



## Maternity Support Right From the Start

Your pregnancy is covered by your Blue KC health plan – starting with your first doctor's visit. Coverage varies, so be sure to check your plan for details. Most cover:



Prenatal care (vitamins, gestational diabetes testing, Rh incompatibility testing, STD testing)



Childbirth (including any complications)



Post-birth (breastfeeding equipment, birth control, etc.)

Once your baby arrives, make sure to **contact your HR department** to have your baby added to your plan. You must add your baby to your plan within 30 days of birth.<sup>1</sup>

### Parenthood Deserves a 24/7 Mindful Advocate

Expectant and new parents may experience stress, anxiety, the baby blues or post-partum depression. A Mindful Advocate is here to support you. For help, call **833-302-MIND (6463)** or the behavioral health number on your member ID card, or visit [MindfulBlueKC.com](http://MindfulBlueKC.com) to learn more.

### Breast Pump Benefit

Most Blue KC plans cover the allowable charge for a breast pump purchase.<sup>2</sup> At about 30 weeks get a prescription from your doctor, then order your pump by contacting an in-network provider.<sup>3</sup>

### Well and High-Risk Prenatal Support

This program offers tools, resources and answers to questions to help you navigate your pregnancy. You can also find support from a prenatal nurse case manager if you're experiencing a high-risk pregnancy.

To get started and take the Welcome Assessment, visit [MyBlueKC.com](http://MyBlueKC.com) and log in. Then, click **Health Programs** (under Health & Wellness), then the **Pregnancy** tab.

### Find more information on your maternity benefits:

Visit [MyBlueKC.com](http://MyBlueKC.com) or download the Blue KC Care Management app and use access code **kchelpwelcome**.



MyBlueKC.com



Blue KC Care Management

<sup>1</sup> Be sure to choose your pediatrician earlier in your pregnancy so you can be sure they are in-network. You can find in-network pediatricians by logging into MyBlueKC.com.

<sup>2</sup> If you are unsure if your plan includes the breast pump benefit, please call Customer Service at the number listed on your member ID card.

<sup>3</sup> Find the provider listing on MyBlueKC.com. Go to Health Programs (located under Health & Wellness), then the Pregnancy tab.

For costs and further details of the coverage, including exclusions, any reductions or limitations and the terms under which the policy may be continued in force, see your insurance producer or write Blue KC.

**NOTE:** The Member Guide provides a general overview of services and benefits that may be included in some Blue KC health plans. Because coverage details can vary, we encourage you to review your specific plan documents for accurate information. For details about your coverage, please refer to your Summary of Benefits and Coverage (SBC) by visiting [MyBlueKC.com](http://MyBlueKC.com) and clicking on **Plan Benefits**.