

## **Kho Tshiab Cov Ntaub Ntawv Fab Kev Kho Mob Uas Muab Khaws Cia Hauv Es Lev Taus Niv Uas Tau Faib**

Peb faib tawm cov ntaub ntawv kho mob sau tseg hauv es lev taus niv nrog Cov Chaw Kho Mob Hauv Zos.

### **Tej Chaw Tsis Pub Haus Luam Yeeb**

Rau kev noj qab haus huv thiab kev nyab xeeb ntawm peb cov neeg mob, lub Inspire Health Medical Group muaj tsab cai Tsis Pub-Haus Luam Yeeb nrog, tab sis tsis muaj ciam rau, qhov siv luam yeeb, cov yeeb nkab thiab luam yeeb zom.

### **Tej Chaw Tsis Pub Muaj Riam Phom**

Txhua yam riam phom tsis pub coj mus rau hauv Inspire Health Medical Group cov chaw ua hauj lwm.

### **Tej Chaw Tsis Pub Muaj Tsiaj Yug**

Rau kev noj qab haus huv thiab kev nyab xeeb ntawm peb cov neeg mob, lub Inspire Health Medical Group muaj tsab cai Tsis Pub Yug Tsiaj. **Tsab cai Tsis Pub Yug Tsiaj nyeg no siv rau cov tsiaj nyeg, kev txhawb tej tsiaj, kev ua kom tej tsiaj xis nyob thiab kev kho tej tsiaj.** Inspire Health Medical Group coj raws li Tsab Cai Cov Neeg Meskas Tus Xiam Oob Qhab (Americans with Disabilities Act, ADA) kam rau mus tau rau txhua cov chaw uas zej tsoom siv tau; ua ke no, peb kam rau cov dev uas siv los pab ua hauj lwm rau tus tswv los pab rau peb cov neeg mob. Cov tsiaj ua hauj lwm pab cuam yog ua hauj lwm raws qhov xyaum los lawm los sis raws cov hauj lwm

rau cov neeg xiam oob qhab. Cov tsiaj ua hauj lwm pab cuam yuav tau muaj hlua khi los sis muaj txoj hlua coj tsis suav nrog thaum ua hauj lwm los sis nws cov luag hauj lwm uas yuav tau muab tso kom tus dev thiaj muaj peev xwm los ua hauj lwm los sis cov luag hauj lwm.

### **Kev Tso Cai Rau Yees Duab**

Daim foos no yog raug siv rau cov kev yees duab nkaus xwb yees rau cov mus kho mob los sis rau Inspire Health Medical Group xwb siv ua hauj lwm kho mob. Kev yees duab rau lwm cov hom phiaj (piv txwv li, kev tshawb fawb, kev nthuav tawm, los sis nyob sab nrauv ntawm kev kawm, fab kiab khw, cuam tshuam kev nthuav tawm, xov xwm los sis ntaub ntawv) yuav tau siv lwm tus qauv "Kev Tso Cai rau Siv thiab Nthuav Tawm Daim Duab, Xam Phaj Thaj Vis Dis Aus los sis Tej Yam Zoo Thooj Ntawd".

Kuv, yog tus tau kos npe, pom zoo rau yees duab thaum tab tom tau txais kev kho mob nyob ntawm lub chaw ua hauj lwm, raws li txoj kev nkag siab tias cov duab los ntawm kev yees duab ntawd yuav raug siv rau kuv li kev kho mob los sis rau kev ua hauj lwm hauv chaw ua hauj lwm xws li cov neeg ua hauj lwm saib los sis ua kev kawm kho mob, lub chaw ua hauj lwm Tus Thawj Kws Kho Mob thiab/los sis kuv tus kws kuaj mob qhov xam pom tias tsim nyog lawm, thiab qhov siv ntawd tsuas yog raug siv rau cov ciam txwv hauv qab no nkaus xwb:

Lo lus tias "yees duab" ntawm no raug siv suav nrog vis dis aus los sis thaum tseem thaj duab, ua duab dis cis tauj los sis lwm tus qauv, thiab lwm lub ntsiab lus ntawm kev kaw tseg los sis kev rov muab tej duab los tsim dua tshiab.

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Tus Neeg Mob Kos Npe (Yog tias tus lav yog me nyuam yaus)

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Hnub Tim

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Sau Lub Npe

### **Tsab Cai Tsis Pom Tuaj/Thim Qhov Kev Teem Caij**

Peb xav kom muab tau kev pab cuam zoo tshaj plaws rau koj. Txawm li cas los yuav tsum tau koj li kev koom tes. Yog tias koj tsis tuaj yeem mus raws qhov kev teem caij, thov hu yam tsawg kawg 24 teev ua ntej kom peb thiaj tuaj yeem muab tau qhov kev teem caij no mus rau lwm tus neeg mob. Yog tias koj tsis mus raws qhov kev teem caij los sis tsis hu yam tsawg kawg 24 teev ua ntej, koj yuav raug muab xam tias "Tsis Tuaj" thiab yuav raug sau nqi \$35.00 ncaj nraim rau koj them vim tias nws tsis pab them los ntawm lub phiaj xwm tuav pov hwm.

