



Hagahaaga 2024 ee UCare Minnesota Senior Care Plus

(MSC+)

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

Tixraac degdeg ah

UCare Health Ride

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

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

7 subaxnimo – 8 habeenimo, Isniin – Jimce

ucare.org/healthride

Xaalada gurmada caafimaadka 911

UCare Mental Health and Substance Use Disorder Triage Line

Wixii ah taageerada dhibta ama caawimada joogta 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.org/mhsudtriage

UCare Clinical Services Member Assistance

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 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

Nurse Line

1-800-942-7858

TTY 1-855-307-6976

Quit Smoking and Vaping Program

1-855-260-9713

TTY 711

La heli karo 24 saacadood maalintii, todobo maalmood todobaadkii

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

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Ma hubo meesha laga bilaabo?

Ma hubo meesha laga bilaabo? Wac Adeegga Macaamiisha UCare MSC+ oo waxay kaa caawin doonaan ka jawaabida su'aalahaaga.

612-676-3200 ama 1-866-599-2490

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

8 subaxnimo – 5 galabnimo, Isniinta - Jimce

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 gunnooyinka iyo sifooyinka qorshahaaga caymiska caafimaadka. 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 faydada 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. Waan ku faraxsanahay inaad halkan joogto. Hadda aan bilowno!

Wax kasta oo aad u baahan tahay inaad ogaato si aad u bilowdo isticmaalka qorshahaaga

Akoonkaaga xubinnimada ee onlaynka ah

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

Markaad hagaajiso, waxaad awoodi doontaa inaad:

- Aragto, daabacdo iyo inaad dalbato kaarkaaga Aqoonsiga xubinnimada
- Aragto qoraaladaada qorshaha UCare si aad u ogaato waxa la daboolo
- Adeegga macaamisha iyo kalkaalisada shabakadda u dirto iyo inaad ka hesho fariimo sugan
- Aragto wararkii u dambeeyay ee daboolida iyo macluumaadka muhiimka ah iyo macluumaadka faydada qabka
- Samayso qiimaynta caafimaadku si aad u fahanto caafimaadkaaga
- Hel adeegyada faydada qabka, alaabta iyo wax badan

Adeega macmulka

Wac wakiilada adeegeena macaamiisha si aad u hesho jawabaha ku aadan su'aalaha aad ka qabto gunnada iyo adeegga.

612-676-3200 ama 1-866-599-2490
TTY 612-676-6810 ama 1-800-688-2534
8 subaxnimo – 5 galabnimo, Isniin – Jimco

In kastoo aanu fahamnay qoyskaagu inuu adiga kaa walaacsan yahay, uma shaacin karno macluuumamadka xubnaha qoyska soo wacayo iyagoo ku metelaya, iyaddoo aad tahay waalid/masuul iyo ama aad saxaaxday 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.

Isticmaalka kaarkaaga aqoonsiga xubinnimada

Kaarkaaga aqoonsiga xubinnimada waa muhiim si lagaaga caawiyo inaad hesho daryeelka aad u baahan tahay. Aaladan muhiimka ah waxay ka caawisaa adeeg bixiyayaasha daryeelka caafimaadka fahanka daboolidaada.

Lambarka Xubinta Aqoonsiga

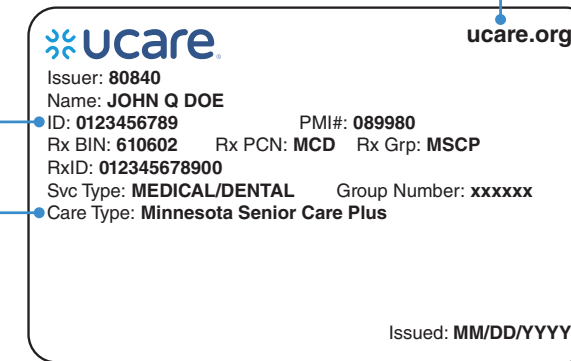
Lambarka amniga ah ee adiga kuu goonida ah.

Websaydka UCare

Soo gal goobta xubinta iyo macluumaadka waxtarka leh.

