



# 2024 Guudmarka Gunnooyinka

UCare Connect + Medicare  
HMO D-SNP





**Khadka Bilaashka ah 1-800-203-7225, TTY 1-800-688-2534**

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

ያስተውሉ፡ ካለምንም ክፍያ ይህንን ዶኩመንት 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 ntawv no pub dawb, ces hu rau tus najnpawb xov tooj saum toj no.

ဟ်သုဉ်ဟ်သးဘဉ်တက့ၢ်. ဝဲနမ့ၢ်လိဉ်ဘဉ်တၢ်မၤစၢၤကလိလၢတၢ်ကကျိးထံဝဲဒဉ်လံာ် တီလံာ်မိတခါအံၤန့ဉ်,ကိးဘဉ် လီတဲစိနီၢ်ဂံၢ်လၢထးအံၤန့ဉ်တက့ၢ်.

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

ໂປຣຄຊາບ. ຖ້າຫາກ ທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປເອກະສານນີ້ພຣີ, ຈົ່ງ ໂທສໂປທີ່ໝາຍເລກຂ້າງເທິງນີ້.

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.

**Ogaysiiska Xuquuqda Madaniga ah**

Takoorku waxa uu ku lid yahay sharciga UCare kuma takooro mid ka mid ah kuwan soo socda:

- isirka
- midab
- asalka qaranka
- caqiidada
- diinta
- qaabka galmada:
- heerka caawimada dad waynaha
- da'da:
- naafanimada (ay ku jirto liidashada jidhka ama maskaxda)
- Jinsiga (ay ku jirto faalooyinka laga bixiyo jinsiga qofka iyo aqoonsiga sinjiga)
- xaalada guurka
- rumaynta siyaasadeed
- xaalada caafimaadka
- heerka caafimaadka
- helitaanka adeegyada daryeelka caafimaadka
- waayo aragnimada sheegashada
- taariikhda caafimaadka
- macluumaadka hide sidaha

Waxaad xaq u leedahay inaad soo gudbiso cabashada takoorka haddii aad rumaysan tahay inay Ucare kuula dhaqantay si takoor ah. Waxaad gudbin kartaa cabasho oo aad weydiisan kartaa caawimaad si aad qof ahaan ugu gudbiso cabashada ama boostada, taleefan, fakis, ama iimayl ahaan:

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)

**Adeegyada iyo Kaalmada Dheeraadka ah: UCare** wuxuu bixiyaa caawimo iyo adeegyo, sida turjubaano ama macluumaad aqoon leh qaabab la heli karo, lacag la'aan iyo waqti ku habboon si loo xaqiijiyo fursad siman oo aan kaga qayb qaadanno barnaamijyada daryeelka caafimaadka. **Kala xiriir** UCare 612-676-3200 (cod ahaan) ama 1-800-203-7225 (cod ahaan), 612-676-6810 (TTY), ama 1-800-688-2534 (TTY).

**Adeegyada Caawinta Luuqadda: UCare** wuxuu bixiyaa dukumeenti la turjumay iyo tarjumaada luqadda lagu hadlo, bilaash ah iyo waqti ku habboon, marka adeegyada kaalmada luqaddu ay lagama maarmaan tahay si loo hubiyo in dadka ku hadla Ingiriisiga xaddidan ay galaangal macno leh u helaan macluumaadka iyo adeegyadayada. **Kala xiriir** UCare 612-676-3200 (cod ahaan) ama 1-800-203-7225 (cod ahaan), 612-676-6810 (TTY), ama 1-800-688-2534 (TTY).

**Cabashooyinka Xuquuqda Madaniga ah**

Waxaad xaq u leedahay inaad soo gudbiso cabashada takoorka haddii aad rumaysan tahay inay Ucare kuula dhaqantay si takoor ah. Waxa kale oo aad si toos ah ula xidhiidhi kartaa mid ka mid ah wakaaladaha soo socda si aad u gudbiso cabashada takoorka.

**Waaxda Caafimaadka iyo Xafiiska Adeegyada Aadanaha ee Xuquuqda Madaniga (OCR)**

Waxaad xaq u leedahay inaad cabasho u gudbiso OCR, wakaalada federaalka, haddii aad rumaysan tahay in lagu takooray sababtoo ah wax ka mid ah waxa soo socda:

- isirka
- midab
- asalka qaranka
- da'da:
- naafanimada
- sinjiga
- diinta (xaaladaha qaarkood)

Si toos ah ula xiriiir OCR si aad u gudbiso cabasho:

Office for Civil Rights

U.S. Department of Health and Human Services

Midwest Region

233 N. Michigan Avenue, Suite 240

Chicago, IL 60601

Xarunta Jawaabta Macmiilka: Lacag-la'aan: 800-368-1019

TDD Toll-free: 800-537-7697

Email: [ocrmail@hhs.gov](mailto:ocrmail@hhs.gov)

### **Waaxda Minnesota ee Xuquuqaha Adaamiga ah (MDHR)**

Minnesota gudaheeda, waxaad xaq u leedahay inaad ka dacwooto MDHR haddii lagugu takooray mid ka mid ah kuwan soo socda:

- isirka
- midab
- asalka qaranka
- diinta
- caqiidada
- sinjiga
- qaabka galmada:
- xaalada guurka
- caawimaad dadweyne xaalad
- naafanimada

Kala xiriiir **MDHR** si toos ah si aad u gudbiso cabasho:

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)

### **Waaxda Adeegyada Aadanaha ee Minnesota (DHS)**

Waxaad xaq u leedahay inaad cabasho u gudbiso DHS haddii aad aaminsantahay in lagugu takooray barnaamijyadayaada daryeelka caafimaadka sababtoo ah mid ka mid ah kuwan soo socda:

- isirka
- midab
- asalka qaranka
- diinta (xaaladaha qaarkood)
- da'da:
- naafanimada (ay ku jirto liidashada jidhka ama maskaxda)
- Jinsiga (ay ku jirto faalooyinka laga bixiyo jinsiga qofka iyo aqoonsiga sinjiga)

Cabashooyinka waa inay qornaadaan oo lagu soo gudbiyo gudaha 180 maalmood laga bilaabo taariikhda aad ogaatay takoorka la tuhunsan yahay. Cabashada waa inay ka koobnaataa magacaga iyo cinwaanka oo faahfaahi takoorka aad ka cabanayso. Dib u eegis ayaanu ku samayn doonaa oo qoraal ahaan ayaan kugu ogaysiin doonaa haddii aanu awood u leenahay inaanu baadho iyo in kale. Haddii aanu awoodno, waxaan baaritaan ku samayn doonaa cabashada.

DHS ayaa qoraal kugu ogaysiin doonta natiijada baadhista. Waxaad xaq u leedahay inaad rafcaan ka qaadato haddii aadan ku raacsanayn go'aanka. Si rafcaan aad u qaadato waa inaad codsi qoran u soo dirtaa inaad hesho dib u eegida DHS natiijada baadhitaanka. Soo koob oo sheeg sababta aad u diiday go'aanka. Ku dar macluumaad dheeraad ah oo aadu malaynayso inay muhiim tahay.

Haddii aad cabasho usoo xarayso qaabkan, dadka u shaqeeya wakaalada ee lagu magacaabay cabashada kaama aar goosan karaan. Tan macnaheedu waxa weeye kuma ciqaabi karaan adiga qaabnaba inaad soo xaraysay cabasho awgeed. Ku soo xaraynta cabashada qaabkan kaama joojiso adiga raadinta tallaabooyinka kale ee sharci ama maamul.

Kala xiriir **DHS** si toos ah si aad u gudbiso cabashada takoorka:

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

Hindida Maraykanku waxay sii wadan karaan ama isticmaalaan bilaabida Adeegyada Caafimaadka Hindida iyo qabiilka ruga "IHS". Uma baahan doono ogolaanshe cusub ama kuguma soo rogi doono wax shuruuda ah adigu si aad u hesho rugahan. Waayeelka 65 sano jirka ah iyo ka wayn kuwan waxaa ku jira Ka-dhaafitaanka Waayeelka adeegyada (EW) ee lagu helo dhexda qabiilka. Haddii dhakhtarka ama adeeg bixiyaha kale ee qabiil ama rugta IHS uu kuu gudbiyo adeeg bixiye ku jira shabakadayda. kaagama baahan doono inaad u tagto adeeg bixiyaha koowaad ka hor.

## **Luuqado Badan Geli Adeegyada Turjumaanka Luuqado Badan**

**English:** We have free interpreter services to answer any questions you may have about our health or drug plan. To get an interpreter, just call us at **612-676-3200/1-800-203-7225**. Someone who speaks English/Language can help you. This is a free service.

**Spanish:** Tenemos servicios de intérprete sin costo alguno para responder cualquier pregunta que pueda tener sobre nuestro plan de salud o medicamentos. Para hablar con un intérprete, por favor llame al **612-676-3200/1-800-203-7225**. Alguien que hable español le podrá ayudar. Este es un servicio gratuito.

**Chinese Mandarin:** 我们提供免费的翻译服务，帮助您解答关于健康或药物保险的任何疑问。如果您需要此翻译服务，请致电 **612-676-3200/1-800-203-7225**。我们的中文工作人员很乐意帮助您。这是一项免费服务。

**Chinese Cantonese:** 您對我們的健康或藥物保險可能存有疑問，為此我們提供免費的翻譯服務。如需翻譯服務，請致電 **612-676-3200/1-800-203-7225**。我們講中文的人員將樂意為您提供幫助。這是一項免費服務。

**Tagalog:** Mayroon kaming libreng serbisyo sa pagsasaling-wika upang masagot ang anumang mga katanungan ninyo hinggil sa aming planong pangkalusugan o panggamot. Upang makakuha ng tagasaling-wika, tawagan lamang kami sa **612-676-3200/1-800-203-7225**. Maaari kayong tulungan ng isang nakakapagsalita ng Tagalog. Ito ay libreng serbisyo.

**French:** Nous proposons des services gratuits d'interprétation pour répondre à toutes vos questions relatives à notre régime de santé ou d'assurance-médicaments. Pour accéder au service d'interprétation, il vous suffit de nous appeler au **612-676-3200/1-800-203-7225**. Un interlocuteur parlant Français pourra vous aider. Ce service est gratuit.

**Vietnamese:** Chúng tôi có dịch vụ thông dịch miễn phí để trả lời các câu hỏi về chương sức khỏe và chương trình thuốc men. Nếu quý vị cần thông dịch viên xin gọi **612-676-3200/1-800-203-7225** sẽ có nhân viên nói tiếng Việt giúp đỡ quý vị. Đây là dịch vụ miễn phí.

**German:** Unser kostenloser Dolmetscherservice beantwortet Ihren Fragen zu unserem Gesundheits- und Arzneimittelplan. Unsere Dolmetscher erreichen Sie unter **612-676-3200/1-800-203-7225**. Man wird Ihnen dort auf Deutsch weiterhelfen. Dieser Service ist kostenlos.

**Korean:** 당사는 의료 보험 또는 약품 보험에 관한 질문에 대해 드리고자 무료 통역 서비스를 제공하고 있습니다. 통역 서비스를 이용하려면 전화 **612-676-3200/1-800-203-7225** 번으로 문의해 주십시오. 한국어를 하는 담당자가 도와 드릴 것입니다. 이 서비스는 무료로 운영됩니다.

**Russian:** Если у вас возникнут вопросы относительно страхового или медикаментного плана, вы можете воспользоваться нашими бесплатными услугами переводчиков. Чтобы воспользоваться услугами переводчика, позвоните нам по телефону **612-676-3200/1-800-203-7225**. Вам окажет помощь сотрудник, который говорит по-русски. Данная услуга бесплатная.

**Arabic:** إننا نقدم خدمات المترجم الفوري المجانية للإجابة عن أي أسئلة تتعلق بالصحة أو جدول الأدوية لدينا. للحصول على مترجم فوري، ليس عليك سوى الاتصال بنا على **612-676-3200/1-800-203-7225**. سيقوم شخص ما يتحدث العربية بمساعدتك. هذه خدمة مجانية.

**Hindi:** हमारे स्वास्थ्य या दवा की योजना के बारे में आपके किसी भी प्रश्न के जवाब देने के लिए हमारे पास मुफ्त दुभाषिया सेवाएँ उपलब्ध हैं। एक दुभाषिया प्राप्त करने के लिए, बस हमें **612-676-3200/1-800-203-7225** र फोन करें। कोई व्यक्ति जो हिन्दी बोलता है आपकी मदद कर सकता है। यह एक मुफ्त सेवा है।

**Italian:** È disponibile un servizio di interpretariato gratuito per rispondere a eventuali domande sul nostro piano sanitario e farmaceutico. Per un interprete, contattare il numero **612-676-3200/1-800-203-7225**. Un nostro incaricato che parla Italianovi fornirà l'assistenza necessaria. È un servizio gratuito.

**Portuguese:** Dispomos de serviços de interpretação gratuitos para responder a qualquer questão que tenha acerca do nosso plano de saúde ou de medicação. Para obter um intérprete, contacte-nos através do número **612-676-3200/1-800-203-7225**. Irá encontrar alguém que fale o idioma Português para o ajudar. Este serviço é gratuito.

