



Medicaid Maternity Program

**Are you pregnant?
Do you have medical insurance?
If not, you may qualify for Medicaid!
Call 1-877-997-8377 for details.**

Are you expecting a baby?

The Steps Ahead program is here for you! Let us help you have a healthy pregnancy and delivery. You are more likely to deliver a healthy baby if you go for prenatal medical care early and often during your pregnancy.

Steps Ahead is the Medicaid Maternity Care Program for the following counties:

- Blount
- Chilton
- Cullman
- Jefferson
- Shelby
- St. Clair
- Walker
- Winston

If you become pregnant and get on Medicaid, you must use the Steps Ahead Maternity Care Program if you live in one of the counties listed above.

Steps Ahead may be able to assist you to get Medicaid, which will pay for all of your pregnancy related care. This includes:

- Prenatal care
- Hospital delivery
- Care after the baby is born
- Family planning services
- Educational reading materials

For more information about Steps Ahead call **1-877-997-8377**.

Are you eligible for the Steps Ahead program?

You can enroll in the Steps Ahead program today if you are pregnant and on Medicaid or qualify for Medicaid. You can enroll at any of the County Health Departments or call Steps Ahead to find out more enrollment locations. Once you enroll you must receive your prenatal care from the Steps Ahead program. If you are already covered by Medicaid, you must get your prenatal care from Steps Ahead providers. We will provide a list of doctors for you to choose from.

Who will take care of you?

A team of well-trained doctors, nurses and social workers will work with you to answer any questions you may have during and after your pregnancy. You will always have the name and phone number of a caring person who will help you. When you enroll, a care coordinator will help you take care of everything.

Which hospitals can you choose to have your baby at?

- Baptist Medical Center Princeton
- Baptist Medical Center Montclair
- Brookwood Medical Center
- Cooper Green Hospital
- Cullman Regional Medical Center
- Medical Center East
- Shelby Baptist Medical Center
- UAB Hospital
- UAB Medical West (formerly Bessemer Carraway)
- Walker Baptist Medical Center
- Woodland Medical Center

Tips for Mom's-To-Be:

If you think you may be pregnant go for a prenatal checkup now. It is important to go for early prenatal checkups and ALL scheduled prenatal checkups. This can help your baby to be born healthy.

If you think you may be pregnant, it is important for you and your baby's health that you:

- Eat a variety of healthy foods everyday.
- Drink 6-8 glasses of water each day.
- Wear your seat belt at all times.
- Keep all your health care appointments.
- Eat three (3) meals at regular times during the day.

To prevent causing any harm to you or your baby:

- Don't smoke. Tobacco of any kind will harm you and your baby. Smoking increases the chances that your baby is born too soon or too small.
- Don't drink alcohol (beer, wine, wine cooler, liquor). Drinking alcohol can cause birth defects.
- Don't use any street drugs (crack, cocaine, marijuana, PCP). Street drugs can hurt you and your baby. Your baby could have serious mental or physical problems that can last for years.
- Don't take any medicine, even an aspirin or anything prescribed before you were pregnant. Always check with your doctor before using any over the counter or prescription drugs.

Remember

Steps Ahead is the Medicaid Maternity Program for Blount, Chilton, Cullman, Jefferson, Shelby, St. Clair, Walker and Winston Counties.

For more information about the Medicaid Maternity Care Program in your area, please call 1-877-997-8377 or 205-558-7405.