

Practitioners may enroll their BlueCare and TennCareSelect members in the program by faxing the completed OB Global Notification Form to 1-800-292-5311.

The OB Global Notification Form is available on the Provider page of the company Web site, <http://www.bcbst.com/providers/forms>

Members may also self-refer into the program by calling BlueCare's Case Management Department at 1-888-416-3025.

### Early Detection – You can help

- Screen women for development of high-risk problems in pregnancy.
- Refer women to a maternal-fetal medicine specialist during pregnancy or when maternal and fetal health problems arise because of the pregnancy.
- Refer women at risk to BlueCare and TennCareSelect's CaringStart® high-risk case management program as soon as pregnancy is diagnosed.

### Web sites

Obstetrix Medical Group  
[http://www.pediatrix.com/body\\_obstetrix\\_hrp.cfm?id=592&oTopID=50](http://www.pediatrix.com/body_obstetrix_hrp.cfm?id=592&oTopID=50)

Division of Maternal Fetal Medicine  
<http://www.mfm-evms.org>

Safe Motherhood Act for Research and Treatment  
<http://olpa.od.nih.gov/legislation/107/session2/safemotherhood.asp>

Healthopedia.com  
<http://www.healthopedia.com/pregnancy-risk-factors>

Expectant Mother's Guide [http://www.expectantmothersguide.com/library/stlouis/ESLhigh\\_risk.htm](http://www.expectantmothersguide.com/library/stlouis/ESLhigh_risk.htm)

Merck  
<http://www.merck.com/mmhe/sec22/ch258/ch258c.html>

March of Dimes  
<http://www.marchofdimes.com>

U.S.Dept. of Health and Human Services National Women's Health Information Center  
<http://www.4woman.gov>



**BlueCross BlueShield of Tennessee**

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[www.bcbst.com](http://www.bcbst.com)

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Benefits are administered by Volunteer State health Plan, Inc., a licensed HMO Affiliate of BlueCross BlueShield of Tennessee, Inc., BlueCross BlueShield of Tennessee, Inc., an Independent Licensee of the BlueCross BlueShield Association "Registered marks of the BlueCross BlueShield Association, an Association of Independent BlueCross BlueShield Plans

**BlueCare®**  
**TennCareSelect**

CaringStart

High-Risk Pregnancy Program



Provider  
Quick  
Reference  
Guide

## Quality Improvement Program

BlueCare and TennCare*Select* are committed to improving quality and safety of care and service to members. This commitment is demonstrated through the implementation of a comprehensive Quality Improvement Program (QIP), which provides the structure that supports quality improvement activities.

The QIP focuses on clinical and service objectives and issues that are relevant for a significant portion of members. A clinical area of concern that receives continuous evaluation and annual study in the QIP is high-risk pregnancy care.

## Special Care

For most women, pregnancy is a joyful time. But for those with chronic medical conditions or expecting multiple births, it can be a fearful time.

Approximately five to ten percent of pregnancies are considered “high risk.” When the life or health of mother and baby may be at risk, the pregnancy is considered “high-risk.”

There are many conditions that can complicate a pregnancy, including a woman’s own medical history, lifestyle and external factors. Complications during a pregnancy are often unexpected and occur without any warning. Often, certain risk factors make the probability of a high-risk pregnancy more likely.

Approximately 95 percent of high-risk pregnancies deliver healthy babies.

## High-Risk Factors

- Maternal age – risk of pregnancy-induced high blood pressure or diabetes and abnormal development of baby increase with age.
- Height and weight – women weighing less than 100 pounds are likely to deliver underweight babies. Overweight women are at risk for gestational diabetes and hypertension. An increase in fetal-pelvic disproportion, preterm labor and intrauterine growth is prevalent in women under 5 feet.
- Chronic medical conditions including lupus, cancer, diabetes, epilepsy, sickle cell disease, genetically-linked disorders, hypertension.
- Other conditions such as mental retardation, miscarriages, pre-term deliveries, stillbirths, or neonatal deaths.
- Fetal conditions including birth defects, multiple gestation, growth restriction.
- Smoking – most common among women in the United States and a leading cause of low birth weight.
- Alcohol – leading cause of fetal malformations.
- Drug addiction and substance abuse – risk of anemia, cellulitis, acute and chronic hepatitis, venereal disease, including AIDS; causes low-birth weight, various maternal and fetal problems, skeletal defects, isolated atresias and neurobehavioral disturbances.

## CaringStart® High-Risk Pregnancy Case Management Program

Special attention should be given to BlueCare and TennCare*Select* members who are considered to have a high-risk pregnancy. Primary care practitioners should follow the American College of Obstetrics and Gynecologist (ACOG) criteria in referring high-risk pregnancies to either an OB/GYN or perinatologist.

BlueCare and TennCare*Select* encourage their practitioners to enroll their at-risk members in the CaringStart® high-risk case management program as soon as pregnancy is diagnosed. The program is designed to improve birth outcomes by increasing the number of high-risk members who are placed into the program early in pregnancy.

Services provided by the program include:

- Comprehensive telephonic assessment to identify risk factors.
- Education related to pertinent risk factors.
- Collaborative care between case manager, practitioner and member to manage risk factors and coordinate necessary services including transportation.
- Telephonic access for members to obtain education and support including immediate answers to questions throughout the pregnancy.