

# iCare for Mom and Baby

A free program for pregnant iCare BadgerCare Plus members — offering support for you and your baby through knowledge, compassion and dignity.



## Questions? Interested in Enrolling in the Program?

Please call us at **1-800-777-4376 (ext. 3066)** (TTY: 711) and ask to speak with the *iCare for Mom and Baby* team. We will ask you a few questions about your pregnancy in order to determine your specific needs.



**Customer Service**  
**1-800-777-4376 (TTY: 711)**

Our customer service is open 24 hours a day, 7 days a week. Our office hours are Monday – Friday, 8:30 a.m. – 5:00 p.m.



# Getting Ready for Baby

## Pregnancy, childbirth, and beyond.

At Independent Care Health Plan (*iCare*), we care about keeping you and your family healthy. *iCare for Mom and Baby* is a free program offered to BadgerCare Plus members.

To help meet your needs, the program offers:

- » Prenatal Services (before delivery)
- » Postpartum Care (after delivery)
- » Community Resources
- » Behavioral Health Support
- » Smoking Cessation and Addiction Treatment
- » 24/7 Nurse Advice Line

### **Prenatal Services**

Prenatal services are a part of the care that you will receive through routine appointments and checkups from either a doctor, nurse, or midwife throughout your pregnancy. It helps keep you and your future baby healthy.

Pregnant *iCare* members will be connected to a specially trained nurse and care coordinator to provide support throughout the pregnancy. In addition to the services on page 1, this may include:

- » Prenatal home visits with the *iCare for Mom and Baby* team (Milwaukee County members)
- » Obtaining baby supplies
- » Scheduling OB visits
- » Make connections to pregnancy resources in the community

Prenatal care is an important part of staying healthy during your pregnancy. Your doctor, nurse, or midwife will monitor your future baby's development and do routine testing to help find and prevent any possible problems.

These regular checkups or appointments are also a great time to learn how to ease any discomfort you may be having, ask any questions, and dispel any myths about pregnancy.

How often you'll receive prenatal care depends on how far along you are in your pregnancy and how high your risk is for complications. While your prenatal care will be managed by your health care professional, the *iCare for Mom and Baby* team are here to help as well.

## **Postpartum Care**

After the birth of your baby, the *iCare for Mom and Baby* team will continue to provide you with support and education. You will be offered services to meet your postpartum needs including:

- » A home visit with the *iCare* team (Milwaukee County members)
- » Breastfeeding support
- » Education on newborn care
- » Scheduling your postpartum visit
- » Scheduling well-baby visits
- » Maternal support
- » Birth control
- » Screening for baby blues and postpartum depression
- » Support for new fathers



## Nurse Advice Line

Pregnancy and caring for a newborn can be overwhelming. When you need answers, the *iCare* Nurse Advice Line will be there for you 24 hours a day, 7 days a week. **Call 1-800-679-9874.**

The Nurse Advice Line can give you peace of mind and help when you wonder whether you need to make an appointment; need information about medications, medical tests, or procedures; and when you have questions about how you or your family can stay healthy.

## Health Checks

A healthy child is a happy child! Our care coordinators are here to help you find a medical provider for your children, and help you stay on track with routine health checks. A health check includes:

- » Yearly physical exams (well check)
- » Immunizations
- » A hearing and vision screen

- » Lab tests
- » A growth and development check

Your child will need routine health checks all the way up until adulthood, and it is important to make sure your child is on track with their immunizations.

## **Coverage**

Not sure which Health Maintenance Organization (HMO) your child has? Call an *iCare for Mom and Baby* coordinator to help assist you. As always, for the best quality care, please place baby under the same HMO as mother.

## **Community Services**

Your *iCare for Mom and Baby* team will help you find the services that you or your baby may need, including:

- » Food Share, Women’s Infants and Children (WIC) program, and food pantries
- » Prenatal care groups
- » Breastfeeding classes and support
- » Housing
- » Baby supplies
- » Transportation
- » Childbirth and parenting classes
- » Prenatal Yoga Classes
- » Childcare
- » Job training programs
- » Participation in “Text for Baby”

## **Smoking Cessation and Addiction Treatment**

There are many benefits to quitting smoking, especially while you are pregnant. We will help you learn about quit-smoking programs in your area. You may be eligible to receive up to \$80 for participating in the program. Your care team can also assist you in locating drug and alcohol treatment centers and support groups.



## Baby or Not?

### Health care before and after pregnancy.

Becoming pregnant is a big deal. It is a life changing event. Whether you are ready to become pregnant or it's something you want to do in the future, *iCare* wants to help you plan for a healthy birth outcome.

The next few pages are some helpful tools and tips on pre-pregnancy care, pregnancy from conception through birth, caring for your baby, and achieving a healthy lifestyle in general.

### **Are you ready to get started?**

## **iPlan**

iCare's iPlan is a reproductive life plan tool to help you make the right choices so you can meet your goals.

Please answer the one key question: Would you like to become pregnant in the next year?

### **If you your answer is "unsure":**

Learn how to prepare for a healthy pregnancy and how to prevent pregnancy.

