



*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 took an important step to make informed decisions about your healthcare by joining Wellpoint Washington, Inc. This guide can help you learn about the plan benefits and resources to support your well-being during pregnancy. 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 Monday through Friday from 8 a.m. to 5 p.m. Pacific 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:

### 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 the State you're pregnant by

- Logging into your account at [wahealthplanfinder.org](http://wahealthplanfinder.org) or on the WAPlanfinder mobile app. Choose **Report a Change** and answer the on-screen questions to update your information.
- Calling the Washington Healthplanfinder Customer Support Center at 855-923-4633 (TTY 711).

### What questions do you have for your OB?

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

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2. \_\_\_\_\_  
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3. \_\_\_\_\_  
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4. \_\_\_\_\_  
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You can use the Find a Doctor tool on our website to 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 [wellpoint.com/wa/medicaid](https://wellpoint.com/wa/medicaid). From there, 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 6 a.m. to 5 p.m. Pacific 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.

## My Advocate®

My Advocate is a health program that makes your care personal. The program starts with a health screener 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 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 choose how you want to receive updates — by mobile app, website, or twice weekly calls from MaryBeth, your virtual pregnancy coach.

Your choices throughout pregnancy can help 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.

To join My Advocate, download My Advocate in your app store or create an account at [myadvocatehelps.com](https://myadvocatehelps.com).



## Healthy pregnancy and safe delivery

Your choices throughout pregnancy can help 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.

**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 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.

## Helpful resources:

- Are you looking to learn about pregnancy and health topics? Search for your health topic in Health A to Z at [wellpoint.com/wa/medicaid](https://wellpoint.com/wa/medicaid).
- Show Your Love: This app has steps to keep you and your baby healthy. Download Show Your Love in your app store today.



When you join My Advocate, you'll receive 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, please call Member Services to ask for one.

## 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 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.

### 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).
- Support, tips, tools, and expert advice to help quit smoking.
- Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline: This free helpline offers treatment referral 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 doctor (pediatrician) you trust for your baby before you deliver. You can use the Find a Doctor tool on the Wellpoint website 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.

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?

You can find a sample birth plan on [marchofdimes.org](http://marchofdimes.org).



## 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 doctor may want to see you sooner than three weeks if you had a high-risk pregnancy or delivered by C-section.

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



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



If your Apple Health (Medicaid) coverage will end after your baby's birth, plan your postpartum visit before you lose coverage. You can call the Washington State Health Care Authority at 800-562-3022 to ask about keeping your coverage.



## Well-baby care

Your baby's primary care provider (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.<sup>1</sup>

You may be able to earn Healthy Rewards for taking your baby to their health visits. Log in to your Benefit Reward Hub at [wellpoint.com/wa/medicaid](https://wellpoint.com/wa/medicaid) or call 888-990-8681 (TTY 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 decision 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 (TTY 711) or visit [infantrisk.com](https://infantrisk.com).



## Neonatal intensive care unit

The NICU is a unit in the hospital for babies who need special care after birth. A team of trained providers will work with your baby to help them recover.

You can trust 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, please 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.



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

Please call Member Services at **833-731-2167 (TTY 711)** to ask how you can get a breast pump





## Postpartum depression

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

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.

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 (TTY 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 receive tips from MaryBeth or online to help you cope with mood changes.

<sup>2</sup> 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 control (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 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 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 also can search “contraception” for birth control methods.



With My Advocate, you can receive 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.
- Long-acting reversible contraception (LARC) devices: You can read more about IUDs and implants at [whoopsproof.org](http://whoopsproof.org).

<sup>3</sup> 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).

<sup>4</sup> March of Dimes website, Folic Acid (accessed September 2020): [marchofdimes.org/pregnancy/folic-acid.aspx](http://marchofdimes.org/pregnancy/folic-acid.aspx).



Call 911 right away if you want to hurt yourself or your baby. You also can call the Washington Recovery Help Line at 866-789-1511 (TTY 206-461-3219) 24/7.






## 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 is best to tell the Washington State Health Care Authority about your pregnancy before and after you deliver by calling 855-923-4633 (TTY 711).

