

Tobacco Free Pregnancy

Get the help you need to quit smoking for you & your baby's health.



Exposing your baby to tobacco during pregnancy can lead to miscarriage, premature (or early) birth, and low birth weight. Your baby might be sick or have to stay in the hospital longer. Infants are also three times more likely to die of Sudden Infant Death Syndrome (SIDS) when their mothers smoke.

What help is available?

MO HealthNet covers products and counseling to help you quit nicotine and tobacco. Products covered by your health plan may include:

- ✓ Nicotine Patches
- ✓ Nicotine Gum
- ✓ Nicotine Inhalers
- ✓ Nicotine Lozenges
- ✓ Nicotine Nasal Spray
- ✓ Varenicline and/or Chantix
- ✓ Bupropion SR, Zyban and/or Wellbutrin

How can I get help?

To quit smoking, or to learn about the free services that can help you quit, contact your health plan, call **1-800-QUIT-NOW** (784-8669), or visit **YouCanQuit.org**.

 home state health. 855-694-4663

 Healthy Blue 833-388-1407

 UnitedHealthcare® 866-292-0359

Show Me Healthy Kids
MANAGED BY HOME STATE HEALTH 877-236-1020

 MoHealth Net 800-392-2161

Discrimination & Civil Rights

HHS provides federal financial assistance for many programs to enhance health and well-being, including TANF, Head Start, the Low Income Home Energy Assistance Program (LIHEAP), and others. If you believe that you have been discriminated against because of your race, color, national origin, disability, age, sex (including pregnancy, sexual orientation, and gender identity), or religion in programs or activities that HHS directly operates or to which HHS provides federal financial assistance, you may file a complaint with the Office for Civil Rights (OCR) for yourself or for someone else.

To file a complaint of discrimination for yourself or someone else regarding a program receiving federal financial assistance through HHS, complete the form on line through OCR's Complaint Portal at <https://ocrportal.hhs.gov/ocr/>. You may also contact OCR via mail at: Centralized Case Management Operations, U.S. Department of Health and Human Services, 200 Independence Avenue, S.W., Room 509F HHH Bldg., Washington, D.C. 20201; fax: (202) 619-3818; or email: OCRmail@hhs.gov. For faster processing, we encourage you to use the OCR online portal to file complaints rather than filing via mail. Persons who need assistance with filing a civil rights complaint can email OCR at OCRMail@hhs.gov or call OCR toll-free at **1-800-368-1019**, TDD 1-800-537-7697. For persons who are deaf, hard of hearing, or have speech difficulties, please dial 7-1-1 to access telecommunications relay services. We also provide alternative formats (such as Braille and large print), auxiliary aids and language assistance services free of charge for filing a complaint.

The Missouri Department of Social Services is an equal opportunity provider.