

UCare Minnesota Doorashooyinka Caafimaadka Sare (MSHO) (HMO D-SNP) ay bixiso UCare Minnesota

Ogaysiiska Sanadlaha ah ee Isbeddelada ee 2023

Hordhaca

Hadda waxaad ka diiwaan gashan tahay xubinta UCare ee MSHO. Sanadka xiga, waxaa jiri doono isbeddelada qorshaha dheefaha, daboolida, sharciyada, iyo kharashyada. Ogaysiiskan *Isbeddelada Sanadka* wuxuu kuu sheegayaa isbeddelada iyo meesha aad ka heli karto macluumaad dheeraad ah oo iyaga ku saabsan. Si loo helo macluumaad dheeraad ah oo ku saabsan kharashyada, dheefaha, ama sharciyada, fadlan dib u eeg *Buug yaraha Xubinta*, kaas oo ku yaala websaydkayaga **ucare.org/formembers**. Erayada muhiimka ah iyo qeexitaankoodu waxay u soo baxayaan siday u kala horreeyaan alifbeetada cutubka u dambeeya ee *MBuug-gacmeedka xubinta* , kaas oo la heli doono wakhti dambe

H2456_1828_082022 la aqbalay



?

Haddii aad qabto su'aalo, fadlan soo wac UCare's Minnesota Senior Health Options (MSHO) Adeega Macmiilka 612-676-6868 ama 1-866-280-7202 wicitaanka bilaashka ah, TTY 612-676-6810 or 1-800-688-2534 wicitaanka bilaashka ah, 8 subaxnimo – 8 habeenimo, todoba maalmood todobaadkii. Wicitaanku waa bilaash. **Wax badan oo macluumaad ah**, booqo **ucare.org**.

Attention. If you need free help interpreting this document, call the above number.

ያስተውሉ፡ ካለምንም ክፍያ ይህንን ዶኩመንት የሚተረጎምሎ አስተርጓሚ ከፈለጉ ከላይ ወደተጻፈው የስልክ ቁጥር ይደውሉ።

ملاحظة: إذا أردت مساعدة مجانية لترجمة هذه الوثيقة، اتصل على الرقم أعلاه.

သတိ။ ဤတွဲရက်စာတမ်းအားအခမဲ့ဘာသာပြန်ပေးခြင်း အကူအညီလိုအပ်ပါက၊ အထက်ပါဖုန်းနံပါတ်ကိုခေါ်ဆိုပါ။

កំណត់សំគាល់ ។ បើអ្នកត្រូវការជំនួយក្នុងការបកប្រែឯកសារនេះដោយឥតគិតថ្លៃ សូមហៅទូរស័ព្ទតាមលេខខាងលើ ។

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.

ဟ်သုန်ဟ်သးဘဉ်တက့ၢ်. ဝဲနမ့ၢ်လိဉ်ဘဉ်တၢ်မၤစၢၤကလီလၢတၢ်ကကျိးထံဝဲဒၣ်လိာ် တီလိာ်မိတခါအံၤန့ၣ်,ကိးဘဉ် လီတဲစိနီၢ်ဂံၢ်လၢထးအံၤန့ၣ်တက့ၢ်.

알려드립니다. 이 문서에 대한 이해를 돕기 위해 무료로 제공되는 도움을 받으시려면 위의 전화번호로 연락하십시오.

ໂປຣດຊາບ. ຖ້າຫາກ ທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປເອກະສານນີ້ຟຣີ, ຈົ່ງ ໂທໂປຣໂປຣໂຟຣມາຍເລກຂ້າງເທິງນີ້.

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.

Ogaysiiska Xuquuqda Madaniga ah

Takoorka ku lidka ah sharciga. UCare uma takoorto qaabka waxa soosocda ah:

- Isirka
- Midab
- asalka qaranka
- caqiiqda
- diinta
- qaabka galmada:
- heerka caawimada dad waynaha
- da'da
- naafanimada (ay ku jirto jidh ahaaneedl ama maskax ahaan liidashada)
- ay ku jirto fikrada laga qabo galmada iyo aqoonssiga sinjiga)
- heerka guurka
- caqiidada diimeed
- xaalada caafimaad
- heerka caafimaadka
- helida adeegyada daryeelka caafimaadka
- sheegashooyinka waayo aragnimada
- taariikhda caafimaadka
- macluumaadka hide sidaha

Waxaad xaq u leedahay inaad soo xarayso cabashada takoorka haddii aad rumaysan tahay qaab takoor leh inay kuula dhaqan tahay UCare. Waxaad xereyn kartaa cabasho oo aad weydiisan kartaa caawimaad si aad qof ahaan ugu xareyso cabashada ama boostada, taleefan, fakis, ama iimayl ahaan:

UCare

Ujeedo: Rafcaannada iyo Cabashooyinka

PO Box 52

Minneapolis, MN 55440-0052

Khadka Lacag-la'aan ah: 1-800-203-7225

TTY: 1-800-688-2534

Fakis:612-884-2021

Iimayl: cag@ucare.org

Kaalmada Caawimada ah iyo Adeegyada: UCare waxay bixiyaan kaalmada caawimada ah iyo adeegyada, sida turjubaanada loo qalmo ama macluumaadka qaabab lagu heli karo, bilaash ah iyo wakhti habboon si loo xaqiijiyo fursada loo siman yahay si looga qayb galo barnaamijyada daryeelka caafimaadka. **Kala xidhiidh** UCare lambarka 612-676-3200 (codka) ama 1-800-203-7225 (codka), 612-676-681 O (TTY), ama 1-800-688-2534(TTY).

Adeegyada kaalmada Luqadda: UCare waxay bixisaa dhokumentiga tujuman iyo turjumaada luqadda lagu hadlo, bilaash ah iyo wakhti habboon leh, marka kaalmada adeegyada luqadda ay lama huraan yihiin si loo xaqiijiyo inay ku hadlayaan Ingiriisiga xadidan ay leeyihiin helida macnaha buuxa ee macluumaadkeena iyo adeegyada. **Kala xidhiidh** UCare lambarka 612- 676-3200 (codka) ama 1-800-203-7225 (codka), 612-676-681O (TTY), ama 1-800-688-2534 (TTY).

Cabashooyinka Xuquuqda Madaniga ah

Waxaad xaq u leedahay inaad soo xarayso cabashada takoorka haddii aad rumaysan tahay in qaab takoor leh ay kuula dhaqan tahay UCare. Waxaad sidoo kale ula xidhiidhi kartaa mid kastoo ka mid ah wakaaladaha soo socda si toos ah si aad u soo xarayso cabashada takoorka.

Waaxda Caafimaadka iyo Xafiiska Adeegyada Aadanaha ee Xuquuqda Madaniga (OCR)

Waxaad xaq u leedahay inaad ku soo xarayso cabashada OCR, wakaalad federaalka ah, haddii aad rumaysan tahay in lagu takoortay sababtoo ah isticmaalka mid kastoo soo socota:

- isirka
- midab
- asalka qaranka
- da'da:
- naafanimadooda
- sinjiga
- diinta (xaaladaha qaarkood)

Si toos ah ula xiriir OCR si aad u xarayso cabasho:

Office for Civil Rights

U.S. Department of Health and Human Services

Midwest Region

233 N. Michigan Avenue, Suite 240

Chicago, IL 60601

Xarunta Jawaabta Macmiilka: Wicitaanka bilaashka ah: Toll-free: 800-368-1019

TDD Wicitaanka bilaashka ah: 800-537-7697

limeel: ocrmail@hhs.gov

Minnesota Department of Human Rights (MDHR)

Gudaha Minnesota, waxaad xaq u leedahay inaad cabasho ku soo xarayso MDHR haddii lagu takooray sababtoo ah kuwan soo socda:

- isirka
- midab
- asalka qaranka
- diinta
- caqiidada
- sinjiga
- qaabka galmada:
- heerka guurka
- heerka
- caawimada dad waynaha
- naafanimadooda

Ula xidhiidh **MDHR** si toos ah sidaad cabasho ugu soo xarayso:

Minnesota Department of Human Rights

540 Fairview Avenue North, Suite 201

St. Paul, MN 55104

651-539-1100 (codka)

800-657-3704 (ttelefoonka bilaashka ah)

711 ama 800-627-3529 (MN Re lay)

651-296-9042 (fagas)

Info.MDHR@state.mn.us (iimayll)

Waxda Minnesota ee Adeegyada Aadamaha (DHS)

Waxaad xaq u leedahay inaad soo xarayso cabashada DHS, haddii aad rumaysan tahay in lagu takooray barnaamijyadaya daryeelka caafimaadka sababtoo ah wax ka mid ah waxa soo socda:

- isirka
- midab
- asalka qaranka
- diinta (xaaladaha qaarkood)
- da'da:
- naafanimada (ay ku jirto liidashada jidhka ama maskaxda)
- galmada (ay ku jirto fikradaha laga qabo galmada iyo aqoonsiga sinjiga)

Complaints must be in writing and filed within 180 days of the date you discovered the alleged discrimination. The complaint must contain your name and address and describe the discrimination you are complaining about. We will review it and notify you in writing about whether we have authority to investigate. If we do, we will investigate the complaint.

