


MDwise REWARDS

MDwise has a rewards program for Hoosier Healthwise and Healthy Indiana Plan members. You can earn points for making and keeping all of your prenatal (care before the baby is born) and postpartum (care after the baby is born) doctor appointments. Your points will add up and you can earn FREE gift cards.

Here are some of the ways pregnant members can earn points:

- Sign up for myMDwise. Go to MDwise.org/myMDwise  to log on. myMDwise is where you can see how many MDwiseREWARDS points you have.
- Answer questions about your health (Health Needs Screening) with MDwise customer service online or by phone. This may not be necessary if you have already completed a survey at your doctor's office.
- Go to your prenatal appointments. Schedule a doctor's appointment as soon as you know you are pregnant. During an average pregnancy you may have 16 visits, although your doctor may recommend more or less.
- Go to your postpartum exam. Schedule this exam with your doctor's office. It needs to be completed within 4–8 weeks (21–56 days) from the day you had your baby.

MDwise will count up each member's points on a regular basis. Log on to MDwise.org/myMDwise to see how many points you have and how you

earned them. You can also redeem your points and order your gift card. If you do not have a computer or need help, call MDwise customer service.

Sometimes your points will not show up right away. Many of the points you can earn depend on your doctor sending us the claim or the bill for that service. This sometimes takes several months. Please be patient!

There are some important rules to follow. Please go to MDwise.org/mdwiseREWARDS for a complete list of the rules for this program.



For more ways to earn points, like well child exams for your new baby, go to MDwise.org/MDwiseREWARDS. You can also find out how many points you earn for each of these activities.

Si quisiera esta tarjeta en español, por favor visite MDwise.org/bluebellebeginnings.



Connect with us!    



Give Your Newborn a Healthy Start

A program just for MDwise members who are pregnant.



What is BLUEBELLEbeginnings?



BLUEBELLEbeginnings

BLUEBELLEbeginnings is a program to assist MDwise members

who are pregnant have a healthy pregnancy and a healthy baby. Women who get prenatal care have healthier babies and are less likely to have a baby before its due date (premature birth). Call MDwise customer service at **1-800-356-1204** or **317-630-2831** in the Indianapolis area to let us know you are pregnant. If you need help, like finding a doctor, we can help.

As soon as you know you are pregnant, go see a doctor, nurse midwife or nurse practitioner who takes care of pregnant women.

- Make your first visit before you reach 12 weeks of pregnancy. Early treatment can find and prevent many problems from developing.
- See your health care provider for all appointments.
- Tell your health care provider about any concerns or fears you may have.
- Share your past pregnancy and medical history with your doctor, as well as any medications you may be taking.



Transportation

MDwise covers transportation to provider appointments for pregnant Hoosier Healthwise and HIP members. Call MDwise customer service at **1-800-356-1204** if you need help getting a ride.



Prenatal care can help you:

- Feel less worried or tired.
- Prevent health problems for you like diabetes and heart disease.
- Make sure your baby is growing and developing.
- Stop bad habits like smoking, drug use and alcohol, which can harm your baby and cause your baby to have physical, behavior and learning problems.
- Know what you and the baby will need to stay healthy, such as getting a flu shot or other shots.

If you are pregnant, call to let us know.

Your MDwise representative will ask you a few questions about how your pregnancy is going and to see if there is anything that we can help you with. We will also send you important information about pregnancy.

