

Get Your Checkup Now

All new CalViva Health members need to get a checkup



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

Babies 18 months or younger need to have a checkup within 60 days and all others within 120 days of joining CalViva Health!

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/TDD 1-800-431-0964)** 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.

Mus Kuaj Koj Cov Kev Mob Tamsim No

Tag nrho CalViva Health cov tswv cuab tshiab yuav tau mus kuaj mob



Hu tus kws kho mob uas muaj lub npe sau rau sab nram qab hauv koj daim ID ua tswv cuab los mus teem sij hawm tuaj kuaj hnuv no.

Cov mos ab 18 hli lossis mos tshaj yuav tau mus kuaj mob kom txhob dhau 60 hnuv thiab lwm cov kom txhob dhau 120 hnuv ntawm hnuv los nkag nrog CalViva Health!

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

- Koj yuav paub tias koj tus kws kho mob yog leej twg ua ntej ib tug mob tshwm sim.
- Koj tus kws kho mob yuav kom koj teb daim ntawv **Soj Ntsuam Kev Noj Qab Haus Huv Kom Tus Yees** kom tiav. Daim ntawv yuav pab koj tus kws kho mob kawm txog cov koj xav tau txais los ntawm kev kho mob.
- Koj tus kws kho muaj feem yuav pab tau koj kawm los mus siv cov kev pab npaj kho mob.
- Koj tus kws kho mob yuav qhia rau koj seb koj yuav hu leej twg thiab koj yuav mus rau qhov twg mus kho mob thaum uas lub hoob kas kaw lawm.
- Koj cov me nyuam yuav tau cov tshuaj uas lawv yuav tsum txhaj rau tsev kawm ntawv.
- Koj yuav tau txais cov ntsiab lus txog cov kev ntsuas mob tseem ceeb los mus pab koj thiab koj cov me nyuam kom nyob muaj kev noj qab haus huv.

Kom tau lus qhia ntxiv,
mus xyuas
www.CalVivaHealth.org

CalViva Health Tus Xov Tooj Muab Tswv Yim Los Ntawm Cov Kws Tu Mob

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

Koj hu tau koj tus kws kho mob thiab nug kom lawv pab. Los yog koj hu tau **CalViva Health Tus Xov Tooj Muab Tswv Yim Los Ntawm Cov Kws Tu Mob ntawm 1-888-893-1569 (TTY/TDD 1-800-431-0964)** uas yog muab tswv yim ceev thiab pub dawb. Muaj ib tug kws tu mob nyob nraim 24 teev tauj ib hnuv, 7 hnuv tauj ib asthiv. Tus kws tu mob nrog tau koj tham ua hom lus uas koj nyiam thiab taw kev rau koj los mus saib xyuas koj txoj kev noj qab haus huv uas koj xav tau.



Thaum koj hu CalViva Health's Tus Xov Tooj Muab Tswv Yim Los Ntawm Cov Kws Tu Mob, koj yuav:

- Tau cov ntsiab lus los pab koj txiav txim saib koj puas yuav tsum tau mus rau chav kho mob ceev.
- Xyuas saib koj puas tos tau mus ntsib koj tus kws kho mob.
- Tham txog koj cov teeb meej noj qab haus huv thiab cov kev muaj los kho mob.
- Tau cov tswv yim los pab koj kom koj khees zog tom tsev thaum uas koj mob.
- Kawm ntxiv txog koj cov tshuaj thiab kev xav tau ntawm kev noj qab haus huv.