

It's about your health.

Be in charge.

Tobacco Cessation Assistance

Members can access tele-phone-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.

Early Childhood Family Education (ECFE)

ECFE offers classes for families with children who are newborn to kindergarten age. The parent and child classes help build healthy families and get kids ready for success in school. Most ECFE classes are without cost for South Country members. Call your local school district or South Country Member Services for more information.

Embracing Life Prenatal Guide and Calendar

This guide has many resources for you to use during your pregnancy and after baby is born.

You can find an on-line version of Embracing Life here: <https://www.mnscha.org/members/embracing-life-online/>
If you are pregnant, tell your county eligibility worker.

Be Buckled™

South Country will provide one car seat per child, per lifetime, along with training about how to safely use the car seat. Call your local Public Health Department to learn more about this program and to schedule a time to receive your child's car seat.

Be Active™

We want to help you be fit! Join a participating health club and receive up to **\$20** reimbursement a month for Families and Children (PMAP), SingleCare, SharedCare and MinnesotaCare members towards your health club membership fees when you attend at least 4 days per month and up to **\$40** reimbursement a month for AbilityCare 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 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



For Members Enrolled in:

Families and Children
MinnesotaCare
SingleCare
SharedCare
AbilityCare



Take CHARGE!

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





Take charge of your health
Be Rewarded

Be Rewarded™

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

\$75 Prenatal Care Reward

Complete any 4 of your prenatal visits.

\$75 Postpartum Care Reward

Complete 1 postpartum appointment within 12 weeks of giving birth.

\$25 Lead Test Rewards

Complete a lead test between 9-18 months and 18-30 months of age to earn a \$25 gift card for each test.

\$25 Diabetes Blood Glucose (HbA1c) Reward

Current AbilityCare, SharedCare and SingleCare 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 Dental Visit Reward

Current AbilityCare, SharedCare, and SingleCare, members must complete at least 1 dental visit.

Well-care Rewards

\$75 Well-care visits Reward

Checkups are recommended at 0-1, 1, 2, 4, 6, 9, 12, and 15 months of age. Complete **at least 6 visits before 15 months of age**.

\$25 Child & Adolescent Well-Care Reward

Members 3 through 21 years of age must complete 1 child and adolescent well-care visit (C&TC exam).

Immunization Rewards

\$50 Childhood Immunizations Reward

Complete all immunizations as recommended by the provider by 2 years of age.

\$50 Immunizations for Adolescents Reward

Complete all immunizations as recommended by the provider by 13 years of age.

Screening Rewards

Talk to your health care provider about the recommended frequency for all of these screenings.

\$25 Cervical Cancer Screening Reward

Members ages 21 to 65 (or as recommended by provider) who complete a cervical cancer screening.

\$25 Mammogram Reward

Members ages 40 and older (or as recommended by your provider) who complete a mammogram.

\$25 Colorectal Cancer Screening Reward

Members ages 45 and older (or as recommended by provider) who complete a colorectal cancer screening.

\$25 Chlamydia Test Reward

Complete a Chlamydia test.

To Be Eligible for a Gift Card Reward:

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

Most rewards are limited to 1 reward per year, unless stated otherwise.

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