



Hagahaaga 2023 Barnaamijka Kaalmada Caafimaadka Hore loo sii bixiyo ee UCare

(PMAP)

 **Ucare**[®]
people powered health plans

Lambarada ay tahay in la ogaado

UCare's Health Ride

612-676-6830 or 1-800-864-2157

TTY 612-676-6810 or 1-800-688-2534

7 Ssbaxnimo – 8 habeenimo, Isniin – Jimce

xaalada gurmada caafimaadka:911

ucare.org/healthride

UCare Caafimaadka Maskaxda iyo maandooriyaha sticmaal adeegyada

Taageerada dhibta ama caawimada joogtada ah si loo maareeyo caafimaadka maskaxda ama xaalda isticmaalka maandooriyaha.

612-676-6533 or 1-833-276-1185

TTY 1-800-688-2534

8 subaxnimo – 5 galabnimo, Isniin – Jimce

ucare.org/mhsudtriage

UCare Dental Connection

651-768-1415 or 1-855-648-1415

TTY 711

7 subaxnimo – 7 fiidnimo, Isniin – Jimce

ucare.org/dentalconnection

UCare Mobile Dental Clinic

1-866-451-1555

TTY 1-800-627-3529

8 subaxnimo – 4:30 galabnimo, Isniin – Jimce

ucare.org/mdc

UCare 24/7 Laynka Kalkaaliska

1-800-942-7858

TTY 1-855-307-6976

UCare Laynka Kalkaaliska La talinta uurka

612-676-3326 or 1-855-260-9708

TTY 711

9 subaxnimo – 5 galabnimo, Isniin – Jimce

Adeegyada Kale ee UCare

(turjubaanada, qaabka kale ee la heli karo)

612-676-3200 or 1-800-203-7225

TTY 1-800-688-2534

8 am – 5 pm, Monday – Friday

UCare Laynka Iska daynta Buuriga iyo Nikootiinta

1-855-260-9713

TTY 711

24 saacadood maalintii, todoba maalmood todobaadkii

myquitforlife.com/ucare

Ma hubtid miyaa meesha laga bilaabo? Soo wac adeega macmiilka PMAP oo waxay kaa caawin doonaan ka jawaabida su'aalahaaga.

612-676-3200 ama 1-800-203-7225

TTY 612-676-6810 ama 1-800-688-2534

8 subaxnimo – 5 galabnimo, Isniin – Jimce

Tusmadda

Soo dhowow!	2
Lambarka kootada onlaynka ah	2
Adeega macmiilka	2
Lambarkaaga Aqoonsiga UCare (Aqoonsiga) kaadhka	3
Fahan caymiskaaga	4
Hel sheeyadaada xubinta	4
Faa'iidooyinka dawo qorida.....	4
Halka laga helo daryeelka	5
Ka faa'iidayso gunnooyinkaaga	6
Gaadiidka	6
Caafimaadka Maskaxda iyo Cudurada Isticmaalka	
Maandooriyaha Adeegyada	7
Goobaha uurka	7
Jidh dhiska iyo dheefaha fayyo qabka	8
Taageerada maaraynta cudurka	10
Iska daynta Sigaar cabida iyo Barnaamijka Shiishida	10
Ilaha ilakaha	11
Agabka Carruurta LivingWell	13



Ku soo dhawow UCare!

Aad ayaanu ugu faraxsanahay inaad xubin ka ahaato UCare Barnaamijka Kaalmada Caafimaadka Hore loo bixiyo (PMAP).

Hagahan waxa uu kaa caawin doonaa inaad barato isticmaalka dheefaha iyo sifooyinka qorshahaaga PMAP. Si feejigan dib ugu eeg, diyaarso oo soo gudbi inta badan.

PMPAP waxay bixisaa fursado badan oo adiga lagu siiyo si loo horumariyo caafimaadkaaga. Waxaanu rajaynaynaa inaanu ka faa'iidayano dhammaan dheefaha fayyo qabka iyo barnaamijyada aad leedahay oo qorshahan ah.

Ma qabtaa su'aalo? Nala soo xidhiidh oo noo sheeg. Had iyo jeer waxaa lagugu soo dhawaynayaa fikradaada, faallooyinka iyo su'aalaha. Waad ku mahad sanatahay inaad nagu aaminto baahiyahaaga daboolida daryeelka caafimaadka.



Lambarka kootada onlaynka ah

Samee kootada xubinta onlaynka ah ee amniga ah bogga member.ucare.org.

