



Get Care, Stay Well

Caring for baby? Start with yourself

Caring for your baby begins long before birth. It starts during your pregnancy, with taking good care of yourself. When you're pregnant, you need to see your health care provider often for checkups. These visits are called prenatal care.

Choosing a provider

When looking for a provider, such as an obstetrician or midwife, ask others you trust for recommendations. It's important that you feel respected by and comfortable with your provider. They should be ready to listen to you and answer your questions.

- **First things first:** Each pregnancy is different, so even if you've had a baby before, prenatal care is important. Your first visit should happen as soon

as you know you're pregnant. Your provider will talk with you about your health history and do an exam. As your pregnancy continues, they will keep an eye on your health during regular visits. They will also keep an eye on your baby's heart rate and growth.

- **Ask away:** Prenatal visits are a great time to ask questions or talk about concerns. Don't be shy—your provider is there to help.

Continuing care

About three weeks after your baby's birth, you will have a postpartum visit. This is a visit to see how you're feeling after birth. Your provider will examine you and talk with you about sleep, exercise, mental health, and birth control. Don't skip this visit!

Rewards for new and expecting moms

The Bright Start® maternity management program supports you! When you join and go to prenatal and postpartum visits, you may be eligible to receive up to \$75 in CARE Card Rewards*. Learn more at www.amerihealthcaritasnc.com. Go to the *Members* section and select *Extra benefits*. See page 3 for more maternity benefits!

**CARE Card Rewards Program rewards are subject to change. Some restrictions may apply.*

"Prenatal Care." Office on Women's Health, U.S. Department of Health and Human Services. www.womenshealth.gov/a-z-topics/prenatal-care.

"Optimizing Postpartum Care." American College of Obstetricians and Gynecologists. *Obstetrics and Gynecology*, Vol. 131, no. 5, e140-e150.

The information provided in this newsletter does not take the place of your primary care provider (PCP). If you have questions, or if you think you need to see your PCP because of something you have read here, please contact your PCP. Never stop or wait to get medical attention because of something you have read in this material. All images are used under license for illustrative purposes only. Any individual depicted is a model.

Do I really need a regular eye exam?



Being able to see is something many of us take for granted. Without vision, our lives would change drastically. That's why you need to take care of your eyes and have them checked with regular eye exams.

One part of routine eye care – a dilated eye exam – is especially important.

What to expect

In a dilated eye exam, a few drops are placed in each eye to make your pupils wider. This lets the doctor see into the back of your eyes by looking through a special magnifying lens. By doing so, they can spot problems or early signs of disease, often before you notice any changes in your vision. It won't hurt. But after the exam, your close-up vision may stay blurry for a few hours.

When you have diabetes

People with diabetes need a dilated eye exam at least once a year. This is because diabetes puts you at high risk of diabetic retinopathy, a leading cause of blindness in the U.S. The good news is that finding and treating the problem early can prevent or delay blindness in 90 percent of cases.



Adult vision program

AmeriHealth Caritas North Carolina offers adults ages 21 through 64 an additional pair of glasses and one extra eye exam every two years, in addition to the Medicaid benefit.

Complete a dilated eye exam – earn \$10*

Members diagnosed with diabetes can earn \$10 in CARE Card Rewards for having a dilated eye exam. To learn more, visit www.amerhealthcaritasnc.com. Go to the *Members page* and select *Extra benefits*.

**CARE Card Rewards Program rewards are subject to change. Some restrictions may apply.*

Schedule an eye exam now

While a regular eye exam is a good idea for everyone, you should see your eye doctor right away if you have:

- Blurred or double vision
- Pain or pressure in your eyes
- Blank spots or flashing lights
- Rings around lights
- Spots that float in your vision
- Trouble seeing things out of the corners of your eyes

"Keep an Eye on Your Vision Health." Centers for Disease Control and Prevention. www.cdc.gov/visionhealth/resources/features/keep-eye-on-vision-health.html.

Get your flu shot now

Fever, aches, and tiredness. Missed days of work, school, and other activities, not to mention possible complications, such as pneumonia. That's the flu!



To avoid being sidelined, there's one simple step you can take: Get your flu shot. It's the best way to keep the virus away, according to the CDC.

