



# Children's Minnesota

## တၢ်န့ၣ်လီၤပုၣ်ဃုၣ်လၢတၢ်လဲၤဟးလၢတၢ်မၤအီၤလၢအ့ထၢၣ်နဲးအဖီခိၣ် ခိဖျိ တၢ်ကွဲၣ်လၢအံၤမ့(လ)

တၢ်န့ၣ်ကျဲအံၤ ကမၤစၢၤနၤလၢနကဘျးစဲဒီးန့တၢ်လဲၤဟးလၢတၢ်မၤအီၤလၢအ့ထၢၣ်နဲးအဖီခိၣ် ခိဖျိအံၤမ့(လ) န့ၣ်လီၤ.

1. အံၤမ့(လ)တၢ်ကွဲၣ်လၢနကန့ၣ်လီၤပုၣ်ဃုၣ်လၢနတၢ်သ့ၣ်နံၤဖးသီန့ၣ် တၢ်ကဆၢန့ၣ်ဆူန့အိၣ် လၢနတၢ်လဲၤဟးလၢတၢ်မၤအီၤလၢအ့ထၢၣ်နဲးအဖီခိၣ်တၢ်သ့ၣ်နံၤဖးသီလၢတၢ်ရဲၣ်ကျဲၤအီၤ အမ့ၢ်န့ၣ်အပူၤန့ၣ်လီၤ.
2. တၢ်ကွဲၣ်လၢတၢ်လဲၤဟးလၢတၢ်မၤအီၤလၢအ့ထၢၣ်နဲးအဖီခိၣ်အဂီၢ်န့ၣ်ကဟဲလၢ [noreply@amwell.com](mailto:noreply@amwell.com). န့မ့ၢ်တထံၣ်တၢ်အံၤလၢနအံၤမ့(လ)န့ၣ်လီၤအလီၢ်အပူၤန့ၣ်, သမံသမိးကွၢ် န့လံာ်တြီၢ်လၢအံၤမ့(လ)လၢတၢ်တလိၣ်အီၤန့ၣ်လီၤအလီၢ်အပူၤန့ၣ်တက့ၢ်.

**Children's Minnesota invited you to a secure video room.**

Choose how you join from your best option below:

1. On your desktop or laptop, click the link below to join the video visit. For the best experience, we suggest using the appropriate browser for your computer. (Use Chrome for Windows and Android. Use Safari for Mac/iOS.) Be sure to allow permissions for camera and microphone access so you can see and hear the clinician.  
(or)
2. If you're on mobile, click the link below and choose the option that best suits you:
  - a. Join on iOS Safari or Android Chrome, which is the fastest way to connect. Be sure to allow permissions for camera and microphone access so you can see and hear the clinician.  
(or)
  - b. Download the Touchpoint mobile app for the best video experience. The Touchpoint app is not required, but it will enhance the quality of your video call. When the download is completed, return to this invite to open the app and join the call.

[Join here](#)

Copy the link to your clipboard here:  
<https://conference.amwell.com/invite/njnp12zwwy>

Please do NOT reply to this email. This email account is not monitored.

3. စံာ်လီၤ **Join here (န့ၣ်လီၤပုၣ်ဃုၣ်ဖဲအံၤ)** လၢအံၤမ့(လ)တၢ်ကွဲၣ်လၢအပူၤ လၢကဘျးစဲဒီးန့တၢ်လဲၤဟးလၢတၢ်မၤအီၤလၢအ့ထၢၣ်နဲးအဖီခိၣ်န့ၣ်တက့ၢ်.

**ဆဲးကျၢပုၤ**

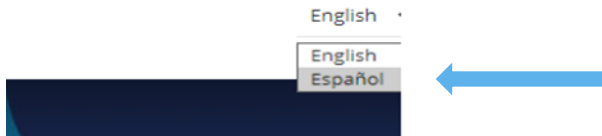
လၢတၢ်သ့တၢ်ဘၣ်ကျိၤကျဲၤတၢ်ဆိၣ်ထွဲအဂီၢ်-  
ကိုး 1-877-621-8014

လၢတၢ်သံကွၢ်ဘၣ်ဃးဒီးန့တၢ်သ့ၣ်နံၤဖးသီအဂီၢ်-  
ဝံသးစူၤကိးန့တၢ်ဆါဟံၣ်ကသံၣ်ဒၢးတက့ၢ်.

**Children's**  
MINNESOTA

[childrensMN.org/primarycare](http://childrensMN.org/primarycare)

- နဒီဉ်တံာ်ဒီးကွဲးဒီး  
တံာ်ဘျးစဲလီၤဆီလၢတံာ်ဟ့ၣ်လီၤအီၤဆူနအ့ထၢနဲးတြီစၢာ်အပူၤသ့စ့ၢ်ကီးန့ၣ်လီၤ.
- 4. ဖဲနလဲၤတုၤဖဲ တၢ်န့ၣ်လီၤအမဲာ်သ့ၣ်အပူၤန့ၣ်, **ထၢန့ၣ်လီၤနပူၤဆါအမံၤပဲၤပဲၤတက့ၢ်.**
- နယုထၢ **အဲကလံး** မ့တမ့ၢ် **စပုၣ်** ဒီဖျါနယုထၢတခါလၢမံၤစရီအပူၤလၢအအိၣ်ဖဲနပီးလီၤအမဲာ်သ့ၣ်အထွဲအဖီခိၣ်တကပၤသ့န့ၣ်လီၤ.