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

- Visit [wahealthplanfinder.org](http://wahealthplanfinder.org).
- If you have an account, log in and choose Update My Application and Renew Coverage.
- If you do not have an account, choose Apply Now, enter your information, then select Update My Application and Renew Coverage to renew your baby's benefits.

You may also call the Washington Healthplanfinder Customer Support Center at 855-923-4633 (TTY 711) to make sure your baby stays enrolled.



You want to make sure you stay enrolled as well every year by renewing your benefits online at [wahealthplanfinder.org](http://wahealthplanfinder.org) or calling 855-923-4633 (TTY 711).

**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 [wellpoint.findhelp.com](http://wellpoint.findhelp.com), you can find local organizations near you.

### Washington State Health Care Authority First Steps

The First Steps Maternity Support Services (MSS) program goes beyond your medical care to help you have a healthy pregnancy and baby. If you are enrolled in Apple Health (Medicaid) and are pregnant or up to 60 days postpartum, you can receive MSS from a local community partner.

The MSS program provides pregnancy and parenting tips, screening for possible risk factors during and after pregnancy, brief counseling for any identified risk factors and referrals to community resources.

A team that includes nurses, behavioral health specialists, and nutritionists provides MSS. In some MSS agencies, the team also includes community health workers. The MSS team may provide services in a clinic, your home, or another location you choose.

Once you deliver your baby, you can keep receiving MSS up to 60 days postpartum. After that, you and your baby can choose to enroll into the First Steps Infant Case Management (ICM) program. ICM can help you and your family learn about how to use needed medical, social, educational, or other resources in your community so your baby and family can thrive.

If you'd like to enroll in the MSS or ICM programs, talk to a provider in your area by searching the First Steps Provider Directory on

the Washington State Health Care Authority website at [hca.wa.gov](http://hca.wa.gov). You also can call Member Services and ask about the program.

If you are enrolled in Apple Health (Medicaid) and are pregnant, you also can receive First Steps Childbirth Education (CBE) classes from an approved CBE provider. CBE usually starts during the third trimester, and classes include the following topics:

- Having a healthy pregnancy
- Warning signs during pregnancy and how to handle them
- Nutrition
- Breastfeeding
- Birthing plans
- What to expect during labor and delivery and how to cope with pain
- Newborn care and what to expect at home after baby is born
- Safe sleeping
- Car seat safety
- Well-child care

To sign up for CBE classes, contact a provider near you by searching the Childbirth Education Provider Directory on the Washington State Health Care Authority website at [hca.wa.gov](http://hca.wa.gov).

## CenteringPregnancy

There's a new way to receive prenatal care. It's called CenteringPregnancy. It provides 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 OB.

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

## Women, Infants, and Children (WIC)

WIC is a program that provides many resources to families with children. You can receive 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:

- Visit [parenthelp123.org](http://parenthelp123.org).
- Text "WIC" to 96859.
- Call 800-322-2588 and ask to apply for WIC.

## 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](http://nursefamilypartnership.org).

## 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](http://healthyfamiliesamerica.org).

**Thank you for trusting Wellpoint with your healthcare.**



## References and sources:

- Centers for Disease Control and Prevention website: Breastfeeding (accessed July 2020): [cdc.gov/breastfeeding/index.htm](https://www.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://www.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://www.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://www.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://www.bit.ly/2KdrNbP).
- American College of Obstetricians and Gynecologists Long-Acting Reversible Contraception Program: [bit.ly/2mdwcEP](https://www.bit.ly/2mdwcEP).





**Member Services: 833-731-2167 (TTY 711)**  
**24-hour Nurse HelpLine: 866-864-2544 (TTY 711)**

**[wellpoint.com/wa/medicaid](https://wellpoint.com/wa/medicaid)**

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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 to you. Call us toll free at 833-731-2167 (TTY 711).

¿Necesita ayuda con su cuidado de la salud, para hablar con nosotros o leer lo que le enviamos? Ofrecemos nuestros materiales en otros idiomas y formatos sin costo alguno. Llámenos a la línea gratuita 833-731-2167 (TTY 711).