

Staying Healthy Newsletter

Working together for healthier families

Prenatal care visits

Prenatal visits happen during your pregnancy. These visits are the best way to keep you and your unborn baby healthy. It is best if the first prenatal visit happens within 42 days of getting pregnant. As soon as you think you might be pregnant, make an appointment with your provider to get tested. To find a provider, you can use the **“Find a provider”** directory. There is no copayment or other charge for covered pregnancy-related services.

First prenatal visit

The first prenatal visit is very important. The provider will examine you and your growing baby to make sure everything is all right. The following will be done:

- A complete physical and emotional well-being check-up.
- Blood tests and a urine test.
- Screening for sexually transmitted infections (STIs) and HIV (the virus that causes AIDS).
- Treatment and counseling if the test results are positive.
- Tell the provider if you:
 - Take any medications, including any given to you by other providers.
 - Take any over the counter medicine, such as vitamins and supplements.
 - Participate in risky behaviors. Examples are smoking/vaping, drinking alcohol, using cannabis/marijuana or doing illegal drugs. This will help them decide which resources they can offer you.

It is important that you go to all your prenatal care visits, even if you feel fine. Based on your health and other risk factors, the provider will tell you how often you should be seen. You

may also get a special case manager or care manager assigned to help you. Any time you have concerns about your pregnancy, call your provider.

Appointment Schedules

Your provider must see you within the following timelines once an appointment has been requested:

- First trimester – 1 to 12 weeks (months 1 to 3) – within 14 calendar days.
- Second trimester – 13 to 27 weeks (months 4 to 6) – within seven (7) calendar days.
- Third trimester – 28 to 40 weeks (months 7 to 9) – within three (3) business days.
- People with high-risk pregnancies should be seen as often as their health requires. You should be seen no later than (3) three business days after finding out you are high-risk.
- You should be seen immediately if it’s an emergency.

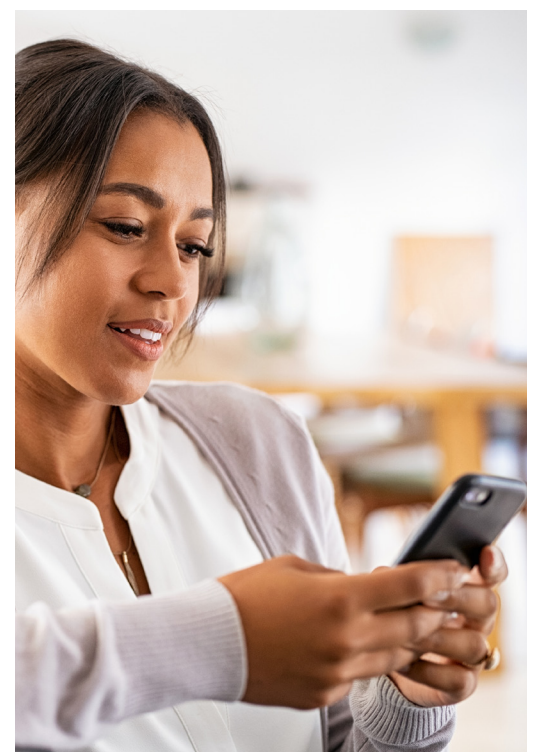
After your first visit, a common schedule is:

- Weeks 4-28: Visit at least every 4 weeks.
- Weeks 29-36: Visit at least every 2 weeks.
- Weeks 37-40: Visit at least every week.

Assistance with scheduling prenatal or postpartum appointments or transportation

Do you need help with finding or changing a maternity care provider? Do you need help scheduling a prenatal or postpartum appointment? Do you need a ride to an appointment?

Call Mercy Care Member Services at **602-263-3000** or **1-800-624-3879** (TTY **711**). Members with a SMI designation can call Member Services at **602-586-1841** or **1-800-564-5465** (TTY **711**).



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Perinatal mood or anxiety disorders

There are many changes that can happen during and after having a baby. Some of those changes can make a person feel sad, anxious, overwhelmed or confused. These thoughts and feelings may need treatment to get better. If you have these feelings and they last a long time or are severe and cause you to have problems doing normal daily activities, call your provider right away. They will figure out if your symptoms are caused by prenatal depression, postpartum depression, anxiety or something else.

Being depressed is more than “feeling down” or having the “blues.” It’s not because of something you did or didn’t do. It’s an illness and needs treatment to get better. If you need to talk to someone because you are having troubling thoughts, contact your provider or nurse right away. Do not wait to get help. You can also get help from a behavioral health provider. You don’t need a referral from the doctor to see them.

If you need help getting behavioral health services, contact Member Services at **602-263-3000** or **1-800-624-3879** (TTY 711), Monday through Friday, 7 a.m. to 6 p.m. Members with a SMI designation can call Member Services 24 hours a day, 7 days a week at **602-586-1841** or **1-800-564-5465** (TTY 711). For all emergencies, dial **911**.

