



**San Francisco
Health PlanSM**

Your Body, Your Baby

STEPS FOR A HEALTHY START

San Francisco Health Plan (SFHP) is here to help you stay healthy before, during, and after your pregnancy. There are many benefits and covered services that you can get to support you and your family. You can use this book to learn about the benefits you have with SFHP and tips for having a healthy body and baby.

PRENATAL EDITION

sfhp.org



If you have any questions or concerns about your health, talk with your primary care provider (PCP) or OB/GYN. Your PCP is your main doctor, physician assistant, or nurse practitioner. An OB/GYN is a doctor who takes care of women's health. They are experts in pregnancy and childbirth (obstetrics) and the female reproductive system (gynecology).

Learn more about your San Francisco Health Plan (SFHP) benefits in your SFHP Member Handbook or at **sfhp.org**. Each program from SFHP has its own offerings and eligibility rules. Some services and goods described in this book are not available to all members.

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This book is part of a two-part series which covers prenatal and postpartum topics. If you want to check out the other book, you can visit sfhp.org/health-ed. You can also ask your PCP or OB/GYN.

To see what services and goods are available for you, contact SFHP Customer Service:

- Phone: **1(800) 288-5555** or **1(415) 547-7800**
- TTY Customer Service: **1(888) 883-7347**
- Phone Hours: Monday–Friday, 8:30am–5:30pm

You may call the SFHP Service Center to set up an in-person or phone appointment:

- Phone **1(415) 777-9992** or **1(888) 558-5858**

Prenatal Care

Prenatal care is the health care you get while you are pregnant. Getting prenatal care can help you have a healthier baby. It lowers the risk of your baby being born too early, which can lead to health problems for your baby.

If you are under age 18, you can receive some services without a parent or guardian's permission. These services are called minor consent services.

You may get these services without your parent or guardian's permission:

Pregnancy care

Care for sexual assault, including outpatient mental health care

Abortion services

Family planning and birth control

WHAT TO EXPECT DURING YOUR FIRST PRENATAL VISIT

Your first visit will be longer than the others. During this visit, your PCP will:

- Check your vitals (weight and blood pressure)
- Order blood tests
- Check your urine
- Tell you how far along you are in your pregnancy
- Ask about you and your family's health history
- Give you a physical exam
- Tell you about vitamins with folic acid (vitamin B9)
- Make your next appointment



Routine checkups while pregnant

After your first visit, your PCP may want to see you every 4 weeks for the first 6 months of your pregnancy. During the last 3 months they may see you more often.

Make sure to get all the health tests that your PCP recommends. Early treatment can cure many problems and prevent others.



WHAT TO EXPECT AT PRENATAL VISITS:

Your blood pressure, weight, urine, and overall health are checked

Your baby’s heart rate and growth are checked

You can ask any questions you have

Learn more at **sfhp.org** or in your SFHP Member Handbook.



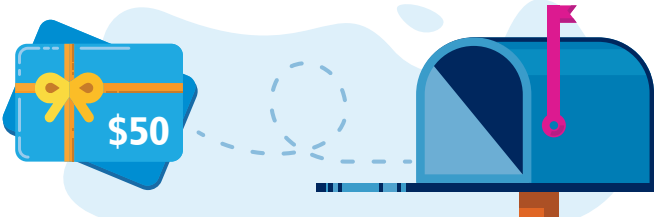
SAMPLE QUESTIONS TO ASK YOUR PCP

- How often should I go for routine check-ups?
 - When should I see a doctor apart from my routine visits?
 - Which vaccines do I need? How do they protect my baby?
 - What foods should I eat for a healthy pregnancy?
 - Are there foods I should avoid?
 - How much weight should I gain?
- How can I get help buying food?
 - Do I need prenatal vitamins? How would they help?
 - What habits should I avoid while pregnant?
 - Can I drink alcohol? Is there a safe limit?
 - Can I have caffeine?
 - Can I exercise during pregnancy?
 - What types of exercise are safe?
- What exercises should I avoid?
 - What over-the-counter medications are safe to take during pregnancy?
 - What medication should I avoid?
 - Do I need to talk to a doctor before taking any medicine during pregnancy?
 - Can I keep taking the medication I do now while I am pregnant?
 - How long can I keep working?



