

# Frequently Asked Questions

## From Expectant Moms



CareOregon

315 SW Fifth Avenue, Suite 900  
Portland, Oregon 97204  
503-416-4100 or 800-224-4840  
800-735-2900 (TTY/TDD)  
[www.careoregon.org](http://www.careoregon.org)

### Q. How long will I be on the CareOregon plan?

A. You finish the month you deliver in. The following month starts your last 60 days as a CareOregon member. After the baby is born, you'll have at least two more months as a member, but you need to **reapply as soon as you can** to keep your health insurance as long as possible.

### Q. How long will my baby be on the plan?

A. Your baby has medical coverage until his/her first birthday, even if you are no longer eligible for the Oregon Health Plan. **Call your DMAP worker as soon as possible after your baby is born. Don't wait longer than two weeks to call.** Tell your DMAP worker the following information about your baby and your baby's parents:

- Date of birth
- Name
- Sex
- Social Security number (or call again when your baby has a number)
- Your primary care provider or primary care manager

Your baby should see her/his doctor often. Regular visits will help to keep your baby healthy and allow the doctor to spot problems early. Well-care visits are included in your baby's medical coverage, so plan to visit your baby's doctor:

- one to two weeks after birth
- one month
- two months and four months
- six months and nine months
- 12 months

### Q. I recently joined CareOregon. Can you help me find a doctor?

A. Yes! Early and regular prenatal care is one of the most important things you can do for yourself AND your baby.

- Call our Customer Service Department (**503-416-4100 or toll-free 800-224-4840**) for help finding a doctor.
- Early care is important, so make your first appointment with your doctor within the first five weeks after you join CareOregon.
- Call Customer Service if you have problems getting an appointment.

### Q. Can CareOregon help me with transportation to my doctor appointments?

A. Call our Customer Service Department and ask to speak to a CareSupport staff member.

### Q. Does CareOregon pay for my prenatal vitamins?

A. Yes. Take your vitamins every day to help your baby build a healthy body.

**Q. What if I am sick?**

**A.** Always call your OB/GYN doctor when you feel sick. He/she will give you specific directions.

**Q. What if I feel sick when my OB/GYN doctor's office is closed?**

**A.** Always call your OB/GYN doctor first. Your doctor's office has an after-hours health care provider on call to answer your questions and help you.

**Q. What are normal discomforts during pregnancy?**

**A.** When you're pregnant, you may feel:

- heartburn
- a need to urinate frequently
- backache
- tired

**Q. Are there warning signs I should look for during my pregnancy?**

**A.** Most women have a normal pregnancy without problems. But it is very important for you to know the warning signs.

Call your OB/GYN doctor **immediately** if you have any of the following problems:

- Bleeding or fluid leaking from your vagina
- Blurry vision or flashing lights in front of your eyes
- Unusual or severe abdominal pain or backaches
- Contractions or cramps (they may come and go)
- Frequent, severe and/or continuous headaches
- Decrease in the baby's movements (fewer than four kicks in one hour)
- Dizziness or fainting, weakness
- Fever over 100° F
- Excessive diarrhea
- Vomiting after you eat or drink anything
- Pain or burning with urination
- Swelling in your face, fingers and/or feet
- Chills
- Muscular convulsions

**Q. Are my postpartum (after baby's birth) doctor visits covered?**

**A.** Yes. It is very important for you to see your doctor **within 21 to 56 days after your baby arrives**. Your doctor will do a complete exam to check how you're healing. This is a great time to ask questions!

CareOregon is your health care partner, and we want you to have a safe healthy pregnancy. Don't hesitate to call us with questions. We believe health care is *Better Together!*