



Children's Minnesota

Koom Qhov Mus Ntsib Uas Sib Tham Pom Duab

Ua koj tsaug uas siv qhov mus ntsib sib tham pom duab rau kev saib xyuas koj tus me nyuam. Tej ntaub ntawv nram qab no yuav pab qhia koj siv yam khoom tev naus laus zis rau peb qhov kev saib xyuas mob nkeeg tshiab uas sib tham pom duab. Tsuas zoo ib yam li koj, peb xav los pab koj tus me nyuam kom loj hlob zoo, tsis muaj mob thiab muaj zog zoo.

Kev pib tau

Txhua qhov mus ntsib uas sib tham pom duab nrog lub chaw kuaj mob mas yuav tsum xub nkag mus rau hauv koj qhov MyChildren tus as qhaj rau ntawm <https://www.childrensmn.org/mychildren/>.

Yog tam sim no koj tsis tso npe rau hauv MyChildren, ces koj tuaj yeem tso npe rau ntawm koj lub chaw kho mob ntawm lub rooj tso npe neeg mob los sis hu rau 612-813-6216. Cov neeg mob uas muaj hnuv nyooq qis dua 18 xyoo yuav tsum cia lawv niam thiab txiv los sis tus neeg saib xyuas thov ib tug as qhaj MyChildren rau lawv.

Ua ntej koj yuav mus ntsib qhov sib tham pom duab

Yuav tau saib xyuas kom koj qhov mus koom saib xyuas uas sib tham pom duab no siv tau lawm, ua raws li cov lus qhia no ua ntej txog koj qhov mus ntsib. Thov nco tias: muaj ntau kauj ruam los mus npaj koj qhov mus ntsib uas sib tham pom duab, yog li thiaj li ua rau koj tus kheej muaj sij hawm txaus los npaj rau txhua kauj ruam ua ntej txog koj lub sij hawm teem caij sib ntsib.

TIV TOJ RAU PEB

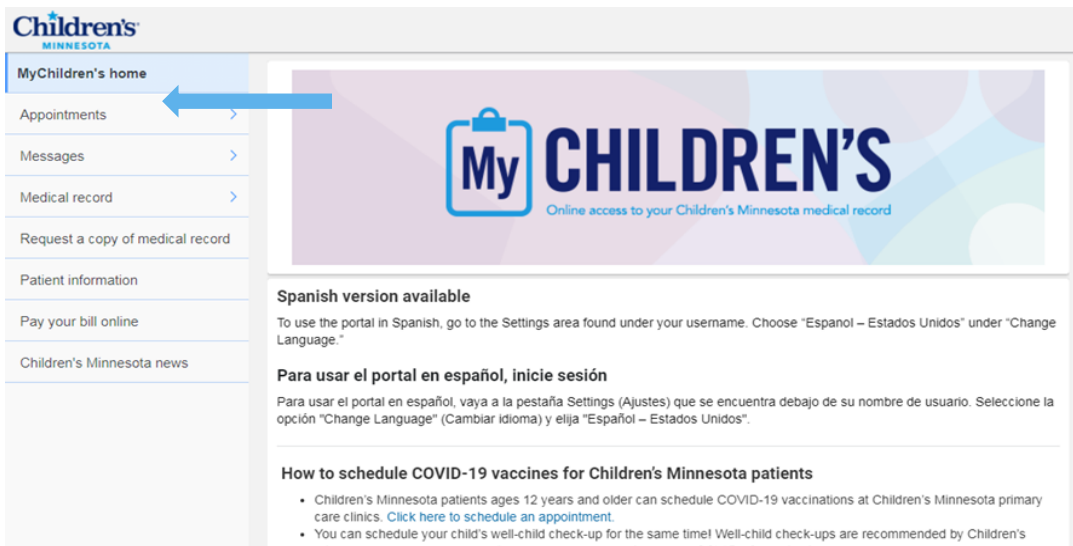
Yog xav tau kev pab txhawb feem tev niv:
Hu rau 1-877-621-8014


Yog xav nug txog koj qhov teem caij mus ntsib:
Thov hu rau koj lub chaw kho mob.

