

Samáni 2025
Healthy Together

1-800-562-4620 • WWW.OHPCC.ORG

Pisekineniomw pwe komw angei ewe nukan non **mwet** pwe komw chimwene

En mi sinei pwun Oregon Health Plan (OHP) a tongeni anisuk omw kopwe kamo mwongo mi murino ngonuk? Mi ouchea aramas repwe tongeni tikeri ekei pekin aninis mi ouchea. Ika pwe resapw angei ekei aninis mi ouchea, iwe epwe weires ngeni pochokunen inisir. OHP a awora aninis ren pekin safei, ika HRSN, pwe epwe anisuk. An HRSN ewe aninisin anafun mwongo a tongeni anisuk ne awora eomw mwongo mi och ngonuk. A wor 2 tapin aninisin mwongo—mwongo mi fiti eureuren sefei me asukoonen anafun mwongo.

Aninis ren ekewe Ouchean Ototen Mwongo

Noumw ewe chon awora omw tumwun a tongeni met omw goal kopwe atotori non omw ototen mwongo. Ei a tongeni anisuk iika mei wor omw semwen, aweke ren semwenin ngasangas ika man suke.

Iwe kopwe chuuri emon sou sinenap an epwe anisuk ei aramas iei ewe dietrician. Repwe fos ngeni ren porousen manawomw me anisuk ne forata ew omw ototen mwongo. Ena minafon ototen mwongo

manip epwe wor ekewe mwongo mi och ngonuk faniten omw semwen, iei usun ekewe mwongo mi fiti eureuren sefei. OHP epwe tongeni anisuk omw kopwe angei ekei ouchean mwongo.

Finis ekewe Mwongo mi Och Ngonuk

Noumw ewe chon awora omw tumwun mi tongeni epwe eureur ngonuk omw kopwe angei asukoonen anafun mwongo ren omw aninis. Iei omw fansoun kopwe kaieo ifa usun omw kopwe fini onomw mwongo me sinei met sokun mwongo a och ngeni inisumw omw kopwe chikar. Noumw ewe chon awora omw tumwun me ewe kumn aninis ra tongeni awora ngonuk ei aninis ika en mi tufich kopwe aia.

Ngang Mi Tongeni Aia Ei Aninis?

Aewin, kopwe akomw emon mi apach non OHP. Iwe, ka tongeni tufich kopwe aia ika en mi:

- A fen nom non nenien tumunun foster ika kanapus/
- Mi pwopwo, emon semirit kesan tori ierin 6, ika emon a nuseni ierin 65
- Mi wor omw watten semwen ika teriter
- Mi weires ngonuk omw kopwe kut anomw mwongo.
- Ka pin tonong non roomwen emerchensi fan chomong

Mi wor omw kapas eis ika en mi nit aninis?

En mi tongeni emailini kich ren **orhrsh@acentra.com** ika fisit **ohpcc.acentra.com/hrsn**. En mi pwan tongeni kekeri **1-800-562-4620**. Am mi mwoneta am upwe anisuk kopwe pochokun me mefi omw pochokunen manawomw!



Ika mechen ekkoch Mepwe ese fen pwan ekiek ren-anngang

Mi chomong met ka tongeni fori nukun non maramen summer. Kopwe fori ei 1 metoch me mwen omw kopwe towu nukun. Katon non omw ewe kapetin sefei. Ekokh ekewe sefei ra tongeni efisata omw kopwe mefi metekitek fan akar.

Ren Aian Fan Akar

Ekokh sefei ra tongeni efista met kinumw epwe apwagepwang fan akar. Iwe, ika ke nomw nukun — ese nifin atun non ier — mei tongeni efista an epwe kinikin, ika pwukuta pwo me kinas seni karen akar. Ekei metoch a tongeni fis murin chok ekoch awa omw nomw fan akar. Nge fan ekoch a tongeni fisita murin fite ran.

Esapw aramas meinisin mi fis ngenir ekei metoch. Ekokh aramas a fis ngenir chok fan ekoch murin ekoch fansoun.

