



Healthy Babies Resource Guide

*Chattanooga/Hamilton County
Initiative to Reduce Infant Mortality*

2010

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Infant Mortality Reduction Initiative
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Chattanooga-Hamilton County Health Department
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Chattanooga, TN 37403
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Chattanooga-Hamilton County Health Department Programs

Family Planning

Chattanooga-Hamilton County Health Department

921 E 3rd St

Chattanooga, TN 37403

Phone: (423) 209-8050

Website: <http://health.hamiltontn.org/>

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

Sequoyah Health Clinic

9527 W. Ridgetrail Rd.

Soddy Daisy, TN 37379

Phone: (423) 842-3031

Ooltewah Health Clinic

5520 High Street

Ooltewah, TN 37363

Phone: (423) 238-4269

Birchwood Health Clinic

5623 Hwy. 60

Birchwood, TN 37308

Phone: (423) 961-0446

Services Provided: Immunizations, child-health, family planning, prenatal care (Sequoyah site only), tuberculosis services, sexually transmitted disease services, and public education.

Eligibility: All

Payment Information: Standard fees depending on services.

Accept as Payment: Cash, Check, Sliding Scale, Medicaid/TennCare

Car Seat Safety Program

Phone: (423) 209-8204

Office Hours: Monday-Friday, 8:00 a.m.-4:00 p.m.

Services Provided: The car seat program at the Chattanooga-Hamilton County Health Department serves Hamilton County residents when funding is available. Presently, we use a convertible infant seat for children from birth to 40 pounds. We use this seat because it can be used at broader weights and ages. After viewing a brief video, class participants are shown how to properly restrain a child in the child restraint seat. Participants are asked to do this before they are shown the correct way to put the restraint in the vehicle. Finally, parents are taught how to install the child restraint seat in the vehicle.

Eligibility: To qualify for a free car seat an applicant: must be a resident of Hamilton County, must be a recipient of WIC or TennCare, must attend one of our classes to learn correct installation, must not bring infants or children to class, and must have a privately-owned vehicle available for class.

Healthy Babies Start with Healthy Ladies

Phone: (423) 209-8081

Office Hours: Monday-Friday, 8:00 a.m.-4:00 p.m.

Services Provided: The program educates women on the importance of and the need for early prenatal care. The program supports and encourages women to develop a personal plan with goals on how she will take care of herself during pregnancy. The program also focuses on the importance and benefits of taking prenatal vitamins and getting regular prenatal check-ups. Expectant mothers talk with an educator about their feelings regarding their pregnancy, healthy behaviors, the importance of prenatal care and discuss any barriers that are discovered in the session.

Populations Served: Infants/children, P regnant women

Eligibility: Pregnant females.

Payment Information: Free of charge

HUGS: Help Us Grow Successfully

Phone: (423) 209-8086

Office Hours: Monday-Friday, 8:00 a.m.-4:00 p.m.

Services Provided: HUGS is a home visiting program for prenatal/postpartum women and children up to age six. Health care professionals will assist clients in obtaining health care, social, educational and other necessary services.

Eligibility: Pregnant/postpartum women and children up to age six.

Payment Information: Free of charge

Injury Prevention

Phone: (423) 209-8203

Office Hours: Monday-Friday, 8:00 a.m.-4:00 p.m.

Services Provided: Injury Prevention education, including car seat safety, poison prevention, fire safety, dog bite prevention, infant safety, child safety, handwashing and germ prevention, pedestrian safety, senior fall prevention, drug prevention and education.

Populations Served: Infants/children, Teens, Women. Pregnant women. Families, Men, Senior citizens

Eligibility: All Hamilton County residents.

Payment Information: Free of charge

Smoke-Free Chattanooga

Phone: (423) 209-8285

Website: www.smokefreechattanooga.com

Office Hours: N/A

Services Provided: Community-based tobacco control coalition: works to change culture regarding tobacco use with policy change, prevention work, cessation, and focus on disparate populations.

Populations Served: All, including Disparate populations: low socioeconomic status, African-American, substance abusers, and HIV positive persons, etc.

Eligibility: Population-based program.

