



www.amerihealthcaritasnh.com

AmeriHealth Caritas New Hampshire complies with applicable federal civil rights laws and does not discriminate, exclude people, or treat them differently on the basis of age, race, ethnicity, national origin or ancestry, mental or physical disability, sexual or affection orientation or preference, gender identity, marital status, genetic information, source of payment, sex, creed, religion, health or mental health status or history, need for health care services, amount payable to AmeriHealth Caritas New Hampshire on the basis of an eligible person's or member's actuarial class or pre-existing medical/health conditions, whether or not the member has executed an advance directive, or any other status protected by federal or state law.

Attention: If you do not speak English, language assistance services, free of charge, are available to you. Call **1-833-704-1177** (TTY **1-855-534-6730**).

Atención: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-833-704-1177** (TTY **1-855-534-6730**).

For the full nondiscrimination notice, go to www.amerihealthcaritasnh.com.

Follow us on social media!   

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Important Health Information for You

**All About
Bright Start[®]**





Bright Start is AmeriHealth Caritas New Hampshire's prenatal care program.

Let us know how we can help you!

Bright Start can:

- Provide you with information and resources to help you have a safe pregnancy and a healthy baby.
- Help you choose a provider who is right for you.
- Help you arrange your prenatal and postpartum visits.
- Provide you with a Bright Start Care Manager.
- Help you register for childbirth and other health information classes.
- Help you get food for your baby through the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC). This includes help with breastfeeding.
- Assist you with transportation to your health care provider.

Bright Start can provide you with extra help if you:

- Have a history of diabetes, asthma, or depression.
- Have high blood pressure.
- Struggle with drug or alcohol use.
- Have problems with your pregnancy, such as unusual cramping.

Did you know?

With AmeriHealth Caritas New Hampshire, you can earn rewards on your CARE Card:*

- **\$70** for letting us know you are pregnant in your first trimester, or **\$50** if you let us know in your second or third trimester
- **\$40** when you go to your postpartum visit
- **\$30** when you complete a health risk assessment (HRA) for your new baby at your baby's well-child visit

Visit www.amerihhealthcaritasnh.com/carecard to learn more.



You can also get prenatal vitamins through your AmeriHealth Caritas

New Hampshire benefits. Call Pharmacy Member Services at **1-888-765-6383 (TTY 711)** to learn which brands are covered.

This is to help you learn about healthy prenatal care. It does not take the place of the care you get with your obstetric (OB) care provider. Please contact your OB care provider if you have questions or think you need to see them because of something you have read in this information. Always follow the care that your OB provider has put in place for you. If you have questions about anything you read in this information, talk to your OB care provider before you change anything your provider has told you to do.

* Some restrictions and limitations may apply. Earn up to \$250 in cash and non-cash goods and services each state fiscal year ending June 30.