

## We have more for you.

As a member of UnitedHealthcare Community Plan, you have many benefits and services available to you. You can learn more by visiting our secure member website at [myuhc.com/CommunityPlan](https://myuhc.com/CommunityPlan).



### \$0 copay for:

- Immunizations
- Prescription drugs
- NurseLine
- Programs for new moms and babies
- PCP visits
- Rides to doctor visits



### Keep your coverage with UnitedHealthcare.

As a new mom, you are automatically covered for up to <60 days> after your baby is born. To continue getting health care benefits you <may> need to re-enroll in your state's Medicaid program, <NAME of PROGRAM>. Be sure to check with them soon. We want to keep you as a member of UnitedHealthcare.

### Baby, too.

It's likely that your baby was signed up to keep getting Medicaid while at the hospital or before delivery.



### Need substance abuse help?

Get the help you need with our free, anonymous Substance Use Disorder Helpline. Call toll-free at **1-855-780-5955** or visit [liveandworkwell.com](https://liveandworkwell.com) recovery to use live chat. Available 24/7. This is a confidential and no-cost service.



### Sign up for text4baby.

It's a free service to help you through your baby's first years of life. To sign up for text4baby, **text the word BABY to 511411**. After you sign up, you'll get free text messages on your cell phone each week. These texts will include tips about staying healthy for you and your baby.



### Not sure? Call Member Services.

We can explain your benefits and coverage. We can help with your re-enrollment questions **<1-800-XXX-XXXX>**.



### Earn great rewards.

Staying healthy starts by going to the doctor. Your doctor can make sure you and your baby are doing well.

Earn rewards for going to these visits until your baby is 15 months old.

Enroll today at [UHCHealthyFirstSteps.com](https://UHCHealthyFirstSteps.com)

### New to the rewards program?

Get a <\$20> gift card just for signing up.



## Healthy First Steps®

Get a healthy start for you and your baby.



Healthy First Steps

<1-800-599-5985>

[UHCHealthyFirstSteps.com](https://UHCHealthyFirstSteps.com)



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# Congratulations on the birth of your baby.



The health of you and your baby is important to us at UnitedHealthcare. During this important time, we are here to help you both stay healthy and to get the care and services available to you. We hope you enjoy this Healthy First Steps booklet. It's full of information to help you get a healthy start to your new life together.



## Your post-delivery doctor visit.

**Your post-delivery (also known as postpartum) visit** (21–56 days after delivery).

### What to expect.

Your doctor will ask you how you're feeling physically and emotionally. You will also have a complete physical exam. Your doctor will want to make sure your body is recovering. If you are breastfeeding, he or she will want to know how that is going too. This is the perfect time to bring up any problems or questions you may have.



## Take care of you.

Everyone knows that newborns need a lot of care and attention. New moms do, too. That's why it's so important to take good care of you during the weeks and months ahead.

### Rest and support.

After delivery, your body needs time to recover. Plus, getting good sleep in the months ahead will help you feel better, in general. When you're well-rested, the important job of caring for a baby can be less stressful. But getting rest is not always easy with a newborn. That's why you should try to sleep when your baby sleeps. Also, when possible, get support from your partner, family or friends. Ask them to take care of the baby for a few hours while you get some much needed sleep. See if you can schedule time each week, so you know you'll get a rest break.

### Breast care.

Breasts go through a lot of changes after delivery. When they start producing milk, your breasts will get larger and firmer. They may be sore and uncomfortable. Fortunately, this doesn't last long. Most women who choose to breastfeed will find that their breasts begin to feel better after baby has nursed.

There are some things you should watch for. Call your doctor if you have any of the following:

- A red area or red streaks on your breast, or flu-like symptoms, fever, chills.
- Pain deep in your breast, or shooting or burning breast pain either during or after feedings.
- Nipples that are cracked, itchy or burning.
- Nipples that are pink, red, shiny, flaky or have a rash with little blisters.

### Baby blues and postpartum depression.

During your baby's first few days of life, it's normal to feel emotional highs and lows. Sometimes this is called the "baby blues." These mood swings are believed to be caused by hormone changes that happen after a woman gives birth. Other things like tiredness and stress can also add to these feelings. Baby blues usually only last for a few days or a couple weeks. Usually it stops without medical treatment.

Some women have a deeper level of emotional sadness or stress that won't go away. This can be postpartum depression.

Postpartum depression causes more severe feelings of sadness, or wanting to give up. And the feelings last for a longer time. Postpartum depression is a medical condition that should be treated by a doctor. It can include:

- Feeling extremely sad or hopeless, and the feelings last most of the day for several days in a row.
- Believing that life isn't worth living, or that things will never get better.
- Thoughts of harming yourself or your baby.

If you feel any of the above, don't wait. Talk to your doctor. There are many effective treatments for postpartum depression that can help you feel like yourself again.



## Family spacing

With so much happening right now, planning for your next child might be the last thing on your mind. But it's something important to think about. A woman can get pregnant soon after giving birth, even if she is breastfeeding. Be sure to talk to your doctor about contraception options, so you can plan for the spacing between your children.

# Keeping baby happy, healthy and safe.



## Nutrition

Babies need plenty of nutrition throughout the day, every day. Your baby's primary care provider (PCP) will be watching closely to see that your baby continues to gain weight during the first weeks and months. Your PCP will let you know how much breast milk or formula is enough. The amount will increase as your baby gets older. If you have concerns about the amount your baby is drinking, talk to their PCP or call NurseLine.