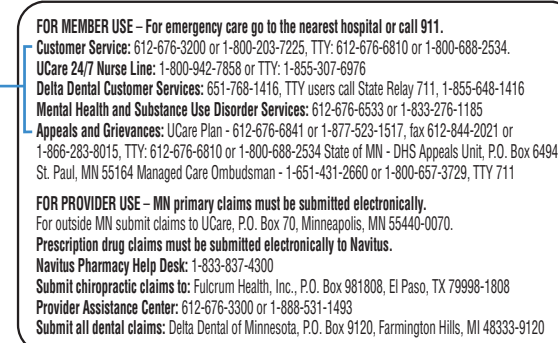
Magaca Qorshaha

Magaca qorshaha aaga gaarka ah.



Macluumaadka xiriirka

Lambarada ay tahay in la ogaado, ay ku jiraan lambarada adeega macaamisha iyo khadka Nurse Line.



Talooyin ku saabsan isticmaalka kaarkaaga

Hubi kaarkaaga cusub ee aqoonsiga si aad u xaqiijiso in macluumaadkaagu sax yahay. Halkan waxaa ku yaala dhowr talooyin oo kale:

- Had iyo jeer wado kaarkaaga aqoonsiga xubinnimada.
- Iska tuur kaarkaagi hore ee aqoonsiga xubinnimada
- Adeeg-bixiyayaashaada daryeelka caafimaadka ee hadda iyo farmasiyada waxaad siisaa macluumaadka kaarkaaga aqoonsiga ee cusub
- Kaarkaaga ku hayso meel kuu dhow mar kasta oo aad na soo wacayso
- Haddii kaarkaagu lumo, soo deji ama codso beddelka koontadaada xubinta onlaynka ah ama wac adeegga macaamiisha

Faham caymiskaaga

Hel sheeyadaada xubinta

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

- **Member Handbook (Buug-yeraha Xubinta)** — Waxay ku siisaa macluumaadka faahfaahsan ee ku saabsan waxa qorshahaagu daboolo, ay ku jiraan xuquuqdaada xubinta iyo masuuliyadaha
- **Provider and Pharmacy Directory (Diiwaanka Adeeg-bixiyaasha iyo Farmashiyada)** — wuxuu taxayaa dhakhtarada, dhakhtarada ilkaha, farmashiyada, isbitaalada iyo dhakhtaatiirta lafaha ee ku jira shabakadeena, ay ku jiraan faahfaahinta takhsuska, luuqadaha ay ku hadlaan, isticmaalka ADA, helitaanka adeegooda ee bukaanada cusub, dugsiga caafimaadka ay soo dhigteen, tababarka caafimaad ee ay soo dhamaystireen iyo heerka shahaadada guddiga
- **List of Covered Drugs (Formulary) (Liiska dawooyinka La daboolo (Liiska))** — Liisaska waxay dawooyinka aad qorshaysaa daboolaan

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

Khadka: Eeg ama daabaco *Member Handbook*, *Provider and Pharmacy Directory* iyo *List of Covered Drugs (Formulary)* adigoo isticmaalaya [ucare.org/member-documents](https://www.ucare.org/member-documents). Ama soo gal kootada xubinta onlaynka ah bogga [member.ucare.org](https://www.member.ucare.org).

Codso qoraalada daabcan adigoo u maraya laba siyaabood:

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

Gunnooyinka daawada

Hubi caymiskaaga dawada

Kharashaadkaaga hoos u dhig adiga oo xaqiijinaya in daawooyinka dhakhtarka uu kuu soo qoro ay ku jiraan liiska daawooyinka caymiska (sidoo kale loo yaqaan 'formulary'). Waxaad mar walba liiska daawada ka hubin kartaa [search.ucare.org](https://www.search.ucare.org). "Drug List (Liiska Dawooyinka)" ka dooro meenuuga ku yaala dhanka sare ee bogga oo waxaad meenuuga "Pick your plan (Doro qorshahaaga caymiska)" ka doorataa qorshahaaga caymiska ee gaarka ah. Liiskan waxaa la cusboonaysiiyaa bil kasta.

Haddii aad haysatid warqad dawo oo dhakhtarka uu kuu soo qorey dawadaas oo aan ku jirin liiska daawooyinka, qiimaha wuu badnaan karaa, sidaas darteed dhakhtarkaaga kala hadal daawooyinka caymiska uu daboolay iyo rijeetada aad u baahan tahay.

