



EFER EMPLOYEE & FAMILY RESOURCES
We're Here To Help.

Ka Sianghngakchia Bawmhnak Program

Sianghngakchia Bawmhnak Program cu zeidah asi?

Nagmah le na innchungkhar chungtel hna nih nun zuamcawhnak pawl nan tawlrel tikah nan caah kahin SAP a um.

Na lungretheihnak mankhiahnak le atanglei chimmi pakhatkhat caah thiltining thatternak hna a hauh tikah hruainak le bawmhnak caah SAP khan a bochan khawh:

- *Sianginn-nun ruannak*
- *Innchungkhar asiloah ipehtlaihnak kongkau*
- *Intuarnak kongkau*
- *Zu le rithainak he apehtlaimi kongkau*
- *Nifatin na nunnak, nuamhnak, le na zeizong dihlak damnak*

BIATHLITHUP

MAN UMLO

24/7 LUHNAK

Ka SAP nih zeidah a pek?

TELEPHONE RUAHNAKCHEUHNAK

- Phone line cu 24/7/365 ah on asi
- Phone pawl cu master-level thiam-sang nih a leh
- Aherh zat in chawn (rikhiah umlo)

MINUNG -IN RUAHNAKCHEUHNAK

- Kum chiar in ALAAK-minung in ruahnakcheuhnak caan cu voi thum (6) tiang hmu
- Caan 6 hnuah, chanhchinnak thimding pawl cu pek khawh asi

Ka SAP cu zeitin ka hman hnga?

A awl. Alaak asi. Biathlithup asi.

515.244.6090 chawn

Hmunkhatah, na lam a hlonhmi zuamcawhnak poahpoah tuahding ah kar-hlannak na tuahmi hna cu kan theih lai. Kahin nangmah bawmding ah kan um!