

You're Pregnant!

Now What?

**Step by Step help from your
friends on what to do...**





Step-by-Step help from your friends on what to do...

This resource guide was meant for you! We've heard from many women and families that it would be helpful to have a guide such as this because there are so many steps to go through when you find out you're pregnant and need to get resources and support.

There are many people and resources available to help. They are listed here in one easy spot, so hang out with Rita and her friends and they will guide you and help you get ready for your baby..



Hi I'm RITA! My friends call me the Resource Diva! I'm here to help you find your way.

Just found out you're pregnant? I've talked to a lot of folks that know what they are talking about and have come up with some things to share with you...Check it out!



APPLY FOR MEDICAL COVERAGE

Step 1: Apply for Medical Coverage

Here's a way for you to get free medical care while you are pregnant!

1. Get an application

On a website – www.parenthelp123.com (you can fill it out online too!)

At the following offices:

DSHS at *5411 E. Mill Plain Blvd., Building 1 in Vancouver*

Clark County Public Health at *1601 E. Fourth Plain Blvd. in Vancouver*

SHIBA at *201 NE 73rd St., Suite 101 in Vancouver*

Children's Home Society at *309 W. 12th St. in Vancouver*

2. Fill it out

If you need help, call someone:

DSHS, 1-877-980-9180

Clark County Public Health—Pregnancy Partners, 360-397-8254

SHIBA, 360-735-3686

Children's Home Society, 360-695-1325

3. Be sure to include with your application:

***If you are working...**

Pay stubs from the last 30 days *or* a letter from the person you work for that says how much you make each month.

If you aren't working...

Last year's tax papers *or* a letter from you stating how you support yourself.
and

***Proof of Citizenship/Identity**

Proof of citizenship/identity can be one of the following:

- Birth Certificate
- Green Card
- DSHS Citizenship and Identity form
- Passport
- Tribal Identification Card

STEP 1

APPLY FOR MEDICAL COVERAGE

4. Mail or drop off your application:

Mail or drop off your completed application with income and citizenship/identity information to:

Mail to:

Department of Social Services (DSHS)
S53-1, PO Box 8985
Vancouver, WA 98668-9975

Drop off at:

Department of Social Services (DSHS)
5411 E. Mill Plain Blvd. Bldg. 1
Vancouver, WA 98668



Are you receiving TANF (Cash Assistance)?

If you are currently receiving cash assistance from DSHS, you need to do the following:

- Go to your health care provider and get “proof of pregnancy.” This is necessary to continue receiving your cash assistance.
- Contact your DSHS worker and give them the note from your health care provider to let them know you are pregnant.
- If you don’t do these two things, you could put yourself at risk for losing your cash assistance.



CHOOSE A MEDICAL PLAN

Step 2: Choose a Medical Plan

Choosing a medical plan means choosing an insurance plan so your medical visits during pregnancy will be paid for. You need to choose a medical plan as soon as possible!

You will get information in the mail from *Healthy Options* about medical plans available to you.

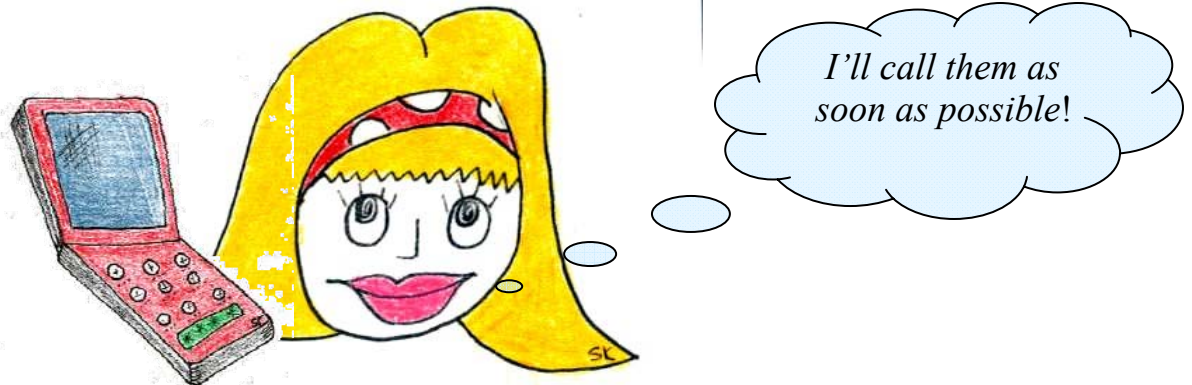
Here are your pregnancy medical plan choices in Clark County:

- **CUP:** Columbia United Providers—Many choices of clinics
- **Molina:** Legacy Health Centers
- **Kaiser Permanente**
- **CHPW** (Community Health Plan of WA)

After reading the materials sent to you, let *Healthy Options* know your choice as soon as possible! Call them at **1-800-562-3022**. See the next page for how to choose a clinic.

If you are not eligible for a medical plan...

You will be given an “open coupon.” You may contact Clark County Public Health’s **Pregnancy Partners** for a current list of providers accepting an open coupon. Call them at **360-397-8254**.



