



MedStar Family Choice

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December 29, 2025

PROVIDER ALERT: Expansion of Maternal Health Program in Partnership with Cayaba Care

EFFECTIVE DATE: January 5, 2026

Dear MedStar Family Choice Participating Provider:

Beginning January 5, 2026, MedStar Family Choice is expanding its maternity program to deliver comprehensive, person-centered care throughout the pregnancy journey. We are partnering with Cayaba Care to offer personalized, culturally informed, and convenient wrap-around services that support maternal care. This includes care coordination and support, ensuring timely access to prenatal and postpartum care, addressing social needs, and helping members more easily navigate available services.

The program offers the following interventions:

Core Program

The comprehensive wrap around services during the pregnancy consists of:

- 8 Maternity Navigator Visits (4 in person)
- 2 Registered Nurse Visits (virtual)
- 3 Specialist-Led Group Classes (virtual)
- 2 Registered Dietician Visits (virtual)
- 2 Lactation Consultant Visits (virtual)
- Doula Support for Active Labor
- Full Member App Access
- Registered Nurse Support to Monitor Symptoms
- Targeted maternity navigation texts and calls
- Extended postpartum support up to one year

Post-NICU Discharge Home Visiting Program

If the infant has a NICU stay, we have a home visiting program which consists of two additional in-person nurse visits after infant's NICU discharge. In Maryland, the in-home visit with RN is within two weeks of infant's discharge.



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This maternity partnership is intended to enhance the support available to members and does not replace MedStar Family Choice in-house maternity program. Members will continue to receive care management and oversight through the existing program, with the partnership adds additional resources to improve access, outreach, and timely support, particularly for members with higher or more complex needs. This approach ensures members experience seamless, coordinated maternity care while benefiting from expanded services and support.

Thank you for your continued commitment to supporting our members and their growing families. We remain committed to ensuring safe, high-quality, and coordinated maternity care, and we look forward to continuing this important work together.

Sincerely,

Karyn Wills, MD
Chief Medical Officer

For questions concerning this Provider Alert, please contact the MedStar Family Choice MD Provider Customer Service Department, Monday through Friday, 8 a.m. to 5:00 p.m.

Phone: **800-261-3371** or

Email: mfc-providerrelations2@medstar.net