



CareBaby

Your easy guide to a healthy
pregnancy, a happy baby and
feeling better after birth





About this guide

This guide talks about CareOregon, but there are different parts of CareOregon throughout the state. All of them are part of the Oregon Health Plan. These include CareOregon, HealthShare, Columbia Pacific CCO and Jackson Care Connect. When we say “CareOregon” in the guide, we mean all of these parts, unless it says otherwise.

Contact customer service

CareOregon

Hours: Monday – Friday, 8 a.m. to 5 p.m.

Call: 503-416-4100 or toll-free 800-224-4840, TTY: 711

Send us a secure message at: careoregon.org/portal

HealthShare of Oregon

Hours: Monday – Friday, 8 a.m. to 5 p.m.

Call: 503-416-8090 or 888-519-3845, TTY: 711

Send us a message at: info@healthshareoregon.org

Columbia Pacific CCO

Hours: Monday – Friday, 8 a.m. to 5 p.m.

Call: 503-488-2822 or 855-722-8206 TTY: 711

Send us a secure message at: colpachealth.org/members/member-portal

Jackson Care Connect

Hours: Monday – Friday, 8 a.m. to 5 p.m.

Call: 541-500-0567 or toll-free at 855-722-8208 TTY: 711

Send us a secure message at:

jacksoncareconnect.org/members/member-portal

Other useful info is on our website: careoregon.org/carebaby

Questions? *For questions about you or your child’s health: call your clinic or ask your provider.*

*For questions about benefits and services: call
CareOregon customer service.*

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If you need an interpreter for visits or phone calls to your health care provider's office, you have a legal right to this service free of charge. Customer Service provides interpretation services. **Just ask and we'll help.**

You can get this document in other languages, large print, braille or a format you prefer. You also have the right to an interpreter. You can get help from a certified or qualified health care interpreter. This help is free. Call 800-224-4840, TTY 711, or tell your provider. We accept relay calls.



Your family is growing!

Having a baby can be an exciting time. It can also feel a little scary, and there's a lot to think about. We hope this guide will help you and your baby stay healthy and happy.

Here's what's inside:

- **Helpful services (benefits).** You may be able to get help with things like rides to the doctor, dentist or counselor. You may also get extra benefits like glasses and dental care.
- **What to do and when.** We'll share when to make appointments, what services are covered and how to get help if you have questions.
- **What to do after your baby is born.** We'll explain how to make sure your baby has health coverage and how to use your benefits.

We're here to make sure you know about all the benefits your health plan gives you. And we're always here to answer your questions.

CareOregon is with you every step of the way.

Best wishes,
The CareBaby Team



Let the Oregon Health Plan (OHP) know you're pregnant

As soon as you find out you're pregnant, tell the Oregon Health Plan (OHP). You can contact them by phone, online or by email.

OHP will cover your care during pregnancy and for one year after your baby is born. They may also give you extra benefits.

Here's what to do:

1. Contact OHP. Here are three options:

- **Call OHP** at 800-699-9075 (free call). Choose “Report a change in your information” or “Apply for Oregon Health Plan Benefits.”
- **Go online** to log in or make an Oregon eligibility (ONE) account: one.oregon.gov
- **Send an email to:**
OHP.PregnancyRequests@odhsoha.oregon.gov
In the subject line, write: “Pregnancy status change”
In the message, include:
 - Your full name
 - Mailing address
 - Member ID number
 - Phone number

2. Make an appointment

Call your clinic and let them know you're pregnant—or think you might be. Getting care early helps keep you and your baby healthy.



Need help finding a doctor (also called a primary care provider or PCP)?

Our Customer Service team can help you find one and make an appointment. You can also talk to someone in person at one of our events.

To find dates and places in the Portland area go to:
careoregon.org/outreach

How to use this guide

After you tell the Oregon Health Plan (OHP) that you're pregnant, you will get extra free benefits to help you stay healthy. We hope you use them—they are here to support you and your baby!



This guide will help you:

- Know what to do while you're pregnant
- Understand what to do after your baby is born
- Learn about your benefits and how to use them



To learn more about how CareOregon can support your pregnancy, check out
links.careoregon.org/pregnancy-support

What to expect

How often should I see my pregnancy provider?

