

SOUTH DAKOTA MEDICAID

# PREGNANCY HANDBOOK



South Dakota Department of Social Services

*Strong Families - South Dakota's Foundation and Our Future*

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# Overview

Congratulations on your pregnancy! This can be a very exciting time in your life. This handbook can help you prepare and make the best choices for you and your baby. Please read it carefully.



# Understanding Your Medicaid Coverage

It is important to understand what type of pregnancy coverage you have. Benefits vary based on your coverage type.

### Pregnancy and Postpartum Coverage

Pregnancy coverage includes full Medicaid benefits while you are pregnant. Prenatal care is important for the health of you and your baby. Prenatal visits are once a month through the seventh month, every two weeks in the eighth month and weekly in the ninth month. Schedule prenatal care with your provider. Ask for a referral if your provider is not providing your prenatal care.

After your pregnancy ends, contact your benefits specialist and you will be switched to postpartum coverage which includes full Medicaid benefits for an additional 12 months of continuous coverage.

### Prenatal Care for Unborn Children Coverage

If you are on this program, your services are restricted to services for medical or dental conditions caused by or directly affecting your baby including medically necessary dental services. This does not include services such as most broken bones, cuts, vision, etc. Once you have your baby, your coverage ends.

### Covering your Newborn

Once your baby is born, please contact your benefits specialist right away to get your child covered by Medicaid. Make sure to give your provider your baby's Medicaid ID number so they can bill Medicaid.

### BabyReady Program

You may be eligible for the BabyReady Program. In addition to your routine pregnancy care, the program provides you enhanced services such as access to a provider team, facilitates access to needed supports, and connects you with pregnancy related Department of Health programs, such as WIC and Bright Start. The program is available at no additional cost. Medicaid will send you a letter to notify you if you are eligible.

### Transportation

South Dakota Medicaid covers transportation for medically necessary services by transportation providers enrolled with South Dakota Medicaid or through the Non-Emergency Medical Travel reimbursement program. For more visit: dss.sd.gov/medicaid/recipients/transportation.aspx

# Prenatal Care Basics

Getting the right care and making the right choices can help keep you and your baby healthy.

### Doctor Appointments

Schedule an appointment with a doctor to confirm a suspected pregnancy, if you have not already. If you do not have a doctor, choose one who makes you feel comfortable. Your doctor will help you to make healthy lifestyle choices, teach you about labor and delivery, choose a family planning option, and answer any questions about your and your baby's health. It's very important to not just schedule these appointments, but to keep them!

### Healthy Choices

Taking care of yourself is important for your health and your baby's. Focus on eating well, staying hydrated, getting rest, and exercising as you feel comfortable. Your mental health is also important; make sure to use your personal support systems and speak to your doctor if you're concerned.

### Testing

Sexually Transmitted Disease (STD) and HIV testing is often done at your initial visit. You should discuss with your doctor which tests are being done. If you have a concern, ask if any other testing is indicated. If you should test positive for any STD or HIV, your doctor will help you get the needed treatment and counseling if necessary.

### Medications and Vitamins

Ask your doctor if any of the medications you normally take may cause issues during pregnancy. Follow all your doctor's instructions pertaining to any medication use. Your doctor may also prescribe or recommend a prenatal vitamin and folic acid, which can prevent major birth defects.

### Dental Care

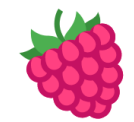
It is safe and recommended to see your dentist during your pregnancy. The benefits of good dental health begin well before your baby is born, so continue your dental care routine. Changes to your body when you are pregnant may make your gums sore or puffy and may make them bleed. This problem is called gingivitis (inflammation of the gums). If gingivitis is not treated, it may lead to periodontal (gum) disease, which can increase your risk of preterm delivery. Make sure to:

- Brush teeth twice a day with fluoride toothpaste.
- Floss once a day to prevent red, puffy gums.