**French Creole:** Nou genyen sèvis entèprèt gratis pou reponn tout kesyon ou ta genyen konsènan plan medikal oswa dwòg nou an. Pou jwenn yon entèprèt, jis rele nou nan **612-676-3200/1-800-203-7225**. Yon moun ki pale Kreyòl kapab ede w. Sa a se yon sèvis ki gratis.

**Polish:** Umożliwiamy bezpłatne skorzystanie z usług tłumacza ustnego, który pomoże w uzyskaniu odpowiedzi na temat planu zdrowotnego lub dawkowania leków. Aby skorzystać z pomocy tłumacza znającego język polski, należy zadzwonić pod numer **612-676-3200/1-800-203-7225**. Ta usługa jest bezpłatna.

**Japanese:** 当社の健康 健康保険と薬品 処方薬プランに関するご質問にお答えするために、無料の通訳サービスがあります。通訳をご用命になるには、**612-676-3200/1-800-203-7225** にお電話ください。日本語を話す人者が支援いたします。これは無料のサービスです。



# UCare Connect + Medicare (HMO D-SNP): Guudmarka Gunnooyinka 2024

## Hordhaca

Dokumentigan waa guudmar kooban oo ku saabsan gunnooyinka iyo adeegyada lagu bixiyo UCare Connect + Medicare. Waxaa ku jira jawaabaha ku aadan su'aalaha inta badan la is weydiiyo, macluumaadka xiriirka ee muhiimka ah, guudmarka gunnooyinka iyo adeegyada la bixiyo, iyo macluumaad ku saabsan xuquuqdaada ka xubin UCare Connect + Medicare ahaan. Erayada muhiimka ah iyo qeexitaankoodu waxay u soo baxayaan siday u kala horreeyaan alifbeetada cutubka ugu dambeeya ee *Buug-yaraha Loogu Talagalay Xubinta*.

## Jadwalka Tasmada

A. Afeef.....	10
B. Su'aalaha inta badan la isweydiiyo (FAQ) .....	11
C. Liiska adeegyada la daboolay.....	17
D. Adeegyada la daboolo ee lagu bixiyo meel ka baxsan UCare Connect + Medicare.....	40
E. Adeegyada UCare Connect + Medicare, Medicare, iyo Kaalmada Caafimaadka aysan daboolayn....	40
F. Xuquuqdaada xubin ahaan ee qorshaha caymiska .....	41
G. Sida loo gudbiyo cabasho ama rafcaan loogu qaato adeeg la diiday .....	43
H. Maxaa la sameeyaa haddii aad ka shakido khiyaano .....	43



**Haddii aad qabto su'aalo**, fadlan UCare Connect + Medicare ka wac 612-676-3310 ama 1-855-260-9707 (wacitaankan waa bilaash), TTY 612-676-6810 ama 1-800-688-2534 (wicitaankan waa bilaash), 8 am – 8 pm, toddoba maalmood usbuucii. **Wixii macluumaadka dheeraadka ah**, booqo **ucare.org**.

## UCare Connect + Medicare (HMO D-SNP): Guudmarka Gunnooyinka 2024

---

### A. Afeef



Kani waa guudmarka adeegyada caafimaadka ee ay bixiso UCare Connect + Medicare ee 2024. Kani waa kaliya guudmar. Fadlan akhri *Buug-gacmeedka Loogu Talagalay Xubinta* si aad u hesho liiska buuxa ee dhaafaha. Waxaad ka eegi kartaa *Buug-gacmeedka Loogu Talagalay Xubinta* ee ku jira websaydkeena oo ah **ucare.org/formembers**. Haddii aad rabto nuqul daabacan, Adeegga Macaamiisha UCare Connect + Medicare ka wac lambarka ku qoran xagga hoose ee boggan.

- UCare Connect + Medicare (HMO SNP) waa qorshe caafimaad oo qandaraasaya labada barnaamij ee Medicare and the Minnesota Medical Assistance (Medicaid) si ay u siiyaan faa'iidada labada barnaamij qofka ladiiwaan geliyay Diiwaangelinta UCare Connect + Medicare waxa uu ku xidhanyahay dib-u cusboonaysiinta qandaraaska.
- Si aad u hesho macluumaad ku saabsan adeegyada la-talinta ee kala xulashada adeegyada, Waaxda Adeegga Bulshada ee Minnesota qaybteeda Taageerada Daryeelka Caafimaad ee Macaamiisha (HCCS) ka wac khadka 1-651-297-3862 ama 1-800-657-3672.
- Wixii macluumaad dheeraad ah oo ku saabsan **Medicare**, waxaad akhrin kartaa buug-yeraha *Medicare & You*. Waxay haysaa soo koobid faa'iidooyinka Medicare, xuquuqaha, iyo ilaalinta iyo jawaabaha su'aalaha inta badan la iska weydiyo ee ku saabsan Medicare. Waxaad ka heli kartaa websaydka Medicare ([www.medicare.gov](http://www.medicare.gov)) ama adigoo wacaya 1-800-MEDICARE (1-800-633-4227), 24 saac maalintii, 7 maalmood usbuucii. Istimaalayaasha TTY waa inay wacaan 1-877-486-2048.
- Waxaad dukumentigan ku heli kartaa qaabab kale oo bilaash ah, sida, daabacaad wayn, qoraalka indhoolaha, ama maqal Wac Adeega Macmiilka ee lambarka ku yaala dhanka hoose ee boggan. Wicitaanku waa bilaash.
- Si aad u samayso ama aad u bedesho codsi joogto ah si aad u hesho dukumeentigan, hadda iyo mustaqbalka, luqad aan Ingiriisi ahayn ama qaab kale, wac Adeegga Macmiilka lambarka hoose ee boggan.



**Haddii aad qabto su'aalo**, fadlan UCare Connect + Medicare ka wac 612-676-3310 ama 1-855-260-9707 (wicitaankan waa bilaash), TTY 612-676-6810 ama 1-800-688-2534 (wicitaankan waa bilaash), 8 am – 8 pm, toddoba maalmood usbuucii. **Wixii macluumaadka dheeraadka ah**, booqo **ucare.org**.

**B. Su'aalaha inta badan la isweydiiyo (FAQ)**

Jadwalka soo socda ayaa taxaya su'aalaha inta badan la isweydiiyo.

Su'aalaha Inta Badan La Isweydiiyo	Jawaabaga
<p><b>Waa maxay Qorshaha Daryeelka Aasaasiga Ah ee Baahiyaha Gaarka Ah (SNBC)?</b></p>	<p>Qorshahayagu waa qayb ka mid ah barnaamijka Daryeelka Aasaasiga ah ee Baahiyaha Gaarka ah (SNBC). Barnaamijkan waxaa nashqadeeyay Waaxda Adeegyada Aadanaha ee Minnesota (DHS) si daryeel gaar ah loo siiyo dadka naafada ah ee da'doodu u dhaxayso 18 ilaa 64. Qorshahayagu waxa uu mideynayaa Medicare iyo Adeegyada Kaalmada Caafimaadka. Wuxuu isku darayaa/mideynayaa dhakhaatiirtaada, isbitaalka, farmashiyeyaasha, daryeelka caafimaadka guriga, daryeelka guriga kalkaalinta, iyo adeeg-bixiyeyaasha kale ee daryeelka caafimaadka wuxuuna ka dhigayaa hal nidaam daryeel oo isku xiran. Waxa kale oo ay leedahay isku-duwayaasha daryeelka si ay kaaga caawiyaan inaad maamusho dhammaan bixiyayaasha iyo adeegyada. Dhamaantood way wada shaqeeyaan si ay u bixiyaan daryeelka aad u baahan tahay.</p> <p>Barnaamijkeena SNBC waxa loo yaqaanaa UCare Connect + Medicare.</p>
<p><b>Miyaan UCare Connect + Medicare ka heli doonaa gunnooyin la mid kuwii aan ka heli jirey Medicare iyo Kaalmada Caafimaadka?</b></p>	<p>Waxaad UCare Connect + Medicare si toos ah uga heli doontaa inta badan gunnooyinka aad ka hesho Medicare iyo Kaalmada Caafimaadka. Waxaad la shaqayn doontaa koox daryeel-bixiyeyaal ah kuwaas oo kaa caawin doona in go'aaminta adeegyada sida ugu wanaagsan u dabooli doona baahiyahaaga. Taas macnaheedu waa in adeegyada qaarkood ee aad hadda hesho ay isbeddeli karaan iyadoo lagu salaynayo baahidaada, qiimaynta ay sameeyaan dhakhtarkaaga iyo kooxda daryeelkaaga. Waxaa sidoo kale laga yaabaa inaad hesho gunnooyin kale oo ka baxsan qorshahaaga caafimaad si la mid ah sida aad hadda u hesho, kuwaas oo aad si toos ah uga heli karto meelo kale, sida Dawlada Gobolka, degmada, dawladda dhexe, ama qaran Qabiileedka.</p> <p>Markaad iska diiwaangeliso UCare Connect + Medicare, adiga iyo kooxda daryeelkaaga waxaad ka wada shaqayn doontaan sidii aad u samayn lahaydeen Qorshe Daryeel oo Shakhsiyeed si aad wax uga qabtaan baahiyahaaga caafimaadka iyo taageerada, kuwaas oo ka tarjumaya doorkhyadaada shakhsi ahaaneed.</p> <p>Haddii aad qaadanayso dawooyinka dhakhtarka soo qoro ee Medicare Qaybta D kuwaas oo aanu UCare Connect + Medicare caadi ahaan daboolin, waxaad heli kartaa sahay ku meelgaar ah waxaan kaa caawin doonaa inaad u gudubto dawo kale ama</p>
<p>(shaxda waxaa laga sii waday bogga xiga)</p>	

**?** **Haddii aad qabto su'aalo,** fadlan UCare Connect + Medicare ka wac 612-676-3310 ama 1-855-260-9707 (wacitaankan waa bilaash), TTY 612-676-6810 ama 1-800-688-2534 (wicitaankan waa bilaash), 8 am – 8 pm, toddoba maalmood usbuucii. **Wixii macluumaadka dheeraadka ah,** booqo [ucare.org](http://ucare.org).

## UCare Connect + Medicare (HMO D-SNP): Guudmarka Gunnooyinka 2024

Su'aalaha Inta Badan La Isweydiiyo	Jawaabaga
(shaxda waxaa laga soo waday boggi hore)	
	<p>aad hesho ka dhaafitaan ah in UCare Connect + Medicare ay daboosho daawadaada haddiiba ay caafimaad ahaan lagama maarmaan u tahay. Si aad u hesho wixii macluumaad dheeraad ah, Adeegga Macaamiisha ka wac lambarada ku qoran boggan hoose.</p>
<p><b>Miyaan u tagi karaa isla dhakhaatiirta aan hadda isticmaalo?</b></p>	<p>Taasi badanaa waa sidaas. Haddii adeeg-bixiyeyaashaada (ay ku jiraan dhakhaatiirta, isbitaalada, daaweeyayaasha, farmashiyeyaasha iyo daryeel-bixiyeyaasha kale ee caafimaadka) ay la shaqeeyaan UCare Connect + Medicare oo ay qandaraas nagula jiraan, waad sii wadan kartaa inaad u tagto.</p> <ul style="list-style-type: none"> <li>• Daryeel-bixiyeyaasha qandaraaska nagula jira waa kuwa ku jira "shabakadda." Adeeg bixiyaha shabakada waxay ka qayb gashaa qorshahayaga. Taas macnaheedu waxa weeye inay aqbalaan xubnaha qorshahayaga oo waxaan siino adeegyada qorshahayagu daboolaan. <b>Waa inaad isticmaashaa adeeg-bixiyeyaasha ku jira shabakada UCare Connect + Medicare.</b> Haddii aad isticmaasho adeeg-bixiyeyaala ama farmasiyada aan ku jirin shabakadeena, qorshuhu waxaa laga yabaa inuusan bixin kharashyada adeegyadan ama daawooyinkaas.</li> <li>• Haddii aad u baahan tahay daryeel degdeg ah ama Adeegyada sifaynta kelyaha ee ka baxsan aagga, waxaad isticmaali kartaa adeeg-bixiyeyaasha ka baxsan shabakadda UCare Connect + Medicare. Waxaad sidoo kale adeeg-bixiyeyaasha ka baxsan shabakada u isticmaali kartaa adeegyada gelitaanka furan iyo marka UCare Connect + Medicare ay ogolaato isticmaalka Adeeg-bixiyeyaasha ka baxsan shabakada.</li> <li>• Haddii aad hadda daaweyn ka helayso adeeg-bixiye ka baxsan shabakada UCare Connect + Medicare, ama aad xiriir la leedahay adeeg-bixiye ka baxsan shabakada UCare Connect + Medicare, wac Adeegga Macaamiisha si aad u hubiso inaad ku sii xirnaan karto.</li> </ul>
(shaxda waxaa laga sii waday bogga xiga)	



**Haddii aad qabto su'aalo,** fadlan UCare Connect + Medicare ka wac 612-676-3310 ama 1-855-260-9707 (wacitaankan waa bilaash), TTY 612-676-6810 ama 1-800-688-2534 (wicitaankan waa bilaash), 8 am – 8 pm, toddoba maalmood usbuucii. **Wixii macluumaadka dheeraadka ah,** booqo [ucare.org](http://ucare.org).

