



Soo koobida Dheefaha 2023

Minnesota Senior Health Options (MSHO)
HMO D-SNP

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Digniin. Haddii aad u baahantahay caawimaad lacag-la'aan ah ee tarjumaadda (afcelinta) qoraalkan, lambarka kore wac.

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Ogaysiiska Xuquuqda Madaniga

Takoorka waa mid ka soo horjeeda sharciga. UCare kuma kuma takooro qofna wax ku salaysan mid ka mid ah kuwan soo socda:

- isirka
- midab
- wadanka uu kasoo jeedo
- caqiido
- Xaalada Caawinta dadweynaha
- qaabka galmada:
- jinsiyad (oo ay ku jiraan fikrado khaldan ee galmada ahaaneed iyo aqoonsiga jinsi ahaaneed)
- da'da
- disability (including Naafonimo jir ahaaneed ama mid dhimir ahaaneed naafonimo)
- wadanka uu kasoo jeedo Naafonimo jir ahaaneed ama mid dhimir ahaaneed
- xaalada guurka
- caqiidada diimeed
- medical Condition
- heerka caafimaadka
- helida adeegyada daryeelka caafimaadka
- sheegashooyinka waayo aragnimada
- taariikh daaweyn ahaaneed
- macluumaadka hide sidaha

Waxaad xaq u leedahay inaad xarayso cabasho takoorid haddii aad aaminsan tahay inay kuugu la dhaqmeen hab takoor ah UCare. Waxaad xereyn kartaa cabasho oo aad codsan kartaa caawimo xereynta cabashada qof ahaan ama boosta, telefoonka, fakis, ama iimayl ahaan barta:

UCare

Attn: Appeals and Grievances

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

limayl: cag@ucare.org

Kaalmada dheeriga iyo Adeegyada: UCare Waxay bixisaa caawimo dheeri ah iyo adeegyo, sida tarjumaan khibrad leh ama macluumaadka qaabab loo heli karo, lacag la'aan iyo si wakhtiga ku habboon Hubi fursad siman oo lagaga qayb qaadan karo barnaamijyada daryeelka caafimaadka. **La xiriir U** hay 612-676-3200 (cod) ama 1-800-203-7225 (cod), 612-676-6810 (TTY), ama 1-800-688 -2534(TTY).

Adeegyada Caawinta Luuqada: UCare Waxay bixisaa dhukumeenti la turjumay iyo tarjumaada luqadda lagu hadlo, si lacag la'aan ah iyo waqtiga ku haboon, marka adeegyada kaalmada luqadda ay lagama maarmaan tahay si loo hubiyo in dadka ku hadla Ingiriisiga kooban ay galaangal macno leh u leeyihiin macluumaadkayaga iyo adeegyadayada. **Kala xiriir UCare** 612- 676-3200 (cod) ama 1-800-203-7225 (cod), 612-676-6810 (TTY), ama 1-800-688-2534 TTY).

Cabashooyinka ku saabsan Xuquuqda Madaniga

Waxaad xaq u leedahay inaad xarayso cabasho takoorid ahaaneed hadii aad aaminsantahay inay kuula dhaqmeen hab takoor ahaaneed UCare. Waxa kale oo aad si toos ah ula xiriiri kartaa mid kamid ah wakaaladaha soo socda si aad u xarayso cabashada takoor ahaaneed.

Waxda Maraykanka ee Caafimaadka iyo Xafiiska Adeegyada Aadanaha ee Xuquuqda Madaniga (OCR)

Waxaad xaq u leedahay inaad ka xaraysato cabasho OCR, oo ah hay'ad federaali ah, haddii aad aaminsantahay in lagugu takooray mid ka mid ah soo socota:

- isirka
- midab
- asalka qaranka
- da'da:
- naafanim adooda
- Jinsiyad
- diinta (xaaladaha qaarkood)

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

Office for Civil Rights

U.S. Waaxda Caafimaadka iyo Gobolka Dhexe ee

Adeegyada Aadanaha

233 N. Michigan Avenue, Suite 240

Chicago, IL 60601

Xarunta Jawaab celinta Macmiilka: Laynka Lacag la'aanta ah: 800-368-1019

TDD Laynka Lacag la'aanta ah: 800-537-7697

limayl: ocrmail@hhs.gov

Waaxda Minnesota ee Xuquuqda Aadanaha (MDHR)

Minnesota dhexdeeda, waxaad xaq u leedahay inaad ka xarayso cabasho MDHR haddii lagugu takooray mid kamid ah kuwan soo socda:

- isirka
- midab
- asalka qaranka
- diinta
- caqiidada
- sinjiga
- qaabka galmada:
- heerka guurka
- heerka caawinta dadweynaha
- naafonimo

Si toos ah ula xiriir **MDHR** si aad u xarayso cabasho:

Minnesota Department of Human Rights

540 Fairview Avenue North, Suite 201 St. Paul, MN 55104

651-539-1100 (codka)

800-657-3704 (Laynka Lacag la'aanta ah)

711 or 800-627-3529 (MN Relay)

651-296-9042 (fakis)

Info.MDHR@state.mn.usz (iimayl)

Waaxda Minnesota ee Adeegyada Aadanaha (DHS)

Waxaad xaq u leedahay inaad xaraysato cabasho DHS haddii aad aaminsantahay in lagugu takooray barnaamijyadayada daryeelka caafimaadka mid ka mid ah kuwan soo socda :

- isirka
- midab
- wadanka aad kasoo jeedo
- diinta (xaaladaha qaarkood)
- da'da:
- naafonimo (ay ku jirto naafonimo jir ahaaneed ama dhimir ahaaneed)
- jinsiga (ay ku jiraan fikradaha khaldan galmo iyo aqoonsiga jinsiga)

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 Maraykanku way sii wadan karaan ama bilaabi karaan isticmaalka rugaha caafimaadka dadka dhaladka ah iyo 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 dhakhtar ama daryeel bixiye kale oo ku sugan xarun caafimaad ee leeyihin dad wadanka u dhashay ama IHS uu kuu gudbiyo bixiyaha shabakadayada, kama baahnayn inaad u tagto bixiyaha xanaanada caafimaadkaaga ka hor inta aan la gudbin.

UCare's Minnesota Senior Health Options (MSHO) (HMO D-SNP): Soo koobida Dheefaha 2023

Hordhac

Dhukumeentigani waa soo koobid kooban ee dhaafaha iyo adeegyada uu daboolay UCare's MSHO. Waxaa ka mid ah jawaabaha su'aalaha inta badan la is weydiyo, macluumaadka xiriirka muhiimka ah, dulmar ku saabsan dhaafaha iyo adeegyada la bixiyo, iyo macluumaadka ku saabsan xuquuqdaada xubin ahaan ee UCare's MSHO. Erayada muhiimka ah iyo qeexitaankoodu waxay u soo baxayaan siday u kala horreeyeen alif-beetada cutubka u dambeeya ee *Buug-gacmeedka Xubinta*.

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Haddii aad wax su'aalo ah qabto, fadlan ka wac UCare's Minnesota Adeegga Macmiilka ee Options Health Options (MSHO) 612-676-6868 ama 1-866-280-7202 (wacitaanku waa lacag la'aan), TTY 612-676-6810 ama 1-800-688-2534 (wacitaanku waa lacag la'aan), 8 am – 8 pm, todobo maalmood todobaadkii. **Wixii macluumaad dheeraad ah**, booqo ucare.org.

UCare's Minnesota Senior Health Options (MSHO) (HMO D-SNP): Soo koobida Dheefaha 2023

A. Afeef



Tani waa soo koobida adeegyada caafimaadka ee uu daboolay UCare MSHO ee 2023. Fadlan akhri *Buug-gacmeedka Xubinta* si aad u hesho liiska buuxa ee dhaafaha. Waxaad ka arki kartaa *Buuga Xubinimada* websaytkayaga [ucare.org/formembers](https://www.ucare.org/formembers). Haddii aad rabto nuqul daabacan, wac Adeega Macmiilka ee MSHO ee UCare ee lambarka hoose ee boggan.

- ❖ UCare's MSHO (HMO D-SNP) waa qorshe caafimaad oo qandaraas kula jira barnaamijka Medicare iyo Minnesota Medical Assistance (Medicaid) si loogu bixiyo dhaafaha labada barnaamij ee isdiiwaangelinta. Ku jirida UCare's MSHO waxay ku xidhan tahay dib u cusboonaysiinta heshiiska.
- ❖ UCare's MSHO waxaa loogu talagalay dadka da'doodu tahay 65 sano iyo wixii ka weyn ee ku nool goobaha adeega laga bixiyo oo haysta labadaba Medicare Qaybta A iyo Qaybta B oo haysta Caawinta Caafimaadka (Medicaid).
- ❖ 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*.
- ❖ Hoosta UCare MSHO waxaad ku heli kartaa adeegyadaada Medicare iyo Assistance Medical (Medicaid) hal qorshe caafimaad. Iskuduwaha daryeelka MSHO ee UCare ayaa kaa caawin doona maaraynta baahiyahaaga daryeelka caafimaadka.
- ❖ Wixii macluumaad dheeraad ah oo ku saabsan **Medicare**, waxaad ka akhrin kartaa *buuga Medicare & You*. Waxay haysaa soo koobid faa'iidooyinka Medicare, xuquuqaha, iyo ilaalinta iyo jawaabaha su'aalaha inta badan la iska weydiiyo ee ku saabsan Medicare. Waxaad ka heli kartaa wabsaytka Medicare (www.medicare.gov) ama adoo wacaya 1- 800-MEDICARE (1-800-633-4227), 24 saac maalintii, 7 maalmood todobaadkii. Isticmaalayaasha TTY waa inay wacaan 1-877-486-2048. Wixii macluumaad dheeraad ah ee ku saabsan **Caawimaadda Caafimaadka (Medicaid)**, ka wac Waaxda Adeegyada Aadanaha ee Minnesota 1-651-431-2670 ama laynka lacag la'aan laga helo 1-800-657-3739. Isticmaalayaasha TTY waa inay wacaan 1-800-627-3529.
- ❖ Waxaad ku heli kartaa dhokumentigan qaabab kale oo bilaash ah, sida, daabacaad wayn, qoraalka indhoolaha, ama maqal Soo wax Adeega Macmiilka lambarka xaga hoose ee boggan.
- ❖ 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 Adeegga Macmiilka lambarka hoose ee boggan.