- 5. မၤ တၢ်သမံသမိးကွဲးပီးလီၤမၤတၢ်အကျါအကျဲ (Tech Check) လၢမၤလီၤတံာ်နဲခဲမရၢ်, ကလုာ်ဒါ  
ဒီးတၢ်ဘျးစဲတဖၣ်အိၣ်ကတံာ်ကတီၤသးလၢနတၢ်လဲၤဟးအဂီၢ် ဒီဖျါစံာ်လီၤ.

**Test my Connection (မၤကွၢ်ယတၢ်ဘျးစဲ) န့ၣ်တက့ၢ်.**

- ဖဲနမပုၤ တၢ်သမံသမိးကွဲးပီးလီၤမၤတၢ်အကျါအကျဲ (Tech Check) ဝံၤအလီၢ်န့ၣ်, ဘၣ်သ့ၣ်သ့ၣ်တၢ်ကပျဲနတၢ်ဘျီယီဆူ Amwell  
လၢနကန့ၣ်လီၤဆူနကလုာ်ဒါဒီးခဲမရၢ်န့ၣ်လီၤ. ဝံၤသးစူၤစံာ်လီၤ **Allow (ပျဲ)** .

- 6. စံာ်လီၤ **Join Video Call Now (န့ၣ်လီၤပုၣ်ယုာ်လၢတၢ်ကိးလီၤတဲစီဖျါဘၣ်ဒါအိၣ်အဲခဲအံၤ).**

တၢ်ကဘျးစဲနတၢ်ဘျီယီဒီးတၢ်ကိးလီၤတဲစီဖျါဘၣ်ဒါအိၣ်လီၤ. နပူၤဟ့ၣ်တၢ်မၤစၢၤမ့ၢ်တဟဲတုၤလၢတၢ်လဲၤဟးအဂီၢ်န့ၣ်,  
ဝံၤသးစူၤအိၣ်ခိးစ့ၤမံးနဲးန့ၣ်တက့ၢ်.

- 7. နကထံၣ်ဘၣ်နတၢ်ကွဲးထွဲကရူၢ်အကရၢဖိလၢဘၣ်ဒါအိၣ်အမဲာ်သ့ၣ်အဖီခိၣ် လၢကစးထီၣ် ပုၤဖိသ့ၣ်အတၢ်လဲၤဟးအဂီၢ်န့ၣ်လီၤ.

- ဟ့ၣ်လီၤတၢ်ကွဲးထွဲကရူၢ်အကရၢဖိအအံၤမ့ၢ်(လ) မ့တမ့ၢ် ကွဲးဆုၢ်တၢ်ကစီၣ်တၢ်ဆဲးကျါ လၢပုၤန့ၣ်လီၤပုၣ်ယုာ်တၢ်အဂၤလၢနမ့ၢ်လၢ  
နကကွဲးမ့ၢ်အီၤဆူတၢ်လဲၤဟးန့ၣ်တက့ၢ်.

- 8. ဖဲတၢ်လဲၤဟးလၢတၢ်မၤအီၤလၢအ့ထၢနဲးအဖီခိၣ်ဝံၤအခါ, စံာ်လီၤ **End Call (ပတုာ်တၢ်ကိးလီၤတဲစီ)** နီၣ်ဆိၣ်ခဲန့ၣ်တက့ၢ်.

- 9. နမ့ၢ်လိၣ်ဘၣ်လၢနကန့ၣ်လီၤပုၣ်ယုာ်ကဒါက့ၤဆူ တၢ်လဲၤဟးလၢတၢ်မၤအီၤလၢအ့ထၢနဲးအဖီခိၣ် ဖဲနယုထၢ **End Call**  
**(ပတုာ်တၢ်ကိးလီၤတဲစီ)** န့ၣ်, ယုထၢ **Join Session (တၢ်န့ၣ်လီၤပုၣ်ယုာ်အကတီၢ်)** လၢကအိးထီၣ်ကဒါက့ၤဘၣ်ဒါအိၣ်အဂီၢ်န့ၣ်တက့ၢ်. **Join**  
**Session (တၢ်န့ၣ်လီၤပုၣ်ယုာ်အကတီၢ်)** အနီၣ်ဆိၣ်ခဲအိၣ်ဖဲ တၢ်သ့ၣ်နံၤဖးသီလၢတၢ်ရဲၣ်ကျဲၤအီၤအဆၢကတီၢ်တလၢာ်ဒီးဘၣ်  
ဒီးပုၤဟ့ၣ်တၢ်မၤစၢၤတမၤပုၤဘၣ်ဒီးတၢ်လဲၤဟးအခါန့ၣ်လီၤ.