### **If your answer is "no":**

If you want to prevent pregnancy, there are many safe and effective birth control options. When choosing a birth control, a few things to consider are:

- » Your current health.
- » How often you have sex.
- » How often you can visit a health center.
- » How effective the method is at protecting against pregnancy.

### **If your answer is "yes":**

Your health before you become pregnant is critical for a healthy pregnancy and baby. If you want to get pregnant soon, a few things to consider are:

- » Start taking a folic acid or prenatal vitamin daily.
- » Make sure any health conditions such as asthma, diabetes, or blood pressure, are being managed.
- » Ask if the medications you are taking are safe during pregnancy.



Let's help you keep track of your health care providers, pregnancy planning information and pregnancy history, in addition to your nutrition history. Having this record in one place helps your *iCare for Mom and Baby* care team help you take better care of yourself.

**Primary Care Provider:** A primary care provider, also known as a "PCP", is a health care practitioner that is responsible for managing the overall care of the patient.

Your PCP will treat common medical problems, prescribe medications, conduct yearly physical exams, and refer you to any specialty doctor (if needed), such as an OBGYN/Midwife.

Who is your Primary Care Physician? Write his/her name here:

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**OBGYN/Midwife Provider:** Specializes in women's reproductive health. They help during pregnancy, during the delivery, and after the baby is born. After delivery, you go back to seeing your primary care doctor.

Who is your OBGYN/Midwife provider? Write his/her name here:

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**Dental Provider:** Pregnancy can cause hormonal changes that may increase the risk of having pregnancy gingivitis. Overall, seeing a dentist will help you maintain good oral hygiene. If you don't have any of the above providers, it's okay. Call us as soon as possible so we can get you connected.

Who is your dentist? Write his/her name here:

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**Am I taking any vitamins right now?** Check which one you take. If it is not listed, write the vitamins you are taking on the line below.

Prenatal       Multivitamin       Folic Acid

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## Am I using a birth control method right now?

Circle your answer and check the birth control method you are currently using.                      Yes                      No

If you circled yes, check all that apply:

- Pills
- Patch Ring
- Depo-Provera Shot
- Diaphragm or Cervical Cap
- Condoms
- Tubal Ligation
- Partner Vasectomy
- IUD Implant
- Withdrawal
- Natural Family Planning

## Pregnancy History

Please check either “Yes” or “No”. Then fill in the blank.

|   |  |
|---|--|
| Have you ever been pregnant before?   | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| How many times have you been pregnant?  |  |
| Have you ever had any pre-term deliveries?<br>(Given birth before 37 weeks)               | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| How many pre-term deliveries?   |  |
| Have you ever experienced a miscarriage?<br>(A pregnancy ending <i>before</i> 20 weeks)   | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| How many miscarriages and when?   |  |
| Have you ever experienced a pregnancy loss?<br>(A pregnancy ending <i>after</i> 20 weeks) | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| How many and when?  |  |



## Let's Talk Food

Approximately 300 extra calories are needed daily to maintain a healthy pregnancy. These calories should come from a balanced diet of protein, fruits, vegetables, and whole grains, with sweets and fats kept to a minimum.

Women can take in enough fluids by drinking several glasses of water each day, in addition to the fluids in juices and soups. An expectant mother should avoid caffeine, artificial sweeteners and alcohol during pregnancy.

Nutrition is important. Write down what you normally eat and the time.

Breakfast:

Time:

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Lunch:

Time:

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Dinner:

Time:

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What do you snack on?

Time:

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Now that you have a picture of what you're eating, does your diet include foods such as:

- **Breakfast:** Eggs, fruit, yogurt, and oatmeal or cereal?
- **Lunch:** A ham/turkey sandwich made with whole grain or wheat bread, salad and fruit for lunch?
- **Dinner:** Lean protein from chicken, turkey, red meat or fish\*, leafy green vegetables and a starch from whole grains?

If so, you are on the right track! If not, you can make these changes anytime. Talk to your provider or call us for additional support.

## Let's Get Moving

How do you rate your physical health (circle one)?

Poor                      Fair                      Good                      Excellent

Do you exercise at least 3-5 times a week (circle one)?                      Yes    No

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How tall are you?

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How much do you weigh?

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Being healthy is important to me because:

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## Your Emotional Wellbeing

Describe your stress level (circle one):    Low                      Medium                      High

Steps you can take to reduce your stress, include exercise, talking to a close friend, reading a book, coloring or doodling, and/or talking to a therapist.

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## Sleep

Describe your sleep (circle one):    Poor                      Fair                      Good                      Excellent

Sleep is very important! Did you know that gaps between getting just enough sleep and getting too little sleep may affect your health, your mood, and your overall well-being?

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\*Fish: It is recommended that pregnant women limit the amount of fish/seafood containing high amounts of mercury.