Buuxinta dawo qorida

Waxaad kala dooran kartaa saddex siyaabood oo aad ku buuxsan karto daawooyinkaaga:

- Dhakhtarkaaga warqada rijeetada ha u soo diro farmashiye ku jira shabakada qorshaha caymiskaaga
- Warqada rijeetada u geey qoran farmashiye ku jira shabakada qorshaha caymiskaaga
- Icticmaal Farmashiyaha Boostada Wax Looga Dalbado ee Costco

Farmashiyaha Boostada Wax Looga Dalbado ee Costco (Costco Mail Order Pharmacy)

Badbaadso wakhti iyadoo si bilaash ah ay Farmashiyaha Boostada Wax Looga Dalbado ee Costco guriga kuugu keenayso daawooyinkaaga khasabna ma ahan inaad xubin ka noqoto Costco si aad u isticmaasho adeeggan. Si aad wax badan uga ogaato, booqo [ucare.org/pbm](https://www.ucare.org/pbm).

Badbaadso lacag markaad isticmaasho farmashiye ku jira shabakada

Buuxso daawooyinkaaga meel kasta aad ka joogto dalka adigoo isticmaalaya mid ka mid ah 63,000 farmashiyo ee ku jira shabakada oo kharash yar uun ku bixi daawooyinkaaga. Si aad u heshid farmashi ku jira shabakad oo kuu dhow, isticmaal aaladda wax raadinta oo laga helo [search.ucare.org](https://www.search.ucare.org).

Halka laga helo daryeelka

Icticmaal hagahan si aad u xaqiijiso inaad hesho heerka daryeelka saxda ah iyo wakhtiga saxda ah.

Nurse Line



Kala hadal kalkaaliye, oo diyaar ah 24/7, wixii la xiriira:

- Xog caafimaad oo lagu kalsoonaan karo
- Talo ah oo ku saabsan heerka daryeelka ee loo baahan yahay

Wac 1-800-942-7858 (TTY 1-855 307-6976), 24 saacadood maalintii, toddoba maalmood usbuucii

Daryeelka onlaynka ah



Waxaa la heli karaa 24/7 haddii xaaladaha ay yihiin kuwa caadiga ah sida:

- Finanka
- Xasaasiyaddaha
- Qabowga, qufaca iyo hargabka
- Isha casaanka ah
- Qaniinyada cayayaanka
- Dhego xanuunka

Daryeelka onlaynka ah waxaa bixiya:

- [virtuwell.com](https://www.virtuwell.com)
- [cvs.com/minuteclinic](https://www.cvs.com/minuteclinic)
- [mhealthfairview.org/evisits](https://www.mhealthfairview.org/evisits)

Daryeelka Daaweynta Xannuunada Yaryar



Booqashooyinka socodka ah ama khadka ah ee rugaha caafimaadka, badanaa dukaamada tafaariiqda, dukaamada raashinka iyo farmashiyaasha, dhaawacyada iyo jirrooyinka caamka ah sida:

- Infekshanka dhegaha
- Infekshinka iyo naqaska sanbabada
- Tallaalada
- Cunaha oo dillaaca
- finan yaryar iyo jeexyada maqaarka
- Caabuqyada kaadi-mareenka iyo kaadiheysta

Daryeelka aasaasiga ah



Waa xulashada ugu fiican ee inta badan daryeelka aad u baahan tahay, sida:

- Ka hortag (baaritaannada, iyo tallaallada)
- Astaamaha cusub ama xaalado caafimaad ee soo jireenka ah (degdegga ah)

Daryeelka Degdega ah



Daryeelka degdega ah laakiin aan naf-gooyada ahayn ee loogu talagalay waxyaabaha ay ka midka yihiin:

- Dhabar-xanuunka, madax-xanuunka daran iyo madax-xanuunka caadiga ah
- Lafaha jaban, murgacashada iyo murqo-xanuunka
- Gubashada yaryar, jeexjeexyada, jeexitaanka maqaarka, finanka iyo caabuqyada
- Neefta, boronkiitada iyo caabuqyada neef-mareenka

Daryeelka degdega ah







Aad qolka gargaarka degdega ah ee kuugu dhow ama wac 911 haddii xaaladaha ay yihiin kuwo naf-gooyo ah sida:

