



Prenatal care



Welcoming BabySM prenatal care

Congratulations on your pregnancy! We are here to help guide you through this journey. Whether you are a first-time parent or growing your family, having a baby is one of the most important and exciting times in your life.

This booklet is written just for you. It covers topics ranging from conception to delivery, so that you are prepared for a healthy pregnancy and baby.

Please take a few moments to read through this booklet.

We thank you for choosing Welcoming Baby as your prenatal care resource. For more information about Welcoming Baby, please call **1-844-671-2108 (TTY: 711)**, Monday through Friday, 8 a.m. to 5 p.m., or email us at **welcomingbaby@sentara.com**.

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Member events

Check dates and register for our upcoming programs at **sentarahealthplans.com/events**. Some events are held online and some are in person. All events are free. You can also register over the phone by calling your Welcoming Baby community health worker at **1-844-671-2108 (TTY: 711)**, Monday through Friday, 8 a.m. to 5 p.m.

- **Baby Showers** – Have fun while expert guest speakers provide helpful tips and resources. You get a gift bag for attending and might win a raffle prize.
- **Maternal Health Workshop** – This program provides a deeper focus on pregnancy topics not commonly known.

My Welcoming Baby community health worker is:

Name: _____

Office phone: _____

Cell phone: _____

Email: _____

Support and outreach

Meet your prenatal team who will continue to support you during this time.

Welcoming Baby certified community health workers are your medical outreach representatives who call you monthly and may come to your home to provide education and supportive services during your pregnancy. Your community health worker can explain services you can get from Sentara Health Plans, including baby showers, breastfeeding resources, and incentives. They will also remind you to attend prenatal visits.

Care managers are licensed professionals or a professional with a background in healthcare who provides education and coordination of care for pregnant women who need assistance and support for a healthy, safe pregnancy.



High-risk nurse care managers and behavioral health case coordinators work with you to control your blood pressure and blood sugar, coordinate care for behavioral health concerns, screen for depression, and provide you with education on hypertension and preterm labor.

Health educators help you enroll in prenatal and parenting classes, where available. Your health educator also provides assistance for quitting smoking and maintaining healthy exercise during pregnancy (doctor permitting).

Obstetrician (OB doctor) care for women during preconception, pregnancy, childbirth, and the first several weeks postpartum (after childbirth). They manage and treat health conditions associated with pregnancy and postpartum to ensure both you and your baby are healthy.

Midwives are health professionals specially trained to care for women during their pregnancy, labor, and immediately after they give birth.

Doulas are trained professionals and offer non-clinical pregnancy, postpartum, and childbirth related supportive services throughout your pregnancy and postpartum.

Pediatricians (baby's doctor) are specially trained doctors who treat babies, infants, adolescents, and teenagers.

FREE 24/7 Nurse Advice Line for times your doctor is not available and you're not sure what to do. Call the number on the back of your member ID card, 24 hours a day, seven days a week. This call is free.

You can request transportation to your doctor appointments by calling **1-877-892-3986 (TTY: 711)**, Monday through Friday, 8 a.m. to 8 p.m.



Family planning

Everyone's ideal family size is different. We can help you plan and grow your family to the size you want. We do this through our family planning services.

These services help you learn about all the different birth control options you have with Sentara Health Plans. From there, you can decide what works best for you.

Types of birth control

Condoms

Oral Contraceptive
(pills)

NuvaRing®

DEPO-PROVERA®
(shot)

Long-acting reversible contraceptives (LARC)

Intrauterine
Device
(IUD)

Implant
(thin implant
inserted in the
skin of the arm)

Permanent method

Bilateral Tubal Ligation
(tubes tied)

There are a lot of factors to consider when choosing birth control. Your doctor can answer questions and share information with you. For example, did you know it's recommended to wait at least 18 months after delivery to become pregnant again? Set up a visit with your doctor to talk about your family planning options.

