



Health Talk



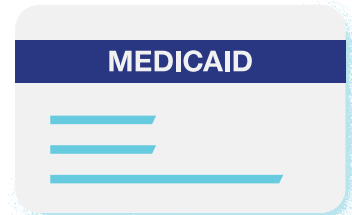
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Xagaaga 2022

United
Healthcare
Community Plan

Is mari

Dadka nooc walbo iyo da' kasta waa inay marsadaan kiriimka qorraxda mar walbo oo ay dibadda u baxaan. Isticmaal kiriimka qorraxda oo leh waxyaabo kala duwan, biyaha adkaysi u leh oo leh awoodda ka hortaga kuleelka qorraxda (SPF) oo dhan 30 ama ka badan.



Hayso caymiskaaga

Waxa aad u baahan tahay inaad ogaato si aad u cusboonaysiiso

Sanad walbo, xubnaha Medicaid waa inay cusboonaysiiyaan xaq u yeelashada si ay u sii haystaan caymiskooda. Waxaa muhiim ah inaad cusboonaysiiso wakhtiga saxda ah, ama dheefahaaga ayaa soo afjarmi kara. Ka wac Adeegyada Xubnaha lambarka **1-888-269-5410**, TTY **711**, si aad u hesho tilmaamaha cusboonaysiinta.

UnitedHealthcare Community Plan
12700 Whitewater Drive
Minnetonka, MN 55343

AMC-06-MN-CAID-SOMALI

CSMN22MD0039100_000



Maskax fayow, jir fayow

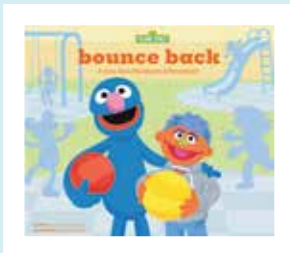
Caawinta carruurta iyo qoysaska xilliyada adag

UnitedHealthcare iyo Sesame Street® waxay rabaan inay ka caawiyaan carruurta inay koraan iyaga oo leh caqli badan, xoog badan iyo naxariis badan. Marka, waxay iska kaashadeen inay diyaariyaan 3 buug oo ah buuggaga sheekada. Sheekooyinkani waxay ka caawin karaan carruurta iyo qoysaskooda inay bartaan sida loola tacaalo waqtiyada adag.

Booqo uhcommunityplan.com/grow si aad u akhrido ama ula soo degto sheekooyinka.

Bounce Back (Dib Uga Kabsashada Degdegga ah)

Qoys ayaa la kulmay isbedelo waaweyn waxayna barteen sidii ay ula qabsan lahaayeen.



Looking for Special (Sheeko Ku Saabsan Adkeysiga iyo Kalsoonida)

Qoys ayaa wajahay wakhtiyo adag balse u yeeshay awood badan.

The Monster Dash (Sheeko Ku Saabsan Adkeysiga iyo Dabacsanaanta)

Qoys ayaa la kulmay halganka balwada iyo daryeelka korinta ee carruurta.



istock.com/monkeybusinessimages

Adiga un lagu diyaariyay

Hel macluumaadka caymiska caafimaad oo adiga kuu gaar ah

Markaad furato myuhc.com/communityplan, waxaad heli doontaa agabyo kaa caawiya inaad isticmaasho caymiskaaga. Waxaad:

- Arki kartaa kaarkaaga Aqoonsiga xubinta wakhti walbo
- U heli kartaa caawin isticmaalka dheefahaaga
- Heli kartaa adeeg bixiyaha ama farmashiyaha kuu dhow
- Cusbooneysiin kartaa dookhyadaada si aad ugu hesho wada xiriirada sida aad rabto, oo ay ku jiraan qoraallada iyo iimaylada



Maanta furo. Waxay qaadataa dhowr daqiiqo oo kaliya. Ka dib waxaad gali kartaa wakhti walbo. Si aad u bilowdo, booqo myuhc.com/communityplan.

Daryeel caafimaad oo loogu talagalay qof walba

UnitedHealthcare waxaa ka go'an inay sare u qaado nidaamka caafimaadka. Waxaan ka shaqeyneynaa inaan siino daryeel tayo leh oo aan eex lahayn dhammaan xubnaha — iyadoon loo eegaynin isirkooda, deegaankooda ama xaaladdooda.

Waxaan rabnaa inaan ogaano khibrada aad u leedahay UnitedHealthcare. Ka wac lambarka bilaashka ah ee Adeegyada Xubnaha taleefon lambarka ku jira dhinaca khayraadka ee Bogga 4-aad ee wargeyskan si aad inoo ogaysiiso sida aanu wax u wadno.

