

# 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

### 09 39 WEEKS

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



### 11 LABOR & DELIVERY

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



### 14 PCP CARE

#### After Care

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



| Checkpoint  | Timeframe     | Expectation  | Next Steps   |
|---|---------------|--|--|
| <b>Stop #1</b><br><b>First Prenatal Visit</b><br><br><b>Goal:</b> during 1st trimester or within 42 days of obtaining Medicaid Coverage | 0 - 13 WEEKS  | <p><b>+ Pregnancy test</b></p> <ul style="list-style-type: none"> <li>• Book your confirmation of pregnancy</li> <li>• visits with local OBGYN</li> <li>• Link to our find a provider</li> <li>• Link to our maternity website</li> </ul> <p><b>What to expect:</b> medical history, pelvic exam, breast exam, pap smear, blood, and urine test</p>  | <p>Contact WellCare care management for support and education during your pregnancy and to ensure you tap into all your benefits.</p> <p>After your first prenatal visits you have a choice of a car seat, stroller, or a pack and play</p> <p><a href="#">Link to prenatal gift website</a></p> <p>Educate on My Health Pay for \$25 for attending 1st prenatal visit VAB</p> <p>Contact your local WIC office for support with nutrition for yourself and growing baby.</p> <p><a href="https://www.ncdhhs.gov/ncwic">https://www.ncdhhs.gov/ncwic</a></p> <p>Do not let transportation be a barrier to your care –</p> <p><a href="https://www.wellcarenc.com/members/medicaid/benefits/non-emergency-medical-transportation.html">https://www.wellcarenc.com/members/medicaid/benefits/non-emergency-medical-transportation.html</a></p> |
| <b>Stop #2</b><br><b>Second Prenatal Visit</b>  | 10 - 12 WEEKS | <p><b>What to expect:</b> BP check, weight check, growth check of your baby and uterus.</p> <p>You may also get to hear your baby's heartbeat.</p> <p><b>Additional testing and ultrasound might be offered by your provider</b></p> <p><b>Screen: Noninvasive prenatal testing (NIPT).</b> Done at around 10 weeks; screens for chromosomal abnormalities such as Down syndrome, trisomy 18 and trisomy 13.</p> <p><b>Screen: Nuchal translucency (NT) screening.</b> 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.</p> <p><b>Diagnostic Test: Chorionic villus sampling (CVS).</b> 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.</p> | <p>Consider your interest in a doula to support you during your pregnancy.</p> <p>– Educate on WCNC VAB for doula.</p> <p>Encourage them to sign up for text4baby - free messaging for pregnancy tips, prenatal care, safety concerns, feeding, newborn care and parenting information</p> <p>Do not let transportation be a barrier to your care –</p> <p><a href="https://www.wellcarenc.com/members/medicaid/benefits/non-emergency-medical-transportation.html">https://www.wellcarenc.com/members/medicaid/benefits/non-emergency-medical-transportation.html</a></p> <p>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. – <a href="#">Link to the OTC on the WCNC site</a></p>             |
| <b>Stop #3</b><br><b>Second Trimester (14-27 weeks)</b>   | 16 - 18 WEEKS | Routine OB visits are scheduled, and it is important you keep them for close monitoring of yourself and your growing baby.   | <p>Do not let transportation be a barrier to your care –</p> <p><a href="https://www.wellcarenc.com/members/medicaid/benefits/non-emergency-medical-transportation.html">https://www.wellcarenc.com/members/medicaid/benefits/non-emergency-medical-transportation.html</a></p>  |
| <b>Stop #4</b>  | 20 - 22 WEEKS | <p>Routine OB visits are scheduled, and it is important you keep them for close monitoring of yourself and your growing baby.</p> <p><b>All pregnant individuals will have:</b></p> <p><b>Ultrasound: Anatomy scan.</b> Also known as a level 2 or 20-week ultrasound, this test assesses the baby's growth and development.</p> <p><b>Additional testing might be considered when risks are present:</b></p> <p><b>Screen: Quad screen.</b> Done between weeks 15 and 22 to determine whether there's an increased risk for certain chromosomal or neural-tube defects.</p> <p><b>Diagnostic Test: Amniocentesis.</b> Done starting at 15 weeks, takes a sample of amniotic fluid to detect genetic and chromosomal conditions, including Down syndrome.</p>  | <p><b>Inset risk knowledge check:</b><br/>Gestational diabetes</p> <p>Do not let transportation be a barrier to your care –</p> <p><a href="https://www.wellcarenc.com/members/medicaid/benefits/non-emergency-medical-transportation.html">https://www.wellcarenc.com/members/medicaid/benefits/non-emergency-medical-transportation.html</a></p>   |

