Maternity Services:
During pregnancy and through 12 months postpartum

Training for HPSM Network Providers

Last Updated November 2026

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Overview

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  - Maternity Services
  - Non-Invasive Prenatal and Newborn Screenings
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  - Family Planning Services and Reproductive Health
- Resources

Training Overview

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Training Objectives

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- Provide an overview of requirements pertaining to the delivery of services for pregnant and postpartum members
- Clarify expectations for HPSM network providers
- Describe covered programs/services and referral pathways

Helpful Acronyms

- **HPSM**: Health Plan of San Mateo
- **ACOG:** American College of Obstetricians and Gynecologists
- **AAFP:** Academy of Family Physicians
- **ACNM:** American College of Nurse Midwives
- **NACPM:** National Association of Certified Professional Midwives
- **PCP:** Primary Care Provider
- **CCS:** California Children's Services
- **CA PNS:** California Prenatal Screening
- **CA NBS:** California Newborn Screening Program
- **FBC:** Freestanding Birth Center
- **NHSP:** Newborn Hearing Screening Program
- **NSMH:** Medi-Cal Non-Specialty Mental Health benefit provided by HPSM
- **SMHS:** Medi-Cal Specialty Mental Health Services
- **ACEs:** Adverse Childhood Experiences Screening
- **DME:** Durable Medical Equipment

Who is required to complete this training?

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HPSM network providers that provide services to members during pregnancy and through 12 months after the end of a pregnancy.



Risk Assessments

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Comprehensive Risk Assessment

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Maternity network providers must use a comprehensive risk assessment tool for all pregnant and postpartum members that is comparable to American College of Obstetricians and Gynecologists (ACOG) and Comprehensive Perinatal Services Program (CPSP) standards.*



- Providers must:
  - Complete this risk assessment at an early prenatal visit, once each trimester and at the postpartum visit.
  - Screen for intimate partner violence (IPV) as part of the comprehensive risk assessment. Screening must occur in a way that allows safe disclosure without the intimate partner present.
  - Maintain the results of the assessment as part of the Member's Medical Record.
  - Develop an Individualized Care Plan (ICP) and include obstetric, nutrition, psychosocial, and health education interventions and provide appropriate follow-ups and referrals when indicated based on identified risk factors.

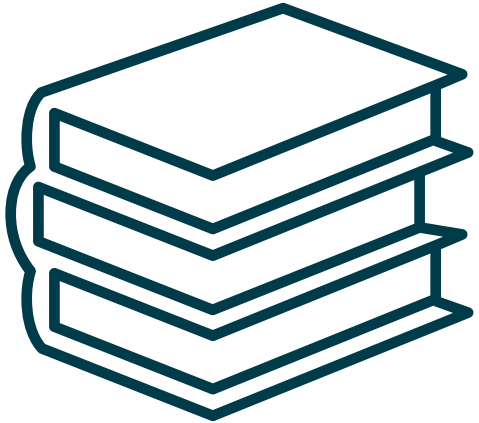
*HPSM also permits maternity network providers to utilize standards or guidelines from Academy of Family Physicians (AAFP), American College of Nurse Midwives (ACNM), and National Association of Certified Professional Midwives (NACPM).

Maternity Services

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Clinical Standards and Guidelines

Maternity network providers must use the most current evidence-based guidelines as the minimum measure of quality for maternity services.*



*HPSM permits maternity network providers to utilize standards or guidelines from American College of Obstetricians and Gynecologists (ACOG), Comprehensive Perinatal Services Program (CPSP), Academy of Family Physicians (AAFP), American College of Nurse Midwives (ACNM), and National Association of Certified Professional Midwives (NACPM).

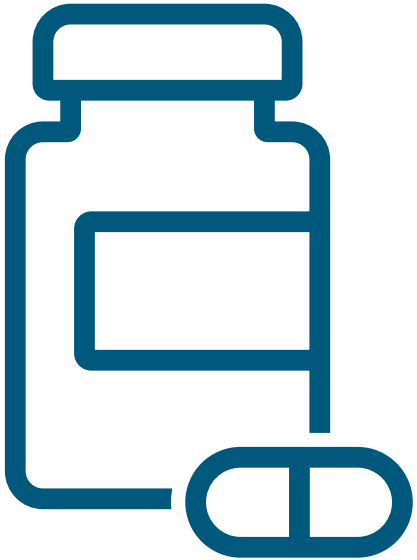
Prenatal Vitamins, including Folic Acid Vitamins

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Maternity network providers must:

- Support members trying to become pregnant in accessing folic acid vitamins
- Support pregnant members and postpartum members who are breastfeeding in accessing prenatal vitamins containing folic acid

Both folic acid vitamins and prenatal vitamins are covered through Medi-Cal Rx.



