



Your Health. Our Passion.



HealthNet Damlo Kutlaih, Damlo Covo Le An Rian Hna

HealthNet Hnatuan: Chaw le vaa pek khawhmi cungah
I hngat loin, dawtnak le zawnruehna he ngandamnak
ca mi bawntu

HealthNet i a chunmang: **Vawleicung ah a tha bikmi ngandamnakei zohkhenhtu Bu**

Kan sinah damlo a rak l zohmi hna — An lung a tling peng. An lung aa hmuih. A can ah damlo dang an van l put hna.

Kan riantuantu hna — Tha damte in rian an tuan l kan hmai a hngal.

Kan bu — Damlo mi hna cu mah le chungkhar bantuak in kan zoh hna. An ngandamnak ding caah dawtnak le zawnruahnak he kan thlop hna.

Kan i hruai ning — A thatnak lei in thlennak, bawmhchanhnak le kan chunmang ah chiah.

Ngandamnak ca i kan thathnemnak — Sullam kan ngeihter, zapi nih tah tlakmi kan si i a sunglawi ngaimi kan si.

Khualruang In Kan Tuah Khawhmi — Thaw kan chuah ter.

Kan Pawngkam — Ram chungah a ngan a dam cemmi kan pawnmagkam.

Hi ngandamnak center hi HHS bawmhna a hmu mi a si. Mipi ngandamnak zohkhenhnak i zhum ning cang (US siizung pawl i phung ning theihpinak) caah ngandamnak le ngandamnak he ai pehtlai mi claim a hmu ni a si. Ngandamnak zohkhenhnak lei ah daithlannak a um ahcun mizaw nih claim hal khawh a si.



A chung i a ummi thil

| Bagean | Cahmai hna |
|---|------------|
| Hnathlakpinak | 2 |
| Riantuantu hna hmuhsak mi | 2 |
| Na ngandam caah hmusak mi | 3 |
| Caan hna leh rian hna | 4 - 5 |
| HealthNet hmanthlak | 6 - 7 |
| Chaw (tangkaa) thumhning | 8 - 10 |
| Sizung na phanh tikah na buah ding mi hna | 11 - 13 |
| A hlan in rak I timtuah | |
| Center phanh dingin i tim cia | |
| Na phanhnak ding caan | |
| An zoh khnenthu ding hna ton dingin i tim | |
| An zohkhentu kha va ton hna | |
| Centers in na lawi hnu ah | |
| A biapi deuhmi zohkhanhnak | 14 |
| Sizung he pehtlaihhin, caa tialmi hna | 15 |
| Dam lo hna caantha | 16 |
| Na ngandamnak cung i na zumhnak hna theihter nak | 17 |
| I tleidan nak hna nih, phung leh lam a kalh | 18 |
| Holh lei ah i bawmnak | 19 |

Kum chiar te mithar 61,503 zat nak in a tam deuh mi nih kan riantuan nak he petlaihin, siibawi han, ha lei siibawi, siibawi hna buah sermnak lei in ngandamnak a zohkhenh tu hna (Ziaza lei he aa pehtlaimi ngandamnak caah bawmhnak a pe tu pawl) hnathlakpi mi fa naih tertu sayama hna leh phun dang dangin zohkhenhtu nhan cungh hin an i lawmin, an lung asi hrim hrim ko hna. Hi caauk hi zeitin dah dam lomi hna nih, ah hman ning a si lai tiah hei chimh cawnpiak hna. Cu lawng si loin hi caauk kutken te hi na caah san a tlaimi zawng asi. Hi kan HealthNet sizung pawl na phanh le cang kaa in zei dah naa ruahchanmi a si ti cu an in chimh ko lai.

Fiang deuh in theih hngalh na



HealthNet ahhin Joint Commission hna tlakpinak a um. Joint Commission timi chu vawlei chung heihpimi a si i, kan himnak (safety standard) tah chunhin, a kal tti mi asi. HealthNet nih cun miaknak i kawl loin, a dam lomi hna an dam khawh nak ding caah tha tein zocehnh thlawpbul piak an si. Joint Commission nih kan cawlcangh ning tha ten a kan zoh pi tawn. HealthNet sizung hna nih a hartak tak mi hneksak hna zawng tlamtling tein teinak a hmumi a si. Chim duhmi chu tlamtling tein, zohkhenh leh thlawpbul piak an si.

Joint Commission tang i um mi hna mizaw zohkhenh tu hna hna tlak pinak I uktu Michael Kulcycki executive director cun, “HealthNet hi riantuan dingin a thim mi asi. Hi sui yawng hnatlak pinak (Goal Seal) fak a hawhmi (mipi theihmi) riantuannak pakhat a si. Hi hna zawng nih hin, thangcho dingin theihpi mi le a piak mi han a si” tiaa a chim.

Na Board Director Hna

HealthNet Board Director nih cun siizung (Center) a ngeihmi kipa i a ummi hna damlo aa zohtu hna kha tha tein an tlam tling le tlin lo kan zoh hna. Kan sin ah a rak i thlop mi mi mi tam deuh cu Healthnet kan Board Director hna an si. Midang cu kan pawngkam i chawlehnak a tuanmmi hna zong an si.

Nangmah pumpak na bawmhnak kan herh. Kan pawngkam i a kan zohtu nan si naklai kan board meeting ah kan telpi te. HealthNet Kan board meeting cu thla khat ah voi khat ah voi khat tonnak kan ngei peng. Telifawn nambar 957-2000 ah hin pehtlai khawh kan si.

Na Ngandamnak Ding Ca Mi Bawmtu

HealthNet cu na ngandamnak dingca mibawntu, na ngandamnak i chambaumi bawntu kan si i siibawi thiamsang hna he hmunkhat ah rian a tuantimi kan si.

HealthNet ah hin ngahdamnak lei zohtu minung a phunphun kan um. Cucaah, kannih cu nangmah ngandamnak dingca mi bawmtu taktak kan si. Kan siibawi hna hna cu anmah le an umnak hmun cio ah Degree a la cangmi an si pinah a dam lomi zoh khawhnak license zong Indiana ramkulh cozah ah tlamtlingte in a awng cangmi hna an si.

Siibawi hna: Kan siibawi hna hi IU Health i a ummi Si Cawnnak Center (Academic Medical Center) ah a ummi sianginn hna ah rian a tuanmi an si.

Siikhan ah a thu lomi siibawi hna: Kan sinah a ummi siibawi hna hi sii lei thiamnak pakhat dih in license a ngeimi hna an si.

