



may 2025

it's time to put *your* health first.

Women are often making sure everyone in their families stays healthy. But what about your own well-being? To best care for your loved ones, you need to be physically and mentally healthy, too. So this Women's Health Month—and every month—make time to take care of you!

screenings & health advice

mental health support for new moms

It's normal to experience a range of emotions after having a baby. New moms may experience a condition called postpartum depression (PPD). Symptoms may include severe mood swings and difficulty bonding with your baby. PPD can last for months or even years after giving birth. It's common, and it's treatable.

Meridian MomCare can help. In-network providers offer specialized support for moms living with PPD. Your benefits include virtual visits. Search for a mental health specialist with our [Find a Provider](#) tool. Use our depression screener tool to see if you may need PPD care.



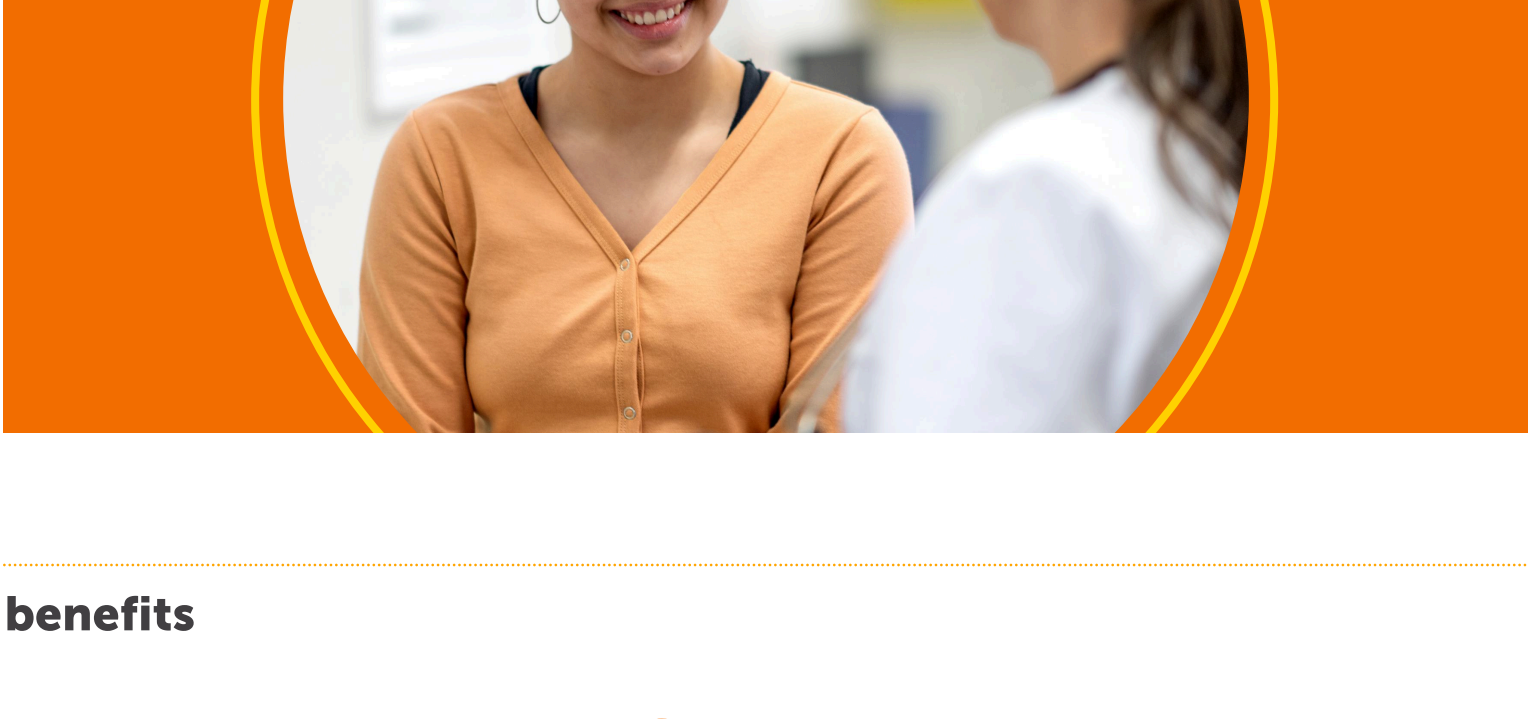
[take assessment](#)

spotlight on women's health

This is the time of year for women of all ages to renew their focus on personal health. Even if you're healthy, regular checkups and screenings are important. This includes visiting your women's health provider. It's recommended that most adult women get a Pap test. And a chlamydia test should be added if you're sexually active. Searching for a provider? Use our [Find a Provider](#) tool.

Between checkups, you can take action for better health every day.

- Eat right
- Exercise
- Don't smoke
- If you have an underlying health condition, be sure to follow your provider's advice
- Take your medication as prescribed



benefits

get rewarded for taking care of your health.

You can earn incentives for completing healthy actions like screenings and checkups. Depending on your gender and age, you may be able to earn rewards for breast and cervical cancer screenings. Once you complete your actions, you can receive a prepaid debit card. Log in to the [Healthy Rewards portal](#) to find out which rewards you can earn.



[see rewards](#)

free rides!

If you need help getting to and from your providers' offices, we can help. We offer free, nonemergency rides for most healthcare-related services like:

- Medical and mental health appointments
- Chronic and ongoing treatments
- Durable medical equipment (DME) appointments
- Prescription pickups
- Substance abuse programs
- Women, infants, and children (WIC) programs

Call **866-796-1165** at least three days in advance to schedule your ride. Be sure to have your Medicaid information available, and the time and location of your appointment. Meridian can also reimburse you for public transportation or gas costs.

