

Molina Healthcare of Illinois (Molina) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-855-687-7861 (TTY: 711).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-687-7861 (TTY: 711). **UWAGA:** Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-855-687-7861 (TTY: 711).



MolinaHealthcare.com

Welcome to the Molina Healthcare of Illinois Well Mom Program



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Getting early and regular care during your pregnancy is important. The Molina Well Mom program is here to help you.

- We will work with your providers to help you get care through your pregnancy
- We will provide you with helpful materials on pregnancy topics
- We will recommend programs that can help you during your pregnancy
 - Molina's Pregnancy Rewards program – Earn gift cards for completing certain health visits
 - Women, Infants and Children (WIC) program – A nutrition program that helps provide healthy food and nutrition advice
 - Text4Baby program – You can receive text messages about appointments and pregnancy check points

To learn more about these programs, or for other questions, call Member Services at (855) 687-7861; TTY 711. Representatives are available to help you from 8 a.m. to 5 p.m., Monday through Friday.

Molina's 24-Hour Nurse Advice Line

Have questions about your pregnancy? Call the Molina 24-Hour Nurse Advice Line at (888) 275-8750; TTY: 711.

Transportation

Molina will provide you with transportation to and from your pregnancy appointments at no cost. To schedule a ride call (844) 644-6354; TTY: 711. Please schedule your ride at least three days before your appointment.

Molina Website

The Molina website offers many resources for pregnant members. For more information please visit <http://www.molinahealthcare.com/members/common/en-US/healthy/womwell/maternity/pages/maternity.aspx>.

Pregnancy Checklist

First Trimester

- ☐ If you use tobacco, alcohol, or other drugs, quit as soon as possible
- ☐ Ask your primary care provider for help finding an obstetrician
- ☐ Keep going to your OB/GYN appointments, take prenatal vitamins as your provider recommends
- ☐ Register for the WIC program, sign up for the Text4Baby program
- ☐ Make an effort to eat healthy foods

Second Trimester

- ☐ Keep going to your OB/GYN appointments
- ☐ Take medications and prenatal vitamins as your OB/GYN recommends
- ☐ Ask your OB/GYN about seeing the dentist, if necessary, complete a dental visit
- ☐ Make an effort to eat healthy foods

Third Trimester

- ☐ Keep going to your OB/GYN as recommended
- ☐ Prepare a space for your baby
- ☐ If you decide to breast feed, order a breast pump
- ☐ Take a child birth class
- ☐ Get a car seat and install it properly
- ☐ Talk with your doctor about choosing a pediatrician
- ☐ Make an effort to eat healthy foods

