



*Taking Care of Baby and Me®*

# **Pregnancy-and-beyond resource guide**







# Support at each stage of pregnancy and delivery

A healthy pregnancy is a team effort. You made a good choice by joining Wellpoint to get the support and healthcare you need for a healthy pregnancy. This guide can help you learn more about the plan benefits and resources needed for you and your newborn baby. Our team of pregnancy experts will help you every step of the way. You can call Member Services Monday through Friday from 7 a.m. to 5:30 p.m. Central time or 24-hour Nurse HelpLine at any time, day or night.

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

**Stay healthy in your pregnancy — set up a visit with your OB doctor**

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

**Keep your benefits — tell TennCare or CoverKids you're pregnant. Call them at 855-259-0701**

**Write down any questions you may have for your doctor?**

Be sure to take these with you to your next visit:

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







## Healthy Rewards

As you complete healthcare visits, you can earn Healthy Rewards. These rewards can be redeemed for gift cards to select stores listed on your Benefit Reward Hub. To join the Healthy Rewards program, visit your benefits page at **wellpoint.com/tn/medicaid**. From there, log in to your Benefit Reward Hub and visit the Healthy Rewards portal. You can also call 888-990-8681 (TRS 711), Monday through Friday from 9 a.m. to 8 p.m. Eastern time.

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

## My Advocate®

My Advocate® is a health program that makes your care personal. The program starts with a health screener meant for us to learn more about you. We want to provide the best level of support based on your health needs. My Advocate is available by phone, through the app, or on the website.

There are tools in the app and on the 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 even choose how you want to get updates — by the mobile app or website, or weekly calls from MaryBeth. She is your virtual pregnancy coach.

When you join My Advocate, you'll get a screening call from MaryBeth. She will ask questions about your health and pregnancy to see if you could benefit from case management. If you want a referral for case management, call Member Services to ask for one.

To join My Advocate, download the app on your smartphone or smart device. You can also set up an account at [myadvocatehelps.com](https://myadvocatehelps.com).



## Healthy pregnancy and safe delivery

Your choices throughout pregnancy can lead to a healthy one and a safe delivery of your baby. Your wellness team is here for you. During visits with your OB doctor, they will help you prepare for your baby's birth. Together, with your doctor, you can:

- Make a birth plan.
- Talk through your questions.
- Gain peace of mind about your care.

**24-hour Nurse HelpLine is ready 24/7 to answer any health questions, even when your doctor's office is closed. You also can use LiveHealth® Online to see your doctor on your smartphone, tablet, or computer.**

## Extra support

You can get one-on-one support with a nurse who learns about your personal health needs and pregnancy through our Case Management program. Your case manager can:

- Help set up health visits.
- Find community resources.
- Partner to help with before- and after-delivery choices..

### Helpful resources:

- Health A to Z: Are you looking to learn about pregnancy and health topics? Search for your health topic in Health A to Z at **wellpoint.com/tn/medicaid**.
- Show Your Love: This app has steps to keep you and your baby healthy. Download the Show Your Love app today.



With My Advocate, MaryBeth makes it easier to connect with your case manager. She will let them know right away if you have any questions or concerns. Your case manager will follow up with you.



Substance use and pregnancy

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

Helpful resources:

- Smokefree.gov: Offers support, tips, tools, and expert advice to help you quit smoking.
- Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline: This free helpline offers treatment referral for people facing behavioral health or substance use problems. You can call SAMHSA 24/7 at 800-662-4357 (TRS 711).
- Tennessee Tobacco Quitline: This toll-free number is run by the National Cancer Institute. It connects you to services that can help you quit smoking or stop using other tobacco products. Call 24/7 at 800-784-8669 (TRS 711) or visit tnquitline.org.



It’s helpful to find a doctor (pediatrician) you trust for your baby before you deliver. You can use the Find a Doctor tool on the Wellpoint website or use the Sydney Health app to search for one.

Your birth plan

A birth plan helps make sure your choices are respected during labor and delivery. It describes what you want to the doctor and nurses who help deliver your baby. A birth plan can include:

- Medicines you do or do not want to take
- Who you want to be in the room with you when you have your baby
- Any religious or cultural practices you follow



Making a birth plan can help you feel better prepared for labor and delivery..

Here are some 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 a sample birth plan, go to marchofdimes.org, then Health Topics and visit the Labor and Delivery section



Caring for yourself and your baby

In your follow-up visit after your baby’s birth, your doctor will make sure your body is healing and help you adjust to life with a newborn. It’s best to see your doctor within 1 to 3 weeks, but no later than 12 weeks after delivery. If you had a high-risk pregnancy or delivered by C-section, your doctor may want to see you sooner than three weeks.

You may be eligible to earn Healthy Rewards for going to this postpartum visit.

With My Advocate, you can get tips from MaryBeth or online to help you with:

- Self-care
- Recovery
- Stress management
- Support with parenting



If your TennCare or CoverKids coverage will end after your baby’s birth, plan your postpartum visit before you lose coverage. You can call TennCare or CoverKids at 855-259-0701 to ask about keeping your coverage.



