

Get Your Checkup Now

All new CalViva Health members need to get a checkup within 120 days of joining CalViva Health.



Call the doctor whose name is printed on the back of your member ID card to schedule a checkup today.

The first checkup is very important because:

- You will get to know who your doctor is before an illness occurs.
- Your doctor will have you fill out a **Staying Healthy Assessment form**. The form will help your doctor learn about your health care needs.
- Your doctor can help you learn how to use your health plan services.
- Your doctor will tell you who to call and where to go for medical treatment when the office is closed.
- Your children will get the shots they need for school.
- You will receive information about important health tests to help you and your children stay healthy.

For more information, visit
www.CalVivaHealth.org

CalViva Health's Nurse Advice Line

Do you feel sick and need advice?

You can call your doctor and ask for help. Or you can call **CalViva Health's Nurse Advice Line at 1-888-893-1569 (TTY: 711)** for fast and free advice. A nurse is available 24 hours a day, 7 days a week. The nurse can speak to you in your preferred language and guide you to take care of your health care needs.



By calling CalViva Health's Nurse Advice Line, you can:

- Get information to help you decide if you need to go to the emergency room.
- Find out if you can wait to see your doctor.
- Discuss your health problems and treatment options.
- Receive tips to help you feel better at home when you are sick.
- Learn about your medications and health needs.

Kuaj Mob Tam Sim No

Tag nrho cov tswv cuab tshiab ntawm CalViva Health yuav tsum tau mus kuaj mob hauv lub sijhawm 120 hnuv tom qab koom nrog CalViva Health.



Hu mus teem caji kuaj mob hnuv no rau tus kws kho mob uas muaj lub npe sau rau sab nraum qab hauv koj daim npav tswv cuab ID.

Thawj zaug mus kuaj yog ib qho tseem ceeb heev li vim hais tias:

- Koj yuav paub tias leej twg yog koj tus kws khomob ua ntej thaum muaj mob.
- Koj tus kws khomob yuav hais kom koj sau daim ntawv foos **Tshuaj Ntsuam Xyuas Kev Noj Qab Haus Huv**. Daim ntawv no yuav pab koj tus kws kho mob kawm txog qhov yuav saib xyuas mob nkeeg rau koj.
- Koj tus kws khomob yuav pab qhia koj txog qhov yuav siv koj qhov kev npaj saib xyuas mob nkeeg li cas.
- Koj tus kws khomob yuav qhia koj tias leej twg yuav hu xovtooj rau koj thiab yuav mus kuaj mob rau qhov chaw twg thaum lub chaw kuaj mob kaw.
- Koj cov menyuam yuav tau txais kev txhaj tshuaj tiv thaiv kab mob rau tom tsev kawm ntawv.
- Koj yuav tau txais cov ntaub ntawv tseem ceeb hais txog kev kuaj xyuas kev noj qab haus huv kom pab koj thiab koj cov menyuam tsis muaj mob.

Yog xav paub ntaub ntawv, mus saib
www.CalVivaHealth.org

CalViva Health Tus Xov Tooj Muab Tswv Yim Los Ntawm Cov Kws Tu Mob (Nurse Advice Line)

Koj puas mob thiab xav tau kev pab tawm tswv yim?

Koj hu tuaj yeem hu xovtooj rau koj tus kws kho mob thiab thov kev pab. Lossis koj tuaj yeem hu rau **CalViva Health's Nurse Advice Line ntawm tus xovtooj 1-888-893-1569 (TTY: 711)** yog xav tau kev saib xyuas ceev thiab cov lus qhia dawb. Muaj ib tug kws tu mob nyob nraim 24 teev hauv ib hnuv, 7 hnuv hauv ib asthiv. Tus kws tu mob no tuaj yeem tham ua koj hom lus thiab qhia rau koj los mus saib xyuas koj txoj kev noj qab haus huv uas koj xav tau.



Thaum koj hu CalViva Health's Nurse Advice Line, koj yuav:

- Tau txais cov ntaub ntawv uas yuav pab koj txiav txim seb koj puas tsim nyog mus kuaj mob rau tom chaw kuaj mob xwm txheej kub ntxhov ceev.
- Xyuas seb koj puas tau tos ntsib koj tus kws khomob.
- Tham txog koj cov teeb meem thiab hom kev khomob.
- Tau cov lus qhia txog kev pab saib xyuas koj rau tom tsev thaum koj muaj mob.
- Kawm kom paub txog koj cov tshuaj khomob thiab feem xav tau saib xyuas kev noj qab haus huv.