



Inside this Issue:

- Healthy Pregnancy
- Health Plan Changes for Medical Continuity
- Prenatal & Postpartum Care
- HIV/AIDS Testing
- Lead Exposure in Pregnancy
- Signs of Labor
- Elective Deliveries
- Ways to Lower Risks During Birth
- Low/Very Low Birth Weight
- Postpartum & Perinatal Depression
- Breastfeeding
- Safe Sleep for Baby
- Time Between Pregnancies
- Family Planning
- Lead Poisoning – Is Your Child at Risk?
- Fight the Flu
- Don't Wait, Vaccinate
- Women's Preventive Care
- Community Resources for Families

Your Source for Healthy Pregnancy and Delivery

Welcome to the 2023 Maternal Child Health (MCH) Newsletter. This newsletter is for pregnant and postpartum members under **Care1st Health Plan Arizona.**

At **Care1st**, we understand how important your health care is to you and your family. We hope that you find the information included in this newsletter to be helpful. Be sure to check out the benefits and resources available to you.

We want to thank you for being a member of **Care1st.**

Healthy Pregnancy

Timely prenatal care helps decrease risks and increases the chance of a healthy baby. Regular visits help your doctor watch your pregnancy and help find problems before they become serious.

Eating Well During Pregnancy

Eating well is one of the best things you can do for yourself and your baby. Good nutrition helps your body be strong enough to manage all the changes and stressors that occurs during pregnancy. The goal is to balance getting enough to eat to support the growth of your baby and keep you at a healthy weight. Please discuss the best plan for you with your doctor.

Some healthy habits before and during your pregnancy:

- ▶ Avoid smoking, drinking and taking drugs. If you need help quitting, talk to your doctor
- ▶ Take prenatal vitamins
- ▶ Talk to your doctor about your medical conditions and all the medicines you take
- ▶ Avoid all contact with toxic chemicals at home or work
- ▶ Do not touch or change the cat litter box as it may carry a toxoplasmosis.
- ▶ Strive for a healthy weight and adopt a healthy diet as directed by your doctor
- ▶ Take care of your mental health
- ▶ Seek help if you are experiencing domestic violence. Our customer service team is available to support by calling **1-866-560-4042 (TTY/TDD: 711)**
- ▶ Get up to date on vaccines
- ▶ Schedule regular appointments:
 - ◆ Every month in the first 6 months of pregnancy
 - ◆ Every two weeks in the 7th and 8th months of pregnancy
 - ◆ Every week during your 9th month of pregnancy



***Source: ACOG Nutrition during pregnancy [Nutrition During Pregnancy | ACOG](#)*

Health Plan Changes for Medical Continuity

You have the freedom of choice and may be able to change your Health Plan for medical health reasons or continuity of care. If our doctors cannot give you the care you need we will review your request. We will tell you if you can change your plan. Care1st will also check to see if your concern is due to a quality of care or delivery of care issue. We will work to address your concerns. If you enroll with Care1st during your third trimester, you are able to continue using your OBGYN provider regardless of whether they are in-network status with Care1st as long as they are registered with AHCCCS.

Please call Member Services at **1-866-560-4042 (TTY/TDD: 711)** if you need to change your health plan for any of the above reasons. Ask to speak to Appeals and Grievance Department.

Or you may write to us at:

Care1st Health Plan Arizona

Attn: Appeals & Grievances Department
1850 W. Rio Salado Parkway, Suite 211
Tempe, Az 85281-5713

Prenatal and Postpartum Care

Prenatal care is the care you receive while pregnant. The earlier prenatal care begins, the better chances are for a healthy pregnancy and healthy baby. It is important to call your doctor to set up an appointment as soon as you think you might be pregnant. Both prenatal and post-partum care are covered services at no cost to you.

At these appointments you may have a complete physical exam, and a pelvic exam. If you have never had a [pelvic exam](#), please ask your doctor to explain it to you. You also may have a urine test and some blood tests to see if the pregnancy is high risk for complications or early labor. You may be tested for certain sexually transmitted infections (STIs).