Met kopwe Nenengeni

Noumw we chon awora omw tumun epwe tongeni makkei ekkoch sokkun safei mei tongeni efisata ew fitikoko seni ewe akkar. Ikei ekoch met kopwe katon:

- Antibiotics sia nounou ne fiu ngeni menin paiking
- Sefeien pinen nounou (sefeien pinen nounou sia kan wunumi)
- Statins sia nounou rennafungawn cholesterol
- Ekkewe minen álillis fán iten álisi ewe semmwén suke Type 2

Mi wor ekewe sefei sia kamo non sitowa ra tongeni pwan efisata ekei memef, pwan. Ekokh mi pachonong sefeien antihistamines and nonsteroidal anti-inflammatory, awewe ren ibuprofen me naproxen.

Ew me ew ekei sefei mi pusin maketa esinesinen porousen. Aneia fichi. Manip epwe erenuk pwe kosapw towu fan akar. Fos ngeni noumw ewe chon awora omw tumwun ika mei wor omw kapas eis.

Epwenu Kinumw

Mi wor ekoch fofor mi mecheres kopwe fori faniten tumwun kinumw pwe esapw toruk cancer me ekisatiw fisefisen an epwe toruk ekewe semwén nomw fan akar:

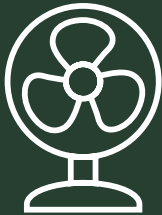
- Kutta ekkewe leeni mi nir, nge esap ekkewe leeni mi pwichikar, lefilen 10 a.m. me 2 p.m.
- Ufouf uf mi tam peun, rawses, me mesomw kinas me aia akaw.
- Apit sunskreen mi apeti sokopaten me ese tonuno seni konik. Epwe pwan keukun SPF 30 ika fen nuseni. Apit sunskreen iteiten 2 awa.



+ Ekkewe Pwan Aninnis non Mwet

Nomw Non Patapat Non Ei Summer

Temperchaur non Oregon a tongeni pwe wesén kar. Ena kar a tongeni epwe afeiangaw. Ka tongeni uri ew semwen mi chou, usun chok heatstroke, non fansoun mi fokkun pwichikar. En mi tongeni fori ekoch metoch omw kopwe tumwunuk me omw famini. Jeki masowen ran iteiten ran me mwen omw nikiti neimw. Iwe pwan, fori fichi pwe omw ewe air con ese ta. Sineiochu ia a nomw ie ekewe neenien apatapat non neeniomw. Manip epwe ew ekewe mall ika library non neeniomw. Kaieo sopwosowpen porous won www.heat.gov. Ika ke kit sopwosowpen aninis ren kuten aneen omw kopwe apatapat ika meni neeni ka tongeni no ngeni, kekeri **1-800-562-4620**.



Kosapw Kan Ngeni Etiwetin Ekei

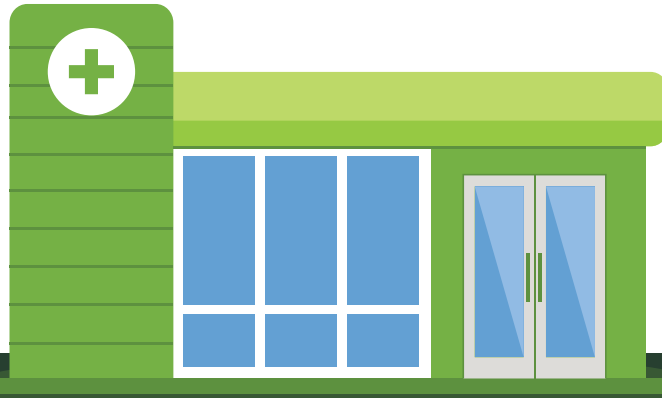
Non Oregon, ekewe punopunen ekei ra tongeni naponu. Ra tongeni mutir tori ekoch neeni non mwochowmoch fansoun. Mi ouchea omw kopwe nenengeni fichi pwe kopwe tumwunoch. Awora ew omw okoot ren omw kopwe nikiti imomw ewe ika pwe ew ekei a kan ngeni neimw. Ewe etiwet a tongeni angawono asepanin non ewe neeni. Mi tongeni toruk watten semwen ika ke ngasonong ei asepan. Iseni ew taropwen namban me neenien ekewe neenien suu ika wopw. Amasow ngeni ekewe pekin esinesinen emerschensi non neeniomw. En mi tongeni fisit oralert.gov omw kopwe amasow. Ika ke nit anisiin filterin asepan, kekeri kich ren **1-800-562-4620**.