| Checkpoint     | Timeframe            | Expectation  | Next Steps   |
|----------------|----------------------|--|--|
| <b>Stop #5</b> | <b>24 - 28 WEEKS</b> | <p><i>Routine OB visits are scheduled, and it is important you keep them for close monitoring of yourself and your growing baby.</i></p> <p><b>Screen: Glucose screening.</b> Done between 24 and 28 weeks, it is used to detect gestational diabetes.</p> <p><b>Class: Begin childbirth education classes (24-28 weeks),</b> such as the one offered at JCMC.</p> <p><b>Birth Plan:</b> Draft a birth plan so your health care team knows your preferences for labor, delivery postpartum care, etc.</p>  | <p><b>Insert risk knowledge:</b><br/>Preterm labor<br/>Low birth weight neonates</p> <p>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.</p> <p>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. – For more information on the Good Measures programs, contact WellCare Member Services at <b>1-866-799-5318 (TTY 711)</b> or sign up online at <a href="https://wellcarehealthnc.goodmeasures.com">wellcarehealthnc.goodmeasures.com</a></p> <p>Consider participating in a WCNC baby shower - Educate on the VAB and how to register.</p> <p>Do not let transportation be a barrier to your care – <a href="https://www.wellcarenc.com/members/medicaid/benefits/non-emergency-medical-transportation.html">https://www.wellcarenc.com/members/medicaid/benefits/non-emergency-medical-transportation.html</a></p> |
| <b>Stop #6</b> | <b>32 WEEKS</b>      | <p><i>Routine OB visits are scheduled, and it is important you keep them for close monitoring of yourself and your growing baby.</i></p> <p><b>Test:</b> Group B strep test (35 to 37 weeks)</p> <p><b>Vaccines for Pregnant Women:</b><br/>Protecting You and Your Baby<br/>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.</p> <p><b>Whooping Cough (Pertussis) – Tdap Shot</b><br/>• <b>When to get it:</b> Between 27 and 36 weeks of pregnancy.<br/>• <b>Why it's important:</b> Whooping cough can be very dangerous for newborn babies. Getting this shot during pregnancy helps pass protection to your baby before they are born.</p> <p><b>Flu (Influenza) Shot</b><br/>• <b>When to get it:</b> Anytime during flu season (fall and winter), at any stage of pregnancy.<br/>• <b>Why it's important:</b> The flu can make pregnant women very sick. This shot helps protect you and your baby from getting seriously ill.</p> <p><b>RSV (Respiratory Syncytial Virus)</b><br/>• <b>When to get it:</b> Between 32 and 36 weeks of pregnancy, usually between September and January.<br/>• <b>Why it's important:</b> RSV can cause serious breathing problems in babies. The RSV shot helps give your baby protection right after birth.</p> <p><b>Why Vaccines Matter During Pregnancy:</b></p> <ul style="list-style-type: none"> <li>• They protect both mom and baby</li> <li>• They prevent serious illness</li> <li>• They give babies antibodies to help fight disease before they can get their own shots</li> </ul> <p>Talk to your doctor to find out which vaccines you need and when to get them.</p> | <p><b>Insert risk knowledge:</b><br/>Preeclampsia</p> <p>Consider your interest in a doula to support you during your pregnancy. – Educate on WCNC VAB for doula.</p> <p>Do not let transportation be a barrier to your care – <a href="https://www.wellcarenc.com/members/medicaid/benefits/non-emergency-medical-transportation.html">https://www.wellcarenc.com/members/medicaid/benefits/non-emergency-medical-transportation.html</a></p>   |

