



baby love

Baby Bump and Beyond

We're here to support you in your pregnancy journey.
So we've put together some information and resources
to help you and your baby get the care you need.

We also want to invite you to join our maternity program.
It's free. And it gives you access to your own care team of
nurses, health navigators, social workers, health educators,
dietitians, and mental health and pharmacy specialists.

We're here to help answer any questions you have during and
after your pregnancy. And we can work with you over the phone.
Or we can connect online through CareTN, our mobile app.



A quick look at your benefits

Your health plan includes several benefits you can use during your pregnancy and after. Here are some of the maternity and postpartum benefits our members use most:

- › **Health coverage:** Your maternity health coverage doesn't stop once your baby is born. It continues for 12 months after delivery.
- › **Free breast pump:** You can get an electric breast pump at no cost to you. You'll need a prescription from your doctor first. Then, you can order your pump online. Just go to aeroflowbreastpumps.com.
- › **Lactation support:** A lactation consultant can help with breastfeeding. They can help you prepare for breastfeeding before your baby is born. And they can help guide you through any questions you have or problems that come up while you're breastfeeding.
- › **Dental care:** Routine dental care is part of your benefits. And it's an important part of a healthy pregnancy.
- › **Diaper allowance:** You can get up to 100 diapers each month for children under 2 at no cost to you. Your prescription plan covers this diaper benefit. And you can pick them up at a participating pharmacy. For full details, go to TN.gov/TennCare/diapers.



MEDICINE AND PREGNANCY

Did you have any medications you had to stop taking because of pregnancy? Not sure when you can start taking them again?

Here are three ways to find out more information:

- › Ask your doctor. Make sure they know if you're breastfeeding or planning to breastfeed.
- › Call the Infant Risk Center at **1-806-352-2519** with your questions.
- › Download the MommyMeds app on your smartphone. It has info on breastfeeding safety for more than 1,500 drugs.

Support during your pregnancy

If you're pregnant, you might feel excited, scared or both. But getting the care you need and knowing what resources are available to you can help make this time a little easier. Here are some things we can help with while you're pregnant:

Prenatal visits

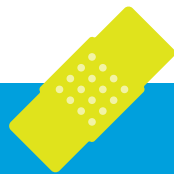
Prenatal care is important for both your health and your baby's. You should start seeing a doctor who specializes in pregnancy care in your first trimester. That's in the first 12 weeks of your pregnancy. Or start seeing them as soon as you have coverage with us. We can help you find a doctor, schedule your visits and set up reminders. We can also help walk you through what to expect.

Finding resources

We can connect you with resources you need, like baby supplies, food, transportation and housing.

Other questions

Your care team is here for you. We can help answer any questions you have and provide education about pregnancy and other health conditions.



STAY HEALTHY AND PROTECTED

There are three vaccines recommended during your pregnancy: Tdap, RSV and the flu shot. These vaccines help protect you and your baby. And you can usually get them at a prenatal visit. Ask your doctor about these and any other vaccines you may need.

It's also important to talk to your doctor about sexually transmitted infections (STIs). Some STIs can cause health problems for you and your baby. Talk to your doctor about getting screened — even if you don't have any symptoms.

Support after your pregnancy

Pregnancy is an important time. But you and your baby will also need lots of care after delivery.

Care for your baby

Your baby needs to see their doctor many times in their first year. We can help you find a doctor and set up those appointments for you.

Routine care

Don't forget your regular checkups. Your care team can help you set up your next appointment with your primary care provider (PCP). Your PCP can help make sure you're up to date on your screenings. And they'll check in on your overall health.

Postpartum visits

It's important for you to see your doctor, too. You should follow up with your pregnancy care provider three weeks after birth and have a comprehensive exam at 12 weeks. They'll make sure you're doing well and healing the way you should be. Need help scheduling that visit? Let us know. We can help set it up for you.



MORE THAN THE BABY BLUES

It's normal to feel sad, restless or moody in those first days after your baby is born. This is often called the "baby blues." And it usually goes away on its own.

But if you're feeling anxious or depressed for longer than two weeks, having scary thoughts or feel like you're unable to care for your baby, you may have postpartum depression. Postpartum depression is common.