Payment Information: Free of charge

TENNderCare

Phone: (423) 209-8336

Office Hours: Monday-Friday, 8:00 a.m.-4:00 p.m.

Services Provided:

TENNderCare is a full program of checkups and health care services for children who have TENNCare (including medical, vision, hearing, dental and mental health). As health educators, we speak to groups of children and adults about the importance of getting their checkups (EPSDT).

Populations Served: Infants/children, Teens

Eligibility: TENNderCare is free for children birth to 21 who are enrolled in TennCare.

Payment Information:

Free of charge if client is eligible.

WIC: Women, Infants & Children

Phone: (423) 209-8220

Office Hours: Monday-Friday, 8:00 a.m.-4:00 p.m.

Services Provided: Nutrition education, breastfeeding education and support, nutritious foods, and health referrals to women, infants, and children who qualify. WIC offers vouchers for healthy foods, nutrition education, breastfeeding help and support, easy access to childhood immunizations and physical exams, and referrals to other health and social services.

Populations Served: Infants/children, Teens, Women, Pregnant women

Eligibility: Income-qualified pregnant, postpartum and breastfeeding women, infants and children up to age 5. Families who qualify for Medicaid, TennCare, Food Stamps and Temporary Assistance to Needy Families (TANF) are income qualified for WIC.

Payment Information: Free if client is eligible.

Non-Health Department Programs

Baby Basics Program

ReStart Chattanooga
1501 Riverside Drive, Suite 260
Chattanooga, TN 37406
Phone: (423) 855-4443
Website: www.restartchattanooga.org
Office Hours: Monday-Friday, 8:30 a.m.-4:30 p.m.

Services Provided: Baby Basics combines prenatal health education with appropriate literacy training and community support for expectant mothers. The book is provided for free and the groups meet 2 hours monthly (Mom's Club), for presentations by community professionals, peer mentoring and a project they make for themselves or their baby. We have 6 Mom's Clubs that meet throughout the city at different times and dates to accommodate many schedules.

Eligibility: Pregnant women of all ages in the Hamilton County area. Fathers are invited to participate.

Payment Information: Free of charge

CARTA

Chattanooga Area Regional Transportation Authority
1617 Wilcox Blvd
Chattanooga, TN 37406
CARTA Information Line: 629-1473
TDD for the hearing impaired: 624-4534
Care-A-Van: 698-9038
CARTA web site: www.goCARTA.org

Services Provided: CARTA Services include 16 bus routes, the Downtown Shuttle, and Care-A-Van, a service for residents and visitors to our area with disabilities (of a permanent or temporary nature) that prevents them from using CARTA's fixed route service. All CARTA buses are equipped with bicycle racks and free wifi.

Payment Information:

One Way Fare:\$1.50
Sr. Citizens (with Special Fare ID Card): \$0.75
Students:\$0.75 (Grades K-5, Students In 6-12 must display a CARTA Student Bye Pass Card)
Persons with disabilities (Special Fare ID required): \$0.75
Child 5 and under: Free

Passes: Passes are more economical if you ride more than one bus to get to your destination.

31-Day Pass (unlimited rides for 31 consecutive day: \$50.00
24 Hour Unlimited Ride Pass: \$4.00
Half Fare pass for students/seniors/persons with disabilities: \$2.00

Chattanooga Room in the Inn

230 N. Highland Park Ave
Chattanooga, TN 37404
Phone: (423) 624-6144
Website: www.chattanoogaroomintheinn.com

Services Provided: Chattanooga Room in the Inn (CRITI) is a three to nine month residential program for homeless women and children. Services provided at CRITI are free of charge and include transitional housing, three meals a day, access to affordable or free health care, life skills training, parenting classes, mentoring, assistance with finding affordable housing, and case management services. The 24-hour-a-day program allows the women and their children to find stability, thereby increasing their opportunities and chances for independence once they leave the program.

Populations Served: Infants/children, Teens, Women, Pregnant women, Families

Eligibility: Homeless single women and women with children.

