

Pregnancy during COVID-19

Being pregnant during the COVID-19 health crisis can add an extra layer of stress to an already uncertain time. Molina Healthcare wants to ensure that you have the support and information you need to keep you and your baby healthy during this time.

What is COVID-19?

COVID-19 is a new strain of coronavirus. The name COVID-19 is short for Coronavirus Disease 2019. The virus causes a lung illness and has infected thousands of people worldwide.

What are the symptoms of COVID-19?

Common signs of infection include fever, cough, and lung symptoms such as shortness of breath and breathing difficulties. In more severe cases, the virus can cause infection in the lungs (pneumonia), severe lung problems (acute respiratory distress syndrome), kidney failure, and even death.

People with heart and lung disease or weakened immune systems, as well as infants and older adults, are at higher risk for more severe problems from this illness.

Taking Steps to Protect Yourself and Others

- Wash your hands often with soap and water for at least 20 seconds.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Practice social distancing. Put distance (6 feet) between yourself and other people. Avoid contact with people who are sick.
- Regularly clean and disinfect frequently touched surfaces.
- Cover your mouth and nose with a tissue or the inside of your elbow when you cough or sneeze.
- Wear a facemask when coming in contact with people who live outside your home.

For more information on how to protect yourself and others during this time, visit www.cdc.gov.

COVID-19 and Pregnancy Considerations

It is important to take care of yourself and your baby during pregnancy and after delivery.

Do not skip your prenatal care or postpartum appointments. If you are concerned about attending your appointment, talk to your doctor. Ask your doctor how they are taking steps to separate healthy patients from patients who may be sick.

Some doctors may choose to cancel or postpone some visits. Others may switch certain appointments to telemedicine, which are appointments over the phone or video. Your doctor may also limit the number of people who can come with you to your appointment. These decisions will be based on the circumstances in your area and your individual care plan.

It is important to stay in contact with your doctor during your pregnancy. Be sure to talk to your doctor about:

- If you are experiencing COVID-19 symptoms or come in contact with someone with COVID-19 symptoms
- Staying up to date on vaccines, including the flu vaccine
- If telehealth or telemedicine options are available
- Any precautions to take during your delivery and the policies of the hospital where you plan to deliver due to COVID-19.
- Making a backup plan if the hospital capacity policy changes at the hospital where you plan to deliver
- Breastfeeding recommendations, especially if you become diagnosed with COVID-19
- Planning for postpartum care

For additional information on COVID-19 considerations during your pregnancy, first talk with your doctor. You can also visit www.cdc.gov for additional information.

Transportation Resources

Pregnant women in the STAR program who live in the Harris Service area have access to up to 10 ride share trips at no cost. These trips are available for:

- Members who are leaving the hospital after being discharged; and,
- Members who need help getting to an OB/GYN appointment that is scheduled less than 48 hours in advance.

To schedule a ride share trip, members can call (866) 462-4857, 24 hours a day, 7 days a week.

If you are not in the STAR program, you live outside of the Harris Service Area or you need help getting to an appointment that is not eligible for the ride share trips, please contact the Texas Medicaid Medical Transportation Program.

- Houston/Beaumont Area: (855) 687-4786
- Dallas/Fort Worth Area: (855) 687-3255
- All other areas: (877) 633-8748 (877-MED-TRIP)

If you have questions about your coverage during COVID-19 or need help contacting your doctor, please call Member Services at (866) 449-6849, Monday to Friday, 8 a.m. – 6 p.m., central time.