DHS will notify you in writing of the investigation's outcome. You have the right to appeal if you disagree with the decision. To appeal, you must send a written request to have DHS review the investigation outcome. Be brief and state why you disagree with the decision. Include additional information you think is important.

If you file a complaint in this way, the people who work for the agency named in the complaint cannot retaliate against you. This means they cannot punish you in any way for filing a complaint. Filing a complaint in this way does not stop you from seeking out other legal or administrative actions.

Contact **DHS** directly to file a discrimination complaint:

Civil Rights Coordinator

Minnesota Department of Human Services

Equal Opportunity and Access Division

P.O. Box 64997

St. Paul, MN 55164-0997

651-431-3040 (voice) or use your preferred relay service

Hindida Maraykanka ah waxay sii wadi karaan ama bilaabi karaan isticmaalka adeegyada Qabiilka iyo rugaha Caafimaadka Hindida (IHS). Uma baahnaan doono oggolaanshe hore ama kuma soo rognu shuruudo adiga si aad uga hesho adeegyada rugahan. Dadka waayeelka ah ee 65 sanadood iyo ka wayn kuwan waxaa ku jira adeegyada ka Dhaafida Waayeelka (EW) ee lagu helo qabiilka. Haddii dhakhtarka ama adeeg bixiyaha kale ee qabiilka ama rugta IHS uu kuu gudbiyo adeeg bixiye ku jira shabakadaada, kaavama baahnaan doono adiga inaad aragto adeeg bixiya daryeelka koowaad ka hor gudbinta

Jadwalka Tasmadda

A. Faah reeb	7
B. Dib u eegida Medicare iyo Kaalmadaada caafimaad (Medicaid) daboolida sanadka xiga	7
B1. Ilaha dheeraadka ah	8
B2. Macluumaadka ku saabsan UCare's MSHO	8
B3. Waxyaabaha muhiimka ah ee la qabanayo:	8
C. Isbeddelada shabakada adeeg bixiyayaasha iyo farsmasiiyada.....	10
D. Isbeddelada dheefaha iyo kharashyada sanadka xiga.....	11
D1. Isbeddelada dheefaha iyo adeegyada caafimaadka.....	11
D2. Isbeddelada daboolida dawo qorida	13
D3. Marxalada 1: "Marxalada Hore ee Daboolida"	15
D4. Marxalada 2: "Marxalada Daboolida Masiibada"	16
E. Sida loo doorto qorshaha.....	17
E1. Sida loogu sii jiro qorshahayaga	17
E2. Sida loo beddelo qorshayaasha.....	17
F. Sida loo helo caawimada.....	21
F1. Ka helida caawimo UCare's MSHO	21
F2. Ka helida caawimo U doodada dadka ee Barnaamijyada Dad waynaha Daryeelka caafimaadka La maareeyo	22
F3. Ka helida caawimo Barnaamijka Kaalmada Caymiska Gobolka (SHIP)	22
F4. Ka helida caawimo Medicare	22
F5. Ka helida caawimada Kaalmada Caafimaadka (Medicaid).....	23



Haddii aad qabto su'aalo, fadlan soo wac UCare's Minnesota Senior Health Options (MSHO) Adeega Macmiilka 612-676-6868 ama 1-866-280-7202 wicitaanka bilaashka ah, TTY 612-676-6810 or 1-800-688-2534 wicitaanka bilaashka ah, 8 subaxnimo – 8 habeenimo, todoba maalmood todobaadkii. Wicitaanku waa bilaash. **Wixii macluumaadka dheeraadka ah**, booqo ucare.org.

A. Afeef

- UCare's MSHO (HMO D-SNP) waxaa weeye caymis caafimaad oo heshiis kula jira barnaamijka Medicare iyo Kaalmada Caafimaad ee Minnesota (Medicaid) si ay uga helaan kaalmo gunooyin ah oo labada barnaamijba ah dadka ku jiraayi. Ku jirida UCare's MSHO waxay ku xidhan tahay dib u cusboonaysiinta heshiiska.
- Kani maaha liis dhamaystiran. Macluumaadka dheefaha waa mid kooban, maaha sharraxaad dhammaystiran ee dheefaha. Macluumaadka dheeraadka soo wac Adeega Macmiilka ama akhri *Buug yaraha Xubinta*.

B. Dib u eegista caymiskaaga Medicare iyo Medical Assistance (Medicaid) sanadka soo socda

Waa muhiim inaad dib u eegto caymiskaaga hadda si aad u hubiso inay wali buuxin doonto baahiyahaaga sanadka soo socda. Haddii ay dabooli waydo baahiyahaaga, waxa laga yaabaa inaad ka baxdo qorshaha. Ka eeg qaybta E2 wixii macluumaad dheeraad ah.

Haddii aad ka baxdo qorshahayaga, waxaad weli ku jiri doontaa barnaamijyada Medicare iyo Medical Assistance (Medicaid) ilaa iyo inta aad uga qalmayso.

- Waxaad dooran doontaa wax ku sabasan sida loo helo dheefahaaga Medicare (loo tixraaco qaybta E, Sida loo doorto qorshe, doorashooyinkaaga).
- Haddii aad doorato inaad ka tagto qorshahayaga, waxaa si toos ah lagaagu diwaangelin doonaa qorshahayaga Minnesota Senior Care Plus (MSC+) ee adeegyada Caawinta Caafimaadka (Medicaid) haddii qorshahayaga MSC+ lagu bixiyo degmadaada.
 - Waxaad waydiisan kartaa qoraal ahaan si aad uga qayb qaadato qorshaha MSC+ ee aad ka diiwaan gashanayd ka hor qorshaayagda diiwaan gelinta Minnesota Senior Health Options (MSHO).
 - Haddii qorshayagu aanu lahayn qorshaha MSC+ gudada degmadaada, waxaa laga diiwaan gelin doonaa qorshaha MSC+ ee laga heli karo degmadaada.

La xidhiidh shaqaalaha dhaqaalaha ee degmadaada haddii aad su'aalo qabto. Haddii aad hadda leedahay kharash-dhimis caafimaad oo aad doorato inaad ka tagto qorshahayaga, Kaalmadaada Caafimaadka (Medicaid) waxaa lagu siin doonaa ujjro-adeeg. Laguguma qori doono qorshe kale oo caafimaad oo loogu talagalay adeegyada Caawinta Caafimaadka (Medicaid).



Haddii aad qabto su'aalo, fadlan soo wac UCare's Minnesota Senior Health Options (MSHO) Adeega Macmiilka 612-676-6868 ama 1-866-280-7202 wicitaanka bilaashka ah, TTY 612-676-6810 or 1-800-688-2534 wicitaanka bilaashka ah, 8 subaxnimo – 8 habeenimo, todoba maalmood todobaadkii. Wicitaanku waa bilaash. **Wixii macluumaadka dheeraadka ah**, booqo ucare.org.

B1. Ilaha dheeraadka ah

- Waad heli kartaa *Ogaysiiskan Isbadalada Sanadlaha ah* oo bilaash ah qaabab kale, sida far waaweyn, farta indhoolaha, ama cod ah Soo wac UCare's MSHO Adeega Macmiilka lambarka xaga hoose ee boggan. Wicitaanku waa bilaash.
- Si aad u samayso ama aad u bedesho codsi joogto ah si aad u hesho dukumeentigan, hadda iyo mustaqbalka, luqad aan Ingiriisi ahayn ama qaab kale, wac Adeega Macmiilka lambarka hoose ee boggan.

