

# A healthy start begins here.

Cigna Healthy Pregnancies, Healthy Babies.



## The first step toward a healthy future

### Participating in the Maternity Care Program

Once you become pregnant, you can enroll in the Maternity Care Program through the Cigna Healthy Pregnancies, Healthy Babies® program. This program provides expert support throughout your pregnancy journey and offers incentives for the delivery of your healthy baby.

To be eligible for the incentives, you must enroll in the Maternity Care Program during your first or second trimester of pregnancy, remain engaged with your health coach throughout each trimester, and complete the entire program. When you participate in the program, Cigna nurses will offer you prenatal education and will also follow up with you through phone calls.

If you actively participate in the program and go to the Employee Women's Wellness Center for routine doctor's visits during pregnancy, as well as deliver a healthy baby at Parkland, you'll pay \$0 for prenatal services. However, if you choose to go to a doctor who is not at the Employee Women's Wellness Center for routine doctor's visits during pregnancy, deliver a healthy baby at Parkland and actively participate in the Maternity Care Program enrolling your first/second trimester, you will pay a flat fee of \$500 for the birth of a healthy baby.

The Parkland Employee Health Plan will cover obstetric office visits related to prenatal care, including anesthesiology and facility charges, with no deductibles or co-insurance required, except as noted under the High Deductible Health Plan.

If you are enrolled in the PPO, you don't have to meet a deductible for the delivery of a healthy baby.

**If you enrolled in the High Deductible Health Plan (HDHP), you must meet the calendar year deductible prior to your delivery to qualify for these incentives.**

### Where to go for in-person support

Parkland Employee Women's Wellness Center  
5200 Harry Hines Blvd.  
WISH Tower, 2nd Floor, O2-I65  
Dallas, Texas 75235  
469.419.1010 (ext. 71010)

## Pre-pregnancy preparation

We can help you get healthier as you embark on your journey towards parenthood. Once you take the next step on your journey, the Maternity Care program is designed to provide you with comprehensive care and support throughout your pregnancy.

Unlock your full potential for a healthy pregnancy with our preconception planning tools and resources. Get access to best-in-class resources and be ready for a successful pregnancy journey. You'll have access to preconception planning tools and resources for:

- Eating right
- Maintaining a healthy weight
- Taking prenatal vitamins
- Stopping alcohol and tobacco use
- Controlling any medical conditions you may have
- Finding in-network doctors

## Infertility support

If you're facing difficulty becoming pregnant, your case manager can help you find a Center of Excellence for infertility in your area. We can also help you navigate your infertility benefits, which depend on your specific plan.

## 24/7/365 support

Call the number on your Cigna Healthcare<sup>SM</sup> Identification Card to get started with a nursing specialist. We'll start with a risk assessment to make sure we're supporting your needs. After that, we can answer any questions you may have. No matter what you're looking for, whether it's birthing classes, maternity benefits, Maternity Care program guidelines or someone to talk to when your baby is kicking, we are here to provide guidance and support for you.

## Helpful outreach

We will reach out to you at your convenience to offer advice and support, especially if you're high-risk.

## Postpartum support

After the birth of your baby, there's a lot of physical and emotional change that comes with a newborn baby. We'll reach out to see how you're doing and can offer a postpartum depression screening and breastfeeding support.

## Cigna Healthy Pregnancy<sup>TM</sup> App

Get fun pregnancy milestones, developmental videos, questions to ask your OB-GYN and the ability to instantly connect with a nursing specialist. Download our app from Google Play<sup>TM</sup> or the App Store<sup>®</sup> for resources for your pregnancy and even after your baby is born.

**All Cigna Healthy Pregnancies, Healthy Babies services are confidential.**



**Get started now.**

 **Call 800.615.2906 to enroll today.**



\*The app is for educational purposes only. Medical advice is not provided. Do not rely on information in this app as a tool for self-diagnosis. Always consult your doctor for appropriate examinations, treatment, testing, and care recommendations. In an emergency, dial 911 or visit the nearest hospital. The downloading and use of the app is subject to the terms and conditions of the app and the online stores from which it is downloaded.

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