## UCare Connect + Medicare (HMO D-SNP): Guudmarka Gunnooyinka 2024

Su'aalaha Inta Badan La Isweydiiyo	Jawaabaga
(shaxda waxaa laga soo waday boggi hore)	
	<p>Si aad u ogaato in adeeg bixiyayaashaadu ay ku jiraan shabakada qorshaha, Adeegga Macaamiisha ka wac lambarada ku taxan xagga hoose ee boggan ama Hagaha Farmashiyada iyo Adeeg-bixiyayaasha <i>UCare Connect + Medicare</i> ka akhriso websaydka qorshaha oo ah <b>ucare.org/searchnetwork</b>.</p> <p>Haddii UCare Connect + Medicare ay kugu cusub tahay, waxaanu kaala shaqayn doonaa sidii aad u samayn lahayd Qorshaha Daryeelka ee Shakhsi ahaaneed si wax looga qabto baahiyahaaga.</p>
<p><b>Waa maxay Iskuduwaha daryeelka ee UCare Connect + Medicare?</b></p>	<p>Isku-duwaha daryeelka ee UCare Connect + Medicare waa qofka ugu muhiimsan ee aad la xiriirayso. Qofkani wuxuu gacan ka gaysanayaa inuu maareeyo dhammaan adeeg-bixiyayaashaada wuxuuna xaqiijinayaa inaad hesho waxaad u baahan tahay, oo ay ku jiraan waxyaabaha soo socda:</p> <ul style="list-style-type: none"> <li>• Ka caawinta diyaarinta, helitaanka iyo isku dubaridka qiimaynta, imtixaanada, iyo adeegyada iyo caafimaadka iyo daryeelka muddada-dheer</li> <li>• Kaala shaqaynta horumarinta iyo cusboonaysiinta qorshahaaga daryeelka</li> <li>• Ku taageeridda iyo la xiriirka hay'ado iyo dad kala duwan</li> <li>• Isku dubaridka adeegyada kale sida lagu qeexay qorshahaaga daryeelka</li> <li>• Ka caawinta inaad isku xidho baahiyaha Qalabka Caafimaadka Waara ee bixiyayaashaada iyo alaab-qeybiyayaashaada</li> <li>• Qabanqaabada gaadiidka</li> <li>• Jadwalka balamaha</li> <li>• Qorshaynta isbitaal kaa soo saaristaada haddii isbitaal lagu dhigo ama u baahan tahay daryeel heer sare ah</li> </ul>
(shaxda waxaa laga sii waday bogga xiga)	



**Haddii aad qabto su'aalo**, fadlan UCare Connect + Medicare ka wac 612-676-3310 ama 1-855-260-9707 (wacitaankan waa bilaash), TTY 612-676-6810 ama 1-800-688-2534 (wicitaankan waa bilaash), 8 am – 8 pm, toddoba maalmood usbuucii. **Wixii macluumaadka dheeraadka ah**, booqo **ucare.org**.

## UCare Connect + Medicare (HMO D-SNP): Guudmarka Gunnooyinka 2024

Su'aalaha Inta Badan La Isweydiiyo	Jawaabaga
(shaxda waxaa laga soo waday boggi hore)	
	<ul style="list-style-type: none"> <li>• U gudbinta barnaamijyada Maareynta Cudurrada ee UCare</li> <li>• Tilmaanta ilaha bulshada</li> <li>• Kaalmada dib u buuxinta daawada</li> </ul>
<p><b>Maxaa dhacaya haddii aan u baahdo adeeg laakiin uusan jirin adeeg-bixiye ku jira shabakadda UCare Connect + Medicare oo bixiya adeeggaas?</b></p>	<p>Inta badan adeegyada waxaa bixin doona bixiyeyaasha shabakadeena. Haddii aad u baahan tahay adeeg aan laga bixin karin shabakadeena, UCare Connect + Medicare ayaa bixin doonta kharashka ku baxaya adeeggaas adigoo isticmaalaya adeeg-bixiye ka baxsan shabakadda. Ogolaansho hore ayaa loo baahan karaa ka hor inta aan adeegyada laga helin bixiyeyaasha shabakadaha ka maqan.</p>
<p><b>Halkee laga heli karaa UCare Connect + Medicare?</b></p>	<p>Aagga adeegga ee qorshahan waxaa ku jira degmooyinkan Minnesota: Aitkin, Anoka, Becker, Benton, Blue Earth, Carlton, Carver, Cass, Chippewa, Chisago, Clay, Cook, Cottonwood, Crow Wing, Dakota, Faribault, Fillmore, Freeborn, Hennepin, Houston, Isanti, Itasca, Jackson, Kanabec, Kandiyohi, Kittson, Koochiching, Lac qui Parle, Lake, Lake of the Woods, Le Sueur, Lincoln, Lyon, Mahnommen, Marshall, Martin, Mille Lacs, Morrison, Mower, Murray, Nicollet, Nobles, Norman, Olmsted, Otter Tail, Pennington, Pine, Polk, Ramsey, Red Lake, Redwood, Bariiska, Rock, Roseau, Scott, Sherburne, St. Louis, Stearns, Swift, Todd, Wadena, Washington, Watonwan, Wilkin, Winona, Wright, iyo Yellow Medicine. Waa inaad ku nooshahay mid ka mid ah degmooyinkan si aad ugu biiroto qorshaha.</p>
(shaxda waxaa laga sii waday bogga xiga)	

?

**Haddii aad qabto su'aalo**, fadlan UCare Connect + Medicare ka wac 612-676-3310 ama 1-855-260-9707 (wacitaankan waa bilaash), TTY 612-676-6810 ama 1-800-688-2534 (wicitaankan waa bilaash), 8 am – 8 pm, toddoba maalmood usbuucii. **Wixii macluumaadka dheeraadka ah**, booqo [ucare.org](http://ucare.org).

## UCare Connect + Medicare (HMO D-SNP): Guudmarka Gunnooyinka 2024

Su'aalaha Inta Badan La Isweydiiyo	Jawaabaga
(table continued from previous page)	
<p><b>Waa maxay oggolaanshaha hore?</b></p>	<p>Oggolaanshaha hore macnaheedu waa ansixin laga helo UCare Connect + Medicare si adeegyo looga helo meel ka baxsan shabakadeena ama si loo helo adeegyo aan si joogto ah u daboolin shabakadeena <b>kahor</b> intaadan helin adeegyada. UCare Connect + Medicare waxaa laga yaabaa inaysan daboolin adeegga, habraaca, shayga, ama dawada haddii aanad helin oggolaansho hore.</p> <p><b>Haddii aad u baahan tahay inaad daryeel degdeg ah ama adeegyada sifaynta keliyaha ka hesho meel ka baxsan shabakada, uma baahnid inaad marka hore oggolaansho hore hesho.</b> UCare Connect + Medicare waxay idin siin karaan adiga ama adeeg-bixiyahaaga liiska adeegyada ama habraacyada qasabka ah inaad oggolaansho hore ka hesho UCare Connect + Medicare kahor inta aan adeegaas la bixin.</p> <p>Tixraac cutubka 3, ee <i>Buug-gacmeedka Loogu Talagalay Xubinta</i> si aad wax badan uga barato oggolaanshaha hore. Tixraac ku sameey Jaantuska Gunnooyinka ee qaybta D ee cutubka 4 ee <i>Buug-gacmeedka Loogu Talagalay Xubinta</i> si aad u ogaato adeegyada qasabka ah inaad oggolaansho hore u hesho.</p> <p>Haddii aad qabto su'aalo ku saabsan in oggolaansho hore looga baahan yahay adeegyo gaar ah, habraacyo, shay, ama daawo, Adeegga Macaamiisha ka wac lambarrada ku qoran xagga hoose ee boggan si aad caawimaad u hesho.</p>
<p><b>Miyaan bixiyaa caddad bille ah (sidoo kale loo yaqaan khidmada billaha ah) intaan ku jiro UCare Connect + Medicare?</b></p>	<p>Maya. Maadaama aad haysato Kaalmo Caafimaad, ma bixin doontid wax khidmado bille ah, oo ay ku jirto khidmada Medicare Qaybta B, ee caymiskaaga caafimaad.</p>
<p><b>Miyaa la iiga baahan yahay inaan bixiyo khidmada ka jaritaanka maadaama aan xubin ka ahay UCare Connect + Medicare?</b></p>	<p>Maya. Ma bixinaysid khidmadaha ka jiritaanka inta aad ku jirto UCare Connect + Medicare.</p>
(shaxda waxaa laga sii waday bogga xiga)	

?

**Haddii aad qabto su'aalo**, fadlan UCare Connect + Medicare ka wac 612-676-3310 ama 1-855-260-9707 (wacitaankan waa bilaash), TTY 612-676-6810 ama 1-800-688-2534 (wicitaankan waa bilaash), 8 am – 8 pm, toddoba maalmood usbuucii. **Wixii macluumaadka dheeraadka ah**, booqo [ucare.org](http://ucare.org).

## UCare Connect + Medicare (HMO D-SNP): Guudmarka Gunnooyinka 2024

Su'aalaha Inta Badan La Isweydiiyo	Jawaabaga
(shaxda waxaa laga soo waday boggi hore)	
<b>Waa maxay caddadka ugu badan ee jeebkayga ah ee aan ku bixin doono adeegyada caafimaadka anigoo xubin ka ah UCare Connect + Medicare?</b>	Ma jirto wax kharash wadaag ah marka la bixinayo khidmada <b>adeegyada caafimaad</b> ee UCare Connect + Medicare, sidaas darteed kharashyada aad jeebkaaga ka bixin doonto sanadkii ayaa noqon doona \$0.
<b>Ma jiraa faraq caymised oo xagga daawooyinka ah?</b>	Maya. Maadaama aad haysato Kaalmo Caafimaad, ma yeelan doontid faraq caymised oo ku aadan daawooyinkaaga.

?

**Haddii aad qabto su'aalo**, fadlan UCare Connect + Medicare ka wac 612-676-3310 ama 1-855-260-9707 (wacitaankan waa bilaash), TTY 612-676-6810 ama 1-800-688-2534 (wicitaankan waa bilaash), 8 am – 8 pm, toddoba maalmood usbuucii. **Wixii macluumaadka dheeraadka ah**, booqo [ucare.org](https://www.ucare.org).



## UCare Connect + Medicare (HMO D-SNP): Guudmarka Gunnooyinka 2024

### C. Liiska adeegyada la daboolay

Shaxda soo socotaa waa guudmarka adeegyada aad u baahan karto, kharashyadaada, iyo xeerarka ku saabsan gunnooyinka.

Baahida ama walaaca caafimaad	Adeegyada aad u baahan karto	Kharashkaaga bixiyayaasha shabakadaha gudaha	Xaddidaadaha, ka-dhaafitaanada iyo macluumaadka gunnada (xeerarka ku saabsan gunnooyinka)
<b>Waxaad u baahan tahay daryeel isbitaal</b>	Joogitaanka isbitaalka bukaan-jiifka	\$0	Marka laga reebo xaalad degdeg ah, daryeel-bixiyahaaga caafimaadka waa inuu sheegaa qorshaha gelitaanka isbitaalka.
	Adeegyada bukaan-socodka, oo ay ku jiraan indho-indhaynta	\$0	
	Adeegyada xarunta qalliinka wareegta (ASC).	\$0	
	Daryeelka dhakhtarka ama dhakhtarka qalliinka	\$0	
	Isku aadinta daaweynta bixinta kadib	\$0	Dib u waafajinta dawooyinka uu bixiyo farmashiistaha kadib markii laga soo saaray xarunta bukaan-jiifka.
<b>Waxaad u baahan tahay dhakhtar (laga sii waday bogga xiga)</b>	Booqashooyinka lagu daweynayo dhaawac ama jirro	\$0	
	Daryeelka lagaaga ilaalinayo jirro, sida tallaalada hargabka iyo baaritaanada lagu hubinayo kansarka	\$0	
	Booqashooyinka ladnaanta, sida jirka	\$0	



**Haddii aad qabto su'aalo**, fadlan UCare Connect + Medicare ka wac 612-676-3310 ama 1-855-260-9707 (wacitaankan waa bilaash), TTY 612-676-6810 ama 1-800-688-2534 (wicitaankan waa bilaash), 8 am – 8 pm, toddoba maalmood usbuucii. **Wixii macluumaadka dheeraadka ah**, booqo [ucare.org](https://www.ucare.org).

## UCare Connect + Medicare (HMO D-SNP): Guudmarka Gunnooyinka 2024

Baahida ama walaaca caafimaad	Adeegyada aad u baahan karto	Kharashkaaga bixiyayaasha shabakadaha gudaha	Xaddidaadaha, ka-dhaafitaanada iyo macluumaadka gunnada (xeerarka ku saabsan gunnooyinka)
<b>Waxaad u baahan tahay dhakhtar</b> (sii socda)	"Ku soo dhawoow booqashada baaritaanada ka hortagga ee Medicare" (hal mar kaliya)	\$0	
	Daryeelka takhasuska leh	\$0	
<b>Waxaad u baahan tahay daryeel degdeg ah</b>	Adeegyada qolka gurmada	\$0	Waxaad isticmaali kartaa qol kasta oo degdeg ah haddii aad si macquul ah u aaminsan tahay inaad u baahan tahay daryeel degdeg ah. Uma baahnid ogolaansho hore mana aha inaad ku jirto shabakadaha. Adeegyada qolka degdega ah LAMA daboolo haddii lagu bixiyo meel ka baxsan Maraykanka iyo xuduudihiisa. Wixii faahfaahin ah kala xidhiidh qorshaha.
	Daryeelka Degdega ah	\$0	Daryeelka degdega ah ee loo baahan yahay maaha daryeel degdeg ah. Uma baahnid ogolaansho hore mana aha inaad ku jirto shabakadaha. Adeegyada daryeelka degdega ah laguma daboolo meel ka baxsan Maraykanka iyo dhulkeeda. Wixii faahfaahin ah kala xidhiidh qorshaha.

