# **Maternity Support Right From The Start**

Looking out for moms-to-be and babies.

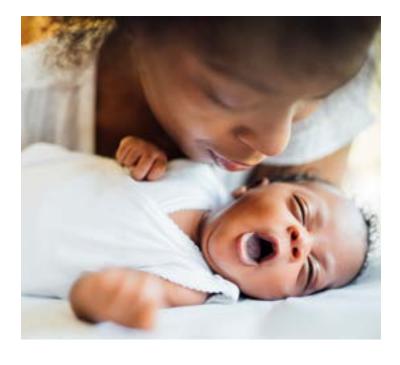


## WHOLE PERSON HEALTH SUPPORT

Your pregnancy is covered by your Blue KC health plan – starting with your first doctor's visit. Coverage varies, so be sure to check your plan for details. Most cover:

- · Prenatal care (vitamins, gestational diabetes testing, Rh incompatibility testing, STD testing)
- Childbirth (including any complications)
- Post-birth (breastfeeding equipment, birth control, etc.)

Once your baby arrives, make sure to contact your HR department to have them added to your plan. You must add your baby to your plan within 30 days of birth.1



### Parenthood deserves a 24/7 Mindful Advocate

Expectant and new moms may experience stress, anxiety, the baby blues or post-partum depression. A Mindful Advocate is here to support you. For help, call 833-302-MIND (6463) or the behavioral health number on your member ID card, or visit MindfulBlueKC.com to learn more.

### **Breast pump benefit**

Most Blue KC plans cover the allowable charge for a breast pump purchase.<sup>2</sup> At about 30 weeks get a prescription from your doctor, then order your pump by contacting an in-network provider.3

## **Well & High-Risk Prenatal Support**

This program offers tools, resources and answers to questions to help you navigate your pregnancy. You can also find support from a prenatal nurse case manager if you're experiencing a high-risk pregnancy. To get started, please visit MyBlueKC.com. The Welcome Assessment can be found on the pregnancy tab under Program Forms.

### For more information:



### Visit MvBlueKC.com

click Health Programs (under Health & Wellness), then the Pregnancy tab.



#### **Call Customer Service**

at the number on your member ID card with questions about your maternity benefits.

Be sure to choose your pediatrician earlier in your pregnancy so you can be sure they are in-network. You can find in-network pediatricians by logging into MyBlueKC.com.

<sup>&</sup>lt;sup>2</sup> If you are unsure if your plan includes the breast pump benefit, please call Customer Service at the number listed on your member ID card.

<sup>&</sup>lt;sup>3</sup> Find the provider listing on MyBlueKC.com. Go to Health Programs (located under Health & Wellness), then the Pregnancy tab.