



Behavioral Health Pre-, During and Post-Pregnancy

At CareFirst BlueCross BlueShield, we understand that healthy pregnancy isn't just limited to physical health. We strive to also provide behavioral healthcare to people who are pregnant—and the families that support them.

As part of this initiative, we aim to:

- Identify members experiencing mental health challenges before, during and after pregnancy so that we can connect them to additional support
- Ensure those who are pregnant have access to affordable, high-quality care
- Provide education to providers who wish to expand services for expecting parents and improve maternal health outcomes

To refer a member, or to learn more about this initiative, please reach out to our Behavioral Health Care Manager: Morgan Harkins at 410-724-2592 or via email to Morgan.Harkins@CFCareco.com.



For additional resources to help you stay healthy during your pregnancy, scan the QR code.