

It's about your health.
Be in charge.

Tobacco Cessation Assistance

Members can access telephone-based and online help and education at no charge. You can call EXProgram at 1-833-EXCOACH (1-833-392-6224), TTY users call 711.

24-hour Nurse Advice

This helpful service is staffed by experienced registered nurses who can answer your health questions. They can help you decide what to do when you are sick or injured, and they are available 24 hours a day, 7 days a week. Call the number on the back of your member ID card.

Community Education

Community Education offers fun classes. Brush up on a special skill or learn a new hobby. South Country Health Alliance will cover up to \$15 of the registration fee for most Community Education classes (up to five classes per calendar year). Call your local Community Education program or Member Services for more information.

Embracing Life Prenatal Calendar Available 3-01-19

This prenatal calendar is made especially for new and expecting mothers. It has helpful information about prenatal care and care for newborns during their first year of life. It also includes a pregnancy calendar for you to follow from week to week. If you are pregnant, tell your county eligibility worker. Then call your county Public Health Department or SCHA Member Services and ask for a free copy of the *Embracing Life* prenatal calendar.

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 qorallkan, lambarka kore wac.

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



1-866-567-7242, TTY 711.

members@mnscha.org

Discrimination is against the law. South Country Health Alliance does not discriminate because of race, color, national origin, creed, religion, sexual orientation, public assistance status, marital status, age, disability or sex.

SOUTH COUNTRY
HEALTH ALLIANCE

For Members Enrolled in:

AbilityCare

SeniorCare Complete



Take CHARGE!

Take Charge!™ Wellness Programs help South Country Health Alliance members achieve their best personal health and wellness.

2019

Take Charge!
Program

see details inside

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Early Childhood Family Education (ECFE)

ECFE offers classes for families with children who are newborn to kindergarten age. The parent and child classes help build healthy families and get kids ready for success in school. Most ECFE classes are without cost for South Country Health Alliance (SCHA) members. Call your local school district or SCHA Member Services for more information.

Be Buckled™

SCHA will provide one car seat per child age 7 and younger, per lifetime, along with training about how to safely use the car seat. Call your local Public Health Department to learn more about this program and to schedule a time to receive your child's car seat.

Be Active™

We want to help you be fit! Join a participating health club and receive up to **\$20 off** your monthly health club membership fees. Visit www.mnscha.org or call Member Services for more information.

Be Rewarded™

The Be Rewarded™ program offers rewards to eligible SCHA members who complete important preventive care services on time.

Pregnancy Care Reward

Receive a **\$50 gift card** for having any five of your prenatal visits in addition to your postpartum visit within 21 and 56 days after delivery. You must be enrolled with South Country at the time of all six visits.

Infant Well-care Reward

Well-care visits are a regular part of your child's health care. They help keep your child healthy. Infant checkups are recommended at 0-1, 1, 2, 4, 6, 9, 12, and 15 months of age. Children are eligible for a **\$50 gift card** for having **at least six visits before age 15 months**. You must be enrolled with SCHA at the time of all six visits.

Young Adult Well-care Reward

SCHA members ages 18 through 21 who complete an annual well-care visit are eligible for a **\$10 gift card**. An additional **\$10 bonus gift card** reward will be added for choosing to complete a Chlamydia (*sexual health*) Screening during the exam. This reward is available for one visit per calendar year.

Dental Visit Reward for Seniors and SNBC Members

Regular dental visits help prevent, find, and correct problems with your teeth and gums before they become serious. Current AbilityCare, SharedCare, SingleCare, SeniorCare Complete (MSHO), and MSC+ members may be eligible for

a **\$25 gift card** for completing at least one preventive dental care visit. Limit of one gift card per calendar year.

To Be Eligible for a Gift Card Reward:

1. You or your child must be an SCHA member at the time of each visit.
2. You or your child must complete the visit requirements of the reward.
3. You must bring the correct voucher to your doctor visit and have him/her sign it.
4. You need to send the completed voucher to SCHA within 60 days of the appointment.

How to Get Your Vouchers

- Call Member Services at 1-866-567-7242
TTY users call 1-800-627-3529 or 711
Hours are 8 a.m. to 8 p.m., Monday - Friday (April - September); 8 a.m. to 8 p.m., 7 days a week (October - March).
-OR-
- From your county public health nurse
-OR-
- Download and print individual vouchers from our website at www.mnscha.org. Follow the instructions on the voucher to redeem your reward.