?

**Haddii aad qabto su'aalo**, fadlan UCare Connect + Medicare ka wac 612-676-3310 ama 1-855-260-9707 (wacitaankan waa bilaash), TTY 612-676-6810 ama 1-800-688-2534 (wicitaankan waa bilaash), 8 am – 8 pm, toddoba maalmood usbuucii. **Wixii macluumaadka dheeraadka ah**, booqo [ucare.org](https://www.ucare.org).

## UCare Connect + Medicare (HMO D-SNP): Guudmarka Gunnooyinka 2024

Baahida ama walaaca caafimaad	Adeegyada aad u baahan karto	Kharashkaaga bixiyayaasha shabakadaha gudaha	Xaddidaadaha, ka-dhaafitaanada iyo macluumaadka gunnada (xeerarka ku saabsan gunnooyinka)
<b>Waxaad u baahan tahay baaritaano caafimaad</b>	Adeegyada cudur ogaanshaha shucaaca la isticmaalo (tusaale ahaan, Raajo ama adeegyada kale ee sawir-qaadista, sida iskaanada CAT ama MRI-yada)	\$0	
	Baaritaanada shaybaarka iyo habraacyada Cudur oggaanshaha, sida shaqada baaritaanka dhiiga	\$0	
<b>Waxaad u baahan tahay adeegyada maqalka/maqalka</b>	Baarista maqalka	\$0	
	Aaladaha Maqalka	\$0	
<b>Waxaad u baahan tahay daryeelka ilkaha</b> (laga sii waday bogga xiga)	Baaritaanka ilkaha iyo daryeelka ka hortagga	\$0	<b>UCare Dental Connection</b> 651-768-1415 or 1-855-648-1415 (wicitaankan waa bilaash), TTY: 711 7 subaxnimo – 7 habeenimo, Isniinta - Jimce  Waxaad sidoo kale wici kartaa Adeegga Macmiilka lambarka ku yaal xagga hoose ee boggan.

?

**Haddii aad qabto su'aalo**, fadlan UCare Connect + Medicare ka wac 612-676-3310 ama 1-855-260-9707 (wicitaankan waa bilaash), TTY 612-676-6810 ama 1-800-688-2534 (wicitaankan waa bilaash), 8 am – 8 pm, toddoba maalmood usbuucii. **Wixii macluumaadka dheeraadka ah**, booqo [ucare.org](https://www.ucare.org).

## UCare Connect + Medicare (HMO D-SNP): Guudmarka Gunnooyinka 2024

Baahida ama walaaca caafimaad	Adeegyada aad u baahan karto	Kharashkaaga bixiyayaasha shabakadaha gudaha	Xaddidaadaha, ka-dhaafitaanada iyo macluumaadka gunnada (xeerarka ku saabsan gunnooyinka)
<p><b>Waxaad u baahan tahay daryeelka ilkaha</b> (la sii waday)</p>			<p><b>Balamaha Rugta Ilkaha ee Wareegta</b>                      1-866-451-1555                      (wicitaankan waa bilaash)                      TTY: 1-800-627-3529 (this wicitaankan waa bilaash.                      8 am – 4:30 pm, Isniin – Jimce  <b>www.ucare.org/mdc</b>  <b>Dental Care for U</b></p> <ul style="list-style-type: none"> <li>• Porcelain ama porcelain lagu dhafo ilkaha birta ah (laba sanadkiiba)</li> <li>• Hal dayactir oo ilkaha ah sanadkiiba</li> <li>• Cadayga ekekeerooniga ah (hal saddexdii sanaba mar)</li> <li>• Bedelaadda madaxyada cadayga ekekeerooniga ah (hal xirmo oo ka kooban labo sanadkiiba)</li> </ul> <p>Xaddidaayo caymis oo dheeraad ah ayaa laga yaabaa inay khuseeyaan.</p>
	Daryeelka ilkaha ee degdega iyo soo celinta ah	\$0	

?

**Haddii aad qabto su'aalo**, fadlan UCare Connect + Medicare ka wac 612-676-3310 ama 1-855-260-9707 (wacitaankan waa bilaash), TTY 612-676-6810 ama 1-800-688-2534 (wicitaankan waa bilaash), 8 am – 8 pm, toddoba maalmood usbuucii. **Wixii macluumaadka dheeraadka ah**, booqo **ucare.org**.

## UCare Connect + Medicare (HMO D-SNP): Guudmarka Gunnooyinka 2024

Baahida ama walaaca caafimaad	Adeegyada aad u baahan karto	Kharashkaaga bixiyayaasha shabakadaha gudaha	Xaddidaadaha, ka-dhaafitaanada iyo macluumaadka gunnada (xeerarka ku saabsan gunnooyinka)
<b>Waxaad u baahan tahay daryeelka indhaha</b>	Baadhitaanka indhaha	\$0	
	Ookiyaalaha ama muraayadaha indhaha	\$0	<p>Xulashada waa la xadayn karaa.</p> <ul style="list-style-type: none"> <li>Hal beer oo ukuyaalo ah ama muraayadaha indhaha ka dib qalliin kasta, ama muraayadaha indhaha ee xaaladaha qaarkood marka muraayadaha indhaha aanay shaqaynayn</li> <li>Muraayadaha la saaray dahaarka qoraxda celiya, sannadkiiba mar</li> <li>Ukuyaalaha la saaray midab iftiinka celiya ("ku meel-gaar ah") muraayadda muraayadda, sannadkiiba hal mar</li> <li>Ookiyaalayaasha (aan laynka lahayn), hal mar sanadkiiba</li> </ul>
	Daryeelada kale ee aragga	\$0	
<b>Waxaad u baahan tahay adeegyada caafimaadka dhimirka</b>	Adeegyada caafimaadka maskaxda	\$0	<p>Shuruudaha u-qalmitaanka gobolka ayaa laga yaabaa in lagu dabaqo.</p> <p>Oggolaansho hore ayaa laga yaabaa in loo baahdo.</p>
	Daryeelka bukaan-jiifka iyo bukaan-socodka iyo adeegyada bulshada ku salaysan ee loogu talagalay dadka u baahan adeegyada caafimaadka dhimirka	\$0	Shuruudaha u qalmitaanka gobolka waa laga yaabaa.
<b>Waxaad u baahan tahay adeegyada cilladaha isticmaalka muqaadaraadka</b>	Adeegyada cudurada isticmaalka walxaha macmnuuca ah	\$0	

?

**Haddii aad qabto su'aalo**, fadlan UCare Connect + Medicare ka wac 612-676-3310 ama 1-855-260-9707 (wacitaankan waa bilaash), TTY 612-676-6810 ama 1-800-688-2534 (wicitaankan waa bilaash), 8 am – 8 pm, toddoba maalmood usbuucii. **Wixii macluumaadka dheeraadka ah**, booqo [ucare.org](http://ucare.org).

## UCare Connect + Medicare (HMO D-SNP): Guudmarka Gunnooyinka 2024

Baahida ama walaaca caafimaad	Adeegyada aad u baahan karto	Kharashkaaga bixiyayaasha shabakadaha gudaha	Xaddidaadaha, ka-dhaafitaanada iyo macluumaadka gunnada (xeerarka ku saabsan gunnooyinka)
<b>Waxaad u baahan tahay meel aad kula noolaato dad diyaar u ah inay ku caawiyaan</b>	Daryeelka kaaliyaha caafimaadka ee xirfada leh	\$0	Daryeelka kalkaalinta ee xirfadlaha caafimaad ahaan lagama maarmaanka u ah ayaa la daboolay. Ogolaanshaha hore ayaa loo baahan karaa
	Daryeelka guriga kalkaalinta	\$0	Ogolaanshaha hore ayaa loo baahan karaa
<b>Waxaad u baahan tahay daawayn ka dib dhiig fariisi ama shil</b>	Daaweynta/teerabiyada dhaqdhaqaaqa, jirka ama hadalka	\$0	Waxaa laga yaabaa in ay xaddidan tahay daaweynta jireed, daaweynta shaqada, iyo adeegyada daaweynta hadalka. Hadday sidaas tahay, waxaa laga yaabaa inay jiraan waxyaabo ka reeban xuduudahan. Ogolaanshaha hore ayaa loo baahan karaa
<b>Waxaad u baahan tahay gargaar helitaanka caafimaadka adeegyada (ku sii socotaa bogga xiga)</b>	Adeegyada Ambalaaska	\$0	Adeegyada ambalaansta waa inay caafimaad ahaan lagama maarmaan u ahaadaan. Uma baahnid oggolaansho hore si aad u hesho adeegyada ambalaaska iyo qasabna ma ahan inaad ku jirto shabakada.
	Gaadiidka gurmada	\$0	



**Haddii aad qabto su'aalo**, fadlan UCare Connect + Medicare ka wac 612-676-3310 ama 1-855-260-9707 (wacitaankan waa bilaash), TTY 612-676-6810 ama 1-800-688-2534 (wicitaankan waa bilaash), 8 am – 8 pm, toddoba maalmood usbuucii. **Wixii macluumaadka dheeraadka ah**, booqo [ucare.org](https://www.ucare.org).

**UCare Connect + Medicare (HMO D-SNP): Guudmarka Gunnooyinka 2024**

Baahida ama walaaca caafimaad	Adeegyada aad u baahan karto	Kharashkaaga bixiyayaasha shabakadaha gudaha	Xaddidaadaha, ka-dhaafitaanada iyo macluumaadka gunnada (xeerarka ku saabsan gunnooyinka)
<p><b>Waxaad u baahan tahay in lagaa caawiyo helitaanka adeegyada caafimaadka (sii socota)</b></p>	<p>Gaadiidka lagu aadayo ballamaha iyo adeegyada caafimaadka</p>	<p>\$0</p>	<p>UCare Connect + Medicare qasab kuma ahan inay ku siiso gaadiid aad ku aado rugtaada daryeelka aasaasiga ah (PCC) haddii ay gurigaaga u jirto wax ka badan 30 mayl.</p> <p>UCare Connect + Medicare qasab kuma ahan inay ku siiso gaadiid aad ku aado rugtaada daryeelka khaaska ah haddii ay gurigaaga u jirto wax ka badan 60 mayl.</p> <p>Wac Adeegga Macmiilka haddii aanad lahayn rugta daryeelka aasaasiga ah oo laga heli karo 30 mayl u jirta gurigaaga iyo/ama haddii ay ka weyn tahay 60 mayl bixiyahaaga takhasuska leh.</p>



**Haddii aad qabto su'aalo**, fadlan UCare Connect + Medicare ka wac 612-676-3310 ama 1-855-260-9707 (wacitaankan waa bilaash), TTY 612-676-6810 ama 1-800-688-2534 (wicitaankan waa bilaash), 8 am – 8 pm, toddoba maalmood usbuucii. **Wixii macluumaadka dheeraadka ah**, booqo **ucare.org**.

**UCare Connect + Medicare (HMO D-SNP): Guudmarka Gunnooyinka 2024**

Baahida ama walaaca caafimaad	Adeegyada aad u baahan karto	Kharashkaaga bixiyayaasha shabakadaha gudaha	Xaddidaadaha, ka-dhaafitaanada iyo macluumaadka gunnada (xeerarka ku saabsan gunnooyinka)
<p><b>Waxaad u baahan tahay in lagaa caawiyo helitaanka adeegyada caafimaadka (sii socota)</b></p>	<p>Gaadiidka adeegyada kale ee caafimaadka</p>	<p>\$0</p>	<ul style="list-style-type: none"> <li>• Ilaa saddex safar oo hore iyo gadaal ah usbuucii oo lagu aadayo naadiga caafimaadka, fasalka waxbarashada caafimaadka ee ku salaysan caddaynta</li> <li>• Gaadiidka lagu aadayo kulamada Qarsoodiga ah ee Iska Dhaafitaanka/Joojinta Khamriga iyo/ama Naakootiga ee loogu talagalay xubnaha la qiimeeyay lana ogaaday inay qabaan cillad xagga isticmaalka muqaadaraadka ah. Ilaa hal safar oo wareeg ah maalintii (waxay u baahan tahay oggolaansho)</li> </ul>



**Haddii aad qabto su'aalo**, fadlan UCare Connect + Medicare ka wac 612-676-3310 ama 1-855-260-9707 (wacitaankan waa bilaash), TTY 612-676-6810 ama 1-800-688-2534 (wicitaankan waa bilaash), 8 am – 8 pm, toddoba maalmood usbuucii. **Wixii macluumaadka dheeraadka ah**, booqo **ucare.org**.