B2. Macluumaadka ku saabsan UCare's MSHO

- UCare's MSHO (HMO D-SNP) waxaa weeye caymis caafimaad oo heshiis kula jira barnaamijka Medicare iyo Kaalmada Caafimaad ee Minnesota (Medicaid) si ay uga helaan kaalmo gunooyin ah oo labada barnaamijba ah dadka ku jiraayi. Ku jirida UCare's MSHO waxay ku xidhan tahay dib u cusboonaysiinta heshiiska.
- Daboolida waafaqsan UCare's MSHO waxay u qalmaysaa daboolida caafimaadka loogu yeedho "daboolida lama huraanka ah ee ugu yar." Waxa uu u hogaansan yahay Sharcida Ilaalada Bukaanka iyo Daryeelka La Awoodo (Patient Protection and Affordable Care Act's, ACA) ee shakhsiyaadka oo lagu sheego shuruudaha u qalanka. Booqo Adeega Dakhaliga Gudaha (IRS) webskaydka www.irs.gov/Affordable-Care-Act/Individuals-and-Families macluumaadka dheeraadka ah ee shuruuda masuuliyada si gaar ah loo wadaago.
- UCare's MSHO waxa bixisa UCare Minnesota. Marka *Ogaysiiskan Isbadelka Sanadlaha ah* waxay dhahdaa "we," "us," ama "our," waxay la macno tahay UCare Minnesota. Markay sheegayso "qorshaha" ama "qorshahayaga," imacnaheedu waa UCare's MSHO.

B3. Waxyaabaha muhiimka ah ee la qabanayo:

- **Hubi haddii ay jiraan wax isbedel ah oo ku yimid dheefaha iyo kharashyada kuwaas oo laga yaabo inay saameyn ku yeeshaan.**
 - Ma jiraan wax isbeddelo ah oo saameeya adeegyada aad isticmaasho?
 - Wa amuhiim in dib loo eego dheefta iyo isbeddelada kharshka si loo hubiyo inay kuu shaqayn doonaan sanadka xiga.
 - Eegida qaybaha D1 iyo D2 macluumaadka ku saabsan dheefta iyo isbeddelada kharashka qorshahayaga.
- **Hubi haddii ay jiraan wax isbeddelo ah oo ku yimi caymiska dawadayada dhakhtar qoray oo laga yaabo inay saameyn kugu yeelato.**



Haddii aad qabto su'aalo, fadlan soo wac UCare's Minnesota Senior Health Options (MSHO) Adeega Macmiilka 612-676-6868 ama 1-866-280-7202 wicitaanka bilaashka ah, TTY 612-676-6810 or 1-800-688-2534 wicitaanka bilaashka ah, 8 subaxnimo – 8 habeenimo, todoba maalmood todobaadkii. Wicitaanku waa bilaash. **Wixii macluumaadka dheeraadka ah**, booqo ucare.org.

- Mala dabooli doonaa dawooyinkaaga? Miyay ku jiraan heer kala duwan oo kharash wadaaga? Ma sii wadi kartaa inaad isticmaasho isla farmasiga?
- Waa muhiim in dib loo eego isbeddelada si loo habsado daboolidayada dawadu inay kuu shaqayn doonto sanadka xiga.
- Eeg gudaha qayba D2 macluumaadka ku sabasan isbeddelada dawoolidayada dawada.
- Kharashyadaada dawada waxaa dhici karta inay sare u kaceen sanadkii la soo dhaafay.
 - La hadal dhakhtarkaaga waxa ku saabsan beddelaadha kharashka hoose ee adiga lagu heli karo; tani waxay kuu kaydin kartaa kharashyada ka baxsan jeebka ee sanadlaha ah sanadka oo dhan .
 - Si aad u hesho macluumaadka dheeraadka ah ee ku sabasna qiimayaasha dawada, booqo www.medicare.gov/drug-coverage-part-d/costs-for-medicare-drug-coverage. (Riix linkiga “dashboards” badhtanka oraalka ee xaga hoose ee bogga. Shaashadan kore waxay muujinayaan kuwa soo saarayaasha ah ee kordhiyey qiimahooda waxayna sidoo kale muujinayaan macluumaadka kale ee qiimaha daawada sanadba-sanad kadib.)
 - Maskaxda ku hay in dheefaha qorshahaagu ay go'aamin doonaan inta uu le'eg yahay kharashkaaga dawadaada.
- **Hubi haddii bixiyeyaashaada iyo farmasiyada ay ku jiri doonaan shabakadayada sanadka soo socda.**
 - Ma tihiin dhakhaatiir, ay ku jiraan khabiiradaada, ku jira shabakada? Ka warran farmashiyahaaga? Maxaa ku saabsan isbitaallada ama bixiyeyaasha kale ee aad isticmaasho?
 - Eeg qayba C macluumaadka dheeraadka ah ee ku saabsan *Adeeg bixiyaha iyo Diiwaanka farmasiigayaga*.
- **Ka fakar kharashkaaga guud ee qorshaha.**
 - Imisaad ku kharash garayn doontaa adeegyada jeebka ka baxsan iyo dawo qorida aad caadi ahaan u isticmaasho?
 - Sidee kharashyada dheeraadka ah loo barbar dhigaa doorashooyinka daboolida?



Haddii aad qabto su'aalo, fadlan soo wac UCare's Minnesota Senior Health Options (MSHO) Adeega Macmiilka 612-676-6868 ama 1-866-280-7202 wicitaanka bilaashka ah, TTY 612-676-6810 or 1-800-688-2534 wicitaanka bilaashka ah, 8 subaxnimo – 8 habeenimo, todoba maalmood todobaadkii. Wicitaanku waa bilaash. **Wixii macluumaadka dheeraadka ah**, booqo ucare.org.

• **Ka fikir inaad ku faraxsan tahay qorshahayaga.**

Haddii aad go'aansato inaad kusii jiro UCare MSHO:	Haddii aad go'aansato inaad bedesho qorshayaasha:
Haddii aad doonayso inaad nala joogto sanadka soo socda, waa ay fududahay – uma baahnid inaad shayna samayso. Haddii aadan isbedel sameyn, waxaad si toos ah ugu jiri doontaa diiwaan gelinta qorshahayaga.	Haddii aad go'aansato in caymiska kale uu si fiican u dabooli doono baahiyahaaga, waxaa laga yaabaa inaad bedesho qorshayaasha (ka eeg qaybta E2 wixii macluumaad dheeraad ah). Haddii aad iska diiwaan geliso qorshaha cusub, waxaad heli doontaa ogaysiiska marka daboolidaada cusub bilaabmi doonto. Fiiri qaybta E2 si aad wax badan uga ogaato doorashooyinkaaga.

C. Isbeddellada bixiyayaasha shabakadaha iyo farmasiyada

Bixiyahayada iyo shabakadaha farmashiyaha ayaa isbedelay 2023.

Fadlan dib u eeg 2023 Diiwaanka Adeeg bixiyaha iyo Farmasiiga si loo ogaado haddii adeeg bixiyayaashaada ama farmasiigu ay ku jiraan shabakadayada. Tilmaamaha daryeel *bixiyaha iyo farmashiga oo la cusboonaysiiyay* ayaa laga heli karaa websaytka **ucare.org/searchnetwork**. Waxaad soo waci kartaa Adeega Macmiilka tirada xaga hoose ee boggan wixii ah macluumaadka adeeg bixiyaha la cusboonaysiiyay ama inaad na waydiiso inaan boostada adiga kuugu soo dirno *Diiwaanka Adeeg bixiyaha iyo Farmasiiga*.

Waa muhiim inaad ogaato inaan sidoo kale isbedel ku samayn karno shabakadayada inta lagu jiro sanadka. Haddii daryeel bixiyahaagu ka tago qorshaha, waxaad leedahay xuquuq iyo ilaalin gaar ah. Wixii macluumaad dheeraad ah, tixraac cutubka 3 ee kaaga *MBuuga Xubinimo*.

?

