

Becoming a Parent?

We can help

Be worry-free

Becoming a parent is a joyous event, but may also raise questions, especially if you're a "first-timer." Whatever your concern, we'll listen and give you the right answers.



Your Personal Health Advocate can

Answer your questions

- **Clarify pregnancy symptoms.** And, explain delivery, postpartum depression, newborn needs, etc.
- **Explain prenatal tests and pregnancy exams.** Includes ultrasounds and amniocentesis.
- **Inform about postpartum depression.** This includes finding treatment.

Find resources

- **Find the right obstetrician and/or pediatrician.** We can help expedite appointments.
- **Locate caregivers.** Includes maternity and pediatric nurses.

Inform you about child safety

- **Review safety issues.** This includes proper baby handling, crib specifications, child-proofing your house, and car seat regulations.
- **Locate infant CPR training program.** Learn how to recognize and act in emergency situations.
- **Inform about symptoms that may prompt calling the doctor.** Discuss infant fevers, etc.

Assist with insurance-related issues

- **Explain maternity coverage.** Advise about adding your baby to your health plan.
- **Clarify coverage for newborn doctor visits.** Includes routine tests, lab work, and hospital stays.
- **Research denied claims.** We investigate the denial, identify mistakes and submit the claim for reprocessing, if necessary.

Remember... Your Personal Health Advocate can answer any of your pregnancy questions as well as assist you with a variety of healthcare and insurance-related issues. Eligible employees, their spouses, dependent children, parents and parents-in-law can all use the benefit. Just call or email answers@HealthAdvocate.com.

HealthAdvocate™
Always at your side