Mental Health Support Hotlines

Arizona Behavioral Health Crisis Line:

1-844-534-HOPE (4673)

Maternal Mental Health Hotline:

**1-833-9 HELP4MOMS
(1-833-943-5746)**

Postpartum Education for Parents:

1-805-564-3888

Postpartum Support International:

English **1-800-944-4773** or
Spanish **971-203-7773**

Postpartum Support International –
AZ Chapter:

**1-888-434-MOMS
(1-888-434-6667)**

Substance Abuse and Mental Health
Administration (SAMHSA):

1-800-662-HELP (4357)

Suicide and Crisis Lifeline:

Call or text **988**



Family planning services & supplies

Did you know we cover birth control at no cost for members regardless of gender? If you choose to delay or prevent pregnancy, talk with your provider about which options best fit you. The options below may prevent pregnancy. They also protect against some sexually transmitted infections (STIs).

These are the options to choose from:

- Pregnancy testing
- Natural family planning education
- Contraception counseling
- Emergency contraception
- LARC (long-acting reversible contraception) and IPLARC (immediate postpartum long-acting reversible contraception) such as subdermal implantable contraceptive (implanted under the skin) and Intrauterine devices (IUDs)
- Injectable and oral contraception
- Birth control pills, vaginal rings, diaphragms and condoms
- Spermicidal foams, suppositories, jellies and creams
- STI testing as well as counseling and treatment if the results are positive
- Medical and lab exams, and imaging such as x-rays and ultrasounds
- Treatment of complications due to contraception use (including emergency treatment)
- Medications for medical conditions related to family planning

We also cover some sterilization procedures for male and female members 21 and older such as a hysteroscopic tubal sterilization or a vasectomy. These procedures are not effective immediately. During the first three months, another form of birth control must be used to prevent pregnancy. At the end of three months, it is expected that a specific test will be done to confirm that the person is sterile. Members under 21 are only covered if they meet specific medical criteria and there is documentation of informed consent. Members may choose to obtain family planning services and supplies from any appropriate provider regardless of whether or not the family planning service providers are network providers. The Contractor shall not require prior authorization in order to allow members to obtain family planning services and supplies from an out-of-network provider.

When you are in your 2nd or 3rd trimester, or if you just had a baby

If you are pregnant or if you just had a baby, it is the perfect time for you to talk with your provider about LARC (long-acting reversible contraception) and IPLARC (immediate postpartum long-acting reversible contraception). LARC and ILARC are certain types of birth control. A couple examples are IUD’s or implants that are placed under the skin. These may have some risks, but those are very rare. A few risks are the IUD coming out of the uterus, pelvic inflammatory disease (PID) and possible pregnancy. Even with these risks, the benefits are greater. These are great options because they are convenient, they work well, and they can help avoid unintended pregnancy. Make sure you talk with your provider before going home with your new baby. They can usually give these to you before you leave the hospital.

Unprotected sex is dangerous

- Using birth control helps protect a person from getting pregnant.
- Using spermicidal foams, suppositories, jellies or creams alone will not prevent pregnancy and some STIs.
- Condoms may prevent some STIs that people get from having sex.
- Some STIs have no symptoms.
- If you are having sex, get tested for STIs.

Assistance with scheduling of appointments or transportation

If you need help making a family planning appointment, call Mercy Care Member Services at **602-263-3000** or **1-800-624-3879** (TTY 711). Members with a SMI designation can call **602-586-1841** or **1-800-564-5465** (TTY 711). Member Services can also help you schedule a ride to your appointment if you need one.

Women's wellness visits can keep you healthy

Female members, or members assigned female at birth, can get yearly preventive and well care services from their primary care provider (PCP). They can also see a gynecologist (GYN) that works with Mercy Care. This is a provider that works in women's health care. They do not need a referral from their PCP. They can go directly to a GYN for these services. There is no copayment or other charge for covered women's preventive care services.

Benefits of women's wellness visits

Getting regular check-ups and screenings every year is an important part of a woman's health care. Screenings such as pap smear tests and mammograms are important tests that can help save your life. Pap smears check for cervical cancer. Mammograms check for breast cancer. Early diagnosis and treatment will generally result in a better outcome.

What to expect at the visit

- A physical exam (well exam) to check your overall health.
- A breast exam and a pelvic exam.
- Getting vaccines, screenings, and tests that are appropriate for age and risk factors.
- Screening and counseling on maintaining a healthy lifestyle. This can help to minimize health risks. The provider may discuss the following:
 - Good nutrition, physical activity and age-appropriate weight gain.
 - Having good oral health care and when to see a dentist.
 - Staying away from substances that can harm you such as smoking, drinking alcohol and using street drugs.
 - Screenings for depression and interpersonal and domestic violence.
 - Sexually transmitted infections (STI) testing and treatment.
 - Human Immunodeficiency Virus (HIV) testing, treatment and counseling.
 - Family planning services and supplies.
 - Preconception counseling on maintaining a healthy lifestyle before getting pregnant and between pregnancies.
 - Referrals to specialists if there is a need for evaluations, diagnosis and/or treatments.

