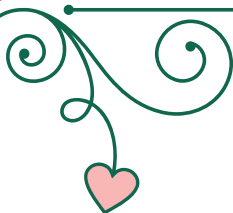


Embracing Life

your guide to pregnancy & postpartum resources





Member Services

1-866-567-7242, TTY users call 1-800-627-3529 or 711

Hours: Monday - Friday 8 a.m. - 8 p.m.

Or visit our website: www.mnscha.org

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Minnesota Oral Health Project, www.crushcavities.com

American Dental Association, www.mouthhealthy.com

Healthy Children/ American Academy of Pediatrics

<https://www.healthychildren.org/English/ages-stages/prenatal/Pages/Protect-Tiny-Teeth.aspx>

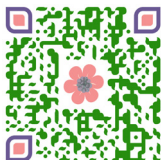
Children's Dental Health Project

<http://www.endcavities.org/during-pregnancy>

Minnesota Oral Health Coalition

<https://www.minnesotaoralhealthcoalition.org/meet-your-mouth/Your Mouth & Pregnancy or Your Mouth & Newborn>

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Scan QR code with your smartphone
to access additional content.



On behalf of South Country Health Alliance,



Congratulations on your recent pregnancy!

We are very excited for you and your growing family!

Please use this book as a guide to all of the resources that are available to you and your new baby as a valued South Country Health Alliance (South Country) member. Should any concerns arise during your pregnancy, please contact your care team directly! Otherwise, please utilize the contacts on page 19 for assistance on any resources you may need!

We are looking forward to hearing from you!

Warmly,

Your South Country care team

About Me

If found, return to

Name: _____

Address: _____

Phone: _____

Emergency Contact

Name: _____ Phone: _____

Clinic: _____ Phone: _____

Hospital: _____ Phone: _____

My Due Date _____

Prescriptions _____

Critical Medical Conditions _____

_____ Blood Type _____

County Financial Worker Name & Phone _____

County Public Health Nurse Phone _____

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Covered Benefits

Families & Children SingleCare/SharedCare AbilityCare	MinnesotaCare
---	---------------

No Co-Pays

**Co-pays for
non-preventative visits
and prescriptions**

**Coverage for prenatal,
delivery, and postpartum
care with no co-pays**

**Coverage for prenatal,
delivery, and postpartum
*but with co-pays***

**You may be eligible for
Families and Children
(PMAP) benefits. Contact
your county eligibility
worker.**

Transportation to/from medical services

**Delfina Program - free access to a virtual doula,
registered dietitian, and mental health specialists**

Childbirth classes

Breast pump program

Prenatal & Postpartum rewards

Free car seat and installation training

Free Early Childhood Family Education (ECFE) classes

Public Health nurse service

My Pregnancy Checklist

Planning for baby _____ (*insert baby name here*)

- ☐ Logged into the Delfina app (*page 5*)
- ☐ Met with a public health nurse
- ☐ Visited the WIC team
- ☐ Get a car seat (*page 12*)
- ☐ Get a breast pump (*page 14*)
- ☐ Schedule my dental visit
- ☐ Get Resources to quit smoking (*if applicable*)
- ☐ Have my care team (OB, NP, midwife, RN) fill out my prenatal voucher
- ☐ Use your BeActive™ reward for monthly health club reimbursement
- ☐ Ask your public health team for the *Baby's First Year Calendar*
- ☐ Attend a community education class and submit to South Country for reimbursement
- ☐ Connect with South Country member services for rides to and from medical appointments (*if applicable*)



Public Health Nurse Visits

Prenatal and postpartum visits with a public health nurse are available to you upon request. Call the number for your county listed on page 19. The visits are provided at no cost to you and are a great way to provide you with information and resources to give you and your baby the healthiest start.

The public health nurse will:

- ◆ Answer your questions.
- ◆ Talk with you about the normal changes to your body during and after pregnancy, and when to call the doctor.
- ◆ Provide resources that can help you and your family.
- ◆ Give you useful information on your baby's growth and development, health and safety issues, nutrition, and parenting.

24-hr Nurse Advice Line

Answers are only a phone call away.

Do you have a medical concern or question? Are you or your baby ill and you don't know what to do? Call our nurse line 24 hours a day, 7 days a week if you have a question about your pregnancy, yourself, or your baby that cannot wait until your next doctor visit. Trained nurses are ready to talk with you.

You can find the number on the back of your South Country member ID card or on page 19 of this book.



DELFINA Intelligent Pregnancy Care

Delfina is a virtual program that provides personalized support for you in the moments that matter between your appointments.

