



FIRST THINGS FIRST

WHAT YOU NEED FOR YOU
AND YOUR GROWING FAMILY. ALL IN ONE PLACE.

This guide includes resources offered at no cost to you and your new family.

For more information about these programs,
please call our Bright Start® team at 1-877-759-6883.

CONTENTS

NEW BABY RESOURCES	2
• Baby showers	3
• Bright Start®	4
• Classes and support	5
• Safe sleep	5
HEALTH RESOURCES FOR YOU AND YOUR FAMILY	6
• Online support	7
• Healthy Rewards Program	8
• Need a cell phone?	9
• No-cost transportation	10
• Texting programs	11
• What is a doula?	11
• Want to quit? We can help.	12
• Substance use treatment programs	12
• Dental health	13
• Home-delivered meals	14
LOCAL RESOURCES	15
• Centering Pregnancy	16
• Greater DC Diaper Bank	16
• Elizabeth House	16
• Halback and Associates	16
• Horton's Kids	16
• The Northwest Center	17
• Optum	17
• Virginia Williams Family Resource Center	17
DC SUPPORT RESOURCES	18
• D.C. Department of Transportation	18
• Supplemental Nutrition Assistance Program (SNAP)	18
• Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)	18
QUESTIONS?	18

If you are pregnant, or think you are pregnant, visit your OB/GYN right away. No referral is needed. If you do not have a women's health care provider, please call Enrollee Services at 202-408-4720, and we will help you find a provider.



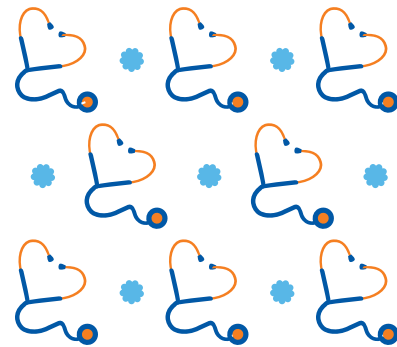
This section highlights AmeriHealth Caritas District of Columbia (DC) programs that help parents-to-be receive care and support, as well as resources offered by those we work with in the community.



BABY SHOWERS

This program provides valuable education and shares important health resources to help you have a safe pregnancy and a healthy baby. Baby showers offer information to new moms regarding immunizations, breastfeeding, postpartum visits, child safety seats, WIC, crib safety, and more!

Open to all pregnant AmeriHealth Caritas DC enrollees.
Call Bright Start at 1-877-759-6883 to learn more.



BRIGHT START

Receiving early and total health care before your child's birth is the key to having a healthy baby! Bright Start is a maternity care program that helps moms-to-be make healthy choices for themselves and their unborn babies.

This program helps you:

- Choose the right provider for your family
- Learn about prenatal vitamins
- Find information to support a safe pregnancy and healthy baby
- Find childbirth classes
- Connect to food and nutrition programs for you and your baby

Any enrollee who is pregnant can be an enrollee of Bright Start. You'll find more information about our Bright Start program in your enrollee handbook. You can contact AmeriHealth Caritas DC's Bright Start program at 1-877-759-6883.





CLASSES AND SUPPORT



We work with local organization Mamatoto Village to provide resources, classes, and the support you need throughout your pregnancy and during and after birth. Mamatoto Village provides access to a variety of services, including breastfeeding and fitness classes, labor support, and postpartum support.

Call **Bright Start at 1-877-759-6883** to enroll in this program.

SAFE SLEEP



Our **Safe Sleep** program offers education to new parents about newborn sleeping safety.

- In addition to monthly classes at our Enrollee Wellness Center, this program offers resources to help you give your baby a safe sleeping environment
- Enrollees will receive a free Cribette upon completion of the course

Open to all AmeriHealth Caritas DC enrollees starting at 36 weeks of pregnancy until six months after delivery.

For more information, contact the Enrollee Wellness Center at 202-408-3989.

HEALTH RESOURCES FOR YOU AND YOUR FAMILY

NEW BABY!

AmeriHealth Caritas DC provides several programs that can connect you to care anywhere, anytime. From mobile devices and texting services to transportation options, we're here to help.



ONLINE SUPPORT

When you need a little help, Aunt Bertha finds programs and resources in your community in seconds.

- Aunt Bertha makes it easy for you to find programs and services for food, shelter, health care, work, financial assistance, and more
- You can access the Aunt Bertha tool on the AmeriHealth Caritas DC website. Visit www.amerhealthcaritasdc.auntbertha.com and put in your ZIP code. Aunt Bertha will instantly find resources available to you within your community.

