

CareBaby

Your helpful guide
to a healthy and
happy pregnancy



**Jackson Care
Connect™**

Part of the CareOregon Family

You can get this information in different languages, large print, electronic format, oral presentation (face-to-face or on the phone), or braille. Call Customer Service toll-free at 855-722-8208 or TTY 711.

Table of contents

Jackson Care Connect Customer Service	3
You're about to become a parent!	4
How to use this guide	5
Your benefits	8
First trimester	16
Second trimester	34
Third trimester	44



If you need an interpreter for visits or phone calls to your provider's office, you're legally entitled to this service free of charge. Jackson Care Connect Customer Service also provides interpretation services. Just ask.



Jackson Care Connect Customer Service

We're open 8 a.m. to 5 p.m. Monday through Friday, except holidays.

Customer Service: Toll-free **855-722-8208**

TTY: 711

Text Message: **503-488-2882**

Secure message: jacksoncareconnect.org/portal

Email: info@jacksoncareconnect.org

Other useful info is on our CareBaby webpage:
jacksoncareconnect.org/carebaby



Who to call when you have questions

For questions about your pregnancy, call your clinic or ask your provider.

For questions about benefits and services, call Jackson Care Connect Customer Service.

You're about to become a parent!

As a parent-to-be, you're on an important journey. It's exciting and a little scary, with lots to think about and do.

That's why Jackson Care Connect put together this guide to help you and your baby be as healthy and happy as possible. It includes:

Benefits. We share with you services that may be helpful during pregnancy, like transportation help to medical, dental and mental health appointments. And extra benefits, including glasses and dental services.

What to take care of, and when.

We'll note when to make appointments, how to apply for access to free groceries, and when to start thinking about getting a car seat.

What's happening with you and your baby.

We'll tell you when your baby has grown to the size of a peach. And why getting *your* teeth cleaned by a dentist is important to your growing baby's health, too.

Jackson Care Connect is here to walk with you in the months ahead.

Best wishes,

*The Jackson Care Connect
Maternal Child Youth Team*

How to use this guide

Most pregnancies last about 40 weeks, or a little over nine months.

That time is divided into three sections called “trimesters.”

First trimester

0 to 12 weeks (0 to 3 months)

Second trimester

13 to 27 weeks (4 to 6 months)

Third trimester

28 to 40 weeks (7 to 9 months)

When did your pregnancy begin?

In medical terms, pregnancy starts the first day of your last menstrual period.

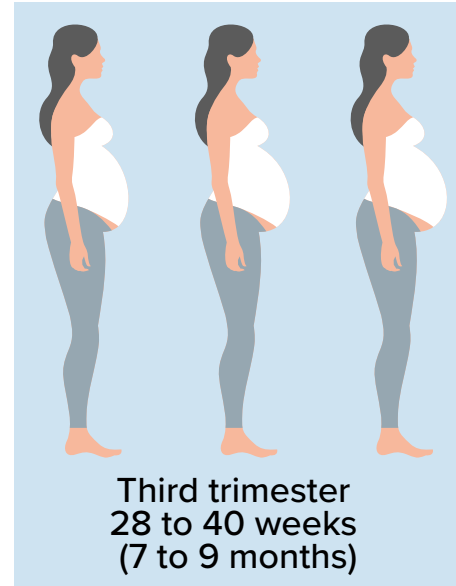
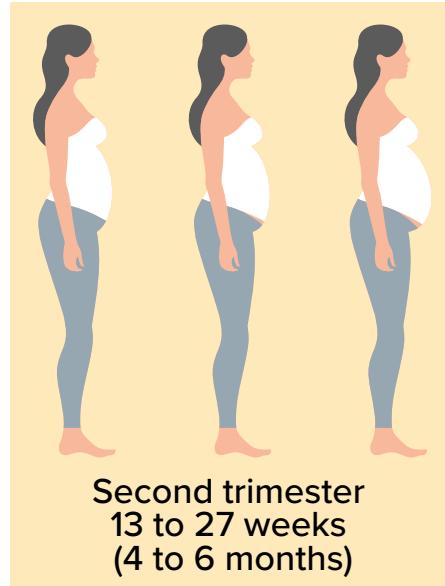
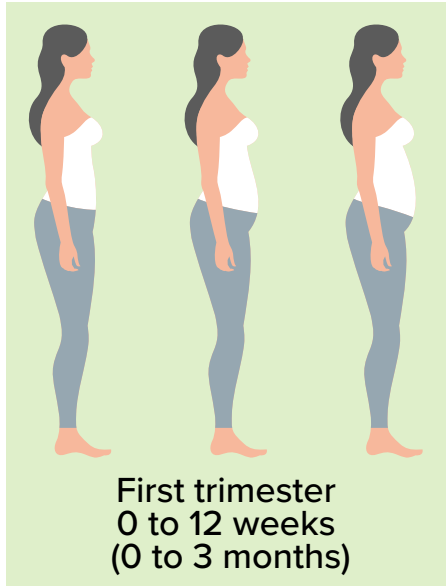
That’s why your primary care or prenatal provider asks when you had your last menstrual period. That date helps them calculate your due date.



