

Family Health Network

Picture Me Baby



Family Health Network is a non-for-profit health plan sponsored by hospitals with doctors in your neighborhood.

You're in the Family!

FHN Member Services

1-888-346-4968



Please call
FHN Member Services
at 1-888-346-4968 with any
questions or concerns.

Our FHN Member Services:

- Answer questions
- Send new ID cards
- Arrange transportation
- Help make appointments
- Help choose a new doctor
- Explain FHN EXTRA BENEFITS
- Add a family member to the plan
- Update phone number or address

Family Health Network

You're in the Family!

Family Health Network
910 W Van Buren, 6th Floor
Chicago IL 60607
1-888-346-4968
TTY: 1-800-422-1942

Visit Family Health Network online at
www.fhnchicago.com

FHN Picture Me Baby is published by Family Health Network to provide general health information. It is not intended to provide personal medical advice, which should be obtained directly from a doctor.

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ILBP5/10

Post-Partum Visit Picture Program Coupon

Name: _____ ID#: _____ Birth Date: _____
Address: _____ City: _____ State: _____ Zip Code: _____
Physician Name: _____ Office Stamp: _____
Date of Visit: _____



Family Health Network • 910 W Van Buren • 6th Floor • Chicago IL 60607 • We are Family!

Congratulations on your baby!

Family Health Network believes that your after-birth visit with your doctor is one of the most important visits you will make.

Schedule this appointment and keep it!

It is so important for you to see your doctor or nurse midwife **21-56 days after your baby's birth.**

Since your body has gone through many changes during pregnancy and delivery, your doctor will want to make sure that you are recovering and healing properly.

At this "after-birth" visit, your doctor or nurse midwife will examine you and answer all your questions. Have your questions ready.

You can ask for help about:

- How to lose or gain weight
- What type of exercise program is best for you
- The importance of birth control, family planning and spacing
- Breast feeding
- How often you should have "female exams"
- Help to stop smoking or drinking
- Feeling depressed



Family Health Network wants to reward new moms who attend this very important visit. As a special reward, we are offering a **FREE Sear's Portrait Studio Coupon** for baby's first photo.

You must attend your post-partum visit 21-56 days after giving birth

All you have to do is:

- **Schedule and attend your after-birth visit 21-56 days after you've given birth**
- **Complete the post-partum depression screening during your visit**

After you send us the after-birth form provided, we will send you a baby's first photo coupon to **Sear's Portrait Studio.**

As an **EXTRA REWARD**, your child can earn one free photo coupon once a year (until the age of 5 years old) as long as you and your child remain a Family Health Network Member.

**You cannot switch health plans and then switch back to FHN. You must remain a member to earn this reward.*

Baby Photo Coupon for After-Birth Visit and Depression Screening

- 1) Take the form on the back to your after-birth visit (*21-56 days after giving birth*).
- 2) After you complete the depression screening ask the doctor or nurse midwife to **write down the date of your appointment, sign his/her name and stamp the office name and address** in the area provided.
- 3) Mail or fax the completed form to Family Health Network
- 4) When we receive the form, we will send you a Sear's Portrait Studio Coupon for your baby's first picture.

**Family Health Network
910 W Van Buren, 6th Floor
Chicago IL 60607**

OR

Fax: 1-312-738-3116

If you need **transportation** to your after-birth visit, please call **Member Services 24 hours before your visit** to make arrangements.

1-888-346-4968