# Are you having a baby?

Regular prenatal care helps keep you and your baby healthy. We want to make sure you and your baby are as healthy as possible.

WHAT IS PRENATAL CARE? Prenatal care is the regular checkups you'll need during pregnancy. Schedule your first obstetric (OB) appointment at 4-11 weeks. Most women have 8-15 prenatal visits during their pregnancy.

### WHEN SHOULD I SEE MY DOCTOR FOR PRENATAL CARE?

**WEEKS 4-28** 

1 prenatal visit per month

### **WEEKS 28-36**

1 prenatal visit every 2 weeks

### WEEKS 36-40

1 prenatal visit every week

### WHAT IS INCLUDED IN PRENATAL CARE?

Your first OB visit is very important and will include:

- Thorough medical history of you and father-to-be
- A complete physical exam
- Your weight and blood pressure check
- A urine sample test
- Your due date calculation

**CHILDBIRTH AND PARENTING CLASSES** Most hospitals offer childbirth and parenting classes. If you are interested, please call our U Baby Care Manager at 1-833-981-0212, option 2.

### NONDISCRIMINATION POLICY

You have the right to get medical care and be treated with dignity and respect no matter what your race, color, sex, religion, national origin, disability or age. Healthy U does not prohibit or restrict providers from acting within their lawful scope of practice or discriminate against health care professionals who serve high-risk populations who specialize in the treatment of costly conditions. Healthy U's nondiscrimination policy complies with Title VI of the Civil Rights Act of 1973, the Age Discrimination Act of 1990 and the University of Utah Policy and Procedures 1999, Sections 2-6.

### MEMBER HANDBOOK / URGENT SERVICES / APPEAL GRIEVANCE

Members can request a copy of the Healthy U Member's handbook by visiting the Healthy U website, uhealthplan. utah.edu or by contacting Customer Service at 801–213–4104. Members can file an appeal or grievance by visiting uhelathplan. utah.edu. Need urgent care or emergency services? Contact Customer Service at 801–213–4104 or visit uhealthplan.utah.edu to find an urgent care center or hospital near you.

## NEWBORN'S AND MOTHER'S HEALTH PROTECTION ACT (NMHPA)

The Newborns' Act is the amount of time you and your newborn child are covered for a hospital stay following childbirth. For a vaginal delivery you can stay in the hospital for up to 48 hours. For a C-section you can stay in the hospital for up to 96 hours. However, your provider may decide after talking to you, to let you or your newborn child leave the hospital earlier. For more information on the Newborns' Act please visit: https://www.dol.gov/general/topic/health-plans/newborns.

#### YOUR RESPONSIBILITIES

Always talk with your doctor about any health information in newsletters or on websites to make sure that it is best for you. Never use this information to make health decisions- do what your doctor says is best.



# After Baby is Born

Don't forget to schedule your postpartum checkup with your doctor 1 to 12 weeks after your baby is born. This visit helps to make sure you are recovering well from pregnancy and birth.

Talk to your doctor about how you are feeling. It is common to feel depressed and anxious after giving birth. If you need immediate help, call the National Crisis Line at **988**.

Most family planning services are covered by Healthy U Medicaid. Talk to your doctor about what type of birth control is best for you.

Call our U Baby Care Manager if you have questions at 1-833-981-0212, option 2.

## What is an A1C Test?

AN A1C TEST GIVES YOU A PICTURE OF YOUR AVERAGE BLOOD SUGAR LEVEL OVER THE PAST THREE MONTHS.

A1C levels can vary by age and other factors like diet and exercise. The goal for most adults with diabetes is an A1C level that is less than 7%.

- A prediabetes range is an A1C level between 5.7 and 6.5
- If your A1C level is 6.5 or higher, your level is in the diabetes range
- The higher your A1C level is, the greater your risk of developing diabetes complications.

You should have an A1C test on a regular basis (at least twice a year). Your doctor will tell you if you need an A1C test more often.



Source: American Diabetes Association www.diabetes.org/a1c



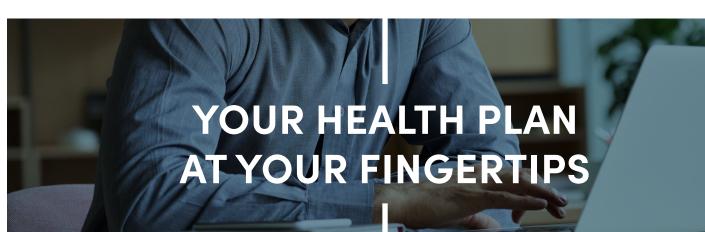




PO Box 45180 Salt Lake City, Utah 84145-0180

NON-PROFIT ORG. U.S. POSTAGE PAID Permit No. 1529 Salt Lake City, Utah





Healthy U Review is published two times a year by University of Utah Health Plans. ©2024 All rights reserved.

Healthy U Review and its graphic representation are trademarks. Reproduction without permission is strictly prohibited. No material in this issue may be reproduced without written permission. Healthy U Review does not promote any form of medical treatment, nor does it encourage the self-management of medical problems. It is meant to supplement, not replace care from health care professionals

5401M



### CONTACT INFORMATION

### Member Services, Claims & Interpreter Services

801-213-4104 or toll-free at 833-981-0212 8 a.m. to 6 p.m.

### Care Management

BY UTAH.

FOR UTAH.

801-213-4104 or 833-981-0212

#### On the Internet

uhealthplan.utah.edu

### **Utah Relay Services**

**HEALTH PLANS** 

TTY/TDD 1-800-346-4128 En Espanol 1-888-346-3162

### **Report Suspected Fraud**

801-213-4104 or 833-981-0212

#### Fax

801-281-6121

#### By Mail

Healthy U Medicaid P.O. Box 45180 Salt Lake City, UT 84145-0180

### Pharmacy **Customer Service**

Help filling a prescription 24 hours, 7 days a week at 1-855-856-5694

### WITH A PORTAL ACCOUNT, YOU CAN:



**HEALTHY U** MEDICAID

VIEW OR PRINT YOUR PLAN DOCUMENTS



SELECT A PRIMARY CARE PROVIDER (PCP)



SEARCH FOR PROVIDERS IN YOUR NETWORK BY NAME, SPECIALTY, OR LOCATION



SEND MESSAGES AND DOCUMENTS TO THE CUSTOMER SERVICE TEAM



REVIEW YOUR CLAIMS, EXPLANATION OF BENEFITS (EOB), AND OTHER DOCUMENTS



ACCESS HEALTH AND WELLNESS INFORMATION IN THE KNOWLEDGE DATABASE

ACCESS YOUR HEALTH PLAN INFORMATION 24/7 THROUGH OUR MEMBER PORTAL.

TO SET UP YOUR FREE ACCOUNT, VISIT OUR WEBSITE: MYUOFUHEALTHPLANS.ORG