“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

MHS complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

MHS cumple con las leyes de derechos civiles federales aplicables y no discrimina basándose en la raza, color, origen nacional, edad, discapacidad, o sexo.

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
(TTY/TDD 1-800-743-3333)
MHSIndiana.com

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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.

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).

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

NICOLE R.
New Mom