Get a \$50 gift card after your first prenatal visit

Visit your PCP as soon as you think that you are pregnant. After your first prenatal visit, you will automatically get a \$50 gift card in the mail! To get the gift card, you must be seen in your first trimester (the first 1–12 weeks of being pregnant) or within the first 42 days of joining SFHP. Learn more at sfhp.org/rewards.




Doula services for a smooth pregnancy and less stress



A doula is a birth worker that can help you before, during, and after pregnancy. Having a doula with you may reduce your labor time. And you might be less likely to need pain medication.

THERE ARE MANY WAYS A DOULA CAN OFFER SUPPORT

- Talk about your health care with your doctor
- Teach you about what to expect and how to prepare for labor
- Get physical, emotional, and other support that is not medical
- Get support during a miscarriage, stillbirth, and abortion
- Answer questions

 Ask your PCP about getting a doula or find a doula at **sfhp.org** in the SFHP Provider Directory. You do not need a referral. You can get a doula at no cost if you have Medi-Cal. Check your SFHP Member Handbook or visit **sfhp.org/mc/benefits** to learn more.

You can meet with a doula in-person or online by phone or video. You can have a doula with you at any place such as:

- Your home
- At office visits
- In a hospital
- At birth centers
- Any safe, private place



SFHP Provider Directory



Community Health Workers for easy pregnancy care



Community Health Workers (CHW) are your partners to make sure you get the health care you need. They can help because they either share your same culture, health condition, or have been through the same experiences as you. They can meet with you in-person, by phone, or video. You can meet one-on-one or in a group setting.

A COMMUNITY HEALTH WORKER CAN HELP YOU

- Make appointments
- Talk with your PCP
- Get health education
- Connect you to benefits (like translators, transportation, food)

Ask your PCP if you can get a CHW to support you or a family member. You can get a CHW at no cost if you are a Medi-Cal member. Learn more at sfhp.org/mc/benefits.

You can get a CHW if you have a certain health problem, such as:

- Need help getting routine care
- Have a chronic condition (like diabetes or asthma)
- Want to quit smoking, vaping, or chewing tobacco
- Have trouble with drugs or alcohol
- And more

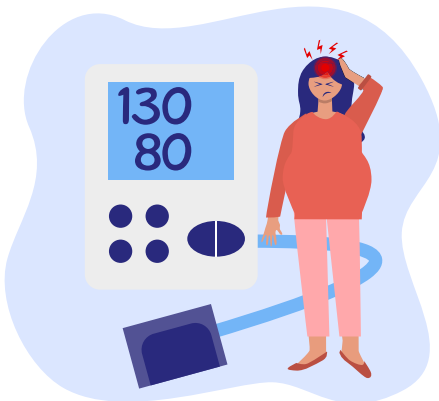
Dealing with stress, depression, and mental health

Many people feel changes in their mental health while they are pregnant. When a sad mood lasts for 2 weeks or more, and affects your normal actions each day, you may be depressed. Feeling depressed during this time is common and can be treated.

You can get mental health care by phone, video, or in-person through Carelon Behavioral Health. You do not need a referral.



You can call Carelon Behavioral Health to learn more or get an appointment at **1(855) 371-8117** or **carelonbehavioralhealth.com**.



Stress can affect your blood pressure and pregnancy

Your PCP will check your blood pressure at each visit. They may advise you to check your blood pressure at home. With Medi-Cal, you can get a home blood pressure meter at no cost. Ask your PCP about getting a home blood pressure meter.

High blood pressure during pregnancy may be a sign of pre-eclampsia.



Learn more
at health.gov/myhealthfinder/pregnancy.

Routine tests while pregnant

Your PCP will recommend tests that all people need as part of their routine prenatal care. These tests give important information about you and your baby.

