



Healthy Mom Happy Baby

The benefits of UnitedHealthcare Community Plan

Congratulations on the birth of your baby! We know you want the best for your newest family member. We do too. That's why, we are here to support your parenthood journey. Below you'll find information about the many benefits for both you and baby, and where to go if you need help.

Transportation

You can get transportation to and from medical appointments and to WIC or you can receive gas reimbursement. Simply call transportation services, 1-877-892-3995 at least 3 days prior to your appointment to set up your ride or ask for gas reimbursement information.

Women, Infants and Children (WIC) services

WIC is offered by the Michigan Department of Health and Human Services. WIC offers healthy foods, formula, and nutritional education for children up to age five, pregnant women, and women who have just given birth. Please visit <https://www.michigan.gov/mdhhs/assistance-programs/wic> to get started and to see what WIC can offer for your family.

United
Healthcare
Community Plan

UnitedHealthcare Member Resources

Healthy First Steps®.

You have access to this special program that helps you during pregnancy and after. To sign up, visit [UHCHealthyFirstSteps.com](https://www.uhc.com/HealthyFirstSteps) Or call **1-800-599-5985**, 8 a.m. – 5 p.m., Monday–Friday.

WellHop®.

Online community. Join video conversations weekly with members who had similar due dates; or post anytime to a discussion board. Additional support resources and videos available. To enroll visit [momandbaby.wellhop.com](https://www.momandbaby.wellhop.com)

Babyscripts®.

Mobile app is a great way to earn rewards for attending appointments. Call member services for more information 1800-903-5253.

You have support!

You're not alone. Talk with your provider. They can help you or connect you with a specialist who can. We are here for you. Log into MyUHC.com or contact customer service at 1-800-903-5253.

Family planning

UnitedHealthcare Community Plan offers coverage for contraceptive and family planning services. There are many safe options available. Speak to your provider about your family planning and contraceptive needs during your appointments. Decide what's best for you.

Immunizations and appointments

During this time, it's important to keep both mom, baby, and other children in the family healthy. Be sure to continue follow up with your provider for your physical and mental wellbeing. Reference the below chart as a reminder for when baby needs milestone visits which may include immunizations.

Your Child's Age	Birth	1 Mo.	2 Mos.	4 Mos.	6 Mos.	9 Mos.	12 Mos.	15 Mos.	18 Mos.	24 Mos.	3 Yrs.	4 Yrs.
EPSDT/Well-Child Visit		♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥
Diphtheria/Tetanus/Pertussis (DTaP)			♥	♥	♥			♥				♥
Polio (IPV)			♥	♥	♥		♥					♥
Haemophilus influenza - type B (Hib)			♥	♥	♥		♥					
Measles/Mumps/Rubella (MMR)							♥					♥
*Hepatitis A (HepA)							♥		♥			
Hepatitis B (HepB)	♥		♥		♥		♥					
Chicken Pox (Varicella)							♥					♥
Pneumococcal conjugate (PCV13)			♥	♥	♥		♥					
Rotavirus (RV)			♥	♥	♥							
**Influenza (Flu)					♥		♥			♥	♥	♥
Lead screening							♥			♥		

*The first dose of HepA vaccine should be given between 12 and 23 months of age. The second dose should be given 6 months after the first dose.

**Two doses given at least 4 weeks apart for children age 6 months through 8 years who are receiving the vaccine for the first time.

Mental Health

If you feel like you or a love one are struggling with post-partum depression, anxiety or any mental health issue, get connected today. Services are available for behavioral health, domestic violence and substance abuse when you need it – even virtually. Get connected to providers who can help you regain your health. Contact member services 1-800-903-5253 to get started.



Sanvello Mobile Application

This mobile application is available to assist with offering you support in depression, anxiety, stress, and other mental health conditions. Coping tools, guided journeys, community support and therapy are available through this application. App fees are covered by UnitedHealthcare. Search your phone's or tablet's app store for Sanvello: Anxiety & Depression. Get started today for free.

Your Community supports you too!

Find Help Michigan 2-1-1

Michigan 2-1-1 is an easy way to find help of all kinds, right in your community. Need help with food, housing, or paying bills? Need support in a family crisis or community disaster? There for you. Any time. All the time. Just call, text, or search online and get connected. Visit [Find Help - Michigan 2-1-1 \(mi211.org\)](https://www.mi211.org) to get started.

Diaper banks

Diaper banks may be available in your area. Diaper banks close to you may be searched on Michigan 2-1-1. As a member only support UnitedHealthcare can assist in getting diapers for your baby. Please email uhcdiapers@uhc.com for more information.

Supplemental Nutrition Assistance Program (SNAP)

Food assistance may be available to you and your family. Michigan Benefits Center is a free one stop application center that offers application help for the Food Assistance Program (FAP). To get started, call Michigan Benefits Center at 1-877-410-8388.

Smoking Cessation

Smoking after pregnancy can expose your baby and family to health risks. Secondhand smoke can increase your baby's risk of sudden infant death syndrome (SIDS), can damage baby's lungs, and can affect baby's brain and how their breathing is regulated. Here are smoking cessation resources recommended by your health plan:

- 1-800-QUIT-NOW
- 1-855-372-0037 (American Indian Commercial Tobacco Line)
- 1-855-891-9989 (My Life My Quit, Adult and Youth E-Cigarette Line)
- <http://www.mylifemyquit.com/>
- <https://michigan.quitlogix.org>

Sign up and stay connected

Sign up for 24 hours a day, 7 days a week access to your health plan at myuhc.com/CommunityPlan. It's fast, easy and secure. Use your computer, tablet or mobile phone.

Go digital

- **Register at myuhc.com/CommunityPlan.** This is your secure member website. See your covered benefits, search for providers, view your member handbook and much more.
- **Stay connected via text message.** We've made it easy for you to get the health plan information you want and need. Get important notifications, reminders and more sent to your mobile device. All you have to do is choose the types of messages you'd like to get at myuhc.com/communityplan.
- **Download the UnitedHealthcare mobile app.** It's designed for people on the go, and includes many of the same features as the member website. Find it at the App Store or Google Play. You can also sign up to receive text message reminders to help you stay healthy.
- **Follow us on Facebook at [facebook.com/UnitedHealthcareCommunityPlan](https://www.facebook.com/UnitedHealthcareCommunityPlan).** Find fun, useful and interesting information for you and your family.



Questions? We're here to help

Call toll-free <1-800-903-5253 TTY 711

8 a.m. – 5 p.m., Monday–Friday.

myuhc.com/CommunityPlan



UnitedHealthcare does not discriminate on the basis of race, color, national origin, sex, age or disability in health programs and activities.

We provide free services to help you communicate with us. Such as, letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call the toll-free member phone number listed on your health plan member ID card, TTY 711, 8:30 a.m.–5:30 p.m., Monday–Friday.

ATENCIÓN: si habla español, hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al número de teléfono gratuito que aparece en su tarjeta de identificación.

تنبيه: إذا كنت تتحدث العربية، فتتوفر خدمات المساعدة اللغوية مجاناً. اتصل على الرقم المجاني المدون على بطاقة هويتك.