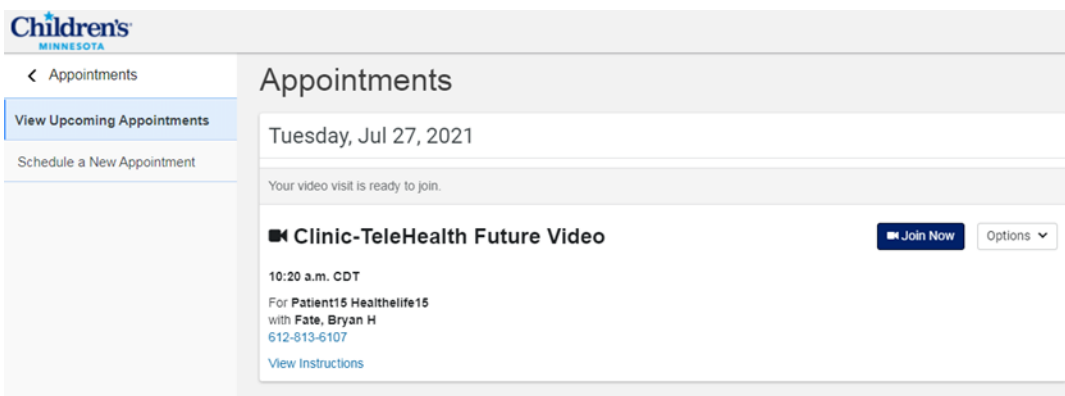
Children's
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[childrensmn.org/primarycare](https://www.childrensmn.org/primarycare)

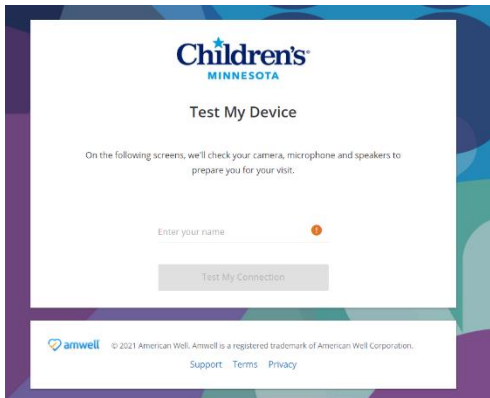
1. Nkag mus rau hauv MyChildren's Patient Portal 10-15 feeb ua ntej txog koj lub sijhawm teem caij sib ntsib rau ntawm: <https://www.childrensmn.org/mychildrens/>.
 - Yog koj tab tom koom rau qhov kuaj xyuas mob nkeeg raws qhov sib tham pom duab dhau los ntawm ib lub web browser los sis ib lub xov tooj ntawm, ces siv lub Chrome browser (yog tseem siv Windows los sis xov tooj Android), los sis ib lub Safari browser (yog siv ib lub Mac los sis iOS).
2. Thaum koj tso npe nkag mus rau hauv MyChildren's lawm, nias rau ntawm **Appointments (Tej kev teem caij mus ntsib)** los mus saib tag nrho cov sijhawm uas tau teem caij tseg, suav txog koj qhov mus ntsib uas sib tham pom duab tib si. (saib nplooj ntawv txuas mus ntxiv)



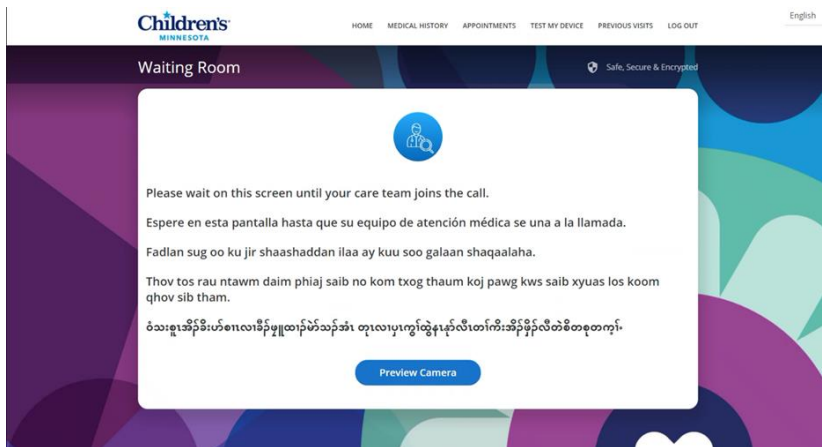
- Lub icon sib tham pom duab vis dis aus  yog nyob puab ntawm txhua qhov teem caij mus ntsib uas sib tham pom duab.
- Yog koj tsis pom koj qhov tau teem caij mus ntsib sib tham pom duab, ces hu rau koj lub chaw kuaj mob.



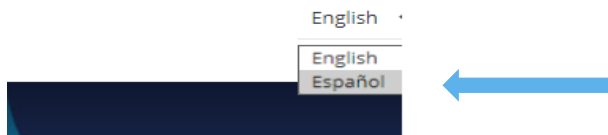
3. Sim koj lub koos pij tawj, lub tablet los sis xov tooj ntawm tes kom paub meej tias qhov teeb lub suab nrov thiab teeb vis dis aus ua hauj lwm zoo lawm.
 - Yuav muab cov lus qhia daws teeb meem rau koj, yog xav tau.
 - Rub tej hloov dua tshiab los nruab rau ntawm koj yam khoom siv.



