

# MINNESOTA KEV TIV THAIV TEB CHAWS (MINNESOTA NATIONAL GUARD)

## Txoj Kev Rov Los Sib Txuam Ua Ke

### Xyuas Hauj Lwm Kom Tiav

1. Xyuas kom koj daim ntawv tso cai tsav tsheb tsis txhob dhau sij hawm thiab cov pib muas lo paib tsheb tsis tau tas sij hawm. Xyuas seb kev cai khiav ceev hauv tej kev khiav tsheb hloov li cas lawm.
2. Rov hais kom kev pov hwm tsheb rov ua hauj lwm pov hwm kom haum rau koj lub sij hawm tam sim no.
3. Soj Xyuas thiab Kho (PMCS (Preventive Maintenance Checks and Services)) koj Lub Tsheb (POV (Privately Owned Vehicle)).
4. Xyuas kom koj thiab koj tsev neeg rau muaj npe tiav rau hauv TRICARE .
5. Xa koj tsab ntawv DD214 (Tsab Ntawv Tso Tawm los yog Rho Tawm Kev Ua Tub Rog (Certificate of Release or Discharge from Active Duty)) mus rau lub Cheeb Nroog Chaw Khiaj Dej Num Tub Rog Tus Kws Ceev Xwm.
6. Kev ua hauj lwm
  - o Faj seeb rau koj lub chaw hauj lwm, teem lub caij yuav rov mus ua
  - o Yog tsis muaj hauj lwm ua thov MN Kev Pov Hwm Pab Tsis Muaj Hauj Lwm
  - o Thov kev pab TAP (Nyiaj Txiag Pab Kev Hloov (Transition Assistance Program))
  - o Hu rau tus Sawv Cev hauv Txhawb Tub Tiv Thaiv thiab Tub Npaj Tos Kev Hauj Lwm (Employee Support of the Guard and Reserve (ESGR)) kom tau kev pab ntxiv rau koj
7. Kev kawm ntawv:
  - o Xyuas seb kev kawm ntawv rau koj zoo li cas lawm
  - o Soj xyuas TAG NRHO tej muaj nuj nqis zoo pab rau koj ntawm <http://virtualarmory.com>
8. Thov nyiaj ua dej siab los ntawm MN kev tub rog ntawm <http://thankmntroops.org> Tej zaum koj yuav tau ib qhov nyiaj pub li \$250 los yog ntau dua.

9. Faj seeb rau cov chaw koj txais nyiaj kom paub tias koj tsis muaj cai tau qhov nqi paj 6% lawm. Yog koj tsis hu rau lawv, tej zaum lawv yuav kom koj them kom tag cov nqi koj tiv lawv.
10. Ua cov ntaub ntawv taug kev kom tau cov nyiaj siv taug kev rau koj thiab lwm cov nyiaj raws li tsim nyog. Xyuas kom ua yog thiab ua tseeb.
11. Ua cov se rau koj lub xeev thiab tsoom fww teb chaws. Nco ntsoov sau qhov nyiaj tshiab \$59 ib hlis twg los hauv MN los uas yog ua tsab ntawv Form M99
12. Tshem tawm cov kev cai koj cia lwm tus sawv cev rau koj yog tias muaj
13. Hu mus cuag Tuam Fab Txhawb Kev Tub Rog (Department of Veteran Affairs (VA)) kom teem sij hawm mus ntsib kws kho hniav ua ntej 90 tom qab tawm.
14. Xyuas kom tej kev nce qib, tej kev qhuas los yog cov caij nyoog koj rov mus ua tub rog kom teev zoo cia rau hauv koj tsab ntawv 201 thiab rov muab cov kev nce qib tub rog koj los xyuas kom tseeb dua.
15. Nthuav koj tej teej tug sai npaum li sai tau (ASAP) thiab xyuas kom txhua yam tu du dais thiab siv tau. Xa tej yam khoom nqa tsis tau los yog tej yam khoom tshwj xeeb uas koj muaj rov qab.
16. Kom koj vam meej, xyaum txoj kev noj zoo thiab qoj ib ce tas li.

## Saib Xyuas Koj Txoj Kev Noj Qab Haus Huv

### LUB CEV NOJ QAB HAUS HUV

- a. **Kev Soj Ntsuam Txoj Kev Noj Qab Haus Huv Tom Qab Tawm Kev Ua Tub Rog, (Post-Deployment Health Readiness Assessment)** los yog PDHRA, yog ib txoj kev soj ntsuam 90 hnub tom qab koj tawm kev npaj ua rog. Siv PDHRA los soj ntsuam koj txoj kev noj qab haus huv tom qab tawm kev npaj ua rog lawm. Cov kev soj ntsuam tau yuav pab kom paub muab tswv yim pab ntxiv rau koj txoj kev noj qab hauv huv.
- b. **Kev Soj Ntsuam Hniav** – Koj muaj kev soj ntsuam hniav dawb los ntawm VA Medical System. Koj yuav tau mus tso npe soj ntsuam koj cov hniav hauv lub Tuam Tsev Kho Mob VA ze tshaj rau koj **UA NTEJ 90 HNUB** tom qab koj tawm kev npaj ua rog thiaj li tau kev soj ntsuam hniav dawb. Tom qab koj tso npe tag ces koj muaj ib xyoos mus soj ntsuam koj cov hniav dawb.
- c. **Teeb Meem KEV UA TUB ROG (LOD)** – Yog koj muaj Teeb Meem Kev Ua Tub Rog thaum npaj tos mus ua rog, yuav muaj ib tug neeg tswj xyuas taug qab koj txoj kab mob kev nkeeg thiab hniav uas yog muaj feem xyuam nrog koj txoj kev LOD. Thaum soj ntsuam PDHRA, yuav xyuas tag nrho cov teeb meem LOD.

Yuav soj qab xyuas yog tsim nyog, tej zaum yuav xa koj mus rau lub chaw kho mob VA ze tshaj taug qab xyuas koj lawm yav tom ntej.

- d. **Teeb meem KEV TSIS TAUS** – Yog koj ntseeg tias koj muaj txoj kev tsis taus vim yog tawm kev npaj ua rog raws li qib Title 10, koj yuav tsum hu mus cuag tus Kws Ceev Xwm Khiav Dej Num Pab Tub Rog (County Veterans Service Officer (CVSO)) hauv koj lub Nroog. Tej zaum tus CVSO yuav pab koj ua tau cov ntaub ntawv thov nyiaj yug Tub Rog Kev Tsis Taus. Ib lub chaw khiav dej num hauv ib lub nroog hauv Minnesota twg yuav tsum muaj ib tug Kws Ceev Xwm Khiav Dej Num Pab Tub Rog. [www.mdva.state.mn.us/macvso](http://www.mdva.state.mn.us/macvso)

### **Raug Hlwb Puas (TBI (Traumatic Brain Injury))**

Raug Hlwb Puas (Traumatic Brain Injury, los yog TBI), (kuj hu ua: tsoo taub hau) yog ib txoj kev nchos lub hlwb thaum tsoo, li tej yam dab tsi tawg (IED) los yog nplaum tawg (VBIED). Lwm cov kev tshwm sim uas muaj dab tsi tawv tawv tsoo los yog raug lub taub hau (dab tsi ntaus taub hau) uas tej zaum kuj ua rau muaj TBI thiab.

Tej yam nquag tshwm sim yog raug hlwb muaj xws li:

- Pom kev plooj plooj los yog pom ob tug
- Nyuab siab
- Teeb meem ruaj siab los yog xav tsis tawm
- Hais lus nyuab los yog tsis to taub lwm cov hais lus
- Kiv taub haus
- Mob taub hau
- Tem toob tsis nco qab dab tsi
- Teeb meem pw tsaug zog (pw heev dua los yog tsawg dua thaum raug mob)
- Cuas yaum, loog, hnov mob los yog hnov lwm yam
- Mloog zoo li kiv kiv taub hau (hnov kiv kiv )
- Yas npab yas ceg tsis muaj zog, ntsej muag los yog tag nrho ib sab cev

Tsim nyog mus ntsib kws kho mob yog muaj cov TBI tshwm sim.

### **LIESHMANIASIS**

Leishmaniasis (LEASH-ma-NIGH-a-sis) yog ib yam kab mob voos thaum cov yoov av suab puam tom. Muaj ntau yam kab mob leishmaniasis. Cov hom mob heev dua yog **cutaneous leishmaniasis**, (ua rau tawv nqaij ua kiav txhab) thiab **visceral leishmaniasis**, (ua rau cov plab nyhuv hauv lub cev mob, xws li mob tus po, mob siab los yog mob hlwb pob txha).

