

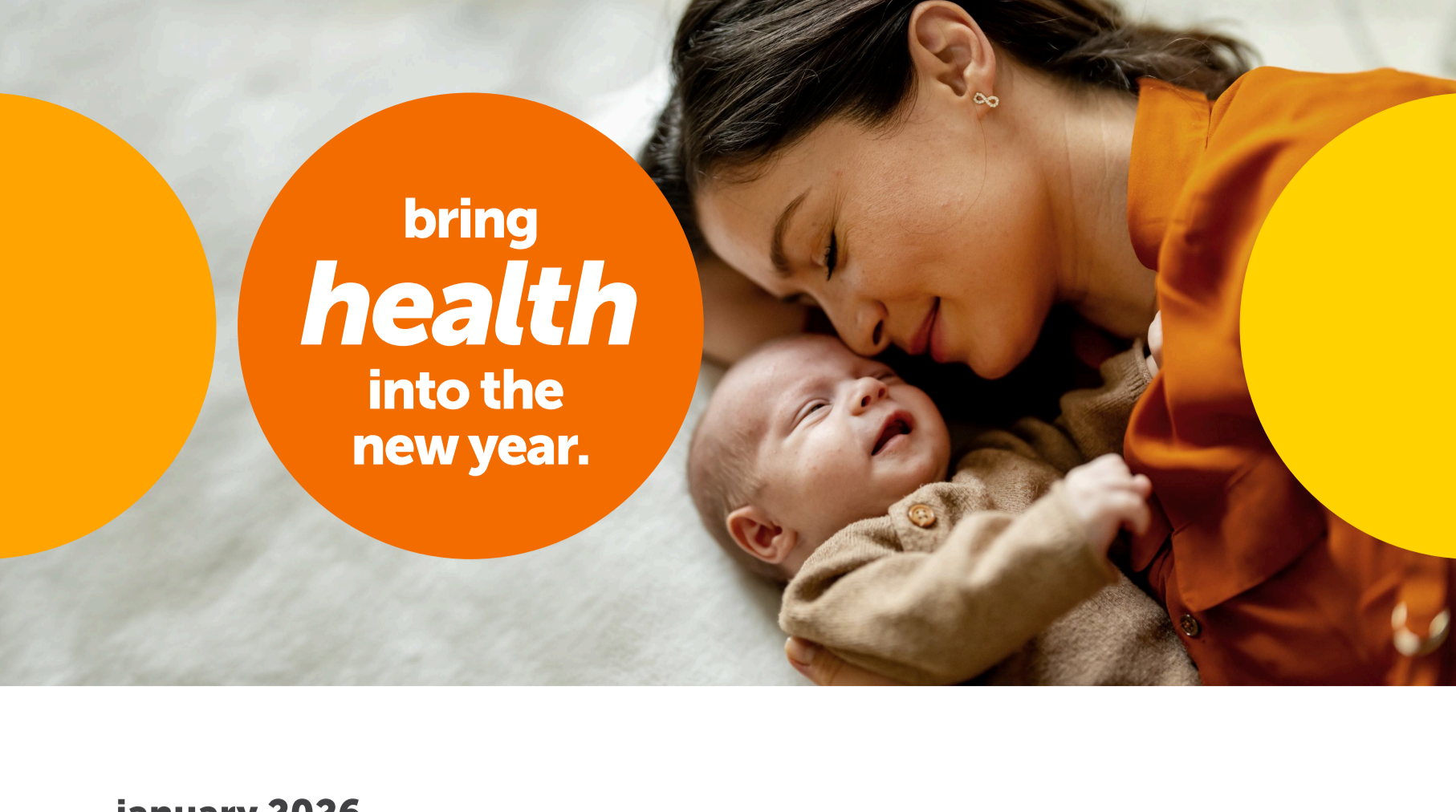
Subject Line: A new year brings new ways to get support.

From: Meridian Medicaid Plan

Preheader Text: Smart grocery tips and help for new moms



meridianmonthly



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resolve to stay healthy and save.

January is a great time to reset and refocus on your health and your budget. In this issue, we're sharing smart ways to stretch your grocery spending with simple, practical tips. We're also excited to introduce MomCare Connect, a new program offering personalized support and resources for pregnant members and new parents. Whether you're planning meals or preparing for a baby, we're here to help.

health tips

stretching your food budget

January often brings tighter budgets after holiday spending and travel. Here are some practical ways to make the most of your grocery spending.

