

# Even the Best Moms Need a Helping Hand

LOCAL MOTHER SHARES HOW SHE FOUND THE HELP SHE NEEDED DURING HER PREGNANCY:

Trina Langley was excited to be pregnant with her third child, and she couldn't wait to welcome her new baby into the world.

However, as thrilled as Trina was, her pregnancy wasn't easy. Before she got to the big delivery date, she had to deal with some serious challenges.

She experienced dizzy spells and feelings of faintness, and she was always so tired. It made it difficult to care for her other children, two-year-old Jakari and 16-year-old Jahnaya.

Trina needed a helping hand to get through it. She knew she could count on her family to be there for her, and they remained at her side. But she was surprised to receive so much support from an unexpected source — her health insurer, YourCare Health Plan.

The YourCare Prenatal Team — and especially one of its members Tina — provided support every step of the way. They offered helpful information and guidance to help her get through the difficulties and get ready for her child's birth.

When Trina was confronted with prescription denials, the prenatal team was there right away to make sure she received the medication she needed. They also helped Trina connect with community resources that are available to pregnant women.

And the emotional support from Tina and the YourCare team was non-stop throughout her pregnancy.



"Tina checked on me so much that I felt she truly cared about me and my family," Trina said.

During her previous two pregnancies, her children were delivered at 32 and 34 weeks. However, this time, she carried until 38 weeks. Trina credits the support from her family and



YourCare for helping her carry for longer.

Trina's baby Gregory just turned one month old, and he is happy and healthy.

"We were so happy to work with Trina and help her during her pregnancy," Tina of YourCare's Prenatal Team said. "We want all of our members to know that we're here for them, especially when they're expecting a baby."



YourCare encourages its members who are pregnant to contact them at 844-337-7144. YourCare provides its expectant mothers with a Baby Basic book and planner, and the health plan also works to make sure members have access to any and all resources they need to have a healthy pregnancy.



"Happy Mothers' Day to all of our mommy members, from the entire YourCare family," Tina said.

For more information, visit the [pregnancy page](#) in the members' section of [YourCare's website](#).