



မုန်လဲတက်ကုတော်လါ အီးစတြုလ်ယပ်အချာခါ

တၢ်မၤစၢမဲ တၢ်အိၣ်လၢကီၢ်အီးစတြုလ်ယပ်အချာအကတီၢ်

ဒ်သိးနကန့ၣ်ဘၣ်ကျိၣ်စ့တၢ်မၤစၢမဲ မ့တမ့ၢ် concession card(တၢ်မၤစၢမဲတၢ်အိၣ်လၢကီၢ်အီးစတြုလ်ယပ်အချာအကီၢ်န့ၣ် နတၢ်အိၣ်သးကဘၣ်ဆဲးဖိးမံလိာ်အသးလၢကျိၣ်စ့တၢ်မၤစၢမဲ မ့တမ့ၢ် concession cardအတၢ်ဘျုးတဖၣ်န့ၣ်လီၤ.

တၢ်ဘျုးဘၣ်ထွဲ တၢ်လဲတက်ကုတော်လါ ကီၢ်အီးစတြုလ်ယပ်အချာန့ၣ် လီၤဆီလိာ်အသး, ဒီးသန့ထီၣ်အသးလၢ နကျိၣ်စ့တၢ်မၤစၢမဲ မ့တမ့ၢ် concession cardအကလုာ်တဖၣ် အဖီခိၣ်န့ၣ်လီၤ. ဒ်တၢ်ဘျုးအိၣ်အသိး တုၤမ့ၢ်နဟးထီၣ်ဆူကီၢ်အီးစတြုလ်ယပ်အချာလံန့ၣ် ဘၣ်တဘၣ် တၢ်ကတၢ်ကွၢ်နကျိၣ်စ့တၢ်မၤစၢမဲ မ့တမ့ၢ် concession cardသ့န့ၣ်လီၤ. မ့ၢ်ဘၣ်သးသ့ၣ်ညါကျိၣ်စ့တၢ်မၤစၢမဲ မ့တမ့ၢ် concession cardအတၢ်ဘျုးလၢခံကတၢ် ဘၣ်ထွဲတၢ်လဲဟးလၢကီၢ်ချာန့ၣ် လဲၤကွၢ်ဘၣ်အိၣ်မဲ humanservices.gov.au/paymentsoverseas တက့ၢ်.

တချးနဟးထီၣ်ဆူကီၢ်ချးဘၣ်န့ၣ် လဲၤကွၢ်ဘၣ်တၢ်ဂ့ၢ်တၢ်ဂ့ၢ်အံၤလၢဝဲးဖုးအပူၤ မ့တမ့ၢ် လၢကတၢ်ပိာ်သကိးတၢ်ဒီးပုၤတၢ်ဂၤလၢကညီကျိၣ်လၢ အဘၣ်ထွဲနဂ့ၢ်နကျိၣ်န့ၣ် ဆဲးကျိးဘၣ်လၢ လီၤတဲစီနီၣ်ဂံၢ် **131 202** တက့ၢ်.

နတၢ်အိၣ်သးမ့ၢ်ဆီတလဲသးန့ၣ် ငှးသ့ၣ်ညါပုၤတက့ၢ်

ဒ်နမ့ၢ်ညါန့ၣ်ဖဲနအိၣ်လၢ ကီၢ်အီးစတြုလ်ယပ်အပူၤအသိး ဖဲနအိၣ်လၢကီၢ်ချာအခါ နတၢ်အိၣ်သးမ့ၢ်ဆီတလဲလၢ အမၤဘၣ်ဒီးနကျိၣ်စ့တၢ်မၤစၢမဲန့ၣ် မ့တမ့ၢ် concession card သ့န့ၣ် ငှးသ့ၣ်ညါပုၤတက့ၢ်. အဒိ နတၢ်အိၣ်တၢ်ကွၢ်တၢ်ဂ့ၢ်လိာ်မုာ်လိာ်သးမ့ၢ်ဆီတလဲန့ၣ် နကဘၣ်ငှးသ့ၣ်ညါပုၤန့ၣ်လီၤ.

