

Jemar 2025

Healthy Together

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Jipaň Eok Bōk Mōñā eo Eman ñan Ājmour Kwoj Aikuji

Kwoj jeļā ke ej maron an Oregon Health Plan (OHP) emaroň jipaň eok bōk mōñā ko remman ñan ājmour? Aorōk ñan an armej bōk aikuji ko aer ekkā aer aikuji. Ñe ejjab toprak aikuji ko aer, emaroň pen an eman ājmour ko aer. OHP ej lewaj Aikuji ko an Jukjukin Pād ikkijen Ājmour, ak HRSN, jipaň ko ñan eok. HRSN jipaň kin òn emaroň jipaň eok bōk mōñā ko remman ñan ājmour. Ewōr 2 wawen jipaň kin mōñā--mōñā ko rej kōmman ekar ñan ājmour im jelalokjen ikkijen òn.

Jipan kin Būlāān in Mōñā ko Rejenolok

Jikin taktō eo am emaroň karōk juon kōttōpar ñan juon būlāān in mōñā eo eman ñan ājmour. Emaroň juon eo ej jipaň kin juon nañinmej, āinwot nañinmej in menono ak nañinmej in toňal.

Innem kwonij topar juon armej eo emōj an ekatak ñan jipaň eok nae etan joun dietitian. Enij kōnono ippām kake ājmour eo am im jipaň eok kōmman juon būlāān in mōñā. Būlāān in mōñā eo emaroň wōr jot kain mōñā ñan nañinmej eo am, nae etan mōñā ko rekkañ ñan nañinmej. OHP emaroň jipaň eok bōk mōñā aōrok kein.

Kelet Mona ko Emman ñan Ājmour

Jikin taktō eo am emaroň kwalok ke kwoj aikuji bōk jelalokjen kin òn ñan jipaň eok topar kōttōpar in ājmour ko am. Ewōr ien ñan ekatak wawen kōmman kelet ko remman ñan ājmour im wawen an mōñā maroň jipaň bwe en eman lak enbwinnim. Jikin taktō eo am im kumi in ājmour eo am remaroň jipaň eok bōk jermal in ñe kwoj kōkar.

Imaroň ke Bōk Jermal In?

Jinoi, kwoj aikuji uwaan OHP. Innem, kwomaroň kōkar ñe:

- Emōj am pād ilo foster care ak jikin kalbuuj
- Bōroro, ak wōr nejum ediklok jen 6 yiiō dettan, ak 65 yiiō ak rūttolak
- Ewōr am nañinmej in ājmour ko rellap ak juon utamwe
- Ebin an bwe kijom mōñā
- Eloñ alen am etal ñan imerjenji ruum (ER)

Ewōr ke am kajjitōk ak kwoj ke aikuji jipaň?

Kwomaroň email e tok koj ilo

orhrsh@acentra.com ak loelak

ohpcc.acentra.com/hrsn. Kwomaroň bar kurlak **1-800-562-4620.**

Jej pād ijin ñan jipaň eok pād wōt ilo an eman ājmour eo am im eñjake an eman am pād!



Lelok āinwot juon kein jipaň ñan Oregon Health Plan Care Coordination Program client ro

Wūno ko Am Remaroñ Jab Eman ñan Kajeje

Bwijin men ko kwomaroñ kōmmāne naboŋ ilo alloñ in jemar. Kōmmāne 1 men eo emokaj mōkta jen am etal ñan naboŋ.

Lale wūno ko ilo kabot ko am. Jot wūno ko remaroñ kōmmān bwe kwon eñjake māān aolep ien ko iumwin deet.

Ilo an Wōr Jidik Meram in Al

Jet wūno ko remaroñ jipañ bwe kilim en laplok an mojno ñan meram in al. Innem, ñe kwoj pād naboŋ — jabdewōt iien ilo juon yīō — emaroñ kōmmān bwe en wōr am kinej, ak kakōlle in an bwil kil jen meram in al. Men kein rej walok remaroñ walok elikin jejjo awa ñe kwoj pād iumwin deet. Ak jōt iien remaroñ bar walok jōt raan tokelik.

