

# Because we care

Moms need help. You have a big job taking care of Baby. Support services, friends and family are all here to help you.

Our Care Management nurse team can direct you to a helpful agency. Below are some agencies you can contact directly. Be sure to ask for help when you need it.

**Contact Care Management at 855-206-7516.**

## Connect with local agencies:

- Housing assistance
- Transportation: ModivCare  
**1-866-527-9933** (TTY 1-866-288-3133)
- Help to stop smoking: Mom's Quit Connection  
**1-888-545-5191** (TTY 711)
- Health insurance—sign up for Baby: NJ FamilyCare  
**1-800-701-0710** (TTY 1-800-701-0720)
- Community resource for moms and Baby: NJ Nurse Family Partnership  
**1-866-864-5226** (TTY 711)
- Postpartum depression: Speak Up When You're Down **1-800-328-3838** (TTY 711)
- Supplemental Nutrition Assistance Program (SNAP) **1-800-687-9512** (TTY 711)
- Text4Baby
- Utility assistance
- WIC (Women's Infants and Children)  
**State.nj.us/health/fhs/wic**

## Connect with support groups:

- Child care services
- Mom and Baby activities

# We're here for you



## Member Services

We're open every day, all day long.  
**1-855-232-3596** (TTY: 711)  
[AetnaBetterHealth.com/NewJersey](http://AetnaBetterHealth.com/NewJersey)



## Healthcare Central

NJ FamilyCare Guidance Center  
Monday–Friday, 10 AM–6 PM  
**959-299-3102** (TTY: 711)

Aetna complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

**ENGLISH: ATTENTION:** If you speak a language other than English, language assistance services, free of charge, are available to you. Call the number on the back of your ID card or **1-800-385-4104 (TTY: 711).**

**SPANISH: ATENCIÓN:** Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número que aparece en el reverso de su tarjeta de identificación o al **1-800-385-4104 (TTY: 711).**

**CHINESE:** 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電您的ID卡背面的電話號碼或 **1-800-385-4104 (TTY: 711)**。



Aetna Better Health® of New Jersey

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# Extra care for mom

## Integrated Care Management

Support services for you before, during, and after Baby

[AetnaBetterHealth.com/NewJersey](http://AetnaBetterHealth.com/NewJersey)



Aetna Better Health® of New Jersey

# Ready to be a Mom?

Sometimes women are ready for motherhood. Sometimes Baby is a surprise. Whatever you are feeling, we can help guide you through your pregnancy. We want a healthy you and a healthy baby. Our Care Management nurse team understands your range of emotions and offers:

- Medical support
- Emotional support
- Social services support



## Your Care Plan

Our nurses, your care coordinator, will talk with you about your concerns and goals for a healthy pregnancy. By listening to you, your care coordinator will create a personalized plan with your provider. They will help keep you on track for needed doctor visits, tests, and assist with care support for Baby after delivery.

## Medical Support

- Help with selecting a doctor convenient to you
- Help with prenatal care (Care during pregnancy)
- Answers to your pregnancy and baby care questions

## Emotional Support

- Connection to birthing classes
- Access to text messages resources via text message
- 24/7 nurse line

## Transportation Support

- Coordinate transportation for doctor visits
- Provide car seats upon request for ride to doctor

## Language Support

Translation and interpretation are available at no charge. Simply ask for assistance.

## Post Natal Support (Care after baby)

- Assistance with going home
- Education tips for Baby care and care for you
- Education about lead testing
- Assistance with enrolling Baby for health care (Must happen within 60 days)
- Over-the-counter gift card of \$15 for completing Postpartum visits\* (After birth)

\* You may be eligible for a \$15 gift card as a reward for your postpartum visit, if your visit is within 7-84 days of delivery. Your provider will submit a claim for the completed service. A claim is a form your provider submits so we know you went for a visit. If you had a C-section, you may need two visits. The first visit is to check your incision—this visit is usually one to two weeks after delivering your baby. The second visit is your regular postpartum visit.

## Breastfeeding Support

- Lessons on how to feed Baby
- Help in ordering and using a breast pump, such as the Medela

## Enroll for Support

As an Aetna Better Health® member, Care Management is a covered benefit at no additional cost.

To enroll, call Member Services at **1-855-232-3596** (TTY 711) and ask for the Care Management team.