Assistance with scheduling of appointments or transportation

If you need help making a women's wellness appointment, call Mercy Care Member Services at **602-263-3000** or **1-800-624-3879** (TTY 711). Members with a SMI designation can call **602-586-1841** or **1-800-564-5465** (TTY 711). Member Services can also help you schedule a ride to your appointment if you need one.



Children need good oral health

Tooth decay is the most common chronic disease in Arizona children. Tooth decay can lower a child's quality of life. This could be because of increased pain, reduced self-esteem, damage permanent teeth and possible changes to their speech development. Tooth decay also increases a child's risk of getting other chronic health conditions such as diabetes and heart disease. The good news is that there are things you can do to help prevent this.

- Limit the amount of sugar they get.
- Take them to their dental check-ups every six months.
- Lead by example and take care of your teeth by brushing and floss where the teeth touch.
- Stop the spread of germs. Germs are passed to a baby's mouth when someone else licks their spoon or sucks on their pacifier.
- For babies, clean their gums with a clean, damp washcloth.
- For children that have teeth, be sure to brush their teeth twice a day.
- Check their mouth for cavities. If you see any, then make an appointment with the dentist.

Source: ADHS 2019-2022 State Oral Health Plan

Source: First Things First

Dental care and dental homes

Poor dental health, cavities and gum disease can cause health problems such as:

- Illnesses including heart disease or diabetes.
- An infection in the blood, called sepsis.
- Tooth loss, which can affect a person's ability to eat and speak.

To prevent tooth decay:

- Brush teeth at least twice a day with toothpaste that has fluoride.
- Clean between the teeth daily with dental floss.
- Eat nutritious and balanced meals.
- Limit sugar and soda intake.
- Drink fluoridated water.
- Visit the dentist regularly for cleanings and an oral exam.

What is a dental home?

Mercy Care assigns all members under 21 years of age to a dental home. A dental home is where you and a dentist work together to best meet any dental health needs. The dental home builds trust between the member and the dentist. It is a place where you can get regular, ongoing care, not just a place to go when there is a dental problem. A dental home may be an office or facility where all dental services are provided in one place. Members are assigned a dental home when they enroll with Mercy Care. Members can change their assigned dental home by calling Member Services.

Dental care for members under 21 years of age

Two (2) routine preventive dental visits and two (2) cleanings/fluoride treatments are covered per year. Visits to the dentist must take place within six months and one day after the previous visit. Children can have their first dental visit as early as 6 months old. This will depend on when their first tooth erupts. A referral for dental care is not needed. There is no copayment or other charges for routine dental care.

Primary care providers (PCPs), do oral health screenings at every visit and should be referring members to the dentist by the time they are 1 year old. They will also do a dental referral if there are any concerns. For members 6 months old, with at least one tooth erupted, and up to 5 years of age, the PCP can also apply fluoride varnish treatment once every three months.

Dental care for members 21 years of age or older

Members 21 years of age or older have a \$1,000 emergency dental benefit. Routine dental services are

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not covered for members 21 years of age or older. Covered dental services include examining the mouth, x-rays, care of fractures of the jaw or mouth, giving anesthesia and pain medication and/or antibiotics. There are exceptions to these limitations of service; certain pre-transplant services, prophylactic extraction of teeth in preparation for radiation treatment of cancer of the jaw, neck or head, and cleanings for members who are in an inpatient hospital setting and are placed on a ventilator are also covered.

**LTC and DDD members over 21 are covered for routine dental services up to \$1000 per contract year.*

Dental care during pregnancy

It's important to take care of your teeth and gums while you are pregnant. Women that are pregnant are at a higher risk of having oral health problems. Cavities or infections in the mouth can cause bad bacteria to travel through the blood and can pass on to your unborn baby. Dental infections can cause a baby to be born early and at a low birth weight. Be sure to talk to your provider about any oral health concerns and your dental care needs. When at the dentist, let them know you are pregnant before getting any x-rays. They have a special apron to wear that will protect you and the baby.

Assistance with scheduling of appointments or transportation

Do you need help with finding or changing a dentist? Do you need help scheduling a dental appointment? Do you need a ride to the appointment? If so, call Member Services at **602-263-3000** or **1-800-624-3879** (TTY 711), Monday through Friday, 7 a.m. to 6 p.m. Members with a SMI designation can call Member Services 24 hours a day, 7 days a week at **602-586-1841** or **1-800-564-5465** (TTY 711).

If you need to change or cancel a dental appointment, call the dental provider 24-48 hours in advance.



Source: ADHS 2019-2022 State Oral Health Plan



Signs of active labor

If you think you are in labor or think you may have a problem with your pregnancy, call your provider immediately. If it is an emergency, your provider should see you within three (3) business days of your call, or right away. Call your provider immediately if you have any of these symptoms. Don't wait for them to go away.

