



## Get what you need for a new baby

Expecting moms have a lot on their plate. But getting support and supplies for a new baby shouldn't add more stress to your life. There are often programs offered for new moms through state and federal programs and community organizations, if you qualify. Use this guide to find what may be available in your area.

For more information on any of the resources below, call the number on the back of your insurance card. If you are a UnitedHealthcare Community Plan member, you can also call the Healthy First Steps Helpline toll-free at 1-800-599-5985, Monday – Friday, 8 a.m. – 5 p.m. local time.\*

### ✓ Doctor or care provider

It's important to find a care provider you feel comfortable seeing for appointments. Start by calling the number on your insurance card. You can also contact any nearby federally qualified health center.

### ✓ Diapers

Diaper banks work with families that need diapers for babies and toddlers. Many are set up at food banks and daycare centers. They can often help you arrange long-term help. And some even offer other helpful items, like wipes.

### ✓ Healthy sleep for baby

Nonprofit programs help moms get cribs for their babies. Some even offer other sleeping options like portable playpens. Moms usually pick up items in person. But shipping is sometimes offered at a low rate, in case you do not live nearby.

### ✓ Healthy food for mom

If you qualify for assistance, the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) program can help expecting and new moms get healthy food. It also offers special food packages for breastfeeding mothers. Your health plan may also offer healthy food programs in your area.

### ✓ Feeding your baby

If you qualify for assistance, the WIC program helps breastfeeding moms get breast pumps, shells or other nursing items. The program also offers counseling and tips to help moms start and keep breastfeeding. New moms can also use their WIC card in approved stores to buy formula. This includes iron-fortified formula and other special formulas, with a prescription.

### ✓ Car seats

Across the nation, there are programs that help moms get car seats so they can transport their babies safely. These programs often ask moms to take a class about keeping baby safe. This can be done while pregnant. That way, you have what you need when your child arrives. You can also get help installing your new car seat in your car, if needed.

### ✓ Other services

In addition to these services, there are many places that offer free items to new moms. Look for churches, charities and nonprofits in your area for more support.

UnitedHealthcare members also have access to programs created just for expecting and new moms. Not sure what's offered in your area? Call the number on your insurance card to see how we can help.

In light of COVID-19, remember to practice social distancing at your prenatal and postpartum appointments. Wash your hands often and wear a mask. Contact your care provider with any concerns.

\*Healthy First Steps is only available in certain states. For all other states, please call the number on your insurance card for help.