

**South Country Health Alliance waxay kaa caawin karaan inaad gaadho heerka dahabiga ah ee maamulida xanuunkaaga macaanka**

**Gaadiid aad ku timaado oo aad kaga tagto balantaada caafimaadka**

Inaad timaado balantaada si uu dhakhtarkaagu u eego A1c-gaaga iyo heerka sonkorta dhiigaaga, iyo inuu eego caafimaadkaaga guud ahaan inuu ku socdo dhabadii la doonayay.

Hadii ay kugu adag tahay inaad tagto iyo inaad ka timaado balantaada daryeelka caafimaadka, waxa aad u qalmi kartaa gaadiidka caafimaadka aan ahayn xaalad degdeg ah. RideConnect waxa uu bixiyaa gaadiid amaan ah oo la isku lahayn karo oo caafimaadka ah, habdhaqanka caafimaadka iyo balanta daryeelka ilkaha ah. Lasoo Hadal Adeega Xubinta wixii macluumaad dheeraad ah.

**Taageerada kordhinta waxqabadkaaga guud ahaan**

Ku soo biir ururada caafimaadka ee ka qaybqaadanaya oo hel illaa \$20 lacagcelina bishii oo loogu talagalay xubnaha SingleCare, SharedCare, iyo MSC+ si aad ugu kaabto khidmadaha xubinimada ee ururkaaga caafimaad markaad timaado ugu yaraan 4 beri bishii, illaa \$40 lacagcelina bishii oo loogu talagalay xubnaha SeniorCare Complete oo aanay ku xirnayn wax maalmo soo xaadiritaan ah, iyo illaa \$65 lacagcelina bishii oo loogu talagalay xubnaha AbilityCare oo aanay ku xirnayn wax maalmo soo xaadiritaan ah. Booqo websaytkeena [www.mnscha.org](http://www.mnscha.org) ama wac Adeegyada Xubnaha wixii macluumaad dheeraad ah.

# DIIRADA LAGU SAARAYO

*Bulsho, goys, caafimaad*

**South Country Health Alliance Adeegyada Xubnaha**

1-866-567-7242 ♦ TTY 1-800-627-3529 or 711

Attention: If you need free help interpreting this document, call the above number.

Digniin. Haddii aad u baahantahay caawimaad lacag-la'ann ah ee tarjumaadda (afcelinta) qorallkan, lambarka kore wac.

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Thov ua twb zoo nyeem. Yog hais tias koj xav tau kev pab txhais lus rau tsab ntaub ntawv no pub dawb, ces hu rau tus najnpawb xov tooj saum toj no.



1-866-567-7242, TTY 711.

[members@mnscha.org](mailto:members@mnscha.org)

#5965

H5703\_6822\_M; H2419\_6822 Aqbalay (SOM) Senior Care Complete (HMO D-SNP) iyo AbilityCare (HMO D-SNP) waa qorshayaal caafimaad oo qandaraas kula jira barnaamijka Medicare iyo Minnesota Medical Assistance (Medicaid) si loo bixiyo faa'iidooyinka labada barnaamij ee isdiwaangelinta. Diiwaangelinta Senior-Care Complete iyo AbilityCare waxay kuxirantahay cusbooneysiinta qandaraaska.

**South Country**  
HEALTH ALLIANCE



**Waanu ku caawin karnaa**

*adiga*

**iyo caafimaadkaaga macaanka!**



**Agabka aad kula soconayso xaaladaada caafimaadka:**

Waxa aanu bixinaynaa kharashka agabka caafimaad oo ay ku jiraan aalada cabirka dhiikarka marka uu qoro dhakhtar iyada oo la isticmaalayo iibiyo agabka caafimaad oo adag (DME) oo ku jira dalada. La socodka sonkorta dhiiga (glucometer) iyo agabka kale ee macaanka iyo adeegyadu waxay ku xadidnaan karaa tilmaamaha warshada, alaabaadka iyo/ama noocyada marka aad ka heleyso farmasiga. Wada bixin ayaa loo baahan karaa. Wixii macluumaad dheeraad ah ee *Liiskaaga Dawooyinka La Bixinayo*, la hadal Adeegyada Xubinta ama qabo websaytka [www.mnscha.org](http://www.mnscha.org).

**Taageerada kaa caawinaysa inaad joojiso sigaarka:**

Barnaamijka EX waxaa weeye mid firfircoon, taageero bulsho oo isticmaalayaasha dhabta ah ee tubaakada ee wax badan soo maray ah. Marka aad ku biirto, xabagta bilaa nikootiinta 8 da todobaad, xanjo, ama lozenges ayaa lagu soo diri karaa. Waxa aad heshaa qorshe joojin oo adiga kugu habaoon oo wax kula baranaya oo kula koraya.

Barnaamijka EX waxa uu bixiyaa tilmaamo wanaagsan, oo isdhax galka ah iyo agab aad u adeegsanayso safarkaaga joojinta tobaakada. Waxa ay bixiyaan taageero u adkaysi joojin sigaarka laydhka ah sidoo kale. Hel talada khabiirada, tilmaamo iyo tobobarka foolka-foolka ah oo wada sheekeysii tooska ah.

Booqo [BecomeAnEX.org](http://BecomeAnEX.org) ama la hadal 1-833-EXCOACH.



**Su'aalo?**

**Kala hadal Adeegyada Xubinta at 1-866-567-7242 TTY 1-800-627-3529 ama 711**  
Saacaduhu waa 8 am - 5 pm, Isniin - Jimce

**Kaadhka Hadyadu Waxa Uu Bixiyaa:**

**Hel Kaadh Hadyad ah oo ah \$25**

Markaad adeegbixiyahaaga kala kulanto wax ku saabsan sonkorowgaaga iyo baaritaankaaga sonkorta dhiiga (HbA1C). Si aad ugu qalanto waa inaad xubin firfircoon ka tahay ka tahay uth Country AbilityCare, SharedCare, SingleCare, SeniorCare Complete (MSHO), ama MSC+ laga heley Sonkorowga Nooca 1 ama Nooca 2 taariikhda baaritaanka sonkorta dhiiga (HbA1C)

Wixii tafaasiil dheeraada ah ee ku saabsan barnaamijyada fayoqabka, booqo <https://mnscha.org/members/wellness-programs/>.

**Hel Kaadh Hadyad ah oo ah \$25**

Ugu yaraan hal (1) booqasho oo daryeelka ilmaha ah oo sanadkii ah si loo saxo mushkilad ilkahaaga ah iyo ciridkaaga ah kahor inta ayna kasii darin. Si aad ugu qalanto waa inaad ka tahay xubin South Country ku jira AbilityCare, SharedCare, SingleCare, SeniorCare Complete (MSHO), ama MSC+. Xadka hal kaar ee hadiyadeed sanadkiiba.

