



# Hagahaaga 2024 ee UCare Connect

(SNBC)

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

# Tixraac degdeg ah

## UCare Health Ride

612-676-6830 or 1-800-864-2157  
TTY 612-676-6810 ama 1-800-688-2534  
7 subaxnimo – 8 habeenimo, Isniin – Jimce  
[ucare.org/healthride](http://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](http://ucare.org/mhsudtriage)

## UCare Dental Connection

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

## Disability Hub MN

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

1-866-333-2466  
8:30 subaxnimo – 5 galabnimo, Isniin – Jimco  
[disabilityhubmn.org](http://disabilityhubmn.org)

## Maternal and Child Health Program Line

612-676-3326 ama 1-855-260-9708  
TTY 711  
9 subaxnimo – 5 galabnimo, Isniin – Jimce

## UCare Keep Your Coverage Program

612-676-3438 ama 1-855-307-6978  
TTY 612-676-6810 ama 1-800-688-2534  
8 subaxnimo – 5 galabnimo, Isniin – Jimco

# Jadwalka Tasmada

<b>Wax kasta oo aad u baahan tahay inaad ogaato si aad u bilowdo isticmaalka qorshahaaga</b>	<b>2</b>
Akoonkaaga xubinnimada ee onlaynka ah	2
Adeega macmiilka	2
<b>Isticmaalka Kaarkaaga Aqoonsiga xubinnimada</b>	<b>3</b>
<b>Faham caymiskaaga</b>	<b>4</b>
Hel sheeyadaada xubinta	4
Gunnooyinka daawada	4
<b>Halka laga helo daryeelka</b>	<b>5</b>
<b>Ka dhex raadinta caymiskaaga</b>	<b>6</b>
Way fududahay in la helo dhakhtarka iyo dawooyinka uu dhakhtarka kuu qoro	6
Su'aalaha Inta Badan La Iska Weydiiyo Qalabka xog raadinta ee onlaynka ah	6
<b>Kheyraadka iyo barnaamijyada loogu talagalay xubnaha</b>	<b>7</b>
Doorashooyinka Gaadiidka	7
Caafimaadka Maskaxda iyo Cudurada Isticmaalka Maandooriyaha	8
Iskuduwidda daryeelka	8
Wareejinta goobta daryeelka	8
Waydii UCare Care Navigator	8
Quit Smoking and Vaping Program	9
Taageerada maaraynta cudurka	9
Keep Your Coverage	9
Connect to Wellness Kit	10
Ilaha ilkaha	12
Goobaha uurka	12
<b>Ku xir foomka dalbashada qalabka Wellness Kit</b>	<b>13</b>

## Ma hubo meesha laga bilaabo?

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

612-676-3395 ama 1-877-903-0061  
TTY 612-676-6810 ama 1-800-688-2534  
8 subaxnimo – 5 galabnimo, Isniinta - Jimce

# Ku soo dhawow UCare!

Waxaanu aad ugu faraxsanahay inaad nala joogto sidii xubinta UCare Connect. Hagahan waxa uu kaa caawin doonaa inaad barato sida isticmaalka dheefaha iyo sifooyinka UCare Connect qorshahaaga. Si feejigan u akhri, diyaarso oo soo gudbi inta badan.

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

Ma qabtaa su'aalo? Nala soo xidhiidh oo noo sheeg. Had iyo jeer waxaa 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](https://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.

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

1-800-688-2534

8 am – 5 pm, Isniin – Jimco

*In kastoo aanu fahamnay qoyskaagu inuu adiga kaa walaacsan yahay, uma shaacin karno macluumaadka xubnaha qoyska soo wacayo iyagoo ku metelaya, iyaddoo aad tahay walaid/masuul iyo ama aad saxaexday Warbixinta Wakiilnimada La oggolaaday ee muujinaysa xubinta(naha) qoyska haysta oggolaanshahaaga. Booqo [ucare.org](https://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

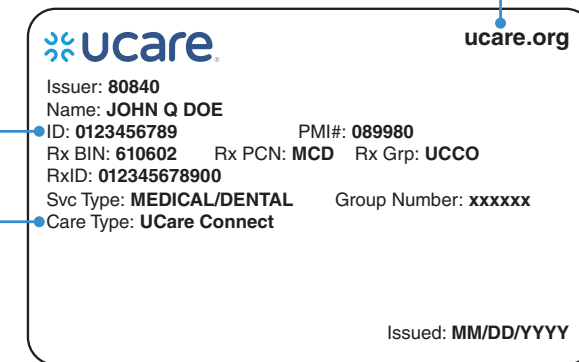
Lambarka ambiga ah ee adiga kuu goonida ah.