Haddii aad qabto su'aalo, fadlan soo wac UCare's Minnesota Senior Health Options (MSHO) Adeega Macmiilka 612-676-6868 ama 1-866-280-7202 wicitaanka bilaashka ah, TTY 612-676-6810 or 1-800-688-2534 wicitaanka bilaashka ah, 8 subaxnimo – 8 habeenimo, todoba maalmood todobaadkii. Wicitaanku waa bilaash. **Wixii macluumaadka dheeraadka ah**, booqo **ucare.org**.

D. Isbeddellada dheefaha iyo kharashyada sannadka soo socda

D1. Isbeddedala dheefaha ee adeegyada caafimaadka

Fadlan la soco in *Ogaysiiska Isbadelada Sanadlaha ah* kaliya ayaa kuu sheegaya isbedelada ku yimaada dheefaha iyo kharashyadaada Medicare.

Waxaan bedeleyana caymiskayaga adeegyada caafimaadka qaarkood sanadka soo socda. Jadwalka soo socda ayaa qeexaya isbeddeladan.

	2022 (sanadkan)	2023 (sanadka xiga)
Adeegyada ilkaha	Samaynta daboolka ilkaha <u>lama</u> daboolo.	Waxaad heshaa hal mar samaynta daboolida ilkaha sanadkiiba
Caawinta xaaladaha daba-dheeraada qaarkood	Waxaad heli kartaa hal sano oo tababar ah iyo taageerada daryeelayaasha xubnaha qaba cudurka ilowga, liidashada garaadka, Multiple Sclerosis, Parkinson's ama ALS	Waxaad heshaa ilaa tababar hal sano ah iyo taageerada xubnaha daryeelayaasha qaba cudurka ilowga, liidashada garaadka, cudurka Parkinson, fashilka kelyaha raaga, Cudurka kelyaha raaga. faaliga, ama kansarka xubinta muhiimka ah/dhiiga.
Caawinta xaaladaha daba-dheeraada qaarkood	GrandPad <u>lama</u> daboolo.	GrandPad - kiniinka wax ka qabta go'doonsanaata bulsho, taageerooyinka maamulka dawada, maaraynta dawada, maaraynta daryeelka iyo helida ku dawaynta telefoonka xubnaha qaba walabahaarka. Hal kiniin labba sano oo kasta.



Haddii aad qabto su'aalo, fadlan soo wac UCare's Minnesota Senior Health Options (MSHO) Adeega Macmiilka 612-676-6868 ama 1-866-280-7202 wicitaanka bilaashka ah, TTY 612-676-6810 or 1-800-688-2534 wicitaanka bilaashka ah, 8 subaxnimo – 8 habeenimo, todoba maalmood todobaadkii. Wicitaanku waa bilaash. **Wixii macluumaadka dheeraadka ah**, booqo ucare.org.

	2022 (sanadkan)	2023 (sanadka xiga)
Ka caawi qaar ka mid ah kuwa raaga xaaladaha	Papa Pals <u>lama</u> daboolo.	Papa Pals - 72 saacadood sanad taageerada gudaha guriga ah sida dawada iyo xusuusinta daryeelka caafimamadka doorashada daqo qorida, caawimada isticmaalka qaabyada farsamada is weheshiga, hawlaha fudud ee guriga iyo gaadiidka ilaa goobaha bulshadda ee xubnaha qaba dhiig karka, cidhiidhiga jidhka ah fashilka wadnaha,sonkorta ama wadna xanuunka xididku xidhmo
Ka caawi qaar ka mid ah kuwa raaga xaaladaha	Cadaasiska dhiiga Reemo la socodka <u>lama</u> daboolo.	Shayga gacanta lagu xidho cadaadiska dhiiga waxa uu oggolaadaa cadaadiska dhiiga ka warhaynta iyo wargelinta ee Reemo Smartwatch isticmaalayaasha dhiig karka hal gacanta lagu xidho labba sano oo kasta.
Ka caawi qaar ka mid ah kuwa raaga xaaladaha	Walbahaarka & Agabka Walbahaarka <u>lama</u> la daboolay.	Waxaad heshay hal Walbahaar & Agabka Walbahaarka sanadkiiba xubnaha walbahaarka ama dhibta maaraynta walbahaarka. Agabka doorashooyinka ay ku jiraan: Kaalmada hurdada walbahaarka yaraynta, Amazon Echo.



Haddii aad qabto su'aalo, fadlan soo wac UCare's Minnesota Senior Health Options (MSHO) Adeega Macmiilka 612-676-6868 ama 1-866-280-7202 wicitaanka bilaashka ah, TTY 612-676-6810 or 1-800-688-2534 wicitaanka bilaashka ah, 8 subaxnimo – 8 habeenimo, todoba maalmood todobaadkii. Wicitaanku waa bilaash. **Wixii macluumaadka dheeraadka ah**, booqo ucare.org.

	2022 (sanadkan)	2023 (sanadka xiga)
Caawinta xaaladaha daba-dheeraada qaarkood	Waxaad helaysaa ilaa \$30 bishii gunnada nafaqada cuntadda ee xubnaha qaba Cudurka Sonkorta ama Fashilka Wadnaha Cidhiidhiga.	Waxaad helaysaa ilaa \$60 bishii gunnada nafaqada cuntadda ee xubnaha qaba dhiig karna, cudurka sonkorta, fashilka wadnaha cidhiidhiga ama cudurka xididada wadnaha oo xidhma.
Daryeelka araga	Waxaad leedahay dheefta kaabida muraayadaha indhaha: - Dahaadhka celiya ilayska hal mar labbada sano ee kasta - Madoobaynta muraayada indhaha hal mar labba sano oo kasta - Waynaynta araga muraayada hal mar labba sano oo kasta	Waxaad leedahay dheefta kaabida muraayadaha indhaha: - Dahaadhka celiya ilayska hal mar sanadkii - Madoobaynta muraayada indhaha hal mar sanadkii - Waynaynta araga murayada indhaha hal mar sanadkii

D2. isbeddelada daboolida dawo qorida

Isbeddellada Liiska Dawooyinkayaga

Liiska *Dawooyinka La daboolo* oo sidoo kale loogu yeedho “Liiska Dawada.”

La cusboonaysiiyay *Liiska Dawada La daboolo* (Liiska Dawada) waxa u ku yaalaa xaga [ucare.org/dsnp- druglist](https://www.ucare.org/dsnp-druglist). Waxaad sidoo kale soo wici kartaa Adeega Macmiilka lambarka xaga hoos eku yaala boggan wixii ah macluumaaka dawada la cusboonaysiiyay ama waxaad na waydiin kartaa inaan boosta kuugu soo dirno Liiska Dawada.

Waxaanu isbedel ku samaynay Liiska Dawooyinkayaga, oo ay ku jiraan isbeddelada dawooyinka aanu daboolno iyo beddelka xayiraadaha khuseeya caymiskayaga daawooyinka qaarkood.

Dib u eeg Liiska Dawooyinka si aad **Hubiso in daawooyinkaaga la dabooli doono sanadka soo socda** iyo in la ogaado haddii ay jiri doonaan wax xannibaado ah

Haddii uu ku saameeyo isbeddelka caymiska dawada, waxaanu kugu dhiirigelinaynaa inaad:

- La shaqayso dhakhtarkaaga (ama qore kale) si aad u hesho daawo kale oo aan daboolno.

?

Haddii aad qabto su'aalo, fadlan soo wac UCare’s Minnesota Senior Health Options (MSHO) Adeega Macmiilka 612-676-6868 ama 1-866-280-7202 wicitaanka bilaashka ah, TTY 612-676-6810 or 1-800-688-2534 wicitaanka bilaashka ah, 8 subaxnimo – 8 habeenimo, todoba maalmood todobaadkii. Wicitaanku waa bilaash. **Wixii macluumaadka dheeraadka ah**, booqo [ucare.org](https://www.ucare.org).

