

# The Stork

Delivering information  
for your pregnancy and baby

## Prenatal and postpartum care

### What happens during the prenatal care visits?

Prenatal care provides the best care for you and your unborn child. Even if this is not your first pregnancy, it's very important to begin prenatal care as soon as you learn you are pregnant. It also helps prepare you for the delivery of a healthy baby. During prenatal visits, you and your baby will have tests to check for any possible risks and to treat any complications. Tests will also be done to keep an eye on your baby's growth and development. You will also get counseling and guidance on many aspects of pregnancy. This includes weight gain, exercise, nutrition and overall health.

At a typical prenatal visit, you may have any or all of these:

- Weight measurement
- Blood pressure test
- Measurement of the uterus to check for correct growth of the fetus
- Physical exam to find problems or discomforts, like swelling of the hands and feet
- Urine test to check sugar and protein levels
- Fetal heart rate measurement
- Prenatal screening tests like blood tests to check for anemia

### The postpartum visit: What to expect and why you shouldn't skip it

Postpartum care is crucial to make sure you're healing after delivery, help control any negative symptoms and discuss family planning. The postpartum visit also provides an opportunity for your doctor to manage any chronic health conditions that could interfere with your baby's health.

After your initial visit, your doctor may suggest further postpartum care. You should have a comprehensive well-woman visit with your primary care doctor within four to 12 weeks after delivery.

Sources: [healthlibrary.ascensioncaremanagement.com/Search/85,P01232](https://healthlibrary.ascensioncaremanagement.com/Search/85,P01232); [share.upmc.com/2021/11/the-postpartum-visit](https://share.upmc.com/2021/11/the-postpartum-visit)

**\$75 reward** for receiving prenatal checkup in the first trimester or within 42 days of enrollment with the health plan in any trimester

**You can get rewards for getting checkups on time**

**\$100 reward** for receiving postpartum checkup seven to 84 days after giving birth

## Vaccines during pregnancy

Getting recommended vaccines before or while you are pregnant helps protect both you and your baby from potentially serious diseases that can make you and your baby very sick.

- ✔ Whooping cough, known as pertussis, can be serious for anyone, but for a newborn, it can be life-threatening.
- ✔ Pregnant women are more likely to have severe illness from flu, possibly due to changes in immune, heart, and lung functions during pregnancy. Make sure to receive your yearly flu vaccine.
- ✔ You can choose to get the RSV vaccine during weeks 32 through 36 of your pregnancy during September to January, or your baby aged eight months or younger can get RSV immunization during their first RSV season.
- ✔ CDC recommends COVID-19 vaccination for everyone aged six months and older. Pregnant women are more likely to get severely ill with COVID-19 compared with non-pregnant women. If you are pregnant, you should stay up to date on your COVID-19 vaccine.

**If you have questions about getting vaccinated, talk to your healthcare provider.**

Source: [cdc.gov/vaccines-pregnancy/recommended-vaccines](https://www.cdc.gov/vaccines-pregnancy/recommended-vaccines)



**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.

## Do you know your member rights and responsibilities?

You can find your member rights and responsibilities in your member handbook at [bit.ly/DCHP-HandbooksEN](https://bit.ly/DCHP-HandbooksEN). If you need a copy of your member handbook or if you have questions about how your health plan works, please call **Member Services at 1-855-921-6284 (TTY 7-1-1)**.

## 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 [bit.ly/SpecialDeliveryEN](https://bit.ly/SpecialDeliveryEN) for resources and information about pregnancy, delivery, postpartum and baby care. You can also call the **Service Coordination team at 512-324-3015 (TTY 7-1-1) option 2, or toll-free 1-844-964-3015 (TTY 7-1-1).**

## Sunshine Callers

### A service of Beheld

Sunshine Calls is a special program designed for our pregnant members. Pregnant members are connected with a dedicated telephone caller. The caller provides support during pregnancy and the initial months after the baby is born. This caller is not a healthcare provider. They are an experienced parent who can listen, offer emotional support and help guide you through your journey.

No judgment, just a friendly ear to talk about anything that you wish to talk about. You can choose the number of calls, length of the call, and when the caller calls you. You can also choose to stop the program any time you wish.

Sunshine Callers work closely with the service coordinators at Dell Children's Health Plan, and can let them know if you have any issues or need help in coordinating your care or learning more about your pregnancy.



If you would like to be connected with this program, please call the Dell Children's Health Plan **Service Coordination team at 512-324-3015 (TTY 7-1-1) option 2, or toll-free 1-844-964-3015 (TTY 7-1-1)** or email us at [dchp-cm@ascension.org](mailto:dchp-cm@ascension.org) and we will be happy to connect you.

## Your opinion matters and we need your help!

### Dell Children's Health Plan wants to hear from you!

Every year, we send a survey to some of our members to get feedback on your health care services. When you answer questions on the survey, you are letting us know how well we take care of you. If you are randomly chosen to get the survey, you will be able to complete it through the mail, by phone or online. We want you to complete it in a way that works best for you!

Your answers help us make changes that improve care for you and for others who use Dell Children's Health Plan. We need you to tell us what problems you've had when using your Medicaid so we can fix them.

Some of the questions ask about the care you get from your doctor. Do they have an appointment available when you or your child needs care? Do they take time to listen to you? Did you feel the staff was sensitive to your cultural needs?

Other questions ask you about your health plan. Were forms from the health plan easy to fill out? Was it easy to get special medical equipment for your child if they needed it?

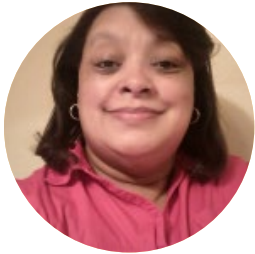
Press Ganey helps us send out this survey so you may see their name on the envelope. It will take less than 20 minutes to complete. We know your time is valuable, and we appreciate your feedback!



## Service Coordination Spotlight

### Grace Williams, Registered Nurse. Maternal Health Service Coordinator

Grace has been a registered nurse for over 30 years. She started her nursing career as a nursing assistant when she was 17 years old. She has worked in all areas of nursing, but found her passion in Maternity Nursing. She has worked in Labor and Delivery and Postpartum for over 20 years. Grace has helped clients during all stages of pregnancy and after delivery as a bedside nurse and a maternity healthcare educator before coming to Dell Children's Health Plan.



**In Grace's words:** *I have loved nursing and helping people since I could remember. Nursing is not just my career, it is my calling. Even after 20 years of maternity nursing, the birth of a baby is still a miracle to witness. I am very passionate about patient education and advocating for their needs. I also enjoy walking, reading, cooking and spending time with my family and friends.*

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## Check out the Notice of Privacy Practices online

This document tells you how and when we use or share your health information. You can find the Dell Children's Health Plan Privacy Practices online at [bit.ly/DCHP-HipaaEN](https://bit.ly/DCHP-HipaaEN) or in your member handbook. If you need a copy of your member handbook or if you have questions about how we use your health information, please call **Member Services at 1-855-921-6284 (TTY 7-1-1)**.

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## Don't miss our community baby showers!

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

## Member Advocates are here to help you!

Member Advocates can help you with problems you may have getting health care services or if you have a complaint.

Just call **1-855-921-6284 (TTY 7-1-1)** and ask to talk to a Member Advocate.



Follow us on [facebook.com/DellChildrensHealthPlan](https://facebook.com/DellChildrensHealthPlan).

For a current list of events visit us online at [DellChildrensHealthPlan.com](https://DellChildrensHealthPlan.com).

For more information email us at [dchp-CM@ascension.org](mailto:dchp-CM@ascension.org)

