

AmeriHealth Caritas District of Columbia (DC)

# MATERNAL CARE CENTER: A JOURNEY

**You take a pregnancy test and find out you're pregnant. What now?**

If you're an AmeriHealth Caritas DC enrollee, we're here to help! Bright Start® offers a safe place for you to ask questions and get the support you deserve throughout your pregnancy and after you give birth.



## CONFIRM YOUR PREGNANCY

If you miss a period or think you might be pregnant, take an at-home pregnancy test or visit your primary care provider (PCP).



## SCHEDULE PRENATAL VISITS

Schedule your first prenatal care visit with an OB/GYN or midwife as soon as you find out you're pregnant. Your Bright Start Care Manager can help you find a prenatal care provider if you don't already have one. Continue to have regular appointments according to your provider's recommendations.

## GET CONNECTED TO A BRIGHT START CARE MANAGER

Your Care Manager can help you find an OB/GYN or midwife, make appointments, get supplies you need to prepare for your baby, and more.



## SIGN UP FOR BRIGHT START

As a pregnant AmeriHealth Caritas DC enrollee, you have access to our Bright Start program. **Sign up by calling 1-877-759-6883.**



## GET TRANSPORTATION ASSISTANCE

As an AmeriHealth Caritas DC enrollee, you can receive transportation to and from your medical appointments at no cost! **Call 1-800-315-3485 to schedule your ride as soon as you know you need one.**

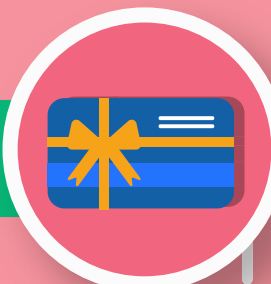


## SIGN UP FOR KEYS TO YOUR CARE®

Keys to Your Care is a texting program for pregnant AmeriHealth Caritas DC enrollees. Through this program, you'll receive text messages with valuable information every week during your pregnancy and for the first few months after your baby is born. Your Bright Start Care Manager can help you get started.

## EARN REWARDS WITH THE CARE CARD REWARDS PROGRAM

You can receive a \$25 gift card if you visit an OB/GYN or midwife during your first trimester (before you are 13 weeks pregnant). Ask your Bright Start Care Manager for more information.



## LEARN ABOUT DOULA SERVICES

All pregnant individuals have access to doula visits across the prenatal, childbirth, and postpartum periods. If you're interested in working with a doula, your Bright Start Care Manager will help you find one.



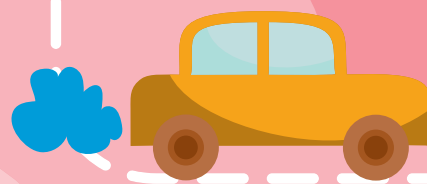
## LEARN ABOUT NUTRITION

Good nutrition means eating a balanced diet that includes fruits, vegetables, whole grains, lean proteins, and low-fat dairy. Certain foods can be dangerous for your growing baby, and your Bright Start Care Manager can help you figure out which foods you should or shouldn't eat when you're pregnant. You should avoid drugs, alcohol, and cigarettes, and AmeriHealth Caritas DC offers free programs to help you quit using these substances.



## RECEIVE HEALTHY MEALS AT HOME

Nutrition is important for a healthy pregnancy, so we offer healthy meals delivered to your home during your pregnancy and until eight weeks after you give birth. Talk to your Bright Start Care Manager if you'd like to sign up to receive meals.



## MAKE SURE TO EXERCISE

Staying active during pregnancy is beneficial for you and your baby. We recommend that you ask your doctor which physical activities are right for you, such as walking, swimming, water aerobics, stationary cycling, and prenatal yoga. Join a free fitness class at the Enrollee Wellness and Opportunity Center, or receive a fitness center membership through the Active&Fit® program.



## MAKE A BIRTH PLAN

Work with your health care provider and Bright Start Care Manager to develop a birth plan. A birth plan is a simple, personal guide for you and your care team to use before, during, and after labor and delivery.

## AFTER PREGNANCY

### GET HELP WITH BREASTFEEDING

If you plan to breastfeed your baby, find out if your doctor's office has a breastfeeding coach. Your Bright Start Care Manager can also help you get connected with resources for breastfeeding and other postpartum needs, such as breast pumps, car seats, and diapers.

### SCHEDULE YOUR POSTPARTUM VISITS

Your OB/GYN or midwife will usually want to see you between four and six weeks after you give birth to make sure you're having a healthy recovery. Tell your doctor or Bright Start Care Manager if you're experiencing any feelings of depression.

### TAKE YOUR BABY TO WELL-CHILD VISITS

Your baby's checkups are sometimes called well-child visits. These visits allow a pediatrician to make sure your baby is healthy and growing, give your baby any needed vaccinations, and talk to you about how to keep your baby safe and healthy. Your Bright Start Care Manager can help you find a pediatrician and schedule an appointment. Your baby's first appointment should be between two and five days after you give birth.

### LEARN ABOUT THE SAFE SLEEP PROGRAM

The Safe Sleep program offers education to new parents about newborn sleeping safety. Ask your Bright Start Care Manager for more information.

### PARTICIPATE IN THE BABY MASSAGE PROGRAM

The Baby Massage program is offered to moms and their babies who are between six weeks and six months old. Moms and infants can attend a class at the Enrollee Wellness and Opportunity Center to learn baby massage techniques. Your Bright Start Care Manager can provide additional information.

CONGRATULATIONS  
ON YOUR  
NEW BABY!



  
AmeriHealth Caritas  
District of Columbia

We are excited to be a resource for you during your motherhood journey!  
Visit [www.amerihhealthcaritasdc.com](http://www.amerihhealthcaritasdc.com) for more information.