Haddii aad wax su'aalo ah qabto, fadlan ka wac UCare's Minnesota Adeegga Macmiilka ee Options Health Options (MSHO) 612-676-6868 ama 1-866-280-7202 (wacitaanku waa lacag la'aan), TTY 612-676-6810 ama 1-800-688-2534 (wacitaanku waa lacag la'aan), 8 am – 8 pm, todobo maalmood todobaadkii. **Wixii macluumaad dheeraad ah**, booqo [ucare.org](https://www.ucare.org).

UCare's Minnesota Senior Health Options (MSHO) (HMO D-SNP): Soo koobida Dheefaha 2023

B. Su'aalaha Badana la Isweydiiyo

Shaxda soo socotaa waxay taxaysaa su'aalaha inta badan la is weydiiyo.

Su'aalaha inta badan la is waydiiyo (FAQ)	Jawaabaha
<p>Waa maxay qorshaha Xulashada Caafimaadka Sare ee Minnesota (MSHO)?</p>	<p>Qorshahayagu waa qayb ka mid ah barnaamijka Minnesota ee Senior Health Options (MSHO). Barnaamijkan waxaa u qaabaysay Waaxda Adeegyada Aadanaha ee Minnesota (DHS) si ay u bixiso daryeel gaar ah dadka da'da ah ee da'doodu tahay 65 iyo wixii ka weyn. Qorshahayagu waxa uu ka kooban yahay adeegyadaada Medicare iyo Medical Assistance (Medicaid). Waxay ku daraysaa dhakhaatiirtaada, isbitaalka, farmashiyeyaashaada, daryeelka guriga, kalkaalinta daryeelka guriga, iyo daryeel bixiyeyaasha kale ee daryeelka caafimaadka hal nidaam daryeel oo isku xiran. Waxa kale oo ay leedahay isku-duwayaasha daryeelka si ay kaaga caawiyaan inaad maamusho dhammaan bixiyayaasha iyo adeegyada. Dhamaantood way wada shaqeeyaan si ay u bixiyaan daryeelka aad u baahan tahay.</p> <p>Barnaamijkeena MSHO waxa loo yaqaan UCare's MSHO.</p>
<p>Ma ka heli doonaa isla faa'iidooyinka Medicare iyo Kaalmada Caafimaadka (Medicaid) ee UCare's MSHO ee aan hadda helo?</p>	<p>Haddii aad ka imanayso UCare's MSHO Medicare Original ama qorshe kale oo Medicare, waxaad u heli kartaa dheefo ama adeegyo si ka duwan. Waxaad si toos ah uga heli doontaa ku dhawaad dhammaan ee caymiskaaga Medicare iyo Assistance Medical Assistance (Medicaid) ee UCare's MSHO. Waxaad la shaqayn doontaa koox bixiyeyaal ah kuwaas oo kaa caawin doona go'aaminta adeegyada sida ugu wanaagsan u dabooli doona baahiyahaaga. Markaad iska diiwaan geliso UCare's MSHO, adiga iyo kooxdaada daryeelkaaga waxaad ka wada shaqayn doontaan sidii aad u samayn lahaydeen Qorshe Daryeel Shakhsiyeed si aad wax uga qabato baahiyahaaga caafimaadka iyo taageerada.</p> <p>Markaad ku biirto qorshahayaga, haddii aad qaadanayso mid kasta oo Medicare Qaybta D dawooyinka lagu qoray oo UCare MSHO uusan sida caadiga ah daboolin, waxaad heli kartaa sahay ku meel gaar ah. Waxaan kaa caawin doonaa inaad hesho daawo kale ama aad hesho ka reeban UCare MSHO si ay u daboosho daawadaada, haddii caafimaad ahaan loo baahdo. Wixii macluumaad dheeraad ah, wac Adeegga Macmiilka.</p>



Haddii aad wax su'aalo ah qabto, fadlan ka wac UCare's Minnesota Adeegga Macmiilka ee Options Health Options (MSHO) 612-676-6868 ama 1-866-280-7202 (wacitaanku waa lacag la'aan), TTY 612-676-6810 ama 1-800-688-2534 (wacitaanku waa lacag la'aan), 8 am – 8 pm, todobo maalmood todobaadkii. **Wixii macluumaad dheeraad ah**, booqo ucare.org.

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Su'aalaha inta badan la is waydiiyo (FAQ)	Jawaabaha
<p>Ma isticmaali karaa bixiyeyaasha daryeelka caafimaadka ee aan hadda isticmaalo?</p>	<p>Inta badan waa sidaas. Haddii bixiyeyaashaada (ay ku jiraan dhakhaatiirta iyo farmasiyada) ay la shaqeeyaan UCare's MSHO oo ay nala leeyihiin qandaraas, waad sii wadan kartaa isticmaalkooda.</p> <ul style="list-style-type: none"> • Addeg bixiyeyaasha heshiiska nala gala waa "Shabakada dhexdeeda ah." Xaaladaha intooda badan, waa inaad isticmaashaa bixiyeyaasha shabakadda UCare ee MSHO. • Haddii aad u baahan tahay daryeel degdeg ah ama degdeg ah ama adeegyada sifaynta ka baxsan aagga, waxaad isticmaali kartaa bixiyeyaasha ka baxsan shabakadda UCare ee MSHO. Waxa kale oo aad u isticmaali kartaa adeeg bixiyeyaasha shabakadaha helitaan furan adeegyada iyo xaaladaha marka UCare's MSHO ay ogolaato isticmaalka bixiyeyaasha shabakada ka baxsan. <p>Si aad u ogaato in adeeg bixiyeyaashaagu ay ku jiraan shabakada qorshaha, wac Adeegga Macmiilka ama akhri UCare's MSHO's <i>Tusaha Bixiyaha iyo Farmashiyaha</i> ee ku yaal mareegahayaga ucare.org/searchnetwork.</p> <p>Haddii UCare's MSHO uu kugu cusub yahay, waxaad sii wadi kartaa isticmaalka bixiyeyaasha aad hadda isticmaasho ilaa 120 maalmood xaaladaha qaarkood. Wixii macluumaad dheeraad ah, wac Adeegga Macmiilka.</p>
<p>Maxaa dhacaya haddii aan u baahdo adeeg laakiin ma jiro qof ka tirsan shabakadda UCare ee MSHO ma bixin karo?</p>	<p>Inta badan adeegyada waxaa bixin doona bixiyeyaasha shabakadeena. Haddii aad u baahan tahay adeeg daboolan oo aan lagu bixin karin shabakadeena, UCare's MSHO ayaa bixin doonta kharashka bixiyaha shabakadaha ka baxsan. Ogolaansho hore ayaa loo baahan karaa ka hor inta aan adeegyada laga helin bixiyeyaasha shabakadaha ka maqan.</p>



Haddii aad wax su'aalo ah qabto, fadlan ka wac UCare's Minnesota Adeegga Macmiilka ee Options Health Options (MSHO) 612-676-6868 ama 1-866-280-7202 (wacitaanku waa lacag la'aan), TTY 612-676-6810 ama 1-800-688-2534 (wacitaanku waa lacag la'aan), 8 am – 8 pm, todobo maalmood todobaadkii. **Wixii macluumaad dheeraad ah**, booqo ucare.org.

UCare's Minnesota Senior Health Options (MSHO) (HMO D-SNP): Soo koobida Dheefaha 2023

Su'aalaha inta badan la is waydiiyo (FAQ)	Jawaabaha
<p>Waa maxay isku-duwaha daryeelka?</p>	<p>Iskuduwaha daryeelka waa qofka ugu muhiimsan ee aad la xiriirto. Qofkani wuxuu kaa caawinayaa inuu maareeyo dhammaan adeeg bixiyayaashaada iyo inuu hubiyo inaad hesho waxaad u baahan tahay, oo ay ku jiraan kuwa soo socda:</p> <ul style="list-style-type: none"> • Ka caawinta diyaarinta, helitaanka iyo isku dubaridka qiimaynta, imtixaanada, iyo adeegyada iyo caafimaadka iyo daryeelka muddada-dheer • Kaala shaqaynta horumarinta iyo cusboonaysiinta qorshahaaga daryeelka • Ku taageeridda iyo la xiriirka hay'ado iyo dad kala duwan • Isku dubaridka adeegyada kale sida lagu qeexay qorshahaaga daryeelka • Ka caawinta inaad isku xidho baahiyaha Qalabka Caafimaadka Waara ee bixiyayaashaada iyo alaab-qeybiyayaashaada • Qabanqaabada gaadiidka • Jadwalka balamaha • Qorshaynta fasaxa haddii isbitaal la dhigo ama u baahan daryeel heer sare ah • U gudbinta barnaamijyada Maareynta Cudurrada ee UCare • Tilmaanta ilaha bulshada • Kaalmada dib u buuxinta daawada • Diyaarinta adeegyada gurigaaga



Haddii aad wax su'aalo ah qabto, fadlan ka wac UCare's Minnesota Adeegga Macmiilka ee Options Health Options (MSHO) 612-676-6868 ama 1-866-280-7202 (wacitaanku waa lacag la'aan), TTY 612-676-6810 ama 1-800-688-2534 (wacitaanku waa lacag la'aan), 8 am – 8 pm, todobo maalmood todobaadkii. **Wixii macluumaad dheeraad ah**, booqo ucare.org.

