

# Martinsville & Henry County Pregnancy Resource Guide



# Welcome

This guide seeks to provide information regarding the resources available to pregnant/postpartum individuals in Martinsville-Henry County, VA.

In 2023, the West Piedmont Health District, the Harvest Foundation of the Piedmont, and the Henry Martinsville Equity Collaborative completed surveys in the community to better understand the needs of citizens from every census tract, ethnic, racial, and income group. Using these insights and secondary data confirmed that **Martinsville-Henry County is a MATERNITY DESERT** with significant maternal health disparities, from this the Martinsville-Henry County (MHC) Maternal Health Task Force was born.

The *Martinsville & Henry County Pregnancy Resource Guide* was developed by the MHC Maternal Health Task Force with the hopes of providing a comprehensive booklet of the resources available to support those who are pregnant and postpartum, up to 1 year.

Thank you to all of the organizations listed in the guide for your continued support of the citizens in Martinsville-Henry County. We greatly appreciate you taking the time to submit your organizations and various programs' information to be included in this guide.

**Mama**, never forget that **YOU** are your greatest advocate!

If you would like to have your organization added to the *Pregnancy Resource Guide*, please contact Christa Moore at [christa@unitedwayofhcm.org](mailto:christa@unitedwayofhcm.org).



United Way of  
Henry County & Martinsville



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## **Pregnancy TO-DO List**

*This list is meant to be used as a general guide to get you started.*

### **1st Trimester (Weeks 1-12)**

- Apply for FAMIS (Medicaid)
  - Online <https://www.commonhelp.virginia.gov/>
  - In-Person
    - Project Connect (see pg. 19)
    - Henry Martinsville Department of Social Services (see pg. 88)
      - Prepare all needed documents for appointment
  - Pick/Change your Managed Care Organization (Insurance provider)
    - Learn about the benefits provided by each one (see pg. 27)
  - Learn about Medicaid Transportation Services if needed
- Apply for WIC
  - Online
  - In-Person (see pg. 33)
    - Henry Martinsville Health Department
      - Appointment Date/Time \_\_\_\_\_
      - Prepare all needed documents for appointment
- Find OB/GYN
  - Accepts your insurance
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  - Transportation for Appointment
    - Schedule with Medicaid Transport Service
- Enroll in TEXT4BABY
  - Text "BABY" for English to 511411
  - Text "BEBE" for Spanish to 511411
- Sign up for free samples for mom and baby (see pg. 5)

### **2nd Trimester (Weeks 13-26)**

- Sign up for birth/lactation classes
- Find childcare (see pg. 66-67)
  - Many places have a waitlist
- Find a Pediatrician
  - Meet them to make sure you are comfortable
  - Verify they accept your insurance provider
- Contact your Insurance company to order a FREE breast pump
  - Aeroflow Breastpumps
  - <https://aeroflowbreastpumps.com/qualify-through-insurance>

### **3rd Trimester (Weeks 27-40)**

- Discuss maternity leave with employer
  - Know your rights (see pg. 100)
- Birth Plan
  - Discuss your wishes with your doctor
- Register for the Car Seat Safety program (see pg. 59)
  - Install car seat
    - Have it checked to make sure installed correctly  
(State Police Department will check installation)
- Pack a bag for both you and baby with necessities for your hospital stay
- Support System- Who can you call? (see pg. 42-43)
  - During Labor
  - Returning Home with baby

### **4th Trimester (Postpartum)**

- Postpartum Support
  - Be aware of the signs and symptoms of Postpartum Depression (see pg. 48-55)
  - Talk with your doctor if you are unsure of what you are feeling
- Lactation Support for breastfeeding
- Contact WIC
  - Update baby is born
    - Will change the items you receive
    - Will add formula to your available items if needed
- Apply for baby's birth certificate
  - Mail hospital form
  - Apply online - \$12.00 per copy
    - <https://www.vdh.virginia.gov/vital-records/applications-for-a-vital-record/>
- Add baby to health insurance
  - Medicaid/FAMIS
    - Ask the hospital to submit the form to add the baby to your coverage
    - You may change the baby's MCO (insurance provider) within the first 3 months
  - Private insurance
    - Call customer service to learn what documents they need to add baby to your plan

# Pregnancy Resources



## **Free Samples for Mom and Baby**

*These are just a few of the websites that send samples to expecting/new parents.*

### **Enfamil**

<https://www.enfamil.com/baby-formula-coupons-samples/>

Celebrate your little one with up to \$400 in savings, exclusive rewards and support.

### **Similac**

<https://www.similac.com/rewards.html>

Join MySimilac® Rewards for up to \$400† in benefits and support through your journey

### **Gerber**

<https://www.gerber.com/mygerber>

Exclusive Perks from Pregnancy to Preschool

### **Babylist**

<https://www.babylist.com/>

Create a Babylist registry today to be eligible for a FREE box of goodies for you and your baby.

### **Amazon**

<https://www.amazon.com/baby-reg/homepage>

Prime members get a free gift box with samples and full-size surprises for parents and baby as well as other perks.

### **Target**

<https://www.target.com/gift-registry/create-baby-registry>

Once you create a baby registry, you'll get a free welcome kit (over \$100\* value) with all sorts of good stuff for you and your baby.



# Birth In Color

## About Us

Birth in Color offers support for expecting and postpartum families through our doula program, community events, classes and workshops. Since our founding in 2018, Birth in Color has been on a mission to bring cultural inclusivity to the forefront of Maternal Health Reproductive Justice narratives. Through community events, workshops, and steadfast policy efforts, we're working to redefine what maternal health means for families of color.

## Who We Serve

- SWVA (Martinsville, Danville, Greater Roanoke)
- Richmond
- Hampton Roads
- DMV
- Lynchburg
- Farmville
- Northern Neck
- Pregnant People
- Families

## Services

- Birth Doulas
- Postpartum Doulas
- Lactation Support
- Childbirth Education
- Belly Binding
- Prenatal Massage
- Car Seat Safety Technician

## Documents to Bring

- ID
- Insurance Card

## Fees/Insurance Accepted

- Medicaid accepted for doula services
- Some services are offered on a sliding scale.

## Program Contact Person

Kenda Sutton-El

## Phone

804-840-6435

## Email

hello@birthincolor.org --- <https://birthincolor.org>

## Address

115 E Broad St Unit 1A, Richmond, VA 23219

## Business Hours

Monday through Friday 9am-5pm

# Carilion Clinic Maternity Care

## About Us

From parenting and childbirth classes, to where to go when you're ready to deliver, all the way through postpartum care, our goal is to arm you with the resources you need for a healthy and supportive maternity experience.

## Who We Serve

Women, pregnant women, postpartum women

## Services

We offer an online resource for pregnant women anytime, anywhere.

## Documents to Bring

none

## Fees/Insurance Accepted

Carilion Clinic contracts with most major health insurance carriers. This list is updated periodically and is subject to change without notice. Please contact your insurance company or health benefits manager to better understand how your policy works and any financial liability that you may have, prior to receiving care.

## Program Contact Person

none

## Phone

none

## Email

[carilionclinic.org/maternity-care](https://carilionclinic.org/maternity-care)

## Address

none - online

## Business Hours

none

# The Franklin County Perinatal Education Center

## About Us

We educate women, teens and families in the areas of prenatal care, pregnancy, childbirth, breastfeeding, infant care, child seat safety, reproductive health and hygiene. We provide free supplemental essential needs to the low income such as formula, diapers, baby food and more.

## Who We Serve

We serve expectant women and families in Franklin, Patrick and Henry Counties, as well as the city of Martinsville.

## Services

We offer the following programs:

- Prepared Childbirth Classes – Weekly for 6 weeks, 7 times a year
- Refresher Childbirth Classes – Weekly for 3 weeks, 7 times a year
- Breastfeeding Class – Monthly
- Infant Care Class – Monthly
- Child Safety Seat Installation Class – Monthly
- Teen Pregnancy Outreach Program – Ongoing
- Childbirth Reunion Luncheons – Scheduled accordingly
- Nutrition, labor, & parenting support for expectant & new Moms--Ongoing
- Breastfeeding Support – Ongoing

## Documents to Bring

Medicaid or VA Premier Cards

## Fees/Insurance Accepted

Individuals with Private insurance pay:  
Childbirth Class Series - \$60  
Infant Care Class - \$10  
Breastfeeding Class - \$10

Individuals with Medicaid or VA premier  
Childbirth Class Series \$30  
Infant Care Class -\$5  
Breastfeeding Class -\$5

All clients  
Child Safety Seat Installation Class - Free

For more detailed information go to [www.fcpec.org](http://www.fcpec.org)

**Program Contact Person**

Amy Pendleton

**Phone**

540-489-1800

**Email**

ahpendleton@gmail.com / [www.fcpec.org](http://www.fcpec.org)

**Address**

Franklin County Perinatal Education Center  
1035 Franklin Street Suite 200  
P.O. Box 2007  
Rocky Mount, VA 24151

**Business Hours**

Business Hours vary. Call for appointment

# Life's Little Blessings Birth Services and Center

## About Us

Our family centered practice provides out-of-hospital birthing options at home or birth center, with prenatal care for the mother, and postpartum care for both mother and baby. We also offer pre-conception and pregnancy confirmation as single visit options.

## Who We Serve

Up to 2 hours away from Roanoke, VA

Roanoke, Bedford, Vinton, Salem, Martinsville, Rocky Mount, Lynchburg, Appomattox, Christiansburg, Radford, Danville, Axton, Galax, etc

## Services

Full maternity care (prenatal, labor/delivery in home or birth center, postpartum care for mom and baby). Labs and ultrasounds available.

Pre-Conception visits

Pregnancy confirmation visits

## Documents to Bring

Medicaid card

## Fees/Insurance Accepted

Self pay (can issue a bill to submit to private insurance)

VA Medicaid

## Program Contact Person

Kristen Gibson, CPM

## Phone

540-685-4884

## Email

[lifslittleblessingsbirth@gmail.com](mailto:lifslittleblessingsbirth@gmail.com)

## Address

4357 Challenger Ave  
Roanoke, VA 24012

## Business Hours

Office visit hours:

Monday (9am - 1pm)

Tuesday (2pm - 8pm)

# New Life Birth Center

## About Us

New Life Birth Center delivers safe, sensitive, family-centered women's health care in a home-like setting. Serving the Roanoke, Lynchburg, Martinsville, and Franklin County areas, our services include prenatal care, childbirth education, Certified Nurse Midwife attended labor and delivery, postpartum care, and breastfeeding support, as well as well-woman gynecological check ups and routine testing. At New Life Birth Center we care for families. Call today to schedule your Free Orientation and see the difference our personalized, empowering, "with women" midwifery model of care can make for you!

## Who We Serve

- women
- pregnant women
- breastfeeding women

## Services

- Prenatal care
- Out-of-hospital labor and delivery for low-risk women, attended by a Certified Nurse Midwife
- GYN well woman checkups and problem visits
- Pap tests and routine testing
- Childbirth classes (series of 5 evening classes)
- Breastfeeding support
- Birth control
- Nutrition counseling
- Preconception checkups

## Documents to Bring

- None required for free orientation tour or free pregnancy verification
- Call to receive new client paperwork by mail or email, otherwise arrive at scheduled appointment 30 minutes early to complete in office

## Fees/Insurance Accepted

- Free orientation tour
- Free pregnancy verification
- \$10/couple/class childbirth education (included in birth package)
- \$75 new patient gyn
- Birth package (includes regular prenatal visits, childbirth classes, labor & delivery in birth suite with birth tub, 2-day postpartum home visit, breastfeeding support, 6-week postpartum checkup) - Contact for current pricing
- Labs/bloodwork billed directly to insurance or priced at-cost
- All clients self pay
- Third party insurance billing available for birth package

**Program Contact Person**

Karen Winstead, CNM (certified nurse midwife)

**Phone**

540-482-0505

**Email**

hello@newlifebirthcenter.org , www.newlifebirthcenter.org

**Address**

New Life Birth Center  
610 S. Main St.  
Rocky Mount, VA 24151

**Business Hours**

Appointments  
Tuesdays/Thursdays  
10am-5pm  
Select evening appointments also available

Rocky Mount childbirth classes  
(Contact for schedule)  
Thursday evenings  
6:30pm-8:30pm

# Nurturing Parenting

## About Us

The Nurturing Parenting Program is a family-centered trauma-informed initiative designed to build nurturing parenting skills as an alternative to abusive and neglecting parenting and child-rearing practices. The long term goals are to prevent recidivism in families receiving social services, lower the rate of multi-parent teenage pregnancies, reduce the rate of juvenile delinquency and alcohol abuse, and stop the intergenerational cycle of child abuse by teaching positive parenting behaviors.

## Who We Serve

- Martinsville/Henry County
- Expectant parents
- New Parents

## Services

- Parent trainings
- Group meetings

## Documents to Bring

- Picture ID

## Fees/Insurance Accepted

- Medicaid
- Private pay (\$30/session)

## Program Contact Person

Terri Trammell

## Phone

276-250-5424

## Email

abetteryoubh@gmail.com

## Address

912 Brookdale Street Ste 2  
Martinsville VA 24112

## Business Hours

Monday-Friday 8:30 am -2:30 pm; 4:00 pm - 5:00 pm



# PATHS Healthcare for Women

## About Us

PATHS Healthcare for Women mission is to provide access to quality OB/GYN specialty care, including ultrasound services for South Central Virginia. It is the core value of PATHS that everyone has the right to quality healthcare. PATHS provides a medical home for everyone -- including the uninsured and underinsured. We have a group of providers that are MD's, Physicians Assistants and Nurse Practitioners to serve our communities.

## Who We Serve

- Women
- Pregnant Women

## Services

- Pre-natal Care
- GYN Care
- GYN surgeries/procedures
- OB and GYN Ultrasounds
- STI Testing

## Documents to Bring

- Picture ID
- Insurance Card
- Proof of Income

## Fees/Insurance Accepted

- Medicaid
- Medicare
- Private Insurance
- Sliding Scale (income based)

## Program Contact Person

Tammy Osborne RN, LCCE

## Phone

276-632-0648

## Email

[www.pathsinc.org](http://www.pathsinc.org)

## Address

PATHS Healthcare for Women  
705 Main Street  
Danville, Virginia 24541

315 Hospital Drive  
Martinsville, Virginia 24112

## Business Hours

Monday-Thursday 8:00am - 5:00pm  
Friday 8am-12:00pm

# PEARL Program

## About Us

PEARL (Peer Empowered Addiction Recovery Living) is one of Piedmont Community Services program's dedicated to serving Pregnant and Postpartum Women (PPW) through recovery residences, Peer Support, access to clinical services, Certified Doula services, Acudetox and a variety of other treatment options. We accept referrals from any distance, regardless of insurance coverage, and are MAT friendly. Potential residents can move in at any part of their pregnancy or after recently giving birth and can have their infant with them in the house as they work on their sobriety, parenting and independent living skills. We want mothers and children to be safe, healthy and live in the community of their choice.

## Who We Serve

- Pregnant and Postpartum Women.
- Any ages for mother
- Some age restrictions on the children's age. (Reach out to program supervisor for details).
- Can be utilizing Medication Assisted Treatment for recovery.
- No initial cost to enter, and sliding scale fees available.
- Staff will assist mother with connecting to insurance and other social services.

## Services

- Birth Doula & Postpartum Doula
- OBGYN weekly visits on site
- Acudetox
- Peer Recovery
- Access to clinical services through the CSB
- Transportation to initial appointments
- Case management
- Connection to employment services
- Action Plan for Prevention & Recovery (APPR) group
- Gym memberships to YMCA
- "Safe Sleep" training & certificates for each mother

## Documents to Bring

- If available:
- Picture ID
  - Social Security Number
  - Proof of income
  - Insurance Card

## Fees/Insurance Accepted

- All Medicaid MCO's accepted
- No fees to move in.
- Sliding scale fee established after intake.

**Program Contact Person**

Kirsty David

**Phone**

540-580-3628

**Email**

[kdavid@piedmontcsb.org](mailto:kdavid@piedmontcsb.org)

**Address**

PEARL Program  
40 West Church Street  
Rocky Mount, VA 24151

**Business Hours**

Monday - Friday 8am - 5pm  
On call available after hours

# Pregnancy Care Center

## About Us

Nonprofit abortion clinic alternative specializing in serving those with unplanned pregnancies for up to two years.

## Who We Serve

- Martinsville and surrounding areas
- Those with unplanned pregnancies

## Services

- Ultrasound, pregnancy test, STD test & other medical & counseling services for those facing unplanned pregnancies.
- Parenting Classes
- Maternity & Baby Supplies (clothing, diapers, etc.)
- Pregnancy/Infant loss/Grief Support Group
- Support up to 2 years

## Documents to Bring

ID

## Fees/Insurance Accepted

- Free
- No insurance needed

## Program Contact Person

Call Regina for appointment

## Phone

276-634-5433

## Email

[Https://pregcc.com](https://pregcc.com)

## Address

Pregnancy Care Center  
314 Fairy Street Ext., Suite E  
Martinsville, VA 24112

## Business Hours

Tuesday - Thursday  
9:00 am - 5:00 pm

# Project Connect

## About Us

Locally-based Project Connect initiatives help individuals and families learn about the Medicaid/FAMIS programs, sign them up, and keep them enrolled. Since 1999, VHCF grantees have helped over 138,000 Virginians enroll in the Medicaid/FAMIS programs.

## Who We Serve

- Martinsville/Henry County/ Patrick Counties
- Eligible Virginians
- Children and adults -birth through 64 years of age
- Pregnant Women

## Services

- New Application assistance
- Renewal application assistance
- help with understanding services and benefits
- Easy access to help-everything can be done by phone

## Documents to Bring

- proof of household income
- Social Security number for each applicant
  - exception for Pregnant Women
- not required for anyone not requesting coverage

## Fees/Insurance Accepted

Free

## Program Contact Person

Ann M Walker

## Phone

276 732-0509

## Email

[awalker@healthycommunitymhc.org](mailto:awalker@healthycommunitymhc.org)

## Address

Connect Health + Wellness  
29 Jones St.  
Martinsville, VA 24112

## Business Hours

Monday - Friday  
8:30 am to 5:00 pm or by appointment



# FAMIS Prenatal Coverage



FAMIS Prenatal Coverage is full coverage for pregnant individuals who do not meet immigration status rules for other coverage. You now **do not** need to meet immigration status rules, provide immigration documents, or have a Social Security number to be eligible for FAMIS Prenatal Coverage. You **do** need to meet income rules.

## WHAT IS COVERED?

Comprehensive medical coverage including, but not limited to:

- Doctor visits (prenatal checkups plus general and specialty care for other health concerns)
- Prescription medication
- Prenatal screening and testing
- Your hospital stay for the birth
- Dental benefits
- Behavioral health benefits, such as therapy and treatment for depression or anxiety, or help to quit smoking or using alcohol or other drugs

Your coverage can start as early as the month you apply and lasts through two months after you give birth. There are no copays, premiums or other costs.

## WHO IS ELIGIBLE?

To be eligible for FAMIS Prenatal Coverage you must:

- Provide the estimated date of your delivery and how many children you are expecting
- Live in Virginia
- Meet income rules below
- Be uninsured

## ENROLLING YOUR NEWBORN

Your baby may be eligible for health care through the Medicaid or FAMIS programs for children! After your baby is born, call Cover Virginia (1-855-242-8282), your local Department of Social Services worker ([www.dss.virginia.gov/localagency/](http://www.dss.virginia.gov/localagency/)) or go online to CommonHelp at ([www.commonhelp.virginia.gov](http://www.commonhelp.virginia.gov)) to tell us about your newborn so we can see if your baby is eligible. You can also ask the staff at your hospital to submit that information for you!

## HOW TO APPLY

Apply online at [www.commonhelp.virginia.gov](http://www.commonhelp.virginia.gov)

Call the Cover Virginia Call Center at **1-855-242-8282** (TDD: 1-888-221-1590). Translation and interpretation services are available in all languages.

Mail, drop off, or fax a paper application (English or Spanish) to your local Department of Social Services. Find your nearest local department of social services by visiting [www.dss.virginia.gov/localagency/](http://www.dss.virginia.gov/localagency/)

This entity does not discriminate on the basis of race, color, national origin, sex, age, or disability in its programs and services.

FAMIS is a program of the Commonwealth of Virginia  
FAMIS Prenatal Flyer EN 0124

Family Size*	Yearly	Monthly
2	\$41,902	\$3,492
3	\$52,931	\$4,411
4	\$63,960	\$5,330
5	\$74,989	\$6,250
6	\$86,018	\$7,169
7	\$97,047	\$8,088
8	\$108,076	\$9,007
Additional person add	\$11,029	\$920

Figures effective January 17, 2024. Includes 5% standard disregard. Based on gross income which is your income before taxes and deductions.

