

**Ob qho uas kuv nrhiav sijhawm los mus  
Tiv thaiv kom txhob mob ntshav qabzib**

**...kuv lub neej yav tom ntej thiab lawv lub neej.**



**Kuv tsev neeg muaj nqis tam lub ntuj rau kuv.  
Li ntawd kuv thiaj nrhiav sijhawm los mus saib xyuas  
kuv tus kheej kom zoo.**

Kuv paub lawm tias neeg Hmoob uas Hnyav lossis rog heev pheej hmoo ntau dua muaj taus ntshav qabzib. Tabsis muaj xov xwm zoo. Koj tiv thaiv tau ntshav qabzib hom 2 yog koj ua tej yam me me xws li: ua kom luv cev txhob Hnyav heev los ntawm kev noj zaub mov zoo thiab siv li 30 feeb los ntawm kev tawm dag zog 5 hnuv tauj ib as thiv. Nrog koj tus kws kho mob tham txog yam yuav ua koj mob tau ntshav qabzib hom 2.

**Yog xav tau KEV NPAJ pab dawb kom txhob muaj taus ntshav qabzib hom 2  
Hu tau 1-800-438-5383 (Rau Cov Txawj Hais Lus Askiv Xwb).**

Mus rau ntawm [www.ndep.nih.gov](http://www.ndep.nih.gov) muaj qhia txog ntshav qabzib hais ua lus Hmoob.



**npaj me  
tau ntau**

**Tiv thaiv kom txhob mob  
Ntshav Qabzib hom 2**

Ib cov lus hais teev tseg los ntawm [National Diabetes Education Program],  
tau kev pab los ntawm [National Institutes of Health and the Centers  
for Disease Control and Prevention].