

## Pregnancy Care Management

Pregnancy Care Management services are available to pregnant women enrolled in North Carolina Medicaid statewide, and to a limited number of low income, uninsured pregnant women in some counties.

Pregnancy Care Managers are registered nurses or social workers who will work with you and your prenatal care provider to ensure you receive the best possible care while you are pregnant and after you deliver your baby.

**Our goal is to help you have a healthy pregnancy and a healthy baby.**

Call or visit your local health department for more information about Pregnancy Care Management or to get connected to a prenatal care provider.

*The Pregnancy Medical Home Program and Pregnancy Care Management services are a partnership between the North Carolina Division of Public Health, Medicaid, and Community Care of North Carolina.*



If your prenatal care provider finds that you do not currently qualify for pregnancy care management services and you do not agree with this decision, contact your local health department.

## Pregnancy Care Management

*Working Together to Improve the Health of Mothers and Babies*



## How Does it Work?

If you have certain conditions you may qualify for Pregnancy Care Management services. Examples include having had a preterm baby, a chronic illness such as diabetes, or other concerns, like wanting help to quit smoking.

Your care manager will work closely with you and your prenatal care provider to meet your needs during your pregnancy. If you have to go to the hospital during your pregnancy, a pregnancy care manager will contact you afterward, to see how you are doing.

Your care manager can talk with you on the phone, meet you at your prenatal visits, or meet you in your home or at a location that is convenient for you. Pregnancy Care Management is provided at no cost and participation is voluntary.

**Your prenatal care provider and/or your local health department can help you learn more about Pregnancy Care Management services.**

## Your Pregnancy Care Manager Can Help You by:

- Going over your prenatal care provider's plan for a healthy pregnancy
- Coordinating your care across all of your providers
- Helping you get the services you need, like medical care, transportation, food, or stable housing
- Referring you to other programs, like childbirth or breastfeeding education classes, family planning, and the Women, Infants and Children (WIC) nutrition program
- Offering ways for you to take care of yourself during pregnancy
- Providing assistance in managing any medications you may be taking
- Meeting with you after you have been in the hospital or the emergency room
- Making follow-up appointments
- Answering your questions

## Your Prenatal Care Provider: *Consistent Care for You and Your Baby*

- It is important to start seeing a prenatal care provider early in your pregnancy.
- Your prenatal care provider is your "home base" for your pregnancy care, where you and your provider share respect and trust.
- Use your prenatal care provider for your pregnancy and postpartum health needs.
- Contact your prenatal care provider for any questions or health concerns during your pregnancy.
- Make an appointment with your prenatal care provider for a check-up and family planning after you've had your baby.
- Your prenatal care provider can connect you to other doctors if you need special care during your pregnancy.