### Well-baby care

Your baby’s primary care provider (PCP) can give 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.<sup>1</sup>

You may be eligible to earn Healthy Rewards for taking your baby to their health visits. Log in to your Benefit Reward Hub at [wellpoint.com/tn/medicaid](https://wellpoint.com/tn/medicaid) or call 888-990-8681 (TRS 711) to see if you qualify.

**Helpful resources:**

- Centers for Disease Control and Prevention (CDC): You can track child development at [cdc.gov/ncbddd/actearly/index.html](https://cdc.gov/ncbddd/actearly/index.html).



With My Advocate, MaryBeth will teach you about vaccines (shots) and your baby’s well-child visits.

- March of Dimes: Read about the latest research and topics to keep you and your baby healthy at [marchofdimes.org](https://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.

<sup>1</sup> American Academy of Pediatrics website, Recommendations of Preventive Pediatric Health Care (accessed September 2020): [downloads.aap.org/AAP/PDF/periodicity\\_schedule.pdf](https://downloads.aap.org/AAP/PDF/periodicity_schedule.pdf).




### Breastfeeding

Breastfeeding is a healthy choice to make for your baby’s growth and development. The American Academy of Pediatrics suggests that babies are only breastfed 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. Learn how to apply in the Community resources section of this guide.
- La Leche League International: This program offers breastfeeding support, encouragement, and education. To find your local league, visit [llli.org](https://llli.org).
- InfantRisk Center: Find answers to your questions about breastfeeding and medicines. Call 806-352-2519 (TRS 711) or visit [infantrisk.com](https://infantrisk.com).
- Tennessee Breastfeeding Hotline: Call 855-423-6667 (TRS 711) to talk with someone for help with breastfeeding..



**Wellpoint may cover the cost of a breast pump.**

Call Member Services at **833-731-2153 (TRS 711)** to ask how you can get 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. A team of trained doctors and nurses will work with your baby to help them recover.

You can count on your case manager in our NICU Case Management program to support you while your baby is in the NICU. We are committed to making sure every high-risk infant has a detailed plan for care in the NICU and a safe transition home. If you have any questions about the NICU Case Management program, you can call Member Services for help.

**Helpful resources:**

- Graham’s Foundation: Provides support, advocacy, and research for preemies and their families. Visit [grahamsfoundation.org](https://grahamsfoundation.org).
- My NICU Baby: Created with the March of Dimes to provide answers, tools, and support for families of an NICU baby.





Postpartum depression

Postpartum depression (PPD) is common and treatable. According to the Centers for Disease Control and Prevention (CDC), about 1 in 8 women go through symptoms of postpartum depression.<sup>2</sup>

You may be experiencing PPD if you:

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

By asking for help, you are taking the first step to heal. Your doctor 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](http://postpartum.net) or call 800-944-4773 (TRS 711) 24/7 and follow the prompts to be connected with someone who may be able to help.
- What to Expect: Visit [whattoexpect.com](http://whattoexpect.com) and search “postpartum depression.”



With My Advocate, you can get tips from MaryBeth or online to help you cope with mood changes.

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

Family planning

If you want to have another baby, it’s important to talk to your doctor 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.<sup>3</sup>

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

If you have any health conditions or take any medicines, it’s important to also talk to your doctor 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.<sup>4</sup>

You can read about family planning at [cdc.gov](http://cdc.gov) by searching “preconception.” You can also search “contraception” for birth control methods.



With My Advocate, you can get tips from MaryBeth or online to help you with family planning and birth control options.

Helpful resources:

- Office on Women’s Health: You can visit the website at [womenshealth.gov](http://womenshealth.gov) or call 800-994-9662 (TDD 888-220-5446) with questions about health topics or their special programs.
- LARC devices: You can read more about IUDs and implants at [whoopsproof.org](http://whoopsproof.org).

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](http://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](http://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 Wellpoint after birth. To keep your baby covered, it's best to tell TennCare or CoverKids about your pregnancy before and after you deliver. Call 855-259-0701.

You can make sure your baby stays enrolled by following these steps:

- After your baby is born, the hospital will give you papers to get a Social Security number for your baby. Fill out those papers and mail them to the Social Security office.
- Tell TennCare or CoverKids about your baby as soon as you can. Call
- 855-259-0701 and tell them that you have filled out papers for the baby's Social Security number.
- When you get your baby's Social Security card in the mail, be sure to let TennCare or CoverKids know. If your baby has TennCare or CoverKids, call 855-259-0701 and give them your baby's Social Security number.

It's important to do these things as soon as your baby is born.

### You want to make sure you stay enrolled as well every year by renewing your Wellpoint benefits:

Just follow these steps to renew your benefits:

1. Keep an eye out for a renewal packet from TennCare or CoverKids when it's time to renew your benefits.
2. Complete your form and gather any documents TennCare or CoverKids asks for.
3. Mail the completed form and requested documents back to TennCare or CoverKids on time to:  
TennCare Connect  
P.O. Box 305240  
Nashville, TN 37230-5240

You can also complete your renewal by:

- Calling TennCare Connect toll free at 855-259-0701.
- Logging in to your TennCare Connect account at [tenncareconnect.tn.gov](https://tenncareconnect.tn.gov).

