

# *A Guide to* Family Planning *and* Maternity

*What's covered under your plan*



Health Net®

# Everyone Deserves a Healthy Start

As a UC Blue & Gold HMO member, you're entitled to several covered family planning, prenatal and postnatal services to help you through this exciting time.



Refer to your *Evidence of Coverage* for complete plan details and coverage information. Go to [www.healthnet.com/uc](http://www.healthnet.com/uc) or call 1-800-539-4072.

## Family planning/maternity coverage at a glance

<i>Covered service benefits</i>	<i>Cost</i>
Prenatal and postnatal office visits	No charge
Hospital delivery including cesarean section	\$250 copay
Newborn care through the first 30 days	No charge (including circumcision and immunization)
Contraceptive devices <sup>1</sup>	\$0 copay for generic \$25 copay for brand when generic is available \$0 copay for brand when generic is not available \$40 nonformulary
Injectable contraceptive devices <sup>1</sup>	No charge
Midwife	No charge (must consult PPG for availability)
Alternative birth centers	\$250 copay (must consult PPG for availability)
Breastfeeding support, supplies and counseling <sup>2</sup>	No charge

<i>Limited services (partial coverage) benefits</i>	<i>Cost</i>
Artificial insemination (6 cycles per lifetime)	Covered at 50%
Infertility drugs <sup>3</sup>	Covered at 50%
Gamete intrafallopian transfer (GIFT)	Covered at 50%

## Exclusions (NOT covered under your plan)

Home birth, in vitro fertilization (IVF), zygote intrafallopian transfer (ZIFT), supplies (injections) that prepare a woman for excluded procedures, and collection and/or storage of sperm or ova.

<sup>1</sup>Contraceptive devices covered through the member's prescription medication coverage include oral contraceptives, diaphragms, cervical caps, contraceptive patches, and the contraceptive ring. Intrauterine devices (IUDs) are covered under the member's medical benefit.

<sup>2</sup>Health Net will cover one retail grade breast pump (either a manual [E0602] or standard electric pump [E0603]) per pregnancy under preventive benefits without medical necessity or prior authorization requirements via a vendor of our choice.

<sup>3</sup>Infertility drugs are only provided in connection with covered services.

### *If you're having a baby: Select a primary care physician (PCP)*

If you and your family members are currently covered by UC Blue & Gold HMO, your newborn **must** be assigned to a pediatrician in the mother's physician group until the first day of the calendar month following birth.<sup>4</sup> If the mother is not enrolled in UC Blue & Gold HMO, the child will be assigned to the primary subscriber's physician group. In order for coverage to continue, you must also enroll your newborn through your employer within 30 days after the birth of the child.

To select a pediatrician from a physician group **other than** the mother's or the subscriber's (when the mother is not a Health Net member at the time of birth), call the telephone number listed on the back of your member ID card, or log in as a member to [www.healthnet.com/uc](http://www.healthnet.com/uc) and select *My Account*. The change will be effective on the first day of the calendar month after we receive your request.<sup>4</sup>

**Note:** If your newborn receives services from a physician who does not belong to the mother's or subscriber's physician group or if the mother is not a Health Net member at the time of birth, you will be responsible for payment for the services.

### *Resources to help you have a healthy pregnancy and baby*

UC Blue & Gold HMO is here for you at the beginning, throughout your pregnancy and beyond with online information and telephone support. Be sure to see or talk with your doctor before beginning any wellness program.

#### **Start your pregnancy off right with a healthy body**

- If you smoke, quit.
- Reduce stress in your life.
- Prepare a nutrition plan.

#### **Free educational resources**

- Pregnancy topics can be found in the Library section of the Wellness Portal; women can get pre-pregnancy and pregnancy information, including planning for labor and delivery. There are tools to determine when you are most fertile, calculating due date, tips to manage morning sickness, and more.

Start learning at [www.healthnet.com/uc](http://www.healthnet.com/uc).

- **Text4baby** is an educational service provided by ZERO TO THREE (ZTT), the National Center for Infants, Toddlers, and Families. You will get 3 text messages each week to your cell phone with expert health tips to help you through your pregnancy and your baby's first year. It's free to sign up, and the messages are free.

To sign up, text BABY to 511411. To sign up for text4baby in Spanish, text BEBE to 511411. You can also sign up and learn more at [www.text4baby.org](http://www.text4baby.org).



<sup>4</sup>If your newborn is sick and unable to return home with the mother, then your newborn's transfer to a PCP in another physician group will be delayed until the first day of the calendar month after discharge from the hospital.



To learn more about the Decision Power Healthy Pregnancy Maternity Program or to enroll, call **1-800-893-5597**.

## *Decision Power® Healthy Pregnancy Maternity Program<sup>5</sup>*

Your pregnancy is unique. That's why we created Healthy Pregnancy, to address your needs and the needs of your baby. Our goal is to help you better understand and manage every aspect of your pregnancy.

### **Useful tools and resources**

- Speak with a nurse toll-free, 24 hours a day, seven days a week – even on weekends! Just call 1-800-893-5597 and select the Healthy Pregnancy option.
- Online access to educational information with easy-to-read resources and more!

### **It's easy to get started!**

- Call 1-800-893-5597 to register and enroll.
- Log in to [www.healthnet.com/uc](http://www.healthnet.com/uc) and click *Wellness Center > Explore all Wellness Tools*. Go to the Resource Center where you can find the Healthy Pregnancy maternity program.

## *Nurse Advice Line*

The toll-free Nurse Advice Line offers members reliable guidance from licensed nurses any time of the day or night. Members can reach out with any health concern, from how best to manage a chronic condition to how to treat a minor injury. Our nurses are trained to ask the right questions to help members get the care they need, reducing unnecessary emergency room visits and empowering members to better manage their health. You can reach the Nurse Advice Line by calling the number on the back of your ID card. The Nurse Advice Line is there for you – 24 hours a day, seven days a week.



<sup>5</sup>Available to eligible members.

### **Health Net's Nondiscrimination Notice**

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