

Bright Start

*A guide for
healthy moms &
healthy babies*



Neighborhood
Health Plan
OF RHODE ISLAND™



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Congratulations, You Are Having a Baby!

Congratulations on your pregnancy! You might be having a lot of feelings about the baby on the way, from joy and excitement to confusion and fear.

Neighborhood Health Plan of Rhode Island wants you and your baby to be well. This guide has helpful information that can be used before, during, and after you have a baby.

One of the first steps to having a healthy baby is learning how to take care of yourself. You may already have good health habits to help you get ready for your pregnancy. If you do not, you can start making healthy choices today. To keep yourself and the baby healthy, continue healthy habits throughout your pregnancy.



What is Prenatal Care?

Prenatal care is when you get check-ups from a provider, nurse, or midwife during your pregnancy. Prenatal care is very important because it helps to keep you and the baby healthy before the baby is born. Call your provider and go to your first prenatal care visit as soon as you know you are pregnant. You should go to all your prenatal care check-ups, even if you're feeling fine.

At your prenatal appointments, your provider will keep track of your health, the progress of your pregnancy, the baby's growth, and the baby's heart rate. Your provider will also check your weight, blood pressure, and lab work. These regular check-ups are also a great time to ask questions about your pregnancy and the birth of your baby.

From this moment on, what matters most is keeping your baby safe by staying healthy. If you smoke, drink alcohol, or use drugs, now is the time to stop. If you need help, talk with your provider.

- Smoking increases the risk of losing your baby or having a low birth weight baby. For help quitting, call the Rhode Island Smoker's Quitline at 1-800-QuitNow (or 1-800-784-8669).
- Alcohol and drugs have been linked with miscarriage, birth defects, learning disabilities, and low birth weight.
- Eating healthy food helps you and your baby stay strong and healthy. Follow your provider's instructions for healthy eating.
- Folic acid is a vitamin that can help prevent some birth defects. Talk with your provider about taking a folic acid vitamin.
- Regular exercise will help you stay fit and feel good during pregnancy. Be sure to talk with your provider about how to exercise safely during pregnancy.



QUESTIONS?

Member Services has the answers!

Our local and helpful Member Services team is here to help you.

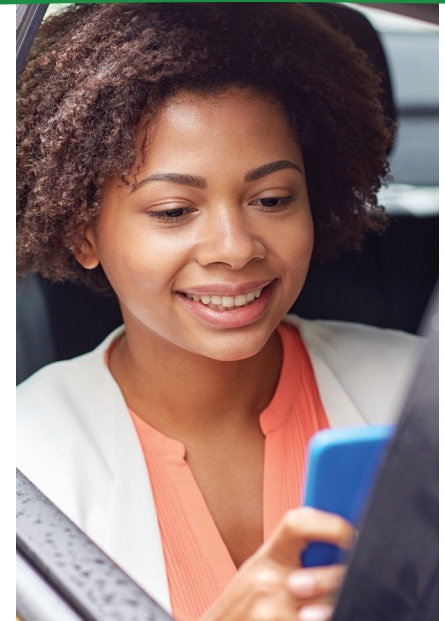
Call Member Services for:

- Problems filling your prescriptions for any medications.
- A list of classes about pregnancy, childbirth, breastfeeding, and newborn care.
- A list of community agencies that may be able to help with baby supplies.

See page 8 for the Contact Information for Member Services.

Receive two (2) \$20 Walmart Gift Cards

As part of our Bright Start pregnancy program, you will receive a booklet in the mail called Bright Start Prenatal Rewards Booklet. Take it to all your prenatal provider visits and to your six-week postpartum provider visit. Have it stamped at each visit then mail it back in the return envelope provided. You will receive a \$20 gift card for going to your recommended prenatal visits and a \$20 gift card for going to your postpartum visit. All this for doing something great for your baby and for you! The Prenatal Rewards Booklet must be sent back to Neighborhood within 3 months after delivery to be eligible to receive the gift cards.



Trouble Getting to Appointments?

Contact **Medical Transportation Management, Inc (MTM)** to see if you are eligible for getting a ride to your provider appointments. Call 1-855-330-9131 (TTY 711).

