

Quit smoking - earn a \$25 gift card

You may be eligible to receive a \$25 gift card after completing an initial phone counseling session with the tobacco quit line. You can qualify for the gift card either during your pregnancy or during your baby's first year.

To earn a gift card

- Call the tobacco quit line at 1-855-260-9713 to schedule your initial counseling session. TTY: 1-866-257-2971.
- Provide your UCare ID number and either your estimated due date (if you're pregnant) or your baby's birth date (if you've already given birth).
- After you complete the session, the tobacco quit line will let UCare know, and we'll mail your gift card to you.

IMPORTANT: Call your county worker or MinnesotaCare as soon as you know you're pregnant. Pregnant members can get extra health benefits.

Questions?

Call UCare Customer Services at the number on the back of your UCare member ID card.

Five great reasons to quit smoking as a mom

- 1 A healthier start for your baby.** Being around smoke can cause your baby to be born too early or too small. This can create problems for your baby's health. When you quit smoking when you're pregnant, you give your baby the best chance of being born at the right time and weight.
- 2 A healthier baby.** Being around smoke can cause babies to develop heart and breathing problems. It can also play a role in Sudden Infant Death Syndrome (SIDS). When you quit smoking and ask other people not to smoke around your baby, you're helping your baby have a healthy start in life.
- 3 A more attractive YOU.** Smoking gives you "cigarette breath," stains on your teeth and hands, holes in your clothes, and ashes wherever you go. You deserve better!
- 4 A healthier YOU.** Smoking can be hard on your own health. When you quit, you're helping to make sure you stay healthy so you can be there for your baby.
- 5 A wealthier YOU.** Cigarettes are expensive. After you quit, you'll have extra money to spend on yourself and your baby.