

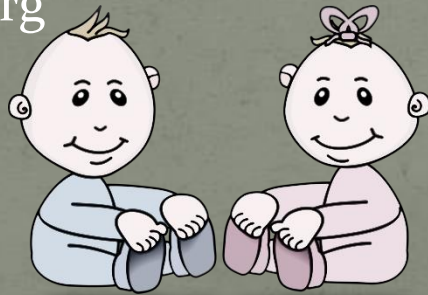


EPIC Pregnancy Resources

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Insurance

- www.hca.wa.gov
- www.healthplanfinder.org
- www.washingtonconnection.org
- www.win211.org
- Locate a provider who will be able to give pregnancy confirmation
- Find the insurance that best fits your needs and covers your provider and apply as soon as possible
- If further assistance is needed, apply for DSHS programs



DSHS Programs



- **First Steps Maternity Support Services**
 - ~Services provided by a team to address any needs the mom might have to complete a healthy pregnancy including home visits if desired, through 2 months post partum
- **Nurse Family Partnership**
 - ~Community health program serving low income clients who are pregnant with their first child
 - ~Registered nurse to provide ongoing home visits through the 2nd birthday
- **Infant Case Management**
 - ~ Beginning at 3 months of age through the 1st birthday with transportation to all appointments provided free of charge with interpreters available
 - ~ Case manager to support the family, including referrals and advocacy
- **Childbirth Education Classes**
 - ~ Pregnant woman and support person can attend for free starting in the 3rd trimester
 - ~ Transportation and interpretation services are provided free of charge - 800-322-2588

WIC 1-800-322-2588



- Monthly checks for healthy food for mom and baby
 - Extra foods for fully breastfeeding moms and iron-fortified formula for non-breastfed babies
 - Checks for jarred baby food – fruits, vegetables, and meats
- Kid-friendly recipes to improve the whole family's health and nutrition
- One-on-one appointments with a lactation consultant or peer counselor
- Breast pumps available at some clinic locations

Specific Baby Needs



- **Breast pumps**
 - Provided by some insurance companies, some hospitals, and WIC
- **Car seats**
 - Provided by some hospitals and insurance companies
- **Clothing**
 - Local churches and community-based programs specific to geographical location
- **Furniture**
 - Northwest Furniture Bank, local churches, and some location-specific community programs have this support
- **Transportation**
 - Paratransit for medical appts, Dial-a-Lift for non-medical needs, Catholic Community Services volunteer drivers





Extras



- Facebook groups for: exercise partners, play groups, buying and trading goods/services
- YMCA and other local gyms offer free or low cost registration fees and monthly dues based on income
- Washington Women In Need (WWIN) www.wwin.org
 - Assists Washington State women who qualify with financial support for non-covered dental care and education expenses
- Ceridian Cares Financial support www.ceridiancares.com



Family Planning Statistics

- At least 35% of pregnancies in Washington are unintended. Nationally, that number is nearly 50%.
- In the opioid using population (prescribed and illegal), 86% of pregnancies are unplanned.
- If current trends continue, more than half of all women in the United States will experience an unintended pregnancy by the time they reach age 45.
- In 2010, 52% of unintended pregnancies in Washington resulted in births and 35% in abortions; the remainder resulted in miscarriages.
- On average, the cost of an unplanned pregnancy is 1.5 times that of a planned pregnancy.

Things to Know

- Washington Medicaid health plans cover almost every type of contraception without a prior authorization.
- Condoms can be obtained at no cost at many locations. Check www.condomfinder.org.
- Men are increasingly more interested in taking part in the contraception discussion. Don't hesitate to ask if they have questions or concerns about family planning.



One Key Question

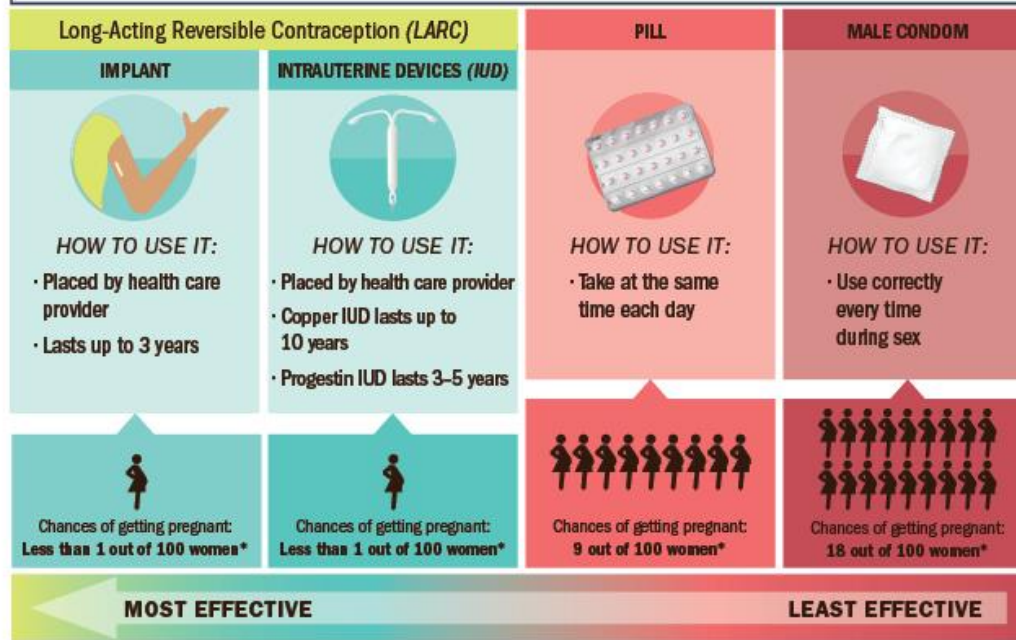
- Coined by Power to Decide
- Ask women age 18-50 “Would you like to become pregnant in the next year?”
- Tailor conversation to their response. Use resources to address questions. Recommend www.bedsider.org or the app.

POWER
TO DECIDE

BEDSIDER

Contraceptive Options

How effective are these types of birth control?



Condoms should always be used along with the preferred birth control to protect against sexually transmitted diseases.

*Number of pregnancies per 100 women using the method within first year of typical use.

SOURCE: Trussell J., Contraception, May 2011;
www.cdc.gov/reproductivehealth/UnintendedPregnancy/Contraception.htm

Vitalsigns™
www.cdc.gov/vitalsigns/LARC



Resources

- www.powertodecide.org
- www.bedsider.org (Great app, too!)
- www.condomfinder.org
- www.guttmacher.org