Everyone, ages 6 months and older, should get this shot every year. It's especially important if you are at high risk for complications. This group includes adults ages 65 and older, young children, pregnant people, and people with certain chronic medical conditions.

The CDC also recommends getting your shot by the end of October, if possible. However, it can still be beneficial to get it throughout the flu season, into January or later.

Look for updates on this year's flu vaccine at www.cdc.gov/flu. Call your health care provider to get your flu shot today.

Source: cdc.gov/flu



Emergency preparedness: Are you ready?

- Think ahead
- Make a disaster kit
- Be ready for anything

For a full list of what to have in your family plan and disaster supply kit, plus tips on dealing with specific disasters, visit www.nyc.gov/site/em/ready/get-prepared.page.

Community baby shower promotes mom and baby health

The AmeriHealth Caritas North Carolina Wellness & Opportunity Center in Charlotte hosted a Community Baby Shower in May.

The event connected Mecklenburg area moms-to-be with resources for a healthy pregnancy and birth. The event had guest speakers and vendors. Topics included prenatal care, infant sleep safety, nutrition and more.



According to the March of Dimes, 10 percent of Mecklenburg County births in 2021 were preterm (at less than 37 weeks of pregnancy). For black infants, the preterm birth rate was 14.1 percent, nearly twice the rate of white babies.

More baby showers are being planned at our Wellness & Opportunity Centers around the state. For details on those and other programs, scan the QR code on page 4.

Preterm Birth – Data for North Carolina. March of Dimes, 2023. www.marchofdimes.org/peristats/data?reg=99&top=3&stop=60&lev=1&slev=6&obj=1&cmp=37&sreg=37&creg=37119.

Breast pump benefit

Did you know we offer breast pumps for expectant and new moms? Plus 270 milk storage bags every three months for up to one year! This benefit is limited to one pump per member per lifetime. For full details, visit www.amerhealthcaritasnc.com. Go to the *Members page* and select *Extra benefits*.

The Mobile Wellness & Opportunity Center: With you on your health journey

AmeriHealth Caritas North Carolina has an exciting new way of bringing wellness tips and resources to communities across the state.

Our new Mobile Wellness & Opportunity Center is a full-sized health and wellness facility on wheels. From activity space and computer kiosks to private rooms for health screenings, it's state-of-the-art. And it's bringing comprehensive care where it's needed most – right to the people we serve.

Like our regional Wellness & Opportunity Centers, the Mobile Wellness & Opportunity Center offers a variety of programs on health education, safety, healthy food, and preventive health services. And it's all at no cost to members.



Come see us on the road

The Mobile Wellness & Opportunity Center will primarily serve the greater Raleigh/Durham community but will travel across the state. To find scheduled events and locations, or to request a visit to your community, scan the QR code below.

Visit our Wellness & Opportunity Center locations

In addition to our mobile wellness unit, you can visit us at our permanent locations across the state. We are ready to serve members with a long list of resources and support. This includes nutrition, physical activity, and financial literacy classes; job search help; and more. Learn more at www.amerihealthcaritasnc.com or stop by.

- Asheville — 216 Asheland Ave.
- Greensboro — 3018 West Gate City Blvd.
- Charlotte — 3120 Wilkinson Blvd.
- Fayetteville — 4101 Raeford Road
- Greenville — 1876 West Arlington Blvd.



SCAN ME



ACNC Facebook: Please follow us @AmeriHealthCaritasNorthCarolina



ACNC Instagram: Please follow us @amerihealthcaritasnc

Notice of Nondiscrimination

AmeriHealth Caritas North Carolina complies with applicable federal civil rights laws and does not discriminate based on race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex, gender identity or expression, or sexual orientation. AmeriHealth Caritas North Carolina does not exclude people or treat them differently because of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex, gender, gender identity or expression, or sexual orientation.

AmeriHealth Caritas North Carolina provides free auxiliary aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified American Sign Language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

AmeriHealth Caritas North Carolina provides free language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages

If you need these services, call at **1-855-375-8811 (TTY 1-866-209-6421/TDD 1-800-537-7697)**.

