

Pregnancy

If you are thinking about having a baby, you should make an appointment with your PCP for advice on having a healthy pregnancy and for a prescription for vitamins to start taking before you are pregnant. If you are pregnant or think you are pregnant, it is very important that you go to your OB/GYN doctor right away. You do not need to see your PCP before making this appointment.

If you are pregnant, please call:

- Economic Security Administration (ESA) at 202-727-5355
- Member Services at 888-404-3549
- Your PCP

There are certain things that you need to get checked if you are pregnant. These will help make sure that you have a healthy pregnancy, delivery and baby. This is called prenatal care. You get prenatal care before your baby is born.

Remember, if you are pregnant or think you are pregnant, do not drink alcohol, use drugs or smoke.

Prenatal and postpartum care

Please call MedStar Family Choice as soon as you know you are pregnant. We have a special program for pregnant women that helps encourage good prenatal care. If you are less than 28 weeks pregnant, you may be eligible to join the MedStar Family Choice Momma and Me Incentive program. This program offers incentives for taking care of yourself and your baby before and after your deliver. As a Momma and Me participant, you will also receive educational materials. For additional information about the program, please call 855-210-6203.

For those moms that do not enroll in the MedStar Family Choice Momma and Me Incentive program, we have a postpartum program called We Care. For participating in this program, you may be eligible for an incentive for receiving your postpartum exam and for taking your newborn to his or her first two-week, well-child visit. For additional information about the We Care program, please call 855-210-6203.

You may have been pregnant when you signed up with MedStar Family Choice. If you were already in care for this pregnancy with an OB doctor, you may keep seeing him or her as long as he or she agrees to keep seeing you. If you become pregnant after you signed up, your PCP will help you pick a MedStar Family Choice OB doctor. Please tell your PCP when you think you might be pregnant so that you can start seeing an OB doctor right away. If you believe that you might be pregnant and do not have an OB/GYN doctor, you can call your PCP to get a pregnancy test.

Your OB doctor will want to see you at regular times. It is important for your health and your baby's health that you do not miss these appointments. During the first seven months that you are pregnant, your OB doctor will want to see you every month. After seven months, your OB doctor will want to see you every two weeks. As you get close to the time to have your baby, your OB doctor will want to see you every week. Your OB doctor will also want to see you about six weeks after you have your baby. After this visit, you can go back to your PCP.



Once you have had your baby, call:

- The MedStar Family Choice Outreach Department at 855-210-6203
- Your ESA case worker at 202-727-5355

Remember to choose a pediatrician before your baby is born. Once your baby is born, it is important to call the pediatrician immediately to schedule an appointment. If you need help selecting a pediatrician, contact Member Services at 888-404-3549.