UCare's Minnesota Senior Health Options (MSHO) (HMO D-SNP): Soo koobida Dheefaha 2023

Su'aalaha Inta Badan La Isweydiyo (FAQ)	Jawaabaha
<p>Waa maxay adeegyada iyo taageerada muddada-dheer?</p>	<p>Adeegyada iyo taageerooyinka muddada-dheer waa adeegyo caawiya dadka u baahan kaalmada inay qabtaan hawl maalmeedka sida qubaysiga, labiska, samaynta cuntada, iyo qaadashada daawada. Inta badan adeegyadan waxay kaa caawiyaan inaad joogtid gurigaaga si aadan ugu baahnayn inaad u gurto guriga kalkaalinta ama isbitaalka.</p>
<p>Halkee laga heli karaa UCare MSHO?</p>	<p>Goobaha adeegga ee qorshahan waxaa ku jira degmooyinka soo socda ee Minnesota: Aitkin, Anoka, Becker, Benton, Blue Earth, Carlton, Carver, Cass, Chippewa, Chisago, Clay, Cook, Cottonwood, Crow Wing, Dakota, Dodge, Faribault, Fillmore, Freeborn, Hennepin, Houston, Isanti, Jackson, Kandiyohi, Kittson, Koochiching, Lac qui Parle, Lake, Lake of the Woods, Le Sueur, Lincoln, Lyon, Mahnomen, Marshall, Martin, Mille Lacs, Morrison, Mower, Murray, Nicollet, Nobles, Norman, Olmsted, Otter Tail, Pennington, Pine, Polk, Ramsey, Red Lake, Redwood, Rice, Rock, Roseau, Scott, Sherburne, St. Louis, Stearns, Swift, Todd, Wabasha, Wadena, Washington, Watonwan, Winona, Wright, iyo Yellow Medicine.</p> <p>Waa inaad ku nooshahay mid ka mid ah degmooyinkan si aad ugu biirto qorshaha. Wac Adeegga Macmiilka si aad u hesho macluumaad dheeraad ah oo ku saabsan haddii qorshaha laga heli karo goobta aad ku nooshahay.</p>



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UCare's Minnesota Senior Health Options (MSHO) (HMO D-SNP): Soo koobida Dheefaha 2023

Su'aalaha Inta Badan La Isweydiyo (FAQ)	Jawaabaha
<p>Waa maxay oggolaanshaha hore?</p>	<p>Oggolaanshaha hore waxay ka dhigan tahay inaad oggolaansho ka hesho UCare's MSHO ka hor aad heli kartaa adeeg gaar ah ama daawada ama isticmaal bixiye ka baxsan shabakada. UCare MSHO waxaa laga yaabaa inaysan daboolin adeegga ama daawada haddii aadan oggolaanin. Haddii aad u baahan tahay daryeel degdeg ah ama degdeg ah ama adeegyada sifaynta ka baxsan aagga, uma baahnid inaad marka hore oggolaansho hesho.</p> <p>Tixraac cutubka 3, ee <i>Buug-gacmeedka Xubinta</i> si aad wax badan uga barato oggolaanshaha hore. Tixraac jaantuska faa'iidooyinka ee qaybta D ee cutubka 4 ee <i>Buug-gacmeedka Xubinta</i> si aad u ogaato adeegyada u baahan oggolaansho hore.</p>
<p>Waa maxay Caawinaad Dheeraad ah?</p>	<p>Caawinta dheeraadka ah waa barnaamij Medicare ka caawiya dadka dakhligoodu xaddidan yahay iyo agabkooda inay dhimaan kharashkooda daawada ee Medicare Qaybta D sida khidmadaha, lacagaha laga jarayo, iyo lacag-bixinta. Caawinta dheeraadka ah waxa kale oo loo yaqaan "kabitaanka dakhliga hoose," ama "LIS."</p> <p>Lacag bixinta daawada lagu qoray ee hoos timaada UCare's MSHO mar hore waxaa ku jiray qaddarka Caawinta Dheeriga ah ee aad u qalanto. Macluumaad dheeraad ah oo ku saabsan Caawinta Dheeraadka ah, la xidhiidh Xafiiska Badbaadada Bulshada ee degaankaaga, ama ka wac Bulshada 1-800-772-1213. Istimaalayaasha TTY waa inay wacaan 1-800-325-0778. Wicitaanadan waa bilaash.</p>
<p>Miyaan bixiyaa qaddar bishii (sidoo kale loo yaqaan premium) xubin ahaan UCare MSHO?</p>	<p>Maya. Sababtoo ah waxaad haysataa Medical Assistance (Medicaid), ma bixin doontid wax kharash ah bishiiba caymiskaaga caafimaad. Waa inaad sii waddaa bixinta lacagta caymiska ee qaybta B haddii aan laga ahayn qaybta B ee ay bixiso Caawimaada Caafimaadka (Medicaid) ama qolo kale oo kale..</p>



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UCare's Minnesota Senior Health Options (MSHO) (HMO D-SNP): Soo koobida Dheefaha 2023

Su'aalaha inta badan la is waydiiyo (FAQ)	Jawaabaha
Miyaan bixiyaa wax laga jari karo xubin ahaan UCare's MSHO?	Maya. Kuma bixinaysid lacagaha lagaa jarayo ee UCare ee MSHO.
Waa maxay xadiga ugu badan ee jeebka ka baxsan ee aan ku bixin doono adeegyada caafimaadka anigoo xubin ka ah UCare MSHO?	Ma jiro wax la wadaago kharash caafimaadka adeegyada gudaha UCare's MSHO, markaa kharashyadaada jeebka ka baxsan ayaa noqon doona \$0.



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UCare's Minnesota Senior Health Options (MSHO) (HMO D-SNP): Soo koobida Dheefaha 2023

C. Dulmarka adeegyada

Shaxda soo socotaa waa dulmar degdeg ah oo ku saabsan adeegyada aad u baahan karto, kharashyadaada, iyo xeerarka ku saabsan faa'iidooyinka.

Baahi caafimaad ama dhibaato	Adeegyada aad u baahan karto	Kharashkaaga bixiyayaasha shabakadaha gudaha	Xaddidaad, ka-reebitaanka, iyo macluumaadka dheefta (xeerarka ku saabsan dheefaha)
Waxaad u baahan tahay daryeel isbitaal	Joogitaanka isbitaal	\$0	Marka laga reebo xaalad degdeg ah, bixiyaha xanaanada caafimaadkaaga waa inuu u sheegaa qorshaha gelitaanka isbitaalkaaga.
	Dhakhtar ama dhakhtar qalliin daryeel	\$0	
	Adeegyada xarunta qalliinka wareegta (ASC).	\$0	
Waxaad rabtaa inaad isticmaasho bixiye daryeel caafimaad	Booqashooyinka lagu daweynayo dhaawac ama jirro	\$0	
	Daryeelka takhasuska leh	\$0	
	Booqashooyinka ladnaanta, sida jirka	\$0	
	Daryeel si aad isaga ilaaliso jirro, sida tallaalada hargabka	\$0	
	"Ku soo dhawoow Medicare" booqasho ka hortag ah (hal mar kaliya)	\$0	
Waxaad u baahan tahay daryeel degdeg ah (sii socota bogga xiga)	Adeegyada qolka gurmada	\$0	Waxaad isticmaali kartaa qol kasta oo degdeg ah haddii aad si macquul ah u aaminsan tahay inaad u baahan tahay daryeel degdeg ah. Uma baahnid ogolaansho hore mana aha inaad ku jirto shabakadaha. Adeegyada qolka degdega ah LAGUMA daboolo meel ka baxsan



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Baahi caafimaad ama dhibaato	Adeegyada aad u baahan karto	Kharashkaaga bixiyayaasha shabakadaha gudaha	Xaddidaad, ka-reebitaanka, iyo macluumaadka dheefta (xeerarka ku saabsan dheefaha)
Waxaad u baahan tahay daryeel degdeg ah (sii socda)			Maraykanka iyo dhulkeeda Wixii faahfaahin ah kala xidhiidh qorshaha.
	Daryeelka xaalada degdega ah ee aad u baahan tahay	\$0	Daryeelka degdega ah ee loo baahan yahay maaha daryeel degdeg ah. Uma baahnid ogolaansho hore mana aha inaad noqoto mid isku xidhan. Adeegyada daryeelka degdega ah laguma daboolo meel ka baxsan Maraykanka iyo dhulkeeda. Wixii faahfaahin ah kala xidhiidh qorshaha.
Waxaad u baahan tahay baaritaanno caafimaad	Baaritaanka shaybaadhka, sida shaqada dhiiga	\$0	
	Raajooyinka ama sawiro kale, sida sawirada CAT	\$0	
	Baaritaannada, sida baaritaannada lagu hubiyo kansarka	\$0	
Waxaad u baahan tahay adeegyada maqalka/maqalka	Baarista maqalka	\$0	
	Aaladaha Maqalka	\$0	
Waxaad u baahan tahay daryeel ilkaha ah (sii socota bogga xiga)	Adeegyada ilkaha, oo ay ku jiraan daryeelka ka hortagga	\$0	Isku xidhka ilkaha UCare 651-768-1415 or 1-855-648-1415 (wicitaankan waa bilaash), TTY: 711 Isiin – FJimce 7 am – 7 pm Waxaad sidoo kale ka wici kartaa Adeegga Macmiilka



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UCare's Minnesota Senior Health Options (MSHO) (HMO D-SNP): Soo koobida Dheefaha 2023

Baahi caafimaad ama dhibaato	Adeegyada aad u baahan karto	Kharashkaaga bixiyayaasha shabakadaha gudaha	Xaddidaad, ka-reebitaanka, iyo macluumaadka dheefta (xeerarka ku saabsan dheefaha)
<p>Waxaad u baahan tahay daryeel ilko (sii socda)</p> <p>(sii socota bogga xiga)</p>			<p>qeybta hosse boggan.</p> <p>Mobilada Ballamaha daryeelka Ilkaha ee Xarunta Caafimaadka</p> <p>1-866-451-1555 TTY: 1-800-627-3529 Wicitaanadan waa bilaash. Isniin – Jimce 8 subaxnimo - 4:30 galabnimo</p> <p>www.ucare.org/mdc</p> <p>Daryeelka Ilkaha ee laguugu talagalau</p> <ul style="list-style-type: none"> • Hal bariitan oo daryeelka ilkaha ah oo dheeraad ah sanad dugsiyeedkii • Hal baaritaan oo daryeelka afka ah oo dhammaystiran sanad dugsiyeedkiiba • Hal codsi oo dheeraad ah oo la marsado oo ah fluoride varnish sannadkii sanadka kalandarka ee loogu talagalay bukaannada halista sare ugu jira godadka • Hal ka saarid guud oo dheeraad ah oo ah huurada iyo lakabka (ka baxsan inta jeer ee 5 sano ah) • Hal sawir oo afka oo buuxa shantii sano • Hal raajo dheeraad ah sanadkiiba taariikhda (oo ka baxsan inta jeer ee shanta sano ah) • Hal qodida jirida iliga iligkiiba noloshiiba • Hal dib u daaweyn ee gunta ilikia ah iligkiiba noloshiisa oo dhan



