

We want to improve the healthcare experience for members of all backgrounds. Picking the best doctor for you is the first step when starting off on the path to better health.

When picking a doctor, our website provider search shows the provider's gender, race, ethnicity, and languages spoken. Member Services can help you pick the best doctor for you. Just call **1-866-638-1232 (PA Relay 711)**. Some of the reasons you may want a specific doctor include:

- Seeing a female or male OBGYN
- Wanting a doctor with a similar ethnic or cultural background. Some people feel they may better understand:
 - Not wanting to use opioids for pain management for fear of addiction or negative stereotypes
 - Religious restrictions that may prevent you becoming an organ donor
 - Your desire to seek treatment with home remedies, prayer, spiritual healing, and advice from family and friends
 - How a physical, mental, acute, or chronic disease could be seen as spiritual imbalance
- ♥ ***When you see your doctor, it is ok to bring a family member or friend as a support for your healthcare needs***
- ♥ ***If your doctor is using medical terms, ask them to use common language for you to understand your healthcare needs and medication directions.***

Aetna complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex gender, gender identity or expression, or sexual orientation.

ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call **1-800-385-4104 (PA Relay: 711)**.

ATENCIÓN: Si usted habla español, los servicios de ayuda de idioma, sin ningún costo, están disponibles para usted. Llamar al **1-800-385-4104 (PA Relay: 711)**.

ВНИМАНИЕ: Если Вы говорите на русском языке, Вам предлагаются бесплатные переводческие услуги. Позвоните по номеру **1-800-385-4104 (PA Relay: 711)**.

We offer case management services for you. Our case managers are from various backgrounds and can understand your cultural needs. They can also help find the best doctor for you. Call Member Services to speak with a case manager at **1-866-638-1232 (PA Relay 711)**.



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PA-20-10-08



Helping African American Members Get Care and Live Healthier

Maternity and Early Childcare

AetnaBetterHealth.com/Pennsylvania



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Once you have picked your doctor you can start your path to healthy living and discuss some of the following topics:

Importance of Maternity Care

Starting prenatal care within the first trimester (first three months) of your pregnancy is very important as your doctor can check on you and your baby's health throughout the whole pregnancy. They will make sure your baby is growing and developing as they should. Your doctor can also offer support on the following during pregnancy:

- Stress management
- Stopping tobacco or alcohol use
- Stopping drug or marijuana use

Having scheduled prenatal care throughout your pregnancy can also prevent:

- Having a low birth weight baby
- Having a preterm baby
- Developing diabetes during pregnancy (gestational diabetes)

Stress, alcohol, tobacco, drug, and marijuana use can negatively affect your baby. Talk to your doctor about stress levels and substance use even if they do not ask.

Always keep scheduled appointments and talk to your doctor about your beliefs on how the pregnancy and delivery should go. It is also okay to talk about home remedies you might use for pregnancy related discomfort or stress reduction. We want you and your baby to stay healthy.

If you need extra support your case manager can help. Your case manager can help you understand directions from your doctor and make sure your doctor listens to your concerns. Case managers can also help schedule appointments for you- even a postpartum (after delivery) appointment as early as 7 days after you deliver!

Your case management or your doctor can also help new moms find a doctor for their unborn babies. It is very important to find a doctor before your baby is born so they have well care checks and have all medical needs met.



Importance of early childcare

It is important for your baby to have well child checks at the following ages:

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| • Newborn | • 9 months |
| • 3-5 days | • 12 months |
| • 1 month | • 15 months |
| • 2 months | • 18 months |
| • 4 months | • 24 months |
| • 6 months | • 30 months |

At these well child checks your baby's doctor will ask about their birth history; how your child is developing and growing; do a physical exam; and offer education to keep your baby healthy.

Other things the doctor will check for and help with lead exposure, family dynamics, housing, safety, home environment, and risks factors for health conditions due to family history, race, and the baby's gender.

Sometimes housing may put children at risk for increased lead levels or the development of asthma, so it is very important to discuss this with your baby's doctor.