

# Nebraska Medicaid Benefits for Pregnancy & Postpartum

As soon as you know you are pregnant, you and your baby are covered by Medicaid, if you qualify. See below the benefits provided during pregnancy and postpartum by each Nebraska Medicaid Managed Care Plan. Nebraska Medicaid will cover you for 12 months after your baby is born. You can switch plans for 90 days after enrollment or during open enrollment each year Oct. 15–Dec. 7. **If you qualify for Medicaid you also qualify for WIC (Women, Infant & Children) and SNAP (Supplemental Nutrition Assistance Program).**

Molina Healthcare	Nebraska Total Care	United Healthcare
<p><b>Phone:</b> 1-844-782-2018  <b>TTY:</b> 711  <a href="http://MolinaHealthcare.com/NE">MolinaHealthcare.com/NE</a></p>	<p><b>Phone:</b> 1-844-385-2192  <b>TTY:</b> 711  <a href="http://NebraskaTotalCare.com">NebraskaTotalCare.com</a></p>	<p><b>Phone:</b> 1-800-641-1902  <b>TTY:</b> 711  <a href="http://UHCCommunityPlan.com/NE">UHCCommunityPlan.com/NE</a></p>
<p><b>Car Seat Program:</b> Complete a prenatal visit during the first trimester or within 42 days of enrollment and receive an \$85 Healthy Rewards card to be used for a car seat.</p>	<p><b>Start Smart For Your Baby® Program:</b> Complete the Notice of Pregnancy at least 60 days before baby is due and choose a car seat, stroller, pack-n-play, or 10 meal deliveries. Education and support offered throughout pregnancy.</p>	<p><b>Healthy First Steps® with Babyscripts reward program –</b> Get rewarded for going to prenatal and postpartum visits. Eligible members can receive a gift card for downloading the Babyscripts app and enrolling. Get information on pregnancy, newborn care and more. To sign up, download the Babyscripts myJourney app.</p>
<p><b>Healthy Baby Text Program:</b> Text4baby helps prepare members for motherhood by sending appointment reminders and personalized information on prenatal care, the baby's development, signs of labor, breastfeeding and nutrition.</p>	<p><b>Online Pregnancy and Postpartum Support:</b> Get online support 24/7 through Pomelo Care mobile app. Access to support groups, doctors, midwives, nurses, dietitians, therapists, pediatricians and breastfeeding support. Text, call or video chat available.</p>	
<p><b>Community Baby Showers:</b> A fun and educational event for pregnant members and new moms who gave birth in the last 12 weeks. Get a \$60 Healthy Rewards card for attending to buy diapers, wipes and other newborn items.</p>	<p><b>Baby Showers:</b> Education on prenatal and postpartum care for mothers and newborn care.</p>	<p><b>Community Baby Showers:</b> Pregnant and new mothers learn about health and wellness for themselves and their babies. The pregnant member is eligible for an essential baby item.</p>
<p>One <b>Electric Breast Pump</b> is covered. Your doctor will need to write a prescription for it. You can request a breast pump at 36 weeks through <a href="http://AeroFlowBreastPumps.com">AeroFlowBreastPumps.com</a> Qualify Through Insurance Form OR at MilkWorks in-person or online at <a href="http://MilkWorks.com">MilkWorks.com</a> Breast Pump Request Form.</p>	<p>One <b>Electric Breast Pump</b> and kit per member, per delivery every two years. For multiples (twins, triplets, etc.) only one pump will be provided. Your doctor will need to write a prescription for a breast pump. Can request a pump up to one year after baby is born.</p>	<p>One portable <b>Electric Breast Pump</b> is covered. Your doctor will need to write a prescription for a breast pump. Non-portable, hospital grade breast pumps are available for rent if medically necessary.</p>
<p><b>Doula Support:</b> Get online help before and after birth (for members in Case Management).</p>	<p><b>Doula Support:</b> In person pregnancy guidance and support from certified Doulas for members in parts of eastern Douglas County. In other parts of the state, virtual doula services offered.</p>	<p><b>WellHop:</b> Virtual group peer support for members who are pregnant. Members participate during the second and third trimesters and up to four months post-partum.</p>

To see if you qualify for Nebraska Medicaid, go to [iServe.Nebraska.gov](http://iServe.Nebraska.gov)



## Molina Healthcare

**Lactation Consultation:** Five sessions per child, up to 90 minutes. Services must be provided by an International Board Certified Lactation Consultant.

