

AbilityCare (HMO D-SNP): Soo Koobidda Faa'iidooyinka 2026

Xubnaha gobolada: Brown, Dodge, Goodhue, Sibley, Steele, Wabasha, iyo Waseca.

Haddii aad qabto su'aalo, fadlan wac Adeegyada Xubinta AbilityCare

Lambarka Lacag La'aanta Lagu Wici Karo **1-866-567-7242**,

Macaamiisha TTY waxay wacaan **1-800-627-3529** ama **711**.

Saacadaha Adeegga waa 8 subaxnimo ilaa 8 galabnimo, Isniinta – Jimcaha (*Abriil - Sebteembar*); 8 subaxnimo – 8 fiidnimo, 7 maalmood toddobaadkii (*Oktoobar – Maarso*).

Wicitaanka waa lacag la'aan. **Wixii macaluumaad dheeraad ah**, booqo **www.mnscha.org**.

Boggaan si ula kac ah ayaa looga tagay.

NO ENGLISH



1-866-567-7242

TRS: 711

ATTENTION: If you speak English, free language assistance services are available to you free of charge and without unnecessary delay. Additionally, appropriate auxiliary aids and services to provide information in accessible formats are available free of charge and in a timely manner. Please call the number above or speak to your provider. English

ማሳሰቢያ:- አማርኛ ተናጋሪ ከሆኑ ፤ ነጻ የቋንቋ ድጋፍ አገልግሎቶች ካለምንም ክፍያ እና ካለአላስፈላጊ መዘግየት ማግኘት ይችላሉ። በተጨማሪም መረጃን በቀላሉ ለማግኘት በሚያስችል ቅርጸት ለማቅረብ ተገቢ የሆኑ የመስማት ድጋፍ እና አገልግሎቶች ከክፍያ ነጻ በሆነ እና ግዜውን በጠበቀ መልኩ ማግኘት ይችላሉ። እባክዎ ከላይ ባለው ቁጥር ይደውሉ ወይም አቅራቢዎን ያነጋግሩ። Amharic

تنبيه: نقدم لمتحدثي اللغة العربية خدمات مساعدة لغوية مجانية وفورية، بالإضافة إلى وسائل وخدمات مساعدة مناسبة، وبصيغة معلومات سهلة بدون تكلفة وبشكل سريع. يرجى التواصل على الرقم الموضح أعلاه أو مراجعة مقدم الخدمة المباشرة. Arabic

သတိပြုရန် - အကယ်၍ သင်သည် မြန်မာဘာသာစကား ပြောဆိုသူဖြစ်လျှင် အခမဲ့ ဘာသာစကားဆိုင်ရာ ပံ့ပိုးထောက်ပံ့ပေးမှု ဝန်ဆောင်မှုများအား မလိုအပ်သည့် နှောင့်နှေးကြန့်ကြာမှုများ မရှိစေဘဲ သင် အခမဲ့ ရရှိနိုင်မည် ဖြစ်သည်။ ထို့ပြင် အချက်အလက်များအား အလွယ်တကူ ဝင်ရောက်ရယူနိုင်စေသော ဖောမတ်ပုံစံများဖြင့် ထောက်ပံ့ပေးထားသည့် သက်ဆိုင်ရာ ဖြည့်စွက် ထောက်ပံ့မှုများနှင့် ဝန်ဆောင်မှုများကိုလည်း အခမဲ့၊ အချိန်မ ရရှိနိုင်စေရန် စီမံပေးထားပါသည်။ ကျေးဇူးပြုပြီး အထက်ဖော်ပြပါ ဖုန်းနံပါတ်သို့ ခေါ်ဆိုပါ သို့မဟုတ် သင်၏ ထောက်ပံ့သူဖြင့် ပြောဆိုဆွေးနွေးပါ။ မြန်မာဘာသာစကား Burmese

យកចិត្តទុកដាក់៖ ប្រសិនបើអ្នកនិយាយភាសាខ្មែរ (ខ្មែរ) ស្វែងរកម្តងម្កាលភាសាភាគតិចត្រូវមានផ្តល់ជូនអ្នកដោយមិនគិតថ្លៃ និងដោយគ្មានការពន្យារពេលមិនចាំបាច់ឡើយ។ លើសពីនេះ ជំនួយ និងស្វែងរកម្តងម្កាលដែលសមស្របក្នុងការផ្តល់ព័ត៌មានក្នុង ទម្រង់ដែលអាចចូលប្រើបានគឺអាចរកបានដោយឥតគិតថ្លៃ និងទាន់ពេលវេលា។ សូមហៅទូរសព្ទទៅលេខខាងលើ ឬនិយាយជាមួយអ្នកផ្តល់សេវាបង់អ្នក។ ភាសាខ្មែរ (ខ្មែរ) Cambodian (Khmer)

注意：如果您說簡體中文，您可以免費獲得語言協助服務，且不會有不必要的延誤。此外，還能免費及時獲取以無障礙格式提供資訊的適當輔助工具和服務。請撥打上面的電話號碼，或與您的服務提供商溝通。 Cantonese (Traditional Chinese)

ATTENTION : Si vous parlez français, des services d'assistance linguistique gratuits sont à votre disposition, sans frais et sans délai. En outre, des aides et services auxiliaires appropriés pouvant fournir des informations dans des formats accessibles sont disponibles gratuitement et rapidement. Veuillez appeler le numéro ci-dessus ou contacter votre fournisseur. French

CEEB TOOM: Yog koj hais lus Hmoob, muaj kev pab txhais lus dawb rau koj siv. Koj tsis tas them nqi thiab yuav tsis qeeb. Kuj muaj cuab yeej thiab kev pab los pab koj nyeem cov ntaub ntawv kom yooj yim nkag siab. Koj hu tau rau tus xov tooj saum toj no lossis nrog koj tus kws kho mob tham. Hmong

NO ENGLISH



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ဟ်သုဉ်ဟ်သး- နမ့ၢ်ကတိၤကညိၣ်ကျိၣ်အဃိ, နမၤန့ၢ် ကျိၣ်တၢ်ဆိၣ်ထွဲမၤစၢၤ လၢတလၢ်ဘျုးလၢ်စ့ၤ ဒီးတအိၣ်ဒီး တၢ်မၤယံာ်မၤနီၢ်သးဘၣ်န့ၣ်လီၤ. အါန့ၢ်အန့ၣ်, တၢ်အိၣ်စ့ၢ်ကိးဒီး တၢ်မၤစၢၤတၢ်န့ၢ်ဟ့ၣ်ဒီး တၢ်မၤစၢၤတၢ်မၤတဖၣ် လၢကဟ့ၣ်တၢ်ဂ့ၢ်တၢ်ကျိၣ် လၢပုၤအါဂၤန့ၢ်ပၢ်အိၣ်သ့ လၢတအိၣ်ဒီးအဘျးအလဲ ဒီးချုးဆၢချုးကတိၤန့ၣ်လီၤ. ဝံသးစ့ၤ ကိးနီၣ်ဂံၢ်လၢထး မ့တမ့ၢ် တဲသကိးတၢ်ဒီး ပုၤလၢအဟ့ၣ်န့ၢ်တၢ်မၤစၢၤ တက့ၢ်. ကညိၣ်ကျိၣ် Karen

안내: 한국어를 사용하시는 분께는 언어 지원 서비스를 무료로, 지체 없이 제공해 드립니다. 또한, 정보 접근성을 위한 적절한 보조 기구 및 서비스가 무료로, 시의적절하게 제공됩니다. 위에 있는 번호로 전화하시거나 담당자에게 말씀해 주십시오. Korean

ໝາຍເຫດ: ຖ້າທ່ານເວົ້າພາສາລາວ, ທ່ານຈະໄດ້ຮັບບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາໂດຍບໍ່ເສຍຄ່າ ແລະ ບໍ່ມີການຊັກຊ້າ ທີ່ບໍ່ຈຳເປັນ. ນອກຈາກນັ້ນ, ເຄື່ອງມືຊ່ວຍເຫຼືອແລະ ບໍລິການເສີມທີ່ເໝາະສົມເພື່ອໃຫ້ຂໍ້ມູນໃນຮູບແບບທີ່ເຂົາເຈົ້າໄດ້ ໂດຍບໍ່ເສຍຄ່າໃຊ້ຈ່າຍ ແລະ ທັນເວລາ. ກະລຸນາໂທຫາເບີໂທລະສັບຂ້າງເທິງ ຫຼື ສົນທະນາກັບຜູ້ໃຫ້ບໍລິການຂອງທ່ານ. Lao