\* count the unborn child/ren as additional persons.





# Cobertura prenatal de FAMIS

La cobertura prenatal de FAMIS es una cobertura completa para las personas embarazadas que no cumplen con las reglas de estatus migratorio para otra cobertura. Ahora **no** necesita cumplir con las reglas del estatus migratorio, proporcionar documentos de inmigración o tener un número de Seguro Social para ser elegible para la cobertura prenatal de FAMIS. **Sí** necesita cumplir con las reglas de ingresos.

## ¿Qué está cubierto?

Cobertura médica integral que incluye, pero no se limita a:

- Visitas al médico (chequeos prenatales, atención general y especializada)
- Recetas médicas
- Pruebas y exámenes prenatales
- Su estadía en el hospital para el nacimiento
- Beneficios dentales
- Beneficios para la salud del comportamiento, como terapia y tratamiento para la depresión o la ansiedad, o ayuda para dejar de fumar o consumir alcohol u otras drogas.

Su cobertura puede empezar tan pronto como el mes en que presenta la solicitud y dura hasta dos meses después del parto. No hay copagos, primas, ni otros costos.

## ¿Quién es elegible?

Para ser elegible para la cobertura, debe:

- Proporcionar la fecha estimada de su parto y cuántos hijos espera
- Vivir en Virginia
- Cumplir con las reglas de ingresos
- No estar asegurado

El tamaño de la familia*	Anual	Mensual
2	\$41,902	\$3,492
3	\$52,931	\$4,411
4	\$63,960	\$5,330
5	\$74,989	\$6,250
6	\$86,018	\$7,169
7	\$97,047	\$8,088
8	\$108,076	\$9,007
<i>Cada persona adicional</i>	\$11,029	\$920

Cifras vigentes a partir del 17 de enero del 2024. Incluye 5% de exclusión estándar. Basado en el ingreso bruto, el cual es su ingreso antes de impuestos y deducciones.

\*Contar a los niños por nacer como personas adicionales



## Para inscribir a su recién nacido

¡Su bebé puede ser elegible para recibir atención médica a través de los programas para niños de Medicaid o FAMIS! Después de que nazca su bebé, llame a Cubre Virginia (1-855-242-8282), su trabajador local del Departamento de Servicios Sociales ([www.dss.virginia.gov/localagency/](http://www.dss.virginia.gov/localagency/)), o vaya en línea a CommonHelp ([www.commonhelp.virginia.gov](http://www.commonhelp.virginia.gov)) para informarnos sobre su recién nacido para que podamos ver si su bebé es elegible. ¡También puede pedirle al personal de su hospital que le envíe esa información!

## Cómo presentar una solicitud

Solicite en línea en [www.commonhelp.virginia.gov](http://www.commonhelp.virginia.gov)

Llame al Centro de Llamadas de Cubre Virginia al **1-855-242-8282** (TDD: 1-888-221-1590). Servicios de interpretación y traducción están disponibles en todos los idiomas.

Envíe por correo postal, entregue en persona o envíe por fax una solicitud impresa a su Departamento Local de Servicios Sociales. Encuentre su departamento local de servicios sociales más cercano visitando:

[www.dss.virginia.gov/localagency/](http://www.dss.virginia.gov/localagency/)

Esta entidad no discrimina por motivos de raza, color, origen nacional, sexo, edad o discapacidad en sus programas y servicios.

FAMIS es un programa del Commonwealth de Virginia  
FAMIS Prenatal Flyer SP 0124





# Free Health Insurance During and After Your Pregnancy

FAMIS MOMS and Medicaid for Pregnant Women provide complete health coverage for women when they are expecting a baby. Good health care during pregnancy is important for you and your baby. Getting early and regular prenatal care increases the likelihood of a healthy birth. Extended postpartum coverage for you is now available for one full year after the birth of your baby. Your health care coverage will continue during that time even if your income changes.



## BENEFITS

FAMIS MOMS and Medicaid for pregnant women cover prenatal and childbirth services, plus much more. They provide complete health care coverage during pregnancy and for one full year after the end of the pregnancy. FAMIS MOMS and Medicaid also have special services for women with high-risk pregnancies. At the end of your extended postpartum period, you may still qualify for health coverage. With FAMIS MOMS and Medicaid for Pregnant Women, there are no enrollment fees or monthly premiums and there are no co-pays for pregnancy related services.

## ELIGIBILITY

To be eligible for FAMIS MOMS or Medicaid for pregnant women you should:

- Be pregnant or be within the 12-month period after your pregnancy ends (Medicaid may provide up to 3 months retroactive coverage)
- Be a resident of Virginia
- Be a U.S. citizen or a lawfully residing immigrant
- Currently be uninsured (For FAMIS MOMS only)
- Meet family income guidelines below

Family Size*	Yearly	Monthly
2	\$41,902	\$3,492
3	\$52,931	\$4,411
4	\$63,960	\$5,330
5	\$74,989	\$6,250
6	\$86,018	\$7,169
7	\$97,047	\$8,088
8	\$108,076	\$9,007
Additional person add	\$11,029	\$920

Figures effective January 17, 2024. Includes 5% standard disregard. Based on gross income which is your income before taxes and deductions.

\* count the unborn child/ren as additional persons.

Women not eligible for FAMIS MOMS or Medicaid for pregnant women may be eligible for FAMIS Prenatal Coverage. For more information, go to:

[coverva.dmas.virginia.gov/learn/coverage-for-pregnant-individuals/famis-prenatal-coverage/](http://coverva.dmas.virginia.gov/learn/coverage-for-pregnant-individuals/famis-prenatal-coverage/)

FAMIS MOMS is a program of the Commonwealth of Virginia  
FAMIS 9 RVSD 0124

## HOW TO APPLY

Women can apply for FAMIS MOMS and Medicaid the same way that families currently can apply for FAMIS for their children. Applying is easy:

- Apply online at [www.commonhelp.virginia.gov](http://www.commonhelp.virginia.gov).
- Apply by calling toll-free **1-833-5CALLVA** anytime between 8 am and 7 pm, Monday through Friday or 9 am to 12 noon on Saturday. Interpreters are available in most languages. The hearing impaired can call the TTY line at 1-888-221-1590.
- Apply at your local Department of Social Services.

Visit [coverva.virginia.dmas.gov](http://coverva.virginia.dmas.gov) for more information.



Free Info for You and Your Baby  
Text BABY to 511411



This entity does not discriminate on the basis of race, color, national origin, sex, age, or disability in its programs and services.





# Seguro médico gratuito durante y después del embarazo

FAMIS MOMS y Medicaid para Mujeres Embarazadas brindan cobertura de salud completa para mujeres que están esperando un bebé. Una buena atención médica durante el embarazo es importante para usted y su bebé. Obtener atención prenatal temprana y regular incrementa la probabilidad de tener un parto saludable. La cobertura de posparto extendida está disponible para usted ahora por un año completo después del nacimiento de su bebé. Su cobertura de atención médica continuará durante ese tiempo incluso si su ingreso cambia.



## BENEFICIOS

FAMIS MOMS y Medicaid para mujeres embarazadas cubren servicios prenatales, de parto, y mucho más. Brindan cobertura completa de atención médica durante el embarazo y un año completo después de la finalización del embarazo. FAMIS MOMS y Medicaid también tienen servicios especiales para mujeres con embarazos de alto riesgo. Al final de su periodo extendido de posparto, aún puede calificar para la cobertura de salud. Con FAMIS MOMS y Medicaid para mujeres embarazadas, no hay tarifas de inscripción, ni primas mensuales; y no hay copagos por servicios relacionados con el embarazo.

## ELEGIBILIDAD

Para calificar para FAMIS MOMS o Medicaid para mujeres embarazadas, debe:

- Estar embarazada o estar dentro del periodo de 12 meses después de que termine su embarazo (Medicaid puede proporcionar hasta 3 meses de cobertura retroactiva)
- Ser residente de Virginia
- Ser ciudadana estadounidense o inmigrante que resida legalmente
- No tener seguro de salud actualmente (solo para FAMIS MOMS)
- Cumplir con las pautas de ingresos familiares

## CÓMO SOLICITAR

Las mujeres pueden solicitar FAMIS MOMS y Medicaid de la misma manera en que las familias actualmente solicitan FAMIS para sus hijos. Solicitar es fácil:

- Solicite en línea en [www.commonhelp.virginia.gov](http://www.commonhelp.virginia.gov)
- Solicite llamando sin costo al **1-833-5CALLVA** en cualquier momento de lunes a viernes de 8:00 am a 7:00 pm, o los sábados de 9:00am a 12:00pm. Los intérpretes están disponibles en la mayoría de los idiomas. Las personas con discapacidad auditiva pueden llamar a la línea TTY al 1-888-221-1590;
- Solicite en su Departamento Local de Servicios Sociales

Las mujeres que no califican para FAMIS MOMS o Medicaid para mujeres embarazadas pueden ser elegibles para la cobertura prenatal de FAMIS. Para obtener más información, vaya a

[www.cubrevirginia.dmas.virginia.gov/learn/insurance-for-pregnant-individuals/famis-prenatal-coverage/](http://www.cubrevirginia.dmas.virginia.gov/learn/insurance-for-pregnant-individuals/famis-prenatal-coverage/).

Visite <https://cubrevirginia.dmas.virginia.gov/> para obtener más información



Info gratis para usted y su bebé text bebe  
Envía bebé al 511411

El tamaño de la familia*	Anual	Mensual
2	\$41,902	\$3,492
3	\$52,931	\$4,411
4	\$63,960	\$5,330
5	\$74,989	\$6,250
6	\$86,018	\$7,169
7	\$97,047	\$8,088
8	\$108,076	\$9,007
Cada persona adicional	\$11,029	\$920

Cifras vigentes a partir del 17 de enero del 2024. Incluye 5% de exclusión estándar. Basado en el ingreso bruto, el cual es su ingreso antes de impuestos y deducciones.

\*Contar a los niños por nacer como personas adicionales



FAMIS es un programa del Commonwealth de Virginia. Esta entidad no discrimina por motivos de raza, color, origen nacional, sexo, edad o discapacidad en sus programas y servicios.



**Smiles For Children**<sup>SM</sup>

Improving Dental Care for Children and Adults

## WHAT IS SMILES FOR CHILDREN?

Smiles For Children (SFC) is Virginia's Medicaid and FAMIS dental program for adults and children. The SFC program is managed by DentaQuest.

## HOW DO I FIND A DENTIST?

Contact DentaQuest at 1-888-912-3456 or [search the DentaQuest website](#) to find a listing of dentists who accept Medicaid in your zip code.

**Already have a dentist?** Call and make sure that your provider accepts Medicaid coverage so you can receive quality services at no cost.

## HOW DO I USE SMILES FOR CHILDREN INSURANCE?

There are no costs or co-payments for dental care services in the SFC program. On the day of the appointment, be sure to bring your Virginia Medicaid card and your managed care organization ID card (if you are enrolled in a health plan).

### CHILDREN

- Regular dental checkups
- X-rays
- Cleaning and fluoride
- Sealants
- Space maintainers
- Braces
- Anesthesia
- Extractions
- Root canal treatment
- Crowns

### PREGNANT MEMBERS

- X-rays
- Exams
- Cleanings
- Fillings
- Root canals
- Gum related treatment
- Crowns
- Partials and Dentures
- Extractions and other oral surgeries

### ADULTS

- X-rays
- Exams
- Cleanings
- Fillings
- Root canals
- Gum related treatment
- Dentures
- Extractions and other oral surgeries

**Need a ride?** Transportation services are available to Medicaid members for their dentist appointments. Visit the [Virginia Medicaid website](#) or [contact your health plan](#) for contact information to make a reservation.





**Smiles For Children.**

*Improving Dental Care for Children and Adults*

## ¿QUÉ ES SMILES FOR CHILDREN?

Smiles For Children (SFC) es el programa dental de Medicaid y FAMIS de Virginia para adultos y niños. El programa SFC es administrado por DentaQuest.

## ¿CÓMO ENCUENTRO UN DENTISTA?

Comuníquese con DentaQuest al 1-888-912-3456 o [busque en la página de internet de DentaQuest](#) para encontrar una lista de dentistas que aceptan Medicaid en su código postal.

**¿Ya tiene un dentista?** Llame y asegúrese de que su proveedor acepte la cobertura de Medicaid para que pueda recibir servicios de calidad sin costo alguno.

## ¿CÓMO UTILIZO EL SEGURO DE SMILES FOR CHILDREN?

No hay costos o copagos por los servicios de atención dental en el programa SFC. El día de la cita, asegúrese de traer su tarjeta de Medicaid de Virginia y su tarjeta de identificación de la organización de atención administrada (si está inscrito en un plan de salud).

### NIÑOS

- Revisiones dentales periódicas
- Rayos X
- Limpieza y fluoruro
- Selladores
- Separadores
- Frenos
- Anestesia
- Extracciones
- Tratamiento del conducto
- Coronas

### AFILIADAS EMBARAZADAS

- Rayos X
- Exámenes
- Limpiezas
- Empastes
- Tratamiento del conducto
- Tratamiento relacionado con la encía
- Coronas
- Dentaduras y dentaduras parciales
- Extracciones y otras cirugías orales

### ADULTOS

- Rayos X
- Exámenes
- Limpiezas
- Empastes
- Tratamiento del conducto
- Tratamiento relacionado con la encía
- Dentaduras
- Extracciones y otras cirugías orales






**Importante tener en cuenta: Los frenos y puentes no son un beneficio cubierto para los afiliados adultos y embarazadas.**

**¿Necesita transporte?** Los servicios de transporte están disponibles para los afiliados de Medicaid para sus citas con el dentista. Visite la [página de internet de Medicaid de Virginia](#) o [comuníquese con su plan de salud](#) para obtener información de contacto para hacer una reservación.



# Health plan comparison chart






Read the **added benefits** that each health plan offers. For questions, call us toll free at **1-833-522-5582** (TTY: 1-888-221-1590).

 <p>Aetna Better Health<sup>®</sup> of Virginia</p> <p><b>1-800-279-1878</b>   TTY: 711 AetnaBetterHealth.com/Virginia</p>	 <p>Anthem<sup>®</sup> HealthKeepers Plus Offered by HealthKeepers, Inc.</p> <p><b>1-800-901-0020</b>   TTY: 711 Anthem.com/VAMedicaid</p>	 <p><b>1-800-424-4518</b>   TTY: 711 MolinaHealthCare.com</p>	 <p><b>1-800-881-2166</b>   TTY: 711 Northern VA Kaiser Permanente members: 1-855-249-5025 SentaraHealthPlans.com/members/medicaid</p>	 <p><b>1-844-752-9434</b>   TTY: 711 Uhccp.com/Virginia</p>
<p><b>Healthy moms and kids</b></p> <ul style="list-style-type: none"> <li>▪ \$25 monthly stipend, 300 free diapers, virtual baby showers, portable cribs</li> <li>▪ \$20 monthly for menstrual care products</li> <li>▪ Free swim lessons for children</li> <li>▪ Mobile app: 24/7 lactation / doula support</li> <li>▪ \$50 Healthy Food card for eligible members</li> <li>▪ Free yearly youth sports physical</li> </ul> <p><b>Phone</b></p> <ul style="list-style-type: none"> <li>▪ Free smartphone with unlimited minutes, texts, data, 10 GB hotspot data monthly</li> </ul> <p><b>Vision</b></p> <ul style="list-style-type: none"> <li>▪ 1 eye exam and up to \$250 for glasses or contacts each year</li> </ul> <p><b>Wellness</b></p> <ul style="list-style-type: none"> <li>▪ Custom weight management program</li> <li>▪ Wellness rewards</li> </ul> <p><b>Other benefits</b></p> <ul style="list-style-type: none"> <li>▪ 30 free recreational round-trip rides/year</li> <li>▪ 14 meals to home after hospital stay</li> <li>▪ GED training and career support</li> <li>▪ Free bedding and carpet cleaning for members with asthma</li> </ul>	<p><b>Healthy moms and kids</b></p> <ul style="list-style-type: none"> <li>▪ 3 Baby Essential items (diapers, highchair, car seat, and more)</li> <li>▪ Free Boys &amp; Girls Club membership</li> <li>▪ \$35 Barnes &amp; Noble card for books</li> <li>▪ Free yearly youth sports physical</li> </ul> <p><b>Phone</b></p> <ul style="list-style-type: none"> <li>▪ Free smartphone with unlimited minutes, texts, data, 10 GB hotspot data monthly</li> </ul> <p><b>Wellness</b></p> <ul style="list-style-type: none"> <li>▪ 24/7 doctor video visits</li> <li>▪ Up to \$50 gift card per goal</li> </ul> <p><b>Other benefits</b></p> <ul style="list-style-type: none"> <li>▪ 12 free rides to grocery store, food bank per year</li> <li>▪ 14 meals to home after hospital stay</li> <li>▪ 4 GED testing vouchers, \$120 value</li> <li>▪ \$25 gift card for good grades</li> <li>▪ Free Chromebook for high school seniors with 3.5 GPA</li> <li>▪ \$1000+ in coupon savings</li> <li>▪ \$20 Walmart gift card for completing health screener</li> <li>▪ 2 products from our Asthma and COPD Relief Catalog</li> </ul>	<p><b>Healthy moms and kids</b></p> <ul style="list-style-type: none"> <li>▪ Welcome Baby kits and mobile tools</li> <li>▪ Member baby showers hosted every 3 months per region</li> <li>▪ \$50 in maternity incentives</li> <li>▪ \$25 in incentives for childhood vaccines</li> <li>▪ Bicycle helmets for children</li> <li>▪ Free yearly youth sports physical</li> </ul> <p><b>Phone</b></p> <ul style="list-style-type: none"> <li>▪ Free smartphone with 350 minutes, unlimited texts, 4.5 GB data monthly</li> <li>▪ MyMolina mobile App</li> </ul> <p><b>Vision</b></p> <ul style="list-style-type: none"> <li>▪ 1 eye exam every other year and up to \$100 for glasses (frames and lenses) or contacts each year</li> <li>▪ \$20 for diabetic eye exam</li> </ul> <p><b>Wellness</b></p> <ul style="list-style-type: none"> <li>▪ Up to \$50 Healthy Rewards gift card</li> <li>▪ Yearly routine physicals for adults</li> <li>▪ Specialized health programs (restrictions apply)</li> </ul> <p><b>Other benefits</b></p> <ul style="list-style-type: none"> <li>▪ Fresh meals to home after hospital stay</li> <li>▪ SaveAround retail coupon book</li> <li>▪ Online member tools</li> </ul>	<p><b>Healthy moms and kids</b></p> <ul style="list-style-type: none"> <li>▪ Grocery card for pregnant moms (restrictions apply)</li> <li>▪ Maternal health programs and baby showers with up to \$75 raffle gift</li> <li>▪ 400 free diapers (restrictions apply)</li> <li>▪ Free yearly youth sports physical</li> </ul> <p><b>Phone</b></p> <ul style="list-style-type: none"> <li>▪ Free smartphone with 350 minutes, unlimited texts, 4.5 GB data monthly</li> <li>▪ Free unlimited wireless, texts, minutes and hotspot (1 per household)</li> </ul> <p><b>Vision</b></p> <ul style="list-style-type: none"> <li>▪ 1 eye exam and \$100 for frames each year</li> </ul> <p><b>Wellness</b></p> <ul style="list-style-type: none"> <li>▪ Up to \$50 wellness rewards</li> <li>▪ Weight management</li> </ul> <p><b>Other benefits</b></p> <ul style="list-style-type: none"> <li>▪ Up to 56 meals to home after hospital stay</li> <li>▪ Up to \$275 for GED prep, test</li> <li>▪ Up to \$75 college application help (restrictions apply)</li> <li>▪ Free mattress cover, pillowcase for members with asthma</li> </ul>	<p><b>Healthy moms and kids</b></p> <ul style="list-style-type: none"> <li>▪ Up to \$100 maternity program rewards</li> <li>▪ Free Boys &amp; Girls Club membership</li> <li>▪ Up to \$100 Footlocker<sup>®</sup> vaccine incentives, up to age 18</li> <li>▪ On My Way<sup>™</sup> teens' interactive website</li> <li>▪ Free yearly youth sports physical</li> </ul> <p><b>Phone</b></p> <ul style="list-style-type: none"> <li>▪ Free smartphone with unlimited minutes, texts, 10 GB hotspot data monthly</li> </ul> <p><b>Wellness</b></p> <ul style="list-style-type: none"> <li>▪ Free gym membership to 300+ gyms, local YMCAs ages 18+</li> <li>▪ 13 WW<sup>®</sup> (Weight Watchers) vouchers</li> <li>▪ Up to \$50 healthy rewards</li> <li>▪ Period underwear, ages 11-49 who qualify</li> <li>▪ Self Care<sup>®</sup> app for stress, anxiety, and depression support</li> </ul> <p><b>Other benefits</b></p> <ul style="list-style-type: none"> <li>▪ GED certificate assistance</li> <li>▪ 12 free round-trip rides to places of worship, grocery, DSS, library</li> <li>▪ Housing application assistance</li> <li>▪ 14 meals to home after hospital stay</li> <li>▪ Mattress cover for those with asthma</li> </ul>



# Cuadro de comparación de planes de salud

Lea los **beneficios adicionales** que ofrece cada plan de salud. Si tiene preguntas, llámenos gratis al **1-833-522-5582** (TTY: 1-888-221-1590).