Open to all AmeriHealth Caritas DC enrollees.



HEALTHY REWARDS PROGRAM

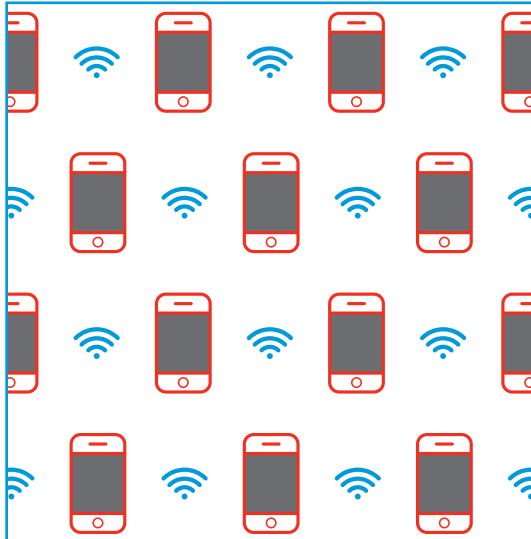
You can get a \$25 gift card if you:

- Are an AmeriHealth Caritas DC enrollee
- Are pregnant and within your first trimester
- See a midwife or OB/GYN for your first prenatal office visit
- See a midwife or OB/GYN within one to 12 weeks (21 – 56 days) after giving birth

Visit www.amerhealthcaritasdc.com/giftcard to learn more.

Note: An enrollee cannot get more than \$50 in incentives each year.



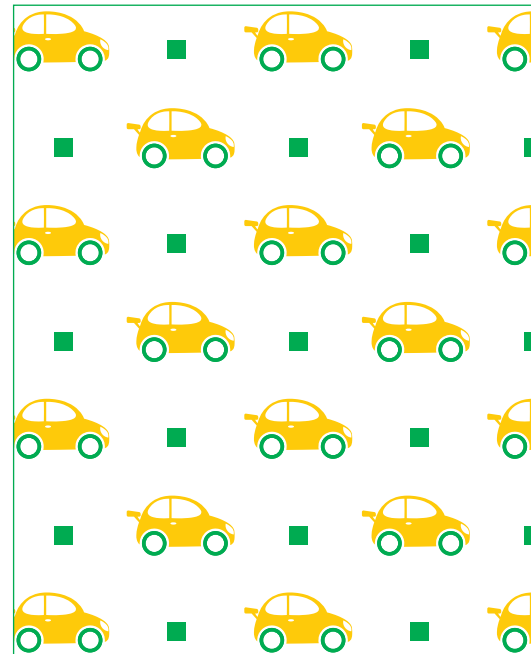


NEED A CELL PHONE?

This no-cost wireless program provides enrollees with cell phones with unlimited texting and 500 minutes of talk time per month. With this smartphone, enrollees have easy access to care support, as well as health tips and appointment reminders.

Enrollees can visit www.safelink.com to apply online, or call SafeLink Wireless at **1-877-631-2550**. Give them your AmeriHealth Caritas DC enrollee ID number so you can get all of the benefits of the program.

**Open to all AmeriHealth
Caritas DC enrollees.**



NO-COST TRANSPORTATION

We believe that your health **and** your time are important. To give you options for easy transportation, we offer rides to provider appointments for all enrollees at no cost.

For urgent care and special care needs, we offer same-day transportation. For all other appointments, please call ahead to schedule your ride.

**Call 1-800-315-3485, and a Care
Coordinator will connect you with a
ride to and from your provider's office.**



TEXTING PROGRAMS



The Keys to Your Care® texting program is brought to you by Bright Start. This special service provides appointment reminders and other important information you may need during your pregnancy.

Once your baby is born, you will be eligible to join the Keys to Your Care program, in which you will receive a small gift for taking your baby to each of his or her recommended well-child provider visits, have access to a texting program with important growth and development information, and receive other support until your baby is 15 months old.

**Open to all pregnant AmeriHealth Caritas DC enrollees.
Call Bright Start at 1-877-759-6883.**

WHAT IS A DOULA?



Doulas are trained to provide emotional and physical support for mothers throughout childbirth. A doula's first priority is to meet the needs of the birthing family while also acting as a guide and valuable source of information. What kinds of things might a doula do during birth?

- Answer questions and help facilitate communication between families and health care providers
- Help moms relax, breathe effectively, and find comfort throughout the different stages of labor

If you are pregnant and interested in working with a doula, please call Bright Start at 1-877-759-6883, and we will help you find one.



WANT TO QUIT? WE CAN HELP.