Damlo zaohkhenhtu Nuresse sayamah hna: Kan siinn sayamah (nurse) hna hi nau ngeihnak lei zohkhenhnak ah a thiammi hna an si (OB/GYN), innchungkhar lei, ngakchia lei le thluak lei damlomi a zaw fakmi zoh a thiammi hna an si. Cawnnak lei ah Master a dih cangmi hna an si i miizaw dam lo tukmi an um ah cun siibawi te le siinn sayamah (nurse) te he hin hmunkhat ah rian an tuanti hna.

Lehhmah (certificate) a ngei i fa ngeihnak lei ah rian a tuanmi sayamah hna: Kan sayamah te in nau/fa ngeih lei kap ah siseh, pum hlainak (operation) lei hna ah siseh, cun nu nih ah ngeih tawnmi zawtnak hna ah a thiam taktak mi le certificate lehhmah a ngei cangmi sayamah te an si hna. Indiana ramkulh ah hin kanmah HealthNet cu nau/fa ngeihnak lei ah a ngan bik kan si.

Thluaklei siibawi: Thluak lei siibawi kan ngeihmi hna hi thluak lei a hmaan lomi minung kum upa le ngakchia pawl zohtu ah a thiam mi siibawi an si.

Haa lei siibawi: HHaa lei a zohtu siibawi hna hi haa lei cawnnak sianginn ah a dihmi siibawi lawngte an si hna.

HealthNet nih kan zoh khenh ning: Zeitik can paohah na ngandamnak kong ah cun zalongte in thimnak na ngei. Tahchunnak ah HealthNet ah rian a tuanmi siibawi te si lomi a dang provider siibawi hna nih nangmah cu zohkhenh an I duh cun HealthNet nih na ngandamlonak le ngandamnak record vialte cu mah an zohtu ding hna sinah kan pek lai. HealthNet provider si loin a dang provider sin na kal tikah zaangfahte in iralrin dingmi cu mah hna hi aahmahkhan (insurance) a ngeimi an si le, Medicare le Medicaid plans pawl an ngeih le ngeih lo kha tha tein na zoh ta hna lai. Kanmah HealthNet nih aamahkhan insurance vialte cu midang provider sin kan pek chanh lai caah mah midang provider hna nih cun nangmah caah tuanvo an ngei lai.

Bawmhtu hna an tlin khawhnak ding ah a herhmi pawl cu a tanglei linke ah hin na zoh khawh lai www.indyhealthnet.org/Physician-Search/

Kan Sinah Thop Khawhmi Damlo Phun Hna

HealthNet nih ngakchia he upa he ngandamnak lei zohkhenhnak a pek:

- Ngakchia damlo
- Chungkhar lei ah damlomi
- Kum upa zohkhenh
- OB/GYN ah thiam sayamah hna
- Mit lei siibawi
- Sii chunhnak lei
- Fa ngeihter naklei

Mah nak pinlei zong in dam lonak phunphun kan thop rih. A cunglei langhtermi siibawi te sin zohter na duh ahcun appointment na lakh masa ta a hau lai.

Thluak lei ngandamnak: BThluak lei a zohkhenhtu providers tampi an um. A tanglei zawtnak pakhat khat hna an si lai.

- Tihnak le thin phannak
- Lungretheihnak asilole khua ruah tuknak
- Thin hunnak
- Nupa cung buainak asilole chungkhar lei buainak

Haa lei siibawi: Barrington, Minung hna (People's), Southeast le Southwest hna i ngandamnak lei siizung hna ah kanmah nih haa lei siibawi le eidin lei siibawi hna he tiin le a bawmtu hna kan ngeih hna. A tanglei bantuk hin kan thlop hna.

- Haa thianhlimhnak
- Ha belh piak el ha tuh bunhpiak
- Ha a mom lonak ding sii kan thuh piak
- Inn saknak lei kong he aa pehtlaimi thil phunkhat a si. Vanpng pakhatkhat tha tein bengh khawhnak ding caah hmanmi thil phunkhat a si (Sealants)
- Ha phawi
- Haa tuh ser piak
- Fluoride he thlopnak

X-Ray: Kan x-ray hna cu a puitlingmi she thiliril hna kan hman. Cu pinahh Mammograms timi hmang inx-ray kan hman. X-ray thlak duh cun Barrington Health le Denta Center hna ah vai thlak an si. Na duh ahcun HealthNet si lomi a dang nih ngeihmi x-ray hna zong ah vai thlak khawh a si ko.

Siidawr service: PInsurance a ngeimi damlo hna cu siibawi te nih an cauk (record) i a ummi blank ah, HealthNet he aa pehtlaimi sii dawr hna ah man tlawm deuh in cawk khawh a si. Nangmah na duhmi siidawr zongah nai cawk khawh ko.

A dang Thil kan Tuahmi la kan Ngeihmi

TMahti a dang thil kan tuahmi le kan ngeihmi hna nih hin damlo a zawmi tampi a bawmh hna. Mah hna ah hin herbbaumi pakhat khat na ngeih ahcun a chung riahtuantu (Care Team) han sinah nah al khawh hna.

Ngandamnak Cawnpiaknak: Cuap zawtnak Cawnpiaknak, Zunthlum/Thithlum zawtnak Cawnpiaknak, Ngandamnak lei thanchonak ding caah Cawnpiaknak le Rawl lei he pehtlaih in ningcang tein ei le din Cawnpiaknak (Dietitian) zong kan ngei. Kuakzu/Sadah hmawm ngol na duh ah cun Quit Tobacco Program ah pehtlaihnak kan in tuah piak khawh.

Bawmhna: Mizaw damlo le a chungkhar hna ca ah an eidin, umm umnak, tangkaa lei el a dang chambaunak lei ah a hram kan bawmh hna.

Taksa rih le zaang kilvennak: Dam lo a zawmi hna cu anmah le an khing (an rih an zaang) ning an si than khawh nakhnga kan tuah.

A ngan a dam mi chungkhar program: Ngachia cu inn in a thang lianmi an si. A ngan a dam mi chungkhar program kan timi cu chungkhar ah aa hngatmi program a si umnak inn ah a tuahmi program (home-based program), a fekmi chungkhar dirh dingin nulepa hna he hmunkhat ah rian kan tuanti. Mah program cu nangmah na fa a than ning le thancho ning, a humhinnak kong, ngandamnaklei in zohkhenh ning le inn ah fimchinnak pawl kan tuah. Fiang deuh in theih hngalh na duh ahcun 317-957-2600 ah pehtlainak tuah khawh a si.

