



Building blocks for a healthy baby.

Let us help you take your first steps.



Your Guide to Pregnancy and Parenthood

We have a great program for pregnant members and new parents called Start Smart for Your Baby®.

Start Smart for Your Baby® is already part of your benefits and won't cost you a thing!

Connect with a Birth Doula

Birth doulas provide physical and emotional support to parents. They help parents during pregnancy, childbirth and the postpartum period. Birth doulas:

- **Help** support breast / chest feeding.
- **Understand and share** parents' cultural perspectives.
- **Help parents communicate** their needs to medical staff.
- **Help parents learn** to bond with their baby.
- **Support** ongoing reproductive health.
- **Connect** parents to resources, referrals, and community support.

Trillium members can have access to a birth doula at no cost.

Your Care Team Helps You Find Personalized Resources

- **Community resources** to help you get what you need during your pregnancy and after your baby is born. This includes food, diapers, housing, clothing, doula services, and more.
- **Breast / chest feeding 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. Tell us about your pregnancy. Please 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:




Call us at **1-877-600-5472**
(TDD/TTY at 1-877-600-5473).



Visit us online at
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

English - You can get this communication in other languages, large print, Braille or a format you prefer. You can also ask for an interpreter. This help is free. Call [1-877-600-5472] or TTY 711. We accept relay calls. -You can get help from a certified and qualified health care interpreter.

Spanish - Puede obtener esta información en otros idiomas, en letra grande, braille o en un formato que usted prefiera. También puede recibir los servicios de un intérprete. Esta ayuda es gratuita. Llame al servicio de atención al cliente 1-877-600-5472] o TTY 711. Aceptamos todas las llamadas de retransmisión. -Usted puede obtener ayudar de un intérprete certificado y calificado en atención de salud. **Russian** - Вы можете получить это документ на другом языке, напечатанное крупным шрифтом, шрифтом Брайля или в предпочитаемом вами формате. Вы также можете запросить услуги переводчика. Эта помощь предоставляется бесплатно. Звоните по тел. 1-877-600-5472] или ТТУ 711 Мы принимаем звонки по линии трансляционной связи. -Вы можете получить помощь от аккредитованного и квалифицированного медицинского переводчика.