

# UPHP



UPPER PENINSULA HEALTH PLAN

## Healthy Moms, Healthy Babies



# CONGRATULATIONS!

This is an exciting time and we are here to help during and after your pregnancy. Upper Peninsula Health Plan (UPHP) offers many benefits for you and your baby! As a member, you are automatically enrolled in this program when you become pregnant.

Read through this booklet for tips and information on services to help you make healthy choices for both you and your baby.

If you have any questions, please call the UPHP Pregnancy Care Coordinator at (906) 225-7927. The Care Coordinator will be happy to assist you with any needs you may have. You may opt out of this program at any time by calling UPHP Customer Service at 1-800-835-2556 (TTY: 711), Monday through Friday from 8 a.m. to 5 p.m. Eastern Time.



# TABLE OF CONTENTS

<b>PREGNANCY TIPS</b>	4
<b>SERVICES:</b> PREGNANCY SERVICES AT UPHP	5
<b>SERVICES:</b> PREGNANT & USING TOBACCO?	6
<b>SERVICES:</b> MATERNAL INFANT HEALTH PROGRAM (MIHP)	7
<b>SERVICES:</b> PREGNANT MEMBER DENTAL PROGRAM—DELTA DENTAL	7
<b>SERVICES:</b> GET YOUR PERTUSSIS (WHOOPING COUGH) VACCINE TO PROTECT YOUR UNBORN BABY	8
<b>SERVICES:</b> WIC (WOMEN, INFANTS & CHILDREN)	8
<b>BREASTFEEDING</b>	9
<b>POSTPARTUM DEPRESSION</b>	10
<b>WELL-CHILD EXAMS, VACCINES, &amp; LEAD TESTING</b>	11

## PREGNANCY TIPS



When you find out you're pregnant, call your primary care provider and schedule prenatal care. Prenatal care is important for the health of you and your baby and includes regular visits throughout your pregnancy. Talk to your primary care provider about taking prenatal vitamins with folic acid and ask before stopping or starting any medications.

Good nutrition throughout your pregnancy is important for you and your growing baby. What you eat directly affects your baby's development. Ask your primary care provider about what foods are right for you.

The health of your teeth and gums is connected to your overall health. UPHP members have Delta Dental benefits for the entire pregnancy and 12 full months after the end of the pregnancy. Schedule a dental cleaning and check up as soon as possible.

Moderate exercise can help relieve stress, prepare you for labor and delivery and also help you get back to your pre-pregnancy shape after birth. Try moderate exercise for 30 minutes on most days and drink plenty of water. Talk to your primary care provider before continuing your exercise program or starting a new one.

If you use tobacco, drink alcohol or use drugs, so does your baby. Everything you eat, drink or smoke goes into your unborn baby's body. If you need help quitting, contact your primary care provider. If you don't have a primary care provider, contact UPHP Customer Service at 1-800-835-2556 (TTY: 711).

## SERVICES | PREGNANCY SERVICES AT UPHP

**UPHP Care Management Program** - This program helps you get the services you need to help you manage your pregnancy.

Services include:

- Plan of care with prioritized goals
- Care coordination between providers and other agencies such as the Maternal Infant Health Program (MIHP)
- Educational materials
- Coordination of transportation to provider visits, including dental and MIHP

**Connected Communities for Health (CC4H)** - A help desk and online directory that connects you with resources in your area to help with needs such as food, clothing, supplies, childcare, utilities, employment, housing and education. If you would like to learn more about this program, visit [www.uphp.com/cc4h](http://www.uphp.com/cc4h) or call (906) 225-5964 to speak with a UPHP Community Health Worker.

**Transportation** - UPHP provides non-emergent medical transportation (NEMT) for UPHP Medicaid, Healthy Michigan Plan, and CSHCS members who are not in an emergency situation and need help getting to UPHP covered medical appointments and services such as doctor appointments, or durable medical equipment and prescription pick-ups.

Mileage reimbursement is for members who drive themselves or have a family member or friend who is able to take them to their appointments. Reimbursement requests can be made as soon as your appointments are made.

Transportation is for members who do not have a car, or anyone willing to take them to their appointments. Transportation should be requested at least five business days before appointments and will be arranged through one of the following means:

- Bus
- Cab
- Volunteer driver

For more information about the UPHP NEMT benefit, rules/regulations, or to request help, visit [uphp.com/transportation](http://uphp.com/transportation). You can also call UPHP at 1-800-835-2556 to speak to a transportation coordinator.