Rights and Responsibilities

Understanding your rights and responsibilities as a client/patient is important.

You have the **RIGHT** to:

- Respectful, kind care
- Clear and accurate information on all choices
- A second opinion
- Privacy
- Culturally sensitive services, including an interpreter if needed

You also have the **RESPONSIBILITY** to:

- Keep appointments or call to cancel
- Give complete and accurate information
- Follow providers' advice
- Treat providers with respect

If you have questions, concerns or complaints contact:

Legislative Hotline.....1-800-562-6000





GO TO A HEALTH CARE PROVIDER

Step 3: Make an appointment with your health care provider

Now that you have your medical plan, it's important to make an appointment so you can make sure you and your baby are getting the care you need. Pregnant women should plan to visit a clinic within the first 12 weeks of pregnancy.

WHAT YOUR MEDICAL PLAN COVERS

Prenatal and other medical visits

For a list of individual health care providers or clinics, contact your medical plan directly:

CUP.....	1-800-315-7862
Molina.....	1-800-869-7165
Kaiser Permanente.....	1-800-813-2000
CHPW (Community Health Plan of WA).....	1-800440-1561

Dental Care

As of March 2011, dental services are only covered in case of an emergency



When I was pregnant I had a tooth that was bothering me and I was able to see a dentist with my pregnancy medical coverage.

Vision (eye exam and glasses)

Vancouver Eye Care

Downtown.....696-4691

87th Ave256-3937

Salmon Creek.....992-2588

State Vision Clinic693-2300

For more options contact:

Pregnancy Partners.....360-397-8254

STEP 3

GO TO A HEALTH CARE PROVIDER

WHAT YOUR INSURANCE PLAN COVERS...cont.

Adoption - The following agencies do all options counseling and offer support and counseling during an adoption process.

Open Adoptions and Family Services.....360-254-7236
Adventist Adoption and Family Services.....360-892-1572
Boys and Girls Aid Society.....1-503-542-2392

Abortion - These clinics offer all options counseling and do abortions.

Downtown Women's Center.....1-800-990-3435
Lovejoy Clinic.....1-800-752-6189
Planned Parenthood.....Call center..1-888-875-7820

Birth Control/STD exams

After your baby is born, you will get 2 months of full medical coverage and then 10 months of Family Planning only medical coverage. If you are on TANF you will get your regular medical coverage back.

For birth control or STD exams after your baby is born, see your health care provider or call:
Planned Parenthood—Orchards and Salmon Creek.....Call center 1-888-875-7820
Options 360°Vancouver 360-699-5433, Battle Ground 360-687-8943, Orchards 360-567-0285

If you are interested in getting your tubes tied (tubal ligation) talk with your health care provider before your baby is born. Your medical plan would cover the cost.

You can use your medical plan to get over-the counter birth control like condoms, spermicidal foam, and emergency contraception at any store that will take your medical plan.

Childbirth Education - Classes to help you learn about pregnancy and delivery.

Southwest Washington Medical Center.....360-514-BABY
Legacy Hospital.....360-487-5498

Nurse Family Partnership—Program for women having their 1st baby

Visits from a nurse, counselor, and/or nutritionist to provide support, education and connect you with community resources.

Clark County Public Health..... 360-397-8483

Prescriptions

Many prescriptions are covered by your medical plan including: prenatal vitamins and birth control methods. Give them your medical coupon or ID card at time of purchase. For prenatal vitamins you need to have a prescription from your provider. You can use it at any store that accepts your medical plan.

Transportation —Bus passes, cab rides or gas vouchers for medical appointments.

Medicaid Transportation.....360-694-9997



GROW A HEALTHY BABY

NUTRITIONAL RESOURCES

WIC - Women Infants and Children Nutrition Program

WIC helps pregnant women, new mothers, babies and young children eat well, learn about nutrition and stay healthy.

If you want to apply for WIC benefits, please call your closest WIC office to find out if you are eligible. You will be asked your name, address, birth date, household income and whether or not you are pregnant.

Clark County WIC offices:

Vancouver.....	360-397-8459
Battle Ground.....	360-687-7127
Washougal	360-835-7802

“Having WIC helps you to get the right foods to eat while you’re pregnant.”



WIC Food packages

Families receive coupons to purchase WIC approved foods such as juice, iron-fortified cereal, eggs, cheese, milk, peanut butter, dried beans or peas, tuna, carrots and iron-fortified infant formula.

Infant formula

For families that do not breastfeed, WIC provides supplemental formula covering a portion of an infant’s formula needs each month. Similac Advance and Isomil Advance are the primary WIC approved formulas.

If you qualify, a 30—60 minute appointment will be scheduled to complete the application process and answer any questions you have. All family members eligible for WIC need to make appointments, including children.

Breastfeeding Support

The decision to breastfeed has a lifelong impact on you, your baby and your life together. Breast milk is the best food for your baby. WIC offers support to breastfeeding moms through education, support groups, peer counseling, and referrals for home visits.