## UCare Connect + Medicare (HMO D-SNP): Guudmarka Gunnooyinka 2024

Baahida ama walaaca caafimaad	Adeegyada aad u baahan karto	Kharashkaaga bixiyayaasha shabakadaha gudaha	Xaddidaadaha, ka-dhaafitaanada iyo macluumaadka gunnada (xeerarka ku saabsan gunnooyinka)
<p><b>Waxaad u baahan tahay daawooyin lagu daweeyo xanuunkaaga ama xaaladaada</b> (lagu sii waday bogga xiga)</p>	<p>Daawooyinka dhakhtar qoro ee Medicare Qaybta B</p>	<p>\$0</p>	<p>Dawooyinka ku jira Qaybta B waxa ka mid ah dawooyinka uu dhakhtarkaagu ku bixiyo xafiiskooda, qaar ka mid ah dawooyinka kansarka afka, iyo dawooyinka qaarkood ee lala isticmaalo qalabyada caafimaadka qaarkood. <i>Akhri Buug-gacmeedka Loogu Talagalay Xubinta macluumaad dheeraad ah oo ku saabsan daawooyinkan.</i> Qaar kamid ah daawooyinka Medicare Qaybta B ayaa laga yaabaa inay u baahdaan oggolaanshe hore ama waxay leeyihiin shuruudo daawaynta.</p>
	<p>Daawooyinka guud ee heerka 1-aad (aan lahayn magac sumadeed)</p>	<p>\$0/\$1.55/\$4.50 ee sahay ilaa 30-maalmo la istimaali karo.</p>	<p>Waxaa laga yaabaa inay jiraan xaddidaadyo ku saabsan noocyada dawooyinka la daboolay. Fadlan tixraac ku sameey <i>Liiska Daawooyinka La Daboolay</i> (Liiska Daawooyinka) ee UCare Connect + Medicare si aad u hesho wixii macluumaad dheeraad ah. UCare Connect + Medicare ayaa waxay kaaga baahan kartaa inaad marka hore isku daydo hal daawo si aad u daaweyso xaaladaada caafimaad kahor inta aysan daboolin kharashka daawo kale oo lagu daweeyo xaaladaas caafimaad. Daawooyinka qaar waxay leeyihiin xad xadidan.</p>



**Haddii aad qabto su'aalo**, fadlan UCare Connect + Medicare ka wac 612-676-3310 ama 1-855-260-9707 (wacitaankan waa bilaash), TTY 612-676-6810 ama 1-800-688-2534 (wicitaankan waa bilaash), 8 am – 8 pm, toddoba maalmood usbuucii. **Wixii macluumaadka dheeraadka ah**, booqo [ucare.org](https://www.ucare.org).

## UCare Connect + Medicare (HMO D-SNP): Guudmarka Gunnooyinka 2024

Baahida ama walaaca caafimaad	Adeegyada aad u baahan karto	Kharashkaaga bixiyayaasha shabakadaha gudaha	Xaddidaadaha, ka-dhaafitaanada iyo macluumaadka gunnada (xeerarka ku saabsan gunnooyinka)
<p><b>Waxaad u baahan tahay daawooyin lagu daweyo jirradaada ama xaaladdaada caafimaad ahaaneed</b> (sii socota</p>			<p>Adeeg-bixiyahaaga waa inuu ogolaansho hore ka helaa UCare Connect + Medicare si uu u bixiyo daawooyinka qaarkood.</p> <p>Waa inaad farmasiyada qaarkood u isticmaashaa tiro aad u kooban oo dawooyin ah, sababo la xiriira shuruudo maarayn, iskudubarid, ama shuruudaha waxbarashada bukaanka ee gaarka ah shuruudahaas oo aanay buuxin karin farmasiyada ku jira shabakadaada.</p> <p>Dawooyinkan waxa ay ku qoran yihiin bogga qorshaha, <i>Liiska Daawooyinka La Daboolay</i> (Liiska Daawooyinka), oo agabyada daabacan, iyo sidoo kale Medicare Plan Finder oo laga helo <a href="http://www.medicare.gov">www.medicare.gov</a>.</p> <p>Marka adiga ama dadka kale adiga kaa wakiilka ah aad bixisaan \$8,000, waxaad gaartay marxalada masiibada caymiska oo waxaad bixinaysaa \$0 ee dhammaan daawooyinkaaga Medicare.</p> <p>Akhri <i>Buug-gacmeedka Loogu Talagalay Xubinta</i> si aad u hesho wixii macluumaad dheeraad ah oo ku saabsan marxaladan.</p>

?

**Haddii aad qabto su'aalo**, fadlan UCare Connect + Medicare ka wac 612-676-3310 ama 1-855-260-9707 (wacitaankan waa bilaash), TTY 612-676-6810 ama 1-800-688-2534 (wicitaankan waa bilaash), 8 am – 8 pm, toddoba maalmood usbuucii. **Wixii macluumaadka dheeraadka ah**, booqo [ucare.org](http://ucare.org).

## UCare Connect + Medicare (HMO D-SNP): Guudmarka Gunnooyinka 2024

Baahida ama walaaca caafimaad	Adeegyada aad u baahan karto	Kharashkaaga bixiyayaasha shabakadaha gudaha	Xaddidaadaha, ka-dhaafitaanada iyo macluumaadka gunnada (xeerarka ku saabsan gunnooyinka)
<p><b>Waxaad u baahan tahay daawooyin lagu daweyo jirradaada ama xaaladdaada caafimaad ahaaneed (sii socota)</b></p>			<p><b>Farriin Muhiim Ah oo Ku Saabsan Kharashaadka Aad Ka Bixinayso Talaallada</b> – Tallaalada qaar ayaa loo tixgeliyaa gunnooyin caafimaad. Tallaalka kale waxaa loga fekeraa dawooyinka Qaybta D. Waxaad tallaaladan ka heli kartaa bogga qorshaha <i>Liiska Daawooyinka La Daboolay</i> (Liiska Daawooyinka) Qorshahayagu waxa uu dabooshaa inta badan tallaalada ku qoran Qaybta D oo aan wax kharash ah kaaga baxayn.</p> <p>Daawooyinka qaarkood, waxaad heli kartaa sahay muddo dheer aad isticmaali karto (sidoo kale loo yaqaan "sahay muddo dheer") markaad buuxsato rijeetada. A. sahayda muddada dheer waa sahay ku gaarsiinaysa ilaa 90-maalmood. Waxay kugu kacaysaa lacag la mid ah sahayda hal bil ah waxaana laga heli karaa inta badan goobaha farmashiyaha tafaariiqda ama farmashiyaasha boostada lagu dalbo.</p>

**?** **Haddii aad qabto su'aalo**, fadlan UCare Connect + Medicare ka wac 612-676-3310 ama 1-855-260-9707 (wacitaankan waa bilaash), TTY 612-676-6810 ama 1-800-688-2534 (wicitaankan waa bilaash), 8 am – 8 pm, toddoba maalmood usbuucii. **Wixii macluumaadka dheeraadka ah**, booqo **ucare.org**.

## UCare Connect + Medicare (HMO D-SNP): Guudmarka Gunnooyinka 2024

Baahida ama walaaca caafimaad	Adeegyada aad u baahan karto	Kharashkaaga bixiyayaasha shabakadaha gudaha	Xaddidaadaha, ka-dhaafitaanada iyo macluumaadka gunnada (xeerarka ku saabsan gunnooyinka)
<p><b>Waxaad u baahan tahay daawooyin lagu daweyo jirradaada ama xaaladdaada caafimaad ahaaneed (sii socota)</b></p>	<p>Dawooyinka magaca shirkadda ee Heerka 1-aad</p>	<p>\$0/\$4.60/\$11.20 ee sahay ilaa 30-maalmood la istimaali karo.</p>	<p>Waxaa laga yaabaa inay jiraan xaddidaadyo ku saabsan noocyada dawooyinka la daboolay. Fadlan tixraac ku sameey <i>Liiska Daawooyinka La Daboolay</i> (Liiska Daawooyinka) ee UCare Connect + Medicare si aad u hesho wixii macluumaad dheeraad ah.</p> <p>UCare Connect + Medicare ayaa waxay kaaga baahan kartaa inaad marka hore isku daydo hal daawo si aad u daaweyso xaaladaada caafimaad kahor inta aysan daboolin kharashka daawo kale oo lagu daweyo xaaladaas caafimaad.</p> <p>Daawooyinka qaar waxay leeyihiin xad xadidan. Adeeg-bixiyahaaga waa inuu ogolaansho hore ka helaa UCare Connect + Medicare si uu u bixiyo daawooyinka qaarkood.</p> <p>Waa inaad farmasiyada qaarkood u isticmaashaa tiro aad u kooban oo dawooyin ah, sababo la xiriira shuruudo maarayn, iskudubarid, ama shuruudaha waxbarashada bukaanka ee gaarka ah, shuruudahaas oo aanay buuxin karin farmashiyada ku jira shabakadaada.</p>

?

**Haddii aad qabto su'aalo**, fadlan UCare Connect + Medicare ka wac 612-676-3310 ama 1-855-260-9707 (wacitaankan waa bilaash), TTY 612-676-6810 ama 1-800-688-2534 (wicitaankan waa bilaash), 8 am – 8 pm, toddoba maalmood usbuucii. **Wixii macluumaadka dheeraadka ah**, booqo [ucare.org](http://ucare.org).

## UCare Connect + Medicare (HMO D-SNP): Guudmarka Gunnooyinka 2024

Baahida ama walaaca caafimaad	Adeegyada aad u baahan karto	Kharashkaaga bixiyayaasha shabakadaha gudaha	Xaddidaadaha, ka-dhaafitaanada iyo macluumaadka gunnada (xeerarka ku saabsan gunnooyinka)
<p><b>Waxaad u baahan tahay daawooyin lagu daweyo jirradaada ama xaaladdaada caafimaad ahaaneed (sii socota)</b></p>			<p>Dawooyinkan waxa ay ku qoran yihiin bogga qorshaha, <i>Liiska Daawooyinka La Daboolay</i> (Liiska Daawooyinka), oo agabyada daabacan, iyo sidoo kale Medicare Plan Finder oo laga helo <a href="http://www.medicare.gov">www.medicare.gov</a>.</p> <p>Daawooyinka qaarkood, waxaad heli kartaa sahay muddo dheer aad isticmaali karto (sidoo kale loo yaqaan "sahay muddo dheer") markaad buuxsato rajeetada. A. sahayda muddada dheer waa sahay ku gaarsiinaysa ilaa 90-maalmood. Waxay kugu kacaysaa lacag la mid ah sahayda hal bil ah waxaana laga heli karaa inta badan goobaha farmashiyaha tafaariiqda ama farmashiyaasha boostada lagu dalbo.</p>
	<p>Daawooyinka dukaamada laga soo iibsan karo (OTC)</p>	<p>\$0</p>	<p>Waxaa laga yaabaa inay jiraan xaddidaadyo ku saabsan noocyada dawooyinka la daboolay. Fadlan tixraac ku sameey <i>Liiska Daawooyinka La Daboolay</i> (Liiska Daawooyinka) ee UCare Connect + Medicare si aad u hesho wixii macluumaad dheeraad ah.</p>

?

**Haddii aad qabto su'aalo**, fadlan UCare Connect + Medicare ka wac 612-676-3310 ama 1-855-260-9707 (wacitaankan waa bilaash), TTY 612-676-6810 ama 1-800-688-2534 (wicitaankan waa bilaash), 8 am – 8 pm, toddoba maalmood usbuucii. **Wixii macluumaadka dheeraadka ah**, booqo [ucare.org](http://ucare.org).

## UCare Connect + Medicare (HMO D-SNP): Guudmarka Gunnooyinka 2024

Baahida ama walaaca caafimaad	Adeegyada aad u baahan karto	Kharashkaaga bixiyayaasha shabakadaha gudaha	Xaddidaadaha, ka-dhaafitaanada iyo macluumaadka gunnada (xeerarka ku saabsan gunnooyinka)
<p><b>Waxaad u baahan tahay daawooyin lagu daweyo jirradaada ama xaaladdaada caafimaad ahaaneed (sii socota)</b></p>	Daawooyinka sokorawga	<p>\$0/\$1.55/\$4.50 ama \$0/\$4,60/\$11,20 for a 30-day supply.</p> <p>Markaad gaarto xadka kharaska jeebkaaga ka baxinayso ee \$8,000 ee daawadaada Qaybta D, Marxaladda Daboolista Musiibada ayaa bilaabanaysa.</p> <p>Waxaad joogi doontaa marxaladda Daboolista Masiibada ilaa dhamaadka sanadka kalandarka. Inta lagu jiro marxaladan, lacag-bixintaada qaybta D ee dawooyinka waxay noqon doontaa \$0.</p>	<p>Waxaa laga yaabaa inay jiraan xaddidaadyo ku saabsan noocyada dawooyinka la daboolay.</p> <p>Fadlan tixraac ku sameey <i>Liiska Daawooyinka La Daboolay</i> (Liiska Daawooyinka) ee UCare Connect + Medicare oo laga helo <a href="https://ucare.org/dsnp-druglist">ucare.org/dsnp-druglist</a> si aad u hesho wixii macluumaad dheeraad ah.</p> <p>UCare Connect + Medicare ayaa waxay kaaga baahan kartaa inaad marka hore isku daydo hal daawo si aad u daaweyso xaaladaada caafimaad kahor inta aysan daboolin kharashka daawo kale oo lagu daweyo xaaladaas caafimaad.</p> <p>Daawooyinka qaar waxay leeyihiin xad xadidan.</p> <p>Adeeg-bixiyahaaga waa inuu ogolaansho hore ka helaa UCare Connect + Medicare si uu u bixiyo dawooyinka qaarkood.</p>
<p><b>Waxaad u baahan tahay gargaar Waxaad u baahan caawimaad si aad u roonaato ama waxaad qabtaa baahiyo caafimaad oo khaas ah</b></p>	Adeegyada baxnaaninta	\$0	Adeegyada baxnaaninta ee Caafimaad ahaan lagama maarmaanka ah waa la daboolaa la daboolay.
	Qalabka caafimaadka ee daryeelka guriga daryeelka Guriga	\$0	
	Adeegyada sifaynta kelyaha	\$0	



**Haddii aad qabto su'aalo**, fadlan UCare Connect + Medicare ka wac 612-676-3310 ama 1-855-260-9707 (wacitaankan waa bilaash), TTY 612-676-6810 ama 1-800-688-2534 (wicitaankan waa bilaash), 8 am – 8 pm, toddoba maalmood usbuucii. **Wixii macluumaadka dheeraadka ah**, booqo [ucare.org](https://ucare.org).

