

EJMOUR

Rejañ bwe jen kejbarok ad ejmour im exercise, kelet mōñā ko re-ōne, im kajjejet joñan
awa in kiki.

Kejmoururi kij make im family ko ej ad make eddo. Ri-nañinmij aikuj idrak uno ko
taktō ear kemelim idrak.

Lolok taktō mokta jen an laplok am nañinmij. Emakit ñan jikin taktō ilo ien eo wōt
kwoj jino eñjake am nañinmij. Jab kottor an lablok inneon kwoj dreloñ ilo emergency,
menin ejjab juon inlen am kejbarok enbwinium.

Hawaii ej kea kin ajiri im family ko ejabwe aer money in kōllā wōnen lo taktō/insurance.
Hawaii QUEST ej maroñ jibañ family ko edrik ak jabwe wōnen aer jermal.

HAWAII QUEST

Hawaii QUEST ak QUEST ej jikin jibañ ikkijen nañinmij ilo enbwini (medical) im kōmelij (mental). Ro ekkar im rej jukjuk im amnak ilo Hawaii maroñ dreloñ ilo program in. Jibañ ko ikkijen kōmman ñi (dental) ej bed iumwin Medicare Free-For-Service Program. Ri-lolorjake program in an QUEST im jen (money) ko jen State of Hawaii im Federal Centers for Medicare and Medicaid Services ej Department eo an Human Services, Med-QUEST Division.

Ñe ekkar bwe kwon dreloñ ilo Hawaii QUEST, kwoj aikuj in kelet juōn medical plan im dental plan bwe family eo en bed ie. Family eo aikuji juōn wōt plan (in insurance).

Ejjab aolep medical plan ej bōk aolepen uan family eo. Ñe plan eo kwoj kelet ejjab maroñ bōk aolep, innem kwon kelet bar juōn plan. Elañe kwojab kelet juōn, innem naj kelet juōn medical im dental plan ñan eok.

Jiljino medical plan ko: AlohaCare, HMSA, Kaiser Permanente, Kapiolani HealthHawaii, Queen's Hawaii, im StraubCare Quantum. Aolep plan kein rej bed ilo Ohau, im ruo ilo Neighbor Island.

Jilu dental plan, AlohaCare, DentiCare, im HMSA, rej jermal aolepen Hawaii in im ene ko ilikin.

Ñan melele ko jet, lale Appendix C ak etal ñan <http://hawaii.gov/dhs/health/medquest/>

LOLOK TAKTŌ IM RI-KŌMMAN NĪ

Kajjojo uuan family aikuj lolok im bōk kakōlkōl jen taktō im ro rej ri-kōmman nī. (Lale Resources in Hawaii section kin jikin taktō). Enaņin aolep insurance plan ej bōk (cover) eddon elōņ naņinmij ko ibbed.

Ñan kōmman ien lolok
(appointment):

- Lale insurance eo am wōn taktō ej bed iumwin.
- Elaņe jab innem MedQuest naj kelet taktō eo am.
- Aaikuj wōr am card (in taktō) mokta jen kōmman appointment. Kōmman appointment ibben taktō ro rej bōk plan eo am.
- Mōkaj ñan appointment. Elaņe kwoj jamin jedre kōjelāik office eo an taktō eo.

Elaņe kwoj iņjake am mij in ak lo bwe ajiri eo elap an mij in, innem mōkaj im kir taktō eo. Aurōk bwe kwon jelā emergency nōmba eo an.



NAÑINMIJ KO RŌ-KABOBO

Ewōr kein bōbrae nañinmij ko rō-kabobo, im uno in bōbrae.

Ajiri ro raikuj bōk wā in bōbrae (immunization) nañinmij ko einwot mumps, measles, im chicken pox. Emenin aikuj bwe aloleb ro uwan family ko ren lolok taktō ro, im elañe ejjebk an juon im juon insurance, innem remaroñ etal ñan jikin taktō (clinic) ko ejjelok wōnen ak edrik wōnen.

Mokta jen an ajiri dreloñ ilo school ak jokwe shelter ko aikuj in ka-kōlkōl TB, im ilo jikin jermal ko bareinwōt. Ro rej emmakit tok ñan aelōñ in, ak ro rej ruwamājet (immigrant) aikuj ka-kōlkōl TB.

Ewōr kein jermal ñan bōbrae jen nañinmij ko re-kabobo. Ejjelok wōnen etale nañinmij an jiroñ im likao kab lepa (Hansen's Disease).

