



Bright Start

A Prenatal Program of Neighborhood Health Plan of Rhode Island

What Is Bright Start?

Bright Start is a special NHPRI program to help you have a healthy pregnancy and a healthy baby.

Why Bright Start?

- Arrange transportation to your healthcare appointments
- Help you to stop smoking
- Help you stop drug and alcohol abuse
- Help you with any non-medical problems
- Teach you good eating habits so that your baby will grow healthy
- Work with your doctor to manage any medical problems you may have
- Help you to stay out of the hospital until your delivery date

Services Available

- Nutrition Services
- Smoking Cessation Programs
- Residential Substance Abuse Programs
- Home Care Services
- Transportation to and from Appointments
- Case Management

Facts about Pregnancy

- During your pregnancy you need to visit your doctor to check your health and your baby's growth. NHPRI can arrange a ride to your doctor's office if needed.
- You need to eat healthy food to help your baby grow. Speak with your doctor, nurse, or the Bright Start case manager about eating healthy while you are pregnant.
- Cigarette smoking while you are pregnant may cause the baby to be born too soon and too small. Bright Start can help you to stop smoking so you can have a healthy baby.
- Pregnant women who drink alcohol have babies that are smaller, shorter, and have a smaller head size. If you drink any type of alcohol, Bright Start can help you to stop.
- Pregnant women who use drugs, like cocaine or heroin, have babies born with drug addiction and who may suffer withdrawal symptoms. If you use drugs and want to quit, Bright Start can help.
- If you think you have a vaginal infection, please be tested. An untreated infection may cause the baby to be born too soon.



HOW TO JOIN

Call NHPRI at **1-800-963-1001**

and ask for: **Thelma Hollins, S.W.**,
at extension 6147

