

Dear Member,

If you are pregnant, we can help you and your baby be healthier. We provide help based on your specific health needs and goals. We do this through our CHPIV Pregnancy Program. It is included in your benefits. It does not cost you a thing.

If you are pregnant, please fill out your pregnancy form. Filling out this form will help us make sure you get the support you need now and after pregnancy. This should only take a few minutes.

There are three ways you can do this:

- 1** Visit **www.chpiv.org** and fill out the Member Notification of Pregnancy Form.
- 2** Fill out the enclosed pregnancy form. Mail it back in the envelope provided.
- 3** Call us **Toll-Free at 1-833-236-4141 (TTY 711)** 24 hours a day, 7 days a week. Be sure to let us know you are calling to complete your pregnancy form.

Letting us know that you are pregnant or that you recently delivered your baby will help us make sure you have what you need to live a healthy life. With the CHPIV Pregnancy Program, you can:

- Get answers to questions about you and your baby's medical care
- Find out about the benefits available to you
- Be connected to the right support if you are feeling anxious or down
- Talk to someone about what to do next to have a healthy pregnancy and birth
- Learn how to reduce or quit smoking, drinking alcohol, or taking other substances
- Get connected to resources to help you with things like healthy foods, cribs, safe housing, and clothing
- Find the right doctor for you and your baby
- Learn more about breastfeeding

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Imperial, CA 92251

www.chpiv.org

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Questions?

1-833-236-4141

*Member Services
can help.*

Don't forget to see your doctor as soon as you think you are pregnant. Going to your doctor throughout your pregnancy and after you have your baby will help keep everyone healthy. We want to make sure you have the right care that fits your needs the best. If you need help finding a doctor or making an appointment, call us at **1-833-236-4141** (TTY **711**).

Thank you for taking care of you and your baby. Remember, we are here to help. If you have questions, call us.