As the pregnancy continues, you will be asked to visit the doctor more often. During these visits you can ask any questions, express concerns and ask for help. Ultrasounds and pelvic exams are not needed at each visit unless you are having problems or have reached a milestone in the pregnancy. During this time, your OBGYN will act as your primary care doctor as well.

Pregnancies are measured by weeks. The American College of Obstetricians and Gynecologists (ACOG) divides pregnancy into four trimesters. They are as follows:

- ▶ First trimester: first 13 weeks
- ▶ Second trimester: 14 weeks to 27 weeks
- ▶ Third trimester: 28 weeks till delivery
- ▶ Fourth trimester: 12 weeks after delivery

Postpartum care is very important for all deliveries, including miscarriage and stillbirth. Postpartum care, also referred to as the fourth trimester, lasts 12 weeks after birth. During this time, your body goes through many changes. Postpartum care includes doctor visits, rest, eating well, and vaginal care.

ACOG suggests contact with your provider within 3 weeks of delivery and no later than 12 weeks after. Write this date on your calendar to remind yourself of this most needed visit. Your doctor will check to see how you are doing after giving birth. They will make sure all issues during pregnancy have been fixed, avoid postpartum



pre-eclampsia, test for postpartum depression, and other things that can happen after delivery. This is a good time to share any problems or concerns you may be having. You will also get a blood sugar test if you had diabetes while you were pregnant.

If you did not have a Pap smear during your pregnancy or if you need a repeat Pap smear, make sure your doctor is aware of this need. Your doctor will also review birth control options with you at this appointment as there are many dangers in becoming pregnant within 12 months of delivery.

WHEN TO CALL THE DOCTOR?

- ▶ You are so tired that you can't take care of yourself or your baby
- ▶ You have a temperature higher than 101.4
- ▶ Severe cramping that does not go away with pain medication
- ▶ You have a sore, red, painful breast and chills, fever, and flu-like symptoms
- ▶ You may have an infection
- ▶ You are having severe pain or are having a lot of trouble peeing or having a bowel movement
- ▶ You pass blood clots larger than a golf ball or have severe vaginal bleeding that gets heavier
- ▶ Your incision looks very red, is getting more painful, or is draining. This could be a sign of infection.

Source: www.acog.org/womens-health/faqs/having-a-baby

HIV/AIDS Can Hurt You

All women can have a voluntary HIV test. If you are pregnant or are thinking about becoming pregnant, get an HIV test as soon as possible and ask your partner to be tested.

For you and your baby Care1st Health Plan Arizona covers the test, counseling, and treatment if the test is positive. Your Care1st Health Plan Arizona maternity care doctor can order this test or find a clinic that provides confidential testing at [GetTested](#).

If you have questions or need more information about testing and/or available services, you can also call Member Services.

Source: Centers for Disease Control and Prevention, "[10 Tips for Preventing Infections Before and During Pregnancy](#)"

Lead Exposure In Pregnancy

Lead can pass from a parent to their unborn baby. The good news is that lead exposure is preventable. Now is the time to keep your baby safe from lead poisoning. If an adult has been exposed to lead over a long time or has had high levels of lead in their blood in the past, the lead stored in their bones can get into the blood during pregnancy. This means that the level of lead in their blood can start to increase during pregnancy. If a person is exposed to lead during their pregnancy, their developing baby can also be exposed.

Lead in the blood during pregnancy can:

- ▶ Increase risk for loss of the baby
- ▶ Cause the baby to be born too early or too small
- ▶ Hurt the baby's brain, kidneys, and nervous system
- ▶ Cause the child to have learning or behavior problems



If you are pregnant and think you may have been exposed to lead, talk to your healthcare provider about getting a blood lead test. A blood test is the best and most readily available way to determine if you have been exposed to lead. Based on your blood lead test result, your doctor may recommend finding and removing lead from your environment, eating a diet high in iron and calcium, and scheduling follow-up blood lead testing.

