

Let's take this journey together.

Maternity Pathway

01 0-13 WEEKS

First Prenatal Visit Confirm Pregnancy

Goal – during 1st trimester or within 42 days of obtaining Medicaid Coverage.



03 16-18 WEEKS

Second Trimester (14-27 weeks)

Routine OB visits are scheduled, and it is important you keep them for close monitoring of yourself and your growing baby.



05 24-28 WEEKS

Routine OB visits are scheduled

Screen: Glucose screening.

Class: Begin childbirth education classes

Birth Plan: Draft a birth plan



07 36 WEEKS

At this time the position of your baby will be confirmed to discuss birth plans as you are nearing your delivery window.
Consider attending a breastfeeding class.



09 39 WEEKS

Routine OB visits are scheduled, and it is important you keep them for close monitoring of yourself and your growing baby.



11 LABOR & DELIVERY

You have delivered!
Now you can hold your beautiful baby.



13 MATERNAL & NEWBORN FOLLOW-UP CARE

- **S&S to report** – maternal and newborn
- Jaundice
- When to seek care
- Scheduling PP care
- Breast care
- Incision care if C/S
- Birth Control



02 10-12 WEEKS

Second Prenatal Visit

BP check, weight check, growth check of your baby and uterus. You may also get to hear your baby's heartbeat. Additional testing and ultrasound might be offered by your provider.



04 20-22 WEEKS

Routine OB visits are scheduled

Ultrasound: Anatomy scan.

Screen: Quad screen.

Diagnostic Test: Amniocentesis.



06 32 WEEKS

Third Trimester

Test: Group B strep test (35 to 37 weeks)



08 38 WEEKS

Routine OB visits are scheduled, and it is important you keep them for close monitoring of yourself and your growing baby.

10 40 WEEKS

Routine OB visits are scheduled, and it is important you keep them for close monitoring of yourself and your growing baby.



12 DISCHARGE HOME

- **S&S to report** – maternal and newborn
- Jaundice
- When to seek care
- Scheduling PP care
- Keeping 1st newborn appointment and immunization education



14 PCP CARE

After Care

Now its time to start spending time with your Primary Care Physician.



Checkpoint	Timeframe	Expectation	Next Steps
Stop #1 First Prenatal Visit Goal: during 1st trimester or within 42 days of obtaining Medicaid Coverage	0 - 13 WEEKS	+ Pregnancy test • Book your confirmation of pregnancy • visits with local OBGYN • Link to our find a provider • Link to our maternity website What to expect: medical history, pelvic exam, breast exam, pap smear, blood, and urine test	Contact WellCare care management for support and education during your pregnancy and to ensure you tap into all your benefits. After your first prenatal visits you have a choice of a car seat, stroller, or a pack and play Link to prenatal gift website Educate on My Health Pay for \$25 for attending 1st prenatal visit VAB Contact your local WIC office for support with nutrition for yourself and growing baby. https://www.ncdhhs.gov/ncwic Do not let transportation be a barrier to your care – link to NEMT on WellCare site
Stop #2 Second Prenatal Visit	10 - 12 WEEKS	What to expect: BP check, weight check, growth check of your baby and uterus. You may also get to hear your baby's heartbeat. Additional testing and ultrasound might be offered by your provider Screen: Noninvasive prenatal testing (NIPT). Done at around 10 weeks; screens for chromosomal abnormalities such as Down syndrome, trisomy 18 and trisomy 13. Screen: Nuchal translucency (NT) screening. Performed between weeks 10 and 14, this ultrasound measures the nuchal fold, an area of fluid behind the baby's neck, to screen for chromosomal abnormalities. Diagnostic Test: Chorionic villus sampling (CVS). If an NIPT or NT screening indicates a higher than usual risk for certain congenital conditions, this test, done between weeks 10 and 13, can confirm or rule out the condition.	Consider your interest in a doula to support you during your pregnancy. – Educate on WCNC VAB for doula. Encourage them to sign up for text4baby – free messaging for pregnancy tips, prenatal care, safety concerns, feeding, newborn care and parenting information Do not let transportation be a barrier to your care – link to NEMT on WellCare site As a reminder you have \$10 a month to spend on OTC items. This is a great way to help build a stockpile of diapers, feminine hygiene, and a newborn first aid kit with your WCNC benefits. – Link to the OTC on the WCNC site
Stop #3 Second Trimester (14-27 weeks)	16 - 18 WEEKS	Routine OB visits are scheduled, and it is important you keep them for close monitoring of yourself and your growing baby.	Do not let transportation be a barrier to your care – link to NEMT on WellCare site
Stop #4	20 - 22 WEEKS	Routine OB visits are scheduled, and it is important you keep them for close monitoring of yourself and your growing baby. All pregnant individuals will have: Ultrasound: Anatomy scan. Also known as a level 2 or 20-week ultrasound, this test assesses the baby's growth and development. Additional testing might be considered when risks are present: Screen: Quad screen. Done between weeks 15 and 22 to determine whether there's an increased risk for certain chromosomal or neural-tube defects. Diagnostic Test: Amniocentesis. Done starting at 15 weeks, takes a sample of amniotic fluid to detect genetic and chromosomal conditions, including Down syndrome.	Inset risk knowledge check: Gestational diabetes Do not let transportation be a barrier to your care – link to NEMT on WellCare site

