



# Ngandam ding (that lei panh deuh ding) ah *karhlannak pawl*

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## Population Health Management (Mipi Ngandamnak lei Tawltrepiaknak)

MDwise nih cun ngandam tein na um khawhnak ding ah bawmh an duh. MDwise i member pawl cu zohkhenhnak lei tawltreknak zung hmgang in Population Health Management nih a pek mi service pawl cu ngah ding ah aatlamki an si kho men. **Population Health Management** timi cu kan mah nih nangmah cu a ngan a dam deuh mi minung si kho ding in bawmh kan in timh piaknak lam pakhat asi i kan mah nih cun nangmah he bia i ruah tinak in a tha mi nunnak ngei kho ding in le, na ngandamnak ding caah an bawmh kho ding mi thilri pawl kuatnak in silole ngan dam tein na nun khawhnak ding lam an hmuhsak kho mi cakuat pawl kuatnak in kan in bawmh lai. MDwise care management program (MDwise nih a pek mi zohkhenhnak lei tawltrepiaknak program) nih cun nangmah na ngandamnak lei sining pawl kha tha tein nangmah tein naa tawltre khawh ding in an bawmh khawh lai. MDwise zohkhenhnak i riantuantu manager pawl nih cun nangmah zohkhenhnak caah nangmah le na sibawi i nan i tinhmi timhnak ah bawmhak a pek lai. Thlen piak ding na herh asi ah le zohkhenhnak lei tawltrepiaknak i a level cu aa thleng lai. Care management (Zohkhenhnak lei tawltrepiaknak) nih cun nangmah kha ho sin hmanh ah aa hngetchan lo i a mah tein a um kho mi minung si kho ding in le nangmah na pum ngandamnak nih a herh mi zohkhenhnak pawl kha tha tein nangmah pumpak bak in aatawltre thiam mi minung si kho ding in an bawmh lai.

**MDwise zohkhenhnak i riantuantu manager pawl nih cun nangmah na lungthin ruahnak lei ngandamnak le na pum umtu sining pawl he aapehtlaimi kong ah nangmah kha an in bawmh khawh.**

MDwise zohkhenhnak i riantuantu manager pawl nih cun nangmah na ngandamnak caah na tuah ding timhnak pawl kha phan kho ding in an in bawmh khawh. An mah cu nangmah he, na sibawi pawl he, na chungkhar he cun nangmah zohkhenhnak anpetu pawl kha mah pawl tuah ti ding in rian an tuan ti lai. An mah nih cun na ngandamnak ding caah a tha bik mi thimnak pawl na tuah ding in an in duh piak. Zohkhenhnak i riantuantu manager pawl nih cun na ngandamnak kong he pehtlai in na pum sining kha tha tein na theih khawh ding in le zeitindah a tha bik in na tawltre ning asi lai timi kha tuah kho ding in an in bawmh khawh.

Cahmai 3nak ah pehzulh cia a rak si.



## Achung ah Zeidah Um:

Population Health Management (Mipi Ngandamnak lei Tawltrepiaknak) .....	1
Hngakchia sin ah Lead (Suan) dat Sivai I Monh sual lo ding in Zeitindah Kan kham lai .....	2
Lead (suan) dat A um tawn nak bik Thilri/Hmun pawl Tha tein Hngalh ding .....	2
Adult Preventative Care Guidelines (Upa pawl An cung ah Athalomi Thil A chuah Suallo nak ding ah Zohkhenhnak peknak lei Zuhning pawl) .....	3
Nau-pawi Zohkhenhnak .....	3
Well-Child nih Chunh piak mi Ka-kway-say pawl .....	3
Ngan a dam mi ti le rawl Chuan/Tuah ning .....	4
Ei na duhnak lungthin (Craving) cu Di a riamh ter kho ding mi Ngan a dam ter mi Hibantuk Eidin pawl Einak in Tei khawh I zuum .....	5
Na Member Kut put Cauk chung I Abiapimi Thawngpang .....	6
Tobacco (Sahdah) Hmannak Ngoiternak .....	7
Mobile App Update (Tharchuahnak) Tuahnak .....	7
SNAP .....	8
Umtu Hoiher lei Ngandamnak lei ah bawmnak a pek kho mi thilri pawl .....	8

## NURSE on-call

MDwise nih cun member pawl kha **mizaw (thilcawtu/customer) pawl bawmhak peknak i a lak chawnh khawhnak 1-800-356-1204 ah chawhnak tuahnak in min cazin tha tein khumh cia asimi nurse cu 24/7 (ni fatin, nazi 24 chung) auh khawh an si timi kha theih ter than an duh ko.** Member pawl nih cun thimnak #1 kha an thim khawh, cun thimnak #4 kha an thim khawh. Sii sayamah tuannak ding license a ngei mi min cazin tha tein chuah cia asimi nurse he zohkhenhnak khawhnak ngah i cu nurse nih mizaw a sining tha tein chekhat piaknak kan pek lai leng ah, member pawl nih cun zawtnak konglam 100 leng kong aatlemi library ah chiah mi awkhumh (audio) cu an ngah khawh lai.

## Hngakchia sin ah Lead (Suan) dat Sivai I Monh سوال lo ding in Zeitindah Kan kham lai

Hngakchia sin ah cun thi chung ah lead (suan) mah zat a um zong ah a poi lo timi a himnak pakhat hmanh a um lo. Hngakchia sin ah cun an thi chung ah lead tlawmpal te a um سوال hmanh ah hngakchia nih cawwnak an tuahnak lei, thil pakhat khat anyone an seihnak (lung um tein cawwnak tuahnak) lei le sianginn i cawwnak pawl an cawwnak lei ah harnak a pek khawh.

Thawngpang tha pakhat cu hngakchiat lio i lead (suan) sivai i monh سوالnak cu khamh khawh asi timi hi asi. Lead aatelmi thil pawl cu zeidah an si timi kha tha tein hngalh i zuam law na fa nih cu lead sivai cu a ngah khawh lo nak ding ah karhlannak pawl tuah i zuam.



## Lead (suan) dat A um tawn nak bik Thilri/Hmun pawl Tha tein Hngalh ding

Lead cu hngakchia pawl an umnak hmun, lente an i celhnak le cawwnak pawl an tuahnak ah khan hmuh khawh dih an si.