#### **CUTANEOUS LEISHMANIASIS:**

Cov tib neeg muaj tus mob cutaneous leishmaniasis yuav ua ib los yog ob peb lub kiav txhab rau ntawm daim tawv nqaij. Cov kiav txhab txawj loj thiab me thiab ntev mus txawj

voos tshwm rov tuaj. Feem ntau cov ntug kiav txhab su tuaj thiab muaj lub qhov khoob nruab nrab.

### **VISCERAL LEISHMANIASIS:**

Cov neeg muaj tus mob visceral leishmaniasis feem ntau kub ib ce, yuag thiab tus po thiab daim siab o tuaj (feem ntau tus po loj dua daim siab). Tej cov neeg cov qog o loj tuaj. Tej cov ntshav tsis zoo li qub lawm.

### **KEV KHO MOB:**

Yog koj xav tias tsam koj muaj tus mob leishmaniasis, thov tham nrog ib tug kws kho mob. Muaj kev kho tau tus mob leishmaniasis. Koj yuav tau qhia rau koj tus kws kho mob yog tias koj tau mus ua rog rau tej chaw uas muaj tus mob leishmaniasis. Tej zaum yuav tau hu rau CDC (Chaw Tswj Kab Mob (Center for Disease Control)) kom paub kev kho.

(Chaw muaj kev txhawb: VA Medical centers, [www.cdc.gov/ncidod/dpd/parasites/leishmania/](http://www.cdc.gov/ncidod/dpd/parasites/leishmania/); [www.pdhealth.mil/leish.asp](http://www.pdhealth.mil/leish.asp))

### **KAB MOB NTSWS TUBERCULOSIS (TB)**

TB yog ib yam kab mob ntsws kis ntawm ib tug neeg rau ib tus los ntawm tej huab cua. Tej neeg mob tus kab mob ntsws TB hnoos, hais lus los yog txham tus kab mob ntsws TB rau tej cua. Cov neeg nyob ze ib ncig yuav nqus tau tus kab mob ntsws TB mus rau lawv cov ntsws. Thaum txog 90 hnuv uas ua koj lub koom txoos Txoj Kev Rov Los Sib Txuam Ua Ke, yuav ntsuas kab mob ntsws TB ntawm koj. Yog ntsuas koj muaj tus kab mob ntsws TB ces yuav xa koj ncaj qha mus rau lub Xeev Kws Phais Neeg lub chaw kho mob kom paub tias yuav ua li cas ntxiv.

### **KEV PUAS HLWB/PUAS SIAB NTSWS**

***Koj yuav ua li cas paub tias thaum twg koj yuav tsum tau kev pab?***

***Nug Koj Tus Kheej***

- Puas yog kuv mob ntxiv – los yog zoo zog lawm – thaum sij hawm ntev zus mus?
- Kuv puas ua tau kuv txoj hauj lwm kom tiav?
- Kuv tsev neeg puas muaj kev nyuab siab vim yog kuv tus kuj pwm?
- Kuv puas haus cawv ntau dua ntxiv tuaj?
- Kuv puas siv/quav tshuaj yeeb?
- Kuv puas muaj teeb meem pw tsaug zog, los yog xav xav pw heev?
- Cov teeb meem kuv muaj no puas tau ntev dua ob peb lim piam?

### **MUS CUAG KEV PAB**

- SOJ NTSUAM TUS KHEEJ/KUB TUB ROG – Nug ib tug khub tub rog/phooj ywg seb koj puas koj txawv dua yav dhau los. Yog cov paub koj zoo tshaj qhia rau koj

tias koj koj txawv lawm, koj yuav tau mloog lawv hais. Thawj kauj ruam yog kom koj ras paub tias koj yuav tsum tau kev pab, ces...

- HAIS KOM TAU KEV PAB – Hais kom tau kev pab xwb yeej tsis ua li cas. Koj mus hais kom tau kev pab hauv tej tsev kho mob, kev pab txhawb zog siab, VA Vets Center, Military One Source, thiab tej chaw li ntawd tau.  
Minneapolis VA Medical Center  
Teeb Meem Txoj Kev Rov Los Sib Txuam ua Ke: 612-725-1921  
Rau Npe Kev Puas Hlwb los yog Teeb Meem Kub Ceev 612-725-1921
- YEE J TSI TAU LIG – nrhiav kev pab. Ib tug neeg yeej ua taus neeg mus tsheej hli, tsheej xyoo yog tsis muaj teeb meem rau lub cev/lub hlwb/lub siab ntsws. Yog muaj tej yam ua rau koj nyuab siab, ntxhov siab los yog muaj lwm yam kev puas siab ntsws yav tom ntej, THOV KOM TAU KEV PAB.

(Chaw muaj kev txhawb: VA Vet Center, CVSO, VA Medical Center, TriCare.)  
[www.militarymentalhealth.org](http://www.militarymentalhealth.org)

### **KEV PUAS SIAB NTSWS TOM QAB NTSIB KEV PHEM (POST TRAUMATIC STRESS DISORDER (PTSD)) 1-800-862-1799 – MN Mental Health Association**

PTSD yog ib txoj kev puas siab ntsws tom qab ntsib los yog pom ib tej yam txaus txaus ntshai tag xws li sib tua rog, cua daj cua dub ntaus, neeg lim hiam tua neeg, tej teeb meem tshwm sim los yog tej kev ua phem rau neeg (yuam deev).

Thaum sij hawm dua zus mus, feem neeg coob yuav rov qab zoo lub siab ntsws mus ua neeg li qub. Tiam sis, tej cov neeg yuav muaj tej yam kev nyuab siab ntsws uas tsis txawj ploj li los yog pheej nyuab zus ntxiv thaum sij hawm ntev zus mus. Cov tib neeg nyuab siab li no yog muaj txoj kev puas siab PTSD.

Cov neeg muaj txoj kev puas siab ntsws PTSD pheej muaj rov npau suav los yog rov pom tej kev phem uas tau muaj thiab pw tsis taus tsaug zog heev thiab nrug nws tus kheej kom twm zeej los yog tsis muaj kev sib raug zoo nrog lwm tej neeg thiab tej thaum lawv txoj kev mob no loj heev thiab mob mus ntev heev ua rau lawv ua tsis taus lub neej tag.

**(Chaw muaj kev txhawb:** [www.ncptsd.va.gov](http://www.ncptsd.va.gov); 1-800-862-1799 MN Mental Health Assoc; [www.nimh.nih.gov](http://www.nimh.nih.gov))

### **KEV QUA V DEJ CAW**

### ***Dej Caw (Xov Tooj Kub Ceev: 1- 800-ALCOHOL nias 1)***

Vim yog koj tau npaj tos yuav mus ua rog los tau 24 lub hlis lawm, koj txoj kev haus dej caw muaj tsawg tsawg kawg. Tej zaum koj yuav xav xav muaj KEV LOM ZEM KAWG txij thaum koj rov tuaj txog. **NPAJ LUB TSWV YIM KOM YEEJ TXOJ KEV HAUS DEJ CAW!**

1-800-ALCOHOL, nias “1” kom tham tau nrog ib tug neeg tiag

### ***QUAV TSHUAJ YEEB (Xov Tooj Kub Ceev: 877-4-DRUG-ABUSE/437-8422)***

Tej zaum koj yuav muaj kev “huam yees” thaum koj npaj tos mus ua rog. Koj nyiam ua kom pab tau koj txoj kev “huam yees” yuav tsum tsis yog Quav Tshuaj Yeeb. Tshuaj yeeb Methamphetamine los yog “Meth”, yeeb dawb Cocaine thiab yeeb Crack Cocaine yog cov yam phem heev rau koj koj los siv daws koj txoj kev huam yees.

### ***TSEV NEEG KEV SIB TSIM TXOM (1-800-799-SAFE (7233))***

Tsev Neeg Kev Sib Tsim Txom yog muaj kev sib ntaus (sib npuaj, sib ncaws, sib thawb, sib txawb khoom, sib yuam ua dev ua npua, siv tej khoom phem ua hem thawj) los yog ua kom phem puas siab ntsws los yog hais lus phem. Tej no muaj thaum ib tug neeg twg xav pom nws tus kheej muaj zog thiab xav tswj kom tau lwm tus neeg tus kuj pwm thiab tej yeeb yam.

