

For brokers and producers only

Date: March 3, 2022

Markets: All (except Medicare, Medicare Supplement)

New High-Risk Pregnancy Materials Available

Recently, CareFirst developed two new member fliers (English and Spanish) and updated the Healthy Pregnancy site to promote our specialized and personal support for our members with high-risk pregnancies. Over 90% of members referred to our high-risk OB care management program enroll, leading to improved birth outcomes. There is no cost to the member.

Women with high-risk pregnancies have one or more factors that threatens her life or her baby's or increases the risk for pre-term delivery (before 37 weeks of pregnancy). A woman's pregnancy might be considered high risk if she:

- Is age 17 or younger
- Is age 35 or older
- Was underweight or overweight before becoming pregnant
- Is pregnant with twins, triplets, or other multiples
- Has existing health conditions like high blood pressure, diabetes, or depressions
- Had problems with a previous pregnancy, including premature labor or having a child with a genetic problem or birth defect

When a member is identified as needing support, the nurses reach out, conduct an assessment—which includes a review of social determinants of health—identify resources (transportation, social workers, education, nutritionists, etc.) and arrange appropriate home-based services (e.g., IV hydration, drug therapy, etc.) to keep the patient at home and out of the hospital.

Please share these materials with your accounts.

- [Member flier](#), English
- [Member flier](#), Spanish
- [Healthy Pregnancy/Getting started member site](#)

For more information

If you have any questions, please contact your broker account consultant.