HUBADHAA: Yoo Afaan Oromoo dubbattu ta'e, tajaajila gargaarsa turjumaana afaanii biliisaan akkasumas turtii barbaachisaa hin taane hambisu danda'u isiniif dhihaatee jira. Dabalataanis, odeeffannoo haala salphaan argamuu danda'an dhiyeessuuf gargaarsa fi tajaajiloota deeggarsaa qama midhamtootaaf mijatoo ta'an, kaffaltii tokko malee fi yeroo isaa eeggatee kennamu dhihaatee jira. Odeeffanno dabalataaf lakkoofsa armaan oliitti fayyadamuun namoota gargaarsa kana isiniif kennan qunnamaa. Oromo

ВНИМАНИЕ: Если вы разговариваете на русском языке, воспользуйтесь услугами языковой поддержки бесплатно и без лишних проводов. Также бесплатно и незамедлительно предоставляются соответствующие вспомогательные средства и услуги по обеспечению информацией в доступных форматах. Позвоните по указанному выше номеру или обратитесь к своему поставщику услуг. Russian

FIIRO GAAR AH: Haddii aad ku hadasho Soomaali, waxaa si bilaash ah kuugu diyaar ah adeegyada caawinada luuqadeed oo aan lahayn daahitaan aan munaasib ahayn. Intaas waxaa dheer, waxaa la heli karaa adeegyada iyo kaabitaanka naafada ee haboon si macluumaadka loogu bixiyo qaabab la adeegsan karo oo bilaash ah laguna bixinayo waqqigeeda. Fadlan wac lambarka kore ama la hadal adeegbixiyahaaga. Somali

ATENCIÓN: si habla español, tiene a su disposición los servicios gratuitos de traducción sin costo alguno y sin demoras innecesarias. Además, se encuentran disponibles de forma gratuita y oportuna ayuda y servicios auxiliares adecuados con el fin de brindarle información en formatos accesibles. Llame al número indicado anteriormente o hable con su proveedor. Spanish

LƯU Ý: Nếu bạn nói tiếng Việt, bạn có thể được hỗ trợ ngôn ngữ miễn phí mà không phải chờ đợi lâu. Ngoài ra, các thiết bị hỗ trợ và dịch vụ phù hợp để cung cấp thông tin ở định dạng dễ tiếp cận cũng có sẵn miễn phí và kịp thời. Vui lòng gọi số điện thoại phía trên hoặc trao đổi với nhân viên y tế của bạn. Vietnamese

Civil Rights Notice

Discrimination is against the law. South Country Health Alliance (South Country) 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 South Country. You can file a complaint and ask for help filing a complaint in person or by mail, phone, fax, or email at:

Civil Rights Coordinator

South Country Health Alliance

6380 West Frontage Road, Medford, MN 55049

Toll Free: 866-567-7242 TTY: 800-627-3529 or 711 Fax: 507-444-7774

Email: grievances-appeals@mnscha.org

Auxiliary Aids and Services: **South Country** 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** Member Services at members@mnscha.org or call 866-567-7242, TTY 800-627-3529 or 711.

Language Assistance Services: **South Country** 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** Member Services at members@mnscha.org or call 866-567-7242, TTY 800-627-3529 or 711.

Civil Rights Complaints

You have the right to file a discrimination complaint if you believe you were treated in a discriminatory way by South Country. 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: 800-368-1019, TTY: 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 MDHR 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 DHS 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

American Indians can continue or begin to use tribal and Indian Health Services (IHS) clinics. We will not require prior approval or impose any conditions for you to get services at these clinics. For elders age 65 years and older this includes Elderly Waiver (EW) services accessed through the tribe. If a doctor or other provider in a tribal or IHS clinic refers you to a provider in our network, we will not require you to see your primary care provider prior to the referral.

Hordhac

Dukumeentigani waa soo koobida ku saabsan faa'iidooyinka iyo adeegyada lagu bixiyo AbilityCare. Waxaa ka mid ah jawaabaha su'aalaha inta badan la is weydiyo, macluumaadka xiriirka muhiimka ah, dulmar ku saabsan faa'iidooyinka iyo adeegyada la bixiyo, iyo macluumaadka ku saabsan xuquuqdaada xubinka ee AbilityCare. Erayada muhiimka ah iyo qeexitaankoodu waxay u soo baxayaan siday u kala horreeyeen alifbeetada cutubka u dambeeya ee *Buug-gacmeedka Xubinka*.

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Haddii su'aalo qabtid, fadlan Wac 1-866-567-7242, TTY 1-800-627-3529 ama 711, 8 subaxnimo ilaa 8 galabnimo, 7 maalmood usbuucii laga bilaabo Oktoobar ilaa Maarso, iyo Isniinta ilaa Jimcaha laga bilaabo Abriil ilaa Sebtembar. Wicitaanka waa lacag la'aan. **Wixii macaluumaad dheeraad ah**, booqo www.mnscha.org.

A. Afeef



Soo koobidan adeegyada caafimaadka ee ay daboolayso AbilityCare 1/1/2026. Tani waa soo koobid kaliya. Fadlan akhri *Buug-gacmeedka Xubinka* si aad u hesho liiska dheefaha oo dhan. Waxaad ka arki kartaa *Buug-gacmeedka Xubinka* www.mnscha.org. Haddii aad rabto nuqul daabacan, wac Adeegyada Xubinka ee AbilityCare nambarka ku yaal boggan hoose.

- ❖ AbilityCare (HMO SNP) waa qorshe caafimaad oo qandaraas kula jira barnaamijka Medicare iyo Minnesota Medical Assistance (Medicaid) si loo siiyo faa'idooyin labada barnaamij isdiiwaangeliyaasha. Diiwaangelinta AbilityCare waxay ku xirantahay dib u cusbooneysiinta qandaraaska.
- ❖ AbilityCare (HMO D-SNP) waxaa loogu talagalay dadka da'doodu u dhaxayso 18 ilaa 64 ee ku nool aagga adeega, haysta labada Medicare ee Qaybta A iyo Qaybta B iyo Caawinta Caafimaadka iyo kuwa lagu shahaado naafonimada Maamulka Nambarka Bulshada ama Kooxda Dib u Eegista Caafimaadka Gobolka.
- ❖ Hoosta AbilityCare waxaad ka heli kartaa Medicare iyo Adeegyada Caawinta Caafimaadka hal qorsho caafimaad. Iskuduwaha daryeelka AbilityCare ayaa kaa caawin doona maaraynta baahiyahaaga daryeelka caafimaadka.
- ❖ Macluumaadka ku saabsan adeegyada la-talinta doorashada, wac Waaxda Adeegga Aadanaha ee Minnesota ee Taageerada Macmiilka Daryeelka Caafimaadka (HCCS) khadka 1-651-297-3862 ama 1-800-657-3672.
- ❖ Wixii macluumaad dheeraad ah oo ku saabsan **Medicare**, waxaad ka akhrin kartaa *Medicare & Adiga* buug-gacameedka. Waxay leedahay soo koobida faa'iidooyinka Medicare, xuquuqaha, iyo ilaalinta iyo jawaabaha su'aalaha inta badan la is weydiyo ee ku saabsan Medicare. Waxaad ka heli kartaa website-ka Medicare (www.medicare.gov) ama adigoo wacaya 1-800-MEDICARE (1-800-633-4227), 24 saac maalintii, 7 maalmood todobaadkii. Isticmaalayaasha TTY waa inay wacaan 1-877-486-2048.
- ❖ Dukumeentigan waxaad ku heli kartaa qaabab kale ah isagoo bilaash ah, sida farta waaweyn, farta indhoolaha, ama isagoo cod ah. Wac 1-866-567-7242, TTY 1-800-627-3529 ama 711, 8 subaxnimo ilaa 8 galabnimo, 7 maalmood usbuucii laga bilaabo Oktoobar ilaa Maarso, iyo Isniinta ilaa Jimcaha laga bilaabo Abriil ilaa Sebtembar. Wicitaanka waa lacag la'aan.
- ❖ Si aad u samayso ama aad u bedesho codsiga joogtada ee aad ku helayso dukumeentigan, hadda iyo mustaqbalka, oo ku qoran luuqad aan Ingiriisi ahayn ama isagoo qaab kale u qoran, Adeegyada Xubinta ka wac lambarka ku qoran xagga hoose ee boggan.