ငှးသ့ၣ်ညါပုၤလၢနတၢ်လဲတက်ကုသ့လၢကျဲးလဲၣ်

တၢ်ဆူးကါန Centrelinkအ အုၣ်ထၢၣ်နဲးစရီခိဖျိ myGovန့ၣ် မ့ၢ်ကျဲးအညီကတၢ်တဘိလၢ နကငှးသ့ၣ်ညါပုၤ လၢနတၢ်လဲတက်ကုန့ၣ်လီၤ. နထၢန့ၣ်, လဲၤကွၢ်, မၤသီထီၣ်ဒီးထူးကွၢ် နတၢ်လဲတက်ကုဆူကီၢ်ချာအဂ့ၢ်အကျိၣ် သ့ထီၣ်ရီၤတဘျီဘျီန့ၣ်လီၤ.

ဒ်သိးနကငှးသ့ၣ်ညါပုၤလၢ နတၢ်လဲတက်ကုအတၢ်ရဲၣ်ကျဲး ဒီးကဖးဘၣ်နလံာ်ပရၢ ဒီးတၢ်မၤစၢမဲအဂၤတဖၣ်အဂ့ၢ်န့ၣ် တချးလၢနဟးထီၣ် လၢကီၢ်အီးစတြုလ်ယပ်အချာဒီးဘၣ်န့ၣ် ငှးအိၣ်ထီၣ် Centrelinkအုၣ်ထၢၣ်နဲးစရီခိဖျိ myGovတက့ၢ်.

တုၤမ့ၢ်နဟးထီၣ်လၢ ကီၢ်အီးစတြုလ်ယပ်အချာလံန့ၣ် အီးစတြုလ်ယပ် တၢ်န့ၣ်လီၤဟးထီၣ်ကီၢ်ဝဲၤကျိၣ် ကငှးသ့ၣ်ညါပုၤလၢနဂ့ၢ်စ့ကိးန့ၣ်လီၤ.

နmyGovမ့ၢ်တအိၣ်ဒီးဘၣ်န့ၣ် လဲၤငှးအိၣ်ထီၣ်န myGovလၢmy.gov.auအပူၤ ဒီးငှးဘျးဝဲCentrelinkဆူန့ၣ်myGov ခိဖျိ စံာ်လီၤ ‘Services’ ဒီးဝဲစံာ်လီၤlink အတၢ်ပနီၣ်လၢအိၣ်ဘျးလၢCentrelinkအကၤန့ၣ်တက့ၢ်. ဒ်သိးပငှးဘျးဝဲနတၢ်မၤနီၣ်ဆူန့ၣ် myGov ကဘၣ်အဂီၢ် ဘၣ်တဘၣ် နကဘၣ်စံးဆၢတၢ်သံကွၢ်တဖၣ်န့ၣ်လီၤ.

နမ့ၢ်ဖၢန့ၣ်လီၤနမိာ်ဘဲနီၣ်ဂံၢ်လၢ myGovအပူၤန့ၣ် မၤလီၤတၢ်မ့ၢ်ဒ်သိးနဒီးန့ၣ် တၢ်ကစီၣ်ခိဖျိမိာ်ဘဲနီၣ်ဂံၢ်အံၤ ဖဲနအိၣ်လၢကီၢ်ချာအဆၢကတီၢ်ကန့ၣ်အဂီၢ်တက့ၢ်.

ဒီးန့ၣ်ဘၣ်Medicareတၢ်မၤစၢမဲ အိၣ်လၢကီၢ်ချာအခါ

ဖဲနအိၣ်လၢကီၢ်ချာအခါန့ၣ် ဒီးန့ၣ်Medicareတၢ်မၤစၢမဲတသ့ဘၣ်. နမ့ၢ်ဘၣ်ဆူးဘၣ်ဆါန့ၣ် နကဘၣ်ဟ့ၣ်တၢ်ကူစါယါဘျီအတၢ်လၢာ် လၢနကစၢ်န့ၣ်လီၤ. ကီၢ်လၢနလဲၤအံၤ မ့ၢ်ကီၢ်လၢအအိၣ်တၢ်လံးဒီး Reciprocal Health Care Agreement အတၢ်အၢၣ်

