

# Prenatal Plus Program (PPP)

## A DHHS Nebraska Program- Supporting At-Risk Mothers for Healthier Birth Outcomes.

### Program Purpose:

The purpose of the Prenatal Plus Program (PPP) is to reduce the incidence of low birth weight, pre-term birth, and adverse birth outcomes while also addressing other lifestyle, behavioral, and nonmedical aspects of an at-risk mother's life that may affect the health and well-being of the mother or the child.

### Eligibility Criteria:

The eligible population for PPP is an at-risk mother, defined as someone who is:

- Enrolled in Medicaid
- Pregnant
- Determined by her healthcare provider to be at risk of having a negative maternal or infant health outcome

*Note: Individuals in the 599 CHIP category are not eligible for PPP.*

### Program Services (Eligible for Reimbursement):

#### 1. Targeted Case Management (TCM)

- Initial and periodic assessment of the pregnant mother's needs
- Development of care plans, referrals, follow-ups, and monitoring
- Includes education, resource navigation, family engagement, and care coordination.

#### 2. Nutrition Counseling

- Personalized nutritional support by a Licensed Medical Nutrition Therapist
- Up to six covered sessions (in-person or audiovisual telehealth) with a Licensed Medical Nutrition Therapist

#### 3. Psychosocial Counseling & Support

- Referral to a Licensed Mental Health Provider
- Unlimited mental health and SUD services based on medical necessity.

#### 4. Breastfeeding Support

- Education, breast pump access, lactation contact info.
- Breastfeeding Instruction Sessions by Licensed Medical Nutrition Therapist or IBCLC (individual/group, in-person/telehealth)

#### 5. General Patient Education and Health Promotion

- Topics include prenatal care, childbirth, breastfeeding, postpartum wellness, and infant health.

### Billing and Reimbursement

Visit the DHHS website for more information including the Provider Training Recording and Slide Deck,

<https://dhhs.ne.gov/Pages/Prenatal-Plus-Program.aspx>