

# Dear Member ...



Are you expecting? If you are, start your prenatal care (care during pregnancy) as soon as possible. Good prenatal care is important for you and your baby. It should begin as soon as you know you are pregnant. This helps make sure that you and your unborn baby get the right care. **If you think you are pregnant and have not seen your primary care provider (PCP), you should do so right away. If you know you are pregnant, you should see your OB provider right away.**

Passport Health Plan invites you to be part of a special program for pregnant members. It's called *Mommy & Me*. This program helps you get the right care when you need it.

As a member of *Mommy & Me*, you will get *Mommy & Me Basics: A Guide to a Healthy Pregnancy, Delivery, and Baby Care* free. This book is a special benefit for *Mommy & Me* members only. **You will receive just ONE book.** This book will guide you through your entire pregnancy, delivery (vaginal or c-section), and postpartum period (the time after you give birth).

*Mommy & Me Basics* includes information about high-risk pregnancies, infant care, and infant and toddler safety tips. It also includes a pregnancy calendar to help you understand what to expect each month of your pregnancy. If you wish, you may use it to write down your appointments and other information. It is very important to follow your OB provider's advice and keep your scheduled appointments.

The *Mommy & Me* staff is available to answer questions you may have about:

- Your pregnancy.
- Services you may need.
- Transportation, if you need it.
- Clothes, food, and other things you and your baby need.
- Care and feeding of your newborn.
- Nutrition and vitamins.

We want to make sure you get a copy of *Mommy & Me Basics*. We need to make sure we have the right mailing address for you. We can only send you one book. Please call *Mommy & Me* within the next week at 1-877-903-0082, press 0, then 77908.

**Si Habla español porfavor llamme *Mommy & Me*:** 1-877-903-0082, press 0, then press 78225.

TDD/TYY users please call at 1-800-691-5566.

**\*As a Passport Health Plan member you can choose not to be in the program. If you choose not to be in the program, please call the *Mommy & Me* staff to let us know.**