- Astaamaha wadna qabadka (xabad xanuun, neefta oo kugu yeraata ama miyir-beel)
- Dhaawac madaxa ah ama jahawareer lama filaan ah
- Gubashada weyn, jeexitaanada nabarrada furan iyo dhiigbax culus
- Calaamadaha istarooroga (hadalka oo faseexnimada ka luma, daciifnimo degdeg ah, luminta aragga iyo dawakhaad)

Xog ka dhex raadinta caymiskaaga

Way fudadahay in la helo dhakhtarka iyo dawo qoridaada

Tag search.ucare.org si aad uga xog raadiso hagaha onlaynka ah. Isticmaal aaladan onlaynka ah si aad u hesho:

-  **Dadka**
Dakhtarada, khabiirada, dhakhaatiirta lafaha iyo noocyada kale ee daryeelka
-  **Meelaha**
Cusbitaalada, rugaha caadimaadka, daryeelka caafimaadka guriga, goobta caafimaadka, daryeelka degdega ah iyo wax badan
-  **Farmashiyaha**
Farmashiyada Tafaariiqda ah ee ku jira shabakada
-  **Drug List (Liiska Dawooyinka)**
Dawooyinka dhakhtarka uu qoro ee caymiska uu daboolo iyo xaddidaadaha

Su'aalaha Inta Badan La Iska Weydiyo Qalabka xog raadinta onlaynka ah

Maxay tahay sababta aan uga bilaabay doorashada qorshe caymis?

Waxaan rabnaa inaan xaqiijino in xubnaha isticmaala aaladda ay arkayaan kaliya dadka, meelaha iyo farmashiyeyasha bixiya adeegyada u qoondeysan qorshahooda caymis.

Ka waran haddii aanan garanayn qorshahayga caymis?

Waxaa jira saddex siyaabood oo aad si degdeg ah ugu heli karto magaca qorshahaaga caymiska:

- Kaarka aqoonsiga xubinta: Magaca qorshahaaga caymiska ee adiga kuu gaarka ah waxa uu ku hoos qoran yahay "Care Type (Nooqa Daryeelka)."
- Akoonka xubinta ee onlaynka ah: Ka gal member.ucare.org. Marka aad gasho akoonkaaga onlaynka ah, guji qaybta "My Policy (Siyaasaddayd)" ee ku taala dashboardka. Qorshahaaga caymiska caafimaad ee UCare wuxuu ku hoos qoran yahay "Plan Name (Magaca Qorshaha Caymiska)."
- Adeegga macaamiisha: Na soo wac. Had iyo jeer waan ku faraxsanahay inaan ku caawinno!

Markaan gelinayo goobta, ma khasab baa inaan doorto mid ka mid ah xulashooyinka ka soo muuqanaya sanduuqa hoos-u-soo-dhaadhaca?

Haa — aaladani waxay isticmaashaa tignoolajiyada lagu raadiyo goobaha ee Google. Waxaad heli doontaa natiijooyinka ugu fiican marka aad doorato mid ka mid ah xulashooyinka goobaha ee lagu soo bandhigay.



Kheyraadka iyo barnaamijyada loogu talagalay xubnaha

Gaadiid raaca si loo daboolo adeegyada

UCare Health Ride waxay bixisaa gaadiidka aan kharashka ahayn ee lagu tago loogana soo laabto booqashooyinka caafimaadka, ilkaha iyo farmashiga ee caymiska uu daboolo. Xubnaha waxay sidoo kale geli karaan gaadiid ay ku tagaan xafiiska degmada, ama wakaalada MNSure Navigator. Xaalada gurmada ah wac 911.

Khadka UCare Health Ride ka wac 1-800-864-2157 (TTY 1-800-688-2534), 7 subaxnimo – 8 habeenimo, Isniin – Jimco, ama booqo 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 ganacsio 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 Adeegyada 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
- U gudbinta Caafimaadka iyo la tashiga Maskaxda iyo Isticmaalka Maandooriyaha iyo adeegyada kale.
- Ku xiriirinta kheyraadka bulshadda
- Caawimada helida daryeelka shabakada ku jira iyo adeeg bixiyayaasha takhasuska caafimaadka maskaxda iyo isticmaalka maandooriyaha.