Do you smoke? AmeriHealth Caritas DC has a class called the Smoking Cessation and Reduction in Pregnancy Treatment (SCRIPT) for pregnant women trying to stop or cut down their tobacco use during pregnancy.

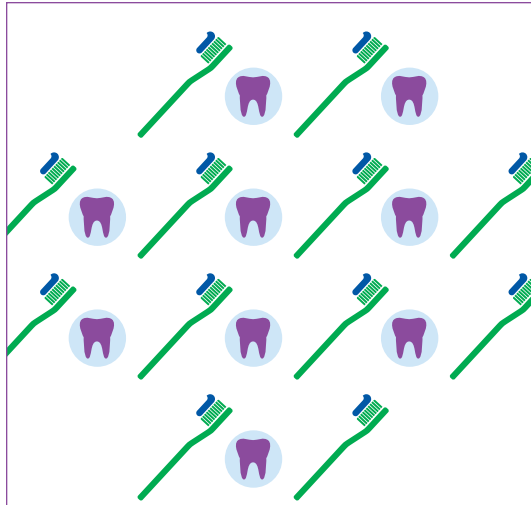
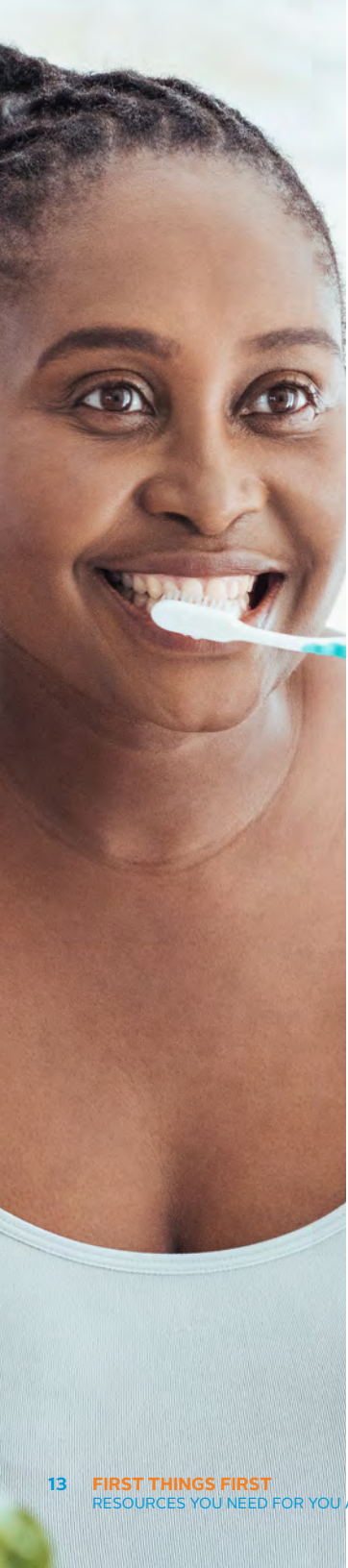
**Call Bright Start at 1-877-759-6883
to sign up for SCRIPT classes.**

SUBSTANCE USE TREATMENT PROGRAMS

Do you use drugs or alcohol? AmeriHealth Caritas DC has no-judgment walk-in clinics that can help with drug and alcohol use during pregnancy.

**Call Bright Start now at 1-877-759-6883
for more information.**





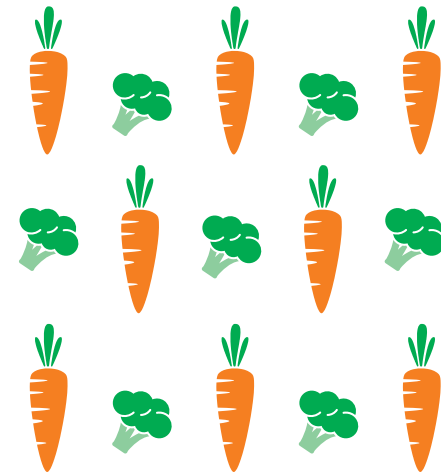
DENTAL HEALTH

Did you know that if you are an AmeriHealth Caritas DC enrollee, you also have dental coverage? As soon as you know you are pregnant, make an appointment with your dentist for a routine checkup. Your baby is also eligible for dental visits once they get their first tooth or when they turn 1 – whichever comes first.

Services covered:

- Cleanings
- Exams
- Fillings
- Crowns

Some procedures require prior authorization. If you have any dental questions or need help finding a dentist, call Enrollee Services at 1-800-408-7511 (TTY 1-800-570-1190).