Important symptoms you should pay attention to:

- Discharge, blood or water leaking from the vagina
- Low, dull backache
- Feel like you're going to start your period (period-like cramping)
- Pelvic pressure (like the baby is pushing down)
- Stomach cramps (you may or may not have diarrhea with this)
- Regular contractions that last for over an hour

Labor

If you are in labor and need a ride to the hospital, call **911**.

Limiting interventions

Avoid scheduling a C-section or induction before 39 weeks

Waiting 39 weeks gives babies the time they need to grow before being born. Major organs, like the brain, lungs and liver are still growing. Their eyes and ears are still developing, and they are learning to suck and swallow. If a baby is born too early, they might miss an important stage of development.

Scheduling a C-section or inducing labor before 39 weeks without a medical need can be dangerous for you and the baby. For the baby, there are some risks with inductions such as breathing problems, trouble eating, learning and behavior problems, and jaundice. For you, some risks with having a C-section are infection and tearing in the uterus causing severe bleeding. Your provider will talk to you if there is a medical need for you to have your baby early.

Create a birth plan

Another way to prepare is to create a birth plan. A birth plan is how you share what you want and/or prefer during labor and delivery. A birth plan makes it easier for the provider to support you. Try to be flexible because things may change, and you may not get everything that is listed in your birth plan during labor. Also, be sure to note what is covered by Mercy Care and what is not. A birth plan can include details about:

- The birthing room
- Labor and birth
- Pain relief during labor
- What happens right after birth
- Postpartum care (care for you and baby after birth)

Low-impact labor techniques

It is recommended if a pregnant member is low risk, then they may benefit from:

- One-on-one emotional care from a doula (someone trained to help during labor)
- Relaxation techniques such as massage and spending time in water in early labor
- Moving freely throughout labor
- Pushing in a comfortable position

Go to childbirth classes

Another way to help prepare you for the labor and delivery process is going to birthing classes. You can sign up for birthing classes around week 28 of your pregnancy. Just call the hospital where you will have your baby to find out when classes are, and sign up. Classes are available at no cost. Mercy Care can help schedule a ride to your classes if you cannot find one.

Source: "Approaches to Limit Intervention During Labor and Birth" from ACOG

Dangers of lead exposure

Lead in a person's blood can cause serious health problems. Lead poisoning is caused by breathing in or swallowing lead.

Lead can be found in:

- Paint and dust in older homes, especially dust from home repairs
- Candy, makeup, toys, jewelry, pottery, utensils and traditional medicines made in Mexico and other places such as Asia, India and Africa
- Work like auto refinishing, construction and plumbing
- Soil and tap water
- Spices, herbal remedies and ceremonial powders

Lead exposure during pregnancy

If you are pregnant, it's especially important to avoid exposure to lead. Lead can pass from a mother to her unborn baby. Too much lead in the body can:

- Put you at risk of miscarriage
- Cause a baby to be born too early or too small (low birth weight)
- Hurt a baby's brain, kidneys and nervous system
- Cause a child to have learning or behavior problems

Lead exposure in children

Lead exposure in children can cause:

- Damage to the brain and nervous system
- Slowed growth and development
- Reading, learning and behavior problems
- Hearing and speech problems
- In severe cases, coma, seizures and even death can occur

It's hard to tell if a child has been exposed to lead because no symptoms may be present. The best way to check for lead poisoning is to get a blood lead test. Check with their provider about any available testing. **We offer blood lead testing and treatment at no cost.**

Ways to help prevent lead poisoning

- Check for lead in the paint on the home and in items found in the home.
- Keep the areas where children play clean and dust free.
- Wash hands often, especially after playing outside and before eating.
- Mop hard floors and use wet-wipes on surfaces, instead of sweeping or dry dusting.
- When vacuuming carpets and rugs, use a HEPA filter.
- Avoid candy, spices, makeup, toys, jewelry, pottery, utensils and traditional medicines imported from Mexico and other countries.
- Eat foods rich in calcium, iron and vitamin C such as milk, cheese, yogurt, eggs, dried beans, red meats, citrus fruit, green peppers and tomatoes.

Lead poisoning can be prevented. The key is to keep people from coming in contact with it. If someone is poisoned by lead, they must be treated. More information about lead poisoning can be found on the CDC website- *Preventing Childhood Lead Poisoning* or the ADHS website- *Lead Poisoning*.



Keep you and baby healthy

Pregnancy and Risky Behaviors

Pregnant women should talk to their maternity care provider about the following:

- All their health conditions.
- Any medication use and substance use such as street drugs. Use of marijuana/cannabis during pregnancy may cause problems for your baby and may affect your baby's development and put you at risk of pregnancy complications.
- If you are currently in a medication assisted treatment or a drug program.
- If you smoke (including e-cigarettes and vaping), drink alcohol or use illegal drugs.