### Websaydka UCare

Soo gal go ota xubi ntoo caawimacluumaadka buuxa.

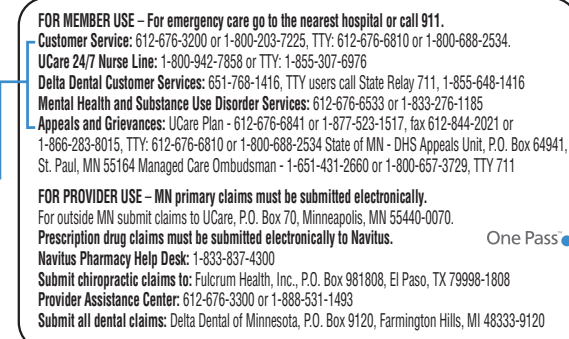
### Magaca Qorshaha

Mmagaca qorshaha aaga gaarka ah.



### Macluumaadka xiriirka

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



### Barnaamijka Jidh dhiska One Pass

Loogadaan jirdhiska One Pass ah ayaa muujinaysa inaad u qalanto gunnadan.

## 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.s
- **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 kooada 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 [Doo 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 AANAN ku jirin liiska daawooyinka, qiimaha wuu badnaan karaa, sidaas darteed dhakhtarkaaga kala hadal daawooyinka caymiska uu daboolay iyo riheetada aad u baahan tahay.

### Buuxinta dawo qorida

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

- Dhakhtarkaaga warqada riheetada ha u soo diro farmashiye ku jira shabakada qorshaha caymiskaaga
- Warqada riheetada u geey qoran farmashiye ku jira shabakada qorshaha caymiskaaga
- Istimaal 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 shabakada oo kuu dhow, isticmaal aaladda wax raadinta oo laga helo [search.ucare.org](https://www.search.ucare.org).

# Halka laga helo daryeelka

Istimaal 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 istarogga (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](https://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 Weydiiyo 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 farmashiyeyaasha 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](https://member.ucare.org). Marka aad gasho akoonkaaga onlaynka ah, guji qaybta "My Policy [Siyaasaddayda]" 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 ah wac 911.

Khadka UCare Health Ride ka wac 1-800-864-2157 (TTY 1-800-688-2534), 7 am – 8 pm, Isniin – Jimco, ama booqo [ucare.org/healthride](https://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. Kaadhanka 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.

## UCare Mental Health and Substance Use Disorder Triage

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 Icticmaalka Maandooriyaha iyo adeegyada kale.
- Ku xiriirinta kheyraadka bulshadda
- Caawimada helida daryeelka shabakada ku jira iyo adeeg bixiyayaasha takhasuska caafimaadka maxkada iyo isticmaalka maandooriyaha.

Khadka Caawimaada Caafimaadka Maskaxda iyo Icticmaalka Mukhaadaraadka ee UCare ka wacdaa 612-676-6533 or 1-833-276-1185 (TTY 1-800-688-2534), 8 am – 5 pm, Isniin – Jimco.

## Iskuduwidda daryeelka

Qorshahaaga caymis waxa ku jira adeegyada Care Navigator kaas oo kaa caawin kara helitaanka daryeelka caafimaadka aad u baahan tahay. Care Navigator waxa uu kaa caawin karaa habbaynta daryeelka ka hortagga ah, helida ama beddelka dhakhtarkaaga, kuu gudbinta iyo helida barnaamijyada fayyo qabka iyo adeegyada kale.

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

Si aad wax badan u ogaato, ama haddii aad wax su'aalo ah ka qabto cidda uu yahay Care Navigator, khadka Care Navigator ka wac 612-676-6502 ama 1-877-903-0062 (TTY 1-800-688-2534), 8 am – 4:30 pm, 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-duwaha daryeelka ayaa ku caawin doona. Qofkani wuxuu la xiiriir doonaa adiga, qoyskaaga, goobta cusub (isbitaalka, guriga dadka lagu xanaaneeyo, iwm) iyo adeeg-bixiyayaasha si uu u eego tilmaamahaaga ka bixista xarunta/adeegga. Isku duwaha daryeelkaaga ayaa sidoo kale qiimeyn doona fahamkaaga ku aadan daawooyinkaaga, hubin doona inaad taqaan cidda aad wici karto haddii aad qabto su'aalo, kaana caawin doona ballamaha daba-galka ah iyo baahiyaha kale.

