

# Congratulations!

## We hear you're pregnant.

Your baby deserves a healthy start. Good care can help avoid an early birth and low birth weight babies. That's why Sanford Health Plan offers a free Healthy Pregnancy Program. Through this program, you will get the support you need to make the best choices for you and your baby. Visit your doctor as scheduled and join our free Healthy Pregnancy Program. You will have built-in support throughout your pregnancy.



### Our program offers:

- A nurse that reviews a health assessment with you to tailor support, tips and tools to meet your needs
- A Care Management Nurse to help you with any pregnancy questions or to assist with your health care needs
- Information on pregnancy, childbirth and postpartum

### As a Healthy Pregnancy Program member, you will:

- Get free pregnancy tips that tell you how to take care of yourself during and after baby.
- Have your deductible waived if you have your delivery care provided by a participating doctor and are a PPO plan member. High Deductible Health Plan members can take part in this program, but are not eligible for the deductible waiver.
- Receive free prenatal vitamins
- Have access to Text4baby, a free tool that helps you feel more ready for motherhood. Text4baby will send you doctor visit reminders and personalized tips on prenatal care, baby's growth, signs of labor, nursing, eating habits and more, straight to your cell phone. Text BABY (or BEBE) to 511411 to sign up.

### Newborn coverage

Members with single coverage: For coverage to continue beyond thirty-one (31) days of the newborn's date of birth, coverage must be applied for through NDPERS within thirty-one (31) days of the newborn's date of birth.

Members with current family coverage: Subscribers with Family Coverage under the Plan are encouraged to notify the Plan in advance when a pregnancy and expected due date is known. Newborn children will be added to the Certificate automatically if the Subscriber is enrolled in Family Coverage and the Plan and/or NDPERS is notified of the pregnancy.

For more tips on pregnancy and newborn care, Sanford Health Plan suggests these websites:

- March of Dimes: [www.marchofdimes.com](http://www.marchofdimes.com)
- American College of Obstetricians: [www.acog.com](http://www.acog.com)
- Kids Health: [www.kidshealth.org](http://www.kidshealth.org)

For questions on the Healthy Pregnancy Program or for more help, please call (877) 652-1847.



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