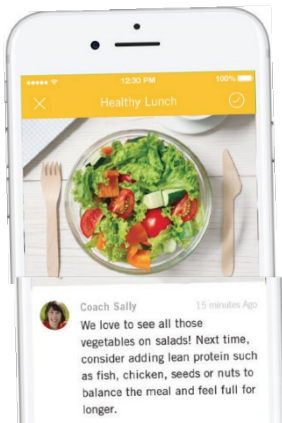


Molina Marketplace thiab Medi-Cal cov tswv cuab yeej tau txais qhov kev pab cuam ntawm no tsis tau them nqi dabtsi.

## Xav txo koj txoj kev uas ntxim yuav mob tus kabmob ntshav qab zib lov?

Molina Healthcare thiab Yes Health yuav coj koj mus rau Qhov Kev Pab cuam Tiv Thaiv Kabmob Ntshav Qab Zib (Diabetes Prevention Program) uas yog ib qho kev pab cuam nyob tsis muaj chaws (mobile). Nws yog ib qho kev pab cuam tau txais kev pom zoo los ntawm lub chaw CDC (Cov Chaw Tswj thiab Tiv Thaiv Kabmob (Centers for Disease Control and Prevention)).

Kawm tias yuav ua li cas thiab mus sau npe siv raws li cov kauj raum nram qab no:



- Mus xyuas ntawm [www.yeshealth.com/molina](http://www.yeshealth.com/molina)**  
Mus teb qhov kev nug 1-nasthis (1-min quiz) saib koj puas tsim nyog siv tau qhov kev pab cuam
- Tom qab paub tias koj tsim nyog siv tau qhov kev pab cuam lawm**  
Koj yuav tau txais ib tsab email txais tos koj thiab koj yuav mus rub tau qhov app coj los siv
- Pib Siv Yes Health**  
Nws yoojyim heev! Sim muab koj thawj pluag mov ntaus rau hauv
- Siv cov kev qhia uas npaj rau koj ib leeg**  
Muaj lus qhia thiab tswvyim pab rau koj siv thaum lub sijhawm koj xav siv los ntawm pawg neeg pab koj uas yog cov kws paub txog kev noj zaub mov thiab kev ua kom ib ce muaj zog.
- Tau ib pob khoom txais tos thiab tus teev muaj lej digital.**  
Cov khoom no yuav tuaj txog li ntawm 5 mus rau 10 hnuv uas yog hnuv dej hnuv num.

