

Healthy Blue

New Baby, New Life℠

Pregnancy and Beyond Resource Guide

healthybluemo.com



Support at each stage of pregnancy and delivery

A healthy pregnancy is a team effort. You took an important step to make informed decisions about your healthcare by joining your MO HealthNet Managed Care health plan, Healthy Blue. While you are on your pregnancy journey, this guide can teach you important information about plan benefits and resources to support your well-being. You are not going through this alone; we are ready to answer any questions you may have along the way. You can call our Member Services team at **833-388-1407 (TTY 711)**, Monday through Friday, 8 a.m. to 5 p.m. Central time or 24-Hour Nurse Help Line at any time day or night.

Here are a few steps to take as you prepare to welcome your baby into the world:

To stay healthy in your pregnancy, set up a visit with your OB healthcare provider

An obstetrical (OB) healthcare provider is a medical expert in pregnancy care. You will see this provider for prenatal visits during your pregnancy and after you give birth. When you visit your OB provider, they'll work with you to determine your health risks and help you set up the appointments you need to monitor you and your baby throughout pregnancy. Your OB provider may be a doctor or other healthcare provider, such as a nurse, who has had special training for providing care during pregnancy.

During your visits, your OB provider can answer your questions about pregnancy and delivery, including topics such as:

- Nutrition: What foods to eat and what to avoid
- How to safely keep active in pregnancy
- Medications and supplements
- Birthing options
- Mental health: Normal changes and warning signs
- Feeding your baby
- Family planning

To avoid losing coverage, tell the Family Support Division (FSD) at 855 373-4636 you're pregnant

What questions do you have for your OB provider?

You can write them below to take with you to your next visit:

1. _____
   _____
2. _____
   _____
3. _____
   _____
4. _____
   _____
5. _____
   _____

You can use the **Find a Doctor** tool on our website to help you find an OB provider near you.



Healthy Rewards

You can earn incentives for going to your health visits. You can redeem your Healthy Rewards for gift cards from a list of stores on your Benefit Reward Hub. To join the Healthy Rewards program, visit your benefits page at healthybluemo.com. From here, you can log in to your Benefit Reward Hub and visit the Healthy Rewards portal. You also can call **888-990-8681 (TTY 711)**, Monday through Friday from 8 a.m. to 7 p.m. Central time.

If you have both Medicare and Medicaid (dual benefits), you may not qualify for Healthy Rewards.
The Centers for Medicare & Medicaid Services (CMS) has rules for dual benefits. Please call Member Services to find out which benefits apply to you.

Digital maternity program

Healthy Blue offers a digital prenatal and postpartum education program that makes your care personal. The program is available by smartphone app which means you can use it during the time and place that works best for you. When you first join, you'll be asked to complete a health and pregnancy screener that helps us find out more about you. The answers you give during the screener inform us of how to provide you with the best level of support based on your health needs.

With the app you'll be able to access all of the following things (and more) when it's convenient for you:

- Prenatal, postpartum, and general health education
- Trackers which allow you to document and view your health and your baby's growth
- Tools like contraction and kick counters that help you track your progress and your baby's well-being
- Checklists that help you prepare for your baby's arrival

Visit healthybluemo.com to learn more about the digital maternity program and sign up.





Healthy pregnancy and safe delivery

Your choices throughout pregnancy can lead to a healthy pregnancy and the safe delivery of your baby. You can be confident knowing your wellness team is here for you. During visits with your OB provider, they will help you prepare for your baby's birth. Together you can make a birth plan, talk through your questions, and find ways to help you gain peace of mind about your care.

Helpful resources:

- **Health A to Z:** Are you looking for health information about pregnancy? Search for your health topic in Health A to Z at healthybluemo.com.
- **Count the Kicks:** Visit countthekicks.org to learn about the importance of tracking baby movements during the third trimester of pregnancy.

24-Hour Nurse Help Line is ready any time, day or night to answer any health questions, even when your OB provider's office is closed.

Extra support

Through our care management program, you can get one-on-one support from a nurse who can help you to manage your personal needs during your pregnancy and after you have the baby. Your OB provider can help you set up health visits, find community resources, and partner with you to make informed decisions before and after you deliver.

If you want a referral for OB care management, please call Member Services to ask to be connected to an OB care manager.

