



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 during pregnancy, 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 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. 6080448**
- Secure email at: HSHPCaseManagement@centene.com

If you, or someone you're helping, has questions about Home State Health, you have the right to get help and information in your language at no cost. American Sign Language interpreter services are available as well. For Show Me Healthy Kids interpreter services, call 1-877-236-1020 (TTY/TDD 711). For Home State Health interpreter services, call 1-855-694-4663 (TTY/TDD 711).

Si usted, o alguna persona a la que ayuda, tiene preguntas sobre Home State Health, tiene derecho a recibir ayuda e información en su idioma sin ningún costo. Además, hay servicios de interpretación en lenguaje de signos americanos. Para los servicios de interpretación de Show Me Healthy Kids, llame al 1-877-236-1020 (TTY/TDD 711). Para los servicios de interpretación de Home State Health, llame al 1-855-694-4663 (TTY/TDD 711).

如果您或者您帮助的人对Home State Health有疑问,您有权免费以您的语言得到帮助和相关信息。我们也提供美国手语口译服务。如果需要Show Me Healthy Kids口译服务,请致电1-877-236-1020 (TTY/TDD 711)。如果需要Home State Health口译服务,请致电1-855-694-4663 (TTY/TDD 711)。