- ◆ Keep track of your pregnancy and health.
- ◆ Get help from your own Delfina Doula.
- ◆ Take virtual classes like yoga, feeding your baby, looking after your baby. Talk to someone about how you feel and get help with healthier food choices.
- ◆ Earn Pod Points to swap for gift cards, diapers, and more.

How to sign up:



- 1) Scan and download the delfina app to your smartphone or visit delfina.com/login
- 2) Login into app and enter the practice code for your county. The code is 'southcountry' plus your county, for example: **southcountrysteele.**
- 3) Enter your information to earn pod points!

Delfina Classes include:

- ◆ Yoga
- ◆ Nutrition
- ◆ Mental health
- ◆ Q&A



Your Wellness Support Team

The goal of the Wellness Support Team is to help you be a self-advocate for your health as well as implement positive and effective self-care habits.

What is the Wellness Support Team?

We are a team of registered nurses and social workers who are here to help you! We can:

- ◆ Support you with your chronic health conditions.
- ◆ Help manage your child's/children's complex health conditions.
- ◆ Advocate for you and your health.
- ◆ Assist you in navigating your health care needs.
- ◆ Give you the tools and resources needed to manage your health.
- ◆ Meet and exceed your health care goals.
- ◆ Communicate with providers to align your expectations.
- ◆ Provide education on medications and your health conditions.



Your Care Connector

Each county has a care connector. They are a South Country expert in your community. They know our benefits, county processes and community resources.

Your connector has developed relationships with providers, South Country staff, county staff and with you. They will successfully link you with the help and resources you need because they understand how social factors impact health and how to address those factors with the resources in the communities they serve.

What can your care connector do for you?

- ◆ Answer questions about South Country benefits and programs.
- ◆ Help with finding answers to your financial and billing questions.
- ◆ Help with setting up medical appointments and follow-up appointments.
- ◆ Follow-up with you after consecutive emergency room visits or a hospitalization to ensure any aftercare needs are met.
- ◆ Connect you to services such as transportation, food shelves, housing services, energy assistance or other community services.
- ◆ Educate and encourage early intervention and preventive services to support optimal mental and physical health.
- ◆ Discuss how receiving care from a primary care provider benefits your overall health and wellness.
- ◆ Work closely with South Country team to identify and reduce barriers that may impact your receiving optimal care.

Transportation

It is important for you to attend all of your appointments and to take your baby in for checkups. If you need a ride you may be able to get assistance to and from your medical appointments. Call Member Services at the number at the top of the page to find out if you're eligible for RideConnect.

United Way First Call for Help

Are you worried you won't have a bed or clothes for your baby? Are you without a job or a place to live? Do you need a support group? The United Way First Call for Help can help you.

Call United Way First Call for Help at the number listed on page 19 of this book. It's a confidential service that can direct you to various other resources in your community.

WIC (Women, Infants, and Children)

WIC provides nutrition education. They support pregnant women, breastfeeding women, and children up to age five! They can also help you access the following Minnesota programs:

SHIP: The State Health Insurance Assistance Program (SHIP) supports community-driven solutions to expand opportunities for active living, healthy eating, and commercial tobacco-free living.

SNAP: The Supplemental Nutrition Assistance Program (SNAP) benefits are loaded to participants' EBT cards each month to buy groceries at authorized stores, farmers markets and online retailers.



Tobacco Cessation Program

Pregnant or a new mom and still smoking?
No judgment.

The EX Program, a free quit-smoking program from South Country, can help you quit before, during, or after your pregnancy.

The Ex Program gives you:

- ♦ Expert content from Mayo Clinic.
- ♦ Live chat coaching with tobacco treatment specialists.
- ♦ A quit plan with videos, exercises, and self-guided tools.
- ♦ An active online community of peers to lean on for advice, tips, and motivation.
- ♦ Personalized text messages and emails.
- ♦ Free patches, gum, or lozenges to curb cravings, if appropriate.

Quitting is one of the best things you can do for your baby. It lowers the risk of having a miscarriage or stillbirth. It also decreases your chances of having a low birth-weight baby. Plus, quitting and staying quit after your baby is born means no secondhand smoke, which helps keep your baby healthy.



Get the support to quit without judgment.
Join the EX Program: scan the QR code
or visit Go.TheEXProgram.com/scha to
get started today!