Children's Advocacy Center of Hamilton County

909 Vine St

Chattanooga, TN 37403

Phone: (423) 266-6918

Website: www.cachc.org

Office Hours: Monday-Tuesday, 8:00 a.m.-8:00 p.m. and Wednesday-Friday, 8:00 a.m.-5:00 p.m.

Services Provided: The Children's Advocacy Center is a non-profit, child-friendly facility dedicated to the investigation,

intervention and treatment of physically and sexually abused children and their families. Additionally, we are committed to abuse prevention through school and community education programs uniquely designed for children, parents, teachers and other caring adults concerned about the safety and well being of the children in our area.

Eligibility: We served child victims of alleged sexual and severe physical abuse. We serve all populations with our prevention education programs.

Payment Information: Free of charge if eligible.

City of Chattanooga Human Services

2302 Ocoee St

Chattanooga, TN 37406

Phone: (423) 493-9750

Office Hours: Monday-Friday, 8:00 a.m.-4:30 p.m.

Services Provided: Nationally recognized childcare program for children ages 0-4. Serve pregnant women.

Populations Served: Infants/children, Pregnant women, families

Eligibility: You have to be income eligible to qualify for our services. If you are income eligible, we accept pregnant women, children ages 0-4 and children with disabilities.

Payment Information: We do not have a fee. If you need extended hours, some of our collaboration sites offer it and the fees vary.

Eastside Taskforce/East Chattanooga Weed & Seed

1502 McCallie Ave

Chattanooga, TN 37404

Phone: (423) 752-4449

Website: www.eastsidetaskforce.org

Office Hours: Monday-Friday, 10:00 a.m.-4:00 p.m.

Services Provided: Teenage Pregnancy Focus Group. This is a program to bring young people, parents, and representatives from City, County, State Government, and the school board to the table to discuss issues of Teenage Pregnancy. The goal is to work through this forum to try to educate, decrease frequency, or prevent teenage pregnancy with sensible and measurable objectives.

Eligibility: Open to the community.

Payment Information: Free of charge

First Things First

620 Lindsay St, Suite 100

Chattanooga, TN 37403

Phone: (423) 267-5383

Website: www.firstthings.org

Girls, Inc. of Chattanooga

09 South Greenwood Ave
Chattanooga, TN 37404
Phone: (423) 624-4757
Website: www.girlsincofchattanooga.org
Office Hours: Monday-Friday, 8:00 a.m.-4:00 p.m.

Services Provided: Inspires all girls to be strong, smart and bolds by providing a healthy and positive environment where girls can enjoy being girls; by providing enriching programs that nurture their capacity for personal achievement, confident adulthood and economic independence; and by advocating for an equitable society. Since 1961, Girls Inc. has served more than 22,000 girls Hamilton County. Girls Inc. of Chattanooga's Infant Mortality Public Awareness Campaign for Tennessee (I.M.P.A.C.T.) consists of teenagers from throughout Hamilton County. Attending public and private schools, the youth have met since February of 2008 to learn about the issues surrounding infant mortality and also work with professionals in video production, marketing, drama and public health to design a social marketing campaign aimed towards their peers.

Populations Served: All girls ages 6-18.

Payment Information: Free of charge

Hospice of Chattanooga

4411 Oakwood Dr
Chattanooga, TN 37416
Phone: (423) 892-4289
Website: www.hospiceofchattanooga.org
Office Hours: N/A

Services Provided: The Kids R Special Too program provides pediatric & perinatal Hospice services.

Populations Served: Infants/children, Teens, Women, Pregnant women, Men, Relatives, caregivers, & foster parents.

Eligibility: Perinatal Hospice for pregnant women with a life threatening fetal diagnosis. Women who have experienced a pregnancy loss at any gestation, from miscarriage to full-term. Pediatric Hospice and Pediatric Palliative Care Services for children of any age with a life limiting, life threatening or fatal diagnosis. Adult Hospice and Palliative Care services.

Payment Information: Perinatal Hospice and Pediatric Palliative programs are provided as a community service and no charge to anyone. Hospice of Chattanooga is a non-profit organization. Any other program fees depend on resources or ability to pay.