# Your Baby's Growth and Development

Babies grow and change significantly over the course of nine months. The graphic below provides milestones associated with a typical pregnancy. Your doctor can provide more information about the growth and development of your baby.



## WEEK EIGHT

By the end of the first eight weeks, you likely will have some signs of pregnancy including tiredness, hormonal fluctuations, and nausea. The baby's heart is beating and the brain is formed. They are about the size of a raspberry!

## WEEK SIXTEEN

Week sixteen begins the second trimester. The baby's bones are developing and they are about five inches long. They weigh about five ounces. They are the size of an avocado!



## WEEK TWENTY-FOUR



The baby may be kicking and it can hear you now. They are almost fully developed, but they need to gain weight. They are about the size of an ear of corn!

## WEEK THIRTY-TWO

The baby is putting on weight and their lungs are almost fully developed. They are about the size of a squash!



## WEEK FORTY



If you haven't met your baby yet, you will soon! They are fully developed and likely causing you some discomfort. They are about the size of a pumpkin!

# Prenatal Care Appointment Checklist

**First Trimester**

6-10 Weeks

- ☐ Set up an initial appointment with your chosen physician or midwife once your pregnancy is confirmed.
- ☐ At your first visit, discuss medical history, receive a physical exam, routine prenatal lab tests and confirm your due date.

7-12 Weeks

- ☐ Plan to visit your physician or midwife every 4 weeks for the remainder of the first trimester.
- ☐ At each of these visits, expect to have your blood pressure, weight, and urine checked.
- ☐ Starting at 10-12 weeks, your baby's heartbeat will be examined.
- ☐ You may receive an ultrasound in the first trimester to determine the accuracy of your due date.

**Second Trimester**

13-16 Weeks

- ☐ Continue to visit your physician or midwife every 4 weeks during the second trimester so they can check your blood pressure, weight, urine, and your baby's heartbeat.
- ☐ In addition to these routine procedures, you should also expect to be offered blood tests to be screened for certain covered chromosomal abnormalities. Please note genetic testing requires prior authorization.

18-20 Weeks

- ☐ At this time, you may receive an anatomy ultrasound to look for any congenital abnormalities in your developing baby.

24-28 Weeks

- ☐ Prepare to have a longer prenatal visit during this period, as performing a glucose test to screen for gestational diabetes takes some time. Diabetes tests may be scheduled as a separate appointment.

**Third Trimester**

- ☐ From the start of the third trimester until you reach 36 weeks, you will want to visit your physician or midwife every 2 weeks.
- ☐ After you reach 36 weeks, you will want to visit your physician or midwife weekly until delivery.
- ☐ During these recurring appointments your physician or midwife will continue to check your blood pressure, weight, urine, the baby's growth, heartbeat and position.
- ☐ Make sure to discuss all aspects of childbirth, breastfeeding, postpartum care, postpartum contraception, or any other questions you may have.

**Delivery Day**

- ☐ Congratulations! it is time to welcome your new baby into the world.

**General Rule for Scheduling Prenatal Appointments**

- 0-28 Weeks Pregnant → Appointment once every 4 weeks (around 5 visits)
- 30-36 Weeks Pregnant → Appointment once every 2 weeks (around 4 visits)
- 36 Weeks – Birth → Appointment every week until birth (around 4 visits)
- **Remember that the number of appointments is not the same for every mother. Mothers who have additional health conditions may need more frequent monitoring**



# Nutrition & Exercise

Eating right and staying active are always important, but even more-so when you're pregnant. Talk to your doctor if you have questions about what will work best for you and your baby.

**Stay Hydrated**

You may feel more thirsty during your pregnancy. Drink plenty of water and non-sweetened beverages. Stay away from drinks with added sugars and sweeteners and monitor your caffeine intake as it can increase your risk for dehydration.

