

A Baby's Life, LLC **(Maternal Infant Health Program)** **Welcome Packet**

Welcome to the Michigan Maternal Infant Health Program. We are pleased to meet you and happy that you chose us (**A Baby's Life, LLC**) to be your provider. Our mission is to motivate, support, educate, and empower pregnant women and parents to be the best parents they can be. We are dedicated to providing mothers with the needed resources and support they need in order to have successful and healthy pregnancies. Furthermore, we strive to promote optimal behavioral health throughout the mom and baby family unit, to ensure quality of life.

We will be here to support you and your infant, by linking you to the services you may need and want. We look forward to supporting you on this journey.

Our Office Information

Office Location: 4777 E. Outer Dr. Detroit, MI 48234

Service Areas: Wayne, Oakland, and Macomb Counties

Office Phone: 313-717-4898

Fax: 1-313-625-6026 (**MUST** dial **1** first)

Office Hours: 8:30am-6:00pm



A Baby's Life, LLC

Maternal Infant Health (Beneficiaries Incentive)

We love to support and help our beneficiaries as best as we can. Therefore, all beneficiaries are automatically enrolled into our incentive program upon intake. This means on the 3rd, 6th, and 9th visit, beneficiaries will receive a choice of a gift card, OR baby items.



A Baby's Life, LLC

Maternal Infant Health Program (MIHP)



Program Overview

MIHP's purpose is to lower infant mortality and maternal morbidity in at risk populations. **All Medicaid Eligible pregnant women and infants are eligible for our services.**

Our mission is to motivate, support, educate, and empower pregnant women and parents to be the best parents they can be. We are dedicated to providing mothers with the needed resources and support they need in order to have successful and healthy pregnancies. Furthermore, we strive to promote optimal behavioral health throughout the mom and baby family unit, to ensure quality of life.

Services Offered

1

REFERRALS/SUPPORT

We provide referrals for needed resources, and offer other supportive services as well.

2

EDUCATION

We provide education surrounding maternal care needs and infant safety.

3

COORDINATION OF SERVICES

We provide assistance with coordinating health care needs.

Location & Contact Information

Service Areas

Macomb County
Oakland County
Wayne County

Address

4777 E. Outer Dr.
Detroit, MI 48234

Phone

313-717-4898

Fax

1-313-625-6026
(Must dial 1)

Email

ababyslifelc@gmail.com

***Doctors, nurses and staff, please refer medicaid eligible pregnant women and infants for supportive services.**

Safety Plan

1. Family Doctor or Obstetrician **Phone:**
Pediatrician **Phone:**

2. If you do not have transportation or unable to use your own transportation who can you call for help? **Name:** **Phone:**

3. **Go to the near emergency department** when there is an emergency or call **911**.

4. If you are unable to travel by car and you or your baby are in distress, call **911** on your phone for an ambulance.

Documents & Resources

- **Maternal Infant Health Program Pregnancy and Infant Health Education Packet**
https://www.michigan.gov/documents/mihp/Color_Ed_Packet_10.3.19_667758_7.pdf

- **For more information on Michigan Health Plans Please visit:**
https://www.michigan.gov/mdhhs/0,5885,7-339-71551_2945_42542_42544_42644-150910--,00.html

To enroll in a Medicaid Health Plan call 1-800-975-7630 or go to <https://www.healthcare4mi.com/MISelfService/resources/portal/index.html>

- **Healthy Michigan**

“The Healthy Michigan Plan (HMP) is a category of eligibility authorized under the Patient Protection and Affordable Care Act and Michigan Public Act 107 of 2013 began April 1, 2014. The benefit design of the Healthy Michigan Plan ensures beneficiary access to quality health care, encourages utilization of high-value services, and promotes adoption of healthy behaviors.” (MDHHS)

*For Information on how to apply for benefits and manage plan please visit:

<https://www.michigan.gov/healthymiplan/>

Or

https://www.michigan.gov/mdhhs/0,5885,7-339-71547_2943_66797---,00.html#:~:text=Healthy%20Michigan%20Plan%3A%20The%20Healthy%20Michigan%20Plan%20%28HMP%29,quality%20health%20care%2C%20encourages%20utilization%20of%20high-value%20services%2C

To apply for benefits visit: <https://www.healthcare4mi.com/MISelfService/resources/portal/index.html>

- **WIC supplemental nutrition program** (for more information click on the following links or review WIC form attached to welcome packet.)

https://www.michigan.gov/documents/mdch/WIC_Agency_List_382084_7.pdf

Or

https://www.michigan.gov/documents/mdhhs/WIC_Clinic_Locations_684528_7.pdf

- **For Informational text messages to help keep you and your baby healthy, go to the Text4Baby website:** <https://www.text4baby.org> or text BABY to 511411

- **For more information on community services in your area please dial 211 or call 1-877-211-5253 or visit** <https://www.211.org>

- **Report suspected child abuse or neglect: 1-855-444-3911 or visiting:** https://newmibridges.michigan.gov/s/isd-landing-page?language=en_US

- **Poison Control 1-800-222-1222 or visit** <https://www.poison.org>

- **To find information on community mental health services in your county please visit:** https://www.michigan.gov/mdhhs/0,5885,7-339-71550_2941_4868_4899-178824--,00.html

- **CDC Lead Poisoning Fact Sheet:** https://www.cdc.gov/nceh/lead/factsheets/Lead_fact_sheet.pdf

About MIHP



Welcome to the Maternal Infant Health Program. MIHP is Michigan's largest home visiting program for Medicaid-eligible pregnant women and infants.

Please click on [**MIHP Agency Directory**](#) to locate MIHP providers, throughout the state. Each MIHP agency works to support healthy pregnancies, positive birth outcomes, as well as healthy infants.

What does it do?

- It provides home visitation support and care coordination for pregnant women and infants on Medicaid.
- Services are intended to supplement regular prenatal/infant care and to assist healthcare providers in managing the beneficiary's health and wellbeing.

What Are Its Purposes?

- To promote healthy pregnancies, positive birth outcomes, and healthy infant growth and development.
- To improve the health and well-being of Medicaid eligible pregnant women and infants through a standardized, system-wide process.
- To decrease infant mortality as part of Michigan's strategic plan

What Are The Program Components?

- Requires services provided by Registered Nurse and a Licensed Social Worker.
- May also have a Registered Dietitian, IBCLC Lactation Consultant and Infant Mental Health Specialist as part of the team.
- Uses evidence based, comprehensive Maternal and Infant Risk Identifiers.
- Determines the maternal or infant risks based on an algorithm designed into the database plus professional observation.
- Consists of standardized trainings, forms, interventions and plan of cares.
- Uses a Case Management approach.
- Requires communication and coordination with Medicaid Providers and Medicaid Health Plans.
- Has a state wide database for Risk Identifiers and Discharge Summaries

Who Provides The Services?

- Federally Qualified Health Centers
- Home Health Agencies
- Hospital Based Clinics
- Native American Tribes
- Private Providers
- Local and Regional Public Health Departments

Information sheet for Medical Providers



MATERNAL INFANT HEALTH PROGRAM

What Type of Model Is It?

- It is population-based management model, meaning that the health of the entire population is addressed in addition to the health of individuals within the population.
- Standardized, appropriate services are provided based on a beneficiary's needs and risks no matter the location within the state.

What if I Don't Have Medicaid Health Insurance?

Michigan has many health care programs available to children, families and adults who meet eligibility requirements. Each program has income limits To check eligibility for Medicaid and apply online, visit [MI Bridges](#) If you have questions about Medicaid for pregnant women, contact:

[Map and list of local Department of Health and Human Services \(DHHS\) Offices](#)

[MDHHS Hotlines](#)

MIChild/Healthy Kids 1-888-988-6300, TTY 1-888-263-5897 for persons with hearing and speech disabilities

Medicaid Beneficiary Hotline 1-800-642-3195, TTY 1-866-501-5656

Is MIHP Effective?

Yes, it improves maternal and infant healthcare utilization and health outcomes beginning during pregnancy, continuing at birth and sustained through the first year of life. Participation in MIHP increases the odds of receiving any prenatal care, the adequacy of prenatal care, and the odds of new mothers receiving appropriate postnatal visits. Participation in MIHP increases odds of ever presenting for well-child visits and of receiving the appropriate number of such visits over the first year of life. Participation in MIHP reduces the risk for adverse birth outcomes (prematurity, extreme prematurity, low birth weight, very low birth weight), with particular advantage for Black women. [View the report](#)

What Does The Participant Receive?

- Risk Identifier and up to nine visits for the mom.
- Risk Identifier and up to nine visits for the infant and an additional nine with a physician's order. Substance exposed infants may receive up to 18 additional visits.
- Assistance with childbirth/parenting education and transportation.