Now is the time to keep you and your baby safe from lead poisoning. Here's what you can do:

- ▶ Watch out for lead in your home. Most lead comes from paint in homes built before 1978. When old paint cracks and peels, it creates lead dust and lead chips. The dust is so small you cannot see it. You can breathe in lead dust and not even know it.
- ▶ Avoid certain jobs or hobbies that may expose you to lead.
- ▶ Talk to your doctor about any medicines, vitamins, or home remedies you are taking. Also talk about any cravings you might have, such as eating dirt or clay, which may contain lead.
- ▶ Avoid certain foods and cosmetics. Some candy, candy wrappers, spices, and other food brought in from other countries may contain lead.
- ▶ Store and serve food properly. Some dishes and serving containers may contain lead.
- ▶ Eat food rich in calcium, iron, and Vitamin C. These foods may help keep lead out of your unborn babies developing body.
 - ◆ Calcium is in milk, yogurt, cheese, and green leafy vegetables such as spinach.
 - ◆ Iron is in lean red meat, beans, peanut butter, and cereals.
 - ◆ Vitamin C is in oranges, green and red peppers, broccoli, tomatoes, and juices.

**Source: [Pregnant Women | Lead | CDC](#)

Signs Of Labor

As labor begins, the cervix opens (dilates). The muscles of the uterus contract at regular intervals. When the uterus contracts, the stomach becomes hard. Between the contractions, the uterus relaxes and becomes soft.

Certain changes may signal that labor is beginning. These changes include:

- ▶ Lightening
- ▶ Loss of the mucus plug
- ▶ Rupture of membranes
- ▶ Contractions

You might or might not notice some of these changes before labor begins.

What is lightening?

This is the feeling that the fetus has dropped lower and the head settles deep in your pelvis. Because the fetus isn't pressing on your diaphragm, you may feel "lighter." Lightening can happen anywhere from a few weeks to a few hours before labor begins.

What is loss of the mucus plug?

A thick mucus plug forms at the cervix during pregnancy. When the cervix begins to dilate several days before labor begins or at the start of labor, the plug is pushed into the vagina. You may notice an increase in vaginal discharge that is clear, pink, or slightly bloody. Some women lose the entire mucus plug.



What is the rupture of membranes?

This is also referred to as your "water breaking." You may feel this as fluid that trickles or gushes from your vagina. If your water breaks, call your OB provider and follow their instructions.

What do contractions feel like?

As your uterus contracts, you may feel pain in your back or pelvis. This pain may be similar to menstrual cramps. Labor contractions happen in a regular pattern and get closer together over time.

**Source: www.acog.org/womens-health/faqs/how-to-tell-when-labor-begins

Elective Deliveries

Elective deliveries are when a doctor wants to deliver your baby early in an effort to reduce the need for a c-section and to provide the best outcome for parent/baby. It is important to work with your provider to weigh the risks and benefits to make a joint decision. When you and your baby are healthy, labor should not happen before 39 weeks. Elective deliveries (both vaginal and c-section) prior to your expected due date can have risks and should only be done when medically necessary. If you or your baby's health are at risk, your doctor may want to deliver your baby early. According to American College of Obstetricians and Gynecologists (ACOG), when labor is induced, the chance of having a cesarean section increases. Giving birth at or after 39 weeks has the highest chance of your baby being healthy. Babies born between 37 and 39 weeks are more likely to need more time in the hospital. They may also have the following issues:

- ▶ Jaundice
- ▶ Trouble breathing
- ▶ Trouble eating
- ▶ Issues controlling blood sugar
- ▶ Lower math and reading scores in first grade
- ▶ Behavioral problems

If your doctor advises giving birth before 39 weeks, make sure you understand the medical reasons why you are delivering your baby early.

** Source: www.acog.org/womens-health/faqs/labor-induction

** Source: <https://www.acog.org/womens-health/faqs/induction-of-labor-at-39-weeks>

Ways to Lower Your Risks During Birth

◆ Know the risks and benefits to labor and birth interventions.

One of the best things you can do is to become better informed. Knowing the ins and outs of an epidural, will help you make a more informed decision about choosing it for pain relief that you may have during labor. It's important to know not just the risks and benefits, but what else may work -- and in most cases, there are lower risk choices.

◆ Take a childbirth class.

