

CenteringPregnancy and HealthySteps

Quick reference guide

Overview

Maryland Medicaid offers CenteringPregnancy and HealthySteps, maternal and child health programs. These programs help members who are pregnant, considering pregnancy and/or have children (younger than 3 years old) get the resources, services and support they need.

CenteringPregnancy

This group-based program brings together 8-10 pregnant individuals with similar due dates to share experiences, learn together and offer support to each other. The program includes 10 90- to 120-minute in-person group prenatal care visits where the participants talk with their care provider and team about topics, such as:

- Medical and non-medical aspects of pregnancy
- Nutrition
- Common discomforts
- Stress management
- Labor and birth
- Breastfeeding
- Infant care

HealthySteps

This program works together with the primary care provider and a HealthySteps provider to offer extra early childhood development support to families. This care team will:

- Track the development of children (ages 0-3)
- Screen and provide necessary development support and intervention
- Talk to your patients about:
 - How their baby grows and learns
 - Parenting resources
 - Breastfeeding
 - Mental health and stress control

Next steps

If you'd like to provide these programs to your patients, you must be enrolled and certified with the **Maryland Medicaid's electronic Provider Revalidation and Enrollment Portal (ePREP)**.

- **For CenteringPregnancy:**

- Enroll in ePREP as a CenteringPregnancy health care professional
- You must have the "CP" category of service added to your ePREP profile to bill for CenteringPregnancy services

- **For HealthySteps:**

- Enroll in ePREP as a HealthySteps health care professional
- You must have the "HS" category of service added to your ePREP profile to bill for HealthySteps services



We're here to help

If you have any questions or need more information about these programs, please email mdh.medicaidmch@maryland.gov. For chat options and contact information, visit UHCprovider.com/contactus.