Checkpoint	Timeframe	Expectation	Next Steps
Stop #5	24 - 28 WEEKS	<i>Routine OB visits are scheduled, and it is important you keep them for close monitoring of yourself and your growing baby.</i> Screen: Glucose screening. Done between 24 and 28 weeks, it is used to detect gestational diabetes. Class: Begin childbirth education classes (24-28 weeks), such as the one offered at JCMC. Birth Plan: Draft a birth plan so your health care team knows your preferences for labor, delivery postpartum care, etc.	Insert risk knowledge: <i>Preterm labor Low birth weight neonates</i> <i>If you find out, you have gestation diabetes please contact WellCare maternity case management for support to ensure you receive assistance with obtaining diabetic testing supplies and have access to a case manager for continued support.</i> <i>If you have Type 2 diabetes or are diagnosed with gestational diabetes in pregnancy, please consider enrolling in our Good Measures program for continued education on how to manage your diabetes. – Include the contact number and website for registration.</i> <i>Consider participating in a WCNC baby shower - Educate on the VAB and how to register.</i> <i>Do not let transportation be a barrier to your care – link to NEMT on WellCare site</i>
Stop #6	32 WEEKS	<i>Routine OB visits are scheduled, and it is important you keep them for close monitoring of yourself and your growing baby.</i> Test: Group B strep test (35 to 37 weeks) Vaccines for Pregnant Women: <i>Protecting You and Your Baby</i> If you are pregnant, it's important to get vaccines to help keep you and your baby safe. Doctors recommend getting shots for whooping cough, flu, and RSV during pregnancy. Whooping Cough (Pertussis) – Tdap Shot • When to get it: Between 27 and 36 weeks of pregnancy. • Why it's important: Whooping cough can be very dangerous for newborn babies. Getting this shot during pregnancy helps pass protection to your baby before they are born. Flu (Influenza) Shot • When to get it: Anytime during flu season (fall and winter), at any stage of pregnancy. • Why it's important: The flu can make pregnant women very sick. This shot helps protect you and your baby from getting seriously ill. RSV (Respiratory Syncytial Virus) • When to get it: Between 32 and 36 weeks of pregnancy, usually between September and January. • Why it's important: RSV can cause serious breathing problems in babies. The RSV shot helps give your baby protection right after birth. Why Vaccines Matter During Pregnancy: • They protect both mom and baby • They prevent serious illness • They give babies antibodies to help fight disease before they can get their own shots <i>Talk to your doctor to find out which vaccines you need and when to get them.</i>	Insert risk knowledge: <i>Preeclampsia</i> <i>Consider your interest in a doula to support you during your pregnancy. – Educate on WCNC VAB for doula.</i> <i>Do not let transportation be a barrier to your care – link to NEMT on WellCare site</i>