La Paz de Dios

1918 Union Ave, Suite 210
Chattanooga, TN 37404
Phone: (423) 624-8414
Website: www.lapazdedios.org
Office Hours: Tuesday-Thursday, 10:00 a.m.-5:00 p.m.

Services Provided: Promotores de Salud (Promoters of Health) includes prenatal education, home visits, follow up doctor visits, and support during and after pregnancy. Client Services includes educational sessions, translation and interpretation, and referrals. Advocacy to include community networking opportunities, cultural training, cultural exchange and community presentations.

Populations Served: Infants/children, Teens, Women, Pregnant women, Families, Men

Eligibility: Target population is Latinos living in Chattanooga.

Payment Information: Free of charge

Lactation (Breastfeeding) Consultant

Neonatal Intensive Care Unit,
T.C. Thompson Children's Hospital
910 Blackford St
Chattanooga, TN 37403
Phone: (423) 778-5330
Office Hours: Monday-Friday, 8:00 a.m.-5:00 p.m.

Services Provided: Parent Educator/Lactation Consultant for the parents in the NICU. I visit all new Mothers who have babies in the NICU to discuss the benefits of breastmilk for high risk babies, teach them how to start pumping milk for their babies, teach the Mom how to breastfeed and follow the baby until discharge from the NICU. I also provide discharge classes for the NICU parents with plans to begin Breastfeeding classes on a routine basis. I coordinated NAPS (Nurses and Parents Sharing), a support group for NICU families.

Eligibility: High risk infants and their families.

Payment Information: No fees for lactation services

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

Services Provided: Parent Educator/Lactation Consultant for the parents in the NICU. I visit all new Mothers who have babies in the NICU to discuss the benefits of breastmilk for high risk babies, teach them how to start pumping milk for their babies, teach the Mom how to breastfeed and follow the baby until discharge from the NICU. I also provide discharge classes for the NICU parents with plans to begin Breastfeeding classes on a routine basis. I coordinated NAPS (Nurses and Parents Sharing), a support group for NICU families.

March of Dimes, Tennessee Chapter

1401 Williams St, Suite 205
Chattanooga, TN 37408
Phone: (423) 267-7172
Website: www.marchofdimes.com/tennessee
Office Hours: Monday-Friday, 8:30 a.m.-4:30 p.m.

Services Provided: The mission of the March of Dimes is to prevent birth defects, premature birth, and infant mortality. Our organization provides comfort and support for families experiencing a premature birth, child living with a birth defect, or infant loss. We also provide continuing education opportunities for health professionals and consumer education for the general public.

Eligibility: Healthcare professionals, pregnant women, men, and women of childbearing age are eligible for our education and support services.

Payment Information: Free of charge

Parents Are First Teachers

317 Oak St, Room 102
Chattanooga, TN 37403
Phone: (423) 209-6838
Website: <http://www.hamiltontn.gov/paft/default.htm>
Office Hours: Monday-Friday, 8:00 a.m.-4:00 p.m.

Services Provided: Early childhood education and parenting skills taught to families on their schedule by Parent Educators certified to use the evidenced based Born to Learn curriculum; developmental child screenings/monitoring; referral for developmental and family difficulties; group meetings.

Eligibility: Residents of Hamilton County who have children from the prenatal stage to age 5 are eligible. Services prioritized according to need.

Payment Information: Free of charge

Partnership for Families, Children, & Adults

1800 McCallie Ave
Chattanooga, TN 37404
Phone: (423) 697-7130
Website: www.partnershipfca.com
Office Hours: Monday-Friday, 8:30 a.m.-5:00 p.m.

Services Provided: The Teen Pregnancy/Parent Education Program provides case management and home visitation services for pregnant and parenting teens and young adults, including education on prenatal and postnatal care, nutrition, child development, contraception, abuse prevention, and community resources.

Populations Served: Infants/children, Teens, Women, Pregnant women, Families

Eligibility: Teens and young adults who are pregnant or have a young child.

