



If you are pregnant, have recently delivered, or your baby is in the NICU, you might be feeling overwhelmed and need some additional support.

Home State Health is here to help. We want your baby to have the best health outcomes possible.

What is the NICU? (Neonatal Intensive Care Unit)

It's a place in the hospital for babies born preterm (before 37 weeks of pregnancy) or with medical issues.

When a baby is in the NICU, he or she will receive around-the-clock care. How long a baby stays in the NICU depends on his or her health condition.

What steps can you take to reduce the risk of a NICU stay in future pregnancies?

- Plan at least 18 months between pregnancies to let your body recover.
- See your doctor as soon as you think you're pregnant so that prenatal care can be discussed and ongoing health issues can be addressed to protect you and your baby's health.
- Work with your doctor to determine the best way to address health issues like diabetes, asthma, or high blood pressure.
- If you have already given birth to a preterm baby, ask your doctor about what you can do to reduce your risk of preterm birth with future pregnancies.
- Get good dental care.
- Talk to your doctor about recommended vaccines such as flu, Tdap, Covid, RSV.
- Notify your doctor if you experience contractions before 37 weeks. Early interventions may help reduce the risk of pre-term delivery.
- Talk to your Care Manager about resources if you have concerns about basic needs and/or unsafe living conditions such as domestic violence, utilities, or food insecurity.
- If you're using substances (i.e. alcohol, tobacco, drugs, etc.) the best thing you can do for your baby is take steps to quit. We can assist you in finding resources and a treatment plan that will assist you in reducing substance use or quitting all together.





Did you know your baby has a NICU Care Manager with Home State Health?

The Care Manager can help with a variety of needs, including:

- Ordering a breast pump
- Helping locate needed baby supplies
- Coordinating transportation needs to and from the NICU to visit your baby.
- Learn about our Start Smart for Your Baby Program: www.startsmartforyourbaby.com



Do you need help finding resources in your area?

Home State Health wants to help connect you with resources you may need like baby supplies, food, housing and more. Visit <https://homestatehealth.findhelp.com> and enter your zip code to find help in your area.



Do you need help getting to your appointments?

You may be eligible for transportation as part of your Home State Health benefits.

To find out if you are eligible or for help setting up a ride call **1-855-694-4663, Monday through Friday, 8am to 5pm CST.**



Need a nurse?

For non-emergencies, call our nurse advice line 24 hours a day, 7 days a week at **1-855-694-4663**.

If you wish to talk to a Care Manager, call us **Monday through Friday 8am to 5pm:**

- Home State Health **1-855-694-4663 ext 6075125**
- Show Me Healthy Kids **1-877-236-1020 ext. 6080443**
- Secure email at: HSHPCareManagement@centene.com