Hagahaaga 2024 UCare's Minnesota Senior Health Options

(MSHO) (HMO D-SNP)

people powered health plans

Tixraac degdeg ah

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

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

Xaalada gurmadka caafimaadka 911

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

Ma hubo meesha laga bilaabo?

Soo wac adeega macmiilka UCare MSHO oo waxay kaa caawin doonaan ka jawaabida su'aalahaaga.

612-676-6868 ama 1-866-280-7202
TTY 612-676-6810 ama 1-800-688-2534
8 subaxnimo - 8 galabnimo, todobada maalmood todobaadkii.

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Waad ku mahadsan tahay xulashada UCare

Hadafkeenu waa inaan kaa caawino inaad si fiican u noolaato maalin kasta. Waxaan nahay dadka sameeya wax kasta oo awood ku siin kara. Koox ka kooban dad si adag u shaqaynaya si ay u xaqiijiyaan inaad hesho daryeelka iyo caymiska aad u baahan tahay, iyo marka aad u baahan tahay. Waxaan samaynay hagahan iyadoo aan maskaxda kugu hayno. Wuxuu kaa caawin doonaa inaad ka faa'iidaysato qorshahaaga caymiska iyo gunnooyinkaaga caafimaad iyo badqabka ee aan bixino. U hayso macluumaad waxtar leh ahaan markaad sahamnayiso dhammaan qorshayaasha caymiska ee MSHO ee UCare bixiso.

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.**

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 fayo qabka
- Samayso qiimaynta caafimaadku si aad u fahanto caafimaadkaaga
- Hubi u qalmidaada adeegyada fayo qabka, alaabta iyo wax baan

Adeega macmulka

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

612-676-6868 ama 1-866-280-7202
TTY 612-676-6810 ama 1-800-688-2534
8 subaxnimo – 8 habeenimo, todoba maalmood todobaadkii

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

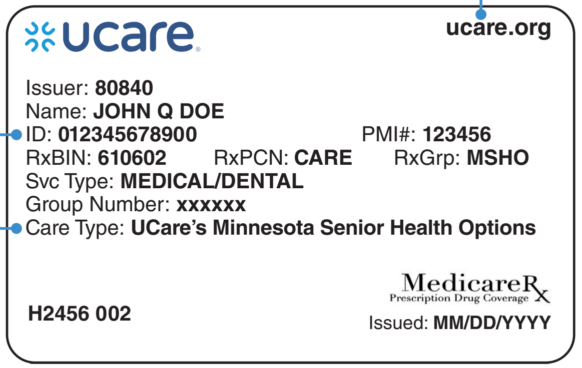
Isticmaalka kaarkaaga aqoonsiga xubinnimada

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 caawinta xubinta ee buuxa.

Magaca Qorshaha
Magaca 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 xubinimada
- Adeeg-bixiyeyaashaada 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

Waxaa muhiim in la ogaado waxaa 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)* —Liisaska dhakhtarada,dhakhtarada ilkaha, farmasiiga, cusbitaalada iyo daaweeyayaasha ku jira shabakadayada, ay ku jiraan faahfaahinta takhsuska, dugsiga caafimaadka soo xaadiray, degenaanshaha la dhammaystiray iyo heerka shahaadada
- *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*, *Pharmacy Director Provider and Pharmacy Directory* iyo *List of Covered Drugs (Formulary)* adigoo isticmaalaya **ucare.org/member-documents.** Ama soo gal kooxda xubinta onlaynka ah bogga **member.ucare.org**

Codso qoraalada daabcan adigoo u maraya laba siyaabood:

1. Onlayn — Soo gal kootada xubintaada bogga **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 dawada ka hubin kartaa **search.ucare.org.** "Drug List (Liiska Dawooyinka)" ka dooro meenuuga ku yaala dhanka sare ee bogga oo waxaad meenuuga "Pick your plan [Dooro 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. Kharashaadka aad ka bixiso jeebkaaga ayaa sidoo kale ku xirnaan doona haddii dawada la ansixiyay ay tahay daawo guud ama dawo magac astaanta ah leh.

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
- Isticmaal 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.**

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.**

Halka laga helo daryeelka

Isticmaal 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 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 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**
- **cvs.com/minuteclinic**
- **mhealthfairview.org/evisits**

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 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 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** 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 bilaabayo 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 (Nooca Daryeelka)."
- Akoonka xubinta ee onlaynka ah: Ka gal **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 laguu soo bandhigay.

Kheyraadka iyo barnaamijyada loogu talagalay xubnaha

Gaadiid raaca si loo daboolo adeegyada

UCare Health Ride waxay bixisaa gaadiidka aan kharashka lahayn ee tegida iyo ka imaanshaha caafimaadkaaga la daboolo, ilkaha iyo booqashooyinka farmasiiga. Xaalada gurmadka 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 ganacsioo ah wakhti hore. Kaadhadhka bilaha ah ee xubnaha takhasuska.

