



do.®

MATERNITY MANAGEMENT

HEALTHIER BABIES BEGIN WITH
HEALTHIER PREGNANCIES

GET YOUR BABY OFF TO A GOOD START

Having a baby can be an exciting time — it can also be overwhelming.

That's why there's the maternity management program. The maternity management program provides parents one-on-one support from a maternity health coach during and after a pregnancy.

You'll get helpful personalized advice from a knowledgeable expert to answer all the questions that come with being pregnant. In addition, you'll get:

- Guidance for having a healthier pregnancy
- Online tools and resources about prenatal and infant care
- Help preparing for your baby's arrival
- Tips on staying happy and healthy after your baby is born

CONSIDERING BREAST FEEDING?

Breast pumps are covered by most health plans with a prescription from your doctor. If it's covered by your plan, you will need to buy or rent it from an in-network durable medical equipment supplier (DME). Here are a few things to keep in mind when buying a breast pump:

- The type of pump you choose, manual or electric, will determine your cost and coverage
- Additional breast pump supplies including bottles, tubes, shields and freezer packs are not covered by your health plan
- Not all DME suppliers sell breast pumps. If you need help finding one, contact the customer service number on the back of your member ID card or log in to your bluecrossmnonline.com account and search for "durable medical equipment."

do.® more for your health — and your baby's

Take the first step to getting your child off to a good start in life. If you're expecting, call now to get started.

1-866-489-6948

8 a.m. – 4:30 p.m., Central Time



PREPARING FOR BABY CHECKLIST

Prenatal care is the most important thing you can do for your health and the health of your baby. Schedule regular prenatal visits with your doctor throughout your pregnancy.

Before delivery

- Use the Find a Doctor tool at bluecrossmnonline.com to find an in-network hospital your doctor delivers at. You can also start your search for an in-network pediatrician for your child.

During your hospital stay

- A lactation support visit is covered when received during the hospital delivery and subsequent inpatient stay to answer questions you may have on breastfeeding
- If you already have your breast pump, bring it with to the hospital and ask questions you may have about how to use it

After delivery

- Enroll your baby in your health plan within 30 calendar days
- Schedule your baby's first well-baby appointment with an in-network pediatrician
- Schedule your postpartum visit on the sixth week after giving birth
- Talk to your doctor or maternity management coach if you're feeling down, stressed or overwhelmed