



PRESBYTERIAN MEDICAL SERVICES

Doo' ahtééhji Bideiyiniilniish

{a'jiz9 H0d44t'igi ee'oonishgi Baa'1k0hwiinidzin

T'33chil d99t'22dah d00 Naakidim771 d00 bi'aan t11 d33 bee'oonish

D77 S11d Naaltsoos Bee had4t'4h7g77' Azee' @h 1198gi Naaltsoos Bee Si'3n7g77 Chiidoo'9[D00 H17da Y0keedgo Bik'ehgo Bich'8' K0dooln7[gi Yahalne'. Ts'7d1 Hazh0'0 Baa' !k0 N7n7dzin Doo.

Na'7d7[kid77sh? D77d7 naaltsoos had4t'4 h7g77 d00 binaag00 na'7d7[kidgo kwii Da'7n77shgi Compliance j7 Naalnish7g77 bich'8'b44sh bee hod77lnih (505)982-5565 d00 t'11j77k'eh hane'7g77 (800)477-7633.

Azee' @h 1197gi Naaltsoos Baa' !hly12gi N1 baa'lhoniidzin azee' nah 1189gi naaltsoos bee s8'3n7g77 doo t'00 b0hol9h7g77 bich'i 77shj1ln 1198da 7nda n1 baa'lhly3. Presbyterian Medical Service ("PMS") t'11'a[tsohj8' azee' nah llyaa'7gi neeh naaltsoos hadi'9. D77 naaltsoos neehadilyaah7g77 binaj8' b0h0n44hdz33go azee' nah 1n1188h d00 ts'7d1 azee' 2h 1188gi bee nahaz3 n7g00 bik'eh h01'9.

Ts'7d1 D77 Biniinaa Naaltsoos Kot'ao Bee H1d4t'4 D77 naaltsoos bee had4t'4h7g77 azee' ah 1189gi naaltsoos bee s8'3n7g77 chiidoo'8[d00 h17da y0keedgo bik'ehgo bich'8' k0dool n7[d00 bik'ehgo nah 1n1'1188h d00 bik'4 na'azllagi inda bee nahaz32gi bike'h go' bee' oonish. !1d00 azee' 2h 1198gi bee n1 haz3 t'11 ni ninaaltsoos w0shd66' din00 n1'ah00t'i'doo.

H17h \$7 Yik'eh H0[98doo? PMS azee' ah 1198gi [a'jiz9 h0d44t'i'gi azee' h22h llyaaagi bik'ehgo' oonish doo n7. D77 bik'eh go nihi naanish 77n77lzin azee' 2h ldooln7[gi d00 bik'4 na'azl11g00' 11d00 bee'aah lhly1 nihideet'7.

Bee Haz32nii Bee N1'ldahazt'i'ii Azee' nah 1189gi naaltsoos nehad4t'4h7g77 PMS di sinil ndi saad naaltsoos bik11' shijaa'7g77' 47 ni haash99 yit'44go nah l'lyaaago bik11' lko' 47 saad7g77' 47 t'11' nihgo' 1t'4. D77 bik'ehgo bee haz32nii bee n1'adahazt'i':

- Azee' nah llyaaagi naaltsoos saad bik11'7g77 y7n7keedgo d00 d7n77[9[go bee n1'ah00t'i'. Tldiin7j8' nich'8' k0doolni[. {lh1da t'47 dooda ni'didoo'ni[.
- T'11h11lgoda k0dooln7[go h17da choidoo'[98[go dooda did77ni[go n1'ah00t'i'. !konidi hihi kod00 dooda din77nig77 doo n1 13 adeedlee[7g77 bee nih1 haz'3.
- Shi[nlt'33' n1h1ne'gi ts'7d1 b0h0n44dz1n7gi' 1t'44go sh1'00lzindoo d00 t'11 h1ldida n11h1st'1n7di shi[hodoonih din00 sh1 bida'j0sin doo din00 bee n1'lh00t'i'.
- Doo'l'al89g00 azee' sh22h llyaa biniinaa saad naaltsoos bik11' shijaa'7g77 [ahgo' 1n7dooln7[din00 d0' n1'lh00t'i' 1k0ndi Azee' nah lyiilah7g77 t'11' 1'1199g00 azee' 3h 1sh [aah n77go' 47 saad doo [ahgo' ldooln7[da.

