

Am Etal in Takto: Ta Ko Kwaikuj Jela

Kabok takto im jikin am takto emaroñ in lap kitien jerbal e. Pepa in enaj jibañ eok kin wawein:

1. Kabbok am taktō
2. Kōmman am appointment
3. Loloorjake ien takto ko am

Takto ta eo ij aikuij jibadōk lok?



Takto ak PCP eo am ej lukkun in takto eo am. Kwōj aikuj in etal ibben mokta. Takto ak PCP eo am emaroñ:

1. Jibañ eok lale ejmour eo am im kōmman e juon am pepe ak laajrak in kejbarok ejmour.
2. Takto ki eok ikijjen nañinmej ko ekadu kitier (einwōt mejiin) im kinej ak joreen drikdrik ko
3. Takto ki eok ikijjen naninmej ko aetok kitier einwōt tōñal ak high blood
4. Lelok kwe nan specialist. Specialist ej juōn takto eo im e tijemlok ilo kajojo lale baat in enbwin ak naninmej ko rejenolok.
5. Jiban bwe en drik wōnen am takto

Ewi wawein aō bukōt ak kelet juōn aō taktō?



Bukōt laajrak in taktō ro im rej bed umin injuren eo am. Ñan bukōt laajrak in:

- Kūrlok ak kajjitōk ibben rijerbal ro an Opijj eo an Human Resource
- Call e numba ak lale website eo emōj kwalok ilo likin card in injuren eo am (lale side eo juōn ilo pepa in)



Kajjitōk ibben ro nukum, mōttam, ak ro kōj jerbal ibbier kōn wōn takto ro rej takto ibbeir. Lukkun lale bwe takto eo en maroñ bok injuren eo am.

Ewi wawein aō kōmman aō appointment?



1. Mokta jen am call e opiji eo an takto eo, kwōnaj aikuji:
 - Injuren card eo am, ekoba member im/ak group numba eo am
 - Calendar ak schedule eo am
 - Melele ko ikujjeem (einwōt raan in lōtak im atreej eo am)
 - Unin am lo lok takto eo
2. Call e opiji eo an takto eo am ñan am kōmman am appointment. Loloorjake am ba lok nan er:
 - Etke kwaikuj am appointment. Enaj kōmman bwe en lap ien aer karok ien am loe lok er.
 - Elaññe kwōj aikuj am ri-ukok
3. Ne ededelok an alikar ien appointment eo am, likit raan im awa eo ilo calendar eo am. Ne enaaj ilo awa in jerbal, kōjjelaik boss ak supervisor eo am.

Ta ko ij boki ñan ien takto eo aō?

Bok ibbam men kein ilo aolep ien ien am appointment:



ID rōt en ewōr pijaam ie im card in injuren



Melele ko ikijjeem, ekoba telboon numba im atreej eo am



Laajrak in kokalle in naninmej ko ak abonono ko am ikijjen ejmour



Record ak laajrak in ejmour eo am



Aolepen uno ko nimōm(ko jen takto im ko jet)



Laajrak in kajitōk ko kwōj kōnaan kajitikin takto eo am kaki

Ta imaroñ kōmmane bwe en emman ien lo lok takto eo aō?



Ba ñan takto eo am ta ko kwōj aikuj bwe ren tōbrak ilo ien loe lak eo am, einwōt:

- Pepa in bar ka uno
- Jiban ikijjen kōkalle in nañinmej eo am
- Juōn am pepa jen taktō eo ilo am jako jen jikin jerbal



Kajitōk ne kwōjjab melele juōn men. Aurok bwe kwōn driwōj lok jen oppij eo an takto eo ilo am melele ta ko kwaikuj kōmmanni bwe kwōn ejmour.

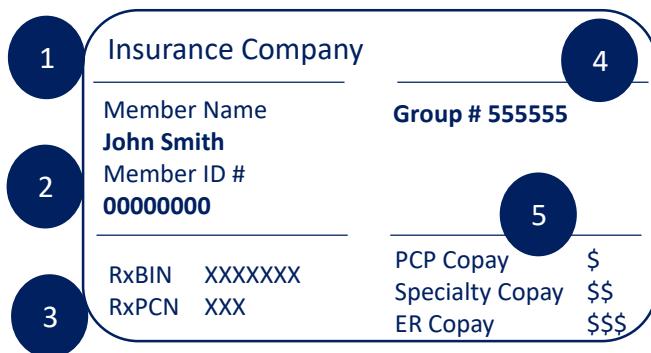


Mokta jen am jeblaak, repeat ak bar aliji ñan takto eo am ta ko komlele ikijjen:

- Etan nañinmej eo am
- Wawein jibañ kōkmanmanlok lok
- Naat kwōnaaj bar rool im lo lak takto eo

Wōn imaroñ kūrllok ne ewōr aō kajitok?

Ne ewōr am kajitōk ikijjen wawein am bukot juōn am takto, kwomaroñ kūrllok Department eo an Tyson Human Resources ak company in injuren eo am (lale ijin lal)



1. Insurance carrier – company eo ej lolojake injuren eo am

4. Group # - kalikar plan ta eo kwōj bed ie

7. Phone numbers for providers / Talboon numba nan an takto ro kajitok ikijjen benefit ak jiban ko, im bill ko ak wawein kōlla ko

2. Member name and ID – men ko kwoj lelok nan kalikar injuren eo am

5. Copay information – kalikar joñan eo kwōnaj aikuj make kolla ki ilo ien am takto

8. Insurance website / Website eo an injuren eo

3. Prescription benefit codes – kalikar lok ñan jikin ka-uno ko ewi joñan wōnen uno ko

6. Phone numbers for members / Talboon numba ñan an armej kajitok kin benefit im takto ro im rej bed umin injuren ko aer



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