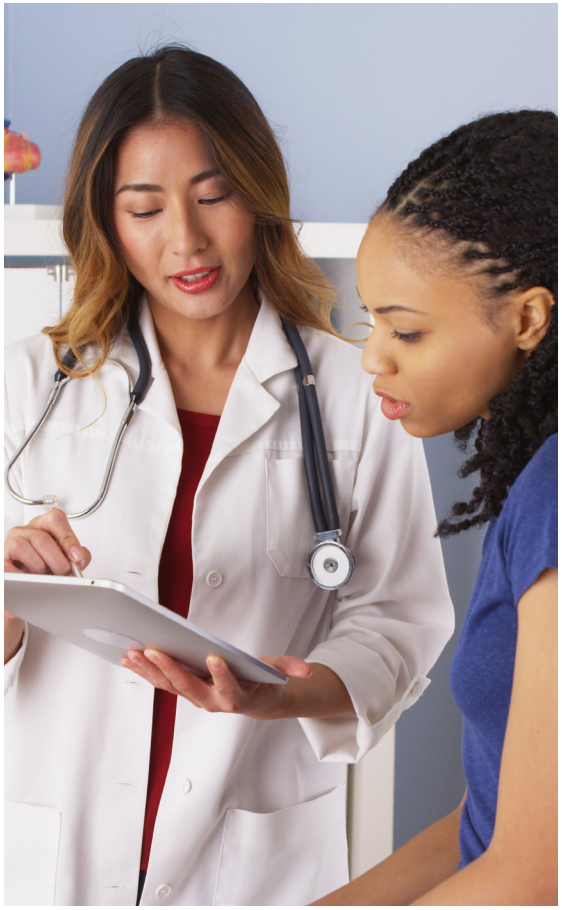

If you've given birth or had a pregnancy loss, you have 12 months of coverage to access the physical and mental health care you need, not just care related to your pregnancy.

Are you pregnant with no health insurance?

Talk with a healthcare provider about enrolling in pregnancy Medicaid.

For more information

Please scan the QR code above or visit **marchofdimes.org/florida-medicaid.**

You may also email the Florida Health Justice Project at **help@FloridaHealthJustice.org.**

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Pacify

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May-23

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Florida residents

Your Medicaid coverage now lasts 12 months after your pregnancy.

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Services covered

For 12 months after pregnancy, you are eligible for all Medicaid services, including:

- **Reproductive and sexual health services** including up to two postpartum visits, family planning, and testing for sexually transmitted diseases.
- **Primary care** to treat conditions like asthma, high blood pressure, or diabetes, or for when you're sick.
- **Specialty medical care** to treat health problems such as heart disease and other chronic health conditions.
- **Dental services** including an exam and treatment to lessen pain or infection.
- **Mental health services** for depression, anxiety, stress, substance use disorder, and other mental health conditions. Services covered include exams, medication if needed, and individual, family and group therapy.
- **Doula services**
- **Emergency care**
- **Prescription drug benefits**
- **Transportation to medical services**

Postpartum visits are important to attend, even if you are feeling fine.

Postpartum care

Postpartum checkups are medical checkups you get after pregnancy to make sure you're recovering well. These visits are no later than 12 weeks after pregnancy. Postpartum checkups are important for anyone who has recently been pregnant. Go to your postpartum visits even if you're feeling fine. Individuals who have recently been pregnant are at risk of serious health conditions in the days and weeks after pregnancy.

Postpartum visits are especially important for those who have had a pregnancy or infant loss. These checkups may help your healthcare provider learn more about what happened and see if you may be at risk for the same condition in another pregnancy.

At your postpartum visit, work with your care provider to determine who will be your primary medical provider and get referrals for any other health providers you may need to see. This may include for high blood pressure or related conditions, obesity, diabetes, thyroid disorders, kidney disease, mental health, or substance use disorders.

Mental health support

Maternal mental health conditions are the most common complications of pregnancy and childbirth, affecting one in five women and childbearing people during pregnancy and the first year after pregnancy.

Symptoms of a mental health condition can appear any time during pregnancy and the first 12 months after pregnancy. While the term postpartum depression is often used, there are several forms of illness that parents may experience, including depression, anxiety, obsessive-compulsive disorder, postpartum post-traumatic stress disorder, bipolar mood disorder, and psychosis.

- Visit **postpartum.net** to learn more about these conditions.
- Talk with your healthcare provider about getting referred for mental health services if you feel you're suffering from a mood disorder.
- Dial **2-1-1** or visit **psichapters.com/fl** to find mental health resources in your area.
- Contact the Maternal Mental Health Hotline for 24/7 phone or text support with professional counselors by calling or texting **1-833-943-5746** (1-833-9-HELP4MOMS).
- If you're in suicidal crisis, please call or text **9-8-8.**

Parents with babies in the neonatal intensive care unit (NICU) may feel overwhelmed with emotions. If you feel this way, talk with your provider about connecting you with mental health services or resources.

1 in 5 women are affected by a maternal mental health condition.