



April 10, 2025

## Get Connected As Early As Possible

**Getting connected to care as early in a pregnancy as possible is critical; as is continuing care during and after the pregnancy.**

Preventable complications of pregnancy and childbirth are on the rise in Montana. Let's stop this heartbreaking trend and get the word out - **getting early and routine medical & dental care during pregnancy** (prenatal care) can help you or a loved one **have a healthier pregnancy and healthier baby.**

It's important to seek prenatal care even if you feel well. Your partner or support person is welcome at your prenatal visits too!

### **Get Connected to Care Now!**

- Make an appointment with a healthcare provider and a dentist as soon as you know you are pregnant.
- Consider taking a prenatal vitamin.
- Be sure to take care of yourself mentally as well as physically; depression, anxiety, and other mental issues are very common and can be addressed.

**We know all families experience pregnancy differently. If you are experiencing mental health issues such as depression or anxiety from**

**pregnancy, infertility, or pregnancy loss, talk to your healthcare provider and consider using the support resources listed below.**

*If you get a call from BlueCross & BlueShield of Montana (BCBSMT), they're calling to help you take good care of your health. Please answer or call them back.*

## Resources

- **[Ovia Health Apps](#)**
  - Ovia Fertility, Cycle & Health
  - Ovia Pregnancy
  - Ovia Parenting & Baby Tracker
- **[Perinatal Wellness Guidelines](#)**
- **[State Plan Member Prenatal Resources](#)**
- **[Delta Dental Prenatal Resources](#)** - The State Plan offers enhanced pregnancy benefits! Since pregnant women are at higher risk for certain oral health conditions, some of which can result in a pre-term, low-birth weight baby, pregnant State Plan members are eligible for an extra cleaning and dental exam at no cost during their pregnancy.
- **[BlueCross & BlueShield of Montana \(BCBSMT\) Case Management](#)**: Call (855) 313-8908 and ask to be referred to a case manager.
- **[BCBSMT 24/7 Nurseline](#)**: (877) 213-2565. Get answers to your health questions at no cost to you.
- **[National Maternal Mental Health Hotline](#)**: (833) TLC-MAMA for 24/7 free and confidential support.
- **[Linking Infants and Families to Supports \(LIFTS\) Online Resource Guide](#)**
- **[Return to Zero Bereavement Support](#)**: Support for after Pregnancy Loss.



- **Suicide and Crisis Lifeline:** Dial 988 for free access to a crisis counselor who can provide you with support and connect you with additional help and resources.
- **5 Peaks Coalition** - Better Lives Montana - support for opioid use disorder for pregnant and nursing women.

**For More Information:**

**BCBSMT** - Ovia apps, medical benefits & claims, case management, Nurseline, find an in-network provider

[bcbsmt.com](http://bcbsmt.com)

(888) 901-4989

TTY 711

**Delta Dental** - No cost extra exam and cleaning during pregnancy, resources for pregnancy, find a provider, explore your dental benefits.

[benefits.mt.gov/Dental/](http://benefits.mt.gov/Dental/)

(866) 496-2370

**Health Care & Benefits Division** - All State Plan benefits

[benefits.mt.gov](http://benefits.mt.gov)

(800) 287-8266

TTY (406) 444-1421

**LIVE LIFE WELL WELLNESS PROGRAM**

HEALTH CARE & BENEFITS DIVISION

(406) 444-7462 | TTY (406) 444-1421 | Toll Free (800) 287-8266

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[BenefitsQuestions@mt.gov](mailto:BenefitsQuestions@mt.gov)



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**ATENCIÓN:** si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-270-3877 (TTY: 711).

**ACHTUNG:** Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-866-270-3877 (TTY: 711).