



Hagahaaga 2023 UCare Connect

(SNBC)

Lambarada ay tahay inaad ogaato

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 Mental Health and Substance Use Disorder Triage Line

For crisis support or ongoing help to manage a mental health or substance use condition.

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

TTY 1-800-688-2534

8 am – 5 pm, Monday – Friday

UCare Care Navigator Assistance Line

612-676-6502 or 1-877-903-0062

TTY 1-800-688-2534

8 subaxnimo – 4:30 galabnimo, Isniin – Jimce

UCare Dental Connection

651-768-1415 ama 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

Adeegyada Kale ee UCare

UCare waxay bixiyaan adeegyada dheeraadka ah, sida turjubaanada loo qalmo ama macluumaadka, qaab la gaadhi karo, bilaash ah fursada loo siman ayahay si looga qayb galo daboolida daryeelka caafimaadka.

612-676-3395 ama

877-903-0061

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

8 subaxnimo – 5 galabnimo, Isniin – Jimce

Tobacco and Nicotine Quit Line

1-855-260-9713

TTY 711

La heli karo 24 saacadood maalintii, todobo maalmood todobaadkii

myquitforlife.com/ucare

Xarunta Naafanimada MN

Isha ilaashka ah Minnesota shabakada gobolka oo dhan ee caawisa inaad xaliso dhibaatooyinka, dhex goosh nidaamka iyo qorshaha mustaqbalkaaga..

1-866-333-2466

8:30 subaxnimmo – 5 galabnimo, Isniin – Jimce

disabilityhubmn.org

UCare Laynka Kalkaaliska La talinta uurka

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

TTY 711

9 subaxnimo – 5 galabnimo, Isniin – Jimce

UCare Ilaali Barnaamijkaaga Daboolida

612-676-3438 ama 1-855-307-6978

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

8 subaxnimo – 5 galabnimo, Isniin – Jimce

Ma hubtid miyaa meesha laga bilaabo? Soo wac Adeega Macmiilka UCare' Connect oo waxay kaa caawin doonaan ka jawaabida su'aalahaaga.

612-676-3395 ama 1-877-903-0061

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

8 subaxnimo – 5 galabnimo, Isniinta - Jimce

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Ku soo dhawow UCare!

Waxaanu aad ugu faraxsanahay inaad nala joogto sidii xubinta UCare Connect.

Hagahan waxa uu kaa caawin doonaa inaad barato sida isticmaalka dheefaha iyo sifooyinka UCare Connect qorshahaaga. Si feejigan u akhri, diyaarso oo soo gudbi inta badan.

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

Ma qabtaa su'aalo? Nala soo xidhiidh oo noo sheeg. Had iyo jeer waxaa lagu soo dhawaynayaa fikradaada, faallooyinka iyo su'aalaha. Waad ku mahad sanatahay inaad nagu aaminto baahiyahaaga daboollida 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 dir Adeega Macmiilka adoo riixaya "Message Us"
- Aragto, daabac iyo dalbo kaadhkaaga Aqoonsiga xubinta
- Arag qoraaladaada qorshaha UCare si aad u ogaato waxa la daboolo
- U dir fariin caafimaad oo amni ah oo ah 24/7 adeegayaga WebNurse
- Arag wararkii u dambeeyay ee daboollida iyo macluumaadka muhiimka ah iyo macluumaadka faydada qabka
- Miyaa qiimaynta caafimaadku fahantaa caafimaadkaaga
- Hel adeegyada faydada qabka, alaabta iyo wax badan



Adeega macmulka

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

612-676-3395 ama 1-877-903-0061

TTY 1-800-688-2534

8 subaxnimo – 5 galabnimo, Isniinta - Jimce

In kastoo aanu fahano qoyskaagu inuu ka walaacsan yahay wax kugu saabsan adiga, anagu ma shaacin karno macluumaadka xubnaha qoyskaaga anagoo ku wacayna anagoo ku metalayna iyaddoonay jirin Bayaan saxaexa ee Wakiilka La oggolaaday oo muujinaya xubinta(ha) qoysku inay haysaan 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 waxshay ah aanu sax ahayn.
- Adigu qaado
- Tus kaadhkaaga Aqoonsiga xubinta marka aad hesho daryeel.
- Gacanta ku hayso marka aad soo wacayso adeega macmiilka
- Dalabo 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 faa'idada badan.

qorshee magaca

Magaca qorshahaaga gaarka ah.