## UCare Connect + Medicare (HMO D-SNP): Guudmarka Gunnooyinka 2024

Baahida ama walaaca caafimaad	Adeegyada aad u baahan karto	Kharashkaaga bixiyayaasha shabakadaha gudaha	Xaddidaadaha, ka-dhaafitaanada iyo macluumaadka gunnada (xeerarka ku saabsan gunnooyinka)
<b>Waxaad u baahan tahay daryeelka cagaha</b>	Adeegyada daaweynta cagaha	\$0	Booqashooyinka daaweynta cagaha ayaa loogu talagalay daryeelka cagaha ee caafimaad ahaan lagama maarmaanka ah. Daryeelka cagaha ee joogtada ah (aan la xidhiidhin ogaanshaha gaarka ah ee uu horeba u daboolay Medicare) oo ku kooban hal booqasho bishii.
	Adeegyada bir ku xirista lugaha	\$0	
<b>Waxaad u baahan tahay qalab caafimaad oo waara (DME)</b> <b>Xusuusin:</b> Kani maaha liis dhamaystiran oo DME-yada la daboolo. Si aad u hesho liis dhammaystiran, la xiriir Adeegga Macaamiisha ama eeg cutubka 4 ee <i>Buug-gacmeedka Loogu Talagalay Xubinta</i> .	Kursiga curyaanka, biraha lugaha lagu xiro, iyo biraha lagu socdo	\$0	Ogolaanshaha hore ayaa loo baahan karaa
	Agabka neefsiga	\$0	Ogolaanshaha hore ayaa loo baahan karaa
	Qalabka ogsijiinta iyo saadka	\$0	Ogolaanshaha hore ayaa loo baahan karaa
<b>Waxaad u baahan tahay caawimo ku noolaanshaha guriga</b>	Adeegyada daryeelka caafimaadka guriga	\$0	Shuruudaha u-qalmitaanka gobolka ayaa laga yaabaa in lagu dabaqo. Ogolaanshaha hore ayaa loo baahan karaa
<b>Waxaad u baahan tahay adeeg turjubaan</b>	Turjubaanka luuqada lagu hadlo	\$0	
	Turjubaanka luuqada dhagoolaha	\$0	

?

**Haddii aad qabto su'aalo**, fadlan UCare Connect + Medicare ka wac 612-676-3310 ama 1-855-260-9707 (wacitaankan waa bilaash), TTY 612-676-6810 ama 1-800-688-2534 (wicitaankan waa bilaash), 8 am – 8 pm, toddoba maalmood usbuucii. **Wixii macluumaadka dheeraadka ah**, booqo [ucare.org](http://ucare.org).

## UCare Connect + Medicare (HMO D-SNP): Guudmarka Gunnooyinka 2024

Baahida ama walaaca caafimaad	Adeegyada aad u baahan karto	Kharashkaaga bixiyayaasha shabakadaha gudaha	Xaddidaadaha, ka-dhaafitaanada iyo macluumaadka gunnada (xeerarka ku saabsan gunnooyinka)
<b>Tababarka Dheeraad ah adeegyada</b> (ku sii socotaa bogga xiga)	24/7 Khadka kalkaalinta	\$0	
	Irbad ku mudista	\$0	
	Iskuduwidda daryeelka	\$0	
	Adeegyada daaweynta kala-goysyada jirka/ laf-dhabarta	\$0	Oggolaansho hore ayaa laga yaabaa in loo baahdo.
	Sahayda sonkorowga iyo adeegyada	\$0	Waxaa jira xaddidaadyo xariijimaha iyo mitirka baaritaanka la daboolay. Fadlan eeg <i>Liiska Daawooyinka la Daboolay</i> (Liiska Daawooyinka) ee Ucare Connect + Medicare si aad u hesho macluumaad dheeraad ah.
	Qorshaynta qoyska	\$0	
	Xasillinta guryaha adeegyada	\$0	Shuruudaha u-qalmitaanka gobolka ayaa laga yaabaa in lagu dabaqo.
	Adeegyada qalab ku rakibida jirka	\$0	
	Ku daaweynta shucaaca	\$0	
	Adeegyada gacan ka gaysta maaraynta cudurkaaga	\$0	

?

**Haddii aad qabto su'aalo**, fadlan UCare Connect + Medicare ka wac 612-676-3310 ama 1-855-260-9707 (wacitaankan waa bilaash), TTY 612-676-6810 ama 1-800-688-2534 (wicitaankan waa bilaash), 8 am – 8 pm, toddoba maalmood usbuucii. **Wixii macluumaadka dheeraadka ah**, booqo [ucare.org](https://www.ucare.org).



## UCare Connect + Medicare (HMO D-SNP): Guudmarka Gunnooyinka 2024

Baahida ama walaaca caafimaad	Adeegyada aad u baahan karto	Kharashkaaga bixiyayaasha shabakadaha gudaha	Xaddidaadaha, ka-dhaafitaanada iyo macluumaadka gunnada (xeerarka ku saabsan gunnooyinka)
<b>Adeegyada dheeraadka ah</b> (sii socota)	Iska dhaaf Sigaar cabida iyo Barnamijka Shiishida	\$0	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: <ul style="list-style-type: none"> <li>• Wac khadka Joojinta Isticmaalka Tubaakada iyo Nikotiinka 1-855-260-9713 (wicitaankan waa bilaash); TTY 711, 24 saacadood maalintii, toddoba maalmood usbuucii</li> <li>• Booqo <a href="http://myquitforlife.com/ucare">myquitforlife.com/ucare</a></li> <li>• Soo dejiso ablikeeshinka moobilada ee Rally Coach Quit For Life.</li> </ul>
	Barashada badbaadada kursiga gaariga iyo kursiga baabuurka	\$0	Barashada badbaadada kursiga baabuurka ee bilaa kharashka ah oo laga heli karo UCare iyada oo loo marayo Barnamijkeena Barashada Badbaadada Kuraasta, iyo Safarka (SEATS).



**Haddii aad qabto su'aalo**, fadlan UCare Connect + Medicare ka wac 612-676-3310 ama 1-855-260-9707 (wacitaankan waa bilaash), TTY 612-676-6810 ama 1-800-688-2534 (wicitaankan waa bilaash), 8 am – 8 pm, toddoba maalmood usbuucii. **Wixii macluumaadka dheeraadka ah**, booqo [ucare.org](http://ucare.org).

## UCare Connect + Medicare (HMO D-SNP): Guudmarka Gunnooyinka 2024

Baahida ama walaaca caafimaad	Adeegyada aad u baahan karto	Kharashkaaga bixiyayaasha shabakadaha gudaha	Xaddidaadaha, ka-dhaafitaanada iyo macluumaadka gunnada (xeerarka ku saabsan gunnooyinka)
Adeegyada dheeraadka ah (sii socota)	Waxbarashada Bulshada	\$0	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).
	Abaalmarino iyo Dhiirigelin	\$0	Kasbo abaal-marinnada dhamaystirto baaritaanada, tijaabooyinka ama imtixaannada ka-hortagga ah qaarkood. Biiqi <a href="https://www.ucare.org/rewards">ucare.org/rewards</a> ama gal ama akoon xubinnimo ka samayso khadka <a href="https://www.ucare.org">member.ucare.org</a> . Tag qaybta Health & Wellness (Caafimaadka & Badqabka), kadibna qaybta Wellness, Rewards & Allowance si aad u aragto waxa aad u-qalanto.

?

**Haddii aad qabto su'aalo**, fadlan UCare Connect + Medicare ka wac 612-676-3310 ama 1-855-260-9707 (wacitaankan waa bilaash), TTY 612-676-6810 ama 1-800-688-2534 (wicitaankan waa bilaash), 8 am – 8 pm, toddoba maalmood usbuucii. **Wixii macluumaadka dheeraadka ah**, booqo [ucare.org](https://www.ucare.org).

## UCare Connect + Medicare (HMO D-SNP): Guudmarka Gunnooyinka 2024

Baahida ama walaaca caafimaad	Adeegyada aad u baahan karto	Kharashkaaga bixiyayaasha shabakadaha gudaha	Xaddidaadaha, ka-dhaafitaanada iyo macluumaadka gunnada (xeerarka ku saabsan gunnooyinka)
<p><b>Adeegyada dheeraadka ah</b> (sii socota)</p>	<p>Qiimo dhimista Raashinka</p>	<p>\$0</p>	<p>Xubnaha waxay helayaan qiimo dhimis xagga raashinka caafimaadka leh ee hore loogu qalmay ah. Raashiinkan waxaa ka mid ah waxyaabaha ay ka midka yihiin caanaha, rootiga badarka ah, hilibka aan caatada ahayn, ukunta, yoghaartiga, miraha, khudaarta iyo qaar kaloo badan. Qiimo-dhimista toddobaadlaha ah ayaa si hormaris ah loogu sii shubayaa kaarkaaga UCare Health Plan Healthy Benefits+ Visa<sup>®</sup>. Si aad wax badan uga ogaato oo aad u codsato kaarka booqo <a href="https://HealthyBenefitsPlus.com/ucare">HealthyBenefitsPlus.com/ucare</a> ama wac 1-833-862-8276 (TTY 711).</p>
<p><b>Adeegyada dheeraadka ah:</b> Jirdhiska/Jimicsiga Caafimaadka (laga sii waday bogga xiga)</p>	<p>Ku xidh Fayo qabka Kit</p>	<p>\$0</p>	<p>Qalabka jirdhiska iyo badqabka ee guriga. Si aad u dalbato xirmo, gal ama akoon xubinnimo ka samayso khadka <b>member.ucare.org</b>. Tag qaybta Health &amp; Wellness, kadibna Wellness, Rewards &amp; Allowance. Hal qalab xubin kasta sannadkiiba.</p>



**Haddii aad qabto su'aalo**, fadlan UCare Connect + Medicare ka wac 612-676-3310 ama 1-855-260-9707 (wacitaankan waa bilaash), TTY 612-676-6810 ama 1-800-688-2534 (wicitaankan waa bilaash), 8 am – 8 pm, toddoba maalmood usbuucii. **Wixii macluumaadka dheeraadka ah**, booqo **ucare.org**.

## UCare Connect + Medicare (HMO D-SNP): Guudmarka Gunnooyinka 2024

Baahida ama walaaca caafimaad	Adeegyada aad u baahan karto	Kharashkaaga bixiyayaasha shabakadaha gudaha	Xaddidaadaha, ka-dhaafitaanada iyo macluumaadka gunnada (xeerarka ku saabsan gunnooyinka)
<p><b>Adeegyada dheeraadka ah:</b> Jirdhiska/Jimicsiga Caafimaadka (la sii waday)</p>	<p>Hal Kaadh</p>	<p>\$0</p>	<ul style="list-style-type: none"> <li>• Ka qaybgalka in ka badan 24,000 goobo jimicsi oo qayb ka ah shabakada oo ku kala yaala dalka oo dhan</li> <li>• Kumanaan fasalo oo jimicsi ah oo dalabaad iyo khadka tooska ah</li> <li>• Dhisayaasha jimicsiga si ay u abuuraan jimicsigaaga oo ay kuugu dhex maraan jimicsi kasta</li> <li>• Xirmooyinka jimicsiga ee lagu isticmaalo guriga ayaa loo heli karaa xubnaha aan jir ahaan awoodin inay tagaan goobta jimicsiga ama degan ugu yaraan meel 15 mayl u jirta goobta jimicsiga</li> <li>• Barnaamijka tababarka maskaxda ee khadka tooska ah ee shakhsi ahaaneed oo dadka ka caawinaya wanaajinta xusuusta, dareenka iyo feejignaanta</li> <li>• Hawlaha bulshada, xiisadaha bulshada, iyo dhacdooyinka diyaar u ah ka qaybgalka tooska ah ama khadka tooska ah</li> </ul>

**?** **Haddii aad qabto su'aalo,** fadlan UCare Connect + Medicare ka wac 612-676-3310 ama 1-855-260-9707 (wacitaankan waa bilaash), TTY 612-676-6810 ama 1-800-688-2534 (wicitaankan waa bilaash), 8 am – 8 pm, toddoba maalmood usbuucii. **Wixii macluumaadka dheeraadka ah,** booqo **ucare.org**.

