

1



VIDEO HI ZOH

- Na thok hlan ah, "Zei tin" timi minit 4 a rau mi video kha **VirtualCheckup.com/video** ah hin zoh hma sa.
- Hi video zohkhawh nak ding ah hin na phone hmang in QR Code kha sken rel zong a hau kho men.

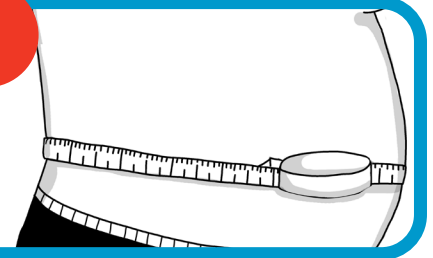
2



HNATLAKPINAK PUNGSAN

- Hi pungsan chung ah na tial mi pawl hi a leng mi theiher an si lai lo.
- A dih lak in na langther dih a herh.
- Dingfel tein in le hman tein na langther deuh deuh asi cun kan in bawmh nak hi a tsa chin chin ve lai!
- Na pum rih/zaan i tah, na tung sang le na rih/zaan kha i cin ken.
- Rawl na ulh nak kongkau biahal nak hi rak phi hna.

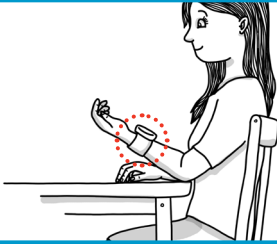
3



NA PAW KHA I TAH

- Bawm chung ai tel chih mi tahnak kha la.
- Na paw le na pang le na tawk cung deuh bak khan na paw cu tah.
- Na paw hmet ngan hi na bawngpi hmet ngan he ai khat lai lo.
- Na paw i a tlang thluanmah hi na bawngpi hmet ngan nak in a lian deuh.
- Hnatlak pi nak pungsan ah tial.

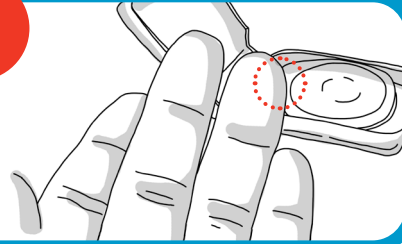
4



NA THI TUM/KAI I TAHNAK

- Cabuai he ai nei mi tthuden ah khan tu.
- Na keza nih tuang kha tongh ter.
- Na keng ding tein chia law na kieu kha cabuai cung ah chia.
- Thi tahak seh ah cun bateri kha thun hna, cun na kehlei ban ah i hruk.
- Sakarin kha hmuh fawi nak zapei ah chiah (suimilam nai khih lo nak kut)
- Kut hliahhlok le kut kha dam tein in chia law, na thin he ai tluk ruang nak ah chia.
- Thi tah nak kha rel, hlatlak pi nak pungsan ah khan tial, cun minit 3 in hngak.
- A awi hnih nak van ti tah than law, hnatlak pinak pungsan ah tial than. Na thintur zong kha tial chih.

5



ZEI ZONG TEIN REDI TEIN CHIA

- Bawm kha ong law a hring mi khomh suat nak palasatic kha la.
- Khomh suat nak kha ai ruang mi tuang ah a tung tein chia.
- A raang mi khomh suat nak a hup tu palasatic kha hrawk hrim HLAH.
- Ti lum in na kuat i tawl.
- Zapei kha a cung lei hoi in, na nau um kut tong kha thim. Khomh suat fawi nak **ding ah na kut par** cu chung. Kut **dong** a lai der kha hman HLAH.

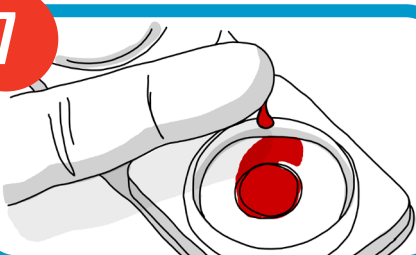
6



KUTDONG FUNG TE NIH A FAWI TER DEUH

- Zu aitel mi hnawhnak in thi dawp nak ding kha thianh.
- Na thi luan a tnat nak ding ah sekan 15-20 tiang khan a ban kha thlai in thing.
- Thim chinhnak te kha merh. Na zapei a cung lei hoi buin a hah nak dung ah chia.
- Hmantlak chung langther ban tuk in thim te cu na kut tong par ah chia. Thim kha fek tein tlai law a "pem" tiang sawh.
- Thi dor dor khatnak kha hnawh law hlonh.

