

# Healthy Beginnings Start Here

YOUR FAMILY PLANNING AND  
MATERNITY GUIDE





# Healthy Baby Toolkit

Welcoming your newest family member is an adventure, and we're here to help. We created these tools and resources to make life easier for you and your baby.

## Family planning/maternity coverage at a glance

Covered services benefits	Cost
Prenatal and postnatal office visits	No charge
Hospital delivery including cesarean section	\$250 copay
Newborn care through the first 30 days	No charge (including circumcision and immunization)
Contraceptive devices <sup>1</sup>	\$0 copay for generic \$0 copay for brand when generic is not available \$25 copay for brand when generic is available \$40 nonformulary
Injectable contraceptive devices <sup>1</sup>	No charge
Midwife	No charge (must consult PPG for availability)
Alternative birth centers	\$250 copay (must consult PPG for availability)
Breastfeeding support, supplies and counseling <sup>2</sup> Limited services (partial coverage) benefits	No charge
<b>Limited services (partial coverage) benefits</b>	<b>Cost</b>
Limited services (partial coverage) benefits Artificial insemination (6 cycles per lifetime)	Covered at 50%
Infertility drugs <sup>3</sup>	Covered at 50%
Gamete intrafallopian transfer (GIFT)	Covered at 50%

### Questions?

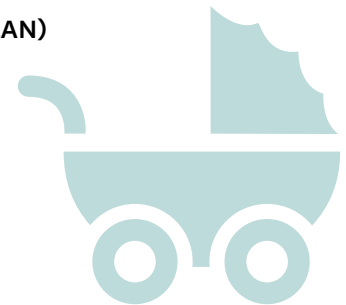
Visit [www.healthnet.com/uc](http://www.healthnet.com/uc)

or call 1-800-539-4072.

Refer to your Evidence of Coverage for complete plan details.

### EXCLUSIONS (NOT COVERED UNDER YOUR PLAN)

- Home birth
- In vitro fertilization (IVF)
- Zygote intrafallopian transfer (ZIFT)
- Supplies (injections) that prepare a woman for excluded procedures, and collection and/or storage of sperm or ova.



<sup>1</sup>Contraceptive devices covered through the member's prescription medication coverage include oral contraceptives, diaphragms, cervical caps, contraceptive patches, and the contraceptive ring. Intrauterine devices (IUDs) are covered under the member's medical benefit.

<sup>2</sup>Health Net will cover one retail grade breast pump (either a manual [E0602] or standard electric pump [E0603]) per pregnancy under preventive benefits without medical necessity or prior authorization requirements via a vendor of our choice.

<sup>3</sup>Infertility drugs are only provided in connection with covered services.

## If you're having a baby: Select a primary care physician (PCP)

If you and your family members are currently covered by UC Blue & Gold HMO, your newborn must be assigned to a pediatrician in the mother's physician group until the first day of the calendar month following birth.<sup>4</sup> If the mother is not enrolled in UC Blue & Gold HMO, the child will be assigned to the primary member's physician group. In order for coverage to continue, you must also enroll your newborn through your employer within 30 days after the birth of the child.

### To select a doctor from a physician group other than the mother's or the subscriber's (when the mother is not a Health Net member at the time of birth),



Call the telephone number listed on the back of your member ID card.



You can also log in as a member to [www.healthnet.com/uc](http://www.healthnet.com/uc) and select *My Account*. The change will be effective on the first day of the calendar month after we receive your request.<sup>4</sup>



**Note:** You will be responsible for payment if your newborn receives services from a doctor who does not belong to the mother's or subscriber's physician group. You are also responsible for payment if the mother is not a Health Net member at the time of birth.

## Get the most out of your health plan during pregnancy

UC Blue & Gold HMO is here for you during your pregnancy – and after the baby is born. We provide online resources and phone support for you during this exciting time. Be sure to see or talk with your doctor before starting any wellness program.

### START YOUR PREGNANCY OFF RIGHT WITH A HEALTHY BODY



If you smoke, quit.



Reduce stress in your life.



Prepare a nutrition plan.



<sup>4</sup>If your newborn is sick and unable to return home with the mother, then your newborn's transfer to a PCP in another physician group will be delayed until the first day of the calendar month after discharge from the hospital.



## Free learning resources

- You can find pre-pregnancy and pregnancy information in the Library section of the Wellness Portal.
- Online tools can be found at [www.healthnet.com/uc](http://www.healthnet.com/uc). You can use these resources to find out when you are most fertile, calculate your due date, and manage morning sickness and more.
- Text4baby is a free service that sends you weekly health tips to help you through your pregnancy and your baby's first year. Learn more at [www.text4baby.org](http://www.text4baby.org).



## Start Smart for Your Baby®

Start Smart for Your Baby (SSFB) is a program for pregnant and new moms, providing custom support and care for a healthy pregnancy and baby. Sign up to receive health education materials, such as *Mother's Guide to Pregnancy* and *Guide to Life After Delivery*, and guidance from a care manager throughout your pregnancy.

**Log in as a member to [www.healthnet.com/uc](http://www.healthnet.com/uc) for more information and to sign up.**



## Nurse Advice Line

Our toll-free Nurse Advice Line offers real time support for routine health issues and questions 24 hours a day, seven days a week. Our nurses are trained to ask the right questions to help you get the care you need.

**To reach the Nurse Advice Line, call the number on the back of your ID card.**

### [Health Net's Nondiscrimination Notice](#)