Pregnant women should avoid smoking (including e-cigarettes and vaping), drinking alcohol and using illegal drugs. Using these substances during pregnancy can cause problems such as premature birth, birth defects and infant death. When a pregnant person uses certain drugs (opioids) during pregnancy, the baby can go through drug withdrawal after birth. Withdrawal in newborns is called Neonatal Abstinence Syndrome (NAS). Babies born with NAS are more likely to have a low birth weight, breathing and feeding problems, and seizures. Opioids are drugs that help take pain away. They are sometimes given to people by a provider after an injury or surgery. Tell your maternity care provider if you are taking any medicine for pain, even if it was given to you by another provider. Talk to your provider before attempting to quit. You can also seek help from a local treatment center. If you do not feel comfortable talking to your provider about substance use, you can call Member Services for help.

Nutrition and Healthy Eating While Pregnant

Eating right is always good, but it's extra important when you are pregnant. Follow these simple healthy eating tips:

- Drink at least 6 to 8 glasses of water each day.
- Eat healthy snacks and meals.
- Avoid foods with no or low nutritional value such as fried, fatty and sugary foods.
- Avoid foods that could make you or your baby sick. Examples of these foods are raw fish, raw or undercooked meat and eggs, soft cheeses, unpasteurized milk and juices, and raw sprouts.

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Prenatal vitamins

When your baby gets the right vitamins, they are more likely to be born healthy. The body needs extra help from those vitamins while pregnant. An example of a vitamin the baby needs is folic acid (a B vitamin). It is found in prenatal vitamins. Folic acid should be taken before and during pregnancy to help prevent birth defects of the brain and spinal cord.

Sudden Infant Death Syndrome (SIDS)/ Sudden Unexpected Infant Death (SUID)

SIDS/SUID is the sudden and unexplained death of an infant. Babies that sleep on their backs have less chance of dying from SIDS/SUID. Do *not* use fluffy blankets, pillows, stuffed animals, waterbeds, sheepskins, or other soft bedding in the crib.

Safe sleep for babies

Safe sleeping practices can help reduce the risk of the baby dying from SIDS/SUID and other sleep related causes of infant death. These are some safety tips on newborn safe sleeping habits:

- Always place the baby on their back for safe sleeping.
- Use a safety-approved crib and mattress, covered by a fitted sheet.
- No pillows, blankets, sheepskins or crib bumpers.
- No soft objects, toys or loose bedding near the baby's sleeping area.
- No smoking or vaping around the baby.
- Babies should not sleep in an adult bed, on a couch, or on a chair alone or with someone.
- Nothing should cover or be near the baby's head.

Breastfeeding

Breastfeeding is the best source of food that a baby can get during their first six months to 1 year of life. Breastfeeding can help support the baby's immune system. A breast pump is great to use so milk will be ready for the baby, when breastfeeding isn't possible. Ask the provider for information on how to receive a breast pump. Members can also call Member Services, and we can help. Breast pumps are available at no cost.

Testing for Infections

At the first prenatal visit, during the third trimester and when the baby is delivered, the provider will check for sexually transmitted infections (STIs) such as syphilis. They will also test for HIV/AIDS. If the test is positive for HIV or any STI, the provider can help with treatment and counseling services at no cost to you. The sooner these are diagnosed and treated, the better the medicine will work.

Early treatment can help prevent passing these infections to the baby. Syphilis in pregnant women can cause miscarriage, stillbirth and infant death. It also causes damage to the baby's skin, bones, joints, eyes, ears and brain. Pregnant women can protect their baby from syphilis by getting a simple blood test and antibiotics to cure the disease. For babies born with HIV, providing medicines early can help them live longer, healthier lives.

Staying healthy between pregnancies

It is important to stay healthy between pregnancies. If you have recently had a baby, you may want to think about birth spacing. This is the time between pregnancies. After having a baby, it is good to wait at least 18 months before your next pregnancy. Birth spacing is good for you, your body and it's good for your baby. Waiting 18 months can reduce the risk for low birth weight or having a premature baby. Babies who have a low birth weight or are premature may be born with other health problems. Some examples are asthma, developmental delay, or hearing and vision loss. Talk to your provider about your family planning options.

9 things to do before getting pregnant

1. Plan when to have a baby
2. Use birth control until ready to get pregnant
3. Take a multivitamin that contains 400 micrograms of folic acid every day
4. Get help to stop smoking, drinking alcohol and using drugs
5. Get a checkup
6. Eat healthy and get to a healthy weight
7. Do something active every day
8. Avoid exposure to chemicals and other harmful substances at work and at home
9. Learn to lower stress

Sources: "Birth Spacing and Birth Outcomes" from the March of Dimes.
"9 Things to Do Before Getting Pregnant" from the March of Dimes.



Provider changes and treatment options when pregnant

You have options when choosing a provider to help with your pregnancy. If you are new to Mercy Care or you are enrolled during your third trimester, and you are seeing a maternity care provider that *does not* work with us, then you have a few options:

- You can change to a provider that works with us.
- You can stay with your current provider and stay with Mercy Care. If you decide to stay with your current provider, then that provider needs to be registered with AHCCCS.
- You can stay with your current provider and change to a different health plan. If you want to change to a different health plan, then call Member Services as soon as possible, so they can provide guidance.

