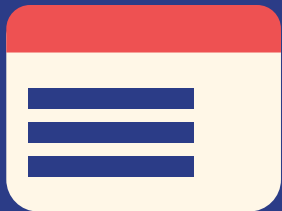


## AUSTRALIA I SII LEI UMTUNING FIANNAK

- **Holhlettu pawl**
- **Medicare**
- **Thilman thumhpiaknak kat pawl**
- **Siibawi sin ah kalnak**
- **Na sii pawl ngahnak**
- **Thiamhlei siibawi pawl**



Australia sii lei thlopnak umtuning hi a buaitlak ngaingai. Nangmah asilole na innchungkhar nan zawt ahcun, zeibantuk ngandamnak lei riantuanpiaknak dah nah man 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 bawmhnak hmuh ning 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 hmuh khawh. Adang sii lei riantuanpiaknak pawl cu visa naa tlaihmi cungah aa hngat. Riantuanpiaknak pawl na hmuh khawhmi kha caan sin ah aa thleng kho, cucaah na hmuh khawhmi kawl dingah nangmah kong tawltreltu hi zaangfahnak in chek uh.

## Holhlettu pawl



Holhlettu cu holh dang a chimmi minung he bia nan i ruahnak ah aa bawmtu minung a si.

Australia ah, holhlettu pawl cu cawnnak a ngei i thiamnak lehmat a hmumi thiamsang pawl an si. Holhlettu hmangin biakchawhnak na ngeih ahcun nan biaruahnak kha a dikmi le aho sin hmanh ah chimlo in a um ding kha naa ruahchan khawh.

Nangmah holh a theimi siibawi na hmuh khawh lo ahcun, **Calehnak le Holhlehnak lei Riantuanpiaknak (TIS)** kha **131 450** ah **MANLO IN** holhlettu hman khawh dingin na chawnh khawh.

Australia i a ummi minung tampi nih ngandamnak lei riantuantu pawl i biakchawnh dingah holhlelnak lei riantuanpiak an hman.

Holhlettu nih nangmah kong kha aho sin hmanh ah a chim lai **LO**. **Hihi manlo riantuanpiaknak a si.**

## Medicare kat

Medicare kat na ngeih ahcun, manlo asilole man tlawm tein sii lei riantuanpiaknak pawl na hmuh khawh, hihi bantuk pawl:

- siibawi nih manlo in asilole man tlawmte in thlopnak
- manlo in asilole man tlawmte in dathmaan zeihnak le thi cheknak pawl
- acozah siizung pawl ah manlo in thlopnak

Ngandamnak lei riantuanpiaknak ah na kal ahcun, medicare kat i ken peng.

Medicare hi hna caah a pe LO:

- mizaw phortu mawtaw man pawl
- haa lei riantuanpiaknak a tam-u
- mithmaan ca
- pumpak siizung i umnak man
- le cheukhat adang ngandamnak lei riantuanpiaknak pawl (biahal awk na ngeih ahcun, na GP kha hal)

Ralzam sinak a sokmi cheukhat nih Medicare an hmuh khawh, an i tlaihi visa cungah aa hngat. Tamdeuh thawngthanhmi hmuhnak caah, Victoria Ralzam Ngandamnak lei Pehtlaihnak buu (Victorian Refugee Health Network) kha pehtlaih.

## Thilman thumhpiaknak le ngandamnak lei zohkhenhnak kat pawl

**Thilman thumhpiaknak le ngandamnak lei zohkhenhnak kat pawl nih man fawi deuh in ngandamnak lei riantuanpiaknak pawl kha an hmuhter khawh lai.**

Ngandamnak lei Zohkhenhnak Kat asilole Pensen a la cangmi hna Thilman thumhpiaknak Kat na ngah khawh ahcun, ngandamnak lei riantuanpiaknak cheukhat na hman tikah tlawmdeuh na pek lai.

Tahchunhnak ah:

- Cheukhat sii pawl cu man fawi deuh in na ngah khawh
- Zapi haa lei riantuanpiaknak ah man fawi deuh in haa lei zohkhenhnak na ngah khawh

A fawimi asilole manlo a simi riantuanpiaknak pawl hmuh dingah, thilman thumhpiaknak kat i ken peng law ngandamnak lei riantuanpiaknak pawl na hman tikah hmuhsak hna.



Medicare card

Medicare kat



Health Care card

Ngandamnak lei Zohkhenhnak kat



Pensioner Concession card

Pensen a la cangmi hna thilman thumhpiaknak kat

## Siibawi din ah kalnak

Australia ah innchungkhar siibawi pawl cu Aphunphun Thloptu pawl (GPs) tiah auh an si. Cheukhat siibawi pawl cu ngandamnak lei riantuannak hmun pawl le siizung ah rian an tuan i cheukhat cu anmah pumpak zung pawl ah rian an tuan.

Na zawt asilole damlo in na um ahcun, nangmah tein siibawi he appointment na lak khawh. A dammi ah naa ruah ko nain zawtnak na ngeih lonak fehter dingah ngandamnak lei chek dingin na siibawi kha na ton khawh. Siibawi zong nih cheukhat zawtnak pawl chungin nangmah runven dingah siichunh na herh asilole takpum nih zawt inkhawhnak tuah piak na herh ahcun an chim khawh fawn lai.

