

JOURNEY THROUGH PREGNANCY: A STATE HEALTH PLAN CHECKLIST FOR MEMBERS

Pre-pregnancy

Benefit Tips:

- Prepare for maternity leave.** Research supplemental short-term disability insurance, and enroll prior to conception to ensure adequate coverage, if needed. For more information, visit your Human Resources Department.
- Need financial assistance?** Your family income may qualify you and your child for [Medicaid](#) or [NC Health Choice](#).

Other Helpful Tips: A HEALTHY BABY STARTS WITH A HEALTHY YOU!

- Learn about your family health history.** Understanding your family's health history can help you make important health choices now as well as throughout your pregnancy.
- Get a [preconception checkup](#)** from your health care provider to ensure you are healthy and your body is ready for pregnancy.
- Quit now!** Now is the time to quit smoking, limit alcohol, and stop using social drugs or prescription drugs that are not prescribed to you. There is no safe level of tobacco, alcohol, or drugs during pregnancy. Kick the habit now! For assistance with quitting tobacco call QuitlineNC at **800-QUIT-NOW (800-784-8669)**. For assistance with alcohol or drug abuse, review your [State Health Plan Benefit Booklet's](#) mental health/chemical dependency benefits. You can also call [Achieve Solutions](#)[®] at **800-367-6143** for additional support or referral to a counselor or treatment center.
- Maintain or get to a healthy weight** by eating a well-balanced diet and being active. For motivation and success with healthy eating and physical activity, participate in [Eat Smart, Move More, Weigh Less](#) for as little as \$5 with good attendance!*
- Visit your dentist.** Be sure to keep your dental checkups to maintain good oral health. Gum disease can increase your chance of having a premature, low birth weight baby.
- Once a day, every day!** Take a multivitamin containing at least 400 mcg. of folic acid daily. A woman must have enough folic acid in her body *before* she gets pregnant to optimize energy and promote healthy cell growth. (Folic acid is now covered 100% under the [Affordable Care Act Preventive Medication List](#) for members on the Enhanced 80/20 Plan or the Consumer-Directed Health Plan (CDHP).)

For more information visit:

www.marchofdimes.org

www.nchealthystart.org

www.babycenter.com

www.everywomannc.com



*\$5 program cost after a \$25 refund for completing the program (attending 10 of the 15 sessions).
\$30 registration fee required during enrollment.

First Trimester (Weeks 1-12)

Benefit Tips:

- Prepare for maternity leave.** Familiarize yourself with your agency's [Family Medical Leave Act](#) policy and its contents.
- Need financial assistance?** See if you qualify for [North Carolina's Women, Infants, and Children \(WIC\) program](#), also called the Special Supplemental Nutrition Program. WIC is a federal program designed to provide food to low-income pregnant, postpartum and breastfeeding women, infants, and children up to the age of 5.
- Call an NC HealthSmart Maternity Coach to **enroll in the [Stork Rewards Program](#)**. Stork Rewards offers delivery room savings to eligible Plan members. Coaches are available Monday-Friday from 8:30 a.m. – 9 p.m. and Saturdays from 9 a.m. – 2 p.m. Don't delay; call **800-817-7044** today!



Other Helpful Tips:

- Call your provider** to notify them that you are pregnant and schedule your first prenatal care appointment.
- Get help if you have been abused by your partner.** Research shows that domestic violence or abuse increases during pregnancy. Call the [North Carolina Coalition Against Domestic Violence](#) at **800-799-SAFE (800-799-7233)** for information about counseling and shelter services near you.

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Second Trimester (Weeks 12-27)

Benefit Tips:

- Review your dependent and family health plan options.** If you decide to add your baby to your State Health Plan, you must do so within 30 days of delivery. Contact Blue Cross and Blue Shield of North Carolina at **888-234-2416** if you have questions about your benefits and copayment costs that may be incurred by your new baby.
- Meet with your Human Resources representative** to discuss what documentation you will need to submit in your third trimester.
- Continue to work with your NC HealthSmart Maternity Coach at 800-817-7044** to qualify for the Stork Rewards incentive or get answers to your pregnancy questions.

