaih cam-diuc jau-louc dugh longc bangc dingc waac gorngv bun benx haaix nyungc beu weih heng-wangc sou-gorn liouh meih zipv yiem Medi-Cal. Ninh mbuo lemh zorpc jienv:

- Meih zornc duqv nyaanh mbuoqc ziez
- Meih nyei hnyang-jeiv
- Meih ziux goux mangc wuov deix fu'jueiv maaih hnyang-jeiv mbuoqc ziez hnyangx
- Mv gunv jiex gorngv meih maaih gu'nguaaz yiem sin, m'zing wuaaic, a'fai benx wuaaic fangx mienh
- Mv gunv jiex gorngv meih maaih mbuoz bieqc Medicare

Meih oix zuqc benx yiem njiec naaiv California cingx maaih horpc bouc pui-juangc gauz zipv Medi-Cal. Se gorngv meih hnamv daaiz haih maaih horpc bouc pui-juang gauz zipv Medi-Cal nyei, hoqc mangc yietc nyeic yiem ga'ndiev wuov gorngv hngangv haaix zoux sou mingh tov.

Yie horpc zuqc hngangv haaix zoux sou mingh tov Medi-Cal?

Yiem njiec hnyang-dongh meih zoux sou mingh tov Medi-Cal haaix zanc yaac duqv nyei. Meih corc haih ginv longc gan haaix nyungc jau-louc yiem ga'ndiev wuov mingh tov yaac duqv nyei. Neqv mbuox yietc nyeic deic zepv aengx caux yiem haaix liouz nzangc liouh lorx gan da'diuh jau-louc se lorx mangc yiem naaiv

<http://www.dhcs.ca.gov/services/medi-cal/Pages/CountyOffices.aspx>.

- Gan juix fiex jauv: Zoux sou liouh tov Medi-Cal benx ndoqc zeiv sou nyei buonc, fiev benx ang gitv nzangc aengx caux da'nyeic fingz nzangc yiem



Korh waac lorx meih nyei beu weih corngv zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corngv zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

njiec <https://www.dhcs.ca.gov/services/medicaid/eligibility/Pages/SingleStreamApps.aspx>. Dinh nzoih waac-fienx liuz juix bieqc bun taux buon-deic nquenc zangc ze'weic gorn:

[Nquenc zangc tengx dorh yiem buon-deic ziux goux zuangx mienh yiem-laamz ze'weic gorn nyei juix fienx deic zepv bieqc hietv naaiv.]

- **Gan fonh**: Liouh gorngv waac tov gan fonh, korh waac lorx buon-deic nquenc zangc ze'weic gorn yiem njiec naaiv:
[Nquenc zangc tengx dorh yiem buon-deic ziux goux zuangx mienh yiem-laamz ze'weic gorn nyei fonh nam mber bieqc hietv naaiv.]

- **Dorng hmien**: Liouh dorh sou dorng hmien bun, lorx taux buon-deic nquenc zangc ze'weic gorn yiem nquenc zangc deic zepv yiem ga'ndiev wuov. Yiem njiec naaiv, meih corc haih lorx mienh tengx nzie zoux nzoih sou-tov. Aengx benx yietc diuh jau-louc bun longc, se gorngv meih yiem njiec ganh norm nquenc, borqv bieqc website yiem gu'nguaaic wuov ca'laangh caux ninh mbuo.

[Nquenc zangc tengx dorh yiem buon-deic ziux goux zuangx mienh yiem-laamz ze'weic gorn buon-deic waa-fienx bieqc.]

- **Online**: Zoux sou gan online yiem njiec naaiv www.benefitscal.com a'fai www.coveredca.com. Naaiv deix sou-tov daan se ziux goux longx liuz fungx zaqc bieqc bun taux meih nyei buon-deic nquenc zangc ziux goux zuangx mienh yiem-laamz ze'weic gorn, dugh haaix zanc Medi-Cal tengx bun taux nquenc zangc wuov.



Korh waac lorx meih nyei beu weih corng zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corng zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

[Nquenc zangc tengx dorh yiem buon-deic ziux goux zuangx mienh yiem-laamz ze'weic gorn buon-deic waa-fienx bieqc.]

Se gorngv meih qiemx zuqc longc mienh tengx nzie zoux sou-tov daan, a'fai maaih waac qiemx naaic, lorx taux ninh mbuo maaih sou-gorn duqv hoqc jiex tengx faaux mbuoz nyei mienh (CEC) baeqc wang-henh tengx oc. Korh waac lorx **1-800-300-1506**, a'fai zaah lorx ninh mbuo buon-deic CEC yiem njiec naaiv <https://apply.coveredca.com/hix/broker/search>.

Beiv taux meih corc maaih waac qiemx naaic tipv gorngv taux Medi-Cal kou-gong gorn, meih bieqc doqc mangc yietc nyeic jaa yiem njiec naaiv <http://www.dhcs.ca.gov/individuals/Pages/Steps-to-Medi-Cal.aspx>.

Naaiv diuc jiepv zaih njiouz haaix nyungc jau-louc?

Jiepv zaih njiouz nyei jau-louc se benx jiepv sih ziux goux njiouz baengc mienh dugh lemh zaih butv baengc kouv oix zuqc gaanv zorc, lemh jienv jiepv zaih zorc mv nzang baengc kouv wuov.

Jiepv zaih baengc se benx ninh butv baengc mienh lemh zaih zuqc baengc kouv (lemh jienv mun camv haic) haaix laanh mienh yiem-yiem guaih lemh zaih zuqc baengc hniv mv hnamv duqv taux:

- Da'bauh mienh nyei baengc (a'fai gu'nguaaiz yiem ga'nyuoz mv gaengh cuotv seiz) haih butv baengc kouv faaux camv
- Haih zoux bun butv baengc kouv hoic sin zangc wuaaic
- Haih zoux bun butv baengc kouv hoic ga'nyuoz a'fai bei sin wuaaic

Jiepv sih butv benx corngv zingh baengc kouv dugh mv hnamv duqv zaaic naaic laanh mienh haih lemh zaih butv baengc kouv:

- Wueic laaix ninh jiepv sih benx corngv zingh baengc kouv a'fai nzauh heiz



Korh waac lorx meih nyei beu weih corngv zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corngv zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengc caux yiem zoux gong ziangh hoc].

jiépv zéih butv corng h zingh baengc hniev dungh ih zanc minc zinh haih zoux hoic ga'ganh mun a'fai zoux hoic da'nyeic deix mienh mun.

- Wueic laaix buatac hnanv butv corng h zingh baengc kouv lemh zéih mv haih mbenc lai hnaangx nyanc a'fai mv haih nyanc lai hnaangx, a'fai mv haih zuqv luic houz a'fai lorx dorngx yiem.

Jiépv sih ziux goux njiouz nyei baengc se yietc hnoi beu benx 24 norm ziangh hoc, yietc norm leiz baaix beu siec hnoi liouh bun Medi-Cal baengc mienh. Liouh njiouz zorc jiépv sih baengc nor mv zuqc jaa-nziouv duqv zipv nqoi nzuih ndaangc. Medi-Cal kou-gong gorn oix tengx beu weih liouh jiépv sih njiouz zorc baengc kouv wuov, mv gunv jiéx gorngv baengc kouv a'fai corng h zingh baengc kouv (hnyouv-nzauh baengc a'fai corng h zingh baengc) yaac zuqc beu nzoih. Beiv taux meih maaih mbuoz bieqc yiem Medi-Cal liuz, meih se mv zuqc cuotv nyaanh liouh bieqc bueix zorc jiépv sih kouv nyei baengc, lemh jienv zong baan baengc yaac beu bun. Se gorngv meih haix jiépv sih maaih baengc kouv, gaanv korh waac lorx **911** a'fai mingh lorx zorc baengc dorng h a'fai mbenc da'nyeic diuc jau-louc lorx mienh tengx nzie.

Maaih cie tor nyei?

Ninh mbuo mbenc duqv maaih cie liouh tor mv zeiz jiépv sih kouv nyei baengc aengx caux mv zeiz lorx zorc baengc jau-louc bun haaix deix mienh benx Medi-Cal baengc mienh dungh ninh mbuo ganh mv haih lorx cie faaux njiec aengx caux maaih baengc liouh lorx ndie-sai zorc baengc dungh maaih Medi-Cal beu weih sou-gorn beu bun nyei gong-bou jau-louc. Beiv taux meih qiemx zuqc longc mienh tengx lorx cie tor faaux njiec, lorx muangx waac-fienx caux gunv goux heng-wangc sou-gorn nyei nanv gong dengv sic ziouv aengx caux tov ninh tengx nzie bun.

Beiv taux meih maaih Medi-Cal mv baac mv duqv maaih mbuoz bieqc yiem gunv goux mangc heng-wangc sou-gorn, aengx caux meih qiemx zuqc longc cie tor mv



Korh waac lorx meih nyei beu weih corng h zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corng h zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

zeiz lorx zorc baengc jauv-louc, meih corc haih lorx yiem nquenc zangc beu weih corng h zingh heng-wangc sou-gorn liouh tengx nzie bun. Haaix zanc meih lorx taux ninh mbuo gorn zangc cie-ziouv wuov, ninh mbuo oix zuqc naaic lorx taux dingc benx haaix norm hnoi-nyieqc aengx caux haaix norm ziangh hoc. Beiv taux meih qiex zuqc longc cie tor mingh mv zeiz lorx jiepv sih njioux kouv nyei baengc, meih nyei ziux goux baengc nyei gong-mienh corc haih mbuox yietv nyeic gorngv mv zeiz mingh zorc jiepv sih kouv nyei baengc aengx caux heuc meih lorx cie-ziouv tor meih mingh aengx caux ziov nzuonx gan haaix norm ziangh hoc wuov.

Yie oix zuqc lorx haaix dauh beiv taux yie hnamv haix oix daiz ga'ganh daic?

Se gorngv meih hiuv gorngv haaix laanh mienh haih zoux huiang sic hoic, tov daaix luic korh waac lorx guoqv zangc mbungh goux hoic maeng-gorn nyei fin-gorn yiem njiec naaiv **988** a'fai **1-800-273-TALK (8255)**.

Haaix deix mienh yiem njiec buon-deic se lorx ninh mbuo tengx njiouz naaiv deix huiang sic aengx caux lorx buon-deic ziux goux corng h zingh heng-wangc kou-gong gorn, tov daaix luic korh waac lorx [dorh beu weih corng h zingh heng-wangc sou-gorn tengx njiouz yiem 24 norm ziangh hoc huiang sic nyei fonh nam mber bieqc].

Gorqv-zeic neqv mbuox waac-fienx gorngv taux beu weih corng h zingh heng-wangc sou-gorn

Dorh gorqv-zeic neqv mbuox waac-fienx gorngv taux beu weih corng h zingh heng-wangc sou-gorn bieqc yiem naaiv [se gorngv maaih].



Korh waac lorx meih nyei beu weih corng h zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corng h zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

HNANGV HAAIX MBUOX BEIV TAUX MEIH A'FAI HAAIX LAANH MIENH QIEMX ZUQC TOV HEUC TENGX NZIE

Yie hnangv haaix haih hiuv gorngv haaix zanc yie qiemx zuqc longc mienh tengx nzie?

Maaih ziez dorh mienh yaac maaih ziangh hoc nyauv hoic camv yiem seiz zangc aengx caux butv benx corngv zingh baengc hoic. Oix zuqc zien sic jangx longx gorngv maaih mienh haih tengx nzie duqv nyei. Beiv taux meih a'fai huov jaa hmuangv doic dungv horpc bouc duqv zipv Medi-Cal aengx caux qiemx zuqc ziux goux zorc corngv zingh baengc wuov, meih horpc zuqc korh waac lorx taux meih nyei beu weih corngv zingh heng-wangc sou-gorn nyei fin-gorn yiem njiec naaiv [dorh beu weih corngv zingh heng-wangc sou-gorn fonh nam mber bieqc]. Meih nyei gunv goux mangc heng-wangc sou-gorn wuov bung se haih tengx lorx beu weih corngv zingh heng-wangc sou-gorn bun se gorngv meih haix ga'ganv a'fai huov jaa hmuangv doic qiemx zuqc lorx ziux goux zorc corngv zingh baengc dungv gunv goux heng-wangc sou-gorn wuov bung sou mv duqv beu nyei buonc jau-louc. Beu weih corngv zingh heng-wangc sou-gorn oix zuqc tengx nzie meih lorx ninh mbuo ziux goux baengc nyei gong-mienh tengx zorc baengc.

Meih horpc zuqc korh waac lorx meih nyei beu weih corngv zingh heng-wangc wuov bung beiv taux meih ganv a'fai huov jaa hmuangv doic haaix laanh butv benx naaiv deix baengc:

- Hnyouv hiuaang nzauh (a'fai haix mv maaih lamh hnamv, mv maaih dorngv kaux, a'fai maengc zaanc suei jienv njiec) a'fai hnamv haixmv oix maaih maengc ziangh yiem seiz zangc aqv
- Luic mv oix zuqc dungv yietc gau jienh zoux nyei gong
- Hniev-souz ndortv go a'fai jaa hniev-souz faaux siepv daic
- Mv'njormh jaa ndo haic a'fai mbueix mv njormh
- Sin zangc donc njiec camv a'fai siepv jjex gwaan



Korh waac lorx meih nyei beu weih corngv zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corngv zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

- Lungh hnoi haix mau kauv taux hmuangx
- Haix ga'ganh mv maaih jaa-zinh a'fai dorngc ndo jiex gwaan mi'aqc
- Hnamv mv tong haaix nyungc, maaih orn-lorqc hnyouv, caux/fai dingc ndortv ndoqv waac
- Guangc m'njormh jaax zoqc njiec (haix 'dingh nziaauc' dugh bueix baac yi buo norm ziangh hoc liuz wuov)
- Hnamv siepv jiex gwaan ga'ganh zoux puix mv hingh hnyouv
- Gorngv waac siepv jiex gwaan a'fai gorngv zuqc waac mv haih setv mueix
- Hnamv taux gorngv maiah mienh daaih zipv meih
- Haix maaih mienh gorngv waac caux/fai qiez mbui dugh ga'hlen mienh mv haix
- Buatc wuov buatc naaiv dugh ga'hlen mienh mv buatc
- Mv haih mingh zoux gong a'fai bieqc horqc hoqc sou wueic haix hyouv hiuaang nzauh (a'fai haix mv maih lamh hnamv, mv maaih dorngx kauz, a'fai ndortv aiv jienv njiec)
- Benx lauh ndaauv deix aqv dugh mv jien sin fiouz sin zangc (fiouz nzengc)
- Gorngv caux mienh mv bieqc hnyouv doic aengx caux mv oix jiu caux haaix dauh aqv
- Biaux yiem lengc a'fai mv oix zorpc mienh camv
- Maiv maaih sic hoic aengx caux ziangh diuh nyiemv
- Mv maaih haaix nyungc hoic ga'qiez beqv siepv aengx caux 'guaih kaatv naauc'
- Ziangh diuh tiuv hnyouv siepv haic
- Nzauh camv-diuc aengx lungh hnoi haix kuonx hnyouv dorng dauh



Korh waac lorx meih nyei beu weih corng h zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corng h zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

- Zoux ei-leix cuotv bun ga'hlen mienh buatc mv doiz diuc a'fai piouz seiz zangc lungn ndiev mienh nyei sic gaaiz

Yie hnangv haaix haih hiuv gorngv fu'jueiv a'fai fu'juei-caan qiemx zuqc tengx nzie?

Meih corc haih lorx taux meih nyei beu weih corngn zingh heng-wangc sou-gorn ei fin-gorn yiem njiec naaiv [dorh beu weih corngn zingh heng-wangc sou-gorn fonh nam mber bieqc naaiv] a'fai gunv goux mangc heng-wangc sou-gorn tengx zaah sienv aengx caux tengx gouv funx mangc meih nyei fu'jueiv a'fai fu'jueiv-caan se gorngv meih buatc zoux sic mv doiz lox nzauh heiz haih butv benx corngn zingh baengc. Se gorngv meih nyei fu'jueiv a'fai fu'jueiv-caan maaih horpc bouc gauz zipv Medi-Cal aengx cuax bun beu weih corngn zingh heng-wangc sou-gorn tengx zaah gouv mangc benx lengc jeiv nzie weih ziux goux zorc corngn zingh baenc dugh maaih sou-gorn beu weih corngn zingh heng-wangc qiemx longc nyei jau-louc, ninh mbuo beu weih corngn zingh heng-wangc sou-gorn yaac oix zuqc liuc leiz mbenc bun baengc mienh duqv zipv nzie weih ziux goux zorc nzoih. Meih nyei gunv goux mangc wangc siangx sou-gorn corc haih tengx lorx meih nyei corngn zingh heng-wangc sou-gorn bun se gorngv ninh sienx gorngv meih nyei gu'nguaaz a'fai fu'jueiv-caan qiemx zuqc lorx zorc corngn zingh baengc dugh gunv goux heng-wangc sou-gorn mv duqv beu nyei buonc jau-louc. Ninh mbuo corc mbenc duqv maaih liouh tengx diez maac dugh haix benx diez maac liuz nzauh kuonx hnyouv a'fai haih butv benx corngn zingh baengc wuov zorc baengc.

Yiem ga'ndiev zeiv daan se liouh tengx bun meih gouv funx mangc fu'jueiv gorngv qiemx dorh mingh dimv baengc nyei fai, beiv gorngv tengx ziux goux zorc corngn zingh baengc. Se gorngv buatc maaih piouz jhex ndaangc yietc diuc ei leix a'fai tor lauh ndaav bouc dauh ziangh hoc nzauh heiz haih benx ciouv mingh liuz oix zuqc heuc ndie-sai tengx zorc. Yiem naaiv se benx nyungc baav baengc mbiangx sin:

- Maaih camv-diuc jau-louc dugh buatc mv maaih orn-lorqc a'fai yiem mv dingc



Korh waac lorx meih nyei beu weih corngn zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corngn zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

torqv, haih zoux bun bei zangc mun a'fai nzauh heiz haih cornz cuotv sic yiem horqc dorngh

- Nzauh kounx hnyouv a'fai gamh nziez camv haih zorv hoic lung hnoi yiem-laam jau-louc
- Lemh zaih biatc tiuz mv maaih haaix nyungc haeqv, maaih nzunc baav buac mba'nziu dongx seiz a'fai tiuz maqc
- Nzauh hiuaang camv a'fai biaux bingz lengc doic jiex ndaangc yi norm leiz baaix, haih zorv nyauv taux lung hnoi yiem-laamz jau-louc
- Ga'qiez beqv ciouv haih zoux bun caux doic maiv njiec
- Tiuv yienc benx siang ei-leix camv haic
- Maiv nyanc lai hnaangx, maiv liev guangc, a'fai nyanc ndie bun hniev-souz ndortv zoqc njiec
- Lorx diuv hopv a'fai lorx buov yong-in hnavv lox
- Zoux ciouv, gunv mv njiec ei-leix dugh haih zoux ga'ganh mun a'fai da'nyeic mienh mun
- Mbenc zoux hiuang sic a'fai oix zoux mun a'fai oix daix ga'ganh
- Ziangh diuh mborqv jaax a'fai longc benx wuotc ginc zunc mienh daiz, a'fai mbenc oix zoux cunv bun da'yeic deix mienh

Gorqv-zeic neqv mbuox waac-fienx gorngv taux corngh zingh heng-wangc sou-gorn

Dorh gorqv-zeic neqv mbuox waac-fienx gorngv taux corngh zingh heng-wangc sou-gorn bieqc yiem naaiv [se gorngv maaih].



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengc caux yiem zoux gong ziangh hoc].

BIEQC LORX GORQV-ZEIC NDIE-SAI TENGX NZIE WEIH ZIUX GOUX MANGC CORNGH ZINGH BAENG

Naaiv diuc lorx gorv-zeic ndie-sai tengx nzie weih ziux goux zorc corngh zingh heng-wangc se benx haaix nyungc?

Gorqv-zeic ndie-sai tengx nzie weih ziux goux zorc corngh zingh baengc se liouh tengx haaix deix mienh butv corngh zingh baengc kouv a'fai hiuang zoux ciouv dugh guaih zorc baengc ndie-sai mv haih zorc mv duqv wuov. Naaiv deix baengc a'fai sic dauh haih hlo hniv jienv faaux dugh haih zoux hoic yiem lungh hnoi ziux goux ndorm zinh nziouv hmuangx jau-louc.