- Tinbawsi. Kum 1978 hlan i rak sak mi inn pawl le inn ngan pi pi ah, lead aatelmi tinbawsi thuh mi inn asibaklo tiin test an tuah dah tilo a dang poah cu an inn i an rak thuh mi tinbawsi ah lead an i tel dih. Cu tinbawsi pawl cu an kawh tik i dawh khawh ding in a hnah an chuah i an kah tik ah, cu nih cun lead aatelmi tinbawsi car le lei dip ah a chuah ter. Cu tinbawsi car cu hngakchia pawl nih ruah lo piin an tongh i an ei سوال silole cu tinbawsi lei dip cu an dawp sual tik ah hngakchia nih cun lead sivai an i monh kho.
- Vawlei. Lead in tuah mi a leng lei thuh mi tinbawsi. Lead in tuah mi gas, varlawng datsi le lead he pehtlai in a chuah mi sehzung pawl sin in a chuak mi lead thilri hme tete cu vawlei chung ah an lut i cu a lut mi lead pawl cu vawlei chung ah kum sau pi an um peng ko. Hngakchia pawl nih cun lead cu lead aatelmi vawlei tongh سوالnak thawng in, dawp سوالnak thawng in, silole cu vawlei he lente i celh سوالnak thawng in lead sivai an i monh kho. Cu lead aatelmi vawlei cu keden pawl, angki le bawngbi pawl cung ah an i neh in an tang kho cun cu thil pawl cu inn ah luh pi سوال khawh asi silole hngakchia pawl an um tawwnak hmun pawl ah luh pi سوال khawh an si ve.
- Ti. Ti pipe, timerh hmur le timerh nak thilri pawl chung ah cun lead an i tel kho i cu thilri pawl sin in ti a kal tik ah cu ti ahcun lead aa tel kho mi asi.
- Thilcawtu i Thilri pawl. Lead cu lencecelhnak thilri pawl, hruk aih khawh mi tthi, tumbul le kutdonghrolh tbt pawl, hlan lio thilri pawl le tampi a um lomi kawl i khon mi thilri (collectible items) pawl sin ah hmuh khawh asi. Kway thilri pawl (ceramics), cikcin pawl (chains) le hol pawl (porcelain) ah thlalang bantuk in thleu seh tiin thuh mi thleu ternak ahcun lead an i tel i cu thilri pawl ah ei din pawl chiah in kan hman سوال asiahcun eidin lak ah lead pawl an i tel kho.
- Ramdang in ramchung ah rak kuat mi eidin pawl le din mi sii pawl. US ram chung ah ser/tuah mi asilomi ram leng in cawk mi silole rak i put mi acheukhat muthai pawl, muthai hawng pawl, meh peih pawl, tamhnak pawl, mah le nunphung theihnak in semmi sii (traditional medicines) pawl chung ah cun lead an i tel kho.
- Rian pawl le tuah huam mi pawl. Thlalang sii-thuh asimi rian, lead aatelmi thilri pawl tonghthamh mi rian pawl a tuan lio mi le cu tuah mi pawl a tuah huam mi nulepa silole hngakchia zohkhenhtu pawl nih cun lead cu inn chung ah an rak luh pi khawh.

### Lead I Tonghthamh suallonak ding ah Kham khawhnak Karhlannak pawl cu Hei Tuah

Na chungkhar cu lead he i tonghthamh سوال lo ding in na tuah khawh mi thil tampi an um.

Na thilri pawl chung ahcun lead aatel lo ding in tha tein zohchek hna.

- Cubantuk lead aatelmi hngakchia thilri pawl le lencecelhnak pawl cu hrial bak hna. Acheukhat ramdang in rak luh pi mi lencecelhnak pawl, hlan lio pi ta lencecelhnak pawl, le lencecelhnak caah tuah mi hruk aih (thi, tumbul, kutdonghrolh, tbt) pawl ah cun lead aa tel kho mi asi.
- Nan coka thilri pawl ah lead aatel lo ding in him tein chiah khawh i zuam. Acheukhat ramdang in rak luhpi mi silole hlan lio ceramics (kway pakan, tbt) le um le kheng pawl ah cun a thleunak ding caah lead an rak thuh tawn. Cu um kheng le pakhan darkio pawl cu ei din nak caah silole eidin chiahnak caah kan hman سوال tik ah cu thleu ter nak sii cu rawl chung ah aatel سوال kho mi asi.
- Cubantuk umkheng/pakhan/darkio in tonghthamh mi ti le rawl pawl ei lai tik ah ralring tein zohchek ta hmasa a herh. Phung ning tein asilomi silole a hman lomi lam in rat pi mi meh peih pawl, muthai le a dang eidin pawl cu hrial bak hna. Tha tein ei din tuah ding ah license a la i zulhning pawl tha tein a zul i a tuah mi pawl nih chuah mi eidin pawl cu hngakchia caah a him deuh mi an si.

### Nifatin karhlannak pawl cu ngandam deuhnak ca ding ah hei tuah

- Na fa cu a ngan a dam mi eidin pawl hei pe. Calcium, iron le vitamin C a mah le a zat tein aatel mi ei din pawl nih cun an pum chung in lead pawl chuah ding in a bawmh khawh.
- A kut pawl le lencecelhnak pawl cu tawl hna. Na fa cu leng (Lead a um سوال kho mi vawlei) ah lente aa celh dih hnu silole lead aa tel سوال khomi vawlei aa neh mi innzuat satil pawl i an hmul silole an ke pawl he tongh buin lente aa celh dih hnu ah a kut le a hmai cu tha tein tawl peng hna. Na fa lencecelhnak pawl cu pungman tein tawl piak peng.
- Inn na luh tik ah na keden/phanah pawl cu i phoih dih peng. Nan inn na luh tik ah nan inn chung ah leidip pawl a luh سوالnak hnga lo na keden/phanah pawl cu i phoih peng.
- Lead tonghthamh in rian na tuan tik ah him tein tuan khawh i zuam. Nangmah silole nangmah he a um timi pakhat khat cu lead he tonghthamh in rian a tuan tik ah, inn an luh hlan ah an thil pawl cu azapi tein tha tein an i thlen dih ding in hei tuah. Rian an tuannak keden/phanah pawl le thilri pawl cu innleng ah chiah ter ta hna law an i hruk mi an thil pawl cu nan chungkhar dang pawl i an thil he khan a dang tein su hna uh.