Payment Information: Free of charge

Project Access

Chattanooga-Hamilton County Medical Society and Medical Foundation of Chattanooga
1917 E 3rd St
Chattanooga, TN 37404
Phone: (423) 826-0269
Website: www.chattmedsoc.org
Office Hours: Monday-Thursday, 8:30 a.m.-5:00 p.m.,
Friday, 8:30 a.m.-4:00 p.m.

Services Provided: Project Access provides access to health care for low-income, uninsured residents of Hamilton County. Care is provided through community health centers, volunteer physician specialists, hospitals, and other partners.

Eligibility: Hamilton County residents below 150% of the federal poverty level who have a current health problem, who do not have insurance, and who are referred to Project Access by a participating primary care provider.

Payment Information: Most services are provided at no-cost to qualifying individuals.

Signal Centers

109 N Germantown Rd
Chattanooga, TN 37411
Phone: (423) 698-8528
Website: www.signalcenters.org
Office Hours: Monday-Friday, 7:30 a.m.-5:30 p.m.

Services Provided: Signal Centers Children's Program provides services for children birth through 5 years of age. Children with special needs, as well as typically developing children, are served. Classrooms are designed to promote developmentally appropriate practices and provide inclusive learning opportunities. The full array of therapy services are embedded within the child's daily classroom routine. The Adult Center's Adults with Disabilities Program services those aged 18 and above. Attendees have the opportunity to socialize while developing, maintaining, or increasing both their work and independent living skills.

Populations Served: Infants/children, Adults with disabilities,

Eligibility: Children 6 weeks to 5 years of age (typically developing and children with special needs); adults with disabilities 18 and over.

Payment Information: For child care, \$135-\$155 per week.

Accept as Payment: Cash, Check. Signal Centers does not bill insurance

Siskin Children's Institute

1101 Carter St
Chattanooga, TN 37411
Phone: (423) 648-1757
Website: www.siskin.org
Office Hours: Monday-Friday, 7:30 a.m.-5:00 p.m.

Services Provided: Early Learning Centers provides preschool for children with and without disabilities; Family Support Services offers trainings, family support, resources, and a lending library through an outreach program; the developmental behavioral pediatric center offers assessment, diagnosis, and treatment for children with or at risk for developmental delays or disorders; conducts research studies related to early childhood topics.

Populations Served: Infants/children, Families

Eligibility: Families who have children with and without disabilities.

Accept as Payment: Cash, Check, Credit Card, Sliding Scale, Medicaid/TennCare, Medicare, Private Insurance

Southeast Child Care Resource & Referral Center

Signal Centers
109 N Germantown Rd
Chattanooga, TN 37411

2300 Bailey Avenue
Chattanooga, TN 37404

Phone: (423) 698-8528 or 629-4174
Website: www.tnccrr.org
Office Hours: Monday-Friday, 8:30 a.m.-4:30 p.m.

Services Provided: Resources for parents, child care professionals and the community that supports quality child care and the development for our children.

Populations Served: Parents, Child care providers, including center based and family & group home, Community partners

Eligibility: Families, parents, grandparents, children, child care centers, family and group home, community educational agencies, and schools.

Payment Information: Free of charge

Southside/Dodson Avenue Health Clinic

Southside
100 E. 37th Street
Chattanooga, TN 37410
Phone: (423) 778-2700

Dodson Avenue
1200 Dodson Avenue
Chattanooga, TN 37406
Phone: (423) 778-2800

Website: www.erlanger.org
Office Hours: Monday, 8:30 a.m.-7:00 p.m., Tuesday – Thursday 8:30 a.m. – 5:00 p.m., Friday, 8:30 – 4:00 p.m.

Services Provided:

Prenatal care with Centering Pregnancy group prenatal care. Preconception health care. The Centers are comprehensive, multi-specialty primary care facilities offering affordable, accessible, high-quality medical and dental care. Other services include wellness, health education, and disease management programs. The staff includes board-certified or board-eligible professional providers include pediatricians, internal medicine specialists, nurse practitioners, and dentists. Gynecological and obstetrical services provided in conjunction with the University of Tennessee College of Medicine OB/Gyn residency program.

