

Meridian Maternity Benefits



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Meridian Maternity Benefits

Meridian wants to make sure that all birthing parents have access to high-quality care and resources for healthy and safe pregnancies and deliveries. In this booklet, you will find a list of benefits and services that can help you and your baby before, during, and after birth.



For questions about these benefits, please call Member Services at **1-888-437-0606** (TTY: **711**).



Prenatal Services and Postpartum Services

Meridian covers these services before your delivery (called *prenatal*) and after your delivery (called *postpartum*). These services may include:

- Prenatal and postpartum care with an OB/GYN, other prenatal care practitioner, or primary care provider (PCP).
- Pregnancy testing.
- Prenatal vitamins.
- Testing and treatment of sexually transmitted infections (STIs).
- Birthing and parenting classes.
- Doula services.
- Depression screening and treatment.
- Flu, Tdap, and COVID vaccines.
- Step B testing prior to delivery.
- Delivery care.
- Midwifery services in a healthcare setting.
- Lactation consultants.



Vaccines During Pregnancy

During pregnancy, it is important to protect yourself from viruses that can harm you or your baby's health. One way to protect yourself from viruses is through vaccines (shots). In most cases, vaccines are very safe for you and your baby. In fact, vaccines during pregnancy can help protect your baby's health from serious disease while you are still pregnant and after your child is born. Healthcare providers recommend that all pregnant individuals get two vaccines during pregnancy.

- **Flu Vaccine:** The flu (influenza) virus can cause serious health concerns during pregnancy. Getting the flu vaccine during pregnancy is the best way to protect yourself and your baby from this virus before and after birth.
- **Tdap Vaccine:** Pregnant individuals should get the Tdap vaccine between 27 and 36 weeks of pregnancy. The Tdap vaccine protects you and your baby from whooping cough.

Vaccines are overwhelmingly safe for most people. Talk to your healthcare provider if you have any questions or concerns about allergies to vaccine ingredients.



Important Screenings During Pregnancy

Another way you can stay healthy during pregnancy is by doing certain health screenings. Here are some recommended screenings and when you should have them:

First or Second Trimester

- **Sexually transmitted infections (STIs):**

A STI screening is important for all pregnant individuals, even if you have a history of negative tests. STI screenings early in pregnancy can prevent you and your baby from having serious health complications. These include brain damage, eye infections, and pneumonia. All pregnant individuals should be tested for HIV, syphilis, gonorrhea, and chlamydia in the first trimester.

- **Hepatitis B:**

Pregnant individuals should also be tested for hepatitis B (HBV). Pregnant individuals who test positive can pass the infection to their baby at birth. Hepatitis B can cause serious health conditions for your newborn, including chronic liver disease later in life. If you test positive for hepatitis B, your healthcare provider can give hepatitis B vaccines to your baby right after delivery to help prevent them from becoming infected.

Third Trimester

- **Strep B:**

At 36 and 37 gestational weeks, all pregnant individuals should get a group B strep (GBS) test. If you test positive for strep B, that does not mean you are sick. Testing positive means that you are positive for the strep B bacteria and could pass the bacteria to your baby during delivery. If you test positive, your provider will give you antibiotics during labor to protect your baby.

- **Retesting of STIs and hepatitis B:**

Even if your tests came back negative earlier in pregnancy, it is important to test again for STIs and hepatitis B in your third trimester.



Doula

Doulas are trained birth workers that give emotional and physical support to pregnant and postpartum individuals and their families. Having a doula during pregnancy has been shown to improve the health of birthing parents and their babies.

Doulas must be certified and registered with the State of Michigan. Meridian covers six doula visits, with more available if needed. A doula can:

- Attend prenatal visits with you and help you talk to your provider, when needed.
- Help you get the support and resources you need.
- Help you create a birth plan and get ready for your baby.
- Provide prenatal, childbirth, and postpartum education to you and your family.
- Support your cultural traditions and preferences during pregnancy, delivery, and after your baby is born.
- Stay with you during labor and delivery.
- Offer ways to help ease your labor pain and keep you calm.