SOME OF THESE TESTS WILL CHECK YOUR BLOOD OR URINE FOR:

- Group B strep
- Hepatitis B
- HIV
- Rubella
- Sexually transmitted infections (STIs)
- Syphilis
- Urinary tract infection (UTI)
- Ultrasound at 3 months and 5 months



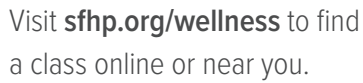
Learn more
at **cdc.gov/pregnancy**.



Get tested for gestational diabetes

Gestational diabetes is a type of diabetes that some people get during pregnancy. All pregnant people need to get tested for gestational diabetes between 24 to 28 weeks of their pregnancy. Pregnant people at a higher risk for type 2 diabetes may need to get tested sooner.

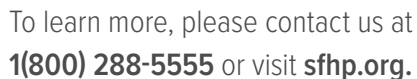
With Medi-Cal, you can get a glucometer to test your blood sugar at no cost. Ask your PCP about getting a glucometer. There are programs that can help you change your diet and manage your blood sugar.



Need a ride to your doctor's visit?

Getting to your doctor's visit is important for your health. San Francisco Health Plan can help you get a ride—so you can arrive safely and on time.

SFHP helps you visit your doctor, get care, or pick up your medicines. SFHP members can get this service at no cost.





Folic Acid

Folic acid is a B vitamin (aka vitamin B9). It is important to have enough folic acid in your body before and during pregnancy to help prevent major birth defects of your baby’s brain and spine. Pregnant people need 600 micrograms (mcg) of folic acid each day.

FOODS HIGH IN FOLIC ACID

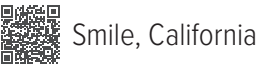
- Dark green leaves like spinach
- Beans and lentils
- Peanuts
- Sunflower seeds
- Citrus fruits
- Liver
- Berries
- Avocados

SAMPLE OF FOLIC ACID IN FOOD

FOOD	SERVING SIZE	AMOUNT
Breakfast cereal, enriched (added folic acid)	1 cup	100 mcg
Spinach, cooked	½ cup	131 mcg
Avocado, raw	½ cup	59 mcg
Orange	1 small	29 mcg
Asparagus, boiled	4 spears	89 mcg
Frozen broccoli, cooked	½ cup	52 mcg
White rice, enriched (added folic acid)	½ cup	90 mcg

Ask your PCP about how you can get enough folic acid each day and what foods are right for you. Visit **cdc.gov** to learn more about folic acid.

SOURCES



Labor and Delivery

A normal pregnancy lasts about 40 weeks from the first day of your last menstrual period to the birth of a baby. This time is split into the 1st, 2nd, and 3rd trimester.

1st Trimester

From the first day of your last menstrual period to about the 13th week

2nd Trimester

From weeks 14 to 27

3rd Trimester

From weeks 28 until birth. At the end of the 3rd trimester, your body will begin to show signs that it is time for your baby to be born. Labor and delivery is the process that leads to the birth of your baby. Labor is often different for each person. The average labor lasts 12 to 24 hours for a first birth. It is often shorter for other births, lasting 8 to 10 hours.

Stages of labor

There are 3 stages of labor: Labor, pushing and birth, and delivery of the placenta.