Most pregnancies last around 40 weeks, or nine months. These are divided into trimesters:



First trimester

0 to 13 weeks



Second trimester

14 to 27 weeks



Third trimester

28 to 40 weeks

If you are healthy and have a low-risk pregnancy, you will usually see your doctor once a month at first. As your due date gets closer, you will have checkups more often, until your baby is born.

The schedule may be different if you have a condition like high blood pressure or diabetes. Also, your health care provider may change your schedule based on your situation.

How often will I see my provider after my baby is born?

After your baby is born, you should see your doctor within 6 weeks. If you want, your regular doctor (PCP) can help take care of you after your baby is born, too.

Either way, you should also see your PCP sometime in the first year after giving birth.

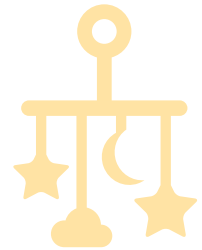
Your schedule may be different depending on your health.



Pregnancy care and types of doctors

As a CareOregon member, your medical care is covered:

- During your pregnancy
- When your baby is born
- For at least 12 months after your baby is born



Who will take care of you?

At the beginning of your pregnancy, you might see your primary care provider (PCP). This is the provider you usually go to for checkups.

Your PCP might be a:

- Nurse practitioner
- Physician assistant
- Medical doctor (MD) or osteopathic doctor (DO)

Your PCP can help you decide when to start seeing a pregnancy provider—a doctor or nurse who focuses on pregnancy and delivering babies.

Types of pregnancy providers

Here are the four kinds of pregnancy providers you might see:

- **Certified Nurse Midwives (CNMs):** Specially trained nurses who care for pregnant people and deliver babies.
- **Community Midwives (CPMs or LDMs):** Midwives who help with births at birth centers or at home.
- **Family medicine doctors (MDs):** Doctors who take care of your



whole family. They may deliver babies and can take care of you and your baby after birth, too.

- **Obstetrician/gynecologists (OB/GYNs):** Doctors who specialize in pregnancy and birth.

All of these providers are trained to help you during your pregnancy. We call them **pregnancy providers**.

Even while you're working with your pregnancy provider, it's important to keep seeing your **primary care provider (PCP)** during and after your pregnancy. Your PCP helps you with all your other health needs.

Where you can give birth

CareOregon pays for births at **in-network hospitals** and **partnered birthing centers**.

If you want to give birth at home, the Oregon Health Plan (OHP) may cover it—but only if your pregnancy is low-risk and meets certain rules. Call OHP early in your pregnancy to learn more: 800-273-0557 (toll-free)

Ask your pregnancy provider which locations they work with.



No matter where you give birth,
CareOregon is here to help
during and after your pregnancy.

What is a doula?

A doula is a trained birth helper who supports you during pregnancy, birth and after your baby is born. A doula is not a doctor or nurse, but is a type of traditional health worker. A doula can partner with your pregnancy provider to provide:

- Emotional support
- Physical comfort
- Helpful information

Doulas can make your birth experience healthier and less stressful.

CareOregon covers doula services if your doula is certified and on the Oregon State Registry.

Find certified doulas: link.careoregon.org/thw-registry

Learn more: ordoulas.org

Other Traditional Health Workers (THWs)

A traditional health worker is a person who has life and cultural experiences like the people they help. They make it easier to get needed care and services to stay healthy.

They can help you:

- Find your way through the health care system
- Understand your health benefits
- Find community resources
- Connect with doctors and other health care providers

Find a THW: link.careoregon.org/thw-registry



Dental care during pregnancy

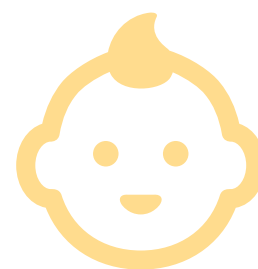
It's extra important to take care of your teeth and gums during pregnancy! Hormone changes can affect your gums and untreated tooth problems can affect your baby.

Going to the dentist is safe during pregnancy. OHP covers extra dental care for pregnant people, like more cleanings and some crowns.

Dental care can help you:

- Avoid or treat cavities and gum problems
- Stay healthy during pregnancy
- Have a healthy baby

Need a dentist? Check your **Member ID card**. Call the number under “Dental Health Plan” and say you’re pregnant. They work hard to schedule pregnant people quickly.



Eye care during pregnancy

Your vision may change during pregnancy. Your eyes may feel dry, your contacts might not fit right, or things may look blurry. These changes usually go away after birth, but sometimes they are signs of a health issue—so it's a good idea to get an **eye exam**.

