
Purpose	Provide guidance for effective delivery of services to pregnant women, including any applicable regulatory requirements
Definition	A pregnant woman is a woman determined to have one or more fetuses in utero.
Cultural, Economic and Social Issues	<ol style="list-style-type: none">1. Many pregnant women have less than adequate or no health insurance. They face high out-of-pocket expenses for services. In some areas women without insurance coverage have no access to medical care until they can pay all expenses for the pregnancy in cash before the first visit.2. Pregnant women may be unfamiliar with public assistance programs and may be unfamiliar with the availability and application process for the WIC Program.3. Pregnant women may experience additional barriers to WIC services:<ol style="list-style-type: none">a. lack of transportation,b. inability to leave work or school for appointments,c. no family or significant other support for teens or single women.
Certification/Eligibility	<ol style="list-style-type: none">1. Pregnant women fall within a special category which requires they receive expedited services. All pregnant women who apply for benefits and meet income guidelines are presumed eligible for the WIC program and receive benefits for not more than 60 days if no nutrition risk is found or for the full certification period when nutritional risk factors exist. For more detail refer to Volume I, Section B of the Procedure Manual.2. In those cases were a participant/applicant is unable to leave home, (i.e. restricted to bed rest), clinic staff should consider other alternatives for certification. Staff should evaluate each situation using the procedure found in Volume II of the Nebraska WIC Procedure Manual for more detail.3. Participants who are working, attending school or with medical restrictions, may need to use a proxy for check pick-up at the clinic and redeeming the checks at the vendor more often than other participants. For information on proxy designation

and use refer to the procedure found in Volume III of the Nebraska WIC Procedure Manual.

4. Many pregnant women routinely visit a physician or other special health professional. Staff should make every effort to use referral data (i.e. hemoglobin, height, or weight) from other health professionals/clinics in the certification process. For more information on referral data see Volume II and Volume I, Section M of the Nebraska WIC Procedure Manual.
5. Ensure sufficient privacy for applicants when collecting confidential information such as income, medical history, etc.
6. Reserve appointment slots for certification, education and check pick-up on weekend days and early morning and evening hours for pregnant women who work or attend school.
7. Each local agency shall attempt to contact each pregnant woman who misses her first WIC appointment to apply for participation.
8. At the initial contact, when scheduling the certification appointment staff should collect at a minimum the following information:
 - a. Woman's address
 - b. Phone number, or a number where she can be reached.
9. Agencies should develop a method of notifying (card, letter, phone call) all pregnant women who no-show for their initial certification appointment. documentation of this contact should be kept.

Food Package

1. Tailor the food package based on nutritional need for age, nutritional/medical need, and participant's food preference. Refer to Volume III of the Nebraska WIC Procedure Manual.

Nutrition/Health Education

1. Refer to Volume II of the Nebraska WIC Procedure Manual.

Outreach/Referrals

1. Pregnant women may not participate in public assistance programs. Reaching pregnant women during the early months of pregnancy is extremely important. Local agencies will use the following outreach methods to reach this target group.
 - a. Provide written materials which describe the program and contain the state toll free number, where women may obtain clinic locations and telephone numbers to:

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- i. Physician's offices for inclusion in prenatal packets
 - ii. Maternal and Child Health programs and clinics for referral of all clients to WIC
 - iii. Hospitals for inclusion in information packets and information centers
 - iv. School nurses and counselors
 - v. Family Planning clinics
 - vi. Social Service offices
 - vii. Food Stamp offices
 - viii. Homeless shelters
 - ix. Any other programs/agencies which serve pregnant women.
- b. Notices explaining the program and providing the state toll free number for more information on clinic locations will be posted in locations where pregnant women may be found (i.e. grocery stores, laundromats, clinics which serve women, nurses and counselor offices, fast food restaurants, and business bulletin boards, etc.)
 - c. The State WIC office will coordinate outreach to women receiving AFDC payments through the Department of Social Services at least once annually.
 - d. Provide information describing the program to women's church groups, civil organizations, extension groups, etc. for inclusion in newsletters, notices, or meetings.
2. Target outreach messages to women not participating in/or familiar with public assistance programs.
 3. Emphasize the health care benefits of the WIC Program for individuals and families.
 4. Outreach/referral sources may include health care providers - especially those in the private health care sector, churches, community centers and groups, local businesses, job service offices, schools and day-cares, and other community agencies.
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