

South Country Health Alliance cwaxay kaa caawin *kartaa* inaad gaadho heerka dahabka ee *maaraynta* sonkorowgaaga.

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.

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 Dhameystiran (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.

Taageero kaa caawinaya joojinta isticmaalka tubaakada

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 habaaron 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 ama wac 1-833-EXCOACH.

Aaladaha aad kula socon karto xaaladaada caafimaad

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 hubi Liiskaaga Dawooyinka la daboolay.



DIIRADA LAGU SAARAYO
Bushada, Qoyska, Caafimaadka

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.

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

H5703_6950_M; H2419_6950 Accepted SeniorCare Complete (HMO D-SNP) iyo AbilityCare (HMO D-SNP) waa qorshayaal caafimaad oo qandaraas kula jira barnaamijka Medicare iyo Minnesota Medical Assistance si loo siiyo faa’iidooyinka labada barnaamij ee isdiwaangelinta. Diiwaangelinta SeniorCare Complete iyo AbilityCare waxay kuxirantahay cusbooneysiinta qandaraaska.

#5586



Waanu ku caawin karnaa *adiga* iyo afimaadkaaga macaanka!

Waa maxay tijaabada A1C?

Waa maxay eAG?

Waa maxay macnaha natiijada A1C/ eAG?

Isticmaal shaxda hoose si aad u fahanto sida natiijadaada A1C ay u tarjumeysa eAG. Marka hore ka hel lambarkaaga A1C dhanka bidix. Kadib akhri si aad u barato celceliska sonkorta dhiigaaga labadii ilaa saddexdii bilood ee la soo dhaafay.

A1C	Celceliska gulukooska dhiigga (eAG)
6%	126 mg/dL
6.5%	140 mg/dL
7%	154 mg/dL
7.5%	169 mg/dL
8%	183 mg/dL
8.5%	197 mg/dL
9%	212 mg/dL
9.5%	226 mg/dL
10%	240 mg/dL
10.5%	255 mg/dL

Intee jeer ayaan qaadan karaa A1C?

Waa maxay bartilmaameedka wanaagsan ee A1C?

Maxaa dhacaya haddii A1C-kayga uu ka duwan yahay waxa aan filayo?

Haddii A1C-gaagu ka duwan yahay waxa aad filayso, la hadal dhakhtarkaaga. Waxaa laga yaabaa inaad u baahato inaad si joogto ah u hubiso sonkorta dhiiggaaga ama aad isticmaasho kormeeraha gulukooska ee joogtada ah (CGM) si aad fikrad fiican u hesho sida sonkorta dhiigaagu isu beddesho maalinta oo dhan.

Miyaan weli u baahanahay inaan sonkorta dhiiggayga ku eego mitir haddii aan si joogto ah u helo baaritaanka A1C?

Haa Waxaad u isticmaali doontaa natiijooyinka mitirkaaga si aad u samayso go'aamo maalinle ah. A1C wuxuu ku siinayaa fikrad guud oo ah waxa socda iyo sida qorshahaaga daawaynta u shaqeeyo wakhtiyada aanad ka hubin sonkorta dhiigaaga. Haddii aad wax su'aalo ah ka qabto qorshahaaga daawaynta, fadlan la xidhiidh dhakhtarkaaga.

Kaadhka Hadiyada Waxa Uu Bixiyaa:

Diabetes Blood Glucose (HbA1c) Test
 for Seniors and DME members

South Carolina Medicare has a \$20.00 gift card for members enrolled in a Medicare Advantage plan who are eligible for the Diabetes Blood Glucose (HbA1c) Test.

Receive a \$20 gift card!

You must be a Medicare Advantage member enrolled in an Advantage Health Plan, Advantage Medical Plan, or Advantage Prescription Plan. You must be 65 years of age or older, a U.S. resident, and a Medicare member. You must be eligible for the Diabetes Blood Glucose (HbA1c) Test.