Markaad is diiwaan geliso, waxaad awood u yeelan doontaa inaad:

- Su'aalaha si amni ah ugu dirto Adeega Macmiilka adoo riixaya "Message Us"
- Aragto, daabacdo iyo dalbo kaadhkaaga Aqoonsiga xubinta
- Aragto qoraaladaada qorshaha UCare si aad u ogaato waxa la daboolo
- U dirto fariin caafimaad oo amni ah oo ah 24/7 adeegayaga WebNurse
- Aragto wararkii u dambeeyay ee daboolida iyo macluumaadka muhiimka ah iyo macluumaadka fayyo qabka
- Samayso qiimaynta caafimaadku fahantaa caafimaadkaaga
- Hesho adeegyada fayyo qabka, alaabta iyo wax badan



Adeega macmulka

Soo wac wakiiladayada adeega macmiilka wixii ah jawabaha xubnimadaada, dheefta iyo su'aalaha adeega.

612-676-3200 or 1-800-203-7225

TTY 612-676-6810 or 1-800-688-2534

8 subaxnimo – 5 galabnimo, Isniin – Jimce

In kastoo aanu fahamnay qoyskaagu inuu adiga kaa walaacsan yahay, uma shaacin karno macluumaadka xubnaha qoyska soo wacayo iyadoo ku metelaya, iyaddoo aad tahay waalid/masuul iyo ama aad saxeexday Warbixinta Wakiilnimada La oggolaaday ee muujinaysa xubinta(naha) qoyska haysta oggolaanshahaaga. Booqo ucare.org ama soo wac Adeega Xubinta si aad u barato wax badan.



Lambrkaaga Aqoonsiga UCare (Aqoonsiga) kaadhka — furahaaga daboolida

Kaadhaaga xubinta Aqoonsiga waa u muhiim caawinta adiga inaad hesho daryeelka aad u baahantahay. Aaladan muhiimka ah waxay ka caawisaa adeeg bixiyayaasha daryeelka caafimaadka fahanka daboolidaada.

Tilmaamahan maskaxda ku hay:

- Dib u eeg Aqoonsigaaga xubinta kaadhka si feejigan hubso macluumaadku inuu sax yahay. Na ogaysii haddii wax shay ah aanu sax ahayn.
- Adigu qaado
- Tus kaadhkaaga Aqoonsiga xubinta marka aad hesho daryeel.
- Gacanta ku hayso marka aad soo wacayso adeega macmiilka
- Dalbo kaadhka Aqoonsiga xubinta cusub ama beddelka ah dhexda kootadaada xubinta onlaynka ah bogga **member.ucare.org** ama addoo soo wacaya adeega xubinta

Lambarka Xubinta Qoyska

Lambarka amniga ee adiga kuu gaarka ah.

ucare.org websaydka

Soo gal goobta xubinta iyo macluumaadka faalidada badan.

qorshee magaca

Magaca qorshahaaga gaarka ah.

ucare.org

Issuer: **80840**
 Name: **JOHN Q DOE**
 ID: **0123456789** PMI#: **089980**
 RxBIN: **003858** RxPCN: **MA** RxGrp: **L58A**
 RxID: **123456789**
 Svc Type: **MEDICAL/DENTAL** Group Number: **xxxxxx**
 Care Type: **Prepaid Medical Assistance (PMAP)**

Issued: **MM/DD/YYYY**

Macluumaadka xidhiidhka

Tirooyinka la garanayo, ay ku jiraan adeega macmiilka iyo lambarada laynka kalkaaliska 24/7.

FOR MEMBER USE – For emergency care go to the nearest hospital or call 911.
Customer Service: 612-676-3200 or 1-800-203-7225, TTY: 612-676-6810 or 1-800-688-2534.
UCare 24/7 Nurse Line: 1-800-942-7858 or TTY: 1-855-307-6976
Delta Dental Customer Services: 651-768-1416, TTY users call State Relay 711, 1-855-648-1416
Mental Health and Substance Use Disorder Services: 612-676-6533 or 1-833-276-1185
Appeals and Grievances: UCare Plan - 612-676-6841 or 1-877-523-1517, fax 612-844-2021 or 1-866-283-8015, TTY: 612-676-6810 or 1-800-688-2534 State of MN - DHS Appeals Unit, P.O. Box 64941, St. Paul, MN 55164 Managed Care Ombudsman - 1-651-431-2660 or 1-800-657-3729, TTY 711

FOR PROVIDER USE – MN primary claims must be submitted electronically.
 For outside MN submit claims to UCare, P.O. Box 70, Minneapolis, MN 55440-0070.
Prescription drug claims must be submitted electronically to Express Scripts.
Submit chiropractic claims to: Fulcrum Health, Inc., P.O. Box 981808, El Paso, TX 79998-1808
Provider Assistance Center: 612-676-3300 or 1-888-531-1493
Express Scripts Help Desk for Pharmacies: 1-800-922-1557
Submit all dental claims: Delta Dental of Minnesota, P.O. Box 9120, Farmington Hills, MI 48333-9120

Kaydisa Naadiga Caafimaadka

Kaydsigan naadiga caafimaadka aykonku wax auu muujinayaa u qalmida barnaamijkaaga.