[Michigan.gov Home](#)

[Policies](#)
[Michigan News](#)
[ADA](#)

YOUR RIGHTS AND RESPONSIBILITIES AS A MATERNAL INFANT HEALTH PROGRAM PARTICIPANT

Michigan Department of Health and Human Services

Maternal Infant Health Program

If you have a question, complaint or concern about your Maternal Infant Health Program (MIHP), please speak up. Feel free to take any of the following actions:

1. Call or write to your MIHP. If you call, ask to speak to the program coordinator. Often, the coordinator can help immediately.
2. If you are not satisfied with the coordinator's response, or you do not wish to take your concern to the coordinator, call the Michigan Department of Health and Human Services (MDHHS). The number is 833-644-6447. Say that you have a concern about your MIHP and someone will help you. If you would rather send an email, the address is mihp@michigan.gov.
3. You may be enrolled in a Medicaid Health Plan. If so, you also have the option of contacting them with questions or concerns about your MIHP. Look for your Health Plan's contact information in your Member Handbook.

As a MIHP participant, you have the right to:

- Choose your MIHP.
- Be treated with respect at all times.
- Receive quality care.
- Transfer to a different MIHP.
- Be fully involved in all aspects of your care.
- Refuse any services you do not wish to receive.
- Get help with any special communication needs you may have.
- Have your confidentiality protected, as required by law.
- Use your MIHP's grievance procedure, contact MDHHS or your Medicaid Health Plan to resolve your concerns.

As a MIHP participant, you have the responsibility to:

- Keep your appointments to the best of your ability.
- Let the MIHP staff know ahead of time if you can't keep an appointment.
- Ask questions if you don't understand something.
- Let your MIHP staff know how they can serve you better.
- Treat your MIHP staff with respect at all times.

The Michigan Department of Health and Human Services (MDHHS) does not discriminate against any individual or group because of race, religion, age, national origin, color, height, weight, marital status, genetic information, sex, sexual orientation, gender identity or expression, political beliefs or disability.

BENEFICIARY GRIEVANCES

A Baby's Life, LLC
4777 E. Outer Dr.
Detroit, MI 48234

All beneficiaries have the right to be informed about policies and procedures for grievances, complaints and appeals; and to utilize these processes. Grievances steps are as follow:

- A. If a beneficiary has a complaint about the services she/he received or has a problem with the MIHP program, the complaint shall be brought to the attention of the MIHP coordinator within 48 hours by calling 313-717-4898. Efforts shall be made to resolve the issue with the beneficiary and program staff within 7 working days.
- B. A grievance form shall be offered and provided if requested by beneficiary.
- C. If the beneficiary wishes to fill out a grievance form, she/he shall be informed that the grievance will be heard by the Community Health Program Manager of the Health Department within their county within 7 days.
- D. In the event the Beneficiary is unable to be reached by telephone, a letter will be sent to the Beneficiary indicating the method to address the grievance procedure with the program coordinator.

***To find out more information or file a complaint visit**

**[https://www.michigan.gov/mdhhs/
0,5885,7-339-71550_2941_4868_4901---,00.html](https://www.michigan.gov/mdhhs/0,5885,7-339-71550_2941_4868_4901---,00.html)**

Or call the MDHHS-ORR Hotline: 1-800-854-9090

RECIPIENT RIGHTS COMPLAINT

Michigan Department of Health and Human Services

Complaint Number

INSTRUCTIONS

If you believe that one of your rights has been violated, you (or someone on your behalf) may use this form to make a complaint. A rights officer/advisor will review the complaint and may conduct an investigation. Send this form to the rights office at the Community Mental Health (CMH) or hospital where you are receiving (or received) services at:

Enter your agency address here.

If you send your complaint to Michigan Department of Health and Human Services, Office of Recipient Rights (MDHHS-ORR), it will be forwarded to the appropriate rights office. The MDHHS-ORR address is, Michigan Department of Health and Human Services, Office of Recipient Rights, Elliott-Larsen Building, 320 South Walnut Street, Lansing, MI 48933.

Complainant's Name	Recipient's Name (if different from complainant)
Complainant's Address	Where did it occur? (address or hospital/agency)?
Complainant's Telephone Number	When did the alleged violation occur?

What right was violated?

Describe what happened:

What would you like to see happen in order to correct the violation?

Complainant's Signature	Date
Name of person assisting complainant	
The Michigan Department of Health and Human Services (MDHHS) does not discriminate against any individual or group because of race, religion, age, national origin, color, height, weight, marital status, genetic information, sex, sexual orientation, gender identity or expression, political beliefs or disability.	
Authority: PA 258 of 1974 as amended.	

Copy to complainant (with acknowledgement letter)

	WIC Offices	
Macomb County	Oakland County	Wayne County
1. <i>The VerKuilen Building</i> 21885 Dunham Road suite 13 Clinton Twp, MI 48036 Phone: 586-469-5471	1. <i>North Oakland Health Center</i> 1200 N. Telegraph Rd. Building 34 E Pontiac, MI 48341 Phone: 248-858-1272	1. <i>Dearborn WIC Office (ACCESS)</i> 6450 Maple Dearborn, MI 48126 Phone: 313-216-2201
2. <i>Thompson Community Center</i> 11370 Hupp Avenue Warren, MI 48089 Phone: 586-469-5471	2. <i>South Oakland Health Center</i> 27725 Greenfield Rd. Southfield, MI 48076 Phone: 248-858-1272	2. <i>Taylor WIC Office</i> 26650 Eureka Road Taylor, MI 48180 Phone: 734-727-7156
3. <i>Southeast Health Center</i> 25401 Harper Ave. St. Clair Shores, MI 48081 Phone: 586-469-5471	3. <i>Walled Lake WIC Office</i> 1010 E. West Maple Rd. Walled Lake, MI 48309 Phone: 248-858-1272	3. <i>Metro Wayne WIC Office</i> 23483 Sumpter Rd. Belleville, MI 48111 Phone: 734-727-7156
4. <i>Arab Community Center for Economic an Social Services (ACCESS)</i> 4301 E. 14 Mile Road Sterling Heights, MI 48310 Phone: 586-330-8020	4. <i>C.A.R.E.S of Farmington</i> 27835 Shiawassee Rd. Farmington Hills, MI 48336 Phone: 877-526-2438	4. <i>Chass Center</i> 5635 W. Fort St. Detroit, MI 48209 Phone: 313-849-3940
	5. <i>Karl Richter Center</i> 300 East St. Holly, MI 48442 Phone: 877-526-2438	5. <i>River Rouge WIC Office</i> 550 Easton St. Room 224 River Rouge, MI 48218 313-914-2373

	6. Madison Heights 711 West 13 Miles Rd. Madison Heights, MI 48071 Phone:877-526-2438	6. Highland Park WIC Office 138 Cortland RM, 202 C Highland Park, MI 48203 Phone: 313-202-0298
	7. OLHSA Building 196 Cesar E. Chaves Avenue Pontiac, MI 48343 Phone:877-526-2438	7. Southgate WIC Office 18635 Bowie St. Southgate, MI 48195 Phone: 734-727-7156
	8. Holy Cross Lutheran Church 136 S. Washington St. Oxford, MI 48371 Phone: 877-526-2438	8. Redford WIC Office 25321 5 Mile Rd suite 2 Redford, MI 48329 Phone: 313-676-4220
		9. Wayne County WIC Office 33030 Van Born Ave Wayne, MI 48184 Phone: 734-727-7156
		10. Western Wayne County WIC Office Inkster 2500 Hamlin Court Inkster, MI 48141 Phone: 734-727-7156

		<i>11. Garden City WIC Office</i> 28901 Cambridge St. Garden City, MI 48135 Phone: 734-727-7156
		<i>12. Detroit Urban League WIC Clinic</i> 15770 James Couzens Detroit, MI 48238 Phone: 313-832-4600
		<i>13. Hamtramck Health Center WIC</i> 9021 Joseph Campau Hamtramck, MI 48212 Phone: 734-727-7156
		<i>14. MBT Kercheval</i> 7900 Kercheval Detroit, MI 48214 Phone: 313-308-0165
		<i>15. ACC Lappin</i> 14061 Lappin Detroit, MI 48205 Phone: 313-369-4730
		<i>16. MBT West Warren</i> 6550 West Warren Detroit, MI 48209 Phone: 313-309-6561

		<i>17. ACC 7 Mile</i> 111 W. 7 Mile Detroit, MI 48203 Phone: 313-369-4730
		<i>18. ACC Joy Greenfield</i> 8655 Greenfield Detroit, MI 48228 Phone: 313-369-4730

WIC is a Supplemental Nutrition Program

WIC is a supplemental health and nutrition program created by the United States Department of Agriculture (USDA) to provide healthy foods and improve health outcomes for low to moderate income families. WIC provides food benefits, nutrition education, breastfeeding support and community referrals to qualifying pregnant women, new mothers, infants and children under age five.

