

PREGNANCY CARE

EVERY STEP OF THE WAY



The importance of maternity care

Throughout your pregnancy, you should have regular appointments with your healthcare provider. These visits will allow you to easily follow the progress of your baby's development and give you an opportunity to ask questions and prepare for childbirth and life with a new baby.

As soon as you think you might be pregnant, you should visit your healthcare provider. If you need to find a Preferred maternity care provider, you can visit fepblue.org/provider or download the **fepblue** app.

Know what to expect during your first prenatal visits

An average pregnancy lasts about 40 weeks, with the weeks grouped into three trimesters. The first trimester occurs during the first three months of your pregnancy. During this time your body undergoes many changes.

During your first trimester visits, you will:



Speak to your provider about your health history



Discuss any pregnancy risk factors based on age, health and/or family history



Receive an ultrasound and important lab work



Learn your due date

Your maternity benefits

As a member of the Blue Cross and Blue Shield Service Benefit Plan, all prenatal and postpartum care is covered when you visit a Preferred provider.

Service	Standard Option	Basic Option	FEP Blue Focus
Delivery	Covered in full when you visit a Preferred provider	\$175 per inpatient admission; nothing for outpatient services	\$1,500 per admission for facility care
Ultrasound	\$0	\$0	\$0
Lab & diagnostic tests	\$0	\$0	\$0
Postpartum care	\$0	\$0	\$0



Free breast pump kit

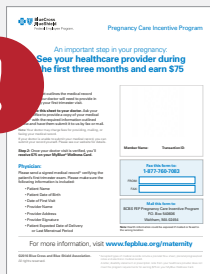
All new moms can receive one free breast pump kit per calendar year. You can choose from a selection of breast pumps—each comes with a supply of milk storage bags. Call **1-800-411-BLUE (2583)** to order your kit.

Pregnancy Care Incentive Program*

The Pregnancy Care Incentive Program offers expectant **Standard and Basic Option** members \$75 on their MyBlue® Wellness Card, plus items to use before and after your baby arrives.

Here's how:

- Log in or register for your MyBlue account at fepblue.org/myblue. You must be the pregnant member on your contract to participate.
- Locate Pregnancy Care Incentive Program on the MyBlue homepage under the Ways to Earn Incentives tile.
- Request a Pregnancy Care Box by providing information on your first trimester doctor's visit.
- Visit your doctor during your first trimester. Once you complete your visit, ask your doctor for a signed medical record (i.e., a prenatal flow sheet, prenatal progress or visit notes or an electronic medical record).
- Mail, fax or upload your completed form following the instructions on your unique cover sheet to receive the **\$75**.



When submitting your medical record, remember to send it back with your unique cover sheet. You'll receive the cover sheet in your Pregnancy Care Box. You can also download a copy on MyBlue. The cover sheet lists important information for your provider. Once you receive it, make sure to take it with you to your next appointment.

Schedule your first trimester visit

Call your healthcare provider to set up your first prenatal visit and ongoing prenatal care. To learn more about the Pregnancy Care Incentive Program or benefits offered to expecting and new moms, visit fepblue.org/maternity.

This is a summary of the features of the Blue Cross and Blue Shield Service Benefit Plan. Before making a final decision, please read the Plan's Federal brochures (FEP Blue Standard and FEP Blue Basic: RI 71-005; FEP Blue Focus: RI 71-017). All benefits are subject to the definitions, limitations and exclusions set forth in the Federal brochures.

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