



Complete your postpartum checkup and receive a \$25 VISA® gift card

At Quartz, we care about your health and well-being. We want to make sure that you are taking time to care for yourself. By completing your postpartum checkup, you will receive a \$25 VISA® gift card*. During this visit, discuss any postpartum concerns you have with your doctor or nurse. Make sure to tell them about any physical pain/discomfort, weight concerns, breastfeeding, and postpartum depression you may have.

To be eligible to receive a \$25 VISA® gift card*:

- Postpartum checkup must be with a Quartz network doctor or nurse 7 – 84 days after delivery
- Be an active Quartz member at the time of your postpartum checkup and when submitting this form
- Submit the form within 90 days of delivery

Once complete, send the form to Quartz in the postage-paid envelope. If you do not have the postage-paid envelope, please send it to:

Attn.: Care Management BC+ /Mail Center
2650 Novation Parkway
Fitchburg, WI 53713

You can also ask your clinic to fax this form to **(608) 821-4884**.

Print your name

Member ID number

Address

City

State

ZIP

Phone (home)

Phone (work or cell)

Date of delivery

Date of postpartum
checkup

* Visa is a registered trademark of Visa International Services Association.

*State and federal requirements exclude the use for purchase of alcohol, tobacco products, and firearms.

Accessibility at Quartz

Quartz provides free aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters.
- Written information in other formats (large print, audio, accessible electronic formats, other formats).
- Provides free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages.

If you need these services, contact Quartz at (800) 362-3310 (TTY: 711).

Spanish – ATENCIÓN: Si habla español, los servicios de asistencia lingüística están a su disposición gratis. Llame al (800) 362-3310 (TTY: 711).

Hmong – MLOOG KOM ZOO: Yog koj hais lus Hmoob, ces yuav muaj kev pab txhais lus pub dawb rau koj. Hu rau tus xov tooj (800) 362-3310 (TTY: 711).

Laotian – ຂໍ້ຄວນໃສ່ໃຈ: ຖ້າທ່ານເວົ້າພາສາ ລາວ, ຈະມີການບໍລິການຊ່ວຍເຫຼືອເປພາສາໃຫ້ທ່ານໂດຍບໍ່ເສຍຄ່າ. ໂທຫາເບີ (800) 362-3310 (TTY: 711).

Chinese – 注意：如果您讲中文，您可以免费获得语言协助服务。请致电 (800) 362-3310（TTY 用户请致电 711）。

Somali – U FIIRSASHO: Haddii aad ku hadasho Soomaali, adeegyada kaalmada luqadda waxaa laguugu heli karaa adiga iyagoo bilaash ah Soo wac! (800) 362-3310 (TTY: 711).

Burmese – သတိပြုရန်- သင် မြန်မာဘာသာစကား ကိုပြောဆိုလျှင် ဘာသာစကားအကူအညီ ဝန်ဆောင်မှုများကို အခမဲ့ ရရှိနိုင်ပါသည်။ (800) 362-3310 (TTY: 711) သို့ ဖုန်းဆက်ပါ။

Russian – ВНИМАНИЕ: если вы говорите по-русски, вы можете обратиться за бесплатной помощью переводчика. Позвоните по номеру телефона (800) 362-3310 или воспользуйтесь телетайпом TTY: 711.