



You want your baby to have the best start at life

Health coverage can help you get the care you need during pregnancy, help you pay for your baby's birth, and ensure the best care for you and your newborn baby after delivery.

You may qualify for free or low-cost coverage through Medicaid or CHIP, be insured through your employer, or choose to purchase a plan on the Health Insurance Marketplace. Even if you have not qualified for Medicaid, pregnancy may make you newly eligible.

Learn more at

<https://www.healthcare.gov/what-if-im-pregnant-or-plan-to-get-pregnant/>

Learn more and sign up

- Talk to your Indian health program and find IHS resources at <https://www.ihs.gov/womenshealth/maternalchildhealth/>
- Go online to [healthcare.gov](https://www.healthcare.gov) or call 1-800-318-2596
- Learn more about Medicaid benefits at <https://www.medicaid.gov/medicaid/benefits/list-of-benefits/index.html>
- To sign up for Medicaid, visit <https://www.medicaid.gov/apply-for-coverage/index.html>



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Coverage for New Moms and New Babies

- Preventive care during pregnancy
- Coverage for labor and delivery
- Care for you and your baby after birth





After your baby's birth

You and your baby will need care after your baby is born to establish a healthy start to your baby's life.

For mothers

Medicaid and all insurance plans offer free breastfeeding support for new mothers, including:

- counseling from trained providers
- breast pump

Mental health

It is important to care for your mental well-being, as well as your physical health, after childbirth. Depression screening is offered for free under all health plans, but you may have to pay part of the cost of post-partum depression treatment, if necessary.

For babies

Make sure to add your baby to your Medicaid or insurance policy within 30 days of birth. Insurance provides these free services for your baby:

- screenings for hearing, vision, sickle cell disease, phenylketonuria (PKU), and thyroid problems
- immunizations
- well-baby doctor visits 2–3 days after coming home from the hospital and at 1, 2, 4, 6, and 9 months old

During pregnancy

Prenatal care helps you have a healthier baby and lowers the risk of your baby being born too early.

Medicaid, CHIP, and Marketplace plans offer the following services for pregnant women at no additional cost:

- prenatal doctor visits
- folic acid supplements
- screenings for gestational diabetes, anemia, RH incompatibility, and hepatitis B
- help to quit smoking
- screening and counseling for alcohol misuse
- vaccinations

Labor and delivery

If you use an **Indian Health Service** provider, your labor and delivery will be covered, including the services of a doctor or midwife and any time in the hospital.

Medicaid fully covers labor and delivery, including:

- Delivery in a hospital or licensed birth center
- Nurse midwife services
- Doctor services

If you use **private insurance**, you may have to pay a portion of the cost to deliver your baby at the hospital or at home, but almost all insurance plans will lower your out-of-pocket costs.

Learn more about preventive care at

<https://www.healthcare.gov/preventive-care-women/>