ucare ucare.org

Issuer: **80840**
 Name: **JOHN Q DOE**
 ID: **012345678900** PMI#: **089980**
 Rx BIN: **003858** Rx PCN: **MA** Rx Grp: **L58A**
 RxID: **012345678900**
 Svc Type: **MEDICAL/DENTAL** Group Number: **xxxxxx**
 Care Type: **UCare Connect**

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: 612-676-3395 or 1-877-903-0061, TTY: 612-676-6810 or 1-800-688-2534.
Delta Dental Customer Services: 651-768-1416, TTY users call State Relay 711, 1-855-648-1416
UCare 24/7 Nurse Line: 1-800-942-7858 or TTY: 1-855-307-6976
Behavioral Health 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
Dental: Delta Dental of Minnesota, P.O. Box 9120, Farmington Hills, MI 48333-9120

One Pass™

Barnaamijka Jidh dhiska One Pass

Sawirkan One Pass image waxa uu ku tusayaa inaad u qalanto dheeftan.

Fahan caymiskaaga

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 La daboolo (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/connect](https://www.ucare.org/connect). Ama soo gal kooda xubinta onlaynka ah bogga [member.ucare.org](https://www.member.ucare.org).

codso qoraalada daabcan

Had iyo jeer waxaad dalban kartaa koobiyada ddabacan ee qoraalada qorshahaaga oo labba qaab ah:

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

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/connect](https://www.ucare.org/connect), 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 qaab oo aad ku buuxiso dawo qoridaada:

1. Adeeg bixiyahaagu waxa uu kuu soo diraa dawo qorida farmasiiga 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 imaanshahacaafimaadkaaga 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 fudud. 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 maxkada 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 ama 1-833-276-1185

TTY 1-800-688-2534

8 subaxnimo – 5 galabnimo, Isniinta - Jimce

Iskuduwidda daryeelka

Xubinimadaada waxaa kamid ah adeega Qalabka Daryeelka gooshida kaas oo kaa caawin kara inaad hesho daryeelka aad u baahan tahay. Gooshahaaga Daryeeli waxa uu kaa caawin karaa habbaynta daryeelka ka hortagga ah, helida ama beddelka dhakhtarkaaga, kuu gudbinta iyo helida barnaamijyada faydada qabka iyo adeegyada kale.

Adeega isku xidhka daryeelku waxay kaa caawin kartaa helida daryeelka caafimaadka, habbaynta gaadiidka, hubinta dawooyinkaaga in loo buuxiyay si sax ah, la shaqaynta deeg bixiyahaaga iyo taageera kasta oo kale oo aad u baahan tahay.

Kaalmada Kaaliyaha Daryeelka Laynka

612-676-6502 ama 1-877-903-0062

TTY 1-800-688-2534

8 subaxnimo – 5 galabnimo, Isniin– Jimce

Ilaali Barnaamijkaaga Caymiska

Waa muhiim in la diyaarsado Kaalmadaada Caafimaad (Medicaid)mrkaas UCare Connect gagu waa uu sii socdaa iyaddoon la hayn faraqyada daryeelka caafimaadka ama adeegyada. Si aad ugu sii qalanto Kaalmada Shaqada warqaddaha shaqada wadankaaga ee degenaanshaha waa in la buuxiyaa oo wakhti buure ah la soo diraa. Waxaad sidoo kale u baahan doontaa isbeddelada qaar inaad ka warbixisomuddada sanadka, sida haddii aad guurto ama hesho shaqo cusub.

Haddii aad u baahan tahay caawimada, UCare's Ku ilaasho kooxdaada Daboolida halkan.

UCare waxay ilaalisaa laynka caawinada Daboolidaada

612-676-3438 ama 1-855-307-6978

TTY 612-676-6810

8 subaxnimo – 5 galabnimo, Isniin – Jimcesnbckkeepcoverage@ucare.org

Jidh dhiska iyo dheefaha fayó qabka

Tallaalka

Hargab, COVID-19 iyo oof wareenka talaalka si buuxda ayaa loogu daboolaa gudaha qorshahaaga. 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 kharahs 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.

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 marinta bixinaa dhammaystiraka qaybo baadhitaanada daryeelka caafimaadka muhiimka ah, baadhitaanada ama ka hortagga ee daryeelka baadhitaanka. Booqo [ucare.org/rewards](https://www.ucare.org/rewards) ama samayso kooto [member.ucare.org](https://www.member.ucare.org). Riix Health & Wellness and ama tag Wellness, Rewards & Allowance si aad u aragto waxa aad u qalmi karto si aad u shaqayso. Lacagta ku jirta Mastercard waxay dhici doontaa wakhtigeedu UCare marka la joojiyo qorshaha.

