

Koj Li Kev Noj Qab Haus Huv Ntawm Qhov Ncauj Yog Qhov Tseem Ceeb Thaum Koj Xeeb Me Nyuam

Nyob rau ncuaj sij hawm koj xeeb me nyuam, kev saib xyuas koj cov hniav thiab cov pos hniav yog qhov tseem ceeb. Koj saib xyuas koj cov hniav nws yog qhov tseem ceeb rau koj thiab koj tus me nyuam, noj cov khoom uas muaj kev noj qab nyob zoo thiab koj ua cov kev koj cwj pwm kev noj qab nyob zoo.

Cov lus qhia rau kev saib xyuas kev noj qab haus huv ntawm qhov ncauj zoo.

- Cov kev hloov pauv rau koj lub cev nyob rau ncuaj sij hawm cev xeeb me nyuam tuaj yeem ua rau koj cov pos hniav mob thiab o thiab los ntshav tawm tau. Qhov no hu ua kab mob o hauv pos hniav thiab koj tus kws kho hniav tuaj yeem kho tau qhov mob ntawd.
- Kev saib xyuas qhov ncauj muaj kev nyab xeeb nyob rau ncuaj sij hawm cev xeeb me nyuam, thiab nws yog qhov tseem ceeb uas yuav mus ntsib koj tus kws kho hniav txhua 6 hli los sis thaum koj muaj cov kev txhawj xeeb.
- Koj tsim nyog txhuam hniav yam tsawg kawg yog ob zaug rau ib hnuv thiab hloov koj tus pas txhuam hniav txhua 3 txog 4 hli.
- Yaug txhua hmo uas siv lub tshuaj yaug qhov ncauj uas muaj tshuaj fluoride.
- Noj ntau yam khoom muaj kev noj qab nyob zoo xws li txiv mab txiv ntoo, zaub, cov khoom mis nyuj thiab cov nplej.
- Yog koj ntuav, kev yaug qhov ncauj yog qhov tseem ceeb kom tshem tawm tau cov as xis ntawm koj cov hniav.



Yog koj xav tau kev pab hauv kev nrhiav tus kws kho hniav los sis muaj lus nug txog koj cov txiaj ntsig kho hniav, mus saib www.hndental.com los sis hu rau:

Los Angeles Khauj Tim cov tswv
cuab: 1-844-233-4522

Sacramento Khauj Tim cov tswv
cuab: 1-833-493-0428

Kev noj qab haus huv ntawm koj cov pos hniav muaj feem cuam tshuam rau kev noj qab haus huv ntawm koj tus me nyuam hauv plab.

Kev tshawb nrhiav qhia pom tias cov poj niam xeeb me nyuam uas muaj kab mob pos hniav muaj cib fim siab uas yuav yug tau tus me nyuam me dhau.¹

Cov poj niam uas xeeb me nyuam tsim nyog mus ntsib tus kws kho hniav yam tsawg kawg yog ib zaug nyob rau ncuaj sij hawm cev xeeb me nyuam. Koj tseem tuaj yeem mus kho mob tau thoob plaws lub sij hawm cev xeeb me nyuam.

Cov kab mob pos hniav

- Thaum koj xeeb me nyuam, koj tuaj yeem mob pos hniav tau yooj yim.
- Kab mob pos hniav tsis ua rau mob, yog li ntawd koj thiaj li tsis paub tias koj muaj qhov mob ntawd.
- Yog koj cov pos hniav los ntshav thaum koj txhuam, tej zaum yuav muaj kab mob pos hniav.
- Txoj hauv kev zoo tshaj plaws uas yuav los tiv thaiv kab mob pos hniav yog los txhuam koj cov hniav yam tsawg kawg yog ib hnuv ib zaug, tab sis txhuam ib hnuv ob zaug zoo tshaj.
- Yog koj xav tias koj yuav muaj kab mob pos hniav, ces mus ntsib koj tus kws kho hniav. Kab mob pos hniav thaum xub thawj yog qhov kho yooj yim xwb.

Cov teev sij hawm: 8 teev sawv
ntxov txog 5 teev tsaus ntuj PT
TDD/cov neeg siv TTY tsim nyog hu
1-800-466-7566.

¹Offenbacher, Steven, “Kev Kis Kab Mob Pos Hniav Yog Feem Xyuam Kev Pheej Hmoo Uas Muaj Feem Tshwm Sim rau Qhov Sib Hnyav Thaum Yug Qis Dua Li Teev Tseg” Phau Ntawv Kev Tshawb Fawb Txog Mob Pos Hniav Lub Kaum Hlis Ntuj Xyoo 1996; 67 (10 Suppl): pp. 1103-1113.

Lub chaw muaj ntaub ntawv thiab lub vev xaib:

Phau Ntawv Qhia Kho Hniav Rau Me Nyuam Daim Thib 5. Mes Kas Lub Tsev Kawm Kho Mob txog Me Nyuam Yaus (AAPD), www.aapd.org.

Cov ntaub ntawv no tsis yog muab los hloov kev saib xyuas kho mob los sis kev kho hniav. Thov ua raws nraim li koj tus muab kev pab cuam cov lus qhia txhua lub sij hawm.

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