

Montana Health Care Programs MESSENGER

Planning for a Healthy Baby

Prenatal Care is Key for a Healthy Pregnancy and Baby!

If you've decided to have a baby, the most important thing you can do is to take good care of yourself.

Get Regular Prenatal Checkups

Prenatal care is when you get checkups from an OB provider during your pregnancy. It helps keep you and your future baby healthy. See an OB provider as soon as you know you're pregnant – or if you think you might be. The sooner you start to get medical care, the better the chances that you and your baby will be healthy. You'll need many checkups during your pregnancy. Don't miss any of these appointments – they're all important.

How Often Will I Have Prenatal Checkups?

After your first visit, you will have a prenatal visit every 4 weeks. In months 7 and 8, you will have a visit every 2 weeks. In your last month of pregnancy, the visits will occur each week until your baby is born. This may change depending on your specific needs. At each appointment your OB provider will check your weight, blood pressure, and urine. Your belly will also be measured to keep track of the baby's growth. Your baby's heartbeat will also be monitored. You may also receive other tests during your pregnancy, such as an ultrasound, to make sure that everything is okay with your baby.

Taking Care of Yourself: Mental Health and Wellness

In order to have a healthy pregnancy and baby, it is just as important to look after your mental wellbeing as your physical health. At least once during your pregnancy your OB provider will likely screen for depression, anxiety and substance use (tobacco, alcohol, drugs and medications). The answers you give can help your OB provider and the rest of your healthcare team create the best plan of care based on your needs, challenges, and goals. Your mental, emotional, and addiction concerns can access a range of care options. If you think you might have depression or a problem with drugs or alcohol during pregnancy, don't wait for a screening. Talk to your OB provider about how you're feeling and work with her or him to determine the next steps.

Using your Medicaid Benefits

Make sure to show your Medicaid card at all medical appointments and pharmacy visits. Your medical providers need to know your most current Medicaid information, each visit.



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Back-to-School: Big Benefits of School Breakfast

- Many families [struggle](#) to find time to eat a healthy breakfast with their children at home.
- Kids who eat breakfast experience [numerous benefits](#) including higher grades in school, reduced depression and anxiety, and better physical health.
- [National School Breakfast Week](#) is March 4-8. Try participating in your child's [school breakfast program](#); 439 Montana schools offer traditional breakfast programs and 295 operate [Breakfast After the Bell](#).

A Healthier Body and Mind = A Healthier Pregnancy and Baby
 Remember! Whether this is your first pregnancy or third, regular and early prenatal care is extremely important. Each visit provides an opportunity to make sure you and your baby are healthy at each visit. If there are any problems, early action will help you and the baby have the best outcome possible.

A Helpful Tool for YOU (keep this information someplace handy)

Case Number	(enter your case number below)
Medicaid ID Number	(enter your Medicaid ID number below)
Public Assistance Helpline	To apply for assistance, report changes, check the status of an application, request a new Medicaid card, or to talk with a member of our Office of Public Assistance staff please call 1-888-706-1535 .
Federal Market Place Healthcare.gov	To apply for Medicaid coverage, or purchase insurance coverage from the Federal Market Place please call: 1-800-318-2596 or log on to https://Healthcare.gov .
Self-Service Portal Apply.mt.gov	To apply for assistance, report changes, upload documents to your case, and read your notices please log on to https://apply.mt.gov and create an account to get started.
Medical Billing and Services	For questions about services, why a bill was not paid, and to find a provider, please call 1-800-362-8312 .
Medicaid Travel Assistance	To obtain travel assistance call 1-800-292-7114 . When calling please provide: Patients name, address, phone number, Medicaid ID number, and the type of appointment or service being provided.
HMK Blue Cross Blue Shield	For questions related to coverage claims for Healthy Montana Kids coverage please call 1-855-258-3489 .
Submit Verifications and Paperwork	Please make sure your case number is on each page to avoid documents getting lost. In person at your local Office of Public Assistance. Mail to: PO Box 202925 Helena Mt 59620-2925 Fax to: 1-877-418-4533 Electronic Upload to: https://Apply.mt.gov account.



Back-to-School: Health Needs for Children with Chronic Conditions

- [About 26% of American children](#) have a chronic health condition.
- [Chronic health conditions increase a child's risk](#) for high absentee rates, low student engagement, dropping-out of school, exposure to bullying, disruptive behaviors, poor grades, and below average performance on standardized achievement tests.
- Use a [checklist](#) to plan for the health needs of students with chronic conditions. All families can plan for the school year by [getting children vaccinated](#), [setting bedtimes](#), [teaching good hygiene habits](#), [stocking up on healthy foods](#), and [creating a plan for managing stress](#).

Back-to-School: Play it Safe

Have kids' vision tested by a family doctor, pediatrician, or specialist for any eye issues. Eye injuries are the leading cause of blindness in children. The American Academy of Ophthalmology (AAO) says more than 90 percent of all eye injuries can be prevented with the right protection. Use ASTM*-certified athletic gear and follow school eyewear rules for sports.

Tips to Help Children Manage their Weight

- **Choose words carefully** when talking to kids about weight and body image. Use “weight gain” or “overweight” instead of “fat,” “obese,” or “morbidly obese.” Refer to Body Mass Index (BMI) numbers.
- **Create a *stigma-free zone***; listen to kids’ concerns about weight and offer support *without* blame or judging.
- **Help kids set realistic, short-term goals with tools and rewards** to improve behaviors for getting back in shape and increasing self-esteem.
- **Improve diet** by boosting lean proteins (chicken, fish, plus beans), fruits and veggies, dairy or fortified soy milk, whole grains, and water in place of candy and sugary soda. Snack smart, too!
- **Increase exercise** with kids’ favorite sports, plus combine activity that families can enjoy together (try riding bikes, dancing, soccer, or even playing tag!).
- **Have kids take a break from video games or TV** and play outside. Kids should be physically active for at least 60 minutes each day.



Key Contacts

Medicaid/HMK Plus Member Help Line

For questions regarding benefits copayments, or Passport to Health:
1-800-362-8312

[MT Healthcare Programs](#)

Nurse First Advice Line

For questions when you are sick, hurt, or have health questions.

1-800-330-7847

[MT NurseFirst](#)

Montana Relay Service

For the deaf or hard of hearing.

1-800-253-4091 or 711

Montana Public Assistance Help Line

For eligibility questions.

1-888-706-1535

[MT Public Assistance](#)

Transportation Center

For questions regarding travel or approval. **Call before you travel, or you may not be reimbursed.**

1-800-292-7114.