

The Stork

Delivering information
for your pregnancy and baby

What to do when you are sick

Many illnesses can be treated at home or at an urgent care or after-hours clinic. Always call your doctor or the 24-hour Nurse HelpLine for advice first.

Here are some tips for home care of common illnesses during pregnancy:

For upper respiratory infections (cold/flu):

- ✓ Try saline nasal sprays to help with congestion
- ✓ For sore throat, suck on ice chips, drink warm tea or gargle with warm salt water

For fever:

- ✓ Drink plenty of water and other cold, clear drinks or Pedialyte to cool down and stay hydrated
- ✓ Call your doctor before taking acetaminophen (Tylenol) for fever

For nausea and vomiting:

- ✓ Eat frequent small meals that are easy to digest
- ✓ Drink water or Pedialyte to stay hydrated

When you are sick and need advice, here's what to do:

- 1 Call the doctor.** Even if the doctor's office is closed, someone will call you back to tell you what to do.
- 2 Call the 24-hour Nurse HelpLine at 1-855-712-6700.** You can talk to a nurse for advice or help finding care anytime.
- 3 Go to an urgent care or after-hours clinic.** You can find one near you at bit.ly/3SbWSBp.
- 4 The emergency room is for emergencies only.** You should only go to the emergency room if you are told to or if you are having a medical emergency.

Cooler weather is on the way!

Make sure you get your flu shot every year. **You can earn a \$25 reward for getting a flu shot.** See your member handbook for details. Restrictions may apply.

What's new for September?

Dell Children's Health Plan has new and expanded value-added services* for pregnant women and new moms. We help take care of yourself and your new baby.

Pregnant members rewards

- ✔ \$75 reward for getting a prenatal checkup in the first trimester or within 42 days of enrollment with the health plan in any trimester.
- ✔ Up to \$500 for dental checkups, X-rays, cleanings, fillings and extractions each year for pregnant CHIP Perinate members age 19 and older and pregnant STAR members age 21 and older.
- ✔ Home visits for members when pregnant and doula services during delivery.
- ✔ Pregnancy classes to help members prepare for childbirth and to educate and inform about each trimester, delivery and the postpartum period. Visit anybabycan.org for more information. Self-paced online classes are also available.

New moms and newborn rewards

- ✔ \$100 reward for getting a postpartum checkup 7 to 84 days after giving birth.
- ✔ \$75 reward for members who complete 5 of the "Combo 10" vaccines and an additional \$125 reward for members who complete all of the "Combo 10" vaccines by 24 months of age.
- ✔ \$120 reward for members who get all 6 Texas Health Steps or well-child checkups, newborn through 15 months of age.
- ✔ Doula home visits for members after delivery.**
- ✔ Fresh food delivery up to three months postpartum, one delivery each month.**

*This is not a complete list of all Dell Children's Health Plan's value-added services. For a full list and description, including limitations and restrictions, see your September 1, 2024 member handbook, visit DellChildrensHealthPlan.com or call **Member Services at 1-855-921-6284 (TTY 7-1-1)**.

**Excludes CHIP Perinate.



Moms are still covered!

The Health and Human Services Commission extended pregnancy benefits for women. Moms get the same CHIP or STAR Medicaid benefits they had when pregnant for 12 months of continuous coverage!*

Check YourTexasBenefits.com for more details. **For questions, call 512-324-DCHP (3247) or email DCHPCommunityOutreach@ascension.org.** *Excludes CHIP Perinate.

What to expect while breastfeeding

Every mother's experience with breastfeeding is different. Whether this is your first baby or you have many, each baby is unique. Breastfeeding will be a learning process.