Fahan caymiskaag

Hel sheeyadaada xubinta

Wa'aa muhiim in la ogaado wax'a lagu daray qorshahaaga caafimaadka. Halkan waxaa ah dhowr ilood oo ku caawin kara:

- **Buug yaraha Xubinta** — Waxay ku siisaa macluumaadka faahfaahsan ee ku saabsan waxa qorshahaagu daboolo, ay ku jiraan xuquuqdaada xubinta iyo masuuliyadaha.
- **Diiwaanka Adeeg bixiyaha iyo Farmasiiga** — Liisaska dhakhtarada, dhakhtarada ilkaha, farmasiiga, cusbitaalada iyo daaweeyayaasha ku jira shabakadayada, ay ku jiraan faahfaahinta takhsuska, dugsiga caafimaadka soo xaadiray, degenaanshaha la dhammaystiray iyo heerka shahaadada
- **Liiska dawooyinka L adaboolo (Liiska)** — Liisaska waxay dawooyinka aad qorshaysaa daboolaan

Halkan waxaa ah sida loo helo sheeyadan muhiimka ah ee xubinta:

onlayn ah

Arag ama daabac Buug yaraha Xubinta, Adeeg bixiyaha Banaamiyada Daryeelka Caafimaadka Minnesota iyo Liiska Farmasiiga iyo Barnaamijyada Daryeelka caafimaadka Minnesota Liiskada Dawooyinka la Daboolo (Liiska) ee ka yimid [ucare.org/pmap](https://www.ucare.org/pmap). Ama soo gal kootada xubinta onlaynka ah bogga [member.ucare.org](https://www.member.ucare.org).

codso qoraalada daabcan

Waxaad waydiisan kartaa koobiyada daabacan ee qoraalada qorshahaaga gudaha labba qaa:

1. **Onlayn** — Soo gal kootada xubintaada bogga [member.ucare.org](https://www.member.ucare.org) oo soo dir codsiyao
2. **Telefoonka** — Soo wac adeega xubinta

Faa'iidooyinka dawo qorida

Dawo qordaada iyo dawada aan la qorin ee dheefaha waa qayb muhiim u ah qaybtaada daboolida daryeelka caafimaadka ah. Faahfaahinta ku saabsan daboolida dawo qoridaada waxaa laga heli karaa bogga [ucare.org/pmap](https://www.ucare.org/pmap), ay ku jiraan:

1. Faahfaahinta ku saabsan daboolida dawo qoridaada gudaha Buug yaraha Xarunta
2. Liiska la raadin karo ee dawo qorida uu daboolo qorshahaagu, ay ku jirto dawooyinka qaar aan la qorin, waxaa laga heli karaa [ucare.org/prescriptiondrugs](https://www.ucare.org/prescriptiondrugs). Liiskan waxaa loo cusboonaysiiyaa qaab bile ah

Buuxinta dawo qorida

Marka dhakhtarkaagu qori dawo, waxaad haysataa labba qaad oo aad ku buuxiso dawo qoridaada:

1. Adeeg bixiyahaagu waxa uu kuu soo diraa dawo qorida farmasiiga shabakada aad doorato
2. Waxaad qaadataa dawo qorida shabakada farmasiiga aad doorato.

Waydii farmasiigaaga haddii ay bixiyaan u soo dirida guriga.

Si loo yareeyo tirada safarada: ilaa farmasiiga iyo kharashka hoos, qaybo ilaalinta dawada waxay buuxin karaan ilaa 90 maalmood saad ah kharashka la wada bixiyo oo isku mid ah sida saadka hal bil. Dawooyinka waxaa la buuxin karaa ilaa 90 maalmood oo ku qoran liiska dawooyinka la daboolo. Waydii dhakhtarkaagu inuu qoro saadka 90 maalmood oo dawo qoridaada ah. Ka dib raadi shabakada farmasiiga si aadu hesho farmasiiyada bixiya buuxinta 90 maalmood.

Halka laga helo daryeelka

Rugta daryeelka koowaad

Daryeelka ka hortagga ah iyo jirooyinka yar xaga rugta garanaysa taariikhdaada caafimaadka iyo xaaladaha xiliga dheeraada.

UCare 24/7 Laynka Telefoonka Kalkaaliska

Talada khabiirka ee ka timid kalkaalisooyinka khibrada leh oo ku saabsan sida loo sameeyo iyo halka la tago marka aad qabto walaaca caafimaadka.