Stage 1

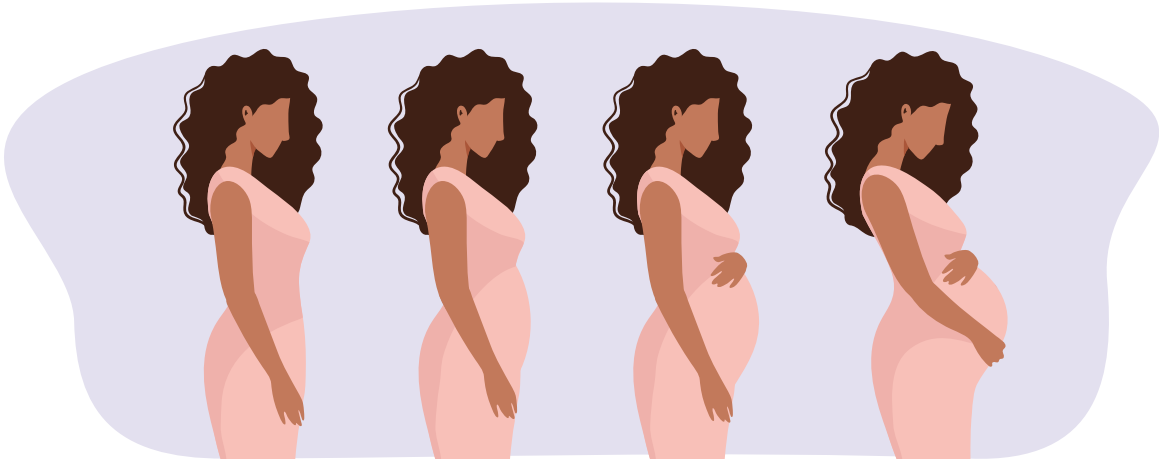
The muscles of your uterus start to tighten (contract) then relax. Contractions (labor cramps) let you know labor is starting. Early contractions usually last less than 1 minute. Active contractions become stronger and last about 1 minute. This is the time to go to the hospital or birthing center.

Stage 2

Baby delivery starts when the cervix is 10cm (4 inches) wide

Stage 3

This stage occurs after the baby is born. You have contractions until the placenta is delivered.



Cesarean section (C-section)

A cesarean section is the delivery of a baby through a cut in the mother’s belly and uterus. It’s often called a C-section. Sometimes a C-section is needed for the safety of the mother and/or baby.

In most cases, doctors do a C-section because of problems during labor, such as:

- Labor is slow and hard or stops
- Your baby is not in the right position
- Your baby is in distress, such as having a very fast or slow heart rate
- Your baby is too big to be delivered through the vagina

When doctors know about a problem ahead of time, they may plan a C-section.

You may have a planned C-section if:

- Your baby is not in the right position close to your due date
- You have a health problem that could be made worse by the stress of labor
- You have an infection that could pass to your baby during a vaginal birth
- You had a C-section before, and you have the same problems again. Or your doctor thinks labor might cause your old C-section scar to tear.

What are the risks of a C-section?

Most mothers and babies do well after a C-section. Because it’s a surgery, it carries more risk than a vaginal birth.

Some risks:

- Infection
- Heavy blood loss
- Blood clots in the mother’s legs or lungs
- Injury to mother or baby
- Problems with or related to anesthesia, such as allergy, vomiting, or severe headache
- Breathing problems for baby if delivered before the due date

If you get pregnant again, your C-section scar has a small risk of tearing open during labor. You also have a higher risk of a problem with the placenta.



Talk with your PCP if you have any questions or concerns about having a C-section.



SOURCES



Office on Women's Health: Labor and Delivery

Intimate Partner Violence

It is best to feel safe while you are pregnant to make sure you have a healthy baby. Intimate partner violence (IPV) greatly threatens both the mother’s and baby’s health. “Intimate partner” includes both current and past dating partners. It can include physical violence, sexual violence, stalking, and mental or emotional harm.

If you are being hurt or threatened by your partner while you are pregnant, you may have a higher chance of:

- Miscarriage, stillbirth, or baby being born too early
- Getting a vaginal infection from forced sex
- More vaginal bleeding in your 1st and 2nd trimester

Violence also raises your baby’s risk of:

Weighing too little at birth	Problems learning to walk, talk, and learn
Trouble nursing or taking a bottle	Long-term emotional trauma
Sleeping problems	Physical and sexual abuse
Being harder to comfort than other babies	Getting hurt during a fight

You and your baby deserve to feel safe.

Your health care team can help you make a safety plan and get help in your community.

If you answer yes to any of these questions, that is violence—and your PCP can help.

- ☐ Yes ☐ No Does your partner ever make you feel afraid?
- ☐ Yes ☐ No Has your partner ever hit you, hurt you, or threatened you?
- ☐ Yes ☐ No Has your partner ever forced you to have sex or do something when you didn’t want to?
- ☐ Yes ☐ No Has your partner ever kept you from your family, friends, or from being in control of your own money?



