

Earn a \$25 quit smoking gift certificate

If you're pregnant and you smoke, you may be eligible to receive a \$25 gift certificate after completing an initial phone counseling session with the Mayo Clinic Tobacco Quitline (MCTQ). You can qualify for the gift certificate either during your pregnancy or during your baby's first year of life.

To get your certificate:

- Call the MCTQ at 1-888-642-5566 (toll free) to schedule your initial counseling session.
TTY: 1-800-627-3529 (toll free).
- Provide your UCare ID number and either your estimated due date (if you're pregnant) or your baby's birth date (if you've already given birth).
- After you complete the session, the MCTQ will let UCare know, and we'll mail your gift certificate to you.

IMPORTANT: Please notify your county financial worker or MinnesotaCare worker as soon as you know you're pregnant. Please also notify your worker after you baby is born. It's important to make sure your baby has health coverage.

Questions?

Call the Customer Services phone number listed on your UCare member ID card.



Five great reasons to quit smoking as a mom:

- 1. A healthier start for your baby – while you're pregnant.** Being around smoke can cause your baby to be born too early or too small. This can create problems for your baby's health. When you quit smoking when you're pregnant, you give your baby the best chance of being born at the right time and weight.
- 2. A healthier start for your baby – after the baby is born.** Being around smoke can cause babies to develop heart and breathing problems. It can also play a role in Sudden Infant Death Syndrome (SIDS). When you quit smoking and ask other people not to smoke around your baby, you're helping your baby have a healthy start in life.
- 3. A more attractive YOU.** Smoking gives you "cigarette breath," stains on your teeth and hands, holes in your clothes, and ashes wherever you go. You deserve better!
- 4. A healthier YOU.** Smoking can be hard on your own health. When you quit, you're helping to make sure you stay healthy so you can be there for you baby.
- 5. A wealthier YOU.** Cigarettes are expensive. After you quit, you'll have extra money to spend on you and your baby.



Attention. If you want free help translating this information, call UCare at 612-676-3200 or toll free at 1-800-203-7225.

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

កំណត់សំគាល់ បើអ្នកចង់បានជំនួយបកប្រែឯកសារនេះដោយមិនគិតថ្លៃ 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, ຈົ່ງໂທຕາມເລກໂທທີ່ຢູ່ຂ້າງເທິງນີ້.

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 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.

LBS-0007 (1-08)

This information is available in other forms to people with disabilities by calling: 612-676-3200 (voice) or toll free at 1-800-203-7225 (voice), 612-676-6810 (TTY) or toll free at 1-800-688-2534 (TTY); or through the Minnesota Relay at 711 or toll free direct access at 1-800-627-3529 (TTY, Voice, ASCII, Hearing Carry Over), or 1-877-627-3848 (speech to speech relay service).

American Indians can continue or begin to use tribal and Indian Health Services (IHS) clinics. We will not require prior approval or impose any conditions for you to get services at these clinics. For enrollees age 65 years and older this includes Elderly Waiver (EW) services accessed through the tribe. If a doctor or other provider in a tribal or IHS clinic refers you to a provider in our network, we will not require you to see your primary care provider prior to the referral.

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UCare Minnesota is a health plan with a Medicare contract.



Health care that starts with you.®

U2887 (04/11)