

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 ntawv no pub dawb, ces hu rau tus najnpawb xov tooj saum toj no.



1-866-567-7242, TTY 711.

members@mnscha.org

#5965

7167

*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 (South Country) 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 copays for medical services or prescriptions that are covered by Medical Assistance.

Delfina Program: Members are eligible to use a free app through pregnancy and up to one year postpartum at no charge. This app offers virtual doula support, mental health support, support from a registered dietitian and more! Visit the website <https://www.delfina.com/south-country-health-alliance> to learn more and download the app and get started today!

Pregnancy Care Reward

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

Current South Country 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, 15, and up to 30 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 South Country at the time of all six visits.

Be Buckled™ Free Car Seat

South Country 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 8 (7 years 11 months) 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 free help to quit smoking, vaping, dipping/chewing, and get free nicotine patches, gum, or lozenges through the EX Program. Register at go.theexprogram.com/scha or call 1-833-EXCOACH (1-833-392-6224), TTY users call 711.

Free Breast Pump Program

Fed is best! If you are able to breast feed and you have to be away from your baby and need an electric breast pump, South Country 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 provider if you feel down or are worried about changes in your mood.
- 4. Take Prenatal Vitamins**
Ask your provider about taking prenatal vitamins. Calcium, folic acid, and iron are nutrients critical for your baby’s healthy development. South Country covers the cost of many prenatal vitamins when you have a prescription from your provider. See our drug list on our website 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**
Every pregnancy is different. Be sure to discuss with your provider on how much weight you should gain.
- 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 provider 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 provider 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**
No amount of alcohol is safe for your unborn child. Alcohol can cause permanent physical and mental problems for your baby.
If you are struggling with an alcohol addiction, know you are not alone. It is okay to ask your provider for more resources to help you quit drinking during your pregnancy.
- 12. Stay Drug-Free**
No amount of drugs you take is healthy for your baby during your pregnancy. Talk to your provider on medications you are taking (prescription or over-the-counter).
Do not take medications without your provider’s approval.
- 13. Stay Smoke-Free**
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.
South Country offers an EX-Program to help you quit smoking.

Resources

Wellness Support Team Services

Our wellness support team is a free resource for you. They can help:

- ❖ Answer questions about coverage and health
- ❖ schedule appointments
- ❖ review denied claims
- ❖ get specialty medications
- ❖ Help with community services such as: cash, food, and utility assistance.

Call South Country Member Services to be connected with a Wellness Support Team member.

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
Goodhue County.....	651-385-3200
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 diets1-800-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