

It's about your health.

Be in charge.

Tobacco Cessation Assistance

Members can access telephone-based and online help and education at no charge.

You can call EXProgram at 1-833-EXCOACH (1-833-392-6224), TTY users call 711.



24-Hour Nurse Advice

This helpful service is staffed by experienced nurses who can answer your health questions. They can help you decide what to do when you are sick or injured, and they are available 24 hours a day, 7 days a week. Call the number on the back of your member ID card.

Community Education

Community Education offers fun classes. Brush up on a special skill or learn a new hobby. South Country will cover up to **\$15** of the registration fee for most Community Education classes (up to five classes per calendar year). Call your local Community Education program or Member Services for more information.

Be Active™

We want to help you be fit! Join a participating health club and receive up to **\$20** reimbursement a month for MSC+ members towards your health club membership fees when you attend at least 4 days per month and up to **\$40** reimbursement a month for SeniorCare Complete members with no minimum amount of attendance days required. Visit our website at www.mnscha.org or call Member Services for more information.

Local. Responsive. Reliable.
Health care coverage focused on you.

South Country Health Alliance Member Services

1-866-567-7242 • TTY 1-800-627-3529 or 711
These calls are free.

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 documento, llame al número indicado arriba.

Thov ua twb zoo nyem. 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.



1-866-567-7242, TTY 711.
members@mnscha.org



For Members Enrolled in:

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



Take CHARGE!

Take Charge!™ Wellness Programs help South Country Health Alliance members achieve their best personal health and wellness.

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Like us on Facebook



Take charge of your health
Be Rewarded

It's about your health.
Be in charge.

Be Rewarded™

The Be Rewarded™ program offers rewards to eligible South Country Health Alliance (South Country) members who complete important preventive care services on time.

\$25 Dental Visit Reward

Current SeniorCare Complete and MSC+ members may be eligible for a **\$25 gift card** for completing at least one dental visit. Limit of one gift card per calendar year.

\$25 Cervical Cancer Screening Reward

South Country members ages 21 to 65 (or as recommended by provider) who complete a cervical cancer screening are eligible for a **\$25 gift card**. Limit of one gift card per calendar year.

\$25 Diabetes Blood Glucose (HbA1c) Test Reward

Current SeniorCare Complete or MSC+ members completing a blood glucose (HbA1c) test and have diagnosis of Type 1 or Type 2 Diabetes Mellitus to be eligible for a **\$25 gift card**. Limit one gift card reward per calendar year.

\$25 Colorectal Cancer Screening Reward

Members are eligible to get a **\$25 gift card** for completing colorectal cancer screening. If you are 45 and older (or as recommended by provider), talk to your health care provider about getting screened and which screening is best for you. Limit of one gift card per calendar year.

\$25 Mammogram Reward

South Country members ages 40 and older (or as recommended by provider) who complete a mammogram are eligible for a **\$25 gift card**. Limit of one gift card per calendar year.



To Be Eligible for a Gift Card Reward:

1. You must be a South Country member at the time of each visit.
2. You must complete the visit requirements of the reward.
3. You must bring the correct voucher to your provider visit and have them sign and date it.
4. You need to mail (postmarked) the completed voucher to South Country within 90 days of the service.

How to Get Your Vouchers

- Call Member Services, or
- Ask your county public health nurse, or
- Download and print vouchers from our website at <https://www.mnscha.org/members/wellness-programs/>.

Questions?

Call Member Services at

1-866-567-7242

TTY users call 1-800-627-3529 or 711
These calls are free.

Hours: 8 am to 4:30 pm, Monday - Friday