Mae

Mae is a digital platform that is offered to Meridian members at no cost during pregnancy and for up to one year postpartum. Mae can connect you to a doula that matches your cultural preferences.

Mae can also:

- ✓ Provide weekly health tracking, plus lifestyle and care tips.
- ✓ Give you access to online educational materials and classes.
- ✓ Send you appointment reminders.
- ✓ To learn more about Mae, visit meetmae.com or scan the QR code below with your smartphone or tablet.



Mae.





Dental

You may be more likely to get gum disease and cavities during pregnancy, which can also affect your baby's health. That's why Meridian offers dental benefits to all members.

In addition to brushing and flossing twice a day, all birthing parents should have at least one dental visit during their pregnancy. Going to the dentist during pregnancy is safe for you and your baby.



If you need help finding a dentist in your area, call Delta Dental at **1-866-696-7441** (TTY: **711**).



Maternal Infant Health Program (MIHP)

The Maternal Infant Health Program (MIHP) is a home visit program for birthing parents and infants. During these visits, someone will help with:

- Breastfeeding.
- Vaccines (shots).
- Measuring your baby's health and how they will grow.
- Food and eating.
- Positive parenting.
- Pregnancy, labor, and delivery.
- Getting a car seat for your baby.
- Social support.
- Women, Infants, and Children (WIC) and other state benefits.



Smart Start for Your Baby[®]

Smart Start for Your Baby is Meridian's maternity care management program. It offers education, resources, and care coordination services to help birthing parents get needed care and services. Members work directly with a Meridian Care Manager.



Obesity in Pregnancy

Birthing parents with a body mass index (BMI) of 30 or greater have an increased risk of health problems during pregnancy. These risks include:

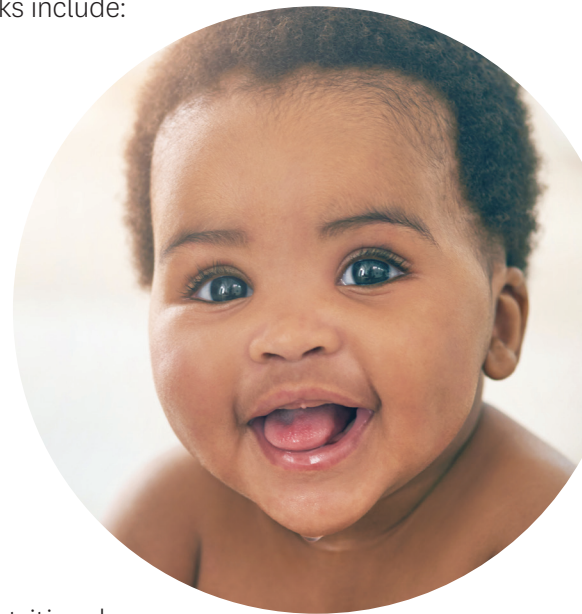
- High blood pressure during pregnancy.
- Preeclampsie (see page 8).
- High blood sugar during pregnancy (called *gestational diabetes*).
- *Obstructive sleep apnea* (OSA), a condition in which you stop breathing during sleep. This can lead to health issues for both you and your baby.

Birthing parents with high BMI can still have healthy pregnancies. However, you should go to all of your prenatal care visits to watch for health problems.

Birthing parents should also pay close attention to diet and exercise throughout their pregnancy.

Nutritional counseling is a covered benefit. You can get six nutritional counseling visits per year. Call Meridian Member Services at **1-888-437-0606** (TTY: **711**) to learn more.

If you have high blood pressure or gestational diabetes, you may be able to get more help to monitor your condition. See the section titled "Durable Medical Equipment (DME)" on page 14 for more information.





Meridian’s Cribs and Car Seats Program

If you are pregnant, you may be eligible for Meridian’s Cribs and Car Seats Program. All Meridian members who are pregnant or had a baby as of March 1, 2024, or later are eligible for a free convertible car seat and pack n’ play. The pack n’ play can be used as a crib and includes a bassinet for safe sleep.



