

Healthy Pregnancy Program

Employees on TeamHealth medical insurance may enroll in the healthy pregnancy program. The program offers personal support through all stages of pregnancy and delivery. There is no cost to enroll. TeamHealth Wellness will give those that enroll a \$75 gift certificate to Babies “R” Us.

TeamHealth Wellness will be informed of your enrollment in the program. The gift certificate will then be mailed to your house.

Directions for enrolling are as follows:

UnitedHealthcare Members

Call 1.800.411.7984. Please see the next two pages of this document for further information.

Non-UnitedHealthcare Medical Insurance Participants

Email wellness@teamhealth.com for more information about enrolling in your plan’s program.



Email wellness@teamhealth.com with any questions.



Healthy Pregnancy Program

Features:

- **No cost for UnitedHealthcare enrollees**
- **Pregnancy assessment to identify your special needs**
- **Identification of pregnancy risk factors and enhanced care needs**
- **24-hour toll-free access to experienced nurses**
- **Customized maternity educational materials**
- **Connection to the Congenital Heart Disease (CHD) program for babies diagnosed with a CHD condition**

Support. Resources. Healthy Babies and Moms.

That's what you can expect from the UnitedHealthcare Healthy Pregnancy Program. Our program offers you personal support through all stages of pregnancy and delivery. Whether this is your first pregnancy or you have other children, we want to give you information you need to make healthy choices during your pregnancy and delivery. This program is offered at no extra charge to you, and enrolling is easy. We hope you'll take advantage of it during this very special time in your life.

Personal Attention

When you call our Healthy Pregnancy Program, a maternity nurse will fill out a pregnancy assessment with you over the telephone. They'll ask questions about your health, lifestyle and other factors that may affect your pregnancy.

The maternity nurse will review your completed assessment and determine if you have special pregnancy needs. If you are identified as a mother-to-be with special health needs, we have additional resources to help you. A maternity nurse will offer to work with you to provide individualized support throughout your pregnancy. We want to give you all the support and resources you need to work closely with your doctor so that you can have a healthy pregnancy and delivery.

It just makes sense.®

Enroll in the Healthy Pregnancy Program and receive a FREE Healthy Baby Bag!

The Healthy Baby Bag contains helpful items for the care of your baby. Simply complete and return the postage paid Business Reply Card from your UnitedHealthcare Healthy Pregnancy Program Welcome Kit to receive your FREE Healthy Baby Bag!

Useful Information

Everyone who enrolls in the program will receive important educational information covering a wide variety of topics, such as proper nutrition, preparing for childbirth, exercise during pregnancy, warning signs and things to avoid.

24-Hour Help

After you enroll in the program, our maternity nurses are available 24 hours a day to answer any questions or concerns. Just call **1-800-411-7984** (toll-free).

After your delivery, you will continue to have access to experienced nurses who can help answer your questions.

Congenital Heart Disease (CHD) Program

Our Healthy Pregnancy Program also connects to our CHD program for moms who have babies diagnosed with a CHD condition. Through the CHD program, you can experience the following benefits:

- Access to a network of evaluated CHD Centers of Excellence (COE) facilities, which are based on best practices and expertise in CHD surgeries.

- Nurse consulting services.
- Travel and lodging assistance* to help facilitate travel to non-local providers.

The travel and lodging assistance includes lodging and food at \$50 per day, per person, for up to two adults and one child; all transportation costs (airfare or mileage) for those members living greater than 50 miles away from a COE facility; and a lifetime maximum benefit of \$10,000.

Enroll at Your Convenience

To get the best possible benefit from this program, we encourage you to enroll in the first 12 weeks of pregnancy. But you can enroll anytime it's convenient through the 33rd week of pregnancy.

To enroll, simply call **1-800-411-7984** (toll-free) according to the following Central Time Schedule:

Monday through Thursday – 8 a.m. to 11 p.m.

Friday – 8 a.m. to 8 p.m.

Saturday – 8 a.m. to 5 p.m.

In addition, you can access information about the Healthy Pregnancy Program at www.healthy-pregnancy.com.



*This program is provided to fully insured members and available to ASD members at the client's discretion.

This program follows national practice standards from the Institute for Clinical Systems Improvement.