

# Start Smart for Your Baby<sup>®</sup>



nh healthy families<sup>™</sup>

## Take Care of Yourself and Your Baby

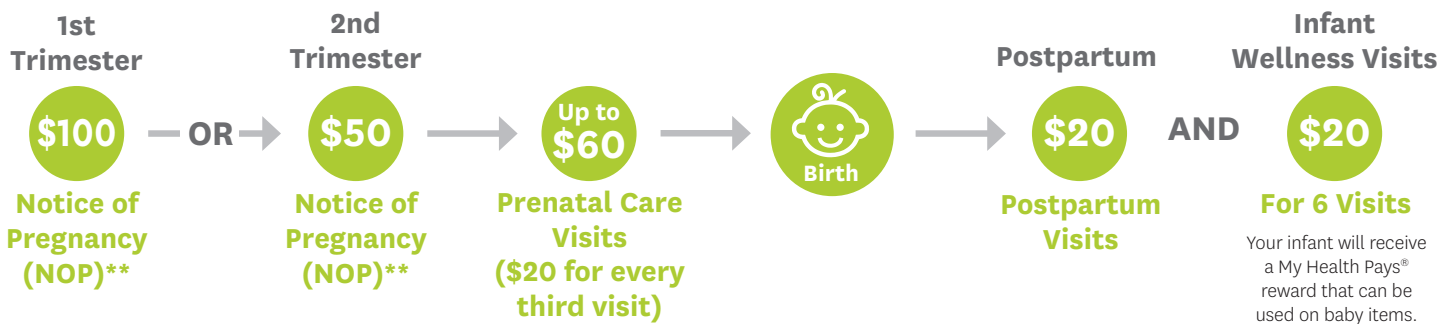


Our Start Smart for Your Baby<sup>®</sup> program provides customized support and care for pregnant women and new moms. This program helps you focus on your health during your pregnancy and your baby's first year.

Complete your Notice of Pregnancy (NOP) within your first 12 weeks and earn \$100 on your myhealthpays<sup>®\*</sup> account. Complete your NOP within 13-24 weeks and earn \$50.

\*Some restrictions and limitations apply. Each member can earn up to \$250 in cash and non-cash goods and services through June 30 each year.

### PREGNANT AND NEW MOMS CAN EARN UP TO \$180 IN myhealthpays<sup>®\*</sup> REWARDS *Just for healthy behaviors!*



### START SMART FOR YOUR BABY<sup>®</sup> OFFERS THESE CARE MANAGEMENT BENEFITS:

CARE MANAGEMENT	EDUCATION AND SUPPORTS
<ul style="list-style-type: none"> <li>• Medical staff to work with you and your doctor if you experience any issues during your pregnancy</li> <li>• Prenatal vitamins</li> <li>• Information about pregnancy and newborn care</li> <li>• Community help with housing, food, clothing and cribs</li> <li>• Breastfeeding support and resources</li> </ul>	<ul style="list-style-type: none"> <li>• Postpartum resources</li> <li>• Smoking, e-cigarette and vaping cessation</li> <li>• Substance Use Disorder support</li> <li>• Baby shower events</li> <li>• Text and email health tips for you and your newborn</li> </ul>

Find your NOP form online at [NHhealthyfamilies.com](http://NHhealthyfamilies.com) under Member Resources/Member Handbook and Forms.

\*\*Pregnant members must complete and submit their Notice of Pregnancy form within 12 weeks of their pregnancy to be eligible for the \$100 reward. Members who submit their Notice of Pregnancy within 26 weeks of their pregnancy can still earn a \$50 reward.

**NHhealthyfamilies.com • 1-866-769-3085 • TDD/TTY: 1-855-742-0123**