 <p>Aetna Better Health® of Virginia</p> <p><b>1-800-279-1878</b>   TTY: 711 AetnaBetterHealth.com/Virginia</p>	 <p>Anthem® HealthKeepers Plus Offered by HealthKeepers, Inc.</p> <p><b>1-800-901-0020</b>   TTY: 711 Anthem.com/VAMedicaid</p>	 <p><b>1-800-424-4518</b>   TTY: 711 MolinaHealthCare.com</p>	 <p><b>1-800-881-2166</b>   TTY: 711 Kaiser Permanente norte de VA: 1-855-249-5025 SentaraHealthPlans.com/members/medicaid</p>	 <p><b>1-844-752-9434</b>   TTY: 711 Uhccp.com/Virginia</p>
<p><b>Mamás y niños saludables</b></p> <ul style="list-style-type: none"> <li>▪ \$25 al mes, 300 pañales gratuitos, baby showers, cuna portátil</li> <li>▪ \$20 al mes para productos para el cuidado menstrual</li> <li>▪ Clases de natación gratis para niños</li> <li>▪ Aplicación móvil: Apoyo a la lactancia / doula 24/7</li> <li>▪ \$50 en tarjeta Healthy Food para miembros elegibles</li> <li>▪ Chequeos deportivos anuales gratuitos para jóvenes</li> </ul> <p><b>Teléfono</b></p> <ul style="list-style-type: none"> <li>▪ Teléfono inteligente gratis, minutos, textos y datos ilimitados, 10 GB de datos hotspot al mes</li> </ul> <p><b>Cuidados de la vista</b></p> <ul style="list-style-type: none"> <li>▪ 1 examen de la vista y hasta \$250 para anteojos o lentes de contacto cada año</li> </ul> <p><b>Bienestar</b></p> <ul style="list-style-type: none"> <li>▪ Programa de control de peso personalizado</li> <li>▪ Recompensas de bienestar</li> </ul> <p><b>Otros beneficios</b></p> <ul style="list-style-type: none"> <li>▪ Transporte gratis para recreación (30 viajes de ida y vuelta al año)</li> <li>▪ 14 comidas entregadas en el hogar después de la estadía en un hospital</li> <li>▪ Capacitación para el GED y apoyo para carrera laboral</li> <li>▪ Limpieza gratuita de ropa de cama y alfombras para miembros asmáticos</li> </ul>	<p><b>Mamás y niños saludables</b></p> <ul style="list-style-type: none"> <li>▪ 3 artículos para bebé (pañales, sillita alta, asiento para auto y más)</li> <li>▪ Membresía gratuita de Boys &amp; Girls Club</li> <li>▪ Tarjeta de \$35 (Barnes &amp; Noble, libros)</li> <li>▪ Chequeos deportivos anuales gratuitos para jóvenes</li> </ul> <p><b>Teléfono</b></p> <ul style="list-style-type: none"> <li>▪ Teléfono inteligente gratis, minutos, textos y datos ilimitados, 10 GB de datos hotspot al mes</li> </ul> <p><b>Bienestar</b></p> <ul style="list-style-type: none"> <li>▪ Visitas con el médico por video 24/7</li> <li>▪ Tarjeta de regalo de hasta \$50 por meta</li> </ul> <p><b>Otros beneficios</b></p> <ul style="list-style-type: none"> <li>▪ 12 viajes gratis al supermercado, banco de alimentos al año</li> <li>▪ 14 comidas entregadas en el hogar después de la estadía en un hospital</li> <li>▪ 4 vales para el examen de GED (valor de \$120)</li> <li>▪ Tarjeta de \$25 por buenas notas</li> <li>▪ Chromebook gratis para estudiantes de último año de secundaria, GPA 3.5</li> <li>▪ Descuentos de \$1000+ en cupones</li> <li>▪ Tarjeta de regalo de \$20 de Walmart por completar un examen de salud</li> <li>▪ 2 productos de nuestro catálogo para aliviar el asma y la obstrucción pulmonar (COPD)</li> </ul>	<p><b>Mamás y niños saludables</b></p> <ul style="list-style-type: none"> <li>▪ Kits y herramientas de móvil de Welcome Baby</li> <li>▪ Baby showers para miembros cada 3 meses por región</li> <li>▪ \$50 en incentivos de maternidad</li> <li>▪ \$25 en incentivos por vacunas para niños</li> <li>▪ Cascos de bicicleta para niños</li> <li>▪ Chequeos deportivos anuales gratuitos para jóvenes</li> </ul> <p><b>Teléfono</b></p> <ul style="list-style-type: none"> <li>▪ Teléfono inteligente gratis, 350 minutos, textos ilimitados, 4.5 GB de datos al mes</li> <li>▪ Aplicación móvil MyMolina</li> </ul> <p><b>Cuidados de la vista</b></p> <ul style="list-style-type: none"> <li>▪ 1 examen de la vista cada dos años y hasta \$100 para anteojos (lentes y marcos) o lentes de contacto cada año</li> <li>▪ \$20 para examen de la vista para personas diabéticas</li> </ul> <p><b>Bienestar</b></p> <ul style="list-style-type: none"> <li>▪ Hasta \$50 en tarjeta de regalo Healthy Rewards</li> <li>▪ Chequeos de rutina anuales para adultos</li> <li>▪ Programas especiales de salud (con restricciones)</li> </ul> <p><b>Otros beneficios</b></p> <ul style="list-style-type: none"> <li>▪ Comidas entregadas en el hogar después de la estadía en un hospital</li> <li>▪ Libro de cupones SaveAround para tiendas</li> <li>▪ Herramientas por Internet para miembros</li> </ul>	<p><b>Mamás y niños saludables</b></p> <ul style="list-style-type: none"> <li>▪ Tarjeta para comestibles para embarazadas (con restricciones)</li> <li>▪ Programas de salud materna y baby showers con sorteos (hasta \$75)</li> <li>▪ 400 pañales gratis (con restricciones)</li> <li>▪ Chequeos deportivos anuales gratuitos para jóvenes</li> </ul> <p><b>Teléfono</b></p> <ul style="list-style-type: none"> <li>▪ Teléfono inteligente gratis, 350 minutos, textos ilimitados, 4.5 GB de datos al mes</li> <li>▪ Conexión inalámbrica, textos, minutos, hotspot (1 por hogar) gratis/ilimitados</li> </ul> <p><b>Cuidados de la vista</b></p> <ul style="list-style-type: none"> <li>▪ 1 examen de la vista y \$100 para marcos cada año</li> </ul> <p><b>Bienestar</b></p> <ul style="list-style-type: none"> <li>▪ Recompensas de bienestar (hasta \$50)</li> <li>▪ Control del peso</li> </ul> <p><b>Otros beneficios</b></p> <ul style="list-style-type: none"> <li>▪ Hasta 56 comidas entregadas en el hogar después de la estadía en un hospital</li> <li>▪ Hasta \$275 para preparación del GED y el examen</li> <li>▪ Hasta \$75 para solicitudes universitarias (con restricciones)</li> <li>▪ Funda de colchón, almohada gratuita para miembros asmáticos</li> </ul>	<p><b>Mamás y niños saludables</b></p> <ul style="list-style-type: none"> <li>▪ Hasta \$100 de recompensas del programa de maternidad</li> <li>▪ Membresía gratuita de Boys &amp; Girls Club</li> <li>▪ Incentivos para vacunas de hasta \$100 en Footlocker® (hasta 18 años)</li> <li>▪ Sitio web interactivo para adolescentes On My Way™</li> <li>▪ Chequeos deportivos anuales gratuitos para jóvenes</li> </ul> <p><b>Teléfono</b></p> <ul style="list-style-type: none"> <li>▪ Teléfono inteligente gratis, minutos, textos y datos ilimitados, 10 GB de datos hotspot al mes</li> </ul> <p><b>Bienestar</b></p> <ul style="list-style-type: none"> <li>▪ Membresía gratis en más de 300 YMCA locales/gimnasios (18 años o más)</li> <li>▪ 13 vales de WW® (Weight Watchers)</li> <li>▪ Hasta \$50 de recompensas saludables</li> <li>▪ Ropa interior para la regla (personas elegibles de 11 a 49 años)</li> <li>▪ Aplicación Self Care® para estrés, ansiedad y depresión</li> </ul> <p><b>Otros beneficios</b></p> <ul style="list-style-type: none"> <li>▪ Asistencia para obtener el GED</li> <li>▪ Transporte gratuito al supermercado, iglesia/templo, DSS y biblioteca (12 viajes de ida y vuelta)</li> <li>▪ Ayuda para solicitar vivienda</li> <li>▪ 14 comidas entregadas en el hogar después de la estadía en un hospital</li> <li>▪ Funda de colchón para asmáticos</li> </ul>

# SOVAH-Danville Women's and Children Department

## About Us

Here at SOVAH Danville, it is our mission to provide excellent, family-centered care to each patient. Our secure unit includes 7 labor rooms, 12 postpartum rooms, and 2 OR suites for Cesarean sections.

## Who We Serve

- Martinsville/Henry County
- Danville/Pittsylvania County
- South Boston/Halifax County
- Caswell County
- Pregnant women
- GYN surgeries
- Pediatrics

## Services

- Labor and Delivery
- Pediatrics
- Lactation Consultant

## Documents to Bring

- Picture ID
- Insurance Card

## Fees/Insurance Accepted

- Medicaid
- Most private insurance plans

## Program Contact Person

Delsie Webster

## Phone

434-799-4527

## Email

delsie.webster@lpnt.net

## Address

SOVAH-Danville  
142 South Main Street  
Danville, VA 24541

## Business Hours

Monday-Friday  
7am-4pm  
(unit open 24/7)

# TLC- Team Lactation Care of SWVA

## About Us

We provide breastfeeding, pumping and bottle feeding support for breastfeeding families. We also provide prenatal breastfeeding support to make a plan for your feeding journey after baby comes. We will be starting classes beginning this fall 2024 to cover breastfeeding, car seat safety, infant CPR/choking, prenatal pregnancy and birth classes.

## Who We Serve

Martinsville  
Henry County  
Patrick County  
Franklin County  
Floyd County

## Services

Home visits  
Office visits  
Virtual visits

## Documents to Bring

Intake paperwork has to be completed before visits

## Fees/Insurance Accepted

Most private insurances accepted  
Sliding scale for Medicaid/cash pay families

## Program Contact Person

Shanna Reynolds- IBCLC, RLC, CLC

## Phone

540-238-4045

## Email

Shanna@teamlactation.com

## Address

920 Tanyard Rd  
Rocky Mount, Va 24151

## Business Hours

Monday- Friday 8-5  
After hours and weekend appointments available upon request



# Therapy Direct

## About Us

Therapy Direct is an outpatient physical therapy facility providing skilled services for the treatment of various conditions. This includes treatment for pelvic floor dysfunction. You will be working one-on-one with a licensed physical therapist (PT) or physical therapy assistant (PTA) for an individualized treatment plan.

We strive to make all patients comfortable when coming to therapy because we believe this will better help you reach your goals. We are here to teach you exercises, manual techniques, breathing strategies, etc. that you can continue to use once therapy is over to help manage your condition long-term.

## Who We Serve

- Martinsville
- Henry County
- Patrick County
- Patients across the lifespan (with exception of pediatrics)
- Women who are pregnant or postpartum

## Services

- Skilled physical therapy for:
- Conditions and/or injuries that are orthopedic or neurological in nature
- Pelvic floor physical therapy for conditions such as urinary incontinence, urinary frequency, pelvic pain and bowel dysfunction
- Perinatal and postpartum care

## Documents to Bring

Patients will first need a referral from their doctor. Once a patient makes an appointment with us for their initial evaluation, our front office staff will mail out paperwork for them to fill out. They will need to bring this COMPLETED paperwork to their first appointment along with a copy of their referral, ID and insurance card(s).

## Fees/Insurance Accepted

-Most major insurances with the exception of standard Medicaid  
If you call our front office we will be able to check your insurance benefits and assist you with fees, visit limitations, authorizations, etc.

**Program Contact Person**

Molly H. Turner, PT, DPT

**Phone**

276-632-5281

**Email**

[molly@therapydirect.org](mailto:molly@therapydirect.org)

**Address**

301 Lavinder St  
Martinsville, VA 24112

**Business Hours**

Monday-Thursday  
8:00am-5:00pm  
Friday  
8:00am-12:00pm  
(Fridays could vary)

# West Piedmont, Henry-Martinsville Health Department WIC Program

## About Us

WIC is a federally funded nutrition education program who provides services to Women, Infants and Children.

To qualify for WIC:

- \* Be a resident of Virginia.
- \* Have a medical or nutritional need.
- \* Meet income requirements.

## Who We Serve

WIC serves the following categories:

- \* Pregnant women
- \* Breastfeeding women - up to one year of delivery
- \* Postpartum women - up to six months after the end of pregnancy
- \* Infants up to age one
- \* Children - up to age five.

## Services

WIC provides the following:

- \* Personalized nutrition education on how to be healthy.
- \* Breastfeeding promotion and support, including breast pumps.
- \* Free, healthy, supplemental foods providing essential nutrition for pregnant woman and child.
- \* Referrals to local health and community organizations.
- \* Encouragement and support for women to breastfeed their infants which is the perfect nutrition for your baby.

## Documents to Bring

The person who plans to receive WIC (you, infant, child), must be present and bring all required documents to each certification appointment. A list of the documents required documents to bring to certification:

- \* Proof of identification (birth letter/certificate, driver's license, crib card, Social Security card)
- \* Proof of income for the household (pay stubs) or participate in any of these programs: Medicaid, FAMIS, TANF, SNAP, National School Lunch Program
- \* Proof of Virginia residency (utility bill, lease)
- \* Immunization records (for children under the age of 2)

## Fees/Insurance Accepted

Require proof of income for the household (pay stub) or participate in any of these programs: Medicaid, FAMIS, TANF, SNAP, National School Lunch Program

**Program Contact Person**

Wyvette Dillard, District WIC Coordinator

**Phone**

276-403-8436

**Email**

wyvette.dillard@vdh.virginia.gov

**Address**

295 Commonwealth Blvd.  
Martinsville, VA 24112

**Business Hours**

8:00 am - 4:30 pm



# The safest medication choices for you and your baby, right at your fingertips.

The MommyMeds app offers detailed medication information for pregnant and lactating women—helping you find which medications, vaccines, and supplements are safe to take without risking your health or the health of your baby.

## App Features

- Simple 1 - 5 rating system from safest to most hazardous medications
- 70,000+ searchable medications
- Easy to scan bar codes on medication boxes for ratings

The InfantRisk Center (IRC) at Texas Tech University Health Sciences Center provides access to experts who can answer questions and address concerns for physicians, nurses, lactation consultants and mothers around the world.

Call 1 (806) 352-2519 | 8:00AM - 3:00 PM CST, Monday- Friday



InfantRisk Center

## - TESTIMONIALS -

*"Pregnant and nursing moms need this app."*



*"Trusted resource for medication safety!"*



 InfantRisk Center

 @infantrisk

[Infantrisk.com](http://Infantrisk.com)



# LOW DOSE BIG BENEFITS™



IT STARTS  
WITH MOM

## Is low dose aspirin right for me? Know your risk of preeclampsia

**Preeclampsia is a serious condition during pregnancy that can cause high blood pressure and some of your organs to not work properly. It can lead to serious problems for you and your baby, including preterm birth (before 37 weeks of pregnancy).**



### Know your risk factors and talk to your provider if you have even one of these risks for preeclampsia:

- You've had preeclampsia before.
- You're pregnant with more than 1 baby (twins, triplets).
- You have high blood pressure, diabetes, kidney disease, or an autoimmune disease like lupus.



### Talk to your provider if you have more than one of the following risks:

- You've never had a baby before, or it's been more than 10 years since you had a baby.
- You're considered obese with a body mass index (BMI) of 30 or higher.
- Your sister or mom has had preeclampsia.
- You're 35 or older.
- You're African American/Black—this is a risk factor due to historical inequities and structural racism.\*
- You have financial hardship or it's hard to pay your most basic bills.\*
- Any of your other babies were born small for their age or with a low birth weight.
- You've experienced previous harmful pregnancy outcomes.
- This pregnancy was conceived using in vitro fertilization.

\*Some stressors in life, like low income, lack of access to healthcare, or anti-Black racism, can increase your risk for preeclampsia.

For more information on low dose aspirin, go to [marchofdimes.org/lowdosebigbenefits](https://marchofdimes.org/lowdosebigbenefits)

### Ask your provider about your risks for preeclampsia and if you should take low dose aspirin.

- ✓ Everyone should be screened for preeclampsia at their first prenatal care visit or before 12 weeks. Ask your healthcare provider if you were screened too.
- ✓ If your provider says it's OK, each day take low dose aspirin (also called baby aspirin or 81-mg aspirin).
- ✓ Take the aspirin exactly as your provider tells you to.
- ✓ Some patients shouldn't take low-dose aspirin, so always talk to your provider first. Their decision is based on things like your health issues, medications you're taking, and any allergies you have.
- ✓ Go to all your prenatal care checkups, even if you're feeling fine. You can have preeclampsia and not know it.

**Disclaimer:** This information is intended for general knowledge and shouldn't substitute professional medical advice. Always consult with your healthcare provider before taking any medication during pregnancy.

## ¿La aspirina de dosis baja es adecuada para mí?

### Conozca su riesgo de preeclampsia

La preeclampsia es una condición grave durante el embarazo que puede provocar presión arterial alta y que algunos sus órganos no funcionen correctamente. Puede provocar problemas graves para usted y su bebé, incluso parto prematuro (antes de las 37 semanas de embarazo).

#### Conozca sus factores de riesgo y hable con su proveedor si tiene al menos uno de estos riesgos de preeclampsia:

- Ha tenido preeclampsia antes.
- Está embarazada de más de 1 bebé (gemelos, trillizos).
- Tiene presión arterial alta, diabetes, enfermedad renal o una enfermedad autoinmune como el lupus.

#### Hable con su proveedor si tiene más de uno de los siguientes riesgos:

- Nunca ha tenido un bebé antes, o han pasado más de 10 años desde que tuvo un bebé.
- Se la considera obesa con un índice de masa corporal (IMC) de 30 o más.
- Su hermana o mamá han tenido preeclampsia.
- Tiene 35 años o más.
- Es afroamericana/de raza negra; este es un factor de riesgo debido a las desigualdades históricas y al racismo estructural.\*
- Tiene dificultades financieras o le resulta difícil pagar sus facturas más básicas.\*
- Alguno de sus otros bebés nació pequeño para su edad o con bajo peso al nacer.
- Tuvo resultados perjudiciales en embarazos pasados.
- Este embarazo fue concebido mediante fertilización in vitro.

*\*Algunos factores estresantes de la vida, como los bajos ingresos, la falta de acceso a la atención médica o el racismo contra los negros, pueden aumentar el riesgo de preeclampsia.*



#### Pregúntele a su proveedor sobre la preeclampsia y si debe tomar aspirina de dosis baja.

- ✓ Todas las personas deben hacerse pruebas de detección de preeclampsia en su primera visita de atención prenatal o antes de las 12 semanas. Pregúntele a su proveedor de atención médica si se le realizaron esas pruebas de detección.
- ✓ Si su proveedor lo autoriza, tome aspirina de dosis baja todos los días (también llamada aspirina de 81 mg o "baby aspirin" en inglés).
- ✓ Tome la aspirina exactamente como se lo indique su proveedor.
- ✓ Algunos pacientes no deben tomar aspirina en dosis bajas, por eso, siempre hable primero con su proveedor. La decisión se basa en aspectos como sus problemas de salud, los medicamentos que toma y las alergias que tenga.
- ✓ Vaya a todos sus controles prenatales, incluso si se siente bien. Puede tener preeclampsia y no saberlo.