Member Services can help with any questions you may have as well. You can reach them at **833-731-2153 (TRS 711)** Monday through Friday from 7 a.m. to 5:30 p.m. Central time.



## 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 [wellpoint.com/tn/medicaid/community-support](https://wellpoint.com/tn/medicaid/community-support), you can find local organizations near you

### Women, Infants, and Children (WIC)

Women, Infants, and Children (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.

You have many ways to learn about the program and find out if you qualify:

- Contact your local health department.
- Call 800-342-5942 (TRS 711) and ask to apply for WIC.
- Visit [tn.gov/health/health-program-areas/fhw/wic.html](https://tn.gov/health/health-program-areas/fhw/wic.html).

### TennCare Kids and CoverKids

This program provides health services for babies, children, teens, and young adults. Those services include medical, dental, behavioral health, and checkups. Only TennCare members qualify, so it's important to:

- Enroll your baby while you're still pregnant.
- Check in — set up your child's health visit.
- Check up — go to your child's medical/dental checkups.
- Check back — set up follow-up visits, as needed.

DentaQuest is the dental plan for children under the age of 21 who are enrolled in TennCare. If you need help finding a dentist or setting up a visit, go to [dentaquest.com](https://dentaquest.com) or call DentaQuest Member Services at 855-418-1622 (TRS 800-466-7566).

A behavioral health provider helps with substance use and mental wellness. Call Member Services if you need assistance finding a medical or behavioral health provider.

### Community Health Access and Navigation in Tennessee

The Community Health Access and Navigation in Tennessee (CHANT) program teaches parenting skills to help you keep your child healthy and prepare them for school. They're also linked to many other quality programs to help coordinate your care. The program has trained home visitors by the Tennessee Department of Health who help you and your family with finding resources like food banks and other support services in your community. They can also connect you to Wellpoint care managers or your doctor if you need extra care.

To join the program, call your local health department or the Tennessee Department of Health, Division of Family Health and Wellness at 615-741-7353 (TRS 711). You can also visit [tn.gov](https://tn.gov) and search "CHANT."

Services are available in all counties in Tennessee.



CenteringPregnancy

There's a new way to get prenatal care. It's called CenteringPregnancy™. It allows a group setting with other parents for 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 10 prenatal visits that last up to two hours long and includes private time with your doctor.

Call 24-hour Nurse HelpLine to find out if there is a CenteringPregnancy site close to you.

Notes

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Nurses for Newborns

For extra support in your pregnancy, we also partner with the Nurses for Newborns (NFN) program. In this program, a nurse visits you throughout your pregnancy and up to two years after your baby is born. The nurse provides education, community help, and support. To learn about NFN, visit [nursesfornewborns.org](https://nursesfornewborns.org).

Thank you for trusting Wellpoint with your healthcare.



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References and sources:

- Centers for Disease Control and Prevention website: Breastfeeding (accessed July 2020): [cdc.gov/breastfeeding/index.htm](https://cdc.gov/breastfeeding/index.htm).
- March of Dimes website: Why at least 39 weeks is best for your baby (accessed July 2020): [marchofdimes.org/pregnancy/why-at-least-39-weeks-is-best-for-your-baby.aspx](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): [healthychildren.org/English/ages-stages/prenatal/Pages/Depression-and-Anxiety-During-Pregnancy-and-After-Birth-FAQs.aspx](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 (accessed February 5, 2020): [mayoclinic.org/healthy-lifestyle/getting-pregnant/in-depth/family-planning/art-20044072](https://mayoclinic.org/healthy-lifestyle/getting-pregnant/in-depth/family-planning/art-20044072).
- Office on Women's Health website: Prenatal care and tests (accessed January 2019): [bit.ly/2KdrNbP](https://bit.ly/2KdrNbP).
- American College of Obstetricians and Gynecologists Long-Acting Reversible Contraception Program: [bit.ly/2mdwcEP](https://bit.ly/2mdwcEP).





**Member Services: 833-731-2153 (TRS 711)**  
**24-hour Nurse HelpLine: 866-864-2544 (TRS 711)**

**[wellpoint.com/tn/medicaid](http://wellpoint.com/tn/medicaid)**

**Spanish: Español**

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 833-731-2153 (TRS: 711).

**Kurdish: کوردی**

ئاگاداری: ئه‌گهر به زمانی کوردی قهسه دهکهریت، خزمهتگوزاریهکانی یارمهتی زمان، بهخوڕایی، بۆ تو بهردهسته. په‌یومندی به (TRS 711) 833-731-2153 بکه.

Do you need help with your healthcare, talking with us, or reading what we send you? Call us for free at: 833-731-2153 (TRS: 711).

We obey federal and state civil rights laws. We do not treat people in a different way because of their race, color, birth place, language, age, disability, religion, or sex. Do you think we did not help you or treated you differently? Then call 833-731-2153 (TRS 711) or TennCare 855-857-1673 (TRS 711) for free.