



Healthy Blue



New Baby, New LifeSM

Pregnancy and Beyond

Resource Guide



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 health care 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 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 provider

An obstetrical provider (OB) 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, they'll work with you to determine your health risks. Your OB will help you set up the appointments you need to monitor you and your baby throughout pregnancy.

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

- Foods to eat or avoid
- Safe exercises
- Medicines
- Birth options
- Mood changes
- Feeding
- Family planning

To keep your benefits, tell MO HealthNet at 855-373-4636 you're pregnant

What questions do you have for your OB?

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 near you.





Healthy Rewards

You can earn rewards for going to your health visits! You can redeem your Healthy Rewards with 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.



Healthy pregnancy and safe delivery

My Advocate

My Advocate® is a health program that makes your care personal. The program starts with a health screener meant to help 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. You may participate in My Advocate by phone, through the smartphone app, or on the web.

There are also tools in the app and website to help you:

- Track your baby's growth.
- Count the kicks in your pregnancy.
- Prepare for your baby's birth with checklists.

You can choose how you want to receive updates — by mobile app or website.



To join My Advocate, download My Advocate in your app store or create an account at myadvocatehelps.com.

Your choices throughout pregnancy can lead to a healthy pregnancy and safe delivery of your baby. You can be confident knowing your wellness team is here for you.

During visits with your OB, 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.

My Advocate makes it easy to connect with your care manager.



The program will let your care manager know right away if you have any questions or concerns. Your care manager will follow up with you.

Extra support

You can receive one-on-one support with a nurse who learns about your personal health needs and pregnancy through our care management program. Your OB care manager 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 care management, please call Member Services to ask for one.

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.

Our 24-Hour Nurse Help Line is ready 24/7

to answer any health questions, even when your OB's office is closed.



Substance use and pregnancy

There is no safe amount of alcohol, tobacco, or drugs to use when you are pregnant. Your OB's priority is to make sure both you and your baby are healthy. We encourage you to talk openly with your OB about the substances 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.



Helpful resources:

- **National Smoking Quitline:** This toll-free number is run by the National Cancer Institute. It connects you to services to help you quit smoking or quit using other tobacco products. Call 24/7 at **800-784-8669 (TTY 711)**.
- **Smokefree.gov:** Support, tips, tools, and expert advice to help quit smoking.
- **Substance Abuse and Mental Health Services (SAMHSA) National Helpline:** This free helpline offers treatment referral and information for people facing mental health or substance use problems. You can call SAMHSA 24/7 at 800-662-4357 (TTY 711).

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 respected during labor and delivery. Your birth plan describes what you want to the provider 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.

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 a sample birth plan, go to marchofdimes.org, *Health Topics*, and visit the Labor and Delivery section.



Caring for yourself and your baby

In your follow-up visit with your OB 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 3 weeks, but no later than 12 weeks after delivery.** Your provider may want to see you sooner than 3 weeks if you had a high-risk pregnancy or delivered by C-section.



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 lose coverage. You can call the Family Support Division (FSD) Information Center at 855-373-4636 to ask about keeping your coverage.



With My Advocate, you can receive tips online to help you with self-care, recovery, stress management, and support with parenting.



Well-baby care

Your baby's PCP can provide the best care by working closely with you. For the first year of life, the American Academy of Pediatrics suggests your baby have a checkup at birth, 3 to 5 days old, and at 1, 2, 4, 6, 9, 12, 15, 18, 24, and 30 months old.¹

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.

My Advocate will teach you about vaccines (shots) and your baby's well-child visits.



- **Centers for Disease Control and Prevention (CDC):** You can track child development at cdc.gov/ncbddd/actearly/index.html.
- **March of Dimes:** Read about the latest research and topics to keep you and your baby healthy at marchofdimes.org.
- **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.

¹ American Academy of Pediatrics website, *Recommendations of Preventative Pediatric Health Care* (accessed September 2020): downloads.aap.org/AAP/PDF/periodicity_schedule.pdf.

Breastfeeding

Breastfeeding is a healthy decision to make for your baby's growth and development. The American Academy of Pediatrics suggests that babies are breastfed-only for at least the first six months of their lives, unless you have a medical reason not to breastfeed.

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.
- **La Leche League International:** This program provides mother-to-mother breastfeeding support, encouragement, information, and education. To find your local league, visit lalli.org.
- **Infant Risk Center:** Find answers to your questions about breastfeeding and medicines. Call **806-352-2519 (TTY 711)** or visit infantrisk.com.

Healthy Blue may cover the cost of a standard, nonhospital-grade electric breast pump.



Please contact Member Services to ask how you can receive a breast pump.

