SOUTH DAKOTA MEDICAID

PREGNANCY HANDBOOK

South Dakota Department of Social Services
Strong Families - South Dakota's Foundation and Our Future
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.

Full Pregnancy Coverage

If you are on this program you have full Medicaid coverage while you are pregnant. This coverage category covers medically necessary services dealing with physical health, behavioral health, and dental services. If you don’t already have a copy of the Medicaid Recipient Handbook, ask your benefits specialist for a copy to review specific information about what is covered under each category. Once you have your baby, you will qualify for postpartum services for two calendar months after delivery.

Pregnancy Only Limited Coverage

If you are on this program, your services are restricted to:

- Services for medical conditions caused by or directly affecting the baby. This does not include services such as broken bones, cuts, vision, etc.
- Once you have your baby, you will be switched to postpartum services for two calendar months after the pregnancy ends. This coverage includes services for medical conditions caused by your pregnancy.

Prenatal Care for Unborn Children Coverage

If you are on this program, your services are restricted to:

- Services for medical conditions caused by or directly affecting your baby. This does not include services such as most broken bones, cuts, vision, etc.
- Once you have your baby, your coverage ends. Postpartum services are not covered under this program.

Cover 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. Report your chosen pediatrician as your baby’s Primary Care Provider.
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 physician 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, and 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 get you needed counseling and treatment.

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.

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.

BABY’S DEVELOPMENT

WEEK EIGHT

By the end of the first eight weeks, you likely will have some signs of pregnancy including tiredness, hormonal fluctuations, and nausea. The baby’s heart is beating and the brain is formed. They are about the size of a raspberry!

WEEK SIXTEEN

Week sixteen begins the second trimester. The baby’s bones are developing and they are about five inches long. They weigh about five ounces. They are the size of an avocado!

WEEK TWENTY-FOUR

The baby may be kicking and it can hear you now. They are almost fully developed, but they need to gain weight. They are about the size of an ear of corn!

WEEK THIRTY-TWO

The baby is putting on weight and their lungs are almost fully developed. They are about the size of a squash!

WEEK FORTY

If you haven’t met your baby yet, you will soon! They are fully developed and likely causing you some discomfort. They are about the size of a pumpkin!
Appointment Timeline
The following provides an overview of the appointment timeline for a healthy pregnancy. Your doctor will let you know how often check-ups should occur.

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 – they can dehydrate you.

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.

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

• Raw fish, raw shellfish, swordfish, shark, and king mackerel;
• Undercooked meat and poultry;
• Raw or undercooked eggs;
• Soft cheeses or cheeses not made in the United States;
• Unpasteurized milk or foods made from unpasteurized juices; and,
• Raw sprouts.
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.

<table>
<thead>
<tr>
<th>Pre-pregnancy Weight</th>
<th>BMI</th>
<th>Recommended Weight Gain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Underweight</td>
<td>&lt;18.5</td>
<td>28-40 lbs.</td>
</tr>
<tr>
<td>Normal Weight</td>
<td>18.5-24.9</td>
<td>25-35 lbs.</td>
</tr>
<tr>
<td>Overweight</td>
<td>25-29.9</td>
<td>15-25 lbs.</td>
</tr>
<tr>
<td>Obese</td>
<td>&gt;30</td>
<td>11-20 lbs.</td>
</tr>
</tbody>
</table>

Staying Active

It’s important to stay active during your pregnancy. Most exercises are safe for most women during pregnancy, but speak to your doctor about exercises to avoid that put you at high risk of falling or injury. 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; and,
- 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 call the Bright Start office nearest you today.

Pine Ridge            Huron
605.867.2328           605.353.7135

Rapid City            Spearfish & Belle Fourche
605.355.3538           605.642.1361

Sioux Falls           Aberdeen
605.274.0233           605.626.2654

Sisseton
605.698.4183

The Bright Start program implements the Nurse-Family Partnership model and is supported by the South Dakota Department of Health.

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 1.800.738.2301.

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 through 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 1.866.SD.QUITS (1.866.737.8487) or visit their website at www.sdquitline.com.

Alcohol

Alcohol that you use travels through the umbilical cord to your baby. Any amount of alcohol during pregnancy can be dangerous for your baby and cause miscarriage, stillbirth, and several physical, behavioral, and intellectual disabilities. 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; or,
• Fever over 100 degrees or chills and flu-like symptoms.

Second Trimester
• Any of the symptoms listed under first trimester;
• Blurry vision;
• Facial swelling;
• Cramping that lasts longer than a few minutes;
• Severe headache; or,
• Any signs of labor.

Third Trimester
• Any of the symptoms listed under first or second trimester;
• A change in your baby’s movements or stop in movement; or
• Hands and feet swelling.

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. Make sure you speak with your doctor to determine what the best family planning option is for you. South Dakota Medicaid covers several options, including intrauterine devices and contraceptive implants, also referred to as Long-Acting Reversible Contraception, along with several other contraceptive options.

Taking Care of Your Baby
Help your baby have a happy, healthy start to life.