**Kuv tau nyeem, nkag siab thiab pom zoo rau Tsab Cai Tsis Pom Tuaj/Thim Qhov Kev Teem Caij saum toj no.**

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Tus Neeg Mob Kos Npe (Yog tias tus lav yog me nyuam yaus)

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Hnub Tim

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Sau Lub Npe

## **Kev Pom Zoo Sib Pauv Kev Sib Tham Hauv Es Lev Taus Niv**

Peb muab cov kev pab cuam kev sib tham hauv es lev taus niv los ntawm kev sau ntawv, email thiab kev kaw suab xa mus pab koj kom zoo zog. Kev sib tham hauv es lev taus niv yog raug siv tab sis muaj ciam txwv rau:

- Cov Ua Kom Ras Txog Qhov Kev Teem Caij Sib Ntsib
- Cov Kev Ntsuam Xyuas Neeg Mob
- Cov Lus Qhia Raws Ncua Dav

Kuv xav kom tau txais cov kev sib tham sib pauv cov kev pab cuam hauv es lev taus niv.

Kuv tsis xav kom tau txais cov kev sib tham sib pauv cov kev pab cuam hauv es lev taus niv.

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Tus Neeg Mob Kos Npe (Yog tias tus lav yog me nyuam yaus)

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Hnub Tim

## **Ceeb Toom Qhib Ntaub Ntawv Kev Them Nqi**

Qhov Qhib Ntaub Ntawv Kev Them Nqi yog tsoom fww ib qhov cuab yeej raug siv rau kev tshawb fawb cov kev them nyiaj uas ua los ntawm cov tuam txhab tsim yeeb tshuaj thiab khoom siv kho mob mus rau cov kws kuaj mob thiab qhia rau cov tsev kawm kho mob. Nws muaj nyob ntawm <https://openpaymentsdata.cms.gov>.

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Tus Neeg Mob Kos Npe (Yog tias tus lav yog me nyuam yaus)

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Hnub Tim

# **Kev Pom Zoo Nrog thiab Tso Cai Rau Daim Foons Pom Zoo Rau Cov Kev Pab Cuam**

## **I. Kev Tso Cai Rau Ntaus Nqi thiab Kho Mob**

Kuv lav paub thiab nkag siab tias, thaum kuv tus kheej mus kho mob thiab saib xyuas kho mob rau hauv Inspire Health Medical Group, thiab University Faculty Associates, uas kuv tau tso cai thiab pom zoo nrog kev kav tswj thiab kev ua hauj lwm ntawm txhua cov kev kuaj thiab cov kev kho qhov uas yuav tau txib yuav los ntawm tus kws kuaj mob (thiab/los sis tau tawm qauv los muab kev pab) thiab cov yog neeg ua hauj lwm thiab kws kho mob ntaw lub Inspire Health Medical Group yog tus nqa mus ua. Kuv paub tias tej tshuaj kho mob yuav tsis zoo ib yam nkaus li kev tshawb fawb thiab kuv lav paub tias yuav tsis muaj qhov lav txog ntawm qhov tau ua rau kuv lawm tam li yog qhov tau los ntawm kev kho mob los sis kev ntsuam xyuas.

## **II. Kev Khaws Cov Ntaub Ntawv Cia**

Kuv nkag siab tias Inspire Health Medical Group yuav khaws kuv cov ntaub ntawv kho mob thiab lwm cov ntaub ntawv cuam tshuam kuv li kev kho mob nyob rau hauv tshuab khoos pis tawj thiab lwm cov ntawv luam cia. Tej ntaub ntawv no yuav tau siv nyob rau thaum kho kuv, thiab yuav raug muab nthuav tawm los ntawm Inspire Health Medical Group rau cov hom phiaj kev tso cai nyob rau hauv daim foons no. Kuv nkag siab tias muaj ntau feem xyuam ntawm kuv cov ntaub ntawv yuav raug muab nthuav tawm mus rau tus neeg ua hauj lwm muaj cai tau txais uas tsis yog-Inspire Health Medical Group li neeg rau lub hom phiaj ntawm kev ua kev tshawb fawb los sis xab thib tib, kev kav tswj los sis kev ntsuam xyuas fab nyiaj txiag, kev ua ntawv tso cai thiab cov khoos kas ntsuam xyuas los sis lwm lub hom phiaj uas zoo thooj no. Kuv yuav tsis raug txheeb xyuas lub npe los sis lwm yam uas paub tias yog kuv tus kheej tej ntaub ntawv nyob rau kev tshaj tawm qhov kev tshawb fawb ntawd, kev ntsuam xyuas los sis kev ntaus nqi yog tsis tau kuv kev pom zoo sau ua ntaub ntawv.