## Sleep

Most newborns will sleep a lot during the day and night. But it can take months before they will sleep through the night (for 5-6 hours at a time).

Here's what you can do to make sure your baby is sleeping in a safe place:

- Put your baby to sleep on his or her back on a flat, firm mattress.
- Put your baby to bed in his or her own crib or bassinet. Keep your baby's crib close to your bed, so your baby is nearby during the night.
- Use a bassinet, crib or play yard that meets current safety standards. Keep loose bedding, toys and other soft objects out of your baby's crib.
- Don't let your baby sleep in his or her carrier, car seat or stroller. Babies who sleep in these items can suffocate.



## Crying and colic (upset stomach)

Caring for a colicky baby can be really hard. So be sure to take care of yourself, too. Don't blame yourself or your baby for the constant crying. Colic is nobody's fault. Try to relax. In time, your baby will eventually outgrow this phase.



## Baby wellness visits

At wellness visits, your baby's PCP will check on your baby's health. Plus, they are a great chance to build a relationship with the PCP and to ask any questions you may have. Immunizations (shots) are also given at wellness visits. These important shots protect babies from many serious illnesses.



## NurseLine

If you have a health question about you or your baby, or if you're wondering if something is normal, call NurseLine at <1-XXX-XXX-XXXX>. Registered nurses are always just a call away, day or night. They can answer your questions. They can also help you decide if you should see a doctor.



## Did you know?

Your baby will go to **7+** wellness visits their first year.

## Keeping baby safe.



## Bathing

Babies should never be left alone in a tub, sink or bath seat, even for a few seconds. With their wet skin and the slippery surfaces, babies can fall or slide into the water. Babies cannot lift themselves out of the water.



## Car seat safety

There are many different models of infant car seats available. And many are designed to strap into cars different ways. It's very important to know the correct way to install your baby's car seat. A car seat that isn't installed the right way places your baby in danger.

Carefully follow the instructions that came with the car seat. If you don't have the instructions, visit the company's website. They should have instructions online, and maybe even a video to watch.



## Handwashing prevents illness

Babies can get sick from germs around them. That's because their bodies haven't been exposed to many germs, and they haven't had time to build up resistance to them. That's why it's so important for anyone who has contact with your baby to wash their hands often.



## Shaken baby syndrome

It's important to never shake an infant. Every year hundreds of babies die from being shaken. Many more babies end up with lasting brain injuries.

These injuries hurt babies because their neck muscles are too weak to support or protect the head. When a baby is forcefully shaken, their brain is thrust back and forth. This tears brain tissue and damages blood vessels and nerves in the brain.

Most often a baby is shaken because he or she won't stop crying. If you feel overwhelmed because your baby is crying and can't be soothed, place your baby on his or her back in the crib. Then close the door and check on him or her in 10 minutes.

It's important to tell anyone caring for your baby to never shake the infant. Talk to them about the dangers of shaking and how it can be prevented.



# Check in. Check up. Check back.



## Keep your child healthy at every step.

Every child needs to see a doctor regularly. Checkups can help find problems with health, speech, hearing, vision and development.



### Well-child visits include:

- A review of the child's growth and development and hearing and vision testing.
- A complete physical exam and needed immunizations and lab tests, like blood and urine.
- Advice on how to keep your child healthy.
- Developmental/behavioral screening, as needed.
- An opportunity for you to ask questions about your child's health and development.

### Your child should see their PCP at birth and at the following ages:

3–5 days old	6 months old	18 months old
1 month old	9 months old	24 months old
2 months old	12 months old	30 months old
4 months old	15 months old	

At age 3, your child should visit their PCP once a year and any time you think they may be sick or have a problem.

### Shots are necessary and safe.

Immunizations help protect babies against serious illnesses.

### How shots work.

Each vaccine contains either a dead or weakened germ, or parts of it, that cause a particular disease. Shots work by preparing a child's body to fight the illness in the future.

Shots prevent people from getting measles, mumps, polio, rubella, hepatitis A, hepatitis B, rotavirus and other infections and diseases.

### How you can help protect your baby.

- Make sure your baby gets all their shots on schedule.
- Use this immunization schedule as a reminder of when to schedule checkups.
- A current immunization record will be required when your child enters daycare, preschool or kindergarten. Keep a record in a safe place at home, too.

### Immunizations

Infants and toddlers recommended immunizations\*\*

Age	Immunization***
Birth	HepB
2 months	HepB, DTaP, PCV, Hib, Polio, Rota
4 months	DTaP, PCV, Hib, Polio, Rota
6 months	HepB, DTaP, PCV, Hib, Polio, Rota, Influenza*
12 months	MMR, PCV, Hib, Varicella, HepA, Influenza*
15 months	DTaP, Influenza*
18 months	HepA, Influenza*



### Abbreviation key:

**HepA:** Hepatitis A

**HepB:** Hepatitis B

**DTaP:** Diphtheria, tetanus, pertussis

**Hib:** H. influenza type b

**Polio:** Inactivated polio

**Influenza (Flu):** Strains vary yearly

**HPV:** Human papillomavirus

**MCV4:** Meningococcal conjugate

**Varicella:** Varicella chickenpox

**PCV:** Pneumococcal conjugate

**MMR:** Measles, mumps, rubella

**Tdap:** Tetanus, diphtheria, pertussis

**Rota:** Rotavirus vaccine

**Td:** Tetanus, diphtheria

\* Influenza vaccine should be given every year starting at 6 months old.

\*\* Check with your PCP what vaccines your child needs.

\*\*\* Some vaccines vary depending on brand and type of vaccine.