1-800-942-7858, TTY 1-855-307-6976, 24 saacadood maalintii, todobo maalmood todobaadkii

Doorashooyinka Telehealth

Dhakhtaradayda iyo rugaha sidoo kale waxay la kulmayaan bukaanada onlaynka ama telefoonka.

Haddii aad la kullanto jiro aan gurmada ahayn ama xaalad, waxaad soo waci kartaa dhakhtarkaaga ama rugta si loo ogaado sida ay adiga kuula kulmi karaan ama ay ku helaan booqashada korontada onlaynka ah oo aan kharash ahayn iyagoo maraya mid ka mid ah shuraakadayada:

- virtuwell.com
- cvs.com/minuteclinic
- mhealthfairview.org/evisits

Rugta caafimaadka la soo galo iyo daryeelka gurmada

Daryeelka dhaawaca aan gurmada ahayn ama jirada u baahan dareen u soo jeedin degdeg ah.

- Goobaha tafaariiqda
- Minute Clinic
- Xarumaha daryeelka degdega ah

Qolka gurmada cusbitaalka

Daryeelka gurmada ah ee astaamaha noloshaha khatar gelisanaysa ee u baahan dhigida cusbitaalka.

Way fududahay in la helo dhakhtar ku jira shabakadayada iyo qorida dawooyinkaaga

Booqo ucare.org/searchnetwork, dooro qorshahaaga oo riix "riix shabakada" xaga sare ee bogga. Isticmaal aaladan onlaynka ah si aad u hesho:



Dadka

Dakhtarada, khabiirada, dakhtarada ilkaha, daaweeyayaasha iyo noocyada kale ee daryeelka



Meelaha

Cusbitaalada, rugaha caadimaadka, daryeelka caafimaadka guriga, goobta caafimaadka, daryeelka degdega ah iyo wax badan



Farmasiiyada

Bulshadda, cusbitaalka, ruhta iyo farmasiiyada onlaynka ah



Dawooyinka

Dhakhtarka Qoro
Dawooyinka la daboolo iyo xadadka/xayiraadaha



Ka faa'iidayso gunnooyinkaaga

Gaadiid raaca si loo daboolo adeegyada

UCare Health Ride waxay bixisaa gaadiidka aan kharashka lahayn ee tegida iyo ka imaanshaha caafimaadkaaga la daboolo, ilkaha iyo booqashooyinka farmasiiga. **Xaalada gurmada ah wac 911.**

UCare Health Ride

1-800-864-2157

TTY 1-800-688-2534

7 subaxnimo – 8 habeenimo, Isniin – Jimce

ucare.org/healthride

Doorashooyinka Gaadiid raaca



Baska dad waynaha ama Tareenka Fudud

Xubnaha ku nool xaga baska ka qayb gelaya ama khadka tareenka. Soo wac si aad u codsato 14 maalmood oo ganacsioo ah wakhti hore. Kaadhahka bilaha ah ee xubnaha takhasuska.



Tagsiga ama darawal mutadac ah

Xubnaha aan ku noolayn baska ama khadka tareenka Call Health Ride ugu yaraan labba maalmood ka hor ballantaada si loo qorsheeyo.



Adeegyada gaadiidka gaarka ah

Wixii ah xubnaha kuwaas oo aan si badbaado ah u isticmaali karin baska, tagsiga ama darawal mutadawac ah ama liidashada jidhka. Call Health Ride ugu yaraan labba maalmood ka hor ballantaada si loo qorsheeyo.



Magdhowga lacagta maylasha aad laftaadu baabuur kaxaysatay

Haddii aad leedahay baabuurkaaga, la xidhiidh waaxda degmadaada adeegyada aadamaha si looga hadlo wax ku saabsan doorashooyinka magdhowga.

Caafimaadka Maskaxda iyo Cudurada Isticmaalka Maandooriyaha. Adeegyada

Cudurada maskaxda iyo si xun u isticmaalka maandooriyaha waxaa xaalado caafimaad oo la dawayn karo. Shaqaalaha UCare waxaa la heli karaa si ay u bixiyaan taageero iyo ilo.

Taageerada xubnaha iyo qoysaskooda waxaa ka mid ah:

- Caawimada muddada dhibta
- U gudbinta Caafimaadka iyo la tashiga Maskaxda iyo Isticmaalka Maandooriyaha iyo adeegyada kale.
- Xidhiidhaha ilaha bulshadda
- Caawimada helida daryeelka shabakada ku jira iyo adeeg bixiyayaasha takhasuska caafimaadka maskaxda iyo isticmaalka maandooriyaha.
- Oggolaanshaha iyo digniinta caafimaadka maskaxda iyo adeegyada isticmaalka maandooriyaha.