- H11g00 dash2' azee' sh22h llyaaah7g77 naaltsoos bee'ahineezdee' lkwi shi[b44 hodoozii[di n00 y7d77ki[go' 1t'4.
- H1d33'da azee' sh22h 1n1199hgi b7ni' y0keedii bich'8' k0189doo d7n7niidgo' 47' lkwi dooda n11 d77n7'niidgo d0' bee n1'lh00t'i' ndi t'11' 77d33' ninaaltsoos y0keedii bich'8' k01yaah7g77 t'47 doo t'33' n10keed doolee[da.
- Azee' 2h 1198gi naaltsoos bee had4t4ego y yaahalne'7g77 naaltsoos [a' yid77ki[go BBe n1'ah00t'i'.

D77 kwii Bee Haz32nii bee n1'adahazt'i'7g77 [a' bik'ehg00' ldeesh[77[n7n7zingo t'11' PMSdi azee' nah 1n1188hgi d77n1[d00 11j7' a133j7' naaz7n7g77 bich'8' had77dzih doodago da' 47 Da'7n77sh Compliancej7 Yinaalnish7g77 bich'8' b44sh bee hod77lnih (505)982-5565 d00 t'11'j77k'eh da hod77lnih (800)477-7633.

Nihinaanish d77 bee haz32nii bik'ehg00' 1h'iil9:

- {a'jiz99gi azee' h22h 1198go h0d44t'i'ii baa'hooch8'.
- Azee' @h 1198gi {a'jiz9 H0d44t'i'ii saad bik1'7g77 g77 keedgo haadooltsos.
- !zee' 2h 1198gi bee hazlanii bik'ehgo i' 981'9.

D77 Das Dzoh7g77' Ninaaltsoos Azee' Nah !lyaaagi Choidoo'98[D00 V0keed7g77 Bich'8' K0dooln7[go' Adahazt'i'. Kodoo binahji azee' nah llyaaagi dee eeh0zin7g77 nihi[iishj3ni a'doolnii[doo hazl':

@h 1'doolni[gi: Azee' nah 1198gi naa'ldahaly32nii bi[nideilnish7g77 naaltsoos nehad4t'4h7gi bi[77shj1ln ldiilni[go bee'lh00t'i'.

!zlaagi: Azee' nah 1198gi na'1z11h1g00 azee' nah llyaaagi [ahg00 bi[77shj1n7'119 binaj8' B4eso' !ch'33h Nidaa'nili 11d66 yee nahas3n7g00 yik'4 na'as binaj9'.

Azee' @h 119 Da'7n77sh: Azee' nah 1198gi ninaaltsoos nehadet'47 PMS Azee' @h 119 Da'7n77shgi binaj8' naanish [ahg00 nidaak'3s d00 nidaalnish7 b7n1hii'ni[d00 baa nidaho nit[ahg00 hasht'4 n11lnii[.

Azee' @h 119 N1n1'ii dzohgi d00 @h 4'419 [ahg00 nin1ldahast'2: Kwii n1n1'asdzoh nidii'n77dgo binaj8' ni[b44h0zin nah 1n1'11 88hgi, d00 h11g00 da azee' ahldaal9 bi[nahaz'23g00 bee n1'adahazt'i'go' ly0sin.

Azee' @h 1198gi Ninaaltsoos Choidoo'88[go
Bee'adahazt'i'

D7kw77g00sh99 nahaz3 Azee' 2h 1daal98g00 t'1ldoo ni[hwiilne'4 nah 1'llyaagi ninaaltsoos 1lj8' y0keedii bi[77shjln7' ldooln7[. Kwii dasdzoh7gi lk0t'10' 4'4ln44hgi yaa halne:

