

Ua kom tiav koj qhov kev mus kuaj cev xeeb tub thawj zaug - koj yuav tau txais ib daim npav nuj sua plig \$75

Tsim Nyog Rau

Ua kom tiav koj qhov kev mus kuaj cev xeeb tub thawj zaug tsis pub dhau thawj peb lub hlis tom qab lub cev tau xeeb tub. Yog hais tias koj mus koom nroog lub UCare tom qab koj cev xeeb tub thawj peb lub hlis, koj tseem tuaj yeem tau txais ib daim npav nuj sua plig los ntawm kev mus ntsib nroog ib tug kws kho mob los yog tus kws pab rau kev yug menyuam (midwife) tsis pub dhau 42 hnuv tom qab koj tuaj sau npe nkag.

Daim ntawv puav pheej no siv tau rau cov neeg koom tam sim no uas ua tiav ib qhov kev mus kuaj thawj zaug thaum cev xeeb tub nyob rau hauv thawj peb lub hlis. Tsuas muab ib daim npav khoom plig rau ib tug neeg uas cev xeeb tub ib zaug tauj ib lub xyoo xwb. Yuav tsum tau kos npe los ntawm tus kws kho mob. Yuav siv sij hawm 4-6 lub lim tiam los mus xa daim npav khoom plig. Cov nyiaj pab yuav hloov txhua txhua xyoo. Daim ntawv puav pheej uas ua tsis tiav los yog tsis tsim nyog tau txais yuav raug xa rov qab.



TSEEM CEEB: Hu rau koj lub cheeb nroog los yog MinnesotaCare tus neeg ua hauj lwm kom sai li sai tau thaum koj paub tias koj cev xeeb tub. Cov neeg koom uas cev xeeb tub yuav tau ntxiv kev pab kho mob tshwj xeeb.



UCare Daim Ntawv Puav Pheej Rau Daim Npav Khoom Plig Kev Mus Kuaj Cev Xeeb Tub

UCare Tus Tswv _____ Tswv _____
Cuab Naj Npawb ID _____ Cuab Npe _____

Hnuv Kuaj Los Yog _____ Hnuv Ua Tswv _____
Kev Kuaj Mob _____ Cuab Yug _____

Lub Chaw _____ Lub Chaw Kuaj _____
Kuaj Mob Npe _____ Mob Xov Tooj _____

Hnuv Los So _____ Yug Thaum Muaj Tsawg Hli _____

Tus neeg mob no puas tau mus kuaj cev xeeb tub thaum thawj pib? Tau Tsis Tau

Cov ntaub ntawv puas tau raug muab teev rau hauv tus neeg mob cov ntaub ntawv kho mob? Teev Lawm Tsis Tau Teev

Tus Kws Kho Mob Los Yog Neeg Ua Hauj Lwm Kos Npe _____ Hnuv _____

Thov qhia rau peb qhov chaw uas yuav xa daim npav khoom plig mus:

Npe _____ Xovtooj _____

Chaw Xa Ntawv _____

Nroog, Xeev, Tus Zip Code _____

Xa daim ntawv puav pheej no mus rau:
UCare Health Promotion
PO Box 52
Minneapolis, MN 55440-0052

Yog koj muaj lus nug, thov hu rau lub Customer Services ntawm tus npawb xov tooj nyob rau sab nroob qaum ntawm koj daim npav UCare ID Card.



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.