Ejjab aolep armej rej ion jekjek kein. Jōt armej rej iion er jōt wōt iien im ejjab aolep iien.

Laajrak in Ta Ñan Lale

Taktō eo am emaroñ lewaj jōt taib in wūno ko remaroñ kōmmān bwe en wōr men eo ej walok jen al. Errein ej ta ko ñan lale:

- Wūno in bobrae jen nañinmej ko
- Wūno in kantūrol jen an wōr ajiri (wūno ko kwoj daak)
- Statins ko rej jermal ñan kadiklok cholesterol
- Sulfonylureas ñan kōmadmod Taib 2 nañinmej in toñal

Jot wūno ko kwomaroñ wia remaroñ bar kōmmān bwe en walok jekjek kein, bar. Ta ko ekkā kōjerbale antihistamines im wūno ko ejelok steroid ie, āinwot ibuprofen im naproxen.

Kajojo wūno rej iwaj kin mejele in kakkōl ko. Lukkunin riit i. Emaroñ kwalok waj am jab aikuj pād iumwin deet. Kōnono ippān takto eo am ñe ewōr am kajjitōk.

Pinej Kilim

Buñtoñ ko redik remaroñ jipañ kōjbarok kilim jen kāānjer im kadiklok kauwōtata in an wōr men eo ej walok jen meram in al.

- Bukōt jikin ko rejjab deet, ijelakin jikin ko elap an deet, kootaan 10 a.m. im 2 p.m.
- Ekanak nuknuk aitok pā, jerojji, mej kilaaŋ, im juon at depakpak.
- Kōjerbale juon sunscreen eo ekajur im maroñ jermal wōt ilo dān. Ej aikuj in SPF 30 ak laplok. Kōjerbale elaplok sunscreen aolep 2 awa.



+ Mejele ko rekadu kin ājmour

Dāpij am Molo ilo Jemar In

Emaroñ laplok an bwil Oregon. Māānan eo emaroñ lukkun kauwōtata. Kwomaroñ bōk nañinmej ko rellap, āinwot heatstroke, ilo joñan mejatoto eo elap an bwil. Kwomaroñ bōk buñtōn ko ñan kōjbarok eok māke im baamle eo am. Lale mejatoto aolep raan mōkta jen am rol ñan mweo imōm. Bar, lale bwe en eman an air condition eo am jermal. Jellā ia ko jikin kamololo. Emaroñ mwon wia ko turim ak library eo ilo jukjukin pād eo am. Katak elaplok ilo www.heat.gov. Ñe kwoj aikuj elaplok waween bukōt jikin kamololo ak jikin ko ñan etal ñan i, kurluk **1-800-562-4620**.



Pād Wōt ilo am Bobrae jen Bāāt ko Rellap

Ilo Oregon, kijeek ko remaroñ lukkun kajur. Remaroñ ellok ilo jikin ko redepakpak im pād iumwin juon iien aitok. Kwoj aikuj in lukkun lale bwe kwon pād wōt ilo kōjbarok. Bojjak kin juon bulāān ñan am bojjak in emakūt jen mweo imōm ñe kijeek eo elap an epāake eok. Bāāt eo emaroñ kōmmān bwe en nana lak lak mejatoto. Emaroñ laplok būrooblem in ājmour ko am jen am menono ki mejatoto. Kakwon juon laajrak in jikin ko kwomaroñ emakūt ñan i ilo jukjukin pād eo am. Kanne etam ñan an iwaj kōjjelā in ien idiñ ko ilo jukjukin pād eo am. Kwomaroñ loelak oralert.gov ñan kanne. Ñe kwoj aikuj jipañ bukōt juon kein liklik mejatoto, kall tok koj ilo **1-800-562-4620**.



