

Welcome
Home



BlueCross BlueShield
of Kansas City

An independent licensee of the Blue Cross and Blue Shield Association.



WELCOME HOME!

It's our way of providing special care, gifts and services to help parents welcome their new baby home from the hospital.

We know how important it is to feel prepared, knowledgeable, comfortable and safe upon the arrival of your new infant. That's why Welcome Home has provided a third-trimester visit by a



Welcome Home nurse and a special Welcome Home gift box. Welcome Home also offers you care options and valuable services following delivery. Here's how the program works.

About Welcome Home After Delivery

If you have a normal delivery and healthy baby, your doctor may approve a shortened hospital stay for you. Your doctor will base this decision on your individual case, his or her experience, and eligibility criteria designed in accordance with the National Guidelines for Perinatal Care established by the American Academy of Pediatrics (AAP) and the American College of Obstetrics and Gynecology (ACOG).

If approved by your physician, you may elect to leave the hospital 24 hours following delivery (or 48 to 72 hours after a C-section delivery). If you choose to return home within this time frame, hospital-quality postpartum care will be delivered in the comfort and convenience of your own

home. This will consist of two additional visits by your Welcome Home nurse and a two-hour homemaker visit. Welcome Home nurses also will be available by telephone 24 hours a day during your postpartum care period.

The first at-home postpartum visit will occur within 24 hours of your discharge from the hospital; a second visit will follow on the third or fourth day following your discharge. During the first two postpartum care visits, your Welcome Home nurse will answer any questions you may have about your newborn and take temperature, blood pressure, respiration and all other important health checks for you and your baby. You can schedule your homemaker visit for any time within the three- to four-day postpartum period. During this visit, your Welcome Home

Your guide to good health

Blue-Advantage+Plus

In Missouri, Blue-Advantage+Plus is part of the MC+ program, which is sponsored by the Missouri Department of Social Services.

CHILDREN'S

HEALTH SERVICES

Help keep your kids
healthy by taking
them to the
doctor for
regular check-ups
and immunizations.



CHILDHOOD IMMUNIZATIONS

You can get your child's immunizations when you take your child to the doctor for **regular check-ups**.

- Your child will need most of his/her immunizations by age 2.
- "On Track At 2" is a program to help keep you informed of upcoming immunizations. We will send you cards in the mail reminding you when shots are due. As our member, you will be automatically enrolled in this program.
- We will send you an On Track at 2 immunization record booklet. Just call our Health Information Line at **(816) 751-4888** to ask for one.
- If you have any questions about immunizations, please call your child's doctor.

MANAGING YOUR HEALTH

Take advantage of
our programs and
take control of
your health.



ASTHMA ADVANTAGE

(816)751-4888 (local)
or 1-800-693-7153

There is no cure for asthma, but you can control it and improve your health. Our asthma program offers:

- Classes to help you learn new ways to manage your asthma.
- For special situations, a nurse may work with you one-on-one to help you.

WELLNESS CLASSES

(816) 751-4888 (local)
or 1-800-693-7153

We offer wellness classes at no cost to you that can help improve your health. Call to enroll and to find out dates, times and locations.

Classes include these topics:

- Weight management
- Lowering blood pressure/
lowering cholesterol
- Quitting smoking
- Stress management