

# FOCUSED ON

*Community, Family, Health*

## South Country Health Alliance Member Services

1-866-567-7242 ♦ TTY 1-800-627-3529 or 711  
Hours: Mon.-Fri. 8 a.m.-8p.m.

Attention: If you need free help interpreting this document, call the above number.

Digniin. Haddii aad u baahantahay caawimaad lacag-la'ann ah ee tarjumaadda (afcelinta) qorallkan, lambarka kore wac.

Atención. Si desea recibir asistencia gratuita para interpretar este document, llame al número indicado arriba.

Thov ua twb zoo nyeem. Yog hais tias koj xav tau kev pab txhais lus rau tsab ntaub ntwav no pub dawb, ces hu rau tus najnpawb xov tooj saum toj no.



1-866-567-7242, TTY 711.  
members@mnscha.org

#5965

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*Your baby's  
health care starts here!*

**Special programs and benefits for  
pregnant South Country members  
and their newborn babies**



## When you get pregnant...

Notify the county eligibility worker of your pregnancy as soon as possible. If you are enrolled in MinnesotaCare report your pregnancy to MinnesotaCare at 1-800-657-3672 (toll free). TTY users should call 1-800-627-3529 or 711.

South Country Health Alliance (SCHA) plan benefits improve with added plan perks for pregnant women. Pregnant women qualify for our Pregnancy Care reward, a free car seat, a free breast pump, and free pregnancy and childbirth classes. Pregnant women also do not have to pay co-pays for medical services or prescriptions that are covered by Medical Assistance.

### Pregnancy Care Reward

Seeing a doctor early in your pregnancy is important so you and your baby stay healthy. At your postpartum visit, your doctor will check your baby's progress, as well as your recovery after the delivery.

Current SCHA members who complete any 4 prenatal visits during pregnancy and a postpartum visit between 7 and 84 days after delivery are eligible to receive gift card rewards.

### Infant Well-care Reward

Well-care visits are a regular part of your child's health care. Visits are recommended at 0-1, 1, 2, 4, 6, 9, 12, and 15 months of age. To be eligible for a \$50 gift card, a child must have at least six visits before age 15 months and be enrolled with SCHA at the time of all six visits.

### Be Buckled™ Free Car Seat

SCHA will provide a car seat to members in need of one, along with training about how to safely use the car seat.

One seat will be provided per child, age 7 and younger, per lifetime.

### Pregnancy and Childbirth Classes

Members can take pregnancy and childbirth classes in a clinic, hospital, public health agency, or through Community Education at no charge.

### Free Tobacco Cessation Help

Members can get telephone-based and on-line help and education plus gum or patches through the EX Program. 1-833-EXCOACH (1-833-392-6224), TTY users call 711.

A free text-to-quit e-cigarettes program is also available from @truthinitiative. Text DITCHJUUL to 88709.

### Free Breast Pump Program

Breast feeding is the best nutrition for your new baby. If you must be away from your baby and need an electric breast pump, SCHA covers the cost of most breast pumps when prescribed by a network provider.

### 24-hour Nurse Advice

Experienced registered nurses can answer your health questions and help you decide what to do when you or your child are sick or injured. They are available 24 hours a day, 7 days a week. Call the number on the back of your member ID card.



## Advice for a Healthy Pregnancy

- 1. Get Regular Checkups**
- 2. Ask Questions**  
Every pregnancy is different. Use every chance you get to learn more about your pregnancy.
- 3. Pay Attention to Your Emotions**  
Mild mood swings are normal but talk with your doctor if you feel down or are worried about changes in your mood.
- 4. Take Prenatal Vitamins**  
Ask your doctor about taking prenatal vitamins. Calcium, folic acid, and iron are nutrients critical for your baby's healthy development. SCHA covers the cost of many prenatal vitamins when you have a prescription from your doctor. See our drug list on our website [www.mnscha.org](http://www.mnscha.org) or call member services.
- 5. Pay Attention to the Foods You Eat**  
A healthy balance of foods is important. Some foods can contain bacteria or other harmful substances that can make you and your baby sick. Avoid eating raw fish, raw meat, uncooked shellfish, and raw eggs. Also avoid unpasteurized dairy products and juices.

- 6. Watch Your Weight**  
Check with your doctor about how much weight you should gain. It's normal to gain 25 to 35 pounds while you are pregnant.
- 7. Tell Your Dentist You Are Pregnant**  
Pregnancy can increase your risk of gum disease. Be sure to brush at least twice a day and floss your teeth once a day.
- 8. Get Vaccinated**  
Talk with your doctor about vaccines recommended during and after pregnancy. Remember your flu shot.
- 9. Wear Your Seat Belt**  
Always wear both the lap and shoulder belt. Buckle the lap strap under your belly and over your hips. If you get in an accident, the seat belt will help protect you and your baby.
- 10. Stay Physically Active**  
Get regular exercise unless you are having complications and your doctor suggests otherwise. It can help you feel better, reduce stress, and strengthen muscles used in delivery. Avoid strenuous sports or activities where there is a high risk of falling.

- 11. Avoid Alcohol**  
There is no amount of alcohol that has been proven safe during pregnancy. Alcohol can cause permanent physical and mental problems for your baby.
- 12. Stay Drug-Free**  
Any amount of drugs you take is an overdose for your baby. In addition, do not take any medications (prescription or over-the-counter) without your doctor's approval.
- 13. Stay Smoke-Free**  
When you smoke, your baby smokes too. Smoking during pregnancy or being around people when they smoke can increase the risk of delivering prematurely and having a child with significant health problems.

**REMINDER**

You may be eligible for the Women, Infants and Children Program (WIC). Call your county public health nurse for more information.

## Resources

**Free Case Management Services**  
Our case managers are a resource for you. They can help:

- ☞ Answer questions about coverage and health
- ☞ schedule appointments
- ☞ review denied claims
- ☞ get specialty medications
- ☞ apply for cash, food, utility assistance, and other services.

Call South Country Member Services to be connected with a case manager.

**South Country Member Services**  
Information on your benefits, scheduling transportation, or finding a provider. Call 866-567-7242, TTY:800-627-3529 or 711.

**Public Health Nurse Offices**

|                      |              |
|----------------------|--------------|
| Brown County .....   | 507-233-6820 |
| Dodge County .....   | 507-635-6150 |
| Freeborn County..... | 507-377-5100 |
| Goodhue County.....  | 651-385-3200 |
| Kanabec County ..... | 320-679-6330 |
| Sibley County .....  | 507-237-4000 |
| Steele County .....  | 507-444-7650 |
| Wabasha County.....  | 651-565-5200 |
| Waseca County .....  | 507-835-0685 |

**Women, Infants & Children (WIC)**  
Provides education and nutritious foods to supplement diets .....1-800-WIC-4030

**EX Program**  
Help to stop smoking..... 1-833-392-6224

**United Way 2-1-1**  
Help finding community resources ..... 2-1-1 or 1-800-543-7709