Eligibility: All

Payment: Cash, Check, Credit card, Sliding fee scale, Medicaid/TennCare, Medicare, Insurance

Tennessee's Early Intervention System

1501 Riverside Dr, Suite 230
Chattanooga, TN 37406
Phone: (423) 624-6344
Office Hours: Monday-Friday, 8:00 a.m.-5:00 p.m.

Services Provided: TEIS provides eligibility determination, service coordination and home-based education for families of qualifying children.

Populations Served: Infants/children

Eligibility: Families who have children from birth through two who have specific diagnosed medical conditions or developmental delays (25% delay in two developmental areas or 40% delay in one).

Payment Information: Free of charge if client is eligible.

TN Commission on Children & Youth

State Office Building
540 McCallie Ave, Suite 643
Chattanooga, TN 37403
Phone: (423) 634-6210
Website: www.tennessee.gov/tccy
Office Hours: Monday-Friday, 8:00 a.m.-4:30 p.m.

Services Provided: TCCY is an independent state agency. Its primary mission is advocacy for improvements in the quality of life for the state's children and families. TCCY gathers, analyzes and reports information on children and families in various publications including: "KIDS COUNT: The State of the Child in Tennessee"; "The Advocate", a quarterly newsletter; "TN Compilation of Selected Laws on Children, Youth & Families"; and Legislative Reports & Summaries. In addition to advocacy, TCCY implements the Juvenile Justice and Delinquency Prevention (JJDP) Act in Tennessee including distribution of grant funds. TCCY staffs and coordinates nine regional councils including the Southeast Regional Council on Children & Youth for regional networking and advocacy. The case review team uses an intensive case review approach to collect, analyze, and report information about the population of children in state custody and their families. The Ombudsman staff serve as neutral reviewers to respond to questions, concerns or complaints regarding children in state custody.

Populations Served: Infants/children, , Teens, Families

Eligibility: Publications are free and available on the TCCY website. Membership in the Southeast TN Council on Children & Youth is open to anyone.

TN Department of Children's Services (DCS)

311 Martin Luther King Blvd
Chattanooga, TN 37403
Phone: (423) 634-6516
Website: www.tn.gov
Office Hours: Monday-Friday, 8:00 a.m.-4:30 p.m.

Services Provided: DCS is responsible for child safety and permanency. We investigate allegations of abuse & neglect, maintain custody of children committed to our Department through juvenile court and work with families to return children to stable, safe environments or provide permanency through other means of adoption, kinship care, guardianship, etc.

Populations Served: Infants/children, , Teens, Families

Eligibility: Any child in Hamilton County that is referred to DCS through a referral process, Juvenile court or other professional partners and whose circumstances meet criteria as set forth by law and policy.

Payment Information: N/A

TN Tobacco Quit Line

Tennessee Tobacco QuitLine
1-800-QUIT-NOW (1-800-784-8669)
For the hearing-impaired call, 1-877-559-3816

Services Provided: The Tennessee Tobacco QuitLine is a toll-free telephone service that provides personalized support for Tennesseans who want to quit smoking or chewing tobacco. Includes free tobacco quit kit and free quit coach.

Payment Information: Free to all Tennessee residents.

UT College of Medicine, Obstetrics & Gynecology

979 E 3rd St, Suite C-725
Chattanooga, TN 37403
Phone: (423) 778-2580
Office Hours: Monday-Thursday, 8:00 a.m.-5:00 p.m.,
Friday, 12:00 p.m.-5:00 p.m.

Services Provided: Women's Health services. From young female to postmenopausal care. Full gynecological services, including conditions needing surgery. Full obstetrical care, including high-risk pregnancy.

Populations Served: Infants/children, Teens, Women. Pregnant women

Eligibility: All females

Payment Information: Please call to inquire.

Accept as Payment: Cash, Check, Credit Card, Sliding Scale, Medicaid/TennCare, Medicare, Insurance

Volunteer State Health Plan

1 Cameron Hill Circle
Chattanooga, TN 37402
Phone: TennCare *Select* 1-800-263-5479 BlueCare 1-800-468-9698
Website: www.vshptn.com
Office Hours: Monday-Friday, 8:00 a.m.-6:00 p.m. EST

What is VSHP: Volunteer State Health Plan, Inc. (VSHP), is an independent licensee of the BlueCross BlueShield Association and a licensed HMO affiliate of its parent company BlueCross BlueShield of Tennessee. Founded in 1993, the Chattanooga-based company focuses on managing care and providing quality health care products, services, and information for government programs. We have a mission to serve the people of Tennessee, both in our products and services and in our numerous outreach activities.

