

Question:

How do I get to the hospital?

Answer:

Plan ahead for your delivery date. Ask a few family members or friends if they will drive you on the day of your delivery. Make sure they know the route to your doctor's hospital and remember to breathe. It's going to be fine.

Question:

Why do I have to go to my doctor's hospital?

Answer:

Your doctor has all your information and pregnancy records. He/she will send them to that hospital. Your doctor is the most qualified to help you have a healthy delivery.

REMEMBER, FHN WILL NOT PAY YOUR MEDICAL BILL IF YOU LEAVE OUR AREA DURING YOUR LAST MONTH OF PREGNANCY, UNLESS YOU LEAVE BECAUSE OF AN EMERGENCY.

Question:

Why do I have to visit my doctor after birth?

Answer:

This visit is to make sure **YOU ARE HEALTHY**. There have been many cases where moms are not healthy. They may have an infection, bleeding or develop mental/physical stress. Post-Partum Depression is very hard for moms, but it can be very dangerous on babies too.

Remember to take care of yourself.
Family Health Network is here for you!

**To Participate in
Brighter Beginnings, Join
Family Health Network!
Please call
FHN Member Services
1-888-346-4968**

Please call
FHN Member Services
at **1-888-346-4968** with any
questions or concerns.

Our FHN Member Services:

- Answer questions
- Send new ID cards
- Arrange transportation
- Help make appointments
- Help choose a new doctor
- Explain FHN EXTRA BENEFITS
- Add a family member to the plan
- Update phone number or address

**Family Health Network
We are Family!**

Family Health Network
910 W Van Buren, 6th Floor
Chicago IL 60607
1-888-346-4968
TTY: 1-800-422-1942

Visit Family Health Network online at
www.fhnchicago.com

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Family Health Network



**Brighter
Beginnings**



We are Family!



Having a healthy baby is so important. The best way to check on your unborn baby is to visit your doctor regularly. You can learn how your baby is changing and growing everytime you visit.

Doctor visits after birth also help mom and baby stay healthy. You should see your doctor 21-56 days after you give birth for a full check-up.

Family Health Network wants you to have a healthy pregnancy, that is why we have created the Brighter Beginnings Program. We want to encourage our moms to take care and reward them for visiting the doctor.

FHN Rewards for Moms-To-Be:

- Transportation to Visits
- \$10 Target Gift Cards
- \$25 Target Gift Card
- Diaper Bag
- Pregnancy Book
- Ages and Stages Books
- Case Management



If you are not visiting a doctor, please call FHN Member Services at 1-888-346-4968.

We are happy to help you find a doctor.

Pregnancy Books

As a special member of FHN, you can request *informational pregnancy booklets* at any time. They explain pregnancy, birth, breast-feeding, nutrition and much more. You can ask for these booklets in English or Spanish.

Members of our Brighter Beginnings Program will receive a set of books after giving birth. *Healthy Start, Grow Smart* booklets walk you through your baby's growth and promote healthy development. These are available in English or Spanish.

Target Gift Cards

- When you enroll in the Brighter Beginnings Program, FHN will send you a pre-natal visit form.
- Take your form with you to your pre-natal visit and have your doctor sign it.
- Mail the form to Family Health Network in the stamped envelope.
- When we receive the form, we will send you a \$10 Target Gift Card and another form for your next doctor's visit. You will get a gift card for each visit you attend.
- You can earn a \$25 Target Gift Card after you deliver.
- We will mail you a post-partum visit form.
- Attend your post-partum visit 21-56 days after delivery and complete the Depression Screening. Have your doctor complete the form.
- We will send you the \$25 gift card to the address you provide.

Diaper Bag

Brighter Beginnings Members will also receive a Diaper Bag after delivery.

To qualify for this benefit Members must:

- Miss NO MORE than 1 required pre-natal visit
- Deliver at your in-network hospital

We fill our diaper bags with many baby items, including sippy cups, books and much more.

Transportation

FHN provides FREE transportation for any medical visit. This includes pre-natal and after birth visits. You may also receive transportation to any birthing classes.

To schedule transportation, you must call Member Services 24 hours in advance during FHN business hours: 8am-5pm

Case Management

As a pregnant member, you will be provided a case manager that can answer any questions about pregnancy and Brighter Beginnings.

Frequently Asked Questions

Question:

How do I get Brighter Beginnings rewards?

Answer:

- You must call FHN Member Services to enroll
- Visit your doctor for pre-natal care
 - ~ We will send you a visit form for your doctor to sign
 - ~ After your visit, mail the form to FHN in the stamped envelope we provide
 - ~ We will send you a \$10 Target Gift Card after we receive your visit form
 - ~ If you miss NO MORE than 1 required pre-natal visit throughout pregnancy and you deliver at your doctor's hospital, you will receive a diaper bag
- Visit your doctor 21-56 days after birth
 - ~ After your visit, send FHN your doctor's visit form & Depression Screening and we will send you a \$25 Target Gift Card

**Family Health Network
Congratulates You on
Your Pregnancy!**