

CalViva Health Qhov Kev Tiv Thaix Kev Kuaj Xyuas Cov Lus Qhia

Cov lusqhia rau cov menyuum yaus thiab cov neeg laus

Siv daim ntawv no los pab kom koj nco qab teem cov sijhawm mus kuaj mob nkeeg nrog koj tus kws kho mob rau tsev neeg. Mus nrhiav thiab ua raws li koj tus kws kho mob txoj kev tu mob thiab nws cov lus qhia vim tias cov lus coj qhia no raug muab kho dua tshiab tas mus li thiab tej zaum nws yuav hloov los tau thiab.

Cov lus qhia no tsis yog rau koj siv los kho mob thiab tsis qhia tias nws yuav pab them ib yam kev kho mob twg. Thov mus saib koj qhov kev npaj pab them nqi kho mob seb nws pab them dabtsi, cov kev txwv tsis pub dhau thiab cov kev zam.

Pab kom koj noj qab nyob zoo

Yog xav paub ntau ntxiv txog cov ntaub ntawv no los sis cov lus qhia, saib hauv www.CalVivaHealth.org los sis hu rau ib tug nab npawb xov tooj hauv qab no.

CalViva Health cov tswv cuab:

- *Tus Xov Tooj Qhia Txog Kev Noj Qab Haus Huv:* Hu rau **1-800-804-6074** yog xav tau dawb cov ntaub ntawv qhia txog kev noj qab haus huv thiab lwm cov ntaub ntawv. Koj tuaj yeem tau txais cov ntaub ntawv rau ntawm peb qhov kev pab kev tso tseg haus lua yeeb, cov kev pab tswj xyuas qhov hnyav ntawm lub cev thiab ntau yam ntxiv. Muaj cov ntaub ntawv qhia txog kev noj qab haus huv ua ntau hom ntawv thiab ntau hom lus sib txawv raws li thov txog.
- *Yog xav nug txog cov txiaj ntsig ntawm CalViva Health:* **1-888-893-1569**.
- *Pab rau cov neeg hnov lus tsis zoo thiab hais lust sis tau:* (TTY: 711).



Tau hais kom teem caij mus txhaj tshuaj tiv thaiv kab mob (txhaj tshuaj) rau cov neeg uas muaj hnub nyoog 0 txog 6 xyoo^{1,2}

<i>Tshuaj Txhaj Tiv Thaiv Kab Mob</i>	<i>Yug</i>	<i>1 hlis</i>	<i>2 hlis</i>	<i>4 hlis</i>	<i>6 hlis</i>	<i>12 hlis</i>	<i>15 hlis</i>	<i>18 hlis</i>	<i>19-23 hlis</i>	<i>2-3 xyoos</i>	<i>4-6 xyoos</i>
Kab Mob Siab B (HepB)	✓	✓			✓						
Rotavirus (Mob Hnyuv Dawb; RV)			✓	✓	✓						
Diphtheria (mob txhaws caj pas), tetanus (mob pob tsaig khov), pertussis (mob hnoos hawb pob) (DTaP)			✓	✓	✓		✓				✓
Hom mob Haemophilus influenzae b (Hib)			✓	✓	✓	✓					(rau pab pawg uas muaj feem raug tus kab mob yooj yim heev)
Pneumococcal (Kab Mob Uas Tom Lub Cev; PCV 13)			✓	✓	✓	✓				✓ (PPSV 23, rau cov neeg uas muaj pheej hmoo muaj mob los sis raws li koj tus kws kho mob hais)	
Inactivated poliovirus (Kab Mob Tuag Tes Tuag Taw Uas Tsis Ciaj Sia; IPV)			✓	✓	✓						✓
Ua npaws hnoos (flu)					✓ (xyoo)						
Measles (Mob Qhua Pias), mumps (mob ua qog), rubella (ib hom mob qhua pias) (MMR)					(rau pab pawg uas muaj feem raug tus kab mob yooj yim heev)	✓					✓
Varicella (Mob Qhua Maj; VAR)						✓					✓
Kab Mob Siab A (HepA)						✓				✓ (raws li koj tus kws kho mob hais, rau cov neeg uas muaj pheej hmoo muaj mob)	
Mob Hlwb (Meningococcal)			✓ (rau cov neeg uas muaj pheej hmoo muaj mob)								

