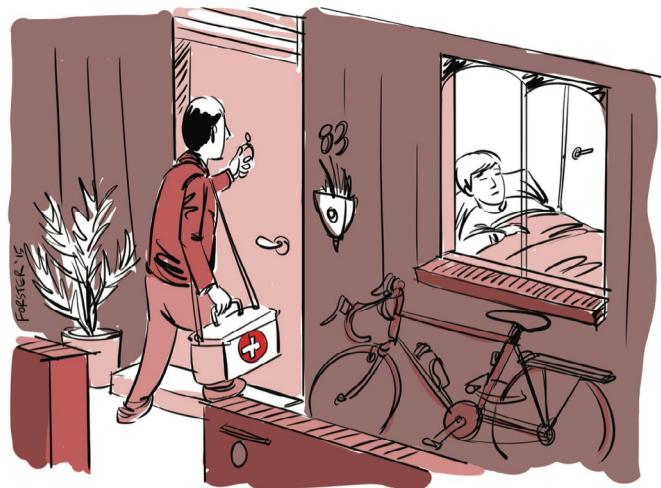


THLOPNAK LEI BAWMHNAK HMHUH NING

zan, zarhte zarhpi asilole zapi zungkhar ni ah



Australia sii lei thlopnak umtuning hi a buaitlak ngaingai. Nangmah asilole na innchungkhar nan zawt ahcun, zeibantuk ngandamnak lei riantuanpiaknak dah na hman lai, hun caan pawl le aman pawl na hngalh a herh. Hi catialmi nih hin Australia ah punghmaan riantuan caan pawl aleng ah sii lei bawmhna hmu hning kong tamdeuh na hngalhnak hnga an bawmh lai.

VICTORIA I RALZAM SINAK A SOKMI PAWL CAAH CHINCHIAH DINGMI:

Siizung i poipang thilcang tawltrelnak phuthen pawl ah manlo in sii lei thlopnak na hmu hkhawh. Visa naa tlai hmi cungah hngat in adang sii lei riantuanpiaknak pawl na hmu hkhawh rih. Na hmu hkhawhmi riantuanpiaknak pawl cu caan sin ah aa thleng kho, cucaah zaangfahnak in na hmu hkhawhmi kaw l dingah nangmah kong tawltre ltu he chek.

Na zawt ahcun tuah dingmi asinain na siibawi a tin cang.

Zan, zarte zarhpi asilole zapi zungkhar ni ah na zawt i siibawi ton na herh ahcun, hi manlo sii lei riantuanpiaknak pawl chungin pakhat kha na hman khawh.

Fon in bawmh halnak caah:

- Chawnh khawhmi siisayama (Nurse on call) kha **1300 60 60 24** ah (Victoria chung)
- Riantuan caan hnu GP bawmhhalnak (healthdirect) kha **1800 022 222** ah

Nan inn ah siibawi rat ter na hauh ahcun:

- Inn Siibawi (The Home Doctor) kha **13 74 25** ah (Victoria chung)



Mirangholh na thiam lo ahcun, hi riantuanpiaknak pawl pehtlai h dingah **MAN LOIN** holhlettu nih an bawmh khawh.

STEP 1 TIS kha **131 450** ah chawnh law holhlettu khan piak dingin hal.

STEP 2 Na thiammi holh in chawnh awk ah riantuanpiaknak chawnh dingin TIS holhlettu kha hal.

Siizung Poipang thilcang tawltrelnak Phuthen

Poipang thilcang tawltrelnak phuthen pawl cu piah colh a haumi lakhrnak thlopnak caah an si, hihi bantuk:

- thawchuahnak lei ah harnak na ton.
- na thichuah cuahmah i a pih lo.
- na ruh a kiah asilole na lu naa khon.
- na tang ah a fakmi a um.

Poipang thilcang lei thlopnak na herh ahcun mizaw phortu mawtaw auh dingah 000 kha chawn ASILOLE a naihnak bik siizung i Poipang thilcang tawltrelnak Phuthen ah kal.

Poipang thilcang tawltrelnak phuthen pawl cu HUN PENG an si - **Ni Fatin - Chunchun zanzaan in.** ASINAIN caan saupi na hngah a hau kho men, aruang cu a fak bikmi mizaw pawl kha an thlop hmasat hna, a phanmi aa changchang i a si lo.

Poipang thilcang tawltrelnak Phuthen sin kal tikah:

- Na ngeih ahcun na Medicare Kat le Na Ngandamnak lei Zohkhenhnak Kat i ken.
- na herh ahcun holhlettu hal.
- pakhat khat na ei asilole din hlan ah riantuantu kha hal.

Nambar 000 cu zeibantuk fon in chawnh zongah manlo a si peng.



Mizaw phortu mawtaw

Poipang thilcang lei thlopnak pakhat khat caah mizaw phortu mawtaw hal dingah 000 kha chawn.

Poipang thilcang lei thlopnak cu nangmah asilole adang minung pakhat khat kha fak piin nan zawt asilole hliamhma nan tuar i a rang taktak in bawmh na herh caan i tuahmi a si.

Mizaw phortu mawtaw chawn HLAH hihi na si ahcun:

- rianrang tukin bawmh na herh lo.
- poipang thilcang a si lomi ngandamnak lei riantuanpiaknak appointment lakmi lei kalnak ah tlunkalnak na herh.
- poipang thilcang tawltrelnak Phuthen sin ah nangmah tein na kal khawh.

Mizaw phortu mawtaw nih riantuanpiaknak pawl cu an man a fak NGAINGAI kho.

Cheukhat pine pawl ahcun mizaw phortu mawtaw nih riantuanpiaknak cu manlo a si, hihi a si ahcun:

- Centerlink Ngandamnak lei Zohkhenhnak Kat na ngeih ahcun.
- Pensen a la cangmi Thilman thumhpiaknak Kat na ngeih ahcun.
- nan umnak pine mizaw phortu mawtaw riantuanpiaknak i chungtel na si.
- pumpak aamakhnan nih a huapmi na ngeih.

Medicare nih mizaw phortu mawtaw pawl kha tangka a pe LO.



Hi thilri kong thawngthanhnak a bawmmi ACT acozah nih a chuahmi 'Using health services in the ACT' catialmi kha hngalhter kan in duh.