Gorqv-zeic ndie-sai tengx nzie weih ziux goux zorc corngh zingh baengc se lemh jienv:

- Nzie weih ziux goux zorc corngh zingh baengc
- Tengx bun ndie nyanc zorc baengc
- Gunv goux longx sic dauh jau-louc
- Tengx nzie weih ziux goux hiuang sic baengc
- Tengx nzie weih ziux goux zorc baengc bun longx taux dauh
- Tengx lorx dorngx dauh bun domh mienh yiem zorc baengc
- Tengx lorx dorngx dauh bun yiem zorc hiuang baengc
- Longc bouc dauh ziangh hoc nangv bun lungh hnoi zorc baengc
- Lungh hnoi bun manh manc longc ziangh hoc ndaav zorc longx
- Zipv butv corngh zingh baengc mienh bueix zorc baengc yiem ndie-dorng
- Tengx lorx dorngx dauh bun butv corngh zingh baengc mienh yiem
- Tengx nzie weih bouc nzie doic (kungx mbenc bun domh mienh yiem njiec norm baav nquenc hngv, mv baac fu'jueiv corc maaih horpc bouc gauz zipv



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

naaiv deix jau-louc yiem njiec jaa-nziouv dimv baengc ziangh hoc aengx caux yiem dimv baengc bouc dauh, zaah dimv seix baengc, aengx caux zorc baengc mv gunv gorngv yiem haaix norm nquenc daaih yaac longx)

Mv daan longc gorqv-zeic ndie-sai tengx ziux goux zorc corngh zingh baengc dugh duqv gorngv yiem gu'nguaaic wuov, ninh mbuo baengc mienh dugh hnyangx-jeiv mv zaac 21 wuov corc haih bieqc longc gan naaiv diuc lengc jeiv ziux goux zorc corngh zingh baengc yiem njiec jaa-nziouv dimv baengc ziangh hoc aengx caux yiem dimv baengc bouc dauh, zaah seix dimv baengc, aengx caux zorc baengc. Naaic deix ziux goux zorc baengc jau-louc lemh nzoih:

- Tengx neqv jienv yiem biauvi ziux goux zorc baengc
- Tengx borqv doic liouh gaanv ziux goux zorc baengc
- Tengx ziux goux zorc corngh zingh baengc
- Dorh mingh wuix goux liouh zorc baengc bun

Se gorngv meih jiex hnyouv oix hiuv tipv gorngv taux da'diuc gorqv-zeic ndie-sai ziux goux zorc corngh zingh baengc dugh haih maaih haaix hoc ei puix duqv zuqc meih wuov, doqc mangc yiem "tengx ziux goux zorc baengc camv zoqc ndongc haaix" yiem naaiv buonv sou-guv wuov ginc sou oc.

Yie hnavg haaix haih lorx zipv gorqv-zeic ndie-sai tengx nzie weih ziux goux zorc corngh zingh baengc?

Se gorngv meih hnamv haix qiex zuqc longc benx lengc jeiv ndie-sai tengx ziux goux zorc corngh zingh baengc, meih korh waac lorx taux meih nyei corngh zingh heng-wangc sou-gorn aengx caux tov heuc ninh mbuo dingc ziangh hoc bun bieqc jiex gorn dimv baengc aengx caux gouv mangc baengc. Meih corc haih korh waac lorx gan nquenc zangc nyei baeqc wang-henh douc waac fonh nam mber. Se gorngv meih benx



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

zipv fu'loqc mienh nor meih corc haih tov heuc meih nyei gunv goux heng-wangc sou-gorn tengx gouv funx ziux goux zorc corngh zingh baengc jau-louc bun. Beiv taux ninh mbuo gunv goux heng-wangc sou-gorn mienh gouv funx ndorqc liuz buatc meih maaih horpc bouc gauz bieqc gorqv-zeic ndie-sai tengx nzie Weih ziux goux zorc baengc jau-louc, ninh mbuo gunv goux heng-wangc sou-gorn mienh oix zuqc tengx nzie meih tiuv bieqc zipv ziux goux zorc corngh zingh baengc yiem njiec corngh zingh heng-wangc sou-gorn. Ninh mv maaih dorngx gorngv haih bieqc dorngc lorx nzie Weih ziux goux zorc corngh zingh baengc. Meih corc aengx zoix haih duqv zipv mv zeiz benx gorqv-zeic ndie-sai tengx ziux goux zorc baengc yiem njiec meih nyei Medi-Cal gunv goux mangc wangc siangx sou-gorn tipv jaa taux naaiv diuc gorqv-zeic zorc baengc jau-louc. Meih corc haih bieqc lorx naaiv deix nzie Weih zoux goux zorc baengc jau-louc yiem njiec meih nyei beu Weih corngh zingh heng-wangc nyei gong-mienh se gorngv ninh mbuo duqv gouv funx corngh mangc liuz buatc meih horpc zuqc zipv naiav deix jau-louc aengx caux borqv nzoih doic longc naaiv deix jau-louc aengx caux mv lapv jaax.

Nzunc baav beu Weih corngh zingh heng-wangc sou-gorn oix zuqc fungx meih mingh lorx gorqv-zeic ndie-sai tengx nzie Weih ziux goux zorc baengc yiem ganh norm gorn zangc, lemh jienv meih nyei ndie-sai, horqc dorngv, huov jaa hmuangv doic, ziux goux nyei mienh, meih nyei Medi-Cal gunv goux mangc heng-wangc sou-gorn, a'fai da'nyeic norm nquenc. Yietc gau lox wuov, meih nyei ndie-sai a'fai Medi-Cal gunv goux mangc wangc siangx sou-gorn oix zuqc duqv zipv meih nyei nqoi nzuih waac ndaangc a'fai dae maa a'fai ziux goux meih nyei mienh zoux sou fungx bun taux beu Weih corngh zingh heng-wangc sou-gorn ndaangc, se gorngv mv zeiz jiepv sih baengc kouv nyei ziangh hoc. Ninh mbuo corngh zingh heng-wangc sou-gorn wuov bung yaac mv haih ngaengc nzuih dungv meih tov heuc jhex gorn giuv funx mangc gaax meih maaih horpc bouc gauz liouh zipv naaiv deix nzie Weih ziux goux zorc baengc yiem caux beu Weih heng-wangc sou-gorn yei fai.

Gorqv-zeic ndie-sai tengx ziux goux zorc baengc se benx ninh mbuo (nquenc zangc) beu Weih corngh zingh heng-wangc sou-gorn tengx daaih a'fai da'nyeic deix ndie-sai



Korh waac lorx meih nyei beu Weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. 20 [Beu Weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

dungh beu weih corngh zingh heng-wangc sou-gorn maaih sou zoux gong caux doic (beiv taux njiouz baengc gorn zangc, zorc baengc dorngh, goux gong yiem hei-horngc gorn zangc, a'fai saeng-eiz ndie-sai).

Yie haih lorx duqv zaaic gorqv-zeic ndie-sai tengx ziux goux zorc corngh zingh baengc yiem haaix?

Meih corc haih zipv bun gorqv-zeic ndie-sai tengx ziux goux zorc corngh zingh baengc yiem njiec nquenc zangc dungh meih yiem deic dauh wuov, aengx caux ganh norm nquenc beiv taux qiex zuqc. [Nquenc zangc dorh waa-fienx tipv bieqc bun mangc gorngv taux tengx ziux goux zorc baengc jau-louc dungh beu weih corngh zingh heng-wangc sou-gorn beu yiem deic dauh]. Yiem njiec norm-norm nquenc se maaih gorqv-zeic ndie-sai ziux goux zorc corngh zingh baengc bun fu'jueiv, sieqv-dorn houz-saeng, domh mienh, aengx caux mienh goz. Se gorngv meih mv zaaic 21 hnyangx, meih corc maaih lengc jeiv horpc bouc pui-juang gauz zipv beu weih sou-gorn tipv aengx caux zipv nyaanh liouh jaa-nziouv dimv baengc aengx caux yiem bouc dauh zaah baengc, seix nziaamv dimv baengc, aengx caux zorc baengc.

Meih nyei corngh zingh heng-wangc sou-gorn [corngh zingh heng-wangc sou-daan, corc haih tipv da'nyeic fingz waac bieqc dungh kuinx mbuox nyei dorngx (a'fai maaih haaix laanh tengx ziux goux baengc gong-mienh yiem njiec corngh zingh heng-wangc sou-gorn)] oix zuqc gouv fungx corngh mangc gorngv meih maaih horpc bouc gauz bieqc zipv gorqv-zeic ndie-sai tengx ziux goux zorc baengc nyei fai. Se gorngv buatc meih horpc duqv, ninh mbuo corngh ziangh heng-wangc sou-gorn oix zuqc zoux sou fungx meih mingh liouh zipv zaah mangc. Beiv taux buatc meih mv maaih horpc bouc gauz liouh bieqc zipv gorqv-zeic ndie-sai tengx ziux goux zorc corngh zingh baengc, oix zuqc zoux sou fungx mingh lorx Medi-Cal gunv goux wangc siangx sou-gorn a'fai lorx ndie-sai dungh oix zuqc cuotv nyaanh zorc baengc wuov tengx gouv funx corngh mangc gorngv meih mv zuqc bieqc zipv gorqv-zeic ndie-sai tengx ziux goux corc corngh zingh baengc fai. Se gorngv meih nyei corngh zingh heng-wangc sou-gorn a'fai



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. 21 [Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

ziux goux baengc gong-mienh duqv ngaengc nzuih bouc sengh beu weih corngh zingh heng-wangc sou-gorn mv bun tengx, jamv souz mouc gong, zanv zoqc njiec, zorv ngaih, a'fai dingh njiec mv tengx ziux goux zorc baengc a'fai meih buac horpc zuqc duv zipv nyei buonc gong, meih corc maaih ze'buonc leiz beu liouh zipv fiensex daaih mbuox (heuc "Tih mengh fiensex bun hiuv taux tengx corngh funx bun fu'loqc nyaanh nyei waac") yiem caux beu weih corngh zingh heng-wangc sou-gorn bun daaih mbuox yietv nyeic gorngv wueic laaix haaix nyungc ninh mbuo ngaengc nzuih mv tengx, aengx caux meih maaih ze'buonc leiz beu bun juix sou bieqc lorx weic faan sic caux/fai saengv zangc tengx corngh leiz bun muangx. Meih corc aengx maaih ze'buonc leiz beu lorx weic faan sic dung h maaih waac mv horpc hnyouv mv lorqc doih caux dingc cuotv wuov. Meih se haih lorx gorv-zeic waa-fiensex tipvyiem ga'ndiev gorngv taux meih maaih haaix nyungc leiz beu taux naaiv zeiv tih mengh fiensex sou aengx caux oix zuqc fungc zoux beiv taux meih mv doix-dongh caux ninh mbuo corngh zingh heng-wangc sou-gorn dingc cuotv nyei waac.

Meih nyei beu weih corngh zingh heng-wangc sou-gorn oix zuqc tengx meih lorx zorc baengc ndie-sai tengx ziux goux zorc baengc bun meih. Corngh zingh heng-wangc sou-gorn horpc zuqc zoux sou fungx meih mingh lorx zorc baengc ndie-sai yiem nitv fatv meih, a'fai fatv jau-bouc a'fai maaih baengc lorx duqv zaaic siepv.

Haaix zanc yie haih lorx gorqv-zeic ndie-sai tengx ziux goux zorc corngh zingh baengc?

Meih nyei corngh zingh heng-wangc sou-gorn oix zuqc zoux ei nzoih saengv zangc gouv bun dingc waac ziangh hoc liouh dingc ziangh hoc liouh meih zipv nzie weih ziux goux zorc baengc yiem caux beu weih corngh zingh heng-wangc sou-gorn wuov. Corngh zingh heng-wangc oix zuqc tengx dingc ziangh hoc bun:

- Yiem njiec 10 norm zoux gong hnoi dung h mv zeiz tov heuc corngh zingh heng-wangc sou-gorn tengx jiepv sih zorc njiouz baengc siepv nyei buonc;
- Yiem njiec 48 norm ziangh hoc beiv taux meih maaih baengc kouv oix zuqc gaanv



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. 22 [Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

njiouz siepv;

- Yiem njiec 15 norm zoux gong hnoi dungh meih dingc ziangh hoc mbuox tov heuc tengx ziux goux zorc baengc mv zeiz benx jiepv sih baengc gaanv zorc siepv; aengx caux,
- Yiem njiec 10 norm zoux gong hnoi dungh meih jaa-ndaangc dingc waac mbuox liouh nzipc zorc ih zanc baengc.

Hnangv haaix yaac longx, nzunc baav oix zuqc longc naaiv deix ziangh hoc zuov lauh ndaaav faaux se gorngv ninh mbuo zorc baengc ndie-sai gouv funx corngh mangc liuz buatc naaiv deix ziangh hoc se mv haih zoux bun baengc kouv hoic.

Haaix dauh tengx dingc waac bun gorngv yie horpc zuqc zipv longc haaix nyungc jau-louc zorc baengc?

Meih ganh, meih nyei goux baengc ndie-sai, aengx caux corngh zingh heng-wangc sou-gorn oix zuqc yietc zungv domh nzoih corngh gorngv qiemx zuqc longc benx haaix nyungc jau-louc ziux goux zorc baengc yiem corngh zingh heng-wangc sou-gorn. Ninh mbuo ziux goux zorc corngh zingh baengc nyei liouc siouv ndie-sai oix zuqc ca'laangh caux meih aengx caux gouv funx corngh mangc qiemx longc haaix nyungc gorqv-zeic jau-louc tengx ziux goux zorc corngh zingh baengc cingx ei duqv zuqc baengc.

Meih mv zuqc hiuv gorngv nih mbuo duqv zaah dimv baengc cuotv haaix nyungc corngh zingh baengc a'fai neqv benx haaix nyungc gorqv-zeic corngh zingh baengc ndongc haaix liouh tov heuc tengx zorc. Corngh zingh heng-wangc sou-gorn oix zuqc tengx zaah gouv funx mangc meih nyei baengc. Ninh mbuo goux baengc ndie-sai oix zuqc gouv mangc gorngv meih butv benx corngh zingh baengc dungh haih zoux hoic ndorm zinh nziouv hmuangx yiem seix zangc, a'fai haih butv benx corngh zingh baengc a'fai nzauh heiz butv corngh zingh baengc



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. 23
[Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

hoic taux yiem-laamz jau-louc se gorngv mv gaanv tengx zorc siepv. Yiem njiec ninh mbuo goux baengc ndie-sai tengx gouv funx mangc baengc nyei ziangh hoc meih corc haih duqv zipv ziux goux zorc baengc duqv nyei. Meih mv zuqc bun nih mbuo zaah dimv mangc corngh zingh baengc a'fai neqv gorngv benx corngh zingh baengc ndongc haaix liouh zipv ziux goux zorc baengc yiem njiec gouv funx mangc baengc nyei bouc dauh ziangh hoc.

Se gorngv meih mv zaaic 21 hnyangx, meih corc haih duqv bieqc lorx gorqv-zeic ndie-sai tengx ziux goux zorc baengc se gorngv meih maaih corngh zingh baengc kouv wueic laaix zuqc mun, bieqc yiem caux ninh mbuo taan ziux goux mangc fu'jueiv nyei gorn zangc, fu'jueiv dingc baengh fim leiz gong-bou, a'fai zuqc sic mv maaih biau v yiem. Gorqv-zeic zoix tipv waac, se gorngv meih mv zaaic 21 hnyangx, ninh mbuo corngh zingh heng-wangc sou-gorn oix zuqc tengx ziux goux zorc jienv sic baengc bun zoux nzoih a'fai tengx ziux goux zorc meih nyei baengc. Tengx nzie weih zorc baengc, tengx bouc sengh, zorc puix longx faaux, a'fai zoux bun corngh zingh baengc longx faaux ku-yiem se benx jienv sic yiem zorc baengc gorn zangc.

Maaih nyungc baav ziux goux zorc baengc jau-louc se oix zuqc jaa-nziouv duqv zipv nqoi nzuih yiem caux corngh zingh heng-wangc sou-gorn ndaangc oc. Corngh zingh heng-wangc sou-gorn oix zuqc heuc ninh mbuo liouc siouv ndie-sai tengx zaah mangc ziux goux zorc baengc jau-louc liouh tov nqoi nzuih waac. Naaiv diuc zaah mangc yietv nyeic nyei gong se heuc jaa-nziouv nqoi nzuih bun gorqv-zeic tengx ziux goux zorc corngh zingh baengc. Corngh zingh heng-wangc sou-gorn nqoi nzuih bun nyei waac oix zuqc ei ziangx ziangh hoc. Liouh jaa-nziouv nqoi nzuih benx soux mouc waac, corngh zingh heng-wangc sou-gorn oix zuqc dingc lorqc doih waac ei ninh mbuo goux baengc ndie-sai tov daaih ei meih nyei baengc buatac kouv ndongc haaix. Mangc guv yienh, meih nyei sou-gorn wuov bung oix zuqc gaanv jien sin dingc nqoi nzuih waac bun aengx caux tih mengh fienx mbuox ei bouc dauh ziangh hoc dungh buatac meih nyei baengc kouv ndongc haaix mv



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

baac mv bun zaih jiex 72 norm ziangh hoc yiem duqv zipv haix tov heuc tengx ziux goux zorc baengc waac funx daaih, maiv bun zorv ngaih jiex ndaangc 14 norm zoux gong hnoi yiem duqv zipv haix maaih waac tov heuc tengx zorc baengc wuov funx daaih.

Beiv taux meih a'fai meih nyei goux baengc ndie-sai duvqv tov, a'fai ninh mbuo corngh zingh heng-wangc sou-gorn qiex zuqc lorx waa-fienx tipv yiem caux goux baengc ndie-sai aengx caux zaah mangc cing ndaangc, naaiv deix bouc dauh ziangh hoc yaac zuqc gorqv-zeic borqv ndaauv faaux 14 hnoi tipv. Mangc guv yienh dungh haaix zanc qiex zuqc borqv ziangh hoc ndaauv faaux wuov beiv taux corngh zingh heng-wangc sou-gorn hnamv daaiz haih maaih ziangh hoc gauz liouh nqoi nzuih bun zorc baengc ei meih nyei goux baengc ndie-sai tov daaih wuov se gorngv ninh mbuo duqv zipv gorqv-zeic waa-fienx yiem caux meih nyei goux baengc ndie-sai taux buoz nzoih. Se gorngv nin mbuo corngh zingh heng-wangc sou-gorn borqv ziangh hoc cuotv liouh ninh mbuo goux baengc ndie-sai tov daaih nyei waac, nquenc zangc oix zuqc fiev tih mengh fienx mbuox gorngv taux borqv ziangh hoc cuotv taux haaix zanc.

Naaiv deix nzie weih ziux goux zorc baengc jau-louc dungh horpc zuqc jaa-nziouv duqv zipv nqoi nzuih ndaangc: Tengx ziux goux yiem biau v neqv ziangh hoc zorc baengc, neqv benx ziangh hoc liouh lung hnoi tengx zorc baengc, tengx ziux goux zorc corngh zingh baengc, aengx caux dorh mingh wuix goux mangc zorc baengc bun. Meih corc haih naaic caux beu weih corngh zingh heng-wangc sou-gorn lorx waa-fienx tipv gorngv taux yietc nyeic jau-louc liouh jaa-nziouv nqoi nzuih ndaangc. Korh waac lorx meih nyei corngh zingh heng-wangc sou-gorn liouh tov gorqv-zeic waac-fienx tipv.

Se gorngv corngh zingh heng-wangc sou-gorn ngaengc nzuih mv bun, zorv ngaih, zanv zoqc njiec, a'fai zoih lorx tengx ziux goux zorc baengc sou-tov guangc, ninh mbuo



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. 25
[Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

corngh zingh heng-wangc sou-gorn horpc zuqc tih mengh fiensex bun hiuv taux tengx corngh funx bun fu'loqc nyaanh nyei waac gorngv wueic haaix diuc cingx bungz guangc naaiv deiv zorc baengc gong-bou, mbuox meih hiuv duqv gorngv meih corc haih lorx weic faan sic, aengx bun waa-fienx gorngv hhangv haaix zoux sou fungx bieqc lorx weic faan sic. Liouh meih lorx zaah mangc waa-fienx tipv gorngv taux maaih ze'buonc leiz beu bun fungx sou bieqc gox sic a'fai lorx weic faan sic dungh haaix zanc meih mv doix-dongh caux beu weih corngh zingh heng-wangc sou-gorn dingc bun-paaiv waac ngaengc nzuih mv tengx ziux goux zorc baengc a'fai heuc njiec buoz zoux da'nyeic nyungc gong meih buatc zaaiz leiz wuov, hluotv gorngv taux ninh mbuo beu weih corngh zingh heng-wangc sou-gorn tih mengh fiensex bun hiuv taux tengx corngh funx bun fu'loqc nyaanh nyei waac se yiem njiec naaiv pin sou [beu weih corngh zingh heng-wangc sou-gorn dorh naaiv pin sou nam mber bieqc horpc bouc ndaangc douc naaiv buonv sou-guv tong zuangx.

