



Barnaamijka Habka Caafimaadka Wanaagsan The Way to Better HealthSM

Baariitaanka ama ka hortaga cudurada wuxuu adiga iyo dhaqtarkaaga ka caawin karaa inaad ogaataan hadii uu wax cudur ah jiro intuuna faafin. Horay u ugaanshaha cudurada waxey fududeyneysaa daaweynta kana dhigaysaa mid lagu guuleysto. Barnaamijka habka caafimaadka wanaagsan wuxuu fiiri gaar siinaya ka hortaga. Iyo sidii caafimaad wanaagsan aad u gu noolaan laheyd.

Barnaamijyadan hoos ku qoran waxay bilaash ama lacaglaan u yihiin dadka hayesta Medica Choice Care iyo Medica Minnesota Care.

KA-HORTAGA

Baariitaanka Caafimaadka Caruurta & Dhalinyarada (C&TC)

Caruurta waa in ay maraan baariitaanka guud markey da'doodu u dhaxeeyso: Dhashada-hal bil, 2 bilood, 4 bilood, 6 bilood, 9 bilood, 12 bilood, 15 bilood, 18 bilood, 24 bilood, AND sanadkasta mar lagabilaabo 3-20 sano.

- Baariitaankasta macaamiishu waxey xaq u yeelan karaan \$10 doolar oo kaarka hadiyada ah.

ABAALMARIN! Laga bilaabo dhaladhada ilaa 14 bilood, caruurta waxey u baahanyihiin **lix** baariitaanka caruurta iyo dhalinyarada ah. Macaamiisha marey lixda baariitaan waxey shaqeysanayaan \$15 oo dheeraad ah . . . **isku dar waa \$75!**

Baariitaanka Suntan Rasaasiga

Caruurta mara baariitaanka sunta rasaasiga markey da'doo tahey 9-30 bilood, waxey xaq u leeyihiin \$50 oon ah kaarka hadiyada Target.

Caruurta waa in ay maraan baariitaanka sunta rasaasiga markey da'doodu u dhaxeeyso: 12 bilood ilaa 24 bildod.

Borogaraamka Kaar Siitka (Car Seat Program)

Medica waxay siisaa car kiiska:

- Dumarka uurkoodu yahey ugu yaraan 6 bilood
- Caruurta da'doodu ka yar tahey 2 sano

Inta badan Medica waxey xiriir la leedahey kalkaaliyayaalka caafimaadka bulshada/ama shaqaale kiliinigiyo kuwaa soo siin doona kar siitka macaamiisheena. Waxey kalooy ku siin doonaan cashar sida loo isticmaalo kar siitka. Waxaan ugu soo diri kar siitka doonaa boostada maamiisheena ku nool meelaha ay ku yaalaan xafiisyo ana xiriir la leenahey.

Wac, 1-866-455-7426 si aad u codsato kar siit.

Kaararka haidyada (gift cards) ee ay Medica bixiso looguna talagay habka caafimaadka wanaagsan waa Target® Gift Kaar.

BUUGAAGTA CAAFIMAADKA EE GACANQABSASHADA

Buugaagta caafimaadka:

- *Buuga Maxaad Sameyn Labeyd Haduu Imahaagu Xanuunsado* waxaa xaq u leh qoys kasta oo haysta caruurta dadooda u dhaxeeyso dhalshada ilaa 17 sano, (Buuqan wuxuu daabacan yahey luuqada Ingiriis, Isbaanishka iyo Fiidnaamiis)
- *Waxaad Sameyn Labey Daryeelka Dhalinyarada Waxaa Loogu Talagalay* 11 ilaa 17 jir. Wuxuu ku daabacan yahay luuqadaha isbaanishka iyo ingiriiska.
- *Waxaa Samayn Labayd Xaga Daryeelka Caafimaadka Waayeelka* oo loogu talagalay qoyska haysta qof jira 55 sano iyo kabadan. Buugan oo ku daabacan luqadaha (Ingiriiska, Isbaanishka iyo Fiidnaamiiska).

Hab-nololeedka Caafimaadka

Jooji isticmaalka tubaakada/Sigaarka Medica waxey ugu baaqeysaa barnaamijka Joojinta Sigaarka Macaamiisha da'doodu ka weynthey 14 sano Macaamiishu waxey kala dooran karaan barnaamij laguugu deeqayaa teleefan ahaan ama on line/internet si laaga caawiyo joojinta sigaarka. Banaamijkan waxaad xaq u leedahey oo diyaar kuu ah in ay ku caawiyaan lataliye ku takhasusey joojinka sigaarka, war bixin ku saabsan joojinta sigaarka, doowooyinka sigaar joojinta iyo caawimo.

Hadaad doonayso in aad Barnaamijkan ku biirto Fadlan wac 1-800-934-4824 haddaad dooneyso in aad ka mid noqoto ama gal www.medica.com.

Xil iska saar caafimaadkaaga iyo caafimaadka qoyskaaga...Fadlan Na soo wac si aad uga faaiideysato!

Luqada Moongaha 952-992-2296 Luqada Raashka 952-992-2294 Luqada Isbaanishka 952-992-2297
 Luqada Soomaliga 952-992-2260 Luqada Feytnaamiska 952-992-2295 Luqada Ingiris 952-992-2322
 Dadka dhegaha culus 952-929-2357 ama 1-800-234-8819 Gobolka Minnesota Luqadaha oo Dhan 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.

LB4-medica2 (11-07)

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)