Hi tialmi ca chung ah aatelmi theihngalh ding pawl laknak: CDC: Centers for Disease Control and Prevention nih cun an cachuah mi cu National Center for Environmental Health, Division of Environmental Health Science and Practice sin in an lak

## Care management (Zohkhenhnak lei tawlnak) nih cun nangmah cu atanglei ning tein an in bawmh lai:

- Na umtu sining an in theithiam piak lai.
- Na din ding mi sii pawl an in theithiam piak lai.
- Na herh mi thil pawl le thilri pawl cu an in pek lai.
- Athiam bak mi sibawi te sin in zohkhenhnak ngei kho ding in an in kawl piak lai.
- Na umtu sining kong he aapehtlaimi thawngpang pawl an in hlat/lak piak lai.
- Na appointment (sibawi te he l piahnak tbt) pawl tha tein an in tuah piak lai.
- Na umtu sining (pawl) cu zeitindah an si timi le zeitindah na um (na zaw ma na dam) tbt pawl kha sibawi pawl sin ah an in chimh piak lai.
- Organization dang pawl sin in bawmhnan an in lak piak lai.

Nangmah, nangmah ngandam zohkhenhnak anpetu, na chungkhar member pawl silole zohkhenhnak anpetu pawl nih cun care management sin ah online in referral form tlamtling tein phihnak in silole customer service ah phone chawnhnak in cu vialte cu an hal khawh. Online in referral form phihnak cu hika [MDwise.org/cmdm-referral](https://www.mdwise.org/cmdm-referral) ah a um cun MDwise i customer service cu hika **1-800-356-1204** ah chawnh khawh ansi.

MDwise nih cun na halnak cu an hmuh le cangka, care manager nih cun nagnmah cu contact an tuah colh lai i nangmah nih cun na herh mi pawl kong silole care management pek ding in a hal mi minung nih a herh mi pawl cu nan i ruah kho lai. Na lung a tlin asiahcun, zeitindah pekmi service pawl cu hman a si lai timi kan in chimh ding ah kan mah nih cun nangmah cu telephone chawnhnak in, message pawl kuatnak in, email pawl kuatnak in, cakuat nak in, silole minung in rak tonnak in (acheukhat pekmi service pawl caah) pehtlaihkan kan in tuah lai. Nangmah zong nih kan mah kha phone chawnhnak in silole cakuat tial i kuatnak in na kan pehtlaih khawh ve.



## Upa pawl An cung ah Athalomi Thil A chuah Suallo nak ding ah Zohkhenhnak peknak lei Zulhning pawl

Upa pawl cu an pum umtu sining a that le thatlo zohcheknak (check-up) tuah piak lengmang a hau timi kha na hngal bel maw? Nangmah na hmetlio bantuk tein khan, kumkhat ah atlambik voikhat tiin ahmasabik ngandam zohkhenhnak anpetu sibawi he zohchek lengmang a hau.

**Ngandam tein um khawhnak ding ah, ahmasabik ngandam zohkhenhnak anpetu sibawi he naa piah a herh, mah ti na tuah lawng ah an mah nih cun asikho mi zawtnak pawl i a hramthawk a langh mi let-kha-na pawl cu tuan tein an chek khawh colh lai.** Ahmsabik ngandam zohkhenhnak anpetu sibawi nih cun nangmah na ngandamnak kong he apehtlaimi sining pawl le na chungkhar ngandamnak lei he apehtlaimi sining vialte cu a theih dih. Mah nih cun an mah kha zeibantuk zawtnak pawl dah na ngei kho/na si kho timi kha theih khawh colh ding in an bawmh. Na sibawi nih ngandam tein na um khawhnak ding in an bawmh ding ah cun cancer zawtnak ngeih le ngeih lo cheknak, zuunthlum zawtnak ngeih le ngeih lo cheknak

le lungzawtnak ngeih le ngeihlo cheknak pawl cu tampi an um. Adang sibawi silole thiamhleisang sibawi dang he naa piah chih asiahcun na sibawi kha tha tein chim hrim hrim. Mah ti na chimh mi nih cun zeibantuk sii pawl dah an in pek i na din timi le zeibantuk zawtnak dah na ngeih i an in thlop lio timi kha theih ding in a bawmh hna.

Cun nangmah nih ka-kway-say ma sii ma i chunh ding in na herh ti le herh tilo zong kha tha tein hal hna. Kum fatin flu (Tlangrai) ka-kway-say i chunh mi leng in a dang ka-kway-say ma sii dang ma chunh na herh kho men. Cu ka-kway-say pawl ah cun whooping cough (khuhip zawtnak) le pneumonia (cuap kiktaih tangfah zawtnak) a doh i a khamh mi sii (ka-kway-say) pawl an i tel. Ahmasabik ngandam zohkhenhnak anpetu sibawi nih cun na kum le na ngadamnak lei sining cung tuak in khan zeibantuk ka-kway-say dah chunh na herh timi kha a theih lai.

**Ahmasabik ngandam zohkhenhnak anpetu sibawi he tuah tawn mi zohcheknak tuah ding ah tuni ah hei chawn.**



## Nau-pawi Zohkhenhnak

**Nau na pawl lio zohkhenhnak cu ahmasabik zarh 12 chung ah thawk i tuah ding hi a biapi bak mi asi.** Mah caan cu nau na pawl lio caan ah a tha bik mi a phi a chuah pi kho ding mi caan bak asi. Kan mah nih cun nau na pawl mi caah zeitik caan ah dah zeitin naa piah ding asi timi kan mah lei nih kan in duh piak mi caanthiahnak a um.

- Nau na pawl zarh 28 tiang cu zarh li ah voikhat tiin sibawi he i piah ding.
- Nau na pawl zarh 28 in zarh 36 kar cu, zarh hnih in zarh thum ah voikhat tiin sibawi he i piah ding.
- Nau na pawl zarh 36 na phak cang hnu cu nau na ngeih tiang zarh fatin sibawi he i piah a hau.

Ngandam zohkhenhnak anpetu sibawi nih cun nangmah cu in zohchek lengmang a duh kho men. Na pum umtu sining a that asi ko hman ah, sibawi he i piah ding caan poah poah cu na kal i naa piah ding hi a biapi tuk. An zoh tawn caan asilomi caan ah piah na duh asiahcun, cu naa piah ding caan pawl ahcun na sibawi kha hei chawn. Zeidah a cang timi cung tuak in khan an mah nih cun nangmah cu an saykhar/zungkhan ah rak kal ding in, zokzok tein zohkhenhpiaknak (urgent care), emergency room silole nau ngeih temak khan ah kal ding in an in chimh khawh men. Care management nih pek mi service pawl cu nangmah bawmhnan pek ding ah an um ko. Customer service ah chawnh in care management ngah ding in na hal khawh hna.

