

Noun Chon Hawaii We Taropwen Physical Examination me pwan Taropwen Kapas Eis Ren Afisuwan Mwiich



Chuukese

Manapen Poraus

Non chengen me pwapwa ren ewe health of Hawaii's youth, mei wor ei minafon napanap ren katonongan semirit ngeni afisuwan mwiich ar repwe angei ewe physical examination, well-child visit, ika check-up.

Ewe well-child visit a kawor seni emon meinapen tokter, ika chon aninisin ewe tokter, ika pwan emon kangof.*

Ewe well-child visit a forata tumwunuochun nonomwun ekkewe semirit ar repwe poraus ngeni nour kewe chon aninis ren health me wellness, me pwan tongeni anisi ren appetin osukosuken non inis aweve ren obesity, ukun supwa, pwan stress. Pwan iei ew fansoun an noum we semirit epwe angei an appetin samwau.

Met u need ai upwe sinei?

Nepoputan ren sukuun ren ei yer 2017-2018, meinisin chon sukuun repwe afisuwan mwiich repwe complete ewe physical examination ika check-up mei katou ika affat seni annuk ([HRS §302A-1159](#))

Ewe semirit epwe angei an check-up non ukukun engon me ru (12) maram me mwan ewe aewin ranin sukuun.

In me Sam ika chon tutumunu ewe semirit repwe amasowa ena taropwe ika [Form 14](#) (Student's Health Record) ra ngeni ewe nenien sukuun nupwen ar registerini ewe chon sukuun non afisuwan mwiich.

Ewe taropwe e need an epwe ammasou?

Ewer. Non ewe ranin appointment an noum we semirit ren ewe physical examination ika check-up, kose mochen ngeni ewe chon angaang ika chon aninis ena taropwe (Form 14) an epwe amasowa atun ena visit. Ika a wes ka ngeni ewe sukuun nupwen noum we a register ren afisuwan mwiich.

Kuttan ewe taropwe (Form 14):

Ika kopwe download ew kapin ewe taropwe ika Form 14 ika ren ekkoch porausan ewe check-up ren afisuwan mwiich me met requirement, ka tongeni visit ei website ren www.hawaiipublicschools.org ika kutta ena "Physical Exam".

Pwata a men namot ika auchea ?

Mamaritan ika wattenon noum we iei ew fansoun a men wesen auchea pun nikinikin, me mwokutukun a pwan kesiwin. Non ei fansoun, (youth) ekkei ra yerin watte ra pwan tongeni forata watten semwen, nge chomong mei wor appetin. Ei check-up ew fansoun mei namot me pwan ew appetin nonomwun ekkei ra wattenno ar repwe poraus fengen me nour kewe dokter ren sakopaten porausan tumunuochun inisir, me pwan anisir ren ar repwe appeti senir ekkoch osukosuken semwen. A pwan tongeni awora atun ar repwe fiti mwokutukun safei ren ekkewe atun rese angei nge mei tou aureuren ar repwe angei.

*a pachanong doktoren "naturopathy" usun mei affat non [HRS§455-8](#)

Ewe American Academy of Pediatrics a pwan katou aureuren semirit me ekkewe ra yerin watte ar repwe angei ewe well-child visit ika check-up fan ew non ew yer ren nour kewe chon aninis ren pekin (insurance).

Met sokkun chon safei epwe emweni ewe chon fori physical examination ika check-up?

Ewe checkin inis (check-up) a kawor seni ewe mei wor noun liseded non pekin check, nour assistant, ika ewe kangof mei watte an sinei*.

Io epwe tongeni meeni ewe check-up?

Namotan check-up ren noum we mei kamo non yer, me pwan met mei kawor ren Patient Protection me Affordable Care Act (ACA).

Met Patient Protection me Affordable Care Act?

Patient Protection me Affordable Care Act, fan ekkoch sia chok era “Affordable Care Act” ika “ACA,” ewe pekin annisin samwau a ketiw me ren Congress me pwan sain non annuk seni President Barak Obama non March 2010. Mennapen me auchean ei annuk an epwe afefeitai eochun, eaeen, me memen ewe health care me health insurance non United States ika Merika.

Met sakkun opos mei pwan auchea an chon afisuwan mwich (7th Grade) repwe tongeni fiti sukuun, pachanong ar exam ika chekin inisir)?

Pwan sopwosopwun ewe check-up ren afisuwan mwiich, annukun Hawaii State mei pwan mochen meinisin chon sukuun repwe awesi met mei kawor fanitan ewe immunization ika opos. Poraus ngeni ewe a wisen mesemes on noum taropwen pioing ren ekkei immunizations me pwan ekkewe ra watte ir mei piin fori ei sokkun.

Ren sopwosopwun porausan me mettoch mei need ren ei immunization ka tongeni kuna on ewe Hawaii Department of Health website: <http://health.hawaii.gov/docd/school-health-requirements/>

Met epwe fis ika ewe semirit ese angei check-up me mwan an epwe tonong non afisuwan mwiich?

Ika ewe semirit ese angei ewe physical examination (check-up) me mwan epwe afisuwan mwiich, ewe nengin ika at epwe chok tongeni sukuun. Nge ewe Department of Education epwe maketiw itan ewe chon sukuun, nenian, me an email ngeni ewe Department of Health. Ewe Department of Health me Department of Education repwe follow up ngeni inan me saman ewe chon sukuun ika ekkewe ra wisan tumwunu ewe semirit non ewe yer ar repwe apochokuna ngenir an nour ewe epwe check-up. Ika kose mochen om contact information epwe no ngeni ewe Department of Health, kose mochen mak ngeni ewe sukuun seni October 30th.

Ewe health insurance mei pwan kawor fanitan ekkewe ir mei kukkun ar moni tonong?

Ewer. Medicaid ew federal me state partnership program, ra wisan awora health coverage ngeni ekkewe mei low-income semirit ika watte. Visit ewe Department of Human Services MedQUEST site: mybenefits.hawaii.gov/medicaid-faqs/ ren pwan ekkoch sopwosopwun aninis.

Porausan Pochokunun Inis

At/nengin ekkewe ra yerin watte repwe exercise ika taiso non ukukun 60 minutes (ika ew awa) non ew ran. Non ew week, epwe pwachenong aerobic, kawenen muscles, pwan kawenen chu ren omw fetan, sa, sokopaten sports, push-ups, keki toro, ika jumping rope (mwet). Pwan mongo met

Ei taropwe mei fen update ika siwin non January 2019

mei murrinno epwe appeti semwen ren obesity (mongomong/kitinup), semwenin suke (type 2), me semwenin ngasangas. Siwini met sokkun mongo me minen un mei watte suke non, salt, me met ese eoch mei watte fats non siwini ngeni fat-free ika low-fat milk, konik, fruits, vegetables, whole-grains, me low-fat protein foods. Ren sopwosopwun ka tongeni kutta ren ewe United States Department of Agriculture's ChooseMyPlate.gov website.