

Sexual health

We realize sexual health is an important topic and it is not always easy for women to discuss. You can feel free to discuss this topic in confidence with your prenatal care coordinator without judgment. You can learn about:

- What pregnant women need to know about sexually transmitted infections.
- Family planning, including birth control.
- HIV counseling and testing.

Domestic violence

If you or your children do not feel safe, call your prenatal care coordinator for assistance in creating an immediate safety plan and finding safe housing.

Smoking and substance abuse

If you need help to quit smoking, call your prenatal care coordinator to learn about quit smoking programs. Your prenatal care coordinator also can assist you in locating drug and alcohol treatment. Contact your doctor or your prenatal care coordinator with questions about prescriptions and over-the-counter drugs.



Children's Community Health Plan is a Health Maintenance Organization for families with Medicaid and BadgerCare coverage. We serve families who live in the following counties: Milwaukee, Waukesha, Racine and Kenosha.



Children's Community
Health Plan™

A member of Children's Hospital and Health System.

Children's Community Health Plan
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Covering you and your family



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Prenatal Care Coordination



What is prenatal care coordination?

Prenatal care coordination is a Medicaid benefit that helps pregnant women get the support and services they need to have a healthy baby. This service is free to those who qualify.

Children's Community Health Plan wants you to have a healthy pregnancy and a healthy baby. You are eligible to begin participating in prenatal care coordination as soon as you find out you are pregnant. With Children's Community Health Plan you will work with a caring professional who will help you throughout your pregnancy. The coordinator will tell you what to expect during your pregnancy and how to access services for you and your family.

**For more information call
(800) 482-8010 or (414) 266-7450.**

Para obtener ayuda con la traducción de este folleto, llame al (800) 482-8010.

Yog xav tau kev pab txhais daim ntwaw qhia no hu rau (800) 482-8010.

Your health care coverage

As a valued member of Children's Community Health Plan you are eligible to receive health services such as:

- Doctor visits, including prenatal care.
- HealthChecks for all of your children.
- Immunizations for your entire family.
- Prescriptions, including prenatal vitamins.
- Hospital care.
- Lab and X-ray services.
- Dental services.
- Mental health services.
- Drug treatment programs.
- Family planning.
- Medical equipment.

Health care

We realize it can be confusing and time consuming to understand your health care coverage. We can help you:

- Choose a doctor.
- Learn what to expect when you are a patient.
- Choose a hospital.
- Determine when to go to the emergency room or urgent care.

Local resources

Pregnancy can be a very stressful time if you do not have the resources you need. Your prenatal care coordinator can help you find local resources such as:

- Food stamps.
- Baby items.
- Child care.
- WIC (women, infants and children supplemental food program).
- Prenatal and parenting classes.
- Housing.
- Job training programs.
- Assistance with transportation to help you keep medical appointments.
- Home health care if your doctor requests it.

Physical health and nutrition

Pregnancy brings many physical changes to your body and it is important to maintain good physical health and eat well. Your prenatal care coordinator can help you:

- Learn why doctor visits are important.
- Apply for WIC.
- Learn about foods and exercise for a healthy pregnancy.
- Find local breastfeeding support.
- Locate information to help you prepare to care for your newborn.