Khadka UCare Mental Health and Substance Use Disorder Triage ka wacdaa 612-676-6533 ama 1-833-276-1185 (TTY 1-800-688-2534), 8 subaxnimo – 5 galabnimo, Isniin – Jimco.

Taageerada maaraynta cudurka

Xubnaha leh xaalada caafimaadka qaarkood waxay caawimo ka heli karaan barnaamijyada maamulka cudurka. UCare waxay adeegyada tababarka caafimaadka siisaa xubnaha halista ugu jira ama leh taariikhda xaaladaha caafimaadka aadka u daran sida cudurada neef-mareenka, cudurka kelyaha ee aadka u daran, cudurka sonkorowga, wadna xanuunka ama madax xanuunka aadka u daran.

Khadka maareynta cudurada ee UCare ka wac at 612-676-6539 ama 1-866-863-8303 (TTY 612-676-6810 ama 1-800-688-2534).

Barnaamijka Keep Your Coverage

(Kaalmaadaa Caafimaad) Medicaid markaas UCare Connect gaagu waa uu sii socdaa iyaddoon la hayn faraayada 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.

Khadka caawimaada ee UCare Keep Your Coverage ka wac 612-676-3438 ama 1-855-307-6978 (TTY 612-676-6810), 8 subaxnimo – 5 galabnimo, Isniin – Jimco, ama iimayl uga dir KeepYourCoverage@ucare.org.

Quit Smoking and Vaping Program

Baro sida loo joojiyo cabista sigaarka, shiishada ama tubaakada la calaanjiyo. Xubnaha UCare waxay si bilaash ah ku heli karaan caawimaad si ay u joojiyaan cabista sigaarka iyagoo u maraya Khadka Joojinta Isticmaalka Tubaakada Iyo Nikotiinka. Xirmooyinka nikotiinka, xanjada ama lozaanjesyada ayaa sidoo kale loo heli karaa xubnaha u qalma.

Hel caawimaad si aad uga takhalusto caadada sigaar cabista adigoo si raaxo leh u jooga gurigaaga:

- Khadka iska daynta tubaakada iyo nikotiinta ka wac 1-855-260-9713 (TTY 711), la heli karo 24 saacadood maalintii, toddoba maalmood usbuucii
- Booqo myquitforlife.com/ucare
- Soo dejiso ablikeeshinka moobilada ee Tobobarka Socodka Nolosha Aamusan (Rally Coach Quit For Life).

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 faydo qabka iyo adeegyada kale.

Si aad u ogaato wax badan, ama haddii aad qabto su'aalo ku saabsan cida uu yahay Isku-duwahaaga daryeelaaga, Clinical Services Member Assistance ka wac 612-676-6622 ama 1-877-903-0062 (TTY 1-800-688-2534), 8 subaxnimo – 4:30 galabnimo, Isniin – Jimco.

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. Waxay qiimayn doonaan fahamkaaga ku aadan dawooyinkaaga, waxay xaqiijin doonaan inaad garanayso cida aad wici karto haddii qabto su'aalo, waxayna kaa caawin doonaan la socodka ballamaha kuu qorshaysan iyo baahiyaha kale.

Ilaha ilakaha

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

UCare Dental Connection

UCare Dental Connection 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 ilkaha iyo su'aalaha sheegashada

Khadka UCare Dental Connection ka wac 651-768-1415 ama 1-855-648-1415 (TTY 612-676-6810 ama 1-800-688-2534), 7 subaxnimo – 7 habeenimo, Isniin – Jimco, ama booqo ucare.org/dentalconnection.

UCare Mobile Dental Clinic

Ucare waxay baaritaanada ilkaha, nadiifinta iyo daryeelka aasaasiga ah ee dib u buuxinta ku bixisaa UCare Mobile Dental Clinic. Wac si aad u ogaato go'aamada rugta caafimaadka ay kuu dhowdahay ama aad aadi doonto ucare.amag/mdc taariikhaha iyo goobaha la qorsheeyay.

Qorshayso ballantaada adigoo wacaya 1-866-451-1555 (TTY 1-800-627-3529), 8 subaxnimo – 4:30 galabnimo, Isniin – Jimco.