**Focus on Fresh**

Your baby eats what you eat, so it's best to incorporate more fruits, vegetables, whole grains, and lean proteins every day. Avoid foods with little to no nutritional value like traditional baked, fried, and fast foods. Visit healthysd.gov for more information about seasonal fruits and vegetables.

**Gaining Weight**

Generally, most women gain two to five pounds in the first trimester. After that, aim for one pound per week. Talk to your doctor about which range is best for you.

| Pre-pregnancy Weight | BMI | Recommended Weight Gain |
|---|---|---|
| Underweight | <18.5 | 28-40 lbs. |
| Normal Weight | 18.5-24.9 | 25-35 lbs. |
| Overweight | 25-29.9 | 15-25 lbs. |
| Obese | >30 | 11-20 lbs. |



### Avoid certain foods

Some foods that may be part of a healthy diet outside of pregnancy can cause harm to your baby if eaten while pregnant. Avoid:

- Raw shellfish and fish with high levels of mercury such as swordfish, shark, tilefish, and king mackerel; Canned tuna can be eaten in moderation
- Undercooked meat and poultry; Deli meats, unless it has been reheated to steaming
- Raw or undercooked eggs
- Soft cheeses or cheeses not made in the United States
- Unpasteurized milk and unpasteurized or fresh squeezed juices
- Raw sprouts and unwashed vegetables

### Staying Active

It's important to stay active during your pregnancy. Most exercises are safe for most women during pregnancy, but you should avoid exercises that put you at high risk of falling or injury. Speak to your doctor about exercises to avoid. Healthy women should get at least 150 minutes of moderate-intensity aerobic activity per week.

## Helpful Resources

### For Baby's Sake

This program focuses on preventing infant mortality by:

- Recognizing the early signs of pregnancy
- Starting prenatal care as soon as possible
- Using safe sleep practices

for baby's sake
Healthier moms + Healthier babies

Visit doh.sd.gov/programs/for-babys-sake/ for more information.

### Text4baby

Text4baby is a free service that sends you text messages through pregnancy and baby's first year. The messages include information about the current time in your pregnancy, your developing baby, hotlines, and health alerts. Signing up is easy and takes just a few minutes. Messages are generally limited to three a week.



Simply text the word "BABY" to the number 511411 or text "BEBE" to 511411 for messages in Spanish.

1. When prompted, enter your expected due date or baby's date of birth.
2. Put in your zip code (e.g., 90210).
3. If at any time you want to cancel service, just text STOP to 511411 (or reply to one of your text4baby messages with the word STOP).

### Bright Start

You may qualify for Bright Start's free personal nurse program, which helps first-time moms focus on their health during pregnancy, so they have healthier babies. If you qualify for Bright Start, they will connect you to a friendly, caring nurse. They will work with you one-to-one, giving you all the support, advice, and information you need during your pregnancy and until your child turns two.

The quickest way to sign up or learn more is to visit brightstartsd.com or contact your nearest Community Health Office.

BRIGHT START

The Bright Start program uses the Nurse-Family Partnership model and services are delivered by nurses from the Department of Health, Black Hills Special Services Cooperative, Children's Home Society of South Dakota, and the South Dakota Medical Foundation.

### 211 Helpline

The mission of the Helpline Center is making lives better by giving support, offering hope, and creating connections all day, every day. The Helpline Center serves thousands of people every year by connecting individuals to resources and support, connecting local agency volunteers, and offering hope to individuals with thoughts of suicide. Services offered by the program include telemedicine counseling, a childcare helpline, health access navigation, a network of care, substance use care coordination, disaster texting, and food access maps. Visit helplinecenter.org for more information.

### SNAP

The Supplemental Nutrition Assistance Program (SNAP) helps low-income South Dakotans buy the food they need to stay healthy. You can visit dss.sd.gov/economicassistance/snap.aspx to see if you are eligible for South Dakota SNAP benefits. The amount of SNAP benefits a person receives is based on the number of people living in the household, the income the household receives, and the cost of some expenses the household pays.