To apply for WIC benefits, you must -make an appointment at your local WIC agency.

Are You Pregnant?

Prevent Lead Poisoning. Start Now.

Lead poisoning is caused by breathing or swallowing lead. Lead can pass from a mother to her unborn baby.

Too much lead in your body can:

- Put you at risk of miscarriage
- Cause your baby to be born too early or too small
- Hurt your baby's brain, kidneys, and nervous system
- Cause your child to have learning or behavior problems

Lead can be found in:

- Paint and dust in older homes, especially dust from renovation or repairs
- Candy, make up, glazed pots, and folk medicine made in other countries
- Work like auto refinishing, construction, and plumbing
- Soil and tap water

Contact your local health department to learn more.



**Now is the time to keep your baby safe from lead poisoning.
Here's what you can do:**

1

Watch out for lead in your home.

Most lead comes from paint in older homes. When old paint cracks and peels, it makes dangerous dust. The dust is so small you cannot see it. You can breathe in lead dust and not even know it.

Home repairs like sanding or scraping paint can make dangerous lead dust. Pregnant women should not be in the house during cleaning, painting, or remodeling a room with lead paint.

Tip:

If you live in an older home, have your home inspected by a licensed lead inspector.

2

Eat foods with calcium, iron and vitamin C.

These foods may help protect you and your unborn baby.

- **Calcium** is in milk, yogurt, cheese, and green leafy vegetables like spinach.
- **Iron** is in lean red meat, beans, cereals, and spinach.
- **Vitamin C** is in oranges, green and red peppers, broccoli, tomatoes, and juices.

3

Talk to your doctor.

Talk to your doctor about any medicines or vitamins you are taking. Some home remedies and dietary supplements have lead in them. It is important that you tell your doctor about any cravings you are having such as eating dirt or clay.

Contact us for more information:



Childhood Lead Poisoning

What Is the Problem?

Approximately 500,000 U.S. children aged 1–5 years have blood lead levels above 5 micrograms of lead per deciliter of blood, the reference level at which the Centers for Disease Control and Prevention (CDC) recommends public health actions be initiated.

Lead poisoning can affect nearly every system in the body. Because lead poisoning often occurs with no obvious symptoms, it frequently goes unrecognized. Lead poisoning can cause learning disabilities, behavioral problems, and, at very high levels, seizures, coma, and even death. No safe blood lead level has been identified.



How Are Children Exposed to Lead?

The major sources of lead exposure among U.S. children are lead-based paint and lead-contaminated dust found in deteriorating buildings. Lead-based paints were banned for use in housing in 1978. However, approximately 24 million housing units in the United States have deteriorated leaded paint and elevated levels of lead-contaminated house dust. More than 4 million of these dwellings are homes to one or more young children.

Other sources of lead poisoning are related to

- home health remedies (azarcon and greta, which are used for upset stomach or indigestion; pay-loo-ah, which is used for rash or fever);
- some imported candies (particularly those from Mexico);
- imported toy jewelry and toys;
- drinking water (lead pipes, solder, brass fixtures, valves can all leach lead);
- work (recycling or making automobile batteries and home remodeling);
- hobbies (making stained-glass windows, making pottery, and painting); and
- soil contaminated by lead paint chips, dust, or particles.

Who Is at Risk?

- Children under the age of 6 years because they are growing so rapidly and because they tend to put their hands or other objects into their mouths.
- Children from all social and economic levels can be affected by lead poisoning, although children living at or below the poverty line who live in older housing are at greatest risk.
- Children of some racial and ethnic groups and those living in older housing are disproportionately affected by lead.

National Center for Environmental Health
Division of Emergency and Environmental Health Services



Can Lead Poisoning Be Prevented?

Lead poisoning is entirely preventable. The key is stopping children from coming into contact with lead and treating children who have been poisoned by lead.

- Lead hazards in a child's environment must be identified and removed safely.
- Parents, health care professionals, educators, and the public need education about lead poisoning and how to prevent it.
- Children who are at risk for lead poisoning need to be tested and, if necessary, treated.

What Can Parents and the Public Do to Reduce Blood Lead Levels?

- Ask a health care provider to test your child if you are concerned about your child being exposed to lead.
- Talk to your state or local health department about testing paint and dust from your home for lead if you live in a house or apartment built before 1978, especially if young children live with you or visit you.
- Damp-mop floors; damp-wipe surfaces; and frequently wash a child's hands, pacifiers, and toys to reduce exposure to lead paint chips or lead-contaminated dust.
- Avoid using home remedies (such as azarcon, greta, pay-loo-ah) and cosmetics (such as kohl, alkohol) that contain lead.
- Avoid eating candies imported from Mexico (especially important for children and pregnant women).
- Check the Consumer Product Safety Commission (<http://www.cpsc.gov/>) or CDC (<http://www.cdc.gov/nceh/lead/Recalls/default.htm>) websites for warnings on products that contain lead.
- Use only cold water from the tap for drinking, cooking, and for making baby formula. Hot water is more likely to contain higher levels of lead, and most of the lead in household water usually comes from the plumbing in your house, not from the local water supply.
- Take basic steps to decrease your exposure to lead (for example, by showering and changing clothes after finishing the task) if you remodel buildings built before 1978 or if your work or hobbies involve working with lead-based products.

CDC's Role in Preventing Lead Poisoning

CDC provides lead expertise and analysis at the national level and is a valuable resource to state and local agencies. CDC provides

- Software and technical assistance to support the Healthy Homes and Lead Poisoning Surveillance System, which gathers information related to lead and other health hazards in homes.
- Staff to provide expertise and epidemiological support in response to a lead poisoning outbreak.
- Collaboration with federal partners including the Environmental Protection Agency and the U.S. Department of Housing and Urban Development to collaborate on evidence-based healthy homes policies as available resources allow. This includes integration of these healthy homes policies into existing maternal and child health programs and supporting objectives in the interagency plan *Advancing Healthy Housing: A Strategy for Action* and the Surgeon General's *Call to Action to Promote Healthy Homes*.

For More Information

Visit the CDC Web site at
<http://www.cdc.gov/nceh/lead>



All Medicaid health plans cover medically-necessary services such as:

- Ambulance
- Chiropractic
- Doctor visits
- Emergency care
- Family planning
- Health checkups for children and adults
- Hearing and speech
- Home health care
- Hospice care
- Hospital care
- Immunizations (shots)
- Lab and x-ray
- Medical supplies
- Medicine
- Mental health
- Physical and occupational therapy
- Podiatry
- Prenatal care and delivery
- Surgery
- Vision

All Medicaid health plans are required to provide the services listed above. Some services are limited. Your doctor or health plan can tell you what Medicaid covers.

Note: The information in this pamphlet was collected from health plans by independent survey companies. The information reported by the health plans was reviewed for accuracy. Information was also collected from health plan members.

Accreditation: Checking for quality

Accreditation is another way of assessing health plan quality. An outside organization checks to see whether the plan has the right systems and people in place to do a good job providing health care.

NCQA – Accredited by the National Committee for Quality Assurance.

URAC – Accredited by the Utilization Review Accreditation Commission.

For more information,
call Michigan ENROLLS at
1-888-ENROLLS
(1-888-367-6557)

OR

1-800-975-7630



Spanish	ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 800-642-3195 (TTY 866-501-5656).
Arabic	ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 800-642-3195 (رقم هاتف الصم والبكم: 866-501-5656).

The Michigan Department of Health and Human Services does not discriminate against any individual or group because of race, religion, age, national origin, color, height, weight, marital status, genetic information, sex, sexual orientation, gender identity or expression, political beliefs, or disability.

©2020 by the Michigan Department of Health and Human Services. All rights reserved.

Additional information may be found on the
Michigan Department of Health and Human Services website
www.michigan.gov/mdhhs

You can learn about different programs and services provided by MDHHS, and see the latest news releases about important healthcare issues.



A Guide to Michigan Medicaid Health Plans



Quality Checkup
January 2020

Not all plans are in every county. Call **1-888-ENROLLS (1-888-367-6557)** or **1-800-975-7630** for information.