Zien qiensex zuqc zorc baengc se benx hhangv haaix?

Meih duqv zipv longc tengx ziux goux zorc baengc wuov yaac oix zuqc benx zien qiensex longc nyei buonc gong aengx caux zorc zuqc baengc-gorn. Haaix deix mienh buangv 21 hnyangx aengx caux gauh goz nyei buonc, zien qiensex longc tengx ziux goux zorc baengc jau-louc se dungh buatc maaih baengc gauz horpc tengx nyei ziangh hoc aengx caux tengx goux longx baengc mienh nyei maengc, mbungh goux mv bun butv baengc a'fai wuaaic fangx, a'fai donv baengc suonc njiec.

Haaix deix mienh mv zaaic 21 hnyangx, zien qiensex longc tengx ziux goux zorc baengc jau-louc dungh tengx zorc, donv suonc, bouc sengh, zorc puix longx, a'fai donv bun baengc zingh suonc longx ku-yiem mingh. Tengx nzie weih zorc baengc, tengx bouc sengh, zorc puix longx faaux, a'fai zoux bun corngh zingh baengc longx faaux ku-yiem mingh se funx benx zien qiensex ziux goux zorc baengc gong aengx caux beu bun jaa-nziouv dimv baengc aengx caux yiem bouc dauh zaah baengc, seix nziaamv dimv baengc aengx caux zorc baengc.



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. 26 [Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

Yie hnavg haaix zipv benx da'nyeic nyungc ziux goux zorc corngh zingh baengc nyei jau-louc dugh beu weih corngh zingh heng-wangc mv duqv beu yiem sou-gorn wuov?

Se gorngv meih maaih mbuoz yiem naaiv Medi-Cal gunv goux mangc wangc siangx sou-daan liuz, meih corc haih lorx mv bieqc bueix zorc baengc nyei dorngh yiem caux meih nyei Medi-Cal gunv goux mangc wangc siangx sou-daan:

- Beu weih corngh zingh heng-wangc gorn oix zuqc ndorqc funx aengx caux tengx zorc baengc, lemh jienv ninh mbu ndoqc zouc mienh, domh zuangx aengx caux huov jaa.
- Ninh mbuo dimv corngh zingh baengc aengx caux conggh mengh jau-louc, haaix zanc dugh zorc baengc gorn mbuox gorngv gouv funx ndorqc mangc corngh zingh baengc nyei ziangh hoc.
- Tengx nzie weih ziux goux bun mv zeiz bieqc bueix zorc baengc dorngh nyei buonc baengc mienh se funx zimh mangc gorngv bun ndie ninh mbuo nyanc liuz benx hnavg haaix.
- Ca'laangh caux zorc corngh zingh baengc nyei ndie-sai.
- Baengc mienh mv zeiz bieqc bueix zorc baengc dorngh dugh mingh sorqv nziaamv dimv baengc, zorqv ndie (cin-maanc mv dungx la'kuqv gorngv naaiv deix ndie se beu yiem Medi-Cal kou-gong gorn dugh oix zuqc cuotv nyaanh maaiz nyei buonc), ga'naaiv-longc, aengx caux hnaangx-mbuonv.

Liouh zipv longc naaiv deix ziux goux zorc baengc jau-louc yiem ga'nguaaic wuov, korh waac bieqc zaqc lorx meih nyei Medi-Cal gunv goux mangc wangc siangx sou-gorn. Se gorngv meih mv maaih mbuoz bieqc yiem naaiv Medi-Cal gunv goux mangc wangc siangx sou-gorn, nzunc baav mieh corc haih maaih horpc bouc pui-juang gauz zipv naaiv deix ziux goux baengc zingh jau-louc yiem caux ndoqc laanh goux baengc ndie-sai aengx caux njioux baengc dorngh dugh laengz zipv Medi-Cal. Corngh zingh heng-wangc sou-gorn corc haih tengx nzie meih lorx goux baengc ndie-sai bun a'fai



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. 27
[Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

njioux baengc dorngh dungh haih tengx nzie a'fai tengx za'eiz gorngv mingh lorx goux baengc ndie-sai a'fai njioux baengc dornghx yiem haaix.

Haaix norm ndie-pouz dungh laengz zipv Medi-Cal se haih tengx dinh bun ndie nyei daan gorngv liouh zorc corngh zingh baengc. Tov oix zuqc bieqc hnyouv gorngv yietc zungv ndie dungh ndie-sai paaiv heuc maaiz yiem ga'nyiec ndie-pouz wuov se beu yiem Medi-Cal kou-gorn dungh oix zuqc cuotv nyaanh nyei buonc, mv zeiz yiem meih nyei gunv goux wangc siangx sou-gorn oc.

Yie hngang haaix zipv benx da'nyeic nyungc Medi-Cal tengx ziux goux zorc baengc jau-louc (Jiex gorn ziux goux mangc baengc/Medi-Cal) dungh beu weih corngh zingh heng-wangc mv duqv beu yiem sou-gorn wuov?

Se gorngv meih bieqc yiem naaiv gunv goux mangc wangc siangx sou-gorn, ninh mbuo sou-gorn oix zuqc laengz tengx lorx goux baengc ndie-sai bun meih. Se gorngv meih mv gaengh maaih mbuoz bieqc yiem caux gunv goux mangc wangc siangx sou-daan aengx caux maaih "ziux ei lox" nyei Medi-Cal, fai benx ziux goux zorc baengc cuotv nyaanh nyei Medi-Cal wuov, meih mingh lorx haaix dauh goux baengc ndie-sai yaac duqv daan-faan ninh laengz zipv Medi-Cal. Meih oix zuqc mbuox ninh mbuo goux baengc ndie-sai duqv hiuv gorngv zinh ndaangc meih maaih Medi-Cal ndaangc meih jiex gorn duqv zipv ziux goux zorc baengc. Mv zeiz nor, ninh mbuo haih zoux bengx zaeq-daan siou nyaanh dungh tengx ziux goux zorc naaic deix baengc wuov.

Meih corc haih mingh lorx nzuqc maengz bung zorc baengc ndie-sai dungh mv yiem caux gunv goux mangc sou-daan wuov liouh goux nqaeqv mv maaih gu'nguaaz nyei jau-louc.

Oix zuqc fungc zoux beiv taux yie butv benx diuv-nzeuz baengc a'fai buov yong-in inv?



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. 28
[Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

Se gorngv meih hnamv haix qiemx zuqc lorx tengx ziux goux zorc butv diuv-nzeuz baengc a'fai buov yong-in inv, lorx taux nquenc zangc yiem naaiv:

[Nquenc zangc dorh Medi-Cal mbenc ziux goux juix ndie liouh guangc yong-in jau-louc a'fai Medi-Cal yong-in waa-fienx bieqc hietv nzoih naaiv.]

Wueic haaix diuc yie cingx zuqc bieqc bueix zorc baengc dorngh liouh ziux goux zorc corngh zingh baengc?

Nzunc baav meih oix zuqc bieqc bueix zorc baengc dorngh se gorngv meih butv benx baengc hniev a'fai buatc butv baengc hniev mbiangx beih dugh yiem buonh deic mv haih tengx ziux goux zorc duqv nzoih, aengx caux wueic laaix benx zuqc corngh zingh baengc a'fai buatc butv corngh zingh baengc mbiangx beih zangc hniev, dugh buatc meih:

- Ih zanc minc zinh haih zoux benx ciouv sic hoic ga'ganh a'fai ga'hlen mienh, a'fai zoux nyungc horngh jaa-dorngh wuaaic
- Mv haih lorx mbenc lai hnaangx a'fai nyanc lai hnaangx, lorx lui houz zuqv a'fai lorx dorngh yiem
- Ih zanc haih zoux hoic meih nyei bei zangc mun
- Wueic laaix butv benx corngh zingh baengc hoic dugh jiex daaih siang wuov buatc maaih dorngh tuiz setv camv haih mv haih zoux gong hnavg lox
- Qiemx zuqc bun zorc corngh zingh ndie-sai gouv funx mangc, nyanc ndie zorc, a'fai longc da'nyeic nyungc jau-louc zorc yiem zorc baengc dorngh

Gorqv-zeic neqv waac-fienx tipv gorngv taux corngh zingh heng-wangc sou-gorn

Dorh gorqv-zeic neqv mbuox waac-fienx gorngv taux corngh zingh heng-wangc sou-gorn bieqc yiem naaiv [se gorngv maaih].



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. 29
[Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

GINV LONGC BENX ZIUX GOUX ZORC BAENG C GONG-MIENH

Yie hngv haaix haih lorx goux baengc ndie-sai tengx gorqv-zeic neqv zorc naaiv hoc corngh zingh baengc dungh yie zuqc wuov?

Meih nyei corngh zingh heng-wangc sou-gorn oix zuqc dorh ih zanc goux baengc ndie-sai douc cuotv yiem online sou-gorn. Se gorngv meih maaih waac qiemx naaic gorngv taux ih zanc maaih goux baengc ndie-sai yiem haaix a'fai oix lorx siang-waa-fienx gorngv taux goux baengc ndie-sai mbuo-daan, bieqc lorx mangc yiem corngh zingh heng-wangc sou-gorn nyei website [nquenc zangc dorh borqv doic caux goux baengc ndie-sai mbuo-daan bieqc nzoih] a'fai korh waac lorx corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh fonh nam mber. Meih se haih duqv zipv naaiv deix mbuo-daan yiem njiec zei-daan a'fai juix gan zipv fienx dorngx mingh bun se gorngv meih maaih waac tov taux.

Ninh mbuo corngh zingh heng-wangc sou-gorn se haih gouv benx soux mouc bun zoqc njiec liouh sienv longc duqv mbuoqc haaix yiem naaiv deix goux baengc ndie-sai. Haaix zanc meih jiex gorn zipv longc gorqv-zeic ndie-sai tengx ziux goux zorc baengc liuz jiex mingh meih se haih tov heuc corngh zingh heng-wangc sou-gorn tengx lorx goux baengc ndie-sai mv zoqc jiex yi dauh bun meih. Meih nyei corngh zingh heng-wangc sou-gorn oix zuqc nqoi nzuih bun meih tiuv goux baengc ndie-sai. Se gorngv meih tov tiuv goux baengc ndie-sai, ninh mbuo corngh zingh heng-wangc sou-gorn horpc zuqc buac longx nqoi nzuih bun sienv longc mv gauh zoqc jiex yi laanh ziux bouc dauh ninh mbuo gouv bun wuov.

Meih nyei corngh zingh heng-wangc sou-gorn se laengz ndaam dorng ziux goux bun meih bieqc zipv zorc baengc ei ziangh hoc aengx caux mbenc maaih goux baengc ndie-sai gauz yiem nitv fatv meih liouh mbungh goux meih duqv zipv nzie weih zorc baengc yiem caux beu weih corngh zingh heng-wangc dungh qiemx longc nyei ziangh hoc. Maaih dauh baav goux baengc ndie-sai dungh maaih zoux gong sou-daan caux



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. 30
[Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

corngh zingh heng-wangc sou-gorn wuov ninh mbuo yaac dingh njiec mv zoux gorqv-zeic ndie-sai zorc naaiv nyungc baengc aqv. Ninh mbuo goux baengc ndie-sai dung h maaih zoux gong sou-daan caux corngh zingh heng-wangc sou-gorn nzunc baav dingh njiec mv zoux gong caux corngh zingh heng-wangc sou-gorn, a'fai dingh mv laengc zipv Medi-Cal gorqv-zeic zorc corngh zingh baengc mienh a'fai mv zoux ei corngh zingh heng-wangc tov daaih nyei waac aqv. Haaix zanc benx maaih naaiv hoc sic, ninh mbuo corngh zingh heng-wangc sou-gorn oix zuqc bungz ziepc zuoqv laangh fim tih fiensex mbuox da'dau baengc miengh hiuv taux gorqv-zeic tengx zorc corngh zingh baengc goux baengc ndie-sai yiem haaix.

Corngh zingh heng-wangc sou-gorn horpc zuqc tih mengh fiensex bun baengc mienh duqv hiuv yiem 30 norm zoux gong hnoi ndaangc taux ziangh hoc dingh njiec nyei hnoi-nyieqc a'fai 15 hnoi bouc dauh yiem ninh mbuo corngh zingh heng-wangc sou-gorn haix fiensex gorngv goux baengc ndie-sai oix dingh njiec wuov funx daaih. Haaix zanc benx cuotv naaiv hoc jau-louc nor, meih nyei corngh zingh heng-wangc sou-gorn oix zuqc nqoi nzuih bun meih mingh borqv nzipc lorx naaic laanh goux baengc ndie-sai dung h biaux cuotv corngh zingh heng-wangc sou-gorn wuov tengx ziux goux zorc baengc, beiv taux meih caux goux baengc ndie-sai domh nzoih doiz-dongh. Naaiv se heuc "borqv nzipc ziux goux zorc baengc" aengx caux duqv porv yietc nyeic bun muangx yiem ga'ndiev wuov oc.

Yie corc haih borqv nzipc zipv ziux goux zorc baengc yiem caux ih zanc wuov laanh goux baengc ndie-sai duqv nyei?

Se gorngv meih duqv zipv longc jienv ziux goux zorc baengc jau-louc yiem caux ninh mbuo Medi-Cal gunv goux mangc wangc siangx sou-gorn nyei, meih corc haih borqv nzipc zipv ziux goux zorc baengc yiem caux naaic dauh goux baengc ndie-sai hngangv lox mv gunv gorngv meih duqv zipv tengx ziux goux zorc baengc yiem caux meih nyei corngh zingh heng-wangc sou-gorn nyei goux baengc ndie-sai yaac baac, daan-faanh ninh mbuo yi bung oix zuqc jiu lorx doic gorngv cing mv zoux gong lapv zuqc doic liuz sung aqv.



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

Aengx zoix lengc jeiv jaa waac mbuox, se gorngv ih zanc meih corc duqv zipv longc ziux goux zorc gorqv-zeic corngh zingh baengc yiem njiec da'nyeic norm corngh zingh heng-wangc sou-gorn, gunv goux mangc wangc siangx sou-daan, a'fai yiem zuqc ndoqc zouc Medi-Cal goux baengc ndie-sai, meih oix zuqc tov heuc bun "borqv nzipc ziux goux zorc baengc" liuz cingx haih duqv nzipc yiem ih zanc lox nyei goux baengc ndie-sai mingh taux 12 hlaax nyieqc bouc dauh, ninh oix zuqc maaih jienv sic jau-louc gauz bun muangx, mv daan mbuoqc naaiv, hietv yietc zungv jau-louc yiem ga'ndiev bun mangc:

- Ih zanc meih duqv caux lox goux baengc ndie-sai hiuv duqv doic daaih lauh aqv meih haix oix tov gorngv;
- Meih oix borqv nzipc linh jienv zipv ziux goux zorc baengc caux ih zanc goux baengc ndie-sai mingh a'fai tiuv lorx siang goux baengc ndie-sai wuov haih zoux bun baengc kouv hoic maengc;
- Naaiv laanh lox ndie-sai yaac guai zoux gong liouc aengx caux puix horpc bouc Medi-Cal jau-louc mi'aqc; aengx caux
- Naaiv laanh ndie-sai se lorqc doih laengz zipv corngh zingh heng-wangc sou-gorn nyei jau-louc liouh zoux gong caux corngh zingh heng-wangc sou-gorn nzoih nzengc.

Gorqv-zeic neqv waac-fienx tipv gorngv taux corngh zingh heng-wangc sou-gorn

Dorh gorqv-zeic neqv mbuox waac-fienx gorngv taux corngh zingh heng-wangc sou-gorn bieqc yiem naaiv [se gorngv maaih].



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. 32
[Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

TENGX NZIE WEIH ZIUX GOUX BAENGC NYEI GONG CAMV ZOQC NDONGC HAAIX

Se gorngv meih maaih horpc bouc puix nzoih liouh bieqc zipv gorqv-zeic ndie-sai ziux goux zorc corngh zingh baengc, ninh mbuo se mbenc maaih naaiv deix ziux goux zorc baengc jau-louc liouh meih qiex longc nyei ziangh hoc. Meih nyei goux baengc ndie-sai oix zuqc caux meih ca'laangh gorngv horpc zuqc longc haaix hoc zorc baengc jau-louc cingx ei duqv zuqc meih nyei baengc.

Nzie weih ziux goux zorc corngh zingh baengc

- Naaiv deix ziux goux zorc corngh zingh baengc jau-louc se liouh ndoqc laanh, yietc zuangx mienh, a'fai ziux zorc yiem huov jaa dungh tengx zoux bun baengc mienh corngh zingh baengc longx faaux tengx zoux bun ninh haix ziux goux duqv lung hnoi yiem-laamz jau-louc. Naaiv deix ziux goux zorc baengc jau-louc se lemh jienv ninh mbuo goux baengc ndie-sai tengx zoux nzie bun ninh mbuo baengc mienh duqv zipv longc liuz haix longx faaux. Naaiv deix zuangx hoc gong se lemh nzoih: gouv funx ndorqc mangc gorngv ninh baengc mienh qiex zuqc longc haaix hoc nzie weih ziux goux jau-louc aengx caux buac naaic deix gong tengx nzie liuz longx faaux; mbenc zorc baengc jau-louc gorngv oix bun longx ndongc haaix aengx caux oix zuqc neqv gorqv-zeic nzie weih zoux goux zorc fai; aengx caux "goux mbungh nzoih," dungh oix zuqc caux huov jaa hmuangv doic juangc nzie weih ziux goux aengx caux haaix laanh kuv mienh dungh ninh hnamv juangc maengc ziangh wuov (se gorngv meih nqoi nzuih bun) tengx zorc a'fai ziux goux bun ndorm zinh nziouv hmuangx haih goux duqv ga'ganh.

Nzie weih ziux goux zorc corngh zingh baengc se haih zorc yiem zorc donv baengc dorngx a'fai goux baengc ndie-sai nyei ze'weic gorn, gorngv waac gan fonh a'fai gan telemedicine, a'fai yiem meih nyei biau a'fai yiem langx zangc hei-horngc gorn zangc. [Nquenc zangc] (dorh benx lengc jeiv waac-fienx tipv bieqc gorngv taux: soux mouc, bouc dauh ziangh hoc, aengx caux maaih



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

nyaanh camv zoqc ndongc haaix yiem njiec naaiv zeiv zoux gong sou-daan bun muangx nzoih yietv nyeic liouh baengc mienh bieqc hnyouv cing dornng tauh dornng mueix gorngv ninh mbuo duqv zipv haaix nyungc fu'loqc. (42 C.F.R. § 438.10(g)(2)(iii)).

Tengx bouc sengh bun ndie nyanc zorc baengc

- Naaiv deix nzie weih zoux goux zorc baengc jau-louc se lenh jienv paaiv ndie bun nyanc, gunv goux, bun ndie nyanc, aengx caux zimh samx mangc nyanc ndie jau-louc aengx caux njiaaux waac gorngv taux nyanc ndie zorc corngh zingh baengc bun muangx. Tengx nzie weih ziux goux bouc mangc nyanc ndie se haih zoux yiem zorc donv baengc dornngx a'fai yiem goux baengc ndie-sai nyei ze'weic gorn, gorngv waac gan fonh a'fai gan telemedicine, a'fai yiem biau a'fai yiem langx zangc hei-horngh gorn zangc.

Gunv goux longx sic dauh jau-louc

- Naaiv diuc nzie weih ziux goux zorc baengc jau-louc se tengx nzie duqv zipv zorc baengc, hoqc sou-nzangc, lungh ndiev zuangx mienh yiem seix zangc, zuqc nduov, hoqc zoux gong lorx nyanc, zorc sin zangc ei-leiz, a'fai da'nyeic nyungc gong nzie weih bun hei-horngc zuangx mienh dungh haaix laanh butv benx corngh zingh baengc haih duqv haix nyei waac wuov. Neqv gunv goux sic dauh se lenh jienv, zoux benx ceiz gong daan, douc waac jau-louc, borqv gong caux zoux gong gorn zangc, caux zoux sou fungx baengc mienh; zimh samx mangc nzie weih zoux goux zorc baengc jau-louc bun baengc mienh bun ninh duqv zipv ziux goux nzoih aengx caux nzie weih zoux goux zorc baengc jau-louc aengx caux zimh samx mangc baengc mienh baengc longx ndongc haaix.

