

Innchungkhar Siibawi (GP)

Siibawi (GP) cu innchungkhar minung vialte nan ngandamnak a zohkhenhtu a si. Amah cu New Zealand ram ahhin na ngandamnLakhruak in a cangmi ak caah a biapi bikmi a si.



Na ngandamnak kong i na lungre a theih ahcun na siibawi kha na va ton hmasabik a hau.

Cu siibawi pawl cu na mibu umnak Ngandamnak lei Zohkhenhnak Hmun ah na hmuh khawh hna. Mizaw congthramtu Nurse le adang ngandamnak lei a thiammi hna zong cuka ahcun an tuan ve.

Siibawi nih siizung le adang ngandamnak lei zohkhenhnak hmun hna ah thiamsang siibawi zohkhenhnak an hmuhiak khawh.

Siibawi sin ah min va i khumh-cu nih cun man fawideuh in an zoh lai. Siibawi caah midongtu kha va chim. Holh lettu na herh ahcun na siibawi kha chim ko.

Mibu Riantuannak Khat (Community Services Card) nih a cheuchum a dih heu mi cu a rolh/rulh lai.



Duak tiah a chuak, nain, a faklo mi zawtfahnak

Na zawt ahcun na siibawi kha va tong. A siikhan a khar ahcun pumpak nih onmi Khawnden le Sii lei Zohkhenhnak Siikhaan na kal lai, i a man an in lak lai.

Sii-ai pawl

Sii a zuartu hna

Siibawi nih sii cawknak catlap an pek men lai: mah sii cawknak catlap cu prescription ti a si. Mah catlap cu siidawr ah kalpi in, sii a zuartu nih zeitik can ah din le, zetin in dah din a sining kha an chimh lai.



Adangdang Ngandamnak lei Zohkhenhnak

Haa siibawi

Sianginn a kai liomi asiloah rian a tuanlomi kum 18 tang ngakchia hna cu a man pek hau loin haa lei zohkhenh khawh a si. Min cazin khumhnak caah sianginn kha hal hna.



Kum a tling ciami upa caah haa lei cu a laak in zoh a si lo. Cheukhat siizung nih cun lakhruak in a rami hna caah afah daihnak kha an tuaapiak hna.

Nau ngeimi hna caah

Nau na pawl lio ah aho nih zohkhenh ding kha naa thim khawh.

Cu naa thimmi cu, nau ngeihertu (Midwife) asiloah nau ngeihertu siibawi an si kho. Siizung hna nih hin, cu nau ngeih zohkhenhnak cu an ngei ve.



Nau a chuah hnu, a dammi ngakchia a zohkhenhtu abiana ah rawl ei-tidin in ngakchia a thantertu Plunket bu nih nangmah le bawhte kha an in bomh khawh.

Acozah Siizung hna

New Zealand ram khua ngandeuh ahcun siizung an um dih. Na siibawi nih thiamsang siibawi he tonnak an sersiam piak lai. Cu ahcun lakhruak in a herhmi a si lo ahcun, na hngah a hau lai.



Caan hamnak (appointment) a ni/thla le suimilam a caan cu catial mi in na hmuh te lai. Cu ah a herh ngaimi cu, kha caan hamnak kha na fehter a hau.

Siizung hna ahhin a man lak loin holh lehpiak a si. Na caan hamnak na fehter tikah holh lettu lakpiak dingin na chimh hna lai.

Acozah siizung ahhin a herh hai mi vialte an i pe kho lai lo, cucaah pumpak in tuaumi zohkhenhnak hmun ah na kal a hau men lai. Cu ahcun a man pek a hau lai. Cu kong cu na siibawi nih an chimh a hau.

Lakhruak in a cangmi

Lakhruak in Zohkhenhnak Hmun

Fakpi in na zawt sual asiloah na hliam sual ahcun lakhruak in zohkhenhnak hmun ah na kal a hau men lai. Cuka ahcun na zawtnak kha an kherhlai/hneksak lai i, an in thlop lai.

Mizaw phorhnak mawtawka caah phone chawnh. Number 111 kha hmet in au – lakhruak thil ca lawngah a si lai.

Mizaw phorhnak mawtawka cu lakhruak ca lawngah a si.

