



Health & Wellness Checklist for You and Your Family

Take Charge! Be Rewarded™ offers gift card rewards to eligible South Country Health Alliance (South Country) members who complete important preventive care services on time.

Prenatal Care Reward

- Complete 4 prenatal visits during your pregnancy.

Postpartum Care Reward

- Complete a postpartum visit between 7 and 84 days after delivery.

Infant Checkups Reward

Child to complete at least 6 out of the 7 recommended well-care checkups **before 15 months of age**.

- 1st visit completed between 0 - 1 month of age
- 2nd visit completed by the age of 2 months
- 3rd visit completed by the age of 4 months
- 4th visit completed by the age of 6 months
- 5th visit completed by the age of 9 months
- 6th visit completed by the age of 12 months
- 7th visit completed by the age of 15 months

Colorectal Cancer Screening Reward

- Complete a colorectal cancer screening

Breast Cancer Screening Reward

- Complete a breast cancer screening

Young Adult Well-Care Visit Reward

- Complete one C & TC Exam each year at ages 16-24.
- Include a Chlamydia screening

Cervical Cancer Screening Reward

- Complete cervical cancer screening as recommended by your provider between ages 21-64.

Preventative Dental Care Reward

- Complete at least one dental visit*

**Current AbilityCare, SharedCare, SingleCare, Senior-Care Complete (MSHO), and MSC+ members may be eligible for this reward.*

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.

Additional programs from South Country Health Alliance for you and your family

Be Buckled™

South Country provides one car seat per child, age 7 and younger, per lifetime.

ECFE

Classes are offered for families with children from newborn to kindergarten age. Most classes are free to South Country members.

Community Education

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

Be Active™

Receive up to \$20 off your monthly health club membership fees. *(May require 4 visits per month to qualify)*

For more information on childhood vaccinations contact your County Public Health Department or Minnesota Department of Health website: <https://www.health.state.mn.us/people/immunize/basics/readykidswhento.pdf>

Take Charge! Wellness Programs from South Country Health Alliance

South Country Member Services Toll-Free: 1-866-567-7242, TTY users call 1-800-627-3529 or 711.

These calls are free. Hours of service are:

Monday - Friday: 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.

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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. ဝဲနမ့ၢ်လိဉ်ဘဉ်တၢ်မၤစၢၤကလီၤလၢတၢ်ကကျိးထံဝဲဒဉ်လံာ် တီလံာ်မိတခါအံၤန့ၢ်,ကိးဘဉ် လိထဲစိနီၢ်ဂံၢ်လၢထးအံၤန့ၢ်တက့ၢ်.

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.