Other Helpful Tips:

- Bubbles, butterflies, tickles.** By week 25, you should begin to feel your baby moving. Discuss fetal movements with your primary care provider and maternity coach.
- Understand the signs of [Preterm Labor](#).**
- Be prepared.** Sign up for childbirth education, breastfeeding, and infant CPR classes.
- Use this time to [childproof your home](#) and [prepare your family pet\(s\)](#) for the new arrival.
- If returning back to work, begin to research affordable **childcare service providers**. [Click here](#) to find out if you qualify for childcare financial assistance.

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Third Trimester (Weeks 28-42)

Benefit Tips:

- Develop an out-of-office plan.** Prepare a memo regarding your intentions for leave and work coverage.
- Complete and submit the following forms to your HR Department. These forms may apply to your partner or spouse and vary across worksites.
 - Family Medical Leave/Family Illness Leave Request Form** with “**Certification of Health Care Provider**” Form completed by your provider. This will cover up to 12 weeks of job-protected leave from work per year.
 - Voluntary Shared Leave (VSL) Paperwork** (if you would like to participate). VSL can only be used during your disability period after all other leave has been depleted.
- Once you decide on your baby’s health plan, [select a pediatrician](#) for your baby.
- Continue to work with your NC HealthSmart Maternity Coach at 800-817-7044** to qualify for the Stork Rewards incentive or get answers to your pregnancy questions.

Other Helpful Tips:

- Develop a [birth plan](#) for your labor and delivery options** to be shared with your prenatal provider.
- Complete the hospital patient registration form** at least one month prior to due date.
- Develop a [checklist](#) of items that you will need to take to the hospital.** Be sure your hospital bag is packed at least four weeks prior to your due date. Remember to include a copy of your birth plan and any documents that may need a provider’s signature.
- Know where to go.** Map out a hospital route with a backup plan.
- Decide whether you will breastfeed your baby.** Learn about the [benefits](#) of breastfeeding for you and your baby. Contact your local hospital or pediatrician’s office for additional information and support.
- Get and properly install your [baby’s car seat](#).** Local police, State Highway Patrol, fire departments, and hospitals can be great resources to help properly install your baby’s car seat.
- Keep your loved ones in the know.** Develop your call list of family and friends to contact while you are in the hospital.



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Postpartum

Benefit Tips:

- Add your baby to your health plan.** To add your baby to your plan, log on to your enrollment system within 30 days of delivery.
- Consider adding additional funds to your [NC Flexible Spending Account \(FSA\)](#) or [Dependent Day Care FSA](#).** These are pre-tax dollars for medical and childcare expenses.
- If you experience a medical complication that prevents you from returning to work after 60 days, complete the necessary [short-term disability](#) forms available on the NC ORBIT website or contact your employer. (Short-term disability can only be used after all other leave has been depleted.)
- Continue to work with your NC HealthSmart Maternity Coach at 800-817-7044** to get answers to your postpartum and newborn questions.

Other Helpful Tips: Remember to take care of yourself and enjoy your new family!

- Create your postpartum support system** of family members, friends and coworkers. Give them suggestions on what would be most helpful after your birth – preparing meals, laundry, childcare for other children, etc.
- Know the signs of [postpartum depression](#) and seek help if you experience any symptoms.
- Return to your provider for your **six-week postpartum checkup**. Address the following topics:
 - See if your body is ready for exercise
 - Vitamins for you and your baby. You may need to take additional vitamins, especially if you are breastfeeding.
 - Nutritional needs (eating well-balanced meals and drinking 8-12 eight-ounce glasses of water a day)
 - Sexual relations after birth and birth control options.
- [Request a Social Security number](#) for your child.
- Don't forget** to include your new dependent on your taxes.



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