



MATERNITY SUPPORT RIGHT FROM THE START

Looking out for moms-to-be and babies

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 birth¹.



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 and follow the steps in the grey box at the bottom of the page. The Welcome Assessment can be found on the pregnancy tab under *Program Forms*.



Motherhood 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.² At about 30 weeks get a prescription from your doctor, then order your pump by contacting an in-network provider.³

¹ 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.

² 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.

³ Find the provider listing on MyBlueKC.com. Go to **Health Programs** (located under Health & Wellness), then the Pregnancy tab.

GO ONLINE.  OR CALL. 

For more information, go to MyBlueKC.com, click *Health Programs*, (under Health & Wellness) then the *Pregnancy* tab. For questions about your maternity benefits, call Customer Service at the number on your member ID card.