How to use this guide

We organized this booklet by trimesters and weeks because medical providers typically talk in terms of weeks and trimesters.

You may want to take this guide with you to your pregnancy or “prenatal” appointments.





Your benefits

The Oregon Health Plan (OHP) offers extra, free benefits to all pregnant members. We hope you'll use these! They support a healthy pregnancy.

Medical care. As a Jackson Care Connect member, your medical care is paid for:

- During pregnancy
- While the baby is being born
- For at least 60 days after delivery

Your health care providers. At first, your pregnancy appointments – called prenatal visits – may be with your primary care provider (PCP).

Your PCP could be a nurse practitioner, physician assistant, medical doctor or osteopathic doctor.

Your PCP will help you decide when to see a prenatal provider, a specialist who focuses on pregnancy and childbirth.

These pregnancy specialists include:

- **Midwives** – usually Certified Nurse Midwives (CNM). These advanced practice registered nurses provide prenatal care and deliver babies.
- **Family medicine physicians** – medical doctors or doctors of osteopathic medicine who are additionally trained in obstetrics. They provide prenatal care and

typically are happy to take care of your baby after birth. They often also deliver babies. If family medicine physicians don't deliver babies themselves, they will make sure you understand how they've arranged for your baby's delivery.

- **Obstetrician/gynecologists** – medical doctors or doctors of osteopathic medicine who specialize in pregnancy and delivery.

We call all these specialists “**prenatal providers.**”

Doulas – trained birth companions

You may choose to use services from a certified doula, along with your prenatal provider.

Doulas offer personal support to pregnant members and families during pregnancy, delivery and beyond. Their support is:

- Emotional
- Physical
- Educational

Doulas aren't medical providers but can be a great addition to your health care team. Research shows that doulas improve the likelihood of a healthier birth for both baby and mother.



Your benefits

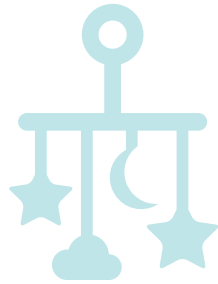
Prescription drugs. Talk with your PCP or prenatal provider about any medicines, supplements or vitamins you're now taking. They'll let you know which are safe to take during pregnancy and help if you need refills or medication changes. Jackson Care Connect pays for many prescription drugs and prenatal vitamins.

Prenatal (pregnancy) vitamins.

Your PCP or prenatal provider can prescribe prenatal vitamins. Whether you're planning pregnancy or are already pregnant, talk with your provider right away about starting prenatal vitamins.

Prenatal vitamins provide an important boost to the nutrients you get from eating a variety of healthy foods. Look for vitamins that contain folic acid, calcium, iron and vitamin D.

For women age 50 and under, Jackson Care Connect covers select over-the-counter and prescription prenatal vitamins, at no cost, from in-network pharmacies. More info: Pages 26-28



Counseling and mental health.

Jackson Care Connect covers services to help you manage stress, sadness, anxiety or grief.