## **III. Kev Tso Tawm Ntaub Ntawv**

Ntawm no kuv tso cai rau Inspire Health Medical Group tso tawm rau kuv cov tuam txhab tuav pov hwm kho mob, tus tswv hauj lwm cov pab pawg tuav pov hwm, cov phiaj xwm kho mob, cov khoos kas Medicare/Medicaid, nws cov chaw tuav pov hwm los sis cov lis hauj lwm saib xyuas cov ntaub ntawv kho mob los sis lwm cov ntaub ntawv cuam tshuam kev kho kom tau txais kev pab nyiaj rov qab sawv cev rau kuv rau qhov kev kho thiab cov kev pab cuam tau muab rau kuv los ntawm Inspire Health Medical Group thiab cov kws kuaj mob uas cuam tshuam nrog nws. Kuv yuav thim tau kuv li kev tso cai nyob rau txhua sij hawm rau txhua lub laj thawj los ntawm kev sau ntawv ceeb toom rau Inspire Health Medical Group. Qhov kev tso cai no yuav tsis muaj qhov tsis sib haum xeeb nrog tej qhov twg sab hauv ntawm Inspire Health Medical Group txoj cai hais txog kev tso tawm tej ntaub ntawv uas muab saib ua qhov tseem ceeb. Qhov kev tso cai no yuav tsis txhob txwm kam rau tso tawm cov ntaub ntawv sau tseg cuam tshuam kuv li kev kho mob rau cov kev pab cuam uas yuav tau siv kev tso cai tshwj xeeb nyob rau hauv lub Xeev los sis Tsoom Fwv Txoj Kev Cai Lij Choj.

## **IV. Khoos Kas Qhia Kawm**

Inspire Health Medical Group yog muaj kev ncau tawm los ntawm University of California, San Francisco School of Medicine (UCSF). UCSF yog qhov chaw qhia, chaw tshawb fawb thiab koom haum saib xyuas kev noj qab haus huv. Kuv nkag siab tias cov neeg nyob hauv, cov tub ntxhais kawm tuaj xyuam hauj lwm, cov tub ntxhais kawm kho mob, cov tub ntxhais kawm ua hauj lwm cuam tshuam kev saib xyuas kev noj qab haus huv, cov tom qab kawm tiav lawm thiab lwm cov neeg tuaj xyuam hauj lwm uas yuav soj saib, ntsuam xyuas, kho thiab koom nrog, nyob ntawm qhov thov thiab nyob rau hauv qhov kev saib xyuas ntawm tus kws kuaj mob uas koom nrog hauv tus neeg mob qhov kev saib xyuas, tam li yog ib feem ntawm UCSF cov khoos kas qhia kev kho mob.

## **V. Kev Muab Cov Txiaj Ntsig Cob Rau thiab Kev Lav Txog Qhov Kev Them Nqi**

Nyob rau kev ua zoo xav txog ntawm Inspire Health Medical Group thiab kev kho mob cov kev pab cuam tau muab rau kuv, ntawm no kuv kam cob rau Inspire Health Medical Group thiab cov kws kuaj mob thiab lwm cov kws kho mob uas muaj feem cuam tshuam nrog Inspire Health Medical Group txog ntawm txhua kuv cov cai thiab cov kev foob rov qab rau kev them nyiaj rov qab nyob rau hauv Medicare, Medicaid, los sis pab pawg qhov muaj teeb meem los sis rau tsab cai tuav pov hwm kev noj qab haus huv rau qhov uas cov txiaj ntsig kev pab yuav muaj rau kev them nyiaj rau qhov kev pab cuam tau muab. Kuv pom zoo los them Inspire Health Medical Group thiab cov kws kuaj mob thiab lwm cov neeg ua hauj lwm cuam tshuam nrog rau Inspire Health Medical Group qhov nyiaj sau nqi uas tshuav tsis tau them saum toj no li hais tseg tias pab them (tsis suav nrog cov uas tsis sau nqi raws li Medicare txoj cai). Qhov no muaj nrog cov nqi ntawm kev sau nqi thiab/los sis cov nqi ntiav kws lij choj uas tsim nyog. **Kuv tau nyeem txhua nqe ua ntej no lawm, I-V thiab pom zoo tag nrho rau cov lus sau tseg thiab cov kev pom zoo ntawm no, qhov uas yuav muaj nrog kev kho neeg mob pw tsev kho mob tom qab muaj xwm txheej ceev los sis neeg mob tsis pw tsev kho mob, los ntawm kev kos npe hauv qab no raws li tsab cai kuv qhov yeej pab dawb thiab pab xwb tsis yuav nqi.**

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Neeg Mob

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Hnub Tim

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Tus saib xyuas me nyuam yog tias tus me nyuam hnub nyooq qis dua 18 xyoo

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Hnub Tim

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Lwm yam (sau tseg txoj kev sib txheeb nrog neeg mob)

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Hnub Tim

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Pov Thawj

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Hnub Tim

## **Cov Cai Kev Sau Nqi thiab Fab Nyiaj Txiag**

Ua tsaug rau kev xaiv cov kws kuaj mob nyob ntawm Inspire Health Medical Group (IHMG), thiab University Faculty Associates. Peb tau cog lus los ua kev kho mob kom zoo heev tau raws li koj cov xav tau fab kev kho mob. Peb tau koom nrog ntau cov phiaj xwm tuav pov hwm kho mob thiab yuav sau nqi ncaj nraim rau koj lub tuam txhab tuav pov hwm nyob rau hauv cov phiaj xwm no.

