

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 your questions

- **Clarify pregnancy symptoms.** Review weight gain, nausea, skin changes, etc.
- **Explain prenatal tests and pregnancy exams.** Includes ultrasounds and amniocentesis.
- **Review complications.** Inform about gestational diabetes, for example, and treatment.
- **Inform about postpartum depression.** This includes finding treatment.

Find resources

- **Find the right obstetrician and/or pediatrician.** We can help expedite appointments.
- **Locate caregivers.** Includes maternity and pediatric nurses.

Assist with insurance-related issues

- **Explain maternity coverage.** Advise about adding your baby to your health plan.
- **Clarify coverage for maternity expenses.** Includes routine tests, lab work, hospital stays.
- **Inform about coverage for newborn doctor checkups.** Includes coverage for well-baby visits.

Help prepare for the newborn

- **Address breastfeeding and bottle feeding.** Find a lactation specialist, if needed.
- **Review safety issues.** This includes avoiding placing baby on their stomach to sleep and child-proofing the house.
- **Inform about symptoms that may prompt calling the doctor.** Discuss infant fevers, etc.

Remember... your Personal Health Advocate can answer any of your pregnancy questions as well as assist you with a variety of healthcare and insurance-related issues. Eligible employees, their spouse, dependent children, parents and parents-in-law can all use the benefit. Just call or email answers@HealthAdvocate.com.

HealthAdvocate™
Always at your side