Other Screenings and Services

- Maternity network providers should offer and coordinate dental screenings and oral health assessments for all pregnant and postpartum members, in alignment with current ACOG guidelines.
- Providers must also ensure that pregnant members at high-risk of poor pregnancy outcomes are referred to appropriate specialists or services.



Non-Invasive Prenatal and Newborn Screenings

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California Prenatal Screening (CA PNS)

- Program Overview
  - Available to all pregnant members who engage in care before 21 weeks 0 days gestation for the detection of pregnancies at increased risks for certain birth defects.
- Providers must:
  - Give program materials at one of the first prenatal visits to all pregnant members who are seen before 21 weeks 0 days gestation.
    - For CA PNS Program materials in multiple languages visit: https://www.cdph.ca.gov/Programs/CFH/DGDS/Pages/pns/patientinformation.aspx
  - Inform members that participation is voluntary and must document member's consent to participate in the medical record.



For more information, see the Medi-Cal Provider Manual: Genetic Counseling and Screening

Other Non-Invasive Prenatal Screening & Counseling Services

- ## Prenatal Screening Conducted Outside of the CA PNS Program
  - Members can choose to pursue non-invasive prenatal screening outside of the CA PNS Program. Non-invasive prenatal screening outside of the CA PNS Program is available from Medi-Cal-enrolled licensed clinical laboratories. The screening and any necessary follow up services are covered for members.

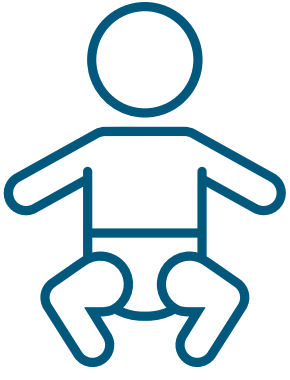
For more information, see the Medi-Cal Provider Manual: Genetic Counseling and Screening

- ## Genetic or Gene Carrier Testing for Pregnant Members
  - Medi-Cal also covers genetic or gene carrier testing to help identify if a member carries a gene variant that they may be at risk of passing down to a child during pregnancy. HPSM may require prior authorization for some genetic or gene carrier testing.

For more information, see the Medi-Cal Provider Manual: Pathology: Molecular Pathology

California Newborn Screening Program (CA NBS)

- Program Overview
  - The CA NBS Program screens for many serious but treatable genetic or congenital conditions in an infant. Specimen collection must occur between 12 and 48 hours after birth, unless otherwise medically indicated.
  - Newborns with positive results from the NBS are eligible for California Children's Services (CCS), a state program to support child positive health outcomes.
- Providers must:
  - Inform members that newborns must be screened for certain genetic and congenital disorders at birth. Members may opt out of screening for religious beliefs or practices.
  - Provide pregnant members with education resources about the CA NBS Program
    - For CA NBS Program materials in multiple languages, visit https://www.cdph.ca.gov/Programs/CFH/DGDS/Pages/Comms4Pregnancy.aspx#



For more information, see the Medi-Cal Provider Manual: Genetic Counseling and Screening

Newborn Hearing Screening Program (NHSP)

- Program Overview
  - NHPS identifies hearing loss in newborns and guides families to appropriate services.
  - Newborns with confirmed positive screening results are eligible for California Children's Services (CCS).
- Providers must inform members that NHSP participation is voluntary, except for infants in NICU care who must receive inpatient hearing screening before discharge.
  - Providers may provide DHCS brochures to members about the NHSP and other resources for children newly diagnoses with hearing loss: https://www.dhcs.ca.gov/services/california-newborn-hearing-screening-program/newborn-hearing-screening-program-brochures/



For more information, see the Medi-Cal Provider Manual: Newborn Hearing Screening Program

Critical Congenital Heart Disease Screening (CCHD)

- Overview
  - Screening conducted on newborns at least 24 hours of age is covered. The CCHD screening is optional at parents' and guardians' discretion.
- Providers who conduct a newborn CCHD screening are responsible for communicating the result to the infant's PCP.
  - Newborns who do not pass the CCHD screening must receive a comprehensive medical evaluation by the infant's PCP and may be eligible for CCS.
- Newborns delivered in an FBC or home should receive:
  - A CCHD screening by a network provider in the home or FBC
  - Necessary follow-up arranged by the screening network provider



For more information, see the Medi-Cal Provider Manual: Preventive Services

Behavioral Health During Prenatal and Postpartum Periods

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Non-Specialty and Specialty Mental Health Services and Substance Use Disorder Care

- Providers must offer prenatal and postpartum depression screenings.
  - To refer members to mental health or substance use care:
    - Please use the BH Referral Form
      - Watch the video for additional information about completing the BH Referral Form
    - Providers can also direct members to call Behavioral Health and Recovery Service's ACCESS Call Center at 1-800-686-0101 to be connected to mental health and/or substance use care