Tau teem caij txhaj tshuaj tiv thaiv kab mob (txhaj tshuaj) rau cov neeg muaj hnuv nyoog 7 txog 18 xyoo^{1,2}

<i>Tshuaj Txhaj Tiv Thaiv Kab Mob</i>	<i>7-10 xyoos</i>	<i>11-12 xyoos</i>	<i>13-18 xyoos</i>
Tetanus (mob pob tsaig khov), Diphtheria (mob txhaws caj pas), Pertussis (mob hnoos hawb pob) (Tdap)	(txhaj tshuaj raws li cov tshuaj tiv thaiv kab mob)	✓ (1 koob)	(txhaj tshuaj raws li cov tshuaj tiv thaiv kab mob)
Kab moob Human papillomavirus (HPV)	(rau cov neeg muaj pheej hmoo muaj mob tau yooj yim)	✓ (3 koob, raws li koj tus kws kho mob hais)	(txhaj tshuaj raws li cov tshuaj tiv thaiv kab mob)
Ua Npaws Hnoos (flu)	✓ (xyoo)		
Pneumococcal (PPSV 23)	(rau cov neeg muaj pheej hmoo muaj mob tau yooj yim)		
Kab Mob Siab A (HepA)	(rau cov neeg muaj pheej hmoo muaj mob tau yooj yim)		
Kab Mob Siab B (HepB)	(txhaj tshuaj raws li cov tshuaj tiv thaiv kab mob)		
Kab Mob Tuag Tes Tuag Taw Uas Tsis Ciaj Sia (Inactivated poliovirus, IPV)	(txhaj tshuaj raws li cov tshuaj tiv thaiv kab mob)		
Kab Mob Ua Qoob, kab mob ntsoo, rubella (MMR)	(txhaj tshuaj raws li cov tshuaj tiv thaiv kab mob)		
Varicella (VAR)	(txhaj tshuaj raws li cov tshuaj tiv thaiv kab mob)		
Kab mob Haemophilus influenzae hom b (Hib)	(rau cov neeg muaj pheej hmoo muaj mob tau yooj yim)		
Mob hlwb	(rau cov neeg muaj pheej hmoo muaj mob tau yooj yim)	✓ (1 koob)	✓ (txhaj tshuaj raws li cov tshuaj txhaj tiv thaiv kab mob) Txhaj thaum muaj hnuv nyoog 16
Kab mob hlwb B	(cov neeg muaj pheej hmoo muaj mob tau yooj yim, hnuv nyoog 10-18 xyoo)		

Tau teem caij txhaj tshuaj tiv thaiv kab mob (txhaj tshuaj) rau cov neeg muaj hnuv nyoog 0 txog 18 xyoo^{1,2,3}

<i>Saib Xyuas</i>	<i>Yug-6 hli</i>	<i>9 hli</i>	<i>12 hlis</i>	<i>15 hlis</i>	<i>18 hlis</i>	<i>19-36 hlis</i>	<i>3-10 xyoos</i>	<i>11-12 xyoos</i>	<i>13-18 xyoos</i>	
Kev mus kuaj mob raws caij nyoog^{1,2,3}	Thaum yug, 3-5 hnuv, thiab thaum muaj 1, 2, 4, thiab 6 hli	Txhua 3 lub hlis				Txhua 6 lub hlis	Txhua xyoo			
Kev kuaj xyuas tshuaj txhuas		Thaum muaj 12 hlis thiab 24 hlis, lossis raws li koj tus kws kho mob hais								
Mus kuaj hniav		Txhua 6 -12 hlis, lossis raws li koj tus kws kho mob hais								
Kuaj ntshav	Kuaj ib zaug hauv lub sijhawm 0-2 hlis	Kuaj thaum muaj 4 thiab 12 hlis, thiab thaum mus kuaj mob raws li caij nyoog yog muaj pheej hmoo muaj mob tau yooj yim lossis raws li koj tus kws kho mob hais								
Qhov hnyav ntawm lub cev piv rau qhov qauv hnyav (BMI)						Pib thaum muaj hnuv nyoog 2 xyoos kuaj xyuas BMI thaum lub sijhawm mus kuaj mob raws caij nyoog				

