Adding to your family? We can help you prepare!

Making the decision to start a family is exciting, but can raise many questions. With Health Advocate at your side, you’ll have an expert Personal Health Advocate available to listen to your concerns, and get the right answers to your questions.

During pregnancy...
- Locate the right obstetricians, perinatologists and other providers
- Provide parents-to-be with health tips and vaccine recommendations
- Clarify pregnancy symptoms, prenatal tests and pregnancy exams
- Connect you to the necessary resources to understand your family leave rights at both the federal and state level
- Answer questions about complications such as gestational diabetes or postpartum depression, and find treatment

When your baby arrives...
- Explain how to add your baby to your health plan
- Find pediatricians and pediatric/lactation specialists and make appointments
- Clarify coverage for well-baby, well-child and postnatal care visits
- Help you prepare for your child’s day-to-day care
- Answer questions about baby’s health symptoms
- Act as an ongoing resource for you and your family

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