



Hagahaaga 2023 UCare's Minnesota Senior Health Options

(MSHO) (HMO D-SNP)

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

Lambarada ay tahay inaad ogaato

UCare Caafimaadka Maskaxda iyo maandooriyah a isticmaalkiisa Triage Line

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

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

TTY 1-800-688-25348

8 subaxnimo – 5 galabnimo, Isniin – Jimce

ucare.org/mhsudtriage

UCare Adeegyada Rugta Xubinta Adeega

612-676-6622

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

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'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 gurmadka caafimaadka: 911

ucare.org/healthride

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 barnaamijkayaga daryeelka caafimaadka.

612-676-6868 ama 1-866-280-7202

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

8 subaxnimo – 8 habeenimo, todoba maalmood todobaadkii

Tobacco and Nicotine Quit Line

1-855-260-9713

TTY 711

La heli karo 24 saacadood maalintii, todobo maalmood todobaadkii

myquitforlife.com/ucare

Senior LinkAge Line®

waa barnaamij dawladeed oo lacag ka hela dawladda Federaalka si uu u siiyo latalin caymis caafimaad oo bilaash ah dadka Medicare ka Minnesota ku sugan.

1-800-333-2433

TTY 711

mn.gov/senior-linkage-line

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

612-676-6868 ama 1-866-280-7202

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

8 subaxnimo – 8 habeenimo, 7 malamood

todobaadkii

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Dheefahu waxay isbeddeli karaan Janaayo 1 sanad kasta. Xadidaadaha, karashka la wada bixiyo iyo xayiraadaha waa la adeegsan karaa.



Ku soo dhawow UCare!

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

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

UCare's MSHO waxay bixisaa fursado badan ee adigu aad ku horumariso caafimaadkaaga. Waxaanu rajaynaynaa inaanu ka faa'iidayano dhammaan dheefaha fayyo 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 lagugu soo dhawaynayaa fikradaada, faallooyinka iyo su'aalaha. Waad ku mahad sanatahay inaad nagu aaminto baahiyahaaga daboolida 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 daboolida iyo macluumaadka muhiimka ah iyo macluumaadka fayyo qabka
- Miyaa qiimaynta caafimaadku fahantaa caafimaadkaaga
- Hubi u qalmidaada adeegyada fayyo qabka, alaabta iyo wax baan



Adeega macmulka

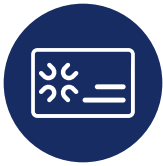
Soo wac wakiiladayada adeega macmiilka wixii ah jawabaha xubnimadaada, dheefta iyo su'aalaha adeega.

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

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

8 subaxnimo – 5 galabnimo, Isniin – Jimce

In kastoo aanu fahamnay qoyskaagu inuu adiga kaa walaacsan yahay, uma shaacin karno macluuumamadka xubnaha qoyska soo wacayo iyagoo ku metelaya, iyaddoo aad tahay walaid/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 waxya ka caawisaa adeeg bixiyayaasha daryeelka caafimaadka fahanka daboolidaada.

Tilmaamahan macksada ku hay:

- Dib u eeg Aqoonsigaaga xubinta kaadhka si feejigan hubso macluumaadku inuu sax yahay. Naogayssii haddii waxshay ah aanu sax ahayn.
- Adigu qaado
- Tus kaadhkaag Aqoonsiga xubinta marka aad hesho daryeel.
- Gacanta ku hayso marka aad soow acayso adeega macmiilka
- Dalabo kaadhka Aqoonsiga xubinta cusub ama beddelka ah dhexda kootadaada xubinta onlaynka ah bogga **member.ucare.org** ama addoo soow acaya 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#: **123456**
 RxBIN: **003858** RxPCN: **DE** RxGrp: **MNUA**
 Svc Type: **MEDICAL/DENTAL**
 Group Number: **xxxxxx**
 Care Type: **UCare's Minnesota Senior Health Options**

H2456 002 **MedicareRx**
Prescription Drug Coverage
 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: 612-676-6868 or 1-866-280-7202, 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: 651-768-1415, 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
 Dental: Delta Dental of Minnesota, P.O. Box 9120, Farmington Hills, MI 48333-9120

One Pass™

Barnaamijkaaga 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.s
- **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 daboolay (Liiska dawooyinka)** — Liisaskadawooyinkee qorshahaagy daboolaa

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

onlayn ah

Arag ama daabc 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/msho](https://www.ucare.org/msho). Ama soo gal kooada 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. **Phone** — Call customer service

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/msho](https://www.ucare.org/msho), ay ku jirto:

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). La cubsoonaysiiyo bil kasta.

