

## Care Management for High-Risk Pregnancies

Care management services are available to individuals who are pregnant or in their postpartum period who are enrolled in North Carolina Medicaid. In some counties, a limited number of uninsured individuals may also receive this service.

Care managers are degreed social workers or registered nurses who work with you and your prenatal care provider to ensure you receive the best possible care while you are pregnant and after you deliver your baby.

North Carolina has care managers based in your community. For more information about care management, call your local public health department.



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*Our goal is to help you have a healthy pregnancy and a healthy baby.*

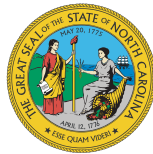
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## Care Management for High-Risk Pregnancies

Call or visit your local health department for more information about care management services.

Care Management for High-Risk Pregnancies is a partnership between the North Carolina Division of Public Health, NC Division of Health Benefits and the following Prepaid Health Plans in North Carolina:

- AmeriHealth Caritas
  - Blue Cross Blue Shield
  - Carolina Complete Health
  - United Healthcare
  - WellCare
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NC DEPARTMENT OF  
**HEALTH AND  
HUMAN SERVICES**

**Division of Public Health**  
**Division of Health Benefits (NC Medicaid)**  
<https://medicaid.ncdhhs.gov/care-management/care-management-high-risk-pregnancies-cmhrp>

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*Improving the Health of Mothers and Babies by Working Together*

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## Benefit Details

You may qualify for care management services if you experience certain medical or social conditions. Examples include diagnosis of chronic illness such as diabetes, previous preterm delivery or other concerns, like wanting help with quitting smoking or transportation.

Your care manager will work closely with you and your prenatal care provider to help you meet your needs during pregnancy and for a brief time after delivery. If you go to the hospital during your pregnancy, a care manager will contact you to see how you are doing and ensure you are linked with appropriate providers for follow up care.

Your care manager can meet you at your prenatal visits, talk with you on the phone, meet you in your home or meet you at a location that is convenient for you. Care Management for High-Risk Pregnancies is provided at no cost to you as a benefit of your insurance!

## Your Care Manager Can Help You By:

- Providing accurate information and tips to assist you in following your provider's plan to help you have a healthy pregnancy.
- Coordinating your care across all your providers.
- Helping link you with needed services and referrals for things such as medical and dental care, transportation, food and/or stable housing (when available).
- Referring you to other programs, like childbirth or breastfeeding education classes, family planning, and the Women, Infants and Children (WIC) nutrition program.
- Offering information and tips to take care of yourself during pregnancy and after you deliver.
- Helping you manage your medications.
- Meeting with you after you have been in the hospital or the emergency room.
- Assisting you in follow-up appointments and answering questions.

## Your Prenatal Care

- It is important to begin medical care with a prenatal care provider early in your pregnancy.
- Your prenatal care provider is your "home base" for your pregnancy care.
- Contact your prenatal care provider for any questions or health concerns during your pregnancy.
- Your prenatal care provider can connect you with other doctors if you need special care during your pregnancy.
- Use your prenatal care provider for your pregnancy and postpartum health needs.
- Make an appointment with your prenatal care provider for a check-up and family planning after you've had your baby.

**Your prenatal care provider or your local health department can connect you with a care manager to help guide you during your pregnancy journey.**

