

# Welcome to motherhood matters<sup>sm</sup> from Molina Healthcare

*A Prenatal Care Program for  
Pregnant Women*

Pregnancy is an important time in your life and in the life of 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 is here to help you. They will answer your questions and will teach you about what you need to do during your pregnancy. Being a part of this program and following the guidelines will help you have a healthy pregnancy and a healthy baby.



**Your Extended Family.**

CFC: 1-800-642-4168

ABD: 1-866-408-9501

TTY: 1-800-750-0750 or 711

PO Box 349020

Columbus, Ohio 43234-9020

[www.MolinaHealthcare.com](http://www.MolinaHealthcare.com)

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## Your Baby's **Good Health** Begins When **You Are Pregnant**



## You Learn...

- Why visits to your provider are so important.
- How you can feel your best during pregnancy.
- Which foods to eat and which to pass up.
- What kinds of things to avoid.
- How Molina can help you during your pregnancy and how to reach us when you need us.
- When you should call your provider right away.

## Other Benefits

Health Education Materials, including a book on pregnancy and materials specific to what to expect for each trimester of your pregnancy.

Community Referrals to resources available for pregnant women.

Gift cards to retail stores to thank you for keeping important prenatal care appointments for you and preventive care appointments for your baby. See the following chart for details.

## How will motherhood matters work for you?

<b>Coupon 1</b>	First prenatal visit during the first 3 months of pregnancy.	<b>\$25 Gift Card</b>
<b>Coupon 2</b>	Complete a minimum of 3 visits during the second trimester.	<b>\$25 Gift Card</b>
<b>Coupon 3</b>	Complete a minimum of 7 visits during the third trimester	<b>\$25 Gift Card</b>
<b>Coupon 4</b>	Postpartum visit within 3-8 weeks after delivery of your baby.	<b>\$25 Gift Card</b>
<b>Coupon 5</b>	Parenting class completed at approved facility. Receipt of signed verification by instructor upon course completion is required.	<b>\$25 Gift Card</b>
<b>Coupon 6-12</b>	Baby preventive checkups ( <i>Healthchek</i> ) at the following ages: 1 month, 2 months, 4 months, 6 months, 9 months, 12 months, 15 months	<b>\$105 in Gift Cards (\$15 for each visit)</b>

You must be a Molina Healthcare member at the time of your visits and at the time you submit your coupon to receive a gift card.

**motherhood matters** is here to be a resource for you. We can help you understand what to expect during your pregnancy or talk through any concerns you may have. If any problems are found during your pregnancy, a Molina nurse will work closely with you and your provider to be sure that you get the care that you need.

You can contact Molina any time you have questions about your pregnancy. **motherhood matters** staff is here to help you during business hours. In addition, Molina's 24-hour Nurse Advice Line is always available to assist you at 1-888-275-8750 (TTY: 1-866-735-2929).

## 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 toll-free at **1-800-642-4168** (TTY for the hearing impaired: **1-800-750-0750** or **711**) from 7:00 a.m. to 7:00 p.m. Monday - Friday.