



Healthy Mom Happy Baby

The benefits of UnitedHealthcare Community Plan

Pregnancy is a one-of-a-kind journey, and as a United Healthcare Community Plan (UHCCP) member we are ready to support you today and after your baby is born. Pregnancy can come with many emotions including fear, excitement and feeling overwhelmed. You have access to services and programs to assist in your health and your baby's health during this unique time. Your family may have access to some programs and services as well.

Centering Pregnancy Model of Care- UHCCP has providers in our network that focus on prenatal care with other pregnant members who have similar due dates. You will spend your prenatal visits in a relaxed setting with other moms and get more time during your visit to ask questions and spend with your provider. If you are interested call member services for more information 1-800-903-5253.

Dental care

Dental care is an important part of a healthy lifestyle including during pregnancy. Be sure to schedule your regular dental visit before your baby arrives. If you need assistance locating a dentist near you, visit werally.com or call member services at 1-800-903-5253. If you need a new dental card visit myuhc.com or call member services, 1-800-903-5253.

UnitedHealthcare Member Resources

Healthy First Steps®.

You have access to this special program that helps you during pregnancy and after. To sign up, visit UHCHealthyFirstSteps.com Or call **1-800-599-5985**, 8 a.m. – 5 p.m., Monday–Friday.

WellHop®.

Online community. Join video conversations weekly with members who had similar due dates; or post anytime to a discussion board. Additional support resources and videos available. To enroll visit momandbaby.wellhop.com

Babyscripts®.

Mobile app is a great way to earn rewards for attending appointments. Call member services for more information 1800-903-5253.

You have support!



You're not alone. Talk with your provider. They can help you or connect you with a specialist who can. We are here for you. Log into MyUHC.com or contact customer service at 1-800-903-5253.

Doula services

A doula is a trained professional who provides support during your pregnancy, labor, delivery experience, and postpartum. They can offer encouragement, physical support, education, and advocate for your personalized birth plan during birth. For more information, please call member services at 1-800-903-5253.

Maternal Infant Health Programs (MIHPs)

By enrolling in an MIHP, mothers and families will be supported by a team of nurses, social workers, and dietitians. MIHP services aim to supplement regular prenatal and infant care by offering the following services:

- Assistance with basic needs
- Education on maternal and infant health
- Nutrition counseling for mothers and infants
- Breastfeeding support
- Parenting education
- Family planning education and referrals
- Transportation arrangements for health care, substance abuse treatment, or support services
- Coordination between MIHP providers, medical care providers, and Medicaid insurance plans

Please call member services, 1-800-903-5253 to get started with an MIHP program near you

Women, Infants and Children (WIC) services

WIC is offered by the Michigan Department of Health and Human Services. WIC offers healthy foods, formula, and nutritional education for children up to age five, pregnant women, and women who have just given birth. Please visit <https://www.michigan.gov/mdhhs/assistance-programs/wic> to get started and to see what WIC can offer for your family.

Mental Health

If you feel like you or a love one are struggling with post-partum depression, anxiety or any mental health issue, get connected today. Services are available for behavioral health, domestic violence and substance abuse when you need it – even virtually. Get connected to providers who can help you regain your health. Contact member services 1-800-903-5253 to get started.

Sanvello Mobile Application

This mobile application is available to assist with offering you support in depression, anxiety, stress, and other mental health conditions. Coping tools, guided journeys, community support and therapy are available through this application. Free for 12 months for UnitedHealthcare members. Search your phone's or tablet's app store for Sanvello: Anxiety & Depression. Get started today for no cost to you.



Your Community supports you too!

Transportation

You can get transportation to and from medical appointments and to WIC or you can receive gas reimbursement. Simply call transportation services at 1-877-892-3995 at least 3 days prior to your appointment to set up your ride or ask for gas reimbursement information.

Find Help Michigan 2-1-1

Michigan 2-1-1 is an easy way to find help of all kinds, right in your community. Need help with food, housing, or paying bills? Need support in a family crisis or community disaster? There for you. Any time. All the time. Just call, text, or search online and get connected. Visit [Find Help - Michigan 2-1-1 \(mi211.org\)](http://mi211.org) to get started.

