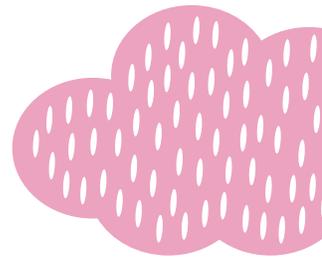


Welcome to

Brighter Beginnings

by CountyCare



Brighter Beginnings is a program to help expectant families and babies stay healthy during pregnancy and after the baby is born. The program guides you through prenatal appointments, and explains how you can make sure your baby has health coverage. Brighter Beginnings also offers many resources and rewards like free car seats and diapers to help keep you and your baby healthy.



A program for expectant families and babies



your pregnancy

Share Your Baby News

You can earn a \$50 reward on your CountyCare Visa Rewards Card for telling us that you are pregnant. It's easy! Complete the Notification of Pregnancy Form on the "Brighter Beginnings" page at countycare.com/members/brighter-beginnings/.

Care Coordination

You can sign up for a Care Coordinator who will work with you throughout your pregnancy. To learn more or to sign up, please call 312-864-8200 and ask to speak with a Care Coordinator. You can also fill out the online Referral to Care Coordination form online at www.countycare.com/members/member-resources/ in the Policies, Procedures & Forms section. A Care Coordinator will contact you directly. You may opt out of the Care Coordination program at any time by calling your Care Coordinator or Member Services at 312-864-8200.

Get nutritional support during your pregnancy

Focusing on your nutrition during pregnancy is vital, not only for you, but for your baby too. All CountyCare members can meet with a nutrition coach over the phone to help guide them through a healthy pregnancy. Dietician visits are no-cost to members with eligible diagnosed chronic conditions. You can earn \$50 in Instacart credits after you complete your first visit by telehealth (using your phone or computer). Learn more by visiting Foodsmart.com/members/countycare.

Earn Rewards for Seeing Your Prenatal Provider

You can earn cash credit on your CountyCare Visa Rewards Card for going to your prenatal visits. You will receive a Rewards Card in the mail and \$50 will be added to the card for visits in the first trimester and \$10 will be added for visits after the first trimester (up to 14 visits).

CountyCare will add \$50 when you see your provider for a checkup one to 12 weeks after your baby's birth. Rewards are added to your card when we receive information from your doctor's office. Your doctor has 180 days to send us that information. You can spend the money on what you need, such as groceries, transportation, utilities, and more, at most places that accept Visa. You will have six months to use your rewards from the date they are added to your card.

Doulas

CountyCare covers services that support you during pregnancy and after your baby is born at no extra cost to you. A doula is a trained support person who can support you during pregnancy, birth, and after your baby arrives. A doula does not replace the care you receive from your other prenatal care providers (doctors, midwives, nurses).

A doula can help you by:

- Talking with you about your birth plan and answering questions
- Being by your side during labor and delivery for comfort and encouragement
- Visiting you after birth to help with recovery and caring for your baby
- Joining you for your follow-up appointment after delivery
- Connecting you to community resources and services if you need extra help

For help finding a doula, please call 312-864-8200 and ask to speak with a Care Coordinator.

Call us at 312-864-8200



Rewards

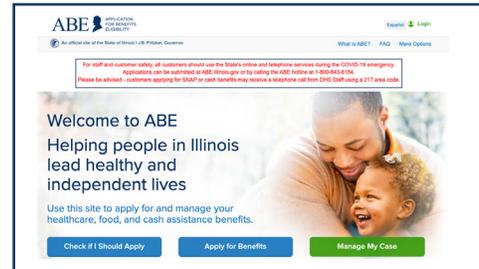
CountyCare offers additional free benefits to support a healthy lifestyle. Visit countycare.com/rewards for a full list of rewards or call Member Services at 312-864-8200 (711 TTY/TDD) if you have any questions.



your baby

Add Your Baby to Your Coverage

One of the most important things you can do is to make sure your baby has health coverage. In the week after your baby is born, call DHS at 1-800-843-6154 or log on to the Application for Benefits Eligibility (ABE) System at www.abe.illinois.gov. After you log on to ABE, go to Manage My Case to add your baby and choose to stay with CountyCare. You will receive a notification in the mail when your baby has been added. If you need assistance with this, please call us: 312-864-8200, option



Request a Free Portable Crib and Sleep Safe Kit

If you are pregnant, you can get a free Sleep Safe Kit delivered to your home when you call Member Services. Call us at 312-864-8200 at any time during your pregnancy to request a Sleep Safe Kit. The kit includes a portable crib with fitted sheet, sleep sack, baby book, and pacifier.

Check Your Blood Pressure at Home

CountyCare covers an automatic blood pressure monitor so you can check your own blood pressure. High blood pressure can cause problems for you and your baby during and after pregnancy. If you are pregnant, you can request one from your prenatal provider and have it delivered to your home.

Talk to Your Provider About a Breast Pump

CountyCare covers one double electric breast pump per year. When your baby is born, your provider can order the pump from several companies. You can pick it up or have it delivered to your home.

Breastfeeding Support

Lactation (breastfeeding) support is available from experts in infant feeding, such as a certified lactation counselor or consultant. These providers often meet you at the hospital, in your home, or at the clinic to provide personalized support at no cost to you.

Lactation consultants can help by:

- Supporting families with breastfeeding, latching, milk supply, and pumping
- Supporting families who use formula, bottles, or a mix of feeding methods
- Making feeding your baby easier and more comfortable, no matter how you choose to feed

For help finding a lactation consultant, please call 312-864-8200 and ask to speak with a Care Coordinator.



Baby's Doctor Visits and Immunizations

Your baby will receive their own CountyCare Rewards Card.

Your baby will earn a \$50 reward when you bring them in for a checkup within one month of their birth and a \$10 reward for each of their next 5 visits. Your baby will earn a \$10 reward for each of the immunizations they receive until the age of 2. Members ages 6 to 24 months can also earn an additional \$75 and members 2 years and older can earn a \$10 reward for getting the flu shot from their PCP, pediatrician or an in-network pharmacy.

When you take your baby to these appointments, CountyCare will automatically put money on your child's Visa Rewards Card. You can spend the money on what you need, such as groceries, transportation, utilities, and more, at most places that accept Visa. You will have six months from the date they are added to your baby's card to use the rewards.

Look for Your Free Diaper Coupons

All families with a baby under 2 years old who are up to date with the baby's immunizations will receive a monthly \$10 digital coupon for diapers that is redeemable at major retailers.

Get a Free Car Seat

You will need a car seat in your car to bring your baby home. CountyCare provides free car seats to parents with children up to 8 years old. Call us at any time to request a car seat at 312-864-8200 and you will receive your car seat in the mail.



If you use this program for rent or utilities, Housing and Urban Development (HUD) requires it to be reported as income if you seek assistance. Contact your local HUD office if you have questions.



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CountyCare complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATTENTION: If you speak ENGLISH, language assistance services, free of charge, are available to you. Call 312-864-8200 / 855-444-1661 (toll-free) / 711 (TTY). ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 312-864-8200 / 855-444-1661 / 711 (TTY). UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 312-864-8200 / 855-444-1661 / 711 (TTY). 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 312-864-8200 / 855-444-1661 / 711. This document is also available in other languages. Please contact us at 312-864-8200 to request this document in another language.