

About to be a father?

Be prepared

Becoming a new father is an exciting time, but also confusing, especially for “first-timers.” We’ll give you answers that can help prepare you for your responsibilities ahead and to be the best Dad for your newborn.



Lean on us. We'll...

Tell you what to expect

- Teach you pregnancy symptoms. And, explain delivery, postpartum depression, newborn needs, etc.
- Explain prenatal tests and pregnancy exams. Includes ultrasounds, amniocentesis, etc.

Provide ways to support your partner

- Find the right doctor. And, locate a childbirth class or other resources.
- Locate caregivers. Find in-home maternity, postpartum and pediatric nurses, if needed.
- Provide support to get healthy. Help schedule a physical exam or tobacco cessation program.

Inform you about child safety

- Offer childproofing tips. Includes crib specifications, covering outlets, etc.
- Locate an infant CPR training program. Learn to recognize and act in emergency situations.
- Inform about car seat regulations. Includes requirements and specifications.

Help is Only a Phone Call Away



866.695.8622



Email: answers@HealthAdvocate.com

Web: HealthAdvocate.com/members

Health Advocate can be accessed 24/7.

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Work on insurance and billing issues

- Explain maternity coverage. Advise about adding your baby to your health plan.
- Clarify coverage for newborn doctor visits. Includes coverage for special needs.
- Research denied claims. We investigate the denial, identify mistakes and submit the claim for reprocessing, if necessary.

Easy ways to bond with baby

- Talk and sing to your baby
- “Wear” your baby in a sling or baby backpack on an outing
- If the baby is bottle-fed, take over the feedings frequently

Remember... your Personal Health Advocate can help you with healthcare and insurance-related issues at any time. You, your spouse, dependent children, parents and parents-in-law are all eligible.



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Advocate™