Tengx nzie weih ziux goux hiuang sic

- Naaiv diuc nzie weih ziux goux zorc baengc jau-louc se liouh jiepv sih donv



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

hiuang sic suonc dugh oix zuqc gaanv jien sin longc hnyouv ziux goux. Liepc domh hnyouv funx tengx njiouz donv jiepv sih hiuang nyei sic bun suonc njiec ndaangc, mv zuqc bun langx zangc hei-horngc mienh haih zuqc hoic mun mingh bieqc bueix zorc baengc. Tengx nzie weih ziux goux donv njiec hiuang sic se oix zuqc caeqv sung mv tor lauh jiex hietc norm ziangh hoc aengx caux tengx nzie weih ziux goux zorc baenc yiem zorc donv baengc dorngx a'fai yiem goux baengc ndie-sai nyei ze'weic gorn, gorngv waac gan fonh a'fai gan telemedicine, a'fai yiem biauuv a'fai yiem langx zangc hei-horngc gorn zangc.

Tengx nzie weih ziux goux donv hiuang sic bun zieqc zingz baengh orn taux dauh

- Naaiv diuc nzie weih ziux goux zorc baengc jau-louc se liouh jiepv sih donv hiuang sic suonc dugh oix zuqc gaanv jien sin longc hnyouv ziux goux. Tengx nzie weih ziux goux donv hiuang sic bun zieqc zingz baengh orn taux dauh se mv bun longc ziangh hoc jiex ndaangc 24 norm ziangh hoc aengx caux oix zuqc bun ninh mbuo yiem gorn zangc dorngx dauh dugh maaih sou-gorn tengx ziux goux yiem 24 norm ziangh hoc, yiem zorc baengc dorngc kou-gong gorn, a'fai goux gaengc ndie-sai dugh maaih sou-gorn tengx ziux goux naaiv nyungc sic wuov.

Tengx lorx dorngx dauh bun domh mienh yiem zorc baengc

- Naaiv diuc nzie weih ziux goux zorc baengc jau-louc se tengx zorc corngc zingh baengc aengx caux njiaaux buoz-dauh bun ninh mbuo juangc yiem dorngx dauh hiuv duqv hnangv haaix ziux goux yiem njiec ziux goux zorc baengc gorn zangc tengx zorc corngc zingh baengc. Naaiv deix nzie weih ziux goux zorc baengc jau-louc se mbenc nzoih yietc hnoi yiem 24 norm ziangh hoc, yietc norm leiz baaix buangv siec hnoi. Medi-Cal se mv duv beu bun dorngx bueix aengx caux nyanc hopv jau-louc yiem njiec ziux goux zorc baengc dorngx dauh bun domh mienh wuov.



Korh waac lorx meih nyei beu weih corngc zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corngc zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

Tengx lorx dorngh dauh bun yiem zorc baengc donv hiuang sic

- Naaiv deix nzie weih ziux goux zorc baengc jau-louc se tengx zorc corngh zingh baengc aengx caux njaaux buoz-dauh ninh mbuo butv corngh ziangh baengc hniev nyei mienh a'fai hnyouv ciouv nyei mienh haih goux ga'ganh, mv baac mv zuqc bieqc bueix yiem zorc baengc dorngh. Naaiv deix nzie weih ziux goux zorc baengc jau-louc liouh ninh mbuo maaih sou-gorn goux mienh nyei dorngh mbenc nzoih yietc hnoi yiem 24 norm ziangh hoc, yietc norm leiz baaix buangv siec hnoi. Medi-Cal se mv duv beu bun dorngh bueix aengx caux nyanc hopv jau-louc yiem njiec gorn zangc dorngh dauh dungh lorx dorngh yiem ziux goux zorc donv hiuang sic wuov.

Longc bouc dauh ziangh hoc nangv liouh lung hnoi zorc baengc

- Naaiv se benx yietc norm kou-gong gorn dorngh dauh benx zorc corngh zingh baengc bun zuangx baengc mienh dungh oix zuqc bueix yiem zorc baengc dorngh a'fai dorngh dauh ziux goux zorc baengc yiem buangv 24 norm ziangh hoc. Kou-gong gorn longc ziangh hoc yietc hnoi mv gauh zoqc buo norm ziangh hoc. Lung muonx ninh mbuo baengc mienh se nzuonx bueix ga'ganh nyei biau. Kou-gong gorn se njiaaux zoux gong buoz-dauh aengx caux corngh sin juangc zorc corngh zingh baengc fih hngangv.

Lung hnoi bun corngh sin manh manc longc ziangh hoc ndaauv zorc longx

- Naaiv se benx yietc norm kou-gong gorn dorngh dauh mbenc daaih tengx nzie zuangx mienh dungh butv benx corngh zingh baengc wuov duqv hoqc hiuv jau-louc aengx caux hoqc buoz-dauh donv sic aengx caux ziangh yiem lung ndiev aengx caux hngangv haaix gunv goux duqv njiec corngh zingh baengc dorngh dauh dorngh mueix. Kou-gong gorn longc ziangh hoc yietc hnoi mv gauh zoqc buo norm ziangh hoc. Kou-gong gorn se njiaaux zoux gong buoz-dauh aengx caux



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

corngz sin zorc baengc.

Butv corngh zingh baengc mienh bueix ndie-dorngh zipv zoux goux zorc baengc

- Naaiv deix nzie weih ziux goux zorc baengc jau-louc se benx ninh mbuo maaih sou-gorn benx zorc baengc gorn zangc dugh liouc siouv ndie-sai duqv corngh buatc gornqv naaic laanh baengc mienh horpc zuqc gaanv bieqc zorc baengc zuqc goux junh 24 norm ziangh hoc.

Tengx lorx dorngh dauh bun butv corngh zingh baengc mienh yiem

- Naaiv deix ziux goux zorc baengc jau-louc se yiem njiec ninh mbuo gorn zangc maaih sou-gorn ziux goux zorc butv corngh zingh baengc mienh goux junh 24 norm ziangh hoc liouh zorc baengc hnief nyei dorngh. Ninh mbuo zorc baengc gorn zangc oix zuqc maaih lorqc doih waac caux zorc baengc dorngh a'fai donv baengc dorngh yiem njiec buonh deic liouh haaix zanc maaih jiepv sih sic haih tov heuc tengx ziux goux zorc beih zangc baengc.

Corc mbenc duqv maaih dorngh benx lengc jeiv nzie weih ziux goux zorc fu'jueiv, caux/fai sieq-dorn hou-saeng mv zaaic 21 hnyangx nyei?

Baengc mienh hnyang-jeiv mv zaaic 21 hnyangx se maaih horpc bouc pui-juang gauz horpc zipv gorq-zeic Medi-Cal ziux goux zorc baengc jau-louc yiem njiec jaa-nziouv dimv baengc aengx caux yiem bouc dauh zaah dimv baengc, sorqv nziaamv dimv, aengx caux zorc baengc.

Liouh zoux bun maaih horpc bouc pui-juang gauz zipv jaa-nziouv dimv baengc aengx caux yiem bouc dauh zaah dimv baengc, sorqv nziaamv dimv, aengx caux zorc baengc, baengc mienh oix zuqc maaih hnyang-jeiv mv zaaic 21 hnyangx aengx caux



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

maaih Medi-Cal sou-gorn beu buangv bouc. Jaa-nziouv dimv baengc aengx caux yiem bouc dauh zaah dimv baengc, sorqv nziaamv dimv, aengx caux zorc baengc se duqv beu ziux goux zorc baengc jau-louc dughn zien qiex dorh mingh zorc puix ziangx a'fai tengx nzie goux congh mengh baengc. Tengx nzie weih ziux goux zorc baengc, tengx bouc sengh, zorc puix longx, a'fai zoux bun congh mengh hnyouv ciouv baengc longx ku-yiem mingh se funx benx zien qiex ziux goux zorc baengc longx aengx caux nzuon-sin hngangv lox se funx zien jienv sic aengx caux beu bun jaa-nziouv dimv baengc aengx caux yiem bouc dauh zaah dimv baengc, sorqv nziaamv dimv, aengx caux zorc baengc.

Se gorngv meih maaih waac qiex naaic gorngv taux jaa-nziouv dimv baengc aengx caux yiem bouc dauh zaah dimv baengc, sorqv nziaamv dimv, aengx caux zorc baengc jau-louc, tov daaix luic korh waac lorx [Nquenc zangc dorh yietc zungv waa-fienx bieqc nzoih naaiv] a'fai bieqc lorx mangc yiem [DHCS jaa-nziouv dimv baengc aengx caux yiem bouc dauh zaah dimv baengc, sorqv nziaamv dimv, aengx caux zorc baengc nyei webpage](#).

Yiem ga'ndiev deix nzie weih ziux goux zorc baengc jau-louc se duqv mbenc maaih yiem corng h zingh heng-wangc sou-gorn liouh ziux goux fu'jueiv, sieq-dorn hou-saeng-yaangh, aengx caux sieq-dorn hou-saeng maaih hnyang-jeiv mv zaaic 21: Tengx nzie weih ziux goux congh mengh ei-leiz, neqv ziangh hoc caux gorn zangc zorc baengc, neqv ziangh hoc ziux goux zorc yiem biau, aengx caux dorh mingh wuix goux mangc zorc baengc bun.

Tengx nzie weih ziux goux zorc congh menh ei-leiz

Tengx nzie weih ziux goux congh mengh ei-leiz se benx longc ziangh hoc nangv nyei gong-bou jau-louc liouh ndoqc dauh baengc mienh dughn hnyang-jeiv mv 21 hnyangx wuov mingh zorc baac baengc liuz nzuonx biau. Haaix deix baengc mienh duqv zipv tengx naaiv deix nzie weih ziux goux zorc baengc jau-louc se benx zuqc ninh baengc



Korh waac lorx meih nyei beu weih corng h zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corng h zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

mienh hnyouv mv ku-yiem zoux ciouv haic, dorngh-dorngh qi'jiez a'fai hiuang orqv haih guangc maengc, aengx caux qiemy zuqc longc gorq-zeic ziangh hoc, neqv tengx bouc sengh nzie weih ziux goux bun jiex duqv nyietv liouh nzipc duqv zaaic zorc baengc sou-daan.

Tengx nzie weih ziux goux zorc congh menh ei-leiz gong benx yietc hoc neqv zorc corng h zingh baengc dugh yiem norm-norm zorc corng h zingh baengc nyei gorn zangc mbenc nzoih tengx se gorngv meih butv benx ei-leiz orqv hiuang baengc. Liouh zoux bun duqv zipv tengx nzie weih ziux goux zorc congh menh ei-leiz gong, meih oix zuqc duqv zipv corc jiex corng h zingh baengc, hnyang-jeiv mv zaaic 21, aengx caux maaih Medi-Cal beu buangv bouc sou-gorn.

- Se gorngv meih yiem njiec biau v zangc, ninh mbuo doiz-hmien zoux gong ziux goux zorc ndoqc laanh baengc mienh wuov se haih tengx donv suonc njiec mv bun orqv hiuang hoic liouh goux mbungh mv zuqc dorh meih baengc bueix ziux goux zorc baengc yiem go nyei dorngx, beiv taux zuqc bieqc goux yiem fu'jueiv domh zuangx biau v aengx caux sieq-dorn hou-saeng dugh mv zaaic 21 corc maaih sic dauh zoux ie-leiz hiuang orqv haic nyei fai.
- Se gorngv yiem njiec fu'jueiv domh zuangx biau v aengx caux sieq-dorn hou-saeng mv zaaic 21 hnyangx dugh zoux ei-leiz hiuang orqv haic wuov, ninh mbuo doiz-hmien ziux goux zorc ndoqc laanh baengc mienh wuov se haih tengx suiv dorngx yiem beiv taux yiem goux fu'jueiv dorngx a'fai nzuonx yiem biau v.

Tengx nzie weih ziux goux zorc congh menh ei-leiz gong oix zuqc tengx nzie meih aengx caux jaa-dingh, goux mangc nyei mienh, a'fai die-maac-hlorpv duqv hoqc hiuv taux siang-jau-louc liouh caeqv nzaanz congh mengh sic aengx caux njiaaux mbuox hhangv haaix fiou nzuonc yietc liuz. Meih ganh, ninh mbuo nanv gong tengx nzie weih ziux goux zorc congh menh ei-leiz mienh aengx caux jaa-dingh, goux mangc nyei mienh, a'fai die-maac-hlorpv oix zuqc juangc gong zoux liouh tengx caeqv nzaanz naaiv diuc ei-leiz sic yiem minc zinh zuov taux buate longx ziangh. Meih horpc zuqc mbenc nzoih tengx nzie weih ziux goux zorc congh menh ei-leiz gong bun mangc



Korh waac lorx meih nyei beu weih corng h zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corng h zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

gorngv oix zuqc zoux haaix nyungc, jaa-dingh, goux mangc nyei mienh, a'fai die-maac-hlorpv aengx caux ninh mbuo ziux goux zorc baengc gorn zangc oix zuqc haaix nyungc gong yiem njiec zorc baengc bouc dauh, aengx caux haaix zanc aengx caux yiem haaix haih benx naaiv diuc orqv hiuang sic. Ninh mbuo ziux goux zorc baengc gorn zangc mienh se haih juangc caux meih zoux gong yiem haaix yaac duqv dugh meih ei duqv nyei dorngx tengx fiou suonc ei-leiz. Naaiv deix dorngx dauh se lemh jienv yiem meih nyei biau, goux fu'jueiv dorngx, domh zuangx biau, horqc dorngx, lung hnoi zorc baengc kou-gong gorn, aengx caux langx zangc hei-gorngx yaac duqv nyei.

Borqv jiu caux gorn zangc liouh neqv ziux goux zorc baengc-hniev

Borqv jiu caux gorn zangc liouh neqv ziux goux zorc baengc-hniev se liepc funx ziux goux zorc baengc gong-bou jau-louc dugh tengx nzie weih gouv funx mangc liouh mbenc ziux goux zorc baengc mienh maaih baengc kouv, aengx caux borqv jiu caux gorn zangc liouh zorc baengc mienh maaih hnyang-jeiv mv zaaic 21 hnyangx dugh maaih ze'buonc leiz beu bun zipv Medi-Cal beu buangv bouc yiem ziux goux zorc baengc jau-louc aengx caux maaih horpc bouc pui-juang gauz yiem zorc baengc kouv nyei dorngx dauh.

Naaiv kang borqv jiu caux gorn zangc liouh neqv ziux goux zorc baengc-hniev se lemh jienv gouv funx mangc baengc ndongc haaix; mbenc liouh ziux goux zorc baengc aengx caux zoux gong; zimh samx mangc aengx caux zorc puix horpc bouc dorh mingh longc. Borqv jiu caux gorn zangc liouh neqv ziux goux zorc baengc-hniev se ziux goux zorc baengc ei yietv nyeic jau-louc yiem zorpc doic juangc zoux gong goux kuv sic, lemh jienv mbenc nzoih zuangx gong-mienh ziux goux fu'jueiv aengx caux huov jaa mienh duqv mbenc nzoih liouh zaah mangc nzoih bun fu'jueiv aengx caux huov jaa horpc eiz jiu doic longx hnangv lox, aengx caux dongh hnyouv juangx zoux nzie weih gong-bou jau-louc.



Korh waac lorx meih nyei beu weih corngx zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. 40 [Beu weih corngx zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

Naaiv deix zuangx mienh tengx ziux goux fu'jueiv aengx caux huov jaa wuov se lemh jienv bouc sengh nyei mienh (beiv taux maaih dengv sic liuc leiz ziouv ziux goux zorc baengc, goux baengc ndie-sai, aengx caux nanv sic gunv goux gong nyei ziouv yiem njiec ziux goux fu'jueiv nyei gorn zangc), zuangx mienh bouc sengh nyei buonc (beiv taux maaih huov jaa hmuangv doic, maaih biauv nitv fatv nyei mienh, pong-yiouv, aengx caux hou-siengz), aengx caux da'nyeic deix mienh dugh juangc gong zoux liouh ceiz dorngh dauh aengx caux zoux gong ziux goux baengc mienh dugh ndaam dorngh goux mangc fu'jueiv aengx caux huov jaa duqv dorngh dauh dorngh mueix. Borqv jiu caux gorn zangc liouh neqv ziux goux zorc baengc-hniev corc zoix borqv jiu caux ninh dengv sic liuc leiz ziouv mienh dugh:

- Zaah mangc longx gorngv duqv tengx nzoih yietc zungv qiemz zuqc longc zorc baengc jau-louc, borqv jiu nzoih doic, aengx caux nzie weih ziux goux longx taux dauh, zoqc laanh duqv ziux goux nzoih, ei zuqc baengc mienh, aengx caux haih zoux ei guei-jei aengx caux zoux nzoih fingz waac.
- Zaah goux mangc longx gorngv naaiv deix ziux goux zorc baengc jau-louc aengx caux bouc sengh ei gan ninh mbuo njiaaux gorngv qiemx zuqc longc haaix nyungc jau-louc cingx ei horpc fu'jueiv.
- Liuc leiz tengx bouc sengh bun fu'jueiv caux huov jaa hmuangv doic horpc eiz dongh hnyouv jiu doic hnavg lox, aengx caux gorn zangc tengx ziux goux zorc baengc bun ninh mbuo.
- Liuc leiz tengx bouc sengh bun ninh mbuo diez maac/goux fu'jueiv nyei mienh duqv bouc sengh nzie bun ninh mbuo fu'jueiv duqv zipv nzoih qiemx zuqc longc nyei jau-louc.
- Tengx nzie weih zorngh mbenc nzoih zoux gong mienh ziux goux fu'jueiv aengx caux huov jaa gong-mienh aengx caux bouc sengh bun duqv zipv linh dapc ziux goux.
- Liuc leiz mbenc nzoih yietv nyeic aengx caux paaiv benx ziangh doiz goux baengc ndie-sai liouh tengx ziux goux zorc baengc aengx caux yietv nyeic bouc dauh ziux goux fu'jueiv liouh bun ninh mbuo duqv zipv ziux goux



Korh waac lorx meih nyei beu weih cornggh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih cornggh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

mangc yiem njiec langx zangc.

Neqv ziangh hoc yiem biauviu ziuu gouu zorc baengc

Neqv ziangh hoc yiem biauviu ziuu gouu zorc baengc bun ndoqc laanh mienh, ziuu gouu zorc bun longx henv nyei gong dugh duqv mbenc ziangx liouh tiuv yienc ei-leiz a'fai tengx nzie weih ziuu gouu corngx zingh baengc dugh maaih dorngx haih zorc nyauv hoic zuqc fu'jueiv/sieq-dorn hou-saeng sin zangc aengx caux liepc hnyouv funx oix tengx nzie bun fu'jueiv/sieq-dorn hou-saeng haih gouu zorc ga'ganx puix duqv doic yiem biauviu aengx caux yiem njiec langx zangc aengx caux zorc puix bun ninh mbuo nyei huov jaa haih tengx ziuu gouu ninh mbuo nyei fu'jueiv zorc duqv doic njiec yiem biauviu zangc aengx caux langx zangc.

Neqv ziangh hoc yiem biauviu ziuu gouu zorc baengc se benx zoux yietv nyeic liouh longc benx nyungc zeiv zorc baengc gong bun ndoqc laanh baengc mienh ei gan ninh mbuo zoux gong mienh domh nzoih jaa-nziouv ca'laangx mbenc zoux caux fu'jueiv aengx caux huov jaa heuc domh nzoih jiu doic zoux lorpc zorc gong nyei kou-gong, naaiv deix gong corc lemh jienv, mv daan kungx tengx gouv funx mangc baengc hngangv haaix, ceiz zoux gong daan, zorc baengc, nanv sin zorc baengc, aengx caux maaih haaix nyungc zuqc gouu mbungh nzoih. Neqv ziangh hoc yiem biauviu ziuu gouu zorc baengc jau-louc se tengx ziuu gouu taux baengc mienh maaih hnyang-jeiv mv zaaic 21 hnyangx dugh maaih ze'buonc leiz beu bun zipv Medi-Cal beu buangv bouc nyei gong aengx caux ninh mbuo maaih bouc dauh gauz liouh zipv tengx nzie weih zorc baengc-hniev wuov.

Dorh wuix gouu liouh tengx ziuu gouu zorc baengc

Naaiv diuc ziuu gouu zorc baengc se benx nyungc zeiv dugh dorh wuix gouu liouh ziuu gouu zorc baengc se tengx neqv ziangh hoc jiepv sih zorc baengc, longc ziangh



Korh waac lorx meih nyei beu weih corngx zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. 42 [Beu weih corngx zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

hoc nangv, mangc baengc-mun, aengx caux longc gorqv-zeic ndie-sai ziux goux zorc corngh zingh baengc bun fu'jueiv maaih hnyang-jeiv mv zaaic 21 hnyangx dungh maaih camv-diuc corngh zingh baengc zorpc aengx caux camv-nyungc ei-leiz wuov.

