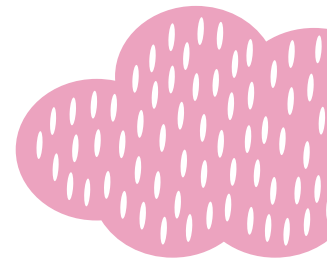


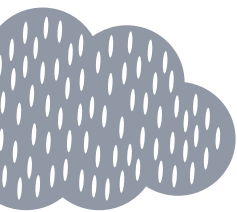
Welcome to

# 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.

## 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/](http://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/](http://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. Visits are no-cost and you can earn \$50 in grocery money after you complete your first visit over the phone. Learn more by visiting [Foodsmart.com/members/countycare](http://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. 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.

## Request a Free Portable Crib and Sleep Safe Kit

If you see your prenatal provider for at least four prenatal visits, you can get a free Sleep Safe Kit delivered to your home. 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.

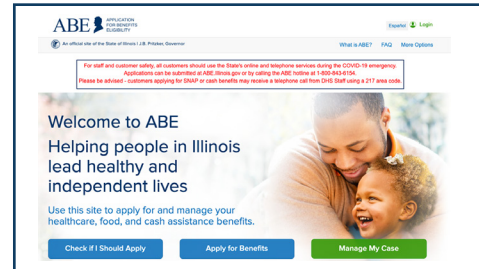


# your baby

## 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**. 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 at 312-864-8200, option 1.



## 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.

## 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 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.

## 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 first 10 immunizations they receive. Members ages 6 to 24 months can also earn an additional \$75 and members 2 years and older can earn a \$25 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.





HealthChoice  
Illinois  
Illinois Department of  
Healthcare and Family Services

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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.