We also cover services to help you reduce your use of tobacco, alcohol or other substances that harm a developing baby. More info:
Pages 28-29

Childbirth classes. The Oregon Health Plan doesn't cover childbirth classes, but Jackson Care Connect wants to help. Before paying a class fee out of your own pocket, call Customer Service and ask if financial help is available.

Transportation. Need help getting to a physical, dental or mental health care appointment? As a Jackson Care Connect member, you may be eligible for help with transportation through TransLink, a program of Rogue Valley Transportation District. Depending on your needs, it could be:

- Bus passes or tickets
- Mileage reimbursement
- Vehicle-provided rides

Call TransLink one to 30 days before your appointment: 541-842-2060, toll-free 888-518-8160 or TTY 711.

Call Center hours are 7 a.m. to 5 p.m. Monday through Friday, except major holidays. Search “Medicaid Transportation” at [jacksoncareconnect.org/for-members/transportation](https://www.jacksoncareconnect.org/for-members/transportation)





Your benefits

Prenatal and postpartum

You'll hear medical providers use the terms "prenatal" and "postpartum."

Q: What does "prenatal" mean?

A: "Prenatal" means anything that happens during pregnancy.

Q: What does "postpartum" mean?

A: "Postpartum" is the 12-week period after childbirth.

Next section: The first trimester, and your checklist for Months 0 to 3

Notes

Months 1 to 3

First trimester

The first 12 weeks you're pregnant, you may not look different on the outside. Inside, though, your body is busy with all kinds of baby-growing activities.

The early weeks of your baby's life are a highly important time for you to take good care of yourself. Take prenatal vitamins, eat foods that are right for pregnancy, get extra sleep, and stay free from tobacco, alcohol or other substances that can harm your baby's development. Jackson Care Connect and your providers will support you in that!

During your first trimester, be sure to:

 **Contact the Oregon Health Plan.**

Contact OHP by phone, online or email as soon as you find out you're pregnant.

OHP covers pregnant members for their full pregnancy (and at least 60 days after the baby's birth), and often provides extra benefits.

Months 1 to 3: First trimester

Make an appointment with your primary care provider.

Let your clinic know you are pregnant, or think that you are. Early prenatal care means a healthier pregnancy for you, and a strong start for your baby.

Do you need a primary care provider (PCP)? Our Customer Service team can help you make appointments and let you know about other services.

Morning sickness

In the first months of pregnancy, you may feel queasy, and even vomit. This is called “morning sickness,” but it can happen at any time of day.

Morning sickness typically first occurs about six weeks into pregnancy and ends after the first trimester. But everyone’s different. Some people never get morning sickness; for others, it continues into the second or even third trimester.

Your prenatal clinic always has someone available to take your call when you have a question or concern.

Months 1 to 3: First trimester

Eating right

Q: What are the best foods to eat for a healthy pregnancy?

A: You and your baby need a wide range of foods to keep you well and support your baby's brain and body development.

Your prenatal provider can guide you on this important topic. To help, we've included tips from the American College of Obstetricians and Gynecologists.

Basic tips for healthy eating in pregnancy

- Fill one-half of your plate with fruits and vegetables.
- Use nonfat or 1% milk.
- Eat whole grains for at least one-half of your grains.
- Eat a variety of protein. Try eating recommended types of fish two or three times a week. Choose lean (low-fat) meats and poultry.
- Vegetarian proteins include nuts, seeds and soy products.

Key vitamins and minerals during pregnancy

Nutrient (daily recommended amount)	Why you and your baby need it	Best sources
Vitamin D (600 international units)	Builds your baby's bones and teeth; helps promote healthy eyesight and skin	Sunlight, fortified milk, fatty fish such as salmon and sardines
Folic acid (600 micrograms)	Helps prevent birth defects of the brain and spine and supports the general growth and development of the fetus and placenta	Green leafy vegetables, orange juice, beans, fortified cereals, enriched bread and pasta, nuts