If you believe that AmeriHealth Caritas North Carolina has failed to provide these services or discriminated in another way based on race, color, national origin, age, disability or sex, you can file a grievance with:

- **AmeriHealth Caritas North Carolina
Grievances Department
P.O. Box 7382
London, KY 40742-7382**

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights:

- Online: ocrportal.hhs.gov/ocr/portal/lobby.jsf
- By mail at:
U.S. Department of Health and Human Services
200 Independence Avenue SW., Room 509F, HHH Building
Washington, DC 20201
- By phone: **1-800-368-1019 (TDD 1-800-537-7697)**

Complaint forms are available at www.hhs.gov/ocr/office/file/index.html.

The NC Medicaid Ombudsman can provide you with free, confidential support and education about the rights and responsibilities you have under NC Medicaid. Call **1-877-201-3750** or visit ncmedicaidombudsman.org.



English: You can request free auxiliary aids and services, including this material and other plan information in large print. Call **1-855-375-8811 (TTY/TDD 1-866-209-6421)**. If English is not your first language, we can help. Call **1-855-375-8811 (TTY/TDD 1-866-209-6421)**. We can give you, free of charge, the information in this material in your language orally or in writing, access to interpreter services, and can help answer your questions in your language.

Español (Spanish): Puede obtener ayuda y servicios de asistencia sin cargo, que incluyen esta publicación y otra información del plan en letra grande. Llame al **1-855-375-8811 (TTY/TDD 1-866-209-6421)**. Si el inglés no es su lengua materna, podemos ayudar. Llame al **1-855-375-8811 (TTY/TDD 1-866-209-6421)**. Podemos brindarle la información de esta publicación en su idioma de manera oral o escrita, ofrecerle acceso a servicios de interpretación y ayudarlo a responder sus preguntas en su idioma sin cargo.

中文 (Chinese): 您可以免费索取辅助设备及服务, 包括本资料内容及其他计划相关信息的大号字体版。请致电 **1-855-375-8811 (TTY/TDD 1-866-209-6421)**。如果英语不是您的第一语言, 我们可以提供帮助。请致电 **1-855-375-8811 (TTY/TDD 1-866-209-6421)**。我们可以免费以您的语言通过口头或书面形式为您提供本资料中的信息, 为您提供口译服务, 并帮助您使用您的语言解答您的问题。

Tiếng Việt (Vietnamese): Quý vị có thể nhận được các dịch vụ và phương tiện trợ giúp hỗ trợ miễn phí, bao gồm tài liệu này và các thông tin khác về chương trình ở dạng bản in chữ lớn. Vui lòng gọi **1-855-375-8811 (TTY/TDD 1-866-209-6421)**. Nếu tiếng Anh không phải là tiếng mẹ đẻ của quý vị, chúng tôi có thể hỗ trợ. Vui lòng gọi **1-855-375-8811 (TTY/TDD 1-866-209-6421)**. Chúng tôi có thể cung cấp miễn phí cho quý vị thông tin trong tài liệu này bằng ngôn ngữ của quý vị bằng lời nói hoặc bằng văn bản, quyền tiếp cận các dịch vụ thông dịch và có thể giúp giải đáp thắc mắc bằng ngôn ngữ của quý vị.

한국어(Korean): 본 자료 및 기타 플랜 정보를 큰 활자체로 요청하는 것을 포함하여, 무료 보조 지원과 서비스를 요청하실 수 있습니다. **1-855-375-8811(TTY/TDD 1-866-209-6421)**번으로 연락하십시오. 영어가 모국어가 아닌 경우, 저희가 도와드릴 수 있습니다. **1-855-375-8811 (TTY/TDD 1-866-209-6421)**번으로 문의하십시오. 저희는 무료로 본 자료의 정보를 귀하의 언어로 구두 또는 서면상 제공하고, 통역 서비스를 제공하고, 귀하의 질문에 대한 답변을 귀하의 언어로 제공해 드릴 수 있습니다.

Français (French): Vous pouvez demander des supports et des services auxiliaires gratuits, y compris le présent document et d'autres informations sur le plan en gros caractères. Appelez au **1-855-375-8811 (TTY/TDD 1-866-209-6421)**. Si l'anglais n'est pas votre langue maternelle, nous pouvons vous aider. Appelez-nous au **1-855-375-8811 (TTY/TDD 1-866-209-6421)**. Nous pouvons vous fournir gratuitement ces informations verbalement ou par écrit, mettre un interprète à votre disposition et répondre à vos questions dans votre propre langue.