MDwise NURSEon-call cu nikhat ah nazi 24 chung a ngah i hika **1-800-356-1204** ah hei chawn hna law nurse he i chawnh khawhnak ding ah **option 4 (thimnak 4)** kha hei hmet.

## Well-Child nih Chunh piak mi Ka-kway-say pawl



Ka-Kway-Say i chunh mi pawl nih cun kan ngan a kan dam ter. Kan mah cio nih cun aa dang cio mi ka-kway-say pawl cu aa dang mi caan cio ah chunh ding in kan herh hna. **Bawhkeuh hgankchia pawl le cu nak a upa deuh mi hgankchia pawl cu ka-kway-say chunh an herh timi caan**

**bak ah zeitik caan poh ah chunh peng an herh.** Upa pawl i immune system (zawtnak thawl khawhnak thazang) tluk a tha rih lo mi an mah immune system cu cuti a caan hman tein ka-kway-say i chunhnan nih cun zawtnak chia pawl sin in khamh ding in a bawmh. Na fa i a sibawi sin ah piah nan kal tik ah, na fa nih zeibantuk ka-kway-say dah chunh a herh timi kha tha tein hal law tha tein ka-kway-say chunhnan pawl thar-chuah i khumh mi record cu azungzal in i put peng. Na fa nih cun mah ka-kway-say aa chunhnan pawl cu sianginn a kai khawhnak ding ah aherh te lai. Na fa nih cun health fair ah ka-kway-say pawl aa rak i chunh asiahcun, ngandamnak lei zung silole a dang saykhan nih cun na fa i a sibawi kha na fa nih aa chunh mi sii cu zeibantuk dah asi timi kha theih ter tuah hrim ding in an in chimh lai. Na fa nih zeibantuk ka-kway-say pawl dah i chunh ding a herh lai timi kong ah tamdeuh theih na duh maw? Thawngpang tam deuh theih na duh ahcun, MDwise i an website [MDwise.org](https://www.mdwise.org) ah rak lut law rak zoh. Na fa cu sianginn kai kho ding in aa ready mi siding in tha tein hei tuah! Na fa le nih an herh mi ka-kway-say chunh ding pawl cu a tan ti le tan tilo tha tein fiannak ding caah nan sibawi kha chawn law a mah he i piah ding in appointment a tu ah hei la colh.



## Ngan a dam mi ti le rawl Chuan/Tuah ning

### Oatmeal Pecan Waffles (Facang bantuk oat changvut le Hru in tuah mi Changreu)

#### Achung ah aatelmi thilri pawl

Waffle (changreu) tuahnak ding caah:

Wheat (media/changvut kung) in tuah mi meida hrai 1

Chuan a fawi mi oat hrai 1/2

Baking powder darkio hmete kio 2

Cini darkio hmete kio 1

Chite phulh cia lomi den i tan cia mi pecan (hru phunkhat) hrai 1/4

Arti ngan pum 2, a met le a hang dang tein chiah ding

Thau aatellomi (skim) cawhnuh hrai 1 1/2

Vegetable oil (meh kio tawnnak chiti) darkio hmete kio 1

#### Acung in thingthei phulh/peih ding caah:

A thar hlam mi (Fresh) strawberry, cheu cia mi, hrai 2

A thar hlam mi blackberry hrai 1

A thar hlam mi blueberry hrai 1

Cini dip tein powder bantuk tuah mi darkio hmete kio 1 Berry pawl zapi a khe mi hman ding asi ahcun hman hlan ah tha tein a ti tit ter ding

1. Waffle tuahnak thir cu hei linh chung.
2. Media, oats, baking powder, cini le hru pawl kha pakhan ngan pi chung ah hei peih dih hna.
3. Arti met pawl, cawhnuh le chiti kha a dang tein pakhan dang ah peih ti dih hna, cun tha tein cawh dih hna.
4. A ro mi achungtel thilri pawl lak ah khan a hang aacawhcia mi pawl kha cawh hna law an zapi tein tha tein cawh ti dih hna. Ahlei hluat tuk in cawh ti dih hna hlah; aacawh dih cia mi changreu hang cu tlawmpal te a bang pah nawn mi a hang (lumpy) asi ding asi.
5. Arti met aatellomi arti hang pawl kha tlawmpal a reng nawn tein dar kio in hei khoh (whip) hei tuah. Arti hang cu cu duhsah in aa nen lai i a rang buan ah an i chuah lai mah cu arti buan cu tunai changreu nawn cia mi changreu hang chung ah duhsah tein hei peih law hei cawh.
6. Cu arti hang buan cawh mi le changreu hang (batter) cu rak linh cia mi waffle tuahnak thir chung ah khan tleng law waffle tuahnak thir cung i a langh mi mei te nih a hmin cang tiin a piah tiang kha hei chum silole cu thir sin in a khua a chuah mi a dir tiang hei chum. Waffle changreu cu a kyut nawn tein le a leng lei a hawng cu kawfi rong (brown) in a um i a chung ah a cin pah nawn te, a zang nawn, a nem nawn tein a um ah khin a thaw bak asi. Silole pancake (Changreu tlap) ah tuah.
7. A thar hlam mi thingthei pawl le powder bantuk tuah mi cini dip kha waffle pakhat cio cung ah hei phulh law ei a ngah cang.

**Chingchiah ding:** Pancake caah cun arti kha a met le a hang then a hau lo. Tuah ning 4 nak le 5 nak ah tuah ti loin arti a met le a hang le tiin cawhnuh le chiti he cawh ti dih hna.