Gunnooyinka Jirdhiska iyo Badqabka

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

Kaarka Healthy Benefits+ Visa®

Kaarkaaga UCare Healthy Benefits+ Visa waxa uu ku siinayaa dabacsanaan hal kaar ah:

- Qiimo dhimista Raashinka
- Abaalmarino iyo Dhiirigelin

Kaarkaga Healthy Benefits+ Visa dib ayaa loo buuxin karaa sanad walba wuxuuna shaqaynayaa ilaa taariikhda uu dhacayo ama ilaa ka baxdo xubinnimada UCare. Xaqiiji inaad haysato kaarkaaga, maadaama aan laguu soo diri doonin mid cusub sannad kasta. Kaarku ma shaqayn doono haddii aadan UCare xubin ka ahayn. Caddadka gunnada iyo taariikhda dhicitaanku way ku kala duwan yihiin barnaamijyada.

Si aad wax badan u ogaato, u diwaangeliso kaarkaaga ama aad u hubiso haraaga kaarkaaga, booqo healthybenefitsplus.com/ucare ama wac 1-833-862-8276 (TTY 711). Lambarka taleefan ayaa sidoo kale ku qoran dhabarka dambe ee kaarkaaga Healthy Benefits+ Visa.

Strong and Stable Kit

Strong and Stable Kit wuxuu ku siinayaa qalabyada kaa caawinaya inaad xoog yeelato oo aad ka hortagto dhicitaanada.

Waxaana ku jira:

- Suunka Jiiditaankiisu uu Adag Yahay
- Warqado talobixin ah oo ku qoran talooyinka ka-hortagga dhicitaanka
- Qabsiga tubbada biyaha qubayska si tubbadaada qubeyska looga dhigo mid ammaan ah
- Nal si aad u ifiso musqusha ama meelaha kale ee gurigaaga ka mid ah
- Sanduuqa daawada si uu kaaga caawiyo si sax ah u qaadashada daawooyinka

Haddii aad xiisaynayso inaad hesho xirmadan ama haddii aad gurigaaga kula kulantay dhicitaan, la xiriir isku-duwaha daryeelkaaga ama maamulaha kiiska si aad ugu dalbato xirmada*.

Qaado fasal, hel lacag dhimis

Xubnaha waxay helayaan qiimo dhimis ilaa \$15 ah ee inta badan fasalada waxbarashada bulshada ee Minnesota. Fiiri buug-yaraha waxbarashada bulshada ama la xiriir dugsi degmada si aad u hesho wakhtiyada iyo goobaha fasalka. Si aad u hesho qiimo dhimistaada, keliya tus kaarkaaga aqoonsiga xubinnimada UCare marka aad fasalka iska diiwaangelinayso.

Qorshahaaga waxaa ku jira qiimo dhimis sanadle ah oo aan xadidneyn (hal qiimo dhimis mar kasta oo aad fasal iska diiwaangeliso).

Qiimo dhimista Raashinka

Waxaad lacag ka kaydsan kartaa cuntooyinka caafimaadka leh, sida caanaha, rootiga qamandiga ka samaysan, hilibka saafan, ukun, caanada yooghatka, mirooyinka, khudaarta, iyo in kale oo badan adigoo ka qaybqaadanaya barnaamijyada dukaamada raashiinka. Qiimo-dhimisyada toddobaadlaha ah ayaa si hormaris ah loogu sii shubayaa kaarkaaga UCare Healthy Benefits+ Visa. Sida fudud, iskaan saar kaarkaaga Healthy Benefits+ marka aad bixinayso kharashaadka si aad u hesho qiimo-dhimis.

Si aad u diiwaangeliso kaarkaaga iyo si aad u ogaato xog dheeraad ah, booqo healthybenefitsplus.com/ucare ama wac 1-833-862-8276 (TTY 711).

*Waa inuu noqdaa xubin UCare u-qalma wakhtiga dalabka. Xaddid hal xidhmo sannadkii xubin kasta. Agabku waxa uu ka kooban yahay wuu is beddeli karaa. Fadlan oggoolow 4 – 6 todobaad oo dirida ah.

Toll free 1-800-203-7225, TTY 1-800-688-2534

Attention. If you need free help interpreting this document, call the above number.