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UCare's Minnesota Senior Health Options (MSHO) (HMO D-SNP): Soo koobida Dheefaha 2023

Baahi caafimaad ama dhibaato	Adeegyada aad u baahan karto	Kharashkaaga bixiyayaasha shabakadaha gudaha	Xaddidaad, ka-reebitaanka, iyo macluumaadka dheefta (xeerarka ku saabsan dheefaha)
<p>Waxaad u baahan tahay daryeel ilkaha ah (sii socda)</p>			<ul style="list-style-type: none"> • Ilaa afar booqashooyinka dayactirka xilliyeedka sannad kasta • Saarida qolofka iyo xidid ilkaha hal mar ah qorshaynta laba sano hal mar (xarunta daryeelka ilkaha) • Laba biro ama biraha lagu dhafay oo leh bir ka samaysan qalin sannadkii • Hal mar daaweynta ciridka sanadkiiba • Qaboojinta unugyada ilko-ku-jirka hal mar sannadkii • Saddexdii sanaba hal cadday oo koronto ah • Hal baakidh oo ah laba madax beddelka caday koronto sanadkiiba



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UCare's Minnesota Senior Health Options (MSHO) (HMO D-SNP): Soo koobida Dheefaha 2023

Baahi caafimaad ama dhibaato	Adeegyada aad u baahan karto	Kharashkaaga bixiyayaasha shabakadaha gudaha	Xaddidaad, ka-reebitaanka, iyo macluumaadka dheefta (xeerarka ku saabsan dheefaha)
You need eye care	Baadhitaanka indhaha	\$0	
	Ukuyaalaha ama muraayadaha indhaha	\$0	<p>Xulashada waa la xadayn karaa.</p> <ul style="list-style-type: none"> Hal beer oo ukuyaalo ah ama muraayadaha indhaha ka dib qalliin kasta, ama muraayadaha indhaha ee xaaladaha qaarkood marka muraayadaha indhaha aanay shaqaynayn Muraayadaha la saaray dahaarka qoraxda celiya, sannadkiiba mar Ukuyaalaha la saaray midab iftiinka celiya ("ku meel-gaar ah") muraayadda muraayadda, sannadkiiba hal mar Ukuyaalaha leh garaadada (aan khad lahayn), sannadkiiba mar
	Daryeelka aragga kale oo ay ku jiraan ogaanshaha iyo daaweynta cudurrada iyo xaaladaha isha	\$0	
Waxaad qabtaa xaalad caafimaad maskaxeed	Mental or behavioral health services	\$0	<p>Shuruudaha u-qalmitaanka gobolka waa laga yaabaa.</p> <p>Prior authorization may apply.</p>
	Daryeelka bukaan-jiifka ee dadka u baahan adeegyada caafimaadka dhimirka ee muddada-dheer	\$0	Shuruudaha u-qalmitaanka gobolka waa laga yaabaa.



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Baahi caafimaad ama dhibaato	Adeegyada aad u baahan karto	Kharashkaaga bixiyayaasha shabakadaha gudaha	Xaddidaad, ka-reebitaanka, iyo macluumaadka dheefta (xeerarka ku saabsan dheefaha)
Waxaad leedahay cillad isticmaalka muqaadaraadka	Adeegyada cudurada isticmaalka walxaha macmnuuca ah	\$0	
You need a place to live with people available to help you	Nolol la habeeyey (adeegyada lagu bixiyo goob nololeed oo la caawiyay)	\$0	Shuruudaha u-qalmitaanka gobolka waa laga yaabaa.
	Daryeelka kaaliyaha caafimaadka ee xirfada leh	\$0	Ogolaanshaha hore ayaa loo baahan karaa
	Daryeelka guriga kalkaalinta	\$0	Ogolaanshaha hore ayaa loo baahan karaa
	Daryeel Dadka Waaweyn	\$0	Shuruudaha u-qalmitaanka gobolka waa laga yaabaa.
Waxaad u baahan tahay daawayn ka dib dhiig fariisi ama shil	Daaweynta shaqada, jirka, ama hadalka	\$0	Waxaa laga yaabaa in ay xaddidan tahay daaweynta jireed, daaweynta shaqada, iyo adeegyada daaweynta hadalka. Hadday sidaas tahay, waxaa laga yaabaa inay jiraan waxyaabo ka reeban xuduudahan. Ogolaanshaha hore ayaa loo baahan karaa
Waxaad u baahan tahay in lagaa caawiyo helitaanka adeegyada caafimaadka (sii socota bogga xiga)	Adeegyada Ambalaaska	\$0	Adeegyada ambalaasku waa inay caafimaad ahaan daruuri u noqdaan. Uma baahnid oggolaansho hore oo ku saabsan adeegyada ambalaaska mana aha inaad noqoto mid isku xidhan.
	Gaadiidka degdega ah	\$0	



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Baahi caafimaad ama dhibaato	Adeegyada aad u baahan karto	Kharashkaaga bixiyayaasha shabakadaha gudaha	Xaddidaad, ka-reebitaanka, iyo macluumaadka dheefta (xeerarka ku saabsan dheefaha)
<p>Waxaad u baahan tahay in lagaa caawiyo helitaanka adeegyada caafimaadka (sii socota)</p>	<p>Gaadiid bixiyayaasha daryeelka caafimaadka balamaha caafimaadka</p>	<p>\$0</p>	<p>UCare's MSHO loogama baahna inay ku siiso gaadiid rugtaada daryeelka aasaasiga ah (PCC) haddii ay gurigaaga u jirto 30 mayl.</p> <p>UCare's MSHO loogama baahna inay ku siiso gaadiid ku keena rugta daryeelkaaga takhasuslaha haddii ay gurigaaga u jirto in ka badan 60 mayl.</p> <p>Wac Adeegga Macmiilka haddii aanad lahayn rugta daryeelka aasaasiga ah oo laga heli karo 30 mayl u jirta gurigaaga iyo/ama haddii ay ka weyn tahay 60 mayl bixiyahaaga takhasuska leh.</p>
	<p>Gaadiidka adeegyada kale ee caafimaadka</p>	<p>\$0</p>	<ul style="list-style-type: none"> • Ilaa saddex safar-wareeg ah wiiggii oo lagu aado naadiga caafimaadka ee ka qaybqaadanaya, daboolay fasal waxbarasho caafimaad oo caddayn ku salaysan iyo/ama daboolay maaraynta miisaanka WW iyo aqoon-is-weydaarsiyada caafimaadka • Gaadiidka safriya Khamriga qarsoon iyo/ama Maandooriyaha qarsoon Shirarka aan la garanayn ee xubnaha lagu qiimeeyay inay qabaan cillad isticmaalka muqaadaraadka. Ilaa hal safar oo wareeg ah maalintii (waxay u baahan tahay oggolaansho)



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UCare's Minnesota Senior Health Options (MSHO) (HMO D-SNP): Soo koobida Dheefaha 2023

Baahi caafimaad ama dhibaato	Adeegyada aad u baahan karto	Kharashkaaga bixiyayaasha shabakadaha gudaha	Xaddidaad, ka-reebitaanka, iyo macluumaadka dheefta (xeerarka ku saabsan dheefaha)
<p>Waxaad u baahan tahay daawooyin lagu daweyo jirradaada ama xaaladdaada caafimaad</p>	<p>Daawooyinka dhakhtar qoro ee Medicare Qaybta B</p>	<p>\$0</p>	<p>Dawooyinka Qaybta B waxa ka mid ah dawooyinka uu bixiyaha xanaanada caafimaadkaagu ku siiyo xafiiskooda, qaar ka mid ah dawooyinka afka laga qaato ee kansarka, iyo dawooyinka qaarkood oo loo isticmaalo qalabka caafimaadka qaarkood. Akhri <i>Buuga xubinimada</i> macluumaad dheeraad ah oo ku saabsan daawooyinkan.</p> <p>Qaar kamid ah daawooyinka Medicare Qaybta B ayaa laga yaabaa inay u baahdaan oggolaanshe hore ama waxay leeyihiin shuruudo daawaynta.</p>
	<p>heerka 1-daawoyinka guud (malaha magaca shirkadda)</p>	<p>\$0/\$1.45/\$4.15 sahayda 30-maalmood ah.</p> <p>Lacag canshuur dawooyinka lagu qoray way kala duwanaan kartaa iyadoo kuDabere heerka Caawinta Dheeraadka ah ee aad hesho. Fadlan la xidhiidh qorshaha wixii faah faahin ah kala soco</p> <p>Markaad gaadho xadka jeebka ka baxsan ee \$7,400 ee daawadaada Qaybta D, Marxaladda Daboolista Musiibada ayaa bilaabanaysa.</p> <p>Waxaad kusii jiri doontaa Marxaladda Daboolista Masiibada</p>	<p>Waxaa laga yaabaa inay jiraan xaddidaadyo ku saabsan noocyada dawooyinka la daboolay. Fadlan tixraac Liiska UCare ee MSHO ee Dawooyinka La Daboolay (Liiska Dawooyinka) ee ucare.org/dsnp-druglist wixii macluumaad dheeraad ah.</p> <p>UCare MSHO waxaa laga yaabaa inuu u baahdo inaad marka hore isku daydo hal daawo si aad u daaweyso xaaladaada ka hor inta aysan daboolin daawo kale xaaladaas.</p> <p>Daawooyinka qaar waxay leeyihiin xad xadidan.</p> <p>Bixiyahaagu waa inuu ka helaa oggolaansho hore UCare's MSHO ee daawooyinka qaarkood.</p> <p>Waa inaad u isticmaashaa farmasiyada qaarkood tiro aad u kooban oo daawooyin ah, iyadoo ay ugu wacan tahay maaraynta gaarka ah, bixiyaha</p>

(sii socota bogga xiga)



Haddii aad wax su'aalo ah qabto, fadlan ka wac UCare's Minnesota Adeegga Macmiilka ee Options Health Options (MSHO) 612-676-6868 ama 1-866-280-7202 (wacitaanku waa lacag la'aan), TTY 612-676-6810 ama 1-800-688-2534 (wacitaanku waa lacag la'aan), 8 am – 8 pm, todobo maalmood todobaadkii. **Wixii macluumaad dheeraad ah**, booqo ucare.org.

