



Take Care of Yourself and Your Baby

Our Start Smart for Your Baby® 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.



nh healthy families™

Complete your Notice of Pregnancy (NOP) once during pregnancy and a Prenatal visit within your first 12 weeks and earn \$160 on your My Health Pays® account!

PREGNANT WOMEN CAN EARN UP TO \$160 IN MY HEALTH PAYS® REWARDS Just for completing the Notice of Pregnancy (NOP) form and one Prenatal visit!



START SMART FOR YOUR BABY® OFFERS THESE CARE MANAGEMENT BENEFITS:

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

Find your NOP form online at NHhealthyfamilies.com under Member Resources/Member Handbook and Forms.

*Pregnant members must complete their Prenatal visit within 12 weeks of their pregnancy to be eligible for the \$150 reward.

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