Participation in SNAP can help stretch limited budgets, improve nutrition, and reduce the risk of diet-related health problems. People of all ages use SNAP benefits to help meet their food needs throughout the month. These benefits are not intended to cover all food costs, but it will help purchase the food needed for a healthy and nutritious diet.

If you are eligible for or currently receiving SNAP benefits, you may be interested in nutrition education. Visit igrow.org to learn more about how to feed your family with less money and find nutrition information to help you and your family eat healthier.

### WIC

As a Medicaid recipient, you automatically qualify to receive WIC. You just need to apply by visiting the South Dakota WIC website at sd.gov/wic or call the central office at 605.773.3361 or 800.738.2301.

At your first appointment, bring your Medicaid card, proof of South Dakota residency, and identification for you and any children under age five.

South Dakota WIC provides information on healthy eating and breastfeeding, referrals to healthcare and other services, and nutritious foods to supplement diets for income-eligible women who are pregnant or postpartum, infants and children up to age five.



Services include:

- Nutrition education to help South Dakotans make healthy eating choices.
- Breastfeeding education for expectant and new mothers looking to learn more about their infant nutrition options.
- Referrals to set low-income families up with quality medical care.
- Food benefits to assist budget-constrained families purchase nutritious groceries at nearly 200 participating businesses statewide.
- WIC Mobile App & Online approved food guide - sdwic.org/information/approved-food-guide to help you select WIC approved food when grocery shopping.

## Quitting Bad Habits

Pregnancy is a great reason to quit unhealthy habits. What you do during your pregnancy directly affects the health of your baby and puts them at risk for sickness and death. Be honest with your doctor and set up a plan that works for you and your baby.

### Prescription and Illegal Drugs

Your baby can become addicted to some prescription and illegal drugs you take because the substances you consume are passed through your blood to your baby. Be honest with your doctor about all drug use. Continued use of drugs throughout your pregnancy may result in your baby being dependent on them when they are born and suffering withdrawal.

### Tobacco

Smoking can be detrimental to the health of you and your baby. The South Dakota Department of Health offers free cessation support including coaching, DIY kits, and medications for everyone. Contact the SD Quitline by calling 866.SD.QUITS (866.737.8487) or visit their website at sdquitline.com.

### Alcohol

Any amount of alcohol during pregnancy can be dangerous for your baby and cause miscarriage, stillbirth, and several physical, behavioral, and intellectual disabilities. Alcohol travels through the umbilical cord to your baby. If you struggle with abstaining from alcohol use, talk to your doctor or contact the Division of Behavioral Health at 605.367.5236.

# Pregnancy Warning Signs

Contact your doctor as soon as possible if you experience any of these symptoms.

**First Trimester**

- Can't keep fluid down or vomiting that lasts more than two days
- Pain, burning, bleeding, or unusual discharge in your vaginal area or when you urinate
- Fever over 100 degrees or chills and flu-like symptoms
- Severe swelling, redness, or pain if your arm or leg
- Chest pain or fast heartbeat

**Second Trimester**

- Any of the symptoms listed under first trimester
- Blurry vision or other changes in your vision
- Swelling in your hands or face
- Stomach cramping or pain that lasts longer than a few minutes
- Severe headache
- Dizziness or fainting
- Trouble breathing or feeling like you can't take a deep breath

**Third Trimester**

- Any of the symptoms listed under first or second trimester
- A change in your baby's movements or stop in movement

**Pregnancy Loss**

The loss of a baby during pregnancy can be a sad reality for many families and takes a serious toll on families' health and well-being. South Dakota Medicaid covers services that may be necessary for the compassionate or palliative care of an unborn child in a non-viable pregnancy, as well as services related to the end of the pregnancy. Covered services include:

- Services associated with miscarriage, stillbirth, or a non-viable pregnancy, such as a molar pregnancy, ectopic pregnancy, or fetal death in utero
- Postpartum services including behavioral health services.

