



Steps Ahead is the program for Blount, Chilton, Cullman, Jefferson, Shelby, St. Clair, Walker and Winston Counties.

You can choose the hospital where your baby is born from the following:

**Brookwood Baptist Medical Center
Cullman Regional Medical Center
Grandview Medical Center
Medical West Hospital
Princeton Baptist Medical Center
Shelby Baptist Medical Center
St. Vincent's Birmingham
St. Vincent's East
UAB Hospital
Walker Baptist Medical Center**

For more information about the Medicaid Maternity Care Program in your area, please call 1-877-99STEPS.

Are You Pregnant?

**Do You Have Medical Insurance?
If not, You may qualify for Medicaid!**

Steps Ahead



You can choose the hospital where your baby is born. Our participating hospitals include Blount, Chilton, Cullman, Jefferson, Shelby, St. Clair, Walker and Winston Counties. If you get pregnant and are on Medicaid, you must use the Steps Ahead Maternity Care Program if you live in one of these counties.

Steps Ahead may be able to assist you to get Medicaid, which will pay for all of your pregnancy related care. This includes:

- Prenatal care • Hospital delivery
- Care after the baby is born • Family planning services
- Educational reading materials

For more information about Steps Ahead call 1-877-997-8377

Are you expecting a baby?

The Steps Ahead program is here for you! Let us help you have a healthy pregnancy and delivery. You are more likely to deliver a healthy baby if you go for prenatal medical care early and often during your pregnancy.

Are you eligible for the Steps Ahead program?

You can enroll in the Steps Ahead program today if you are pregnant and on Medicaid or qualify for Medicaid and if you live in Blount, Chilton, Cullman, Jefferson, Shelby, St. Clair, Walker or Winston County. Once

you enroll you must receive your prenatal care from the Steps Ahead program. We will provide a list of doctors for you to choose from.

Who will take care of you?

A team of well-trained doctors, nurses and social workers will work with you to answer any questions you may have during and after your pregnancy. You will always have the name and phone number of a caring person who will help you. When you enroll, a care coordinator will be there to help you throughout your pregnancy.



Tips for Mom's-To-Be:

If you think you may be pregnant go for a prenatal checkup now. It is important to go for early prenatal checkups and ALL scheduled prenatal checkups. This can help your baby to be born healthy.

If you think you may be pregnant, it is important for you and your baby's health that you:

- Eat a variety of healthy foods everyday.
- Drink 6-8 glasses of water each day.
- Wear your seat belt at all times.
- Keep all your health care appointments.
- Eat three (3) meals at regular times during the day.

To prevent causing any harm to you or your baby:

- Don't smoke. Tobacco of any kind will harm you and your baby. Smoking increases the chances that your baby is born too soon or too small.
- Don't drink alcohol (beer, wine, wine cooler, liquor). Drinking alcohol can cause birth defects.
- Don't use any street drugs (crack, cocaine, marijuana, PCP). Street drugs can hurt you and your baby. Your baby could have serious mental or physical problems that can last for years.
- Don't take any medicine, even an aspirin or anything prescribed before you were pregnant. Always check with your doctor before using any over the counter or prescription drugs.

