Regular doctor visits are important to keep yourself healthy. They’re also the best way to keep your unborn baby healthy. Make an appointment with your provider as soon as you think you might be pregnant. You can use the “Find a provider” directory at www.MercyCareAZ.org. Your first maternity visit is very important. The doctor will examine you and your growing baby to make sure everything is all right. Your doctor will do a complete checkup of your physical and emotional well-being.

You should tell your doctor about all medications you are taking. Some of them may affect the health of your baby. You should not smoke, drink alcohol or use illegal drugs.

Smoking, drinking alcohol and using street drugs can cause problems during pregnancy for a woman and her baby, such as premature birth, birth defects, and infant death. Neonatal abstinence syndrome (NAS) happens when you use certain drugs during pregnancy. Your baby can go through drug withdrawal after birth. NAS can also occur when you take opioids while pregnant. Opioids help take pain away and are often prescribed by your doctor after an injury or surgery. Tell your provider if you are taking any medication for pain, even if it is prescribed by another doctor. Babies born with NAS are more likely to have a low birth weight, breathing and feeding problems, and seizures. If you are pregnant and drink alcohol, smoke, use street drugs or take opioids, be sure to talk to your doctor or seek help from a local treatment center before quitting. If you do not feel comfortable talking to your doctor about your problem, call Mercy Care RBHA Member Services for help.

Family planning services
Did you know Mercy Care covers birth control at no cost for men and women of reproductive age? These services help protect against pregnancy. Some also help protect against sexually transmitted infections (STIs). You can choose from these options—they’re covered:

• Birth control pills
• Injectable contraceptives
• Subdermal implantable contraceptives (under the skin)
• IUDs (Intra-uterine devices)
• Diaphragms
• Condoms
• Foams
• Suppositories
• Natural family planning
• The morning-after pill
• Contraceptive counseling
• Sterilization (tubal ligation for women or vasectomy for men) for members 21 and older
• Pregnancy screening
• Screening and treatment for STIs (sexually transmitted infections) for both men and women

Ask your doctor about options for LARC (long-acting reversible contraceptives). You can choose to get family planning services and supplies from any appropriate Mercy Care provider. No referral is needed, and there is no charge for these services.

Caring for yourself and your baby
Postpartum (after you have your baby)
All women need care after giving birth. It is important to schedule and go to all of your visits, even if you feel fine. You should see your doctor within 60 days of having your baby. Your doctor may want to see you more than once. This is to make sure you are healing properly, to discuss how you are feeling, and to answer any of your questions.

Call Member Services at 602-586-1841 or 1-800-564-5465 (TTY/TDD 711) to schedule transportation to your health care visits. You must call at least three (3) days in advance to get a ride.
Caring for yourself and your baby
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Warning signs after giving birth
Tell your doctor right away if you have chest pain, trouble breathing, dizziness, or swelling in your legs, hands or face. Other things to look for is a fever higher than 100.4, heavy bleeding, or pain in your lower belly. If something does not seem right, call your doctor right away. If you are having a medical emergency, dial 911.

Postpartum Depression (PPD)
If you have feelings of sadness that last a long time, are severe and cause you to have problems doing normal daily activities, call your doctor right away. They will figure out if your symptoms are caused by postpartum depression (PPD) or something else. PPD is more than the “blues.” It’s an illness and needs treatment to get better. If you need to talk to someone because you have troubling thoughts, contact your doctor or nurse right away. Do not wait to get help. If you need help getting behavioral health services, you can call Mercy Care RBHA at 602-586-1841 or 1-800-564-5465. (TTY/TDD) 711. For all emergencies dial 911.

Regular well visits can keep you healthy
It’s important for everyone to schedule a regular well visit with their doctor. If you’re a member who is 18, 19 or 20 years old, Early Periodic Screening, Diagnostic and Treatment, or EPSDT, is a complete health program for you.

What is the EPSDT program?
EPSDT, also known as a well-child visit, is important to ensure that you receive all necessary physical and behavioral health services you need.