Haddii aadan lahayn isku-duwaha daryeelka, wac Khadka Navigator Care si aad u hesho caawinaad ku aadan isku-duwidda adeegga ee la xiriirta kala-guurkaaga.

## 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 Icticmaalka 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](https://www.myquitforlife.com/ucare)
- Soo dejiso ablikeeshinka moobilada ee Rally Coach Quit For Life.

## 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, madax xanuunka aadka u daran, cudurka neefta, cudurka sonkorowga ama wadna xanuunka.

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).

## Ilaha ilakaha

Waxaad heli doontaa liiska dheefaha ilkaha la daboolo ee ku jira qorshaha Member Handbook (Buug Yarahaaga Xubinta) Dheefahan waxaa ku jira adeegyo 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 iilkaha
- 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

Khadka UCare Dental Connection ka wac 651-768-1415 ama 1-855-648-1415 (TTY 612-676-6810 ama 1-800-688-2534), 7 am – 7 pm, Isniin – Jimco, ama booqo [ucare.org/dentalconnection](https://www.ucare.org/dentalconnection).

## UCare Mobile Dental Clinic

Waxaan bixinaa baaritaanada ilkaha, nadiifinta iyo daryeelka aasaasiga ah ee dib u buuxinta ee UCare Mobile Dental Clinic. Wac si aad u ogaato goamata rugta caafimaadka ay kuu dhowdahay ama aad aadi doonto [ucare.amag/mdc](https://www.ucare.amag/mdc) taariikhaha iyo goobaha la qorsheeyay.

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

## Gunnooyinka Jirdhiska iyo Badqabka

### Tallaalka

Hargab, COVID-19 iyo oof wareenka talaalka si buuxda ayaa loogu daboolaa gudaha qorshahaaga. La hadal dhakhtarkaaga ama adeeg bixiyaha daryeelka caafimaadka kale si aad u aragto haddii aad ubaahan tahay kuwan ama mudditaanada kale.

### Adeegyada caafimaadka ka hortagga

Daboolidaada waxaa ka mid ah baadhitaanada ka hortagga ah ee muhiimka ah si ay kaaga caawiyaan inaad caafimaado. Waxaa lagu bixiyaa kharash iyadoo 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, 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 xirii 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).

### Barnaamijka Jidh dhiska ee One Pass

Hal Kaadh waa xalka jidh dhiska buuxa ee jidhkaaga iyo maskaxda, lagu heli karo adiga iyaddoon kharash dheeraad ah kugu joogin. Wwaxaad' heli doontaa in ka badan 24,000 oo ah goobaha fayaqabka ee dalka oo dhan, oo lagu daray:

- Kumanaan fasallo jirdhis ah oo la dalban karo iyo kuwo onlayn ah
- Dhisayaasha jimicsiga si ay u abuuraan jimicsigaaga oo ay kuugu dhex maraan jimicsi kasta
- Xirmooyinka jimicsiga guriga lagu isticmaalo ee loogu talagalay xubnaha aan jir ahaan awoodin inay soo booqdaan xarunta ama degan ugu yaraan 15 mayl meel u jirta goobta jimicsiga
- Barnaamijka gaarka ah, tababarka maskaxda ee khadka tooska ah si uu u caawiyo hagaajinta xusuusta, dareenka iyo diiradda
- Hawlaha bulshada, xiisadaha bulshada, iyo dhacdooyinka diyaar u ah ka qaybgalka tooska ah ama khadka tooska ah

Raadi goobaha ka qaybqaadashada barnaamijka ee kuugu dhow [ucare.org/onepass](https://www.ucare.org/onepass) ama wac 1-877-504-6830 (TTY 711), 8 am – 9 pm, Isniin – Jimco.

### 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](https://www.healthybenefitsplus.com/ucare) ama wac 1-833-862-8276 (TTY 711).

### 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 lagu 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](https://www.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.

### Connect to Wellness Kit

Dalbo xirmada qalabka Connect to Wellness Kit si ay kaaga caawiso wanaajinta caafimaadkaaga iyo badqabkaaga. Qalab kastaa waxa ku jira agabyo hawlgelin leh - iyada oo aan wax kharash ah kaaga baxayn.

