

# Pregnancy Care Management

Pregnancy Care Management services are available to pregnant women enrolled in North Carolina Medicaid statewide.

Pregnancy Care Managers are social workers or registered nurses who will 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.

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



[www.rowancountync.gov/  
healthdepartment](http://www.rowancountync.gov/healthdepartment)

Rowan County



**Public Health**  
Prevent. Promote. Protect.



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## How Does It Work?

If you have certain conditions you may qualify for Pregnancy Care Management. Examples include having a preterm baby, a chronic illness such as diabetes, or other concerns, like wanting help to quit smoking.

Your OB Care Manager will work closely with you and your prenatal care provider to meet your needs during your pregnancy. If you have to go to the hospital during your pregnancy, an OB Care Manager will contact you afterward, to see how you are doing.

Your OB Care Manager can talk with you on the phone, meet you at prenatal care visits, meet you in your home, or at a location that is convenient for you. Pregnancy Care Management is provided at no cost and participation is voluntary. Call and learn more about Pregnancy Care Management services.

## **Your OB Care Manager can help you by:**

- Going over your prenatal care provider's plan for a healthy pregnancy
- Coordinating your care across all your providers
- Helping you get the services you need, like medical care, transportation, food, or stable housing
- Referring you to other programs like childbirth or breastfeeding education classes, family planning, and the Women, Infants and Children (WIC) program
- Offering ways for you to take care of yourself during pregnancy
- Providing assistance in managing any medications you might be taking
- Meeting with you after you have been in the hospital or emergency room
- Making follow-up appointments
- Answering your questions

## **Your Prenatal Care Provider: Consistent Care for You and Your Baby**

- It is important to start seeing a prenatal

care provider early in your pregnancy

- Your prenatal care provider is your "home base" for your pregnancy care, where you and your provider share respect and trust
- Use your prenatal care provider for your pregnancy and postpartum health needs
- Contact your prenatal care provider for any questions or health concerns during your pregnancy
- 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 can connect you to other doctors if you need special care during your pregnancy.



*Pregnancy Care Management services are provided by Rowan County Public Health in partnership with Community Care of North Carolina and the NC Division of Medical Assistance.*