UCare Doorashooyinka caafimaadka Sare ee Minnesota (MSHO) (HMO D-SNP)
OGAYSIISKA SANADLAHA AH ISBEDDELADA 2023

- Waxaad soo waci kartaa Adeega Macmiilka Lambarka xaga hoose ee boggan ama la xidhiidh Isku duwanahaaga Daryeelka si aad u waydiiso liiska dawooyinka la daboolo ee daweeya xaalad isku mid ah.
- Liiskan waxa uu caawin karaa adeeg bixiyahaaga inuu helo dawada la daboolay ee adiga kugu habboonaan karta.
- Weydii qorshaha inuu daboolo sahayda ku meel gaadhka ah ee dawada.
 - Xaaladaha qaarlood, waxaanu dabooli doonaas**aadka ku meel gaadhka ah** ee dawada muddada 90 maalmood ee jadwalka sanadka.
 - Saadkan ku meel gaadhka ah waxa uu ahaan doonaa ilaa 30 maalmood. (si aad u barato wax badan oo ku sabasan marka aad heli karto saadka ku meel gaadhka ah iyo sida loo waydiisto, tixraac Cutubka 5 ee *Buug yaraha Xubinta*.)
 - Maarkaad hesho saadka ku meel gaadhka ah ee dawada waa inaad la hadashaa adeeg bixiyahaaga daryeelka caafimaadka si aad go'aan uga gaadho marka saadkaaga ku meel gaadhka ah oo dhammaado. Waxaad u beddeli kartaa daawo kale oo uu qorshuhu daboolay ama waxaad weydiisan kartaa qorshaha inuu kuu sameeyo ka reebis oo aad daboosho daawadaada hadda.

Haddii aad ku buuxiso dawadaada 90ka maalmood ee ugu horreeya sanadka kalandarka oo aad ogaato in aanay hadda ku jirin Liiska Dawooyinka, inta badan waxa aad heli kartaa buuxinta kala-guurka. Buuxinta kala-guurka ka dib, waxaad heli doontaa warqad ku saabsan fursadahaaga oo ay ku jiraan kala hadalka dhakhtarkaaga beddelka daawooyinka ama sida loo codsado ka reeban.

Ka reebanaanshaha maaraynta isticmaalka waxa loo qoondeeyay wakhti go'an ee wakhtiga oggolaanshaha. Waa inaad la xiriirtaa Adeegga Macmiilka si aad u ogaato waxa adiga ama bixiyahaagu u baahan doontaan inaad samaysaan si aad u heshaan caynsanaanta daawada mar haddii ka reeban tahay ay dhacdo.

Waxaa jira dhowr maraxalood oo lacag bixinta ah ee Medicare taada Qaybta D daboolida dawo qorida waafaqsan UCare's MSHO. Inta aad bixineyso waxay ku xiran tahay heerka aad ku sugan tahay marka lagu soo qoro warqad ama dib loo buuxiyo. Waa labada marxaladood:

Marxalada 1 Marxaladda Hore ee Daboolista	Heerka 2 Marxaladda Daboolista Masiibada
<p>Inta lagu jiro Heerkan, qorshuhu wuxuu bixiyaa qayb ka mid ah kharashyada daawooyinkaaga, adiguna waxaad bixisaa qaybtaada. Saamigaaga waxaa loo yaqaanaa lacag-bixinta.</p> <p>Marxaladdan waxa aad bilaabaysaa marka aad buuxiso warqadda daawada ee ugu horreysa ee sanadka.</p>	<p>Gudaha marxaladan, qorshuhu waxa uu bixiyaa dhammaan kharashyada dawadaada dhexda Diisambar 31, 2023.</p> <p>Marxaladdan waxa aad bilaabaysaa marka aad bixisay xaddi kharash ah oo jeebka ka baxsan.</p>

? **Haddii aad qabto su'aalo**, fadlan soo wac UCare's Minnesota Senior Health Options (MSHO) Adeega Macmiilka 612-676-6868 ama 1-866-280-7202 wicitaanka bilaashka ah, TTY 612-676-6810 or 1-800-688-2534 wicitaanka bilaashka ah, 8 subaxnimo – 8 habeenimo, todoba maalmood todobaadkii. Wicitaanku waa bilaash. **Wixii macluumaadka dheeraadka ah**, booqo ucare.org.

Heerka Daboolista Bilowga ahi waxa uu dhammaanayaa marka wadarta kharashkaaga jeebka ka baxsan ee dawooyinka lagu qoray ay gaadho \$7,400. Halkaa marka ay marayso, Marxaladda Daboolista Masiibada ayaa bilaabanaysa. Qorshuhu wuxuu daboolayaa dhammaan kharashaadkaaga dawada laga bilaabo markaas ilaa dhammaadka sanadka. Tixraac cutubka 6 ee *Buugga Xubinimada* wixii macluumaad dheeraad ah oo ku saabsan inta aad ka bixin doonto daawada lagu qoray.

Fariin Muhiim ah oo Ku saabsan Waxaad Ka bixiso Tallaalka – Qorshahayagu waxa uu daboolaa badanka aybta D tallaalada kharash la'aan. Soo wac Adeega Macmiilka macluumaadka dheeraadka ah.

D3. Marxalada 1: "Marxalada Daboolida Hore"

Inta lagu jiro marxaladda caymiska bilowga ah, qorshuhu wuxuu bixinayaa qayb ka mid ah kharashka dawooyinkaaga dawada caymiska ah, oo waxaad bixisaa qaybtaada. Saamigaaga waxaa loo yaqaannaa lacag-bixinta. Kharashka la wada bixiyo waxa uu ku salaysan yahay wadaaga kharashka heerka safka dawada. Waxaad bixin doontaa qayb ka mid ah mar kasta oo aad buuxiso warqad dhakhtar. Haddii dawadaada la daboolay ay ka yar tahay lacagta la hor bixiyo, waxaad bixin doontaa qiimo hoose.

Waxaan u rarnay qaar ka mid ah dawooyinka ku jira Liiska Dawooyinka heer hoose ama ka sarreeya heerka wadaagga kharashka daawada. Haddii daawadu ka gudubto hal heer oo ay u gudubto heer kale, tani waxay saamayn kartaa lacag bixintaada wadaaga ah. Si aad u ogaato in dawooyinkaagu ay ahaan doonaan heer ka duwan qiimaha wadaaga, ka eeg Liiska Dawooyinka.

Liiska dawooyinka qorshaheenna waxa ay lahaan doonaan hal darajo oo keliya oo dawooyin ah 2023. Si kastaba ha ahaatee, waxa aad ku bixinayso daawada ku jirta Liiska Dawooyinka waxay ku xidhan tahay in daawadu tahay mid guud ama nooc ah. Xadigan waxaa lagu dabaqayaa kaliya inta lagu jiro wakhtiga aad ku jirto Marxaladda Daboolista Bilowga ah.

	2022 (sanadkan)	2023 (sanadka xiga)
<p>Daawooyinka Heerka 1 - Daawada aan asalka ahayn (daawooyinka macmalka ah ee la daboolay)</p> <p>Kharashka saadka hal bil ah ee dawada ee Heerka 1 - Daawooyinka Guud ee ka buuxa farmashiyaha shabakada</p>	<p>Kharashkaaga la wada bixiyo hal bil (30-maalin) saadku waa \$0/\$1.35/\$3.95 dawo qoridiiba.</p>	<p>Kharashkaaga la wada bixiyo hal bil (30-maalintii) saadku waa \$0/\$1.45/\$4.15 dawo qoridiiba.</p>
<p>Daawooyinka Heerka 1 - Shirkada (daawooyinka shirkadeed ee la daboolay)</p> <p>Kharashka saadka dawada hal bil ee dawada Safka 1 - Dawooyinka magaca summad aleh ee lagu buuxiyo xaga shabakada farmasiiga</p>	<p>Kharashkaaga la wada bixiyo hal bil (30-maalin) saadku waa \$0/\$4.00/\$9.85 dawo qoridiiba.</p>	<p>Kharashkaaga la wada bixiyo hal bil (30-maalin) saadku waa \$0/\$4.30/\$10.35 dawo qoridiiba.</p>



Haddii aad qabto su'aalo, fadlan soo wac UCare's Minnesota Senior Health Options (MSHO) Adeega Macmiilka 612-676-6868 ama 1-866-280-7202 wicitaanka bilaashka ah, TTY 612-676-6810 or 1-800-688-2534 wicitaanka bilaashka ah, 8 subaxnimo – 8 habeenimo, todoba maalmood todobaadkii. Wicitaanku waa bilaash. **Wixii macluumaadka dheeraadka ah**, booqo ucare.org.