Naaiv deix nzie weih ziux goux zorc baengc gong se lemh jienv mbenc zorc baengc sou-daan, zorc baengc aengx caux goux mbungh zinh hoz jau-louc. Yiem dorh wuix goux liouh tengx ziux goux zorc baengc, se benx suiv fu'jueiv mingh bieqc yiem wuix fu'jueiv gorn zangc, neqv ziangh hoc nangv ziux goux mangc longx, aengx caux wuix fu'jueiv dorngx nyei diez maac bouc ziux goux longx.

Mbenc duqv maaih liouh longc fonh a'fai Telehealth tengx ziux goux zorc baengc

Naaiv deix ziux goux zorc baengc gong se haih tengx zoux bun gan fonh a'fai telehealth:

- Nzie weih ziux goux zorc corngh zingh baengc
- Tengx bouc sengh bun ndie nyanc zorc baengc
- Tengx nzie weih ziux goux hiuang sic
- Gunv goux longx sic dauh jau-louc
- Borqv jiu caux gorn zangc liouh neqv ziux goux zorc baengc-hniev
- Tengx bouc sengh bun doic

Maaih nyungc baav gong se haih tengx zoux goux bun gan telehealth a'fai fonh mingh:

- Longc bouc dauh ziangh hoc nangv liouh lungh hnoi zorc baengc
- Lungh hnoi bun corngz sin manh manc longc ziangh hoc ndaauv zorc longx
- Tengx lorx dorngx dauh bun domh mienh yiem zorc baengc
- Tengx lorx dorngx dauh bun yiem zorc baengc donv hiuang sic



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

- Tengx nzie weih ziux goux donv hiuang sic bun zieqc zingz baengh orn taux dauh

Naaiv deix ziux goux zorc baengc gong se mv haih tengx zoux bun gan fonh a'fai telehealth:

- Tengx lorx dorngx dauh bun butv corngh zingh baengc mienh yiem
- Butv corngh zingh baengc mienh bueix ndie-dorngx zipv zoux goux zorc baengc
- Tengx nzie weih ziux goux zorc conggh menggh ei-leiz
- Neqv ziangh hoc yiem biau v ziux goux zorc baengc
- Dorh wuix goux liouh tengx ziux goux zorc baengc

Gorqv-zeic neqv waac-fienx tipv gorngv taux corngh zingh heng-wangc sou-gorn

Dorh gorqv-zeic neqv mbuox waac-fienx gorngv taux corngh zingh heng-wangc sou-gorn bieqc yiem naaiv [se gorngv maaih].



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

MEIH NYEI BEU WEIH CORNGH ZINGH HENG-WANGC SOU-GORN GOUV FU'LOQC NYAANH DUNGH JAA-NZIOUV MV HNAMV DUQV ZAAIC NYEI BUONC

Yie maaih haaix nyungc ze'buonc leiz beu bun beiv taux gorngv corngh zingh heng-wangc sou-gorn duqv ngaengc nzuih mv bun dugh yie oix longc a'fai hnamv haix qiemx zuqc nyei zorc baengc gong wuov?

Se gorngv meih nyei corngh zingh heng-wangc sou-gorn a'fai ziux goux baengc ndie-sai duqv tengx ngaengc nzuih bouc corngh zingh heng-wangc sou-gorn, ngaengc nzuih mv tengx, jamv souz mouc gong, zanv zoqc njiec, zorv ngaih, a'fai dingh njiec mv tengx zorc baengc dugh meih oix longc a'fai meih maaih horpc zuqc duqv zipv nyei buonc gong, meih corc maaih ze'buonc leiz beu bun zipv fiensex daaih mbuox (heuc "Tih mengh fiensex bun taux tengx corngh funx fu'loqc nyaanh nyei waac") yiem caux corngh zingh heng-wangc sou-gorn. Meih corc aengx maaih ze'buonc leiz beu lorx weic faan sic dugh maaih waac mv horpc hnyouv mv lorqc doih caux dingc cuotv wuov. Yiem njiec ga'ndiev wuov kang se benx ca'laangh gorngv taux meih maaih ze'buonc leiz beu taux naaiv zeiv tih mengh fiensex sou aengx caux oix zuqc fungc zoux beiv taux meih mv doix-dongh caux ninh mbuo corngh zingh heng-wangc sou-gorn dingc cuotv nyei waac.

Corngh funx dingc cuotv haaix diuc gong dugh mv doiz hnyouv se benx haaix nyungc jau-louc?

Corngh funx dingc cuotv haaix nyungc gong dugh mv doiz hnyouv se benx ninh mbuo corngh zingh heng-wangc sou-gorn duqv dingc cuotv zoux nyei gong yiem ga'ndiev wuov:

1. Ngaengc nzuih mv ziux goux a'fai nqoi nzuih bun zanv gong zoqc njiec ei tov heuc tengx ziux goux zorc baengc nyei waac, lemh jienv gouv funx benx haaix hoc gong a'fai haaix hoc bouc dauh ziux goux zorc baengc jau-louc, qiemx longc zorc baengc jau-louc, horpc bouc ndongc haaix, zorn- mbenc, a'fai beu weih fu'loqc camv zoqc longx



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

ndongc haaix;

2. Zanv zoqc niiec, dongv njiec ndaangc, a'fai guangc njiec yiem lox nqoi nzuih jhex daaih nyei buonc gong;
3. Duqv ngaengc nzuih mv tengx cuotv yietc zungv souz mouc nyaanh a'fai buonc baav nyaanh yiem ziux goux zorc baengc jau-louc;
4. Bungz ndortv mv tengx ziux goux zorc baengc ei ziangh hoc;
5. Bungz ndortv mv zoux gong bun hingh yiem njiec gouv funx benx dingc-torqv bouc dauh ziangh hoc heuc tengx caeqv nzaanz sic yiem gox sic jau-louc aengx caux lorx weic faan sic wuov (beiv taux meih duqv fungx sou bieqc gox sic caengz caux corngh zingh heng-wangc sou-gorn aengx caux ninh mbuo yaac mv dau fiensex mbuox hiuv yiem njiec 90 hnoi ga'nyuoz gorngv dingc cuotv haaix nyungc waac gorngv taux meih gox sic jau-louc. Se gorngv meih duqv fungx sou bieqc lorx weic faan sic caux corngh zingh heng-wangc sou-gorn aengx caux meih mv duqv haix ninh mbuo fiev fiensex dau nzuonx mbuox yiem 30 hnoi ga'nyuoz gorngv taux dingc cuotv hnanv haaix, a'fai se gorngv meih maaih sic jienv oix fungx sou lorx weic tengx faan sic siepv, aengx caux mv duqv haix dingc waac dau mbuox yiem njiec 72 norm ziangh hoc.); a'fai
6. Ngaengc nzuih mv laengz zipv muangx ninh mbuo baengc mienh nyei waac dungh maaih dorngx mv horpc taux zinh nyaanh jau-louc.

Naaiv zeiv tih mengh fiensex mbuox corngh funx dingc cuotv haaix diuc gong dungh mv doiz hnyouv se benx haaix nyungc jau-louc?

Naaiv zeiv tih mengh fiensex mbuox corngh funx dingc cuotv haaix diuc gong dungh mv doiz hnyouv se benx yietc zeiv fiensex dungh meih nyei corngh zingh heng-wangc sou-gorn oix zuqc juix bun meih hiuv gorngv ninh mbuo dingc bun-paaiv waac gorngv taux wueic haaix diuc cingx ngaengc nzuih mv tengx, jamv souz mouc gong, zanv zoqc njiec, zorv ngaih, a'fai dingh njiec mv tengx zorc baengc aengx caux meih nyei goux baengc ndie-sai buatc meih horpc zuqc duqv zipv



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

nyei buonc. Naaiv deix ngaengc nzuih nyei waac se lemh jienv ngaengc mv tengx cuotv nyaanh liouh zorc baengc, ngaengc nzuih dungh maaih waac tov daaih yiem mv maaih sou-gorn beu nyei buonc, ngaengc nzuih dungh buatc haaix deix mv zuqc qiex longc ziux goux zorc baengc nyei jau-louc, ngaengc nzuih dungh buatc haaix deix jau-louc zoux dorngc yiem gorn zangc tengx nyei gong, a'fai ngaengc nzuih dungh maaih haaix nyungc waac mv horpc doic yiem cuotv nyaanh nyei jau-louc. Naaiv zeiv tih mengh fiex mbuox corng h funx dingc cuotv haaix diuc gong dungh mv doiz hnyouv corc longc liouh douc waac mbuox meih hiuv taux gox sic, lorx weic faan sic, a'fai lorx weic tengx gaanv jien sin faan sic siepv nyei jau-louc mv gaengh buatc caeqv sung sic ziux ziangh hoc wuov, a'fai se gorngv meih corc mv gaengh duqv zipv tengx ziux goux zorc baengc yiem caux corng h zingh heng-wangc sou-gorn ei bouc dauh ziangh hoc.

Dingc ziangx ziangh hoc liouh tih mengh fiex mbuox

Ninh mbuo heng-wangc sou-gorn nyei gorn oix zuqc juix naaiv zeiv tih mengh fiex sou bun taux zipv fu'loqc mienh mv bun zaih jiex 10 hnoi ndangc taux hnoi-nyieqc njiec buoz zorqv sou-gorn guangc, donv njiec, a'fai zorqv gorqv-zeic ziux goux zorc corng h zingh baengc yiem lox nqoi nzuih bun nyei gong zanv zoqc njiec. Ninh mbuo heng-wangc sou-gorn nyei gorn oix zuqc juix naaiv zeiv tih mengh fiex sou bun taux zipv fu'loqc mienh yiem njiec yi norm zoux gong hnoi-nyieqc ga'nyuoz yiem dingc waac gorngv duqv ngaengc nzuih mv tengx cuotv nyaanh a'fai dingc bun-paaiv waac zoux bun ngaengc nzuih mv tengx, zorv ngaih, a'fai goiv yienc siang yietc zungv za'fai nyungc baav gorqv-zeic zorc corng h zingh baengc dungh tov daaih wuov.

Beiv taux yie mv duqv zipv ziux goux zorc baengc dungh yie ei duqv nyei buonc yie corc haih duqv zipv naaiv zeiv tih mengh fiex mbuox corng h funx dingc cuotv haaix diuc gong dungh mv doiz hnyouv nyei?

Maaih nyungc baav jau-louc meih mv zuqc zipv naaiv zeiv tih mengh fiex mbuox



Korh waac lorx meih nyei beu weih corng h zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corng h zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengc caux yiem zoux gong ziangh hoc].

corngh funx dingc cuotv haaix diuc gong dugh mv doiz hnyouv wuov. Meih corc haih fungx sou bieqc lorx weic faan sic yiem nquenc zangc corngh zingh heng-wangc sou-gorn a'fai se gorngv meih duqv zoux nzoih yietc nyeic lorx weic faan sic jau-louc liuz, se gorngv buatec hhangv naaiv nor meih corc haih tov heuc saengv zangc tengx corngh sic bun muangx. Yiem njiec naaiv buonv sou-guv se hietv maaih waa-fienx gorngv taux hhangv haaix juix sou bieqc lorx weic faan sic a'fai tov heuc saengv zangc tengx dingc baengh fim leiz bun muangx. Meih nyei goux baengc ndie-sai nyei ze'weic gorn horpc zuqc siou duqv maaih naaiv deix waa-fienx nyei.

Naaiv zeiv corngh funx dingc cuotv haaix diuc gong dugh mv doiz hnyouv wuov tih haaix nyungc fienx mbuox yie?

Naaiv zeiv corngh funx dingc cuotv haaix diuc gong dugh mv doiz hnyouv wuov tih mengh fienx mbuox meih hiuv taux:

- Ninh mbuo corngh zingh heng-wangc dingc bun-paaiv waac maaih haaix nyungc haih ging-dongx hoic taux meih a'fai meih haih duqv zipv ziux goux zorc baengc jau-louc nyei
- Dingc bun-paaiv waac se longc yiem naaiv norm hnoi-nyieqc jiex gorn mingh aengx caux wueic laaix haaix nyungc cingx dingc hhangv naaiv
- Saengv zangc a'fai guoqv zangc doh leiz se longc ei dingc naaiv deix bun-paaiv waac
- Se gorngv meih mv doi-dongh caux corngh zingh heng-wangc sou-gorn dingc bun-paaiv nyei waac nor meih maaih ze'buonc leiz beu bun lorx weic faan sic
- Hhangv haaix juix sou bieqc lorx weic faan sic caux corngh zingh heng-wangc sou-gorn
- Se gorngv meih mv horpc hnyouv taux corngh zingh heng-wangc



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

sou-gorn dingc bun-paaiv waac gorngv taux meih lorx weic faan sic
nyei jau-louc meih cor haih zoux sou mingh tov taux saengv zangc
dingc baengh fim leiz bun muangx

- Hnangv haaix tov heuc lorx weic faan sic siepv a'fai tov heuc saengv zangc gaanv tengx dingc baengh fim leiz bun muangx siepv
- Hnangv haaix lorx mienh tengx zoux sou juix bieqc lorx weic faan sic a'fai tov saengv zangc dingc baengh fim leiz bun muangx
- Meih zoux sou fungx bieqc lorx weic faan sic a'fai tov saengv zangc tengx dingc baengh fim leiz bun muangx lauh ndongc haaix aqv
- Meih maaih ze'buonc leiz beu bun borqv nzipc zipv tengx ziux goux zorc baengc yiem njiec zuov muangx dingc bun-paaiv lorx weic faan sic sou a'fai muangx saengv zangc dingh baengh fim leiz, horpc zuqc hnangv haaix tov heuc tengx borqv nzipc naaiv deix ziux goux nyei jau-louc, aengx caux naaiv deix zorc baengc jau-louc ninh mbuo corc Medi-Cal beu weih nyei
- Haaix zanc meih duqv juix sou bieqc lorx weic faan sic liuz a'fai tov saengv zangc tengx dingc baengh fim leiz bun muangx wuov beiv taux meih jhex hnyouv oix tov heuc tengx borqv nzipc naaiv deix ziux goux zorc baengc jau-louc mingh

Oix zuqc hnangv haaix zoux beiv taux yie duqv zipv tih mengh fiensex mbuox corng h funx dingc cuotv haaix diuc gong dungh mv doiz hnyouv wuov?

Haaix zanc meih duqv zipv tih mengh fiensex mbuox corng h funx dingc cuotv haaix diuc gong dungh mv doiz hnyouv wuov, meih horpc zuqc doqc mangc longx yietc zungv waa-fiensex nzoih nzengc. Se gorngv meih mv bieqc hnyouv taux naaiv zeiv tih miengh fiensex nyei waa-nyiouz, meih nyei corng h zingh heng-wangc sou-gorn se haih tengx duqv meih. Meih corc aengx haih lorx ga'hlen mienh tengx nzie meih yaac duqv nyei.



Korh waac lorx meih nyei beu weih corng h zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corng h zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

Se gorngv ninh mbuo corngh zingh heng-wangc sou-gorn mbuox meih hiuv gorngv tengx ziux goux zorc meih nyei baengc wuov oix zuqc dorng setv mueix a'fai zuqc zanv zoqc njiec, beiv taux meih mv lorqc doih caux ninh mbuo dingc naaiv baan bun-paaiv waac nor, meih maaih ze'buonc leiz beu bun lorx weic faan sic muangx taux naaiv baan waac. Meih corc haih duqv borqv nzipc linh jienv zipv tengx ziux goux zorc baengc zuov taux meih lorx weic faan sic dingc bun-paaiv waac a'fai saengv zangc si-dorng dingc leiz bun muangx baac. Meih oix zuqc tov heuc ninh mbuo borqv nzipc linh jienv ziux goux zorc baengc mv lauh jiex ndaangc 10 hnoi yiem meih duqv zipv naaiv zeiv tih mengh fiensex mbuox corngh funx dingc cuotv haaix diuc gong dungh mv doiz hnyouv wuov a'fai ndaangc taux hnoi-nyieqc longc zorc baengc siang-jau-louc.

Gorqv-zeic neqv waac-fienx tipv gorngv taux corngh zingh heng-wangc sou-gorn

Dorh gorqv-zeic neqv mbuox waac-fienx gorngv taux corngh zingh heng-wangc sou-gorn bieqc yiem naaiv [se gorngv maaih].



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. 50 [Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

YIETV NYEIC JAU-LOUC LIOUH CAEQV SUNG BUANGH DAUH SIC: LIOUH JUIX SOU BIEQC GOX SIC A'FAI LORX WEIC FAAN SIC

Oix zuqc fungc zoux haaix nyungc beiv taux Yie mv duqv zipv tengx ziux goux zorc baengc dugh yie jiex hnyouv oix longc yiem caux yie nyei corngh zingh heng-wangc sou-gorn wuov?

Meih nyei corngh zingh heng-wangc sou-gorn oix zuqc maaih yietc nyeic jau-louc liouh meih ziux goux taux zoux sou gox sic a'fai buangh dauh sic gorngv taux gorqv-zeic ziux goux zorc corngh zingh baengc dugh meih jiex hnyouv oix longc a'fai duqv zipv wuov. Naaiv se heuc zoux benx yietc nyeic jau-louc liouh caeqv sung buangh dauh sic aengx caux haih tengx caeqv duqv sung:

1. **Yietv nyeic jau-louc liouh gox sic:** gorngv yietv nyeic waac bun muangx gorngv maaih haaix nyungc jau-louc mv horpc hnyouv yiem njiec gorqv-zeic ziux goux zorc corngh zingh baengc a'fai yiem caux corngh zingh heng-wangc sou-gorn.
2. **Yietc nyeic jau-louc liouh lorx weic faan sic:** zaah mangc cing yiem dingc bun-paaiv nyei waac (beiv taux, ngengc nzuih mv tengx, dingh njiec, a'fai zanv ziux goux zorc baengc jau-louc zoqc njiec) gorngv taux zoux gong yiem njiec meih nyei gorqv-zeic ziux goux zorc baengc jau-louc yiem caux corngh zingh heng-wangc sou-gorn a'fai meih nyei goux baengc ndie-sai zoux cuotv.
3. **Yietc nyeic jau-louc yiem saengv zangc tengx corngh dingc leiz bun muangx:** yietc nyeic jau-louc liouh zoux sou tov corngh dingc leiz bun maungx taux gunv goux gong-bou jau-louc ndaangc taux bieqc saengv zangc sic-dorngh doiz hmien caux dingc leiz zaamc dunz sic, beiv taux corngh zingh heng-wangc sou-gorn duqv ngaengc nzuih mv laengz suei meih lorx weic faan sic nyei buonc.

Juix sou bieqc gox sic, lorx weic faan sic, a'fai tov saengv zangc corngh leiz bun muangx se mv zeiz liepc hnyouv caux meih caengz zoux sic aengx caux mv maaih



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

haaix nyungc ging-dongx hoic meih zipv ziux goux zorc baengc jau-louc oc. Juix sou bieqc gox sic a'fai lorx weic faan sic se funx tengx nzie weih duqv zipv ziux goux zorc baengc ei qiex longc nyei jauv aengx caux tengx caeqv sung nyinh youz waac caux meih nyei gorqv-zeic ziux goux zorc corngh zingh baengc nyei gong wuov. Gox sic aengx caux lorx weic faan sic corc haih dorh waa-fienx bun corngh zingh heng-wangc sou-gorn liouh longc dorh mingh zorc longx nzie weih ziux goux zorc baengc jau-louc. Haaix zanc meih gox sic a'fai lorx weic faan sic ziangx nzoih liuz, meih nyei corngh zingh heng-wangc sou-gorn oix zuqc douc fienx mbuox meih hiuv aengx caux da'nyeic deix mienh, beiv taux goux baengc ndie-sai duqv hiuv gorngv dorng dauh setv-mueix waac benx hnavg haaix. Haaix zanc saengv zangc corngh leiz zaamc duqv dunz waac liuz, ninh mbuo sic-dorng jien jaa oix zuqc douc fienx mbuox meih aengx caux da'nyeic deix mienh duqv hiuv gorngv dorng dauh setv-mueix waac benx hnavg haaix. Meih corc haih hoqc hiuv yietv nyeic tipv gorngv taux da'diuc caeqv sic jau-louc yiem ga'ndiev wuov.

Yie corc haih duqv zipv mienh tengx nzie zoux sou juix beqc lorx weic faan sic, gox sic a'fai tov saengv zangc dingc leiz bun muangx nyei?

