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## Maternity

They say a baby changes everything. They are right about that. You are bound to have questions about the transitions that lie ahead.

### We're Here to Help!

Your health plan includes a free maternity care program designed to provide information and support during your pregnancy and postpartum period.

If you are pregnant, it is easy to get started.

- You may receive an invitation by phone, text message, email or postcard.
- You can call 855-838-5897 and let us know you are expecting.
- You can also download the My Health Planner<sup>SM</sup> app and use access code **MATCARE**.

[My Health Planner](#) is an interactive app that guides you through your customized pregnancy program. Through the app, you will receive educational information about each stage of pregnancy and be asked to “check in” periodically through quick surveys. Your care manager, a health care professional with experience in obstetrics, will review your progress and may reach out to you by phone to offer support. You can also use the app to send and receive secure messages to and from your care manager, set reminders, log medications, and more.

### No-Cost Breast Pumps

Are you a new mother or expecting a baby soon? You may be eligible to receive a breast pump at no cost to you (or at a reduced cost).

These breast pumps are covered at no cost:

- Ameda Mya Joy pump
- Ameda One-Hand manual pump
- Medela Pump in Style with Maxflow

Depending on the supplier you use, other pumps may also be available at no cost.

To take advantage of this benefit, you can visit one of the sites listed here or use any in-network supplier that carries breast pumps.

- [Adapt Health\\*](#)
- [Aeroflow\\*](#)
- [Better Living Now\\*](#)
- [Edwards Health Care Services\\*](#)
- [Edgepark\\*](#)

You'll need to upload a breast pump prescription from your doctor when you place your order. If you don't have a prescription, the supplier can help you get one.

If you choose a different breast pump or get one through a different supplier, you may be subject to cost sharing, such as deductibles, copays or coinsurance.

For more information about the breast pumps your benefits plan covers, or to locate other suppliers, please call the Customer Service number on the back of your member ID card. If you don't have your card handy, just access your [digital ID card](#).

### Need More Support?

If you're new to breastfeeding, it's natural to have questions and concerns. You may be eligible for lactation support services. Connect with your care manager at [855-838-5897](tel:855-838-5897) or through the My Health Planner app.

\*These links lead to third-party websites. Those parties are solely responsible for the contents and privacy policies of their sites.

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