The childbirth class will review things you can do, as well as other actions and tips to have a safe and healthy labor, birth, and postpartum period.

◆ Know your doctor and where you will give birth.

Of course, you know your OB provider, but how well do you really know them? In other words, do you know how often your provider uses interventions and why? If you haven't already, talk with them at your next prenatal appointment to find out what your risk of having things like, an epidural, IV fluids, being induced, c-section while in the care of your OB.

◆ Learn about what a doula does.

The use of a doula has been shown to reduce the risk of interventions and shorten the length of labor.

**Source: <https://www.lamaze.org/Giving-Birth-with-Confidence/GBWC-Post/5-proven-ways-to-reduce-your-risk-of-interventions-in-birth>

Low/Very Low Birth Weight

Babies that weigh under 5 pounds and 8 ounces are considered low birthweight and very low birthweight is under 3 pounds and 4 ounces. The March of Dimes reports 1 in 12 babies in the U.S. each year are born with low weight. A baby born with low or very low weight may have a hard time eating, gaining weight or might be less able to fight off getting sick. Some babies born with low weight are healthy, have no problems, but some may have serious health problems.

It is important to go to all your prenatal appointments. Your doctor can treat health issues and identify medications that may cause low/very low weight at birth. Infections during pregnancy can cause problems and need to be treated as soon as possible. Other potential issues that may lead to low/very low weight are:

- ◆ Birth parent not gaining enough weight
- ◆ Not enough room for baby to grow
- ◆ Smoking, drinking alcohol, abusing street drugs/prescription drugs
- ◆ Domestic violence
- ◆ Birth parents age

Source: [Low birthweight | March of Dimes](#).



Postpartum and Perinatal Depression

The birth of a baby can cause a lot of feelings, from happiness and joy to fear and anxiety. Many new moms experience postpartum depression which may include mood swings, crying spells, anxiety, poor bonding with baby and difficulty sleeping. In more intense cases people may experience extreme feelings of sadness, inability to complete daily activities, and thoughts of harming self or others. You may notice this starting within the first few days after birth but can develop up to 1 year after delivery.

Sometimes, postpartum mood disorder may develop and may cause life-threatening thoughts or behaviors and requires immediate treatment. Signs of postpartum mood disorder may include rapid mood swings, delusions, and hallucinations, etc.

If you're feeling depressed it's important to talk to someone about how you are feeling. But if you experience any symptoms of postpartum depression, call your doctor as soon as possible. If you have thoughts or feelings that suggest you may have postpartum mood disorder, get help right away. The Maternal Child Health Team and Member Services can also provide help.

People with depression may not know that they're depressed. This is why it is important to attend your post-partum appointment with your OBGYN. They will complete a post-partum depression screening. Counseling referrals will be provided as needed at this appointment as well. If you think that a friend or loved one has postpartum depression or postpartum mood disorder, help them seek medical attention immediately.

Signs you may have postpartum depression:

- ◆ Feel hopeless, helpless, very sad, "down," or depressed.
- ◆ Have trouble sleeping (even when the baby is asleep or when others are caring for the infant).
- ◆ Low energy levels even when you have slept well.
- ◆ Lose interest in things that you used to enjoy.
- ◆ Feeling of guilt or excessive anxiety.
- ◆ Having difficulty focusing.
- ◆ Decrease in memory.
- ◆ Difficulty bonding with baby.



- ◆ Not taking care of yourself or your baby.
- ◆ Think about harming yourself or others.

Here are some ways to feel better:

- ◆ Get as much rest as you can.
- ◆ Accept help from family and friends.
- ◆ Talk with other new mothers.
- ◆ Seek professional help from your OBGYN, primary care doctor or mental health provider (no referral needed).

Seeking Help

Know that you are not alone - other birthing parents get depressed after they have a baby. Some people find that talking to a counselor can help. Others use medicine for a little while to help the depression lift. Many also find comfort in a support group. You can self-refer to any of these or seek a Care Manager/Maternity Coordinator from Care1st can also assist. Just call Member Services at **1-866-560-4042** (TTY/TDD:711) to request care management. You may feel like this low feeling will never go away. It is good to know that this type of depression can be treated with great results.