Teeth First: Keeping Your Mouth Healthy During Pregnancy

During pregnancy, hormones can affect your teeth and gums. Brushing your teeth twice a day and visiting the dentist will help keep your teeth and gums as healthy as possible during pregnancy. A healthy mouth during pregnancy is connected to having a healthy baby.

Here are some steps you can take to keep your mouth healthy:

- Visit your dentist for regular check-ups and cleanings.
- Brush 2-3 times daily with a soft toothbrush and toothpaste with fluoride.
- Floss every night before bed.

It is important to look after your teeth and gums while you are pregnant so that your mouth stays healthy, just like the rest of you.



Prenatal Vitamins

Taking a prenatal vitamin during pregnancy can help make sure you are getting the right amount of nutrients that are important to the health of you and your baby. Ask your provider to help you choose the best vitamin for you.



Choosing a Provider For Your Baby

Neighborhood cares about you and your family. Before you have a baby, be sure to choose a provider who cares for babies. Those providers are usually in the field of Pediatrics or Family Practice. If you have not chosen a provider yet, please call Neighborhood Member Services or visit the Neighborhood website at www.nhpri.org/FindaDoctor. **After your baby is born, make sure to call HealthSource RI at 1-855-574-2846 to sign your baby up for health insurance.**

Postpartum Care

Caring for your new baby is very rewarding but you also need to take care of yourself after pregnancy. Postpartum care includes taking care of your physical and emotional health after your baby is born.

- Get as much rest as possible. You may find that all you do is eat, sleep, and take care of your baby.
- Eat healthy meals that include lots of fruits, vegetables, and whole grains. Drink plenty of water—especially if you are breastfeeding.
- Wait to have sex until at least 4 to 6 weeks after you have given birth.

You may be weepy and tired right after giving birth. These feelings are normal and are sometimes called the “baby blues.” They often go away after 2 or 3 weeks. However, postpartum depression lasts much longer and is more severe. It can make you feel sad and hopeless. The good news is there are many ways to treat postpartum depression. Talking to your provider is the first step to feeling better. If you are not comfortable speaking with your provider, you can also call Neighborhood Member Services for help finding support.

Make sure you schedule a postpartum visit with your provider. If your baby was born by cesarean section, you should be seen within 2 weeks. For vaginal deliveries, visit your provider 4 to 6 weeks after the birth.



Mom's Meals

Mom's Meals® is a no-cost meal delivery service providing healthy, refrigerated meals that are ready to heat and eat in minutes. New moms are eligible to receive 28 home-delivered meals when you return home from the hospital after your baby is born.

Get your meals in 3 easy steps:

- 1 Select meals based on your dietary needs
- 2 Refrigerated meals are delivered to your home
- 3 Heat, eat and ENJOY... meals are ready in minutes

A representative from Mom's Meals will contact you directly to choose your meals and set up the program.

Visit www.momsmeals.com to learn more.



Early Intervention Program

The State of Rhode Island has an Early Intervention Program to help infants and toddlers who have developmental disabilities or delays in certain areas of their growth. These disabilities and delays can sometimes affect a child's speech, physical ability, or social skills.

The Early Intervention Program provides support to families so their children can develop to their fullest potential. There is no cost to families and the services take place where children usually play or take part in their daily activities. If your child is under age 3 and has a developmental disability or delay, they may be eligible for the Early Intervention Program. Contact Neighborhood's Member Services to learn more.

Doulas: Support For You Throughout Your Pregnancy

A doula is a person who gives emotional and physical support to you during your pregnancy, childbirth, and after delivery. Doulas are not medical professionals. They do not deliver babies or provide medical care. A certified doula has taken training and passed an exam in how to help pregnant people and their families during this exciting time.

A doula can:

- Teach you relaxation and breathing skills
- Stay with you during labor for comfort and support
- Answer questions about the delivery of your baby
- Provide support after the birth of your baby

Your Neighborhood plan includes access to doula services to support you throughout your pregnancy journey. Your plan also includes birthing classes, in-hospital deliveries, and other services after you have your baby. Visit Neighborhood's Provider Directory or contact Member Services to find a doula.



New Parents: Claim your \$100.00 gift

If your child was born or adopted within the last year, you're entitled to a \$100.00 contribution to a CollegeBound Saver account.