Etal ñan Jikin eo Ejimwe ilo lien eo Ejimwe

Kwoban kar kajjitök ippān mechanic eo am ñan mwijiti ujoj ko ilo naboj in mweo imōm. Im kwobban kar kōtmane in jenij weil ilo juon mwon wia wūt. Jikin ājmour ej jermal ilo ejja waween in wōt.

Jikin taktō eo am ej ijo enij ekkā am topar ñan ājmour eo eman lak. Ak ia eo kwoj etal ñan e ñe kwoj aikuj ilo ien idiñ ak nañinmej eo elap ak ñe elikin awa in jermal? Eñin ej jikin eo eman tata ñan loelak pedped ion aikuj ko am.



Urgent Care Clinics

Jet būrooblem in ājmour rejjab ñan ien idiñ ko wōt ak aikuj jipañ eo emokaj. Urgent care clinic ko rej kōmadmod:

- Nañinmej in cold, būlu, im COVID-19 kakōlle ko
- Bwil im kadek wūno ko rejjab lukkun lap
- Kankan, im di ko rerup
- Kineej im mwijmwij jidik ko
- Ikkūk in nam, poison ivy im kinej ko jōt

Clinic kein remokaj — ak ejelok aer rekoot in ājmour ko am.

Ta eo Kwoj Kōmmame Elikin juon ien Etal ñan ER

Ñe kwoj pād ilo imerjenji ruum (ER), men eo kwoj konan ej ñan am topar mweo imōm ilo an ejelok jorraan — im pād wōt ijo. Ewōr 3 lōmnak aōrok ñan jipañ eok bwe kwon jab rol ñan aujpitōl.

1 Loore mejele kein. Riit i ER kōmelele in am driwaj im lelok jabdewōt kajjitök emaroñ wōr am mōkta jen am emakūt. Ñe kwoj tobar mweo imōm, loore er wōt.

2 Lale wūno ko am. Bōk aolep wūno ko am, ekoba wūno ko rekāāl rekar iwaj ilo ER, āinwot an kōmelele. Bōk er wōt ñan ñe jikin taktō eo am enij ba kwon bojrak, jokdoon eman lak am mour.

3 Bōk e ien loelak eo am juon. Pepa in kōmelele in am driwaj emaroñ ba ñaat eo kwoj aikuj bar lale ippān jikin taktō eo am. Jikejuul appoinmen eo am ñan deloñ, im loore wōt. Topar lak ilo ien eo emokaj tata ñe enij jinoe nana am eñjake ak wōr am kakōlle kāāl. Bar, kurlok ñan jabdewōt kajjitök kin kōmelele ko am.

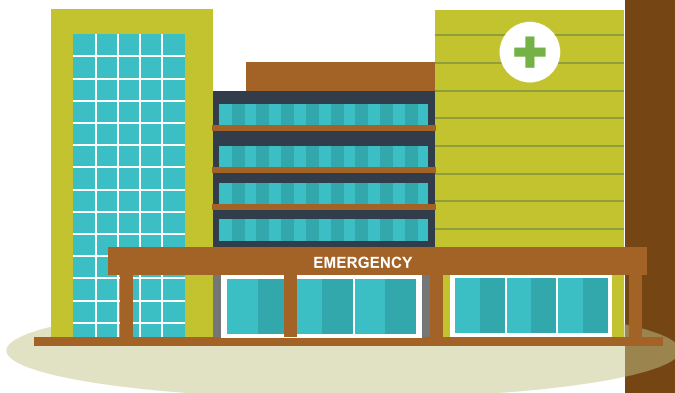
Jej pād ijin ñan jipañ
jabdewōt raan, jabdewōt awa.
24/7 NOOJ LAIN IN JIPAÑ
1-800-562-4620
Kūr JABDEWŌT IIEN kwoj
konan kōnaan ippān juon nōōj.

imerjenji ruum (ER)

Ñe elukkun lap am metak ak kwolukkun nañinmej, ewōr tokjen minit. Kur **911** ak etal ñan imerjenji ruum (ER). Jōt ien idiñ ko rekauwōtata ñan mour ekoba:

- Pen menono ak kōnaan
- Jidimkij an lap metak, elap tata ilo ūb ak loje
- Pokpok ak momooj bōtōktōk
- Jorraan jen juon jirilok eaar walok ilo wa
- Bōtōktōk, momooj ak bidodo eo kwojjab maroñ kabojrak
- Jorraan ilo bar ak di

Jokdoon kwoj etal ñan juon urgent care clinic ak imerjenji ruum (ER), topar jikin taktō eo am elikin am loelak.



