

Waxay ku saabsan tahay caafimaadkaaga.

Is xilsaar

Caawinta iska Joojinta Tubaakada

Xubnaha waxay heli karaan caawimaad taleefonka ah iyo mid onleen ah iyo waxbarashada oo lacag la'aan ah. Waxaad ka wici kartaa EXProgram 1-833-EXCOACH (1-833-392-6224), wicitaanka isticmaalayaasha TTY 711.



Talo-siinta Kalkaaliyaha caafimaad ee 24 saac

Adeegan waxtarka leh waxaa ka shaqeeya kalkaaliyayaal khibrad leh oo diwaangashan oo ka jawaabi kara su'aalahaaga caafimaadka. Waxay kaa caawin karaan inaad go'aan ka gaarto waxaad sameyn laheyd markaad jiran tahay ama dhaawacan tahay, waxaana la heli karaa 24 saacadood maalintii, 7 maalmood isbuucii. Soo wac lambarka ku yaal gadaasha kaarkaaga aqoonsiga xubinta.

Waxbarashada Bulshada

Waxbarashada Bulshada waxay bixisaa fasalo madadaalo ah. Wanaaji xirfadaha qaaska ah ama baro hiwaayad cusub. South Country wuxuu daboolayaa illaa iyo \$15 ee khidmada diwaangelinta ee inta badan fasalada waxbarashada bulshada (illaa shan fasal sannadkii). Soo wac barnaamijka Waxbarashada Bulshada ee deegaankaaga ama Member Services (Adeegyada Xubnaha) si aad u hesho macluumaad dheeraad ah.

Early Childhood Family Education (ECFE Waxbarashada Qoyska ee Caruurnimada Hore)

ECFE waxay siisaa fasalo qoysaska leh carruurta dhalinta illaa da'da dugsiga barbaarinta. Fasalada waalidka iyo canuga waxay gacan ka geystaan sidii loo dhisi lahaa qoysas caafimaad qaba iyo in carruurta loo diyaariyo inay ku guuleystaan dugsiga. Inta badan fasalada ECFE waxay lacag la'aan u yihiin xubnaha South Country Health Alliance (Isbahaysiga Caafimaadka ee South Country)

Soo wac dugsiga degmada ee deegaankaaga ama Adeegyada Xubnaha South Country si aad u hesho macluumaad dheeraad ah.

Isku duubnida Noloshada Dhalnida ka hor Hagaha iyo Jadwalka taariiqda

Hagahaan iyo jadwalka taariiqda dhalnida ka hor waxaa si gaar ah loogu sameeyay hooyooyinka cusub iyo filanayo dhalnida. Waxay leedahay macluumaad waxtar leh oo ku saabsan daryeelka dhalnida kahor iyo daryeelka dhallaanka inta lagu jiro sannadka ugu horeeya ee noloshooda. Waxaa ku jira jadwalka taariikhda uurka ee ay tahay inaad raacdo toddobaad illaa toddobaad iyo sidoo kale waxyaabo dheeraad ah oo onleen ah. Hadii aad uur leedahay, u sheeg shaqaalahaaga u-qalmiitaanka gobolka. Kadib soo wac Waaxda Caafimaadka Dadweynaha Gobolka ama Member Services (Adeegyada Xubnaha) ee South Country oo weydii nuqul bilaash ah ee hagaha iyo jadwalka taariiqda ee **Isku duubnida Noloshada** uurka ka hor.

Be Buckled™

South Country waxay siineysaa hal kursi baabuur cunug walba oo jira 8 (7 sano iyo 12 bilood) iyo ka yar, noloshiisa oo dhan, oo ay la socdaan tababar ku saabsan sida si amaan ah loogu isticmaalo kursiga gaariga. Soo wac Waaxda Caafimaadka Dadweynaha deegaankaaga si aad wax badan uga barato barnaamijkaan oo aad u qabsato waqti aad ku hesho kursiga canugaaga.