See your doctor
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’ll 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 milk at work.
**0-3 Year Old Well-Child Check-Ups**

### Road Map

<table>
<thead>
<tr>
<th>0-3 Years</th>
<th>1 Month</th>
<th>2 Months</th>
<th>4 Months</th>
<th>6 Months</th>
<th>12 Months</th>
<th>15 Months</th>
<th>18 Months</th>
<th>19-23 Months</th>
<th>2-3 Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birth</td>
<td>HepB immunization</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
</tr>
<tr>
<td>12 Months</td>
<td>Dental checkup recommended by age 1</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
</tr>
<tr>
<td>15 Months</td>
<td>Immunizations</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
</tr>
<tr>
<td>18 Months</td>
<td>Developmental Screening</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
</tr>
<tr>
<td>24 Months</td>
<td>Flu (Influenza) Vaccine</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
</tr>
<tr>
<td>30 Months</td>
<td>Developmental screening, Immunizations</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
</tr>
</tbody>
</table>

**Vaccine Timeline**

<table>
<thead>
<tr>
<th>Vaccine</th>
<th>Birth</th>
<th>1 month</th>
<th>2 months</th>
<th>4 months</th>
<th>6 months</th>
<th>12 months</th>
<th>15 months</th>
<th>18 months</th>
<th>19-23 months</th>
<th>2-3 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>HepB (Hepatitis B)</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
</tr>
<tr>
<td>RV (Rotavirus)</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
</tr>
<tr>
<td>DTap (Tetanus, diphtheria, pertussis)</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
</tr>
<tr>
<td>Hib (Haemophilus influenzae type b)</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
</tr>
<tr>
<td>PCV (Pneumococcal)</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
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<tr>
<td>IPV (Polio)</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
</tr>
<tr>
<td>Flu (Influenza)</td>
<td>2 doses in first year, then 1 dose annually</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
</tr>
<tr>
<td>MMR (Measles, Mumps, Rubella)</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
</tr>
<tr>
<td>Varicella (Chickenpox)</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
<td>1 dose</td>
</tr>
<tr>
<td>HepA (Hepatitis A)</td>
<td>2 doses</td>
<td>2 doses</td>
<td>2 doses</td>
<td>2 doses</td>
<td>2 doses</td>
<td>2 doses</td>
<td>2 doses</td>
<td>2 doses</td>
<td>2 doses</td>
<td>2 doses</td>
</tr>
</tbody>
</table>
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 they experience 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 though and it can be hard to tell what they need. If your baby cries for long periods of time or does not settle after he or she is fed, changed, burped, and slept, it may be a sign of illness.

Fever

The following chart from the American Academy of Pediatrics outlines the general guidelines for the temperature or length of a fever that indicates that you should contact your child’s Primary Care Provider.

<table>
<thead>
<tr>
<th>Age</th>
<th>Fever</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 months or younger</td>
<td>100.4°</td>
</tr>
<tr>
<td>3-6 months</td>
<td>101°</td>
</tr>
<tr>
<td>1 year or older</td>
<td>Lasts longer than 24-48 hours</td>
</tr>
</tbody>
</table>

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.
• 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


Bright Start: 605.394.2495

Child Care Aware: 1.800.424.2246

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

Delta Dental: 1.800.627.3961 or www.southdakota.deltadental.com

Division of Behavioral Health: 605.773.3123

Domestic Abuse Program: 1.800.430.7233

For Baby’s Sake: www.forbabysakesd.com

Health Connect of South Dakota: 1.888.761.5437

HealthySD: www.healthysd.gov

Pack n’ play program: 1.800.305.3064

SD Family Planning: 1.800.738.2301 or www.doh.sd.gov/family/pregnancy/Family-Planning

SD Quitline: 1.866.SD.QUITS (1.866.737.8487) 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: 1.800.920.4343, 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: ________________________________
## Appointment Record

<table>
<thead>
<tr>
<th>Appointment</th>
<th>Date</th>
<th>Week of Pregnancy</th>
<th>Questions for the Doctor</th>
<th>Notes</th>
</tr>
</thead>
</table>

### Notice of Nondiscrimination

As a recipient of Federal financial assistance and a State or local governmental agency, the Department of Social Services does not exclude, deny benefits to, or otherwise discriminate against any person on the basis of race, color, or national origin, or on the basis of disability or age in admission or access to, or treatment or employment in, its programs, activities, or services, whether carried out by the Department of Social Services directly or through a contractor or any other entity with which the Department of Social Services arranges to carry out its programs and activities; or on the basis of actual or perceived race, color, religion, national origin, sex, gender identity, sexual orientation or disability in admission or access to, or treatment or employment in, its programs, activities, or services when carried out by the Department of Social Services directly or when carried out by sub-recipients of grants issued by the United States Department of Justice, Office on Violence against Women.

The Department of Social Services:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
  - Qualified sign language interpreters
  - Written information in other formats (large print, audio, accessible electronic formats, other formats)

- Provides free language services to people whose primary language is not English, such as:
  - Qualified interpreters
  - Information written in other languages

If you need these services, contact your local DSS office.

If you believe that DSS has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a discrimination complaint or grievance with:

**Discrimination Coordinator, Director of DSS Division of Legal Services, 700 Governors Drive, Pierre, SD 57501.**

- Phone: 605.773.3305, Fax: 605.773.7223, DSSInfo@state.sd.us. You can also file a discrimination complaint or grievance with:
  - The Department of Social Services:
    - Phone: 605.773.3305, Fax: 605.773.7223, DSSInfo@state.sd.us.
  - The Office for Civil Rights:
    - Phone: 1.800.305.9673 (TTY: 711).

**Notice of Nondiscrimination**


**Español (Spanish)**

- ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.800.305.9673 (TTY: 711).

**Deutsch (German)**


**繁體中文 (Chinese)**

- 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請 致電 1.800.305.9673 (TTY: 711).

**한국어 (Korean)**

- 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1.800.305.9673 (TTY: 711)으로 전화해 주십시오.

**Русский (Russian)**

- ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1.800.305.9673 (TTY: 711).

**Français (French)**