Doulas

Have you heard of a doula? A doula is a trained professional who provides continuous physical, emotional, and informational support to their client before, during and shortly after childbirth to help them achieve the healthiest, most satisfying experience possible. Doulas can help improve birth outcomes for you and your baby and could have a positive impact on the entire family. To learn more about doulas visit marchofdimes.org/itstartswithmom/get-to-know-doulas. Healthy Blue may help cover the cost of a doula. Call Member Services to learn more about your benefits.

Substance use and pregnancy



There is no safe amount of alcohol, tobacco, or illicit drugs to use when you are pregnant. Your OB provider's priority is to make sure both you and your baby are healthy. We encourage you to talk openly with your OB provider about any other substances, including marijuana or other' street drugs you are taking. They can work with you to make a safe plan to stop using alcohol, tobacco, and drugs that can harm you and your baby. You should also tell your OB provider about any over-the-counter or herbal medications that you take.

Helpful resources:

- **Smokefree.gov:** Support, tips, tools, and expert advice to help quit smoking.
- **Substance Abuse and Mental Health Services (SAMHSA) National Helpline:** This no-cost helpline offers treatment referral and information for people facing mental health or substance use problems. Contact a care manager for substance use treatment. You can call SAMHSA 24/7 at **800 662-4357 (TTY 711)**.
- **Quitline**: If you are thinking about quitting smoking and would like some help, the Quitline might be just what you need to succeed. The Quitline provides free coaching — over the phone — to help you quit smoking. Call **800-QUIT-NOW (800-784-8669)** 24/7 to speak confidentially with a highly trained quit coach.
- **Smoke-Free Women**: Support, tips, tools, and expert advice that are focused on helping women to quit smoking. Visit women.smokefree.gov.

It is helpful to find a provider (pediatrician) you trust for your newborn before your baby is born. You can use the **Find a Doctor tool** on the Healthy Blue website to search for one.

Your birth plan

A birth plan helps make sure your choices are considered during labor and delivery. Your birth plan describes what you want to the OB providers and nurses who help deliver your baby. It can include the types of medicine you do or do not want to take, who you want to be in the room when you have your baby, and any religious or cultural practices you follow.



Making a birth plan can help you feel better prepared for labor and delivery. Make sure to discuss your birth plan with your OB provider.

Below are questions to answer to start your birth plan:



1. Where do you want to have your baby?

2. Do you want skin-to-skin contact with your baby within an hour of birth (recommended)?

3. Who do you want in the room with you during labor and delivery?

4. Are there any traditions you want for your baby's birth?

5. Who do you want to cut the umbilical cord?

For more information on birth plans and to find a sample birth plan, go to March of Dimes.



Caring for yourself and your baby

At your follow-up visit with your OB healthcare provider after your baby's birth, they will make sure your body is healing and help you adjust to life with a newborn. It's best to see them within 1 to 6 weeks, but no later than 12 weeks after delivery. Your healthcare provider may want to see you within a few weeks of your delivery if you had a high-risk pregnancy or delivered by C-section.

HEALTHY REWARDS

You can earn Healthy Rewards for going to this postpartum visit.

If your MO HealthNet coverage will end after your baby's birth, plan your postpartum visit **before** you may lose coverage. You can call the Family Support Division Information Center at **855 373-4636** to continue your coverage.

Well-baby care

The American Academy of Pediatrics suggests your baby have a checkup at birth and 3 to 5 days old. Your baby's healthcare provider will also want to see them frequently until they are about three years old. The purpose of these visits is to make sure they're growing and developing how they should.[1] During well-baby visits, your baby's healthcare provider will do a physical exam. They may also discuss your family's health history, discuss vaccine recommendations or administer vaccines, talk about dental care, check your baby's vision and hearing, and discuss important health topics.[2] They can provide the best care by working closely with you.



Your baby's healthcare provider is your partner until your child reaches adulthood. Make sure you contact them if you are concerned about your baby's health. They will ask questions and provide you with feedback. If your baby is sick or not feeling well, they can tell you what kind of care you should seek.

Helpful resources:

- **Centers for Disease Control and Prevention (CDC):** You can track child development at CDC.gov.
- **March of Dimes:** Read about the latest research and topics to keep you and your baby healthy at March of Dimes.
- **CDC Milestone tracker:** Track your baby's milestones from age 2 months to 5 years. Download the CDC Milestone tracker in your app store today.
- **Healthy Children:** Access education for parents by pediatricians at healthychildren.org.