ያስተውሉ፡ ካለምንም ክፍያ ይህንን ደኩመንት የሚተረጎም ለከተረጎሙ ከፈለጉ ከላይ ወደተጻፈው የስልክ ቁጥር ይደውሉ።

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သတိ။ ဤတွဲရက်စာတမ်းအားအခမဲ့ဘာသာပြန်ပေးခြင်း အကူအညီလိုအပ်ပါက၊ အထက်ပါဖုန်းနံပါတ်ကိုခေါ်ဆိုပါ။

កំណត់សំគាល់ ។ បើអ្នកត្រូវការជំនួយក្នុងការបកប្រែឯកសារនេះដោយឥតគិតថ្លៃ សូមហៅទូរស័ព្ទតាមលេខខាងលើ ។

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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. ဝဲနမ့ၢ်လိဉ်ဘဉ်တၢ်မၤစၢၤကလီလၢတၢ်ကကျိးထံဝဲဒဉ်လံာ် တီလံာ်မိတခါအံၤန့ၢ်,ကိးဘဉ် လီၤတဲစီနီၢ်ဂံၢ်လၢထးအံၤန့ၢ်တက့ၢ်.

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

ໂປຣດຊາບ. ຖ້າຫາກ ທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປເອກະສານນີ້ພຣີ, ຈົ່ງ ໂທໂປຣໂປຣໂຮມາຍເລກຂ້າງເທິງນີ້.

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.

Ogaysiiska Xuquuqda Madaniga ah

Takoorku waxa uu ku lid yahay sharciga UCare kuma takooro mid ka mid ah kuwan soo socda:

- isir
- midab
- wadanka uu kasoo jeedo
- caqiidada
- diinta
- qaabka galmada:
- heerka caawimada dad waynaha
- da'da:
- naafanimada (ay ku jirto liidashada jidhka ama maskaxda)
- Jinsiga (ay ku jirto faalooyinka laga bixiyo jinsiga qofka iyo aqoonsiga sinjiga)
- xaalada guurka
- rumaynta siyaasadeed
- xaalada caafimaadka
- heerka caafimaadka
- helida adeegyada daryeelka caafimaadka
- waayo aragnimada sheegashada
- taariikhda caafimaadka
- macluumaadka hide sidaha

Waxaad xaq u leedahay inaad soo xarayso cabashada takoorka haddii aad rumaysan tahay inay kuula dhaqmay qaab takoor ah UCare. Waxaad xereyn kartaa cabasho oo aad weydiisan kartaa caawimaad si aad qof ahaan ugu xareyso cabashada ama boostada, taleefan, fakis, ama iimayl ahaan:

UCare
Ku: Appeals and Grievances
PO Box 52
Minneapolis, MN 55440-0052
Khadka Lacag-la'aan ah: 1-800-203-7225
TTY: 1-800-688-2534
Fakis: 612-884-2021
Iimayl: cag@ucare.org

Caawinta iyo Adeegyada Kaalmada: UCare Waxay ku bixisaa caawimo iyo adeegyo, sida turjubaano aqoon leh ama macluumaad qaabab la heli karo, lacag la'aan iyo waqti ku habboon si loo xaqiijiyo fursad siman oo lagaga qayb qaato barnaamijyadayada daryeelka caafimaadka. **Kala xiriir** UCare 612-676-3200 (cod ahaan) ama 1-800-203-7225 (cod ahaan), 612-676-6810 (TTY), ama 1-800-688-2534 (TTY).

Adeegyada Caawinta Luuqadda: UCare Waxay bixisaa dukumeenti la turjumay iyo tarjumaada luqadda lagu hadlo, lacag la'aan iyo hab ku habboon, marka adeegyada kaalmada luqaddu ay lagama maarmaan tahay si loo hubiyo in dadka ku hadla Ingiriisiga xaddidan ay si macno leh u helaan macluumaadka iyo adeegyadayada. **Kala xiriir** UCare 612- 676-3200 (cod ahaan) ama 1-800-203-7225 (cod ahaan), 612-676-6810 (TTY), ama 1-800-688-2534 (TTY).

Cabashooyinka Xuquuqda Madaniga ah

Waxaad xaq u leedahay inaad soo xarayso cabashada takoorka haddii aad rumaysan tahay inay kuula dhaqmay qaab takoor ah UCare. Waxa kale oo aad si toos ah ula xidhiidhi kartaa mid ka mid ah wakaaladaha soo socda si aad u xarayso cabashada takoorka.