UCare's Minnesota Senior Health Options (MSHO) (HMO D-SNP): Soo koobida Dheefaha 2023

Baahi caafimaad ama dhibaato	Adeegyada aad u baahan karto	Kharashkaaga bixiyayaasha shabakadaha gudaha	Xaddidaad, ka-reebitaanka, iyo macluumaadka dheefta (xeerarka ku saabsan dheefaha)
<p>Waxaad u baahan tahay daawooyin lagu daweeyo jirradaada ama xaaladdaada caafimaad (sii socda)</p>		<p>ilaa dhamaadka sanadka. Inta lagu jiro marxaladan, lacag-bixintaada qaybta D ee dawooyinka waxay noqon doontaa \$0.</p>	<p>isuduwidda, ama shuruudaha waxbarashada bukaanka oo aysan buuxin karin farmashiyeyaasha shabakadaada. Dawooyinkan waxa ay ku qoran yihiin bogga qorshaha caymiska, <i>Liiska Dawooyinka la daboolay</i> (Liiska Dawooyinka), iyo agabka daabacan, iyo sidoo kale Medicare Plan Finder ee www.medicare.gov.</p> <p>Daawooyinka qaarkood, waxaad heli kartaa sahay waqti dheer ah (sidoo kale loo yaqaan sahayda la dheereeyey') markaad buuxiso riijeetada. Sahayda muddada-dheer waa ilaa sahay 90 maalmood ah. Waxay kugu kacaysaa lacag la mid ah sahayda hal bil ah waxaana laga heli karaa inta badan goobaha farmashiyaha tafaariiqda ama farmashiyaasha boostada lagu dalbo.</p>
	<p>Heerka 1 Magaca Shirkada Dawooyinka</p>	<p>\$0/\$4.30/\$10.35 sahayda 30-maalmood ah.</p> <p>Lacag bixinta dawooyinka laguu qoray way kala duwanaan kartaa iyadoo ku saleysan heerka Caawinta Dheeraadka ah ee aad hesho. Fadlan la xiriir qorshaha caymiska wixii macluumaad dheeraad ah.</p>	<p>Waxaa laga yaabaa inay jiraan xaddidaadyo ku saabsan noocyada dawooyinka la daboolay. Fadlan tixraac Liiska UCare ee MSHO ee Dawooyinka La Daboolay (Liiska Dawooyinka) ee ucare.org/dsnp-druglist wixii macluumaad dheeraad ah.</p> <p>UCare's MSHO waxaa laga yaabaa inay kaaga baahan tahay inaad marka hore isku daydo hal daawo si aad u daaweyso xaaladaada ka hor inta aysan daboolin daawo kale xaaladaas.</p>
<p>(sii socota bogga xiga)</p>			



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UCare's Minnesota Senior Health Options (MSHO) (HMO D-SNP): Soo koobida Dheefaha 2023

Baahi caafimaad ama dhibaato	Adeegyada aad u baahan karto	Kharashkaaga bixiyayaasha shabakadaha gudaha	Xaddidaad, ka-reebitaanka, iyo macluumaadka dheefta (xeerarka ku saabsan dheefaha)
<p>Waxaad u baahan tahay daawooyin lagu daweeyo jirradaada ama xaaladdaada caafimaad ahaaneed (sii socota</p>		<p>Markaad gaarto xadka kharaska jeebkaaga ka baxinayso ee \$7,400 ee daawadaada Qaybta D, Marxaladda Daboolista Musiibada ayaa bilaabanaysa. Waxaad kusii jiri doontaa Marxaladda Daboolista Masiibada ilaa dhamaadka sanadka. Inta lagu jiro marxaladan, lacag-bixintaada qaybta D ee dawooyinka waxay noqon doontaa \$0.</p>	<p>Daawooyinka qaar waxay leeyihiin xad xadidan.</p> <p>Bixiyahaagu waa inuu ka helaa ogolaansho hore UCare's MSHO ee daawooyinka qaarkood.</p> <p>Waa inaad u isticmaashaa farmasiyada qaarkood tiro aad u kooban oo daawooyin ah, iyadoo ay ugu wacan tahay maaraynta gaarka ah, iskudubarid bixiyayaasha, ama shuruudaha waxbarashada bukaanka oo aanay buuxin karin farmasiyada shabakadaada. Daawooyinka waxay ku qoran yihiin bogga qorshaha, Liiska Dawooyinka daboolan (Liiska Dawooyinka), iyo agabka daabacan, iyo sidoo kale Raadiyaha Qorshaha Caymiska Medicare www.medicare.gov.</p> <p>Daawooyinka qaarkood, waxaad heli kartaa sahay waqti dheer ah (sidoo kale loo yaqaan sahayda la dheereeyey') markaad buuxiso rijeetada. Sahayda muddada-dheer waa ilaa sahay 90 maalmood ah. Waxay kugu kacaysaa lacag la mid ah sahayda hal bil ah waxaana laga heli karaa inta badan goobaha farmashiyaha tafaariiqda ama farmashiyaasha boostada lagu dalbo.</p>
(sii socota bogga xiga)	Daawada laga gato farmasiga dhakhtar oo ku qorin (OTC)	\$0	Waxa jiri kara xaddidaad noocyada dawooyinka la daboolay.



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UCare's Minnesota Senior Health Options (MSHO) (HMO D-SNP): Soo koobida Dheefaha 2023

Baahi caafimaad ama dhibaato	Adeegyada aad u baahan karto	Kharashkaaga bixiyayaasha shabakadaha gudaha	Xaddidaad, ka-reebitaanka, iyo macluumaadka dheefta (xeerarka ku saabsan dheefaha)
<p>Waxaad u baahan tahay daawooyin lagu daweyo jirradaada ama xaaladdaada caafimaad (sii socda)</p>	<p>Daawooyinka sokorawga</p>	<p>\$0/\$1.45/\$4.15 ama \$0/4.30/\$10.35 ee sahayda 30-maalmood.</p> <p>Lacag bixinta dawooyinka xanuunka sokorta way kala duwanaan doontaa iyadoo ku xidhan inay yihiin Magac Guud ama Brand oo ku salaysan heerka Caawinta Dheeraadka ah ee aad hesho. Fadlan kala xidhiidh qorshaha wixii faahfaahin ah.</p> <p>Markaad gaarto xadka kharaska jeebkaaga ka baxinayso ee \$7,400 ee daawadaada Qaybta D, Marxaladda Daboolista Musiibada ayaa bilaabanaysa. Waxaad kusii jiri doontaa Marxaladda Daboolista Masiibada ilaa dhamaadka sanadka.</p> <p>Inta lagu jiro marxaladan, lacag-bixintaada qaybta D ee dawooyinka waxay noqon doontaa \$0.</p>	<p>Waxaa laga yaabaa inay jiraan xaddidaadyo ku saabsan noocyada dawooyinka la daboolay. Fadlan tixraac UCare's MSHO's Liiska Dawooyinka Daboolan (Liiska Dawooyinka) ee ucare.org/dsnp-druglist wixii macluumaad dheeraad ah.</p> <p>UCare's MSHO waxaa laga yaabaa inay kaaga baahan tahay inaad marka hore isku daydo hal daawo si aad u daweyso xaaladaada ka hor inta aysan daboolin daawo kale xaaladaas.</p> <p>Daawooyinka qaar waxay leeyihiin xad xadidan.</p> <p>Bixiyahaagu waa inuu ka helaa ogolaansho hore UCare's MSHO ee daawooyinka qaarkood.</p>



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UCare's Minnesota Senior Health Options (MSHO) (HMO D-SNP): Soo koobida Dheefaha 2023

Baahi caafimaad ama dhibaato	Adeegyada aad u baahan karto	Kharashkaaga bixiyayaasha shabakadaha gudaha	Xaddidaad, ka-reebitaanka, iyo macluumaadka dheefta (xeerarka ku saabsan dheefaha)
Waxaad u baahan tahay in lagaa caawiyo sidii aad u fiicnaan lahayd ama aad leedahay baahiyo caafimaad oo gaar ah	Adeegyada baxnaaninta	\$0	Ogolaanshaha hore ayaa loo baahan karaa
	Agabka caafimaadka ee loogu talagalay daryeelka	\$0	Ogolaanshaha hore ayaa loo baahan karaa
Waxaad u baahan tahay daryeelka cagaha	Adeegyada daawaynta cagaha	\$0	Daryeelka cagaha ee joogtada ah (aan la xidhiidhin ogaanshaha gaarka ah ee uu horeba u daboolay Medicare) oo ku kooban hal booqasho bishii.
	Adeegyada lugaha macmalka ah	\$0	
Waxaad u baahan tahay qalab caafimaad oo waara (DME) ama sahay	Kursiga curyaanka, aalada neefsiga, biraha, lugaha jilbaha, biraha curyaanka, iyo qalabka ogsijiinta iyo sahayda, tusaale ahaan (Fiiro gaar ah: Kani maaha liis dhamaystiran oo DME ah ama sahayda la daboolay. Wac Adeegga Macmiilka ama akhri <i>Buug-gacmeedka Xubinta</i> wixii macluumaad dheeraad ah.	\$0	Ogolaanshaha hore ayaa loo baahan karaa
Waxaad u baahan tahay caawimo ku noolaanshaha guriga (sii socota bogga xiga)	Adeegyada daryeelka guriga	\$0	Shuruudaha u-qalmitaanka gobolka waa laga yaabaa.
	Kaaliyada daryeelka Shakhsi ahaaneed	\$0	Shuruudaha u-qalmitaanka gobolka waa laga yaabaa. Ogolaanshaha hore ayaa loo baahan karaa



