

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)**.

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



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.



Get care for your baby and your budget! Earn up to **\$60** in **My Health Pays®** rewards in the first 12 weeks.



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.



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



Iowa Total Care complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. | Iowa Total Care cumple con las leyes federales de derechos civiles aplicables y no discrimina en base a la raza, el color, el país de origen, la edad, la discapacidad o el sexo.

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 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). | 我们免费为您提供语言协助服务、辅助设施和服务、更大字体、口头翻译和其他替代格式。如需获得此服务，请致电 1-833-404-1061 (TTY: 711)。