



Quit smoking gift card

If you're pregnant and still smoking, you may be eligible to receive a **\$25 gift card** when you complete an initial phone counseling session with the tobacco quit line. You can earn the gift card either during your pregnancy or during your baby's first year of life.

Earn a \$25 gift card

- Call the tobacco quit line to schedule your initial session: **1-855-260-9713** or **TTY: 711**
- Give the quit line your UCare member ID number and your estimated due date (if you're pregnant) or your baby's birth date.
- Once you've completed the session, the quit line will notify UCare and we'll automatically mail your gift card to you.

Questions? Call the Customer Services phone number on the back of your UCare ID card.

Great reasons for moms to quit smoking

Before your baby is born:

- Smoking can cause your baby to be born too soon or too small, which can lead to many health problems as your baby grows.

After your baby is born:

- Being around smoke can cause heart and breathing problems for your baby. It may also play a role in Sudden Infant Death Syndrome (SIDS).
- Quitting helps you stay healthy so you will be there for your baby.

Gift card offer applies to current members who complete an initial call with the quit smoking program. Limit one gift card per pregnancy. Allow 4-6 weeks for gift card delivery. Benefits may change each year.

Statement of Nondiscrimination. UCare complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 612-676-6500/ 1-866-457-7144 (TTY: 612-676-6810/ 1-800-688-2534).

LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 612-676-6500/1-866-457-7144 (TTY: 612-676-6810/1-800-688-2534).