Folic acid sources

Key vitamins and minerals during pregnancy

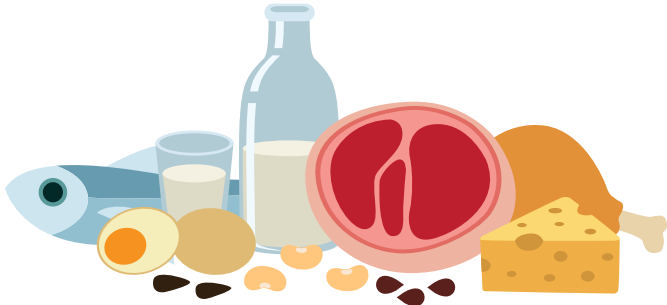
Nutrient (daily recommended amount)	Why you and your baby need it	Best sources
Vitamin A (750 micrograms for 14-18 years; 770 micrograms for 19-50 years)	Forms healthy skin and eyesight; helps with bone growth	Carrots, green leafy vegetables, sweet potatoes
Vitamin C (80 mg for 14-18 years; 85 mg for 19-50 years)	Promotes healthy gums, teeth and bones	Citrus fruit, broccoli, tomatoes, strawberries



Vitamin A sources

Key vitamins and minerals during pregnancy

Nutrient (daily recommended amount)	Why you and your baby need it	Best sources
Vitamin B6 (19 mg)	Helps form red blood cells; helps body use protein, fat and carbohydrates	Beef, liver, pork, ham, whole-grain cereals, bananas
Vitamin B12 (2.6 micrograms)	Maintains nervous system; needed to form red blood cells	Meat, fish, poultry, milk (vegetarians and vegans should take a supplement)



Vitamin B sources

Months 1 to 3: First trimester

Q: Is it OK to exercise?

A: Yes – movement is good! Talk with your primary care or prenatal provider about the right amount of exercise for you. If you already exercise, keep it up. If you're not currently exercising, ask about adding walking into your routine.



Take a prenatal (pregnancy) vitamin every day.

Prenatal vitamins support you and give your growing baby nutrients that may be hard to get from food alone. They're free with a prescription.

TIP: Planning to get pregnant?
Start taking a daily prenatal vitamin as soon as you start trying to conceive.

Months 1 to 3: First trimester

Benefits from prenatal vitamins

Folate or folic acid. Early in pregnancy, helps prevent serious brain and spinal cord problems in your baby.

Calcium. Helps baby's teeth, bones, heart, nerves and muscles develop.

Vitamin D. Helps your body use calcium. May contribute to an overall healthier pregnancy for you and baby.

Iron. Does many things, including helping you and your baby get enough oxygen.

Get help quitting tobacco.

When you're smoking, your baby is smoking. You both can be free of tobacco. Talk with your PCP or prenatal provider about the services Jackson Care Connect offers to help you cut down or quit smoking. Or contact Quit For Life®.

- Call toll-free 800-784-8669 (800-QUITNOW)
- Visit quitnow.net/Oregon

Months 1 to 3: First trimester

See your dentist.

Dental appointments during pregnancy are safe – and important. Hormonal changes can increase your risk of gum problems. And because of bacteria in your mouth, your oral health affects your overall health and your baby's health.

A dental appointment will help you:

- Avoid cavities and gum problems
- Treat any cavities and gum problems
- Have a healthy delivery and healthy baby

Need a dentist? Check your Jackson Care Connect Member ID card. Call the number under “Dental Health Plan.” **Tell the dental plan you're pregnant.** The clinic will try to schedule you sooner.

Apply to WIC.

WIC, or the Women, Infants, and Children Program, is a nationwide public health nutrition program. WIC helps families with healthy food and much more.



Months 1 to 3: First trimester

Notes

Months 4 to 6

Second trimester

The little person inside of you is growing fast! Weeks 13 to 27 may feel like the smoothest stretch of your pregnancy. If you had morning sickness, you may start feeling better. Your typical energy may be returning, too.

However, the second trimester may bring other changes, such as:

- Leg cramps or swollen feet
- Backache
- Bleeding gums
- Heartburn
- Constipation
- Thicker hair and larger breasts

Take notes about changes you notice. Your prenatal provider wants to hear about your pregnancy experience and concerns.

During your second trimester:

 **Re-read Months 0 to 3 in this guide.**

All those suggestions are also good for this stage of pregnancy. It's all about keeping yourself healthy, and doing your best to give your baby a healthy start in life.

