



# Postpartum Care

Seeing the doctor after your baby is born is important to make sure you and your baby are both doing well.



### Congratulations on your new baby!

Be sure to notify your financial worker as soon as possible after the birth so your baby has the best health coverage available.

### Receive your reward

Bring the attached voucher to your postpartum checkup and have the doctor or nurse fill it out. Then mail it to South Country Health Alliance to receive your reward.

### Who is eligible?

All women who are current South Country Health Alliance members and who complete their 6-week postpartum visit can redeem the attached voucher for a reward.

- 24-hour Nurse Helplines are a good resource for health and medical questions you may have. The best part is, you can get help right over the phone, without leaving home!
- Call Mayo Clinic's free 24-hour Nurse Advice Line: 1-800-504-3451  
TTY: 1-877-728-3311

SOUTH COUNTRY  
HEALTH ALLIANCE

## Be Rewarded™ Postpartum Care Voucher

### To be completed by the provider:

Clinic: \_\_\_\_\_

Date of Postpartum Visit\*: \_\_\_\_\_

Member's Name: \_\_\_\_\_ SCHA ID#: \_\_\_\_\_

Member's Date of Birth: \_\_\_\_\_ Baby's Date of Birth: \_\_\_\_\_

Provider Signature: \_\_\_\_\_ Date: \_\_\_\_\_

All women who are current members of SCHA and who complete their 6-week postpartum visit can redeem this voucher for a reward!

# Take Charge!<sup>TM</sup> and Be Rewarded<sup>TM</sup>

Health or Wellness or  
Prevention Information

**Attention:** For free help translating this information, call Member Services between 8am-8pm, Mon-Fri.: **1-866-567-7242** or TTY: **1-877-824-5611**

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

កំណត់សំគាល់ បើអ្នកចង់បានជំនួយកម្រៃឥតមាននេះដោយមិនគិតថ្លៃ 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. ຖ້າຫາກທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປຂໍ້ຄວາມດັ່ງກ່າວນີ້ຟຣີ, ຈົ່ງໂທຮຕາມເລກໂທຮທີ່ຢູ່ຂ້າງເທິງນີ້.

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 lagaa kaalmeeoyo 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).

LBS-0013 (10-09)



To receive your reward,  
complete and mail this voucher to:  
South Country Health Alliance, Attn: Health Promotions  
110 W. Fremont Street, Owatonna, MN 55060

SOUTH COUNTRY  
HEALTH ALLIANCE  
Member Services:  
8am-8pm, Mon-Fri  
**1-866-567-7242**  
TTY: **1-877-824-5611**  
Fax: 507-444-7774

### Please tell us where to send your reward\*:

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Apt: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

\*Please allow 4 weeks for receipt of reward