Liiska hadafyada ee xagaaga

5 hawl caafimaad leh oo madadaalo leh oo ay tahay inaad ku darto liiskaaga hadafyada ee xagaaga

Miyaad raadinaysaa fikrado madadaalo leh si aad u adeegsato xagaagan? Waa kuwan 5 hawlood oo fudud oo la isku dayo.



1. U bax inaad soo socsocoto oo la soco talaabooyinkaaga. Socsocodka ayaa ah qaab wanaagsan oo lagu helo jimicsi saamayn yar. Isticmaal app-ka talaabooyinka la socdo ee taleefonkaaga ku jiro si aad ula socoto horusocodkaaga.



2. Eeg suuqa beeralayda. Raac qoyskaaga si aad wax uga barato cuntada aad cunto. Suuqyada beeralayda ayaa ah goob aad u fiican oo laga helo wax soo saar tayo iyo nafaqo leh.



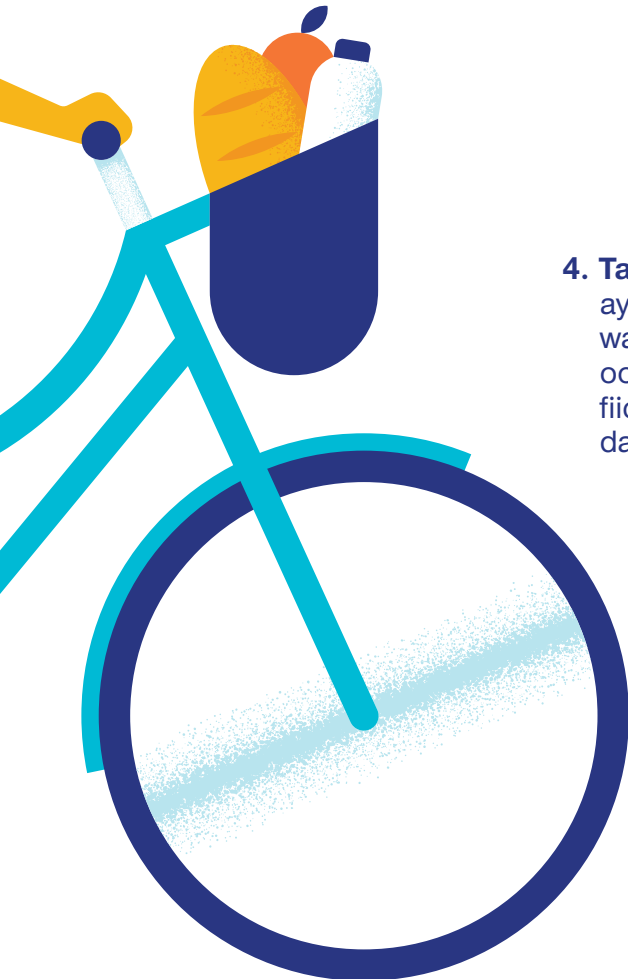
3. Samayso cuntada dibadda lagu karsado ama dalxiis yar. Xagaaga ayaa ah wakhtiga dibadda wax lagula soo cuno qoyska iyo asxaabta. Isku day tilmaamaheena cunto-karinta si aad u hesho cunto fudud oo qurux badan oo caafimaad leh: [healthtalksiderecipe.myuhc.com](https://www.healthtalksiderecipe.myuhc.com).



4. Tallaal beer. Beer-beerista ayaa hawl madadaalo iyo waxbarasho u ah qoyska oo dhan. U fiirso waxa ugu fiican inuu hirgelo. Kadibna daawo beertaada oo koraysa.



5. Ciyaar dheel. Munaasabadaha ciyaaraha waa kuwa aad madadaalo u leh la daawado. Waxay sidoo kale ka dhigi karaan carruurtaada kuwo ku farxo hawlaha jirka.



