

## Additional Support

### Smoking Cessation and Addiction Treatment

There are many benefits to quitting smoking, especially while you are pregnant. We will help you learn about quit-smoking programs in your area. You may be eligible to receive up to \$80 for participating in the program.

Your care team can also assist you in locating drug and alcohol treatment centers and support groups.

### 24/7 Toll-Free Nurse Advice Line

Pregnancy and caring for a newborn can be overwhelming. When you need answers the *iCare* Nurse Advice Line will be there for you 24 hours-a-day/7 days-a-week. The Nurse Advice Line can give you peace of mind and help when you:

- Wonder whether you need to make an appointment.
- Need information about medications, medical tests, or procedures.
- Have questions about how you or your family can stay healthy.



1555 N. RiverCenter Dr., Suite 206  
Milwaukee, WI  
www.icare-wi.org  
1-800-777-4376  
TTY 1-800-947-3529  
or 7-1-1



[www.icare-wi.org](http://www.icare-wi.org)

© 2014 Independent Care Health Plan

**English** – For help to translate or understand this, please call 1-800-777-4376 (TTY 1-800-947-3529).

**Spanish** – Si necesita ayuda para traducir o entender este texto, por favor llame al teléfono 1-800-777-4376 (TTY 1-800-947-3529).

**Russian** – Если вам не всё понятно в этом документе, позвоните по телефону 1-800-777-4376 (TTY 1-800-947-3529).

**Hmong** – Yog xav tau kev pab txhais cov ntaub ntawv no kom koj totaub, hu rau 1-800-777-4376 (TTY 1-800-947-3529).

DHS Approved 09182014



# for Mom and Baby



A **FREE** program for pregnant *iCare* BadgerCare+ and SSI/Medicaid members



## What is *iCare* for Mom and Baby?

At *iCare*, we care

about keeping you and your family healthy. *iCare* for Mom and Baby is a free program offered to BadgerCare Plus and SSI/Medicaid members. The program offers prenatal services, postpartum care, access to community resources, care for your baby, and additional support to meet your needs.

## Enrolling is easy!

Please call us at 1-800-777-4376 and ask to speak with the *iCare* for Mom and Baby team. We will ask you a few questions about your pregnancy in order to determine your specific needs.

## Prenatal Services

Pregnant *iCare* members will be connected to a specially trained nurse and care coordinator to provide support throughout the pregnancy. This may include obtaining baby supplies, scheduling



OB visits, and making connections to pregnancy resources in the community.

## Postpartum Care

After the birth of your baby, the *iCare* for Mom and Baby Team will continue to provide you with support and education. You will be offered services to meet your postpartum needs including:



- A home visit with the *iCare* Team (Milwaukee County members)
- Breastfeeding support
- Education on newborn cares
- Scheduling your postpartum visit
- Scheduling well-baby visits
- Maternal support
- Birth control
- Screening for baby blues and postpartum depression
- Support for new fathers

## Community Resources

Your *iCare* for Mom and Baby team will help you find the services that you or your baby may need, including:

- Food Share, WIC, Food Pantries
- Prenatal care groups
- Breastfeeding classes and support

- Housing
- Baby supplies
- Transportation
- Childbirth and parenting classes
- Prenatal yoga classes
- Child care
- Job training programs
- Participation in Text for Baby

## Care for Your Baby

### Health Checks

A healthy child is a happy child! Our care coordinators will help you find a medical provider for your children and stay on track with routine health checks. A health check includes a physical examination, immunizations, a hearing and vision screen, lab tests, and a growth and development check.



Immunizations are important to the health of your child. Your *iCare* Mom and Baby team will help to ensure that your baby

is on track with their immunizations by providing you with a customized calendar.