Meih nyei corngh zingh heng-wangc sou-gorn oix zuqc porv yietv porv nyeic gorngv taux naaiv deix jau-louc bun meih muangx aengx caux oix zuqc tengx nzie meih zoux sou juix bieqc gox sic, lorx weic faan sic, a'fai tov seangv zangc tengx dingc leiz bun muangx. Ninh mbuo corngh zingh heng-wangc sou-gorn corc haih tengx nzie meih dingc lorqc doih waac gorngv haih maaih horpc bouc pui-juang gauz liouh tengx “gaanv faan sic siepv” nyei fai, naaiv benx zuqc oix zuqc jiepv sih gaanv jien sin zaah mangc sic dauh jau-louc siepv wueic zuqc gorngv zorv ngaih nor haih maaih sic huiang hoic taux meih nyei sin zangc, corngh zingh baengc, caux/fai orn-lorqc bouc dauh. Meih corc haih nqoi nzuih cai benx ga'hlen mienh mingh tengx nzie meih duqv nyei, lemh jienv meih nyei gorqv-zeic ndie-sai ziux goux corngh zingh baengc wuov a'fai tengx nzie bouc meih nyei mienh.



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

Se gorngv meih qiemx zuqc longc mienh tengx nzie, korh waac lorx [Nquenc zangc dorh dungx benx baeqc wang-henh douc waac fonh nam mber bieqc]. Meih nyei corngx zingx heng-wangc sou-gorn oix zuqc nzie weih tengx horpc bouc dinh nzoih waa-fienx yiem zeidaan aengx caux da'nyeic diuc yietv nyeic jau-louc liouh gox sic a'fai lorx weic faan sic wuov. Naaiv se lemh nzoih naaiv, corc mv daan mbuoqc naaiv, tengx nzie weih faan waac bun muangx aengx caux bun wang-henh douc waac fonh nam mber yiem njiec TTY/TDD aengx caux haih faan waac liouc nyei mienh.

Beiv taux yie maaih waac qiemx naaic a'fai buangx sic nor ninh mbuo saengv zangc haih tengx nzie yie nyei?

Meih corc haih lorx taux domh gorn tengx nzie weih gunv goux mangc heng-wangc, yiem naaiv norm Ombudsman ze'weic gorn, yiem leiz baaix yietv taux leix baaix hmz, yiem 8 diemv lungx ndorm taux 5 diemv lungx hmuangx (simv cuotv gingc nyei hnoi oc), douc waac bieqc fonh yiem naaiv **888-452-8609** a'fai bieqc gan e-mail yiem naaiv MMCDOmbudsmanOffice@dhcs.ca.gov. **Tov jangx longx:** Juix nzang-fienx bieqc gan e-mail mingx se mv haih tengx bingz benx gem-mbueix waac oc. Meih horpc zuqc mv dungx dorh si'jeiv waa-fienx juix bieqc gan e-mail mingx.

Meih corc haih duqv zipv wang-henh ziox doh leiz tengx nzie bun meih yiem njiec buonh deic ziox doh leiz tengx mienh nyei ze'weic a'fai da'nyeic deix mienh tengx nzie. Meih se haih lorx taux ninh mbuo California domh gorn nzie weih ziox goux zuangx mienh yiem-lamz nyei gorn (CDSS) liouh tov muangx meih maaih haaix diuc ze'buonc leiz beu wuov buangx taux naaiv norm lorx naaic waac gorn zangc aengx caux dau waac bun muangx nyei fonh yiem naaiv **800-952-5253** (liouh longc benx TTY, korh waac lorx **800-952-8349**).



Korh waac lorx meih nyei beu weih corngx zingx heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corngx zingx heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangx hoc].

Gorqv-zeic neqv waac-fienx tipv gorngv taux corngh zingh heng-wangc sou-gorn

Dorh gorqv-zeic neqv mbuox waac-fienx gorngv taux corngh zingh heng-wangc sou-gorn bieqc yiem naaiv [se gorngv maaih].



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

YIETV NYEIC GOX SIC YIETC NYEIC JAU-LOUC

Gox sic se benx zeiz haaix nyungc ga'naaiv?

Naaiv diuc gox sic se benx yietc diuh jauv liouh gorngv taux haaix nyungc jau-louc dugh mv horpc hnyouv fai mv buangv hnyouv taux meih nyei gorqv-zeic ndie-sai ziux goux zorc corngh zingh baengc nyei gong mv zuqc yietc nyungc jauv dugh meih lorx weic faan sic aengx caux lorx saengv zangc dingc leiz bun muangx nyei yietv nyeic.

Gox sic yietv nyeic jau-louc se maaih hngangv haaix?

Gox sic yietv nyeic jau-louc se benx corngh zingh heng-wangc sou-gorn nyei gong-bou liouh zaah mangc meih nyei gox sic sou a'fai gox zongc gorngv taux meih zipv tengx ziux goux zorc baengc a'fai corngh zingh heng-wangc sou-gorn zoux nyei gong mv horpc hnyouv. Naaiv diuc gox sic jau-louc se haih zoux gox haaix zanc yaac duqv oix longc baeqc nzuih gox a'fai fiev benx sou-nzangc aengx caux zoux sou gox sic se maiv haih zorv ndanc zuqc meih zitc ze'buonc leiz beu a'fai nzie weih ziux goux nyei gong oc. Se gorngv meih juix sou bieqc gox sic liuz, mv haih zorv ndanc taux meih nyei goux baengc ndie-sai.

Meih se haih nqoi nzuih cai bun ga'hlen mienh, bouc nzie nyei mienh, a'fai goux baengc ndie-sai mingh borng meih zoux gong. Beiv taux meih nqoi nzuih cai bun ga'hlen mienh mingh borng bun meih, ninh mbuo corngh zingh heng-wanc sou-gorn oix zuqc heuc meih njiec mbuoz yiem nqoi nzuih cai bun borng buoz mienh nyei zeiv-daan liouh bun ninh mbuo zunh naaic laanh baengc mienh nyei waac-fienx bun doic.

Haaix laanh mienh yaac longx zoux gong yiem njiec corngh zingh heng-wangc sou-gorn dugh dunz waac yiem gox sic jauv-louc wuov oix zuqc maaih horpc bouc puix-juang gauz zoux benx dunz waac gong aengx caux zinh ndaangc mv liuc leiz



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. 55
[Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

juangc zaah mangc jiex naaiv deix gong a'fai dingc jiex waac.

Yie horpc zuq juix sou bieqc gox sic haaix zanc?

Se gorngv meih maaih dorngx ninh mbuo longc lengc jeiv ndie-sai neqv ziux goux zorc corngh zingh baengc nyei gong a'fai maaih da'nyeic nyungc gong yiem caux corngh zingh heng-wangc sou-gorn dungm mv horpc hnyouv wuov meih zoux sou juix sou bieqc gox sic haaix zanc yaac duqv nyei.

Yie horpc zuq hngangv haaix juix sou bieqc gox sic?

Meih corc haih korh waac lorx meih nyei corngh zingh heng-wangc sou-gorn [Nquenc zangc dorh longc benx wang-henh douc waac fonh nam mber bieqc nzoih beiv taux caux yiem zeiv-juoqv piouz doic] liouh jiouh mienh tengx gox sic. Goux sic jauv-louc se haih longc benx baeqc nzuih gorngv bun muangx a'fai fiev sou fungx bieqc. Longc baeqc nzuih gox sic se mv zuqc zoux benx sou-nzangc jaa. Beiv taux meih ei duqv fiev benx gox sic juix bieqc, ninh mbuo corngh zingh heng-wangc sou-gorn oix zuqc bun benx fiensex-mbuoqc an nzoih juix nzuonc nyei deic zepv bun yietv zungv goux baengc ndie-sai siou jienv liouh meih juix sou gan zipv fiensex dorngx daaih gox sic. Beiv taux meih mv buatac maaih fiensex-mbuoqc an nzoih deic zepv wuov, meih dorh gox sic sou juix bieqc zaqc ei deic zepv dongh an yiem naaiv buonv sou-guv beih wuov.

Yie hngangv haaix haih hiuv fiensex gorngv ninh mbuo corngh zingh heng-wangc sou-gorn duqv zipv siou yie nyei gox sic sou taux buoz mi'aqc?

Meih nyei corngh zingh heng-wangc sou-gorn oix zuqc fiev fiensex mbuox meih duqv hiuv gorngv ninh mbuo duqv zipv gox sic sou taux buoz mi'aqc.



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac fiensex-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. 56
[Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

Taux haaix zanc cingx dorh yie nyei gox sic jauv-louc mingh dingc bun?

Ninh mbuo corngh zingh heng-wangc sou-gorn oix zuqc dorh meih nyei gox sic jauv-louc mingh corngh dunz yiem njiec 90 norm zoux gong hnoi yiem hnoi-nyieqc an meih gox sic sou-gorn funx daaih. Beiv taux maaih tov taux a'fai ninh mbuo corngh zingh heng-wangc sou-gorn buatac qiex zuqc longc lengc jeiv waac-fienx tipv aengx caux zaih deix se weih hingh zuqc meih nor naaiv norm bouc dauh ziangh hoc liouh dunz sic se haih borqv nzipc lauh faaux taux 14 norm zoux gong hnoi. Mangc guv yienh dongh haaix zanc maaih dorngx zorqv ngaih zuqc liuz haih tengx zuqc meih duqv longx, beiv taux ninh mbuo corngh zingh heng-wangc sou-gorn sienx gorngv haih maaih ziangh hoc ndaauv deix liouh lorx lengc jeiv waac-fienx tipv yiem caux meih a'fai da'nyeic deix mienh liuz haih tengx caeqv duqv sic sung nyei.

Yie hngangv haaix haih hiuv duqv gorngv ninh mbuo corngh zingh heng-wangc sou-gorn duqv dunz yie nyei sic mi'aqc fai?

Haaix zanc duqv dunz waac gorngv taux meih gox sic jauv-louc setv mueix liuz, ninh mbuo corngh zingh heng-wangc sou-gorn oix zuqc fiev fienx mbuox meih a'fai meih nyei borng buoz mienh duqv hiuv gorngv dunz cuotv hngangv haaix. Beiv taux ninh mbuo corngh zingh heng-wangc sou-gorn bungx ndortv mv duqv mbuox meih hiuv a'fai maaih haaix nyungc ging-dongx zorv zuqc gorngv mv dunz sic hingh ziangh hoc wuov, ninh mbuo corngh zingh heng-wangc sou-gorn oix zuqc zoux tih mengh fienx mbuo gorngv taux dunz cuotv goux funx fu'loqc maiv doiz hnyouv wuov mbuox meih zoux sou lorx saengv zangc tengx corngh leiz bun muangx. Meih nyei corngh zingh heng-wangc sou-gorn horpc zuqc zoux tih mengh fienx mbuox gorngv taux dunz cuotv goux funx fu'loqc maiv doiz hnyouv wuov yiem njiec bouc dauh ziangh hoc. Se gorngv meih maiv duqv zipv naaiv zeiv tih mengh fienx mbuox gorngv taux dunz cuotv goux funx fu'loqc maiv doiz hnyouv nyei sou nor meih corc haih korh waac lorx taux corngh zingh heng-wangc sou-gorn liouh naaic waac-fienx tipv.



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

Ninh gouv funx ziangx taux bouc dauh hnoi-nyieqc liouh gox sic nyei?

Maiv oc, meih corc haih zoux sou juix bieqc gox haaix zanc yaac duqv.

Jaa gorqv-zeic waac-fienx tipv neqv gorngv taux corngh zingh heng-wangc sou-gorn

Dorh neqv mbuox waac-fienx yiem corngh zingh heng-wangc sou-gorn bieqc naaiv [beiv taux maaih].



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

YIETV NYEIC JAU-LOUC LIOUH LORX WEIC FAAN SIC (EI LOX-BOUC DAUH AENGX CAUX BEQV HEUC GAANV SIEPV)

Meih nyei corngh zingh heng-wangc sou-gorn oix zuqc nqoi nzuih bun meih caengz sic fih ndouv caux corngh zingh heng-wangc sou-gorn dunz cuotv nyei waac dongh meih mv nyunc duqv aengx caux tov heuc ninh mbuo ganh corngh zaah mangc siang yiem nyungc baav jauv-louc aa'fai caux goux bangc ndie-sai tengx liuc leiz lorx lengc jeiv ndie-sai neqv zorc naaiv hoc corngh zingh baengc. Ninh mbuo maaih yi nyungc jauv-louc liouh meih tov heuc zaah mangc jiex. Daauh nyungc se longc ei lox bouc dauh yiem lorx weic faan sic jauv-louc. Da'nyeic nyungc se longc benx beqv heuc weic tengx gaanv faan sic siepv. Naaiv deix yi nyungc lorx weic faan sic jauv-louc se maiv piouz doic go; hngangv haaix yaac longx, ninh oix zuqc maaih dorngx neqv benx horpc bouc jauv-louc liouh beqv heuc weic tengx gaanv faan sic siepv wuov. Porv cing waac benx yietv nyeic jauv-louc bun longc yiem ga'ndiev wuov.

Naaiv diuc ei lox-bouc dauh lorx weic faan sic se zeiz haaix nyungc?

Naaiv diuc ei lox-bouc dauh lorx weic faan sic se benx yietc diuh jauv liouh tov zaah mangc jiex dunz waac jauv-louc yiem caux corngh zingh heng-wangc sou-gorn a'fai meih nyei goux baengc ndie-sai dongh liuc leiz goux ngaengc nzuih a'fai tiuv yieuc meih qiemx zuqc longc ziux goux zorc baengc jauv-louc wuov. Se gorngv meih tov ei lox-bouc dauh lorx weic faan sic jauv-louc, ninh mbuo corngh zingh heng-wangc sou-gorn haih longc ziangh hoc lauh taux 30 hnoi liouh zaah mangc. Beiv taux meih hnamv haix longc ziangh hoc zuov benx 30 hnoi nzauh heiz haih maaih dorngx zoux zuqc baengc kouv hoc, meih horpc zuqc tov beqv heuc tengx "gaanv faan sic siepv."

Ei lox bouc dauh yiem lorx weic faan sic jauv-louc yaac oix zuqc:

- Bun meih zoux sou juix bieqc a'fai longc benx waac-baeqc daic gox sic.
- Horpc zuqc zaah samx mangc longx gorngv lorx weic faan sic se mv zeiz gox zuqc ga'ganh a'fai meih nyei goux baengc ndie-sai ndoqc bung hngangv.



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

- Nqoi nzuih bun meih cai bun ga'hlen mienh mingh borng buoz zoux gong bun meih, lemh jienv goux baengc ndie-sai. Beiv taux meih nqoi nzuih cai bun ga'hlen mienh mingh borng bun meih, ninh mbuo corngh zingh heng-wanc sou-gorn oix zuqc heuc meih njiec mbuoz yiem nqoi nzuih cai bun borng buoz mienh nyei zeiv-daan liouh bun ninh mbuo zunh naaic laanh baengc mienh nyei waac-fienx bun doic.
- Meih corc duqv borqv nzipc linh daapc zipv fu'loqc nyaanh yiem njiec lorx weic faan sic bouc dauh ziangh hoc nyei, naaiv se funx benx 10 hnoi yiem hnoi-nyieqc zipv tih mengh fienx mbuox gorngv taux dunz cuotv goux funx fu'loqc maiv doiz hnyouv fungx taux a'fai dorng hmien bun meih wuov. Meih mv zuqc cuotv nyaanh cingv yiem njiec naaiv deix borqv nzipc ziux goux zorc baengc gong yiem njiec zuov muangx lorx weic faan sic nyei ziangh hoc. Hnangv haaix yaac longx, beiv taux meih mv duqv tov heuc borqv nzipc linh daapc tengx fu'loqc, aengx caux haaix zanc dunz sic dorng dauh setv mueix yiem lorx weic faan sic wuov buatc gorngv horpc zuqc zanv tuz zoqc njiec a'fai mv bun borqv nzipc linh daapc, meih duqv zipv longc nyei gong yaac oix zuqc cuotv nyaanh cingv yiem njiec dungh zuov muangx nyei bouc dauh gong.
- Horpc zuqc zaah samx mangc longx gorngv haaix deix mienh daaih yiem caux dunz sic yiem sic-dorng lorx weic faan sic wuov maaih horpc bouc puix-juang horpc zoux naaic deix gong aengx caux zinh ndaangc jiex daaih maiv duqv liuc leiz taux zaah mangc nyei gong a'fai dunz jiex lox-sic.
- Nqoi nzuih meih a'fai meih nqoi nzuih cai benx borng buoz mienh mingh zaah mangc meih nyei sic dauh sou-gorn, lemh jienv zorc baengc waac-gorn, aengx caux da'nyeic nyungc horngh sou a'fai waac-fienx faaux njiec liouh corngh yiem njiec faan sic jauv-louc.
- Bun ziangh hoc meih gauz horpc bouc liouh dorh nyungc horngh ga'naaiv bun mangc aengx caux gorngv mbuox yietv mbuox nyeic aengx caux ei doh leiz nzaeng aengx caux dorh zien waac daaih dorng hmien nzaeng bun muangx, a'fai fiev benx sou-fienx daaih bun.
- Nqoi nzuih meih, meih nqoi nzuih cai benx borng buoz mienh, a'fai ei



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

doh leiz tengx bouc nyei mienh dongh haaix laanh mienh duqv zipv ninh mbuo nzuonx seiz mienh nyei zinh zoih fu”loqc daaih juangc ziouv yiem njiec sic-dorng faan sic ziangh hoc.

- Fiev fiex juix bun meih hiuv gorngv meih lorx weic faan sic sou se benx ih zanc dorng-dorng zaah mangc jienv yiem.
- Mbuox meih duqv hiuv taux meih maaih ze’buonc leiz beu bun liouh tov saengv zangc tengx corng h leiz bun muangx, zuov taux haaix zanc corng h zingh heng-wangc sou-gorn duqv dorh faan sic sou corng h dunz setv mueix waac liuz.

Haaix zanc yie horpc zuq juix sou bieqc lorx weic faan sic?

Meih corc haih juix sou bieqc lorx weic faan sic yiem caux meih nyei corng h zingh heng-wangc sou-gorn ei haaix hoc ga’ndiev deix sic dauh:

- Corng h zingh heng-wangc sou-gorn a’fai haaix laanh meih maaih sou-gorn zoux gong goux baengc mienh dunz waac gorngv meih maiv maaih horpc bouc puix-juang gauz zipv benx haaix diuc Medi-Cal lorx lengc jeiv ndie-sai neqv zorc corng h zingh baengc wueic laaix benx zuqc meih maiv bouc liouh bieqc benx zien qiex longc zorc baengc gong-bou.
- Meih nyei goux baengc ndie-sai tengx hnamv buatc gorngv meih qiex zuqc lorx longc gorqv-zeic ndie-sai tengx neqv zorc corng h zingh baengc aengc caux tov heuc ninh mbuo corng h zingh heng-wangc sou-gorn wuov bung nqoi nzuih bun, ninh mbuo duqv dorh corng h liuz dau mbuox gorngv mv lorqc doih aengx caux ngaengc nzuih mv ei goux baengc ndie-sai tov daaih nyei waac, a’fai tiuv yienc ganh hoc gong a’fai tuiz yienc ziux goux zorc baengc gong gauh saa fai maqc.
- Meih nyei goux baengc ndie-sai tov heuc ninh mbuo corng h zingh heng-wangc sou-gorn wuov bung nqoi nzuih bun, liuz ninh mbuo dau mbuox gorngv qiex zuqc waac-fiex tipv liouh corng h ndorqc bun-paav waac aengx caux liuc leiz



Korh waac lorx meih nyei beu weih corng h zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naav [1-XXX-XXX-XXXX] a’fai bieqc online yiem njiec naav [mental health plan URL]. [Beu weih corng h zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

zoux nqoi nzuih jauv-louc ziangx nzoih ei ziangh hoc.

- Meih nyei corngh zingh heng-wangc sou-gorn mv duqv tengx ziux goux zorc baengc ei bouc douh ziangh hoc dongh ninh mbuo duqv jaa-nziouv gouv funx cuotv wuov.
- Meih hnamv gorngv ninh mbuo corngh zingh heng-wangc sou-gorn duqv jien sin liuc leiz ziux goux zorc baengc siepv ei meih qiex longc nyei ziangh hoc nyei.
- Meih gox sic sou, lorx weic faan sic, a'fai tov beqv heuc gaanv lorx weic faan sic siepv wuov duqv caeqv nzaanz sic ei ziangh hoc nyei.
- Meih aengx caux meih nyei goux gaengc ndie-sai gorngv maiv doiz-dongh taux meih qiex lorx longc gorqv-zeic ndie-sai tengx neqv zorc corngh zingh baengc nyei jauv-louc.

Yie hngang haaix haih juix sou bieqc lorx weic faan sic?

