



Community Care Health Maternal and Infant Health Outcomes Program

MY PREGNANCY & POSTPARTUM CARE CHECKLIST

Important reminders for you and your baby

Congratulations on this incredible journey! We are grateful to be part of this exciting chapter with you. Community Care Health (CCH) is here to support you along the way with tools to help you keep track of important steps that can support a healthy pregnancy, birth, and recovery.

We proactively reach out to expecting mothers, but you can jumpstart your support today by enrolling in our Maternal & Infant Health Outcomes Program.

- **Why Enroll?** You will receive personalized support, tracking tools, important health reminders, and dedicated care coordination tailored to you and your baby. You can call anytime during or after pregnancy – but ideally the sooner the better!
- **Is it Mandatory?** No. Joining this program is completely optional and free. The only requirement to join is that you are a CCH member that is currently pregnant or just recently gave birth.
- **Am I Enrolled?** We proactively call expecting mothers to invite them to officially sign up. If you haven't spoken with our team yet, you are likely not enrolled.

Action Required → If not already enrolled, connect with CCH Quality Management to officially enroll in the Maternal & Infant Health Outcomes Program. Call CCH Customer Service at 559-724-4995 or Toll-Free 1-844-516-0181 today.

MY PREGNANCY & POSTPARTUM TRACKER

Use this checklist as a simple guide to help you track important care for you and your baby throughout your pregnancy and after delivery regardless of whether you choose to enroll in the program.

If you have questions, need support, or are unsure about what comes next, please talk with your healthcare provider or contact the Community Care Health Quality Department. **We are here to support you every step of the way!**

DURING MY PREGNANCY

- ☐ **First prenatal visit** – I had a prenatal visit during my first trimester.
- ☐ **Mental health check-in** – I talked with my healthcare provider about my emotional well-being and had a mental health screening during pregnancy.
- ☐ **Vaccines** – I talked with my healthcare provider about recommended vaccines, including:
 - **Flu vaccine** during flu season
 - **Tdap vaccine** during pregnancy
- ☐ **Talk about what I need** – I told my healthcare team if I need help with things such as:
 - Transportation, food, housing, childcare, getting to appointments, and other challenges that make it harder to get care.
- ☐ **Stay connected with my care team** – I keep my prenatal appointments and ask questions when something doesn't feel right.

AFTER MY BABY ARRIVES

- ☐ **Postpartum visit** – I schedule and attend a postpartum visit 7–84 days after delivery.
- ☐ **Mental health check-in** – I complete a mental health screening within the first 6 weeks after birth.

- ☐ **Talk about how I'm doing** – I tell my healthcare provider if I'm feeling sad, worried, overwhelmed, anxious, or not feeling like myself.
- ☐ **Follow up on my needs** – I ask about any concerns related to my recovery, my baby, feeding, emotional health, or other support I may need.

HAVE YOU HEARD ABOUT DOULAS?

Doulas can be a wonderful source of support during pregnancy, childbirth, and the postpartum period. They can provide comfort, encouragement, education, and help you connect with helpful resources.

A doula is a trained, non-clinical professional who can provide emotional, physical, and informational support before, during, and after childbirth.

A doula may help you:

- ✓ Prepare for labor, birth, and what to expect
- ✓ Practice comfort techniques such as breathing and relaxation
- ✓ Explore your birth preferences and prepare questions for your care team
- ✓ Feel supported emotionally and physically during labor
- ✓ Learn about caring for your newborn, including feeding and soothing
- ✓ Connect with helpful resources and support in your community

Remember – A doula does not replace your doctor, midwife, or nurse.

Your medical team provides medical care, exams, monitoring, and treatment. A doula provides additional support and works alongside your healthcare team.

CCH Doula Benefit Reminder: While doula services are not currently a covered benefit under CCH HMO or EPO plans, Community Care Health can help you learn more about doula support and explore community resources and available options that may be helpful to you. If you're interested in learning more about doulas, please reach out to CCH for information and resource navigation.

NEED HELP? You don't have to figure everything out on your own. Community Care Health is here to help you find support and resources when you need them. We may be able to help you find support and resources for:

- | | |
|-------------------------------|---|
| ✓ Mental and emotional health | ✓ Community resources |
| ✓ Pregnancy care | ✓ Doula information and resources |
| ✓ Postpartum care | ✓ Help with barriers that may make it difficult to get care |

Behavioral Health Support – SimpleBehavioral | Phone: 1-855-424-4457 | www.simpletherapy.com

Members can directly access participating behavioral health providers for mental health and substance use disorder services.

Maternal & Infant Health Support – Community Care Health Quality Department

CCH Customer Service Phone: 559-724-4995 | Toll Free: 1-844-516-0181 (Monday–Friday, 8:00 a.m.–5:00 p.m.)

ONE LAST REMINDER – Taking care of you is part of taking care of your baby. Keep your appointments. Ask questions. Speak up when you need help.

IF YOU OR A LOVED ONE IS IN CRISIS, DIAL 988 FOR THE SUICIDE & CRISIS LIFELINE 24/7:

The National Suicide Prevention Lifeline (800-273-TALK) is Available 24/7 for Free, Confidential Support.
If emergency medical care is needed, call 911 or go to the emergency room of your nearest hospital.