



# Maternity Support Right From The Start

Looking out for moms-to-be and babies.



## WHOLE PERSON HEALTH SUPPORT

Your pregnancy is covered by your Blue KC health plan – starting with your first doctor’s visit. Coverage varies, so be sure to check your plan for details. Most cover:

- Prenatal care (vitamins, gestational diabetes testing, Rh incompatibility testing, STD testing)
- Childbirth (including any complications)
- Post-birth (breastfeeding equipment, birth control, etc.)

Once your baby arrives, **make sure to contact your HR department to have them added to your plan.** You must add your baby to your plan within 30 days of birth.<sup>1</sup>



## Parenthood deserves a 24/7 Mindful Advocate

Expectant and new moms may experience stress, anxiety, the baby blues or post-partum depression. A Mindful Advocate is here to support you. For help, call **833-302-MIND (6463)** or the behavioral health number on your member ID card, or visit [MindfulBlueKC.com](https://www.mindfulbluekc.com) to learn more.

## Breast pump benefit

Most Blue KC plans cover the allowable charge for a breast pump purchase.<sup>2</sup> At about 30 weeks get a prescription from your doctor, then order your pump by contacting an in-network provider.<sup>3</sup>

## Well & High-Risk Prenatal Support

This program offers tools, resources and answers to questions to help you navigate your pregnancy. You can also find support from a prenatal nurse case manager if you’re experiencing a high-risk pregnancy. To get started, please visit [MyBlueKC.com](https://www.mybluekc.com). The Welcome Assessment can be found on the pregnancy tab under *Program Forms*.

### For more information:



#### Visit [MyBlueKC.com](https://www.mybluekc.com)

click Health Programs (under Health & Wellness), then the Pregnancy tab.



#### Call Customer Service

at the number on your member ID card with questions about your maternity benefits.

<sup>1</sup> Be sure to choose your pediatrician earlier in your pregnancy so you can be sure they are in-network. You can find in-network pediatricians by logging into MyBlueKC.com.

<sup>2</sup> If you are unsure if your plan includes the breast pump benefit, please call Customer Service at the number listed on your member ID card.

<sup>3</sup> Find the provider listing on MyBlueKC.com. Go to Health Programs (located under Health & Wellness), then the Pregnancy tab.