Prenatal benefits* at a glance

It is important that you receive the care you desire. Here are some services and benefits you may get with Sentara Health Plans while you are pregnant:

- Certified nurse midwife
- Certified community doula
- Women's health and OB/GYN services
- Help finding doctors for regular prenatal care
- Case management for high-risk pregnancy
- Support and guidance from your Welcoming Baby certified community health worker
- Prenatal care, childbirth, and health education classes
- Free breast pump
- Lactation consultant
- Resources for how to quit smoking
- Referral and coordination of services for substance abuse
- Dental care
- Safe sleep education and safe sleep items
- Family planning, birth control, and feminine hygiene products
- HIV testing
- Incentives for prenatal and postpartum care
- 400 free diapers per pregnancy per calendar year
- Grocery card for buying healthy food items including fresh produce
- Community resources, programs, and services
- Virtual and in-person baby showers to get connected to free local resources

** Some benefits have restrictions and limits.*



Another helpful resource is Plan First. This Virginia Department of Medical Assistance program offers free yearly family planning education and exams, contraceptives, and lab testing. Learn more at **coverva.dmas.virginia.gov/learn/coverage-for-adults/plan-first/**.

Prenatal tests and screenings

It is important to have regular prenatal testing and screenings to make sure you and your baby remain healthy throughout your pregnancy. Prenatal tests and screenings help your doctor monitor you and your baby's overall health.

First trimester (weeks 1-13)

Early ultrasound screening – Produces a sonogram that captures images of the uterus to determine gestational age, the number of fetuses, and the location of the placenta

Second trimester (weeks 14-27)

Ultrasound screening – Produces a sonogram that captures images of a fetus to measure the placenta, fetal anatomy, growth, and blood circulation

Glucose tolerance test – Measures your glucose levels (blood sugar)

Third trimester (weeks 28-42)

Group B strep (GBS) screening – Checks fluid from your cervix to see if you have GBS bacteria

Glucose tolerance test – Measures your glucose levels (blood sugar)

Cardiotocography test – Monitors your baby's fetal heart rate

Fetal ultrasound test – Produces a sonogram that captures images of a fetus in the uterus to evaluate the growth of the fetus and its development

It's important to talk with your doctor about these tests and screenings and to ask any questions or discuss concerns you may have.

Pregnancy and high blood pressure

High blood pressure, also known as hypertension, can cause serious health problems for pregnant women. If left untreated, it can lead to preeclampsia, premature birth, and other serious illnesses.

If you're planning to have a baby, and you have high blood pressure, it's important to take steps to control your blood pressure:

- If you need medicine to keep your blood pressure under control, take it every day as prescribed by your doctor.
- Go to all of your prenatal care visits. Your doctor will check your blood pressure at every visit.
- Eat healthy foods.
- Stay active unless your doctor has told you not to.
- Do not smoke or drink alcohol.
- Maintain a healthy weight. Talk with your doctor about a weight that's healthy for you.

What is preeclampsia?

Preeclampsia is a serious form of high blood pressure that occurs in some pregnant women. Signs and symptoms of preeclampsia, include:

- Swollen face and hands
- Headaches that won't go away
- Blurred vision
- Seeing spots
- Pain in the upper-left side of your belly
- Trouble breathing
- Nausea and vomiting when over 20 weeks pregnant
- Sudden weight gain

Please tell your doctor if you're experiencing any of the signs and symptoms of preeclampsia.

Preterm labor

Preterm labor is also called premature labor. It is labor that occurs before 37 completed weeks of pregnancy. The National Institutes of Health considers a pregnancy to be full-term at 39 weeks.

Preterm labor can result in premature birth. Birthing a child too early can lead to health concerns for your newborn. Understanding the risk factors, symptoms, and signs of preterm labor can help.

Risk factors for preterm labor

- Family or personal history of preterm labor
- Pregnant with twins, triplets, etc.
- Health conditions such as high blood pressure and diabetes
- Urinary tract infections or sexually transmitted diseases
- Having issues with your placenta, cervix, or uterus
- Smoking, drinking alcohol, or using street drugs
- Being under the age of 18 or over the age of 35
- Social concerns such as a lack of resources and domestic violence
- High stress levels
- Not going to the doctor for prenatal visits

Signs and symptoms of preterm labor prior to 37 weeks

- | | |
|---|--|
| • Pink or brownish vaginal discharge | • Cramping in your lower stomach |
| • Change in vaginal discharge (more than usual) | • Pressure in your pelvis/vagina |
| • Vaginal bleeding (after 20 weeks) | • Dull, low back pain |
| • Your water breaking | • Frequent, or consistent, contractions less than 10 minutes apart |

If you have any of these symptoms, please contact your doctor's office for medical advice.