Ku xidhno Agabka Fayó qabka

UCare waxay bixisaa agabyada caawimada si loo horumariyo caafimaadkaaga iyo fayó qabka. Agab kasta waxaa ka mid ah agabyada ka qayb qaadashada oo waxaa lagu heli karaa kharash la'aan. Doorro hal agan jadwalkii kasta ee sanadka.

- Agabka A: Jidh dhiska
- Agabka B: Kaalmada Hurdada
- Agabka C: Bogsiinta Walbahaarka
- Agabka D:
- Kit E: Amazon Echo

Soo ogow waxaa lagu dar agab kasta oo codso hal agab addoo isticmaalaya foomka xaga dhabarka ee hagahan ama ka samee kooto [member.ucare.org](https://www.member.ucare.org). Riix Health & Wellness oo tag Wellness, Rewards & Allowance Waxaad sidoo kale soo waci kartaa adeega macmiilka si aad u codsato agabka Agabku waxa uu ka kooban yahay wuu is beddeli karaa. Fadlan oggolow 4 – 6 todobaad oo dirida ah.

Qaado fasal, hel lacag dhimis

Waxaad heli kartaa ilaa \$15 oo laga dhimo badanka kharashyada koorsooyinka fasalada waxbarashada bulshadda. Ka doorro 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 dugsiigaaga degmadda wakhtiyada fasalka iyo goobaha. Tus kaadhkaaga Aqoonsiga Xubinta UCare marka aad iska diiwaangelinayso gudaha fasalka si aad u hesho lacag dhimis.



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 Igoobaha 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.

Barnaamijka Jidh dhiska Hal Kaadh

Hal Kaadh waa xalka jidh dhiska buuxa ee jidhkaaga iyo maskaxda, lagu heli karo adiga iyaddoon kharash dheeraad ah kugu joogin. Waxaad heli doontaa in ka badan 23,000 oo ah goobaha fayaqabka ee dalka oo dhan, oo lagu daray:

- In ka badan 32,000 la dalbanayo toos u socda oo fasalada jidh dhiska ah
- Dhisayaasha jimicsiga si loo sameeyo jimicsigaaga oo uu kuu geeyo jimicsi kasta
- Agabyada Jidh dhiska Guriga loo helo karo xubnaha jidh ahaan aan awoodin inay booqdaa ama degen ugu yaraan 15 meel dibada ka ah goobta ka qayb galka jidh dhiska
- La gaaryeelay, barnaamijka tababarka maskaxda onlaynka ah si loo caawiyo horumarinta xusuusta, dareen soo jeedka iyo xoog saarida
- In ka badan 30,000 oo hawlo bulsheed, fasalada bulshadda, iyo dhacdooyinka lagu heli karo onlaynka ama ka qayb galka qof ahaaneed.

Hal Kaadh

1-877-504-6830 TTY:711
8 subaxnimo – 9 galabnimo CT,
Isniinta – Jimce
ucare.org/onepass

One Pass™

Aykonkan ku qoran kaadhkaaga Aqoonsigu waxa uu muujiyaa u qalmidaada barnaamijka.



Waydii Daryeelahaaga Gooshida UCare

UCare waxay bixiyaan sheeyada dheeraadka ah si ay u caawiyaan inaad caawimaad qab ku joogto. Kaaliyaha Daryeelka waxa uu kaa caawin kalee ogaanshaha waxa adiga laguu heli karo. Haddii aad doonayso inaad la hadasho Kaaliyaha Daryeelka, soo wac 612-676-6502 ama 1-877-903-0062.

Iska dhaaf Sigaar cabida iyo Barnaamijka Shiishida

Ka bilow buuriga iyo nolosha aan nikootiinta lahayn. UCare khadka iska daynta tababarayaashu waxay kaa caawiyaan inaad barato si aad u noolaato buuri la'aan ama nikotiinta kharash la'aan. Tababarayaasha waxay bixiyaan taageero, agabyada onlaynka ah, kaalmada iska daynta (sida nikootiinta warqadda lagu dhejiyo jidhka iyo xanjada) iyo wax 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

Taageerada maaraynta cudurka

Xubnaha leh xaalada caafimaadka qaarkood waxay caawimo ka heli karaan barnaamijyada maamulka cudurka. UCare waxay siiyaan adeegyada Tababarka Caafimaadka xubnaha leh taariikhda ama khatar ugu jira xaaladaha raaga sida xiiqda, cudurka sonkorta, dhanjafka ama wadne xanuunka.