HEALTHY REWARDS

You may earn Healthy Rewards for taking your baby to their health visits. Log in to your Benefit Reward Hub on your benefits page at healthybluemo.com or call **888-990-8681 (TTY 711)** to see if you qualify.

Breastfeeding

Breastfeeding is a healthy decision to make for your baby's growth and development. The American Academy of Pediatrics recommends breastfeeding as the only source of nutrition for your baby until they are at least 6 months old.[3] Regardless of the feeding method you choose, it is most important to ensure that your baby is getting enough to eat. A baby who is fussing, crying, seems hungry, does not appear satisfied after feeding, and has less than 6 to 8 wet diapers a day, may not be getting enough to eat. If you're concerned that your baby isn't eating enough, call their healthcare provider. To learn more about feeding your baby, visit kidshealth.org.

Helpful resources:

- **Women, Infants, and Children (WIC):** WIC provides community support for breastfeeding education. Learn how to apply in the **Community Resources** section of this guide or visit health.mo.gov/living/families/wic.
- **La Leche League International:** This program provides mother-to-mother breastfeeding support, encouragement, information, and education. To find your local league, visit llli.org.
- **Infant Risk Center:** Find answers to your questions about breastfeeding and medicines. Call **806-352-2519 (TTY 711)** or visit infantrisk.com.



As an additional health benefit, Healthy Blue will cover the cost of a standard, non-hospital-grade electric breast pump. Please contact Member Services to ask how you can get a breast pump.



Neonatal intensive care unit

If your baby was born premature or with a serious health condition, they may have been admitted to the neonatal intensive care unit (NICU). We believe the more you know, the better you will be able to care for your infant. To support you, we have a NICU care management program.

We extend our support by helping you to prepare yourself and your home for when your baby is released from the hospital. After your baby is home, our care managers continue to provide education and assistance in improving your baby's health, preventing unnecessary hospital readmissions, and guiding you to community resources, if needed.

The NICU can be a stressful place, bringing unique challenges and concerns you may have never imagined. The anxiety and stress related to having a baby in the NICU can potentially lead to symptoms of post-traumatic stress disorder (PTSD) in parents and caregivers. To reduce the impact of PTSD among our members, we assist by:

- Helping you engage with hospital-based support programs
- Coordinating screenings for potential PTSD
- Connecting you with behavioral health program resources and community support as needed
- Actively asking for your feedback on the provided resources and how an increased awareness of PTSD has helped you

If you want a referral for care management, please call Member Services to ask to be connected to a NICU care manager.

Helpful resources:

- **Graham's Foundation:** Provides support, advocacy, and research for preemies and their families.
- **Graham's Foundation MyPreemie App:** Provides support to parents and families with preemies.
- **March of Dimes:** Provides answers, tools, and support so you can focus on your baby during this time.
- **March of Dimes Compass App:** Provides answers, tools, and support so you can focus on your baby during this time.





Safe sleep

Sudden unexpected infant death (SUID), which includes sudden infant death syndrome (SIDS), is a leading cause of injury or death for babies in the United States. Sleep is a big challenge for families with babies, but if the right steps are followed, many SUID fatalities are preventable. You, and anyone who is watching your baby if you are away, can reduce the risk of sleep-related infant deaths by following these steps:

- Make sure your baby sleeps on their back, alone, and in their own special sleep space. This can be a crib, a small bed just for babies, or a play area that is also safe for sleeping. It should have a hard, flat mattress and a sheet that fits well.
- Don't let your baby sleep on a sofa, chair, swing, or in a car seat (unless they're actually in a car).
- Keep items like loose blankets, pillows, stuffed toys, cushions for crib sides, and other soft things out of your baby's sleep space.
- Try to breastfeed your baby if you can, and don't smoke around them.

Talk to your baby's healthcare provider if you have questions or concerns about safe sleep.[4]

Postpartum depression

Postpartum depression (PPD) is common and treatable. According to the CDC, about 1 in 8 people who give birth experience symptoms of postpartum depression.[5] You may be experiencing PPD if you:

- Feel anxious or depressed most of the day, every day.
- Have trouble bonding with your baby.
- Do not feel better two weeks after giving birth.