There is help!

- ◆ For more information and resources on perinatal mood and anxiety disorders (PMADs) visit: www.tucsonpostpartum.com
- ◆ For help with postpartum depression, call your doctor or Postpartum Support International (PSI) at **(800) 944-4773**.
- ◆ **IF YOU HAVE THOUGHTS OF HARMING YOURSELF OR YOUR BABY, CALL 911.**

Source: www.cdc.gov/healthier/pregnant-postpartum-women/index.html.



Breastfeeding

Breast milk is good for your baby. It increases the bond between birthing parent and baby and it may protect babies from illness. You can also benefit from breastfeeding as it can lower your risk of diabetes, some breast cancers and ovarian cancers. Breastfeeding may also help you lose some baby weight.

Many women will start releasing some fluid before delivery. This fluid is called colostrum. Colostrum is the earliest breastmilk produced, beginning in mid-pregnancy (12-18 weeks) and continues to be produced for the first few days after the baby is born. It looks different than breast milk. It is thick, sticky, and is usually yellow, clear or white. It can help protect the baby from germs and helps to control low blood sugar as well. It is important for all babies, but it is extra important to premature babies. Premature babies getting colostrum have much better health outcomes.

Breastfeeding takes time, practice, and patience. It can take time for your baby to latch. The hospital will have lactation specialist that can help you with latching prior to going home. You can also see a lactation specialist through your WIC (Special Supplemental Nutrition Program for Women, Infants, & Children) benefit.

According to the Center for Disease Control (CDC) it is recommended to breastfeed for the first six (6) months with continued breastfeeding for up to two (2) years. Babies who have only breast milk for six months get sick less often.

If your baby is getting plenty of milk, they will be mostly content and will gain weight steadily after the first week of age. If you worry that your baby is not getting enough milk, talk to your baby's doctor.

You can take some medicines while breastfeeding, but not all. Always talk to your doctor or pharmacist about medicines you are using and ask before you start using new medicines. This includes prescription and over-the-counter drugs, vitamins, and dietary or herbal supplements.

Please call your Care1st Care Manager, Care Coordinator, or Member Services for more information, **1-866-560-4042** (TTY/TDD: 711).

**Source: "Your Guide to Breastfeeding" from the Centers for Disease Control and Prevention's Office of Women's Health and <https://www.llli.org/breastfeeding-info/colostrum-general>

Safe Sleep for Baby



Safe sleep can help protect your baby from SIDS/SUID (Sudden Infant Death Syndrome/Sudden Unexpected Infant Death) and other dangers, like choking or suffocating. When your baby sleeps, including naps, place them on their back on a flat, firm surface, like a crib, pack and play or bassinet until they are at least 1 year old. Put your baby to sleep in their own crib or bassinet. It is good to share a room with your baby, but don't share a bed. Don't use pillows sleep positioners, like nests or anti-roll pillows. Soft items can cause your baby to suffocate and stop breathing. Keep crib bumpers, loose bedding, toys, and other soft objects out of your baby's crib. Blankets are okay when baby is swaddled, but no loose blankets in the sleep area.

More steps to help protect babies from SIDS:

- Remove hanging cords for windows or power cords
- Using a pacifier
- Getting vaccines
- Not smoking, drinking, or using drugs during pregnancy
- Don't put baby to sleep in a carrier/stroller/car seat, or have the baby sleep on a couch or chair, etc.

**Source: https://safetosleep.nichd.nih.gov/resources/providers/downloadable/infographic_horizontal

**Source: Safe Sleep for Baby Source: March of Dimes website <https://www.marchofdimes.org/baby/safe-sleep-for-your-baby.aspx>

Time Between Pregnancies

Getting pregnant too soon after having a baby can be dangerous to mom and baby. It should be avoided for the first 6-18 months. If you would like to become pregnant during that time, please talk to your doctor about options. It is important to manage health issues, such as diabetes and blood pressure, before becoming pregnant again. Having another pregnancy too soon after delivery can lead to:

- preterm labor
- low birth weight
- miscarriage or loss of baby

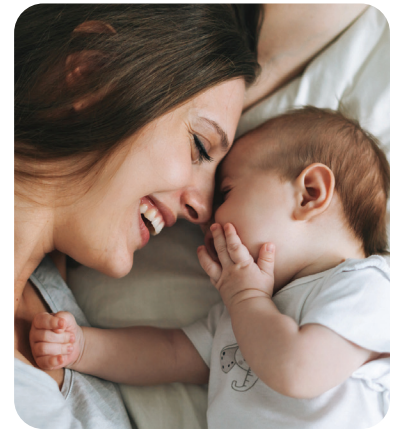
Talk with your OBGYN provider about family planning services and supplies while you're still pregnant. Family planning services and supplies are available to you at no cost. You can choose from a Long-Acting Reversible Contraceptive (LARC) method or placement of Immediate Postpartum Long-Acting Reversible Contraceptives (IPLARC) right after delivery.

In the United States, 45% of pregnancies are unplanned and 1 in 3 people become pregnant before the recommended 18 months between pregnancies. You can work with your doctor to prevent unplanned pregnancy during the 18-month time period between pregnancies. Please see the birth control section for more information.

**Source: ACOG Interpregnancy Care <https://www.acog.org/clinical/clinical-guidance/obstetric-care-consensus/articles/2019/01/interpregnancy-care#:~:text=.org%2Fbreastfeeding%20.-Interpregnancy%20Interval,pregnancy%20sooner%20than%2018%20months.>

**Source: March of Dimes <https://www.marchofdimes.org/peristats/data?top=21>

**Source: National Institutes of Health <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9393389/#:~:text=Short%20inter%2Dpregnancy%20interval%3A%20Inter.conception%20of%20the%20subsequent%20pregnancy.>



Family Planning

Care1st covers family planning services for all members of reproductive age for no charge. You can choose to get family planning services and supplies from any doctor even if they are not in network with Care1st. Feel free to contact Member Services **1-866-560-4042** (TTY/TDD: 711) if you need help with making an appointment or with transportation.

Covered family planning services include:

- Education
- Counseling
- Medication and/or supplies, including but not limited to:
 - Oral and injectable contraceptives
 - Long-Acting Reversible Contraceptive (diaphragms, condoms, foams, and suppositories)
 - Placement of Immediate Postpartum Long-Acting Reversible Contraceptives [IPLARC]
- Related medical and lab tests
- Radiological procedures, including ultrasounds related to family planning
- Treatment of complications from contraceptive use, including emergency treatment
- Natural family planning education or referral to qualified health professionals
- Emergency oral contraception within 72 hours after unprotected sex
- Sterilization services
- Pregnancy testing
- Testing and care for sexually transmitted infections, including HIV and syphilis
- Medications for health issues related to family planning or other illness
- Time between pregnancies

You have the right to choose!

If you're breastfeeding or planning to breastfeed, talk to your doctor about the best birth control for you.

Source: Care1st Health Plan Arizona Member Handbook



Lead Poisoning - Is Your Child at Risk?

Young children are most at risk for lead poisoning because they are still developing. They put everything in their mouths, and they can absorb lead easily. Children with lead poisoning may feel and look healthy, but even low levels of lead can be harmful.

Lead Poisoning can cause:

- Developmental Problems
- Learning Problems
- Behavioral Problems

The only way to know if your child has lead poisoning is to test them. Children should be tested at 12 months and 24 months. All children should be tested if they are 6 years and younger and have never had a blood lead test before. To learn more, talk to your child's doctor.

To see if you live in a high-risk area or to learn more, visit: <https://www.azdhs.gov/preparedness/epidemiology-disease-control/lead-poisoning/index.php>

For more information regarding lead poisoning in children, visit:

<https://www.azdhs.gov/documents/preparedness/epidemiology-disease-control/lead-poisoning/poisoning-flyer.pdf>

<https://www.azdhs.gov/documents/preparedness/epidemiology-disease-control/lead-poisoning/child-lead-poisoning-brochure.pdf>

**Source: Arizona Department of Health Services



The Flu is a respiratory illness caused by a virus called Influenza. The flu can be passed easily from one person to another and can be serious. Pregnant individuals who get the flu are more likely than individuals who don't get it to have problems, like preterm labor and premature birth. It's safe to get the flu shot. Tell your health care provider if you have any severe allergies or if you've ever had a severe allergic reaction to a flu shot. It protects you and your baby from serious health problems during and after pregnancy. Pregnant individuals should not get the flu nasal spray.