Haddii su'aalo qabtid, fadlan Wac 1-866-567-7242, TTY 1-800-627-3529 ama 711, 8 subaxnimo ilaa 8 galabnimo, 7 maalmood usbuucii laga bilaabo Oktoobar ilaa Maarso, iyo Isniinta ilaa Jimcaha laga bilaabo Abriil ilaa Sebtembar. Wicitaanka waa lacag la'aan. **Wixii macaluumaad dheeraad ah**, booqo www.mnscha.org.

B. Su'aalaha inta badan la is weydiiyo (FAQ)

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

Su'aalaha inta badan la is weydiiyo (FAQ)	Jawaabaha
Waa maxay qorshaha daryeelka aasaasiga ah ee baahiyaha gaarka ah (SNBC)?	Qorshaheena waa qayb ka mid ah daryeelka aasaasiga ah ee baahiyaha gaarka ah (SNBC) ee barnaamijka. Waaxda Adeegyada Aadanaha ee Minnesota waxay u qaabaysay barnaamijkaan iskaa wax u qabso ah si uu u siiyo daryeelka caafimaadka dadka naafada ah da'da 18 ilaa 64. Qorshaheena waxa uu isku daray Medicare iyo Adeegyada Caawinta Caafimaadka. Waxay isku daraysaa takhaatiirtaada, isbitaalka, farmashiyeyaasha, daryeelka caafimaadka guriga, daryeelka guriga kalkaalinta, iyo bixiyeyaasha kale ee daryeelka caafimaadka hal nidaam daryeel oo isku xiran. Waxa kale oo ay leedahay isku-duwayaasha daryeelka si ay kaaga caawiyaan inaad maamusho dhammaan adeeg bixiyaashaada iyo adeegyadaada. Dhammaantood way wada shaqeeyaan si ay kuu siiyaan daryeelka aad u baahan tahay. Barnaamijkeena SNBC waxa loo yaqaan AbilityCare.
Miyaan heli doonaa isla faa'iidooyinka Medicare iyo Kaalmada Caafimaadka ee AbilityCare ee aan hadda helo?	Waxaad si toos ah uga heli doontaa inta badan faa'iidooyinka Medicare iyo Gargaarka Caafimaadka ee AbilityCare. Waxaad la shaqayn doontaa koox bixiyeyaal ah kuwaas oo kaa caawin doona go'aaminta adeegyada sida ugu wanaagsan u dabooli doono baahiyahaaga. Tani waxay ka dhigan tahay in qaar ka mid ah adeegyada aad hadda hesho ay isbeddeli karaan iyadoo lagu salaynayo baahiyahaaga, iyo qiimaynta dhakhtarkaaga iyo kooxda daryeelkaaga. Waxa kale oo aad ku heli kartaa faa'iidooyin kale oo ka baxsan qorshahaaga caafimaadka si la mid ah sida aad hadda u hesho, si toos ah meel kale, sida Gobolka, degmada, dawladda dhexe, ama qaranka Qabiilka. Markaad iskadiiwaangeliso AbilityCare, adiga iyo kooxdaada daryeelkaaga waxaad ka wada shaqayn doontaan sidii aad u samayn lahaydeen Qorshe Daryeel ee Shakhsiyeed si wax looga qabto baahiyahaaga caafimaadka iyo taageerada, taasoo ka tarjumaysa dookhyadaada shakhsi ahaaneed. Haddii aad qaadato dawooyinka Medicare Qaybta D ee aanay AbilityCare caadi ahaan daboolin, waxaad heli kartaa sahay ku meel gaar ah waxaan kaa caawin doonaa inaad u gudubto daawo kale ama aad hesho ka reeban AbilityCare si ay u daboolo daawadaada haddii caafimaad ahaan loo baahdo. Wixii macluumaad dheeraad ah, wac Adeegyada Xubinka adoo ka wacaya lambarada ku qoran boggan hoose.



Haddii su'aalo qabtid, fadlan Wac 1-866-567-7242, TTY 1-800-627-3529 ama 711, 8 subaxnimo ilaa 8 galabnimo, 7 maalmood usbuucii laga bilaabo Oktoobar ilaa Maarso, iyo Isniinta ilaa Jimcaha laga bilaabo Abriil ilaa Sebtembar. Wicitaanka waa lacag la'aan. **Wixii macaluumaad dheeraad ah**, booqo www.mnscha.org.

Su'aalaha inta badan la is weydiiyo (FAQ)	Jawaabaha
Ma isticmaali karaa isla dhakhaatiirta aan hadda isticmaalo?	Tani inta badan waa kiis. Haddii bixiyayaashaada (ay ku jiraan dhakhaatiirta, isbitaallada, daaweeyaasha, farmashiyaasha, iyo bixiyaasha kale ee daryeelka caafimaadka) ay la shaqeeyaan AbilityCare oo ay nala yeeshaan qandaraas, waad sii wadan kartaa inaad u tagto. • Bixiyaasha heshiiska nala gala waa “waa shabakada dhaxdeeda.” Bixiyaasha shabakadu waxay ka qayb qaataan qorshaheena. Taas macnaheedu waa inay aqbaleen xubnaha qorshaheena oo ay bixiyaan adeegyo uu daboolo qorshaheena. Waa inaad isticmaashaa bixiyaasha shabakadda AbilityCare. Haddii aad isticmaasho bixiyaasha ama farmashiyaasha aan ku jirin shabakadeena, shabakada ma bixinayso adeegyadan ama daawooyinka. • Haddii aad u baahan tahay daryeel degdeg ah ama xaaladaha daryeelaka degdega ah ama adeegyada sifaynta ka baxsan aagga, waxaad isticmaali kartaa bixiyaasha ka baxsan qorshaha AbilityCare. Waxa kale oo aad u isticmaali kartaa bixiyaasha shabakada ka baxsan adeegyada gelitaanka furan iyo xaaladaha marka AbilityCare ay ogolaato isticmaalka bixiyaasha shabakadaha ka baxsan. • Haddii aad hadda lagaa daweynayo bixiye ka baxsan shabakadda AbilityCare, ama aad xiriir la leedahay bixiye ka baxsan shabakadda AbilityCare, wac Adeegyada Xubinka si aad u hubiso inaad ku xiran tahay. Si aad u ogaato in bixiyaashaada ay ku jiraan qorshaha shabakada, wac Adeegyada Xubinka nambarada ku taxan boggan hoose ama ka akhri Bixiyaha AbilityCare <i>iyo qaamuusk a</i> Farmashiyaha website-keena www.mnscha.org. Haddii AbilityCare ay kugu cusub tahay, waxaanu kula shaqayn doonaa sidii aad u samayn lahayd qorshe daryeel si wax looga qabto baahiyahaaga.



Su'aalaha inta badan la is weydiiyo (FAQ)	Jawaabaha
Waa maxay isku-duwaha daryeelka AbilityCare?	Iskuduwaha daryeelka AbilityCare waa hal qof oo muhiim ah oo aad la xiriirayso. Qofkaan wuxuu kaa caawinayaa inuu maareeyo dhammaan adeeg bixiyaashaada iyo inuu hubiyo inaad hesho waxaad u baahan tahay, oo ay ku jiraan kuwa soo socda: • Kaa caawinaya inaad abaabusho, hesho, oo isku-dubariddo qiimeynta, baaritaanka, daryeelka caafimaadka, iyo taageerada muddada-dheer. • La shaqayntaada si loo dejiyo loona cusboonaysiiyo qorshahaaga daryeelka. • Kugu taageeraya iyo la xiriirka wakaaladaha iyo shakhsiyaadka kala duwan. • Isku-dubaridka adeegyada kale ee lagu xusay qorshahaaga daryeelka.
Maxaa dhacaya haddii aan u baahdo adeeg laakiin qof ka tirsan shabakadda AbilityCare aan bixin karin?	Inta badan adeegyada waxaa bixin doona bixiyaasha shabakadeena. Haddii aad u baahan tahay adeeg caymis ah oo aan lagu bixin karin shabakadeena, AbilityCare ayaa bixin doonta kharashka bixiyaha shabakada ka baxsan. Oggolaansho hore ayaa loo baahan karaa ka hor inta aan adeegyada laga helin bixiyaasha shabakadaha aan ku jirin.
Halkee laga heli karaa AbilityCare?	Aagga adeegga ee qorshahaan waxaa ku jira degmooyinkaan Minnesota: Brown, Dodge, Goodhue, Sibley, Steele, Wabasha, iyo Waseca. Waa inaad ku nooshahay mid ka mid ah degmooyinkaan si aad ugu biirto qorshaha. Ka wac Adeegyada Xubinka nambarada ku taxan xagga hoose ee bogga si aad u hesho macluumaad dheeraad ah oo ku saabsan haddii qorshaha laga heli karo meesha aad ku nooshahay.



