



SOUTH DAKOTA MEDICAID

PREGNANCY HANDBOOK



South Dakota
Department of
Social Services

Strong Families - South Dakota's Foundation and Our Future

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Overview

Congratulations on your pregnancy! This can be a very exciting time in your life. This handbook can help you prepare and make the best choices for you and your baby. Please read it carefully.

Understanding Your Medicaid Coverage

It is important to understand what type of pregnancy coverage you have. Benefits vary based on your coverage type.

Pregnancy Coverage

Prenatal care is important for the health of you and your baby. Prenatal visits are once a month through the seventh month, every two weeks in the eighth month and weekly in the ninth month. Schedule prenatal care with your primary care provider or health home. Ask for a referral if your primary care provider or health home provider is not providing your prenatal care. If you don't already have a copy of the South Dakota Medicaid Pregnancy Handbook, ask your benefits specialist for a copy to review specific information related to covered services, prenatal care, and postnatal care.

Pregnancy and Postpartum Coverage

Pregnancy coverage includes full Medicaid benefits while you are pregnant. After your pregnancy ends, contact your benefits specialist and you will be switched to postpartum coverage which includes full Medicaid benefits for an additional 12 months of continuous coverage.

Prenatal Care for Unborn Children Coverage

If you are on this program your services are restricted to services for medical or dental conditions caused by or directly affecting your baby including medically necessary dental services. This does not include services such as most broken bones, cuts, vision, etc. Once you have your baby, your coverage ends.

Covering your Newborn

Once your baby is born, please contact your benefits specialist right away to get your child covered by Medicaid. Make sure to give your provider your baby's Medicaid ID number so they can bill Medicaid.

Prenatal Care Basics

Getting the right care and making the right choices can help keep you and your baby healthy.

Doctor Appointments

Schedule an appointment with a doctor to confirm a suspected pregnancy, if you have not already. If you do not have a doctor, choose one who makes you feel comfortable. Your doctor will help you to make healthy lifestyle choices, teach you about labor and delivery, choose a family planning option, and answer any questions about your and your baby's health. It's very important to not just schedule these appointments, but to keep them!

Healthy Choices

Taking care of yourself is important for your health and your baby's. Focus on eating well, staying hydrated, getting rest, and exercising as you feel comfortable. Your mental health is also important; make sure to use your personal support systems and speak to your doctor if you're concerned.

Testing

Sexually Transmitted Disease (STD) and HIV testing is often done at your initial visit. You should discuss with your doctor which tests are being done. If you have a concern, ask if any other testing is indicated. If you should test positive for any STD or HIV, your doctor will help you get the needed treatment and counseling if necessary.

Medications and Vitamins

Ask your doctor if any of the medications you normally take may cause issues during pregnancy. Follow all your doctor's instructions pertaining to any medication use. Your doctor may also prescribe or recommend a prenatal vitamin and folic acid, which can prevent major birth defects.