Tagsiga ama darawal mutadac ah
Xubnaha aan ku noolayn baska ama khadka tareenka la hadal 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

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.

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 fayo qabka iyo adeegyada kale.

Si aad u ogaato wax badan, ama haddii aad qabto su'aalo ku saabsan cida uu yahay Isku-duwahaa 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.

Gunnada Laga Iibsan Karo Dukaamada (OTC) ee loo marayo CVS

Gunnadaada daawooyinka dukaamada laga soo iibsan karo (OTC) oo ah $60 oo saddexdii biloodba mar la bixiyo waxaa loo isticmaali karaa in lagu gato alaabta caafimaadka ee u qalma iyadoo loo marayo CVS. Waxaad heli doontaa gunnada afar jeer sannadkii. Alaabta la oggol yahay waxaa ka mid ah maskaro, fiitamiinnada, daawooyinka xasaasiyadda, sahayda gargaarka degdegga ah, daawada cadayga iyo in kale oo badan.

Si aad wax badan u ogaato oo aad u bilowdo wax ku iibsiga CVS OTC Health Solutions, wac 1-888-628-2770, ama booqo **cvs.com/benefits.**

Waxaad sidoo kale caymis dheeraad ah oo OTC ah ka helaysaa gunnadaada daawo ee Medicaid. Si aad wax badan uga ogaato, eeg *Liiska Dawooyinka Caymiska uu Daboolo (Formulary).*

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 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).

Gunnada Adeegyada Guriga

Xubnaha qaba wadne xanuunka, sonkorowga ama dhiig-karka waxay helayaan $50 oo gunnada adeegyada guriga ah bishiiba waxayna ku helayaan kaarka UCare Healthy Benefits+ Visa®. Waxaad ku bixin kartaa biilasha adeegyada guriga, sida biilasha kulaylka iyo korontada, si fudud adiga oo isticmaalaya kaarka Healthy Benefits+ Visa.

Gunnadan waxay dhaqan galaysaa maalinta ugu horreysa ee bil kasta mana loo wareejin karo bisha xigta. Lacagta aadan isticmaalin dhamaadka bisha way dhacaysaa. Haddii aad u qalanto gunnadan, waxaad heli doontaa warqad soo dhawayn ah oo ay ku jirto kaarka loo isticmaalo helitaanka gunnadan.

Si aad wax badan u ogaato ama 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.

Barnaamijka Keep Your Coverage

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

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. Qayb tallaalka, ay ku jiraan finanka talaalkaah, waxaa daboosho qaybta D, markaas kharashka la wada bixiyodawa qoridiisa ayaa la adeegsadaa.

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.

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 dugsiga 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, laguu 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** ama wac 1-877-504-6830 (TTY 711), 8 subaxnimo – 9 habeenimo, 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** ama wac 1-833-862-8276 (TTY 711).

> Gunnada gaadiidka ee dabacsan waxa ku jira ilaa saddex safar-wareeg ah usbuuciiba oo lagu aadayo naadiyada jimicsiga iyo fasalada waxbarashada caafimaadka ee caymiska uu daboolo.

Fasallada caafimaadka iyo badqabka ee Juniper®

Juniper waxay maaraynta caafimaadka ee caddayn ku salaysan iyo fasallada jirdhiska siisaa xubnaha MSHO. Fasalada koox-kooxda ah ayaa laga heli karaa shabakadaha gobolka oo dhan ku yaala ee ka qaybqaadanaya barnaamijka. Xarumahan waxaa ku jira tas-hiilaadka lagu noolaado oo habaysan, xarumaha bulshada, xarumaha waayeelka, kaniisadaha iyo xarumaha jimicsiga.

Fasalada Juniper waxaa loogu talagalay dadka waaweyn waxaana hoggaamiya macalimiin/tababarayaal shahaado haysta. Waxay bixiyaan waxbarasho, xirfado iyo xeelado looga hortagayo dhicitaanka iyo kor u qaadista maareynta xaaladaha caafimaad ee daba-dheeraaday sida sonkorowga iyo xanuunka daba-dheeraaday.

Wax badan ka ogaw **yourjuniper.org** ama hadal isku-duwaha daryeelkaaga.