Members do not need a referral from their primary care provider (PCP). They can go directly to a maternity care provider. The maternity care provider will oversee their pregnancy care. The PCP will oversee their routine health care. They can also choose to have their maternity care provider as their PCP during the pregnancy.

Regular well visits are important

It's important for everyone, not just children or babies, to have regular well visits with their primary care provider (PCP). These well visits allow the PCP to address any physical and behavioral needs. Well visits help keep people healthy.

What is the EPSDT program?

Members under 21 years of age are covered under the Early Periodic Screening, Diagnostic and Treatment (EPSDT) Program. This is a complete health program. The program covers services that are medically necessary and cost-effective, and they are also at no cost to you. The program does not cover experimental or cosmetic services.

What is covered under the EPSDT Program?

- Services done by physicians, nurse practitioners, naturopaths, and specialists.
- Hospital visits, well visits, sick visits, and visits with specialists.
- Therapies, vaccines, medications, labs, and x-rays.
- Medical, dental, and behavioral health services.
- Medical equipment, appliances, and supplies. This includes orthotics and prosthetics.
- Eyeglasses and frames. This includes repairing and replacing frames.
- Help with scheduling appointments and medically necessary transportation.
- Family planning services and supplies.
- Women's preventive services and maternity services.

When should a well visit occur?

Visits with a PCP should happen when a person is sick AND when they are healthy.

Important well visits dates:

- Newborn and 3-5 days old
- Under 1 years old (During months: 1, 2, 4, 6, and 9)
- Between 1 and 3 years of age (During months: 12, 15, 18, 24, and 30)
- Between 3 and 20 years of age (Every year)

What happens during an EPSDT well visit?

- Physical exam (gowns can be used to cover the body).
- Talk about any personal or family history of health problems.
- Get vaccines and make sure they are up to date.
- Order labs, imaging, or testing if needed.
- Check hearing, vision, oral health (teeth and gums).
- Check height, weight, and age-appropriate weight gain.
- Ask about physical activity, exercise, eating habits, nutrition and healthy eating.
- Do screenings on growth and development, autism, depression, and more.
- Get education on how to manage a chronic disease.
- Get information on available community resources.

For anyone between 10 and 18 years old, their visit will also include:

- Screening for depression, suicide, and other mood disorders.
- Screening for substance use, such as drinking alcohol, using drugs, or smoking.
- Talking about reproductive health, birth control, and safe sex.
- Screening for pregnancy. This may include counseling, treatment, and a referral.
- Screening, treatment, and counseling for sexually transmitted infections (STIs).
- Talking about avoiding risky behaviors. Subjects such as using caution on social media and not engaging bullying or violence.

If the provider has concerns or if any screenings have a positive result, then a referral will be made to see a specialist.



Caring for yourself and your baby

Postpartum Care (after the baby is born)

All women need care after giving birth. It is important to go to all of your visits, even if you feel fine. This includes a visit after you have the baby. That visit should be within 1 to 12 weeks (7 to 84 days) after having your baby. Your provider will let you know if they want to see you more than once. This is to make sure you are healing properly. The provider will also want to talk about how you are feeling and to answer any of your questions. During this visit, you can also talk about the family planning options available to you. You can decide what method best fits your needs until you are ready to get pregnant again.

Warning Signs (after the baby is born)

Listen to your body. Sometimes complications can happen after a baby is born. They can happen up to a year after having a baby. If you have any of these signs or symptoms, call your provider right away:

- Headache that won't go away or gets worse over time
- Dizziness or fainting
- Thoughts about hurting yourself or the baby
- Changes in your vision
- Fever of 100.4F or higher
- Chest pain, trouble breathing or fast-beating heart
- Pale or clammy (sweaty) skin
- Severe belly pain or shoulder pain and/or nausea or vomiting
- Heavy bleeding (more than one pad per hour)
- Severe swelling, redness or pain in the legs or arms
- Severe swelling near the vagina or discharge with an unpleasant smell

If you feel like something just isn't right or aren't sure if it's serious, call your provider. Be sure to tell them you were pregnant in the last year. If you are having a medical emergency, call **911**.

Source: <https://www.acog.org/womens-health/experts-and-stories/the-latest/3-conditions-to-watch-for-after-childbirth>

Managing asthma

About 25 million Americans have asthma, and over 4.6 million of them are under 18 years of age.

Asthma is a chronic lung condition that affects people of all ages. It causes wheezing, shortness of breath, and chest tightness. It can also cause coughing at night, early in the morning, or during exercise. If unmanaged, these symptoms can lead to asthma attacks and ER visits.

People with asthma also may need to be careful when doing physical activities. Colds, flu, bronchitis, and pneumonia can make asthma symptoms worse and may require urgent care or emergency treatment.

If you or your child regularly have breathing discomfort, do a checkup with a primary care provider (PCP). They can perform breathing tests to see if asthma is present. If asthma is present, they can provide treatments to help. Some examples are short-term medications like inhalers and long-term treatments such as pills, shots, or inhalers.

