








HPSM is excited to introduce **Baby + Me** – our new prenatal and postpartum care program! Baby + Me promotes timely maternal and child care, as well as comprehensive health for mother and infant, from the beginning of pregnancy to birth and beyond.

Below is an overview of Baby + Me that explains the roles HPSM and providers play to ensure you get the best care during this important time

Your provider and your health plan play a vital role in Baby + Me

- If you are pregnant, please enroll by visiting www.hpsm.org/babyandme. You can earn up to \$100 in Target GiftCards™ for attending one prenatal appointment (1-12 weeks of becoming pregnant) and one postpartum appointment (1-12 weeks after delivery).
- Your doctor and HPSM will work together to ensure you and your baby get the best chance at a healthy start in life! *(The recommendations on visit frequency below are for low-risk pregnancies only.)*

Prenatal/postpartum treatment timeline	 0 to 12 weeks prenatal	 13 to 28 weeks prenatal	 29 to 40 weeks prenatal (to delivery)	 1 to 3 weeks postpartum	3 to 8 weeks postpartum	Well Baby Checks (6 visits in the first 15 months of life) 
THE ROAD TO A HEALTHY PREGNANCY, BIRTH & BABY!						
Recommended visit frequency	Prenatal visits every 4 weeks until 28 weeks	Prenatal visits every 2 weeks from 28-36 weeks	Prenatal visits every week after 36 weeks	<ul style="list-style-type: none"> • C-section incision check (if needed) • Postpartum for high-risk deliveries check (if needed) 	Postpartum visit	<ul style="list-style-type: none"> • 6 well child visits • Immunizations
What to expect at your provider's office	<ul style="list-style-type: none"> • Detailed health history • Vital signs, weight assessment, blood pressure check, measurement of uterus size, fetal heart rate check, etc. • Maternal mental health screening • Ultrasound and prenatal blood testing • Calculation of estimated due date 	<ul style="list-style-type: none"> • Genetic testing (if desired) • Learn to monitor baby's movements • Fetal anatomy scan (16-20 weeks) • Mental health history and depression screening (if not previously done) • Gestational diabetes testing (24-28 weeks) • Nutrition and weight gain counselling 	<ul style="list-style-type: none"> • Group B vaginal strep test (35-37 weeks) • Blood pressure and urine check • Tdap vaccine • Discussion of the signs and symptoms of labor • Possible vaginal exam to check for vaginal dilation 	<ul style="list-style-type: none"> • Pelvic exam • Nutrition, exercise and breast feeding education • Maternal mental health screening • Pap smear (if needed) • Family planning information 	Well baby checks include: <ul style="list-style-type: none"> • Health history • Physical development history • Mental development history • Physical exam • Lead screening • Anticipatory guidance 	<p>⚠ Please remember that your child needs well visits at newborn, 1 month, 2 month, 6 months, 9 months, 12 months & 15 months of age</p>
Services provided by HPSM's Baby + Me program	Attend 1 prenatal appointment between 0 to 12 weeks and get a \$50 Target GiftCard™	<ul style="list-style-type: none"> • Information on community programs that provide support during and after pregnancy around nutrition, mental health (such as depression or anxiety) and parenting • Information on breast feeding resources, such as breast pump information (if needed) • Healthy eating tips 	<ul style="list-style-type: none"> • Information on what to expect at your prenatal and postpartum visits • Resources on gestational diabetes, C-section rates and tobacco cessation (as needed) • Health education material on C-sections and VBACs (if appropriate) • Breast feeding and nutrition information (if required) 	<ul style="list-style-type: none"> • Attend a postpartum appointment between 1-12 weeks after delivery and get a \$50 Target GiftCard™ • List of lactation consultants to help you with breast feeding (if needed) 	<ul style="list-style-type: none"> • Information on what to expect at each well child visit • Immunization schedule for your child • Immunization reminders to ensure your child receives their immunizations on time • Referrals to nutritional resources, parenting classes, mom groups, etc. (if interested) 	

If you have specific questions about the Baby + Me program or other health education materials, call HPSM's Health Education Unit at **650-616-2165**