Be Active™

Waxaan rabnaa inaan kaa caawino inaad jirdhisnaatid! Ku soo biir ururada caafimaadka ee ka qaybqaadanaya oo hel illaa **\$20** lacagcelina bishii oo loogu talagalay xubnaha Qoysaska iyo Carruurta, SingleCare, SharedCare iyo MinnesotaCare si aad ugu kaabto khidmadaha xubinimada ee ururkaaga caafimaad markaad timaado ugu yaraan 4 beri bishii, iyo illaa **\$40** lacagcelina bishii oo loogu talagalay xubnaha AbilityCare oo aanay ku xirnayn wax maalmo soo xaadiriitaan ah. Booqo websaytkeena www.mnscha.org ama ka soo wac Adeegyada Xubnaha wixii macluumaad dheeraad ah.

DIIRADA LAGU SAARAYO

Bulshada, Qoyska, Caafimaadka

Isbaheysiga Caafimaadka South Country Adeegyada Xubnaha

1-866-567-7242 ♦ TTY 1-800-627-3529 ama 711
Wicitaanadan waa bilaash.

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

Digniin. Haddii aad u baahantahay caawimaad lacag-la'aan 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

#5965

H5703_7157_C AbilityCare (HMO D-SNP) waa qorshe caafimaad oo qandaraas kula jira barnaamijka Medicare iyo Minnesota Medical Assistance (Medicaid) si loo siiyo faa'idooyin labada barnaamij isdiwaangeliyaasha. Diiwaangelinta AbilityCare waxay ku xirantahay cusbooneysiinta qandaraaska.

South
Country
HEALTH ALLIANCE

Xubnaha ka diwaangashan:

Qoysaska iyo Carruurta
MinnesotaCare
SingleCare
SharedCare
AbilityCare



Is XILSAAR!

Take Charge!™ Barnaamijyada
Fayo qabka waxay ka caawiyaan
xubnaha Isbaheysiga Caafimaadka
South Country inay gaaraan
caafimaadkooda iyo fay
qabkoodashaqsiyadeed ee ugu
wanaagsan.

Like us on
Facebook



Be Rewarded™ Barnaamijka Be Rewarded™ wuxuu siiyaa abaalmarinada kaarka hadiyada xubnaha u qalma ee South Country ee ku dhameystira adeegyada daryeelka ka hortagga ee muhiimka ah waqtigooda.

\$75 Abaalmarinta Daryeelka Dhalmada ka hor

Buuxi 4 ka mid ah booqashooyinka dhalmada ka hor.

\$75 Abaalmarinta Daryeelka Dhalmada kadib

Dhameystir 1 ballan dhalmada ka dib inta u dhaxaysa 7 iyo 84 maalmood dhalmada kadib.

\$25 Abaalmarinta Baaritaanka Lead

Dhameystir baaritaanka Lead inta u dhaxaysa 9-18 bilood iyo mar kale inta u dhaxaysa 18-30 bilood da'da si aad u hesho \$25 kaarka hadiyada baaritaan walba.

Abaalmarinta \$25 ee Sonkorta Dhiigga ee Sonkorowga (HbA1c)

Xubnaha hadda ee AbilityCare, SharedCare iyo SingleCare ee mara baaritaankooda sonkorta dhiiga ku jira (HbA1c) ee iska baara Sonkorowga Nooca 1 ama Nooca 2 si u mutaystaan **\$25 oo kaar hadyadeed ah**. Xadka waa hal kaar hadiyadeed sannadkiiba.

\$25 Abaalmarinta Booqashada dhaqtarka ilkaha

Daryeelka AbilityCare, SharedCare, iyo SingleCare, xubnuhu waa inay dhameystiraan ugu yaraan 1 booqasho daryeelka ilkeed oo ka hortag ah.



Abaalmarinta daryeelka wanaagsan

\$75 Baaritaanka dhalaanka: Baaritaanada dhallaanka ayaa lagula talinayaa 0-1, 1, 2, 4, 6, 9, 12, iyo 15 bilood da' ahaan. Dhameystir **ugu yaraan 6 booqasho ka hor da'da 15 bilood**.

