

Welcome to Motherhood MattersSM from Molina Healthcare

A Prenatal Care Program for Pregnant Women

Pregnancy is an important time in your life. It can be even more important for your baby. What you do during your pregnancy can affect the health and well being of your baby – even after birth.

This is also a time when you may have a lot of questions about your pregnancy. Through Molina Healthcare's Motherhood Matters program, our caring staff will answer your questions. They are here to help you. They will teach you what you need to do. Being a part of this program and following the guidelines will help you have a healthy pregnancy and a healthy baby.



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Your Baby's Good Health Begins When You Are Pregnant



You Learn...

- Why visits to your doctor are so important.
- How you can feel better during pregnancy.
- What foods are best to eat.
- What kinds of things to avoid.
- Why you should stay in touch with Molina's staff.
- When you need to call the doctor right away.

Other Benefits

Health Education Materials – These include a pregnancy book and trimester specific materials.

Community Referrals – To community resources available for pregnant women.



How will Motherhood Matters work for you?



Pregnancy Term	Activity	Purpose
1st Trimester (0-13 weeks)	Motherhood Matters' staff member will call you for your initial assessment	<ul style="list-style-type: none">• To get to know you better• Offer support/answer questions• Identify any problems
2nd Trimester (14-27 weeks)	Motherhood Matters' staff member will call you for your second assessment	<ul style="list-style-type: none">• To check how you are doing• Answer any questions
3rd Trimester (28-40 weeks)	Motherhood Matters' staff member will call you for your third assessment	<ul style="list-style-type: none">• To check how you are doing• Answer any questions
After Birth (2 weeks after due date)	Motherhood Matters' staff member will call you for your after delivery assessment	<ul style="list-style-type: none">• To remind you to visit your doctor after birth• To check how you're doing

If any problems are found, a nurse will work closely with you and your doctor to help you.

Keep all of your doctor appointments and participate in the calls. This gives you the best chance at having a healthy baby. If you cannot make a doctor's appointment, please call to reschedule. If you need help with this, call Molina's Motherhood Matters' toll-free number at **1-866-891-2320** and we can help you.

Call Now

Motherhood Matters is a simple program to follow and can really help you and your baby throughout your pregnancy. To find out more, just call Molina's Motherhood Matters toll-free at **1-866-891-2320**.