Caafimaadka Maskaxda UCare iyo Cudurada Isticmaalka Maandooriyaha Laynka Triage.

Si loo heli adeegaydan, soo wac:

612-676-6533 or 1-833-276-1185

TTY 1-800-688-2534

8 subaxnimo – 5 galabnimo, Isniin – Jimce

Goobaha uurka

Barnaamijka kursiga baaburka

Waxaad u qalmi kartaa kursiga bilaashka ah ee baabuurka dhexda Kuraasida UCare, Waxbarashadda iyo barnaamijka Badbaadada Safarka (SEATS). Xubnaha ka yar da'da sideed ama uurka leh waxay heli karaan kursiga baabuurka wata waxbarashadda badbaadada. Soo wac adeega macmiilka si aad u hesho magaca iyo lambarka telefoonka wakaalada iskaashiga la samaynaysa ee adiga kuu dhow.

Laynka Kalkaaliska UCare La talinta Uurka

Kalkaalisoooyinka waxay ku bixiyaan talada khabiirka, taageerada, jawaabaha su'aalaha uurkaaga iyo gubinbta dheeraadka ah ee ilaha telefoonka guudkiisa.

Laynka Kalkaaliska UCare La talinta Uurka

Si loo heli adeegaydan, soo wac:

612-676-3326 or 1-855-260-9708

TTY 711

9 subaxnimo – 5 galabnimo, Isniin – Jimce

Tilmaamaha faa'iidada badan ee abaal marinta

Baro wax badan oo ku saabsan ilaha, iyo tilmaamaha si lagaaga caawiyo inaad caafimaad qab ku joogto muddada iyo ka dib uurka dhexda barnaamijka Adeegyada Maamulka Hooyada (MOMS),. Hel macluumaad ku saabsan naas nuujinta, dhalashada ilmaha iyo fasalada waxbarashadda uurka. Macluumaadka dheeraadka ah, soo wac adeega macmiilka ama booqo ucare.org/healthwellness.

Isla markaad ogaato inaad uur leedahay, soo wac shaqaalaha degmadda si aad u ogaato wax badan oo ku saabsan dheefahan caafimaadka dheeraadka ah.

Jidh dhiska iyo dheefaha fayd qabka

Tallaalka

Qorshahaagu waxa uu daboolaa hargabka oof wareenka, COVID-19 iyo tallaalka iyo tallaalka carruurnimada. La hadal dhakhtarkaaga ama adeeg bixiyaha daryeelka caafimaadka kale si aad u aragto haddii aad ubaahan tahay kuwan ama mudditaanada kale.

Adeegyada caafimaadka ka hortagga

Daboolidaada waxaa ka mid ah baadhitaanada ka hortagga ah ee muhiimka ah si ay kaaga caawiyaan inaad caafimaado. Waxaa lagu bixiyaa kharash iyagoo adiga kugu ahayn. Waxaa ka mid ah baadhitaanka sanadlaha ah ee jidhka, baadhitaanka cudurka sonkorta, baadhitaanka kolostaroolka, baadhitaanka kansarka naaska iyo baadhitaanka kansarka xidmaha. Waxaan abaal marint bixinaa dhammaystiraka qaybo baadhitaanada daryeelka caafimaadka muhiimka ah, baadhitaanada ama ka hortagga ee daryeelka baadhitaanka. Booqo ucare.org/rewards ama soo wac adeega xubinta si aad u barato wax badan oo ku saabsan helid aabaal marinta is daryeelida naftaada.

UCareDheefta Abaal marinta Mastercard

Abaal marinta UCare Dheefta MasterCard waa kaadh wax lagu shubi karo oo bixiya debecsanaan, doorasho iyo fudaydaka isticmaalka. Shaqayso abaal marin iyo UCare waxay dib wax ugu soo shubi doontaa kaadhkaaga si loogu kharash gareeyo sida aad doorato. Waxaan abaal marint bixinaa dhammaystiraka qaybo baadhitaanada daryeelka caafimaadka muhiimka ah, baadhitaanada ama ka hortagga ee daryeelka baadhitaanka. Booqo ucare.org/rewards ama soo wac adeega xubinta si aad u barato wax badan oo ku saabsan helid aabaal marinta is daryeelida naftaada. Lacagta ku jirta Mastercard waxay dhici doontaa wakhtigeedu UCare marka la joojiyo qorshaha.

Naadiga Kaydsiga Caafimaadka

Ku soo biir, la shaqee miisaanka, dabaasha qaybo soo laabid ah ama isku day shay cusub. Kaydsiga Naadiga Caafimaadku waxa uu bixiyaa inta kala duwan ee aad doonayso iyo debecsanaanta aad doonayso.

