



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!

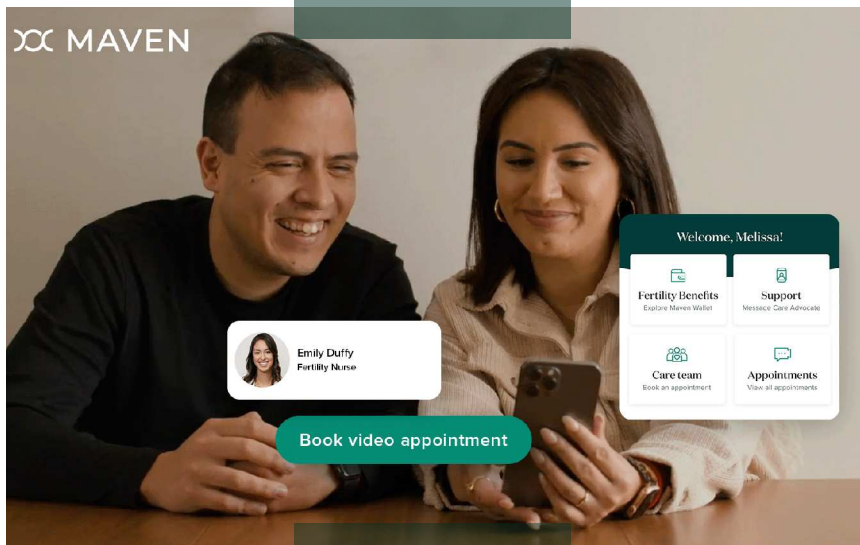
CCS Employees with UnitedHealthcare (UHC) Insurance:

- \$50 gift card* towards the purchase of a stroller for enrolling in Maven before your third trimester
- Additional support for at-risk and high-risk pregnancies
- Maternity Support available 24/7
- Free breast pump
- \$100 gift card* towards the purchase of a stroller for completing the Maven maternity program

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



MAVEN



UHC MATERNITY SUPPORT BY MAVEN



Join for free

mavenclinic.com/join/uhc

download the app

Search Maven Clinic in your app store

UnitedHealthcare members can get personalized 24/7 virtual support and guidance for your pregnancy, postpartum, and newborn journey with Maven. You and your partner can meet with providers anytime day or night (yep, even at 2am) so you can get the support you need, when you need it. Your Maven membership is available at no cost to you as part of your health benefits. There are no co-pays or out-of-pocket costs for Maven visits or resources—everything in the app is free, so all you need to focus on is getting the support you need.

You and your partner have free access to Maven's virtual clinic to:



Book video appointments and messaging with providers from 35+ specialties like OB-GYNs, doulas, and more



Match with a dedicated Care Advocate to navigate your unique journey and answer your questions



Get access to hundreds of expert-vetted articles and drop-in classes like Childbirth 101 or Infant CPR



Get personalized support with managing your mental health, returning to work and more

Want to learn more? Join an upcoming webinar to learn more about how you and your partner can both use Maven throughout every step of your journey. If you can't make it, a recording will be sent to all registrants.

Webinar link: info.mavenclinic.com/maternitysessions

HOW TO EARN YOUR GIFT CARDS

You will automatically earn a \$50 gift card* for enrolling in Maven during your first or second trimester. The \$50 gift card will be sent electronically to your CCS email approximately 30 days after you enroll. No additional steps are needed from you.

Similarly, you will earn an additional \$100 gift card* for completing the postpartum transition assessment, which marks your completion of the Maven maternity program. You will receive the \$100 gift card approximately 30 days after completing the assessment. 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. For any questions, email wellness@columbus.k12.oh.us.

FERTILITY AND FAMILY BUILDING

UnitedHealthcare members can get personalized 24/7 virtual support and guidance for fertility and family building with Maven. Maven can help you get support with things like:

- Exploring fertility options (IUI, IVF, egg freezing)
- Choosing an adoption or surrogacy agency
- Managing your mental health
- Referrals to in-person clinics



Join for free
mavenclinic.com/join/uhc

download the app
Search Maven Clinic in your app store



HOW MAVEN SUPPORTS HIGH RISK PREGNANCIES

A high-risk pregnancy means that you and your baby may have a higher chance of health issues while you're pregnant, during labor, and after you deliver. This might sound scary, but you're not alone. With Maven, you'll have providers checking in on you through your entire pregnancy and offering advice to lower risks and promote good health for both you and your baby.

