

UnitedHealthcare Community Plan of North Carolina

Helpful Resources for OB-GYNs

Overview

We created this guide to provide an overview of helpful information and resources that you can reference when providing preconception, prenatal, postpartum and family planning care for your patients who are UnitedHealthcare Community Plan of North Carolina members.

UnitedHealthcare Community Plan Obstetrical Policy

We update our clinical policies annually. You can read the UnitedHealthcare Community Plan obstetrical policy [here](#).

North Carolina Medicaid Resources

North Carolina Medicaid offers the following resources for in-network OB-GYNs, including clinical coverage policies and guidelines, reproductive health program information and approved reproductive health care forms:

- [Obstetrics and gynecology clinical coverage policies](#)
- [Reproductive health forms](#)
- [“Be Smart Medicaid Family Planning” program](#)
 - Extends eligibility for family planning services to reduce unintended pregnancies and improve the well-being of children and families
- [“Baby Love” program](#)
 - Promotes healthy pregnancies and positive birth outcomes

Preconception Care

The Centers for Disease Control and Prevention (CDC) defines preconception care as “the medical care a woman or man receives from a doctor or other health professionals that focuses on the parts of health that have been shown to increase the chance of having a healthy baby. Preconception health care is different for every person, depending on his or her unique needs.”¹

Here are some CDC resources on preconception care:

- [Preconception care overview](#)
- [Planning for pregnancy](#)
- [Preconception care for women](#)
- [Preconception care for men](#)

Prenatal Care

Prenatal Screening Resources

The American College of Obstetricians and Gynecologists (ACOG) recommends specific screenings during early and late stages of pregnancy. Please review these links for more information about ACOG prenatal screening recommendations:

- [Routine tests during pregnancy](#)
- [Prenatal genetic screening tests](#)

For more information about prenatal testing and screening recommendations, please see these CDC resources:

- [Screening recommendation overview](#)
- [Sexually transmitted diseases \(STDs\) during pregnancy](#)
- [Recommended clinician timeline for screening syphilis, HIV, HBV, HCV, chlamydia and gonorrhea](#)
- [HIV and pregnant women, infants and children](#)

Additional Prenatal Care Resources

Please see the following CDC resources for more information about various prenatal care topics:

- [Preventing problems during pregnancy](#)
- [Gestational diabetes](#)
- [Prenatal depression](#)
- [“Treating for Two”: Medication and pregnancy](#)
- [Research on medications during pregnancy](#)
- [Guidelines for treating and managing health conditions during pregnancy](#)

Postpartum Care

ACOG Care Provider Toolkit

ACOG offers a [postpartum toolkit](#) for care providers that has information about breastfeeding recommendations, maternal immunizations and models of care for specific patient populations.

CDC Postpartum Resources

For CDC resources on various postpartum health care topics, please see the following links:

- [Breastfeeding guidelines and recommendations](#)
- [Breastfeeding data and statistics](#)
- [Postpartum depression](#)
- [Maternal vaccines](#)

Family Planning

Please see the following ACOG resources for information about contraception guidelines and best practices:

- [Contraception resource overview](#)
- [Long-acting reversible contraception \(LARC\) program](#)
- [LARC clinical resources](#)
- [LARC clinical education and training](#)

We’re Here to Help

If you have questions about the information in this guide, please contact your UnitedHealthcare Clinical Practice Consultant. Thank you.

Sources

¹ <https://www.cdc.gov/preconception/overview.html>