



# Hagahaaga 2023 UCare Minnesota Senior Care Plus

(MSC+)

 **ucare**<sup>®</sup>  
people powered health plans

# Lambarada ay tahay inaad ogaato

## **UCare's Health Raacida**

612-676-6830 or 1-800-864-2157  
TTY 612-676-6810 ama 1-800-688-2534  
7 subaxnimo – 8 habeenimo, Isniin – Jimce

**Xaalada gurmada caafimaadka 911**  
[ucare.org/healthride](http://ucare.org/healthride)

## **Caafimaadka Maskaxda**

**UCare iyo Cudurada Isticmaalka**  
**Maandooriyaha Laynka Triage.**

Wixii ah taageerada dhibta ama caawimada jooqta ah ee lagu maareeyo caafimaadka ama xaalada isticmaalka maandooriyaha.

612-676-6533 ama 1-833-276-1185  
TTY 1-800-688-2534  
8 subaxnimo – 5 galabnimo, Isniin – Jimce

**UCare Kaalmada Xubinta**  
**Adeegyada Caafimaadka**

612-676-6622 ama 1-877-903-0062  
TTY 1-800-688-2534  
8 subaxnimo – 4:30 galabnimo, Isniin – Jimce

## **Isku xidhka Ilkaha UCare**

651-768-1415 ama 1-855-648-1415  
TTY 711  
7 subaxnimo – 7 fiidnimo, Isniin – Jimce  
[ucare.org/dentalconnection](http://ucare.org/dentalconnection)

## **Xarunta Ilkaha Wareegta UCare**

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

## **UCare 24/7 Laynka Telefoonka 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 si loo xaqiijiyo fursada loo siman ayahay si looga qayb galo barnaamijyadaya daryeelka caafimaadka.

3612-676-3200 ama 1-800-203-7225  
TTY 612-676-6810 or 1-800-688-2534  
8 subaxnimo – 5 galabnimo, Isniin – Jimce

## **Laynka Iska daynta Buuriga iyo Nikotiinka**

1-855-260-9713  
TTY 711  
La heli karo 24 saacadood maalintii, todobo maalmood todobaadkii  
[myquitforlife.com/ucare](http://myquitforlife.com/ucare)

## **Senior LinkAge Line®**

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](http://mn.gov/senior-linkage-line)

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

612-676-3200 or 1-800-203-7225  
TTY 612-676-6810 ama 1-800-688-2534  
8 subaxnimo – 5 galabnimo, Isniin – Jimce

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# Ku soo dhawow UCare!

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

Hagahan waxa uu kaa caawin doonaa inaad barato sida loo isticmaalo dheefaha iyo sifooyinka MSC+ qorshahaaga. Si feejigan u akhri, diyaarso oo soo gudbi inta badan.

UCare MSC+ waxay bixisaa fursado badan oo adiga lagu siiyo si loo horumariyo caafimaadkaaga. Waxaanu rajaynaynaa inaanu ka faa'iidayano dhammaan dheefaha fayoy 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 caafimaadka.



## Lambarka kootada onlaynka ah

Samee kootada xubinta onlaynka ah ee amniga ah bogga [member.ucare.org](https://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 fayoy qabka
- Miyaa qiimaynta caafimaadku fahantaa caafimaadkaaga
- Hel adeegyada fayoy qabka, alaabta iyo wax badan

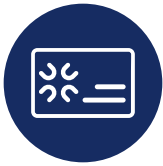


## Adeega macmulka

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 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](https://www.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

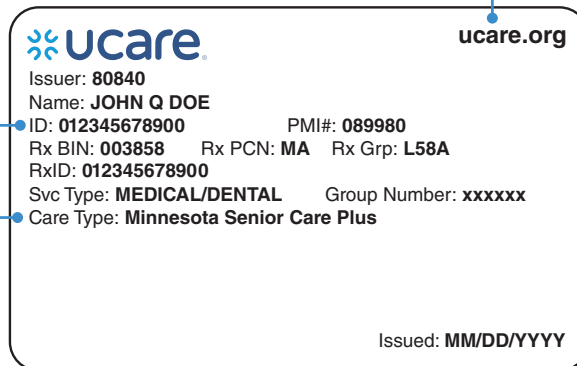
Lambarka amniga ee adiga kuu gaarka ah.