Supplemental Nutrition Assistance Program (SNAP)

Food assistance may be available to you and your family. Michigan Benefits Center is a free one stop application center that offers application help for the Food Assistance Program (FAP). To get started, call Michigan Benefits Center at 1-877-410-8388.

Breast Pumps and Supplies

These are available to you beginning 30 days before delivery. Talk to your provider about sending a prescription to J&B Medical to obtain your breast pump.

Smoking Cessation

Smoking after pregnancy can expose your baby and family to health risks. Secondhand smoke can increase your baby's risk of sudden infant death syndrome (SIDS), can damage baby's lungs, and can affect baby's brain and how their breathing is regulated. Here are smoking cessation resources recommended by your health plan:

- 1-800-QUIT-NOW
- 1-855-372-0037 (American Indian Commercial Tobacco Line)
- 1-855-891-9989 (My Life My Quit, Adult and Youth E-Cigarette Line)
- <http://www.mylifemyquit.com/>
- <https://michigan.quitlogix.org>

Sign up and stay connected

Sign up for 24 hours a day, 7 days a week access to your health plan at myuhc.com/CommunityPlan. It's fast, easy and secure. Use your computer, tablet or mobile phone.

Go digital

- **Register at myuhc.com/CommunityPlan.** This is your secure member website. See your covered benefits, search for providers, view your member handbook and much more.
- **Stay connected via text message.** We've made it easy for you to get the health plan information you want and need. Get important notifications, reminders and more sent to your mobile device. All you have to do is choose the types of messages you'd like to get at myuhc.com/communityplan.
- **Download the UnitedHealthcare mobile app.** It's designed for people on the go, and includes many of the same features as the member website. Find it at the App Store or Google Play. You can also sign up to receive text message reminders to help you stay healthy.
- **Follow us on Facebook at facebook.com/UnitedHealthcareCommunityPlan.** Find fun, useful and interesting information for you and your family.



SCAN ME



Apple

SCAN ME

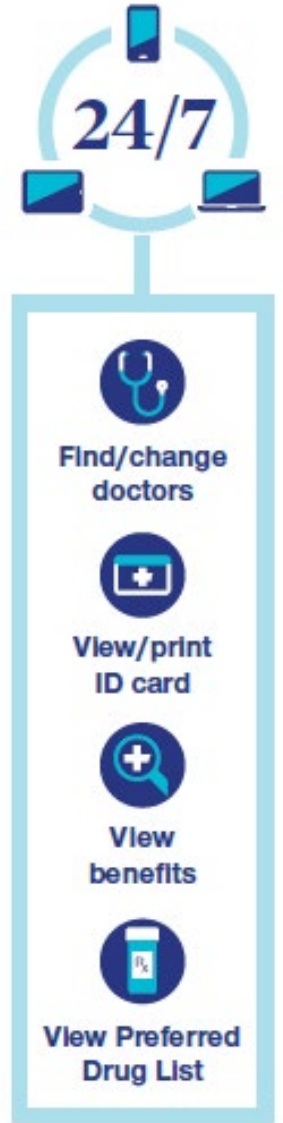


Android

SCAN ME



SCAN ME



Questions? We're here to help

Call toll-free **1-800-903-5253**, TTY **711**

8 a.m. – 5 p.m., Monday–Friday

myuhc.com/CommunityPlan



UnitedHealthcare does not discriminate on the basis of race, color, national origin, sex, age or disability in health programs and activities.

We provide free services to help you communicate with us. Such as, letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call the toll-free member phone number listed on your health plan member ID card, TTY 711, 8:30 a.m.–5:30 p.m., Monday–Friday.

ATENCIÓN: si habla español, hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al número de teléfono gratuito que aparece en su tarjeta de identificación.

تنبيه: إذا كنت تتحدث العربية، فتتوفر خدمات المساعدة اللغوية مجاناً. اتصل على الرقم المجاني المدون على بطاقة هويتك.