



BRIGHTSTART®



Welcome

Bright Start® is a special program for our pregnant members. We want to make sure you have all you need for a healthy pregnancy and baby.

We are here to answer your pregnancy questions. We can also help you find resources and services you may need.

Important numbers

Bright Start program

1-877-364-6797 or TTY 711

Member Services

**1-888-991-7200 or
TTY 1-888-987-5704**

24-hour Nurse Call Line

1-866-566-1513 or TTY 711

My obstetrician (OB) doctor or nurse midwife

Write the phone number here.

WIC

**1-800-WIC-WINS
(1-800-942-9467)**

Poison Control

1-800-222-1222

Text4baby

This program sends 3 messages a week with healthy pregnancy tips to your cell phone.

This is at no cost to you.

Text the word “baby” to 511411.

Medical Assistance Transportation Program (MATP)

Bright Start can help you get connected to MATP for transportation to appointments.

Bright Start 1-877-364-6797 or TTY 711

As an AmeriHealth Caritas Pennsylvania member, you can choose either an obstetrician (OB) doctor or a nurse midwife for your prenatal care. In this brochure, we will refer to that person as your “OB doctor.”

Prenatal care is the care you get while you are pregnant.

To have a healthy pregnancy you should:

- Follow your OB doctor’s advice.
- Keep all of your prenatal appointments.
- Take a multivitamin with folic acid.
- Drink at least 6 to 8 glasses of water, juice or milk a day.
- Eat 3 meals a day and healthy snacks to help your baby grow properly.
- If you smoke — **stop!** Smoking increases your risk of having problems with your pregnancy. This includes delivering too early or having a baby who is too small.
- Don’t drink alcohol or take illegal drugs.
- As long as it is OK with your OB doctor, get some exercise. Walking is a great option.
- Get plenty of rest.

When should I see my OB doctor?

- Once every 4 weeks until 32 weeks.
- Every 2 to 3 weeks until 36 weeks.
- Weekly from 37 weeks until delivery.
- You may need to see your OB doctor more often if you are having problems.

Call Bright Start if you have any questions.

Preterm labor (labor that starts too early)

Preterm labor means you have signs of labor before the 37th week of pregnancy. Preterm labor can cause your baby to be born too soon. This can lead to health problems with your baby. It is very important to call your OB doctor or go to the hospital if you think you are having preterm labor. Signs of preterm labor are:

- Regular contractions, with or without pain, more than 5 to 6 times an hour (some women say this feels like the belly tightening or balling up of the baby).
- Strong contractions.
- Constant cramping like you would have with a heavy period.
- Low, dull back pain that does not go away.
- Bloody show (bleeding or spotting).
- Diarrhea.

If you are having preterm labor, it is very important you follow your OB doctor's instructions. You may be put on bed rest and given medicine to stop contractions. Sometimes women are given steroid shots to help the baby's lungs.

17P injections

If you have had a baby before 37 weeks, you may need weekly shots of 17P. 17P is a progesterone (hormone) medicine for pregnant women who have already had a preterm (early) birth. Extra progesterone for some women can help stop a preterm birth. Women should begin getting the shots between 16 and 20 weeks and continue until the 36th week.

To learn more about 17P shots and to see if you would need this shot, please call Bright Start.

Gestational diabetes (high blood sugar during pregnancy)

- This is a type of diabetes that only happens during pregnancy.
- It often starts between the 24th and 28th week of pregnancy and goes away after delivery.
- Gestational diabetes is serious and can be dangerous for you and your baby.
- With gestational diabetes, your body has a problem making insulin.
- It is important to be checked for diabetes during your pregnancy and to follow your OB doctor's orders.

Type 1 and Type 2 diabetes

- Diabetes is an illness where your blood sugar is too high.
- Diabetes can cause lifelong health problems if it is not treated by a health care provider, like your OB doctor.
- High blood sugar in the beginning of your pregnancy can raise the risk of problems for you and your baby.

Keeping your blood sugar in control, with your OB doctor's help, will lower your risk of problems.

**If you have diabetes questions,
please call Bright Start.**

Dental care

A woman who is pregnant should see her dentist at least once during the pregnancy. A woman's gum health affects the health of her unborn baby. Women with gum disease can get an infection that can cause the baby to be born too early. A baby who is born too early is more likely to have health problems and disabilities that can last a lifetime.



Hyperemesis (severe nausea and vomiting)

If you have nausea and are throwing up so severely you are losing a lot of weight, you may have hyperemesis.