Category Ratings for Michigan Medicaid Health Plans

Plan	Overall Rating*	Doctors Communication and Service	Getting Care	Keeping Kids Healthy	Living with Illness	Taking Care of Women	Accreditation
Aetna Better Health of Michigan	🍏🍏	🍏🍏🍏	🍏🍏🍏	🍏🍏🍏	🍏🍏	🍏🍏	NCQA
Blue Cross Complete of Michigan	🍏🍏🍏🍏	🍏🍏🍏🍏	🍏🍏🍏	🍏🍏🍏🍏	🍏🍏🍏	🍏🍏🍏🍏	NCQA
HAP Empowered	🍏🍏	🍏🍏🍏	🍏🍏🍏	🍏🍏	🍏🍏🍏	🍏🍏	NCQA
McLaren Health Plan	🍏🍏🍏	🍏🍏🍏	🍏🍏🍏	🍏🍏🍏	🍏🍏🍏	🍏🍏🍏🍏	NCQA
Meridian Health Plan of Michigan	🍏🍏🍏🍏	🍏🍏🍏	🍏🍏🍏	🍏🍏🍏🍏	🍏🍏🍏	🍏🍏🍏🍏	NCQA
Molina Healthcare of Michigan	🍏🍏🍏	🍏🍏🍏	🍏🍏🍏	🍏🍏🍏🍏	🍏🍏	🍏🍏🍏🍏	NCQA
Priority Health Choice	🍏🍏🍏🍏	🍏🍏🍏	🍏🍏🍏	🍏🍏🍏🍏	🍏🍏🍏🍏	🍏🍏🍏🍏	NCQA
Total Health Care	🍏🍏🍏	🍏🍏🍏	🍏🍏🍏🍏	🍏🍏🍏	🍏🍏🍏🍏	🍏🍏	NCQA
UnitedHealthcare Community Plan	🍏🍏🍏	🍏🍏🍏	🍏🍏🍏	🍏🍏🍏🍏	🍏🍏🍏	🍏🍏🍏🍏	NCQA
Upper Peninsula Health Plan	🍏🍏🍏🍏	🍏🍏🍏🍏	🍏🍏🍏🍏	🍏🍏🍏	🍏🍏🍏🍏	🍏🍏🍏🍏	NCQA

* This rating includes all categories. This rating also includes how the member feels about their plan and the help the member receives from their plan.

Performance compared to the average of all Michigan Medicaid Health Plans:

- 🍏🍏🍏🍏 Above Average
- 🍏🍏🍏 Average
- 🍏🍏 Below Average

The categories:

Doctors' Communication and Service:

Members in the plan believe all of their doctors and healthcare providers do a good job explaining things to them and their children, and that they spend enough time with them and their children.

Getting Care:

Members in the plan believe they get the care they need for themselves and their children and that they get the care quickly.

Keeping Kids Healthy:

Children in the plan get regular checkups and important shots that help protect them against serious illness.

Living with Illness:

The plan takes care of members with asthma, diabetes and high blood pressure by giving them tests, checkups and the right medicine.

Taking Care of Women:

Women in the plan get tests for breast and cervical cancer, and for an infection called Chlamydia. These tests help to find these diseases early. This gives women more choices for treatment and a better chance of survival. Moms in the plan also get care before and after their baby is born to help keep mom and baby healthy.

Accreditation: Explanations on back cover.



MDE / EARLY LEARNERS AND CARE

Early Learners and Care



Guidance and Considerations for Child Care within Classrooms for Children Ages 6 weeks through 5 years During the COVID-19 State of Emergency

Governor Gretchen Whitmer has reached out to Intermediate School Districts (ISDs), local education agencies, and the Michigan Department of Education (MDE) to assist Michigan's essential workforce (e.g., medical staff, emergency responders, and child care workers) in finding child care during this state of emergency. ISDs will be working with their partners, including local education agencies, public and private child care providers, Head Start/Early Head Start and other public preschool programs, and others to achieve this goal.

Executive Order No. 2020-16 allows for expanding child care access to children in licensed settings service children ages 0-12. This guidance document, prepared by members of the department's early childhood team, is meant to assist the education fields academic and non-academic personnel and its child care partners with the various considerations of meeting the needs of a mixed-age group of young children, ages 6 weeks through 5 years, from a child-centered philosophy during this state of emergency. The guidance document can be found *here*.

About The Office of Great Start

The Office of Great Start has been charged with ensuring that all children birth to age eight, especially those in highest need, have access to high-quality early learning and development programs and enter kindergarten prepared for success. Then-Governor Rick Snyder outlined a single set of early childhood outcomes against which all public investments will be assessed:

- Children born healthy;
- Children healthy, thriving, and developmentally on track from birth to third grade;
- Children developmentally ready to succeed in school at the time of school entry; and

- Children prepared to succeed in fourth grade and beyond by reading proficiently by the end of third grade.

In 2013, the Office of Great Start engaged stakeholders across the state in development of Great Start, Great Investment, Great Future: The Plan for Early Learning and Development in Michigan. This comprehensive plan contains six recommendations and numerous priority action items for advancing early learning and development.

Great Start, Great Investment, Great Future: The Plan for Early Learning and Development in Michigan

Great Start, Great Investment, Great Future Report (PDF)

Great Start, Great Investment, Great Future Appendices (PDF)

Early Childhood Program Inventory 2013 (PDF)

Early Childhood Program Inventory 2015 (PDF)

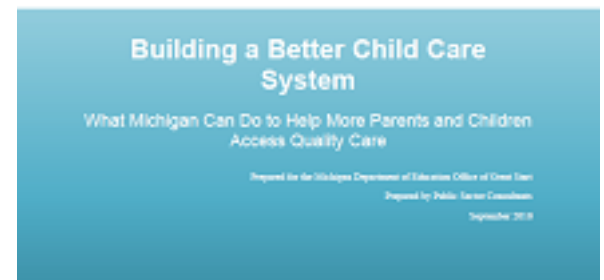
Report: Building a Better Child Care System

In late 2015 and early 2016, the Office of Great Start partnered with Public Sector Consultants to gather input on the state of child care in Michigan. The final report *Building a Better Child Care System: What Michigan Can Do to Help More Parents and Children Access Quality Care*, is now available and contains results and recommendations for improving access to quality child care.



Report: Changes in Michigan's Child Care Landscape

Across Michigan, families rely on child care providers to offer high-quality early learning and care for their children while they work and go to school. The Michigan Department of Education (MDE) commissioned Public Sector Consultants (PSC) to conduct a study to better understand how the child care market has changed over time – and whether a decline in licensed providers was related to a decline in the number of children in a community.



Changes in Michigan's Child Care Landscape (full report)

Child Care Provider Analysis by County

Core Knowledge and Core Competencies for Early Care and Education

Michigan's newly revised Core Knowledge and Core Competencies (CKCC) define what adults who work with young children need to know, understand, and be able to do in order to ensure that children have the best possible environments, experiences, and relationships in which to grow and learn. The State Board of Education approved the *Michigan Core Knowledge and Core Competencies for the Early Care and Education Workforce* at their November 2014 meeting. The related documents are below:

- Michigan Core Knowledge and Core Competencies for the Early Care and Education Workforce
- Alignment for Early Educator Preparation

Revised Standards

The State Board of Education (SBE) approved revisions to the following standards documents on March 12, 2013. The Early Childhood Standards of Quality for Infant and Toddler Programs (ECSQ-IT), Early Childhood Standards of Quality for Prekindergarten(ECSQ-PK), and the Michigan Out-of-School Time (MOST) Standards of Quality listed here are the most up-to-date versions available. The SBE also adopted the Statement and Guidance on Developing a Policy for Prevention of Suspension and/or Expulsion of Children Birth through Age 8 in Early Education and Care Programs.

Parent Resources for the Early Years

Great Start Readiness Program Website

If you are a parent interested in learning more, see the Great Start Readiness Program brochure or use this map to find a program in your area.

Great Start to Quality helps parents find the best child care and preschool settings for their children and helps providers and educators improve the care they give to children.

Transition to Kindergarten Parent Guides address many of the questions that parents have as they look forward to their child's Kindergarten years.

Don't worry. But don't wait. If you think your infant or toddler may have a developmental delay, contact *Early On*® at 1-800-Early-On or explore resources at the *Early On* website.

Build Up helps parents and their children, ages 3 through 5, get additional educational support as they begin and continue to learn the skills needed to enter kindergarten.

Great Start to Quality Advisory Committee

The Office of Great Start (OGS) has identified stakeholders to engage in discussion around Great Start to Quality, the state's quality rating and improvement system. Acknowledging new data, anecdotal feedback from providers and parents and national best practices emerging, the input from these stakeholders will help OGS determine whether or not we need to make adjustments to the Great Start to Quality rating system that help us focus on quality improvement and not just ratings.

These stakeholders will join in a series of discussions as Great Start to Quality Advisory committee members. As advisory committee members their role will include assisting in the development of stakeholder engagement questions and engaging in discussions that include the review of data and stakeholder feedback to form a series of recommendations for the Office of Great Start to consider as we move forward.