### ***Raws txog kev xav txo tus kheej txoj sia (Xov Tooj Kub Ceev: 1-800-273 TALK)***

Yog koj los yog tus khub tub rog muaj tej yam tshwm sim nram no uas muaj feem xyuam rau txoj kev xav txo tus kheej txoj sia, THOV HU RAU TUS XOJ TOOJ KUB CEEV PAB KEV TXO TUS KHEEJ SIAV. Tus tub rog muaj muaj zog thiaj thov kev pab, **THIAB THOV KEV PAB XWB TSIAS UA LI CAS.**

### ***Tej Yam Tshwm Sim Qhia Tias Yog Kev Xav Txo Tus Kheej Siav***

- Zoo li nyuab nyaub siab: tu siab, los los kua muag, tsis muaj kev vam
- Tsis noj los yog zoo li tsis qab los noj
- Nkees nkees heev los yog pw tsis taus tsaug zog li
- Hem yuav tua tus kheej thiab tham txog qhov xav tuag
- Pom kuj pwm, lub cev los yog kev xav hloov phem los yog tsis pom tus kheej muaj nuj nqis
- Quav tshuaj yeeb, dej caw
- Txhob txwm ua mob rau nws tus kheej
- Muab tej khoom ntiag tug pub rau lwm tus los yog hais tej lus sib ncaim rau lub chaw tub rog
- Cia li hloov txoj kev cai dab qhuas

### ***Yuav Ua Li Cas***

**Muab Kev Pab:**

- **Nug.** Tsis txhob ntshai nug tias “Puas yog koj xav ua mob rau koj tus kheej?” Qhov nug no yuav TSIS muab lub tswv yim no rau leej twg xav, yuav pab kom dim pa.
- **Cuam tshuam tam sis.** Tshem tej riam phom, tshuaj, hlua thiab tej yam ntse kom lawv txhob muab tau.
- **Tsis txhob zais siab tsis qhia.**

Ua raws li cov lus nram no **NQNM**:

- **Nrhiav kev pab** (chaw ntseeg ntuj, kws kho mob, lwm thawj xyuas neeg mob, phooj ywg, tsev neeg, xov tooj pab kev kub ceev, tuam tsev kho mob chav txais tos neeg mob kub ceev).
- **Qhia rau leej twg tam sis.**
- **Nrhiav leej twg kom nyob nrog tus neeg**—tsis txhob cia nws nyob ib leej
- **Maj ceev nrooj** (nrhiav kev pab tam sis. Ib tug neeg xav rov txo tus kheej txoj sia yuav tsum yog cov kws muaj txuj ci pab).

(Nploom qhia cov chaw muaj kev txhawb – 1-800-273-TAKL(8255), VA Vets Centers, VA Medical Centers, lub tuam tsev kho mob ze)

## **QUAV KEV TWV TXIAJ (1-800-333-HOPE/4673)**

Teeb meem twv txiaj...Quav twv txiaj...Neeg quav twv txiaj....

Txawm koj yuav hu li cas los tau, txoj kev twv txiaj yog ib qho teeb meem loj heev uas muaj taus kev puas hlwb, teeb meem nyiaj txiag, puas siab ntsws, puas kev txij nkawm thiab muaj teeb meem rau txoj kev cai lij choj rau tus neeg twv txiaj, nws tsev neeg thiab cov phooj ywg. Tsis yog txhua leej txhua tus uas twv txiaj yuav muaj teeb meem. Tiam sis feem neeg coob muaj teeb meem yeej tsis tham nrog leej twg kom txog thaum twg qhov teeb meem tswj tau nws lub neeg kiag. Yog li txawm tias txoj kev twv txiaj yog ib yam tsis tham nrov txog los txoj kev pab yuav tsum nrov tiag.

### **Tej tshwm sim qhia tias yog muaj teeb meem twv txiaj:**

- Twv txiaj heev me ntsis ntxiv
- Twv nyiaj ntau me ntsis ntxiv
- Siv sij hawm twv txiaj ntau heev tuaj
- Twv txiaj heev tsis khoom ua lwm yam
- Siv kev twv txiaj kom txhob laj nyob, txhob kho siab, txhob npau taws, txhob chim siab, txhob nyuab siab, thiab tej yam li ntawd
- “Kev Mob Siab Xav Twv Kom Yeej” yog yam pheej twv txiaj
- Txais nyiaj mus twv txiaj, mus nyiaj txais nyiaj los yog siv tag tej credit card
- Khav txog cov nyiaj yeej tab sis tsis hais txog cov nyiaj swb li
- Cuj pwm hloov sai-zoo siab thaum yeej, chim siab thaum swb
- Coj tus kuj pwm zais siab, xws li nyiaj zais tej lej muas thiab tej ntawv muas lej los yog zais tej ntau ntawv—xws li cov nuj nqis—xa nuj nqis tuaj rau tom hauj lwm, hauv lub chaw xa ntawv los yog lwm qhov chaw nyob

MN Xov Tooj Kub Ceev – 800-333-HOPE/4673

## Saib Xyuas Koj Tsev Neej

### 1. ROV SIB RAUG ZOO NROG KOJ TUS TXIJ NKAWM LOS YOG TUS KHUB

- A. UA SIAB NTEV! Yuav siv sij hawm thiaj rov sib raug zoo dua. Ua siab ntev thiab txhob koj nruj nruj.
- B. MLOOG, KAWM THIAB TSO QHIB SIAB! Mloog txog koj tus khub lub neej. Kawm kom paub seb lawv ua neej li cas thaum koj mus lawm. Tso qhib siab tsis txhob txwv nruj nruj kom lawv yuav tsum ua tau li koj hais thaum koj tsis nyob lawm thiab txais tos lawv tam li lawv yog lawv tus kheej.
- C. SIJ HAWM, SIJ HAWM, SIJ HAWM! Saib koj tus khub ua thawj tus tseem ceeb rau koj. Siv sij hawm nrog lawv yog txoj kev txhawb koj lub neej yav tom ntej.
- D. KAWM KOM PAUB COV KEV UA NEEG. Koj tus khub tau xyaum ua ib lub neej thaum koj tsis nyob lawm. Kawm kom paub lawv txoj kev ua neeg thiab xyaum ua li lawv.
- E. QHUAS! Koj tus khub ua lub neej nyuab siab, ntxhov siab thiab kho siab thaum koj tsis nyob lawm. Lawv ua tiag ua taus neej thiab ua tiav cov dej num ntau heev. Qhuas lawv cov kev vam meej thiab qhia kom lawv paub tias koj qhuas lawv.
- F. SIB HAIS KOM NCAJ THIAB DAWS TEJ TEEB MEEM! Yog, tsis ntev xwb ces koj yuav muaj kev tsis sib haum. Qhov ntawd yeej muaj. Ua tib zoo sib daws cov teeb meem kom zoo. Nrhiav kev pab yog koj daws tsis tau qhov teeb meem.
- G. KOOM LUB LIM PIAM TXHIM KHO KEV UA NIAM TXIV yog tias koj sib yuav lawm. Chaw Tiv Thaiv Teb Chaws yuav them nyiaj rau koj mus koom lub koom txoos, them chav pw, puas noj thiab nqi taug kev rau koj tus txij nkawm.

### 2. ROV SIB RAUG ZOO NROG KOJ COV ME NYUAM

- A. KAWM TXHUA YAM TXOG KOJ TUS ME NYUAM LUB NEEJ THAUM KOJ TSIS NYOB LAWV. Cia lawv muab tej duab, tej khoom, dab neeg thiab tej nco cia hauv siab los qhia rau koj.
- B. UA SIAB NTEV RAU KOJ TUS ME NYUAM THIAB RAU KOJ TUS KHEEJ. Koj rub tsis tau cov sij hawm dhau lawm kom ib hmos cia li rov los tau. Yuav siv sij hawm thiaj rov sib raug zoo tau nrog koj tus me nyuam, kom ntseeg koj thiab nchawg koj dua. Kev ua heev thiab hais lus phem yeej yuav tsis tau li.
- C. SIB KHOM TXOG KOJ TXOJ KEV UA LEEJ NIAM LEEJ TXIV. THAUM KOJ TSIS NYOB LAWV KOJ TUS TXIJ NKAWM LOS YOG TUS SAIB XYUAS KOJ TUS ME NYUAM TAU UA LAWV LEEJ NIAM LEEJ TXIV LAWV. KOJ CIA LI TXEED TIB TEG TSIS TAU. UA TXOJ HAUJ LWM KOM TSIM NYOG ROV UA TAU LEEJ NIAM LEEJ TXIV RAU NWS...RHAIS IB RUAM ZUJ ZUS. HWM TEJ YAM TAU MUAJ THAUM KOJ TSIS NYOB LAWV.
- D. NCO NTSOOV TIAS TUS NO YOG IB TUG ME NYUAM, TSIS YOG IB TUG TUB ROG! Kawm kom paub tias koj tus me nyuam loj hlob los txog qib twg lawm thiab

siv cov kev qhuab qhia kom tsim nyog. 'Tib txoj kev tsis haum txhua tus.' Koj tus me nyuam tshwj xeeb yog li ua leej niam leej txwv tshwj xeeb rau nws.