Your medical providers, Bright Start nurse, or Women, Infants and Children



(WIC) office can assist with providing local and community support options after loss. Grief after loss is normal. If your feelings start to interfere with your ability to get along in daily life, or if your sadness doesn't lessen after a couple of months, talk with your healthcare provider.

# Postpartum Care

After you give birth, it is still very important to continue the healthy habits you practiced throughout your pregnancy.

**Healthy Habits**

Eating balanced meals, getting regular exercise, and minimizing stress can be difficult during this time, but it's important for you and your baby's health and wellness.

**Appointments**

It is more important than ever to keep up your appointments with your provider. These are great times to discuss your physical and emotional wellness, any chronic conditions, and your family planning options.

**Postpartum Depression**

Postpartum depression is extremely common and it's nothing to be ashamed of. If you are experiencing sadness, anxiety, irritation, mood changes, or just not feeling like yourself, talk to your or your baby's doctor or call the Division of Behavioral Health at 605.367.5236.

**Breast Pump Coverage**

Choosing to breastfeed your baby is a great nutritional choice for your newborn and South Dakota Medicaid covers manual and electric breast pumps when natural feeding is not possible. Just inform your provider and they will order one for you. The WIC program also provides breastfeeding education.

**Family Planning**

The American College of Obstetricians and Gynecologists suggests waiting six to eighteen months between pregnancies.  South Dakota Medicaid covers several options for contraception or birth control. Make sure you speak with your health care provider to determine what the best family planning option is for you.

# 0 to 3-year-old
# WELL-CHILD CHECK-UPS

## WELL VISIT AND IMMUNIZATION ROAD MAP

**0-3 Years**

**NEWBORN** (3-5 DAYS OLD)
Well Visit
Immunizations
Blood Screen if needed

**1 MONTH**
Monitoring
Growth/Development
*additional hearing tests if needed*

**2 MONTHS**
Well Visit
Immunizations

**4 MONTHS**
Well Visit
Immunizations

**6 MONTHS**
Well Visit
Immunizations

**9 MONTHS**
Well Visit
Developmental
Screening

**12 MONTHS**
Lead and Anemia screening/Immunizations
Dental checkup recommended by age 1
*and dental checkups twice a year after the first checkup*

**15 MONTHS**
Well Visit
Immunizations.

**18 MONTHS**
Developmental Screening
Immunizations

**24 MONTHS**
Well Visit Immunizations
Lead Screening

**30 MONTHS**
Developmental
Screening

**3 YEARS**
Well Visit/Immunization
Vision check-up between ages 3-5
*and vision checkups yearly after first checkup*

| Vaccine | Birth | 1 month | 2 months | 4 months | 6 months | 12 months | 15 months | 18 months | 19-23 months | 2-3 years |
|---|---|---|---|---|---|---|---|---|---|---|
| HepB (Hepatitis B) | 1st dose | 2nd dose | | | 3rd dose | | | | | |
| RV* (Rotavirus) | | | 1st dose | 2nd dose | 3rd dose* | | | | | |
| DTap (Tetanus, diphtheria, pertussis) | | | 1st dose | 2nd dose | 3rd dose | | 4th dose | | | |
| Hib* (Haemophilus influenzae type b) | | | 1st dose | 2nd dose | 3rd dose* | Booster | | | | |
| PCV (Pneumococcal | | | 1st dose | 2nd dose | 3rd dose | 4th dose | | | | |
| IPV (Polio) | | | 1st dose | 2nd dose | 3rd dose | | | | | |
| COVID 19* (Coronavirus disease) | | | | | 2 or 3 dose series and booster* | | | | | |
| Flu (Influenza) | | | | | 1 or 2 doses yearly | | | | | |
| MMR (Measles, Mumps, Rubella) | | | | | | 1 dose | | | | |
| Varicella (Chickenpox) | | | | | | 1 dose | | | | |
| HepA (Hepatitis A) | | | | | | 2 doses | | | | |

If your child is behind on immunizations speak with your provider about a modified schedule.
* Not all manufacturers require this dose, speak with your provider about your child's needed immunizations

# Taking Care of Your Baby

Help your baby have a happy, healthy start to life.