Haddii su'aalo qabtid, fadlan Wac 1-866-567-7242, TTY 1-800-627-3529 ama 711, 8 subaxnimo ilaa 8 galabnimo, 7 maalmood usbuucii laga bilaabo Oktoobar ilaa Maarso, iyo Isniinta ilaa Jimcaha laga bilaabo Abriil ilaa Sebtembar. Wicitaanka waa lacag la'aan. **Wixii macaluumaad dheeraad ah**, booqo www.mnscha.org.

Su'aalaha inta badan la is weydiiyo (FAQ)	Jawaabaha
Waa maxay oggolaanshaha hore?	Oggolaanshaha hore macnaheedu waa oggolaanshaha AbilityCare si aad u hesho adeegyo ka baxsan shabakadeena ama si aad u hesho adeegyo aanay si joogto ah u daboolin shabakadeena ka hor intaadan helin adeegyada. AbilityCare ma daboosho adeega, nidaamka, shayga ama dawada haddii aadan helin oggolaansho hore. Haddii aad u baahan tahay daryeel degdeg ah ama xaalad daryeel oo degdeg ah ama adeegyada sifaynta meel ka baxsan, uma baahnid inaad oggolaansho hore hesho. AbilityCare waxay ku siin kartaa adiga ama bixiyahaaga liiska adeegyada ama nidaamyada lagaa doonaya AbilityCare inaad ka hesho oggolaansho hore ka hor inta aan adeegga la bixin. Tixraac Cutubka 3, ee <i>Buug-gacmeedka Xubinka</i> si aad wax badan uga ogaato oggolaanshaha hore. Tixraac jaantuska faa'iidooyinka ee Cutubka 4 ee <i>Buug-gacmeedka Xubinka</i> si aad u ogaatid adeegyada u baahan oggolaansho hore. Haddii aad qabto su'aalo ku saabsan in oggolaansho hore looga baahan yahay adeegyo gaar ah, habraacyo, shay, ama daawo, wac Adeegyada Xubinka nambarrada ku qoran xagga hoose ee kan si aad caawimo u hesho.
Miyaan bixiyaa qaddar bishii (sidoo kale loo yaqaan caymiska) xubin ahaan AbilityCare?	Maya. Sababtoo ah waxaad haysataa Gargaar Caafimaad, kuma bixin doontid wax kharash ah bishiiba caymiska caafimaadkaaga. Si kastaba ha ahaatee, waa in aad sii waddaa bixinta lacagta caymiska ee Qaybta B ilaa caymiska Qaybtaada B uu bixiyo Gargaarka Caafimaadka ama qolo kale oo saddexaad.
Miyaan bixiyaa wax laga jari karo xubin ahaan AbilityCare?	Maya. Ma bixinaysid waxa lagaa jarayo ee AbilityCare.
Waa maxay lacagta ugu badan ee jeebka laga bixiyo ee aan ku bixin doono adeegyada caafimaadka xubin ahaan AbilityCare?	Ma jiro wax la wadaago oo lagu bixiyo kharashka adeegyada caafimaadka ee AbilityCare, markaa kharashyadaada jeebka ka baxsan ayaa noqon doona \$0.



Haddii su'aalo qabtid, fadlan Wac 1-866-567-7242, TTY 1-800-627-3529 ama 711, 8 subaxnimo ilaa 8 galabnimo, 7 maalmood usbuucii laga bilaabo Oktoobar ilaa Maarso, iyo Isniinta ilaa Jimcaha laga bilaabo Abriil ilaa Sebtembar. Wicitaanka waa lacag la'aan. **Wixii macaluumaad dheeraad ah**, booqo www.mnscha.org.

C. Liiska adeegyada la daboolo

Shaxda soo socotaa waa dulmar degdeg ah oo ku saabsan adeegyada aad u baahan karto, kharashyadaada, iyo xeerarka ku saabsan faa'iidooyinka.

Baahida ama walaaca caafimaadka	Adeegyada aad u baahan karto	Kharashkaaga loogu talagalay Bixiyeyaasha shabakadda	Xaddidaad, ka reebis, & macluumaadka faa'iidada (sharciyada ku saabsan dheefaha)
Waxaad u baahan tahay daryeel isbitaal	Joogitaanka isbitaalka ee bukaan-jiifka	\$0	Marka laga reebo xaalad degdeg ah, bixiyaha xanaanada caafimaadkaaga waa inuu kuu sheegaa qorshaha gelitaanka isbitaalkaaga.
	Adeegyada bukaan-socodka, oo ay ku jiraan indho-indhayn	\$0	
	Adeegyada xarunta qalliinka ambalaaska (ASC)	\$0	
	Daryeelka dhakhtarka ama dhakhtarka qalliinka	\$0	
Waxaad rabtaa dhakhtar	Booqashooyinka lagu daweynayo dhaawac ama jirro	\$0	
	Daryeelida si aad uga ilaalisoo inaad jirrato, sida tallaalada hargabka iyo baarista si loo hubiyo kansarka	\$0	
	Booqashooyinka fayoaqabka, sida jirka	\$0	
	"Ku soo dhawoow Medicare" booqasho ka hortag ah (hal mar kaliya)	\$0	
	Daryeelka takhasuska leh	\$0	Xeerarka oggolaanshaha ayaa lagu dabaqi karaa.



Haddii su'aalo qabtid, fadlan Wac 1-866-567-7242, TTY 1-800-627-3529 ama 711, 8 subaxnimo ilaa 8 galabnimo, 7 maalmood usbuucii laga bilaabo Oktoobar ilaa Maarso, iyo Isniinta ilaa Jimcaha laga bilaabo Abriil ilaa Sebtembar. Wicitaanka waa lacag la'aan. **Wixii macaluumaad dheeraad ah**, booqo www.mnscha.org.

Baahida ama walaaca caafimaadka	Adeegyada aad u baahan karto	Kharashkaaga loogu talagalay Bixiyeyaasha shabakadda	Xaddidaad, ka reebis, & macluumaadka faa'iidada (sharciyada ku saabsan dheefaha)
Waxaad u baahan tahay daryeel degdeg ah	Adeegyada qolka degdega ah	\$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 oggolaansho hore mana aha inaad ku jirto shabakad. Adeegyada qolka degdega ah LAGUMA daboolo meel ka baxsan Maraykanka iyo dhulalkiisa. Wixii faahfaahin ah kala xiriir qorshaha.
	Daryeelka Degdega ah	\$0	Daryeelka degdega ah ee loo baahan yahay maaha daryeel degdeg ah. Uma baahnid oggolaansho hore mana aha inaad ku jirto shabakad. Adeegyada qolka degdega ah LAGUMA daboolo meel ka baxsan U.S. iyo dhulalkiisa. Wixii faahfaahin ah kala xiriir qorshaha.
Waxaad u baahan tahay baaritaanno caafimaad	Adeegyada raajada ogaanshaha (tusaale, raajada ama adeegyada sawir-qaadista, sida iskaanka CAT ama MRIs)	\$0	
	Baaritaannada shaybaarka iyo hababka daaweynta, sida shaqada dhiigga	\$0	
Waxaad u baahan adeegyada maqalka/ dhageysiga	Baaritaanka maqalka	\$0	
	Qalabka gargaarka maqalka	\$0	Xeerarka oggolaanshaha ayaa lagu dabaqi karaa.
Waxaad u baahan tahay daryeelka ilkaha	Baaritaanka ilkaha iyo daryeelka ka hortag	\$0	
	Soo celinta iyo daryeelka ilkaha degdega ah	\$0	Xeerarka oggolaanshaha ayaa lagu dabaqi karaa. Hal kabka ilkaha ah oo la sameeyo sanad kasta marka caafimaad ahaan muhiim tahay.



