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





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**

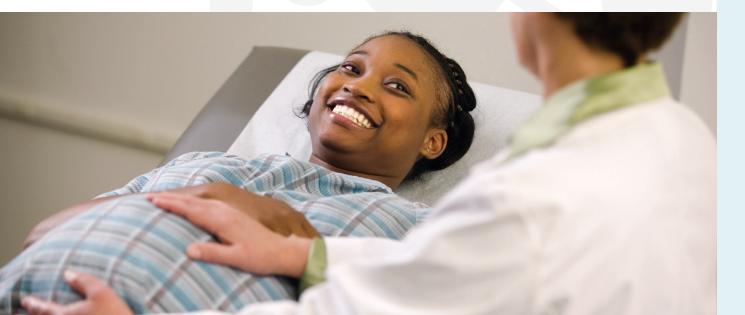
Have questions about your pregnancy? Call the Molina 24-Hour Nurse Advice Line at (888) 275-8750; TTY: 711.

## **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 <a href="http://www.molinahealthcare.com/members/common/en-US/healthy/womwell/maternity/pages/maternity.aspx">http://www.molinahealthcare.com/members/common/en-US/healthy/womwell/maternity/pages/maternity.aspx</a>.



## **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