Xubnaha UCare ee da'da 18 iyo kaw ayn ee ka tirsan naadiga caafimaadka ka qayb galaya waxay heli karaan magdhow ilaa \$20 miduun xubinimada naadiga kharashyada ah bil kasta.* A ugu yaraan 12 booqasho ayaa loo baahan yahay si loogu qalmo lacag celinta. Si fudud u tus kaadhkaaga Aqoonsiga xubinta UCare marka aadku biirto goobta ka qayb galka. Ka hel liiska naadiyada caafimaadka ka qayb gelaya ucare.org/healthwellness.



Summadan ku taal kaadhka aqoonsiga xubinta waxa ay tusinaysaa u-qalmitaankaaga barnaamijka. *Waxay qaadan kartaa ilaa laba bilood in la bilaabo helitaanka lacag-celinta kharashka naadiga caafimaadkaaga.

Agabka Carruurta LivingWell ee xubnaha da'daha 17 iyo ka yar

Dooro hal ama afar agabyada maada kala duwan ee loogu talo galay carruurta. Agab kasta waxaa ku jiro aaladaha kuu fududeeya adiga iyo qoyskaaga inaad caafimaad qab guriga ku jooqtaan. Dooro hal agab xubintiiba jadwal kasta oo sanadka ah.

- Agabka 1: Madadaalada Jir dhiska
- Agabka 2: Dhalinyaradu De-stress
- Agabka 3: Agabka ilkaha (carruurta yaryar)
- Agabka 4: Agabka ilkaha (labaatayeenada kuwa jira /kurayda)

Si loo ogaado waxa ku jira agab kasta iyo in la codsado agab, buuxi oo boosta ku soo dir foomka xaga dambe ee hagahan ama soo wac adeega macmiilka. Waa inuu ahaadaa xubin PMAP da'da 17 ama ka yar wakhtiga dalabka. Waxa uu ka kooban yahay agabka wuu is beddelaa. Fadlan oggoolow 4 – 6 todobaad oo dirida ah.



Lacag dhimista cuntooyinka caafimaadka

Kaydso ilaa \$50 todobaadkii cuntooyinka caafimaadka leh ee hore loogu qalmo, ay ku jiraan caano, hilib saafan, ukun, khudrad, khuddaar iyo wax badan dhexda barnaamijka Healthy Saving®. Soo deji abka bilaashka ah, sawir saar oo sax goobaha ka qayb galka oo hel lacag dhimis degdeg ah. Ama isticmaal kaadhka Healthy Saving oo boostadda kuugu iman doona. Baro wax badan oo ku saabsan healthysavings.com/ucare ama addoo soo wacaya.

Qaataa fasalo oo helaa lacag dhimid

Waxaad heli kartaa ilaa \$15 oo laga dhimo badanka kharashyada koorsooyinka fasalada waxbarashada bulshadda. Ka dooro wax karinta, jidh dhiska, hawlaha bulshadda, loox sawirida ama fasalada kale ee adiga ku xiisa geliya.

Ka eeg liiska waxbarashada bulshadda aagaaga ama la xidhiidh dugsigaaga degmadda wakhtiyada fasalka iyo goobaha. Tus kaadhkaaga Aqoonsiga Xubinta UCare marka aad iska diiwaangelinayso gudaha fasalka si aad u hesho lacag dhimis.



Taageerada maaraynta cudurka

Xubnaha leh xaalada caafimaadka qaarkood waxay caawimo ka heli karaan barnaamijyada maamulka cudurka. UCare waxay bixisaa adeegyada tababarka caafimaadka xubnaha qaba xaaladaha sida xiiqda, cudurka sonkorta ama wadne istaaga.

Laynka Maamulka Cudurka UCare

612-676-6539 ama 1-866-863-8303

TTY 612-676-6810 ama 1-800-688-2534

Iska dhaaf Sigaar cabida iyo Barnaamijka Shiishida

Ka bilow buuriga iyo nolosha aan nikootiinta lahayn. UCare Buuriga iyo khadka Nikotiin iska daynta tababarayaashu waxay kaa caawiyaan inaad barato si aad u noolaato buuri la'aan ama nikotiinta kharash la'aan . Tababarayaashu waxay bixiyaan qalab online ah, joojiya kaalmooyinka (sida balastarrada nikotiinka iyo xanjada) iyo in ka badan. Ka hel caawimo telefoonka ah, onlayn ah ama addoo maraya Rally Coach Quit For Life abka moobilka.

UCare Laynka Iska daynta Buuriga iyo Nikotiinka

1-855-260-9713

TTY 711

myquitforlife.com/ucare

Ilaha ilakaha

Waxaad heli doontaa liiska dheefaha ilkaha la daboolo ee ku jira qorshaha Buug yarahaaga Xubinta Dheefahan waxaa ku jira adeegyo badan oo cudur baadhida, ka hortag iyo samaynba ah.

