



**Samee hawlo  
caafimaad qaba  
oona hel  
abaalmarino**

*Si aad u hesho abaal marinta waa aad xubin ka tahay ceymiska xilliga booqshada dhakhtarka iyo marka aad isticmaaleyso kaarka. Kaarka waxa uu noqon karaa hadba kan aad doorato Target ama Walmart.*

Ka hel foojaro barta [hennepinhealth.org/voucher-eform](http://hennepinhealth.org/voucher-eform) 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 hadiyad 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 Caruurta & 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 caruurta da'doodu tahay ilaa 9 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 612-596-1036 (toll-free 800-647-0550)**  
**TTY: 711 (800-627-3529)**

ATTENTION. If you speak English, free language assistance services are available to you free of charge and without unnecessary delay. Additionally, appropriate auxiliary aids and services to provide information in accessible formats are available free of charge and in a timely manner. Please call the number above or speak to your provider.

CEEB TOOM. Yog koj hais lus Hmoob, muaj kev pab txhais lus dawb rau koj siv. Koj tsis tas them nqi thiab yuav tsis qeeb. Kuj muaj cuab yeej thiab kev pab los pab koj nyeem cov ntaub ntawv kom yooj yim nkag siab. Koj hu tau rau tus xov tooj saum toj no lossis nrog koj tus kws kho mob tham.

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FIIRO GAAR AH. Haddii aad ku hadasho Soomaali, waxaa si bilaash ah kuugu diyaar ah adeegyada caawinada luuqadeed oo aan lahayn daahitaan aan munaasib ahayn. Intaas waxaa dheer, waxaa la heli karaa adeegyada iyo kaabitaanka naafada ee haboon si macluumaadka loogu bixiyo qaabab la adeegsan karo oo bilaash ah laguna bixinayo waqqigeeda. Fadlan wac lambarka kore ama la hadal adeegbixiyahaaga.

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