OHP offers extra vision care when you're pregnant, including an eye exam and maybe glasses.



Call NationsBenefits at 877-492-5560 or visit careoregon.nationsbenefits.com

Tell them you are pregnant. And be ready with:

- Your Social Security number
- Your Member ID card

Need a ride?

If you need help getting to a doctor, dentist or mental health appointment, CareOregon and a ride company can help. You may be able to get:

- Help paying for gas
- Discounted bus or train passes
- A ride to your appointment

The ride company you can use depends on what CareOregon plan you use. Call the ride company at least two days before your appointment:

CareOregon/HealthShare of Oregon

Ride to Care: 503-416-3955 or toll-free 855-321-4899 (TTY 711)

Phones are open every day, 24 hours a day

Columbia Pacific CCO

NW Rides: 503-861-0657 or 888-793-0439 (TTY: 711)

Monday through Friday, 8 a.m. to 5 p.m.

Jackson Care Connect

TransLink: 541-842-2060 or 888-518-8160 (TTY: 711)

Monday through Friday, 7 a.m. to 5 p.m.



Medicines and prenatal vitamins

Talk to your PCP or pregnancy provider about any medicines, vitamins or supplements you take. They'll help you know what's safe and help you get any refills or changes you may need.

Prenatal (pregnancy) vitamins

Your provider can give you a prescription for prenatal vitamins, which help your baby grow strong and reduce the risk of birth defects. These vitamins often include:

- Folic acid
- Iron
- Calcium
- Vitamin D

OHP covers many prenatal vitamins for free with a prescription. You can get them from an in-network pharmacy. Keep taking your vitamins for six months after your baby is born, or longer if you are breastfeeding.

Vaccines

Ask your provider when to get the right vaccines. These shots can help protect you and your baby from getting sick. Common vaccines during pregnancy include:

- Flu
- COVID-19
- RSV
- Tdap (whooping cough)



Natural ways to feel better when you're pregnant

If you feel uncomfortable during pregnancy, there are natural treatments that might help. CareOregon covers some of these:

- **Acupuncture:** We need to approve it before treatment (get an authorization).
- **Chiropractic care:** No approval needed for an exam. Approval needed for treatment.
- **Physical, occupational, speech and osteopathic therapy:** Exams are covered. Some treatments need approval depending on the reason. If it is not on the state's Prioritized List of Health Services, you need an authorization.

Want one of these services? Search for a provider in our network.

CareOregon:

careoregon.org/find-a-provider

HealthShare:

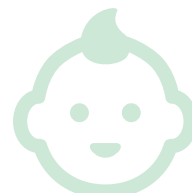
providers.healthshareoregon.org

Columbia Pacific CCO:

colpachealth.org/find-a-provider

Jackson Care Connect:

jacksoncareconnect.org/find-a-provider



Childbirth classes

You might be able to take childbirth classes for free with certain clinics or hospitals. Ask your provider for suggestions.

Before you pay for a class yourself, call Customer Service to ask if we can help with the cost. See [page 2](#) for those numbers.

Pregnancy and mental health

Being pregnant and having a new baby can bring both happy and stressful feelings. It's normal to feel a little nervous, but some people also feel very sad, worried or overwhelmed. These feelings can happen during pregnancy or after the baby is born.

If you need to talk to someone, counseling is free for all Health Share/CareOregon members. Ask your pregnancy provider if the clinic has a counselor you can see.

You can also call CareOregon Customer Service. See [page 2](#) for those numbers.

Have your Member ID card available when you call.

Here are more ways to get help, anytime and for free:

National Maternal Mental Health Hotline:

Call or text 1-833-TLC-MAMA (1-833-852-6262)

Postpartum Support International:

Call 1-800-944-4773

Text "Help" to 800-944-4773

988 Suicide & Crisis Lifeline: Call 988 Text 988



Tobacco, vaping and other substance use

If you smoke, vape or use other substances, your baby is affected. But you both can be free of tobacco and other harmful substances.

This is one of the best things you can do for your baby.

Talk to your primary care provider (PCP) or pregnancy provider about programs that can help you quit.

