



MedStar Family Choice

DISTRICT OF COLUMBIA

# We Care Momma & Me program



## Caring for the health of you and your baby every step of the way.

You may be able to join **Momma & Me**, a program for soon-to-be moms who are less than 28 weeks pregnant. It is important to see your OB/GYN (a doctor who cares for pregnant women) during your pregnancy. The Momma & Me program offers incentives for taking care of yourself and your baby before and after your delivery. Program benefits include:

- The opportunity to earn up to three prepaid **\$25 Visa gift cards** for attending an appointment or participating as follows (with a maximum of \$75 per Enrollee, per year):
  - **\$25** for attending pre-natal doctor visit within the first trimester (12 weeks gestation)
  - **\$25** for attending a dental cleaning/exam OR attend a MedStar Family Choice District of Columbia Maternal Health education class while pregnant
  - **\$25** for completing a postpartum doctor visit within 7-84 days after delivery
- Educational classes (safe sleep training—including free cribette)
- Assistance with community resources
- Care manager nurse assistance for Enrollees experiencing a high-risk pregnancy (behavioral health, advanced maternal age, chronic conditions)
- Assistance with doula service

To learn more or to register for the Momma & Me program, call the Care Management office at 202-363-4348 or 855-798-4244.



This program is brought to you by the  
Government of the District of Columbia  
Department of Health Care Finance.



GOVERNMENT OF THE  
DISTRICT OF COLUMBIA  
**MURIEL BOWSER, MAYOR**



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If you do not speak and/or read English, please call 888-404-3549 between 8:00 a.m. and 5:30 p.m. A representative will assist you.

Si no habla o lee inglés, llame al 888-404-3549 entre las 8:00 a.m. y las 5:30 p.m. Un representante se complacerá en asistirle.

Si vous ne parlez pas ou lisez l'anglais, s'il vous plaît appeler 888-404-3549 entre 8:00 du matin et 5:30 du soir. Un représentant vous aidera.

Nếu bạn không nói và / hoặc đọc được tiếng Anh, vui lòng gọi 888-404-3549 từ 8:00 sáng đến 5:30 chiều. Một đại diện sẽ hỗ trợ bạn.

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영어를 말하거나 읽지 못하는 경우 오전 8 시부 터 오후 5시 30 분 사이에 888-404-3549로 전화하십시오. 담당자가 도와 드릴 것입니다.

如果您不会说和/或阅读英语，请在上午 8:00 至下午 5:30 之间致电 888-404-3549。一位代表将为您提供帮助。

MedStar Family Choice District of Columbia complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, ethnicity, age, religion, physical or mental disability, pregnancy, sex, sexual orientation, sexual stereotyping, marital status, gender, gender identity or expression, language, ability to pay, or socioeconomic status.



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