

Baby Bexar Program Benefits



ABOUT US

Baby Bexar is a program built to improve maternal and infant health outcomes through the use of an integrated community-based social service organizations and case management. The Baby Bexar team has three nurses, three patient navigators and two community partners: Family Service and San Antonio Birth Doulas. We follow our patients from enrollment up to a year postpartum.

WHAT CAN THE BABY BEXAR PROGRAM DO FOR YOU?

- Increase social support and relational equity reduce the risk of pre-term births
- Decrease the risk of pre-eclampsia and other chronic conditions
- Reduce the risk of cesarean births (C-sections)
- Priority access to community partners and resources
- Exclusive maternal health educational sessions

BENEFITS AND INCENTIVES OF JOINING BABY BEXAR

- Personal nurse case manager that will provide health education for pre- and post-natal periods.
- A personal patient navigator to provide community resources
- Women and Children's Hospital Tours guided by Baby Bexar staff
- Partnered Organization Referrals to Family Service and San Antonio Birth Doulas.
- Transportation assistance to OB medical appointments and local community-based organizations for resources
- Blood Pressure Monitor (If in Hypertension Pathway)
- Bexar-y Educational Baby Showers with local community –based organizations in attendance to provide resources
- Car-seat travel system if attends a 'Bexar-y Educational Baby Shower'
- Postpartum Bundle after delivery

SAN ANTONIO BIRTH DOULAS BENEFITS

- Prenatal and postpartum education; Most Popular: Childbirth Education, Newborn Care, Pelvic Floor, Infant Massage, Prenatal Movement, Parent and Baby Movement, and Spinning Babies.
- Breastfeeding Services
- Boutique (free material assistance like diapers, clothing, basic needs, etc.)
- Doula support throughout pregnancy. Doulas help achieve a shortened labor, less medical interventions, fewer cesarean births, emotional support, and healthier babies born full-term.
- Car Seat Installation and Inspection
- Babywearing consultation and carrier rental
- Infant Sleep Consultations
- Job training
- Wrap-around services to over 50 programs within Catholic Charities

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FAMILY SERVICE BENEFITS

- Learn valuable coping skills/counseling during and after pregnancy
- Education to prevent postpartum depression
- Immediate Case Management at the community level
- Allows families to access 22 Family Service internal programs, to include, Head Start, HOPES program, & Financial Empowerment Program

ENROLLMENT REQUIREMENTS

Patients must be 16 - 32 weeks pregnant, be receiving care at a University Health clinic, and deliver at University Health – Women and Children’s Hospital.

PATIENT MUST HAVE AT LEAST 1 OF THE FOLLOWING DIAGNOSIS:

- Chronic Hypertension
- Gestational hypertension and other hypertensive disorders of pregnancy (pre-e, eclampsia, HELLP syndrome)
- History of Pre-Eclampsia
- Type II Diabetes
- Gestational Diabetes
- Advanced Maternal Age (AMA) women who are 35 years of age or older at the time of delivery
- Obesity- BMI 34 and up at initial prenatal visit
- Multiples (pregnant with more than 1 baby)
- Short Interval Pregnancies- Pregnant again within 12 months of a previous pregnancy delivery

LET’S STAY IN TOUCH

- Email us at Baby.Bexar@uhtx.com
- Follow us on Instagram: @baby_bexar