Here's what Maven offers:

- Early engagement and detection of hypertensive disorder risk
- Doula services supporting pregnancy, labor and delivery, and postpartum
- Connections to specialty care providers for unique needs
- A dedicated Care Advocate to help identify risk factors

Risk factors for high-risk pregnancies include:

- Age: being under 17 or over 25
- Existing health problems like thyroid disease, obesity, high BP, diabetes, epilepsy, heart or blood disorders, asthma, and infections
- Lifestyle factors like smoking, drinking alcohol, or using illegal drugs
- Having multiples: carrying more than one baby
- Pregnancy complications like unusual placenta position or fetal growth restriction
- Previous pregnancy-related health conditions like preeclampsia



TOPIC

Choosing a Provider

Choosing the right healthcare provider to care for you and your new baby is incredibly important.

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

If you just took a pregnancy test and got a positive result, there may be a lot going through your mind. After you process the fact that you might be pregnant, the next step for many expecting moms is to schedule a doctor's appointment. 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:

- Once 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>

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, 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

Caring for you
in all ways.
Always.™



 **HealthAdvocate** SM

866-799-2728

answers@HealthAdvocate.com
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. Learn how to have a healthy baby and pregnancy, talk with health care professionals, share a meal and make new friends at a Prenatal Education Session.

Moms2B has groups across the Columbus area. Sessions are held every week. Transportation assistance, free supervised playtime and incentives for attendance are provided.



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

HOME VISITING

When it comes to healthy families, mom, dad and baby are all important. Columbus Public Health offers a variety of services that provide care, support and resources for every member of the family.

Nurses, outreach workers and social workers offer support and education for moms and for dads. They provide education on infant growth, development, safety, nutrition, immunizations, safe sleep and breastfeeding support and resources.

All services are free and visits can be held in your home or other arranged location. For more information and to schedule a home visit, call **(614) 724-2229**.

GROUP EDUCATION CLASSES

Columbus Public Health's Home Visiting team teaches FREE childbirth and parenting classes where you can earn gift cards and baby supplies (while supplies last).

During the Childbirth and Baby Basics classes, you will learn about the third trimester, stages of labor, birth and comfort techniques, newborn and postpartum care, and infant and child safety. The class is offered at different times and locations, so you can choose what works best for you.

The Co-Parenting group is a discussion-based class to talk about parental roles, your childhood and its impact on parenting, your impact on your child, and communication. Classes are open to couples, co-parents and single parents. Expecting parents and parents of school age children are also encouraged to join.



Sign up for a group class by visiting the link below

<https://redcap.columbus.gov/surveys/?s=NEY4CYCLDDCRJJPP>

WELLNESS ON WHEELS

OhioHealth Wellness on Wheels works just like a normal doctor's office, regardless of your ability to pay. The mobile unit is staffed with a team of OB-GYN physicians who provide prenatal, postpartum and women's health services including:

- Reproductive counseling and birth control
- Ultrasounds
- Laboratory testing
- Nutrition consultations with a dietitian
- Health insurance guidance
- Connections to community resources and transportation assistance
- Interpretive services
- After-delivery (postpartum) care including monitoring your blood pressure, and checking your bloodwork and stitches (if you had a C-section)



Make an appointment with Wellness on Wheels
Call **(614) 566-9989**

CAR SEATS

This program helps provide car seats and booster seats at a reduced cost to families in need. To get a seat, families must be referred by their WIC clinic or by a Columbus Public Health Home Visiting program. Families must participate in a class that runs 60-90 minutes and teaches the safety features of the car seat, including how to install it in a vehicle the right way so that it can protect the child best. All seats are new.

The reduced cost seats are available to eligible families, based on income. For more information, call **614-645-7748** or visit **columbus.gov/carseats**.

