

Birth, Baby, & Beyond

Black Maternal Health Week is held April 11-17 every year. The goal is to shine a light on the need to have better pregnancy results for Black women and their babies. Community Care Plan wants all pregnant members and those women who could become pregnant to get safe, quality, and fair care. Here are some tips for pregnant women or women who could get pregnant.

There can be problems in pregnancy but most of the time these can be prevented! Here are some tips to help make sure that you and your baby have the best results.

- See your OB provider as soon as you know you are pregnant. Prenatal means before you give birth. It doesn't matter if this is your first baby or you have had other children, early prenatal care is important. Your provider will screen you for any health needs you may have and can track your health throughout your pregnancy.
- Make and go to all of your prenatal appointments. Getting prenatal visits can reduce problems for mom and baby. Do you need a ride to your doctor visit? CCP offers rides to your doctor visits as a benefit. Call ModivCare at 1-866-306-9358.
- You will need to see your doctor three (3) to seven (7) weeks after you have your baby. This is your postpartum visit. Even moms who had babies before need this important checkup after your baby is born. Your doctor can also help talk to you about your birth control choices to keep from having another baby until you are ready. This can also help find any problems you may have. Women can have problems from their pregnancy up to one (1) year after giving birth.





Know the Warning Signs!

If you have any of these when you are pregnant or up to one (1) year after giving birth, you should get medical help right away:

1. A headache that won't go away or keeps getting worse.
2. Dizziness or fainting.
3. Changes in your vision. Things like blurred vision or seeing double.
4. Swelling in your hands or face.
5. Chest pain or trouble breathing.
6. The baby is not moving or moving less than usual.
7. You think about hurting yourself or your baby.



[Click here](#) for a full list of warning signs.

Healthy Rewards

Being healthy between pregnancies helps make sure that you and your baby have a great result. Make sure to see your Primary Care Provider (PCP) every year for your well visit.

CCP even offers a \$50 reward for our pregnant moms who get their prenatal and postpartum visits. You just need to have a prenatal visit in the first 12 weeks of pregnancy or first trimester, and a postpartum visit. The postpartum visit must be between three (3) and seven (7) weeks after the baby is born. Having your well visit every year also earns you a reward of \$20. Learn more about all rewards at

www.ccpcare.org/Members/Medicaid/HealthyRewards