Para más información sobre la aspirina de dosis baja, visite [marchofdimes.org/lowdosebigbenefits](https://marchofdimes.org/lowdosebigbenefits)

**Descargo de responsabilidad:** Esta información está destinada al conocimiento general y no debe sustituir el consejo médico profesional. Siempre consulte con su proveedor de atención médica antes de tomar cualquier medicamento durante el embarazo.

# Pregnant now or within the last year?

Get medical care right away if you experience any of the following symptoms:



**Headache that won't go away or gets worse over time**



**Dizziness or fainting**



**Changes in your vision**



**Fever of 100.4° F or higher**



**Extreme swelling of your hands or face**



**Thoughts of harming yourself or your baby**



**Trouble breathing**



**Chest pain or fast beating heart**



**Severe nausea and throwing up**



**Severe belly pain that doesn't go away**



**Baby's movement stopping or slowing during pregnancy**



**Severe swelling, redness or pain of your leg or arm**



**Vaginal bleeding or fluid leaking during pregnancy**



**Heavy vaginal bleeding or discharge after pregnancy**



**Overwhelming tiredness**

These could be signs of very serious complications. If you can't reach a healthcare provider, go to the emergency room. Be sure to tell them you are pregnant or were pregnant within the last year.

Learn more at [www.cdc.gov/HearHer](http://www.cdc.gov/HearHer)





# ¿Embarazada ahora o lo estuvo dentro del último año?

Obtenga atención médica de inmediato si tiene cualquiera de estos síntomas:



**Dolor de cabeza intenso que no desaparece o empeora con el tiempo**



**Mareos o desmayos**



**Cambios en la visión**



**Fiebre de 100.4 °F o más alta**



**Hinchazón extrema de las manos o la cara**



**Pensamientos acerca de hacerse daño o hacerle daño a su bebé**



**Dificultad para respirar**



**Dolor en el pecho o latidos cardiacos acelerados**



**Náuseas y vómitos intensos**



**Dolor abdominal fuerte que no desaparece**



**Movimientos del bebé que cesan o disminuyen durante el embarazo**



**Hinchazón, enrojecimiento o dolor en una pierna**



**Sangrado o pérdida de líquido vaginales durante el embarazo**



**Sangrado vaginal abundante o pérdida de líquido vaginal que huele mal después del embarazo**



**Cansancio extremo**

Estos podrían ser signos de complicaciones graves. Si no puede comunicarse con un proveedor de atención médica, necesita ir a una sala de emergencias. Asegúrese de mencionar que está embarazada o lo estuvo en el último año.

Infórmese más en [www.cdc.gov/Escuchela](http://www.cdc.gov/Escuchela)





# BabyCare

*Program for Pregnant Women*



**BabyCare** is a program for pregnant women receiving services through FAMIS, FAMIS Plus, FAMIS MOMS or Medicaid and who are not currently enrolled in a Managed Care Organization (MCO). Women enrolled in an MCO should contact their MCO for information on pregnancy programs.

## The BabyCare Program includes:

-  **Case Management Services** for pregnant women who are at higher risk for problems during pregnancy.
-  **Expanded Services** for pregnant women including childbirth and parenting classes, nutrition services, homemaker services for women on bed rest, and substance abuse treatment services.

## A pregnant woman may be considered at higher risk if she:

- has high blood pressure, diabetes, asthma, or another medical condition
- is expecting twins or triplets
- had a previous miscarriage or a baby born much earlier than the expected due date
- is a teen or over 35 years old
- uses certain medicines prescribed by a doctor, smokes, drinks alcohol, or uses other drugs
- is in an abusive relationship
- does not have a permanent home
- suffers from depression or other mental health issues
- has not gained enough or gained too much weight during pregnancy
- was underweight or overweight before becoming pregnant

Ask your health care provider  
about the BabyCare Program

For more information, call 804-786-6134

# BabyCare

*Programa*  *para mujeres embarazadas*

**BabyCare** es un programa para mujeres embarazadas que reciben servicios a través de FAMIS, FAMIS Plus, FAMIS MOMS o Medicaid y que en la actualidad no están inscritas a una Organización de Cuidados Administrados (MCO, por sus siglas en inglés). Las mujeres ya inscritas a un MCO deben comunicarse con su MCO para obtener información sobre programas de embarazo.

## El programa BabyCare incluye:



**Servicios de administración de casos** para las mujeres embarazadas que están expuestas a mayores riesgos por problemas durante el embarazo.



**Los servicios integrales** para mujeres embarazadas incluyen clases para el parto y la crianza de niños, servicios de nutrición, servicios de labores domésticos para las mujeres en reposo y servicios de tratamientos para el abuso de sustancias.

## Se puede considerar a una mujer embarazada con alto riesgo si:

- tiene presión arterial alta, diabetes, asma u otra enfermedad
- espera gemelos o trillizos
- ha tenido algún aborto anterior o un bebé que nació mucho antes de la fecha de parto
- es adolescente o mayor de 35 años
- toma algún medicamento recetado por un médico, fuma, bebe alcohol o utiliza otras drogas
- está en una relación abusiva
- no tiene un hogar permanente
- sufre depresión o tiene otro problema de salud mental
- no ha aumentado el peso suficiente o ha aumentado demasiado durante el embarazo
- tenía bajo peso o sobrepeso antes de quedar embarazada

Consulte a su médico  
acerca del programa BabyCare

Para obtener más información, llame al 804-786-6134

# My Family Postpartum Plan



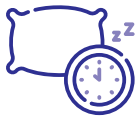
ADJUSTING TO LIFE WITH A NEW BABY



The Family Postpartum Plan is intended as a starting point for family discussions about how to adjust to life once the baby arrives. The goal of the Plan is to identify resources before they are needed to reduce stress and ease the transition period.

## Keys to a Happy and Healthy New Life with Baby

- Rest
- Nutrition
- Feeding Support
- Self-Care
- Social Support
- Support with House and Family
- Mental Health - Professional Support



### Rest

Getting sufficient sleep may be the most challenging obstacle for new parents after the baby arrives but is the most important thing a parent can do stay physically and emotionally well. Each parent should strive for 5 hours of uninterrupted sleep to stay well and function fully. Planning ahead is key!

Who is available to help during the day?

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Who is available during the night to help?

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Are there people to call during the dinner/early evening hours?

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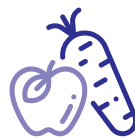
Strategies to get sufficient sleep:

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### Nutrition

Even the most basic needs like eating and drinking can be challenging when caring for a newborn. Before the baby arrives, make a plan for meals for the first few weeks after the baby comes home. Remember to emphasize protein to help with mood and build strength.

Nutritious meals to prepare and freeze before the baby arrives:

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Grocery stores that offer online shopping and delivery:

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Nutritious takeout and/or delivery options:

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Friends who can prepare and deliver meals after baby arrives:

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Nutritious menu ideas that are quick and easy to prepare:

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# My Family Postpartum Plan



## Feeding Support

Feeding a new baby can be a full-time job and can be challenging in the initial days when trying to figure out what works best. Feeding choices – breast, bottle or both – do not have to be exclusive nor do they need to be permanent.

Each baby and each situation is unique. Choose what works best for you, your baby, and your family.

**Friends and Relatives that will support and encourage infant feeding choices:**

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**Resources I can consult for help, to answer questions or make recommendations:**

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**Local postpartum doulas who will visit and help with infant feeding:**

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**Local board-certified lactation consultants and other breastfeeding resources who will support infant feeding:**

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## Support with House & Family

There are so many things on the to-do list after baby arrives, but moms cannot do it all themselves, nor should they try! Asking friends and family to help care for older children and make them feel special will help older children with the transition. Asking for help with household chores will make friends and family feel like they truly contributed. Identify things that you can delegate and make a list of ideas of chores that would be helpful when people ask. Keep a list of your support team members and reach out to them for help. Most people will be truly happy that you asked!

**Chore List (laundry, unloading/loading the dishwasher, running the vacuum, attending to errants):**

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**Support Team (grandparents, friends, sisters, church members, etc):**

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**Activities to do with older children:**

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## Self-Care

New parents need time to take care of themselves and nurture their relationship as a couple, which is not easy when adjusting to life with baby. Planning time for self-care and time as a couple will ensure that neither is neglected during the transition.

**What will I do to rejuvenate me?**

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**What can we do to nurture time as a couple?**

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**Who can we count on for occasional childcare?**

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**Resources for professional childcare providers:**

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## Social Support

Social support is critical to reducing stress and to feel valued and cared for. Identify peers with young babies and find support groups that meet your needs, including postpartum support groups, postnatal fitness classes, breastfeeding groups, on-line discussion groups and virtual support meetings.

**Strategies for building a support network include:**

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*continued...*

## My Family Postpartum Plan

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Local social support groups include:

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✿ **Perinatal Mood and Anxiety Disorders (PMADs) are the most common complications of pregnancy and childbirth. Fortunately, these are usually temporary and respond well to some combination of rest, self-care, social support, talk therapy and, if needed, medication. Knowing what resources are available before the baby arrives will prepare you to take quick action to avoid needless suffering.**



### Mental Health - Professional Support

Talking with other women who are experiencing or have survived perinatal mood and anxiety disorders (PMADs) can be extremely helpful. Support groups

offer the opportunity to validate experiences, share coping strategies and gain support and encouragement. To find a social support group online or near you, go to [postpartumva.org](https://postpartumva.org).

Medical professionals play an important role in assisting women recover from PMADs. New mothers can talk with their OB, family practitioner or primary care provider, as well as mental health professionals that can assist with counseling and medication when necessary. Pediatricians can also provide information about PMADs and offer suggestions for support.

I have talked with my OB, midwife and/or doula about the baby blues:

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I have talked with my OB, midwife and/or doula about PMADs:

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I have talked with my partner about PMADs:

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I am aware of mood changes that may happen during or after pregnancy, know that it is common and that I should not be afraid to ask for help if I need it:

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### Tips

- Sleep dramatically improves mood and can be the biggest risk factor for mental health issues if you are sleep-deprived. Schedule shifts with your partner so you both get good sleep and ask for help to ensure you are getting a minimum of 5 hours of uninterrupted sleep.
- Nutrition is another key to staying healthy – both physically and mentally. Focus on eating high protein, high nutrition foods that you can grab and eat on the go, such as yogurt, cheese, meat, pre-cut veggies and fruit.
- Consider a support group to connect with new moms for friendship, camaraderie, commiseration, humor and advice. Talking with others going through the same experience can help normalize everything and ease the transition into motherhood.
- If things are overwhelming and you do not feel like yourself, a therapist specializing in Perinatal Mood and Anxiety Disorders may be an invaluable help. You may be surprised how much better you will feel after a few sessions.
- Consult [postpartumva.org](https://postpartumva.org) to find a local support group, mental health professional and other resources.

# Mi Plan de Posparto Familiar



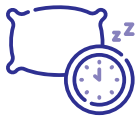
ADAPTÁNDOME A UNA NUEVA VIDA CON UN BEBE



El Plan de Posparto Familiar tiene la intención de ser un punto de partida para las charlas familiares sobre como adaptarse a la vida una vez que llega él bebe. La meta del Plan es identificar los recursos necesarios antes de que ocurran para reducir estrés y facilitar este periodo de transición.

## Claves para una Vida Feliz y Saludable con su Bebe

- Descanso
- Alimentación
- Apoyo con la alimentación
- Cuidado Personal
- Apoyo Social
- Apoyo con la casa y la familia
- Apoyo de Salud Mental



## Descanso

Lograr dormir lo suficiente es la dificultad más grande que los nuevos padres tienen una vez que él bebe llega, pero es lo más importante que los padres pueden hacer para tener un buen balance físico y emocional. Cada padre debe lograr dormir 5 horas sin Interrupción para estar bien y capaz. ¡Planificar antes es la clave!

¿Quién está disponible para ayudar en el día?

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¿Quién está disponible para ayudar en la noche?

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Hay alguien a quien llamar durante la cena/o temprano en la noche?

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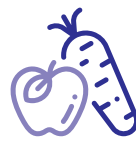
Estrategias para dormir suficiente:

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## Nutrición

Las necesidades más básicas como comer y tomar pueden ser complicadas cuando está cuidando de un recién nacido. Antes de la llegada del bebe haga un plan de alimentos para las primeras semanas, para cuando él bebe llegue a casa. Recuerde priorizar las proteínas para que le ayuden con el ánimo y para tener fuerza.

Comidas nutritivas para preparar y congelar antes de que llegue él bebe:

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Tiendas que ofrecen productos por internet y entrega a domicilio:

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Comidas para llevar nutritivas y/o entrega a domicilio:

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Amigos que pueden preparar y traer comidas una vez llegue él bebe:

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Ideas de menús nutritivos que son rápidos y fáciles de preparar:

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## Mi Plan de Posparto Familiar



### Apoyo con la alimentación

Alimentar a un recién nacido puede ser un trabajo de tiempo completo. Al principio puede ser muy difícil cuando se trata de descifrar que es lo que realmente funciona. Las diferentes alternativas-pecho, botella o ambos-no deben ser exclusivos, ni tampoco permanentes. Cada bebe y cada situación son únicas. Elija lo que sea mejor para usted, su bebe y su familia.

**Amigos y familiares que la apoyaran y la animaran con las alternativas de alimentación:**

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**Recursos que puedo consultar para ayuda, encontrar respuestas o recomendaciones:**

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**Información de posparto local que me pueden visitar y ayudar con la alimentación infantil:**

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**Concejeras de lactancia certificadas locales y otros recursos que me pueden ayudar con la alimentación del bebe:**

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### Ayuda con la Casa y la Familia

Hay muchas cosas en la lista para la llegada del bebe, pero las mamás no pueden hacerlo solas, ni tampoco deberían intentarlo! Buscar ayuda a los amigos y familiares con los niños más grandes los hará sentir especiales y ayudaran a los otros niños con la transición. Pedir ayuda con los que haces de la casa harán sentir a los amigos y familiares que realmente pueden colaborar. Identifique cosas que puede delegar y haga una lista de ideas y que haces que pueden ser útiles cuando pregunten. Mantenga una lista de su grupo de apoyo y búsquelos cuando necesite ayuda. ¡La mayoría estará muy feliz de que usted les pregunte!

**Lista de que haces (lavar ropa, cargar/descargar el lavaplatos, pasar la aspiradora, hacer compras):**

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**Grupo de apoyo (Abuelos, amigos, Hermanas, hermanos de iglesia, etc.):**

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**Actividades para hacer con los niños más grandes:**

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### Cuidado Personal

Los nuevos padres necesitan tiempo para si mismos y nutrir su relacion como pareja. Lo cual no es muy fácil cuando se está adaptando a una vida con un bebe. Planificar tiempo para el cuidado personal y tiempo con su pareja asegurara que ninguno se descuide durante la transición.

**¿Qué hare para sentirme rejuvenecida?**

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**¿Qué podemos hacer para nutrir la pareja?**

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**¿Con quién podemos contar para cuidar a los niños ocasionalmente?**

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**Recursos de niñeras profesionales:**

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### Apoyo Social

El apoyo social es importante para reducir el estrés y sentirse valorada y apreciada. Busque amistades con bebes y busque grupos de apoyo que la ayude con sus necesidades, incluyendo grupos de apoyo de posparto, clases de actividad física postnatal, grupos de lactancia, grupos de charlas en línea y reuniones de ayuda virtual.

**Estrategias para construir una red de ayuda incluye:**

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*continuó...*



## Mi Plan de Posparto Familiar

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Grupos locales de ayuda:

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✿ Los Desordenes de Cambio de Ánimo y Ansiedad (PMAD's) son las complicaciones más comunes en el embarazo y después del nacimiento. Afortunadamente, estas son usualmente temporarias y responden muy bien a la combinación de descanso, cuidado personal, apoyo social, terapias de charla y si es necesario medicinas. Al saber cuáles son los recursos disponibles antes de que llegue él bebe le ayudará a poder tomar una rápida acción y podrá evitar un sufrimiento innecesario.



### Salud Mental – Apoyo Profesional

Hablar con otras mujeres que están pasando o sobrevivieron un desorden de cambio de ánimo

(PMADs) puede ser muy beneficioso. Los grupos de apoyo ofrecen la oportunidad de validar las experiencias, compartir estrategias y lograr ganar apoyo y motivación. Para encontrar un grupo de apoyo en línea o cerca suyo vaya a [postpartumva.org](http://postpartumva.org).

Los profesionales médicos juegan un rol muy importante para asistir a las mujeres a recuperarse de una PMADs. Las nuevas mamás pueden hablar con sus obstetras, practicantes o medico primario, al mismo tiempo con profesionales de salud mental que pueden ayudar con consejería y medicina si es necesario. También los pediatras pueden proveer información sobre PMADs y ofrecer otras sugerencias de apoyo.

Hable con mi obstetra, partera y/o doula sobre la depresión posparto:

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Hable con mi obstetra, partera y/o doula sobre PMADs:

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Hable con mi pareja sobre PMADs:

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Estoy al tanto de los cambios de ánimo que pudieran ocurrir durante o después del embarazo, sabiendo que es común y de que no debo tener miedo de pedir ayuda si la necesito:

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### Claves

- Dormir mejora dramáticamente el ánimo y puede llegar a ser el riesgo más alto de salud mental si esta sin dormir. Organice horarios con su pareja para que ambos puedan descansar y pidan ayuda si es necesario para que puedan descansar un mínimo de 5 horas ininterrumpidas de descanso.

- La nutrición es otra clave para estar saludable – tanto física como mentalmente. Concéntrese en comer proteínas, alimentos nutritivos que puede llevar y comer al salir, como yogurt, quesos, carne, vegetales cortados y fruta.
- Considere un grupo de apoyo para conectarse con nuevas mamás y poder hacer amigas, camaradería, compañerismo, humor y consejos. Hablar con otros que están pasando por la misma experiencia puede ayudar a normalizar todo y hacer de la transición a la maternidad más fácil.
- Si las cosas son muy abrumadoras y no se siente usted misma, un terapeuta que se especializa en el Desorden de Cambio de Animo puede ser de gran ayuda. Usted se sorprenderá cuan bien se sentirá después de unas sesiones.
- Consulte en [postpartumva.org](http://postpartumva.org) para encontrar un grupo de apoyo local, profesional de salud mental y otros recursos.

# Anxiety and Depression

These illnesses affect → **1 IN 5** women during pregnancy or the first year postpartum. 

 They are caused by changes in biology, psychology, hormones and environment.



## Predictors and Risk Factors include...



### Social/Environmental Factors

#### TRAUMA

- History of childhood trauma/Adverse Childhood Experiences (ACEs)
- Domestic violence
- Traumatic prenatal care/labor/delivery/postpartum care
- Systemic Racism

#### SOCIAL CHANGES

- Life change (new home, new job, change in work status, marriage)
- Loss or illness of loved one
- Isolation or lack of social support, especially from partner
- Substance Use Disorder

#### OTHER ISSUES

- Baby (health issues, colic, reflux)
- NICU stay
- Financial stress
- Low income
- Immigrant status
- Military status
- Barriers to Communication



### Biological Factors

#### MENTAL HEALTH HISTORY

- Personal history of mood/anxiety disorder
- Family history of mood/anxiety disorder

#### REPRODUCTIVE HISTORY

- Loss (Miscarriage, Stillbirth, Termination, Infant Loss)
- Fertility treatments
- Severe premenstrual syndrome
- Difficult pregnancy/labor/delivery
- Hormone changes in pregnancy/postpartum

#### GENERAL HEALTH

- Thyroid changes
- Anemia
- Lack of sleep



### Psychological Factors

#### PERSONALITY AND BEHAVIOR

- Perfectionist tendencies
- Self-esteem issues
- Difficulty with transitions

#### UNREALISTIC / RIGID EXPECTATIONS

- Pregnancy/labor/delivery
- Motherhood
- Work

#### RELATIONSHIP AND ROLE ISSUES

- Partner
- Own mother

#### FEEDING BABY

- Breastfeeding expectations, desires, ability, pressure from others, Lack of Support
- Weaning

# Ansiedad y Depresión



Estas enfermedades afectan hasta

**1 DE 5**  
mujeres

→ durante el embarazo  
o el primer año  
de postparto



Son causadas por cambios en la biología, la psicología, las hormonas y el medio ambiente.



