

# Prenatal Program

## What is the Prenatal Program?

The PacificSource Prenatal Program provides information, education, and support throughout pregnancy. The program is voluntary, and there is no cost to PacificSource members who participate.

## What are the program benefits?

The PacificSource Prenatal Program helps expectant mothers learn more about their pregnancy and the development of their child. Research has shown that education, support, and access to appropriate prenatal care can positively affect pregnancy outcomes.

We value your input and feedback to support your plan of care. You will receive a letter notifying you of your patient's enrollment in the program.

## How can the Prenatal Program help my patients?

- It reinforces the need for prenatal care, encourages compliance with attending pregnancy healthcare provider appointments, and stresses adherence to the provider's plan of treatment.

- It provides additional prenatal support and education.
- It coordinates care management and insurance benefits through PacificSource.

## How the program works

When a pregnancy is confirmed, the expectant mother can sign up for the program by calling us directly at (888) 691-8209, ext. 5268, or by visiting [PacificSource.com](http://PacificSource.com) > For Our Members > PacificSource Extras. The earlier registration is completed the sooner the benefits begin for the participant and her baby!

After registering, the member receives a prenatal package at her home.

The kit includes:

- A book on prenatal care, *Great Expectations* by Sandy Jones and Marcie Jones with Peter S. Bernstein, MD, MPH, FACOG, and Claire Westdahl, CNM, MPH, FACNM.

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***The Prenatal Program reinforces your plan of treatment and provides information, education, and support throughout pregnancy to help reduce the risk of premature delivery.***



- Educational materials and pamphlets
- A toll-free phone number to reach a program registered nurse—8:00 a.m. to 5:00 p.m., Monday through Friday—during the pregnancy
- A confidential risk assessment questionnaire. Assessments are based on Milliman criteria and guidelines.

The expectant mother completes the questionnaire with the help of the program nurse. Those cases identified as being at risk will receive more frequent contacts with their nurse. This cooperative effort between the patient, provider, and our program nurse is designed as a preparation program to help pregnant women take care of themselves and their baby, even before he or she is born.

Once the baby is born, the new mother receives a packet of helpful parenting information and the book *Heading Home with Your Newborn: From Birth to Reality* by Laura A. Jana MD, FAAP and Jennifer Shu MD, FAAP.

### What can the Prenatal Program do for me as a provider?

- It reinforces your plan of treatment. Program nurses provide no medical advice or opinions. Their objective is to encourage participants to follow provider instructions.
- It encourages your patient to practice good prenatal care and emphasizes the importance of prenatal visits to a provider.
- It enhances your ability to assist the patient in dealing with home and work risk factors.
- It provides education on prenatal topics with emphasis on having a healthy baby.

*If you have questions, you are welcome to contact us at 888.691.8209, ext. 5268, or e-mail [conditionmanagement@pacificsource.com](mailto:conditionmanagement@pacificsource.com).*



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**PacificSource.com**