


## FIRST STEPS PROGRAM

This program provides medical care, health, and social services to low-income families in order to promote healthy birth outcomes and reduce infant morbidity and mortality.

<b>First Steps Program Components</b>	Obstetric and Medical Care	Maternity Support Services (MSS)	Infant Case Management (ICM)	Childbirth Education Classes (CBE)
<b>Who receives it?</b>	Income eligible pregnant women and infants	Income eligible pregnant and parenting women	Medicaid eligible infants and their parents who are in need of assistance to access services	Income eligible pregnant women
<b>What do they receive?</b>	Full scope medical services, including prenatal care, delivery and postpartum follow-up, dental and vision care and one year of full medical care for newborn	Supportive health services including screening, assessment, education, counseling, care coordination and case management	Case management services including medical, social, educational, and other needed services	At least 8 hours of group childbirth education classes
<b>When is it provided?</b>	Pregnancy through two months post-pregnancy for the woman; and for the infant through the end of the month of the infant's first birthday	Pregnancy through the end of the month in which the 60 <sup>th</sup> day post-pregnancy occurs	From three months of age through the end of the month of the infant's first birthday	Anytime during Pregnancy. Usually starts the 3 <sup>rd</sup> trimester
<b>Who provides it?</b>	A DSHS provider approved to provide these medical services	A nurse, a dietitian, a counselor and a community health worker who work for an approved MSS/ICM agency	An infant case manager who works for an approved MSS/ICM agency	Any qualified childbirth educator and/or organization approved by DSHS to provide CBE services
<b>Where is it provided?</b>	Offices, clinics, hospitals, homes or other sites.	Homes, offices, and other sites.	Homes, offices, and other sites.	Offices, schools, hospitals and other sites.
<b>Extra Services</b>	Transportation to and from all medical, dental, and vision appointments and interpreter services	Transportation to and from all MSS appointments and interpreter services	Transportation to and from all ICM appointments and interpreter services	Transportation to and from all CBE classes and interpreter services
<ul style="list-style-type: none"> <li>• Expedited alcohol and drug and assessment and treatment services</li> <li>• After two months post pregnancy women receive Family Planning Services that continue for 10 months after other First Steps benefits end.</li> </ul>				
	<p>Contact the Family Health Hotline to find an MSS/ICM provider or for application and eligibility information at 1-800-322-2588 or apply online at <a href="http://parenthelp123.org">parenthelp123.org</a></p>			