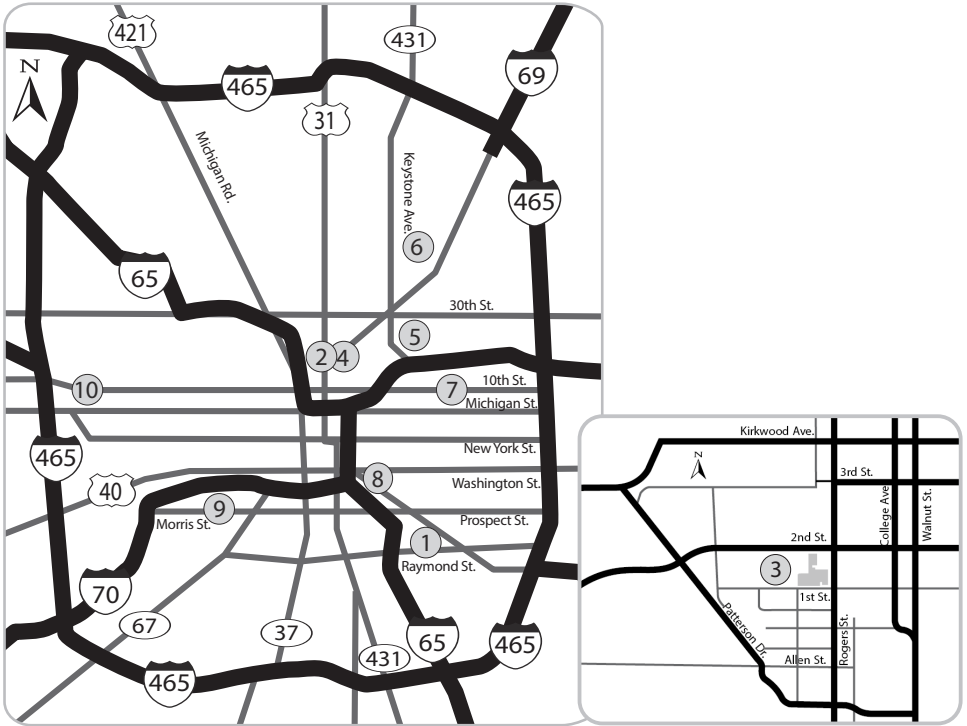
Singinn ah zohkhennak: Singinn man thimmi kiang ah a ummi kan si ahcun siangngakchia hna cu sianginn zongah kan zohkhenh hna. Fiandeuh theih duh cun 317-957-2972 ah pehtlaihnak tuah khawh a si.

Chungkar Planning Resource Center: Chungkhar nih an herhmi kongah kan bawmh hna, nau khamnak kong, nu le pa diriamnak tuah ruangah a chuakmi zawtnak pawl kan zoh khenh han. Mah lawng zong si loin HealthNet Minung hna Ngandamnak & Halei ngandamnak Zung ah kan tuahpiak hna.

Inn ngei lomi hna ca program: Marion Myone Ti Bantuk (Marion County) ah a ummi inn ngeilomi hna kan bawmh hna. Kan bawmh ning hna cu an ngandamnak ding kan thlop, innhlan ding kongah dengteo in kan chimhchawn piak, case a fakmi/ a nganmi an ngeih ah kan bawmh hna. Training pek le lam cungah a ummi pawl bawmh a herh ning zong in kan bawmh hna. Fiandeuh theih duhmi nih 317-957-2275 ah pehtlai khawh a si.

Thi checknak: MThisen thlum zawtnak, nau ngeih le ngeihlo timi le ngakchia nih tan-dat an ngei maw ngei lo timi pawl kan zoh khawh. HealthNet Center nih kan tuah khawh lomi cu hmun dangah kan kuat i kan zohter hna.

Kanmah Nih Kan Ngeihmi Center Pawl le Suimilam



- | | |
|---|---|
| <p>1. Barrington Health & Dental Center 3401 E. Raymond Street Indianapolis, IN 46203 Zawt Lei Phone: 317-957-2100 Caan: Mon., Tues. 8 AM - 8 PM Wed., Fri. 8 AM - 5 PM Thurs. 9 AM - 5 PM Haa lei phone: 317-957-2450 Caan: Mon. 10 AM - 7 PM Tues. - Fri. 8 AM - 5 PM</p> | <p>3. Bloomington Health Center 811 W. 2nd Street Bloomington, IN 47403 Zawt Lei Phone: 812-333-4001 Caan: Mon, Weds, Thurs 8 AM - 5 PM Tues. 8 AM - 8 PM Fri. 8 AM - 1 PM Haa lei phone: 812-333-4040 Caan: Mon. 8 AM - 5 PM Tues. KAN KHAR Weds. 8 AM - 5 PM Thurs. 8 AM - 5 PM Fri. KAN KHAR</p> |
| <p>2. Care Center at the Tower 1633 N. Capitol Ave., Suite 236 Indianapolis, IN 46202 Zawt Lei Phone: 317-957-2229 Caan: Mon. - Fri. 8 AM - 5 PM</p> | |

4. Pediatric & Adolescent Care Center

1633 N. Capitol Ave., Suite 236
 Indianapolis, IN 46202
 Zawt Lei Phone: 317-957-2233
 Caan: Mon. - Fri. 8 AM - 5 PM

5. Martindale-Brightwood Health Center

2855 N. Keystone Ave., Suite 100
 Indianapolis, IN 46218
 Zawt Lei Phone: 317-957-2300
 Caan: Mon. 9 AM - 8 PM
 Tues - Fri. 8 AM - 5 PM

6. Northeast Health Center

3908 Meadows Drive, Suite 1
 Indianapolis, IN 46205
 Zawt Lei Phone: 317-957-2150
 Caan: Mon. - Fri. 8 AM - 5 PM

7. People's Health & Dental Center

2340 E. 10th Street
 Indianapolis, IN 46201
 Zawt Lei Phone: 317-957-2200
 Caan: Mon. 8 AM - 8 PM
 Tues., Thurs., Fri. 8 AM - 5 PM
 Wed. 8 AM - 8 PM
 Haa lei phone: 317-957-2450
 Caan: Mon. 10 AM - 7 PM
 Tues. - Fri. 8 AM - 5 PM

