

Expecting a Child?

This is an exciting time and we want to help you prepare!

Sign Up for *Building Healthy Families* through Anthem BCBS as soon as you know you are expecting. Enroll in this free program on Anthem.com or the Sydney Health Mobile app.

Building Healthy Families How Can They Help?

- Track your ovulation.
- Monitor prenatal health risks, such as blood pressure and weight.
- Receive updates on your pregnancy progress, like development of your baby and body changes.
- Log feedings, diaper changes, growth, vaccinations, and developmental milestones
- Talk to a health coach via chat or phone during pregnancy about your questions and concerns.
- Explore a library with thousands of educational articles and videos.
- Connect with a maternity nurse and access lactation support.



Integrated Health NICU Program

- Provide comprehensive case management and support your high risk infant and family
- Educate your family on diagnosis, breast feeding, crib safety, immunizations, and dietary requirements
- Collaborate with the facility discharge coordinator for assessment, planning, and implementation of a safe discharge plan
- Continue to support and educate your family and verify compliance with all appointments and immunizations
- 3 months post discharge or longer based on acuity



Back-Up Care available 20 times per year at your home or local care provider.

Infant Transition Program

Provides an additional 10 days during your child's first 12 months



877-BH-CARES (877-242-2737)

LifeMatters®



Employee Assistance Program

- Assist with finding local daycares, nanny agencies, etc.
 - New parents receive 1 free visit with a lawyer to build a will
 - Provide referrals to realtors or moving companies
 - Articles and online advice for new parents
- www.mylifematters.com; Password: BERT1

1-800-634-6433

Milkstork: Nursing Mothers Required to Travel

If you are a nursing mother with an infant under the age of six months and are required to travel for business for 3 days or more, Relias will cover your expense of sending milk home via Milkstork for each 3 days of travel.

- Milk will be batched every 2 days
- International travel is excluded



Anthem BCBS: Maternity Coverage

In-Network: Plan pays 100% after deductible

Out-of-Network: Plan pays 70% after deductible

Benefits

-Enroll within 31 days from the date of birth of your child and provide your child's birth certificate to HR and to ConSova

-Other dependents can be enrolled at the time of birth

-Enroll in Medical, Dental, Vision, Voluntary Life, Dependent Care FSA, Child Life Insurance, etc.

-Bereavement is available in the unfortunate event of pregnancy loss. In the event of a miscarriage after 24 weeks, bereavement will be available for potentially one month and would run concurrently with Short-Term Disability, if applicable. In the event of a miscarriage prior to 24 weeks, employees may take 5 days of bereavement.

Prepare for the Future: Retirement Savings

- Update your contribution percentage at any time at www.netbenefits.com
 - "Quick Links" (on the right) → "Contribution Amount" → "Contribution Amount", enter percentage → "Change Contribution Amount" (at the bottom)
- Professional Management
 - Receive expert advice on Retirement planning and unlimited access to Advisor Representatives

Health Advocate

- Assist with detailed questions specific to your Anthem BCBS plan
- Facilitate the transfer of medical records
- Locate specialists within your community
- Help negotiate non-covered services and coordinate among numerous providers
- Free, confidential, and available for employees and dependents
www.healthadvocate.net; 866-695-8622

Download the Mobile Health Consumer app!

- Receive information from Anthem's *Future Moms* program, once you complete the Health Assessment
- Access to the Anthem Maternity Library
- Access your insurance cards, balances, and deductibles
- Participate in To Health With It initiatives to earn HSA dollars