**Home Delivered Meals for High-Risk Pregnancies:** Receive home delivered meals to support nutritional needs during pregnancy and postpartum. Two meals per day for 7 days within the first month postpartum.

**Medical Transportation:** Get rides at no cost to and from medical, behavioral health, and dental appointments.  
**Non-Medical Transportation:** Members can receive rides to certain non-medical locations like the grocery store, food pantries, WIC appointments, and pharmacy. 20 single rides or 10 round trip rides.

**Pregnancy Support Gift:** Sign up for Pacify, an online pregnancy and postpartum support tool, and receive a gift for mom and baby.  
**Postpartum Visit Gift:** Complete a postpartum visit within 84 days after birth and receive a \$50 Healthy Rewards card.

**Molina Healthy Rewards:** Gift card rewards for completing preventive care visits and screenings.  
**Personal Care and Household Items:** Member household receives \$30 per quarter for commonly used personal care and household items.

**Well-Child Visits Reward:** Receive a \$10 Healthy Reward per well-child visit. Up to 6 visits, on time from birth to 15 months old. \$25 Healthy Reward for at least two well-child visits for toddlers (16-30 months). \$25 for annual checkups (3-18 yrs).

**Dental Services:** Covered. See plan for specific details. **Pregnant Members** can receive one additional dental cleaning per calendar year.

**Weight Watchers:** Up to 13 weeks of WW online services.  
**\$50 Healthy Reward** for gym membership or fitness equipment.

## Nebraska Total Care

**Lactation Consultation:** Five sessions per child, up to 90 minutes. Services must be provided by an International Board Certified Lactation Consultant.

**Meal Delivery:** 10 meals delivered if you choose this as your enrollment benefit for filling out the Notice of Pregnancy at least 60 days before baby is due.

**Medical Transportation:** You may be able to get transportation for your non-emergency medical appointments. If you are eligible, rides are free.

**NICU Infants:** Additional supplies and supports for infants admitted to the NICU. Services are delivered by Community Health Workers.

**My Health Pays:** Rewards for completing healthy activities like a yearly wellness exam, annual screenings, infant and children's care and other ways to protect your health.

**Well-Child Visits:** Receive a \$10 reward per well-child visit, up to 6 visits from birth-15 months. Annual well-child visit with a Primary Care Doctor receives \$10/visit, ages 2-21.

**Dental Services:** Covered. See plan for specific details.  
**Practice Dental Visits:** For children with special needs.

**Weight Watchers:** Memberships for eligible members.  
**YMCA Memberships:** 3 month one-time membership.

## United Healthcare

**Lactation Consultation:** Five sessions per child, up to 90 minutes. For infants from birth to 90 days after birth. Services must be provided by an International Board Certified Lactation Consultant.

**Mom's Meals:** Meal delivery after the completion of a postpartum visit with a clinical referral.

**Medical Transportation:** Rides for coverable services within a 20-mile radius of your home. **Non-medical transportation:** Rides within 10-mile radius to WIC appointments, prenatal and parenting classes, worship, grocery store, food pantry, support group meetings, employment preparation and community centers. Limited to 48 one-way rides/year.

**Online Mental Health Resources:** Self-help tools and family support library for members.

**Healthy Rewards Program:** Eligible members can earn rewards for well care visits, immunizations, and preventive dental care.

**Well-Child Visits:** Rewards program for well-child visits.

**Dental Services:** Covered. See plan for specific details.

**Calm Health App** is a digital treatment self-help app that offers mindfulness meditation for stress, anxiety, and depression.