Xubnuhu waxay dooran karaan mid ka mid ah xulashooyinka xirmada soo socda:

- Fitness Kit
- Sleep Aid Kit
- Stress Relief Kit
- Dental Kit
- Smart Home Device Kit

### Waxaa jira saddex siyaabood oo loo dalbado xirmada\*:

1. Buuxi foomka ku yaala xagga dambe ee hagahan
2. Dalbo adigoo isticmaalaya akoonkaaga xubinnimada ee onlaynka ah ee [member.ucare.org](https://www.member.ucare.org). Tag qaybta Health & Wellness (Caafimaadka & Badqabka), kadibna Wellness, Rewards & Allowance (Badqabka, Abaalmarinta & Gunada) si aad dalabkaaga u samaysato.
3. Adeegga Macaamiisha ee UCare ka wac lambarka ku yaala dhabarka kaarkaaga aqoonsiga ee xubinnimada

\*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 oggolow 4 – 6 todobaad oo dirida ah.

## Barnaamijka Keep Your Coverage

Waa muhiim in aad ilaashato u-qalmitaankaaga Medicaid (Kaalmada Caafimaadka) si aad caymiskaaga UCare Connect u sii socdo iyada oo aan wax nusqaan gelin adeegyada daryeelka ama caafimaadka. 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 UCare Keep Your Coverage ka wac 612-676-3438 ama 1-855-307-6978 (TTY 612-676-6810), 8 am – 5 pm, Isniin – Jimco, ama iimayl u dir [KeepYourCoverage@ucare.org](mailto:KeepYourCoverage@ucare.org).

## Kheyraadka uurka

### Barnaamijka kursiga baaburka

Waxaad u qalmi kartaa kursiga bilaashka ah ee baabuurka dhexda Kuraasida UCare, Waxbarashadda iyo barnaamijka Badbaadada Safarka (UCare's Seats, Education and Travel Safety, SEATS). Xubnaha UCare ee u qalma ee uurka leh, ama carruurta da'doodu ka yar tahay 8 sano waxay heli karaan kursi baabuur iyo barashada badbaadada. Soo wac adeega macmiilka si aad u hesho magaca iyo lambarka telefoonka wakaalada iskaashiga la samaynaysa ee adiga kuu dhow.

### Maternal and Child Health Program Line

Wac Maternal and Child Health Program Line si lagaaga caawiyo macluumaadka iyo kheyraadka aasaasiga ah xilliga inta aad uurka leedahay ama kadib markaad dhasho ilmahaaga.

Kooxda Caafimaadka Hooyooyinka iyo Dhallaanka (Maternal and Child Health Team) ayaa kaa caawin kara:

- Kuu gudbinta adeegyada Maareynta Daryeelka Qaybta Daryeelka Sare ee Ilmaha Markaa Dhashay (Neonatal Intensive Care Unit, NICU), adeegyada daryeelka uurka, dhalmada kadib.
- Kheyraadka UCare xilliga uurka iyo kadib
- Kugu xiriirinta kheyraadka bulshada sida Barnaamijka Naqada Gaarka ah ee Dheeraadka ah ee Dumarka, Sabiga, iyo Caruurta (Special Supplemental Nutrition Program for Women, Infants, and Children, WIC) iyo barnaamijka booqashada guriga

Si aad ula xiriirto Khadka Barnaamijka Caafimaadka Hooyooyinka iyo Dhallaanka, wac 612-676-3326 ama 1-855-260-9708, (TTY 711), 9 am – 5 pm, Isniin - Jimco.

### Tilmaamaha faa'iidada badan ee abaal marinta

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

## Foomka dalbashada Connect to Wellness Kit

### Naftaada daryeel

#### Dooro hal:

Markay kuu habboonaato, UCare waxya bixisaa jidh qalabyada jirdhiska iyo badqabka si ay kuu caawiso horumarinta caafimaadkaada — aan kharash kugu joogin. Dooro midka mid ah doorashada oo boostada ugu soo dir foomka UCare.

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

**Haddii aad hayso su'aalo, soo wac adeegyada xubinta.** Oggolow 4 – 6 todobaad dirida agabka. Dheefaha waxaa dhici karta inay beddesho sanad kasta. Foomamka aan la buuxin ama aan loo qalmin waacelin doonaa. **Dooro hal qayb.** Haddii aad doorato wax ka ba badan hal qayb ama agab, xubinta kooxda UCare way ku soo waci si ay u ogaato midka aad jeceshahay.

