

# Compassionate Care for Women and Children



  
**CareSource<sup>®</sup>**



# Programs for Women:

**CareSource®** has programs that focus on the health and well-being of women and children. If you would like to make a healthy change, such as reducing alcohol use or stopping drug use, we can help. Below you will find programs for women and children, including ways to find substance use services and behavioral health care.

**Babies First®** The Babies First program rewards you for taking care of yourself and your baby. When you join our Babies First program, you can earn rewards for going to prenatal, postpartum and well-baby visits.

**Breast Pump** CareSource offers a FREE breast pump to all nursing mothers who ask for one.

**CareSource24® Nurse Advice Line** You can speak with a Registered Nurse 24/7. Call **1-800-488-0134** (TTY: 1-800-750-0750 or 711).

**Free Pregnancy Tests\*** The sooner you know you are pregnant, the sooner you can get the care that you and your baby need for a healthy start in life.

## **Ohio Medicaid Member Behavioral Health Services\***

CareSource has benefits to help treat substance use disorders. This includes assessment, substance use detoxification, psychological testing **and more**. To learn more, call Member Services at **1-800-488-0134** (TTY: 1-800-750-0750 or 711).

\*Medical necessity, prior authorizations, and service limits may apply.

To keep you healthy before, during and after pregnancy, CareSource also has coverage for:

- Sexually Transmitted Infection Testing
- Cervical Cancer Screen (Pap Test)
- Post-Birth Birth Control
- Prenatal Vitamins
- Vaccinations (Shots)
- Home Health Visits
- Progesterone Therapy
- Yearly Well-Visits
- Dental Visits

## **Non-Emergency Transportation (Rides)**

CareSource gives free rides to health care, Women, Infants, and Children (WIC) or redetermination meetings. To get a ride, call Member Services at **1-800-488-0134** (TTY: 1-800-750-0750 or 711) and say, “I want transportation.” It is that simple!

**Online Resources** For links to information to help you get ready for giving birth and baby care go to **CareSource.com/OhioMedicaid** and click **Education**

\*Only at select drugstores. Limit of 12 tests per member per calendar year.

**More Programs and Tools:** CareSource has tools and programs to help support you in many areas of your life. CareSource Life Services® can help you reach your goals by helping you plan for your future. You can connect with CareSource Life Services at 1-844-543-7378.

**myStrength<sup>SM</sup>** is a safe tool for members 13 years of age and older to help you care for your emotional health and well-being. You can use this tool online or on your mobile device, at no cost to you.

## **MORE RESOURCES:**

### **BABY & ME – Tobacco Free Program<sup>TM</sup>**

If you smoke, help for quitting is available. Pregnant women who are eligible to join the program can earn diaper coupons by going to counseling sessions to quit smoking and by testing tobacco free. You can learn more at [babyandmetobaccofree.org](http://babyandmetobaccofree.org).

You can also use the Ohio Quit Line for help to stop smoking at 1-800-784-8669.

**MothertoBaby** Learn about the effects of opioid use during pregnancy and while breastfeeding at [mothertobaby.org/pregnancy-breastfeeding-exposures/opioids](http://mothertobaby.org/pregnancy-breastfeeding-exposures/opioids).

**Substance Abuse and Mental Health Services Administration (SAMHSA)** To find treatment visit [Findtreatment.gov](http://Findtreatment.gov). You can also find out more about opioid use disorder and pregnancy [samhsa.gov](http://samhsa.gov) and explore their publications.

### **NIH National Institute on Drug Abuse**

If you're worried about substance use while pregnant you can visit the National Institute on Drug Abuse website for information about its effects and how to get help.

Visit [drugabuse.gov/drug-topics/women-drugs/pregnant-concerned-about-opioid-use#videos](http://drugabuse.gov/drug-topics/women-drugs/pregnant-concerned-about-opioid-use#videos) for steps on how to find help and a video series on the effects of opioid use during pregnancy.

**Safe Sleep for Baby:** There are many resources to help you learn how to keep your

baby safe while they're sleeping. Visit these sites to learn more:

- HealthyChildren.org: [healthychildren.org](https://www.healthychildren.org)
- The Centers for Disease Control and Prevention: [cdc.gov/sids/](https://www.cdc.gov/sids/)

**Text4Baby®** is a free app that will send you text messages each week that cover helpful topics about pregnancy. Text BABY to 511411 to sign up.

## **Early and Periodic Screening & Diagnostic Testing (EPSDT) HEALTHCHEK**

### **Well-Child Visits and Immunizations**

Regular check-ups and vaccinations to help catch health issues early and keep your child healthy.

**Developmental Screenings** Your doctor will check how your child is meeting milestones.

## **Programs for Children:**



**Kids First** CareSource wants your child to be healthy. Kid's First rewards you for keeping regular dental visits, well-child visits, and vaccinations as your child grows.

**Care Management for Children** CareSource has staff that can help you work through the health care system when caring for a child with complex health issues.