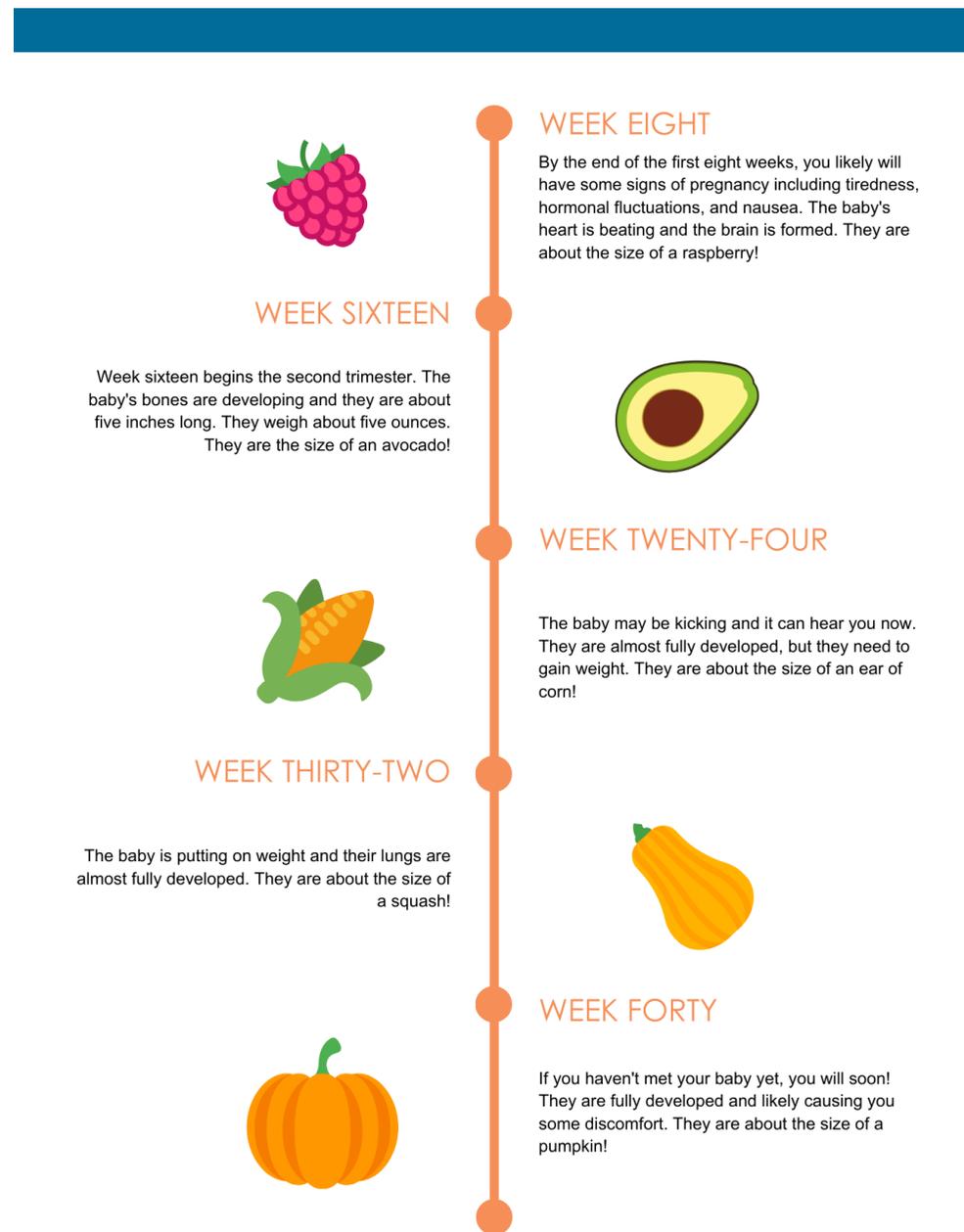
Dental Care

It is safe and recommended to see your dentist during your pregnancy. The benefits of good dental health begin well before your baby is born, so continue your dental care routine. Changes to your body when you are pregnant may make your gums sore or puffy and may make them bleed. This problem is called gingivitis (inflammation of the gums). If gingivitis is not treated, it may lead to periodontal (gum) disease, which can cause tooth loss. Make sure to:

- Brush teeth twice a day with fluoride toothpaste.
- Floss once a day to prevent red, puffy gums.

Your Baby's Growth and Development

Babies grow and change significantly over the course of nine months. The graphic below provides milestones associated with a typical pregnancy. Your doctor can provide more information about the growth and development of your baby.



Prenatal Care Appointment Checklist

First Trimester

6-10 Weeks

- Set up an initial appointment with your chosen physician or midwife once your pregnancy is confirmed.
- At your first visit, discuss medical history, receive a physical exam, routine prenatal lab tests and confirm your due date.

7-12 Weeks

- Plan to visit your physician or midwife every 4 weeks for the remainder of the first trimester.
- At each of these visits, expect to have your blood pressure, weight, and urine checked.
- Starting at 10-12 weeks, your baby's heartbeat will be examined.
- You may receive an ultrasound in the first trimester to determine the accuracy of your due date.

Second Trimester

13-16 Weeks

- Continue to visit your physician or midwife every 4 weeks during the second trimester so they can check your blood pressure, weight, urine, and your baby's heartbeat.
- In addition to these routine procedures, you should also expect to be offered blood tests to be screened for certain covered chromosomal abnormalities. Please note genetic testing requires prior authorization.

General Rule for Scheduling Prenatal Appointments

- 0-28 Weeks Pregnant → Appointment once every 4 weeks (around 5 visits)
- 30-36 Weeks Pregnant → Appointment once every 2 weeks (around 4 visits)
- 36 Weeks – Birth → Appointment every week until birth (around 4 visits)
- **Remember that the number of appointments is not the same for every mother. Mothers who have additional health conditions may need more frequent monitoring**

18-20 Weeks

- At this time, you may receive an anatomy ultrasound to look for any congenital abnormalities in your developing baby.