Haddii su'aalo qabtid, fadlan Wac 1-866-567-7242, TTY 1-800-627-3529 ama 711, 8 subaxnimo ilaa 8 galabnimo, 7 maalmood usbuucii laga bilaabo Oktoobar ilaa Maarso, iyo Isniinta ilaa Jimcaha laga bilaabo Abriil ilaa Sebtembar. Wicitaanka waa lacag la'aan. **Wixii macaluumaad dheeraad ah**, booqo www.mnscha.org.

Baahida ama walaaca caafimaadka	Adeegyada aad u baahan karto	Kharashkaaga loogu talagalay Bixiyeyaasha shabakadda	Xaddidaad, ka reebis, & macluumaadka faa'iidada (sharciyada ku saabsan dheefaha)
Waxaad u baahan tahay daryeelka indhaha	Baaritaanka indhaha	\$0	
	Muraayadaha ama muraayadaha indhaha	\$0	Xulashada waxaa laga yaabaa inay xaddidan tahay. Mid ka mid ah muraayadaha ama muraayadaha indhaha ka dib qalliin kasta oo indhaha ah, ama muraayadaha indhaha ee xaaladaha qaarkood marka muraayadaha indhaha aysan shaqayn doonin. Isku darka hagaajinta bikaacyada midabka leh, bikaacyada ookiyaalayaasha ee ku madoobaada iftiinka (tusaale ahaan Transitions®), bikaacyada ka hortagga dhalaalka, ama bikaacyada leh qeybaha kala duwan ee walxo masaafedka ilaa ugu badnaan sanadlaha ah ee la isku daray.
	Daryeelka aragga kale	\$0	
waxaad u baahan tahay Adeegyada Caafimaadka Dhimirka	Adeegyada caafimaadka dhimirka	\$0	
	Daryeelka bukaan-jiiifka iyo bukaan-socodka iyo adeegyada bulshada ku salaysan ee dadka u baahan adeegyada caafimaadka dhimirka	\$0	
Waxaad u baahan tahay Adeegyada Xanuunada Isticmaalka Maandooriyaha	Adeegyada Xanuunada Isticmaalka Maandooriyaha	\$0	
Waxaad u baahan tahay meel aad kula noolaato dad diyaar u ah inay ku caawiyaan	Daryeel kalkaaliye oo xirfad leh	\$0	Xeerarka oggolaanshaha ayaa lagu dabaqi karaa. Daryeelka kalkaalinta xirfadlaha caafimaad ahaan lagama maarmaanka u ah waa la daboolay.
	Daryeelka kalkaalisada guriga	\$0	



Haddii su'aalo qabtid, fadlan Wac 1-866-567-7242, TTY 1-800-627-3529 ama 711, 8 subaxnimo ilaa 8 galabnimo, 7 maalmood usbuucii laga bilaabo Oktoobar ilaa Maarso, iyo Isniinta ilaa Jimcaha laga bilaabo Abriil ilaa Sebtembar. Wicitaanka waa lacag la'aan. **Wixii macaluumaad dheeraad ah**, booqo www.mnscha.org.

Baahida ama walaaca caafimaadka	Adeegyada aad u baahan karto	Kharashkaaga loogu talagalay Bixiyeyaasha shabakadda	Xaddidaad, ka reebis, & macluumaadka faa'iidada (sharciyada ku saabsan dheefaha)
Waxaad u baahan tahay daawayn ka dib istaroog ama shil	Daaweynta hadalka iyo, shaqada, jirka	\$0	Waxaa laga yaabaa inay xaddidan tahay daaweynta jireed, daaweynta shaqada, iyo adeegyada daaweynta hadalka. Hadday sidaas tahay, waxaa laga yaabaa inay jiraan waxyaabo ka reeban xuduudahan.
Waxaad u baahan tahay in lagaa caawiyo helitaanka adeegyada caafimaadka	Adeegyada Ambalaaska	\$0	Adeegyada ambalaasku waa inay caafimaad ahaan daruuri u noqdo. Uma baahnid oggolaansho hore oo loogu talagalay adeegyada ambalaaska mana aha inaad ku jirto shabakad.
	Gaadiidka degdega ah	\$0	
	Gaadiidka U socda oo Ka socda Adeegyada Caafimaadka	\$0	Xeerarka oggolaanshaha ayaa lagu dabaqi karaa. AbilityCare loogama baahno inay ku siiso gaadiidka rugtaada daryeelka koowaad (PCC) haddii uu gurigaaga ay u jirto 30 mayl. AbilityCare loogama baahno inay ku siiso gaadiidka rugtaada daryeelka gaarka ah haddii uu gurigaaga ay u jirto 60 mayl.
	Gaadiidka adeegyada kale ee caafimaadka	\$0	Xeerarka oggolaanshaha ayaa lagu dabaqi karaa.
Waxaad u baahan tahay daawooyin lagu daweeyo xanuunkaaga ama xaaladaada (ku socotaa bogga xiga)	Daawooyinka loo qoro Medicare Qaybta B	\$0	Dawooyinka Qaybta B waxaa ka mid ah dawooyinka uu takhtarkaagu kugu siiyo xafiiskooda, qaar ka mid ah daawooyinka kansarka afka, iyo daawooyinka qaarkood oo loo isticmaalo qalabka caafimaadka qaarkood. Akhri <i>Buug-gacmeedka Xubinka</i> si aad u hesho macluumaad dheeraad ah oo ku saabsan daawooyinkan. Xeerarka oggolaanshaha ayaa lagu dabaqi karaa.
	Daawooyinka Qaybta D ee Medicare Daawooyinka heerka 1-aad (magaca sumadeedka malaha)	Daawooyinka Heerka 1 aad: \$0/\$1.60/\$5.10 ee sahayda 30-maalmood ah.	Waxaa laga yaabaa inay jiraan xaddidaadyo ku saabsan noocyada dawooyinka la daboolay. Fadlan tixraac <i>Liiska Daawooyinka la Daboolay (Liiska Dawooyinka)</i> ee AbilityCare si aad u hesho macluumaad dheeraad ah.



Haddii su'aalo qabtid, fadlan Wac 1-866-567-7242, TTY 1-800-627-3529 ama 711, 8 subaxnimo ilaa 8 galabnimo, 7 maalmood usbuucii laga bilaabo Oktoobar ilaa Maarso, iyo Isniinta ilaa Jimcaha laga bilaabo Abriil ilaa Sebtembar. Wicitaanka waa lacag la'aan. **Wixii macaluumaad dheeraad ah**, booqo www.mnscha.org.

Baahida ama walaaca caafimaadka	Adeegyada aad u baahan karto	Kharashkaaga loogu talagalay Bixiyeyaasha shabakadda	Xaddidaad, ka reebis, & macluumaadka faa'iidada (sharciyada ku saabsan dheefaha)
Waxaad u baahan tahay daawooyin lagu daweeyo xanuunkaaga ama xaaladaada (sii so'odo)	Daawooyinka heerka 1-aad	Daawooyinka Heerka 1 aad: \$0/\$4.90/\$12.65 ee sahayda 30-maalmood ah Lacag bixinta daawooyinka way kala duwanaa kartaa iyadoo ku saleysan heerka Caawimaada Dheeraadka ah ee aad hesho. Fadlan kala xiriir qorshaha wixii faahfaahin dheeraad ah.	AbilityCare ayaa laga yaabaa inay u baahato inaad marka hore isku daydo hal daawo si aad u daaweyso xaaladaada ka hor inta aysan daboolin daawo kale xaaladaas. Daawooyinka qaar waxay leeyihiin tiro xadidan. Bixiyahaagu waa inuu ka helaa ogolaansho hore AbilityCare daawooyinka qaarkood. Waa inaad u isticmaashaa farmashiyaha qaarkood tiro aad u kooban oo daawooyin ah, iyadoo ay ugu wacan tahay maaraynta gaarka ah, iskudubarid bixiyaasha, ama shuruudaha waxbarashada bukaanka oo aanay buuxin karin farmasiyada shabakadaada. Daawooyinka waxay ku qoran yihiin bogga qorshaha, <i>Liiska Daawooyinka la Daboolay (Liiska Dawooyinka)</i> , iyo agabka daabacan, iyo sidoo kale Medicare Plan Finder ee www.medicare.gov . Marka adiga ama dadka kale oo magacaaga ku hadlaya ay bixiyaan \$2,100 waxaad gaartay heerkaa caymiska masiibada waxaadna bixineysaa \$0 dhammaan daawooyinkaaga Medicare. Akhri <i>Buug-gacmeedka Xubinka</i> si aad u hesho macluumaad dheeraad ah oo ku saabsan daawooyinkan. Waxaa laga yaabaa inaad ka heli karto dawooyinka qaarkood sahayda fidsan ee farmashiyaha. Wadaagista kharashka sahayda la dheereeyey waxay la mid tahay sahayda halka bil ah.
	Daawooyinka laga iibsano karo (OTC).	\$0	Waxaa laga yaabaa inay jiraan xaddidaado ku saabsan noocyada dawooyinka la daboolay. Fadlan tixraac <i>Liiska Daawooyinka la Daboolay (Liiska Dawooyinka)</i> ee AbilityCare si aad u hesho macluumaad dheeraad ah.
Waxaad u baahan tahay	Adeegyada Baxnaaninta	\$0	Adeegyada baxnaaninta caafimaad ahaan lagama maarmaanka ah waa la daboolay.



