

Subject Line: Your May guide to family health and support

From: Meridian Medicaid Plan

Preheader Text: Pregnancy support, caregiver resources, and simple recipes inside



meridianmonthly

Care for you and your family

May 2026

Support at every stage of life

Taking care of yourself and your family can look different at every stage. This month, we're sharing resources for growing families and caregivers. You'll also find practical health information and easy, nourishing recipes.

Health advice

Talking to teens about STIs

Sexually transmitted infections (STIs) are common. Talking about them openly can help protect your teen's health. These conversations can help teens feel more comfortable asking questions and making safer choices. Find guidance for parents, along with information on STI prevention, testing, and birth control options.

[Learn more](#)

5 things Meridian members should know during pregnancy

If you're expecting, we're here to support you. Here are five important things to know.



Tell us you're pregnant early. Complete a Notification of Pregnancy (NOP). This gives you access to support and rewards. A member of our MomCare team will reach out after you submit [the form](#).



Get one-on-one support. A [MomCare](#) Advocate can help schedule appointments and answer questions. Support continues after birth. Programs like Ready to Grow help during your baby's first year.



Complete prenatal and postpartum visits with your provider. These visits support your health and may qualify for rewards.



Use your available benefits. This includes support from doulas, lactation consultants, and care managers.



Earn up to \$620 in Healthy Rewards. This covers the period from conception through your baby's first birthday. Start by filling out the NOP. Remember to complete important appointments for you and your baby.

Member benefits

Support from doulas during pregnancy and after birth

Find a doula through MomCare Connect. A doula is a trained professional who provides many supports. Doulas can help you:

- Prepare for labor
- Understand your birth options
- Feel supported before, during, and after birth

[Learn more](#)

Get help with breastfeeding

Your MomCare team can connect you to lactation services as part of your care. Lactation consultants can offer expert support. They can help you:

- Get started with breastfeeding
- Address common challenges
- Build confidence with feeding at home

[Learn more](#)



Eat Well, Be Well episode 4: What to Eat When You're Expecting

Eating well during pregnancy doesn't have to be hard—but it can be confusing with so much advice out there. In our podcast, Hannah Gruenewald, a registered dietitian and Terra Granzky, Manager of Care Management and a member of our MomCare team, discuss nutrition during each trimester. They share what expecting moms should know.

[Watch today](#)

Recipes

Recipes with moms in mind

During pregnancy, it's common to feel full quickly. These small meals and snacks are great for when a full meal feels like too much.

Black bean dip



This is a quick, no-cook snack that helps support you and your baby. Try it with crackers or veggies.

[view recipe](#)

Lime & cilantro tuna salad



A light tuna salad is a good option that won't make you feel overly full.

[view recipe](#)

Find more recipes and nutrition tips in English and Spanish!

¡Encuentre más recetas y consejos de nutrición en inglés y español!

Stay up to date on [SNAP changes](#) and where to find support.

Partner spotlight

Support for caregivers with TCARE

Caring for a loved one can be rewarding—and overwhelming. Meridian offers TCARE, a caregiver support program for members and the people who care for them, helping you manage the challenges of caregiving.

With TCARE, caregivers can receive:

- Personalized care plans
- One-on-one support and regular check-ins
- Access to resources and tools, available anytime

[Visit TCARE](#)



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.



ILmeridian.com

