

Taking Care of Baby and Me[®]

Your health program for support in pregnancy and parenthood

Here are a few steps to help you focus on a healthy pregnancy and birth:

1. To learn more about your benefits, visit the pregnancy webpage.

As a member of Simply Healthcare Plans, Inc. — Florida Healthy Kids, you can find all the resources needed for support in each stage of pregnancy and delivery online.

Learn about prenatal visits, postpartum and well-baby care, useful phone apps, and other health topics on our website, **[simplyhealthcareplans.com/floridahealthykids](https://www.simplyhealthcareplans.com/floridahealthykids)**, in the *Pregnancy and Beyond Resource Guide*.

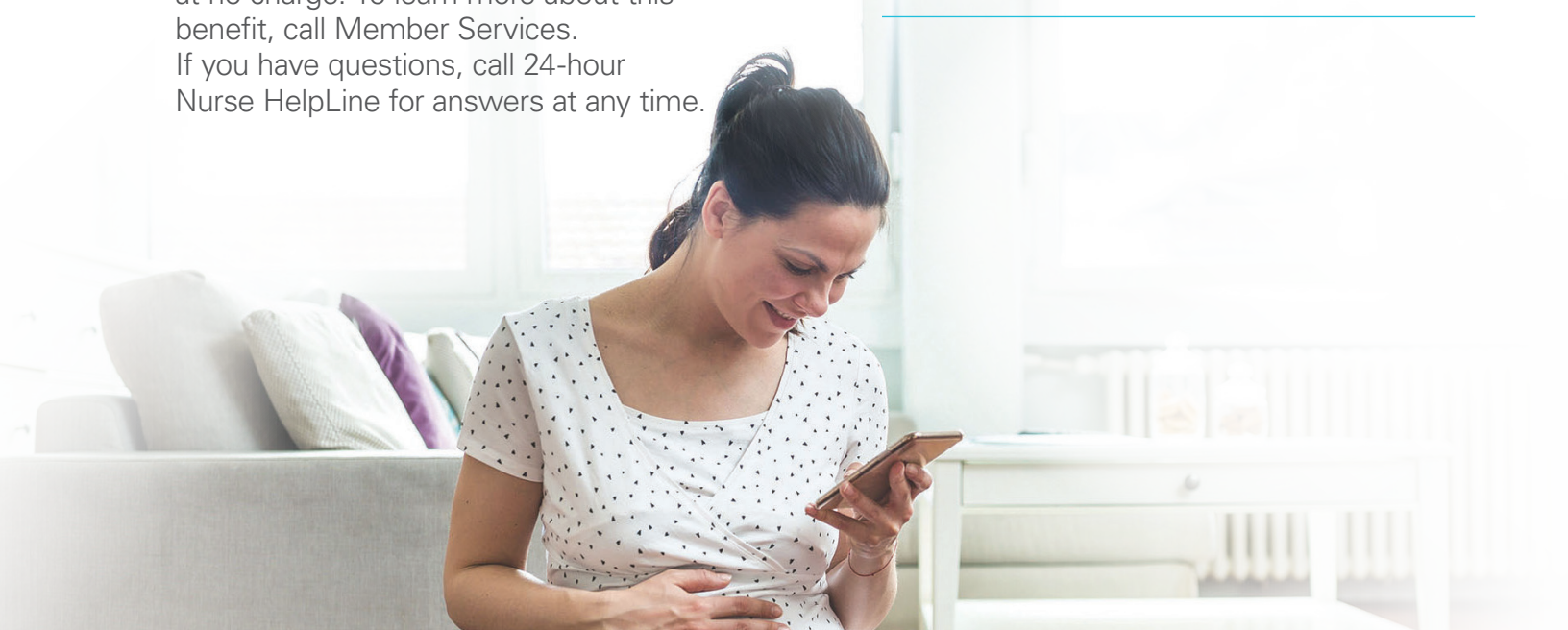


You may be able to get a breast pump at no charge. To learn more about this benefit, call Member Services. If you have questions, call 24-hour Nurse HelpLine for answers at any time.

2. You can earn rewards by visiting your doctor.*

A healthy pregnancy and birth are a team effort. We promote doctor visits for expecting and new mothers to stay healthy before and after birth.

To join the Simply Healthy Rewards™ Healthy Behaviors program, visit your benefits page at **[simplyhealthcareplans.com/floridahealthykids](https://www.simplyhealthcareplans.com/floridahealthykids)**. Then, log in to the Benefit Reward Hub and visit the Healthy Rewards portal. You can also call 888-990-8681 (TTY 711) Monday through Friday from 9 a.m. to 8 p.m. Eastern time.



Member Services and
24-hour Nurse HelpLine:
844-405-4298 (TTY 711)

[simplyhealthcareplans.com/floridahealthykids](https://www.simplyhealthcareplans.com/floridahealthykids)

3. My Advocate® helps make care personal.

The program starts with a health screener meant to help us find out more about you. The answers during the screener tell us how to give you the best level of support based on your health needs. You may use My Advocate by phone, through the smartphone app, or on the web.

There are also tools in the app and website to help:

- Track your baby's growth.
- Count your baby's kicks in pregnancy.
- Get ready for your baby's birth with checklists.

You can visit myadvocatehelps.com to sign up for updates by phone, web, or app.



4. Community help can help you stay up to date.

The Centers for Disease Control and Prevention (CDC) is the best source for health updates at [cdc.gov](https://www.cdc.gov).



The Women, Infants, and Children (WIC) program can help with food vouchers, classes on nutrition, breastfeeding, and peer counseling in parenting. We partner with local groups to help you. When you type in a ZIP code at bit.ly/2Fu5stT, you can find nearby local groups.

For a complete list of groups, visit the pregnancy webpage at [simplyhealthcareplans.com/floridahealthykids](https://www.simplyhealthcareplans.com/floridahealthykids).

If you have experienced a recent pregnancy loss and would like help or support, please visit [nationalshare.org](https://www.nationalshare.org).

If you prefer a mailed copy of our *Pregnancy and Beyond Resource Guide*, please call Member Services to ask for one.

To keep your baby covered, it is best to tell Florida KidCare about your pregnancy before and after delivery by calling **888-540-5437**.

Do you need help with your healthcare, talking with us, or reading what we send you? Call us toll free at 844-405-4298 (TTY 711) to get this for free in other languages or formats.

¿Necesita ayuda con su cuidado de la salud, para hablar con nosotros o leer lo que le enviamos? Llámenos a la línea gratuita al 844-405-4298 (TTY 711) para recibir esto gratuitamente en otros idiomas o formatos.