QualChoice HEALTH INSURANCE

Maternal Health Appraisal Form

QCARE Special Additions Program

Please fill out this confidential Maternal Health Appraisal Form to help us consider your unique healthcare needs. Send your form to the address or fax number at the bottom of the form. A health coach will call you to talk about the steps you should be taking right now for a healthy baby later on.

Section I. Mother's Information			
Full Name *(Last, First, MI)*	Date of Birth (MM/DD/YYYY)	Type of delivery ☐ Vaginal ☐ C-Section	
Street Address	City	State	Zip
Email Address	Contact Phone No. ☐ Home ☐ Cell ☐ Work	Best Time to Call ☐ _____AM ☐ _____PM	
Name of Delivery Hospital	Due Date (MM/DD/YYYY)	Name of OB Doctor	

Section II. Health Information	
1. How many times have you been pregnant, including this time?	
2. How many children have you delivered?	
3. How old is your youngest child?	
4. How did you deliver your last child(ren)?	☐ Vaginal ☐ C-Section
5. If your last delivery was a C-section, how do you plan on delivering this child?	☐ Vaginal ☐ C-Section
6. Has your doctor told you this pregnancy/baby has, or will have, any complications? If **YES**, please explain.	☐ Yes ☐ No
7. Are you currently taking any medications? If **YES,** list the medications and dosage. Use another sheet of paper if needed.	☐ Yes ☐ No
8. Have you had any referrals to a specialist? If **YES**, please give the name and address of the specialist.	☐ Yes ☐ No
9. Do you smoke or use tobacco in any form? If **YES**, please explain.	☐ Yes ☐ No
10. Have you been tested for diabetes? If **YES**, what were the results of your Diabetes Screening Test?	☐ Pass ☐ Fail

11. Have you ever had or are you currently experiencing any of the conditions listed below? If **YES**, please explain in the right column.

Condition	**Yes**	**No**	**If YES, please explain.**
a. Abnormal Pap smear and follow-up. If **YES**, describe the follow-up treatments.	☐	☐	
b. Asthma/lung problems	☐	☐	
c. Diabetes	☐	☐	
d. Excessive vomiting during pregnancy	☐	☐	
e. Heart problems	☐	☐	
f. High blood pressure	☐	☐	
g. Incompetent cervix	☐	☐	
h. Kidney disease and/or frequent UTIs	☐	☐	
i. Miscarriage or abortion	☐	☐	
j. Multiple babies (twins, triplets, etc.)	☐	☐	
k. Premature delivery. If **YES**, gestational age?	☐	☐	
l. Premature labor resulting in medication	☐	☐	
m. Premature rupture of membranes	☐	☐	
n. Seizure disorder	☐	☐	
o. Sexually transmitted diseases	☐	☐	
p. Uterine fibroids or abnormalities	☐	☐	
q. Vaginal bleeding	☐	☐	

Please return to us today:

By Fax: 833.681.2498 | QualChoice | Attn: Maternity Program

By Mail: QualChoice | Attn: Maternity Program |P.O. Box 25610 | Little Rock, AR 72221

Statement of Non-Discrimination

QualChoice complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. QualChoice does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

QualChoice:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
  - Qualified sign language interpreters
  - Written information in other formats (large print, audio, accessible electronic formats, other formats)

- Provides free language services to people whose primary language is not English, such as:
  - Qualified interpreters
  - Information written in other languages

If you need these services, contact QualChoice Customer Service at 501-228-7111 (TTY: 711).

If you believe that QualChoice has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with: QualChoice Civil Rights Coordinator, P.O. Box 25610, Little Rock, AR 72221, 501-228-7111 (TTY: 711), Fax 833-744-1736, QCA_COE@qualchoice.com. You can file a grievance by mail, fax, or email. If you need help filing a grievance, QualChoice is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at *https://ocrportal.hhs.gov/ocr/portal/lobby.jsf*, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue SW., Room 509F, HHH Building, Washington, DC 20201, 1-800-368-1019, 800-537-7697 (TTY).

