



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 Amerigroup Community Care. This guide can teach you about plan benefits and resources to support your well-being while you are expecting. 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 7 a.m. to 7 p.m. Eastern time, or our 24-hour Nurse HelpLine 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 healthcare provider**

An obstetrical (OB) healthcare provider is a medical expert in pregnancy care. They may be a doctor or other healthcare provider, such as a nurse, who has had special education and training in providing pregnancy care. You will see them for prenatal visits during your pregnancy and postpartum visits after you give birth. They'll work with you to determine your health risks, and will help you set up the appointments you need throughout your pregnancy.

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 stay active in pregnancy.
- Medications and supplements.
- Birthing options.
- Mental health: normal changes and warning signs.
- Feeding your baby.
- Family planning.

- To keep your benefits, tell the Georgia Department of Community Health (DCH) you're pregnant**

What questions do you have for your OB provider?

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 find an OB provider near you.





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 myamerigroup.com/ga. From here, you can log in to your Benefit Reward Hub and visit the Healthy Rewards portal. You also can call Healthy Rewards at **888-990-8681 (TTY 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 (CMS) has rules for dual benefits. Please call Member Services to find out which benefits apply to you.



Digital Maternity Program

Amerigroup 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 whenever and wherever 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 help us provide you with the level of support that fits your individual needs.

With the app, you'll be able to access all these topics (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 a contraction counter and a kick counter, to help you track your progress and your baby's well-being
- Checklists that help you prepare for your baby's arrival

Visit the Amerigroup website to learn more about the digital maternity program, and to sign up.



Healthy pregnancy and safe delivery

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 provider, 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 give you peace of mind about your care.

Helpful resources:

- **Health A to Z:** Do you want to learn about pregnancy and health topics? Search for your health topic in Health A to Z at myamerigroup.com/ga.
- **Count the Kicks:** Visit countthekicks.org to learn about the importance of tracking your baby's movements during the third trimester of pregnancy.

Extra support

Our case management program offers you one-on-one support from a nurse who can help you manage your personal needs during your pregnancy and after you have your 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 Member Services and ask to be connected to an OB case manager.

Doulas

Have you heard of a doula? A doula is a trained professional who provides continuous physical, emotional, and informational support to their client before, during, and shortly after childbirth. They can help make the experience as safe and healthy as 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 [March of Dimes](https://www.marchofdimes.com).

24-hour Nurse HelpLine 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 healthcare provider's priority is to make sure both you and your baby are healthy.



We encourage you to talk openly with your OB provider 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:

- **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 **800-662-4357 (TTY 711)**, available 24/7.
- **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)** anytime to speak confidentially with a highly trained quit coach.
- **Smokefree Women:** Support, tips, tools, and expert advice that are focused on helping women to quit smoking. Visit women.smokefree.gov.

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



Your birth plan

A birth plan helps make sure that your OB healthcare providers and nurses who help deliver your baby consider your choices during labor and delivery. Your plan 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 to follow, before and during 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, visit marchofdimes.org.



Caring for yourself and your baby

At your follow-up visit with your OB healthcare 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 provider may want to see you sooner than three weeks if you had a high-risk pregnancy or

delivered by C-section. You are eligible for 12 months of postpartum coverage under your Georgia Families benefits.



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

Well-baby care

The American Academy of Pediatrics (AAP) suggests your baby have a checkup at birth, and at 3 to 5 days old.¹ 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 healthcare provider will do a physical exam. They may also discuss your family's health history, recommend vaccines, give shots, talk about dental health, check your baby's vision and hearing, and talk about 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, your provider can guide you to the right kind of care.

Helpful resources:

- **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 2 months to 5 years old. 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.

¹ American Academy of Pediatrics: *Recommendations for Preventive Pediatric Health Care* (June 2024): 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 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 is 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 to 8 wet diapers a day, may not be getting enough to eat. If you're concerned your baby isn't eating enough, call their healthcare provider.¹ To learn more about feeding your baby, visit kidshealth.org/en/parents/feednewborn.html.

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 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.

Amerigroup may cover the cost of a breast pump. Please call Member Services at **800-600-4441 TTY 711** to ask how you can receive a breast pump.

Neonatal intensive care unit (NICU) Case Management

If your baby was born prematurely or with a serious health condition, they may have been admitted to the NICU. We believe the more you know, the better you will be able to care for your infant. To support you, we have a NICU Case Management program.

We extend our support by helping you prepare yourself and your home for when your baby is released from the hospital. After your baby is home, our case managers continue to provide education and assistance in improving your baby's health, preventing unnecessary hospital readmissions, and guiding you to community resources if needed.