To get your free crib and car seat, you or your provider must fill out the Meridian Notification of Pregnancy form. For help completing your form, call Meridian Member Services at **1-888-437-0606** (TTY: **711**).

Pregnant members must be in their third trimester before the crib and car seat can be ordered. These items will either be shipped to your home or dropped off by one of Meridian’s community health workers. For questions about how to get your baby items, call Member Services at **1-888-437-0606** (TTY: **711**).



Preeclampsia

Preeclampsia is a serious health condition that you can get during pregnancy. It happens when a pregnant individual suddenly develops high blood pressure. Talk to your provider if you have a family history of high blood pressure, diabetes, kidney disease, or preeclampsia.

Symptoms of preeclampsia may include:

- Severe headaches.
- Swelling in face, hands, or feet.
- Trouble breathing.
- Changes in vision.
- Sudden weight gain.
- Pain just below the ribs.
- Nausea or vomiting.

If you notice any of these symptoms, call your healthcare provider right away to start a treatment plan. If you do not have a provider, call Member Services **1-888-437-0606** (TTY: **711**). We can help you find a prenatal care provider.

If you have any of the symptoms below, please go to a local emergency room (ER) right away:

- Symptoms of a seizure.
- Blurry vision.
- Dark spots in vision that will not go away.
- Shortness of breath.
- Severe headache that will not go away.
- Sharp pain in abdomen.



Preeclampsia can lead to preterm delivery, meaning you deliver earlier than your due date. Preeclampsia may also damage your kidneys, liver, lungs, heart, and eyes, and can cause a stroke or other brain injury.



Urgent Maternal Warning Signs

In addition to preeclampsia, you may have other symptoms during pregnancy or postpartum that are very serious and need medical attention right away. **Call your healthcare provider right away if you have:**

- A headache that won't go away or gets worse over time.
- Dizziness or fainting.
- Thoughts about hurting yourself or your baby.
- Changes in your vision.
- Very high fever.
- Trouble breathing.
- Chest pain or racing heart.
- Severe belly pain that won't go away.
- Severe nausea and throwing up (not morning sickness).
- Vaginal bleeding or fluid leaking during pregnancy.
- Swelling, redness, or pain in your legs.
- Baby movements stopping or slowing.
- Bad swelling in your hands or face.
- Overwhelming tiredness.



If you have any of these symptoms and cannot get in touch with your provider, go to an urgent care clinic or the ER right away. These symptoms may be serious for you and your baby's health. Remember to tell healthcare staff that you are pregnant or have been pregnant in the past year.



Not sure what you should do? Call Meridian's Nurse Advice Line at **1-888-437-0606** (TTY: **711**). You can speak to a trained nurse who can tell you if you should try treating your symptoms at home, if you should wait to see your regular provider, or if you should go to an urgent care clinic or ER.



Mental Health Benefits

Pregnancy is an exciting time, but it can also be hard on your mental and emotional health. If you're feeling overwhelmed, talking to a mental health provider can help.

Many people feel sad, tired, and worried after having a baby. This is called "baby blues" and usually goes away within a few weeks. However, if these feelings linger, it could be *postpartum depression*.



Postpartum depression is more than just baby blues. Symptoms of postpartum depression may include crying more often than usual, feeling angry, or feeling distant from your baby. Other symptoms may include doubting your ability to care for the baby.



Postpartum depression is a serious but treatable condition. Remember: It's never a sign of weakness to ask for help. Talk to your provider if you feel that you may be struggling with postpartum depression.



Non-birthing partners can also get baby blues and postpartum depression. Some studies have shown that **one in 10** non-birthing parents get postpartum depression and nearly **one in five** have serious anxiety. Talk to your provider if you are worried about your partner's postpartum mental health.

The **National Maternal Mental Health Hotline** is a free, confidential hotline for pregnant and postpartum individuals. You can speak to someone 24/7 who can connect you or your partner to local support groups or organizations. Just call or text **1-833-TLC-MAMA**. Help is available in English or Spanish.



