



### When should I enroll?

Enroll as soon as your pregnancy is confirmed. Prenatal care should start in the first three months of your pregnancy.

### How do I enroll?

To get an enrollment form, call us at 1 (855) 329-5461 toll-free, Monday through Friday, 8 a.m. to 5 p.m. To enroll online, go to [hmsa.com/pregnancysupport](https://hmsa.com/pregnancysupport).

### How long does the program last?

The program lasts through your pregnancy and up to six months after your baby is born.

Take advantage of this program at no cost to you. Then enjoy the experience of bringing a new baby into the world.



# HMSA Pregnancy and Postpartum Support Program



An Independent Licensee of the Blue Cross and Blue Shield Association

Whether it's months, weeks, or days away, you're probably busy getting ready for your baby's arrival. Preparing to have a baby is an exciting and joyful experience, but pregnancy can also be challenging. That's why we want to make sure that you get the support and resources you need.

To help you have a healthy pregnancy, the HMSA Pregnancy and Postpartum Support Program pairs you with your own maternity nurse who'll call you to provide personalized education and counseling including breast feeding. Nurse support doesn't replace the care you receive from your ob-gyn, but provides additional services to complement your regular prenatal care.

This program is voluntary and available at no cost to HMSA members.



### What services will I receive?

When you enroll, we'll match you with an experienced, knowledgeable maternity nurse who can answer your questions and help you with your concerns.

Your nurse will check in with you periodically during your pregnancy and is available Monday through Friday if you have any concerns.

To strengthen your relationship with your doctor, our program also helps you prepare questions and topics to discuss at your prenatal care appointments.



### You'll also receive:

	<p>A copy of a wonderful book on pregnancy and childbirth.</p>	<p>This book is a trusted resource written by women's health experts.</p>
	<p>Referrals to community resources.</p>	<p>There are many resources in Hawaii for expectant mothers. Your nurse can tell you about a variety of resources and refer you to trustworthy services.</p>
	<p>Coordination with your health care provider.</p>	<p>With your permission, your nurse may call your ob-gyn to request your care plan. This will allow the nurse to help you follow your doctor's instructions and answer your questions about your care.</p>
	<p>Additional nurse support by phone after delivery.</p>	<p>An important step in caring for your baby is making sure that you get excellent postpartum care. Your nurse will support you up to six months after delivery and help with issues like breastfeeding and newborn baby care questions.</p>