Haddii su'aalo qabtid, fadlan Wac 1-866-567-7242, TTY 1-800-627-3529 ama 711, 8 subaxnimo ilaa 8 galabnimo, 7 maalmood usbuucii laga bilaabo Oktoobar ilaa Maarso, iyo Isniinta ilaa Jimcaha laga bilaabo Abriil ilaa Sebtembar. Wicitaanka waa lacag la'aan. **Wixii macaluumaad dheeraad ah**, booqo www.mnscha.org.

Baahida ama walaaca caafimaadka	Adeegyada aad u baahan karto	Kharashkaaga loogu talagalay Bixiyeyaasha shabakadda	Xaddidaad, ka reebis, & macluumaadka faa'iidada (sharciyada ku saabsan dheefaha)
in lagaa caawiyo sidii aad u fiicnaan lahayd ama aad leedahay baahiyo caafimaad oo gaar ah	Qalabka caafimaadka ee daryeelka guriga	\$0	Xeerarka oggolaanshaha ayaa lagu dabaqi karaa.
	Adeegyada Sifeynta	\$0	
Waxaad u baahan tahay daryeelka cagaha	Adeegyada lugaha	\$0	Booqashooyinka lugaha ayaa loogu talagalay daryeelka cagaha caafimaad ahaan lagama maarmaanka ah.
	Adeegyada lafaha	\$0	Adeegyada la daboolay:
Waxaad u baahan tahay qalab caafimaad oo waara (DME) ama sahay Xusuusin: Kani maaha liis dhamaystiran oo DME ah oo la daboolay. Si aad u hesho liis dhamaystiran wac Adeegyada Xubinka ama eeg Cutubka 4 ee <i>Buug-gacmeedka Xubinta</i> .	Kursiga curyaanka, ulaha, iyo lugaha	\$0	Xeerarka oggolaanshaha ayaa lagu dabaqi karaa.
	Nebulizers	\$0	
	Qalabka ogsijiinka iyo sahayda	\$0	
Waxaad u baahan tahay caawimo ku noolaanshaha guriga	Daryeelka Caafimaadka Guriga	\$0	
Waxaad u baahan tahay Adeegyada turjubaanka	Turjubaanka luuqadda lagu hadlo	\$0	
	Turjubaanka luuqadda dhagoolada	\$0	
Adeegyada dheeraadka ah	Toobinta	\$0	Xeerarka oggolaanshaha ayaa lagu dabaqi karaa.



Haddii su'aalo qabtid, fadlan Wac 1-866-567-7242, TTY 1-800-627-3529 ama 711, 8 subaxnimo ilaa 8 galabnimo, 7 maalmood usbuucii laga bilaabo Oktoobar ilaa Maarso, iyo Isniinta ilaa Jimcaha laga bilaabo Abriil ilaa Sebtembar. Wicitaanka waa lacag la'aan. **Wixii macaluumaad dheeraad ah**, booqo www.mnscha.org.

Baahida ama walaaca caafimaadka	Adeegyada aad u baahan karto	Kharashkaaga loogu talagalay Bixiyeyaasha shabakadda	Xaddidaad, ka reebis, & macluumaadka faa'iidada (sharciyada ku saabsan dheefaha)
	Iskuduwidda Daryeelka	\$0	Waxa kale oo lagu qori doonaa isku-duwaha daryeelka. si uu kaaga caawiyo isku xirka bixiyaasha, helitaanka ilaha bulshada ee jira, iyo kaa caawinta inaad hesho adeegyada aad u baahan tahay.
	Adeegyada Jir duugista	\$0	Xeerarka oggolaanshaha ayaa lagu dabaqi karaa.
	Sahayda iyo adeegyada sonkorowga	\$0	Sahayda iyo adeegyada sonkorowga waxay ku xaddidan yihiin soosaarayaal gaar ah, badeecooyin iyo/ama noocyo marka laga helo farmashiyaha. Kala xiriir Adeegyada Xubinka liiska agabka la daboolay ama booqo mareegaheena www.mnscha.org .
	Qorshaynta Qoyska	\$0	
	Adeegyaha lugaha la sameeyey	\$0	Xeerarka oggolaanshaha ayaa lagu dabaqi karaa.
	daaweynta shucaaca	\$0	
	Adeegyada kaa caawinaya maaraynta cudurkaaga	\$0	
	Cunooyinka guriga lagu bixiyo:	\$0	Ilaa 140 cunto (1 cunto maalintii ilaa 7 toddobaad muddo 10 asbuuc ah) ka dib marka bukaan jiifka laga saaro. Ugu badnaan 2 jeer sannadkii. Waxa kaliya oo loo heli karaa cuntooyinka aan hore u daboolin faa'iido kale ama barnaamij caymiska.
	Qalabka badqabka guriga iyo musqusha ama wax ka badelka iyo sahayda	\$0	Qalabka guriga iyo badqabka iyo waxka badelka ee horumariya caafimaadka ama nolol badqab leh oo madax banaan sida biraha la qabsado, qubeyska ama kuraasta qubeyska, biraha gacanta, saliga ka hortaga in qof ku siibto, kuraasta curyaanka ku meel gaarka ah iyo kuraasta wiishka. Kaliya alaabta ama adeegyada aan la daboolin ka dhaafida, ilaa ugu badnaan \$1000 sanadkii. La xiriir Iskuduwaha Daryeelka si uu gacan uga geysto helitaanka dheefahaan.



Haddii su'aalo qabtid, fadlan Wac 1-866-567-7242, TTY 1-800-627-3529 ama 711, 8 subaxnimo ilaa 8 galabnimo, 7 maalmood usbuucii laga bilaabo Oktoobar ilaa Maarso, iyo Isniinta ilaa Jimcaha laga bilaabo Abriil ilaa Sebtembar. Wicitaanka waa lacag la'aan. **Wixii macaluumaad dheeraad ah**, booqo www.mnscha.org.

Baahida ama walaaca caafimaadka	Adeegyada aad u baahan karto	Kharashkaaga loogu talagalay Bixiyeyaasha shabakadda	Xaddidaad, ka reebis, & macluumaadka faa'iidada (sharciyada ku saabsan dheefaha)
	Nidaamka digniinta caafimaadka ee PERS	\$0	Xubnaha xaq u leh waxaa ka mid ah ka tanaasulid la'aanta ama kaliya haddii adeegga EW xubin uu gaaro xadka miisaaniyada. La xiriir Iskuduwaha Daryeelka si uu gacan uga geysto helitaanka dheefahaan.
	Kaarka daawada Dhakhtarka la'aanta lasoo gato (OTC)	\$0	Xubnaha hadda waxay heli doonaan kaarka OTC oo leh \$90 qaddar kharash ah saddexdii biloodba mar. Lacagaha waa in la kharash gareeyaa dhammaadka rubuci-ka oo ha u gudbin rubuca xiga. Lacagtu waxay cusboonaysiisaa rubuc kasta ilaa inta aad kasii ahaaneyso xubinka qorshaha kamid ah. Qarashka ugu badan sannadkii waa \$360.
Fayoqabka Waxbarashada	Caawinta JoojintaTubaakada	\$0	Xubnaha waxay heli karaan caawimaad taleefoon ah iyo mid onleen ah iyo waxbarasho oo lacag la'aan ah.
	Naadiga caafimaadka / dhimista jirdhiska	\$0	Hel qiimo dhimis ilaa \$40 bishiiba xubiniimada caafimaadka ee ka qayb qaadanaya
	Dhimista Waxbarashada Bulshada	\$0	Waxay dabooshaa ilaa \$15 ee kharashka inta badan fasalada Waxbarashada Bulshada (ilaa 5 sanad dugsiyeedkii)