Peb nkag siab tias kev sau nqi thiab kev them nqi rau cov kev pab cuam kho mob tuaj yeem muaj qhov ua rau tsis nkag siab thiab nyuaj. Nws tseem ceeb rau koj los paub txog tej ntaub ntawv muaj nyob hauv koj lub phiaj xwm kho mob tshwj xeeb, suav nrog rau txhua cov kev sib koom-them thiab lwm cov cai. Yog tias koj muaj lus nug, hu koj lub phiaj xwm kho mob feem hauj lwm pab cuam cov tswv cuab ntawm lawv tus npawb uas tau muab teev tseg nyob hauv koj phau ntawv qhia lub phiaj xwm li txiaj ntsig los sis nyob ntawm koj daim npav ID.

- **Qhia Peb txog ntawm Cov Kev Sau Nqi:** Yog tias tam sim no koj yog ib tus neeg mob, thov qhia peb paub yog tias koj li ntaub ntawv ntiag tug los sis tej ntaub ntawv tuav pov hwm kho mob ho muaj qhov hloov pauv lawm txij thaum koj tuaj ntsib thawj zaug. Kev muaj tej ntaub ntawv tam sim no tsis txhij yuav tsim ua rau qeeb rau kev saib xyuas thiab kev lav ris rau tus nqi tag nrho ntawm kev tuaj ntsib.
- **Nqa Koj Cov Ntaub Ntawv Kho Mob:** Nqa koj tej ntaub ntawv tuav pov hwm kho mob nrog koj thaum mus ntsib. Qhov no yuav muaj nrog daim npav qhia tus kheej, txhua cov npav tuav pov hwm thiab cov foos tso cai/cov foos ua ntawv xa mus. Peb mam sib tham nrog koj los kos npe rau cov foos xws li tej ntaub ntawv tso tawm, kev muab cov txiaj ntsig cob rau thiab lwm cov foos ntxim li muaj ntxiv nce raws qhov koj mus ntsib.
- **Cov Nyiaj Sib Koom Them, Cov Nyiaj Them Ua Ntej thiab Sib Koom Tuav Pov Hwm:** Sib koom them vim qhov koj mus ntsib lub chaw ua hauj lwm. Nyob rau hauv cov cai ntawm peb li kev cog lus nrog ntau cov phiaj xwm tuav pov hwm kho mob peb tsis tuaj yeem zam tau txhua cov kev sib koom them, cov nyiaj them ua ntej los sis sib koom tuav pov hwm uas hais tias tus neeg mob yog tus lav ris. Yog koj muaj lus nug txog ntawm cov nqi sib koom them los sis cov nyiaj them ua ntej, thov hu koj lub tuam txhab tuav pov hwm. Rau koj li kev yooj yim peb kam lees txais tau nyiaj ntsuab, cov nyiaj tshev, npav debit, VISA thiab MasterCard.
- **Neeg Mob Lub Luag Hauj Lwm Rau Cov Nyiaj Tshuav:** Txhua tus neeg mob muaj lub luag hauj lwm rau cov nyiaj seem yuav tsum tau them tag nrho los sis kev npaj them yuav tsum ua nyob rau lub sij hawm thaum koj mus ntsib.
- **Cov Kev Tso Nyiaj:** Rau qee cov txheej txheem, koj yuav tau them qhov nyiaj muab tso rau hauv los sis rau qhov kev pab cuam tag nrho ua ntej kho mob.
- **Kev Them Kiag Tam Sim:** Peb muaj qhov txo nqi rau kev them kiag tam sim. Thov txuas lus nrog peb Feem Hauj Lwm Sau Nqi rau lus qhia meej ntxiv.
- **Kev Tso Cai Ua Ntej:** Cov phiaj xwm kho mob feem ntau lawm yuav kom muaj kev tso cai rau sau nqi cov kev pab cuam. Yog tias koj lub tuam txhab tuav pov hwm txiaj txim koj qhov kev pab cuam tsis yog tseem ceeb rau kev kho mob, yeej npaj ua ntej lawm, los sis tsis yog qhov kev pab cuam uas pab them koj yuav tau nug them ua ntej lub sij hawm muab kev pab cuam.
- **HMO/Cov Phiaj Xwm Kho Mob Raug Tswj:** Nws yog koj lub luag hauj lwm los ua kom ntseeg tias daim ntawv xa mus kho tam sim no tau txais lawm rau koj qhov kev saib xyuas nrog rau cov kws pab kho mob. Yog tias koj daim ntawv xa tsis tau txais raws li koj qhov kev teem caij koj yuav tau rov teem sij hawm dua rau koj qhov mus ntsib kom txog thaum koj muaj daim ntawv xa tam sim no. Peb paub tias qhov no tsis yooj yim siv, tab sis yog tsis muaj daim ntawv xa tuaj peb cov kws kuaj mob yuav tsis them nyiaj rov qab rau cov kev pab cuam tau muab.
- **Nyiaj Pab Rau Neeg Ua Hauj Lwm:** Thov nqa koj tus nab npawb thov nyiaj rov qab, hnub tim raug mob thiab tus tswv hauj lwm/neeg ua hauj lwm tej ntaub ntawv txog nyiaj pab. Koj daim ntawv thov nyiaj pab yuav raug qhib thiab muaj li tej cai uas yuav tau saib koj rau.
- **Cov Lus Sau Txog Kev Them Nqi:** Koj yuav tsis tau txais cov lus sau txog kev them nqi kom txog thaum koj lub tuam txhab tuav pov hwm xub thawj tau lav ris tag nrho los sis qhov kev pab cuam tau raug txiaj txim lawm tias tus neeg mob yog tus lav ris.
- **Leej Twg Thiab Sib Tham Tau Txog daim Ntawv Sau Nqi:** Tsis pub lwm tus paub yog qhov tseem ceeb heev. Peb Tus Neeg Ua Hauj Lwm Sawv Cev Neeg Mob tsuas yuav tham nrog tus neeg mob los sis tus neeg raug teev tseg uas muaj ntawv sau tso cai los ntawm neeg mob kom mus txais cov ntawv sau nqi sawv cev rau tus neeg mob.