The NICU can be a stressful place, bringing unique challenges and concerns you may have never imagined. The anxiety and stress related to having a baby in the NICU can potentially lead to symptoms of post-traumatic stress disorder (PTSD) in parents and caregivers. To reduce the impact of PTSD among our members, we assist by:

- Helping you engage with hospital-based support programs.
- Facilitating screenings for potential PTSD.
- Connecting you with behavioral health program resources and community support as needed.
- Actively asking for your feedback on the provided resources and how an increased awareness of PTSD has helped you.

If you want a referral for case management, please call Member Services and ask to be connected to a NICU case manager.

Helpful resources:

- **Graham's Foundation:** Provides support, advocacy, and research for preemies and their families.
- **Graham's Foundation MyPremie App:** Provides support to parents and families with preemies. [iTunes](#) [Google Play](#)
- **March of Dimes™:** Read about the latest research and topics to keep you and your baby healthy.
- **March of Dimes™ Compass App:** Provides answers, tools, and support so you can focus on your baby during this time. [iTunes](#) [Google Play](#)

¹ American Academy of Pediatrics: *Breastfeeding* (April 2024): aap.org.





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).

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

You also can call 24-hour Nurse HelpLine at **800-600-4441 (TTY 711).**



- 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.

Talk to your baby's healthcare provider if you have questions or concerns about safe sleep.¹

Postpartum depression

Postpartum depression (PPD) is common and treatable. According to the CDC, about one in eight women 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 provider can make a support plan if you are willing to share how you feel.²

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."
- **National Maternal Mental Health Hotline:** Call or text **833-TLC-MAMA (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.

¹ American Academy of Pediatrics: *Safe Sleep* (August 21, 2023): aapw.org.

² Centers for Disease Control and Prevention: *Symptoms of Depression Among Women* (May 15, 2024): cdc.gov.

Family planning

If you want to have another baby, 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.¹

Until you are ready for another pregnancy, you can choose from many family planning options. Long-acting reversible birth control (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 provider 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 family planning coverage.

If you have any health conditions or take any medicines, 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.²

You can read about family planning at cdc.gov by searching "preconception." You also can search "contraception" for family planning methods.



Helpful resources:

- **Office on Women's Health:** You can visit 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 intrauterine devices (IUDs) and implants as well as other family planning methods by visiting cdc.gov.





Health coverage for you and your baby

Our goal is to keep you and your baby healthy. To keep your baby covered, it is best to tell Georgia Families about your pregnancy before and after you deliver by calling **888-423-6765**.

You are eligible for 12 months of postpartum coverage under your Georgia Families benefits.

Your baby will automatically be enrolled in your health plan after birth. Unless you choose another plan for your baby, the newborn will automatically be assigned to your plan. If you do not choose a primary care provider (PCP) in the first 30 calendar days after the baby is born, one will be assigned to the baby.



You want to make sure you stay enrolled every year.

You will need to renew your benefits every 12 months to keep them. If you don't renew on time, you could lose your benefits.

1. Keep an eye out for a notice in the mail. You will receive a renewal notice from Georgia Gateway in the mail.
2. Go to the Georgia Gateway website at gateway.ga.gov. Then, log in or create an account.
3. Complete the online renewal. You can also call Georgia Gateway at **877-423-4746** (TTY **800-255-0135**).

You can also call us with any questions at Member Services. We are here to help you.



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. Just visit the Amerigroup 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 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 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 allows the opportunity to meet with other parents for discussion with your OB 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.¹

- You can go to your prenatal visits with other parents who are at the same or similar points 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 includes private time with your OB healthcare provider.

Helpful resource:

- **CenteringPregnancy™**: 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 offer support throughout your pregnancy and until your baby is 2 years old. To read about the program or to see if there is a site near you, **visit nursefamilypartnership.org**.

Resource Mother outreach

Resource Mothers (RMs) are trained community health workers who promote the health and well-being of Amerigroup's mothers and babies.

RMs work with our nurse case managers to assist mothers with:

- Learning healthy behaviors.
- Arranging nonemergency transportation.
- Getting doctor appointments.
- Obtaining social services and support.
- Linking mothers to the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC).

If you have questions about Resource Mother or would like more information, please contact the Case Management department at **833-763-2459**.

¹ American College of Obstetricians and Gynecologists: Group Prenatal Care (April 2024): acog.org.

Member Services: **800-600-4441 (TTY 711)**
24-hour Nurse HelpLine: **800-600-4441 (TTY 711)**

myamerigroup.com/ga



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