

SUPPORTING YOUR PREGNANCY CARE JOURNEY

YOUR GUIDE TO BETTER HEALTH

WHY MATERNITY CARE IS IMPORTANT

Maternity care helps keep you and your baby healthy during pregnancy and after birth. Starting care early gives your baby the best chance for a healthy start.

WHAT HAPPENS AT YOUR PRENATAL VISITS

When you visit your doctor during pregnancy, they will:

- Check how your baby is growing
- Make sure you're healthy and note any body changes
- Find and address concerns early
- Give you advice about eating, exercise, and healthy habits
- Help you get ready for labor, delivery, and life with a new baby



PRENATAL CARE BY TRIMESTER

Pregnancy lasts about 40 weeks and is divided into three trimesters. Pregnancy care visits during each trimester are a chance to check in with your provider and take simple steps to support you and your baby.

First Trimester (Weeks 1–12)

Early prenatal visits help guide the care you and your baby will receive to stay healthy.

Your provider may:

- Review your medical and family health history
- Perform an early ultrasound and physical exam
- Confirm your due date
- Order blood tests

Second Trimester (Weeks 13–27)

Ongoing care helps track your baby's development and your health.

Visits may include:

- Anatomy ultrasound to check development
- Blood tests to screen for certain conditions
- Blood pressure, weight, and urine checks

Third Trimester (Weeks 28–40)

Late-pregnancy care focuses on keeping you and your baby healthy for delivery.

Your provider will:

- Monitor your baby's position and growth
- Discuss birth planning and delivery options
- Help you prep for labor, delivery, and postpartum recovery

Schedule your first doctor's appointment as soon as you know you are pregnant. If you need to find an in-network maternity care provider, visit fepblue.org/provider or download the fepblue app.

Service	FEP Blue Focus®	FEP Blue Basic®	FEP Blue Standard®
Delivery	\$2,500 copay for FEHB; \$3,500 copay for PSHB	\$0 for delivery at a Blue Distinction Center; \$425 for delivery at all other facilities	\$0 when you visit a Preferred provider
Ultrasound	\$0	\$0	\$0
Lab & Diagnostic Tests	\$0	\$0	\$0
Postpartum Care	\$0	\$0	\$0
Mental Health Visits	\$0 for up to 8 visits during or after your pregnancy	\$0 for up to 8 visits during or after your pregnancy	\$0 for up to 8 visits during or after your pregnancy

GET SUPPORT AND EARN REWARDS

The **Pregnancy Care Incentive Program** gives you support and rewards during your pregnancy. You could be eligible* to earn a free Pregnancy Care Box packed with helpful items and \$75 on your MyBlue® Wellness Card.

How to join:

- **Log in or register for your MyBlue® account.** You must be the pregnant member on your contract to participate.
- **Find the Pregnancy Care Incentive Program** on the MyBlue homepage.
- **Request a Pregnancy Care Box** by providing information on your first trimester doctor's visit.
- **Go to your doctor during the first trimester of your pregnancy** and get a signed medical record.
- **Mail, fax or upload your medical record** following the instructions on your unique cover sheet to receive \$75 on your MyBlue Wellness Card. You'll receive the cover sheet in your Pregnancy Care Box. Visit fepblue.org/maternity to learn more.



GET A FREE BREAST PUMP KIT

All new moms are eligible to receive one breast pump kit per calendar year. Log in to your MyBlue account to order the kits online or call **1-800-411-BLUE (2583)**. You can choose from different breast pumps and get milk storage bags.

**You must be 18 or older on a FEP Blue Standard or FEP Blue Basic plan to earn this reward.*

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