## Medical History

Do you have any of the following chronic diseases or medical conditions? Check all that apply:

- |   |  |
|---|--|
| <input type="checkbox"/> Asthma         | <input type="checkbox"/> Diabetes                |
| <input type="checkbox"/> Chlamydia      | <input type="checkbox"/> High Blood Pressure     |
| <input type="checkbox"/> Gonorrhea      | <input type="checkbox"/> Seizures/Epilepsy       |
| <input type="checkbox"/> Syphilis       | <input type="checkbox"/> Urinary Tract Infection |
| <input type="checkbox"/> Genital Herpes | <input type="checkbox"/> Depression              |

In the past year have you used any tobacco?

Please circle one: Yes      No

If you circled “yes”, indicate the average number of cigarettes smoked per day, or if you use e-cigarettes please explain below.

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Does anyone in the household smoke (circle one)? Yes      No

Would you like to learn more about how to reduce or quit your tobacco use (circle one)? Yes      No

Please write down any other illness, infection, or conditions you had that required medical care:

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In the past year, have you used any street drugs?

Please circle one: Yes      No

Please describe any past or current use of street drugs. This includes marijuana, intravenous drug use, or pharmaceutical drug abuse.

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Would you like to get help to reduce or quit drugs? Yes      No

In the past 3 months, have you used any form of alcohol? Yes      No

Are you willing to quit or reduce your alcohol use? Yes      No

## Support

Having support whether it be from family or friends is important, especially if you are considering becoming pregnant.

Who is your support for daily activities such as childcare, meals, or transportation?

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Would you like to learn more about having a healthy pregnancy (circle one)?      Yes              No

If you circled yes, that's wonderful! Someone from the *iCare for Mom and Baby* program will contact you to help connect you with services and support.

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If you haven't visited your primary care provider (PCP) in over a year or had a dental checkup, please make an appointment with him/her. And if you are treated for depression, addiction, or any other behavioral health issue, please make an appointment with your behavioral health care provider.

For easier reference please write his/her name(s) down below:

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Name:

Telephone number:

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Name:

Telephone number:

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Name:

Telephone number:

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**You can treat and/or control health conditions. We're here to help. Call the *iCare for Mom and Baby* program for resources, information and support at: 1-800-777-4376 (TTY: 1-800-947-3529).**

**ATTENTION:** If you speak English, language assistance services are available to you free of charge.  
Call 1-800-777-4376 (TTY: 1-800-947-3529).

**ATENCIÓN:** Si habla español, los servicios de asistencia de idiomas están disponibles sin cargo, llame al 1-800-777-4376 (TTY: 1-800-947-3529).

**CEEB TOOM:** Yog koj hais lus Hmoob, kev pab rau lwm yam lus muaj rau koj dawb xwb. Hu 1-800-777-4376 (TTY: 1-800-947-3529).

**注意:**如果您说中文, 您可获得免费的语言协助服务。请致电1-800-777-4376 (TTY 文字电话: 1-800-947-3529)。

**DIGTOONI:** Haddii aad ku hadasho afka Soomaaliha, adeegyada caawimada luqadda waxaa lagu heli karaa iyagoo bilaash ah. Wac 1-800-777-4376 (TTY: 1-800-947-3529).

**ໝາຍເຫດ:** ຖ້າທ່ານເວົ້າພາສາລາວ, ທ່ານສາມາດໃຊ້ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາໄດ້ໂດຍບໍ່ເສຍຄ່າ. ໂທ 1-800-777-4376 (TTY: 1-800-947-3529)

**ВНИМАНИЕ:** Если Вы говорите по-русски, Вам будут бесплатно предоставлены услуги переводчика. Позвоните по номеру: 1-800-777-4376 (TTY: 1-800-947-3529).

ကျေးဇူးပြု၍ နားဆင်ပါ - သင်သည်  
မြန်မာစကားပြောသူဖြစ်ပါက၊ သင့်အတွက် အခမဲ့ဖြင့်  
ဘာသာစကားကူညီရေး ဝန်ဆောင်မှုများ ရရှိနိုင်သည်။  
1-800-777-4376 (TTY: 1-800-947-3529) တွင်  
ဖုန်းခေါ်ဆိုပါ။

PAŽNJA: Ako govorite srpsko-hrvatski imate pravo na  
besplatnu jezičnu pomoć. Nazovite 1-800-777-4376  
(telefon za gluhe: 1-800-947-3529).

تنبيه: إذا كنتم تتحدثون العربية، تتوفر لكم مساعدة لغوية مجانية. اتصلوا بالرقم  
4376-777-8001 (هاتف نصي: 1-800-947-3529).

### Independent Care Health Plan:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
  - Qualified sign language interpreters.
  - Written information in other formats (large print, audio, accessible electronic formats, other formats).
- Provides free language services to people whose primary language is not English, such as:
  - Qualified interpreters.
  - Information written in other languages.

If you need these services, contact Independent Care Health Plan at 1-800-777-4376. TTY: 1-800-947-3529.

Independent Care Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, gender identity, or sex.



Give us a call if you have questions about *iCare* benefits and services, or if you need help finding a provider.

We can also put you in touch with interpreter services for the hearing impaired or if you speak another language.

Contact us at **1-800-777-4376**, 24 hours a day, 7 days a week  
TTY: 1-800-947-3529. Our office hours are Monday – Friday,  
8:30 a.m. – 5:00 p.m.



**Corporate Office**

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