



## GET COMPLETE CARE

When you join UPMC Health Plan's Baby Steps program, you will receive caring, clinical support before, during, and after your pregnancy. Whether you're thinking about having a baby or are managing your health after delivery, we'll be with you every step of the way.

### **Nondiscrimination Statement**

UPMC Health Plan, on behalf of itself and its affiliates, complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex, gender, gender identity or expression, or sexual orientation.

### **Translation Services**

UPMC for You

**ATTENTION:** If you speak English, language assistance services, free of charge, are available to you. Call: 1-800-286-4242 (TTY: 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-286-4242 (TTY: 711).

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-286-4242 (телетайп: 711).

UPMC for Kids

**ATTENTION:** If you speak English, language assistance services, free of charge, are available to you. Call: 1-800-650-8762 (TTY: 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-650-8762 (TTY: 711).

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-650-8762 (телетайп: 711).

UPMC Community HealthChoices

**ATTENTION:** If you speak English, language assistance services, free of charge, are available to you. Call: 1-844-220-4785 (TTY: 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-844-220-4785 (TTY: 711).

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-844-220-4785 (телетайп: 711).

# Baby Steps

MATERNITY PROGRAM



ADULT HEALTH

**UPMC HEALTH PLAN**  
upmchealthplan.com



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UPMC HEALTH PLAN



## Baby Steps maternity program

The Baby Steps program is supported by a team of care managers. They are experienced nurses and social workers.

Many care managers are also certified in newborn nursing or breastfeeding education.

## THE CHOICE IS YOURS

- Choose the birth experience you want. You can deliver in UPMC Magee-Womens Hospital or another high-quality facility in our network.
- Choose from a variety of care providers. These include world-renowned obstetricians and board-certified midwives. They will help you stay healthy during your pregnancy and beyond.

*A care manager can help you find network providers and schedule visits.*

## We're on your team

You have no-cost access to maternity care managers. They are available to you as part of your UPMC Health Plan benefits. They can provide as much support as you want.

Many of our members have spoken to maternity care managers about:

- Healthy eating, ideal weight gain, and physical activity during pregnancy.
- How to follow their provider's care plan.
- Chronic conditions, such as high blood pressure and asthma.
- How to manage diabetes that develops during pregnancy.
- Quitting tobacco.
- The signs of problems and when to call a health care provider.
- Symptoms of preterm labor.
- Vaginal births and C-sections.
- Getting a breast pump and other medical benefits.
- Postpartum depression and stress management support.
- Breastfeeding and lactation support.
- Making a plan to go back to work.
- Family planning and birth control.
- Resources that help with housing, food, and other needs.

## Connect with a maternity care manager today



Call: 1-866-778-6073 (TTY: 711)



Email: [maternitycoaches@upmc.edu](mailto:maternitycoaches@upmc.edu)



Live chat: [upmchealthplan.com/contact](https://upmchealthplan.com/contact)

**Help is available Monday through Friday from 7 a.m. to 8 p.m. and Saturday from 8 a.m. to 3 p.m.**

## VIRTUAL VISITS AVAILABLE

To have a virtual visit through UPMC AnywhereCare, scan this QR code and follow the instructions below.



- Log in to or register for an account.
- Select the **Health Navigation** tile. If a navigator is available, you can choose **Visit Now**. You can also schedule a visit if a navigator is not available.