

Complete Your Postpartum Checkup and Receive a \$25 VISA Gift Card

1. **Have your postpartum checkup 7 – 84 days after delivery***
2. Be sure to discuss any postpartum concerns that you have with your doctor or nurse, such as: physical pain / discomfort, weight concerns, breast-feeding and postpartum depression
3. Send this completed form back to Quartz in the postage-paid envelope. Or, ask your clinic to **fax to (608) 821-4884**.

If you are missing a postage-paid envelope, please complete and return this to –
Attn.: Quality Management and Population Health BC+/Mail Center
840 Carolina Street
Sauk City, WI 53583

Print Your Name

Member ID Number

Address

City

State

ZIP

Phone (home)

Phone (work or cell)

Date of
Delivery

Date of
Postpartum Checkup

**To receive a \$25 VISA Gift Card, your postpartum checkup must occur 7 – 84 days after delivery. You must have received postpartum care with a Quartz network doctor or nurse. You must be an active Quartz member at the time of your postpartum checkup and when submitting this form. You must submit this form within 90 days of delivery.*

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.

Spanish – Usted tiene derecho a recibir esta información y ayuda en su idioma sin costo alguno. Llame al (800) 362-3310. TTY / TDD: 711 / (800) 877-8973.

Hmong – Koj muaj cai tau cov ntshiab lus no thiab tau kev pab ua koj hom lus pub dawb rau koj. Hu rau (800) 362-3310. TTY / TDD: 711 / (800) 877-8973.

Laotian – ທ່ານມີສິດໄດ້ຮັບຂໍ້ມູນຂ່າວສານ ແລະ ການຊ່ວຍເຫຼືອເປັນພາສາຂອງທ່ານ ໂດຍບໍ່ເສຍຄ່າໃຊ້ຈ່າຍໃດໆ.ໃຫ້ໂທຫາເບີ (800) 362-3310. TTY / TDD: 711 / (800) 877-8973.

Chinese – 您有權利免費獲得以您母語撰寫的本訊息和各種幫助。請致電 (800) 362-3310 。 聾啞人電話：711 / (800) 877-8973. 。

Somali – Haddii aad ku hadashid af Soomaali, adeegyada caawimada luuqada, ayaa waxaa laguugu siinayaa bilaash, waa lagu heli karaa. 1-800-362-3310 (TTY: 1-800-877-8973) bilbilaa.