E. TXAIS KEV QHIA LOS NTAWM KOJ TUS TXIJ NKAWM LOS YOG TUS SAIB XYUAS KOJ TUS ME NYUAM. Koj tau mus ua tub rog los ntev heev lawm. Koj yuav tau rov kawm ua neeg dua. Mloog cov neeg uas paub txog koj tus me nyuam zoo tshaj.

F. MUS KAWM UA NIAM UA TXIV NROG KOJ TUS ME NYUAM. Koj twb kawm los ua ib tug tub rog tau, koj yeej kawm los ua ib tug niam txiv zoo tau. Lub cheeb tsam tsev kawm ntawv ntawm koj muaj kev qhia txog kev ua leej niam leej txiv. Rau npe mus kawm yog ib txoj kev zoo rau koj tus me nyuam txoj kev noj qab haus huv.

3. ROV SIB RAUG ZOO NROG KOJ NIAM KOJ TXIV.....YOG TIAS KOJ YOG IB TUG TUB ROG TSIS TAU MUAJ TXIJ NKAWM.

A. UA SIAB NTEV RAU KOJ NIAM THIAB TXIV. Lawv xav muaj kev sib raug zoo nrog koj, tiam sis tsis paub yuav pib li cas.

B. SIB KHOM KOJ TXOJ HAUJ LWM/COV DEJ NUM. Koj niam thiab txiv xav kom koj zoo li qub thaum koj tsis tau mus. Yuav zoo li ntawd tsis tau. Qhia lawv paub thiab ua siab ntev rau lawv. Pab nrog lawv tham txog cov ciam sib yoog thiab kev sib coj kom lawv to taub koj.

C. QHIA TEJ YAM TSIM NYOG RAU LAWV. Tsis txhob cia lawv nrug tawm hauv koj lub neej mus. Qhia lawv txog koj txoj kev mus ua tub rog. Qhia lawv paub txog koj tej tswv yim thiab tej chaw koj yuav mus.

D. YOG KOJ MUAJ COV NUS MUAG YAU.....Hwm koj niam thiab txiv cov kev cai rau cov yau thiab faj seeb tias koj yog tus qauv zoo rau koj cov nus muag txawm koj yuav nyiam los tsis nyiam. Nco ntsoov...koj cov 'lus' tub rog yuav tsis yog cov hom lus zoo tham nrog koj cov nus muag.

E. QHUAS-Ras paub txog tias koj niam thiab txiv lawv tau xiam lawm ntau yam thaum koj tsis nyob lawm. Lawv txhawj txog koj thiab txhawb koj. Qhuas tej yam lawv ua tau zoo thiab ua lawv tsaug rau lawv txoj kev txhawb koj.

F. NPAJ SIAB-Tias koj niam koj txiv yuav xav ua kev zoo siab rau koj txoj kev rov los tsev kom koj rov ntsib tej neeg txheeb ze thiab tej phooj ywg. Tej zaum txoj kev ua zoo siab no yuav sab rau koj heev. Qhia kom koj niam koj txiv paub tias koj xis li cas thiab sib tham nrog nkawd txog nkawd cov kev txhawb koj.

## **Saib Xyuas Tej Muaj Nuj Nqis Zoo**

Tuam Fab Txhawb Tub Rog (Department of Veterans Affairs) **WWW.VA.GOV**

Tuam Fab Txhawb Tub Rog, yog lub hu ua VA, uas yog tsoom fww teb chaws ib lub chaw khiav dej num uas faib muaj peb ceg, ib ceg twg nyias muaj nyias hauj lwm teev ruaj ruaj.

### **1. Chaw Pab Tub Rog Kev Noj Qab Haus Huv (Veterans Health Administration (VHA))**

VHA muaj ntau hom kev kho mob rau cov tub rog, xws li muab tshuaj, phais mob, kev txhawb zog siab thiab rov xyuam ua hauj lwm dua. Kom tau kev pab saib xyuas mob, cov tub rog yuav tsum tau xub xa tsab ntawv VA Form 10-10EZ mus.

VA Medical Center, Minneapolis	1-612-725-2000
VA Medical Center, Saint Cloud	1-320-252-1670
VA Medical Center, Sioux Falls	1-605-336-3230
VA Medical Center, Fargo	1-701-232-3241

[www.va.gov/health](http://www.va.gov/health)

**Cov tub rog tuaj tshiab tau kev kho mob hauv tuam tsev kho mob, tshuaj kho thiab kev tu mob hauv tsev rau tej kab mob kev nkeeg uas muaj feem xyuam rau lawv txoj kev ua tub rog kom txog 2 lub xyoo tom qab tawm kev ua tub rog lawm, txawm tias tsis muaj kev pov thawj txaus txhawb qhia tias yog tim kev ua tub rog thiaj muaj tus mob.**

#### **Kev Kho Hniav**

Tej zaum cov tub rog yuav tau kev kho hniav ib zaug yog tias tom qab 90 hnub lawv tawm kev ua tub rog lawm es lawv yeej tseem tsis tau mus soj ntsuam hniav. Lub sij hawm no tsis muaj feem xyuam rau cov tub rog uas yeej muaj mob hniav vim yog txoj kev ua tub rog xws li raug mob los yog tua rog mob.

#### **Kev Pab Rau Cov Poj Niam**

VA cov kws kho mob muaj txuj ci yuav muab kev pab txhawb zog siab thiab kev kho rau cov poj niam uas muaj kev raug hlwb puas siab ntsws vim yog tus kheej los yog raug kev ua dev ua npua thaum mus ua tub rog. Muaj kev saib xyuas tej kev raug mob, kab mob, los yog kev puas hlwb vim raug taub hau.

Tej zuaum muaj Cov Thawj Tswj Poj Niam Tub Rog (VA Women Veterans Coordinators) nyob hauv cov chaw kho mob pab kev kho mob thiab pab tej muaj nuj nqis zoo. VA cov chaw kho mob muaj ntau yam hloov kom tswj npog tau poj niam tub rog zoo. Kom paub ntxiv nug kom cuag tau tus Thawj Tswj Poj Niam Tub Rog.

#### **Cov Chaw Kho Tub Rog (Vet Centers)**

Cov Chaw Kho Tub Rog muaj kev pab txhim kho cov tug rog uas tau mus ua rog. Muaj kev pab rau lawv cov tsev neeg uas muaj feem xyuam rau txoj kev ua tub rog. Cov tub rog txoj kev mus ua rog yog qhov lawv yuav tau cov kev pab no dawb rau lawv thiab lawv cov tsev neeg. Cov Chaw Kho Tub Rog muaj nyob hauv koj lub zej zog, sab

nraum cov tsev kho mob loj. Cov Chaw Kho Tub Rog nyob sab nraum koj cheeb tsam yog:

Duluth Vet Center 1-218-722-8654

Saint Paul Vet Center 1-651-644-4022

Fargo Vet Center 1-701-237-0942

Sioux Falls Vet Center 1-605-330-4552

Kom paub ntxiv hu rau 1-800-905-4675 los yog txuas mus xyuas [www.vetcenter.va.gov](http://www.vetcenter.va.gov)

## **2. Kev Pab Tswj Tub Rog Tej Muaj Nuj Nqis Zoo (Veterans Benefits Administration (VBA))**

VBA tswj tsoom fww teb chaws cov muaj nuj nqis zoo. Cov kev pab no muaj Nyiaj Pab Kev Tsis Taus, Kev Pov Hwm Neeg Txoj Sia, Kev Muaj Nuj Nqis Zoo Rau Vaj Tse thiab Kev Xyaum Hauj Lwm dua thiab Tej Muaj Nuj Nqis Zoo ntawm Txoj Kev Ua Hauj Lwm.

