

Maternal Health and Wellness

You're not alone



IEHP is here for you!

Let's face it – pregnancy, giving birth and caring for a newborn is not easy. Feelings of depression, anxiety and the need for help are normal. The good news is our maternal health team is here to help.

What we do:

Case Management:

From the time you find out you're pregnant to up to two years after you give birth, our case managers provide ongoing physical, mental or behavioral support for you and your baby.

Education:

We provide continual education on health and wellness, your benefits and other community resources available to you and your baby through pregnancy and following birth.

Care Coordination:

Our team is here to make sure you get connected with the right health care providers (OB-GYN, therapist, psychiatrist, etc.).

Our care coordinators can assist with:



Scheduling appointments for you



Arranging transportation



Assessing your ongoing needs and connecting you to other maternal health resources



Connecting you with any equipment or care needed for pregnancy or delivery

Did you know?

1 in 5 moms suffer from depression or anxiety either during pregnancy or following the birth of a child. You're not alone and it's not your fault.

If you are pregnant or recently had a child and are:

- A high-risk pregnancy and need support
- Feeling sad or depressed
- Feeling more irritable or angry with those around you
- Having difficulty bonding with your baby
- Feeling anxious or panicky
- Having difficulty with eating or sleeping
- Having upsetting thoughts that you can't get out of your mind
- Feeling like you never should have become a parent
- Worried you might hurt your baby or yourself

Our team is here to help, no matter where you are in your pregnancy journey.

Give us a call today!

1-800-440-4347

Extension 8580

Monday–Friday, 7am–7pm, and
Saturday–Sunday, 8am–5pm

**TTY users should call
1-800-718-4347**



IEHP
Inland Empire Health Plan

iehp.org

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