8. Southeast Health & Dental Center

901 Shelby Street
 Indianapolis, IN 46203
 Zawt Lei Phone: 317-957-2400
 Caan: Mon., Tues. 8 AM - 8 PM
 Weds. - Fri. 8 AM - 5 PM
 Haa lei phone: 317-957-2450
 Caan: Mon. 10 AM - 7 PM
 Tues. - Fri. 8 AM - 5 PM

9. Southwest Health & Dental Center

1522 W. Morris Street
 Indianapolis, IN 46221
 Zawt Lei Phone: 317-957-2500
 Caan: Mon. 7:30 AM - 7:30 PM
 Tues. - Fri. 7:30 AM - 4:30 PM
 Sat. 7:30 AM - 11:30 AM (Center
 kan khar ni ngakchia damlo caah)
 Haa lei phone: 317-957-2450
 Caan: Mon. 10 AM - 7 PM
 Tues. - Fri. 8 AM - 5 PM

10. West Health Center

6029 W. 10th Street
 Indianapolis, IN 46224
 Zawt Lei Phone: 317-957-2550
 Caan: Mon. 7:30 AM - 7:30 PM
 Tues., Thurs., Fri. 7:30 AM - 5 PM
 Weds. 7:30 AM - 8 PM

Zohkhenhnak Ah Tangkaa Kan Thumh

Na chungkhar minung zat le na hmuhmi na lahkhaah cungah i hngat in tangkoo thumh in kan zoh hna. Insurance na ngeih hmanah discount zong ngah khawh a si. HealthNet nih cun nangmah na insurance kha a hmasabik ah kan zoh. Tangkaa thumhh nai tlak ah ahcun na pek dingmi zapi pek loin kan in thumh piak lai.

Zeitindah mah cu ka sok lai?

Kanmah lei nih a herhmi catlap pawl kan in pek lai. Mah catlap nih cun zeitin tangka kan thumh khawh dingmi kong kan zoh khawh nakding caah nangmah lei in na van i put dingmi catlap pawl zong na hmuh lai. Mah catlap pawl cu na van I put lai. HealthNet riantuantu nih an zoh cithlat lai, bia an in hal tikah na sining tein na leh hna lai. Mahti bia halnak cu kum khat ah voi khat tuah a herh. Tahchunnak na chungkhar lei income a tlawm tam aa thlen mi hna anum ahcun mahti kan tuahmi hi a herhmi a si.

Zeidah Thumh Ding in aa tlakmi a si?

- HealthNe nih kan ngeihmi pawl ah hin thumh khawh ning le thumh ning cang a phunphun an um.
- Cheukhat cu hmanmi thilri pawl hna ah thumh khawh an si lo.
- Co-insurance, zuh khawhmi le co-pays 50%-50% pek phun pawl ah na insurance ah anmah le sining tein pekcia a si ahcun a man thumh a si.

Catlap A Herhmi Pawl

HealthNe ah Discount na hmuh khawh le khawhlonak kong

Kim 18 tang a simi hna i a Birth Certificate (A um lo zongah a poi lo)

A nungmi ID (a caan a dih cangmi ID si lo)

Kum 18 cung a simi nih biibawi he i ton tikah ID van i put a hau. ID timi cu a tanglei ah pakhat khat hi an si lai.

- Motor mawng khawhna ID
- Umnak Address
- Sianginn kainak ID
- Ralkap ID
- Riantuannak ah ser piakmi ID
- Passport

Umnak Inn Address

Umnak inn address cu nangmah na min aa tlemi catlap pahnih a um a herh. Mah catlap pawl cu a tlanglei hna hi an i tel lai.

- Ni 30 chung ah chuahpiakmi (rian na tuannak i bill an in pekmi asilole inn ngeitu na sinak bill pawl. Mah inn ngeitu na sinak ah cun na nupi min zong aa tel lai.)
- Ni 30 chungah a rak phanmi ca.
- Inn hlan na sic un, inn na hlannak sachoh.
- Check an in pekmi lethmat
- A can a nung rihmi ID

 Inn ah nawl ngei biktu

Nulepa nih si loin midang nih aa-mah-khan tangah a ummi ngakchia hna ca ah.

 Humhinnak (aa tel lo zongah a poi lo)

Na nupi asilole na pasal nih rian an ngeihlonak kong.

 Thlahlawh langhternak: Nangmah le na nupi/pasal le kum 18 tang a simi pawl nangmah nih na cawmmi pawl ngakchia dihlak i an konglam pawl catlap ken a hau.

- **Tangkaa in pek:** Tangkaa in pekmi cu catlap tein asiloah an petu hna i an telifawn nambar le min an thutmi a um lai. A si khawh cun anmah an company i letter head he an in tuahpiakmi a si lai. Rian an in peknak le na ngahnak catlap cu kanmah HealthNet nih kan ngeih i na van lak khawh.
- **Ngakchia Bawmhna:** Ngakchia bawmhna caah langhter ding mi tehte cu biaceih zung hmang in Marion County Cazi zung (Myone Ti Bantuk Inn (City/County Building) dot khatnak, Suite 123) ah phaisa pek a si lai. Na duh a si ahcun voucher, Bank cauk le ngakchia a zohkhenh ti lo mi nu le pa pakhat khat sin in na lak mi ca kha phaisa peknak kongkau tehte ah na hman khawh.
- **Rian in a lut mi phaisa:** Ni (30) hlan ah na hmuh mi (ngunkhuai na pek hlan) phaisa dihlak a langhtertu cazin a herh lai. Cu a herh mi cazin na ngah khawh lo a si ahcun rian na ttuannak rianngeitu nih rian a rak in luhnak form kha na phih lai. HealthNet hleihluat bawmhna hmuh khawhna ding ah le market place asiloah Medicaid hleihluat bawmhna hmuh khawhna ding ahcun thla (3) ca he ai tluk mi na phaisa lutnak cazin kha tehte ah nai ken a hau lai.
- **Zatlang himbawmhna/pumtlinglo/pensen:** (Na phaisa lut zeizat ti langhtertu ca) atu i pek mi ca. Atu award ca hi copy na herh ahcun zatlang himbawmhna phu kha 1-800-772-1213 ah chawn hna.

• **Rianngai lo liamhrulhnak** – Rian ngei lo ti langhtertu Ca. HealthNet nih rian ngei lo cu ai ruang in a bawmh hna.

• **Nikum ah an hmuh tthan mi Tax Return** – Pumpak rianttuan mi hna theihpitu cazin a si.