Kose mocheno ren ekkewe metto nupwen ekkewe metto met

Manip Kosapw esini noumw ewe mechanik epe poku fetinin imomw. Me kosapw esuku an chon amomo ponira pwe repwe siwini omw oil. Pwan iei usun angangen tumwunun manaw.

Noumw ewe chon awora omw tumwun iei io kopwe keeri faniten tumwunun manawomw. Nge ia kopwe feino ia nupwen mi wor omw atapwanapwan ren pekin tumwun ika pwe mi kesip ofes? iei ewe neeni ka tongeni fisit onongonong won met omw nipwakingaw ika osupwang.



Clinic ren Tumwunun Atapwanapwan

Ekoch semwen esapw nomw fan tikin emerchensi nge a ouchea epwe mtuir aninisin. Sefeien Clinic ren tumwunun atapwanapwan:

- Semwenin fou, flu me esisinen COVID-19
- Kar me semwenin ellerchi esapw kon watte
- Feiengaw, feiegawen me kupwun chuu
- Kinas me pokupok ese watte
- Kuen man, poisonen ivy me ekoch kiningaw

Ekei clinic ra mutir— nge omw uruon pekin sefei esapw nomw rer.

Ngeni Ei Epwe Ngeni Ika Pwe Kose Mocheni Ika ER

Nupwen ka nomw non ewe roomwen emerchensi, ka mochen pwun kopwe chikar sefan ka towu niwin neimw— ka nomw ikena. Ikei 3 metoch mi ouchea ngonuk omw kosapw niwiniti ewe pioing.

1 Oponuweta ekewe ekune. Aneani met omw eureur nupwen omw towu seni ER me kapas eis ika mei wor omw kapas eis me mwen omw kopwe towu. Nupwen ka tori imomw, oponuweta ekei eureur.

2 Katon unumomw kewe sefei. Angei omw preskripson, mei pachonong ekewe minafon preskripson ra ngonuk non ER, usun mi afateti. Sopwosopwono ne angei omw sefei tori an noumw ewe chon awora omw tumwun a erenuk kopwe keuno, ika mwo pwe ka mefi chikar.

3 Awora atun omw pwan niwninong ne fisit. Omw ewe eureuren towu mi tongeni afata inet kopwe niwin sefan me chuuri noumw ewe chon awora omw tumwun. Skechonei omw appointment non chekin, iwe iseni. Mutir keke ika ka mefi semwen ika mi toruk pwan och esisinen semwen. iwe pwan, keke ika mi wor omw kapas eis ren omw kewe eureur.

Am mi mwoneta upwe anisuk

ese nifin ran, ese nifin kunok.

24/7 AN KANGOF LAIN

1-800-562-4620 Keke

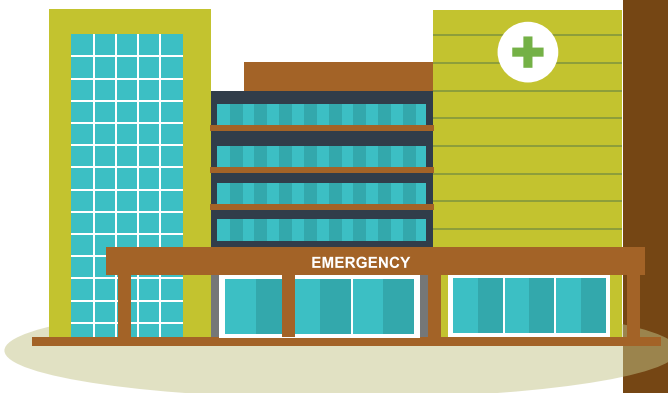
ESE NIFIN INET ika ke mochen fos ngeni emon kangof.

