

Do you **qualify?**

Prenatal and postpartum care are very important for a healthy baby and a healthy you

It's important to visit the doctor during the early months of your pregnancy. Your doctor will schedule you for regular visits. These visits will help keep you and your baby healthy and avoid problems with delivery.

After delivery, it is important to follow up with your doctor sometime between 21-56 days after your baby is born. This appointment is called a postpartum follow-up visit. This visit is important to discuss any changes or issues after delivery.

Your first visit includes:

- Taking your medical history and family health history
- A pelvic exam
- Calculating your due date
- Prenatal blood work
- Prenatal education
- A pap test

The other visits are to make certain that you have not developed any problems with your pregnancy. Also, your doctor monitors the growth and development of your baby. There will be blood tests and other tests (such as an ultrasound) at different times during your pregnancy to watch your progress.

After delivery you should have a postpartum appointment.

This appointment should be 21-56 days after your baby is born.

Your postpartum visit will evaluate

- You are healing well
- Your uterus is returning to normal
- Your cervix is closed
- You get treatment if you have postpartum depression
- You know your choices for family planning and birth control

How do I qualify?

It's easy! Just take the included card to your doctor's office when you go for your visit.

The doctor will sign the card for you, showing that you came in for the visit. Keep the card until it is complete.

The Health Plan wants to encourage members to be healthy and stay healthy. We are rewarding new moms with gift cards when they complete two visits during their first trimester, four visits during their third trimester and complete their postpartum visit.

When do I turn in the card?

After you have gone to your postpartum visit, you'll need to mail the card in the enclosed envelope and the postage is free. Remember, the postpartum visit has to be 21-56 days after your baby is born.

Do I have to be a member of The Health Plan?

Yes, you must still be a member.

Can I qualify for a gift card if I am already pregnant but am a new member?

Yes, you could qualify for one or all three of the incentives depending on what trimester you are in.

One of your benefits with The Health Plan is access to a registered nurse, called a case manager, who can assist you through your pregnancy and postpartum period.

Our Prenatal Care Program helps make sure you and your baby get appropriate care during and after your pregnancy.

Please call today to get enrolled in our Prenatal Care Program and we will talk about your pregnancy and other benefits that can help you have a healthy pregnancy.

Contact Outreach at 1.855.577.7124, for more information about the gift card incentive.

The Health Plan Prenatal Incentive Program

Member name: _____ The Health Plan member ID number: _____ Street address: _____ City, state & ZIP: _____ Phone number: _____		To be filled out by OB Doctor: Date of first visit: _____ EDC: _____	
Date of visit	Week's gestation	Provider's signature	Office address

Please continue on the other side of this card

Once this card is fully complete, send it to:
 The Health Plan
 Attention Medicaid Outreach
 52160 National Road East
 St. Clairsville, OH 43950-9365