The best way to manage asthma is to have medication on hand and to avoid triggers. Some asthma triggers can be smoke, mold, pests and insects, pet hair and dander, dust mites and air pollution.

Check your home for issues that may trigger symptoms and remove them. You can also check weather apps for poor outdoor air quality alerts. Stay in or wear a mask on those days.



Source: <https://www.cdc.gov/asthma/index.html>

Community resources

2-1-1 Arizona

Community Information and Referral Services transforms lives by linking individuals and families to vital community services throughout Arizona. Dial **2-1-1** or <https://211arizona.org/>

Affirm (formerly Arizona Family Health Partnership)

This federally funded program offers family planning, women's health services and education to Arizonans, regardless of their ability to pay. Call or go online to find a qualified health center near you. Call **602-258-5777** or <https://www.affirmaz.org/>

Arizona Early Intervention Program (AZEIP)

AZEIP helps families of children with disabilities or developmental delays age birth to three years old. They provide support and can work with their natural ability to learn. To get help call Mercy Care Member Services, AzEIP Information Line: **1-800-592-0140** or www.azdes.gov/azeip

Arizona Head Start

Early Head Start/Head Start is a great program that gets preschoolers ready for kindergarten. They offer services at no cost to you. Call **602-262-4040** or visit www.azheadstart.org.

ADHS Health Start

Uses community health workers to provide education, support and advocacy services to pregnant and postpartum women and their families. **602-542-1025** <https://directorsblog.health.azdhs.gov/tag/arizona-health-start-program/>

ADHS 24-Hour Pregnancy and Breastfeeding Hotline

A 24-hour, 7 days a week hotline answered by an International Board-Certified Lactation Consultants. Call **1-800-833-4642** or <https://www.azdhs.gov/prevention/nutrition-physical-activity/breastfeeding/index.php>

Arizona and Drug Information Center

No-cost, confidential, 24 hours a day, 7 days a week **1-800-222-1222** or visit <http://www.azpoison.com/>

Arizona Opioid Assistance & Referral (OAR) Line

A no-cost, confidential hotline offers opioid advice, resources and referrals 24 hours a day, 7 days a week. This Hotline is staffed with local medical experts at the Arizona and Banner Poison & Drug Information Centers who offer patients, family members or providers valuable opioid information. Call **1-888-688-4222** or visit <https://www.azdhs.gov/oarline>.

Arizona Chapter - Postpartum Support International Warm Line

Offer's support for families dealing with "postpartum depression, postpartum anxiety and other mood disorders associated with pregnancy and postpartum. This is a volunteer,

peer support warm line. They help families dealing with postpartum. Call or text 24 hours a day/7 days a week: **1-833-TLC-MAMA (1-833-852-6262)** or www.psiarizona.org

Arizona Diaper Bank

The Arizona Diaper Bank provides Children's Diapers, Adult Incontinence Briefs, and Menstruation (period) products to those in need. They are committed to ensuring that every child, adolescent, and adult has access to clean, dry products to help improve their health, dignity, and well-being. Call in Tucson: **520-325-1400**, Call in Phoenix: **602-715-2629**, or <https://diaperbank.org/need-assistance/>

ARIZONA@WORK

ARIZONA@WORK provides comprehensive statewide and locally-based workforce solutions for job seekers and employers. <https://arizonaatwork.com>

Arizona Smokers Helpline ASHLine

This program is available to help people quit smoking and to get coaching to help them through the process. It also gives information on how to protect people from secondhand smoke. There are several no cost resources available, including Quit Coaching. Call **1-800-QUIT-NOW (1-800-784-8669)** or **1-855-DEJELO-YA (1-855-335-3569)** or visit <https://www.azdhs.gov/ashline/> Tobacco Free Arizona: <https://www.azdhs.gov/ashline/>

Birth to 5 Helpline

Free service available to all Arizona families with young children, as well as parents-to-be, with questions or concerns about their infants, toddlers, and preschoolers. Call Monday through Friday from 8:00 a.m. to 8:00 p.m. **877-705-KIDS** <https://www.swhd.org/programs/health-and-development/birth-to-five-helpline/>

Child Care Resource and Referral

Statewide program that helps families find childcare. Call **1-800-308-9000** or <https://www.azccrr.com>.

Count the Kicks App

A no-cost pregnancy app available to individuals who are in their third trimester of pregnancy. The app helps expectant parents learn about the importance of tracking fetal movements. Tracking these movements, in addition to regular prenatal visits, helps monitor the baby's well-being. You can download the app at <https://countthekicks.org>.

CPLC Parenting Arizona

Offers positive parenting education to all Arizona families by empowering parents with the skills to raise healthy and successful children. More information, call **602-248-0428** or <https://cplc.org>.

Dump the Drugs

Find drop box locations to dispose unused or unwanted prescription drugs. This application

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displays all drop off locations in Arizona and enables the user to enter their address to receive directions to the location closest to them.

