



Start Smart
for Your Baby

The Best Start for Your Baby

We have a program for pregnant and new moms. It is called Start Smart for Your Baby[®]. It is designed to customize the support and care you need for a healthy pregnancy and baby. It is already part of your benefits and won't cost you a thing.



A Program To Meet Your Needs

We provide the following:

- **Information about pregnancy and newborn care.**
- **Community resources** to help you get the things you need during your pregnancy and after your baby is born. This includes food, cribs, housing and clothing.
- **Breastfeeding support** and resources.
- **Professional medical staff** who work with you and your doctor and nurses if you have a more difficult pregnancy.
- **Resources if you are feeling down** during or after your pregnancy.
- Methods to help you **quit smoking, alcohol or drugs.**



“I really appreciated the program. I was happy to know I had help when I needed it.”

NICOLE R.
New Mom

Get Started



Go to your doctor as soon as you think you are pregnant.

Call us if you need help finding a doctor.



Let us know about your pregnancy.

Fill out your pregnancy form so we can personalize the ways we can help you.

There are three easy ways

- **Mail in the printed form.**
- **Call us.**
- **Go online.** Log in to your online member account.



My Health Pays rewards for your pregnancy form!

\$50 Submitted in the first trimester.

\$25 Submitted in the second trimester

Visit **MHSIndiana.com** for more information or call **1-877-647-4848** (TTY/TDD 1-800-743-3333).



“The program was awesome. It was helpful in my pregnancy. I was able to have a healthy baby because of it.”

DANIELLE P.
New Mom



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Si usted, o alguien a quien está ayudando, tiene preguntas acerca de MHA, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 1-877-647-4848 (TTY/TDD 1-800-743-3333).

如果您，或是您正在協助的對象，有關於 MHS 方面的問題，您有權利免費以您的母語得到幫助和訊息。如果要與一位翻譯員講話，請撥電話 1-877-647-4848 (TTY/TDD 1-800-743-3333)。



1-877-647-4848

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