### See your doctor or Healthcare Provider

Your baby will need to visit their doctor sometime in their first few weeks of life. If your baby didn't already receive a Hepatitis B shot, they may get one at this visit. You will also need to visit your doctor sometime in the first few months after delivery to ensure you're healing well.

### Breastfeeding

Breastmilk is the best option for most moms and babies. Your body will know how much and what nutrients your baby needs. If you are able to and choose to breastfeed, you should start as soon after delivery as you can. WIC provides breastfeeding education and tools for bottle-feeding. Federal law requires employers to provide a reasonable break time and space (other than a bathroom) for you to pump breast milk for your nursing child for at least one year after your child's birth. Talk to your employer about an appropriate time and space for you to pump breast milk at work.

### Soothing your baby

Newborns have weak neck muscles and it is hard for them to control their heads. Keep your hand or arm under your baby's head when holding them. Even if your baby is very fussy, never shake them. More tips on soothing your baby can be found at the National Center on Shaken Baby Syndrome at dontshake.org.

### Safe sleep

Infants should be placed on a firm sleep surface covered by a fitted sheet with no other bedding, bumper pads, or soft objects to reduce the risk of suffocation. If you are unable to afford a crib, contact the South Dakota Department of Health at 1.800.305.3064 or ask your local WIC office to connect you with a pack n' play system.

### Car Seats

All children under the age of one should always ride in a rear-facing car seat. The Child Safety Seat Distribution Program provides child safety seats at no cost to families that meet income eligibility requirements to ensure that they are in the best child seat for their size. Visit dss.sd.gov/childcare/childsafetyseat to learn more about your local distribution office.



### Dental Care

Dental cavities are nearly 100 percent preventable. Clean your child's gums and teeth with a washcloth or toothbrush. Use fluoridated toothpaste the size of a grain of rice once your child's teeth erupt. Do not put your child to bed with a bottle or sippy cup. Be sure to take your child to their first dental visit when their first tooth erupts or by their first birthday. To learn more visit deltadentalsd.com/dentistby1.

# Baby's Warning Signs

If you're worried, there's probably a good reason. Don't hesitate to call your baby's Primary Care Provider if you are concerned or they experience any of the following symptoms.

### Persistent Crying

All babies cry – that is their way of communicating to you that they need something. Some cries may be different than others and it can be hard to tell what they need. If your baby cries for long periods of time or does not settle after you have tried feeding, changing, burping, or laying them down for a nap, it may be a sign of an illness or condition that needs treatment.

### Fever

If your baby runs a fever, it can be scary.

The following chart from the American Academy of Pediatrics outlines the general guidelines for when to contact their primary care provider.

| Age | Fever |
|---|---|
| 3 months or younger | 100.4° |
| 3-6 months | 101° |
| 1 year or older | Lasts longer than 24-48 hours |

### Poor Appetite

If your baby refuses to eat and misses several feedings or continues to lose weight after their first 10-11 days, it could be a sign of an illness or condition that needs treatment.

### Irregular stools, diarrhea, and/or vomiting

While your baby is breast or bottle feeding, hard or dry stools may be a sign of dehydration. Diarrhea and vomiting are both potential signs of a bacterial or viral infection and, if they continue, can lead to dehydration.

# Your Rights & Responsibilities

You have the right to:

- Be treated with dignity and respect.
- Have privacy. All Medicaid information is private. Information about your care and coverage can only be used for Medicaid purposes. Use of the Medicaid ID Card by you allows for the sharing of information between DSS and Medicaid providers.
- Get information from your doctor about treatment options.
- Be involved in all decisions about your health care and say “no” to any treatment offered.
- Receive written material from your provider in a way that you understand.
- Choose your provider and be given the information and time to do so.
- Ask for and get a copy of your medical records.
- Have your medical records corrected if they are wrong.

