



**Take  
CHARGE!**

Wellness Programs from  
South Country Health Alliance

*SCHA Member Services  
Toll-Free: 1-866-567-7242  
TTY: 1-877-824-5611  
Hours: 8am-8pm, Mon.-Fri.*

# It's about your health. **Be in charge.**

Take Charge!™ Wellness Programs are offered to help South Country Health Alliance members promote their personal health and wellness.

## **Embracing Life Prenatal Book**

South Country Health Alliance (SCHA) is eager to give you a book called **Embracing Life**. It is made just for SCHA members and is full of information about pregnancy and the resources available to you. It even includes a pregnancy calendar for you to follow from week to week. If you are pregnant, tell your county financial worker. Then call your county Public Health Department or SCHA Member Services and ask for your free copy of the **Embracing Life** prenatal book.

## **Pregnancy & Childbirth Classes**

Feeling ready to give birth can require a little help. Some hospitals and Community Education programs offer childbirth classes. You can take these classes free of charge as a SCHA member. Call your hospital or Community Education office for more information. Ask about what classes are available and when you should register. Be sure to show them your SCHA ID card!

## **Early Childhood Family Education (ECFE)**

ECFE offers classes for families with children who are newborn to kindergarten age. The parent and child classes help build healthy families and get kids ready for success in school. Most ECFE classes are free for SCHA members. Call your local school district or SCHA Member Services for more information.

## **Be Buckled™**

SCHA will provide one car seat per child age 7 or younger, along with tips about how to safely use the car seat. Call your local Public Health Department to learn more about this program and to schedule a time to receive your child's car seat.

## **Community Education**

Community Education offers fun classes for both kids and adults. The classes can be a great way to brush up on special skills or learn a new hobby. SCHA will cover up to \$15 of the registration fee for most Community Education classes (up to 5 classes per registration session). Call your local Community Education program or SCHA's Member Services for more information.

## **Be Fit™**

We want to help you be fit! SCHA members age 18 or older can join a participating health club and receive up to a \$20 credit for working out at least 8 days per month. Visit our web site or call SCHA Member Services for more information.

## **Quit Smoking**

Get the personalized support and tools you need to kick the habit. The Mayo Clinic Tobacco Quitline offers telephone-based help and education at no charge. If you want to stop smoking or chewing tobacco, call 1-800-504-3451 today (TTY: 1-877-728-3311).

## **Be Rewarded™**

This program offers rewards to eligible SCHA members who complete certain health checks. See the back side of this flyer for a complete description of the various rewards you can earn for taking charge of your health!

All SCHA members are eligible for these programs as long as they are enrolled with SCHA on the date of service or during class sessions, and the age criteria (if applicable) is met. Call Member Services if you have any questions, or visit our website at [www.mnscha.org](http://www.mnscha.org).

# Be Rewarded™

Be Rewarded™ is a program that offers incentives to eligible SCHA members who complete certain health checks and screenings on time. To earn a reward\* you must bring a special voucher to your doctor visit and have it signed, then send it to SCHA within 30 days of service.

To get the vouchers, you can:

1. Ask your county public health nurse
2. Ask Member Services at 1-866-567-7242 (TTY: 1-877-824-5611)
3. Print one at [www.mnscha.org](http://www.mnscha.org).

## Prenatal Care Rewards

You can get a reward for having your first doctor's visit during your first trimester (3 months) of pregnancy. If you joined SCHA after your first trimester, you can still earn a gift card if you see the doctor within 60 days of enrolling.

## Post-partum Care Rewards

Seeing the doctor after your baby's birth is important. SCHA will give you a reward if you complete your 6-week post-partum visit with your health care provider.

## Infant Checkup Rewards

Well-Care Checkups are a regular part of your child's health care. These visits are more thorough than the usual checkup and help keep your child healthy. Infant checkups are recommended at 1, 2, 4, 6, 9, 12, and 15 months of age. Children who are SCHA members can get a \$25 gift card for having at least six checkups by 15 months of age.

## Lead Test Rewards

A simple blood lead test is recommended for children before they turn 1 and again by age 2. Children who are SCHA members can get two \$25 gift cards. One card for having a lead test by the age of 1 and another card for having a second lead test by the age of 2.

## Immunization Rewards

It is important for your child to get all of the recommended immunizations or shots. Children who are SCHA members can get two \$25 gift cards—one for having all shots by age 2 and another for having all shots by age 12.

## Mammogram Rewards

Women age 40 and older should have a mammogram every year. This X-ray of the breast is done to look for early signs of breast cancer. It's an important screening, even for women in good health! Women who are SCHA members over age 40 can be rewarded for getting a mammogram.

\*Rewards include \$25 gift cards or unique personal care items depending on the SCHA product the member is enrolled in. Centers for Medicare and Medicaid Services (CMS) regulations prohibit health plans from offering gift cards to AbilityCare, SeniorCare Complete, and MSC+ members.

Attention. If you want free help translating this information, call the above number. **1-866-567-7242; TTY 1-877-824-5611**

ملاحظة: إذا أردت مساعدة مجانية في ترجمة هذه المعلومات، فاتصل على الرقم الموجود أعلاه.

កំណត់សំគាល់ បើអ្នកចង់បានជំនួយបកប្រែព័ត៌មាននេះដោយមិនគិតថ្លៃ សូមទូរស័ព្ទ ទៅលេខនៅខាងលើ។

Pažnja. Ako vam je potrebna besplatna pomoć za prevod ove informacije, nazovite gornji broj.

Ceeb toom. Yog koj xav tau kev pab txhais cov xov no dawb, thov hu rau tus xov tooj saud.

ໂປຼດຊາບ. ຖ້າທ່ານກຳລັງຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປຂໍ້ຄວາມດັ່ງກ່າວນີ້ຟຣີ, ຈົ່ງໂທສຕາມເລກໂທສທີ່ຢູ່ຂ້າງເທິງນີ້.

Hubaddhu. Yoo akka odeeffannoon kun sii hiikamu gargaarsa tolaa feeta ta'e, lakkoofsa armaa olii bilbili.

Внимание. Если вам нужна бесплатная помощь в переводе этой информации, позвоните по указанному выше телефону.

Ogow. Haddii aad dooneyso in laga kaalmeeyo tarjama dda macluumaadkani oo lacag la'aan ah, wac lambarka kore.

Atención. Si desea recibir asistencia gratuita para traducir esta información, llame al número que aparece más arriba.

Chú Ý. Nếu quý vị cần dịch thông tin này miễn phí, xin gọi số nêu trên.

This information is available in other forms to people with disabilities by calling 1-866-567-7242 (toll-free) or 1-877-824-5611 (TTY for the hearing impaired), or 711, or through the Minnesota Relay at 1-800-627-3529 (TTY, Voice, ASCII, Hearing Carry Over), or 1-877-627-3848 (speech to speech relay service).