



WellBaby

Healthy Moms, Healthy Babies...A World of Difference

Eligibility Requirements:

- Montana University System medical plan members (employees, spouses, dependents) are eligible for ALL of the benefits if they are within their first trimester when they enroll. If they are in their 2nd or 3rd trimester when they enroll, they are eligible for all of the benefits EXCEPT the copay waiver benefit.
 - ❖ Benefits begin the day the participants contact the WellBaby Coordinator to enroll (enrollment cannot be backdated).
 - ❖ Enrollment in WellBaby (just like all Wellness programs) is confidential and voluntary. 😊

How to Enroll:

- Email: wellbaby@umwestern.edu
- Phone: 406-660-0082

WellBaby Program Benefits:

1) Co-pay Waivers: All out of pocket costs for an in-network professional provider for the below services:

- Routine Prenatal Office Visits
- 2 Routine Maternity Ultrasounds (first 2 processed through insurance)
- Eligible Routine Maternity Labwork (recommended by ACOG)
- Physician's Delivery Fees
- Postpartum Checkup

*Waivers do not cover hospital/facility charges or non-routine charges (except for the routine maternity ultrasounds and/or routine maternity labwork).

2) Prescription Generic Prenatal Vitamins - \$0 Copay (Navitus Preferred Prenatal Vitamin List)

3) Book/Pre-Postnatal Workout (DVD or Online):

- Choice of 1 pregnancy-related book; OR prenatal exercise DVD; OR prenatal exercise online video
- A book about the baby's first year after completion of the program; OR postnatal exercise DVD; OR postnatal exercise online video

4) Take Control Maternal Health Coaching:

The Maternal Take Control health coaches can help our WellBaby moms balance the exciting, overwhelming, and unpredictable journey of pregnancy and post-partum life. Coaches are Certified Lactation Consultants, Certified Exercise Specialists, Registered Dietitians, and Licensed Nutritionists who are all moms with vast experience of their own. They support our WellBaby moms with ideas and solutions to questions about:

- Breastfeeding and pumping
- Pre- and post-natal nutrition and exercise
- Gestational diabetes, including copay waivers on testing supplies
- Additional counseling support (up to 3 additional visits with \$0 copay – per pregnancy)
- Post-partum recovery and support with physical therapist (up to 2 visits with \$0 copay – per pregnancy)
- Self-care and emotional health, including post-partum depression and going back to work
- Life adjustments with expanding your family
- Sleep (Mama and infant)
- Infant nutrition
- Help quitting tobacco use if needed

5) Telephonic/Email support from WellBaby Coordinator:

- Jenny Peterson: wellbaby@umwestern.edu / 406-660-0082

❖ **Breast Pump Benefit:** Our MUS Benefits Plan will cover the purchase or rental (up to 10 months or the purchase price) of *one* standard breast pump, **up to a maximum of \$300.**