



## Care When You Need It

24-Hour Nurse Advice Line

*(for IEHP members only):*

**1-888-244-IEHP (4347)**

**TTY: 711**



## Breastfeeding Support

Call the Loving Support Helpline:

**1-888-451-2499**

## Count the Kick App

This free app helps you record how long it takes your baby to get to 10 movements, tracks changes over time, and reminds you to count every day.

Scan QR  
code to  
download  
app



## Breast Pumps

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

**Ask your doctor to submit a request for you.**

## 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/)**



## Free Local Resources

Visit Connect IE:  
**[www.connectie.org](http://www.connectie.org)**

Search for Free or Reduced Cost Services, like health care, food pantries, job training, education and more.

Scan QR code  
to download



## IEHP Maternal Health Program

Call Member Services and ask for Maternal Health at **ext. 8580**.  
*The number is on your member ID card.*

Our Care Coordinators can help you set up appointments, get rides to medical visits and connect you and your baby to resources, support and care.

## Transportation Services

Call the Car (CTC):  
**1-855-673-3195**

To see if you qualify for transportation services (e.g., bus passes), call CTC at least five days before your medical appointment.

## Health and Wellness Programs

Visit **[www.iehp.org](http://www.iehp.org)** and scroll to “Upcoming events near you or call Member Services. The number is on your member ID card.