Samee hawlo caafimaad qaba oona hel abaalmarino

Si aad u kasbato abaalmarino, waa inaad xubin ka tahay wakhtiga booqashadooda iyo marka foojarka la sariftay.

Ka hel foojaro barta hennepinhealth.org/members/rewards-programs ama ka wac Adeegyada Xubnaha lambarka 612-596-1036.

Dhammaan xubnaha

Booqashooyinka dhaqtarka ilkaha ee sanadlaha ah
Xubnaha (da'doodu tahay 1+) ayaa kasban karaan kaarka hadiyadda oo ay ku jirto $25 booqashada dhakhtarka ilkaha sannadlaha ah oo uu dhammaystiro dhakhtarka ilkaha ee shabakadu.

Baaritaanka kansarka mindhicirka
Xubnaha (da'doodu tahay 45-75) ayaa kasban karaan kartaa kaarka hadyad oo ay ku jirto $50 dhamaystirka baaritaanka kansarka mindhicirka.

Booqashooyinka ogaanshaha inaad qabto cudurka macaanka
Xubnaha jira 18 ama wixii ka weyn waxay heli karaan:

- Kaarka hadiyadda oo ay ku jirto $50 markay dhammaystiraan baaritaanka indhaha.
- Kaarka hadiyadda oo ay ku jirto $25 markay dhammaystiraan baarista A1C.

Caruurta iyo dhalinta

Talaalka dhalinyarada
Xubnaha waxay ku kasban karaan kaarka hadiyadda oo ay ku jirto $25 markay dhammaystiraan meningococcal (MCV), hal tallaal Tdap, iyo laba tallaal oo HPV ah ka hor intaan la gaarin dhalashadaada 13aad.

Booqashooyinka Baaritaannada Carruurta & Dhallinta
Xubnuhu waxay ku heli karaan kaarka hadiyadda booqashooyinka ilmahaaga:

- Kaadhka hadiyadda oo ay ku jirto $75 6-dii booqashooyin ee u dhexeeya 0-14 bilood.
- Kaadhka hadiyadda oo ay ku jirto $25 booqasho kasta oo lagu sameeyo 15, 18, 24 iyo 30 bilood, Iyo booqasho kasta oo sanadle ah una dhaxayso da'aha 3-17 sano.

Tallaalada intuu ilmaha yaryahay (kahor da'da 2)
Xubnaha waxay ku kasban karaan kaarka hadiyadda oo ay ku jirto $25 dhammaystirka tallaallada la siiyo caruurta intay yaryihiin ee ku qoran foojarka.

Kuraas baabuur oo lacag la'aan ah
U hel kursi baabuur oo lacag la'aan ah ama suunka loogu talagalay dhallaanka iyo carruurta da'doodu tahay ilaa 8 jirka marka ay dhammeeyaan fasalka kursiga baabuurka.

Baaritaannada qaangaarka ee dhalinyarada
Waxaad ku kasban kartaa $25 kaarka hadiyadda booqasha kasta oo baaris oo ilmahaagu dhammeeyo sannad kasta laga bilaabo da'da 18 - 21 sano.

Baaritaanka kansarka ilmo galeenka
Xubnaha da'doodu tahay 21-64 ayaa kasban karaan kaarka hadyad oo ay ku jirto $50 dhamaystirka baaritaanka kansarka ilmo galeenka.

Baaritaanada kansarka naasaha
Xubnaha da'doodu tahay 40-74 ayaa kasban karaan kaarka hadyad oo ay ku jirto $50 dhamaystirka baaritaanka kansarka naasaha.

Booqashada haweeneyda uurka leh
Xubnuhu waxay kasban karaan kaarka hadiyadda oo ay ku jirto $75 booqashada haweeneyda uurka leh ee la sameeyo saddexda bilood ee ugu horreeya markay uurka qaao ama 42da maalmood ee ugu horreeya gudahooda markii la iska diwaangeliyo Hennepin Health.

Booqashada uurka ka dib
Xubnuhu waxay kasban karaan kaarka hadiyadda oo ay ku jirto $75 haddii aad yeelatid booqashada daryeelka dhalmada ka dib marka laga joogo 7-84 maalmood dhalmadaadi ilmaha.

Hennepin Health Toll Free
800-647-0550 TTY 711

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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.

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

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