### **Nyiaj Pab Kev Tsis Taus**

Nyiaj Pab Kev Tsis Taus (Disability Compensation) pab cov tub rog rau tej yam kev mob los ntawm txoj kev ua tub rog xws li mob nrob qaum, tsis hnov lus los yog tej kev nyuab siab tom qab ntsib tej yam kev puas ntsoog loj heev. Cov tub rog tau Nyiaj Pab Kev Tsis Taus yuav tau kev saib xyuas pab dawb, tej zaum yuav tau nyiaj ib hlis ib zaug thiab tej zaum tsim nyog tau Kev Xyaum Ua Hauj Lwm Dua kom pab lawv rov mus ua hauj lwm taus.

Tau cov nyiaj no txhais tsis tau tias yuav txwv tsis kheev koom nrog txoj kev mus ua tub rog lawm. Muaj cov Tub Tiv Thav/Tub Rog Npaj Tos ntau tus uas tau cov nyiaj no thaum tseem ua tub rog kiag.

### **Kev Pov Hwm Neeg Txoj Sia**

Yog koj tseem nyob hauv chaw ua tub rog los yog nyuam qhuav tawm kev ua tub rog los tsis ntev, tej zaum yuav tsim nyog rau koj tau kev pov hwm neeg txoj sia. Muaj ob hom kev pov hwm neeg txoj sia thiab ob txoj kev pov hwm yog pab rau cov muaj kev tsis taus uas yog cov tswv cuab tshiab.

### **Kev Pov Hwm Pab Neeg Txoj Sia Rau Pab Pawg (Service members' Group Life Insurance (SGLI))**

Txoj kev pov hwm no qhib muaj rau cov pab pawg neeg uas tseem ua tub rog thiab cov yeej tseem khiav dej num hauv kev ua tub rog.

### **Kev Pov Hwm Tub Rog Txoj Sia (Veterans' Group Life Insurance (VGLI))**

Txoj kev pov hwm no qhib muaj rau cov tib neeg tso tawm kev ua tub rog thiab cov tub rog tawm hauv txoj kev npaj tos ua rog yog tias rau npe thov ua ntej puv 16 lub hlis tom qab tawm kev ua tub rog lawm. Muaj qhov nyiaj rho los pab ntxov ua ntej rau cov neeg muaj mob loj heev.

### **Kev Pov Hwm Pab Cov Tug Rog Tsis Taus (Service-Disabled Veterans Insurance (S-DVI))**

Txoj kev pov hwm no qhib muaj rau cov tsis taus uas muaj feem xyuam nrog txoj kev ua tub rog. Yuav tsum xa tsab ntawv rau npe thov mus ua ntej puv 2 lub xyoo tom qab ntsuam xyuas tau txoj kev tsis taus uas muaj feem xyuam nrog txoj kev ua tub rog.

### **Kev Pov Hwm Tub Rog Vaj Tse (Veterans' Mortgage Life Insurance (VMLI))**

Txoj kev pab no qhib muaj rau cov tub rog uas tau nyiaj pab muas vaj tse. Kom paub meej txiv txog cov hom kev pov hwm no, hu rau Chaw Khiav Dej Num Rau Kev Pov Hwm (VA Insurance Center) nyob rau hauv Philadelphia tus xov tooj hu dawb yog 1-800-669-8477 los yog txuas mus xyuas VA qhov website ntawm [www.insurance.va.gov](http://www.insurance.va.gov)

### **Kev Muaj Nuj Nqis Zoo Rau Vaj Tse**

VA tsis txais nyiaj rau, tiam sis lees rau lub txhab txais nyiaj tias yog tus neeg txais nyiaj them tsis taus los qhov nyiaj txais los ntawd yeej yuav them rov qab xwb. VA kev lees lus rau txoj kev txais nyiaj no yog muaj rau cov muaj npe khiav dej num tub rog, cov tub rog, cov nyob hauv kev ua tub rog thiab cov poj ntsuam yawg ntsuag tseem ciao tau muas, txua, kho los yog txhim kho lub vaj tse uas tus tub rog yuav muas los ua nws lub tsev nyob kiag. Kuj muaj yog muas cov tsev sib txuas (townhouse) los yog lub chav tsev (condominium) hauv tej cheeb tsam tsev uas VA pom zoo. Kuj rov txais nyiaj dua tau los ntawm lub tsev uas tus tub rog txais nyiaj los muas thiab nyob lawm. Feem ntau yeej tsis muaj yuav rho nyiaj hnav ris los xub them muas lub tsev yog tias tus nqi tsev tsim nyog phim lub tsev, tshwj tsis yog lub tsev ntawd yog lub tsav tau mus (mobile). Kom paub meej ntxiv txog Kev Pab Lees Txais Nyiaj (Loan Guaranty Program) los yog lwm cov kev muaj nuj nqis zoo rau vaj tsev, thov hu rau tus xov tooj hu dawb ntawm 1-800-827-1000, los yog txuas mus xyuas qhov website ntawm [www.homeloans.va.gov](http://www.homeloans.va.gov)

### **KEV PAB ROV XYAUM HAUJ LWM THIAB KEV MUAJ NUJ NQIS ZOO NTAWM KEV UA HAUJ LWM**

VA txoj Kev Pab Rov Xyaum Hauj Lwm thiab Kev Muaj Nuj Nqis Zoo Ntawm Kev Ua Hauj Lwm (Vocational Rehabilitation and Employment (VR&E)) pab cov tub rog uas muaj tej kev tsis taus los ntawm txoj kev ua tug rog rau txoj kev npaj, nrhiav thiab tuav txoj hauj lwm kom tsim nyog. Nyob rau hauv txoj kev pab VR&E, tus tub rog tsis taus yuav tau:

- Kev pab nrhiav thiab tuav txoj hauj lwm kom tsim nyog.
- Kev soj ntsuam txoj kev peev xwm, txuj ci thiab tej kev txaus siab.
- Kev txhawb txoj kev rov xyaum ua hauj lwm thiab kev npaj tswv yim.
- Yog xav tau, kev kawm, xws li kawm hauj lwm thiab xyaum hauj lwm tsis them nyiaj.

- Yog xav tau, kev kawm xws li kawm kom tau ntawv qhuas thiab kawm ob xyoos los yog plaub xyoos ntawv qib siab.
- Kev txhawb txoj kev xyaum hauj lwm thiab kev pab txhawb zog siab ntxiv.

Kom paub meej ntxiv, txuas mus xyuas VA qhov website ntawm [www.vba.gov](http://www.vba.gov)

### 3. Tub Rog Toj Ntxas (National Cemetery Association)

Lub NCA khiav cov kev pab kom nco txog cov tub rog xiam lawm. Tej zaum cov tub rog yuav tau daim lag zeb cim lub qhov ntxa dawb, txawm tias coj mus faus rau tej lub toj ntxas uas yog leej twg ntiag tug. Kev ua lub ntees tuag yuav yog Tuam Fab Tiv Thaiv (Department of Defense) yog lub npaj uas yog tsev neeg los yog tus sawv cev rau nws pab kev npaj. Tus neeg khiav dej num hauv Tub Rog Toj Ntxas yuav pab cov kev dej num ntees tuag, yog tias muaj. Kom paub meej ntxiv txog kev pab rau ntees tuag, thov hu rau tus xov tooj hu dawb ntawm 1-800-827-1000, los yog txuas mus xyuas

[www.cem.va.gov](http://www.cem.va.gov)

## TriCare

**Kev tsim nyog tau TRICARE** yog xyuas los ntawm lub Chaw Faj Seeb Kev Muaj Npe Ua Tub Rog Tsim Nyog (Defense Enrollment Eligibility Reporting System (**DEERS**)). Tus **Tub Ua Rog (Service Member (SM))** yuav tsum koom txoj kev Ua Tub Rog kom puv 31 hnuv sib law liag los ntev dua. Tus **SM muaj txoj dej num** yuav tsum xyuas kom cov ntaub ntawv txog tus kheej thiab Kev Ua Tub Rog hauv DEERS muaj tseeb raws li tam sim no.