HOME-DELIVERED MEALS

Pregnant enrollees can receive free healthy and delicious meals delivered to their homes for the entirety of pregnancy and through 56 days (eight weeks) after having a baby.

Enrollees will have multiple meal plans to choose from. While enrolled in the program, you can receive nutrition counseling to learn how to make healthy choices for yourself and your growing family.


Contact Bright Start at 1-877-759-6883 to start getting your meals delivered.





LOCAL RESOURCES

To help enrollees get access to resources such as car seats, diapers, and social services, AmeriHealth Caritas DC works with the following organizations to offer services to enrollees free of charge.



To learn more about these services, please call our Bright Start team at 1-877-759-6883.

CENTERING PREGNANCY

Provides prenatal care, including OB visits and classes where women can connect with other women with similar due dates *Provider referral required. To enroll in this program, please contact your provider.*

GREATER DC DIAPER BANK

A central resource for free diapers throughout DC and parts of Maryland.

ELIZABETH HOUSE

Provides a 90-day housing program for pregnant enrollees between ages 12 and 21; sponsored by Covenant House. *For DC's Emergency Shelter Hotline, call 1-800-535-7252.*

HALBACK AND ASSOCIATES

Provides in-home behavioral health counseling during and after pregnancy.

HORTON'S KIDS

Provides diapers and baby supplies.

LOCAL RESOURCES continued

THE NORTHWEST CENTER

Provides the following:

- Medical care (including prenatal care)
- Adoption services
- Domestic violence support services
- Legal services
- Housing
- Educational opportunities
- Job training and transitional housing for pregnant women ages 18 – 30

OPTUM

Provides nursing care, education, and resources for enrollees who have medical complications during pregnancy.

Provider referral required. To enroll in this program, please contact your provider.

VIRGINIA WILLIAMS FAMILY RESOURCE CENTER

Provides emergency housing support for families.

For families with children under 18 who need shelter, please call the 24-hour Shelter Hotline at 202-399-7093.

DC SUPPORT RESOURCES

Resources available for your baby directly through District of Columbia government services.

D.C. DEPARTMENT OF TRANSPORTATION

Provides vouchers for enrollees to get free car seats.

Contact: 202-671-2700

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

Provides a monthly supplement for purchasing nutritious food. If you qualify, you'll get a debit card to use for groceries.

Contact: 202-727-5355

(D.C. Department of Human Services Call Center)

SPECIAL SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN (WIC)

Provides healthy foods, breastfeeding support, and nutrition counseling for expecting and new mothers.

Contact the DC Department of Health at **202-442-5955** for a full list of WIC sites.

QUESTIONS

Please contact us to confirm program availability, get more information, or ask any questions. We apologize for any inconvenience that program changes might cause.

We are always looking for opportunities to add or improve programs. Please submit ideas via our online contact form at <https://www.amerhealthcaritasdc.com/securecontact/index.aspx>.

English: ATTENTION: If you speak English, language assistance services, at no cost, are available to you.
Call **1-800-408-7511** (TTY/TDD: 202-216-9885 or 1-800-570-1190).

Spanish: ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.
Llame al **1-800-408-7511** (TTY/TDD: 202-216-9885 o 1-800-570-1190).

Amharic: ማሳሰቢያ: አማርኛ መናገር የሚችሉ ከሆን፣ ከከፍተኛ ነጻ የሆነ የቋንቋ ደጋፍ አገልግሎት ይቀርባል። በስልክ ቁጥር
1-800-408-7511 (TTY/TDD: 202-216-9885 ወይም 1-800-570-1190) ይደውሉ።

Arabic: ملحوظة: إذا كنت تتحدث اللغة العربية، فإن خدمات المساعدة اللغوية متوفرة لك بالجان. اتصل برقم
1-800-408-7511 (رقم هاتف الصم والبكم و TTY/TDD: 202-216-9885 أو 1-800-570-1190).

French: ATTENTION : Si vous parlez français, des services d'aide linguistique sont à votre disposition
sans frais. Appelez le **1-800-408-7511** (TTY/TDD: 202-216-9885 ou 1-800-570-1190).


Mandarin: ATTENTION: 注意：如果您说中文普通话/国语，我们可为您提供免费语言援助服务。
请致电：**1-800-408-7511** (TTY/TDD: 202-216-9885 或 1-800-570-1190)。

Russia: ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода.
Звоните **1-800-408-7511** (TTY/TDD: 202-216-9885 или 1-800-570-1190).

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www.amerihealthcaritasdc.com
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District of Columbia

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MURIEL BOWSER, MAYOR