

Start Smart for Your Baby®



Support I can count on. It's all part of my plan.

Enroll in Iowa Total Care's Start Smart for Your Baby® program to get support during and after your pregnancy. As an Iowa Total Care member, this program is already included in your benefits and won't cost you a thing. You can even earn dollar rewards for enrolling.

How to Enroll

Submit a Notification of Pregnancy form or have your doctor complete one for you. The Start Smart for Your Baby (SSFB) team will:

- Call and talk with you about your pregnancy.
- Collaborate with your doctor.
- Answer questions you have about you and your baby.
- Help you understand how to use your extra benefits.

Our Start Smart for Your Baby Team includes:

- Nurses
- Behavioral Health Specialists
- Social Workers
- Resource Specialists
- Health Coaches
- Pharmacists
- Medical Directors



Iowa Total Care complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. | Iowa Total Care cumple con las leyes federales de derechos civiles aplicables y no discrimina en base a la raza, el color, el país de origen, la edad, la discapacidad o el sexo.

Your provider recommends these additional resources that you are eligible to receive (*check all that apply*):

- Start Smart for Your Baby**
Receive support during and after your pregnancy.
- 24/7 Nurse Advice Line**
Get answers to urgent healthcare questions.
- Non-Emergency Transportation***
*For rides to checkups and other medical visits. *Restrictions apply. Call Member Services for details.*
- Housing & Community Resources**
Assist with housing barriers and accessing other resources.
- Language Access Services**
Connect with interpreters over the phone or face-to-face.
- Tobacco Cessation Quit Line**
Get help to reduce or stop using tobacco products.
- Free Cell Phone Through SafeLink**
Get a free smartphone with free texting and up to 350 minutes per month.
- Video Appointments with a Doctor 24/7****
*Use the free app, powered by Babylon. **Behavioral health services are available Monday - Friday 7:00 a.m. to 7 p.m. CST.*
- Other** _____

Member Services: 1-833-404-1061

Available Monday through Friday
7:30 a.m. - 6:00 p.m. (Central Time).

Website: iowatotalcare.com

Visit our website to see health plan benefits, find providers, and more.

Language assistance services, auxiliary aids and services, larger font, oral translation, and other alternative formats are available to you at no cost. To obtain this, please call 1-833-404-1061 (TTY: 711). | Usted tiene a su disposición, sin costo alguno, servicios de asistencia de idiomas, ayudas y servicios auxiliares, material impreso en letra más grande, traducción oral y otros formatos alternativos. Para obtener esto, llame al 1-833-404-1061 (TTY: 711). | 可以免费为您提供语言协助服务、辅助用具和服务以及其他格式。如需获得这些服务，请致电 1-833-404-1061 (TTY: 711).