



Transforming Maternal Health (TMaH) Model

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.



PRENATAL

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

Jaya is then connected with a:

- **Doctor** who manages her diabetes and supports 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 doctor, doula and midwife to create a birth plan that feels right for her.



Jaya feels safe, supported, and maintains good health throughout her pregnancy.



BIRTH

Jaya and her care team discuss where she'll give birth, a hospital or a birth center, and decide a hospital because of her Type-2 diabetes. They work together to follow through on Jaya's birth plan.

Jaya's **doula** is with her at every step in the birth process. After birth she helps Jaya get 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** before they leave the hospital. Jaya's doula has already helped her get her home ready for the baby's arrival.



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.



POSTPARTUM

Jaya has 12 months of Medicaid coverage including access to her doctor 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.



One year later, Jaya and her baby are thriving, eating well, and live at home. Jaya feels good about the ongoing support she received from her doula and care team.