Months 4 to 6: Second trimester

TIP: Expect health screenings.

Screenings, or tests, show if you or your baby need additional support. They help your prenatal provider give the right care to you and your growing baby.



Counseling

Pregnancy can be both joyful and stressful. Please remember that you're not alone.

Q: I feel overwhelmed by everything. What can I do?

A: Counseling is a covered benefit for all Jackson Care Connect members. Ask your prenatal provider if the clinic offers a counselor on staff.

You can also use our online Provider Search tool to find providers with a specialty in behavioral health: jacksoncareconnect.org/formembers/provider-search

Or call Customer Service for help. Please have your Member ID card available when you call.

Discuss a flu shot.

Ask your prenatal provider about the right timing for a flu shot. A flu shot during pregnancy will protect you, your baby and those around you!

Make an eye appointment.

During pregnancy, you may notice your vision becoming blurry, or your contact lenses feeling uncomfortable.

Many vision changes go back to normal after your baby is born. However, the change could be due to a health problem. That's another reason to get an eye exam during pregnancy.

Eye doctor

During pregnancy, you have vision coverage through VSP. VSP is Jackson Care Connect's vision care provider.

**Q: I don't have an eye doctor.
How do I get an eye exam?**

A: Ask VSP about eye doctors in Jackson Care Connect's network. Call VSP Customer Service toll-free at 800-877-7195. Or go online: [vsp.com](https://www.vsp.com)

TIP: The Oregon Health Plan pays for vision exams for pregnant women. It may even pay for glasses.



Healthy relationship checklist

Ask yourself:

Do I feel respected, cared about and nurtured by my partner, spouse or family members?

Does my partner or spouse give me space to be with friends and family?

Does my partner or spouse support this pregnancy?

If you answered “**yes**” to any of these questions, chances are your relationship is healthy. Studies show that healthy relationships lead to better health and a longer life for you, and a better life for your child.

What to do if you answered “**no**” to any of the questions? Talking with your prenatal provider is a good choice.

You are not alone. Your prenatal provider can support you and connect you to helpful programs.

Free resources you can contact at any time:

Call to Safety. Call toll-free 888-235-5333, 24 hours a day. The people who answer the phones are kind and specially trained. They do not report, to anyone, anything you say.

Loveisrespect.org. Text anything that’s on your mind about relationships to trained advocates. The nonprofit also provides information and support to concerned friends, family and others. Text “loveis” to 22522. Open every day, 24 hours.

myPlan app. Download this password-protected app on a smartphone, or use the website tool. It helps with safety decisions if you, or someone you care about, is experiencing abuse in an intimate relationship.

For help with safety planning, crisis shelter and other needs, contact: Community Works. HelpLine is 541-779-4357. Open every day, 24 hours.

Oregon resources, in multiple languages:

[oregon.gov/DHS/ABUSE/ DOMESTIC/Pages/ consumers.aspx](https://oregon.gov/DHS/ABUSE/DOMESTIC/Pages/consumers.aspx)

Oregon Guide to Domestic Violence Services:

ocadsv.org/find-help

211info: This nonprofit compiles info on many social services. You can reach 211info multiple ways.

- Call the three-digit phone number: 211
- Go online: 211info.org
- Get the free 211info app

- Text the keyword “health” to 898211
- Send an email to health@211info.org

In a life-threatening or emergency situation, call 911.



Growth update

When the second trimester started, your baby was 12 weeks old and the size of a peach. By the end of the second trimester, your 27-week-old baby will be as big as a head of lettuce!



Next page: The third trimester, and your checklist for Months 7 to 9.



Months 7 to 9

Third trimester

Welcome to your final trimester: weeks 28 to 40! Your body is hard at work. As your baby grows during these last three months, you may feel extra tired, yet have a harder time sleeping. Your back may hurt. You may get heartburn or feel short of breath.

Be sure to let your prenatal provider know about changes you're noticing. That helps them make sure you and your baby are as healthy as possible during this final stretch.