Minung pa li nih ei khah ding mi ah hei chuah ter, Na pek tik hna ding mi Size cu a hme mi 3 (lehmah 2 hrawng) silole a ngan mi 1 (lehmah 6 hrawng) waffle changreu (waffle cu a tuahnak thir ngaw cung tuak in a chuak mi size aa dang), Achung ah aatelmi Calories cu 340, Azapi aatelmi Thau 11 g, Saturated Fat (Thau sin in a chuak mi thau) 2 g, Cholesterol 107 mg, Sodium (A al mi dat) 331 mg, Azapi aatelmi Fiber (Hrihram dat) 9 g, Protein (Sa dat) 14 g, Carbohydrates (Thazang a chuah pi mi) 50 g, Potassium (A al mi dat) 369 mg tiin an i tel

Minung Lung, Cuap, le Thi lei Cawnnak (NIH)



## Ei na duhnak lungthin (Craving) cu Di a riamh ter kho mi Ngan a dam ter mi Hibantuk Eidin pawl Einak in Tei khawh I zuam

Minung kan zapi tein ei kan duh mi eidin pawl a um caan cu kan rak ton cio dih mi asi – cun cu kan hawt tuk mi eidin pawl cu ei tawn mi eidin pawl he aadang deuh mi eidin muisam dang te an si tawn – tahchunhnak ah cream tam nawn aa tel mi eidin silole kyt tein kio mi ei din phun pawl an si tawn.

Eidin mui sam nih cun mah rawl cu kan ei duh ding in silole ei duh lo ding in a tuah khawh. Tahchunhnak ah, sau nawn a rau cang i a hawng le a dip bantuk in a um mi bu chung ta pe cu na duh lai lo nan tein a thar hlam mi silole hmin set tuk lo in vun kio chom mi pe cu na duh tuk khawh men.

Vanthatnak ah, ngan a dam mi ti le rawl einak ah cun a muisam aa dawh i a yahta a thaw mi eidin pawl an i tel. Atanglei langhter mi pawl cu kan mah nih nangmah kha thil pakhat khat ei na duh tuk lio ah na lung di an riamh ter kho mi thazang a um mi eiawk pawl a phunphun mah pawl an si i mah pawl tu hi ei ko hna tiin ruahnak kan in pek duh mi asi:

### Creamy (Cawhnuk kham aatel tuk mi)

Mah nak cha in: Na lung chung ah ice cream ei ding in a chuah lio ah, na ei duh mi lungthin di a riamh ter kho mi a dang eiawk phun tampi cu an um ko.

Mah pawl hi ei deuh hmah:

- Whole grain (Facang, fang tbt in tuahmi) pawngmoh ah thawpat (avocado) neh mi pakhat silole thawpat ½ bak kha darkio in a lawng in ei hmanh
- Peanut butter (mepe thawpat) darkio hme kio I kha microwave ah second 10 hrawng in hei lum, cun thau a tlawm mi cawhnuk hrai ½ ah duhsah in hei cawh, cun cini aa peih lomi yogurt a khe mi kha hei peih chap.
- Berry tlawmpal kha chum law ahang (puree) ah ser cun cini peih lomi thau a tlawm mi yogurt (hnukthor) he cawh law ei.

### Crunchy (Khai a nuam mi, karok karok tiin khai ah a awn mi)

Mah nak cha in: Pretzel (pawngmoh char phunkhat) le chips (arlu tbt a pan te kha ro tein kio mi) nih cun khai a nuam mi karot karot tiin khai khawh mi muisam kha an neih i a chel caan ah cun mah te kha ei ding in na lung a chuak kho men, sinan tein mah pawl chung ahcun nap um nih a herh lomi sodium (a al mi dat) a hlei in aatel i mah na ei mi nih na pum chung ah a herh lomi thil a rat pi khawh.

Mah pawl hi ei deuh hmah:

- Cini aa peih lomi whole grain in tuah mi cereal (rawl) hrai ¾
- Cite aa phulh lomi khai a nuam mi nuts (hru, pe tbt)
- Whole grain in tuah mi pawngmoh a kyt mi
- Zeihmanh aatellomi fungvei puah (popcom); Ayahta peih chap ding ah cun, cinnamon silole nangmah nih na uar mi meh peih haw hmui mi silole herb (taking-yin-say hnah) phun phun kha na peih chunh khawh



### Liquid (Ahang)

Mah nak cha in: Lakphak thlum mi silole soda bantuk ti hang pawl cu a thar hlam ngai mi an lo ngai nan tein, an chung ah aatelmi calories pawl tlaw temak ding ah caan sau nawn fak nawn tein cawlcangh piak an hau. A mui zoh ah a thaw ngai ding in whipped cream peih mi mocha coffee zohtlak mi hrai khat ah cun calories 400 aa tel – mah hmanh cu cini silole khuailiti peh hlan asi rih.

Atanglei langhter mi ti hang pawl kha din khawh deuh i zuam:

- Lemon (tanphaza) hang peih mi a kik mi zeihmanh aa peih lomi lakphak. Mah na lakphak lak ah a thlum mi na duh ahcun berry hang silole calories aatellomi a thlum ter mi kha na hman khawh.
- Thingthei a pan tete in par cia mi thalang hrai ah peih law cu chung ahcun club soda (a thlum lomi ti puak sawh) kha hei cawh.
- Cubantuk a thaw ding le zoh dawh ding in tuah mi mocha hrai khat nak cha in, thau aatellomi cawhnuk in tuah mi latte hrai hmete khat kha cinnamon (nakzik dip) kha peih law ding, cu chung ah cun mocha i aatelmi calories i cheu li cheu khat lawng aatel.

### Squishy (Anem nawn mi)

Mah nak cha in: Jelly bantuk muthai pawl silole hngakchia pawl caah tuah mi “thingthei” eiawk pawl cu na ka chung ah a nem nawn tein an um lai, nan tein cu chung ah hin a herh lomi thil tampi an i tel.

Mah pawl hi ei deuh hmah:

- A thar hlam mi mitsur cu an thlum leng ah a hang tampi asi; cu pawl cu a mui zoh nuamh deuh nak ding ah minute tlawmpal hei khe ter ta
- Anem nawn mi tapioca pearl (a pum hme tete) aatelmi tapioca (Pilaw pinan) in pudding kha hei tuah; a bawm cung i aatial ning fialnak pawl ning tein khaan hei zul, aatelmi cini silole calories aatellomi athlum temak dip kha a cheu lawng in hei hmang cun thau aatellomi silole thau a tlawm mi (1%) cawhnuk kha hei hmang
- Cherry tomato (khayanchinti) pawl le room-temperature (umnak khaan) ah chiah mi string cheese (cheese a hri saumi) pawl cu an nem, cun a hri sau nawn tein an um i ei le tongh an nuam

### Crispy (Akyut ngai mi)

Mah nak cha in: Acheukhat minung pawl nih cun apple pawl cu an duh lo kho men ze ruang ah tiah cun apple pawl cu a nem nawn piin an um cun a ro nawn silole a phewy nawn in an um tawn ruang ah; cubantuk in cun arlu a hmin luan lak in chumh mi cu a si ve tawn.

