



Are you Pregnant?

CONGRATULATIONS, WE HAVE A PROGRAM JUST FOR YOU!

Passport is excited to be part of your journey. We have a special program for members who need extra support while pregnant. If you would like more details, please call us at (866) 891-2320.

To help you get started, see the back of this flyer for some important first steps to take!



Congratulations!
We are excited for you and grateful that you have chosen
Passport to help take care of you and your baby's health.

- ✓ You should have your first health exam right away – to check on your health and your baby's. If you need any help finding an OB doctor to treat you while you are pregnant, give us a call and we can help you: (866) 891-2320.

If you get your first exam soon enough, you can earn a free convertible car seat or booster seat! Visit your doctor within the first 3 months of being pregnant OR within 42 days of joining Passport.



- ✓ Keep your teeth and gums healthy! You can get a free teeth cleaning and exam each year as part of your Passport plan.

- ✓ Smart choices will also help to make sure your baby is born healthy.

- Stay away from cigarettes and vaping. If you need help quitting you can call 1-800-Quit-Now or text MOM to 222888. Both programs are free!
- No amount of alcohol or illegal drugs is safe while pregnant. If you need help finding a doctor to help you, just call us.
- Check with your doctor before you take any medicines or home cures.
- Pick healthy foods like fruits, veggies, whole grain and high fiber foods, and lean meats for you and your baby, and drink lots of water! Call your local Women Infants and Children (WIC) clinic or the Kentucky WIC Office at (877) 597-0367 to see if you can get extra help paying for healthy food.
- Wear your seatbelt when in the car no matter how big your belly gets.