If you need help finding a mental health provider, call Meridian Member Services at **1-888-437-0606** (TTY: **711**).

In crises, you can:



Call **911**.



Call or text the Suicide & Crisis Lifeline at **988**.



Chat online at **988lifeline.org**.



MC3 Perinatal Patient Care

If you live in Wayne, Oakland, Macomb, Genesee, Ingham, or Washtenaw counties, you may be able to get mental health services at no cost. Pregnant individuals or those who recently gave birth can get help through the Michigan Clinical Consultation & Care (MC3) program, regardless of income or insurance status.

- 1 It's easy to sign up. Just visit mc3michigan.org/peripatient to learn more about the program.
- 2 Then, click the button that says, "Get help now — it's free!" You will have to answer a few questions and provide your contact information.
- 3 A mental health professional will then contact you within 24 hours. They will talk to you about your needs and start making a support plan. This may include short-term therapy, longer-term therapy, support groups, or connections to community resources.

You can also get a Parent Toolkit that covers a variety of topics.

Visit MC3Michigan.org/parent-toolkit to download a copy. The toolkit has information on mindfulness, managing stress, communication skills, and more.

Domestic Violence

If you or someone you love is a victim of domestic abuse or violence, call one of the hotlines below. Both are free, confidential, and can be used 24/7.

National Domestic Violence Hotline:

Call **1-800-799-SAFE (1-800-799-7233)** or text **START** to **88788**. You can also chat online at thehotline.org.

Michigan's Domestic Violence Hotline:

Call **1-866-VOICEDV (1-866-864-2338)**, text **1-877-861-0222** or chat at mcedsv.org/hotline-domestic-violence/hotline-chat.



Alcohol and Substance Use

Alcohol and substance use during pregnancy can be dangerous for both the birthing parent and their baby. Alcohol and drug use can cause birth defects, low birth weight, and developmental delays.



If you need help managing alcohol or substance use, call Meridian Member Services at **1-888-437-0606** (TTY: **711**) to learn about free treatment. You can also call the SAMHSA National Helpline 24/7 for free, confidential services at **1-800-662-HELP (4357)**.



Quitting Tobacco

Smoking isn't good for your health at any time. But using tobacco during pregnancy can cause health risks for you and your baby. Try to avoid all tobacco when you're pregnant, including cigarettes, e-cigarettes, vape pens, and chewing tobacco.



If you're interested in quitting tobacco, Meridian has a free program to help. Just call Member Services at **1-888-437-0606** (TTY: **711**).



Community Health Workers

Meridian has a team of community health workers (CHWs) to help you find housing, food, jobs, rides to appointments, and more. A CHW can visit you to talk about your needs and to help you find resources right in your community. Call Member Services at **1-888-437-0606** (TTY: **711**) to ask for a CHW.



Group Prenatal Care

Group prenatal care is a program that brings together eight to 10 pregnant people with similar due dates in a comfortable setting for education and bonding. Group sessions are run by a healthcare provider. Each session covers different topics while also creating a support group for individuals. Group prenatal care is covered by Meridian and has been shown to improve the health of birthing parents and their babies.

Here are some group prenatal care locations in Michigan:

Central Michigan University OB/GYN

1000 Houghton Ave.,
Saginaw, MI 48602
Phone: 1-989-746-7500

Henry Ford Health System

3031 W. Grand Blvd.,
Detroit, MI 48202
Phone: 1-313-916-8999

Spectrum Health

100 Michigan St. NE,
Grand Rapids, MI 49503
Phone: 1-616-391-2160

Hackley Community Care Center

2700 Baker St.,
Muskegon Heights, MI 49444
Phone: 1-231-737-1335





Transportation

Meridian offers **free** rides to and from the following:

- Dental appointments.
- Medical appointments.
- Outpatient behavioral health.
- Pharmacy visits.
- Women, Infants, and Children (WIC) and Maternal Infant Health Program (MIHP) appointments.



You can also get cab rides, bus tickets, or gas mileage reimbursement. This means we will pay you back for any gas you use in your own car. To schedule a ride or ask for gas mileage reimbursement, call **1-800-821-9369** (TTY: **711**). Rides must be scheduled at least three days before your appointment.