Dental Care During Pregnancy

- ◆ Tell your dentist you are pregnant, your due date and any other medical information. Dental visits are important and safe, especially while pregnant. The dentist can help spot potential problems before they become an issue.
- ◆ The hormones of pregnancy make you more at risk for gum disease. Signs include bleeding or swollen gums. Untreated gum disease is linked to low birth weight and preterm births.
- ◆ The supporting structures of your teeth may temporarily loosen, making teeth feel wiggly.
- ◆ Some women get pregnancy tumors (pyogenic granulomas) on their gums. These painless red and puffy lumps bleed easily and usually clear up after delivery.
- ◆ Let your dentist know right away if you have any of these signs or symptoms and remember, prevention is the best cure.
- ◆ Brush your teeth at least two times a day using a soft bristled toothbrush and fluoride toothpaste.
- ◆ Get a new toothbrush every three months.
- ◆ Floss your teeth every day to clean between your teeth where a toothbrush can't reach.



A mother's oral health during pregnancy is a good predictor of her newborn's risk for tooth decay!

~The Journal of the American Dental Association

If you or your child do not have a dentist, we can help you find one. Call the dental number on page 19 of this book, or on the back of your South Country Member ID card.

Dental Care for Your Baby

- ◆ Follow these steps to get your baby off to a healthy start.
- ◆ Visit your dentist regularly, brush two times a day, and floss one time a day, to prevent bacteria build up. The harmful bacteria in your mouth can be passed through the bloodstream or breast milk to your baby.
- ◆ Avoid sharing utensils, straws, cups, or toothbrushes with your baby. Caregivers can pass decay causing bacteria from their mouths to infants as young as two months.
- ◆ Clean baby's gums twice a day with a damp washcloth, even before the first tooth comes in.
- ◆ When baby's first tooth comes in, start brushing their teeth twice a day, using an infant toothbrush and a rice-grain sized amount of toothpaste.
- ◆ Your baby's first dental visit should take place when the first tooth comes in, but no later than their first birthday.

Fluoride Varnish

- ◆ A Fluoride Varnish Application (FVA) is a topical fluoride treatment that strengthens healthy tooth enamel and repairs or remineralizes weakened enamel.
- ◆ Beginning at the eruption of the first tooth, fluoride varnish is recommended up to four times per year.
- ◆ Fluoride varnish is applied to all surfaces of the teeth with a small brush and is as simple as putting fingernail polish on your nails.
- ◆ You can get fluoride varnish applied to your child's teeth at a dentist's office, a medical clinic, or at a public health agency.
- ◆ Check with your doctor during the infant well-care exam, as an FVA may be applied during the visit.

Car Seat Program: Be Buckled™

Your child's safety is a top priority.

Car seats and boosters provide protection for infants and children in a car crash. But to be effective, you need the right car seat and you need to know how to use it. For more information on current car seat laws and safety visit the Minnesota Department Public Safety website at <https://dps.mn.gov/divisions/ots/safe-driving-information-and-laws/driver-and-passenger-safety/cps>.

Get a Free Car Seat

South Country provides a free car seat to women who are at least 28 weeks or more into their pregnancy. It can also be provided after the baby is born. One car seat per child/member age eight (seven years and 12 months) and younger.

South Country requires the parent or authorized representative to attend the car seat training and sign our Recipient Release form. Trainings are provided by county car seat technicians.

To get a free car seat, call your local Public Health Office and ask them about South Country's free car seat program and schedule your training session, the phone number is on page 19.

There are **FIVE** car seats that members can choose from:



Infant Carrier - Safety 1st Onboard 35 LT

- ◆ Rear-facing weight range (4 to 35 pounds).

Graco 4Ever DLX 4-in-1 (All in one car seat)

This 4-in-1 car seat, gives you 10 years of use in one seat that seamlessly transforms from:

- ◆ Rear-facing harness (4 to 40 pounds);
- ◆ Forward-facing harness (22 to 65 pounds);
- ◆ Highbacked booster (40-100 pounds); and
- ◆ Backless booster (40 to 120 pounds).



Evenflo Titan 65 Convertible Car Seat



- ◆ Rear-facing weight range (5 to 40 pounds);
- ◆ Rear-facing height range (19" to 40" tall);
- ◆ Forward-facing weight range (22 to 65 pounds);
- ◆ Forward-facing height range (29" to 54" tall).

