



Pregnancy Resource Guide

Neighborhood Health Providers (NHP) 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 NHP 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 NHP.



*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 1-800-765-3805 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>
NHP 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 NHP. Beacon Health Strategies provides NHP 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: Neighborhood Health Provider Members ONLY)</p>
NHP Vision Services Davis Vision	<p>Davis Vision – NHP Vision Services. For eye care services, please call NHP's vision provider, Davis Vision at 1-800-999-5431.</p>
NHP Dental Services DentaQuest	<p>DentaQuest - NHP Dental Services. Taking care of your teeth is an important part of medical care. Regular dental care is 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. You can also call The New York City Human Resources Administration/ Department of Social Services (HRA/DSS) toll free number at 1-877-472-8411 Monday – Friday 8:00 AM to 5:00 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 Stamps call the New York City toll free number at 1-800-472-8411 or visit their website at http://www.nyc.gov/html/hra/html/home/home.shtml</p> <p>New York City’s Dept. of Health and Mental Hygiene Healthy Choices, Healthy Families Services If you are pregnant or thinking about having a baby, New York City has free and confidential services to help with many pregnancy related conditions. For Information call 311 or 212 NEW YORK. You can also visit The New York City Department of Health and Mental Hygiene at http://home2.nyc.gov/html/doh/pregnancy/html/home/index.shtml</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>NHP wants to keep you healthy</p>	<ul style="list-style-type: none"> • For additional information please visit us at www.getnhp.com or call our Member Services department at 1-800-826-6240.

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