

## Planning for Healthy Babies

### P4HB<sup>®</sup> Overview

The Georgia Department of Community Health (DCH) offers Planning for Healthy Babies to reduce Georgia's low birth weight rate. P4HB<sup>®</sup> fills a critical gap in health care for underinsured and uninsured women by expanding Medicaid eligibility to those who qualify for family planning services.

Georgia's low birth weight (LBW) and very low birth weight (VLBW) rates have become a growing concern for DCH's Medical Assistance Plans Division and health care providers throughout the state. LBW is defined as babies born weighing less than 5 pounds, 8 ounces and VLBW is the category of babies born weighing less than 3 pounds, 5 ounces. Birth spacing affects low birth weight rates.

### What Is the Planning for Healthy Babies Program?

Planning for Healthy Babies provides no-cost family planning services to eligible women in Georgia. A woman can be enrolled in one of the following P4HB services:

- Family Planning only.
- Inter-pregnancy Care (IPC), which includes Family Planning (FP), Case Management (CM) and a Resource Mother (RM).
- CM and an RM, which is only for current Medicaid recipients.



### Eligibility

- Women ages 18 through 44 who meet the monthly family income criteria
- Women who do not receive Medicaid (eligible for family planning services)
- Women who give birth to a baby weighing less than 3 pounds, 5 ounces and do not receive Medicaid or are losing Medicaid coverage are eligible for IPC services.
- Women who receive Medicaid and give birth to a baby less than 3 pounds, 5 ounces are only eligible for CM and a Resource Mother.



# FACT SHEET



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## An Overview of P4HB

### What is Covered in P4HB?

#### Family Planning Services

Participants in the P4HB program are eligible for family planning services covered by the Georgia Medicaid program including:

- Family planning initial exam and annual exam.
- Family planning and related services including contraceptives and supplies. Follow-up family planning visits.
- Pregnancy tests and pap smears.
- Testing for Sexually Transmitted Diseases (STDs).
- Treatment and follow-up for all STD(s) except HIV/AIDS and hepatitis. Counseling and referrals to social services and primary health care providers.
- Sterilization.
- Family planning pharmacy visits. Vitamins/folic acid.
- Select immunizations for participants ages 18 through 20.

#### Inter-pregnancy care services (IPC)

In addition to the family planning services listed above, women who give birth to a baby weighing less than 3 pounds, 5 ounces on or after January 1, 2011 (the start date of the program), are eligible for IPC services, which offer:

- Primary care (5 office/outpatient visits per year).
- Substance abuse treatment.
- CM and RM services (case management).
- Limited dental services.
- Prescription drugs for the treatment of chronic diseases (non-family planning).

#### Resource Mother Services

Women who currently receive Medicaid benefits and give birth to a baby weighing less than 3 pounds, 5 ounces on or after January 1, 2011, are eligible for CM and an RM through the P4HB program. The Resource Mother works closely with the nurse case manager.

The Resource Mother offers support to mothers and provides them with information on parenting, nutrition and healthy lifestyles. Resource Mothers also offer the following services:

- Opportunities to meet with P4HB participants via phone or in person to increase their adoption of healthy behaviors, including healthy eating choices and smoking cessation.
- Follow-up visits to make sure the baby receives regular “well-baby” check-ups and immunizations. Referrals to community resources such as WIC.
- Provision of peer and emotional support needed to meet the health demands of a mother’s VLBW baby and more.

# FACT SHEET



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### How Do I Apply?

You can apply online at [www.planning4healthybabies.org](http://www.planning4healthybabies.org) or pick up an application at your local:

- Public Health Department.
- Division of Family and Children Services (DFCS) office.
- Applications are also available at Federally Qualified Health Center.

Completed applications and required documents should be faxed to 888-744-2102 or mailed to:  
Planning for Healthy Babies  
Post Office Box 1810  
Atlanta, Georgia 30301-1810

### Where Can I Go for More Information?

For more information, visit [dch.georgia.gov/p4hb](http://dch.georgia.gov/p4hb) or call 877-P4H-B101 or 877-744-2101.