



2025 South Country Health and Wellness Rewards

Complete these important preventive care services to earn a reward!

Prenatal Care \$75 Reward Complete 4 prenatal visits during your pregnancy.

Postpartum Care \$75 Reward Complete a postpartum visit between 7 and 84 days after delivery.

Infant Checkups \$75 Reward Complete at least 6 infant well-care checkups before 15 months of age.

Lead Test \$25 Rewards Complete a lead test between 9-18 months and then again between 18-30 months of age for up to 2 rewards.

Well-Child Visits \$25 Reward Complete 2 child well-care visits between 15 and 30 months of age.

Child & Adolescent Well-Care Visit \$25 Reward Complete an annual C&TC exam for children ages 3-21.

Childhood Immunizations \$50 Reward Complete all provider recommended immunizations by your child's second birthday.

Immunizations for Adolescents \$50 Reward Complete all provider recommended immunizations by 13 years of age.

Chlamydia Testing \$25 Reward Talk to your health care provider about screening for chlamydia and other related infections that are advised for you based on factors including your age and your history.

Cervical Cancer Screening \$25 Reward Members age 21 to 65 (or as recommended by your provider) complete a cervical cancer screening.

Breast Cancer Screening \$25 Reward Members age 40 and older (or as recommended by your provider) who complete a mammogram.

Colorectal Cancer Screening \$25 Reward Members age 45 and older (or as recommended by your provider) complete a colorectal cancer screening.

Diabetes Blood Glucose (HbA1c) Test \$25 Reward Members enrolled on AbilityCare, SharedCare, SingleCare, SeniorCare Complete (MSHO), or MSC+ with a diagnosis of Type 1 or Type 2 Diabetes Mellitus on date of service of blood glucose (HbA1c) test.

Preventive Dental Care \$25 Reward Members enrolled on AbilityCare, SharedCare, SingleCare, SeniorCare Complete (MSHO) or MSC+ and complete at least 1 preventive dental visit.

How to Get Be Rewarded™ Vouchers:

- Call Member Services at the number listed below
-OR-
 - Download and print individual vouchers from our website at www.mnscha.org.
-

Other benefits you may have available:

NEW BENEFIT for 2025!!

Delfina Program Members who are currently pregnant or up to one year postpartum are eligible to use the Delfina App. This app includes virtual support from doulas, registered dietitians, mental health therapists, lactation counselors, as well as offers virtual group classes for members to join!

<https://www.delfina.com/south-country-health-alliance>

Be Active™ Receive up to a \$20 credit for Families and Children, SingleCare, SharedCare, MinnesotaCare and Minnesota Senior Care Plus (MSC+) members. Up to \$40 credit for SeniorCare Complete and AbilityCare members towards your monthly health club membership fees.

Be Buckled™ South Country provides one car seat per child, age 8 (7 years and 12 months) and younger, per lifetime.

Early Childhood Family Education (ECFE) Classes for families with newborn to kindergarten age children are free to South Country members. Sibling care is not covered.

Pregnancy & Childbirth Education Classes Classes for expecting parents.

Free Breast Pump South Country will cover the cost of a breast pump for new moms.

Community Education South Country will cover up to \$15 of the registration fee for up to 5 Community Education classes a year.

Some restrictions apply. Visit www.mnscha.org or call Member Services for full details. Rewards limited to 1 reward per year per service unless otherwise specified.

South Country Member Services

Toll-Free: 1-866-567-7242,

TTY users call 1-800-627-3529 or 711.

These calls are free.

Hours: M-F: 8 a.m. - 8 p.m. (Feb. 15th - Sep. 30th);

7 days a week: 8 a.m. - 8 p.m. (Oct. 1st - Feb. 14th)

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

ያስተውሉ፡ ካለምንም ክፍያ ይህንን ዶኩመንት የሚተረጎምሎ አስተርጓሚ ከፈለጉ ከላይ ወደተጻፈው የስልክ ቁጥር ይደውሉ።

ملاحظة: إذا أردت مساعدة مجانية لترجمة هذه الوثيقة، اتصل على الرقم أعلاه.

သတိ။ ဤတွဲရက်စာတမ်းအားအခမဲ့ဘာသာပြန်ပေးခြင်း အကူအညီလိုအပ်ပါက၊ အထက်ပါဖုန်းနံပါတ်ကိုခေါ်ဆိုပါ။

កំណត់សំគាល់ ។ បើអ្នកត្រូវការជំនួយក្នុងការបកប្រែឯកសារនេះដោយឥតគិតថ្លៃ សូមហៅទូរសព្ទតាមលេខខាងលើ ។

請注意，如果您需要免費協助傳譯這份文件，請撥打上面的電話號碼。

Attention. Si vous avez besoin d'une aide gratuite pour interpréter le présent document, veuillez appeler au numéro ci-dessus.

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.

ဟ်သူဉ်ဟ်သးဘဉ်တက့ၢ်. ဖဲနမ့ၢ်လိဉ်ဘဉ်တၢ်မၤစၢၤကလိလၢတၢ်ကကျိးထံဝဲဒၣ်လံာ် တီလံာ်မိတခါအံၤန့ၣ်,ကိးဘဉ် လိတဲစိနီၣ်ဂံၢ်လၢထးအံၤန့ၣ်တက့ၢ်.

알려드립니다. 이 문서에 대한 이해를 돕기 위해 무료로 제공되는 도움을 받으시려면 위의 전화번호로 연락하십시오.

ໂປຣດຊາບ. ຖ້າຫາກ ທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປເອກະສານນີ້ຟຣີ, ຈົ່ງ ໂທໂປທີ່ໝາຍເລກຂ້າງເທິງນີ້.

Hubachiisa. Dokumentiin kun tola akka siif hiikamu gargaarsa hoo feete, lakkoobsa gubbatti kenname bilbili.

Внимание: если вам нужна бесплатная помощь в устном переводе данного документа, позвоните по указанному выше телефону.

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

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

Chú ý. Nếu quý vị cần được giúp đỡ dịch tài liệu này miễn phí, xin gọi số bên trên.