Symptoms of the flu include fever, chills and cough. Some people may have upset stomach, headaches and body aches. Complications of the flu can include worsening medical conditions and even death.

It is recommended to get flu shots in September or October. Flu season peaks in the cold months and will benefit you most if you are vaccinated early. The best way to protect yourself and loved ones from the flu is to get a flu shot. The flu shot is approved for people older than 6 months. When you get a shot, you are keeping your community safe.

If you think you have the flu, call your health care provider right away. Quick treatment can help prevent serious flu complications. Talk to your healthcare provider if you have questions or need more information. Wash your hands often and stay home if you are sick. You too can fight the flu!

**Source:

[Center for Disease Control and Prevention](https://www.cdc.gov/diseases/prevention)

Staying current on all vaccines is very important. Protect your health, the health of your child and the health of those around you by following these vaccination tips:

Keep records. Keep track of vaccines you and your children receive and store these records in a safe place. This can save you time and money. It can also help avoid getting extra vaccines. Can't find the records you need? Talk to your doctor or your child's Primary Care Provider.

Stay current. Even if you or your child got all the required vaccines as a child, some require "boosters" to remain effective. Depending on your age or child's age, and health conditions, you may also be at risk for diseases that can be prevented or have their effects lessened through vaccination. Plus, there are vaccines for things like the flu that are needed on a yearly basis. **So, talk to your doctor or child's doctor about what vaccines to get at these ages:**

- Pregnancy
- Birth
- 1 to 2 months
- 4 months
- 6 months
- 7 to 11 months
- 12 to 23 months
- 2 to 3 years
- 4 to 6 years
- 7 to 10 years
- 11 to 12 years
- 13 to 18 years
- 19 to 21 years



Don't worry. Vaccines are tested for safety. Few people have side effects from them. Those who do usually have only mild and temporary ones like soreness or redness where the vaccine was given.

Be aware. Vaccines can help you or your child avoid common illnesses like the flu, COVID-19 and whooping cough. These can have serious effects on those around you, like children and those with asthma, diabetes, or heart disease. The vaccines you or your child need depend on age, medical history and even job. Be sure to talk to your doctor or child's doctor to find out which ones are right for you and your family!

For more information visit <https://www.cdc.gov/vaccines/index.html>



Women's Preventive Care

Preventive care can help you stay healthy and keep you from getting sick. A yearly well-woman preventive care visit is a covered benefit you get as a Care1st member. A preventive care visit is a health checkup you get once a year with your doctor at no cost. This means there is no copayment or other charges for your well-woman preventive care visit.

You get services such as:

1. Physical for your overall health
2. Clinical breast exam
3. Pelvic exam (as necessary)
4. Shots and tests based on your age and any risk factors
5. Testing and counseling with a focus on how to live a healthy lifestyle and reduce your health risks, including:
 - a. Proper nutrition
 - b. Physical activity
 - c. Elevated BMI indicative of obesity
 - d. Tobacco/substance use, abuse, and/or dependency
 - e. Depression screening
 - f. Interpersonal and domestic violence screening, which includes screening/counseling (adolescents included) in a culturally sensitive/supportive manner to address safety and health concerns
 - g. Sexually transmitted infections (STI i.e.: chlamydia; syphilis)
 - h. Human Immunodeficiency Virus (HIV)
 - i. Family planning services and supplies
 - j. Preconception counseling including discussion about a healthy lifestyle before and between pregnancies that includes: (does not include genetic testing)
 - i. Reproductive history and sexual practices
 - ii. Healthy weight, including diet and nutrition, as well as use of nutritional supplements and folic acid intake
 - iii. Physical activity or exercise
 - iv. Oral health care
 - v. Chronic disease management
 - vi. Emotional wellness
 - vii. Tobacco and substance use (caffeine, alcohol, marijuana, and other drugs), including prescription drug use
 - viii. Recommended spacing between pregnancies

Call Care1st Member Services at **1-866-560-4042 (TTY/TDD: 711)**. We can help you. Visit the Care1st website at <https://www.care1staz.com> to get details about your health plan. You'll also find wellness information to help you stay healthy.