Marxaladda koobaad ee daboolidu waxay dhammaanaysaa marka wadarta kharashkaaga jeebka ka baxsan uu gaadho \$7,400. Qodobkaasna Daboolida Masiibada Marxalada ayaa Bilaabanta. Qorshuhu wuxuu daboolayaa dhammaan kharashaadkaaga dawada laga bilaabo markaas ilaa dhammaadka sanadka. Tixraac cutubka 6 ee *Buuga Xubinimada* fMacluumaad dheeraad ah oo ku saabsan inta aad ka bixin doonto daawooyinka lagu qoray.

D4. Marxalada 2: "Daboolida Masiibada Marxalada"

Markaad gaadho xadka jeebka ka baxsan ee \$7,400 ee dawada lagu qoray, Marxaladda Daboolista Masiibada ayaa bilaabanaysa. Waxaad joogi doontaa marxaladda Daboolista Masiibada ilaa dhamaadka sanadka kalandarka. Waxba ma bixin doontid inta aad heerkan ku jirto.



Haddii aad qabto su'aalo, fadlan soo wac UCare's Minnesota Senior Health Options (MSHO) Adeega Macmiilka 612-676-6868 ama 1-866-280-7202 wicitaanka bilaashka ah, TTY 612-676-6810 or 1-800-688-2534 wicitaanka bilaashka ah, 8 subaxnimo – 8 habeenimo, todoba maalmood todobaadkii. Wicitaanku waa bilaash. **Wixii macluumaadka dheeraadka ah**, booqo [ucare.org](https://www.ucare.org).

E. Sida loo doorto qorshe

E1. Sida loogu jiro qorshayaha

Waxaan rajeyneynaa inaan ku sii ahaano xubin ahaan sanadka soo socda.

Ma aha inaad wax samayso si aad ugu sii jirto qorshahayaga caafimaadka. Haddii aad doonayso inaad ku jirto qorshahayaha, si toos ah ayaa uga sii diiwaan gashanaanaysaa.

E2. Sida loo beddelo qorshaha

Dadka intooda badan ee haysta Medicare waxay joojin karaan xubinnimadooda wakhtiyada qaarkood ee sanadka. Sababtoo ah waxaad haysataa Medicaid, waxaad awoodi doontaa inaad joojiso xubnimda qorshahayaga ama waxaad u beddelo qorshe ka duwan hal wakhti muddada mid kastoo soo socota **Muddooyinka Diiwaan gelinta Gaarka ah:**

- Janaayo ilaa Maarso
- Abriil ilaa Juun
- Julaay ilaa Sebteembar

Marka lagu daro saddexdan xilli ee diiwaangelinta gaarka ah, waxaad joojin kartaa xubinnimadaada qorshahayaga mudadan soo socota:

- **Muddada Diiwaan gelinta Sanadlaha ah**, ee gaadha laga bilaabo Oktoobar 15 ilaa Diisambar 7. Haddii aad doorato qorshaha cusub muddada wakhtiga, xubinnimadaada UCare's MSHO waxay dhammaan doontaa Diisambar 31 oo xubinnimadaada qorshaah cusub waxay ka bilaabmaysaa Janaayo 1.
- **Muddada Isdiwaangelinta Furan ee Faa'iidada Medicare**, oo socota Janaayo 1 ilaa Maarso 31. Haddii aad doorato qorshe cusub inta lagu jiro muddadan, xubinnimadaada qorshaha cusub waxay bilaaban doontaa maalinta ugu horreysa ee bisha soo socota.

Waxaa jiri kara xaalado kale marka aad xaq u leedahay inaad wax ka bedesho diiwaangelintaada. Tusaale ahaan, sida marka:

- Waxaad ka guurtay aagga adeegayaga,
- U qalmitaankaaga Medicaid ama Caawinta Dheeraadka ah ayaa isbedeshay, ama
- Dhawaan waxaad u guurtay, hadda waxaad daryeelka ka helaysaa ama waxaad u guurtay guriga kalkaaliska ama daryeelka cusbitaalka xiliga dheer.

U qalmida xilliyada isdiwaangelinta way kala duwanaan kartaa. La xidhiidh UCare's MSHO Adeega Macmiilka lambarka xaga hoose ee boggan haddii aanad hubin mida ay tahay muddada diiwaan gelinta aad isticmaali karto.



Haddii aad qabto su'aalo, fadlan soo wac UCare's Minnesota Senior Health Options (MSHO) Adeega Macmiilka 612-676-6868 ama 1-866-280-7202 wicitaanka bilaashka ah, TTY 612-676-6810 or 1-800-688-2534 wicitaanka bilaashka ah, 8 subaxnimo – 8 habeenimo, todoba maalmood todobaadkii. Wicitaanku waa bilaash. **Wixii macluumaadka dheeraadka ah**, booqo ucare.org.

Waa kuwan afarta dariiqo ee ay dadku ku joojin karaan xubinnimada qorshahayaga:

<p>1. Waxaad u beddeli kartaa:</p> <p>Qorshe caymis oo ka duwan Minnesota Senior Health Options (MSHO).</p>	<p>Waa kan waxa la sameeyo:</p> <p>Iska diwaangali Qorshaha Cusub ee Senior Health Options (MSHO) adiga oo wacaya Barnaamijka Caawinta Caymiska Caafimaadka Gobolka (SHIP) 1-800-333-2433 (Isticmaalayaasha TTY, wac 711 ama isticmaal adeegga gudbinta ee aad doorbidayso). Gudaha Minnesota, SHIP waxaa loogu yeedhaa Senior LinkAge Line®.</p> <p>Si otomaatiga ah waxaa lagaag saari doonaa diiwaan gelinta UCare's MSHO marka qorshahaaga daboolidu bilaabmo.</p>
<p>2. Waxaad u beddeli kartaa:</p> <p>Qorshaha caafimaadka Medicare sida Qorshaha Faa'iidada Medicare ama Barnaamijka Daryeelka Loo Dhanyahay ee Waayeelka (PACE) iyo doorasho kale ee Caawinta Caafimaadka (Medicaid) ama ku sii jiradeegyada Kaalmada Caafimaadka hadda (Medicaid)</p>	<p>Waa kan waxa la sameeyo:</p> <p>Ka soo wac Medicare lambarka 1-800-MEDICARE (1-800-633-4227), 24 saac maalintii, 7 maalmood usbuucii. Isticmaalayaasha TTY waa inay wacaan 1-877-486-2048.</p> <p>Haddii aad u baahan tahay caawimaad ama macluumaad dheeraad ah:</p> <ul style="list-style-type: none"> • Soo wac Barnaamijka Kaalmada Caymiska Caafimaadka Gobolka (SHIP) lambarka 1-800-333-2433 (TTY isticmaalayaashu waxay soo wacaan 711 ama isticmaalaan adeegaga xidhiidhka la doorbidayo). Gudaha Minnesota, SHIP waxaa loo yaqaan Senior LinkAge Line®. Taleefannadani waa bilaash. <p>Si otomaatiga ah waxaa lagaag saari doonaa diiwaan gelinta UCare's MSHO marka qorshahaaga daboolidu bilaabmo.</p> <p>Haddii aad doorato inaad ka tagto qorshahayaga, waxaa si toos ah lagaagu diwaangelin doonaa qorshahayaga Minnesota Senior Care Plus (MSC+) ee adeegyada Caawinta Caafimaadka (Medicaid) haddii qorshahayaga MSC+ lagu bixiyo degmadaada. Waxaad waydiin kartaa qoraa 1 ahaan in lagaaga diiwaan geliyo qorshaha</p>

? **Haddii aad qabto su'aalo,** fadlan soo wac UCare's Minnesota Senior Health Options (MSHO) Adeega Macmiilka 612-676-6868 ama 1-866-280-7202 wicitaanka bilaashka ah, TTY 612-676-6810 or 1-800-688-2534 wicitaanka bilaashka ah, 8 subaxnimo – 8 habeenimo, todoba maalmood todobaadkii. Wicitaanku waa bilaash. **Wixii macluumaadka dheeraadka ah,** booqo ucare.org.

