



Healthy babies start with healthy pregnancies

Our free Prenatal Program can be a real help for moms-to-be.

What are the benefits?

Research has shown that education, support, and access to appropriate prenatal care can positively affect pregnancy outcomes. The PacificSource Prenatal Program helps expectant mothers learn more about their pregnancy and development of their child. As a participant, you'll receive:

- **A book** for each parent on caring for a newborn and becoming a family
- **Educational fliers, bimonthly emails, and newsletters**
- **No-cost prenatal vitamins** when prescribed by your doctor and filled through an in-network pharmacy
- **Support from a prenatal nurse** you can call Monday to Friday from 8 a.m. to 5 p.m. You can access our toll-free number throughout your pregnancy and for six weeks after giving birth.

A nurse will also call you to learn more about you and your pregnancy.

Your provider will be notified of your participation in the program and is welcome to contact the program nurse.

You'll receive an additional packet of information about what to expect when you go home and child safety.

Who is eligible?

All members and dependents covered under a PacificSource group or individual health plan are eligible for the program at no charge. The program is completely confidential, and participation is voluntary.

How do I register?

Call **888-987-5805** or visit PacificSource.com/Prenatal and complete our online registration form.

After you register, you will be sent an initial assessment to complete. You will then receive a Welcome kit and an email from Amazon with a voucher to order books.

Email

Prenatal@PacificSource.com

Phone

888-987-5805

TTY: 711

We accept all relay calls.

En Español: 866-281-1464

For questions about health and wellness programs that are part of your plan, contact PacificSource Customer Service at **888-977-9299** or CS@PacificSource.com.

PacificSource.com