General and Public information: **602-542-1025** or <https://azdhs.gov/gis/dump-the-drugs-az>

Family Spirit

For Native American families with children under 3 years old. This is a culturally tailored home visitation program to support young Native parents from pregnancy to 3 years postpartum. Parents gain knowledge and skills to achieve optimum development for their preschool age children.

<https://strongfamiliesaz.com/program/family-spirit-home-visiting-program>

First Things First

Partners with families and communities to help our state's young children be ready for success in kindergarten and beyond.

602-771-5100 or **877-803-7234** or <https://www.firstthingsfirst.org/>

Fussy Baby Program

Fussy Baby program is a component of the Birth to Five Helpline and gives support for parents who are concerned about their baby's temperament or behavior during the first year of life.

877-705-KIDS or <https://www.swhd.org/programs/health-and-development/fussy-baby>

Healthy Families Arizona

A no-cost home visitation program where a community health worker will go to the pregnant member's home to help with any concerns and to give information. The program starts while the member is pregnant and can continue through the time that the baby is 2 years old!

<https://strongfamiliesaz.com/program/healthy-families-arizona>

Hushabye Nursery

Provides short-term medical care to infants with Neonatal Abstinence Syndrome (NAS). Offers non-judgmental support, education and counseling to families and caregivers.

Call **480-628-7500** or online at www.hushabyenursery.org

Jacob's Hope

Jacob's Hope is a clinic for newborns who are suffering with withdrawals from prenatal exposure to drugs. Their medically nurturing facility cares for these infants in a home-like environment until they are ready for discharge.

480-398-7373 or <https://jacobshopeaz.org/>

La Leche League of Arizona

La Leche League gives free support for women who choose to breastfeed through the Valley Help Line and support groups. Call

602-234-1956 or **1-800-525-3243**, or www.llofaz.org

Maricopa County Lead Safe Phoenix Program

This is a no-cost home visitation program that provides community outreach and education to people who live in the city of Phoenix. Home visitors will provide blood lead testing to children under 6 years old, they will check your home for lead, educate you on lead poisoning and refer

you to community resources if needed.

602-525-3162 or <https://www.maricopa.gov/1853/Lead-Poisoning-Prevention>

Nurse-Family Partnership

A no-cost home visitation program that offers help for first-time mothers who are less than 28-weeks pregnant in Maricopa or Pima County. A specially trained nurse will visit you in your home to help you have a healthier pregnancy and can continue to visit until your baby is 2 years old. Call **602-224-1740** or www.nursefamilypartnership.org/locations/Arizona

Parents Partners Plus

A no-cost home visitation program that offers individualized support around every day parenting experiences and family well-being. They help with breastfeeding, fighting postpartum depression, child-rearing or otherwise transitioning into life as a parent, and more. Call **602-633-0732** or <https://parentpartnersplus.com/>

Power Me A2Z

Provides free vitamins from the Arizona Department of Health Services, which is important for women's health. There are no hidden costs.

<https://www.azdhs.gov/powermea2z/>

Raising Special Kids

Raising Special Kids exists to improve the lives of children with the full range of disabilities, from birth to age 26, by providing support, training, information, and individual assistance so families can become effective advocates for their children.

<https://raisingspecialkids.org/>

Phoenix - **602-242-4366** or **1-800-237-3007**

Southern Arizona - Tucson **520-441-4007**

Southern Arizona - Yuma **928-444-8803**

SNAP (Supplemental Nutrition Assistance Program)

This food assistance program provides eligible households with monthly benefits they can use to purchase nutritious foods. They help families meet their fundamental needs by helping to fight food insecurities and allow people to overcome barriers and allowing for self-sufficiency. This program is also known as Food Stamps. Call **1-855-432-7587** or <https://des.az.gov/services/basic-needs/food-assistance>

Strong Families AZ

A network of no-cost home visitation programs that helps families raise healthy children ready to succeed in school and life. The programs focus on pregnant woman and families with children birth to age 5. Visit <https://strongfamiliesaz.com/> or call **602-345-0471** to find programs in your area.

WIC

WIC (Women, Infants, & Children) offers healthy foods for moms and their babies. WIC helps families meet their fundamental needs by helping to fight food insecurities and allow people to overcome barriers and allowing for self-sufficiency. They can also help with breastfeeding. Call **1-800-252-5942** to apply or visit www.azdhs.gov/azwic.

Tips for better sleep

- Reduce noise
- Exercise
- Keep your room dark
- Keep a consistent schedule
- Limit your caffeine intake
- Avoid using electronic devices like smartphones in bed



mercy care

Mercy Care

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Contract services are funded under contract with AHCCCS. This is general health information and should not replace the advice or care you get from your provider. Always ask your provider about your own health care needs.

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Call Mercy Care Member Services. For ACC, DDD and LTC members, call **602-263-3000** or **1-800-624-3879** (TTY **711**) Monday through Friday, 7 a.m. to 6 p.m.

Members with a SMI designation can call Member Services 24 hours a day, 7 days a week at **602-586-1841** or **1-800-564-5465** (TTY 711).

www.MercyCareAZ.org