Signs may be:

- You are losing weight from the vomiting.
- You cannot keep food or liquids down for more than 24 hours.
- Your urine becomes very dark yellow or you do not have to urinate very often.
- You have stomach pain, a fever or feel faint or weak.

If you think you have any of these issues, tell your OB doctor. You may need medical treatment.

To learn more, call Bright Start.

Pre-eclampsia (high blood pressure in pregnancy)

Signs are:

- Severe or constant headache that does not go away with rest and/or medicine.
- Changes in vision, such as sensitivity to light, blurred vision, double vision or flashing lights.
- Nausea, throwing up and/or pain in the upper stomach.
- Sudden weight gain and more swelling, especially in hands, on face and around eyes.

Kick counts

Most people start to feel their baby move at about 18 weeks (4 to 5 months). The movements will become stronger and easier for you to notice as you get further in your pregnancy. When you are at 28 weeks (7 months), start counting your baby's movements daily. It is best to count your baby's movements about 1 hour after a meal or at the time of day your baby moves the most.

- Count the baby's movements once a day.
- Movements may be a kick, swish or roll.
- Start to count any time the baby is active.
- Count your baby's movements while lying down on your left side.
- You should feel at least 10 movements in 2 hours.

Call your OB doctor if you find any of the following:

- You do not feel 10 movements within 2 hours.
- It takes longer and longer for your baby to move 10 times.
- You have not felt the baby move all day.

The last weeks of pregnancy count

It is best for you to wait to have your baby until you are at least 39 to 40 weeks. If your OB doctor lets you choose when to have your baby, wait until at least 39 weeks.

Babies need time

Babies born too early may have more health problems at birth and later in life than babies born at full term. Being pregnant for at least 39 weeks gives your baby's body the time it needs to grow.

- Organs like the brain, lungs and liver get the time they need to develop.
- The baby is less likely to have vision and hearing problems after birth.
- The baby has time to gain more weight, which helps him or her stay warm after birth.
- The baby can suck and swallow and stay awake long enough to eat after birth.
- Babies born early are more likely to have breathing problems, like apnea. Apnea is when a baby stops breathing.
- Babies born early are more likely to die of sudden infant death syndrome (SIDS). SIDS is when a baby dies suddenly, often during sleep.





Important things to do before you leave the hospital

- Call the Member Services department at **1-888-991-7200** or TTY **1-888-987-5704**. Let them know the baby's name and the name of your baby's doctor. A Member Services representative can also help you choose a doctor for your baby.
- Call your local County Assistance office and tell them you have a new baby in your household.
- Make a follow-up appointment with your baby's doctor (pediatrician).
- Make an appointment with your OB doctor for your postpartum visit.
- Contact the Women, Infants and Children (WIC) program at **1-800-WIC-WINS**. The WIC program can help you get the right foods for you and your baby.

Bright Start 1-877-364-6797 or TTY 711

Postpartum

The time after you have your baby is called postpartum. Try to take it easy the first few days after your baby's birth. If you have family and friends who can help you, let them. You should be given discharge instructions and follow-up appointments for you and your baby before leaving the hospital.

A postpartum home visit by a nurse is a covered benefit for all women who have a baby. Please talk to your OB doctor about whether he or she thinks you should have a postpartum home visit.

If your OB doctor wants you to have this home visit, AmeriHealth Caritas urges all women coming home after delivery to have this home nurse visit. This will help make sure you and your baby are healthy after childbirth.

If your OB doctor thinks you need this home visit, a home health nurse will call you about a home visit after you leave the hospital. If the nurse does not call you, please call Bright Start at **1-877-364-6797**.

Postpartum depression

About half of new moms have a little sadness (baby blues) for a few days after giving birth. Baby blues are caused by a rapid drop in hormone levels. You may find yourself crying for no reason, feeling anxious, irritable and moody or not having any energy. These symptoms often go away within 2 weeks.

Postpartum depression is more serious. It may require treatment with therapy and/or medicine.

You may have postpartum depression if you:

- Can't sleep for several days.
- Want to sleep all the time.
- Fear you might harm yourself and/or the baby.



- Feel like you can't care for your baby.
- Feel guilty.
- Have less energy.
- Find it hard to concentrate.

If you have any of these symptoms, tell your doctor right away. If your doctor is not available, you can call our Nurse Call Line 24 hours a day/7 days a week at **1-866-566-1513** or TTY 711.

Bright Start 1-877-364-6797 or TTY 711



BRIGHTSTART®



AmeriHealth® *Caritas*
Pennsylvania

www.amerihealthcaritaspa.com

Coverage by AmeriHealth First.