Pa asilole nu siibawi kha naa thim khawh.

Zeitik caan paoh ah na siibawi kha naa thleng kho. Naa thlen ahcun, na siibawi thar kha sii na dinmi le na rak i thlopnak kong tialmi khawpi kha pe.

Zan, zarte zarhpi asilole zapi zungkhar ni ah na zawt i siibawi ton na herh ahcun, hi manlo sii lei riantuanpiaknak pawl chungin pakhat 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 kha **1800 022 222** ah

### Nan inn ah siibawi rat ter hauh ahcun:

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

## Siibawi caah tangka peknak

Aa dang liangluangmi siibawi sin pek dingmi aman tangka zat kha aa dang liangluang. Cheukhat siibawi cu 'aman pek an hau lo' ('**bulk bill**') men lai. Aman pek hau lomi timi a sullam cu Medicare kat na ngeih ahcun riantuanpiaknak cu manlo a si tinak a si.

Appointment na lak lio ah siibawi kha man pek hau lo a si le silo hal.

Siibawi kha aman pek hau lomi a si lo ahcun, naa thlopnak caah tangka na pek a hau lai. Medicare sin in cheukhat tangka na ngah than kho men. Ngandamnak lei riantuanpiaknak pawl sin in tangka liamnak catlap pawl dihlak kha chia, aruang cu tangka ngah than dingah hi pawl cu na herh lai.

Siibawi ton hnu ah tangka hmuh than ning hal dingah Medicare kha **132 011** ah chawn.



## Siibawi he appointment laknak caah a hlankanh in chimchawhnak

Ngandamnak lei riantuanpiaknak a tam-u caah appointment na lak a herh. Fon in appointment laknak caah a hlankanh in chimchawhnak ah nangmah bawmh dingin hi lamhmuhsaknak cu na hman khawh.

### Appointment laknak caah a hlankanh in chimchawhnak:

Siibawi he appointment na lak tikah, pek na herh khawh menmi cu:

- na min
- na chuah nithla
- ton na duhmi siibawi phun
- siibawi ton na duh ni le caan

### Siibawi he appointment na lak tikah, na hal khawhmi:

- siibawi kha aman pek hau lomi a si maw
- na herh ahcun holhlettu hman ding

Australia ah siibawi he appointment na lak tikah, a caan hmaan tein phak kha a biapi.



## Thiamhlel siibawi sin ah kalnak

Thiamhlel siibawi pawl cu sii lei i cheukhat zawn ah a hlei in thiamnak a ngeimi siibawi pawl an si, tahchunhnak ah, lung lei siibawi pawl (lung lei thiamsang pawl) le cuar lei siibawi pawl (cuar lei thiamsang pawl). In Australia ah, thiamhlel siibawi he appointment lak dingah na siibawi sin in kuatchinnak na herh.

Kuatchinnak i catialpiakmi nih na zawtnak kong kha thiamhlel siibawi a chimh lai. Na siibawi nih acozah siizung i thiamhlel siibawi kha tonter an duh ahcun, nangmah caah appointment lak dingin an in fial lai. Appointment an in pekmi nithla cu na zawtnak cungah aa hngat lai.

Na siibawi nih pumpak thiamhlel siibawi tonter an duh ahcun, appointment lak dingah nangmah pumpak in thiamhlel siibawi kha fon na chawnh a hau lai.

## Sii, siidawr pawl le sii zohfeltu pawl

Australia ah, sii pawl asilole adang ngandamnak lei thilri pawl na cawk khawhnak hmun cu siidawr (pharmacy) asilole 'sii zohfeltu' ('chemist') tiah auh a si. Siidawr ah hliamhma putmi, zawtnak le rianrang in thlop a hau lomi damlonak kongkau kha manlo in ruahnak na hal khawh thiamthiam.

Sii din dingah na siibawi nih an duhpiak ahcun, cawkternak (prescription) asilole 'tialpiakmi catlap' (script) an pek lai. Na sii ngah dingah hi tialpiakmi catlap kha siidawr a hngakmi sinah na pek a herh.

Australia ah, an herhmi sii pawl kha minung nih ngahnak fehter dingah siibawi nih cawktermi sii tampi chungin aman cheukhat cu acozah nih tangka a pek piak hna. Hi aman thumhmi ngah dingah na medicare kat kha siidawr ah naa put a hau.

Centrelink Thilman Thumhpiaknak Kat asilole Pensen lei Kat na ngeih ahcun, hihi zong i put. Hi nih hin na sii pawl kha aman a fawiter deuh lai.

Sii tampi caah, siibawi nih cawkternak catlap na hau lo. Siidawr ah siibawi nih cawkternak catlap tel loin lufah asilole kiktaihnaq tibantuk a dinte zawtnak caah sii pawl na din khawh. Hi pawl cu 'dawr ah mah tein cawk khawhmi' ('over the counter') sii pawl tiah auh an si.



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