- Doo dooda din77g00 t'47 azee' nah 1198gi Nishch7inii; bi[h1ln7jee', nik'47, d00 nik'is d00 n44h0sinii y0keedgo bi[77shj1ln ldooln7[go' 1t'4.
- Bee Haz32nii bee azee' nah 1198gi w0shd66' n7igo' t'11' lko bich'8' k0dooln7[.
- W11shindoon00' 1y7s77' Ats'77s Baa' 1hly32j7 Bik'i' Ad4st'99j7 d00 t'11 ni azee' nah 1198gi naaltsoos si'3n7g77 w0sh66' n77go biich'8 kodoolnii[.
- Ats'77s baa'ldahay3 bi[da'7n77shg00 naa[niih, at'7'jiidzaagi, d00 hats'7s bich'8' anlhwi t'44hgo bo'oonishj7 d00 nitsaago Food and Drug Administration nida'alkahg00 da' a[d0' ninaaltsoos bich'8' k0doolnii[. Naa[niih naalkahgi, at'7'hwi'dil98go da, iin1 n1ldiilyl1go da kwii bee'44h0zin doo biniiy4 bich'8' koln44h doo.
- H0tsaago hadahasdzoh bi W11shindoon da'7n77sh ats'7s baa'1hly3 bi[nahaz33g00 d00 1lj7' 1kl'a'ayed n1 bee'adahazt'i' biniiy4 d0 ninaaltsoos bich'8' kodoolni[.
- Naanishdi at'77yindzago', Workers Compensation kwii bee' haz32nii bee azee' nah 1198gi naaltsoos w0shd66' n77go d0' bich'8' k0doolni[.
- Adahwiin7t'9 bi[nahaz32j7 nihwii'ahii azee' 2h 1198gi ninaaltsoos bee s8'3n7g77 w0shd66 n0h, d00 t'11'1lj7 na'ask11'go bee'44dahozingo inda bee haz32 bi[nidaazt'i'j7 y0keedgo ninaaltsoos bich'8' k0dooln7i[.
- Sil10j7 da'7n77shj7 azee' nah 1187gi ninaaltsoos bee s8'3n7g77 y0keedgo binaj8' na'ask11'gi' 44dahozingo; lhoot'88dgi d00' 1t'9n7g77 da b44h0zingo ninaaltsoos bich'i' k0doolni[.
- Ats'77s baa'1hly32 yaada'0[ta'7g77 d00' 1lj7 nida'a[kah bich'8' bee 13go a[d0' azee' nah 1n1liihgi ninaaltsoos bee s8'3n7g77 y0keedgo bi[7shj1ln ldoolni[.
- Sil10 [its07' 1n7tahgo' azee' nah 1n1188hgi naaltsoos bee s8'3n7g77' Sil10 [its07d66', Kinlh1lgaid66' Naat'1lnii 'al33j8' siz9n7g77 da, sil10 [its07 na'alkahj7 nidaalnishii w0shd66; d77niidgo ninaaltsoos bich'8' k0doolni[.
- Ats'77s iin1' anlh7'44j7 hasht'edei[9n7g77 d00 t'11'1lj7 nida'a[kah7g77' d00' ats'7s ninlh1lj1lhj7 yinidaalnish7g77 biniinaa iin1 nin7t'i'gi bee b44 hodoozii[biniiy4' a[d0' azee' nah 1198gi ninaaltsoos y0keedgo bich'8' k0dooln77[.
- Ats'i'7s biih n1h1'n77[j8' t'11' h0hats'7s; han11'da, hwii'sil47 da [a'ninlzhidini'aohgo h17da biih n7n11 dooly4[biniiy4 akwii yaa' ldahaly3n7g77 d00 hasht'e'dei[9n7g77 azee' nah 1199gi ninaaltsoos si'ln7g77 y0keedgo bich'8' k0dooln77[.
- Azee' nah 1n1liihgi ninaaltsoos bee s8'3n7g77 t'ladoole'4 bee nich'8' y4ego hodiiznllgo 2h33hasin7g77 biniinaa ninaaltsoos w0keedgo y0keedii bich'8' k0doolnii[.
- !y7sii bld4iy7n77lnish7g77 nihi'k'i d44z9'7g77 azee' nah 1n1liihgo ninaaltsoos beehaz32nii binahj8' w0shd66' n00 bich'8' k0dooln77[.
- Awllyyah7 dan7198go doodago' 47' awllyya hotsaadi s7n7dalgo' 1lj7 nidaalnish7g77' azee' nah 1n1liihgi ninaaltsoos bee s8'3n7g77 w0shd66' n00 bich'8' k0dooln7[d00' 1lj7 yik'ehgo' awllyyahdi nidaalnish7g77 nits'77s yaa' 1 n11 hly32 doo.

- Azee' nah 1n1liihgi ninaaltsoos bee s8'3n7g77 nihi nidaalnish7g77 naaltsoos nihi y4n7 n1da'iil8hii bich'8' k0neil8h ndi' beehazaanii bik'ehgo t'11'77d33' bi[b44h0zin d77 n7d44t'i'7g77' 47 doo n71lhg00 baa hane'da.