Call for help. There are many people who can help you:

- Talk to your PCP if you have questions or need support
- Call SFHP's 24/7 Nurse Advice Line at **1(877) 977-3397** if you think you may be experiencing IPV or answered yes to any of the questions above
- Call the 24/7 National Domestic Violence Hotline at **1(800) 799-7233** or TTY **1(800) 787-3224** or visit **thehotline.org**
- If you are in immediate danger, call **911**










SOURCES



CDC: IPV

Get All the SFHP Rewards!

At San Francisco Health Plan, you can earn gift cards by going to your health visits. See below for a list of health visits where you can earn a gift card if you qualify.

Got it!	Health visit	What do I do to get the reward?	Gift card amount
<input type="checkbox"/>	Prenatal Visit PAGE 5	 Have a prenatal check-up within your 1st trimester or within 42 days of joining SFHP Medi-Cal	
<input type="checkbox"/>	Postpartum Visit	 Have a postpartum visit within 2–12 weeks after giving birth	
<input type="checkbox"/>	Well-Child Visits	 Have had 6 or more well-child visits with a PCP in the first 15 months of your child’s life	
<input type="checkbox"/>	Child Developmental Screening	 Have first child developmental screening for kids aged 0 months to 36 months (3 years)	
<input type="checkbox"/>	Fluoride Varnish Visit	 Have first fluoride varnish visit for kids aged 12 months (1 year) to 47 months (3 years and 11 months)	



Please visit sfhp.org/rewards for updates and to learn more about other rewards.

Gift cards cannot be used to buy tobacco, alcohol, or firearms.



SFHP Medi-Cal Benefits

SFHP covers these maternity and newborn care services

- | | | | |
|-----------------------------|------------------------------------|---|-------------------------|
| ■ Banked human milk | ■ Breastfeeding education and aids | ■ Delivery and postpartum care | ■ Health Education |
| ■ Birthing center services | ■ Certified Nurse Midwife (CNM) | ■ Diagnosis of fetal genetic disorders and counseling | ■ Licensed Midwife (LM) |
| ■ Breast pumps and supplies | | ■ Doula care | ■ Newborn care services |
| | | | ■ Prenatal care |

Other relevant covered care

- 24/7 telehealth through sfhp.org/teladoc for non-emergencies
- Community health workers
- Behavioral and mental health care through Caredon Behavioral Health
- Community Supports
- Enhanced Care Management
- Non-Emergency Medical Transportation (NEMT)
- Non-Medical Transportation (NMT)

Contact

Learn more about your SFHP benefits in your SFHP Member Handbook or at sfhp.org. Or call SFHP Customer Service:

- Phone: **1(800) 288-5555** (toll-free)
or **1(415) 547-7800** (local)
- Fax: **1(415) 547-7825**
- TTY Customer Service:
1(888) 883-7347

Important resources

- SFHP 24/7 Nurse Help Line:
1(877) 977-3397
- 24/7 Telehealth (Teladoc®):
1(800) 835-2362
- SFHP Care Management Intake Line:
1(415) 615-4515
- Medi-Cal Rx Coverage:
1(800) 977-2273
- Medi-Cal Dental (Denti-Cal):
1(800) 322-6384 or
TTY **1(800) 735-2922**
- (VSP) Vision care: **1(800) 438-4560**

Sources

This book is adapted from the following trusted medical sources as well as Healthwise™, a patient education platform accredited by the National Committee for Quality Assurance.

SOURCES



SFHP Medi-Cal



SFHP Healthy Workers HMO



SFHP Health & Wellness



Affordable Housing Lists

Affordable and low-income housing opportunities



Bridge Housing



Dahlia San Francisco Housing Portal



EAH Housing



Mercy Housing



Openhouse SF



San Francisco Housing Authority



The John Stewart Company



TNDC (Tenderloin Neighborhood Development Center)



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