## Los Predictores y Factores de Riesgo incluyen...



### Factores Sociales/Ambientales

#### TRAUMA

- Historia de trauma infantil / experiencias infantiles adversas (ACEs)
- Violencia doméstica
- Cuidado Perinatal, parto o cuidado posparto traumático
- Racismo Sistemático

#### CAMBIOS SOCIALES

- Cambios de vida (nuevo hogar, nuevo trabajo, cambio de estatus en o dejar de trabajar, matrimonio)
- Pérdida o enfermedad de un ser querido o familiar
- Aislamiento o falta de apoyo en la comunidad (apoyo social), especialmente de su pareja
- Trastorno o enfermedad por abuso de sustancias

#### OTROS FACTORES

- Bebé (problemas de salud, cólico, reflujo)
- Estadía en la unidad de cuidados intensivos neonatales
- Estrés financiero
- Tener bajos recursos
- Estatus migratorio o estatus Militar
- Obstáculos de comunicación



### Factores Biológicos

#### HISTORIAL DE SALUD MENTAL

- Antecedentes personales o familiares de trastorno del estado de ánimo y ansiedad o depresión

#### HISTORIAL REPRODUCTIVO

- Pérdida (aborto espontáneo, muerte fetal, terminación, pérdida infantil)
- Infertilidad o Tratamientos de fertilidad
- Síndrome premenstrual severo
- Embarazo, trabajo de parto o parto difícil
- Cambios hormonales durante el embarazo/postparto

#### SALUD GENERAL

- Cambios de las tiroides
- Anemia
- Falta de o no poder dormir



### Factores Psicológicos

#### PERSONALIDAD Y COMPORTAMIENTO

- Tendencias perfeccionistas
- Problemas de autoestima
- Dificultad con cambios o transiciones

#### EXPECTATIVAS RÍGIDAS O POCO REALISTAS SOBRE

- Embarazo/trabajo de parto/resultado del parto
- Maternidad
- Su carrera o trabajo


#### PROBLEMAS DE RELACIÓN Y ROLES

- Su Pareja
- Su propia Madre

#### LACTANCIA MATERNA

- Tus expectativas, deseos, habilidades, presión de otros y falta de apoyo
- El dejar de amamantar

# Perinatal Mood & Anxiety Disorders

These illnesses affect **1 IN 5** women during pregnancy or the first year postpartum. 

 They are caused by changes in biology, psychology, hormones and environment.



## Signs & Symptoms of Depression

It is normal to feel moody and tired after having a baby, but postpartum depression goes well beyond that. Its symptoms are severe and can impede your ability to function. Symptoms vary from person to person and even from day to day.

### Symptoms may include:

- You feel sad and cry a lot, but are unsure why
- You are exhausted but cannot sleep
- You sleep too much and cannot find the energy to function
- You can't stop eating; or you have no interest in food at all
- You have unexplained aches, pains or illnesses
- You don't know why you are irritable, anxious or angry
- You feel out of control
- You have difficulty remembering things
- You can't concentrate or have trouble making simple decisions
- You have no interest in the things you used to enjoy
- You feel disconnected from your baby and wonder why you are not filled with joy as you expected to be
- You feel worthless
- You feel guilty about your feelings
- You feel like you can't open up because people will think you are a bad mother or take your baby away
- You withdraw from those closest to you
- You feel overwhelmed
- You feel hopeless
- You want to escape from everyone and everything
- You have intrusive thoughts about harming yourself or your baby

### Ask for Help

If you have any of these symptoms, please know that it happens quite often to new moms and you are not to blame. **Talk with your OB, your family practitioner or your pediatrician immediately.** They can screen you for postpartum depression and connect you with resources that will help you recover.



You are not alone. You are not to blame. You will get well.

# Estado de Animo Perinatal Y Trastorno de Ansiedad



Estas enfermedades afectan hasta

**1 DE CADA 5**  
mujeres

→ durante el embarazo  
o el primer año  
de postparto



Son causadas por cambios en la biología, la psicología, las hormonas y el medio ambiente.



## Señales y Síntomas de Depresión

Es normal sentirse molesta y cansada después de tener un bebe, pero la depresión después del parto va mucho más lejos. Los síntomas son severos y pueden impedir su habilidad de funcionamiento.

**Los síntomas varían de persona a persona e incluso día a día. Y pueden ser:**

- Usted se siente triste y llora mucho, pero está insegura del porque
- Usted está cansada pero no puede dormir
- Usted duerme mucho y no tiene energía
- Usted no puede dejar de comer; o no tiene apetito
- Usted tiene dolores físicos sin motivo o enfermedades
- Usted no sabe porque esta molesta, ansiosa o enojada
- Usted siente que pierde el control
- Usted tiene dificultad en recordar las cosas
- Usted no se puede concentrar o tiene dificultad en tomar decisiones
- Usted no tiene interés en las cosas que antes disfrutaba
- Usted se siente desconectada de su bebe y se pregunta porque no está feliz como esperaba
- Usted se siente desvalorada
- Usted se siente culpable por lo que esta sintiendo
- Usted siente que no se puede expresar porque piensa que van a pensar que usted es una mala madre o cree que le van a quitar a su bebe
- Usted se siente lejos de sus seres más cercanos
- Usted se siente abrumada
- Usted se siente sin esperanza
- Usted quisiera escapar de todo el mundo y lugar
- Usted tiene pensamientos de lastimarse o lastimar a su bebe



### Pedir Ayuda

Si usted tiene cualquiera de estos síntomas recuerde que a veces les sucede a las madres primerizas y que usted no tiene la culpa.

**Hable con su médico, enfermera practicante o su pediatra**

**inmediatamente.** Pueden hacer un examen para determinar si padece de depresión después del parto y conectarla con los recursos disponibles.



**Usted no está sola. Usted no tiene la culpa. Usted se sentirá mejor.**

# Perinatal Mood & Anxiety Disorders

These illnesses affect

1 IN 5 women

during pregnancy or the first year postpartum.



They are caused by changes in biology, psychology, hormones and environment.



## Signs & Symptoms of Anxiety

### Panic Attacks

Sudden, intense rush of fear that lasts for about ten to fifteen minutes. They often come out of nowhere and can seem terrifying but are generally harmless.

**Symptoms include:**

- Racing Heart
- Lightheadedness or dizziness
- Numbness or tingling in the hands or feet
- Sweating, trembling
- Feeling short of breath
- Feeling of choking
- Chest pain or discomfort
- Nausea
- Chills or hot flashes
- Fear of Dying

### Post-Traumatic Stress

Can occur after many types of traumatic experiences, like domestic violence, rape, childhood abuse, labor and delivery or any experience where a person feels intense terror, horror or helplessness. Reexperiencing the trauma is one of the main experiences of post-traumatic stress.

**Symptoms include:**

- Intrusive thoughts
- Intrusive images
- Nightmares
- Flashbacks
- Difficulty sleeping
- Difficulty concentrating
- Irritability or anger
- Despair

### Worry

Defined as catastrophic thinking about the future, beyond normal worry.

**Physical symptoms include:**

- Restlessness
- Fatigue
- Difficulty Concentrating
- Irritability
- Muscle tension
- Insomnia

### Obsessions

Unwanted or intrusive thoughts, impulse or image that causes distress.

**Four main obsessions include:**

- Contamination
- Doubting
- Harming
- Sexual

### Compulsions

Rituals or repetitive behaviors designed to ward off disaster or reduce stress.

**Rituals and behaviors include:**

- Checking
- Washing
- Avoidance
- Reassurance Seeking



You are not alone. You are not to blame. You will get well.

# Estado de Animo Perinatal Y Trastorno de Ansiedad



Estas enfermedades afectan hasta

**1** DE CADA **5** mujeres

→ durante el embarazo o el primer año de postparto



Son causadas por cambios en la biología, la psicología, las hormonas y el medio ambiente.



## Señales y Síntomas de Ansiedad

### Ataques de Pánico

Sensación intensa y repentina de miedo que dura diez a quince minutos. A menudo ocurren sin ningún motivo y pueden ser espantosos, pero generalmente son inofensivos.

Los síntomas incluyen:

- Palpitaciones aceleradas del Corazón
- Sensación de mareo
- Entumecimiento u hormigueo en las manos o los pies
- Sudor, temblores
- Sensación de falta de aire al respirar
- Sensación de asfixia
- Dolor de pecho
- Nauseas
- Escalofríos o sofocones
- Miedo a morir

### Estrés Postraumático

El estrés postraumático puede ocurrir después de varios tipos de experiencias traumáticas, como violencia doméstica, asalto sexual, abuso infantil, parto y nacimiento o cualquier experiencia donde la persona siente un temor intenso, horror o impotencia.

Los síntomas incluyen:

- Pensamientos intrusivos
- Imágenes intrusivas
- Pesadillas
- Recuerdos
- Dificultad para dormir
- Dificultad en concentrarse
- Irritabilidad o enojo
- Desesperación

### Preocupación

Definido como catastrófico pensando en el futuro, más allá de la preocupación normal.

Los síntomas físicos incluyen:

- Inquietud
- Fatiga
- Dificultad para concentrarse
- Irritabilidad
- Tensión muscular
- Insomnio

### Obsesión

No deseado o intrusivo pensamientos, impulso o imagen que causa angustia.

Cuatro obsesiones principales incluyen:

- Contaminación
- Duda
- Hacer daño
- Sexual

### Compulsiones

Rituales o comportamientos repetitivos diseñados para protegerse del desastre o reducir el estrés.

Los rituales y comportamientos incluyen:

- Revisar
- Lavar
- Dejar o evitar
- Buscar validación



Usted no está sola. Usted no tiene la culpa. Usted se sentirá mejor.

# FREE SERVICES FOR FAMILIES

Postpartum  
Support Virginia 

Please scan QR code, visit our website at [postpartumva.org](https://postpartumva.org),  
or call 703-829-7152 to access our Support Services.

## Support Groups



In-person support groups.  
Select a group by location,  
date/time, or topic.  
Information about our  
6-week Mothers and Babies  
groups can also be found  
here.

## Care Coordination



Care Coordination helps  
families connect with mental  
health providers, doulas, or  
other support services.  
**Call our Warmline  
703.829.7152  
or email:  
[care@postpartumva.org](mailto:care@postpartumva.org)**

## Peer Mentors



This program pairs  
individuals with a trained  
volunteer who has  
recovered from a perinatal  
mental health issue for one-  
on-one support.

## Spanish Support Services



We offer care coordination,  
support groups, local  
resources, and peer support,  
for Spanish-speaking  
families.

## Warmline



If you need direct support, are  
overwhelmed or just want to  
chat, please call the PSVa  
Warmline for support  
(English or Spanish)  
(703) 829-7152  
or text  
(540) 698-1277 (English)  
(757) 550-4234 (Spanish)

## Shelane's Fund



Shelane's Fund provides  
financial assistance to offset  
the cost of mental health  
care or other services  
needed to heal from the  
effects of a perinatal mental  
health issue.



# SERVICIOS GRATIS PARA FAMILIAS

Postpartum  
Support Virginia 

Por favor escanee el código QR, visite nuestra página web [postpartumva.org](http://postpartumva.org) o llame al 703-829-7152 para tener acceso a nuestros Servicios de Apoyo.

## Grupos de Apoyo



Grupos de apoyo en persona. Seleccione un grupo por ubicación, fecha/hora, o tema. Aquí puede encontrar información sobre nuestro grupo de Mamás y Bebés.

## Coordinación de Servicios de Apoyo



La coordinación de Servicios de Apoyo ayuda a conectar a las familias con proveedores de salud mental, doulas u otros servicios de apoyo.

Llame a nuestra Línea de Asistencia: 703.829.7152 o mande un correo electrónico a [care@postpartumva.org](mailto:care@postpartumva.org)

## Programa de Mentoras



Este programa empareja a personas con una voluntaria entrenada que se ha recuperado de un trastorno perinatal de salud mental para tener apoyo individual.

## Servicios de Apoyo en Español



Ofrecemos coordinación de servicios, grupos de apoyo y recursos locales por medio de mentoras para familias que hablan Español.

## Línea de Asistencia



Si necesita apoyo directo, se siente abrumada, o solo quiere platicar, por favor llame a la Línea de Asistencia de PSVa para obtener apoyo (Inglés o Español) (703) 829-7152

or mande un mensaje de texto:  
(540) 698-1277 (Inglés)  
(757) 550-4234 (Español)

## Fondo de Shelane



El Fondo de Shelane ofrece asistencia financiera para cubrir el costo de atención para la salud mental, u otros servicios necesarios para recuperarse de un trastorno perinatal de salud mental.

# SAVE YOUR LIFE:

# Get Care for These POST-BIRTH Warning Signs

Most women who give birth recover without problems. **But any woman can have complications after giving birth.** Learning to recognize these POST-BIRTH warning signs and knowing what to do can save your life.

**POST-BIRTH WARNING SIGNS**

**Call 911**  
if you have:

- P**ain in chest
- O**bstructed breathing or shortness of breath
- S**eizures
- T**houghts of hurting yourself or someone else

**Call your healthcare provider**  
if you have:

(If you can't reach your healthcare provider, call 911 or go to an emergency room)

- B**leeding, soaking through one pad/hour, or blood clots, the size of an egg or bigger
- I**ncision that is not healing
- R**ed or swollen leg, that is painful or warm to touch
- T**emperature of 100.4°F or higher
- H**eadache that does not get better, even after taking medicine, or bad headache with vision changes

**Trust your instincts.**  
ALWAYS get medical care if you are not feeling well or have questions or concerns.

**Tell 911 or your healthcare provider:**

"I gave birth on \_\_\_\_\_ and  
(Date)  
I am having \_\_\_\_\_."  
(Specific warning signs)

**These post-birth warning signs can become life-threatening if you don't receive medical care right away because:**

- Pain in chest, obstructed breathing or shortness of breath** (trouble catching your breath) may mean you have a blood clot in your lung or a heart problem
- Seizures** may mean you have a condition called eclampsia
- Thoughts or feelings of wanting to hurt yourself or someone else** may mean you have postpartum depression
- Bleeding (heavy)**, soaking more than one pad in an hour or passing an egg-sized clot or bigger may mean you have an obstetric hemorrhage
- Incision that is not healing, increased redness or any pus** from episiotomy or C-section site may mean you have an infection
- Redness, swelling, warmth, or pain** in the calf area of your leg may mean you have a blood clot
- Temperature of 100.4°F or higher, bad smelling vaginal blood or discharge** may mean you have an infection
- Headache (very painful), vision changes, or pain in the upper right area of your belly** may mean you have high blood pressure or post birth preeclampsia

**GET HELP**

My Healthcare Provider/Clinic: \_\_\_\_\_ Phone Number: \_\_\_\_\_  
Hospital Closest To Me: \_\_\_\_\_

# SALVE SU VIDA:

## Busque atención médica para estas señales de advertencia después del parto

La mayoría de las mujeres que dan a luz se recuperan sin problemas. Pero cualquier mujer puede tener complicaciones después del nacimiento de un bebé. Aprender a reconocer estas señales de advertencia después del parto y saber qué hacer puede salvar su vida.

SEÑALES DE ADVERTENCIA DESPUÉS DEL PARTO

Llame al 911 si tiene:

- Dolor en el pecho
- Respiración obstruida o dificultad para respirar
- Convulsiones
- Pensamientos de dañarse a usted misma o a alguien más

Llame a su proveedor de salud si tiene:

(Si no puede comunicarse con su proveedor de salud, llame al 911 o vaya a una sala de emergencias)

(Si no puede comunicarse con su proveedor de salud, llame al 911 o vaya a una sala de emergencias)

- Sangrado que empapa una compresa higiénica en una hora, o coágulos de sangre del tamaño de un huevo o más grandes
- Incisión que no se cura
- Enrojecimiento o hinchazón en su pierna que es dolorosa o se encuentra caliente al tacto
- Temperatura de 100.4 °F o más
- Dolor de cabeza que no mejora incluso después de tomar medicamentos o dolor de cabeza intenso con cambios en la visión

Confíe en sus instintos

SIEMPRE busque atención médica si no se siente bien o tiene preguntas o preocupaciones.

Dígale al 911 o a su proveedor de salud:

“Mi parto fue el \_\_\_\_\_ y  
(Fecha)  
tengo \_\_\_\_\_”  
(Señales de advertencia específicas)

Estas señales de advertencia después del parto pueden poner en riesgo su vida si no recibe atención médica de foma rápida porque:

- El dolor en el pecho, la obstrucción de la respiración y la dificultad para respirar (problemas para recuperar el aliento) pueden significar que tiene un coágulo de sangre en un pulmón o un problema cardíaco
- Las convulsiones pueden significar que tiene una afección llamada eclampsia
- Los pensamientos o deseos de dañarse a usted misma o a su bebé pueden significar que tiene depresión posparto
- Un sangrado (abundante) que empapa más de una compresa higiénica en una hora o si expulsa un coágulo del tamaño de un huevo o más grande puede significar que tiene una hemorragia obstétrica
- Una incisión que no se cura, un aumento en el enrojecimiento o pus en el sitio de la episiotomía o de la cesárea puede significar que tiene una infección
- El enrojecimiento, hinchazón, calor o dolor en el área de la pantorrilla de su pierna puede significar que tiene un coágulo de sangre
- Tener temperatura de 100.4 °F o más, sangre o secreciones con olor feo de su vagina puede significar que tiene una infección
- Un dolor de cabeza (muy intenso), cambios en la visión o dolor en el área superior derecha de su vientre puede significar que tiene presión arterial alta o preeclampsia después del parto

**BUSQUE AYUDA** Mi proveedor de salud/clínica: \_\_\_\_\_ Número de teléfono: \_\_\_\_\_  
Hospital más cercano: \_\_\_\_\_

# Infant Resources



# Child Safety Seat Program (Car Seat)

## About Us

The West Piedmont Health District serves people of all ages in Franklin, Henry and Patrick counties at three health departments: Rocky Mount, Martinsville and Stuart. We offer an extensive array of programs for people of all ages on a sliding scale. These include vaccinations, health screenings, testing and case management.

## Who We Serve

Virginia Residents  
\*U.S. Citizenship NOT required

## Services

- Free child safety seat and installation
  - Convertible car seat
    - \*for infants from 5-65 lbs.
    - \*minimum length of 19 in.
- Free child safety seat use and installation check
  - Education on how to install the seat correctly
  - Education on how to use and adjust the harness correctly

## Documents to Bring

- Medicaid card, WIC information, and proof of income.

## Fees/Insurance Accepted

- No charge for those who meet the following criteria based on:
- Income eligibility
  - Enrolled in Medicaid, FAMIS, or WIC
    - \*\*Women, Infants, & Children (WIC) program is available at all local health departments\*\*
  - Pregnant mother MUST BE in 3rd trimester of pregnancy
  - Attend training to correctly use and install safety seat

## Program Contact Person

Angie Inman

## Phone

276-638-2311, 276-403-8426

## Email

amy.inman@vdh.virginia.gov

## Address

-Henry Martinsville Health Department - 295 Commonwealth Blvd, Martinsville

-Patrick County Health Department - 106 Rucker Street, Stuart

## Business Hours

Monday - Friday  
8:00 - 4:30  
By appointment only.

# The Growth & Opportunity Center

## "Where We Put Families First"

### About Us

The Growth & Opportunity Center (GOC) provides resources and support to families in our community. Our mission is to bridge the gap that impacts families in the community by creating services and programs that are inclusive and benefit all.

### Who We Serve

Henry County & Martinsville Residents

### Services

- Circle of Parents
- Concrete Support
  - Food Box
  - Feminine Products (Tampon and Pads)
- Weekly Drop-In-Play (up to 4 years old)
- Sessions and workshops
  - Finances
  - Life Skills
  - Parenting
- Free Tutoring
- Resources and Referrals

### Documents to Bring

None

### Fees/Insurance Accepted

None

### Program Contact Person

Kaneshia Coles

### Phone

276-403-3516

### Email

[kaneshia@unitedwayofhcm.org](mailto:kaneshia@unitedwayofhcm.org)

### Address

United Way of Henry County & Martinsville  
311 Brown St  
Martinsville VA 24112

### Business Hours

Monday-Thursday  
9:00am-5:00pm  
Friday and Saturday by Appointment Only

# Healthy Families West Piedmont

## About Us

Healthy Families home visitors are living, breathing how-to manuals, supporting parents as they establish nurturing parent-child relationships, develop positive parenting skills, provide safe homes, and learn to support healthy child development. Services support parents during the first five years of a child's life. Services are free and voluntary.