• **Na rianttuannak he pehtlai in theihternak** – Na rianttuan man cazin cu ramkulh nih an in chuahpiak lai i na thlahlawh an langhter lai. Pumpak in na ID le a nung lio mi zatlang himbawmnak card he na kal a hau lai.

Phaisa lut a umlo ti Langhternak - (Rian ngei lo Card)

US ram mi le khuasa mi na si ahcun rianttuannak cazin kha rianttuannak zungpi ah hal khawh a si. Mizaw damlo zong nih a nung lio mi an ID le zatlang himbawmhnak card he rak hal khawh a si.

US ram mi le khuasa mi na si lo ahcun na phaisa dihheu an bawmtu (chawva bawmtu) nih an bawmhnak form kha na phih lai. Tangka lei konglam he aa thlennak a um rih hlan tiang ah cun hi cakuatnak cu thla 12 caah a tha tuk ko.

A Hlanlio Thil Kong ah Dinhdorh Ding in Nawlnak, HealthNet ngandamnak zung asiloah phaisa peknak zung ah a herh mi thilri le theihpinak lak hnu ah zung kal ding ah ni (10) caan na ngei. Hi ni (10) chung ah nawlnak na tuah lo ahcun (na ngandamnak amakhnan le cu he ai pehtlai lo mi thil vialte caah) na innchungkhar ngandamnak zohkhenhnak caah a dih lioheu mi cu 100% in na liam a hau lai.

Lehlang in na rat tikah amakhannak na ngeih lo ahcun ngandamnak le ha lei kong ah tlawmpal cu na liam a hau lai. Amakhannak a ngei mi dam lo a rat ahcun a dih lioheu mi dihlak liam loin tlawmpal lawng a liam lai.

Biahal duh mi na ngeih ahcun HealthNet phaisa peknak counter ah (317)957-2075 ah pehtlaih khawh a si.

Na Siizung Caah A Herhmi Rianttuannak

Hi section nih HealthNet na rat tikah zeidah a cang lai ti kha a langhter. A ttha bik mi zohkhenhnak na hmuh khawh nakhnga zeidah kan tuah i zeidah kan tuah khawh ti kha a langhter.

Step 1: A Hlankan In Caan La

Kan Tuah Lai:

- Amahkhan a tuah lo mi asiloah thazaang der mi na si ahcun enrollment specialist he tonnak caan kan in serpiak lai.
- Na phone chawnh mi kan in leh lai i, cu ni hrim hrim ah (asiloah) a si khawh chung in caan kan in serpiak lai.
- A nikhat na ratnak ah zeidah ken a herh ti kan in chimh lai.
- Zohkhenhtu siibawi kong tlamtling tein kan in chimh lai.
- Na zawtnak a zual deuh ahcun Nurse he kan in chawnhbiak ter lai. Nurse nih zeitik ah dah rat ding ti an chimh lai (asiloah) nai nin deuh nakhnga inn ah zeidah tuah a herh ti kha an chimh lai.

Na Tuah Khawh:

- HealthNet siizung hi i thim ko. Kan ngandamnak siizung kip ah na r a kho.
- Nai thim mi siizung kha pehtlai hna.
- Zeiruang ah dah nai piah lai ti mi kong kha chim hna.
- Zeibantuk siibawi sin ah dah piah na duh ti kha biakhihna tuah hmasa.

Step 2: A Voikhatnak Rat Ding ah I

Kan Tuah Lai:

- Na rat ding mi caan ah ra ding in phone kan in chawnh lai (asiloah)

Na Tuah Khawh:

- Na mizaw damlo thar cu hlankan caan na lak mi a tlin hlan nikhat sumilam 12 hlan ah caan na lak mi kong ah biafianhnak na tuah lai.
- Na rat khawh lo ding a si ahcun Phone na kan chawnh lai.
- Na phaisa lut cazin, amahkhan card le ID nai ken lai.
- Atu na din lio mi sii le vitamin vialte na van i ken lai.

Step 3: Na phak caan

Kan tuah lai:

- Kan in don lai i na umnak, telefawn namban le amahkhannak ca kan in hal lai.
- Kan rianttuannak ah na lio heumi tthumh le tthumh lo kong ah na cazin zoh in kan ruahkhan lai.
- Nai tlak a si ahcun Medicaid, Marketplace le a herhmi thil dang pawl sok tthan ding in kan in bawmh lai.
- A herh ahcun na khualtlawmnak caah a dihmi vialte rak kan chimh law a herhmi tangka zong na kan hal khawh

Na tuah khawh:

- Caan hman tein phak khawh i zuam. Minute 15 na tlai ahcun kan in hngahter lai, asiloah hnu ah caan kan in serpiak tthan lai.
- A voikhatnak na phak ka ah enrolment specialist he nan i tong lai i tthumh khawh na si le si lo an chimh lai. Na innchungkhar minung dihlak caah theih a herhmi cazin tawi hna zong na ken chih lai. (cahmai 8-10 ah hmuh khawh a si).

Step 4: Na ngandamnak phu sin piah ding ah i timlam

Kan tuah lai:

- Na ngandamnak kong thuk deuh kan hngalh khawh nakhnga na ngandamnak konglam kan in hal lai.
- Ngandamnak phu nih ttuanvo an lak lai.
- Kan rak in don lai i, zohfelnak khan ah kan in hruai lai. (Thisen tah, rihzan tah le zawtnak tah tbk). A biapi mi zohfelhnak kan in ngeih lai i na ngandamnak kong kan in hal lai.

Na tuah khawh:

- Na theih tawk in a luancia na ngandamnak kong le atulio na ngandamnak kong na kan chimh lai.
- Atulio na din mi sii le vitamin dihlak na kan chimh lai.

Step 5: Na Ngandamnak Phu ah I piah

Kan tuah lai:

- Na ngandamnak kong kan in hal lai.
- Biahlnak dihlak na kan leh lai.
- Na ngandamnak tthat deuhnak ding ah nangmah duhthimnak kong kan in ceihpi lai.
- Nangmah he bawm in ngandamnak kong tinh mi kan in suaipi lai.
- A herh ahcun ei le din a hman khawhnak ding ah ei le din lei kong thiamhlel siibawi sin piah kho ding in caan kan in lakpiak lai.
- Thiamhlel siibawi sin caan lak na duh ahcun kan in bawmh lai. Caan lak mi chung ah na rat le rat lo kan in zoh lai. Na ngandamnak tthatnak ding caah a dang siibawi te he zong nangmah he bawm in an ttuanti lai.
- Siizung computer ah na ngandamnak kong cazin na ttial lai.