Meih corc haih korh waac lorx meih nyei corngh zingh heng-wangc sou-gorn [corngh zingh heng-wangc sou-gorn dorh ganh norm wang-henh douc waac fonh nam mber bieqc mv doiz yiem zeiv-juoqv wuov] liouh jiouh mienh tengx dinh lorx weic faan sic sou. Ninh mbuo corngh zingh heng-wangc sou-gorn oix zuqc bun benx fiex-mbuoqc an nzoih juix nzuonc nyei deic zepv bun yietv zungv goux baengc ndie-sai siou jienv liouh meih juix sou gan zipv fiex dorngx lorx weic faan sic. Beiv taux meih mv buac maaih fiex-mbuoqc an nzoih deic zepv wuov, meih dorh lorx weic faan sic sou juix bieqc zaqc ei deic zepv dongh an yiem naaiv buonv sou-guv beih wuov a'fai dorh lorx weic faan sic sou juix bieqc gan e-mail a'fai gan fax bun taux [corngh zingh heng-wangc sou-gorn dorh zipv E-Mail dorngx aengx caux faeqv nam mber bieqc liouh lorx weic faan sic].



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac fiex-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. 62
[Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

Yie hnangv haaix haih hiuv fienv gorngv yie lorx weic faan sic sou wuov duqv dunz mi'aqc?

Meih nyei corngh zingh heng-wangc sou-gorn oix zuqc fiev fienv mbuox meih a'fai meih cai benx borng buoz duqv hiuv taux dunz waac yiem lorx weic faan sic wuov benx hnangv haaix. Naaiv zeiv fienv se oix zuqc hietv nzoih ga'ndiev deix waac-fienx:

- Yietv nyeic jauv-louc lorx weic faan sic sou duqv tengx corngh liuz caeqv sung sic benx hnangv waac
- Dunz sung sic yiem haaix norm hnoi-nyieqc
- Se gorngv faan sic jauv-louc duqv tengx caeqv sung setv mueix waac liuz meih haix mv horpc hnyouv, yiem njiec tih mengh fienv wuov se an waac-fienx gorngv taux meih maaih haaix nyungc ze'buonc leiz beu bun liouh tov saengv zangc tengx corngh jiex sic aengx caux yietv nyeic jauv-louc liouh juix sou bieqc lorx saengv zangc tengx dingc leiz bun muangx

Ninh gouv funx ziangx taux bouc dauh hnoi-nyieqc liouh lorx weic faan sic nyei?

Meih oix zuqc juix sou bieqc lorx weic faan sic yiem njiec 60 hnoi ga'nyuoz yiem hnoi-nyieqc an naaiv zeiv tih mengh fienv mbuox gorngv taux dunz cuotv gouv funx fu'loqc nyaanh maiv doiz hnyouv wuov. Ninh mv duqv gouv funx ziangx taux bouc dauh hnoi-nyieqc liouh lorx weic faan sic dongh haaix zanc meih mv duqv zipv naaiv zeiv tih mengh fienv mbuox gorngv taux dunz cuotv gouv funx fu'loqc nyaanh maiv doiz hnyouv wuov, meih oix juix sou bieqc lorx weic faan sic gorngv taux naaiv diuc sic haaix zanc yaac duqv.

Haaix zanc cingx haih dunz ziangx yie nyei lorx weic faan sic sou?

Ninh mbuo corngh zingh heng-wangc sou-gorn oix zuqc dorh meih lorx weic faan sic sou daaih corngh dunz yiem njiec 30 norm zoux gong hnoi yiem ninh mbuo duqv zipv



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. 63
[Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

meih nyei faan sic sou taux buoz funx daaih. Beiv taux meih tov borqv ziangh hoc ndaauv cuotv a'fai corngh zingh heng-wangc sou-gorn buatc qiemx zuqc longc lengc jeiv waac-fienx tipv aengx caux zaih deix se weih hingh zuqc meih nor naaiv norm bouc dauh ziangh hoc liouh dunz sic se haih borqv nzipc lauh ndaauv taux 14 norm zoux gong hnoi. Mangc guv yienh dongh haaix zanc maaih dorngx zorqv ngaih zuqc liuz haih tengx zuqc meih duqv longx, beiv taux haaix zanc corngh zingh heng-wangc sou-gorn sienx gorngv ninh mbuo haih nqoi nzuih bun meih lorx weic faan sic sou nyei, se gorngv maaih ziangh hoc ndaauv deix liouh lorx lengc jeiv waac-fienx tipv yiem caux meih a'fai meih nyei goux baengc ndie-sai.

Oix zuqc fungc zoux se gorngv yie mv oix tor lauh ndaauv taux 30 hnoi liouh zuov muangx dunz faan sic waac?

Beiv taux meih maaih horpc bouc gauz bun beqv heuc weic gaanv tengx faan sic bun siepv nor naaiv deix yietv nyeic jauv-louc se siepv faaux.

Beqv heuc weic gaanv tengx faan sic bun siepv se ziez haaix nyungc?

Beqv heuc weic gaanv tengx faan sic siepv se benx yietc diuh jauv liouh tov tengx corngh dunz faan sic jauv-louc bun siepv faaux. Beqv heuc weic gaanv tengx faan sic siepv se benx yietc diuh jauv ei lox yietv nyeic bouc dauh lorx weic faan sic mv piouz jaax go. Hnangv haaix yaac longx, meih oix zuqc maaih dorngx bun buatc gauz longc gorngv beiv taux longc ziangh hoc ei lox yietv nyeic bouc dauh lorx weic faan sic wuov haih zoux bun corngh zingh baengc kouv hoic meih. Beqv heuc weic gaanv tengx faan sic bun siepv nyei jauv-louc se ganh maaih hnoi-nyieqc dorng mueix caux ei lox lorx weic faan sic yietv nyeic piouz doic. Ninh mbuo corngh zingh heng-wangc sou-gorn maaih 72 norm ziangh hoc liouh zaah mangc naaiv diuc sou dugh beqv heuc weic gaanv tengx faan sic bun siepv wuov. Meih corc haih longc benx baeqc nzuih tov beqv heuc weic gaanv tengx faan sic bun siepv. Meih mv zuqc dorh tov beqv heuc weic gaanv tengx faan sic bun siepv nyei waac fiev benx sou-nzangc oc.



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. 64 [Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

Haaix zanc yie cingx haih fungx sou bieqc tov beqv heuc gaanv tengx faan sic bun siepv?

Beiv taux meih haix tor ziangh hoc zuov lauh ndaauv taux 30 hnoi bouc dauh ei lox bouc dauh liouh corngh dunz faan sic wuov haih maaih dorngx kouv hoic taux maengc, wangc siangx, a'fai longx faaux hnavg lox, ziux goux zorc duqv a'fai haih ei duqv hnavg hnyouv hnamv dorng mueix wuov, meih se haih tov beqv heuc gaanv tengx caeqv nzaanz naaic diuc sic. Se gorngv ninh mbuo corngh zingh heng-wangc sou-gorn daapc engx laengz dongh meih tov daaih nyei jauv-louc buac puix nzoih beqv heuc gaanv tengx faan sic bun siepv wuov, ninh mbuo cingx gaanv tengx caeqv sung sic yiem njiec 72 norm ziangh hoc yiem ninh mbuo duqv zipv meih nyei lorx weic faan sic sou taux buoz wuov funx daaih. Beiv taux maaih waac tov heuc borqv ziangh hoc ndaauv cuotv a'fai ninh mbuo corngh zingh heng-wangc sou-gorn buac maaih dorngx qiemx zuqc longc lengc jeiv waac-fienx tipv aengx caux zaih deix se weih hingh zuqc meih nor naaiv norm bouc dauh ziangh hoc liouh corngh dunz sic se haih borqv nzipc lauh faaux taux 14 norm zoux gong hnoi.

Se gorngv ninh mbuo corngh zingh heng-wangc sou-gorn duqv borqv bouc dauh ziangh hoc ndaauv cuotv, ninh mbuo oix zuqc fiev fienx mbuox meih duqv hiuv gorngv wueic laaix haaix nyungc cingx qiemx zuqc borqv naaiv norm bouc dauh ziangh hoc ndaauv cuotv. Se gorngv corngh zingh heng-wangc sou-gorn corngh dunz waac cuotv gorngv meih nyei lorx weic faan sic sou wuov mv maaih horpc bouc gauz liouh beqv heuc gaanv tengx corngh dunz sic bun siepv wuov, ninh mbuo corngh zingh heng-wangc sou-gorn oix zuqc gaanv jien sin douc baeqc waac mbuox meih hiuv minc zinh aengx caux oix zuqc fiev benx sou-fienx mbuox cing gorngv wueic haaix diuc cingx corngh dunz cuotv hnavg naaiv. Yiem naaiv mingh, oix zuqc dorh meih nyei lorx weic faan sic sou tuix bieqc liouh liuc leiz ziux goux ei lox yietv nyeic faan sic bouc dauh ziangh hoc dongh jaa-ndaangc gorngv jiex daaih wuov. Se gorngv meih maiv nyunc duqv taux corngh zingh heng-wangc sou-gorn corngh dunz cuotv waac mbuox gorngv meih tov beqv lorx weic gaanv tengx faan sic bun siepv wuov maiv ei nzoih ninh mbuo



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. 65
[Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

ndaauv-ndorqc bouc wuov, meih corc aengx haih juix sou bieqc gox sic.

Haaix zanc meih nyei corngh zingh heng-wangc sou-gorn duqv caeqv nzaanz sic dongh meih duqv tov beqv heuc weic gaanv tengx faan sic bun siepv dornq setv mueix liuz, ninh mbuo corngh zingh heng-wangc sou-gorn oix zuqc douc baeqc waac aengx caux fiev fiex zunh mbuox meih aengx caux yietc zungv baeng bieiv zuangx mienh duqv hiuv nzoih.

Jaa gorqv-zeic waac-fienx tipv neqv gorngv taux corngh zingh heng-wangc sou-gorn

Dorh neqv mbuox waac-fienx yiem corngh zingh heng-wangc sou-gorn bieqc naaiv [beiv taux maaih].



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

YIETC NYEIC JAU-LOUC LIOUH LORX SAENGV NYEI SI-DORNGH DINGC LEIZ BUN MUANGX

Dingc leiz bun muangx se zeiz haaix nyungc?

Saengv zangc corngh sic bun muangx se benx yietc norm gorn zangc tengx zaah mangc yiem naaiv norm domh weic gorn zangc leiz-sai dongh zoux gong bun California domh gorn nzie Weih Ziux Goux domh zuangx mienh, liouh tengx zaah mangc cing gorngv meih duqv zipv lorx longc gorqv-zeic ndie-sai tengx neqv zorc naaiv hoc cong h zingh baengc dongh meih maaih ze'buonc leiz beu bun zipv yiem njiec Medi-Cal kou-gong gorn wuov. Meih corc haih bieqc mangc yiem California domh gorn nzie Weih Ziux Goux domh zuangx mienh yiem naaiv <https://www.cdss.ca.gov/hearing-requests> liouh gorqv-zeic tipv waac-gorn bun mangc.

Yie corc maaih haaix nyungc ze'buonc leiz beu bun muangx saengv zangc corngh sic?

Meih corc maaih ze'buonc leiz beu taux:

- Duqv haix corngh sic bun muangx ndaangc taux domh weic gorn zangc leiz-sai dunz sic (fai heuc benx saengv zangc dingc leiz bun muangx)
- Duqv hiuv gorngv taux hhangv haaix tov saengv zangc tengx dingc leiz bun muangx
- Duqv hiuv gorgv taux leiz gunv goux ninh mbuo zoux gong benx borng buoz mienh yiem njiec sic-dorng h muangx dingc leiz nyei ziangh hoc
- Duqv zipv nzipc fu'loqc linh daapc mv bun dangx ziangh hoc yiem njiec tov saengv zangc dingc leiz bun muangx wuov se gorngv meih duqv tov saengv sangc tengx dingc leiz yiem njiec gouv cuotv bun nyei bouc dauh



Korh waac lorx meih nyei beu Weih Corngh Zingh Heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu Weih Corngh Zingh Heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

Haaix zanc yie cingx haih juix sou bieqc tov saengv zangc tengx dingc leiz bun muangx?

Meih se haih juix sou bieqc tov saengv zangc tengx dingc leiz bun muangx dongh maaih ga'ndiev deix sic dauh jauv-louc:

- Meih duqv juix sou bieqc lorx weic faan sic aengx caux duqv zipv tengx caeqv nzaanz sic gorngv meih nyei corngh zingh heng-wangc sou-gorn duqv ngaengc nzuih mv laengz zipv meih lorx weic faan sic sou.
- Meih gox sic sou, lorx weic faan sic, a'fai tov beqv heuc gaanv lorx weic faan sic siepv wuov duqv caeqv nzaanz sic ei ziangh hoc nyei.

Yie horpc zuqc hngangv haaix tov saengv zangc dingc leiz bun muangx?

Meih corc haih tov taux saengv zangc dingc leiz bun muangx:

- Online yiem njiec: <https://acms.dss.ca.gov/acms/login.request.do>
- Fiev benx sou-nzangc: Zoux sou fungx bieqc bun taux nquengc zangc ziux goux zuangx mienh nyanc hopv domh gorn ei deic zepv dongh an njiec tih mengh fiensex mbuox gorngv taux dunz cuotv gouv funx fu'loqc nyaanh mv doiz hnyouv wuov, a'fai juix gan zipv fiensex dorngv mingh bun taux:

California Department of Social Services
State Hearings Division
P.O. Box 944243, Mail Station 9-17-37
Sacramento, CA 94244-2430

A'fai gan Fax bun taux: **916-651-5210** or **916-651-2789**.

Meih corc haih tov saengv zangc tengx dingc leiz bun muangx a'fai beqv heuc gaanv tengx dingc leiz bun muangx siepv:



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. **68**
[Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

- **Gan fonh:** Korh waac lorx taux saengv zangc dingc leiz ze'weic gorn nyei wang-henh douc waac finx-gorn, yiem njiec **800-743-8525** a'fai **855- 795-0634**, a'fai korh waac lorx zuangx mienh naaic waac nyei weic aengx caux dau waac nyei finz-gorn, gan wang-henh douc waac finx-gorn yiem njiec **800-952-5253** a'fai TDD yiem njiec **800-952-8349**.

Ninh maaih bouc dauh dorng setv mueix hnoi-nyieqc liouh tov saengv zangc tengx corngh leiz bun muangx nyei?

Zeiz nyei, meih maaih bouc dauh ziangh hoc benx 120 hnoi liouh tov saengv zangc tengx corngh dingc leiz bun muangx. Naaiv deix 120 hnoi se jhex gorn longc yiem hnoi-nyieqc dongh corngh zingh heng-wangc sou-gorn mienh dorh yiem weic faan sic nyei sou duqv dunz waac sou-fienx mingh curv meih a'fai mborqv yienx yiem corngh zingh heng-wangc sou-gorn tih mengh fienx nyei hnoi funx daaih.

Beiv taux meih maiv duqv zipv naaiv zeiv tih mengh fienx mbuox gorngv taux dunz cuotv gouv funx fu'loqc nyaanh maiv doiz hnyouv wuov, meih corc haih tov saengv zangc tengx corngh dingc leiz bun muangx haaix zanc yaac duqv.

Yie corc haih borqv nzipc linh daapc zipv ziux goux zorc baengc yiem njiec zuov muangx saengv zangc corngh leiz bouc dauh nyei?

Se gorngv ih zanc meih duqv zipv nqoi nzuih bun ziux goux zorc jienv baengc aengx caux oix borqv nzipc linc daapc ziux goux zorc jienv baengc yiem njiec zuov muangx saengv zangc corngh leiz wuov, meih oix zuqc tov saengv zangc dingc leiz yiem njiec 10 hnoi, yiem hnoi-nyieqc zipv tih mengh fienx mbuox gorngv taux dunz cuotv gouv funx fu'loqc nyaanh maiv doiz hnyouv wuov funx daaih, a'fai ndaangc taux hnoi-nyieqc dongh corngh zingh heng-wangc sou-gorn mbuox gorngv ziux goux zorc baengc jauv-louc dingh njiec a'fai zanv tuiz zoqc njiec. Haaix zangc meih tov saengv zangc dingc



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

leiz bun muangx, meih horpc zuqc mbuox ninh mbuo hiuv gorngv oix borqv nzipc linh daapc zipv ziux goux zorc baengc yiem zuov saengv zangc dingc leiz bun muangx nyei ziangh hoc.

Beiv taux meih mv duqv tov heuc borqv nzipc linh daapc duqv zipv ziux goux nyei gong, aengx caux haaix zanc haix saengv zangc dunz sic bun muangx dorg setv mueix liuz buate gorngv horpc zuqc zanv tuiz zoqc njiec a'fai maiv bun borqv nzipc linh daapc, meih oix zuqc cuotv nyaanh cingv yiem zengc njiec nyei buonc gong dongh zuov muangx saengv zangc corngh leiz wuov.

Haaix zanc cingx haih dunz dingc ziangx dongh yie tov muangx saengv zangc dingc leiz wuov?

Haaix zanc meih duqv tov saengv zangc tengx corngh leiz liuz, ninh mbuo horpc zuqc longc ziangh hoc camv taux 90 hnoi liouh tengx corngh dunz meih nyei sic aengx caux dau waac bun meih muangx.

Yie haih zipv haix saengv zangc corngh leiz bun muangx gauh siepv deix duqv nyei?

Beiv taux meih hnamv haix yiem njiec zuov muangx corngh leiz nyei ziangh tor ziangh hoc lauh ndaauv haic haih maaih baengc kouv hoic nor, meih corc haih tov heuc ninh mbuo dau waac bun muangx njiec buo norm zoux gong hnoi. Ninh mbuo ndie-sai a'fai zorc corngh zingh baengc nyei liouc siouv mienh haih tengx fiev benx sou-fienx bun meih. Meih ganh fiev benx naaiv zeiv fienx yaac duqv. Yiem njiec fienx-nyiouz oix zuqc porv cing yietv nyeic gorngv hnavg zuov lauh taux 90 hnoi liouh muangx dunz meih nyei sic wuov nzauh heiz haih maaih baengc kouv hoic taux meih nyei maengc, sin zangc wangc siangx, a'fai haih zoux duqv bun longx henv faaux, zorc duqv jiej, a'fai zorc duqv longx hnavg lox. Beiv zuqc hnavg naaiv, meih horpc zuqc mbungh goux



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

longx oix zuqc zoux sou “beqv heuc gaanh tengx corngh leiz bun muangx siepv” aengx caux dorh fiensex caux juangc juix tov tengx corngh leiz bun muangx.

Domh gorn nzie weih ziux goux domh zuangx, saengv zangc corngh leiz ze’weic gorn, oix zuqc zaah mangc longx meih tov beqv saengv zangc gaanv tengx corngh leiz bun muangx siepv nyei sou aengx caux corngh mangc gaax maaih horpc bouc gauz nyei fai. Se gorngv meih tov beqv gaanv tengx corngh leiz bun muangx siepv nyei waac duqv nqoi nzuih bun liuz, ninh mbuo oix zuqc baeng bieiv liuc leiz corngh sic aqv aengx caux horpc zuqc dunz dorng sic bun muangx yiem njiec buo norm zoux gong hnoi dongh duqv zipv haix fiensex yiem saengv zangc corngh leiz ze’weic funx daaih.

Gorqv-zeic neqv waac-fienx tipv gorngv taux corngh zingh heng-wangc sou-gorn

Dorh neqv mbuox waac-fienx yiem corngh zingh heng-wangc sou-gorn bieqc naaiv [beiv taux maaih].



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a’fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

JAA-NZIOUV CAI WAAC MBUOX NDAANGC

Jaa-nziouv cai waac mbuox ndaangc se zeiz haaix nyungc jauv-louc?

Meih maaih ze'buonc leiz beu bun jaa-nziouv cai waac mbuox ndaangc. Jaa-nziouv cai waac mbuox ndaangc se benx fiev njiec sou-nzangc liouh njiaaux waac gorngv taux hhangv haaix ziux goux mangc meih nyei baengc zingh ei gan California doh leiz gunv njiec nyei buonc baengc. Ninh maaih waac-fienx mbuox gorngv meih oix hhangv haaix longc tengx ziux goux zorc baengc a'fai mbuox gorngv meih nyunc duqv hhangv haaix dunz sic, beiv taux meih ganh a'fai haaix zanc ga'ganh maiv duqv mingh gorngv waac bun muangx. Nzunc baav meih corc haix benx jaa-nziouv cai waac mbuox ndaangc nyei waac dongh maaih maengc ziangh seiz nyei ziangh hoc duqv neqv zoux benx yietv nyeic pin-giz zinh zoih sou liouh siou jhex a'fai nqoi nzuih cai bun leiz-sai tengx baeng bieiv liuc leiz goux nzoih.