လီနဲ့ ဘဉ်တဘဉ် နတဘဉ်ဟဉ် တကူစါယါဘျါအလဲခဲလက်ဘဉ်န့ဉ်လီ။ တါအါဉ်လီအံ၊ မှါဒ်ဒ်သိးအကမၤစၢ ပှါအိးစါ ထုလ်ယဉ်ဖိ လါအလဲအူထံကီလါအအိဉ်ဒီးတါအါဉ်လီအံ၊ လါတါကစါယါဘျါအတါလိဉ်သပှါတါအါဉ်၊ ဒီးတမ့ါတါလါ အမၤ ပှါန့ဉ် နီဉ်ကစါတကအတါတါလဲလါကီချါအတါအိဉ်အူဉ်အိဉ်ချါ အအူဉ်စူရဲ အါဉ်ဘဉ်။

နမ့ါလဲအူထံကီလါမၤတ့ါတါအါဉ်လီအံအပူန့ဉ် လဲစိဉ်ယုဉ်နMedicareအခးတက့ါ။ နခးက့အံမ့ါအါဉ် ဒီးနမ့ါလိဉ်ဘဉ်တါ ကူစါယါဘျါန့ဉ် တါမၤစၢနကညီဒိဉ်ထီဉ်တက့ါန့ဉ်လီ။

မှါဘဉ်သးသ့ဉ်ညါအါထီဉ် Reciprocal Health Care Agreementsအဂ့ါအကျါ ဒီးအိးစါထုလ်ယဉ်မၤတ့ါတါအါဉ်လီ လါ ထံကီလါနကလဲအံဖျါလဲစဉ်န့ဉ် လဲကွါဖဲ humanservices.gov.au/rhca တက့ါ။

လဲစိဉ်ယုဉ် မ့တမ့ါ ဆှါန့ဉ်နကသံဉ်အူကီချါ

တါလဲစိဉ်ယုဉ် မ့တမ့ါ ဆှါန့ဉ် Pharmaceutical Benefits Schemeကသံဉ်အူကီအိးစါထုလ်ယဉ်အချါ လါတမ့ါလါ နု မ့တမ့ါ ပှါလဲသကိးတါလါနု ကဆူးကါအါအါဉ်ဘဉ်န့ဉ် မှါတါလါအမၤကမဉ်တါသီဉ်တါသီန့ဉ်လီ။

လါဝဲးဖး humanservices.gov.au/australiansoverseas တဘုဉ်အံအပူန့ဉ် နကထံဉ်န့ဉ်တါဂ့ါတါကျါလါ အဘဉ် ဆါကတီ ဘဉ်ထွဲတါဟ့ဉ်နုကျိဉ်စုတါမၤစၢဒီးတါမၤစၢအဂၤ ဖဲနအိဉ်လါကီချါအဆါကတီ၊ လါအပဉ်ယုဉ် Medicareန့ဉ်လီ။

တချါနုလဲအူကီချါန့ဉ် လဲကွါဘဉ်တါဂ့ါတါကျါလါ ဝဲးဖးအံအပူ မ့တမ့ါ လါကတဲဘဉ်Medicareဒီးတါလဲစိဉ်ယုဉ်ကသံဉ်အူ ကီချါအဂ့ါလါကညီကျိဉ်အါဉ်န့ဉ် ဆဲးကျိးလါလီတဲစိနီဉ်ဂံ **131 450** (TIS National) တက့ါ။

မှါဘဉ်သးသ့ဉ်ညါအါထီဉ်တါဂ့ါတါကျါ-

- လဲကွါဖဲ humanservices.gov.au/yourlanguage လါနကဖးဘဉ်, ဒီးကနဉ် မ့တမ့ါ ကွါတါဂီမူ လါအအိဉ် ယုဉ်တါဂ့ါတါကျါ လါကညီကျိဉ်အါဉ်တက့ါ။
- ကိးလီတဲစိနီဉ်ဂံ **131 202** လါကတဲသကိးဘဉ် Centrelink ကျိဉ်စုတါမၤစၢ ဒီးတါမၤစၢအဂၤ လါကညီကျိဉ်အါဉ် တက့ါ။
- ကိးလီတဲစိနီဉ်ဂံ**131 450** (TIS National) လါကတဲသကိးဘဉ် MedicareဒီးChild Support ကျိဉ်စုတါမၤ စၢ ဒီးတါမၤစၢအဂၤ လါကညီကျိဉ်အါဉ်တက့ါ။
- လဲသံကွါဘဉ်လါ တါမၤလီတက့ါ။

