



315 SW Fifth Avenue
Portland, Oregon 97204
503-416-4100 or 800-224-4840
www.careoregon.org

Baby yourself. We've got you covered.

What to know about your coverage when you're expecting.

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

Go ahead – baby yourself. The best way to take care of your baby right now is to take care of yourself, and CareOregon has you both covered. You'll be going to the doctor. A lot. And that's the way it should be.

Your medical care during your pregnancy – from head to toe – is covered. Physical health, behavioral health, dental care, prenatal vitamins, immunizations, quitting tobacco – it's all 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.

Your baby is covered too, up to the first birthday.

First things first: Let us connect you to 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. Just give us a call at (503) 416-4100 or toll-free at (800) 224-4840, Monday through Friday, 8 a.m. to 5 p.m.

And with a couple days' notice, we can also arrange a **free ride** to your medical appointments. Call 503-416-3955 or toll-free at 855-321-4899. 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. 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.



315 SW Fifth Avenue
Portland, Oregon 97204
503-416-4100 or 800-224-4840
www.careoregon.org

You'll also get to ask your doctor questions. Like how to eat healthily – making sure your baby is born at a healthy weight. That is a key factor for life-long health.

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 for your teeth and gums reduces risks to your baby
- Some vaccines while you are pregnant protect you and your baby from things like flu and whooping cough

And there's a world of information for you at: www.careoregon.org/care-moms

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 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 in good hands.

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.



315 SW Fifth Avenue
Portland, Oregon 97204
503-416-4100 or 800-224-4840
www.careoregon.org

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 HealthShare of Oregon / CareOregon.

You are automatically covered for two more months after your baby's birth month. To keep 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 CareOregon 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 any baby weight safely, breastfeeding, eating well and dealing with your emotions. If you are planning another child in the next year, your doctor can discuss some healthy steps you can take. If you'd rather hold off, now is the time to talk about 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, too!

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. We are happy to answer your coverage questions. Customer Service is available 8 a.m. to 5 p.m., Monday through Friday: 503-416-4100 or (800) 224-4840.



315 SW Fifth Avenue
Portland, Oregon 97204
503-416-4100 or 800-224-4840
www.careoregon.org

Contact information:

HealthShare of Oregon / CareOregon is your health plan. Call us about your benefits and what's covered, how to find a doctor, dentist or mental health provider.

- **Phone:** 503-416-4100 or toll-free, 800-224-4840, 8 a.m. to 5 p.m., Monday through Friday
- **Email form:** careoregon.org/ContactUs/EmailUs.aspx
- **Website:** www.careoregon.org
- **CareOregon mobile app:** Download at iTunes or Google Play Store

CareOregon Dental:

- **Phone:** 503-416-1444 or 888-440-9912, 8 a.m. to 5 p.m., Monday through Friday
- **Website:** www.careoregondental.org

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

- **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