**Tsim Nyog Tau Kev Pab Ntxov** muaj rau cov Tos Npaj Mus Ua Rog (Reserve Component (RC) Service Members (SM)) uas koom txoj kev mus ua rog txog 31 hnuv los yog ntev dua thiab nws cov me nyuam, thiaj tau kev pab TRICARE “ntxov”. Cov me nyuam uas tsim nyog tau kev pab tau ua npe rau hauv **TRICARE Prime/Prime Remote** thaum lub sij hawm no. **Kom tsim nyog tau kev pab** cov Tub Rog Npaj Tos RC los yog Tub Ua Rog SM yuav tau txoj hauj lawm Tseem Ua Tub Rog. Lub Chaw Khiav Dej Num Pab Neeg (Personnel Office) muaj txoj luag num yuav tsum xyuas txoj kev tsim nyog tau TRICARE ntxov hauv DEERS. Qhov kev pab pib tau 90 hnuv ua ntej Hnuv Ceeb Toom Kev Ua Tub Rog (Active Duty Mobilization Report Date).

**TRICARE Standard** yog yam Kev Sib Pab Them nrog rau Cov Nqi Them Ua Ntej Ib Zaug Ib Xyoos thiab Cov Nqi Them Thaum Mus Ntsib Keb Pab (Cost-Share Program w/Yearly Deductibles and Co-Pays). (Muaj nyob hauv MN thiab WI.) (**Tsis Tag Yuav Rau** me nyuam npe)

**TRICARE Extra** yog yam Kev Sib Pab Them nrog rau Cov Nqi Them Ua Ntej Ib Zaug Ib Xyoos thiab Cov Nqi Them Thaum Mus Ntsib Keb Pab (Cost-Share Program w/Yearly Deductibles and Co-Pays) zoo xws li TRICARE Standard, tsuas yog tias peb cov tswv cuab txuag nqi txog **5%** dua TRICARE Standard rau ntawm cov kev pab muaj hauv

TRICARE. Muaj chaw nyob hauv Minneapolis Veterans Affairs Medical Center (VMAC), St. Cloud VAMC thiab Grand Forks AFB. (Tsis Tag Yuav Rau me nyuam npe)

**TRICARE Prime/Prime Remote (TPR)** (Yuav Tsum Rau Npe!) TRICARE them txog 100% ntawm cov kev pab TRICARE Maximum Allowable Charge uas tsis muaj them Cov Nqi Them Ua Ntej Ib Zaug Ib Xyoos (Yearly Deductible), tsis Sib Pab Them (Cost-Share) thiab tsis tau them Cov Nqi Them Thaum Mus Ntsib Keb Pab (Co-Pays) (tshwj tsis yog lub Chaw Muag Tshuaj rau Cov Me Nyuam xwb)

**Transitional Assistance Management Program (TAMP)** yog pab txog 180 hnuv. Kom tsim nyog tau kev pab, tus Tub Rog SM yuav tsum tau ua tub rog tsawg kawg yog 90 hnuv raws li cov Dej Num Ua Tub Rog txhawb rau txoj Kev Mus Ua Rog. Muaj rau cov nyob Cheeb Tsam Ua Tub Rog (deb txog 50 mile puag ncig) ntawm Grand Forks AFB. Kuj xub muaj rau cov tub rog Laus So lawm thiab cov tseem tau txoj kev pab TAMP rau 180 hnuv uas nyob hauv cheeb tsam TC (hauv Ib Txhia Chaw Pab Xwb). (Yuav Tsum Rau Npe!)

**TRICARE Reserve Select (TRS)** yog yam Kev Pab Muaj Txog (3) Qib uas pab rau cov tub rog (SM) thiab lawv cov me nyuam. SM yuav tsum tseem ua tub rog thiaj tsim nyog tau yam kev pab TRS. (Yuav Tsum Rau Npe thiab Yuav Tsum Them Nqi!)

Qib 1—Yog rau cov Tub Rog Npaj Tos (Reserve Component (RC) uas npaj txhij tos yuav mus tua rog txog 90 hnuv los yog ntev dua. Rau 90 hnuv twg uas mus ua rog, tus RC muas tau TRICARE Standard txog ib lub xyoos.

Qib 2—Yog rau cov tub rog npaj txhij tos yuav mus tua rog RC uas tsis tsim nyog tau kev pab Qib 1 thiab muaj: a) ua hauj lwm rov rau tus kheej; b) tsis muaj hauj lwm ua; c) ua hauj lwm tiam sis tsim nyog tau kev pab them nqi kho mob raws li pej xeem tau los yog tsis muaj kev pab them nqi kho mob raws li pej xeem.

Qib 3—Yog rau cov tub rog npaj txhij tos yuav mus tua rog RC uas tsis tsim nyog tau kev pab Qib 1 thiab 2. Cov no yog cov neeg kawm ntawv thawm hnuv thiab cov muaj hauj lwm ua uas chaw hauj lwm pab them nqi kho mob raul.

*FAJ SEEB: Xav paub ntxiv txog TRS (nrog Kev Rau Npe thiab Nqi) txuas mus rau nplooj web nram no: <http://www.tricare.osd.mil/reserve/reserveselect/index.cfm>*

### **TRICARE CHAW KHAVI DEJ NUM PAB (TRICARE SERVICE CENTER (TSC))**

Chaw cia li nkag mus cua kev pab xwb:

2626E 82<sup>nd</sup> St. Atrium Bld.

Chav 145

Bloomington, MN 55425

Monday-Friday: 7:30 sawv ntxov txog 4:30 tav su

(Ib sab ntawm Mall of America)

**TRICARE Kev Pab Kho Hniav** muaj rau cov Tub Rog Me Nyuam, Cov Tub Rog Npaj Tos/Cov Tiv Thav Teb Chaws (Cov Raug Xaiv Tos) thiab lawv Cov Me Nyuam. TDP yog ib hom kev pab zoo tshaj uas kheev koj tus Tswv xaiv yam kev pab rau koj thiab koj cov me nyuam uas tsim nyog.

Rau Npe rau TDP tam sim no thiab Nqi them raws li muaj nyob hauv lawv qhov web site:  
[www.tricare dental program.com](http://www.tricare dental program.com) los yog hu tus xov tooj hu dawb (888) 622-2256

## **Xeev Minnesota Cov Kev Muaj Nuj Nqis Zoo**

Hauv Minnesota 87 lub cheeb nroog, muaj **ib lub Chaw Khiav Dej Num Pab Tub Rog Hauv Minnesota (Minnesota County Veterans Service Officer (CVSO))** uas ruaj siab pab cov tub rog nkaus xwb. Lub CVSO nyob rau hauv lub cheeb nroog lub tsev hais plaub los yog hauv tsoov fwb chaw khiav dej num thiab yog thawj qhov chaw mus cuag kev pab ntawm lub xeev thiab ntawm tsoom fwb teb chaws.

### **Yos Hav Zoo Tua Tsiaj**

Tej zaum cov Tab Tom Ua Tub Rog thiab cov ua tub rog tsis ntev los muaj cai tau ntawv yos hav zoo dawb los yog xub rho nws npe ua ntej. Xav paub seb tam sim no yog muaj li cas tiag ces hu rau 1-651-259-5012

### **Kev Xaiv Ua Hauj Lwm**

Lub Minnesota Veterans Preference Act (VPA) xaiv feem tub rog ua hauj lwm ua ntej cov tsis yog tub rog thiab xub nce qib hauj lwm rau ib txhia tub rog ua hauj lwm hauv Minnesota tej txhia hauj lwm. **Xav paub ntxiv koj hu tau rau MDVA Tus Sawv Cev Pab Tub Rog ntawm: (651) 284-3408.**

### **Cov Paib Tsheb**

Minnesota cov tub rog thiab cov muaj feem xyuam rau kev ua tub rog nrog teb chaws Iraq thiab teb chaws Afghanistan uas tau hnuv qub thiab cov tau txais kev Qhuas Kev Ua Rog Nrog Neeg Lim Hiam los yog cov tau Hnuv Qub rau txoj kev ua rog muaj cai muas tau daim paib tsheb uas teev qhia kev qhuas zoo siab rau lawv txoj kev pab peb lub teb chaws. Kom tsim nyog muas tau cov paib no, yuav tsum sau tsab ntawv thov daim paib thiab luam nws daim ntawv DD-214 (ntaub ntawv tawm kev ua tub rog) los yog ntawv qhia cov kev qhuas tau muab hnuv qub rau lawv. Xav paub meej ntxiv hu rau 1-651-296-6911