You can also contact Quit For Life®, a free quit-smoking program:

- Call **800-784-8669 (800-QUIT-NOW)**
- Visit quitnow.net/Oregon

Getting help for alcohol or drug use

If you're using alcohol, marijuana (cannabis), opioids, meth or other drugs, **there is help**. These treatment services are completely covered by your plan. Your pregnancy provider or PCP can help you:

- Find a counselor or therapist
- Get medical treatment to stop using substances
- Stay healthy during and after pregnancy

Check the back of your Member ID card and call the number listed under “Mental Health & Substance Use Plan.”

Other places that can help:

Lines for Life: **800-923-4357**;
oregonalcoholdrughelpline.org

Recovery Network of Oregon:
recoverynetworkoforegon.org



Postpartum care for new parents

As a CareOregon member, you still have health coverage for at least 12 months after your pregnancy ends. That includes:

- Physical health care
- Dental care
- Mental health care

Even if your income or situation changes, your coverage stays active. You can still get **extra benefits** like glasses, dental care and counseling.

Take care of yourself!

You'll be taking your baby to well-child checkups (see [page 23](#)), but don't forget—**you need care, too.**

After giving birth, your body and emotions go through a lot of changes. You might feel:

- Tired
- Sore
- Stressed
- Happy and excited—but also overwhelmed sometimes

These feelings are normal, but it's important to **talk to your health care provider.** There can also be new health issues after birth that your provider needs to check for.



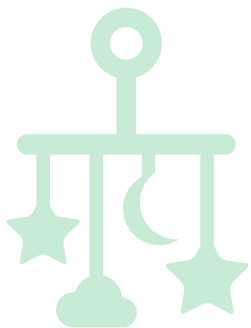
Make a postpartum appointment

Within six weeks after having your baby, set up a checkup for yourself—not just your baby. This appointment is called a postpartum visit, and it helps make sure you're healing well and feeling OK. If you had a cesarean (C-section) to give birth, you may have an extra check-up to make sure you're healing from the surgery.

At this visit, your provider can:

- Check how your body is healing
- Help you decide when it's safe to be active again
- Talk about birth control options
- Connect you to support if you need it

The weeks after your baby is born are very important for both you and your baby. This is a time when your baby starts growing, and you are healing and adjusting to many changes.



Taking care of yourself helps you take care of your baby. You both deserve a healthy, happy start!

Family planning and birth control

After you have your baby, your body needs time to heal. It's a good idea to talk with your provider about birth control before the baby is born, so you're ready when the time comes.

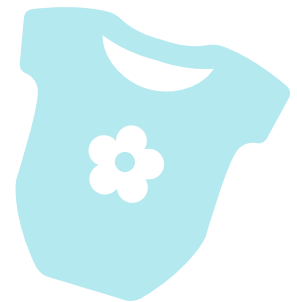
At your six-week postpartum visit, your provider may say it's OK to return to sexual activity. That's an important time to start using birth control. Even if you want more kids later, waiting between pregnancies helps your body recover.

Talk with your provider about:

- Your plans for the future
- What's safe while breastfeeding
- What birth control is best for you

Birth control options covered by CareOregon:

- Condoms
- Birth control pill
- Birth control shot (Depo)
- Birth control patch
- IUD (like Mirena or Paragard)
- Arm implant (Nexplanon)
- Vaginal ring
- Tubal ligation (a surgery for women to prevent pregnancy)
- Vasectomy (a surgery for men to prevent pregnancy)



Telling the Oregon Health Plan (OHP) about your baby

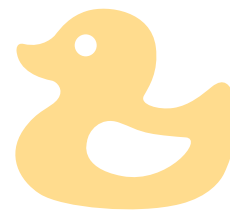
Your baby is not automatically signed up for the Oregon Health Plan (OHP). You or the hospital must **add your baby to OHP** within 30 days after birth. This helps make sure your baby gets all the health benefits they need.

How do I sign my baby up for OHP?

- Many hospitals will send a **Newborn Notification Form** to OHP for you.
- If the hospital doesn't send it, call **CareOregon Customer Service** and ask for a copy.
- You can bring this form to the hospital or your baby's first doctor's visit.

You can also update OHP by:

- **Call OHP** at 800-699-9075 (free call). Choose "Report a change in your information" or "Apply for Oregon Health Plan Benefits."
- **Go online** to log in or make an Oregon Eligibility (ONE) Account: one.oregon.gov
- **Send an email to:** oregon.benefits@dhsosha.state.or.us in the subject line, write: "Birth of baby". In the message, include:
 - Your full name
 - Mailing address
 - Member ID number
 - Phone number



Newborn screenings and procedures

In the hospital and during the first weeks of life, your baby will get several important health checks. Some are required by the state.