عربي (Arabic): يمكنك طلب مساعدات وخدمات إضافية مجانية تشمل هذه المادة ومعلومات أخرى عن الخطة في مطبوعة كبيرة. اتصل بالرقم **1-855-375-8811 (TTY/TDD 1-866-209-6421)**. إذا لم تكن اللغة الإنجليزية لغتك الأولى، فيمكننا مساعدتك. اتصل بالرقم **1-855-375-8811 (TTY/TDD 1-866-209-6421)**. يمكننا أن نقدم لك مجاناً المعلومات الواردة في هذه المادة بلغتك شفهيًا أو كتابيًا، والوصول إلى خدمات المترجمين الفوريين، ويمكننا المساعدة في الإجابة عن أسئلتك بلغتك.



Hmoob (Hmong): Koj tuaj yeem thov ib tus neeg pab cuam pub dawb thiab cov kev pab cuam, suav nrog qhov cuab yeej no thiab lwm txoj phiaj xwm cov ntaub ntauw luam ua tus ntauw loj. Hu rau **1-855-375-8811 (TTY/TDD 1-866-209-6421)**. Yog tias lus As Kiv tsis yog koj thawj yam lus hais, peb tuaj yeem pab tau. Hu rau **1-855-375-8811 (TTY/TDD 1-866-209-6421)**. Peb tuaj yeem muab cov ntaub ntauw no rau koj, ua koj yam lus ua lus hais los sis ua ntauw sau, tau txais kev pab cuam txhais lus, thiab lwm yam kev pab los teb koj cov lus nug ua koj yam lus yam tsis poob nqi.

Русский (Russian): Вы можете запросить бесплатные дополнительные пособия и услуги, в том числе данный материал и другую информацию о плане, напечатанные крупным шрифтом. Звоните по телефону **1-855-375-8811 (TTY/TDD 1-866-209-6421)**. Если ваш родной язык не английский, мы можем помочь. Позвоните по телефону **1-855-375-8811 (TTY/TDD 1-866-209-6421)**. Мы можем бесплатно предоставить вам информацию, изложенную в данном материале, на вашем языке в устной или письменной форме, обеспечить доступ к услугам устного переводчика и ответить на ваши вопросы на вашем родном языке.

Tagalog (Tagalog): Maaari kang makakuha ng mga libheng dagdag na tulong at serbisyo, kabilang ang babasahing ito at iba pang impormasyon sa plano sa malaking print. Tumawag sa **1-855-375-8811 (TTY/TDD 1-866-209-6421)**. Kung hindi mo unang wika ang Ingles, maaari kaming tumulong. Tumawag sa **1-855-375-8811 (TTY/TDD 1-866-209-6421)**. Maaari ka naming bigyan ng impormasyon sa materyal na ito nang walang bayad sa iyong wika nang pasalita o sa paraang nakasulat, access sa mga serbisyo ng tagapagsalin sa wika, at maaari kaming tumulong sa pagsagot sa iyong mga katanungan sa iyong wika.

ગુજરાતી (Gujarati): તમે મોટા અક્ષરોમાં આ સામગ્રી અને અન્ય પ્લાનની માહિતી સહિત મફત સહાયક મદદ અને સેવાઓની વિનંતી કરી શકો છો. **1-855-375-8811 (TTY/TDD 1-866-209-6421)** પર કોલ કરો. જો ઇંગ્લીશ તમારી પ્રથમ ભાષા ન હોય, તો અમે મદદ કરી શકીએ છીએ. **1-855-375-8811 (TTY/TDD 1-866-209-6421)** પર કોલ કરો. અમે, વિનામૂલ્યે, તમને આ સામગ્રી ની માહિતી તમારી ભાષામાં મૌખિક અથવા લેખિતમાં આપી શકીએ છીએ, દુભાષિયા સેવાઓને એક્સેસ આપી શકીએ છીએ અને તમારી ભાષામાં તમારા પ્રશ્નોના જવાબ આપવામાં મદદ કરી શકીએ છીએ.