For information on Medi-Cal Non-Specialty Mental Health (NSMH) benefit provided by HPSM, Medi-Cal Specialty Mental Health Services (SMHS) provided by BHRS, and Drug Medi-Cal Organized Delivery System (DMC-ODS) provided by BHRS, please review this resource

Other Covered Services

- Adverse Childhood Experiences Screening (ACEs)
  - ACEs is covered for pregnant and postpartum members. The screening evaluates children and adults for trauma that occurred during the first 18 years of life and helps clinicians assess risk for toxic stress and guide effective responses.
  - Screening for ACEs among pregnant and postpartum members and their partners provides an opportunity to identify members who may need additional support and, through providing it, prevent adverse pregnancy and neonatal outcomes and intergenerational transmission of ACEs and toxic stress.
- Dyadic Services and Family Therapy
  - Dyadic services and family therapy services are covered for members.

For more information, visit:

- ACEs Aware Provider Toolkit
- Medi-Cal Provider Manual: Dyadic Services
- Medi-Cal Provider Manual: Non-Specialty Mental Health Services: Psychiatric and Psychological Services

Lactation Services

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Breastfeeding Education

- Providers (including maternity providers, PCPs, and pediatric providers) must provide information regarding techniques for successful initiation of breastfeeding to members choosing to breastfeed at an appropriate time after delivery.
- Required lactation information and education include:

Prenatal Period Lactation Education

- *Prenatal providers* must provide nutrition and health education assessments and interventions to pregnant members that include breastfeeding education and counseling. Information on the benefits of breastfeeding and strategies to overcome common barriers to breastfeeding must be an integral part of prenatal counseling.

Postpartum Period Lactation Education

- *Maternity providers and primary care providers (PCPs)* must support breastfeeding through health education through the postpartum period, counseling, and the provision of medically necessary interventions.

Lactation Consultant Services

- Network Providers (including maternity Providers, PCPs, and pediatric Providers) must provide breastfeeding services and covered benefits to postpartum members either directly or by referral.
  - Lactation visits are covered by Medi-Cal as in-person, home-based, and telehealth options.
- Providers can refer eligible pregnant and postpartum members to WIC for food assistance, nutrition education, and breastfeeding counseling. For more information on WIC, watch the San Mateo County Health Provider Training

For more information, see the Medi-Cal Provider Manual: Pregnancy: Postpartum and Newborn Referral Services

Durable Medical Equipment (DME)

Providers must ensure members receive breast pumps and other supplies necessary for breastfeeding, based on the member's medical need.
A prescription is required to place an order for manual or electric pumps.
Hospital grade pumps are available for rent only.



To request the pump, providers should either:

- Contact an HPSM-contracted DME vendor directly to place order
- Give prescription to member and direct them to contact a DME vendor below

HPSM-Contracted DME Vendor	Phone	Website	HPSM Plan
A Breast Pump & More (also called Hygeia Health)	**714-515-7571**	www.ABreastPumpAndMore.com	**Medi-Cal**
Yummy Mummy	**855-879-8669**	www.yummymummystore.com	**Medi-Cal** & **CareAdvantage**
Mother's Milk Bank	**1-877-375-6645**	www.mothersmilk.org	**Medi-Cal**
Shield Healthcare	**1-800-675-8840**	www.shieldhealthcare.com	**Medi-Cal**

For more information, see the Medi-Cal Provider Manual: DME: Other DME Equipment

Pasteurized Donor Human Breast Milk

- Medically necessary pasteurized donor human breast milk for newborns is covered for members that meet any of the following:
  - Are unable to breastfeed due to medical reasons
  - Whose infant(s) cannot tolerate or has medical contraindications to the use of any formula, including elemental formulas
  - And/or have another situation for which donor human breast milk is deemed medically necessary by a Medi-Cal Provider
- To support members in getting connected to medically necessary pasteurized donor human breast milk, providers should:
  - Give members a prescription for the medically necessary pasteurized donor human breast milk
  - Inform members to contact San Jose Mother's Milk Bank by:
    - Completing the online form: https://mothersmilk.org/request-milk/for-a-newborn/
    - Or calling (877) 375-6645

For more information, see the Medi-Cal Provider Manual: Pregnancy: Postpartum and Newborn Referral Services

Doula Services

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Doula Services

- Doula services provide emotional and physical support during pregnancy and up to 12 months after pregnancy. To learn more about covered services, visit HPSM's doula services webpage.
- Services must be provided by HPSM-contracted doulas. Providers should direct members to work with HPSM-contracted doulas, which are found in HPSM's Provider Directory
  - Due to a standing order, **providers are not required to write a written recommendation to access doulas.** However, if member needs additional doula visits above what the benefit covers, a physician/other licensed provider should give the member a written recommendation.