Tau teem caij txhaj tshuaj tiv thaiv kab mob (txhaj tshuaj) rau cov neeg laus^{1,2}

<i>Cov tshuaj txhaj tiv thaiv kab mob</i>	<i>19-26 xyoos</i>	<i>27-49 xyoos</i>	<i>50-59 xyoos</i>	<i>60-64 xyoos</i>	<i>65 xyoos thiab siab dua</i>
Kab mob Tetanus, kab mob ntsws o, kab mob hnoos (Td/Tdap)	✓ Hloov 1-zaug ib koob tshuaj Tdap rau kev txhaj cov tshuaj Td; dhau ntawd ces txhaj tshuaj Td txhua 10 xyoo				
Kab moob Human papillomavirus (HPV)	✓ 3 koob, raws li koj tus kws kho mob hais				
Varicella (VAR)	✓ 2 koob				
Kab mob Zoster				✓ 1 koob	
Kab Mob Ua Qoob, kab mob ntsoo, rubella (MMR)	✓ 1 los sis 2 koob los sis raws li koj tus kws kho mob hais				
Ua Npaws Hnoos (flu)	✓ Txhua xyoo				
Pneumococcal (PPSV 23 lossis PCV 13)	Yog cov neeg muaj pheej hmoo muaj mob tau yooj yim lossis raws li koj tus kws kho mob hais				✓ 1 koob
Kab Mob Siab A (HepA)	2 lossis 3 koob yog cov neeg muaj pheej hmoo muaj mob tau yooj yim lossis raws li koj tus kws kho mob hais				
Kab Mob Siab B (HepB)	3 koob yog cov neeg muaj pheej hmoo muaj mob tau yooj yim lossis raws li koj tus kws kho mob hais				
Kab Mob Haemophilus Influenzae Hom b (Hib)	1 los sis 3 koob los sis raws li koj tus kws kho mob hais				
Kab mob hlwb (Meningococcal)	1 lossis ntau koob yog cov neeg muaj pheej hmoo muaj mob tau yooj yim lossis raws li koj tus kws kho mob hais				
Kab mob hlwb B	2 lossis 3 koob yog cov neeg muaj pheej hmoo muaj mob tau yooj yim lossis raws li koj tus kws kho mob hais				

Kev kuaj mob (kev tshuaj xyuas mob) rau cov neeg laus^{1,2,4}

<i>Saib Xyuas</i>	<i>19-39 xyoos</i>	<i>40-64 xyoos</i>	<i>65 xyoos thiab siab dua</i>
Kev mus kuaj mob raws caij nyoog^{1,2,4}	Txhua xyoo		
Kev kuaj xyuas qhov hnov lus yuav kuaj xyuas qhov tsis hnov lus	N/A	Raws li koj tus kws kho mob hais	
Kev kuaj xyuas qhov muag yuav kuaj xyuas qhov muaj teeb meem rau lub qhov muag	Txhua 5-10 xyoo	Txhua 2-4 xyoos rau cov neeg muaj hnuv nyoog 40-54; txhua 1-3 xyoos rau cov neeg muaj hnuv nyoog 55-64	Txhua 1-2 xyoo
Tshuaj zoo npaws Aspirin yuav tiv thaiv kab mob plawv	N/A	Sib tham nrog koj tus kws kho mob txog qhov mus kuaj mob raws caij nyoog	
Ntshav siab yuav kuaj xyuas ntshav siab	Txhua 1-2 xyoo		
Qhov hnyav ntawm lub cev piv rau qhov qauv hnyav (BMI) yuav kuaj xyuas qhhov rog heev	Kuaj xyuas thaum lub sijhawm mus kuaj mob raws caij nyoog		
Kev kuaj xyuas Cholesterol yuav kuaj xyuas cov roj nyob hauv cov ntshav	Raws li koj tus kws kho mob hais	Yog nyob rau qeb muaj pheej hmoo muaj mob loj zuj zus, kuaj xyuas txhua 5 xyoos pib thaum muaj hnuv nyoog 35 xyoos rau cov txiv neej thiab thaum muaj hnuv nyoog 45 xyoos rau cov poj niam	
Kev kuaj xyuas kab mob khees xaws Colorectal yuav kuaj xyuas tus kab mob khees xaws colorectal	N/A	Rau cov neeg muaj hnuv nyoog 40-49 xyoo raws li koj kws kho mob hais. Pib thaum muaj hnuv nyoog 50 xyoo, tham nrog koj tus kws kho mob txog qhov tshuaj ntsuam xyuas no: 1. Kev kuaj xyuas quav (FOBT) txhua xyoo 2. Kev kuaj xyuas FOBT txhua 3 lub xyoos nrog kev kuaj xyuas sigmoidoscopy txhua 5 lub xyoos 3. Kev kuaj xyuas Colonoscopy txhua 10 lub xyoo	
Kev kuaj xyuas Glucose yuav kuaj xyuas cov piam thaj nyob hauv cov ntshav	Kuaj xyuas yog muaj pheej hmoo muaj mob tau yooj yim	Kuaj xyuas txhua 3 lub xyoos thaum muaj hnuv nyoog 50 xyoo lossis raws li koj tus kws kho mob hais	
Txheej Txheem Tiv Thaiv Kabmob Virus Ntawm Tibneeg Lub Cev Tsis Ua Haujlwm Zoo Lawm (HIV)	Kuaj xyuas ib zaug, rov qab kuaj xyuas dua yog nyob rau kis muaj pheej hmoo muaj mob tau yooj yim	Raws li koj tus kws kho mob hais	
Kuaj hniav	Txhua 6 lub hlis		
Kab mob siab C thiab Kab mob siab B	Kuaj xyuas yog muaj pheej hmoo muaj mob tau yooj yim lossis raws li koj tus kws kho mob hais		