Complaint forms are available at *http://www.hhs.gov/ocr/office/file/index.html*.

Declaración de no discriminación

QualChoice cumple con las leyes de derechos civiles federales aplicables y no discrimina basándose en la raza, color, origen nacional, edad, discapacidad, o sexo. QualChoice no excluye personas o las trata de manera diferente debido a su raza, color, origen nacional, edad, discapacidad, o sexo.

QualChoice:

- Proporciona ayuda y servicios gratuitos a las personas con discapacidad para que se comuniquen eficazmente con nosotros, tales como:
  - Intérpretes calificados de lenguaje por señas
  - Información escrita en otros formatos (letra grande, audio, formatos electrónicos accesibles, otros formatos)

- Proporciona servicios de idiomas a las personas cuyo lenguaje primario no es el inglés, tales como:
  - Intérpretes calificados
  - Información escrita en otros idiomas

Si necesita estos servicios, comuníquese con QualChoice Customer Service a 501-228-7111 (TTY: 711).

Si considera que QualChoice no le ha proporcionado estos servicios, o en cierto modo le ha discriminado debido a su raza, color, origen nacional, edad, discapacidad o sexo, puede presentar una queja ante: QualChoice Civil Rights Coordinator, P.O. Box 25610, Little Rock, AR 72221, 501-228-7111 (TTY: 711), Fax 833-744-1736, QCA_COE@qualchoice.com. Usted puede presentar una queja por correo, fax, o correo electrónico. Si necesita ayuda para presentar una queja, QualChoice está disponible para brindarle ayuda. También puede presentar una queja de violación a sus derechos civiles ante la Oficina de derechos civiles del Departamento de Salud y Servicios Humanos de Estados Unidos (U.S. Department of Health and Human Services), en forma electrónica a través del portal de quejas de la Oficina de derechos civiles, disponible en *https://ocrportal.hhs.gov/ocr/portal/lobby.jsf*, o por correo o vía telefónica llamando al: U.S. Department of Health and Human Services, 200 Independence Avenue SW., Room 509F, HHH Building, Washington, DC 20201, 1-800-368-1019, 800-537-7697 (TTY).

Los formularios de queja están disponibles en *http://www.hhs.gov/ocr/office/file/index.html*.

QualChoice offers help for members with limited English proficiency (LEP). The following statement is printed in the top languages used in Arkansas, as required by the Federal government:

ATTENTION: Language assistance services, free of charge, are available to you. Call 1-800-235-7111 (TTY: 711).

Spanish
ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-235-7111 (TTY: 711).

Vietnamese
CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-235-7111 (TTY: 711).

Marshallese
LALE: Ñe kwōj kōnono Kajin Ṃajōḷ, kwomaroñ bōk jerbal in jipañ ilo kajin ṇe aṃ ejjeḷọk wōṇāān. Kaalọk 1-800-235-7111 (TTY: 711).

Chinese
注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-235-7111 (TTY: 711).

Lao
ໂປດຊາບ: ຖ້າວ່າ ທ່ານເວົ້າພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສັງຄ່າ, ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ໂທຣ 1-800-235-7111 (TTY: 711).

Tagalog
PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-800-235-7111 (TTY: 711).

Arabic
ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-800-235-7111 (رقمهاتف الصم والبكم: 711).

German
ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-800-235-7111 (TTY: 711).

French
ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-800-235-7111 (ATS: 711).

Hmong
LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 1-800-235-7111 (TTY: 711).

Korean
주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-800-235-7111 (TTY: 711) 번으로 전화해 주십시오.

Portuguese
ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1-800-235-7111 (TTY: 711).

Japanese
注意事項：日本語を話される場合、無料の言語支援をご利用いただけます。1-800-235-7111 (TTY: 711)s まで、お電話にてご連絡ください。

Hindi
ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। 1-800-235-7111 (TTY: 711) पर कॉल करें।

Gujarati
સુચના: જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો 1-800-235-7111 (TTY: 711).