24-28 Weeks

- Prepare to have a longer prenatal visit during this period, as performing a glucose test to screen for gestational diabetes takes some time. Diabetes tests may be scheduled as a separate appointment.

Third Trimester

- From the start of the third trimester until you reach 36 weeks, you will want to visit your physician or midwife every 2 weeks.
- After you reach 36 weeks, you will want to visit your physician or midwife weekly until delivery.
- During these recurring appointments your physician or midwife will continue to check your blood pressure, weight, urine, the baby's growth, heartbeat and position.
- Make sure to discuss all aspects of childbirth, breastfeeding, postpartum care, postpartum contraception, or any other questions you may have.

Delivery Day

- Congratulations! it is time to welcome your new baby into the world.

Nutrition & Exercise

Eating right and staying active are always important, but even more-so when you're pregnant. Talk to your doctor if you have questions about what will work best for you and your baby.

Stay Hydrated

You may feel thirstier during your pregnancy. Drink plenty of water and non-sweetened beverages. Stay away from drinks with added sugars and sweeteners and monitor your caffeine intake as it can increase your risk for dehydration.

Focus on Fresh

Your baby eats what you eat, so it's best to incorporate more fruits, vegetables, whole grains, and lean proteins every day. Avoid foods with little to no nutritional value like traditional baked, fried, and fast foods. Visit www.healthysd.gov for more information about seasonal fruits and vegetables.

Gaining Weight

The following is a general range of recommended weight gain based on your current Body Mass Index. Generally, most women gain two to five pounds in the first trimester. After that, aim for one pound per week. Talk to your doctor about which range is best for you.

Avoid certain foods

Some foods that may be part of a healthy diet outside of pregnancy can cause harm to your baby if eaten while pregnant. Avoid:

- Raw shellfish and fish with high levels of mercury such as swordfish,



shark, tilefish, and king mackerel; Canned tuna can be eaten in moderation

- Undercooked meat and poultry; Deli meats, unless it has been reheated to steaming
- Raw or undercooked eggs
- Soft cheeses or cheeses not made in the United States
- Unpasteurized milk and unpasteurized or fresh squeezed juices
- Raw sprouts and unwashed vegetables

Pre-pregnancy Weight	BMI	Recommended Weight Gain
Underweight	<18.5	28-40 lbs.
Normal Weight	18.5-24.9	25-35 lbs.
Overweight	25-29.9	15-25 lbs.
Obese	>30	11-20 lbs.

Staying Active

It's important to stay active during your pregnancy. Most exercises are safe for most women during pregnancy, but you should avoid exercises that put you at high risk of falling or injury. Speak to your doctor about exercises to avoid. Healthy women should get at least 150 minutes of moderate-intensity aerobic activity per week. Visit www.sdwic.org/library for activity ideas.

Helpful Resources

For Baby's Sake

This program focuses on preventing infant mortality by:

- Recognizing the early signs of pregnancy
- Starting prenatal care as soon as possible
- Using safe sleep practices

Visit www.forbabysakesd.com for more information.



Text4baby

Text4baby is a free service that sends you text messages through pregnancy and baby's first year. The messages include information about the current time in your pregnancy, your developing baby, hotlines, and health alerts. Signing up is easy and takes just a few minutes. Messages are generally limited to three a week.

Simply text the word "BABY" to the number 511411 or text "BEBE" to 511411 for messages in Spanish.

1. When prompted, enter your expected due date or baby's date of birth.
2. Put in your zip code (e.g., 90210).
3. If at any time you want to cancel service, just text STOP to 511411 (or reply to one of your text4baby messages with the word STOP).

Bright Start

You may qualify for Bright Start's free personal nurse program, which helps first-time moms focus on their health during pregnancy, so they have healthier babies. If you qualify for Bright Start, they will connect you to a friendly, caring nurse. They will work with you one-to-one, giving you all the support, advice, and information you need during your pregnancy and until your child turns two.



The quickest way to sign up or learn more is to visit www.brightstartsd.com or contact your nearest Community Health Office.

The Bright Start program uses the Nurse-Family Partnership model and services are delivered by nurses from the Department of Health, Black Hills Special Services Cooperative, Children's Home Society of South Dakota, and the South Dakota Medical Foundation.

