



Prenatal Care

Seeing the doctor early in your pregnancy is important to make sure you and your baby are healthy and stay healthy.



Tell us right away!

Be sure to notify your county worker as soon as you know you are pregnant. Please also tell your worker when your baby is born. It is important your baby has health coverage.

Receive your reward

Bring the attached voucher to your prenatal appointment 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 initial prenatal visit during their first trimester of pregnancy (or within 60 days of enrolling) can redeem the attached voucher for a reward.

- If you haven't received a copy of SCHA's prenatal book, **Embracing Life**, call Member Services to request your free copy.
- For general information on pregnancy and baby's development, go to www.mayoclinic.com
- Questions? 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™ Prenatal Care Voucher

To be completed by the provider:

Clinic: _____

Date of 1st Trimester Prenatal Visit **OR** 1st visit as a SCHA member*: _____

Member's Name: _____ SCHA ID#: _____

Member's Date of Birth: _____ Baby's Due Date: _____

Provider Signature: _____ Date: _____

Women* who complete their initial prenatal visit during their first trimester of pregnancy (or within 60 days of enrolling) can redeem this voucher for a reward!

*Member must be a current member of SCHA and enrolled with SCHA on the date of service. **Voucher expires 30 days after date of service.**

Take Charge!TM and Be RewardedTM

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