

Waxay ku saabsan tahay caafimaadkaaga.

Ka hawlgal.

Caawinta iska Joojinta Tubaakada

Xubnaha waxay heli karaan caawimaad taleefoon ah iyo mid onleen ah iyo waxbarasho iyaga oo aan lacag laga qaadayn. Waxaad ka wici kartaa EXProgram halkaan 1-833-EXCOACH (1-833-392-6224), TTY wicitaanka isticmaalayaasha 711.

Talo-siinta Kalkaaliyaha caafimaad ee 24 saac

Adeegan waxtarka leh waxaa ka shaqeeya kalkaaliyayaal khibrad leh oo diiwaangashan oo ka jawaabi kara su'aalahaaga caafimaadka. Waxay kaa caawin karaan inaad go'aan ka gaarto waxaad samayn lahayd markaad jiran tahay ama dhaawacan tahay, waxaana la heli karaa 24 saacadood maalintii, 7 maalmood usbuucii. Wac lambarka ku yaal dhabarka ID-gaaga (kaar-kaaga aqoonsiga) xubinta.

Waxbarashada Bulshada

Waxbarashada Bulshadu waxay bixisaa fasalo xiiso leh. Xariif ku noqo xirfad khaas ah aa baro hiwaayad cusub. South Country wuxuu dabooli doonaa ilaa iyo \$15 ee khidmada diwaangelinta ee inta badan fasalada waxbarashada bulshada (ilaa shan fasal sanadkii). Wac barnaamijka Waxbarashada Bulshada ee deegaankaaga ama Member Services (Adeegyada Xubnaha) si aad u hesho macluumaad dheeraad ah.

Embracing Life Hagaha Uurka kahor iyo Jadwalka Taariikhda

Hagahan uurka kahor iyo jadwalka taariikhda waxaa loo sameeyay gaar ahaan hooyooyinka cusub iyo kuwa rajaynaya inay umulaan. Waxay leedahay macluumaad waxtar leh oo ku saabsan daryeelka dhalmada kahor iyo daryeelka dhal-laanka inta lagu jiro sanadka ugu horeeya ee noloshooda. Waxaa ku jira jadwalka taariikhda uurka ee ay tahay inaad raacdo toddobaad ilaa toddobaad iyo sidoo kale waxyaabo dheeraad ah oo onleen ah. Haddii aad uur leedahay, u sheeg shaqaalahaaga u-qalmiitaanka ismaamulka. Kadib wac Waaxda Caafimaadka Dadweynaha ee Ismaamulkaaga ama Member Services (Adeegyada Xubnaha) ee South Country oo waydii nuqul bilaash ah ee hagida uurka *Embracing Life* iyo jadwalka taariikhda.

Be Active™

Waxaan rabnaa inaan kaa caawinno inaad taam ahaato! Ku biir naadiga caafimaadka ka qaybgalaya oo hel qiimo dhimis dhan ilaa \$20 ee khidmada xubinnimada naadiga caafimaadkaaga billaha ah. Booqo websaytkeena www.mnscha.org ama wac Adeegyada Xubnaha wixii macluumaad dheeraad ah.



DIIRADA LAGU SAARAYO

Bulsho, goys, caafimaad

South Country Health Alliance Adeegyada Xubnaha

1-866-567-7242 ♦ TTY 1-800-627-3529 or 711

Wicitaanadu waa bilaash.

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

#5965

H5703_6231v2_M; H2419_6231v2 Accepted (SOM) Senior Care Complete (HMO SNP) iyo AbilityCare (HMO SNP) waa qorshayaal caafimaad oo qandaraas kula jira barnaamijka Medicare iyo Minnesota Medical Assistance (Medicaid) si loo bixiyo faa'iidooyinka labada barnaamij ee isdiwaangelinta. Diiwaangelinta Senior-Care Complete iyo AbilityCare waxay kuxirantahay cusbooneysiinta qandaraaska.

South
Country
HEALTH ALLIANCE

For Members Enrolled in:

AbilityCare

SeniorCare Complete



Take CHARGE!

Take Charge!™ Barnaamijyada Fayo-dhawrku waxay ka caawiyaan xubnaha South Country Health Alliance inay gaaraan caafimaadkooda iyo fayo-dhawrkooda shaqsiyadeed ee ugu wanaagsan.



Like us on
Facebook

Be Rewarded™

Barnaamijka Be Rewarded™ wuxuu siiyaa abaalmarinno xubnaha u qalma ee South Country Health Alliance (South Country) ee ku dhamaystira adeegyada daryeelka ka hortagga ee muhiimka ah waqtigooda.

Abaalmarinta Daryeelka Uurka kahor

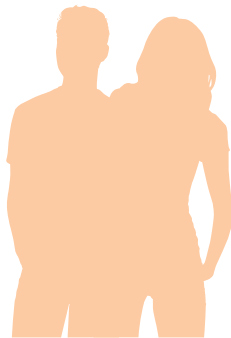
Hel **\$25 kaarka abaalmarinta** inaad aado afar kamid ah booqashooyinkaaga dhalnada ka hor. Waa inaad ka diwaangashan tahay South Country waqtiga dhamaan afarta booqasho.

Abaalmarinta Daryeelka umusha kadib

Hel **\$25 kaarka abaalmarinta ah** inaad timaado balanta umusha kadib inta u dhaxaysa 7 iyo 84 maalmood kadib dhalnada. Waa inaad ka diwaangashan tahay South Country waqtiga balanta.

