



# Hagahaaga 2024 ee UCare Prepaid Medical Assistance Program

(PMAP)

 **Ucare**<sup>®</sup>

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](https://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](https://ucare.org/mhsudtriage)

## UCare Dental Connection

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

## Nurse Line

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

## Maternal and Child Health Program Line

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

## Quit Smoking and Vaping Program

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

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## Ma hubo meesha laga bilaabo?

Ma hubo meesha laga bilaabo? Wac Adeegga Macaamiisha UCare PMAP 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!

Aad ayaan ugu faraxsanahay inaan xubin ka tahay UCare Prepaid Medical Assistance Program (PMAP). Hagahan ayaa kaa caawin doona inaad barato sida loo isticmaalo gunnooyinka iyo sifooyinka qorshahaaga PMAP. Si feejigan dib ugu eeg, diyaarso oo soo gudbi inta badan.

PMAP 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 koontada 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.

612-676-3200 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 macluumaadka xubnaha qoyska soo wacayo iyagoo ku metelaya, iyaddoo aad tahay waalid/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

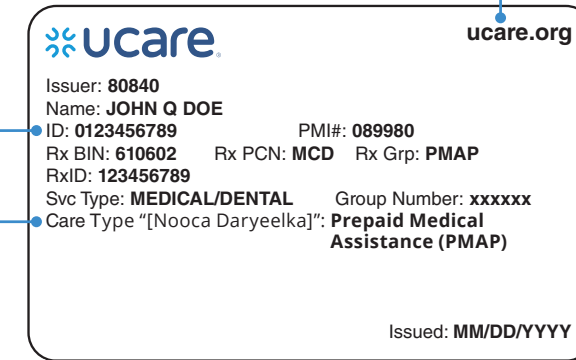
Lambarka ambiga ah ee adiga kuu goonida ah.

### Websaydka UCare

Soo gal goobta xubinta caawimada macluumaadka buuxa.

### Plan name (Magaca qorshaha Caymiska)

Magaca qorshahaaga gaarka ah.



### Macluumaadka xiriirka

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



### Health Club Savings

Health Club Savings waxay muujinaysaa u-qalmiitankaaga barnaamijka.

## 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 waxa 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 kooxda 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. Taleefan — 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 drug List (Liiska Dawooyinka) caymiska (sidoo kale loo yaqaan (Liistada Daawooyinka Caymiska Bixiyo). Waxaad mar kasta ka hubin kartaa “Liistada Dawooyinka” (Drug List) [search.ucare.org](https://www.search.ucare.org), ka dooro “Liistada Dawooyinka” (Drug List) liistada weyn ku taala dhanka sare ee bogga oo ka dooro liistada qorshahaaga caymiska ee gaarka ah “Dooro qorshahaaga caymisk” (Pick your plan). “Liiska Dawooyinka” (Drug Lis) ayaa la cusboonaysiiyaa bil kasta.

Haddii aad haysatid warqad dawo oo dhakhtarka uu kuu soo qorey dawadaas oo aan ku jirin drug List “[Nooqa Daryeelka]”, 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
- Istimmaal Farmashiyaha Boostada Wax Looga Dalbado ee Costco

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

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

Istimmaal 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 istaroogga (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

Cusbitalada, rugaha caafimaadka, 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 Plan Name "[Magaca Qorshaha Caymiska]" caymiska:

- Kaarka aqoonsiga xubinta: Magaca qorshahaaga caymiska ee adiga kuu gaarka ah waxa uu ku hoos qoran yahay "Care Type [Nooca 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 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](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 ganacsi oo ah wakhti hore. Kaadhada bilaha ah ee xubnaha takhasuska.



#### Tagsiga ama darawal mutadac ah

Xubnaha aan ku noolayn baska ama khadka tareenka Wac 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. La hadal 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 Adeegyada

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.

Caafimaadka Maskaxda iyo Cudurada Isticmaalka Maandooriyaha ka wacdaa 612-676-6533 ama 1-833-276-1185 (TTY 1-800-688-2534), 8 am – 5 pm, Isniin – Jimco.

## Kheyraadka uurka

### Barnaamijka kursiga baaburka

Waxaad u qalmi kartaa kursiga bilaashka ah ee baabuurka dhexda Kuraasida UCare, Waxbarashadda iyo barnaamijka Badbaadada Safarka (loo yaqaano Seats, Education and Travel Safety (SEATS) Ingiriisi). 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 (loo yaqaano Maternal and Child Health Team Ingiriisiga) kaa caawin kara:

- Kuu gudbinta adeegyada Maareynta Daryeelka Qaybta Daryeelka Sare ee Ilmaha Markaa Dhashay (loo yaqaano Neonatal Intensive Care Unit (NICU) Ingiriisi), adeegyada daryeelka uurka, dhalimada kadib
- Kheyraadka UCare xilliga uurka iyo kadib
- Kugu xiriirinta kheyraadka bulshada sida Barnaamijka Nafaqada Gaarka ah ee Dheeraadka ah ee Dumarka, Dhalaanka, iyo Caruurta (loo yaqaano WIC Ingiriisi) iyo barnaamijka booqashada guriga

Si aad ula xiriirto Maternal and Child Health Program Line, wac 612-676-3326 ama 1-855-260-9708, (TTY 711), 9 subaxnimo – 5 habeenimo, 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 Maamulka Adeegyada Hooyada (loo yaqaano Management of Maternity Services (MOMS) Ingiriisiga). Hel macluumaad ku saabsan naas nuujinta, dhalashada ilmaha iyo fasalada waxbarashadda uurka. Macluumaadka dheeraadka ah, soo wac adeega macmiilka ama booqo [ucare.org/healthwellness](https://www.ucare.org/healthwellness).

