



Pregnancy Resource Guide

Suffolk Health Plan (SHP) wants to help you make good decisions before, during, and after pregnancy. The **Pregnancy Resource Guide** was developed to help you learn about important services that are available to you. We at SHP encourage you use the resource list for services needed. Health, wellness, and safety before, during, and after pregnancy are important to you, your family, and SHP.



If you have not chosen a doctor for yourself or your baby, do so right away!

If you are pregnant visit your doctor within the first three months – early prenatal care is important!

Every woman needs to have a postpartum visit three to – eight weeks after delivery!

If you have a pregnancy or postpartum related questions, such as when to visit the doctor, how to locate other services or where to go for childbirth education classes, please call our Care Coordination Department at **1-800-250-5007** Monday – Friday between the hours of 9:00 am – 5:00 pm and press 2 to speak with a Care Coordinator who can assist you. In an emergency, please call 911.

Resources	Contact Information
Breastfeeding	<p>Breastfeeding Your Baby: Breastfeeding - Simply the Best. For information on breastfeeding and a list of resources, please visit. http://www.health.ny.gov/publications/2961/</p> <p>The National Breastfeeding Helpline Talk with a trained breastfeeding peer counselor in English or Spanish. Call 1-800-994-9662 (TDD 888-220-5446) or visit the National Breastfeeding Helpline at http://www.womenshealth.gov/breastfeeding/finding-support-and-information/national-breastfeeding-helpline.cfm.</p>
SHP Behavioral Health Services (Chemical Dependence/Mental Health)	<p>Beacon Health Strategies - Counseling Services If you feel depressed or need help with substance abuse talk with a counselor at Beacon Health Strategies a partner of SHP. Beacon Health Strategies provides SHP members with behavioral health counseling and substance abuse services and treatment options. They will also help find a doctor or a counselor. Beacon's 24-hour toll free number is 1-866-969-2661. You can also visit Beacon's website at www.beaconhealthstrategies.com and click on the "Members" section. NOTE: Suffolk Health Plan Members ONLY</p>
SHP Vision Services Davis Vision	<p>Davis Vision – SHP Vision Services. For eye care services, please call SHP's vision provider, Davis Vision at 1-800-999-5431.</p>
SHP Dental Services DentaQuest	<p>DentaQuest - SHP Dental Services. Taking care of your teeth is an important part of medical care. Regular dental care are important, even when you are pregnant, so remember to schedule your annual dental visit. For dental services, please call 1-888-307-6549 or visit www.DentaQuestgov.com</p>
Immunizations	<p>Be sure to keep up date with immunizations. For immunization schedules visit The Center for Disease Control (CDC) http://www.cdc.gov/vaccines/recs/schedules/default.htm</p>

Note: The resource list is solely for informational purposes and should never replace the advice and care of your doctor.

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<p>Additional Resources</p>	<p>Medicaid To obtain your Medicaid Identification Number (CIN #) or your baby's Medicaid identification number (CIN #) please call New York Medicaid CHOICE toll free number at 1-800-505-5678 Monday - Friday 8:30 AM to 8:00 PM and Saturdays 10:00 AM to 6:00 PM.</p> <p>Women, Infants and Children (WIC) WIC is a nutrition program for Women, Infants, and Children (WIC). WIC provides low income families with free education and support on nutrition and breastfeeding. WIC also provides referrals to other free health and human social services. To locate a WIC office near you, call the toll free number at 1-800-522-5006 or visit The New York State Department of Health website at http://www.health.ny.gov/prevention/nutrition/wic/local_agencies.htm</p> <p>Food Stamp Program The Food stamp program helps low-income families get food through their benefits card, similar to a debit or credit card. For more information on Food Stamp's call the New York State Office of Temporary and Disability Assistance toll free number at 1-800-342-3009 or visit their website at http://otda.ny.gov/programs/food-stamps/</p> <p>If you are pregnant or thinking about having a baby, please visit the Women's Section of the New York State Department of Health at http://www.health.ny.gov/community/adults/women/#pregnancy for additional information.</p> <p>NYS Quitline Smoking: Call 1-866-NY-QUITS (1-866-697-8487) to find resources in your area that can help you quit for good. In New York City, call 311.</p> <p>HIV Screening for Prenatal Care If you would like to be tested or learn more about HIV testing, speak to your doctor. You can also visit The National HIV Testing Resource web site at http://www.hivtest.org to find a testing site near you.</p> <p>For Key Messages for Pregnant Women about HIV visit the New York State Department of Health at http://www.health.ny.gov/diseases/aids/newborn/keymsg.htm</p> <p>Domestic Violence/Intimate Partner Violence If you are in an abusive relationship, or live in a home where there is violence and need immediate help, call 911 or Safe Horizons 1-800-621-HOPE (1-800-621-4673). You can also speak to your doctor. All information will be kept confidential.</p>
<p>SHP wants to keep you healthy</p>	<p>For additional information, please visit us at www.SuffolkHealthPlan.com. Or call our Member Services department at 1-877-747-6789</p>

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