### **Minnesota Nyiaj Ua Dej Siab Rau Tub Rog (Minnesotans' Military Appreciation Fund (MMAF))**

Minnesota cov tub rog npaj nyob tos yuav mus tua rog rau tej cheeb tsam twg txij li thaum Cuaj Hlis Hnuv 11, 2001 yeej tsim nyog thov tau qhov nyiaj no ntawm MMAF. Qhov nyiaj yog lub xeev muab ua dej siab rau lawv txoj kev ua tub rog thiab tsis yog muab rau vim muaj kev ncuu xwb. Qhov nyiaj yuav tau sib txawv, tiam sis, yuav muab

raws li txoj kev raug sab npaum li cas los ntawm kev npaj tos mus ua rog. Xav paub meej ntxiv hu rau 1-877-668-4269 los yog txuas mus xyuas [www.thankmntroops.org](http://www.thankmntroops.org)

## **Kev Pab Rau Tsev Neeg**

**Lub Chaw Pab Rau Tsev Neeg (Family Assistance Center (FAC))** yog tsim los pab cov tsev neeg ntawm cov Tub Rog tej kev ncuu vim yog txoj kev tau mus npaj tos kev tua rog lawm. FAC yog Qhia kev Pab ntau yam rau tus Tub Rog thiab nws tsev neeg ua ntej, thaum lub sij hawm thiab tom qab lub sij hawm npaj tos mus tua rog. Cov neeg ua hauj lwm rau FAC kawm muaj txuj ci los mloog kom paub thiab muab cov kev pab zoo tsim nyog rau yam teeb meem uas tshwm sim uas tej zaum kuj yog teeb meem ntawm TriCare thiab DEERS, them nyiaj thiab teeb meem nyiaj txiag, kev txuas lus, kev pab kub ceev, cob qhia Cov Tsev Neeg Kom Npaj Txhij thiab ntau yam kev pab ntxiv! Tsis txhob ua siab deb rau ib yam twg li, yog tias koj xav tau kev pab. Thaum twg koj hu cuag ib tug neeg ua hauj lwm hauv FAC kom pab lawm, nco ntsoov tias tus neeg no yuav tau khaws npog tej ncauj lus cia zoo. Tag nrho cov lus muab rau FAC txog tej teeb meem yuav khaws cia nyob nrog FAC nkaus xwb. Xav paub meej ntxiv hu rau 888-234-1247 los yog txuas mus xyuas [www.starpoint.net/~etracsvc/151fa/FACLocations.htm](http://www.starpoint.net/~etracsvc/151fa/FACLocations.htm) Nplooj qhia cov chaw muaj kev txhawb

## **Kev Ua Hauj Lwm**

### **USERRA Kev Cai Rov Ua Hauj Lwm (USERRA Reemployment Rights)**

Cov tub rog muaj tsoom fwm teb chaws tiv thaiv kom lawv txoj kev rov los ua hauj lwm txuam nrog pej xeem tsis txhob muaj teeb meem heev heev, uas yuav tau ua tsaug rau Txoj Cai Tub Rog Kev Ua Hauj thiab Rov Ua Hauj Lwm (Uniformed Services Employment and Reemployment Rights Act). Yog koj yeej muaj ib txoj hauj lwm ua txuam nrog pej xeem ua ntej koj mus ua tub rog thiab tsis muaj txoj hauj lwm ntawd lawm tom qab koj tawm kev ua tub rog los, koj yuav tau hu rau ESGR kom paub tias koj yuav ua li cas.

Cov sij hawm rov tuaj ua hauj lwm muaj kev txwv raws li cov dej num mus ua tub rog. Cov kev cai yog:

Ua tub rog 1 txog 30 hnuv: pib ua hauj lwm rau lub sij hawm los tom ntej uas yog thawj ib hnuv tseem tom qab tawm kev ua tub rog thiab so tiav 8 teev tom qab caij tsheb rov los txog tsev uas tsis muaj teeb meem dab tsi.

Ua tub rog 31 txog 180 hnuv: yuav tsum xa tsab ntawv rov tuaj ua hauj lwm tsis pub lig dua 14 hnuv tom qab kev ua tub rog tiav.

Ua tub rog 181 los yog tshaj hnuv dua: yuav tsum xa tsab ntawv rov tuaj ua hauj lwm tsis pub lig dua 90 hnuv tom qab kev ua tub rog tiav.

**Chaw Hauj Lwm Txhawb Tub Tiv Thaiv thiab Tub Rog Npaj Tos (Employer Support for the Guard and Reserve (ESGR))** muaj pab neeg sib koom tes tshaj 900 leej neeg pab daws teeb meem ntawm cov chaw ua hauj lwm thiab lawv cov neeg ua hauj lwm uas tau mus koom ua Tub Tiv Thaiv thiab Tub Rog Npaj Tos. Cov neeg pab no ua cov hauj lwm tam li cov neeg nruab nrab mloog ob tog lus ntawm lub chaw hauj lwm thiab tus neeg ua hauj lwm thiab faj seeb thiab qhuab qhia lub chaw hauj lwm thiab tus neeg ua hauj lwm txog cov kev cai thiab pab nrog sib hais kom muaj kev txaus siab rau ob tog. ESGR cov Ombudsmen tau pab sib hais tshaj 95 feem pua cov plaub ntug hauj lwm rau lub xyoo dhau los. Kom paub meej ntxiv thov hu (651) 268-8203 los yog txuas mus xyuas [www.esgr.org/](http://www.esgr.org/)

**Kev Pab Hloov (Transitional Assistance Program (TAP))** yog ib txoj kev qhia ob hnuv txog cov hom phiaj kev ua hauj lwm, kev nrhiav hauj lwm thiab cov kev pab muaj feem xyuam rau. Cov neeg muaj txuj ci ua hauj lwm nrog cov tub rog yog cov yuav tuaj qhia. Cov neeg koom txoj kev kawm yuav kawm nrhiav hauj lwm, kawm sau tsab ntawv teev keeb kwm ua hauj lwm, npaj tswv yim teb tej lus nug thiab siv tej kev ua lag luam los khom nyiaj hli. Kom paub meej ntxiv hu rau 888-GET-JOBS los yog txuas mus xyuas [www.deed.state.mn.us/veterans/tap.htm](http://www.deed.state.mn.us/veterans/tap.htm)

## **Kev kawm ntawv**

**Taq Nrho Cov Tub Rog hauv Minnesota Kev Tiv Thaiv Teb Chaws uas coj tau zoo yuav tau txais cov nram no:**

**ARNG Tsoom Fwv Teb Chaws Pab Them Nqi Kawm Ntawv (ARNG Federal Tuition Assistance (FTA))**

### **Kev Tsim Nyog Tau:**

- Cov tub rog thiab thawj tub rog hauv Army National Guard.

### **Yam Muaj Nuj Nqis Zoo:**

- Tam sim no lub Army National Guard pab nyiaj rau Tsoom Fwv Teb Chaws Pab Them Nqi kawm Ntawv (Federal Tuition Assistance) txog 100% rau cov tub rog

cov nqi kawm ntawv thiab cov nqi pom zoo. Txoj kev pab no muaj kev txwv raws li cov teev kawm hauv ib nrab xyoo kawm ntawv los yog teev kawm hauv plaub lub hlis twg thiab txwv ib xyoos pab npaum li cas (xyoo raws sij hawm kawm ntawv).

- Them nyiaj rau FTA ua ntej kom them kiag mus rau lub tsev kawm ntawv tom qab hnuv NKAG KAWM/TAWM tsev kawm ntawv.
- Kom paub cov nqi tam sim no thiab kom paub thov kev pab txuas mus xyuas [www.virtualarmory.com](http://www.virtualarmory.com).

### **(Lub Xeev Kev Pab Rov Ntxiv Nqi Kawm Ntawv) State Tuition Reimbursement (STR) Program**

#### **Kev Tsim Nyog Tau:**

- Cov tub rog hauv Minnesota Kev Tiv Thaiv Teb Chaws uas nyob qib E1 mus txog O5, nrog rau cov Thawj Ceev Xwm Muaj Txuj Ci (Warrant Officers).
- Tag nrho STR cov kev pab rau tus tub rog lub neej yog pab 208 quarter (plaub hlis twg) los yog 144 qhab nia hauv cov ib nrab xyoo kawm ntawv.

