

Hel kaadh hadyadeed ah \$75 marka aad dhammaystirto hubin caafimaad dhalmada kadib

Ilaali caafimaadkaaga oo muddayso hubin caafimaad dhalmada kadib.

Hel kaadh hadyadeed ah \$75!

- Dhammaystir booqashadaada dhakhtarka ee dhalmada kadib saddex ilaa siddeed toddobaad kadib dhalmadaada.
- U qaado foojarkan ballantaada.
- Hubin ka tirsan halwadeenadu ha dhammaystirto oo saxeexo qaybta sare ee foojarka.
- U dir foojarka dhammaystiran UCare.

Foojarradu waxay khuseeyaan xubnaha wakhtigan, qoran wakhtiga hubinta caafimaad. Ku xaddid abaalmarinta hal kaadh hadyadeed halkii foojar halkii uurba. 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. Xannibaado ayaa khusayn kara.



MUHIIM: Hubi ilmahaagu inuu leeyahay caymis caafimaad. Wac degmadaada MinnesotaCare una sheeg inaad ilmihii dhashay.



Foojarka Kaadh Hadyadeedka Hubinta Caafimaad ee Dhalmada Kadib ee UCare

Xubinta UCare _____ Xubinta Magaca _____
Lambarka Aqoonsiga _____

Taariikhda _____ Taariikhda _____
Ama Baadhista _____ Xubinta Dhalashada _____

Rugta Hubinta _____ Rugta _____
Caafimaadka Magaca _____ Taleefanka _____

Taariikhda Dhalashada Ilmaha _____

Miyuu bukaankan sameeyey booqashada dhalmada kadib? 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 numbaradan 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.