Waaxda Caafimaadka iyo Xafiiska Adeegyada Aadanaha ee Xuquuqda Madaniga (OCR)

Waxaad xaq u leedahay inaad soo xarayso cabashada OCR, hay'adaha, haddii aad tahay in lagu tilmaamo sababaha ah wax ka mid ah waxa soo socda:

- isir
- midab
- wadanka uu kasoo jeedo
- da'da:
- naafanimadooda
- sinjiga
- diinta (xaaladaha qaarkood)

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

Office for Civil Rights
U.S. Department of Health and Human Services
Midwest Region
233 N. Michigan Avenue, Suite 240
Chicago, IL 60601
Xarunta Jawaabta Macmiilka: Lacag-la'aanta: 800-368-1019 TDD
Khadka bilaashka ah: 800-537-7697
limeel: ocrmail@hhs.gov

Waaxda Minnesota ee Xuquuqaha Aadamiga ah (MDHR)

Minnesota gudaheeda, waxaad xaq u leedahay inaad cabasho u gudbiso MDHR haddii lagugu takooray mid ka mid ah kuwan soo socda:

- isir
- midab
- wadanka uu kasoo jeedo
- diinta
- caqiidada
- sinjiga
- qaabka galmada:
- xaalada guurka
- heerka caawimada dad waynaha
- naafanimadooda

La xiriir **MDHR** si toos ah si aad cabasho u gudbiso:

Minnesota Department of Human Rights
540 Fairview Avenue North, Suite 201
St. Paul, MN 55104
651-539-1100 (codka)
800-657-3704 (Khadka bilaashka ah)
711 or 800-627-3529 (MN Relay)
651-296-9042 (fakis)
Info.MDHR@state.mn.us (iimayl)

Waaxda Adeegyada Aadamaha ee Minnesota (DHS)

Waxaad xaq u leedahay inaad soo xarayso cabashada DHS, haddii aad rumaysan tahay in lagu takooray barnaamijyadayada daryeelka caafimaadka sababtoo ah wax ka mid ah waxa soo socda:

- isir
- midab
- wadanka uu kasoo jeedo
- diinta (xaaladaha qaarkood)
- da'da:
- naafanimada (ay ku jirto liidashada jidhka ama maskaxda)
- Jinsiga (ay ku jirto faalooyinka laga bixiyo jinsiga qofka iyo aqoonsiga sinjiga)

Cabashooyinka waa inay qornaadaan oo lagu soo xareeyo gudaha 180 maalmood laga bilaabo taariikhda aad ogaatay takoorka la tuhunsan yahay. Cabashada waa inay ka koobnaataa magacaga iyo cinwaanka oo faahfaahi takoorka aad ka cabanayso. Waanu dib u eegis ku samayn doonaa oo qoraal ahaan ayaan kugu ogaysiin doonaa haddii aanu awood u leenahay inaanu baadho iyo in kale. Haddii aanu oggolaano, waanu baadhi doonaa cabashada.

DHS ayaa qoraal ahaan kugu wargelin doono natiijada baadhitaanka. Waxaad xaq u leedahay inaad rafcaan ka qaadato haddii aadan ku raacsanayn go'aanka. Si rafcaan aad u qaadato waa inaad codsi qoran u soo dirtaa inaad hesho dib u eegida DHS natiijada baadhitaanka. Soo koob oo sheeg sababta aad u diiday go'aanka. Ku dar macluumaad dheeraad ah oo aadu malaynayso inay muhiim tahay.

Haddii aad cabasho usoo xarayso qaabkan, dadka u shaqeeya wakaalada ee lagu magacaabay cabashada kaama aar goosan karaan. Tan macnaheedu waxa weeye kuma ciqaabi karaan adiga qaabnaba inaad soo xaraysay cabasho awgeed. Ku soo xaraynta cabashada qaabkan kaama joojiso adiga raadinta tallaabooyinka kale ee sharci ama maamul.

La xiriir **DHS** si toos ah si aad u xarayso cabashada takoorka:

Iskuduwaha Xuquuqda Madaniga ahr
Minnesota Department of Human Services
Equal Opportunity and Access Division
P.O. Box 64997
St. Paul, MN 55164-0997
651-431-3040(cod) ama isticmaal adeega xidhiidhka dadka maqalka ka naafada ah



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