



BlueCross BlueShield
of Texas



Pregnancy and New Mother Resource Guide

My To-Do List:

- ❑ Schedule a prenatal visit within the first 12 weeks of pregnancy or within 42 days of joining the plan.
- ❑ Sign up for Special Beginnings®.
- ❑ Schedule a postpartum visit one to 12 weeks after delivery.

www.bcbstx.com/medicaid

Blue Cross and Blue Shield of Texas (BCBSTX) is here to support you during your pregnancy and after you deliver your baby. We have service managers, Value-Added Services, and programs and resources available to help you get the care you need during this exciting time.

Make sure to complete your to-do list:

1. Schedule your first prenatal visit within the first 12 weeks of pregnancy or within 42 days of joining the plan.
2. Sign up for Special Beginnings.
3. Schedule a postpartum visit one to 12 weeks after your delivery.

Important Checkups During Pregnancy

Prenatal Visits

Call your doctor as soon as you know you are pregnant, so you can start prenatal care. Be sure to go to all of the prenatal visits your doctor suggests. You should have your first prenatal visit within the first 12 weeks of pregnancy or within 42 days of joining BCBSTX.

Prenatal care can help reduce the risk of:

- Your baby being born too early or at a low birth weight (5 ½ pounds or less)
 - Gestational Diabetes
 - Preeclampsia, where your blood pressure rises to a high level that is unsafe
 - Anemia, which can happen when you have lower than normal amounts of red blood cells
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Programs and Resources for You and Your Baby

Special Beginnings

The Special Beginnings program can help you better understand and manage your pregnancy. When you register for Special Beginnings, you will be assigned a Special Beginnings service manager. Your service manager is a trained nurse who will talk to you about how you and your baby are doing and will call you up to six weeks after your baby is born. Your service manager can teach you how to make healthy choices for you and your baby, find pregnancy-related resources if you need them, and work with your doctor if you have any special health needs during your pregnancy.

If you are pregnant and would like to register for Special Beginnings, call toll-free at **1-888-421-7781** or email Special Beginnings at TXSBMedicaid@bcbstx.com.

Aunt Bertha

Aunt Bertha is an online database that helps BCBSTX members find resources for baby supplies, food, clothing, housing, child care, and more. Find programs, connect to services and apply for assistance at communityservices.bcbstx.com.

Neonatal Intensive Care Unit (NICU) Service Management

Babies born prematurely with health problems or babies who need special care at birth can be admitted to a hospital's NICU. BCBSTX offers the NICU Service Management program to give extra emotional support, education and resources to families of NICU babies through the baby's first year. If your baby is admitted to a NICU, a skilled service manager from the Special Beginnings team will call you to see if you would like to be in the program. If you have questions or want to know more about the NICU Service Management program, call toll-free at **1-888-421-7781** (TTY: **7-1-1**).

Healthy Texas Women

If you no longer have Medicaid after your baby is born, you may be able to get health care and family services through the Healthy Texas Women program. The Healthy Texas Women program provides family planning exams, health screenings and birth control to women ages 18-44 whose household income is at or below the program's income limits (185% of the federal poverty level).

To learn more about this program and how to apply, visit www.healthytexaswomen.org.

Caring for Yourself After Delivery

Postpartum Visit

You should schedule a postpartum visit one to 12 weeks after giving birth. During this important visit, your doctor will make sure you are in good health after the baby is born.

The doctor will check and/or talk to you about:

- Family planning or birth control choices
- Your uterus — to see if it has returned to its normal size
- Routine female health and how you are feeling emotionally
- Any problems or pain in your breasts
- An incision from C-section or tear from giving birth

Call BCBSTX Customer Service at **1-888-657-6061** (TTY: **7-1-1**) if you need help scheduling your prenatal or postpartum visit or getting a ride.



Value-Added Services (VAS) for Pregnant Women and New Mothers

BCBSTX offers these VAS at no cost to you. VAS may have restrictions and limitations.

VAS	Description
Prenatal care incentive options	Pregnant members can choose an infant car seat or a pack-and-play playard when they complete a timely prenatal visit and register for our Special Beginnings program.
Prenatal class with incentive diaper bag	Pregnant members can take a prenatal class, in-person or online, and earn a free diaper bag with baby care items.
New Mom Welcome Home Kit	Members who deliver a newborn while on our plan can get a New Mom Welcome Home Kit with baby care items.
Breastfeeding coaching and Breastfeeding Support Kit	Members who deliver a newborn while on our plan can get a free Breastfeeding Support Kit and breastfeeding coaching in the home or over the phone.
Fresh and healthy meal support for pregnant members	Pregnant members can get up to \$50 of fresh fruits and veggies delivered to their home each year.

VAS

Description

In-home meal delivery services

Members can get up to 14 meals delivered to their home after a hospital discharge.

Dental services for adult members

STAR members ages 21 and older and CHIP Perinate members ages 19 and older can get up to \$250 per year in dental services.

To learn more about BCBSTX VAS, call Member Outreach at **1-877-375-9097** (TTY: **7-1-1**).





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Aunt Bertha is an independent company that provides community resource listings and discount programs for BCBSTX members.

Blue Cross and Blue Shield of Texas complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-710-6984 (TTY: 711).

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-855-710-6984 (TTY: 711).

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