	<p>MSC+ aad ku jirtay; aga diiwaan geliya ka hor qorshahayaga diiwaan gelinta MSHO. Haddii aanu qorshahayagu ku lahayn qorshaha MSC+ ee degmadaada, waxa lagu qori doonaa qorshaha MSC+ ee ka jira degmadaada. La xidhiidh shaqaalaha dhaqaalaha ee degmadaada haddii aad su'aalo qabto. Haddii aad hadda leedahay kharash-dhimis caafimaad oo aad doorato inaad ka tagto qorshahayaga, Kaalmadaada Caafimaadka (Medicaid) waxaa lagu siin doonaa ujro-adeeg. Laguguma qori doono qorshe kale oo caafimaad oo loogu talagalay adeegyada Caawinta Caafimaadka (Medicaid).</p>
<p>3. Waxaad u beddeli kartaa:</p> <p>Medicare Asalka ah oo leh qorshe daawo qorida Medicare oo gooni ah iyo ikhtiyaar kale oo loogu talagalay Caawinta Caafimaadka (Medicaid) ama la joog adeegyada Caawimada Caafimaadka (Medicaid) ee hadda</p>	<p>Waa kan waxa la sameeyo:</p> <p>Ka soo wac Medicare lambarka 1-800-MEDICARE (1-800-633-4227), 24 saac maalintii, 7 maalmood usbuucii. Istimaalayaasha TTY waa inay wacaan 1-877-486-2048.</p> <p>Haddii aad u baahan tahay caawimada ama macluumaad dheeraad ah:</p> <ul style="list-style-type: none"> - Soo wac Barnaamijka Kaalmada Caymiska Caafimaadka Gobolka (SHIP) lambarka 1-800-333-2433 (TTY isticmaalayaashu waxay soo wacaan 71 lama isticmaalaan adeegaga xidhiidhka la doorbidayo). Gudaha Minnesota, SHIP waxaa loo yaqaan Senior LinkAge Line®. Taleefannadani waa bilaash. <p>Si otomaariga ayaa lagaaga saari doonaa diiwaan gelinta UCare's MSHO marka daboolidaada Asalka ah ee Medicare ay bilaabanto.</p> <p>Haddii aad doorato inaad ka tagto qorshahayaga, waxaa si toos ah lagaagu diwaangelin doonaa qorshahayaga Minnesota Senior Care Plus (MSC+) ee adeegyada Caawinta Caafimaadka (Medicaid) haddii qorshahayaga MSC+ lagu bixiyo degmadaada. Waaad waydiisan kartaa in lagaa diiwaan</p>

? **Haddii aad qabto su'aalo**, fadlan soo wac UCare's Minnesota Senior Health Options (MSHO) Adeega Macmiilka 612-676-6868 ama 1-866-280-7202 wicitaanka bilaashka ah, TTY 612-676-6810 or 1-800-688-2534 wicitaanka bilaashka ah, 8 subaxnimo – 8 habeenimo, todoba maalmood todobaadkii. Wicitaanku waa bilaash. **Wixii macluumaadka dheeraadka ah**, booqo ucare.org.

	<p>geliyo qorshaHA MSC+ ee aad ka diiwaan gashanayd ka hor qorshaha MSHO diiwaan gelinteeda. Haddii aanu qorshahayagu ku lahayn qorshaha MSC+ ee degmadaada, waxa lagu qori doonaa qorshaha MSC+ ee ka jira degmadaada. La xidhiidh shaqaalaha dhaqaalaha ee degmadaada haddii aad su'aalo qabto. Haddii aad hadda leedahay kharash-dhimis caafimaad oo aad doorato inaad ka tagto qorshahayaga, Kaalmadaada Caafimaadka (Medicaid) waxaa lagu siin doonaa ujo-adeeg. Laguguma qori doono qorshe kale oo caafimaad oo loogu talagalay adeegyada Caawinta Caafimaadka (Medicaid).</p>
<p>4. Waxaad u beddeli kartaa:</p> <p>Medicaid asalka ah oo aan lahayn qorshe daawo qorida Medicare oo gooni ah iyo doorasho kale ee Caawinta Caafimaadka (Medicaid) ama la joog adeegyada Caawimada Caafimaadka (Medicaid) ee hadda</p> <p>Haddii aad u beddesho Medicare Asalka oo aadan iska diwaangelin qorshe daaweedka Medicare ee goonida ah, Medicare waxa laga yaabaa in uu kugu diwaan galiyo qorshe daawo, ilaa aad u sheegto Medicare aanad doonayn in aad ku biirto.</p> <p>Waa inaad kaliya iska tuurtaa caymiska daawada lagu qoray haddii aad caymis daawo ka haysato ilo kale, sida loo-shaqeeye ama urur shaqaale. Haddii aad qabto su'aalo ku saabsan haddii aad u baahan tahay dboolida dawada, soo wac Senior LinkAge Line® lambarka 1-800-333-2433 (TTY isticmaalyaashu soo wacaan 711 ama isticmaal adeegaaga xidhiidhka aad doorbidayso).</p>	<p>Waa kan waxa la sameeyo:</p> <p>Ka soo wac Medicare lambarka 1-800-MEDICARE (1-800-633-4227), 24 saac maalintii, 7 maalmood usbuucii. Istimaalayaasha TTY waa inay wacaan 1-877-486-2048.</p> <p>Haddii aad u baahan tahay caawimada ama macluumaad dheeraad ah:</p> <ul style="list-style-type: none"> - Soo wac Barnaamijka Kaalmada Caymiska Caafimaadka Gobolka (SHIP) lambarka 1-800-333-2433 (TTY isticmaalyaashu waxay axay soo wacaan 711 ama isticmaalaan adeegaga xidhiidhka la doorbidayo). Gudaha Minnesota, SHIP waxaa loo yaqaan Senior LinkAge Line®. Taleefannadani waa bilaash. <p>Si otomaariga ayaa lagaaga saari doonaa diiwaan gelinta UCare's MSHO marka daboolidaada Asalka ah ee Medicare ay bilaabanto.</p> <p>Haddii aad doorato inaad ka tagto qorshahayaga, waxaa si toos ah lagaagu diwaangelin doonaa qorshahayaga Minnesota Senior Care Plus (MSC+) ee adeegyada Caawinta Caafimaadka (Medicaid) haddii qorshahayaga MSC+ lagu bixiyo degmadaada. Waxaad qoraal ku codsan kartaa in lagugu</p>

? **Haddii aad qabto su'aalo, fadlan soo wac UCare's Minnesota Senior Health Options (MSHO) Adeega Macmiilka 612-676-6868 ama 1-866-280-7202 wicitaanka bilaashka ah, TTY 612-676-6810 or 1-800-688-2534 wicitaanka bilaashka ah, 8 subaxnimo – 8 habeenimo, todoba maalmood todobaadkii. Wicitaanku waa bilaash. **Wixii macluumaadka dheeraadka ah, booqo ucare.org.****

	<p>diiwaan geliyo qorshaha MSC+ ee lagugu diiwaan geliyey ka hor intaan la qorin qorshahayaga diiwaangelinta MSHO. haddii qorshahagu aanu lahayn MSC+ qorshaha degmadaada, waxaa lagaa diiwaan gelin doonaa MSC+ qorshaha loo heli karo degmadaada. La xidhiidh shaqaalaha dhaqaalaha ee degmadaada haddii aad su'aalo qabto. Haddii aad hadda leedahay kharash-dhimis caafimaad oo aad doorato inaad ka tagto qorshahayaga, Kaalmadaada Caafimaadka (Medicaid) waxaa lagu siin doonaa ujro-adeeg. Laguguma qori doono qorshe kale oo caafimaad oo loogu talagalay adeegyada Caawinta Caafimaadka (Medicaid).</p>
--	---

F. Sida loo helo caawimo

F1. Ka helida caawimo UCare's MSHO

Su'aalaha? Waxaan halkaan u joogaa inaan ku caawinno. Fadlan wac Adeegga Macmiilka lambarka xagga hoose ee boggan.

2023 Buug yarahaaga Xubinta

2023 *Buug yarahaaga Xubinta* waa faahfaahinta, faahfaahsan ee sharciga ah ee qorshahayaga dheefaha. Waxay haysaa faahfaahin ku saabsan dheefaha iyo kharashyada sanadka soo socda. Waxay kuu sharxaysaa xuquuqdaada iyo xeerarka aad u baahan tahay inaad raacdo si aad u hesho adeegyada la daboolay iyo daawooyinka lagu qoro.