Your emotional well-being is just as important as your physical health. By asking for help, you are taking the first step to heal. Your OB provider can make a support plan if you are willing to share how you feel.

Helpful resources:

- **Postpartum Support International:** Visit postpartum.net or call **800-944-4773 (TTY 711)** 24/7 and follow the prompts to be connected with someone.
- **What to Expect:** Visit whattoexpect.com and search "postpartum depression."
- **National Maternal Mental Health Hotline**: Call or text for 24/7, no-cost, confidential support before, during, and after pregnancy. Visit National Maternal Health Hotline.
- **Share Organization**: Support, resources, and information for those who have experienced the loss of a baby. Visit nationalshare.org.

Call **911** right away if you feel like hurting yourself or your baby. You also can call or text the **988 National Suicide Crisis Lifeline** at **988**, call or text the National Maternal Mental Health Hotline at **833 TLC MAMA (1 833 852 6262)**, or call the 24/7 Behavioral Health Crisis line at **833 405 9088**.



Family planning

If you want to have another baby, you should talk to your healthcare provider before you try to become pregnant again. Having a pregnancy too soon after you give birth may cause your next pregnancy to be high-risk for an early delivery or preterm birth. It's best to wait at least 18 months between pregnancies.[6] Your body needs proper time to heal and recover.

Until you are ready for another pregnancy, you can choose from many family planning options. Long-acting reversible birth control (LARC) is one option to avoid pregnancy. LARC is a device that your healthcare provider places inside your arm or uterus. It stays in place until you want it taken out. Talk with your healthcare provider about the best options for you and how they may affect your body. Call 24-Hour Nurse Help Line if you have any questions about the method you choose. If you'd like to ask about your benefits for family planning options, call Member Services.

If you have any health conditions or take any medicines, you should also talk to your healthcare provider about how they can affect your next pregnancy. They may suggest you take a prenatal vitamin with folic acid before you become pregnant to protect your baby's health.[7]

You can read about family planning at cdc.gov by searching "preconception." You also can search "contraception" for birth control methods.

Helpful resources:

- **Office on Women's Health:** You can visit the website at womenshealth.gov or call **800-994-9662 (TDD 888-220-5446)** with questions about health topics or their special programs.
- **Long-acting reversible contraception (LARC) devices:** You can read more about IUDs and implants at Bedsider.org

Health coverage for you and your baby

Our goal is to keep you and your baby healthy and covered with Healthy Blue after birth. To keep your baby covered, it is best to tell your Family Support Division Information Center about your pregnancy before and after you deliver by calling **855 373-4636**.

You can ensure your baby stays enrolled by following these steps:

If you have a baby, you must:

- Call the Family Support Division (FSD) Information Center at **855-373-4636** or visit our website at dss.mo.gov to access the FSD Program Enrollment System online as soon as possible to report the birth of your child. The State will give your baby an identification number, known as a DCN or MO HealthNet number.
- Call Healthy Blue Member Services at **833-388-1407 (TTY 711)**.
- Pick a PCP for your baby in Healthy Blue's network. Visit our Find a Doctor tool to search for healthcare providers.
- Your baby will be enrolled in Healthy Blue. Call the MO HealthNet Managed Care

Enrollment Helpline at **800-348-6627** if you want a different MO HealthNet Managed Care health plan for your baby. This is the only phone number you can use to change your baby's MO HealthNet Managed Care health plan. You cannot change MO HealthNet Managed Care health plans for your baby until after your baby is born and has a MO HealthNet number. The Family Support Division staff cannot change your baby's MO HealthNet Managed Care health plan.

To be sure your baby gets all the services they need, continue to use your current MO HealthNet Managed Care health plan and PCP until the new MO HealthNet Managed Care health plan is effective. If you want to change your baby's MO HealthNet Managed Care health plan, the new MO HealthNet Managed Care health plan is effective the day following the change.

You want to make sure you stay enrolled as well every year by filling out the yellow renewal form you get from the Family Services Division of Missouri Social Service. You can renew your benefits by:

- **Mail:** Fill out the yellow form and mail it back as soon as possible. Be sure to fill out the form correctly. It's important that the Family Services Division (FSD) has your current phone number and address.
- **Phone:** Call Family Support Division (FSD)'s Information Center at **855 373 4636**, Monday through Friday from 6 a.m. to 6:30 p.m. or Saturday from 8 a.m. to 5 p.m. Central time.
- **In person:** Visit a local Family Support Division Resource Center.

