

Gaadiid kharash la'aan ah oo lagu tago lagana soo noqdo booqashooyinkaaga la daboolay ee caafimaadka, ilkaha iyo farmasiiga.

Sideen gaadiidka uga diyaarsadaa UCare Health Ride?

Wac Health Ride si aad u codsato kaarka baska ama si aad ballan gaari-raacitaan ah u qabsato.



1-800-864-2157

TTY 1-800-688-2534

Diyaarso macluumaadkaaga

- Kaarka aqoonsiga xubinnimada UCare
- Magaca, cinwaanka kuugu jira faylka iyo taariikhda dhalashada
- Lambarka taleefanka aad hadda isticmaasho
- Magaca buuxa iyo cinwaanka Dhakhtarka, rugta caafimaadka, dhakhtarka ilkaha, farmashiiyaha ama daryeel bixiye kale

Ma u qalantaa?

Xubnaha ku jira qorshayaasha UCare ee soo socda, oo aan heli karin baabuur shaqaynaya, waxay u qalmaan Health Ride:

- Minnesota Senior Care Plus (MSC+)
- UCare's Minnesota Senior Health Options (MSHO) (HMO D-SNP)
- UCare Connect (SNBC)
- UCare Connect + Medicare (HMO D-SNP)

Xulashooyinka Gaadiid raaca



Basaska dadweynaha iyo tareenada fudud Loogu talagalay xubnaha ku nool meel u dhow basaska ama khadka tareenka fudud ee ka qaybqaadanaya barnaamijka. Soo wac si aad u codsato 14 maalmood oo ganacsi oo ah wakhti hore. Kaarka bilaha ah ee loogu talagalay xubnaha u-qalma.



Tagsi ama daraawal mutadawac ah Loogu talagalay xubnaha ku nool meel u dhow khadka baska. Wac Health Ride labba maalmood ka hor ballantaada si loo qorsheeyo.



Adeegyada gaadiidka ee gaarka ah Loogu talagalay xubnaha aan si badbaado ah u isticmaali karin baska, tagsiga ama darawal mutadawac ah sabab la xiriiirta xaalada caafimaadka dhimirka ama naafanimada jirka. Wac Health Ride labba maalmood ka hor ballantaada si loo qorsheeyo.

Tilmaamaha loogu talagalay raacitaanka tagsiga, darawalka mutadawaca ah iyo gaadiidka gaarka ah

Qaadista

- Goobaha lagaa qaadayo waxay noqon karaan gurigaaga ama hoyga
- Waqtiga qaadistu waa ilaa 60 daqiiqo ka hor xilliga ballantaada
- Ku sug goobta lagaa soo qaadayo
- Darawalku waxa uu 10 daqiiqo kugu sugi doonaa goobta lagaa soo qaadayo
- Darawalka ayaa ku siin doona warqadda soo noqoshada oo ku qoran lambarka taleefanka si aad u wacdo xilliga soo noqoshadaada

Gaari raacitaanka xilliga soo noqoshada

- Wac lambarka ku yaala warqadda soo noqoshada si aad u uga shaqeysiiso safarkaaga soo noqoshada
- U sheeg inaad xubin ka tahay UCare
- Ku sug goobta lagaa soo qaadayo
- Darawalku waxa uu 10 daqiiqo kugu sugi doonaa goobta lagaa soo qaadayo
- Gaariga ku soo celinaya waxa laga yaabaa inuu qaato wakhti dheer si uu u yimaado, iyadoo ku xiran taraafikada, cimilada ama daahitaanada lama filaanka ah

Xageen tagi karaa?

Waxaad ku aadi kartaa noocyada booqashooyinkan:

- Caafimaad
- Ilkaha
- Aafimaadka dhimirka
- Dhibaataada Isticmaalka Maandooriyaha
- Farmashiye
- Qalab caafimaad oo waara

Goobo dheeraad ah ayaa laga yaabaa inay diyaar u yihiin xubnaha u-qalma. Macluumaad intaas ka badan kala xiriir Care Coordinator (Iskuduwaha Daryeelkaaga).

Care Coordinator (Iskuduwaha Daryeelkaaga) ee UCare

Magaca:

Lambarka taleefanka:

limayl:

Hadii ay dhacdo xaalad degdeg ah oo u baahan tixgelin degdeg ah, wac 911.

Sababaha loo diidi karo gaari raacitaanka

- Goobta raacitaanka ee la codsaday aan caymiska ku jirin
- Ballantaada aan la xaqiijin karin
- Macluumaadkaaga shakhsiyeed aan la xaqiijin karin
- Aan jirin caymis UCare ah oo firfircoon
- Aad heli karto baabuur shaqaynaya
- Aan jirin adeeg-bixiyayaal la heli karo
- Goobta bixiyaha ay ka baxsan tahay shabakada
- Ogeysiis gaaban

Xaddidaadaha Masaafada ee Health Ride

- Ballanta daryeelka aasaasiga ah: ugu badnaan 30 mayl meel u jirta goobtaada
- Ballanta daryeelka takhasusuka ah: ugu badnaan 60 mayl meel u jirta goobtaada
- Ballanta ilkaha: xaddidaad ma lahan masaafada

Haddii aad leedahay baahiyo gaar ah ama aad ku nooshahay meel miyi ah oo aan lahayn rug daryeel caafimaad oo 30 mayl kuu jirta ama xarun daryeel gaar ah oo kuu jirta 60 mayl, wac Health Ride ama Care Coordinator (Iskuduwaha Daryeelkaaga) si aad ugala hadasho. Ka-dhaafitaano ayaa la heli karaa.

Booqo ucare.org/healthride si aad u hesho wixii macluumaad dheeraad ah.



No English?

1-800-203-7225
1-800-688-2534 (TTY)

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