Txhua cov cai kev sau nqi yog raug lis los ntawm peb tus neeg ua hauj lwm sau nqi. Yog koj muaj lus nug dab tsi hais txog ntawm koj daim ntawv sau nqi los sis qib ntawm koj tus as khauj thov txuas lus nrog peb lub chaw ua hauj lwm ntawm: 559-453-5231, hnub Monday txog Friday, 8:00 teev sawv ntxov – 4:30 tsaus ntuj.

*Txuas ntxiv phab tom ntej*

## **Cov Cai Kev Sau Nqi thiab Fab Nyiaj Txiag - txuas ntxiv**

Kuv tau nyeem, nkag siab thiab pom zoo rau Cov Cai Kev Sau Nqi. Kuv nkag siab tias cov kev sau nqi yuav tsis pab them los ntawm kuv lub tuam txhab tuav pov hwm, ib yam nkaus li qhov uas siv tau rau cov kev sib koom them thiab cov nyiaj them ua ntej, ces yog kuv li kev lav ris.

Kuv tso cai rau kuv lub tuam txhab tuav pov hwm pab them nqi ncaj nraim mus rau Inspire Health Medical Group. Kuv tso cai Inspire Health Medical Group tso tawm cov ntaub ntawv txog neeg mob mus rau kuv lub tuam txhab tuav pov hwm thaum lawv thov tuaj, kom tau txais kev tso cai rau qhov txheej txheem kho mob los sis pab kev yooj yim rau kev them nqi ntawm qhov thov tuaj. Kuv tau muab tej ntaub ntawv txhij lawm thiab raug lawm thiab pom zoo los qhia rau Inspire Health Medical Group txog ntawm cov kev sau nqi cuam tshuam txog kuv tus kheej tej ntaub ntawv sau nqi los sis kuv lub tuam txhab tej ntaub ntawv sau nqi.

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Tus Neeg Mob Kos Npe (Yog tias tus lav yog me nyuam yaus)

Hnub Tim

Inspire Health Medical Group (IHMG) coj raws li tsoom fwm tsab cai lij choj txog pej xeeb qhov muaj cai thiab yuav tsis ntxub ntxaug saib raws haiv neeg, cev nqaij daim tawv, haiv neeg keeb kwm, hnub nyoog kev xiam oob qhab, los sis poj niam txiv neej.

Koj tus kws pab kho mob yuav yog ib tus tswv cuab rau lub Community Foundation Medical Group. Qhov ntawd txhais tias cov lus sau tseg txog kev sau nqi rau cov kev pab cuam tau muab los ntawm koj tus kws kuaj mob yuav los ntawm thiab yuav raug lis los ntawm Community Foundation Medical Group thiab/los sis Central California Faculty Medical Group.

## **Ceeb Toom Txog Koj Cov Kev Muaj Cai los Txais qhov "Kev Khwv Yees Tus Nqi Ncaj Ncees"**

Koj muaj cai los txais daim ntawv "Kev Khwv Yees Tus Nqi Ncaj Ncees" piav qhia txog seb koj li kev kho mob ntawd raug nqi li cas.

Nyob rau hauv kev cai lij choj, cov kws pab kho mob yuav tau muab kev khwv yees tus nqi ncaj ncees txog cov kev pab cuam kho thiab tej khoom siv kho mob rau cov neeg mob uas tsis muaj kev tuav pov hwm kho mob los sis tus uas tsis siv kev tuav pov hwm kho mob.

