

Pregnant? Thinking of Becoming Pregnant?

TAKE THESE STEPS.



1. Go Before You Show!

- Go to your doctor as soon as you think you are pregnant.
- It's important to see a doctor in the **first 12 weeks** of your pregnancy.
- Early and routine care will help protect you and your baby.



2. Complete an Iowa Total Care Notification of Pregnancy (NOP) Form.

- Let Iowa Total Care know you are pregnant.
- Log in to your member portal account at member.iowatotalcare.com to complete an NOP form.
- Or call Member Services at **1-833-404-1061 (TTY: 711)**.



3. Join our Start Smart for Your Baby® Program!

- Let us be your guide during pregnancy.
- Get access to diapers, a breast pump, a car seat and more with our Start Smart for Your Baby® program.
- Start your journey at iowatotalcare.com.



4. Let Iowa Medicaid know.

- Call **1-877-347-5678** to report the change to your Medicaid.



5. Keep Healthy Lifestyle Habits.

- Exercise regularly, eat healthy meals and rest for 8-10 hours each night.
- Refrain from using tobacco, alcohol or drugs.

Use our Find a Provider online tool to locate a doctor in your area. Just visit findaprovider.iowatotalcare.com

Get care for your baby and your budget! Earn up to **\$XX** in My Health Pays® rewards in the <first 12 weeks>.



Visit our Start Smart for Your Baby® website or call **1-833-404-1061 (TTY: 711)** for more information.



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Language assistance services, auxiliary aids and services, larger font, oral translation, and other alternative formats are available to you at no cost. To obtain this, please call 1-833-404-1061 (TTY: 711). | Usted tiene a su disposición, sin costo alguno, servicios de asistencia de idiomas, ayudas y servicios auxiliares, material impreso en letra más grande, traducción oral y otros formatos alternativos. Para obtener esto, llame al 1-833-404-1061 (TTY: 711). | 可以免费为您提供语言协助服务、辅助用具和服务以及其他格式。如需获得这些服务，请致电 1-833-404-1061 (TTY: 711).