



# It's the Smart Start for Your Baby!

We have an exciting program for pregnant members and new parents called Start Smart for Your Baby®. Our Care Team has a customized way to support your healthy pregnancy and care for your baby. Start Smart for Your Baby® is already part of your benefits and won't cost you a thing!

## Doula Services

Doulas provide support before, during and after you give birth. Trillium offers in-network Doula services. Please contact us to find one in your area.



# Our Care Team Offers Personalized Resources for You

- **Information about pregnancy and newborn care.**
- **Community resources** to help you get the things you need during your pregnancy and after your baby is born. This includes food, diapers, housing, clothing, doula services and more.
- **Breastfeeding support** and resources.
- **Professional medical staff** who work with you and your doctor and nurses if you have a more difficult pregnancy.
- **Resources if you are feeling down** during or after your pregnancy.
- Assistance to help you **quit smoking, alcohol or drugs.**



“I really appreciated the program. I was happy to know I had help when I needed it.”

**NICOLE R.**  
Parent to-be

# Get Started

Go to your doctor as soon as you think you are pregnant.

Call us if you need help finding a doctor. Let us know about your pregnancy. Fill out our pregnancy form so we can personalize the ways we can help you.

There are two easy ways to fill out our form.

1. **Call us at 1-877-600-5472** (TDD/TTY at 1-877-600-5473).
2. **Go online at [TrilliumOHP.com](https://TrilliumOHP.com)** and log in to your online member account.



“The program was awesome. It was helpful in my pregnancy. I was able to have a healthy baby because of it.”

**DANIELLE P.**  
Parent to-be



## Do you think Trillium Community Health Plan (Trillium) has treated you unfairly?

Trillium must follow state and federal civil rights laws. It cannot treat people unfairly in any of its programs or activities because of a person's:

- Gender identity
- Age
- Race
- Marital status
- Color
- Religion
- National origin
- Disability
- Sex
- Sexual orientation

You can get this letter in another language, large print, or another way that is best for you. You can also have a language interpreter. Call 1-877-600-5472 (TTY/TDD 711).

### English

ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call 1-877-600-5472; TTY: 1-877-600-5473.

### Español (Spanish)

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-600-5472; TTY: 1-877-600-5473.



1-877-600-5472

TDD/TTY 1-877-600-5473

Monday - Friday, 8 a.m. to 5 p.m.

[TrilliumOHP.com](https://www.TrilliumOHP.com)

OHP-TRIL-22-3319 Approved 09/01/22

© 2022 Trillium Community Health Plan. All rights reserved.