### ucare.org websaydka

Soo gal goobta xubinta iyo macluumaadka faa'idada badan.

### qorshee magaca

Magaca qorshahaaga gaarka ah.



### Macluumaadka xidhiidhka

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



# 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, dugsiiga 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 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/mscplus](https://www.ucare.org/mscplus). Ama soo gal kooda 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

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## 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/mscplus](https://www.ucare.org/mscplus), 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). 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 farmasiya aad doorato
2. Waxaad qaadataa dawo qoridashabakada farmasiisa aad doorato.

Waydii farmasiigaaga haddii ay bixiyaan u soo dirida guriga.

**Dawo qorida saadka 90 maalmood:** 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 farmasiyada 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](http://virtuwell.com)
- [cvs.com/minuteclinic](http://cvs.com/minuteclinic)
- [mhealthfairview.org/evisits](http://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.

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

Booqo [ucare.org/searchnetwork](http://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](http://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 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

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
- Ugudbinta Caafimaadka iyo la tashiga Maskaxda iyo Isticmaalka Maandooriyaha iyo adeegyada kale.
- 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.**

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

TTY 1-800-688-2534

8 subaxnimo – 5 galabnimo, Isniin – Jimce

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## 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, dwadne xanuunka ama dhanjafka.

### **Laynka Maamulka Cudurka UCare**

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

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

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## Ilaali Barnaamijkaaga Caymiska

Waa muhiim in la diyaarsado (Kaalmadaada Caafimaad) Medicaid) markaas UCare Connect 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 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 Caymiskaaga**

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

TTY 612-676-6810

8 subaxnimo – 5 galabnimo, Isniinta - Jimce

keepyourcoverage@ucare.org

## Jidh dhiska iyo dheefaha fayo 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.

### 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. Waxaan abaal marint bixinaa dhammaystiraka qaybo baadhitaanada daryeelka caafimaadka muhiimka ah, baadhitaanada ama ka hortagga ee daryeelka baadhitaanka. Booqo [ucare.org/rewards](https://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](https://ucare.org/rewards) ama samayso kootomember.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.

### Ka hortagga dhicitaanka

UCare waxay siisaa MSC+ xubnaha agabka ka hortagga dhicitaanka si loo caawiyo inay kuugu ilaaliyaan badbaado gurigaaga. La hadal Isku duwaahaaga Adeega si aadu aragto haddii agabkan fayo qabku ay ku caawin karaa adiga.

### Qaado fasal, hel lacag dhimis

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 dugsiagaaga 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](https://healthysavings.com/ucare) ama addoo soo wacaya.



## 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 . Coaches provide online tools, quit aids (such as nicotine patches and gum) and more. 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](http://myquitforlife.com/ucare)

## Iskuduwidda daryeelka

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

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

### **Kaalmada Xubinta Adeegyada Caafimaadka**

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

TTY 1-800-688-2534

8 subaxnimo – 4:30 galabnimo, Isniin – Jimce

## 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.

## 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 ama 1-855-648-1415  
TTY 612-676-6810 ama 1-800-688-2534  
7 subaxnimo – 7 fiidnimo, Isniin– Jimce  
[ucare.org/dentalconnection](http://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](http://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](http://ucare.org/mdc)



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,ကိးဘဉ်လိတဲစိနီၢ်ဂံၢ်လၢထးအံၤန့ၢ်တက့ၢ်.

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

ໂປຣດຊາບ. ຖ້າຫາກ ທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປເອກະສານນີ້ພຣີ, ຈົ່ງ ໂທໂປຣໂປທິໝາຍເລກຂ້າງເທິງນີ້.

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](mailto: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](mailto: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](mailto: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  
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