

Prenatal Vitamins

As a benefit of your State of Montana health plan, members who are pregnant have access to generic prenatal vitamins. Generic prenatal vitamins are listed as a Level A medication in the URx prescription drug program, which means there should be no additional out of pocket cost to you.

You should always talk with your doctor about ANY supplements or medications you take during pregnancy.

Get your prenatal vitamins

1. Get a prescription for prenatal vitamins from your doctor. A prescription is required since the charge needs to run through the URx prescription drug program.
2. Go to a store with a pharmacy of your choice and select a generic brand of prenatal vitamins. A “generic” prenatal vitamin is a product that has no brand name or registered trademark. It is sometimes the same as a “store” brand.
3. Take the vitamins to the pharmacy for purchase, along with your prescription.
4. If necessary, present your URx card.
5. Your vitamins should run through the URx program at a Level A, which means there should be no additional out of pocket cost to you.

If you have any trouble getting your generic prenatal vitamin at a Level A, just contact Health Care and Benefits Division.

- Remember, you also have the option to buy a brand name product if choose, but that is a direct out-of-pocket cost to you.
- If you need a specific prescription-only prenatal vitamin, that will also run through the URx program. There may be a co-payment required.

Ask A Dietitian

If you are interested in the best nutrition for you and your baby, you may consider consulting a dietitian about your diet during pregnancy. You have access to registered dietitians at the Health Centers, through Cigna’s Healthy Pregnancy program, and through your regular benefits for nutrition consultation from in-network dietitians (commonly found at hospitals).

A dietitian can help you tailor a diet specifically for your situation and can address specific questions about optimal nutrient intake during pregnancy, weight gain during pregnancy, and foods that can help alleviate common pregnancy side effects (constipation, water retention, nausea, etc.).

Still have questions?

Health Care and Benefits Division
Telephone (800) 287-8266 or (406) 444-7462
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benefitsquestions@mt.gov