**Instructions for the Previous Page:**
- The text appears to be a mixture of Punjabi and English, possibly discussing health and insurance-related topics.
- Some phrases are not translated or are in a different language.
- The text includes terms like "NYC," "USPS," "W-2, 1099-MISC, 1095-A, 1095-B," and "International Health Insurance," suggesting it might be a guide or information page for international students or visitors.
- The text contains dates such as "February 2019," "30 days," and "60 days," indicating deadlines or time frames.

**Notes:**
- The text seems to be a guide related to insurance and health care, possibly for international students or visitors.
- There are references to health care in hospitals or clinics, suggesting it might be part of a larger manual or guide.
- The text includes mentions of "NYC," "International Health Insurance," and "USPS," indicating it might be a informational document for international students or visitors in the United States.

**Instructions for the Current Page:**
- The text appears to be a continuation of the guide, possibly discussing more details about insurance and health care.
- Some phrases are not translated or are in a different language.
- The text includes terms like "NYC," "USPS," "W-2, 1099-MISC, 1095-A, 1095-B," and "International Health Insurance," suggesting it might be a guide or information page for international students or visitors.
- The text contains dates such as "February 2019," "30 days," and "60 days," indicating deadlines or time frames.

**Notes:**
- The text seems to be a guide related to insurance and health care, possibly for international students or visitors.
- There are references to health care in hospitals or clinics, suggesting it might be part of a larger manual or guide.
- The text includes mentions of "NYC," "International Health Insurance," and "USPS," indicating it might be a informational document for international students or visitors in the United States.