Gunnada Cunto Caafimaad Leh

Xubnaha qaba wadne xanuunka, sonkorowga ama dhiig-karka waxay helayaan $60 oo gunnada cuntooyinka caafimaadka leh ah bishiiba waxayna ku helayaan kaarka UCare Healthy Benefits+ Visa. Waxaad u isticmaali kartaa gunnada inaad ku iibsato cunto iyo wax soor caafimaad leh. Alaabooyinka la ansixiyay sida miraha, khudaarta, badarka caafimaadka leh, caanaha, digirta iyo in kale oo badan ayaa laga iibsan karaa tafaariiqlayda ka qaybqaata barnaamijka sida Cub ama Walmart si fudud adiga oo iskaanka saaraya kaarkaaga markaad wax iibsanayso.

Gunnadan waxay dhaqan galaysaa maalinta ugu horreysa ee bil kasta mana loo wareejin karo bisha xigta. Lacagta aadan isticmaalin dhamaadka bisha way dhacaysaa. Haddii aad u qalanto gunnadan, waxaad heli doontaa warqad soo dhawayn ah oo ay ku jirto kaarka loo isticmaalo helitaanka gunnadan.

Si aad wax badan u ogaato 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.

Xubnaha u qalma gunnadan waxay sidoo kale heli karaan ilaa hal safar oo wareeg ah usbuuciiba oo ay ku tagayaan dukaanka raashinka ee ka qaybqaadanaya barnaamijka si ay u isticmaalaan gunnada.

Kaarka Healthy Benefits+ Visa®

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

- Qiimo dhimista Raashinka
- Abaalmarino iyo Dhiirigelin
- Gunnada cuntada caafimaadka leh (oo loogu talagalay xubnaha qabo xaaladaha caafimaad ee dabadheeraaday)
- Gunnada adeegyada guriga (oo loogu talagalay xubnaha qaba xaaladaha caafimaad ee dabadheeraaday)

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.

Maaraynta Xanuunka

Xubnaha u qalma waxay heli karaan gunnooyinka maareynta xanuunka ee soo socda. Kala hadal isku-duwaha daryeelkaaga wixii macluumaad dheeraad ah.

- Duugista teerabiyada ah: Iix booqasho sannadkiiba oo lagu aadayo teerabistaha duugista ee ku jira shabakada UCare ee loogu talagalay xubnaha qaba dhabar xanuunka, qoor xanuunka iyo xanuunka garabka, madax-xanuun, xanuunka 'carpal tunnel', 'osteoarthritis' ama 'fibromyalgia'
- Toobista dheeraad ah: Ilaa 12 booqashooyin dheeraad ah oo toobis ah sanadkiiba oo loogu talagalay xanuunka laga dareemo dhabarka hooseeya
- Daaweynta xanuunka lafaha ee caadiga ah: Ilaa 12 booqasho /sanadkiiba - waxaa ku jira baaritaanada iyo hagaajinta xudunta xubnaha ee xanuunada qaba cudurada muruqyada/lafaha

Xirmada Qalabka Wellness Kits

UCare waxay bixisaa xirmooyin/qalabyo kaa caawinaya inaad caafimaad ku joogto. La hadal isku-duwaha daryeelkaaga si aad u aragto haddii ay ku caawin karaan.

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

- Strong and Stable Kit
- Adult Dental Kit and Adult Dental Refill Kit
- Memory Support Kit
- Medication Toolkit
- Stress and Anxiety 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.** 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

Taageerada ka dib ka bixida cubsitaalka joogida bukaan jiifka:

Waxaad heli kartaa taageero dheeraad ah oo ka timid UCare ka dib joogida cusbitaalka. La hadal isku duwahaaga Daryeelka si aad u aragto sida aad u heli karto dheefahan:

- Iswaafajinta dawada farmashistaha kadib marka lagaa soo saaro xarunta/barnaamijka
- Labba cunto maalintii ilaa afar todobaa ka dib cusbitaal ka saarida
- Afar kalfadhiyo oo ka hortag ah oo lala yeelanayo shaqaalaha caafimaadka bulshada (qiimaynta badbaadada, isu-duwidda agabyada)

Ilaha ilkaha

Waxaad heli doontaa liiska dheefaha ilkaha la daboolo ee ku jira qorshaha 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 ilkaha
- Ballan ka qabso ilkaja wixii ah daryeelka la socodka guud i yo 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 subaxnimo – 7 habeenimo, Isniin – Jimco, ama booqo **ucare.org/dentalconnection.**

UCare Mobile Dental Clinic

Waxaan bixinaa baaritaanada ilkaha, nadiifinta iyo daryeelka aasaasiga ah ee dib u buuxinta ee Rugta Ilkaha ee Wareegta ee UCare . 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 habeenimo, Isniin – Jimco.

