

Start Well

Every pregnancy is unique. That's why we offer free resources to support you throughout your pregnancy, childbirth and the postpartum period. The tools in this guide will help you and your baby start well.

First Trimester

Doula Services -

Doulas are now a covered benefit for IEHP members. Doulas are non-medical professionals trained to support you and your family during pregnancy, childbirth, and the postpartum period.

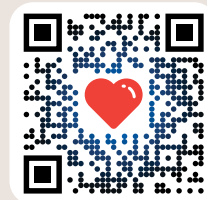


If you think you would like a doula, please call the member services number on the back of this guide.

Baby-N-Me App - If you're pregnant or have a child under 2 years old, this free phone 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 at the Apple App Store or Google Play. Search IEHP.



Second Trimester

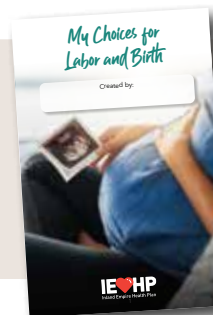
My Job and My New Baby Booklet - There are several ways to protect your job and pay when you're pregnant and after having your baby. Use this booklet to learn about your job rights as a new parent.



Scan to download.



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.



Scan to download.



Third Trimester

Loving Support - This program offers help to achieve your nursing goals. You can get 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.lovingupport.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/

Medi-Cal Application - Submit your newborn's application as soon as you can. The newborn is covered under your health coverage the month they're born, plus the first month after.

To apply, please call us 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 www.healthcareoptions.dhcs.ca.gov. TTY users should call 1-800-430-7077.

Breast Pumps - Eligible members can get manual, electric and hospital grade breast pumps.

Ask your IEHP doctor to submit a request for you.

Throughout Pregnancy

24-Hour Nurse Advice Line - Get help from a nurse 24 hours a day, 7 days a week. Our nurses can check your symptoms and help you get the right care. Call the 24-hour nurse advice line any time.

Call **1-888-244-4347**. TTY users should call **711**.

Maternal Mental Health (MMH) Program - Connect to behavioral health services, such as psychotherapy, psychiatry, support groups and substance use disorder treatment. Care coordination is also offered to help you get breast pump referrals and assist if you're having a hard time getting prescriptions, accessing pregnancy termination resources, finding OB providers, and much more.

To request a referral to the Maternal Mental Health Program, please call us at **1-800-440-IEHP (4347)**, Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. TTY users should call **1-800-718-4347** or **711**.



Classes for Parents - Our free online classes promote healthy development and parenting skills, including circle time, perinatal health and more.

Scan to sign up.

Or visit www.iehp.org and click on **Upcoming Events** under the **About Us** tab.



Texting Program - Get IEHP updates on your phone. You can receive tips on how to get care, reminders for checkups, and health education and wellness programs you may be eligible for.



To sign up, text **HEALTHY** to **90902**. Message and data rates may apply.

Member Services

1-800-440-4347

1-800-718-4347 (TTY)

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



Inland Empire Health Plan

iehp.org

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