
Recipient Newsletter

COVID-19 Unwinding

During COVID, recipients didn't have to renew to keep their Medicaid. But that changed April 1st, and now recipients have to renew again.

You can change your address through one of the following ways:

- Visit <https://medicaid.alabama.gov> and click the grey mailbox
- Scan the [QR Code](#) here and follow the steps to change your address
- Call the [Recipient Call Center](#): (800) 362-1504



Recipients can sign up to get text notifications by texting the keyword MEDICAIDAL to 888777

Prenatal Care

Prenatal care is the health care you get while you are pregnant. Prenatal care can help keep you and your baby healthy. Take care of yourself and your baby by:

- **Getting early prenatal care.** If you know you're pregnant, or think you might be, call your doctor to schedule a visit.
- **Getting regular prenatal care.** Your doctor will schedule you for many checkups over the course of your pregnancy. Don't miss any — they are all important.
- **Following your doctor's advice.**

Babies of mothers who do not get prenatal care are three times more likely to have a low birth weight and five times more likely to die than those born to mothers who do get care.

Doctors can spot health problems early when they see mothers regularly. This allows doctors to treat them early. Early treatment can cure many problems and prevent others. Doctors also can talk to pregnant women about things they can do to give their unborn babies a healthy start to life.

During pregnancy, regular checkups are very important. Women with high-risk pregnancies need to see their doctors more often. This consistent care can help keep you and your baby healthy, spot problems if they occur, and prevent problems during delivery.

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Typically, routine prenatal checkups occur:

- Once each month for weeks four through 28
- Twice a month for weeks 28 through 36
- Weekly for weeks 36 to birth

After the first visit, most prenatal visits will include:

- Checking your blood pressure and weight
- Checking the baby's heart rate
- Measuring your abdomen to check your baby's growth

You also will have some routine tests throughout your pregnancy, such as tests to look for anemia, tests to measure risk of gestational diabetes, and tests to look for harmful infections.

Become a partner with your doctor to manage your care. Keep all of your appointments — every one is important! Ask questions and read to educate yourself about this exciting time.

Postpartum Depression

After childbirth you may feel sad, weepy, and overwhelmed for a few days. Changing hormones, anxiety about caring for the baby, and lack of sleep all affect your emotions. Be patient with yourself. These feelings are normal and usually go away quickly. But **if sadness lasts more than two weeks, go see your doctor**. Don't wait until you postpartum visit to do so. You might have a serious but treatable condition called **postpartum depression**. Postpartum depression can happen any time within the first year after birth.

Some women don't tell anyone about their symptoms because they feel embarrassed or guilty about having these feelings at a time when they think they should be happy. Postpartum depression can make it hard to take care of your baby. Your doctor can help you feel better and get back to enjoying your new baby. Therapy and/or medicine can treat postpartum depression.

Emerging research suggests that 1 in 10 new fathers may experience depression during or after pregnancy. Expecting or new fathers with emotional problems or symptoms of depression should talk to their doctors. Depression is a treatable illness.

Source: www.womenshealth.gov

You are not alone. We are here to help!

Phone: (256) 382-2590 • Toll-Free: (855) 640-8827 • TTY/TDD (Hearing impaired): (855) 219-6599

You can also visit our website and fill out the "Contact Us" form:

<https://www.northalcc.org/>