## Who We Serve

- Pregnant women
- Families with a newborn under 3 months of age
- Families living in Martinsville, Franklin County, Henry County, or Patrick County

## Services

- Home visits
- Information on what to expect during pregnancy and how to prepare for birth
- Information on child development, parenting, health care and local community resources
- Developmental screenings and activities to do with baby to support development
- Information for creating a safe and healthy environment
- Linking to medical and other resources in the community

## Documents to Bring

None

## Fees/Insurance Accepted

Free

## Program Contact Person

Sherry Winn

## Phone

276-656-0425 ext. 102

## Email

swinn@piedmontcsb.org

## Address

Piedmont Community Services  
24 Clay Street  
Martinsville, VA 24112

## Business Hours

Monday - Friday  
8:00 am - 5:00 pm

# Infant & Toddler Connection of the Piedmont

## About Us

Any infant or toddler in Martinsville, Franklin County, Henry County or Patrick County who isn't developing as expected or who has a medical condition that can delay typical development may be eligible to receive early intervention supports and services under Part C of the Individuals with Disabilities Education Act (IDEA).

Early intervention supports and services focus on increasing the child's participation in family and community activities that are important to the family. In addition, supports and services focus on helping parents and other caregivers know how to find ways to help their children learn during everyday activities.

## Who We Serve

- Martinsville/Henry County/Franklin County/Patrick County
- Infants and toddlers from birth until their 3rd birthday and their families
- Have a 25% delay in one or more areas of development, or
- Have atypical development, or
- Have a diagnosed condition that can delay development

## Services

- Service coordination
- Multidisciplinary evaluation & assessments
- Development of Individualized Family Service Plan (IFSP)
- Assistive technology
- Audiology
- Family training, counseling and home visits
- Occupational therapy
- Physical therapy
- Special instruction
- Speech-language pathology
- Vision services

## Documents to Bring

- Insurance information
- Proof of taxable income if accessing sliding scale

## Fees/Insurance Accepted

- Multidisciplinary evaluation & assessment, development of IFSP and service coordination provided at no cost to families
- Charges are assessed for other IFSP services
- Accept Medicaid and all Medicaid MCOs
- Accept most private insurances
- Accept Tricare
- Sliding fee scale available
- No child denied services due to inability to pay



**Program Contact Person**

Sherry Winn

**Phone**

276-656-0425 ext. 102

**Email**

swinn@piedmontcsb.org

**Address**

Piedmont Community Services  
24 Clay Street  
Martinsville, VA 24112

**Business Hours**

Monday - Friday  
8:00 am - 5:00 pm  
Other times by appointment

# MHC Partners for Children - a program of United Way of HCM

## About Us

MHC PARTNERS FOR CHILDREN is a School Readiness Initiative focused on making sure children are prepared for school success when they enter kindergarten.

## Who We Serve

Martinsville and Henry County families with young children from birth to age 5.  
-Pregnant Women  
-Children from birth to age 5  
-Grandparents  
-Families

## Services

Resources for Families with young children birth to 5 years of age:

- Smart2Start Coordinated Enrollment System links families to childcare services in MHC
- Ages and Stages Questionnaire (ASQ): ASQ screenings are available to assess the developmental progress of children.
- Dolly Parton Imagination Library (DPIL): Free books sent every month to your mailbox for children aged 0-5.
- Early Literacy Resources: Drop In Play and Read to Learn activities for children and their Parent(s)/Caregiver(s).

## Documents to Bring

No documentation required for services

## Fees/Insurance Accepted

Free

## Program Contact Person

Diane Smith, Family Navigator

## Phone

276-403-5963

## Email

[Diane@unitedwayofHCM.org](mailto:Diane@unitedwayofHCM.org)

## Address

United Way of HCM  
149 East Main Street  
Martinsville VA 24112

## Business Hours

Monday - Friday  
9:00am to 5:00pm

# Moms In Motion

## About Us

Leading people and families to the Answers, Help, and Hope that they have been looking for through love and leverage. Our mission is to provide Service Facilitation for people approved for Virginia's Medicaid Waivers (CCC Plus ,CL & FIS, EPSDT program). We serve individuals and their families by providing resources, information, engaging in advocacy through community- and state-wide networks, and by assisting people in navigating the waiver world's constant changes because everyone deserves a fulfilling quality of life.

We are experts in navigating the Virginia Medicaid waiver system through advocacy, compassion, and excellence. We recognize the system can be overwhelming but we will coach you and your family through the process from beginning to end by empowering the family with the tools needed to succeed!

## Who We Serve

-Entire state of Virginia.

## Services

-Virginia Medicaid Waiver Assistance/Coaching  
-Service Facilitation

## Documents to Bring

N/A

## Fees/Insurance Accepted

-Medicaid

## Program Contact Person

Lanny Rooney

## Phone

1-800-417-0908

## Email

[Info@momsinmotion.net](mailto:Info@momsinmotion.net)

## Address

Moms In Motion  
P.O. Box 609  
Front Royal, VA  
22630

## Business Hours

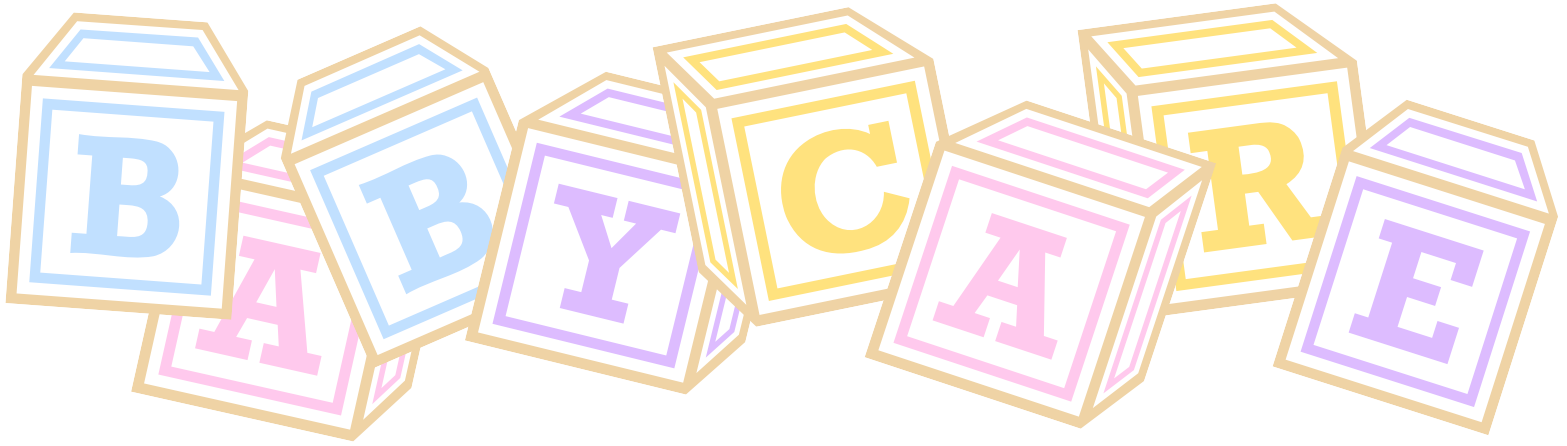
Monday-Friday 8AM-4PM

### Henry County Childcare Centers

Childcare Centers	Phone	Address	Business Hours	Accepts Subsidy	Ages	Licensed
Boys and Girls Club of the Blue Ridge - Sanville	276.734.1988	19 Sanville School Road. Bassett, VA	Monday- Friday 2:00pm-6:00pm	Yes	5yr - 12yr 11 mo	Yes
Carlisle School	276.632.7288	300 Carlisle Road. Axton, VA	Monday-Friday 1:00pm-3:30pm	No	3yr - 12yr 11 mo	Yes
PCCA Head Start- Moral Hill Baptist Church	434.432.8911	50 Moral Hill Drive. Axton, VA	Monday-Friday 8:00am-2:15pm	No	2yr 11 mo- 5 yr 11 mo	Yes
Pittsylvania County Community Action - Stanleytown #14	434.432.8911	74 Edgewood Drive. Stanleytown, VA	Monday- Friday 8:00am-2:15pm	No	3yr - 5 yr 11 mo	Yes
The Family YMCA, Inc. Axton	276.650.1411	1500 Axton School Road. Axton, VA.	Monday- Friday 2:30pm-6:00pm	Yes	4yr- 12yr 11 mo	Yes
The Family YMCA, Inc. Drewry Mason	276.956.8978	45 Drewry Mason School Rd. Ridgeway, VA	Monday- Friday 2:30pm-6:00pm	Yes	4yr- 12yr 11 mo	Yes
The Family YMCA, Inc. Smith Memorial	276.647.1384	2703 Daniels Creek Road. Collinsville, VA	Monday-Friday 7:00am-6:00pm	Yes	2 yr- 12 yr 11 mo	Yes
The Family YMCA, Inc. Stanleytown	540.629.5084	74 Edgewood Drive. Stanleytown, VA	Monday- Friday 2:30pm-6:00pm	Yes	4 yr- 12 yr 11 mo	Yes
Cordia Al-Quahhar	276.224.6316	9 Briar Hill Drive. Fieldale, Va	Monday- Friday 6:00am- 5:00pm	Yes	1 yr 4 mo - 12yr 11 mo	Yes
Mrs. Clydie Harrison	276.957.4645	610 Meadowood Trail. Martinsville, VA	Monday- Friday 6:00am- 6:00pm	No	4yr- 12yr 11 mo	Yes
First Baptist Church of Collinsville	276.647.3774	3339 Virginia Avenue. Collinsville, VA	Monday- Thursday 9:00am-12:00pm	No	2yr 6 mo - 5yr 11 mo	No
First United Methodist Church	276.656.6199	146 E. Main Street. Martinsville, VA	Monday - Friday 7:00am - 5:30pm	Yes	1mo- 10 yr 11 mo	No
Freedom Baptist Church	276.638.3802 (102)	790 Irisburg Rd. Axton, VA	Monday- Friday 6:30am- 5:30 pm	Yes	1mo - 11yr 11mo	No
Fresh Start Ministries	276.732.9532	323 Patrick Avenue. Fieldale, VA	Monday- Friday 6:30am- 6:00pm	Yes	2yr 6 mo - 12yr 11 mo	No
Michelle Hairston	276.353.8620	657 Chatmoss Court Ext. Martinsville, VA	Monday- Friday 6:30am- 5:30 pm	Yes	Birth-12yr 11 mo	No
Nu-Zoe Ministries	276.340.5289	219 Clearview Dr. Martinsville, VA	Monday- Friday 6:00am-12:00am	Yes	6mo-10yr 11 mo	No
Pochahontas Bassett Baptist Church	276.618.4834	120 Old Bassett Heights Road. Bassett, VA	Monday- Friday 7:30 am- 5:30pm	Yes	2yr 6 mo - 12yr 11 mo	No
Victory Baptist Church	276.673.2093	1300 Dillons Fork Road. Fieldale, VA.	Monday- Friday 6:00am- 6:00pm	Yes	1mo - 12 yr 11 mo	No

### ***Martinsville Childcare Centers***

<b>Child Care Centers</b>	<b>Phone</b>	<b>Address</b>	<b>Business Hours</b>	<b>Accepts Subsidy</b>	<b>Ages</b>	<b>Licensed</b>
Boys and Girls Club of the Blue ridge- Albert Harris	276.806.9264	710 Smith Road Martinsville, VA	Monday- Friday 2:00pm-6:00pm	Yes	5 yr- 12 yr 11 mo	Yes
Boys & Girls Clubs of the Blue Ridge-Clearview	276.734.4517	800 Ainsley St. Martinsville, VA	Monday- Friday 2:00pm-6:00pm	Yes	3yr- 5yr 11 mo	Yes
Boys & Girls Clubs of the Blue Ridge-Patrick Henry	276.806.8277	1810 East Church St. Ext. Martinsville, VA	Monday- Friday 2:00pm-6:00pm	Yes	5yr- 12 yr 11 mo	Yes
Da Capo Virginia	804.432.2447	1425 Spruce Street Ext. Martinsville, VA	Monday-Thursday 8:00am-2:00pm	Yes	4yr 10 mo - 12 yr 11 mo	Yes
Happy Feet Early Learning Child Center	276.403.4183	37 Ellsworth St. Martinsville, VA	6:30am-5:00pm (Monday-Friday), 7:30am-4:00pm (Saturday)	Yes	1mo - 12 yr 11 mo	Yes
Little Hearts Daycare	276.632.8108	319 Brown St. Martinsville, VA	Monday-Friday 6:30am-5:30pm	Yes	1mo - 12 yr 11 mo	Yes
PCCA Head Start Refuge Temple #2	434.432.8911	205 Clearview Dr. Martinsville, VA	Monday-Friday 8:00am-2:15pm	Yes	2yr 11 mo - 5 yr 11 mo	Yes
Pittsylvania County Community Action-Refuge Temple 1a and 1b	434.432.8911	214 Clearview Dr. Martinsville, VA	Monday-Friday 8:00am-2:15pm	Yes	2yr 11 mo - 5 yr 11 mo	Yes
The Family YMCA INC. Carver	276.957.2226	220 Trott Circle. Martinsville, VA	Monday-Friday 2:30pm-6:00pm	Yes	4yr - 12 yr 11 mo	Yes
The Family YMCA INC. Chatham Heights	276.201.9574	1235 Chatham Heights Road. Martinsville, VA	Monday-Friday 6:30am-6:30pm	Yes	5yr - 12 yr 11 mo	Yes
The Family YMCA, Inc. Mt. Olivet	276.632.6455	255 Lancer Lane. Martinsville, VA	Monday-Friday 2:30pm-6:00pm	Yes	4yr - 12 yr 11 mo	Yes
First Baptist Church of Martinsville	276.632.2636	23 Starling Avenue. Martinsville, VA	Monday- Friday 6:30am- 5:30pm	Yes	1mo-12yr 11 mo	No
First Presbyterian Church	276.632.3431	1901 Patrick Henry Avenue. Martinsville, VA	Monday- Friday 7:45am- 2:00pm	No	1yr-5yr 11 mo	No



## *A Program for Infants*

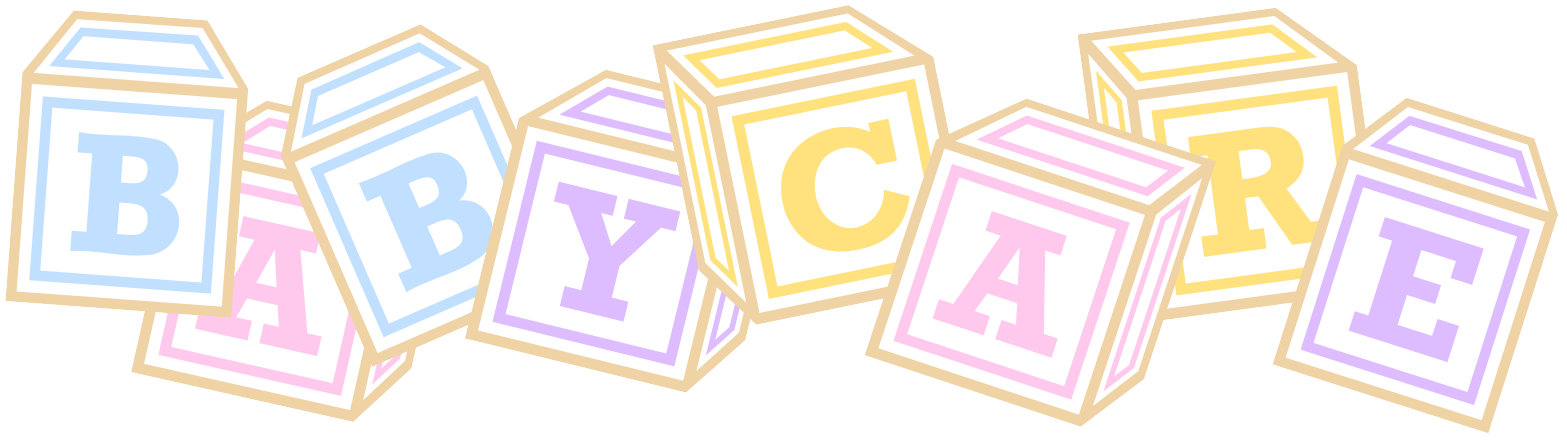
**BabyCare** is a program for infants up to age two receiving services through FAMIS, FAMIS Plus or Medicaid and who are not currently enrolled in a Managed Care Organization (MCO). Parents/Caregivers of children who are enrolled in a Medicaid MCO should contact their MCO for information on programs for infants.

**The BabyCare Program** for infants includes Case Management Services for infants who may be at higher risk for health problems.

Ask your health care provider about the  
BabyCare Program in your area.

For more information, call 804-786-6134





## Programa para niños

**BabyCare** es un programa para recién nacidos y niños hasta los 2 años de edad, quienes reciben servicios a través de FAMIS, FAMIS Plus o Medicaid y que en la actualidad no están inscritos a una Organización de Cuidados Administrados (MCO, por sus siglas en inglés). Los padres o tutores de niños inscritos a un MCO deben comunicarse con su MCO para obtener información sobre programas para recién nacidos y hasta la edad de 2 años.

**El programa BabyCare para incluye:** Servicios de administración de casos para los niños que están expuestos a mayores riesgos médicos.

Consulte a su médico  
acerca del programa BabyCare

Para obtener más información, llámenos al 804-786-6134



# Additional Resources





# A Better You, PLLC

## About Us

A Better You, PLLC offers individual, couples, and family counseling.

## Who We Serve

- Martinsville/Henry County
- Individuals
- Couples
- Families

## Services

- Individual outpatient mental health counseling
- Couples counseling
- Family counseling

## Documents to Bring

- Picture ID
- Medicaid Card

## Fees/Insurance Accepted

- Medicaid

## Program Contact Person

Terri Trammell

## Phone

276-250-5424

## Email

abetteryoubh@gmail.com

## Address

A Better You, PLLC  
912 Brookdale Street Ste 2  
Martinsville, VA. 24112

## Business Hours

Monday-Friday 8:30 am -2:30 pm; 4:00 pm - 5:00 pm

# BankOn of Henry County & Martinsville

## About Us

BankOn is a movement to have safe, low cost checking accounts without excessive fees available to everyone in the community.

## Who We Serve

Henry County/Martinsville residents

## Services

We connect people in the community with Financial Institutions that offer BankOn certified accounts.

## Documents to Bring

None

## Fees/Insurance Accepted

Free

## Program Contact Person

Maria Amaya-Chavez

## Phone

276-403-3516 x205

## Email

[maria@unitedwayofhcm.org](mailto:maria@unitedwayofhcm.org)

## Address

Growth & Opportunity Center  
311 Brown St  
Martinsville VA 24112

## Business Hours

Monday-Friday 9am-5pm

# BrightView Health

## About Us

Founded in 2015, BrightView provides comprehensive, evidence-based outpatient addiction treatment to thousands of patients in recovery from alcohol and substance use disorder throughout seven states.

The 15+ locations in Virginia, including Martinsville, Danville, Lynchburg and Roanoke, and the organization's 80+ centers provide a practical treatment approach that includes medication assisted treatment (MAT), counseling and group therapy, and wraparound social services, as well as work on co-occurring disorders. Locations are generally able to dispense medication on-site, which makes treatment comfortable and convenient for patients, and many sites provide many treatment options such as Suboxone and Methadone. We work in partnership with the OB/Gyn community to provide safe treatment for pregnant women, and with other community partners to provide access to other programs that provide assistance.

BrightView's compassionate and professional staff create an accessible and welcoming environment for physical and emotional healing. BrightView is committed to treating each patient with respect, providing positive reinforcement, and achieving long-term wellness. To learn more, please visit [brightviewhealth.com](http://brightviewhealth.com).

## Who We Serve

BrightView provides comprehensive, evidence-based outpatient addiction program for patients who are 18+ in need of treatment for alcohol and substance use disorder.

## Services

BrightView Health provides a practical treatment approach that includes medication assisted treatment (MAT), counseling and group therapy, and wraparound social services, as well as work on co-occurring disorders. Locations are generally able to dispense medication on-site, which makes treatment comfortable and convenient for patients, and many sites provide many treatment options such as Suboxone, Methadone and other treatment options.

We work in partnership with the OB/Gyn community to provide safe treatment for pregnant women, and with other community partners to provide access to other programs that provide assistance.

BrightView's compassionate and professional staff create an accessible and welcoming environment for physical and emotional healing. BrightView is committed to treating each patient with respect, providing positive reinforcement, and achieving long-term wellness.

**Documents to Bring**

Pictured identification and insurance card.

**Fees/Insurance Accepted**

We accept all Medicare providers, usually at no cost to the patient. We accept most commercial insurance in which patients may incur a co-payment as required by their insurance company.

We also accept the uninsured who pay a monthly amount for treatment.