Mah pawl hi ei deuh hmah:

- Akyut nawn tein a um mi apple phun tampi cu hei thim: Braeburn, Honey Crisp, Fuji le Gala; Cortland, Red Delicious silole Rome pawl cu tlawmpal te an nem deuh kho men
- Red potato (Arul usen) silole white potato (arlu rang) cu hei thim cun hmin tuk palia in chum hlah; Russet phun aalu cu hrial hna ze ruan tiah cun mah arlu pawl ah cun starch tampi aatel i mah arlu pawl cu buh i nen mi arlu pawl tuah ding ah a tha bak mi an si – cun mah arulu pawl cu “ro nawn silole a phwey nawn” in um ter duh ah hman tawn mi an si.

American Heart Association (America I Lung lei he pehtlai in Riantuantu Phu)



## Na Member Kut put Cauk chung I Abiapimi Thawngpang

Nangmah i Hoosier Healthwise le HIP member kuput cauk chung ah abiapimi thawngpang pawl an um. Ahnubik tharchuah mi version cu MDwise.org ah hmuh khawh asi. **Cu chung ahcun atanglei bantu pawl an i tel:**

### Na Covo pawl le Tuanvo pawl

MDwise nih cun na sibawi, MDwise, a dang ngandam zohkhenhnak lei riantuanteu le nangmah – kan mah member pawl he riantuanteu in khan zohkhenhnak cu a pek. Kan mah nih cun na zumh mi zumhnak, na miphun sinak, na chuahkhehnak, na taksa vun rong, na chuahkeh hrihram, pum tlamtinglo na sinak, nu silole pa na sinak, nu silole pa si ding in naa thimnak silole na kum a upat/no ruang ah tiin thleidannak pakhat hmanh kan tuah lo.

### Hoosier Healthwise le HIP Member Nih Ngah mi Thathnemnak pawl le An mah sin ah pek mi Service pawl

Thathnemnak pek mi pawl le pek mi service pawl cu ze pawl dah an si tiin tlamting tein aatial dih mi cazin, le ze pawl hi dah kan liam piak lo, timi pawl kong cu nangmah member pawl nih i tlaih mi kutput cauk chung ah le hika **MDwise.org** ah hmuh khawh ansi. Sii-lei zohkhenhnak le service pawl an in pek hlan ah a dih ding mi zat cu theih na duh asiahcun hika **MDwise.org** ah rak lut law rak zoh. Kan mah nih pek tawn asimi sii-lei service pawl le cu caah a dih mi zat/maan aatialnak cazin pawl cu tha tein kan tar cia dih cang. Nangmah zong nih MDwise customer service ah na chawnh khawh ve hna cun kan mah nih cun nangmah caah zeitindah asilai timi cu kan in kawh kawh piak lai. Kan mah nih cun a dih mi zat/maan cu zeizah hrawng dah asi lai timi theihter ding ah kan in chawnh than lai.

### Acheukhat pek mi thathnemnak pawl le pek mi service pawl ahcun atanglei bantu pawl an i tel:

- Adang zawtnak le thil thalo pawl lut kho hlah seh tiin khamnak caah zohkhenhnak peknak
- A hlei deuh in zohkhenhnak pek a herh mi caah zohkhenhnak peknak (Special needs)
- Umtu hoier lei le lungthin ruahnak ngandannak lei caah zohkhenhnak peknak
- A herh mi sibawi pawl, sizung pawl le cu pawl kong he apehtlaimi thawngpang pawl kawh khawh ding in bawmhnak peknak
- Holh dang hmang in thawngpang pawl pek na herh asiahcun holhleh piak ding in service peknak pawl
- Sii-dawr nih a pek mi service kong he apehtlaimi thawngpang
- Kalumnak lei he apehtlaimi thawngpang
- Mah tein refer i tuahnak (self-referral) caah pek mi service pawl he apehtlaimi thawngpang
- Na zawt caan silole zokzok tein zohkhenhnak ngah na herh caan (mizaw zoh caan asilo hnu i zoh na herh caan pawl telh in) ah zeitindah tuah ding an si timi theihter ding in bawmhnak peknak
- (a herh sual asiahcun) zeibantuk phaisa peknak silole zeibantuk copay (insurance he a dih mi phaisa liamtinak) in dah phaisa na pek khawh timi theihter ding in bawmhnak peknak
- MDwise asilonak hmun (a leng lei) i pek mi service pawl he apehtlaimi thawngpang
- Na lungtlinonak (naa cenetlonak) a um sual asiahcun cu kong he pehtlai in bawmhnak peknak
- Nangmah na lungtlinonak (ayukhan na luhnak) cu tha tein phishin piak ding in an tuah mi biakhiahnak cung ah na lung a tlin lo asiahcun cu kong he pehtlai in bawmhnak peknak

### Ngandannak lei caah Technology Athar tuahnak kong he apehtlaimi Thawngpang

MDwise nih cun sii-lei le umtu hoier lei a that deuhnak ding caah thil tuah ning a thar pawl cu a kawh peng. Kan mah zong nih sii thar pawl le thilri thar pawl cu kan kawh ve. **Mah thil cu kan mah nih kan tuah khawh ding in a kan bawm tu ding ah kan mah nih cun atanglei bantu pawl kan hman:**

- Experts (Kan tuah mi thil he pehtlai in Thiamhleisang pawl)



- Research (A that le thatlo tha tein zohchek khawhnak ding cawnnak)
- Cozah nih biakhiahnak tuahpiaknak pawl

Mah ti kan tuah mi nih cun mah thil pawl hi a him i kan mah member pawl pek ding ah aatlak mi an si le silo biakhiahnak kan tuahnak ah a kan bawmh. Nangmah na ngah ding mi thathnemnak pawl kong he pehtlai in biahlnak pawl na ngeih sual asiahcun, MDwise customer service cu hika **1-800-356-1204** ah na chawnh khawh. Member nih i tlaih mi kutput cauk copy cu cacuah tuah piak ding in na hal khawh fawn hna.



