



Serving Hoosier Healthwise, Healthy Indiana Plan,  
and Hoosier Care Connect



*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 healthcare by joining Anthem. At each step of your pregnancy, this guide can teach you about plan benefits and resources to support your well-being. You do not have to go through this alone. We are ready to answer any questions you may have along the way. You can call our Member Services 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 help stay healthy in your pregnancy, set up a visit with your OB doctor.**

As soon as you know you're pregnant, call Member Services toll free at **866-408-6131 (TTY 711)** for Hoosier Healthwise and Healthy Indiana Plan, or **844-284-1797 (TTY 711)** for Hoosier Care Connect.

See your primary medical provider (PMP) or obstetrician or gynecologist (OB-GYN) for prenatal care. This is the care you get while you're pregnant. Our staff will make sure your doctor and hospital are in your plan. At your first prenatal care visit, your doctor should schedule additional visits throughout your pregnancy to keep you and your baby healthy. Seeing your doctor regularly during your pregnancy is important.

Our program New Baby, New Life<sup>SM</sup> will help you through your pregnancy. With our program, you have access to health information and may receive incentives for going to your appointments.

Our program can also help if you're pregnant and have complicated healthcare needs. Nurse care managers work closely with you to provide:

- Education.
- Help in following your doctor's care plan.
- Emotional support.
- Information on services and resources in your community.

☒ **To make sure you receive the best benefits, tell your Division of Family Resources (DFR) you're pregnant.**

You can call DFR at **800-403-0864**.

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

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

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/app to find an OB near you.







### Healthy Rewards

You can earn incentives for going to your health visits. You can redeem your Healthy Rewards with gift cards from a list of stores on the Benefit Reward Hub. To join the Healthy Rewards program, visit your benefits page at [anthem.com/inmedicaid](https://anthem.com/inmedicaid). From there, you can log in to the Benefit Reward Hub and visit the Healthy Rewards portal. You can also call **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.



## 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 your regular visits with your doctor, they will help you prepare for your baby's birth. These appointments are important. Together, you can make a birth plan, talk through your questions, and find ways to help you gain peace of mind about your care.

### 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/inmedicaid](https://anthem.com/inmedicaid).
- **Show your love!:** This app has steps to help you and your baby get and stay healthy. Download Show your love! in your app store today.



When you join My Advocate, you'll receive a screening call from MaryBeth, your virtual pregnancy coach. She will ask questions about your health and pregnancy to see if you can benefit from care coordination. If you want a referral for care coordination, please call Member Services to ask for one.

### My Advocate®

My Advocate is a health program that delivers personalized maternal health education. You can choose how you want to receive updates: by mobile app, website, or twice weekly calls from MaryBeth, your virtual pregnancy coach.

The program starts with a health screener meant 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.

If you choose phone updates, you will get to know MaryBeth. She will respond to your changing needs as your baby grows and develops. You can count on:

- Education you can use.
- Communication with your care manager based on My Advocate messaging should questions or issues arise.
- An easy communication schedule.
- Calls at no cost to you.

My Advocate calls give you answers to your questions, plus medical support if you need it. After the health screener, there will be ongoing educational outreach. All you need to do is listen, learn, and answer a question or two. If you tell us you have a problem, you'll get a call back from a care manager.

My Advocate topics include:

- Pregnancy care
- Postpartum care
- Well-child care

There are also tools in the app and website to help you:

- Track your baby's growth.
- Count the kicks in your pregnancy.
- Prepare for your baby's birth with checklists.

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

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



### Extra support

You can receive one-on-one support with a nurse who learns about your personal health needs and pregnancy through our care coordination program. Your OB care coordinator can help you set up health visits, find community resources, and partner with you to make informed decisions before and after you deliver.

With My Advocate, MaryBeth makes it easy to connect with your care coordinator. She will let your care coordinator know right away if you have any questions or concerns. Your care coordinator 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 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:

- **Indiana Quitline:** If you're pregnant and would like to quit smoking, call **800-QUIT-NOW**. Indiana's tobacco cessation program is free and confidential.
- **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)**.

It is helpful to choose a primary medical provider (PMP) you trust for your baby before you deliver. Call Member Services to locate a PMP. If you don't choose a PMP, Anthem will have to assign one for your baby. You can use the Find a Doctor tool on our app/website to change your baby's PMP after birth.



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?

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, visit [marchofdimes.org](http://marchofdimes.org), go to *Health Topics*, and look under the *Labor and Delivery* section.



Caring for yourself and your baby

It's important to set up a visit with your doctor (PMP or OB-GYN) for a postpartum checkup after you have your baby. It takes the body at least six weeks to heal after delivery.

