

Attention providers: Healthy Additions supports your EqualityCare patients

The *Healthy Together!...*Healthy Additions program offers several free benefits for your pregnant patients with Wyoming **EqualityCare** (Medicaid) coverage.

Healthy Additions—offered by the Wyoming Department of Health—is designed to identify expectant mothers within their first trimester, support healthy pregnancies and reduce the number of pre-term and low birth weight births in the Wyoming Medicaid population.

A **Healthy Additions** nurse Health Coach does this by working with you to support the care you provide. For example, the Health Coach can help coordinate the care you recommend and can help find resources (transportation to appointments, breast feeding support groups and tobacco cessation resources) that will help your patient have a healthy pregnancy and child.

Healthy Together!...Healthy Additions offers your EqualityCare patients:

- ✓ Regular telephone calls with her maternity nurse Health Coach to check on her status and answer questions about her pregnancy.
- ✓ Educational materials published by the Mayo Clinic, Channing Bete and March of Dimes about what she should expect during her pregnancy and the period after her baby's birth; information on appropriate weight gain and sound nutrition, tips for quitting smoking, identifying the signs and symptoms of complications, and recognizing depression.
- ✓ Information about local public health resources and other community services, such as the University of Wyoming's **Cen\$ible Nutrition** program, that are available to help your patient during her pregnancy and after her baby is born.
- ✓ A toll-free number (1-888-545-1710) that your patient can call 24-hours a day to speak with a nurse about her health and pregnancy.

In order for the **Healthy Additions** program to identify pregnant EqualityCare clients within their first trimester, we encourage providers to refer clients at the point of care. To refer a patient in the **Healthy Additions** program or talk to a maternity Health Coach:

- ✓ Call **1-888-545-1710** or
- ✓ Fax a referral form (available at www.wyhealthytogether.com) to 1-888-242-1928

Call 1-888-545-1710 to speak to a nurse 24- hours a day.

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Healthy Together! is offered by the Wyoming Department of Health to all Wyoming EqualityCare (Medicaid) clients at no cost. The program provides one-on-one support from a nurse, educational materials to encourage the self-management of health, and assistance in coordinating care among multiple providers. Healthy Together! also provides EqualityCare clients with information on weight loss, smoking cessation, and how to adopt healthy lifestyles. Healthy Together! was named the Best Government Disease Management Program by the Disease Management Association of America in 2005.



Providers who have worked with the Healthy Together!...Healthy Additions team are pleased with the approach used to support their patients. One said, "It was nice to have information shared and validated and have the two-way communication on behalf of our patients."