As OGS continues to invest in Great Start to Quality we strive to:

- Support programs and providers to insure each young child in Michigan has an opportunity for a high-quality learning experience;
- Provide families with information about program quality to assist them in making informed choices;
- Support families to be engaged in their child's development and learning;
- Align program standards with early learning and practitioner standards;

- Assesses program quality comparably across provider types (publicly and privately funded, centers and family child care homes, tribal programs, license exempt, nursery school, school based) throughout the state;
- Support the workforce through clear pathways and resources to continuously improve their skills, qualifications and knowledge as responsive early care and education professionals;
- Insure programs and providers have supports to continuously improve the quality of their early learning setting and meet their data informed progress goals.

View the Great Start to Quality Advisory Committee Chart or Map for more information about stakeholders and the regions that are represented. For more information, contact Lisa Brewer Walraven by email or phone: 517-241-9492 with questions related to the Great Start to Quality Advisory Committee.

Resources

OGS Community Learning Webinars

The Office of Great Start offered six learning community webinars. Each webinar was focused on a topic of interest to providers and other stakeholders in the early childhood community. Use the links below to view the presentation resources.

- Shared Infrastructure in Early Childhood Programs: Common Applications and Beyond Presentation (PDF)
- Inclusive Practices in Early Childhood and Early Childhood Special Education Presentation (PDF)
- Parent Engagement Presentation (PDF)
- Transportation and Early Childhood Programs Presentation (PDF)
- Blending and Braiding Funding to Provide Early Childhood Programs Presentation (PDF)
- Social Emotional Health and Early Childhood Programs Presentation (PDF)



Michigan's Preschool Development Grant Birth through Five

21st Century Community Learning Centers

Child Development and Care

Early Childhood Special Education

Early On® Michigan

Great Start Readiness Program

Michigan Interagency Coordinating Council

Race to the Top - Early Learning Challenge

Section 32p Block Grant

Early Literacy Grants



Healing House

Your mind is your healing house

Address: 4777 E. Outer Dr. Detroit, MI 48234

Phone: 313-717-4898

Fax: 1-313-625-6026

healinghouselc19@gmail.com

www.healinghouse-mi.com

Our Mission & Vision

Our Mission is to provide quality services, that will help our members tap into their inner peace. We strive to improve and elevate the lives of our members and their families.

Our vision is to promote independence, and inner peace in our communities while assisting members with tackling everyday life experiences.

Services We Provide

- Supportive living Services
- Individual/group therapy
- Behavioral Health Therapy
- Day Program
- Respite services
- Grief & Loss Counseling
- Couples Therapy
- Recreational Therapy
- Vocational Therapy
- Life Management Skills
- Trauma informed Groups
- Community Integration Outings
- Recreational Activities
- Mental Health Awareness Groups
- Guided Meditation (for interested members)
- Spiritual Guidance (for interested members)
- Social Skill Building
- Daily Life Skills
- Weight loss coaching
- Maternal Infant Health Services
- Self-Esteem Boosting Groups
- Referrals for food, clothes, and toiletries

Who We Are

Healing House is A Multi-speciality and multi-provider Social Service Agency. We are your **one stop** shop for your **all your social service needs**. Some of the services we provide include, but are not limited to; outpatient mental health, respite care, weight loss coaching, maternal infant health services, etc. Here at Healing House we are dedicated to the well-being, dignity, worth, mental health, and overall lives of adults, teens, and children with behavioral health needs, life management needs, social skill building needs, and overall life concerns.

People We Serve

- ✱ Adults
- ✱ Teens
- ✱ Children
- ✱ Physically/ Mentally Disabled
- ✱ Individuals with traumatic brain injuries
- ✱ Families
- ✱ Couples
- ✱ Homeless
- ✱ Veterans
- ✱ LGBTQIA +
- ✱ Anyone in need of services

Maternal Infant Health Program

Pregnancy and Infant Health
Education Packet

Family Planning

What is family planning?

- Family planning means using birth control to space your pregnancies.
- It's best to wait at least 18 months after giving birth before getting pregnant again.
- There are many different methods of birth control (the pill, patch, shot, sponge, condom, etc.).
- You can choose the method that's best for you.

Why should I use family planning to space my pregnancies?

- It's better for your health.
- It's better for your baby's health.
- It's less stressful for you when pregnancies aren't too close together.

Where can I get family planning services?

- Your doctor's office.
- Planned Parenthood.
- Your local health department.

How can I afford family planning services?

- Family planning is covered by Medicaid.

More information is available online at:

<http://www.fda.gov/womens/healthinformation/birthcontrol.html>



Prenatal Care

What is prenatal care?

Prenatal care is the health care you receive from your doctor during pregnancy.

At prenatal care visits, your doctor will:

- Check to see that you are healthy.
- Find out how your baby is developing.
- Let you know what to expect during pregnancy and birth.
- Explain how to take good care of yourself and your baby.

Why should I get prenatal care?

- You and your baby will be as healthy as possible.
- You can get answers to your questions. Don't be afraid to ask!
- If a problem comes up, your doctor can take care of it right away.

Be sure to:

- Keep all prenatal care appointments.
- Follow all of your doctor's recommendations.
- Ask questions.



How often are prenatal care visits?

Weeks 1 – 28:	Every month
Weeks 29 – 35:	Every two weeks
Week 36 – delivery:	Every week

Prenatal Care (continued)

What are signs that something could be wrong?

- Persistent or severe headache
- Dizziness or fainting
- Double or blurred vision; seeing spots
- Sudden swelling of face, hands, or feet
- Sudden weight gain
- Vaginal bleeding
- Fever and/or chills
- Severe or constant vomiting
- Sudden gush or steady trickle of water from the vagina
- Steady abdominal pain – not relieved by a bowel movement
- Frequent and/or burning urination

What should I do if I have any of these signs?

Call your doctor.
If necessary, call 911.

Learn more online at:

<http://www.nlm.nih.gov/medlineplus/prenatalcare.html>



Labor and Delivery

Every woman's labor is different, it may be different each time you have a baby. Learning more about what to expect during labor and childbirth and speaking with your care provider can help you feel supported during delivery.

How will I know when I'm having my baby?

- Most babies are born between three weeks before or two weeks after your due date (the day your care provider said the baby would be born).

Signs that your baby is ready to be born (labor is starting):

- Muscles in your belly get tight then relax, this is called a contraction.
- Pain in your belly and lower back.
- Water breaking – rush of clear liquid.
- Contractions get closer together and stronger over time.
 - It is helpful to count the amount of time between contractions (start of one to the start of the next one).

Who should be with me when I'm having my baby?

- This is an important decision that you and your family need to decide to make sure you feel safe and listened to during childbirth.
- Hospitals may only allow three support people in the delivery room with you.



Labor and Delivery (continued)

What is labor?

Labor is the process that allows your baby to be born.

- There are three stages to labor, and each will feel different:
 - First Stage: contractions get more intense and closer together, your body is changing to prepare for delivery.
 - Second Stage: the 'pushing phase' where the baby is delivered.
 - Third Stage: placenta (afterbirth) is delivered.

Will it hurt?

Labor feels different for everyone and your body may feel things it has never felt before.

There are many ways for dealing with the pain in labor:

- Having someone you trust with you the whole time
- Slow, steady breathing
- Moving your body: walking or changing positions in bed
- Medication: talk to your care provider about what options are available for pain during labor

What else should I know?

Asking questions and speaking openly and honestly with your care provider are the most important thing to make sure you feel confident throughout labor and delivery of your baby.

Labor and Delivery (continued)

What should I bring with me?

It is important to have your health insurance card. You and your family will likely stay overnight – bringing a variety of items for comfort is a good idea. A few items to be sure to have are:

- Change of clothes and toiletries for you and those who will be with you during labor (toothbrush, toothpaste, etc.)
- Infant car seat
- Infant clothing and diapers

What will happen when I arrive at the hospital/birth center?

- A care provider will speak with you about how you are feeling and how far apart your contractions have been.
- A doctor may check to see how your body is changing and how the baby is doing, which may involve a physical exam.

What is a C-section?

A C-section or Cesarean Birth is a surgery in which your baby is born through a cut that your doctor makes in your belly and uterus. For some women and babies that have medical conditions, a C-section may be the safest option.

- A C-section may be planned (also called scheduled), which means you and your medical care provider decide when the surgery will happen.
- A C-section may be required as an emergency procedure that occurs when there is a danger to you or your baby during labor.
 - Talk to your medical care provider about waiting until at least 39 weeks of pregnancy for a scheduled C-section.

Food

Does what I eat while I'm pregnant really matter?

Yes! Your baby needs nutrition to form a healthy brain and strong bones and muscles.

- Eat more healthy food: fruits, vegetables, grains, pasteurized dairy products, lean meats and beans.
- Eat less “junk” food: store-bought cookies, chips, candy, etc. Junk food is high in fat, salt and calories and it doesn't help your baby grow.
- Ask your doctor about foods you should avoid altogether.
- “Eating for two” doesn't mean pigging out. It means choosing nutritious foods for your baby.