Durable Medical Equipment (DME)

Meridian covers durable medical equipment (DME) that is medically necessary. All you need is a prescription from your provider.

Having high blood pressure during pregnancy can cause health problems for you and your baby. If you have high blood pressure, you can get a blood pressure cuff to track your blood pressure at home.



Likewise, gestational diabetes can cause pregnancy complications. If you have diabetes or gestational diabetes, it is important to check your blood sugar regularly. You can get a device called a *glucometer* to check your blood sugar levels at home. Members who use insulin and meet state criteria may also be able to get a continuous glucose monitor. Just have your provider call in a prescription. We will provide one at no cost.



Breastfeeding

There are many things to consider when deciding whether to feed your baby breast milk or formula. Both breast milk and formula will provide your baby with the necessary nutrients to grow. How you choose to feed your baby is your choice. If you choose to breastfeed, then you should know that breast milk has all the nutrients your newborn baby needs. Breastfeeding has other benefits too.

Studies have shown that breast milk can help protect your baby against:

- Allergies.
- Earaches
- Colds, coughs, and wheezing.
- Diarrhea.
- Becoming overweight.
- Diabetes.
- Asthma.
- Some cancers, like childhood leukemia.

Babies aren't the only ones who can benefit from breastfeeding. Studies have shown that breastfeeding can be good for you as well. That's because it can:

- Help you recover from childbirth.
- Create a special bond between you and your baby.
- Lower your chance of getting breast cancer, ovarian cancer, diabetes, and high blood pressure
- Help you get back to your pre-pregnancy weight, because your body uses a lot of energy to produce breast milk.



Lactation education is a covered benefit if you choose to breastfeed. If you have difficulty breastfeeding your baby or have questions, a lactation consultant can help. Lactation consultants are located at the hospital.



Be sure to ask for a lactation consultation after your baby is born but before you leave the hospital. Your local Women, Infants, and Children (WIC) office also has lactation consultants. To find your local WIC office and enroll, call **1-800-942-1636**.



If you are planning to breastfeed, Meridian will also provide a free electric breast pump every five years and one manual breast pump for each birth. Work with your prenatal provider to get a prescription for a breast pump.



You may use an in-network DME provider of your choice or Meridian has partnered with Byram for breast pumps. If you are having trouble getting a breast pump, reach out to Meridian for help. Breast pumps will be sent out two weeks before your baby is due.



Breastfeeding (continued)

There are also a variety of virtual and in-person resources to help if you are struggling with breastfeeding or need help finding a lactation consultant:

WIC Breastfeeding Warmline:

Available to all pregnant and breastfeeding individuals seven days a week, from 8 a.m. to 8 p.m. You do not need to be enrolled in WIC to use the warmline. Call or text **1-833-649-4223**.

Black Mothers Breastfeeding Association (BMBFA):

Offers breastfeeding education and support to pregnant and breastfeeding individuals in Detroit. Call **1-517-285-9718** or visit **blackmothersbreastfeeding.org** to learn about BMBFA's monthly virtual and in-person breastfeeding support group meetings.

La Leche League of Michigan:

Offers online breastfeeding education classes and local support groups. Visit **lalecheleagueofmichigan.org**.

Southeast Michigan IBCLC's of Color:

Provides breastfeeding education and support to all families. Visit **semiibclcofcolor.org**.

Michigan Breastfeeding Network:

Provides statewide breastfeeding support and resources. Visit **mibreastfeeding.org/coalition** or call **1-734-365-6559** to find a breastfeeding coalition near you.

Human Milk Banks (HMB) & Milk Sharing:

HMBs collect breast milk from mothers who have more than their babies need, screens and pasteurizes it, and then gives breastmilk to premature and fragile infants in need. Contact Bronson Mother's Milk Bank in Kalamazoo (**1-269-341-6146**) or Milk Bank Jackson in Jackson (**1-517-205-MILK**) to learn how to donate or receive breastmilk. The Southeast Michigan IBCLC of Color also has breastmilk sharing resources for individuals in need. Visit **semiibclcofcolor.org**.



