

PEHP WeeCare Rebate



TO BE COMPLETED POSTPARTUM (typically at 6-week postpartum visit)

INSTRUCTIONS TO MEMBER:

- 1) To apply for your \$50 rebate for enrolling in PEHP WeeCare DURING YOUR PREGNANCY, please answer a few questions below.
- 2) Obtain verification of your First Trimester Weight from your Healthcare provider (**REQUIRED**).
- 3) Return completed form to:
PEHP WeeCare
PO Box 3503
SLC, UT 84110-3503
or FAX to: 801-328-7400

NOTE: By reaching your First Trimester Weight within one year postpartum, PEHP may award an additional \$50 rebate. See **PEHP Postpartum Weight Improvement Rebate** form for details. Weight loss assistance and educational resources are available on our website. To be eligible for the **PEHP Postpartum Weight Improvement Rebate**, your First Trimester Weight must be verified by your Healthcare provider.

*Indicates required

* Mother's Name:			*PEHP Member ID:	
* Height	*First Trimester Weight (first OB visit)	*Date	*6 week Postpartum Weight	*Date
VERIFICATION OF WEIGHT FROM HEALTHCARE PROVIDER:				
*Healthcare Provider Name & Title (print)			*Healthcare Provider Signature (REQUIRED)	

How are you feeding your baby? (Please check all that apply.)

- Direct breastfeeding
- Infant Formula
- Pumped Breast Milk
- Other (please specify combination, etc.) _____

We are trying to find ways to help improve breastfeeding experiences for mothers. Your comments are appreciated. If you are not breastfeeding, would you share your reasons for this decision?

Are you currently a tobacco user? Circle one YES or NO

Is someone in your household currently a tobacco user? Circle one YES or NO

Are you concerned about postpartum depression or "baby blues"? Circle one YES or NO

If yes or if you have other postpartum related questions or concerns, would you like us to contact you? Circle one YES or NO

Your contact information: Phone: _____ Email: _____

The PEHP Tobacco Quitline service is available seven days a week, from 7am to 11pm MST. Members, spouse, and dependents are eligible to access this resource. Visit the website or phone toll-free for more details. Phone: 855-366-7500 Web: pehp.quitlogix.org
The PEHP Waist Aweigh Program provides education and support for weight management. For more details visit our website: www.pehp.org or call 801-366-7300 or 855-366-7300.

PEHP WeeCare continues to be a resource for you in the postpartum period. Contact us if you have any questions about breast feeding or other concerns.

Phone: 801-366-7400 Toll-free: 855-366-7400 Email: weecare@pehp.org