But unlike the baby blues, you may need treatment to feel better.

Tell your doctor what you're feeling. Try to be as honest as possible. And don't forget to lean on your care team for support. We can help answer your questions, set up your doctor visits and connect you with a mental health specialist, if needed.

More support

Have questions? Need help using your benefits? Give us a call at the number on the back of your Member ID card. Or visit us at bluecare.bcbst.com/maternity for more information.

There, you can find more information about topics like:

- › Prenatal care visits
- › Trimester by trimester
- › Preterm labor
- › Breastfeeding
- › Safe sleep
- › Depression/"baby blues"
- › Postpartum visits
- › Baby spacing
- › Birth control use
- › Smoking and secondhand smoke
- › Dangers of drug use
- › Local support programs



Connect with us

Our maternity program is free and gives you access to your own care team of health care professionals.

We'll check in with you often to see how you're doing. This helps us make sure you're getting quality care. And it helps us provide you with information and resources tailored to your needs.

You can also chat with us anytime during business hours. Even after completing the program.

The CareTN app

You can participate in our maternity program by phone. Have a smartphone or tablet? You can also join this program through the CareTN app.

The app is convenient and private. You can message us anytime. And we'll send you articles or videos each week. We cover topics like:

- › Prenatal appointments
- › Vitamins and eating healthy
- › Dental health
- › Pre-term labor signs and delivery options
- › Information about high-risk conditions
- › Breastfeeding
- › Car seat safety
- › Tips on preparing for your baby
- › Recovery after birth and postpartum visits
- › Depression and anxiety
- › Well-child visits
- › Information related to your health conditions or challenges, like gestational diabetes, gestational hypertension, multiple births (twins, triplets, etc.) or quitting smoking

You can also use the app to set reminders. This can help you keep track of medicine you take or doctor appointments.

Please note: You can participate in the maternity program through the CareTN app for up to 45 days after your baby is born. But the help doesn't stop there. Your care team will still be here for you after the program ends.

Ready to get started?

Scan this QR code with your smart device to download the CareTN app and get started with our free maternity program.



USE ACCESS CODE

bcthelpbump

Have your Member ID handy.



EARN REWARDS

Need one more reason to use the CareTN app? You can earn gift cards just for using the app to participate in our maternity program.

\$10	For enrolling in our maternity program through the CareTN app
\$10	For completing 15+ check-ins
\$25	For being in the maternity program through the CareTN app and getting your postpartum visit 7–84 days after delivery

Gift card requirements: You need to enroll within 30 days of giving birth to be eligible for a gift card. To be eligible for the postpartum visit gift card, you need to have your postpartum visit between 7 and 84 days after giving birth. Medicaid (TennCareSM) or CoverKids must be your primary insurance. You must be eligible on the date you complete each part of the maternity program and at the time the gift card is sent. You'll get the gift card(s) within 60 days after you complete each part of the program or claim received and processed. Gift cards must be used within six months of receipt.



BlueCareSM
TennCareSelect
CoverKids

1 Cameron Hill Circle | Chattanooga, TN 37402 | bluecare.bcbst.com

Do you need help? We have free auxiliary aids and services, like large print, to communicate effectively with you. Call us at BlueCare **1-800-468-9698**, TennCareSelect **1-800-263-5479**, CoverKids **1-888-325-8386** (TRS: **711**)

Spanish: Español ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al BlueCare **1-800-468-9698**, TennCareSelect **1-800-263-5479**, CoverKids **1-888-325-8386** (TRS/TTY: **866-503-0264**).

Arabic: BlueCare **1-800-468-9698**, TennCareSelect **1-800-263-5479**, CoverKids **1-888-325-8386**:
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The **Beneficiary Support System (BSS)** helps people who are enrolled in or want to apply for the CHOICES, Employment and Community First (ECF) CHOICES, and the Katie Beckett program. For help call **888-723-8193**.

The TennCare Program does not discriminate against people because of their race, color, national origin including limited English proficiency and primary language, age, disability, religion, or sex. Need help filing a grievance? Call TennCare Connect at **855-259-0701**.

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