

Dhammaystir booqashadaada dhalmada kahor ee koowaad – hel kaadh hadyadeed \$75 ah

Mutaysiga

Dhammaystir booqashadaada dhalmada kahor ee koowaad marka uurkaagu saddex bilood yahay. Haddii aad ku biirtay UCare kadib saddexda bilood ee koowaad, wali waxaad heli kartaa kaadh hadyadeed adiga oo la kulmaya dhakhtar ama ummuliso 42 maalmood gudahood isqoristaada.

Foojarradu waxay khuseeyaan xubnaha wakhtigan ee dhammaystiray booqasho dhalmada kahor saddexda bilood ee koowaad. Ku xaddid abaalmarinta hal kaadh hadyadeed halkii uurba sannadkiiba. Saxeexa bixiyaha loo baahan yahay. Sug 4-6 toddobaad helitaanka kaadh hadyadeedka. Dheefuhu waxa laga yaabaa inay isbeddelaan sannad kasta. Foojarrada aan dhammaystirnayn ama aan mutaysan waa la soo celin.



MUHIIM: Wac degmadaada ama adeege Minnesota Care isla marka aad ogaato inaad uur leedahay. Xubnaha uurka leh waxay heli karaan dheefo caafimaad oo dheeraad ah.



Foojarka Kaadh Hadyadeedka Hubinta Caafimaad ee Dhalmada Kahor ee UCare

Xubinta UCare Lambarka Aqoonsiga _____ Xubinta Magaca _____

Taariikhda Ama Baadhista _____ Taariikhda Xubinta Dhalashada _____

Rugta Hubinta Caafimaadka Magaca _____ Rugta Taleefanka _____

Taariikhda La Rabo _____ Inta Uu Ku Dhashay _____

Miyuu bukaankan sameeyey booqashada dhalmada kahor ee koowaad? Haa Maya

Miyaa macluumaadka lagu kaydiyey diiwaanka caafimaadka bukaanka? Haa Maya

Saxeexa Dhakhtarka ama Hawlwadeenka _____ Taariikhda _____

Fadlan noo sheeg halka lagu soo hagaajinayo kaadh hadyadeedka:

Magaca Boosta _____ Taleefanka _____

Cinwaanka Boosta _____

Magaalada, Gobolka, Sibka _____

U dir foojarkan:

UCare Health Promotion
PO Box 52
Minneapolis, MN 55440-0052

Haddii aad qabto su'aalo, wac
Macmiilka ee lambarka ku yaala
Dhabarka Kaadhka Aqoonsiga UCare.



UCare Connect + Medicare (HMO SNP) is a health plan that contracts with both Medicare and the Minnesota Medical Assistance (Medicaid) program to provide benefits of both programs to enrollees. Enrollment in *UCare Connect + Medicare* depends on contract renewal.

Discrimination is against the law. UCare will accept all eligible Beneficiaries who select or are assigned to UCare without regard to medical condition, health status, receipt of health care services, claims experience, medical history, genetic information, disability (including mental or physical impairment), marital status, age, sex (including sex stereotypes and gender identity), sexual orientation, national origin, race, color, religion, creed, or public assistance status.

Attention: if you need free help interpreting this document, call 612-676-6500/1-866-457-7144 (TTY: 612-676-6810/1-800-688-2534).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 612-676-6500/1-866-457-7144 (TTY: 612-676-6810/1-800-688-2534).

Digniin. Hadii aad ku hadasho afka Somaliga, waxaan kuu helikarnaa tarjumaan kuugu caawiya lacag la'aan. Soo garaac numberadan 612-676-6500/1-866-457-7144 (TTY: 612-676-6810/1-800-688-2534).

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.

Auxiliary Aids and Services. UCare 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** UCare at 612-676-6500 (voice) or 1-866-457-7144 (voice) toll free, 612-676-6810 (TTY) or 1-800-688-2534 (TTY) toll free.

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 enrollees 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.