

# A Healthier Baby – A Happier You!

If you are pregnant, Horizon NJ Health's **Mom's GEMS** program can help you have a healthy pregnancy. **GEMS** stands for **Getting Early Maternity Services**.

## WHEN YOU ENROLL IN MOM'S GEMS, YOU GET:

**Routine visits with an OB/Gyn –**

An Obstetrician/Gynecologist, or OB/Gyn, is a doctor who cares for women while they are pregnant and during childbirth. Ask your OB/Gyn to enroll you in Mom's GEMS if you didn't enroll yourself.

**Access to specialists, or other doctors** who can care for you during your pregnancy if you need them, including a dentist.

**Case/Care management services –** Nurses are available 24 hours a day, 7 days a week, to answer your questions.

**Transportation –** Some members can get help getting to and from doctor appointments. Call LogistiCare at **1-866-527-9933** (TTY: **1-866-288-3133**) or your GEMS case/care manager for more information.

**Nutrition advice –** Learn about how to eat right so you and your baby get the nutrients you both need.

**Breastfeeding help –** Breastfeeding is the healthiest choice for your baby. Call WIC toll free at **1-866-44NJWIC** (1-866-446-5942) or your GEMS case/care manager to learn more.

**Good Care Begins With One Call To Us.** The sooner you start, the better. Most women see their Obstetrician (OB), nine to fifteen times during their pregnancy. An OB is a doctor who provides care for pregnant women and monitors the development of your unborn baby.

**Health care for your baby during their first 60 days –** To make sure your baby continues to get care, call your County Welfare Agency (CWA) caseworker within 31 days of your baby's birth. They can enroll your baby in a NJ FamilyCare health plan.



**Not sure if you are pregnant? Look for these early signs:**

- Missed period
- Nausea or vomiting
- Tender or sore breasts
- Often tired

**If you have any of these signs, call your Primary Care Provider (PCP) or OB/Gyn.** If you don't have an OB/Gyn, we can help you find one. Call Member Services toll free at **1-800-682-9094** (TTY/TDD **711**).

If you are pregnant, enroll in Mom's GEMS right away so you can get the care you and your baby need. Call **1-800-682-9094** toll free to enroll. Members with speech or hearing difficulties can call our TTY/TDD service at **711**. We're here to help 24 hours a day, 7 days a week.