Quitting smoking resources

If you smoke and are pregnant, or thinking about getting pregnant, talk to your doctor. Quitting is the best thing you can do for yourself and your baby. Discover resources that can help you quit smoking once and for all, including counseling, online tracking, and quick reads to keep you on track.

Smoking while pregnant:

- Affects the placenta
- Lowers the amount of oxygen available to you and your growing baby
- Increases your baby's heart rate
- Increases the risk of having a low-birth-weight baby
- Can increase the risk of preterm birth and sudden infant death syndrome (SIDS) when your baby is born

Sentara Health Plans has a free quit-smoking program, "Stay Smokeless for Life." It is a self-paced program to help tobacco and electronic cigarette users quit. Use the video library and resources at **sentarahealthplans.com/quitsmoking**. More quit smoking resources are available through WebMD®. Follow these steps:

1. Sign in to the member portal at **sentarahealthplans.com/signin**
2. Select **Wellness Tools** from the **Get Healthy** menu option (you will be redirected to the WebMD portal)
3. Click on **Daily Habits** and select **Quit Tobacco**

You can get more resources at **women.smokefree.gov** or Quit Now Virginia, a state-funded tobacco cessation program with counseling and free nicotine replacement therapy at **1-800-784-8669 (TTY: 711)** or visit **quitnowvirginia.org**.



Health and wellness

Your pregnancy journey is the time to make sure you are taking care of yourself. It is also the time to have a birth plan as a guide to help you make decisions about your upcoming birth experience. We have resources to help you.

Aeroflow motherhood essentials

Sentara Health Plans has partnered with Aeroflow to provide you with motherhood essentials at no cost to you. These essentials can help support you during pregnancy and after your baby arrives. With Aeroflow, you get access to:

- Breast pumps: One quality pump from the top brands.
- Pregnancy and breastfeeding classes: Three virtual classes taught live by certified experts.



Scan the code with your smartphone camera or QR code reader app to order your motherhood essentials today.

Follow these three simple steps:



1. Provide your insurance information (you'll need your insurance card).



2. Choose your breast pump, pregnancy support, postpartum recovery items, and classes covered by Sentara Health Plans.



3. Aeroflow will verify your prescription and deliver your items to your door.

Doula services

A doula is a person who offers non-clinical pregnancy-related services throughout your pregnancy, at labor and delivery, and during your postpartum period, including:

- Emotional support
- Childbirth education
- Breastfeeding support

Many healthcare professionals can refer you to a doula including doctors, certified professional midwives, certified nurse midwives, licensed clinical social workers, and others.

Benefits and coverage for doulas services include getting:

- Up to 10 visits, including four prenatal, six postpartum, and one doula attendance at delivery
- Connected to health and social services
- Culturally informed care



Women, Infants, and Children

Women, Infants, and Children (WIC) is a food supplement program designed to help meet the nutritional needs of you and your family. WIC provides eWIC cards for certain types of food to pregnant moms, babies, and growing children. WIC also promotes and supports breastfeeding should you decide to breastfeed your baby. To sign up for WIC, go to the local WIC office or visit **myvawic.org** to apply. You will also need to enroll your baby in WIC once they are born. If you have any questions about WIC, please talk to your Welcoming Baby community health worker.



Staying healthy during pregnancy

It's important to have a healthy lifestyle for you and your baby. Practice these behaviors to keep you and your baby healthy during your pregnancy:

- Eat a balanced and nutritious diet that includes fruit, vegetables, and lean proteins
- Take a prenatal vitamin daily and talk to your Welcoming Baby community health worker, care manager, doctor, doula, or midwife about the prenatal vitamin that is best for you
- Consume up to 400 micrograms (mcg) of folic acid daily before becoming pregnant and during pregnancy
- Avoid smoking of any kind, nicotine, including using vaping devices, or cannabis/marijuana during pregnancy
- Avoid alcohol use while pregnant, no alcohol amount is safe to drink during pregnancy
- Avoid taking street drugs and ask us for help if you need counseling or treatment
- Make sure your vaccines are up-to-date and talk to your doctor about what vaccines you need
- Stay active during pregnancy with regular exercise.* Health benefits of exercise include:
 - Reducing pre-term delivery risks, preeclampsia, and gestational diabetes
 - Preventing constipation, varicose veins, and body aches
 - Improving energy and sleep
 - Lowering anxiety and depression
 - Helping prepare for labor, delivery, and recovery