Kev kuaj mob (kev tshuaj xyuas mob) rau cov poj niam¹

<i>Kev saib xyuas</i>	<i>19-39 xyoo</i>	<i>40-64 xyoos</i>	<i>65 xyoos thiab siab dua</i>
Kev kuaj xyuas Pelvic nrog rau kev ntsuas Pap xav kuaj xyuas kab mob khees xaws ncauj tsev menyuam	Pib thaum muaj hnuv nyoog 21, kuaj ib zaug hauv 3 lub xyoos; pib thaum muaj hnuv nyoog 30, kuaj ib zaug hauv y 3-5 lub xyoos lossis kuaj raws li koj tus kws kho mob hais		Raws li koj tus kws kho mob hais
Kev xoo hluav taws xob saib lub mis kuaj xyuas kab mob khees xaws mis	Pib kuaj txhua xyoo thaum hnuv nyoog txog 35	Txhua xyoo, lossis raws li koj tus kws kho mob hais	
Kuaj xyuas lub mis los ntawm tus kws kho mob	Txhua 1-3 xyoos	Txhua xyoo	
Kev kuaj xyuas lub mis los ntawm tus kheej/kev paub txog tus kheej lub mis Yuav kuaj xyuas qhov txawv txav ntawm lub mis	Txhua hli		
Kev kuaj xyuas Chlamydia yuav kuaj xyuas Chlamydia, ib tug kab mob sib kis los ntawm sib deev	Txhua xyoo mus txog kom muaj hnuv nyoog 24 xyoos rau cov poj niam uas tsis xeeb tub uas nquag sib deev; txhua xyoo pib thaum muaj hnuv nyoog 24 xyoos yog tias muaj feem kis yooj yim heev		
Kev kuaj xyuas qhov tuab ntawm pob txha yuav kuaj xyuas pob txha lov	N/A	Kev kuaj xyuas raws li qhov koj muaj pheej hmoo tshwm sim tsis zoo	Txhua 2 xyoos

Kev kuaj xyuas kev noj qab haus huv (kev tshuaj xyuas mob) rau cov txiv neej¹

<i>Kev saib xyuas</i>	<i>19-39 xyoo</i>	<i>40-64 xyoos</i>	<i>65 xyoos thiab siab dua</i>
Kuaj xyuas plhaub noob qes antigen (PSA/DRE) yuav kuaj xyuas kab mob khees xaws plhaub noob qes	N/A	Raws li koj tus kws kho mob hais	
Kev xoo hluav xob tsom xyuas plab mos yuav kuaj xyuas qhov ua mob rau lub plab mos (kev o rau txoj hlab ntsha loj ncig ntawm lub plab)	N/A		Cov muaj hnuv nyoog 65-75 xyoos uas haus luam yeeb yuav tau kuaj xyuas ib zaug
Kuaj lub noob qes los ntawm koj tus kheej	Raws li koj tus kws kho mob hais		

¹Tej zaum yuav hloov cov lus qhia no. Thov tham nrog koj tus kws kho mob.

