



MATERNITY SUPPORT



HEALTHY BODIES
ACTIVE MINDS
COLUMBUS CITY SCHOOLS



MATERNITY SUPPORT

Pregnancy can be an exciting and stressful time. If you, your partner or dependent are pregnant or plan to become pregnant, you probably have questions. Whether you're curious about milestones, symptoms or are just curious about what's to come, as a CCS employee, there are resources and tools available to you for guidance before, during and after pregnancy. The maternity support information in this pamphlet is designed to help address some questions surrounding pregnancy.

A BENEFIT TO YOU

There are many resources you can take advantage of. You will find more information on each resource throughout this pamphlet.

All CCS Employees:

- Assistance in finding Ob/Gyn and pediatric providers, reviewing hospital and provider bills
- Pregnancy educational book
- Free breast pump through eligible health insurance provider
- Mental health support
- and more!

CCS Employees with UnitedHealthcare (UHC) Insurance:

- \$50 gift card* towards the purchase of a stroller for completing an initial check-in with a Maternity Support Nurse
- Additional support for at-risk and high-risk pregnancies
- Access to UHC online pregnancy series
- Maternity Support available 24/7
- Free breast pump
- \$100 gift card* towards the purchase of a stroller for completing a postpartum check-in with a Maternity Support Nurse

*gift cards are a form of employee compensation and are subject to payroll tax.





UHC MATERNITY SUPPORT PROGRAM



1-877-201-5328

myuhc.phs.com/maternitysupport

Monday-Thursday, 8:00 a.m.-8:00 p.m. and
Friday, 8:00 a.m.-5:00 p.m. Central Time
This service is available to you at no extra
cost as part of your benefit plan (TTY:711).

The UHC Maternity Support Program provides you with a personalized approach for you and your baby. When you call the Maternity Support Line, a registered nurse will consult with you, via the telephone, about your pregnancy.

If you have individual needs after your initial phone consult, a maternity nurse will provide one-on-one support throughout your pregnancy. You can call the maternity nurses 24 hours a day to ask questions or help you with things like:



Choosing a
doctor, nurse
midwife,
pediatrician or
other specialist



Information to
help you take
care of yourself
and the health
of your baby



Support to help
you manage
your health -
physically and
emotionally



Resources and
tools with
guidance for
before, during
and after
pregnancy

After delivery, it is normal to need support or answers to your questions. Experienced nurses who can answer your questions are available to talk by phone after your baby is born.

HOW TO EARN YOUR GIFT CARDS

When calling the Maternity Support Line, you will be prompted to provide your member ID#. This number is located on the front of your UnitedHealthcare ID card. You will then be connected to a registered nurse. When prompted, let the nurse know you are calling for the Maternity Support Program. The nurse will then complete your initial phone screening. You will automatically earn a \$50 gift card* for completing your initial phone screening. The \$50 gift card will be sent electronically to your CCS email approximately 30 days after completing the initial call. No additional steps are needed from you.

Similarly, you will earn an additional \$100 gift card* for completing a call with a maternity nurse after your baby is born. You will receive the \$100 gift card approximately 30 days after completing the postpartum check-in call. The \$100 gift card will be sent electronically to your CCS email and take up to 30 days due to processing time.

*Gift cards are considered a form of compensation and are subject to employee payroll tax. **Only CCS benefits-enrolled employees or their partner/dependents covered under their plan are eligible for this incentive.**

UHC ONLINE PREGNANCY SERIES

As part of Maternity Support, you can access great online resources to help you on your journey to a healthy pregnancy and beyond. Tap into the UHC library of trusted clinical information with custom video courses you can stream, anytime.

All courses are easy to access, available 24/7 and are available at no extra cost if you have the health plan through the district.



Access the online pregnancy series by signing in to your UHC account, here:

myuhc.phs.com/pregnancy-resources



TOPIC

Choosing a Provider

Choosing the right healthcare provider to care for you and your new baby is incredibly important. A UHC Maternity Nurse can provide you with a list of providers practicing in-network near you, or those affiliated with certain hospitals.