Pregnant members enrolled in the Maternal Infant Health Program (MIHP), gain access to expanded NEMT benefits normally covered through your local Department of Health and Human Services. This includes outpatient substance abuse, community mental health, WIC and dental appointments.

Please call 1-800-835-2556 (TTY: 711) for more information.

## CONNECT WITH UPHP

### What We Provide:

- Pregnancy Tips
- Wellness Resources
- Vaccination Updates
- Health Related Links



## SERVICES | PREGNANT & USING TOBACCO?

- **Michigan Tobacco Quitline** – The Quitline is free and confidential; enrollment is simple. You will have access to a personal quit coach and you can earn rewards after every call. 1-800-QUIT-NOW or 1-800-784-8669.
- Call UPHP at 1-800-835-2556 (TTY: 711) and request a **Quit Kit** especially for pregnant members.



## SERVICES

### MATERNAL INFANT HEALTH PROGRAM (MIHP)

This home visiting program promotes healthy pregnancies, positive birth outcomes, and healthy infant growth and development. MIHP-covered services include:

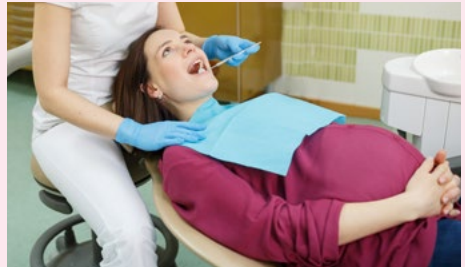
- Preventive counseling
- Birthing classes
- Assessments/evaluations
- Parenting classes

MIHP services are in addition to your regular prenatal and infant care. Medicaid-enrolled pregnant members and/or primary caregivers and their babies up to 12 months are served in their homes by a team. This team includes nurses, social workers, dietitians, infant mental health specialists and lactation consultants. Go to [michigan.gov/mihp/](http://michigan.gov/mihp/) for more information.

## SERVICES

### PREGNANT MEMBERS DENTAL PROGRAM—DELTA DENTAL

Dental benefits for UPHP members who are pregnant are provided through Delta Dental. If you have any questions, please contact Delta Dental Customer Service at 1-866-558-0280.



- Dental care during pregnancy is 100% safe. Schedule at least one dental visit during pregnancy. Let the dentist know you are pregnant and your due date when you make the appointment.
- If you have morning sickness, rinse your mouth with a teaspoon of baking soda in a cup of water to stop acid from attacking your teeth.
- Eat fewer foods that are high in sugar. Avoid juice, fruit-flavored drinks and soda pop.
- After eating, chew xylitol-containing gum or similar products, like mints, to help reduce bacteria that can cause tooth decay. (Source: Delta Dental)

## SERVICES

### GET YOUR PERTUSSIS (WHOOPIING COUGH) VACCINE TO PROTECT YOUR UNBORN BABY

- Pregnant women need a Whooping Cough (Tdap) vaccine during each pregnancy
- Fathers, grandparents, siblings, and anyone in contact with your baby should be vaccinated too
- Talk to your primary care provider about vaccines you need to stay healthy during your pregnancy

#### Where to go for more information:

[michigan.gov/immunize](http://michigan.gov/immunize) [cdc.gov/vaccines](http://cdc.gov/vaccines)

[frannystrong.org](http://frannystrong.org) – Read about a family affected by whooping cough.

Pregnant individuals need to get tested for the Hepatitis C virus with each pregnancy.

- The virus can be passed to your baby during delivery
- Most people who have the virus do not have any symptoms
- It is important to get tested early in your pregnancy so if you have the virus, you and your doctor can come up with a plan of care



## SERVICES

### WIC

(WOMEN, INFANTS, & CHILDREN)

This special supplemental nutrition program provides food, health care referrals, and nutrition education to low-income pregnant and postpartum individuals, and to infants and children up to age five who are found to be at nutritional risk.