How am I supposed to eat healthy food when it costs so much?

- One way to get healthy food is to sign up for WIC food coupons. WIC is short for “Special Supplemental Nutrition Program for Women, Infants and Children.”

To find your local WIC agency, call: 1-800-26-BIRTH.

What is WIC?

- A food program for families with low to middle incomes.
- Pregnant women, moms, babies, and children up to age five can get WIC food.
- The food package is worth \$30-\$112 or more per month per person.
- Can help with nutrition education and breastfeeding.
- A great deal for you and your baby!

WIC can also help you learn more about:

- Nutritious food intake during pregnancy
- Gaining the right amount of weight
- The importance of prenatal vitamins
- Breastfeeding
- What to do if you have special nutritional risks (anemia, obesity, gestational diabetes, a food disorder, etc.)

What do I do if I run out of food before I have the money to buy more?

- It's critical to have a back-up plan in case you get low on food. Your baby needs nutritious food every day.
- Find out about food banks and other emergency food programs in your area.

Housing

What if my baby and I don't have a place to live?

- There are agencies that can help you find housing.
- They can help you find a temporary place to live if you have no place to go.
- They also can help you find a permanent place to live.



What if my house or apartment is in an unsafe neighborhood?

- If you live in a high-crime neighborhood, you should have a safety plan in mind.
- This means knowing exactly what you would do if you were threatened – who you would call and where you would go.
- Always lock entry doors, car doors, windows, etc.
- You may be able to get your local police to come and do a safety inspection.

How do I keep my baby safe from environmental hazards in our home?

- Find out how to prevent lead poisoning. Lead can be found in old paint, household dust, soil, and some ceramics.
- Find out how to prevent problems caused by toxic household chemicals. These chemicals are in cleaning products, pesticides, paint, and automotive products.

Transportation

How important is transportation now that I'm pregnant?

- It's very important for you to have transportation while you are pregnant.
- You need transportation you can count on.
- You need it to get to prenatal care and to WIC.
- You also may need it to get to childbirth classes, mental health, or substance abuse services.

What if I don't have transportation I can count on?

- Your Medicaid Health Plan can get you to pregnancy-related services.
- Department of Human Services also may be able to set up transportation.
- Some volunteer groups may provide rides.

What if I have a ride set up, but it falls through at the last minute?

- You need to have a back-up plan.

Keep phone numbers for:

- Medicaid Health Plan transportation person
- Family, friends and neighbors with cars
- Someone at your place of worship
- Cab companies
- Public transportation
- You should also have a plan in case you need emergency transportation.

Social Support

What is social support?

- Social support means having people to turn to when you need them.

Supportive people:

- Listen to you.
- Treat you with kindness and respect.
- Help you figure out how to solve problems.

Why is social support important during pregnancy?

- We all need social support, especially when we go through big life changes.
- Pregnancy is a very big life change and can be stressful at times.
- It can be extra stressful when you don't have enough money.
- It can also be extra stressful when you don't have a partner, or your partner doesn't support you.

What if I'm not getting enough social support?

- You are not the only one. There are many pregnant women and moms without a supportive partner, family member or friend.
- If you don't have enough social support right now, your MIHP worker can "be there" for you and help you find other people or programs to support you.
- Sometimes, a pregnant woman or mom who doesn't have enough social support can start to feel very alone and down. You need to know who you will call in case this ever happens to you.

Are there different types of social support?

Yes, there are three different types:

- Emotional Support
 - The person listens, shows they understand what you're going through, encourages you, and reminds you that you're a good person.
- Informational Support
 - The person gives you information and ideas, and helps you think through different ways to solve a problem.
- Hands-on Support
 - The person gives you money or food, takes care of your kids, gives you a ride, etc.).

You may or may not get all three types of support from the same person.

Secondhand Smoke Exposure

What is secondhand smoke?

- Secondhand smoke is smoke that other people breathe in when someone else is smoking.
- It is harmful to infants, children and adults.

How does secondhand smoke exposure affect my baby?

- Secondhand smoke during pregnancy can cause a baby to be born at low birthweight. This can lead to life-long health problems and learning delays.
- Exposing your baby to secondhand smoke when you're pregnant is just as harmful as if you were smoking yourself.

Secondhand smoke is also dangerous after your baby is born.

- Babies exposed to secondhand smoke:
 - Are more likely to die from SIDS (Sudden Infant Death Syndrome).
 - Are at greater risk for asthma, bronchitis, pneumonia, ear infections, and respiratory symptoms.
 - May experience slow lung growth.
 - Get more asthma attacks as children



Secondhand Smoke Exposure (continued)

There's no safe level of exposure to secondhand smoke.

- Would you want your baby to smoke a cigarette? Remember that secondhand smoke exposure is just as bad.

What am I supposed to do when just about everyone I know is a smoker?

- As a pregnant woman, you have the right to ask others not to smoke around you.
 - It's hard at first, but you're the mom! You're the one who has to protect your baby.
 - You're the one who will have to care for the baby when he or she has asthma or other problems due to secondhand smoke.
- You need a clear plan to avoid secondhand smoke in your home:
 - Ask family members and visitors to please smoke outdoors.
 - Thank them for smoking outdoors.
 - Tell them you really appreciate it.
 - If someone gives you a hard time about it, say "Sorry, but I'm not taking any chances with my baby's health."
- Stay away from other places where people are smoking.

Smoking

I know lots of women who smoked while they were pregnant, and their babies are okay.

Why should I have to quit?

- We have lots of proof that smoking while pregnant is very harmful to your baby. In fact, it's one of the worse things you can do.
- Just because another smoker's baby seems to be okay, doesn't mean your baby will be okay.
- Also, you don't really know what long-term health problems another smoker's baby will end up having.

How does smoking while pregnant hurt my baby?

- Your baby's brain gets less oxygen, which can impair your baby's growth.
- It can impair your baby's breathing after birth.
- It increases the risk that your baby will:
 - Be born too early.
 - Have learning problems.
 - Have behavior problems, including hyperactivity.
- Smoking while pregnant also increases the risk of Sudden Infant Death Syndrome.

Smoking (continued)

I tried to quit before, and I just couldn't do it.

Why should I think it will be any different if I try again?

- This time you have the most important motivation of all - your baby's health is at stake.
- There are different ways to quit and you probably haven't tried them all.
- Smoking isn't the only way to cope with stress – you can learn other ways that won't hurt your baby.
- You will save a lot of money that you can spend on your baby.
- It's always worth it to try to quit - you never know which time will be the time you that you succeed.

How can I quit when most of my family and friends are smokers?

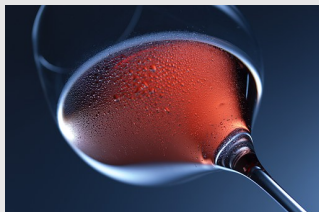
- It's hard, of course, but there are some things you can do:
- Let your partner, family and friends know that you are quitting for your baby.
- Ask for their support.
- Thank them for not smoking around you and your baby.
- Ask them to quit with you.

Alcohol

What happens to my baby if I drink alcohol while I'm pregnant?

- Alcohol can hurt your baby's brain, heart, kidneys and other organs.
- Your baby could be born with fetal alcohol syndrome (FAS).
- They may be low-birthweight, so they may not be off to as good a start in life as other babies.
- Some babies with FAS have mental retardation.
- Others have learning or behavior problems.
- Even if your baby is not born with FAS, he or she still may have learning or behavior problems.
- These problems last a lifetime.

Just because another drinker's baby seems to be okay, doesn't mean your baby will be okay. You don't really know what long-term health problems another drinker's baby will end up having.



What if I just have a beer or a glass of wine and don't get drunk?

- There's no safe level of alcohol you can drink during pregnancy.
- A 12-ounce can of beer has the same alcohol content as a 4-ounce glass of wine or 1-ounce of hard liquor.
- Some drinks, like wine coolers or malt or mixed drinks may have more alcohol than a 12-ounce can of beer.
- The best choice is not to drink at all when you are pregnant.

What if I can't stop drinking while I'm pregnant?

- It can be very hard to stop drinking. But there are many people and programs to help you.
- You can get free help from people who know what you are going through.
- Even if you have tried to stop drinking before, try again. Don't give up.
- Michigan has special treatment programs for pregnant and postpartum women who want to quit drinking.
- Quitting drinking is one of the best things you can do for your baby and yourself.

Drugs

What happens to my baby and me if I use drugs while I'm pregnant?

Drugs can be very dangerous. If you take drugs while you're pregnant, they can result in:

- Premature labor
- Miscarriage
- Low birth-weight (puts baby at risk for illness and delays in development)
- Your placenta can separate from your uterus, causing:
- Your baby's death
- Your death

Some legal prescription drugs:

- Clearly cause birth defects.
- Others may cause long-term effects that are harder to prove, such as behavior problems.
- Still others are necessary for your health or your baby's health.

