



# Healthy Mothers... ...Healthy Babies



Taking care of your health is very important when you are having a baby. Your body goes through physical and emotional changes and we are here to help. Regular doctor visits are important to ensure you and your baby are healthy.

**During these visits your doctor will:**

- Examine you and treat any health problems early
- Prevent future health problems
- Teach you how to give your unborn baby a healthy start to life by staying healthy during the pregnancy

## Receive a \$25 Gift Card\*

You should complete a doctor visit **in the first trimester or within 42 days of becoming a member** of Sendero Health Plan to qualify for this incentive.

If you have any questions or need our help, you can call us at 512-978-9270, Monday to Friday 8:00am-5:00pm for more information.

\*Must be a current member with no payments past due. While the visit is of no cost, your provider may perform other tests and procedures for which out-of-pocket expenses may apply.

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Please complete this section with your doctor and send it to us using the provided envelope. This offer is valid for each pregnancy.

Your Information	For Your Doctor
Member Name:	Date of Postpartum Visit:
DOB:	Practitioner/ Clinic Name:
Sendero ID:	Phone Number:
Address:	Stamp or Signature attesting I am placing a copy of this form in the member's medical record:
Telephone/Email:	

# Healthy Mothers... ...Healthy Babies



Taking care of your health is important for you and your baby.

**You should visit your doctor after you have your baby. During this visit your doctor will:**

- Examine you for any infections or diseases
- Ensure your body is healing well
- Check on your emotional health
- Help you with any other questions you have about your health and activities (e.g. family planning, birth control, diet, exercise, sex, etc.)
- Check your weight and blood pressure
- Help you arrange pediatric care for your newborn baby

If you have any questions or need our help, you can call us at 512-978-9270, Monday to Friday 8:00am-5:00pm for more information.

\*Must be a current member with no payments past due. While the visit is of no cost, your provider may perform other tests and procedures for which out-of-pocket expenses may apply.

**To qualify for a \$25 Gift Card\***

You should complete your postpartum visit between **7-84 days** after you have your baby.

Please complete this section with your doctor and send it to us using the provided envelope. This offer is valid for each pregnancy.

Your Information	For Your Doctor
Member Name:	Date of Postpartum Visit:
DOB:	Practitioner/ Clinic Name:
Sendero ID:	Phone Number:
Address:	Stamp or Signature attesting I am placing a copy of this form in the member's medical record:
Telephone/Email:	