ខ្មែរ (Khmer): អ្នកអាចស្នើសុំជំនួយ និងសេវាកម្មជំនួយ រួមទាំងសម្ភារ និងព័ត៌មានគម្រោងផ្សេងទៀតជាទម្រង់ បោះពុម្ពផ្តុំ។ សូមខលទៅលេខ **1-855-375-8811 (TTY/TDD 1-866-209-6421)**។ ប្រសិនបើភាសាអង់គ្លេស មិនមែនជាភាសាទីមួយរបស់អ្នក យើងអាចជួយបាន។ សូមហៅទូរស័ព្ទទៅលេខ **1-855-375-8811 (TTY/TDD 1-866-209-6421)**។ យើងអាចផ្តល់ ឱ្យអ្នកដោយមិនគិតថ្លៃនូវព័ត៌មាននៅក្នុងឯកសារនេះជា ភាសារបស់អ្នកដោយផ្ទាល់មាត់ ឬជាលាយលក្ខណ៍អក្សរ ហើយមានសិទ្ធិចូលប្រើសេវាកម្មអ្នកបកប្រែ និងអាចជួយ ឆ្លើយសំណួររបស់អ្នកជាភាសារបស់អ្នកបាន។

Deutsch (German): Sie können kostenlose Hilfsmittel und Dienstleistungen anfordern, einschließlich dieses Materials und anderer Planinformationen in Großdruck drucken. Rufen Sie **1-855-375-8811 (TTY/TDD 1-866-209-6421)** an. Wenn Englisch nicht Ihre Muttersprache ist, können wir Ihnen helfen. Rufen Sie **1-855-375-8811 (TTY/TDD 1-866-209-6421)** an. Wir können Ihnen die Informationen in diesem Material in Ihrer Sprache mündlich oder schriftlich kostenlos zur Verfügung stellen und Ihnen bei der Beantwortung Ihrer Fragen in Ihrer Sprache helfen.



हिंदी (Hindi): आप निःशुल्क सहायक सहायता और सेवाओं का अनुरोध कर सकते हैं, जिसमें यह सामग्री और अन्य योजना संबंधी जानकारी को बड़े अक्षरों में शामिल हैं **1-855-375-8811 (TTY/TDD 1-866-209-6421)** पर कॉल करें। अगर अंग्रेजी आपकी पहली भाषा नहीं है, तो हम आपकी मदद कर सकते हैं। **1-855-375-8811 (TTY/TDD 1-866-209-6421)** पर कॉल करें। हम आपको इस सामग्री की जानकारी मौखिक रूप से या लिखित रूप में, दुभाषिया सेवाओं तक पहुंच प्रदान कर सकते हैं, और आपकी भाषा में आपके प्रश्नों का उत्तर देने में मदद कर सकते हैं।

ພາສາລາວ (Laotian): ທ່ານສາມາດຂໍຄວາມຊ່ວຍເຫຼືອ ແລະຮັບບໍລິການການຊ່ວຍເຫຼືອໄດ້ຟຣີ, ລວມທັງ ເອກະສານນີ້ແລະຂໍ້ມູນແຜນອື່ນໆ ໃນຕົວອັກສອນ ຂະຫນາດໃຫຍ່ໄດ້ ໂທ **1-855-375-8811 (TTY/TDD 1-866-209-6421)**. ຖ້າພາສາອັງກິດບໍ່ແມ່ນພາສາທຳອິດຂອງທ່ານ, ພວກເຮົາສາມາດຊ່ວຍທ່ານໄດ້. ໂທຫາ **1-855-375-8811 (TTY/TDD 1-866-209-6421)**. ເພື່ອຂໍຂໍ້ມູນໃນເອກະສານນີ້ ຈາກພວກເຮົາໃນພາສາຂອງທ່ານໄດ້. ພວກເຮົາສາມາດ ຂໍໃຫ້ມີບໍລິການນາຍພາສາແລະສາມາດຊ່ວຍຕອບຄໍາຖາມ ຂອງທ່ານໃນພາສາຂອງທ່ານໄດ້.

日本語 (Japanese): この資料と他のプラン情報の拡大版を含む、無料の補足的援助とサービスをリクエストできます。 **1-855-375-8811 (TTY/TDD 1-866-209-6421)** までお電話ください。英語が母国語でない方には、サポート致しますので、こちらにお電話下さい。 **1-855-375-8811 (TTY/TDD 1-866-209-6421)** この資料に関する情報をご自分の言語で無料にて直接または書面でさしあげます。また通訳サービスによる質問対応が可能です。