My Health Pays[®] Rewards

You can earn My Health Pays[®] rewards when you go to your prenatal and postpartum care visits.

- 1 First prenatal visit:** To get this reward, you must tell Meridian about your pregnancy by completing and submitting a Notification of Pregnancy (NOP) form and by completing your first prenatal visit.
- 2 Postpartum visit:** To earn this reward, you must complete a postpartum visit between seven and 84 days after delivery.

Infants enrolled with Meridian can earn My Health Pays[®] rewards by completing the following healthy activities:

- 1 Well-child visits:** To earn this reward, your child must complete six well-child visits during the first 15 months of life.
- 2 Childhood immunizations:** To earn this reward, your child must complete the following immunizations before age 2:
 - Four diphtheria, tetanus, and acellular pertussis (DTap).
 - Three inactivated polio vaccine (IPV).
 - One measles, mumps, and rubella (MMR).
 - Three influenza type B (HiB).
 - One varicella (VZV).
 - Four pneumococcal conjugate vaccine (PCV).
 - Two or three rotavirus (RV).
 - One hepatitis A (Hep A).
- 3 Lead screening:** To earn this reward, your child must have one lead screening completed before age 2.



Visit mimeridian.com for reward amounts and other details.



Birth Control After Pregnancy

Giving your body time in between pregnancies, ideally 18-24 months, helps your body heal and reduces the risk of future pregnancy complications. Meridian covers the following birth control options:

- Intrauterine devices (IUDs).
- Depo-Provera[®] shot.
- Arm implants.
- Birth control pills.
- Birth control patch.
- Tubal ligations.

Condoms are also covered with a prescription from your provider. Talk with your provider about which birth control method is best for you and your family.



Coverage After Pregnancy

Members are covered for 12 months after delivery. However, eligibility through the state may vary. If you have questions about your eligibility for Medicaid benefits, please call your local Department of Health and Human Services (DHS). If you get any eligibility paperwork from DHS, be sure to complete it as soon as possible. Otherwise, you could have gaps in health coverage.



For questions about Medicaid, please call the State of Michigan's Beneficiary Help Line at **1-800-642-3195**.



Newborn Coverage and Enrollment

After your delivery, your newborn will need to join a health plan. Call your local DHS office to enroll your newborn in a health plan. If your newborn needs healthcare services before they are enrolled, an authorization will be processed under a temporary account until your newborn gets a permanent Medicaid ID number.





Women, Infants, and Children (WIC)

Women, Infants, and Children (WIC) is a program that provides healthy food for pregnant and postpartum individuals, infants, and children. WIC benefits can be used at approved grocery stores and pharmacies for approved food items and formula for infants. In addition to food, WIC also provides nutrition education, breastfeeding support, and referrals to community resources. Call **1-800-942-1636** to enroll.

If you have questions about benefits or resources, visit **mimeridian.com**. You can check the member portal, view a copy of the member handbook, and more.



If you would like more information about your Meridian coverage and benefits, help finding a provider, or if you need a ride to an appointment, call Member Services at **1-888-437-0606** (TTY: **711**).



Additional Benefits and Resources:



If you cannot reach your provider, call Meridian's 24-Hour Nurse Advice Line for health-related questions. Call **1-888-437-0606** (TTY: **711**) and select the "Nurse Advice Line" prompt.



For food assistance, contact MI Bridges at **Michigan.gov/mibridges**.



If you need help with food, housing, or paying bills, call United Way by dialing **211** or visit **mi211.org**.



If you are facing hardships, contact Helping Hand at **michigan.gov/helpinghand**.



Text "Food" to **304-304** for nearby "Meet Up and Eat Up!" locations to feed children ages 18 and under during long school vacations.



Planned Parenthood has services for pregnancy, health, birth control information, and more. For more information or to find a local Planned Parenthood center call **1-800-230-PLAN** or visit **plannedparenthood.org**.