2023 *Buug yarahaaga Xubinta* waxa la heli doontaa Oktoobar 15. Waxaad dib u eegi kartaa *Buuga Xubinimada* si loo ogaado haddii dheefaha kale ama isbeddelada kharashku ay saameyn ku yeeshaan. Koobiga cusub ee 2023 *Buugyaraha xubinta* waxaa laga heli doontaa websaydkayaga bogga **ucare.org/formembers**. Waxa kale oo aad wici kartaa Adeegga Macmiilka lambarka hoose ee boggan si aad nooga codsato in aanu kuugu soo dirno hadda *Mee Buug Xubinimada*.

Websaytkayaga

Waxaad sidoo kale booqan kartaa **ucare.org/formembers**. Xusuusin ahaan, websaydkayaga waxaa ku jira macluumaadka ugu casrisan ee ku saabsan adeeg bixiyaha iyo shabakada farmashiyaha (*Tilmaamaha Daryeel Bixiyaha iyo Farmashiyaha*) iyoo Liiska Daawada (*Liiska Daawada la Daboolay*).

?

Haddii aad qabto su'aalo, fadlan soo wac UCare's Minnesota Senior Health Options (MSHO) Adeega Macmiilka 612-676-6868 ama 1-866-280-7202 wicitaanka bilaashka ah, TTY 612-676-6810 or 1-800-688-2534 wicitaanka bilaashka ah, 8 subaxnimo – 8 habeenimo, todoba maalmood todobaadkii. Wicitaanku waa bilaash. **Wixii macluumaadka dheeraadka ah**, booqo **ucare.org**.

F2. Ka helida caawimada U doodadaha dadka ee Barnaamijyada Daryeelka caafimaadka La maareeyo

U doodadaha dadka ee Barnaamijyada Daryeelka caafimaadka La maareeyo waa barnaamijka u doodista dadka ku caawin kara haddii aad ka qabto dhibaato UCare's MSHO. Adeegyada u doodista dad waynaha wa abilaasha. U doodadaha dadka ee Barnaamijyada Daryeelka caafimaadka La maareeyo

- Wuxuu u shaqeeyaa sidii qareen ku matalaya. Waxa uu kaaga jawaabi karaa su'aalaha aad qabto hadii aad qabto mushkilad ama cabasho oo waxa uu kaa caawin kartaa inaad fahanto waxa aad samaynayso.
- Hubi inaad hayso macluumaadka la xidhiidha xuquuqdaada iyo ilaalintaada iyo sida aad ku xalin karto walaacyadaada.
- Naguma xidhna anaga ama shirkad kasta oo caymis ama qorshaah caafimaadka. Lambarka telefoonka U doodadaha dadka ee Barnaamijyada Daryeelka caafimaadka La maareeyo 1-651-431-2660 (Twin Cities aaga metrooga); 1-800-657-3729 (ka baxsan aaga metrooga Twin Cities). Isticmaalayaasha TTY waxay wacaan 711 ama isticmaal adeegga gudbinta ee aad doorbidayso.

F3. Ka helida caawimada Barnaamijka aymiska caafimaadka Gobolka (SHIP)

Waxaad sidoo kale wici kartaa Barnaamijka Caawinta Caymiska Caafimaadka Gobolka (SHIP). Barnaamijka Kaalmada Caymiska Caafimaadka Gobolka gobol kasta. Adeegyadu waa bilaash. Gudaha Minnesota, SHIP waxaa loo yaqaan Senior LinkAge Line[®]. Senior LinkAge Line[®] la taliyayaashu waxay kaa caawin karaan fahanka doorashooyinkaaga Qorshaha MSHO iyo ka jawaabaan wax ku saabsan beddelida qorshaha. Senior LinkAge Line[®] ikuma xidhna annaga ama shirkad caymis ama qorshe caafimaad. Telefoon lambarka Senior LinkAge Line[®] waa 1-800-333-2433 (Isticmaalayaasha TTY waxay wacaan 711 ama isticmaal adeegga gudbinta ee aad doorbidayso). Taleefannadani waa bilaash.

F4. Ka helida caawimada Medicare

Si aad si toos ah macluumaadka uga hesho Medicare, waxaad wici kartaa 1-800-MEDICARE (1-800-633-4227), 24 saac maalintii, 7 maalmood todobaadkii. Isticmaalayaasha TTY waa inay wacaan 1-877-486-2048.

Websaytka Medicare

Waxaad booqan kartaa websaytka Medicare (www.medicare.gov). Haddii aad doorato inaad ka laabato isdiwaangelinta Qorshahaaga MSHO oo aad iska diiwaan geliso Qorshaha Faa'iidada Medicare, website-ka Medicare wuxuu hayaa macluumaad ku saabsan kharashyada, caymiska, iyo qiimeynta tayada si ay kaaga caawiso inaad barbar dhigto qorshooyinka Dheefaha Medicare.

Waxaad ka heli kartaa macluumaadka ku saabsan Qorshayaasha Faa'iidada Medicare ee laga heli karo agagaarkaaga adiga oo isticmaalaya Medicare Plan Finder website-ka Medicare. (Macluumaadka dheeraadka ah ee ku saabsan qorshayaasha, tixraac www.medicare.gov oo riix "Find plans.")



Haddii aad qabto su'aalo, fadlan soo wac UCare's Minnesota Senior Health Options (MSHO) Adeega Macmiilka 612-676-6868 ama 1-866-280-7202 wicitaanka bilaashka ah, TTY 612-676-6810 or 1-800-688-2534 wicitaanka bilaashka ah, 8 subaxnimo – 8 habeenimo, todoba maalmood todobaadkii. Wicitaanku waa bilaash. **Wixii macluumaadka dheeraadka ah**, booqo ucare.org.

Medicare & Adiga 2023

Waxaad akhrin kartaa Buuga *Medicare & You 2023* . Sanad kasta gudaha dayrta, buug yarhaan waxaa boosta loogu diraa dadka Medicare. Waxa ay haysaa soo koobid faa'iidooyinka Medicare, xuquuqaha iyo ilaalinta, iyo jawaabaha su'aalaha inta badan la iska weydiiyo ee ku saabsan Medicare.

Haddii aanad haysan koobiga buug yarahan, waxaad ka heli kartaa xaga websaydka Medicare(www.medicare.gov/Pubs/pdf/10050-medicare-and-you.pdf) ama addoo soo wacaya 1-800-MEDICARE (1-800-633-4227), 24 saacadood maalintii, 7 maalmood todobaadkii. Istimaalayaasha TTY waa inay wacaan 1-877-486-2048.

F5. Ka helida caawimo Kaalmada Medical (Medicaid)

Xafiiska Caawimada Caafimaadka ee Minnesota (Medicaid) waa Waaxda Adeegyada Dadweynaha. Wac 1-800-657-3739 (ka baxsan goobta metro Twin Cities) ama 1-651-431-2670 (Metro aagga mataanaha). Istimaalayaasha TTY waa inay wacaan 1-800-627-3429 ama 711 ama isticmaal adeegga gudbinta ee aad door bidayso.



Haddii aad qabto su'aalo, fadlan soo wac UCare's Minnesota Senior Health Options (MSHO) Adeega Macmiilka 612-676-6868 ama 1-866-280-7202 wicitaanka bilaashka ah, TTY 612-676-6810 or 1-800-688-2534 wicitaanka bilaashka ah, 8 subaxnimo – 8 habeenimo, todoba maalmood todobaadkii. Wicitaanku waa bilaash. **Wixii macluumaadka dheeraadka ah**, booqo ucare.org.



500 Stinson Blvd. NE

Minneapolis, MN 55440-0052

612-676-6868 ama 1-866-280-7202 khadka lacag la'aanta ah

TTY: 612-676-6810 ama 1-800-688-2534 khadka lacag la'aanta ah

8 subaxnimo - 8 galabnimo, todobada maalmood todobaadkii.

ucare.org

U1828 (09/2022) © 2022 UCare. Dhammaan xaquuquhu waa dhawrsanyihiin.