Sahmi wax dheeraad ah

Ma sii raadinaysaa xittaa hawlo dheeraad ah oo aad samayso xagaaga? Ka fiiri liiska websaydhayada dalxiiska ee gobolka [usa.gov/state-travel-and-tourism](https://www.usa.gov/state-travel-and-tourism).



iStock.com/eggeegjiew

Qaybta khayraadka

Adeegyada Xubnaha: Ku hel adeeg bixiye, ku soo weydii su'aalaha dheefaha ama ku hel caawinta qabashada ballanta, luuqad walbo (wicitaanka bilaashka ah). **1-888-269-5410, TTY 711**

Websaydhkeena: Hel adeeg bixiye, eeg dheefahaaga, soo dejiso buug-yarahaaga xubinta ama arag kaarkaaga Aqoonsiga xubinnimo, meel kasta oo aad joogto. **myuhc.com/communityplan**

Ka maaran waraaqaha: Ma xiisaynaysaa in lagu soo diro dukumiintiyada dijitaal ah, iimaylo iyo fariimo qoraal ah? Haddii ay sidaas tahay, fadlan cusboonaysii dookhyadaada. **myuhc.com/communityplan/preference**

NurseLine: Ka hel talo caafimaad kalkaaliye 24 saacadood maalinti, 7 maalmood toddobaadki (wicitaanka bilaashka ah). **1-800-718-9066, TTY 711**

Healthy First Steps®: Hel taageero inta aad uurka leedahay oo dhan iyo abaalmarino lagu helo daryeelka dhalmada ka hor iyo daryeelka dhalaanka (wicitaanka bilaashka ah). **1-800-599-5985, TTY 711** **uhchealthyfirststeps.com**

Qadka Taleefoonka Tooska ah ee Caafimaadka Dabeecadda: U hel caawin caafimaadka dhimirka iyo arrimaha isticmaalka maandooriyaha. **1-800-435-7486, TTY 711**



Ugu horay dadka

Booqashooyinka fayyo-qabka ayaa muhiim u ah carruurta markay dib ugu laabanayaan dugsiga

Carruurta waa inay lahaadaan booqashooyinka fayyo-qabka inta ay carruurnimada iyo qaan-gaarnimada ku jiraan. Baaritaanadan waxay si gaar ah muhiim ugu yihiin ku noqoshada dugsiga. Booqashada fayyo-qabka waxaa ka mid noqon kara:

- Baaritaanka jir ahaaneed
- Tallaalo
- Baaritaanada aragga iyo maqalka
- Wada hadalka hawlaha jimicsiga iyo cuntada
- Baaritaanada korriinka ee hadalka, nafaqadda, korriinka iyo guud ahaan marxaladaha bulshada iyo dareenka
- Su'aalaha ku saabsan caafimaadka iyo taariikhda caafimaad ee ilmahaaga
- Baaritaannada shaybaadhka, sida baarista kaadida iyo dhiigga

Inta lagu jiro baaritaanka, weydii adeeg bixiyaha ilmahaaga haddii ilmahaagu uu wada qaatay tallaalkiisa. Tallaaladu waxay ka ilaaliyaan ilmahaaga iyo kuwa kaleba inay jirraadaan. Waxaad ka eegi kartaa jadwalka tallaalka carruurnimada barta **cdc.gov/vaccines**. Haddii ilmahaaga uu seegay mid ka mid ah tallaaladiisa sanadkan, aad dib dhac uma aha in la helo.



Isa soo baar. Wac adeeg bixiyaha ilmahaaga si aad ballan u qabsato maanta. Si aad u hesho adeeg bixiye cusub, booqo **myuhc.com/communityplan**. Ama ka wac lambarka bilaashka ah ee Adeegyada Xubnaha taleefon lambarka ku qoran dhinaca khayraadka ee bidixda jira.

Ogaysiiska Xuquuqda Madaniga

Takoorka waa mid lid ku ah sharciga. UnitedHealthcare Community Plan of Minnesota cidna kuma takooraan iyadoo lagu saleynayo waxyaabaha soo socda:

- Qoomiyadda
- Midabka
- Dhalashada
- Caqiiqada
- Diinta
- Nooca jinsiga
- Heerka kaalmada Dadweynaha
- Da'da
- Naafanimada (oo ay ku jiraan naafanimada jireed ama maskaxeed)
- Jinsiga (sida fikradaha khaldan ee laga haysto jinsiga iyo aqoonsiga jinsiga)
- Xaaladda guur
- Rumaysnaanta siyaasadeed
- Xaaladda caafimaad
- Heerka caafimaad
- Helitaanka adeegyada daryeelka caafimaadka
- Khibrad sheegashooyinka
- Taariikhda caafimaadka
- Macluumaadka hidda sidaha

Waxaad xaq u leedahay inaad gudbiso caabasho takoor ah haddii aad rumaysan tahay inay qaab takoor ah kuula dhaqmeen UnitedHealthcare Community Plan of Minnesota. Waxaad gudbin kartaa cabasho oo aad codsan kartaa in lagaa caawiyo gudbinta cabashada si fool-ka-fool ah ama adoo u maraya boostada, telefoonka, fakiska, ama iimaylka:

