



**COMMUNITY HEALTH PLAN**  
of Washington™

The power of community

# Healthy You, Healthy Baby:

**Pregnancy, Delivery, and Baby's  
First Months**



Putting **you and your  
baby** at the center

## Welcome to your personalized pregnancy care plan

You don't just need prenatal care—you need care that's built around you. That's why Community Health Plan of Washington (CHPW) created the Healthy You, Healthy Baby case management program. Through this program, CHPW members can:

- ✓ Get personalized support before, during, and after your pregnancy
- ✓ Learn about pregnancy milestones and what to expect
- ✓ Get a free breast pump up to 90 days before your due date, plus advice on feeding
- ✓ Learn about benefits and services for your baby, including circumcision and immunizations
- ✓ Get connected with local resources for housing, food banks, rides to medical appointments, and more
- ✓ Apply for an EBT card, WIC, disability, and other benefits



**Don't forget:** CHPW members get gift cards for prenatal and well-child visits, plus up to \$200 for circumcision.

## How do I sign up for Healthy You, Healthy Baby?



**Call us at  
206-521-8833.**



**You'll get a Health  
Assessment.**

This assessment highlights special health needs you may have through your pregnancy.



**We'll start your  
personalized  
pregnancy plan!**

If you have any other questions about your CHPW health plan, please call Member Services

**1-800-440-1561 (TTY: 711)**  
Monday-Friday, 8 a.m. to 5 p.m.



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中文，您可以免費獲得語言援助 AH\_HS908\_Maternal\_CM\_OneSheet\_02\_2021 HCA Approval: 2021 - 156