Isla markaad ogaato inaad uur leedahay, soo wac shaqaalaha degmadda si aad u ogaato wax badan oo ku saabsan dheefahan caafimaadka dheeraadka ah.

## 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](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 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 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 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 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 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 Rugta UCare Mobile Dental Clinic. Wac si aad u ogaato goorta rugta caafimaadka ay kuu dhowdahay ama aad aadi doonto [ucare.org/mdc](https://www.ucare.org/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

Qorshahaagu waxa uu daboolaa hargabka oof wareenka, COVID-19 iyo tallaalka iyo tallaalka carruurnimada. 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](https://www.ucare.org/rewards) ama soo wac adeega xubinta si aad u barato wax badan oo ku saabsan helid 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 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.

### Health Club Savings

Ku soo biir, la shaqee miisaanka, dabaasha qaybo soo laabid ah ama isku day shay cusub. Health Club Savings waxa uu bixiyaa adeegyada kala duwan ee aad doonayso iyo debecsanaanta aad u qalanto. Booqo naadiga caafimaadka ugu yeraan 12 heer bishii oo waxaad sidaas ku heli kartaa lacag celin ilaa \$20 ah ee kharashyadaada billaha ah ee xubinnimada ee naadiyada caafimaadka. Kaarkaaga aqoonsiga xubinta ee UCare ula imaaw kooxdaada caafimaadka si aad isu diiwaangeliso. Si aad u aragto liiska dhamaystiran ee naadiyada caafimaadka ee ka qayb qaadanaya barnaamijka, booqo [ucare.org/fitness](https://www.ucare.org/fitness).

### LivingWell Kids Kits

UCare waxay bixisaa xirmooyin jirdhis iyo jimicsi si ay uga caawiyaan carruurta inay dareemaan ayna ku joogaan caafimaad. Xirmo kasta waxa ku jira qalabyo hawlgelinaya si ay u caawiyaan horumarinta caafimaadka iyo badqabka - lacag la'aan kuu ah adiga. LivingWell Kids Kits waxaa loogu talagalay xubnaha hadda jira ee ay da'adoodu tahay 17 ama ka yar marka ay dalbanayaan.

Ka dooro mid ka mid ah xulashooyinka xirmo ee soo socda:

- Fitness Fun Kit
- Youth De-stress Kit
- Child Dental Kit
- Teen/tween Dental 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 & Fayo qabka) kadibna Wellness, Rewards & Allowance (Fayo qabka, Abaal marinta & Gunnada) si aad dalabkaaga u samaysato.
3. Adeegga Macaamiisha ee UCare ka wac lambarka ku yaala dhabarka kaarkaaga aqoonsiga ee xubinnimada

### 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).

### Qaado fasal, hel lacag dhimis

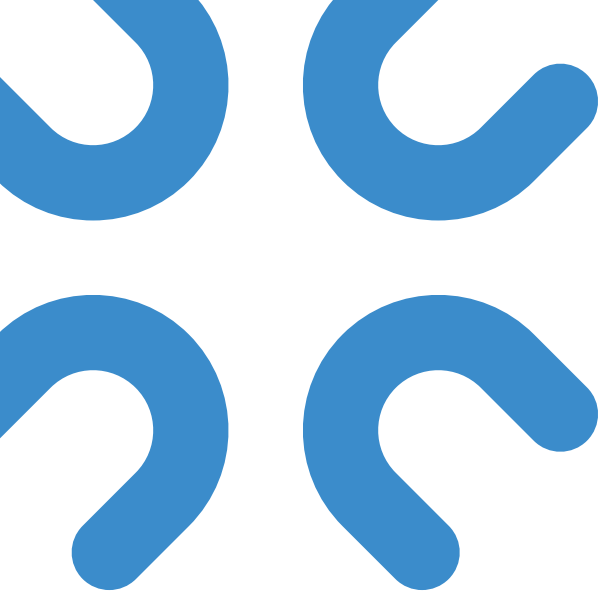
Xubnaha waxay helayaan qiimo dhimis ilaa \$15 ah ee inta badan fasalada waxbarashada bulshada ee Minnesota. Fiiri buug-yaraha waxbarashada bulshada ama la xiriir dugsi degmada si aad u hesho wakhtiyada iyo goobaha fasalka. Si aad u hesho qiimo dhimistaada, keliya tus kaarkaaga aqoonsiga xubinnimada UCare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

\*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.







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။ 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. ဝဲနမ့ၢ်လိဉ်ဘဉ်တၢ်မၤစၢၤကလိလၢတၢ်ကကျိးထံဝဲဒၣ်လံာ် 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)

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**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

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500 Stinson Blvd  
Minneapolis MN 55413

612-676-3200 | 1-866-599-2490  
TTY 612-676-6810 | 1-800-688-2534  
8 subaxnimo – 5 galabnimo, Isniinta – Jimce

**ucare.org**