| Checkpoint | Timeframe                           | Expectation  | Next Steps   |
|------------|-------------------------------------|--|--|
| Stop #7    | 36 WEEKS                            | <p>Routine OB visits are scheduled, and it is important you keep them for close monitoring of yourself and your growing baby.</p> <p>At this time the position of your baby will be confirmed to discuss birth plans as you are nearing your delivery window.</p> <p>Consider attending a breastfeeding class.</p>           | <p>Consider ordering your breast pump – Educate on WCNC VAB for breast pump</p> <p>Make sure you have identified a pediatrician for your child – <a href="#">find a provider link</a></p> <p>Do not let transportation be a barrier to your care – <a href="https://www.wellcarenc.com/members/medicaid/benefits/non-emergency-medical-transportation.html">https://www.wellcarenc.com/members/medicaid/benefits/non-emergency-medical-transportation.html</a></p> |
| Stop #8    | 38 WEEKS                            | <p>Routine OB visits are scheduled, and it is important you keep them for close monitoring of yourself and your growing baby.</p>  | <p>Do not let transportation be a barrier to your care – <a href="https://www.wellcarenc.com/members/medicaid/benefits/non-emergency-medical-transportation.html">https://www.wellcarenc.com/members/medicaid/benefits/non-emergency-medical-transportation.html</a></p>   |
| Stop #9    | 39 WEEKS                            | <p>Routine OB visits are scheduled, and it is important you keep them for close monitoring of yourself and your growing baby.</p>  | <p>Do not let transportation be a barrier to your care – <a href="https://www.wellcarenc.com/members/medicaid/benefits/non-emergency-medical-transportation.html">https://www.wellcarenc.com/members/medicaid/benefits/non-emergency-medical-transportation.html</a></p>   |
| Stop #10   | 40 WEEKS                            | <p>Routine OB visits are scheduled, and it is important you keep them for close monitoring of yourself and your growing baby.</p>  | <p>Do not let transportation be a barrier to your care – <a href="https://www.wellcarenc.com/members/medicaid/benefits/non-emergency-medical-transportation.html">https://www.wellcarenc.com/members/medicaid/benefits/non-emergency-medical-transportation.html</a></p>   |
| Stop #11   | Labor & Delivery                    | <p><b>You have delivered</b></p> <p>We will write up details on delivery – <a href="#">Link to Maternity website</a></p>   | <p>Inset knowledge check: Post partum hemorrhage Eclampsia</p> <p>Do not let transportation be a barrier to your care – <a href="https://www.wellcarenc.com/members/medicaid/benefits/non-emergency-medical-transportation.html">https://www.wellcarenc.com/members/medicaid/benefits/non-emergency-medical-transportation.html</a></p>  |
| Stop #12   | Discharge Home                      | <p><b>Link to our PP website to be released ASAP</b></p> <ul style="list-style-type: none"> <li>• <b>S&amp;S to report</b> – maternal and newborn</li> <li>• Jaundice</li> <li>• When to seek care</li> <li>• Scheduling PP care</li> <li>• Keeping 1st newborn appointment</li> <li>• and immunization education</li> </ul> | <p>Make sure to notify DSS Of delivery to have your child added to Medicaid within 30 days of delivery</p> <p>Make sure to contact WCNC and request your home delivered meals within 2w of discharge home. – <a href="https://www.wellcarenc.com/members/medicaid/benefits/additional-benefits.html">https://www.wellcarenc.com/members/medicaid/benefits/additional-benefits.html</a></p>   |
| Stop #13   | Maternal and Newborn Follow-up Care | <p><b>Link to our PP website to be released ASAP</b></p> <ul style="list-style-type: none"> <li>• <b>S&amp;S to report</b> – maternal and newborn</li> <li>• Jaundice</li> <li>• When to seek care</li> <li>• Scheduling PP care</li> <li>• Breast care</li> <li>• Incision care if C/S</li> <li>• Birth control</li> </ul>  | <p>Inset education on My Health Pays for attending PP visit - \$25</p> <p>Inset education on My Health Pays for attending Children's Well Visits and Children's Immunizations</p> <p>Do not let transportation be a barrier to your care – <a href="https://www.wellcarenc.com/members/medicaid/benefits/non-emergency-medical-transportation.html">https://www.wellcarenc.com/members/medicaid/benefits/non-emergency-medical-transportation.html</a></p>         |
| Stop #14   | PCP Care                            | <p>We will write up a script on the importance of PCP care</p>   | <p>Inset link to find a provider</p> <p>Educate on VAB for My Health Pays for annual Wellness exam</p> <p>Do not let transportation be a barrier to your care – <a href="https://www.wellcarenc.com/members/medicaid/benefits/non-emergency-medical-transportation.html">https://www.wellcarenc.com/members/medicaid/benefits/non-emergency-medical-transportation.html</a></p>  |

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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 (TTV/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](http://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](http://hhs.gov/ocr/office/file/index.html).