SAFE SLEEP TRAININGS

Do you and anyone who takes care of your baby know the ABCs of safe sleep? The importance of practicing safe sleep cannot be overstated. There are 3 good reasons to enroll in the Safe Sleep training from Columbus Public Health:

- It's FREE
- It will only take 30 minutes
- It's available online



Register and learn about upcoming classes

<https://www.eventbrite.com/o/columbus-public-health-infant-safe-sleep-32935222953>

CRIBS

Families who qualify can get a Pack 'n Play portable crib at no cost in order to provide a safe sleep space for their new baby. Supplies are limited. You will also get information about safe sleep practices.

To be eligible, families must be at least 32 weeks pregnant or have a baby less than 12 months old without a safe crib and meet WIC income requirements (185% of Federal Poverty Income Guidelines).

Call Columbus Public Health at **614-645-3111** for more information.



MAVEN MOMENTS: FREE WEBINARS

Maven regularly offers free virtual live events that bring together providers for discussions on top-of-mind issues related to women's and family health including preconception, fertility, egg freezing, adoption, surrogacy, LGBTQIA+ reproductive healthcare, postpartum, parenting and pediatrics, returning to work after parental leave, breast milk shipping, menopause, and more.

Register for an upcoming live webinar or view the on-demand library of past recordings at the below link.



View the full list of Maven Moment webinars below:

<https://info.mavenclinic.com/webinarcalendar>

MARCH OF DIMES

Education is key to improving the health of moms and babies. March of Dimes provides support with tools and information you need for all stages of pregnancy. You can find resources on a variety of topics such as:

- Planning for a baby
- Group prenatal care
- What to expect during birth
- Neonatal intensive care unit (NICU) family support
- Miscarriage, loss, and grief
- Bilingual health action sheets
- Parenthood
- Ovulation calculator and calendar

Learn more and where to find support near you at

<https://www.marchofdimes.org>.



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>

RESOURCE LIST

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

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

Maven Maternity Support: mavenclinic.com/join/uhc

Maven Free Webinars: <https://info.mavenclinic.com/webinarcalendar>

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

CPH Home Visiting: (614) 724-2229

CPH Group Education Classes: <https://redcap.columbus.gov/surveys/?s=NEY4CYCLDDCRJJPP>

OhioHealth Wellness on Wheels: (614) 566-9989

Car Seats: (614) 645-7748

Safe Sleep Trainings: <https://www.eventbrite.com/o/columbus-public-health-infant-safe-sleep-32935222953>

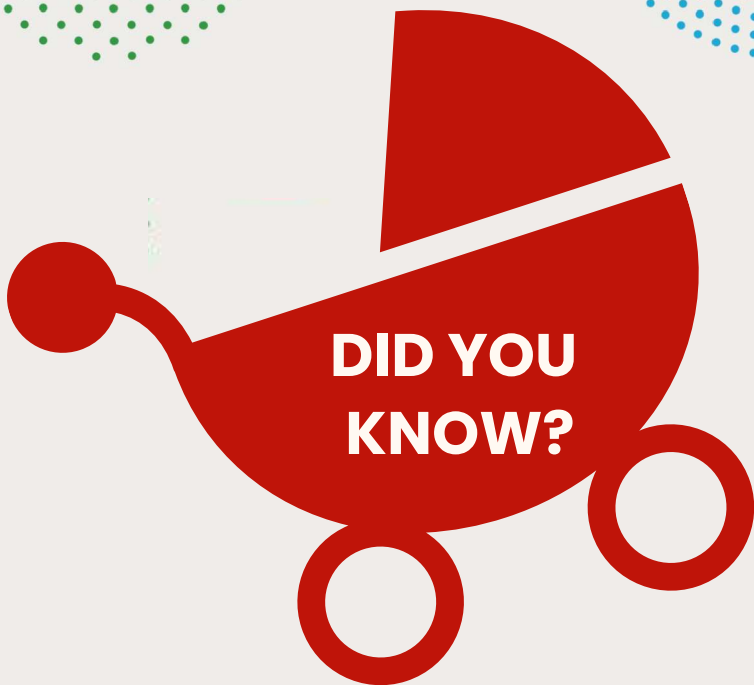
Cribs: (614) 645-3111

March of Dimes: <https://www.marchofdimes.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 the
Maven Maternity Support program



ccsoh.us/wellness



HEALTHY BODIES
ACTIVE MINDS
COLUMBUS CITY SCHOOLS