

Prioritizing Prenatal and Postpartum Wellness

Prenatal and postpartum care help support you and your new baby. Getting good care before, during and after pregnancy is important for the well-being of both mother and baby. Appointments with your health care provider during all stages of pregnancy support a healthy pregnancy and help you to have peace of mind.



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H0927_BENQ3NEWSLTR24 ACCEPTED 05242024

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Blue Cross Community MMAI (Medicare-Medicaid Plan) is provided by Health Care Service Corporation, a Mutual Legal Reserve Company (HLRC), an Independent Licensee of the Blue Cross and Blue Shield Association. HLSC is a health plan that contracts with both Medicare and Illinois Medicaid to provide benefits of both programs to enrollees. Enrollment in HLSC's plan depends on contract renewal.

Member Services: 1-877-723-7702 (TTY: 711)

24/7 Nurseline: 1-877-213-2568 (TTY: 711)

c/o Member Services
P. O. Box 3836
Scranton, PA 18505

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Prenatal Care: Health During Pregnancy

- Early and regular prenatal care is the base of a healthy pregnancy journey. These visits are your chance to watch your health, talk about any concerns and get guidance from your doctor.
- Prenatal visits can include advice for nutrition and exercise and screenings for genetic conditions, gestational diabetes and preeclampsia. This makes sure any problems can be treated early, if needed.
- Establishing a strong relationship with your doctor gives you support and guidance for the ups and downs of pregnancy.

You may be able to get gift cards for completing your prenatal and postpartum check-ups. Register to get your gift card at Healthmine or call **1-877-860-2837** for more information.

Postpartum Care: Recovery After Pregnancy

- Your care doesn't end with childbirth. It is just the start of a new chapter. Postpartum care is important for your physical and emotional wellbeing as you recover from childbirth and adjust to life with your newborn.
- Postpartum check-ups allow your doctor to check your physical healing, screen for postpartum depression, offer breast feeding support and provide guidance on birth control and family planning.
- Taking care of yourself is just as important as caring for your baby. Reach out for help or support whenever you need it.

Knowledge and Support are Available to You

- You are not alone. Reach out to friends, family and your health care team for guidance and support along the way.
- Learn about the importance of prenatal care and advocate for the health and well-being of you and your baby.
- Trust your instincts and listen to your body. You know yourself and your baby better than anyone else.

Special Beginnings is available to help you through your pregnancy and beyond. Call **1-888-421-7781** for program information.

Sources: The Centers for Disease Control and Prevention and the American College of Obstetricians and Gynecologists



Benefits of Physical Activity

Long hours in front of a computer or television screen is not healthy for your mind or body. Step away. Take a break. Lace up your athletic shoes and move. Just 150 minutes of physical activity each week makes a big difference. Mix it up. Do something fun. It will not be long before you notice some positive changes in your health.

10 reasons to get active today:

- 1. Boost your energy.** It is tempting to curl up on the couch to read or watch a show when you feel drained. Odd as it might seem, that is exactly when you should get up and move. Exercise helps your blood flow, delivers oxygen throughout your body, wakes you up and makes you feel ready to take on the next challenge.
- 2. Improve your mood.** In some cases, exercise can work better than medication and is a great stress management tool. The Mayo Clinic reports exercise relieves depression and anxiety by releasing feel-good endorphins and other brain chemicals that take your mind off your worries.
- 3. Strengthen your bones.** The National Osteoporosis Foundation recommends two types of exercise for building and maintaining bone density: weight-bearing and muscle-strengthening. Thinning bones increase your risk for painful fractures if you fall. Strength-training and weight-bearing exercises also help with balance.
- 4. Keep your mind sharp.** You can still do the daily crossword puzzle. Just be sure you are moving your body, too. Physical activity nurtures thinking, learning and judgment skills as you age, says the Centers for Disease Control and Prevention.
- 5. Slash your risk for diabetes.** Staying active helps keep blood glucose levels in check. Healthy glucose levels lower your risk for Type 2 diabetes. If you already have the disease, regular activity can help you manage it.
- 6. Lower your chance for heart attack and stroke.** Exercise helps control your weight, lower your LDL (bad cholesterol), raise your HDL (good cholesterol) and control your blood pressure. They are all vitally important in keeping your arteries clear and heart muscle healthy.
- 7. Avoid back aches.** Stretch and strengthen the muscles in your back and core. Doing so helps reduce pain, increase mobility and improve your posture.
- 8. Relieve achy joints.** Sore knees and hips might seem like good reasons to take it easy, but they're not. The Arthritis Foundation says physical activity is the best non-drug treatment for relieving pain and improving function.
- 9. Be independent longer.** When you increase your strength and flexibility through regular exercise, you protect your ability to perform tasks that are a vital part of daily living. Lifting a grandchild, putting on a seatbelt, even driving take strength, dexterity and coordination.
- 10. Accomplish things you never thought you could.** Join the 93 percent of SilverSneakers® participants who are more active than ever and currently participating in physical activity. Visit [SilverSneakers.com](https://www.silversneakers.com). Call **1-888-423-4632** (TTY: **711**) Monday – Friday 8 a.m. – 8 p.m. ET.

Sources: Exercise: Seven Benefits of Regular Physical Activity, Mayo Clinic, 2021; Benefits of Physical Activity, Centers for Disease Control and Prevention, 2022; Exercising with Osteoporosis, Mayo Clinic, 2021; Blood Sugar and Exercise, American Diabetes Association, 2023; Benefits of Exercise for Osteoarthritis, Arthritis Foundation, 2023; SilverSneakers Pulse Survey, Tivity Health, 2022

Nurseline: Get Your Questions Answered

Health issues don't always follow a 9-to-5 schedule. Sometimes, problems and questions come up at the worst possible times. It can be tempting to hop on the Internet and do a little self-diagnosis, but you are likely to scare yourself or get the wrong information. Wouldn't it be nice if you could pick up the phone and talk to a medical professional when you have a health concern?

With the Blue Cross and Blue Shield of Illinois 24/7 Nurseline, you can dial **1-800-631-7023** (TDD **711**) to talk to a registered nurse at any time. You can call 24 hours a day, seven days a week, 365 days a year. The nurse will listen, ask questions and make sure you get answers. Our experienced nurses help with a wide variety of health issues, including:

- Diabetes
- Dizziness
- Headache
- Asthma
- Falls
- Chronic pain
- High fever
- Cuts and burns

If you want general information, Nurseline also gives you access to an audio library of more than 1,000 health topics, with 600 of them in Spanish.

If you have a medical emergency, call **911** for immediate help. Nurseline is not intended to replace the care of your doctor. It can only help you decide if you should call a doctor, go to the ER, visit an urgent care or a retail health clinic or treat the problem yourself.

When you call, have your member ID card handy.



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We have free interpreter services to answer any questions you may have about our health or drug plan. To get an interpreter, just call us at 1-877-723-7702 (TTY: 711). Someone who speaks English/Language can help you. This is a free service.

Spanish: Tenemos servicios de intérprete sin costo alguno para responder cualquier pregunta que pueda tener sobre nuestro plan de salud o medicamentos. Para hablar con un intérprete, por favor llame al 1-877-723-7702 (TTY:711). Alguien que hable español le podrá ayudar. Este es un servicio gratuito.

Umożliwiamy bezpłatne skorzystanie z usług tłumacza ustnego, który pomoże w uzyskaniu odpowiedzi na temat planu zdrowotnego lub dawkowania leków. Aby skorzystać z pomocy tłumacza znającego język polski, należy zadzwonić pod numer 1-877-723-7702 (TTY: 711). Ta usługa jest bezpłatna.