You can call us with any questions at Member Services. We're happy to help.



Community resources

Do you need help paying bills or finding food or housing? We partner with local organizations to help you find resources for assistance. Just visit the Healthy Blue website to find an organization near you.

Women, Infants, and Children (WIC)

WIC is a program that provides many useful resources and education to families. You can get food vouchers, health education, and peer counseling for moral support in parenting.

To read about the program and find out if you qualify:

1. Visit fns.usda.gov/wic.
2. Go to **How to Apply**.
3. Search for your state's information.

Nurse-Family Partnership Helping First-Time Parents Succeed®

Are you a first-time parent in your first or second stage of pregnancy (trimester)? If yes, Nurse-Family Partnership may be a great resource for you. A nurse will come to your home to offer support throughout your pregnancy and until your baby is 2 years old. To read about the program or see if there is a site near you, visit: nursefamilypartnership.org.

Healthy Families America (HFA)

This program provides home visit services and community support referrals for your family. You can get help with support groups, prenatal and postpartum care, child development, and family goal planning. To find an HFA site near you, visit healthyfamiliesamerica.org or call **312-663-3520**.

Group prenatal care

Have you heard of group prenatal care? It's prenatal care that brings pregnant people who are due at about the same time out of exam rooms and into a comfortable group setting. It allows the opportunity to meet with other parents for discussion with your OB provider and nurses. Parents who've participated in group prenatal care often share that they feel that they are better educated about pregnancy and better prepared for what to expect during labor and delivery.

With group prenatal care:

- You can go to your prenatal visits with other parents who are at the same or similar time in their pregnancies.
- You meet as a group and share with each other to learn about pregnancy.
- You have several prenatal visits that last up to two hours long and includes private time with your OB provider.

Helpful resource:

- CenteringPregnancy™

Thank you

for trusting Healthy Blue with your healthcare.



References and sources:

1 American Academy of Pediatrics: *Preventive Care/Periodicity Schedule* (January 2024): aap.org.

2 MedlinePlus: *Well-child visits* (April 2024): medlineplus.gov.

3 American Academy of Pediatrics: *Breastfeeding* (April 2024): healthychildren.org.

4 American Academy of Pediatrics: *Safe Sleep* (April 2024): aap.org.

5 Centers for Disease Control and Prevention: *Symptoms of Depression Among Women* (July 2024): cdc.gov.

6 The American College of Obstetricians and Gynecologists: *Interpregnancy Care* (January 2024): acog.org.

7 March of Dimes: *Folic acid* (January 2024): marchofdimes.org.



Healthy Blue

Healthy Blue is a Medicaid product offered by Missouri Care, Inc., a MO HealthNet Managed Care health plan contracting with the Missouri Department of Social Services. Healthy Blue is administered statewide by Missouri Care, Inc. and in the Kansas City service region by Missouri Care, Inc. in cooperation with Blue Cross and Blue Shield of Kansas City. Missouri Care, Inc. and Blue Cross and Blue Shield of Kansas City are both independent licensees of the Blue Cross and Blue Shield Association..

Healthy Blue complies with all applicable federal civil rights laws. We do not exclude or treat people in a different way based on race, color, national origin, age, disability, or sex.

If English is not your first language, we can translate for you. We can also give you info in other formats at no cost to you. That includes Braille, audio, large print, and provide American Sign Language interpreter services. Just give us a call at 833-388-1407 (TTY 711).

Si el español es su lengua materna, podemos brindarle servicios de traducción. También podemos proporcionarle esta información en otros formatos, como Braille, audio, letra de imprenta grande y servicios de interpretación de lenguaje de señas americano. Estos servicios se ofrecen sin cargo. Simplemente llámenos sin cargo al 833-388-1407. Los usuarios de TTY deben llamar al 711.

如果中文是您的母語，我們可以為您翻譯。我們也可以用其他格式為您提供資訊，如布萊葉文、音頻及大字體，並提供美國手語翻譯服務。僅需撥打免費電話 833-388-1407 聯繫我們。TTY 使用者請撥打 711。

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