Abiana ah a cang khomi:

- Hma fak
- Mah hngal loin pakhatkhat um
- Lung zawtnak puan
- Atha tein thaw chuah khawh lo
- Afak pi in zawt
- Hriamhma a fakpi in put



Lakhruak Zohkhenhnak Hmun (ED) nih azoh/ an thlop ve mi hna cu:

- Abiapi mi hma-rung hna
- Ruh a kiakmi le hliah-cang a pelhmi hna
- A cang sualmi sivai ei/din sual asiloah sii-ai/rit-hai sii tamtuk din sual
- A cang sualmi hriamhma te hna

Pumpak nih on mi Khawnden le Sii-ai lei Siikhan

Cu siikhan pawl nih hin hma a fak deuh lomi hriamhma le zawtnak hna kha an thlop.

Cu hna nih khaan nangmah na zawtnak le na hriamhma kha an in kherhlai/ hneksak khawh lo le, an in thlop khawh lo ahcun, Lakhruak in Zohkhenhnak Hmun (ED) lei ah an in kuat lai.

Cu siikhan hna cu siibawi te an khar caan ahhin an on theo. Cu siikhan hna cu thlop man kha an lak theo.

Na lungre a thei maw?

Sii-ai thlopnak lei kal kha tlaiter sawh hlah.

A man pek

Chin (Hakka)

Siibawi / Innchungkhar siibawi	Upa hna caah min va khumh: a man pek a hau Kum 6 tang ngakchia: a man pek a hau lo asiloah a man tlawmte pek.
Acozah Siizung asiloah Thiamsang Siibawi (Lakhruak in Zohkhenhnak Hmun tel chih in)	A man pek a hau lo
Siizung holh lettu hna (caan hammi ni/ thla a phanh hlan ah na hal lai).	A man pek a hau lo
Khawnden le Sii-ai Thlopnak Siikhan	A man pek a hau
Siibawi tialmi sii cawknak catlap	Kumtling upa le kum 6 cung ngakchia: \$5.00 Kum 6 tang ngakchia hna: a man pek a hau lo
Nau ngeihnak lei zohkhenh (nau ngeihertu sayama, acozah siizung)	A man pek a hau lo
Cekhlatnak hna	
• Atha te le hlanlak in zoh (ultrasound thlak tibantuk), thi chek, nau-inn hna zohnak screening tuah	A man pek a hau men lai – caah na siibawi kha hal.
• Hnuk chunglei zohnak hna screening tuah	A man pek a hau lo
Mizaw phorhnak mawtawka <i>*ACC – Accident Compensation Corporation (Khondennak lei Liamrulhnak Bu)</i>	ACC nih fakpi in khawnden in hriamhma put cu a ruh/liamh: a man pek a hau lo. Um-kalnak asiloah ACC a si lomi lakhruak: \$75 in \$85 tiang pek a hau
Haa Siibawi	Sianginn ah ngakchia chiah (Ahrampi zohkhenhnak): a man pek a hau lo. Kumtling upa hna caah: a man pek a hau
Pumpak (in a ongmi) siibawi le siizung hna	A man pek a hau

Telifawn in ruahnak pek

Ngandamnak lei a man phalh hau loin telifawn in Healthline na chonh hna ahcun, Healthline nih telifawn in holh lettu kha chimh in lak khawh a si.



Healthline cu 0800 611 116 kha chawn.

Holh lei Bawmhchanhnak

Siizung vialte nih hin a man pek hau loin, holh lettu an ngei dih. Na caan hamnak na tuah hlan ah na herhnak kong kha na chimh hna lai i, holh lettu kha an in lakpiak khawh lai.

Na caan hamnak a phanh hlan ah, holh lei in bomhchanh na duh ahcun na siibawi kha chim.

Phunzainak-lungtlinlo mi langhternak hna

Ngandamnak lei zohkhenhtu hna nih nangmah kha upat bu tein zohkhenh/ thlop ding tinvo na ngei. Na lungre theihmi a um asiloah phunzai-lungtlin lonak langhter na duh ahcun, nangmah zohkhenhnak an petu bu asiloah Ngandamnak le Mi tlamtlinglo Commission (Health & Disability Commission) kha chawn hna.

Website: www.hdc.org.nz/complaints ah tial.

National Freephone: 0800 112233 ah hmet law chawn.

Aa tlakmi

Hi cathluan bite nih ruahnak a pek duhmi cu **A Zungzal Umnak Nawl A Ngeimi PR** asiloah **New Zealand Rammi** hna ca lawngah a si. Hica kan chuah tiang ahhin a dikmi lawngte an si.

Thawngpang tamdeuh na theih duh ahcun:
www.govt.nz/eligibility kha kau law zoh.

New Zealand Ngandamnak Thil Tining

June 2013

Auckland Regional Public Health Service

Rātonga Haurora ā Iwi o Tamaki Makaurau

