

The Best Start for Your Baby

We have a program for pregnant and new moms. It is called Start Smart for Your Baby®. It is designed to customize the support and care you need for a healthy pregnancy and baby. It is already part of your benefits and won't cost you a thing.



A Program To Meet Your Needs

We provide the following:

- **Information about pregnancy and newborn care.**
- **Community resources** to help you get the things you need during your pregnancy and after your baby is born. This includes food, cribs, housing and clothing.
- **Breastfeeding support** and resources.
- **Professional medical staff** who work with you and your doctor and nurses if you have a more difficult pregnancy.
- **Resources if you are feeling down** during or after your pregnancy.
- Methods to help you **quit smoking, alcohol or drugs.**



“I really appreciated the program. I was happy to know I had help when I needed it.”

NICOLE R.
Mom-to-be

Get Started



Go to your doctor as soon as you think you are pregnant.

Call us if you need help finding a doctor.



Let us know about your pregnancy.

Fill out your pregnancy form so we can personalize the ways we can help you.

There are three easy ways

• **Mail in the printed form.**

• **Call us.**

• **Go online.** Log in to your online member account.



myhealthpays™ rewards for your pregnancy form!

Earn up to \$60 in rewards! Complete a Notification of Pregnancy form and attend a prenatal appointment with a provider within your first trimester.

Visit **IowaTotalCare.com** for more information or call **1-833-404-1061** (TTY: 711).



“The program was awesome. It was helpful in my pregnancy. I was able to have a healthy baby because of it.”

DANIELLE P.
Mom-to-be



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Language assistance services, auxiliary aids and services, larger font, oral translation, and other alternative formats are available to you at no cost. To obtain this, please call 1-833-404-1061 (TTY: 711). | Usted tiene a su disposición, sin costo alguno, servicios de asistencia lingüística, ayudas y servicios auxiliares, material en letra grande, traducción oral y otros formatos alternativos. Para obtener estos servicios, llame al 1-833-404-1061 (TTY: 711). | 我们免费为您提供语言协助服务、辅助设施和服务、更大字体、口头翻译和其他替代格式。如需获得此服务，请致电 1- 833-404-1061 (TTY: 711)。

1-833-404-1061

TTY: 711

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