

South Country Health Alliance can help you reach the gold standard for managing your diabetes

Transportation to help you get to and from your medical appointments

Attending your appointments allows your doctor to watch your A1c and blood sugar levels, and check that your overall health is on the right track.

If you have trouble getting to and from health care appointments, you may be eligible for covered non-emergency medical transportation. RideConnect offers safe and reliable rides to covered medical, behavioral health, and dental appointments. Call Member Services for more information.

Support to increase your overall activity

Join a participating health club and receive up to \$20 reimbursement a month for SingleCare, SharedCare, and MSC+ members towards your health club membership fees when you attend at least 4 days per month, up to \$40 reimbursement a month for SeniorCare Complete members with no minimum amount of attendance days required, and up to \$65 reimbursement a month for AbilityCare members with no minimum amount of attendance days required. Visit our website at www.mnscha.org or call Member Services for more information.

FOCUSED ON

Community, Family, Health

South Country Health Alliance Member Services

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.

Atención. Si desea recibir asistencia gratuita para interpretar este document, llame al número indicado arriba.

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

#5586

H5703_6822_M; H2419_6822 Accepted SeniorCare Complete (HMO D-SNP) and AbilityCare (HMO D-SNP) are health plans that contract with both Medicare and the Minnesota Medical Assistance (Medicaid) program to provide benefits of both programs to enrollees. Enrollment in SeniorCare Complete and AbilityCare depends on contract renewal.

South
Country
HEALTH ALLIANCE



We can help
you **with your**
diabetic health!



Support to help you quit using tobacco:

The EX Program is an active, supportive community of real tobacco users who have been through it all. When you join, 8 weeks of free nicotine patches, gum, or lozenges can be delivered to you. Get a customized quit plan that learns and grows with you.

The EX Program provides smart, interactive guides and tools for you to navigate your tobacco-free journey. They offer free quitting support tailored to e-cigarette users too. Get expert advice, tips, and coaching through 1:1 live chat.

Visit BecomeAnEX.org or call 1-833-EXCOACH.



Tools for you to track your health status:

We cover the cost of medical supplies including a blood pressure cuff with a doctor's order when using an in-network durable medical equipment (DME) supplier. A blood glucose monitor (glucometer) and other diabetic supplies and services may be limited to specific manufacturers, products and/or brands when received through a pharmacy. A co-pay may be required. For more information check your *List of Covered Drugs*, call Member Services, or go to our website at www.mnscha.org.

Questions?

Call Member Services at 1-866-567-7242

TTY 1-800-627-3529 or 711

Hours are 8 am - 5 pm, Monday - Friday

Bonus Gift Card Offers:

Receive a \$25 Gift Card

When you see a provider regarding your diabetes and have your blood glucose (HbA1c) test. To be eligible you must be an active South Country AbilityCare, SharedCare, SingleCare, SeniorCare Complete (MSHO), or MSC+ member with a diagnosis of Type 1 or Type 2 Diabetes Mellitus on date of service of blood glucose (HbA1c) test.

Receive a \$25 Gift Card

Attend at least (1) annual preventive dental care visit to correct any problems with your teeth and gums before they become serious. To be eligible you must be an active South Country member on AbilityCare, SharedCare, SingleCare, SeniorCare Complete (MSHO), or MSC+. Limit of one gift card per calendar year.



For more details on our wellness programs, visit <https://mnscha.org/members/wellness-programs/>.