It's free money from the CollegeBound Starter program. No strings attached.

Open your account and get your \$100.00 contribution at CollegeBoundSaver.com/Bonus

Or call 877-517-4829 for more information.

CollegeBound Saver



James A. Diossa
Rhode Island General Treasurer

For more information about CollegeBound Saver, call 877-517-4829, or visit CollegeBoundSaver.com to obtain a Program Disclosure, which includes investment objectives, risks, charges, expenses, and other information; read and consider it carefully before investing.

Before you invest, consider whether your or the beneficiary's home state offers any state tax or other state benefits such as financial aid, scholarship funds, and protection from creditors that are only available for investments in that state's qualified tuition program.

CollegeBound Saver is administered by the Rhode Island Office of the General Treasurer and the Rhode Island State Investment Commission. Ascensus College Savings Recordkeeping Services, LLC is the Program Manager.





Birth Control

There are many different kinds of birth control that are available for you to use after you've had your baby. You can purchase items such as condoms, spermicide, and the "morning after pill" at your local drug store. Your provider can also prescribe or provide other types of birth control such as:

- Birth control pills
- Intrauterine Device (IUD), vaginal ring or Implanon®
- Birth control patch
- Depo-Provera® injections
- Diaphragm or Cervical Cap
- Permanent birth control such as tubal sterilization surgery ("having your tubes tied") or a vasectomy for your partner

Most forms of birth control do not protect you from sexually transmitted infections (STIs). To protect against STIs, always use a latex condom. Talk with your provider before your baby is born and choose the method of birth control that is the safest and easiest for you to use.



The Importance of Birth Spacing

Birth spacing is the amount of time from one child's birth date until the next child's birth date.

If you become pregnant less than a year after having a baby, there is a higher risk for having a premature or low birth weight baby. It is best to wait 2 to 3 years, but no more than 5 years, before having another baby. This has proven health benefits for both babies and moms.

Planning a pregnancy allows you to give your baby his or her healthiest start. Please talk to your provider about birth spacing and birth control at your next appointment.



Planning on Breastfeeding Your Baby?

Breastfeeding is the best source of nutrition for your baby—and it's good for you, too. Breastfeeding can help protect you and your baby against certain illnesses. Babies who are breastfed have a lower risk of such things as asthma, type 1 diabetes, and sudden infant death syndrome (also known as SIDS).

We know it can be hard to breastfeed. Learn all that you can about breastfeeding before you give birth and talk to your provider about what is best for you and your baby.

Call Neighborhood Member Services to see if you are eligible for an electric breast pump to use if you are breastfeeding.

Remember To Get Your Flu Shot!

The flu can make a pregnant woman very sick. The best way to avoid the flu is to get the flu vaccine (shot). The flu shot is safe for pregnant women and can be given at any point during your pregnancy. A pregnant woman should get the flu shot, not the nasal spray. If you are pregnant or trying to get pregnant, talk to your provider about getting a flu shot as soon as possible.

Contact Information for Member Services

ACCESS / Rlte Care,
TRUST / Rhody Health Partners:
1-800-459-6019 (TTY 711)

Commercial Plans:
1-855-321-9244 (TTY 711)
Monday–Friday 8 a.m.–6 p.m.

INTEGRITY /
Medicare–Medicaid Plan:
1-844-812-6896 (TTY 711)
Monday–Friday 8 a.m.–8 p.m.
Saturday 8 a.m.–12 p.m.

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Neighborhood Health Plan of Rhode Island is a health plan that contracts with both Medicare and Rhode Island Medicaid to provide benefits of both programs to enrollees.

Tenemos servicios de intérprete sin costo alguno para responder cualquier pregunta que pueda tener sobre nuestro plan de salud o medicamentos. Para hablar con un intérprete, por favor llame al 1-844-812-6896 (TTY 711). Alguien que hable español le podrá ayudar. Este es un servicio gratuito.

Disponemos de serviços de interpretação gratuitos para responder a qualquer questão que tenha acerca do nosso plano de saúde ou de medicação. Para obter um intérprete, contacte-nos através do número 1-844-812-6896 (TTY 711). Irá encontrar alguém que fale o idioma Português para o ajudar. Este serviço é gratuito.

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