



Pregnancy and beyond resource guide

Taking Care of Baby and Me®



Support at each stage of pregnancy and delivery

A healthy pregnancy is a team effort. You are not going through this alone. You took an important step to make informed decisions about your healthcare, with Wellpoint District of Columbia, Inc. as part of your team. While you are expecting, this guide can teach you about plan benefits and resources to support your well-being. You can call our Enrollee Services team or 24-hour Nurse HelpLine anytime, day or night. We are ready to answer any questions you may have along the way.



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

To keep your benefits, tell the Department of Human Services (DHS) you're pregnant.

It is best to tell DHS about your pregnancy before and after you deliver by calling **202-727-5355**.

To stay healthy during 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 a postpartum appointment after you give birth. When you visit your OB provider, they'll work with you to determine your health risks. Your OB provider will help you schedule the necessary appointments to monitor you and your baby throughout pregnancy. Your OB provider may be a doctor or a nurse, who has had special training for providing care during pregnancy.



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

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

What questions do you have for your OB provider? Write them below to take with you to your next visit:

1. _____

2. _____

3. _____

4. _____

5. _____

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 **wellpoint.com/dc/medicaid**. From there, log in to your Benefit Reward Hub and visit the Healthy Rewards portal. You can also call **888-990-8681 (TTY 711)**, Monday through Friday from 9:00 a.m. to 8:00 p.m.

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 Enrollee Services to find out which benefits apply to you.

Digital Maternity program

Wellpoint 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 when and where 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 that 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 wellpoint.com/dc/medicaid/pregnancy-and-womens-health to learn more about the Digital Maternity program and sign up.

Healthy pregnancy and safe delivery

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

Extra support

Through our case management program, you can receive 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 case 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 case management, please call Enrollee Services to ask to be connected to an OB case manager.

Helpful resources:

- Health A to Z: Are you looking to learn more about pregnancy and other health topics? Check out Health A to Z at **wellpoint.com/dc/medicaid** and search for your topic.
- Show your love! This app has steps to keep you and your baby healthy. Download Show Your Love! in your app store today.
- Count the Kicks: Visit countthekicks.org to learn about the importance of tracking baby movements during the third trimester of pregnancy.

Doulas

Have you heard of a doula? A doula is a trained professional who provides 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 marchofdimas.org/itstartswithmom/get-to-know-doulas.

Substance use and pregnancy

There is no safe amount of alcohol, tobacco, or drugs to use when you are pregnant. Your OB healthcare provider's priority is to make sure both you and your baby are healthy. We encourage you to talk openly with them about any substances you are using. They can work with you to make a safe plan to stop using alcohol, tobacco, and drugs that can harm you and your baby.



24-hour Nurse HelpLine is ready 24/7.

Call **833-359-1384 (TTY 711)** to get answers to any health questions, even when your OB healthcare provider's office is closed. When your provider is not available, you also can use LiveHealth® Online to see a provider on your smartphone, tablet, or computer.

Helpful resources:

- Smokefree.gov: Support, tips, tools, and expert advice to help you quit smoking.
- Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline: Free helpline offers treatment referrals for people facing mental health or substance use problems. Call 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.

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 with you 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 healthcare provider.

Below are questions to answer to start your birth plan:

Where do you want to have your baby?

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

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

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

Who do you want to cut the umbilical cord?

For more information on birth plans and to find a sample birth plan, go to marchofdimes.org/find-support/topics/planning-baby/your-birth-plan.

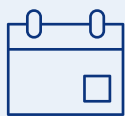


Caring for yourself and your baby

At your follow-up visit with your OB 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 OB 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.

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

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



If your Medicaid coverage will end after your baby's birth, plan your postpartum visit before you lose coverage. You can call the DHS Call Center at **202-727-5355** to ask about keeping your coverage.

Well-baby care

The American Academy of Pediatrics (AAP) suggests your baby have a checkup at birth and at 3 to 5 days old. Your baby's healthcare provider will also want to see them frequently until they are about 3 years old. The purpose of these visits is to make sure they're growing and developing how they should. During well-baby visits, your baby's primary care provider (PCP) will do a physical exam. They may also discuss your family's health history, recommend and give vaccines, talk about dental health, check your baby's vision and hearing, and discuss important health topics. 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 to 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): Track your child's 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.
- Healthy Children: Access education for parents by pediatricians at healthychildren.org/English/Pages/default.aspx.

Breastfeeding

Breastfeeding is a healthy decision 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. Regardless of the feeding method you choose, it's 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 6–8 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/en/parents/feednewborn.html.

Helpful resources:

- Women, Infants, and Children (WIC): Provides community support for breastfeeding. Learn how to apply in the Community Resources section of this guide.
- La Leche League International: Provides mother-to-mother breastfeeding support, encouragement, 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.



Safe sleep

Sudden unexpected infant death (SUID), which includes sudden infant death syndrome (SIDS), is the leading cause of injury death for babies. 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.

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.

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 healthcare 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 connect with someone.
- What to Expect: Visit whattoexpect.com and search for “postpartum depression.”
- National Maternal Mental Health Hotline: Call or text **833-852-6262** for 24/7, free, confidential support before, during, and after pregnancy. Visit mchb.hrsa.gov/national-maternal-mental-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 Suicide and Crisis Lifeline at **988**, call or text the National Maternal Mental Health Hotline at **833-TLC-MAMA (833-852-6262)**, or call 24-hour Nurse HelpLine at **833-359-1384 (TTY 711)** 24/7.



Family planning

If you want to have another baby, it's important to 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. 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 contraception (LARC) is one option 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 OB healthcare provider about the best options for you and how they may affect your body. Call 24-hour Nurse HelpLine if you have any questions about the method you choose. If you'd like to ask about your benefits for family planning options, call Enrollee Services.