During your third trimester, be sure to:

● **Make all your prenatal appointments.**

As your due date gets closer, you'll visit your prenatal provider more often. They often see patients at these points in the third trimester:

- 28 weeks (7 months)
- 32 weeks (and often 34 weeks)
- 36 weeks
- 37, 38, 39 and 40 weeks

Months 7 to 9: Third trimester

TIP: if you go past your due date, it's very important to keep in close communication with your prenatal provider. A longer-than-expected pregnancy also has risks.

Your prenatal provider will work with you to determine if you may need help getting labor started. This is called inducing labor.

Get and install a car seat.

Take care of this a month or two before your due date, whether or not you have your own car. You must have a car seat before the birth facility will let you take your baby home.

Installing a car seat properly can be tricky. We encourage you to get a free car seat check-up from Oregon Impact or another agency that offers free safety checks.



Car safety seat resources

Ask your hospital if it offers car seat safety classes. Some programs offer discounted or free car seats if you attend the class. Your community may offer additional car seat resources, too. Or, call Jackson Care Connect Customer Service and ask if we can help.

More car safety seat info:

safekids.org/ultimate-car-seat-guide/

Q: What direction should the car seat face?

A: By Oregon law, infants and toddlers must ride facing the rear window until they are 2 years old.

Q: Where does my baby ride?

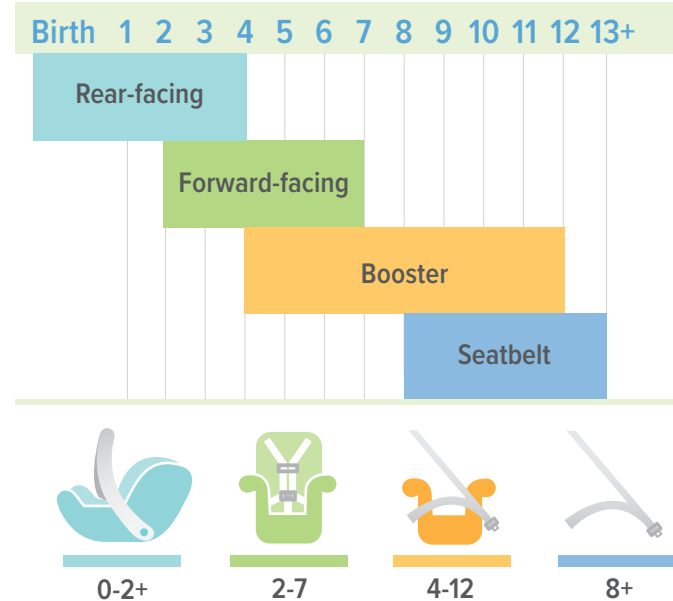
A: By Oregon law, newborns must sit in the back seat if the vehicle has a front air bag.

Months 7 to 9: Third trimester

TIP: In a rear-facing seat, the safety seat straps should thread through the seat at your baby's shoulders, or just below them.

The chest strap needs to be in line with your baby's armpits. This puts the strap over the ribs, and not the stomach.

Recommended car seats based on your child's age (in years) and size



oregon.gov/odot/Safety/Documents/CSS_Brochure_ENG_2018.pdf

 **Talk with your prenatal provider about birth control.**

Now's a good time to pick the right birth control so it's ready to use after the baby arrives. Even if you'd like more children, it's important to give your body “for you” time to recover between pregnancies.

Everyone's different, and birth control needs often change over time. Tell your prenatal provider your goals and concerns about birth control. Most birth control options are safe during breastfeeding.

Three good sources about family planning choices

[bedsider.org](https://www.bedsider.org)

Bedsider is a free online birth control support network for women 18-29, operated by Power to Decide.

reproductiveaccess.org/contraception

Find clear facts sheets describing pros, cons and effectiveness of different birth control options.

womenshealth.gov/a-z-topics/birth-control-methods

This group offers a wide range of programs and activities to support women's health in the U.S.

Q: Do my benefits include birth control?

A: Yes! Jackson Care Connect covers many types of birth control. You'll have \$0 out-of-pocket cost for the covered methods.