Meet with a healthcare provider before you make a decision. Ask about their medical experience, certifications, and attitude about issues that are important to you, such as breastfeeding or a natural birth. Questions you may want to ask yourself include:

- Do you prefer a male or female provider?
- Do they accept your health insurance?
- At which hospitals do they have admitting privileges?
- What are their office hours?
- If they are not available when you need to see them, who will cover for them?
- If you have a specific medical condition, do they have experience with it?
- Do they explain things clearly and completely?
- Do you feel comfortable with them?
- Does the provider seem like someone who will respect your wishes?

PRENATAL CARE

The earlier you start your prenatal care — also known as care you receive while pregnant — the better. Prenatal care is one of the best ways to reduce the risk of complications for both you and your little one, helping to reduce low birthweight and iron-deficiency anemia, which can lead to premature birth. **Prenatal appointments are covered 100% under the UHC Health Plans.**

Typically, prenatal appointments will likely be scheduled:

- One a month from weeks 4 to 28
- Every two weeks from weeks 28 to 36
- Every week from weeks 36 to 40

Prenatal appointments take time and planning. But knowing what happens at each appointment can help ease any doubts or worries you might have. See the resource below for a video series you can watch that will offer you a good look at when to go to your prenatal appointments, what typically will happen during those appointments and questions you may want to ask.

Video Series: What to expect at your prenatal appointments



<https://www.uhc.com/health-and-wellness/health-topics/pregnancy/video-series-what-to-expect-at-appointments>

PRENATAL VITAMINS

Prenatal vitamins, folic acid, iron and calcium are all important for the healthy development of your baby. In many cases, you will find that your prenatal vitamins or folic acid are available at \$0 copay through your prescription drug program. Talk with your provider if you have questions.



HOW TO OBTAIN A BREAST PUMP

Thanks to the Affordable Care Act, breast pumps are covered under most health insurance policies for free. If you have UnitedHealthcare insurance through the district, you can receive a free personal, double-electric breast pump. You can purchase a breast pump by contacting an in-network provider or an approved breast pump supplier up to 30 days before your delivery date or 365 days after your delivery date.

- Your provider may order the breast pump or you can contact the supplier directly.
- For a list of breast pump suppliers, you can call the number on the back of your UnitedHealthcare ID card.
- A breast pump will be sent directly to you.
- The provider or breast pump supplier will bill UnitedHealthcare directly for reimbursement.
- No prescription is needed when contacting an approved breast pump supplier.



If you do not have UnitedHealthcare insurance through the district, contact your health insurance provider for more information.



LIMITATIONS/REQUIREMENTS

- 1 breast pump per birth.
- For a birth with multiple babies, only 1 breast pump is covered.
- **Breast pumps purchased at retail stores are not eligible for reimbursement. Only breast pumps received from a participating network provider or supplier are covered at 100 percent.**

NATIONAL PROVIDER LIST OF BREAST PUMP SUPPLIERS

You will need a physician prescription to get a breast pump. Make sure to note that you will not be reimbursed for a breast pump purchased at a retail store.

If you contact a breast pump supplier directly, they may ask for your doctor's name and phone number and the baby's due date or the date the baby was delivered. The supplier may check this and other information with your doctor before the breast pump is ordered.

The supplier issues the breast pump directly to the mother.

To request a breast pump, call the phone number on the back of your health plan ID card, or you may contact one of the national network providers directly. You can find a list of national providers and their contact information listed on the website below:

<https://www.uhc.com/health-and-wellness/health-topics/pregnancy/breast-pumps>.



YOUR EAP PROVIDER, HEALTHADVOCATE

HealthAdvocate is our Employee Assistance Program. With HealthAdvocate at your side, you'll have an expert Personal Health Advocate to listen to your concerns, and get the right answers to your questions. HealthAdvocate is available at no cost to you, your spouse, dependents, parents and parents-in-law. Most importantly, it is completely confidential. You can get expert guidance, information and referrals on topics such as:

- ▶ Providing parents-to-be with health tips and vaccine recommendations
- ▶ Clarifying pregnancy symptoms, prenatal tests and pregnancy exams
- ▶ Complications such as gestational diabetes
- ▶ Childcare centers, nanny agencies, pre-schools, summer camps, after-school care and back-up care
- ▶ Special needs services, including enrichment programs
- ▶ Adoption and multigenerational issues
- ▶ Domestic abuse, separation, or divorce
- ▶ Legal and financial consultations
- ▶ Depression, anxiety, anger and more