\$25 Abaalmarinta Daryeelka Fiican ee Carruurta iyo Qaangaarka: Xubnaha 3 illaa 21 sanno jir waa inay buuxiyaan 1 Booqasho oo ah baaritaanka Carruurta iyo Dhallinta.

Abaalmarinada tallaalka

\$50 Abaalmarinta carruurnimada: Dhameystir dhammaan tallaallada sida uu ku taliyey bixiyaha marka ay dhalashadooda labaad gaaraan.

\$50 Abaalmarinta Dhallinta: Dhameystir dhammaan tallaallada sida uu ku taliyey bixiyaha marka ay gaaraan 13 sanno.

Abaalmarinada baaritaanka

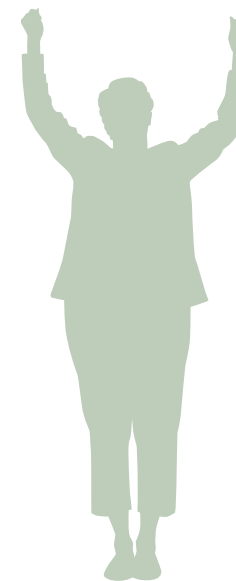
Bixiyahaaga daryeelka caafimaadka kala hadal wixii ku saabsan inta jeer ee dhammaan baaritaanadan la marayo.

\$25 Baarista Kansarka Afka Ilma-galeenka: Xubnaha jira da'da 21 illaa 65 (ama sida uu ku taliyay bixiyaha) ee mara baaritaanka kansarka afka ilmagaleenka.

\$25 Baaritaanka Kansarka Naasaha: Xubnaha jira da'da 40 ama wixii ka wayn (ama sida uu ku taliyay bixiyaha) ee mara raajada naasaha.

\$25 Baarista Kansarka Mindhicirka: Xubnaha jira da'da 45 ama wixii ka wayn (ama sida uu ku taliyay bixiyaha) ee mara baaritaanka kansarka malawadka.

\$25 Baaritaanka Jabtida: Xubnaha mara baaritaanka cudurka Jabtida. Bixiyahaaga daryeelka caafimaadka kala hadal baaritaanka jabtida iyo caabuqyada kale ee lagugula talinayo marka la fiiriyo qodobada sida da'daada iyo sooyaalkaaga nololeed.



Si aad ugu qalanto abaalmarinta Kaarka Hadiyada:

1. Waa inaad u keentaa lambarka qiimo dhimista saxda ah booqashada dhakhtarkaaga oo ha saxiixo hana taariiqeeyo dhaqtarkaaga.
2. Adiga ama canugaaga waa inaad xubin ka ahaataan South Country waqtiga booqasho kasta.
3. Adiga ama canugaaga waa inaad buuxisaan shuruudaha booqashada ee abaalmarinta.
4. Waxaad u baahan tahay inaad u soo dirto lambarka qiimo dhimista oo dhameystiran South Country **60** maalmood gudahood adeega kadib.

Inta badan abaal-marinnada waxay ku xaddidan yihiin 1 abaal-marin sannadkii, haddii aan si kale loo sheegin.

Sida Loo Helo Kaarkaaga qiimo dhimista

- Soo wac Member Services (adeegyada xubnaha), **ama**
- Weydii kalkaalisada caafimaadka dadweynaha gobolka, **ama**
- Ka soo dejiso oo ka daabac lambarka qiimo dhimista websaytkeena **www.mnscha.org**.

Ma qabtaa su'aalo?

Ka soo wac Member Services (adeegyada xubnaha)
1-866-567-7242,

TTY wicitaanka isticmaalayaasha
1-800-627-3529 ama 711

Wicitaanadaan waa bilaash.

Saacadaha waa 8 am - 5 pm, Isniinta - Jimcaha