



*New Baby, New Life<sup>SM</sup>*

# 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 health care by joining Anthem. While you are on your pregnancy journey, this guide can teach you about plan benefits and resources to support your well-being. You are not going through this alone. We are ready to answer any questions you may have along the way. You can call our Customer Care Center team or 24/7 NurseLine 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 doctor

An obstetrical doctor (OB) is a medical expert in pregnancy care. You will see this doctor 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 Department of Health Care Services (DHCS) you're pregnant

You can call DHCS at 800-541-5555 to ask about how to keep your coverage.

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

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

1. \_\_\_\_\_

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2. \_\_\_\_\_

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3. \_\_\_\_\_

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4. \_\_\_\_\_

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5. \_\_\_\_\_

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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 [anthem.com/ca/medi-cal](https://anthem.com/ca/medi-cal). From here, 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 the Customer Care Center toll free to find out which benefits apply to you.



## 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, 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.

### Extra support

You can receive one-on-one support with a nurse who learns about your personal health needs and pregnancy through our care management program. Your OB care 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:

- **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 [anthem.com/ca/medi-cal](https://anthem.com/ca/medi-cal). Select **Health and Wellness** from the **Get Help** menu.
- **Show your love!:** This app has steps to keep you and your baby healthy. Download Show your love! in your app store today.



**Anthem will call you with a health screening survey to see if you could benefit from care management.**

If you want to participate in care management, please call the Customer Care Center.



## Text4baby

Text4baby is a mobile app with health tips at each stage of your pregnancy and after you deliver.

The Text4baby app can help:

- Track your baby's growth and vaccines (shots).
- Remind you about your doctor visits.
- Prepare you for your doctor visits.
- Connect you to pregnancy and parenting resources.

We will also call you with a health screener survey. Your answers from the screening help us connect you to nurse support based on your health needs.



**Download Text4baby in your app store today.**

**Our 24/7 NurseLine is ready 24 hours a day, seven days a week to answer any health questions, even when your OB's office is closed.**

When your doctor is not available, you also can use LiveHealth Online to see a doctor on your smartphone, tablet, or computer.





## 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 taking. 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)**.
- **Smokefree.gov:** Support, tips, tools, and expert advice to help you quit smoking.
- **Substance Abuse and Mental Health Services (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)**.
- **Smoke-Free Women:** This website provides support, tips, tools, and expert advice to help you quit smoking. Visit **women.smokefree.gov**.

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 Anthem website to search for one.



## Your birth plan

A birth plan helps make sure your choices are respected during labor and delivery. Your birth plan describes what you want to the doctor 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.**

**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 a sample birth plan, go to [marchofdimas.org](http://marchofdimas.org), go to *Health Topics*, and visit the *Labor and Delivery* section.



## 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!**

**If your Medi-Cal coverage will end after your baby's birth, plan your postpartum visit before you lose coverage.** You can call DHCS at 800-541-5555 to ask about keeping your coverage.



**With Text4baby, you can receive personal messages with self-care and parenting resources.**





## Well-baby care

Your baby's 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 earn Healthy Rewards for taking your baby to their health visits!**

Log in to your Benefit Reward Hub at [anthem.com/ca/medi-cal](https://anthem.com/ca/medi-cal) 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).
- **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.

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

**With Text4baby,** there are tracking tools to monitor your baby's growth.



## 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 provides mother-to-mother breastfeeding support, encouragement, and education. To find your local league, visit [llli.org](https://llli.org).
- **Infant Risk Center:** Find answers to your questions about breastfeeding and medicines. Call **806-352-2519 (TTY 711)** or visit [infantrisk.com](https://infantrisk.com).

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



**Please call the Customer Care Center to ask how you can receive a breast pump.**

## 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 a NICU baby.







Call 911 right away if you feel like hurting yourself or your baby. You also can call the National Suicide Prevention Lifeline at 800-273-TALK (8255) 24/7.



## Postpartum depression

Postpartum depression (PPD) is common and treatable.

According to the CDC, about 1 in 8 women 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.
- **What to Expect:** Visit [whattoexpect.com](http://whattoexpect.com) and search “postpartum depression.”

<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](https://cdc.gov/reproductivehealth/features/maternal-depression/index.html).

## Family planning

If you want to have another baby, you should 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. 24/7 NurseLine can answer any questions you have about the method you choose. You should call the Customer Care Center 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](https://cdc.gov) by searching “preconception.” You also can search “contraception” for birth control methods.