²Tus kws kho mob yuav tau saib cov lus qhia kom raug thiab cov lus qhia tshab los ntawm lub chaw Centers for Disease Control and Prevention (CDC).

³Kev mus kuaj mob nkeeg, pab tswv yim thiab kev qhia rau cov menyuam yaus thiab cov hluas raws li caij nyoog yuav tsum ntsuas qhov siab, qhov hnyav, ntshav siab, qhov hnyav ntawm lub cev pim rau qhov qauv hnyav (BMI) thiab kev kuaj qhov muag thiab qhov hnov lus. Kev pab tswv yim thiab kev qhia muaj li nram no tiam sis tsis tas rau cov ntawm no:

- kev tswj xyuas kom txhob muaj menyuam/kev npaj kom muaj menyuam sib
- kev tiv thaiv raug mob/kev tiv thaiv kev sib ntaus
- kev tiv thaiv kev quav yeeb tshuaj xws li dej cawv thiab yeeb tshuaj
- lub plawv muaj teeb meem thaum yug los, kev saib xyuas lub plawv
- muaj mob hlwb xws li ntshob siab/noj lwj noj liam
- kev pab txiav luam yeeb thiab kev haus luam yeeb
- kev saib xyuas hniav
- khoom noj zoo/ua ev xaws xais
- Kev kuaj xyuas kab mob ntsws (TB)
- kev tshuaj ntsuam xyuas kev loj hlob/kev tshuaj ntsuam xyuas tus cwj pwm
- kev kuaj xyuas kab mob sib kis los ntawm sib deev (STIs) thiab kab mob HIV
- kev tswj xyuas qhov hnyav ntawm lub cev

⁴Kev mus kuaj mob nkeeg, pab tswv yim thiab kev qhia rau cov menyuam yaus thiab cov hluas raws li caij nyoog yuav tsum ntsuas qhov siab, qhov hnyav, ntshav siab, qhov hnyav ntawm lub cev pim rau qhov qauv hnyav (BMI) thiab kev kuaj qhov muag thiab qhov hnov lus, kev ntshob siab, thiab kev kuaj xyuas kev haus cawv thiab quav yeeb tshuaj. Cov lus qhuab qhia tej zaum yuav sib txawv raws li keeb kwm thiab qhov muaj pheej hmoo tshwm sim tsis zoo. Kev pab tswv yim thiab kev qhia muaj xws li:

- kev kuaj xyuas kab mob khees xaws xws li kab mob khees xaws ntsws thiab kev tshuaj ntsuam xyuas qhov muaj pheej hmoo tshwm sim tsis zoo ntawm BRCA
- kev npaj kom muaj menyuam sib kev saib xyuas lub pawv, kev xoo hluav taws xob tsom xyuas kev dhia ntawm lub plawv (ECG)
- kev kuaj xyuas kev sib deev, kab mob sib kis los ntawm sib deev (STIs) thiab kab mob HIV
- kev tswj xyuas kom txhob muaj menyuam/kev kuaj xyuas ua ntej cev xeeb tub
- kev tiv thaiv raug mob/tiv thiav sib ntaus
- kev tiv thaiv kev quav yeeb tshuaj xws li dej cawv thiab yeeb tshuaj
- kev saib xyuas hniav
- kev npaj ua niam
- kev txiav luam yeeb thiab haus luam yeeb
- kev tiv thaiv yeeb tshuaj/kev txiav yeeb tshuaj
- kev tag caij nyoog coj khaub ncaws ntawm poj niam
- Kev kuaj xyuas kab mob ntsws (TB)
- kev npaj kom muaj menyuam sib
- khoom noj zoo/ua ev xaws xais
- kev tswj xyuas qhov hnyav ntawm lub cev