## Safelink Broadband (Internet Apemi Company) Nih Cun Pandemic (vawlei cung hmun zakip ah zawtnak a chuah lio ) Caan lio ah Bawmhnak A pek

SafeLink cu FCC he phuaih khat in an tang ti i an mah nih cun pandemic (vawlei cung ning pin in zawtnak a tlin lio caan) lio ah U.S i a um mi internet connection tha tein ngeih aa harh mi innchungkhar pakhat cio sin ah LifeLine le Emergency Broadband Benefit (Ruah lo piin A cang mi thil caah internet hmanna he pehlai in thathnemnak) tiin phawtzamhnak (a hlu) an tuah. Hi pek mi thathnemnak pawl cu caan rii khiah in pek asimi pawl caah cun aatlakmi innchungkhar pawl (atulio SafeLink a hmang mi pawl) nih cun lam hla pi ah riantuan ding in silole rian na kawlnak ding ah a tuah khawh, thih-rii le nun rii caan bak ah a herh mi ngandam zohkhenhnak lei service pawl cu ngah khawhnak ding in a tuah piak cun siahgakchia pawl cu an sianginn he tha tein pehzulh tein an i pehtlaih i cawnnak an tuah khawhnak ding ah a tuah piak hna.

### Thla Fatin ALAK IN ASI

- Rii khiah piak asilomi I Chawnh khawhnak
- Rii khiah piak asilomi Text kuat khawhnak
- Rii khiah piak asilomi Data hman khawhnak
- International Calling (Ramkip chawnh khawhnak)\*
- Wireless Hotspot (Wifi ngahnak)\*\*

Thawngpang tam deuh theih na duh ahcun hika [www.mdwise.org/lifeline-discount-mobile-phone-service](http://www.mdwise.org/lifeline-discount-mobile-phone-service) ah lut in na zoh khawh silole hika **1-877-631-2550** ah chawnh in na hal khawh hna.

Thim ding caah le rii khiah loin pek mi thathnemnak pawl ngahnak ding caah, hika [SafeLink.com/ebb](http://SafeLink.com/ebb) ah hei kal.

## Tobacco (Sahdah) Hmannak Ngolternak

MDwiseREWARDS points pawl cu KUAK ZUK-lonak tuahnak in na khon khawh. Kuak na zuk silole sahdah he apehtlaimi pawl na hman asiahcun MDwiseREWARDS point pawl cu cu kuak/sahdah i phiatnak thawng in naa khon khawh. Point pawl naa khon ding ahcun, nangmah nih cun naa phiatnak ding an bawmh kho ding mi program pakhat cu tha tein na kai i na tlamtlinh dih ding a herh. Tahchunhnak program pawl ah cun atanglei bantuk pawl an i tel:

- Indiana's Tobacco Quitline (Indiana I Sahdah I Phiatnak ding Chawhnak). (a lak in tuah piak mi program asi)
- Bawkeuh hgankchia le Keimah Sahdah in Luatnak. (a lak in tuah piak mi program asi)
- Naa piah tawnnak sizung silole saykhan hman in program cu tuah asi lai.

Na sibawi kha an mah nih an in duh piak mi program pawl cu zeidah an si timi kha hei hal. Na vun tlamtlinh dih le cang ka, certificate pek ding in silole tlamtling tein ka tuah dih ko timi langhternak ca cu hei hal hna. Cun MDwise ah copy pakhat in tuah law cakuatnak in, fax in kuatnak in silole email kuatnak in na point pawl cu na ngah khawh hna.



Cakuat kuatnak cu:  
MDwiseREWARDS  
P.O. Box 441423  
Indianapolis, IN 46244

Fax (a lak in chawnh khawhnak) cu hika ah: **1-844-759-8551**  
Email kuatnak cu: [rewards@mdwise.org](mailto:rewards@mdwise.org)

Kuak zuak i phiatnak ding caah tuah ding pawl cu hika MDwise.org/wellness/smokefree ah na lak khawh. Hmai lei ruahnak peknak le bawmhnak pek ding caah, Indiana's Tobacco Quitline cu hika **1-800-QUIT-NOW (800-784-8669)** ah hei chawn. Mah hi cu nikhat ah nazi 24 chung, zarhkhat ah ni sarh chung a ngah mi asi. Hika [quitnowindiana.com](http://quitnowindiana.com) zong ah na kal kho ve.



## Kan mah nih cun kan phone in hman khawh mi myMDwise cu kan tharchuah cang!

Aluancia thla tlawmpal chung ah, kan mah nih cun nan zapi caah thil tha deuh a chuak ding in kan rak tuah mi a um:

- App pawl cu an muisam thar deuh in lang kho ding in refresh kan rak tuah
- ID card pawl zokzok tein ngah khawhnak ding ah link pawl cu kan rak pek.
- Kan website portal (luhnak) i khualrang tein rian a tuan khawhnak cu rang deuh in rian tuan kho ding in a riantuan ning kan karh ter.

Na phone chung i a um mi a hlun deuh mi version kha na thawn/hlonh lai i a thar pakhat in khan hei bet. Phone i app store ah khan kal law "MDwise" tiin kawlaw download hei tuah.

### myMDwise Mobile App

- Nangmah cu aatlakmi na si le silo theihnak ding ah chek na duh maw (member sinak he apehtlaimi thawngpang)?
- Phaisa peknak na tuah lai ma (HIP member pawl caah)?
- Sii-lei he pehtlai in pek mi pakhat khat silole si-dawr lei nih an in halnak cu zoh na duh maw?
- Na ID card kha na zoh cang maw silole email in na kua cang maw?
- Na inn he aaneihnak ah a um mi sibawi kha na kawlaw maw?

myMDwise app he cun, na ngandamnak lei zohkhenhnak cu a tulio asining tein tha tein na tawrel khawh.

App Store ah khan hei download, Google Play silole na phone i app store ah khan na ngah khawh. "MDwise" tiin kawlaw download hei tuah.



MDwise website cu member pawl caah a tha bak mi resource (thil hmukhawhnak) asi. MDwise website ahcun zeibantuk pawl dah na kawlaw khawh timi

kha na hngal maw? Nangmah i ngandamnak lei timhtuahnak nih a chuah pi mi thatnennak pawl (health plan benefits) le pek mi service pawl kong, MDwise le an pek mi program tahchunhnak ah WORKwise AND myMDwise tbt pawl he apehtlaimi thawngpang pawl cu na kawlaw khawh. Nangmah nih cun HELPlink, umtu hoiher lei ngandamnak ding caah bawmhnak pek mi thilri pawl le a dang thil tampi cu na kawlaw khawh fawn hna. [Nihin ah MDwise.org](http://NihinahMDwise.org) ah zeidah a um timi kha hei zohchek colh!