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

Pojak ke in jolok tobāk?
Kurlok juon Quit Coach 24 awa
juon raan, 7 raan juon wiik,
ilo 170+ kajin ko:
1-800-QUIT-NOW (1-800-784-8669)
1-855-DÉJELO-YA (1-855-335-3569)

Aunlain:
www.quitnow.net/oregon

Kūr **1-800-562-4620** ñan kōnono kin jabdewōt wūnin kōnono ko ilo nuujletta in ak
jabdewōt abinōnō in ājmour. Loelak Webjait eo ad ilo **www.OHPCC.org**.

10292H

Kōmman jen Krames, juon WebMD Ignite solution

Wiin Mōñā in Relap ñan Rol-ñan-Jikuul

Ej ien jinōe eo ekāāl. Bar lōmnak kin
imminene ko an ajiri ro nejum' ilo ien
mōñā in raelap ilo aer jinōe yīō in
jikuul eo ekāāl. Kajeoñ bwe kwon
kōjerbale pejtobol im leen wōjke ñan
jimetan in mōñā eo. Mōñā ko jōt aikuj
mōñā ko ewōr inne ie ak kanniek.
Lōmnak kin bao ko edik aer kuriij ak
kau, mōñā in lojet, ek, kwōle, inne, bean,
im tofu ak men ko jōt ewōr soy ie.
Innem, kōjerbale mōñā enno im kol kein:

- **Ukōt bilawe mouj ippān wheat
ak whole-grain**, English muffin,
tortilla ak pita ñan jaanwij.
- **Jiij, bao kōmat lal, leen wōjke, im
pejtōbol ko rebidodo lak mōñā ñe
kwonij mwijit ñan jilaij, cube, ak
mottan jidik ko. (Mōñā ko
ebidodo am kōjerbale peium im
mōñā kōmman bwe en laplok ien
mōñā, bar!)**
- **Kōmman bwe en eman lak mōñā
in raelap kin salsa ak hummus.**
Rej jimor eman ñan pejtobol ko
rejañin kōmat, jilaij in abol, petkoj
ko ewōr grain ie, mōñā ko rej
mwijmwij ñan cube im mōñā ko jōt
remman ñan ājmour.
- **Kōmman bwe ien mōñā in raelap
en wōr itok limo ie, limo im obrak
kin iakwe.** Kōmman jaanwij ko rej
pād ilo jekjek in square ñan jekjek
ko jōt ilo am kōjerbale kein
mwijmwij kukij. Kwoj maroñ jeje ion
juon napkin.



Juon Wā eo Eman ñan Ājmour

**Emōj an ke ajiri eo nejum bōk aolep
wā ko eaar aikuj ekar ñan ien?** Wā

ko rej bobrae ajiri jen nañinmej ko
rellap, āinwot pok aidik im pokpok
eddep. Rej jerbak kio im ilju jeklaj.

Wā ko an ajiri rej bobrae kij jen an
bidodo an ajedeed. Ej kōmman bwe
jikin ko āinwot kilaa ruum im paak
ren eman lak ñan ājmour an
aolep. Wā ko rej jipañ
ajiri eo nejum, ak rej
bar bobrae jen an
nañinmej ajedeed
jen niñniñ ko
relukkun dik ñan
wā im ro ewōr aer
nañinmej.

Kōnaan ippān
jikin taktō eo an ajiri
eo nejum kake
kajjitōk ko am im
wā ko ajiri eo nejum
aikuji.