Abaalmarinta Daryeelka Caafimaadka ee Dhalinyarta

Xubnaha South Country ee da'doodu tahay 16 ilaa 24 ee dhamaysta booqasho daryeel caafimaad oo sanadle ah waxay u qalmaan **\$10 kaarka hadiyada. \$15 oo abaalmarin kaarka hadiyada oo dheeri ah** ayaa lagu dari doonaa inaad doorato inaad dhamaystirto baaritaanka Chlamydia (caafimaadka galmada) inta lagu jiro baaritaanka. Abaalmarintan waxaa la heli karaa hal booqasho sanadkiiba.



Abaalmarinta Booqashada Dhakhtarka ilkaha ee dadka waaweyn iyo xubnaha SNBC

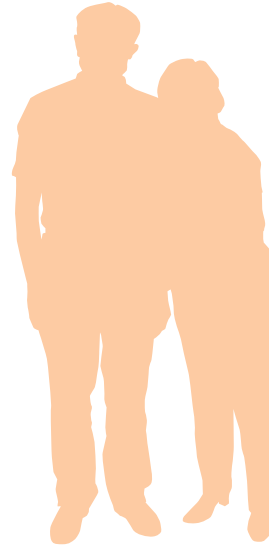
Booqashooyinka dhakhtarka ilkaha ee joojtada ah waxay kaa caawinayaan ka hortagga, ogaanshaha, iyo saxida dhibaatooyinka ku saabsan ilkahaaga iyo ciridkaaga intaysan halis noqon. Hada AbilityCare, SharedCare, SingleCare, SeniorCare Complete (MSHO), iyo xubnaha MSC+ waxay u qalmi karaan **\$25 kaarka hadiyada ah** dhamaystirka ugu yaraan hal booqasho daryeel ilko oo kahortag ah. Xadka hal kaar hadiyadeedsanadkiiba.

Baadhitaanka Kansarka dhuunta ilma galeenka

baadhitaanka kansarka dhuunta ilma galeenku waxaa dhammaystiri kara adeeg bixiyahaaga daryeelka caafimaadka muddada

daryeelkaaga ka hortagga ah. Baadhitaankan waxay heli karaan unogyada jidhka aan caadiga ahayn markaas waxaa la diiwaan gelin karaa ka hor inta aanay noqon kansar. Xubnaha South Country da'aha 21 ilaa 64 kaas oo dhammaystira baadhitaanka kansarka dhuunta ilma galeenka waxay u qalmaan

\$25 kaadhka hadiyada. Xadid hal ka mid ah kaadhka hadiyada jadwalka taariikhda sanadka.

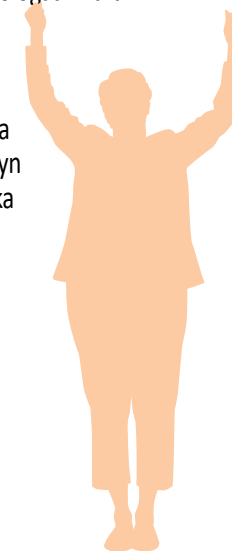


Baadhitaanka Kansarka Xidmaha

Baadhitaanka ka hortagga ah ee kansarka xidmaha oo wata baadhitaanka saxda ah wakhtiga saxda ah waxa uu heli karaa unogyada aan caadiga ahayn markaas waxaa ka dawayn karaa ka hor inta aanay noqon kansar. Xubnaha waxay u qalmaan inay helaan **kaadhka hadiyada \$25** ee dhammaystirka baadhitaanka kansarka xidmaha. Haddii aad u dhaxaysay da'da 50 ilaa 75, kala hadal adeeg bixiyahaaga daryeelka caafimaadka waxa ku saabsan in lagu baado iyo ka uu yahay baadhitaanka adiga kuugu wanaagsan. Xadid hal ka mid ah kaadhka hadiyada jadwalka taariikhda sanadka.

Sawirka baadhida kansarka naaska

Raajada naasku waa Raajada naaska oo ogaan kara calaamadaha hore ee kansarka naaska Haweenka had iyo jeer ma dareemaan astaamaha kansarka naaska, markaas waa muhiim in la helo raajada kansarka naaska. Xubnaha South Country ka wayn 50 oo dhammaystirtay raajada kansarka naaska waxay u qalmaan **kaadhka hadiyada \$25.** Xadid hal ka mid ah kaadhka hadiyada jadwalka taariikhda sanadka.



Si aad ugu qalmato abaalmarinta Kaarka Hadiyada:

1. Adiga waa inaad xubin ka ahaataan South Country waqtiga booqasho kasta.
2. Adiga waa inaad buuxisaan shuruudaha booqashada ee abaalmarinta.
3. Waa inaad u keentaa lambarka qiimo dhimista saxda ah booqashada dhakhtarkaaga oo ay isaga / iyadu saxeexaan.
4. Waxaad u baahan tahay inaad u soo dirto lambarka qiimo dhimista oo dhamaystiran South Country 60 maalmood gudahood ballanta kadib.

Sida loo helo kaarkaaga qiimo dhimista

- Wac Member Services (adeegyada xubnaha), *ama*
- Waydii kalkaalisada caafimaadka dadweynaha ee ismaamulkaaga, *ama*
- Ka soo dejiso oo ka daabac lambarka qiimo dhimista websaytkeena www.mnscha.org.

Su'aalo?

Ka wac Member Services (adeegyada xubnaha) 1-866-567-7242, TTY wicitaanka isticmaalayaasha 1-800-627-3529 ama 711. Wicitaanadu waa bilaash.

Saacaduhu waa 8 a.m. ilaa 8 p.m. Isniin- Jimce (Abril - Sebteembar); 8 a.m. ilaa 8 p.m., 7 maalin isbuucii (Oktoobar - Maarso).