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Baahi caafimaad ama dhibaato	Adeegyada aad u baahan karto	Kharashkaaga bixiyayaasha shabakadaha gudaha	Xaddidaad, ka-reebitaanka, iyo macluumaadka dheefta (xeerarka ku saabsan dheefaha)
Waxaad u baahan tahay caawimo ku noolaanshaha guriga (sii socota)	Isbeddellada ku yimaadda gurigaaga, sida goobaha taaga ah iyo helitaanka kursiga curyaanka	\$0	Shuruudaha u-qalmitaanka gobolka waa laga yaabaa. Ogolaanshaha hore ayaa loo baahan karaa
	Adeegyada guriga, sida nadaafadda ama ilaalinta guriga	\$0	Shuruudaha u-qalmitaanka gobolka waa laga yaabaa.
	Cuntooyinka la keeno gurigaaga	\$0	Shuruudaha u-qalmitaanka gobolka waa laga yaabaa.
	Adeegyada maalinta dadka waaweyn ama adeegyada kale ee taageerada	\$0	Shuruudaha u-qalmitaanka gobolka waa laga yaabaa.
	Adeegyada kaa caawinaya inaad keligaa ku noolaato	\$0	Shuruudaha u-qalmitaanka gobolka waa laga yaabaa.
Daryeel bixiyahaagu wuxuu u baahan yahay xoogaa fasax ah	Daryeelka nasiinada	\$0	Shuruudaha u-qalmitaanka gobolka waa laga yaabaa.
Waxaad u baahan tahay adeeg turjubaan	Turjubaanka luuqada lagu hadlo	\$0	
	Turjubaanka luuqada dhagoolaha	\$0	
Adeegyada dheeraadka ah (sii socota bogga xiga)	Khadka Kalkaalinta Caafimaadka ee 24/7	\$0	
	Daaweynta duritaan maqaarka	\$0	
	Iskuduwidda daryeelka	\$0	
	Adeegyada lafdhabarta	\$0	Ogolaanshaha hore ayaa loo baahan karaa
	Sahayda sokorawga	\$0	Waxaa jira xaddidaad xagga aaladaha baaritaanka iyo mitirka ah



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Baahi caafimaad ama dhibaato	Adeegyada aad u baahan karto	Kharashkaaga bixiyayaasha shabakadaha gudaha	Xaddidaad, ka-reebitaanka, iyo macluumaadka dheefta (xeerarka ku saabsan dheefaha)
Adeegyada dheeraadka ah (sii socota)			la daboolay. Araag Liiska Daawooyinka la Daboolay Liiska Daawooyinka) ee <i>UCare MSHO</i> wixii macluumaad dheeraad ah.
	Qorshaynta qoyska	\$0	
	Adeegyada Dejinta Guri	\$0	Shuruudaha u qalmitaanka gobolka waa laga yaabaa.
	Adeegyada xubnaha jirka ee macmalka ah	\$0	
	Adeegyada kaa caawinaya maaraynta cudurkaaga	\$0	
	Iska dhaaf Sigaar cabida iyo Barnaamijka Shiishida	\$0	Xubnaha UCare waxay heli karaan caawimo lacag la'aan ah si ay u joojiyaan cabitaanka sigaarka, shiishada ama cunitaanka tubaakada iyadoo la adeegsanayo khadka joojinta tubaakada. Wac khadka joojinta tubaakada 1-855-260-9713 (wacitaanku waa bilaash) si aad maanta u bilowdo. Isticmaalayaasha TTY waa inay wacaan 711. Ka gal khadka tooska ah barta myquitforlife.com/ucare ama soo deji barnaamijka abka moobilka ee Coach Quit For Life.
Adeegyada dheeraadka ah: Badqabka/Kaalma da Guriga Dhexdiisa ah (sii socota bogga xiga)	Qubayska iyo alaabta badbaadada guriga	\$0	\$750 faa'iidada sanadlaha ah ee qubayska iyo alaabta badbaadada guriga ee xubnaha ku dhex nool bulshada ee aan heli karin caymiska Medicaid (Kaalmada Caafimaadka).



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UCare's Minnesota Senior Health Options (MSHO) (HMO D-SNP): Soo koobida Dheefaha 2023

Baahi caafimaad ama dhibaato	Adeegyada aad u baahan karto	Kharashkaaga bixiyayaasha shabakadaha gudaha	Xaddidaad, ka-reebitaanka, iyo macluumaadka dheefta (xeerarka ku saabsan dheefaha)
Adeegyada dheeraadka ah: Badqabka/Kaalma da Guriga Dhexdiisa ah (Sii socda)	Adeegyada taageerada guriga ee aan xirfada lahayn	\$0	Ilaa afar saacadood oo guri gaar ah Taageerooyinka tababbarka (IHS) bishii, ugu badnaan lix bilood sannadkii xubnaha ka diiwaan gashan Waayeelka dhaafka ee leh hawlaha qalabaynta nolol maalmeedka (IADL) ku tiirsanaanta lagu tilmaamay qorshaha daryeelka (waxay u baahan tahay ogolaansho).
	Nadaamka Jawaabta Degdegga ah ee Shakhsi ahaaneed (PERS)	\$0	Nadaamka Jawaabta Degdegga ah ee Shakhsi ahaaneed ee xubnaha leh taariikh/khatarta dhicis ee aan buuxin heerka daryeelka guriga kalkaalinta (waxay u baahan tahay oggolaansho).
	Mask and Sanitizer Kit	\$0	Maaskaro dib loo isticmaali karo, gacmo nadiifiyaha, istaraashada jeermis dile leh iyo galoofyada la tuuri karo (1 xirmo sanadkii).
Adeegyada dheeraadka ah: Taageerada dheecaanka ka dib (sii socota bogga xiga)	Cuntooyinka ka dib ka fasaxa cusbitaalka	\$0	Laba jeer oo cunto ah maalintii ilaa afar toddobaad kadib markii laga soo saaray joogitaanka isbitaalka bukaan-jiif ahaaneed ee xubnaha aan u qalmin dheefaha cuntada iyada oo loo marayo ka Dhaafitaanka Waayeelka.
	Is barbardhiga dawada a dambeeya cusbitaal ka bixida	\$0	Dib u waafajinta dawooyinka uu bixiyo farmashiistaha kadib markii laga soo saaray xarunta bukaan-jiifka.
	Barnaamijka Saaxiibka Bulshada ee Adeegyada Bulshada Luther	\$0	Taageerada shakhsi ahaaneed, waxbarashada iyo agabka laga helo Shaqaale Caafimaadka Bulshada si gaar ah u tababaran oo shahaado haysta (CHW) kaas oo bixiya booqashooyin taxane ah oo 4 ah



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UCare's Minnesota Senior Health Options (MSHO) (HMO D-SNP): Soo koobida Dheefaha 2023

Baahi caafimaad ama dhibaato	Adeegyada aad u baahan karto	Kharashkaaga bixiyayaasha shabakadaha gudaha	Xaddidaad, ka-reebitaanka, iyo macluumaadka dheefta (xeerarka ku saabsan dheefaha)
<p>Additional services: Taageerada soo saarista kadib (sii socotaa)</p>			<p>(2 guriga dhexdiisa ah iyo 2 telefoon loogu qabanayo) inta lagu jiro 30 maalmood ee ugu horreeya ee muhiimka ah kadib markii laga soo saaray isbitaalka ama xarunta dhaqancelinta ee muddada gaaban. CHW waxay la shaqaynaysaa isuduwahaaga daryeelka MSHO iyo adiga si loo hubiyo in dhammaan daboolay.</p> <p>Si aad wax badan u barato oo aad u hubiso inaad u qalanto, la isku xidh isuduwahaaga MSHO.</p>
<p>Dheeraad ah adeegyo ah: Jir-dhiska/ Caafimaadka joogtaynta</p> <p>(sii socota bogga xiga)</p>	Hal Kaar™	\$0	<ul style="list-style-type: none"> • Helitaanka waxyaabo badan oo 23,000 ayaa ka qayb galaya goobaha jir-dhiska dalka oo dhan • In ka badan 32,000 oo qof oo u baahan iyo fasalada jimicsiga tooska u socoda • Dhisayaasha jimicsiga ilaa samee mid adiga kuu gaar ah jimicsi iyo ku socod jimicsi kasta • Xirmooyinka jimicsiga guriga heli karo xubnaha kuwaas oo jir ahaan aan awoodin in ay soo booqdaan ama cidda degan ugu yaraan 15 mayl ka baxsan ka qaybqaadashada goobta jirdhiska • Shakhsi ahaan, online barnaamijka tababarka maskaxda ilaa caawin hagaajinta xusuusta, dareenka iyo diiradda



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UCare's Minnesota Senior Health Options (MSHO) (HMO D-SNP): Soo koobida Dheefaha 2023

Baahi caafimaad ama dhibaato	Adeegyada aad u baahan karto	Kharashkaaga bixiyayaasha shabakadaha gudaha	Xaddidaad, ka-reebitaanka, iyo macluumaadka dheefta (xeerarka ku saabsan dheefaha)
<p>Adeegyo dheeraad ah: Joogtaynta jir-dhiska/caafimaad ka (sii socda)</p>			<ul style="list-style-type: none"> In ka badan 30,000 oo jimicsi bulsho ahaaneed, fasalo bulsho, iyo dhacdooyin loo heli karo ka qaybqaadashada tooska ah ama khadka tooska ah <p>Aad ucare.org/onepass ama wac 1-877-504-6830 (wicitaanku waa bilaash) ama galitaanka TTY, isticmaal 711, 8 subaxnimo - 9 galabnimo, Isniin - Jimco.</p>
	Saacad Casri ah - diwaangaliyaha hawlaha	\$0	<p>Raad-raaca hawlaha iyo Nidaamka Ka jawaabida Degdegga ah ee Shakhsi ahaaneed (PERS) qalab.</p> <p>Hal saacad labadii sanaba mar xubnaha bulshada.</p>
	Agab xoogan oo Degan	\$0	Qalabka si loo kordhiyo dheelitirka loogana hortago dhicitaanka. Waxaa laga heli karaa iskuduwaha daryeelkaaga.
	Gunnada Keydka Cunnada Caafimaad qabta	\$0	\$60 gunno bile ah oo lagu iibsado cunto caafimaad leh oo laga soo saaro dukaamada ka qaybqaata ee xubnaha qaba hypertension, Wadnaha Wadnaha oo istaaga (CHF), Cudurka Wadnaha Ischemic (IHD) ama sokorowga.
	WW (horay loo dhihi jiray Saacada Sheegta Miisaanka) maaraynta miisaanka iyo	\$0	Helitaanka 13 toddobaad oo isku xigta ee maaraynta miisaanka WW iyo aqoon is-weydaarsiyada fayoaqabka (maxali ah iyo mid muuqaal ah) iyo 14 toddobaad oo isku xigta



Haddii aad wax su'aalo ah qabto, fadlan ka wac UCare's Minnesota Adeegga Macmiilka ee Options Health Options (MSHO) 612-676-6868 ama 1-866-280-7202 (wacitaanku waa lacag la'aan), TTY 612-676-6810 ama 1-800-688-2534 (wacitaanku waa lacag la'aan), 8 am – 8 pm, todobo maalmood todobaadkii. **Wixii macluumaad dheeraad ah**, booqo ucare.org.