- Koj muaj cai los txais Qhov Khwv Yees Tus Nqi Ncaj Ncees rau qhov nqi xam tias yuav muaj tag nrho ntawm cov khoom siv kho mob los sis cov kev pab cuam uas tsis yog xwm txheej ceev. Qhov no suav nrog cov nqi uas cuam tshuam xws li cov kev kuaj mob, cov ntawv yuav tshuaj, cov khoom siv thiab cov nqi tsev kho mob.
- Nco ntsoov ua kom ntseeg tias koj tus kws pab kho mob tau muab qhov Kev Khwv Yees Tus Nqi Ncaj Ncees sau ua ntawv rau koj lawm yam tsawg kawg yuav tsum yog ib hnub ua hauj lwm ua ntej koj qhov kev pab cuam kho mob los sis qhov khoom siv kho mob. Koj los kuj tuaj yeem hais tau kom koj tus kws pab kho mob, thiab lwm tus kws pab kho mob koj xaiv, muab qhov Kev Khwv Yees Tus Nqi Ncaj Ncees rau koj ua ntej koj teem sij hawm rau qhov khoom los sis qhov kev pab cuam.
- Yog tias koj tau txais ib daim ntawv sau nqi uas muaj tsawg kawg yog \$400 ntau tshaj koj qhov Kev Khwv Yees Tus Nqi Ncaj Ncees Lawm, koj tuaj yeem hais tsis txaus siab tau rau daim ntawv sau nqi.
- Nco ntsoov muab koj daim ntawv Khwv Yees Tus Nqi Ncaj Ncees theej los sis thaj duab khaws cia.

**Rau lus nug los sis kev paub ntxiv txog ntawm koj qhov kev muaj cai rau Kev Khwv Yees Ncaj Ncees, mus saib [www.cms.gov/nosurprises](http://www.cms.gov/nosurprises) los sis hu 559-453-5240.**

## **Koj Cov Kev Muaj Cai thiab Cov Kev Pov Thaiv Tawm Tsam Cov Ntawv Sau Nqi Kho Mob Uas Xav Tsis Txog**

### **Qhov "kev sau qhov nyiaj seem" (qee thaum hu ua "kev sau nqi uas xav tsis txog") yog dab tsi?**

Thaum koj mus ntsib kws kho mob los sis lwm tus kws saib xyuas kho mob, tej zaum koj yuav tau them qee qhov nqi uas yus them yus, xws li cov kev sib koom them, kev sib koom tuav pov hwm, thiab/los sis qhov nqi yus them ua ntej. Tej zaum koj yuav muaj lwm qhov nqi los sis yuav tau them rau tag nrho daim ntawv sau nyiaj yog tias koj mus ntsib ib tus kws pab kho mob los sis mus ntsib lub chaw kho mob uas tsis nyob hauv koj lub phiaj xwm kho mob lub nev vawj.

"Yus them yus" yog hais txog cov kws pab kho mob thiab cov chaw kho mob uas tsis muaj kev cog lus nrog koj lub phiaj xwm kho mob. Cov kws pab kho mob uas tsis koom tes hauv lub nev vawj yuav tau kev tso cai los sau nqi ntawm koj rau qhov seem ntawm qhov uas koj lub phiaj xwm kam pom zoo them rau thiab tag nrho qhov nyiaj uas sau rau qhov kev pab cuam kho ntawd. Qhov no hu ua "kev sau qhov nyiaj seem". Qhov nyiaj no feem ntau lawm yuav ntau tshaj cov nqi nyob hauv nev vawj rau tib hom kev pab cuam thiab yuav tsis raug suav mus rau koj qhov ciam txwv uas yus them yus.

"Kev sau nqi uas xav tsis txog" yog qhov ntshuav uas xav tsis txog tias ho muaj. Thov no tuaj yeem tshwm sim tau thaum koj tsis tuaj yeem tswj tau tus uas tau cuam tshuam rau koj li kev saib xyuas kho mob thaum muaj mob xwm txheej ceev los sis thaum koj teem sij hawm mus ntsib ib lub chaw kho mob nyob hauv nev vawj tab sis ho raug kho los ntawm tus kws kho mob uas tsis nyob hauv nev vawj.

### **Koj tau raug kev pov thaiv los ntawm kev sau qhov nqi seem rau:**

**Cov kev pab cuam xwm txheej ceev:** Yog tias koj muaj mob xwm txheej ceev thiab mus txais kev kho mob xwm txheej ceev los ntawm tus pab kho mob los sis lub chaw kho mob uas tsis nyob hauv nev vawj, cov kws pab kho mob los sis chaw kho mob feem ntau lawm yuav sau nqi ntawm koj yog tias koj lub phiaj xwm muaj qhov nqi sib faib them (xws li cov kev sib koom them thiab sib koom tuav pov hwm). Koj yuav tsis raug sau qhov nqi seem rau cov kev pab cuam xwm txheej ceev. Qhov no suav nrog rau cov kev pab cuam koj yuav tau txais tom qab koj tus mob xwm yeem lawm, tshwj tsis yog tias koj tau sau ntawv tso cai thiab tso tseg koj qhov kev raug pov thaiv tsis pub sau nqi qhov nyiaj seem rau cov kev pab cuam tom qab tus mob tus lawm.

