FirstCare
HEALTH PLANS
PART OF BAYLOR SCOTT & WHITE HEALTH

Expecting the Best®
Maternity Program

FirstCare Health Plans is pleased to offer an enhanced Expecting the Best® maternity program, focused on helping expectant mothers enjoy a healthy pregnancy. Once enrolled, participants can benefit from diverse program features for the duration of their pregnancy and one year postpartum.

Participants receive helpful educational materials across distinct categories, including proper nutrition, early identification of pregnancy risk factors and available resources for any complications.

Program Features

Pregnancy/Delivery

- Planning for delivery, including individual support during and after a pregnancy
- Early enrollment in case management support program
- Active guidance for high-risk pregnancy
- Access to a nurse 24 hours a day, seven days a week
- Coordinated efforts to promote full-term birth, plus assistance for women who previously delivered pre-term
- In-home support for high-risk conditions such as diabetes, hypertension and severe nausea

Postpartum

- Depression screening following delivery, including postpartum resources (**postpartum.net**)
- Parental education for newborn health during the first year
- Immunization reminders (visit **CDC.gov/vaccines** for more information)
- Planning for returning to work

Digital Resources

Text4baby

Receive support throughout pregnancy and baby's first year with free text messages on topics like prenatal care, newborn health, parenting and more. Download the Text4baby app or visit **Text4baby.org** to sign up.

Enroll in the Expecting the Best® Maternity Program

Sign up by calling the customer service number on the back of your ID card. You can also email us at **HPMaternityCaseManagement@ BSWHealth.org** for more information. Please include:

- · Name
- · Preferred phone number
- · FirstCare member number
- · Brief description of your needs

A Case Manager may invite you to enroll when we receive a doctor's referral or pregnancy claim.

You can opt-in or out of this program at any time through a Case Manager or customer service.

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