#### **Yam Muaj Nuj Nqis Zoo:**

- Rov ntxiv nyiaj ntau tshaj yog 100% ntawm cov nqi kawm ntawv qib siab txog plaub xyoos hauv Tuam Tsev Kawm Ntawv Qib Siab Minnesota (University of Minnesota) – hauv Cheeb Tsam ob lub Zos Ntxaib no thaum yog kawm tiav tag.
- Xav thov, hu mus cuag tus thawj sawv cev xyuas koj pab pawg uas ua hauj lwm thawm hnuv.

### **Cov Tub Rog hauv Minnesota Kev Tiv Thaiv Teb Chaws uas Raug Sau Npaj Yuav Mus Ua Rog tej zaum thov tau cov kev pab nram no:**

### **Montgomery GI Bill Kev Pab Them Nqi Kawm Ntawv Rau Tub Rog Npaj Tos (Montgomery GI Bill (MGIB) Reserve Education Assistance Program (REAP) 1607)**

#### **Kev Tsim Nyog Tau:**

- Sau npaj yuav mus ua rog los yog npaj yuav mus tiv thaiv kev kub ceev ntawm teb chaws txog 90 hnuv thaum tus Nom los yog pab neeg sawv cev rau teb chaws (Congress) tso lus
- Cov tub rog uas raug mob los yog muaj mob los yog voos kab mob vim yog txoj kev mus ua rog uas raug tshem tawm kev ua tub rog ua ntej ua tiav 90 hnuv sib law liag los kuj tsim nyog tau kev pab.

#### **Yam Muaj Nuj Nqis Zoo: (pib ua hauj lwm Kaum Hli Hnuv 1, 05)**

- Them 40% ntawm tus Tub Rog MGIB – ua tau 90 hnuv si law liag tiam tsis tsis tau nto ib xyoos thawm kiag;
- Them 60% ntawm tus Tub Rog MGIB – ua tau ib lub xyoo thawm kiag tiam sis tsis txog ob xyoos thawm kiag; los yog
- Them 80% ntawm tu Tub Rog MGIB – ua tau ob lub xyoo thawm kiag los yog ua tau ntev tshaj ntxiv.

- Xav thov kev pab, mus cuag tus Kws Lees Paub Tseeb Tub Rog (VA Certifying Official) hauv koj lub tsev kawm ntawv qib siab College los yog University.

### **STR Cov Kev Pab Tshiab rau cov tub rog npaj tos mus ua rog**

- Cov tub rog npaj tos mus ua rog thiab cov ua tiav lawv txoj hauj lwm raws li kev lees rau hauv Minnesota Kev Tiv Thaiv Teb Chaws siv tau STR cov kev pab mus txog 2 lub xyoos nrog rau cov sij hawm npaj tos mus ua rog.
- Tag nrho STR cov kev pab yeej tseem yog pab 208 quarter (plaub hlis twg) los yog 144 qhab nia hauv cov ib nrab xyoo kawm ntawv.
- Xav thov kev pab sau ntawv raws email mus rau [Education@mn.ngb.army.mil](mailto:Education@mn.ngb.army.mil) mus thov cov ncauj lus txog STR Ncua Sij Hawm (STR Extended).

### **Cov website muaj ncauj lus pab**

- [www.virtualarmory.com/education/fedbenefits/Benefits\\_detail.asp](http://www.virtualarmory.com/education/fedbenefits/Benefits_detail.asp) (Nthuav Qhia Tag Nrho Cov Kev Pab rau Kev Tiv Thaiv Teb Chaws)
- [http://onestop.umn.edu/onestop/Tuition\\_Billing/Tuition\\_Rates.html](http://onestop.umn.edu/onestop/Tuition_Billing/Tuition_Rates.html) (Tuam Tsev Kawm Ntawv U of MN Cov Nqi Kawm Ntawv)
- [www.virtualarmory.com/education/fedbenefits/tuition\\_fta.asp](http://www.virtualarmory.com/education/fedbenefits/tuition_fta.asp) (FTA Cov Nqi Kawm Ntawv)
- [www.gibill.va.gov/](http://www.gibill.va.gov/) (ncauj lus txog GI Bill thiab cov nqi kawm ntawv tam sim no)
- [www.dantes.doded.mil/](http://www.dantes.doded.mil/) (Nthuav Qhia Tag Nrho Cov Kev Pab Rau Kev Kawm Ntawv Uas Muaj)
- [www.goarmyed.com/](http://www.goarmyed.com/) (Cob Tub Ua Rog tsab ntawv thov kev pab TA)

### **Kev Ntsib tau MNARNG Neeg Pab Kev Kawm Ntawv (MNARNG Education Team Point of Contact (POC)):**

- XOVT00J: 651-282-4590
- EMAIL: [education@mn.ngb.army.mil](mailto:education@mn.ngb.army.mil)
- WEB: [www.MinnesotaNationalGuard.org/education](http://www.MinnesotaNationalGuard.org/education)

### **Cov Chaw Muaj Kev Txhawb**

#### **Xyuas Hauj Lwm Kom Tiav**

Federal Service [www.usajobs.opm.gov](http://www.usajobs.opm.gov)

Helmets to Hardhats [www.helmetstohardhats.org/home.jsp](http://www.helmetstohardhats.org/home.jsp)

Hire Veterans.com [www.hireveterans.com](http://www.hireveterans.com)

Troops to Teachers

[www.dantes.doded.mil/dantes\\_web/troopstoteachers/index.htm?flag=true](http://www.dantes.doded.mil/dantes_web/troopstoteachers/index.htm?flag=true)

Vet Jobs.com [www.vetjobs.com](http://www.vetjobs.com)

Veterans Employment Service [www.deed.state.mn.us/veterans/index.htm](http://www.deed.state.mn.us/veterans/index.htm)

Vocational Rehabilitation and Employment Service [www.vba.va.gov/bln/vre/index.htm](http://www.vba.va.gov/bln/vre/index.htm)

First Lady Mary Pawlenty [www.governor.state.mn.us/FirstLady/FLIndex.asp](http://www.governor.state.mn.us/FirstLady/FLIndex.asp)  
Destiny Group [www.destinygroup.com/destiny/contact/aboutus.jsp](http://www.destinygroup.com/destiny/contact/aboutus.jsp)

### **Saib Xyuas Koj Txoj Kev Noj Qab Haus Huv**

Alcoholics Anonymous [www.alcoholics-anonymous.org](http://www.alcoholics-anonymous.org)  
Health [www.hooah4health.com](http://www.hooah4health.com)  
Suicide Prevention [www.suicidehotline.com](http://www.suicidehotline.com) 800-784-2433  
Defense and Veterans Brain Injury Center [www.dvbic.org](http://www.dvbic.org) 800-870-9244  
Vet Center [www.vetcenter.va.gov](http://www.vetcenter.va.gov)  
National Center for PTSD [www.ncptsd.va.gov](http://www.ncptsd.va.gov)  
Depression [www.allaboutdepression.com](http://www.allaboutdepression.com)

### **Saib Xyuas Koj Tsev Neeg**

First Lady Mary Pawlenty [www.governor.state.mn.us/FirstLady/FLIndex.asp](http://www.governor.state.mn.us/FirstLady/FLIndex.asp)  
Military One Source [www.militaryonesource.com](http://www.militaryonesource.com) 800-342-9647

### **Saib Xyuas Tej Muaj Nuj Nqis Zoo**

Transition Assistance Advisor 651-282-4667  
Duane Kamp OIF/OEF Coordinator, VA Regional Office 612-970-5249  
Department of Veterans Affairs (VA) [www.va.gov](http://www.va.gov)  
GI Bill [www.gibill.va.gov](http://www.gibill.va.gov) 800-442-4551  
Veterans Benefits Administration [www.vba.va.gov](http://www.vba.va.gov)  
Seamless Transition Homepage [www.seamlesstransition.va.gov](http://www.seamlesstransition.va.gov)  
National Guard [www.ngb.army.mil](http://www.ngb.army.mil)  
Minnesota Department of Veterans Affairs [www.mdva.state.mn.us](http://www.mdva.state.mn.us)  
National Association of County Service Officers [www.nacvso.org](http://www.nacvso.org)  
National Veterans Foundation [www.nvf.org](http://www.nvf.org)  
American Legion [www.legion.org](http://www.legion.org)  
Am-Vets [www.amvets.org](http://www.amvets.org)  
Disabled American Veterans (DAV) [www.dav.org](http://www.dav.org)  
Veterans of Foreign Wars (VFW) [www.vfw.org](http://www.vfw.org)  
Iraq War Veterans Organization [www.iraqwarveterans.org/index.html](http://www.iraqwarveterans.org/index.html)