4. Thaum koj qhov Tech Check ua tiav lawm, **qhia ib tug xov tooj rau.** Ces nias qov **Continue (Txuas mus ntxiv).**
 - Koj yuav nkag mus nyob rau Chav Tos Sib Tham Pom Duab. Koj pawg kws saib xyuas mob nkeeg yuav ceeb toom rau koj thaum koj tuaj txog lawm.



- Koj tuaj yeem **xaiv lus As Kiv los sis Lus Xabpeesniv** los ntawm kev xaiv ib qho ntawm daim menus nyob ces kaum saum toj sab xis ntawm koj daim phiaj saib.

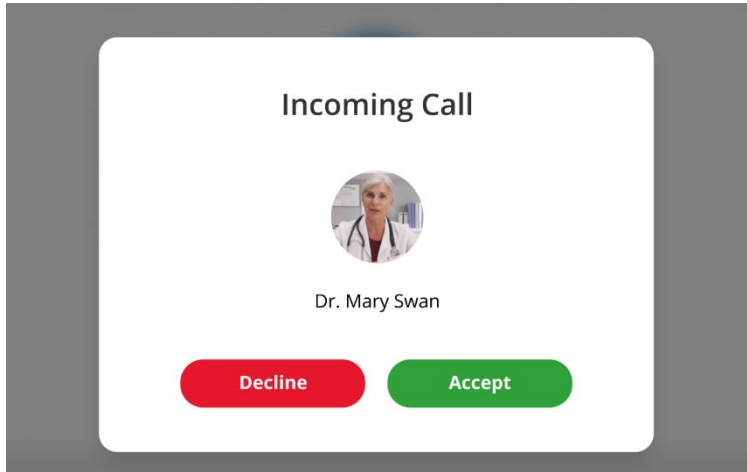


- Koj yuav pom ib daim ntawv ceeb toom nug kom koj **grant your browser access (tso cai cia koj lub browser nkag mus tau rau)** hauv koj qhov hais lus thiab lub koob yees duab. Koj yuav tsum tso cai nkag mus siv qhov hais lus thiab lub yees duab rau thaum lub sij hawm mus ntsib uas sib tham pom duab.

Thaum lub sij hawm mus ntsib saib xyuas mob nkeeg uas sib tham pom duab

5. Thaum koj pawg kws saib xyuas mob nkeeg pib qhov sib tham pom duab, koj yuav tau txais Tsab Xov Tooj Hu Nkag Tuaj. Xaiv qhov **Accept (Lees Txais)** thiaj li los mus koom tau qhov mus ntsib uas sib tham pom duab no.
 - Thaum koj lees txais tsab xov tooj hu nkag tuaj ntawm lawm, koj qhov mus ntsib mam li pib.

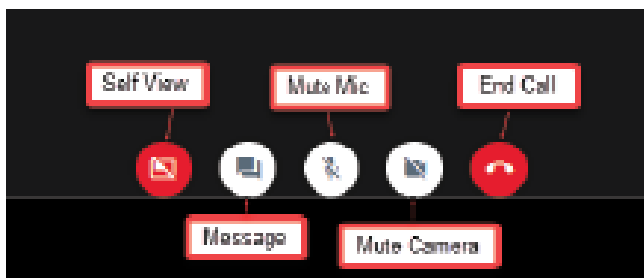
- Koj yuav pom thiab hnov koj pawg kws saib xyuas mob nkeeg rau hauv daim phiaj saib vis dis aus. Lawv yuav pom thiab hnov koj hais lus ib yam nkaus.



Yog koj xav kom lwm tus neeg ntwam tsev neeg los koom qhov kuaj mob uas sib tham pom duab no, ces qhia lawv tus email los sis ntaus ntawv xa mus rau lawv kom npaj kom txhij yog li pawg kws saib xyuas thiaj li caw tau lawv los koom thaum koj koom qhov kev mus sib ntsib no.

6. Thaum qhov mus ntsib uas sib tham pom duab tag lawm, nias qhov **End Call (Xaus Qhov Hu)**.

- Yog koj xav rov mus koom dua qhov mus ntsib uas sib tham pom duab tom qab xaiv qhov **End Call (Xaus Qhov Hu)**, xaiv qhov **Join Session (Mus Koom Qhov Sib Tham)** thiaj li rov qab mus qhib qhov sib tham vis dis aus tau. Qhov nias **Join Session (Mus Koom Qhov Sib Tham)** mas yeej muaj yog qhov teem caij mus ntsib tseem tsis tau tag sij hawm thib tus kws kho mob tseem kuaj xyuas tsis tau tiav.



Yog qhov sib tham pom duab no tsis ua hauj lwm ne yuav zoo li cas?

Nkag mus saib cov lus qhia ntwam daim ntawv PDF no.