California tsab cai lij choj pov thaiv koj los ntawm kev sau qhov nqi kho mob uas xav tsis txog thaum koj mus rau ib lub chaw kho mob hauv nev vawj thiab tau txais kev saib xyuas los ntawm ib tus kws kho mob tsis nyob hauv nev vawj yam tsis tau koj kev tso cai. Koj tsuas yuav tau them koj tus nqi sib koom them hauv nev vawj nyob rau xwm txheej ntawd. Cov kws pab kho mob tam sim no tsis tuaj yeem xa cov nqi tsis nyob hauv nev vawj rau koj thaum koj ua raws li tus yuav kev tuav pov hwm cov cai txog kev noj qab haus huv thiab mus rau lub chaw kho mob hauv nev vawj.

**Qee cov kev pab cuam nyob hauv lub tsev kho mob hauv nev vawj los sis lub chaw phais mob uas hloov chaw tau:** Thaum koj mus txais qee cov kev pab cuam los ntawm lub tsev kho mob hauv nev vawj los sis lub chaw phais kho mob hloov chaw tau, yuav muaj qee cov kws pab kho mob uas tsis nyob hauv nev vawj. Nyob rau cov xwm txheej no, cov kws pab kho mob feem ntau lawm yuav sau nqi ntawm koj yog koj lub phiaj xwm hauv nev vawj muaj tus nqi sib koom them. Qhov no siv rau cov tshuaj kho mob xwm txheej ceev, tshuaj loog, kev ntsuam xyuas kab mob, kev yees duab saib lub cev, chav kuaj mob, kev yug me nyuam, tus ua hauj lwm pab kws phais mob; tus ua hauj lwm hauv tsev kho mob los sis tus pab thauj maj heev. Cov kws pab kho mob no tsis tuaj yeem sau qhov nqi seem ntawm koj thiab yuav tsis hais kom koj tso tseg tej kev pov thaiv tsis pub sau qhov nqi seem.

Yog tias koj tau txais lwm yam kev pab cuam nyob ntawm cov chaw hauv nev vawj no, cov kws pab kho mob tsis nyob hauv nev vawj tsis tuaj yeem sau qhov nqi seem ntawm koj, tshwj tsis yog koj sau ntawv tso cai thiab tso tseg koj cov kev pov thaiv

Koj yeej tsis tas yuav tau tso tseg koj cov kev raug pov thaiv rau kev sau qhov nqi seem. Koj los kuj tsis raug yuam kom mus txais kev saib xyuas rau qhov chaw tsis nyob hauv nev vawj. Koj tuaj yeem xaiv tau tus kws pab kho mob los sis lub chaw kho mob nyob hauv koj cov phiaj xwm hauv nev vawj.

California tsab cai lij choj pov thaiv koj los ntawm kev sau qhov nqi kho mob uas xav tsis txog thaum koj mus rau ib lub chaw kho mob hauv nev vawj thiab tau txais kev saib xyuas los ntawm ib tus kws kho mob tsis nyob hauv nev vawj yam tsis tau koj kev tso cai. Koj tsuas yuav tau them koj tus nqi sib koom them hauv nev vawj nyob rau xwm txheej ntawd. Cov kws pab kho mob tam sim no tsis tuaj yeem xa cov nqi tsis nyob hauv nev vawj rau koj thaum koj ua raws li tus yuav kev tuav pov hwm cov cai txog kev noj qab haus huv thiab mus rau lub chaw kho mob hauv nev vawj.

*Txuas ntxiv phab tom ntej*

**Thaum tsis pub sau qhov nqi seem, koj los kuj yuav muaj cov kev pov thaiv hauv qab no:**

- Koj tsuas yog lav rau kev them koj qhov nqi sib koom them (xws li cov kev sib koom them, sib koom tuav pov hwm, thiab cov kev them ua ntej uas koj yuav tau them yog tias tus kws pab kho mob los sis lub chaw kho mob nyob hauv vev vawj). Koj lub phiaj xwm kev noj qab haus huv yuav them rau cov kws pab kho mob thiab cov chaw kho mob uas tsis nyob hauv nev vawj.
- Koj lub phiaj xwm kev noj qab haus huv feem ntau lawm yuav tsum:
  - Pab them rau cov kev pab cuam xwm txheej ceev yam tsis tas yuav yuam kom koj pom zoo rau cov kev pab cuam ua ntej (kev tso cai ua ntej).
  - Cov kev pab cuam xwm txheej ceev uas pab them rau uas los ntawm cov kws kho mob tsis nyob hauv nev vawj.
  - Saib raws li qhov koj tshuav nqi ntawm tus kws kho mob los sis tsev kho mob (nqi sib koom them) nyob rau qhov uas nws yuav them tus kws kho mob hauv nev vawj los sis lub chaw kho mob thiab qhia tias qhov nyiaj nyob hauv qhov piav txog koj cov kev pab.
  - Suav cov nyiaj koj them rau xwm txheej ceev los sis cov kev pab cuam tsis nyob hauv nev vawj mus rau koj qhov nyiaj them ua ntej thiab ciam txwv qhov yus them yus.