Some reversible birth control options

- Patch
- Vaginal ring
- IUD (like Mirena or Paragard)
- Arm implant
- Injection (like Depo)
- Pill

Tubal ligation

If you're sure you'll never want another pregnancy, talk with your prenatal provider about tubal ligation. This surgery – often called

“having your tubes tied” – keeps you from becoming pregnant again. Jackson Care Connect covers tubal ligation.

About condoms

Certain condoms protect you against sexually transmitted diseases. The Oregon Health Plan doesn't cover condoms, but it's important to use them to protect yourself against STDs.

Months 7 to 9: Third trimester

Pack your hospital bag.

Labor can come on quickly. And babies do not always wait for their due date. A month or two before your due date, fill a bag with the items you'll want at the hospital before and after you have your baby. Here are items parents often like to pack:

- A headband, clip or hair ties
- Toothbrush and toothpaste
- Warm socks
- A button-up or zippered sweatshirt or sweater
- Clothes you'll wear home from the hospital
- Clothes the baby will wear home

- List of the medications you're taking – name, dose and frequency – so you can confirm the facility has the right information in your chart. (You don't need to pack your medicines. The birth facility will provide them. Just bring the detailed list.)
- A copy of your birth plan

Remember the baby's car seat, and your cell phone and charger, too. You'll need the car seat to be able to take your baby home.

Note: Hospitals often provide diapers and other immediate necessities for you and your newborn.

Q: What should I do when I think I'm going into labor?

A: Call your prenatal provider. Call any time of day or night. The clinic will help you decide when it's time to go to the hospital.

You don't need a prior authorization – an OK from Jackson Care Connect – before you go to the hospital to deliver your baby.

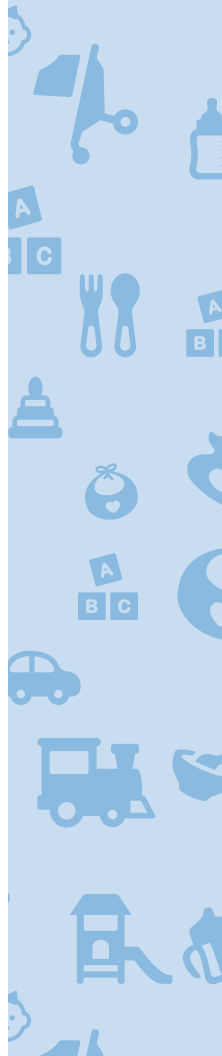


Look into breastfeeding support.

You'll have a chance at the hospital to talk with a breastfeeding expert, or "lactation specialist." Lactation specialists will answer your breastfeeding questions and help you successfully nurse your baby.

Breastfeeding questions before your baby is born?

- Call the hospital
- Check online info: aeroflowbreastpumps.com/resources
- Contact Jackson County's WIC program. See Page 31



OHP and your baby

You or the hospital must add your baby to the Oregon Health Plan within 30 days of birth. OHP needs to be told your baby has been born.



Q: How does my baby get on the Oregon Health Plan?

A: Often, your hospital will send a Newborn Notification Form to OHP. If the hospital doesn't take care of that, call Jackson Care Connect Customer Service and ask for a copy of the form.

You can bring this form to the newborn appointment.

Later, you may want to check that your baby's health plan is the same as yours.

Or, you can update OHP about your status and your newborn's birth in any of these ways:

- Call OHP toll-free at 800-699-9075
- Log-on or create a ONE account to update information: one.oregon.gov
- Email updates and questions to: oregon.benefits@dhsosha.state.or.us

Months 7 to 9: Third trimester

When emailing, write your request in the email's "subject" line (e.g. "birth of baby" or "pregnancy status change"). In the email itself, include key information: full name, health ID and phone number where you can be reached.

Remember: Your baby is NOT automatically enrolled in OHP.

Make a postpartum appointment.

Postpartum care is an important part of the care you receive. Soon after your baby is born, we want to make sure you have the support to continue taking good care of yourself.

Your PCP or prenatal provider will want to see you within 12 weeks after you have your baby. (That's 7-84 days after your baby's birth.) This helps you and your provider know if your body is healing well.



Months 7 to 9: Third trimester

The postpartum visit is a great time to check in again about:

- Your future family plans
- What birth control is right for you
- Any physical or emotional changes you've experienced
- Breastfeeding support and resources



Find a PCP for your newborn.