UCare's Minnesota Senior Health Options (MSHO) (HMO D-SNP): Soo koobida Dheefaha 2023

Baahi caafimaad ama dhibaato	Adeegyada aad u baahan karto	Kharashkaaga bixiyayaasha shabakadaha gudaha	Xaddidaad, ka-reebitaanka, iyo macluumaadka dheefta (xeerarka ku saabsan dheefaha)
Adeegyada dheeraadka ah: Dayac-tirka jirdhiska/ caafimaadka (sii socota)	aqoon-is-weydaarsiyada ladnaanta iyo qalabka dhijitaalka ah		helisto qalabka dhijitaalka ah ee WW sanad walba.
	Qalabka Dawaynta	\$0	Hal Qalabka Daawooyinka sannadkii si uu kaaga caawiyo qaadashadaada daawo fudud. Xiriirka isku duwaha daryeelkaaga ama maamulaha kiiskaaga inuu dalbado.
Tababarka Dheeraad ah adeegyada: Daryeel bixiye garaadka ee u baahan	ee daryeelaha iyo taageero	\$0	Tababarka daryeel bixiyaha iyo taageerada xubnaha leh daryeel qof qaba xanuun dhimirka ah, naafonimada Taageero, Xanuunka neerfaha, Shaqayn la'aanta kelyaha oo daran, xanuun kelyo oo dhaba-dheeraaday, faalug ama Kansarka xubinta aasaasiga ah/kansarka dhiiga kuwaas oo aan heli karin caymiska caafimaadka Caawinta (Medicaid).
	daryeelka nasiinada	\$0	Ilaa 8 saacadood bishii daryeelka nasinta ee daryeel bixiyayaasha xubnaha qaba xaunuunka dhimirka kuwaas aan heli karin caymiska caafimaadka Caawinta (Medicaid).
	Qalabka taageerada xusuusta	\$0	Hal aalad oo ah Qalabka taageerada xusuusta Sanadkii ee loogu talahalay xubnaha qaba Xanuunka dhimirka ee saameeya xasuusta.
Adeegyo dheeraad ah: Taageerada Xaaladaha Daran (sii socota bogga xiga)	Grandpad	\$0	Tableet elektaroonik ah oo loogu talagalay xubnaha laga helay niyad jab. Grandpad waxaa si gaar ah loogu talagalay inuu ka caawiyo xubnaha inay ku xirnaadaan daryeelayaasha, qoyska iyo in ka badan si loo yareeyo saameynta go'doominta bulshada.



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UCare's Minnesota Senior Health Options (MSHO) (HMO D-SNP): Soo koobida Dheefaha 2023

Baahi caafimaad ama dhibaato	Adeegyada aad u baahan karto	Kharashkaaga bixiyayaasha shabakadaha gudaha	Xaddidaad, ka-reebitaanka, iyo macluumaadka dheefta (xeerarka ku saabsan dheefaha)
Adeegyada Dheeraadka ah: Taageerada Xaaladaha Daba dheeraada (sii socda)			La xiriir maamulaha daryeelka ama adeegga macaamiisha si aad u dalbato qalab. Xaddid hal xidhmo sannadkii xubin kasta.
	Juniper® fasalo ku saabsan maamulitaanka caafimaadka iyo fayo-qabka oo ku dhisan cadaymo	\$0	Fasalada waxaa hogaaminaya macalimiin/tababarayaal shahaado haysta si ay u bixiyaan waxbarasho, xirfado, iyo xeelado lagaga hortagayo dhicitaanka iyo kor u qaadida is-maamulida xaaladaha daba-dheeraada, oo ay ku jiraan xanuunka sokorawga iyo xanuunka daba-dheeraada. Wax badan baro adigoo la hadlaya isku-duwahaaga daryeelka MSHO.

Soo koobida dheefaha waxa loo bixiyay ujeedooyin macluumaad oo keliya mana aha liis dhammaystiran ee dheefaha. Wac Adeegga Macmiilka ama akhri *Buuga xubinta* si aad u ogaato adeegyada kale ee la daboolay.



Haddii aad wax su'aalo ah qabto, fadlan ka wac UCare's Minnesota Adeegga Macmiilka ee Options Health Options (MSHO) 612-676-6868 ama 1-866-280-7202 (wacitaanku waa lacag la'aan), TTY 612-676-6810 ama 1-800-688-2534 (wacitaanku waa lacag la'aan), 8 am – 8 pm, todobo maalmood todobaadkii. **Wixii macluumaad dheeraad ah**, booqo [ucare.org](https://www.ucare.org).

UCare's Minnesota Senior Health Options (MSHO) (HMO D-SNP): Soo koobida Dheefaha 2023

D. [Adeegyada lagu daboolay wax ka baxsan UCare's MSHO

Kani maaha liis dhamaystiran. Wac Adeegga Macmiilka si aad u ogaato adeegyada kale ee aanu daboolin ee UCare's MSHO laakiin laga heli karo iyada oo loo marayo Medicare.

Adeegyada kale ee ay daboosho Medicare	Kharashkaaga
Qaar ka mid ah adeegyada daryeelka guriga	\$0

E. Adeegyada aan daboolin UCare's MSHO, Medicare, ama Caawinta Caafimaadka (Medicaid)]

Kani maaha liis dhamaystiran. Wac Adeegga Macmiilka si aad u ogaato adeegyada kale ee laga saaray

Adeegyada aanay daboolin UCare's MSHO, Medicare, ama Caawinta Caafimaadka (Medicaid)
Adeegyada looma tixgeliyo "macquul iyo lama huraan" marka loo eego heerarka Medicare iyo Caawinta Caafimaadka (Medicaid)
Tijaabada daaweynta iyo daaweynta qalliinka, shay, ama dawooyin ilaa uu daboolo Medicare ama hoos yimaad daraasad caafimaad oo Medicare ay oggolaatay mooyaane
Daawaynta qalliinka ee buurnaanta jirrada marka laga reebo marka loo baahdo caafimaad ahaan
Hababka tayeynta ee doorashada ama ikhtiyaariga ah
Qalliinka qurxin awgeed ama hawl kale ee qurxinta ilaa shuruudaha la buuxiyo
Qalliinka Indhaha

F. Xuquuqdaada xubin ahaan ee qorshaha caymiska

Xubin ka ah UCare MSHO, waxaad leedahay xuquuqo gaar ah. Waxaad isticmaali kartaa xuquuqahan adiga oo aan lagu ciqaabin. Waxaad sidoo kale isticmaali kartaa xuquuqahan adoon lumin adeegyadaada daryeelka caafimaadka.] Waxaan kuu sheegi doonaa waxyaabo ku saabsan xuquuqdaada ugu yaraan hal mar sanadkii. Wixii macluumaad dheeraad ah oo ku saabsan xuquuqdaada, fadlan akhri *MBuuga Xubinimada*. Xuquuqdaada waxaa ka mid ah, laakiin aan ku xaddidnayn, kuwan soo socda:

- **Waxaad xaq u leedahay ixtiraam, cadaalad, iyo sharaf.** Tan waxaa ku jira xaq aad u leedahay:
 - Helitaanka adeegyo caymis walaac la'aan ah oo ku saabsan xaalad caafimaad, heerka caafimaadka, helitaanka adeegyada caafimaadka, waayo-aragnimada sheegashooyinka, taariikhda caafimaadka, naafanimada (ay ku jirto naafonimo dhimirka ah), xaaladda guurka, da'da, jinsiga (oo ay ku jiraan fikradaha khaldan galmada iyo aqoonsiga jinsiga), nooca galmada, wadanka aad kasoo jeedo, isir, midab, diin, caqiido, ama heerka kaalmada dadwaynaha