Na tuah khawh:

- Ngandamnak phu he i chawnbia u law biahn na duh mi hal hna.
- Ngandamnak phu nih sii din caan le thlopbul caan an tining in zul.
- Ngandamnak phu sin ah zeitindah na tthat deuh lai i nai nuamh deuh lai ti mi chim hna.
- Hrilhfiahnak tam deuh na herh asiloah theih duh mi tam deuh na ngeih ahcun rak kan chim.
- Nangmah le nangmah nai uk kho lai.

Step 6: Siizung in nattum tik ah

Kan tuah lai:

- Hnu ra tthan ding in caan kan in khiahpiak lai.

Na tuah khawh:

- A dih lioheu mi ni (30) chung ah na pek lai asiloah tlawmpal na pek lai i a tang mi cu hnu ah na pek lai.
- Na ngandamnak zohkhenhnak kong ah biahn duh mi na ngeih ahcun na ngandamnak phu kha chawn hna.

HealthNet Ngandamnak Zung Khar Caan le Lakhruak Zohkhenhnak

HealthNet ngandamnak zung khar caan zong ah:

Phone call a ra mi a tlaitu minung pakhat chiah peng a si. Na ngandamnak center kha hei chawn ko, zaidah tuah a herh ti kha an in chimh ko lai.

Zaangfah tein phone an in chawnh tthan hlan tiang lungsau tein hngak ko hna. Phone an in chawnh tthan tik ah na rak um hrimhrim a herh. Hi pawl hi an in hal lai:

- Mizaw min
- Damlohnak
- Zohkhenhut min
- Na din mi sii min
- Suimilam 24 chung ong peng mi sii dawr telifawn nambar

Center An Khar Hnu Zohkhenhnak Le Lakhruak Zohkhenhnak:

Center khar hnu zohkhenh nih cun na damlonak le na hliam hma nih hmailei that lonak le thihnak tiang a chuahpi lo hmanh ah zohkhenh hau na si kha a langhter.

- Hnakhaw fahnak
- Hrom fahnak
- Khuasik
- Khawnden hliam hma hme pawl hna an si.

Lakhruak zohkhenhnak timi cu rianrang tein thlopbul na si lo ahcun na damlonak le na hliam hma nih hmailei that lonak le thihnak tiang a chuahpi khawh mi kha chim duh mi a si.

Lakhruak zohkhenh hau na si ahcun nangmah he ai naih bik siizung ah na kal colh lai. Lakhruak zohkhenh hau mi cu:

- Siivai ton sual
- Lung lei domlonak
- Thichuah tamtuk

Sii-Ai Nai Zohkhennak Catlap Copy

Sii-Ai nai zohkhennak catlap (asiloah na fa sii-ai zohkhennak catlap) copy ngah khawhnak ding ah zaangfahnak in a tanglei hi rel ta.

1. A herhmi ngandamnak zohkhennak catlap kan in pek hlan ah, nangmah nih ca in halnak na tuah hmasa lai. A herh mi catlap peknak form kha na phih ta lai. Na ngandamnak an zohkhenhtu kha kan website www.indyhealthnet.org ah form na download ter hna lai.
2. HealthNet i kan ngandamnak catlap pawl copy ding ah copy tuah a thiam mi phu he cahrennak kan tuah.
3. Sii-ai zohkhennak catlap na herh tik ah man lo in pek na si lai. Na sii-ai zohkhennak catlap mi pakhat khat na fial i na halter tik ah copy tuah tu phu nih bill an in pek lai. Bill na tlamtlinh hlan lo cu a herh mi catlap pek na si lai lo.

Mizaw Nih Biakhiahnak Nawl A Ngeihmi 1990

Hi upadi nih puitling a si cang mi paoh cu anmah le ngandamnak he pehtlai in biakhiah khawhnak nawl a pek hna. Mizaw nih zeitindah thlopbul a duhnak kong kha ca in a tial lai. Mizaw damlo cu holh thiam lo mi a si ahcun amah a zohkhenhtu le a chungkhar pakhat khat nih mizaw thlopbul ningcang a um cia mi chung khan an duh mi an thiampiak lai.

A Hlan kan Lamhmuhsaknak

A hlankan lamhmuhsaknak cu document pakhat a si i, mizaw damlo cu holh thiam lo a si tik ah zeibantuk zohkhennak dah a duh ti kha a langhter chung.

- **A holh kho lo mi caah amah tein a umcia mi ca** - Mizaw dam lo cu a holh kho lo mi a si tik ah amah duhnak a langhtertu ca kha chim duh mi a si.
- **Ngandamnak Zohkhennak Aiawhtu I Halnak** - Amah cu mizaw damlo nih a damlonak le zohkhennak kong ah biakhiahnak nawl a pek mi kha a si.
- **Nun khusauternak Kong Langhter Ning** - Mizaw damlo cu a nun khusauternak ding ca zohkhennak kong ah amah tein biakhiahnak nawl pek a si. A temtuar zorternak caah ei le din, ti le sii-ai kong zong ah biakhiahnak nawl pek a si.
- **Siizung leng i “Nunter Than Ti Hlah” ti langhter mi kong ah** - Mizaw damlo hna siizung an um ti lo tik i, an lung le an cuap nih rian a tuan ti lo tik ah CPR (Cardiopulmonary Resuscitation) tuah lo ding in chimnak nawlpek an si.

A hlankan lamhmuhsaknak ca cu Health care riantuantu sin ah lak khawh a si. Zaangfah tein Care Team sin ah hal hna.

Mizaw Nih A Ngeihmi Nuhrin Covo | HealthNet nih Kan Tuah Lai:

- Miphun, vunhawng, ram, nupa, kum khua, biaknak, pum tling, tling lo le na chawva hmuh ning ah thleidannak ngei lo tein an pehtlaih lai.
- Na ngamdannak kong ah na ngeih mi nuhrin covo le zeitindah cu na covo cu kan hman lai timi kong ah na limhang an kilven lai.
- Na ngandannak asiloah na fa ngandannak zohkhenhnak kong ah a ttha bik mi zulhphung nai thim khawh nakhnga thim ding mi lam an hmuhsak lai.
- Nganfahnak kong le nganfahnak zeitindah kan domhtlaih lai ti mi kong ah lamhmuhsaknak an tuah lai.
- Thlopbul na duhlonak kong ah siseh, nai thlopbul lo ahcun zaidah a cang lai ti mi kong ah siseh, chimhfiannak an ngeih lai.
- Na duh mi HealthNet Provider sin paoh ah piahnak nawl kan in pek. Thiamhle siibawi thlopbulnak ngah kho ding in zeibantuk HealthNet Provider sin paoh ah i piah khawh a si.
- Na innchungkhar minung le na phaisa lut ning zoh in dawt le zohkhenh na si lai.
- Na Health Care ah na duh mi le duh lo mi langhter khawhnak form kan in pek lai.