HealthAdvocate is also your free single source for all benefit-related questions and assistance. HealthAdvocate can support you with things like:

- Finding an in-network provider or hospital
- Assisting you with acquiring a breast pump covered by your insurance
- Reviewing provider or hospital bills
- Clarifying coverage for well-baby, well-child and postnatal care visits
- Explain how to add your baby to your health plan

HealthAdvocateSM



866.799.2728

Email: answers@HealthAdvocate.com

Web: HealthAdvocate.com/columbuscityschools





TOPIC

Postpartum Depression

While it is completely normal for new mother to experience some level of sadness or anxiety before or after childbirth, postpartum depression signs and symptoms are more intense and last longer, which can eventually interfere with normal day-to-day activities, including caring for your baby.

Our EAP can provide free counseling and resources for managing postpartum depression. A critical step for dealing with postpartum depression is getting help from a provider or professional. Fortunately, treatment is extremely easy and effective.

Signs and symptoms of postpartum depression include:

- Loss of appetite
- Insomnia
- Intense irritability and anger
- Loss of interest in sex
- Lack of joy in life
- Extreme mood swings
- Feeling shameful, guilty, or inadequate
- Difficulty bonding with new baby
- Withdrawing from friends and family
- Thought of harming oneself or the baby. **If this occurs, please seek professional help immediately**

OTHER HELPFUL RESOURCES: UHC VIRTUAL VISITS

When you need care — anytime, day or night — or when your primary care provider is not available, virtual visits, also known as telehealth, can be a convenient option. From treating flu and fevers to caring for migraines and allergies, you can chat with a provider 24/7 on your mobile device or computer.

To get started sign in at myuhc.com/virtualvisits or download the UnitedHealthcare® app.



MOMS2B SUPPORT GROUP

Moms2B offers FREE prenatal education during pregnancy. Join to learn how to have a healthy pregnancy, talk with healthcare professionals, and make new friends.

Moms2B has groups across the Columbus area and offers transportation assistance, free child care and incentives for attendance. Groups meet virtually or in person when permitted.



Call Moms2B at 614-292-1605 or email
Moms2B@osumc.edu to find a group near you and
learn more

SPECIAL SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN (WIC)

The Special Supplemental Nutrition Program for Women, Infants, and Children - better known as the WIC program - helps eligible pregnant and breastfeeding women, women who recently had a baby, infants, and children up to 5 years of age.

If you qualify for assistance, the WIC program can provide nutrition education, breastfeeding education and support; supplemental, highly nutritious foods such as cereal, eggs, milk, whole grain foods, fruits and vegetables, and iron-fortified infant formula; and referral to prenatal and pediatric health care and other maternal and child health and human service programs.

AM I ELIGIBLE?



Go to www.fns.usda.gov/wic/wic-eligibility-requirements to find out if you are eligible.

HOW TO APPLY

You will need to visit a WIC clinic near you in order to apply. WIC clinics are located in all 88 Ohio counties. To find a local WIC Clinic you can:



Download the WIC Clinic Directory to find a location near you: <https://odh.ohio.gov/know-our-programs/women-infants-children/media/wic-clinic-directory>



Call the Help Me Grow Helpline at 1-800-755-GROW (1-800-755-4769)



Visit <https://www.signupwic.com>



Text: wic + your zip code to 1-844-601-6881 (example wic43215)

CCS LEAVE INFORMATION

When you learn you are expecting or adopting, the CCS Time Away team can support you with your maternity leave of absence options. Please reach out to the CCS Time Away team to understand all of the options available to you. The email is listed below.



Email the CCS Time Away team at
leavesofabsence@columbus.k12.oh.us

ADDING DEPENDENTS TO YOUR INSURANCE PLAN

If your child(ren) arrives at a time other than Open Enrollment, you can still add a dependent. It is considered a "Qualifying Life Event." **You have 30 days following the birth of your child to add your baby and provide supporting documentation.**



Contact the benefits team at 614-365-6475 or
benefitquestions@columbus.k12.oh.us for more
information

HOW TO ORDER A PREGNANCY BOOK

To request a copy of a FREE pregnancy educational book for you, your partner, or your dependent, fill out a request form by navigating to the link below. Your book will be sent to your CCS work location. You do not need to be enrolled in benefits through the district for this incentive.