Babies need to be seen by their own PCP during the first week after they are born. If your own PCP also sees children, you can ask them to be your baby's PCP.

Or, if you prefer, your baby can see a pediatrician – a doctor who specializes in infants, children and teenagers. Call Jackson Care Connect for help finding a pediatrician, or check our online provider directory.

TIP: Family practice clinics see both adults and children. PCPs in family practice clinics can be family medicine doctors, family nurse practitioners or physician assistants.

 **Reapply for your Oregon Health Plan coverage.**

After babies are born, most women covered by the state have at least 60 more days of health coverage. This gives you enough time to:

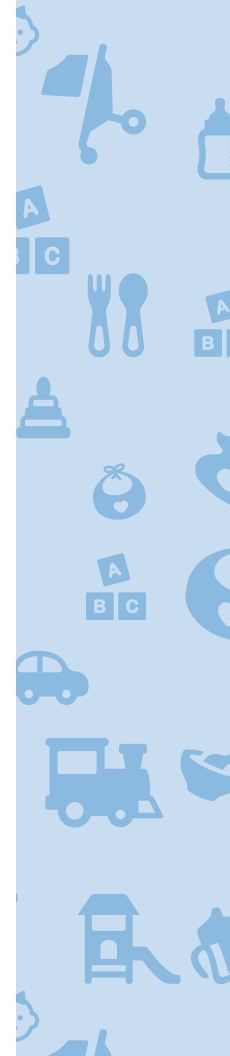
- See your PCP or prenatal provider for postpartum appointments.
- Ask OHP to continue covering you.

- Make sure that your newborn is covered.
- See your dentist and vision provider.

For more info, go to oregon.gov/oha

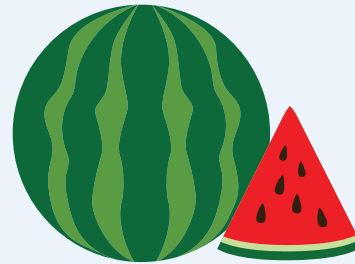
Call your prenatal provider if you:

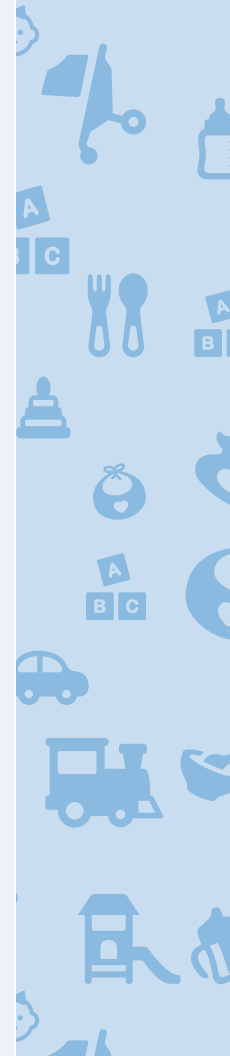
- Are considering going to urgent care or emergency because of a symptom or other concern that is not a life-threatening situation.
- Are thinking about taking an over-the-counter medicine. Before you take it, ask your prenatal provider if it's safe during pregnancy.
- Have immediate concerns about your health, or your baby's health, and they cannot wait until your next appointment.



Growth update

You've reached the final trimester: weeks 28 to 40! Your baby will grow from the size of a cauliflower in Week 28 to the size of a watermelon in Week 40.





CareBaby

As your pregnancy ends, and your baby is born, please keep this in mind: Jackson Care Connect and many others in the community are here to support you.

We wish you and your baby all the best!



OHP-JCC-20-1603

JCC-2086503-EN-1214

60

Contact us

We're open 8 a.m. to 5 p.m.
Monday through Friday,
except holidays.

Customer Service:

Toll-free 855-722-8208

Text Message: 503-488-2882

Secure message:

jacksoncareconnect.org/portal

CareBaby webpage:

jacksoncareconnect.org/carebaby

315 SW Fifth Ave
Portland, OR 97204

jacksoncareconnect.org



**Jackson Care
Connect™**
Part of the CareOregon Family