

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 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.

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 members. Call your local school district or South Country Member Services for more information.

Embracing Life Prenatal Guide and Calendar

This prenatal guide and 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 includes a pregnancy calendar for you to follow from week to week as well as additional online content. If you are pregnant, tell your county eligibility worker. Then call your County Public Health Department or South Country Member Services and ask for a free copy of the **Embracing Life** prenatal guide and calendar.

Be Buckled™

South Country 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™ - Available to SingleCare, SharedCare, and MSC+ members enrolled with South Country.

We want to help you be fit! Join a participating health club and receive up to \$20 off your monthly health club membership fees when you attend at least 4 times per month. Visit our website at www.mnscha.org or call Member Services for more information.

FOCUSED ON

Community, Family, Health

South Country Health Alliance Member Services

1-866-567-7242 ♦ TTY 1-800-627-3529 or 711
These calls are free.

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



For Members Enrolled in:

Families and Children
MinnesotaCare
SingleCare
SharedCare
MSC+



Take CHARGE!

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

#5965

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Be Rewarded™

The Be Rewarded™ program offers rewards to eligible South Country Health Alliance (South Country) members who complete important preventive care services on time.

Prenatal Care Reward

Receive a **\$25 gift card** for attending any four of your prenatal visits. You must be enrolled with South Country at the time of all four visits.

Postpartum Care Reward

Receive a **\$25 gift card** for attending a postpartum appointment between 7 and 84 days after delivery. You must be enrolled with South Country at the time of the appointment.

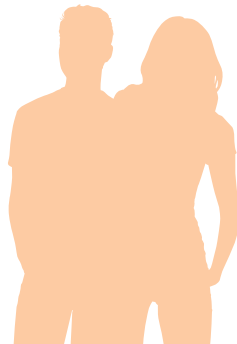
Infant Well-care Reward

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 South Country at the time of all six visits.



Young Adult Well-care Reward

South Country members ages 16 through 24 who complete an annual well-care visit are eligible for a **\$10 gift card**. An additional **\$15 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

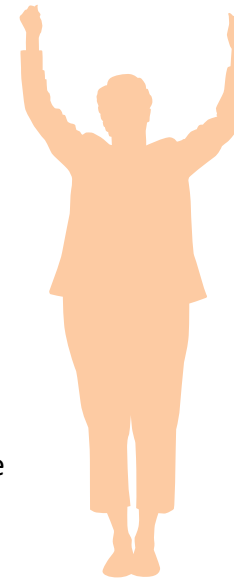
Regular dental visits help prevent, find, and correct problems with your teeth and gums before they become serious. Current AbilityCare, SharedCare, SingleCare, SeniorCare Complete (MSHO), and MSC+ members may be eligible for a **\$25 gift card** for completing at least one preventive dental care visit. Limit of one gift card per calendar year.

Cervical Cancer Screening

Cervical cancer screening can be completed by your health care provider during your preventive care exam. This screening can find abnormal cells so they can be treated before they turn into cancer. South Country members ages 21 through 64 who complete a cervical cancer screening are eligible for a **\$25 gift card**. Limit of one gift card per calendar year.

Mammogram

A mammogram is an X-ray of your breast that can detect early signs of breast cancer. Women do not always feel the symptoms of breast cancer, so it is important to get a mammogram. South Country members over 50 who complete a mammogram are eligible for a **\$25 gift card**. Limit of one gift card per calendar year.



To Be Eligible for a Gift Card Reward:

1. You or your child must be a South Country 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 South Country within 60 days of the appointment.

How to Get Your Vouchers

- Call Member Services, *or*
- Ask your county public health nurse, *or*
- Download and print vouchers from our website at www.mnscha.org.

Questions?

Call Member Services at 1-866-567-7242
TTY users call 1-800-627-3529 or 711
These calls are free.

Hours are 8 am - 5 pm, Monday - Friday