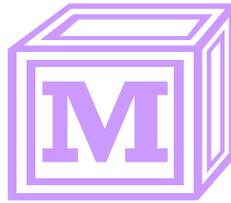




regnancy



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### **Do you know where you will get the health care you need while you are pregnant?**

The Pregnancy Medical Home (PMH) Program enrolls prenatal care providers who agree to serve women who receive Medicaid, throughout their pregnancies. These providers have agreed to higher standards of care to help mothers and babies be as healthy as possible.

### **The benefits of going to a PMH provider are:**

- ❖ Access to prenatal care.
- ❖ A stable relationship with one health care provider for your entire pregnancy.
- ❖ A pregnancy care manager to work with you, if your pregnancy is *high risk*.
- ❖ 24-hour telephone access to a health care professional for questions or concerns.
- ❖ Referrals to other programs such as Medicaid, WIC, family planning and other local resources as needed.

### **You may be high risk if you:**

- ❖ Have ever had a premature baby (baby born before 37 weeks).
- ❖ Are pregnant with twins, triplets, etc.
- ❖ Have diabetes, high blood pressure, HIV, sickle cell, asthma, seizure disorder, mental illness, or other conditions which can affect your pregnancy.
- ❖ Are in an unsafe living environment (homeless, unstable housing, family violence, sexual abuse, community violence).
- ❖ Use drugs or alcohol while you are pregnant.
- ❖ Smoke or use tobacco products while you are pregnant.

### **How will I know if I am high risk?**

When you have your first visit with your PMH provider, he/she will help decide if you have any risk factors. If you have any risk factors, you will be referred to a pregnancy care manager.

### **What will a pregnancy care manager do for me?**

- ❖ Help you identify your needs and make a plan to address them.
- ❖ Work closely with you and your doctor to understand your needs.
- ❖ Help arrange transportation to medical appointments, if needed.
- ❖ Help you manage any medicines that you might have.
- ❖ Work hand in hand with you to help you have a healthy baby.

### **How do I find a PMH?**

- ❖ If you currently receive Medicaid, you should report to your case worker that you are pregnant. At that time, your Medicaid case worker can tell you who the PMH providers are in your area.
- ❖ If you do not receive Medicaid, you may be eligible while you are pregnant. Contact your local county department of social services for information on applying for Medicaid and on the PMH providers in your area.
- ❖ Your local health department can also tell you who the PMH providers are in your area.
- ❖ You are free to choose any prenatal care provider.