

Taking Care of You and Baby

Early care is important to the health of pregnant women and their baby. Here is information to help you and your little one!

Molina Health covers:

- Newborn screenings
- Pregnancy care
- Childbirth education classes
- OB/GYN and hospital services
- Care management services for high-risk pregnancies
- Hospital Care
- Inpatient Care
- Outpatient Care
- Labs, X-rays, and other tests
- Prenatal, delivery, postpartum and maternity care (includes care for conditions that complicate pregnancy)



If you think you are pregnant, please call your doctor for an appointment. It is important to start prenatal care as soon as you know you are pregnant. If you are pregnant when you enroll with Molina, please let us know so we can make sure you continue getting prenatal care.

Be sure to complete your first prenatal visit within 42 days of enrolling in the Molina Healthcare plan, complete a visit within every trimester, and complete your postpartum visit between 7-84 days after your delivery.

Picking the right doctor for you

If you need help finding a doctor, please call Member Services at (800) 424-4518, Monday - Friday, 8 a.m. to 8 p.m. (TTY: 711). While Molina does not require referrals, check with your primary care provider to make sure there are no other referral needs for routine maternity care services.

After your baby is born

Make sure you go to your doctor right after you have your baby for follow-up care (3 - 8 weeks, 21 - 56 days after your baby is born). If you had a C-section, you should follow up within 1 - 2 weeks of surgery.

If you have any questions about your new baby's enrollment in Molina, please call Member Services. We will make sure that your baby gets healthcare and your baby's doctors is listed on the Molina ID card.

Added Prenatal/Maternity Programs

Here are some special programs to help you and your baby:

Mother-Baby Connections—Text messages with important health information to help:

- Understand what is happening with your body
- Recognize warning signs
- Know what to expect during your delivery

You'll also get: Infant sleep sacks and diapers, an invitation to baby showers hosted by MCC of VA (hosted quarterly per region), "Baby Basics" book, rides to WIC appointments, Lamaze, and parenting classes

High Risk Pregnancy

We have a special team who can give you healthy pregnancy information. We can talk to you about your pregnancy to see if you have any high-risk conditions that could affect your pregnancy. If you have a high-risk condition, one of our nurse care managers will work with you one-on-one during your pregnancy. We make sure you have the best and healthiest outcome for you, your baby, and your family. Please call us at (800)424-4518, Monday - Friday 8 a.m. to 8 p.m.

Quit Smoking

Smoking during pregnancy can harm your baby. For free help to quit smoking:

- Call (800) QUITNOW (784-8669) TTY (877) 777-6534
- Visit <https://women.smokefree.gov/pregnancy-motherhood>

WIC

Women, Infants and Children (WIC) Program offers pregnant women and young children free food and other services. If you are pregnant or recently delivered, talk to your PCP or maternity care provider about WIC. To find out if you are eligible for this program, you can contact your local WIC agency. You will need to make an appointment to talk with them. For more information about WIC visit: <https://www.vdh.virginia.gov/wic>



We are here for you!



If you have any questions, please call our Member Services team at (800) 424-4518, Monday – Friday, 8 a.m. to 8 p.m. (TTY:711)