These include:

- Hepatitis B vaccine—protects babies from the hepatitis B virus now and for life
- Vitamin K shot—helps your baby's blood clot normally
- Eye ointment—prevents eye infections
- Newborn blood test—checks for over 40 health problems
- Heart screening—checks for heart defects
- Hearing test—required in the first month so that if your baby doesn't hear, care can be given right away and allow speech to develop

Circumcision

CareOregon does cover circumcision. If you're thinking about it for your baby, talk to your provider.

Who will be your baby's doctor?

Your baby needs to see a **primary care provider (PCP)** within the **first week after birth**. This might be:

- Your own PCP, if they also see children
- A pediatric provider, who takes care of babies, kids and teens
- A family practice provider, who takes care of people of all ages (you and your baby might share the same one)



Finding a pediatrician

It's a good idea to find a pediatrician (baby provider) before your baby is born. If you need help finding a pediatrician, you can visit careoregon.org/find-a-provider

Or you can call Customer Service. See [page 2](#) for those numbers.

What to do when your baby is sick

Babies get fevers, colds and rashes—and it's normal to worry.

If you're not sure what to do, **call your baby's provider first.** Someone is available by phone day or night to help.

Here's when to call your provider:

- Baby is 0–3 months old and has a fever of 100.4°F or higher
- 3–6 old months with a fever up to 102°F and seems sick or has a fever over 102°F
- 6–24 old months with a fever over 102°F for more than one day
- Baby of any age has a fever 100.4 F or higher for more than three days
- Not pooping normally or seems constipated
- Trouble breathing from a cold
- Ear pain for over a week
- Cough that lasts more than a week
- Sudden rash

If it's an emergency (such as trouble breathing, baby not waking up or a head injury), call 911 or go to the emergency room right away.



Well-child visits

Your baby will have regular checkups to make sure they're growing and staying healthy. These are called well-child visits.

At each visit, the provider will:

- Check your baby's weight, length and growth
- Listen to the heart and lungs
- Look at the skin, eyes, ears and mouth
- Test reflexes and movements
- Give vaccines to protect your baby
- Ask how your baby is doing and answer your questions

The provider may also do a developmental screening to check how your baby is learning and growing.

Use this booklet to write down questions and keep track of your baby's vaccines and doctor visits.

Usually, well-child visits will be scheduled as follows

Your baby's provider may recommend more visits if needed.

Newborn: First 6 months

- A few days after birth
- 1 month old
- 2 months old
- 4 months old

Infant:
6-12 months old

- 6 months old
- 9 months old
- 12 months old (1 year)

Toddler: 1-3 years old

- 15 months old
- 18 months old
- 24 months old (2 years)
- 30 months (2½ years)
- 36 months (3 years)
- After that, once a year!



A typical schedule of vaccines in the first two years of life

Age	DTap	Hep A	Hep B	Hib	IPV	MMR	PCV/ PPSV	RV	VAR
Birth			✓						
1-2 months			✓						
2 months	✓			✓	✓		✓	✓	
4 months	✓		✓	✓	✓		✓	✓	
6 months	✓			✓			✓	✓	
6-18 months			✓		✓				
12-15 months				✓		✓	✓		
12-18 months									✓
12-24 months		✓							
15-18 months	✓								

RSV: Antibodies or vaccine. Talk to your doctor about timing

COVID: Talk to your doctor about timing

Flu: Annual vaccine after 6 months



Feeding help for your newborn

Breastfeeding (also called chest feeding or body feeding) gives your baby the healthy nutrients they need and helps protect them from getting sick.

If you need help with feeding, CareOregon covers feeding support by an **Internationally Board Certified Lactation Consultant (IBCLC)**. These are trained helpers who can support you if you have any problems or questions.

Breast pumps are also free with your health plan.
Call Customer Service to learn more.

Dental care for babies

Taking care of your baby's teeth helps them stay healthy. Your baby should see a dentist **when their first tooth comes in.**

You and your baby have **free dental care** through OHP.

To learn more about what dental services your baby can get, call the number under “Dental Health Plan” on your baby’s Member ID card.

We're here for you

As your baby grows, remember that CareOregon and others in your community are here to help.

We're sending you and your baby our best wishes!



