



# Welcome to IEHP, your Inland Empire Health Plan!

Every pregnancy is unique.  
That's why IEHP offers a variety of free  
tools and resources to help support  
our Members throughout pregnancy,  
birth, and the postpartum period –  
so you and your baby can **Start Well**.

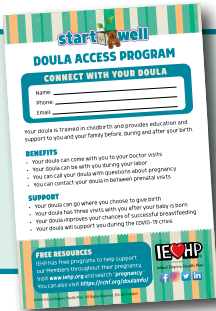


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Inland Empire Health Plan

# First Trimester

♥ **The Doula Access Program** - Doulas are non-medical professionals who are trained to support you and your family during pregnancy, birth, and the postpartum period. IEHP and Riverside Community Health Foundation provide eligible pregnant IEHP Members (in Riverside and San Bernardino counties) with free doula services.



To sign-up or refer a Member, scan the QR code with your smartphone.



♥ **Baby-N-Me App** - If you're pregnant or have a child under 2 years old, this smartphone app offers up-to-date details about your growing baby. It also has handy tools, like a due date tracker, an appointment reminder, a screen for postpartum depression, and much more!



Download this app for free at the Apple App Store or Google Play. Search IEHP.

## Second Trimester

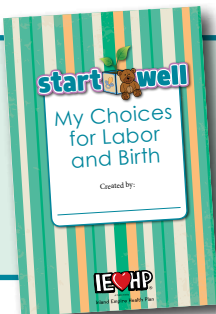
- ♥ **My Job and My New Baby Booklet** - This booklet outlines the rights of new parents who live in California. There are several ways to protect your job and pay when you are pregnant and after having your baby.



To download a PDF copy now, scan the QR code with your smartphone.



- ♥ **My Choices for Labor and Birth** - You have many choices for your baby's birth. This birth plan can help you make choices that are right for you.



To download a PDF copy now, scan the QR code with your smartphone.



## Third Trimester

♥ **Loving Support** - This program offers help to achieve your nursing goals: support for the first days at home, return to work, breast pumps, support groups, and more.



Call the 24/7 Helpline (English and Spanish) at **1-888-451-2499** or visit [www.loving-support.org](http://www.loving-support.org).

# Postpartum

- ♥ **Postpartum Support International** - This organization provides resources for women and families such as weekly online support groups, helplines, and reading material.

To learn more, visit [www.postpartum.net/get-help/](http://www.postpartum.net/get-help/)

- ♥ **Newborn Medi-Cal Application** - Don't wait. Submit a Medi-Cal application for your newborn as soon as you can. The newborn is covered under your health coverage the month they are born plus the first month after.

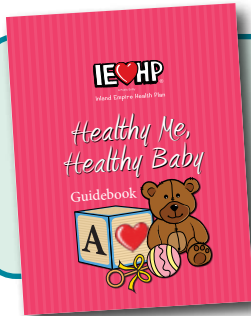
To apply, call the IEHP Enrollment Advisors at **1-866-294-4347**, Monday – Friday, 8am – 5pm. TTY users should call **1-800-720-4347**. You may also call Health Care Options at **1-800-430-4263** or visit or visit [www.healthcareoptions.dhcs.ca.gov](http://www.healthcareoptions.dhcs.ca.gov). TTY users should call **1-800-430-7077**.

- ♥ **Breast Pump Requests** - Manual, electric, and hospital grade breast pumps are provided to eligible Members.

To obtain a breast pump, your IEHP Doctor must submit a request for you from IEHP.

# Throughout Pregnancy

- ♥ **Healthy Me, Healthy Baby Guide** - A guide full of helpful advice for all stages of pregnancy, birth, and the postpartum period.



To download a PDF copy now, scan the QR code with your smartphone.



- ♥ **IEHP 24-Hour Nurse Advice Line** - If you can't reach your Doctor, or if it's after-hours, our trained Nurses can offer medical advice over the phone or guide you to get the care you need.



Call **1-888-244-4347**. TTY users should call **1-866-577-8355** or **7-1-1**.

## **IEHP's Maternal Mental Health (MMH) Program -**

Connect to behavioral health services, such as psychotherapy, psychiatry, support groups, and substance use disorder treatment in San Bernardino or Riverside counties. Coordination of care is also offered to help you get breast pump referrals and assist those who are having a hard time getting prescriptions, accessing pregnancy termination resources, finding OB care providers, and much more. To connect with the MMH Program, contact Member Services and request a referral to the Maternal Mental Health Program.

Call IEHP Member Services at **1-800-440-IEHP (4347)**, 8am-5pm (PST), Monday-Friday. TTY users should call **1-800-718-4347** or **7-1-1**. Request a referral to the Maternal Mental Health Program.

# Throughout Pregnancy

♥ **Health Education Classes** - Our free online classes for parents promote healthy development and parenting skills, including Circle Time, Perinatal Health, and more.



To sign-up for online classes, scan the QR code with your smartphone.



Or visit [www.iehp.org](http://www.iehp.org) and click on **UPCOMING EVENTS** under the **ABOUT US** tab.

♥ **Texting Program** - Get IEHP updates and info right on your phone. You will receive tips on how to get care, reminders for key preventive care visits, and notices of health education and wellness programs you may be eligible for.



To sign up, text **HEALTHY** to **90902**. Message and data rates may apply. Unsubscribe anytime by replying **STOP**.



## Notes



## Notes

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# Questions?

Call IEHP Member Services at

**1-800-440-IEHP (4347),**

8am-5pm (PST), Monday-Friday.

TTY users should call

**1-800-718-4347 or 7-1-1.**

You can also email

***[MemberServices@iehp.org](mailto:MemberServices@iehp.org)***.

IEHP complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call 1-800-440-4347 (TTY: 1-800-718-4347). IEHP cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-440-4347 (TTY: 1-800-718-4347). IEHP遵守適用的聯邦民權法律規定，不因種族、膚色、民族血統、年齡、殘障或性別而歧視任何人。注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-440-4347 (TTY: 1-800-718-4347)。IEHP tuân thủ các luật dân quyền hiện hành của Liên Bang và không phân biệt đối xử trên cơ sở chủng tộc, màu da, nguồn gốc quốc gia, tuổi tác, tình trạng khuyết tật hay giới tính. LƯU Ý: Nếu quý vị nói một thứ tiếng khác không phải là tiếng Anh, chúng tôi có sẵn dịch vụ hỗ trợ ngôn ngữ miễn phí cho quý vị. Xin gọi số 1-800-440-4347 (TTY: 1-800-718-4347).

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HE-21-2323551