

Keeping UP with Moms and Babies

Keeping UP with Moms and Babies is a UPHP program for all babies and pregnant women. It is also for those women who just had a baby. This program promotes a healthy pregnancy, a safe delivery, care for your baby, and after-delivery care.

This program was developed by the Upper Peninsula Health Plan, a health plan serving Michigan's Upper Peninsula.

Promotes:

- ◆ A healthy pregnancy
- ◆ A healthy mom
- ◆ A healthy baby



**The Keeping UP
with Moms and Babies program
is free!**



*Upper Peninsula
Health Plan*

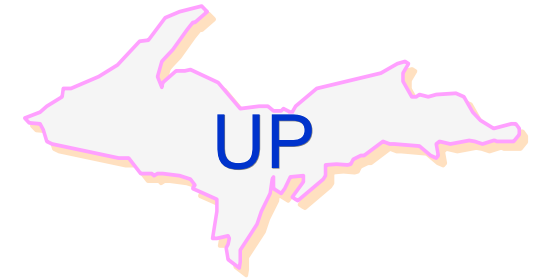
**Upper Peninsula Health Plan
228 West Washington Street
Marquette, MI 49855**

Web Site:
www.uphp.com

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Moms and Babies Brochure
Approved by the
Michigan Department of Community Health
11/06/2007

Keeping



with Moms and Babies



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Health Plan*

**228 West Washington Street
Marquette, MI 49855**

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**KNOW THAT YOU ARE DOING ALL YOU CAN TO TAKE
GOOD CARE OF YOURSELF BY
KEEPING UP WITH MOMS AND BABIES!**

***Program benefits :**

- ◆ Prenatal care
- ◆ Childbirth education classes
- ◆ Postpartum care
- ◆ Help with transportation
- ◆ Case management services
- ◆ Maternal Infant Health Services
- ◆ Yearly female check-ups
- ◆ Well-child visits and baby shots
- ◆ Breast-pump rental
- ◆ Mental health services
- ◆ Stop-smoking program



***The program promotes:**

- ◆ Timely prenatal care
- ◆ A timely postpartum visit
- ◆ Healthy eating habits
- ◆ Help to stop smoking
- ◆ Care for you and your baby



Timely Prenatal Care: *As soon as you think you are pregnant, call your doctor for an appointment.*

Prenatal care should start within the first 3 months (12 weeks) of pregnancy.



Timely Postpartum Visit: *Call your doctor's office to schedule this visit right after your baby is born. Visit your doctor for an exam 4 to 6 weeks after your baby is born.*

***There are no co-payments for services related to family planning or pregnancy.**

Eligibility and Enrollment:

All Upper Peninsula Health Plan (UPHP) members who are pregnant, new moms, and their babies are included in the Keeping UP with Moms and Babies program.

Please call UPHP to:

- ◆ Tell us of your pregnancy.
- ◆ Ask any questions.
- ◆ Learn more about the program.
- ◆ Make sure that you are in the program.



**UPHP Customer
Service
1-800-835-2556**