Cosco Topside - No Back Booster

- ◆ Belt-positioning booster (40 to 100 pounds)



Cosco Finale 2-in-1

This booster car seat features extended use in both modes:

- ◆ Forward-facing with harness (30 to 65 pounds and 32" to 49" tall and at least 1 year old), and
- ◆ Belt-positioning booster (40 to 100 pounds and 43" to 52" tall). *(Actual fit may vary. Not all children will comfortably fit in the seat for the full weight and height ranges listed).*



Free Breast Pump Program

Get a Free Breast Pump

If you choose to breastfeed, you may want to consider a breast pump. Breast pumps give moms the flexibility to continue to breastfeed their child in a variety of situations, and sometimes even to simply give a mom a chance to relax. South Country covers the cost of a prescribed breast pump for pregnant women and new mothers.

Covered Benefits:

- ◆ Members can get one breast pump per pregnancy.
- ◆ Disposable collection and storage bags for breast milk are covered. You can get 180 bags per month (*6 per day*). Bottles and other accessories are not covered.
- ◆ Rentals (*such as a heavy-duty breast pump*) are not covered.

Where to Get Your Breast Pump

Breast pumps and storage bags are considered durable medical equipment (DME) and are available from most in-network DME providers.

South Country also has a relationship with Milk Moms, a provider exclusively for lactation equipment and nursing resources. For more information on Milk Moms you can call or go to their website. The number is on page 19.

To find a DME provider near you, call Member Services at the number on top of the page, or go online to www.mnscha.org to use our provider search.

Learn About Breastfeeding

South Country also covers the cost of classes for breastfeeding. Check with your local clinic, hospital, public health office, or Community Education for classes near you. Delfina also has online classes that are a covered benefit.

Other Continued Learning Classes

South Country also covers:

- ♦ **Pregnancy and childbirth education classes:** You can take pregnancy and childbirth classes in a clinic, hospital, or public health agency at no charge. Talk to your health care provider or local public health department about how to register.
- ♦ **Early Childhood Family Education (ECFE) classes:** South Country members with children under the age of five can take part in most ECFE classes at no charge.

Contact your local school district for class availability. If you are unsure which school district you live in, you can call the United Way First Call for Help at the number printed on page 19 of this book.

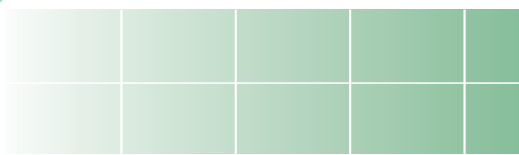
- ♦ **Community Education classes:** Community education offers fun classes. Brush up on a special skill or learn a new hobby. South Country members receive discounts on most Community Education classes (*up to five classes per calendar year*).

You can contact your local school district or Community Education program for a class listing. For information on eligibility, call South Country Member Services.





Take CHARGE!



2025 Health and Wellness Rewards*

Complete these important preventive care services to earn a reward!

- ◆ Prenatal Care \$75 Reward
- ◆ Postpartum Care \$75 Reward
- ◆ Infant Checkups \$75 Reward
- ◆ Lead Test \$25 Rewards
- ◆ Well-Child Visits \$25 Reward
- ◆ Child & Adolescent Well-Care Visit \$25
- ◆ Childhood Immunizations \$50 Reward
- ◆ Immunizations for Adolescents \$50 Reward
- ◆ Chlamydia Testing \$25 Reward
- ◆ Cervical Cancer Screening \$25 Reward
- ◆ Breast Cancer Screening \$25 Reward
- ◆ Colorectal Cancer Screening \$25 Reward
- ◆ Preventive Dental Care \$25 Reward**
- ◆ Diabetes Blood Glucose (HbA1c) Test \$25 Reward**

* Some restrictions apply. Visit www.mnscha.org or call Member Services at the number at the top of the page for full details. Rewards limited to one reward per year per service unless otherwise specified.

** AbilityCare, SingleCare, SharedCare, MSC+, and SeniorCare Complete members only.



Take charge of your health

How to Get Be Rewarded™ Vouchers:

- ♦ Call Member Services at the number at the top of the page to find out if you qualify and ask them to mail you a voucher.

-OR-

- ♦ Download and print individual vouchers from our website at www.mnscha.org.

Be Active™

Receive up to a \$20 credit for Families and Children, SingleCare, SharedCare, MinnesotaCare and Minnesota Senior Care Plus (MSC+) members.

Up to \$40 credit for SeniorCare Complete and AbilityCare members towards your monthly health club membership fees.



Finding a Provider for Your Baby

Select a primary care clinic for your baby. Choose a provider for your baby before your baby is born. The first few years are important in your child's growth and development.

Child and Teen Checkups (Well-Care Checkups) help ensure your child is healthy and prevent your child from becoming sick.