Laynka Maamulka Cudurka UCare

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

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

Wareejinta goobta daryeelka

Isbeddelada caafimaadka iyo baahiyaha daryeelku waxay dhici karaan wakhti kasta. Haddii aad u baahan tahay inaad ka tagto hal goob daryeel (sida gurigaaga, cusbitaalka am guriga kalkaaliska) ilaa meel kale, waxaanu doonaynaa inaanu hubino inaad haysato shay kasta oo aad u baahan tahay waayo aragnimada guusha leh.

Haddii aad haysato isku duwaha daryeelka, isaga ama iyaddu waxay uu kaa taageeraa. Qofkan wuu kula xidhiidhi karaa, qoyskaaga iyo adeeg bixiyayaasha si ay dib ugu eegaan tilmaamah cusbitaal ka bixida. Isku duwahaaga daryeelku waxa uu qiimayn doonaa fahankaaga dawooyinkaaga, waxay hubin doonaan inaad ogaato cida lagu wacayo su'aalaha, iyo caawimada la socodka ballanta iyo baahiyaha kale.

Haddii aanad haysan isku duwaha daryeelka, soo wac laynka Kaalmada Kaaliyada Daryeelka wixii caawimo ah ee adeega isku xidhka wareejintaad ala xidhiidha.



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 ama 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.

Ilaha ilakaha

Waxaa'd 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 ilkaha
- Ballan ka qabso ilkaja wixii ah daryeelka la socodka guud iyo takhasuska.
- Isku duba ridaa raacida, iyo adeegyada turjumaada ee ballamaha ilkaha
- Waxay bixisaa jawaababa dheefta ilkaja iyo su'aalaha sheegashada

Isku xidhka Ilkaha UCare

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

TTY 612-676-6810 or 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





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Ku Xirnow Qalabka Badqabka/Jimicsiga

Naftaada daryeel

Markay kuu habboonaato, UCare waxya bixisaa jidh dhiska iyo agabka fayd qabka si ay kuu caawiso horumarinta caafimaadkaadka— aan kharash kugu joogin. Dooro midka mid ah doorashada oo boostada ugu soo dir foomka UCare.

Waxa uu ka kooban yahay agabka wuu is beddelaa. Waxa uu noqon karaa xubinta hadda wakhtiga dalabka. Keliya hal agab xubintiiba jadwal kasta oo sanadka ah.

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

Oggolow 4- 6 todobaad dirida agabka. Dheefaha waxaa dhici karta inay beddesho sanad kasta. Foomamka aan la buuxin ama aan loo qalmin waacelin 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 A: Jidh dhiska

- Saacada Raad raacaha Hawsha
- Suunka Adkaysiga
- Qalabka Masaajaynta la kordhin karo

Agabka B: Kaalmada Hurdada

- Qalabka Buufinta saliidaha oo wata mashiin iyo nalka habeenka
- Saliidaha Lama huraanka ah ee jidhka

Agabka C: Bogsiinta Walbahaarka

- Nalka daawaynta
- Cajiin
- Riixid soo saarid

Agabka D: Ilkaha

- Burushka Cadayga korontada ah
- Cajiinka ilkaha
- Dunta findhicilka
- Kiishka agabka

Agabka E: Amazon Echo

- Amazon Echo Flex Dot (Jiilka 3aad)

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

Si loogu dhammaystiro onlayn

Booqo member.ucare.org. Riix Health & Wellness oo tag Wellness, Rewards & Allowanc 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 dirayao agabka:

Magaca koowaad iyo ka dambe) _____

Cinwaanka Boostada _____

Magaalada _____ Gobolka _____

Sibka _____

Telefoonka _____



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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 សូមហៅទូរសព្ទតាមលេខខាងលើ ។

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.

ဟ်သုဉ်ဟ်သးဘဉ်တက့ၢ်. ဝဲနမ့ၢ်လိဉ်ဘဉ်တၢ်မၤစၢၤကလိလၢတၢ်ကကျိးထံဝဲဒဉ်လံာ် တီလံာ်မိတခါအံၤန့ၢ်,ကိးဘဉ်လိတဲစိနီၢ်ဂံၢ်လၢထးအံၤန့ၢ်တက့ၢ်.

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

ໂປຣດຊາບ. ຖ້າຫາກ ທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປເອກະສານນີ້ພຣີ, ຈົ່ງ ໂທໂປຣໂປຣໄພາຍເລກຂ້າງເທິງນີ້.

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 MDHR 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 DHS 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
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