

Important information

A change has been made to your Member Handbook

Page 68 / Benefits

Did you know that going to all of your prenatal doctor visits is one of the most important things you can do to help you and your baby stay healthy? That's why Healthy First Steps will work with you and your primary care provider throughout your pregnancy.

Babyscripts

Babyscripts — The Babyscripts program rewards you for going to your prenatal and postpartum visits. Earn up to 3 rewards in all. To sign up, visit the Apple App Store® or Google Play™ store on your smartphone. Download the Babyscripts myJourney app. Or call 1-800-599-5985. It's that simple.

2024 Qualified healthy activities

Remember that you can earn a reward each time you complete an approved healthy activity.

- **First newborn well-child visit** — Exam with primary care provider by 3 months old
- **Well-child visits** — 6 visits by 15 months old
- **Well-child visits** — 2 visits between 15–30 months old
- **Annual well-child visit** — Members ages 3–21 years old
- **Adult annual wellness visit** — Members ages 22 and up
- **Immunizations** — Complete HPV (2-dose) series of CDC recommended immunizations between 9–13 years old
- **Follow-up visit after hospitalization** — Complete a follow-up visit with a mental health practitioner within 30 days after behavioral health hospital discharge, members ages 6 and up
- **Breast cancer screening** — Complete one breast cancer screening, women between 50–74 years old
- **Cervical cancer screening** — Complete one cervical cancer screening, women between 21–64 years old
- **Flu shot** — Complete flu immunization doses as recommended by CDC — Members 6 months to 2nd birthday complete 2 doses and members 2 years old and up complete 1 dose

For help finding a provider, scheduling an appointment, or getting a ride to the visit, please call Member Services at the number on the back of your member ID card.

Limitations and restrictions apply. Rewards are subject to change.