Mizaw damlo Ttuavo | Mah hi pawl hi na tuah lai:

- HealthNet hi mizaw ah ai hngat mi zohkhenhnak (PCMH) petu a si caah na ngandannak inn ah i thim ve.
- Na ngandannak a pakhatnak zohkhenhtu (PCP) i thim.
- Na ngandannak zohkhenh ding na rat tikah caan tlai lo tein rat i zuam.
- Hlankan caan na lak mi let tthan na duh ahcun caan na lak mi a tlin hlan Suimilam 2 ah na let lai.
- Caan let na duh kong ah phone na kan chawnh lo ahcun a bau tiah kan in ruah lai. Cu bantuk in voi (3) na peh ahcun bawmhchanhnak kan in pe ti lai lo.
- Innchungkhar phaisa lut cazin na kan hmuhsak lai. Innchungkhar phaisa lut cazin na langhter lo ahcun a dih lioheu kong ah tthumh na si lai lo.
- Na sii le siizung ah a dih lioheu phaisa na pek lai. Cuti na peknak nih midang kan bawmh chin khawhnak hnga a kan bawmh. Ni (120) chung ah na pek lo ahcun na cazin kha ngunkhuai zung ah kan ap lai
- Na inn nai tthial ah maw, na phone nai thlen ah maw, innchungkhar milu nan zor, nan karh ah maw, nan phaisa lut a zor, a karh ah maw asiloah na ngandannak amahkhan ai thlen ah maw, theihternak na kan tuah lai.
- Kan ngandannak zung rianttuantu kha upatnak he na pehtlaih hna lai. Na aukhuan hnawh hna, na pamh hna, fahnak na pek hna, asiloah na tthihphaih hna ahcun HealthNet ratnak nawl kan in phih lai.

Na Ngandamnak Kong Na Hmuh Ning

Na ngandamnak zohkhenhnak kong ah asiloah an in pehtlaihnak kong he pehtlai in chimphuan duh mi na ngeih ahcun a tanglei bantuk in na tuah lai.

The steps are:

1. Hngahnak hmunhma ah a um mi mizaw cazin form na pih lai.
2. Hngahnak hmunhma ah a um mi number ai tel mi thingkuang chung ah na sanh lai.
3. HealthNet i mi pakhat khat nih na ca kha a zohfel lai.

Zulhphung

Thil pakhat khat nih upadi nawlbuarnak, chawlehchawhrawl nawlbuarnak le ziaza lei nawlbuarnak a langhter ko tiah na ruah ahcun Compliance Line ah report na pek lai. Cubantuk cawlcanghnak hna cu a tanglei bantuk in an si kho nain an si hrim hrim tinak cu a si lo:

- Rianttuannak hmun ah firnak
- Hlenthawinak le Ningcang lo thil hmanna
- Chawlehchawhrawlnak buaibainak
- Thil sining lo cawlcanghnaks
- Hmurka tthatlonak
- Hnahnawh buaibainak
- Thleidannak
- Rithai sii le Zudin buaibainak
- HealthNet I zulhphung le ningcang buarnak kong

HealthNet hi chawlehchawhrawlnak zulhphung sang bik ah a um khawh peng nakhnga kan bawm ve. A rianttuannak he pehtlai in biahal duh mi na ngeih ahcun 1-888-892-9224 ah pehtlaih khawh a si. Online hmang in <https://app.mycompliancereport.com/report> ah siseh, “HNI” code hmang in siseh, na harsatnak le buaibainak kong ah report pek khawh a si.

Thleidan Hi Upadi Buar A Si

HealthNet nih mipi covo upadi kha a zulh i, miphun, vunhawng, ram, kum khua, pumtling tlinglo le nupa thleidannak a ngei lo.

HealthNet nih mi bu bu khat kha hnulei chit in, miphun, vunhawng, ram, kum khua, pumtling tlinglo le nupa thleidang in rian a ttuan lo.

HealthNet nih:

- Kanmah he hmualngei tein i chawnhbiak khawh nakhnga pumtling lo hna sin ah man lak lo tein rian a ttuan.
- Mirang holh a thiam lo mi hna sin ah man lo tein mirang holh a chimh hna.

Hi rianttuannak hi na herh ve ahcun na ngandamnak center i Manager sinah rak pehtlai.

Hi rianttuannak ah HealthNet hi a chambau ko ti na ruah ah maw siseh, asiloah, miphun, vunhawng, ram, kum khua, pumtling tlinglo le nupa thleidannak ngei in rian a tuan ko ti na ruah ahcun na lungtlin lonak kha nangmah pumpak in siseh, ca in siseh, fax in siseh, email in siseh, na langhter khawh peng.

Christie Malandrakis, Risk Manager
3403 East Raymond Street
317-957-2000; Fax: 317-957-2050
info@indyhealthnet.org

Na lungtlin lonak kong ah report ningcang na thiam lo a si ahcun an bawmtu ding ah Christie Malandrakis, Risk Manager a um peng ko.

Indiana Mipi Covo Phu (ICRC) ah 1-800-628-2909 chawnhbiaknak in siseh, in.gov/icrc/ ah computer in siseh, report tuah khawh a si.

U.S Department of Health and Human Service i Civil Rights zung, <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf> ah a um mi Office for Civil Rights Complaint Portal ah siseh, ca in siseh, telifawn in siseh, mipi covo kong ah report pek khawh a si.

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201
1-800-368-1019; 1-800-537-7697 (TDD)

Holh Kong ah Bawmhnak

English - If you are in need of language services, please contact your health center. This service is free.

Español - Si usted necesita los servicios de idiomas, póngase en contacto con su centro de salud. Este servicio es gratuito.

Français - ATTENTION: Si vous parlez français, des services d'assistance linguistique gratuits vous sont disponibles. Veuillez signaler à un membre du personnel que vous avez besoin d'un interprète.

