

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.

Early Childhood Family Education (ECFE Waxbarashada Qoyska ee Caruurnimada Hore)

ECFE waxay siisaa fasallo qoysaska leh carruurta dhalinta illaa da'da dugsiya barbaarinta. Fasallada waalidka iyo canuga waxay gacan ka geystaan sidii loo dhisi lahaa qoysas caafimaad qaba iyo in carruurta loo diyaariyo inay ku guuleystaan dugsiya. Inta badan fasalada ECFE waxay lacag la'aan u yihiin xubnaha South

Country Health Alliance (Isbahaysiga Caafimaadka ee South Country) Soo wac iskoolka degmada ee deegaankaaga ama Adeegyada Xubnaha South Country si aad u hesho macluumaad dheeraad ah.

Isku Duubnida Nolasha Dhalmada Ka hor Hagaha iyo Jadwalka taariiqda

Hagahan wuxuu leeyahay agab badan oo aad isticmaali karto inta aad uurka leedahay iyo ka dib marka ilmuhu dhasho.

Waxaad ka heli kartaa nooc onleen ah oo ah Embracing Life halkan: <https://www.mnscha.org/members/embracing-life-online/>

Hadii aad uur leedahay, u sheeg shaqaalahaaga u-qalmitaanka gobolka.

Be Buckled™

South Country waxay bixin doontaa hal kursi oo baabuur ilmo kasta, cimrigii kasta, oo ay la socoto tababar ku saabsan sida si badbaado leh loogu isticmaalo kursiga baabuurka. Wac Waaxda Caafimaadka Dadweynaha deegaankaaga si aad wax badan uga barato barnaamijkaan oo aad u qabsato waqti aad ku hesho kursiga canugaaga.

Be Active™

Waxaan rabnaa inaan kaa caawino inaad jirdhisnaatid! Ku biir naadiyada caafimaadka ee ka qaybqaadanaya oo hel illaa **\$20** bil gudaheed lacag celin loogu talagalay Qoysaska iyo Carruurta (PMAP), SingleCare, SharedCare iyo xubnaha MinnesotaCare ee ku wajahan khidmadaha xubinimada kooxdaada caafimaadka marka aad tagto ugu yaraan 4 maalmood bishii iyo illaa **\$40** oo loo soo celiyo bishii xubnaha AbilityCare iyada oo aan qaddarka ugu yar ee maalmaha imaanshaha loo baahan yahay. Ka booqo websaytkeena www.mnscha.org ama 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.



1-866-567-7242, TTY 711.

members@mnscha.org

South
Country
HEALTH ALLIANCE

Xubnaha Ka Diiwaangashan:
Qoysaska iyo Carruurta
MinnesotaCare
SingleCare
SharedCare
AbilityCare



Take CHARGE!

Barnaamijyada Take Charge!™
Wellness waxay ka caawiyaan
xubnaha South Country
Health Alliance inay helaan
caafimaadkooda iyo fayo qabkooda
shaqsiyadeed ee ugu wanaagsan.

Like us on
Facebook



Be Rewarded™

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

\$75 Abaalmarinta Daryeelka Dhalmada ka hor

Buuxi 4 ka mid ah booqashooyinka dhalmada ka hor.

\$75 Abaalmarinta Daryeelka Dhalmada ka dib

Dhammeystir 1 ballan dhalmada ka dib 12 toddobaad gudahooda ka dib dhalmada.

\$25 Abaalmarinta Baaritaanka Lead-ka

Buuxi imtixaanka lead-ka inta u dhaxaysa 9-18 bilood iyo 18-30 bilood jir si aad u kasbato \$25 kaarka hadiyadda imtixaan kasta.

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

Xubnaha hadda ee AbilityCare, SharedCare iyo SingleCare ee mara baaritaankooda sonkorta dhiigga ku jirta (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 Booqashada dhaqtarka ilkaha

AbilityCare, SharedCare, iyo SingleCare ee hadda, xubnaha waa inay dhamaystiraan ugu yaraan 1 booqasho ilkeed.

Abaalmarinta Daryeelka Wanaagsan

\$75 Abaalmarinta booqashooyinka daryeelka caafimaadka

Baadhitaannada waxaa lagula talinayaa da'da 0-1, 1, 2, 4, 6, 9, 12, iyo 15 bilood da'da. Dhammeystir **ugu yaraan 6** booqasho ka hor da'da 15 bilood.

\$25 Abaalmarinta Well-Care ee Carruurta iyo Qaangaarka

Xubnaha da'doodu u dhaxayso 3 ilaa 21 sano waa in ay buuxiyaan 1 ilmo iyo qaan-gaar ah booqasho daryeel fayooobi (imtixaanka C&TC).

Abaalmarinada Tallaalka

\$50 Abaalmarinta Tallaalka Carruurnimada

Dhammeystir dhammaan tallaallada sida uu ku taliyey bixiyaha marka ay gaaraan 2 sano.

\$50 Abaalmarinta Tallaallada Dhalinyarada

Dhameystir dhammaan tallaallada sida uu ku taliyey bixiyaha marka ay gaaraan 13 sano.

Abaalmarinada Baaritaanka

Bixiyahaaga daryeelka caafimaadka kala hadal wixii ku saabsan inta jeer ee dhammaan baaritaananadan la marayo.

\$25 Abaalmarinta Baarista Kansarka Ilma-galeenka

Xubnaha jira da'da 21 illaa 65 (ama sida uu ku taliyay bixiyaha) ee mara baaritaanka kansarka afka ilmagaleenka.

\$25 Abaalmarinta Mammogram-ka

Xubnaha da'doodu tahay 40 iyo ka weyn (ama sida uu ku taliyo bixiyahaaga) kuwaas oo dhameeya raajada naasaha.

\$25 Baarista Kansarka Mindhicirka

Xubnaha da'doodu tahay 45 iyo ka weyn (ama sida uu ku taliyay bixiyaha) kuwaas oo dhamaystiraya baaritaanka kansarka mindhicirka.

\$25 Abaalmarinta Imtixaanka Kalamiidiya

Dhameystir baaritaanka Kalamiidiya.

Si aad ugu qalanto abaalmarinta Kaarka Hadiyada:

1. Waa inaad keentaa foojarka saxda ah booqashada adeeg bixiyaha oo aad saxeexo bixiyahaaga oo taariikhda ku qorto.
2. Adiga ama canugaaga waa inaad xubin ka ahaataan South Country waqtiga booqasho kasta.
3. Adiga ama canugaaga waa inaad buuxisaan shuruudaha booqashada ee abaalmarinta.
4. Waxaad u baahan tahay inaad boostada (boostada ku dhejisan) foojarka la dhammaystiray ugu dirto Waddanka Koonfurta 90 maalmood gudahooda ee adeegga.

Inta badan abaal-marinnada waxay ku xaddidan yihiin 1 abaal-marin sannadkii, haddii aan si kale loo sheegin.

Sida Loo Helo Kaarkaaga qiimo dhimista

- Wac Adeegyada Xubnahan, *ama*
- Weydii kalkaalisada caafimaadka dadweynaha ee degmadaada, *ama*
- Ka soo dejiso oo daabaco foojarrada boggayaga internetka ee <https://www.mnscha.org/members/wellness-programs/>.

Ma qabtaa su'aalo? Ka Wac Adeegyada Xubnaha

1-866-567-7242 Istimaalayaasha TTY waxay wacayaan 1-800-627-3529 ama 711. Wicitaanadani waa bilaash.

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