**Source: Care1st Health Plan Arizona Member Handbook

Community Resources for Families

Women, Infants and Children (WIC)

(800) 252-5942

WIC is a no cost nutrition and breastfeeding program. WIC offers advice on choosing healthy foods while pregnant, lactation consultation, free formula and many other services. WIC serves pregnant, breastfeeding, and postpartum individuals, infants, and children under the age of five who are found to be at nutritional risk. [Arizona Department of Health Services - Women, Infants and Children \(WIC\) \(azdhs.gov\)](https://www.azdhs.gov).

Arizona Department of Health Services

Breastfeeding Hotline (800) 833-4642

24 hours a day, 7 days a week

La Leche League of Arizona (602) 234-1956

Offers support for birthing parents who choose to breastfeed, or visit www.llofaz.org

Arizona Early Intervention Program (AzEIP)

(602) 532-9960

AZEIP serves eligible infants and toddlers' birth to three years of age with developmental delays and disabilities, as well as their families. They assist in access to services to assist families and caregivers to support the child's development. AzEIP services help to improve children's growth and development. [AzEIP Resources | Arizona Department of Economic Security](#).

Children's Rehabilitation Services (CRS)

Call AHCCCS toll free at (855) HEA-PLUS

(toll-free (855) 432-7587)

CRS is for children and young adults up to 21 years old with complex health issues and needs. CRS helps with medical care and support services. [Children's Rehabilitative Services \(azahcccs.gov\)](http://azahcccs.gov)

Strong Families Arizona

Free home visiting program. Provides families with help raising healthy, successful children. Program centers on pregnant individuals and children under 5 years old. <https://strongfamiliesaz.com>.

Parents As Teachers

Parents as Teachers is a free program for all parents with children younger than 5 years old. Learn how to effectively and meaningfully interact with your child to help them develop intellectually and emotionally and to help you form a deeper relationship and bond with your child.

<https://strongfamiliesaz.com/program/parents-as-teachers>

Nurse Family Partnership

Nurse-Family Partnership has specially trained nurses regularly visit young, first-time moms-to be, starting early in the pregnancy, and through the child's second birthday. Services must begin prior to 28 weeks gestation to qualify for this program. <https://www.nursefamilypartnership.org/locations/arizona>

Head Start (602) 338-0449

Head Start is for children up to 5 years old and pregnant individuals from low-income families. Head Start helps prepare kids for school. It covers areas such as health, education, and social needs. www.azheadstart.org.

Birth to Five Helpline (877) 705-5437

Birth to Five Helpline offers help for parents with children under 5 years old. Provide help with fussiness, sleeping, feeding and more. <https://swhd.org>.

Raising Special Kids (800) 237-3007

Provides information, training, and resources. Offers support to families of children with special health care needs. <http://www.raisingpecialkids.org>.

Vaccines for Children (VFC) Program

(602) 364-3642

The Vaccines for Children (VFC) Program is a federally funded program that provides vaccines at no cost to children who might not otherwise be vaccinated because of inability to pay. [ADHS - Arizona Immunization Program - Home \(azdhs.gov\)](#).

Family Resource Centers

There are First Things First Family Resource Centers all over Maricopa County that serve families with children ages 0 to 5 years old. The Family Resource Centers have programs to help you:

- Build your child's language and reading skills
- Support your family's health and nutrition
- Connect to other community resources.

To find the Family Resource Center nearest to you, visit <http://familyresourceaz.org/>

First Things First

First Things First partners with families and communities to support the healthy development and learning of Arizona's young children. To learn more visit www.firstthingsfirst.org

Find more community resources near you, by accessing the resource guide available on the Care1st website:

<https://www.care1staz.com/members/medicaid/resources/community-resources.html>