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

Helpful resources:

- Office on Women's Health: You can visit the website at [womenshealth.gov](https://www.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 [cdc.gov](https://www.cdc.gov).

You can read about family planning at [cdc.gov](https://www.cdc.gov) by searching for "preconception." You can also learn more about family planning methods by searching for "contraception."



Health coverage for you and your baby

Our goal is to keep you and your baby healthy. We don't want you to lose coverage after delivery. To keep your baby covered, it is best to tell the Department of Human Services (DHS) about your pregnancy before pregnancy and after you deliver by calling **202-727-5355** or visit dhcf.dc.gov/service/how-qualify-dc-medicaid.

It's also important to contact District Direct by calling **202-727-5355 (TTY 711 or 855-532-5465)** or emailing districtdirect@dc.gov if any of the following change:

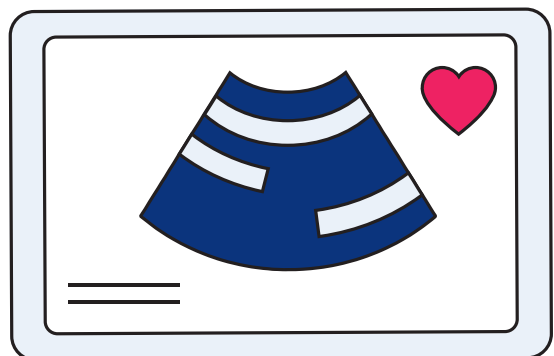
- Address
- Phone number
- Email address
- Expenses
- Income/assets
- Number of family members in the household

You can also visit a District Direct service center in person to share any changes to your personal information. Go to dc.gov to find a location near you.

Need help or have a question?

We're here to help. Just call Enrollee Services at **833-359-1384 (TTY 711)**, Monday through Friday from 8:00 a.m. to 6:00 p.m.

You can call us with any questions. 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. Just visit the Wellpoint website to find an organization near you.

Women, Infants, and Children (WIC)

WIC is a program that provides many resources to families with children. 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 contact information.

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 helps people meet with other parents for discussion with your OB healthcare 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 include private time with your OB healthcare provider.

Helpful resources:

CenteringPregnancy™

CenteringPregnancy is group prenatal care bringing women due at the same time out of exam rooms and into a comfortable group setting. Learn more about the program at centeringhealthcare.org/what-we-do/centering-pregnancy.

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 support your pregnancy 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.

Notes

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Thank you for trusting us with your healthcare.



References and sources:

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- Healthychildren.org, Breastfeeding (accessed April 2024): www.healthychildren.org/English/ages-stages/baby/breastfeeding/Pages/default.aspx
- American Academy of Pediatrics, Safe Sleep (Accessed April 2024): aap.org/en/patient-care/safe-sleep
- The American College of Obstetricians and Gynecologists, Interpregnancy Care (January 2019; reaffirmed 2025): acog.org/clinical/clinical-guidance/obstetric-care-consensus/articles/2019/01/interpregnancy-care
- March of Dimes, Folic Acid (May 2020) (accessed January 2024): marchofdimes.org/pregnancy/folic-acid.aspx
- The American College of Obstetricians and Gynecologists, Group Prenatal Care Committee Opinion (March 2018; reaffirmed 2025): acog.org/clinical/clinical-guidance/committee-opinion/articles/2018/03/group-prenatal-care
- Centers for Disease Control and Prevention: Symptoms of Depression Among Women (May 15, 2024): cdc.gov/reproductive-health/depression



**Enrollee Services, Monday through Friday from 8:00 a.m. to 6:00 p.m.
and 24-hour Nurse HelpLine: 833-359-1384 (TTY 711)**

wellpoint.com/dc/medicaid



Wellpoint District of Columbia, Inc. follows Federal civil rights laws. We don't discriminate against people because of their:
Race • Color • National origin • Age • Disability • Sex or gender identity

Do you need help with your healthcare, talking with us, or reading what we send you? We provide our materials in other languages and formats at no cost. Call us toll-free at 833-359-1384 (TTY 711).

¿Necesita ayuda con el cuidado de la salud, para hablar con nosotros o para leer lo que le enviamos? Ofrecemos nuestros materiales en otros idiomas y formatos sin costo alguno. Llame a nuestra línea gratuita al 833-359-1384 (TTY 711).

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건강 관리에 도움이 필요하십니까? 아니면 저희와 연락하시거나, 보내드리는 자료를 읽는 데 도움이 필요하십니까? 자료를 다른 언어 및 형식으로 무료로 제공해드립니다. 저희에게 833-359-1384 (TTY 711)번으로 연락해 주십시오.

您在醫療保健方面、與我們交流或閱讀我們寄送的材料時是否需要幫助？我們可免費提供其他語言和格式的材料。請撥打我們的免費電話 833-359-1384 (TTY 711)。

Avez-vous besoin d'aide pour vos soins de santé, pour parler avec nous ou pour lire ce que nous vous avons envoyé? Nous pouvons fournir gratuitement nos documents dans d'autres langues et formats. Appelez notre numéro gratuit 833-359-1384 (TTY 711).

Quý vị có cần trợ giúp liên quan tới chăm sóc sức khỏe, nói chuyện với chúng tôi, hoặc đọc nội dung chúng tôi gửi cho quý vị không? Chúng tôi có cung cấp tài liệu bằng các ngôn ngữ và định dạng khác mà không tính phí. Hãy gọi chúng tôi theo số điện thoại miễn cước 833-359-1384 (TTY 711).

The information in this document is for educational purposes only. It is not to be used as medical advice.

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