



The Way to Better HealthSM

Keu tivthaiu kom txhob muaj mob muaj nkeeg yuav pab tau koj thiab koj tsev neeg. Yog tias kws kho mob paub txog koj tus mob ntxov, lawv yuav pab tau koj zoo. The Way to Better Health yog ib qho kev pab cuam txog kev tiv thauv mob kev nkeeg thiab qhia txog kev noj nqab nyob zoo. Cov kev pab nram qab no tas tau them nyiaj yog tias koj yog tswv cuab ntawm Medica Choice CareSM los Medica MinnesotaCare.

THIV THAIV

Menyuam Yaus Thiab Tus Ntxhais Hluas Kev Kuaj Mob

Menyuam yuas yuav tsum kuaj mob raws hnuv nyooq: thaum yug-1 hlis, 2 hlis, 4 hlis, 6 hlis, 9 hlis, 12 hlis, 15 hlis, 18 hlis, 24 hlis, thiab txhua xyoo thaum muaj 3 xyoos txog 20 xyoos.

- Mus kuaj ib zaug twg, tswv cuab yuav tau \$10.

BONUS! Menyuam muaj hnuv nyooq thaum yug txog 14 hlis, yuav tsum mus kuaj mob 6 zaus. Yog tias lawv mus kuaj mob 6 zaus, tswv cuab yuav tau txais \$15 ntxiv ... *Nyiaj pub dawb tag nrho yog \$75!*

Kev Kuab Mob Xeb

Menyuam muaj hnuv nyooq 9 hli txog 30 hli mus kuaj mob xeb tau \$50.

Menyuam yuav tsum kuaj ntshav thaum muaj hnuv nyooq: 12 hlis thiab 24 hlis.

Pab Rooj Zaum Hauv Tsheb Rau Menyuam

Medica pab rooj zaum hauv tsheb rau menyuam yaus:

- Pab rau cov pojniam tam tom xeeb menyuam 6 hli hauv plab thiab
- Pab rau cov menyuam muaj hnuv nyooq 2 xyoos rov hauv

Nyob rau ntau qho chaw, Medica ua haujlwm nrog ntau qho chaw kuaj mob, uas yuav muab rooj zaum rau cov tswv cuab. Lawv yuav qhia rau nej kom paub siv cov rooj rau menyuam zaum hauv tsheb. Peb yuav xa rooj tuaj rau cov neeg tsis nyob rau cov chaw no.

Xav tau ib lub rooj hu tuaj rau peb tus xov tooj 1-866-455-7426.

Cov gift cards Medica muab rau tswv cuab no pab rau kev noj qab nyob zoo no yog tau los ntawm Target® GiftCards.

PHAU NTAWV TXOG KEV NOJ QAB HAUV HUV

Phau Ntawv Txog Kev Noj Qab Hauv Huv

- Yuav Ua Li Cas Thaum Koj Tus Menyuam Mob rau tsev neeg ua muaj menyuam mos ab mus txog 17 xyoos (*Muaj ntawv meka, mev thiab nyab laj xwb.*)
- Yuav Ua Li Cas Thaum Koj Tus Menyuam Mob rau tsev neeg ua muaj menyuam hnuv nyooq 11 xyoos txog 17 xyoos (*Muaj ntawv meka thiab mev xwb.*)
- Yuav Ua Li Cas Thaum Tus Neeg Laus Mob rau tsev neeg ua muaj cov laus muaj hnuv nyooq 55 xyoos rov saum (*Muaj ntawv meka, mev thiab nyab laj xwb.*)

KEV TIVTHAIV KOM TXHOB MUAJ MOB MUAJ NKEEG

Txiav Luam Yeeb

Medica muaj kev pab rau tswv cuab muaj hnuv nyooq 14 xyoos rov saum txiav luam yeeb. Tswv cuab muaj xaiv seb lawv xav tau kev pab los ntawm kev tham xovtooj los yog siv computer. Tswv cuab yuav tau txais kev pab los ntawm cov neeg paub txog kev txiav luam yeeb.

Xav tuaj koom rau kev txiav luam yeeb hu rau tus xovtooj 1-800-934-4824 los yog mus tsham peb rau ntawm www.medica.com.

KAV TSIJ MOB SIAB PAB KOJ THIAB KOJ TSEV NEEG TXOG KEV NYOB QAB NYOB ZOO...HU TUAJ RAU PEB HNUV NO!

Hmoob 952-992-2296

Russian 952-992-2294

Lus Mev 952-992-2297

Somali 952-992-2260

Lub Nyab Laj 952-992-2295

Lub meka & lwm yam lus 952-992-2322

TTY 952-929-2357 or 1-800-234-8819

Yog koj tsis nyob lub nroog Mpls/St. Paul Metro Area, Txhua yam lus 1-800-601-1805

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Ogow. Haddii aad dooneyso in lagaa kaalmeeyo tarjamadda macluumaadkani oo lacag la'aan ah, wac Medica: 952-992-2260.

ملاحظة: إذا أردت مساعدة مجانية في ترجمة هذه المعلومات، فاتصل على الرقم
Medica: 1-800-373-8335.

Внимание: если вам нужна бесплатная помощь в переводе этой информации, позвоните Medica: 952-992-2294.

ໂປດຊາບ. ຖ້າຫາກທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປຂໍ້ຄວາມດັ່ງກ່າວນີ້ພຣີ, ຈົ່ງ ໂທຫາ Medica: 1-800-373-8335.

Atención. Si desea recibir asistencia gratuita para traducir esta información, llame a Medica: 952-992-2297.

កំណត់សំគាល់ បើអ្នកចង់បានជំនួយបកប្រែព័ត៌មាននេះដោយមិនគិតថ្លៃ សូមទូរស័ព្ទទៅ Medica: 1-800-373-8335 ។

Chú Ý. Nếu quý vị cần dịch thông-tin này miễn phí, xin gọi Medica: 952-992-2295.

Ceeb toom. Yog koj xav tau kev pab txhais cov xov no rau koj dawb, hu Medica: 952-992-2296.

Pažnja. Ako vam je potrebna besplatna pomoć za prevod ove informacije, nazovite Medica: 1-800-373-8335.

Hubaddhu. Yoo akka odeeffannoon kun sii hiikamu gargaarsa tolaa feeta ta'e, lakkoofsi bilbiltu Medica: 1-800-373-8335.

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Attention. If you want free help translating this information, call 1-800-373-8335.

This information is available in other forms to people with disabilities by calling 952-992-2322 (voice), or 1-800-373-8335 (toll free), or 952-992-2357, or 1-800-234-8819 (TTY), or 711, or through the Minnesota Relay at 1-877-627-3848 (speech to speech relay service)