သတိပြုရန်။ ။ အကယု၍ သူညီ ချမ်းသာ လိုချင်ပါက ဘာသာစကားဆိုသူအကူအညီ ဝန်ဆောင်မှုကို အခမဲ့ ရယူနိုင်ပါသည်။ စကားပြောစွမ်းရည်အပေးကုသမှုကို ဖောက်ခွဲမှုများကို ဝန်ဆောင်မှုပေးရန်အတွက် ဝန်ဆောင်မှုပေးပါ။

Pennsilfaanisch Deutsch - ACHTUNG: Wenn Sie sprechen Pennsilfaanisch Deutsch, Übersetzungsdienste sind gratis für Sie vorhanden. Bitte sagen Sie einem Mitarbeiter dass Sie einen Interpreter benötigen.

注意: 如果您说中文, 我们可为您提供免费的语言帮助服务。请您告诉工作人员您需要一位口语翻译。

Nederlands - Als je Nederlands spreekt, zijn de taal assistentie diensten gratis beschikbaar voor jou. Gelieve een van onze werknemers te vertellen dat je een tolk nodig hebt.

Deutsche - ACHTUNG: Wenn Sie sprechen Deutsche, Übersetzungsdienste sind gratis für Sie vorhanden. Bitte sagen Sie einem Mitarbeiter dass Sie einen Interpreter benötigen.

Hakha Chin - Holh lehpiak na hauh ahcun zaangfah tein na sikhana chim hna. Manlo te in tuahpiak na si ko lai.

お知らせ: 日本語を話される方は言語補助サービスを無料にてご利用頂けます。通訳が必要な方はスタッフにその旨をお伝えください。

တော်ဖွဲ့ပေးပြီး နောက်တစ်ကြိမ်အတွက် ပြန်လည်အကူအညီရရှိရန်အတွက် လိုအပ်ပါက အကူအညီပေးရန်အတွက် အိတ်စီအိတ်စီအဖွဲ့အစည်းကို ဝန်ဆောင်မှုပေးပါ။

주의:를 하시면한국인통역 지원 서비스를 무료로 받으실 수 있습니다. 통역사를

이용하시려면 직원에게 말씀해주시시오.

ВНИМАНИЕ: Если вы говорите на русский, вам будут предоставлены бесплатные переводческие услуги. Пожалуйста, сообщите сотруднику, что вам нужен переводчик

Tagalog - PAUNAWA. Kung ang gamit mong wikà ay Tagalog, mayroóng libreng tulong sa wikà para sa iyó. Magsabi lamang sa isáng kawani na kailangan mo ng tagasalin.

Tiếng Việt - CHÚ Ý: Nếu quý vị nói Tiếng Việt, sẽ có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho quý vị. Hãy nói cho thành nhân viên biết nếu quý vị cần người thông ngôn.

انتباه: إن كنت تتكلم اللغة (العربية)، فإنه تتوفر لدينا خدمات اللغة بالمجان. يُرجى إخبار أحد

.. أعضاء فريقنا إن كنت بحاجة لمترجم فوري

ध्यान दें: यदि आप हिंदी भाषा बोलते हैं, तो आप के लिए भाषा सहायता सेवाएँ नि:शुल्क, उपलब्ध हैं। कृपया किसी स्टाफ सदस्य को बताएँ कि आपको एक दुभाषिये की जरूरत है।

ဖိအားပေးခြင်း: ဤကွန်ပျူတာဘာသာစကားစနစ်သည် အကူအညီပေးရန်အတွက် အကူအညီပေးရန်အတွက် အိတ်စီအိတ်စီအဖွဲ့အစည်းကို ဝန်ဆောင်မှုပေးပါ။ စကားပြောစွမ်းရည်အပေးကုသမှုကို ဖောက်ခွဲမှုများကို ဝန်ဆောင်မှုပေးရန်အတွက် ဝန်ဆောင်မှုပေးပါ။

Tuanbia thlen, Nun Thlen Nak...

HealthNet i mipi ah hrambunh health center le mipi ngandamnak caah a riantuannak hi Indianapolis pumpi ah a um mi a si.

Ngandamnak lei he aa pehtlaimi kan zung pawl

HealthNet Barrington
Health & Dental Center
3401 E. Raymond St.
Indianapolis, IN 46203
(317) 957-2100

HealthNet Northeast
Health Center
3908 Meadows Dr.
Indianapolis, IN 46205
(317) 957-2150

HealthNet Southwest
Health & Dental Center
1522 W. Morris St.
Indianapolis, IN 46221
(317) 957-2500

HealthNet Bloomington
Health Center
811 W. 2nd St.
Bloomington, IN 47403
(812) 333-4001

HealthNet Pediatric &
Adolescent Care Center
1633 N. Capitol Ave., Suite 236
Indianapolis, IN 46202
(317) 957-2233

HealthNet West
Health Center
6029 W. 10th St.
Indianapolis, IN 46224
(317) 957-2550

HealthNet Care Center
at the Tower
1633 N. Capitol Ave., Suite 236
Indianapolis, IN 46202
(317) 957-2229

HealthNet People's
Health & Dental Center
2340 E. 10th St.
Indianapolis, IN 46201
(317) 957-2200

HealthNet Martindale-
Brightwood Health Center
2855 N. Keystone, Suite 100
Indianapolis, IN 46218
(317) 957-2300

HealthNet Southeast
Health & Dental Center
901 Shelby St.
Indianapolis, IN 46203
(317) 957-2400

Rian Kan in tuahpiak khawhmi hna

HealthNet Healthy Families
901 Shelby Street
3rd Floor
Indianapolis, IN 46203
(317) 957-2600

HealthNet Homeless
Initiative Program
2944 Clifton Street
Indianapolis, IN 46208
(317) 957-2275

HealthNet School-Based Services
2340 E. 10th St.
Indianapolis, IN 46201
(317) 957-2972

HealthNet Title X/Family
Planning Resource Center
2340 E. 10th St.
Indianapolis, IN 46201
(317) 957-2970

HealthNet Homeless
Initiative Program
3908 Meadows Drive
Indianapolis, IN 46205
(317) 957-2275



Your Health. Our Passion.

HealthNet, Inc. Administrative Offices
3403 East Raymond Street
Indianapolis, IN 46203

Phone: (317) 957-2000

Fax: (317) 957-2050

www.indyhealthnet.org

[facebook.com/indyhealthnet](https://www.facebook.com/indyhealthnet)

[indy_healthnet](https://www.linkedin.com/company/indy_healthnet)

[Blog: www.giveacareindy.org](http://Blog:www.giveacareindy.org)