

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 AbilityCare, SingleCare, and SharedCare 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 ntauv no pub dawb, ces hu rau tus najnpawb xov tooj saum toj no.



1-866-567-7242, TTY 711.

members@mnscha.org

5965#

H5703_6466_M AbilityCare (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 AbilityCare depends on contract renewal.



For Members Enrolled in:

Families and Children
MinnesotaCare
SingleCare
SharedCare
AbilityCare



Take CHARGE!

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



Be Rewarded™

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

\$75 Prenatal Care Reward

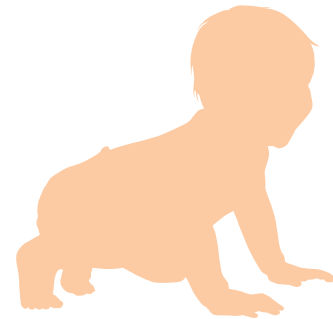
Complete any 4 of your prenatal visits.

\$75 Postpartum Care Reward

Complete 1 postpartum appointment between 7 and 84 days after delivery.

\$25 Lead Test Rewards

Complete a lead test between 9-18 months and again between 18-30 months of age to earn a \$25 gift card for each test.



Well-care Rewards

\$75 Infant Checkup: Checkups are recommended at 0-1, 1, 2, 4, 6, 9, 12, and 15 months of age. Complete **at least 6 visits before age 15 months.**

\$25 Child & Adolescent Well-Care Reward:

Members 3 through 21 years of age must complete 1 Child & Teen Checkup visit.

Immunization Rewards

\$50 Childhood Reward: Complete all immunizations as recommended by the provider by their second birthday.

\$50 Adolescent Reward: Complete all immunizations as recommended by the provider by 13 years of age.

Screening Rewards

\$25 Cervical Cancer Screening:

Members ages 21 to 64 (or as recommended by provider) must complete 1 cervical cancer screening.

\$25 Breast Cancer Screening:

Members ages 50 to 74 (or as recommended by your provider) must complete 1 mammogram.

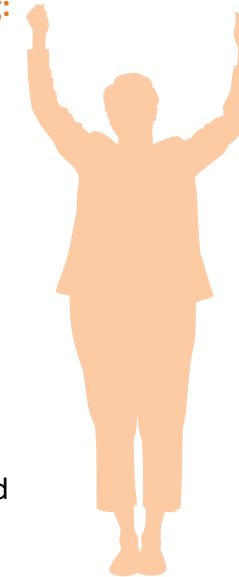
\$25 Colorectal Cancer

Screening: Members age 45 and older (or as recommended by provider) must complete 1 colorectal cancer screening.

\$25 Chlamydia Screening: Complete 1 annual chlamydia screening between ages 16 to 24.

\$25 Dental Visit Reward

Current AbilityCare, SharedCare, and SingleCare, members must complete at least 1 preventive dental care visit.



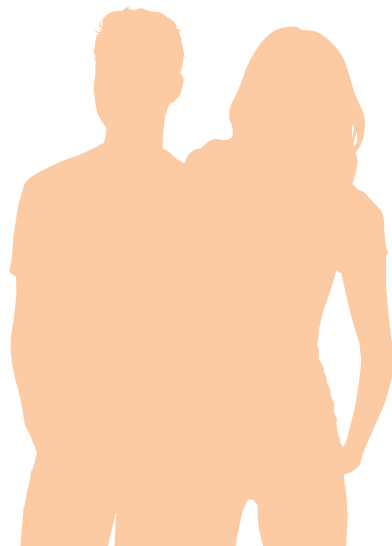
To Be Eligible for a Gift Card Reward:

1. You must bring the correct voucher to your provider visit and have your provider sign and date it.
2. You or your child must be a South Country member at the time of each required service.
3. You or your child must complete each requirement of the reward.
4. You need to send the completed voucher to South Country within **60 days** of the service.

Most rewards are limited to 1 reward per year, unless stated otherwise.

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