



# Healthy Pregnancy Resource Guide

# Hello,

Pregnancy is a time of anticipation and preparation—and CareFirst BlueCross BlueShield (CareFirst) wants to help. As a member, you have access to a variety of resources for you and your new baby.

## Start your healthy pregnancy journey.

If you haven't already, plan to see your OB/GYN when you think you're pregnant. Early prenatal appointments are important to the health of you and your baby and a great opportunity to get questions answered and set your due date.

**Looking for an OB/GYN? Visit [carefirst.com/doctor](https://carefirst.com/doctor) to search for various providers, including nurse midwives and birthing centers.**





## Available support services

If you need additional support, a CareFirst OB Nurse Care Manager can:

- Set up transportation to your prenatal appointments
- Connect you to resources like nutritionists and social workers
- Provide breastfeeding support
- Arrange in-home services

If you have been diagnosed with a high-risk pregnancy, contact our OB Nurse Care Management team who will work with you 1:1 by phone to:

- Help you understand and follow your OB/GYN's orders
- Answer your questions and concerns
- Schedule appointments with doctors
- Provide support for other medical conditions

### There are two easy ways to get started:

1. Call an OB Nurse Care Manager at **833-536-2004**<sup>1</sup>.
2. Visit [carefirst.com/pregnancy](https://www.carefirst.com/pregnancy) and follow the link to the online contact form under *Personal Support During Your Pregnancy*. Once you submit your form, a Care Manager will contact you by phone.



<sup>1</sup> For non-emergency care. If you are experiencing a medical emergency, please call 911 or your medical provider immediately.

## Preparing for your baby

### Before you deliver:

- Ask your OB/GYN about creating a birth plan
- Address any concerns you have about the delivery
- Get answers to your questions about breastfeeding and circumcision

### Before you bring your baby home:

- Ensure your home is ready for your baby, including a crib and smoke-free environment
- Become trained in infant CPR and choking relief



### Add your baby to your medical insurance

Having a baby is a qualifying life event (QLE). That means you can update your Service Benefit Plan coverage outside of the Open Enrollment period. You can add your baby to your insurance up to 60 days after birth. We recommend contacting your Human Resources department or insurance company before your due date to get the paperwork so that you have it ready to go and can submit it soon after your baby's birth.



## Plan to visit your OB/GYN within 3 weeks of your delivery

Your first post-partum appointment should be followed up with ongoing care as needed, ending with a comprehensive postpartum visit no later than 12 weeks after birth. If you had a C-section or difficult pregnancy, ask your OB/GYN if you need to be seen sooner.

Be prepared to discuss:

- Any changes in mood, including depression and anxiety
- Questions about breastfeeding
- Family planning, including options for birth control

Follow-up with your primary care doctor 4–12 weeks after giving birth if you experienced any medical conditions including gestational diabetes.

### Important reminders

- You can contact an OB Nurse Care Manager with concerns about your postpartum care or your baby's healthcare needs.
- It's important for your baby to have regular well-baby check-ups with your pediatrician and to stay on schedule with immunizations (vaccines). The first visit should be within one week of birth, followed by one month and two months of age.
- Breastfeeding resources—including lactation consultation and help obtaining a breast pump—are available through CareFirst.



## Don't forget to take care of your emotional needs, too.

The “baby blues” can include mood swings, anxiety and trouble sleeping. Typically, they go away within the first two weeks of giving birth. It's important to communicate your feelings and lean on your support system for help.

Postpartum depression is a type of depression that occurs after having a baby. These symptoms are more intense and longer lasting than “baby blues,” and may include:

- Severe mood swings
- Loss of appetite
- Overwhelming fatigue and feelings of joylessness after childbirth

Talk to your OB/GYN if you think you might be depressed, if you have trouble caring for your baby or completing daily tasks, or if you have thoughts of harming yourself or your baby.

Support Resources	
911	Call 911 if the situation is potentially life-threatening
988 Suicide & Crisis Hotline	Call or text 988 Chat at <a href="https://988lifeline.org">988lifeline.org</a>
24/7 National Maternal Mental Health Hotline	Call or text 833-9-HELP4MOM
CareFirst Support Line	Call 800-245-7013 for behavioral health and substance use support



Learn more on our [Healthy Pregnancy page](#).



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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 855-258-6518.

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 855-258-6518。

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