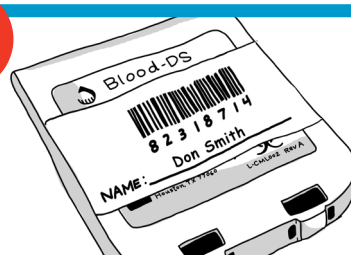
7



DOR 4 KHA A ZA KO

- Khomh suat khawh ding ah khan na kut cang zawn khan dip.
- Thi dor cu a mah tein luan ko seh.
- Thi dor an chuah lo asi ah cun na zapei in kut dong par tiang kha duh sah tein hmet hna.
- **Hi hman nak ding ah hin thi dor (4)** a lian ngai mi kha a lai fang i a um mi a kua ah khan luan ter ding asi.
- Thi dor cu peh thluah mah in luang ko seh. Thi dor a tlak karlak kha NGOL HLAH siloah hngak hnga.

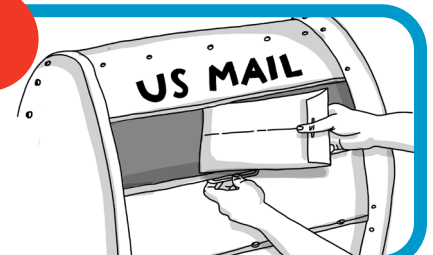
8



NA THIDOR CHIAH NAK CU A CHIN, CHIN LAW A MIN KHENH

- Dor 4 a dawp dih hnu ah, minit 3 in hngat law thi dawpnak te kha fek tein chin than.
- Fel tein na ching lai.
- Hnatlak pinak pungsan cung I barcode pakhat kha khok law khawmhsuat nak bawm cung ah benh.
- Na thidor ai tel mi khawmhsuat nak bawm kha thicheknak na kuat hlan chung a lumnak (65°-72°) khan chung ah fim khawh asi.

9



NA THIDOR LE PUNGSAN CU KHUA HNA

- Na tial mi fiang te hi a hman le hman lo chek law hna tlak pi nak pungsan kha phi. Min thut le nithla.
- A pahnih nak barcode kha khok law bawm cung i ai tel tum ve mi cazin tial nak ah khan benh. Kha cazin kha i fim.
- **Na thi dor khawmhsuat nak bawm le na minthut cia mi hna tlak pi nak pung sang cu a man pek cia asi mi cabawm ah khomh hna.**
- An thi le na hna tlak pi nak pungsan cu (US cakuatnak) nih suimilam 24 chung ah kuat colh hrim hrim ding.

Na inn lila ah thi chek nak bawm ah zeidah ai tel?

Na thicheknak a herh mi vial te kha na phit dih lai, cun hna tlak pi nak pungsan kha a **ñial hrim hrim lai**. Na thi pel lak mi he na rak kan kuat ðhan hrim hrim lai.

Na thi khomhsuat ding na ready hlan ah bawm kha ong HLAH. Bawm na on hnu minit 30 chung ah khawmhsuat **nak bawm cu hman HRIM HRIM** ding.



RALRING PEKNAK: Biapi asi mi khomhsuatnak kongkau

A hman lo mi thi lak ning cang nih hin chekfel nak a pichuah a palh ter khawh. Thi dop ning cang kha ðha tein rel law zul. Thi chuah zawtnak siloah thi khal zawtnak a ngei mi nih cun laisen a ngai mi sibawi siloah ngandamnak lei thiamsang pakhat khat he i ceih hmai ta ding.

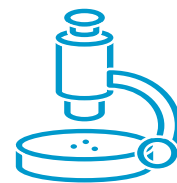
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Aa remcang ngai mi mah tein thi



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Dawp khawhnak hmun hma in kan in don hna