



Tsev Kho Mob Ua Haujlwm rau hauv Twin Rivers USD Ciam Av

Rau Hli Ntuj 2022 Tau Kho Tshiab– ua twb zoo hu mus rau cov tsev kho mob ntawm no kom paub txog cov ntaubntawv qhia tshiab.

Qhov xub thawj thiab qhov kev pab zoo tshaj plaws rau menyuum cov kev txhaj tshuaj tiv thiab kab mob thiab txhua yam ntsig txog kev saib xyuas txoj kev nyobzoo yog koj thawj tug kws kho mob (PCP). Yog koj xav tau cov kev txhaj tshuaj tiv thiab kab mob kom sai li sai tau es thiab li rau npe menyuum kawm ntawv tau hauv tsevkawm, hu koj tus kws kho mob PCP thiab nug seb puas muaj lub caijnyoog tuaj tsib hnuv ntawd lossis lub caijnyoog pub tuaj nyob tos. Yog koj tsis muaj ib tug kws kho mob PCP, saib cov ntaubntawv hauv qab kom paub cov chaw kev pab ntau tshaj no. Thov tsis txhob ua siab deb, hu tuaj cuag lub tsevkawm tus neeg saib mob (school nurse) yog koj xav tau kev pab ntxiv.

Xav Tau Kev Pab Them Kho Mob (Health Insurance) Los? Hu Sacramento Covered – ib qho kev tsum kwm cov tibneeg nyob ib cheeb tsum hauv nroog Sacramento region los mus nrhiav tau kev kho mob/kev kuaj hniav thiab cov kev pab them nyiaj (coverage) uas lawv xav tau ntawm (916) 414-8333 lossis (866) 850-4321.