211 Helpline

The mission of the Helpline Center is making lives better by giving support, offering hope, and creating connections all day, every day. The Helpline Center serves thousands of people every year by connecting individuals to resources and support, connecting local agency volunteers, and offering hope to individuals with thoughts of suicide. Services offered by the program include telemedicine counseling, a childcare helpline, health

access navigation, a network of care, substance use care coordination, disaster texting, and food access maps. Visit www.helplinecenter.org for more information.

SNAP

The Supplemental Nutrition Assistance Program (SNAP) helps low-income South Dakotans buy the food they need to stay healthy. You can visit dss.sd.gov/economicassistance/snap/eligibility to see if you are eligible for South Dakota SNAP benefits. The amount of SNAP benefits a person receives is based on the number of people living in the household, the income the household receives, and the cost of some expenses the household pays.



Participation in SNAP can help stretch limited budgets, improve nutrition, and reduce the risk of diet-related health problems. People of all ages use SNAP benefits to help meet their food needs

throughout the month. These benefits are not intended to cover all food costs, but it will help purchase the food needed for a healthy and nutritious diet.

If you are eligible for or currently receiving SNAP benefits, you may be interested in nutrition education. Visit www.igrow.org to learn more about how to feed your family with less money and find nutrition information to help you and your family eat healthier.

WIC

As a Medicaid recipient, you automatically qualify to receive WIC. You just need to apply by visiting the South Dakota WIC website at www.sdwic.org/start-application or call the central office at 605.773.3361 or 800.738.2301.

At your first appointment, bring your Medicaid card, proof of South Dakota residency, and identification for you and any children under age five.

South Dakota WIC provides information on healthy eating and



breastfeeding, referrals to healthcare and other services, and nutritious foods to supplement diets for income-eligible women who are pregnant or postpartum, infants and children up to age five.

Services include:

- Nutrition education to help South Dakotans make healthy eating choices.
- Breastfeeding education for expectant and new mothers looking to learn more about their infant nutrition options.
- Referrals to set low-income families up with quality medical care.
- Food benefits to assist budget-constrained families purchase nutritious groceries at nearly 200 participating businesses statewide.
- WIC Mobile App & Online approved food guide - www.sdwic.org/information/approved-food-guide to help you select WIC approved food when grocery shopping.

Quitting Bad Habits

Pregnancy is a great reason to quit unhealthy habits. What you do during your pregnancy directly affects the health of your baby and puts them at risk for sickness and death. Be honest with your doctor and set up a plan that works for you and your baby.

Prescription and Illegal Drugs

Your baby can become addicted to some prescription and illegal drugs you take because the substances you consume are passed through your blood to your baby. Be honest with your doctor about all drug use. Continued use of drugs throughout your pregnancy may result in your baby being dependent on them when they are born and suffering withdrawal.

Tobacco

Smoking can be detrimental to the health of you and your baby. The South Dakota Department of Health offers free cessation support including coaching, DIY kits, and medications for everyone. Contact the SD Quitline by calling 866.SD.QUITS (866.737.8487) or visit their website at www.sdquitline.com.

Alcohol

Any amount of alcohol during pregnancy can be dangerous for your baby and cause miscarriage, stillbirth, and several physical, behavioral, and intellectual disabilities. Alcohol travels through the umbilical cord to your baby. If you struggle with abstaining from alcohol use, talk to your

doctor or contact the Division of Behavioral Health at 605.367.5236.

Pregnancy Warning Signs

Contact your doctor as soon as possible if you experience any of these symptoms.

First Trimester

- Can't keep fluid down or vomiting that lasts more than two days
- Pain, burning, bleeding, or unusual discharge in your vaginal area or when you urinate
- Fever over 100 degrees or chills and flu-like symptoms
- Severe swelling, redness, or pain in your arm or leg
- Chest pain or fast heartbeat

Second Trimester

- Any of the symptoms listed under first trimester
- Blurry vision or other changes in your vision
- Swelling in your hands or face
- Stomach cramping or pain that lasts longer than a few minutes
- Severe headache
- Dizziness or fainting
- Trouble breathing or feeling like you can't take a deep breath

Third Trimester

- Any of the symptoms listed under first or second trimester
- A change in your baby's movements or stop in movement

Pregnancy Loss

The loss of a baby during pregnancy can be a sad reality for many families and takes a serious toll on families' health and well-being. South Dakota Medicaid covers services that may be necessary for the compassionate or palliative care of an unborn child in a non-viable pregnancy, as well as services related to the end of the pregnancy. Covered services include:

- Services associated with miscarriage, stillbirth, or a non-viable pregnancy, such as a molar pregnancy, ectopic pregnancy, or fetal death in utero
- Postpartum services including behavioral health services.