The visit should be done between 7 to 84 days after you deliver.

If you delivered by C-section or had complications with your pregnancy or delivery, your PMP or OB-GYN may ask you to come back for a one- or two-week checkup. This is not considered a postpartum checkup. You will still need to go back and see your provider within 7 to 84 days after your delivery for your postpartum checkup.

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.



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

Plan your postpartum visit **as soon as possible**. You will be eligible for coverage for a total of 12 months after you deliver your baby.



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





## Well-baby care

Your baby's PMP 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>

For helpful information about keeping yourself and your baby healthy, visit Health A to Z on our website at [anthem.com/inmedicaid](https://www.anthem.com/inmedicaid). With Health A to Z, you can search for information on topics like:

- Breastfeeding
- Crib safety
- Newborn growth and development
- Immunizations
- Parenting
- And more

## 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.

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



You may earn Healthy Rewards for taking your baby to their health visits. Log in to your Benefit Reward Hub at [anthem.com/inmedicaid](https://www.anthem.com/inmedicaid) or call 888-990-8681 (TTY 711) to see if you qualify.

<sup>1</sup> 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).

## Breastfeeding

Breastfeeding is a healthy decision to make for your baby's growth and development. The American Academy of Pediatrics suggests that babies are 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 person-to-person breastfeeding support, encouragement, and education. To find your local league, visit [llli.org](https://www.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://www.infantrisk.com).

**Anthem may cover the  
cost of a breast pump.  
Please call Member Services  
to ask how you can receive  
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. If your baby is premature at birth or you had a high-risk pregnancy, your baby may need to stay in the NICU.

## Helpful resources:

- **Graham's Foundation:** Provides support, advocacy, and research for preemies and their families. Visit [grahamsfoundation.org](https://www.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 Behavioral Health Crisis Line 24/7 at 833-874-0016 (TTY 711).



## Postpartum depression

Postpartum depression (PPD) is common and treatable.

According to the 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.
- **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.



2 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).

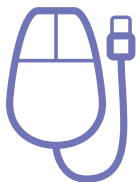
## Family planning

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 help 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 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](https://cdc.gov) by searching “preconception.” You also can search “contraception” for birth control methods.



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](https://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](https://marchofdimes.org/pregnancy/folic-acid.aspx).

### Helpful resources:

- **Office on Women's Health:** You can visit the website at [womenshealth.gov](https://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](https://whoopsproof.org).

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







## Health coverage for you and your baby

**Our goal is to help you and your baby get and stay healthy.** At the end of your pregnancy, you may be eligible for up to 12 months of postpartum coverage. Your baby will keep their coverage for three years. To keep the best benefits for you and your baby, please contact the Division of Family Resources (DFR) about your pregnancy and again after you deliver at **804-403-0864**.

At Anthem, we believe your baby gets the best care when you work closely with their

primary medical provider (PMP). You can choose a PMP you trust before your baby is born by filling out the **Pre-Birth Selection Form** in the back of your guide during your seventh or eighth month of pregnancy. If you don't choose a PMP, Anthem will assign one for your baby.

**Tip: Use the Find a Doctor tool on our app/website to change your baby's PMP after birth.**



## 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. Visit **[anthem.com/inmedicaid](https://www.anthem.com/inmedicaid)**. Select the *Member Resources* tab then go to **Community Support**. 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 [in.gov/isdh/19691.htm](https://www.in.gov/isdh/19691.htm).

### CenteringPregnancy™

There's another 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 include 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 healthcare.

A photograph of a woman with dark, curly hair, wearing a grey long-sleeved shirt and maroon pants, sitting on a couch and holding a baby. The baby is wearing a white patterned shirt and blue pants. The woman is looking up at the baby with a smile. 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: *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* (accessed 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* (accessed January 2019): [bit.ly/2KdrNbP](http://bit.ly/2KdrNbP).
- The American College of Obstetricians and Gynecologists: *Long-Acting Reversible Contraception Program*: [bit.ly/2mdwcEP](http://bit.ly/2mdwcEP).



**Member Services and 24/7 NurseLine:**

**866-408-6131 (TTY 711)** Hoosier Healthwise, Healthy Indiana Plan)

**844-284-1797 (TTY 711)** (Hoosier Care Connect)

[anthem.com/inmedicaid](https://anthem.com/inmedicaid)



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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 866-408-6131 (Hoosier Healthwise, Healthy Indiana Plan); 844-284-1797 (Hoosier Care Connect); TTY 711.

¿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 sin costo alguno para usted. Llámenos a la línea gratuita al 866-408-6131 (Hoosier Healthwise, Healthy Indiana Plan); 844-284-1797 (Hoosier Care Connect); TTY 711.

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