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 farmasiya aad doorato
2. Waxaad qaadataa dawo qoridashabakada farmasiisa 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 eh 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 faaiidayso 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 xubnahakuwaas oo aan si badbaado ah u isticmaali karin baska, tagsiga amadarawal 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

Cudrada 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 Maskaxda iyo Isticmaalka Maandooriyaha iyo adeegyada kale.
- La tashiga Caafimaadka Maskaxda iyo Isticmaalka Maandooriyaha Maaraynta Kiiska
- Caawimada helida daryeelka shabakada ku jira iyo adeeg bixiyayaasha takhasuska caafimaadka maxkada iyo isticmaalka maandooriyaha.
- Oggolaanshaha iyo digniinta caafimaadka maskaxda iyo adeegyada isticmaalka maandooriyaha.
- Xidhiidhaha ilaha bulshadda

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

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 . 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 cudurka sonkorta ama wadne xanuunka.

Laynka Maamulka Cudurka UCare

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

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

Jidh dhiska iyo dheefaha fayd qabka

Tallaalka

Qorshahaagu waxa uu daboolaa hargabka, COVID-19 iyo tallaalka oof wareenka. La hadal dhakhtarkaaga ama adeeg bixiyaha daryeelka caafimaadka kale si aad u aragto haddii aad ubaahan tahay kuwan ama mudditaanada kale. Qayb tallaalka, ay ku jiraan finanka talaalkaah, waxaa daboolo qaybta D, markaas kharashka la wada bixiyodawa qoridiisa ayaa la adeegsadaa.

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.

Qaado fasal

Waxbarashada Bulshadda

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 dugsiyaga degmadda wakhtiyada fasalka iyo goobaha. Tus kaadhkaaga Aqoonsiga Xubinta UCare marka aad iska diiwaangelinayso gudaha fasalka si aad u hesho lacag dhimis.

Juniper® Classes

Access Juniper® maaraynta caafimaadka ku salaysan cadayn iyo fasalada fayd qabka. Fasaladan waxay bixiyaa waxbarashada, xirfadaha iyo farsamooyinka si looga hortaggo dhacitaanka oo sare loogu qaado is maamulka xaaladaha raaga. Wax badan ka baro yourjuniper.org ama la hadal Isku duwanaaga daryeelka MSHO.

Barnaamijka Jidh dhiska Hal Kaadh

Hal Kaadh waa xalka jidh dhiska buuxa ee jidhkaaga iyo maskaxda, lagu heli karo adiga iyaddoon kharash dheeraad ahkugu joogin. Wwaxaad' heli doontaa in ka badan 20,000 oo ah goobaha fayaqabka ee dalka oo dhan, oo lagu daray:

- In ka badan 20,000 la dalbanayo toos u socda oo fasalada jidh dhiska ah
- Dhisayaasha jimicsiga si loo sameeyo jimicsigaaga oo uu kuu geeyo jimicsi kasta
- Agabka 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 gaaryeelau, barnaamijka tababarka maskaxda onlaynka ah si loo caawiyo horumarinta xusuusta, dareen soo jeedka iyo xoog saarida
- Ugu dhawaaan 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 habeenimo CT,
Isniin – Jimce
Laynka telefoonka Janaayo 1, 2022
ucare.org/onepass

One Pass™

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



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 lgoobaha 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.

Gunnada cuntada nafaqada leh ee Healthy Savings

Xubnaha lagu aqoonsaday wadna xanuunka cidhiidhiga ah (CHF) ama cudurka sonkorta, dhiig karka ama dhuubashada cududada wadnaha oo ku helo \$60 guno bil kasta ah kaadhkooda Healthy Savings. Gunnada waxaa loo isticmaali karaa si loo iibsado cuntooyinka caafimaadka leh ee la ansixiyay iyo alaabta xaga dukaanka ka qayb gelaya.

Xubnaha xaqa u leh waxay helayaan warqad soo dhawayn ah iyo kaarka kaydka caafimaadka leh si ay u helaan dheefaha. Dheefaha dheeraadka ah waxaa laga heli karaa healthysavings.com/ucare ama addoo soo wacaya 855-570-4740, TTY 711.

Agabyada fayyo qabka

UCare waxay bixisaa agabyo si ay kuu caawino inaad fayyo qab iyo caafimaad ahaato. La hadal Isku duwaahaaga Adeega si aadu aragto haddii agabkan fayyo qabku ay ku caawin karaa adiga.