Isku xidhka Ilkaha UCare

Isku xidhka Ilkaha UCare waxay kaa caawin kartaan inaad:

- Hesho adeeg bixiyaha ilkaha ama guriga iilkaha
- Ballan ka qabso ilkaha wixii ah daryeelka la socodka guud iyo takhasuska.
- Isku duba ridaa raacida, iyo adeegyada turjumaada ee ballamaha ilkaha
- Waxay bixisaa jawaabaha dheefta ilkaha iyo su'aalaha sheegashada

Isku xidhka Ilkaha UCare

651-768-1415 ama 1-855-648-1415
TTY 612-676-6810 ama 1-800-688-2534
7 subaxnimo – 7 fiidnimo, Isniin– Jimce
ucare.org/dentalconnection

Xarunta Ilkaha Wareegta UCare

Xubnaha leh gaadhida xadiadan ee daryeelka tayada leh ee ilkaha waxay heli karaan baadhitaanada, nadiifinta iyo daryeelka samaynta fudud xaga UCare Mobile Dental Clinic (MDC). Dhammaan adeegyada ay bixiso kulliyada ardayda la kormeero ee Jaamacadda Minnesota ee Dugsiga Ilakaha.

MDS waxaa si gaar ah loogu talo galay, in kursi curyaan lagu gaadho, 43 fuudh xafiiska dhakhtarka ilka'ha ee lagu tago shaagag iyadodo la saarayn yahay. Waxay booqataa dhowr goobood gudaha metrooga aaga Greater Minnesota sanad kasta.

Ka ogow marka MDC ay iman doonto aagagaa bogga ucare.org/mdc.

Laynka balamaha Rugta Ilkaha ee Wareegta

1-866-451-1555
TTY 1-800-627-3529
8 subaxnimo – 4:30 galabnimo, Isniin – Jimce
ucare.org/mdc





 **Ucare**[®]
people powered health plans

Agabka Carruurta LivingWell



Ka caawinta carruurta inay si wanaagsan u noolaato

UCare waxay bixisaa agabyada jidh dhiska iyo fayd qabka si ay u caawiso carruurta inay dareemaan fayd qab oo u ahaadaan fayd qab — dhammaan iyagoon kharash kugu joogin. Dooro agabka aad doonayso iyo dalabka boosta ka yimid UCare.

Agabta waxaa loogu talo galay xubnaha hadda PMAP 17 ama ka yar wakhtiga dalabka. Hal agab xubintiiba jadwal kasta oo sanadka ah.. Waxa uu ka kooban yahay agabka wuu is beddelaa.

Haddii aad hayso su'aalo, soo wac adeegya xubinta.

Oggolow 4- 6 todobaad dirida agabka. Dheefaha way isbeddeli karaan sanad kasta foomamka aan dhammayska tiran ama aan loo qalmin waa la soo celin doonaa.

Dooro hal qayb. Haddii aad doorato wax ka ba badan hal qayb ama agab, xubinta kooxda UCare way ku soo waci si ay u ogaato midka aad jeceshahay.

Agabka 1: Madadaalada Jirdhiska

- Beensadala midabka leh
- Laa dhuuda jidh dhiska
- Raad raacaha jidh dhiska
- Frisbee

Agabka 2: Nasinta Dhalin yarta

- Buuga midabka iyo qalin beensalo
- Caaga faraha lagu wareejiyo
- Caaga faraha lagu wareejiyo
- Guntin

Agabka 3: Qalabka Ilkaha (carruurta yaryar)

- Buug
- Kiiishka agabka
- Dunta findhicilka
- Burushka cadayga
- Cajiinka ilkaha
- Saacada Wakhtiga qabata
- Raad raacaha

Agabka 4: Qalabka Ilkaha (labaatan jirada/kuraysa)

- Dunta findhicilka
- Kiiishka agabka
- Burushka caddayga wareega
- Cajiinka ilkaha

Si loo dalbado agabka, buuxi foomka ama soo gal / samee kooto

Si loogu dhammaystiro onlayn

Booqo member.ucare.org. Riix Health & Wellness oo tag Wellness, Rewards & Allowance si aad usamayso dalabka agabkaaga.

Si loogu buuxiyo foomka

boostadda Buuxi foomka hoose. Fadlan isticmaal khad madow. Dhammaan qaybaha waa loo baahan yahay.

