

MAT & Maternity

Safe Help for You and Baby

Aetna Better Health® of Florida is here to give you safe, helpful care so you and your baby can stay healthy.



What are opioids?

Opioids are strong drugs used to stop pain. Some examples are oxycodone, heroin, and fentanyl. They can be helpful but also harmful if used the wrong way.



Before Pregnancy

If you use opioids and want to become pregnant, MAT can help you prepare. You will get care to keep you and your future baby safe.



Opioids and Pregnancy

Using opioids during pregnancy can hurt your baby. It can cause early birth, low weight, or withdrawal in newborns.



During Pregnancy

MAT is the best way to treat opioid use while pregnant. It helps lower the risk of problems for you and your baby.



You Have Options

If you use opioids, help is available. Treatment like MAT (Medication-Assisted Treatment) is safe and helps you and your baby. Talk to your doctor or nurse to learn more.



After Pregnancy

After your baby is born, you can keep using MAT. It helps you stay strong while caring for your newborn.



What is MAT?

MAT (Medication-Assisted Treatment) is a safe treatment that helps people that use opioids. It uses medicine and support to help you stay healthy before, during, and after pregnancy.



You Are Not Alone

Ask your doctor or nurse about MAT and take a look at the extra free support resources below for Aetna Better Health® of Florida members.

988 Suicide & Crisis Lifeline: If you or someone you know is in emotional or substance use crisis, you can call or text 988 anytime for private help. 988 does not replace 911, so call 911 if someone is in danger.

Groups Recover Together: Join a group of people who are working to feel better and stay healthy with MAT. Most visits are online, and some are in-person. **Call:** 1-888-245-2318 **Website:** www.joiningroups.com

Brave Health: Talk to a doctor or counselor by phone or video. They also help if you are having a hard time with drugs or alcohol. **Call:** 1-888-245-2318 **Website:** www.bebavehealth.com

Aetna Peer Support: Talk to someone who understands you and has been through the same things. They will listen and help you. Call the number on the back of your member ID card or 1-800-441-5501 (TTY/TTD: 711) and ask for peersupport.

Progeny Health Pregnancy Care Management: A care manager can talk to you and help you stay healthy during and after pregnancy. **Call:** 1-855-231-4730 **Website:** www.progenyhealth.com