Civil Rights Coordinator

UnitedHealthcare Civil Rights Grievance

P.O. Box 30608

Salt Lake City, UTAH 84130

Telefoonka Bilaashka ah: **1-888-269-5410**, TTY **711**

Iimaylka: **UHC_Civil_Rights@uhc.com**

Taageerada iyo Adeegyada Dheeraadka ah: UnitedHealthcare Community Plan ee Minnesota waxay bixisaa adeegyo iyo gargaar dheeraad ah, sida turjumaano aqoon leh ama macluumaad lagu heli karo qaabab la adeegsan karo, si lacag la'aan ah oo waqtiyeysan si loo xaqiijiyo fursada loo wada siman yahay ee la xiriirta kaqeybqaadashada barnaamijyadeena daryeelka caafimaadka. **Kala xiriir Adeegyada Xubnaha 1-888-269-5410.**

Adeegyada Taageerada Luuqadeed: UnitedHealthcare Community Plan ee Minnesota waxay bixiyaan dhukmintiyo la tarjumay iyo turjumida luuqadda lagu hadlo, si lacag la'aan ah oo wakhtiga loogu talagalay ah, marka ay lagama maarmaan tahay inuu qofku helo taageero la xiriirta dhinaca luuqadda si loo xaqiijiyo in dadka ku hadla Ingiriisiga xaddidan ay si habsmi ah u helaan macluumaadka iyo adeegyada aan bixino. **Kala xiriir Adeegyada Xubnaha 1-888-269-5410.**

Cabashooyinka Xuquuqda Madaniga ah

Waxaad xaq u leedahay inaad gudbisoo caabasho takoor ah haddii aad rumaysan tahay inay qaab takoor ah kuula dhaqmeen UnitedHealthcare Community Plan of Minnesota. Sidoo kale waxaad toos ula xiriiri kartaa mid kasta oo ka mid ah hay'adaha soo socda si aad ugu gudbisoo cabasho takoor ah.

Waaxda Caafimaadka Mareykanka iyo Xafiiska Adeegyada Aadanaha ee Xuquuqda Madaniga (Office for Civil Rights, OCR)

Waxaad xaq u leedahay inaad u gudbisoo cabasho OCR, oo ah hay'adda dawladda dhexe, haddii aad rumaysan tahay in laguugu takooray wax ka mid ah waxyaabaha soo socda:

- Qoomiyadda
- Naafanimada
- Midabka
- Jinsiga
- Dhalashada
- Diinta (mararka qaarkood)
- Da'da

Toos ula xiriir **OCR** si aad cabasho ugu gudbisoo:

Office for Civil Rights
U.S. Department of Health and Human Services
Midwest Region
233 N. Michigan Avenue, Suite 240
Chicago, IL 60601

Xarunta Jawaab-celinta Macmiilka: Wicitaanka bilaashka ah: 800-368-1019

TDD Telefoonka bilaashka ah: 800-537-7697

limayka: ocrmail@hhs.gov

Minnesota Department of Human Rights (MDHR)

Halkan Minnesota, waxaad xaq u leedahay inaad u gudbisoo cabasho MDHR haddii aad rumaysan tahay in laguugu takooray wax ka mid ah waxyaalaha soo socda:

- Qoomiyadda
- Jinsiga
- Midabka
- Nooca jinsiga
- Dhalashada
- Xaaladda guur
- Diinta
- Heerka kaalmada dadweynaha
- Caqiiqada
- Naafanimada

Toos ula xiriir **MDHR** si aad cabasho ugu gudbisoo:

Minnesota Department of Human Rights
540 Fairview Avenue North, Suite 201
St. Paul, MN 55104

Cod: 651-539-1100

Telefoonka bilaashka ah: 800-657-3704

MN Relay: 711 ama 800-627-3529

Fakiska: 651-296-9042

limaylka: Info.MDHR@state.mn.us

Waaxda Adeegyada Aadanaha ee Minnesota (Department of Human Services, DHS)

Waxaad xaq u leedahay inaad u gudbiso cabasho DHS haddii aad aaminsantahay in lagugu takooray barnaamijyadeena daryeelka caafimaadka mid ka mid ah kuwan soo socda:

- Qoomiyadda
- Midabka
- Dhalashada
- Diinta (mararka qaarkood)
- Da'da
- Naafanimada (oo ay ku jiraan naafanimada jireed ama maskaxeed)
- Jinsiga (sida fikradaha khaldan ee laga haysto jinsiga iyo aqoonsiga jinsiga)

Cabashooyinku waxaa waajib ah inay qoraal ahaadaan oo la soo gudbiyo 180 maalmood gudahooda laga bilaabo taariikhda aad ogaatay takoorka aad sheegayso. Cabashadu waxaa waajib ah inay ku qoran yihiin magacaaga iyo cinwaankaaga oo ay sharraxayso takoorka aad ka caabanayso. Waan fiirin doonaa oo kugu wargelin doonaa si qoraal ah haddii aan awood u leenahay inaan baarno. Haddii aan awood u leenahay, waan baari doonaa cabashada.

DHS waxay si qoraal ah kugu wargelin doontaa natiijada baaritaanka. Waxaad xaq u leedahay inaad rafcaan ka qaadato haddii aad go'aanka ku qanci waydo. Si aad rafcaan u qaadato, waxaa waajib ah inaad u dirto codsi qoraal ah DHS si ay dib ugu eegaan natiijada baaritaanka. Qoraalka soo koob oo sheeg sababta aad u diidan tahay go'aanka. Ku dar macluumaadka dheeraadka ah ee aad u malaynayso inuu muhiim yahay.

Haddii aad cabasho u gudbiso qaabkan, dadka u shaqeeya hay'adda ku magacaaban cabashada kaama aargoosan karaan. Tani waxay ka dhigan tahay sinnaba inaysan kuugu ciqaabi karin inaad cabasho ka gudbisay. U gudbinta cabasho qaabkan kaa joojin mayso inaad raadsato tallaabooyin kale oo sharci ama maamul ah.

Toos ula xiriiir **DHS** si aad u gudbiso cabasho takoor ah:

Civil Rights Coordinator
Minnesota Department of Human Services
Qaybta Fursadaha Siman iyo Helitaanka
P.O. Box 64997
St. Paul, MN 55164-0997
Cod: 651-431-3040 ama isticmaal adeegga gudbinta ee aad doorbidayso

Bayaanka Caafimaadka Hindida Maraykanka

Hindida Maraykanka way sii wadan karaan ama bilaabi karaan inay isticmaalaan rugaha Adeegaha Caafimaadka qabiilka iyo Hindida (Indian Health Services, IHS). Kaaga baahan mayno oggolaansho hore ama kugu soo rogi mayno shuruudo si aad adeegyo uga hesho rugahaan. Waayeelada da'doodu tahay 65 jir iyo kuwa ka wayn tani waxa ka mid ah adeegyada Ka-dhaafitaanka Waayeelka (Elderly Waiver, EW) oo la heli karo iyadoo loo marayo qabiilka. Haddii dhakhtar ama bixiye kale oo ku sugan rug qabiileed ama IHS kuu gudbiyo bixiye ku jira shabakadeena, uma baahan doontid inaad aragto bixiyahaaga daryeelka aasaasiga ah kahor gudbinta.

1-888-269-5410, TTY 711

Attention. If you need free help interpreting this document, call the above number.

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កំណត់សម្គាល់៖ បើអ្នកត្រូវការជំនួយក្នុងការបកប្រែឯកសារនេះ ដោយឥតគិតថ្លៃ សូមហៅទូរស័ព្ទតាមលេខខាងលើ។

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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.

ဟ်သုဉ်ဟ်သး. နမ့ၢ်လိာ်ဘၣ်တၢ်မၤစၢၤကလီၢ်နၤလၢ တၢ်ကကွဲးကျိးထံဝဲဒၣ် လံာ်တီလံာ်မိတခါအံၤအဃိ ကိးလိတဲစိနိာ်ဂံၢ် လၢထးအံၤန့ၣ်တက့ၢ်.

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ໂປຣດຊາບ. ຖ້າຫາກທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປເອກະສານນີ້ ວິ, ຈົ່ງໂທໂປໂທໂນຍາຍເລກຂ້າງເທິງນີ້.

Hubachiisa. Dokumentiin kun tola akka siif hiikamu gargaarsa hoo feete, lakkoobsa gubbatti kenname bilbili.

Внимание: если вам нужна бесплатная помощь в устном переводе данного документа, позвоните по указанному выше телефону.

Digniin. Haddii aad u baahantahay caawimaad lacag-la'aan ah ee tarjumaadda (afcelinta) qoraalkan, lambarka kore wac.

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