You have the responsibility to:

- Be polite and treat providers with respect.
- Show your Medicaid ID card to providers upon request.
- Follow instructions in the handbook.
- Go to the same doctor, such as your assigned provider, for most of your medical care.
- Obtain a referral from your provider before you receive services requiring a referral.
- Call the doctor’s office ahead of time if you will be late or need to reschedule your appointment.
- Call your benefits specialist about changes in your case or if you need help.
- Contact your benefits specialist when your baby is born to enroll them in Medicaid.
- Use the ER only for life-threatening emergencies to you or your baby.
- Pick or change your provider, if applicable.
- Pay for services not covered by Medicaid including services exceeding a limit or without a required referral.



# Contact and Additional Information

If you have any questions about the benefits and services you can receive, you can call 605.773.3495.

**211 Helpline:** call 211, text your zip code to 898211, email help@helplinecenter.org, or helplinecenter.org

**BMI Calculator:** cdc.gov/healthyweight/assessing/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.html

**Bright Start:** 605.394.2495

**Child Care Aware:** 800.424.2246

**Child Safety Seat distribution:** dss.sd.gov/childcare/childsafetyseat

**Delta Dental:** 800.627.3961 or southdakota.deltadental.com

**Division of Behavioral Health:** 605.773.3123

**Domestic Abuse Program:** 800.430.7233

**For Baby’s Sake:** doh.sd.gov/programs/for-babys-sake/

**Health Connect of South Dakota:** 888.761.5437

**HealthySD:** healthysd.gov

**Pack n’ play program:** 800.305.3064

**SD Family Planning:** 800.738.2301 or doh.sd.gov/programs/sd-plan

**SD Quitline:** 866.SD.QUITS (866.737.8487) or sdquitline.com

**SNAP:** dss.sd.gov/economicassistance/snap.aspx

**South Dakota Medicaid:** 605.773.3495 or dss.sd.gov/medicaid/recipients

**South Dakota Resource Hotline:** 800.920.4343, text ‘opioid’ to 898211

**Text4Baby:** “BABY” to the number 511411 or for Spanish text “BEBE” to 511411

**WIC:** 605.773.3361 or sd.gov/wic

**Your Provider:** _____

**Your Baby’s Provider:** _____

# Appointment Record

| Appointment | Date | Week of Pregnancy | Questions for the Doctor | Notes |
|---|---|---|---|---|
| | | | | |
| | | | | |
| | | | | |
| | | | | |
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**Notice of Nondiscrimination**

As a recipient of Federal financial assistance and a State or local governmental agency, the Department of Social Services does not exclude, deny benefits to, or otherwise discriminate against any person on the ground of race, color, or national origin, or on the basis of disability or age in admission or access to, or treatment or employment in, its programs, activities, or services, whether carried out by the Department of Social Services directly or through a contractor or any other entity with which the Department of Social Services arranges to carry out its programs and activities; or on the basis of actual or perceived race, color, religion, national origin, sex, gender identity, sexual orientation or disability in admission or access to, or treatment or employment in, its programs, activities, or services when carried out by the Department of Social Services directly or when carried out by sub-recipients of grants issued by the United States Department of Justice, Office on Violence against Women.

The Department of Social Services:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
  - Qualified sign language interpreters
  - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
  - Qualified interpreters
  - Information written in other languages

If you need these services, contact your local DSS office.

