

## Meritain Health<sup>®</sup> Maternity Management

*What you need to know*

During this exciting time, there are many things to think about, including the health of you and your baby. You can enroll in the Meritain Health Maternity Management program and take advantage of one-on-one support from a registered nurse who will help you understand the phases of your pregnancy and any issues, if they occur. As part of your health benefits, the maternity management program is available at no cost to you.

### **Informed and timely support**

Our nurses are specialists in maternity and neonatal fields and have extensive hands-on experience. They can consult with you on topics ranging from gestational diabetes, to nutrition, to travel during pregnancy and more. Your maternity nurse specialist is here to support you throughout your pregnancy and, if necessary, will contact your doctor to assist in the coordination of your care.

Your nurse will also send you information that addresses special needs or health concerns you may have.



### **How does the program work?**

- When you call to enroll in the program, you will need to provide some basic health history and information about your pregnancy.
- After you are enrolled, your maternity nurse specialist will contact you by phone.
- Your maternity nurse specialist will conduct an assessment to determine your needs.
- You will receive a packet of educational information in the mail to help you reduce risk factors for yourself and your unborn child.
- Every three to six weeks, your maternity nurse specialist will contact you to see how you and your baby are progressing. This usually only takes 10 minutes, because we know that you are busy preparing for your new arrival.
- Some pregnancies may require the maternity nurse specialist to be more involved. She may call more often or send extra materials.

### **Protect your future by calling today**

Quality care during your pregnancy is critical to the health of you and your growing baby. It's important that your prenatal care begin as soon as possible after confirming your pregnancy.

To start speaking with a maternity nurse specialist today, just call **1.800.641.3224** and select option 3 when prompted.

## Your phone calls—what to expect

During your phone calls, your nurse will provide support and expert advice on how to have a healthy pregnancy and a healthy baby. Your nurse will:

- Discuss your health history.
- Advise you on safe diet and exercise routines.
- Identify potential pregnancy risk factors.
- Discuss ways to minimize risks to you and your baby.
- Answer questions and provide written materials on pregnancy and childcare issues that are a concern to you.
- Direct you to available community resources for additional information.

## Free resources for you and your baby

In addition to the one-on-one support from your maternity nurse specialist, you will receive—at no cost to you—an educational book with detailed information on pregnancy and caring for an infant. Your nurse may also send additional educational information as needed throughout your pregnancy.

Your maternity nurse specialist can also help you access the StrongMoms® online program for more educational information and a free baby care item that comes with samples and offers.

## Questions?

Still have questions? We can help. Simply give us a call at **1.800.641.3224**.

## Advocates for Healthier Living

Meritain Health provides easy-to-use healthcare benefits you can use to stay healthy and productive. Contact us at the number on your ID Card if you have any questions about your plan.