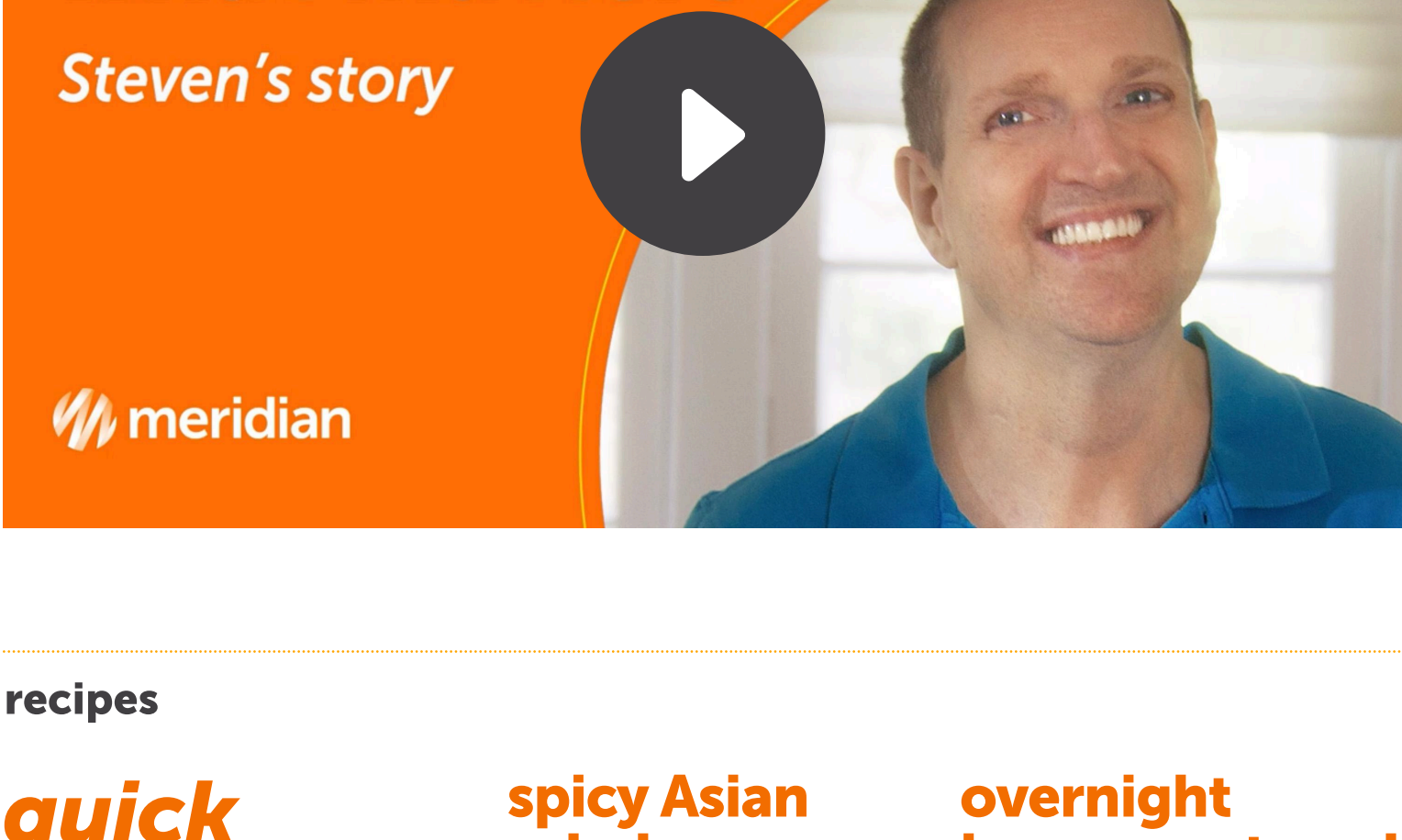
[learn more](#)



press play

watch Steven's story.

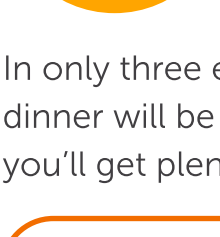
Steven's journey began when he was a tiny preemie, born 11 weeks early. As an adult, Steven's health depends on a device used for drawing blood. He and his mother, Debbie, needed help maintaining this device. Thanks to the support of his Meridian care navigator, Michael, Steven received the care he needed. Watch Steven's story and reach out if you need help from our GuidedCare Coordination team.



recipes

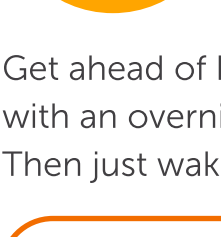
quick recipes for busy days

Sometimes, there simply isn't enough time in the day to spend cooking a meal. Keep these American Heart Association recipes on hand instead!



In only three easy steps, dinner will be ready. And you'll get plenty of protein.

[view recipe](#)



Get ahead of breakfast prep with an overnight oats recipe. Then just wake up and go.

[view recipe](#)

community partnerships



doula support for expecting mothers

We're partnering with [The Link & Option Center](#) to provide doula services to support our pregnant members in parts of Illinois. Doulas are matched by background, culture, and language. Typically, doulas provide up to 16 prenatal visits. And care to keep mom healthy usually begins about two weeks after delivery.

Before birth, doulas assess the family's needs and strengths. They help:

- Develop a birth plan
- Guide healthy behaviors
- Facilitate prenatal care

Post-delivery visits focus on:

- Breastfeeding support
- Caring for baby
- Information on infant development
- Connecting with community resources to address other concerns

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, gender, 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.