Checkpoint	Timeframe	Expectation	Next Steps
Stop #7	36 WEEKS	Routine OB visits are scheduled, and it is important you keep them for close monitoring of yourself and your growing baby. At this time the position of your baby will be confirmed to discuss birth plans as you are nearing your delivery window. Consider attending a breastfeeding class.	Consider ordering your breast pump – Educate on WCNC VAB for breast pump Make sure you have identified a pediatrician for your child – find a provider link Do not let transportation be a barrier to your care – link to NEMT on WellCare site
Stop #8	38 WEEKS	Routine OB visits are scheduled, and it is important you keep them for close monitoring of yourself and your growing baby.	Do not let transportation be a barrier to your care – link to NEMT on WellCare site
Stop #9	39 WEEKS	Routine OB visits are scheduled, and it is important you keep them for close monitoring of yourself and your growing baby.	Do not let transportation be a barrier to your care – link to NEMT on WellCare site
Stop #10	40 WEEKS	Routine OB visits are scheduled, and it is important you keep them for close monitoring of yourself and your growing baby.	Do not let transportation be a barrier to your care – link to NEMT on WellCare site
Stop #11	Labor & Delivery	You have delivered We will write up details on delivery – Link to Maternity website	Inset knowledge check: Post partum hemorrhage Eclampsia Do not let transportation be a barrier to your care – link to NEMT on WellCare site
Stop #12	Discharge Home	Link to our PP website to be release ASAP • S&S to report – maternal and newborn • Jaundice • When to seek care • Scheduling PP care • Keeping 1st newborn appointment • and immunization education	Make sure to notify DSS Of delivery to have your child added to Medicaid within 30 days of delivery Make sure to contact WCNC and request your home delivered meals within 2w of discharge home. – Link to Home delivered meals on website
Stop #13	Maternal and Newborn Follow-up Care	Link to our PP website to be released ASAP • S&S to report – maternal and newborn • Jaundice • When to seek care • Scheduling PP care • Breast care • Incision care if C/S • Birth control	Insert education on My Health Pays for attending PP visit - \$25 Inset education on My Health Pays for attending Childre's Well Visits and Children's Immunizations Do not let transportation be a barrier to your care – link to NEMT on WellCare site
Stop #14	PCP Care	We will write up a script on the importance of PCP care	Inset link to find a provider Educate on VAB for My Health Pays for annual Wellness exam Do not let transportation be a barrier to your care – link to NEMT on WellCare site

Notice of Nondiscrimination

WellCare of North Carolina complies with applicable federal civil rights laws and does not discriminate based on race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex, gender identity or expression, or sexual orientation. WellCare of North Carolina does not exclude people or treat them differently because of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex, gender, gender identity or expression, or sexual orientation.

WellCare of North Carolina provides free auxiliary aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified American Sign Language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

WellCare of North Carolina provides free language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages

If you need these services, call **1-866-799-5318 (TTY/TDD 711)**.

If you believe that WellCare of North Carolina has failed to provide these services or discriminated in another way based on race, color, national origin, age, disability or sex, you can file a grievance with:

WellCare of North Carolina

Attn: Grievance Department

PO Box 31384

Tampa, FL 33631-3384

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights:

- Online: ocrportal.hhs.gov/ocr/portal/lobby.jsf
- By mail:
U.S. Department of Health and Human Services
200 Independence Avenue SW., Room 509F, HHH Building
Washington, DC 20201
- By phone: **1-800-368-1019 (TDD: 1-800-537-7697)**

Complaint forms are available at hhs.gov/ocr/office/file/index.html.