<input type="checkbox"/> <b>Fitness Kit</b> <ul style="list-style-type: none"><li>• Saacada Raad raacaha Hawsha</li><li>• Suunka Adkaysiga</li><li>• Qalabka Masaajaynta la kordhin karo</li></ul>	<input type="checkbox"/> <b>Sleep Aid Kit</b> <ul style="list-style-type: none"><li>• Qalabka Buufinta saliidaha oo wata mashiin iyo nalka habeenka</li><li>• Saliidaha Lama huraanka ah ee jidhka</li></ul>	<input type="checkbox"/> <b>Stress Relief Kit</b> <ul style="list-style-type: none"><li>• Nalka daawaynta</li><li>• Cajiin</li><li>• Riixid soo saarid</li></ul>
<input type="checkbox"/> <b>Dental Kit</b> <ul style="list-style-type: none"><li>• Burushka Cadayga korontada ah</li><li>• Dunta findhicilka</li><li>• Cajiinka ilkaha</li><li>• Kiishka agabka</li></ul>	<input type="checkbox"/> <b>Smart Home Device Kit</b> <ul style="list-style-type: none"><li>• Adeegyada Daryeelka Guriga</li></ul>	

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

#### Si loogu dhammaystiro onlayn

Booqo [member.ucare.org](http://member.ucare.org). Riix Health & Wellness oo tag Wellness, Rewards & Allowanc si aad usamayso dalabka agabkaaga.

#### Si loogu dhammaystiro foomka boostada

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:

Magaca koowaad iyo ka dambe) \_\_\_\_\_

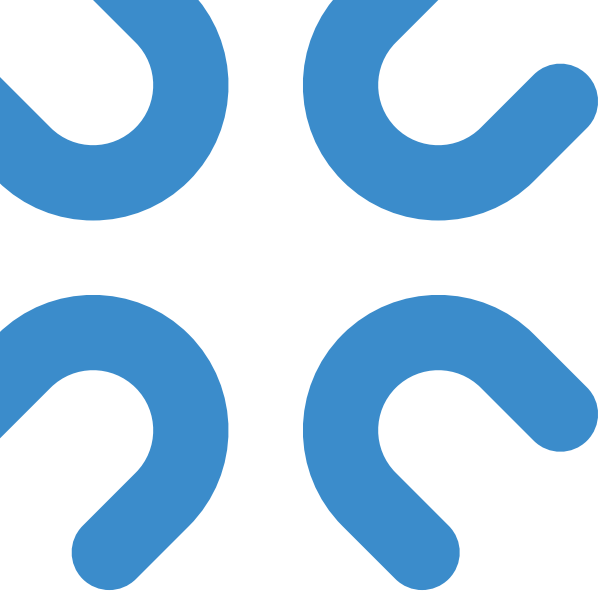
Ciwaanka boostada \_\_\_\_\_

<Magaalada, Gobolka, Zip> \_\_\_\_\_

Telefoonka \_\_\_\_\_

Ka saar foomka xaga daloolka oo ku soo celi galka lifaaqan.





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

ያስተውሉ፡ ካለምንም ክፍያ ይህንን ደብዳቤ የሚተረጎምሎ አስተርጓሚ ከፈለጉ ከላይ ወደተጻፈው የስልክ ቁጥር ይደውሉ።

ملاحظة: إذا أردت مساعدة مجانية لترجمة هذه الوثيقة، اتصل على الرقم أعلاه.

သတိ။ ဤစာရွက်စာတမ်းအားအခမဲ့ဘာသာပြန်ပေးခြင်း 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. ဝဲနမ့ၢ်လိဉ်ဘဉ်တၢ်မၤစၤကလိလၢတၢ်ကကျိးထံဝဲဒၣ်လံာ် တီလံာ်မိတခါအံၤန့ၣ်, ကိးဘဉ် လိတဲစိနီၢ်ဂံၢ်လၢထးအံၤန့ၣ်တက့ၢ်.

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

ໂປຣດຊາບ. ຖ້າຫາກ ທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປເອກະສານນີ້ພຣີ, ຈົ່ງ ໂທສໄປທີ່ໝາຍເລກຂ້າງເທິງນີ້.

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)

DHS\_Approved\_11/24/2021

**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

DHS\_Approved\_11/24/2021



500 Stinson Blvd  
Minneapolis MN 55413  
612-676-3395 | 1-877-903-0061  
TTY 612-676-6810 | 1-800-688-2534  
8 subaxnimo – 5 galabnimo, Isniinta - Jimce  
**ucare.org**