First Days and Weeks

- ✓ **Milk Coming In:** At birth, your breasts will make a thick, yellowish substance called colostrum. Colostrum is packed with nutrients and other important substances that help your baby start building up his or her immune system.
- ✓ **Leaking:** Your breasts may feel full and leak. Over time, the leaking may slow down as your body gets used to breastfeeding.
- ✓ **Engorgement:** Over the first few weeks after birth, your breasts may become larger, firm, warm, and uncomfortable as your body adjusts to making milk. Feeding your baby frequently should help to prevent severe engorgement and relieve discomfort.
- ✓ **Sore Nipples:** During the first few weeks of breastfeeding, your nipples may be sore or sensitive as they adjust to your baby's sucking. If you have cracked or damaged nipple skin, or pain that is not improving over the first 1-2 weeks, talk to a lactation consultant or your doctor or nurse.
- ✓ **Pain While Breastfeeding:** Although your breasts and nipples may be tender or uncomfortable, once your baby is well-latched, breastfeeding should not be painful. If you have pain while breastfeeding, especially with a fever, talk with your doctor or nurse to figure out why.
- ✓ **Postpartum Depression:** Postpartum depression is common and doesn't feel the same for everyone. How often symptoms occur, how long they last, and how intense they may feel can be different for each person. **If you are experiencing any sadness or other symptoms that trouble you, reach out to your doctor or call Magellan to speak to a behavioral health provider.**

Source: [cdc.gov/nutrition/infantandtoddlernutrition/breastfeeding/what-to-expect](https://www.cdc.gov/nutrition/infantandtoddlernutrition/breastfeeding/what-to-expect)



Need behavioral health care?

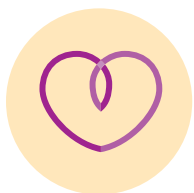
Our members must see a Magellan provider for behavioral health care. **Call Magellan at 1-800-424-1764 to find one.** You don't need approval. When you make an appointment, tell them you are covered by Magellan.

Don't miss our community baby showers!

Dell Children's Health Plan celebrated the National Breastfeeding Month by hosting a community baby shower in the Hays County area. At the event, the Hays County Pct. 2 Commissioner proclaimed August as National Breastfeeding Month in Hays County.

Our expecting members and new moms also had the opportunity to learn more about the local health department's services. They got information about the pregnancy and parenting programs available, heard tips about car seat safety, and learned more about the Texas Health Steps program benefits. They also enjoyed raffle prize drawings and gift cards.

We would like to thank our partners, Catholic Charities of Central Texas St. Gabriel's Parenting Project, and Start Smart Coalition of Hays and Caldwell counties. We joined forces to bring maternal health education and resources to the Hays County attendees.



Join us for our next community baby shower.

Find more details on facebook.com/DellChildrensHealthPlan and on our website DellChildrensHealthPlan.com. You can also call Community Outreach at **512-324-DCHP (3247)** or email DCHPCommunityOutreach@ascension.org for more information.

Do you have a high-risk pregnancy?

Our Special Delivery pregnancy program connects members with high-risk pregnancies to the Service Coordination team. We can help you connect with doctors, resources, education, benefits and value-added services during your pregnancy and the postpartum period.



Scan the QR code or visit DellChildrensHealthPlan.com/special-delivery for resources and information about pregnancy, delivery, postpartum and baby care. You can also call Service Coordination at 512-324-3015 or toll free 1-844-964-3015.

Service Coordination Spotlight

Kelli Kiessling, Registered Nurse Case Manager

Kelli was born and raised in Austin, Texas. Kelli is a graduate of St. Edward's University with a bachelors degree in biology, and she graduated from UT Austin School of Nursing with her bachelors degree in nursing in 1991. Kelli has worked in many different areas of nursing but found her passion in case management working with Seton Community Healthcare Clinics for 5 years as diabetes educator and case manager. Kelli earned her certification in case management during that time. Before joining Dell Children's Health Plan as a service coordinator focused on disease management, she had also been working at Dell Seton Medical Center as a weekend diabetes educator.



In Kelli's words: *As a Certified Case Manager for the past 8 years, I feel that my commitment to serve, my knowledge and organizational skills help me to provide advocacy, support, guidance, education and cost effective service coordination to members, families and caregivers in their healthcare journey toward better health and life outcomes.*

Member resources are available online

View, download or print the most current provider directories and member handbooks online at DellChildrensHealthPlan.com. You can also get these materials in another language or format by calling **Member Services at 1-855-921-6284**.



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For more information email us at dchp-CM@ascension.org

