



## Know the facts: The Healthy Additions program helps pregnant women

A full-term pregnancy and healthy baby are the goals of every mom-to-be! To help you have a healthy pregnancy, you may join a program called **Healthy Together!...Healthy Additions**. It is offered by the Wyoming Department of Health to Wyoming EqualityCare (Medicaid) clients.

**Healthy Together!...Healthy Additions** will help you by providing:

- ✓ **A Nurse Health Coach** who can talk with you about your health and answer questions about your pregnancy. The Health Coach will also work with you and your doctor or healthcare professional to make sure you are getting the care you need.
- ✓ **Educational materials** that explain what to expect during your pregnancy, after your baby's birth, and how to stay healthy.
- ✓ **Help to identify resources** in your area which can assist you in having a healthy baby.
- ✓ **A toll-free number (1-888-545-1710)** that you can call 24-hours a day to talk to a nurse if you have concerns about your health.

**Healthy Additions** does NOT replace any of the healthcare services you are currently receiving from your doctor or other health care provider.

### How do I join?

If you are pregnant and are a member of Wyoming EqualityCare, call our toll-free phone number anytime at **1-888-545-1710**.

**Call 1-888-545-1710 to speak to a nurse 24-hours a day.**

*Disclaimer: Information or education provided in this fact sheet is not intended to replace medical advice from your healthcare provider. The information provided on this fact sheet is not all-inclusive of this topic.*

**Healthy Together!** is offered by the Wyoming Department of Health to all Wyoming EqualityCare (Medicaid) clients at no cost. The program provides one-on-one support from a nurse, educational materials to encourage the self-management of health, and assistance in coordinating care among multiple providers. **Healthy Together!** also provides EqualityCare clients with information on weight loss, smoking cessation, and how to adopt healthy lifestyles. **Healthy Together!** was named the Best Government Disease Management Program by the Disease Management Association of America in 2005.



"I found the **Healthy Additions** program to be really helpful, especially when you are a first-time mom. You can always use the support because everything is so new to you. Thank you so much!"

---Healthy Additions client