## UCare Connect + Medicare (HMO D-SNP): Guudmarka Gunnooyinka 2024

Baahida ama walaaca caafimaad	Adeegyada aad u baahan karto	Kharashkaaga bixiyayaasha shabakadaha gudaha	Xaddidaadaha, ka-dhaafitaanada iyo macluumaadka gunnada (xeerarka ku saabsan gunnooyinka)
<b>Adeegyada dheeraadka ah:</b> Jirdhiska/Jimicsiga Caafimaadka (la sii waday)			Goobaha ka qaybqaadanaya barnaamijka ee kuugu dhow ka raadi <a href="https://ucare.org/onepass">ucare.org/onepass</a> ama wac 1-877-504-6830 (wacitaankan waa bilaash) ama galitaanka TTY, isticmaal 711 (wicitaankan waa bilaash), 8 am – 9 pm, Isniin – Jimco.
	Adeegyada Toobinta ee Dheeraadka ah	\$0	Waxaa laga yaabaa inaad hesho ilaa 12 booqashooyin oo adeegyada toobinta ah oo dheeraad ah sanadkiiba haddii aad qabto xanuunka dhabarka hoose ee ba'an.
	Adeegyada Daaweynta Kala-goosyada Jirka ee Dheeraadka ah	\$0	Waxaa laga yaabaa inaad hesho ilaa 12 booqashooyin oo adeegyada daaweynta kala-goosyada jirka ah sanadkiiba, oo ay ku jiraan baaritaanada loogu talagalay xubnaha qaba xanuunada lafaha iyo muruqyada.
	Qalabka Daawooyinka	\$0	Hal Qalab Daawo sannadkiiba si uu kaaga caawiyo fududaynta qaadashada dawadaada. La xidhiidh iskuduwaha daryeelkaaga si aad u dalbato.



**Haddii aad qabto su'aalo**, fadlan UCare Connect + Medicare ka wac 612-676-3310 ama 1-855-260-9707 (wacitaankan waa bilaash), TTY 612-676-6810 ama 1-800-688-2534 (wicitaankan waa bilaash), 8 am – 8 pm, toddoba maalmood usbuucii. **Wixii macluumaadka dheeraadka ah**, booqo [ucare.org](https://ucare.org).

## UCare Connect + Medicare (HMO D-SNP): Guudmarka Gunnooyinka 2024

Baahida ama walaaca caafimaad	Adeegyada aad u baahan karto	Kharashkaaga bixiyayaasha shabakadaha gudaha	Xaddidaadaha, ka-dhaafitaanada iyo macluumaadka gunnada (xeerarka ku saabsan gunnooyinka)
<b>Adeegyada dheeraadka ah:</b> Jirdhiska/Jimicsiga Caafimaadka (la sii waday)	Qalabka La Socodka Dhaqdhaqaaqyada iyo Qalabka Nidaamka Ka Jawaab Celinta Xaaladaha Degdegga ah ee Shakhsi ahaaneed (PERS).	\$0	Waxaad helaysaa Qalabka La Socodka Dhaqdhaqaaqyada iyo Qalabka Nidaamka Ka Jawaab Celinta Xaaladaha Degdegga ah ee Shakhsi ahaaneed (PERS) kaas oo leh astaamo ay ka mid yihiin wicitaanka caawimaad raadsashada xaaladaha degdegga ah oo 24/7 ah la socodka tallaabada iyo garaaca wadnaha, waxaana ku xiran GPS. Hel hal qalab oo ah midka lagula socdo dhaqdhaqaaqyada sanad walba.
	Qalabka Kormeerida Cadaadiska Dhiiga	\$0	Waxa laga yaabaa in aad hesho qalabka lagu cabbiro cadaadiska dhiigga haddii lagaa helo dhiig-karka oo aad sidoo kale isticmaasho Qalabka La Socodka Dhaqdhaqaaqyada iyo Qalabka Nidaamka Ka Jawaab Celinta Xaaladaha Degdegga ah ee Shakhsi ahaaneed (PERS).
	Gunnada wax looga soo iibsano karo dukaamada (OTC)	\$0	\$60 saddexdii biloodba mar Gunnada wax looga soo iibsano karo dukaamada OTC ee loogu talagalay iibsashada alaabta laga xulan karo liiska OTC si onlayn ah ama taleefanka.

?

**Haddii aad qabto su'aalo**, fadlan UCare Connect + Medicare ka wac 612-676-3310 ama 1-855-260-9707 (wacitaankan waa bilaash), TTY 612-676-6810 ama 1-800-688-2534 (wicitaankan waa bilaash), 8 am – 8 pm, toddoba maalmood usbuucii. **Wixii macluumaadka dheeraadka ah**, booqo [ucare.org](http://ucare.org).

## UCare Connect + Medicare (HMO D-SNP): Guudmarka Gunnooyinka 2024

Baahida ama walaaca caafimaad	Adeegyada aad u baahan karto	Kharashkaaga bixiyayaasha shabakadaha gudaha	Xaddidaadaha, ka-dhaafitaanada iyo macluumaadka gunnada (xeerarka ku saabsan gunnooyinka)
<b>Adeegyada dheeraadka ah:</b> Taageerada Xaaladda Daba-dheeraaday	Gunnada Cunto Caafimaad Leh	\$0	Gunno bille ah oo \$50 ah oo lagu iibsado cuntooyinka caafimaadka leh ee dukaamada ka qaybqaata barnaamijka waxaana loogu talagalay xubnaha qaba xanuunka sonkowroga, dhiig karka, xanuunada dufanka.
	Gaadiidka Gunnada Cuntooyinka Caafimaadka leh	\$0	Ilaa hal gaadiid todobaadkii oo lagu tagayo Dukaamada Gunnada Cunnada Caafimaadka leh ee loogu talagalay xubnaha qaba cudurka sonkorowga, dhiig karka, xanuunada dufanka.
	Masaajka/Duugista Daaweynta ah	\$0	Ilaa 6 booqashooyin oo masaaj/duugis ah sanadkiiba oo loogu talagalay xubnaha qaba dhabar xanuunka, qoor xanuun iyo garbo xanuun, madax xanuun, xanuunada 'carpal tunnel syndrome', 'osteoarthritis', 'fibromyalgia'.

Guudmarka kor ku xusan ee gunnooyinka waxa loo bixiyay ujeedooyin xog-bixineed ahaan oo keliya mana aha liiska dhammaystiran ee gunnooyinka. Si aad u hesho liiska dhammaystiran iyo macluumaad dheeraad ah oo ku saabsan gunnooyinkaaga, waxaad akhrisan kartaa *Buug-gacmeedka Loogu Talagalay Xubinta* ee UCare Connect + Medicare. Haddii aadan haysan Buug-gacmeedka Loogu Talagalay Xubinta, Adeegga Macaamiisha ee UCare Connect + Medicare ka wac lambarada ku taxan xagga hoose ee boggan si aad mid u hesho. Haddii aad qabto su'aalo, waxaad sidoo kale wici kartaa Adeegga Macaamiisha ama booqan kartaa [ucare.org/formembers](https://www.ucare.org/formembers).



**Haddii aad qabto su'aalo**, fadlan UCare Connect + Medicare ka wac 612-676-3310 ama 1-855-260-9707 (wacitaankan waa bilaash), TTY 612-676-6810 ama 1-800-688-2534 (wicitaankan waa bilaash), 8 am – 8 pm, toddoba maalmood usbuucii. **Wixii macluumaadka dheeraadka ah**, booqo [ucare.org](https://www.ucare.org).

## UCare Connect + Medicare (HMO D-SNP): Guudmarka Gunnooyinka 2024

### D. Adeegyada la daboolo ee lagu bixiyo meel ka baxsan UCare Connect + Medicare

Waxa jira adeegyo aad heli karto oo aanay daboolin UCare Connect + Medicare balse ay daboolaan Medicare, Kaalmada Caafimaadka, ama Hay'ad Gobol ama degmo. Kani maaha liis dhamaystiran. Adeegga Macaamiisha ka wac lambarrada ku qoran boggan hoose si aad u ogaato adeegyadaas.

Adeegyada kale ee ay daboolaan Medicare, Kaalmada Caafimaadka, ama wakaalada Gobolka	Kharashkaaga
Adeegyada cilladaha isticmaalka maandooriyaha iyo caafimaadka maskaxda ee gaarka ah, barnaamijyada ka-dhaafitaanka, taageerada guriga iyo xaafada, iyo adeegyada xarunta gobolka	\$0
Qaar ka mid ah adeegyada daryeelka guriga	\$0
Adeegyada kaalmada daryeelka shakhsi ahaaneed	\$0
Adeegyada daryeelka kalkaalinta ee lagu bixiyo guriga	\$0
Adeegyada ka-dhaafitaanka ee lagu bixiyo adeegyada Guriga iyo Bulshada ku salaysan	\$0

### E. Adeegyada UCare Connect + Medicare, Medicare, iyo Kaalmada Caafimaadka aysan daboolayn

Kani maaha liis dhamaystiran. Adeegga Macaamiisha ka wac lambarada ku qoran boggan hoose si aad u ogaato adeegyada kale ee laga saaray.

Adeegyada UCare Connect + Medicare, Medicare, iyo Kaalmada Caafimaadka aysan daboolayn
Adeegyada aan loo tixgelin "macquul iyo lama huraan" marka loo eego heerarka Medicare iyo Kaalmada Caafimaadka (Medical Assistance)
Tijaabada daaweynta iyo daaweynta qalliinka, shay, ama dawooyin ilaa uu daboolo Medicare ama hoos yimaad daraasad caafimaad oo Medicare ay oggolaatay mooyaane
Daaweynta qalliinka ee buurnaanta jirrada marka laga reebo marka loo baahdo caafimaad ahaan



**Haddii aad qabto su'aalo**, fadlan UCare Connect + Medicare ka wac 612-676-3310 ama 1-855-260-9707 (wacitaankan waa bilaash), TTY 612-676-6810 ama 1-800-688-2534 (wicitaankan waa bilaash), 8 am – 8 pm, toddoba maalmood usbuucii. **Wixii macluumaadka dheeraadka ah**, booqo [ucare.org](http://ucare.org).



## UCare Connect + Medicare (HMO D-SNP): Guudmarka Gunnooyinka 2024

<b>Adeegyada UCare Connect + Medicare, Medicare, iyo Kaalmada Caafimaadka aysan daboolayn</b>
Hababka tayeynta ee doorashada ama ikhtiyaariga ah
Qalliinka isqurxinta ama shaqooyinka kale ee qurxinta marka laga reebo haddii la buuxiyo shuruudaha
Qalliinka Indhaha

### F. Xuquuqdaada xubin ahaan ee qorshaha caymiska

Ka xubin UCare Connect + Medicare ahaan, waxaad leedahay xuquuqo gaar ah. Waxaad isticmaali kartaa xuquuqahan adiga oo aan lagu ciqaabin. Waxaad sidoo kale isticmaali kartaa xuquuqahan adoon lumin adeegyadaada daryeelka caafimaadka. Waxaan kuu sheegi doonaa xog ku saabsan xuquuqdaada ugu yaraan hal mar sannadkiiba. Wixii macluumaad dheeraad ah oo ku saabsan xuquuqdaada, fadlan akhri *Buug-gacmeedka Loogu Talagalay Xubinta*. Xuquuqdaada waxaa ka mid ah, laakiin aan ku xaddidnayn, kuwan soo socda:

- **Waxaad xaq u leedahay ixtiraam, cadaalad, iyo sharaf.** Xaquuqahaaga waxaa ka mid ah xaqa aad u leedahay inaad:
  - Hesho adeegyada caymiska adigoo ka walwalin xaalad caafimaad, heerka caafimaadka, helitaanka adeegyada caafimaadka, khibradaha sheegashooyinka, taariikhda caafimaadka, naafanimada (ay ku jirto naafanimada maskaxeed), xaaladda guurka, da'da, jinsiga (oo ay ku jiraan noocyada kala duwan ee galmada iyo aqoonsiga jinsiga), nooca galmada, asalka qaran, isirka, midabka, diinta, caqiidada, ama qaadashada kaalmada dadweynaha
  - Hesho macluumaad ku baxa luuqado iyo qaabab kala duwan (tusaale ahaan, far waaweyn, farta indhoolaha, ama maqal ah) si bilaasha ah
  - La kulmin nooc kasta oo ka mid ah xakamaynta jirka ama gooni-u-yeelid
- **Waxaad xaq u leedahay inaad hesho macluumaadka ku saabsan daryeelkaaga caafimaad.** Tan waxa ku jira macluumaadka ku saabsan daawaynta iyo daawayntaada. Macluumaadkani waa inuu ahaadaa luqad iyo qaab aad fahmi karto. Tan waxaa ku jira xaqa aad u leedahay inaad hesho macluumaadka:
  - Sharaxaadda adeegyada aanu daboolno
  - Sida loo helo adeegyada
  - Kharashka ay ku kacayaan adeegyada
  - Magacyada bixiyayaasha daryeelka caafimaadka iyo iskuduwaha daryeelka
- **Waxaad xaq u leedahay inaad go'aamo ka gaadho daryeelkaaga, oo ay ku jirto diidmada daaweynta.** Xaquuqahaaga waxaa ka mid ah xaqa aad u leedahay inaad:
  - Doorato daryeel-bixiyaha aasaasiga ah (PCP) iyo inaad iska bedesho dhakhtarkaaga (PCP) wakhti kasta inta lagu jiro sanadka
  - Istimasho daryeel-bixiyaha daryeelka caafimaadka haweenka iyada oo aan meelna lagu gudbin



**Haddii aad qabto su'aalo,** fadlan UCare Connect + Medicare ka wac 612-676-3310 ama 1-855-260-9707 (wacitaankan waa bilaash), TTY 612-676-6810 ama 1-800-688-2534 (wicitaankan waa bilaash), 8 am – 8 pm, toddoba maalmood usbuucii. **Wixii macluumaadka dheeraadka ah,** booqo [ucare.org](http://ucare.org).

