

Waxay ku saabsan tahay caafimaadkaaga.

# Ka hawlgal.

## Caawinta Joojinta Tubaakada

Xubnaha waxay heli karaan caawimaad taleefoon ah iyo mid onleen ah iyo waxbarasho oo lacag la'aan ah. Waxaad ka wici kartaa EXProgram 1-833-EXCOACH (1-833-392-6224), isticmaalayaasha TTY waca 711.



## Talo Kalkaaliso 24-Saacadood ah

Adeeggan waxtarka leh waxaa ka shaqeeya kalkaaliyeyaal khiBrad leh oo ka jawaabi kara su'aalahaaga caafimaad. Waxay kaa caawin karaan inaad go'aan ka gaarto waxa aad sameyn laheyd markaad jirran tahay ama dhaawacan tahay, waxaana la heli karaa 24-ka saacadood ee maalintii, 7-da maalmood ee todobaadka. Soo wac lambarka ku yaal gadaasha kaarkaaga Aqoonsiga xubinta.

## Waxbarashada Bulshada

Waxbarashada Bulshadu waxay bixisaa fasallo madadaalo ah. Wanaaji xirfad gaar ah ama baro hiwaayad cusub. South Country wuxuu daboolayaa illaa iyo \$15 ee khidmada diwaangelinta ee inta badan fasallada waxbarashada bulshada (illaa shan fasal sanadkii kalandarka). Wac barnaamijka Waxbarashada Bulshada ee deegaankaaga ama Adeegyada Xubinka si aad u hesho macluumaad dheeraad ah.

## Be Active™

Waxaan rabnaa inaan kaa caawino inaad jirdhisnaatid! Ku soo biir ururrada caafimaadka ee ka qaybqaadanaya oo hel illaa \$20 lacag celina bishii oo loogu talagay xubnaha MSC+ si aad ugu kaabto khidmadaha xubinimada ee ururkaaga caafimaad markaad timaado ugu yaraan 4 beri bishii, iyo illaa \$40 lacagcelin ah bishii oo loogu talagalay xubnaha SeniorCare Complete oo aanay ku xirnayn wax maalmo soo xaadiritaan ah. Booqo websaytkeena [www.mnscha.org](http://www.mnscha.org) ama ka soo wac Adeegyada Xubnaha wixii macluumaad dheeraad ah.

## Deegaanka. Jawaab celin leh. Lagu kalsoonaan karo.

Caymiska daryeelka caafimaadku wuxuu diiradda saarayaa adiga.

## South Country Health Alliance Adeegyada Xubinta

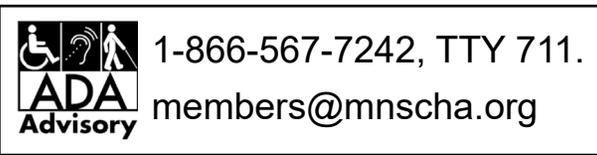
1-866-567-7242 ♦ TTY 1-800-627-3529 ama 711  
Wacitaanadaan waa bilaash.

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

Digniin. Haddii aad u baahantahay caawimaad lacag-la'ann ah ee tarjumaadda (afcelinta) qorallkan, lambarka kore wac.

Atención. Si desea recibir asistencia gratuita para interpretar este document, llame al número indicado arriba.

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.



Xubnaha Ka Diiwaangashan:

SeniorCare Complete (MSHO)  
Minnesota Senior Care Plus (MSC+)



**Barnaamijyada Take Charge!™**  
**Wellness waxay ka caawiyaan**  
**xubnaha Isbaheysiga Caafimaadka**  
**South Country inay gaaraan**  
**caafimaadkooda iyo fayo qabkooda**  
**shaqsiyadeed ee ugu wanaagsan.**





Waxay ku saabsan  
tahay caafimaadkaaga.  
**Ka hawlgal.**

### **Be Rewarded™**

Barnaamijka Be Rewarded™ wuxuu siiyaa abaalmarinta kaar hadiyada xubnaha u qalma ee South Country Health Alliance (South Country) ee ku dhammeystira adeegyada daryeelka ka hortagga ee muhiimka ah waqtigooda.

### **\$25 Abaalmarinta Booqashada dhaqtarka Ilkaha**

SeniorCare Complete ee Hadda iyo xubnaha MSC+ waxaa laga yaabaa inay u qalmaan **\$25 kaarka hadiyada** si ay u dhammeystiraan ugu yaraan hal booqasho ilkeed. Xadka hal kaar hadiyadeed sanadkiiba.

### **\$25 Abaalmarinta Baaritaanka Kansarka Ilmo-galeenka**

Xubnaha South Country ee jira 21 illaa 65 sano (ama sida uu ku taliyay bixiyaha) ee mara raajada naasaha waxay helayaan **\$25 oo kaar hadyadeed ah**. Xaddi ah hal kaar oo hadiyadeed sanadkii kalandar ba.

### **Abaalmarinta \$25 ee Sonkorta Dhiigga ee Sonkorowga (HbA1c)**

Xubnaha hadda ee SeniorCare Complete (MSHO) ama MSC+ ee mara baaritaankooda sonkorta dhiigga ku jira (HbA1c) ee iska baara Sonkorowga Nooca 1 ama Nooca 2 si u mutaystaan **\$25 oo kaar hadyadeed ah**. Xadka waa hal kaar hadiyadeed sanadkiiba.

### **\$25 Abaalmarinta Baarista Kansarka Mindhicirka**

Xubnuhu waxay xaq u leeyihiin inay helaan **\$25 kaarka hadiyada** si ay u dhameystiraan baaritaanka kansarka mindhicirka. Haddii aad jirto da'da 45 ama ka wayn tahay (ama sida uu ku taliyay bixiyaha), kala hadal bixiyaha daryeelka caafimaadkaaga sidii lagu baari lahaa iyo baaritaanka adiga kuu fiican. Xaddi ah hal kaar oo hadiyadeed sanadkii kalandar ba.

### **Abaalmarinta Mammogram-ka \$25**

Xubnaha South Country ee jira 40 sannadood iyo wixii ka wayn (ama sida uu ku taliyay bixiyaha) ee mara raajada naasaha waxay helayaan **\$25 oo kaar hadyadeed**. Xaddi ah hal kaar oo hadiyadeed sanadkii kalandar ba.



### **Si aad ugu qalanto abaalmarinta Kaarka Hadiyada:**

1. Waa inaad noqotaa xubin ka tirsan South Country wakhtiga booqasho kasta.
2. Adiga ama ilmahaagu waa inaad buuxisaan shuruudaha booqashada ee abaalmarinta.
3. Waa inaad u keentaa lambarka qiimo dhimista saxda ah booqashada dhakhtarkaaga oo ay isagu saxiixaan.
4. Waxaad u baahan tahay inaad boostada (boostada ku dhejisan) foorjarka la dhammaystiray ugu dirto Waddanka Koonfurta **90 maalmood** gudahooda ee adeegga.

### **Sida Loo Helo Kaarkaaga qiimo dhimista**

- Wac Adeegyada Xubinta, *ama*
- Weydii kalkaalayaha gobolkaaga ee dadweynaha, *ama*
- Ka soo dejiso oo daabaco foorjarrada boggayaga internetka ee <https://www.mnscha.org/members/wellness-programs/>.

### **Ma qabtaa su'aalo? Ka Wac Adeegyada Xubnaha**

**1-866-567-7242**

Isticmaalayaasha TTY waxay wacayaan

**1-800-627-3529 ama 711**

Wicitaanadani waa bilaash.

Saacadaha: 8 am - 4:30 pm, Isniin - Jimce