You must not be enrolled in Medicaid or be eligible for Medicaid. You must not be enrolled in a Medicare Advantage plan that does not cover the Diabetes Blood Glucose (HbA1c) Test.

Must Be Completed by Member (fill out each blank)

Member's Name _____ DME Member ID _____

Member's Date of Birth _____ Member's Phone Number _____

Member's Mailing Address _____

City _____ State _____ ZIP+4 _____

Have you completed this survey? ☐ Yes ☐ No

Have you visited your doctor for a Diabetes Blood Glucose (HbA1c) test in the last 12 months? ☐ Yes ☐ No

Have you visited your doctor for a Diabetes Blood Glucose (HbA1c) test in the last 12 months? ☐ Yes ☐ No

Print your name _____ Date _____

To receive your money, please mail this survey to the back of this envelope.

Medicare members may add additional tests, screenings, diagnostics, screenings, screenings or HMOs to the state plan.

Medicare members may be offered either a gift card or a cash payment for eligible tests or screenings.

\$299

The SilverSight® Dental Visit for Seniors and SNHC members

Senior dental care is an important part of overall good health. Especially for individuals experiencing dental issues, a dental visit can help prevent further dental problems and ensure your oral health is in good condition. And, a senior dental problem can prevent you from enjoying your life after retirement.

Senior Care is proud to offer a dental visit for seniors and SNHC members. Call today to schedule your dental visit. This dental visit includes a comprehensive dental exam, X-rays, and a cleaning. The cost of the dental visit is \$299.00. The cost of the dental visit is \$299.00. The cost of the dental visit is \$299.00.

Benefits: \$299.00
 Current members, therefore, bringing forward to complete the dental visit. The dental visit is \$299.00. The cost of the dental visit is \$299.00. The cost of the dental visit is \$299.00.

Call today to schedule your dental visit. This dental visit includes a comprehensive dental exam, X-rays, and a cleaning. The cost of the dental visit is \$299.00. The cost of the dental visit is \$299.00. The cost of the dental visit is \$299.00.

Not yet accepted by member still not available:

Member's Name: _____ SNHC Member ID: _____

Date of Birth: _____ Member's Phone #: _____

Member's Mailing Address: _____

City: _____ State: _____ Zip: _____

Not a member? Please contact us at 1-800-855-2222 for more information.

For information regarding the program, please call 1-800-855-2222. ☐ ☐

Accepted by: _____ Printed Signature: _____

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Qaado \$25
Kaadhka Hadiyada

Markaad adeegbixiyahaaga kala kulanto wax ku saabsan sonkorowgaaga iyo baaritaankaaga sonkorta dhiiga (HbA1c).

Qaado \$25
Kaadhka Hadiyada

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.

Sidee bay u ekaan kartaa booqashad caafimaadka ee cudurka macaanku?

Qaar badan oo naga mid ah waxa aynu u barannay in ay si shakhsi ah ula kulmaan dhakhaatiirteena. Booqashooyinka tooska ah waa ikhtiyaarka aad ku arki karto dhakhtarkaaga adiga oo isticmaalaya taleefanka gacanta, tablet-ka iyo kombayutarada shirka fiidyaha ee loo yaqaan booqasho caafimaadka.

Faahfaahin dheeraad ah oo ku saabsan caafimaadka booqo boggayaga internetka oo ah <https://mnscha.org/wp-content/uploads/2021/08/5735.pdf>.

Haddii aad u baahan tahay in lagaa caawiyo jadwalka ballanta ama aad qabto su'aalo, wac Adeegyada xubnaha 1-866-567-7242.

TTY: 1-800-627-3529 ama 711

Saacaduhu waa 8 subaxnimo - 5 galabnimo, Isniin - Jimco

Faahfaahin dheeraad ah oo
saabsan barnaamijyadayada
fayoqabka iyo agabka
waxbarashada caafimaadka,
ku sawir code-kan QR
kamaradaada casriga ah.



Waxaad sidoo kale booqan kartaa boggayaga internetka oo ah <https://mnscha.org/members/step-up-for-better-health/education-self-help/>.