If you believe that DSS has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a discrimination complaint or grievance with: Discrimination Coordinator, Director of DSS Division of Legal Services, 700 Governors Drive, Pierre, SD 57501. Phone: 605.773.3305, Fax: 605.773.7223, DSSInfo@state.sd.us . You can file a discrimination complaint or grievance in person or by mail, fax, or email. If you need help filing a discrimination complaint or grievance, the Discrimination Coordinator, Director of DSS Division of Legal Services is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at https://ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone at: U.S. Department of Health and Human Services 200 Independence Avenue, SW Room 509F, HHH Building Washington, D.C. 20201 1.800.368.1019, 1.800.537.7697 (TDD) Complaint forms are available at http://www.hhs.gov/ocr/office/file/index.html.

This statement is in accordance with the provisions of Title VI of the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act of 1973, Title II of the Americans with Disabilities Act of 1990, the Age Discrimination Act of 1975, and the Regulations of the U.S. Department of Health and Human Services issued pursuant to these statutes at Title 45 Code of Federal Regulations (CFR) Parts 80, 84, and 91, and 28 CFR Part 35, the Omnibus Crime Control and Safe Streets Act of 1968, Title IX of the Education Amendments of 1972, Equal Treatment for Faith-based Religions at 28 CFR Part 38, the Violence Against Women Reauthorization Act of 2013, and Section 1557 of the Affordable Care Act.

Español (Spanish) - ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.800.305.9673 (TTY: 711).

Deutsch (German) - ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1.800.305.9673 (TTY: 711).

繁體中文 (Chinese) - 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請 致電 1.800.305.9673 (TTY: 711)

ကညီ (Karen) - ဟ်သူဉ်ဟ်သး-နမ့ါကတိၤကညီကျိာ်အယိ, နမၤနှ်ကျိာ်အတ်မၤစၢၤလၢတလာ်ဘူဉ်လာ်စုၤနီတမံၤဘဉ်သ့နှ်ဉ်လီၤ.ကိး 1.800.305.9673 (TTY: 711).

Tiếng Việt (Vietnamese) - CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1.800.305.9673 (TTY: 711).

नेपाली (Nepali) - यान दनुहोस:् तपाइ ले नेपाल बो नह छ भन तपाइ को नि त भाषा सहायता सवाह नश क पमा उपल ध छ । फोन गनुहोसर् ्1.800.305.9673 ( ट टवाइ: 711)

Srpsko-hrvatski (Serbo-Croatian) - OBAVJEŠTENJE: Ako govorite srpsko-hrvatski, usluge jezičke pomoći dostupne su vam besplatno. Nazovite 1.800.305.9673 (TTY- Telefon za osobe sa oštećenim govorom ili sluhom: 711).

አማርኛ (Amharic) - ማስታወሻ: የሚናገሩት ቋንቋ አማርኛ ከሆነ የትርጉም እርዳታ ድርጅቶች፣ በነጻ ሊያግዝዎት ተዘጋጀተዋል፡ ወደ ሚከተለው ቁጥር ይደውሉ 1.800.305.9673 (መስማት ለተሳናቸው፡ 711).

Sudanic Adamawa (Fulfulde) MAANDO: To a waawi [Adamawa], e woodi ballooji-ma to ekkitaaki wolde caahu. Noddu 1.800.305.9673 (TTY: 711).

Tagalog (Tagalog – Filipino) - PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1.800.305.9673 (TTY: 711).

한국어 (Korean) - 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1.800.305.9673 (TTY: 711) 번으로 전화해 주십시오.

Русский (Russian) - ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1.800.305.9673 (телетайп: 711).

Cushite Oroomiffa (Oromo) - XIYYEEFFANNAA: Afaan dubbattu Oroomiffa, tajaajila gargaarsa afaanii, kanfaltiidhaan ala, ni argama. Bilbilaa 1.800.305.9673 (TTY: 711).

Український (Ukrainian) - УВАГА: Якщо ви говорити українською мовою, перекладацькі послуги, безкоштовно, доступні для вас. Телефонуйте. Телефонуйте 1.800.305.9643 (TTY: 711).

Français (French) - ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1.800.305.9673 (ATS : 711).



South Dakota
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