PREGNANCY CARE

THINGS TO CONSIDER TO HELP PREPARE FOR YOUR BABY

This checklist can help you make the most of your health benefits while you prepare for your child’s birth.

WHEN YOU LEARN YOU’RE PREGNANT

☐ Pick your providers and make sure they’re in your plan’s network
  - Choose your doctor or nurse midwife and ask if they can deliver your baby at the network hospital you prefer.
  - Make sure all of your providers, including the hospital, are in your plan’s network. If you receive care outside of your network, your costs will be much higher.
  - To find network physicians and facilities, check the online directory by visiting medica.com/findadoctor and choosing your Medica plan name.

☐ Schedule prenatal care visits
  - Prenatal care includes regularly scheduled visits with your provider throughout your pregnancy. Having these checkups will help keep you and your baby healthy.
  - Schedule your prenatal care with a network provider.*

☐ Check out healthy pregnancy resources
  - Learn more about pregnancy and newborn tips, services and more by visiting medica.com/healthypregnancy.

BEFORE YOU DELIVER

☐ Plan your hospital stay
  - Your doctor will determine how long you need to stay in the hospital after you deliver.*
  - A typical stay is 48 hours for a vaginal delivery and 96 hours for a cesarean delivery.

☐ Pick your baby’s pediatrician
  - Pediatricians are trained to care for the unique needs of babies and children. Find a network pediatrician by visiting medica.com/findadoctor and choosing your Medica plan name.
Order your breast pump

- Most plans cover standard model breast pumps* (manual or electric). Additional supplies such as storage containers and freezer packs aren’t covered.
- If you have coverage, first get a prescription from your doctor. Then purchase the pump from a vendor in Medica’s durable medical equipment network. You can find these providers by visiting medica.com/findadoctor and choosing your Medica plan name.

AFTER YOUR BABY ARRIVES

Enroll your baby in your health plan ASAP

- Once you deliver, both you and your baby will receive separate bills for physician services and hospital charges.
- Enroll your baby in your health plan within 30 calendar days to ensure that your baby’s physician and hospital charges will be paid promptly.
- To add your baby to your health plan, check with your employer’s HR department.

Consider a home health visit

- With a home health visit, a nurse will come to your home to see how you and your baby are doing and answer any questions.
- Talk to your doctor about scheduling a visit. To receive coverage, you must have this visit within four days of leaving the hospital.

Get lactation support, if needed

- If you’re having trouble breastfeeding, lactation support and counseling are available. Call Customer Service for more information.

*To see how and whether your plan covers maternity care (including prenatal visits, a hospital stay, breast pumps and home health visits), check your coverage document on mymedica.com.