<p>Elica Health Centers www.elicahealth.org (855) 354-2242 (tagnrho cov tsev kho mob no)</p> <ul style="list-style-type: none"> • 1750 Wright Street Suite A, Sacramento, CA 95825 (muaj nrog kuaj hniav) • 5708 Watt Ave, North Highlands, CA 95660 • 3234 Marysville Blvd, Sacramento, CA 95815 (muaj nrog kuaj hniav) • 3701 J Street #201, Sacramento, CA 95816 (muaj nrog kuaj hniav) 	<ul style="list-style-type: none"> • Txais private insurance (cov tuamtxhab sab nraud tus nqe them), ncaj nraim rau Medi-Cal, kev khwv tau nyiaj them raws li txoj kev luj them taus (tsis muaj tuav povhwm) • Cov caijnyoog teem tseg • Tuaj nyob tos 8:00 am – 3:00 pm • Tsev kho mob sijhawm Mon – Fri 8:00 am – 5:00 pm • Lub tsheb loj Health on Wheels (HOW) van saib cov neeg mob uas tuaj ntsib. Mus saib elicahealth.org kom paub cov caijnyoog thiab chawnyob ntawm rau lub caij tam sim no.
<p>Peach Tree Health www.pickpeach.org</p> <ul style="list-style-type: none"> • 3810 Rosin Ct. Suite 100, Sacramento, CA 95834 (916) 779-7656 	<ul style="list-style-type: none"> • Txais private insurance, Medi-Cal, kev khwv tau nyiaj them raws li txoj kev luj them taus (tsis muaj tuav povhwm) • Cov caijnyoog teem tseg xwb, tsis muaj tuaj nyob tos • Tsev kho mob sijhawm Mon – Fri 8:00 am – 5:00 pm
<p>Planned Parenthood www.plannedparenthood.org (877) 855-7526 (main)</p> <ul style="list-style-type: none"> • 5700 Watt Ave., North Highlands, CA 95660 (916) 332-5715 • 201 29th St. Suite B, Sacramento, CA 95816 (916) 446-6921 	<ul style="list-style-type: none"> • Txais private insurance, Medi-Cal, cov kooshaum kev pab tshwjxeeb rau cov uas tsis muaj tuav povhwm • Xav kom muaj cov caijnyoog teem tseg lawm • Tuaj nyob tos • Tsev kho mob sijhawm 8:00 am – 4:00 pm
<p>Sacramento Community Clinic www.halocares.org</p> <ul style="list-style-type: none"> • 2200 Del Paso Blvd., Sacramento, CA 95815 (916) 924-7988 (muaj nrog kuaj khiav, 2138 Del Paso Blvd) • 7275 E. Southgate Dr. Suite 204 Sacramento, CA 95823 (916) 428-3788 (muaj nrog kuaj khiav, Chav 106) 	<ul style="list-style-type: none"> • Txais Medi-Cal, cov tsis muaj tuav povhwm • Xav kom muaj cov caijnyoog teem tseg lawm • Tuaj nyob tos thaum 8:30-10:30 am, 1:30-3:30 pm (tuaj nyob tos, lees tsis tau hais tias yuav muaj sijhawm rau) • Tsev kho mob sijhawm Mon – Fri 8:00 am – 5:00 pm
<p>Sacramento County Immunization Clinic</p> <ul style="list-style-type: none"> • 4600 Broadway Suite 1300, Sacramento, CA 95820 (916) 875-7468 	<ul style="list-style-type: none"> • Txais Medi-Cal thiab cov tsis muaj tuav povhwm. • Cov caijnyoog teem tseg xwb. Tsis muaj rau tuaj nyob tos. • Cov caijnyoog teem tseg muaj rau txhua lwm lub Friday. • Tsev kho mob Mon – Fri 8:00 am – 5:00 pm
<p>Sacramento Native American Health Center (SNAHC) www.SNAHC.org</p> <ul style="list-style-type: none"> • 2020 J street, Sacramento, CA 95841 (916) 341-0575 	<ul style="list-style-type: none"> • Txais Medi-Cal thiab cov tsis muaj tuav povhwm. • Medi-Cal: yuav tsum tau teem caijnyoog tseg. • Tsis muaj insurance: Tuaj Nyob Tos xwb M-F: 9:30-10:45 am, 12:45-2:45pm.
<p>San Lucas Pediatric Clinic www.sanlucaspeds.com</p> <ul style="list-style-type: none"> • 4100 E. Commerce Way Suite 100, Sacramento, CA 95834 (916) 575-9090 	<ul style="list-style-type: none"> • Txais Medi-Cal, private insurance, Them raws li luj tau ntawm kev khwv tau nyiaj npaum cas rau cov us tsis muaj povhwm “uninsured” • Cov caijnyoog teem tseg xwb • Tsev kho mob sijhawm Mon.-Fri. 8:30 am – 5:30 pm
<p>WellSpace Health www.wellspacehealth.org (916) 737- 5555 (tagnrho cov tsev kho mob no)</p> <ul style="list-style-type: none"> • 2433 Marconi Avenue, Sacramento, CA 95821. • 3441 Marysville Blvd., Sacramento, CA, 95838. • 6015 Watt Ave., Suite 2, North Highlands, CA 95660 • 5959 Greenback Lane, Suite 500, Citrus Heights, CA 95621 • 3946 Norwood Ave, Sacramento, CA 95838 	<ul style="list-style-type: none"> • Txais Medi-Cal, private thiab tsis muaj insurance (them raws li qhov luj tau ntawm cov nyiaj khwv tau los). • Xav kom muaj cov caijnyoog teem tseg lawm. • Tsev kho mob sijhawm Mon. – Fri. 8:00 am – 5:00 pm (kaw thaum noj su 1-2 moo)
<p>Cov Tsev Muab Tshuaj Hauv Zos (Local Pharmacies) muaj nrog xws li: Rite Aid, Walmart, CVS...etc.</p>	<ul style="list-style-type: none"> • Cov nqe them sib txawv- txhua zaus yog li \$50-\$70 rau ib tug twg txoj kev txhaj tshuaj tiv thiab kab mob. Hu lub tsev muab tshuaj pharmacy yog xav paub cov ntaubntawv qhia ntau tshaj no.