

Are You Pregnant? See Your Doctor Early

**SAN FRANCISCO
HEALTH PLAN™**



Here for you

Member Name: _____

SFHP ID#: _____

Birth Date: / / _____

Street Address: _____

City, State, Zip: _____



Your Body, Your Baby

Steps for a healthy start

If you're pregnant, go in to see your provider early and we'll send you a \$25 Gift Card!

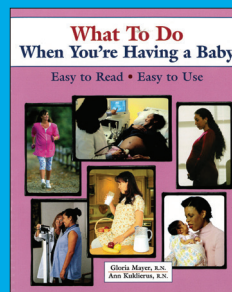
You will also get a free book as part of the Your Body, Your Baby program.

Please send my free book and \$25 gift card for (check one):



To receive your \$25 gift card, you must visit your provider within your first trimester (the first 12 weeks of pregnancy) or within the first 40 days of enrollment with San Francisco Health Plan.

The first three months of your pregnancy are very important for you and your baby. Your first visit is a great time to ask questions, learn about healthy eating, and find out how your baby is growing. See your provider or midwife early to keep your baby—and yourself—healthy.



You can get a second \$25 gift card if you go in to **see your provider 3–8 weeks after you have your baby.** You can call us at **1(800) 288-5555** once you have your baby for information.

For more information call **1(800) 288-5555** Monday–Friday, 8:30am to 5:30pm.



Return it in the enclosed envelope to receive your \$25 gift card.

To Get Your Gift Card, Please Ask Your Provider to Complete the Section Below

Date of Initial Prenatal Check-Up: / / Due Date: / / _____

Clinic/Office Name: _____

Clinic/Provider Phone Number: () - _____

Clinic/Provider Signature or Stamp: _____