What does an EPSDT (well visit) include?
Your doctor will:
• Examine you (you’ll wear underwear and/or a gown to protect your modesty)
• Check to make sure you’ve had all your shots
• Check your weight and body fat
• Check your hearing, vision, gums and teeth
• Ask about any personal or family history of health problems
• Talk about healthy eating
• Discuss topics, like tobacco, alcohol and drug use
• Talk about ways to prevent injury, like wearing your seat belt, gun safety and the dangers of texting while driving
• Check your blood pressure
• Test your blood for various levels
• Send you to the lab for additional tests, if needed

Why are they important?
Well woman/well man visits allow doctors to have regular contact with you and keep track of – or monitor – your overall health and development through various screenings. It is important to your health to attend your EPSDT visit.

You should make an appointment now for your yearly checkup. This is important, even if you don’t feel sick. You can call Mercy Care RBHA at 602-586-1841 or 1-800-564-5465. (TTY/TDD) 711. For all emergencies dial 911. We can help you schedule an appointment. We can also help you get a ride to your appointment.
Visit your dentist twice a year

Go to the dentist to get started on good oral health. You don’t need a referral. Mercy Care RBHA covers two visits a year at no cost for member’s 18-20 years old. Dental services for members 21 years and older aren’t covered. However, we do cover medical and surgical services performed by a physician or dentist. The second covered visit must occur at least six months and one day after your first visit.

Poor dental health can cause health problems. Some of these are:
• Cavities (decay) and gum disease can lead to illnesses such as heart disease or diabetes.
• Gum disease can cause tooth loss and can affect your ability to eat and speak. If you’re pregnant, poor oral health may cause your baby to be premature and underweight.

To prevent tooth decay:
• Brush your teeth at least twice a day with toothpaste that has fluoride
• Clean between your teeth daily with dental floss
• Eat nutritious and balanced meals
• Drink fluoridated water
• Visit your dentist regularly for cleanings and an oral exam

Your dental home
Your dental home is as important as your medical home. A dental home creates an ongoing relationship with you and your dentist. A dental home can take care of all your dental needs. A dental home delivers care in a family-centered way. Care is always available to you.

Dental visits may include:
• X-rays
• Fillings
• Cleanings
• Application of topical fluorides

Dental care is just a phone call away
We would like to help you find your dental home. We can help you schedule an appointment. We can also arrange a ride to your appointment. You can call Mercy Care RBHA Member Services at 602-586-1841 or 800-564-5465; (TTY/TDD) 711.

Dangers of lead exposure
Lead in a person’s blood can cause dangers. Lead poisoning is caused by breathing or swallowing lead.

If you’re pregnant, it’s important to avoid exposure to lead. Lead can pass from a mother to her unborn baby. Too much lead in your body can:
• Put you at risk of miscarriage
• Cause your baby to be born too early or too small
• Hurt your baby’s brain, kidneys and nervous system
• Cause your child to have learning or behavior problems

Lead can be found in:
• Paint and dust in older homes, especially dust from renovation or repairs
• Candy, make up, toys, jewelry, glazed pots, and traditional medicines made in other countries
• Work like auto refinishing, construction, and plumbing
• Soil and tap water
• Spices, herbal remedies and ceremonial powders

Lead poisoning can be prevented. The key is to keep children from coming in contact with lead. If children are poisoned by lead, they must be treated.

Learn how to prevent children’s exposure to lead. To find more information about lead poisoning, you can visit https://www.cdc.gov/nceh/lead/prevention/pregnant.htm.

Tips for better sleep
• Reduce noise
• Exercise
• Keep your room dark
• Keep a consistent schedule
• Limit your caffeine intake

Helpful information and resources on COVID-19
• You are less likely to catch and spread COVID-19 once you are vaccinated.
• There is no charge for COVID-19 testing, treatment and vaccines.
• All individuals ages 12 and older can get vaccinated (12 and older for the Pfizer vaccine, 18 and older for the Moderna and Janssen vaccines)

Where can you get the COVID-19 vaccine?
Visit www.azhealth.gov/findvaccine or call 844-542-8201.

What is considered “fully vaccinated”?*
• Two weeks after the second dose in a 2-dose series, such as the Pfizer or Moderna vaccines
• Two weeks after a single-dose vaccine, such as Johnson & Johnson’s Janssen vaccine

Am I safe once I get vaccinated? You are less likely to catch the COVID-19 virus if you have been fully vaccinated. Even after you are fully vaccinated, it’s still recommended to wear a mask in public, social distance at least six feet in public, and to wash your hands often.