Breastfeeding peer counselors WIC warm line.....	360-397-8459
La Leche League.....	360-514-6773
Nursing Mother's Council.....	360-750-0656
WIC.....	360-397-8459
Sante Mama (Breast pump rental)	360-253-2229
SW WA Medical Center Breastfeeding Question Line.....	360-514-4027



"I was afraid I wouldn't know how, but I got a lot of support from WIC and when the baby came I felt confident."

BASIC FOOD PROGRAM—DSHS

Basic food is the name for the food coupon program in Washington State. Basic Food helps families who qualify to buy food with an Electronic Benefits Transfer (EBT) card. EBT cards work like debit cards. People getting this benefit can use the card at grocery stores that take them. Visit DSHS at 5411 E. Mill Plain Blvd. or call 1-877-980-9180 to apply.

Families qualify based on gross monthly income (before taxes) and number of people in household. The amount of food assistance a family receives depends on different living expenses like child care, child support paid out, utilities and rent or mortgage.

There are additional benefits when you receive Basic Food besides monthly benefits to buy food:

- Automatically enrolls school-aged children in the free school meal program.
- Shows that your family meets the Women Infants and Children (WIC) income test.
- Qualifies you for low-cost local phone services through the *Washington Telephone Assistance Program* (call your phone company).
- Food bank resources.

For help finding a food bank near you call the Family Food Hotline.....1888-4-FOOD-WA

HANDY DANDY RESOURCE LIST

The following community resources are for pregnant women as well as for support during parenting.

Abuse

Safechoice Domestic Violence Hotline *local support for victims of family violence*.....360-695-0501
Child Protective Service (CPS Hotline) *report child abuse or neglect*.....360-993-7901

Child Care

Child care resource and referral *help locating childcare*.....360-750-9735
Working Connections Childcare *help paying for childcare*.....1-877-980-9180

Drug /Alcohol /Tobacco

Tobacco Quit Line *support for quitting tobacco use*.....1-877-270-7867
Lifeline Connections *alcohol and drug treatment programs*.....360-397-8246
Community Services Northwest *alcohol and drug treatment programs*.....360-397-8488

DSHS

Customer Service *call with questions*.....1-877-980-9180
 Healthy Options *call with questions*.....1-800-562-6136

Emotional Support/Mental Health

Baby Blues Connection <i>support group for postpartum depression at SWMC</i>	360-735-5571
Postpartum Support International <i>hotline for support after baby</i>	1-800-944-4773
Clark County Crisis Line <i>immediate support for mental health crisis</i>	360-696-9560
Columbia River Mental Health <i>mental health counseling</i>	360-993-3000
Community Services Northwest <i>mental health counseling</i>	360-397-8484

Housing/Utility Assistance

Shelter Clearinghouse *call to access shelters*.....1-866-577-2503
Energy Assistance *for help with utility bills*.....1-866-861-6354
Telephone Assistance *for low cost phone service*.....Call your phone company

Pregnancy Support Services

Maternity Support Services	<i>support services for pregnant women.....</i>	360-397-4366
Nurse Family Partnership	<i>support for first time pregnant women.....</i>	360-397-8483
Birthright	<i>support for pregnancy, maternity and baby clothes.....</i>	360-694-8156
Car Seat Clinic	<i>learn how to install a car seat. Free car seats available if low income.....</i>	360-450-8987
Options 360°	<i>support for pregnancy.....</i>	Vancouver ...360-699-5433
	<i>Battle Ground....</i>	360-687-8943.....Orchards.....360-567-0285
Community Pregnancy Clinic	<i>support for pregnancy.....</i>	360-834-2829
Pregnancy Partners	<i>help applying for medical coverage and finding a clinic.....</i>	360-397-8254

Moms Groups/Support Groups for Moms

M.O.M.S. -New Heights Church.....	360-882-1531
MOMS - Club.....	360-604-0135
MOPS - City Harvest Church.....	360-546-1000

Transportation - Bus passes, cab rides or gas vouchers for medical appointments

(Call at least 72 hours before scheduled medical appointment)

Medicaid Transportation	360-694-9997
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Teen Resources

Evergreen Public Schools GRADS <i>school support for pregnant and parenting teens</i>	360-604-3700 ext. 8795
Vancouver School District Teen Parent Program <i>school support for pregnant and parenting teens</i> ...	360-313-4446
Vida's Ark <i>home for pregnant teens</i>	360-695-3681
Clark County Teen Talk <i>"warm line support for many teen issues"</i>	360-397-CHAT

Websites

www.parenthelp123.org

www.text4baby.org



Clark County Public Health
Mailing: PO Box 9825
Vancouver, WA 98666-8825
Physical Location: Center For Community Health
1601 E. 4th Plain Blvd. Vancouver, WA 98666
Main phone: 397-8000

WWW.Clark.Wa.Gov/public-health



Facebook- <http://bit.ly/ClarkcoFB>
Twitter- <http://bit.ly/ClarkcoTwitte>



For other formats

Clark County ADA Office, Voice (360) 397-2000
Relay (800) 833-6384, E-mail ADA@clark.wa.gov