Soo koobida kor ku xusan ee faa'iidooyinka waxa loo bixiyay ujeeddooyin macluumaad oo keliya mana aha liis dhammaystiran oo dheefo ah. Si aad u hesho liis dhammaystiran iyo macluumaad dheeraad ah oo ku saabsan dheefahaaga, waxaad akhrin kartaa *Buug-gacmeedka Xubinta* AbilityCare. Haddii aadan haysan *Buug-gacmeedka Xubinka*, wac Adeegyada Xubnaha AbilityCare 1-866-567-7242 (TTY 1-800-627-3529 ama 711) si aad mid u hesho. Haddii aad hayso su'aalo, waxaad sidoo kale wici kartaa Adeegyada Xubinta ama booqo www.mnscha.org.

D. Faa'iidooyinka lagu daboolay meel ka baxsan AbilityCare

Waxa jira adeegyo aad heli karto oo aanay daboolin AbilityCare laakiin ay ku jiraan Medicare, Caawimada Caafimaadka, ama Hay'ad Gobol ama degmo. Tani ma aha liis dhammaystiran. Ka wac Adeegyada Xubinka adoo ka wacaya lambarrada ku taxan xagga hoose ee boggan si aad u ogaato adeegyadan.



Haddii su'aalo qabtid, fadlan Wac 1-866-567-7242, TTY 1-800-627-3529 ama 711, 8 subaxnimo ilaa 8 galabnimo, 7 maalmood usbuucii laga bilaabo Oktoobar ilaa Maarso, iyo Isniinta ilaa Jimcaha laga bilaabo Abriil ilaa Sebtembar. Wicitaanka waa lacag la'aan. **Wixii macaluumaad dheeraad ah**, booqo www.mnscha.org.

Adeegyada kale ee ay daboolaan Medicare, Gargaarka Caafimaadka ama Wakaaladda Gobolka	Kharashkaaga
Qaar ka mid ah adeegyada daryeelka hospice ee laga bixiyo meel ka baxsan AbilityCare	\$0
Caawimaada daryeelka shaqsi/adeegyada Taageerada iyo Adeegyada Koowaad ee Bulshada (Community First Supports and Services, CFSS).	\$0
Adeegyada Daryeelka Guriga	\$0
Adeegyada ka-dhaafitaanka ee lagu bixiyo oo Ku-saleysan Guriga iyo Bulshada ee adeegyada laga dhaaf	\$0

E. Adeegyada AbilityCare, Medicare, iyo Caawinaada Caafimaadka aanay daboolin

Tani ma aha liis dhammaystiran. Ka wac Adeegyada Xubinka nambarrada ku taxan xagga hoose ee boggan si aad u ogaato adeegyadan.

Adeegyada AbilityCare, Medicare, iyo Caawinaada Caafimaadka aanay daboolin

- Adeegyada looma tixgeliyo “macquul iyo lama huraan” marka loo eego heerarka Medicare iyo Caawinta Caafimaadka
- Tijaabada daaweynta iyo daaweynta qalliinka, shay, ama dawooyin ilaa uu daboolo Medicare ama hoos yimaad daraasad caafimaad oo Medicare ay oggolaatay mooyaane
- Daawaynta qalliinka ee buurnaanta jirrada marka laga reebo marka loo baahdo caafimaad ahaan
- Nidaamyada kobcinta doorashada ama ikhtiyaariga ah
- Qalliinka isqurxinta ama shaqada kale ee qurxinta haddii aan la buuxin shuruudaha
- Qalliinka Lasik

F. Xuquuqdaada iyo waajibaadkaaga xubin ahaan ee qorshaha

Xubin ka mid ah AbilityCare, 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 waxa ku saabsan xuquuqdaada ugu yaraan hal mar sannadkii. Wixii macluumaad dheeraad ah oo ku saabsan xuquuqdaada, fadlan akhri *Buug-gacmeedka Xubinka*. Xuquuqdaada waxaa ka mid ah, laakiin aan ku xaddidnayn, kuwan soo socda:

- **Waxaad xaq u leedahay heshmad, xaqsoor iyo karaamo.** Tan waxaa ka mid ah xuquuqda:
 - Hel adeegyo caymis welwel la'aan oo ku saabsan xaalad caafimaad, heerka caafimaadka, helitaanka adeegyada caafimaadka, khibrad sheegashada, taariikhda caafimaadka, naafanimada (oo ay ku jiraan itaaldarrada maskaxda), xaaladda guurka, da'da, jinsiga (oo ay ku jiraan fikradaha galmada iyo aqoonsiga jinsiga), jihada galmada, asal qaran, isir, midab, diin, caqiido, ama kaalmada dadweynaha
 - Hel macluumaadka luqado kale iyo qaabab (tusaale, farta waaweyn, farta indhoolaha, ama maqal) bilaash ah
 - Ka xorow nooc kasta oo ka mid ah xakamaynta jirka ama gooni-u-fadhiga



Haddii su'aalo qabtid, fadlan Wac 1-866-567-7242, TTY 1-800-627-3529 ama 711, 8 subaxnimo ilaa 8 galabnimo, 7 maalmood usbuucii laga bilaabo Oktoobar ilaa Maarso, iyo Isniinta ilaa Jimcaha laga bilaabo Abriil ilaa Sebtembar. Wicitaanka waa lacag la'aan. **Wixii macaluumaad dheeraad ah**, booqo www.mnscha.org.

- **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 luuqad iyo qaab aad fahmi karto. Tani waxaa ka mid ah xaqa aad u leedahay in macluumaad aad ka hasho:
 - Sharaxaada adeegyada aanu daboolno
 - Sida adeegyada loo helo
 - Immisa adeeg ayaa kugu kici doonta
 - Magacyada bixiyayaasha daryeelka caafimaadka iyo isku-duwaha daryeelka
- **Waxaad xaq u leedahay inaad go'aan ka gaarto daryeelkaaga, oo ay ku jirto diidmada daaweynta.** Tan waxaa ka mid ah xuquuqda:
 - Dooro bixiyaha daryeelka aasaasiga ah (PCP) oo beddel bixiyaha xanaanada aasaasiga ah wakhti kasta inta lagu jiro sanadka
 - Isticmaal bixiyaha daryeelka caafimaadka haweenka iyada oo aan la soo gudbinin
 - Si degdeg ah u hel adeegyadaada la bixiyo iyo daawooyinka
 - Ogow dhammaan xulashooyinka daawaynta, iyada oo aan loo eegin waxa ay ku kacayaan ama haddii ay caymis yihiin
 - Diid daaweynta, xitaa haddii bixiyaha xanaanada caafimaadkaagu kugula taliyo diidmo
 - Jooji qaadhashada daawada, xitaa haddii bixiyaha xanaanada caafimaadkaagu kugula taliyo diidmo
 - Weydiiso ra'yi labaad. AbilityCare ayaa bixin doonta kharashka booqashada ra'yigaaga labaad
 - Ku sheeg rabitaannadaada daryeelka caafimaadka dardaranka hore
- **Waxaad xaq u leedahay in wakhti ku haboon aad hesho daryeel aan lahayn wax isgaarsiin ah ama caqabado gelitaanka jirka.** Tan waxaa ka mid ah xuquuqda:
 - Hel daryeel caafimaad oo ku habboon
 - Soo gal oo ka bax xafiiska bixiyaha xanaanada caafimaadka. Tani waxay ka dhigan tahay gelitaanka bilaa caqabada ah ee dadka naafada ah, si waafaqsan Xeerka Naafada Ameerika
 - Hayso turjubaano kaa caawiya xiriirka bixiyayaasha daryeelka caafimaadka iyo qorshahaaga caafimaad
- **Waxaad xaq u leedahay inaad raadsato daryeel degdeg oo degdeg ah markaad u baahan tahay.** Tani waxay ka dhigan tahay inaad xaq u leedahay:
 - Hel adeegyada degdegga ah iyada oo aan oggolaansho hore laga helin xaalad degdeg ah
 - Isticmaal bixiye daryeel degdeg ah oo ka baxsan shabakada, marka loo baahdo
- **Waxaad xaq u leedahay qarsoodi iyo sir.** Tan waxaa ka mid ah xuquuqda:
 - Weydiiso oo hel nuqul ka mid ah diiwaannadaada caafimaadka si aad u fahmi karto oo aad u codsato in diiwaannadaada la beddelo ama la saxo.
 - Xogtaada caafimaad ha ahaato mid sir ah
 - Qarso inta lagu jiro daawaynta
- **Waxaad xaq u leedahay inaad cabasho ka samayso adeegyadaada ama daryeelkaaga la daboolay.** Tan waxaa ka mid ah xuquuqda:



