

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
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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.**



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.**

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 uhealthplan.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.

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





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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

801-213-4104 or
833-981-0212

On the Internet

uhealthplan.utah.edu

Utah Relay Services

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

HEALTHY U MEDICAID

SPRING 2024



YOUR HEALTH PLAN
AT YOUR FINGERTIPS

WITH A PORTAL ACCOUNT, YOU CAN:



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