

# Family Case Management

## Building Blocks to a Healthy Beginning



The Family Case Management Program (FCM) helps income eligible families with pregnant women, infants, and young child with high-risk conditions to obtain health care services and other assistance they may need to have a healthy pregnancy and to promote their child's healthy development.

### Who can receive these services?

If you are pregnant, have a child under age two, are on Medicaid, or part of a low-income family you may be eligible.



### Our FCM nursing staff can help you:

- ❖ Find a doctor for your prenatal care to make sure you have a healthy baby
  - If you think you are pregnant, see a doctor right away.
  - Prenatal care is the health care that a doctor or clinic gives to a pregnant woman.
  - It is important for you to get **early** prenatal care.
  - If you go to the doctor as soon as you think you are pregnant and keep going throughout your pregnancy, you and your baby have a better chance to stay healthy.
  - You should receive prenatal care as often as your doctor recommends.

- ❖ Find a doctor for your children's care
- ❖ Understand proper nutrition for you and your child
- ❖ Understand the stages of your **child's development**
  - The first years of a baby's life are a time of amazing growth and change.
  - During this time, it's important to begin health screenings at specific ages and stages of a young child's life.
  - Screenings identify potential problems with growth, hearing, social-emotional development, oral health and other issues.
  - Diagnosis and preventive treatment in life is the best way to ensure children will be successful when they are ready to enter the first grade.
- ❖ Get information on how to become a better parent
- ❖ Understand the importance of prenatal care
- ❖ Learn the signs and symptoms of 0-term labor
- ❖ Understand the importance of regularly scheduled **well child visits**
  - Well child Visits – Key to Keeping Kids Healthy
  - Well child visits (or checkups) are important, even when children are healthy.
  - Well child checkups will help to **keep** your child healthy.
  - Regular well child visits can often help detect and address health problems before they become more serious.
- ❖ Understand the importance of **immunizations**
  - One of the best ways to protect your child's health is with immunizations, which also are called shots.
  - If your child has not had the recommended immunizations, call your doctor or one of Southern Seven Health Department offices to make an appointment right away.

Our FCM nursing staff conduct home visits with their clients to discuss home safety, emotional needs, relationship support, provide prenatal & infant health education, counseling, offer referrals as needed. Case managers help clients set goals for making healthy lifestyle choices and encouraging personal growth.



## How to Apply?

Contact us if you would like more information on this service.

**Southern Seven Health Department** ensures that all of our clients get connected to the resources they need for optimal health. Our public health team can provide you with referrals to other agencies such as Department of Human Services, Housing, Mental Health counseling, etc.

- ❖ WIC
- ❖ Health Education
- ❖ Hearing / Vision
- ❖ Substance abuse
- ❖ Prenatal / Parenting Classes
- ❖ Child Care
- ❖ Housing
- ❖ Smoking Cessation
- ❖ Lead Screening
- ❖ Transportation
- ❖ Early Intervention
- ❖ Immunizations
- ❖ Well Child Exams
- ❖ All Kids (Health Insurance)
- ❖ Domestic Violence
- ❖ Dental Care

## About Text4baby



- [Text4baby Web site](#) and additional information below

If you are pregnant or have a baby under one year, you can sign up for FREE text messages sent directly to your cell phone through text4baby. Even if you do not have a text messaging plan, you can get these messages at no cost. If you have limited texting per month, text4baby will not take away from the total amount of messages used.

Registration is easy and can be done online or from your cell phone. Simply text the word BABY (or BEBE for Spanish) to 511411. You will be asked to enter your baby's due date or your baby's birthday and your zip code. Once you have registered, you will receive three text messages each week, timed to your due date or baby's birthday. If your due date changes, you

can text UPDATE to 511411 and enter your new due date. Messages start during pregnancy and go through your baby's first birthday.

You will get tips on prenatal and infant care, immunization, postpartum depression, nutrition, oral health, quitting smoking, safety and more. If you want to stop receiving messages from text4baby, you can text **STOP** to 511411. If you want to start the messages again, you will have to re-register by sending BABY to 511411 (BEBE to 511411 for Spanish messages).