## Service pek khawhnak hmun asilo

Inn he aahlatnak pi ah na um ko asi zong ah nangmah nih cun ngandamnak lei zohkhenhnak cu na ngah khawh rih. [Zohkhenhnak na ngah hlan ah, na sibawi kha na chawnh hrim a herh.](#) Bawmhnak ngah ding ah MDwise customer service kha na chawnh khawh fawn. A hman bak mi zokzok tein zohkhenh piak ding na ngeih asiahcun, phone chawn hmasa hna hlah, aa neih nak bik sizung ah khan kal colh ko.



## Na tuah tawn mi tete kha tha tein tuah hna law screen time na hmannak

TV, social media (Facebook, Instagram tbt) le nifatin kan nunnak ah a bik in kan hman tawn mi electronic (electric thilri) pawl kha hman khawh lo i zuam. Tu tan thal caan ah screen time tlawm ter deuh ding caah tuah ding mi theih awk tete cu mah pawl hi an si.

- Tuanbia pawl kha rel ti hna uh.

- Hngakchia pawl he khan ralhruang (fort) ser ti uh.
- Park (pangpar dum tbt) ah lam hei leng.
- Library ah hei kal.
- Park (dinhnak hmun) chung ah tuahmi alak in tuah mi concert hei zoh.

- Sprinkler (ti thehnak) chung ah lente i celh.
- Cookie pawl hei rawh silole eiawk pawl hei ser/tuah.
- Project tuah ti hna uh (lung te te kha tinbawsi thuh tinak silole kuang pawl kha thil pakhat khat chuak ding in ser tinak)

Ngandam ding (that lei panh deuh ding) ah [karhlannak pawl](#)



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**SNAP** cu Supplemental Nutrition Assistance Program (Pum nih a herh mi Vitamin a um mi Ti le rawl an ngeih khawhnak ding ah Bawmhnak peknak Program) (a hlan lio ah food stamps tiin rak theih mi) caah a dir mi asi. **SNAP nih cun lahkhar dawmpal lawng a ngah mi minung pawl le an chungkhar pawl kha ngandam tein an um khawhnak ding caah an herh mi rawl pawl cawkiaknak in a bawmh hna.** State nih a pek mi application form (shioh hlua) cu tlamting tein phihnak in thathnemnak pawl ngah ding in na shioh khawh. Thathnemnak pekmi pawl cu electronic card (EBT card) chung ah rawn piak an si i cu thil cu ATM card bantu in hman khawh an si cun cu card cu ei ding cawknak dawr tempi ah hman khawh an si. Atanglei i langhtermi dawr pawl ah cun online in order khawhnak option pawl cu a tu ah tuah an ngah ve cang: Wal-Mart, Amazon le Aldi. Thawngpang tam deuh theihnak ding ah le cu pawl cu ngah ding ah zangfah tein hika <https://www.in.gov/fssa/dfr/> ah lut law zoh.

### Umtu Hoiher lei Ngandamnak Ding ah A bawm mi thilri pawl



Nangmah caah san a tlai mi na laak khawh mi pekmi thilri pawl (resource) pawl cu MDwise nih kan website cung ah a ngeih hna.

**MDwise.org** Nangmah caah an pek mi thathnemnak pawl, care management nih a pek mi service pawl le umtu hoihei lei he pehtlai in ngandamnak ding caah pekmi thilri pawl kong he pehtlai in theih na duh mi thawngpang pawl cu cuka hmun ah na kawh khawh.



### Nangmah caah an tuah mi ALAK IN PEK MI Gift Card cu hei i lak!

Point pawl ngahnak ding ah MDwiseREWARDS ah lut in sign up (min cazin tuah) tuah a hau lo. Nangmah cu auto in min cazin khumh cia na si. Point pawl ngah ding ahcun cawlcanghnak phun tempi tuahnak in na ngawh khawh, tahchunhnak ah na sibawi he appointment naa tuah mi kal nak in tbt. Na point pawl in gift card cawknak ding ah [MDwise.org/MDwiseREWARDS](https://www.mdwise.org/MDwiseREWARDS) ah hei kal law tam deuh in na theih khawh lai.



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A dang holh phun pawl caah thawngpang pawl: [MDwise.org/Languages](https://www.mdwise.org/Languages)

Non-Discrimination (thleidannak a um lom)/Accessibility (Ngah khawhnak): [MDwise.org/NonDiscrimination](https://www.mdwise.org/NonDiscrimination)

STEPS TO WELLNESS (NGANDAM TEIN UM KHAHNNAK DING KARHLANNAL PAWL) cu MDwise Inc. nih a tuah mi MDwise i member pawl caah chuah mi ca asi. Indianapolis pawngkam a um mi pawl caah cun P.O. Box 441423, Indianapolis, IN 46244- 1423, telephone 1-800-356-1204 silole 317-630-2831. [MDwise.org](https://www.mdwise.org).

STEPS TO WELLNESS (NGANDAM TEIN UM KHAHNNAK DING KARHLANNAL PAWL) chung i aatelmi thawngpang pawl cu sii-lei thiamhleisang pawl sin in mi zapi caah huap in an lak mi asi cun cu pawl cu pumpak pakhat cio caah tiin cu ruang ah a si bak lai tiin pek ding in tuahmi ruahnak pawl an si lo. Na ngandamnak lei ah thaltonak abik in a chuah pi kho ding mi a chung aatelmi thil kong he pehtlai in biahnak pawl silole na lung siaherh mi pawl an um sual asiahcun, zangfah tein nangmah ngandam zohkhenhnak anpetu sibawi kha hei chawn coh.

Stock photography (Thilri pawl hmanthlaknak) cu hmanthlak pawl le zuku sui mi pawl zapi caah hman asi. Copyright ©MDwise, Inc.

### Biahnak pawl? Chim na duh mi (Ruahnak pek na duh mi) pawl? Lungtlinlonak pawl?

MDwise silole na sibawi kong he pehtlai in bawmh na herh mi a um asiahcun, kan mah nih kan in bawmh khawh. MDwise i customer service cu hika 1-800-356-1204 ah zangfah tein rak chawn.

MDwise i customer service nih cun holh phun phun chawnbiaknak service cu kan pek. Silole kan mah nih cun holhlettu cu kan hman khawh men. A hna tha lo mi le tha tein a holh kholo mi pawl caah pekmi service pawl kan ngei ve.

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