

## SUPPORT FOR PREGNANT MEMBERS AND NEW PARENTS

Start Smart for Your Baby® was created to support you when you need it. From pregnancy to delivery and after your baby is born. Start Smart for Your Baby is part of your benefit and available to you at no cost. We can help you with what you need most. We can connect you to resources like:

- Transportation to and from appointments
- Help if you are feeling down or anxious during or after your pregnancy
- Ways to help you reduce or quit smoking, drinking alcohol or taking other substances
- Breastfeeding support and resources
- Local support for items you need like healthy food, a car seat and housing

## GET STARTED

Go to your doctor as soon as you think you are pregnant. Getting care early helps you have a healthy pregnancy. Call us if you need help finding a doctor. Fill out a pregnancy form so we can personalize the ways we can help you. **You could receive a reward for completing the form!** There are a few easy ways to do it:

1. Log in to your member portal online
2. Call your health plan at the number listed on your ID card



Scan the QR code  
to explore  
**startsmartforyourbaby.com**

Learn more about topics that are important to you. Find info for things like:

- Choosing a provider who's right for you
- Mental health
- Getting ready for baby
- Breastfeeding
- Your baby's development
- Recovering after delivery
- Birth control



***Need help getting started? Call us at  
1-800-839-2172 (TTY 711). We are here to help.***

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