Your medical providers, Bright Start nurse, or Women, Infants and Children (WIC) office can assist with providing local and community support options after loss. Grief after loss is normal. If your feelings start to interfere with your ability to get along in daily life, or if your sadness doesn't lessen after a couple of months, talk with your healthcare provider.

Postpartum Care

After you give birth, it is still very important to continue the healthy habits you practiced throughout your pregnancy.

Healthy Habits

Eating balanced meals, getting regular exercise, and minimizing stress can be difficult during this time, but it's important for you and your baby's health and wellness.

Appointments

It is more important than ever to keep up your appointments with your Primary Care Provider. These are great times to discuss your physical and emotional wellness, any chronic conditions, and your family planning options.

Postpartum Depression

Postpartum depression is extremely common and it's nothing to be ashamed of. If you are experiencing sadness, anxiety, irritation, mood changes, or just not feeling like yourself, talk to your or your baby's doctor or call the Division of Behavioral Health at 605.367.5236.

Breast Pump Coverage

Choosing to breastfeed your baby is a great nutritional choice for your newborn and South Dakota Medicaid covers manual and electric breast pumps when natural feeding is not possible. Just inform your provider and they will order one for you. The WIC program also provides breastfeeding education.

Family Planning

The American College of Obstetricians and Gynecologists suggests waiting six to eighteen months between pregnancies. South Dakota Medicaid covers several options for contraception or birth control. Make sure you speak with your health care provider to determine what the best family planning option is for you.

0 to 3-year-old WELL-CHILD CHECK-UPS

WELL VISIT AND IMMUNIZATION ROAD MAP

0-3
Years



Vaccine	Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	19-23 months	2-3 years
HepB (Hepatitis B)	1st dose	2nd dose				3rd dose				
RV* (Rotavirus)			1st dose	2nd dose	3rd dose*					
DTap (tetanus, diphtheria, pertussis)			1st dose	2nd dose	3rd dose		4th dose			
Hib* (Haemophilus influenzae type b)			1st dose	2nd dose	3rd dose*	Booster				
PCV (Pneumococcal)			1st dose	2nd dose	3rd dose	4th dose				
IPV (Polio)			1st dose	2nd dose	3rd dose	3rd dose				
COVID 19* (Coronavirus disease)							2 or 3 dose series and booster*			
Flu (Influenza)							1 or 2 doses yearly			
MMR (Measles, Mumps, Rubella)						1 dose				
Varicella (chickenpox)						1 dose				
HepA (Hepatitis A)							2 doses			

If your child is behind on immunizations speak with your provider about a modified schedule.

* Not all manufacturers require this dose, speak with your provider about your child's needed immunizations

Taking Care of Your Baby

Help your baby have a happy, healthy start to life.

See your doctor or Healthcare Provider

Your baby will need to visit their doctor sometime in their first few weeks of life. If your baby didn't already receive a Hepatitis B shot, they may get one at this visit. You will also need to visit your doctor sometime in the first few months after delivery to ensure you're healing well.

Breastfeeding

Breastmilk is the best option for most moms and babies. Your body will know how much and what nutrients your baby needs. If you are able to and choose to breastfeed, you should start as soon after delivery as you can. WIC provides breastfeeding education and tools for bottle-feeding. Federal law requires employers to provide a reasonable break time and space (other than a bathroom) for you to pump breast milk for your nursing child for at least one year after your child's birth. Talk to your employer about an appropriate time and space for you to pump breast milk at work.

Soothing your baby

Newborns have weak neck muscles and it is hard for them to control their heads. Keep your hand or arm under your baby's head when holding them. Even if your baby is very fussy, never shake them. More tips on soothing your baby can be found at the National Center on Shaken Baby Syndrome at www.dontshake.org.

Safe sleep

Infants should be placed on a firm sleep surface covered by a fitted sheet with no other bedding, bumper pads, or soft objects to reduce the risk of suffocation. If you are unable to afford a crib, contact the South Dakota Department of Health at 1.800.305.3064 or ask your local WIC office to connect you with a pack n' play system.

Car Seats

All children under the age of one should always ride in a rear-facing car seat. The Child Safety Seat Distribution Program provides child safety seats at no cost to families that meet income eligibility requirements to ensure that they are in the best child seat for their size. Visit dss.sd.gov/childcare/childsafetyseat to learn more about your local distribution office.