Can I get transportation to my COVID-19 vaccination appointment? You can get transportation. Once you’ve scheduled your appointment, call Member Services to schedule transportation. Try to give three days’ notice before your transportation needs. Call Member Services at 602-586-1841 or 800-564-5465; (TTY/TDD) 711.

Sources: CDC, Arizona Department of Health Services

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Treatment decisions
If you are a newly assigned pregnant member, or getting care from a non-network provider, Mercy Care RBHA will help you continue to receive the care you need. If you transition in the last trimester of pregnancy, you may choose to continue with your current maternity health care professional and/or delivery site until 60 days after delivery.

Community resources

**WIC**
WIC (Women, Infants, & Children) offers healthy foods for moms and their babies. You can learn how to cook healthy meals and get help with breastfeeding. Call 1-800-252-5942 to apply for these free services or visit www.azdhs.gov/wic.

**La Leche League of Arizona**
La Leche League gives free support for women who choose to breastfeed through the Valley Help Line and monthly support groups. They can be reached at 602-234-1956 or 1-800-525-3243, or online at www.lllofaz.org.

**ADHS Pregnancy and Breastfeeding Hotline**
A 24-hour, 7 days a week hotline answered by an International Board-Certified Lactation Consultant RN, just call 1-800-833-4642.

**Strong Families AZ**
A network of free home visiting programs that helps families raise healthy children ready to succeed in school and life. The programs focus on pregnant woman and families with children birth to age 5. Visit https://strongfamiliesaz.com/ to find programs in your area.

**Nurse-Family Partnership**
Offers help for young, first-time moms-to-be, starting early in pregnancy in Maricopa or Pima County. A specially trained nurse will visit you in your home to help you have a healthier pregnancy, and can continue to visit until your baby is 2 years old. This is at no cost to you. Call 602-224-1740 or online at www.nursefamilypartnership.org/locations/Arizona.

**Hushabye Nursery**
Provides short-term medical care to infants with Neonatal Abstinence Syndrome (NAS). Offers non-judgmental support, education and counseling to families and caregivers. Call 480-628-7500 or online at www.hushabyenursery.org.

**SNAP (Supplemental Nutrition Assistance Program)**
Nutrition Assistance supports families to prevent under-nutrition in Arizona. 1-855-432-7587
https://des.az.gov/services/basic-needs/food-assistance

**ADHS Health Start**
Uses community health workers to provide education, support and advocacy services to pregnant and postpartum women and their families in targeted communities across the state. 602-542-1025

**CPLC Parenting Arizona**
Offers positive parenting education to all Arizona families by empowering parents with the skills to raise healthy and successful children. For more information, call 602-248-0428 or online at www.cppc.org.

**text4baby**
Free text message service that sends you important information about prenatal care, safety and your baby’s growth. To sign up, text “Baby” to 511411. Enter your baby’s due date and your zip code. And then wait for your texts. You can also sign up online at www.text4baby.org.

**2-1-1 Arizona**
Community Information and Referral Services transforms lives by linking individuals and families to vital community services throughout Arizona. Dial 2-1-1 or 211arizona.org.

**Power Me A2Z**
Provides free vitamins from the Arizona Department of Health Services, which is important for women’s health. There are no hidden costs. https://www.powermea2z.org/

**Opioid Assistance and Referral Line**
Local medical experts offer patients, providers, and family members opioid information, resources and referral 24/7. Translation services available. 1-888-688-4222
https://www.azdhs.gov/oarline/

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Mercy Care
4500 E. Cotton Center Blvd
Phoenix, AZ 85040

Contract services are funded under contract with AHCCCS. This is general health information and should not replace the advice or care you get from your provider. Always ask your provider about your own health care needs.

Mercy Care is administered by Aetna Medicaid Administrators, LLC, an Aetna company.

Call Mercy Care RBHA Member Services at 602-586-1841 or 1-800-564-5465 (TTY/TDD 711). We’re available 24 hours a day, 7 days a week. 24-hour nurse line: 602-586-1841 or 1-800-564-5465.

www.MercyCareAZ.org