UCare Lambarka Aqoonsiga Xubinta (ilmaha) _____

Taariikhda Dhalashada Xubinta UCare _____

UCare Xubinta Da'da (waa inuu noqdaa 17 ama ka yar yahay) _____

UCare Magaca Xubinta _____

Fadlan noo sheeg halka loo dirayo agabka:

Magaca (koowaad iyo ka dambe) _____

Cinwaanka Boostada _____

Magaalada _____ Gobolka _____

Sibka _____

Telefoonka _____



 **Ucare**[®]
people powered health plans

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 ntauv no pub dawb, ces hu rau tus najnpawb xov tooj saum toj no.

ဟ်သုဉ်ဟ်သးဘဉ်တက့ၢ်. ဝဲနမ့ၢ်လိဉ်ဘဉ်တၢ်မၤစၢၤကလိလၢတၢ်ကကျိးထံဝဲဒဉ်လံာ် တီလံာ်မိတခါအံၤန့ၢ်,ကိးဘဉ် လိတဲစိနီၢ်ဂံၢ်လၢထးအံၤန့ၢ်တက့ၢ်.

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

ໂປຣດຊາບ. ຖ້າຫາກ ທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປເອກະສານນີ້ພຣີ, ຈົ່ງ ໂທໂປທີ່ໝາຍເລກຂ້າງເທິງນີ້.

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.

Civil Rights Notice

Discrimination is against the law. UCare does not discriminate on the basis of any of the following:

- race
- color
- national origin
- creed
- religion
- sexual orientation
- public assistance status
- age
- disability (including physical or mental impairment)
- sex (including sex stereotypes and gender identity)
- marital status
- political beliefs
- medical condition
- health status
- receipt of health care services
- claims experience
- medical history
- genetic information

You have the right to file a discrimination complaint if you believe you were treated in a discriminatory way by UCare. You can file a complaint and ask for help filing a complaint in person or by mail, phone, fax, or email at:

UCare

Attn: Appeals and Grievances

PO Box 52

Minneapolis, MN 55440-0052

Toll Free: 1-800-203-7225

TTY: 1-800-688-2534

Fax: 612-884-2021

Email: cag@ucare.org

Auxiliary Aids and Services: UCare provides auxiliary aids and services, like qualified interpreters or information in accessible formats, free of charge and in a timely manner to ensure an equal opportunity to participate in our health care programs. **Contact** UCare at 612-676-3200 (voice) or 1-800-203-7225 (voice), 612-676-6810 (TTY), or 1-800-688-2534 (TTY).

Language Assistance Services: UCare provides translated documents and spoken language interpreting, free of charge and in a timely manner, when language assistance services are necessary to ensure limited English speakers have meaningful access to our information and services. **Contact** UCare at 612-676-3200 (voice) or 1-800-203-7225 (voice), 612-676-6810 (TTY), or 1-800-688-2534 (TTY).

Civil Rights Complaints

You have the right to file a discrimination complaint if you believe you were treated in a discriminatory way by UCare. You may also contact any of the following agencies directly to file a discrimination complaint.

U.S. Department of Health and Human Services Office for Civil Rights (OCR)

You have the right to file a complaint with the OCR, a federal agency, if you believe you have been discriminated against because of any of the following:

- race
- color
- national origin
- age
- disability
- sex
- religion (in some cases)

Contact the OCR directly to file a complaint:

Office for Civil Rights

U.S. Department of Health and Human Services

Midwest Region

233 N. Michigan Avenue, Suite 240

Chicago, IL 60601

Customer Response Center: Toll-free: 800-368-1019

TDD Toll-free: 800-537-7697

Email: ocrmail@hhs.gov

Minnesota Department of Human Rights (MDHR)

In Minnesota, you have the right to file a complaint with the MOHR if you have been discriminated against because of any of the following:

- race
- color
- national origin
- religion
- creed
- sex
- sexual orientation
- marital status
- public assistance status
- disability

Contact the **MDHR** directly to file a complaint:

Minnesota Department of Human Rights

540 Fairview Avenue North, Suite 201

St. Paul, MN 55104

651-539-1100 (voice)

800-657-3704 (toll-free)

711 or 800-627-3529 (MN Relay)

651-296-9042 (fax)

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

Minnesota Department of Human Services (DHS)

You have the right to file a complaint with OHS if you believe you have been discriminated against in our health care programs because of any of the following:

- race
- color
- national origin
- religion (in some cases)
- age
- disability (including physical or mental impairment)
- sex (including sex stereotypes and gender identity)

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

Healthy Savings waa calaamada diiwaan gashan ee Solutran, Inc.



500 Stinson Blvd
Minneapolis MN 55413
612-676-3200 | 1-800-203-7225
TTY 612-676-6810 | 1-800-688-2534
8 subaxnimo – 5 galabnimo, Isniinta - Jimce
ucare.org

U7866 (11/2022) © 2022 UCare. Dhammaan xaquuquhu waa dhawrsanyihiin.