Dental Care

Dental cavities are nearly 100 percent preventable. Clean your child's gums and teeth with a washcloth or toothbrush. Use fluoridated toothpaste the size of a grain of rice once your child's teeth erupt. Do not put your child to bed with a bottle or sippy cup. Be sure to take your child to their first dental visit when their first tooth erupts or by their first birthday. To learn more visit www.deltadentalsd.com/dentistby1.

Baby's Warning Signs

If you're worried, there's probably a good reason. Don't hesitate to call your baby's Primary Care Provider if you are concerned or they experience any of the following symptoms.

Persistent Crying

All babies cry – that is their way of communicating to you that they need something. Some cries may be different than others and it can be hard to tell what they need. If your baby cries for long periods of time or does not settle after you have tried feeding, changing, burping, or laying them down for a nap, it may be a sign of an illness or condition that needs treatment.

Fever

If your baby runs a fever, it can be scary.

The following chart from the American Academy of Pediatrics outlines the general guidelines for when to contact their primary care provider.

Age	Fever
3 months or younger	100.4°
3-6 months	101°
1 year or older	Lasts longer than 24-48 hours

Poor Appetite

If your baby refuses to eat and misses several feedings or continues to lose weight after their first 10-11 days, it could be a sign of an illness or condition that needs treatment.

Irregular stools, diarrhea, and/or vomiting

While your baby is breast or bottle feeding, hard or dry stools may be a sign of dehydration. Diarrhea and vomiting are both potential signs of a bacterial or viral infection and, if they continue, can lead to dehydration.

Your Rights & Responsibilities

You have the right to:

- Be treated with dignity and respect.
- Have privacy. All Medicaid information is private. Information about your care and coverage can only be used for Medicaid purposes. Use of the Medicaid ID Card by you allows for the sharing of information between DSS and Medicaid providers.
- Get information from your doctor about treatment options.
- Be involved in all decisions about your health care and say “no” to any treatment offered.
- Receive written material from your Primary Care Provider (PCP) in a way that you understand.
- Choose your provider and be given the information and time to do so.
- Ask for and get a copy of your medical records.
- Have your medical records corrected if they are wrong.

You have the responsibility to:

- Be polite and treat providers with respect.
- Show your Medicaid ID card to providers.
- Follow instructions in the handbook.
- Go to the same doctor, such as your Primary Care Provider or Health Home provider, for most of your medical care.
- Obtain a referral from your PCP or Health Home provider before you receive services requiring a referral.
- Call the doctor’s office ahead of time if you will be late or need to reschedule your appointment.
- Call your benefits specialist about changes in your case or if you need help.
- Contact your benefits specialist when your baby is born to enroll them in Medicaid.
- Use the ER only for life-threatening emergencies to you or your baby.
- Pay your cost-share, if applicable.
- Pick or change your PCP, if applicable.
- Pay for services not covered by Medicaid including services exceeding a limit or without a required referral.

Contact and Additional Information

If you have any questions about the benefits and services you can receive, you can call 605.773.3495.

211 Helpline: call 211, text your zip code to 898211, email help@helplinecenter.org, or www.helplinecenter.org

BMI Calculator: www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.html

Bright Start: 605.394.2495

Child Care Aware: 800.424.2246

Child Safety Seat distribution: dss.sd.gov/childcare/childsafetyseat

Delta Dental: 800.627.3961 or www.southdakota.deltadental.com

Division of Behavioral Health: 605.773.3123

Domestic Abuse Program: 800.430.7233

For Baby’s Sake: www.forbabysakesd.com

Health Connect of South Dakota: 888.761.5437

HealthySD: www.healthysd.gov

Pack n’ play program: 800.305.3064

SD Family Planning: 800.738.2301 or www.doh.sd.gov/family/pregnancy/Family-Planning

SD Quitline: 866.SD.QUITS (866.737.8487) or www.sdquitline.com

SNAP: dss.sd.gov/economicassistance/snap

South Dakota Medicaid: 605.773.3495 or dss.sd.gov/medicaid

South Dakota Resource Hotline: 800.920.4343, text ‘opioid’ to 898211

Text4Baby: “BABY” to the number 511411 or for Spanish text “BEBE” to 511411

WIC: 605.773.3361 or www.sdwic.org

Your Provider: _____

Your Baby’s Provider: _____



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