



BlueCross BlueShield of New Mexico

The benefit information provided is a brief summary, not a complete description of benefits.

For more information contact the plan.

Limitations, copayments, and restrictions may apply.

Benefits, formulary, pharmacy network, provider network, and/or copayments/coinsurance are subject to change.

Such services are funded in part with the State of New Mexico.

Blue Cross and Blue Shield of New Mexico complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-710-6984 (TTY: 711).

Díí baa akó nínízin: Díí saad bee yáñit'go Diné Bizaad, saad bee áká'ánida'áwo'déé, t'áá jik'eh, éí ná hóló, koji' hódíílinh 1-855-710-6984 (TTY: 711).

Blue Cross and Blue Shield of New Mexico, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association 475818.1116

Blue Cross
Community
CentennialSM



Safe Sleep FOR Your Baby:



A Guide for Parents and Caregivers

Safe Sleeping Tips for Your Baby

- ★ Place your baby on his or her back every time he or she is ready for sleep; do not place your baby on his or her stomach. This includes nap time as well as at night.
- ★ Place your baby on a firm sleep surface, such as a safety-approved crib/bassinet that is covered with a tightly fitted sheet. Your baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else. Your baby can sleep in the same room with you.



- ★ If you bring your baby into your bed to breastfeed, make sure to put him or her back in a separate sleep area after breastfeeding.
- ★ Keep soft objects such as toys, loose bedding, comforters, pillows, crib bumpers, or blankets out of the crib/bassinet.
- ★ Keep your baby from overheating. Dress him or her in light, comfortable clothing, such as a sleeper, with no more than one layer more than an adult would wear to be comfortable, rather than using a blanket. Keep the room at a temperature that is comfortable for an adult.
- ★ Breastfeed as much and for as long as you can. This keeps your baby healthy.
- ★ Do not smoke or allow smoking around your baby.
- ★ Make sure everyone who cares for your baby or for a baby younger than one year knows about safe sleep!

Safe Sleep for
your baby is as
simple as **A B C**.

Your baby should
sleep **A**lone,
on his or her **B**ack,
and in a **C**rib.



Tummy Time

Remember, your baby needs plenty of tummy time when he or she is awake and when someone is watching. Tummy time helps strengthen important muscles in your baby's neck, shoulders, and arms. It also helps to prevent flat spots on the back of your baby's head.

Contact Blue Cross and Blue Shield of New Mexico Health Services to learn more about the **Safe Sleep Program** at **1-877-232-5518**.

Please call our **24/7 Nurseline** for toll-free support around the clock at **1-877-213-2567**.

FREE CRIB OFFER!

Members who complete the following steps are eligible to receive the portable crib* pictured:

- Visit your OB Provider** for the first prenatal visit during your first 12 weeks of pregnancy or within 42 days of enrollment in Blue Cross Community Centennial
- See your OB Provider for 8 prenatal visits
- Enroll in our Special Beginnings® Maternity Program
- Contact Health Services to learn more about the Safe Sleep Program



*Fabric colors are gender neutral and may vary from picture shown.
**An OB provider is your maternity provider.