At well-care checkups you can:

- ◆ Check on your child's growth and development.
- ◆ Talk with your doctor about any questions you have about your child's health.
- ◆ Talk with your doctor about safety in your home, signs of illness, and about your child's eating and sleeping habits.
- ◆ Get all the recommended shots. A timeline of these shots can be found in our *Baby's First Year Calendar* or on our website.
- ◆ Recommended Well-Child visits are on page 22.

If you need help finding a provider contact your wellness support team by calling Member Services at the number at the top of the page.



Ask your public health worker or call member services to get a copy of South Country's Baby's First Year Calendar!



Resources & Numbers

24 Hour Nurseline866-538-1226
 TTY users:877-777-6534

County Public Health Nurse Offices

Brown County507-233-6820
 Dodge County507-635-6150
 Goodhue County651-385-3200
 Sibley County507-237-4000
 Steele County507-444-7650
 Wabasha County651-565-5200
 Waseca County507-835-0685

Delta Dental of Minnesota

For help finding a dentist.....866-398-9419

EX Program Tobacco Cessation

For help to stop smoking.....833-392-6224

Milk Moms

For lactation equipment and nursing resources
763-413-0129
 Website: www.milk moms.com

South Country Health Alliance Member Services

For information on your health programs, benefits,
 scheduling transportation, or finding a provider.
 Toll Free:866-567-7242
 TTY Users: 800-627-3529 or 711
 Website: www.mnscha.org

United Way First Call for Help

For help finding other community
 resources800-543-7709

WIC (Women, Infants, and Children) Program

For support buying groceries and
 breast feeding..... 800-WIC-4030

Notes

Lined area for notes, featuring horizontal ruling lines.

Your Scheduled Prenatal Visits

Date: _____ Time: _____

Date: _____ Time: _____

Date: _____ Time: _____

Date: _____ Time: _____

Date: _____ Time: _____

Date: _____ Time: _____

Date: _____ Time: _____

Date: _____ Time: _____



Remember to go to our website or call Member Services to get information on our rewards program for completing your prenatal and postpartum visits as well as your child's well-care visits!

Write in all your prenatal visits here and your postpartum and child's well-care visits on the next page.

You can cut this page out and place it on the fridge or other high traffic area in your home.

Your Scheduled Postpartum Visits

Date: _____ Time: _____

Date: _____ Time: _____

Date: _____ Time: _____

Date: _____ Time: _____

Date: _____ Time: _____

Date: _____ Time: _____

Date: _____ Time: _____

Your Child's Well-Care Visits

Date: _____ Time: _____ 3-5 days

Date: _____ Time: _____ 1 month

Date: _____ Time: _____ 2 months

Date: _____ Time: _____ 4 months

Date: _____ Time: _____ 6 months

Date: _____ Time: _____ 9 months

Date: _____ Time: _____ 12 months

Date: _____ Time: _____ 15 months

Date: _____ Time: _____ 18 months

Date: _____ Time: _____ 24 months

Visits should be scheduled yearly after age 2.

South Country Health Alliance Member Services

1-866-567-7242, TTY 1-800-627-3529 or 711

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

- Atención. Si desea recibir asistencia gratuita para interpretar este document, llame al número indicado arriba.
- Digniin. Haddii aad u baahantahay caawimaad lacag-la'ann ah ee tarjumaadda (afcelinta) qorallkan, lambarka kore wac.
- 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.



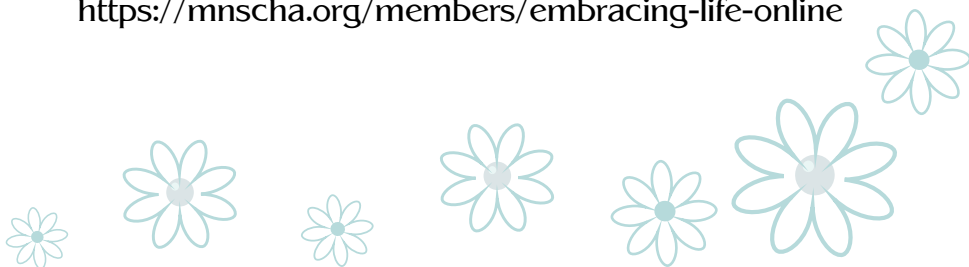
1-866-567-7242, TTY 711

members@mnscha.org



Scan QR code with your smartphone to access to additional content.

<https://mnscha.org/members/embracing-life-online>



**South
Country**
HEALTH ALLIANCE

www.mnscha.org

SC#7233