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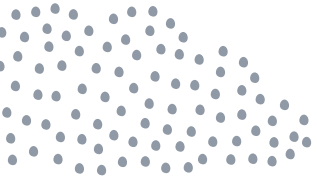
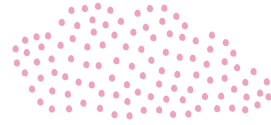
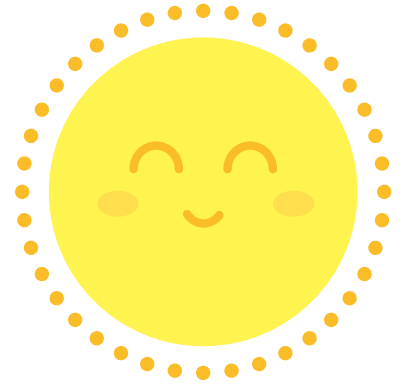


# Brighter Beginnings

*by CountyCare*



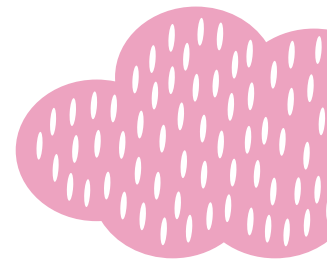
CountyCare complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATTENTION: If you speak ENGLISH, language assistance services, free of charge, are available to you. Call 312-864-8200 / 855-444-1661 (toll-free) / 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.



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.



**A program for expectant families and babies**



# your pregnancy

Welcome to Brighter Beginnings!  
We are here to help support you  
through your pregnancy.

We offer resources and rewards  
to help keep you and your  
baby healthy.

## Earn Rewards for Seeing Your Prenatal Provider

You can earn \$10 on a CountyCare Rewards Card for going to your prenatal visits. You will receive a Rewards Card in the mail and \$10 will be credited to the card after each prenatal visit (up to 14 visits). You will also receive \$25 when you see your provider for a checkup 3-8 weeks after your baby's birth. The card can be used for home and health items from stores like Walgreens, CVS (not at Target stores), Dollar General and Walmart. You will have six months to use your rewards from the date they are added to your card.

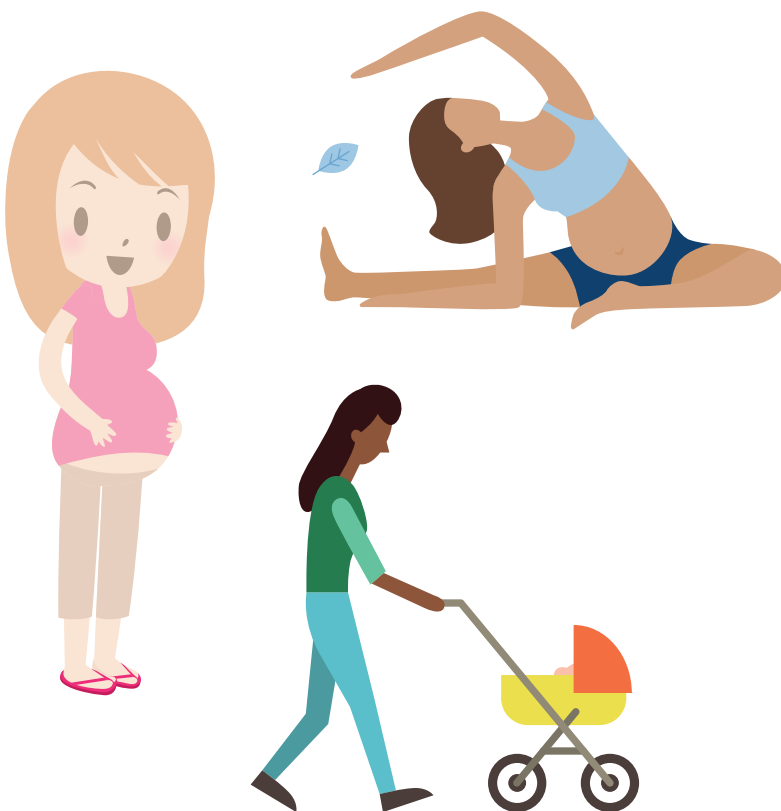
## Request a Free Portable Crib and Sleep Safe Kit

If you see your prenatal provider for at least 7 prenatal visits and sign and return the waiver form we send to you, you can get a free Sleep Safe Kit delivered to your home after giving birth. 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.

**Call Us at 312-864-8200**



## Rewards

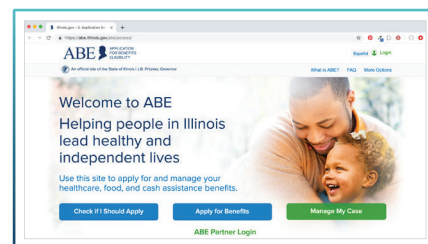
CountyCare offers additional free benefits to support a healthy lifestyle. Visit [www.countycare.com/rewardsprogram](http://www.countycare.com/rewardsprogram) for a full list of rewards or call Member Services at 312-864-8200 (711 TTY/TDD) if you have any questions.



# 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](http://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.



## Talk to Your Provider About a Breast Pump

CountyCare covers double electric breast pumps. 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.

## Look for Your Free Diaper Coupons in the Mail

All families with a baby under 2 years old will receive a coupon in the mail once a month for a free pack of diapers. CountyCare will automatically mail the coupon when your baby's shots are up to date.

## 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 our expectant parents. Call us at any time to request a car seat at 312-864-8200 and you will receive your car seat in the mail.

## Baby's Doctor Visits and Immunizations

You will continue to receive credit on your CountyCare Rewards Card for services your baby receives.

Earn a \$50 reward when you bring your baby in for a checkup within one month of your baby's birth. Earn \$10 for the next five visits.

Earn a \$10 reward for each of the first 10 immunizations your baby receives.

When you go to your baby's appointments, CountyCare will automatically put money on your Rewards Card. You can spend the cash on your Rewards Card at Walmart, Dollar General, Walgreens and CVS (not at Target stores). You will have six months to use your rewards from the date they are added to your card.

