

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.

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.

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.

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|---|--|
|  | 1-866-567-7242, TTY 711. members@mnscha.org |
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For Members Enrolled in:

**SeniorCare Complete
Minnesota Senior Care
Plus (MSC+)**



Take CHARGE!

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



H2419_6459 Accepted SeniorCare Complete (HMO SNP) is a health plan that contract with both Medicare and the Minnesota Medical Assistance (Medicaid) program to provide benefits of both programs to enrollees. Enrollment in SeniorCare Complete depends on contract renewal.

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Be Rewarded™

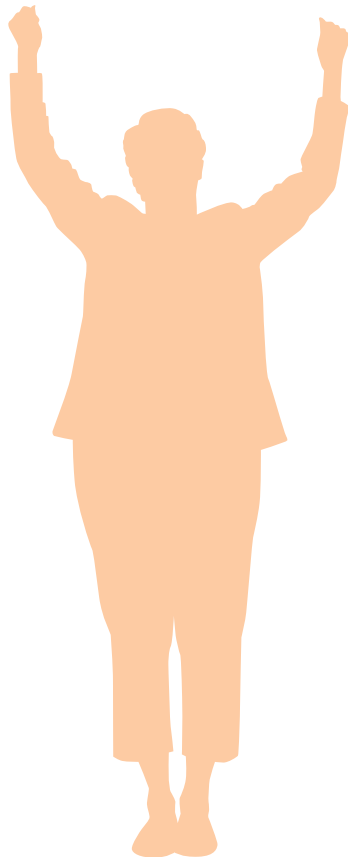
The Be Rewarded™ program offers rewards to eligible South Country Health Alliance (South Country) members who complete important preventive care services on time.

Dental Visit Reward for Seniors

Regular dental visits help prevent, find, and correct problems with your teeth and gums before they become serious. Current 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 (or as recommended by provider) who complete a cervical cancer screening are eligible for a **\$25 gift card**. Limit of one gift card per calendar year.



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Colorectal Cancer Screening

Preventive screening for colorectal cancer with the right test at the right time can find abnormal cells so they can be treated before they turn into cancer. Members are eligible to get a **\$25 gift card** for completing colorectal cancer screening. If you are between age 45 to 75 (or as recommended by provider), talk to your health care provider about getting screened and which screening is best for you. 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 must be a South Country member at the time of each visit.
2. You must complete the visit requirements of the reward.
3. You must bring the correct voucher to your provider visit and have them sign and date it.
4. You need to send the completed voucher to South Country within **60 days** of the service.

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 a.m. to 8 p.m. Monday - Friday
(April - September); 8 a.m. to 8 p.m., 7 days a week
(October - March)