Roomwen Emerchensi

Nupwen ka mefi metek ika chou ngonuk semwen, iteiten minit a ouchea. Keker **911** ika no ngeni ewe roomwen emerchensi. Ekoch emerchensi mi wiwita mei pachonong:

- Weires ngonuk kopwe ngasangas ika fos
- Muturin, watten metek, napenon me fan mwaromw ika upomw
- Naw ika musocha
- Feiengaw mi fis ren aksetenin waa
- Cha, mus ika fein seni ese eukeuk
- Feiengawen chamw ika chunapomw

Ika mwo kopwe tonong non ewe clinic ren tumwunun atapwanapwan ika ewe roomwen emerchensi, achemwuri noumw ewe chon awora omw tumwun murin omw fisit.



Oregon Health Plan Care Coordination
P.O. Box 2480
Tualatin, OR 97062

Ka mwoneta kopwe auku supwa?

Kekeri emon Sou Emwenin
Eukuk ren 24 awa, 7 ran non
ew week, non 170+ fosun fonu:
1-800-QUIT-NOW (1-800-784-8669)
1-855-DÉJELO-YA (1-855-335-3569)

Online:
www.quitnow.net/oregon

Kekeri **1-800-562-4620** ika ke mochen porous won ew ekewe itenap non ei taropwe ika pwan
och osukosuk ren pekin omw tumwun. Fisit ach ewe website non ren **www.OHPCC.org**.

10292E

A forita meren Krames, a WebMD Ignite solution

Kinisou Fan Iten Ekiekis Fan Iten Pweipwei-Sukul

A tori atun kopwe poputa sefan. Ekieki met noumw semirit repwe kan fori nupwen mwongon nanaowas non ei minafon ierin sukoon. Finata ar repwe mwongo vechetepon me fruit non esopw ener. Nusun epwe masow ren mwongon unusen grain me protein. Ekieki ren fituken chuko ika beef, mwongon neset, sokun, pwukun, foun mwongo, beans, me tofu ika pwan ekoch mwongon soy. Iwe pwan, aia ekei tapin mwongo me foror:

- **Siwini pinawa mi pwech ngeni pinawa mi unus ren wheat ika grain**, English muffin, tortilla ika pitas ren sandwich.
- **Cheese, apwechin chuko, fruit, me vechetepon ra mecheres** sipwe ika si pokutiw non slais, pwoor, ika rei ekisatiw. (Mwongon paw ra mecheres pwun ese pwan tam fansoun mwongo)
- **Amwiki mwongon lunch ren salsa ika hummus**. Me ruu ra och ngeni vechetepon mi amis, reiren apen, grain cracker, reiren pwooren mwongo me ekoch mwongo mi och.
- **Fori met epwe ameseik mwongon nanowas, epwe apwapwa me uren tong**. Rei ekewe sandwich non ununun pwoor me aununu ren aian ekewe pisekin reirein cookie. En mi pwan tongeni makei och mak won ekewe napkin.



Ewe Ngun pwe Mwet Ach Metto

Noumw ewe semirit mi unus an apwos? Ekewe apwos ra epeti semirit seni ekewe watten semwen, awewe ren measles me semwenin naw. Mi wor manamanen ikei me nesor me ponon. Ekewe apwosun semirit ra aninis ne eukano menin paiking ar resapw fetan fein. A tumwunu ekewe neenien classroom me parks ar epwe murino ngeni aramas meinisin. Ekei apwos ra anisi noumw semirit, nge ra pwan tongeni eukano semwen an esapw tori ekewe monukon resan tongenia ngei apwos me pwan ekewe mi apwangapwang. Fos ngeni noun noumw ewe semirit daktor ika epwe wor omw kapas eis ren meni apwos a och ngeni noumw ewe semirit.

