

## Jaya's Pregnancy Journey with TMaH

Jaya, 25, is currently enrolled in Medicaid. Jaya has a high risk pregnancy due to her Type 2 diabetes, and has food and housing insecurity.



# Transforming Maternal Health (TMaH) Model



### PRENATAL

Jaya meets with a **midwife** who learns about her **health, wellbeing and social needs**.

Jaya is then connected with a care team that includes: :

- **Doctor** who collaborates with the **midwife** to manage her type 2 diabetes and support her pregnancy.
- **Doula** who provides information and encouragement throughout pregnancy and helps her prepare for birth.
- **Social Worker** who helps Jaya move to a secure home and enroll in a healthy food program.

Jaya works with her care team to create a birth plan that feels right for her.



### BIRTH

Jaya and her care team discuss where she will give birth and Jaya decides on a hospital. They work together to follow through on Jaya's birth plan.

Jaya's **midwife and doula** are with her at every step in the birth process. After birth, her doula helps Jaya to feel comfortable caring for her new baby.

Jaya's **social worker** visits her at the hospital to help with the childcare plan and make sure Jaya's housing is secure.

Jaya and her baby are scheduled for follow up medical appointments with her **midwife** before they leave the hospital. Jaya's **doula** has already helped her prepare her home for the baby's arrival.



### POSTPARTUM

Jaya has 12 months of Medicaid coverage including access to her doctor, midwife, and doula. Jaya and her baby receive regular postpartum care and monitoring of her diabetes via telehealth and office visits throughout the year.

Jaya's **doula** visits her and the baby several times at their home. The doula answers questions, checks on their wellbeing, and helps Jaya know the signs of postpartum depression.

Jaya's **social worker** connects her to virtual group parenting classes and ensures that she continues to have healthy food and a stable home.



Jaya feels safe and supported, and controls her diabetes with a healthy diet throughout her pregnancy.



Jaya feels supported by her care team and prepared to go home. She and her baby are doing well because of the person-centered, team-based care she has received.



One year later, Jaya and her baby are thriving, eating well, and live at home. Jaya successfully cares for her baby and herself, thanks to the ongoing support she received from her care team.