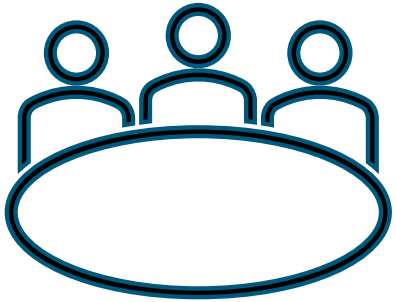


Group Perinatal Care

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Group Perinatal Care

- HPSM encourages providers to offer group perinatal care to pregnant and postpartum members.
- Group Perinatal Care Overview:
  - Group perinatal care brings pregnant members who are due at around the same time together for their prenatal care.
  - These models empower members to engage in their own care and build community and have shown improved maternal and infant health outcomes, particularly for pregnant and postpartum members of color.
  - Group perinatal care models typically follow the clinically recommended schedule of prenatal visits but generally allow members more time with their providers and support staff, both privately and in group settings, to discuss a range of topics, including but not limited to nutrition, stress management, labor and delivery, breastfeeding, safety, and newborn care.



For more information, see the Medi-Cal Provider Manual: Pregnancy: CPSP Section

Family Planning Services and Reproductive Health

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Family Planning and Related Services

Members have the right to access confidential services and unrestricted choice of contraceptive methods. The following family planning and related services are covered for members without prior authorization and whether the provider is in or out of network:

- Contraceptive services
- Laboratory procedures, radiology, and drugs associated with family planning procedures
- Pregnancy testing and counseling services
- Sexually transmitted infection (STI) prevention, counseling, screening, testing, diagnosis, and treatment services
- HIV counseling and testing
- Cervical cancer screening
- Abortion Services



For more information, see the Medi-Cal Provider Manual: Family Planning

Resources

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HPSM's Baby + Me Program:

Supports pregnant and postpartum members by connecting them to covered services and community resources. The program also offers HPSM Medi-Cal members an incentive for completing two visits within specified timeframes.



1. HPSM Medi-Cal members – can qualify for a $50 gift card for going to OB provider visits within specific timeframes*:

- 1st gift card: Within the first 12 weeks of pregnancy
- 2nd gift card: Between one and 12 weeks postpartum



2. All members – offered connection to resources, such as:

- Food programs (e.g. local food bank, WIC, etc.)
- Wellness classes (e.g. postpartum support group, safe sleep education, etc.)
- How to find doulas in HPSM's Provider Directory

Members must sign up by speaking to HPSM's Baby+Me team. Providers can refer members by:

- Directing members to call **650-616-2165** or
- Submitting a secure referral form on HPSM's website: www.hpsm.org/baby-and-me

*****Members may show providers a form to sign. Please sign their form with the date of their visit. This helps HPSM verify the visit was within eligible timeframes.*

Resources for Providers

Prenatal & Newborn Screenings

- More information
  - CDPH: California Prenatal Screening Program
  - CDPH Website: California Newborn Screening Program (CA NBS)
  - DHCS Website: California Children's Services (CCS)
  - DHCS website: Newborn Hearing Screening Program (NHSP)
- Other Provider resources
  - Medi-Cal Provider Manual: Genetic Counseling and Screening
  - Medi-Cal Provider Manual: Pathology: Molecular Pathology
  - Medi-Cal Provider Manual: Newborn Hearing Screening Program
  - Medi-Cal Provider Manual: Preventive Services
  - CDPH Education Resources for Prenatal Care Providers

Lactation Services

- Medi-Cal Provider Manual: Pregnancy: Postpartum and Newborn Referral Services
- Medi-Cal Provider Manual: DME: Other DME Equipment
- ACOG Committee Opinion: "Optimizing Support for Breastfeeding as Part of Obstetric Practice"
- AAP Breastfeeding Policies
- CA WIC Association "9 Steps to Breastfeeding-Friendly Clinics"

- Information on WIC
  - San Mateo County Health Provider Training

Resources for Providers

Behavioral Health During Prenatal and Postpartum Periods

- Referring members to mental or substance use care
  - Use the BH Referral Form
    - Watch the video for additional information about completing the BH Referral Form
  - Direct members to call Behavioral Health and Recovery Service's ACCESS Call Center at 1-800-686-0101
- HPSM Notification: Medi-Cal Specialty and Non-Specialty Behavioral Health Criteria and Services
- Medi-Cal Provider Manual: Dyadic Services
- Medi-Cal Provider Manual: Non-Specialty Mental Health Services: Psychiatric and Psychological Services

Doula Services

- HPSM's Website: Doula Services Benefit

Group Perinatal Care

- Medi-Cal Provider Manual: Pregnancy: CPSP Section

Family Planning and Related Services

- Medi-Cal Provider Manual: Family Planning
- Medi-Cal Provider Manual: Abortions

HPSM's Baby+Me Program

- HPSM's Website: Baby+Me Program

Thank you!

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