

“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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(TTY/TDD 1-800-743-3333)

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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.**



“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).