Azee' nah 1n118hgi ninaaltsoos bee s8'3n7g77
h1lg00 da choin1 doo'8[d00 77shj1ln ldooln7[gi

Azee' nah 1n118hgi t'11 h1lg00 da chiidoo'8[d00 h1lda bich'8' 77shjln7' ldooln7[go' 47 t'11 ni 13 din77go saad naaltsoos bik11' dashij11'go nihich'8' kw77nilaahgo t'47' n71lhg00 ninaaltsoos bi'diilnih. Dooda din77go d0' t'11' 47' bik'ehgo' lniit'44 doo. H1lg00sh99 nahz3n7 g00 dooda doo ak== shinaaltsoos choidoo'8[da din00' 47 bik'eh lniit'44 doo. !k0ndi azee' nah 1n118hgi t'11'77d33' ninaaltsoos bee s8'3n7g77 h17da bich'8' k0daalyah7g77 t'33' n47dooki[gi doo boh0n44dz33 da k'ad dooda t'ahdoo diniihd33' 1k00' lhesn17g77.

Yoot0 Hahoodzohj7 Bee Nahaz3n7g77 h1ldida Yoot00j7 bibee haz32nii Kinlh1lgaid66' bibee haz32niih7g77 bitsisdi bidziilgo' 1lyaago '47 Yoot00j7 hahoodzoh7g77 bi bee haz32niih7g77 bike'hgo azee' 1h 1198j7 naaltsoos [a'jiz98gi bidad44t'i'7g77 y4ego bik'i'ad44st'99' doo. L3'7da ats'iis baa' 1hly3n7gi naaltsoos [a'jiz9 h0d44t'i'go h17da doo bi[77shjln7' 1lneehta bee haz32nii dooda n7. J0 naa[niih [1'd77 HIV d00 AIDS w0ly4h7g77' 1k0t'4. H47da azee' 2h 1198gi honaaltsoos lni' naalkahj7 da d00 tsi'na'i[47 choo'98gi b7dad44t'i'j7 da naaltsoos bee nazn17g77 y0keedgo' 47 n7d66' saad naaltsoos bik11'gi 13 din77go' t'47 yokeedig77 bich'8' k0doolnii[.

Tsi'nida'i[477 bik44' h1ld7n7d1lhgo biniiy4 kwii nihi[haz3n7g7 nah 1n1'118hgo h17da nah 1n1'118hgi ninaaltsoos y0keedgo' 47 nid00 13 din00 saad naaltsoos bik11' shijaa'go h47ni'ahgo t'47 y0keedii nah 1'1198gi ninaaltsoos bich'8' k0dooln7[. !kondi [ahda t'11'ni7 azee' nah 1198gi nahd66' [a' azee' 2h 1198gi bi[n1lhast'32nii bi[nideilnish7g77 d00' 1lj7 b7dad44t'i'7g77 nah 1'1198gi ninaaltsoos yokeedgo t'11' ni7 bich'8' k0diiln77[. Y4ego' 1nlh00t'i' haz199'go da t'11 ni7 ninaaltsoos h17da n7kl'iilyeed7g77 bich'8' k0diiln77[.

D77 Naaltsoos Bee' \$eh0zinii {ahgo' !nalyaago

D77 Azee' @h 1198gi Naaltsoos Bee S8'ln7g77 Choidoo'8[gi D00' &shj1ln ldooln7[gi yaa halne'77g77 [ahgo' 77lyaaahgo' 47 nih[haz3n7gi t'11' 1t'4 naaltsoos d00 nihich'8' ch0i'oo[9n7g77 b7d44t'i' doo. Shi[b44hodoozi[n7n7zingo' 47 b44sh [ichi'ii website woly4h7g77 bii'j8' hld7d77'8[kwii bee'44h0zin7g77 bik11': www.pms.healthierstate.org d00 naaltsoos da nihich'8' 1d77li[47 nihaa n47 n7dz1lgo nihaa d7[tsos.

T'11dool4'4 dooni[33n77g00

Azee' nah 1n118hgi shi[00lzin' n7n7zingo' a[d0' naaltsoos saad bik11' 1d77li[d00 kod00 Da'7n77shj7 Compliancej7 Officerh7g77 baad7[tsos dooda go' 47 t'11' Secretary of Health and Human Servicesj8' 1d7717[. Kwii' 47 bik'ehgo nihich'8' naaltsoos hadid7717[gi bik11' d00 ni'di[1h7g77 bee nihi[hod77lni; PMSdi P.O. Box 2267, Santa Fe, New Mexico 87504-2267 d77 doodago 47 nihich'8' hod77lnih d77 naaltsoos had4t'4h7g77' al32j8' sitsooz7g77 b44sh beehane'7 bik11'. D00 47 biniinaa 1k'ij8' naaltsoos nidiiltsos da.