California doh leiz paaiv njiec heuc jaa-nziouv cai waac mbuox ndaangc se benx longc baeqc waac gorngv a'fai njiec sou-nzangc mbuox taux hhangv haaix ziux goux zorc ga'ganh nyei baengc a'fai cai bun leiz sai tengx baeng bieiv liuc leiz goux nzoih (njiec sou-nzangc cai bun ga'hlen mienh tengx corng h dingc lorqc doih waac bun meih). Yiem njiec yietc zungv corng h zingh heng-wangc sou-gorn oix zuqc maaih nzoih naaiv deix jaa-nziouv cai waac mbuox ndaangc waac ceiz benx doh leiz yiem gorn zangc. Corng h zingh heng-wangc sou-gorn oix zuqc dorh waac-fienx fiev njiec corng h zingh heng-wangc sou-gorn benx jaa-nziouv cai waac mbuox ndaangc se benx ninh mbuo gorn zangc yietc diuh doh leiz aengx caix porv waac gorngv taux saengv zangc doh leiz, beiv taux haaix zanc maaih waac tov lorx waac-fienx. Beiv taux meih qiemx zuqc oix tov lorx waac-fienx, meih horpc zuqc korh waac lorx meih nyei corng h zingh heng-wangc sou-gorn liouh lorx waac-fienx tipv.

Jaa-nziouv cai waac mbuox ndaangc se liuc leiz mbenc liouh bun zuangx mienh haih ziux goux zorc baengc bun ga'ganh, beiv taux dongh haaix zanc ninh mbuo maiv haih



Korh waac lorx meih nyei beu weih corng h zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corng h zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

mbuox gorngv nyunc duqv longc haaix nyungc jauv-louc liouh ziux goux zorc baengc wuov. Ninh se benx yietc dih doh leiz dongh paaiv bun zuangx mienh duqv jaa-nziouv mbuox ndaangc gorngv ninh mbuo nyunc duqv longc hhangv haaix, beiv taux haaix zanc ninh mbuo maiv haih lorx doih gorngv oix longc haaix diuc jauv-louc liouh ziux goux zorc baengc. Naaiv se lemh nzoih haaix nyungc dongh nyunc duqv laengz longc a'fai ngaengc nzuih maiv oix zorc baengc, paaiz, a'fai da'nyeic nyungc jauv-louc liouh ziux goux zorc baengc. Yiem njiec California, jaa-nziouv cai waac mbuox ndaang se maaih yi kang:

- Cai mienh borng buoz bun (naaic laanh mienh) tengx dingc lorqc doih gorngv oix longc haaix nyungc jauv-louc tengx meih ziux goux zorc baengc; aengx caux
- Meih ganh mbuox gorngv oix longc haaix nyungc jauv-louc ziux goux zorc baengc

Meih corc haih duqv zipv benx naaiv zeiv jaa-nziouv cai waac mbuox ndaang nyei zeiv-daan yiem njiec corngv zingh heng-wangc sou-gorn a'fai yiem online. Yiem njiec California, meih maaih ze'buonc leiz beu liouh dorh jaa-nziouv cai waac mbuox ndaang mingh bun yietv zungv ziux goux zorc baengc nyei goux baengc ndie-sai siou nzoih. Meih corc zoiz maaih ze'buonc leiz beu bun tiuv yienc siang a'fai tuiz waac yiem naaiv deix jaa-nziouv cai waac mbuox ndaang haaix zanc yaac duqv.

Beiv taux meih maaih waac qiemx zuqc naaic taux California nyei doh leiz gorngv taux jaa-nziouv cai waac mbuox ndaang nyei jauv-louc, meih fiev fiex juix bun taux:

California Department of Justice
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P. O. Box 944255
Sacramento, CA 94244-2550

Gorqv-zeic neqv waac-fienx tipv gorngv taux corngv zingh heng-wangc sou-gorn

Dorh neqv mbuox waac-fienx yiem corngv zingh heng-wangc sou-gorn bieqc naaiv [beiv taux maaih].



Korh waac lorx meih nyei beu weih corngv zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corngv zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

ZE'BUONC LEIZ BEU BUN ZIPV FU'LOQC NYEI MIENH AENGX CAUX NDAAM-DORNG GONG

Yie maaih haaix nyungc ze'buonc leiz beu bun baengc mienh yiem njiec lorx gorqv-zeic ndie-sai tengx neqv zorc corngh zingh baengc?

Wueic benx yietc laanh mienh maaih horpc bouc gauz zipv Medi-Cal, meih maaih ze'buonc leiz beu bun zipv qiemx zorc baengc nyei ziangh hoc liouh lorx gorqv-zeic ndie-sai neqv zorc corngh zingh baengc yiem njiec corngh zingh heng-wangc sou-gorn. Haaix zanc bieqc zipv longc naaiv deix ziux goux zorc baengc nyei jauv-louc, meih maaih ze'buonc leiz beu bun:

- Taaih goux longx meih nyei buonh sin aengx caux taaih meih benx yietc laanh mienh aengx caux gem longx si-jeiv waac.
- Zipv waac-fienx mbuox gorngv taux liepc duqv maaih haaix nyungc zorc baengc jauv-louc bun sienv longc aengx caux porv mbuox cing waac bun bieqc hnyouv.
- Yiem naaiv kang bouc dauh liouh dingc waac gorngv taux ziux goux zorc corngh zingh baengc wuov meih corc maaih leiz beu bun ngaengc nzuih gorngv maiv nyunc duqv zorc baengc yaac duqv.
- Bungz fong maiv bun zoux nanv jienv hoic dongh benx aapv jaax jauv-louc a'fai zorqv benx zuiz-nipc a'fai yienx jauv, njiec zuiz bun, a'fai jaauv wuin aengx caux benx mienh ndoqc mienh
- Tov longc zorc baengc sou-gorn a'fai aamx cuotv liouh goux siou, aengx caux tov heuc tiuv yienc zorc baengc jauv-louc a'fai ei zuqc baengc nyei gong, beiv taux haaix zanc qiemx zuqc.
- Zipv mangc waac-fienx gorngv taux ziux goux zorc baengc jauv-louc yiem naaiv buonv sou-guv dongh beu weih yiem njiec corngh zingh heng-wangc sou-gorn, da'nyeic diuc gong-bou jauv-louc yiem corngh zingh heng-wangc sou-gorn aengx caux douc mbuox meih maaih ze'buonc leiz beu yiem njiec naaiv. Corc zoiz maaih ze'buonc leiz beu bun zipv haix naaiv hoc waac-fienx aengx caux da'nyeic nyungc waac-fienx yiem caux corngh zingh heng-wangc sou-gorn bun



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. 74

[Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

meih mangc heiz duqv bieqc hnyouv siepv aengx caux puix horpc nzoih meiv guoqv doh leiz gunv goux taux wuaaic fangx mienh. Naaiv se liepc funx benx guv yienh mangc, ninh mbuo corngh zingh heng-wangc sou-gorn oix zuqc dorh goux siou njiec nyei waac-fienx fiev benx ziez fingz waac bun zipv fu'loqc mienh longc maiv zoqc jiej biao ber sen a'fai 3,000 laanh mienh dongh benx zipv fu'loqc yiem caux corngh zingh heng-wangc sou-gorn wuov, aengx caux longc baeqc waac tengx wang-henh faan waac bun muangx liouh haaix deix mienh gongv benx ganh fingz waac wuov. Naaiv se horpc zuqc heuc ninh mbuo corngh zingh heng-wangc sou-gorn oix zuqc dorh douc waac jaa-dorngx zoux benx lengc jeiv gong puix horpc mienh, beiv taux m'zing wuaaic a'fai m'zing mbuov a'fai mangc mv buac doqc sou nyei mienh.

- Zipv longc benx gorqv-zeic ndie-sai neqv zorc corngh zingh baengc yiem caux corngh zingh heng-wangc sou-gorn dongh zoux ei zoux gong caux saengv zangc liouh liepc nzoih zoux gong jauv-louc bun baengc mienh, liepc ziangx mbungh nzoih aengx caux maaih fan-zeic gauz longc aengx caux nzie weih ziux goux baengc, borqv doic liouh zoux gong aengx caux borqv nzipc ziux goux zorc baengc mv maaih njiapv-nqiangx aengx caux beu weih nzoih caux nqoi nzuih bun ziux goux zorc baengc hing ziangh hoc. Corngh zingh heng-wangc sou-gorn oix zuqc liepc duqv maaih:
 - Cingv mienh zoux gong a'fai fiev benx zoux gong sou-gorn caux goux baengc ndie-sai bun gauz longc liouh mbungh mbenc nzoih tengx yietv zungv zipv Medi-Cal baengc mienh dongh haaix laanh mienh qiemx zuqc lorx gorqv-zeic ndie-sai neqv zorc corngh zingh baengc wuov haih duqv zipv njioz baengc hing ziangh hoc.
 - Beu nzoih liouh jiepv sih qiemx longc ziux goux zorc baengc yiem ga'nyiec nzuqc maengz maiv zeiz borqv doic nyei gorn wuov bun hing ziangh hoc, beiv taux corngh zingh heng-wangc sou-gorn maiv cingv duqv maaih zoux gong mienh a'fai maiv maaih zoux gong sou-gorn caux doic benx goux baengc ndie-sai dongh haih tengx ziux goux zorc baengc nyei buonc mienh. "Ga'nyiec nzuqc maengz goux baengc ndie-sai" se benx goux baengc ndie-sai dongh maiv zeiz goux baengc nyei mienh maaih mbuoz yiem njiec corngh zingh heng-wangc sou-gorn. Corngh



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

zingh heng-wangc sou-gorn oix zuqc zaah mangc goux longx gorngv meih maiv zuqc cuotv lengc jiev nyaanh liouh cingv ga'nyiec nzuqc maengz goux baengc ndie-sai.

- Zaah mangc longx gorngv naaiv deix goux baengc ndie-sai duqv hoqc nzoih liouh benx gorqv-zeic ndie-sai neqv zorc corngh zingh baengc bun baengc mienh dongh ninh mbuo goux baengc ndie-sai laengz ei beu weih nyei buonc hhangv.
- Zaah mangc longx gorngv naaiv deix gorqv-zeic ndie-sai neqv zorc corngh zingh baengc nyei gong se yiem corngh zingh heng-wanc sou-gorn beu gauz benx ziangh hoc camv zoqc ndongc haaix, lauh ndongc haaix, aengx caux beu nzoih bun Medi-Cal baengc mienh gauz longc mi'aqc fai. Naaiv corc zuqc lemh jienv zaah mangc longx gorngv corngh zingh heng-wangc sou-gorn nyei gong-gorn zangc nqoi nzuih bun nyaanh liouh tengx ziux goux zorc baengc ei qiemx longc zorc baengc jauv-louc nyei fai aengx caux zaah mangc nzoih qiemx longc zorc baengc jauv-louc se duqv longc yuonh.
- Zaah mangc longx ninh mbuo goux baengc ndie-sai duqv dimv baengc gouv funx mangc longx baengc mienh dongh haih zipv ziux goux zorc baengc wuov aengx caux juangc caux baengc mienh mbenc liepc benx zorc baengc jauv-louc liouh tengx zorc baengc aengx caux zipv longc zorc baengc ei naaic mingh.
- Se gorngv maaih waac tov taux nor maaih da'nyeic laanh liouc siouv ndie-sai wang-henh tengx cuotv da'nyeic nyungc za'eix bun corngh zingh heng-wangc sou-gorn dongh maaih horpc bouc juix-juang benx borqv doic nyei gorn, a'fai ga'hlen nzuqc maengz gorn.
- Borqv doic tengx ziux goux zorc baengc bun meih yiem njiec Medi-Cal gunv goux mangc wangc siangx sou-gorn a'fai jiex gorn tengx ziux goux baengc nyei goux baengc ndie-sai, aengx caux zaah mangc longx gorngv ninh mbuo duqv gem mbueix meih nyei si'jeiv waac-fienx ei guoqv zangc doh leiz gunv taux si'jeiv buonc-sin heng-wangc waac-fienx wuov.
- Tengx nzie weih duqv bieqc ziux goux zorc baengc hingh ziangh hoc,



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

lemh jienv liepc nzoih zorc baengc jauv-louc yiem buangv 24 norm ziangh hoc, yietc norm leiz baaix buangv siec hnoi liouh haaix zanc maaih jiepv sih corngh zingh baengc kouv qiemx zuqc njiouz a'fai jiepv zaih baeng hniev a'fai haih benx hiuang sic hoic.

- Bieqc juangc caux saengv zangc ceiz gong bun tengx ziux goux zorc baengc jauv-louc bun haih puix duqv horpc yietc zungv ei-leiz zong-zei, lemh jienv ninh mbuo mv haih gorngv ang gitv waac mbiaangc nyei mienh aengx caux zorpc nzoih ziez nyungc ei-leiz zong-zei aengx caux ziez fingz mienh.
- Ninh mbuo corngh zingh heng-wangc sou-gorn oix zuqc zoux ei nzoih guoqv zangc aengx caux saengv zangc doh leiz (beiv taux: Naaiv diuh doh leiz VI zeiz cuotv yiem 1964 gunv taux ze'buonc leiz beu baeqc fingz bun aapv jaax longc ei gan 45 CFR yiem 80 wuov bouc; doh leiz-maac zeiz cuotv yiem 1975 gunv taux mv bun mangc mv fangx mueic zoux kuei mienh goz mienh bun aapv jaax longc ei gan 45 CFR yiem 91 wuov bouc; doh leiz-maac zeiz cuotv yiem 1973 gunv taux zorc baengc; naaiv diuh doh leiz IX zeiz cuotv yiem 1972 gunv taux goiv doh leiz goux taux hoqc sou-nzangc (gunv taux hoqc sou-nzangc kou-gong gorn aengx caux gong-bou); naaiv diuh doh leiz II caux III se benx doh leiz-maac gunv taux meiv guoqv wuaaic fangx mienh); yiem naaiv ginc 1557 doh leiz paaiv bun gem mbueix baengc mienh aengx caux liepc ziux goux tengx zorc baengc; aengx caux ze'buonc leiz beu yaac gorngv nzoih yiem naaiv oc. Gorngv liangv waac bun muangx nor, meih horpc zuqc duqv zipv tengx zorc baengc, aengx caux mv bun mangc mv fangx mueic zoux kuei bun doic.
- Meih corc maaih gorqv-zeic leiz beu tipv yiem njiec saengv zangc doh leiz gunv taux bun zorc corngh zingh baengc. Se gorngv meih qiemx zuqc lorx mangc nquenc zangc mienh beu sengh ze'buonc leiz bun baengc mienh wuov, meih zoux ei gan naaiv: [corngh zingh heng-wangc sou-gorn dorh lorx doic waac-fienx bieqc lorx mangc ze'buonc leiz beu bun baengc mienh].



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

Beiv gorngv yie benx baengc mienh qiemx zuqc lorx gorqv-zeic ndie-sai neqv tengx zorc corngh zingh baengc, yie horpc zuqc zoux haaix nyungc?

Beiv gorngv benx baengc mienh qiemx zuqc lorx gorqv-zeic ndie-sai neqv tengx zorc corngh zingh baengc, meih horpc zuqc laengz zoux:

- Doqc mangc longx naaiv buonv baengc mienh sou-guv aengx caux da'nyeic nyungc douc waac-fienx jaa-sic yiem njiec corngh zingh heng-wangc sou-gorn. Naaiv deix douc waac jaa-sic se haih tengx zoux bun bieqc hnyouv taux liepc duqv maaih haaix nyungc ziux goux zorc baengc jauv-louc aengx caux hhangv haaix lorx tengx zorc baengc dongh meih qiemx longc wuov.
- Mingh lorx zorc baengc ei dingc ziangh hoc wuov. Meih haih duqv zipv haix baengc longx jienv mingh beiv taux meih dongh hnyouv zoux gong caux goux baengc ndie-sai tengx liepc nyei buonc gong liouh bun meih bangc zorc baengc aengx zaah samx. Beiv taux meih njiapv qiangx bungz ndortv yiem dingc ziangh hoc lorx ndie-sai zorc baengc wuov, jaa-nziouv zuqc korh waac lorx meih nyei goux baengc ndie-sai ndaangc 24 norm ziangh hoc, aengx caux ganh dingc siang-ziangh hoc yiem ganh norm hnoi.
- Ziangh diuh oix zuqc dorh Medi-Cal fu'loqc nyaanh hmien-mueic fangx-daan (BIC) nitv sin aengx caux aamx cuotv ID fangx liouh haaix zanc bieqc lorx zorc baengc.
- Beiv taux meih qiemx longc mienh tengx faan baeqc waac bun muangx nor mbuox meih nyei goux banegc ndie-sai hiuv ndaangc taux mingh lorx buangh ndie-sai nyei ziangh hoc.
- Mbuox meih nyei goux baengc ndie saih duqv hiuv taux maaih sic yiem yietc zungv zorc baengc jauv-louc. Yietc zei mbuox waac-fienx camv dongh qiemx zuqc longc nyei jauv-louc bun hiuv, ninh mbuo se gauh haih tengx meih zorc duqv baengc longx faaux.
- Zaah mangc longx gorngv meih duqv naaic nzoih waac caux ninh mbuo goux baengc ndie-sai mi'aqc. Ninh se benx jienv sic bun meih bieqc hnyouv nzoih



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. 78
[Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

yietc zungv waac-fienx yiem njiec tengx zorc baengc nyei ziangh hoc.

- Zoux ei nzoih jaa-nziouv zorc baengc nyei daan dongh meih caux goux baengc ndie-sai domh nzoih liepc daaih wuov.
- Se gorngv meih corc maaih waac qiemx naaic gorngv taux ziux goux zorc baengc jauv-louc a'fai maaih haaix nyungc sic caux goux baengc ndie-sai dongh meih mv haih caeqv duqv sung wuov, tov daaix luic lorx taux cornggh zingh heng-wangc sou-gorn.
- Se gorngv meih duqv tiuv yienc ga'ganh buonc-sin waac-fienx nor mbuox ninh mbuo goux baengc ndi-sai duqv hiuv oc. Naaiv se zuqc lemh nzoih meih nyei deic zepv, fonh nam mber, aengx caux da'nyeic nyungc zorc baengc waac-fienx dongh haih zorv nyauv zuqc meih zorc baengc jauv-louc.
- Horpc zuqc taaih ninh mbuo zoux gong mienh tengx meih zorc baengc wuov aengx caux ceng ninh mbuo.
- Se gorngv meih nzauh heiz gu'baeqc nduov a'fai ba'baac liepc hnyouv zoux dorngc nor, douc fienx mbuox taux:
 - Domh gorn tengx nzie weih ziux goux heng-wangc gorn zangc mbuox gorngv buatac daax haaix dauh gu'baeqc nduov Medi-Cal, zoux wuaaic, a'fai zoux dorngc wuov douc waac bun taux DHCS Medi-Cal gu'baeqc nduov nyei jiepv sih douc waac finx-gorn yiem naaiv **1-800-822-6222**. Se gorngv meih haix maaih baengc kouv oix zuqc jiepv sih njiouz, tov daaix luic gaanv korh waac lorx **911**. Naaiv norm finx-gorn se benx wang-henh longc, aengx caux korh waac nyei mienh se mv zuqc neqv mbuoz gorngv benx haaix dauh.
 - Meih corc zuqc douc fienx mbuox dongh nzauh heiz haih maaih benx gu'baeqc nduov a'fai zoux dorngc nyei jauv liouh douc waac gan e-mail bun taux fraud@dhcs.ca.gov a'fai bieqc longc yiem online zeiv-daan yiem njiec <http://www.dhcs.ca.gov/individuals/Pages/StopMedi-CalFraud.aspx>.



Korh waac lorx meih nyei beu weih cornggh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. [Beu weih cornggh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].

Gorqv-zeic neqv waac-fienx tipv gorngv taux corngh zingh heng-wangc sou-gorn

Dorh neqv mbuox waac-fienx yiem corngh zingh heng-wangc sou-gorn bieqc naaiv [beiv taux maaih].



Korh waac lorx meih nyei beu weih corngh zingh heng-wangc sou-gorn nyei baeqc wang-henh douc waac finx-gorn yiem njiec naaiv [1-XXX-XXX-XXXX] a'fai bieqc online yiem njiec naaiv [mental health plan URL]. 80
[Beu weih corngh zingh heng-wangc sou-gorn mbuoz] se mbenc nzoih yiem [zoux gong nyei hnoi aengx caux yiem zoux gong ziangh hoc].