**Program Contact Person**

Vickie Meeks Miller

**Phone**

540-929-0226

**Email**

v.miller@brightviewhealth.com

**Address**

1345 Plantation Road, NE  
Roanoke, VA 24012

Other local locations available in Martinsville, Danville, Lynchburg, Harrisonburg.

**Business Hours**

9:00 am to 5:00 pm Monday through Friday

Inductions of new patients are done between 9:00 am and 2:00 pm

Sites providing Methadone and pharmacy access provide:

Methadone dosing hours are 6:30 am to 4:30 pm

Pharmacy hours on Saturday from 7:30 am to 10:00 am

# Connect Health + Wellness

## About Us

We are committed to providing medical and primary health services at Bassett and Ridgeway – our Federally Qualified Health Centers – dental services at the Dental Clinic, and to promoting health, reducing health risk factors and increasing access to medical and dental services, primarily for the uninsured and underserved in the Martinsville-Henry County area.

## Who We Serve

- Martinsville/Henry County/Patrick County and surrounding areas
- Families (all ages)
- Uninsured, underinsured, insured including Medicaid and Medicare

## Services

- Medical Care
- Dental Care
- Behavioral Health
- Support Services (Medication Assistance, Insurance Assistance, Health Education, Chronic Disease Management and more)

## Documents to Bring

- Everyone should bring your photo ID, your insurance card (if you have insurance) and a list of your current medications to each visit
- If you are applying for sliding fee discount program, you will need to bring proof of income (W-2, 1-month of paystubs, or Social Security income letter)

## Fees/Insurance Accepted

- All insurances accepted, but not required
- Sliding fee discount program (based on household income)

## Program Contact Person

Brittany Anthony

## Phone

276-638-0787

## Email

[info@connecthealthva.org](mailto:info@connecthealthva.org)

## Address

Connect Health + Wellness - Bassett  
324 TB Stanley Hwy.  
Bassett, VA 24055

Connect Health + Wellness - Ridgeway  
4944 Greensboro Rd.  
Ridgeway, VA 24148

Connect Health + Wellness - Dental  
23 Fayette St.  
Martinsville, VA 24112

## **Business Hours**

Connect Health + Wellness (Bassett & Ridgeway)  
Monday - Friday 7:00 a.m. - 7:00 p.m.

Connect Health + Wellness (Dental)  
Monday - Friday 8:00 a.m. - 5:00 p.m.

# Every Woman's Life

## About Us

The West Piedmont Health District serves people of all ages in Franklin, Henry and Patrick counties at three health departments: Rocky Mount, Martinsville and Stuart. We offer an extensive array of programs for people of all ages on a sliding scale. These include vaccinations, health screenings, testing and case management.

## Who We Serve

40-60 year-old women who have been identified by a provider as needing mammogram and cervical health services.

## Services

Breast and cervical cancer screenings

## Documents to Bring

Proof of income

## Fees/Insurance Accepted

FREE. Must have no insurance or be under insured. Income requirements apply.

## Program Contact Person

Robin McBride

## Phone

276-638-2311, 540-484-0292, 276-693-6784

## Email

[robin.mcbride@vdh.virginia.gov](mailto:robin.mcbride@vdh.virginia.gov)

## Address

-Henry Martinsville Health Department - 295 Commonwealth Blvd, Martinsville  
-Franklin County Health Department - 365 Pell Avenue, Rocky Mount  
-Patrick County Health Department - 106 Rucker Street, Stuart

## Business Hours

Monday - Friday  
8:00 - 4:30  
By Appointment Only

# Family Planning - Health Department

## About Us

Keeping You Healthy. Your local health department works closely with other community agencies for the public welfare and adhere to guidance provided by the Virginia Department of Health (VDH). We respond to widespread diseases, provide immunizations for children and adults, and ensure access to health services in your community. Family planning clinics are available for all. The West Piedmont Health District serves Franklin, Henry and Patrick counties with offices in Rocky Mount, Martinsville and Stuart.

## Who We Serve

Any resident of Franklin, Henry/Martinsville or Patrick counties may visit the nearest health department for a variety of services.

## Services

Family planning clinics offer a broad range of FDA-approved contraceptive methods and counseling, breast cancer and cervical cancer screening, pregnancy testing and counseling, screening and treatment of sexually transmitted infections, HIV testing and other patient education and referrals.

## Documents to Bring

- Proof of total household income
- List of Medications
- Insurance cards

## Fees/Insurance Accepted

- Sliding scale
- Medicaid
- Most private insurance plans

## Program Contact Person

Clerk for appointment

## Phone

276 638-2311; 540 484-0292; 276 693-2070

## Email

[robin.mcbride@vdh.virginia.gov](mailto:robin.mcbride@vdh.virginia.gov)

## Address

- Henry Martinsville Health Department - 295 Commonwealth Blvd, Martinsville
- Franklin County Health Department - 365 Pell Avenue, Rocky Mount
- Patrick County Health Department - 106 Rucker Street, Stuart

## Business Hours

Monday - Friday  
8:00 - 4:30  
By Appointment only



# Plan First

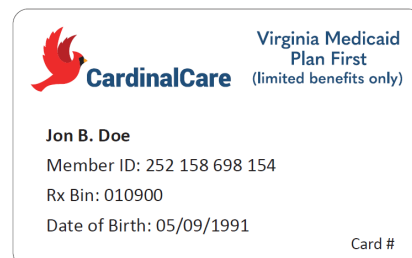
## Virginia's Limited Benefit Family Planning Coverage for Men and Women

### What is *Plan First*?

*Plan First* is Virginia's limited-benefit Medicaid program that provides free family planning services to women and men who do not qualify for full-benefit Medicaid.

Members are mailed a *Plan First* ID card with their name and ID number on it. This card must be shown to the doctor, clinic, or pharmacy before receiving care so that only covered services are provided.

**Only family planning services will be covered.**



*Plan First* members may also be eligible for affordable, high-quality health insurance with comprehensive coverage through Virginia's Insurance Marketplace. Virginia's Insurance Marketplace is the only place to apply for financial savings to help lower monthly health insurance costs.

Learn more and apply at [www.marketplace.virginia.gov](http://www.marketplace.virginia.gov) or 1-888-687-1501.

### What Does *Plan First* Cover?

- Yearly physical exams for family planning including a PAP test
- Sexually Transmitted Infection (STI) testing
- Family planning education & counseling
- Birth control methods provided by a doctor or obtained with a prescription such as contraceptive implants, rings, patches, IUDs, birth control pills, diaphragms, Depo Provera, and condoms
- Sterilization (tubal ligations and vasectomies)
- Non-Emergency transportation to family planning services, including to pick up a family planning prescription

### What Services are Not Covered?

- Non-family planning services such as exams, preventative services, and prescriptions
- Treatment for medical problems, including STIs or other reproductive health problems
- Repeat PAP tests due to a problem or PAP tests for women who do not need birth control
- Hysterectomies
- Mammograms
- Infertility treatments
- Abortions
- Emergency transportation -- ground or air ambulance

### What if *Plan First* Doesn't Cover What You Need?

- Contact Virginia's Insurance Marketplace to learn about and enroll in affordable, comprehensive health insurance at [www.marketplace.virginia.gov](http://www.marketplace.virginia.gov).
- Go to [www.findahealthcenter.hrsa.gov](http://www.findahealthcenter.hrsa.gov) or [www.vafreeclinics.org/clinics-in-virginia](http://www.vafreeclinics.org/clinics-in-virginia) to find a community health center or free clinic near you.
- Contact Cover Virginia at 1-855-242-8282 or your local Department of Social Services (DSS) if you have questions about Medicaid eligibility.



For complete information about *Plan First*, go to:

[www.coverva.dmas.virginia.gov/learn/insurance-for-adults/plan-first/](http://www.coverva.dmas.virginia.gov/learn/insurance-for-adults/plan-first/)



# Plan First

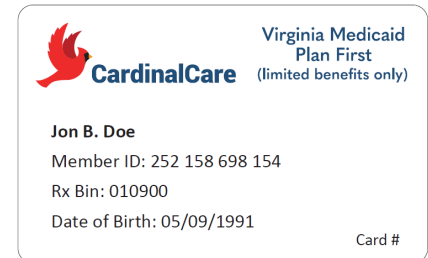
## Seguro de planificación familiar de beneficios limitados de Virginia para hombres y mujeres

### ¿Qué es Plan First?

Plan First es el programa de beneficios limitados de Medicaid de Virginia que ofrece servicios gratuitos de planificación familiar a mujeres y hombres que no califican para Medicaid con beneficios completos.

A los afiliados se les envía por correo una tarjeta de identificación (ID) de Plan First con su nombre y número de identificación. Esta tarjeta debe mostrarse al médico, clínica o farmacia antes de recibir atención médica para garantizar que solo se proporcionen los servicios cubiertos.

**Sólo se cubrirán los servicios de planificación familiar.**



Los afiliados de Plan First también pueden ser elegibles para un seguro médico asequible y de alta calidad con cobertura integral a través del Mercado de Seguros Médicos de Virginia. El Mercado de Seguros Médicos de Virginia es el único lugar donde se pueden solicitar ahorros financieros que ayuden a reducir los costos mensuales del seguro médico.

Obtenga más información y presente su solicitud en [www.marketplace.virginia.gov](http://www.marketplace.virginia.gov) o al 1-888-687-1501.

### ¿Qué cubre Plan First?

- Exámenes físicos anuales con fines de planificación familiar, incluyendo la prueba de Papanicolaou (PAP)
- Pruebas de Infecciones de Transmisión Sexual (ITS)
- Educación y asesoramiento sobre planificación familiar
- Métodos anticonceptivos proporcionados por un médico u obtenidos con receta médica, como implantes anticonceptivos, anillos, parches, dispositivo intrauterino (DIU), píldoras anticonceptivas, diafragmas, Depo-Provera y condones
- Esterilización (ligaduras de trompas y vasectomías)
- Transporte que no sea de emergencia a los servicios de planificación familiar, incluyendo ir a recoger una receta de planificación familiar

### ¿Qué pasa si Plan First no cubre lo que necesita?

- Comuníquese con el Mercado de Seguros Médicos de Virginia para obtener información e inscribirse en un seguro médico integral y asequible en [www.marketplace.virginia.gov](http://www.marketplace.virginia.gov).
- Vaya a [www.findahealthcenter.hrsa.gov](http://www.findahealthcenter.hrsa.gov) o [www.vafreeclinics.org/clinics-in-virginia](http://www.vafreeclinics.org/clinics-in-virginia) para encontrar un centro de salud comunitario o una clínica gratuita cerca de usted.
- Comuníquese con Cubre Virginia al 1-855-242-8282 o con su Departamento Local de Servicios Sociales (DSS,) si tiene preguntas sobre la elegibilidad para Medicaid.

### ¿Qué servicios no están cubiertos?

Servicios que no son de planificación familiar, como exámenes, servicios preventivos y recetas médicas

- Tratamiento de problemas médicos, incluyendo infecciones de transmisión sexual (ITS) u otros problemas de salud reproductiva
- Pruebas de Papanicolaou repetidas debido a un problema o para mujeres que no necesitan anticonceptivos
- Histerectomías
- Mamografías
- Tratamientos de infertilidad
- Abortos
- Transporte de emergencia: ambulancia terrestre o área

# Getting Ahead in a "Just-Gettin'-By" World

## About Us

Getting Ahead in a Just-Gettin'-By World is a 17 session workshop series providing people motivated for change the tools and support necessary to 'Get Ahead' in today's world.

## Who We Serve

- Henry County Residents
- Martinsville Residents

## Services

Working in a group learning environment, participants, known as "investigators", will learn that money is only 1 of 11 resources used to define success including:

- Financial
- Emotional
- Language
- Mental/Cognitive
- Social Capital (Connections)
- Physical
- Spiritual
- Motivation/Persistence
- Integrity/Trust
- Relationships/Role Models
- Knowledge of the 'Hidden' Rules

Investigators learn how these resources affect their lives, the lives of their family, and the community we live in.

By examining the resources they have versus the resources they need, Getting Ahead investigators will be able to create a personal plan, based on goals, to build a future story they choose.

## Documents to Bring

Folder and workbook  
--Will be Provided

## Fees/Insurance Accepted

Free

**Program Contact Person**

Brandy Lawless

**Phone**

276-732-0114

**Email**

brandy@unitedwayofhcm.org

**Address**United Way of HCM  
149 E Main St.  
Martinsville, VA**Business Hours**Monday - Friday  
9am-5pm

# Grace Network of Martinsville and Henry County

## About Us

Grace Network helps those in a financial crisis by helping those faced with eviction, utility cutoff or cannot feed your family due to a crisis situation. We have been in our community for over 18 years and are a faith based volunteer run organization with a listening ear.

We can help in the immediate timeline as well as connect our clients to other resources in our community.

## Who We Serve

We serve residents of Martinsville and Henry County only.

We help anyone that is faced with the three basic needs of a family; housing, utilities and food.

## Services

We are a free service that helps those with

- eviction rental assistance
- utility cutoff assistance
- if you cannot feed your family due to a financial crisis situation, we will provide food.

We have a first come first serve interview process for qualification.

We do not take appointments. Our caring volunteers will assess your situation and we will do what we can to help.

## Documents to Bring

- Photo ID
- SS card for you and all in your household
- The eviction notice and lease
- Utility cutoff notice
- Proof of your income
- Proof of all other expenses

We use a screening process to make sure you have all of your documents before your interview.

## Fees/Insurance Accepted

We do not charge any fees so there is no need for insurance.

**Program Contact Person**

Volunteer team each day

**Phone**

276-638-8500

**Email**

info@gracenetnetworkmhc.org

**Address**

16 Liberty St. Ex. Martinsville VA.

(Next to Lester's Home Center behind Taco Bell)

**Business Hours**

Monday- 9-12:30

Tuesday- 9-12:30

Wednesday- 9-12:30

Thursday- 9-12:30

Friday 9-12:30

We observe and close for all federal holidays.

# Groups Recover Together

## About Us

We are an outpatient Medication Assisted Treatment (MAT) for those suffering from Opiate Use Disorder (OUD) that has a virtual and in-person options. We offer the medication mixed with a weekly group therapy session to help create a positive community while touching mental health and OUD at the time time, including specific pregnancy groups! Our Recovery Support Specialist can help assist with other resources and programs.

## Who We Serve

- Virginia Statewide
- Martinsville/Henry/Patrick County
- Women, Men
- Pregnant People over 18 years of age

## Services

- Medication Assisted Treatment for those suffering with Opiate Use Disorder
- Online Group Therapy
- Pregnancy Support Group

## Documents to Bring

- Driver's License or Identification
- Insurance

## Fees/Insurance Accepted

- Aetna - Medicaid and Medicare plus commercial
- Anthem - Medicaid and Commercial
- Cigna - Commercial
- Humana - Medicare and Commercial
- Tricare Humana Military East - Tricare East
- Molina - Medicaid
- Medicare Virginia - Medicare
- Sentara/Optima - Medicare and Medicaid
- State of VA - OON Medicaid
- UBH/UHC/Optum - Medicare, Medicaid and Commercial
- Virginia Premier - Medicaid
- \$65 out of pocket for those without insurance or would rather pay

## Program Contact Person

Groups Recover Together

## Phone

571-386-4299

## Email

<https://locations.joiningroups.com/va/>

## **Address**

Groups Recover Together  
294 West Commonwealth Blvd  
Martinsville, VA 24112

## **Business Hours**

Monday  
9:00am-6:00pm  
Tuesday  
9:00am-1:00pm  
Wednesday  
9:30am - 6:30pm  
Thursday  
11:00am - 8:00pm  
Friday  
8:00am - 5:00pm  
Saturday  
Closed  
Sunday  
Closed

Calling is open 24 hours, 7 days a week, 365 days!



# Henry County Food Pantry

## About Us

We provide food, clothing, household, personal hygiene items, pet food and furniture to families in need. We also have a separate referral closet for individuals referred (by first responders or other organizations) to HCFP, these items may include diapers, cribs, car seats, etc. - availability is dependent upon donations.

## Who We Serve

- Everyone
- Residents of MHC
- Women
- Children
- Men
- Foster families
- Kinship care
- Residential Care
- Elderly
- Emergency response

## Services

- Food
- Clothing
- Household items
- Furniture
- Cleaning Supplies
- Hygiene items
- Pet Food

## Documents to Bring

- Referrals require a note on letterhead / email showing the name of the referral organization, the client name and list of needs

## Fees/Insurance Accepted

All services are free

## Program Contact Person

Sharon Mills

## Phone

276-629-1369

## Email

Director@HCFood.org

## Address

Henry County Food Pantry  
3321 Fairystone Park Hwy  
Bassett, VA 24055  
Entrance is at the back right corner of the building

## Business Hours

Mondays - 9am - 12 noon - General Public  
Referrals by appointment only (outside general public hours)

# Henry Martinsville Department of Social Services

## About Us

The Henry-Martinsville Department of Social Services provides vital support to the citizens of both Henry County and the City of Martinsville in the Commonwealth of Virginia.

## Who We Serve

Eligible persons in Henry County and Martinsville City.

## Services

- SNAP food assistance program
- Medical Assistance
- Child Care Assistance

## Documents to Bring

-Depends on the program requirements for that which the client is applying for.

## Fees/Insurance Accepted

N/A

## Program Contact Person

[www.commonhelp.virginia.gov](http://www.commonhelp.virginia.gov)

## Phone

276-656-4300

## Email

[www.commonhelp.virginia.gov](http://www.commonhelp.virginia.gov)

## Address

Henry Martinsville DSS  
20 Progress Drive  
PO Box 4946  
Martinsville, VA 24115

## Business Hours

8am-5pm M-F

# Martinsville Treatment Services

## About Us

Martinsville Treatment Services in Martinsville, VA, is an office-based opioid treatment center dispensing methadone and buprenorphine (Suboxone) to adults diagnosed with opioid use disorder. Opioid use disorder is addiction to opioids, heroin, synthetic opioids like fentanyl, and prescription painkillers oxycodone (OxyContin®), hydrocodone (Vicodin®), codeine, and morphine. Call today to book your appointment and begin your recovery from addiction to opioids and prescription painkillers.

## Who We Serve

Martinsville/Henry County and surrounding areas.  
LGBTQIA community  
Pregnant women

## Services

### Levels of Care:

General Outpatient Treatment (OP)  
Office-Based Other Treatment

### Medication - Assisted Treatment (MAT):

Buprenorphine/Naloxone (Suboxone)  
Methadone

### Core Treatment Services:

Clinical Evaluation  
Education about Substance Use Disorders  
Individualized Treatment Plans  
Patient-Centered Individual Counseling  
Group Counseling  
Family Counseling  
12-Step Integration

### Treatment Methods:

Primary  
Cognitive Behavioral Therapy (CBT)  
Medication Management  
Relapse Prevention  
Stages of Change  
Trauma-Informed Care  
Secondary  
Anger Management  
Grief/Loss Therapy  
Life Skills  
Meditation Groups  
Motivational Interviewing (MI)

### Specialized Programming:

Gender-Specific Groups  
Pregnancy/Expecting Mothers  
LGBTQ+ Program

Holistic Offerings:  
Mindfulness

Support Meetings:  
SMART Recovery  
Case Management Services  
Refuge Recovery Groups

### **Documents to Bring**

Insurance card  
Identification

### **Fees/Insurance Accepted**

Insurance accepted:  
Medicaid  
Medicare  
Anthem (BCBS)  
Aetna  
Cigna  
UHC Commercial

### **Program Contact Person**

Nicholas Cawby

### **Phone**

276-226-9925

### **Email**

No email

### **Address**

8500 A.L. Philpot Highway  
Martinsville, VA 24112

### **Business Hours**

Dispensing  
Monday - Friday | 6:00am - 12:00pm  
Saturday | 6:00am - 9:00am  
Sunday | Closed

Administrative  
Monday - Friday | 6:00am - 2:00pm  
Saturday | 6:00am - 9:00am  
Sunday | Closed

# OakStone Health and Nutrition

## About Us

OakStone Health and Nutrition is a dietitian private practice that is specialized in providing personalized nutrition counseling and education services through expertise in nutrition, as well as promoting health and preventing disease.