Services Provided: VSHP has several outreach programs that seeks to offer access to quality health care for our members, improve the health of our members and services provided to our members. Some of the programs offered include the Caring Start Maternity Program, CareSmart Disease Management Program, TENNderCare (EPSDT) which works to improve health care for our members under age 21, and various community partnerships developed with community agencies and organizations that will seek to improve the health of our members as well as those within the communities we serve. Community-based strategies include: connecting with the community to raise awareness, attending health fairs, participating in baby showers, participating in back-to-school bashes, and forming collaborative relationships with school systems, health departments, and providers.

Women's Wellness and Maternity Center

3459 Hwy. 68, P.O. Box 115

Madisonville, TN 37354-0116

Phone: 1-800-440-3385 or (423) 442-6624

Website: www.wellnessandmaternity.net

Office Hours: Monday 8:30 a.m.—6:30 p.m.; Tuesday 8:30 a.m.—7:00 p.m.; Wednesday 8:30 a.m.—5:00 p.m.; Thursday 8:30 a.m.—5:00 p.m. (well child 3:30 p.m.—7:00 p.m.); Friday 8:30 a.m.—5:00 p.m.

Services Provided: Complete maternity care—preconception through postpartum, CenteringGroup prenatal care, bilingual providers (Spanish), freestanding birth center or hospital birth, breastfeeding support, primary gynecological care, evening well child clinic.

Populations served: Low risk maternity, women of all ages, children

Eligibility Requirements: None

Payment Information: Accept all payments, TennCare, Cover Kids, self pay, Insurance, Medicare

About Presumptive Eligibility

Presumptive eligibility (PE) is a TennCare Medicaid category of coverage for pregnant women. The presumptive eligibility option encourages early entry into prenatal care for improved health outcomes for both the mother and the baby. In general, the normal application process for TennCare can take 45-90 days. A pregnant woman who qualifies for presumptive eligibility can begin receiving covered services on the day that she is approved for PE. These services include prenatal care at the earliest possible time during her pregnancy.

Application for presumptive eligibility is made through either the county Tennessee Health Departments or select Federally Qualified Health Centers in Tennessee. Presumptive eligibility gives the woman TennCare coverage for a 45-day period. She must file an application with the Department of Human Services within 45 days of the date her PE coverage begins. Coverage for full Medicaid will begin with the date of application. Even if there are other family members in need of TennCare, only the pregnant woman in the household may be approved for Presumptive Eligibility. All other family members, including newborns, must make a separate application for TennCare with the Department of Human Services.

Only one period of presumptive eligibility per pregnancy can be approved. Application for presumptive eligibility may be made "out-of-county" or in a county other than the one in which the applicant lives. However, only one application for presumptive eligibility should be made. Presumptive eligibility cannot be approved for an individual who already has TennCare.

2009/2010 Federal Poverty Guidelines (185% Poverty Level)		
Family Size	Annual 185% Poverty Level	Monthly 185% Poverty Level
1	\$20,036	\$1,670
2	26,955	2,246
3	33,874	2,823
4	40,793	3,399
5	47,712	3,976
6	54,631	4,553
7	61,550	5,129
8	68,469	5,706
9	75,384	6,282
10	82,308	6,859
11	89,220	7,435
12	96,144	8,012

What You Can Do to Help Prevent Infant Mortality

About half of all pregnancies are unplanned. To give your baby a healthy start in life, it's important to talk to your health care provider before, between, and during a pregnancy, and to:

- Know your family history, including past premature births (births of babies in the family less than 37 weeks).
- Take a multivitamin pill with 400 micrograms (mcg) of folic acid every day for at least 3 months before getting pregnant to help prevent birth defects.
- Stop the use of tobacco or alcohol.
- Take control of your medical condition, such as diabetes, high blood pressure, asthma, infections or other health problems. Also, be sure that your vaccinations are up to date.
- Talk to your medical provider about any over-the-counter, home remedies, and prescription medicines that you are taking.
- Avoid contact with unsafe chemicals or materials that could cause infection at work and at home.
- Get to a healthy weight before pregnancy and take care of yourself, including lowering stress.
- Determine how long to wait between pregnancies. For most women, it is recommended to wait at least 18 months between pregnancies.
- Unless there are medical reasons to induce labor early, carry your baby to a full 40 weeks. One-third of a baby's brain development occurs in the last 5 weeks of pregnancy.

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Source: March of Dimes and CDC



Born Too Small: Economic Costs

- Babies born too small can require more resources, including time in a neonatal intensive care unit (NICU) at a cost ranging from \$1,000 to \$2,500 per day.
- The median treatment cost of delivery for very low birthweight infants (<1500 grams) is almost \$50,000. This is more than \$1,000 per day, with a median length of stay of 49 days.
- Low birthweight accounts for 10% of all health care costs for children.
- Health care, education, and child care for the 3.5 to 4 million infants and children from birth to 15 years born low birthweight
- cost between \$5.5 and \$6 billion more than they would have if those children had been born at a normal birthweight.

Born Too Small: Personal Costs

- Day-to-day life is completely disrupted for many families of premature infants. Parents spend hours providing special care and may need extra time away from their jobs. Families can face financial stress as they struggle to pay the high hospital costs as well as time off work.
 - In their first year, many preterm and low birthweight infants undergo rehospitalization and acute care visits to a physician or Emergency Department (Cuevas, K; AJN).
 - One third of a baby's brain development occurs in the last 5 weeks of pregnancy.
 - Sixty percent of babies born less than 26 weeks have long-term disabilities, such as chronic lung disease, blindness, deafness, and brain development problems (Swamy, G; JAMA).
 - The effects of prematurity can be seen even past adolescence, it effects fertility. Males born between 22-27 weeks were 76 % less likely to reproduce, and females born at the same age were 67 % less likely to have children. Women born prematurely who did have children were more likely to have a premature birth. (Swamy, G; JAMA).
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What Our Community Can Do About Infant Mortality

Empower women before and between pregnancies through education and interventions provides the greatest opportunity to reduce Hamilton County's fetal and infant mortality rate. Such interventions include:

- Utilizing preconception health screening tools and curricula
- Promoting healthy behaviors (smoking cessation, drug /alcohol use cessation, nutrition, fitness and healthy sexual behaviors)
- Increasing utilization of prenatal care and a medical home.
- Increasing access to public transportation for prenatal care appointments
- Breastfeeding promotion and counseling
- Educating moms about Sudden Infant Death and injury education and prevention
- Enhancing care coordination of social, medical, and human services in Hamilton County.

About Infant Mortality

Infant mortality is an important health measure that reflects current health status and overall social development of a community. The infant mortality rate (IMR) is the rate at which babies less than one year of age die (per 1,000 births).

In 2007, 42 infants Hamilton County died before their first birthday, with an infant mortality rate of 9.7 per 1,000 live births. IN 2007, Hamilton County had the 2nd highest infant mortality rates of the four largest metropolitan areas in Tennessee.

Low birthweight (LBW) is an indicator of infant mortality. In Hamilton County, 12% of all live births are born LBW, which is less than 2,500 grams or 5.5. lbs. In 2007, Hamilton County had the highest LBW rate of the four largest metropolitan areas in Tennessee.

Infant Mortality Comparisons, 2007		
	Total rate per 1,000	
U.S. (2006)	6.7	
TN	8.3	
Hamilton	9.7	
Knox	4.7	
Davidson	8.0	
Shelby	12.7	
IMR	White	Black
Hamilton	6.4	16.9
Knox	3.7	12.4
Davidson	6.9	10.6
Shelby	5.8	17.8

Healthy Babies Resource Guide for Hamilton County
<http://tinyurl.com/HealthyBabiesResourceGuide>

Infant Mortality Reduction Initiative

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