- Agabka Xoogan & Ka hortagga Dhicida
 - Agabyada fududeeya qaadashada dawooyinkaaga*
 - Kaalmada waayida taageerada xusuusta*
 - Hawsha sida fudud loo isticmaalo raad raacaha lagu daray qalabka nidaamka Jawaabta Gaarka ah (PERS)
 - Agabka Maaskaraha & Nadiifiyaha
- Agabka Murugta & Walaaca

UCare Abaal marinta Dheefta 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 helida abaal marinta is daryeelida naftaada. Lacagta ku jirta Mastercard waxay dhici doontaa wakhtigeedu UCare marka la joojiyo qorshaha.

WW (hore ahayd Daawadayaasha Miisaanka) foojarada aqoon korodhsiga maxaliga ah.

- Helida 13 todobaad oo isku xiga oo Aqoon korodhsiga maxaliga ah (iyo onlaynka ah) WW Workshops
- 14 todobaadk gelida agabyada dhigitaalka WW
- Looma baahna kharashka diiwaan gelinta kullanka

Soo Adeega Macmiilka UCare la xidhiidh Isku duwahaaga Daryeelka UCare MSHO si aad u dalbato foojaradaada kullanka WW.

Taageerada ka dib ka bixida cusbitaalka joogida bukaan jiifka:

Waxaad heli kartaa taageero dheeraad ah oo ka timid UCare ka dib joogida cusbitaalka. La hadal isku duwahaaga Daryeelka si aad u aragto sida aad u heli karto dheefahan:

- Is barbardhiga dawada a dambeeya cusbitaal ka bixida
- Labba cunto maalintii ilaa afar todobaa ka dib cusbitaal ka saarida
- Afar xili oo wata Shaqaalaha Caafimaadka Bulshadda (qiimaynta badbaadada, isku duwaha isha)

Agabka ilkaha

Si wanaagsan ugu hagaaji ilkahaaga burushka caddayga ka yimid UCare. Agabkan waxa uu ka kooban aya burushka caddayga la dabeeyo, dabeeyaha burushka caddayga, dunta ilkaha, cajiinka iyo labba burudh oo dheeraad ah. Xadid caddaygaaga korontada ah saddex sano oo kasta xubintiiba. Sanadaha aanad helin burushka koronta ah, waxaad u qalantaa agabka Dib u buuxinta (labba burushka cadday, cajiin, iyo dunka ilkaha). Codso agabka Ilkaha ama agabka dib u buuxinta ilkaha addoo isticmaalaya foomka xaga dambe ee buug yaraha ama soo wac adeega macmiilka.

*Booqo ucare.org/healthwellness faahfaahinta

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 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 jawaababa dheefta ilkaha iyo su'aalaha sheegashada

Isku xidhka Ilkaha UCare

651-768-1415 ama 1-855-648-1415

TTY 711

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





Ilaali Barnamijkaaga caymiska

Waa muhiim in la diyaarsado (Kaalmadaada Caafimaad) Medicaid markaas UCare MSHO gaagu waa uu sii socdaa iyaddoon la hayn faraqyada daryeelka caafimaadka ama adeegyada. Si aad ugu sii qalanto Medicaid, warqaddaha shaqada wadankaaga ee degenaanshaha waa in la buuxiyaa oo wakhti buure ah la soo diraa.. Waxaad sidookale 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 Caymiskaaga

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

TTY 612-676-6810

8 subaxnimo – 5 galabnimo, Isniinta - Jimce

keepyourcoverage@ucare.org

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.

Isku duwahaaga Daryeelka waxa uu kugu caawin karaa taageero. Qofkan wuu kula xidhiidhi karaa, qoyskaaga iyo adeeg bixiyayaasha si ay dib ugu eegaan tilmaamaha cusbitaal ka bixida. Isaga ama iyaddu waxay qiimayn doonaan fahankaaga dawooyinkaaga, waxay hubin doonaan inaad ogaato cida lagu wacayo su'aalaha, iyo caawimada la socodka ballanta iyo baahiyaha kale.

Iskuduwidda daryeelka

Xubinimadaada waxaa ka mid ah adeegyada Isku duwaha Daryeelka iyo kooxda daryeelka si ay kaaga caawiyaan inaad hesho daryeelka aadu baahan tahay. Isku duwahaaga daryeeli waxa uu kaa caawin karaa habbaynta daryeelka ka hortagga ah, helida ama beddelka dhakhtarkaaga, kuu gudbinta iyo helida barnaamijyada fayyo qabka iyo adeegyada kale.