#### For more information go to:

[fns.usda.gov/wic](http://fns.usda.gov/wic)



# BREASTFEEDING

## Benefits for baby:

- Breast milk has all the important nutrients for baby
- Breastfed babies are sick less often
- Breast milk is easier for their stomach to digest than formula
- Breastfed babies have lower risks of asthma, obesity, ear infections, diarrhea and vomiting, sudden infant death syndrome (SIDS), and Type 2 diabetes

## Benefits for you:

- Helps you bond with your baby
- No formula to measure, mix or warm up in the middle of the night
- Lowers your risk of Type 2 diabetes, breast and ovarian cancer, and postpartum depression
- Saves money for the family

A breast pump is a benefit from UPHP and is yours to keep. If you need assistance with breastfeeding, talk to your primary care provider. There are also many good resources including:

- Breastfeeding counselors you can talk to and meet with
- Local Health Departments  
[marchofdimes.org](http://marchofdimes.org)      [womenshealth.gov](http://womenshealth.gov)



## POSTPARTUM DEPRESSION

- One in nine new moms experience postpartum depression.
- Postpartum depression needs to be treated by your primary care provider.
- Common treatments include therapy and medication.
- If you are feeling depressed during pregnancy or after having your baby, don't suffer alone. Tell a loved one and call your primary care provider right away.

If you have any of the following symptoms that last for more than two weeks, they may be signs of postpartum depression.

- Feeling restless or moody
- Feeling sad, hopeless or overwhelmed
- Crying a lot
- Having thoughts of hurting yourself and/or your baby
- Not having any interest in your baby, not feeling connected to your baby, or feeling as if your baby is someone else's baby
- Having no energy or motivation
- Eating too little or too much
- Sleeping too little or too much
- Having trouble focusing or making decisions
- Having memory problems
- Feeling worthless, guilty or like a bad mother
- Losing interest or pleasure in activities you used to enjoy
- Withdrawing from friends and family
- Having headaches, aches and pains, or stomach problems that don't go away



**IF YOU OR SOMEONE YOU KNOW IS IN CRISIS  
OR THINKING OF SUICIDE, GET HELP QUICKLY.**

Call 911 for emergency services or go to the nearest emergency room.  
Call the toll-free 24-hour hotline of the National Suicide Prevention Lifeline  
at 1-800-273-TALK (1-800-273-8255).

# WELL EXAMS, VACCINES, & LEAD TESTING

Babies need eight well-child visits with their primary care provider (PCP) between birth and 15 months of age. These visits are covered by UPHP and include:

- A physical exam
- Health and developmental history
- Screening exams
- Health, nutrition and accident prevention education and counseling.
- Immunizations (if needed)

## PLEASE SCHEDULE THESE VISITS FOR YOUR BABY

AGE	✓	AGE	✓
Birth *		6 months *	
2-3 days after discharge		9 months	
1 month		12 months* / Lead Test	
2 months *		15 months *	
4 months *		Source: American Academy of Pediatrics and Michigan-specific EPSDT components	

\* Indicates vaccines are due, but vaccines may be needed at any visit if not up to date

### For more information visit:

[cdc.gov/vaccines/parents/protecting-children/birth.html](https://www.cdc.gov/vaccines/parents/protecting-children/birth.html)

[cdc.gov/ncbddd/actearly/milestones/index.html](https://www.cdc.gov/ncbddd/actearly/milestones/index.html)



Children should be tested for lead at one and two years of age or at any age if you think your child has been exposed to a lead hazard. Talk to your doctor about testing your child for lead poisoning.

Find more information at:  
[miclppp.org/lead-education/](https://www.miclppp.org/lead-education/)



## **MI Health Link**

Upper Peninsula Health Plan (UPHP) MI Health Link (Medicare-Medicaid Plan) is a health plan that contracts with both Medicare and Michigan Medicaid to provide benefits of both programs to enrollees.

You can contact your Care Coordinator or call UPHP Customer Service at 1-877-349-9324 (TTY: 711), Monday through Friday from 8 a.m. to 9 p.m. Eastern Time. The call is free.

## **UPHP Medicaid, Healthy Michigan Plan, and Children's Special Health Care Services**

You can call UPHP Customer Service at 1-800-835-2556 (TTY: 711), Monday through Friday from 8 a.m. to 5 p.m. Eastern Time. The call is free.

**You can get this document for free in other formats, such as large print, braille, or audio. Call 1-877-349-9324 (TTY: 711) Monday through Friday from 8 a.m. to 9 p.m. Eastern Time. The call is free.**