

# Numbers to know

## UCare Connect (SNBC)

### UCare Health Ride

612-676-6830 or 1-800-864-2157  
TTY 612-676-6810 or 1-800-688-2534  
7 am – 6 pm, Monday – Friday

[ucare.org/healthride](https://ucare.org/healthride)

In case of a medical emergency: 911

### UCare Clinical Services Member Assistance

Call UCare Clinical Services for help finding a care coordinator.

612-676-3395 or 1-877-903-0061  
TTY 1-800-688-2534  
8 am – 5 pm, Monday – Friday

### UCare Dental Connection

1-888-227-3310  
TTY 1-800-466-7566  
8 am – 5 pm, Monday – Friday  
[ucare.org/dentalconnection](https://ucare.org/dentalconnection)

### UCare Mobile Dental Clinic

1-866-451-1555  
TTY 1-800-627-3529  
8 am – 4:30 pm, Monday – Friday  
[ucare.org/mdc](https://ucare.org/mdc)

### UCare 24/7 Nurse Line

1-800-942-7858  
TTY 1-855 307-6976

### Other UCare services

UCare offers interpreter services and accessible information free of charge.

1-877-903-0061  
TTY 1-800-688-2534

### Tobacco and Nicotine Quit Line

1-855-260-9713  
TTY 711  
24 hours a day, seven days a week  
[ucare.org/quit](https://ucare.org/quit)

### Disability Hub MN

A free Minnesota resource network that helps you solve problems, navigate the system and plan for your future.

1-866-333-2466  
8:30 am – 5 pm, Monday – Friday  
[disabilityhubmn.org](https://disabilityhubmn.org)

### Maternal and Child Health Program Line

612-676-3326 or 1-855-260-9708  
TTY 711  
9 am – 5 pm, Monday – Friday

**Not sure where to start? Call UCare Customer Service for help.**

612-676-3395 or 1-877-903-0061  
TTY 612-676-6810 or 1-800-688-2534  
8 am – 5 pm, Monday – Friday

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

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

သတိ။ ဤစာရွက်စာတမ်းအားအခမဲ့ဘာသာပြန်ပေးခြင်း အကူအညီလိုအပ်ပါက၊ အထက်ပါဖုန်းနံပါတ်ကိုခေါ်ဆိုပါ။

កំណត់សំគាល់ ។ បើអ្នកត្រូវការជំនួយក្នុងការបកប្រែឯកសារនេះដោយឥតគិតថ្លៃ សូមហៅទូរសព្ទតាមលេខខាងលើ ។

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. ဝဲနမ့ၢ်လိဉ်ဘဉ်တၢ်မၤစၢၤကလီၤလၢတၢ်ကကျိးထံဝဲဒၣ်လံာ် တီလံာ်မိတခါအံၤန့ၣ်, ကိးဘဉ်လီၤဝဲစီနီၢ်ဂံၢ်လၢထးအံၤန့ၣ်တက့ၢ်.

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.