## UCare Connect + Medicare (HMO D-SNP): Guudmarka Gunnooyinka 2024

- Si dhakhso ah u hesho adeegyadaada iyo daawooyinka caymiska ku jira
- Ogaato dhammaan xulashooyinka daawaynta, iyada oo aan loo eegin kharashka ku kacaya ama haddii ay caymiska ku jiraan
- Diido daawaynta, xataa haddii daryeel-bixiyaha caafimaadka uu kugula taliyo inaad diidin
- Joojiso qaadashada daawada, xataa haddii daryeel-bixiyaha caafimaadka uu kugula taliyo inaad joojin
- Raadsato ra'yi labaad. UCare Connect + Medicare ayaa bixin doonta kharashka booqashada raadinta ra'yiga labaad.
- Si hormaris ah dardaraan ugu sheegto rabitaankaaga daryeelka caafimaadka
- **Waxa aad xaq u leedahay in wakhti ku haboon aad hesho daryeel aan lahayn caqabado isgaarsiin ahaaneed ama caqabado jireed oo xanibaysa helitaanka daryeelka.** Xaquuqahaaga waxaa ka mid ah xaq aad u leedahay inaad:
  - Hesho daryeel caafimaad waliba wakhti ku haboon
  - Gasho kana baxdo xafiiska daryeel-bixiyaha caafimaadka. Tani waxaa loola jeedaa in dadka naafada ah aysan wax caqabad ah kala kulmin gelitaanka, si waafaqsan Xeerka Naafanimada Maraykanka.
  - Hesho turjubaano kaa caawiya xiriirka aad la yeelanayso daryeel-bixiyayaashaada caafimaadka iyo qorshahaaga caafimaad
- **Waxaad xaq u leedahay inaad raadsato daryeel degdeg ah markaad u baahan tahay.** Tani waxay la macno tahay inaad xaq u leedahay:
  - Hesho adeegyada degdegga ah iyada oo aan oggolaansho hore la heli haddiiba xaalada ay tahay mid degdeg ah
  - Isticmaasho daryeel-bixiyaha xaaladaha degdega ah ee ka baxsan shabakada, marka ay lagama maarmaan tahay
- **Waxaad xaq u leedahay qarsoodiga macluumaadkaaga iyo asturnaanta.** Xaquuqahaaga waxaa ka mid ah xaq aad u leedahay inaad:
  - Codsato oo aad hesho nuqulka diiwaannadaada caafimaad waliba qaad aad fahmi karto iyo inaad codsato in diiwaannadaada la beddelo ama la saxo
  - Codsato in macluumaadkaaga caafimaad laga dhigo mid qarsoodi ah
  - Hesho qarsoodinimo inta lagu jiro daawaynta
- **Waxaad xaq u leedahay inaad cabasho ka samayso adeegyadaada ama daryeelkaaga la daboolay.** Xaquuqahaaga waxaa ka mid ah xaq aad u leedahay inaad:
  - Gudbiso cabasho ama ashtako ka dhan ah anaga ama adeeg-bixiyayaashayada
  - Codsato Racfaan Dawladeed (Dhageysiga Cadaalada ee Medicaid ee Gobolka)
  - Hesho sabab faahfaahsan oo sharaxaysa sababta adeegyada loo diiday



**Haddii aad qabto su'aalo,** fadlan UCare Connect + Medicare ka wac 612-676-3310 ama 1-855-260-9707 (wacitaankan waa bilaash), TTY 612-676-6810 ama 1-800-688-2534 (wicitaankan waa bilaash), 8 am – 8 pm, toddoba maalmood usbuucii. **Wixii macluumaadka dheeraadka ah,** booqo **ucare.org**.

## UCare Connect + Medicare (HMO D-SNP): Guudmarka Gunnooyinka 2024

Wixii macluumaad dheeraad ah oo ku saabsan xuquuqdaada, waxaad akhrin kartaa Buug-gacmeedka Loogu Talagalay Xubinta. Haddii aad qabto su'aalo, waxaad Adeegga Macaamiisha ee UCare Connect + Medicare ka wici kartaa lambarada ku qoran boggan hoose.

Waxaad sidoo kale Xafiiska Dhexdhexaadiyaha ee Barnaamijyada Daryeelka Caafimaadka ee la Maareeyo ka wici kartaa 1-800-657-3729. Wicitaanku waa bilaash.

---

### G. Sida loo gudbiyo cabasho ama rafcaan loogu qaato adeeg la diiday

Haddii aad qabto cabasho ama aad u malaynayso in UCare Connect + Medicare ay tahay inay daboosho wax aanu kuu diidnay, Adeegga Macaamiisha ka wac lambarada ku qoran bogga hoose. Waxa laga yaabaa inaad awoodo inaad rafcaan ka qaadato go'aankayaga.

Su'aalaha ku saabsan cabashooyinka iyo rafcaannada, waxaad akhrin kartaa cutubka 9 ee *Buug-gacmeedka Loogu Talagalay Xubinta*. Waxaad sidoo kale Adeegga Macaamiisha ee UCare Connect + Medicare ka wici kartaa lambarada ku qoran bogga hoose.

- **Wixii cabasho iyo ashtako afka ah, wac Adeegga Macaamiisha UCare Connect + Medicare:** 612-676-3310 ama 1-855-260-9707 (wacitaankan waa bilaash), TTY 612-676-6810 ama 1-800-688-2534 (wicitaankan waa bilaash), 8 am – 8 pm, toddoba maalmood usbuucii.
- **Rafcaannada afka ah, wac Racfaanka iyo Cabashada UCare:** 612-676-6841 ama 1-800-688-2534 (wicitaankan waa bilaash), 8 am – 8 pm, toddoba maalmood usbuucii.
- **Wixii ah racfaanada qoran, cabashooyinka iyo dacwooyin, ugu soo dir UCare barta:**  
Ujeedo: Rafcaannada iyo Cabashooyinka  
UCare  
PO Box 52  
Minneapolis, MN 55440-0052
- **Waxaad sidoo kale fakis noogu soo diri kartaa racfaankaaga, cabashadaada ama Dacwooyinka UCare barta:**  
612-884-2021 ama 1-866-283-8015
- **Ama iimayl noogu soo dir:** [cag@ucare.org](mailto:cag@ucare.org)

---

### H. Maxaa la sameeyaa haddii aad ka shakido khiyaano

Inta badan xirfadlayaasha daryeelka caafimaadka iyo ururada bixiya adeegyada waa daacad. Nasiib darro, waxaa jiri kara qaar aan daacad ahayn.

Haddii aad u malaynayso in dhakhtar, isbitaal, ama farmashiye kale uu sameynayo wax khaldan, fadlan nala soo xiriir.

- Naga soo wac Adeegga Macaamiisha ee UCare Connect + Medicare lambarrada taleefanka ee ku taxan xagga hoose ee boggan.



**Haddii aad qabto su'aalo**, fadlan UCare Connect + Medicare ka wac 612-676-3310 ama 1-855-260-9707 (wacitaankan waa bilaash), TTY 612-676-6810 ama 1-800-688-2534 (wicitaankan waa bilaash), 8 am – 8 pm, toddoba maalmood usbuucii. **Wixii macluumaadka dheeraadka ah**, booqo [ucare.org](http://ucare.org).

## UCare Connect + Medicare (HMO D-SNP): Guudmarka Gunnooyinka 2024

- Ka wac khadka Gudbinta Khiyaanooyinka ee UCare Connect + Medicare oo ah 1-877-826-6847 (wacitaankan waa bilaash), 24 saacadood maalintii, toddoba maalmood usbuucii. TTY 612-676-6810 ama 1-800-688-2534 (wacitaankan waa bilaash), 8 am – 8 pm, toddoba maalmood usbuucii.
- Ama, Medicare ka wac 1-800-MEDICARE (1-800-633-4227). Isticmaalayaasha TTY waxay wici karaan 1-877-486-2048. Waxaad u wici kartaa lambaradan si lacag la'aan ah, 24 saacadood maalintii, 7 maalmood todobaadkii.
- Ama, wac Minnesota Khadka Tooska ah ee Khayaanada 1-800-627-9977. Isticmaalayaasha TTY waxay wici karaan 711. Wicitaanku waa bilaash.



**Haddii aad qabto su'aalo**, fadlan UCare Connect + Medicare ka wac 612-676-3310 ama 1-855-260-9707 (wacitaankan waa bilaash), TTY 612-676-6810 ama 1-800-688-2534 (wicitaankan waa bilaash), 8 am – 8 pm, toddoba maalmood usbuucii. **Wixii macluumaadka dheeraadka ah**, booqo **ucare.org**.







## UCare Connect + Medicare (HMO D-SNP): Guudmarka Gunnooyinka 2024

### **Haddii aad qabto su'aalo guud ama aad qabto su'aalo ku saabsan qorshahayaga, adeegyada, goobta adeegga, biilasha, ama Kaararka Aqoonsiga Xubinnimada, fadlan wac Adeegga Macaamiisha ee UCare Connect + Medicare:**

612-676-3310 ama 1-855-260-9707 (wacitaankan waa bilaash)  
8 am – 8 pm, toddoba maalmood usbuucii

Adeegga macmiilku waxa kale oo uu leeyahay adeegyo turjubaano bilaash ah oo ay heli karaan dadka aan Ingiriisiga ku hadlin.

TTY: 612-676-6810 ama 1-800-688-2534 (wicitaankan waa bilaash)  
8 subaxnimo - 8 galabnimo, todobada maalmood todobaadkii.

Lambaradani waxay u baahan yihiin qalab telefoon oo gaar ah waxaana loogu talagalay dadka uu ku adag yahay maqalka ama hadalka.

### **Haddii aad wax su'aalo ah ka qabto caafimaadkaaga:**

- Wac daryeel bixiyahaaga aasaasiga ah (PCP). Raac tilmaamaha daryeel bixiyahaaga aasaasiga ah (PCP) ee ku saabsan helitaanka daryeelka marka xafiiska uu xiran yahay.
- Haddii xafiiska PCP-gaaga uu xiran yahay, waxaad sidoo kale wici kartaa Khadka Kalkaalinta UCare ee 24/7 shaqeeya. Kalkaaliso ayaa dhageysan doonta dhibaataada kuuna sheegi doonta sidaad u heli lahayd daryeel. (Tusaale ahaan: daryeel degdeg ah, qolka degdega ah).  
Lambarada Khadka Kalkaalinta UCare ee 24/7 shaqeeya waa:

1-800-942-7858 (wicitaankan waa bilaash)  
24 saacadood maalintii, todoba maalmood todobaadkii

UCare Connect + Medicare waxay sidoo kale leedahay adeegyo turjumaad luqadeed oo bilaash ah oo ay heli karaan dadka aan Ingiriisiga ku hadlin.

TTY: 1-855-307-6976 (wacitaankan waa bilaash)  
24 saacadood maalintii, toddoba maalmood usbuucii

### **Haddii aad u baahan tahay daryeel caafimaadka dhimirka ah oo degdeg ah ama isticmaalka maandooriyaha, fadlan wac Khadka Habaynta kala soocida Caafimaadka Dhimirka iyo Isticmaalka Daroogo:**

612-676-6533 ama 1-833-276-1185 (wicitaanku waa bilaash)  
8 subaxnimo – 5 galabnimo, Isniin – Jimce

UCare Connect + Medicare waxay sidoo kale leedahay adeegyo turjumaad luqadeed oo bilaash ah oo ay heli karaan dadka aan Ingiriisiga ku hadlin.

TTY: 612-676-6810 ama 1-800-688-2534 (wacitaankan waa bilaash)  
8 am – 5 pm, Isniin - Jimco

U13535 Somali (U7019) (08/2023)



**Haddii aad qabto su'aalo, fadlan UCare Connect + Medicare ka wac 612-676-3310 ama 1-855-260-9707 (wacitaankan waa bilaash), TTY 612-676-6810 ama 1-800-688-2534 (wicitaankan waa bilaash), 8 am – 8 pm, toddoba maalmood usbuucii. Wixii macluumaadka dheeraadka ah, booqo [ucare.org](https://www.ucare.org).**