တါနီဉ် - မှါကိးလီတဲစိနီဉ်ဂံ 13လါ ဟံဉ်လီတဲစိဖဲအိးစါထုလ်ယဉ်ပူတါလီထီရီတီတီန့ဉ် အပူကလက်ထဲသိးလါ တါကိးလီ ကဝီဘူးတါန့ဉ်လီ။ အလဲဒိဉ်ဆဲးကလီဆီလိဉ်အသး, ဒီးသန့ထီဉ်အသးလါ လီတဲစိကျိဉ်မနံဉ်အဖိခိဉ်န့ဉ်လီ။ မှါကိးလါမိဉ်ဘဲဖိ တဖဉ်တမီ အပူကလက်အါန့ဉ်လီ။

သဲစးမူဒါတါပဉ်ဖျါ

ဖဲApril 2016န့ဉ် တါဂ့ါတါကျါလါ လံာ်အံအပူတဖဉ် မှါတါလါအဘဉ်ခဲလက်န့ဉ်လီ။



Are you travelling outside Australia?

Payments while outside Australia

To get your payments or concession card while outside Australia, you must continue to meet the eligibility requirements for each payment or concession card.

Depending on your payments or concession card, there are different rules on how travelling outside Australia may affect you. When you leave Australia, your payments or concession cards may change or even stop based on these rules. For the most up-to-date information about payments and concession cards while you are overseas visit humanservices.gov.au/paymentsoverseas

Check the website before you travel or call us on **131 202** to speak to someone in your language about your specific circumstances.

Tell us about changes to your circumstances

It is important that you advise us of any change to your circumstances that would normally affect your payments or concession card while you are overseas, as you would if you were in Australia. For example, you need to tell us if there are changes to your relationship status.

How to tell us about your travel

The easiest way to tell us about your travel plans is to use your Centrelink online account through myGov. You can add, view, update and remove your overseas travel details online at any time.

Register for a Centrelink online account through myGov before you leave Australia so you can easily tell us about your travel plans and access your letters and other services online while you are away.

Australia's immigration department will also advise us when you leave Australia.

If you don't have a myGov account already, create a myGov account at my.gov.au and link Centrelink to your myGov account by selecting 'Services' and then the link icon next to Centrelink. You may need to answer some questions so we link the correct record to your myGov account.

If you choose to register your mobile number with myGov, make sure you can receive messages from this number while overseas.

Accessing Medicare while outside Australia

You will not be able to access Medicare services while overseas. If you get sick, you may have to pay for all your medical treatment. If there is a Reciprocal Health Care Agreement in place with the country you're going to, you might not have to pay for some things. These agreements cover the cost of essential medical treatment for Australian residents travelling in some countries, and are not designed to replace private travel health insurance for overseas travel.

If you are going to a country with an agreement, take your current Medicare card with you. Then, if you need medical treatment, it can make the process easier.

For more information about Reciprocal Health Care Agreements, including if Australia has one with the country you are travelling to, visit humanservices.gov.au/rhca

Taking or sending your medicines overseas

It is illegal to take or send Pharmaceutical Benefits Scheme medicines out of Australia that are not either for your personal use or the use of someone travelling with you.

You will find the most up-to-date information about our payments and services while overseas, including Medicare, on humanservices.gov.au/australiansoverseas

Check the website before you travel or call **131 450** (TIS National) to speak to us in your language about Medicare and taking medicines overseas.

For more information:

- go to humanservices.gov.au/yourlanguage where you can read about, listen to or watch videos with information in your language
- call **131 202** to speak to us in your language about Centrelink payments and services
- call **131 450** (TIS National) to speak with us in your language about Medicare and Child Support payments and services
- visit a service centre.

Note: call costs from your home phone to a 13 number from anywhere in Australia are the cost of a local call. Charges may vary depending on the telephone service provider, and mobiles may incur a higher charge.

Disclaimer

Information in this factsheet is accurate as at April 2016.