Adult Dental and Adult Dental Refill Kit

Qurxi dhoola cadeyntaada adigoo isticmaalaya qalabka ilkaha ee bilaashka ah ee laga helo UCare. Waxaad codsan kartaa Qalabka Ilkaha ee Dadka Waaweyn saddexdii sanaba hal mar. Sanadaha aadan u qalmin, waxaad codsan kartaa Qalabka Dib-u-buuxinta Ilkaha ee Dadka Waaweyn. Xaq uma lihid inaad hesho Qalabka Dib-u-buuxinta Ilkaha ee Dadka Waaweyn isla sanadka aad qaadanayso Qalabka Ilkaha ee Dadka Waaweyn oo dhamaystiran.

Adult Dental Kit:

- Burushka cadayga ah ee korontada ku shaqeeya iyo jaajaro
- Beddelka madaxyada burushka
- Cajiinka ilkaha
- Dunta Ilkaha

Adult Refill Kit:

- Beddelka madaxyada burushka
- Cajiinka ilkaha
- Dunta Ilkaha

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.** Tag qaybta Health & Wellness (Caafimaadka & Badqabka), kadibna Wellness, Rewards & Allowance (Badqabka, Abaalmarin & Guno) 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.

Taageerada Daryeel bixiyayaasha

Barnaamijka M Health Fairview Caregiver Assurance ProgramTM wuxuu taageero iyo hagitaan siiyaa daryeel bixiyaha kaa caawinaya hawlaha nolol maalmeedkaaga. Daryeel bixiyahaaga waxaa lagu lamaanaysiin doonaa la taliye lagu tababaray gabowga iyo daryeel bixinta.

Iyada oo la adeegsanayo barnaamijka M Health Fairview Caregiver Assurance Program, daryeel-bixiyahaaga waxa uu heli doonaa:

- Taageerada dareenka ah
- Caawimada dhibaato xalinta
- Hagitaanka is daryeelka iyo maaraynta walbahaarka
- Ku xidhida kaalmada maaliyada

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

Foomka dalbashada Adult Dental Kit

Ilka caddayntaada daryeel!

Dooro hal:

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

Haddii aad hayso su'aalo, soo wac adeegya 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.

☐ **Adult Dental Kit**

(ku xaddidan hal xubin saddexdii sanaba mar)
- Burushka caddayga koronta ah iyo jaarjarka
- Labba beddelaad madaxyada burushaka
- Cajiinka ilkaha
- Dunta Ilkaha

☐ **Adult Dental Refill Kit**

(Ma heli kartid sanadka aad qaadanayso Qalabka ilkaha oo dhamaystiran)
- Labba beddelaad madaxyada burushaka
- Cajiinka ilkaha
- Dunta Ilkaha

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

Si loogu dhammaystiro onlayn

Booqo **member.ucare.org.** Riix Health & Wellness (Caafimaadka & Badqabka) oo tag Wellness, Rewards & Allowance (Badqabka, Abaalmarinta & Gunada) 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

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

Foomka dalbashada Stress and Anxiety Kit

UCare hakaa caawiso nasashada

Dooro hal:

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

Haddii aad hayso su'aalo, soo wac adeegya 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.

☐ Sleep Aid Kit	☐ Stress Relief Kit	☐ Smart Home Device Kit
• Qalabka buufinta saliiidaha oo wata mashiin iyo nalka habeenka • Saliidaha Lama huraanka ah ee jidhka	• Nalka daawaynta • Cajiin • Riixid soo saarid	• Adeegyada Daryeelka Guriga

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

Si loogu dhammaystiro onlaynka

Booqo **member.ucare.org.** Riix Health & Wellness (Caafimaadka & Badqabka) oo tag Wellness, Rewards & Allowance (Badqabka, Abaalmarinta & Gunada) 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 ________________

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

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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.

ပာ်သူၣ်ပာ်သးဘၣ်တက့ၢ်. ဖဲနမ့ၢ်လိၣ်ဘၣ်တၢ်မၤစၢၤကလီလၢတၢ်ကကျိးထံဝဲၣ်လံာ် တီလံာ်မီတခါအံၤန့ၣ်,ကိးဘၣ် လီတဲစိနီၢ်ဂံၢ်လၢထးအံၤန့ၣ်တက့ၢ်.

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

ໂປຣດຊາບ. ຖ້າຫາກ ທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປເອກະສານນີ້ຟຣີ, ຈົ່ງໂທຣໄປທີ່ໝາຍເລກຂ້າງເທິງນີ້.

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

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

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 (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

UCare's Minnesota Senior Health Options (MSHO) (HMO D-SNP) waa qorshaha caafimaadka qandaraaska siiya labbadaba Medicare iyo Minnesota Medical Assistance (Medicaid) barnaamijka lagu siinayo dheefaha labbada barnaamij dadka is diiwaan geliya. Iska diiwaangelinta UCare's MSHO waxay ku xidhan tahay dib u cusboonaysiinta heshiiska.

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

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