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- Ku hel macluumaadka qaabab kale (tusaale, far waaweyn, farta indhoolaha, ama maqalka) lacag la'aan
- Ka xorow nooc kasta ee xakamaynta jir ahaaneed ama asturnaana ahaaneed
- **Waxaad xaq u leedahay inaad hesho macluumaadka ku saabsan daryeelkaaga caafimaad.** Tan waxa ku jira macluumaadka ku saabsan daawaynta iyo daawayntaada. Macluumaadkani waa inuu ahaadaa qaab ah oo aad fahmi karto. Tan waxaa ku jira xaqa aad u leedahay inaad hesho macluumaadka:
 - Sharaxaada adeegyada aanu daboolno
 - Sida loo helo adeegyada
 - Lacag intee adeegyada ayaa kugu kici doona
 - Magacyada bixiyayaasha daryeelka caafimaadka
- **Waxaad xaq u leedahay inaad go'aamo ka gaadho daryeelkaaga, oo ay ku jirto diidmada daaweynta.** Tan waxaa ku jira xaqa aad u leedahay:
 - Dooro bixiyaha daryeelka aasaasiga ah (PCP) oo beddel bixiyaha daryeelkaaga aasaasiga wakhti kasta inta lagu jiro sanadka
 - Isticmaal bixiyaha daryeelka caafimaadka haweenka adigoon lagu soo gudbinin
 - Si degdeg ah u hel adeegyadaada la caymiyay iyo daawooyinka
 - Ogow dhammaan xulashooyinka daawaynta, iyada oo aan loo eegin kharashkooda ama haddii ay yihiin kuwo la caymiyay
 - Diid daawaynta, xitaa haddii daryeel bixiyahaaga uu kula taliyo inaad diido
 - Jooji qaadashada daawada, xitaa haddii bixiyaha xanaanada caafimaadkaagu uu kugula taliyo ka hortagga
 - Weydiiso ra'yi labaad. UCare MSHO ayaa bixin doona kharashka booqashada ra'yigaaga labaad.
 - Ku sheeg rabitaannadaada daryeelka caafimaadka mid lagu ogaanayo dardaaranka hore
- **Waxa aad xaq u leedahay in wakhti ku haboon aad hesho daryeel aan lahayn caqabado isgaarsiin ahaaneed ama caqabado jireed oo xanibaysa helitaanka daryeelka.** Tan waxaa ku jira xaqa aad u leedahay:
 - Hel daryeel caafimaad oo ku haboon
 - Soo gal oo ka bax xafiiska bixiyaha xanaanada caafimaadka. Tani waxay ka micnaaysan tahay caqabada helitaanka bilaashka ah ee dadka naafada ah, si waafaqsan Xeerka Dadka Maraykanka u Dhashay ee Naafada ah.
 - Helitaanka turjubaano si ay kaaga caawiyaan xiriirka bixiyayaashaada daryeelka caafimaadka iyo qorshahaaga caafimaad
- **Waxaad xaq u leedahay inaad raadsato xaalad degdeg ah daryeelka aad u baahan tahay markaad u baahato.** Tani waxay la macno tahay inaad xaq u leedahay:
 - Hel adeegyada degdegga ah iyada oo aan oggolaansho hore laga helin xaalad degdeg ah



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- Isticmaal bixiye daryeel degdeg ah oo ka baxsan shabakada, marka loo baahdo
- **Waxaad xaq u leedahay qarsoodiga macluumaadkaaga iyo asturnaanta.** Tani waxa ku jira xaqa aad u leedahay inaad:
 - Codsato oo aad hesho nuqul kamid ah diiwaanadaada caafimaad si aad u fahmi karto oo aad codsato in diiwaanadaada la beddelo ama la saxo
 - Xogtaada caafimaad ha ahaato mid sir ah
- **Waxaad xaq u leedahay inaad cabasho ka samayso adeegyadaada ama daryeelkaaga la daboolay.** Tan waxaa ku jira xaqa aad u leedahay:
 - Soo gudbi cabasho ama dacwad ka dhan ah anaga ama bixiyayaashayada
 - Weydiiso Racfaan Goboleed (Dhageysiga Maxkamadeed ee Medicaid ee Gobolka)
 - Hel sabab faahfaahsan sababta adeegyada loo diiday

Macluumaad dheeraad ah oo ku saabsan xuquuqdaada, waxaad akhrin kartaa UCare MSHO *MBuuga xubinimo*. Haddii aad qabto su'aalo, waxaad sidoo kale wici kartaa Adeegga Macmiilka ee MSHO ee UCare.

G. Waxa la sameeyo haddii aad rabto inaad xaraysato cabasho ama rafcaan ka qaadato adeeg la diiday ama daawo

Haddii aad qabto cabasho ama aad u malaynayso in UCare MSHO ay tahay inay daboosho wax aanu diidnay, wac nambarka hoose ee bogga. Waxa laga yaabaa inaad awoodo inaad rafcaan ka qaadato go'aankayaga.

Su'aalaha ku saabsan cabashooyinka iyo rafcaannada, waxaad akhrin kartaa cutubka 9 ee UCare MSHO *Buuga Xubinimo*. Waxa kale oo aad wici kartaa Adeegga Macmiilka ee MSHO ee UCare.

- **Wixii cabasho afka ah iyo dacwooyinka, wac Adeegga Macmiilka ee MSHO ee UCare:**
612-676-6868 ama 1-866-280-7202 (wicitaankan waa lacag la'aan), TTY 612-676-6810 ama 1-800-688-2534 (wicitaannkan Waa lacag la'aan), 8 am – 8 pm, todobo maalmood todobaadki.
- **Racfaannada afka ah, wac Racfaanka iyo Cabashada UCare:**
612-676-6841 ama 1-877-523-1517 (wacitaankani waa lacag la'aan), TTY 612-676-6810 ama 1-800-688-2534 (wicitaankan waa acag la'aan), 8 subaxnimo - 4:30 galabnimo, Isniin - Jimco.
- **Wixii ah racfaanada qoran, cabashooyinka iyo dacwooyin, ugu soo dir UCare barta:**
Ujeedo: Rafcaannada iyo
Cabashooyinka UCare
P.O. Box 52
Minneapolis, MN 55440-0052
- **Waxaad sidoo kale fakis noogu soo diri kartaa racfaankaaga, cabashadaada ama Dacwooyinka UCare barta:**
612-884-2021 ama 1-866-283-8015
- **Ama iimayl noogu soo dir:** cag@ucare.org



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H. Maxaa la sameeyaa haddii aad ka shakido khiyaano

Inta badan xirfadlayaasha daryeelka caafimaadka iyo ururada bixiya adeegyada waa daacad. Nasiib darro, waxaa jiri kara qaar aan daacad ahayn.

Haddii aad u maleyneyso in bixiye daryeel caafimaad, isbitaal ama farmashiye uu sameynayo wax qaldan, fadlan nala soo xiriir.

- Wac Adeegga Macmiilka ee MSHO ee UCare. Lambarada telefoonku waxay ku yaalaan xagga hoose ee bogga.
- Wac Khadka Tooska ah ee Khiyaanada MSHO ee UCare 1-877-826-6847, 24 saacadood maalintii, todobada maalmood ee usbuuca (Wicida lambarkan waa bilaash). TTY 612-676-6810 ama 1-800-688-2534 (Wicitaanada nambarkaan waa bilaash), 8 subaxnimo - 8 galabnimo, todobada maalmood ee usbuuca.
- Ka wac Medicare 1-800-MEDICARE (1-800-633-4227). Isticmaalayaasha TTY waa inay wacaan 1-877-486-2048. Waxaad u wici kartaa lambaradan si lacag la'aan ah, 24 saacadood maalintii, 7 maalmood todobaadkii.
- Ama, wac Minnesota Khadka Tooska ah ee Khayaanada 1-800-627-9977. wicitaanku waa lacag la'aan.



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UCare's Minnesota Senior Health Options (MSHO) (HMO D-SNP): Soo koobida Dheefaha 2023

Haddii aad qabto su'aalo guud ama su'aalo ku saabsan qorshahayaga, adeegyada, goobta adeegga, biilasha, ama Kaararka Aqoonsiga Xubinta, fadlan wac Adeegga Macmiilka ee MSHO ee UCare:

612-676-6868 ama 1-866-280-7202 (wacitaanku waa bilaash.)
8 subaxnimo - 8 galabnimo, todobada maalmood ee usbuuca

Adeegga macmiilku waxa kale oo uu leeyahay adeegyo turjubaano bilaash ah oo ay heli karaan dadka aan Ingiriisiga ku hadlin.

TTY: 612-676-6810 ama 1-800-688-2534 (wacitaanku waa lacag la'aan.)
8 subaxnimo - 8 galabnimo, todobada maalmood todobaadkii.

Nambaradani waxay u baahan yihiin qalab telefoon oo gaar ah waxaana loogu talagalay dadka ay ku adag tahay maqalka ama hadalka.

Haddii aad wax su'aalo ah ka qabto caafimaadkaaga:

- Wac xaruntaada caafimaadka haddii ay furan tahay. Raaca tilmaamaha xaruntaada caafimaadka si aad u hesho daryeel marka rugku xiran yahay.
- Haddii rugtaada caafimaad ay xiran tahay, waxaad sidoo kale wici kartaa UCare's 24/7 Khadka Kalkaalinta caafimaadka. Kalkaaliso ayaa dhageysan doonta dhibaataada kuuna sheegi doonta sidaan u heli lahayd daryeel.

(Tusaale ahaan: daryeelka degdegga ah ee loo baahan yahay, qolka degdega ah.) Namborada UCare 24/7 Khadka Kalkaalinta waa:

1-800-942-7858 (Wacitaanku waa bilaash.) 24 saacadood maalintii, todobada maalmood ee usbuuca.

UCare's MSHO waxa kale oo uu leeyahay adeeg turjubaano luuqadeed oo bilaash ah diyaar u ah dadka aan Ingiriisiga ku hadlin.

TTY: 1-855-307-6976 (wacitaanku waa bilaash.) 24 saacadood maalintii, todobada maalmood ee usbuuca.

Haddii aad u baahan tahay daryeel caafimaadka dhimirka ah oo degdeg ah ama isticmaalka maandooriyaha, fadlan wac Khadka Habaynta kala soocida Caafimaadka Dhimirka iyo Iisticmaalka Daroogo:

612-676-6533 ama 1-833-276-1185 (wacitaanku waa bilaash.)
8 subaxnimo - 5 galabnimo, Isniin - Jimco

UCare's MSHO waxa kale oo ay leedahay adeeg turjubaano luuqadeed oo lacag la'aan ah diyaar u ah dadka aan Ingiriisiga ku hadlin.

TTY 612-676-6810 ama 1-800-688-2534 (wacitaanku waa lacag la'aan.)
8 subaxnimo - 5 galabnimo, Isniin - Jimco

U1848 (08/22)



Haddii aad wax su'aalo ah qabto, fadlan ka wac UCare's Minnesota Adeegga Macmiilka ee Options Health Options (MSHO) 612-676-6868 ama 1-866-280-7202 (wacitaanku waa lacag la'aan), TTY 612-676-6810 ama 1-800-688-2534 (wacitaanku waa lacag la'aan), 8 am – 8 pm, todobo maalmood todobaadkii. **Wixii macluumaad dheeraad ah**, booqo [ucare.org](https://www.ucare.org).