



## Health Benefits for Pregnant Women



For pregnant women or those hoping to become pregnant, health coverage is a vital part of having a healthy baby. When you enroll for health insurance through My Arkansas Insurance, prenatal care will be provided to ensure a healthy pregnancy and a healthier baby.

**Along with regular prenatal visits and labor and delivery**, below is a list of screenings and tests covered in your health insurance plan to keep you and your baby healthy during pregnancy.

- 1. Anemia screening** on a routine basis
- 2. Breastfeeding comprehensive support and counseling** from trained providers, and access to breastfeeding supplies, for pregnant and nursing women. This includes a free breast pump.
- 3. Folic acid supplements** for women who may become pregnant to help your baby's development
- 4. Gestational diabetes screening** for women 24 to 28 weeks pregnant and those at high risk of developing gestational diabetes
- 5. Screening for diseases that could hurt your baby**, like Gonorrhea or Syphilis for all women at higher risk
- 6. Hepatitis B screening** for pregnant women at their first prenatal visit
- 7. Rh Incompability screening** for all pregnant women and follow-up testing for women at higher risk
- 8. Expanded help to stop smoking** for pregnant tobacco users
- 9. Urinary tract or other infection screening**

And, after you have your baby, you can talk to your doctor about contraception options, like birth control pills, that are covered by your health insurance.

### WHERE CAN I FIND HELP TO ENROLL?

- **Online** – Visit [myARinsurance.com](http://myARinsurance.com) for more information
- **In Person** – Visit [myARinsurance.com](http://myARinsurance.com) to find help near you
- **By Phone** – Call 844-355-3262, Monday – Friday, 8 a.m. – 7 p.m.