- **Cook with dried beans and lentils.** They're affordable, nutritious, and great for hearty winter meals.
- **Check your pantry first.** Plan meals around what you already have. This reduces waste and helps you avoid extra spending.
- **Buy in bulk when it counts.** Staples like rice, oats, and pasta are often cheaper in larger quantities.
- **Limit impulse buys.** Stick to a list and avoid shopping when hungry.
- **Batch cook and freeze.** Stretch ingredients across multiple meals and reduce food waste.

Small changes can make a big impact in the new year. And remember, if you need help finding food or other resources, [let us know](#).

Find the latest updates on SNAP on the IDHS website.

[learn more](#)



protect your health: get screened for cervical cancer

Each year, about 14,100 women in the U.S. are diagnosed with cervical cancer. While it's most common in women over 30, all women are at risk. In Illinois, Black and Hispanic women face higher risks.

Catching cervical cancer early greatly improves treatment outcomes. Women ages 21 to 64 should get a Pap test every three years. It's the best way to catch cervical cancer early.

Certain types of human papillomavirus (HPV) can cause cervical cancer. To reduce your risk of cervical cancer:

- **Stop smoking.** It weakens your body's ability to fight HPV.
- **Practice safe sex.** Condoms help reduce HPV transmission.
- **Get vaccinated.** The HPV vaccine protects against cancer-causing strains.



[learn more](#)

COVID-19 is still here

Vaccines remain one of the best ways to prevent serious illness, hospitalization, and long-term symptoms. Even if you've had COVID-19 before, updated vaccines protect against new strains.

[learn more](#)

benefits

introducing MomCare Connect

MomCare Connect is a new program that supports pregnant members and new parents with personalized help, valuable resources, and rewards, including baby gear.

With MomCare Connect, members receive:

1:1 support from a personal MomCare Advocate

Guidance from pregnancy through baby's first year

Help with appointments and access to family resources

If you're pregnant, let us know. Get started by completing this [quick intake form](#). After you submit it, a Meridian representative will reach out to complete a full pregnancy and health risk assessment. This step is required to unlock your rewards.

[get help with MomCare Connect](#)

download our new mobile app!

Managing your health just got easier. Meridian recently launched a mobile app where you can:

- View and change your provider
- Get your ID cards
- See your benefits
- Complete health assessments



To get started with the app:

1. Search for "Health Insurance Portal" in the Apple or Google Play store and download the app.
2. Once downloaded, select your state (Illinois).
3. Select your plan (Meridian).
4. Follow the steps to create an account.

recipes

budget-friendly meals

These simple recipes use affordable, healthy ingredients and are easy to prepare. They are great for busy families looking to stretch their food budget while still enjoying nutritious, flavorful meals.

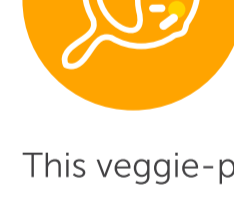
frijoles con verduras (beans with vegetables)



Try this fiber-rich bean and veggie stew. It's packed with plant protein and perfect for winter.

[view recipe](#)

