

Required prenatal care and record documentation for Blue Shield of California Promise Health Plan (Medi-Cal) members

Within 7 business days of initial referral or request for pregnancy-related services		Initial prenatal visit	
		<p>Conduct and document all the following:</p> <ul style="list-style-type: none">• Prenatal Assessment and Individualized Care Plan (ICP): Initial risk assessments - obstetric, nutrition, psychosocial; health education; interventions, referrals as needed• Orientation to CPSP or OB care. Counseling about what to expect/prepare for during pregnancy• Complete medical/obstetrical history• Physical exam: Complete exam, BP check• Assessments: Substance use/abuse, intimate partner violence (IPV), social needs• Nutrition: Prescription for vitamins/mineral supplements, as needed. Refer all members and children under 5 years to WIC• Oral assessment by OB. Refer member to Medi-Cal Dental• Labs/diagnostic/screenings: Hemoglobin/hematocrit; blood group and RH type determination; rubella antibody titer, hepatitis B, syphilis (VDRL/RPR), chlamydia, gonorrhea culture, voluntary HIV testing with education/counseling• Other screening tests: Bacteriuria culture at least once; cervical cytology, tuberculosis screening and/or testing• Recommended vaccinations: Flu, COVID-19	
Trimester	Visit frequency	Regular prenatal visits	
1 st	Every 4 weeks	<p>8 - 18 weeks prenatal</p> <ul style="list-style-type: none">• Ultrasound if indicated• Amniocentesis if indicated• Genetic risk assessment. Chorionic villus sampling if indicated. Refer member to Genetic Disease Screening Program (GDSP) <p>16 - 18 weeks prenatal</p> <p>Maternal serum alpha-fetoprotein (by Cal. law, must be offered prior to the 20th completed weeks gestation)</p> <p>27 weeks prenatal</p> <p>Re-assessment of nutritional, psychosocial, health education needs</p> <p>27 - 36 weeks prenatal</p> <p>Recommended vaccination: Tdap (each pregnancy)</p> <p>28 - 36 weeks prenatal</p> <ul style="list-style-type: none">• Repeat antibody test for un-sensitized Rh-negative patients• Prophylactic administration of Rho (D) immune globulin if needed <p>32 - 36 weeks prenatal</p> <ul style="list-style-type: none">• Recommended vaccination: Pfizer RSV (respiratory syncytial virus)• Ultrasound if indicated• Repeat hemoglobin or hematocrit if indicated• Family planning counseling/plan offer• Repeat testing for STIs and HIV, if indicated	
2 nd	Every 4 weeks		
3 rd	Every 2 weeks (28 - 36 weeks prenatal)		
	Every 1 - 2 weeks (36 - 40 weeks prenatal)		
		<p>Every trimester</p> <ul style="list-style-type: none">• Prenatal Assessment and ICP• Maternal Mental Health screening. Referral to Mental health resources, as indicated	

Required postpartum care and record documentation for Blue Shield of California Promise Health Plan (Medi-Cal) members

Weeks postpartum	Postpartum visits
1 - 3	<p>Within 3 weeks postpartum (or 2 weeks post-cesarean section) Initial postpartum visit must include conducting and documenting all the following:</p> <ul style="list-style-type: none"> Physical examinations of breasts, abdomen. Recto-vaginal evaluation. Bi-manual examination of the uterus and adnexa. Weight, BP Update Postpartum Assessment and Individualized Care Plan Risk assessments/needs: Nutritional, psychosocial, health education, medical, gynecological Communicate with/refer to PCP for follow up and service coordination. Send PCP a copy of the ICP, including unresolved problems/needs/interventions Member education: “Baby blues” vs. postpartum depression, welcoming a newborn, family dynamics changes, concerns regarding pregnancy conditions or complications, overall wellbeing Well childcare inquiry/referral Future pregnancies and birth control options: Refer members to Family PACT Program for comprehensive family planning services Nutrition: Refer all members to WIC for breastfeeding support, nutrition education, healthy foods Breastfeeding/lactation support: Los Angeles and San Diego. Manual breast pumps are available. We encourage you to promote this benefit. Call Blue Shield Promise Provider Services at (800) 468-9935, Monday through Friday, 6:00 a.m. to 6:30 p.m. Labs as indicated: Hemoglobin, if anemic on discharge from hospital, etc. Immunization status, especially rubella if non-immune
4 – 6	Within 6 weeks postpartum: Update Postpartum Assessment and Individualized Care Plan and Maternal Mental Health screening
7 – 12	Within 12 weeks postpartum: Follow-up comprehensive visit

- ▶ Use this guide for all Blue Shield of California Promise Health Plan (Medi-Cal) members.
- ▶ Providing and legibly documenting the care listed here will help your practice improve Medical Record Reviews and audit results.
- ▶ Document all care in the [Prenatal Assessment and Individualized Care Plan](#) and [Postpartum Assessment and Individualized Care Plan](#).
- ▶ If your office uses paper forms, print or request these forms from Blue Shield Promise FSR nurses. Place the forms in members’ medical records:
 - [Prenatal Assessment and Individualized Care Plan](#)
 - [Postpartum Assessment and Individualized Care Plan](#)
- ▶ For assistance from our Maternal Compliance and Oversight team, please email CPSPMonitoring@blueshieldca.com.
- ▶ Learn more about our [Maternity Program](#) on Provider Connection.