



Baby yourself.

What to know about your coverage during and after pregnancy

You have a lot on your mind with a baby on the way. One thing you don't have to worry about: medical care.

The best way to take care of your baby right now is to baby yourself. Jackson Care Connect has you covered – your baby and your whole health. You'll be going to the doctor. A lot. And that's the way it should be. Your medical care during your entire pregnancy – from head to toe – is covered. And your baby is covered too, for a full year, even if you aren't.

Physical health, behavioral health, dental care, prenatal vitamins, immunizations, quitting tobacco - you're covered. And after your baby is born, you're still covered for two more months. Maybe longer, if you reapply to the Oregon Health Plan.

Be sure to check out our [Starting Strong program](#) for pregnant women and new mothers. You earn vouchers for taking care of yourself and your baby that you use to buy items you need at our Starting Strong store.

First things first: Let us connect you with a doctor.

If you're looking for a doctor, we know some great ones. Your doctor will want to see you about once a month. More often as your due date gets closer. If you haven't been to the doctor yet, it's time. Ideally, we'd love for you to see a doctor within five weeks of becoming a member. Our Customer Service representatives are happy to help you find a doctor, Give us a call at 1-855-722-8208, or now you can text us at 1-503-488-2882, Monday through Friday, 8 a.m. to 5 p.m.

With a couple days' notice, we can also arrange a **free ride** to your medical appointments. Call 1-888-518-8160 or TTY/TDD 711

Even if you're having an "easy" pregnancy, we'd like you to visit your doctor often. Here's why.

The vast majority of women have safe, uneventful pregnancies. You probably will, too. But if you've had health problems – or a family history of problems – it's even more important to see your doctor often. Your baby's growth and heart rate will be checked. And if there is any hint of trouble, your doctor can take quick action to protect you and your baby. You also get to ask your doctor your questions. Like how to eat healthy and make sure your baby is born at a healthy weight, at least five pounds. That is a key factor for life-long health.



You need to be healthy all over. We cover lots of other medical care that is important for you and your baby.

Life has suddenly become all about your baby, but it's still about you, too. The better your health, the better start you give your baby. While you get a full range of medical coverage during your pregnancy, here's a few things that are especially important:

- You get prenatal vitamins -- at no cost to you.
- We cover medication and support to help you quit smoking.
- Routine dental care can help reduce risks to your baby.
- Some vaccines while you are pregnant protect you and your baby from things like flu and whooping cough.

Your whole body is along for this pregnancy ride. Some bumps are perfectly normal.

You've already seen some changes in your body. You're rounder here and there. You have to go the bathroom more often. Maybe you've got a little heartburn. As the baby grows, lower backache is common.

Every woman's pregnancy is different. At some point, you may see or feel things that cause concern. If you have any of these, call your doctor.

- Bleeding; pain/burning with urination
- Unusual cramps, aches, contractions, convulsions
- Frequent, severe or continuous headaches
- Fever, dizziness, vomiting

Call your doctor's office, anytime day or night. You'll be able reach someone who will hear your symptoms and tell you what to do.

The big day is here! Relax. You and your baby are covered.

You still need to baby yourself even after your baby arrives. You need loads of rest and time to reconnect with your life. You can relax about one thing: Your baby has health insurance from birth to first birthday. Within 14 days after your baby is born, you'll need to call Oregon Health Plan Member Services and give this information:

Name / Gender / Birth date

Social Security number (or call back when you know)

Name of your Coordinated Care Organization (health insurance plan). You are a member of Jackson Care Connect.

You are automatically covered for two more months after your baby's birth month. To continue your coverage after that, you must reapply to the Oregon Health Plan.



You still need to visit the doctor after your baby is born. You've got important questions, and choices to make.

Your doctor will want to see you three to eight weeks after your baby arrives. You'll get a complete exam to check how you're healing. It's part of your Jackson Care Connect health coverage, but needs to happen during your baby's first two months.

This is a great time to get your questions answered about losing that baby weight safely, breastfeeding issues, how to eat healthy, and dealing with your emotions. If you are planning another child in the next year, your doctor can tell you some healthy things to do. If you'd rather hold off, now is the time to discuss birth control options.

To keep your personal coverage, reapply to the Oregon Health Plan as soon as your baby is born.

Your baby goes to the doctor – a lot. And that's covered!

Your baby is covered from birth to first birthday. Sometimes you'll take your baby to the doctor because of illness. And well visits are covered, too. Your baby will grow and change so fast in that first year. Getting to know your baby – well or sick – helps your doctor form a good picture of how your baby is developing.

We want you to take your baby to the doctor this often, whether it's "needed" or not:

1-2 weeks 1 month 2 months 4 months 6 months 9 months 12 months

And remember, you can get a free ride to these medical appointments.

Disclaimer: When we say "all your medical costs are covered," we mean all services allowed under the Oregon Health Plan. That's a lot, but not absolutely everything. Your member handbook will have details, or call Customer Service.

Contact information:

Jackson Care Connect is your health plan. Call us about your benefits and what's covered, how to find a doctor, dentist or mental health provider.

- **Customer Service:** 1-855-722-8208; **TTY:** 7-1-1; **text:** 1-503-488-2882; 8 a.m. to 5 p.m., Monday through Friday
- **Email:** info@jacksoncareconnect.org
- **Website:** www.jacksoncareconnect.org
- **Jackson Care Connect app:** Download at Google Play Store or iTunes



Jackson Care Connect Dental

You have a choice of four providers:

- **Advantage Dental Service:** 1-866-268-9631; TTY: 711
- **Capitol Dental Care:** 1-800-525-6800; TTY: 1-800-735-2900
- **ODS:** 1-800-342-0526; TTY: 503-243-3958 or 1-800-466-6313
- **Willamette Dental Group:** 1-855-433-6825; TTY: 1-800-735-1232

Oregon Health Plan is the state's Medicaid provider. To contact OHP during or after your pregnancy, change your contact information or check your eligibility:

- **Phone:** 800-699-9075, 8 a.m. to 5 p.m., Monday through Friday. TTY: 711
- **Website:** www.oregon.gov/oha/healthplan/Pages/splash.aspx
- **Nurse Advice Line:** 800-562-4620