<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](https://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](https://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 Anthem after birth. To keep your baby covered, it is best to tell DHCS about your pregnancy before and after you deliver by calling 800-541-5555.

You can make sure your baby stays enrolled by calling your county worker at 800-433-2611 to make sure your baby is covered from birth, or fill out a newborn referral form.

After your baby is born, please call Quality Management (QM) Member Experience at **888-743-3508** to complete the Delivery Confirmation Screening. You should also receive a subscriber ID number for your newborn. If you do not receive your newborn ID or Medicaid card, please call the QM team at **888-743-3508**. They will help speed up the process to enroll your baby in the health plan and can assist with any questions.



**You want to make sure you stay enrolled as well every year by:**

- Calling your Medi-Cal case worker at your local Department of Public Social Services (DPSS) office to find out what you will need to do to keep your Medi-Cal benefits at 866-613-3777 or 626-569-1399 (TTY 800-660-4026) Monday through Friday, excluding holidays, 7:30 a.m. to 5:30 p.m. Pacific time.
- Following any extra instructions found in the letter you received.

**You can call us with any questions at the Customer Care Center. 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 visit [anthem.com/ca/medi-cal](https://anthem.com/ca/medi-cal), select **Community** from the **Get Help** menu, and type in your ZIP code to find local organizations 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](https://fns.usda.gov/wic).
2. Go to *How to Apply*.
3. Search for your state's toll-free number or visit [dhcs.ca.gov](https://dhcs.ca.gov).

### CenteringPregnancy™

There's a new way to receive 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 OB.

Call 24/7 NurseLine to find out if there is a CenteringPregnancy site close to you.

### 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](https://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](https://healthyfamiliesamerica.org) or call 312-663-3520.





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# Thank you

for trusting Anthem  
with your health care.

A photograph of a woman with dark, curly hair, wearing a grey long-sleeved shirt and maroon pants, sitting on a couch. She is holding a baby up in the air with both hands. The baby is wearing a white long-sleeved shirt with a colorful pattern, dark blue pants, and red and white striped socks. The woman is looking up at the baby with a joyful expression. The background is a bright, out-of-focus indoor setting.

- CDC website: *Breastfeeding* (July 2020): <https://cdc.gov/breastfeeding/index.htm>.
- March of Dimes website: *Why at least 39 weeks is best for your baby* (July 2020): <https://marchofdimes.org/pregnancy/why-at-least-39-weeks-is-best-for-your-baby.aspx>.
- American Academy of Pediatrics. [Healthychildren.org](https://healthychildren.org): *Depression and Anxiety During Pregnancy and After Birth: FAQs* (Accessed September 2020): <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* (February 5, 2020): <https://mayoclinic.org/healthy-lifestyle/getting-pregnant/in-depth/family-planning/art-20044072>.
- Office on Women's Health website: *Prenatal care and tests* (January 2019): [bit.ly/2KdrNbP](https://bit.ly/2KdrNbP).
- ACOG Long-Acting Reversible Contraception Program: [bit.ly/2mdwcEP](https://bit.ly/2mdwcEP).



**Customer Care Center:** toll free at 800-407-4627 (TTY 711), or 888-285-7801 (TTY 711) for members in Los Angeles, Monday through Friday, 7 a.m. to 7 p.m. Pacific time

**24/7 NurseLine:** toll free at 800-224-0336 (TTY 711)  
[anthem.com/ca/medi-cal](https://www.anthem.com/ca/medi-cal)



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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, including braille, large print, and audio at no cost to you. Call us toll free at 800-407-4627 (TTY 711), or 888-285-7801 (TTY 711) for members in Los Angeles.

¿Necesita ayuda con su cuidado de la salud, para hablar con nosotros o leer lo que le enviamos? Proporcionamos nuestros materiales en otros idiomas y formatos, incluyendo braille, letras grandes y audio sin costo para usted. Llámenos a la línea gratuita al 800-407-4627 (TTY 711), o 888-285-7801 (TTY 711) para miembros en Los Angeles.

您在醫療保健、向我們諮詢、或是閱讀我們寄給您的資料時有需要任何的幫助嗎？我們以其他語言和格式提供我們的資料，包括點字、大型字體印刷和音訊格式，您無需支付任何費用。歡迎撥打我們的免費電話 800-407-4627 (TTY 711)，Los Angeles 的會員或可致電 888-285-7801 (TTY 711)。

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