## Who We Serve

- Adults with diabetes
- Adults who are struggling with weight management
- Adults who want to reduce risk of heart disease
- Adults who have alpha-gal and want to learn how to meet nutritional needs with this allergy
- We do work with children as well, but mostly adults

## Services

- Medical nutrition therapy (nutrition counseling that is covered by insurance)
- Weight loss program (not covered by insurance, this is an out-of-pocket expense)
- Nutrition education workshops for groups and community partners
- Worksite Wellness Initiatives

## Documents to Bring

- ID
- Insurance ID
- Medical History/Lab Work
- Dietary Recall

## Fees/Insurance Accepted

- Nutrition counseling/Medical Nutrition Therapy
- Most insurance companies do cover this service and our practice tries to bill under your preventative coverage of your insurance plan.
  - Co-pays vary by insurance plan
  - Out-of-pocket expense for nutrition counseling is \$130 per session
  - We are in network with
    - Anthem/BCBS
    - Sentara
    - Cigna
    - Gateway Health
    - Aetna/Aetna Medicare/Aetna Better Health/Meritain
    - Humana (Medicare Plans Only)
    - United Healthcare/UMR
    - Medicare/Medicare Advantage Plans
    - Medicaid

\* If you are using an HMO insurance plan (usually a Medicaid plan) a doctor's referral is required to be sent to our practice before we can schedule your appointment.

\* If you have a Medicare or Medicare advantage plan - these plans will only cover a diagnosis of diabetes or chronic kidney disease (CKD). If you do not have diabetes or CKD, Medicare will not cover nutrition counseling and you will be expected to pay for your sessions out-of-pocket. Medicare requires that our practice has a doctor's referral before we can schedule your appointment.

\* If you have a PPO plan, most plans do not require a doctor's referral, but we highly recommend you ask your doctor to send our practice a referral to better understand your medical history.

Weight Loss Program is not covered by insurance  
- \$150 for lifetime access to the self-paced online course

Nutrition Educations/Workshops  
- Price varies

**Program Contact Person**

Samantha Turner

**Phone**

276-226-4107

**Email**

[www.oakstonehealthandnutrition.com](http://www.oakstonehealthandnutrition.com)

**Address**

22 East Church Street, Suite 304  
Martinsville, VA 24112

**Business Hours**

By appointment only

# Path to Financial Fitness

## About Us

United Way of Henry County and Martinsville provides one-to-one financial coaching, offering you confidential and personalized advice and assistance on your current and future financial journey.

## Who We Serve

Henry County/Martinsville Residents

## Services

United Way of Henry County and Martinsville provides one-to-one financial coaching, offering you confidential and personalized advice and assistance on your current and future financial journey. You will meet with our Financial Services Specialist to discuss:

### 1. How to track your expenses.

During the first meeting with our specialist, you will take an assessment to see where you are currently in your financial journey. You will go over and be given materials to help you track your expenses and create a spending plan.

### 2. Saving for an emergency fund.

In the beginning of this meeting, you will review your spending plan with the specialist. Next, you will be discussing the importance of having an emergency savings fund, different savings tactics, and will set a savings goal to work towards.

### 3. Paying off debts and managing your credit.

In this session you will discuss progress made on your savings goal and make any adjustments to your spending plan if necessary. Next, you will go over the importance of having good credit, pull and review your credit report, and discuss different methods of paying off debt and improving your credit score. Then, you will pick your preferred method and set a goal to start decreasing your debt.

### 4. Preparing for taxes and being safe.

To start, you will review progress made on any goals so far and will adjust your spending plan if needed. Then you will be guided step by step on how to complete a W-4 and steps to take if changes may impact your taxes. The specialist will also review different types of scams and how to protect yourself from them.

### 5. Prepare for the future.

During this session, you will again discuss progress made on any goals set so far and adjust your spending plan if needed. Next, you will discuss your long-term goals, whether it's saving for a down payment on a house or preparing for retirement, and how to work towards achieving your goals.

**Documents to Bring**

Expense tracking/Budget Binder (Provided)

**Fees/Insurance Accepted**

Free

**Program Contact Person**

Maria Amaya-Chavez

**Phone**

276-403-3516 x205

**Email**

maria@unitedwayofhcm.org

**Address**Growth & Opportunity Center  
311 Brown St  
Martinsville VA 24112**Business Hours**

Monday-Friday 9am-5pm



# Sexually Transmitted Testing and Illness Services

## About Us

The West Piedmont Health District serves people of all ages in Franklin, Henry and Patrick counties at three health departments: Rocky Mount, Martinsville and Stuart. We offer an extensive array of programs for people of all ages on a sliding scale. These include vaccinations, health screenings, testing and case management.

## Who We Serve

Anyone

## Services

Test, treat and refer for STIs

## Documents to Bring

Proof of income

## Fees/Insurance Accepted

Services are free if the STI is reportable. Also, income and insurance considerations.

## Program Contact Person

Betty Robertson

## Phone

276-638-2311, 650-484-0292, 276-693-2027

## Email

betty.robertson@vhd.virginia.gov

## Address

-Henry Martinsville Health Department - 295 Commonwealth Blvd, Martinsville  
-Franklin County Health Department - 365 Pell Avenue, Rocky Mount  
-Patrick County Health Department - 106 Rucker Street, Stuart

## Business Hours

Monday - Friday  
8:00 - 4:30  
By Appointment only

# Virginia Harm Reduction Coalition

## About Us

Virginia Harm Reduction Coalition (VHRC) is a 501(c)(3) nonprofit, peer-run organization whose mission is to improve the health of the drug-using community we serve by advocating for, developing, and implementing evidence-based solutions to address the adverse effects of drug use.

## Who We Serve

Martinsville, Henry County, Patrick County, Franklin County, Roanoke City, Roanoke County  
Women, Men, People Who Use Drugs, People who are experiencing homelessness

## Services

**Counseling and Support:** Offering emotional and psychological support through individual or group counseling, helping women navigate the challenges of pregnancy and substance use.

**Substance Use Treatment:** Providing access to specialized treatment programs that are tailored to the needs of pregnant women, including medication-assisted treatment and detoxification services.

**Education and Resources:** Educating women about the effects of substance use on pregnancy and newborns, and offering resources to support healthier lifestyle choices.

**Supportive Services:** Connecting women with additional resources such as housing assistance, food support, and social services to address broader needs that may impact their well-being and ability to care for their baby.

**Advocacy:** Assisting women in navigating the healthcare system and advocating for their needs to ensure they receive appropriate care and support.

Safe Use Supplies

Safe Use Education

Overdose Prevention and Education  
Medical Accompaniment and Transportation  
HCV and HIV Testing and Linkages to Care

## Documents to Bring

None

## Fees/Insurance Accepted

None

**Program Contact Person**

Ariel Johnson

**Phone**

765-315-9813

**Email**

ariel@carrynaloxone.org

**Address**

1856 Virginia Ave Martinsville VA

**Business Hours**

Monday - Friday 10-6

Office outreach Mon and Weds 12-5

Women and LGBT only in office Thursday 2-6

Patrick County Mobile Outreach Virginia Hotel 11:30-12:30

Franklin County Mobile Outreach Shoe Show 11:30-12:30

## ***Additional Resources***

<b>Organization</b>	<b>Program Information (<i>Information taken directly from website</i>)</b>	<b>Phone</b>	<b>Website</b>
Virginia Department of Social Services	FAMIS/Medicaid	276-656-4300	<a href="https://commonhelp.virginia.gov/access/">https://commonhelp.virginia.gov/access/</a> <a href="https://coverva.dmas.virginia.gov/learn/coverage-for-children/famis/">https://coverva.dmas.virginia.gov/learn/coverage-for-children/famis/</a>
Federal Benefits Finder	U.S. Government website that can help you find federal benefits that may be available to you		<a href="https://www.benefits.gov/">https://www.benefits.gov/</a>
211 Virginia	2-1-1 Virginia is a free service that can help you find the local resources you need. We're here for you 24 hours a day, seven days a week.	Call 211	<a href="https://www.211virginia.org/consite/index.php">https://www.211virginia.org/consite/index.php</a>
FindHelp.org	Find free or reduced-cost resources like food, housing, financial assistance, health care, and more.		<a href="https://www.findhelp.org/">https://www.findhelp.org/</a>
Social Security Administration	Provides information on how to apply for different types of social security and disability	1-800-777-1213	<a href="https://www.ssa.gov/">https://www.ssa.gov/</a>
Aetna Better Health of Virginia- <b>Members Only</b>	Healthcare Financial, INC (HFI) Social Security Administration experts to assist in the process of applying for Disability benefits.	1-855-556-2372	<a href="https://hfihealthcare.com/health-plan-members/">https://hfihealthcare.com/health-plan-members/</a>
Anthem HealthKeepers Plus/Cardinal Care- <b>Members Only</b>	Unlimited Medical Transportation for medical and dental appointments, pharmacy pick up. Nonmedical Transportation- <b>3 trips per 3 months</b> - to grocery stores, farmers markets, food banks.	1-877-892-3988 Urgent Trips 1-800-901-0020	<a href="https://mss.anthem.com/va/benefits/transportation-services.html">https://mss.anthem.com/va/benefits/transportation-services.html</a>
Aetna Better Health of Virginia- <b>Members Only</b>	Unlimited Medical Transportation for medical and dental appointments, pharmacy pick up. Nonmedical Transportation- <b>30 round trips per year</b> - to grocery stores, food banks, community resources, etc.	1-800-734-0430	<a href="https://www.aetnabetterhealth.com/virginia/transportation-services.html">https://www.aetnabetterhealth.com/virginia/transportation-services.html</a>

## ***Behavioral Health Resources***

<b>Organization</b>	<b>Program Information (<i>Information taken directly from website</i>)</b>	<b>Contact Phone</b>	<b>Website</b>
Virginia Department of Social Services	Assistance finding a treatment provider or funding for treatment		<a href="https://www.dss.virginia.gov/community/addiction/index.cgi">https://www.dss.virginia.gov/community/addiction/index.cgi</a> <a href="https://findtreatment.gov/">https://findtreatment.gov/</a>
Substance Abuse and Mental Health Services Administration (SAMHSA)	English and Spanish - Provides individuals a family members with referrals to local treatment facilities, support groups, and community based organizations	1-800-662-HELP (4357)	<a href="https://www.samhsa.gov/find-help/national-helpline">https://www.samhsa.gov/find-help/national-helpline</a>
National Domestic Violence Hotline	24/7/365 support and essential tools to help survivors of domestic violence	1-800-799-SAFE (7233) text START to 88788	<a href="https://www.thehotline.org/">https://www.thehotline.org/</a>
National Maternal Mental Health Hotline	English and Spanish - 24/7 free confidential hotline for pregnant and new moms	1-833-TLC-MAMA (1-833-852-6262)	
Postpartum Support International	English and Spanish - Provides rapid referrals to local resources, including emergency services, online support groups, and other assistance	1-800-994-4PPD (4773)	<a href="https://www.postpartum.net">https://www.postpartum.net</a>
Suicide and Crisis Lifeline	Multiple languages available - If you are worried about yourself, a loved one, or need emotional support	Call or Text 988 text HOME to 741741	<a href="https://988lifeline.org/talk-to-someone-now/">https://988lifeline.org/talk-to-someone-now/</a>
National Share	Pregnancy and Infant Loss Support for ALL members of the family. Education and resources on the needs and rights of parents and siblings	1-800-821-6819	<a href="https://nationalshare.org/">https://nationalshare.org/</a>
MISS Foundation	Access to counseling resources, advocacy information, research on traumatic grief, education for healthcare providers and community members, and support services for those grieving the death, or impending death, of a child	1-888-455-MISS (6477)	<a href="https://www.missfoundation.org/">https://www.missfoundation.org/</a>

## ***Behavioral Health Resources***

<b>Organization</b>	<b>Program Information (<i>Information taken directly from website</i>)</b>	<b>Contact Phone</b>	<b>Website</b>
Virginia Department of Social Services	Assistance finding a treatment provider or funding for treatment		<a href="https://www.dss.virginia.gov/community/addiction/index.cgi">https://www.dss.virginia.gov/community/addiction/index.cgi</a> <a href="https://findtreatment.gov/">https://findtreatment.gov/</a>
Substance Abuse and Mental Health Services Administration (SAMHSA)	English and Spanish - Provides individuals a family members with referrals to local treatment facilities, support groups, and community based organizations	1-800-662-HELP (4357)	<a href="https://www.samhsa.gov/find-help/national-helpline">https://www.samhsa.gov/find-help/national-helpline</a>
Substance Abuse and Mental Health Services Administration (SAMHSA)	Preparing For Your Baby: Information for Pregnant People with Substance Use Disorders		<a href="https://govnpc.org/wp-content/uploads/2024/09/preparing-for-your-baby-tipsheet.pdf">https://govnpc.org/wp-content/uploads/2024/09/preparing-for-your-baby-tipsheet.pdf</a>
National Harm Reduction Coalition	Pregnancy and Substance Use--A Harm Reduction Toolkit to be used by pregnant and parenting people who use drugs, their loved ones, and their service providers		<a href="https://govnpc.org/wp-content/uploads/2024/09/Pregnancy-and-Substance-Use-A-Harm-Reduction-Toolkit.pdf">https://govnpc.org/wp-content/uploads/2024/09/Pregnancy-and-Substance-Use-A-Harm-Reduction-Toolkit.pdf</a>
National Domestic Violence Hotline	24/7/365 support and essential tools to help survivors of domestic violence	1-800-799-SAFE (7233) text START to 88788	<a href="https://www.thehotline.org/">https://www.thehotline.org/</a>
National Maternal Mental Health Hotline	English and Spanish - 24/7 free confidential hotline for pregnant and new moms	1-833-TLC-MAMA (1-833-852-6262)	
Postpartum Support International	English and Spanish - Provides rapid referrals to local resources, including emergency services, online support groups, and other assistance	1-800-994-4PPD (4773)	<a href="https://www.postpartum.net">https://www.postpartum.net</a>
Suicide and Crisis Lifeline	Multiple languages available - If you are worried about yourself, a loved one, or need emotional support	Call or Text 988 text HOME to 741741	<a href="https://988lifeline.org/talk-to-someone-now/">https://988lifeline.org/talk-to-someone-now/</a>
National Share	Pregnancy and Infant Loss Support for ALL members of the family. Education and resources on the needs and rights of parents and siblings	1-800-821-6819	<a href="https://nationalshare.org/">https://nationalshare.org/</a>
MISS Foundation	Access to counseling resources, advocacy information, research on traumatic grief, education for healthcare providers and community members, and support services for those grieving the death, or impending death, of a child	1-888-455-MISS (6477)	<a href="https://www.missfoundation.org/">https://www.missfoundation.org/</a>

## ***Know Your Rights***

<b>Program</b>	<b>Brief Summary (<i>Information taken directly from website</i>)</b>	<b>Website</b>
Family Medical Leave Act (FMLA) - Information related to pregnancy/postpartum	The Family and Medical Leave Act (FMLA) provides eligible employees job-protected leave for prenatal care or when a pregnant worker is unable to work because of the pregnancy. For adoptive or foster parents, the FMLA provides a right to take leave for required counseling, court appointments and related travel prior to foster care placement or adoption.	<a href="https://www.dol.gov/agencies/whd/maternal-health">https://www.dol.gov/agencies/whd/maternal-health</a>
Virginia Laws related to pregnancy, childbirth, etc.	This state-by-state guide is organized into five tabs based on the situations that may be prompting you to seek information about your legal rights. Many of the laws we address overlap and can be used for different purposes, and are therefore discussed under more than one tab.	<a href="https://www.abetterbalance.org/states/virginia/">https://www.abetterbalance.org/states/virginia/</a>
Pregnant Workers Fairness Act (PWFA) - Information explaining your rights as a pregnant employee	The PWFA requires a covered entity to provide reasonable accommodations to a qualified employee's or applicant's known limitations related to, affected by, or arising out of pregnancy, childbirth, or related medical conditions, unless the accommodation will cause an undue hardship.	<a href="https://www.abetterbalance.org/resources/pregnant-workers-fairness-act-explainer/">https://www.abetterbalance.org/resources/pregnant-workers-fairness-act-explainer/</a> <a href="https://www.abetterbalance.org/pregnant-postpartum-workers-know-your-rights/">https://www.abetterbalance.org/pregnant-postpartum-workers-know-your-rights/</a>
PUMP for Nursing Mothers Act	This guide will help you make a plan to take care of your lactation needs at work. It explains your legal protections and gives you practical tips for how to talk to your boss about changes you may need at work.	<a href="https://www.abetterbalance.org/resources/talking-to-your-boss-about-your-pump-your-rights-under-the-federal-pump-for-nursing-mothers-act/">https://www.abetterbalance.org/resources/talking-to-your-boss-about-your-pump-your-rights-under-the-federal-pump-for-nursing-mothers-act/</a>
Safe Haven Law - Virginia	Allows a parent to safely surrender their unharmed infant who is 30 days old or younger to a staff member at a designated Safe Haven location or a newborn safety device may be utilized if located at an operated by a designated Safe Haven location.	<a href="https://www.dss.virginia.gov/community/safe_haven.cgi">https://www.dss.virginia.gov/community/safe_haven.cgi</a>
Virginia Legal Aid	Free (if client qualifies) Legal Aid for various topics including Adoption, Child Support, Custody/Visitation, Abuse, Neglect, Foster Care, etc.	1-866-534-5243 Danville, VA Office -- 434-799-3550 <a href="https://www.valegalaid.org/issues/family-and-domestic-and-sexual-violence">https://www.valegalaid.org/issues/family-and-domestic-and-sexual-violence</a>

## ***Parent/Guardian Resources***

<b>Organization</b>	<b>Program Information (<i>Information taken directly from website</i>)</b>	<b>Phone</b>	<b>Website</b>
Virginia Department of Social Services	Virginia Paternity Establishment Program	1-866-398-4841	<a href="https://www.vapaternity.com/">https://www.vapaternity.com/</a>
Division of Child Support Enforcement - Family Engagement Services - Virginia Department of Social Services	Assist parents (both custodial and non-custodial) with receiving/paying child support, access, visitation, responsible parenting, prisoner reentry and other barriers such as employment, housing, etc.	1-800-468-8894	<a href="https://www.dss.virginia.gov/family/dcse/">https://www.dss.virginia.gov/family/dcse/</a>
Virginia Department of Social Services	Adoption Information		<a href="https://www.dss.virginia.gov/family/ap/index.cgi">https://www.dss.virginia.gov/family/ap/index.cgi</a>
Virginia Department of Social Services	Foster Care Information	1-804-726-7000	<a href="https://www.dss.virginia.gov/family/fc/index.cgi">https://www.dss.virginia.gov/family/fc/index.cgi</a>
National Safe Haven Alliance	The National Safe Haven Alliance equips Safe Haven Providers and parents with safe alternatives that prevent infant abandonment while providing holistic care for both parents and babies.	1-888-510-BABY (2229)	<a href="https://www.nationalsafehavenalliance.org/">https://www.nationalsafehavenalliance.org/</a>
Graham's Foundation	Inform and guide parents of premature babies so that they may confidently navigate the journey of prematurity	1-888-466-2948	<a href="https://www.grahamsfoundation.org/">https://www.grahamsfoundation.org/</a>
Infant Risk Center	Assist mothers, lactation consultants, and doctors in assessing the risk of infant exposure to these medications while encouraging continued breastfeeding	1-806-352-2519	<a href="https://www.infantrisk.com/">https://www.infantrisk.com/</a>
Le Leche	Encourages, informs, educates, supports, and promotes the use of human milk and the intimate relationship and development that comes from nursing a child for as long as mutually desired	1-877-452-5324	<b>USA - </b> <a href="https://llusa.org/">https://llusa.org/</a> <b>International - </b> <a href="https://llli.org/">https://llli.org/</a>



Floyd, VA Le Leche League	Closest local Le Leche League	1-540-929-1033	<a href="https://floydlll.wordpress.com/?fbclid=IwY2xjawF FavFleHRuA2FibQixMAABHU0Se9CCHq1UzS0SSG YgSCxDwH0AMf6Av dp9iJzpX7MBg5Go1qGlsICtg_aem_yV2YJAs-bH1cZGrjVOMQ9Q">https://floydlll.wordpress.com/?fbclid=IwY2xjawF FavFleHRuA2FibQixMAABHU0Se9CCHq1UzS0SSG YgSCxDwH0AMf6Av dp9iJzpX7MBg5Go1qGlsICtg_aem_yV2YJAs-bH1cZGrjVOMQ9Q</a>
Floyd, VA Le Leche League			<a href="https://www.facebook.com/GotMilkSuperpower">https://www.facebook.com/GotMilkSuperpower</a>
The Lactation Network	Connect families with insurance-covered lactation consultations and resources they need to thrive	1-888-510-0059	<a href="https://lactationnetwork.com/">https://lactationnetwork.com/</a>
CDC Milestones Tracker App	Track your child's milestones from age 2 months to 5 years with CDC's easy-to-use illustrated checklists		<a href="https://www.cdc.gov/ncbddd/actearly/milestones-app.html">https://www.cdc.gov/ncbddd/actearly/milestones-app.html</a>