

Women's Health Section

Women Preventive Services

Women may see any Molina Healthcare OB/GYN for well woman care without a referral from their PCP.

- Women age 40 or over should have a mammogram to screen for breast cancer once every year.
- Women should have a pap smear every year to screen for cervical cancer.
- Young women, ages 16 – 25, who are sexually active should have a Chlamydia test every year to screen for this sexually transmitted disease (STD).

Women's Health and Cancer Rights Act – Women's health benefits include breast reconstruction services if elected after a mastectomy.

Family Planning Services

Family Planning Services are covered. These services include:

- Counseling to help you to decide when to have children,
- Helping you decide how many children to have,
- Providing information and prescriptions for birth control. For example, condoms and birth control pills.
- Treatment for sexually transmitted diseases (STD).

You do not need a referral to receive family planning services. You can receive family planning services from any doctor or clinic.

Prenatal & Maternity Care

Early care is important to the health of pregnant women and their babies.

- If you think you are pregnant, please call your doctor for an appointment. It is important to start prenatal care in the first 12 weeks of pregnancy.
- You can get routine maternity care services **without** a referral from your PCP or OB/GYN doctor.
- If you need help finding a doctor, call Member Services at 1-888-898-7969.
- If you need help making a doctor's appointment, call the M.O.M. Nurse at 1-888-898-7969 ext. 155428.
- See your doctor throughout your pregnancy.
- Make sure you go to all of your visits when your PCP or OB/GYN tells you to. Do not miss any doctor visits.
- Make sure you go to your doctor right after you have your baby for follow-up care (3-6 weeks after your baby is born).
- Along with prenatal, postpartum and maternity care we offer information on diet, exercise and other important health care services.

Moms of Molina (M.O.M.) Program

If you are pregnant, Molina Healthcare has a FREE program just for you and your baby. It is called **the M.O.M. Program**. You and your growing baby are important to us. We want you to have a healthy pregnancy and healthy baby.

Molina Healthcare has a special nurse coordinator to work with you and your doctors to make sure you and your baby get the care you need. All Molina Healthcare mothers-to-be, including teens and high risk, will receive information about the importance of prenatal care and free support services.

We can:

- help you find a doctor for you and your new baby
- help you set up doctor visits during your pregnancy and after your baby is born
- help you get a ride to your doctor visits
- help you stay healthy
- help you with special needs while you are pregnant
- help you find counseling services, and childbirth and parenting classes
- help you find information for getting baby items: food, housing, clothes and give you information about what to expect while you are pregnant
- keep in touch with you and your doctor

It is good to get early and regular prenatal care and to keep all your visits with your doctor even if this isn't your first baby. Call the M.O.M. Nurse at 1-888-898-7969 ext. 155428.

Maternal and Infant Health Program (MIHP) Services

The Maternal and Infant Health Program is a **Medicaid covered benefit** that helps pregnant members and infants get the proper food, support, and transportation for all health services. It will also help you to understand the importance of getting prenatal care, well childcare, and immunizations when they are scheduled. If you need help to get these support services, please call the M.O.M. Nurse at 1-888-898-7969 ext. 155428.

Women, Infant & Children Services Program (WIC)

Women, Infants and Children (WIC) Program offers pregnant women and young children FREE food and other services. You do not need to ask your PCP to get services from WIC. Call our Member Services Department at 1-888-898-7969 to find out where and how to get WIC Services.