

Expecting a baby?

We offer support



Be worry-free

Having a baby is a joyous event. But during pregnancy, and after the arrival of your newborn, you may be overwhelmed with questions. Whatever your concern, we'll listen and give you the right answers.

Your Personal Health Advocate can

Answer pregnancy and postpartum questions

- **Clarify pregnancy symptoms.** Review weight gain, nausea, skin changes, etc.
- **Explain prenatal tests and pregnancy exams.** Includes ultrasounds, amniocentesis, etc.
- **Review complications.** Inform about gestational diabetes, for example, and treatment.
- **Describe delivery choices.** "Natural childbirth," induced, C-section, and midwife-assisted birth.
- **Answer breastfeeding questions.** Find a lactation specialist, if needed.
- **Inform about postpartum depression.** This includes finding treatment.

Find resources

- **Find the right obstetrician and/or pediatrician.** We can help expedite appointments.
- **Locate caregivers.** Find in-home maternity, postpartum and pediatric nurses and caregivers.
- **Find help for special medical needs.** This may include specialists and pediatric centers.

Assist with insurance-related issues

- **Advise about adding your baby to your health plan.**
- **Clarify coverage for maternity expenses.** Includes routine tests, lab work, hospital stays.
- **Describe coverage for high-risk pregnancy.** Review coverage for neonatal (newborn) care.
- **Inform about coverage for newborn doctor checkups.** Includes coverage for well-baby visits.

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.

Help is Only A Phone Call Away

 866.695.8622

 **Email:** answers@HealthAdvocate.com
 **Web:** HealthAdvocate.com/members

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