



What is the Prenatal Plus Program?

The Prenatal Plus Program is a special case management program for pregnant women on Medicaid who might be at risk of negative maternal and infant health outcomes. Prenatal Plus gives women access to a case manager, a registered dietician, and a mental health professional who work together to help reduce the risk of having a low birth weight baby. Prenatal Plus services are in addition to a woman's regular prenatal care.

Who is eligible?

Women who are:

- Eligible for Medicaid
- Pregnant; and
- At risk of negative maternal or infant health outcomes due to lifestyle, behavioral, and non-medical parts of the woman's life that could affect her pregnancy. A short screening will be done by a Prenatal Plus provider to see if a woman meets the risk criteria.

What are negative maternal or infant health outcomes?

Negative maternal or infant health outcomes include:

- Having a low birth weight baby (weighing 5 pounds, 8 ounces or less at birth);
- Having a baby too early (a premature baby); or
- Feeling really down, depressed, and hopeless during pregnancy or after birth and not having help or tools for getting through it.

What does "at risk of negative maternal or infant health outcomes" mean?

Some of the lifestyle, behavioral, and non-medical things that can put a woman at risk of having negative maternal or infant health outcomes are:

- Smoking during pregnancy;
- Drug and/or alcohol use or abuse during pregnancy;
- Being underweight or not gaining enough weight during pregnancy;
- Already having had a low birth weight baby before;
- Being eighteen years old or younger; or
- Having a high level of stress during pregnancy.

What services are available?

A woman gets a case manager, a registered dietitian, and a mental health professional who all work together to help her reduce her risk of negative maternal and infant health outcomes. They will make sure that she is getting regular prenatal care and also help her get other services, for example, food, housing assistance, and help with continuing her education or finding a job.

What does it cost?

There is no cost to the client. All pregnant women on Medicaid are exempt from all co-payments.

How does a woman enroll?

Please [contact the provider](#) in your area to see if this program is right for you.

For more information, please visit the [Department's website](#).

CONTACTS:

[Kirstin Michel](#)
303-866-2844