Si aad u barato wax badan, ama haddii aad qabto su'aalo ku saabsan cida uu yahay Isu isku duwahaaga daryeela, soo wac Kaalmada Xubinta Adeegyada Caafimaad.

Kaalmada Xubinta Adeegyada Caafimaadka

612-676-6622 or 1-877-903-0062

TTY 1-800-688-2534

8 subaxnimo – 4:30 galabnimo, Isniin – Jimce

Taageerada Daryeel bixiyayaasha

Xaqiijintaa daryeel bixiyaha M Health Fairview™ Barnaamiku waxa uu siiyaa taageerada iyo hagitaanka daryeelaha ku caawinaya adiga hawlaha nolosha maalinlaha ah. Daryeel bixiyahaaga waxaa lagu lamaanaysiin doonaa la taliye lagu tababaray gabowga iyo daryeel bixinta.

Xaqiijintaa daryeel bixiyaha M Health Fairview™ Barnaamijkeeda, daryeel bixiyahaagu waxa uu soo geli doonaa:

- Taageerada dareenka ah
- Caawimada dhibaato xalinta
- Hagitaanka is daryeelka iyo maaraynta walbahaarka
- Ku xidhida kaalmada maaliyada

Xaqiijintaa daryeel bixiyaha M Health Fairview™ Barnaamijka waxaa loogu talo galau xubnaha qaba cudurka ilowga, liidashada garaadka, Cudurka baarkinson, fashilka raaga ee kelyaha, cudurka kelyaha ee raaga, faaliga iyo xubinta koowaad /kansarka dhiiga.



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people powered health plans

Agabka Ilkaha

Ilka caddayntaada daryeel!

Dooro hal:



- Agabka Ilkaha:
Ka hel agabyada aad u baahan tahay in daryeel wanaagsan la siiyo ilkahaaga (Ku xadid hal xubin 3 sanadood oo kasta)
- Burushka caddayga koronta ah iyo jaarjarka
 - Labba beddelaad madaxyada burushaka
 - Cajiinka ilkaha
 - Dunta Ilkaha



- DAgabka Dib u buuxinta Ilkaha :
(Aan u qalimid sanadka aadhesho agabka ilka buuxa)
- Labba beddelaad madaxyada burushaka
 - Cajiinka ilkaha
 - Dunta Ilkaha

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

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

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

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 Magaca Xubinta _____

Fadlan noo sheeg halka loo dirayo Agabka Ilkaha:

Magaca koowaad iyo ka dambe) _____

Cinwaanka Boostada _____

Magaalada _____ Gobolka _____ Sibka _____

Telefoonka _____



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Agabka Murugta & Walaaca

UCare haka caawiso nasashada

Dooro hal:



- Agabka Seexashada Kaalmada:
 - Qalabka buufinta saliidaha oo wata mashiin iyo nalka habeenka
 - Saliidaha Lama huraanka ah ee jidhka



- Agabka Baabiinta Walbahaarka:
 - Nalka daawaynta
 - Cajiin
 - Riixid soo saarid



- Amazon Agabka Eekoda:
 - Amazon Echo Dot (Jiilka 3aad)

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

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

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

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 Magaca Xubinta _____

Fadlan noo sheeg halka loo dirayao agabka Werweraka & Walbahaarka:

Magaca koowaad iyo ka dambe) _____

Cinwaanka Boostada _____

Magaalada _____ Gobolka _____ Sibka _____

Telefoonka _____



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Agabka Maaskraha & Nadiifiyaha

Ka fogee jeermiska

Maaskaraha & Agabka Nadiifiyaha:

- Labba maaskaraha calaamada leh ee UCare
- 16 wiiyadood nadiifiyaha gacmaha:
- Bogos galoofyo ah
- Masaxaadaha jeermiska dila (3 xidhmo x 15 tiro)

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

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

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

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 Magaca Xubinta _____

Fadlan noo sheeg halka loo dirayo Agabka Maaskaraha & Nadiifiyaha:

Magaca koowaad iyo ka dambe) _____

Cinwaanka Boostada _____

Magaalada _____ Gobolka _____ Sibka _____

Telefoonka _____

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

UCare's MSHO (HMO D-SNP) waxaa weeye caymis caafimaad oo heshiis kula jira barnaamijka Medicare iyo Kaalmada Caafimaad ee Minnesota (Medicaid) si ay uga helaan kaalmo gunooyin ah oo labada barnaamijba ah dadka ku jiraayi. Ku jirida UCare's MSHO waxay ku xidhan tahay dib u cusboonaysiinta heshiiska.

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

H2456_8556_102022 laa aqbalay

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