Always ask your doctor before you start, stop, or change the dosage of a prescription drug. All of these actions can cause big health issues for you and your baby. Always take prescription drugs as directed by your doctor.



Drugs (continued)

Over-the-counter drugs:

- Some of the best-known medicines from the drugstore can be harmful to your baby if you take them while you're pregnant.
- Always ask your doctor before using over-the-counter drugs while pregnant if you have a bad cold, a severe headache, or constipation.

Dietary supplements:

- Dietary supplements include vitamins, minerals, herbs and amino acids.
- Your doctor might have you take certain vitamins and minerals during pregnancy.
- Always ask your doctor before taking any other dietary supplements.
- Most dietary supplements have not been proven to be safe during pregnancy.

I know women who used drugs during pregnancy and their babies are okay. Why should I be worried about using drugs while I'm pregnant?

- Just because another drug user's baby seems to be okay, doesn't mean your baby will be okay.
- Also, you don't really know what long-term health problems another drug user's baby will end up having.

Stress, Depression and Mental Health

What is Perinatal Mood and Anxiety Disorder (PMAD) or “postpartum”

- It's depression or anxiety that occurs during pregnancy or postpartum.
 - Postpartum means within a year after giving birth.
- It is VERY common.
- It can be mild, moderate or severe.



How do I know if I might be depressed or anxious?

- Women with perinatal depression and anxiety usually sense that “something's not right.”

Would you answer “yes” to any following statements?

- I feel very sad and hopeless more days than not.
- I'm not enjoying life like I used to.
- I blame myself for everything.
- I worry about everything.
- I'm afraid and I don't know why.
- I feel overwhelmed and have a hard time coping.
- I cry a lot.
- I have trouble sleeping because I'm so unhappy.
- I want to sleep all the time.
- I'm confused and distracted.
- I get angry very easily.
- I don't think I will be a good mother.
- I have thoughts of harming myself or others.
- I hear voices or see things that aren't there.

If you answered “yes” to any of these statements, you may be anxious or depressed. You are not alone.

Many pregnant women and new moms have these same thoughts and feelings.

Please speak with your care provider about any concerns you may have.

Stress, Depression and Mental Health (continued)

How does Perinatal Mood and Anxiety Disorder affect my baby?

It would be harder for you and your baby to form a strong emotional attachment to each other. Attachment is important to your baby's development.

Your baby could:

- Be born too small or too early.
- Be fussy and jittery, have feeding or sleeping problems.
- End up with learning problems or with behavior problems.

Please speak with your care provider about any concerns you may have.



Abuse/Violence

What is domestic violence?

It's physical, emotional, or sexual abuse by your current (or past) partner.

Domestic violence:

- Is about getting control over another person.
- Can result in serious injuries and life-long disabilities.
- Happens to people who are or have been dating, living together, or married.
- Happens to people of all ages, races, income levels, and faiths.
- Happens over and over again, even if the abuser promises it won't.

How does it affect my baby if I'm abused while I'm pregnant?

Risks to your baby:

- Brain damage
- Broken bones
- Slow growth
- Hears, reacts and feels the violence the mother experiences

More information is available at the National Domestic Violence Hot Line. They can link you to the domestic violence program in your area.

1-800-799-7233 or TTY 1-800-787-3224.

How do I know if I'm really in an abusive relationship? Does your partner:

- Embarrass you?
- Call you names?
- Put you down?
- Shove you, slap you, kick you, or hit you?
- Say "I'm sorry," but then do it again later.
- Look at you or act in ways that scare you?
- Say it's your fault, or blame you or others for everything?
- Control what you do, who you see or talk to, or where you go?
- Stop you from seeing or talking to friends or family?
- Take your money or refuse to give you money?
- Tell you you're a bad parent?
- Threaten to take away or hurt your children?
- Destroy your property or threaten to kill your pets?
- Threaten to kill himself or herself?
- Threaten to kill you?

If you answer "yes" to one or more of the following questions, you are probably in an abusive relationship.

Asthma

How will my asthma affect my baby and me during my pregnancy?

- During pregnancy, asthma can cut back on the oxygen your baby gets from you.
- If your asthma is properly controlled, it shouldn't be a problem for you or your baby.

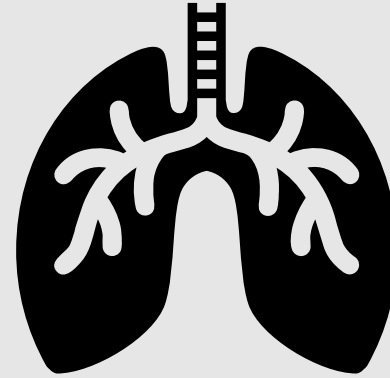
What happens if my asthma isn't properly controlled?

If your asthma is not controlled, risks to your health include:

- High blood pressure during the pregnancy.
- Preeclampsia, a condition that causes high blood pressure and can affect the placenta, kidneys, liver, and brain.
- More than normal vomiting early in pregnancy
- Labor that does not occur naturally (your doctor starts it) and may be complicated.

Risks to your baby include:

- Death immediately before or after birth
- Abnormally slow growth of the baby.
- When born, the baby appears small.
- Preterm birth (before week 37).
- Low birth weight.



The more control you have over your asthma, the less risk there is.

How do I make sure my asthma is properly controlled?

- You need to have an asthma action plan and follow it carefully. This will help you control inflammation and prevent and control asthma attacks.
- Talk with your doctor about your action plan.
- It may include:
 - Drugs to control your asthma.
 - Drugs to control your allergies.
 - Identifying the things that trigger your asthma attacks and ways to decrease your exposure to them.
 - Paying attention to fetal movements so you will notice if there's less fetal activity during an asthma attack.
 - Having an emergency plan in case of problems.
- It's very important to keep your doctor's appointments and follow your doctor's recommendations.

Diabetes

Diabetes occurs when your body doesn't make enough insulin, or your insulin doesn't work right. So, blood glucose (blood sugar) levels get too high. A woman may have diabetes when she gets pregnant. When diabetes is found in the second or third trimester it is called gestational diabetes. Often, but not always, gestational diabetes goes away after delivering the baby. Regardless of when it is diagnosed, during pregnancy it is important that blood glucose is kept at a safe level. Too much glucose in your blood can be harmful to you and your baby.

Risks to your health include:

- Hypertension (High blood pressure).
- Having a large baby and needing a C-section at delivery
- Higher risk of developing type 2 diabetes. It is important to get tested 4-12 weeks after delivery to make sure the gestational diabetes went away.

Risks to your baby's health include:

- Being born very large and with extra fat. This can make delivery difficult and more dangerous for your baby. This also increases the chances your baby will have weight problems later in life.
- Low glucose levels right after birth.
- Breathing problems.
- Increased chance of having type 2 diabetes later in life.

What are signs something could be wrong?

- Vaginal bleeding
- Sharp back pain
- Burning or painful urination
- An infection
- Dizziness or fainting
- Rapid weight gain
- Swelling in the hands, face or feet
- Severe nausea with high blood glucose
- A decrease in your baby's movement

What should I do if I have any of these signs?

- Call your doctor.
- If there is an emergency, call 911.



High Blood Pressure

What is high blood pressure?

Arteries are blood vessels that carry blood away from your heart to your body. Blood pressure is the force of blood pushing against the walls of your arteries. High blood pressure means the pressure in your arteries is higher than it should be. High blood pressure is also called hypertension.

You may have had high blood pressure before you became pregnant, or you may develop it during your pregnancy. If your high blood pressure is diagnosed before you became pregnant or during the first half of your pregnancy, it is called chronic hypertension. It doesn't go away after you deliver your baby. If you develop high blood pressure in the second half of your pregnancy (after 20 weeks), it usually goes away after delivery. This doesn't mean it's any less serious, though. High blood pressure can cause serious problems. However, these problems can usually be prevented with proper prenatal care. Most women with high blood pressure have healthy pregnancies.

How will I know if I have high blood pressure?

High blood pressure usually has no obvious symptoms; in fact, many people don't even know they have it. The only way to know if you have high blood pressure is to get it checked. Getting your blood pressure checked is quick and painless, and it can be checked at your healthcare provider's office. It's best to have your blood pressure checked regularly while you're pregnant.



High Blood Pressure (continued)

How will high blood pressure affect my baby and me?

There are many risks to both you and your baby if your blood pressure is not controlled.

Some of these risks are:

- You could have a heart attack or stroke.
- Your baby could be born too soon (pre-term delivery).
- Your baby could weight too light (low birth weight).
- You may have to have a C-section.
- Your placenta could separate from your uterus during delivery. This can cause heavy bleeding and shock and place you and your baby in danger.
- You could develop a serious blood pressure condition called preeclampsia.