**Yog koj ntseeg tias lawv sau nqi ntawm koj yuam kev lawm, koj yuav txuas lus tau nrog:**

**California Tuam Tsev Hauj Lwm ntsig txog Kev Tuav Pov Hwm 1-800-927-4357** los sis

**<https://cadiapps.insurance.ca.gov> California Tuam Tsev Hauj Lwm Tswj Kev Kho Mob – 1-888-**

**466-2219** los sis **<https://dmhc.ca.gov>**

Mus saib **<https://www.cms.gov/nosurprises/consumer-protections>** rau kev paub ntxiv txog ntawm koj qhov muaj cai nyob rau hauv **Tsoom Fwv Kev Cai Lij Choj**

Mus saib **[http://www.insurance.ca.gov/01-consumers/110-health/60-resources/upload/AB-72-Fact-Sheet-Consumer\\_Protection\\_for\\_Surprise\\_Medical\\_Bills-rev2.pdf](http://www.insurance.ca.gov/01-consumers/110-health/60-resources/upload/AB-72-Fact-Sheet-Consumer_Protection_for_Surprise_Medical_Bills-rev2.pdf)** rau kev paub ntxiv txog ntawm koj qhov muaj cai nyob rau hauv **Tsoom Fwv Kev Cai Lij Choj**

## **Kev Lees Paub Txog Ntawm Tau Txais Kev Ceeb Toom Qhov Yog Ntiag Tug**

Kuv tau txais Inspire Health Medical Group Daim Ntawv Ceeb Toom Qhov Yog Ntiag Tug ncuu sij hawm tuaj ntsib no. Kuv nkag siab tias kuv yuav tau txais ib daim ntawv Ceeb Toom txog kev hloov kho nyob rau yav tom ntej nyob ntawm Inspire Health Medical Group txhua qhov chaw los sis nyob hauv Inspire Health Medical Group vev xaib: InspireHealth.org.

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Neeg Mob/ Tus Txij Nkawm/Tus Txheeb Ze Tshaj Plaws/Tus Saib Xyuas Raws Cai      Hnub Tim

*Yuav ua kom tiav los ntawm Inspire Health Medical Group tus neeg ua hauj lwm yog tias qhov kev lav paub tseem tsis tau kos npe rau:*

Qhov laj thawj uas kev lav paub tseem tsis tau kos npe rau:

Tus neeg mob qhia tias tau txais ua ntej mus ntsib

Tus neeg mob tsis kam kos npe

Lwm yam

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Tus Neeg Mob/Tus neeg sawv cev lub npe sau luv yog tias tsis kam kos npe

Neeg ua hauj lwm lub npe sau luv

## **Tus Neeg Sawv Cev Ntiag Tug**

Nyob rau qhov chaw hauv qab no, yog tias koj nyiam, thov qhia yog muaj tus neeg sawv cev\*/cov neeg tus uas tau kev tso cai mus txais los sis paub tej ntaub ntawv cuam tshuam txog koj li kev saib xyuas kev noj qab haus huv rau ncuu sij hawm 12 lub hlis txij hnub tim koj kos npe rau daim foos no. Yog tias koj tau teeb hloov pauv ib tus neeg los sawv cev ncuu sij hawm daim foos no pib siv tau mus, koj yuav tsum txuas lus nrog IHMG sau ua ntaub ntawv thiab thov hloov.

Lub npe:

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Tus Neeg Mob Kos Npe

Hnub Tim

*\*Tus neeg sawv cev ntiag tug raws li piav tseg nyob rau hauv Tsab Cai Tuav Pov Hwm Kev Noj Qab Haus Huv Hloov Chaw Tau thiab Muaj Peev Xwm Ua Tau (Health Insurance Portability and Accountability Act of 1996, HIPAA) yog ib tus twg ntawm tsev neeg, phooj ywg los sis cov neeg uas tau teeb tseg los ntawm tus neeg mob mus rau tus neeg mob kev noj qab haus huv tej ntaub ntawv no yuav raug muab nthuav tawm.*

*Inspire Health Medical Group (IHMG) koj raws li tsoom fww tsab cai lij choj txog pej xeem qhov muaj cai thiab yuav tsis ntxub ntxaug saib raws haiv neeg, cev nqaij daim tawv, haiv neeg keeb kwm, hnub nyoog kev xiam oob qhab, los sis poj niam txiv neej.*