

Dear MedStar Family Choice Member,

We are excited to announce the launch of our new Maternal Health Program in partnership with CINQCARE, aimed at supporting expectant individuals of color in Baltimore County and Baltimore City. While our primary focus is on improving maternal health outcomes for these communities, we are dedicated to serving all members in need.

CINQCARE provides essential healthcare and well-being support directly in homes and communities. They are committed to assisting healthcare providers and caregivers in overcoming barriers to health and wellness.

Research indicates that Black expectant individuals experience higher rates of complications and poorer maternal health outcomes. To address this, MedStar Family Choice and CINQCARE will collaborate to enhance care coordination and offer a comprehensive range of maternal health services. Our goal is to reduce health disparities through early prenatal care, management of chronic medical and behavioral health conditions, increased screenings for depression, and addressing health-related social needs. This approach aims to lower rates of cesarean deliveries, preterm births, and severe pregnancy complications, while improving the timeliness of postpartum care and follow-up.

Our program includes the following features:

- **Collaboration with Local Providers:** CINQCARE, supported by MedStar Family Choice, will partner with health centers, primary care physicians, OB-GYNs, and pediatric providers throughout Baltimore County and Baltimore City.
- **Comprehensive Support:** CINQCARE's Mom & Baby Care Team will assist healthcare providers throughout the entire perinatal period—covering nine months of prenatal care and extending to at least one year postpartum.
- **Personalized Assessments:** CINQCARE will schedule home or virtual visits to conduct assessments. The results will guide personalized care planning, ensuring that each expectant individual's plan aligns with their goals, needs, strengths, and preferences. The CINQCARE team will maintain communication with healthcare providers and members to support this process. Enrolled members will also have access to transportation support and doula services.

With CINQCARE as our partner, we are committed to delivering the highest level of care to our pregnant and postpartum members. We encourage expectant persons living in Baltimore County and Baltimore City to take advantage of this program.

We look forward to continuing our mission of providing excellent care and positively impacting the health and wellness of our community.