- Soo gudbi cabasho ama cabasho ka dhan anaga ama bixiyaasheena
- Weydiiso Racfaan Goboleed (Dhageysiga Cadaalada ee Medicaid ee Gobolka)
- Hel sabab faahfaahsan sababta adeegyada loo diiday

Wixii macluumaad dheeraad ah oo ku saabsan xuquuqdaada, waxaad akhrin kartaa *Buug-gacmeedka Xubinka*. Haddii aad qabto su'aalo, waxaad wici kartaa Adeegyada Xubinka ee AbilityCare nambarada ku qoran boggan hoose.

Waxaad sidoo kale wici kartaa Xafiiska Ombudsperson ee Barnaamijyada Daryeelka Caafimaadka ee Maamulka Dadweynaha lambarka 1-800-657-3729 (TTY: 711 ama isticmaal adeegga gudbinta ee aad doorbidayso). Wicitaanka waa lacag la'aan.

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

Haddii aad qabto cabasho ama aad u malaynayso in AbilityCare ay tahay inay daboosho wax aanu diidnay, wac Adeegyada Xubinka nambarada ku qoran boggan hoose. Waxaa laga yaabaa inaad racfaan ka qaadan karto go'aankeena.

Wixii Su'aalo ah oo ku saabsan cabashooyinka iyo rafcaannada, waxaad akhrin kartaa **Cutubka 9** ee *Buug-gacmeedka Xubinta*. Wixii macluumaad dheeraad ah, wac Adeegyada Xubinka nambarada ku qoran boggan hoose.

Waxaad sidoo kale noo soo qori kartaa. Fadlan u soo dir:

AbilityCare
South Country Health Alliance
Fiiro: Waaxda Racfaanada iyo Gudbinta Cabashada
6380 W Frontage Rd
Medford, MN 55049

H. Maxaad sameen lahayd haddii aad ka shakiso 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 Adeegyada Xubinka AbilityCare ee nambarada ku taxan xagga hoose ee boggan.
- Wac Khadka Tooska ah ee Khiyaanada AbilityCare 1-877-778-5463.
- Ama, wac Khadka Tooska ah ee Kormeerka Daacadnimada Barnaamijka Minnesota oo laga wici karo 651-431-2650 ama 1-800-627-3750. Isticmaalayaasha TTY waxay wici karaan 711. Wicitaanka waa lacag la'aan.
- Ama, ka wac Medicare 1-800-MEDICARE (1-800-633-4227). Isticmaalayaasha TTY waxay wici karan 1-877-486-2048. Waxaad ku soo wici kartaa lambaradaan si bilaash ah.



Haddii su'aalo qabtid, fadlan Wac 1-866-567-7242, TTY 1-800-627-3529 ama 711, 8 subaxnimo ilaa 8 galabnimo, 7 maalmood usbuucii laga bilaabo Oktoobar ilaa Maarso, iyo Isniinta ilaa Jimcaha laga bilaabo Abriil ilaa Sebtembar. Wicitaanka waa lacag la'aan. **Wixii macaluumaad dheeraad ah**, booqo www.mnscha.org.

Boggaan si ula kac ah ayaa looga tagay.



Boggaan si ula kac ah ayaa looga tagay.



Haddii su'aalo qabtid, fadlan Wac 1-866-567-7242, TTY 1-800-627-3529 ama 711, 8 subaxnimo ilaa 8 galabnimo, 7 maalmood usbuucii laga bilaabo Oktoobar ilaa Maarso, iyo Isniinta ilaa Jimcaha laga bilaabo Abriil ilaa Sebtembar. Wicitaanka waa lacag la'aan. **Wixii macaluumaad dheeraad ah**, booqo www.mnscha.org.

Boggaan si ula kac ah ayaa looga tagay.



Haddii su'aalo qabtid, fadlan Wac 1-866-567-7242, TTY 1-800-627-3529 ama 711, 8 subaxnimo ilaa 8 galabnimo, 7 maalmood usbuucii laga bilaabo Oktoobar ilaa Maarso, iyo Isniinta ilaa Jimcaha laga bilaabo Abriil ilaa Sebtembar. Wicitaanka waa lacag la'aan. **Wixii macaluumaad dheeraad ah**, booqo www.mnscha.org.

Haddii aad qabto su'aalo guud ama su'aalo ku saabsan qorshaheena, adeegyada, goobta adeegga, biilasha, ama Kaararka Aqoonsiga Xubinka, fadlan wac Adeegyada Xubinka AbilityCare:

WAC 1-866-567-7242

Wicitaanka waa lacag la'aan. 8 subaxnimo ilaa 8 habeenkii, 7 maalmood usbuucii laga bilaabo Oktoobar ilaa Maarso, iyo Isniinta ilaa Jimcaha laga bilaabo Abriil ilaa Sebtembar. Adeegyada Xubnuhu waxa kale oo ay leeyihiin adeegyo turjumaan luqadeed oo bilaash ah oo ay heli karaan dadka aan Ingiriisiga ku hadlin.

TTY/Adeegga Gudbinta 1-800-627-3529 ama 711

Wicitaanka waa bilaash. 8 subaxnimo ilaa 8 galabnimo, 7 maalmood usbuucii laga bilaabo Oktoobar ilaa Maarso, iyo Isniinta ilaa Jimcaha laga bilaabo Abriil ilaa Sebtembar. nambarkan waxa uu u baahan yahay qalab telefoon oo gaar ah waxaana loogu talagalay dadka ay ku adag tahay maqalka ama hadalka.

Haddii aad su'aalo ka qabto caafimaadkaaga:

- Waxaad bedeli kartaa rugtaada daryeelka koowaad (PCC). Raac tilmaamaha PCC-gaaga si aad u hesho daryeelka marka xafiiska la xiro.
- Haddii xafiiska PCC-gaagu xiran yahay, waxaad sidoo kale wici kartaa **Khadka talobixinta kalkaalisada 24-saac**. Kalkaalisoo ayaa dhagaysan doonta dhibaataada waxayna kuu sheegi doontaa sidaad u heli lahayd daryeel. (Shakhsi-daryeel, daryeel degdeg ah, qolka degdega ah) Wac nambarka ku yaal dhabarka dambe ee kaarka aqoonsiga xubinka. Wicitaanada lambarkan waa bilaash. Khadka talo bixinta kalkaalisada ayaa leh adeegyada turjumaanka luuqada oo bilaash ah oo ay heli karaan dadka aan Ingiriisiga ku hadlin.
- Haddii aad u baahan tahay daryeel degdeg ah, waxaad kala xiriiri kartaa Doctor on Demand™ website-ka doctorondemand.com ama abka mobaylka. Hayso aqoonsiga xubintaada. Waxaad u baahan doontaa inaad sameeysato akoon bilaash ah. Dhakhaatiirta ayaa la heli karaa 24/7/365 in ka yar 5 daqiiqo.

Haddii aad u baahan tahay daryeel caafimaad degdeg ah ee dhenaca deebacada, fadlan wac Khadka Dhibaataada Caafimaadka Dhimirka ee Minnesota

Wac nambarka hoose ee degmada aad ku nooshahay. Wicitaanada nambaradaan waa bilaash.

Wicitaannada waxaa laga jawaabaa 24 saac maalintii, 7 maalmood todobaadkii.

Waxa kale oo ay hayaan adeegyo turjumaan luqadeed oo bilaash ah oo ay heli karaan dadka aan Ingiriisiga ku hadlin.

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