Request form to order a pregnancy book:
<https://forms.gle/aTD3uDoAfWHDq2JPA>

ELIGIBILITY

BENEFIT	UHC-Insured	Non-UHC Insured
\$50 gift card for completing initial phone screening	x	
UHC online pregnancy series	x	
Maternity Support Nurse Line	x	
Pregnancy book	x	x
Free breast pump	x	x*
EAP, HealthAdvocate	x	x
Prenatal visits covered 100%	x	
\$100 for completing postpartum check-in	x	
Free folic acid vitamins	x	x*
Virtual Visits	x	
Moms2B Support Group	x	x

*check with your provider for more information

RESOURCES

CCS Benefits Team: benefitquestions@columbus.k12.oh.us

CCS Leaves of Absence: leavesofabsence@columbus.k12.oh.us

UHC Maternity Support Line: 1-877-201-5328

UHC Pregnancy Website: <https://www.uhc.com/health-and-wellness/health-topics/pregnancy>

EAP: 866-799-2728, HealthAdvocate.com/columbuscityschools

State Women, Infants & Children (WIC) Programs:

<https://www.columbus.gov/publichealth/programs/Women-Infants-and-Children-WIC/>

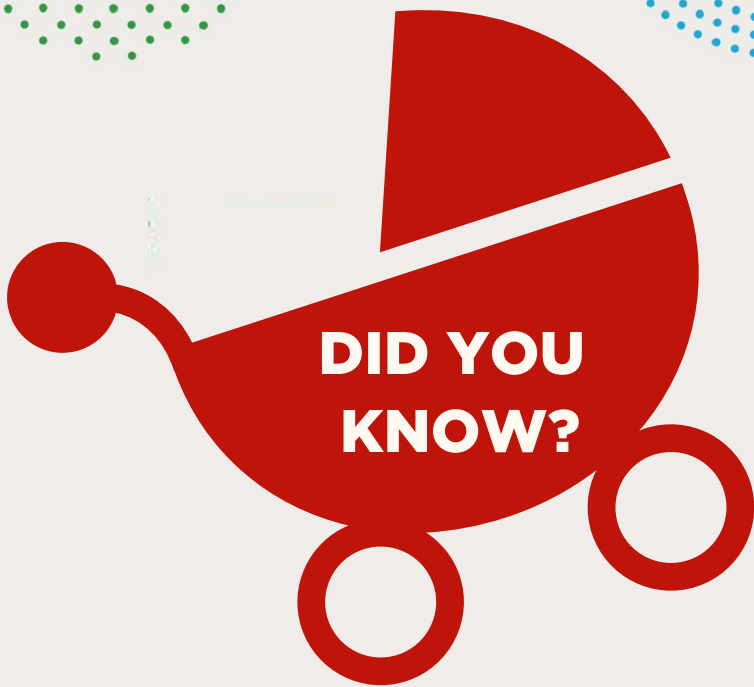
Moms2B Support Group: 614-292-1605, Moms2B@osumc.edu

Help Me Grow: 1-800-755-GROW, www.helpmegrow.org

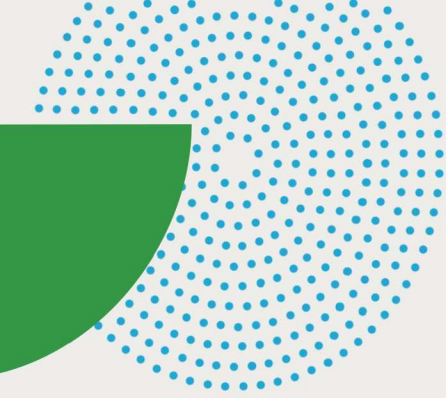


Questions?

Contact CCS Wellness: wellness@columbus.k12.oh.us



Eligible employees can earn up to \$150 to use towards the purchase of a stroller for participating in Maternity Support programming



ccsoh.us/wellness



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