**Always discuss with your doctor the amount of exercise or physical activity that's right for you during your pregnancy.*

Sources: [cdc.gov/pregnancy/during/?CDC_AAref_Val=https://www.cdc.gov/pregnancy/during.html](https://www.cdc.gov/pregnancy/during/?CDC_AAref_Val=https://www.cdc.gov/pregnancy/during.html)
womenshealth.gov/pregnancy/youre-pregnant-now-what

Protect your baby from RSV

Protect your baby from getting sick with respiratory syncytial virus (RSV). RSV is a common virus in the lungs and respiratory tract that causes mild, cold-like symptoms. This contagious virus causes symptoms such as sneezing, runny nose, fever, coughing, wheezing, and fatigue, and can last up to two weeks. Babies who are at high risk may need hospitalization. One way to protect your baby is to get the RSV vaccine during pregnancy. If you receive the RSV vaccine while pregnant you can increase your baby's protection after birth.

Your doctor may recommend you get an RSV vaccine if you are 32-36 weeks pregnant during RSV season, from September through March. The RSV season may vary depending on where you live.

Source: cdc.gov/rsv/infants-young-children/index.html



Safe sleep education

Welcoming Baby offers free online training through its partner, the Safe Sleep Academy. By taking the "Cribs for Kids® Safe Sleep Ambassador Training," you'll learn important tips for keeping your baby safe while sleeping and earn points in the Welcoming Baby program to go toward your completion gift after your baby is born!

Once you complete the course and submit your certificate, you can get items to support safe sleep for your baby, such as a pack-and-play, sleep sac, or baby monitor.

How to complete the training:

1. Go to **safesleepacademy.org/safe-sleep-training**
2. Register online
3. Take the safe sleep training
4. Take a picture of your certificate and email or mail it to your Welcoming Baby community health worker

Remember these three easy steps for your baby to sleep safely – **Alone, Apart, and Always**. These three actions can help prevent sudden unexpected infant death (SUID).

1. **Alone** – Your baby should sleep **alone** in their sleep space, on a firm surface, and on their back, unless your doctor says otherwise. Their crib or bassinet can be in the same room as you so you can be there for them.
2. **Apart** – Your baby should sleep **apart** from any objects, pillows, or blankets that could put them at risk. Toys and soft bedding increase the risk of death.
3. **Always** – You should **always** follow safe sleep practices, during every sleep, and with every caregiver.

Learn more about safe sleep at **safesleepacademy.org** and **safesleep365.com**.

Reward your care

We want to help you have a healthy pregnancy and recovery after giving birth. Prenatal visits are visits to your doctor while you are pregnant. It is very important that you see your doctor early in your pregnancy, within 42 days of enrolling with us, or in your first trimester. We want to reward you for going to your prenatal visits. At each prenatal care visit, your healthcare provider checks on you and your growing baby. See your OB doctor again after you have your baby for your postpartum visit.

Healthy incentives program

You may be eligible for a gift card for having your first prenatal appointment. You should have a prenatal visit within the first trimester (12 weeks) of becoming pregnant or within the first 42 days of enrolling with the health plan. For more information, talk to your Welcoming Baby community health worker. You can choose from over 100 retailer gift cards.

Points and gift cards

Participating in Welcoming Baby allows you to earn points. Some ways you can earn points include going to your doctor's visits and attending health education classes. If you track your points and complete activities, you will be eligible for gift cards and a gift bag when you complete the program.

When you attend one of our Baby Showers, you also receive a gift bag.



Activity	Points	Activity Completed
Participate in Welcoming Baby and initial screening	10 points	
First timely prenatal doctor visit	10 points	
Doctor visits	10 points each visit	
Prenatal care classes	50 points	
Educational books, classes, TV/video	20 points	
First prenatal outreach visits or phone call	10 points	
Additional outreach visits or calls	5 points (per visit/call)	
Choosing a pediatrician	10 points	
7 to 60-day timely postpartum doctor visit	10 points	
WIC enrollment	10 points	
Complete postpartum screening	10 points	

Your Welcoming Baby community health worker will also help you keep track of your points.

Contact us

1-844-671-2108 (TTY: 711)

Monday through Friday, 8 a.m. to 5 p.m.

welcomingbaby@sentara.com