What is preeclampsia?

Preeclampsia is a serious condition related to high blood pressure. It happens when your blood pressure is high and you have other signs that your liver, kidneys, lungs, or other organs are not working normally.

It can happen to any pregnant woman. It usually occurs in the second half of pregnancy. It can also occur after delivery. If it is not controlled, you can have seizures. This is called eclampsia. These seizures can cause serious harm, including coma and death.

What are the warning signs of preeclampsia?

- Headache that won't go away
- Nausea during the second half of your pregnancy
- Vision changes
- Quick weight gain
- Swelling of the hands or face
- Pain in the upper belly or shoulder
- Difficulty breathing

What can I do to help control my blood pressure and prevent preeclampsia?

- Attend all your prenatal appointments.
- Talk to your healthcare provider about the best way for you to manage your blood pressure.
- Eat a healthy diet and exercise regularly.
- Avoid gaining too much weight while you are pregnant.
- *Contact your healthcare provider immediately if you have any of the warning signs of preeclampsia or your blood pressure is too high.*

Interconception Health

What is interconception health?

- Interconception is the time between pregnancies.

Use this time to make sure you are healthy. This is especially important if you ever had a:

- Baby with low-birthweight or health problems
- Miscarriage
- Stillbirth

What can I do to improve my health so my next baby will be as healthy as possible?

Your doctor can look at your risks and help you get the care you need before you get pregnant again. This will give you the best chance to stay healthy yourself and deliver a healthy baby.

It's important to:

- Keep your interconception care appointments.
- Follow your doctor's recommendations.



Interconception Health (continued)

What does interconception care include?

- Family planning services (waiting at least 18 months after giving birth to get pregnant again.)
- Updating vaccinations.
- Treating infections.
- Controlling chronic conditions, such as asthma, hypertension, and diabetes.
- Limiting contact with toxic substances, such as lead, mercury and pesticides.
- Counseling and support:
 - To eat right and take folic acid.
 - To gain or lose weight.
 - To get more exercise.
 - To quit smoking.
 - To avoid secondhand smoke.
 - For possible genetic risks.
 - For alcohol problems.
 - For drug problems.
 - For depression, anxiety or stress.
 - For domestic violence.

How do I get interconception care when my Medicaid ends?

Information regarding the Healthy Michigan Plan, which you may be eligible for after pregnancy

<https://www.michigan.gov/healthmyplan/>

Infant Health

How do I keep my baby healthy?

- Baby's routine is important (including sleep/wake schedule, feeding strategies, hunger cues, hydration, physical activity, bathing)
- Don't let anyone smoke in your home, car, or anywhere near your baby. Secondhand smoke can cause breathing, learning, and behavior problems.
- Keep your baby away from people who have colds. Make sure that people who hold your baby have clean hands and wash your hands after every diaper change.
- Clean your baby's gums with a cloth dampened with water twice a day. This will help prevent tooth decay when her teeth come in. Also, don't give your baby sugary drinks or let her fall asleep with a bottle in her mouth.
- Gently hold, hug, cuddle, and comfort you baby. You can't overdo it. This is how your baby gets emotionally attached to you. Attachment is very important to your baby's long-term health and development.



Infant Health (continued)

When do I take my baby to the doctor?

- Take your baby to the doctor for well-child visits. These visits are usually at 1, 2, 4, 6, 9 and 12 months. Medicaid pays for them.
- Keep your baby's immunizations up to date to protect against terrible diseases.

Call the doctor if your baby:

- Has a fever over 100.4 degrees
- Refuses to eat
- Has persistent vomiting or diarrhea
- Is fussier than usual
- Is sleeping more than usual
- Is wheezing or has trouble breathing
- Is pulling on his ears a lot
- Follow the doctor's recommendations
- Ask the doctor before you give your baby over-the-counter medicine
- Always keep your doctor's phone number where you can find it. You might need it in a hurry.



Your MIHP worker can help you find a baby doctor if you don't have one.

Feeding and Nutrition

Why do doctors say that breastfeeding is best for my baby?

- Breast milk helps your baby's brain grow.
- It's easier to digest - your baby will have less diarrhea and won't spit up as much.
- Your baby will be healthier, with fewer colds, ear infections, and allergies.
- Your baby will be less likely to have asthma or juvenile diabetes.
- It's a special experience that strengthens the bond between you and your baby.
- There's no cost.
- You don't have to sterilize bottle and nipples.
- It burns calories and can help you lose weight.
- NEVER lay your baby down and prop her bottle.



What about bottle feeding?

- Ask your doctor what kind of formula is best for your baby.
- Follow formula mixing instructions carefully.
- Never heat formula in the microwave – it can get too hot.
- Always check the temperature by shaking a few drops on your wrist.
- Hold her head up a little higher than her tummy.
- Hold the bottom of the bottle up so that the nipple stays full of formula.
- Throw out any formula that's left after a feeding.
- Do not give your baby fluids other than breast milk – no fruit juice or other sugary drinks.
- Do not let your baby fall asleep with the bottle in his mouth.

Breastfeeding

Why should I breastfeed?

- Breast milk is the best food for babies in the first year of life. It helps them grow healthy and strong and protects them from infections and illness.
- Breastfed babies have fewer health problems than babies who don't get any breast milk.
- Mothers who breastfeed have a lower risk of these health problems: Type 2 diabetes, certain types of breast cancer and ovarian cancer.

How long am I supposed to breastfeed?

- Exclusive breastfeeding, where the baby gets nothing, but breastmilk is recommended at least through 6 months of age. After that breastfeeding should continue along with age appropriate solid foods.
- Any amount of breastfeeding is good for your baby's health and development –even breastfeeding for a short time is great.



Breastfeeding (continued)



Breastfeeding takes practice and patience. For some women, learning to breastfeed can be frustrating but others have no problem at all!

- There are many in-person and online supports for breastfeeding women, if you have questions or concerns please seek out expert support and information.

How do you know if your baby is getting enough milk?

- Many women and families worry that their baby is not getting enough milk. It is important to know that a newborn's stomach is very small.
- At birth, the baby's stomach can only take in about 1 to 2 teaspoons (size of a cherry) during a feeding.
- And two week later, the baby's stomach has grown only to take in about 2 ounces (size of an egg).
- The more often your baby breastfeeds, the more milk your breasts will make. Newborns eat every 2-3 hours, but each baby is different.

Breastfeeding (continued)

Tips for making breastfeeding work for you:

- Learn your baby's hunger cues, your baby may:
 - Becoming more alert and active
 - Putting hands or fists to the mouth
 - Making sucking motions with the mouth
 - Turning the head to look for the breast
- Crying can be a late sign of hunger, and it may be harder for the baby to latch if he or she is upset.
- Follow your baby's lead – every baby feeds differently and that is ok
- Keep your baby close to you – skin-to-skin contact
- Avoid using pacifiers or bottles for the first few weeks, unless for a medical reason, to help your baby get used to breastfeeding
- Make sure your baby sleeps safely and close by
- Open and honest communication with your work/school/family about breastfeeding

Who can help me with breastfeeding?

- Local WIC Provider: all WIC providers have lactation consultants (IBCLC) who can help and support breastfeeding
- Local Breastfeeding Support Group – La Leche League
- You or your infant's medical care provider

General Development

Your MIHP worker will complete developmental screenings for your baby. This screening will cover different areas of development:

- Gross motor
- Fine motor
- Communication
- Problem-solving
- Personal-social
- Social-emotional

Your baby's first relationship is with you. There are many things you can do to promote your baby's development.

- Teach them that their little world is a safe place and that they are loved.
- Quickly respond to their needs and be very gentle and loving.
- When your baby is fussy or crying, try to uncover the real reason for their behavior (scared, hungry, thirsty, cold, hot, etc.).

Doing these things will help form a strong emotional attachment between you and your baby. This is the most important thing you can do to help your baby's development.

What signs of should I watch out for that could indicate my baby needs a developmental evaluation?

From birth to 12 months:

- Has eating difficulties; is not gaining weight or is losing weight; not growing physically
- Has sleeping difficulties (sleeps too much or too little)
- Shows little preference for any adult
- Resists holding
- Cries for prolonged periods
- Is hard to console
- Rarely makes eye contact with others
- Doesn't show interest in people or things going on around him or her
- Doesn't respond to simple games like peek-a-boo



Take Care of Yourself so You Can Take Care of Your Baby!

You are the most important person in the world to your baby. You need to take good care of yourself, so you can take care of your baby.

- See your doctor for your postpartum visit.
- Use family planning (birth control).
- Wait at least 18 months after giving birth before getting pregnant again.
- Find someone to care for your baby so you can take breaks.
- When you feel down or alone, reach out for support.