country veggie hash

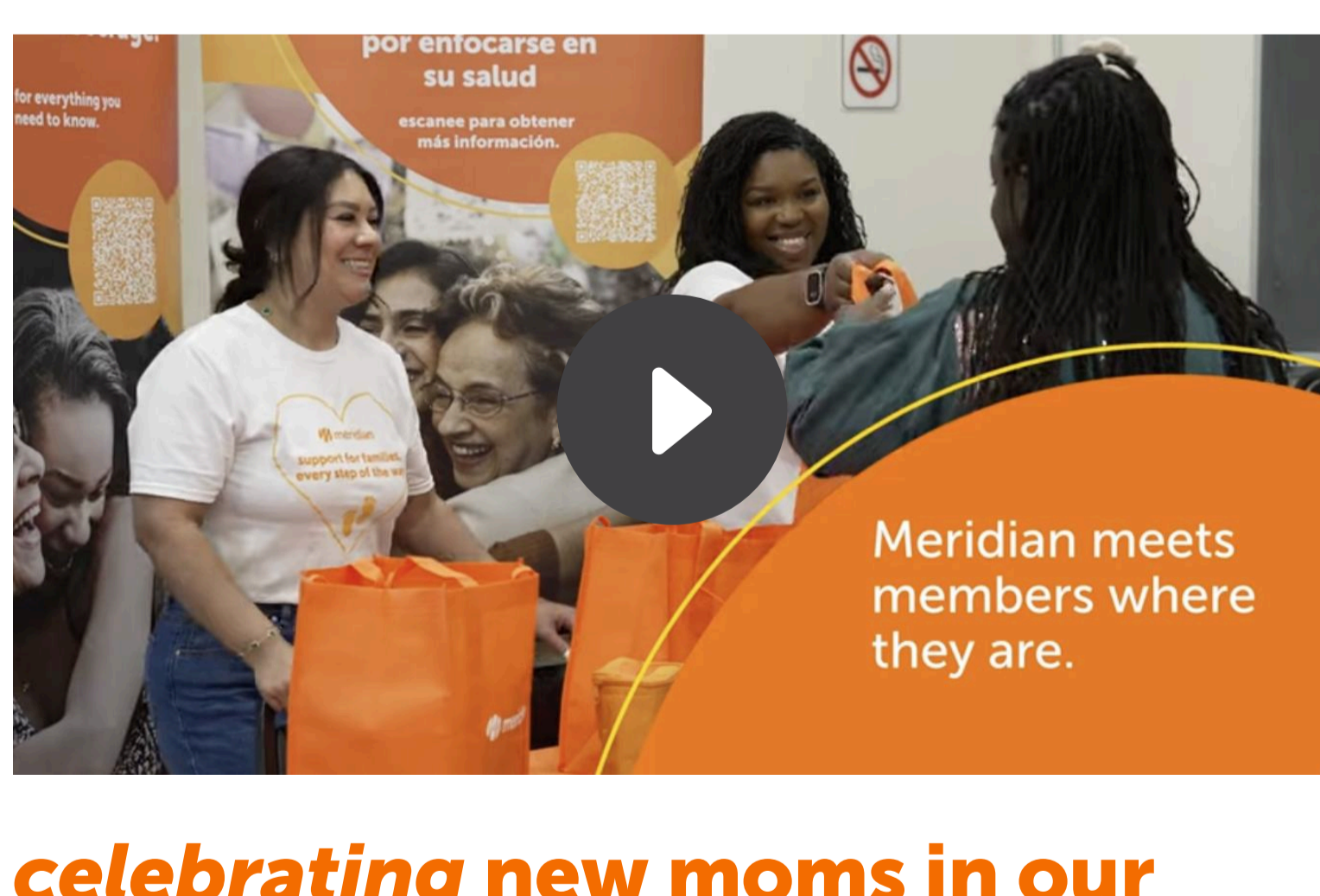


This veggie-packed skillet is easy to customize and perfect for busy nights. It's also low in sodium, but still full of flavor.

[view recipe](#)

Find more recipes and nutrition tips in English and Spanish!
¡Encuentre más recetas y consejos de nutrición en inglés y español!

community partnerships



Meridian meets members where they are.

celebrating new moms in our communities

Baby shower events are a special way to help new and expecting moms prepare for their babies. These events provide families with important items like diapers, bottles, bibs, onesies, and more.

They also offer helpful tips for caring for a baby. With help from doctors, nurses, doulas, and community partners like the March of Dimes, moms can learn about:

- How to keep babies safe while sleeping
- How to care for baby teeth and gums
- How to use car seats the right way
- Why breastfeeding and postpartum care matter

We host or attend these baby showers through local partnerships to support families and help babies get a healthy start in life.

Rewards and health actions are dependent on eligibility for specific activities, which will vary by individual. Members may not qualify for all health activities. The date of service to redeem a reward must be in the current plan year. Rewards can be redeemed up to 30 days following the conclusion of the program period.

Meridian complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex (including pregnancy, sexual orientation, and gender identity).

Español (Spanish): ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **866-606-3700** (TTY: **711**).

Polski (Polish): UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer **866-606-3700** (TTY: **711**).

contact us

Meridian Member Services

866-606-3700

(TTY: 711)

Monday-Friday, 8:00 a.m. to 5:00 p.m.