Neonatal intensive care unit

The neonatal intensive care unit (NICU) is a unit in the hospital for babies who need special care after birth. Healthy Blue partners with ProgenyHealth to support your family while your baby is in the NICU. ProgenyHealth has a team of nurses who help you with the services you need before your baby is ready to go home.

Your personal care manager will help you find resources, understand your baby's needs, set up health visits, and make a care plan. You can call your care manager at any time with questions.

Helpful resources:

- **Graham's Foundation:** Provides support, advocacy, and research for preemies and their families. Visit grahamsfoundation.org.
- **My NICU Baby:** Created with the March of Dimes to provide answers, tools, and support for families of a NICU baby.





Call 911 right away if you feel like hurting yourself or your baby.

You also can call the 24/7 Behavioral Health Crisis line at 833-405-9088.



Postpartum depression

Postpartum depression (PPD) is common and treatable.

According to the CDC, **about 1 in 8 women** experience symptoms of postpartum depression.²

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 after two weeks from your baby's birth.

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

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."

² Centers for Disease Control and Prevention website, *Depression During and After Pregnancy* (accessed September 2020): cdc.gov/reproductivehealth/features/maternal-depression/index.html.

Family planning

If you want to have another baby, you should talk to your 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. Your body needs proper time to heal and recover.³

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

If you have any health conditions or take any medicines, you should also talk to your 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.⁴

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 whoopsproof.org.

With My Advocate, you can receive tips online to help you with family planning and birth control options.



³ The American College of Obstetricians and Gynecologists website, *Interpregnancy Care* (accessed September 2020): acog.org/clinical/clinical-guidance/obstetric-care-consensus/articles/2019/01/interpregnancy-care.

⁴ March of Dimes website, *Folic Acid* (accessed September 2020): marchofdimes.org/pregnancy/folic-acid.aspx.

Health coverage for you and your baby

Our goal is to keep you and your baby healthy. You or your baby could lose coverage with Healthy Blue after birth. To keep your baby covered, it is best to tell the FSD 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 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 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 FSD staff cannot change your baby's MO HealthNet Managed Care health plan.

To be sure your baby gets all the services he or she needs, 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, it will be — at most — 15 days before the new MO HealthNet Managed Care health plan is effective.



You want to make sure you stay enrolled as well every year by filling out the yellow renewal form you receive from the Family Services Division of Missouri Social Services. 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 has your current phone number and address.
- **Phone:** Call 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 office](#).

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. When you type in your ZIP code at healthybluemo.com, you can find local organizations near you.

Women, Infants, and Children (WIC)

WIC is a program that provides many useful resources and education to families. You can receive 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 toll-free number or visit the **State's Website**.

Healthy Families America (HFA)

This program provides home visit services and community support referrals for your family. You can receive 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.



CenteringPregnancy™

There's a new way to receive prenatal care. It's called CenteringPregnancy. It allows a group setting with other parents for education and discussion with your OB and nurse. With CenteringPregnancy:

- 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 ten prenatal visits that last up to two hours long and includes private time with your OB.

Call 24-Hour Nurse Help Line to find out if there is a CenteringPregnancy site close to you.

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.

Notes

Thank you

for trusting Healthy Blue with your health care.



References and sources:

- CDC website: *Breastfeeding* (July 2020): <https://cdc.gov/breastfeeding/index.htm>
- March of Dimes website: *Why at least 39 weeks is best for your baby* (July 2020): <https://marchofdimes.org/pregnancy/why-at-least-39-weeks-is-best-for-your-baby.aspx>
- American Academy of Pediatrics. *Healthychildren.org: Depression and Anxiety During Pregnancy and After Birth: FAQs* (Accessed September 2020): <https://healthychildren.org/English/ages-stages/prenatal/Pages/Depression-and-Anxiety-During-Pregnancy-and-After-Birth-FAQs.aspx>
- Mayo Clinic website: *Family planning: Get the facts about pregnancy spacing* (February 5, 2020): <https://mayoclinic.org/healthy-lifestyle/getting-pregnant/in-depth/family-planning/art-20044072>
- Office on Women’s Health website (January 2019): *Prenatal care and tests*: [bit.ly/2KdrNbP](https://www.womenshealth.gov/pregnancy/youre-pregnant-now/prenatal-care-and-tests).
- ACOG Long-Acting Reversible Contraception Program: [bit.ly/2mdwcEP](https://www.acog.org/clinical/clinical-resources/long-acting-reversible-contraception-program).

Member Services

833-388-1407 (TTY 711)

24-Hour Nurse Help Line

833-388-1407 (TTY 711)

healthybluemo.com



Healthy Blue

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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。