

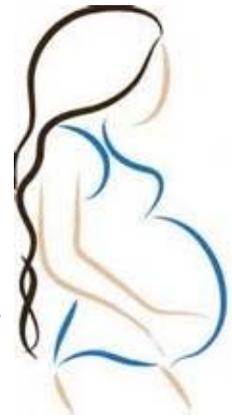
MOM Matters® Program

We have a special program for pregnant women. This program provides education and support to help you have a healthy pregnancy. You should try to remain with us throughout your pregnancy to get the most of this program. It is important to us that you receive all of the prenatal and postpartum visits your doctor recommends for your health and for your baby. These visits are covered by WVFH at no cost to you and we have a program that also rewards you for visiting the doctor.

Our trained staff can answer your questions or concerns about your pregnancy. They can help with community service referrals, including assistance with transportation. You will also receive information in the mail.

Here are some helpful tips for your pregnancy.

- Keep all of your appointments. If you miss an appointment, call your doctor to reschedule. Do not wait until your next visit.
- Take the prenatal vitamins prescribed by your doctor. Prenatal vitamins are an important part of your prenatal care for both the health of you and your baby. There are many prenatal vitamins available that we pay for.
- Avoid alcohol, illegal drugs and smoking. Second-hand smoke can harm you and your unborn child. Get help to quit smoking by calling the Quit Line at 1-800-784-8669.
- Never take any medicines without checking with your doctor first. This includes prescription medications and over the counter medications.
- Eat at least 3 meals a day and choose healthy foods like fruit, meat, milk, vegetables, breads and cereals.
- Avoid foods like coffee, soda pop, fast foods, candy and doughnuts.
- Drink at least 6 to 8 glasses of water every day. Milk is also a healthy choice.
- Keep your teeth and gums healthy by brushing and flossing daily. Gum infections can increase the risk of preterm labor. **Receive your preventive dental care visits during your pregnancy.**
- Wear your seat belt when you are in a car. The lap portion should be low under your belly and touching your thighs.



DATE OF VISIT	NUMBER OF WEEKS PREGNANT	REWARD EARNED
	Visit 1: Less than 14 weeks	\$50 Gift Card
	DHHR notification by month 5 of pregnancy	\$50 Gift Card
	Visit 1: 15-40 weeks	
	Visit 2: 15-40 weeks	
	Visit 3: 15-40 weeks	
	Visit 4: 15-40 weeks	\$50 Gift Card
	Visit 1: 21-56 days after delivery	\$50 Gift Card

Remember, to get your postpartum visit between 21 and 56 days after delivery.

\$ You can earn gift cards by notifying DHHR at 1-877-716-1212 of your pregnancy and getting your prenatal and postpartum visits through our Value Added Services and Wellness Rewards Program. **\$**

Visit our website at www.wvfh.com

Benefit/member questions, **Member Services 1-855-412-8001, TTY Line 711 or 1-800-982-8771, 8:00am—5:00pm**

Case Management questions including our **MOM Matters® Program**, call **1-855-412-8001, 8:30am—4:30pm**

Medical questions, call your doctor or the **24-Hour Nurse Helpline** at **1-844-850-9834**

Non-Emergency Medical Transportation, **MTM** at **1-844-549-8353**

Translation services are available at no cost

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

ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。
请拨打您的身份证背面的号码（TTY：711）。